





# RIGHTS GUIDE



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160 pages - 14 x 21 cm

**STEFANO MOMENTÈ** is a journalist, writer, editor, graphic designer and advertising consultant. He has been working in press and advertising since 1985, when he chose to become a vegetarian. Currently he is 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 also launched the Green Restaurants circuit and 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 protein

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?

Based on an extensive corpus of scientific studies, Stefano Momentè shows how little we know about the way food changes our health, for better or worse.

Dispelling stereotypes such as: "You need to eat meat" or "Dairy products are useful because of their calcium content", etc., the book highlights the dark side of modern diet and of misleading advertising choke-full of idyllic images that prove real threats to our health.

Facts You don't Know about Food that Could Save Your Life is a guide for all those who believe that good health begins with food, for those who want to change the way they eat and improve their condition, for those who follow or would like to follow a vegetarian or vegan diet, for those who care about their own wellbeing and that of their loved ones.



**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.

## GOOD, HEALTHY VEGETARIAN AND VEGAN ITALIAN COOKING

The tastiest recipes, the best regional dishes and their traditions  
New edition

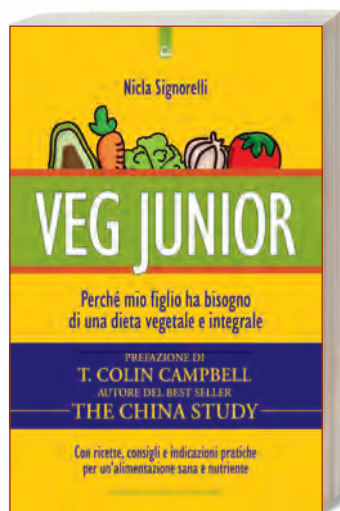
Amalia Lamberti Gardan

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 traditional dishes? Eating vegan or vegetarian is a choice that does not compromise on the joys of good food. The preconceived idea that these approaches lack flavour and variety is challenged by this stimulating and "yummy" cookbook, where flavours, colours and smells blend harmoniously, following a tradition where veganism and vegetarianism come naturally.

Good, Healthy Vegetarian and Vegan Italian Cooking meets the needs of those who want to eat in harmony with nature and the environment. At the same time, it 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.



320 pages - 17 x 24 cm

**NICLA SIGNORELLI** is a freelance journalist and copywriter; she has written articles for newspapers, magazines and blogs 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?

All these questions and many more are bound to come up whenever trying to decide what's the best choice for our children's diet. *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!



**256 pages - 14 x 21 cm**

Passionate about plants and flowers since childhood, **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.laskshmi.com](http://www.laskshmi.com).

## THE ULTIMATE ESSENTIAL OILS GUIDE

Aromatherapy handbook  
Health – Beauty – Wellbeing

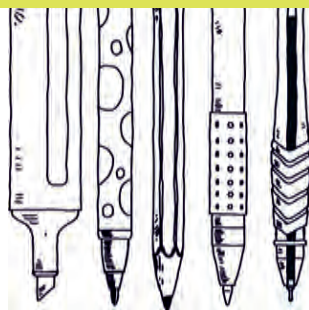
Franco Canteri

- 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. Written by an internationally recognized expert, The Ultimate Essential Oils Guide is the result of decade-long research, scientific studies and meticulous observation, all of which in a handbook that contains all the information required to become familiar with essential oils and use them safely.

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.

NEW



## 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 and 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 Tropical Forest and Japanese Garden together with friends and exhibit the most successful works.

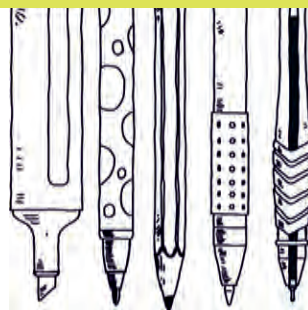
All you need is a few minutes a day. you'll always end with a smile.



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NEW



## JAPANESE GARDEN

### Art Therapy Colouring Book

45 colouring pages + 45 drawing pages

Take a pleasantly relaxing moment for yourself; colouring the beautiful images of Tropical Forest and 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 Tropical Forest and 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.





304 pages - 14 x 21 cm

**MANUELA CELLI** was born in Rome and lives in Tuscany. She studied Fashion Design and Theatre, and has been working as a stylist for various clothing companies. 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, who do everything to gain their attention. Other women on the contrary merely go from bad to worse, always after men who do not even see them and treat them like doormats.

However, Manuela Celli shows that those women who are lucky in love actually work hard to attract good luck, creating it with their own innate or learned ability to aim at the right target and assert themselves with dignity. 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.

How To Win His Heart Without Losing Your Mind helps you getting in touch with that part of you that many parents, educators and society in general still want you to keep hidden, your assertive self that knows that life is here and now, and doesn't even think of feeling miserable while waiting for a hypothetical better future.





**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, through which he reached a high level of understanding and inner peace.

## 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. By putting into practice the teachings and the clear rules of Systemic Family Constellations, you can start radiating your personal wellbeing, thanks to the love that you develop towards yourself. Personal relationships will benefit, too, because they will seem much clearer and easier to manage.

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.



352 pages - 14 x 21 cm

### BESTSELLER AUTHOR

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

## 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

Food is no longer what it was in the past; for instance, in order to get the vitamins of 1 orange of the '30s, today we need to eat 8 oranges. 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; meanwhile, some scientists denounce dangerous scientific manipulations, merely targeted to maximum profit.

The good news is that 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. Health is the most valuable asset we have; 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 100,000 copies and have been published in 18 countries**



240 pages - 14 x 21 cm

### FRANCESCO NARMENNI

is a famous blogger and a passionate musician. Until a few years ago he was an ordinary employee. After quitting his 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, proposing solutions based on a scientific approach to the problems of life and with particular attention to human relationships.

## 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".

Quit working shows how to radically change your life and free yourself from this slavery, through practical examples, guidelines and accurate schedules. It's time for a radical change in your existence, time to say goodbye to your Monday morning blues, rush-hour traffic, never-ending stress, incompetent bosses earning undeserved salaries and discharging their responsibilities onto you.

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!



272 pages - 17 x 22 cm

**GUIDO ROSSETTI** is an expert in esoteric psychology. His studies are aimed to unearthing the ancient science of character diagnosis, which allows people to know themselves better, and to 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. Good 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”. According to this view, numbers are as keys, they are universal archetypes that help us decrypt our life plan. In other words, they are the primal principles of creation. 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

### BESTSELLER AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist who studied at the Institut de Sciences de l'Hommes (Institute of the Science of Man) and at the Libera Università Italiana di Naturopatia Applicata (Open Italian University of Applied Naturopathy) of Dr Rudy Lanza. 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. In this book, Cristiano Tenca, bestselling author of *The Book of Magic Words*, proposes an in-depth tarot reading that has been “enhanced” by magic formulas and easy rituals, so as to provide us with precise directions on how to take action to change a current situation or something that is going to happen. The fundamental question that Tarots and Magic Words will answer is therefore 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.

