



Bücher, die den
Horizont erweitern

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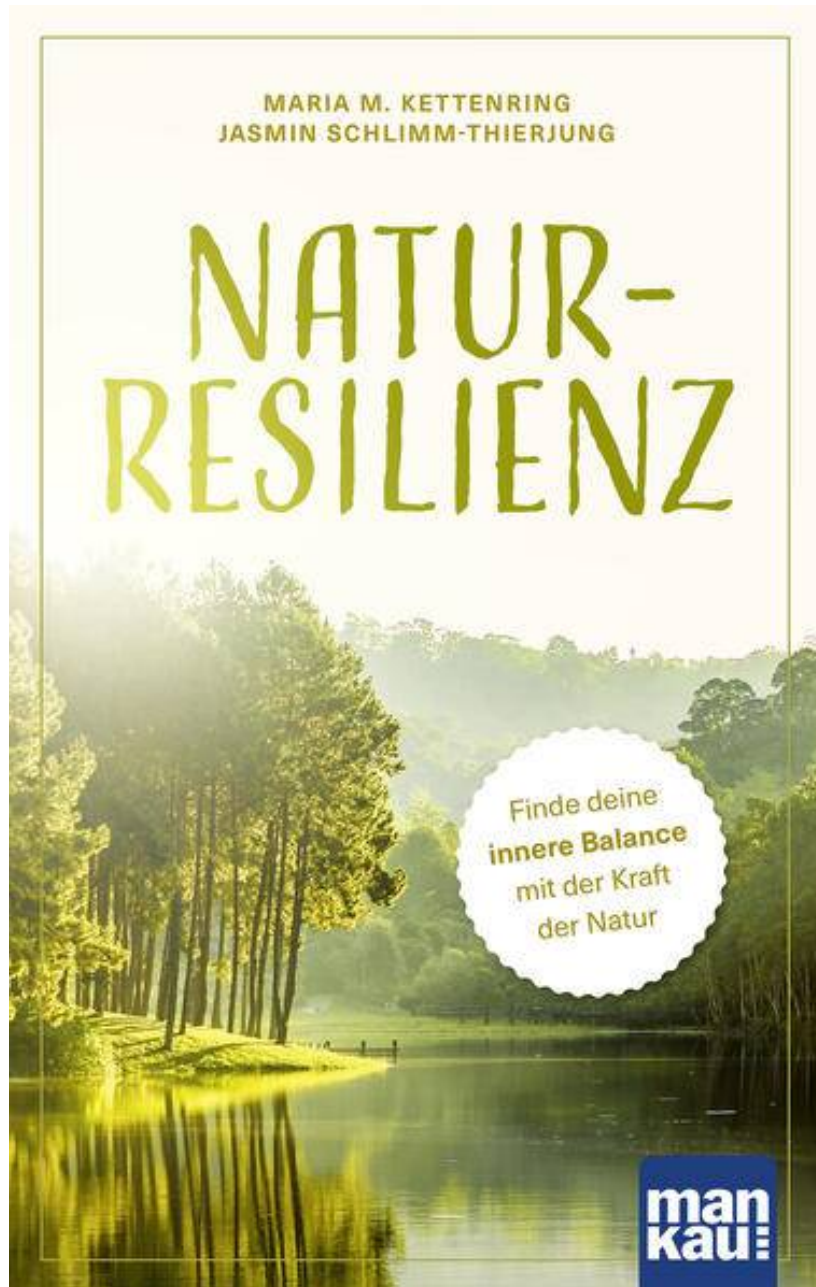
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New

