



Bücher, die den
Horizont erweitern

London Book Fair 2018

New Titles

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First Aid With Heat Flashes And Co.



Author: Petra Neumayer

Publication Date: January 2018

Format: 115 x 165 mm, 127 pp

Medicinal Plants, Superfood And Bioidentical Hormones Against Menopausal Complaints

Hormones control our whole life and fertility cycles. They influence well-being, emotional life and appearance. Especially during the changeover to menopause they show their power: Two-thirds of all women between the ages of 45 and 60 are affected by symptoms such as hot flashes, sleep deprivation, difficulty concentrating, depressed mood or dry mucous membranes.

But the climacteric is also accompanied by an inner change that opens the door to the second half of life. Just as every woman is unique, the menopause also varies individually. There are many ways to naturally balance the hormone balance, improve well-being, and relieve discomfort in order to experience the time of this transition vigorously and consciously.

The author provides the readers with practical background knowledge and presents a comprehensive range of holistic methods and resources.

Petra Neumayer lives as freelance medical journalist, lecturer and author in Munich. She has published numerous books on food supplements, alternative medicine and naturopathy, many of them international bestsellers.

Her books have been translated into 9 languages!

New

Bach Flowers for Pregnancy, Birth and Lactation



Author: Christina Casagrande
Publication Date: March 2018
Format: 115 x 165 mm, 127 pp

Gentle Help And Inner Strength For Expectant Mothers

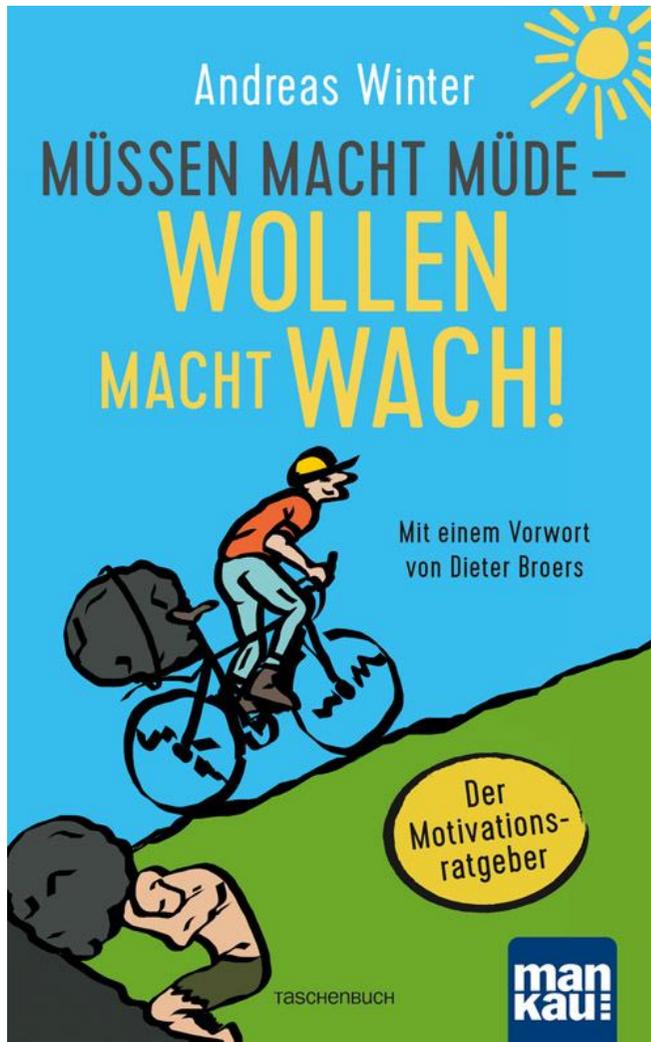
The emergence of new life is the greatest miracle we can experience. Pregnancy, childbirth and breastfeeding - nothing characterizes a woman as much as the experiences she makes along this time. Giving birth to a child is an adventure that follows the age-old rules of life. At no other time women have such access to their emotions.

This practical guide aims to be a help and comfort to the expectant mother in this unique phase of life. Because according to Dr. Edward Bach, the founder of the Bach flower therapy, every physical complaint is based on a disturbance of the mental balance. If this is restored with the help of Bach flower remedies, the physical symptoms are also resolved.