## 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



192 pages - 17 x 22 cm

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[www.energheja.it/cristiano-tenca](http://www.energheja.it/cristiano-tenca).

They live with us and our families, they love us unconditionally, they give us their friendship and their support. We share with our pets our home and emotions, making them our “travelling companions” in this world.

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. When compared to people, pets seems to react more quickly to these spells, probably because they don't have any performance anxiety nor any form of psychological censorship, and accept anything with ease and dignity. These spells represents our way to give them back at least part of the love and teachings we receive from our animal friends.





**192 pages - 17 x 22 cm**

#### **BESTSELLER AUTHOR**

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[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

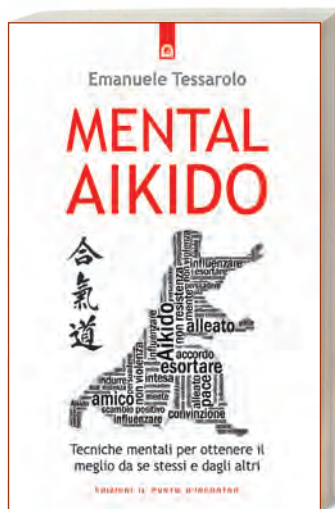
Cristiano Tenca

- 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.



176 pages - 17 x 22 cm

An entrepreneur in the field of entertainment and a passionate explorer of mental labyrinths and historical mysteries, **Emanuele Tassarolo** began his search 35 years ago, thanks to a chance meeting with a lecturer in Economics at Oxford University, who was also an expert of Eastern philosophies. Since 2008 Emanuele has been working on Mental Aikido, a set of mental techniques he personally developed and experimented.

## MENTAL AIKIDO

Mental techniques to get the best from oneself and from others

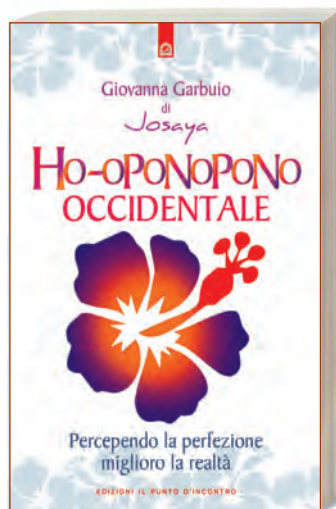
Emanuele Tassarolo

- Identify the different mental states
- Optimise communications
- Correctly interpret body language
- Turn a conversation to your advantage by reaching an agreement and a common ground

*Mental Aikido* is a practical approach that teaches you a real mental self-defense technique to extricate yourself from difficult relationships, heated discussions, verbal confrontations and misunderstandings. Drawing from the most popular and effective methods (NLP, Transactional Analysis, Enneagram, bioenergetics, psychosynthesis and many others), *Mental Aikido* helps you take up any challenge, dealing with conflicts in a nonviolent but assertive manner.

While Aikido uses the principle of non-resistance to turn the attacker's force to one's advantage, Mental Aikido resorts to the ability to influence and persuade the other party without violence, thus bringing about changes that lead to a more positive and profitable exchange. The other person is no longer seen as an opponent, but a human being who, thanks to your newly acquired persuasiveness, will become an ally.





256 pages - 14 x 21 cm

### BESTSELLER AUTHOR

Together with Sandro Flora and Silvia Paola Mussini, in 2009 **Giovanna Garbuio** founded 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.

## 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.

*Ho'oponopono: A Western Perspective* is a journey whose one and only destination, is your truest being. Fully respectful of Ho'oponopono's origins, the Western perspective described in this book is based on extensive research and constant experimentation. Through an in-depth exploration of Ho'oponopono, it 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."*



176 pages - 17 x 22 cm

**ROCCO AMERICO** graduated at the University of Pavia in Political Science. He has always had a keen interest in behavioural dynamics and 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

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

*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.armonia-benessere.it](http://www.armonia-benessere.it)), which resorts to eastern and western techniques to pursue a balance between body, mind and spirit.

## PROFESSIONAL LIFE AND THE PRACTICE OF MEDITATION

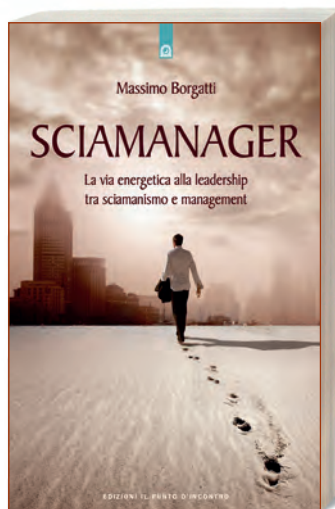
Developing presence, attention, awareness and insight at work

Anna Fata

All successful managers see their jobs as a mission, they devote themselves to them, take pleasure, enjoy working and are also well paid to do so. What are the secrets of this successful combination?

*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. Among the first graduates in Management Engineering, Massimo has been working in the fields of organization and human resources, first as a business manager and then as a consultant. 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 - both their own and that of their team. Accustomed to the challenge of pursuing ambitious goals with limited resources in an increasingly demanding, complex and ever-changing economic and relational system, managers face reality in a pragmatic, matter-of-fact and down-to-earth way.

Shamans see human beings as energy fields surrounded by a mysterious universe of energy. They approach this mystery with discipline, strategy, and with their feet firmly onto the ground, because they know that the only way to better express one's potential and achieve awareness and freedom is to use one's energy in a "faultless" way.

The dialogue between the manager and the shaman gives birth to a path of personal and professional growth called Shamanager. Based on solid theoretical grounds and at the same time providing excellent practice, *Shamanager* relies on the approved model based on **ENERGY**, **FOCUS** and **FLOW**, successfully adopted by the author in workshops, meetings and seminars.



160 pages - 14 x 21 cm

**ROBERTO TIBY** was born in Genoa in 1969. A marketing consultant and a lecturer in various universities and training institutions, in the past he has also been a professional athlete (water polo and bodybuilding). Roberto holds a degree in business administration and a specialisation in strategic marketing and communications. He then chose to focus successfully on relationship marketing.

## 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, from which Western people have much to learn and which is essential in order to follow the logics behind yin yang marketing. In fact, its practice requires that you understand the idea that change depends on you, provided you accept to adjust and transform every day.

Based on the ancient principles of Chinese philosophy, *Yin Yang Marketing* 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*



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. On his own or with Gary Douglas, Dain 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.

*Money is not a problem* has been written for all those constantly having difficulties with money, either because they spend too much, don't have enough or have too much. Douglas and Heer explain in a simple and clear way 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. From his first report of the Vietnam war to his writings on the global situation after 9/11, to his conscious waiting for his death, Terzani's life shows no compromise, and is marked by reflection on Asia's recent history.

