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Frankfurt Book Fair 2019

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Kamphausen.Media

New

GENetically Modified Foods

Publication Date: September, 2019
Author: Christian Salvesen
Pages: 200

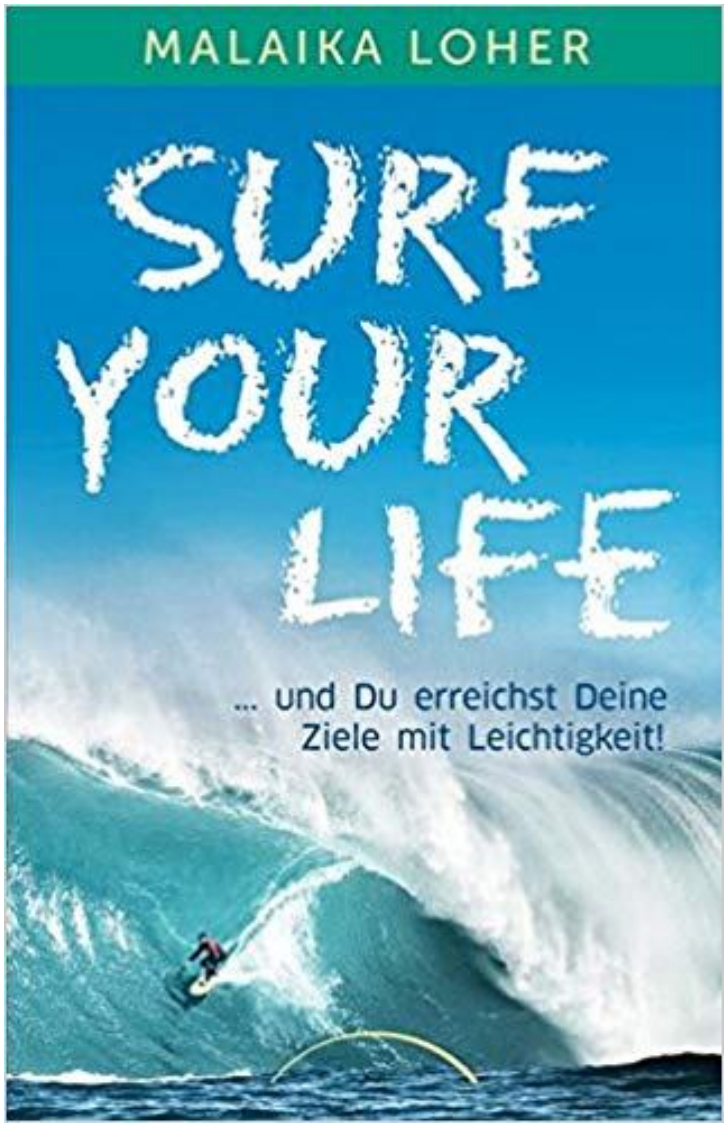
What's the truth? What is a lie?

"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

Surf Your Life



Publication Date: September, 2018
Author: Malaika Loher
Pages: 200

...and achieve your goals easily!

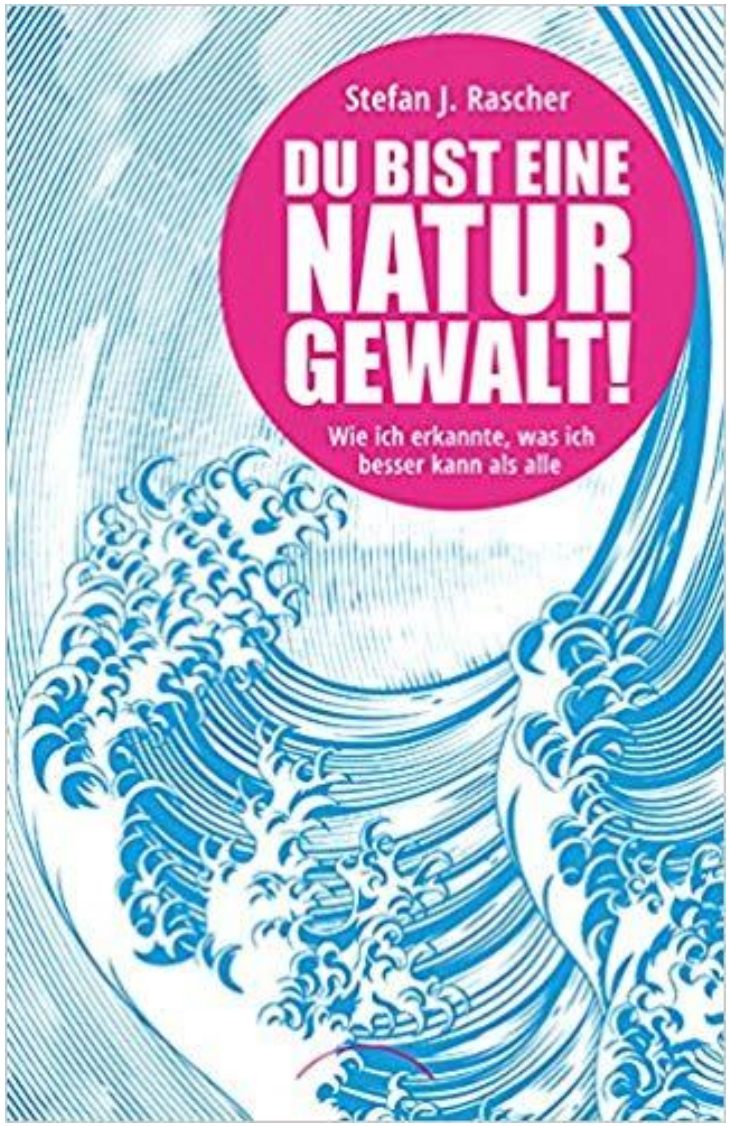
Riding the waves of your life... Through the five most important maneuvers in surfing, author Malaika Loher shows us in her book a way to achieve personal goals and implement individual wishes. A surfer rides the wave with high concentration and enthusiasm, but a surfer also needs lightness and balance 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

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

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!

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

English rights sold

Occupy Money

Publication Date: December, 2011
Author: Margrit Kennedy
Pages: 112

...so that in future EVERYONE is a winner

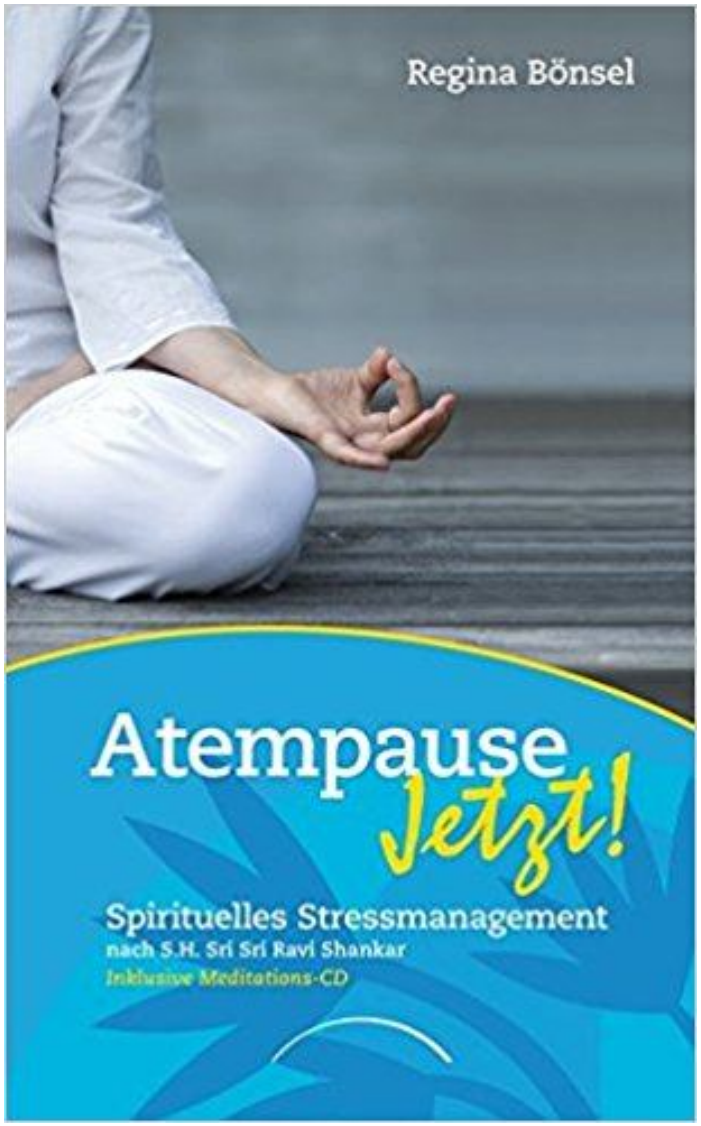
For over 25 years, renowned money expert Margrit Kennedy has been campaigning for new money schemes. Her books have become longsellers worldwide.

“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

Respite Now!



