



Bücher, die den
Horizont erweitern

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New

Rock The School Without Stress!



(not final cover)

Author: Andreas Winter

Publication Date: July 2020

Format: 200 pages

How to strengthen your child in three steps!

Dear parents, just trust your children! Because the magic word for a successful schooling is: personal responsibility.

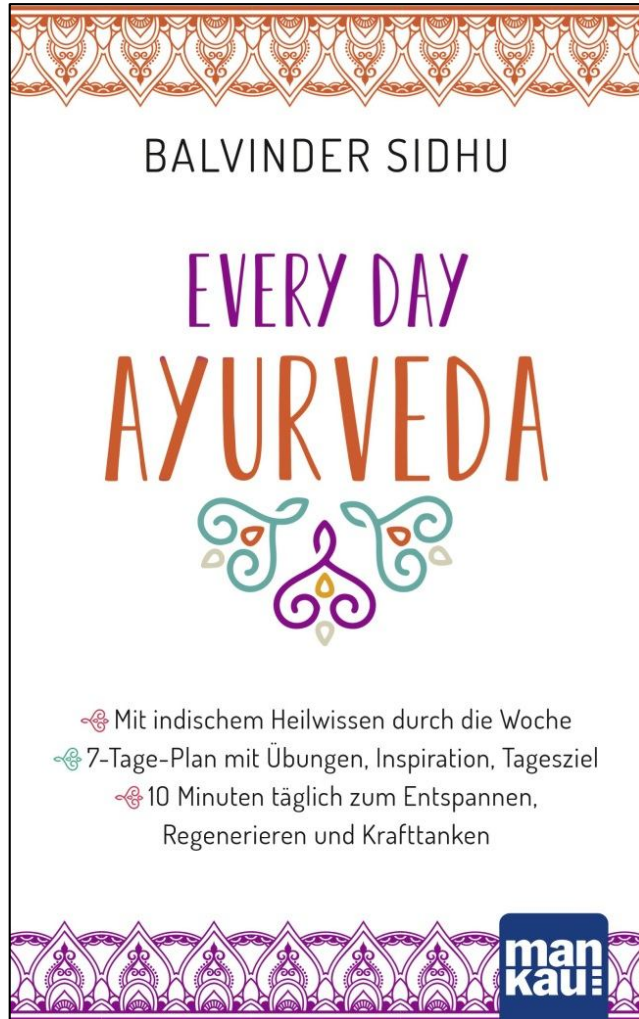
Winter's innovative approach "Coaching instead of tutoring" starts a positive spiral of motivation: The students recognize the meaning and benefit of the required academic performances for their own life and develop a better relationship with teachers and learning material.

This increases efficiency and enjoyment of learning, promotes motivation - and gives parents the security of calmly accompanying their child through school life. Every children can get good grades if they, together with their parents, can get to know their strengths and weaknesses and the causes of blockages and resolve their fears.

- Practical recommendations for everyday school and academic life
- Useful background knowledge and expert interviews
- Proven instructions against exam anxiety and bullying

New

Every Day Ayurveda



(not final cover)

Author: Balvinder Sidhu

Publication Date: Summer 2020

Format: 158 pages

Getting through the week with Indian traditional knowledge for health and healing

Are you one of those people whose everyday lives are characterized by stress? Would you like to do more for yourself, your health and your happiness every day?

Ayurveda is one of the oldest healing concepts in the world, which has been refined over the centuries and adapted to the respective living conditions. The most important pillars of holistic healing are nutrition and digestion, cleaning, massage, spirituality and yoga as well as knowledge of the effects of herbs and plants.

