





## Rights Guide Autumn 2022

Print Company Verlagsges. m.b.H  
office@printcompany.co.at

Gumpendorfer Straße 41/6  
+43 1 544 23 33

1060 Wien, Austria  
www.koenigsfurt-urania.com

### NEW TITLES

	<p><b>Anna Janssen</b></p>	<p>Tarot – Dein Starterkit <b>Tarot – Your Starter Kit</b></p> <p>11.8 x 18 cm / 208 pages / colour throughout ISBN 978-3-86826-570-5 Price: € 22,00</p> <p>Publication date: September 2022</p> <p>Who doesn't want a best friend to whom you can tell everything and ask everything, who listens endlessly, doesn't judge and lovingly helps you to gain a clear view of situations? Tarot cards can be not only like a friend, but also like a mentor. Because they make you think, give you creative impulses and ask you questions to get to know yourself better.</p> <p>Anna Janssen explains very simply how to get started with Tarot, interprets all 78 cards of the Tarot by Waite &amp; Smith and presents laying patterns. Motivating and personally written, she shows how the cards increase your self-love and let you discover your personal path. Practical exercises, small magical rituals or creative ideas for each card brings the Tarot spirit into your life.</p>
	<p><b>Azra Manzoor</b></p>	<p>Lenormand – Dein Starterkit <b>Lenormand – Your Starter Kit</b></p> <p>11.8 x 18 cm / 144 pages / colour throughout ISBN 978-3-86826-792-1 Price: € 22,00</p> <p>Publication date: October 2022</p> <p>Lenormand Reader Azra Manzoor gives you a modern approach to the traditional Lenormand oracle cards. She explains how you can easily start with card reading, trust your own intuition and successfully give readings for yourself or others.</p> <p>She describes classic as well as new reading patterns and interprets each of the 36 cards. She focuses on the relationships between the cards, gives time periods and energy qualities, as well as practical tips, affirmations and small self-care rituals.</p> <p>The beautiful Golden Lenormand cards in this set are based on the traditional Lenormand Blue Owl, but in a magical, modern design.</p>



## Jean-Pierre Crittin

Chakrakarten  
49 Karten zur Aktivierung und Stärkung deiner Energiezentren  
**Chakra Cards**  
**49 Cards to activate and strengthen your energy centers**

9.5 x 13.8 cm / 144 pages / colour throughout  
ISBN 978-3-86826-198-1  
Price: €22.00

Publication date: October 2022

The chakras - our energy centers - play a significant role in our physical and mental well-being. If they are blocked or opened too much, our energy can be slowed down or deflagrate. If you manage to create a harmonious flow of energy, you can use your full potential to deal positively with life, withstand challenges and make the right decisions.


The cards you draw will show you which chakra to focus on and help you identify and answer the right life questions through meditation, affirmations and self-reflection. Your intuition will guide you and easily lead you on the right path for you.




Book: Flexicover / 17 x 24 cm / 256 pages / colour throughout  
ISBN 978-3-86826-195-0  
Price: €19.95

Publication date: September 2021

In the course of a lifetime, experience shows that the same important questions arise again and again, for example: How do I deal with distance and closeness? Or: Can I love myself? If these questions are not answered satisfactorily, this can lead to significant psychological and health problems. The psychologist Jean-Pierre Crittin, a specialist in yogic-ayurvedic psychology, has developed a new model in his many years of work with clients. He links each of the seven chakras with a central life question. With the help of this guidebook, you can find out which of your chakras may be blocked or overly activated and how to rebalance them to solve your problems and unlock your full potential. The practical part offers self-tests and numerous exercises and methods for this purpose.

## BACKLIST




Nutrition	Author(s)	Bibliography and short description
	<p><b>Silvia Bürkle</b></p>	<p>Der Insulin-Schlüssel  <b>The insulin-key</b></p> <p>Hardcover / 16.5 x 21.5 cm / 128 pages / colour throughout  ISBN 978-3-86826-197-4  Price: €18.00</p> <p>Publication date: April 2022</p> <p>Insulin ensures a balanced blood sugar level in the body. If this is disturbed, we gain weight easily and find it difficult to lose it, and symptoms such as fatigue, increased susceptibility to infections, dry skin and more can occur. We may then have insulin resistance, the precursor to type 2 diabetes, which can lead to circulatory problems, stroke, heart attack or damage to the nerves and kidneys. The dangerous thing is that many people do not know about their metabolic disorder. It is estimated that - in addition to 8 million diagnosed diabetics - another 2 million are living with insulin resistance - and the trend is rising, even among children and adolescents! The good news: with the right diet, we can reliably counteract and protect ourselves. Silvia Bürkle explains - as always in an entertaining and easy-to-understand way - the interrelationships of metabolic processes and shows, with help of more than 50 delicious recipes, how simple a change in diet can be for better health.</p> <p>Including a questionnaire for an individual insulin check.</p>
	<p><b>Silvia Bürkle</b></p>	<p>Lebe(r) gesund – Das Kochbuch  <b>Live(r) Healthily – The Cookbook</b></p> <p>Flexicover / 17 x 24 cm / 144 pages / colour throughout  ISBN 978-3-86826-192-9  Price: €17.95</p> <p>Publication date: March 2021</p> <p>Every fifth adult has a weak liver or fatty liver. The signs can be very varied and will range from intestinal complaints to lack of concentration. The health consequences can be wide-ranging, but in any case they will cause concern. So there is a definite need to act. Triggers are more often than not the wrong nutrition: too much sugar, too many ready-made products and meals etc. Turning to the right nutrition and beneficial detoxification phases can give the liver a chance to recuperate and convalesce. To help you ensure a long-term healthy liver, Silvia Bürkle has put together all the necessary foods you need accompanied by some wonderful recipes which will turn your daily cooking routine into a pleasure: from breakfast to supper, from uncomplicated to refined, above all delicious!</p> <p>You will find over 80 recipes for spreads, salads, soups, fish and vegetable dishes as well as desserts.</p>



