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## Book information

**Authors:** Ben Baak

**Title:** Du kannst dich mal... gesund erholen!

**Subtitle:** Effective incentives for refreshing regeneration in daily life

**Short text:**

A few years ago, the phrase “I am out of it” hit the nerve of many people who wanted to take some time off from their daily routine, maybe even from their lives. However, taking time off is not an easy thing for many people to do. For most people, as scientific studies have shown, recovery is still needed. But being absent from what? From work, from one’s social circle, or even from oneself? And why? Perhaps merely to recharge one’s batteries?

Within a broad and practical compilation, Dr. Ben Baak provides the most diverse aspects of powerful recovery methods for daily life. All the presented methods are aimed at enriching our everyday routine with the essential resources of rest and relaxation in order to enhance our creativity and our quality of life on a long-term basis. Recovery is much more than a means to becoming more refreshed and enhancing our daily performance; rather, it is the most important form of generating new resources, and thus is the source of health. Ready for recovery?

**Categories:** Guide Health & Medical Science