



Don't worry, be funny!: Wie Humor das Leben leichter macht (German Edition)

Petra Wüst

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Entrümpeln Sie Ihren Alltag, stellen Sie die Weichen auf Humor und begegnen Sie auch nervigen Menschen und Situationen mit Witz und guter Laune. Und leben Sie voller Heiterkeit und Lebensfreude – ganz ungeniert, ganz wie Sie es wollen.

Dr. Petra Wüst, Trainerin, Speakerin und Coach zeigt, wie man seinen eigenen Humor (wieder-) entdeckt und einfach mehr Spaß und Lebensfreude hat.

Mit dem 4-Wochen-Humor-Powerplan

Welcher Humortyp bin ich?

Lustig ist nicht gleich lustig: Wie wir mit Humor umgehen, ist individuell. Sprücheklopfer oder pointierte Humorakrobatin – welcher Humortyp sind Sie wirklich?

Beantworten Sie die Fragen in diesem Quiz und finden Sie es heraus!

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