Publication Date: June, 2011
Author: Regina Bönsel
Pages: 128

Spiritual stress management according to Sri Sri Ravi Shankar

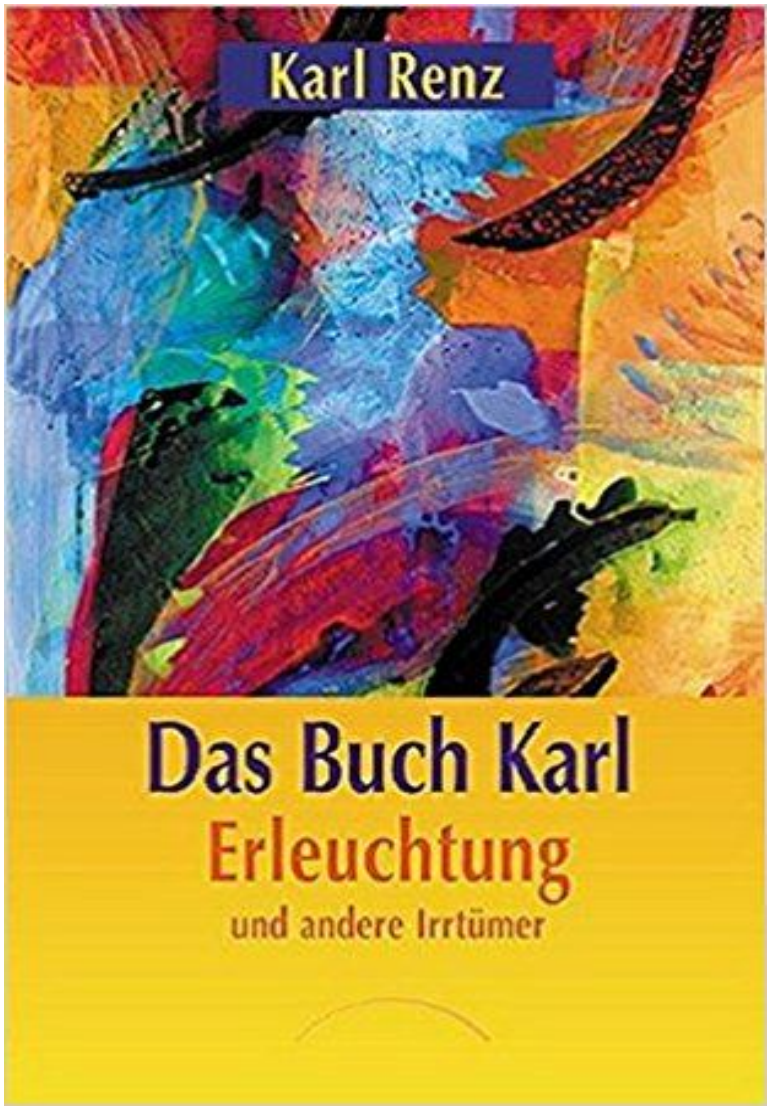
We are living in a fast world: I am available, so I am! Who suffers stress seems to be successful! But a life on the fast lane causes physical and mental tension - from back pain to burnout. The followers of the wisdom of Sri Sri Ravi Shankar learn in this book that spiritual stress control can be more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

The Myth of Enlightenment



Publication Date: September, 2003
Author: Karl Renz
Pages: 160

Seeing through the illusion of separation

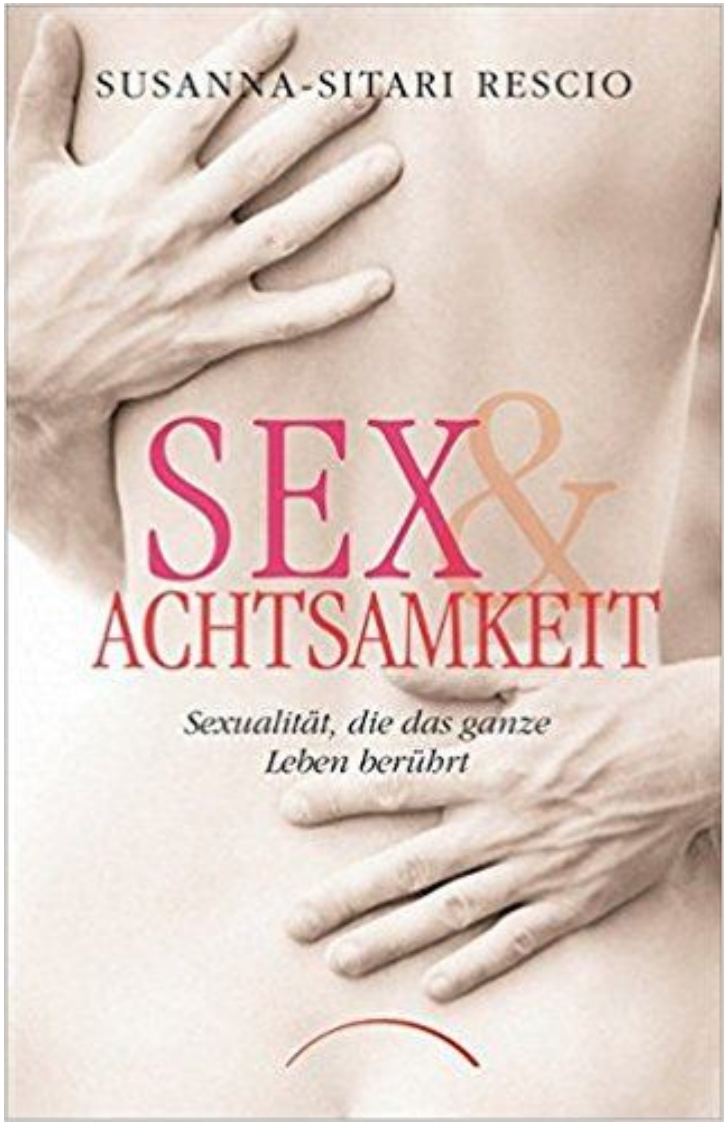
Whether you meet Karl Renz in person or through this book, the encounter will leave you with a radically different sense of yourself. Karl's unique ability lies in exposing the beliefs we've built our lives on, beginning with our root sense of individuality. Our current predicament is the result of believing 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

Sex & Mindfulness



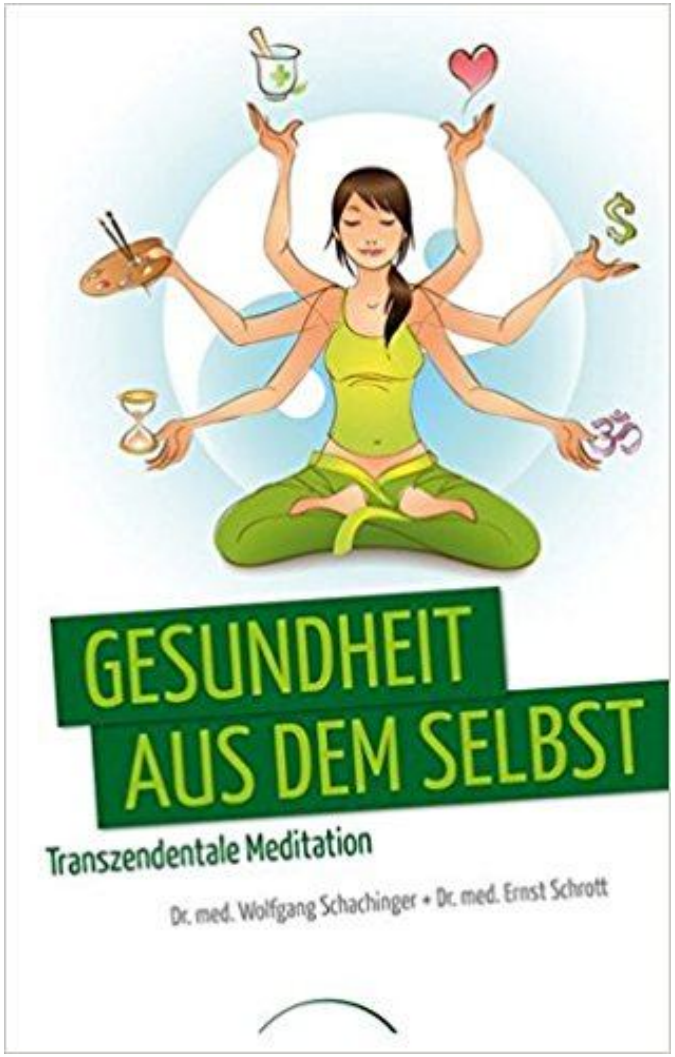
Publication Date: September, 2014
Author: Susanna-Sitari Rescio
Pages: 250

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

Self-Health



Publication Date: January, 1999
Author: W. Schachinger & E. Schrott
Pages: 200

Transcendental Meditation

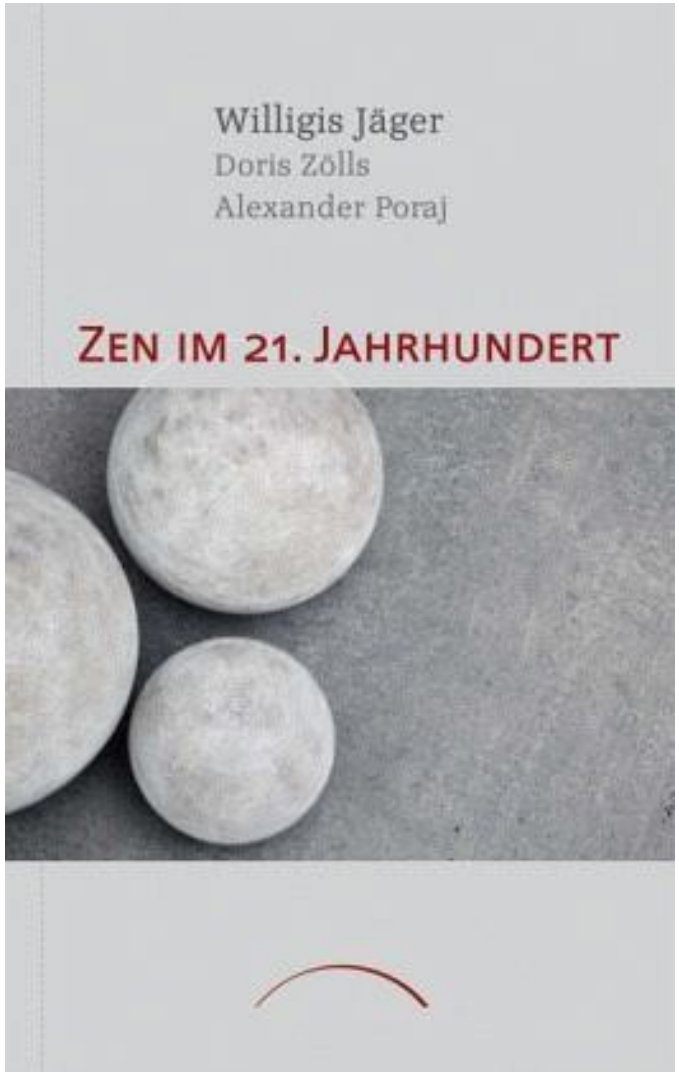
More than 10,000 doctors recommend TM to their patients for headaches, migraines, high blood pressure and many other health disorders.