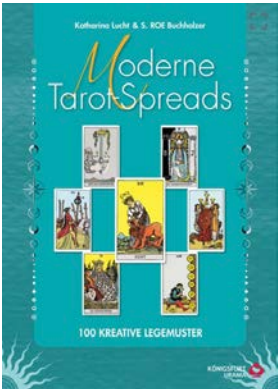
	<p><b>Silvia Bürkle</b></p>	<p>Lebe(r) gesund <b>Live(r) healthy</b></p> <p>Soft cover / 17.0 x 24 cm / 144 pages / colour throughout ISBN 978-3-86826-185-1 Price: €14.95</p> <p>Publication date: February 2020</p> <p>Vague feelings of physical discomfort such as intestinal problems, nausea, a sense of pressure in the upper abdomen, listlessness or poor concentration could all simply be the liver crying out for help. We should, therefore, be giving it our full support in its job of detoxifying our systems so as to be sure we can avoid sliding into that common condition known as "fatty liver". This is often a precursor to high blood pressure, elevated blood lipid levels, vascular diseases, type 2 diabetes and cancer. The main causes can be traced back to the modern way of life: too many carbohydrates, too much sugar, obesity, protein deficiency and too little exercise. Alcohol and medication can also be responsible for weakening the liver. This can be identified by taking an easy blood test. The good news: fatty liver in the early stages is curable – with the right nutrition.</p>
	<p><b>Silvia Bürkle</b></p> <p>Rights sold: German pocket book Czech</p>	<p>Heimliche Entzündungen – Mit der Richtigen Ernährung Sanft Vorbeugen und Lindern <b>Silent Inflammations</b> <b>Using the right nutrition to gently prevent and soothe</b></p> <p>Flex cover / 128 pages / 17 x 24 cm ISBN: 9783868261516 Price: € 14.95</p> <p>Publication date: October 2016</p> <p>Widespread diseases such as joint pains, rheumatism, bowel diseases, allergies and diabetes are spreading more than ever. They often occur as a result of chronic inflammations which have been triggered by metabolic processes and are frequently not recognized as such for a long time. The "secret" inflammations have a negative effect on the metabolism until the disease finally flares up. Our nutrition, the correct choice of foods, combined with a healthy lifestyle can prevent such inflammations from occurring.</p>
	<p><b>Silvia Bürkle</b></p> <p>Rights sold: German pocket book</p>	<p>Heimliche Entzündungen - Das Kochbuch <b>Silent Inflammations – The Cookbook</b> <b>Using delicious recipes to prevent and alleviate health conditions</b></p> <p>Flex cover / 176 pages / 17 x 24 cm / colour throughout/ ISBN 978-3-86826-168-4 Price: € 17.95</p> <p>Publication date: March 2018</p> <p>These are now the most common type of major disorders: "Silent Inflammations" is what they are known as. Joint pains, rheumatism, inflammatory bowel diseases, allergies or diabetes are examples of chronic inflammations which initially appear silently, and we only become aware of the condition after many years. A cleverly thought out 4-week programme with over 70 delicious and uncomplicated recipes makes it easy to start off with a healthy diet designed to inhibit inflammations.</p>

	<p><b>Silvia Bürkle</b></p>	<p>Anti-Entzündungs-Booster  <b>Anti-Inflammatory Boosters</b>  <b>Recipes which are particularly helpful</b>  <b>The fight against silent inflammations</b></p> <p>Flex cover / approx. 96 pages / 17 x 24 cm / colour throughout  ISBN 978-3-86826-170-7  Price: € 9.95</p> <p>Publication date: October 2018</p> <p>We don't see them, we don't feel them and don't feel ill – silent inflammations. We only become aware of them when they appear as joint pains, rheumatism, allergies or diabetes. Silvia Bürkle provides us with a short and clear list of the most important anti-inflammatory foods, herbs and spices. Using these, she has developed new recipes for sauces, dips, pastes and drinks which offer us a high level of anti-inflammatory protection.</p>
	<p><b>Silvia Bürkle</b></p>	<p>Die schnelle Smoothie-Diät  <b>The Speedy Smoothie Diet</b>  <b>The 10-Day Weight Loss Programme</b></p> <p>Flex cover / 128 pages / 17 x 24 cm  ISBN: 9783868261417  Price: € 12.99</p> <p>Publication date: February 2016</p> <p>A guide on how to achieve a beautiful figure and more energy in 10 days. This 4-step programme helps us feel lighter and better in a very short period of time. Our metabolism switches over to cleansing the internal system and the body can find a way to deacidify itself, in a gentle but effective way. Nutritional background facts are described in a comprehensible manner, there is important information on acid-alkaline balance, all accompanied by recipes for delicious smoothies with food facts and cooking techniques.</p>
	<p><b>Silvia Bürkle</b></p>	<p>Sirt-Food Diät  <b>The Sirtfood Diet</b>  <b>Helps you lose weight quickly and burn up fat –</b>  <b>A long-term healthy diet</b></p> <p>Flexible cover / 144 pages, 17 x 24 cm / colour throughout/  ISBN 978-3-86826-152-3  Price: € 14.95</p> <p>Publication date: December 2016</p> <p>Getting rid of fat – and no calorie counting. This diet is not like any other diet. It works by activating specific proteins in the body called sirtuins. These boost the metabolism, aim to make fatty deposits disappear and protect the cells. At the same time, they strengthen the muscles and the feel-good body starts to look in good shape again. And this is all possible with this new nutritional concept!</p>