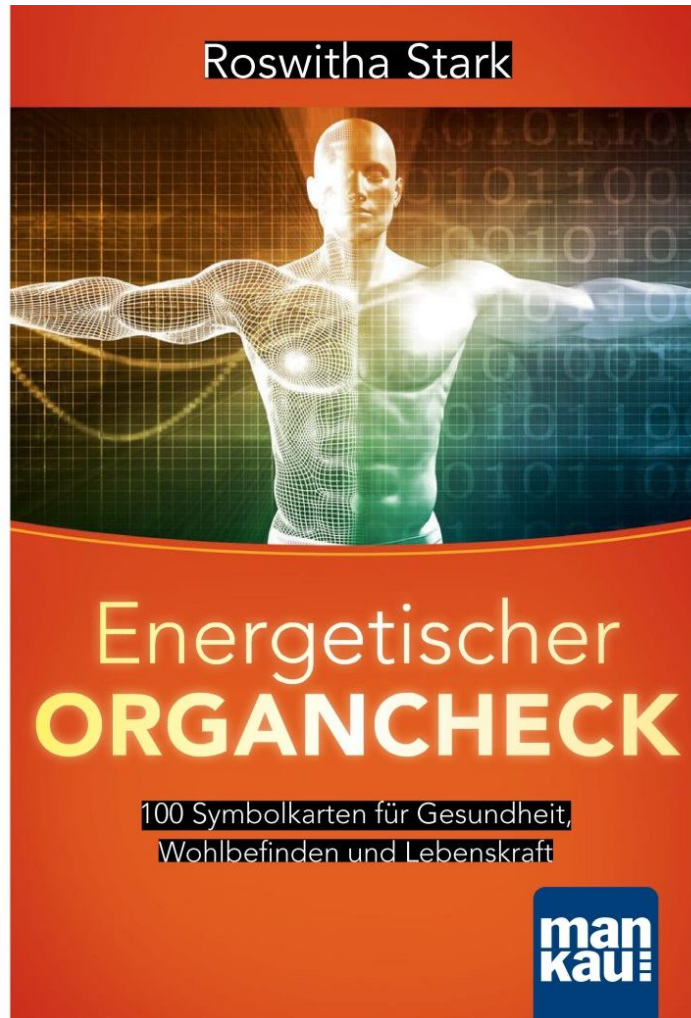
Even small changes in your lifestyle have a great effect on health and well-being - just a few minutes a day are enough to get a grip on symptoms such as exhaustion, weakness or fatigue!

Ayurveda expert Balvinder Sidhu takes you by the hand and accompanies you perfectly through the week with inspiration questions, mantras, meditations and tips.

- A 7-day plan with exercises, inspiration, daily goal
- 10 minutes a day to relax, regenerate and recharge your batteries

New

Energetic Organ Check Card Set



(not final cover)

Author: Roswitha Stark

Publication Date: Summer 2020

Format: box with 100 cards & booklet (64 pp)

100 symbols for health, well-being and vitality

Balance and strength for your entire organism! Symbols speak their own, wondrous language: they emit vibrations that can transport stimulating or harmonizing information into the body, into organ systems or physiological processes. Specifically selected symbols can provide valuable healing impulses for your health and well-being.

With this card set, the symbol expert and naturopath Roswitha Stark provides 100 powerful symbols for all important organ systems and body functions. Working with the cards, they indicate which of your organs could have a deficit at an energetic level. On the other hand, you take in a valuable healing impulse and can specifically activate your self-healing powers, for example by storing the symbol information on water or neutral globules. The box includes:

- 100 symbol cards: powerful healing symbols for our organs, organ systems and body functions
- 8 test cards for targeted "organ check" and for selecting the appropriate symbol
- Detailed booklet with a detailed description of the symbols and the various selection and test options

New

Healing And Vital Mushrooms



(not final cover)

Author: Gerit Fischer

Publication Date: August, 2020

Format: 158 pages

20 types of mushrooms for kitchen and medicine chest: immune strengthening, antibacterial and cell protecting

The fascinating shadowy realm of mushrooms is full of secrets. On the one hand, they are among the foods that have been used for thousands of years, on the other hand they are more related to humans and animals than to plants. Because of their special way of life and their unique survival strategies, they have always been considered powerful remedies.

The knowledge of the healing power of mushrooms from local forests, meadows and gardens has only recently been rediscovered by both folk medicine and medical research.

This guide is a book of identification, cooking and medicines in one. It deals with the entire process of using domestic mushrooms: from finding and collecting, through peculiarities and preparation, to targeted disease prevention and treatment of numerous ailments.

- A portrait of 20 local mushrooms
- Over 60 recipes and instructions for the processing and production of oils, ointments, teas, tinctures
- Helpful tips, valuable information and practical recommendations

New

Healing With Christian Rituals And Symbols



(not final cover)

Authors: Gertrud & Dr. Norbert Weidinger

Publication Date: Autumn 2020

Format: approx. 200 pages

Practical life support and impulses to strengthen your self-healing powers

Since the beginning of human history, symbols have stood for the polarities of life. They touch our innermost being. Christian symbols and rituals have their origin in God, the friend of life (Solomon 11:26), who cares about the well-being of people. This is how they prove to be a practical life aid, a healing effect that is confirmed by current medical research.

