





# RIGHTS GUIDE

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192 pages - 17 x 24 cm

**MARIA ALESSANDRA TOSATTI** holds a degree in Biology at the University of Padua and a Master in vegetarian nutrition at the Polytechnic University of Marche. She works as a nutritionist and helps all those who, for ethical or health reasons, choose to exclude or limit animal products.

**FRANCESCA GREGORI** has been for many years a vegan and gluten-free chef. She loves reinterpreting traditional Italian recipes, also drawing inspiration from the principles of macrobiotics. She holds cooking workshops for professionals and individuals.

[www.themindfultomato.com](http://www.themindfultomato.com)

## VEGGIE WEANING

### Traditional weaning and baby-led weaning

Maria Alessandra Tosatti

With the recipes of chef Francesca Gregori

With plant-based recipes from 6 months onwards, also delicious for mom and dad

- Is vegetarian weaning possible?
- What rules should be applied so that it is adequate and safe?
- What foods should you prefer and what should you avoid?
- What are the differences between traditional weaning and baby-led weaning?

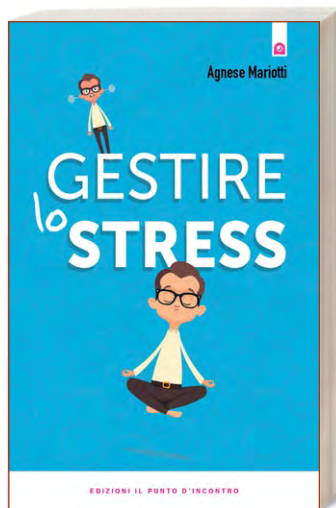
Drawing from the latest scientific research, *Veggie Weaning* describes the theoretical and practical aspects of traditional weaning and plant-based baby-led weaning.

Nutritional facts, tips and recipes: *Veggie Weaning* helps parents through the natural and gradual weaning from breast or bottle feeding, making it a great opportunity to review the entire family's eating habits and lay the foundations of healthy eating since childhood.

The nutritional and psychological role of breastfeeding is also emphasized, as well as recommendations for vegetarian breastfeeding mothers.

Chef Francesca Gregori has created tasty and colourful recipes that parents will also love!





144 pages - 12 x 17 cm

As an academic, **AGNESE MARIOTTI** has been involved in cancer research in Italy, USA and Switzerland. She has always been interested in psychosomatics and particularly the effects of stress on health. In 2001, she was appointed project leader of the experimental oncology division at the Department of Oncology of Lausanne University. She regularly writes articles for United Academics on various aspects of medicine, biology and health.

## MANAGE STRESS EFFECTIVELY

Agnese Mariotti

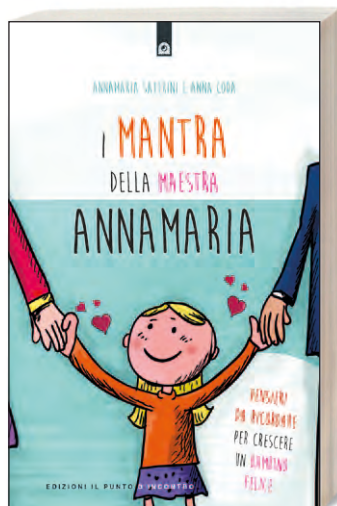
Are we sure to know exactly what is stress? When can we really tell we are stressed and what's its impact on our health?

- What are stress and stress symptoms
- The body's reaction to stress
- Diseases and disorders related to chronic stress
- Relaxation, meditation, physical therapies, etc.
- Learn to recognise the influence of stress on binge eating
- Cognitive-Behavioural Therapy, biofeedback and hypnosis

The effects of stress on our body are deleterious and include among other things dermatitis, cardiovascular disease, obesity, diabetes, depression and cancer.

*Manage stress effectively* explains how our body is weakened by stress, leading to various diseases. However, our brain can also be our secret weapon to keep this ubiquitous source of problems under control.

Through techniques such as mindfulness, breathing, meditation, exercise, massage, and other methods, *Manage stress effectively* helps you cope with stress, and takes you step by step towards a deeper peace of mind.



192 pages - 14 x 21 cm

**Annamaria Saterini** has been working for more than 40 years as a schoolteacher, and was also general supervisor of Vicenza-based “Andrea Palladio” kindergarten. She is a certified psychomotor practitioner and has taken part in numerous conferences, seminars and workshops on Aucouturier Psychomotor Practice. She is also a certified teacher for mathematical learning impairments. She is a consultant at Vicenza’s Centre for Pedagogical Documentation and Laboratory Teaching.

**Dr. Anna Coda** is a psychotherapist and systems family therapist. She offers psychological counselling, as well as individual, couple and group psychotherapy. Dr. Coda is also an expert in civil law psychology and family mediation

## TEACHER ANNAMARIA’S MANTRAS

Thoughts to remember to raise happy children

Annamaria Saterini and Anna Coda

- “Let your children become what they are”
- “Believe in your children and they will believe in you”
- “Teach them to recognize and express their emotions”

Introverted or extroverted, visual, auditory or kinesthetic, etc.: children are unique beings, each with their own character. At the same time, however, they tend to reflect their family environment: affective or normative, authoritarian, permissive, neglecting, anxious and hyper-protective, judgemental, perfectionist.

During her 42 years of teaching in kindergarten, Annamaria Saterini experienced the tremendous educational impact that positive affirmations have when regularly repeated to children. She decided to call these affirmations “mantras”, because they are “words that help those who repeat them”. In *Teacher Annamaria’s Mantras* each “mantra” is explained through case studies and further expanded by the insight of a professional psychotherapist.

Nowadays more and more parents seek advice to face the complex task of growing happy children. *Teacher Annamaria’s Mantras* helps you clarify the role of parents and to make the best choices for your children.





192 pages - 14 x 21 cm

**PIERLUIGI RAFFO** holds a degree in breeding and dog training techniques. An expert in relationships between humans and animals, he works at a very innovative model, that he calls the “animal shelter of the new millennium”, which focuses in animal welfare. Pierluigi currently trains dogs at the Rovereto-based shelter Parco and works at Associazione Arcadia Onlus. He also holds training courses in many Italian animal shelters.

[www.arcadiaonlus.it](http://www.arcadiaonlus.it)

## HOMEMADE DIY DOG TOYS

Simple and fun ideas to play creatively with your four-legged friends

Pierluigi Raffo

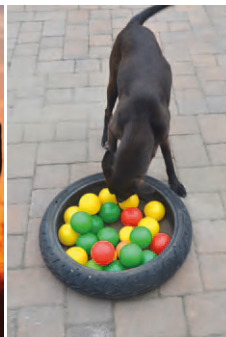
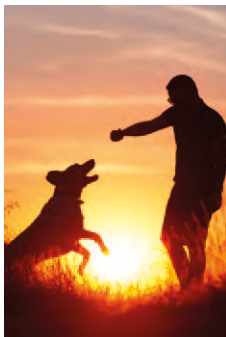
Would you like to know what kind of toys and games your canine friends love? And how about transforming these playful moments into an experience that enriches your pets and develop their intelligence?

- Build safe dog toys with scrap material from around the house
- Help your pooch develop their talents, meet their needs and feel loved
- Have fun with your dog and build relationships!

If you have a dog, you know their enthusiastic and engaging way of running towards you with joy and expectation to go out, play and interact.

Homemade DIY dog toys provides you with simple and fun ideas to play creatively with adult dogs, pups and elderly pets, helping you strengthen social ties and building behavioural patterns that are useful for your dog’s psychological and physical wellbeing.

Through playing, your dog can learn and at the same time exercise their motor skills, vent excess energy, learn some basic coexistence rules and improve self-control..





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## HOORAY, TIME TO CHEW!

The benefits of chewing for dogs  
More endorphins, less stress!

Pierluigi Raffo

Chewing is the most normal and simple activity a dog can do to feel happy, relaxed and to fight stress. In our society dogs have to deal with high peaks of stress that cause frustration and destructive behaviour. Giving them the possibility to rebalance their emotions is therefore crucial for their wellbeing. (As well as our shoes!)

Inappropriate dog chewing can be dictated by several causes, among which boredom, fear, separation anxiety, or attention seeking. *Hooray, Time to Chew!* highlights the importance of chewing in dogs, and help you find ways to engage your canine friends in healthy chewing activities, thanks to specifically designed items.

By encouraging appropriate, supervised chewing, you will not only save your household items, but also have a happier, more relaxed and healthier dog.





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## A DOGHOUSE OF ONE'S OWN

An innovative model of dog pound for better-informed adoptions

Turning animal shelters into a social success

Pierluigi Raffo

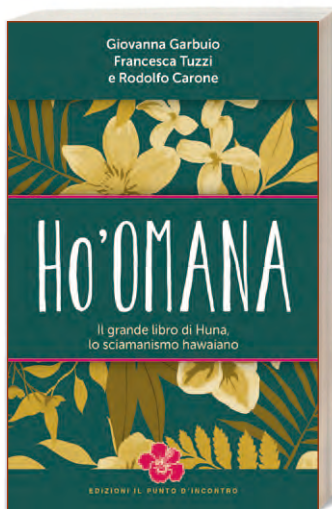
*A Doghouse of One's Own* introduces an innovative model of dog shelter management that has proven its effectiveness, for both dogs and their future families. It radically turns the idea of dog shelter, transforming it into a reference point where you can find information, advice, dogs with good social skills and where you can practice socialising activities with your pet.

- Should I really adopt a puppy?
- Do older dogs have more difficulty adapting to new environments?

Adopting a dog becomes a real social project, because animals are placed in their families after a proper assessment of the context and motivational profile of the dog itself. Each dog is given a behavioural card and “adaptability index”. This in turn helps people choose between puppies and older dogs, because a competent adult dog with greater adaptive skills proves to be better for those families who have never had a dog or have children at home.

A dog shelter must be a source of life and not of suffering; believing it means achieving a better future also for our children.





256 pages - 14 x 21 cm

### BESTSELLING AUTHOR

**Giovanna Garbuio, Rodolfo Carone** and **Francesca Tuzzi** are among the most important Hawaiian culture experts in Italy. They hold Ho'oponopono and Hawaiian shamanism seminars.

## HO'OMANA

The big book of Huna,  
Hawaiian shamanism

Giovanna Garbuio, Francesca Tuzzi, and Rodolfo Carone

Ho'omana is a way to find peace and harmony in our lives, to shine our light and rediscover happiness. Ho'omana tells us that happiness, harmony, and peace are within us and begin with us.

Hawaiian shamanism – or Ho'omana spirituality (recently known as Huna in the Western world) – is an extremely practical system, a way of recognising through practice and experience what is most effective for us.

In its purest form, Ho'omana is the ancient knowledge that allows somebody to establish a conscious and lasting connection with their highest inner wisdom. It presents us with a profoundly harmonious philosophy of life. It makes us aware of the need to recover our original harmony in every area of our lives, starting from the re-harmonization of ourselves, because what is outside is the reflection of who we are.

Ho'omana is based on the awareness of Love as the origin of everything; humanity, nature and the divine are seen as balanced parts of the same cosmic reality.







256 pages - 14 x 21 cm

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## MAUI'S JOURNEY

The true story of Ho'oponopono

Giovanna Garbuio, Francesca Tuzzi, and Rodolfo Carone

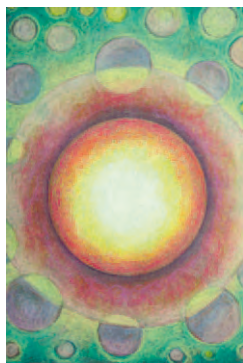
Through poetic images and a simple, direct language, *Maui's Journey* reveals the hidden and almost unknown wonders of Hawaiian culture. These are tiny jewels of great depth and universal value that represent and enclose the explanation of reality and its functioning.

It is a journey that teaches the basics of love and respect to children, helping them grow in a healthy, natural way.

*Maui's Journey* is however also a book for all those adults who love Ho'oponopono, as it examines all the unknown aspects of Hawaiian culture from which this ancient and powerful practice originated. Furthermore, it answers in a simple way many questions that are often unclear even to those who have been practicing Ho'oponopono for some time.

*Maui's Journey* is a small landmark in the landscape of inspirational books for children and adults alike.

With the contributions of Barbara Randall, renowned representative of Aboriginal culture, and the beautiful drawings of Estrella Apolonia, Native American medicine woman.





144 pages - 12 x 17 cm

**LUIGI MONDO** is a journalist, a writer, and a holistic medicine expert. Currently, he writes for several magazines and newspapers.

**STEFANIA DEL PRINCIPE** is a journalist, a writer, and a researcher; she is also a holistic medicine expert and a cosmetic therapist.

## COCONUT OIL

A bounty of health and beauty

Luigi Mondo and Stefania Del Principe

- A short history of coconut oil and its uses
- The latest scientific research
- Homemade extraction of coconut oil
- How to make the most of it in the kitchen, with tasty recipes
- Homemade cosmetics

Coconut oil has been used for millennia by Asian populations, and now more than ever is having its moment of glory in the West.

Scientific research has demonstrated the extraordinary nutritional and healthy properties of this oil, which is one of the most peculiar fats, because its active ingredients help you lose weight. Furthermore, coconut oil protects the cardiovascular system, reduces the risk of Alzheimer's disease and boosts the immune system.

Typically used in the ayurvedic therapy of oil pulling, coconut oil helps keep healthy teeth and gums.

Excellent for sweet and savoury recipes alike, it is also used for cosmetic purposes, because it softens and moisturises the skin and makes hair look shiny.

Skin, hair, health and taste: try very versatile oil in your everyday life and you'll see for yourself why it has become so popular!



# UNAUTHORIZED CLOSE ENCOUNTERS

The new frontier of humanity

Marco Pizzuti

A complete and detailed investigation casting a new light on aliens:

- The extraterrestrial hypothesis and the secrets of ancient gods
- Top-secret technologies
- Nikola Tesla's flying machines
- Censorship, discredit and red herrings as weapons of mass distraction



400 pages - 14 x 21 cm

## BESTSELLING AUTHOR

**MARCO PIZZUTI** holds a degree in Law and works for a service firm operating for the most prestigious Italian government institutions. He has been passionately doing independent research for over 20 years, and has so far written 7 investigative books that rapidly became best-sellers.

[www.altrainformazione.it](http://www.altrainformazione.it)

Do UFOs really exist? Plenty of books and movies have been dealing with UFOs in a very imaginative way, and many of the so-called sightings proved to be indeed space junk. However, there is a small number of cases (about 5%) that can be taken as evidence.

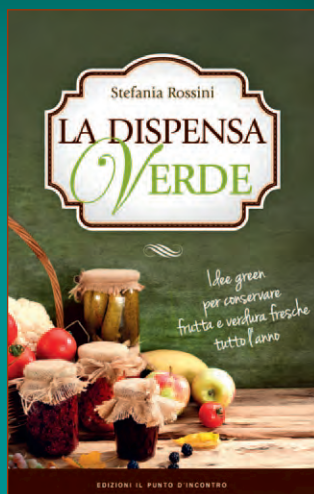
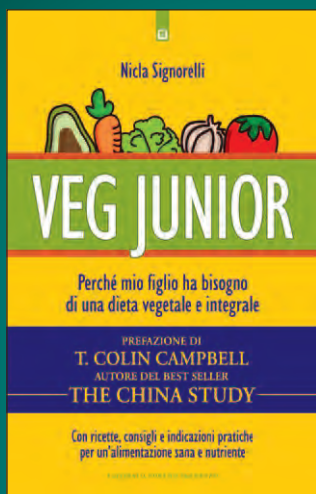
Unauthorized close encounters investigates what we know for sure about the UFOs and their origins, so as to get rid of all their urban legends and evaluate their most plausible theories.

The new discoveries of physics and a careful review of recent history (with particular attention to Nazi secret technology) will allow us to reach a turning point. Some hypotheses can no longer be completely discarded, because they are too close to the truth.

Marco Pizzuti's books have been selling over 200,000 copies in Italy











320 pages - 17 x 24 cm

An appreciated chef, **AMALIA LAMBERTI GARDAN** combines experience and sensitivity to convey through the pages of her book the flavours, colours and scents of the Italian culinary tradition, which is naturally rich in vegetarian and vegan recipes.

## VEG & VEGAN

The tastiest recipes, the best regional dishes and their traditions

Amalia Lamberti Gardan  
and Michela Gardan

The joys of vegetarianism and veganism in a delicious book of traditional Italian recipes

- Combines vegetarianism, veganism and Italian tradition
- A feast of colours, flavours and smells
- With 300+ easy-to-follow illustrated recipes

Would you like to eat vegan, but at the same time you'd love to try mouth-watering Italian dishes? Choke-full of traditional recipes, *Veg & Vegan* is a cookbook where flavours, colours and smells blend harmoniously, in a tradition where veganism and vegetarianism come naturally.

Home-made egg-free pasta, Tuscan ribollita soup, Calabrian-style oven-baked eggplants and many others: *Veg & Vegan* introduces you to a world of healthy, ethical and easy-to-cook delicacies, made from readily available ingredients and recipes that are inspired by the best traditional Italian dishes.





304 pages - 17 x 24 cm

**FRANCESCA GREGORI** has been for many years a vegan and gluten-free chef. She loves reinterpreting traditional Italian recipes, also drawing inspiration from the principles of macrobiotics. She holds cooking workshops for professionals and individuals.

**MARIA ALESSANDRA TOSATTI** holds a degree in Biology at the University of Padua and a Master in vegetarian nutrition at the Polytechnic University of Marche. She works as a nutritionist and helps all those who, for ethical or health reasons, choose to exclude or limit animal products.

[www.themindfultomato.com](http://www.themindfultomato.com)

## THE GLUTEN-FREE VEGAN

### A guide to eating vegan & gluten-free

Maria Alessandra Tosatti  
With the recipes of chef Francesca Gregori

- What is gluten and what are the related conditions
- Milk and dairies: allergies and intolerances
- A plant-based diet: why it is good for health and the environment
- Becoming informed: how to read labels properly
- Gluten-free and vegan eating out

Are you interested in vegan cooking but you suffer from food allergies and you have to rule out grains and dairy products? *The Gluten-free Vegan* will become your reference book for a plant-based diet without gluten and dairy products.

Written by Maria Alessandra Tosatti, an experienced nutritionist, and Francesca Gregori, famous Italian blogger and chef, *The Gluten-free Vegan* is not just a cookbook, but also a detailed guide for celiacs, milk protein allergy sufferers, lactose intolerants, vegetarians and vegans.

In *The Gluten-free Vegan* you will also find the mouth-watering Italian recipes of chef Francesca Gregori from the blog *The Mindful Tomato*: healthy and tasty vegan and gluten-free dishes from appetizers to desserts and special occasions. Special attention has been given to tradition, the use of gluten-free wholegrain cereals, and the presentation of dishes.





224 pages - 17 x 22 cm

An expert in vegan cooking, **LUISA TOMASETIG** is currently working on an organic farming project in a mountain area of North-eastern Italy, in an almost untouched environment.

## A VEGAN FEAST

A new and healthy lifestyle in the kitchen

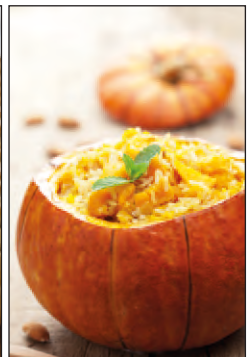
Luisa Tomasetig

- A nourishing and balanced diet
- Discover new flavours and traditional Italian recipes
- With 200 easy and mouth-watering recipes

A vegan diet has indeed been shown to reduce the risks of diabetes, hypertension, heart problems and certain types of cancer.

In *A Vegan Feast* you can experience a newly-found wellbeing through well-planned, balanced, tasty and healthy Italian-style recipes that do not contain animal-derived products.

Becoming vegan means embracing a lifestyle that is more respectful of the environment and ourselves, but it also means having fun in the kitchen, with new flavours and colours.





160 pages - 14 x 21 cm

**STEFANO MOMENTÈ** is currently the most prolific Italian author on vegetarianism and veganism. In 2001 he founded Vegan Italia, an organisation that provides accurate information on veganism/vegetarianism. He has been for years a member of the Scientific Society of Vegetarian Nutrition, which promotes veganism through conferences, courses, seminars, articles, and books. Momentè also founded Vegan Italia Cooking School, a travelling cooking school whose aim is to develop the culture of vegan and raw food.

[www.veganitalia.com](http://www.veganitalia.com)

## FACTS YOU DON'T KNOW ABOUT FOOD THAT COULD SAVE YOUR LIFE

Valuable insight into the origin of the major diseases of modern times

Stefano Momentè

- The ravages of casein
- The true Mediterranean diet
- High protein diets: from bad to worse
- Why we eat meat: the truth about proteins

Are you really sure that what you are eating is good for you? Do you know what's hidden in food? What is the relationship between diet and the so-called Western diseases?

Dispelling stereotypes such as: "You need to eat meat" or "Dairy products are useful because of their calcium content", etc., *Facts You don't Know about Food that Could Save Your Life* highlights the dark side of modern diet and of misleading advertising choke-full of idyllic images that prove real threats to our health.







176 pages - 14 x 21 cm

**STEFANO MOMENTÈ** is currently the most prolific Italian author on vegetarianism and veganism. In 2001 he founded Vegan Italia, an organisation that provides accurate information on veganism/vegetarianism. He has been for years a member of the Scientific Society of Vegetarian Nutrition, which promotes veganism through conferences, courses, seminars, articles, and books. Momentè also founded Vegan Italia Cooking School, a travelling cooking school whose aim is to develop the culture of vegan and raw food.

