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KLEINE AUSZEITEN FÜR MAMAS



Condition: New. Publisher/Verlag: Brunnen-Verlag, Gießen | Ein Malbuch. Kreativ sein und entspannen | Die schönste Anti-Stress-Methode - Malen, entspannen und Einzigartiges schaffen - Originelles Geschenk für Schwangere und frischgebackene Mamas! Selbstachtsamkeit üben, zur Ruhe kommen und die eigene Kreativität völlig neu entdecken - das tut gut! Vor allem, wenn alle Gedanken um das sehnsüchtig erwartete Baby kreisen oder Tag und Nacht vom neuen Erdenbürger beherrscht werden und wenig Zeit zum Durchatmen bleibt. Dieses außergewöhnliche Malbuch schenkt echte kleine Auszeiten und wird...

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- Authored by Janine, Bethan
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