Based on our everyday experiences, the authors search for supporting, life-affirming symbols and rituals that appeal to us as meaning-seeking people and Christians. Their path goes through the senses to the meaning: from everyday encounters to condensed human experiences in proverbs and idioms to Christian meaning.

This manual is aimed at God believers and non-believers who are looking for depth in their life and want to rediscover the inspiring field of symbols and rituals and their healing powers.

- Origin and meaning of Christian symbols and rituals
- Selected basic symbols of life in their biblical and liturgical context
- Rituals and symbols in everyday life: practical suggestions and meditative impulses
- Activate self-healing powers: tips and instructions

New

This Is How Works "Saving the Word"



Authors: A. Haider-Wallner & M. Haider

Publication Date: February, 2020

Format: 158 pages

Small changes with high impact

How could a world look like that offers a future worth living for our grandchildren? And what can everyone do for it? More than you think!

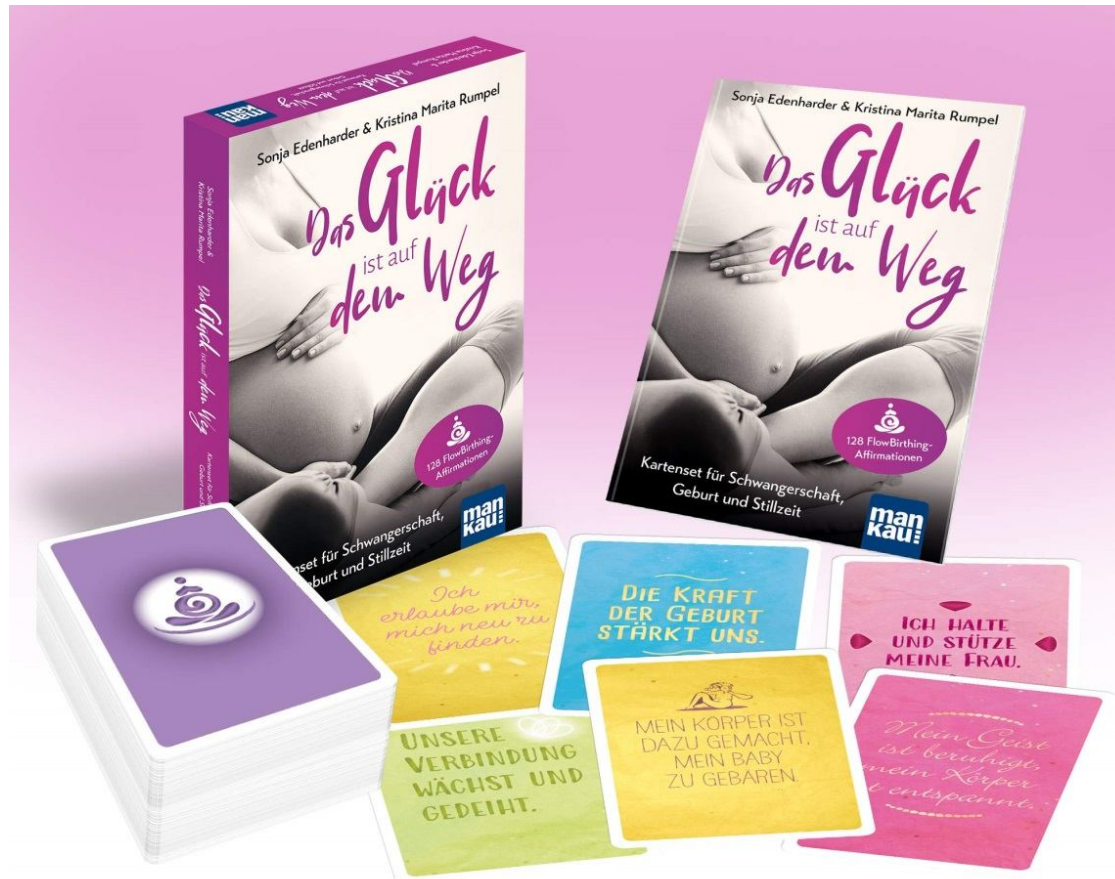
You don't need to have children or even grandchildren to make our lives more livable. It is not just about an ecologically sustainable life, but also about human dignity, solidarity, justice and democracy.

