Bücher, die den Horizont erweitern

Rights Guide
London Book Fair 2019

www.mankau-verlag.de

New

Thunderstorm In Your Head

Author: Maria Holl
Publication Date: April, 2019
Format: 160 pages

Stop migraines and headaches sustainably

Migraine or tension-type headache affect many people around the world. Typical symptoms include recurrent and pulsating headaches, often accompanied by nausea, vomiting, and sensitivity to light and sound. Migraine complaints usually start at puberty, but sometimes they start at the age of three.

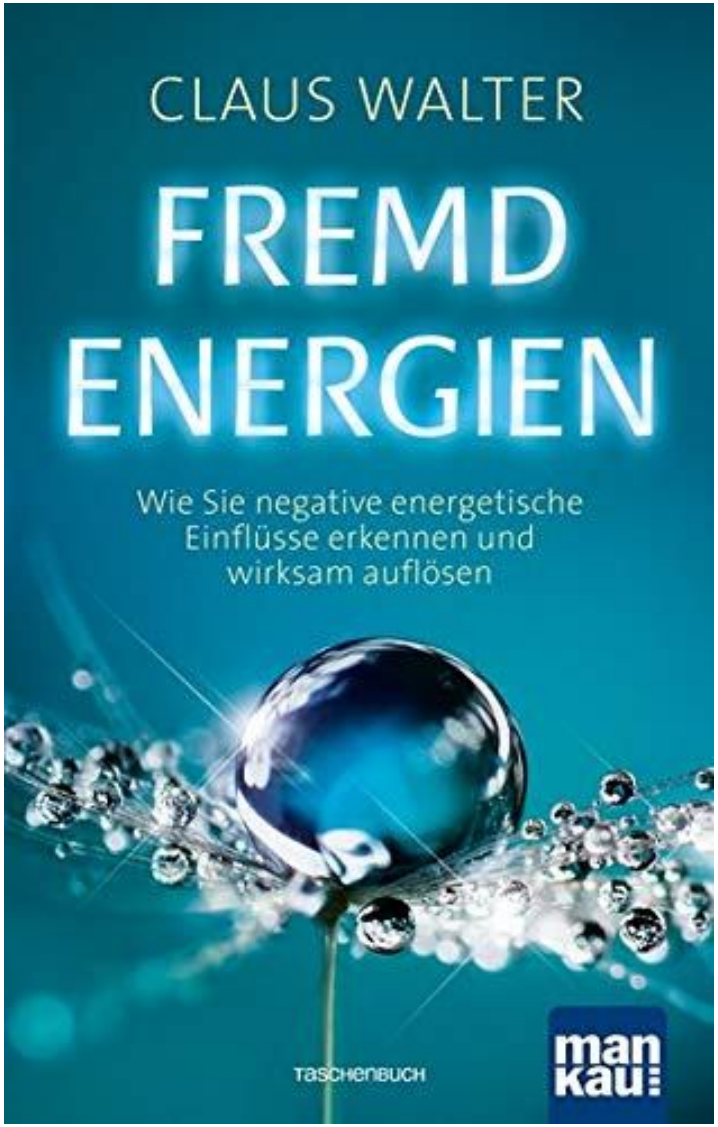
With a specially developed therapy program - the Maria Holl Method (MHM) ®, which is highly effective even in "normal" headache - the naturopath and health expert for many years helps patients in dealing with these widespread diseases. People with migraine tend to have a high level of energy and great creative potential.

The exercises presented here stimulate your own creativity to return step by step to a pain-free and relaxed life. The body-centered combination of mindfulness, applied Chinese health science, self-massage and bioenergetic analysis is equally suitable for adults and children. The exercise program teaches to balance the energetic state of your body while counteracting negative thoughts or blockages.

www.maria-holl.de

New

Foreign Energies



Author: Claus Walter
Publication Date: April, 2019
Format: 160 pages

How to recognize and dissolve negative energetic influences

It is to despair! Although you have changed so much in your attitude, in your thoughts and actions, the same thing happens to you again and again - whether in partnership or family, at work or even in relation to health and personal destiny: Inexplicably, things actually happen do not suit you at all and block or sabotage your life.

