

# JKAMPHAUSEN

## Frankfurt Book Fair 2021 Rights List

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*New*

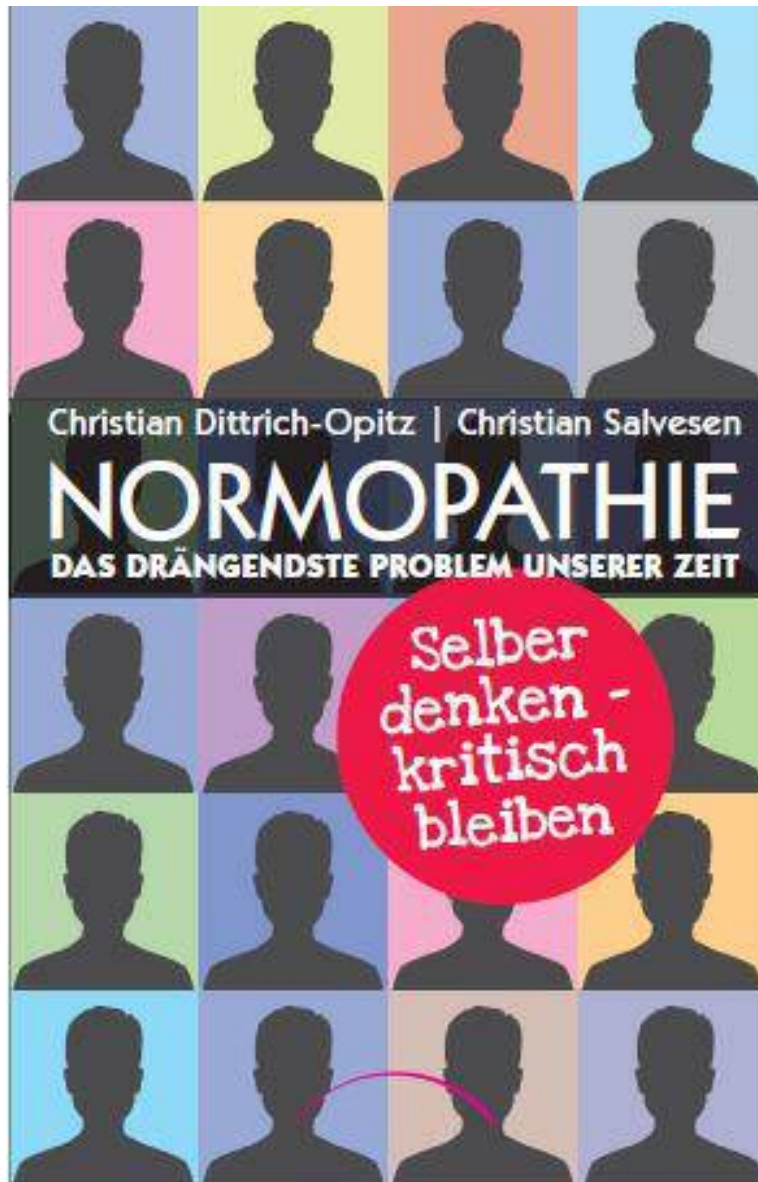
## Normopathy

**Publication Date:** September, 2021

**Authors:** Christian Dittrich-Opitz, Christian Salvesen

**Pages:** 176

*The most pressing problem of our time. Think for yourself- remain critical*



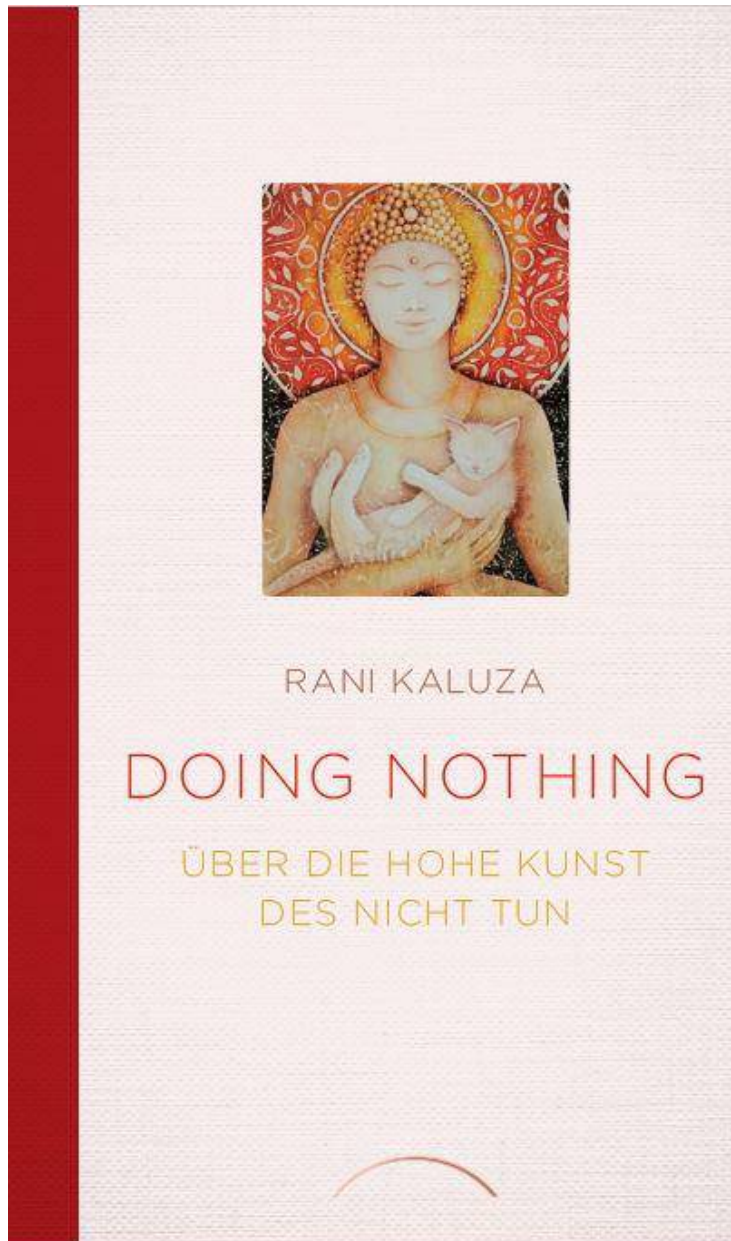
The book "Normopathy" explores the question of whether the subjectively perceived normality of our reality of life is healthy and life-promoting. The human psyche is prepared to ignore fundamental flaws of the system to which it wants to belong in order to experience support and belonging. What is visible in exaggerated form in political extremism or religious cults is actually an everyday phenomenon of normal life - the adaptation to a normality that is sick in many ways. The authors see the solution in the inner hold, in the immediately given here and now.

- Critical enlightenment on a pressing social problem
- Comprehensible, easy-to-read presentation of the social, historical and philosophical-spiritual significance
- Reader benefit through direct reference to everyday life

**Christian Dittrich-Opitz** fell ill as a teenager with spondylosis without any prospect of a cure from conventional medicine. This led him to an intensive autodidactic study of various disciplines such as biophysics, Ayurveda and yoga. He is a seminar leader and author of various books on health and learning. **Christian Salvesen** has a master's degree in philosophy, literature and musicology. He has worked as a freelance journalist and editor since 1980 and is the author of numerous books, makes the essence and core findings of modern health research accessible in an aggregated and layman-friendly form.

New

## Doing Nothing



**Publication Date:** August, 2021

**Author:** Rani Kaluza

**Pages:** 160

### *About the high art of doing nothing*

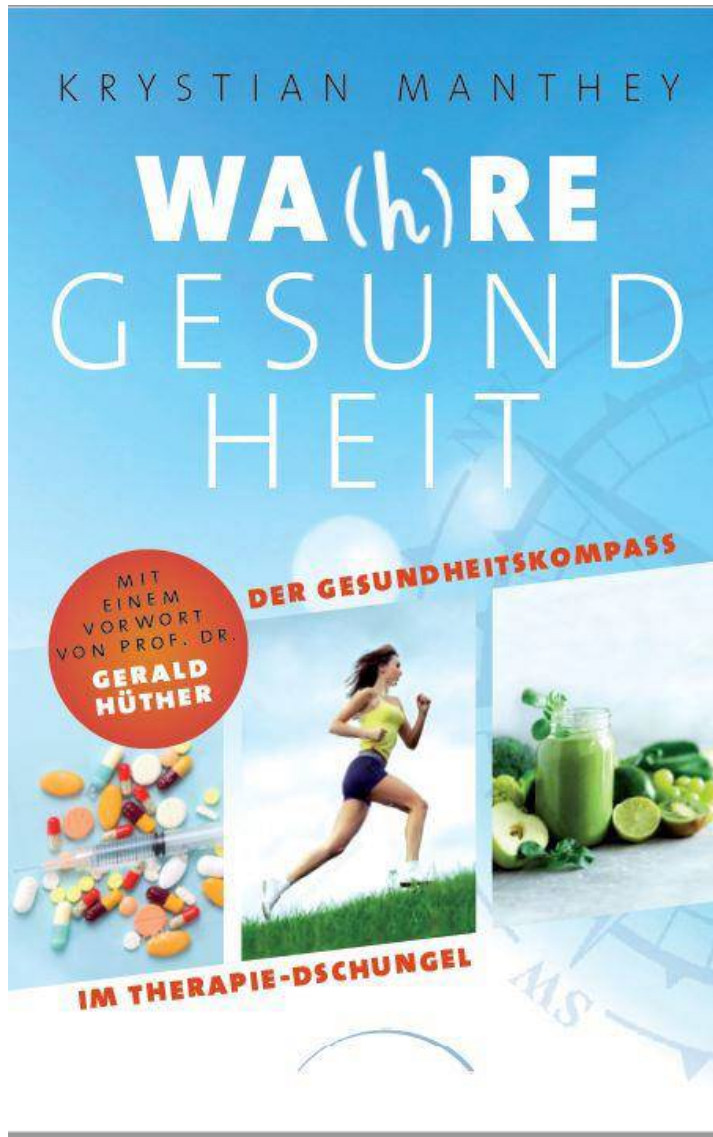
Numerous people are on a spiritual quest for a life in the here and now. The High Art of Not Doing tells of arriving completely at oneself - and doing so is even surprisingly easy. Rani Kaluza describes her own experiences in a very personal, poetic language. In not doing, depth arises, personal development happens and transformation takes place. Silence returns, we learn to let go and experience a new quality of life. This form of mindfulness leads to a serenity, to a different perception of aliveness in its simplest and most beautiful form: not changing anything, not improving anything, just listening, seeing, feeling, sensing, inside and outside. As it is in this moment, it is good.

- Spiritual experiences with amazing effects through the method of surrendering oneself
- Easy access without knowledge and practice prerequisites
- Can be implemented anywhere and at any time in everyday life

Fashion designer, author and spiritual guide. Rani Kaluza's path began in 1976 with a book on Zen Buddhism. In 1988 she met the Tibetan Buddhist Shambhala group around Chögyam Trungpa Rinpoche. From 2001 she accompanied the Advaita teacher Samarpan and she discovered the wisdom of Ramana Maharshi, whose ashram in India she often visited. Since 2013, Rani has been following her own spiritual path.

New

## True Health Or Merchandise



**Publication Date:** August, 2021

**Author:** Krystian Manthey

**Pages:** 360

### *The health compass in the therapy jungle*

Krystian Manthey's book is a successful combination of critical observations on the health system and a practical health guide on the topic of "diseases of civilisation". In an easy-to-understand way, the author provides the reader with basic medical knowledge about the most common common diseases such as back pain, high blood pressure or diabetes. The book not only deals with the complex causes and standard therapies of these diseases, but also shows a variety of proven complementary and alternative therapies.

With a foreword by Prof. Dr. Gerald Hüther  
"It is the best and most well-founded thing I have yet received from this field of criticism of our current health care system."

*Prof. Dr. Gerald Hüther.*

**Krystian Manthey** is a medical editor and is committed with all his energy to more health literacy and sustainability in society. Through his own (successfully ended) journey of suffering, the successful blogger knows how tiring the search for health help often is. His knowledge articles help hundreds of thousands of advice seekers every month with evidence-based information for more well-being and happiness.



New

## Heartwarming



**Publication Date:** January, 2021

**Author:** Gerald Ehegartner

**Pages:** 280

### *How I learned to dance with fear*

A story that is able to warm the heart like a campfire in a world that is growing cold. The adventures of the main character Noah, who finds himself in the lockdown, with the trickster Old Man Coyote lead out of the illusion of separating fear - and into a new connectedness with all living things.

The dystopia of a purely mind-oriented world with the looming specter of technocracy, transhumanism and a surveillance state is juxtaposed with a utopia of the connection between intellect and spirituality.

The vision of a new wholeness is the core message of this book. An explosive, highly topical socially critical novel that exposes fear as the most dangerous virus and shows new ways of healing.

- A book full of warmth of heart and wisdom
- Laughter is the best medicine against fear, including a virus
- For your own vision quest

**Gerald Ehegartner** works as a teacher at a middle school. He is co-founder of the nature education elective Adventure Nature. The author is trained in Council, in theater, nature and wilderness education and as a vision quest guide. Following his highly successful debut novel, "Heartwarming" is his highly anticipated second novel.

# Respite Now!



**Publication Date:** June, 2011

**Author:** Regina Bönsel

**Pages:** 128

*Spiritual stress management  
according to Sri Sri Ravi Shankar*

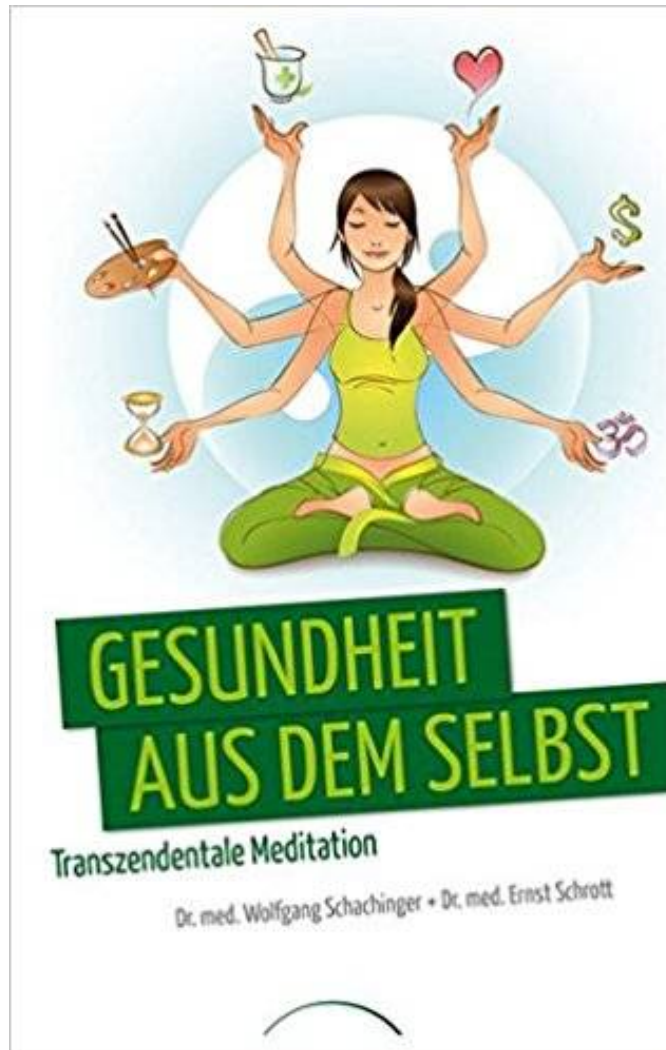
We are living in a fast world: I am available, so I am! Who suffers stress seems to be successful! But a life on the fast lane causes physical and mental tension - from back pain to burnout. The followers of the wisdom of Sri Sri Ravi Shankar learn in this book that spiritual stress control can be more successful than time management.