You can find in this book instructions for the selection of flowers and proven Bach flower mixtures to help with typical complaints before and during pregnancy, during childbirth and breastfeeding, in prenatal behaviors that complicate the process of natural, uncomplicated birth and for the baby's first months of life.

New

“Must” Makes You Tired – “Want” Wakes You Up



Author: Andreas Winter
Publication Date: March 2018
Format: 120 x 190 mm, 142 pp

The Motivational Guide

Do you also feel that you always need to do something? Whether at work or cleaning the house, whether going for a walk or staying with friends or family - almost everything from everyday life can become a tiresome duty and thus a burden. Expectations and heteronomy are massive stress factors and our number one energy robber! Therefore, also cases of burnout are increasing at an alarming rate. However, the consequences of “should” and “must” are not just exhaustion and listlessness; Also diseases such as heart trouble, sleep disturbances, hypertension, diabetes, depression, obesity and many allergies can arise from it.

This guide shows you how you can simply get rid of self-imposed or societal pressure, change “must” into “want” and experience enthusiasm instead of fatigue.

Learn about completely new sides of yourself, and leave behind conventions, rules and constraints - realize your decisions as your own free will!

Andreas Winter is a qualified educationalist and psychological counsellor. As head of one of the largest coaching institutes in Germany, he is helping people from around the world in achieving a better quality of life. His captivating lectures and books have not reached cult status.

New

Schuessler Salts – Facial and Hand Diagnostics



Author: Angelika Countess Wolffskeel von Reichenberg

Publication Date: April 2018

Format: 160 x 220 mm, 222 pp

How To Find The Right Remedy

For millennia, people have been trying to draw conclusions from what they do not see. Face and hand diagnostics is therefore one of the oldest diagnostic forms of the art of healing: Wrinkles, puffiness, paleness, redness or skin discoloration give very concrete evidence of physical discomfort or internal disorders, mental moods, mental processes and a person's personality.

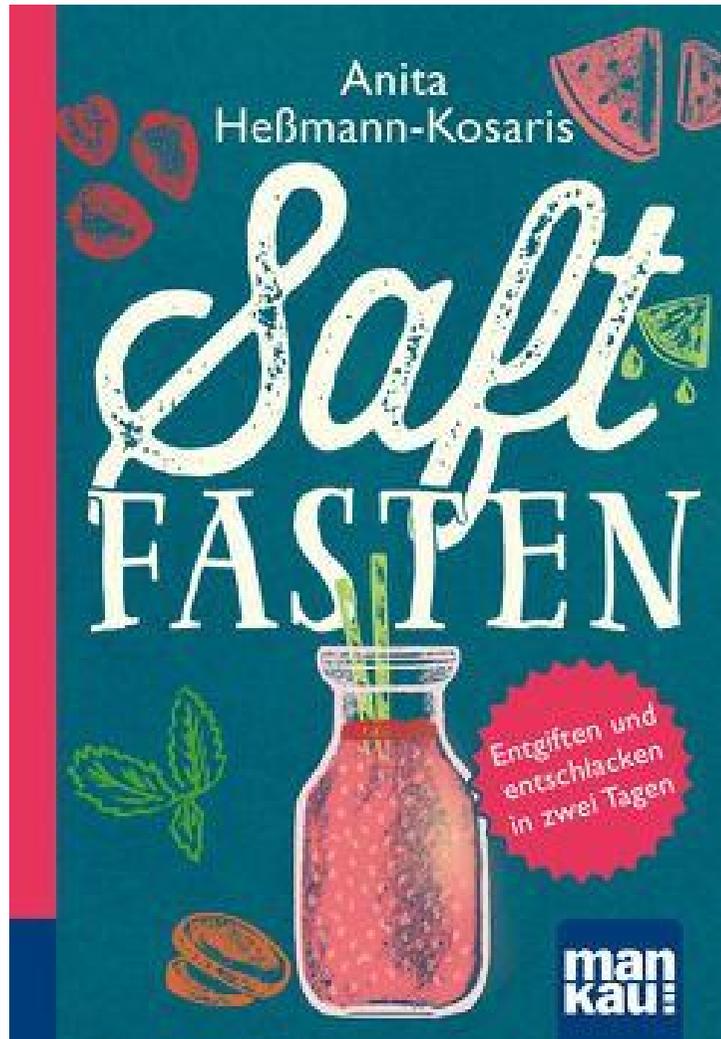
The method described by Angelika Countess Wolffskeel is based on many years of experience and extends the facial diagnosis according to Dr. med. Schuessler around signs and lines from the hands and the face. Their close observation correlates with physical discomfort in order to narrow down the development of a disease before any concrete symptoms appear.

