



# Entfalte dein Körperglück!: Ganzheitliche Fitness für Frauen (German Edition)

*Jasmin Kirstein*

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*Jasmin Kirstein*

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Manchmal steht einem der Sinn nach mehr Energie, manchmal fehlt einem die nötige Ruhe, an anderen Tagen wünscht man sich mehr Beweglichkeit. In diesem Buch findet jede Frau das richtige Programm, passend zu Stimmungslage und körperlichen Bedürfnissen.

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