As simple and clear as her teacher, author Regina Bönsel offers in her book a stress-free life with many practical "breathing pauses", body and breathing exercises, meditation, relaxation, as well as basic spiritual principles.

**Rights sold to:**

**Bulgaria – India - Lithuania**

# Self-Health



**Publication Date:** January, 1999

**Author:** W. Schachinger & E. Schrott

**Pages:** 200

## *Transcendental Meditation*

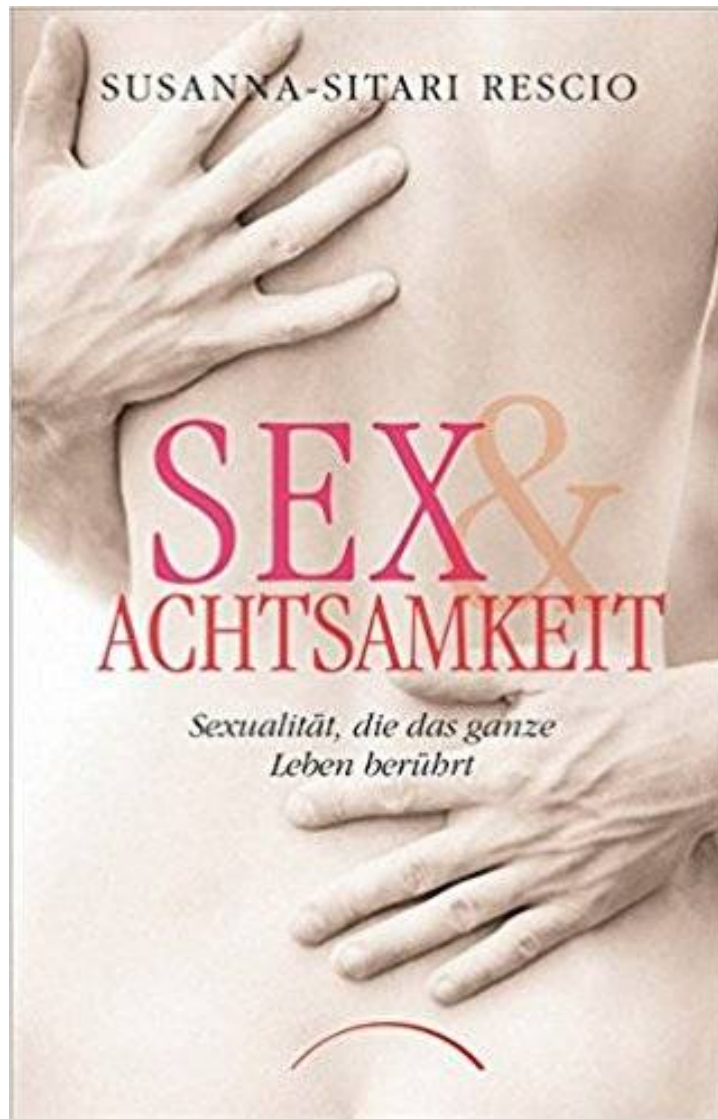
More than 10,000 doctors recommend TM to their patients for headaches, migraines, high blood pressure and many other health disorders.

The authors, self-established physicians, take us to a fascinating journey into the realm of consciousness, demonstrating why and how transcendental meditation works and how we can stimulate and strengthen our brain.

**4 Editions!**

**Brazilian rights sold**

# Sex & Mindfulness



**Publication Date:** September, 2014

**Author:** Susanna-Sitari Rescio

**Pages:** 250

## *Sexuality touching the whole life*

Sex, mindfulness and physical passion - does all this fit together? Sexuality is a place of multiple emotions, desires and needs that expand on their journey between sexual arousal and orgasm, and we can make this journey pleasurable and creative for our own. But this requires careful attention to your partner and to yourself - to your own body and to the body of your partner, with your own feelings, memories and ideas.

This book wants to help you on your path. The author explains in this book numerous exercises that can help you to (re) approach yourself and your couple, to overcome problems and to achieve a pleasurable and fulfilling sexual experience.

**Dutch rights sold**



# Better The Whole World Against Me Than My Soul



**Publication Date:** September, 2015

**Author:** Wolfgang Sonnenburg

**Pages:** 224

*An unconventional way of being a millionaire*

Wolfgang shows us how to let go of old paradigms and unleash our unlimited potential to create a life of unlimited abundance. Do you find yourself searching for a better way of facing the future? In his fascinating and informative book 'Better the Whole World Against Me Than My Soul', Wolfgang Sonnenburg describes how he embarked on his own unique journey of self-discovery and shows us how we can follow our own path to change our lives beyond our wildest expectations. After many years as a successful corporate lawyer Wolfgang Sonnenburg turned his back on conventional practice and let go of the many challenges and demands of his working life. He realised that high pressured living and materialistic advantages didn't necessarily bring happiness or contentment. In this book, Wolfgang looks back at his life and those who have had an impact on it, and the inspiration that has led him to become the motivated and compassionate man he is today. Wolfgang now works as a successful entrepreneur, speaker and mentor, and is the initiator of the Winspiration Association.

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

English rights sold

# Occupy Money



**Publication Date:** December, 2011

**Author:** Margrit Kennedy

**Pages:** 112

*...so that in future EVERYONE is a winner*

For over 25 years, renowned money expert Margrit Kennedy has been campaigning for new money schemes. Her books have become longsellers worldwide.

"Occupy Money" is a visionary plea for a monetary system that serves people, and not just profit. Her solutions implore for a new movement originated from society and puts pressure on politics and the economy to finally put an end to the financial crisis. "A major cause of inflation, regular crises and collapses rests in the flawed construction of our monetary system, which benefits a tiny minority of about 10 percent of the people, but the vast majority of us are paying in."

**Rights sold to:**

Canada – France – Slovenia – Turkey - Korea

# The Myth of Enlightenment

**Publication Date:** September, 2003

**Author:** Karl Renz

**Pages:** 160

## *Seeing through the illusion of separation*

Whether you meet Karl Renz in person or through this book, the encounter will leave you with a radically different sense of yourself. Karl's unique ability lies in exposing the beliefs we've built our lives on, beginning with our root sense of individuality. Our current predicament is the result of believing ourselves to be something other than what we really are. This self-imposed limitation causes our incessant searching and suffering.

Throughout these dialogues Karl unceasingly brings us back to the truth of our real nature by helping us recognize the fleeting and impermanent nature of the self we've come to believe in. Even momentarily seeing the truth of who we really are immediately frees us, if only temporarily, from these self-imposed limitations. Karl's purpose-if we can say he even has one-is to reflect our own divinity, which he skillfully and uncompromisingly expresses throughout the pages of this book. By realizing the implication of his words, we can live life to its fullest and experience the boundless freedom that is our essence.



**Rights sold to:**

France – Russia - USA

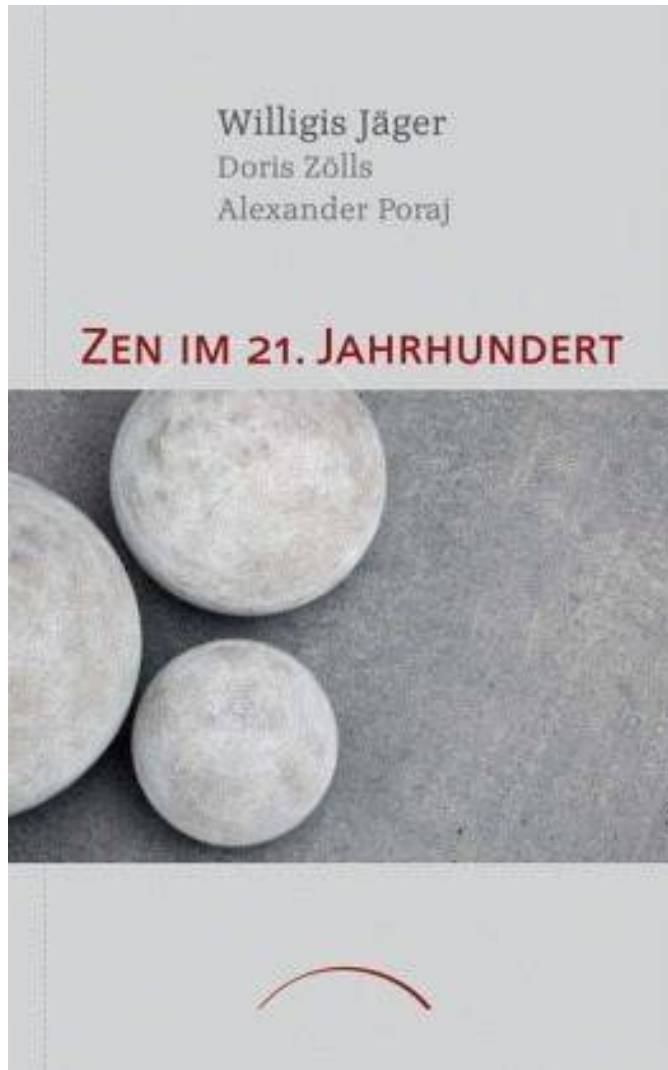


# Zen In the 21st Century

**Publication Date:** June, 2009

**Author:** W. Jäger, D. Zölles, A. Poraj

**Pages:** 168



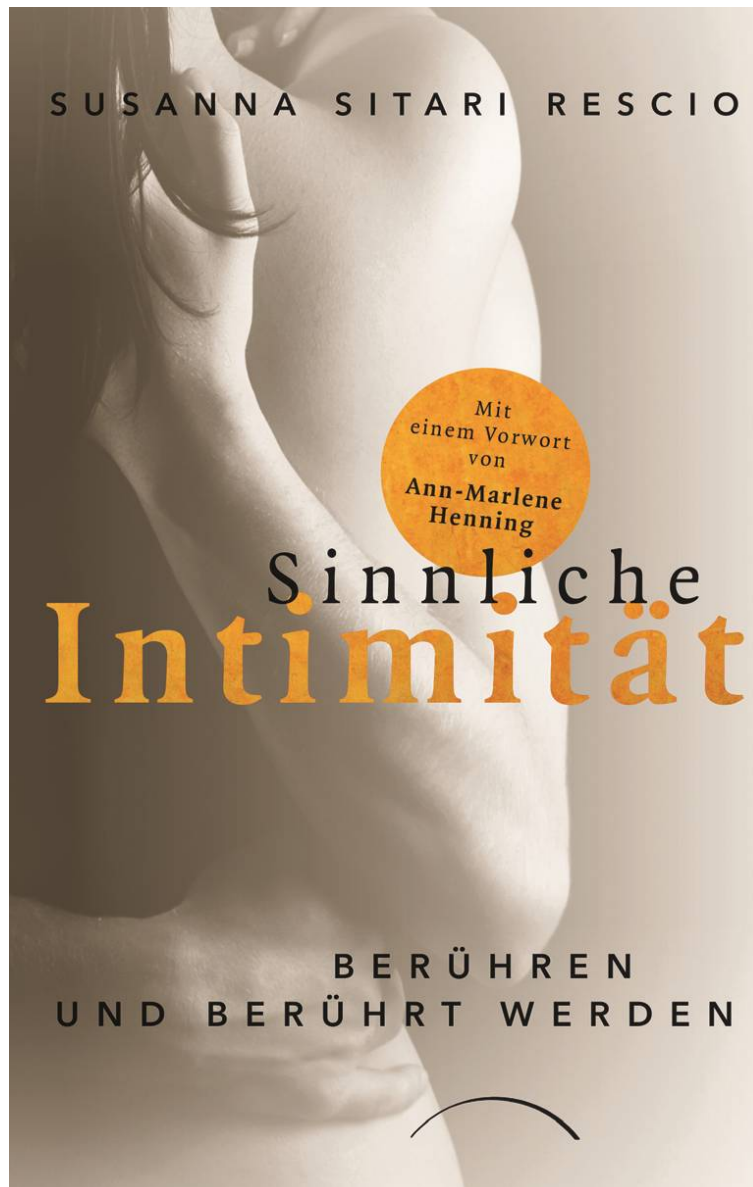
For years, Willigis Jäger has been a student of Yamada Ko-un Roshi of the Japanese Sanbô-Kyôdan School and was confirmed as Zen Master and 87th successor of Shakyamuni Buddha in 1996. He founded his own sangha in early 2009.

Together with Doris Zölles and Alexander Poraj, who completed their Zen training with Willigis Jäger, he sets out in this book the orientation of the new Zen line. His concern: to establish Zen as a trans-denominational spiritual practice that enables seekers of all religions to recognize their true nature, connecting the personal development with responsibility for the world.

**Dutch rights sold**



## Sensual Intimacy



**Publication Date:** March, 2020

**Author:** Susanna Sitari Rescio

**Pages:** 220

### *Touching and being touched*

Touching and being touched is a basic human need, which can trigger deep relaxation and attachment feelings as well as eroticism and sexual arousal. The author writes about intimate sensual touches that reach the whole being: Body, mind and soul – and which, carried out with attentiveness and presence, have a connecting effect and convey a deep feeling of wholeness and integrity.

She gives impulses and suggestions for a possible handling of sexual problems and for a fulfilling sexuality – with numerous exercises to try out. The central importance of touch is continuously confirmed by current scientific researches on the tactile sense.

- Education about an important aspect of interpersonal relationships
- Trend topic of sensual-mindful touch

**Susanna Sitari Rescio** was born in Italy in 1964. She studied sexology at Merseburg University of Applied Sciences in Germany and completed six years of clinical training in sexocorporal. She is lecturer in sexology and coach of self-awareness groups that focus on mindful touch.

# You Are The Solution



**Publication Date:** August, 2020

**Author:** Kelechi Onyele

**Pages:** 168

*The secret of personality  
and inner strength*

CRISES ARE THE BEST COACHES IN LIFE

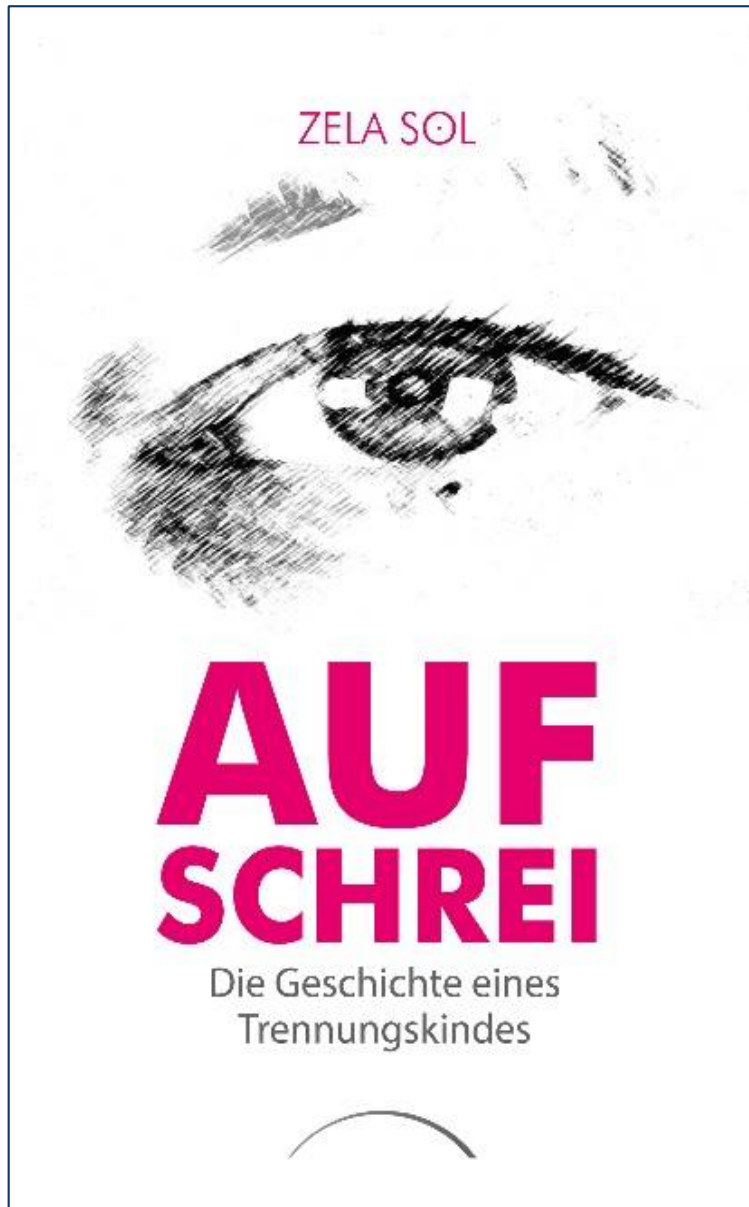
Some people become famous, most others do not, but it does not matter! Everyone is born with inner wealth, even if not everyone has the same requirements. All of us have the inner power to succeed: You just have to find out who you want to really be - and grow into it, says Kelechi Onyele, the coach who always thinks in "solutions" and touches people authentically.