This illustrated book can be used to determine whether there is a mineral deficiency in the cells or disharmonies on the organs. The appropriate Schuessler salts and the right diet are corrective, strengthen the health and point the way to appropriate (self-) treatment.

Angelika Countess Wolffskeel von Reichenberg is a renowned alternative practitioner and head of a school for alternative practitioners. Her bestseller "The 12 Salts Of Life – Biochemistry According To Dr. Schuessler" is one of the most reviewed and most successful guides of cell salts in Germany.

New

Juice Fasting



Author: Anita Hessmann-Kosaris
Publication Date: January 2018
Format: 115 x 165 mm, 126 pp

Detoxifying your body in two days!

The two-day juice fast lightning cure gently helps your organism and gives you new strength for body and soul all year round.

Thanks to a perfect mix of bio-active and vital substances, the strained digestive and detoxification organs such as the liver, kidneys, intestines and skin are relieved, excess water and harmful metabolic products flushed out. And the success can be seen and felt: the tissue becomes firmer, the complexion fresher, the immune system stronger.

Put together your personal detoxification and detox program according to your preferences - with fresh juices from fruits, vegetables and herbs that provide the body with valuable phytochemicals.

- 50 variable juice recipes for all seasons
- Accompanying massages, wellness baths and gym exercises
- Practical tips and shopping lists

New

Soul Potentials



Author: Anna Maria Stark
Publication Date: March 2018
Format: 120 x 190 mm, 225 pp

It is time to live according to the truths of your inner being, according to your unique energetic signature. Because that's what brings you true fulfillment.

Each person is endowed with unique gifts that give a coherent and successful overall picture when unfolded. Over time, however, we usually adopt the behaviors and beliefs of others - our parents, teachers and role models. They superimpose our ability to intuitively and reliably create our own well-functioning world.

Anna Maria Stark shows in her book in a vivid way how we can recognize our own individual potential and go our own way of life, with absolute integrity and dedication. In particular, she describes the importance of making clear decisions, because they are based on a successful and harmonious lifestyle.

With clear and easily integrable test systems, this book makes concrete everyday references to reach people in their current concerns. It shows refreshing ways to a practicable spirituality, which does not awaken the desire to leave the everyday life, but creates the urge to explore, experiment and to develop a full commitment in your own life.

New

Liberate yourself!



Author: Matthias A. Exl

Publication Date: February 2018

Format: 120 x 190 mm, 203 pp

About The Art Of A Fulfilled Life

Why do we have to work in hectic jobs to buy things that we do not really need? What does a fulfilled life mean? Are we still alive - or are we slaves of our time?