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.





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, both classical and semi-classical. 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. Music leads to transcendence through aesthetic experience, and the musician becomes a channel between the earthly and the heavenly.

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.





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, offering everybody the chance of meeting their angel and rediscover their spiritual potential.

## 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

*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.





160 pages - 14 x 18 cm

### BESTSELLER AUTHOR

**GIANLUCA MAGI** gives lectures in History of the Religions in China at the Faculty of Foreign Languages and Literatures, as well as in Hinduism and Indian Philosophy at the University of Urbino. He 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 HERO GAME

The door of perception: being extraordinary in an ordinary world

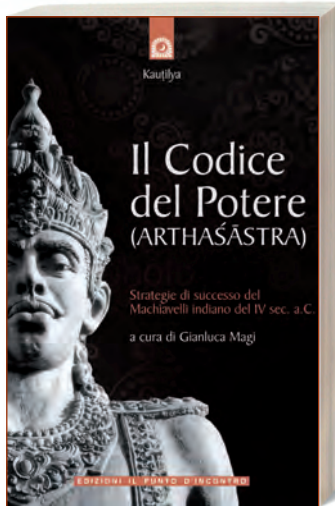
Gianluca Magi

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. And this is only possible if we decide to walk through Alice's magic mirror, beyond the what we have been led to believe impossible or unattainable. In doing so, we will venture into the "Mythosphere", a wonderful land that is invisible to most, but has been explored by shamans, mystics and heroes.

Gianluca Magi 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.

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, making it a compelling heroic epic.



400 pages - 12 x 17 cm

### BESTSELLER AUTHOR

**GIANLUCA MAGI** gives lectures in History of the Religions in China at the Faculty of Foreign Languages and Literatures, as well as in Hinduism and Indian Philosophy at the University of Urbino. He 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 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 (Arthashastra)*, for the benefit of Candragupta Maurya, a leader of obscure origins. Thanks to these suggestions, Candragupta became an invincible conqueror and established the most powerful empire in the history of India.

Kautilya, the Indian Machiavelli, put into writing timeless truths on how to obtain and use power, also resorting to popular religious superstitions and misinformed propaganda in order to deceive opponents. 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 Arthashastra 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)

By the same author:

- **The way of humor**
- **The 36 stratagems**
- **Sanjiao, the three pillars of wisdom**
- **The finger and the moon**



224 pages - 17 x 22 cm

### BESTSELLER AUTHOR

**CRISTIANO TENCA** is a certified naturopath and iridologist who studied at the Institut de Sciences de l'Hommes (Institute of the Science of Man) and at the Libera Università Italiana di Naturopatia Applicata (Open Italian University of Applied Naturopathy) of Dr Rudy Lanza. 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).

## 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 an invisible master stir deep emotions, revealing that your dear departed are still with you and listening to your emotions. As such, the master gives 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

Born in Friuli in 1955, **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), as well as one of the founders of Associazione Amita Luce Infinita (Amita Association of Infinite Light) for the awakening of the conscience. Thanavaro also holds meditation meetings and seminars in many Italian cities, and has published several books.

## 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 malaise arises 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, the book chases away the fears that fill our hearts and prevent us from reaching our highest potential, 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





128 pages - 12 x 17 cm

### BESTSELLER AUTHOR

**GIANLUCA MAGI** gives lectures in History of Chinese Religions at the Faculty of Foreign Languages and Literatures, as well as in Hinduism and Indian Philosophy at the University of Urbino. He is a scholar of oriental philosophy and psychology and has travelled extensively 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 WAY OF HUMOUR

### 101 Spiritual Jokes

Gianluca Magi

With an introduction by Alejandro Jodorowsky

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. 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. Maybe it is true that only by smiling we obtain knowledge. An invitation to an innocent *joie de vivre*...



320 pages - 12 x 17 cm

### BESTSELLER AUTHOR

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## THE 36 STRATAGEMS

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

Gianluca Magi

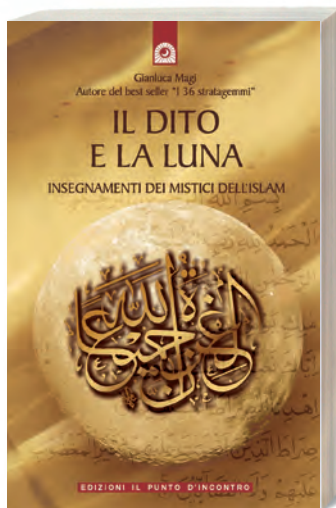
A sophisticated behavioural science based on a subtle psychology and knowledge of individuals

- 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

In ancient China, a curious literary work appeared; it contained a series of stratagems applied to the art of warfare. These stratagems had a military as well as psychological value, because they represented an in-depth and detailed analysis of the human psyche in a warfare context.

*The 36 Stratagems* reveals 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, the 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. Thus, these stratagems have far from lost vitality and it is not surprising that today the Far East considers them as a reference in training managers.





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

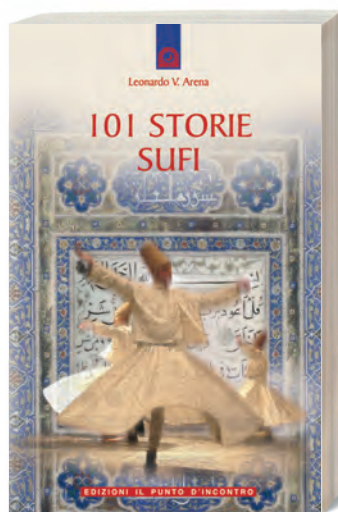
## SANJIAO, THE THREE PILLARS OF WISDOM

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



**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.

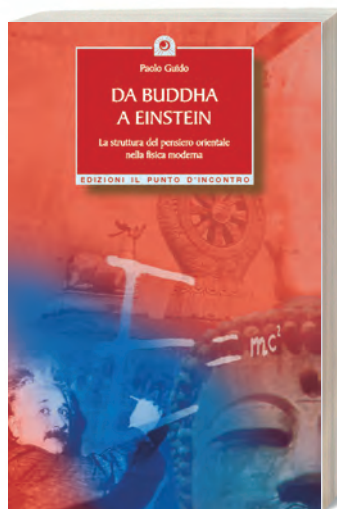
## 101 SUFI TALES

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

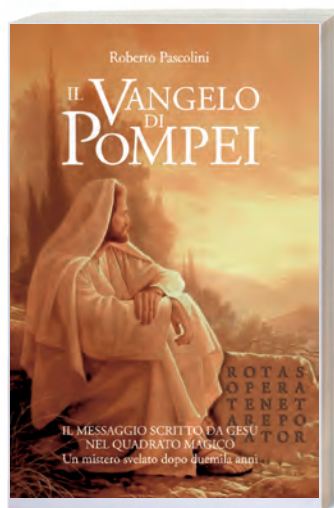
## FROM BUDDHA TO EINSTEIN

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

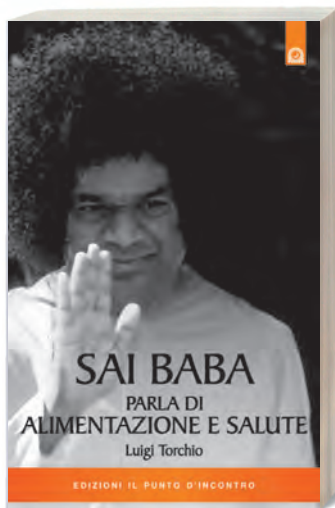
## THE GOSPEL OF POMPEI

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 law graduate and has been teaching law and economics for 35 years. He is also 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 Dhetleff, direct 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.