But how do I become the change that I want? And how does a new way of life find a place in my everyday life?

Anja Haider-Wallner and her daughter Mona approach the topic of living sustainably from different perspectives, but pursue a common goal: to actively make the world a little better! The duo provides important information and countless suggestions to make everyday life easy and playful for grandchildren; to shape - with enjoyment and quality of life, now and in the future. Decisive are the small steps and daily decisions: What do I buy, what do I eat, how do I get around, how do I meet my fellow human beings, and how do I spend my life, my free time? What is my contribution to a more livable planet? We can improve our world - sustainably and with a lot of heart!

New

Happiness Is On The Way



Contents of the card set:

- 80 affirmation cards for pregnancy and childbirth
- 20 partner affirmation cards
- 28 affirmation cards for puerperium and breastfeeding
- 16-page booklet

Authors: S.Edenharder & K.M. Rumpel
Publication Date: February, 2020
Format: 16-page booklet+ 128 cards

Card set for pregnancy, birth and lactation

The FlowBirthing card set accompanies you through pregnancy, birth, puerperium and breastfeeding. Be strengthened by the positive affirmations for this special phase of life, which brings so much joy and precious moments, but also numerous challenging situations, uncertainties and anxious questions!

The affirmation cards bring you into your strength, awaken optimism, resolve doubts and blockages, help to replace false models and old values, promote calm and relaxation and let you understand the essence and essentials of life.

You can also use the cards to direct your thinking, feeling and acting towards a specific goal, such as a gentle and self-determined delivery or a natural birth despite an earlier caesarean section.

The various application and selection options are clearly illustrated in the enclosed booklet. Also excellently suitable for use in pregnancy and birth care!

Too Much Education Hurts!



Author: Andreas Winter

Publication Date: July 2018

Format: 206 pages

How to accompany your children stress-free

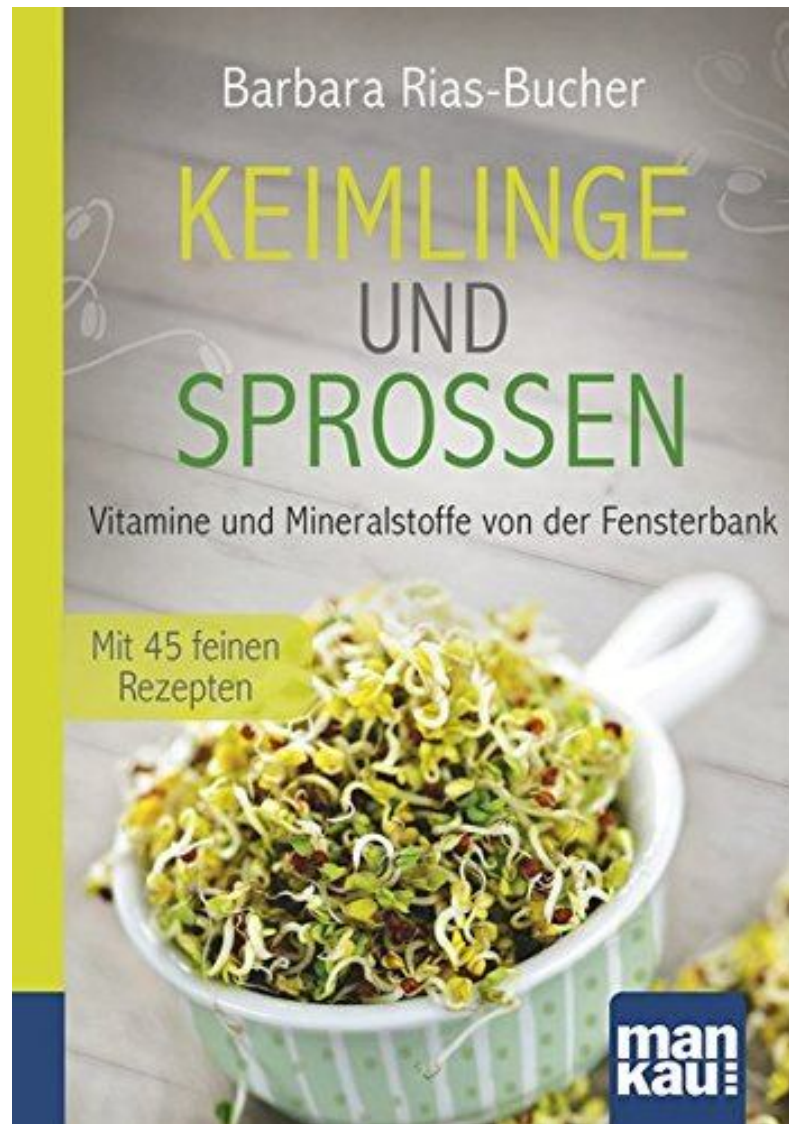
Why raising children is so hard for us humans, the "cleverest" living things on earth? Why do so many children become depressed and frustrated adults despite their high level of intelligence?

