



Georg Fraberger

# HOW DO I BECOME ME - BETWEEN BODY, HEART AND MIND

Zwischen Körper, Verstand und Herz

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## Live your needs!

We are taught to set ourselves targets. We train our body and function in accordance with social protocols. We try to be successful and a perfect partner in matters of the heart. But this balancing act is often not achieved. The body becomes tired and threatens to buckle under the stress, or we experience inner conflict. But who is in the right: body, heart or mind? How do I become me, and who am I? Our thoughts appear to be free, but in truth are tied to our body. Georg Fraberger, himself severely physically disabled from birth, illustrates how we can lead a balanced life through the harmonious connection of body, heart and mind.

## GEORG FRABERGER

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born 1973 in Vienna, is a psychologist and author. He works as a psychologist at the Vienna General Hospital. In addition, Fraberger has published several books, including "Ohne Leib mit Seele" (2013) and currently "Wie werde ich Ich". Georg Fraberger is married and has four children.