**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, offering everybody the chance of meeting their angel and rediscover their spiritual potential.

## 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

Angels are extraordinary light beings that guide us and their voice takes many forms. In *Saying Yes to Love With Angels* you will learn to communicate with them, 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.





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.armonia-benessere.it](http://www.armonia-benessere.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 an ode to joy, 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, instead of waiting until there is “dis-ease” in order to fix it.

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.





**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

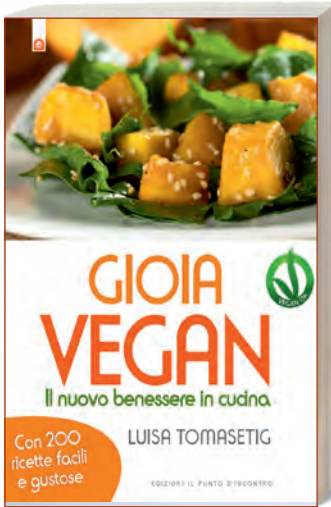
- What happens when a puppy comes into your home
- Dogs and sofas: happily sharing spaces
- Humans and dogs playing
- Dogs and children
- The secrets of dog training
- Pure breed or not pure breed, this is the question
- Animal-assisted therapy: when dogs become therapists

After a degree in audiovisual semiotics, **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 psycho-therapist 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 CME 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.



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

Veganism is enjoying a growing popularity, thanks to its ethical approach to food, but also its healthy, delicious and original 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. *A Vegan Feast* brings together the best vegan recipes from traditional Italian cuisine, without neglecting fun and creativity, with bread making and quick recipes for express lunches.



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. He writes articles for newspapers and magazines such as LaStampa.it, Millionaire, Natural Style, and Aam Terranuova.

## 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. Based on the idea that teeth reflect one's character, upbringing, state of mind and general health, their observation helps "read" a person's history, hence restoring proper balance. The results are amazing and case studies prove it.

The therapeutic approach of dentosofy 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

If you smoke, especially if you have been doing so for many years, you know how frustrating it is when all the efforts you put into quitting “go up in smoke”. That’s because most approaches rely on willpower. Resorting to willpower, i.e. unwillingly adopting new behaviours, requires much mental energy and generates a lot of psychological stress. As a result, within a few months even the most stubborn person ends up throwing the towel.

*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 - 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. Luca teaches violin and leads workshops on guided listening and on the healing properties of music in everyday life.

## 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's** keen interest in psychology and motivation led him to investigate the analysis of handwriting as a means of exploring behaviours and their influence in psychosomatics.

He 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 is a well-appreciated speaker and 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.

Resorting to an unusual and innovative key, *Health between the lines* shows that to recover your health... you need to read between the lines!



224 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.

## 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* is a really pioneering technique that 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.

Within all of us there is an infinite power, an unlimited creativity that finds a way to express itself during sleep, when the rational mind spontaneously subsides. In addition, on our skin there is a real world map which, thanks to skin reflexology, can help us understand ourselves, see the meaning behind our “emotional scars” and overcome physical and psychological traumas.

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.

By the same author:  
• **Memory Reflexology**





128 pages - 17 x 22 cm

### BESTSELLER AUTHOR

Born and educated in Belgium, **PIERRE PELLIZZARI** now lives and works in Italy. He 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.

By the same author:

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

## LOVE YOUR BOWELS

Valuable tips, techniques and massages for total detox

Pierre Pellizzari

*Love Your Bowels* is a groundbreaking handbook that helps you take care of your intestine, a key part of your body. 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.

*Love Your Bowels* is a tool that will help you take care of your own health and a handbook to refer to regularly in order to improve your wellbeing, as well as understand and treat many ailments.



## 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. A very old discipline that nowadays risks falling into oblivion, Ayurvedic massage makes use of techniques and precepts that are complementary to yet different from those performed in ayurvedic. 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 (some of which have been translated here for the first time).



**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 Bhave. 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
- The right amount of willpower needed
- How to extend the results over time
- Case histories

Greying skin, weakness, cough and catarrh, yellow fingers and teeth, palpitations, wheezing and anxiety... cigarette addicts are quite familiar with all these symptoms. And giving up is not so easy. This manual, however, 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. Millions of smokers aged 35 to 65 are struggling through their addiction, desperately trying to quit smoking. This book explains how to and provides an account of how an inveterate smoker was able to win his battle.



**128 pages - 17 x 22 cm**

Deeply interested in chromotherapy and the therapeutic use of light, **LUCIANO MARIA CAVALIERI** 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

There is a white, magic salt; it's called magnesium chloride and it 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. This book traces back the history and uses of magnesium chloride, providing many useful and interesting recipes for health and wellbeing.



128 pages - 17 x 22 cm

## OMEGA 3-6-9

The keys to health, beauty and wellness

Luca Fortuna

Omega 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; because a lack of fatty acids is associated with deep biological alterations in several tissues and organs. This manual illustrates the sources and the properties of omega, and their benefits for our good 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 the realm of 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



**144 pages - 17 x 22 cm**

#### **ALESSANDRO TARGHETTA**

graduated at Padua University in 1985. He 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. As well as writing for many national magazines and journals, Dr Targhetta holds seminars nationwide in homeopathy, herbal therapy and natural nutrition.

## **FOOD INTOLERANCES**

Recent discoveries  
and the ultimate solution

Alessandro Targhetta

- 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, this practical book 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, the book suggests a method based on natural remedies and on an appropriate lifestyle, which has yielded surprising results in overcoming this problem for good.





**160 pages - 17 x 22 cm**

When he was a child, **DOMINIQUE BOULANGER** was fascinated by the world of minerals and began to use them 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

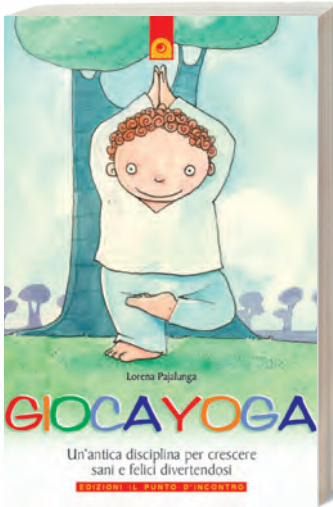
Dominique Boulanger

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

Flower remedies are now quite widespread and recognised as capable of producing remarkable psychological and physical changes. However, not many know that minerals can also 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.





