



# EDIZIONI IL PUNTO D'INCONTRO

RIGHTS GUIDE

Frankfurt 2019

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

Contact: Cristina Levi - [cristinalevi@gmail.com](mailto:cristinalevi@gmail.com)

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**VALTER BALLARINI** is a member of the Board of Directors of ARI (Audax Randonneur Italia) and is responsible for RiCiclovie project, a network of secondary roads with low traffic equipped as permanent routes for cycling holidays.

**DANIELA ANGELOZZI** holds a degree in Pharmacy. She focuses on practices aimed at achieving psychophysical balance and wellbeing. She has developed a meditative practice called "dynamic mindfulness", aimed at achieving a complete awareness of one's body and essence.

## BICYCLE HAPPINESS

### Dynamic mindfulness for conscious cyclists

Valter Ballarini and Daniela Angelozzi

- The effects of dynamic bicycle meditation
- Inner and outer balance
- Start practicing: simple tips and a step-by-step programme
- Pace, breathing and heart rate

In *Bicycle Happiness* you'll be introduced to dynamic mindfulness, a winning combination physical exercise and peace of mind that will help you find harmony and improve mental and physical health. This technique combines balance, the pleasure of moving, a full immersion in nature, and self-awareness.

Cycling can recreate that connection that makes us aware of our great potential; when done in the proper way, you'll leave behind any effort, anxiety, and the fear of not making it. A long journey or a difficult climb will turn into easy steps towards your goal, as you'll go beyond the limits of your mind. As a result of this biochemical mechanism that increases the production of hormones such as endorphins, new synapses are created in the brain, consciousness expands, a different awareness is perceived and acquired.

*Bicycle Happiness* will let you experience a different form of meditation and discover a new way of cycling.

144 pages - 14 x 21 cm

## PSYCHOAROMATHERAPY

### A journey into self-discovery with essential oils

Sandra Perini

**An innovative method that combines psychotherapy and essential oils**

Based on a number of scientific researches and her experience as a psychotherapist, Sandra Perini highlights the power of aromatherapy on the human psyche, health and emotional wellbeing.

Conditions of mental distress such as anxiety, panic, depression, pain, stress can be relieved by combining psychotherapy and essential oils, as the latter help achieve a state of relaxation, increasing attention, concentration and memory.

Through your olfactory system you can access your mental and emotional "library", and images, sensations and memories resurface. This healing ritual is an evolutionary path of knowledge and existential growth through which we witness the transformation of deep and unknown parts of ourselves, to achieve our full and authentic expression of our original Self.

Psychoaromatherapy is also a valid support for all wellness operators (psychotherapists, naturopaths, nurses, holistic practitioners, music therapists).

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

224 pages - 14 x 21 cm



**SANDRA PERINI** is a psychotherapist and a naturopath. She obtained a specialisation in aromatherapy and holistic practices from the School of Holistic Medicine in Milan. In her practice she uses a combination of psychotherapy, philosophy, anthroposophy and holistic approaches. She holds seminars and conferences nationwide on the power of essential oils on people's psychic and emotional life.



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

## GET RICH BY SAVING MONEY

**How to earn over 250,000 euros with a normal salary, saving just enough and making sound investments**

**Francesco Narmenni**

- Learn to live in a conscious way and become really wealthy
- Stop wasting money on things that don't provide anything in return
- Use the money you earn to get more money, possessions, investments, and income

Do you really think the only way to get rich is to inherit a lot of money or win the lottery? Get Rich by Saving Money will show you that having large amounts of money is not the same as being rich. Wealth does not depend on how much money you have in the bank, but on the ability to generate new revenue.

Even when you don't earn billions, you can still learn to save enough and then make sound investments, so as to create continuous income. A "guided tour" will allow you to choose two different savings strategies, thanks to which, over a period of several years, a family can easily get to own more than 250,000 euros, to invest and transform into more money.

208 pages - 14 x 21 cm

## UNAUTHORIZED CRYPTOCRACY

**Dark web, bitcoin, illegal profiling, and the new frontiers of digital slavery**

**Marco Pizzuti**

In recent years cryptocurrencies allowed unscrupulous investors to accumulate in a short time huge assets. These new currencies are falsely presented as a revolution from below against high finance. On the contrary, they represent only the tip of the iceberg of an epochal transformation that will culminate with the total abolition of cash in favor of virtual money, which can be controlled globally.

At the same time, multinationals such as Google and Facebook have already laid the foundations for the creation of a fully digitalized society, thanks to a mass profiling carried out using photos, personal data, jobs, opinions, purchases, geolocation, political and sexual orientation, etc.

Besides, along IT highways there are "secret passages" that lead to the underground world of dark web (invisible to search engines and inaccessible from normal browsers) where intelligence services, criminal organizations and terrorists can buy or sell drugs and weapons, commission murders, bribe politicians, or hire mercenaries to overthrow governments, paying in cryptocurrencies that guarantee anonymity.

Cryptocracy is a hidden power that is now illegally exercised for the exclusive benefit of those who control the information they stole while we use our smartphones and computers, unaware that we are being spied by our own webcams and microphones.

320 pages - 14 x 21 cm



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

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



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

## HOW TO WIN OVER A JERK

### A handbook for smart women

#### Manuela Celli

When women want to describe a man they have a relationship with that causes them suffering and anxiety, they sum it up in one word: he's a jerk!

If you find yourself in a situation where...

- You can't understand his behavior
- You waste your time waiting for his decisions
- He tells you he likes you but does not want to commit
- He makes you promises that he won't keep
- It feels like a dream, but then he suddenly disappears
- He says he feels confused and doesn't know what he wants

... you need to become aware of this:

Your mindset has the power to transform everything. If you've tried to win him over by being nice, without achieving anything, it's time to become a bit of a badass. That is, to learn to stand up to him.

How to Win Over a Jerk will give you the tools for such a change. Either he will turn into an affectionate lover or you will become a woman who no longer feels any attraction for jerks.

Either way, you'll win!

304 pages - 14 x 21 cm

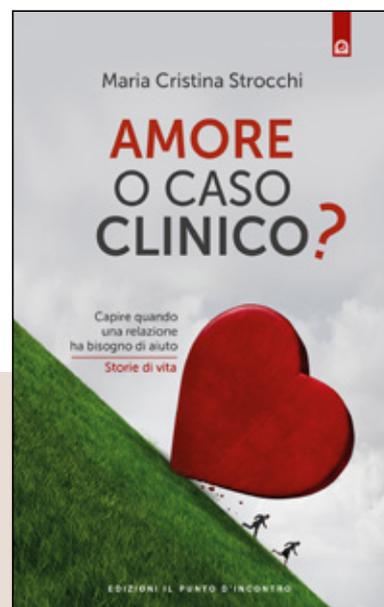
## IS THIS LOVE OR A CLINICAL CASE?

### Understanding When a Relationship Needs Help

#### Maria Cristina Strocchi

When love is "healthy", the two partners help and support one another, and thus bring out the best in each of them. On the contrary, tainted love only brings suffering, abuse, psychological violence and a feeling of helplessness. You may have had to deal with partners who always blamed you, verbally abused you, were incapable of questioning themselves or see that the problem lay in them, not in you. Maria Cristina Strocchi, a psychotherapist whose long clinical experience in cases of "tainted love", leads you to recognize all the perverse dynamics that can arise in your couple, thus helping you to set free from psychological distress and physical violence.

160 pages - 14 x 21 cm



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



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

## MERIDIAN STRETCHING

Freeing your life energy to obtain psychophysical wellbeing

New and updated edition

**Gianna Tomlianovich**

A theoretical and practical manual that helps you 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. By sensing meridians as a flow of vital energy or as a particular sensation of tension during stretching exercises, you will become aware of your body and the energy that pervades it.

With its simple and powerful tools *Meridian Stretching* will help you achieve wellbeing and spiritual growth. The book is also extremely useful for those who are already studying or working in the field of energy and complementary medicines, especially those who work in the field of shiatsu.

256 pages - 17 x 24 cm - 200 full-color illustrations

## CHAKRAS AND INNER EVOLUTION

One is the Truth, many are the forms

**Gianna Tomlianovich**

A comprehensive approach to understanding and awakening your energy

- Chakras and meridians
- Symbols and meanings
- The physical and etheric bodies
- Understanding the fundamental laws and opening chakras
- Awakening kundalini
- A parallel with Western esotericism
- Balance, harmonization, healing through chakras

*Chakra and Inner Evolution* is one of the most authoritative and complete texts on the subtle energy centres of your body. Through the wisdom of the East and the West to understand themselves and the laws that govern the inner and outer worlds.

Tracing connections and correspondences between various systems of knowledge, only apparently different and independent of each other, Gianna Tomlianovich shows how every culture – beyond time and space – tells and teaches the same simple and universal truths. Understanding and applying these truths in one’s personal reality helps evolve and build one’s development and obtain physical and spiritual integrity and freedom. *Chakra and Inner Evolution* is a path of understanding and integration of man and cosmos in harmony with the laws of Heaven and Earth.

320 pages - 14 x 21 cm



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



**FRANCESCA ROMANA VALENTE** is an archaeologist, specialized in esoteric and Christian archeology. She lives and works in Rome.

**MARIUCCIA D'ANGIÒ** is an illustrator specialized in various techniques. She has authored several books on myths and art.

