ATHESIA
TAPPEINER
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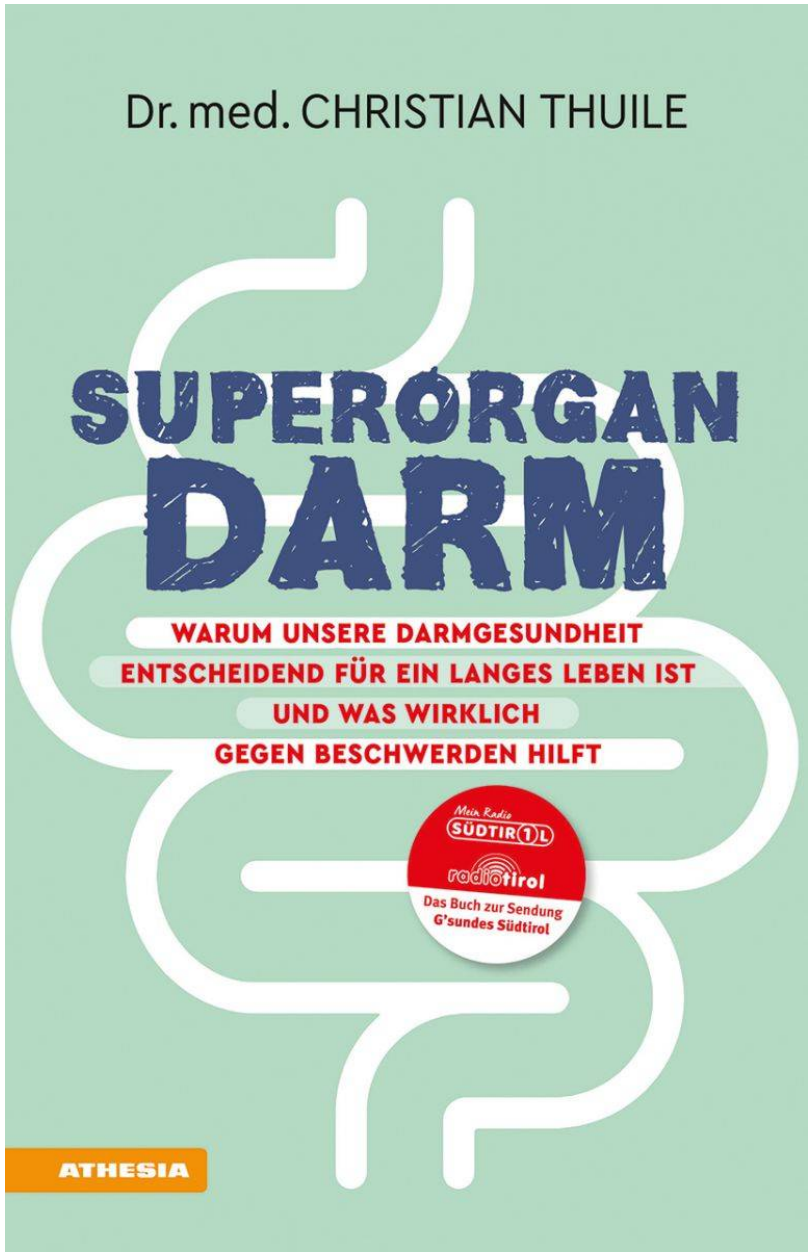
Self-Help & Balance of Life

Spring 2023

New

Superorgan Intestine



Author: Dr. Christian Thuile, MD
Publication Date: April, 2023
Pages: 192, 15 b/w illustrations

Why our intestinal health is crucial for a long life and what really helps against complaints

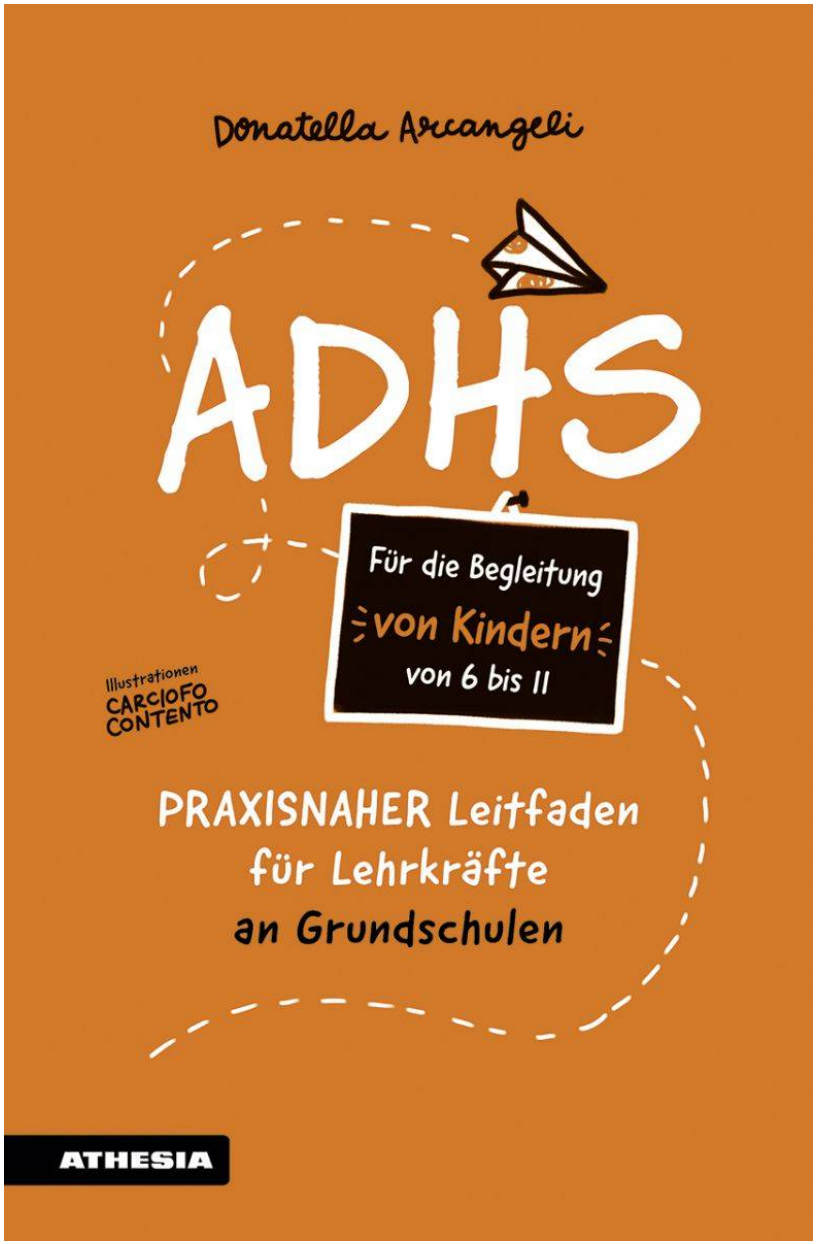
The bestselling author and complementary physician Dr. Christian Thuile examines patients with intestinal complaints such as heartburn, flatulence or diarrhoea in his practice every day. His new book not only explains the typical acute and chronic intestinal diseases, but also aims to impart fundamental knowledge about one of our most important organs. He explains how the middle of our body is connected to our immune system and our psyche. with our immune system and our psyche, what sense intestinal cleansing and colonoscopy, and how what we eat affects our trillions trillion co-inhabitants in the intestine.

- From the nutrition expert and complementary medicine practitioner with over 50,000 books sold to date
- Everything you need to know about intestinal diseases and prevention: A healthy intestine gives pure quality of life!

Dr. Christian Thuile, MD, built up the Department of Complementary Medicine with a focus on oncology as medical director at Merano Hospital. Today, the nutritional physician, herbalist, micronutrient expert, acupuncturist and author of numerous successful books practices in Bolzano.

New

ADHD



Author: Donatella Arcangeli
Publication Date: May, 2023
Pages: 132 with illustrations

For the accompaniment of children from 6 to 11

This manual contains specific, immediately applicable instructions for successfully dealing with 15 problematic behaviours typical of attention deficit hyperactivity disorder. Written simply and clearly by an experienced child neuropsychiatrist, the graphic notebook-style book helps teaching staff better understand and manage children with ADHD in the classroom. Also for interested parents, as ADHD is one of the most common mental disorders in children and adolescents.

- Short and clear: targeted instructions to support in dealing with ADHD children
- Guide for teachers: Concrete descriptions of behaviour in the in the classroom and appropriate responses

Donatella Arcangeli is a doctor and child and adolescent neuropsychiatrist. For years she has been involved in teacher training for school staff throughout the Autonomous Province of Bolzano, providing teachers with tools on how to deal with pupils with special educational needs or disabilities. She also holds seminars on ADHD at the ADHD at the Medical Academy for Psychotherapy of Children and Adolescents e.V.

