



Wespentaille trotz Bienenstich: Tolle Figur auch über 50 (German Edition)

Nadja Nollau

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Älterwerden ist ein ziemlich dickes Brett. Das weiß Nadja Nollau aus eigener Erfahrung. Obwohl sie ihre Essgewohnheiten nicht verändert und genauso viel Sport treibt wie früher, nimmt sie plötzlich zu ... und verzweifelt. Doch dann sagt sie dem Bauchfett den Kampf an und gewinnt ihn. Unterhaltsam und selbstironisch schildert die Autorin ihren Wettstreit mit den Pfunden und zeigt, dass die Traumfigur mit 50 kein bloßer Traum bleiben muss.

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