## THE ORACLE OF THE DOORS

The key to unlocking the doors of your destiny and finding what life holds for you  
Artistic Tarots inspired by the symbol of the Door  
With 32 cards illustrated by Mariuccia d'Angiò

**Francesca Romana Valente**

A divination system based on 32 cards inspired by the symbol of the Door and its allegorical, mythological and esoteric meanings

Since ancient times various peoples and cultures – from Egyptians to Greek, Romans, the Middle Ages and Renaissance – have been ascribing the Door mystical, esoteric and even magical symbolisms. The 32 cards of The Oracle of the Doors will help you understand the underlying, hidden or overt meanings that this ancient symbol has gathered over millennia, thus decoding the message it carries for you nowadays. The attached manual will also give you practical information on the rituals and purification of the deck, as well as some basic notions on the ethics of the fortune teller. Furthermore, it will help you clarify the iconographic and symbolic perspective depicted in the cards, in order to understand their meanings in divination spreads, with particular attention to the different interpretations they get when drawn upside down. Various laying methods for asking specific questions or interpreting a general framework are included.

32 cards + book 176 pages - 12 x 17 cm



## THE ORACLE OF THE REVELATION

Artistic Tarots inspired by St. John's Book of Revelations

With 32 cards illustrated by Mariuccia d'Angiò

**Francesca Romana Valente**

A voice from the past to understand your present and better live your future

The Oracle of the Revelation is a system of divination based on 32 cards that can help you get answers on your future or on specific issues. The cards, inspired by St. John's Book of Revelations, are based on the prophetic visions that the Book itself describes.

The attached manual will help you make sense of the biblical text, from the iconographic and symbolic perspective depicted in the cards to their meanings in divination spreads, with particular attention to the different interpretations they get when drawn upside down.

Various laying methods for asking specific questions or interpreting a general framework are included.

With instructions on the different rituals for the consecration and purification of the deck, as well as some basic notions on the ethics of the fortune teller.

32 cards + book 144 pages - 12 x 17 cm



**FRANCESCA ROMANA VALENTE** is an archaeologist, specialized in esoteric and Christian archeology. She lives and works in Rome.

**MARIUCCIA D'ANGIÒ** is an illustrator specialized in various techniques. She has authored several books on myths and art.



**GIOVANNA GARBUIO** has authored several successful publications, spreading the philosophy of Ho'oponopono, which she sees as an instrument helping us carry out our life project with joy.

**VIVEK RICCARDO SARDONÈ** is Kriyaban and follows the teachings of Yogananda. Kriya Yoga, Raja Yoga and meditation are part of his life.

## THE PERFECTION OF THE WHOLE

How to recognize beauty in everyday life

Giovanna Garbuio and Vivek Riccardo Sardonè

The Perfection of the Whole is a very practical book. It will show you how to follow the breeze of simplicity that leads you to your ultimate goal, without losing sight of the here and now of your daily life. You'll learn to put into practice this awareness, which alone can solve everything, and to get rid of those limiting beliefs that prevent you from experiencing all the beauty in your life. But above all The Perfection of the Whole will show you how to integrate this wisdom into yourself.

If you want to be happy, start being happy, because even if you do know, you have every reason to be. Be happy for all the beauty that surrounds you, even if you do not see it.

The Perfection of the Whole is a journey into the depths of your soul, to transform your everyday life into pure bliss. Just let this book do the job for you!

192 pages - 14 x 21 cm

## STEP BY STEP TOWARDS THE LIGHT

Messages of hope and love

Sabrina Dal Molin

Since childhood Sabrina Dal Molin has been in contact with angels and the world of invisible entities. In Step by Step Towards the Light she delivers messages of hope and love that come directly from God and from our wonderful beings of light.

Starting or ending your day by reading, pondering, and meditating on these messages will allow you to deepen and consolidate your spiritual growth, rediscover the beauty of loving and feeling loved, stopping only a few minutes a day to find the light in your daily path, be able to breathe and get some relief.

Motivated by her sincere love for other people, Sabrina knows how to communicate the profound aspects of the afterlife with simplicity, giving you the opportunity to experience the God's Love for each of us.

Give yourself the chance to feel peace pervade your heart!

192 pages - 14 x 21 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.



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

## PRINCE CHARMING OR BLUEBEARD?

**Happiness or disappointment: you can choose**

**Anna Coda**

- How to have a happy relationship with your partner
- The differences between “right” and “wrong” men
- The art of letting go of what is not good for you
- Recognize and avoid unhealthy relationships
- Love, expectations and disappointments: a difficult balance

Are you tired of your love life, which you find always disappointing? Do you always fall into vampirizing relationships or date men who seduce you and then leave? Are you still waiting for your Prince Charming?

The need to love and being loved is fundamental for our mental health. When relationships work, people experience a psychophysical wellbeing that improves their quality of life. A lasting relationship gives life a chance of rare bliss and openness.

Psychotherapist Anna Coda explains that love is not, as one believes, a life event that depends on luck, on finding one’s soul mate, but is determined by the ability to build a healthy relationship. We can relearn how to form solid and healthy couples, coming out of this narcissism towards which modern society pushes us.

128 pages - 14 x 21 cm

## NUMEROLOGY AND LIFE CYCLES

**The secrets of the timeline linking past, present and future**

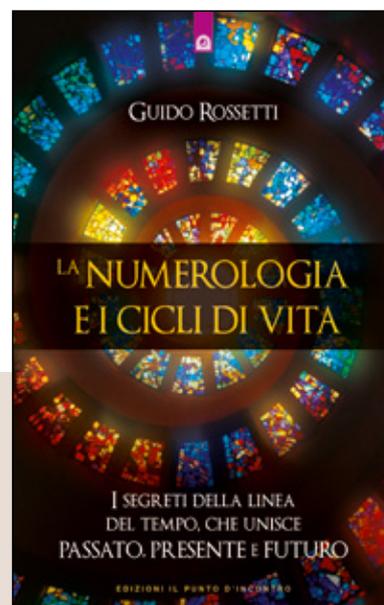
**Guido Rossetti**

As in nature, human life is also marked by cycles. With numerology we can identify, through simple calculations, at what stage of our life we are.

According to numerology, life cycles are divided in 4 periods, governed by a particular archetype, i.e. a reference model, an ordered energy field. The first cycle goes from birth to an age between 30 and 35. The second cycle lasts 9 years and goes from 30 to 40. The third lasts 9 more years and goes from about 40 to 50. The last cycle will remain active for the rest of our lives, from around 50 onwards.

Each cycle represents a specific lesson we are working on and can be seen as a phase of learning, a life lesson from our inner teacher, or also as opportunities and experiences that we have chosen before our birth, in order to become fully-fledged human beings.

256 pages - 17 x 22 cm



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



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

## VEG & VEGAN

**The tastiest recipes, the best regional dishes and their traditions**

**Amalia Lamberti Gardan and Michela Gardan**

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

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

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

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

**320 pages - 17 x 24 cm**

## THE GREEN PANTRY

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

**Stefania Rossini**

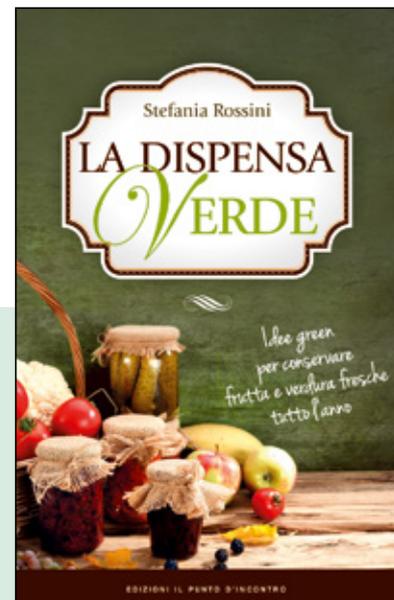
A green pantry will allow you to:

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

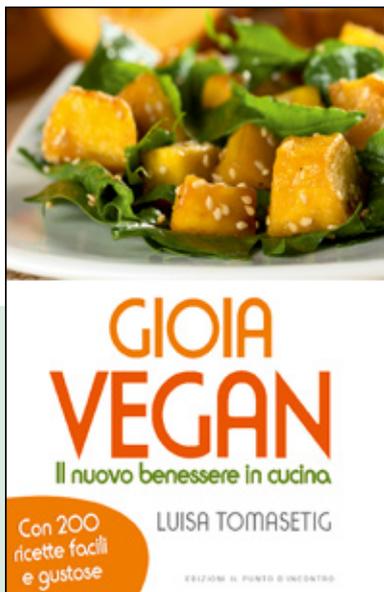
From a real expert of creative and eco-friendly cooking, home preserving and healthy eating, *The Green Pantry* is the result of years of research and experimentation, with a lot of healthy, tasty, easy and fun recipes.

Fruits and vegetables are top-quality when freshly harvested. It is therefore essential to know the tricks of the trade, so that you can have a bounty of ripe, colourful and great-tasting fruits and vegetables conveniently at hand in your own pantry. You will learn to preserve in oil, vinegar, sugar and alcohol. You will discover the secrets of freezing, fermenting and dehydrating. You will have fun making preserves, jams and marmalades, experimenting with chutneys and syrups, unleashing your imagination with sauces and dips!