New

Sustainable Gardening For Beginners

Author: Andreas Modery
Publication Date: February, 2023
Pages: 224 with illustrations

Balcony, raised bed and garden – resource-saving gardening with nature

From the ideal plant selection to soil preparation, sowing, planting, care and harvesting - beginners as well as experienced gardeners are optimally accompanied in this comprehensive guide. Andreas Modery focuses on sustainability both in activating and promoting the plants and in selecting the right gardening tools. The guide includes chapters on bees and other useful helpers from the animal world , as well as the changing climate and the consequences for our garden. With this manual, every thumb turns green!

- All the basics in a nutshell, with numerous photos
- Including planting and harvesting calendars and planting plan according to altitudes

Andreas Modery, graduate forester has completed studies in natural sciences (medicine & forestry and hunting science) in Paris, Gent and Munich. He has specialised in soil science & soil nutrition with several published scientific papers and lectures in the field of fertilisation, composting and soil organisms. For many years he is gardening expert on radio and television.

Being A Child Without Pressure

Author: Heike Torggler
Publication Date: August, 2022

How I help my child with stress, pressure to perform and crises

Pressure to perform makes many children unhappy and sick. What do children really need to be able to develop happily? Apart from fulfilled basic needs, not so much, but sometimes more of it. Above all, they need parents who

... take care of their well-being, love them unconditionally, give them security and support

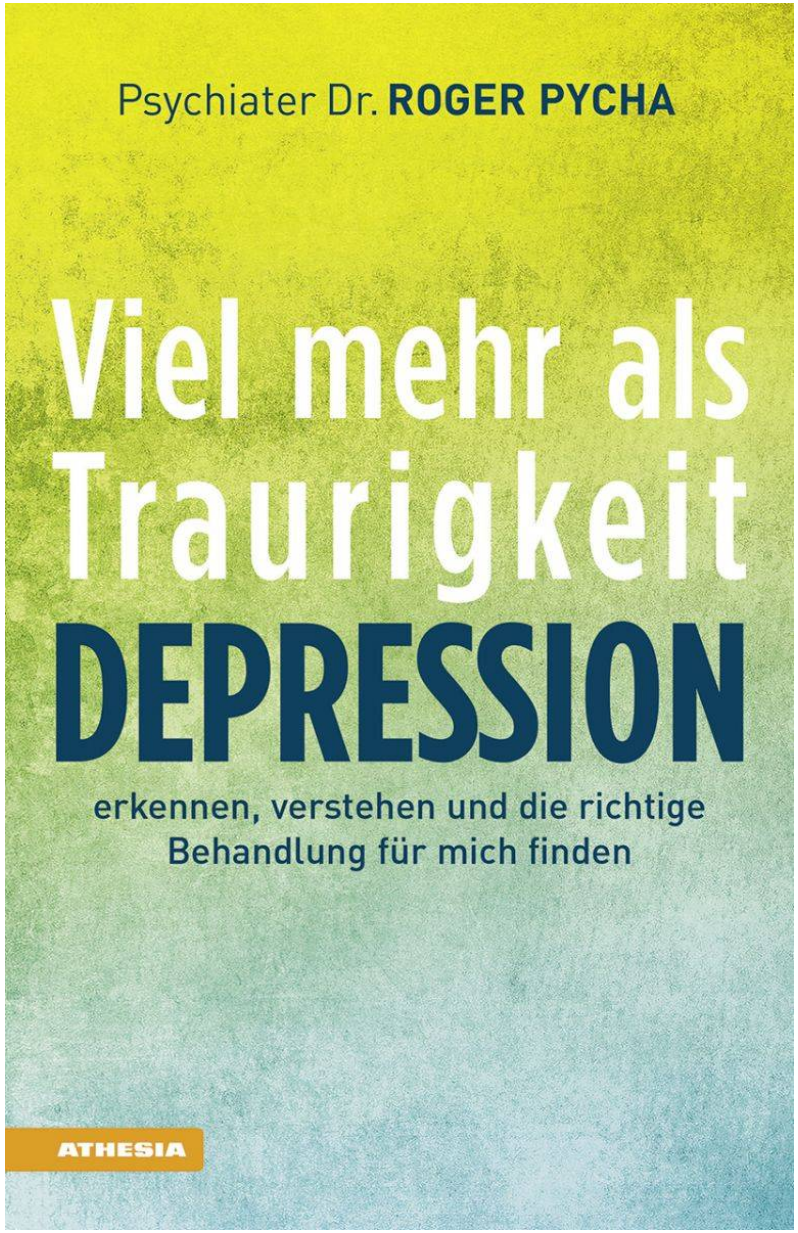
.... from time to time look courageously in the mirror, rethink their own lifestyle and their own expectations

.... Give them confidence and show them how to overcome challenges, defeats and crises.

The pressure to perform in our modern society affects many children and young people. Especially the pressure to perform at school often causes problems for the youngest. For parents and all those who accompany children on their way through life, it is a challenge to find a good balance between developmental stimulation, support and relaxed confidence.

Heike Torggler gives us a little insight into her work as psychologist and personal experiences. As a mother of two, she speaks openly, cheerfully but also critically, what many parents think and experience. In this book, she shows ways in which we can protect ourselves and our youngest from too much pressure to perform and strengthen them mentally so that they can master the unavoidable hurdles and crises in life more easily.

Much More Than Sadness



Author: Dr. Roger Pycha
Publication Date: September, 2022

How to recognize depression, understand it and find the right treatment for me

According to estimates, about 350 million people worldwide suffer from depression. Women are affected twice as often as men. Out of shame, repression or ignorance, many sufferers do not consult a doctor. Many of them are therefore not sure whether they suffer from the mental illness. In general, depression is rather a taboo subject, which is why most people cannot understand it. Are sleep disturbances already harbingers of depression?

This book informs sufferers, those at risk, fellow sufferers but also those simply interested in psychology about the disease. After all, depression is one of the most significant and underestimated diseases of the 21st century.

Dr. Roger Pycha has been working as a psychiatrist for many years and shares his expertise and experience with readers of his first book: from the origins of the disease, to characteristics and symptoms, to help and psychotherapy. Terms such as schizophrenia, burn-out, panic attacks, psychosis, bipolar, psychosomatic or manic depressive are clarified.

The Wolf In Sight

Authors: various
Publication Date: October, 2022
Pages: 336

Conflicts and approaches to solutions

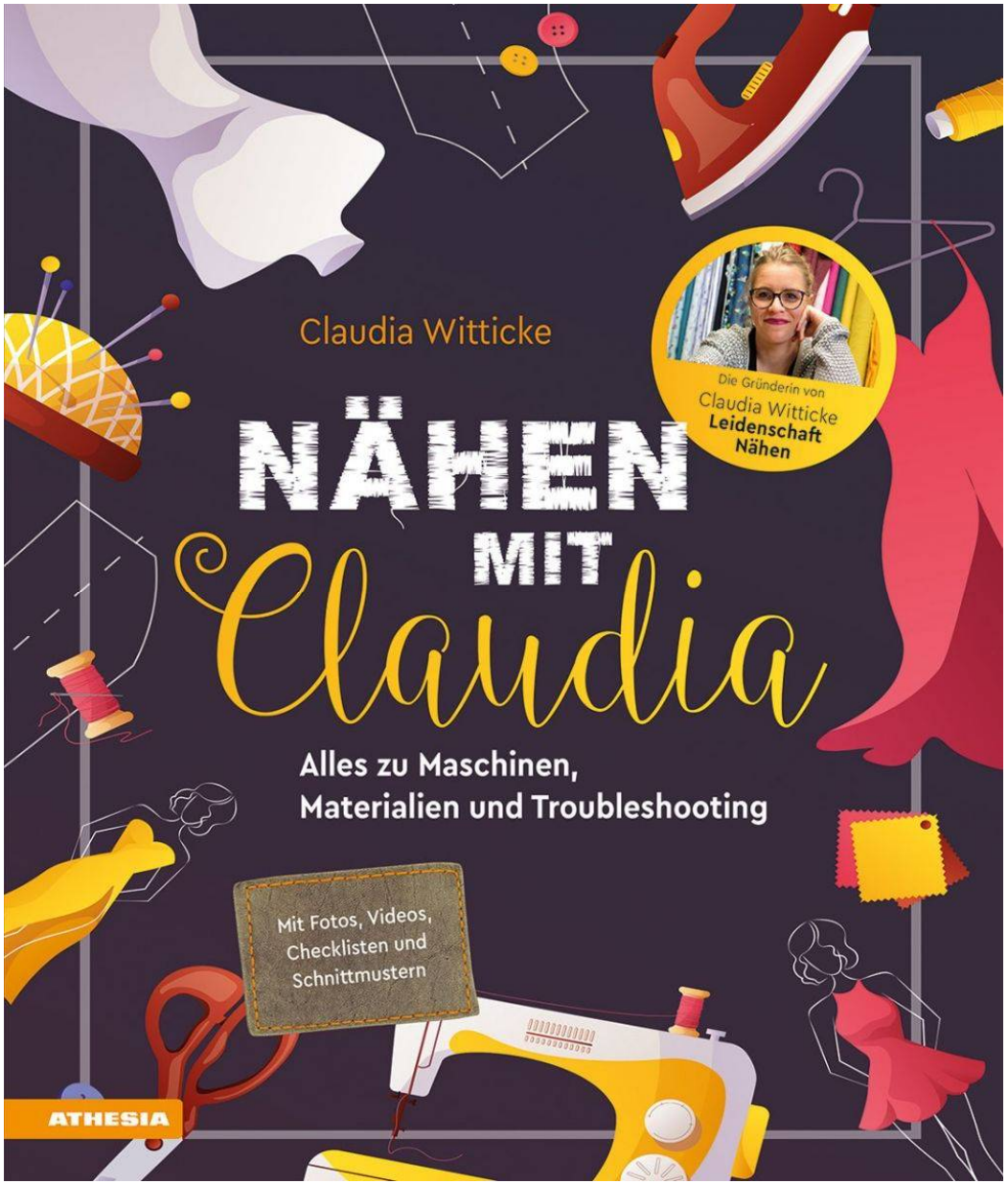
For centuries, wolves preoccupied large parts of the population until - from the point of view of the time - they were finally eradicated. Today, after their definitive return, the grey wolves are viewed in a more differentiated way. A good part of the population welcomes the fascinating game species. On the other hand, the rural population and cattle breeders, most of whom are directly affected by the wolf's presence, are critical of the wolf's progressive spread in the Alpine arc. Opinions are divided between resolute rejection and celebrated return.