There is an infinite number of ways to choose - anytime! The author tells without any frills what success really is: less didactics and more dynamics - movement is everything, inside and outside.

An unconventional and authentic success story written with fast pace and maximum depth.

**Kelechi Onyele** was born on November 29, 1976 as a German with Nigerian roots in Frankfurt am Main. He follows his vocation to promote and inspire people and to motivate them since 25 years - first as owner of PLATFORM dance studio in Frankfurt, then as choreographer of international dance and TV productions and today as keynote speaker, business coach and Special trainer at the German Football Association.

## Outcry



**Publication Date:** September, 2020

**Author:** Zela Sol

**Pages:** 250

### *The story of a child of divorce*

WHY WELL-INTENTIONED GUIDEBOOKS AND THE  
WHITEWASHING OF PATCHWORK CHAOS DO NOT  
HELP ANYONE

The fact that things are always a bit more colorful in patchwork families many are no longer considered problematic but quite normal. Anyway, it seems that the "redistributed" children have less boring time and more fun: You regularly pack your bags, commute between two children's rooms and go on vacation twice as often. In general, they have more of everything: more parents, more grandmothers and grandpas, more siblings.

Is that really so?

Of course not!

Patchwork families are highly complex and extremely challenging community situations, which especially the children often cannot cope with. The author tells of her own confusing and traumatic childhood experiences due to the separation of parents, the great pain and powerlessness in a construct, to which she was at the mercy.

**Zela Sol**, born in 78, is married, childless and part-time stepmother. In the last seven years she has processed her experiences as a separation child in this book and discovered thereby two gifts: writing and herself. With the soul as the leader she likes to meet the "poodle core". The collective development from a traumatized society is her driving force.



# From Ego To Enlightenment I



**Publication Date:** November, 2019

**Author:** Anssi

**Pages:** 128

## *Away from Ego to True Nature*

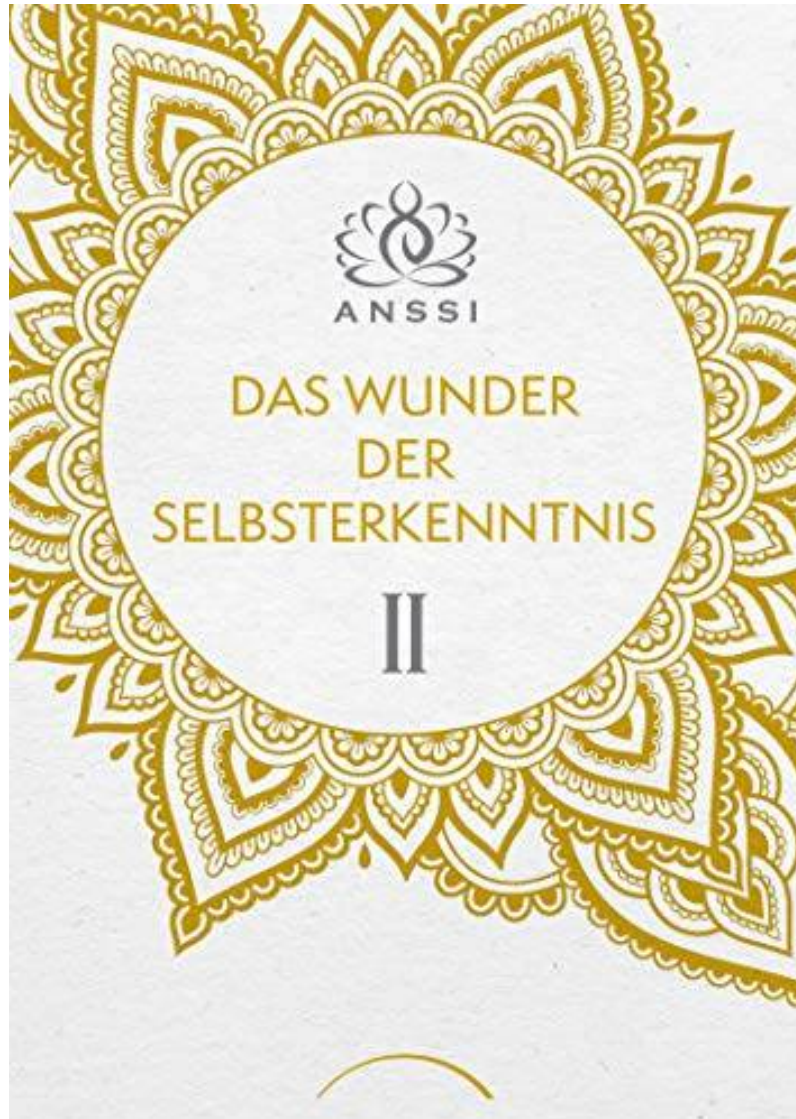
It wasn't that long ago that a normal young man read a spiritual book. It gave him nothing, but took everything from him: every illusion. Suddenly he knew who he was. Not his thoughts, his feelings or his body. Only pure consciousness and his true nature. Today he helps other people to see through the illusion. Who can wake up? How does it feel? And how do we prevent falling asleep again? Anssi has answers — and answers questions. In the spirit of the Indian "Satsang", the meeting of teacher and learner, the awakened person leads us from ego to enlightenment.

- Direct, pointed and humorous

**Anssi Antila**, 40, was spiritually awakened 10 years ago by the teachings of Eckhart Tolle. He is a regular speaker at the Enlightenment Congress, author of 14 e-books on Awakening and Enlightenment, and a psychotherapist. Anssi is well known from Happinez, Mystica, and Jetzt-TV.



## The Miracle Of Self-Knowledge II



**Publication Date:** November, 2019

**Author:** Anssi

**Pages:** 128

*Direct, pointed and humorous*

Basically, awakening is like falling asleep. Relaxing and forgetting yourself make it easier. Thinking and wanting make it harder. But the very last step: You can't take it. Life makes it for you. When you fall asleep — and when you wake up. As a master of words and parables, Anssi also in his second book gathers short answers to big questions asked to him by the community.

Away from ego to true nature!

**Anssi Antila**, 40, was spiritually awakened 10 years ago by the teachings of Eckhart Tolle. He is a regular speaker at the Enlightenment Congress, author of 14 e-books on Awakening and Enlightenment, and a psychotherapist. Anssi is well known from Happinez, Mystica, and Jetzt-TV.

## Head Jump Into The Heart



**Publication Date:** November, 2019

**Author:** Gerald Ehegartner

**Pages:** 300

*When Old Man Coyote blew up the school systemd*

Noah, teacher and single, is frustrated. Everyday school life is restricting him and nothing is happening when it comes to love. Nothing at all. And he is afraid. For some time now he has been feeling persecuted. But then everything gets even worse. A man with a coyote tail and a cowboy hat suddenly sits on his sofa, drinks coffee and thinks he is the teacher Noah misses in his life.

Old Man Coyote, as the old man calls himself, is in good shape and immediately begins to shake Noah's life up. But at the latest, when Noah smokes schoolbooks and completely questions systems, he is sure that his life is upside down.

- Deeply moving, written with humour, warmth of heart and wisdom
- An "inner road movie" to unfold the potential of pupils
- A modern educational and development novel with verbal explosive power

**Gerald Ehegartner** worked as a music school, primary and secondary school, religion and integration teacher. He is a co-founder of the nature education elective "Adventure Nature" and a member of the "Learning World Team", an educational initiative dedicated to promoting the talents of children and young adults.

## GENetically Modified Foods



**Publication Date:** September, 2019

**Author:** Christian Salvesen

**Pages:** 200

*What's the truth? What is a lie?*

"Pay even more attention to everything you "assimilate" in every moment - be it bread, water or information of any kind!"

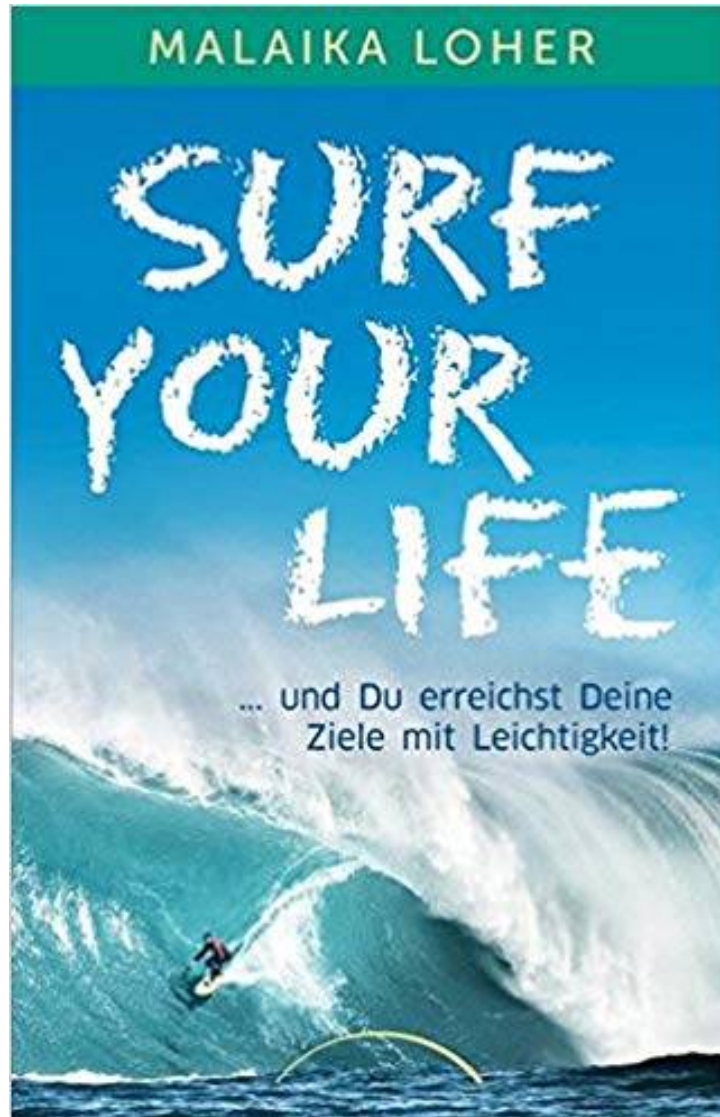
The book is addressed to all people who care about the preservation of our nature and a healthy, good diet and who are interested in biodiversity, sustainability, ecological, GMO-free agriculture or even actively use it. The work presents current areas of tension in a way that is easy to understand: Genetic engineering in agriculture and its ecological counterpart. The influence of large corporations also on politics and the serious manipulation of institutions, committees and media by corporations such as Monsanto suggest that we must inform ourselves. Otherwise we could damage our health.

**Christian Salvesen**, born in 1951 in Celle, holds a master's degree in philosophy, literature and musicology and works as a freelance journalist, editor and ghostwriter. He is the author of several books and radio broadcasts, artist and composer.

[www.christian-salvesen.de](http://www.christian-salvesen.de)



## Surf Your Life



**Publication Date:** September, 2018

**Author:** Malaika Loher

**Pages:** 200

*...and achieve your goals easily!*

Riding the waves of your life... Through the five most important maneuvers in surfing, author Malaika Loher shows us in her book a way to achieve personal goals and implement individual wishes. A surfer rides the wave with high concentration and enthusiasm, but a surfer also needs lightness and balance to stay in flow and not lose focus.

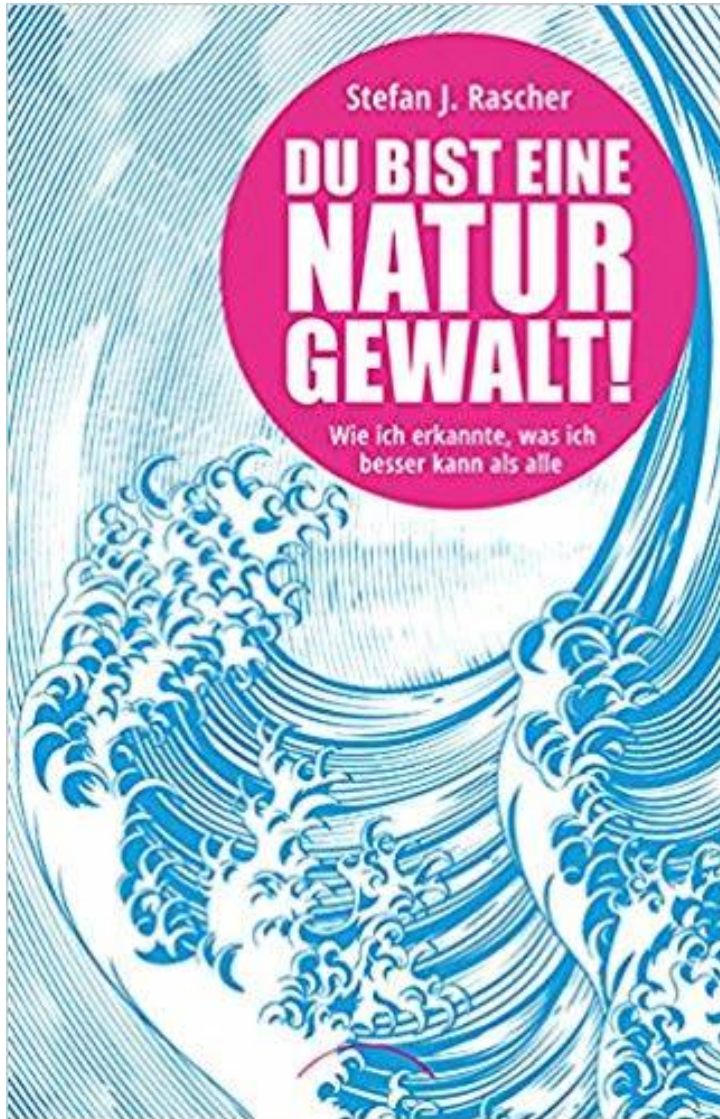
The author combines her own surfing experience with a methodical personality training and teaches the step-by-step approach in changing processes and orientation phases of our life. Thus you will achieve a basic understanding of the hurdles and resistances to be expected and you will learn how to deal with the "ups and downs".

Only making authentic choices and sticking with them lead to a happy, fulfilling life.

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



## You Are A Force of Nature



**Publication Date:** March, 2018

**Author:** Stefan Rascher

**Pages:** 264

*How I realized what I can do better than anyone*

The moving stories from the life of the author Stefan J. Rascher will inspire you to rethink your own situation and literally push you to expand your boundaries. At the same time, you will discover what strength and power you already possess and the stories will encourage you to set out in search of your own individual abilities.

The successful entrepreneur and athlete Stefan J. Rascher has a congenital venous disease in the left leg (the Klippel-Trénaunay Syndrome). Because of his handicap, he suffered under a special status when he was a child - he was overprotected by his mother and excluded from other children. However, he overcame again and again the boundaries set by outside and inside and learned to use special skills such as intuition and instinct with extraordinary success.