**192 pages - 17 x 24 cm**



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



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

## A VEGAN FEAST

### A new and healthy lifestyle in the kitchen

**Luisa Tomasetig**

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

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

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

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

**224 pages - 17 x 22 cm**

## LITTLE VEGANS

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

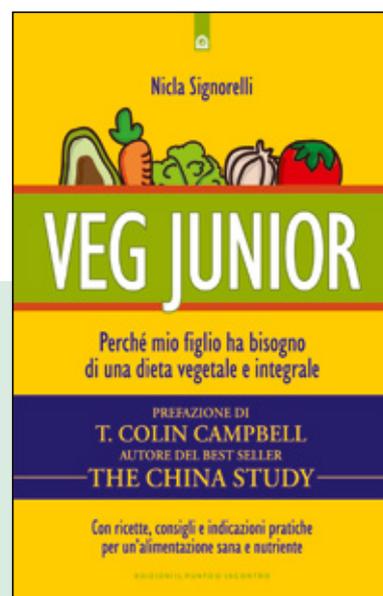
**Nicla Signorelli**

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

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

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

**320 pages - 17 x 24 cm**



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



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

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

## THE GLUTEN-FREE VEGAN

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

With the Recipes of chef Francesca Gregori  
Maria Alessandra Tosatti

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

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

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

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

304 pages - 17 x 24 cm

## VEGGIE WEANING

### Traditional weaning and baby-led weaning

Maria Alessandra Tosatti  
With the recipes of chef Francesca Gregori

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

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

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

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

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

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

192 pages - 17 x 24 cm



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

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



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

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

## COCONUT OIL

### A bounty of health and beauty

#### Luigi Mondo and Stefania Del Principe

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

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

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

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

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

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

144 pages - 12 x 17 cm

## THE MANY VIRTUES OF KALE

### A typically Italian superfood: properties, uses and recipes

#### Luigi Mondo and Stefania Del Principe

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

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

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

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

144 pages - 12 x 17 cm



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



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

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

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

**Stefano Momentè**

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

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

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

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

160 pages - 14 x 21 cm

## VEGANISM IS NOT A DIET

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

**Stefano Momentè**

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

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

From the origin of the vegan movement to its evolution, from clothing to everyday products, *Veganism Is Not a Diet* explores every single choice you make in order to have a more respectful and compassionate lifestyle. Did you know that if the world's grain production was for human rather than animal consumption we could feed more than a billion people? And that the production of a kg of beef releases a quantity of greenhouse gases and other pollutants equivalent to that obtained by driving for three hours and leaving in the meantime all the lights switched on at home? Becoming a vegan is no longer just a question of health, it also means embracing a lifestyle that is actively working to save the planet.

176 pages - 14 x 21 cm



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## ALL THE TYPES OF NON-DAIRY MILK

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

**Luigi Mondo and Stefania Del Principe**

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

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

240 pages - 17 x 22 cm

## THE FRUIT DIET

Health and wellbeing with common sense and simplicity

How to activate your body's innate healing potential

**Luca Speranza and Silvio Sciarba**

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

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

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

208 pages - 14 x 21 cm



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



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

## GLUTEN SENSITIVITY

### New research and treatments

#### Alessandro Targhetta

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

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

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

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

128 pages - 14 x 21 cm

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

144 pages - 17 x 22 cm



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

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

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

### A detox programme

#### Luca Fortuna

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

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

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

240 pages - 17 x 22 cm

## YOUR HEALTH IS IN YOUR MOUTH

### A handbook of holistic dentosophy

#### Francesco Santi

#### Healthy teeth for total mind and body wellbeing

*Your Health is in Your Mouth* introduces dentosophy, 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.

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

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 dentosophy since 2004. Dr. Santi has contributed to the Non-Conventional Medicines entry of Larousse Encyclopedia.

SAMPLE TRANSLATION AVAILABLE



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

## COMPLETE GUIDE TO ESSENTIAL OILS

### Practical aromatherapy handbook Health – Beauty – Well-being

**Franco Canteri**

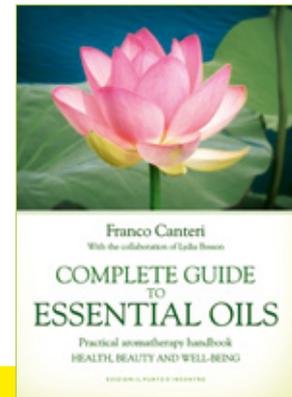
- Includes information on the main components, properties, indications and usage recommendations
- Recipes for health, healing and wellbeing with essential oils
- Using essential oils at home
- Skin and hair care, bath oils, relaxation, massage

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

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

256 pages - 14 x 21 cm

FULL TRANSLATION AVAILABLE



## ITALIAN FLOWER REMEDIES

### 33 new therapeutic essences that you can prepare at home

**Mara Granzotto**

- Improve your emotional, psychological and physical wellbeing
- Make your own remedies using local flowers
- Flower remedies, Chinese meridians and chakras

Many people are familiar with Bach remedies, but not everyone knows that flower essences can also be prepared by using local flowers.

*Italian Flower Remedies* is a guide that helps you identify, prepare, and use 33 new remedies that can be obtained locally, from the flowers that grow in your surroundings.

Mara Granzotto proposes a production method that can be applied to a larger number of plants, and that, most important, does not include cutting or picking any flower. After all, when dealing with vibrations, the life and wellbeing of plants shouldn't be underestimated!

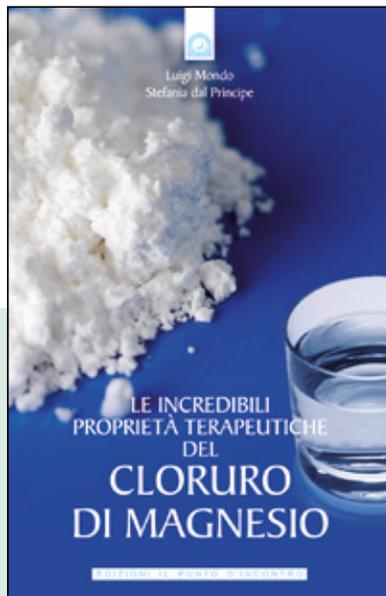
*Italian Flower Remedies* associates 33 remedies with anatomical parts and physical problems, with the meridians of Traditional Chinese Medicine and the chakras of Indian tradition.

Search keys related to the vibrational properties of flowers, the characteristics and possible problems allow you to identify quickly the most suitable remedy.

320 pages - 17 x 24 cm



**MARA GRANZOTTO** studied traditional and emotional kinesiology, flower therapy, phytotherapy, Traditional Chinese Medicine, foot and ear reflexology, Tantra, and energy approaches such as Reiki, Pranic Healing and Qigong. She currently works as a holistic practitioner and carries out research and projects in the field of physical wellbeing and spiritual beauty.



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

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

## THE INCREDIBLY HEALING PROPERTIES OF MAGNESIUM CHLORIDE

**Luigi Mondo and Stefania Del Principe**

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

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

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

**160 pages - 12 x 17 cm**

## OVERTONE SINGING

**Origins, techniques and practical applications of overtones**

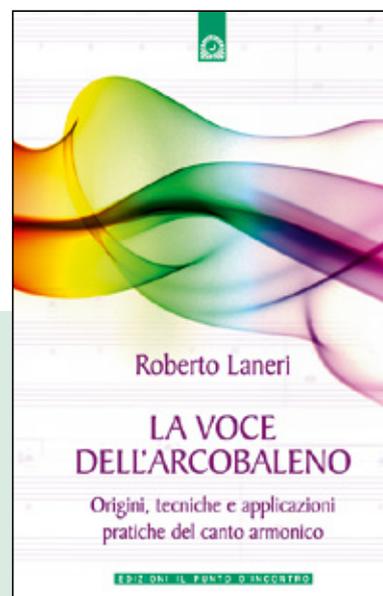
**Roberto Laneri**

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

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

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

**160 pages - 17 x 22 cm**



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



Dr. **FLAVIO TORRESIN**, MD, has specialised in naturopathy, complementary medicine, iridology, herbal medicine, homeopathy, food intolerances, oxidative stress, oxygen-ozone therapy and hydrocolonotherapy.

**320 pages - 17 x 24 cm**

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

## HEALING WITH NATURAL MEDICINES

Heal the cause, not the symptoms

**Flavio Torresin**

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

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

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

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

## FUN YOGA

An ancient discipline to grow healthy and happy

**Lorena Pajalunga**

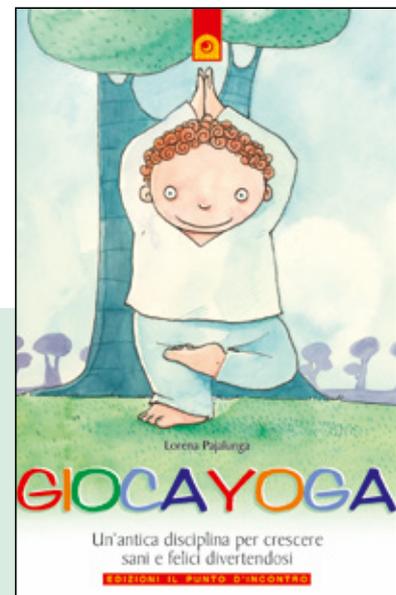
Yoga techniques for children to play with and develop physical and psychological wellbeing

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

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

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

**128 pages - 17 x 22 cm**



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



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

## 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

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.

**128 pages - 17 x 22 cm**

## LOVE YOUR BOWELS

### Valuable tips, techniques and massages for total detox

**Pierre Pellizzari**

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

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

**128 pages - 17 x 22 cm**



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



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

**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.

## MENOPAUSE: BEFORE, DURING AND AFTER

Advice and natural remedies for a conscious choice

Luisa Pavan and Biancamaria Brun

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

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

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

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

192 pages - 17 x 22 cm

## PSYCHOPHYSICAL MASSAGE FOR WOMEN

From pregnancy to menopause

Richard Pearson and 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.

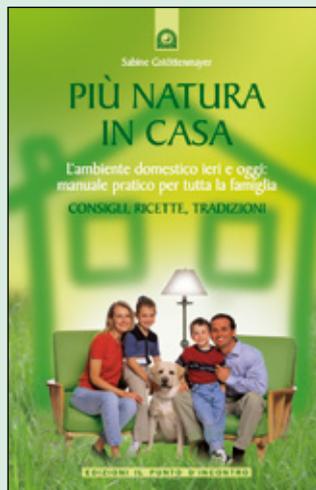
The manual also includes important contributions for child massage (0-6 yrs old) and integrates alternative disciplines like massage therapy, Ayurveda and flower therapy.

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.