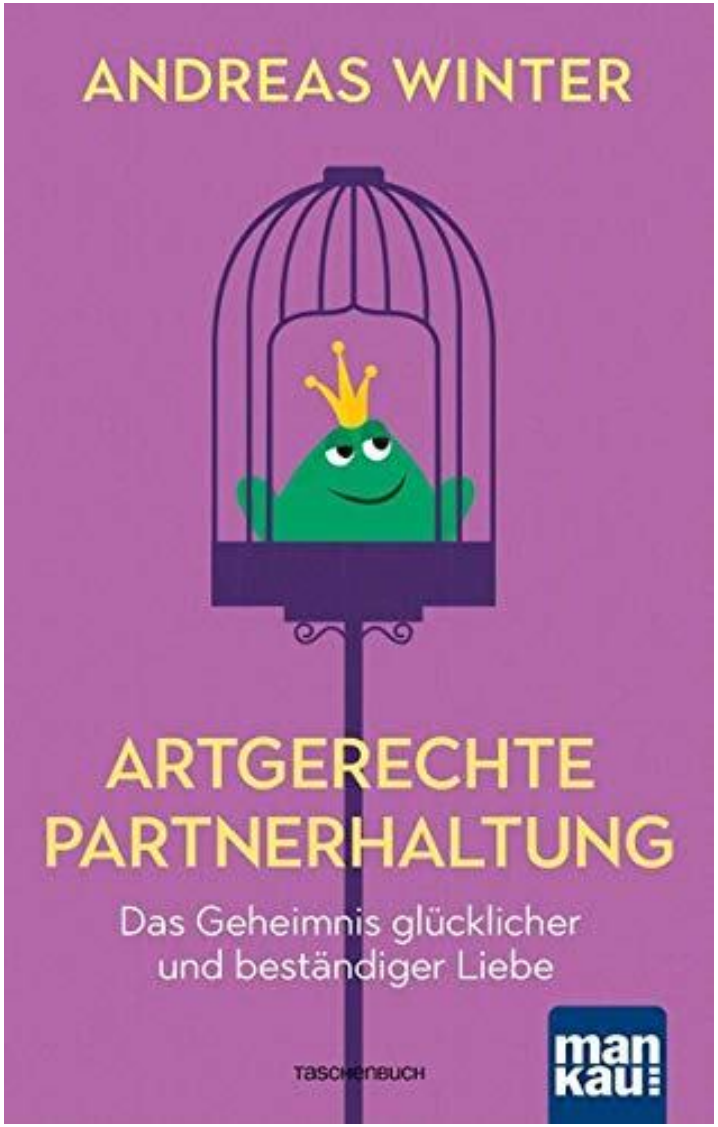
Quantum physics shows that energetic information is not lost, but often transmitted and preserved as unconscious patterns, programs, thoughts and feelings over generations: what was once has been given as a promise "forever and ever", has been pronounced as a verdict or even a malediction is still strong today and influences your personality and life path. Such extraneous energetic influences that negatively affect your core and are not part of your own nature can act like sabotage programs; they can also be the reason that medical or therapeutic measures are ineffective.

Based on the experiences of more than 500 coaching sessions, Claus Walter analyzes and explains such partially ancient patterns and programs that dominate us, even though we perceive them as "inexplicable“. The development of our own personality and our potential can only succeed when the burdens of previous generations are dissolved.

This book serves as a tool for systematic neutralization work to free ourselves step by step from negative energetic influences.