The answer is simple: children learn from their parents' actions - not from their intentions and resolutions. The happier the parents are, the more confident their children will be. Education determines the career, partnership and health of adults!

Graduate educator Andreas Winter shows without make-up and relentlessly: The "intentionally" a child is "raised", the more difficult his later life will be. In addition, character building begins earlier than you think. Fears of failure, blockades of success, chronic illnesses - all of this leads modern depth psychology back to early childhood experiences that originated in the womb. Never before in the history of education has the early childhood influence of parents been seen in such a clear connection to later quality of life.

This guide is aimed at parents and everyone who wants to become one.

Seedlings And Sprouts



Author: Barbara Rias-Bucher

Publication Date: January, 2017

Format: 128 pages

**Vitamins and minerals from the windowsill:
Includes 45 fine recipes**

Seedlings and sprouts are perfect for a healthy and wholesome diet. Natural, "controlled" organic ingredients are hardly easier to obtain than simply pulling them yourself from grain and legumes, vegetables and herbs on the windowsill.

The seed as the "embryo" of the plant already contains roots, stems and leaves as well as a highly concentrated nutrient tissue that stores energy and minerals for the growth phase. This nutrient tissue is activated during the germination process, the concentration of bioactive substances, protein and fat, carbohydrates and fiber is now at its highest. The content of vitamins also increases significantly during the germination process. The metabolism works smoothly with mineral-rich seedlings and sprouts because the food is completely burned. If you want to live without meat and fish, you will also find a number of vital substances here that are otherwise predominantly found in animal foods, such as calcium, phosphorus, magnesium, iron and zinc.

This manual offers fine recipe ideas for salads, soups, colorful vegetable dishes and smoothies all year round. In addition, the author explains:

- What are seedlings & Co. and what is so healthy about them?
- How to grow them properly and how to avoid risk;
- Which are the best uses for seeds from A to Z what are their special features.

The Little Book Of Home Remedies



Author: Birgit Frohn

Publication Date: November, 2015

Format: 128 pages

Proven healing knowledge for everyday complaints from A to Z

Whether vinegar stockings to reduce fever or onion wraps for colds - grandmother always had a tried and tested remedy for every complaint.

This traditional healing knowledge of past days is making a comeback - as a valuable and natural way to maintain and restore health. Especially with simple everyday complaints, more and more people are therefore turning to tried and tested home remedies.

But not only among medical laypeople, but also among experts, people are remembering the healing legacy of previous generations. Because the best proof of their effectiveness is the often centuries-long tradition of their successful application.

This manual presents the best and best-known applications, gathered from the traditional experience of our grandmothers and from old pharmacopoeias:

- Suitable home remedies for the most common complaints
- Natural support of self-healing powers
- Correct behavior in case of illness
- Use the often amazingly simple, natural and effective remedies!

