



# Die Löwen-Liga: Tierisch leicht zu mehr Produktivität und weniger Stress (German Edition)

*Peter H. Buchenau, Zach Davis*

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Immer mehr Menschen fühlen sich durch gestiegene berufliche und private Anforderungen überfordert. Das Buch zeigt metaphorisch anhand von Tierfiguren zwei Möglichkeiten des Umgangs mit dieser Situation auf. Der Löwe Lono stellt das Negativbeispiel dar, ist hierbei aber kein „Loser“, sondern ein realistisches Abbild all derjenigen, denen es nicht gelingt, die Erfüllung beruflicher Aufgaben in Einklang zu bringen mit den Erfordernissen des Privatlebens. Das Positivbeispiel wird durch den Löwen Kimba dargestellt, der kein unrealistisch wirkender Überflieger ist, sondern viele kleine Dinge anders macht. Dies führt zu besseren Arbeitsergebnissen und dazu, dass er die wichtigsten Lebensbereiche sehr gut im Griff hat. So vermitteln die Löwenfiguren auf unterhaltsame Weise einen Weg zu einer ausgeglichenen Work-Life-Balance.

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Playing with family within a park, coming to see the ocean world or hanging out with good friends is thing that usually you could have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Die Löwen-Liga: Tierisch leicht zu mehr Produktivität und weniger Stress (German Edition), you are able to enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

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