This book aims to provide answers to burning questions about the wolf. The questions are posed by a group of experts, and the affected user groups, e.g. from agriculture, also have their say. The answers are given by selected experts, in a simple and understandable way. The topics range from "Wolves once and now" to "Biology and behaviour" to "Management and law" and "The wolf between fascination and fear".

This book is suitable both for reference and for thorough reading. The aim is to present different points of view and to increase knowledge about wolves as much as possible without making judgements.

Author: Claudia Witticke
Publication Date: March, 2022

Sewing With Claudia



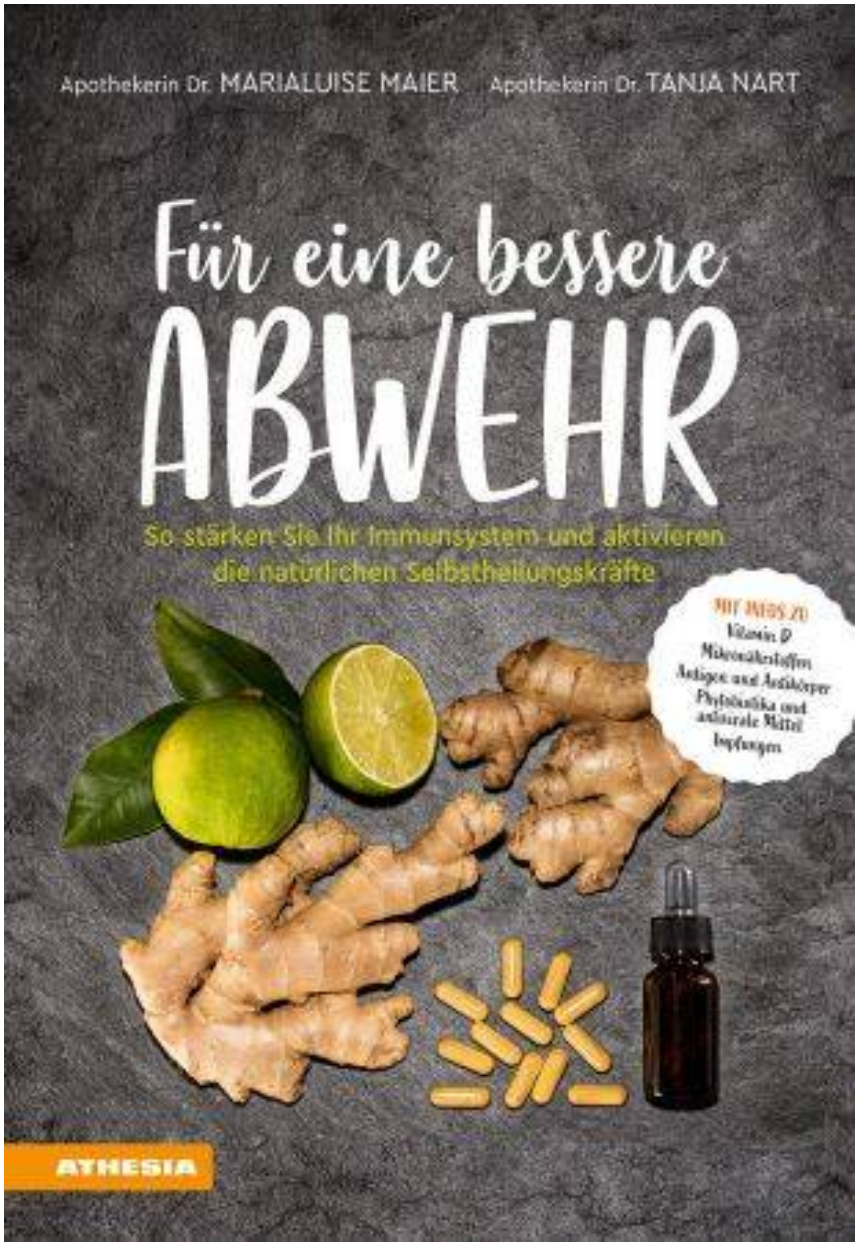
All about machines, materials and troubleshooting

How do I thread the sewing machine? What does my sewing machine need to be able to do? Which fabric is best for what? What fabrics are available at all? Before you can start sewing, many questions arise. But even if you are already in the midst of sewing fever and regularly sew your own clothes, problems crop up again and again. What to do when the classic tailor's chalk on fabric doesn't work? Lately, many people of all ages are (re)discovering their interest in craftsmanship and especially sewing.

Claudia Witticke, founder of the successful company ALPINSCHNULLER (online courses, blog, shop) has first-hand experience of this, and the expert has a solution for all these problems. Step-by-step instructions, troubleshooting, videos, and insider knowledge from experts on the most important topics leave nothing unclear.

The book, which is a great help for beginners but also for advanced sewers, contains all the basics on the subject as well as various sewing projects that are explained step-by-step. The patterns are available for download. Pouches, cosmetic bags or baby rompers are just three of the projects that are easy to copy.

For A Better Defense



Authors: Marialuise Maier, Tania Nart
Publication Date: December, 2021

How to strengthen your immune system and activate the natural self-healing powers

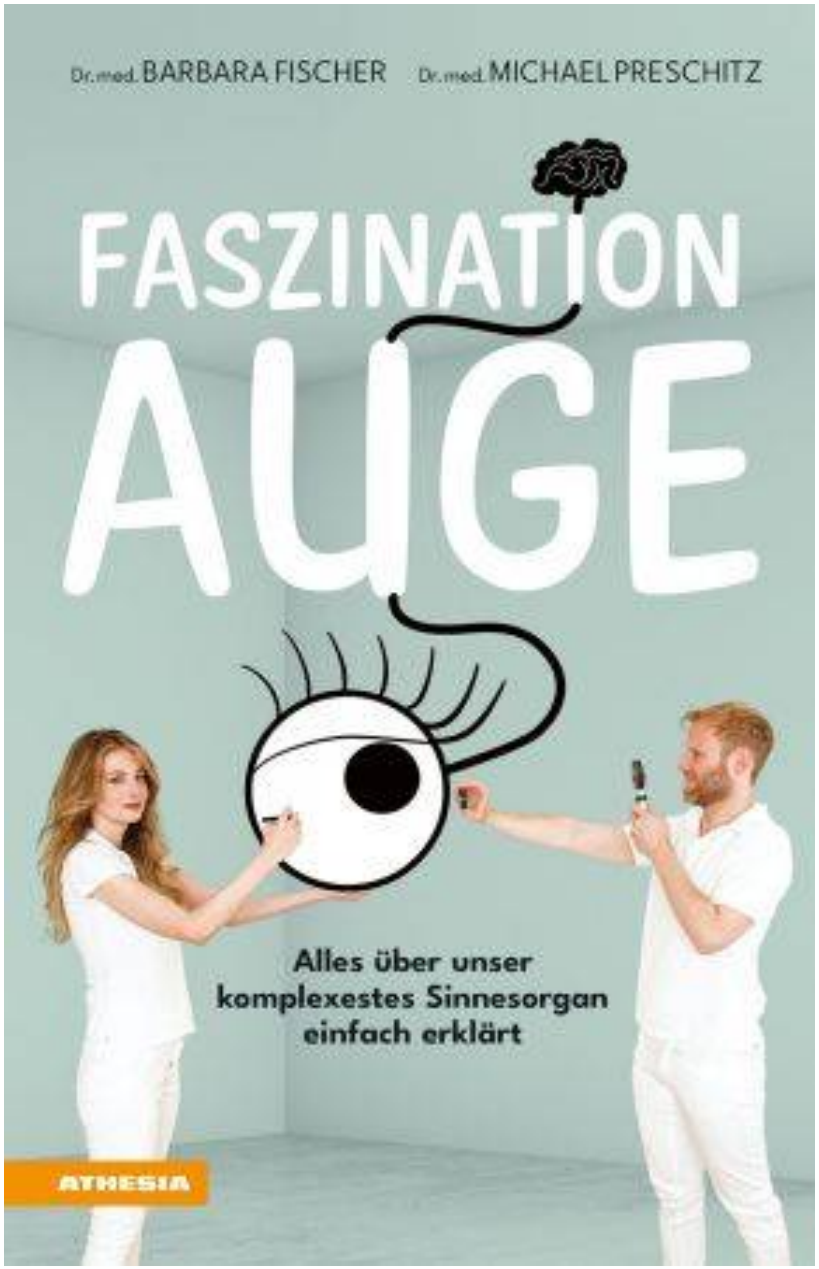
The two pharmacists and experts in the field of naturopathy and orthodox medicine turn readers into experts on their own health and immune system.