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

Zen In the 21st Century



Publication Date: June, 2009
Author: W. Jäger, D. Zölls, 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 Zölls 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

Instructions for Species-Appropriate Attitude of Humans

Publication Date: September, 2012
Author: Wolfgang Berger
Pages: 160

Work is really enjoyable when potentials can unfold

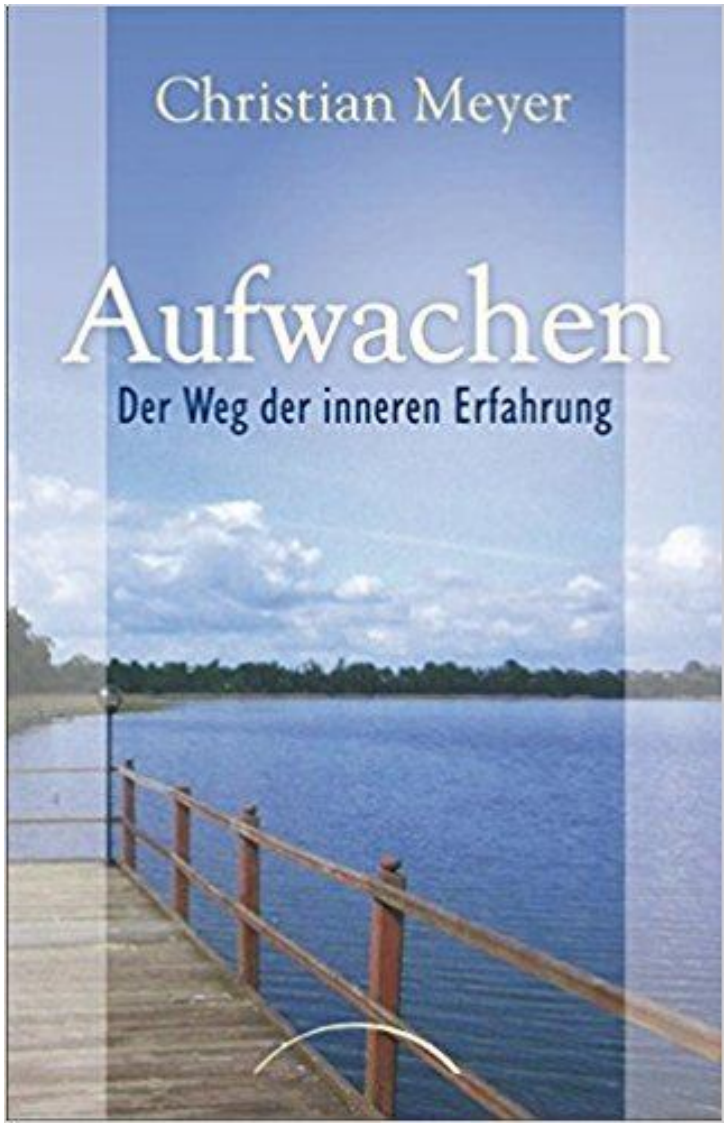
Renowned economist and philosopher and Wolfgang Berger has accompanied companies for more than 15 years in their internal reorientation. His method has e.g. led a high-tech company from the existential threat to market leadership, he quintupled sales of a craft business, and multiplied sales and employees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

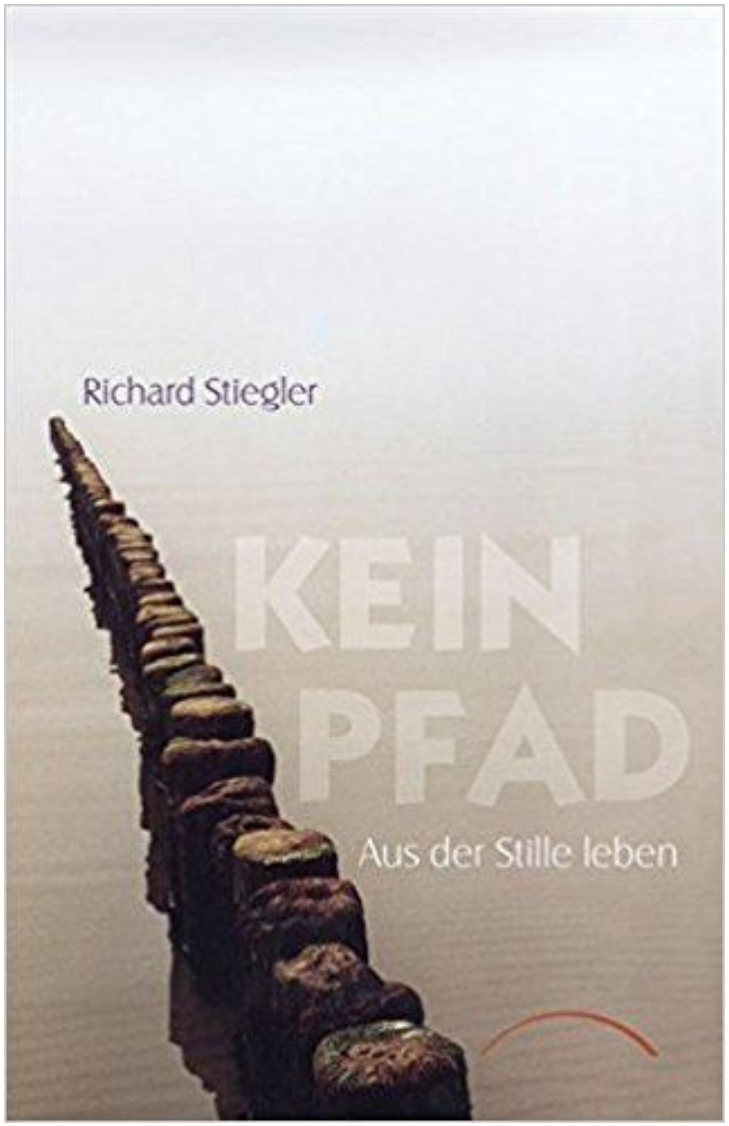
Rarely, this question hase been answered so comprehensively and practically as in this book. In the preface speaks a student of Meyer, which, as he explains later, just awakened. We can believe her when she says, 'You can do a lot: it takes a radical stoppage and discovering of who I really am.' But 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

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

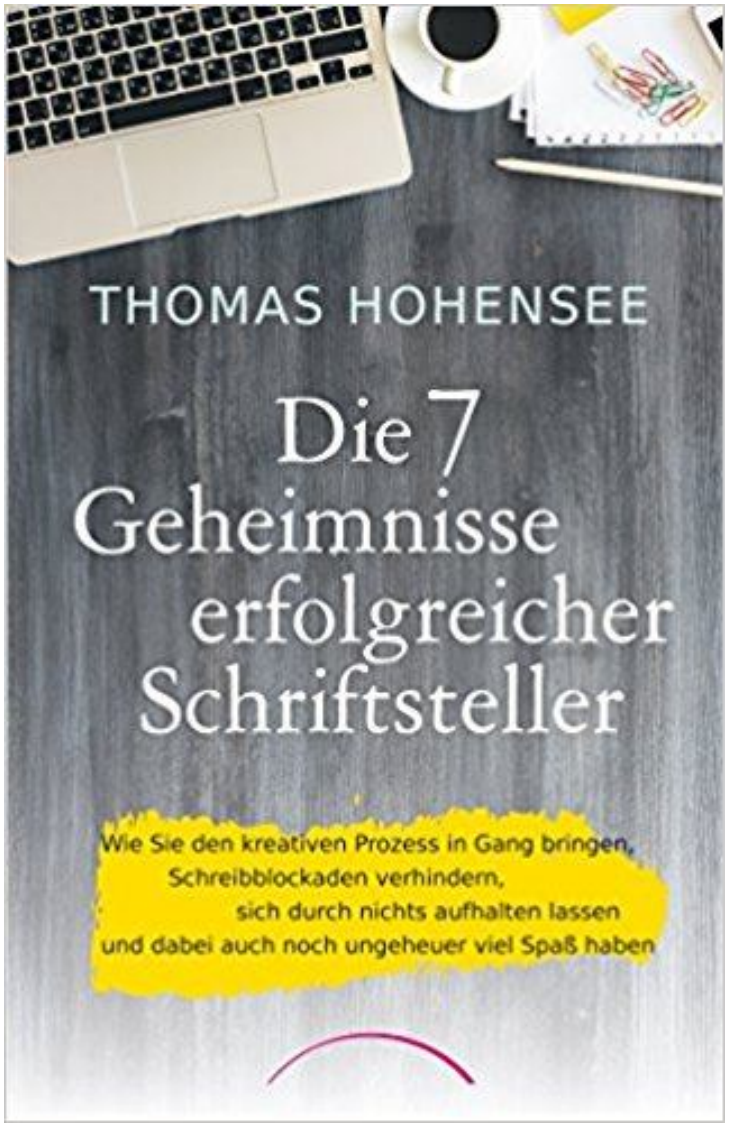
How can we experience our existence in greater depth, fullness and beauty?