	<p><b>Monika Cordes Claudia Lazar</b></p>	<p><b>Superfoods aus der Heimat Home-grown Superfoods Over 60 ingenious recipes for you to enjoy</b></p> <p>Hardcover / 160 pages, 19 x 21.6 cm / colour throughout ISBN 978-3-86826-142-4 Price € 8.99</p> <p>Publication date: April 2016</p> <p>Superfoods are the power nutrition that is particularly high in nutrient density. This is something that seems to have lost its way a bit in this age of fast foods. We're now seeing a resurgence of locally grown superfoods in our markets and gardens and these can provide us with a varied and regional cuisine. Delicious and easy to cook dishes, starters and desserts as well as smoothies using home grown superfoods for every season, Home-grown Superfoods offers all that and more.</p>
	<p><b>Ira König</b></p>	<p><b>Simply Vegan Recipes for every day</b></p> <p>Soft bound with folded flaps / 80 pages / 16.5 x 20 cm / colour throughout ISBN 978-3-86826-157-8 Price: € 8.95</p> <p>Publication date: February 2017</p> <p>More and more people are discovering veganism – whether it's out of curiosity, for health reasons or for ethical reasons. Anyone who wants to switch to veganism should be particularly aware of certain ingredients, for example vitamins D and B12, iron, Omega-3 fatty acids and calcium. By choosing the right foods you can enjoy the vegan diet to your heart's content as healthy nutrition can give so much pleasure.</p>
	<p><b>Ira König</b></p>	<p><b>Low-Carb Recipes for every day</b></p> <p>Soft bound with folded flaps / 80 pages / 16.5 x 20 cm / colour throughout ISBN 978-3-86826-158-5 Price: € 8.95</p> <p>Publication date: February 2017</p> <p>More and more figure-conscious people today swear by low-carb nutrition, knowing that this is the way to reduce your weight so that stepping on the scales becomes a joy. Items to be avoided are white flour products, sweet foods, sweet fizzy drinks etc. Instead, vegetables and fruit, high protein foods and healthy fats are on the menu. By doing that, fluctuations in insulin levels and those painful hunger pangs can be avoided. All this results in a feeling of freshness, lightness and high energy.</p>


	<p><b>Claudia Lazar Monika Cordes</b></p>	<p>Clever essen gegen Krebs <b>Eat Clever in the Battle Against Cancer</b></p> <p><b>With 60 useful and delicious recipes</b></p> <p>Hardcover / 160 pages, 19 x 21.6 cm / colour throughout ISBN 9-783-86826-164-6 Price: € 14.95</p> <p>Publication date: September 2017</p> <p>We eat three times a day – sometimes more often than that – and with our food we ingest ingredients that have a major influence on the formation of or dying off of cancer cells. For example, they support the liver in its function of detoxification. Or strengthen the immune system. Or help the intestine quickly to expel toxic substances. So, if we were to feed ourselves “correctly”, we can prevent cancer, support the healing process, mitigate the negative effects of cancer therapies or build up the emaciated body once again.</p>
	<p><b>Ruediger Dahlke</b></p>	<p>Vegan – Ist das ansteckend? <b>Vegan – Is it Catching?</b> <b>130 questions and answers all about the vegan diet</b></p> <p>Flex cover / 144 pages / 14 x 21.5 cm / colour throughout ISBN 978-3-86826-155-4 Price: € 12.95</p> <p>Publication date: April 2017</p> <p>There have been any number of public discussions all about veganism, and this has shown how much uncertainty there is on this subject. There is no doubt that a purely plant-based diet can achieve some impressive advantages for one’s health. But does this apply to everyone? What is recommended for pregnant women, toddlers, young people, sick people, old people, competitive athletes? Could “veganism” possibly be risky for them? What about potential risks associated with cardiovascular conditions, serious illnesses and intolerances?</p>
	<p><b>Ruediger Dahlke</b></p>	<p>Bewusst Fasten <b>Conscious Fasting</b> <b>A mindful guide to new experiences</b></p> <p>Paperback / 224 pages / 11.8 x 18 cm / colour throughout ISBN 978-3-86826-163-9 Price: € 9.95</p> <p>Publication date: November 2017</p> <p>What conscious fasting means is that one goes through a thorough cleansing experience at all levels – body, mind and soul have a chance to recover and to gather new energy. The inspirational programme, supplemented by practical exercises and effective recipes, takes the reader through a period of fasting at home, while providing the motivation for switching to a healthy change in diet following the period of fasting.</p>

Tarot & Cards	Author(s)	Bibliography and short description
	<p><b>Kathleen Bergmann</b></p>	<p>Die fabelhafte Welt des Lenormand  <b>The Fabulous World of Lenormand</b></p> <p>Paperback / 17.5 x 25 cm / 400 pages / colour throughout  ISBN 978-3-86826-780-8  Price: €19.95</p> <p>Publication date: March 2021</p> <p>In this book, the Lenormand expert, Kathleen Bergmann takes us on a fabulous trip through the old and new world of the symbols of the Lenormand. We are given access to the more profound levels of the symbolism on the cards. At the same time she takes on easily comprehensible journeys into the world of numerology, astrology and modern psychology. We are shown astrological equivalents and connections and every card is explained with its mirror image in Tarot. This knowledge can be directly connected with the practice of interpretation and will enrich anyone who wants to expand their understanding of the Lenormand.</p> <p><b>Russian rights sold</b></p>
	<p><b>Noemi Christoph</b></p>	<p>Tarot für dich  <b>Tarot for You</b></p> <p>Flexicover / 17 x 24 cm / 180 pages / colour throughout  ISBN 978-3-86826-556-9  Price: €18.95</p> <p>Publication date: March 2021</p> <p>Pick a card, any card, and let yourself be drawn under its spell: Tarot cards are simply magical! Their symbols and pictures reflect your own unconscious feelings and hopes, as well as hidden longings and desires. In this book, Noemi Christoph shows you how to start off with Tarot with ease, and how you can use the cards as a modern tool for your very own personal self-care.</p> <p>She explains all 78 cards of classical Tarot by A.E. Waite and compares these with the contemporary Modern Witch Tarot by Lisa Sterle.</p>
	<p><b>Katharina Lucht</b>  <b>S. ROE Buchholzer</b></p>	<p>Moderne Tarot-Spreads  <b>Modern Tarot spreads</b></p> <p>Flexicover / 17 x 24 cm / 144 pages / colour throughout  ISBN 978-3-86826-568-2  Price: €18.00</p> <p>Publication date: March 2022</p> <p>Using tarot cards can be so simple and yet versatile. This book wants encourage you to try out many different spreads and thus gain an ever new and deeper access to the cards.</p> <p>The authors, which are experienced Tarot readers, have developed 100 spread patterns for this book. They cover all topics of modern life, such as love and partnership, job and career, but also offer new astrological spreads or readings for Celtic festivals. All spreads are explained in an understandable way and clarified by illustrations. In addition to a short introduction, you will also find practical tables with keywords for each card and astrological correspondences.</p>