This book serves as a guide, reference and textbook for strengthening your own self-healing and immune system. Thanks to the profound knowledge and many years of experience of Dr. Marialuise Maier and Dr. Tanja Nart, everyone can expand their know-how about the fascinating immune system of the human body. Easy to understand and implementable with practical tips from the pharmacy, the manual gives extensive explanations about important substances from herbal medicine and micronutrients.

Among other things, it contains chapters on vitamin D, phytobiotics and antivirals, antigen and antibodies, silent inflammation and vaccinations. You not only learn why certain diseases, such as viral or autoimmune diseases, allergies, rheumatism and other inflammations occur and how everything is connected, but also why some people can have more severe courses of disease than others.

The book answers all the important questions about the immune system and provides practical support on the path to a stronger immune system.

Fascination Eye



Authors: Barbara Fischer, Michael Preschitz
Publication Date: September, 2021
Pages: 208

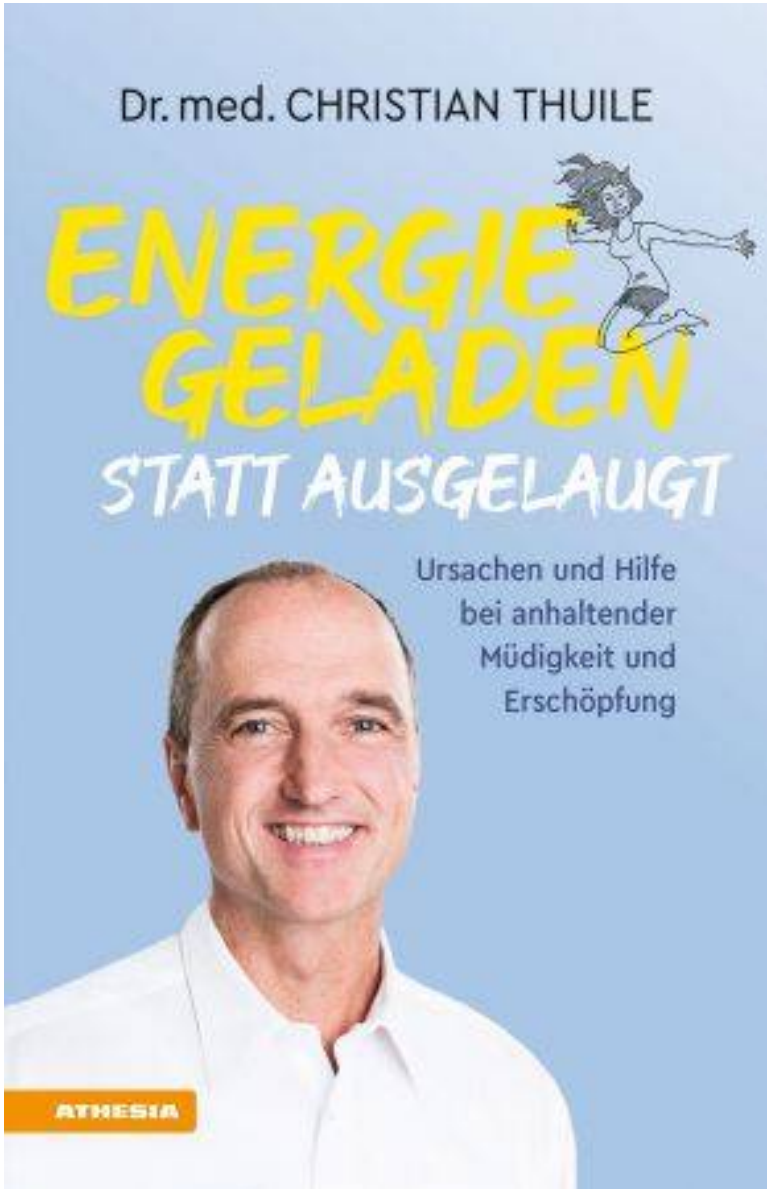
Everything about our most complex sense organ explained simply

The eye is one of the most important organs for perceiving the environment. Complex and fascinating processes in our head make it possible for us to see. At the same time, everyone is confronted with the issue of eye health in the course of their lives. While some children are already squinting in their first years of life, up to half of the children are already short-sighted by the time they reach school age. The number has risen steadily in recent years due to too short a distance when reading (especially on smartphones). Later, everyone becomes presbyopic and sooner or later develops a cataract as part of the normal ageing process.

This book explains and illustrates the structure and functions of the eye and describes diseases in the eye such as astigmatism. Frequently asked questions such as "What are diopters?", "Why does everyone become presbyopic?" or "Glasses, lenses or laser?" are answered by the ophthalmologists. In addition to the latest research findings, therapy options for the most common eye diseases and the influence of general diseases such as high blood pressure or sugar, "curious" stories from everyday ophthalmological life will lighten up the technical content.

Accompanying illustrations, both classical medical and metaphorical, complement and illustrate the text.

Energic Instead Of Exhausted



Author: Dr. Med. Christian Thuile
Publication Date: October, 2021

Causes and help for persistent fatigue and exhaustion

More and more people suffer from constant exhaustion and fatigue. The factors: accelerated pace of life, high expectations of society, constant pressure to perform in the world of school and work as well as private stresses and, last but not least, high demands on oneself. Even people who have their everyday life under control reach their limits. But physical causes, for example infections such as COVID-19, and other strength robbers also put our body's resilience to the test.

Complementary and nutritional physician Dr. med Christian Thuile, author of numerous books, explains how to regain your energy and boost your vitality. The complex interplay of nutrition, hormones, nerves, sleep, digestion and other basic components is not that difficult to understand. And with a little mindfulness in this regard, the grossest energy guzzlers can be successfully eliminated.

This book clarifies the most common fatigue-makers such as stress, medication, psyche, nutrition, nutrient deficiencies, inflammation, addictive substances and diseases such as burn-out, cancer or heart problems. Irrespective of age, readers manage to regain more energy for life.

Living Heart-Healthy

Author: Dr. med. Felix Pescoller & Brigitta Willeit
Publication Date: March, 2021
Pages: 176

Prevent heart disease, recognize risk factors early and keep your own heart fit

The little muscle that keeps us alive: the heart. Most people don't know much about their most important organ otherwise. It is not a given that it will strike. Too many of us do something to ensure that it often gets dangerously out of step or stops its work altogether. That is why diseases of the heart are also the leading cause of death. Thanks to quick care and modern high-performance medicine, doctors can make many hearts beat again and save lives. But a repaired heart is not a healthy heart. It would be much better to keep your heart beating with a healthy lifestyle. This includes more exercise, less stress and a balanced diet. It is just as important to get to know your heart better in order to know how it works and what is good or harmful to you.

The cardiologist Dr. Felix Pescoller takes the reader on a journey into a miracle of nature. With a lot of wit and charm, this guide gives an insight into the human heart. Structure, circulation, disease, risk factors and prevention are just a few areas that are covered. Numerous practical examples and tips for everyday life introduce the important topic. After reading this book, you will decide to take more care of your heart in order to give yourself a healthy and powerful heart and possibly a few more years of life.

