



Catpower: Das ultimative Körperbuch (German Edition)

Benita Cantieni

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In CATPOWER erzählt Benita Cantieni drei Geschichten:

Die Geschichte ihrer Verwandlung aus einer krumm verwachsenen Frau, die tagein, tagaus von Schmerzen geplagt wird, in eine fast 60-jährige, biegsame und dynamische Powerkatze.

Sie erzählt die Geschichte ihrer Körperforschung: Wie sie seit 16 Jahren die Fakten, Tatsachen und Beweise für ihre "logische Anatomie für Laien" zusammenträgt, ihre Anleitung zur Selbstheilung von sämtlichen Krankheiten, die durch Fehlhaltung hervorgerufen werden.

Und sie erzählt ihre eigene Lebensgeschichte, wie sie sich von der erfolgreichen Chefredakteurin großer Frauenzeitschriften zur streitbaren Körperforscherin wandelte, die sich durch Schwierigkeiten und Anfeindungen nicht von ihrem Ziel abbringen lässt: Die Gebrauchsanweisung des menschlichen Körpers entschlüsseln.

CATPOWER ist "typisch Cantieni", radikal ehrlich, herrlich provozierend und – selbstironisch. So ist auch zu erfahren, wie sie durch gezieltes Beckenbodentraining den multiplen Orgasmus entdeckte, weshalb Stöckelschuhe Frauen nicht schöner machen und warum sie Menschen mit Lachfalten schöner findet als botoxgelähmte Glatthesichter. CATPOWER enthält selbstverständlich typische CANTIENICA®-Übungen, damit Sie, liebe Leserin, lieber Leser sofort ausprobieren können, wie sich der gute Gebrauch des Körpers anfühlt – leicht, schön, kraftvoll. Erleben Sie Ihre CATPOWER!

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