



Gamify your Life: Durch Gamification glücklicher, gesünder und resilienter leben (German Edition)

Jane McGonigal

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Nach einem schweren Unfall hatte die Spieledesignerin Jane McGonigal bereits mit dem Leben abgeschlossen. Doch durch ihren starken Willen befreite sie sich von Depressionen und Suizidgedanken und entwickelte aus ihren Erfahrungen ein Spiel. Ihr selbst hat es geholfen und auch viele andere haben sich bereits glücklich gespielt. Dieses Buch zeigt, wie Spiele helfen können, extreme Stresssituationen zu bewältigen, persönliche Herausforderungen zu meistern und mit Traumata umzugehen.

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