

GUDRUN BURKHARD

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FREIES GEISTESLEBEN

Gudrun Burkhard

Taking Charge.
Your Life Patterns and Their Meaning
Das Leben in die Hand nehmen.

Arbeit an der eigenen Biografie

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In her book, Gudrun Burkhard shows how we can learn to understand our biography and take life into our own hands. This also helps us to understand other people better. The biography thus becomes an organ for social processes from which we ourselves have also emerged with our history.

Through working consciously and actively on our own life-story, we can build bridges to other people in a way that develops a new understanding for the lives of others.

The ideas and methods presented in this book are the result of many year's therapeutic work with groups and individuals. The life-stories described are the authentic stories of participants in the courses and workshops.

"Many clear examples, many years of practical experience in working with other people, immediate, vivid depiction. Highly recommended!"

Bücherbrief, Bücherstübli Biel

Gudrun Burkhard was born in Brazil, where she still lives and works.

She is a physician and co-founder of the Tobias Clinic in Sao Paulo. She has been leading biography workshops since 1977 in the Americas and Europe and she is one of the most experienced therapists in this field.

