LÜCHOW

Spring 2022

Rights Guide

Kamphausen.Media

New

Healthy in the home office

Publication Date: March, 2022
Author: Katrin Lunge
Pages: 184

How to bring calm and structure to your digital everyday life

PEOPLE WHO WORK IN THEIR HOME OFFICE.
PARENTS WHO WANT TO KNOW HOW MUCH SCREEN AND DIGITAL TIME IS ADEQUATE FOR THEM AND THEIR CHILDREN.

Since the beginning of the pandemic, many workers have enjoyed the flexibility of the home office, therefore the proportion of the day we spend with screens and digital devices has significantly increased.
Katrin Lunge shows how an office has to be equipped and gives valuable information on the structure of the self-managed working day, for breaks, for sports exercises, the right diet and for the correct use of digital media in your free time.

-The A-Z of the home office is clearly presented

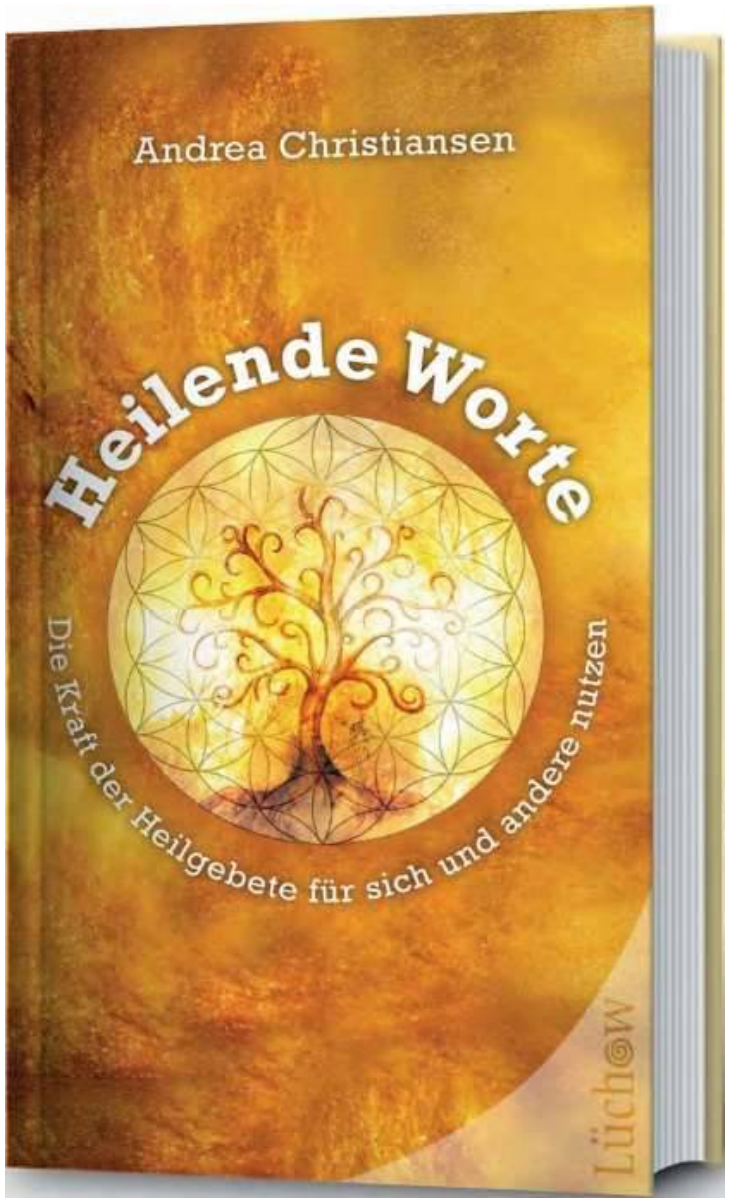
-The proportion of people working from home is increasing Steadily

-Comprehensive tips on relaxation, breaks as well as tricks for hardware

KATRIN LUNGE LIVES IN HAMBURG, DOING KUNDALINI YOGA, WORKOUT COURSES IN THE FITNESS STUDIO, ONLINE BALLET FITNESS, LIKES TO HIKE AND ENJOYS THE TOPICS OF FITNESS, WELLNESS AND HEALTH. SHE HAS WORKED AS EDITOR AND COLUMNIST FOR HEALTH AND WOMEN'S MAGAZINES. SHE IS AUTHOR OF THE BOOK "FAST STRESSKILLERS FOR THE OFFICE".

New

Healing Words



Publication Date: March, 2022
Author: Andrea Christiansen
Pages: 180

Use the power of healing prayers for yourself and others

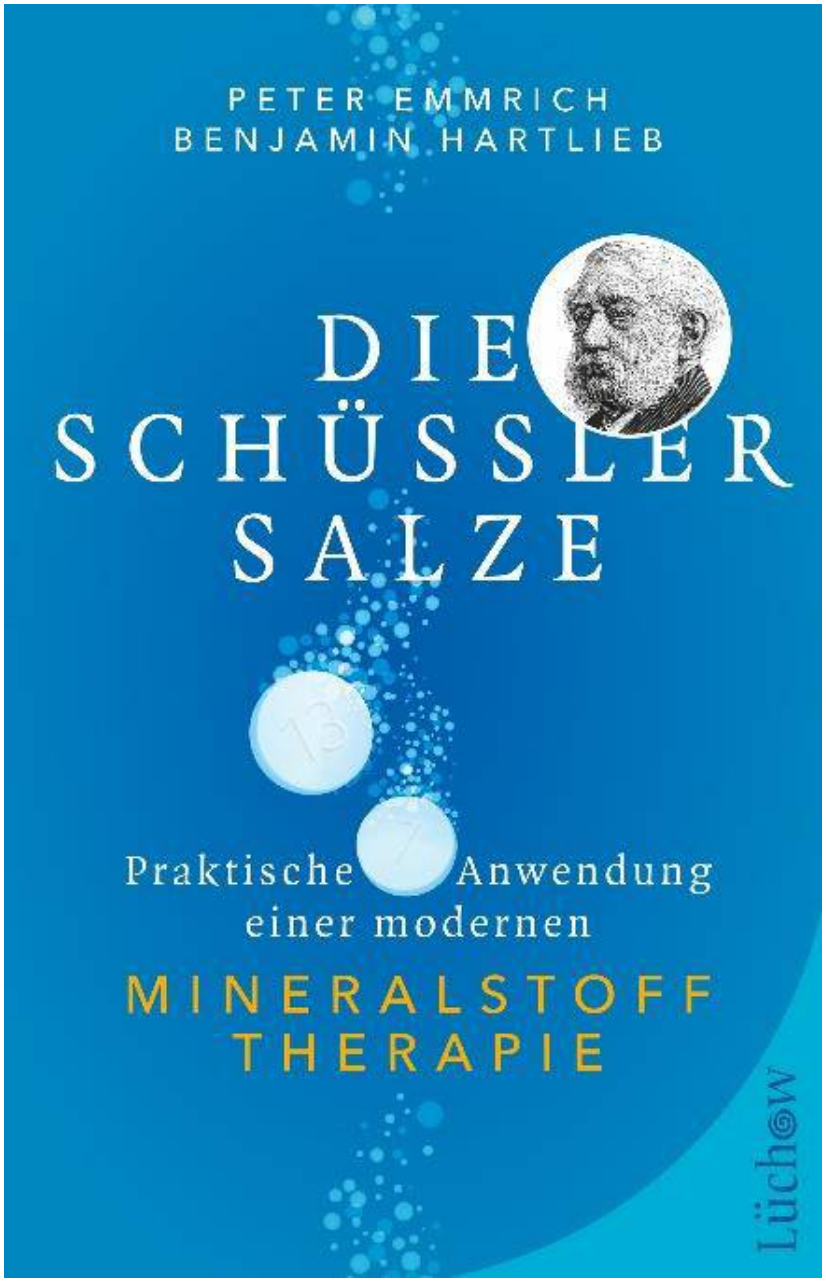
FOR PEOPLE WHO NEED SPIRITUAL HELP IN THE CASE OF ILLNESS. AND FOR PEOPLE HELPING AND STRENGTHENING OTHERS IN CRISIS SITUATIONS.

More and more people are open to the possibilities of energetically healing methods. One of the most beautiful ways to assist others is praying for them.
Healing prayers have been around for centuries and are known to be used for recovering the sick alone or to ask for recovery collectively. With this book, the author would like to inspire readers to awaken their own healing and comforting abilities to increase the health of yourself and others.

- With many healing prayers from different cultures
- Practical applications for everyday life
- Ideal as a gift book

ANDREA CHRISTIANSEN HAS BEEN WORKING AS NATUROPATH FOR 25 YEARS AND AS LEARNING THERAPIST FOR 15 YEARS. SHE IS TRAINED IN NLP, MEDICAL HYPNOSIS, SHAMANIC HEALING TECHNIQUES AND TRAINED IN TRAUMA THERAPY AND HAS BEEN A REIKI MASTER SINCE 1999. SHE HAS PUBLISHED SEVERAL BOOKS, INCLUDING "MUDRAS", "LIGHTER LIVE WITH YOGA", “MORE SELF-CONFIDENCE FOR YOUR CHILD” AND “YOGA FOR THE EYES”. THE UNIQUENESS OF EACH PERSONALITY IS THE MOST IMPORTANT ASPECT OF HER WORK.

