

Pizza Man

Pizza zum Frühstück Ontketen je brein What's Cooking Against the Grain Pizza Man Jo L.

Fellner Theo Compernolle Anthony Sepe J. D. Athens

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philip nutzt den urlaub seines bruders und zieht für eine woche in sein elternhaus um dort für seine bevorstehende prüfung in meerbiologie zu lernen gerade als er sich eine pause gönnt und es sich vor der heimkinoanlage bequem macht wird seine idyllische ruhe gestört jemand bricht in das haus ein und das seltsame der einbrecher hat einen schlüssel

een absolute mustread voor iedereen die meer uit zijn brein wil halen altijd online en bereikbaar zijn multitasken negatieve stress slaapgebrek open kantoren waar iedereen elkaar kan horen ons denkende brein staat meer dan ooit onder druk met nefaste gevolgen voor onze productiviteit creativiteit en gezondheid doordat ze hun brein onvoldoende kennen doen slimme mensen domme dingen zo stelt neuropsychiater theo compernolle in dit baanbrekende boek ontsluit hij in zijn bekende glasheldere stijl de recentste kennis over ons denkende brein en toont hij aan welke breinboeien onze hersenen vandaag in een verstikkende klemgreep houden maar hij laat ook zien hoe we ze kunnen ontketenen en reikt concrete tools en tips aan om het beste uit ons brein te halen zijn vurige pleidooi voor meer slow thinking in een digitale wereld zal niemand onberoerd laten

what's cooking is a compendium of the favorite recipes from many notable dietitians chefs learn from the experts as they teach you new ways to meld taste and nutrition each recipe includes a nutritional analysis so you will know exactly what you are eating what's cooking hopefully you are after sinking your teeth into this monster of a cook book sepe gathers top notch recipes from leading health experts and professionals who know how to make good for you foods taste great the best thing is you will be so focused on trying out any number of tasty yet healthy recipes that you probably won't notice or mind that your health improved along the way david grotto rdn ldn author of the best things you can eat while you're enjoying scrumptious meals from this cookbook the handicapped children's association of southern tier new york an affiliate of the cerebral palsy associations of new york will be appreciating your purchase anthony is generously donating ten percent of the proceeds from the sale of this book to support the association which will be earmarked for counseling services having cerebral palsy himself anthony knows how essential it is to support the organizations that reach out to help those with disabilities

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