Natural Resilience



Authors: M.M. Kettenring & J.Schlimm-Thierjung

Publication Date: March 2026

Format: 220 pages

Find your inner balance with the power of nature

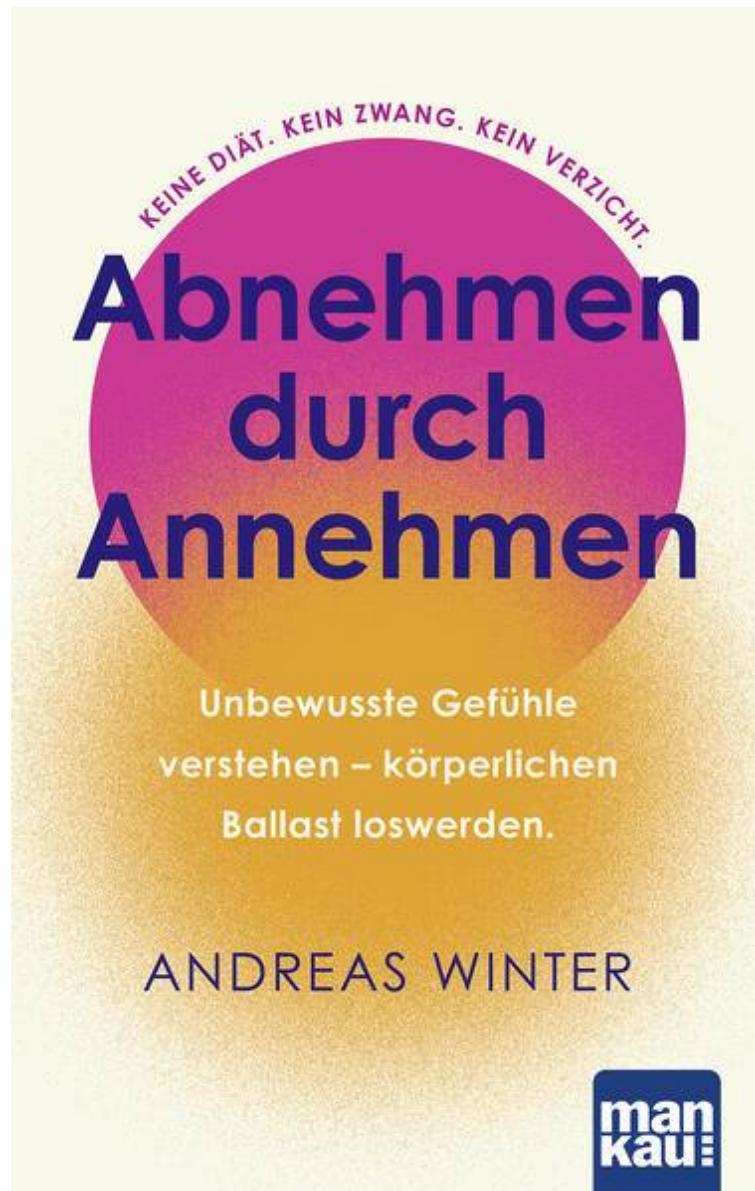
At a time when stress and constant demands determine our daily lives, nature can become a source of relaxation and inner strength. The book shows how to strengthen physical and mental resilience through mindful experience of nature. Sensory exercises, small everyday rituals and creative impulses promote a conscious connection with the natural world. The authors combine knowledge from naturopathy and the Far Eastern art of living with holistic, creative ways of self-care: Nature moments range from forest bathing, nature retreats, places of strength and exercise in the countryside to small meditations, conscious nutrition and aromatherapy. Let nature give us gifts – with health, serenity and lightness.

MARIA M. KETTENRING has been a recognized aroma expert, author, and »fragrance ambassador« for four decades with in-depth knowledge and extensive practical experience in aromatherapy. Trained as a forest bathing and nature resilience trainer, she shares her passion for the healing power of essential oils and balance with and in nature.

JASMIN SCHLIMM-THIERJUNG is the founder and Director of the German Academy for Forest Bathing and Health. She combines in-depth knowledge of health, mindfulness and nature experience with many years of practice in education and training. She passionately shows ways in which the forest can become a source of resilience, balance and joy in life.