[www.veganitalia.com](http://www.veganitalia.com)

## VEGANISM IS NOT A DIET

A comprehensive exploration of what it means to be a vegan, far beyond food

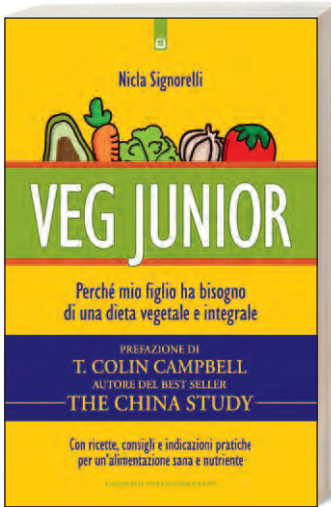
Stefano Momentè

- Clothes, shoes and accessories: how to choose and what to avoid
- The cruelty behind wool, silk, and down
- A list of animal-based homeopathic remedies
- Hidden animal product in everyday use items, food and drinks
- Fundamentals of healthy eating: proteins, carbs, fats, vitamins and minerals

What does it mean to be a vegan? Is it really just a matter of what you eat? If you want to understand the deep significance of your choice, then *Veganism is not a diet* will give you all the answers.

From the origin of the vegan movement to its evolution, from clothing to everyday products, *Veganism is not a diet* explores every single choice you make in order to have a more respectful and compassionate lifestyle.

Did you know that if the world's grain production was for human rather than animal consumption we could feed more than a billion people? And that the production of a kg of beef releases a quantity of greenhouse gases and other pollutants equivalent to that obtained by driving for three hours and leaving in the meantime all the lights switched on at home? Becoming a vegan is no longer just a question of health, it also means embracing a lifestyle that is actively working to save the planet.



320 pages - 17 x 24 cm

**NICLA SIGNORELLI** is a freelance journalist and copywriter on nutrition and healthy eating. After reading *The China Study*, Nicla decided to get in touch with T. Colin Campbell and founded Be4Eat ([www.be4eat.com](http://www.be4eat.com)), through which Italy was among the first countries to establish an active collaboration with dr. Campbell.

## LITTLE VEGANS

Why my kids need a whole-food, plant-based diet

Nicla Signorelli

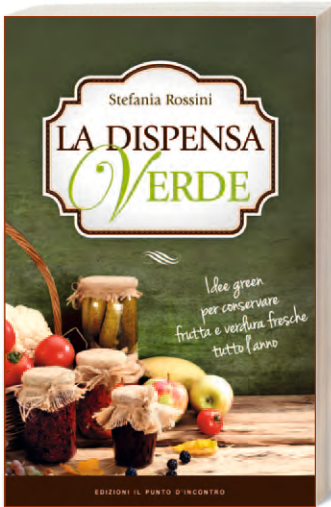
- Should my kids eat organic?
- Should they go low-carb?
- Is fruit really full of pesticides?
- Does yeast cause gas?
- Does milk foster allergies?
- Should I stop using eggs, which are so rich in cholesterol?



*Little Vegans* draws on the research of the best experts of veganism (T. Colin Campbell, Luciano Proietti, Michela De Petris, Debora Rasio and many others) to help parents choose the best approach for a healthier, vegan, plant-based and whole-food diet for their children.

*Little Vegans* provides sound answers to the various FAQ that parents ask when choosing a vegan approach for their children, and contains many mouth-watering recipes - from breakfast to dessert - that will win your kids' heart and help them grow healthy and happy!





**192 pages - 17 x 24 cm**

**STEFANIA ROSSINI** writes on her own very successful blog, [www.naturalmente-stefy.it](http://www.naturalmente-stefy.it), where she offers advice and recipes. However, she also likes to be called a full-time mom of 3 beautiful children. She has been a vegetarian for more than 30 years and a vegan for 5. In love with simplicity and practicality, she makes her own soap and skincare products, knitwear, bread, as well as organic preserves.

*"Sharing and collaboration lead to growth and happiness". - Stefania Rossini*

## THE GREEN PANTRY

Delicious eco-tips to preserve fruits and vegetables all the year round

Stefania Rossini

A green pantry will allow you to:

- Save money
- Make your own delicious preserves and pickles
- Choose and eat healthy food
- Be environmental-friendly and avoid wasting food
- Have fun in the kitchen!

From a real expert of creative and eco-friendly cooking, home preserving and healthy eating, *The Green Pantry* is the result of years of research and experimentation, with a lot of healthy, tasty, easy and fun recipes.

Fruits and vegetables are top-quality when freshly harvested. It is therefore essential to know the tricks of the trade, so that you can have a bounty of ripe, colourful and great-tasting fruits and vegetables conveniently at hand in your own pantry.

You will learn to preserve in oil, vinegar, sugar and alcohol. You will discover the secrets of freezing, fermenting and dehydrating. You will have fun making preserves, jams and marmalades, experimenting with chutneys and syrups, unleashing your imagination with sauces and dips!





208 pages - 14 x 21 cm

**LUCA SPERANZA** is an athlete and a sport instructor. He is well-known for his activities, conferences and television contributions, in which he presents a simple and healthy lifestyle.

## THE FRUIT DIET

Health and wellbeing with common sense and simplicity

How to activate your body's innate healing potential

Luca Speranza and Silvio Sciorba

Did you know that carbohydrates “stagnate” in the body in the form of mucus? That dairy products actually deprive the body of calcium? That the wrong diet can make you feel fatigued, spaced out, moody?

*The Fruit Diet* is a complete system of care and prevention based on the body's innate ability to live in perfect health, if given the right food. Inspired by Arnold Ehret's approach, revised and expanded in the light of new experiences and new studies, *The Fruit Diet* helps you get back your health and wellbeing through a conscious and natural diet.

- A slimmer, healthier body
- A stronger immune system
- Increased physical energy
- A clearer mind
- Better sleep
- A new, healthier and more natural lifestyle







192 pages - 17 x 22 cm

**ANNA FATA** is a holistic psychologist and works with wellbeing both in personal and professional life. She has created the method ArmoniaBenessere (Harmony and Wellbeing), as well as an association carrying the same name ([www.armoniabenessere.it](http://www.armoniabenessere.it)), which resorts to Eastern and Western techniques to pursue a balance between body, mind and spirit.



## ZEN IN THE KITCHEN

Being, doing, tasting

Anna Fata

*Zen in the kitchen* takes readers through the full and meaningful sensory experience of their daily food

- A full experience and a profound reflection on taste
- Opens up to the spiritual dimension of cooking and eating
- Brings joy and awareness into food preparation

A new approach to eating and cooking, *Zen in the kitchen* is about discovering flavours, smells and aromas in the kitchen as well as in life. It represents a call to enjoy the simple yet fulfilling pleasures of daily life without guilt or shame, knowing that wellbeing is part of our innermost nature and that we are encouraged to preserve and increase this condition as much as possible.

In this way, guilt, shame and embarrassment will also disappear, together with constraints such as “I have to” and “I ought”, which are the result of an approach that has currently turned a sensory experience into a rational one.





240 pages - 17 x 22 cm

## ALL THE TYPES OF NON-DAIRY MILK

Learn about nutritional values, make your own drink and try it in recipes

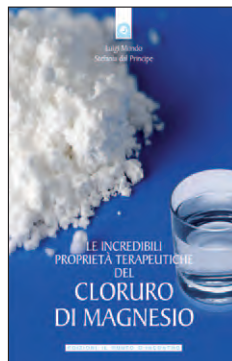
Luigi Mondo e Stefania Del Principe

- The pros and cons of cow's milk
- The various types of non-dairy milk, from the most common to the most unusual
- All the benefits of non-dairy milk
- Comparison of nutritional values
- Learn to read labels
- Make your own non-dairy milk: recipes and tools

**LUIGI MONDO** is a journalist, a writer, and a holistic medicine expert. Currently, he writes for several magazines and newspapers.

**STEFANIA DEL PRINCIPE** is a journalist, a writer, and a researcher; she is also a holistic medicine expert and a cosmetic therapist.

Rice, soybeans, oats, almonds, spelt, millet, kamut, barley, buckwheat, hazelnuts, walnuts, cashews, hemp, sesame and lupins: *All the Types of Non-Dairy Milk* describes in detail all the different types of non-dairy milk, their characteristics, pros and cons, and indications for family use. You will learn to make your own rice milk, almond milk, barley milk, hemp milk and many more. In addition, learning to read labels will help avoid unpleasant surprises, safeguarding your health and your wallet. With many recipes for main dishes, side dishes and desserts.





144 pages - 12 x 17 cm

**LUIGI MONDO** is a journalist, a writer, and a holistic medicine expert. Currently, he writes for several magazines and newspapers.

**STEFANIA DEL PRINCIPE** is a journalist, a writer, and a researcher; she is also a holistic medicine expert and a cosmetic therapist.



## THE MANY VIRTUES OF ITALIAN KALE

A typically Italian superfood: properties, uses and recipes

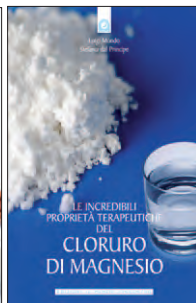
Luigi Mondo e Stefania Del Principe

- Discover Italian kale, a very healthy superfood
- Find out about the latest scientific discoveries
- Explore the traditional uses of kale in the Italian cuisine
- Detox your body and get rid of toxins with kale decoctions
- Italian kale in the kitchen: traditional recipes and tips

Italian kale is a powerful cancer-fighting superfood, chock-full of vitamins (among which vitamins A, B1, B2, B3, B6, C and K). It helps reduce cholesterol levels, improves diabetic conditions and digestive problems, has detoxifying and anti-inflammatory properties, improves the condition of hair, skin and bones.

It contains twice as antioxidants compared to other leafy green vegetables and is an excellent source of minerals: calcium, magnesium, potassium, iron, phosphorus, zinc, copper, manganese, sodium, sulfur and selenium.

Its extraordinary properties have been studied and confirmed by the latest scientific research, but tradition has already been knowing this for a long time, generously using Italian kale in delicious recipes such as Tuscan “ribollita” soup.





128 pages - 14 x 21 cm

### ALESSANDRO TARGHETTA

is a specialist in geriatrics and gerontology, and an expert in homeopathy and herbal therapy. Since the 1990s he has also been working as a nutritionist, with special focus on food intolerances. Dr Targhetta holds seminars nationwide in homeopathy, herbal therapy and natural nutrition.

## GLUTEN SENSITIVITY

New research and treatments

Alessandro Targhetta

- Explains the nature and mechanisms of Gluten Sensitivity
- Reports recent research and clinical work
- Suggests diet adjustments and effective treatments

Do you have problems digesting certain foods? Do you suffer from swelling after eating or have unexplained intestine disorders, but the doctor has ruled out Celiac Disease? It could be Gluten Sensitivity.

Discovered in 2011, Gluten Sensitivity is rapidly spreading. It is a food intolerance to gluten that, in addition to the usual intestine discomfort (abdominal pain, gas, constipation or diarrhea), causes a variety of problems, such as drowsiness, headaches, depression, chronic fatigue and skin disorders.

*Gluten Sensitivity* explains what are the symptoms of this food intolerance and what are the diagnostic tools currently available, reporting the leading research conducted up to now. It analyses in detail the major related disorders and proposes a strategy to solve them.





## FOOD INTOLERANCES

Recent discoveries  
and the ultimate solution

Alessandro Targhetta



144 pages - 17 x 22 cm

### ALESSANDRO TARGHETTA

is a specialist in geriatrics and gerontology, and an expert in homeopathy and herbal therapy. Since the 1990s he has also been working as a nutritionist, with special focus on food intolerances. Dr Targhetta holds seminars nationwide in homeopathy, herbal therapy and natural nutrition.

- A scientific yet user-friendly manual on food intolerance, combining new research and a practical approach
- Identifies the mechanisms behind food intolerance
- An expert homeopath and herbalist explains how to combine remedies and lifestyle, for a positive and effective solution

Based on the most recent discoveries, *Food Intolerances* casts a light on the problem, explaining the mechanisms and causes behind the development of food intolerances and above all, the ways to face and solve them. In addition, it suggests a method based on natural remedies and on an appropriate lifestyle, which has yielded surprising results in overcoming this problem for good.





240 pages - 17 x 22 cm

**LUCA FORTUNA** holds a degree in Naturopathy and a specialisation in Aromatherapy, Herbal and Flower Therapy. He has authored several popular books, among which 7 Really Essential Oils and Omega 3-6-9, and regularly holds training courses in Italy and abroad.

[www.lucafortuna.it](http://www.lucafortuna.it)

## HOW TO RID YOUR BODY OF HEAVY METALS, TOXINS AND OTHER POLLUTANTS

A detox programme

Luca Fortuna

- Heavy metals: what are the most contaminated food sources?
- Brain damages caused by heavy metals
- Safely removing mercury amalgams in dental fillings
- Detox your body: the secrets of chelation
- Spirulina, chlorella, vitamins and minerals, plant extracts and juices: your best detox friends

Heavy metals in cookware, pesticides, BPA in tins and cans, food additives, harmful substances in cosmetics and daily skincare products, trans fats, white and refined flour and sugar, artificial sweeteners, exhaust gas, etc.: every day we spend our lives in a sea of poisons and we get sicker and sicker. Some scientists have even suggested that the increase in autism and Asperger syndrome is related to mercury content in vaccines. Furthermore, a higher concentration of mercury seems to have been found in the brain of Alzheimer's patients.

*How to Rid Your Body of Heavy Metals, Toxins and other Pollutants* tells you all about the damages caused by exposure to these pollutants and explains in details how to avoid them. In addition, it explains how to detox your body in a safe and natural way using chelating agents (spirulina, chlorella, plant extracts, juices, etc.) and introduces a practical and detailed detox programme.



128 pages - 17 x 22 cm

## OMEGA 3-6-9

The keys to health, beauty and wellness

Luca Fortuna

Fatty acids are fundamental for:

- growth and energy production
- sexual functions and reproduction
- reducing pain and inflammation
- boosting immune reaction

Although they are essential elements for life, necessary to maintain a good health, fatty acids are not produced by our body. A correct supply of omega 3, 6 and 9 is an important therapeutic aid. This manual illustrates the sources and the properties of fatty acids, as well as their benefits for our health.

## 7 REALLY ESSENTIAL OILS

For health, beauty and wellbeing

Luca Fortuna

- Fight infections
- Boost your immunity system
- Detox your body
- Improve physiological functions
- Increase energy levels

Luca Fortuna takes us on a short journey through scents, as he thoroughly describes how to use 7 essential oils that one should never do without. Extraordinary allies for your health, these oils are concentrated, pure and vital substances with an impressive therapeutic power.

*7 Really Essential Oils* contains detailed profiles, recipes and a quick lookup guide to choosing and using essential oils.

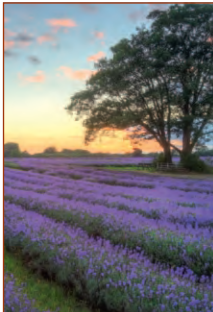


224 pages - 17 x 22 cm



256 pages - 14 x 21 cm

**FRANCO CANTERI** is an expert in essential oils and Ayurveda. In 1989 he founded Lakshmi, a certified organic company producing skincare products and pure essential oils, followed some years later by Lakshmi Academy, an organisation providing professional courses in Ayurveda and aromatherapy for beauty and wellbeing in Europe, Russia and China; [www.lakshmi.com](http://www.lakshmi.com).



## THE ULTIMATE ESSENTIAL OILS GUIDE

Aromatherapy handbook  
Health – Beauty – Wellbeing

Franco Canteri

- Includes information on the main components, properties, indications and usage recommendations
- Recipes for health, healing and wellbeing with essential oils
- Using essential oils at home
- Skin and hair care, bath oils, relaxation, massage

*The Ultimate Essential Oils Guide* unlocks the amazing power that a few drops of essential oil can have when promoting beauty and psychological wellbeing.

Each oil in *The Ultimate Essential Oils Guide* is described in its components and uses according to various ailments; furthermore, there are additional sections on Ayurveda, on the use of oils in cosmetics, the improvement of mental and emotional wellbeing, pets, environment, children and the elderly.

### AJOWAN

TRICHYSPERMUM AMMI

PIANTA annuale di circa 30 cm di altezza, con fusti bianchi o ambrosia e foglie a lama triangolare ovata. I fiori nella parte superiore della pianta.

ORIGINARIA del Mediterraneo orientale, viene coltivata in India, Pakistan e in generale in Medio Oriente.

PARTE UTILIZZATA: pianta.

AJOWAN (si pronuncia gi) è della stessa famiglia del cardamomo e ha un gusto ed odore simile al timo sardo.

Come efficace è PARAGONABILE AL TIMO TIMOCIO E ALL'ORIGANO, entrambi ricchi di fenoli.

**INDICAZIONI PRINCIPALI**

- battericida
- antinfettivo
- fungicida
- antivirale
- antistatico
- tonico
- tonico sessuale

**MENTE & CUORE**

- Ravviva il nostro interesse sessuale.
- È un potente tonico generale, per le persone che mancano di energia.
- Dona energia e coraggio.
- È raccomandato alle persone che hanno il plesso solare bloccato.

**CORPO & VISO**

- Ha un effetto immunostimolante, stimola il sistema immunitario.
- Ricchissimo di fenoli, è un potente antinfettivo, antibatterico fungicida, antiforato, antistatico.
- Utile in caso di infezioni parassitarie intestinali.
- Utile contro bronchiti, infezioni delle vie respiratorie, influenza, raffreddore, asma.
- Contro dermatiti infettive,igna.
- Reumatici.





**320 pages - 17 x 24 cm**

Dr. **FLAVIO TORRESIN**, MD, has specialised in naturopathy, complementary medicine, iridology, herbal medicine, homeopathy, food intolerances, oxidative stress, oxygen-ozone therapy and hydrocolonotherapy. In 1992 he founded the International Association of Research in Natural Medicine and Iridology, of which he is President.

[www.istitutonamir.it/flavio-torresin.html](http://www.istitutonamir.it/flavio-torresin.html)

## HEALING WITH NATURAL MEDICINES

Heal the cause, not the symptoms

Flavio Torresin

- The secrets of a healthy, natural and energy-boosting diet
- The more effective natural therapies
- Herbal medicine formulas for different ailments
- Detoxifying and boosting your immune system
- Case studies and delicious Italian recipes

*Healing With Natural Medicines* teaches you how to detoxify and boost your immune system, thus stimulating all the self-healing mechanisms of your body.

It describes in details all the non-toxic remedies you can resort to for prevention and healing: a healthy diet, natural therapies and herbal medicine formulas that are the result of a long and detailed clinical trial.

*Healing With Natural Medicines* also presents a wide number of case studies where patients recovered from serious illnesses through diet, detox techniques and natural therapies.



**With the best vegan and vegetarian Italian recipes of chef GIUSEPPE CAPANO**



256 pages - 14 x 21 cm

**FRANCESCO SANTI**, DDS, DMD, holds a specialization in homeopathy and has been trained in Kousmine method, neural therapy, chromopuncture, Zone diet, laser therapy, and Montorsi cranio-occlusal harmonization. He has been practising dentosofy since 2004. Dr. Santi has contributed to the Non-Conventional Medicines entry of Larousse Encyclopedia.

## YOUR HEALTH IS IN YOUR MOUTH

A handbook of holistic dentosofy

Francesco Santi

Healthy teeth for total mind and body wellbeing

*Your Health is in Your Mouth* introduces dentosofy, a holistic approach to dentistry that helps restore harmony in the body-mind connection through the multiple therapeutic possibilities offered by this modern medicine rooted in ancient traditions.

Dentosofy suggests a link between the mouth and psychological/physical discomfort. Its therapeutic approach allows you to remove emotional blocks that often cause physical ailments such as headaches, back pain, allergies, tinnitus, dizziness, musculoskeletal problems and many other illnesses. It also helps carry out a thorough self-analysis in order to understand the emotional blocks that prevent you from living a happy and healthy life.





**224 pages - 17 x 22 cm**

**FRANCESCO VARRICCHIO** is a former heavy smoker who tried many times to quit smoking, until he realised what was wrong and developed a totally different approach, called RESAP method ([www.metodoresap.it](http://www.metodoresap.it)). The method is available online and has become very popular.

## QUIT SMOKING

With the method  
 “I only breath pure air”  
 An easy and effortless method

---

Francesco Varricchio

Warning: picking up this book means running a serious risk to give up smoking once and for all!

- Develop the belief that quitting is easy and feasible
- See your goals clearly
- Decondition your mind from the fears of the so-called post-smoking phase
- Avoid psychological traps

*Quit Smoking* introduces several very simple but powerful techniques of mental deconditioning based on NLP (Neuro-Linguistic Programming), which will prove extremely effective when giving up smoking and detoxifying from nicotine. The core of such powerful approach is the exclusive method RESAP, “I only breath pure air”, which allows you to develop a different attitude towards cigarettes, focusing the mind on the pleasure of regaining a better health and physical shape.



160 pages - 17 x 22 cm

**FABRIZIO FANTINI** holds a degree in biology and is a member of the Italian Society of Trichology. He is a lecturer of Trichology at Libera Università Cattaneo LIUC in Castellanza, Varese (Italy). He has authored several scientific articles and publications on hair damage and loss. He also writes for the journal of the Italian Society of Trichology.



## HEALTHY HAIR

Effective remedies against hair damage and loss

Fabrizio Fantini

- Hair loss and specific tests
- What are the most effective drugs and treatments?
- Hair transplant and FUE technique
- Diet and supplements for healthy hair

10 million people lose their hair. Among them, 2 million are women. *Healthy Hair* helps you tell a potential baldness from a simple temporary hair loss, describing the most successful strategies (drugs, treatments, transplant) to fight hair loss and telogen effluvium.

*Healthy Hair* gives useful tips to fight stress, hair loss and seborrheic dermatitis, with the help of herbal remedies, scalp massage and the use of laser therapy, as well as tasty recipes from Italian cuisine especially selected to help you adopt a healthy diet and keep your hair strong and healthy.





256 pages - 14 x 21 cm

## MY DOG AND I

Everything you ever wanted to know about your dog but never dared to ask, think or dream

Manlio Castagna and Roberto Mucelli

- What happens when a puppy comes into your home
- Dogs and sofas: happily sharing spaces
- Humans and dogs playing
- Dogs and children
- The secrets of dog training
- Pure breed or not pure breed, this is the question
- Animal-assisted therapy: when dogs become therapists

**MANLIO CASTAGNA** studied filmmaking in the United States. He is currently deputy art director of the Giffoni Film Festival committee, the most important festival in the world dedicated to children's films. He has authored award-winning short films, documentaries, music videos and movie scripts.