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

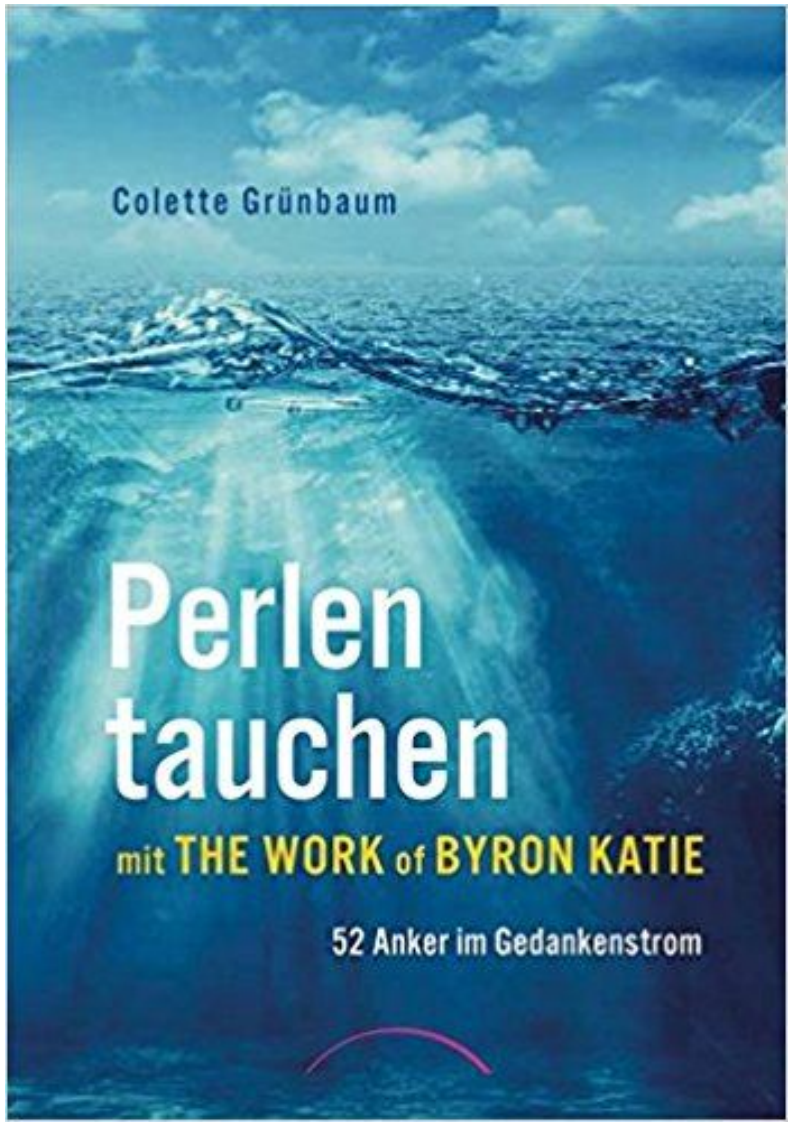
Best-selling author Thomas Hohensee offers an insight into his writing workshop and reveals his secret of writing. He answers questions about topics such as: motivation, self-confidence, criticism, where and when to write, and gives lots of tips on how aspiring authors can manage to write and publish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

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

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 need 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

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

Stop Running

Publication Date: September, 2016
Author: P. J. Kothes & N. Rosmann
Pages: 148

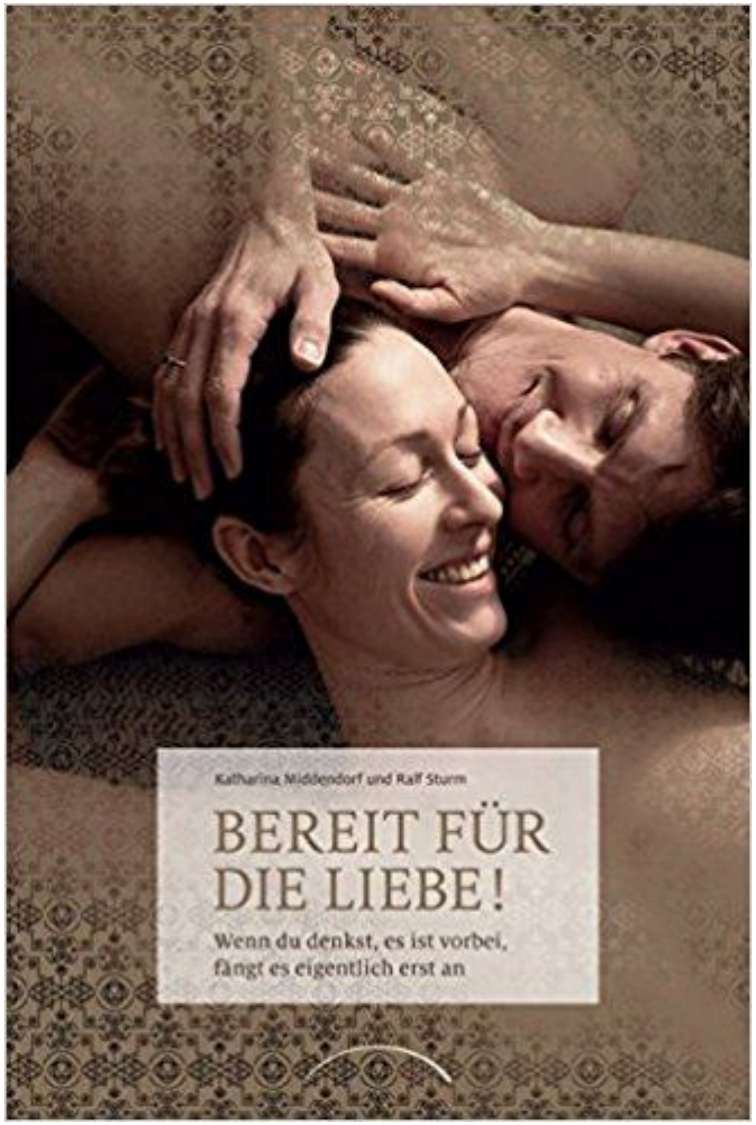
What managers can learn from Hare and Hedgehog

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

Scuffling for Adults

Publication Date: September, 2016
Author: Gerhard Schrabal
Pages: 128

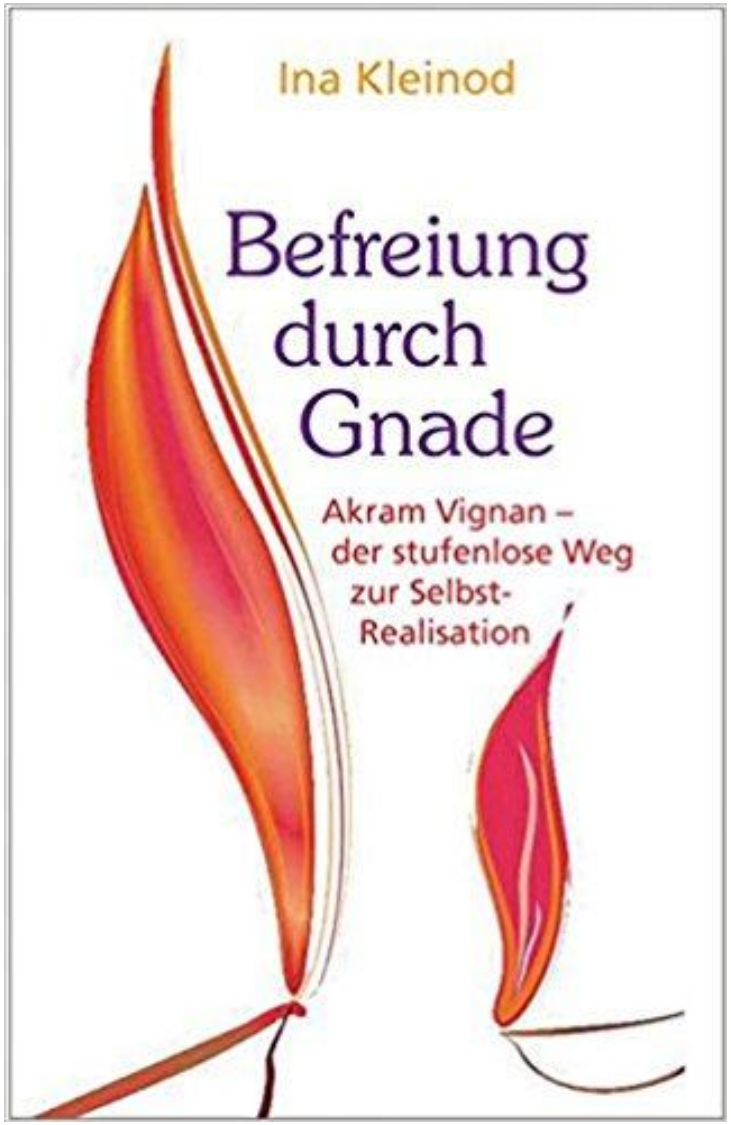
Playful scuffling for self-experience

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

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.

www.akram-vignan-regional.de

Courage To Change Your Life

Publication Date: March, 2016
Author: B. Hieronimus & H. Galle
Pages: 180

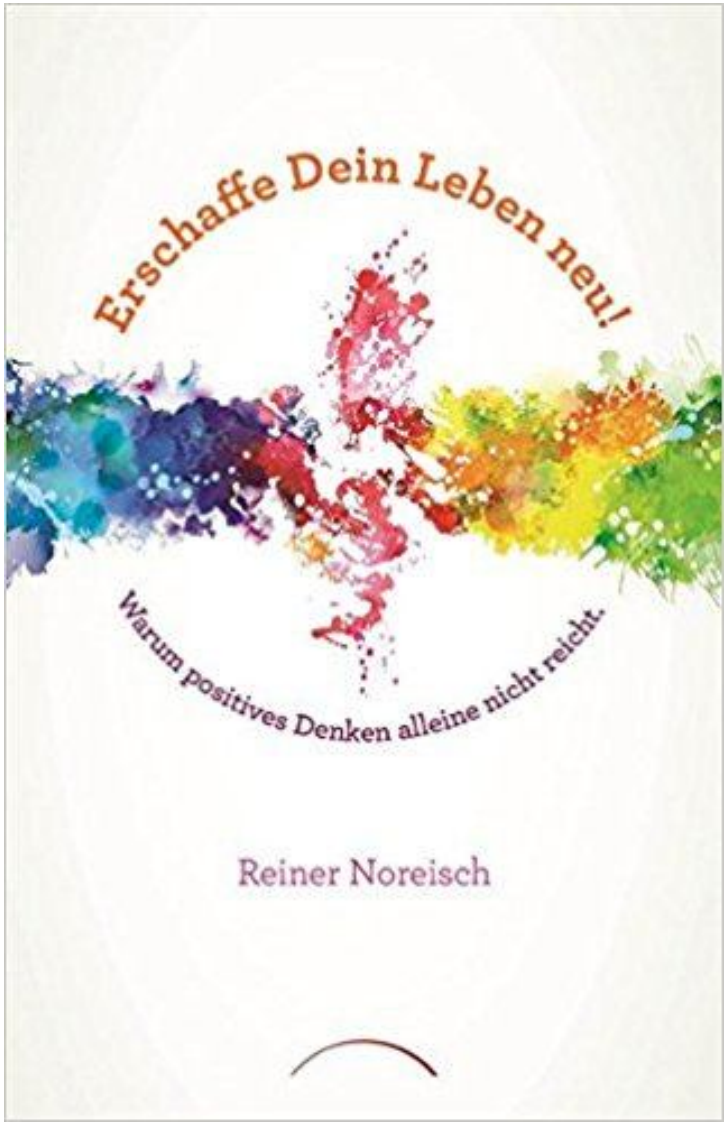
How to make good use of your biographical experience

