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# Das Steinalt Kerngesund Kochbuch Kulinarische

**Michael Draksal**



## **Das Steinalt Kerngesund Kochbuch Kulinarische:**

**Das Steinalt und Kerngesund KOCHBUCH** Marcus Lauk, Anton Schmaus, 2015 Endlich ist es da Das Kochbuch für alle die kerngesund genießen wollen Gesundheitsforscher Marcus Lauk reiste dorthin wo die Menschen länger gesund bleiben und lter werden als im Rest der Welt Er fand heraus Die 100 Jährigen setzen vor allem beim Essen auf Tradition statt Trends Und Sie essen nicht mit dem Kopf sondern nach Gefühl Wer genug hat von trendigen Ernährungsregeln oder einfach gesund und lecker essen möchte erlebt mit diesem Kochbuch die Rückkehr des guten Geschmacks Sternekoch Anton Schmaus bringt die Kuchenschätze aus aller Welt in Form von neuen köstlichen Rezepten auf Ihren Tisch Genießen Sie sich kerngesund Die geheimen Rezepte der 100 Jährigen Lecker und gesund essen ohne Kopfzerbrechen Für alle Vom Veganer bis zum Fleischfan

**Steinalt und Kerngesund** Marcus Lauk, 2014-05-14 Wie können wir 100 Jahre erfüllt leben Um das herauszufinden machte sich Gesundheitsforscher Marcus Lauk auf die Reise zu den 100 Jährigen dieser Welt Zurück kam er mit einem Koffer voller Erkenntnisse und praktischer Tipps die Sie nun in Ihrem Alltag sofort umsetzen können GANZHEITLICH Der Lebensstil der gesündesten Menschen der Welt KOSTLICH Lebensverlängernde Rezepte für zu Hause WEGWEISEND Profitieren Sie von den Geheimnissen der 100 Jährigen [www.100jahregesund.de](http://www.100jahregesund.de) Ich will lange gesund leben und Sie Marcus Lauk Der Gesundheitsphilosoph **Mehr Konzentration in der Schule** Michael Draksal, 2016-11-10 Der Sportwissenschaftler und Sportpsychologe Michael Draksal bereitet seit mehr als 10 Jahren Spitzensportler in seiner Beratungspraxis mental auf Wettkämpfe vor In diesem Praxisratgeber berichtet er die besten Übungen und Methoden der mentalen Wettkampfvorbereitung auf die Situation von Prüfungskandidaten Das Lernen wird dadurch zu Training und die Prüfung ist wie ein Wettkampf auf den man sich genauso professionell einstellen kann wie ein Leistungssportler Die vorliegende Auflage ist komplett bearbeitet und mit neuen bahnbrechenden Verfahren ergänzt Schüler aber auch Lehrer und Eltern sind begeistert Motivationstraining Konzentrations Gedächtnistipps Umgang mit Prüfungsstress optimale Prüfungsvorbereitung *Das Steinalt und Kerngesund KOCHBUCH* Marcus Lauk, Anton Schmaus, 2015

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