



Gesund im Büro: Projekt: Gesund leben (German Edition)

Hannah Frey

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Viele Menschen leiden unter ungesunden Routinen, die sich in ihren Arbeitsalltag eingeschlichen haben: ständiger Stress, Bewegungsmangel, Büro-Ernährung, schädliche Haltung und Freizeitdefizite. Hannah Frey zeigt am typischen Tagesablauf eines Büroangestellten die Vielzahl gesundheitlicher Fallen auf. Zudem lädt sie die Leser mit Selbstreflexionen, Checklisten, Fragebögen und Übungen dazu ein, tatsächlich AB HEUTE etwas sich, für gesundes Arbeiten zu tun.

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