Based in his experiences, Stefan J. Rascher gives us with his book valuable, practical suggestions on how we initially perceive our apparent limitations and handle them correctly. Everyone can take a handicap as a challenge to develop our own individual skills, to grow beyond ourselves, and to gain the mastery of life.

[www.stefan-rascher.de](http://www.stefan-rascher.de)

## Me – Who is that?



**Publication Date:** March, 2018

**Author:** Peter Pfrommer

**Pages:** 272

### *An Expedition To Your Self*

»Cognito ergo sum – I think so I am«

René Descartes concluded in the early 17th century. But who is this who thinks? How do I separate myself from the outer world? And who is in control of my actions? All these questions keep us busy today.

Peter Pfrommer guides you in his work to direct your observation from the outside world inwards to your self. Exciting thought experiments, graphic representations and an accompanying booklet for your notes invite you to an active expedition to the self even without previous knowledge.

Get to know yourself anew and use the new knowledge to positively change your life! Professor Peter Pfrommer leads you on an expedition to yourself. You look at what you consider to be your "I" and turn your gaze away from external features to the inner "being." Practical experiments will help you.

One of the most exciting and amazing journeys you can make in your life!

# Instructions for Species-Appropriate Attitude of Humans



**Publication Date:** September, 2012

**Author:** Wolfgang Berger

**Pages:** 160

*Work is really enjoyable when potentials can unfold*

Renowned economist and philosopher and Wolfgang Berger has accompanied companies for more than 15 years in their internal reorientation. His method has e.g. led a high-tech company from the existential threat to market leadership, he quintupled sales of a craft business, and multiplied sales and employees of several medium-sized companies.

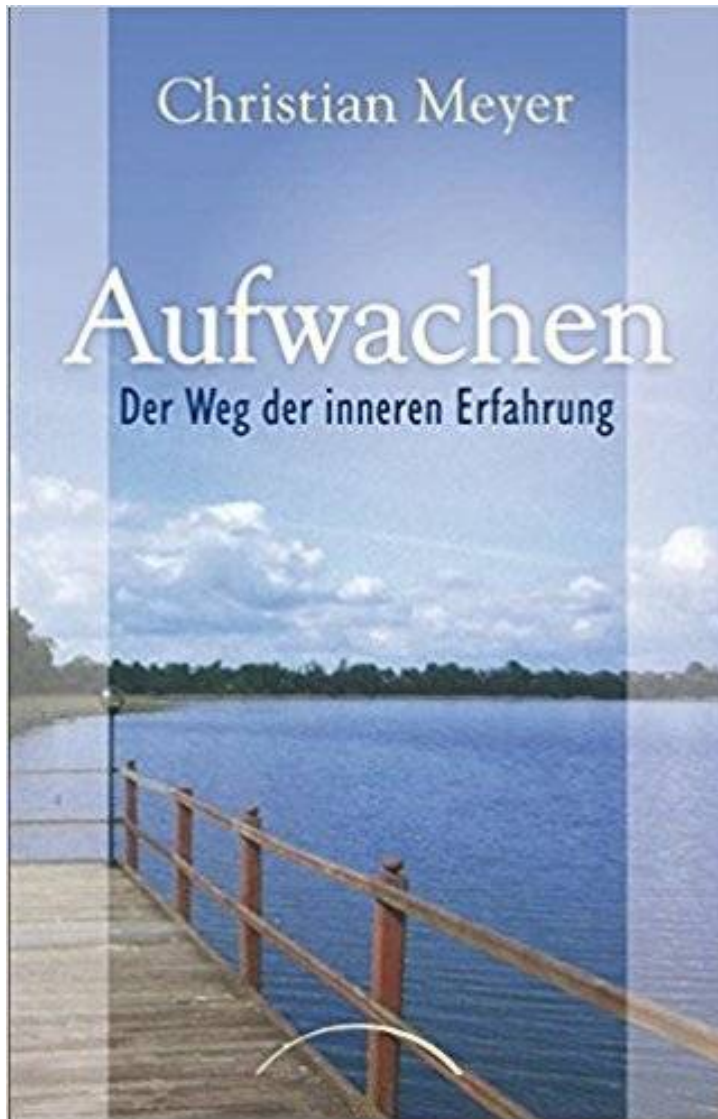
His provocative plea for a species-appropriate attitude inside a company refines these experiences. Species-Appropriate means to decide and work with heart and mind. It means live up your own potential. And it means changing the world and its businesses the way that they can be useful for our life.

[www.business-reframing.de](http://www.business-reframing.de)

**4 Editions!**



# Awake



**Publication Date:** March, 2009

**Author:** Christian Meyer

**Pages:** 288

## *The way of inner experience*

Anyone who has taken the spiritual path for some time knows the burning question that is asked during every satsang: 'And - what can I do?'

Rarely, this question has been answered so comprehensively and practically as in this book. In the preface speaks a student of Meyer, which, as he explains later, just awakened. We can believe her when she says, 'You can do a lot: it takes a radical stoppage and discovering of who I really am.' But how do we stop that way?' The book accompanies us – it is a treasure trove of exercises and practical tips that invites you to try.

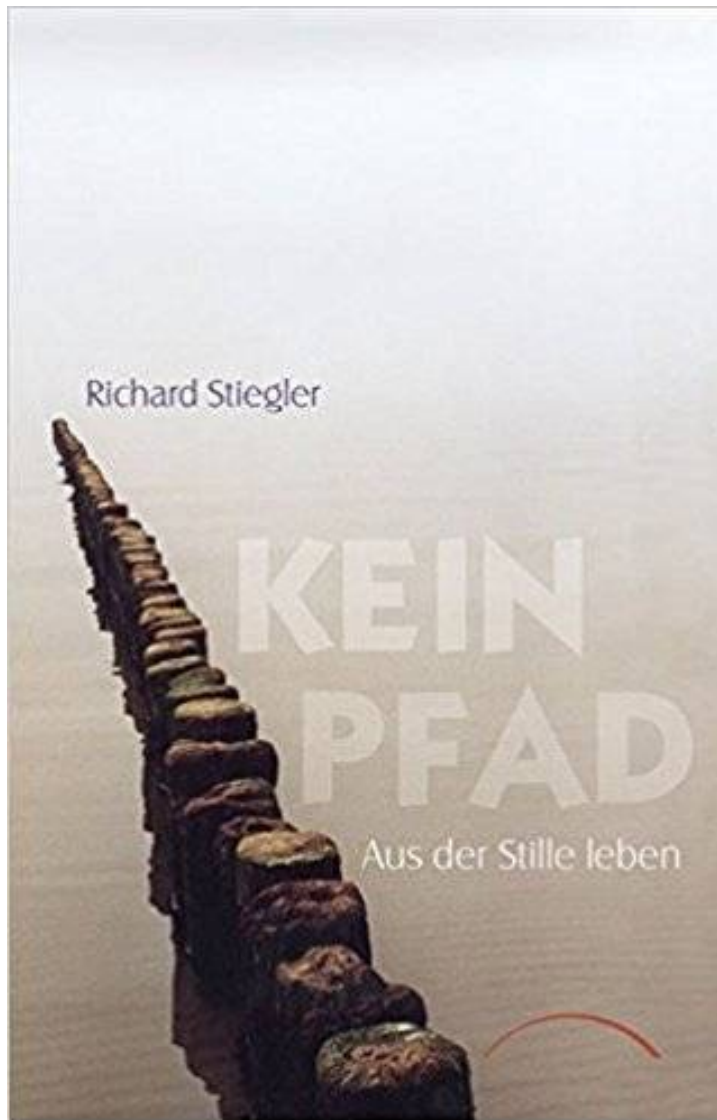
This book is a transcript of a 14-day retreat: A path of inner experience with the invitation to stop and discover who I really am.

[www.zeitundraum.org](http://www.zeitundraum.org)

**7 Editions!**



# No Path



**Publication Date:** February 2005

**Author:** Richard Stiegler

**Pages:** 264

## *Living in silence*

"We can not find silence nor in the future nor outside of ourselves because silence is where we are. So silence is the basis of our current experience, of our thoughts, of our breath".

With silence, the author means much more than just the absence of external sounds or inner noise in the form of confused voices, disordered thoughts and compulsive ideas. Silence also contains a mystical dimension of pure being, of open and absolute consciousness. Who knows how to listen properly, whose eyes are undisguised, can notice a relaxed calm, but at the same time present momentary attention. Richard Stiegler's conviction, based on his own experience, reveals nothing less than his formless and timeless oneness with everything.

The author shows in a vivid way how we can systematically deepen the experience of silence, how we can learn to solve essential, habitual, but misleading identifications, concepts, projections and fears.

**4 Editions!**

# Every Day Is Precious



**Publication Date:** March, 2011

**Author:** D. Tausch & L. Bickel

**Pages:** 176

*Experience finitude by living intensively*

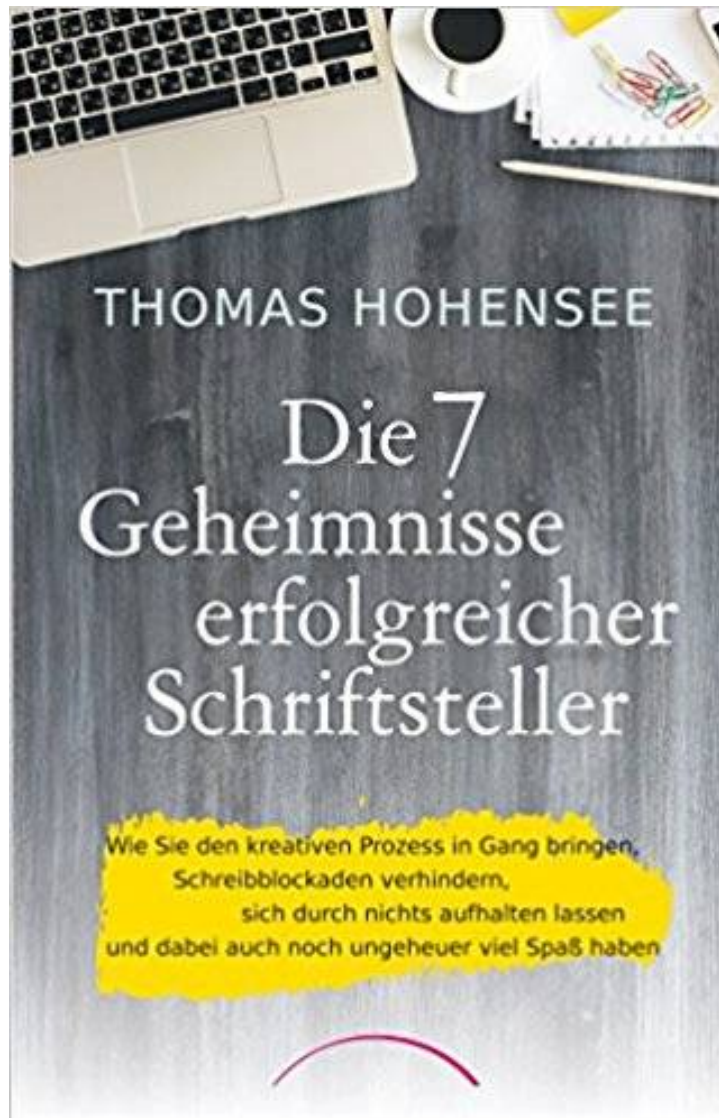
How can we experience our existence in greater depth, fullness and beauty?

In touching testimonials and many practical exercises, the authors show that loss and death are great transforming forces that allow us to experience life more intensively.

They teach us to love ourselves, to enjoy the beauty of the moments and to believe in the magic of creation.

**3 Editions!**

## The 7 Secrets for Successful Writers



**Publication Date:** September, 2017

**Author:** Thomas Hohensee

**Pages:** 184

*How to start the creative process,  
and prevent writer blockades*

Best-selling author Thomas Hohensee offers an insight into his writing workshop and reveals his secret of writing. He answers questions about topics such as: motivation, self-confidence, criticism, where and when to write, and gives lots of tips on how aspiring authors can manage to write and publish productively.

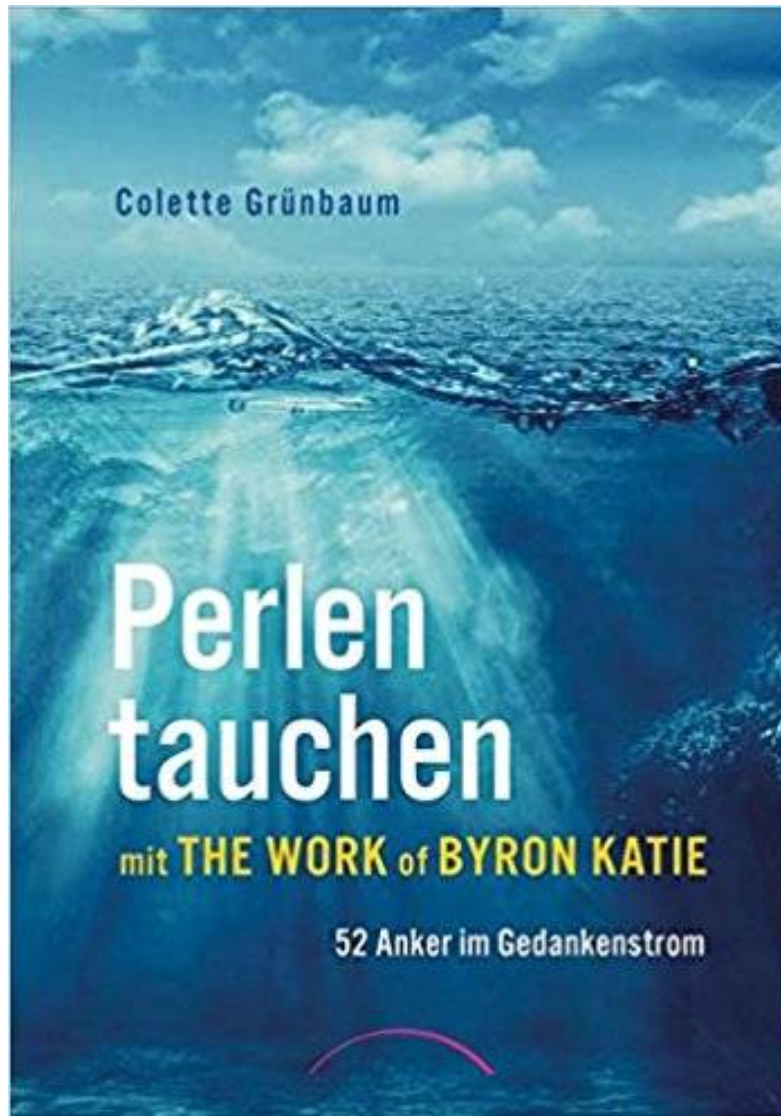
In addition, eight authors report in interviews on how they successfully get good ideas to paper and inspire publishers and readers with their work.

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



# Perls Diving

With THE WORK of BYRON KATIE



**Publication Date:** March, 2017

**Author:** Colette Grünbaum

**Pages:** 168

## *52 Anchors in the Thoughtstream*

„The Work“ by Byron Katie is a way to identify and question the thoughts that cause all your suffering. Colette Grünbaum, the author of “Perls Diving” is a Certified Facilitator for The Work, a Systemic Integrative Family therapist, a breath work therapist and a radical forgiveness coach.

This book introduces the powerful work by Byron Katie and inspires in 52 in-depth chapters to integrate this effective coaching tool into your own life. The book teaches us to accept what life can offer us and to recognize when we are not successful. In this case, and if our thinking interferes with our peace of mind, this book offers us keys in essential areas of life that lead us to our own wisdom and freedom.

