



# Lean-Management: Eine Schrothkur zur Verschlankung (German Edition)

*Anna Selina Lichte*

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Was hat Bodyforming mit steigendem Leistungsdruck zu tun, Dauerstress mit Mobbing und Kommunikation mit dem Burnout-Syndrom?

Nichts und doch sehr viel!

Warum braucht ein Dach tragende Wände, die Erfolgsbilanz eine gesunde Belegschaft und jeder von uns achtsame Mitmenschen?

Weil alles miteinander verbunden ist!

Schnell, schlank und top-fit ... Attribute, die zur zentralen Dimension menschlichen Lebens geworden sind und in zunehmend vielen Unternehmen als ›Gesundheitskur‹ verstanden werden, um auf dem Weltmarkt attraktiv und konkurrenzfähig zu bleiben. Die schwelenden Risiken & Nebenwirkungen mit Kettenreaktionen à la Dominoeffekt werden bei diesem Vorgehen oft weit unterschätzt.

Verschlankung um jeden Preis, koste es was es wolle!

Es geht aber auch anders!

›Lean-Management – Eine Schrothkur zur Verschlankung‹, das Sachbuch für alle, denen Unternehmenserfolg und menschliches Wohlbefinden gleichermaßen am Herzen liegt!

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