

# Foreign Rights Spring 2020

## Reference



Ariston ▪ Ansata ▪ Arkana  
C.Bertelsmann ▪ Diederichs ▪ Goldmann ▪ Heyne  
Integral ▪ Irisiana ▪ Kailash ▪ Kösel ▪ Mosaik ▪ Penguin ▪ Südwest

# Contents

## Personal Development

von Berlepsch, Thimon: An Update for Your Subconscious .....	1
Brähler, Christine: New Paths Out of Loneliness .....	2
Braun, Rüdiger: Our 7 Senses – The Keys to Our Psyche .....	3
Hoffmann, Ulrich: Pause .....	4
Hohensee, Thomas: Do Nothing and Become Happy .....	5
Junge, Miriam: Small Steps with Large Effects .....	6
Küster, Brigitte: From Sensitive to Highly Sensitive .....	7
Löhken, Sylvia / Peters, Tom: Live Your Power! .....	8
Tepperwein, Kurt: The Book of True Joy .....	9
Wehrle, Martin: "I Could Strangle Him" .....	10

## Family & Parenting

Bachmann, Hannsjörg / Bachmann, Eva-Mareile: Families Live .....	11
Burri, Kathrin: Long-Term Breastfeeding .....	12
Dannhauer, Kareen: Becoming Pregnant .....	13
Frey, Gunda: Giving Children What They Need .....	14
Heim, Sereina: Family Balance .....	15
Hutzenlaub, Lucinde / Abidi, Heike: I Thought They'd Never Move Out .....	16
Juul, Jesper: Your Self-Determined Child .....	17
Michel, Katrin: Meditations for Mothers .....	18

## Love & Relationship

Voelchert, Mathias: Separation in Love .....	19
--	----

## Sports & Fitness

Harnischfeger, Gabriela: Life Changing Triathlon .....	20
--	----

## Nutrition

Bracht, Petra / Leitzmann, Claus: Nutrition Clarity .....	21
Moll, Ralf: Type-Appropriate Intermittent Fasting .....	22

## Health & Alternative Healing

Dahlmanns, Felix: The Skin Diet .....	23
Döll, Michaela: Cholesterol under Control .....	24
Mayr, Karin: The Secret Language of the Feet .....	25
Sam, Achim / Sam, Verena: The Cancer Compass .....	26
Strunz, Ulrich: 77 Tips for a Healthy Brain .....	27
Zittlau, Jörg: The Healing Powers of Bees .....	28

## Spirituality & Mindfulness

Böer, Madita: The Call of Mother Earth .....	29
Gengenbach, Silke: Wild Femininity: Vital, Sensual, Free .....	30
Limmer, Stefan: The Power of Two Souls in You .....	31
Mohajeri, Tala: Body Whispering .....	32
Mora, Eva-Maria: Your Path of Initiation .....	33
Rainbow, Sonia Emilia: The Healing Power of Women .....	34
Tschenze, Vadim: Restoring the Matrix .....	35

## Inspirational Fiction

Long, Aljoscha / Schweppe, Ronald: The Merchant and the Rinpoche .....	36
--	----

## Contact & Agents

.....	37
-------	----

## Think yourself to happiness – the manual for your subconscious



Thimon von Berlepsch  
**An Update for Your Subconscious**  
[Update für dein Unterbewusstsein]  
New ways of thinking, acting, and feeling

Ariston  
288 pages  
With 17 b/w illustrations  
Format 13.5 x 20.6 cm  
March 2020

**Thimon von Berlepsch**, born in 1978, discovered his affinity for magic and hypnosis when he was a child. As a qualified hypnotherapist he helps people free themselves from negative behaviours. He conveys his knowledge of our power of imagination in hypnosis seminars. His bestseller *The Magician in Us*, published in 2014, reveals how we can positively influence our quality of life with simple exercises.

What is it that prevents us from being contented and composed? Why do we always get stuck in our lives? The hypnotherapist Thimon von Berlepsch knows the answers: Our subconscious works like the operating system of a computer. Ever since our childhood, it has been programmed with applications that make life easier for us. However, some of these applications have become outdated and are no longer usable. What was once helpful now severely limits us. It's time for an update! By identifying and then updating our old self-limiting beliefs, behaviours, expectations, and anxieties, we are able to change the way our subconscious operates – and thus to think, act, and feel more self-reliantly.

The bestselling author explains how our brain functions and which processes we can benefit from. He offers practical tips on how mindfulness, self-hypnosis, and mental training can change one's life in every way – in love, at work, and in the relationship to oneself.

- With an instruction for self-hypnosis
- In-depth insights into the subconscious for achieving long-term success
- With findings from neuroscience, illustrative examples from practice, and exercises from meditation and self-hypnosis
- *Spiegel* bestseller: more than 30,000 copies sold of *The Magician in Us*

## Loneliness – the hidden epidemic



Dr. Christine Brähler  
**New Paths  
Out of Loneliness**

[Neue Wege aus der  
Einsamkeit]  
Finding more connection  
through self-empathy

Irisiana  
192 pages  
Format 13.5 x 21.5 cm  
April 2020

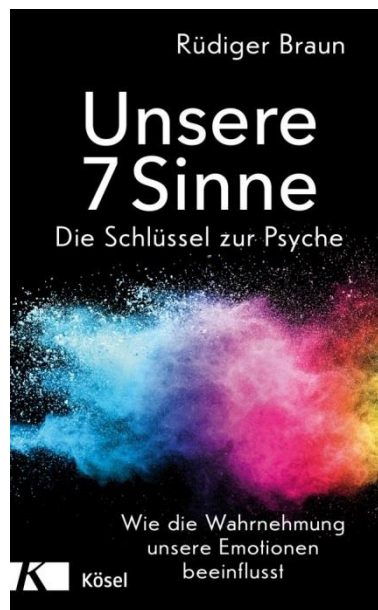
**Dr. Christine Brähler** is a psychotherapist and lecturer. She holds a Master and Doctorate from the University of Edinburgh and is now an Honorary Lecturer at the University of Glasgow. She is one of the first psychologists in Europe to engage the idea of self-compassion, which she has taught since 2008. She is a Mindful Self-Compassion (MSC) trainer and teaches Intensive MSC courses, gives MSC teacher training, and holds seminars on self-compassion in psychotherapy internationally.

Dr. Christine Brähler offers an unprecedented advice book that considers self-empathy to be a means for combating the rampant loneliness in our society. Loneliness can affect anyone, from teenagers to 80-year-olds, from executives to clerks. Institutions and therapists usually recommend only external measures to those affected, such as engaging in social interactions, in conversations, joining associations, sharing hobbies, and taking on social obligations.

Dr. Brähler introduces a completely new approach, one that begins inside the person. Sincere compassion for one's own sadness, abandonment, and vulnerability bring those affected closer to themselves. Only then will it be possible to reach out to others.

