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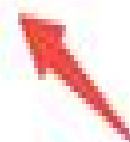


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web es gibt verschiedene arten der angst soziale Ängste wie versagensangst zukunftsangst oder angst vor höhen weiten plätzen menschenansammlungen mit diesem hörbuch lernen sie ihre angst zu begreifen und letztendlich zu besiegen angst ist ein gefühl das eng verknüpft ist mit unseren gedanken