



Louis Lewitan

The Art of Staying Composed
[Die Kunst, gelassen zu bleiben]

Mastering stress –
Investigating with the best

Ludwig
256 pages
b/w photos
Format 13.5 x 21.5 cm
September 2009

• [Interview](#) available online

How do prominent personalities master challenges and special burdens?

Stress is considered an illness of everyday modern life. Yet the things that can stress us can be quite varied. What is definitely true is that people in public life experience especially severe stress.

The stress expert Louis Lewitan investigates how prominent people deal with this. In a remarkably open way, personalities from economics, sports, media, and politics provide insights into what special burdens they are prey to, how they master these special challenges, and how they deal with difficult setbacks.

Author

Louis Lewitan, born in 1955, has a doctorate in psychology and is a renowned stress expert. His competence and experience are sought after by managers and other business people concerning processes of change, conflict resolution, and strategy realization. Since 2005, Louis Lewitan has been an ombudsman for the European Patent Office.