Schuessler Tissue Salts



Publication Date: July, 2021
Authors: Peter Emmrich, Benjamin Hartlieb
Pages: 144

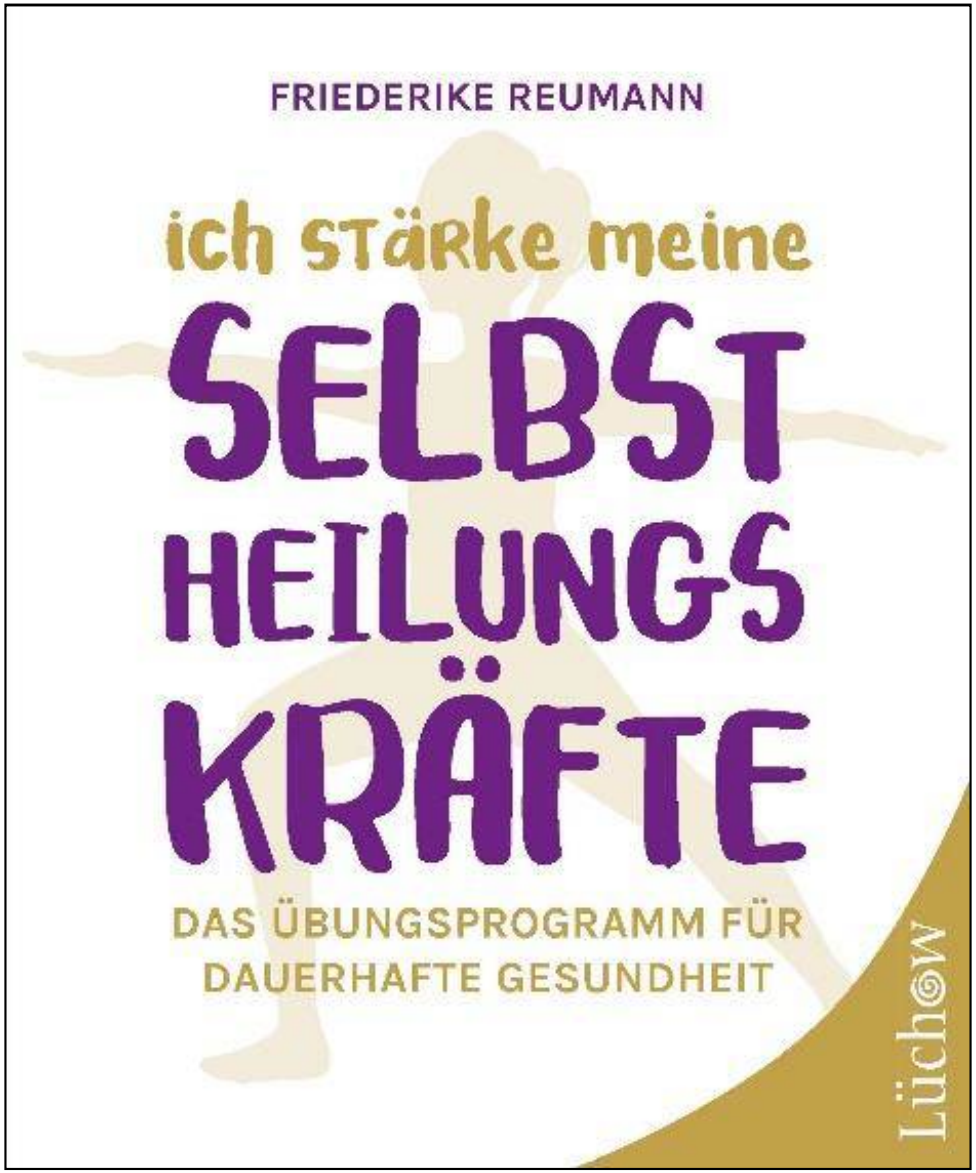
Practical applications of a modern mineral therapy

The interest in alternative health methods is steadily increasing. Along with homeopathy and natural medicine, Schuessler Tissue salts are among the best-known alternative medical remedies and are available in many home pharmacies.
With this modernly conceived guide, the authors present a practical application book, which, in addition to necessary background knowledge and case studies, contains all the important explanations for treatment. A comprehensive and practice-oriented description of all Schuessler Tissue salts and their areas of application for both beginners and experienced therapists provides an easy and compact introduction to the topic of natural health and prophylaxis.

- Easy access to the application in everyday life
- Written from the practical experience of the authors
- Background knowledge brought to the point

Peter Emmrich is a graduate biologist, chemist and specialist in general medicine with additional qualifications in homeopathy, naturopathy, acupuncture, sports medicine, manual medicine and palliative medicine. He runs a family practice in Pforzheim and has a lectureship in general medicine at the University of Tübingen.
Benjamin Hartlieb is a state-approved osteopath and non-medical practitioner. Together with his wife, he runs a practice for osteopathy and naturopathy in Pforzheim, is a cooperation partner of the Fresenius University of Applied Sciences and supervises osteopathy students in the clinical semester.

Self-Healing Is A Body Matter



Publication Date: March, 2021
Author: Friederike Reumann
Pages: 200

Listening to the body – responding to symptoms

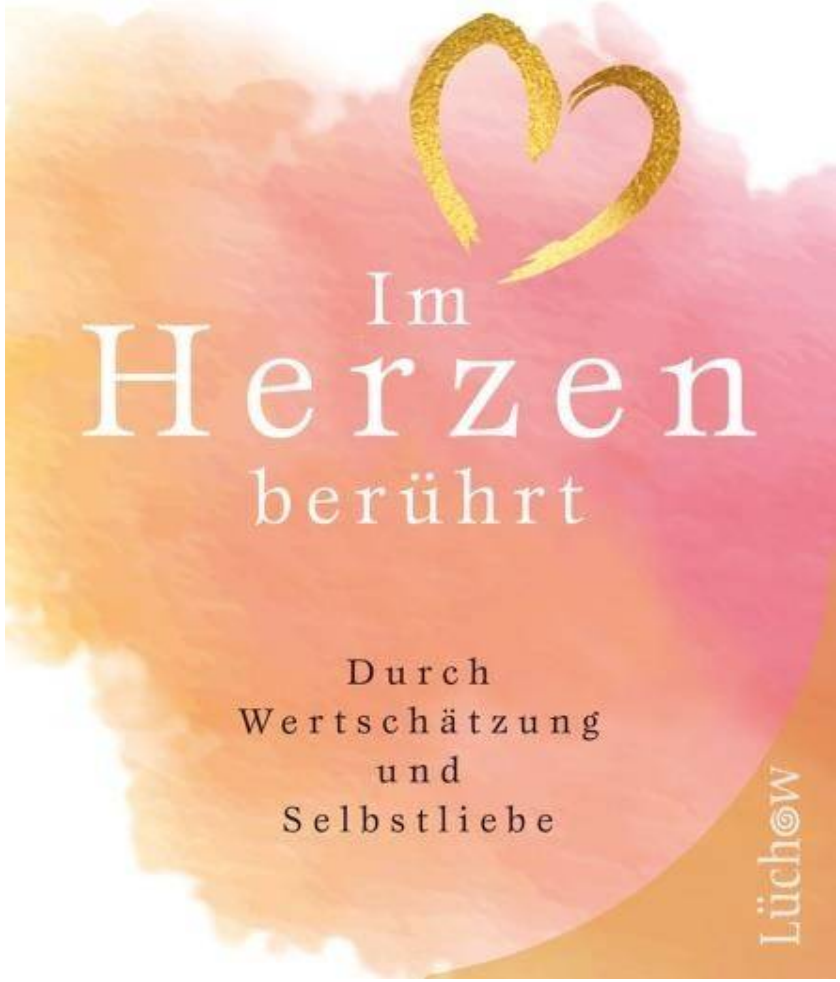
The body has the ability to regulate and heal itself. To do so, it needs sufficient energy to develop its self-healing powers. The easy-to-use basic exercise program - composed of TCM and osteopathy - is used for prophylaxis. It enables the body to replenish its energy reserves and activate its self-healing powers. In-depth and advanced exercise programs for common ailments, such as joint pain, muscle cramps, digestive problems, headaches, dizziness, loss of vitality and many more, help the reader to meet his individual complaints in a targeted and practical way. Basic and exercise program for individual complaints according to the principles of osteopathy.

- Easy-to-use basic and advanced programs for more vitality and better health in everyday life
- Combines knowledge from TCM, osteopathy and conventional medicine
- Easy to use exercises for activating self-healing powers

Friederike Reumann, born in 1983, physiotherapist, alternative practitioner and osteopath with her own practice and yogaloft at Steinhuder Meer. Supervision of competitive athletes (basketball), leader of numerous workshops and seminars, publications in professional and health magazines (e.g. Paracelsus, deine Gesundheit), editor of several health guides and her own practice magazine.

Touched By Heart

ISABELLE SCHUMACHER



Publication Date: September, 2019
Author: Isabelle Schumacher
Pages: 200

Through appreciation and self-love

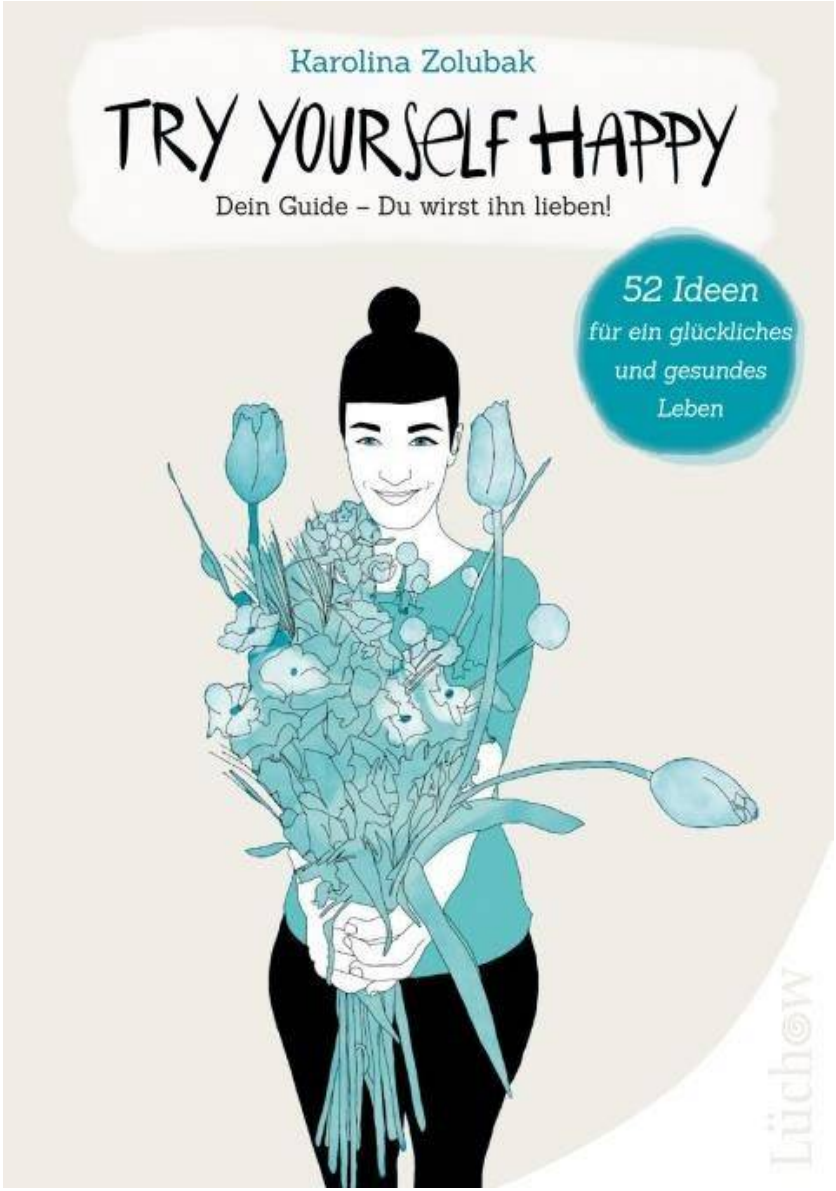
Every person has the right to live the life he dreams and longs for. Everyone strives to make his talents and strengths shine, to invite good relationships, love, friendship, health and security into his life – but why can't he? Because he has not learned to let go of worries, hardships, obstructive thought patterns. Because he does not open his heart. And this book is about this necessary opening of the heart and thus healing these old patterns!

