

Sebastian Mauritz has devoted years to exploring the questions of how people can become more resilient and cope more flexibly with stress. An entrepreneur, trainer and speaker, he has amassed extensive knowledge on systemic coaching, hypnotherapy, NLP and more. He has dedicated his life to the vision of helping people better understand themselves and others and be connected in greater understanding.

Immune to Problems, Stress and Crises

How we can better manage our lives

Sebastian Mauritz



A Toolkit for Crises

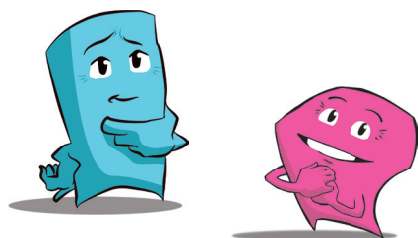
Problems, stress and crises are part of our everyday life, and will never be completely banished. Over and over again, we are confronted with situations that challenge us emotionally – sometimes even existentially – while at the same time giving us the opportunity to train our self-efficacy and take our lives into our own hands with positivity and a sense of assertion.

To do this, it is necessary to understand how people “function” at all. Why do we respond to stimuli in certain ways? What emotional processes take place within us, and how do they affect us? In this charmingly illustrated book, Sebastian Mauritz takes us on an exciting journey to our innermost emotions. He shows us which of these emotions are most important and explains how they work. Gaining this awareness is the first step towards a self-determined life – and this, in turn, enables us to crack the “crisis code” and apply our new knowledge to potential future events.



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- What are our most important emotions, and how do they work?
- How do we crack the crisis code?
- Practical, implementation-oriented examples and numerous self-tests and training exercises for a self-determined, resilient life