New

Appropriate Partner Attitude



Author: Andreas Winter
Publication Date: March, 2019
Format: 200 pages

The secret for happy and constant love

We suffer mentally and often even physically the constant tensions and disappointments of a troubled partnership. The most common relationship killer is thereby the mere ignorance about the person at our side: False expectations and never clarified misunderstandings trim the butterflies in the belly faster their wings, than the dishes on the wall can crack. But help is approaching: this depth psychology guide will educate you about the unknown being in your house and bed and helps you to understand your partner and his needs as well as yours.

Did you know that you walk on thin ice when you want to force your partner to confess his or her love or when you try to use provocations to bring some "mood" into the relationship? That love testimony, compliments and recognition may be withheld from you only because your partner hopes to be praised and loved by you? There is much to learn on the way to a satisfied partner happiness. But once the driver's license for togetherness is made, then it works well with your “associate”.

www.andreaswinter.de

New

Joyful Jump

Author: Namiah Beatrix Bauer
Publication Date: March, 2019
Format: 206 pages

How the desired child comes to you more easily

"You just should not want it too much, then it works!" – Are you tired to hear this sentence anymore? For many women, getting pregnant is the biggest wish in their lives. But babies do not come on order. They do not like pressure and deadline stress - and strike. An unfulfilled desire to have a child is therefore the chance for every woman and every couple to have a mental and emotional reorientation: they can learn to open themselves to things that only function through the heart and can not be perceived with the intellect.

Namiah Bauer, a children's wish adviser and former victim, builds a bridge like an ambassador between the expectant mother and her unborn child. She explains in an easy-to-understand way how you can get in touch with your favorite child and invite it into your life. Loving exercises and effective affirmations help you to go into silence and to feel the child's soul.

- Sensitive accompaniment during the desire to have children, but also during periods of mourning for miscarriages and stillbirths
- Practical 21-day program "Time for Love" to change the perspective and make your own world bigger
- Inspirational encouragement interviews about having children, motherhood and femininity

www.namiahbauer.de

New

A Good Place To Live

Author: Barbara Arzmüller
Publication Date: February, 2019
Format: 180 pages

How to energetically clarify your home and strengthen the areas of life. Includes 25 color shields

You want more joy and sense in your life? Start at home - eliminate "legacy" and strengthen the positive energies! Barbara Arzmüller vividly describes in this book how you energetically cleanse and build your home, say goodbye to fears and invite abundance, success and love into your life. Colored shields, Family Ritual exercises, small rituals and meditations will powerfully support your intentions and intentions.

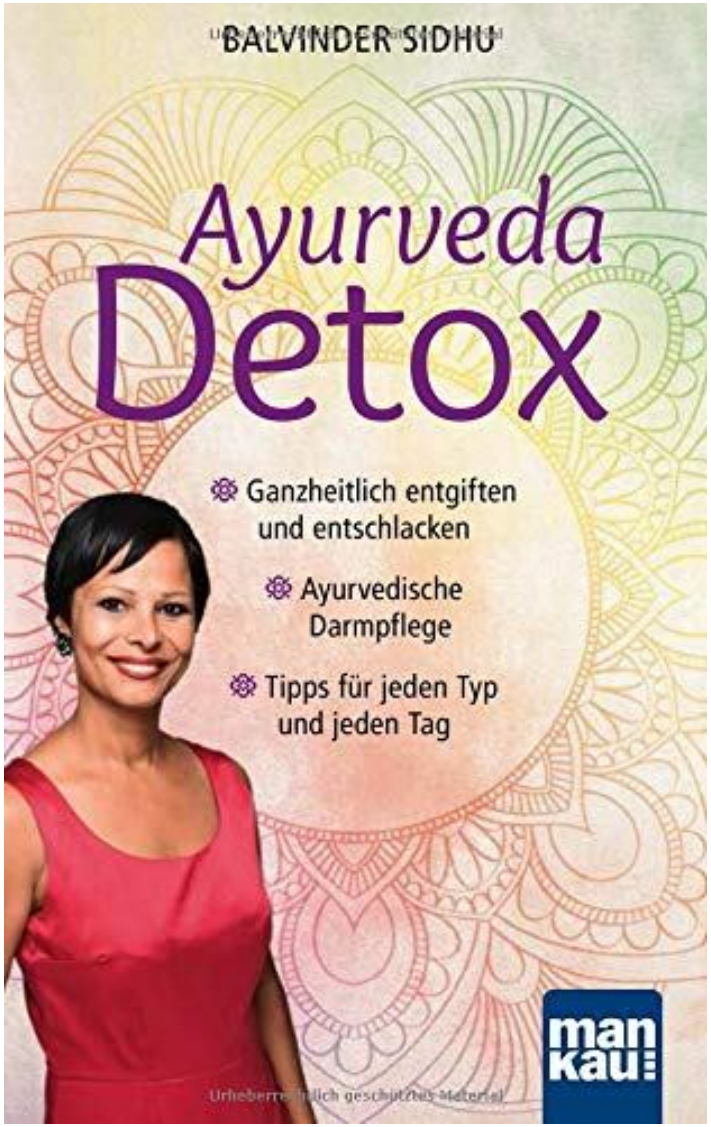
- Clarify thoughts, feelings and possessions energetically and find new space
- Use light, darkness and the energy of colors in a targeted way
- Strengthen the Bagua areas of life and realize wishes
- Make positive use of the influences and qualities of the twelve monthly energies

