

Love Yourself

Walter
Trobisch

Self-Acceptance & Depression



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Trobisch

HERE IS MY PROBLEM No. 6



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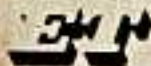
The girl entered our hotel room. It was the day after my wife and I had given a lecture at one of the universities in northern Europe.

„She was a beautiful Scandinavian girl. Long blonde hair fell over her shoulders. Gracefully she sat down in the arm chair offered to her and looked at us with deep and vivid blue eyes.

„As we discussed her problems, we came back again and again to one basic issue which seemed to be the root of all the others, a problem we had least expected when she entered the room: She could not love herself. In fact, she hated herself so much that she was only a step from putting an end to her life.“

Self-love—self-hate; self-acceptance—self-rejection; the joy of living—the depths of depression. These are the themes Walter Trobisch discusses in this warm and personal and very practical book.

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