



# Basics der Entspannung: Muskuläres Tiefentraining und Autogenes Training (German Edition)

*Christoph Brechtel*

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## **Basics der Entspannung: Muskuläres Tiefentraining und Autogenes Training (German Edition)**

Christoph Brechtel

Christoph Brechtel ist Diplompsychologe, Psychotherapeut, Verhaltens-Trainer und Coach. Seit 1977 veröffentlicht er Fachartikel, Broschüren, Anleitungen, Bücher und CDs zum Thema Entspannung. Bei diesem Buch handelt es sich um eine Doppelausgabe: Es werden zwei bewährte Methoden der psychotherapeutischen Entspannung, nämlich das "Muskuläre Tiefentraining" und das "Autogene Training" in der Version vorgestellt, die der Autor bereits 1977 in erster Auflage veröffentlicht hatte. Die Broschüren waren zunächst als Anleitungshefte für seine Patienten in der Klinik konzipiert, fanden dann Verwendung in Volkshochschulkursen und "Stress-Trainings" für Führungskräfte und waren den jeweiligen Teilnehmern vorbehalten. Diese Neuauflage ist - bis auf geringfügige Veränderungen - inhaltlich und gestalterisch noch so wie die Originale. Als Entspannungsmethode (Muskuläres Tiefentraining) und Naturheilverfahren (Autogenes Training) sind beide so aktuell wie eh und je.

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