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



# Pray



**Publication Date:** March, 2017

**Author:** Jürgen Fliege

**Pages:** 160

## *Instructions for your conversation with God*

Praying as a way of our own development becomes alive when we understand it as a journey to our inner self. An adult conversation with the Divine is much more challenging than childlike supplication and it needs courage and self-confidence. Those who do not have this can learn with this book and find comfort and support in praying. In the Lord's Prayer, the mystery of prayer is revealed: God's will is up and down, in heaven and on earth - everywhere and in everything.

It's just a matter of saying "yes" to creation and perhaps a "thank you" for us for being in it.

Consent is the key to God and praying the way.

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

## It is never too late for love



**Publication Date:** September, 2016

**Author:** Monika Büchner

**Pages:** 180

*Completely novice– when you are still waiting for your “first time”*

Every beginning has its own magic! Around two million people in Germany have had little or no sexual experience in adulthood - although they would like to. This topic is taboo, especially for themselves. Stop the silent suffering!

This courageous and sensitively formulated book has been written for these men and women. But also for all those who want to learn more about other sexual life paths and about their own sexual development.

On the basis of well-founded information and with many practical tips, the author of this book shows how to discover our own body sensitize and how to unfold our lustful potential.

[www.sexualberatung-in-frankfurt.de](http://www.sexualberatung-in-frankfurt.de)



# Stop Running



**Publication Date:** September, 2016

**Author:** P. J. Kothes & N. Rosmann

**Pages:** 148

## *What managers can learn from Hare and Hedgehog*

Having success while still gaining joy of life? Unthinkable for many managers. They are all too happy moving alone in Hare-mode: running until total exhaustion. The Brothers Grimm already knew that whoever relies on creative intelligence can win without trampling off. Business, however, is full of typical rabbit syndromes such as pressure about costs and success, target fixations, time constraints or fear of failure. The fight against it supposedly blocks our creative potential. Thus, Hedgehog qualities can find new and constructive solutions. The hedgehog is a rogue who wins without fighting. From a position of self-distance he draws creative ideas and masters a seemingly hopeless situation. thus

The "Management according Hare and Hedgehog" combines the best of both worlds, because when managers put the hedgehog aside for their own inner hares, they not only act more flexibly, but also more successfully and more relaxed.

In eight practice-oriented experiments and in-depth exercises on challenges from everyday management, executives can optimize with this book their personal hare, discover their inner hedgehog and finally fuse both into a powerful team. A book for managers who don't want to think only about the profit on the balance sheet, but also about their personal life.

# Ready For Love!



**Publication Date:** September, 2016

**Author:** K.Middendorf & R.Sturm

**Pages:** 240

*When you think it's over, it's just beginning*

Love is in danger – the growing possibilities of quick gratification make the learning of surrender more and more unnecessary. At this moment, many long-term relationships break up. But, how can we rediscover our ability to love, and thus achieve a happy partnership?

The authors of this book take a fresh look at today's relationship patterns from a yoga-philosophical and psychological point of view, as well as from their personal experience as a couple. They show us clever and passionate ways to re-strengthen this basic human ability: the power to love.

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

# Scuffling for Adults



**Publication Date:** September, 2016

**Author:** Gerhard Schrabal

**Pages:** 128

## *Playful scuffling for self-experience*

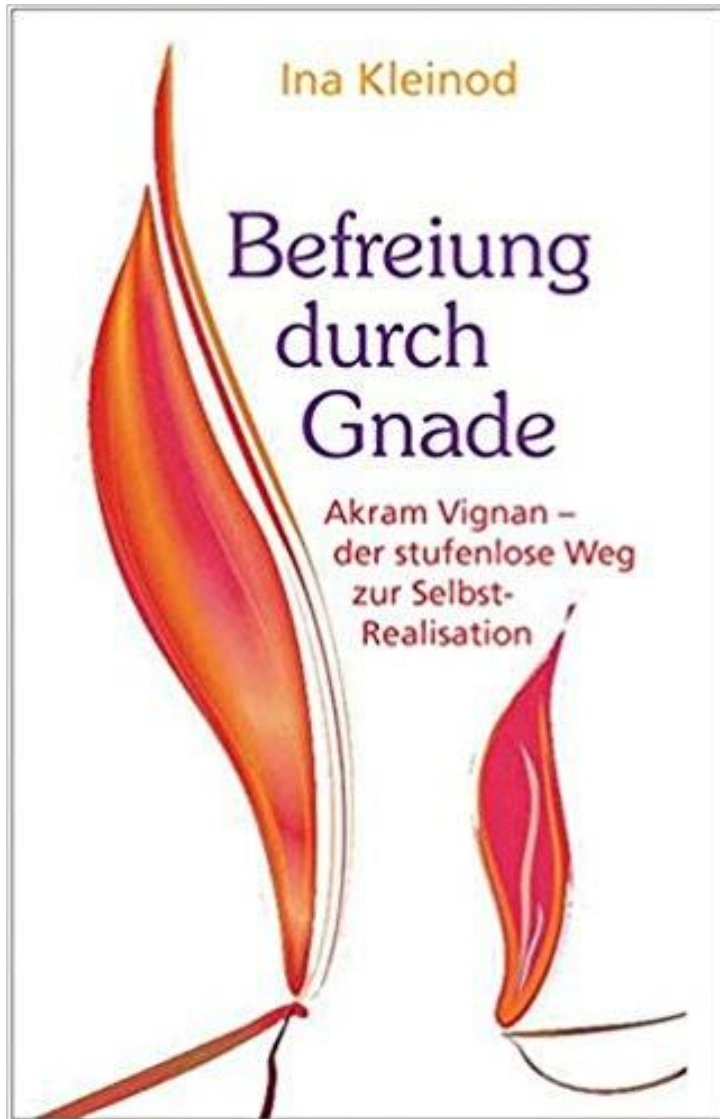
Scuffling is not only fun, but much more! It can offer you the opportunity to return to your own child-like origins, while you are rediscovering yourself and the world around you. You can get to know you and your body in a completely new, unknown way. Therewith, you get the opportunity to feel completely alive again, to test and experience your own strength, but also your own limits, until letting your energy flow and rediscovering the original potential of your own existence. When this happens in contact with an adversary you both are reliving your interpersonal relationship.

All this can positively change your life in a long term, and without big efforts.

[www.gerhard.schrabal.de](http://www.gerhard.schrabal.de)



# Liberation Through Grace



**Publication Date:** May, 2016

**Author:** Ina Kleinod

**Pages:** 176

## *Akram Vignan – the stepless path to self-realization*

Akram Vignan is a Spiritual Science with this special Gnan Vidhi Ceremony. Awakening to Your True Self. The Experience of the Nature of Bliss.

What is Akram Vignan? What does Gnan Vidhi mean? What is Self-Realization?

Self-Realization is easier than you may have ever imagined. It is as simple as coming home. Self-Realization means to experience the nature of the Self and to know and then experience your realm and role in this body. That 'I' is eternal. That 'I' is who you really are. That 'I' is God. That 'i' is the one present in all living beings. That 'I' is the Self. That 'I' is Self.

This manual describes the path of Akram Vignan in its essential features. The reader learns the origin and contents of this initiation, opening an access to the essential insights.

This simple mental practice is based on five essential guiding principles, which give the user a daily orientation for more soulfulness, a relaxed everyday life and the improvement of relationships.

# Courage To Change Your Life



**Publication Date:** March, 2016

**Author:** B. Hieronimus & H. Galle

**Pages:** 180

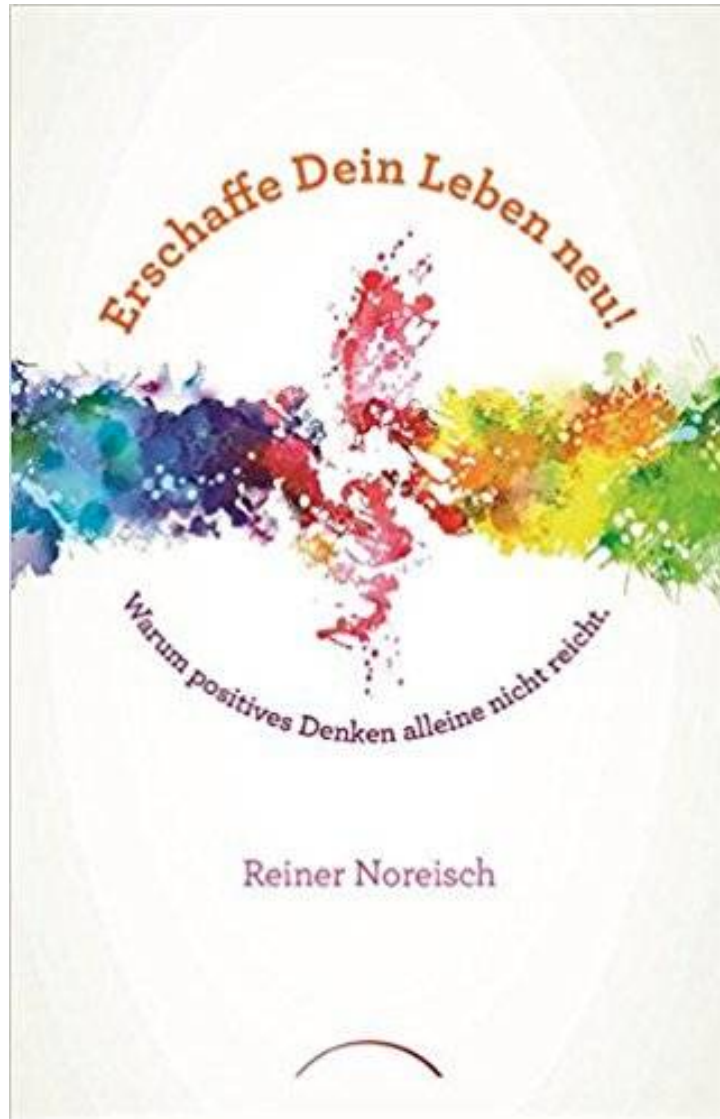
*How to make good use of your biographical experience*

We are all pioneers in the land of aging and this stage of our life needs to be researched by individually. We need courage to find our own way, because role models cannot help us. It is important to continue your own and very individual way to accept the existential encounter with yourself. Not life is our enemy, but our partly hostile attitude.

The author shows us in this book how a systematic biography work can help us to recognize and solve old dependencies. Only by omission and abandonment you can create space for reconciliation with yourself and have new options. Because every new stage of life liberates your spirit and consolidates your soul.

[www.brigitte-hieronimus.de](http://www.brigitte-hieronimus.de)

# Recreate Your Life!



**Publication Date:** March, 2016

**Author:** Reiner Noreisch

**Pages:** 200

*Why positive thinking is not enough*

Become the creator of your own life!

Reiner Noreisch, psychologist and psychotherapist, describes in his book a new and effective way to unfold our own potential and creating our own, fulfilling, life by accepting and appreciating negative beliefs.

The five easy-to-understand, comprehensive steps described in this book can be practiced in our everyday life.

A captivating inspiration for your own awakening!

[www.schoepfer-transformation.de](http://www.schoepfer-transformation.de)



## A Coach Just In Case



**Publication Date:** November, 2015

**Author:** Erna Hüls

**Pages:** 200

### *Solutions for Life*

Become your own coach! Do you know the feeling of anger, envy, fear and guilt? How do you deal with it? How can you develop meaningful strategies for building self-esteem, courage and motivation? This helpful reference book offers solutions to the manifold challenges of our lives, both at home and at work. You will find in this book suggestions about how to improve your life quality or how to increase your satisfaction and success at work.

Become an expert for a better quality in your life and find solutions to current, burning problems. This guide is your personal coach at home!

Erna Hüls is an experienced and awarded life and career consultant.

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

# Who Loves Has Everything



**Publication Date:** September, 2015

**Author:** Gerd Bodhi Ziegler

**Pages:** 304

## *True love sets you free*

The purpose of this book is to show a path to unconditional love that begins with the healing of our primal wounds. The author gives valuable, hands-on insights into the challenges and gifts that offer us love, sexuality, and partnership. Autobiographical passages show in a lively and sensitive way, how the ability of the true love leads you to a fulfilled life. An entry into the true freedom of unconditionality and at the same time the exit from the illusion of separation. Because your own well-being becomes your top priority.

The book is for people of all ages who believe in love and wish to start the adventurous path of learning to love.

[www.gerd-bodhi-ziegler.com](http://www.gerd-bodhi-ziegler.com)

# Sorry, But Who Am I?



**Publication Date:** March, 2015

**Author:** Wolfgang Blohm

**Pages:** 220

*Ways from the lost-sense syndrome  
back into your own identity*

Do you only act, or do you still feel? Do you determine your life or does your life determines you? Are you close to yourself or are you a stranger in your own life? In the past decade, illnesses such as depression, anxiety or burn-out symptoms have more than doubled. In his book, Wolfgang Blohm describes the cause for the loss of contact with your own ME, the inner personality. The soul reacts with withdrawal, resignation, exhaustion or fear to this lost-sense syndrome. With his book, the author gives you new opportunities to rediscover your life and shows ways to follow your own values and standards.

[www.hypnose-klinik.com](http://www.hypnose-klinik.com)



## Celebrating That You Are Feeling Bad!



**Publication Date:** March, 2015

**Author:** Stefan Reutter

**Pages:** 264

*Why sometimes the worst days in life  
become your best days*

Get up, set the crown, go on! Everyone knows the feeling that you simply can not go on with your life and that you can not see any way out. You feel small and alone. You feel really bad. Life and business coach Stefan Reutter picks us up in this desolate state. Relentless and direct, but at the same time in a lovely way and with a lot of humor, he accompanies a process of emotional recovery, which leads to the inner source of power.

The book is peppered with stories and anecdotes from the author's life. Stefan Reutter's inner attitude, which he found through his own experiences as athlete, friend, partner, coach, and speaker, is inspiring. An encouraging, motivational book that helps you get back up and to have fun.

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

# Be A Man With Pleasure



**Publication Date:** March, 2015

**Author:** S.M.Riek & R.Salm

**Pages:** 312

## *Expedition into the world of male sexuality*

Flirt, having sex and that was it? Male sexuality used to be considered simple compared to female sexuality. Here we have a book that thoroughly clears up with this prejudice. The focus is on questions like 'What makes sex fulfilling for you?' or 'How do you experience orgasm?'.

In 15 intimate conversations, men talk about how they live their sexuality with women, with men, with themselves. The reader can expect diverse, courageous and provocative reports of men who transcend traditional boundaries of male sexuality and speak openly about their self-exploration in the fields of love, erotica and sex. A book that inspires you to explore yourself, leaving old habits and trying new things. A book for men and for women.

# The Courage To Grow



**Publication Date:** February, 2015

**Author:** Wilfried Ehrmann

**Pages:** 360

## *Seven stages of integral healing*

A fascinating journey of healing from the ego to the true self and, moreover, a completely new approach with numerous practical exercises for inner transformation!

