



Endlich beginnen die Schwierigkeiten: Quellen der Motivation (German Edition)

Benedikt Weibel

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Je mehr er in einer Vorlesung attackiert wurde, desto kämpferischer wurde er. Darauf angesprochen, sagte Niccolò Machiavelli, er lebe nach dem Motto «Endlich beginnen die Schwierigkeiten». Erst in schwierigen Situationen zeige sich, was man könne. Benedikt Weibel nimmt sich diese Haltung als Vorbild und macht sich auf die Spurensuche: Was treibt uns an? Wie können wir unsere Einstellung beeinflussen? Welche Bedeutung hat der Rhythmus im Alltag? Welchen Blick haben wir auf Vergangenheit, Gegenwart und Zukunft? Philosophen, Psychologen, Hirnforscher, Mediziner, Sportpsychologen, aber auch Weltverbesserer, Schamanen, Scharlatane und Geschäftemacher haben sich damit beschäftigt. Das Buch fasst den Stand des Wissens und des Nichtwissens zusammen - nicht in einer trockenen Abhandlung, sondern mit vielen amüsanten und anregenden Geschichten.

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