



Pfundskerl: Ein Kilo kommt selten allein (German Edition)

Oliver Beerhenke

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Oliver Beerhenke ist zu dick und kämpft mit seinem inneren Schweinehund. Der hat ihn nämlich bisher daran gehindert, das zu tun, was er eigentlich will: endlich abnehmen. Doch die Wahrheit ist: Diäten sind für Dünne, Fitnessübungen für Sportler und Waagen für Wagemutige.

Mit Humor, Ehrlichkeit und viel Selbstironie stellt sich der Comedian Oliver Beerhenke den Widrigkeiten, die Menschen mit Gewichtsproblemen durchs Leben begleiten - und findet am Ende doch noch eine Möglichkeit, einen Sieg über sich selbst zu feiern ...

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