## MORE NATURE AT HOME

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

**Sabine Gstöttenmayer**

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

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

192 pages - 12 x 17 cm



## BLOODY FIBROIDS!

### Diagnosis, solutions and experiences

**Eleonora Manfrini**

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

**ELEONORA MANFRINI** works in web marketing and is an expert of online advertising. A few years ago she decided to start a blog about her fight against uterine fibroids. It was a huge success and soon other women joined and started sharing their stories. [www.maledettofibroma.com](http://www.maledettofibroma.com)

240 pages - 17 x 22 cm



## MINERAL ELIXIRS

### The incredible healing properties of mineral dilutions

**Dominique Boulanger**

- 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

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

160 pages - 17 x 22 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
- Dogs and children
- The secrets of dog training
- Pure breed or not pure breed, this is the question
- Animal-assisted therapy: when dogs become therapists

**MANLIO CASTAGNA** studied filmmaking in the United States. He is currently deputy art director of the Giffoni Film Festival committee, the most important festival in the world dedicated to children's films.

**ROBERTO MUCELLI** is a psychotherapist and the president of Petrademone, an organization working on animal-trained therapy and dog training.

256 pages - 14 x 21 cm



## 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

**ANNA FATA** is a holistic psychologist and works with wellbeing both in personal and professional life.

192 pages - 17 x 22 cm



## TIPS OF NUTRITIONAL WELLBEING

### Eat sensibly to stay healthy and feel good

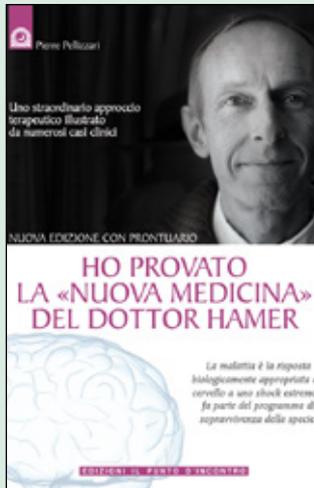
**Pierre Pellizzari**

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

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

160 pages - 17 x 22 cm



## 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

160 pages - 17 x 22 cm



## 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



## 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

**FABRIZIO STRATA** has been studying psychology of writing at the Institute of Psychological Investigations of Milan, obtaining a Master in this subject and becoming qualified for teaching. He holds graphology courses and seminars throughout Italy.

160 pages - 17 x 22 cm



## 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.

160 pages - 14 x 21 cm



## 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

224 pages - 17 x 22 cm



## 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

**FABRIZIO FANTINI** holds a degree in biology and is a member of the Italian Society of Trichology. He has authored several scientific articles and publications on hair damage and loss.

160 pages - 17 x 22 cm



## 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

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



## 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

160 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?

144 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



## 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

160 pages - 18 x 19 cm



## FOOD ALLERGIES AND INTOLERANCES

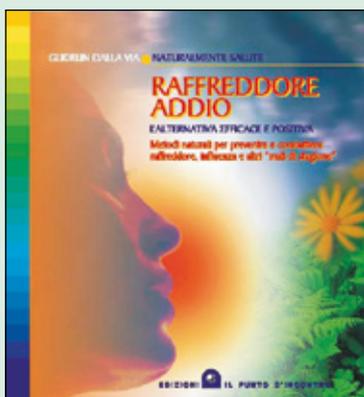
### Natural cures and prevention

**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



## 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

160 pages - 18 x 19 cm



## SLIMMING THE NATURAL WAY

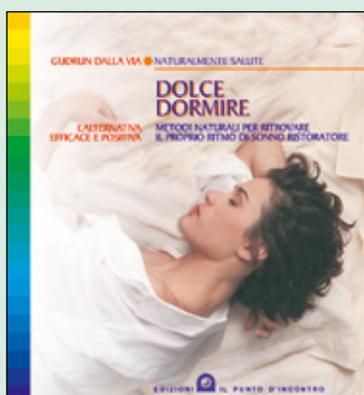
### How to get back in shape taking no pains and gaining health

**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



## 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



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

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

## UNAUTHORIZED CLOSE ENCOUNTERS

### The new frontier of humanity

**Marco Pizzuti**

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

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

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

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

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

**400 pages - 14 x 21 cm**

## UNAUTHORIZED EVOLUTION

### The twilight of nature and the return of demigods

From human 2.0 to the universal matrix of consciousness

**Marco Pizzuti**

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

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

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

**352 pages - 14 x 21 cm**



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## 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. Fruits and vegetables are tasteless and almost in every food we find traces of toxic substances leading to several diseases. Multinationals are using genetics to patent foods and take over the food market globally.

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

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

*"Control food and you control the people."*

- Henry Kissinger

352 pages - 14 x 21 cm

## 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.

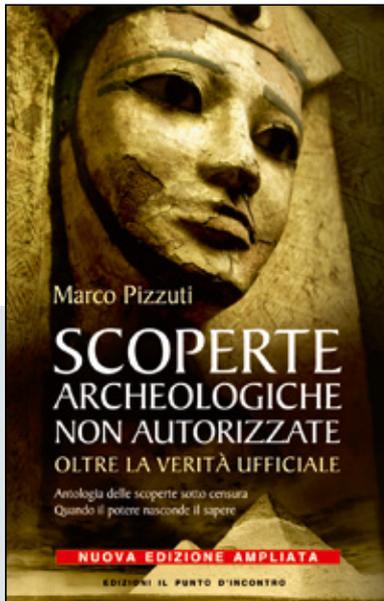
Marco Pizzuti uncovers the mechanisms that turned Big Pharma's commercial propaganda into "medical science". Sometimes, hearing the other side of the story can save your life!

416 pages - 14 x 21 cm



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## UNAUTHORIZED ARCHAEOLOGICAL DISCOVERIES

**An anthology of censored discoveries  
beyond the official truth**

**Marco Pizzuti**

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

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

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

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

**352 pages - 14 x 21 cm**

## UNAUTHORIZED REVOLUTION

**How the world will change**

**Marco Pizzuti**

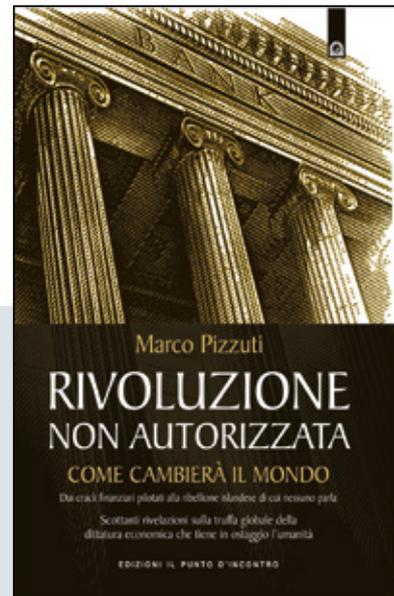
**From planned financial crashes to the Icelandic rebellion; searing revelations about the global fraud of the economic dictatorship that holds humanity hostage**

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

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

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

**256 pages - 14 x 21 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 bear evidence that a super shadow government, managed by high international finance, has been since long coordinating the actions and plans of our politician to achieve absolute supremacy and globalization.

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

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

256 pages - 14 x 21 cm

## UNAUTHORIZED SCIENTIFIC FINDINGS

**Marco Pizzuti**

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

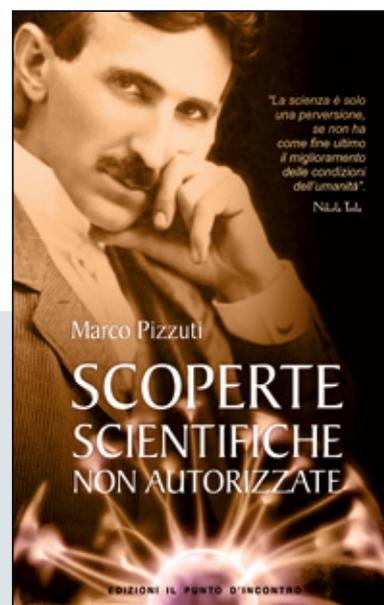
*Unauthorized Scientific Findings* answers these and many other disturbing issues by examining the story of Nikola Tesla, an extraordinary and yet misunderstood scientist who laid the technological foundations of modern society, as well as that of many other “rebellious scientists” who were condemned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

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

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

— Nikola Tesla

320 pages - 14 x 21 cm



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

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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

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

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

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

**256 pages - 14 x 21 cm**

## MYSTERIES OF THE WILD WEST

**Unusual, creepy and weird stories from the American Frontier**

**Gian Mario Mollar**

- New England vampires
- The wendigo, a skeletal monster with large claws and sharp fangs
- "Shapeshifters" and Navajo folklore
- Ghost riders and wild hunting
- Cowboys and aliens: UFOs in the West

This book begins where most stories of the American West – made of dust, sun and duels at noon – end, when darkness falls and camp fires are lit, when coyotes howl and tales are told.

*Mysteries of the Wild West* addresses the Western epic from an almost unprecedented point of view; facts, figures and episodes go hand in hand with the study of native folklore, spirituality, horror literature, esotericism, and mystery.

Flipping through the pages, you will encounter stories and characters of all kinds: vampires and ghosts, serial killers and werewolves, UFOs and winged monsters, haunted houses and Indian legends. The themes, although certainly unusual, are treated in a scientific way to provide, when possible, an explanation or at least the tools to better understand them.

**256 pages - 14 x 21 cm**



Born in 1982, **GIAN MARIO MOLLAR** holds a PhD in philosophy, with a thesis on magical Neoplatonism. He writes for websites such as [farwest.it](http://farwest.it) and [Axis Mundi](http://AxisMundi.com), and for the journal *Tepee* by Soconas Incomindios, to help support Native American people.



