

Top Titles 2020/2021



The Little Samurai Finds his Centre

by Christopher End and Anando Würzburger

This book introduces children between 6 and 10 years of age and their parents to **Hara Meditation** with **practical exercises and an exciting story**. The meditation with movement elements **helps young people** to find their inner centre and thus **to cope with stressful situations more easily**.

In this way, the feelings of fear and excitement in everyday school life, before class tests, when joining a new club, bullying and other challenges can be managed courageously and with peace of mind.

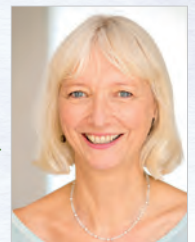
The 8-year-old twins Nina and Tim, who have just moved to Cologne and are still very much suffering from their new situation, experience a journey back in time to ancient Japan in this exciting adventure story. In the process, accompanied by the little samurai, they learn how to get a grip on fears, anger and excitement with meditations. Together they experience an exciting adventure and are able to uncover an insidious betrayal through their courage.

The Hara Meditation gives courage and accompanies children from movement into stillness.

Christopher End has over 20 years of experience in meditation and is trained in Aikido, Qi Gong, systemic coaching and humanistic therapy. As a coach, he accompanies parents in mindful living with children and publishes the podcast „Eltern-Gedöns“. He has loved and told stories since childhood. Today he lives in Cologne with two wild children, a humorous wife and many books. More info at: www.christopher-end.de



Anando Würzburger has been teaching meditation and humanistic spiritual therapy internationally as a seminar leader and trainer since 1982. In her Institute for Hara Awareness® she teaches people with ease and humour how to strengthen their centre and regulate their emotions more stress-free, even in difficult life situations. She has a daughter and a grandchild, loves Japanese culture and teaches Japanese bodywork. She has published meditation CDs and the book Body Wisdom. More info at: www.hara-awareness.de



A lovingly designed book with small illustrations
set with book and CD

Format 16 x 16 cm • Hardcover 136 pages + CD Playing time approx. 40 minutes
ISBN 978-3-86410-255-4

18,95 €, 1st edition october 2020

Category: Relaxation/Meditation

Foreign rights are available

Top Titles 2020/2021



Swinging the Pendulum Correctly

by Werner Giessing

Werner Giessing is an experienced pendulum practitioner and teacher. With this book he has set himself the task of writing a pendulum book that meets all expectations, those of the pendulum **beginner** as well as those of the pendulum **professional** who is looking for specialised knowledge.

Therefore, with „Swinging the Pendulum Correctly“ **you can learn everything you need to know** about pendulums. Starting with the **choice of the right pendulum** and ending with the **correct swinging**: material, shape, size, hand position, questioning. It helps to avoid common beginner's mistakes, and holds important insider tips from pendulum professionals.

Excellent illustrated, it shows pendulum shapes, materials, hand and body postures and provides pendulum charts with which you can immediately gain your first experience.

With this book you learn everything about the pendulum: **practice, background, advantages, dangers** - so that your own pendulum becomes a faithful companion who is always there with the right answer when it is needed.

Always a reliable answer – The complete pendulum manual: forms, materials, pendulum techniques, rituals, insider tips and professional knowledge

Werner Gießing is a long-standing expert on everything to do with „pendulums“. In addition to his work as an author, he is a palm reader and Feng Shui consultant. He conducts seminars on the topics described above , e-mail: info@werner-giessing.de. Homepage: www.werner-giessing.de.

Format 16 x 23 cm • Paperback 78 pages • 11. edition in 2020

ISBN 978-3-89385-328-1

€ 9,90, since the 1st edition in 1999, more than 26,000 copies sold in Germany

Category: Advisor/Spirituality/Interpretation of life

Rights sold: French, Spanish, Czech, Russian

www.windpferd.de

Top Titles 2020/2021



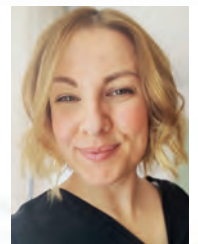
In Balance with Aroma Yoga

by Nicole Schröter

Yoga now comes in many different variations and forms. Many traditions such as Hatha Yoga or Kundalini Yoga have long since evolved. In aroma yoga, for example, **two modes of action** come together that support and gently complement each other. The healing power of plants in the form of **essential oils** and the effect of **asanas**, **pranayama**, **meditation** and **yoga nidra** reinforce each other. The practice deepens. Thus, essential oils in yoga classes provide **better sleep, relaxation or performance enhancement**.

