

## Beneficial exercises – now at last in a handy card set



Dr. med. Claudia Croos-Müller

**I Can Do It!**

[Ich schaf(f) das!]

Easy physical exercises for more vitality. 50 cards

Kösel Sach-/Fachbuch

112 pages

50 colour illustrations

Format 8,9 x 12,8 cm

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4c throughout

**Dr. med. Claudia Croos-Müller** is a neurologist, psychotherapist, and trauma therapist. She studied body language as well as concentrated physical-exercise therapy. She offers training and coaching on the subjects of body language, conflict resolution, and poise.

After seven quite successful sheep books, Claudia Croos-Müller now presents a selection of the most popular fitness exercises as a card set – illustrated with the good-mood sheep Oscar, Emily, Willy, and Marie.

This card set contains 48 of the most popular exercises, including "shoulder throw", "hand on heart", and "slurp breathing", and is accompanied by a booklet with additional information. A colour-coded guide provides orientation so that readers can immediately find the appropriate options. Alternatively, readers can draw one or more cards at random to find immediate practical help. The individual exercises are sorted by various topics, such as stress, fear, and despondency.

- An ideal practical gift
- Over 500,000 copies sold of these small survival books
- The best-loved fitness exercises with the good-mood sheep for on the go