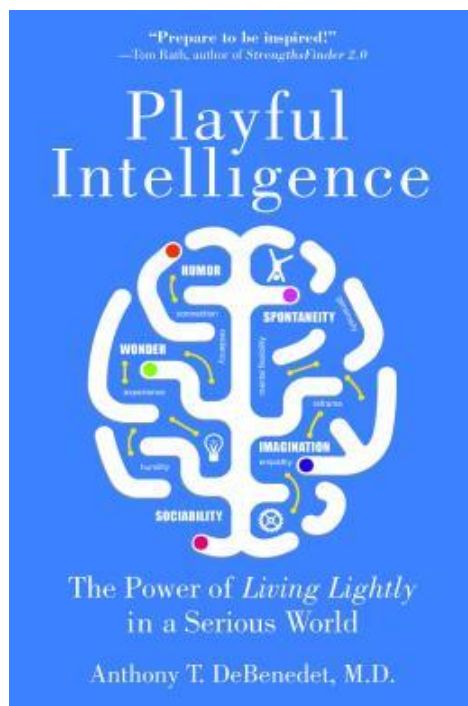


eBooks abrufen Playful Intelligence: The Power of Living Lightly in a Serious World

By Anthony DeBenedet



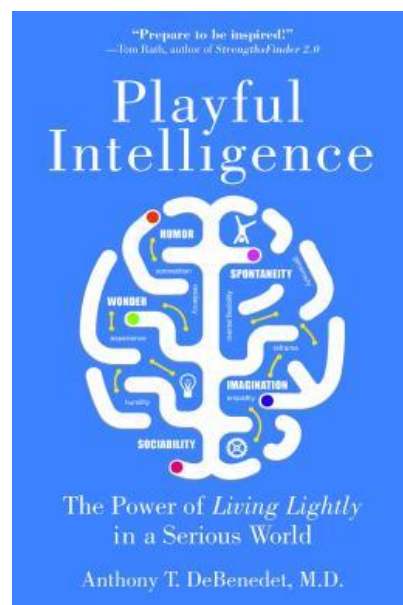
Books Details

Author : Anthony DeBenedet Pages : 264 pages Publisher : Santa Monica Press
Language : ISBN-10 : 1595800859 ISBN-13 : 9781595800855

Books Descriptions

As adults, we have more responsibilities than we could have ever imagined growing up. Learning the work of marriage. Navigating the bumpy terrain of parenting. Maintaining social relationships. Facing grave hardship. Finding contentment in our career. As the years pass by, we sense how the good things in life are so often eclipsed by stress. We find ourselves doing everything we can just to endure adulthood, all the while wondering whether we are actually enjoying it. This is exactly why Dr. Anthony T. DeBenedet decided to write *Playful Intelligence: The Power of Living Lightly in a Serious World*, to show readers how playfulness helps us counterbalance the seriousness of adulthood. "Five years ago, my life was becoming more intense and stressful," DeBenedet says. "My relationships, clinical work as a physician, and basic interactions with the world were blurring into a frazzled mosaic. Going through the motions became my norm, and every day brought busyness and exhaustion. I thought

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