- A new approach: inward healing creates outward contact
- A life-advice book for those afflicted and their families
- With practical exercises for active self-help
- Fundamental insights, invaluable tips, and practical exercises about this pressing topic – combined in one book

## Everyday training for your own perception



Rüdiger Braun  
**Our 7 Senses –  
The Keys to Our Psyche**  
[Unsere 7 Sinne – Die  
Schlüssel zur Psyche]  
How sensory perception  
influences our emotions

Kösel  
272 pages  
4c throughout  
Format 13.5 x 21.5 cm  
June 2019

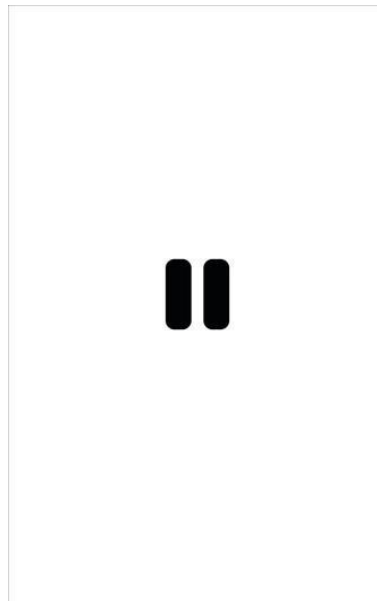
**Rüdiger Braun** is a science journalist and contributes to *Stern* and *Geo*. He studied biology and philosophy and was head of department at *Die Woche* as well as chief editor of the magazine *MaxPlanckForschung*.

Listening, seeing, tasting, smelling, touching, feeling, body balance – these are the ways in which we connect our inside with the outside world. Only our senses allow us to comprehend what surrounds us, and we can sharpen and change them. Thus, we can influence what we experience and how we feel. It is the most direct access for strengthening psyche and intuition.

Science journalist Rüdiger Braun invites us onto a journey from our senses to our soul with detours to modern research facilities, coaching experts, and professional chefs. A series of exercises provides incentives to examine and train our perceptual capacities for more awareness in everyday life.

- Latest findings of perceptual research entertainingly presented
- Finding access to soul processes via the capacities of our senses
- On the interdependency of body, senses, and emotions

## 12 inspirations for a life with less stress and rush



Ulrich Hoffmann

### **Pause**

[Pause]

How to take charge again of our time and lives

Mosaik

176 pages

Format 11.8 x 18.7 cm

November 2019

**Ulrich Hoffmann**, born in 1968, can still remember the pre-internet age. He has been freelancing for 30 years as a journalist and writer. He studied philosophy and is of the opinion that nowadays it is imperative for each one of us to define our own future. If we don't do so consciously and actively, it will pass us by. Ulrich Hoffmann is married and has three children.

Stress is not good for us. Digitalisation and ever more to do in ever less time are increasingly breathing down our necks. But good news is just round the corner: If we want to escape all this, we don't have to drop out completely.

Experts say that what we really need are small pauses for recuperation during the day. But what can you and I do to switch off now and again? How can we find the will power in the evening not to check our messages in bed just one more time? What's more: what are we to do instead? This is a book about the almost forgotten art of pausing. A handbook for everyone not wanting to lose their mind and soul – or perhaps reclaim them again.

- The perfect gift for busy friends, partners, parents, colleagues
- With fascinating views and practical advice – getting there at last!

## Why we cannot practice happiness



Thomas Hohensee  
**Do Nothing and Become Happy**  
[Tue nichts und werde glücklich]  
Three principles for a good life

Kösel  
160 pages  
Format 13.5 x 21.5 cm  
March 2020

**Thomas Hohensee**, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books and a coach for personality development. His aim is to show as many people as possible the way towards a happy and fulfilling life.

[www.thomas-hohensee.com](http://www.thomas-hohensee.com)

Where and how do we search for happiness? Doesn't it seem that the harder we look for happiness, the more likely we are to walk right past it?

The author and coach Thomas Hohensee addresses these questions in his new book. He points out that less is more, even more so when we choose the simpler path to happiness and trust our inner voice. For this you don't need a program. Truly comprehending only three principles is enough to lead a good and satisfying life – because joy and wisdom are our true nature.

- Successful author with more than 400,000 copies in print
- No exercises, no training, no work – and still live a happy life
- New approach based on the 3 principles by Sydney Banks



## Retraining the creature of habit



Miriam Junge  
**Small Steps with Large Effects**  
[Kleine Schritte mit großer Wirkung]  
Maximum satisfaction through minimal changes

Kösel  
208 pages  
Format 13.5 x 21.5 cm  
March 2020

**Miriam Junge**, born in 1980, is a psychologist, psychotherapist for behavioural therapy, and coach. As a sought-after expert, she writes articles for national media, gives lectures, and provides coaching for executives, entrepreneurs, people in the arts, actors, and private individuals.

Single building blocks placed together form a large whole. Using this fundamental principle, the psychologist Miriam Junge explains how we can expand our personal potential through even the slightest changes in habits, on the micro-habit level.

Her approach: By taking our consciousness more seriously and being more mindful of ourselves and our needs, we enable ourselves to better recognise negative habits and thus change them. Miriam Junge demonstrates how we can learn to appreciate even small successes and strengthen our positive habits.

- Sought-after expert and speaker on the theme of habit change
- Methodical knowledge and practical exercises for modifying habits and achieving personal goals
- Micro-Habits – the current trend concept with assured success



## Sensitivity as a strength



Brigitte Küster  
**From Sensitive to Highly Sensitive**  
[Von empfindsam bis hochsensibel]  
Developing power from unused potential

Kösel  
224 pages  
Format 13.5 x 21.5 cm  
May 2020

**Brigitte Küster**, born in 1965, is a graduate psychic consultant, adult educator, and author. She runs the Institute for High Sensitivity in Altstätten, Switzerland, and has had her own psychological counselling practice for more than 15 years. She specialises in the support and counselling of highly sensitive people and regularly gives courses, seminars, lectures, and workshops.

Sensitivity is a gift which offers untapped potential for personality development. However, access may be hindered by trauma and other factors. The psychological consultant Brigitte Küster presents workable ways to live a rewarding life in harmony with one's own potentials and sensitivity.

In this practical and encouraging book, she guides her readers towards the development of their potentials and shows them how they can access their personal power. She explains which aspects of sensitivity strengthen and which weaken, and how sensitivity can be used to access one's own potentials and allow them to unfold.

- Recognising (high) sensitivity, and using it as life force and as a path to personality development
- Combines the issues of (high) sensibility and traumatic experience
- Understanding sensitivity in a new and better way

## Finally being duly recognised



Sylvia Löhken /  
Tom Peters  
**Live Your Power!**  
[Lebe deine Macht!]  
Appearing powerful in every  
situation

Kösel  
208 pages  
Format 13,5 x 21,5 cm  
May 2020

**Sylvia Löhken**, born in 1965, is a certified coach with a doctorate in linguistics and many years of management experience. Through her lectures, coaching sessions, and workshops, this communications specialist helps people who consider themselves sensitive and reticent to achieve professional and private goals by finding and using their personal strengths.

**Tom Peters**, born in 1968, is a Protestant theologian and pianist. His ambition is to provide support for others, which he does through his activities as a university lecturer, music teacher, and pastor. As a musician he travels internationally.

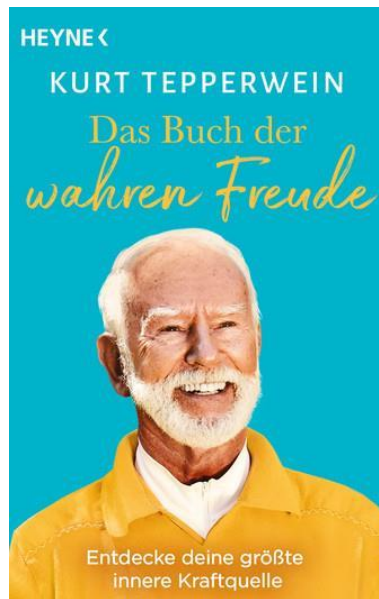
When we come to relate to power in the sense of human togetherness and freedom in designing life goals, the idea of 'power' loses its negative connotation. In this sense, the design of one's own living space is an expression of empowerment and freedom.