**ROBERTO MUCELLI** is a psychotherapist and the president of Petrademone, an organisation working on animal-trained therapy and dog training. He is also a certified dog trainer, as well as the scientific coordinator of the National Association of Dogs for Social Purposes and the Italian Association for Animal-Assisted Therapy. He has been holding courses on animal-assisted therapy in hospitals, prisons, and for people with physical and mental disabilities.

What if I could learn more about your dog's language and look at your four-legged friend with his eyes? Written in the form of an emotional dialogue, *My dog and I* answers many questions on the human-dog relationship psychology and shows you how a deep and loving relationship with your dog can be a source of wellbeing.

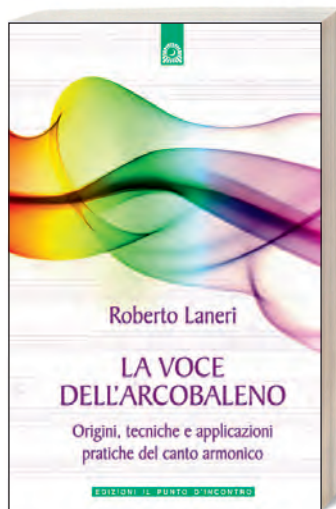
One in four households owns a dog. Yet we still know very little about the special relationship between us and our furry friends. In *My Dog and I* you will discover a new world full of feelings, emotions, intelligence and communication.



## OVERTONE SINGING

Origins, techniques and practical applications of overtones

Roberto Laneri



160 pages - 17 x 22 cm

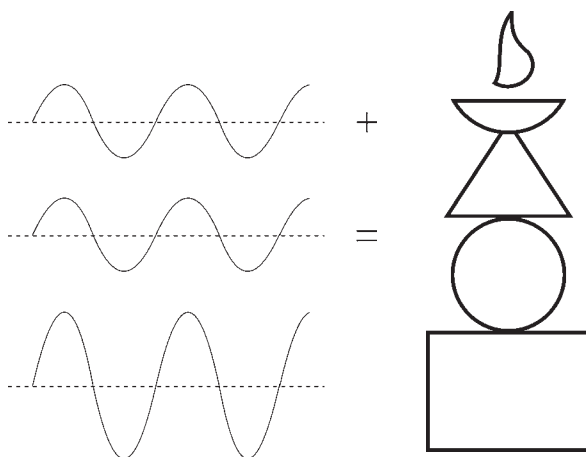
**ROBERTO LANERI** holds a diploma in clarinet at the Music School of Santa Cecilia and a degree in composition at the State University of New York, Buffalo, and the University of California, San Diego. A performer and composer of contemporary music for over 15 years, Laneri developed a personal synthesis of ancient and modern compositional and vocal techniques through the discovery of overtone singing. He holds concerts and seminars all over the world.



Overtone singing allows you to hear, produce and control particularly powerful vibration sounds developed by ancient techniques of physical and spiritual healing. These techniques have recently been rediscovered by ethnomusicologists, musicians and a growing number of people who practice overtone singing for their own wellbeing and spiritual elevation.

With *Overtone Singing* you can experience the power of overtones through several easy exercises that will allow you to perform the main vocal techniques of overtone singing.

You will discover that these techniques go far beyond a mere voice reproduction, because of their targeted use – for example chakra cleaning – you can influence your mood and your wellbeing.







**160 pages - 14 x 21 cm**

**LUCA VIGNALI** is a conductor and music therapist; he graduated in Violin Studies. He has been exploring the effects of sound on human body and mind (based on vibrational medicine) and working on musical and vocal improvisation with "overtones" (harmonics). He studied the power of sound among Native American shamans, as well as in Tibet, Siberia, Japan and Australia.



**Beta (14-30 Hz)**



**Theta (4-7.9 Hz)**

## THE ART OF HEALING WITH MUSIC

The therapeutic properties of sound in everyday life

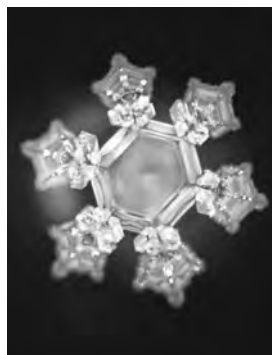
Luca Vignali

- The therapeutic use of sound and music
- Vocalisation, visualisation, toning
- Sounds and sacred geometry
- Sound, colour and light
- Sounds and energy centres

*The Art of Healing with Music* is a practical manual that allows you to explore step by step the use of sound in the healing process.

Sounds have a specific power on mood, tension, posture, gestures and on the wellbeing of people. This influence is both physical and mental, with results that are sometimes surprising.

By examining sounds from a scientific point of view as well as in the light of different traditions, Luca Vignali explains how to benefit from the power of sound to create balance, harmony and health.





160 pages - 17 x 22 cm

**FABRIZIO STRATA** has been studying psychology of writing at the Institute of Psychological Investigations of Milan, obtaining a Master in this subject and becoming qualified for teaching. Fabrizio also works as a consultant at Vicenza's law court, giving expert opinions on samples of handwriting. He holds graphology courses and seminars throughout Italy.

## HEALTH BETWEEN THE LINES

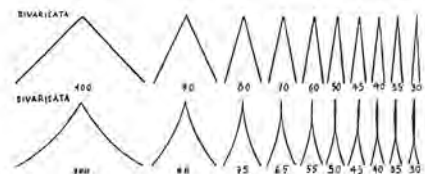
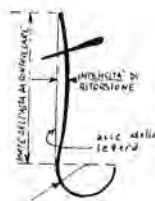
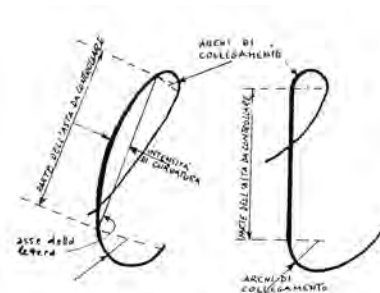
A textbook of psychosomatic graphology

Fabrizio Strata

- A full analysis of the various illnesses and ailments related to organs and functions
- Graphic signs that predispose to health problems
- Graphology therapy, a fascinating yet unexplored topic
- Samples of handwriting

Handwriting tells a lot about us: our character and inclinations, our past and history, as well as our health.

*Health Between the Lines* explains the functioning of graphology diagnostics, an easy and intuitive way of investigating health aspects in one's handwriting. Through the acquisition of objective data, graphology diagnostics represents a new approach to health and wellbeing that takes a holistic perspective and discusses the mind-body interaction in the onset of sickness.







224 pages - 17 x 22 cm

**SAMANTHA FUMAGALLI** and **FLAVIO GANDINI** are experts in esotericism, psychology, metapsychicism, and spirituality, as well as researchers in natural methods for health and wellbeing. The combination of Samantha's anthroposophical background and Flavio's science has allowed the creation of a practical method, which has its roots in the discoveries of the brilliant 20th-century neurologist professor Calligaris.

## THE POWER OF DREAMS AND SKIN REFLEXOLOGY

A guide to learn the art of dream polarization and find in dreams new and creative solutions

Samantha Fumagalli and Flavio Gandini

*The Power of Dreams and Skin Reflexology* shows you how to look into your unconscious mind while you sleep, ask questions about issues that are important for you and obtain answers through your dreams.

By combining skin reflexology and the world of dreams, we can see what lies hidden in our unconscious mind and of tapping into an amazing source of wisdom.

Thanks to the technique of skin reflexology, you can instruct your unconscious mind to focus on a clearly defined question during sleep. When you wake up, you'll see that creative solutions have come to light and you'll be able to take advantage of the vast resources in your higher being.





128 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**PIERRE PELLIZZARI** has devoted 15 years to reflexology and naturopathy. His main interests are the discovery, experimentation and teaching of easily applied, inexpensive and effective methods for improving health. He holds individual sessions and seminars in reflexology, aqua-healing, Hamer 's New Medicine and nutritional wellbeing.

## LOVE YOUR BOWELS

Valuable tips, techniques and massages for total detox

Pierre Pellizzari

Bloating, heartburn, permanent fatigue conditions, skin problems, fungal infections, cystitis as well as depression and several psychological problems are all issues that can be more or less directly related to the ill health of our gastrointestinal system.

*Love Your Bowels* looks into all aspects of one's abdomen, providing a comprehensive anatomical, physiological, energy and spiritual description of your intestine, followed by a hands-on, illustrated part that deals with healing, detox, bowel cleansing, massage, self-massage, products, remedies and much more.

By the same author:

- **Recovering: is Willpower Enough?**
- **Tips of Nutritional Wellbeing**
- **I Tried the New Medicine of dr Hamer**
- **Cleansing Your Organs**

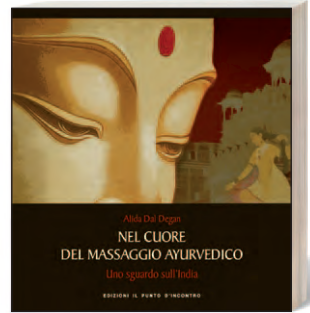


## AT THE HEART OF AYURVEDIC MASSAGE

India at a glance

Alida Dal Degan

This manual introduces the art of ayurvedic massage as performed by wandering monks. Ayurvedic massage makes use of techniques and precepts that are complementary to yet different from those performed in Ayurveda. Readers are guided throughout the learning process of this ancient discipline, which combines manual skills with the wisdom of Scriptures and the traditional texts of Indian medicine.



**264 pages - 21 x 21 cm**

In 1986, **ALIDA DAL DEGAN** met Govindanji, an Indian monk and a disciple of Mahatma Gandhi, as well as the personal massage therapist of Vinoba Bhawe. For 15 years Alida was taught the art and the science of ayurvedic massage by Govindanji. In 1990, she founded the first School of Massage and Fundamentals of Ayurvedic Medicine in Turin.



**144 pages - 17 x 22 cm**

## PHOTOCHROMIC MASSAGE

An innovative method that restores physical, psychological and energy balance using the beneficial action of colours and light

Adalberto Peroni

An integrated approach benefiting from several well-established ancient and modern therapies

- Presents innovative research on chromotherapy and new application therapies
- Integrates disciplines for a global approach
- An extremely relaxing method, respectful of the individual

**ADALBERTO PERONI** has been working with massage and natural medicine since the 1980s. He studied Californian massage and manual lymph-draining, and attended courses in naturopathy, specializing in chromotherapy and osteopathy. He gives courses in chromotherapy and reflexology.



128 pages - 12 x 17 cm

## HOW I WENT FROM 50 TO 0 CIGARETTES A DAY IN 2 WEEKS ONLY

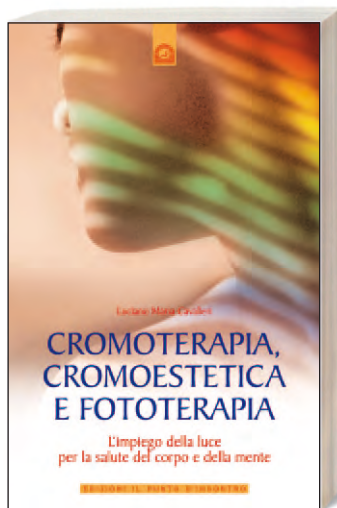
An easy and inexpensive method to quit smoking

Raimondo Carlin

- Taking measures to avoid crises
- Letting go of guilt
- How to extend the results over time
- Case histories

Millions of smokers aged 35 to 65 are struggling through their addiction, desperately trying to quit smoking. *How I Went from 50 to 0 Cigarettes a Day in 2 Weeks Only* explains how to and provides an account of how an inveterate smoker was able to win his battle.

The book suggests an inexpensive and natural method to quit smoking, and one that is furthermore even fun to follow! It beats nicotine not by fighting it, but rather by joining forces with such substance during withdrawal periods, with the ultimate goal of defeating it.



**128 pages - 17 x 22 cm**

**LUCIANO MARIA CAVALLIERI** has been working with naturopathy for over two decades. Chairperson of ALARO, the Italian association of biopranothrapy, pranothrapy and naturopathy for a long time, he has worked at projects for colour and light therapy machinery, as well as at the creation of dedicated environments. He teaches bioenergy, chromotherapy and phototherapy.

## CHROMOTHERAPY, CHROMOCOSMETICS AND PHOTOTHERAPY

The use of light for  
a healthy body and mind

Luciano Maria Cavalieri

Chromotherapy and phototherapy proved to have a very positive and beneficial effect. Why is it so?

- Presents new and well established techniques using light for the treatment of physical and psychological ailments
- Examines up-to-date research in photocosmetics
- A complete and user-friendly reference guide to various light therapies

The studies on chromotherapy and phototherapy presented in this book provide a comprehensive answer and represent a useful and very interesting reference for consultation and practice.



144 pages - 17 x 22 cm

## REBIRTHING

Breathing that heals

Sergio Salati

A powerful technique that brings new life and freedom in your lifestyle and daily activities

- Reveals the importance of breathing correctly, both for the body and mind
- Introduces Rebirthing, its theoretical background and its benefits
- Provides useful suggestions on how to practice the technique

**SERGIO SALATI** is a specialist in Rebirthing and global energetic development for creative visualization techniques and autogenic training. He is also the creator of the "BenEssere and Energia" (wellBeing and Energy) program, and organizes intensive courses on the subject.

## DYNAMIC BREATHING

Exercises for the body and mind

Alessandro Germani

Find inner harmony and balance with this dynamic body-mind approach

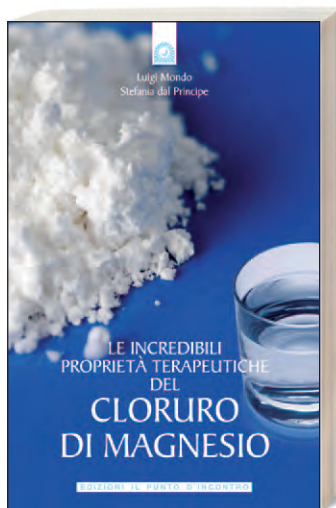
- Explains how to remove energy blocks and tension
- Helps fight backache and relieve neck pain
- Includes detailed table of Integral Method

Illustrations, descriptions and detailed explanations show how to carry out all the exercises correctly and effortlessly, in order to achieve a perfect harmony between body and mind.



168 pages - 17 x 22 cm





160 pages - 12 x 17 cm

**LUIGI MONDO** is a journalist, a writer, and a holistic medicine expert. Currently, he writes for several magazines and newspapers.

**STEFANIA DEL PRINCIPE** is a journalist, a writer, and a researcher; she is also a holistic medicine expert and a cosmetic therapist.

## THE INCREDIBLY HEALING PROPERTIES OF MAGNESIUM CHLORIDE

Luigi Mondo and Stefania Del Principe

- What is magnesium chloride and how to use it
- Different varieties of magnesium chloride
- Combining magnesium chloride with herbs and essential oils

Magnesium chloride is a natural remedy that can be used to prevent and treat many ailments, as well as to detox and energize our bodies. Anyone can use it; it doesn't have contraindications, it is easily available on the market and its preparation doesn't require any particular expertise.

*The Incredibly Healing Properties of Magnesium Chloride* traces back the history and uses of magnesium chloride, providing many useful and interesting recipes for health and wellbeing.





240 pages - 17 x 22 cm

**ELEONORA MANFRINI** works in web marketing and is an expert of online advertising. A few years ago she decided to start a blog about her fight against uterine fibroids. It was a huge success and soon other women joined and started sharing their stories. Eleonora loves travelling, being outdoors and cuddling her little daughter.

[www.maledettofibroma.com](http://www.maledettofibroma.com)

## BLOODY FIBROIDS!

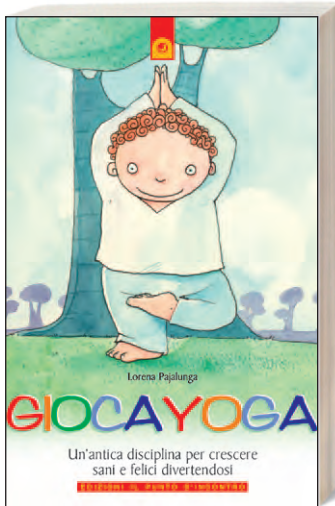
Diagnosis, solutions and experiences

Eleonora Manfrini

- What are uterine fibroids and how they affect a woman's fertility
- What are the symptoms of fibroids
- Hysterectomy and its alternatives: preserving one's fertility

Uterine fibroids are benign tumors of the uterus. About 30% of Caucasian women and 50% of African women are affected, usually during the childbearing years. Fibroids rarely turn into malignant tumors, but cause bleeding, long and heavy menstrual cycles, urinary tract disorders, back and leg pain, abdominal bloating, bowel pressure, and pain during sexual intercourse.

*Bloody Fibroids!* describes firsthand the experiences of Eleonora Manfrini and a group of women interacting through the very popular blog of Eleonora [www.maledettofibroma.com](http://www.maledettofibroma.com). The most recommended treatment by doctors is hysterectomy. Several studies have shown, however, that the majority of women who had their uterus removed have undergone an unnecessary operation, because their fibroids would be treatable with other therapies. *Bloody Fibroids!* introduces the alternatives available to all women who wish to preserve their fertility.



128 pages - 17 x 22 cm

**LORENA PAJALUNGA** qualified at the Bihar School of Yoga in Munger (India). In 1992 she founded Associazione Yoga Darsana Path. She is a trainer at I.S.Y.C.O. (Institute for the Study of Yoga and Eastern Culture) and directs a Master in "Yoga for children and adolescents".

## FUN YOGA

An ancient discipline to grow healthy and happy

Lorena Pajalunga

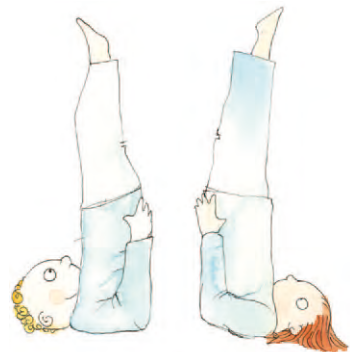


Yoga techniques for children to play with and develop physical and psychological wellbeing

- Reveals the importance of a harmonious and holistic approach to body and mind development
- Details over 40 simple and effective positions
- A mostly versatile manual for children of all ages!

Specifically conceived for children, all the games proposed in *Fun Yoga* offer a chance to explore oneself, to become familiar with one's breathing, and to transform one's emotions, learning to relax and concentrate.

In children this approach stimulates a healthy and harmonious growth, improving the bone and muscle structure of a growing body as well as encouraging the awareness of one's own beauty and uniqueness.





192 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**PIERRE PELLIZZARI** has devoted 15 years to reflexology and naturopathy. His main interests are the discovery, experimentation and teaching of easily applied, inexpensive and effective methods for improving health. He holds individual sessions and seminars in reflexology, aqua-healing, Hamer 's New Medicine and nutritional wellbeing.

## RECOVERING: IS WILLPOWER ENOUGH?

Loving your body, your spirit  
and your subconscious

Pierre Pellizzari

- What's the key for recovery?
- What's the role of genetics, karma or fate?
- With case studies thoroughly describing recovery processes

Drawing from several clinical cases, Pierre Pellizzari explains how to interact with illness. Considering that there's no cure-all "magic pill", Pellizzari demonstrates that if we don't combine physical solutions with spiritual growth, if we don't look for and get rid of all the subconscious junk, and if we don't learn to love ourselves and life alike, our recovery will be temporary or won't take place at all. This book is targeted to all those who are recovering from a disease and to healthcare professionals wishing to help such people.







160 pages - 17 x 22 cm

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## TIPS OF NUTRITIONAL WELLBEING

Eat sensibly to stay healthy and feel good

Pierre Pellizzari

A practical guide where everyday food becomes food for thought. Try out the joys of nutritional wellbeing!

- Identifies common nutritional mistakes and unbalances
- Provides useful dietary tips for healthy eating habits
- With tables, recipes and practical suggestions

We eagerly choose the best fuel for our car and we are always ready to invest in our looks. But what do we actually do for our health? In this book, Pierre Pellizzari guides us step by step through an analysis of our eating habits, revealing our inconsistencies and suggesting ways of improving them in a gentle, progressive and pleasant way.





160 pages - 17 x 22 cm

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## I TRIED THE NEW MEDICINE OF DR HAMER

An extraordinary healing approach illustrated through case studies

Pierre Pellizzari

A renowned naturopath explores Dr Hamer's innovative approach and explains its theory and practice

- Illustrates the principles at the root of Dr Hamer's New Medicine
- Explains the biological laws to which all living beings react
- Includes a selection of case studies that prove the success of this approach

This book presents an astonishing collection of case studies that stimulate the desire to better understand illness and to view it under a different light, with the help of the biological laws discovered by Dr Hamer. The reports contained in the book come from patients and doctors who apply the principles of this revolutionary theory on a daily basis, with striking results.







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## CLEANSING YOUR ORGANS

An easy do-it-yourself guide

Pierre Pellizzari

Clear, simple and inexpensive methods that produce striking and immediate results

- Identifies the external causes that damage our health
- Underlines the importance of cleansing and detoxifying our organs
- Tried and tested methods that help identify polluting agents and counteract them

When the liver, intestine, lungs, blood and stomach are “cleansed”, life becomes easier and our body can work at its maximum potential.

The methods illustrated in this manual have been successfully tried and tested by numerous patients, who were enthusiastic about the results.

As well as explaining how to detox your body, the guide also shows how to recognise pollution and ailments by interpreting the warning signals that your organism sends out.





192 pages - 12 x 17 cm

**LUISA PAVAN** has worked for years as a herbalist, using herbs for women's ailments. She is an expert massage therapist and has developed Corpocoscienza (body awareness), an innovative and dynamic approach to an increased sensitivity of one's personal growth.

**BIANCAMARIA BRUN** graduated in Chemistry and Pharmaceutical Technology. She then chose to work in the field of health pharmaceuticals, and especially functional cosmetics, dietary supplements and nutrition.