A practical book for more strength, joy and potential unfolding.

Isabelle Schumacher worked for a long time as an advertising and communications specialist and marketing manager. After a burnout, she completed training as an energy therapist, astrologer, mental and meditation teacher, NLP coach, studied various energetic healing methods and founded the Ausbildungszentrum Ausgleich GmbH in 2005. She has been an expert in the field of energetic medicine, information medicine and mediality for over 25 years. She passes on the wealth of her many years of experience in seminars, lectures and training courses.

www.isabelle-schumacher.ch

Try Yourself Happy



Publication Date: September, 2019
Author: Karolina Zolubak
Pages: 150

A modern, illustrated companion for 52 weeks, full of motivation, simple strategies and practical tips

"Try Yourself Happy" is a journal for the modern urban person who would like to have more joy and balance in his life, but does not know where to start.
"Try Yourself Happy" is an illustrated journal with 52 tips for a happier, healthier and more fulfilled life. This book will help the reader to try out a strategy every week for a year to see which ones please and stay - and which ones are allowed to leave.
Each topic is illustrated with love and is accompanied by the author's personal experiences, who has tested all strategies on herself over the last ten years; there are also tips on books, links, apps, tricks and more.
This book is not here to be read, it is here to be lived! Let's go on this journey together: Try Yourself Happy!

Karolina Zolubak is a cultural scientist and has been working in the holistic health sector for many years. She is a trained relaxation therapist with an enormous fascination for the connection between mind and body and happiness research. Karolina is an illustrator and lives in Berlin. She sees herself as a mediator between two worlds: the magic of mindfulness and the advantages of modern life.

Move To Be Your Own

Publication Date: January, 2018
Authors: María Holl, Walter Holl
Pages: 160

Exercises for Self-Development

This book is an invitation to a dynamic process of unfolding the very core. It is a journey to a truly fulfilled life, not "higher, faster, farther", but to come "to your home". An intense process that leads to silence and a new inwardness with the help of carefully selected Taoist practices from Silent Qi Gong, Meridian Doctrine, Personal Therapy and Transcendent Traditions.

Simple and practical exercises workable for everyone and that will help you to become more independent and responsible and to find and establish a new, appropriate way of you life.

An ideal way to self-development.

www.maria-holl.de

Be Happy Like Your Cat

Publication Date: September, 2011
Author: Birgit Adam
Illustrations : Roberto Neko
Pages: 100

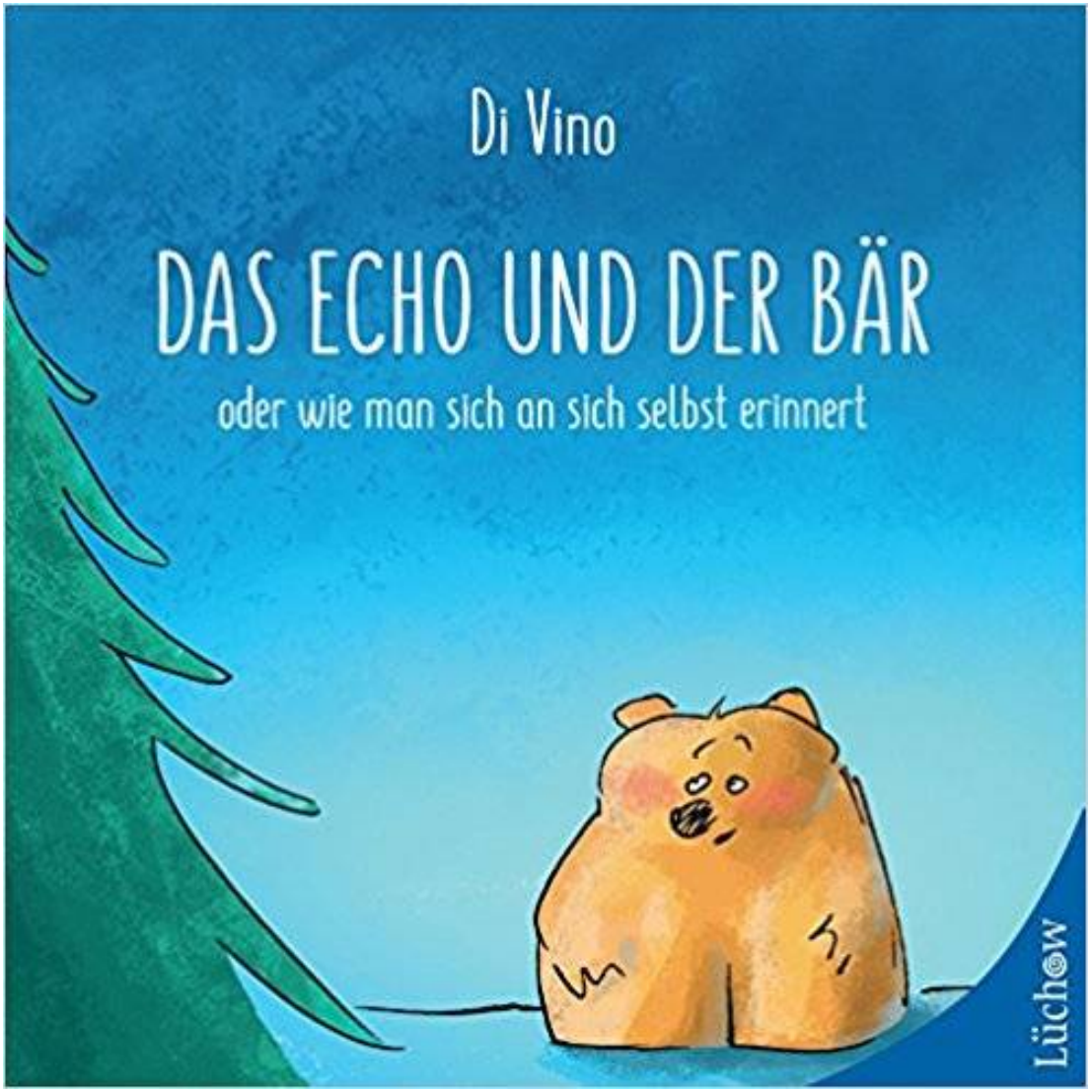
How to learn peace and happiness from our beloved tomb tigers

Cats are mysterious - but they also have a lot to say about lifestyle. They do not settle, they care for their well-being, and cats spend many hours to concentrate on the essentials.

46 short chapters such as "Just no hustle and bustle!", "Get out of the ordinary" or "Be in the right place", and funny illustrations shows in this book not only the philosophy for amusement, but also for reflection.

Brasilian rights sold

The Echo And The Bear



Publication Date: October, 2017
Author: Stefan Wein (Di Vino)
Pages: 60

How to remember yourself

In the middle of every bear's life, the question of sense of life emerges.

After expressing his dissatisfaction, the bear hears the voice of the echo and thus receives answers and advices that encourage him to look for new ways.

He follows his dream of flying, but ends up rediscovering an old passion and his real vocation.

A poem about the life and the reliability of the inner voice.

Being Free

Publication Date: Septiembre, 2017
Author: Stefanie Menzel
Pages: 288

Living lighter with healing energy

The aura - the energy field surrounding the body - provides us with life and consciousness and connects us with our environment. The position of a person in life, our charisma and success, are significantly dependent on the function and performance of our aura. This process is negatively affected by the fact that all the injuries and negative emotions that we have experienced in our life are stored in our aura – and this can eventually induce emotional emptiness, blockages and physical illnesses.

The author describes in her book how our aura works, and she gives us tips and instructions about how to overcome negative emotions and to increase our energy level.

Thanks to breathing exercises, chakras and constellation work, Stefanie Menzel explains in her book how we can change our life.

www.stefanie-menzel.com

Therapy Yourself!