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. (Istituto per lo Studio dello Yoga e della Cultura Orientale - 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!

We are living in a society where stress and a hectic lifestyle undermine the health and wellbeing of adults and children alike. That is why Yoga is becoming increasingly widespread and appreciated. Physical exercise is fundamental not just for muscular training and development, but also to stimulate harmony in movements and to wipe out energy blocks.

Specifically conceived for children, all the games proposed in this book offer a chance to explore oneself, to develop a respect for other people's spaces, 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.

As well as providing over 40 positions explained as games, this book introduces Yoga for couples, breathing exercises, danced mantras and meditation for children.



192 pages - 17 x 22 cm

### BESTSELLER AUTHOR

Born and educated in Belgium, **PIERRE PELLIZZARI** now lives and works in Italy. He 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?

Love 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. Aiming to encourage a sense of growth, pursuit and awareness, 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.



128 pages - 17 x 22 cm

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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 helps identify polluting agents and counteract them

Pollution, stress, bad eating habits and a disorderly lifestyle build up in our bodies as toxins and parasites. These end up creating physical disorders whose causes become difficult to trace back. Our body filters all we put inside; however, with time all these polluting agents may accumulate, damaging functions otherwise perfect.

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

## MENOPAUSE IS NOT A DISEASE

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

**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 at the University of Padua. After this she did a Master in Training and Development in the USA, helping devise courses related to the problems that working women experience. She then chose to work in the field of health pharmaceuticals, and especially functional cosmetics, dietary supplements and nutrition.

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 is not a disease* 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. She has presented papers in numerous international conferences.

## 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

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Sabine Göttingmayer

Care for your environment, care for your house: 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

This book faces all the problems related to household management from a natural and healthy viewpoint, retrieving traditional wisdom of and bringing more awareness of what is harmful and what is not. Cleaning your house 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**

holds a diploma from physical education college and a degree in Psychology. In 1986 she 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**

**BESTSELLER AUTHOR**

**CRISTIANO TENCA** is a certified naturopath and iridologist who studied at the Institut de Sciences de l'Homme (Institute of the Science of Man) and at the Libera Università Italiana di Naturopatia Applicata (Open Italian University of Applied Naturopathy) of Dr Rudy Lanza. 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

“Naturopathy” is a word that refers to a vast field of therapies aiming to restore health through natural approaches, among which are proper eating habits, homeopathy, body techniques, energy therapies, crystal healing, flower remedies and many others.

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.

## 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

Graduated in Philosophy, **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.



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

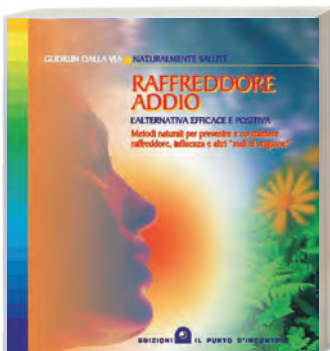
Gudrun Dalla Via

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

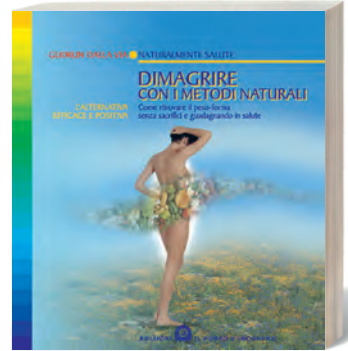
## SLIMMING THE NATURAL WAY

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

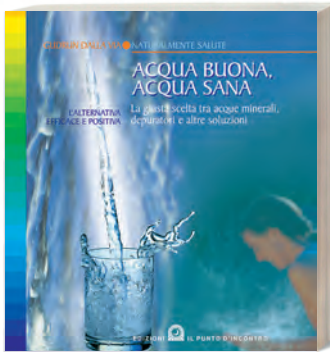
## SWEET DREAMS

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 suntan without risks

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



160 pages - 18 x 19 cm



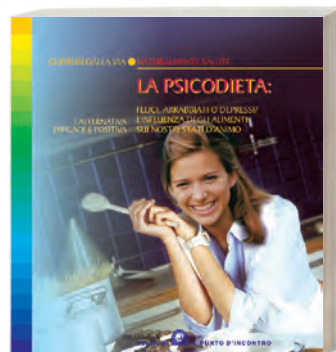
## PSYCHODIETING

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?



160 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.

## 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

*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.



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

As far as relationships are concerned, we grew 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 aims to facilitate the awakening of your heart’s intelligence and to 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.



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. He is a contributor for newspapers, radio and television. For 20 years he has been studying the human mind, its emotions, and the way people react and relate.

## A HANDBOOK FOR ABANDONED 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”, “I only attract Mr Wrong”, “I’d better stop getting involved”? Do you fear you are going to be alone for the rest of your life? Are you considering to put an end to relationships? Conversely, are you seriously thinking of having only superficial and uncommitted affairs?

If your answer to any of these questions is yes, this is the right book for you. It will show you how to overcome quickly the uneasy feeling you are experiencing at the moment. The author, a communication expert, has come up with a method to 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. This method will prevent your brain from becoming like a needle that gets stuck on an old LP, playing the same sad track over and over. The techniques, ideas and suggestions proposed in this book will help you get in touch with your strongest, brightest and most positive self.



160 pages - 17 x 22 cm

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## 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

*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.

By the same author:

- **A handbook for abandoned women**
- **Develop winning relationships with a new body language**



128 pages - 17 x 22 cm

**EMMA VITIANI** has a degree in Law and one in Dietetics. She 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* is a broad and exhaustive overview of all the creative ways you can resort to in order to improve the quality of your life and see problems as actual opportunities. You'll get to know 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. In addition, the original “brain diet” developed by Emma Vitiani will help you boost your intellectual results.



160 pages - 17 x 22 cm

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## 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. What you are left with is you, through and through. 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.





256 pages - 14 x 21 cm

Film director, screenwriter and teacher, **MANLIO CASTAGNA** graduated in Audiovisual Semiology and later on did Film Studies in the United States. He contributed to the organisation of the Giffoni Film Festival, the world's most important festival dedicated to children's films. In 2007 he became deputy art director of the above mentioned festival. Castagna has authored award-winning short films, documentaries, music videos and movie scripts. This book is his literary debut.

## 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 - screenwriter, director and expert of audiovisual semiotics - proposes with a playful but at the same time scientific and competent attitude, you will discover how the healing power of cinema can triumph over all the pain love sometimes condemns you to.

