



Catalin Dorian Florescu

FREEDOM IS POSSIBLE

Über Verantwortung, Lebenssinn und Glück in unserer Zeit

From the series "Keeping Uncalm"

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Ein zutiefst humanistisches Buch, das Beziehungsfähigkeit und Konzentration gegen das kollektive Aufmerksamkeitsdefizit unserer Zeit setzt.

A book about responsibilities, the meaning of life and happiness in our age. We live in a hysterical time. A time that enables material wealth and incessant communication, but abandons the individual to his feelings isolation. After the failure of the big political utopias, our longing for happiness, attachment and closeness is all the greater, but we are trapped in our fragmented, accelerated day-to-day lives. The humanist psychologist and author Catalin Dorian Florescu counters this with the image of a serene, creative person capable of relating to others. In the autonomous concentration on their own self, the individual can overcome the attention crisis of our times and build meaningful relationships to others and the world around them.

CATALIN DORIAN FLORESCU

Catalin Dorian Florescu was born in 1967 in Timisoara, Romania. He fled to the West with his parents in 1982 and has lived in Zurich since. He studied psychology and psychopathology at Zurich University. 1995–2001: work as psychologist in a rehabilitation centre for drug addicts, further training in gestalt therapy. Freelance author since 2001. He has been awarded numerous grants and prizes, including: Anna Seghers Preis 2003, Schweizer Buchpreis 2011, Joseph von Eichendorff Literaturpreis 2012.