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Christina Münk

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Aus den Jahrtausendschätzen der Philosophie hat Christina Münk für ihre Leser die nützlichsten Ratschläge und klügsten Gedanken herausgesucht: Für ein glückliches Leben und gegen den inneren Schweinehund, gegen schwarze Stunden und die Krisen des Alltags. Münk aktiviert die Heilkräfte unseres Geistes und führt dabei in über 2000 Jahre Philosophiegeschichte ein. In ihrer philosophischen Hausapotheke stehen u.a. für uns bereit: Mittel gegen Kummer und Sorgen vom griechischen Lebensberater Antiphon, Sokrates' Leitlinien für ein richtiges Leben und Sterben, John Lockes Methode zur Bekämpfung schlechter Angewohnheiten, Nietzsches Rosskur bei Sinnverlust, Sartres Fluchtplan aus der Hölle, de Beauvoirs Wegweiser aus den Zwängen der Geschlechterideologie, Peter Bieris Lehre zur Erlangung von Selbstbestimmung und Sloterdijks mentales Fitness-Training für den Allkampf des Lebens.

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