

PEOPLE . PLACES

THE BETTER YOU

4 x 45' (GER)

Nobody's perfect - or can self-optimization help to find perfection? What does it mean to work on yourself? Better, faster, healthier.

In our modern society the urge for optimization is growing and this doesn't stop in one's professional life, but also extends on one's own body, nutrition and even relaxation has to be perfect. In this series we deal with the widespread forms of this trend and also with the businesses that arise from it.

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1. Fitness as a Business

2. Fasting - The Power of Self-Healing

3. Doctor Nature

4. Pilgrimage - On the Way to Yourself