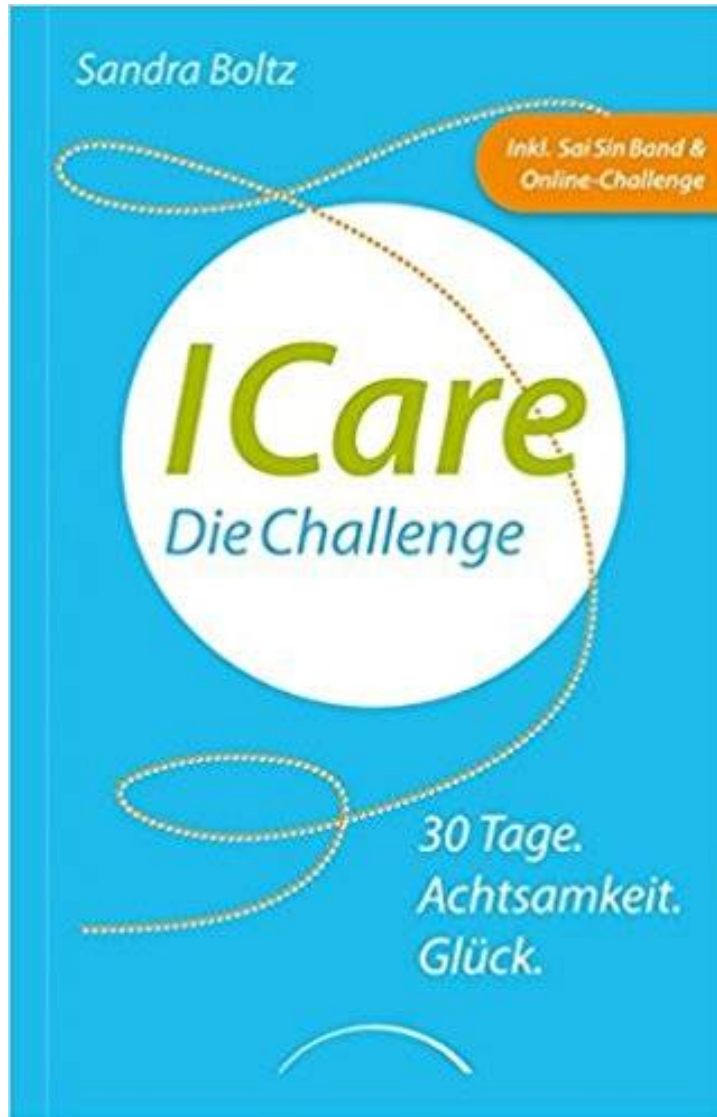
Psychotherapist Wilfried Ehrmann shows impressively how the entire history of humanity is hidden in us with all its creative potential, but he also explains the shadows and inner contradictions that impede our progression.

An ideal and deep going book to investigate and resolve personal issues on the emotional level.

[www.wilfried-ehrmann.com](http://www.wilfried-ehrmann.com)



# ICare – The Challenge



**Publication Date:** September, 2014

**Author:** Sandra Boltz

**Pages:** 184

## *30 Days. Mindfulness. Happiness*

A 30-day program for a positive approach to yourself and for growing with mindfulness, increasing your well-being and happiness every day.

The Challenge is structured in 4 weeks, each of it with its own device. So move from the week of gratitude, to the week of self-reinforcements, over the week of imagination to the week of meditation. Each week concludes with a reflection. A day's exercise awaits you to better deal with yourself.

Take care of yourself and the world becomes a better place.

# The Night Brings The Day Back



**Publication Date:** September, 2014

**Author:** Isabel Schupp

**Pages:** 160

## *Life and farewell of my daughter*

At age nine, Pauline and her family are confronted with the diagnosis of leukemia. Years of therapies and relapses begin. Pauline dies at the age of 16. In a sensitive and touching way, Isabel Schupp writes about her daughter, about the experiences in the years of the long farewell from life and the hope, the despondency and the fight of her daughter against the cancer.

Through her story, Isabel Schupp becomes a counselor and compassionate for parents in similar situations. She talks about the time after the death of her own child and the change in mourning over time.

[www.isabel-schupp.de](http://www.isabel-schupp.de)

# Healing Starts With Love



**Publication Date:** September, 2014

**Author:** Maïke Wittorff

**Pages:** 160

*New ways for a homeopathic trauma treatment*

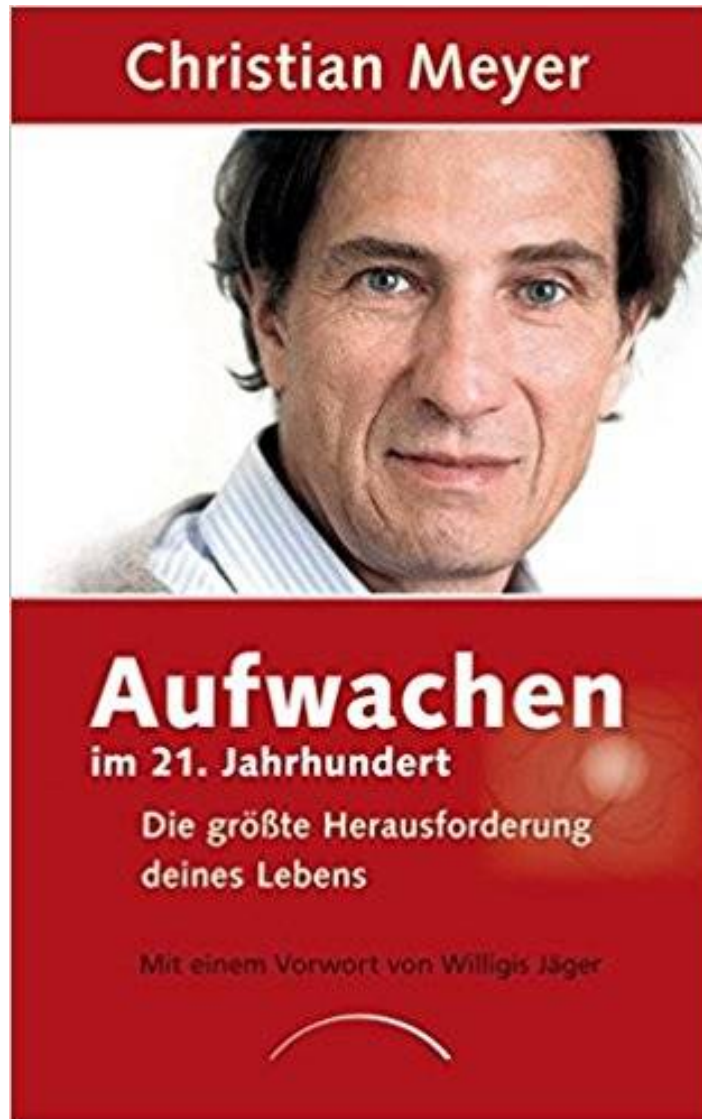
This book describes the discovery of a new and advanced homeopathic method that is particularly successful in the treatment of trauma patients.

A multi-faceted guide that helps to manage traumas in everyday life. An unique biographical kaleidoscope about the experiences of a cosmopolitan, life-affirming doctor who strives for holistic healing and never stops taking advantages of all opportunities her methods can offer.

Maïke Wittorff takes us on her journey to the crisis areas of the earth as well as to the life and healing stories of her surgery in Berlin. This is a book with a great impact.



# Awakening in the 21st Century



**Publication Date:** June, 2014

**Author:** Christian Meyer

**Pages:** 280

*The biggest challenge of your life*

Numerous awakened students of Christian Meyer's teachings portray vividly in this book, how their awakening happened and how their lives changed afterwards.

The book is rounded off by Christian Meyer's concrete instructions, the so-called "7 steps to wake up", to self-healing and growth.

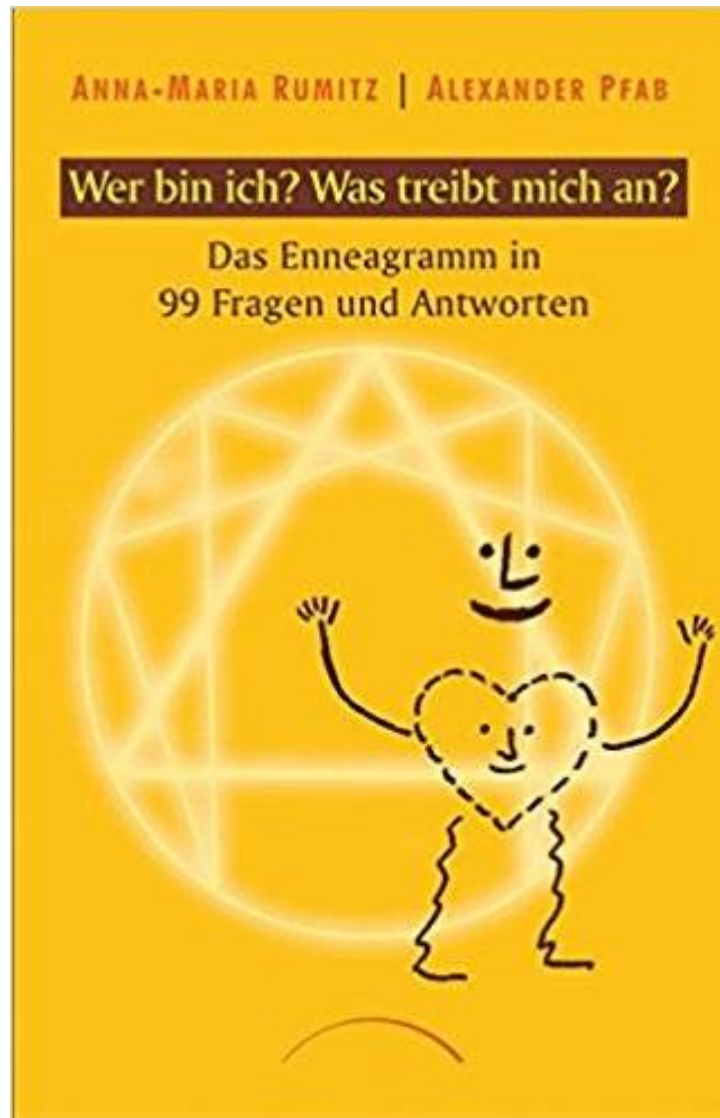
[www.zeitundraum.org](http://www.zeitundraum.org)

## Who Am I? What Drives Me?

**Publication Date:** March, 2014

**Author:** A. Rumitz & A. Pfab

**Pages:** 180



### *The Enneagramm in 99 questions and answers*

The Enneagram - since the 80s a proven and recognized personality model, which has found its way into spiritual practice as well as into the management consultancies - is presented in this book from a completely new perspective.

Structured in question form with answers from the perspective of the concerned person, newcomers can use this book as an introduction to a model full of depth and dynamism. It offers 99 answers to questions that directly or indirectly confront anyone who works seriously with the Enneagram. Without any theoretical ballast, this book introduces you to the depth of this method, offering spiritual growth in both private and professional life.

[www.enneagramm-training.de](http://www.enneagramm-training.de)

# My Exhausted Self



**Publication Date:** October, 2013

**Author:** W. Krahé & H.J. Weigt

**Pages:** 200

*Burnout – How to clear energy blockages and find your life force energy*

It is the feeling of not having sufficient strength, not to be happy, not to feel confident. Trapped in this downward spiral, the diagnosis is mostly burnout or depression. What makes those affected especially suffer: normally, you do not know where your appeal comes from, you just feel that you are pinched and exhausted.

The starting point of this book is the energy flow of our body, which can be clearly visualized using the "Seven Chakra" Teachings. The authors give a completely new approach in their work with help of many illustrative examples and the model of the "Seven Chakras".

[www.bridge-into-life.de](http://www.bridge-into-life.de)

# About The Courage To Find You Own Way



**Publication Date:** September, 2013

**Author:** Kirsten Pape

**Pages:** 230

## *Light and dark sides of spiritual movements*

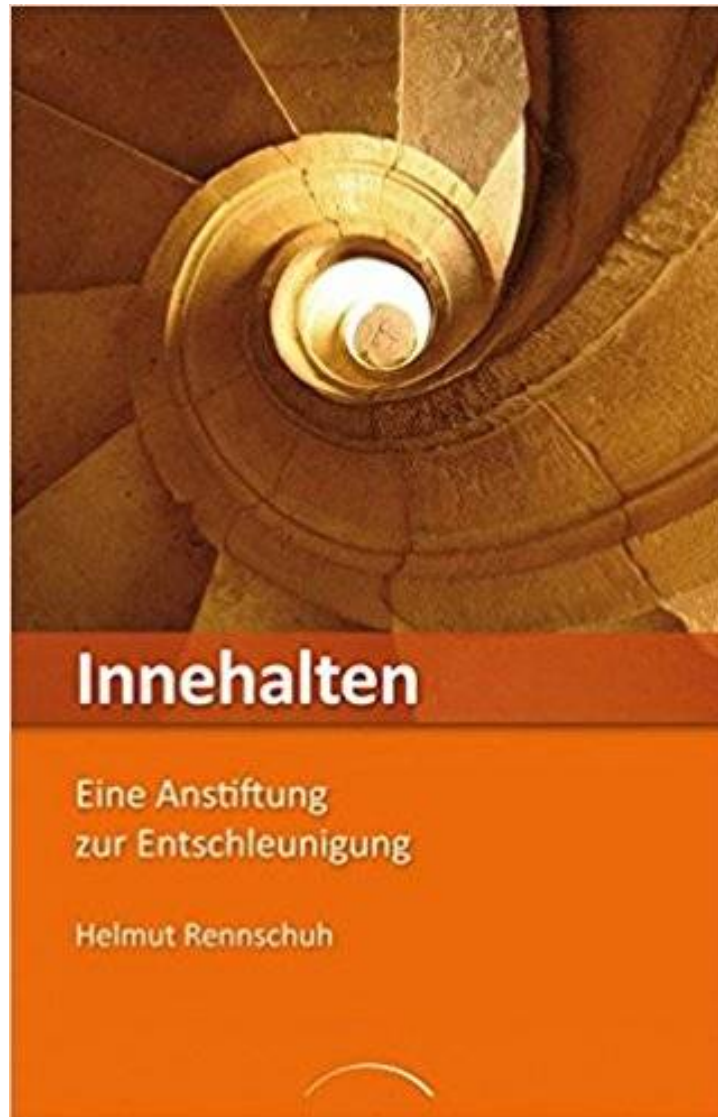
The book researches the experiences of six spiritual seekers from the 70s to today. Three women and men explain what brought them to the Indian mystic Bhagwan alias Osho, why some of them left the sannyas movement, if and how the Osho experience changed their lives, and what insights are accompanying them from then until today.

Parallel to these reports, the author explains her own experiences as a seeker and describes from the perspective of a participating observer how she experienced the contemporary sannyas movement. The experiences and conclusions of the protagonists of this book clear up with prejudices and invite to new appraisals and valuations of spiritual movements.

[www.kirsten-pape-coaching.de](http://www.kirsten-pape-coaching.de)



# Pausing



**Publication Date:** September, 2013

**Author:** Helmut Rennschuh

**Pages:** 280

## *An incitement to deceleration*

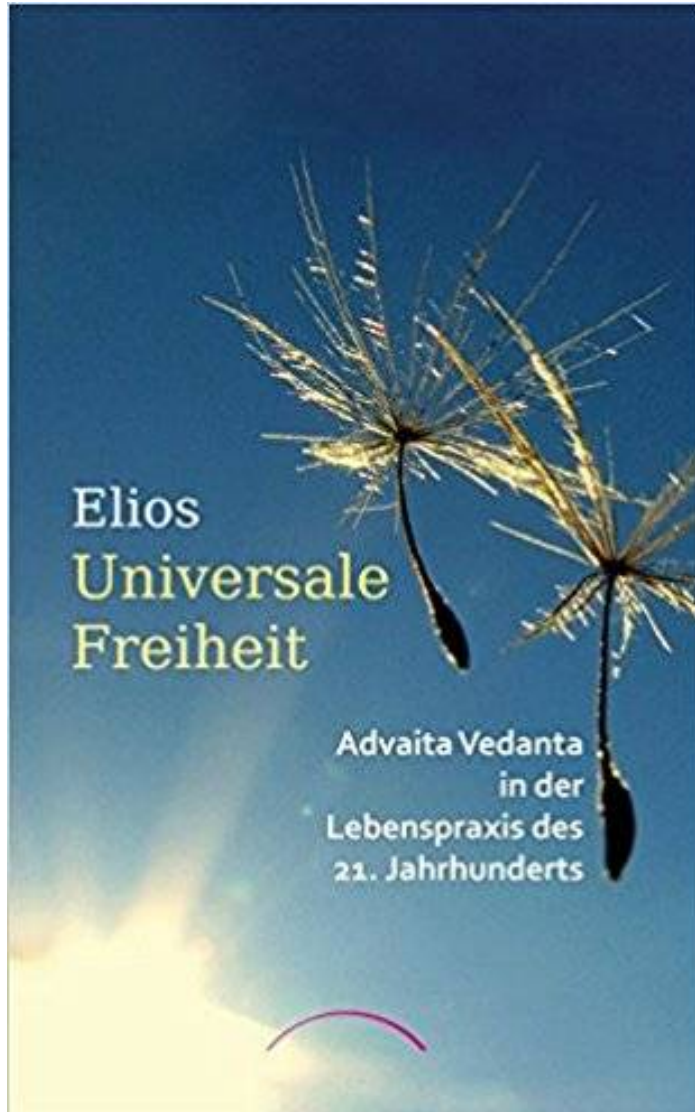
The book describes a largely forgotten source of power: pausing. We need it, like the air we breathe. Many people are more and more lost in their hectic everyday life, but the pausing described here is equally path and goal. Step by step, the reader learns to develop a practical way of practicing the stages of pausing exposed in this book.

