

How playing makes children smart

Lifestyle plays an essential role in the spiritual and physical development of children. Current research proves that sport, nutrition, sleep patterns, games and music exert a greater influence on our children's school performance than we had previously assumed. Based on the latest in scientific research, the successful author duo explains why this is the case, and how our children's concentration, intelligence and school grades – and thereby also their mental equilibrium – can be improved quickly and easily. **A book that offers invaluable guidance to all those who want the best for their children.**

© Walter Rammler



Prof. Michaela Axt-Gadernmann, born in 1967, holds the chair for health promotion at the College of Coburg. She is a sports medicine practitioner and dermatologist.

© Renate Sust



Prof. Peter Axt, born in 1939, is a leading health scientist and in great demand as an instructor to people involved in teaching anti-ageing techniques. Herbig has published some of his bestsellers including *Vom Glück der kleinen Schritte* (The Joy of Small Steps), *Vom Glück der Faulheit* (The Joy of Laziness), *Bleib doch einfach jung* (Just Stay Young) and *Skin Food*.



Give the best possible support through the right kind of lifestyle

Prof. Michaela Axt-Gadernmann · Prof. Peter Axt

How to Make Children Clever and Happy

Making learning easier, and promoting optimal school performance

approx. 144 pages, colour throughout
16.1 x 21.8 cm
hardback
ISBN 978-3-7766-2641-4

International Sales:

- **THE JOY OF LAZINESS:** USA, China, Greece, Russia; Korea*, Netherlands*, Czech Republic*, Spain*, Taiwan*, Japan*, Lithuania*, Latvia*, Italy*, Slovakia*
- **THE ART OF LIVING LONGER:** Czech Republic; Netherlands*, Egypt*, Latvia*, Italy*
- **MAY-WOMAN SEARCHING FOR DECEMBER-MAN:** Taiwan, China, Slovakia, Czech Republic, Poland



Axt/Gadernmann
THE JOY OF LAZINESS
192 pages
ISBN 978-3-7766-2214-0



Axt/Gadernmann
THE ART OF LIVING LONGER
192 pages
978-3-7766-2275-1



Axt/Gadernmann
MAY-WOMAN SEARCHING FOR DECEMBER-MAN
160 pages
ISBN 978-3-7766-2399-3

* Rights are available again