

Optimismus Und Gesundheit - Stefanie Gmerek

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In dieser Hausarbeit werden Optimismus-Konzepte sowie Forschungsergebnisse über die Wirkung von Optimismus auf das psychische und physische Wohlbefinden dargestellt. Im Zentrum steht eine Studie über die protektive Wirkung einer positiven Lebenseinstellung auf die Gesundheit. Des Weiteren wird auf mögliche Erklärungen für den Zusammenhang zwischen Optimismus und Gesundheit eingegangen. Abschließend folgt eine Übersicht über

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