The Healing Power Of Planetary Vibrations



Authors: Th. Künne & Inge Schubert
Publication Date: Dezember 2015
Format: 380 pages

Theory and practice of phonophoresis

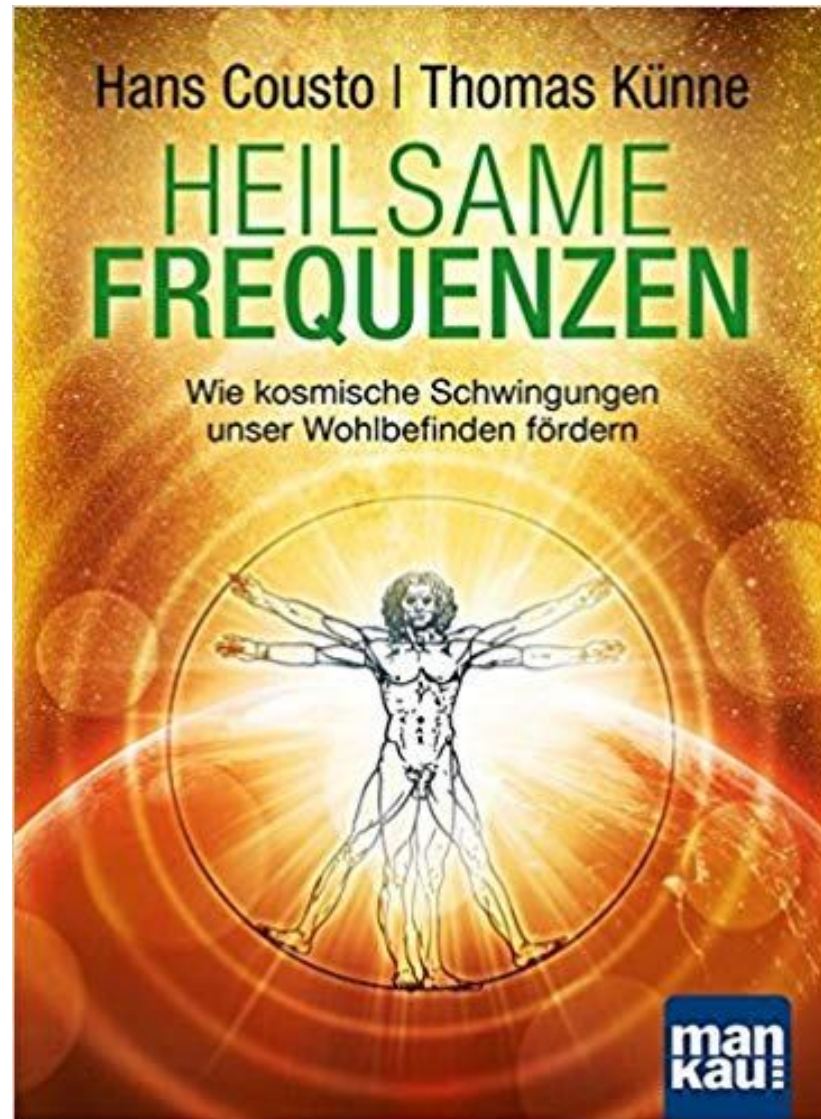
We have known for a long time that everything vibrates. A healthy and fulfilling life depends on how well we "resonate". We can improve and harmonize our inner "one sound" with the help of the healing vibration of the outside world, the universe, in phonophoresis:

The tuning fork therapy combines millennia-old knowledge into a simple remedy that uses tuning forks to tune the planetary frequencies accordingly. Can remove blockages in humans.

In order to create a basis for the phenomenon of "phonophoresis", the first part of this guide offers a broad spectrum of background knowledge, above all about the basic principles, the understanding of which helps us to better understand our life and that of our fellow human beings and to gain new vitality. In the second part, numerous application examples convey in a practical and vivid way how phonophoresis can activate the "inner healer" of humans.

Embark on a journey through time through the millennia with the authors, and then in the "here and now" feel the joy of how healing this knowledge can be.