Publication Date: March, 2017
Author: Yvette Pichlkostner
Pages: 140

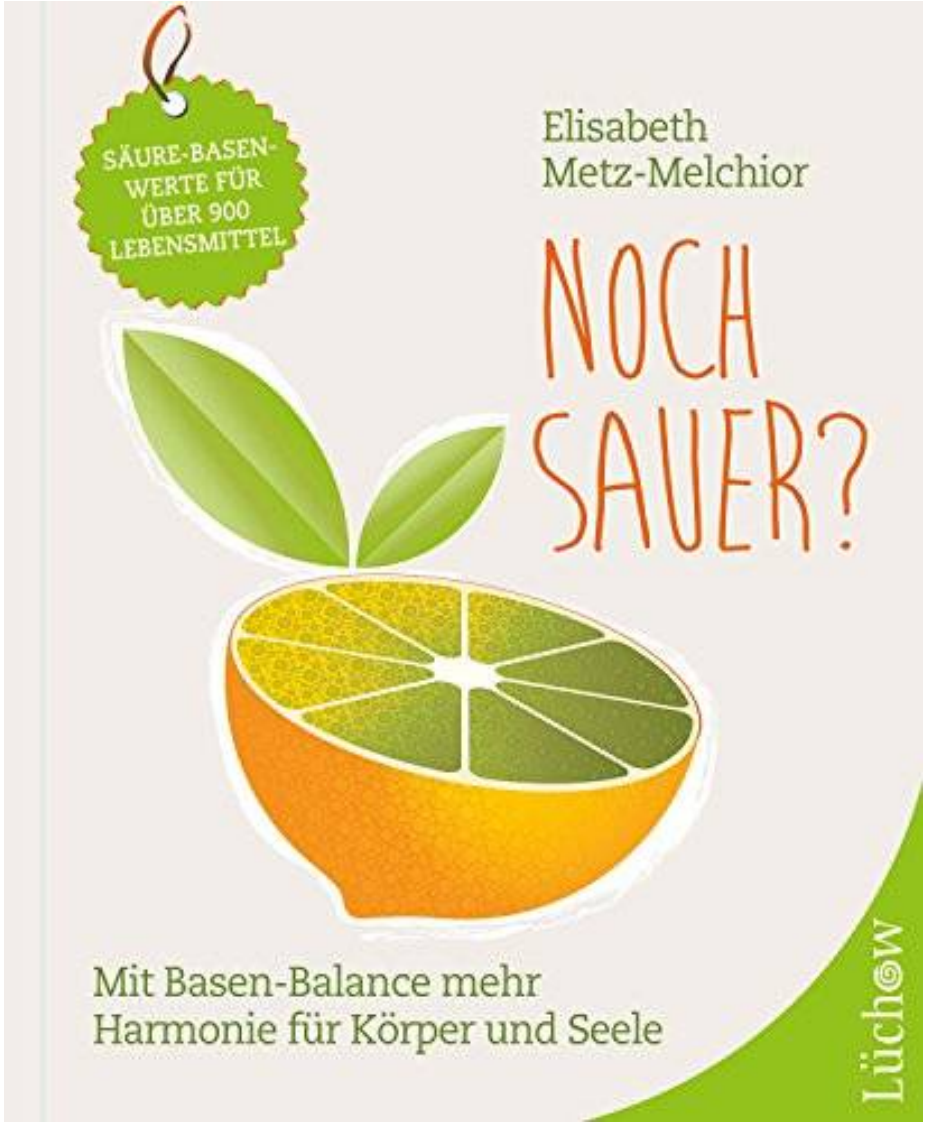
Identify, negotiate and solve your internal problems

Yvette Pichlkostner provides with her book "Therapy yourself" a practical guide to the identification of our mental states and shows us how we can solve mental stress situations.

Humorous and lifelike, with numerous instructions and helpful exercises, she explains how subliminal mental conflicts and stress can be solved. Thus, negative beliefs and behavior patterns can be changed by applying psychotherapy and mental coaching in an inner dialogue with yourself or an external person, but without a therapist.

The book includes 26 exercises for self-application.

Still Acid?



Publication Date: December, 2016
Author: Elisabeth Metz-Melchior
Pages: 180

More harmony for your body and soul with acid-base balance

Another book about the acid-base balance? No, this book offers more:

It shows what has taken us so far away from our innermost self in terms of health, nutrition and lifestyle and how we can find new ways to get back to ourselves.

Talking about this topic in an acid-base guidebook initially seems unusual. But on a closer look, however, this question opens up, because not only what we are eating, but also our attitude while we are taking a meal is affecting our health.

This guide contains not only concrete tips on base nutrition supported by Schuessler Salts, but also includes many suggestions for how to handle with food and with ourselves.

www.metz-melchior.de

The Principle Of Self-Empowerment

Publication Date: March, 2016
Author: Siranus Sven von Staden
Pages: 200

8 steps to your personal freedom

We were all born with a huge potential package. Over the years, however, we have forgotten that we carry this potential within us and adults have unconsciously made their contribution to keeping us small during our childhood. By telling us that we are not good enough, not intelligent enough, not beautiful enough. If we do not reactivate the inherent power in us, we will never become the person we really are.

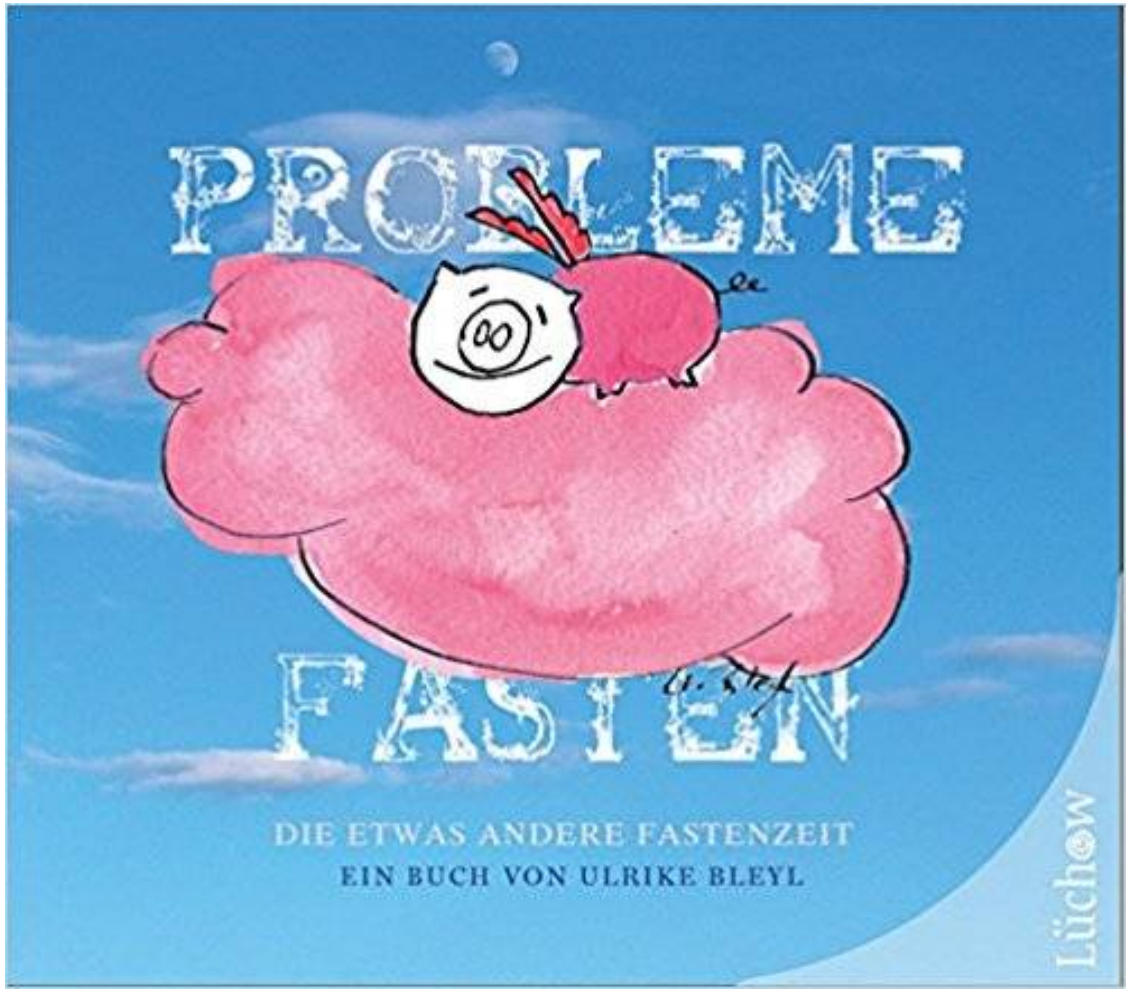
This book is fully devoted to the topic of your own power. It alludes to the discrepancy between power, powerlessness and abuse of power. It invites you in a humorous, touching, but also direct way to give up the smallness and to take your place in life. It uncovers your own limitations, fears and doubts and encourages you to go your own way.

Stand up! Take your place again, and live your creative power!

Siranus is the founder of the transformation and healing method "Quantum Energy", successful author of currently 25 books, coach, and lecturer. His books are published in Dutch, Flemish, French, Spanish, Hungarian, Bulgarian and Polish languages.

www.siranus.com
www.LifeRevolutionAcademy.com
www.quantum-energy.de

Fast Your Problems



Publication Date: February, 2016
Author: Ulrike Bleyl
Pages: 128

A different fasting period

Do not fast food, but problems! Author Ulrike Bleyl recommends us in a convincing way why we do not fast problems instead of food. How does it feel when we are no longer prepared to deal with our 'inner garbage' every day? We refuse the problems, say 'No, not now, thank you!' Why is it so hard to saying? What converts the challenges of our life in a problem? Why do we cultivate our problems?

In this book, the reader is gently introduced to a particular form of diet, to recognize himself and his/her emotions and to learn self-respect.

www.mondvogel.com

Power Animals & Soul Mates

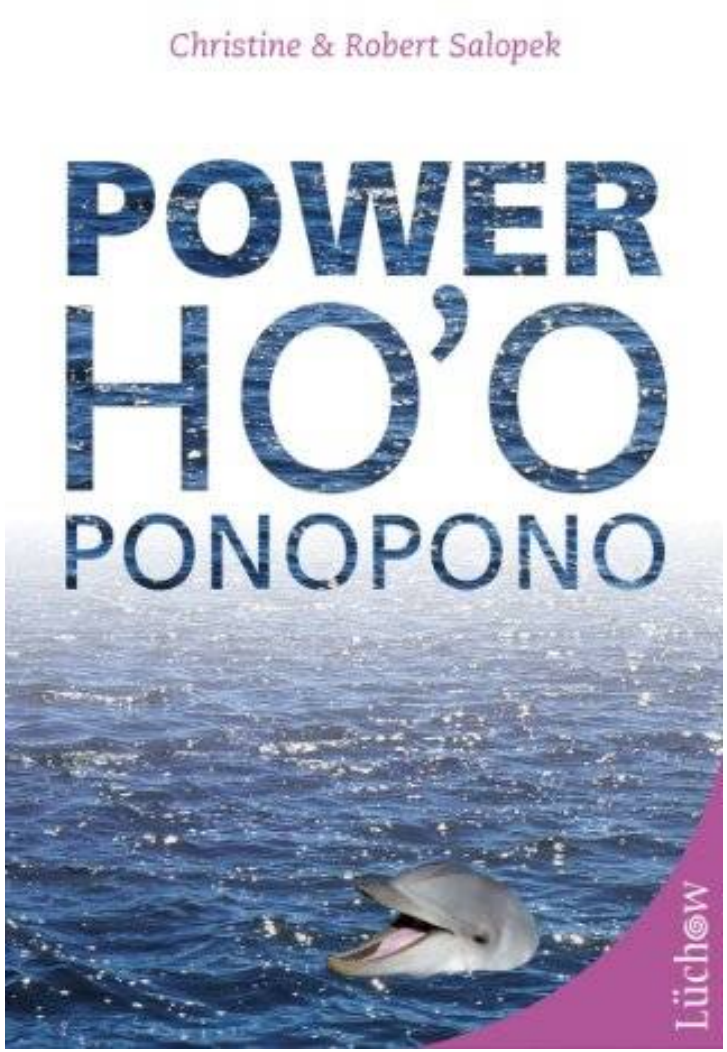
Publication Date: March, 2014
Author: Stefanie Glaschke
Pages: 160

Stefanie Glaschke is convinced that every person has a personal power animal and thus a soul mate. In this book she shows ways of how to find this animal and how useful this can be. She introduces different power animals and gives advice on how to contact them and what they can do for you. She also describes concrete problem situations and what we can learn from animals in such cases.

