



Kerstin Lingemann

Lauf einfach!

Marathontraining zwischen Job und Familie

Lauf Einfach Marathontraining Zwischen Familie Ebook

Kerstin Lingemann



Lauf Einfach Marathontraining Zwischen Familie Ebook:

Lauf einfach! Kerstin Lingemann, 2015-04-20 Seit einigen Jahren läuft die Autorin regelmäßig und nimmt an Laufveranstaltungen und Wettbewerben teil. Das Training spielt eine wichtige Rolle in ihrem Leben. Motivation und Ziele sind erforderlich, um am Ball zu bleiben, doch muss auch der Sport in den Alltag integriert werden. Das ist nicht leicht, vor allem dann, wenn Beruf und Familienarbeit kaum Zeit für ein aufwendiges Hobby lassen. Wie sie es dennoch schafft, ein monatelanges Marathontraining zu absolvieren, schildert Kerstin Lingemann in diesem Tagebuch, das sie während eines Laufjahres geführt hat.

Decoding **Lauf Einfach Marathontraining Zwischen Familie Ebook**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Lauf Einfach Marathontraining Zwischen Familie Ebook**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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