In this book, the author combines her knowledge of interior design, feng shui, astrology, systemic family constellations and more.

www.barbara-arzmüller.de

New

Ayurveda Detox



Author: Balvinder Sidhu
Publication Date: January, 2019
Format: 158 pages

Hostically detoxify – Tips for every type and every ady

Detox - Purification is known for thousands of years, already the ancient Indians put on regular detoxification of the body. The special feature: Purification in the sense of the Indian teachings Ayurveda cleanses the body, mind and soul and brings the original energy back to the organism on all levels. For many of the physical and emotional problems of our over-stimulated time - such as long-term stress, exhaustion, sleep disorders, indigestion, skin problems and hair loss – Ayurveda cleansing is the perfect solution.

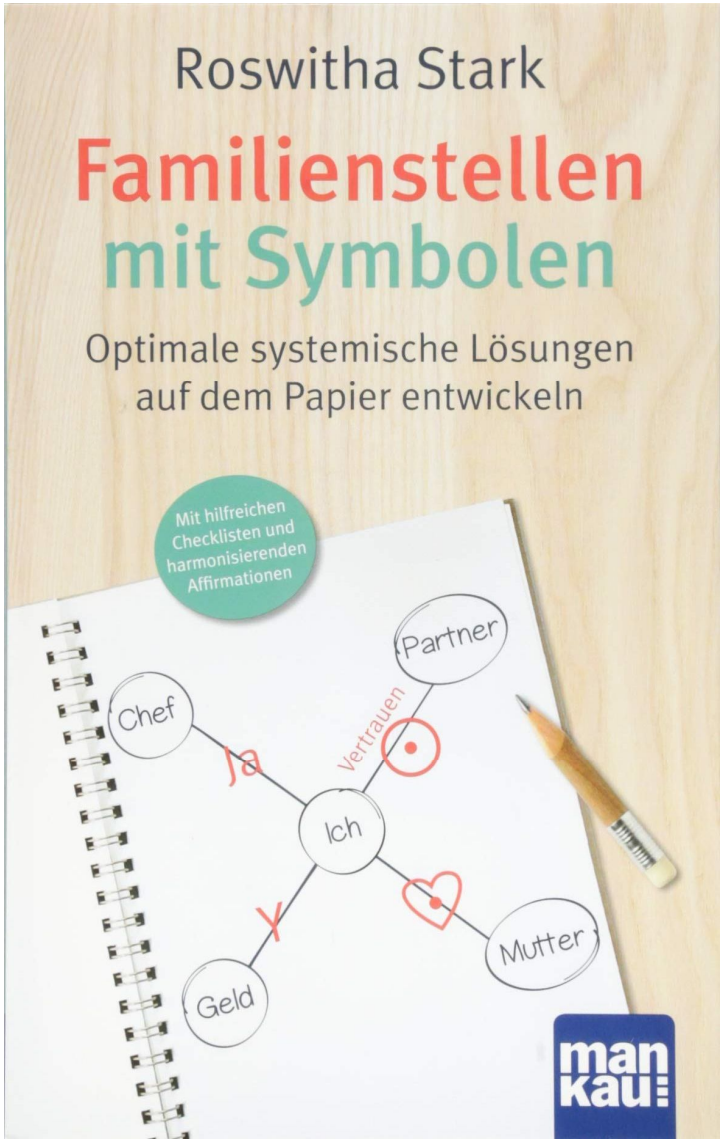
Native Indian and Ayurvedic expert Balvinder Sidhu offers you in this book a simple, easy-to-use way to strengthen your organism and find a harmonious balance on all levels:

Intestinal care with Ayurveda: Establish a stable basis - good digestion and a healthy intestine play a key role in Ayurvedic medicine.

Ayurvedic Cleansing: Free the body, mind and soul of contaminated sites - with a 5 or 10-day detox treatment, everyday yoga exercises, small meditation rituals and practical tips for every day.

The three Doshas: Use the recommendations for the constitution types Vata, Pitta and Kapha for an optimal, individually fitting diet and exercise.

Setting Families With Symbols



Author: Roswitha Stark
Publication Date: October, 2018
Format: 206 pages

Develop optimal systematic solutions on paper

For family systems as well as for business or private projects the following applies: Only if all parts of a whole are in harmony with each other, then it can be the whole itself - we need a working together for happiness and success.

The conscious or unconscious detachment of one or more parts leads to dissonance, repression and emotional reactions that prevent success. When the whole field is cleared up and all involved parties are brought into their power, wonderful things can happen, and problems and blockages can be dissolved; What is good, meaningful and healthy, happens easily and effortlessly. This book shows in a very practical way how you can easily develop family constellations and systemic work yourself on paper. With a test system you can check which "members" are important to your concern or project and which relationships are not in harmony with each other. Then you clean up blocking relationships with symbols and words contained in a concise table in the book.

2nd Edition!

Rights sold to Armenia (Italy)

Small Pill, Big Consequences

Author: Isabel Morelli
Publication Date: October, 2018
Format: 191 pages

How hormones make you sick – regenerate and prevent hormone free!