In addition, she describes the use of animals in modern medicine and therapy and gives an interesting digression on the godlike role of animals in the past and the importance and fascination of power animals in shamanic culture.

Stefanie Glaschke is a modern witch. With her magic, she wants to strengthen and support the people. As a modern woman, she combines her magical skills with in-depth psychological knowledge. She works as coach and lecturer.

Power Ho'o Ponopono



Publication Date: November, 2013
Author: Christine & Robert Salopek
Pages: 96

Bringing spirituality into everyday life

In their second book "Power Ho'oponopono" Christine and Robert Salopek connect the ancient Hawaiian shamanic healing method Ho'oponopono with the power of symbols and present it with original formulations of powerful sentences of forgiveness adapted for today, in a fresh and modern form more appropriate to our times, with uniquely formulated powerful sentences of forgiveness.

Totally new, and yet in line with the original practice – so freely and diversely as it has been applied for hundreds of years in Hawaiian families – the authors demonstrate how to use the four steps of "Power Ho'oponopono" (assuming responsibility, acceptance, gratitude and love) to bring about conscious change in your life and thus achieve prosperity, health, freedom and happiness. The rest is trust in the Divine that healing will happen.

In the U.S. Ho'oponopono is an acknowledged form of therapy.

www.christine-salopek.com

Through The Menopause
With Schuessler Cell Salts

Publication Date: June, 2013
Author: Zora Gienger
Pages: 160

The natural way to health and well-being

Symptoms of aging, loss of fertility, depressive moods, hot flashes, physical and mental changes, evince that our body and soul get out of rhythm.

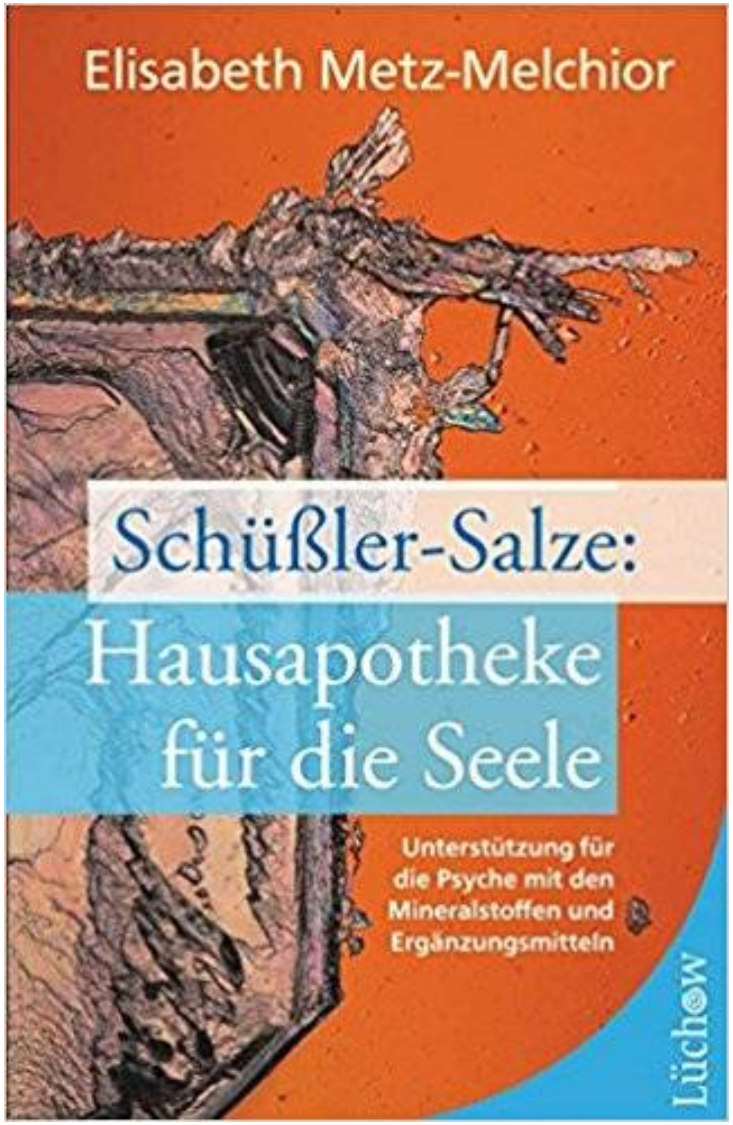
A self-treatment with Schuessler cell salts ensures that you can find a new rhythm of life and that menopause is a chance to start and shape a new and interesting stage of your life.

This practical guide introduces you to the healing system of Schuessler cell salts and describes in detail each of the twelve basic salts and their physical and mental-psychological aspects. In detail are describes deficiency symptoms and the fast and safe selection of a mineral salt.

In addition, this volume shows how the salts can be used for certain symptoms during menopause.

www.zora-gienger.de

Schuessler Cell Salts:
Medicinal Chest For Your Soul



Publication Date: March, 2013
Author: Elisabeth Metz-Melchior
Pages: 200

Support for your psyche by minerals and supplements

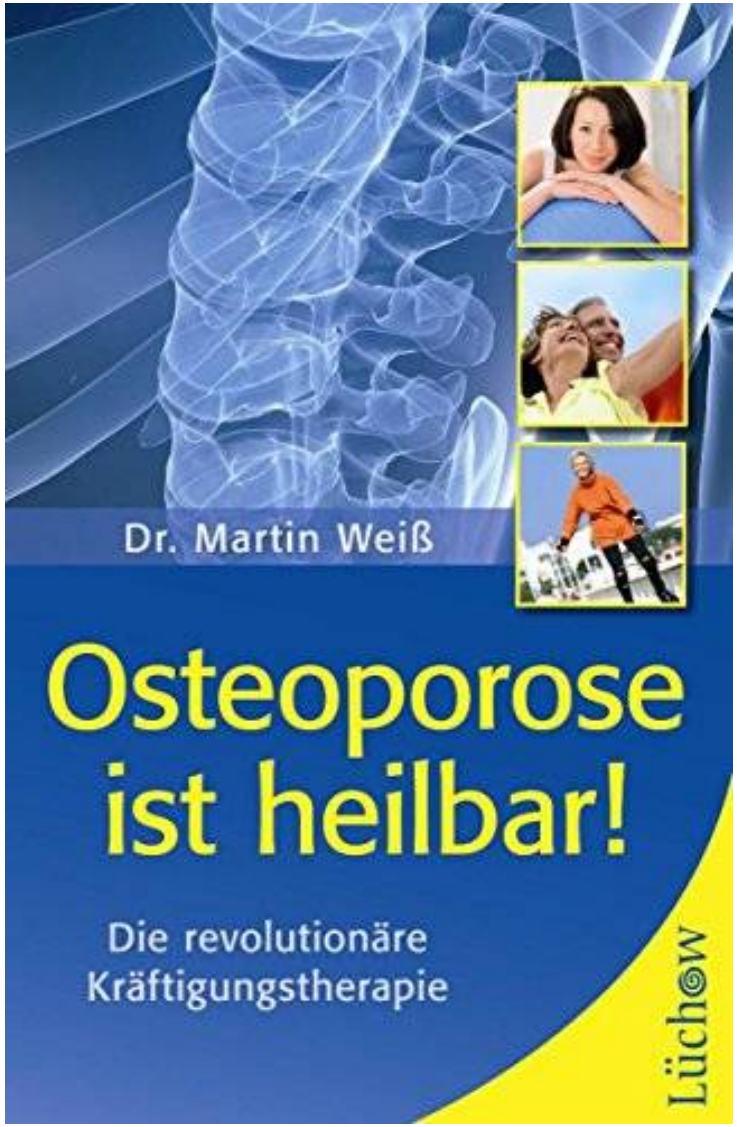
We all long for more serenity and peace, but at the same time, we face an increasing demand in work and private life, that often makes us helpless. In her new book, Elisabeth Metz-Melchior shows how to use the power of life salts according to Dr. med. Schuessler in order to encourage our mental capacity and strength.

Become your own stress manager with the help of Schuessler cell salts!

In this book, every Schuessler salt and supplement salt is provided with the underlying soul-body pattern and its corresponding medicinal plants and healing stones. This book explains in detail how they work, how they help, how you can use them.

www.metz-melchior.de

Osteoporosis Is Curable!



Publication Date: December, 2012
Author: Dr. Med. Martin Weiss
Pages: 136

The revolutionary strengthening therapy

Osteoporosis is curable! In his revolutionary book, Dr. Martin Weiß explains how: The effect of his strengthening training program for patients which are suffering osteoporosis, is scientifically recognized and has been tested in practice on many patients.

Osteoporosis is a common disease - in fact, it is the most common bone disease. Bone atrophy is characterized by low bone mass and excessively rapid degradation of bone structure that can provoke fractures.