From the difficult act of leaving to that of being left, from the wound inflicted by your partner having an affair to the fear of letting yourself go in a new relationship, from the difficulties caused by shyness to the uneasy feelings surrounding a relation with a much younger person, you will find – as in a medical handbook – the right cure based on films for any sentimental emergency, including dosage, warnings and indications of active ingredients!



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. His scientific interests are oriented towards the application of cognitive and behavioural psychology in a clinical, educational and training framework. In his practice, Dr Toso treats psychopathological, neuropsychological, psychophysiological and behaviour disorders. He also lectures for several public and private bodies, on topics such as clinical and communication psychology.

## 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.



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!



144 pages - 14 x 21 cm

**MARIA CRISTINA STROCCHI** is a psychologist and a psychotherapist. She has a Master in clinical sexology. Currently she teaches in secondary schools and postgraduate courses. She holds courses and seminars on couples, self-esteem and sexuality, as well as writing for various magazines and newspapers, both locally and nationwide.

## 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

The notion of family is going through a bad patch. 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. In the unfortunate case it is already too late, the book is 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.



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. Her first teen novel was inspired by her ten-year experience in the field of drug addict rehabilitation. She founded the Rome-based centre Le Farfalle, offering counselling and psycho-therapy 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. Clear and easy to follow, *Mourning* represents 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.

## DYAD

### Changing One's Life Through Communication

Gunter Leone

Dyad is an easy method of mindful communication created by Gunter Leone to bring harmony into one's life, as well as to re-discover oneself and one's spirituality. Dyad is a system that combines communication with the path of spiritual self-fulfilment, and introduces themes such as self-esteem, sexuality, relationships, marriage and self-awareness.



128 pages - 17 x 22 cm

**GUNTER LEONE** has been working with personal development since 1996. He has come in touch with several teachers, masters and therapists, studying, following and passing on the teachings of Charles Berner in particular. Leone has a background as a teacher of Enlightenment Intensives, a topic on which he has also authored a book. He is an instructor of Energy Breathing and has devised various methods for removing conflicts and for the resolution of mind; among these, the most famous is called "Touch".



192 pages - 12 x 17 cm

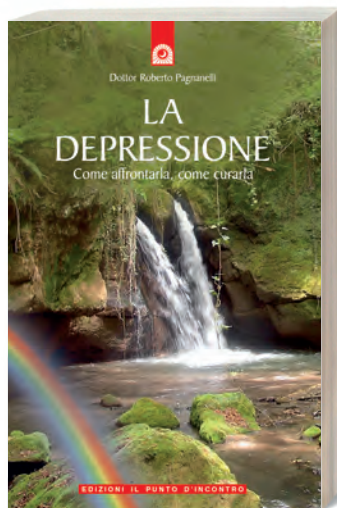
## ZEN AND THE ART OF COMMUNICATION

Giovanni Ottaviani

Enhance your ability to communicate your emotions effectively and to perceive other people's feelings through language and meditation

- Introduces and develops the notion of effective communication
- Shows how to control emotions and daily stress through relaxation and meditation
- Reveals how to obtain a correct tone of voice and use the right words

**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).



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.

## 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

As probably the oldest pathology ever, depression is like a river that has stopped flowing, like water that has stagnated, like life that has dried up. Dr Roberto Pagnanelli, a renowned psychiatrist, explains how to recognise and treat it, examining a range of approaches from conventional treatments to complementary and natural ones. These approaches, when integrated harmoniously and accompanied by psychotherapy, can restore the inner flow of energies, so as to regain serenity, wellbeing and self-esteem.





184 pages - 17 x 22 cm

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## 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)

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

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## ... 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, a psychiatrists expert in natural medicine and psychotherapy, 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

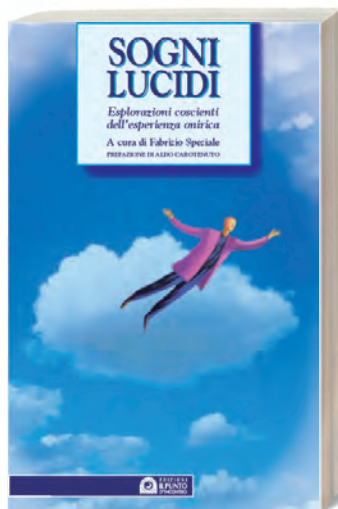
Raffaele Renna

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. An original, quite courageous study, which has already gained great success on Maurizio Costanzo Show, a leading Italian Talk Show, received great public interest and curiosity, however even in scientists and researchers over the nation. It shows how the apparently capricious Cupid’s arrow follows a scientifically determinable and therefore predictable flight, at least to a certain extent.

There is a presentation of the surprising results of tests administered to whole “sample categories”, explaining a method to establish the level of affinity of a couple and if on their first encounter there was the fatal “love at first sight”. What’s more everybody can mathematically calculate their level of beauty, in relation to the “aura relations” of absolute beauty and to the presence of typically infantile traits based on the “baby schema” by Lorenz.



160 pages - 12 x 17 cm

In Lucid dreaming, an expert in the subject clearly illustrates to us the most recent theories and research oniric lucidity, also touching on those spiritual traditions that have, since time gone by, used lucid dreams as part of the path to growth. In conclusion, the description of practical techniques allow the reader learn how to progressively explore the world of dreams to knowledgeably enter the incredible dimensions of the conscience.

## LUCID DREAMS

Conscious explorations  
of oneiric experiences

Fabrizio Speciale

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”

Foreword by Aldo Carotenuto

The field of oniric activity is normally associated with the world of the subconscious, oblivion and unawareness. A dream takes us on an exploration of unknown, sometimes into indecipherable territories and to acting under an impetus that our rationality could never understand or accept. However there are phenomena where awareness and subconscious “play” on a sort of common ground. These are lucid dreams. Lucid dreaming is in fact an oniric state where the dreamer becomes aware of the fact that he is dreaming and at times manages to control and shape the oniric reality, choosing its context and the characters in it.

This kind of experience has recently come under an increasing experimental attention, examining the evolution, the phenomenology and the control. The ability to become aware of dreams, lucidly controlling their evolution, represents a phenomenon that has been attentively explained by linking them to a psychological and psychotherapeutic prospective. The fact remains that lucid dreaming is a very fascinating oniric activity, also thanks to the emotional perception that this kind of experience has for the dreamer.

## BRAINWAVES FOR LEARNING

Therapeutic sounds for learning

Nirodh Fortini



**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. In addition, he is the founder and director of an orchestral ensemble that groups musicians from all over the world and from different schools. Fortini writes for scientific journals such as *Anthropos & Latría*, *Dossier Salute* and *Focus*.