The Aroma Yoga exercise series have been tested in numerous yoga classes by Nicole Schröter and cleverly put together. For the **chakras**, there are additional impulses on how these can be **harmonised with essential oils**. Here, our strongest sense, the sense of smell, is used intensively to deepen and complement the yoga practice. The ancient knowledge of the yoga tradition and the knowledge of medicinal herbs, easily applicable in the form of essential oils, come together here in a new experience for the yoga practitioner.

Nicole Schröter is a certified yoga teacher and lives with her family just outside Hamburg. There she teaches in her yoga studio „Yoga Loft Wedel“ with a lot of heart and soul. She is particularly committed to teaching children and young people. She has been teaching in schools, day-care centres, social institutions and yoga festivals for 8 years. As an expert for this young target group, she was a speaker at the first German Online Yogaconference in 2016.



Her other bestseller: *Teen- Yoga – Make it easy when your world is upsidedown.*

ISBN 978-3-86410-188-5

Category: Yoga/Tennagers/Relaxation

Format 16 x 16 cm • Softcover 216 pages

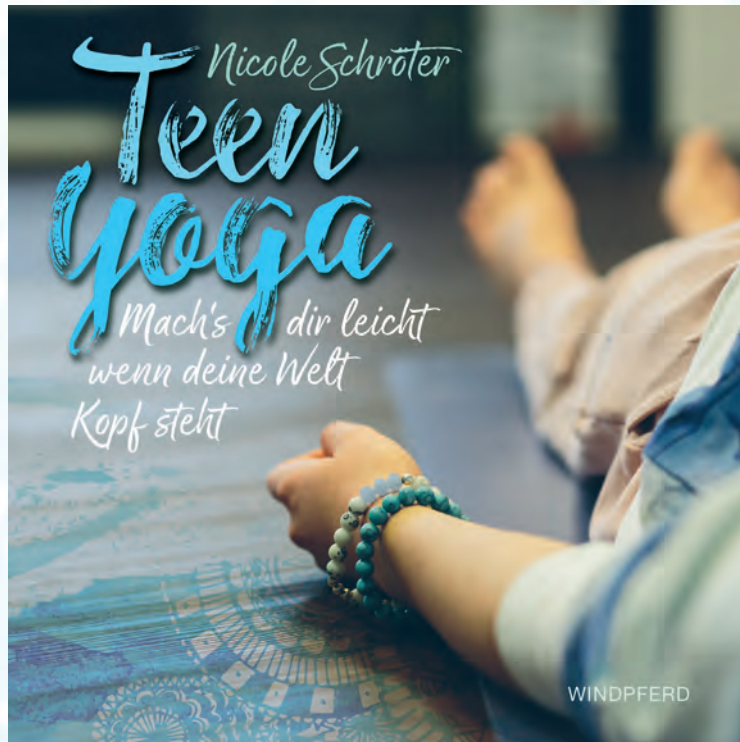
ISBN 978-3-86410-276-9

€ 16,95, 1st edition in October 2020

Category: Yoga/Aromatherapy

Foreign rights are available

Top Titles 2020/2021



Teen-Yoga

by Nicole Schröter

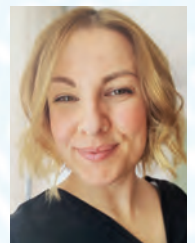
Make it easy when your world is upside down

Hormones are on a rollercoaster and your body is out of shape? Then it's good to be wild like a warrior or to open your heart in Pisces.