With strength training, however, you can prevent it - and the experienced doctor Martin Weiß shows in this guide how it works.

www.dr-weiss-rosenheim.de

4 editions!

Just Be Awesome

Publication Date: September, 2012
Author: Kurt Tepperwein
Pages: 120

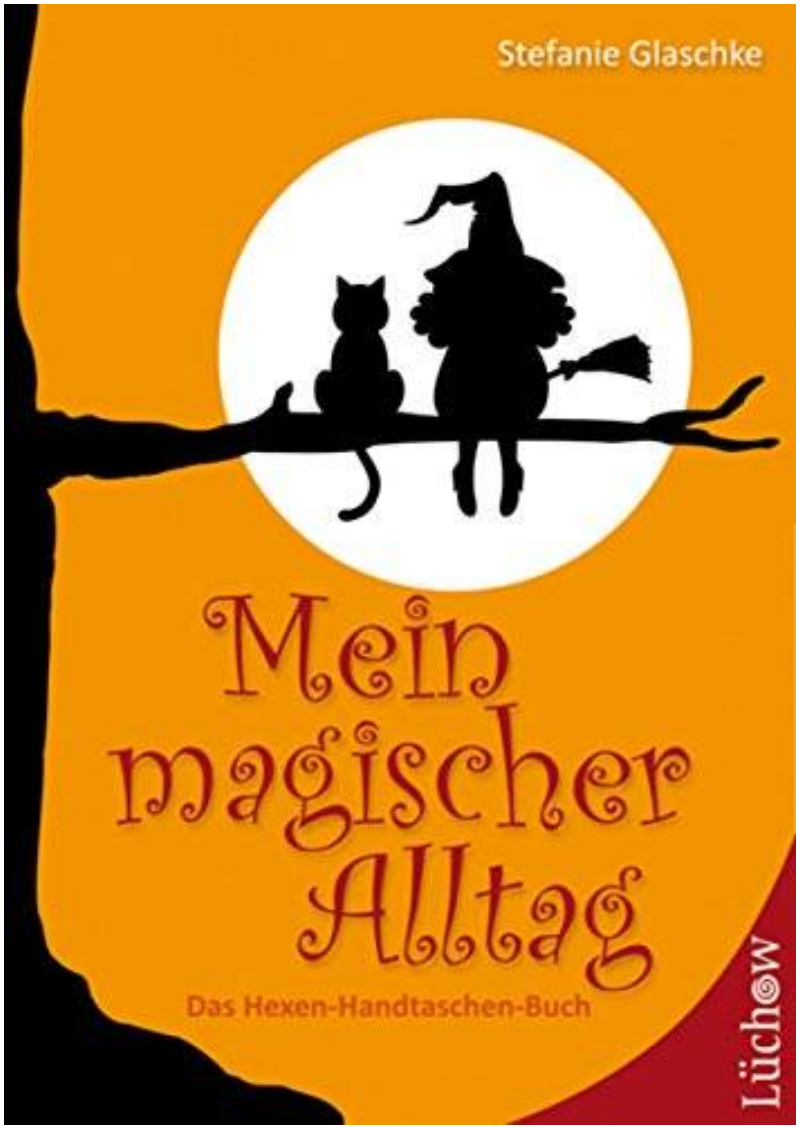
We often read that life is about “just being". Said and done? The experienced intuition trainer Kurt Tepperwein knows the pitfalls when settling into this art. In his book, he shows us a strategy of change our life that really works.

This strategy surrounds our true essence and works with exercises suitable for everyday use, that help us sustainably to increase our vibration frequency.

At the end, we will be able to return to our innate ingenuity: our very own source of happiness through an unadulterated intuition that allows us to go through life in a new way: gracefully, immersed in thoughtlessness and aware of our whole potential.

www.tepperwein.net

My Magical Everyday Life



Publication Date: October, 2011
Author: Stefanie Glaschke
Pages: 120

The Witches Manual

Sometimes, you also wish to conjure in housework or parenting? To make life a little more pleasant and easier with special powers? Then the witches manual is just the right thing for the magic of your everyday life.

With a wink and yet down-to-earth Stefanie Glaschke chats out of her magic sewing box. Even for very practical questions the white magic offers answers and resources. Tips and tricks for love, family, money and health vanishes your troubles and worries as if by magic and turn even the most boring routine into a magical moment.

An entertaining reading pleasure for those who like black cats and do not just want to use brooms to sweep...

Basic Schuessler Cell Salts

Publication Date: August, 2011
Author: Elisabeth Metz-Melchior
Pages: 264

All about Schuessler cell salts

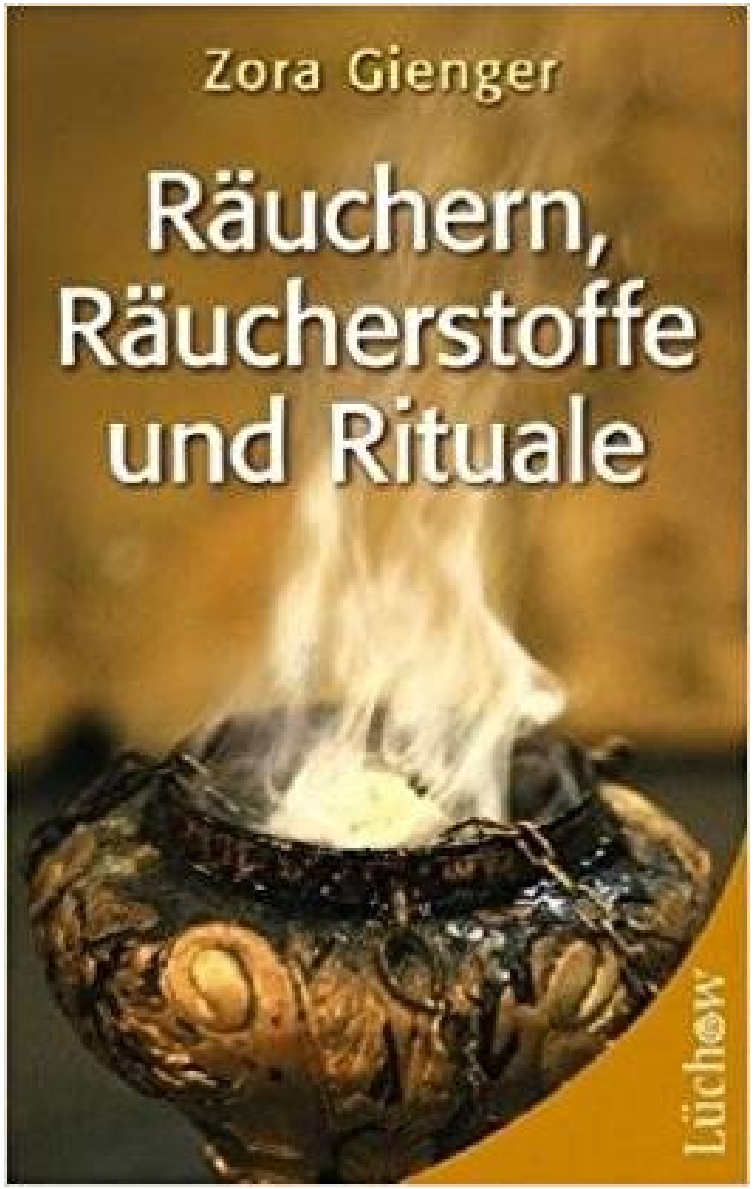
A guideline on the use of Schuessler salts for ailments, with an extensive study and tables for prompt linking of symptom and drug.

As in homeopathy, Schuessler therapists work with high potencies, that supply the body with important, missing mineral salts. This book briefly reveal the life and work of the discoverer of the salts, explains the effects of each salt and presents the results of a comprehensive empirical study that the author executed in her practice with Schuessler salts.

An extensive repertory lists helps you to find the right salt for many complaints.

www.metz-melchior.de

Incenses And Rituals



Publication Date: May, 2011
Author: Zora Gienger
Pages: 160

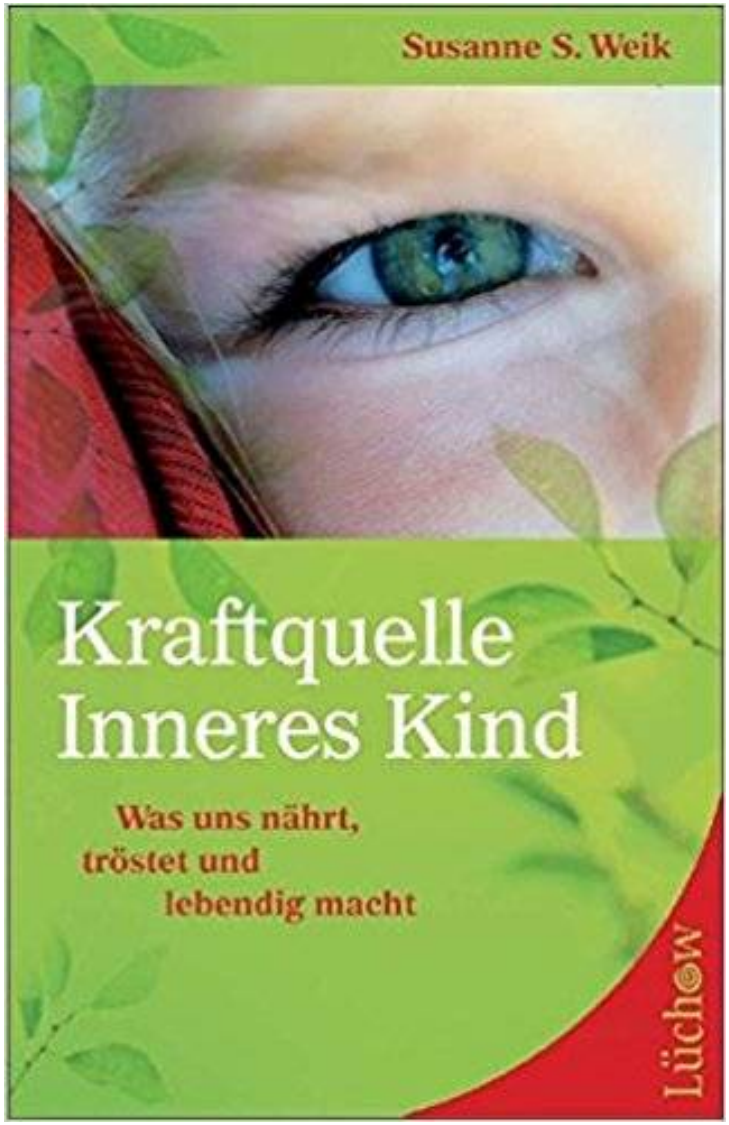
Using incense is one of the oldest spiritual practice of humankind. In all times and in all religions fragrant and purifying scents have been used to be closer to the deity, to purify spaces, to create rest areas or to relieve and heal illnesses.

