



## Leben ohne Rezept (German Edition)

*Heinz Marecek, Christine Marecek*

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30 Jahre sind »die Mareceks«, Publikumsliebling Heinz und seine Frau Christine, miteinander verheiratet. In diesem Buch erzählt das Ehepaar vom gemeinsamen gegückten Versuch, ohne Rezept glücklich zu leben. Der Weg dahin führt über gemeinsames Kochen, Essen, Trinken, Reden, Lachen, Streiten mit ihren Kindern, ihren Freunden wie Otto Schenk, Karlheinz Hackl, Werner Schneyder, Harry Rowohlt ... und mit wildfremden Menschen.

Gibt es so etwas wie ein allgemein gültiges Patentrezept fürs Glücklichsein? »Nein«, meint Heinz. »Unserem Leben müssen wir uns täglich neu stellen. Es ist täglich Premiere.« Wie das Ehepaar es geschafft hat, im Moment Glück zu empfinden, erzählen Heinz und Christine jeweils aus eigenem Empfinden auf inspirierende, berührende und unterhaltsame Weise.

Mit zahlreichen Fotos & Kochrezepten von Christine

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