



Das Okinawa-Prinzip: Gesund bleiben, länger leben (German Edition)

Jane Kennedy

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So lernen wir von Hundertjährigen!

Okinawa – eine japanische Insel sorgt für Furore. Denn nirgendwo sonst auf der Welt leben so viele glückliche und powervolle Hundertjährige! Dieses Buch verrät, wie auch wir schon früh beginnen können, durch die Umsetzung von 4 einfachen Okinawa-Prinzipien unsere Gesundheit zu schützen, die Lebenserwartung zu verlängern und uns dabei vital, gelassen und topfit zu fühlen. Probieren Sie es aus!

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