

Mama macht mal Pause: 10-Minuten-Wellness im Alltagsstress (German Edition)

Nina Weber

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Mama macht mal Pause: 10-Minuten-Wellness im **Alltagsstress (German Edition)**

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Mama macht mal Pause: 10-Minuten-Wellness im Alltagsstress (German Edition) Nina Weber Mütter von Kindergarten- und Grundschulkindern sind oft erschöpft und ausgelaugt. Kinder, Job und Familienalltag lassen kaum Zeit für Auszeiten, Besinnung oder ausgleichenden Sport. Nina Weber präsentiert über 120 schnell und leicht umzusetzende Ideen für körperliche und seelische Entspannung. Damit kommt jede gestresste Mutter zur Ruhe und kann neue Kraft und Energie tanken.

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