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

## HO'OMANA

### The big book of Huna, Hawaiian Shamanism

Giovanna Garbuio, Francesca Tuzzi, and Rodolfo Carone

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

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

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

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

256 pages - 14 x 21 cm

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

**Giovanna Garbuio**

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

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

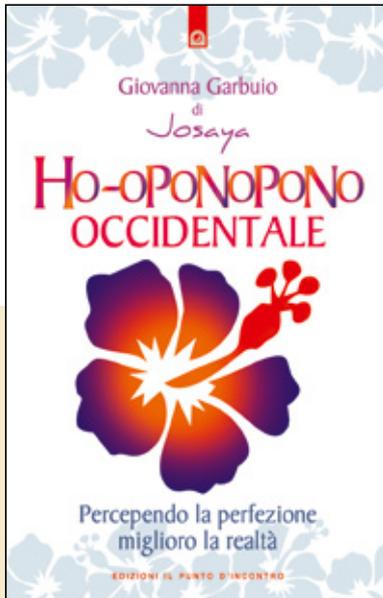
*"You don't need to change anything about yourself, you don't need to become someone other than who you are, and most importantly you don't need learn anything more than what you already know. You only need to love yourself to the point of finally being yourself with all your being!"*

— Giovanna Garbuio

256 pages - 14 x 21 cm



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



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## HO’OPONOPONO: A WESTERN PERSPECTIVE

**By perceiving perfection  
I can improve reality**

**Giovanna Garbuio**

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

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

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

— Giovanna Garbuio

256 pages - 14 x 21 cm

## MAUI’S JOURNEY

**The true story of Ho’oponopono**

Giovanna Garbuio, Francesca Tuzzi, and Rodolfo Carone

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

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

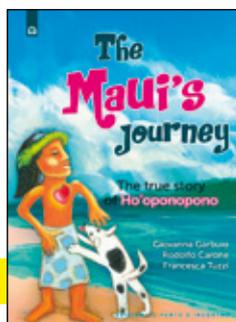
*Maui’s Journey* is however also a book for all those adults who love Ho’oponopono, as it examines all the unknown aspects of Hawaiian culture from which this ancient and powerful practice originated. Furthermore, it answers in a simple way many questions that are often unclear even to those who have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

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

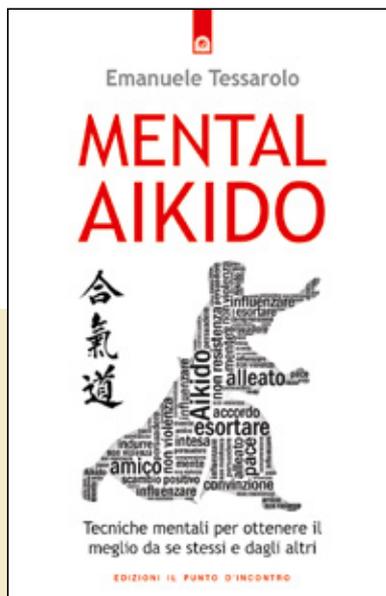
With the contributions of Barbara Randall, renowned representative of Aboriginal culture, and the beautiful drawings of Estrella Apolonia, Native American medicine woman.

256 pages - 14 x 21 cm

FULL ENGLISH TRANSLATION AVAILABLE



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



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. Since 2008 he 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.

176 pages - 17 x 22 cm



## DEVELOP WINNING RELATIONSHIPS WITH A NEW BODY LANGUAGE

**Decode gestures and learn to react with NLP**

**Rocco Americo and Rosario Alfano**

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

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

176 pages - 17 x 22 cm



## PROFESSIONAL LIFE AND THE PRACTICE OF MEDITATION

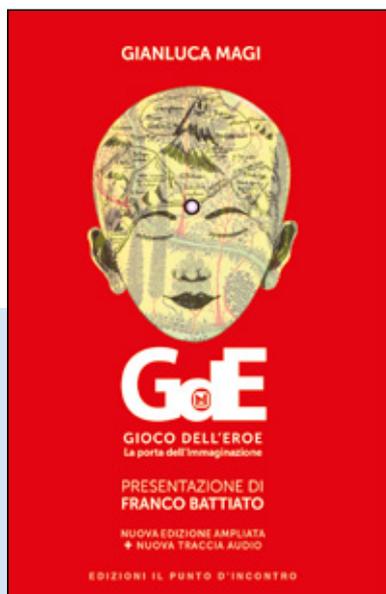
**Developing presence, attention, awareness and insight at work**

**Anna Fata**

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

**ANNA FATA** is a holistic psychologist and works with wellbeing both in personal and professional life. She has created the method ArmoniaBenessere (Harmony and Well-being), as well as an association carrying the same name.

256 pages - 17 x 22 cm



**GIANLUCA MAGI** is an expert 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 imagination  
Updated Edition

Gianluca Magi

Foreword by singer Franco Battiato

How can we find relief from our anxieties and turn paralysing boundaries into joyful thresholds to cross? By having our personal mythology come true, says Gianluca Magi.

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

This new edition highlights how the systematic use of the imagination today, and even more in the future, is very important not only for our knowledge, but also to save us from chaos and stupidity. Without imagination we are totally predictable.

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

*The Hero Game* is an invitation to one's inner life, and to its evolutionary transmutation.

144 pages - 14 x 18 cm

## EARTHLY LIVES, AFTERLIFE

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

Sabrina Dal Molin

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

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

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

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

- Sabrina Dal Molin

288 pages - 14 x 21,5 cm

FULL GERMAN TRANSLATION AVAILABLE



**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.



**GIOVANNA GARBUIO** has authored several successful publications on the philosophy of Ho'oponopono, which she sees as an instrument helping us carry out our life project with joy. On this subject she holds regular and much-followed seminars throughout Italy.

## ESSENE MIRRORS

**The code to interpret the map of your life**

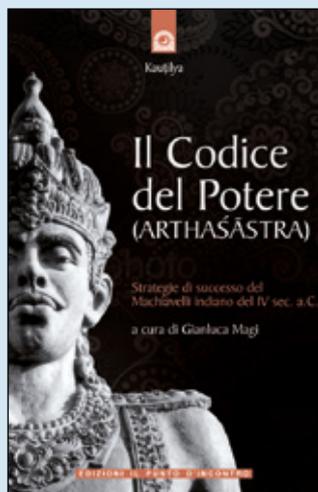
**Giovanna Garbuio**

With *Essene Mirrors*, Giovanna Garbuio introduces 14 powerful tools of knowledge. According to the Essene mirror theory, reality – which we live as something other than ourselves – is just something that reacts and adapts to how we are.

Where's the problem, then? The problem is that as long as we do not know who we are, what happens to us in our lives is completely out of control. However, the world we perceive "outside" is only a projection of how we are "inside". What we observe in another individual is a reflection of what we experience about ourselves. Therefore the encounter with other people, perceived as different from oneself, actually represents an encounter with ourselves, because the other person is but the mirror of who we are, even though we cannot perceive it on an objective level.

*"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 - 14 x 21 cm



## THE CODE OF POWER

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

**Kautilya - Edited by Gianluca Magi**

Kautilya, the Indian Machiavelli of 2,300 years ago, put into writing timeless truths on how to obtain and use power. After having been lost for centuries, this multifaceted jewel of Indian wisdom applied to the art of success is today considered a reference work for the Indian ruling class.

*"The 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)

400 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

240 pages - 12 x 17 cm



## A WHIFF OF SERENITY

### Dialogues with an invisible Master

**Cristiano Tenca, Roberta Barioglio and 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

224 pages - 17 x 22 cm



## TIZIANO TERZANI: THE POWER OF TRUTH

### Globalization and decline through the eyes of a wiseman

**Gloria Germani**

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

Terzani'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.

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.

208 pages - 14 x 21 cm



## 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

After graduating in flute at Vicenza's Conservatory, **PATRIZIA SATERINI** embarked on a 30-year study and research on Hindustani and Carnatic music. She's Professor of Indian Music at the Conservatory of Music of Vicenza.

240 pages - 14 x 21 cm



## 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

**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).

144 pages - 17 x 22 cm



## SAYING YES TO LOVE WITH ANGELS

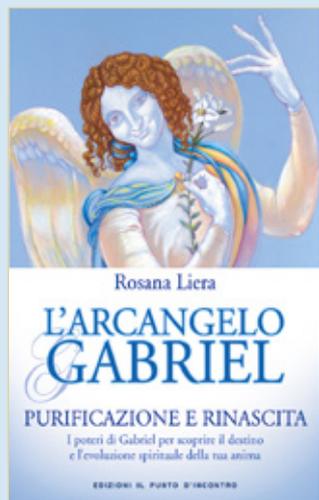
**Rosana Liera**

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

**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.

160 pages - 14 x 21 cm



## GABRIEL THE ARCHANGEL

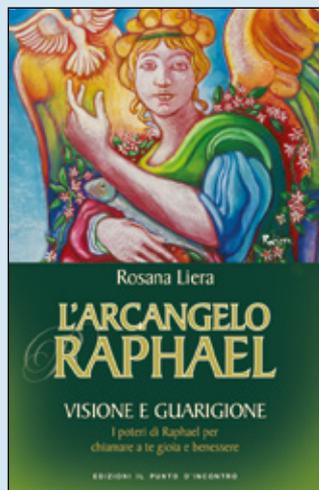
**Purification and Rebirth**

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

**Rosana Liera**

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

160 pages - 14 x 21 cm



## RAPHAEL THE ARCHANGEL

**Vision and healing**

**Evoking joy and wellbeing with Raphael's powers**

**Rosana Liera**

- 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

160 pages - 14 x 21 cm



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

## HOW TO WIN HIS HEART WITHOUT LOSING YOUR MIND

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

**Manuela Celli**

In case of love, break rules

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

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

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

304 pages - 14 x 21 cm

## LOVE AND SEDUCTION

**Be loved for what you are and even more  
Choose with your heart and act with your head**

**Manuela Celli**

- Increase self-love and confidence in yourself
- Get rid of unbearable people and situations
- Avoid developing emotional addiction
- Turn your life into what you want it to be
- Attract, conquer and maintain a relationship with Mr. Right

Life is really simple and so is love, yet we often complicate everything with limiting thoughts and the inability to manage our emotions.