Healing Frequencies



Authors: H.Cousto & Th. Künne
Publication Date: June 2016
Format: 256 pages

How cosmic vibrations promote our well-being

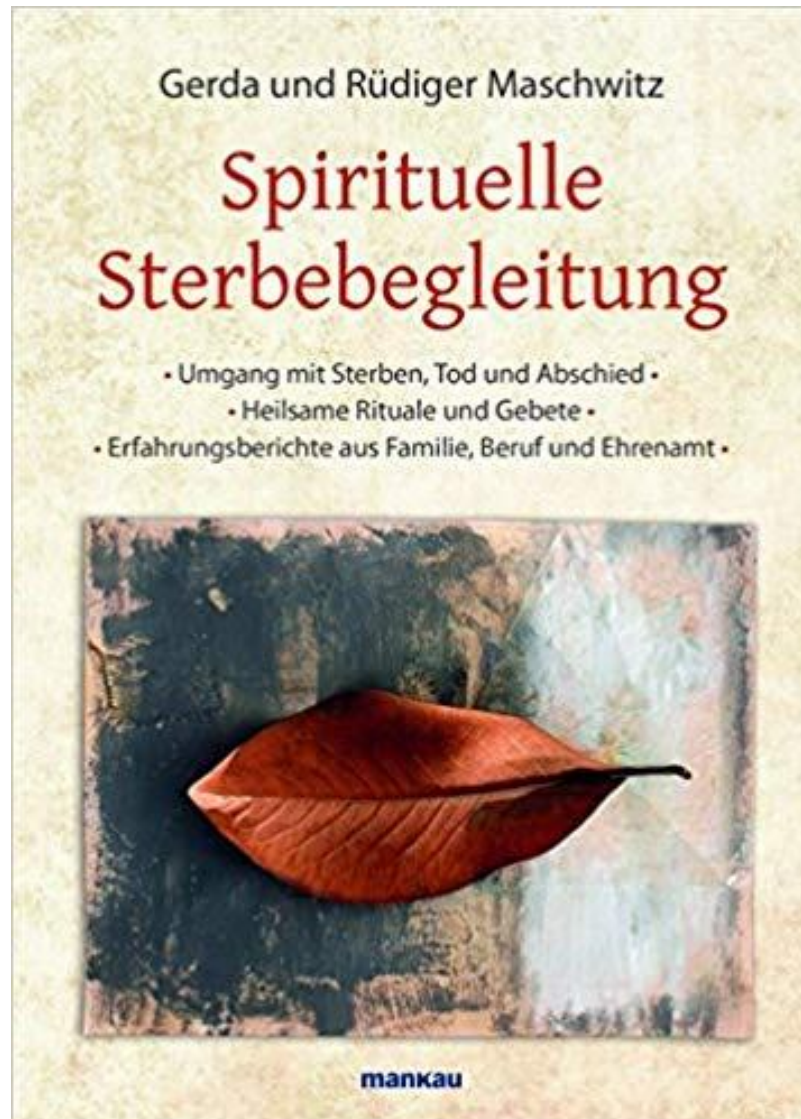
The leading theoretician of planetary vibrations and the experienced practitioner of tuning fork therapy come together in a unique project!

Without the pioneering research by the Swiss mathematician and musicologist Hans Cousto, the knowledge of the harmony of the spheres, which goes back to the Greek philosopher Pythagoras (570 - 500 BC) and the astronomer Johannes Kepler (1571 - 1630), would never have existed today: His calculations of planetary frequencies are used today worldwide in the manufacture of singing bowls, gongs or tuning forks.

Together with the astrologer and vibration therapist Thomas Künne, a book has been created which, on the one hand derives the planetary frequencies scientifically and on the other hand describes their healing effects when our "inner healer" and our self-healing powers are activated. The age-old knowledge of the spherical harmony and the cosmic octave manifests itself in an infinite number of forms of our daily life.

So the swinging of everyone into the harmony of the cosmos leads to harmony with the big picture. We can recognize ourselves as part of the whole creation and understand how everything is connected with everything. And we can use this knowledge to receive wellbeing and health from the universe.

Spiritual Care For The Dying



Authors: Gerda & Rüdiger Maschwitz

Publication Date: March, 2013

Format: 238 pages

- **Dealing with dying, death and farewell**
- **Healing rituals and prayers**
- **Experience reports from family, work and voluntary work**

We are all mortal - a knowledge as simple as it is shattering. This book invites you to deliberately deal with dying and death.

On the one hand, it wants to take away the fear of dying and, on the other hand, to encourage a fulfilling life.

Gerda and Rüdiger Maschwitz encourage people to be accompanied on the way to death. Both general questions of end-of-life care and their spiritual and therefore spiritual meaning are dealt with. The new medical knowledge and considerations about dying are introduced; this information is necessary to enable a dignified death. Hospice work and palliative care are also presented and explained.

This manual includes healing rituals that are helpful in accompanying a dying person; The evangelical, Catholic and Buddhist view of spiritual end-of-life care, which the book deals with, are particularly valuable. Reports and experiences of people who have accompanied other people in the family, at work or in voluntary work complete this book.



Literary Agency

www.stasociados.com

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

Contact:

susanne.theune@stasociados.com