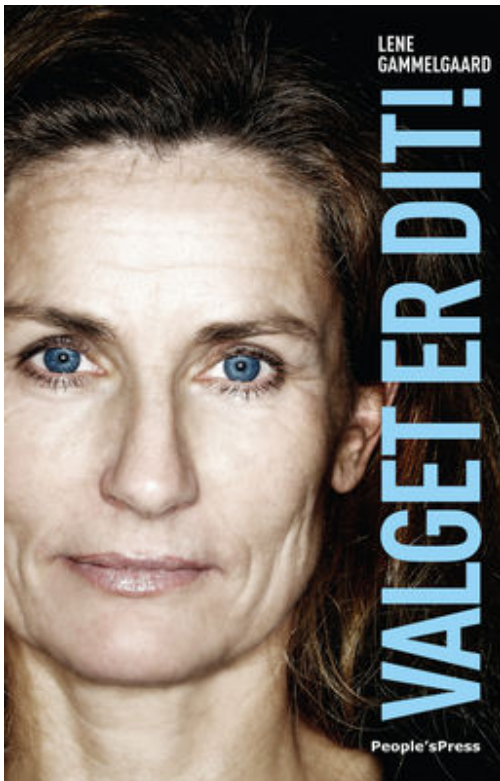


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Hvornår og hvordan ændrer vi os? Enhver, der ønsker at foretage forandringer, står over for udfordringen at ændre holdninger - startende med sine egne. I denne modige bog udforsker og forklarer Lene Gammelgaard, hvordan vores eget og andres sind kan påvirkes. Lene Gammelgaard afdækker aspekter af den menneskelige psyke, der hjælper eller forhindrer os i, at få det bedste ud af enhver situation i livet. Ved at kombinere erfaringerne fra sit eget dramatiske liv og den seneste hjerneforskning, giver Lene Gammelgaard i bogen sit bud på, hvordan vi kan vælge at tage ansvaret for at rejse os igen, selv efter de værste tilbageslag. At få gjort noget ved tingene betyder næsten altid, at vi skal ændre vores mentale verdensbillede. Lene fortæller overbevisende - og ud fra egne erfaringer, hvad der skal til.

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