



(Un)glück der Sucht (German Edition)

Reinhard Haller

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Das ist es, wonach wir ständig streben: Harmonie, Geborgenheit, Lust, Liebe und Glück. Wenn die Sehnsucht des Menschen nach diesen Urbedürfnissen entgleitet, wenn er immer mehr davon haben will und keine Grenzen mehr kennt, entsteht Sucht. Süchtig zu sein heißt, niemals genug zu kriegen, nie zufrieden zu sein und für wenige Stunden des Wohlbefindens den Preis zunehmender Unfreiheit zu bezahlen. Fernseh-, Internet- und Spielsucht, Alkohol-, Nikotin- und Drogenabhängigkeit, Ess-, Brech- und Magersucht, Liebes-, Sex-, Vergnügens- und Arbeitssucht. Meist sind wir uns der eigenen, sich unbemerkt entwickelnden Süchte gar nicht bewusst. Wird die Sucht aber nicht rechtzeitig bekämpft, führt sie zu zunehmenden psychischen und sozialen Problemen, zum Verlust der Freiheit und letztlich zur Vereinsamung.

Reinhard Haller analysiert die mannigfachen Ursachen der Sucht, beschreibt alltägliche süchtige Verhaltensweisen und krankhafte Formen der Abhängigkeit und zeigt Wege zu ihrer Überwindung auf. Der Mensch, der – ohne es zu merken – durch die Sucht einen großen Teil seiner Autonomie verloren hat, soll wieder Herr in seinem von der Sucht in Beschlag genommenen Hause werden.

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