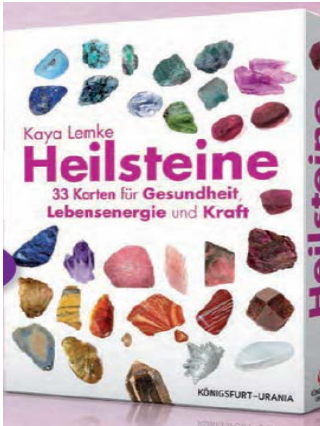


	<p><b>Karina Reichl</b></p>	<p>Fräulein Grüns Wohlfühlkräuter-Karten  <b>Little Miss Greenery's Feelgood Herb Cards</b></p> <p>33 cards, 9.5 x 13.8 cm / booklet: 140 pages / high quality telescope box  ISBN 978-3-86826-781-5  Price: €16.95</p> <p>Publication date: March 2021</p> <p>Karina Reichl, aka Little Miss Greenery, is the most successful herb blogger in the German speaking world. She is a herbalist who knows each and every herb that grows in the woods, the meadows, along streams or in the middle of towns. What makes this all so special: she can convey the essence of each individual herb. Once we know its character, the plant can give us strength in a multitude of ways, it will empower us, give us courage, provide inner harmony and recreate our internal balance. The 33 cards here illustrate the most important feelgood herbs with their respective spiritual messages. If we draw a card without seeing what it is, we instinctively pick the herb that is right for us at that moment in time. Or we look through the charming cards to seek out the plant which particularly appeals to us right now. We can spiritually connect with its essence, integrate it into our lives and allow us to be led by it towards a sense of balance and wellbeing. The author provides detailed descriptions of herbs and their effects, giving us any number of instructions for making teas, infusions, baths and for other uses.</p>
	<p><b>Diana Sans</b></p>	<p>Tantra Yoga – der Weg zum großen JA!  <b>Tantra Yoga - the Route to Inner Freedom</b></p> <p>Cards: 49 cards / 9.5 x 13.8 cm, Booklet: 140 pages  ISBN 978-3-86826-189-9  Price approx. € 17.95</p> <p>Publication date: September 2020</p> <p>The author of the successful book "Das große JA zum Leben!" has now created 49 beautiful cards with breath, meditation and Yoga exercises on. Intuitively drawn or consciously chosen, they either inspire you through your day, or help you in making your yoga class tantric.</p> <p>In the booklet, Diana Sans gives detailed explanations to each card.</p> <p>Book: Hard cover / 14.0 x 21.5 cm / 128 pages /  ISBN 978-3-86826-182-0  Price approx. € 18.00</p> <p>Publication date: published in September 2019</p> <p>Diana Sans teaches Yoga and trains Yoga teachers. On the search for modern spirituality and a life affirming attitude as a basis for her courses, she discovered Tantric philosophy which she passes on to her enthusiastic pupils. For Tantra is about saying YES to life! Tantric philosophy of the Indian Middle Ages is still today the basis for current spiritual trends. And is more with it than ever as it facilitates spirituality in your everyday life. Diana Sans conveys a fascinating modern world view, beyond the usual prejudices that say Tantra is nothing more than a form of sexuality. Subtly structured with practical exercises and meditations.</p>

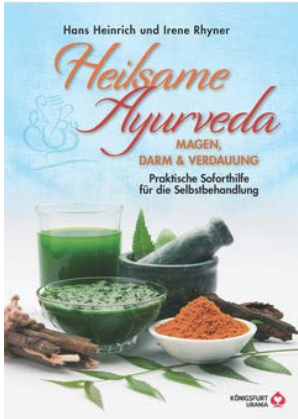
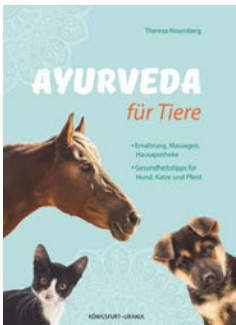
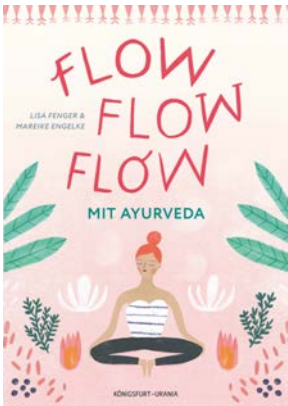
	<p><b>Kirsten and ROE Buchholzer</b></p>	<p>Zigeuner Wahrsagerkarten <b>The Gypsy's Fortune-Telling Cards</b></p> <p>Book: soft cover / 112 pages / 12 x 18 cm Cards: 36 cards / 6.5 x 9.3 cm ISBN 978-3-86826-779-2 Price: €17.95</p> <p>Publication date: November 2020</p> <p>So much easier to interpret these cards compared to Tarot cards. That's what makes them the ideal "tool" for anyone who just wants to get started straightaway with analysing their life situation using the pictures, or who wants to find answers to important questions about decisions to be taken. These cards will give you surprisingly precise answers. We find a whole new way of reading cards which are right for our modern lifestyle and additionally there are special internet links that put us in touch with new, digital approaches for working with the cards.</p>
	<p><b>Edda Costantini Bettina Kaever</b></p> <p>English rights not available</p>	<p>Kreise der Kraft: 40 Inspirationen zur inneren Harmonie <b>Circles of Strength: 40 Inspirations for Finding Inner Harmony</b></p> <p>Set with booklet and cards Booklet: approx. 80 pages 40 cards: 9.5 x 13.5 cm ISBN 978-3-86826-184-4 Price: € 17.00</p> <p>Publication date: October 2019</p> <p>The "Circles of Strength" cards help us find our own personal truths: we can accept that we go through periods of weakness and we can celebrate successes. What looks like a loss can turn out to be the tender shoot of a new beginning. The sensually designed inspiration cards are like modern, powerful mandalas. This booklet contains relevant exercises and much food for thought.</p>
	<p><b>Ina Rudolph</b></p>	<p>Einfach loslassen - "The Work" to go / Set mit Booklet und Karten <b>Just let go – "The Work" to go / Set with booklet and cards</b></p> <p>Cardboard box + 49 cards /40 pages / 9.5 x 13.8 cm /colour throughout ISBN: 9783868261721 Price: € 16.95</p> <p>Publication date: September 2018</p> <p>We often find that there are situations in our lives that keep on recurring: relationships failing, conflicts remaining unresolved, or being unable to overcome certain fears in our lives. We think we're not good enough, are bound to fail or are not loved enough. We believe these doctrines to be true, but they are not. The bestselling author Byron Katie has developed a simple method with "The Work" by which we ask about what we believe are truths and through which we can begin to let go of stressful beliefs. Based on this method the author Ina Rudolph created this set with booklet and cards.</p>