Follow Your Gut Instinct

Author: Johanna Fischer
Publication Date: January, 2021
Pages: 192

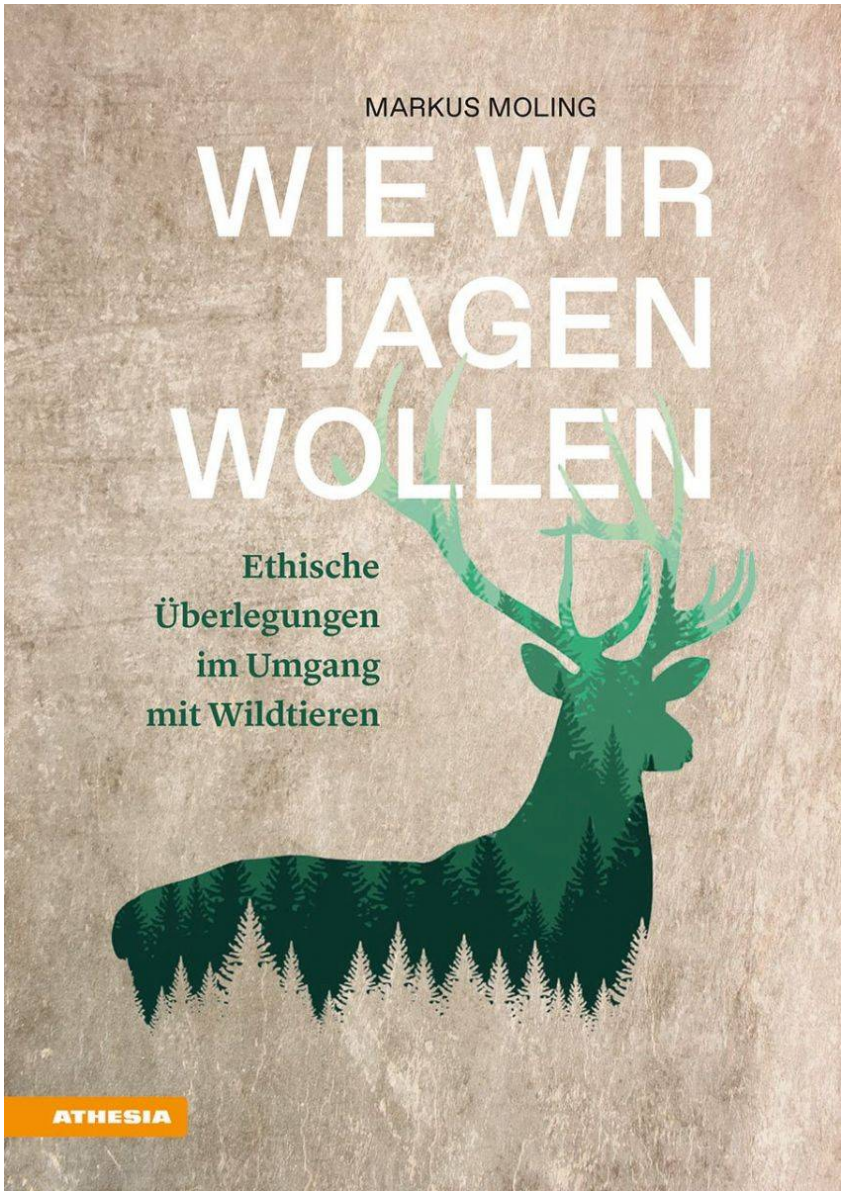
A body of well-being through mindfulness and self-confidence

This book provides answers to the question of what causes people to eat when they actually don't want to eat. It is well known that today's affluent society is the trigger for a large wave of lifestyle diseases such as obesity, diabetes, lipid metabolism disorders or high blood pressure. Most of those affected also know how they could live healthier - but it usually fails because of the implementation.

As a nutritionist and mental trainer, Johanna Fischer is confronted with this problem on a daily basis. In doing so, she explains to her clients that a nutrition plan and third-party control is not the solution. Everyone has to consciously take responsibility for their eating habits. This is exactly what this interactive guide leads to.

In this book, Johanna Fischer explains a way to feel what their body really needs - with in-depth knowledge, the necessary tools and without a nutrition plan. In this way, you become your own coach and can assess for yourself what you need in order to feel completely well.

How Do We Want To Hunt



Author: Markus Moling
Publication Date: November, 2020
Pages: 200

Ethical considerations when dealing with wild animals

Hunting is not a static quantity, but has changed over the course of history because demands, challenges and inquiries have changed. A strong change in values in our dealing with animals, the environmental crisis and the understanding of nature leads to a critical and sometimes negative attitude towards hunting and see it as a contradiction to nature conservation. In the eyes of a hunter, hunting does not simply mean the re-enactment and killing of animals, but a sum of actions, which also include so-called conservation measures, habitat improvements, animal feeding, counting and others. Hunters are required to disclose the values and goals of their actions and to bring them into the social discourse.

This book on hunting ethics is intended as a contribution to the discussion, which would encourage to think at least to overcome the gaps between hunters and their critics. The questions and challenges facing today's wildlife management are extremely complex. However, this book would like to offer all interested hunters help to deal with hunting-related and environmental-ethical questions and thus to reflect on their own actions.

This can help to maintain a sustainable form of hunting in a responsible manner in the future and to contribute to the public discourse with an important voice for game. Especially in terms of nature conservation, species protection and also the care and preservation of habitats, the voice of hunters will increasingly need and strengthen in the future.

Things Women Don’t Talk About

Author: Ruth Niederkofler
Publication Date: February, 2020
Pages: 184

Taboo topics from all areas of life that we should talk about

Taboo topics from all areas of a woman's life: you don’t talk about it! Problems of the human psyche such as depression and alcoholism, questions about the female body such as breast reduction or the premenstrual syndrome to interpersonal problems such as misunderstandings behind bedroom doors or general taboo subjects like death - Ruth Niederkofler does not take a leaf out of her mouth. As authentic as she is in her videos on Facebook and her website "Growing old healthy", the health trainer has now written a book. Because many women (and men) don't dare to talk about certain problems, she decided to write about them! The sympathetic and spontaneous nature of the author frees serious topics from any embarrassment. Through detailed information on the carefully chosen chapters, the reader will experience many “aha” moments. For example, how do children suffer from alcohol addicts or when does sterilization make sense? You will find in this book topics that you don’t discuss with your partner or your mother and not even with your best friend. Because there is no taboo!

The Most Important Questions About Intermittent Fasting

Author: Dr. Med. Christian Thuile
Publication Date: February, 2020
Pages: 176

All methods and what you should know about them

Complementary and nutritional doctor Dr. Christian Thuile answers the most important questions that still arise when we speak about interval fasting. Based on his expert knowledge, he explains the different methods and types of short-term fasting as well as their advantages and disadvantages: Which method is suitable for whom? Who should fast, who would rather not? What can you eat when and how is interval fasting compatible with sports? Even ambiguities such as "Can you really eat everything?" are cleared up.

The book takes up everyday situations and uses practical examples to show how to fast intermittently successfully. With this guide, everyone will find the right method of short-term fasting: Both overweight, picky eater, night owl, breakfast lover, connoisseur or stressed out or those who want to try interval fasting and experienced short-time eaters will learn a lot with this book.

The Swiss Pine

Authors: S.Thaler Rizzolli & H. Gasteiger
Publication Date: Septiembre, 2019
Pages: 224
Italian translation available!

Healing power of nature, healthy living, 99 recipes for well-being, beauty and cuisine

"Queen of the Alps" - the Swiss stone pine rightly bears this nickname, because people have valued it for its outstanding properties for thousands of years. This book not only provides information about the Swiss stone pine habitat, old folk knowledge, scientific research results, but also contains many tips on how Swiss stone pine can be used at home and in natural cosmetics. The book includes
not only customs and folk medicine , the use of stone pine in the past and today , but also scientific news: vital substances to improve sleep quality and promote our health. You will also find tips about using the power of stone pine: silvotherapy, gemmotherapy, aromatherapy and smoking - healing and wellness recipes: ointments, Soaps, tinctures and various approaches such as Swiss pine honey, Swiss pine schnapps and Swiss pine tea, vegan Swiss pine-apple bread, porcini-Swiss pine risotto, Swiss pine-cranberry donuts ...

- With over 160 atmospheric pictures of Swiss pine in nature and its Use in everyday life.
- New and old knowledge explained and implemented in a practical manner
- Comprehensive instructions for medicine chest and natural cosmetics
- Exceptional recipes for the palate

The Happiness Of Simple Life

Author: Father Lorenz Staud
Publication Date: May, 2019
Pages: 216, **2 Editions!**

According to the spiritual philosophy of St. Francis of Assisi

In his book, Franciscan Friar Lorenz Staud shows an alternative way of life from an ecological and spiritual point of view - in Franciscan simplicity and closeness to nature. Everyone is talking about ecology due to the increasing risk to the environment, but Saint Francis of Assisi exemplified it 800 years ago: "Respect all living beings, respect nature and the power of the elements", only then can our existence be sustained.

This is a practical guide that should help us to find harmony with nature again.

Bees Help To Heal

Author: Dr. Med. Christian Thuile
Publication Date: February, 2019
Pages: 144
Italian translation available!

Apitherapy – Rediscovering an art of healing

There are good reasons for the fact that bee honey has long been used in naturopathy: In addition to vitamins and trace elements, bee honey also contains antioxidants and many other valuable ingredients. But also beeswax, even the bees' poison and the air from the beehive help to heal, as apitherapy shows:

- Apitherapy as a supplement to conventional medicine: positive effects on the immune system, liver and detoxification, hormonal balance, blood, skin and hair
- Honey as a natural antibiotic and as a wound healing agent What the grandmother knew
- Home remedies for cough, sore throat and other diseases
- No world without bees: Interesting facts about bee biology, pollination and bee mortality

The bees are important for nature, the environment - in short for all life on earth! The complementary and nutritional physician Dr. explains why humans benefit several times from the busy animals. Scientific research and medical studies also prove the health-promoting effects of bee products. That is why a Roman saying goes: Ubi apis, ibis salus - where there are bees, there is health. Get to know the healing power of the bee!