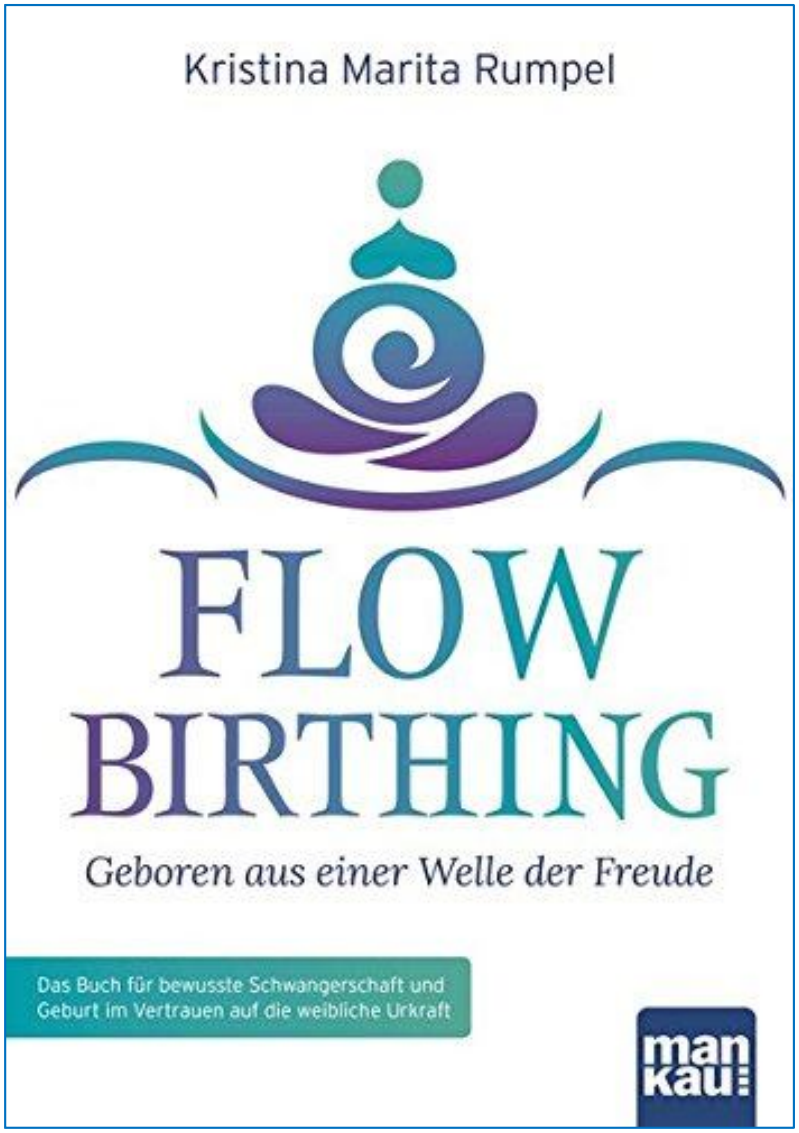
For over 50 years, the birth control "pill" has been one of the most widely used methods of contraception. However, the unpleasant or even harmful side effects of hormonal contraception are being discussed for long time. Women of all ages suffer mood swings, depression, panic attacks, weight gain or hair loss - they have not been told what the contraceptive exactly does with their bodies, how it mixes up the natural hormone balance and can affect the thyroid, liver or gut. Therefore, the desire to give up the use of the pill is more than understandable.

In her successful blog Generation-Pille.com, Isabel Morelli has been able to help numerous women who had problems with their hormonal contraception. Her book "Small Pill, Big Consequences" explains the lively discussion about the controversial contraceptive method based on recent study results and exciting testimonials. Isabel Morelli clarifies your questions and encourages you to gentler alternatives:

- Pill Know-How: What happens with hormonal contraception in the female body and with my cycle? What side effects can occur and why? And why did nobody tell me that before?!
- Pill Good Bye: How should I drop the pill and how can I help my body regenerate?
- Love life after the pill: How can I safely prevent hormones in the future?

A book for all women who want to assume responsibility for their own health.

Flowbirthing



amazon

29 5-star Amazon customer reviews

Author: Kristina Rumpel
Publication Date: April, 2015
Format: 158 pages

Get ready for the miracle of birth!

The birth of a child is the most joyful experience we can ever have– it's an experience of fundamental importance that makes us grateful and humble regarding the miracle of life. But today many women are afraid of giving birth – of the pain, the circumstances, the consequences – instead of relying on their natural strength and gift. How could it happen that women feel alienated from their female primal force at the moment of greatest proximity to them- selves?

FlowBirthing is more than a birth manual – it is the beginning of a new birth culture: FlowBirthing creates awareness that again sees femininity and the ability to give birth as a gift. In tune with themselves women experience the birth process as a source of unexpected inner strength and inspiration. FlowBirthing combines ancient female knowledge with the latest scientific findings and fo- cuses on the wellbeing of pregnant women.

All women who are looking for a self-determined and natural birth and everyone who wants to support them and look at the beginning of life in a new light will find valuable suggestions in this book.

www.flowbirthing.de

www.mankau-verlag.de

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