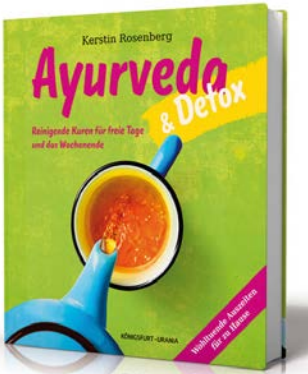
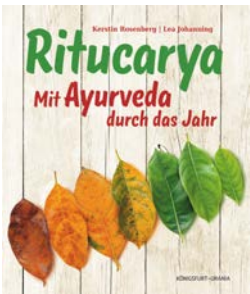
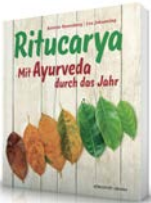

	<p><b>Ina Rudolph Mirko Betz</b></p>	<p><b>Fühle dein Glück: 49 Gute-Gedanken-Karten</b>  <b>Feel your Happiness: 49 Cards for Good Thoughts</b></p> <p>Set with booklet and cards  Booklet: approx. 48 pages  49 cards: 9.5 x 13.5 cm  ISBN 978-3-86826-183-7  Price: € 17.00</p> <p>Publication date: September 2019</p> <p>What does our life feel like at the moment? The answer will depend very much on what we're focussing on just now, what our thoughts are circling around. Generally we just see the tough side of things, the negatives, we think about what's missing. Ina Rudolph and Mirko Betz have developed the good-thoughts cards that will direct your thoughts to everything that's wonderful, that's reassuring, all the things that are happening the whole time or have already happened. We can use them to help us leave behind the old routine thinking patterns and tap into new ones. All it takes is a little change of perspective to help lift our spirits. We start to feel a sense of love and gratitude and the positive thoughts make us feel happy. The more we practice using the cards, the better this exercise works.</p>
	<p><b>Wulfig von Rohr</b></p> <p>English rights not available</p>	<p><b>Schamanen-Orakel: 40 Seelenbilder der Indianer</b>  <b>Shaman Oracle: 40 spiritual images of the Native Americans</b></p> <p>Set with booklet and cards  Booklet: approx. 11.8 x 18 cm / approx. 112 pages  40 cards: 7.0 x 12.0 cm  ISBN 978-3-86826-777-8  Price: € 20.00</p> <p>Publication date: September 2019</p> <p>Let us delve into the spiritual world of the shaman and embark on our own personal Vision Quest, our spiritual search for meaning. The way of the shaman describes an internal attitude, an opening up to the wholeness of life. On this journey we are accompanied by primal images and symbols which serve as guides and anchors for our soul, transcending cultures and time. The multi-layered pictures, earthy colours and strong spiritual strength of the shaman oracle help us in that they convey new insights and unfamiliar answers.</p>
	<p><b>Ruediger Dahlke Rita Fasel</b></p> <p>French rights sold</p>	<p><b>Fußdiagnose</b>  <b>Foot Diagnosis</b>  <b>What our feet tell us about ourselves</b></p> <p>49 cards and book / 128 pages / 14 x 21.5 cm / colour throughout  ISBN: 9783868261318  Price: € 24.99</p> <p>Publication date: December 2015</p> <p>Our feet are a miracle of nature, nothing begins to compare with the arch of our foot and even in adults the shape and size of feet continue to change. Rita Fasel and Ruediger Dahlke show how our strengths and weaknesses manifest themselves in the shape and tread of our feet and what each and every one of our toes says about us.</p>

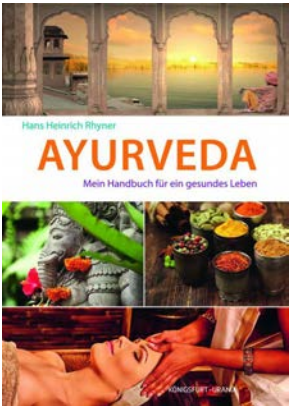
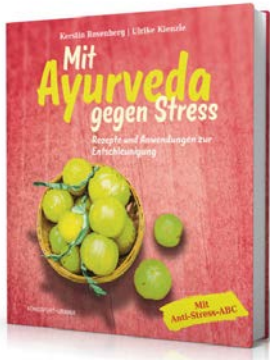
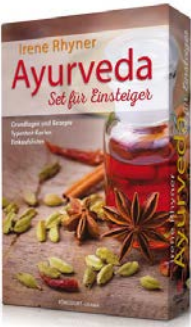
	<p><b>Johannes Fiebig</b></p>	<p>Du bist, was du vergisst  <b>You Are What You Have Forgotten</b>  <b>The Test</b></p> <p>Set with book and cards /attractive storage box  Book: paperback / approx. 128 pages / approx. 11.8 x 18 cm  20 cards: 7 x 11 cm  ISBN 978-3-86826-162-2  Price: € 19.95</p> <p>Publication date: November 2018</p> <p>One may be unconscious of certain feelings, needs and internal resources (sources of strength) until they either come up spontaneously as a result of a clash, or, like here, suddenly appear when searching for "forgotten" subjects in the form of a playful self-test. And this is how it's done: you take 15 pictures of everyday items, look at them carefully for 45 seconds and then quickly turn them over. Now do something totally different for 5 minutes. After that, write down those subjects you remember.</p>
 	<p><b>Silvia Bürkle</b>  <b>Gisela Ziegler</b></p>	<p>Heimliche Entzündungen – Sanfte Hilfe für die Gelenke  <b>Silent Inflammations – Gentle Remedies for Your Joints</b></p> <p>Set containing workbook and 33 exercise cards  Book: soft cover / 128 pages / 14 x 21.5 cm  Cards: 9.5 x 13.8 cm  ISBN 978-3-86826-179-0  Price: €20.00</p> <p>Publication date: September 2019</p> <p>Following on her best sellers, "Silent Inflammations" and "Silent Inflammations – The Cookbook", The author Silvia Bürkle has now added an additional book on this subject: the right nutrition can help prevent inflammations in our bodies and thus provide relief from possible pain. And we can also help ourselves by doing some easy movement exercises. Quite frequently joints are negatively affected, they start hurting and this results in their functions being restricted. The Feldenkrais specialist, Gisela Ziegler, has been dedicating herself for years to this very subject. She has developed a series of exercises for this workbook and these exercises can be replicated by everyone. They protect the joints, soothe the inflammation processes, restore mobility and the result is a clear improvement in quality of life.</p>
	<p><b>Ulrich Hoffmann</b></p>	<p>Die Meditations-Box  <b>The Meditation Box - 49 Cards and Card Stands</b></p> <p>Cardboard box / 49 cards / 8.5 x 10.5 cm/ in colour / elegant container  ISBN: 9783868261486  Price: € 16.95</p> <p>Publication date: October 2016</p> <p>The Meditation Box allows a playful introduction or reintroduction to meditation. Four colours which stand for the duration, the type of meditation, the content and an additional exercise for the day. By combining the cards in different ways, one can create a wide variety of meditation exercises: short and long, complex and even easy ones.</p>

