

Svp S580 Recovery Mode

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die heilkraft der bewegung das wundermittel der medizin jetzt mit neuem vorwort depressionen arthrose krebs diabetes rüschenschmerzen chronische müdigkeit osteoporose herzinfarkt körperliche bewegung hilft krankheiten zu besiegen der bestsellerautor jörg blech präsentiert den wendepunkt in der medizin immer mehr klinische studien weisen die bewegung als verträgliches heilmittel aus das bessere erfolge verzeichnet als pillen und apparatemedizin niemand muss leistungssport treiben um von der heilkraft der bewegung zu profitieren denn bereits maßvolle aktivität hält den geist wach und verlängert das leben und es ist nie zu spät man kann in jedem alter beginnen jörg blechs klassiker heilen mit bewegung wurde in dieser neuausgabe um ein neues

vorwort aktualisiert

alles was man wissen muss um ein gesundes leben zu führen unser wissen über den menschen ist immens unser gesundheitssystem ist trotzdem in der krise der ruf nach prävention wird immer lauter wer verstehen will wie gesundheit wirklich funktioniert muss die fakten kennen aus der entwicklungsgeschichte unseres körpers aus der molekularbiologie aus der genetik dieses buch der medizinischen bildung klärt darüber auf denn nur wer die zusammenhänge versteht weiß wie er gesund bleiben und sich vor den großen zivilisationskrankheiten schützen kann mit der gesundheitsformel zum schutz vor krebs diabetes und bluthochdruck für eine intakte immunabwehr für ein starkes herz für einen rücken ohne schmerzen für eine gute verdauung zum schutz vor depression und demenz und vieles mehr

dieses buch verändert die wichtigsten gespräche deines lebens die gespräche mit dir selbst der renommierte psychologe ethan kross verschränkt für sein international vielbeachtetes buch seine eigenen bahnbrechenden forschungsergebnisse aus verhaltens und hirnforschung mit zahlreichen fallstudien aus der praxis er erklärt uns wie diese stummen gespräche unser leben unsere arbeit und unsere beziehungen prägen er warnt davor dass negative und desorientierende selbstgespräche unsere gesundheit belasten unsere stimmung negativ beeinflussen unsere sozialen verbindungen ins wanken bringen und sogar dazu führen können dass wir psychisch zusammenbrechen aber die gute nachricht ist wir sind bereits mit allen werkzeugen ausgestattet die wir brauchen um unsere innere stimme zu unseren gunsten nutzen zu können brillant argumentierend von einem ausgewiesenen experten recherchiert und gefüllt mit fesselnden geschichten aus der praxis gibt uns das buch von ethan kross die möglichkeit das wichtigste gespräch das wir führen endlich zu ändern das gespräch mit uns selbst

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