Teen yoga is a deceleration guide that **brings lightness and stability to your everyday life** in a difficult phase of life.

„Yoga helps you recharge your batteries,“ emphasises Hamburg yoga teacher Nicole Schröter in this book. A healthy portion of spirituality will loosen up the hard everyday school life. Positive affirmations and information that go beyond the normal biology lessons will give you back your strong self-confidence. For a relaxed approach to the changed body and the ping pong of emotions.

Nicole Schröter is a certified yoga teacher and lives with her family just outside Hamburg. There she teaches in her yoga studio „Yoga Loft Wedel“ with a lot of heart and soul. She is particularly committed to teaching children and young people. She has been teaching in schools, day-care centres, social institutions and yoga festivals for 8 years. As an expert for this young target group, she was a speaker at the first German Online Yogaconference in 2016. Her other books: *In Balance with Aroma Yoga*. ISBN: 978-3-86410-276-9



Format 16.0 x 16.0 cm • Softcover 224 pages, coloured

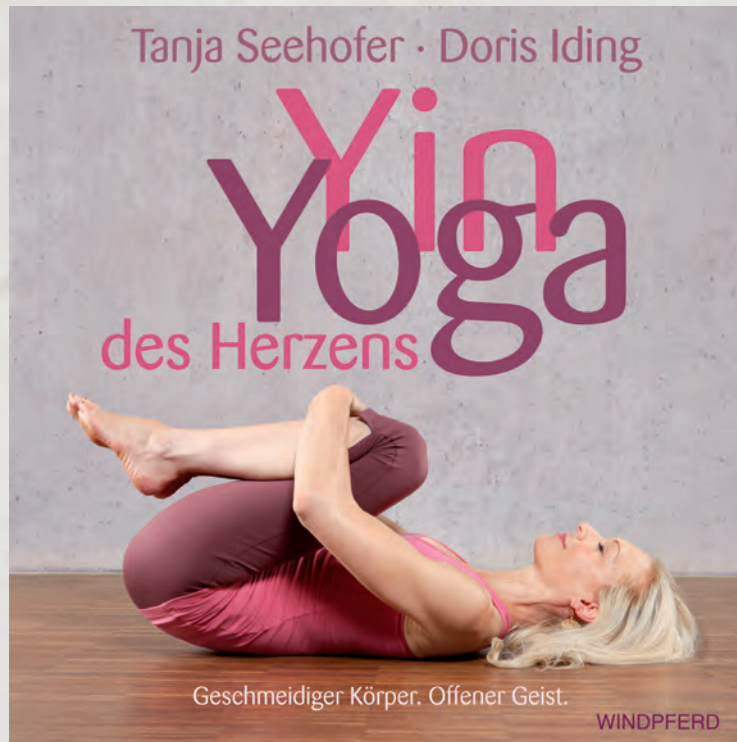
ISBN 978-3-86410-188-5,

€ 16,95, 2nd edition in 2020

Category: Yoga/Relaxation/Teenagers

Foreign rights are available

Top Titles 2020/2021



Yin Yoga of the Heart

by Tanja Seehofer and Doris Iding

Supple body. Open heart.

Yin Yoga is very much in vogue: **life energy is strengthened**, **self-healing powers** are promoted, **fascial tissue is stimulated** and everyday complaints such as **back pain** caused by bad posture and stress are **eliminated**.

Yin Yoga of the Heart supports the mobility of the spine with a special sequence of exercises. Selected **yoga asanas** are held for a long time without muscle tension. In TCM (traditional Chinese medicine) as well as in Ayurveda and the yoga tradition, it is believed that the human body is animated by an invisible energy system. Fine-tuned combinations of asanas, meditations, aspects of **the yoga sutra** and important findings **from modern brain research** enrich your own **yoga and meditation practice**. With this guidebook, the experienced yin yoga teacher Tanja Seehofer offers a **holistic yoga programme with deep relaxation for beginners and advanced practitioners**.