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

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

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

Who Loves Has Everything

Publication Date: September, 2015
Author: Gerd Bohdi 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

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

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

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

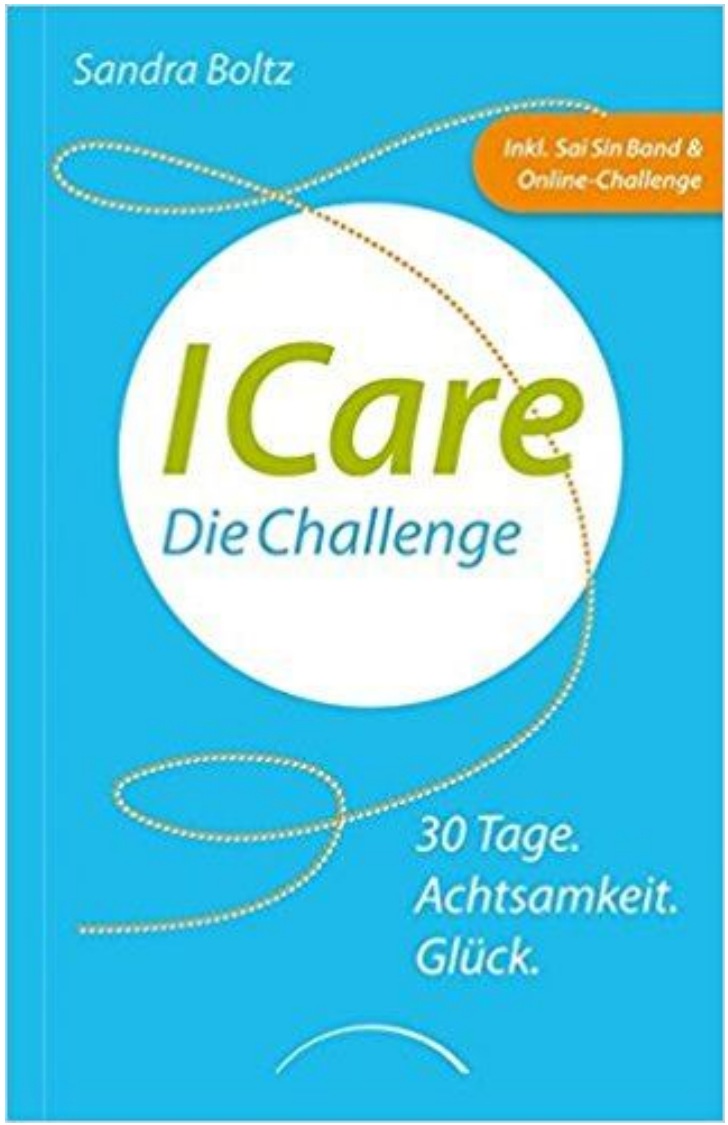
A fascinating journey of healing from the ego to the true self and, moreover, a completely new approach with numerous practical exercises for inner transformation!

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

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

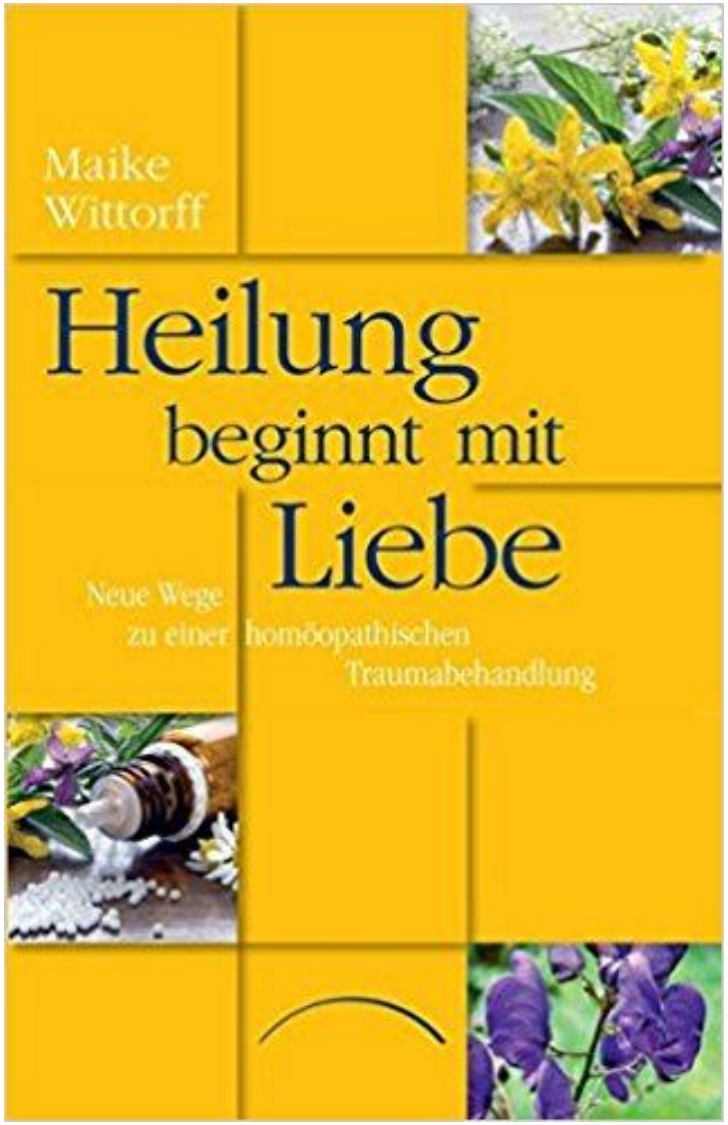
Life and farewell of my daughter

At age nine, Pauline and her family are confront 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

Healing Starts With Love



Publication Date: September, 2014
Author: Maike Wittorff
Pages: 160

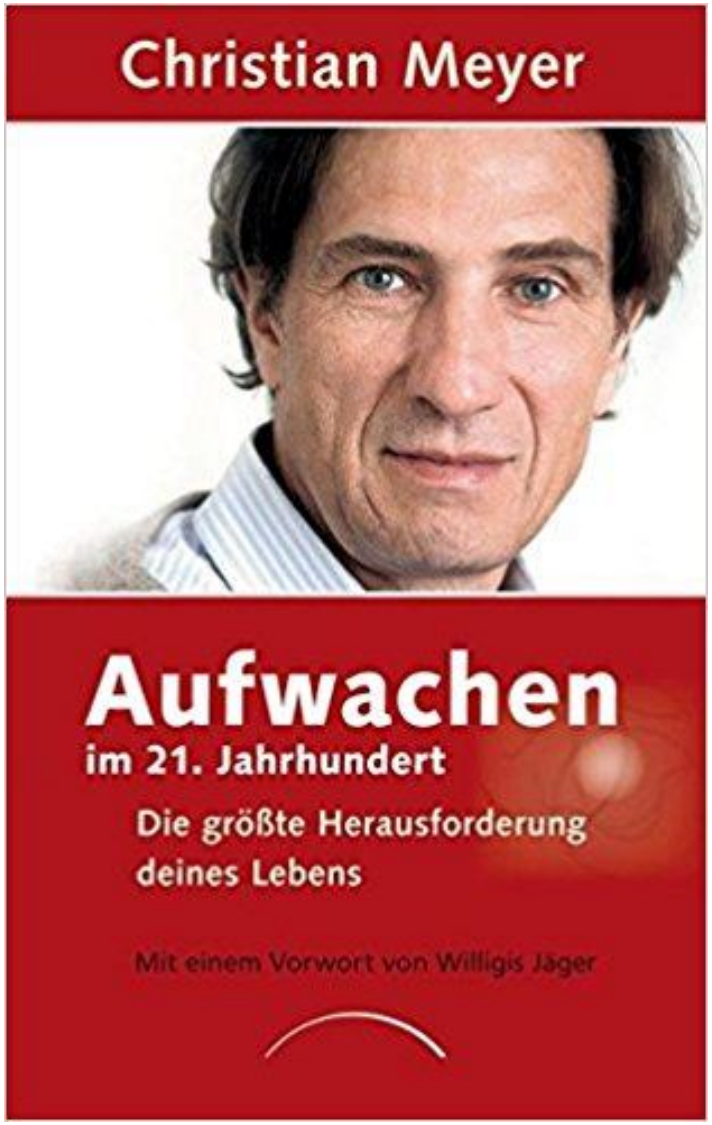
New ways for a homeopathic trauma treatment

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.