The accomplished advice-book authors Sylvia Löhken and Tom Peters show how we can express our ideas, how we can make ourselves heard, and where we must change our behaviour so that we are able to shape those aspects of our lives that are especially important to us.

A book of efficacious advice on how a positive handling of power can effectively change one's life for the better.

- Power as creative energy
- Proven strategies for being heard
- Test questionnaire on the topic: How power-conscious am I and how am I seen?

## The guide to a happy, fulfilling life



Kurt Tepperwein  
**The Book of True Joy**  
[Das Buch der wahren Freude]  
Discovering your greatest  
inner source of power

Heyne Paperback  
160 pages  
With 2 b/w illustrations  
Format 11.8 x 18.7 cm  
April 2020

**Kurt Tepperwein** was a successful entrepreneur before retiring from business in order to become a healing practitioner, carrying out research into the real causes of illness and suffering. He taught at Clayton University in St. Louis, Missouri, and lectures at a number of international institutions. Since 1997 he has been a lecturer at the International Academy of Sciences. He was awarded the First German Prize for Esotericism for his lifetime achievement.

[www.tepperwein.at](http://www.tepperwein.at)

[www.iadw.com](http://www.iadw.com)

Maintaining a serene composure, no matter what challenges life presents – hardly anyone embodies this positive attitude as authentically as Kurt Tepperwein.

With his immense life experience, he shows how we can discover an inexhaustible wellspring of joy in ourselves providing us with strength and assurance in all situations. Through his simple exercises for creating more attentiveness, clarity, and acceptance, we learn to unfold this inner, unshakable feeling of joy.

- Clear, empathetic, inspiring – as direct as face-to-face coaching
- Finding enduring joy that is unaffected by outside influences

## Those others are hell!



Martin Wehrle  
**"I Could Strangle Him!"**  
["Ich könnte ihn erwürgen!"]  
The simple way of dealing with  
difficult people

Mosaik  
384 pages  
With 5 b/w illustrations  
Format 13.5 x 20.6 cm  
April 2020

**Martin Wehrle**, considered Germany's best-known career and salary coach, writes for such periodicals as *Die Zeit* and *Spiegel online*. In his Academy for Career Advisors in Hamburg, he trains career coaches.

Difficult people can drive you crazy. They prattle on stupidly thinking they're smart, they gripe and nag, scheme and gossip. Their standards are unfair, and they themselves are self-righteous. As rude, obnoxious know-it-alls, pain-in-the-necks and non-stop talkers, prophets of doom and guilt-trippers, they will destroy any good mood. And they are lurking everywhere: at work, in the neighbourhood, among acquaintances, on the Internet, and even as agonising relatives.

But now there is relief and salvation: Martin Wehrle shows us how to deal with such difficult characters in his trademark well-founded and humorous style.

- The new bestseller from Martin Wehrle, whose books sold 260,000 copies overall
- Seven types and one set of instructions – With a driven-crazy test, case studies, and a large practical section
- "Whoever knows Wehrle appreciates his humorous way of writing and the high value of his books." *Wirtschaftswoche*

## The handbook on the thoughts of Jesper Juul



Hannsjörg Bachmann /  
Eva-Mareile Bachmann

### **Families Live**

[Familien leben]

How children and parents grow  
together

A book of fundamentals

Kösel

384 pages

4c throughout with 35 colour illustrations

Format 17.0 x 24.0 cm

November 2019

**Hannsjörg Bachmann**, born in 1943, had been the medical director of a children's clinic in Bremen for 20 years. Together with his wife and other experts, he founded the Family Workshop in the District of Verden e.V., a prevention project for families-to-be. He went through training with Jesper Juul and Karl-Heinz Brisch. He has been married for 50 years and has three adult children and five grandchildren.

**Eva-Mareile Bachmann**, born in 1977, has a PhD in psychology and is a psychotherapist in her own practice. For her doctorate she looked into the effectiveness of out-patient therapies for mental disorders in childhood and adolescence.

Even before the birth of their child, parents often set important guidelines for their family life without really knowing what is to come. This book offers an overview of the important topics and of basic questions young parents have.

Everything essential for the first years of life is summarised and explored in depth, oriented on the latest findings from the relevant areas (attachment research, psychology, neurosciences, pedagogy, and family therapy). For each topic there are practical tips, real-life examples, and dialogues about how theoretical knowledge can be implemented in everyday family life. In-depth questions will stimulate couples to find ways of staying in contact with each other during this stressful time and to look after their own needs.

The authors – a paediatrician and father, as well as a psychologist and mother – bring with them their knowledge from years of experience in all aspects of family medicine.

- Based on the core fundamentals of Jesper Juul's familylab®
- Everything about child-raising, family, and partnership

## Finally, insight into the taboo topic



Kathrin Burri  
**Long-Term Breastfeeding**  
[Langes Stillen]  
Natural, healthy,  
needs-oriented  
New findings based on an  
extensive survey

Kösel  
208 pages  
4c throughout  
Format 13.5 x 21.5 cm  
April 2020

**Kathrin Burri**, a mother of two, has been working in obstetrics since 2015. As part of her doula training, she conducted a survey on the subject of long-term breastfeeding with several thousand participants (mothers and fathers). She has completed numerous advanced training courses in breastfeeding, birth hypnosis, and obstetrics. She presently works in Switzerland.

The breastfeeding recommendation from the World Health Organisation is to exclusively breastfeed for at least 6 months. Unfortunately, this is too often misinterpreted to mean that breastfeeding should be discontinued after 6 months at the latest. Women who give their child the breast beyond this period are confronted with ignorance ('Your child is not being cared for properly.'), suspicions ('You simply are not able let go.'), and judgements ('That's not normal!'). Many mothers nurse their children only secretly after the first year of life and rarely mention it – even though many children in their second or third year seek comfort and closeness at the mother's breast, and additionally benefit from the ingredients of breast milk.

This book explains the fundamentals of long-term breastfeeding, goes beyond the taboos, helps relieve families of the burdens they feel, and does away with clichés.

- Long-term nursing is more prevalent than assumed.
- Breastfeeding is becoming increasingly accepted by society.
- Unique studies with numerical data and facts about long-term breastfeeding



## Becoming pregnant is not difficult – yet sometimes it is



Kareen Dannhauer  
**Becoming Pregnant**  
[Schwanger werden ]  
The holistic way to the desired  
child – New findings from egg-  
cell research

Kösel  
208 pages  
4c throughout  
Format 13.5 x 21.5 cm  
April 2020

**Kareen Dannhauer**, the mother of two home-birthed daughters, works as a freelance midwife in Berlin. With more than 20 years in the practice, she knows that almost all conditions can be resolved, alleviated, or integrated by either watching and waiting or by gentle yet in-depth methods of naturopathy. An essential part of her work is 'talking medicine', a psychotherapy based on depth psychology.

The seemingly self-evident fact of wanting a child can become a stressful major issue if the pregnancy does not come about quickly or has an unfortunate end. This is especially true for women over the age of 30, who must accept that their fertility is slowly declining.