In this book you will find everything you need to know about daily incense practice as well as information on the individual incenses (preferably from your own garden), utensils and incense rituals.

With a quick-fix system, which lists complaints and the corresponding incense.

www.zora-gienger.de

The Power Source Of Your Inner Child



Publication Date: March, 2011
Author: Susanne S. Weik
Pages: 223

What nourishes, consoles and keeps us alive

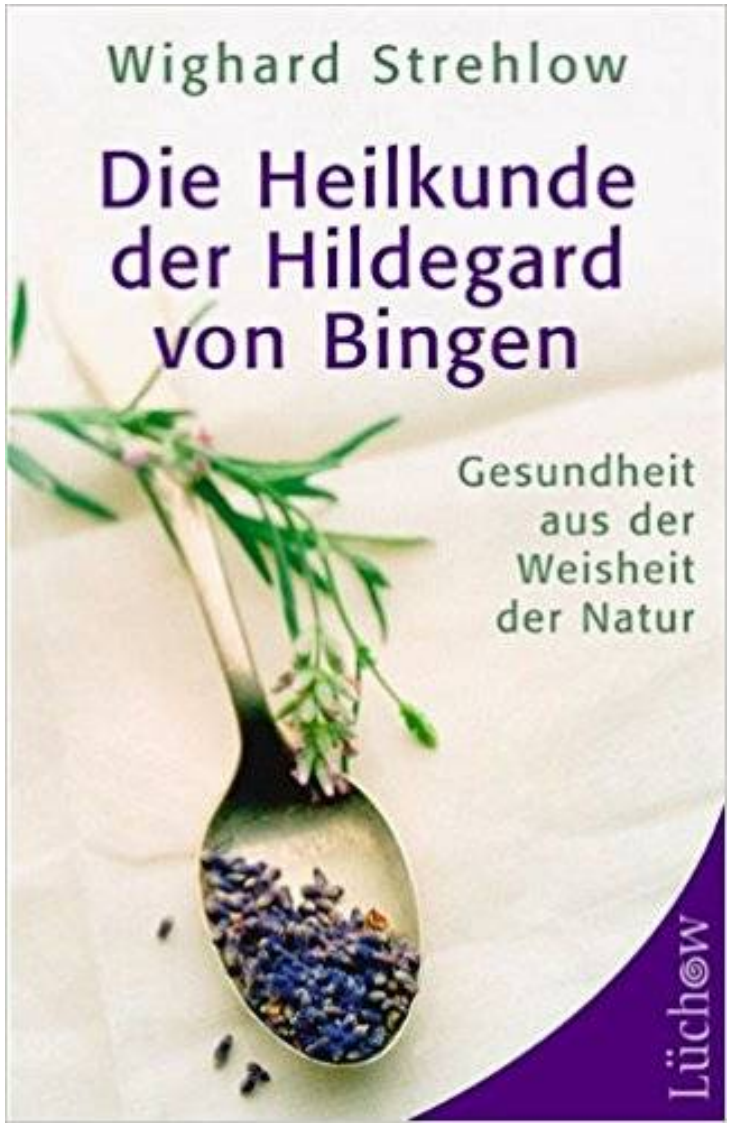
The long-awaited updated edition of the work with the Inner Child to Chopich / Paul for lay persons and therapists!

Susanne S. Weik shows impressively how we can use our hidden "childlike" resources for more enjoyment of life, creativity and self-esteem beyond.

This is an illustrated manual with countless case studies from many years of practical experience that invites you to playfully integrate a hitherto neglected power source into your own life: to life your dream!

www.susanne-weik.de

Hildegard Of Bingen's Remedies



Polish rights sold

Publication Date: September, 2010
Author: Wighard Strehlow
Pages: 400

Health from nature's wisdom

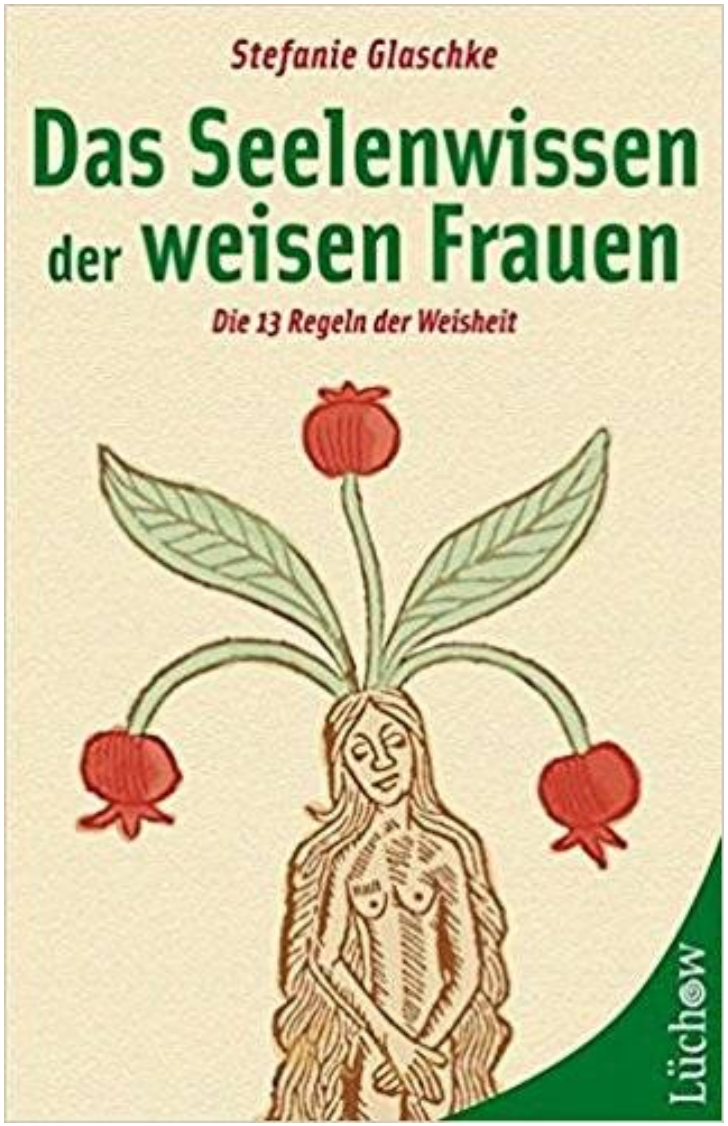
This guide is the basic work of the Hildegard-Remedies that stands for wholeness, for a balanced lifestyle and a treatment of the physical and mental symptoms of illness.

With this fundamental work. Dr. Wighard Strehlow describes in a comprehensive way the mental and physical causes of illness and their main remedies.

Systematically, all organs of the body and their diseases are described. Hildegard names each an important universal remedy that is able to restore the original state of health. The book is the result of many years of experience of the author with many thousands of pleased patients.

Dr. Wighard Strehlow is a noted scholar of Hildegard of Bingen who promotes her nutrition methods, medical treatments, and body-soul connection worldwide. Formerly a research chemist in the pharmaceutical industry, Dr. Strehlow directs and practices at the Hildegard Center in Allensbach on Lake Constance in southern Germany.

Soul Knowledge Of Wise Women



Publication Date: September, 2009
Author: Stefanie Glaschke
Pages: 160

The 13 Rules Of Wisdom

The traditional 13 life rules of wise women that can enable a more fulfilled life of your soul: These 13 rules of life say for example "Do what you want and do no harm to anyone!", "Be always honest with yourself!", "Use your knowledge wisely!" or "Honor the powers of nature!"

This guide includes exercises, recipes, behavioral tips as well as affirmations and finally a meditation to capture the psychological quality of each witch rule.

Muscle Strength Is The Strongest Medicine

Publication Date: May, 2009
Author: Dr. Med. Martin Weiss
Pages: 237

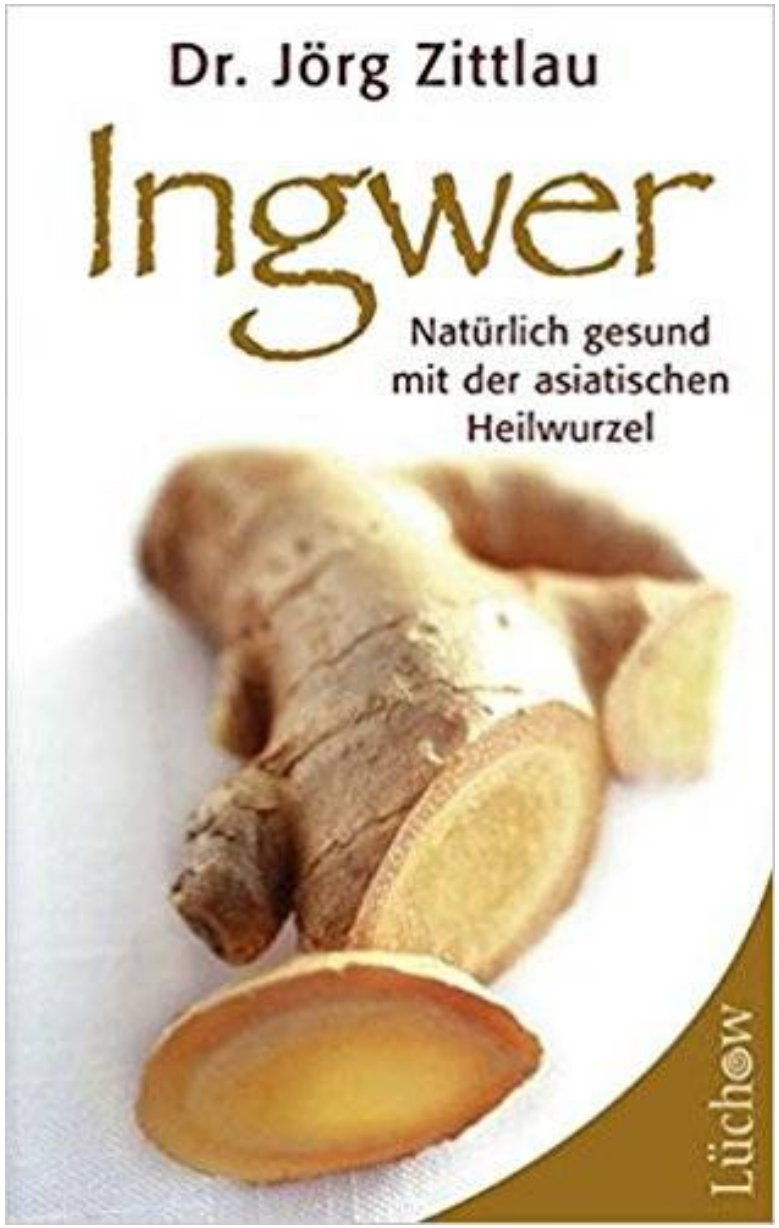
Healthy and fit with a medical strenghtening therapy