Pausing opens a space for mindfulness and open perception. Even during an activity we can stop. This requires no extra time. As non-action, pausing guides to a free-balanced attitude: we walk free, relaxed and upright through our life.

Pausing is a basic function of our nervous system and at the same time the basis of all spiritual ways of mindfulness. The book also shows the many connections between modern science and spirituality and brings them closer together.

[www.alexandertechnik-rennschuh.de](http://www.alexandertechnik-rennschuh.de)

# Universal Freedom



**Publication Date:** October, 2012

**Author:** Elios (Dr. Manfred Eichhoff)

**Pages:** 180

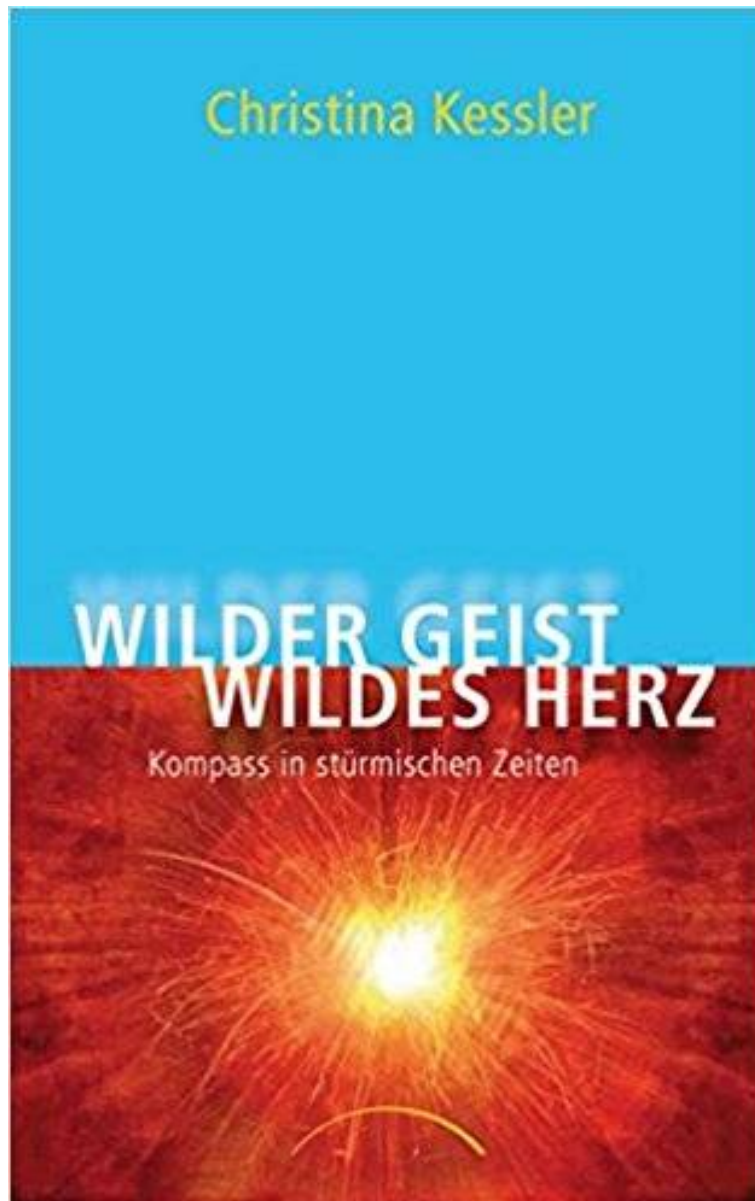
## *Advaita Vedanta in the life praxis of the 21. Century*

Since his earliest childhood, Elios (Dr. Manfred Eichhoff) has been involved in haunting spiritual experiences. His insatiable thirst for truth, after studying some Eastern and Western traditions and practices, eventually led to a maturity that allowed intuitive access to Advaita Vedanta, the highest cognitive path of Hinduism, the philosophy of non-duality.

With the blessing of his master Raphael, Elios has been teaching the traditional Advaita Vedanta since the late 1990s. Above all, the individual person is in the foreground of consideration. The work makes clear that no one has to leave his familiar sphere of life to grow spiritually, but just everyday life offers wonderful opportunities for doing so.

[www.vedanta-akademie.de](http://www.vedanta-akademie.de)

# Wild Spirit – Wild Heart



**Publication Date:** March, 2011

**Author:** Christina Kessler

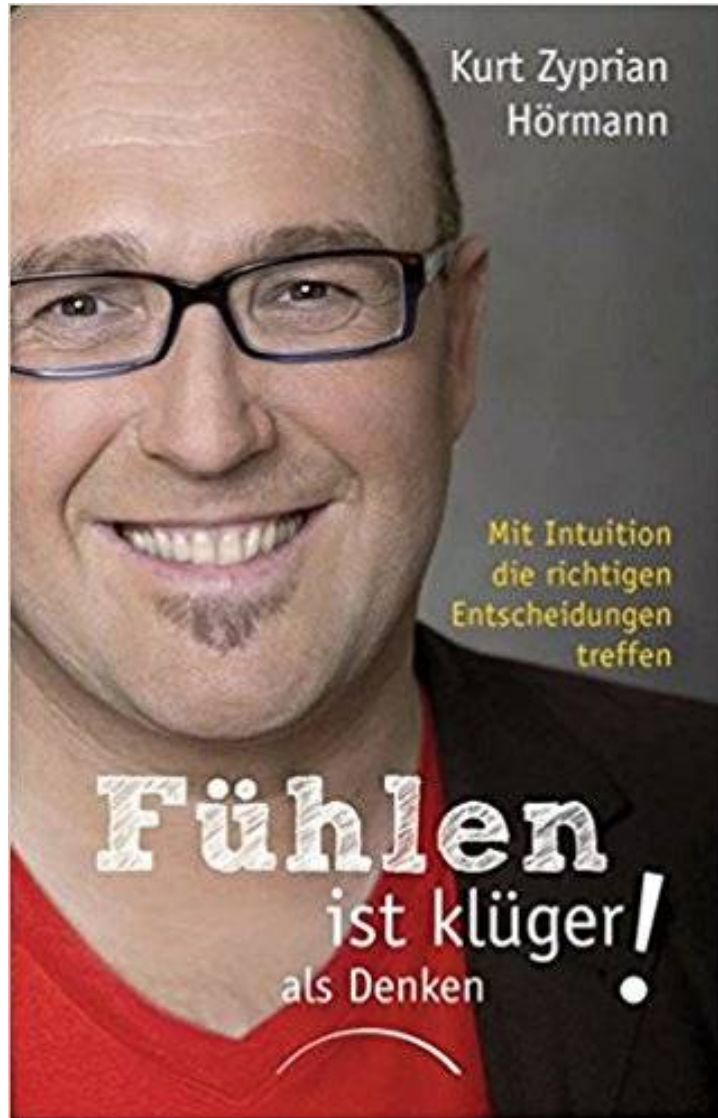
**Pages:** 219

*A compass for stormy times*

We are living in an all-important time of changes. But what does right thinking and acting look like when habitual models and values are no longer effective and knowledge constantly overtakes itself?

In her worldwide research, author Christina Kessler studied the wisdom and life skills of other cultures. Her fascinating discovery: the key of a life full of changes is the untamed knowledge that unites all traditions. Those who discover their wild heart learn to think things never believed before and to associate themselves with an intuitive order that guides to love, wholeness and healing.

# Feeling Is Smarter Than Thinking



**Publication Date:** September, 2011

**Authors:** Kurt Zyprian Hörmann

**Pages:** 192

*Using intuition to take the right decisions*

Do you still think or do you already feel? "Reading in the morphic field is easy and fun," says Kurt Zyprian Hörmann, a life coach whose clients are not only private individuals but also companies, executives, celebrities, doctors and therapists.

With Hörmann's method MFL (Morphic Field Reading) you can solve problems of any kind intuitively. Because, whatever a person does or thinks, it is deposited in the morphic field of the primordial knowledge of the universe. This controls our intuition and MFR is easily accessible to anyone, if you know how to use it.

In this book, the author shows you how to read in the field and get helpful information, no matter what personal or professional issues you are asking.



# The Power Of Collective Wisdom



**Publication Date:** September, 2010

**Author:** Kosha Anja Joubert

**Pages:** 210

*Together we can do what we cannot do alone!*

The world demonstrates us every day that our way of thinking is out of date and the next stage of integration is pending.

The new physics shows us that it needs large masses to change habitual patterns. But how can we learn to embrace living together?

Kosha Anja Joubert introduces us into an adventure community where each of us has an important task. She draws the vivid picture of a functioning and meaningful society that relies not on the power of individuals, but on the wisdom of diversity!

# The Right Thing Happens On Its Own

**Publication Date:** September, 2010

**Author:** Helmut Rennschuh

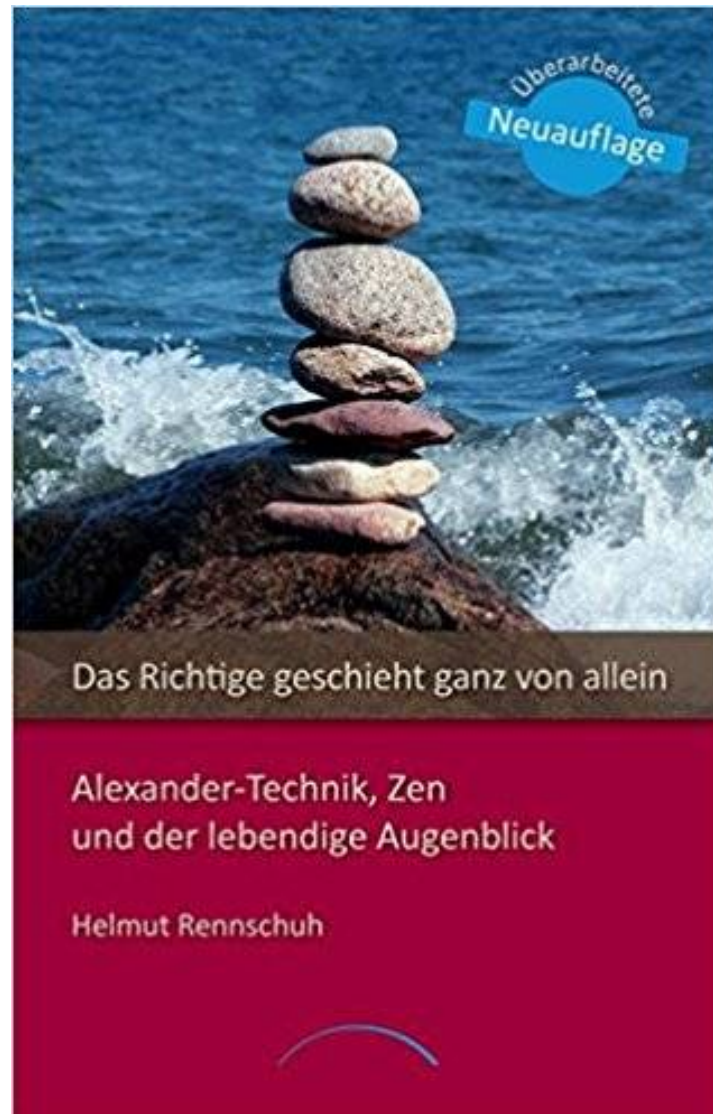
**Pages:** 280

## *Alexander Technique, Zen and the living moment*

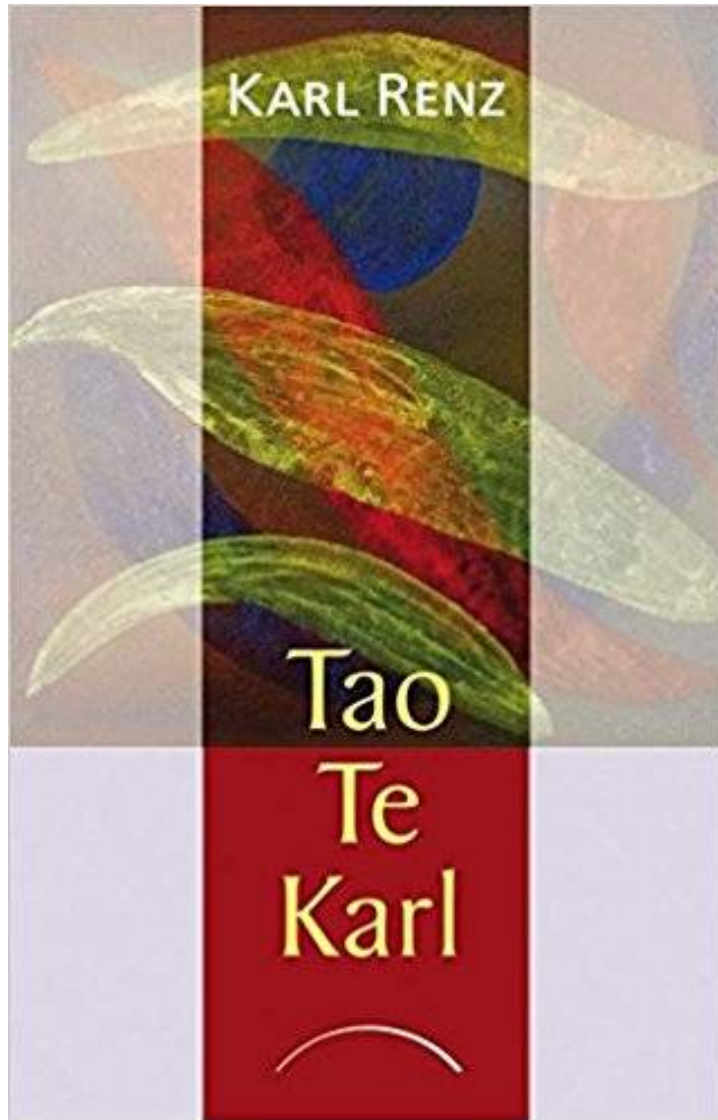
The book presents the Alexander Technique as an art of non-doing. Non-Doing refers to a quality in our movement that can manifest itself as freedom and naturalness in all activities of daily life. This work describes a path of mindfulness that builds on the natural coordination of our body with an holistic approach. The numerous parallels to Zen and the teachings of Eckhart Tolle can help us to find the balance between clear intention and intention lessness. Plenty of illustrative examples and experiments complete the presentation and numerous illustrations help to extend our body awareness.

The book is supplemented by an extensive appendix that describes in detail the natural balance of the head and spine and provides information about muscles, nerves and the nervous system.

[www.alexandertechnik-rennschuh.de](http://www.alexandertechnik-rennschuh.de)



# Tao Te Karl



**Publication Date:** March, 2010

**Author:** Karl Renz

**Pages:** 154

In this book, Lao-tse, a Chinese sage who lived 2,500 years ago, meets with Karl Renz, a German artist and mystic of our time. They meet where time and space have no meaning, and where thinking comes to its limits. The short, concise chapters contain recordings of satsangs - or "soliloquy", as Karl Renz also calls his talks - in which he speaks with breathtaking verbal wit about what we don't talk about. You can feel that everything we say flows directly from nowhere and appeals to the part of us who is neither at home. "The head does not have to understand," says Karl, "because something always understands!" So the Tao Te Ching finds a completely new, breathtakingly contemporary form in this guide.