This book by the adept midwife Kareen Dannhauer provides information and alternatives for self-initiative for concerned couples. Special focus lies on naturopathic options, nutrient supply and uptake, and egg-cell research. The new discoveries in these areas are clearly presented here and give new hope to couples wishing to have a child.

- Focussed on biology, body, and life circumstances
- Valuable tips for women and men
- Current, engaging, and rich in information



## Understanding our children with awareness



### Gunda Frey **Giving Children What They Need**

[Kindern geben, was sie brauchen]

How children can develop freely and confidently

Kösel  
224 pages  
Format 13.5 x 21.5 cm  
February 2020

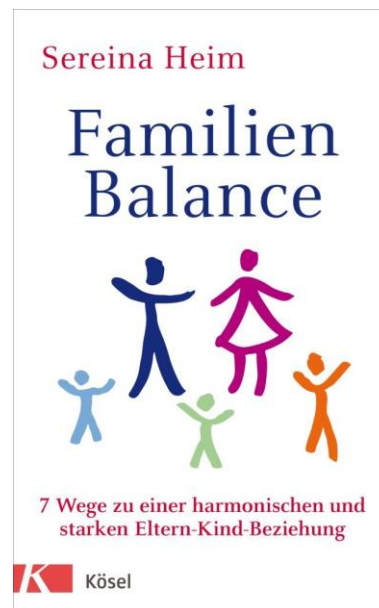
**Gunda Frey** is a successful child psychotherapist and trauma educator with her own practice. She is also the founder and director of a training institute for trauma therapists and trauma educators. She is a coach and speaker, gives lectures on the subject of children and education, and holds school and educational counselling workshops.

The well-regarded child psychotherapist Gunda Frey explains how the world of children functions and what roles we adults play in it. She endeavours to give children strength, dispel preconceptions, and make new perspectives available. The focus here is chiefly on the realms of feelings and needs and how to manage them in a healthy way. The author is convinced that in order to find our way through the jungle of differing opinions on the methods and challenges in raising children, we need the relevant background knowledge about what children truly need and feel.

She has observed that children develop problems because they are hampered in their development by adults. She investigates the causes of these disorders, and she offers solutions. The author's goal is to create a social awareness about the needs of our children so that ultimately, with great depth of feeling, we can say, "Life with children is easy, and even fun!"

- The successful child psychotherapist reveals what really matters in bringing up children.
- A fervent plea for respecting the individuality and needs of children
- With many case studies from her psychotherapy practice

## Spiritual and systemic facts about very specific family problems



Sereina Heim  
**Family Balance**  
[Familienbalance]  
Seven ways towards a  
harmonious and strong  
relationship between parents  
and children

Kösel  
224 pages  
Format 13.5 x 21.5 cm  
November 2019

**Sereina Heim**, born in 1982, studied pedagogy at the University of Zurich and now has her own practice as family therapist. Being clairvoyant since childhood, she developed her talents through instruction in mediumism and spiritual healing. She trained in prenatal therapy according to St. John, and has taken part in an intensive seminar with Bert Hellinger on spiritual family constellations.

Many family problems are the result of distorted hierarchies. When a child is in the position of a leader, is caught between his or her parents, or the hierarchies among siblings are not observed, all this can result in conflicts that permanently affect daily routine.

Keeping to simple basic rules and a few simple exercises can restore and maintain the inner balance in a family. This is also true of special constellations, such as patchwork families. Numerous examples from the author's family consultancy practice illustrate the approach.

- Simple exercises – to spare a visit to a child psychologist or couple therapist

## Letting go is not for cowards



Lucinde Hutzenlaub /  
Heike Abidi  
**I Thought They'd Never  
Move Out**

[Ich dachte, sie ziehen nie aus]  
Survival training for all parents  
with children spreading their  
wings

Penguin  
336 pages  
With 1 b/w illustration  
Format 11.8 x 18.7 cm  
December 2019

**Heike Abidi** is not reasonably good at letting go, but takes it all with a pinch of humour. She and Lucinde are the authors behind *I Thought Growing Older Took Longer*.

**Lucinde Hutzenlaub** lives and works in southern Germany. She not only writes books but also columns for *Donna*. Two of her four children have already moved out. Sometimes she quite likes it that way.

We changed their nappies, we breastfed them, entertained them, taxied them around, supported and consoled them: our children. We always knew that at some stage they would be old enough and mature enough to leave home – and we always dreaded the day it would happen. Now they are adult, cool, know everything better and are gradually spreading their wings to fly out into the world of independence. And what about us? Do we have to reinvent ourselves – without the project of parental care and all that entails?

Hang on a moment: our offspring are not quite ready to go after all; if the worst comes to the worst there they are, back again, demanding to be told how the washing machine works.

Well, if we are to be honest with ourselves, we are not too sorry ...

## For a good relationship instead of power struggles



### Jesper Juul **Your Self-Determined Child**

[Dein selbstbestimmtes Kind]  
Support for parents whose children strive for autonomy at an early age

Kösel  
192 pages  
Format 13,5 x 21,5 cm  
January 2020

**Jesper Juul** (1948-2019) was one of the most important and innovative family therapists in Europe, conflict counsellor and founder of the parent counselling project *familylab international*. He became internationally known through numerous seminars, lectures, media appearances and successful parenting books. His respectful, equitable way of dealing with people impressed experts and parents alike time and again.

[www.familylab.de](http://www.familylab.de)

There are children who already know very early on exactly what they want. To these self-determined children it is important to be taken seriously. Yet, meeting the special needs of these children often presents parents with great challenges.

The renowned family therapist Jesper Juul pleads for open and authentic relationships instead of power struggles, manipulation or even capitulation. In this last book of his, he answers more than thirty specific questions asked by affected parents and explains how parents can better understand self-determined children and accompany them well into life without wearing themselves out.

- The last book by bestselling author Jesper Juul, Europe's most renowned family therapist
- Competent advice for the upbringing of children who have a mind of their own
- With many vivid examples from real family life and an afterword by Mathias Voelchert, founder of *familylab.de*
- More than 450,000 copies of Jesper Juul's books sold in Germany

## Finding the island of peace in everyday life



Katrin Michel  
**Meditations for Mothers**  
[Meditationen für Mamas]  
How to achieve calmness in everyday life – even when there is no peace and quiet

Kösel  
160 pages  
2c throughout with illustrations  
Format 15.5 x 21.0 cm  
May 2020

**Katrin Michel**, born in 1983, studied biology and has worked as a teacher. She is now a meditation instructor, prenatal yoga teacher, hypnobirthing course instructor, and doula, and regularly gives courses in these areas. She lives with her husband and two sons in Hamburg.

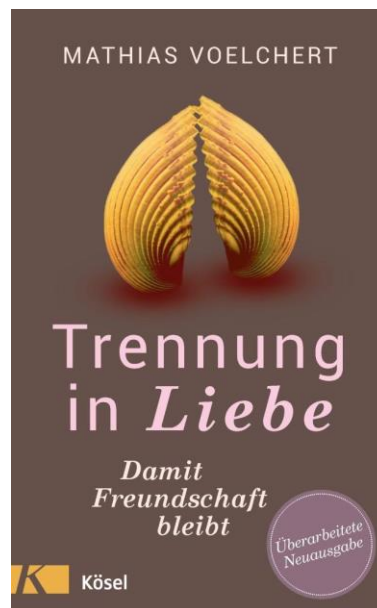
The meditation teacher Katrin Michel helps mothers of children of all ages to find islands of peace in everyday life through meditation. She has tailored her book especially to the needs of mothers by offering exercises that are easy to integrate into their daily lives and require little effort and time. And sometimes the children can also simply join in!