## MENOPAUSE: BEFORE, DURING AND AFTER

Advice and natural remedies for a conscious choice

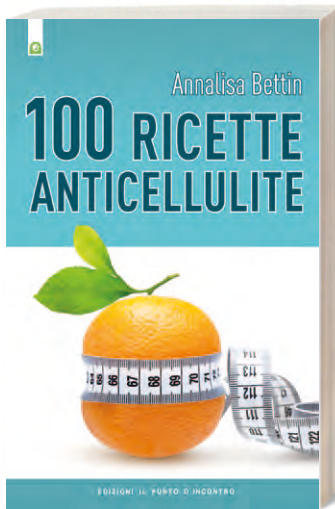
Luisa Pavan and Biancamaria Brun

Practical advice and enlightening theories treating menopause as a natural event to live in full awareness

- Explores the female cyclic nature
- Investigates the great contradiction of hormone replacement therapy (HRT)
- Gives advice on diet and lifestyle during menopause

Menopause is a time of deep physical and psychological changes that affect a woman's life often in a negative way. Mainstream medicine tends to see it as a disease, highlighting its side effect and treating it with drugs.

*Menopause: Before, During and After* casts a light on the real nature of menopause, suggesting natural remedies and a balanced diet to live menopause with a positive attitude.



**128 pages - 17 x 22 cm**

**Dr ANNALISA BETTIN** is a biologist and has specialised in Nutritional Science at the University of Padua, where she lectures. She has obtained a doctorate in Biological Medicine at the Southern International University (Yolla International – Montreal) and has worked as Assistant Professor of Nutrition Science at the Centro Interuniversitario Ticinese of Lugano.

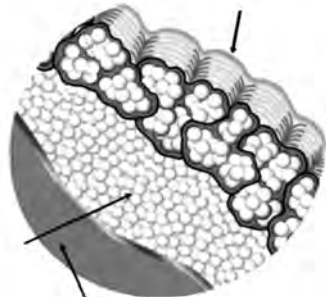
## 100 ANTI-CELLULITE RECIPES

Annalisa Bettin

Fight cellulite and achieve excellent results, with prevention, diet and a clear understanding of the problem

- Explains the causes and the 3 stages of cellulite
- What foods are better, what are worse
- Suggests detoxifying and preventive methods

True, cellulite is an unpleasant problem that may cause embarrassment. In this practical book, you can get acquainted with cellulite and its factors, resorting to the best prevention, detoxifying your body, choosing the proper diet and avoiding overweight problems.





192 pages - 12 x 17 cm

## MORE NATURE AT HOME

Past and present household environment: a practical manual for the whole family

Sabine Göttenmayer

Care for your environment, care for your home: tips, recipes and traditions for a healthier living

- Detergents: recipes, allergies and other aspects
- Outdoor air: ozone, smog, greenhouse effect, acid rain, effects on health
- Electromagnetic and geopathic stress: causes and solutions

*More Nature at Home* retrieves traditional wisdom and brings more awareness of harmful and harmless home products. Cleaning your home becomes a pleasant and joyful activity with recipes based on easy-to-find ecological ingredients and practical tips.





176 pages - 17 x 22 cm

**RICHARD PEARSON** is a massage physiotherapist and physiokinesitherapist. Pearson also specialised in Ayurvedic techniques in the region of Kerala, India.

**SONIA BORTOLUSSI** is a massage physiotherapist expert in psychophysical techniques for physical and emotional problems.



## PSYCHOPHYSICAL MASSAGE FOR WOMEN

From pregnancy to menopause

Richard Pearson  
Sonia Bortolussi

This manual illustrates a massage technique that takes you through the most important stages in a woman's life, helping rediscover a healing touch. Massage is then re-interpreted as a moment of dialogue with your body in the phases of pregnancy, childbirth, motherhood, breastfeeding and menopause, along a path towards the awakening of feminine spirit.

The manual also includes important contributions for child massage (0-6 yrs old) and integrates alternative disciplines like massage therapy, Ayurveda and flower therapy.







240 pages - 17 x 22 cm

### GIANNA TOMLIANOVICH

founded the School of Keiraku Shiatsu in Rome. She also created a holistic method combining Keiraku Shiatsu treatments, breathing and postural rehabilitation.

## MERIDIAN STRETCHING

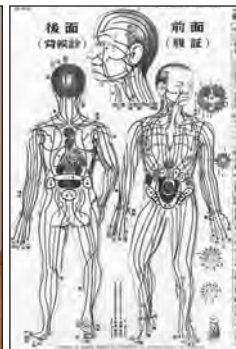
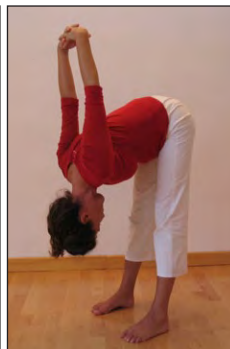
Freeing your life energy to obtain psychophysical wellbeing

Gianna Tomlianovich

A theoretical and practical manual that helps regain health and freedom of movement

- An accurate and complete introductory guide to shiatsu and meridian theory
- Includes step-by-step instructions for do-it-yourself sessions of wellbeing
- Useful for beginners and experts alike

Called “the shiatsu do-it-yourself”, Meridian Stretching is a new, pleasant and effective technique that allows to work on one’s own energy unbalance. Thanks to the the stretching exercises described in this book, you can feel meridians as a flow of vital energy, becoming aware of your body and of the energy that pervades it.





**384 pages - 17 x 22 cm**

**BESTSELLING AUTHOR**

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## A NATUROPATH AT HOME

Treat yourself to achieve perfect health and live a peaceful and happy life

Cristiano Tenca

Regain control over your wellbeing with the suggestions of this practical and helpful naturopathy manual

- Reveals the causes behind most common ailments
- Details remedies that can be safely used for self-treatment
- Includes practical notions for a healthy environment and lifestyle

Cristiano Tenca's handbook illustrates the basics of naturopathy, the physical and psychological causes of disease as well as several remedies and approaches that you can adopt at home, for your health and that of your loved ones.

The book contains an exhaustive list of common ailments, followed by their remedies.



160 pages - 17 x 22 cm

### DOMINIQUE BOULANGER

uses minerals as a therapy during his activity as naturopath. Years of research and study have allowed him to integrate the use of minerals in many therapies, with the firm belief that these elixirs will soon become an essential instrument of wellbeing.

## MINERAL ELIXIRS

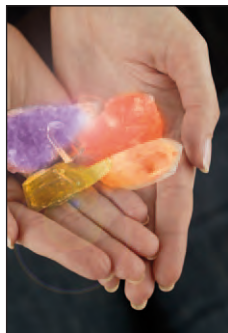
The incredible healing properties of mineral dilutions

Dominique Boulanger

From ancient to modern times: a rediscovery of the healing power of gems and stones

- A vibrational approach that uses the energy of minerals to bring about a physical and emotional wellbeing
- Combines in-depth scientific research and empirical experimentation
- Also useful as a complement for other therapies, both natural and conventional

Not many know that minerals can be “diluted” and used as elixirs in a non-invasive and effective therapy. Useful tables, experimentation and theoretical research reveal the incredible power embodied in stones, their field of action, their effect on chakras and the transformation potential in each essence. These healing energy is further increased by a correlation between mineral elixirs and flower remedies, for a wider therapeutic action.





160 pages - 18 x 19 cm

## DETOX DIETS AND TECHNIQUES

Detox the natural way

Gudrun Dalla Via

A complete and in-depth guide to detox yourself with food and natural remedies

- Reveals the negative impact of external and internal pollution
- Contains a detailed list of detox foods
- Illustrates a variety of natural and useful do-it-yourself techniques

## FOOD ALLERGIES AND INTOLERANCES

Natural cures and prevention

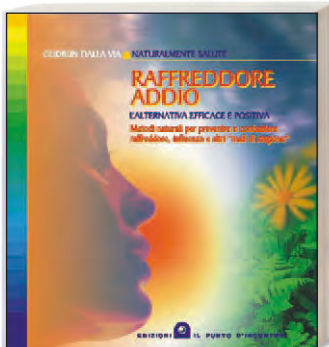
Gudrun Dalla Via

A hands-on approach to treating food allergies the natural way

- Examines the onset and evolution of food allergies
- Explores the functioning of the immune system
- Useful suggestions on tests, targeted natural therapies and appropriate diet



144 pages - 18 x 19 cm



160 pages - 18 x 19 cm

## GOODBYE COLDS

A positive and effective alternative

Gudrun Dalla Via

Natural methods of preventing and fighting colds, flu and other "seasonal ailments"

- Analyses both apparent and hidden causes of colds
- Outlines tried and tested natural remedies
- Helps organize the best preventive and therapeutic strategy

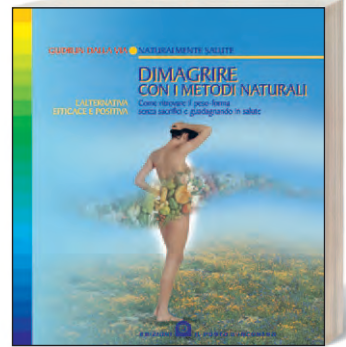
## SLIMMING THE NATURAL WAY

How to get back in shape taking no pains and gaining health

Gudrun Dalla Via

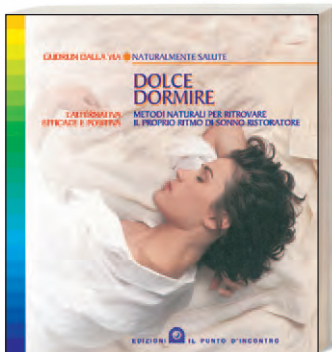
A guide to regaining your ideal weight without worries and obsessions

- Explores the notion of “ideal weight”
- Explains the danger of following standardized diets
- Suggests pleasant variations and “tricks” to make daily meals healthier and lose weight naturally



152 pages - 18 x 19 cm

Journalist and writer **GUDRUN DALLA VIA** is a well known author, specialized in natural therapies, health and nutrition. She has written several books and articles for several national magazines.



160 pages - 18 x 19 cm

## SWEET DREAMS

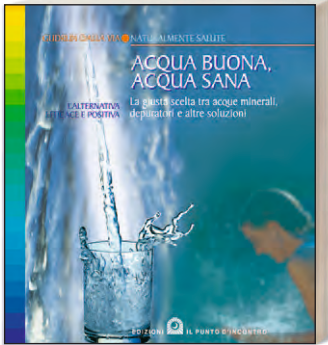
Natural cures for troubled sleep

Gudrun Dalla Via

Find back your refreshing sleep and learn to understand what your body needs with a natural approach

- Reveals the importance of good sleep and the impact of sleeplessness on the body and mind
- Explains how to interpret the signals sent by your body
- Details strategies and remedies for a refreshing sleep





160 pages - 18 x 19 cm

## GOOD WATER, HEALTHY WATER

Choosing the right water, purifier and other solutions

Gudrun Dalla Via

Getting to know the water you drink can have a great impact on your health and on the planet's life

- Investigates water resources and looks at the role water plays in human body
- Provides keys to go beyond commercial aspects and to read labels of bottled water
- Explores purifying methods for tap water

## THE SUN ON YOUR SKIN

Source of wellbeing and beauty

Gudrun Dalla Via

Enjoy the sun, take advantage of its benefits and sultan without risks

- Suntanning: positive and negative aspects
- Shows how to protect yourself effectively
- Identifies foods and techniques to “boost” sultan and make it last longer



160 pages - 18 x 19 cm

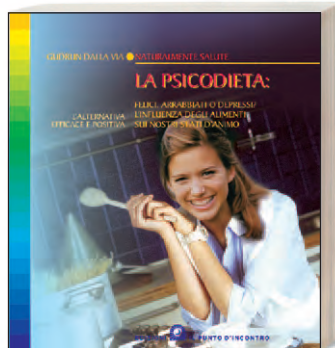
## PSYCHODIETING

Happy, angry or depressed? The influence of food on your mood

Gudrun Dalla Via  
and Donato Santarcangelo

Your daily food has a great potential awaiting to be revealed: the table is the place where you can improve your mood!

- Shows how to eat each meal savouring every bite and feeling in good shape
- Examines the relationship between food and emotions
- Helps choose the right food to improve mood and boost energy levels



152 pages - 18 x 19 cm



144 pages - 18 x 19 cm

## IN SHAPE WITH THE ASTROLOGICAL DIET

Gudrun Dalla Via  
and Donato Santarcangelo

A useful and personalized diet that takes advantage of a millenary discipline to bring you a new way of eating healthy

- What the stars recommend: a personalized diet based on season, element and month of birth
- Month by month, the best foods and tastiest menus
- Starting a diet on a full moon or new moon: what are the chances of success?

## HERBS FOR THE SOUL

Emotional healing and psychophysical wellbeing

Manuela Narcisi

Herbs and plants that cure the soul and recreate harmony and balance between body, mind and spirit

- Contains a detailed list of plants for many common emotional troubles
- Data sheets with effects, preparation and dosage
- Includes indications on Bach and Himalayan flower remedies



160 pages - 17 x 22 cm



224 pages - 17 x 22 cm

## BACH REMEDIES AND ASTROLOGY

The Mandalas of psyche

Anna Maria Ghion  
and Manuela Narcisi

A thorough and innovative analysis of the relationship between astrology and flower therapy

- Explains the correlation and common grounds of astrology and flower remedies
- Includes a historical overview of both disciplines
- With practical tables and charts for a quicker consultation

**MANUELA NARCISI** is a qualified herbalist who focuses on psychosomatic disorders. She is a specialist in flower therapy and psychosynthetic counselling, which she practises and teaches at the Institute of Natural Medicine of Urbino.

**ANNA MARIA GHION** has been studying astrology and psychology for over 20 years, combining these two disciplines with research on Eastern philosophy and symbolism. As an ecologist, vegetarian and active feminist, she is a longstanding promoter of the diffusion of complementary medicine.



352 pages - 14 x 21 cm

### BESTSELLING AUTHOR

**MARCO PIZZUTI** holds a degree in Law and works for a service firm operating for the most prestigious Italian government institutions. He has been passionately doing independent research for over 20 years, and has so far written 7 investigative books that rapidly became best-sellers.

[www.altrainformazione.it](http://www.altrainformazione.it)

## UNAUTHORIZED EVOLUTION

The twilight of nature and the return of demigods

From human 2.0 to the universal matrix of consciousness

Marco Pizzuti

Marco Pizzuti presents a detailed and well-documented research on the future technological evolution just about to start. Only a few scientists dare to expose the consequences of the most dramatic technological, cultural and spiritual revolution currently in place: humanity as we know it today is bound to become extinct!

- The technological advance of computer systems and the latest discoveries in biology are taking us into a new era in which humanity will inevitably go from close interaction with machines to a complete fusion with them, and soon we will see the advent of the first generations of cyborgs.
- Scientists are already working to create neural self-assembling interfaces formed by intelligent nano-robots that can penetrate the human brain without surgery, to connect it to electronic devices. We will also see for the first time expandable storage for human beings and new data-loading techniques for neural pathways. All these devices will allow to store in real time any information available.
- Biology has since crossed the border that kept it apart from IT, and the future of computers will be in the living biochip based on modified or synthetic DNA.

Androids, robots, artificial intelligence, technocracy, 24/7 surveillance, drones, nano-robots, cybernetic immortality, avatars, cyborgs, meta-materials and self-driving means of transport are just some of the innovations with which we will have to get used to in the coming years.

**Marco Pizzuti's books have been selling over 150,000 copies and have been published in 18 countries**



# UNAUTHORIZED FOOD CHOICES

An anthology of censored discoveries beyond the official truth

Marco Pizzuti

From foods of mass destruction to a new culture of food and food production

The scientific and cultural revolution of nutrigenomics, beyond the dangers of food industry, the lies of mainstream science and the brainwashing of marketing and advertising

**352 pages - 14 x 21 cm**

**BESTSELLING AUTHOR**

**MARCO PIZZUTI** holds a degree in Law and works for a service firm operating for the most prestigious Italian government institutions. He has been passionately doing independent research for over 20 years, and has so far written 7 investigative books that rapidly became best-sellers.

Food is no longer what it was in the past. Fruits and vegetables are tasteless and almost in every food we find traces of toxic substances leading to several diseases. Multinationals are using genetics to patent foods and take over the food market globally.

However, researchers in nutrigenomics are calling upon a revolution based on the extraordinary scientific and cultural effects of proper nutrition: activate important genes for our DNA, turn off defective genes, prevent or treat diseases without drugs.

Knowing the dangers of processed foods is vital in order to avoid them and apply new discoveries to our everyday life.

*“Control food and you control the people.”*

- Henry Kissinger

**Marco Pizzuti's books have been selling over 200,000 copies in Italy**







**416 pages - 14 x 21 cm**

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# UNAUTHORIZED MEDICAL FINDINGS

An in-depth investigation on the dangers of mainstream medicine and on successful treatments opposed by multinational drug companies

Marco Pizzuti

- Reveals the truth behind several censored medical treatments
- Draws from verifiable clinical data and statements from prominent health authorities
- Lists contact information for medical treatments cited

*Unauthorized Medical Findings* looks into a series of medical treatments that, although censored, banned and discredited by the medical establishment enslaved to Big Pharma, have been validated by documents, scientific studies and the first-hand experience of many patients who recovered from incurable diseases (cancer, AIDS, autism, multiple sclerosis, etc.), got up from their wheelchairs or improved their conditions in ways that have been hailed as miracles.

Marco Pizzuti uncovers the mechanisms that turned Big Pharma's commercial propaganda into "medical science". Sometimes, hearing the other side of the story can save your life!

**Marco Pizzuti's books have been selling over 200,000 copies in Italy**





**352 pages - 14 x 21 cm**

**BESTSELLING AUTHOR**

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**UNAUTHORIZED  
ARCHAEOLOGICAL  
DISCOVERIES**

An anthology of censored discoveries beyond the official truth

Marco Pizzuti

A fascinating and hidden aspect of human history is about to be unveiled...

Since last century, archaeologists and academic historians have been constantly covering up and discrediting any discovery that could question the mainstream school of thought.

The most recent findings, however, are forever reversing the history of our civilization. The body of evidence collected in *Unauthorized Archaeological Discoveries* reveals darkest and most censored past in human history.

Controversial and topical issues such as the lost civilisations, the mysterious origins of the Jewish people, the appearance of Christ in history, the shaping of the New Testament, the survival of the Templar's order and much more will get in this book disturbing answers.

**Marco Pizzuti's books have been selling over 200,000 copies in Italy**





256 pages - 12 x 17 cm

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## UNAUTHORIZED REVOLUTION

How the world will change

Marco Pizzuti

From planned financial crashes to the Icelandic rebellion; searing revelations about the global fraud of the economic dictatorship that holds humanity hostage

Until a few years ago, writing an essay on the New World Order meant being labeled as “conspiracy theorists”. Now, however, we are witnessing an outburst of collective interest in the revelations about the true power structure that controls nations.

Over the years, the worst predictions of counter-information have been reflected in the international financial crisis and pressure from bankers to establish their global technocracy.

A new book by the author of the bestseller *Unauthorized Revelations*.

Marco Pizzuti's books have been selling over 200,000 copies in Italy





**256 pages - 12 x 17 cm**

**BESTSELLING AUTHOR**

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# UNAUTHORIZED REVELATIONS

The occult path of power

Marco Pizzuti

*Unauthorized Revelations* carries out a detailed and in-depth analysis of the true role played by secret societies throughout history. The documents bear evidence that a super shadow government, managed by high international finance, has been since long coordinating the actions and plans of our politician to achieve absolute supremacy and globalization.

This is the “New World Order”, a plan aiming to put all the planet’s resources in the hands of a very small elite of “super bankers”.

A real bombshell finally casting a light on epochal events such as world wars, international terrorism and the birth of major ideologies. Is it only political fantasy, as official versions try to make us believe?

**Marco Pizzuti's books have been selling over 200,000 copies in Italy**







320 pages - 14 x 21 cm

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## UNAUTHORIZED SCIENTIFIC FINDINGS

Marco Pizzuti

- Is cold fusion really an unattainable goal?
- What if they told you that zero-emission cars have been existing for years?
- Who actually invented wireless power transfer (WiTricity), which was patented in 2007 by the MIT?
- What is the close connection between technological research and the oil lobby?

*Unauthorized Scientific Findings* answers these and many other disturbing issues by examining the story of Nikola Tesla, an extraordinary and yet misunderstood scientist who laid the technological foundations of modern society, as well as that of many other “rebellious scientists” who were condemned to oblivion by the scientific establishment.

*Unauthorized Scientific Findings* is an essay based on facts and true stories, and yet as gripping as the most shocking novels.

*“Without the improvement of humanity as its ultimate goal, science is nothing but a perversion.”*

— Nikola Tesla

Marco Pizzuti's books have been selling over 200,000 copies in Italy





# UNAUTHORIZED SCIENTIFIC EXPERIMENTS

Marco Pizzuti



**256 pages - 12 x 17 cm**

**BESTSELLING AUTHOR**

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- The inventions that can change the world, finally revealed!
- Extraordinary technologies that anyone who can use a screwdriver or unscrew a light bulb can easily apply
- A book to read before it disappears forever

In the field of new energy we have reached a deadlock. This situation benefits the elite of fossil fuels and dirty nuclear power multinationals. That's why whenever scientists announce they have found a solution to our energy problems, they are regularly accused of scientific fraud.

Resorting to technologies that have not been recognized by mainstream science, *Unauthorized Scientific Experiments* explains how to levitate an object despite the current laws of physics, how to recreate a small sun (nuclear fusion) in a jar, cause matter transmutation, convert normal electricity into a new form of energy, build a very special permanent magnet, and much more.

You will finally witness extraordinary phenomena, which you probably never even heard of before...

**Marco Pizzuti's books have been selling over 200,000 copies in Italy**



# Marco Pizzuti



Marco Pizzuti's books have been selling over 200,000 copies in Italy

## YOU DON'T NEED TO SUFFER: A PRACTICAL GUIDE TO HO-OPONOPONO

Giovanna Garbuio

Human beings suffer because they are unaware of being an eternal, unlimited and all-powerful energy. Thus, they feel dissatisfied, yearning for possession, approval, safety and control that inevitably lead to pain.

