



Henning Köhler

The Riddle of Fear.

Why we are afraid and how we can deal with it

Vom Rätsel der Angst.

Wo die Angst begründet liegt und wie wir mit ihr umgehen können

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Henning Köhler shows clearly: Strengthening the soul in the face of fear does not mean eliminating fear, but rather exposing oneself to it, being able to integrate it as an integral part of the soul. This book offers valuable aids to understanding that enable a different way of dealing with fear.

- Have no fear of fear!
- A special understanding tool about how to deal with fear.
- Suggestions of an experienced therapist and educational guide.

Does fear have a reason? For most people, it is a state they would really like to avoid or get rid of as quickly as possible. Henning Köhler responds to this phenomenon with careful emotional observation and realizes during this process that we indeed need fear for a healthy soul life. It makes us able to increase and deepen our ability to build a relationship and love someone and to be open for new things. In contrast, "fearing the fear" is dangerous and makes us sick. By learning to understand fear, to accept it and to deal with it, it can turn into a positive challenge for us. In this sense, Köhler develops a deeper understanding of fear and gives an insight into its helpful aspects.

Henning Köhler born 1951, married, two adult children. Curative teacher, child and youth therapist in own practice after previous years of training as a home educator, small class teacher, clinical curative teacher and in independent youth work extensive teaching and lecturing activities at home and abroad. Numerous contributions in magazines and anthologies, as well as on radio. Henning Köhler founded the curative education and therapy outpatient clinic in 1986, which has been part of the Janusz-Korczak-Institute since 1987.

