



Was Paare stark macht: Das Geheimnis glücklicher Beziehungen (German Edition)

Der Schweizerische Beobachter, Guy Bodenmann, Caroline Fux

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Der Psychologieprofessor Guy Bodenmann und die Psychologin und Sex-Beraterin Caroline Fux haben den erfolgreichsten Paar-Ratgeber der Schweiz geschrieben. Sie lüften das Geheimnis glücklicher Beziehungen.

Volle Agenden, hohe Erwartungen, Alltagsstress - moderne Partnerschaften befinden sich im Dauertest. Wie gelingt es Männern und Frauen, auch nach Jahren eine Beziehung voller Leidenschaft, Nähe und Vertrauen zu leben? Welche Rolle spielt die Sexualität und wie sieht ein Kommunikationssystem der Lust aus?

Einfühlsam und konkret beschreiben die Experten, was es für ein glückliches Miteinander braucht: die kleinen Gesten, die gegenseitige Unterstützung, das offene Gespräch und das Bekenntnis zueinander. Alle Tipps und Aussagen sind wissenschaftlich fundiert. Mit vielen Inspirationen für Paare, die ihr Liebesglück vor Stress und Gleichgültigkeit schützen wollen.

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