

## As easy as pie, costs nothing and takes hardly any time

– the ideal foundation for sticking to your resolutions to change your way of life, all within the space of 12 months! This successful duo of authors shares with us indispensable knowledge on how to turn your life around in 52 simple steps. The week-by-week suggestions, based on cutting-edge research, follow a logical progression, accumulating to form a handy reference manual, featuring state-of-the-art advice on diet and nutrition, sleep, mental balance and social life. The recommended steps are easy to incorporate into your daily routine and guaranteed cumulatively to improve your health, happiness and general well-being – tip-by-tip, step by step, week by week.

→ How to be healthier, more energetic and well-balanced with minimal effort – the bestselling authors show how easy it is to turn good intentions into reality on a day-to-day basis.

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**Michaela Axt-Gademmann, MD**, born in 1967, is a dermatologist and specialist in sports medicine. Previous publications with Herbig include the bestsellers: »Forever Young«, »The Joy of Laziness«, »The Art of Living Longer«, »Skin Food« and »How to Improve Your Eating Habits« (with Sylvia Schmitt).

**Prof. Dr. Peter Axt**, born in 1939, is a public health specialist and coaches anti-ageing consultants.



Dr. Michaela Axt-Gademmann/Prof. Dr. Peter Axt

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Overcoming our weaker self step-by-step

The 52-week health programme

Approx. 128 pages, 16,1 x 21,8 cm

Hard cover

ISBN 978-3-7766-2584-4

»Setting this book apart from the mass of similar titles jostling for attention on the market is the authors' realistic focus and the fact that their suggestions can be smoothly integrated into your daily routine. A distinctive voice that stands out amongst the plethora of new-fangled health and fitness publications.« *ekz-Informationsdienst*



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