

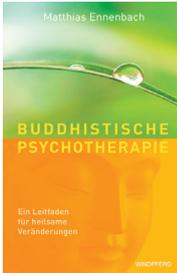
2013 Windpferd Top Titles



Mohsen Charifi – One Day with Love

Literarily placed among the timeless clarity of St. Exupéry's *The Little Prince*, Persian and European mystic as well as psychologists like Erich Fromm and Eckhart Tolle. A book you won't be able to set aside any more. At dawn, the young girl Inlove meets Love, an old man and asks him for advice. During an intensive talk Inlove's initial feeling of helplessness and despair and her restlessness gradually disappear. With the help of many clear examples the story shows the way out of pain and sorrow, lights the power of petrified memories and the charm of ultra short happiness. In the evening Inlove finds a liberating way of living and thinking.

218 pages, € 18,95, ISBN 978-3-86410-030-7, **2nd edition since fall 2012, hardcover**



Matthias Ennenbach – Buddhist Psychotherapy

The very first systematic work on Buddhist Psychotherapy integrating psychological, medical and psychosomatic knowledge of Western culture. It offers instruction, inspiration and help – for a wide range of professionals as well as individuals interested in psychotherapy, Buddhism, or personal development in general. *Buddhist Psychotherapy* focuses on our positive human potential, on goals that are actually within our reach. Its impact reaches far beyond the relief from suffering and the promotion of healthy states of mind. The author presents techniques from the various modern therapeutic approaches, as well as largely unknown Buddhist practices.

472 pages, € 14.95, ISBN: 978-3-89385-639-8, **5th edition since December 2010**, rights sold: Czech, English



Barbara Kündig – Yoga Nidra

Entirely refreshed in 30 minutes – equals 3 hours of sleep

In line with Autogenic Training and Progressive Muscle Relaxation, *Yoga Nidra* makes up the third pillar of the most efficient relaxation techniques. It teaches the practitioner to alternate between deep relaxation and relaxed mindfulness. It is recommended for strengthening of the immune system, for medical conditions of the cardiovascular system and cramp induced symptoms, like migraine and headaches. *Yoga Nidra* is helpful with various sleeping troubles and enhances overall concentration, efficiency and creativity.

Book 120 pages, € 16.95 hardcover, ISBN: 978-3-89385-637-4 and CD of 2x30 minutes, **5th edition since fall 2010**, rights sold: Italian, Lettish



Barbara Simonsohn – Barley Grass Juice

Rejuvenation elixir and natural, healthy power drink. 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.

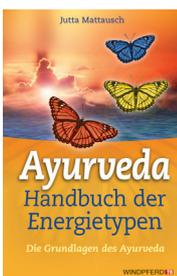
224 pages, € 9,90, ISBN 978-3-89385-432-5, **15th edition since 1999**, pocketbook, rights sold: Dutch, English, French, Italian



Walter Lübeck – The Pendulum Handbook

The complete guidebook on how to use the pendulum to choose appropriate remedies for healing body, mind, and spirit. The author shows you how to select the right instrument, how to hold it, and how to work with the pendulum tables. Besides this, he introduces you to various fields of applications for the energetic cleansing, such as massage, aura energy work, as well as harmonizing earth rays. With numerous pendulum tables from the areas of nutrition, aromas, Bach Flowers, gemstones, chakras, herbs, and color therapy.

160 pages, € 8,95, ISBN 978-3-86410-015-4, **15th edition since 1992**, pocketbook, eights sold: Czech, Dutch, English, French, Spanish



Jutta Mattausch – Ayurveda Energy Types

Until now most books on Ayurveda restrict themselves to introducing the pure constitutional types of Kapha, Pitta and Vata, thereby missing the important point that most humans do not fit into any of these categories. Instead most of us belong to one of the mixed types of Vata-Pitta, Pitta-Kapha, Kapha-Vata, or even combine in themselves all three constitutional types to form the Tri-Dosha type. The author devotes a great deal of attention to these mixed constitutional types. For the first time all the health and wellness needs of all seven constitutional types are addressed.

280 pages, € 12,90, ISBN 978-3-89385-543-8, **2nd edition since 2009**, rights sold: Czech