Katrin Michel includes the words of other experts and mothers in presenting the advantages of meditation for mothers and how the exercises can be individually customised depending on the children's age and the mother's time at hand.

The book is an asset for any mother, regardless how much meditation experience she already has.

- The only meditation book specifically for mothers with little time or no 'quiet place' for it
- Instructions and clever tips for every day, nearly effortless application
- Audio downloads for three meditations

## What comes when love goes?



Mathias Voelchert  
**Separation in Love**  
[Trennung in Liebe ... damit  
Freundschaft bleibt]  
So that love may become  
friendship

Kösel  
256 pages  
Format 13.5 x 21.5 cm  
November 2019

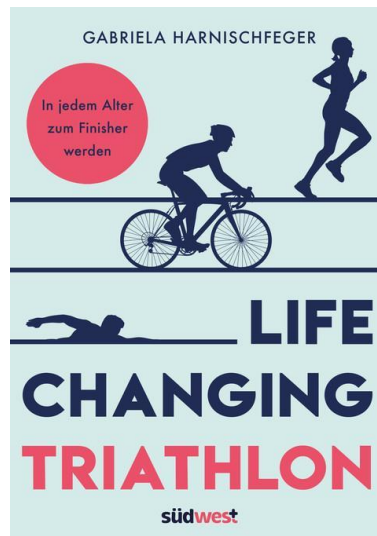
**Mathias Voelchert**, born in 1953, is the founder and manager of familylab.de, the family workshop in Germany. With a degree in business administration, he has been active as an instructor, a practical supervisor, a coach in systemic training and continuing education, an author, and for the past 30 years an independent entrepreneur.  
[www.mathias-voelchert.de](http://www.mathias-voelchert.de)

Separation is not tantamount to failure. Ending a partnership can also be the opportunity for a new beginning. Thus the question is not: Who is to blame? But rather: How can we split up without anybody feeling they are the losers? Without children losing their parents or ending up caught in the crossfire?

In this book, the experienced couple therapist Mathias Voelchert passes on advice and suggestions on how to arrange a positive and successful outcome to this process. If this is to come about, three things are especially important: honesty, mutual respect, and appreciation of common activities and experiences. If these are present, love can turn into friendship.

- The bestseller newly revised
- Impulses for an amicable separation

## Triathlon for everyone!



Gabriela Harnischfeger  
**Life Changing Triathlon**  
[Life Changing Triathlon]  
Becoming a finisher at any age

Südwest  
192 pages  
Format 17.0 x 24.0 cm  
May 2020

**Gabriele Harnischfeger** participated at the age of 38 in her first triathlon in Augsburg, Germany. From then on the mother of three was fascinated by this sport. Eight years later she became German Champion, and in 2012 the Ironman World Champion in her age group.

In this book, Gabriela Harnischfeger, an Ironman world champion, provides entrance into triathlon, including training, nutrition plans for the various disciplines and distances, advice on equipment and material, and many tips and motivating ideas.

For the author, it is not just competition, but first and foremost the pleasure of movement and the tremendous positive impact of this sport on health and fitness. And what is most important: anyone can do a triathlon, and the benefits from doing so will last a lifetime.

- The personal saga of the latecomer athlete and world champion Gabriela Harnischfeger
- The beginner's book, with detailed training and nutrition plans for all disciplines and distances
- The perfect sport for overall health, fitness, and mental stamina



## Orientation in the nutrition jungle at last



Dr. med. Petra Bracht /  
Prof. Dr. Claus Leitzmann  
**Nutrition Clarity**  
[Klartext: Ernährung]  
Answers to all the important  
questions about nutrition

Mosaik  
400 pages  
Format 15.0 x 22.7 cm  
May 2020

**Dr. med. Petra Bracht**, a renowned nutritionist, along with her husband created the successful Liebscher & Bracht pain therapy. The medical methods she employs make use of resources from both naturopathy and conventional medicine incorporating the latest scientific findings. She has published several health bestsellers.

**Prof. Dr. Claus Leitzmann** is a microbiologist and nutrition scientist. He is head of the science advisory board of the Association of Independent Health Counselling and was a member of the Euro-Toques Science Council. In 2013 he was included in the list of 'Living Legends' of the International Union of Nutritional Sciences.

The right diet for a healthy body – many people have this goal. But there is hardly an issue about which experts argue more passionately than what is good for the body. The leading nutrition specialists Dr. med. Petra Bracht and Prof. Dr. Claus Leitzmann combine their expertise from many decades of research and practice to finally shed light on the subject.

Based on the latest scientific findings, the authors clearly explain how good nutrition can be achieved and how it can promote self-healing. They deconstruct trendy diets and the so-called healthy products sold to us every day and explain how we can avoid food intolerances and other disorders, such as allergies, osteoporosis, cancer, dementia, and many others.

The comprehensive book on nutrition and an appeal for a vegetarian and sustainable diet.

- Becoming fit with the proper nutrition, living well, alleviating disorders
- Everything about food, nutrition types, and interval fasting
- Healthy nutrition clearly explained from A to Z

## Anyone can fast successfully



Ralf Moll

### **Type-Appropriate Intermittent Fasting**

[Typgerecht Intervallfasten]  
Long-term detoxification  
for more fitness and health –  
With a fasting week for the  
perfect preliminary

Südwest  
208 pages  
Format 16.2 x 21.5 cm  
December 2019

**Ralf Moll** is a degreed ecotrophologist. Following his studies he worked in a clinic for nutritional medicine. After years of work with both ill and healthy people, he developed his type analysis for deacidification. For more than 20 years he has been the head of fasting centres in the Black Forest, in Tuscany, and on La Palma. He has written many books and is the author of many articles in various periodicals. He conveys his knowledge in numerous congresses and presentations internationally.

There are various motives and goals for fasting. For some people it is about detoxification or deacidification, for others the focus is on healthy weight loss. But not every fasting method is equally suitable for everyone.

Nutritionist and fasting expert Ralf Moll, focusing on type-appropriate fasting, has developed three fasting methods for aligning with one's individual constitution: soup fasting, juice fasting, and fruit fasting. With the help of detailed tests fasters can determine the ideal fasting form for their type.

A one-week preliminary fasting is followed by an intermittent-fasting regimen which is best suitable for achieving a lasting change in diet. Here too, it is crucial to determine the best fasting regimen for one's personal constitution. Ralf Moll introduces the 16:8, 5:2, and 6:1 forms and explains which form of interval fasting is advisable for which individual fasting type. Detailed nutrition plans guide fasters simply and clearly through the first week, and terrific recipes ensure that eating enjoyment is not overlooked.