On the contrary, the key to happiness lies in awareness. Overcoming ignorance and defeating suffering, we get to know our true identity, the source of all happiness, material and spiritual.

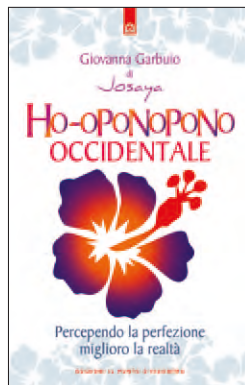
256 pages - 14 x 21 cm

### BESTSELLING AUTHOR

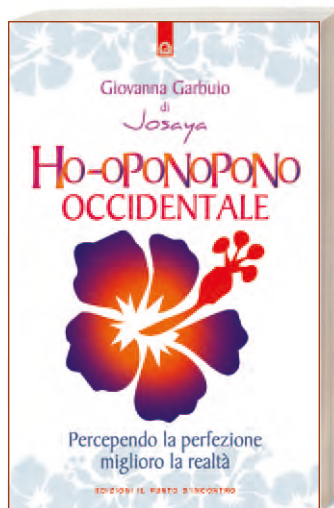
In 2009 **GIOVANNA GARBUIO** founded the group Josaya, with the purpose of spreading a message of peace and inner awareness. She has published several books, e-books and videos on Ho'oponopono and spiritual growth.

*"You don't need to change anything about yourself, you don't need to become someone other than who you are, and most importantly you don't need learn anything more than what you already know. You only need to love yourself to the point of finally being yourself with all your being!"*

— Giovanna Garbuio







256 pages - 14 x 21 cm

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## HO'OPONOPONO: A WESTERN PERSPECTIVE

By perceiving perfection  
I can improve reality

Giovanna Garbuio

Recently rediscovered as a holistic approach to well-being, Ho'oponopono was born in the Hawaiian culture as an ancient and very helpful practice of forgiveness and reconciliation, literally meaning "to put to rights; to put in order". It is a constantly evolving way of life that allows you to live in full awareness the perfect life you deserve.

Through an in-depth exploration of Ho'oponopono, *Ho'oponopono: A Western Perspective* describes the reasons why Ho'oponopono is a truly miraculous approach and goes to the heart of this philosophy, looking into everything that has ever been said on Ho'oponopono and bringing to light its fundamental aspects.

*"You don't need to change anything about yourself, you don't need to become someone other than who you are, and most importantly you don't need learn anything more than what you already know."*

— Giovanna Garbuio









176 pages - 17 x 22 cm

## DEVELOP WINNING RELATIONSHIPS WITH A NEW BODY LANGUAGE

Decode gestures and learn to react with NLP

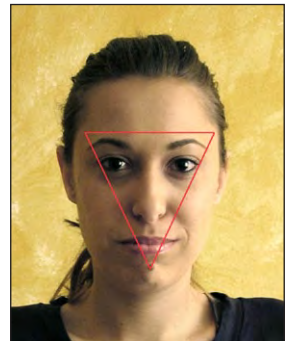
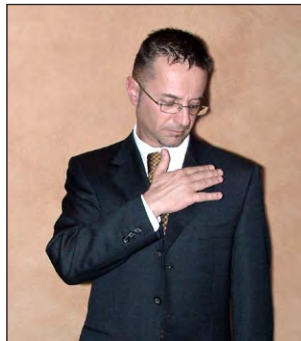
Rocco Americo and Rosario Alfano

- Find out what others think and say
- Understand the unspoken needs, desires, fears or doubts of those you are talking to
- Expose liars
- Choose the right words in any situation

**ROCCO AMERICO** has specialised in neuro-linguistic programming, nonverbal communication and bioenergetics techniques with the best trainers in the world, becoming himself a successful trainer. He holds master courses throughout Italy for major international companies and individuals.

*Develop Winning Relationships With a New Body Language* draws from nonverbal communication and neurolinguistic programming (NLP) to decode all the most frequent gestures and how to react in order to achieve one's aim.

Communicating effectively does not mean merely observing behaviours; it requires constantly adapting one's verbal and nonverbal messages to what is sensed and understood.





256 pages - 17 x 22 cm

**ANNA FATA** is a holistic psychologist and works with wellbeing both in personal and professional life. She has created the method ArmoniaBenessere (Harmony and Wellbeing), as well as an association carrying the same name ([www.armoniabenessere.it](http://www.armoniabenessere.it)), which resorts to Eastern and Western techniques to pursue a balance between body, mind and spirit.

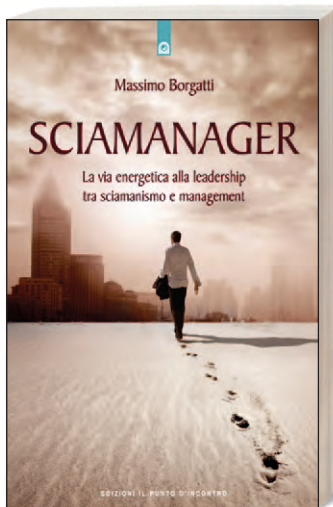
## PROFESSIONAL LIFE AND THE PRACTICE OF MEDITATION

Developing presence, attention, awareness and insight at work

Anna Fata

*Professional Life and the Practice of Meditation* is an essential handbook for any manager, entrepreneur and personnel manager wishing to do their best and help collaborators and employees do the same.

Among the fundamental elements that the new millennium managers are able to display are self-awareness, awareness of their resources, their collaborators and the situation, insight, leadership, development of one's potential, team building, emotional intelligence, creativity, time management, a respect for ethical values, listening skills, sharing, motivation, as well as prevention of stress and occupational diseases.



224 pages - 17 x 22 cm

**MASSIMO BORGATTI** is the founder and coordinator of ESPERIO, a national network of professionals in management training and business consulting. Very keen on outdoor experiential training, for over 15 years he has been studying how to integrate the discipline of energy management and the traditions of different cultures, focusing on South American shamanism. He regularly holds seminars, workshops, meetings and conferences.

## SHAMANAGER

Between management and shamanism: the way of energy to leadership

Massimo Borgatti

A journey through the full expression of one's potential, which leads to performance and freedom

In a competitive environment, managers are interested in reaching a top performance and face reality in a pragmatic, matter-of-fact and down-to-earth way.

Shamans on the other hand see human beings as energy fields surrounded by a mysterious universe of energy.

The dialogue between the manager and the shaman gives birth to a path of personal and professional growth called Shamanager.

*Shamanager* relies on the approved model based on ENERGY, FOCUS and FLOW, successfully adopted by the author in workshops, meetings and seminars.



## YIN YANG MARKETING

The only certainty is change!

Roberto Tiby

- Establishes and maintains the conditions of dynamic balance, trusting constant transformation
- Analyses the dualism in reality
- Shows how each pole can be transformed into its opposite
- Introduces processes that promote human growth

An ongoing changing market will allow you to manage successfully and consistently the mechanisms of your business.

*Yin Yang Marketing* represents a modern and innovative approach based on the ancient principles of Chinese philosophy. Based on the ancient principles of Chinese philosophy, it introduces a new and illuminating approach on the mechanisms of business strategies, which are governed by the constant alternation of Yin and Yang.

*“Yin Yang Marketing does not list any secret of success, it tells you the way to find your secrets, the ones that will always be unique and specific to your business and market reality.”* — ROBERTO TIBY



160 pages - 14 x 21 cm

**ROBERTO TIBY** is a marketing consultant and a lecturer in various universities and training institutions. He holds a degree in business administration and a specialisation in strategic marketing and communications.



192 pages - 14 x 21 cm

**GARY DOUGLAS** is founder and director of ACCESS Energy for Transformation. He holds workshops worldwide to help people acknowledge their talents and expand their awareness. "The greatest power" he says, "is the ability to change and transform."

**DAIN HEER** has radically changed his life by becoming a facilitator of ACCESS, helping and motivating people to access their potential. He holds seminars around the world, helping people shift from an ordinary to an extraordinary life.

## MONEY IS NOT A PROBLEM, YOU ARE THE PROBLEM!

A topical book for those who are experiencing constant difficulties with money

Gary Douglas and Dain Heer

- Explains how to optimize money management
- Illustrates how to attract money, creating the appropriate financial situations
- Conveys the magic of being in the right place at the right time

*Money Is Not a Problem* is a challenging and now more than ever relevant book. The authors have been working with many people with all sorts of money-related problems; people who only had 10 dollars in their pockets and people owning 10 millions. What they discovered is that such problems had nothing to do with money and a lot to do with an unwillingness to receive, a reluctance that sets a limit to what can be achieved.

Douglas and Heer explain the easy and safe techniques they have designed to give birth to a new and different reality, allowing us to abandon preconceived ideas about money and to develop a healthy relationship with it.





208 pages - 14 x 21 cm

Philosopher and writer **GLORIA GERMANI** has been focusing on the dialogue between East and West. Her book *Mother Teresa, an East-West Mysticism: Her Thought Compared to Hinduism and Gandhi*, with a preface by Tiziano Terzani, has been translated in several languages. Germani actively supports degrowth; she has edited the series of documentary films Satya.doc.

## TIZIANO TERZANI: THE POWER OF TRUTH

Globalization and decline through the eyes of a wiseman

Gloria Germani

Tiziano Terzani became one of the most popular spiritual voices of our time.

Terzani, who fled Europe in search of a fairer society he initially looked for in Mao's early socialism, eventually identified himself more and more in Gandhi's philosophy, rejecting consumerism and embracing the power of truth with which the Mahatma fought colonisation.

Terzani's vision reveals the limits inherent in the scientific and materialistic perspective of a modern world striving to take possession of the outside world. The road to a collective and social dimension more in tune with nature coincides with a spiritual journey inspired by the wisdom of the East.



160 pages - 14 x 21 cm

**ROSANA LIERA** was born in Mar del Plata (Argentina) to Italian parents. A psychic from birth, already as a kid she revealed a strong artistic sensibility. In 2009, during a near-death experience, Rosana had a contact with angels. Since then, she has been having full access to the angelic world. She now lives in Italy, where she holds conferences, seminars and concerts.

## SAYING YES TO LOVE WITH ANGELS

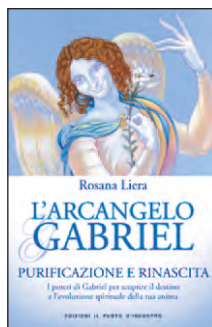
Rosana Liera

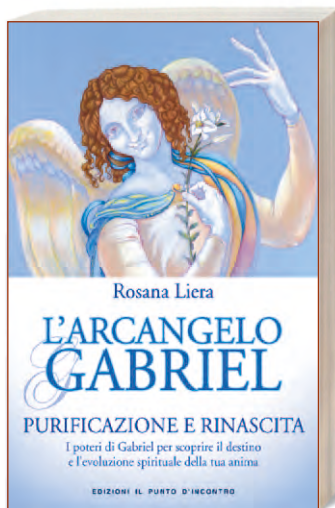
What are angels? Is it true that we all have a guardian angel? How can we get in touch?

- Tips for improving your life, work and relationships
- Meditations to help get in touch with your Heart Angel, your Soul Mate and Archangels
- The 7 angels' gifts to manifest the life of your dreams

In *Saying Yes to Love With Angels* you will learn to communicate with angels, read their signs and allow them to lead you joyfully towards your happiness. Take your long-cherished dream and create the life you want. Out there, endless opportunities are awaiting.

Rosana Liera is an internationally acclaimed artist and psychic. *Saying Yes to Love with Angels* tells her own story, that of a woman and a healer. Through direct experience and simple meditation exercises, the book shows how to get in touch with angels and be guided toward a life of divine manifestation.





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## GABRIEL THE ARCHANGEL

### Purification and Rebirth

Finding your path and the spiritual evolution of your soul with Gabriel's powers

Rosana Liera

- Fate, spiritual evolution and the five variants of one's inner path and evolution
- How to visualise and contact the archangel Gabriel
- Invocations and meditations inspired by archangels
- Exercises for purification and rebirth

*Gabriel the Archangel* will help you find your soul's path and spiritual evolution. Gabriel reveals the mysteries of incarnation and of the fate we have chosen, to make us fully aware of our evolutionary path and fulfil our spiritual vocation.

*Gabriel the Archangel* is dedicated to all those who wait in faith to be enlightened by divine light, so that they can see the path their soul has chosen on Earth.

*“What we seek is already within us, inextricably linked to what we are now, and is just waiting to be revealed.”*

– Rosana Liera



## RAPHAEL THE ARCHANGEL

### Vision and healing

Rosana Liera

Evoking joy and wellbeing with Raphael's powers

- How to contact the archangel Raphael
- Angel healing exercises, breathing and singing as a means of self-healing
- Natural remedies and tips for a healthier and more fulfilling life
- Meditations and invocations inspired by archangels



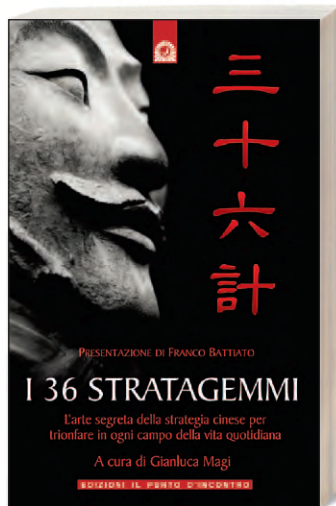
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*Raphael the Archangel* describes the powers of the archangel Raphael and their use in everyday life. An internationally acclaimed psychic, Rosana Liera takes us on an exciting journey into the world of the unseen, to meet Raphael and the immense healing powers inherent in all of us.

The archangel Raphael chose to preserve the powers of healing and divine vision, becoming the personification of those forces. Today, Raphael helps us open our hearts to this knowledge, giving us the key to the infinite powers of the divine Source.





320 pages - 12 x 17 cm

### BESTSELLING AUTHOR

**GIANLUCA MAGI** is a scholar of oriental philosophy and psychology and has travelled extensively to the East to study the subject directly. He teaches a meditation technique that combines various approaches and methods (Sufism, Taoism, Tantrism, Buddhism and transpersonal psychology), adapting them to Western needs yet without losing their original essence.

## THE 36 STRATAGEMS

The secret Chinese art of strategy to triumph in every aspect of daily life

Gianluca Magi

A sophisticated behavioural science based on a subtle psychology and knowledge of individuals

- Shares the 36 stratagems derived from China's ancient art of warfare
- Applies these stratagems to current situations and underlines their relevance in modern times
- Presents a wide range of fields where the stratagems can be used

*The 36 Stratagems* contains a series of stratagems applied to the art of warfare. It reveals however also the laws of success that China has written through millennia of subtle psychological knowledge, out of which its winning strategy was derived.

Though the situation has changed, these 36 stratagems are very topical and effective, because they can be applied to all sorts of contexts: psychology, politics, business, management, education, diplomacy, communications, marketing, ethics and human relations. Today the Far East considers them as a reference in training managers.





## THE HERO GAME

The door of perception: being extraordinary in an ordinary world

Gianluca Magi

Foreword by singer Franco Battiato

How can we alter the course of our anxieties, unravel our discomfort, and turn paralysing boundaries into joyful thresholds to cross? By having our personal mythology come true, says Gianluca Magi.

Leaving aside the inhibitions of rational thought, in *The Hero Game* Magi introduces a simple and effective therapeutic path towards the awakening of the invisible powers that crown your life with positive creative energy .

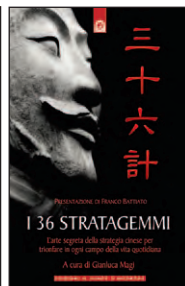
*The Hero Game* shows how to enter this hidden and extraordinary aspect of the universe, which quietly intertwines and interacts with our ordinary reality, helping us see the freedom and dazzling talents we can earn.

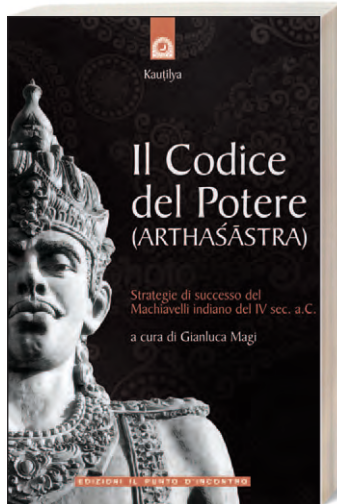


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400 pages - 12 x 17 cm

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## THE CODE OF POWER

Success strategies by the Indian Machiavelli of the 4th century B.C.

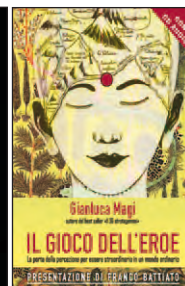
Kautilya

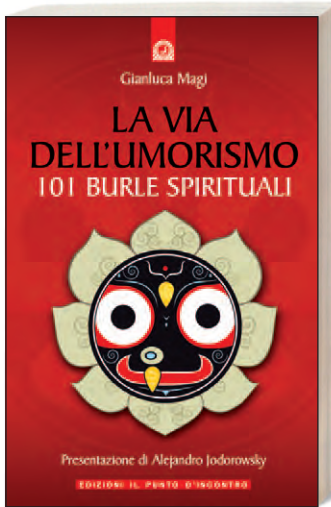
Edited by Gianluca Magi

In India, 2,300 years ago a mysterious philosopher named Kautilya developed an unconventional science of power, success and financial prosperity, combining its social, psychological, economic, strategic and political principles in his masterpiece, *The Code of Power (Arthasastra)*.

Kautilya, the Indian Machiavelli, put into writing timeless truths on how to obtain and use power. After having been lost for centuries, this multifaceted jewel of Indian wisdom applied to the art of success is today considered a reference work for the Indian ruling class.

*“The Arthasastra presents ideas and suggestions on practical issues that are still valid today, well over 2,000 years later.”* — Amartya Sen (Nobel Prize in Economic Sciences, 1998)





128 pages - 12 x 17 cm

### BESTSELLING AUTHOR

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## THE WAY OF HUMOUR

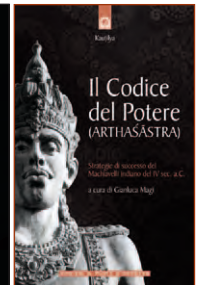
### 101 Spiritual Jokes

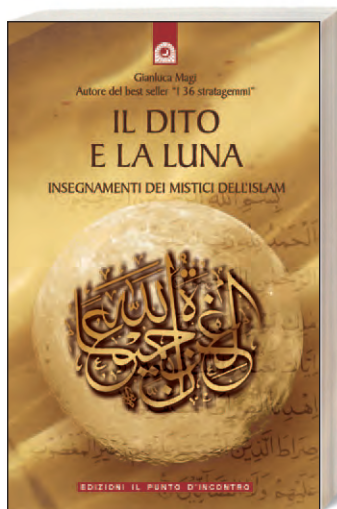
Gianluca Magi

With an introduction by Alejandro Jodorowsky

No matter how difficult things may be, even in conflictual situations we can learn to laugh and to avoid taking ourselves too seriously, because everything is transitory. In doing so, we get to understand that the awareness of the volatile nature of life is the quickest way to find joy, in an attitude reflecting that of a playful child.

The ancients were familiar with the transient nature of life and told their students not to take it too seriously. Considering that our existence changes so quickly, it's no point lingering over any of its individual aspects. Maybe it is true that only by smiling we obtain knowledge. An invitation to an innocent *joie de vivre*...





160 pages - 12 x 17 cm

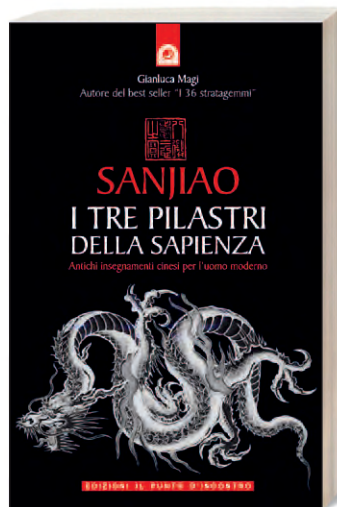
## THE FINGER AND THE MOON

The teachings of Islamic mystics

Gianluca Magi

A different way of seeing reality and a piece of wisdom that helps solving the problems of everyday life

- Introduces Sufism and its teachings in a simple yet enlightening way
- Each story is a key that will open a door, offering a new way of seeing reality
- Clearly adapted for modern Western readers



240 pages - 12 x 17 cm

## SANJIAO, THE THREE PILLARS OF WISDOM

Ancient Chinese teachings for the modern man

Gianluca Magi

A fundamental tool for understanding China, Sanjiao is an in-depth guide to Chinese thought in its many expressions

- Brings to life the many astounding achievements of ancient and modern China
- An insight into one of the most powerful ancient empires and a modern successful economy
- Covers a variety of arts and sciences, detailing Chinese perspective



224 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## A WHIFF OF SERENITY

Dialogues with an invisible Master

Cristiano Tenca  
Roberta Barioglio  
Stefania Montarolo

- A journey between worlds and dimensions
- An intense and engaging dialogue with a wise and loving entity
- A sincere, unveiled look on our material world and a full description of the mechanism of life and afterlife

In talking about life after death and other dimensions, the words of the invisible master in *A Whiff of Serenity* stir deep emotions, revealing that your beloved ones are still with you and giving exhaustive answers to specific questions about the afterlife and what one can expect.

*A Whiff of Serenity* tells you that nothing is accidental, neither the challenges you need to face, nor the people you meet, whether friends or foes. Although everything is in constant motion, the universe as a whole follows a predetermined pattern where each of us is important and fundamental.





**144 pages - 17 x 22 cm**

**THANAVARO** (Mario Giuseppe Proscia) has been studying judo, music, dance and drama since childhood. The discovery of Buddhism led him through an intense spiritual search. Eventually he became a monk, receiving the name Thanavaro (Excellent Foundation). He is the founder of the first Theravada monastery in Italy, Santacittarama (Garden of the Tranquil Heart).