“Pharmacy” Farm

Author: Dr. Med. Christian Thuile
Publication Date: September, 2018
Pages: 176

Thus healthy are life and vacations on the farm

Living and vacationing on the farm is healthy. Various studies have proven this. The germs from the barn reduce the risk of allergies, chickens do wonders not only for older people, and sheep's wool is more than just warm, namely a versatile remedy. The well-known nutritional and complementary doctor Dr. med. Christian Thuile summarizes in his book the latest research results, explains why the farm is a source of energy for a healthy life and it is definitely healthy to visit a farm more often - whether as a consumer of its products or as a guest looking for a very special vacation.

A farm holiday is a holiday with added value!

Happiness Lives In Your Mind

Author: Christine Wunsch
Publication Date: March, 2018
Pages: 192, **2 Editions!**

THE Manual for more moments of happiness in everyday life

Everyone can be happy! In her 30-day training, the author shows how to replace negative attitudes and behaviors with positive ones, how to silence the inner critic and, with the help of practical exercises, change your own focus and thus your own life. You will learn to be happy regardless of your external circumstances. Because happiness lives in your mind!

www.christinewunsch.com

Healthy?

Author: Dr. Med. Cristina Tomasi
Publication Date: May, 2017
Pages: 208
Italian translation available!

We are what we eat and what our body needs

The book is aimed at all those who have decided to take their lives and health into their own hands and to get rid of obesity, diabetes, osteoporosis, chronic fatigue, gastrointestinal complaints. Or simply to live healthier because they have become convinced that our health goes through the gut.

Tomasi suggests in her book to reflect critically on our own nutritional style and creates clarity regarding the so-called certainties and facts of our today's diet, which have been claimed for decades, and about the ones which still have no faultless scientific evidence: The role of carbohydrates, fats and protein, the impact of harmful sugar etc. We are what we eat and what our body makes of it!

- Guide on how to get rid of obesity, diabetes, osteoporosis, chronic fatigue and gastrointestinal complaint
- With 80 recipes for a truly healthy and balanced diet

Home Remedies That Really Help

Author: Dr. Med. Christian Thuile
Publication Date: December, 2016
Pages: 256

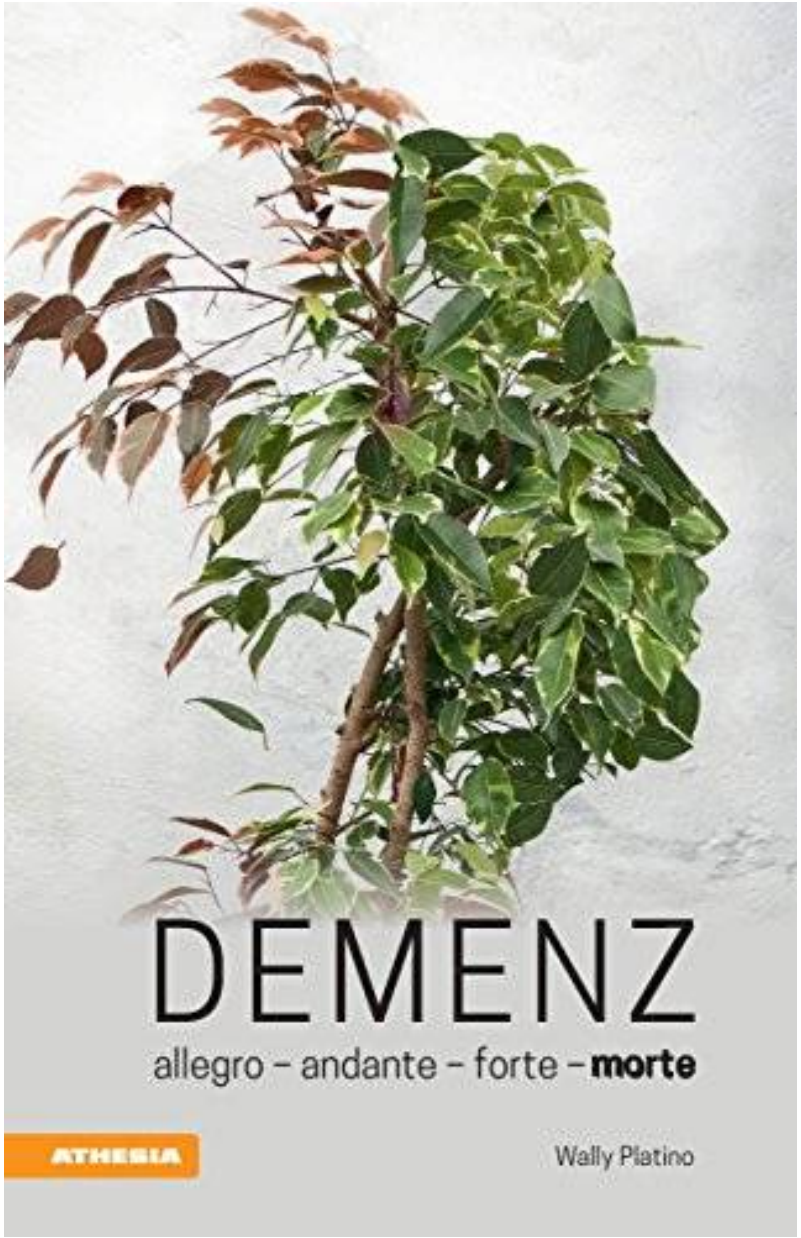
Healing with the forces of nature

Despite the undisputed success of conventional medicine, we are more and more looking for a gentle alternative and natural remedies are becoming increasingly popular. They can be used to naturally alleviate and heal many everyday complaints.

The book describes over 60 common diseases, their causes and symptoms, and explains which home remedies can really help adults and children. However, it also shows in which cases self-help is not appropriate, and a visit to the doctor is necessary. A reference book that belongs to every medicine cabinet.

- Advices from the doctor
- Old knowledge checked for its effectiveness
- Gentle medicine for many complaints

Dementia



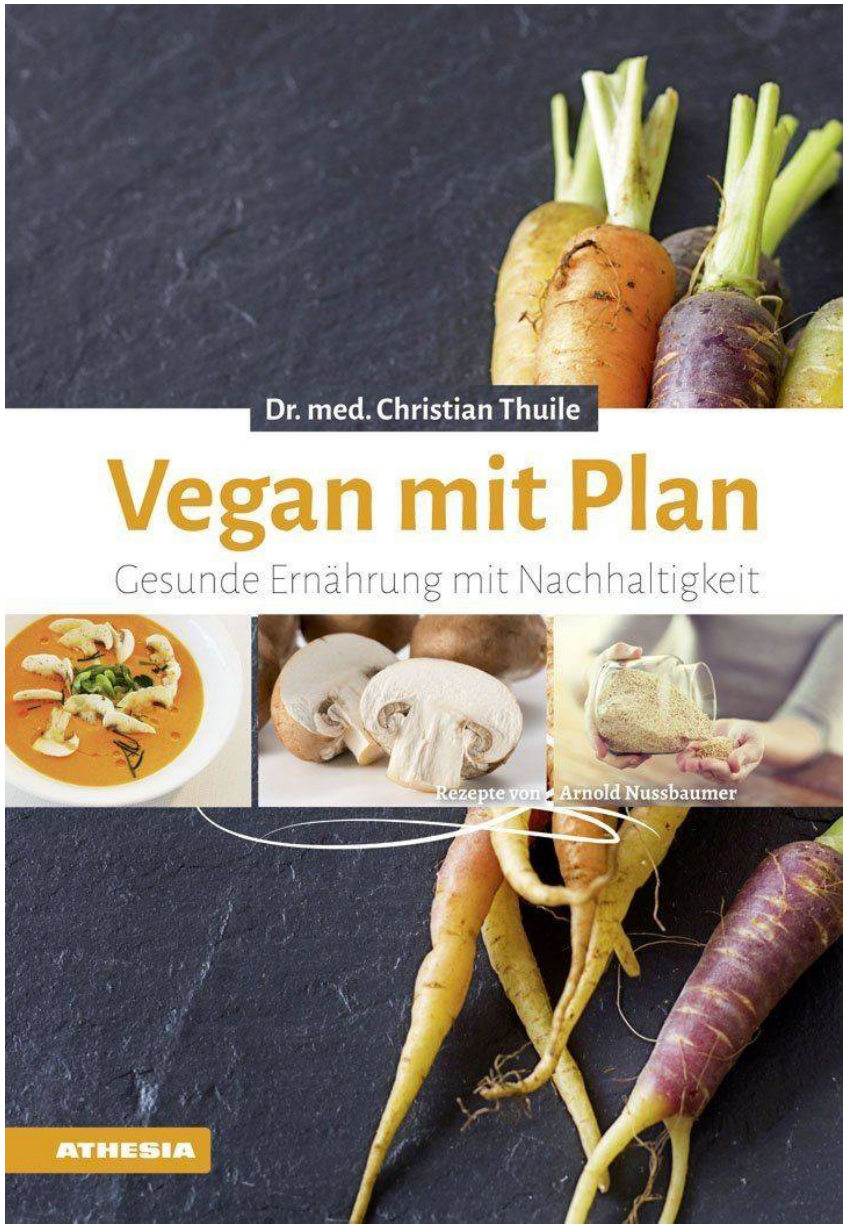
Author: Wally Platino
Publication Date: October, 2016
Pages: 144

"Experiencing Mother's Endless Non-Time" - in short DEMENTIA. Daily snapshots of the long suffering of the dementia mother - with all the associated ups and downs.