- Practical overview of the most effective fasting methods
- Includes tests to determine one's individual fasting type
- With detailed weekly plans and recipes for all fasting varieties

## Effective solutions for all those whom standard medicine has failed



Felix Dahlmanns  
**The Skin Diet**  
[Die Hautdiät]  
Ridding yourself of  
neurodermatitis, dandruff,  
acne, and impure skin

Kailash  
300 pages  
Format 13.5 x 21.5 cm  
April 2020

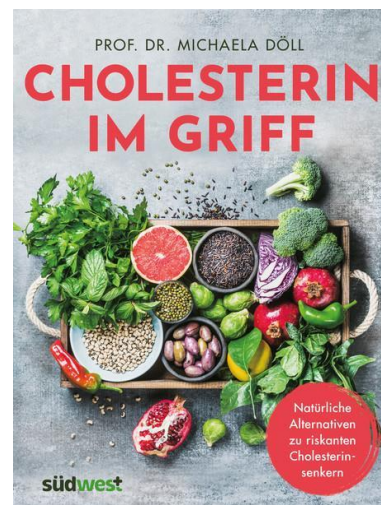
**Felix Dahlmanns** is a medical student at the Ludwig Maximilian University in Munich. He suffered from a supposedly incurable skin disease for many years, until through a fortunate coincidence he was able to permanently manage it through a specialised diet. He has since passionately continued to develop his skin diet. He sees it as his mission to discover a healthy and natural alternative to ointments, creams, and medicines for all those who suffer from chronically ill or unhealthy skin.

People affected by neurodermatitis, psoriasis, rosacea, or acne often suffer doubly: from the unpleasant symptoms, and when looking in the mirror. But there is a way back to having good-looking and healthy skin: the Skin Diet.

Felix Dahlmanns himself was afflicted with psoriasis, an impetus for developing his highly effective strategy to naturally treat skin problems from the inside out, without cortisone ointments or other skin care products. The core of his method is an alkaline-forming diet and the intake of specific nutrients contained in algae shakes and other superfoods. Even skin disorders considered incurable by conventional medicine can be permanently reversed.

- Healing skin conditions with the proper nutrition from the inside out
- With daily recipes and stories of successful treatments

## Natural alternatives for lowering cholesterol



Prof. Dr. Michaela Döll  
**Cholesterol under Control**

[Cholesterin im Griff]  
Natural alternatives to risky cholesterol reducers

Südwest  
160 pages  
Format 16.2 x 21.5 cm  
May 2020

**Prof. Dr. Michaela Döll** has made a name for herself both at home and abroad as an expert in the field of medical dietetics. For over 25 years she has been active at congresses and seminars in the training of therapists. She is a professor of food chemistry at the University of Braunschweig, focussing on vital substances medicine, diet, and civilisation and environment-related diseases. She has published over 250 medical articles and 15 books, and her expertise is also in demand on TV and radio.

A high cholesterol level is known to be a risk factor for health. Cholesterol-lowering drugs (statins) are the preferred therapy by conventional medicine. However, as the nutrition expert Prof. Dr. Michaela Döll points out, statins can have side effects: headaches, skin irritations, muscle pain, even kidney and liver damage. And statins are often prescribed too readily without considering alternative therapies.

Dr. Döll takes a different approach to how cholesterol levels can be reduced, an approach that is natural and sustainable. Her tips and instructions include more exercise in everyday life, the right kind of fats, reducing risky high-sugar intake, and the cholesterol-lowering properties of natural remedies such as hawthorn, artichoke, and vitalising fungi.

The right lifestyle, a healthy diet, and natural cholesterol reducers offer a side-effect-free alternative to statins.

- Comprehensive knowledge and the latest research on the topic
- A critical look by a recognised nutrition specialist at the conventional medical approach
- Precise guidelines for reducing cholesterol levels through lifestyle, natural remedies, and diet

## Show me your feet and I'll tell you how you are.



Karin Mayr  
**The Secret Language of the Feet**

[Die geheime Sprache der Füße]

What the feet reveal about our organs, lifestyle, and health

Integral  
240 pages  
With an 8-page 4c section and illustrations  
Format 13.5 x 21.5 cm  
May 2020

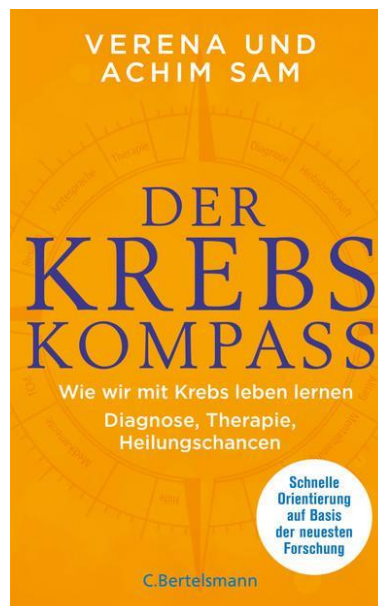
**Karin Mayr** is a natural therapist, massage therapist, and author. Since the late 1990s this founder of Conversiology has focused on investigating the influence of people's everyday behaviour on their physical organism.

Conversiology is a holistic healing method based on how the body reliably communicates to the outside world what it is feeling emotionally, physically, and organically. The well-known natural therapist Karin Mayr only needs to examine the feet of her clients to know what is occurring energetically inside them.

In this book, she reveals the intriguing insights she has gained over many years using Conversiology and how we can use it to help us lead healthy lives. She explains why our body sometimes feels uncomfortable and what we can do to live more in harmony with its needs. Mayr clears up many mistaken ideas in nutrition and health, addressing such issues as why even healthy food can make you ill, why pain is a positive sign, and why the doctrine of acid-base balance is outmoded nowadays.

- With many enlightening stories of healing and practical tips on type-appropriate nutrition, exercise, and physical and mental well-being
- The holistic health advice book on prevention and treatment of chronic ailments through complementary medicine
- Understanding the signals of the body, activating self-healing processes

## Living with cancer – personal experience and the latest scientific findings and therapies



Achim Sam / Verena Sam  
**The Cancer Compass**  
[Der Krebs-Kompass]  
Learning to live with cancer –  
Diagnosis, therapy, chances of  
recovery

C.Bertelsmann  
304 pages  
Format 13.5 x 21.5 cm  
April 2020

**Achim Sam** is a nutrition scientist, bestselling writer (*The 24-Hour Diet*, to name but one) and nutrition expert on television. His wife **Verena** is a personal trainer and owns a gym.

Every year, half a million people in Germany are given the diagnosis of cancer. Just like it happened to Verena Sam, a fitness instructor for whom healthy living was part of her daily routine. And then suddenly: breast cancer.

Looking for advice, she and her partner, nutrition expert Achim Sam, consult various scientists: How should she carry on with her life? Continue doing sports? Go on a fast or are carbohydrates better? Vegan or meat? Might vitamin C not only boost the immune system generally but also help fight cancer? Which therapy do experts advise and which are thought to lead to recovery or at least to improve the quality of life? Does psychological counselling make sense and how should daily life be reorganised?

*The Cancer Compass* supplies scientifically competent answers and is an account from personal experience of how to learn to live with cancer.

- Answers and practical advice on all issues concerning cancer
- Quick orientation and hope based on the latest scientific findings and personal experience for all those diagnosed
- With contributions by experts in the fields of medicine, psychology, nutrition, sports and alternative medicine



## A fit brain for life!



Dr. med. Ulrich Strunz  
**77 Tips for a Healthy Brain**

[77 Tipps für ein gesundes Gehirn]

Thinking more quickly, forgetting less, avoiding illness – The brain will remain forever young

Heyne Paperback  
224 pages  
2c throughout  
Format 13,5 x 20,6 cm  
April 2020

**Dr. med. Ulrich Strunz** is a specialist in molecular medicine, a practicing internist, a gastro-enterologist, and a prophet in the area of nutrition research. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life. His books on dieting and fitness are all bestsellers.

