

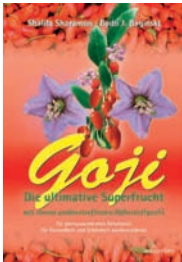
2010 Windpferd Top Titles



Olaf Jacobsen – I'M not at Your Disposal Any More

Through many practical examples from typical everyday situations, best-seller author Olaf Jacobsen teaches you how to liberate yourself from any unpleasant feelings that make you feel uncomfortable or powerless and clearly differentiate your own feelings from those of others. If you're dissatisfied with a role you have taken in your private or professional life, just shed this artificial character and cease to make yourself available!

264 pages, € 12,90, ISBN: 978-3-89385-538-4, **10th edition, more than 100.000 copies sold since fall 2007**, rights sold: Czech, Dutch, French, Hungarian, Italian, Spanish



Bodo J. Baginski · Shalila Sharamon – Goji

The ultimate super-fruit with an unsurpassed nutrient profile. Hollywood stars consider goji berry products a hot tip for physical wellbeing and wrinkle-free skin. In this attractively and lavishly illustrated self-help guide – the first work to be published in German – the bestseller authors present a unique in depth look at goji and explore the diverse possibilities that this “all-rounder” has to offer, especially in the areas of health and wellness.

152 pages, full color, € 14,90, ISBN: 978-3-89385-544-5, **5th edition since 2008**, rights sold: French and Polish



Petra Schneider – Understanding the Soul

What you can learn from your soul. A comprehensive introductory manual on how to access the soul, intuition and spiritual helpers. With many meditations and effective exercises for establishing an intensive contact to your soul and soul companions. Additional information on soul family, reincarnation, soul structure, soul myths and life-tasks. A trendy subject much written about in self-help books.

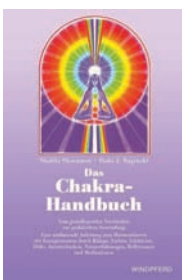
176 pages, € 12,90, ISBN: 978-3-89385-582-7, **2nd edition since spring 2009**, rights sold: Croatian, Czech



Barbara Simonsohn – Barley Grass Juice

A perfect food with a complete complex of vital substances, an optimal supplement to the daily diet and a potent healing remedy. Also used as accompanying therapy for homeopathy. Easy to prepare this “totally healthy fast food” works true wonders. Including the experiences of barley grass pioneers and a large spectrum of recipes.

160 pages, € 9,90, ISBN: 978-3-89385-432-5, **13th edition since 1999**, rights sold: Dutch, English, French, Italian



Shalila Sharamon and Bodo J. Baginski – The Chakra Handbook

A comprehensive guide to harmonizing the energy centers with music, colors, gemstones, scents, breathing techniques, reflex zone massage, and meditation. The authors provide a detailed description of the chakras and their subtle powers.

254 pages, € 12,90, ISBN: 978-3-89385-038-4, **52nd edition since 1988**, rights sold: Danish, Dutch, English, Estonian, Finnish, French, Greek, Hungarian, Italian, Korean, Polish, Portuguese, Romanian, Spanish



Frank Arjava Petter/Dr. Mikao Usui – Original Reiki Handbook of Dr. Mikao Usui

For the first time available outside Japan: the traditional treatment positions and many Reiki techniques for health and well-being from Dr. Usui's handbook. Whether you are an initiate or a Reiki Master, you can expand your knowledge dramatically by following in the footsteps of a great healer.

80 pages, 100 photos in full color, ISBN: 978-3-89385-320-5, € 9,90, **9th edition since 1999**, rights sold: Bulgarian, Croatian, Dutch, English, French, Greek, Hungarian, Italian, Portuguese, Russian, Spanish, Swedish



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