Fainted and helpless, the daughter faces the slow disappearance of a person, a person returning to the child. In addition, she was not a good mother. The generation conflict and the circumstances in which she grew up clouded the relationship between mother and daughter for a lifetime.

Only the long-standing, close relationship in the old people's home allowed forgiveness and aroused understanding of a generation that grew up under bad conditions and only benefited from the economic miracle late - mostly too late.

Vegan With Plan



Author: Dr. Med. Christian Thuile
Publication Date: June 2016
Pages: 160

Healthy nutrition with sustainability

Vegan is not just a form of nutrition, but an attitude to life, perhaps already a philosophy. It is a mirror of a sustainable lifestyle and is characterized by the complete abandonment of animal products in the kitchen. This deserves maximum respect, but also a certain amount of know-how, so that this virtuous idea can become a healthy lifestyle. Vegan is not the naturally innate human diet, nor is it the healthiest because certain nutrients such as Vitamin B 12, can not be supplied via a purely plant-based diet. In contrast to vegetarian, vegan would not be able to survive without the help of food supplements. Therefore, in addition to his inner conviction, humans also need an adequate supply of energy and micronutrients. The book provides valuable information based on a healthy 4-week plan and recipes for unlimited culinary enjoyment.

- Guide to healthy vegan nutrition without restrictions
- Monthly plan for a vegan diet
- Over 90 easy-to-cook recipes

We don’t Want To Know, We Want To Believe

Author: Bernd Gänsbacher
Publication Date: February, 2016
Pages: 160

Psyche and Cancer

What role does the psyche play in the development of cancer and what do we know about thought processes and automatisms of the intellect? University professor Bernd Gänsbacher explores the exciting question about if psychological factors can influence cancer development and growth. Most patients would probably adopt a combative attitude if that affected their prognosis. We humans are naturally inclined to immediately adapt information so that it fits our inner world view. They are compared with pre-stored prejudices, opinions and fragments of memories at lightning speed and only then brought to consciousness. This tendency of human shows that he is guided above all by his subjective opinions, prejudices and experiences and not by the current reality of life. Rarely is human an objective observer. Sometimes you have to protect them from making their own decisions.

Handout And Insert

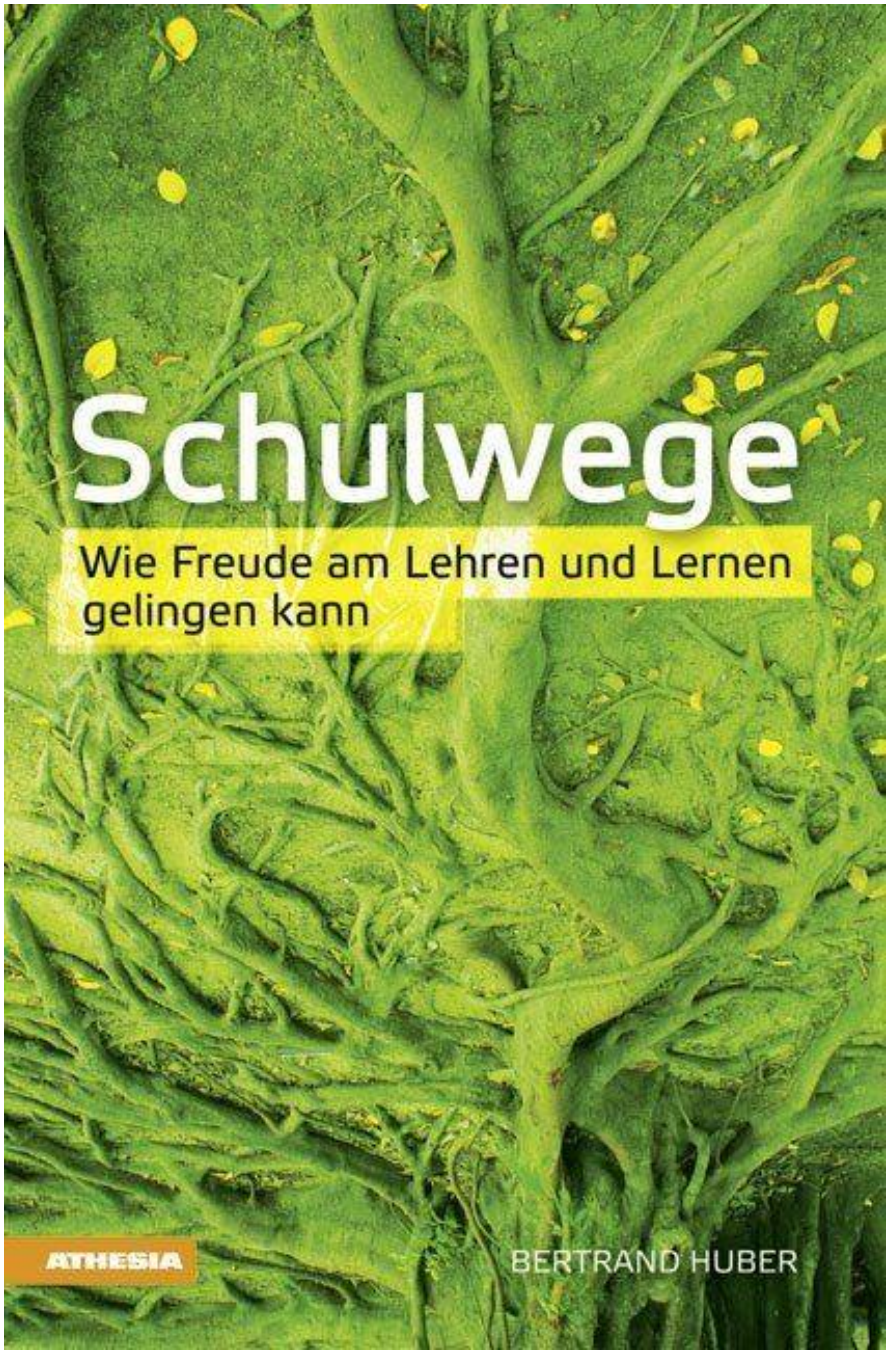
Authors: Ursula Pulyer & others
Publication Date: September, 2015
Pages: 88

Feedback culture at school

The long years that children spend in school are associated with lots of emotions, both on the part of the children, parents and teachers. The book gives an insight into the rules of the school system and aims to create understanding for the evaluation in the school context in all its contradictions, for the different players and views, for rules and limits, for complexity and conflicts.

- The outside view of the complexity of the school
- A contribution to the relaxed handling of emotions in everyday school life