[www.strunz.com](http://www.strunz.com)

The great news is that the brain can keep itself fit and vital for a lifetime, and that no one needs to fear dementia, Alzheimer's, or Parkinson's. Bestselling author Dr. med. Ulrich Strunz explains what the brain requires to develop and stay healthy.

Often it is malnutrition, lack of exercise and other negative effects of our lifestyle that are the true cause of "old age dementia" and other mental disorders such as depression, burnout, fatigue syndrome, ADHD, anxiety disorders, and panic attacks. Referencing the latest scientific findings, Dr. Strunz explains how common brain disorders develop and how they can be prevented and treated: with the proper diet, regular exercise, focused relaxation, and positive thought patterns. Through this approach even self-healing processes will be stimulated into action.

With illuminating facts, solid tips, and practical ideas, Dr. Strunz motivates us to a lifestyle for a healthier brain!

- Effective preventative measures against dementia, Alzheimer's, depression, Parkinson's, and MS
- With the most effective strategies for activating self-healing
- Many self-checks for individual risk analysis



## Bees have more to offer than just honey!



### Jörg Zittlau **The Healing Powers of Bees**

[Die heilende Kraft der Bienen]  
Gentle healing with honey,  
propolis, royal jelly, and more

Heyne Paperback  
272 pages  
Format 11.8 x 18.7 cm  
February 2020

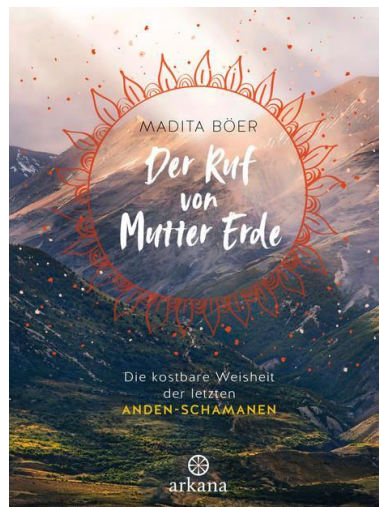
**Jörg Zittlau**, born in 1960, studied philosophy, biology and sports medicine and focused his research on coping with stress and alternative healing. Since 1991 he has worked as a science journalist and has published numerous best-sellers on natural remedies, psychology, and nutrition. In 2015, together with the brain researcher Niels Birbaumer, he received the Science Book of the Year award.

The valuable substances produced by bees have been appreciated for their soothing and healing properties since time immemorial. Along with indulging our senses with its rich sweetness, honey has an antibacterial effect and safeguards blood vessels against arteriosclerosis. Royal jelly enhances fertility and alleviates menopausal symptoms, while propolis boosts the immune system and relieves inflammation. Bee pollen is popular with athletes, and bee venom helps with arthritis and back pain.

Here is an informative and fascinating book about the diverse treasures of the bee pharmacy – and the rediscovery of an ancient art of healing.

- The trend towards natural remedies – healthy, fit, and attractive with the best from the hive
- Everything to know about the use and effectiveness of the miracle cure from Dr. Bee
- With numerous recipes for health and enjoyment

## Back to Mother Earth with the wisdom of the Andes



**Madita Böer**  
**The Call of Mother Earth**  
[Der Ruf von Mutter Erde]  
The priceless wisdom of the  
last shamans of the Andes

Arkana  
256 pages  
4c throughout  
Format 16.2 x 21.5 cm  
March 2020

**Madita Böer** is a Hispanist, body therapist, and director of the Society for the Promotion of Regenerative Microorganisms. Since 2010 she has studied the shamanic Andean traditions, receiving degrees from the Four Winds Society and the Serena Anchanchu Centre for Inca Shamanism. She conducts seminars and organises workshops and healings with the Paqos.

[www.munay-medicine.de](http://www.munay-medicine.de)

Far from Western civilisation, a millennia-old knowledge of the relationship between humankind and the cosmos has survived in the Andes of Peru. The Paqos, descendants of the Incas, have always lived in harmony with nature and treated it with respect. We modern humans have unfortunately strayed far from this. Yet it has become more crucial than ever for us to reconnect with Mother Earth.

Madita Böer was chosen by the Paqos as an ambassador of their knowledge and they have revealed to her the hidden knowledge of the Andean priests. Through meditations, ceremonies, and practical exercises she demonstrates how we can use the principles of the shamanic Andean traditions in our own lives to unfold our true nature and find healing.

- Initiations, ceremonies, and healings – with audio meditations for download
- Ancient knowledge of the connections between humankind and the cosmos, preserved for thousands of years
- The shamanic Andean tradition for Western everyday life – healing traumas and finding one's true inner nature

## Female Empowerment: The book for a new feminine feeling of life



Silke Gengenbach  
**Wild Femininity:  
Vital, Sensual, Free**  
[Wilde Weiblichkeit: Lebendig,  
sinnlich, frei]  
Paths to a new sense of body  
and feeling for life

Integral  
224 pages  
4c throughout  
Format 15.5 x 21.0 cm  
May 2020

**Silke Gengenbach** is a passionate Kundalini yoga teacher, sociologist, and mother of three. She teaches women how to summon their creative, sensual, and vibrant energy, the female Kundalini, or life force, and how to live joyfully. In yoga sessions, women's circles, and workshops she evokes the power of femininity and the energy source of the female cycle. She lives with her family in the northern Black Forest.

Many women sense that they have lost touch with the natural wisdom of their innermost femininity. They long to rediscover it and to express themselves in more harmonious, powerful, and fulfilling ways. Silke Gengenbach presents here seven easy ways to very consciously explore one's own, always individual femininity and to reintegrate it into everyday life as a source of power. Whether intuition, body consciousness, self-conception, or sexuality – with this book women come to understand, appreciate, and love themselves and their distinctive vitality in an entirely new way.

Here is a vibrant guide to the unfolding of the wild, beautiful, and unbridled energy of women, a book about femininity in all its liveable and lovable aspects, a compelling affirmation of love for femininity and a passionate plea for female empowerment!

- A plethora of exercises and rituals for self-realisation, active spirituality, and a liberated sexuality
- Special: Using the female cycle as a natural source of energy
- Attractively designed, with inspiring colour photos and illustrations

## Understanding the deeper meaning of illness and the messages of the soul



Stefan Limmer  
**The Power of  
Two Souls in You**  
[Die Macht der zwei Seelen  
in dir]  
Healing your ancestral and  
individual souls and finding  
your own destiny

Goldmann Paperback  
256 pages  
Format 12.5 x 18.7 cm  
May 2020

**Stefan Limmer**, born in 1964, is a building biologist, natural healer, seminar leader, and initiated shaman. Along with naturopathic procedures, the emphasis of his practice is on energetic and shamanic healing methods, which he has studied and used since 1996. From this he developed his own particular method, which is optimally adapted to the needs, behaviour patterns, and illness symptoms of people in the Western world. He has his own healing practice and gives seminars and trainings.

What is the deeper sense of illness? What message does our soul want to convey to us? From a shamanic point of view, becoming ill can mean that we have moved too far away from our purpose. The illness becomes a teacher that reconnects us with the initial intention of our soul, whereby deep realisations and transformations become possible.

With such shamanic techniques as meditations, rituals, and soul journeys, the shaman Stefan Limmer demonstrates how we can sense the appeal for changes contained in every illness – and find self-healing and a life full of meaning.

