Please find below links to posts I posted on LinkedIn on various subjects. Feel free to leave a comment on LinkedIn in case a specific subject/content found your interest (or triggered a part of you). This list is updated on a regular basis.

Addiction:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_addictions-activity-6859373691332112384-lFK9?utm_source=share&utm_medium=member_desktop>

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-substanceabuse-addiction-activity-6998905292914622464-fYPX?utm_source=share&utm_medium=member_desktop>

Anxiety/Fear:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-anxiety-fear-activity-6978613278641922048-Q2ID?utm_source=share&utm_medium=member_desktop>

Death/Regrets:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_regrets-change-activity-6811166014152278016-klAX?utm_source=share&utm_medium=member_desktop>

Death/Surrender:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_why-to-stop-fighting-death-is-different-activity-6854302785593331714-v0ow?utm_source=share&utm_medium=member_desktop>

Depression/SSRI:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-depression-ssri-activity-6993848724984623104-a6H3?utm_source=share&utm_medium=member_desktop>

Fear:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_why-telling-yourself-dont-be-afraid-doesn-activity-6793782450507124736-nMCq?utm_source=share&utm_medium=member_desktop>

IFS:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-activity-6856830695197814784-5tce?utm_source=share&utm_medium=member_desktop>

Mid-career crisis:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_midcarerrcrisis-midlifecrisis-change-activity-6849216160878206976-uqzH?utm_source=share&utm_medium=member_desktop>

Not-knowing:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_jobquitting-notknowing-activity-6834009046668967936-f-Bm?utm_source=share&utm_medium=member_desktop>

Panic Attack:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-panic-anxiety-activity-6996389109887860736-G-ke?utm_source=share&utm_medium=member_desktop>

Passion:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_what-to-do-when-bored-at-work-or-how-exciting-activity-6823857259538448384-c_Xn?utm_source=share&utm_medium=member_desktop>

Secrets (keeping in):

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-secrets-activity-6971001752204517377-JAml?utm_source=share&utm_medium=member_desktop>

Shame:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-grief-activity-6976079169805766656-zJDH?utm_source=share&utm_medium=member_desktop>

Stress:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-stress-activity-6973906347692023808-4cjq?utm_source=share&utm_medium=member_desktop>

Suicide:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-suicice-activity-6988759010791292929-hIjr?utm_source=share&utm_medium=member_desktop>

Well-being (obsession):

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_internalfamilysystems-wellbeing-healthandwellness-activity-6991293867350224896-Uqjt?utm_source=share&utm_medium=member_desktop>

Work-issues:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_greatresignation-activity-6818782078767906816-sqbF?utm_source=share&utm_medium=member_desktop>

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_i-cant-stand-my-job-any-more-its-not-me-activity-6816252745461354497-Jhhw?utm_source=share&utm_medium=member_desktop>

Values:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_core-activity-6803672343081304065-I4OB?utm_source=share&utm_medium=member_desktop>

Vision:

<https://www.linkedin.com/posts/matthias-hartmann-embodhi_vision-activity-6808632706696667136-eZH6?utm_source=share&utm_medium=member_desktop>