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**



**Audio CD (70',26")**  
**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 (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**



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

Many studies have been dedicated to the still quite contemporary issue of the rise and power of National Socialism, on its pseudo political demise and its fall. However few scholars and researchers have analysed the more hidden, esoteric aspects of the phenomenon to grasp its hidden secrets. After years of research and interviews with the last living players of the regime a renowned journalist, who writes for many foremost military and intelligence journals, penetrates the magic essence, the Luciferal basis and the rituals and ideology that constituted the true pulsing heart of nazism, the core of magicians and mediums who were Hitler and the Thule Society. Demoniac 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. Together with illustrators and stage actors, Riccardo leads creative workshops in schools, bookstores and libraries. In recent years 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. He is a wizard of life and, when compared to an adult's, his strength lies in the fact that he's not aware of it, because for him magics is a natural state.

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.



256 pages - 14 x 21 cm

**SABINA MARINEO** was born in Venice. She graduated in Foreign Languages, Literature and Philosophy. A theater actress, translator and author of several books published in Italy and Germany, she currently lives in Munich. For years her research interests have been including archaeology, border egyptology, mythology, unsolved mysteries, and 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 poisonous fruit 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, one that will culminate in the establishment of an all-powerful and all-present global government? And how did we fall into this trap, built on money power? *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.



144 pages - 12 x 17 cm

**ANDREA BIZZOCCHI** is a speaker, an author and a researcher whose topics include energy, ecology, sustainable lifestyles, degrowth, crises, travelling and above all freedom. His approach is based on independent research that strictly avoids any official information channel. Wherever possible, Andrea opts for direct experience and empirical research. 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.

## SHEEP SHEARING

Surviving to banks, crises and scams

Andrea Bizzocchi

How can one talk of crisis when there is no shortage of raw materials, means of production and manpower, despite a high unemployment rate? The answer is easy: something is missing: money, cash. When people say, "There's no more money", they are hitting the target. Yet, nobody asks, "Why is there no more money? Who has exhausted this resource?"

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 and they thrive in it. 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 exponential increase in 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.





288 pages - 12 x 17 cm

**ANDREA BIZZOCCHI** is a speaker, an author and a researcher whose topics include energy, ecology, sustainable lifestyles, degrowth, financial crises, and travelling. His approach is based on independent research that strictly avoids any official information channel. Wherever possible, Andrea opts for direct experience and empirical research. 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
- Abandoning the euro: "You cannot, it's illegal" and other nonsense
- 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 euro and endorses a return to national currencies, in order to bring back a real democracy and give each nation a future and more resources.





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. His books bear contributions by Andrea Gallo, Alex Zano-telli, Beppe Grillo, Vandana Shiva and Paul Connett. 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?

There is a higher level than that of the political elite and mafias, whose extravagance and crimes are just pranks in comparison. It's the power of multinational corporations, arms industry lobbies and speculative banks, whose decisions are brought into action by institutional authorities such as the ECB.

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.



416 pages - 14 x 21 cm

### BESTSELLER AUTHOR

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

## 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!





352 pages - 14 x 21 cm

### BESTSELLER AUTHOR

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## UNAUTHORISED ARCHAEOLOGICAL DISCOVERIES

An anthology of censored discoveries beyond the official truth

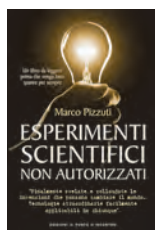
Marco Pizzuti

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 this explosive book forms some sort of anthology of the darkest and most censored past in human history, a careful and well-documented examination of the most controversial and recently debated historical and archaeological material.

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.





256 pages - 12 x 17 cm

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## UNAUTHORISED 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*.







256 pages - 12 x 17 cm

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## UNAUTHORIZED REVELATIONS

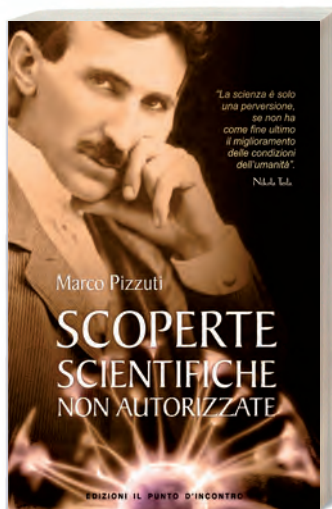
The occult path of power

Marco Pizzuti

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

This is what Freemasonry euphemistically calls “New World Order”, a plan spanning centuries and aiming to put all the planet’s resources in the hands of a very small elite of “super bankers”. Only by knowing the behind-the-scenes activity and objectives of these occult societies, which all the main historical characters belonged and still belong to, can we really try to understand our past, present, and perhaps even future. 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?





320 pages - 14 x 21 cm

### BESTSELLER AUTHOR

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

## 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?
- Why is all knowledge on alternative energy sources constantly being hidden and covered up through the systematic discredit of mass media and institutions?

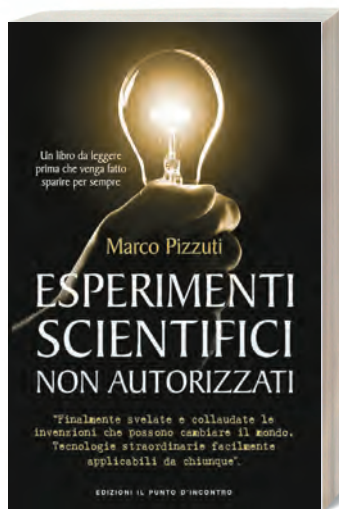
*Unauthorized scientific findings* answers these and many other disturbing issues by examining the story of Nikola Tesla, an extraordinary and yet misunderstood scientist who laid the technological foundations of modern society, as well as that of many other “rebellious scientists” who were condemned to oblivion by the scientific establishment. At last the myth of free science benefiting us all is going to be debunked. And the hidden truth is that progress has been indeed consciously manipulated for years by a global financial elite...

*Unauthorized scientific findings* is an essay based on facts and true stories, and yet as gripping as the most shocking novels. It will allow you to get a glimpse of how much better the world would be if only true freedom was real.

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

— Nikola Tesla





256 pages - 12 x 17 cm

### BESTSELLER AUTHOR

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## UNAUTHORIZED SCIENTIFIC EXPERIMENTS

Marco Pizzuti

- 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

Yes, science and technological progress can indeed save us from oil slavery. However, in the field of new energy we have reached a deadlock. This situation benefits the elite of fossil fuels and dirty nuclear power multinationals. And yet, to liberate people from the exploitation of these multinationals one would only need a new discovery, an invention.

But whenever scientists announce they have found a solution to our energy problems, they are regularly accused of scientific fraud, removed from their posts and labelled as charlatans.

For a curious “theory of coincidences”, up to now it has always been so, but we can change things! Some uncomfortable discoveries and their experimentation can be easily and inexpensively tried at home.

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...



224 pages - 14 x 21 cm

**CARLO PIZZATI** got a Master in Journalism at 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. He also produced and directed 30 investigative documentaries, launched a start up in Madrid and hosted a morning political talk show in Italy.