Maike 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

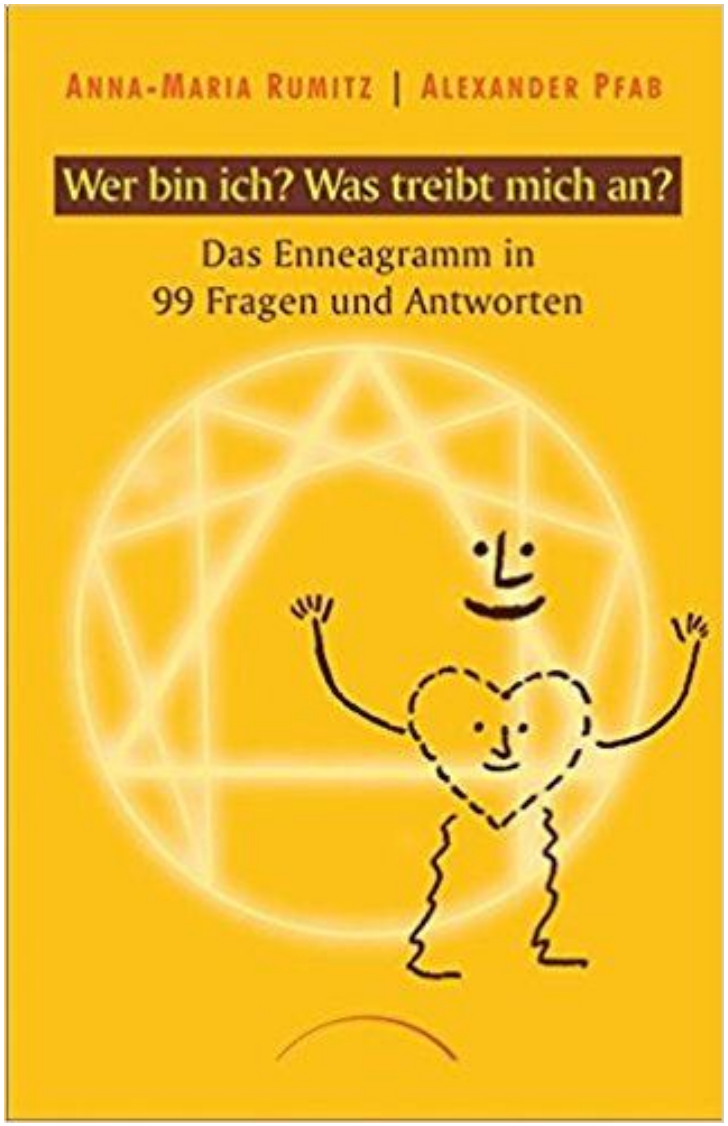
The biggest challenge of your life

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

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

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

About The Courage To Find You Own Way

Publication Date: September, 2013
Author: Kirsten Pape
Pages: 230

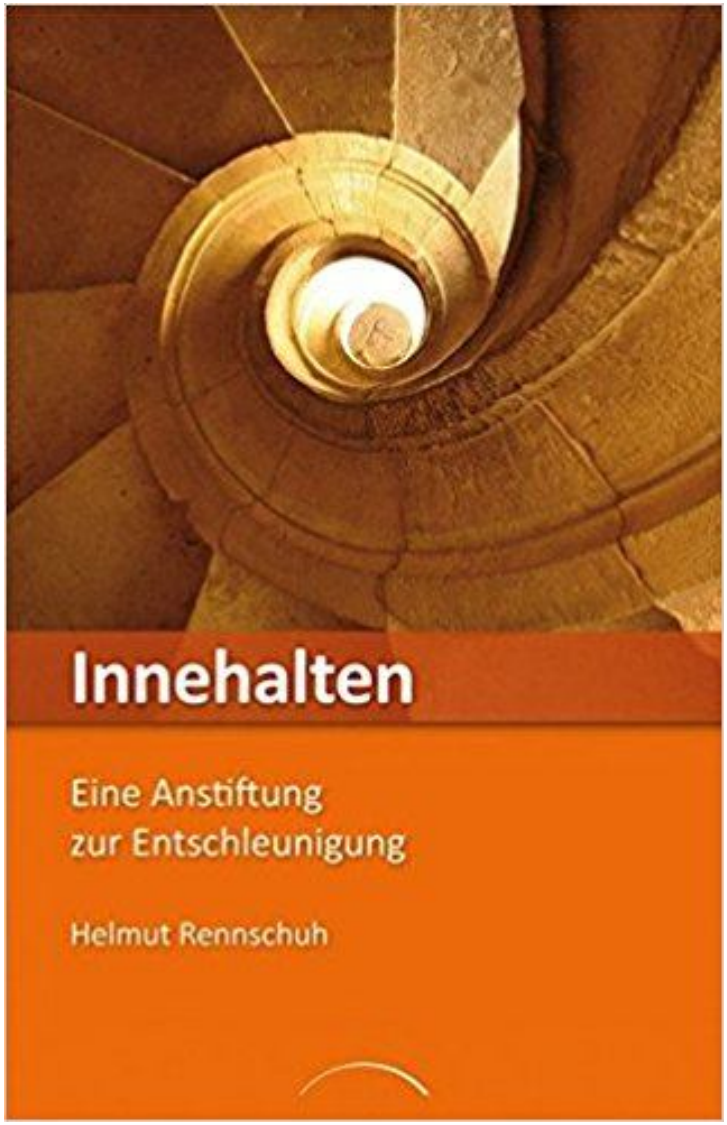
Light and dark sides of spiritual movements

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

Pausing



Publication Date: September, 2013
Author: Helmut Rennschuh
Pages: 280

An incitement to deceleration

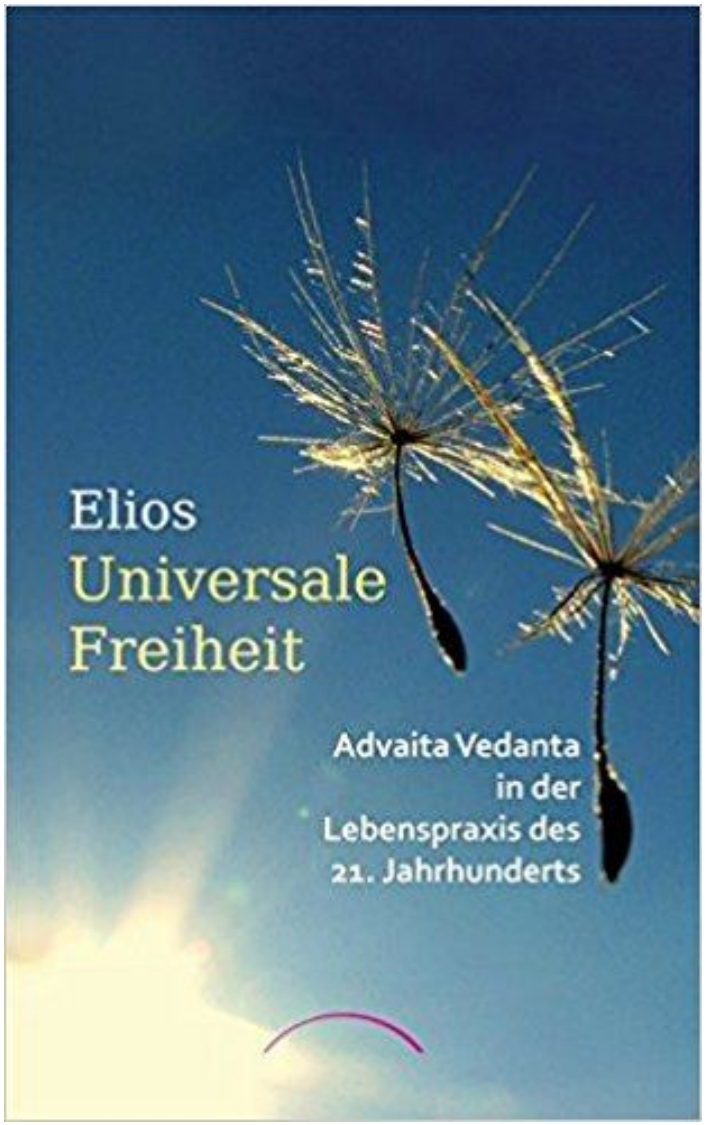
The book describes a largely forgotten source of power: pausing. We need it, like the air we breathe. Many people are more and more lost in their hectic everyday life, but the pausing described here is equally path and goal. Step by step, the reader learns to develop a practical way of practicing the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

Universal Freedom



Publication Date: October, 2012
Author: Elios (Dr. Manfred Eichhoff)
Pages: 180

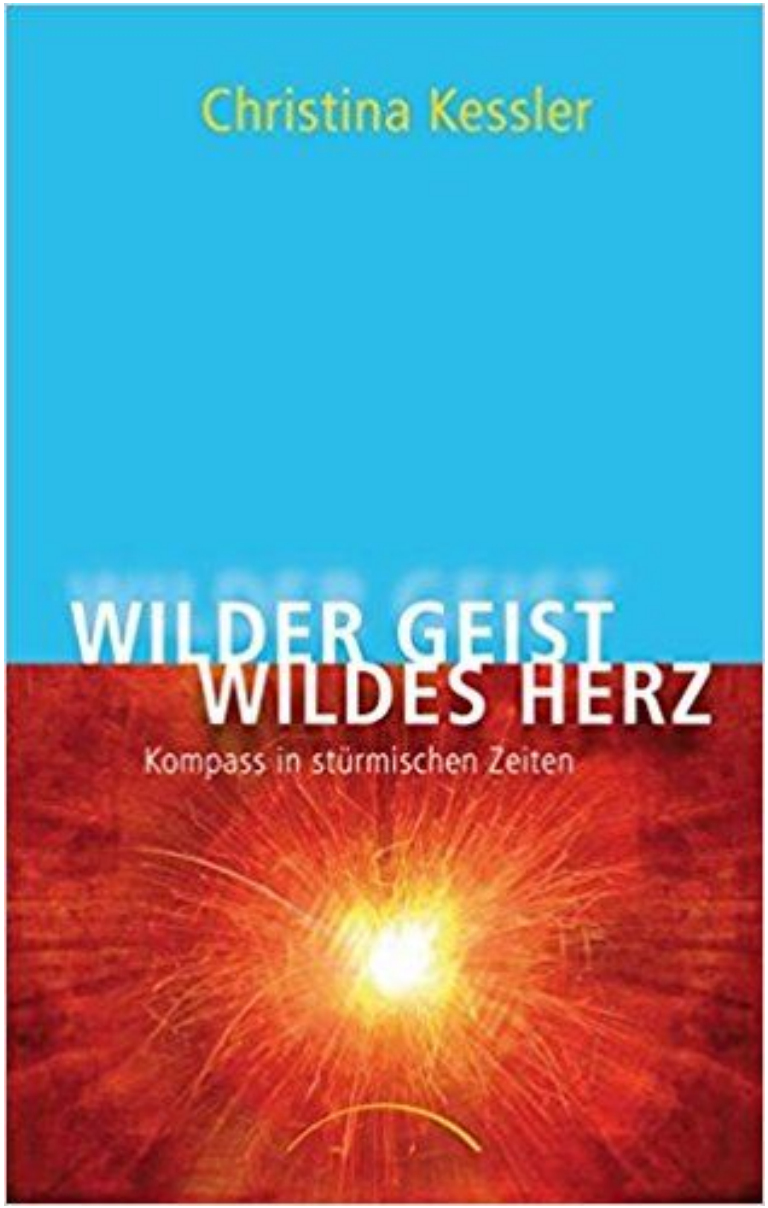
Advaita Vedanta in the life praxis of the 21. Century

