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EntspannungstrainingHer Forbidden Crush Karl-Heinz Schäfer Natalie Anderson

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wirklich ruhe finden ist im alltag nicht ganz leicht dabei gehört richtige entspannung zu den grundlagen der gesundheit das buch gibt eine anschauliche Übersicht über das praxisgebiet entspannungstraining von meditativer imaginativer atem und selbsthypnose entspannung bis hin zu progressiver relaxation und autogenem training je nach verfahren werden unterschiedliche entspannungsziele aktiviert sofortige entspannung kann angeregt entspannungsfähigkeit geübt oder gelassene lebenshaltung entwickelt werden zwischen therapie und entspannung wird dabei genau differenziert für künftige entspannungstrainerinnen bieten ausformulierte instruktionen und selbstbeobachtungsbögen einen reichen fundus für die kursgestaltung

it s taken forever for lexi peterson to get over the crater sized unrequited crush she had on ultimate playboy luke marchetti yet it only takes one look for her to be right back where she started but lexi s not quite as shy as she once was and when they re trapped together with only one bed she figures that maybe its time luke got a taste of his own medicine bad boy luke has been maxing out his reputation his whole adult life but now the one girl he couldn t ever have is right in his room wearing a teeny tiny piece of nothing he resists right he really really tries to resist but when feelings fight their way from the cage in which he s kept them for so long he finally realises the real problem how s he going to convince lexi that she s the one he wants for good featuring a dog named mango kisses on a ferris wheel and a play by play enactment of a fantasy gone unfulfilled for far too long her forbidden crush is for readers who love a first time do over and some sizzle with their romance

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