

# WINDPFERD RIGHTS LIST FALL 2014



Find Your Interior Peace Step by Step

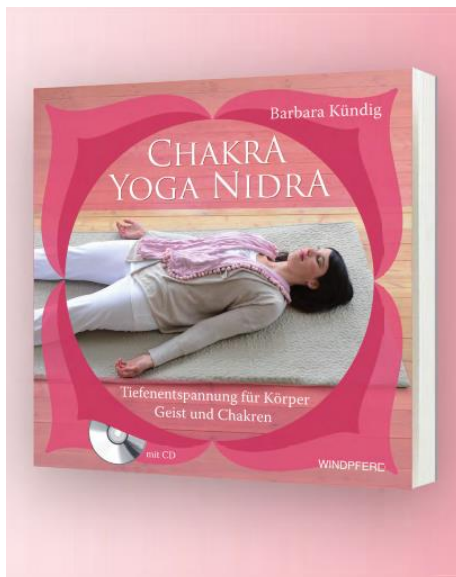
**Volker Winkler**

## **Walking Meditation in Everyday Life**

The first complete book about walking meditation with everyday examples.

The walking meditation is about to become the most popular kind of meditation, it can be practiced almost everywhere: while shopping, at school, at work, in waiting rooms, as well as in parks and in forests. It's about time to walk consciously!

- Size 13,7 x 21,5 cm, approx. 160 pages
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- August 2014
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**Barbara Kundig**

## **Chakra Yoga Nidra**

The deeper energetic dimension of the "common" Yoga Nidra.

The condition of the chakras play a very important part in the energetic system of the body. With three deep relaxation exercises you can learn how to positively influence your whole subtle energy system.

- Size 16,5 x 16,5 cm, approx. 120 pages
- With 25 photos and a CD containing three guided meditations
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Heal and Overcome Fears with Yoga

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### **Yoga against Fears**

Helpful tools from the first-aid kit of Yoga: When suddenly fears come, you learn how to get rid of them with breathing exercises, meditations, mantras and particularly with a range of prevention and overcoming practices.

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**Matthias Ennenbach**

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The whole life is accompanied by becoming and passing. The author shows you with various examples how you can become free from fear and feel inspired by this fundamental law with the help of Buddhist principles.

- Size 13,7 x 21,5 cm, 350 pages
- ISBN 978-3-86410-089-5, € 18,95
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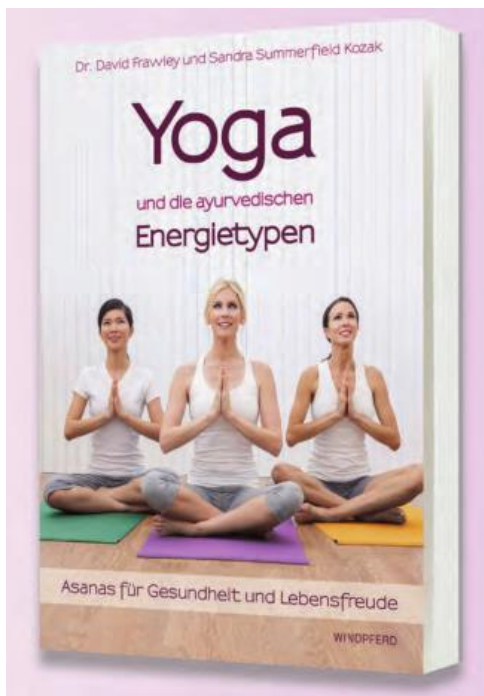
Smart Questions for Pathbreaking Answers

**Saskia Baisch-Zimmer and Christopher Meil**

**Strong Questions**

“If you want to receive wise answers, you must ask sensible questions”, this phrase said once by Goethe is valid for all of us today. Our brain likes solution-oriented and positive answers. Books may give impulses, but the decisive answers are within us, this card deck can make them come up.

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**Remo Rittiner**

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- August 2014
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*Novel/Original Edition*

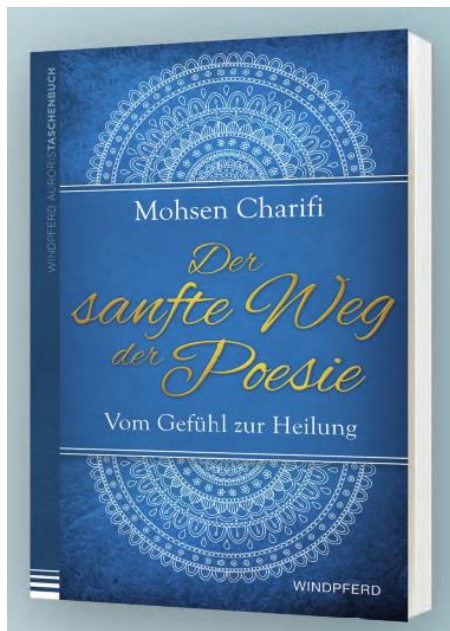
Unity and Perfections of All Being

**Emma Engerer**

**The Taste of Enlightenment and Fried Potatoes**

The first novel of the author, a certified psychologist, inspired from the teachings of Dzogchen, the heart of the Tibetan Buddhism.

- Size 12 x 19 cm, 240 pages
- ISBN 978-3-86410-083-3, € 14,95
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*Original Edition*

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Happy People – Happy Relationships

**Maren Schneider**

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- ISBN 978-3-86410-073-4, € 12,95
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*Revival*

The Original Teaching

**Alexnader Gosztonyi**

**The Lord's Prayer**

New insights about the real meaning of the Gospel. The author teaches you to live, enjoy and bear the ups and downs of your life, in order to mature and head for a cosmic consciousness.

- Size 12 x 19 cm, approx. 416 pages
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### *Revival*

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This healing plant lays the fingers on the pulse of our times, its effect brighten your good mood like a selective serotonin reuptake inhibitor (SSRI). Various studies reach different conclusions, however, most of the users report about positive effects. In addition, your body benefits from its oil. It's worth remembering the traditional healing effects of this wonderful healing plant.

- Size 12 x 19 cm, approx. 200 pages
- ISBN 978-3-86410-084-0, € 124,95
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