Some women know how to be desired, loved and respected by men, who show them that kind of veneration that is reserved for a unique and special creature. Other women, on the contrary, despite being beautiful and intelligent, struggle to find the love they dream of and are often in relationships where they are badly loved and poorly respected.

Manuela Celli describes a simple and effective method that allows women to conquer the love they desire, the freedom to be as they like and independence from the judgment of others.

312 pages - 14 x 21 cm



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



## LOVE ADDICTION

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

Maria Cristina Strocchi, Sonny Raumer and Tullio Segato

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

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

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

160 pages - 14 x 21 cm

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

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

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

## THE UNCOUPLING COUPLE

### How to prevent and solve crises in love relationships

Maria Cristina Strocchi

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

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

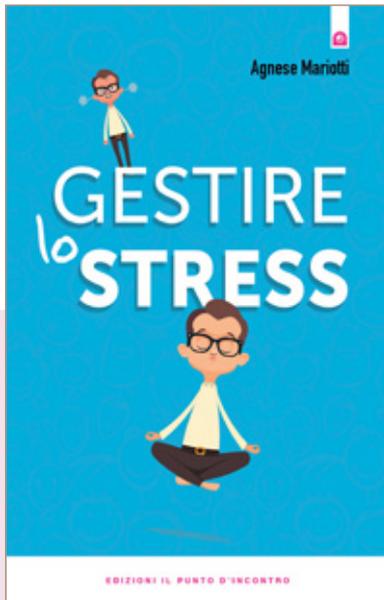
*The Uncoupling Couple* is a guide that helps choose the right partner and shows how to make relationships last longer. It is also an effective support to help leave one's partner in the fairest and least painful way, overcome the trauma of desertion and serenely deal with children's questions.

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

144 pages - 14 x 21 cm



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



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

## MANAGE STRESS EFFECTIVELY

**Agnese Mariotti**

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

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

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

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

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

**144 pages - 12 x 17 cm**

## PSYCHIC VAMPIRES

**How to identify them, how to defend yourself**

Mario Corte

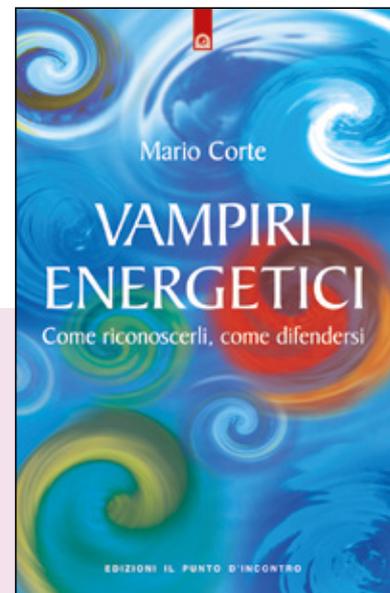
**Vampirism and hostility in modern society: creating a shield against energy drainage**

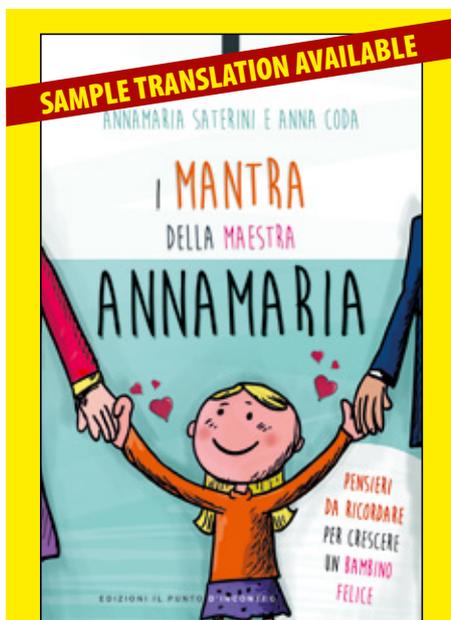
- Introduces the notion of "psychic vampire" and reveals what are the symptoms of a vampire assault
- Discusses the fundamental rules in anti-vampirism and shows how to create a protective shield
- Explores the link between eroticism and vampirism

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!

**256 pages - 17 x 22 cm**





**ANNAMARIA SATERINI** has been working for more than 40 years as a schoolteacher. She is a certified psychomotor practitioner and has taken part in conferences, seminars and workshops on Aucouturier Psychomotor Practice.

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

## TEACHER ANNAMARIA'S MANTRAS

### Thoughts to remember to raise happy children

**Annamaria Saterini and Anna Coda**

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

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

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

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

192 pages - 14 x 21 cm

## TODAY I'M A CLOUD, TOMORROW I'LL BE A RAINBOW

**Mindfulness for kids from 7 to 12 years old**  
Exercises and games for confidence and peace of mind

**Davide Viola**

Mindfulness indicates a state of full awareness of the here and now; it means having an open attitude to life, emotions and feelings as they appear, moment by moment, breath by breath. It is not about repairing something broken, it is about creating something new with existing potentials.

Today's children carry out many tasks in their daily lives and they too can feel stressed: school, homework, sports, excess of duties, relationships with peers, parents and siblings.

Mindfulness can teach your kid to feel calmer, more focused, able to manage and overcome any difficulty, capable of dealing with stress in order to enjoy every moment.

Talking directly to children from 7 to 12 years old, *Today I'm a Cloud, Tomorrow I'll Be a Rainbow* contains exercises, games, forms to fill in, stories to reflect and mandala to color, teaching kids the importance of awareness and mental presence, so that they can grow more serene, happy and self-confident.

128 pages - 17 x 24 cm



**DAVIDE VIOLA** is a psychologist and a psychotherapist, expert in bioenergetic analysis. He holds courses in bioenergetics and mindfulness (MBSR and MBCT protocols), and carries out clinical and training activities in school psychology, as well as in the diagnosis and treatment of learning and behavior disorders. He is the author of various scientific publications on developmental neuropsychology and psychotherapy.



**ANTONIO TOSI** is a CBT psychotherapist, a teacher and supervisor for A.I.A.M.C. (Italian Association for Analysis and Modification of Behavior). He also works as a role-setting psychologist at the Bergamo-based Papa Giovanni XXIII Hospital. He has authored several books on mental and emotional wellbeing, parenting, and couple relationships.

## TAKE CARE OF YOURSELF

**A guide to develop self-acceptance, self-respect, understanding and kindness towards oneself**

**Your psychologist's most practical tips**

**Antonio Tosi**

- Do you know what you really want?
- Are you able to listen to all your emotions?
- Can you take care of your body?
- Can you accept your limits?

“Take care of yourself” is something we hear very often, from friends family, etc. And yet, how many times do we listen to their advice? We focus our energy to get other people’s approval and recognition. When we are rejected, we feel bad. However, we often forget how important it is to develop self-acceptance, self-respect, understanding and care towards ourselves.

*Take Care of Yourself* shows you how to grow a true and profound respect for yourself, take care of your needs, make projects that fulfill your aspirations, live according to your values. And remember: a healthy self-love is not selfishness!

**224 pages - 14 x 21 cm**

## SYSTEMIC FAMILY CONSTELLATIONS

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

**With questionnaires and exercises**

**Daniele Ronchi**

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

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

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

**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.



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

## MEMORY REFLEXOLOGY

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

**Samantha Fumagalli and Flavio Gandini**

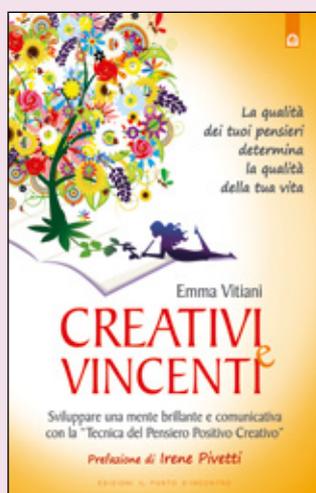
Learn about chronoreflexology and how it can help you let go painful experiences

- 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 - 17 x 22 cm



## 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

128 pages - 17 x 22 cm



## 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

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

192 pages - 17 x 22 cm



## PLEASURE WITHOUT STRESS

### How to overcome sexual performance anxiety

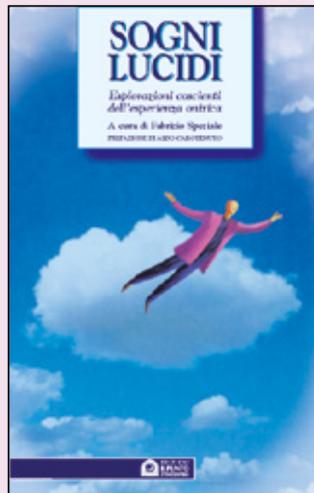
**Emiliano Toso**

**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

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

192 pages - 12 x 17 cm



## LUCID DREAMS

### Conscious explorations of oneiric experiences

**Fabrizio Spedale**

**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"

160 pages - 12 x 17 cm



## 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

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.