New

Losing Weight By Accepting



Author: Andreas Winter
Publication Date: February 2026
Format: 190 pages

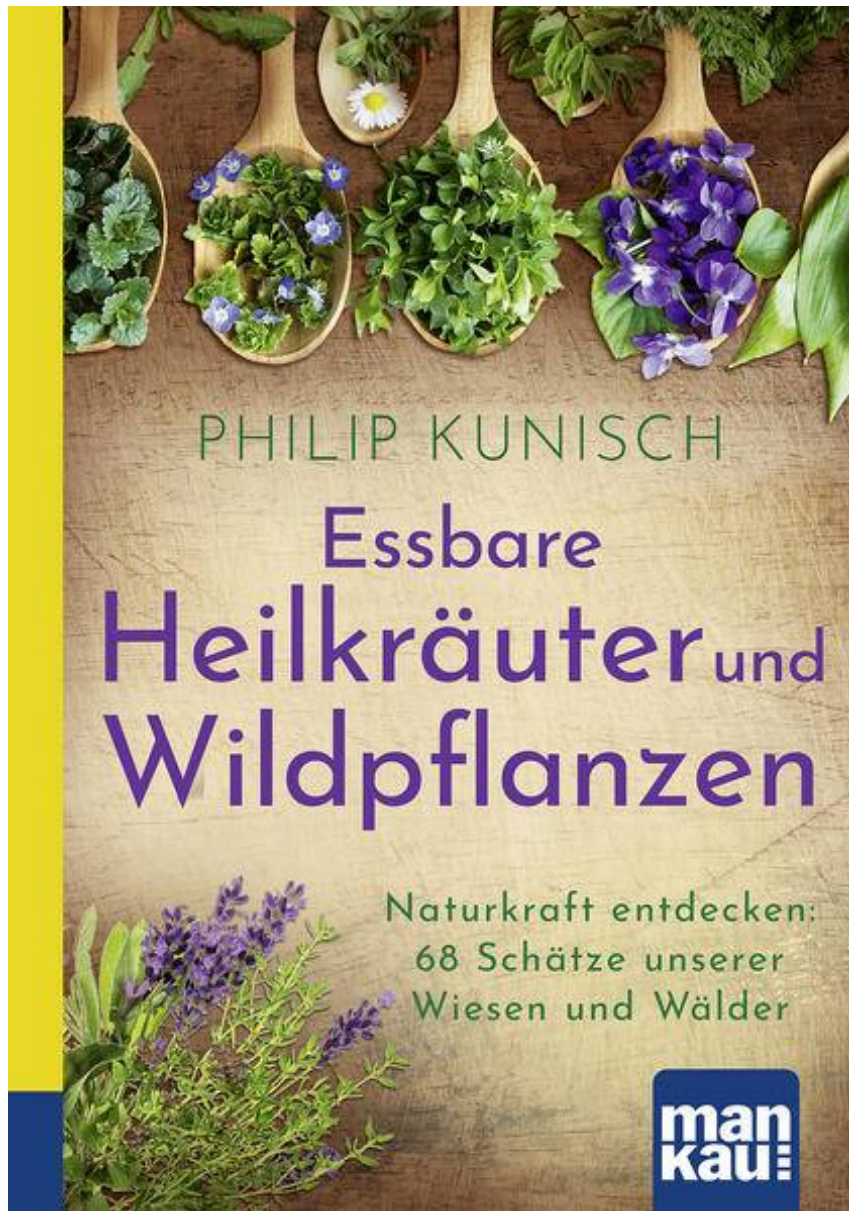
Understanding unconscious feelings - getting rid of physical baggage

Trapped in the cycle of frustration eating, self-criticism and diet failure? Why do we turn to chocolate when we are annoyed or sad? How often do we eat not out of hunger, but out of stress, loneliness or self-doubt? Why don't we stick to a diet even though we want to so badly? And why do binges keep coming back - even when we "actually know what would be good for us"? The answer lies not in the lack of discipline, but in unconscious early childhood conditioning. In a loving, mindful, and healing tone, experienced graduate educator, coach, and bestselling author Andreas Winter helps you identify and understand the true causes of your eating behavior-and then effortlessly change them. With the "Winter Diet," you'll learn how early childhood influences continue to influence your eating behavior today, what the deeper, actual reason for gaining weight was, how to break emotional knots with mindfulness, self-love, and forgiveness, and how to develop a new, peaceful, and healthy relationship with food and your body, finding a permanent feel-good weight without dieting. With "Ten-Day Weight Loss Offensive" - a consistently built coaching program that guides you step by step to a new body feeling.

ANDREAS WINTER holds a degree in education and works as a psychological consultant. As head of one of Germany's largest coaching institutes, he has been improving the quality of life of people from all over the world for more than two decades through quick and unconventional conflict resolutions. His mesmerizing lectures and books have meanwhile reached cult status.

New

Edible Medicinal Herbs and Wild Plants



Author: Philip Kunisch

Publication Date: February 2026

Format: 223 pages

Discovering natural power: 68 treasures of our meadows and forests

In harmony with nature. We humans are a part of nature and inextricably linked to it-and only in reflection on this connection do we find our full strength, our true potential, and our physical and mental health. "Edible Medicinal Herbs and Wild Plants" is not just a simple reference book for wild plants, it is an invitation to you to get to know nature in a completely new and full of wonder.

Discover natural remedies growing right on your doorstep and embrace the great knowledge and heritage of our ancestors. In vivid plant portraits you will find not only practical information and instructions for reliably identifying and using 68 edible wild and medicinal plants from our native meadows and forests. Philip Kunisch also wants to give you a sense of the essence of the respective plant so that you can grasp it with your inner senses. This is an inspiring reference work for the most important edible wild plants: Scientific and Mythological, Modern and Traditional, Factual and Poetic.

PHILIP KUNISCH is a herbalist, holistic nutrition and health consultant, and B.Sc. in Food Technology and Biotechnology (TU Munich). Since his youth, his special interest has been with our local Medicinal herbs; he shares his extensive expertise in herbal tours, fermentation workshops, and seminars on detox, fasting, meditation, and herbal medicine.