## MEDITATION IS GOOD FOR YOU

A universal tool for finding wellbeing and peace

Thanavaro

Increase your physical and psychological wellbeing with the ancient yet at the same time modern practice of meditation

- A teacher with 30 years' experience presents the art of meditation for wellbeing
- Helps counteract common ailments through stress management
- Drawings, exercises, advice and teachings: an essential manual for anybody who wants to begin or expand the practice of meditation

Meditation is the art of living. By observing your body, mind and emotions, you will realize that most of your problems arise when you are unable to accept what is happening to you.

The gradual development of inner peace and positive emotions helps neutralize the negative effects of stress, with a beneficial influence on existing problems, such as hypertension, headaches, sensitive stomach, anxiety, depression, or troubled sleep.



288 pages - 14 x 21,5 cm

**SABRINA DAL MOLIN** was born in Schio (Vicenza) in 1968. In her childhood, she discovered she had psychic abilities that allowed her to communicate with the departed. She later decided to make her gift available for those who need spiritual help.

## EARTHLY LIVES, AFTERLIFE

From the world of the Unseen,  
messages for a new humanity

Sabrina Dal Molin

*Earthly Lives, Afterlife* carries a message coming from the inner knowledge that belongs to each of us, but which only a few can tap directly into.

It provides answers to the questions that human beings always ask themselves during their lives.

Through the many messages from the world of the Unseen, *Earthly Lives, Afterlife* chases away the fears that fill our hearts, preparing us for a future that, despite the so popular theories of doom and gloom, will be filled with peace and prosperity for the whole of humanity.

“We are made of light. We chose to be born on this Earth, living lives full of joy and sufferings; when these lives come to an end, we go back to where we started, enriched by our experiences. There is no death, there is no end of everything. Our soul never dies, it is immortal. We are immortal.”

- *Sabrina Dal Molin*



240 pages - 14 x 21 cm

After graduating in flute at Vicenza's Conservatory, **PATRIZIA SATERINI** embarked on a 30-year study and research on Hindustani and Carnatic music. In 1995 she founded a school of Indian music and dance in Vicenza. She now promotes the knowledge of these disciplines through workshops, conferences and courses throughout Italy. She has held many concerts nationally and internationally. [www.ashimamusic.com](http://www.ashimamusic.com)

## INDIAN MUSIC

Theory and considerations from a Western perspective

Patrizia Saterini

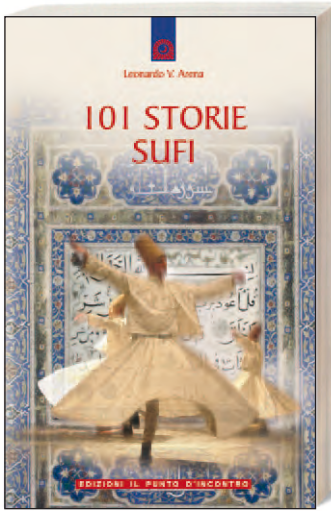
- The concept of sound and making music
- Raga
- Voice, instruments and dance
- Hindustani and Carnatic systems
- Intonation and temperament
- The microtonal system
- Practical applications

Anyone who starts exploring Indian music finds a rich, articulate and very sophisticated artistic culture, where making music is seen as a creative process that has a definite impact on one's life.

Patrizia Saterini, a teacher and a musician, draws from her 30-year experience to present an exhaustive overview of all the basic theoretical notions of Indian music, intertwining them with a philosophical reflection that will fascinate anyone who approaches this ancient culture.

*Indian Music* also contains a series of interviews with some of the most important figures of contemporary Indian art scene.





128 pages - 12 x 17 cm

Philosopher and writer **LEONARDO ARENA** is a lecturer in History of Contemporary Philosophy and Far East Philosophy at the University of Urbino. He has been publishing extensively on Sufism, Chinese art of warfare and Eastern philosophy.

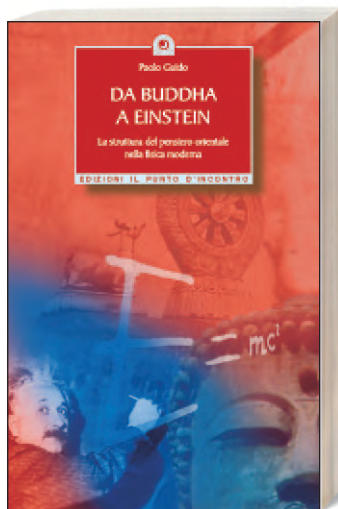
## 101 SUFI TALES

Leonardo V. Arena

After having read these stories you will feel different, without knowing why and, at times, without even consciously noticing

- Introduces a wide range of tales that convey Sufi philosophy through allusions and metaphors
- Promotes an original and encompassing vision of life and the world
- A book capable of transforming and enhancing your awareness

Sufism is a mystical approach that escape any kind of dogma. In order to understand it, one has to leave aside any prejudice and rigid mental scheme, to embrace a way of seeing life that goes beyond clichés.



160 pages - 12 x 17 cm

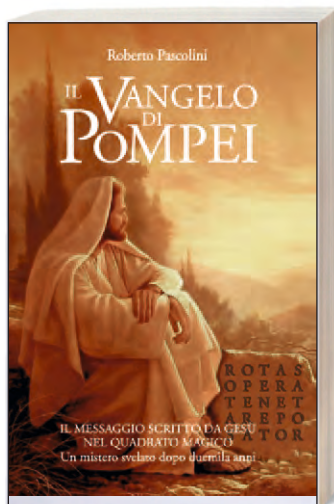
## FROM BUDDHA TO EINSTEIN

The structure of Eastern thought in modern physics

Paolo Guido

An ideal marriage of East and West that conveys a message of peace, brotherhood and a positive attitude towards the future, in the name of altruism and co-operation

- Introduces the fundamentals of Eastern philosophical systems and Western scientific thought
- Bridges the superficial gap between the two worlds with in-depth arguments
- Highlights the role of physics in the diffusion of Eastern philosophy



240 pages - 12 x 17 cm

## THE GOSPEL OF POMPEI

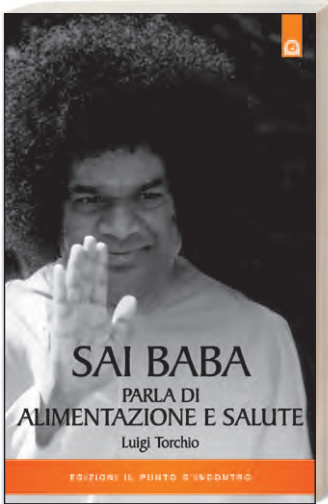
The written message of Jesus in the Magic Quadrant

Roberto Pascolini

A mystery revealed after two thousand years, an enigma that has been puzzling scholars for centuries

- Unearths the lost yet topical message of early Christianity
- Reveals how Jesus was known not only in Palestine, but also in Asia and Northern Europe
- Based on authoritative spiritual sources, both from Christianity and Buddhism





**320 pages - 12 x 17 cm**

After a specialisation in sports medicine, **Dr LUIGI TORCHIO** chose to focus on complementary medicine and acupuncture, with particular attention to the meaning of illness and the self-healing power of the mind. Very attentive to his personal search for knowledge, he visits Sai Baba's ashram every year.

## SAI BABA TALKS ABOUT NUTRITION AND HEALTH

Luigi Torchio

How to improve health and spiritual wellbeing by combining proper food and a positive attitude

- Brings to life Sai Baba's vibrant words of wisdom and applies them to nutrition
- Food that nourishes the spirit, food that hinders your spiritual growth
- Answers many topical questions on the correlation between mind, health and diet

Wrong dietary habits, especially if combined with negative attitudes and moods, can have a devastating impact on your health. Approaching food with a positive and healthy frame of mind has become crucial for wellbeing as well as for spiritual growth.



128 pages - 12 x 17 cm

**SALVATORE CECI** is a researcher and expert of Eastern disciplines and comparative religious studies. He has received several initiations to the art of meditation, among which Kriya Yoga by Maestro Dhettleff, a disciple of Paramahansa Yogananda. He has also a wide experience as an instructor of breathing and meditation techniques.

## SILENCE AND POWER

64 fragments of wisdom

Salvatore Ceci

A wise, enlightening companion bringing a spiritual dimension full of peace and empowerment into your daily life

- Reveals the importance of the spiritual dimension in our modern societies
- Provides simple yet profound reflections on life and the inner Self
- With episodes taken from the lives of Buddha, Milarepa, Bodhidharma and many other spiritual Masters

In an extremely hectic world, where much importance is given to outward appearance, the concepts depicted in the 64 fragments may appear far from our daily routine. However, with a better understanding of our behaviour, the quality of our daily lives changes and our existence acquires more joy and awareness.



304 pages - 14 x 21 cm

**MANUELA CELLI** was born in Rome and lives in Tuscany. An expert in art, fashion, personal growth and psychological well-being, Manuela is a keen observer of the mechanisms that regulate desire, approach and conquest in romantic relationships.



## HOW TO WIN HIS HEART WITHOUT LOSING YOUR MIND

Why getting a knock-back when you can get a king of hearts?

Manuela Celli

In case of love, break rules

Some women seem to be kissed by luck. They are admired, desired and adored by men. Other women on the contrary merely go from bad to worse, always after men who treat them like doormats.

However, the truth is that any woman who can take full control of herself and thinks with her own head - without being intimidated by those who would want her different - can have a fulfilling life and her dream relationship.

Witty and fun, *How To Win His Heart Without Losing Your Mind* helps you getting in touch with your assertive self, that part of you that can bring you fulfilment and happy relationships... if you choose to listen to it.



160 pages - 14 x 21 cm

**DANIELE RONCHI** is relational and systemic coach and a high school teacher. Thanks to his method, based on psychologist Bert Hellinger's, Ronchi managed to improve relations with his students and to better understand people's behaviour. He has been practising for 30 years relaxation techniques and meditation.

## SYSTEMIC FAMILY CONSTELLATIONS

A self-help handbook based on the method of Bert Hellinger

With questionnaires and exercises

Daniele Ronchi

- Understand your history and that of your ancestors
- Find your place in your family and in life
- Clear answers and a simple, easy-to-follow method for retrieving one's family beliefs and influences

Each family, as well as every individual, has its own history, its own system that took shape over time and influences the relationship with others.

*Systemic Family Constellations* takes you on a journey of awareness of the close relationship that structures the system in which we live, with the ultimate goal of achieving the much desired peace and natural family serenity that lies on the fundamental aspects of love and understanding.



## LOVE ADDICTION

A 5-step guide to free yourself from pathological emotion-related behaviours

Maria Cristina Strocchi,  
Sonny Raumer and Tullio Segato



160 pages - 14 x 21 cm

**MARIA CRISTINA STROCCHI** is a psychologist and psychotherapist, a clinical sexologist, as well as an expert in development and personality disorders. She is a teacher and a cognitive-behavioural psychotherapy supervisor, as well as a court-appointed expert.

**SONNY RAUMER**, a psychologist and psychotherapist, is an expert in drug addiction disorders and pathological gambling. He works in centres that treat addiction and psychiatric disorders (psychosis and personality disorders).

Sociologist, clinical criminologist and former officer of criminal police **TULLIO SEGATO** works with Strocchi and Raumer at the association "Volere è Potere" holding lectures on the prevention of domestic violence and abuse.

[www.volereepotere.com](http://www.volereepotere.com)

- Have you ever felt like you can't live without your partner?
- Have you neglected yourself, your job, your social life, your friends to please your partner?
- Does the idea he/she might leave you scares you to death, to the point you won't be able to function any longer?

Love addiction is a pathological behaviour in which one's partner becomes the only reason in our life. It can lead to tragic consequences: loss of self-esteem, loss of identity, anxiety disorders panic attacks, eating disorders, depression and other addictions (eg alcohol).

How to break this maladaptive pattern? *Love Addiction* suggests a 5-step approach to put an end to emotional dependency and manipulation. Awareness, advice on our to protect oneself physically and practical exercises to increase self-esteem, *Love Addiction* is the key to safely leave behind oneself unreliable partners, providing the tools to take control over one's life and to develop happy relationships, primarily with oneself.





144 pages - 14 x 21 cm

**MARIA CRISTINA STROCCHI** is a psychologist and a psychotherapist. She has a Master in clinical sexology. She holds courses and seminars on couples, self-esteem and sexuality.

## THE UNCOUPLING COUPLE

How to prevent and solve crises in love relationships

Maria Cristina Strocchi

- Identify “signs and symptoms” of a potential right partner
- Develop more satisfactory relationships
- Learn to deal positively with break-ups

One in three couples ends in a break-up. One can therefore see the importance of helping people choose more suitable partners with whom to spend their lives. Unfortunately, many end up meeting people who are too different or unsuitable for them.

*The Uncoupling Couple* is a guide that helps choose the right partner and shows how to make relationships last longer. It is also an effective support to help leave one's partner in the fairest and least painful way, overcome the trauma of desertion and serenely deal with children's questions.

Last but not least, the book offers suggestions for new partners to help them in the task of raising their partner's children.

## MEMORY REFLEXOLOGY

The most powerful technique to get rid of fears and constraints related to the past

Samantha Fumagalli  
and Flavio Gandini

Learn about chronoreflexology and how it can help you let go painful experiences

- Effectively use the dynamics of memories
- Dissolve any bond with the past
- Identify the “Plaques of Age” and their positions
- Understand skin reflexology



160 pages - 17 x 22 cm

**SAMANTHA FUMAGALLI** and **FLAVIO GANDINI** are experts in esotericism, psychology, metapsychism, and spirituality, as well as researchers in natural methods for health and wellbeing. The combination of Samantha’s anthroposophical background and Flavio’s science has allowed the creation of a practical method, which has its roots in the discoveries of the brilliant 20th-century neurologist professor Calligaris.

*Memory Reflexology* is a handbook that provides invaluable keys to enter the world of the unconscious and memory, with the help of stories taken from real experiences and plenty of illustrations.

By identifying the doors of time reflected on your body and going back to the time or space when something left a mark in you, you will be able to reformulate past experiences and ease emotional tensions.





256 pages - 17 x 22 cm

## PSYCHIC VAMPIRES

How to identify them,  
how to defend yourself

Mario Corte

Vampirism and hostility in modern society: creating a shield against energy drainage

- Introduces the notion of “psychic vampire” and reveals what are the symptoms of a vampire assault
- Discusses the fundamental rules in anti-vampirism and shows how to create a protective shield
- Explores the link between eroticism and vampirism

A psychic vampire is someone who literally drains us of our vital energy. We meet these people every day, in any context and situation: at work, when socialising or even with relatives.

*Psychic vampires* shows how to identify and defend yourself against psychic vampirism, so that you can learn to create a psychic shield that will protect you from vampire aggressions!



160 pages - 17 x 22 cm

A trainer and life coach, **ROSARIO ALFANO** has founded the vocational training company COM2 Srl, which focuses on communication and behaviour. He works with NLP, emotional intelligence, biotypologies, emotion management, body language, visualisation and relaxation techniques, as well as psychosomatic approaches.

## THE DECLUTTERING TECHNIQUE

Getting rid of the surplus to find yourself

Rosario Alfano

- Get rid of thoughts and fears that burden your life
- Sort out your true desires and needs
- Rid yourself of all that is fake and useless

*The Decluttering Technique* is a manual that brings forward a real revolution in your existence, i.e. that of placing yourself at the centre of your life! How? By helping you clean up the surplus in any field. By making a clean sweep, you'll rid yourself of wrong or negative thoughts, breaking free from false needs and false beliefs. In this way, you'll finally begin to enjoy the fullness of a free, complete and unconditional life.





224 pages - 17 x 22 cm

A trainer and life coach, **ROSARIO ALFANO** has founded the vocational training company COM2 Srl, which focuses on communication and behaviour. He works with NLP, emotional intelligence, biotypologies, emotion management, body language, visualisation and relaxation techniques, as well as psychosomatic approaches.

## A HANDBOOK FOR DESERTED WOMEN

How to recover quickly and without damage from a break-up

Rosario Alfano

- For those who been through a break-up
- For those who feel confused, apathetic, boiling with rage
- For those who feel your self-esteem is going to pieces

Are you telling yourself that “love does not exist” or “I only attract Mr Wrong”? Do you fear you are going to be alone for the rest of your life? Are you considering to put an end to relationships?

If your answer to any of these questions is yes, this is the right book for you. It will help you restore your peace of mind and the full control of your life, while avoiding many of the typical mistakes women make when they go through a break-up.

The method described will prevent your brain from becoming like a needle that gets stuck on an old LP, playing the same sad track over and over.







160 pages - 17 x 22 cm

## YOU CAN CHANGE

The book of turning points  
Carry out the changes you've been  
constantly postponing!

Rosario Alfano

- Be determined and self-confident, before and during the journey
- Know what are the steps to take and how
- Catch and fend off the inner self-sabotage acts that prevent you from achieving what you want
- Be aware of the ten laws that will allow you to easily make any positive change

A trainer and life coach, **ROSARIO ALFANO** has founded the vocational training company COM2 Srl, which focuses on communication and behaviour. He works with NLP, emotional intelligence, biotypologies, emotion management, body language, visualisation and relaxation techniques, as well as psychosomatic approaches.

*You Can Change* is a practical guide to achieve any change in your life. You may find yourself at a dead end in life, work, relationships; you would really like to change a situation that makes your life miserable, but you don't know where to start from, how to change, how to overcome the initial stumbling block and finally achieve what you really want.

*You Can Change* has the answers to these questions, providing not just a collection of tips and techniques, but also an easy and successful method that has been tried and tested by many people.





128 pages - 17 x 22 cm

**EMMA VITIANI** has founded in Perugia an organization of nutritional therapy that treats health, weight and behavioural problems exclusively through a balanced and healthy diet. Her groundbreaking method is based on a strategy in three key points: Innovative Holistic Dietetics, exclusion of intolerance-inducing food and Creative Positive Thinking technique. [www.vitiani.it](http://www.vitiani.it)



## SUCCESSFUL CREATIVITY

Developing a brilliant and communicative mind with the “Creative Positive Thinking technique”

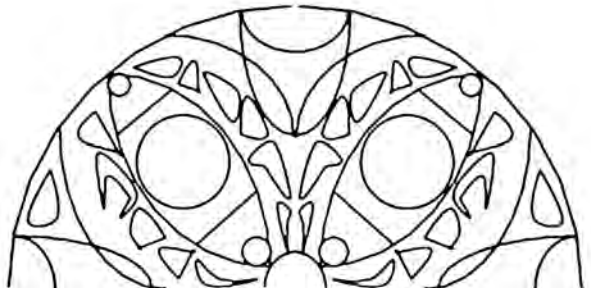
Emma Vitiani

- Learn to change your life in a creative way
- Find out about the transformational language
- Lose weight, boost your performance and improve your relationships

Are negative thoughts causing you pain and forcing you to act in the wrong way? Be aware that these thoughts set off automatically and that you can change them with positive statements.

Creativity is a means to evolve, a therapy for psychological and physical problems; it is the right way to improve your work and your private life!

*Successful Creativity* introduces the Creative Positive Thinking technique, a groundbreaking method that provides ideas, exercises and challenges for you to think and act positively and creatively. The Creative Positive Thinking technique is a winning solution to questions like losing weight, cooking, dressing and decorating your house in a creative way.





160 pages - 14 x 21 cm

**ALBERTO MANTOVANI** works as a counselor and teaches techniques of communication. He obtained an advanced Master in NLP and Ericksonian hypnosis.

**STEFANIA MURARO** is a counselor in developmental psychosynthesis. A professional rebirther, she holds a specialisation in emotional issues and co-dependency in relationships.

**EUGENIO VIGNALI** holds a degree in business administration. A business consultant, a coach and a teacher, Eugenio has further investigated issues of stress management, change management and generational transition in business.

## THE FOUR STEPS

Create happy relationships in couples, families and at work

A. Mantovani, S. Muraro, E. Vignali

- Learn to communicate effectively
- Become aware of your perceptions and their subjectivity
- Acknowledge and express gratitude
- Learn true listening
- Acknowledge and welcome difference
- Let go of judgment

We grow up unaware of those few essential “instructions” that would help us live better relationships. Why has no one ever taught us to communicate in a harmonious and fulfilling way?

*The four steps* follows a path designed to show you how to live relationships based on love and trust, rather than hampered by fears and needs. It facilitates the awakening of your heart’s intelligence and helps you avoid falling into the usual traps caused by the dynamics of conflict.

You will learn to tackle the difficult moments that take place in a relationship, to avoid getting stuck, and to see any event as an opportunity to open yourself to a higher level of awareness.

## MOVIE-THERAPY FOR BROKEN HEARTS

Find out in 70 films how cinema can help you heal your broken heart

Manlio Castagna

With a foreword by 4 Italian cinema stars: Pupi Avati, Sergio Castellitto, Claudia Gerini and Filippo Timi

Separation, betrayal, jealousy, marriages on the rocks: love sickness has its cure and every dent in your heart can be fixed; all you need is a good film hinting at the most effective way to heal yourself.

When the soothing words of relatives fail, when well-intentioned advice of friends proves fruitless and your mind keeps brooding, cinema can succeed. Thanks to the movie “remedies” that Manlio Castagna proposes, you will discover how the healing power of cinema can triumph over all the pain love sometimes condemns you to.



256 pages - 14 x 21 cm

**MANLIO CASTAGNA** studied filmmaking in the United States. He is currently deputy art director of the Giffoni Film Festival committee, the most important festival in the world dedicated to children’s films. He has authored award-winning short films, documentaries, music videos and movie scripts.





192 pages - 12 x 17 cm

**EMILIANO TOSO** is a clinical psychologist and a psychotherapist. He is member of the Italian Society of Behaviour Analysis, Modification, Cognitive and Behavioural Psychotherapy. In his practice, Dr Toso treats psychopathological, neuropsychological, psychophysiological and behaviour disorders.

## PLEASURE WITHOUT STRESS

How to overcome sexual performance anxiety

Emiliano Toso

Learn about performance anxiety and identify the triggers, to break free of this upsetting problem

- Examines sexual performance anxiety and explains its consequences
- Investigates possible causes and suggests solutions
- A multidisciplinary approach that combines psychotherapeutic techniques and natural remedies

Performance anxiety often undermines sexuality and relationships, and is one of the main causes of sexual dysfunction.

