



Runter vom Sofa!: Aufbruch in ein aktives Leben (German Edition)

Dr. Friedrich Hainbuch

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Sie fühlen sich müde und möchten wieder mehr für sich selbst tun? Dann ist dieses Buch genau das Richtige für Sie. Die gute Nachricht lautet: So, wie unser seelischer Zustand unseren Körper beeinflusst, können wir unserem emotionalen Wohlbefinden etwas Gutes tun, indem wir körperlich aktiv werden.

Dr. Friedrich Hainbuch erklärt, wie Bewegung unseren Körper und unsere Psyche beeinflusst, wie wir durch einfache Bewegung und gesunde Ernährung beiden etwas Gutes tun können und durch bewusstes Atmen nicht nur unseren Kopf durchpusten, sondern auch noch leistungsfähiger werden. Mit praktischen Tipps, die sich im Alltag leicht umsetzen lassen, Übungen für einen starken Rücken oder leckeren Rezepten helfen Sie Ihrer Stimmung wieder auf die Beine. Machen Sie sich im wahrsten Sinne des Wortes auf den Weg – runter vom Sofa und rein in ein aktiveres Leben.



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