Ways To School



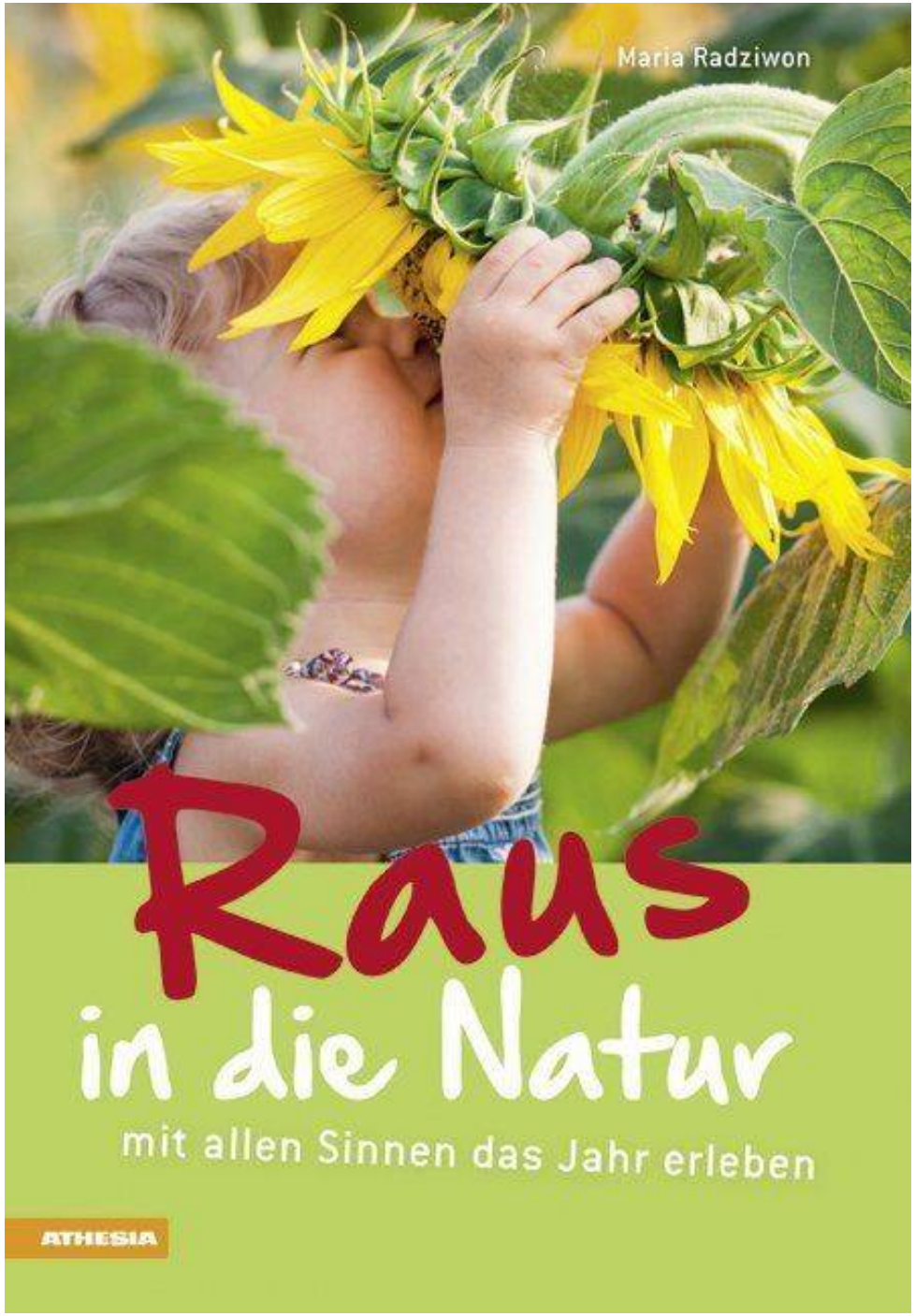
Author: Bertrand Huber
Publication Date: February, 2015
Pages: 112

How to get joy in teaching and learning

Getting to school is a way of life. Each of us have our own personal way to school, which becomes or has become part of the way of life. This book is aimed at teachers who are often denied a comprehensive view of the safe path to school in the jungle of curricula, paragraphs and reforms. The central question is what teachers hope for and from the young people. It is a plea for seekers to stay fresh and agile in order to find safe ways to school again and again.

The author Bertrand Huber, together with colleagues, schoolchildren and companions, designed 60 building blocks that shows visions and experiences from everyday school life and that are accompanied by curiosity, the joy of learning, the teacher-student relationship, the student-centered teaching, from the teacher as a role model, from eternally childish to social responsibility. A plea for pedagogical love.

Go Out Into Nature

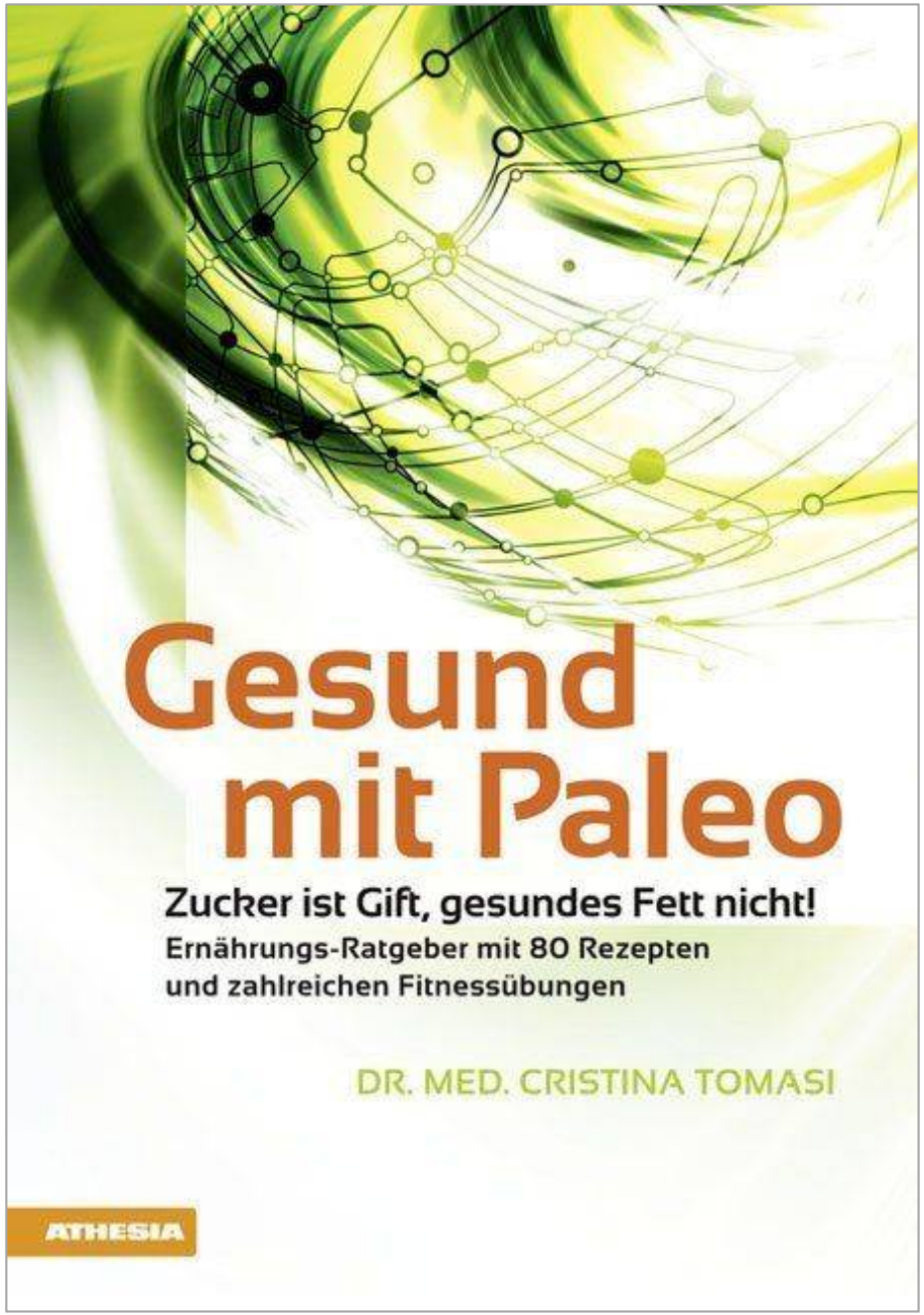


Author: Maria Radziwon
Publication Date: April, 2014
Pages: 120

Experience the year with all your senses

Children need nature, because playing under the open sky offers the little ones the opportunity to develop their mental, physical and spiritual potential. Building mud structures, discovering root beings and wooden shapes, making a snail shell mobile, a leaf lantern or colorful ice cream balls. This book offers many ideas for spending time with your children in nature.
Maria Radziwon, born in 1982, married and mother of four children. She lives with her family on a small farm in Austria. She is a teacher, theologian, pastoral assistant, journalist, mountain farmer and works as a speaker and author.

Healthy With Paleo



Author: Dr. med. Cristina Tomasi
Publication Date: August, 2013
Pages: 152, **3 Editions!**
Italian translation available!

Nutritional guide with 80 cooking recipes and numerous fitness exercises

What has nutrition in the Palaeolithic (Stone Age) got to do with our health today? A lot, because the Stone Age peoples were eating healthy. Today's modern diet, with industrially manufactured and manipulated foods and ready meals, is the cause of many diseases of civilization.

The specialist in internal medicine, Dr. Cristina Tomasi, shows why many products from the supermarket are harmful and she gives many tips on how you can still eat healthy.

In addition, the book contains 80 recipes for cooking.

Counted Days Are Precious Days

Authors: M. Feichter & U. Schaffer
Publication Date: January, 2018
Pages: 160

A book of experience and encouragement

From survival to good life: This book is aimed at people who have plunged into life a serious illness or another stroke of fate. Just like Meinhard Feichter from South Tyrol, who was diagnosed with bone marrow cancer five years ago out of the blue and with unspeakable pain. The friends Meinhard Feichter and Ulrich Schaffer show in this book that in exceptional situations paths - often side paths or border paths - can be found and broadened to make way out.

- A courage book for dealing with blows of fate
- For people who are looking for more mindfulness and awareness
- - Sensitive poems and expressive ink drawings by Ulrich Schaffer
- - With links (QR codes) to meditative music by Mozart, Pärt, Bach, Glass, Debussy, Schubert, Brahms, Mendelssohn-Bartholdy, Morricone, Dvorak, Handel, Mahler, Prokofiev, Bruch, Chopin, Rantala and Humperdinck

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