

Contents

Foreword to the Book Series (<i>Heidi Schönfeld</i>)	11
Part I: Why Many Crises Can Only Be Resolved Through Renunciation (<i>Elisabeth Lukas</i>)	
Renunciation Brings no Joy— but it Creates Space for Joy	13
What Can We Hope for? Not that Everything Will Turn out Well...	15
Shared Suffering is Half the Suffering— Shared Happiness is Double the Happiness!	17
The Problem with Making Things Better— and the Dream of a Perfect World	19
Renunciation Must Be Meaningful— or You Can Renounce it!	22
A renunciation is meaningful when a true promotion lies behind it	24
The Ancient Wisdom of Delphi: Mēdén ágan—Nothing in Excess!	26
Renunciation of Constant Seriousness— and the Praise of Humor	29

Today's Truths Are the Future Errors of Yesterday	32
From Complaining to Value Consciousness—a Much-Needed Change in Thinking!	34
The Carousel of Lovelessness—and the Renunciation of Payback	38
Three Ways to Deal with Frustration—and a Fourth!	41
The Tricks of the Amygdala and how to Outsmart Them	44
Can One Control One's Will, Can One Control One's Time?	48
"For Freedom Is not just the Shaking off of Compulsion" (R. Messner)	53
Widely Disinterested? The Mixture of Distress and Boredom	57
From "I Feel Good" to "I Am Good for Something"	61
With "Tragic Optimism" Against Pessimism	65
Suddenly Unemployed—and the Art of not Slipping Despite that	68
And What if You Have too Much Time Because You're Old, Lonely, and Alone?	70

Low Self-Esteem and its Communicative Consequences	73
Envy, Resentment, Jealousy— how Does One Fend off Such Torments?	77
Slimming Down Individually— slimming Down Collectively?	80
Dealing With Transience— Fearmongering Doesn't Count!	82
 Part II: Case Studies	
From Logotherapy Practice	
<i>(Heidi Schönfeld)</i>	
You Should Worry About Me!	87
Help, I Can't Stop Anymore!	103
If Only I Had a Child!	124
Eat a Lot and Still Stay Slim?	133
The enemy Beside Me—Scenes From a Marriage	147
The enemy Within me—the Call of Death	171
Synopsis	184
 The Authors	
Elisabeth Lukas	186
Heidi Schönfeld	186