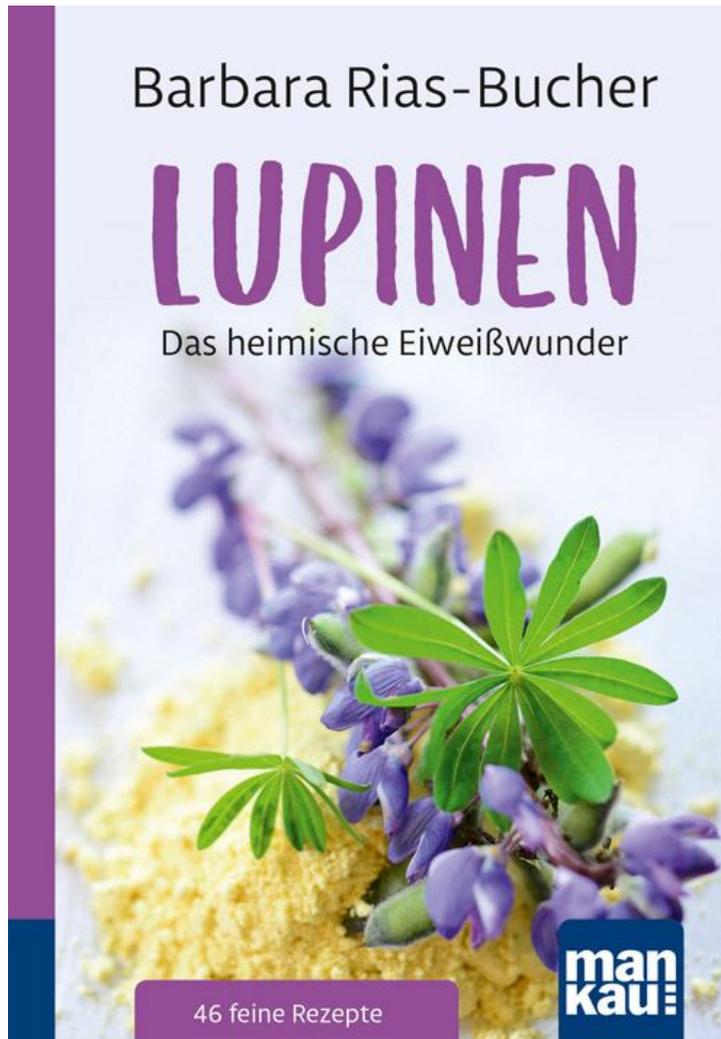
Matthias A. Exl describes in this book the obstacles on the way to a liberated life and teaches us the art of overcoming them. Because what we call "reality" is just the product of our often unconscious emotions, which are largely fears or doubts. So the solution is not outside, but in our inner.

Case studies and concrete exercises in this book help us to rediscover the creative power within ourselves and to change our world - a guide not only to personal transformation, but also to therapeutic practice.

The principle of liberation does not stop at any aspect of life: happiness, health and even money are affected. Just test it!

New

Lupins



Author: Dr. Barbara Rias-Bucher
Publication Date: March 2018
Format: 115 x 165 mm, 126 pp

The Local Protein Miracle

The magnificent, colorful inflorescences of lupins adorn many of our gardens. As flowers they are a popular feeding place for bees and other useful insects. Botanically, their seeds are just like beans, peas or chickpeas to the legumes. As crops with high nutritional value, especially considerable protein content, certain lupine species were already cultivated in ancient Greece, the Romans and around the first millennium also in Egypt.

This practical guide shows you how lupines can be a protein-rich alternative to soy and why they contribute to variety in the vegetarian kitchen. The seeds of the sweet lupine are highly versatile and taste excellent. In addition, the cultivation of the nutrient-rich crop contributes to climate protection and health care.

-Interesting facts about ingredients, history and botany of lupines

-Tips from the Lupine kitchen (products and preparation)

-46 tasty recipes for breakfast, entrees and sweets, as well as snacks and drinks.

Dr. Barbara Rias-Bucher is author of numerous books on cooking and her specialist field is whole-food vegetarian nutrition; on her own farm, her focus is on organic crop production, sustainable management and self-sufficiency.

New

Cure Yourself From Myomas



Authors: Dr. Barbara Rias-Bucher & Prof. Dr. Ingrid Gerhard

Publication Date: May 2018

Format: 168 x 240 mm, 174 pp

The Right Diet – A Natural Alternative To Pills And Surgery

More than two-thirds of all women between the ages of 35 and 55 are confronted with the diagnosis of "myoma". The cause of the development of uterine tumors has not been conclusively explored; It is clear, however, that in particular hormonal changes such as estrogen dominance and progesterone deficiency play an important role. Although fibroids usually are not dangerous, they often lead to various complaints which are treated with drugs or even surgical intervention.

This guide presents soft alternatives to traditional therapies, as there is an opportunity, especially at an early stage, to slow down myoma growth and shrink existing fibroids through a mindful diet and a conscious lifestyle.