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

Wild Spirit – Wild Heart



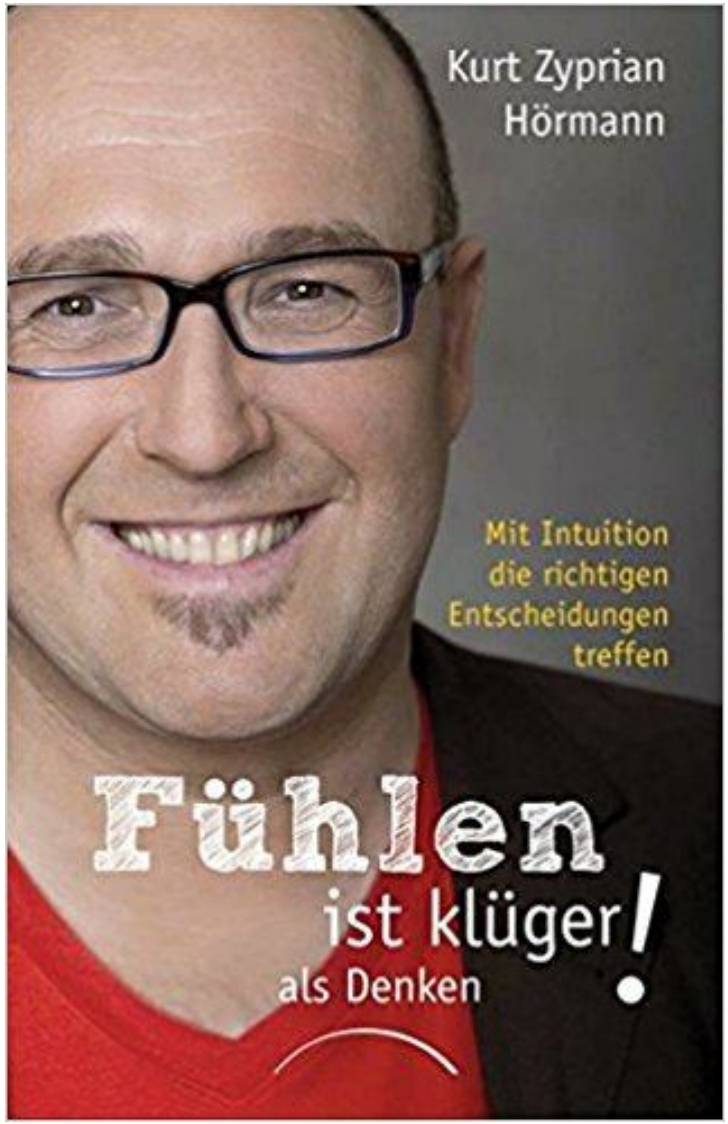
Publication Date: March, 2011
Author: Christina Kessler
Pages: 219

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

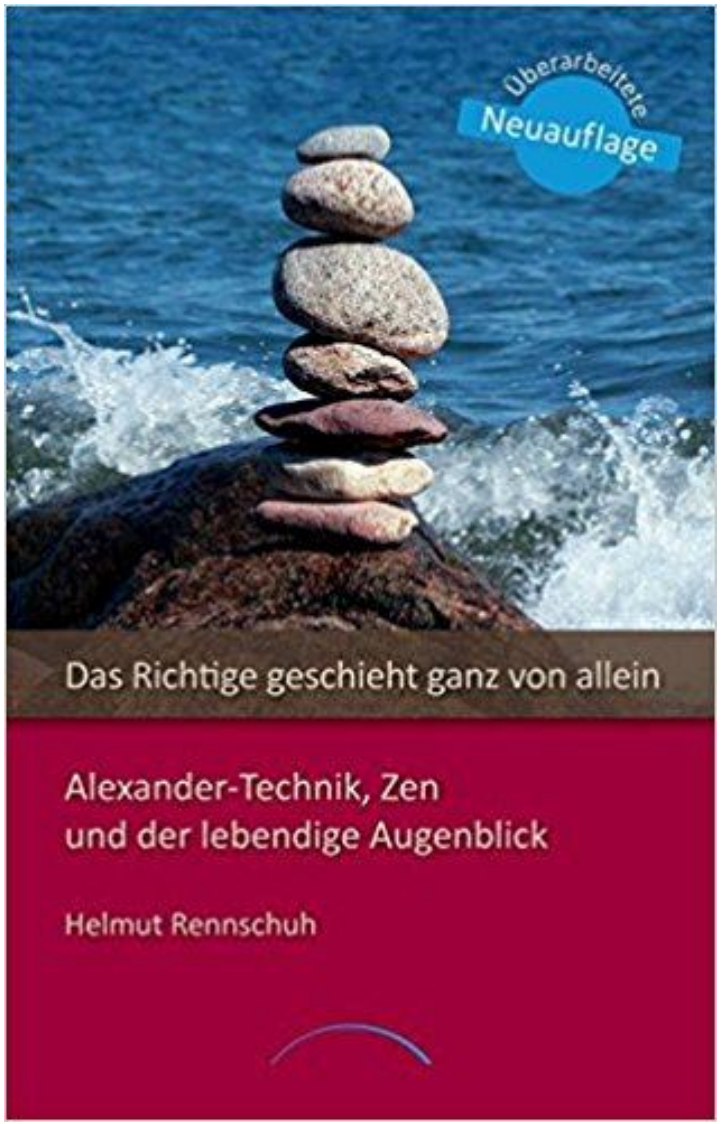
Together we can do what we cannot do alone!

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

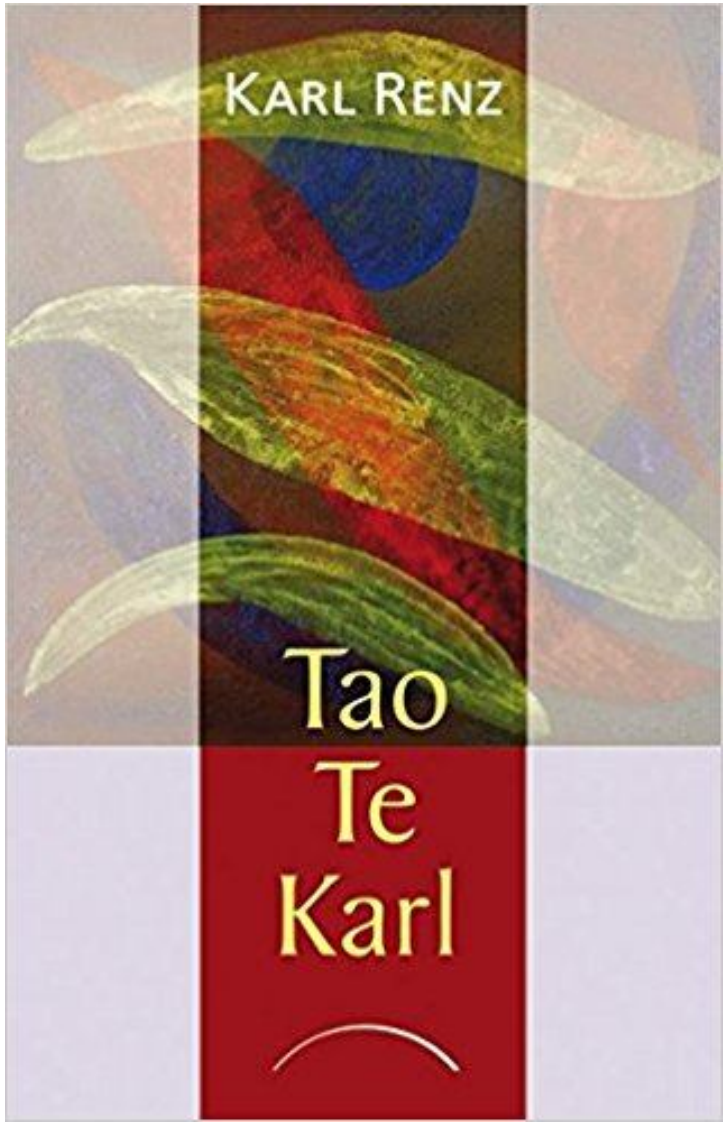
Alexander Technique, Zen and the living moment

