



Meine Wechseljahre: sichtbar bleiben im Tanz der Hormone (Liebe, Lust und Leidenschaft) (German Edition)

Eva Mayer

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Die Autorin Eva Mayer vermittelt Hintergrundinformationen zu den Wechseljahren in humorvoller und spielerischer Form. Ihre Texte machen Mut, auf die eigene Kraft, Kreativität und Lebenslust zu vertrauen. Einen ganzen Fundus an Ideen zum Umgang mit einer turbulenten Lebensphase bieten auch die Interviews zahlreicher realer Frauen aus der Babyboomer-Generation. Ein buntes, kraftvolles Buch auf dem Weg zur Sichtbarkeit des Selbst.

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