	<p><b>Sigrid Engelbrecht</b></p>	<p>Alles, was mit STARK macht <b>What makes me STRONG</b></p> <p>Set containing workbook and 52 exercise cards Book: soft cover / 128 pages / 14 x 21.5 cm Cards: 7.0 x 12.0 cm ISBN 978-3-86826-178-3 Price: €18.95</p> <p>Publication date: March 2019</p> <p>We're each and every one of us active in a variety of ways: be it in our jobs, with our families, with friends, pursuing our hobbies, maybe even working in a voluntary capacity. The things we develop in carrying out our activities seem to us to be perfectly natural. We are, however, often oversensitive about our own weaknesses, while allowing our strengths, our talents and potentials to be marginalised. This set consisting of a book and cards will help you recognize your hidden skills and abilities so that, in future, you can target them more successfully and effectively both professionally and privately.</p>
	<p><b>Kaya Lemke</b></p>	<p>Heilsteine: 33 Cards für die Gesundheit, Lebensenergie und Kraft <b>Healing Stones: 33 Cards for Health, Vital Energy and Strength</b></p> <p>Set containing booklet and 33 cards / Booklet: approx. 80 pages, 9.8 x 13.8 cm, colour throughout / Cards: 9.5 x 13.8 cm / ISBN 978-3-86826-177-6 Price approx. €16.95 /</p> <p>Publication date: March 2019</p> <p>Gemstones contain stored light energy which stimulate man's natural healing powers and which can have a positive influence on feelings and thoughts. Each stone represents particular spiritual, mental and physical subjects and messages. Generous illustrations point out the individual gemstone's beauty and message on each card. Using the cards, find your matching gemstone for healing and wellbeing – for your current situation or for your whole life. This comprehensive booklet delves deep into the fascinating world of healing stones and describes each stone and its effects in detail.</p>






Ayurveda	Author(s)	Bibliography and short description
	<p><b>Irene and Hans Heinrich Rhyner</b></p>	<p>Heilsame Ayurveda <b>Healing Ayurveda</b></p> <p>Hardcover / 17 x 24 cm / 288 pages / colour throughout ISBN 978-3-86826-180-6 Price: €24.95</p> <p>Publication date: March 2022</p> <p>Do you prefer gentle medicine for health complaints? Would you like to provide relief and healing yourself? You can - with Ayurvedic medicine, without any prior knowledge! The renowned Ayurvedic therapists Dr. Hans Heinrich and Irene Rhyner have compiled everything important in this book, so that you can immediately begin with healing applications. A clear delineation of when an experienced therapist or physician should be consulted provides confidence in self-applications. The clear structure of the chapters offers a quick orientation and makes the "Ayurvedic Home Pharmacy" additionally to the ideal reference book.</p>
	<p><b>Theresa Rosenberg</b></p>	<p>Ayurveda für Tiere <b>Ayurveda for Animals</b></p> <p>Hard cover / 17 x 24 cm / 192 pages / ISBN 978-3-86826-191-2 Price approx. € 24.95</p> <p>Publication date: October 2020</p> <p>Ayurveda continues to gain in popularity. Animal lovers and owners are increasingly turning to naturopathic methods as a supplement to modern veterinary medicine. As Ayurveda is mainly aimed at prevention, animals are treated as individuals, quality of life is improved by natural means, it is particularly effective and long-lasting. It is a means that will help us to understand the respective animal more effectively, to do justice to its needs with healthy foods, concept-specific posture, daily routine and tailored training.</p>
	<p><b>Lisa Fenger</b> <b>Mareike Engelke</b></p>	<p>Flow Flow Flow mit Ayurveda <b>Flow flow flow with Ayurveda</b></p> <p>Soft cover / 17 x 24 cm / 144 pages / colour throughout ISBN 978-3-86826-186-8 Price approx. € 16.95</p> <p>Publication date: March 2020</p> <p>The authors have managed to create something new: they have come up with an explanation of Ayurveda in an easily comprehensible manner and with charming illustrations making it easy to follow straightaway. Three characters, Vicky, Pia and Carla, matching the three doshas, Vata, Pitta and Kapha, take us through the book and help us find our way around the vast field of knowledge that is Ayurveda. Humour, practical advice and useful tips are used to explain how we can integrate Ayurveda in our lives, how to charge up those batteries despite the stresses we deal with and how to live life to the full with joy and ease.</p>