160 pages - 17 x 22 cm



## YOU CAN CHANGE

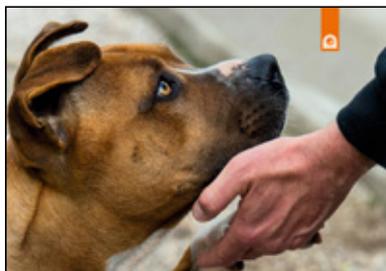
### The book of turning points

#### Carry out the changes you've been constantly postponing!

**Rosario Alfano**

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

160 pages - 17 x 22 cm



Pierluigi Raffo



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

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

## HELLO, MY NAME'S DOG

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

**Pierluigi Raffo**

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

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

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

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

192 pages - 14 x 21 cm

## A DOGHOUSE OF ONE'S OWN

An innovative model of dog pound for better-informed adoptions

Turning animal shelters into a social success

**Pierluigi Raffo**

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

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

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

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

192 pages - 14 x 21 cm



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

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



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## HOMEMADE DIY DOG TOYS

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

Pierluigi Raffo

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

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

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

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

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

192 pages - 14 x 21 cm

## HOORAY, TIME TO CHEW!

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

Pierluigi Raffo

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

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

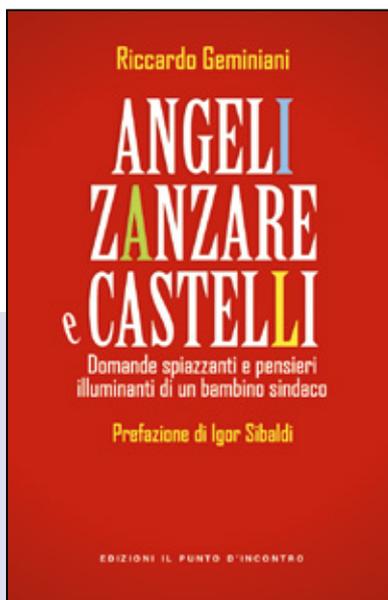
By encouraging appropriate, supervised chewing, you will not only save your household items, but also have a happier, more relaxed and healthier dog.

192 pages - 14 x 21 cm



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



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

## ANGELS, MOSQUITOES AND CASTLES

Unsettling questions and enlightening thoughts by a gifted kid

**Riccardo Geminiani**

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

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

128 pages - 15 x 19 cm

## 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

**Sabina Marineo**

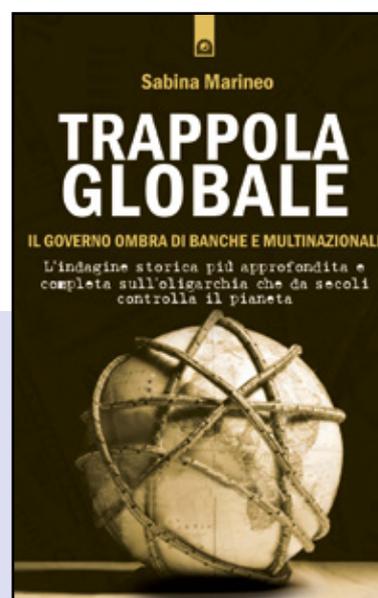
The most in-depth and exhaustive historical inquiry on the oligarchy that has been controlling the planet for centuries

What is globalisation? The result of conspiracies by important international secret societies? The cob web woven by big businessmen, bankers and politicians? The outcome of a sinister plan outlined in the 19th and 20th centuries by members of Masonic Lodges? A subtle strategy aiming to enslave the planet?

*Global Trap*, the most in-depth and exhaustive historical inquiry on the oligarchy that has been controlling the planet for centuries, will help you to find the answers.

GERMAN TRANSLATION AVAILABLE

256 pages - 14 x 21 cm



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



## 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
- Self-producing what is necessary
- Achieving energy independence
- Investing one's savings
- Opportunities for living abroad

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

240 pages - 14 x 21 cm



## I'LL DROP EVERYTHING AND MOVE ABROAD

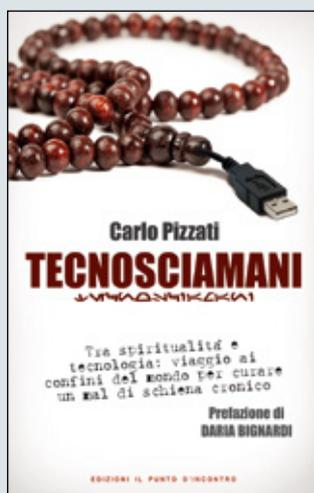
A practical guide to get a better life in another country

**Francesco Narmenni**

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

192 pages - 14 x 21 cm

## BIOGRAPHIES



## TECHNOSHAMANS

Between spirituality and technology

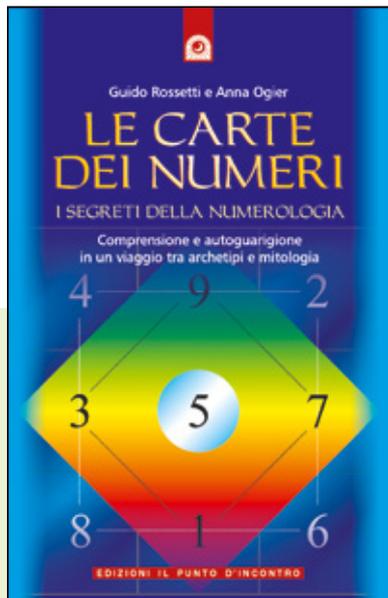
**Carlo Pizzati**

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 turn ourselves into androids?
- Will spirituality and technology do away with humanity?

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

224 pages - 14 x 21 cm



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

## THE CARDS OF NUMBERS

### The secrets of numerology

#### Guido Rossetti and Anna Ogier

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

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

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

192 pages - 12 x 17 cm



## NUMEROLOGY AND THE KEYS OF FORTUNE

### Fortune as an alignment of the individual self with universal archetypes

#### Guido Rossetti

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

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

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

272 pages - 17 x 22 cm



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

## TAROTS AND MAGIC WORDS

### Rituals, formulas and tarot reading

#### Cristiano Tenca and Antonella Mazzariol

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

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

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

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

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

208 pages - 17 x 22 cm

## THE BOOK OF MAGIC WORDS

### Spells for modern times

#### Cristiano Tenca

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

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

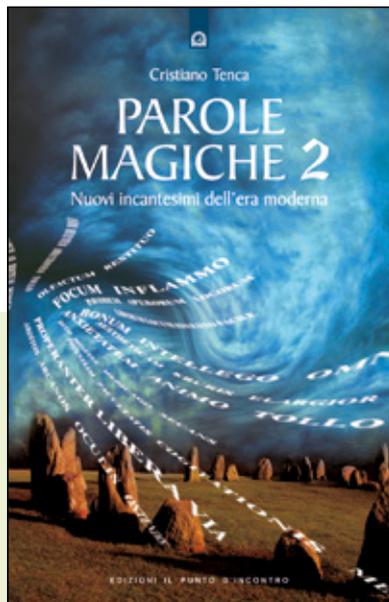
All thoughts, including those we materialise through voice, contain a very strong energy. By concentrating on it and using the right words, you can mould and direct this energy, focusing its power on elements, places and situations you wish to modify.

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

184 pages - 17 x 22 cm



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## MAGIC WORDS 2

### New spells for modern times

#### Cristiano Tenca

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

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

240 pages - 17 x 22 cm

## MAGIC WORDS 3

### Spells for the New Millennium

#### Cristiano Tenca

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

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

Everything is vibration and therefore everything has a specific vibrational frequency. By chanting positive spells, you can get a better control of this frequency and therefore increase the vibrational energy in the situations of your choice. This will help you make such situations energetically more powerful and available, laying the foundations for their coming true.

The book also reports the extraordinary results achieved by many readers in the first two volumes.

224 pages - 17 x 22 cm



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## 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 de-cagon

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

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

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

192 pages - 17 x 22 cm

## MAGIC WORDS FOR OUR PETS

Spells for animals' wellbeing

**Cristiano Tenca**

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

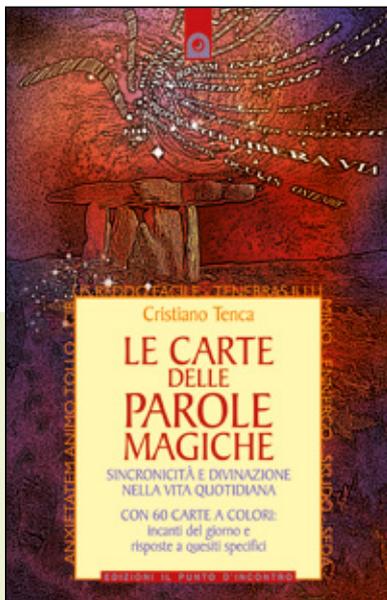
Cristiano Tenca, the author of 4 very popular books on magic words, has selected over 350 spells that will help you create a better relationship with your beloved pets, improve their health and make their environment a better place for both.

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

192 pages - 17 x 22 cm



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## THE CARDS OF MAGIC WORDS

**Synchronicity and divination  
in everyday life**

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

**Cristiano Tenca**

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

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

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

## THE BOOK OF MAGIC WANDS

**Cristiano Tenca**

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

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

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

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



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**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 ELVES' CARDS

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

**Tiziana Mattera**

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

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

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

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

256 pages - 12 x 17 cm  
55 cards

## THE DRYADS' CARDS

### The spirits of the sacred trees

**Tiziana Mattera**

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

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



**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.



128 pages - 14 x 18 cm

## THE CHILD AND THE MAGICIAN

### A child's initiation to the bright side of magics

Riccardo Geminiani and Salvatore Brizzi

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

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

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

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

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

## THE KADOSH CARDS

### The path of soul vision

#### Uriel

In Sepher Ha-Zoar ("The Book of Glory"), it is stated that God did not personally create the world, but created it through the Sephiroth, symbols and letters imbued with spiritual powers.

*The Kadosh Cards* are not simply divination cards such as Tarots, they also represent the virtues of the Sephiroth, and as such they are spiritual tools through which we can communicate with our guardian angel.