- Identifying and resolving the causes of disease with shamanic healing methods and rituals
- Restoring the connection between our ancestral soul and our personal soul
- With many exercises and meditations

## Awaking the healing powers in yourself



**Tala Mohajeri**  
**Body Whispering**  
[Körperflüstern]  
The healing dialog with your  
body

Irisiana  
224 pages  
With ca. 20 b/w illustrations  
Format 13,5 x 21,5 cm  
March 2020

**Tala Mohajeri** is a trained naturopath, homeopath, and expert in herbal medicine. She lives in a forest house where she has a practice for shamanic healing. Her seminars and workshops focus on the themes of spirituality and nature, and she regularly conducts rituals in her sweat lodge in the forest. The focus of her healing practice is on bodywork, massage, and herbal medicine.

In today's hectic world, we often take it for granted that our body is functioning reasonably well. It is usually only when we are ill that we become aware of it. Yet our body is talking to us all the time.

Over her many years of healing practice, Tala Mohajeri, an alternative medicine practitioner and healer, has helped her patients trust the wisdom of the body, understand its needs, and actively take part in their own recovery processes. With practical exercises, breathing techniques, affirmations, and meditation, she shows the way to a new body awareness through which we are again able to perceive the signals of our own body.

Informative and enjoyable, true-to-life, and suitable for everyday use!

- Activating the self-healing powers through practical exercises
- With many examples from Tala Mohajeri's life as a healer and alternative medicine practitioner



## Spiritual growth through life crises



Eva-Maria Mora  
**Your Path of Initiation**  
[Dein Weg der Einweihung]  
Mastering life crises,  
experiencing the power of the  
soul, living love

Ansata  
256 pages  
Format 13.5 x 21.5 cm  
April 2020

**Eva-Maria Mora** was led to energetic and spiritual healing methods following a life-threatening illness. She is a holistic healer and the author of several successful books and CDs, and as a coach and medium she gives lectures and workshops worldwide. As the founder of the effective Quantum-Engel-Healing® method, she has been successfully training Quantum Angel healers in many countries since 2000.

[www.evamariamora.com](http://www.evamariamora.com)

Magic rituals, life-threatening ordeals, journeys of consciousness through light and darkness: All this was part of the initiations of the fabled mystery schools of ancient Egypt and the mystical continent of Lemuria, through which young adepts went to overcome fears and attain their full spiritual maturity.

Eva-Maria Mora shows how we of the modern world can benefit from this ancient knowledge as well. For today it is life itself that sets us on our own individual journey of initiation, confronting us with challenges, and maybe plunging us into a life crisis. Whether illness, a separation, financial difficulties, or the loss of a loved one – by consciously taking on these trials as personal initiations, we can understand that painful experiences are opportunities for our spiritual growth, so that we can overcome them and emerge as stronger beings.

- Dissolving negative thought patterns, reconciling with life, and unfolding the loving power of the soul
- With numerous practical exercises, moving case histories, and two guided audio meditations for free download
- Eva-Maria Mora: more than 100,000 copies sold

## The shaman book of women's health



### Sonia Emilia Rainbow **The Healing Power of Women**

[Frauenheilkraft]

The forgotten knowledge of the primal power of the womb. With advice on self-healing common female disorders

Ansata  
256 pages  
With an 8-page 4c image section  
Format 13.5 x 21.5 cm  
November 2019

**Sonia Emilia Rainbow** is a holistic, shamanic natural healing therapist and has been internationally active as a shamanic teacher and healer since 1997. Many shamans, both men and women, from a wide range of traditions and countries have been part of her life and her personal development and have all left their mark on her vocation as a shamanic healer. The author has three children and five grandchildren and lives in Austria.

The rediscovery of the millennium-old indigenous knowledge of women: In the course of her life, every woman goes through various phases of female vitality such as menstruation, sexuality, pregnancy, and menopause. Yet only very few women are consciously aware of these phases.

The experienced shaman healer Sonia Emilia Rainbow shows that many of the typical female disorders only come about because in our culture naturally dealing with the primal power of the womb has been lost. She understands and explains afflictions of the female organs and the resulting emotional processes from an energetic viewpoint. For this the author draws on unique traditional knowledge entrusted to her by indigenous female shamans. She has a profound knowledge of medicinal plants at her finger tips and shares simple exercises, blessings, and rituals with her readers so that they can stimulate the healing powers of their bodies and find a new approach to their own femininity.

- Alternative medical advice on self-healing common female disorders such as period pains, inflammation, myomas or cysts
- With many practical exercises and beneficial meditations for femininity, self-healing, and inner vigour



## Russian herbal and energy healing made easy



Vadim Tschenze  
**Restoring the Matrix**  
[Matrix Wiederherstellung]  
Holistic healing through herbal  
and energy medicine

Goldmann Paperback  
416 pages  
Format 12.5 x 18.3 cm  
February 2020

**Rights sold to:**

Poland (Studio Astropsychologii)

**Vadim Tschenze**, born in 1973 in Uzbekistan, has for many years been the director of the Vadim Tschenze Academy for Spiritual Healing, Shamanism and Mediality in Switzerland. He is the author of many books. His spiritual wisdom of parapsychology, natural healing, and spirituality has been passed down in his family for generations.

[www.vadimtschenze.ch](http://www.vadimtschenze.ch)

The cornerstone of health is biochemical equilibrium. It is known to shamans as the 'matrix'. This energetic-biologic matrix influences whether we stay healthy or become ill.

Vadim Tschenze presents here a wealth of herbal recipes, exercises, and energy-medicine methods for self-treatment – such as suggestions for strengthening the aura and breathing exercises – through which blockages in body, mind, and soul can be dissolved. From bronchitis and eczema to menstrual cramps and pulled muscles, Russian naturopathic healing methods provide the right treatment for every ailment. Because, according to Tschenze: "People are not healed by someone else; they heal themselves."

- The energetic-biologic matrix: the determinant factor in health and illness
- With over 290 recipes for teas, salves, masks, foot-baths, compresses, poultices, etc.
- Includes aura and body exercises

## Two fates and a journey through the Bardo



Aljoscha Long /  
Ronald Schweppe  
**The Merchant  
and the Rinpoche**  
[Der Kaufmann und der  
Rinpoche]  
Life, death, and in between.  
A novel

Diederichs  
240 pages  
Format 12.5 x 20.0 cm  
March 2020

**Aljoscha Long** and **Ronald Schweppe** understand how to convey a holistic art of life lightly and effectively. They have written many bestsellers. With wit and esprit, they have succeeded in polishing up the treasures of the spiritual world culture and making them useful.

The Tibetan merchant Dorjee Wangchuck and the rinpoche Sonam Tsering have had a deep friendship since childhood, even though their lives could not have been more different. While one chose to find his way in the whirl of historical events and went on to amass a fortune, the other decided to live in a monastery.

When old Dorjee is on his death bed, he asks his friend to read him the Bardo Thödol, the Tibetan Book of the Dead. It is supposed to help guide him through the Bardo, the intermediate world, on his way to rebirth. During the dramatically narrated journey through the Bardo, the reader learns what Dorjee experienced in life.

This is a story of the life paths of two destinies embedded in the events of Tibetan history of the last century. At the heart of this remarkable story is belief, a belief which is put to the test while Dorjee is dying. Will he be reborn at the end of his journey through the Bardo, or must he remain in that realm in-between?

- Instructive – gripping – spiritual
- Buddhist Spirituality, a trending topic
- From the successful author duo Long and Schweppe

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