	<p><b>Kerstin Rosenberg</b></p>	<p>Ayurveda &amp; Detoxing  <b>Cleansing cures for days off and the weekend</b></p> <p>Hardcover / 176 pages, 19 x 21.6 cm / colour throughout  ISBN 978-3-86826-169-1  Price: € 17.95</p> <p>Publication date: April 2018</p> <p>Ayurveda understands that health is the harmonious balance of your physical, spiritual and emotional strength. Diseases, on the other hand, occur if there is a shift in the equilibrium and there is a metabolic deficit in the body. There is something you can do about this: detoxing Weight loss, regeneration, strengthening the immune system, anti-stress or more power to achieve a clear mind – what you will find here are various tailored guidelines for every time of year.</p>
 	<p><b>Lea Johanning Kerstin Rosenberg</b></p>	<p>Ritucarya – Mit Ayurveda durch das Jahr  <b>Ritucarya – Ayurveda Through the Seasons</b></p> <p>Soft cover / 19 x 21.6 cm / 176 pages /  ISBN 978-3-86826-181-3  Price approx. € 18.00</p> <p>Publication date: September 2019</p> <p>The ayurvedic definition of good health is the dynamic balance between physical, mental and spiritual strengths. The seasons become more important. With the changes of the seasons the body reacts to sunlight, climate and planetary influences which regulate our chrono-biology and its metabolic functions. Many people have the sort of lifestyle which barely differentiates between summer and winter when it comes to nutrition, clothing and routines. But seasonal changes do affect us and can intensify symptoms typical for the individual seasons. Ritucarya means: adapting to seasonal rhythms. In ayurvedic literature the year is divided into six seasons. This book contains easy to follow recipes suitable for every day, behavioural recommendations, beneficial activities as well as personal exercise tips.</p>
	<p><b>Dr. Hans Heinrich Rhyner</b></p> <p><b>US rights sold</b></p>	<p>Das neue Ayurveda Praxis Handbuch  <b>The New Ayurveda Practical Handbook</b>  <b>Healthy living, gentle healing</b>  8th revised edition</p> <p>Hardcover / 640 pages, 17 x 24.5 cm / colour throughout  ISBN 3-03819-049-3  Price: € 36.00</p> <p>Publication date: 18 June 2018</p> <p>This comprehensive manual has developed into one of the most frequently used textbooks. It is the current standard textbook for doctors, alternative practitioners, therapists and anyone interested in Ayurveda. With an extensive glossary explaining medical specialist terminology as well as all the Sanskrit terms used in the book.</p>

	<p><b>Dr. Hans Heinrich Rhyner</b></p>	<p>Ayurveda <b>My manual for a healthy life</b></p> <p>Hardcover / 272 pages / 17 x 24 cm ISBN: 9783868261479 Price: € 19.95</p> <p>Publication date: November 2016</p> <p>The author explains the philosophical and naturopathic principles of Ayurveda as well as the effects on an individual. While the emphasis is usually on the three well known physical conditions, here the author also describes typical psychological conditions and provides tips and advice for a healthy life for every condition. This includes nutrition, lifestyle, forms of exercise, adapting to one's living environment as well as spiritual rituals and meditative practices.</p>
	<p><b>Kerstin Rosenberg Ulrike Kienzle</b></p>	<p>Mit Ayurveda gegen Stress <b>Ayurveda against Stress</b> <b>Recipes and applications for destressing</b></p> <p>Flex cover / approx. 112 pages, 19 x 21.6 cm / colour throughout ISBN 978-3-86826-171-4 Price: € 12.95</p> <p>Publication date: October 2018</p> <p>Stress affects our health in a negative way: high blood pressure, migraines, insomnia, back aches or a weakened immune system all of which are the result of feeling annoyed, irritated and overburdened. Stress also ages the body and increases the likelihood of having an over-acidified metabolism. By ignoring the warning signs of stress overload, we increase the risk of losing the ability to deal with physical and mental strains. Ayurvedic health principles have a wealth of ways and means to prevent this from happening.</p>
	<p><b>Irene Rhyner</b></p>	<p>Ayurveda - Set für Einsteiger <b>Ayurveda – The Set for Beginners</b> Set with a book, 71 cards and 6 shopping lists for each Ayurveda type</p> <p>Book: Paperback / 128 pages / 14 x 21.5 cm ISBN: 9783868261592 Price: € 24.95</p> <p>Publication date: May 2017</p> <p>An important factor for achieving success is to be sure that the nutrition one is taking is the right one based on your individual constitution and using special recipes. This beginner's book and practical set offers simple, exciting access together with a direct introduction. Using the cards supplied you can determine your own constitution (vata, pitta or kapha) in an easy and playful way. You can find the solution in the accompanying book which also provides all the important information on the subject. In addition, you will find comprehensive tips and lists on nutrition and a good selection of suitable new recipes.</p>

Lifestyle	Author(s)	Bibliography and short description
	<p><b>Alexander Glück</b></p>	<p>Das große Handbuch vom Räuchern  <b>The Complete Handbook of Incense</b></p> <p>Hard cover / 17 x 24 cm / 224 pages /  ISBN 978-3-86826-190-5  Price approx. € 19.95</p> <p>Publication date: October 2020</p> <p>Smoking using various plants, herbs and resins is an old cultural tradition that continues to enjoy great popularity. The author has put together everything anyone could ever need to embark on this exciting adventure making it user-friendly for both beginners as well as for the more advanced practitioner. Attractive illustrations, an array of smoking techniques and incense substances are included here together with descriptions of their effects and suitable occasions for when to use which smoking system.</p>
	<p><b>Angelika Kaddik</b></p>	<p>Die PaarProbleme  <b>Couple (of) Problems</b>  <b>When the relationship needs some help</b>  <b>With case studies and practical exercises</b></p> <p>Soft bound with folded flaps / 224 pages / 14 x 21.5 cm  ISBN 978-3-86826-165-3  Price: € 19.95</p> <p>Publication date: March 2018</p> <p>Sometimes all it takes is a gentle nudge, for example a bit of a debate to come together again. Sometimes you have to dig deeper, look into yourself to find out how you are dealing with life and with your partner so that you can discover a different form of togetherness. However, it is almost always possible to "fix" a relationship that used to be good, but that may not be quite right today.</p>
	<p><b>Marc Laban</b></p>	<p>Der kleine Lebensentrümpler  <b>The Little Guide to Decluttering Your Life</b>  <b>Throw it away, clear it up, cut out the irritants – and now breathe again!</b></p> <p>Flexible binding / 176 pages / 16.4 x 20 cm / colour throughout  ISBN 978-3-86826-166-0  Price: € 12.95</p> <p>Publication date: February 2018</p> <p>All things being equal, it's always best if we can be the ones to decide what our living space looks like and how we spend our time. But at times this can also turn into a sort of prison that can feel like a heavy weight on your chest. Using his inimitable sense of humour, Marc Laban describes here how you can regain your space and your time, how to sweep away the overwhelming pressure of all those superfluous things and mind-numbing relationships, how to get through the day with ease using a simple, practical system.</p>