Dr Emiliano Toso answers the most frequent questions about sexual performance anxiety through a cognitive behavioural approach, suggesting effective ways to beat performance anxiety for good.





192 pages - 17 x 22 cm

**SIBYLLE KRÜLL** is a psychologist and a Gestalt therapist. She is the director of Classical Psychodrama (J.L. Moreno's approach) and has a specialisation in oncological psychology. She founded the Rome-based centre Le Farfalle, offering counselling and psychotherapy for working through bereavement.

## MOURNING

### Actively Working Through the Loss of a Dear One

Sibylle Krüll

- Take action and work through bereavement
- Learn to accept reality and to adapt to a new life context
- Overcome emotional blocks and learn to express your feelings in a positive way

Losing somebody we love is a devastating experience. Our reference points and the structures upon which we were basing our existence are challenged.

According to Dr Sibylle Krüll, working through a loss is a process that should not be passively experienced, but rather overcome in an active and conscious way. It is a psychic, mental and spiritual journey that requires carrying out some tasks.

*Mourning* is a valuable support for those who are facing the acute phase of mourning and for those who have developed in time a difficult reaction to bereavement.



192 pages - 12 x 17 cm

**GIOVANNI OTTAVIANI** is a Kung Fu black belt and works as a professional instructor in various fields, such as self-motivation, communication, leadership, creative visualization and martial arts. He is the founder of "Comunicazione Zen" - l'Arte della Comunicazione e dell'Armonia (Zen Communication - the Art of Communication and Harmony).

## ZEN AND THE ART OF COMMUNICATION

Giovanni Ottaviani

The ability to communicate emotions effectively and to perceive other people's feelings permits to interact with others and with ourselves creating the basis for success in life.

Communication is not limited to a series of words placed in a given order: it's the outcome (for about 93%) of hand gestures, voice tone, facial expressions and body movements.

Zen Communication techniques offer the chance to discover the secrets of particular mechanisms, which are often produced subconsciously, and improve them. We can put these original, innovative and simple teachings into practice to achieve excellence in every field of life.

How to:

- feel at ease in front of others
- face a public audience transmitting friendship, charisma and trust
- regulate a suitable voice tone and use the right words
- breath properly
- discover the benefits of relaxation and meditation techniques
- control emotions and daily stress
- enhance the sensitivity of perceiving others and their emotions
- interpret body language
- improve the fluidity, balance and elegance of body movements, making them more expressive, involving and harmonious

# DEPRESSION

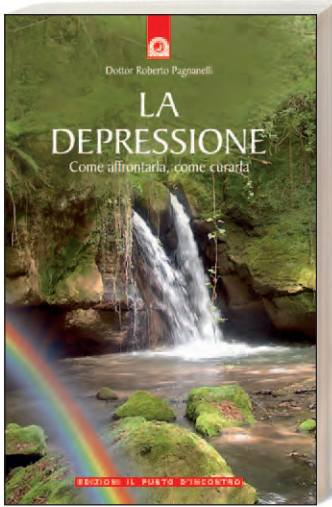
How to face it, how to cure it

Roberto Pagnanelli

Causes, solutions, available therapies: an integrated approach to treating depression

- Explores the nature, causes and symptoms of depression
- Evaluates the use and effect of antidepressant drugs
- Combines psychotherapeutic approaches and natural remedies

Dr Roberto Pagnanelli, a renowned psychiatrist, explains how to recognise and treat depression, examining a range of approaches from conventional treatments to complementary and natural medicines. These approaches, when integrated and associated to psychotherapy, can restore the inner flow of energies, so as to regain serenity, wellbeing and self-esteem.



206 pages - 17 x 22 cm

**Dr ROBERTO PAGNANELLI** has a specialisation in Psychiatry. He qualified in Psychotherapy at Istituto Riza of Milan and in Homeopathic Medicine at Istituto Superiore di Medicina Olistica (University of Urbino). As well as practising general medicine, psychiatry, psychotherapy and homeopathy in Trieste, Udine and Milan, he lectures in Homeopathy at the Naturopathy School of Istituto Riza.



## PANIC ATTACKS

What they are and how to cure them

Roberto Pagnanelli

A psychotherapeutic approach to panic attacks that combines theoretical research and case studies

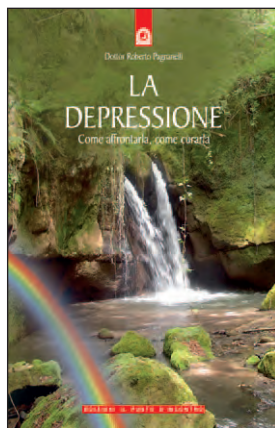
- Explains how a panic attack is manifested and what is the anxiety syndrome
- Evaluates the use and effect of anti-psychotic drugs
- With suggestions and indications on natural remedies (Bach and herbal remedies)



184 pages - 17 x 22 cm

**Dr ROBERTO PAGNANELLI** has a specialisation in Psychiatry. He qualified in Psychotherapy at Istituto Riza of Milan and in Homeopathic Medicine at Istituto Superiore di Medicina Olistica (University of Urbino). As well as practising general medicine, psychiatry, psychotherapy and homeopathy in Trieste, Udine and Milan, he lectures in Homeopathy at the Naturopathy School of Istituto Riza.

Together with anxiety, panic attack syndrome (better known as PAD, Panic Attack Disorder) is one of the most widespread psychiatric pathologies, particularly among the youth. Dr Pagnanelli provides a clear and in-depth analysis of the problem, offering a comprehensive view of therapeutic approaches - both natural and conventional.





256 pages - 17 x 22 cm

**Dr ROBERTO PAGNANELLI** has a specialisation in Psychiatry. He qualified in Psychotherapy at Istituto Riza of Milan and in Homeopathic Medicine at Istituto Superiore di Medicina Olistica (University of Urbino). As well as practising general medicine, psychiatry, psychotherapy and homeopathy in Trieste, Udine and Milan, he lectures in Homeopathy at the Naturopathy School of Istituto Riza.

## ... AND DELIVER US FROM ANOREXIA AND BULIMIA

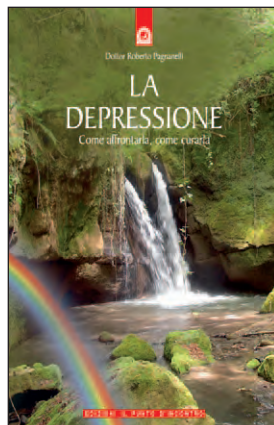
A practical self-help guide for mothers and daughters: getting to know eating disorders and facing them together

Roberto Pagnanelli

Genuine advice and real life experiences in a handbook for parents and children affected by anorexia, bulimia and other eating disorders.

- Explores the complex mother-daughter relationship and its influence on eating disorders
- Suggests integrated solutions that account for individuals in their own wholeness
- With case studies taken from daily practice

Dr Pagnanelli has gathered the experiences of families who have gone through these pathologies, describing the problem in simple yet effective words and explaining clearly what are eating disorders, how they are manifested, what causes them, what is the impact of the parent-child relation and what are the possible solutions.







160 pages - 17 x 22 cm

**RAFFAELE RENNA** is a lecturer in Arts and History, and a scholar of psychology and educational psychology. His original and innovative theories were also presented at the Maurizio Costanzo Show, a leading Italian talk show, where they aroused great interest from audience, psychologists and other researchers over the nation.

## WHY WE FALL IN LOVE

A practical and scientific guide to discovering love at first sight

Raffaele Renna

Falling in love explained: its mechanisms and complexities

- Reveals the scientific elements behind physical attraction
- Introduces tests for affinity and physical aspect assessment
- Successfully presented at most popular Italian talk show

A study on “love at first sight” was the inspiration to this presentation of a scientific explanation to the true nature of falling in love, highlighting the universality, the aesthetic aspects and underlying narcissist motivations.

*Why We Fall in Love* shows how the apparently capricious Cupid’s arrow follows a scientifically determinable and therefore predictable flight, at least to a certain extent.



160 pages - 12 x 17 cm

## LUCID DREAMS

Conscious explorations  
of oneiric experiences

Fabrizio Spziale

A journey into the intriguing and mysterious territories of the subconscious mind

- Introduces the notion of lucid dream and reports recent research
- Examines the effects of dreaming on the conscious mind
- With easy-to-follow instructions to become more and more familiar with “the world of dreams”

A dream takes us on an exploration of unknown. However there are phenomena where awareness and subconscious “play” on a sort of common ground. These are lucid dreams. Lucid dreaming is an oniric state where the dreamer becomes aware of the fact that he is dreaming and at times manages to control and a shape the oniric reality, choosing its context and the characters in it.

*Lucid Dreams* illustrates the most recent theories on the subject, also touching on those spiritual traditions that have, since time gone by, used lucid dreams as part of the path to growth. The description of practical techniques allow the reader learn how to progressively explore the world of dreams, to access the incredible dimensions of the conscience.



352 pages - 14 x 21 cm

**PAOLO ERMANI** is the president of PAEA association (Progetti Alternativi per l'Energia e l'Ambiente - Alternative Projects for Energy and the Environment) and one of the founders of the online magazine *Il Cambiamento*. He has been working at the Centre for Energy and the Environment in Springe (Germany). He has a 25-year experience in training, lifestyles, renewable energies and energy saving.

**ANDREA STROZZI** founded "Low Living High Thinking", a rapidly growing think-net on bio-economy, degrowth and downshifting. He writes for the Italian newspaper *Il Fatto Quotidiano*, for LLHT.org and *Il Cambiamento*.

[www.paea.it](http://www.paea.it)

[www.ilcambiamento.it](http://www.ilcambiamento.it)

[www.pensarecomelemontagne.it](http://www.pensarecomelemontagne.it)

## ONLY THE CRUNCH CAN SAVE US: ENOUGH WITH THE FOLLY OF GROWTH!

Are we the main architects of our fate, or will the choices that affect us be always delegated to others?

Paolo Ermani and Andrea Strozzi

- The dogma of GDP
- Materialism and the Americanization of the world
- Is money really the problem?
- The Crunch is a blessing: the economy of non-monetary assets
- Unemployment and the future of the job market
- From egocentrism to sociocentrism

*Only the Crunch Can Save Us* is a passionate analysis of how the current financial, social and religious decline actually represents an opportunity to rediscover ourselves, the relationship with others and harmony with our habitat.

Every single individual is the primary agent of a radical change in lifestyle that involve larger communities. The new social model for the coming years will take shape from a co-operation between the agricultural sector, civil society, the local micro-entrepreneurship and business ethics, leading to a socio-economic reality based on non-monetary assets.



192 pages - 14 x 21 cm

**PIERLUIGI RAFFO** holds a degree in breeding and dog training techniques. An expert in relationships between humans and animals, he works at a very innovative model, that he calls the “animal shelter of the new millennium”, which focuses in animal welfare. Pierluigi currently trains dogs at the Rovereto-based shelter Parco and works at Associazione Arcadia Onlus. He also holds training courses in many Italian animal shelters.

[www.arcadiaonlus.it](http://www.arcadiaonlus.it)

## HELLO, MY NAME'S DOG

How to interact with, get to know, understand, and love your dog

Pierluigi Raffo

- Shows how to build a healthy relationship with your dog
- Helps you prevent the occurrence of problems in everyday life
- Allows you to understand the needs of your dog
- Explains ethograms and communication with specific species
- Helps you prevent dog-to-dog and dog-to-child accidents

Many adopt or buy a dog only to realise that their relationship with their pet is not as simple as they thought. Consequently, every year many dogs end up in shelters, as owners see them as an obstacle to their freedom.

*Hello, My Name's Dog* gives you plenty of information to get to know your dog, be it a pure-breed or crossbreed pet, a puppy or an adult dog. Highlighting all the peculiarities of dogs, it describes the different stages of development and the learning mechanisms, explaining all the reasons for animal behaviour, as well as social dynamics with members of their own species and humans.

By learning to understand and communicate with your dog, you will be able to establish, through mutual respect, a healthy relationship and a peaceful coexistence.



176 pages - 12 x 17 cm

### FABRIZIO BUCCIARELLI

was born in Modena in 1963. He is a journalist and writes on history and military topics. An expert in esoterism, religion and Eastern philosophy, he is a member of the Institute of International Affairs, the Centre of Studies for Defence and Security, and the Centre for High Studies against Terrorism and Political Violence. He has authored many books.

## THE LORDS OF THULE

The Secrets and Mysteries of National Socialism

Fabrizio Bucciarelli

A journalist's thorough analysis of the vision, rituals and ideology of Nazism in an esoteric framework

- Explores the hidden, esoteric aspects of National Socialism and its secrets
- Presents Hitler and the Thule Society as a group of magicians and mediums aiming to rule the world
- A revolutionary and ground-breaking work, which reopens the doors of a dark world

Not many scholars and researchers have analysed the more hidden, esoteric aspects of the Nazism to grasp its hidden secrets.

After years of research and interviews with the last living players of the regime, Fabrizio Bucciarelli unearths the rituals and ideology that constituted the true pulsing heart of nazism, the core of magicians and mediums of the Thule Society.

Demonic visions, horrific rites, missions in Tibet and Africa, the search for the Graal and the Ark of Alliance, the terrible project of exterminating the "inferior races" as a screen for the terrible possibility of modifying life on our planet and restore it to a cult of the Ancient Gods.





128 pages - 15 x 19 cm

A former journalist, **RICCARDO GEMINIANI** is now a full-time writer and author. He loves creating stories for children, and more specifically for the inner child. His books have been translated all over the world. Riccardo leads creative workshops in schools, bookstores and libraries. Recently his research focused on topics such as spirituality, esotericism and personal growth.

## ANGELS, MOSQUITOES AND CASTLES

Unsettling questions and enlightening thoughts by a gifted kid

Riccardo Geminiani

Fedor is an enlightened and gifted six-year-old Russian kid who has been living in Italy since 2009. His words are a collection of irresistible thoughts and ideas, the quintessence of spirituality and irony.

From positive thinking to the Law of Attraction, Fedor's wisdom has no limits. Fedor's aphorisms are unsettling and enlightening; extraordinarily empowering, they have a profound impact that's almost natural, because they stem from deep inside. They are powerful codes, and the simple act of reading them can elicit an awakening in all of us.





240 pages - 14 x 21 cm

### FRANCESCO NARMENNI

is a famous blogger and a passionate musician. After quitting his 9-5 job, he has been living between Italy and the Canary Islands. His blog [www.smetteredilavorare.it](http://www.smetteredilavorare.it) is a reference point for all those who want to change their lives.

## QUIT WORKING

Change your life - Earn by saving  
Hobbies that pay off - Degrowth and sustainability - Moving abroad

Francesco Narmenni

- How to stop buying unnecessary things
- Saving tips
- Self-producing what is necessary
- Achieving energy independence
- Investing one's savings
- Opportunities for living abroad

One day Francesco Narmenni decided to quit his well-paid job to become the master of his life, adopting a step-by-step series of measures that have allowed him to live well without the so much sought after “steady job”.

Through practical examples, guidelines and accurate schedules, *Quit Working* shows how to radically change your life, saying goodbye to your Monday morning blues, rush-hour traffic and never-ending stress.

You can get out of this crazy mechanism and start taking full advantage of your time... by living without working. The result is extraordinary: you'll be living happily with less than 500 euros per month!



192 pages - 14 x 21 cm

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## I'LL DROP EVERYTHING AND MOVE ABROAD

A practical guide to get a better life in another country

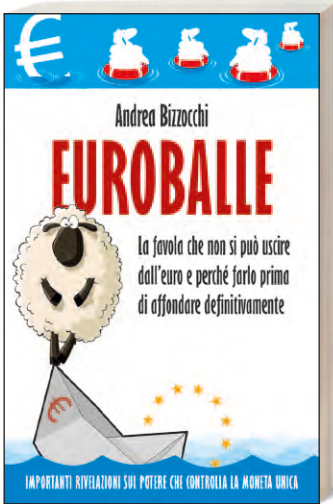
Francesco Narmenni

- Helps you choose a country according to your means and the cost of living
- Gives you useful information on your destination (consulates, government sites, rules and regulations, etc.)
- Teaches you how to make the first steps
- Buying a house abroad (general procedures, tips to avoid scams, relations with tax authorities)
- Finding work abroad (proper channels, the most sought after professions)

A step-by-step guide for those who would like to start a new life abroad. *I'll Drop Everything and Move Abroad* shows you what to do, where to apply to, what papers you'll need, and also the summary and translation of the laws in the most interesting countries.

Francesco Narmenni, a renowned blogger, draws from his own experience to explain what are the strategies and the arrangements to put in place in order to get oneself a better life in another country, avoiding the mistakes that many make when they decide to leave their home country.





288 pages - 12 x 17 cm

**ANDREA BIZZOCCHI** is an independent researcher whose topics include energy, ecology, sustainable lifestyles, degrowth, crises, travelling and above all freedom. He takes part in conferences and seminars all over Italy and is very active on the Web. He leads a very frugal and nomadic life between Italy, the United States and Central America.

## EUROBULLSHIT!

The fairy tale that we cannot leave the euro and how to do it before sinking

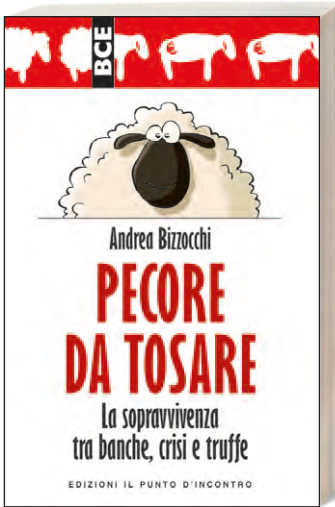
Andrea Bizzocchi

- Globalization explained
- Public debt and private debt
- How to leave the eurozone and be happy
- Inflation and devaluation
- Why do we pay taxes?
- Secret societies, organizations, think tanks, and more

Despite the devastating economic and social situation caused by the euro, a crowd of mainstream economists eagerly suggest ways to modify and/or adjust the euro, in short to save it from itself.

Unveiling the actual historical path that led to the creation of the single European currency and refuting the clichés that “sold” us the euro – such as cultural, social, political and economic integration, Andrea Bizzocchi shows that a solution to the euro problem does exist and can be adopted right now. This solution decrees the end of the eurozone and endorses a return to national currencies, in order to bring back a real democracy and give each nation a future and more resources.





144 pages - 12 x 17 cm

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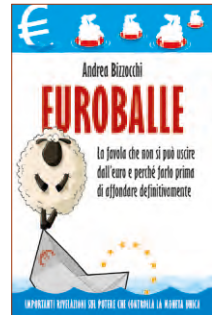
## SHEEP SHEARING

Surviving banks, crises and scams

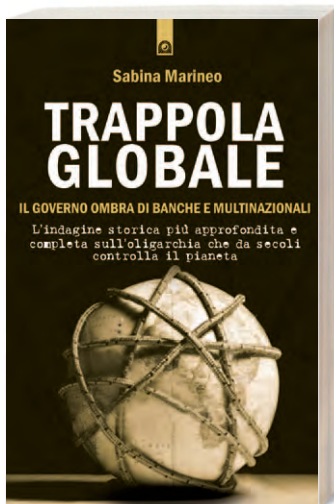
Andrea Bizzocchi

The financial crisis and socio-economic disasters we are experiencing now did not fall from the sky, they arose from the very nature of currency. A currency that's accepted as debt can never extinguish the interest it owes. The reason is that circulating cash will always be less than the sum of capital and interest to be returned.

At the same time, the growing debt also causes an increase in the amount of public and private wealth to be allocated to the banking system, which keeps creating money at zero cost, with no coverage or convertibility of the issued currency. A ruthless and sneaky mechanism that's reducing people to slavery. If we want to restore dignity in our lives, we have to fight back and regain our lost freedom.







256 pages - 14 x 21 cm

**SABINA MARINEO** is a theater actress, translator and author of several books published in Italy and Germany. She currently lives in Munich. Her research interests include archaeology, border egyptology, mythology, unsolved mysteries, the origin and development of secret societies and Western esoteric doctrines.

## GLOBAL TRAP

The shadow government of banks and multinationals

The most in-depth and exhaustive historical inquiry on the oligarchy that has been controlling the planet for centuries

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Sabina Marineo

The most in-depth and exhaustive historical inquiry on the oligarchy that has been controlling the planet for centuries

What is globalisation? The result of conspiracies by important international secret societies? The cob web woven by big businessmen, bankers and politicians? The outcome of a sinister plan outlined in the 19th and 20th centuries by members of Masonic Lodges? A subtle strategy aiming to enslave the planet? *Global Trap*, the most in-depth and exhaustive historical inquiry on the oligarchy that has been controlling the planet for centuries, will help you to find the answers.



128 pages - 12 x 17 cm

**GIANLUCA FERRARA** holds a degree in Political Science and is known for his analysis of political phenomena, as well as of financial and social scenarios. He is the editorial director of Dissensi Edizioni, the publishing house that he likes to call a “workshop of cultural counterinformation.”

## ROBBED OF SOVEREIGNTY

The war of the elites against citizens

Gianluca Ferrara

- Who is at the helm of this globalized world?
- Who really drives this anti-ecological system that guarantees profits for the few and misery to many?
- Who has fostered an economic war between the countries of the eurozone?

In a society that is nowadays lacking democracy, in which crucial relations are regulated by the never-ending pursuit of profit and where the only faith is in the market, the real power is held by those who control money, parties and mass media.

We need to change direction and move towards a model of society in which humans are no longer regarded as commodities, but as creatures who can peacefully coexist with nature and other living species.

## TECHNOSHAMANS

Between spirituality and technology

Carlo Pizzati



224 pages - 14 x 21 cm

**CARLO PIZZATI** obtained a Master in Journalism from Columbia University in New York. He has been travelling the world for more than 16 years, reporting for the Italian daily newspaper "La Repubblica" from Mexico City, Buenos Aires, Santiago del Chile, Manila and Shanghai.

*Technoshamans* is a humorous, illuminating narrative non-fiction book in which the author roams the world searching for places where technology and spirituality intersect

- Can spirituality coexist with technology?
- Are we going to turn ourselves into androids?
- Will spirituality and technology do away with humanity?