## TECHNOSHAMANS

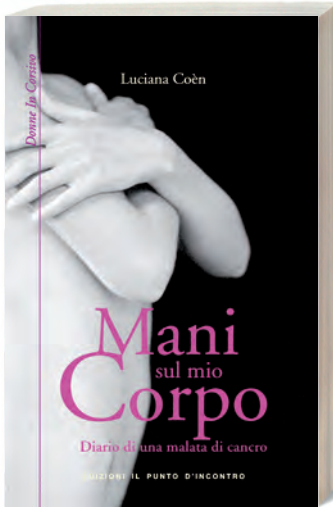
Between spirituality and technology

Carlo Pizzati

*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 download 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 works as a tutor, teacher and course coordinator, training health system professionals and giving refresher courses for nurses. She took part in workshops on the ethics of treatment on terminally ill patients promoted by the Bioethics Committee of Tuscany. As a writer, in 2007 she won the Special Jury Award for the best autobiographical short story in the writing contest *Un ponte sul fiume guai* [*The Bridge on The River Trouble*].

## HANDS ON MY BODY

### Diary of a Cancer Patient

Luciana Coèn

This is the diary of an illness that hasn't been fought, but rather experienced almost as a journey into a body that is undergoing a transformation and, consequently, also transforming one's own image. It is the diary of a moment in life meant for thinking and rebuilding oneself, a journey of awareness into accepting the disease as a part of oneself. At the end of the journey, existence itself comes out transformed, as one is affected by the limits that the disease and treatment impose, but at the same time confident and eager for life to go on. This book is also a journey into the health system as seen from the point of view of patients, in the same workplace where the author has been working for almost 30 years. Written with a critical, lucid and sometimes caustic attitude, *Hands on My Body* reveals the importance of listening to patients and to what they say, as well as of respecting their decisionmaking capability, in order to help their recovery process. Writing thus becomes a way of responding to the "event-disease" that suddenly falls into one's daily life. 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 life and it goes on...



296 pages - 12 x 17 cm

**MARINA SORINA** was born in Charkov, Ukraine, in 1973, and has been living in Italy since 1995. Her articles and short stories have been published in literary journals like *Ostrov*, *Nevskij prospekt*, *Urbi et orbi*, *PiterBook* (Russia), *Sojuz Pisatelej* (Ukraine), *Zvenja* (Israel) and *Ulov-2000*. She has translated into Russian a collection of poetry by Pier Paolo Pasolini. She graduated in Foreign Languages and Literatures at the University of Verona, with a thesis on the translation of Gogol in Italian. Since 2005 she has been researching the history of translation from Russian into Italian.

## I WANT AN ITALIAN HUSBAND

From the East for Love?

Marina Sorina

They come from Russia, Belarus, Ukraine, Poland, Romania, Latvia and Moldova. Their names are Olga, Elena, Irina: charming and unmarried young women looking for romance in classified ads. But who are they, in fact?

Svetlana is a twenty year old Ukrainian girl, young, pretty and intelligent and has a secret dream: to escape from a world, the Soviet Union, so drastically changing in the early Nineties and where the only alternative to widespread unemployment was a poorly paid job. Chance lead her to the Land of Plenty as part of a tour offered by a travel agency promoted by the local Mafia to organise large-scale buying of European reject goods for resale back home. However in Italy she is seen as a “Russian beauty”, a distinction that does not always pay, as she wastes no time in finding out...Working on her personal experience, Marina Sorina courageously and quite candidly faces the pervading phenomenon of the girls coming to Italy from the East block and she offers us her astounding, biographical story. She reveals the prejudices and that grey zone accompanying this new form of “romantic” migration, she gives voice to the thousands of women that abandon their families, mother tongue and daily lives to chase a dream of a new fate.



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 made a in-depth study of mountain folklore and culture. In 2003 she won the literary award "I giorni dell'ira" and took part in the TV programme "Cominciamo bene", broadcasted on the national network channel Rai3. 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

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

"We share the love for the whole of creation and the ability to perceive life in anything around us", says Amanda Pitto in this modern yet full of ancient wisdom book.

After the unjust persecution by prejudices and the thirst for power of a "male" religion of the past, in the recent years witches (magicians and empowered women with powers) have 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 the common line that unites us", declares Amanda Pitto, the "Witch of Piedmont".



## DRYADS

The spirits of the sacred trees

Tiziana Mattera

The poetry and wisdom of Nature 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



**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.

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.





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.

## 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

“This is the evolving journey of conscience towards the wisdom of our genius, and the goal of our lives on this wonderful world that is our Mother Earth ...”.







**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, speaking to those who can listen and awakening our conscience to make us trust and develop our insight.

The gifts that the Fairy People bring along come from their great love for life. Each of these gifts, vividly illustrated by the author in 55 wonderful cards, are meant as a companion along the journey of life, bringing joy, enthusiasm, harmony, beauty and a vision of global spirituality that culminates in perceiving Mother Earth and her need for our love.

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.





**184 pages - 17 x 22 cm**

**CRISTIANO TENCA** is a naturopath and iridologist, qualified at the Institut de Sciences de l'Homme (Institute of the Science of Man) and at the Libera Università Italiana di Naturopatia Applicata (Open Italian University of Applied Naturopathy) of Dr Rudy Lanza. He has been working and teaching massage therapy for some decades. He now practices at the Biella-based naturopathy centre "L'Isola che non c'è". He gives courses on geobiology, pyramidology, dowsing, natural nutrition and Bach remedies.

## 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, increasing it and focusing its power on elements, places and situations you wish to modify.

This book shows how to choose the proper words and to empower them for beneficial use. Basing himself on documented scientific grounds, the author introduces a technique within reach of everyone, which 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. But watch out: to avoid using this powerful energy for negative goals, only positive magic words are given!





240 pages - 17 x 22 cm

**BESTSELLER AUTHOR**

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**60 colourful cards**

**CRISTIANO TENCA** is a certified naturopath and iridologist who studied at the Institut de Sciences de l'Hommes (Institute of the Science of Man) and at the Libera Università Italiana di Naturopatia Applicata (Open Italian University of Applied Naturopathy) of Dr Rudy Lanza. 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).

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In Jung's view, synchronicity was a "temporal coincidence of two or more events that are not linked by a causal relationship". It is in other words the event that causes the right thing to happen at the right time, using the energy of the universe.

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## MAGIC WORDS 3

### Spells for the New Millennium

Cristiano Tenca



**224 pages - 17 x 22 cm**

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- Words and frequencies can influence and reprogram DNA
- Charms for physical and vibrational defense
- Magic words to cleanse and balance body and mind
- Removing physical and mental blocks
- Improving one's attitudes and those of other people

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 such as those published in *Magic Words 3*, 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.

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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. Together with illustrators and stage actors, 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. He founded in Turin his publishing house Edizioni Antipodi. [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.

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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.





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