Karl Renz' books have been translated into English, French and Russian.

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



# Limitless Relief



**Publication Date:** February, 2010

**Author:** Felix Gronau

**Pages:** 216

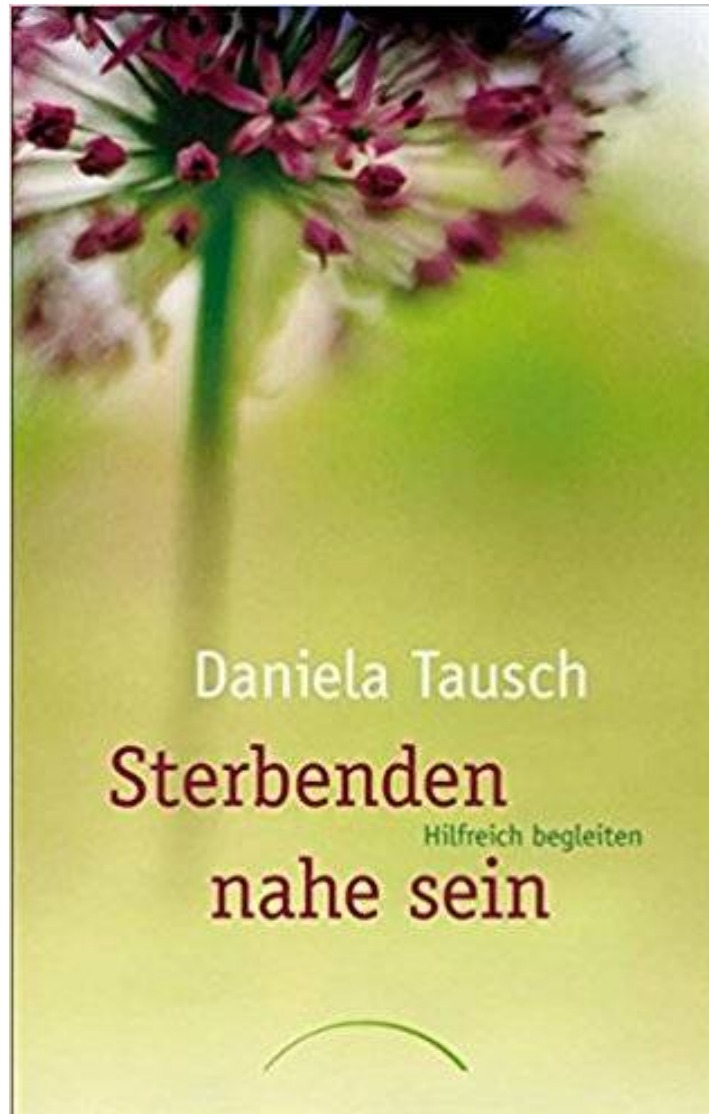
## *How to be self-aware and happy*

In this fascinating autobiographical report Felix Gronau describes his mystical experiences and insights on his search of meditation and self-exploration. At the same time, this book is a standard work of self-knowledge that observes in detail the phenomenon of individuality exposing it as an illusion.

In a clear and comprehensible text, the author describes the reality of I-less consciousness and the unity of Creator and Creation. He reminds readers that they are not the self they believe, but much more: they are totally aware, intelligent and creative. But, like all things in our phenomenal world, this knowledge has two sides. It is liberating to the highest degree, but at the same time it means saying goodbye to all the false ideas we have about ourselves and life.



# Being Close To A Dying Person



**Publication Date:** January, 2010

**Author:** Daniela Tausch

**Pages:** 160

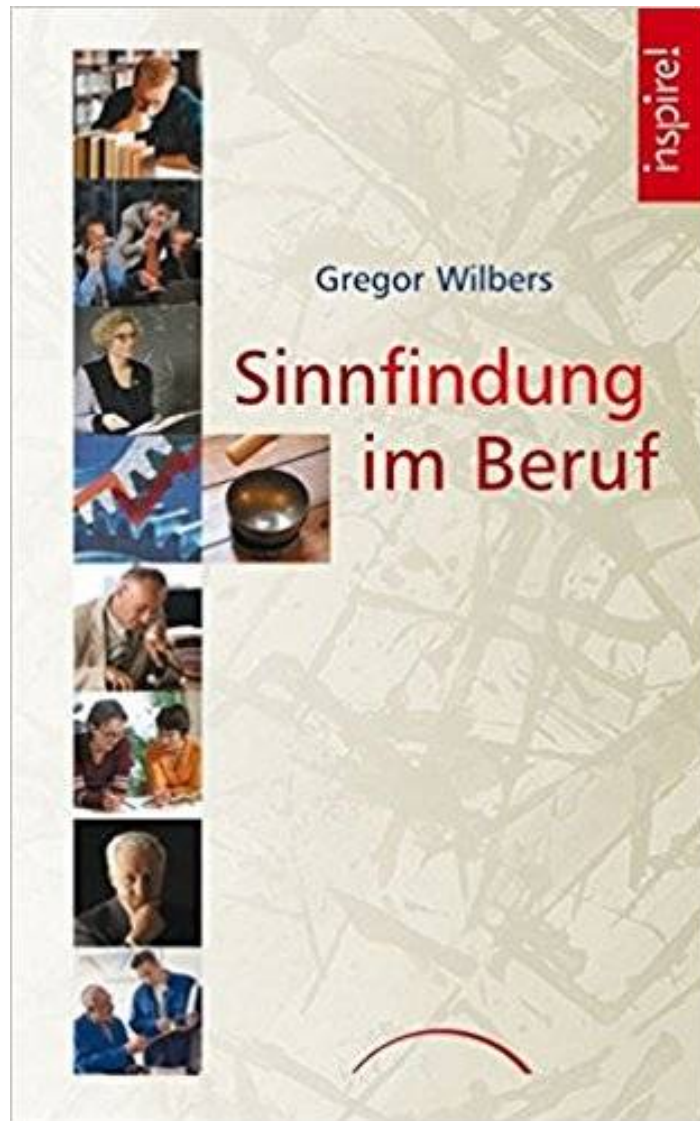
## *Helpful accompaniment*

We used to be very helpless in dealing with dying- despite or perhaps because of the deep feelings that break up.

This book shows what dying people need, what actually can help while you are walking the final path together, how to say goodbye to each other and to this life in a loving, dignified and good way

[www.psychotherapie-d-tausch.de](http://www.psychotherapie-d-tausch.de)

# Sensemaking In Job



**Publication Date:** November, 2008

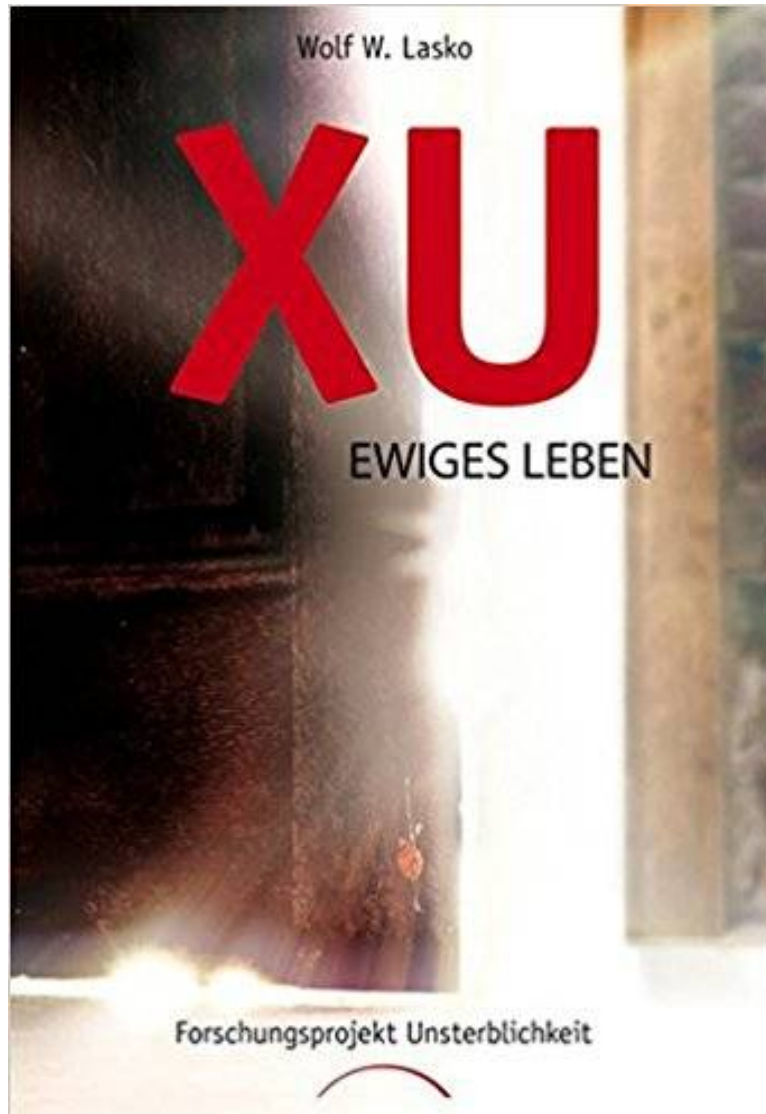
**Author:** Gregor Wilbers

**Pages:** 240

With increasing pressure in the job also the personal dissatisfaction grows. Hectic and lethargy, fear of threatening job loss and internal dissatisfaction alternate. Our working world is permeated with perverted effectiveness, constant control, narrow-minded hierarchy and competitiveness, completely unproductive time pressure and egoism at the expense of others. After all, more and more people question not only their careers but also their private lives: what do I really want?

In his book, Gregor Wilbers offers ways out of the professional (sense) crisis and encourages to rediscover intuition and inner freedom, especially in a tense economic situation: reason and intuition, down to earth and inner lightness, simplicity and the solution of complex management problems can match up. The prerequisite for this is a holistic, and spiritual point of view and solution strategy of the problems. Only a new ethic in life and at work, a new sense of responsibility for yourself and others can lead to real success, to more humanity, balance and satisfaction in the job. Apparent contradictions such as business thinking and spiritual practice, reason and intuition, work and meditation suddenly become inseparable.

## XU – Eternal Life



**Publication Date:** July, 2008

**Author:** Wolf W. Lasko

**Pages:** 326

*Research project: Immortality*

Is death the end? Or is there anything that persists beyond death? - Questions that have been central since immemorial times, and this book offers a response. "Take an onion, peel it off layer by layer, at the end there are many onion layers in front of you. But, where is the onion?" With simple experiments like this, the author takes us deeper and deeper into the experience of something he calls XU – boundlessness, awareness that exists beyond life and death. The mind can not grasp XU, but the 66 experiments in this book are an invitation to experience XU. An inspiring preface and epilogue, wonderfully calligraphic drawings and expressions by well-known Advaita teachers complete this playful "research project".

# Business Can Be So Nice



**Publication Date:** May, 2007

**Author:** Karl and Jwala Gamper

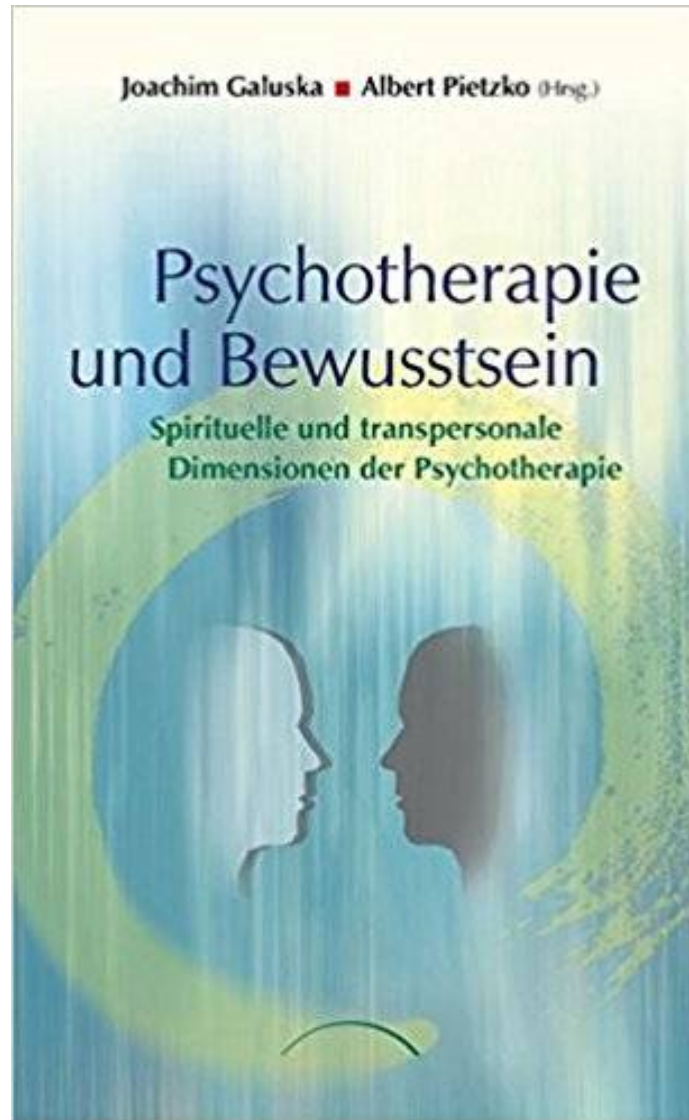
**Pages:** 168

"Business can be so nice" is not a method book, not a book that you can read and then "apply". Because the "application" already happens while you are reading it and discovering things from a new point of view and then acting differently than you used to do.

The idea behind the book is quite simple: Listen to your heart! Even if you feel that this book is too spiritual for you, and you can not see any trend in this spirituality ("spiritual upheavals" have always happened in history ...), the book contains many exciting thoughts that always opens to new perspectives.



# Psychotherapy And Awareness



**Publication Date:** December, 2005

**Author:** J.Galuska & A. Pietzko

**Pages:** 324

## *Spiritual and transpersonal dimensions of psychotherapy*

For a new mind in psychotherapy: Healing the soul through consciousness. But, in the last years psychotherapy has also established a spiritual and transpersonal perspective. More and more therapists see themselves as 'spiritual' and report that they can no longer imagine their therapeutic work without the consideration of a mental dimension. This book shows the reader the limits of the current discussion: "Towards a Psychotherapy of Consciousness." "How Does Neurobiology, Consciousness, and Spirituality Hang Together?" "Is Evolutionary Enlightenment Personally Experienced?" "Which Contributing to Spiritual Vision for the Development of our Society?" "Reconciliation - The Rediscovered Way of Healing?" "The Spirituality by C.G. Jung".

# It Is Your Job To Be Free



**Publication Date:** March, 2005

**Author:** Paul Kohtes

**Pages:** 195

## *Zen and the art of management*

An unusual guide for all freedom lovers and visionaries who want to find the way to success with relaxation, joy and passion. "Many people think that a camel is more likely going through the bottleneck than a manager having a spiritual experience," says Paul J. Kohtes, radically dismantling this prejudice. He knows what he's talking about: After a life crisis he changed his thinking and in this book he has incorporated personal and spiritual insights as well as professional experiences.

The author explains why in German problem companies are primarily working problematic thinkers and not problem solvers like in the USA, and he puts forward thesis such as "Greed is the enemy of management" or "Wrong decisions do not exist". He speaks about freedom, compassion, timelessness and play for one purpose: more creativity, more ease and more success at work and in private life.



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

Contact: [susanne.theune@stasociados.com](mailto:susanne.theune@stasociados.com)

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