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

Tao Te Karl



Publication Date: March, 2010
Author: Karl Renz
Pages: 154

In this book, Laotse, 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

Limitless Relief

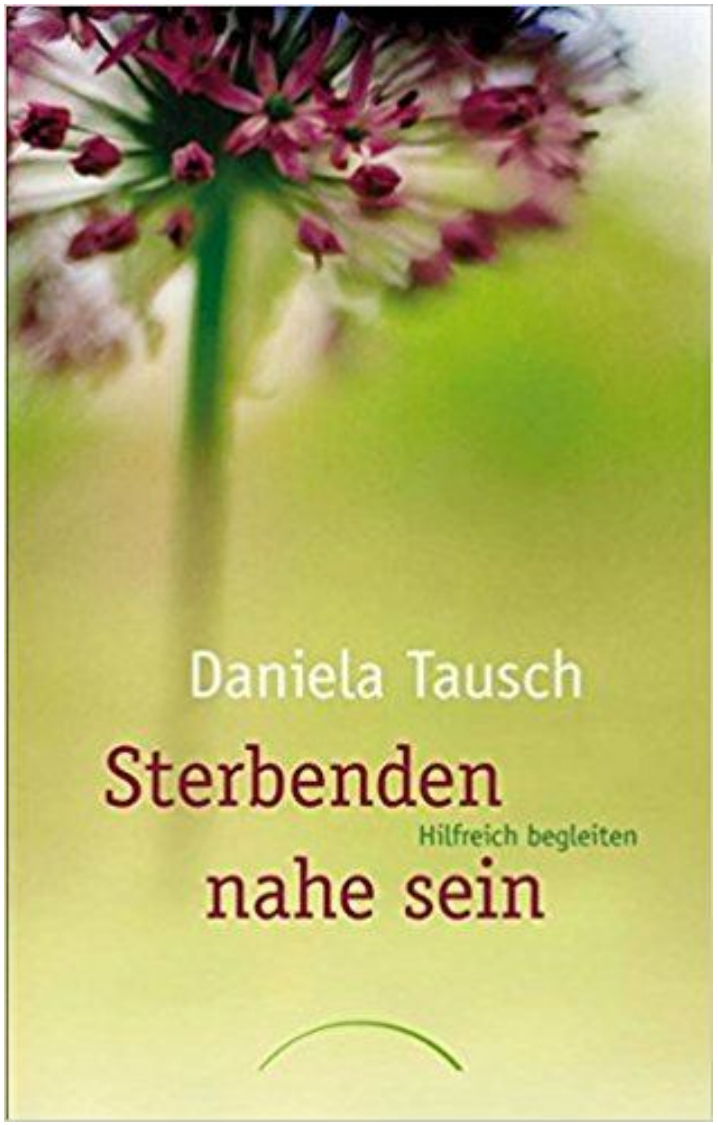
Publication Date: February, 2010
Author: Felix Gronau
Pages: 216

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

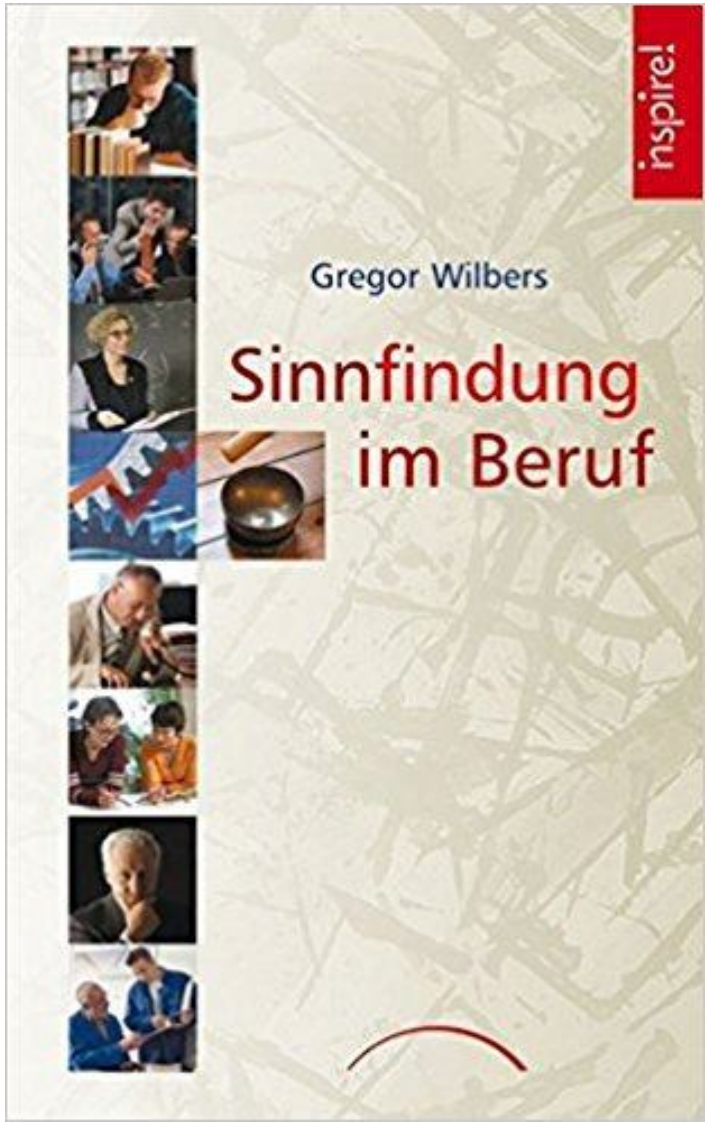
Helpful accompaniment

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

Sensemaking In Job



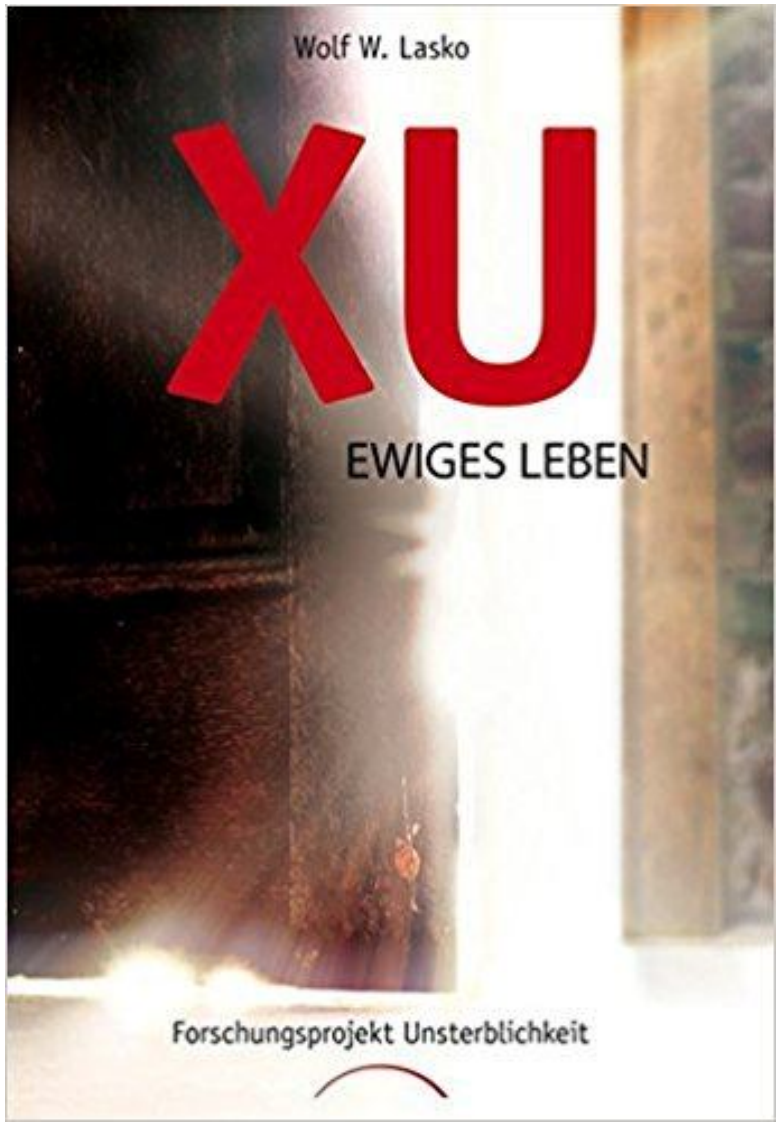
Publication Date: November, 2008
Author: Gregor Wilbers
Pages: 240

With increasing pressure in the job also the personal dissatisfaction grow. 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.

www.sinnfindung-im-beruf.de

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".

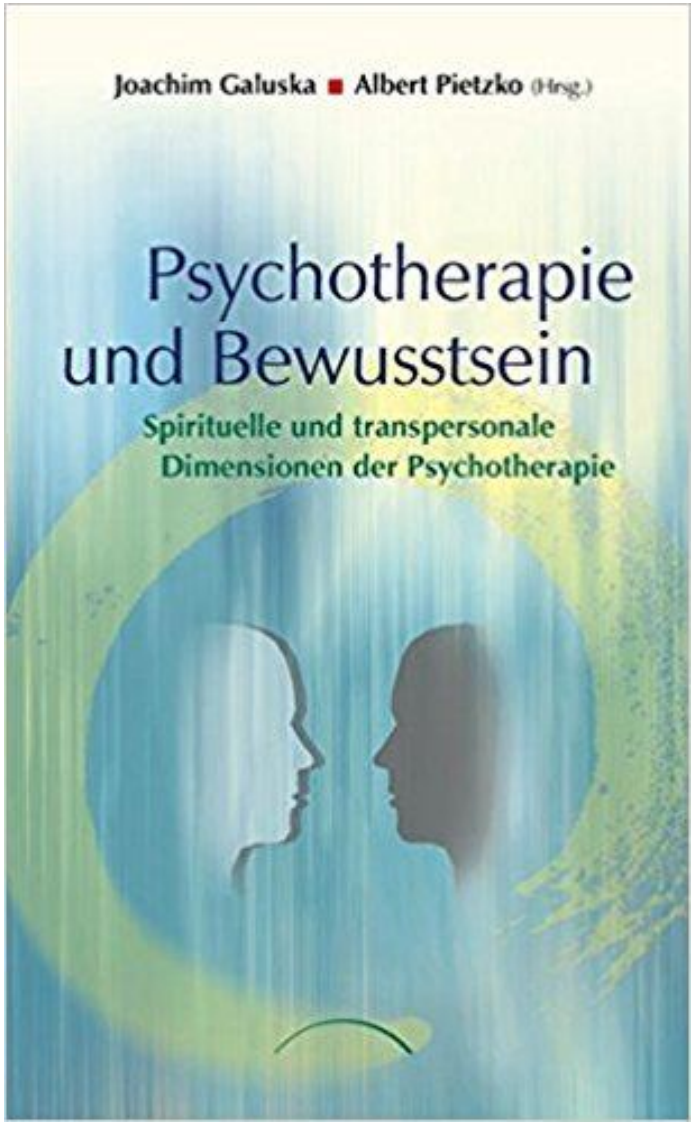
Business Can Be So Nice

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.

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