



Der große Trip zu dir selbst: Ungeschminkter Rat für die Liebe, das Leben und andere Katastrophen (German Edition)

Cheryl Strayed

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Cheryl Strayed begeisterte Millionen Menschen mit ihrem Weltbestseller »Der große Trip«. Doch wir brauchen uns nicht in die Wildnis zu begeben, um uns selbst zu finden, das Leben fordert uns jeden Tag heraus: Wir verlieren einen geliebten Menschen, werden betrogen, können Rechnungen nicht bezahlen. Oder: Wir ergattern den Traumjob, haben den besten Sex unseres Lebens, schreiben die erste Zeile unseres Romans. Cheryl Strayed beantwortete jahrelang Fragen von Online-Lesern zu Liebe, Sex, Freundschaft, Arbeit und Sinn. Dieses Buch versammelt das Herzstück ihrer Ratschläge zum Selbstfindungsabenteuer Leben – unverblümt, offen, mitfühlend und herzerreißend ehrlich.

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