Countless people suffer from disorders of their musculoskeletal system. If significant functional or pathomorphological disorders are present, the success of the cure depends on the sensible interplay of medical measures and targeted training therapy. In case of unspecific back pain, training of the muscles often helps. Even with osteoporosis, signs of age, disc pain or golfers and runners problems a strengthening of the muscles brings rapid relief. Kieser training, a specially designed strength training, can not repair these damages, but prevent them.

The book introduces the problem of multiple symptoms or postural defects and shows how, in addition to a medical procedure appropriate to every particular case, targeted Kieser strength training can prevent further pain, strengthen the body and increase your well-being.

www.dr-weiss-rosenheim.de

Ginger



Publication Date: May, 2009
Author: Dr. Jörg Zittlau
Pages: 140

Natural health from the Asian medicinal root

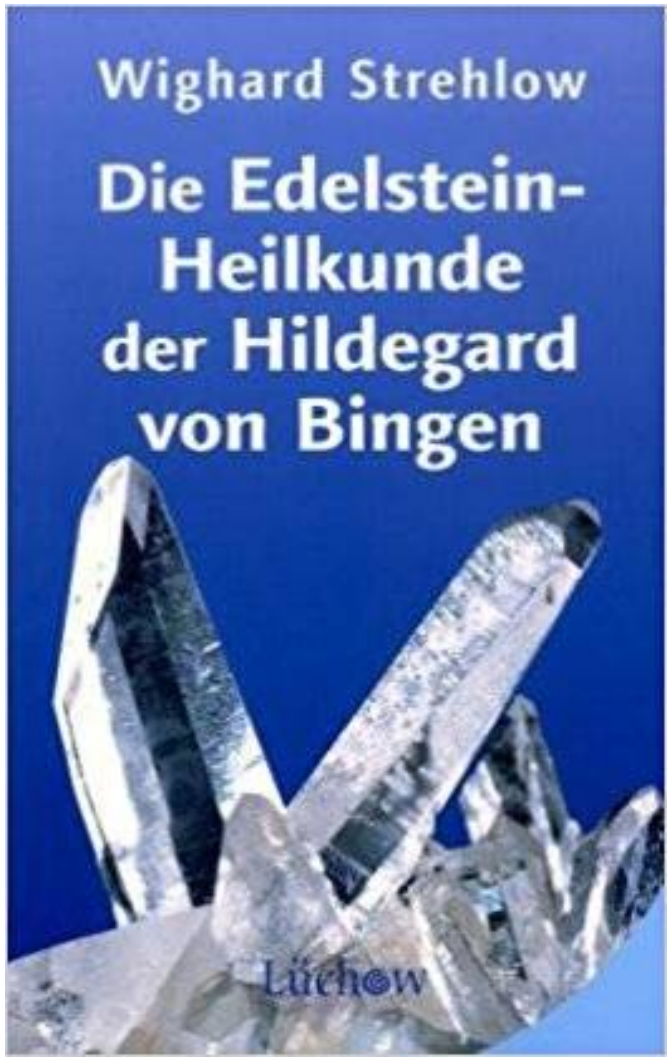
Ginger has an above-average profile of essential oils, an analgesic effect and helps preventively or therapeutically with loss of appetite, arteriosclerosis, gastritis or thrombosis.

But even better is that ginger tastes good and is an important ingredient of Asian cooking.

This book introduces you to the history of ginger, describing its utility in the kitchen and its healing properties.

www.joergzittlau.de

Hildegard Of Bingen's Gemstone Remedies



Japanese rights sold

Publication Date: January, 2009
Author: Wighard Strehlow
Pages: 180

According to Hildegard of Bingen, the gemstones are part of the human treasure. Due to their unusual healing properties, gemstones especially reach the diseases of our mental and spiritual areas.

These levels are often inaccessible to all other remedies. However, the gemstone forces reach all body cells and help to take energy, to regenerate and protect and to strengthen the body's defenses.

Twenty chapters of this book introduce to the gems described by Hildegard of Bingen and explain how they can be used in our daily life to improve health, vitality and quality of life.

Dr. Wighard Strehlow is a noted scholar of Hildegard of Bingen who promotes her nutrition methods, medical treatments, and body-soul connection worldwide. Formerly a research chemist in the pharmaceutical industry, Dr. Strehlow directs and practices at the Hildegard Center in Allensbach on Lake Constance in southern Germany.

Wise Women's Healing Knowledge

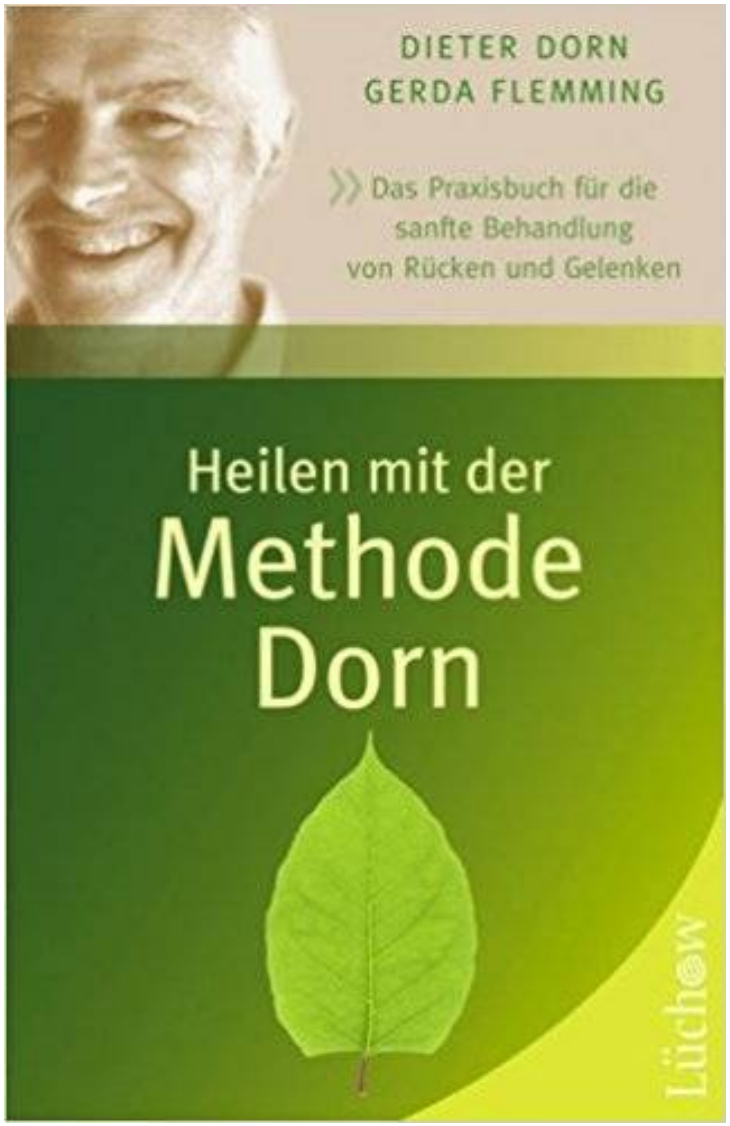
Publication Date: July, 2008
Author: Stefanie Glaschke
Pages: 157

Rituals, medicinal herbs, healing stones, spagyric and runes

Which practices were used centuries ago in Europe by healers, witches, herbal women or weeping wives? What can we use nowadays? What can withstand critical analysis? How magical is the healing art of wise women objetctively? Can normal people successfully celebrate rituals now?

The book answers these questions and also gives concrete instructions for practical implementation in our everyday life, presenting herbal medicine, healing stones, oils, spagyric and rituals.

Healing With The Dorn Method



Czech rights sold

Publication Date: January, 2008/ 2014
Author: D. Dorn/ G. Flemming
Pages: 191

The manual for the gentle therapy for the spine and joints

A practical self-help book for back problems: A wholistic, gentle, effective, non-manipulative and safe way to correct misalignments of the Spinal Column and other joints. In this book, Dieter Dorn and Gerda Flemming explain and deepen the theory and practice of this effective and safe manual therapy and true self help method that can help with backpain, sciatica, scoliosis, neck and joint pains, migraine, hip-problems, etc.

The authors show step by step how to gently treat the vertebrae, what can do the patient himself, because this method is an easy to learn therapy.

www.dorn-methode-therapie.de/en

Liberate Your Inner Child

Dutch rights sold in 2021

Publication Date: January, 2007
Author: Mike Hellwig
Pages: 200

How to give yourself what your parents never gave you

Many people look through their whole life for the love of their parents, for the recognition that was missing in their childhood. Some also believe that they could change their parents to make everything good. But what father and mother could not gave at that time, they can not give today.

However, we can heal this deep sense of forlornness by transforming ourselves into the small, abandoned child and giving him the love it needs. We ourselves can become parents for this child, the parents which we have always wished.

The author initiates in a gentle and loving way to find and allow the inner child, and he also shows how illness, crises, critical inner voices and dreams become ways to deepen your relationship to your inner child.

www.mike-hellwig.de

5 editions!

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