	<p><b>Klausbernd Vollmar</b></p> <p>Serbian rights sold</p>	<p>Das große Buch der Farben <b>The Big Book of Colours</b></p> <p>Paperback, 288 pages, 14 x 21.5 cm / colour throughout ISBN 978-3-86826-161-5 Price: € 14.90</p> <p>Publication date: April 2018</p> <p>Colours determine our life, make it bright, stimulate our senses and increase our creativity. Our love of special colours says a lot about us. Klausbernd Vollmar, certified psychologist, expert for symbols and dreams, has been spending over 30 years concerning himself with the effect that colours have on our life.</p>
	<p><b>Ulrich Hoffmann</b></p>	<p>Mein Kopf. Mein Herz. Mein Weg! <b>My Head. My Heart. My Way!</b> <b>The 28-day plan for a happier life</b></p> <p>Flexible cover / 160 pages / 17 x 24 cm / colour throughout/ ISBN 978-3-86826-160-8 Price: € 8.99</p> <p>Publication date: March 2017</p> <p>Many guides to happiness are much like diets: they achieve short term successes, and then we get the yo-yo effect, and then it's all worse than it was before or at least it's no better. Hoffmann's 28-day plan takes the best of everything that has been compiled internationally from meditation and consciousness research. By means of entertaining information and scientific facts, he takes us on a step by step tour through behaviour patterns in everyday life which can intensify feelings and experiences of happiness.</p>
	<p><b>Maria Sanchez</b></p> <p>Rights sold: German pocket book Bulgarian</p>	<p>Warum wir ohne Hunger essen <b>Why Do We Eat When We're Not Hungry?</b> <b>The true reasons behind obsessive eating and obesity</b></p> <p>Paperback / 240 pages / 14 x 21.5 cm ISBN: 9783868261448 Price: € 19.99</p> <p>Publication date: August 2016</p> <p>You've tried to lose weight so often, right? And you know all about this obsessive need to eat which keeps drawing you back to food, and then, sooner or later, it ruins all your attempts at losing weight.</p> <p>Maria Sanchez has found a way out of this exhausting vicious circle and used it to develop a successful therapeutic approach which she calls "Longing and Hunger". The unusual thing about her method is this: she rejects diets. Instead she concentrates on the psychological causes that disable the natural interplay of hunger versus satiation.</p> <p>Over 11.000 copies sold!</p>



Alternative remedies	Author(s)	Bibliography and short description
	<p><b>Julia Gruber</b></p>	<p>Die Heilkraft der Kräuter und Gewürze – Kochen, heilen, genießen  <b>The Healing Power of Herbs and Spices – Cook, Heal, Savour</b></p> <p>Soft cover / 14 x 21.5 cm / 208 pages /  ISBN 978-3-86826-175-2  Price approx. € 9.99  Revised new edition</p> <p>Publication date: December 2018</p> <p>Since time immemorial, herbs and spices have been used for the good of body and soul. The foods we eat become more digestible, they last longer and are naturally more aromatic. Rinds, scented buds or aromatic leaves conceal a wealth of essential oils, flavonoids and tannins, as well as health-giving properties and soothing effects for the soul. This richly illustrated book tells us everything we need to know about the history of individual spices, their constituents and their health-giving properties. It includes numerous tips for healing applications and delicious recipes.</p>
	<p><b>Ulrich Hoffmann</b></p>	<p>Mein Kopf. Mein Herz. Mein Weg!  <b>My Head. My Heart. My Way!</b>  <b>The 28-day plan for a happier life</b></p> <p>Flexible cover / 160 pages / 17 x 24 cm / colour throughout/  ISBN 978-3-86826-160-8  Price: € 8.99</p> <p>Publication date: March 2017</p> <p>Many guides to happiness are much like diets: they achieve short term successes, and then we get the yo-yo effect, and then it's all worse than it was before or at least it's no better. Hoffmann's 28-day plan takes the best of everything that has been compiled internationally from meditation and consciousness research. By means of entertaining information and scientific facts, he takes us on a step by step tour through behaviour patterns in everyday life which can intensify feelings and experiences of happiness.</p>
	<p><b>Martin Rutkowski</b></p>	<p>Alles Gute für den Darm  <b>All the Best for Your Insides</b>  <b>A practical guide with beneficial recipes and effective remedies from natural medicine</b></p> <p>Flex cover / 176 pages/ 17 x 24 cm / colour throughout  ISBN 9783868261561  Price: € 16.95</p> <p>Publication date: October 2017</p> <p>Rutkowski provides numerous tips for good digestion as well as preventative measures for maintaining good intestinal health. He also explains, clearly and concisely, what happens if the intestines become unsettled, if a light or a severe inflammation affects the intestines and upsets our health. How, in all such cases, we can help ourselves practically, heal ourselves or support our drug therapy using a simple gut-friendly diet and naturopathic medication – all this is described by the author in this practical guidebook.</p>



**Astrid  
Kramer-Wahrenberg**

Heilkraft aus dem Honig  
**Honey's Healing Power**  
**All about Manuka and home-grown honeys**

Hardcover / 112 pages / 19 x 21.6 cm / colour throughout  
 ISBN 978-3-86826-167-7  
 Price: € 12.95

Publication date: February 2018

Sweet, delicious and natural – throughout mankind's history, honey has always been valued as a very special food, medicine and remedy. New Zealand's Manuka honey is considered to be particularly effective. Many current studies and medical applications have shown its efficacy in the treatment of wounds as a natural antibiotic and more. Manuka honey has even shown itself to be effective in battling the feared antibiotic-resistant hospital germs.