-Questions and answers about myoma: causes, symptoms, conventional and alternative therapies

- Tips for easy change of diet: Which foods should you prefer and which you should avoid

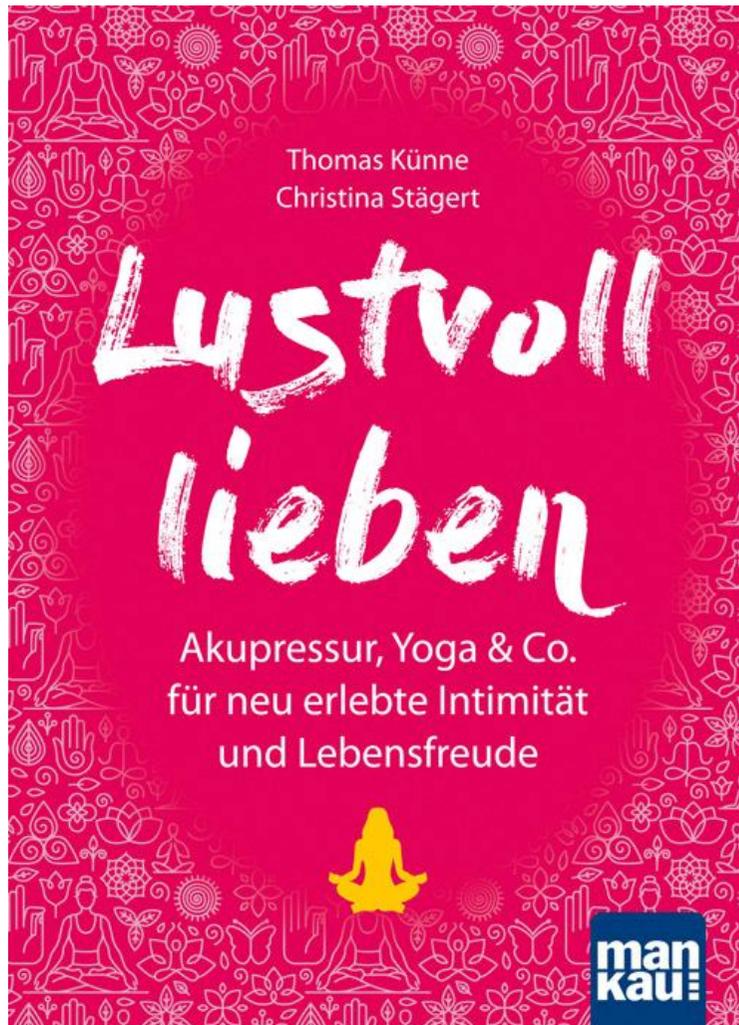
-Over 90 "myoma-shrinking" recipes that will delight the whole family: breakfast, entrees, desserts, cakes, breads, soups, smoothies and drinks.

Prof. Dr. Ingrid Gerhard is university professor of gynecology, specialized in naturopathy. In 1993, she founded the Department of Naturopathy at the University Gynecological Clinic Heidelberg. She is author of several health books for women and many times awarded, in 1995 with the German Federal Cross of Merit First Class.

Dr. Barbara Rias-Bucher is author of numerous books on cooking and her specialist field is whole-food vegetarian nutrition; on her own farm, her focus is on organic crop production, sustainable management and self-sufficiency.

New

Love with Joy



Authors: Thomas Künne & Christina Stägert
Publication Date: April 2018
Format: 160 x 220 mm, 128 pp

Acupressure, Yoga & Co. For Intimacy And Enjoyment Of Life

A joyfully experienced partnership or a fulfilled sensual experience are not only opposed to cultural taboos and unconsciously restricting beliefs. In order to put the human energy field into a blockade-free state, which allows sexual enjoyment, our entire life energy must be reconciled and the vitality inside and outside must be increased.

This guide wants to be a source of inspiration in matters of pleasure, a practical companion for all singles and couples who long for a harmonious flow of energy and a sensual and fulfilling love. The delicate touch of certain zones and points of our body relieves moodiness and pain, has a healing effect and promotes relaxation, strengthens the confidence in yourself and your partner.

-Compact and clear instructions: Acupressure, Massage, Jin Shin Jyutsu, Moxibustion, Yoga & Co.

-Helpful checklists to recognize and optimize your own desire.

Thomas Künne is a consultant of psychosomatic medicine, consulting astrologer, astrophysicist and member and instructor of the German Federation of Spiritual Healing. He has published numerous books and essays about complex processes of the internal and external world.

Christina Stägert is Master Practitioner of Consciousness Medicine and Certified Bucher Coach.

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Literary Agency

www.stasociados.com

c/ Pallars 73, 1º 1ª,
08018 Barcelona (Spain),
Tel. +34.629388043

Contact:

susanne.theune@stasociados.com