



Zeitmanagement in der Familie: Familie ist lebenswert (German Edition)

Meike Wagener-Esser, Thilo Esser

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Zeit ist Leben, das wir genießen, nutzen und mit anderen teilen können. Die Realität sieht oft anders aus: Chronischer Zeitmangel und volle Terminkalender bestimmen unseren Alltag, leider auch den Familienalltag. Wie es gelingt, dem "Hamsterrad" durch einen angemessenen Umgang mit der Zeit zu entgehen und so Freiräume für sich selbst und für die Familie zu schaffen, zeigen Thilo Esser und Meike Wagener-Esser an ganz konkreten Beispielen aus dem Alltagsleben.

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