

Müdigkeitsgesellschaft

Angst bei der Arbeit - Angst um die Arbeitspersonalt in Schule und Lehrerbildung Saving

Beauty Rainer Gross Edwin Hübner Byung-Chul Han

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burnout und depression sind inzwischen weit verbreitete phänomene in der arbeitswelt doch meist geht ihnen eine lange geschichte voraus eine geschichte der angst viele menschen sorgen sich den ständig wachsenden anforderungen der beschleunigung und optimierung dem druck an allen fronten nicht mehr gewachsen zu sein sie haben angst vor dem scheitern vor exklusion sozialem abstieg vor kündigung oft fällt es schwer zwischen äußeren belastungsfaktoren und individuellen befindlichkeiten zu unterscheiden rainer gross analysiert die verschiedenen formen der angst in der arbeitswelt und hilft betroffenen die fähigkeit zur selbstreflexion zu stärken was sind innere muster die diesen ängsten zugrunde liegen was hat es z b mit dem zwang zum erfolg auf sich warum können sich manche menschen gegen überforderung besser wehren als andere und welche rolle spielt dabei die resilienz anhand von fallbeispielen und eines praxisteils bietet das buch betroffenen auch bewährte hilfstellungen z b zur selbststeuerungsfähigkeit zur achtsamkeit und empathie dennoch so rainer gross sei am ende die frage erlaubt reicht es wirklich unser verhalten zu ändern oder braucht es auch eine andere arbeitswelt

soziale und technologische veränderungen stellen auch in der pädagogik scheinbare sicherheiten in frage welche bedeutung kommt etwa lehrerinnen in zeiten digitaler lernhilfen noch zu vor dem hintergrund von phänomenen wie sozialer beschleunigung ökonomisierung und digitalisierung gehen die autorinnen der relevanz der lehrerpersonalität in der pädagogischen beziehung nach und untersuchen die voraussetzungen und möglichkeiten der persönlichkeitsentwicklung in der lehrerbildung aus unterschiedlichen perspektiven werden dabei grundlagen aspekte und möglichkeiten einer personalen pädagogik skizziert und diskutiert

beauty today is a paradox the cult of beauty is ubiquitous but it has lost its transcendence and become little more than an aspect of consumerism the aesthetic dimension of capitalism the sublime and unsettling aspects of beauty have given way to corporeal pleasures and likes resulting in a kind of pornography of beauty in this book cultural theorist byung chul han reinvigorates aesthetic theory for our digital age he interrogates our preoccupation with all things slick and smooth from jeff koon s sculptures and the iphone to brazilian waxing reaching far deeper than our superficial reactions to viral videos and memes han reclaims beauty showing how it manifests itself as truth temptation and even disaster this wide ranging and profound exploration of beauty encompassing ethical and political considerations as well as aesthetic will appeal to all those interested in cultural and aesthetic theory philosophy and digital media

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