Armed with his notebook and an open heart and mind, Carlo Pizzati embarks on a spiritual and medical quest taking him from a medical office in Northern Italy to the mountains of Boulder, Colorado. From there, it's only a hop and a skip to California, where he is hooked up to the cutting-edge of computer diagnostics. He flies back to the mountains above Portofino to attend several trance music raves. In Argentina, he experiences the famed indigenous shamans, but also aura-photographing computers and miscellaneous high-tech channeling gadgets. And no mystical question would be complete without a passage to India.



192 pages - 12 x 17 cm

**LUCIANA COÈN** is a woman, a daughter, a nurse, a mother and a cancer patient with a keen interest in writing and contemporary literature, especially female and autobiographical narrative. She took part in workshops on the ethics of treatment on terminally ill patients promoted by the Bioethics Committee of Tuscany.

## HANDS ON MY BODY

Diary of a cancer patient

Luciana Coèn

This diary is a journey into a body that is undergoing a transformation and, consequently, also transforming one's own image. It is a journey of awareness into accepting the disease as a part of oneself. It is also a journey into the health system as seen from the point of view of patients.

In *Hands on My Body* cancer survivor Luciana Coèn reveals the importance of listening to patients and to what they say, as well as of respecting their decisions, in order to help their recovery process.

Day after day, rationality and emotionality alternate, and questions and attempted answers take shape. A diary that reconstructs a sense of one's existence and a gift to others, testifying that – despite illness – life is always worth living.



144 pages - 12 x 17 cm

**AMANDA PITTO** was born in London in 1977. She now lives in Piedmont where, in addition to having practised witchcraft for many years, she has studied mountain folklore and culture. She supports the beneficial use of feminine magic and promotes a rediscovery of the archaic values of pre-Christian beliefs, in a search for a more instinctive contact with nature.

## AUTOBIOGRAPHY OF AN ITALIAN WITCH

A practical guide to  
the beneficial use of magic

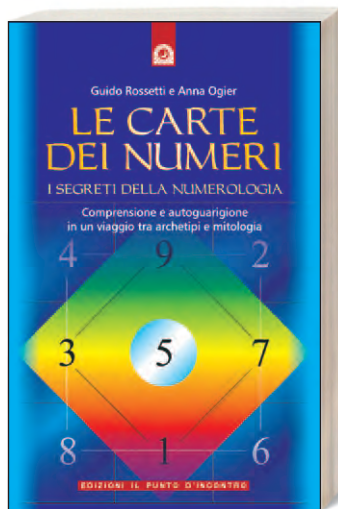
Amanda Pitto

Every witch lives at peace with Divinity, and searches in Nature the meaning of life and death

- Explores the origins of witchcraft and its evolution in modern times
- Explains how to use tools, herbs, rituals and symbols
- Combines ancient wisdom and a modern approach for an optimal and beneficial use of magic

After being persecuted in the past by the prejudices and the thirst for power of a “male” religion, witches have now regained dignity and prestige, above all thanks to the Wicca phenomenon. “Today witches are no longer afraid, they can live their existences freely, believe and proclaim their ideas. Every witch lives at peace with Divinity, and searches Nature for the meaning of life and death. A love for all creation and an ability to perceive the essence of all things is what we have in common”, declares Amanda Pitto, the “Witch of Piedmont”.





192 pages - 12 x 17 cm

Guido Rossetti is an expert in esoteric psychology. Through his studies Rossetti helps people know themselves better, and become familiar with their potentialities and their purpose in life. He is the author of *Numerology and the Keys of Fortune*.

## THE CARDS OF NUMBERS

The secrets of numerology

Guido Rossetti and Anna Ogier

- Develop intuition and sensitivity
- Get to know your personality and your resources
- 26 coloured cards to become acquainted with the deep meaning of numbers

Numerology is an ancient science that helps us discover our nature, our resources and the chances we have to succeed, allowing us to investigate every aspect of our personality and to exploit our latent resources as well.

The *Cards of Numbers* help you understand the meaning and power of numbers, taking you on a journey into the symbolism of archetypes and transpersonal psychology, two aspects closely related to numerology.





272 pages - 17 x 22 cm

**GUIDO ROSSETTI** is an expert in esoteric psychology. Through his studies Rossetti helps people know themselves better, and become familiar with their potentialities and their purpose in life. He is the author of *The Cards of Numbers*.

## NUMEROLOGY AND THE KEYS OF FORTUNE

Fortune as an alignment of the individual self with universal archetypes

Guido Rossetti

- Provides for each number advice on how to attract good luck in your life
- Explains the nature of fortune and good luck
- Presents universal archetypes in numbers

Guido Rossetti resorts to the ancient science of numerology to review under a new historical and cultural light the notion of fortune. Luck is no longer considered “blind”; on the contrary, it has a balancing function and is regulated by specific spiritual laws called “the keys of fortune”.

*Numerology and the Keys of Fortune* unlocks these cosmic laws and takes you on a journey within yourself to draw your numerological framework, which becomes a real “map of fortune” that will help you shape your character and identify your talents.





208 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## TAROTS AND MAGIC WORDS

### Rituals, formulas and tarot reading

Cristiano Tenca and Antonella Mazzariol

Find out which course of action you should follow, influence your future and have your dreams come true

- With keys to read the major and minor Arcana
- Magic words and rituals to act on the divinatory significance of the Arcana
- A powerful combination of Tarots and magic formulas that can help you create what you want

Tarots are powerful and ancient universal archetypes that have the power to open the doors of insight and allow us to see clearly where we are now and where we are going to.

Cristiano Tenca, bestselling author of *The Book of Magic Words*, proposes here an in-depth tarot reading that has been “enhanced” by magic formulas and easy rituals. The fundamental question that *Tarots and Magic Words* will answer is no longer “what will happen”, as in traditional Tarots, but “how can I make it happen.”

Case studies of accurate readings on personal frequent questions will help you unravel the meaning of each card, thus developing a new perspective on the use of Tarots.





184 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## THE BOOK OF MAGIC WORDS

Spells for modern times

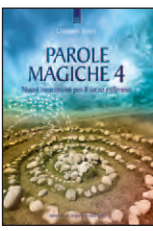
Cristiano Tenca

We are all potential magicians; whoever wishes to approach the magic world of spells can embark on a fascinating journey through the understanding and use of magic words

- Neutralise undesirable effects and negativity
- Find lost objects
- Gain success at work and in relationships

All thoughts, including those we materialise through voice, contain a very strong energy. By concentrating on it and using the right words, you can mould and direct this energy, focusing its power on elements, places and situations you wish to modify.

*The Book Of Magic Words* shows how to choose the proper words and to empower them for beneficial use. Cristiano Tenca introduces a technique that will allow you to transform your life, improving it and turning it into an adventure to experience and invent day after day. Magic words thus can become an extra tool to make your wishes come true.







240 pages - 17 x 22 cm

**BESTSELLING AUTHOR**

## MAGIC WORDS 2

New spells for modern times

Cristiano Tenca

- Empowers users and makes them aware of their responsibilities
- Helps understand that many outcomes depend on how you face life
- Shows how to protect yourself against magnetic waves (mobiles, computers, televisions, household appliances)

After the success of the first volume on magic words and the huge demand from enthusiastic readers, Cristiano Tenca continues his fascinating journey into magic by presenting another 300 new formulas and spells that allow everyone to improve their life, think positive and act consequently!

## BESTSELLER

## THE BOOK OF MAGIC WANDS

Cristiano Tenca

A complete guide to the use of power tools and an encouragement to discover the magic within oneself

- Reinterprets magic and adapt it to modern needs
- Offers a better understanding of one own's potentialities
- Includes a magic hazel wand

Magic wands are an excellent additional instrument that, together with magic words, can be used to create spells and channel energy.



160 pages - 17 x 22 cm  
includes a magic hazel wand





**224 pages - 17 x 22 cm**

**BESTSELLING AUTHOR**

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## MAGIC WORDS 3

### Spells for the New Millennium

Cristiano Tenca

- Words and frequencies can influence and reprogram DNA
- Charms for physical and vibrational defense
- Magic words to cleanse and balance body and mind
- Removes physical and mental blocks

Cristiano Tenca introduces you to the essence of his knowledge, allowing you to access charms that can indeed improve your personal life.

Everything is vibration and therefore everything has a specific vibrational frequency. By chanting positive spells, you can get a better control of this frequency and therefore increase the vibrational energy in the situations of your choice. This will help you make such situations energetically more powerful and available, laying the foundations for their coming true. The book also reports the extraordinary results achieved by many readers in the first two volumes.





192 pages - 17 x 22 cm

### BESTSELLING AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

## MAGIC WORDS 4

From the bestselling author of *The Book of Magic Words*, new spells to change the external reality without harming anyone

Cristiano Tenca

- How to sweep away any obstacle to making wishes come true
- How to obtain the best results from spells
- Suggestions on how to combine the use of spells and magic decagon

Following the success of *The Book of Magic Words*, *Magic Words 2* and *Magic Words 3*, Cristiano Tenca introduces 500 new spells that channel energy for beneficial use, explaining how to direct it in order to work on situations one wishes to change.

As well as implementing the number of spells and their applications, *Magic Words 4* re-examines those presented in the first 3 volumes, discussing how to expand their meaning and extend their application to different fields and wishes.

The book also contains praise and stories of people who tried the spells first-hand and obtained positive results. A final chapter introduces 80 spells created by enthusiast readers of the previous books, tried and tested by the author.





192 pages - 17 x 22 cm

**BESTSELLING AUTHOR**

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## MAGIC WORDS FOR OUR PETS

Spells for animals' wellbeing

Cristiano Tenca

- Improve your relationship with your 2- or 4-legged friend
- Restore health, overcome traumas and fears, fight stressful events
- Contains a sections on spells for wildlife protection and welfare

Cristiano Tenca, the author of 4 very popular books on magic words, has selected over 350 spells that will help you create a better relationship with your beloved pets, improve their health and make their environment a better place for both.

The spells in *Magic Words for Our Pets* promote communications and understanding between humans and animals, helping the latter overcome traumas, fears and ailments, and the former develop a more loving and respectful attitude toward them and wildlife in general.



## THE CARDS OF MAGIC WORDS

Synchronicity and divination in everyday life

**With 60 colourful cards divided into 2 groups:  
Spells of the Day and Answers to Specific Questions**

Cristiano Tenca

*The Cards of Magic Words* can be used to interpret, understand and improve one's life through spells and formulas.

The formulas chosen through the synchronic method can help us take the right steps to obtain maximum results, and also stimulate in us and in the environment those changes that are necessary for us to reach our goals.



**192 pages - 12 x 17 cm  
60 colourful cards**

**BESTSELLING AUTHOR**

**CRISTIANO TENCA** is a certified naturopath and iridologist. He has been working and teaching massage therapy for more than 20 years. He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies; [www.energeja.it/cristiano-tenca](http://www.energeja.it/cristiano-tenca).







256 pages - 12 x 17 cm  
55 colourful cards



## THE ELVES' CARDS

“Tuatha na Sidhe”:  
the gifts of the Fairy People

Tiziana Mattera

*Tuatha na Sidhe* means People of the World of Light. Who are they, where do they come from and why do most of us feel a strong attraction toward their world?

- 55 cards, all superbly drawn, each dedicated to one of the Light Being
- A simple and direct cartomancy method that help develop your insight and inner potentialities
- A powerful means of making contact with earthly and ethereal dimensions

*Sidhe* is the “Kingdom of Light”, the abode of ancient gods and light beings. These creatures came to us, across the centuries, with names such as fairies, elves, goblins, gnomes, sylphs, undines and many others. Through the veil that separates our worlds, the voice of those spirits can be heard again and again, awakening our conscience.

*The Elves' Cards* is an effective tool of knowledge and transformation that derives power, truth and wisdom from the primordial energies and from the spiritual entities who rule Nature. A journey toward a total affirmation of the right to believe in the sacrality of life.







**192 pages - 12 x 17 cm**  
**44 colourful cards**

**TIZIANA MATTERA** is a sculptor and an artist. She has always had a special and profound relationship with Mother Earth. This sense of belonging has allowed a series of experiences, breakthroughs and contacts to take place, leading her to grasp the essential harmony and magic of Nature.

## THE DRYADS' CARDS

The spirits of the sacred trees

Tiziana Mattera

The poetry and wisdom of Nature has been captured and made available in 44 cards that speak to our hearts, bringing empowering messages of truth

- 44 cards, all superbly drawn, each dedicated to a tree and its spirit
- A simple and direct cartomancy method that help clarify a situation or find solutions and answers
- A powerful means of making contact with Mother Earth and her life energy

Trees are part of our global conscience and can teach us how to live our inner search with renewed insight and awareness. A great help for our inner journey, these beautifully drawn cards promote a contemplative approach and cast a light onto the existential questions we ask ourselves.



## THE SACRED LAND

The real story of a magic encounter

Tiziana Mattera

We can improve our collective destiny, transforming it into an existence filled with peace and joy

- Explains the relationship that reconnects one's conscience to Mother Earth
- Brings to life the often unconscious yet staunch bond between the individual and the Devas
- Reveals the importance of feeling as an integral part of a whole and rediscovering one's real divine nature



240 pages - 14 x 21 cm

**TIZIANA MATTERA** is a sculptor and an artist. She has always had a special and profound relationship with Mother Earth. This sense of belonging has allowed a series of experiences, breakthroughs and contacts to take place, leading her to grasp the essential harmony and magic of Nature.

At one time, when we were closer to nature, we could perceive our subtle ties with it and we had a simpler but more respectful way of living with its forces. Today, although we are more and more removed from it, we have a global knowledge that can enable us to return to Mother Earth with a deeper consciousness, to reconcile our soul with the soul of the world.





128 pages - 15 x 19 cm

A former journalist, **RICCARDO GEMINIANI** is now a full-time writer and author. He loves creating stories for children, and more specifically for the inner child. His books have been translated all over the world. Riccardo leads creative workshops in schools, bookstores and libraries. In recent years his research focused on topics such as spirituality, esotericism and personal growth.

**SALVATORE BRIZZI** is an expert in alchemy and a transformational business consultant (Individual Potential Development). He has authored 8 books ranging from alchemy to magics, and holds courses and seminars nationwide. [www.salvatorebrizzi.com](http://www.salvatorebrizzi.com)

## THE CHILD AND THE MAGICIAN

A child's initiation to the bright side of magics

Riccardo Geminiani e Salvatore Brizzi

A letter exchange between a child and a modern-day magician represents a charming and pleasant introduction to the mysterious world of esotericism.

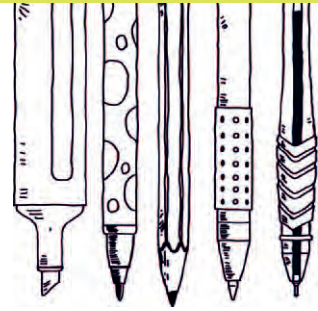
Written in the form of a captivating novel for both adults and children alike, *The Child and the Magician* describes the inner journey of personal growth that we all follow when we choose to live our own creativity.

By reading *The Child and the Magician* with their parents, children will be able to take advantage of an “initiation” that runs smooth and without negative effects into a world that is actually already very familiar to them.









## JAPANESE GARDEN

### Art Therapy Colouring Book

45 colouring pages + 45 drawing pages

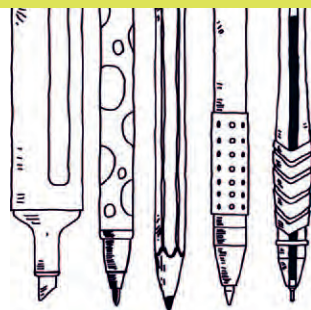
Take a pleasantly relaxing moment for yourself; colouring the beautiful images of *Japanese Garden* will ease the tensions of the day. The pictures will come to life before your eyes and the power of your creativity will turn your stress into energy and wellbeing.

Markers, pencils, pastels, tempera... Free your inspiration, whatever you choose! Have fun colouring the pages of *Japanese Garden* together with friends and exhibit the most successful works.

All you need is a few minutes a day. you'll always end with a smile.







## TROPICAL FOREST

### Art Therapy Colouring Book

45 colouring pages + 45 drawing pages

Take a pleasantly relaxing moment for yourself; colouring the beautiful images of *Tropical Forest* will ease the tensions of the day. The pictures will come to life before your eyes and the power of your creativity will turn your stress into energy and wellbeing.

Markers, pencils, pastels, tempera... Free your inspiration, whatever you choose! Have fun colouring the pages of *Tropical Forest* together with friends and exhibit the most successful works.

All you need is a few minutes a day. you'll always end with a smile.





**Audio CD (50',19")**  
**32 pages - 12 x 17 cm**

## HEALING SOUNDS

Harmony and wellbeing with primordial sounds

Nirodh Fortini

A complete training method that helps clear away negative states of mind and rediscover the teachings of ancient peoples

- 9 healing sounds that resonate with organs and systems
- A simple yet effective way of clearing negative patterns
- Includes illustrated booklet explaining the use and effect of sounds

## TRANCE DANCE

The dance that frees the spirit

Music by Lucyan Wesolowski

Follow your inner wisdom along a path that reconnects you with your spirit!

- Introduces the basic concepts and salient features of trance dance
- From ancient times, a healing instrument for our modern society
- 5 warm-up tracks plus one to dance in total rapture

A poli-instrumentalist, and composer, **LUCYAN WESOLOWSKI** has published articles on music and spirituality. His compositions have been produced in Poland, Hungary, Italy and the US. He is a honorary member of the Società Italiana di Musicoterapia Immaginativa (Italian Society of Creative Music Therapy) and gives courses in music therapy, using a personal method that links music therapy to the traditions of Yoga and Tantra.



**Audio CD (35',00")**  
**32 pages - 12 x 17 cm**



**Audio CD (60',25")**  
**32 pages - 12 x 17 cm**

**NIRODH FORTINI** is a composer, researcher and music therapist, and has been researching music-applied therapy for over twenty years. He directs the Centre of Meditation and Arihant Music of Varazze, where he teaches music therapy and communication.

## BRAINWAVES FOR LEARNING

Therapeutic sounds for learning

Nirodh Fortini

The use of brainwaves is an innovative and effective method where frequencies enter in resonance with the listener's body and activate specific neurological processes. Brainwaves are user-friendly and can be specifically created to target a particular objective. The treatment is neurophysiologically based on the increased activity of alpha waves and on the synchronization of the brain's hemispheres.

This CD contains a pleasant, relaxing but at the same time dynamic music, as well as two types of brainwaves especially studied to help reduce the anxiety caused by learning efforts and increase open-mindedness without losing one's attention span.



**Audio CD (62',29")  
32 pages - 12 x 17 cm**

## BRAINWAVES FOR HEADACHES

Therapeutic sounds to relieve migraines and headaches

Nirodh Fortini

An innovative and effective method based on a series of sounds that heal and harmonise

- Specifically studied sounds that create a harmonic frame for the brain to relieve the pain caused by headaches
- Easy-to-apply treatments, fully compatible with other therapies, both conventional and complementary

## BRAINWAVES FOR INSOMNIA

Therapeutic sounds for rediscovering the joy of sleeping

Nirodh Fortini

Sound frequencies blended with music, the result of the most recent research in music therapy

- Specifically studied sounds that create a harmonic frame for the brain to find its natural sleeping pattern
- Easy-to-apply treatments, fully compatible with other therapies, both conventional and complementary



**Audio CD (60',25")  
32 pages - 12 x 17 cm**

## MUSIC FOR YOUR HOME

Purify, harmonize and energize the environment you live in

Nirodh Fortini

Music that creates a cosy atmosphere in your living and working place, promoting positive changes in people and energy

- Produces harmonious vibes that transform your house and working place
- Includes a practical guide with lots of suggestion on how to improve your environmental energy and to decorate your house so as to create a relaxing and welcoming corner
- Introduces Feng Shui and psycho-aesthetics principles



**Audio CD (48',30")**  
**32 pages - 12 x 17 cm**

## WORK MUSIC

Atmospheres for the working environment

Nirodh Fortini

A CD that promotes the qualities necessary to work productively in an environment where energy, tranquillity, harmony and creativity abound

- Creates harmony in the work space, for a good relationship with colleagues and customers
- Evokes atmospheres that nourish every aspect of your work



**Audio CD (48',39")**  
**32 pages - 12 x 17 cm**





**Audio CD (50',19")**  
**32 pages - 12 x 17 cm**

## BODYWORK

Music for physical and psychological wellbeing

Nirodh Fortini

Relaxing and energising sounds, the perfect companion to body techniques

- Suitable for any kind of bodywork technique
- Includes illustrated booklet for optimal use of tracks

## JOGGING

Running towards feeling better

Nirodh Fortini

A perfect combination of music and practical advice to turn your physical activity into fun time!

- 5 tracks to bring along for a relaxing and fulfilling workout session
- Includes useful suggestions for a more pleasant activity: surfaces to run on, shoes to wear, suitable paces for training
- With advice on the appropriate heart rate to keep and on the the right recovery times



**Audio CD (35',00")**  
**32 pages - 12 x 17 cm**

## MINDWORK

Music for physical and psychological wellbeing

Nirodh Fortini

Relaxing and energising sounds, the perfect companion to mental training techniques

- Suitable for any kind of mindwork technique
- Includes illustrated booklet for optimal use of tracks



**Audio CD (56',44")**  
**32 pages - 12 x 17 cm**

## THE WANDERING SPIRIT

A journey of sounds and words through the seven energy centres

Nirodh Fortini

An exploration of the many aspects of the individual, in a journey towards rediscovering your inmost self

- Traditional instruments and voice that heal your soul
- Reconnects you with your oldest memories
- Includes illustrated booklet with texts, explanation of tracks and reference to the 7 chakras



**Audio CD (70',26")**  
**32 pages - 12 x 17 cm**



HEALTH AND NUTRITION  
COUNTERINFORMATION  
PERSONAL DEVELOPMENT  
PHILOSOPHY AND WISDOM  
PSYCHOLOGY  
NON-FICTION  
BIOGRAPHY  
ESOTERICISM AND SUBTLE ENERGIES  
COLOURING BOOKS  
MUSIC THERAPY

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