The 81 cards are based on the 72 divine names of the Kabbalah angels, plus 9 cards of the Sephiroth archangels. In addition to a complete symbolism that makes them a powerful tool for transformation and investigation, the cards feature the element, planet, and zodiac sign that each angel presides. Finally, the "contact dates" allow you to communicate with your guardian angel every 72 days from your date of birth.

*The Kadosh Cards* also contains a powerful talisman, reproduced on the back of each card, that has been revealed to the author by the angel Sariel.

Book + deck of cards





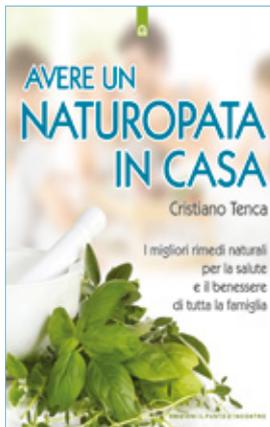
Adalberto Peroni  
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 An innovative method that restores physical, psychological and energy balance using the beneficial action of colours and light  
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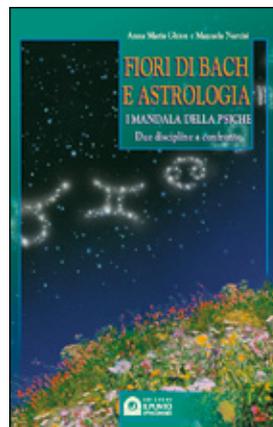
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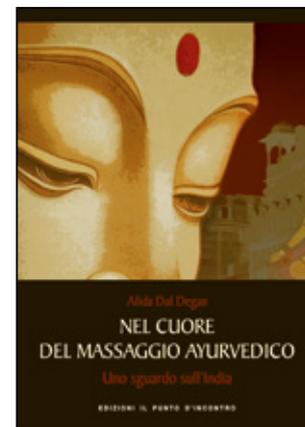
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**100 ANTI-CELLULITE RECIPES**  
 128 pages - 17 x 22 cm



Cristiano Tenca  
**A NATUROPATH AT HOME**  
 Treat yourself to achieve perfect health and live a peaceful and happy life  
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Anna Maria Ghion and Manuela Narcisi  
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 The Mandalas of psyche  
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Alida Dal Degan  
**AT THE HEART OF AYURVEDIC MASSAGE**  
 India at a glance  
 264 pages - 21 x 21 cm



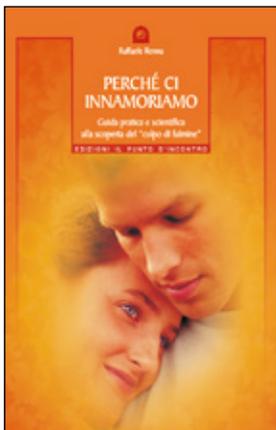
Samantha Fumagalli and Flavia Gandini  
**THE POWER OF DREAMS AND SKIN REFLEXOLOGY**  
 A guide to learn the art of dream polarization and find in dreams new and creative solutions  
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Sergio Salati  
**REBIRTHING**  
 Breathing that heals  
 144 pages - 17 x 22 cm



Alessandro Germani  
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Raffaale Renna

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A practical and scientific guide to discovering love at first sight

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Manlio Castagna

### MOVIE-THERAPY FOR BROKEN HEARTS

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

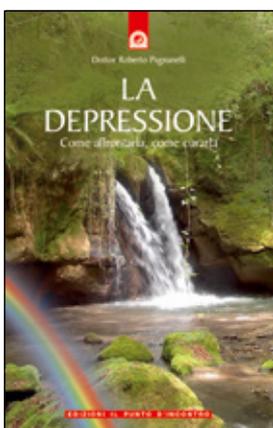
256 pages - 14 x 21 cm



Giovanni Ottaviani

### ZEN AND THE ART OF COMMUNICATION

192 pages - 12 x 17 cm



Roberto Pagnanelli

### DEPRESSION

How to face it, how to cure it

206 pages - 17 x 22 cm



Roberto Pagnanelli

### ... 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

256 pages - 17 x 22 cm

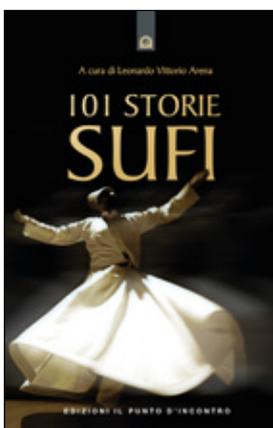


Rosario Alfano

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

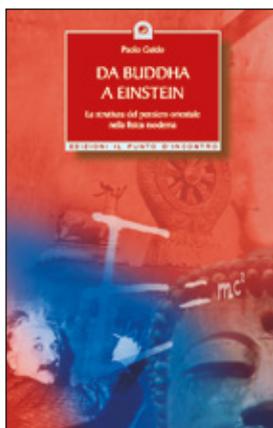
224 pages - 17 x 22 cm



Leonardo V. Arena

### 101 SUFI TALES

128 pages - 14 x 21 cm

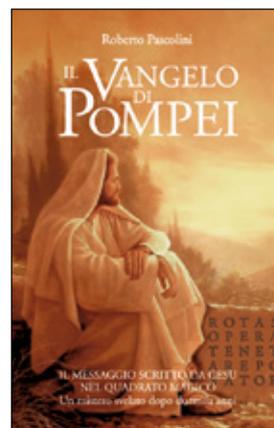


Paolo Guido

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The structure of Eastern thought in modern physics

160 pages - 14 x 21 cm

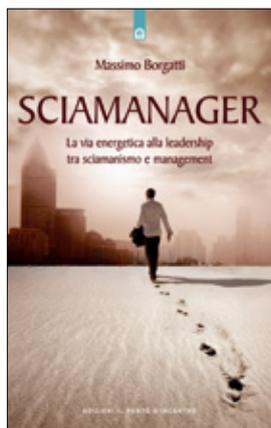


Roberto Pascolini

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The written message of Jesus in the Magic Quadrant

240 pages - 14 x 21 cm



Massimo Borgatti  
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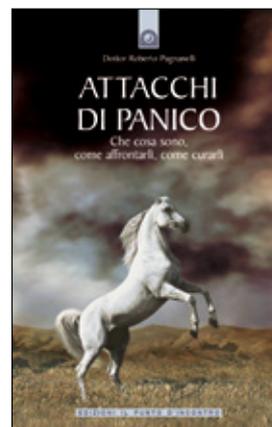
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**The Four Steps**  
 Create happy relationships in  
 couples, families and at work  
 160 pages - 14 x 21 cm



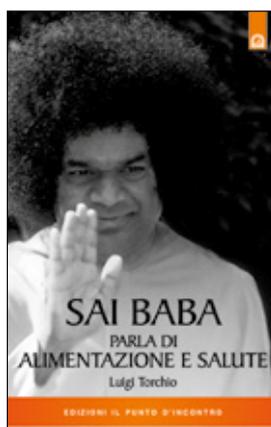
Luca Fortuna  
**Omega 3-6-9**  
 The keys to health, beauty and wellness  
 128 pages - 17 x 22 cm



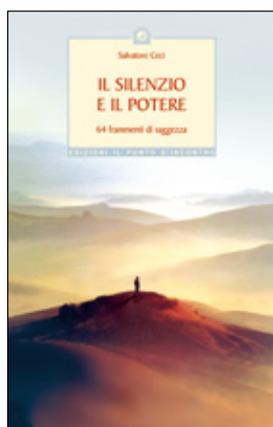
Luca Fortuna  
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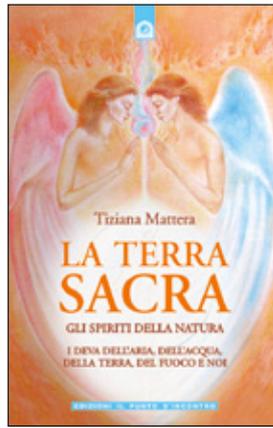
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**NIRODH FORTINI** is a composer, researcher and music therapist, and has been researching music-applied therapy for over twenty years. He directs the Centre of Meditation and Arihant Music of Varazze, where he teaches music therapy and communication.

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.



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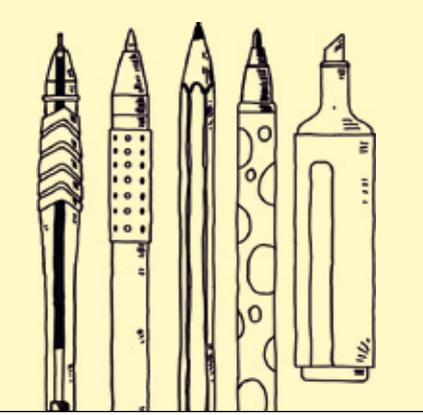
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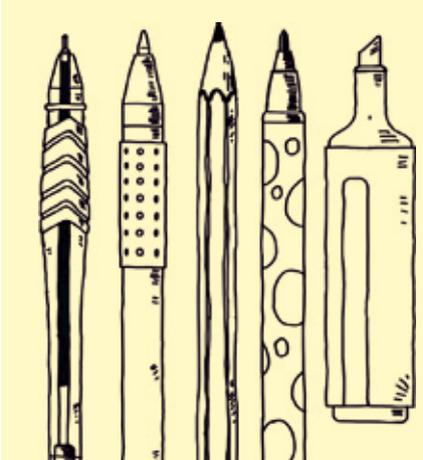
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### TROPICAL FOREST

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To inquire about translation rights, please contact:

Cristina Levi  
cristinalevi@gmail.com

Edizioni Il Punto d'Incontro

Via Zamenhof, 685 - 36100 Vicenza - Italy

Phone +39 0444 239189 - Fax +39 0444 239266

info@edizionilpuntodincontro.it

**[www.edizionilpuntodincontro.it](http://www.edizionilpuntodincontro.it)**