Tanja Seehofer completed a yoga training at AIRYOGA in Munich. She has now been teaching successfully in Germany and abroad for several years and supplements her classes with aspects from mental training, human energetics, quantum physics and meditation.

Other books: Yoga against burnout. Calm and confident under stress. ISBN 978-3-86410-097-0 and Yoga for inner peace. Living in harmony with your own feelings. ISBN 978-3-86410-144-1



Doris Iding, ethnologist and yoga teacher, works as an editor for „Yoga aktuell“ and as a book author in the field of spirituality and psychology, leads seminars on „Creative Writing“ and „Mindfulness“ and teaches yoga philosophy as a lecturer in yoga teacher training courses.

Other books: Serenity On the Go - Small relaxations for on the go. ISBN 978-3-86410-119-9



Format 16.0 x 16.0 cm • Hardcover edition 144 pages, coloured
ISBN 978-3-86410-068-0

€ 16,95, 3rd edition in 2018, sold nearly 8,000 copies in Germany

Category: Yoga/Relaxation

Foreign rights are available

www.windpferd.de

Top Titles 2020/2021



Buddha Cooks

by Klaus Herkommer, Eleonore M. Hild

Nutrition according to Tibetan Medicine.

Eat healthy through your type-appropriate nutritional concept. With 108 healthy and tasty international recipes, the introduction to individual nutrition according to Tibetan medicine is made easy for you!

Tibetan medicine teaches that different foods and preparation types are healthy for different people. With the help of this cookbook, each of the three main types (wind, bile and phlegm) can prepare a **healthy breakfast, soups, main courses as well as desserts according to their type**. This way, one very soon understands the basic principles and feels how the right food brings body and mind into balance and strengthens them. With this **basic understanding** and the **detailed lists of foods with descriptions of their qualities**, you can independently expand your repertoire of dishes and easily adapt familiar dishes.

An included test to determine the individual constitutional type further rounds out the book into a practical guide.

About the authors:

Eleonore Michaela Hild and Klaus Herkommer have been alternative practitioners since 1993 and have been working with holistic Tibetan medicine in their own practice for many years. In their practice, type-appropriate nutritional counselling is the basis of prevention and therapy. They regularly give lectures and lead seminars on the wisdom of Tibetan medicine. These include Tibetan yoga, meditation and Tibetan massage in addition to Tibetan nutrition and type theory. Their aim is to spread the profound knowledge of Traditional Tibetan Medicine (Sowa Rigpa) in the West. Their intention: „May it benefit many people!“

With large, colourful photographs of each dish

Format 23 x 26 cm • Softcover 208 pages

ISBN 978-3-86410-225-7

€ 28,95, 1st edition in June 2020, 2nd edition in July 2020

1000 copies sold within one month, a total of 1,600 since first publication

Category: Tibetan medicine/Guidebook/Health/Alternative Healing Methods

Foreign rights are available



www.windpferd.de

Top Titles 2020/2021



Incense and Incense Rituals

by Thomas Kinkele

Powerful rituals and fragrant messages - The handbook for incense practice

Spiritual incense ceremonies have been known for thousands of years and are once again in vogue. Negative energies and old information in rooms are dissolved by smoking medicinal herbs. Fire is a source of transformation and at the same time a symbol for all dimensions of perception and senses. This book guides you through the world of incense rituals and **aromatic scent experiences**.

Frankincense and white sage are the best-known herbs for incense. **Magical ceremonies** are the focus of the incense of aromatic plant substances. For example, dragon's blood is very effective for energetic house cleansing. The resins from different plants smell very intensely. Thus, each plant transmits its scent message to the higher worlds. The **description of each scent message** as well as the **incense instruction** are described in detail in this guidebook.

Thomas Kinkele, born in Füssen/Allgäu, is a plant expert and scent shaman. After graduating from high school, he travelled the world for three years. In 1975 he founded the company **flora perpetua**, which initially dealt exclusively with the decorative processing of botanical materials. 1996 to 98 followed an aromatology/osmology training with Martin Henglein (ISAO).

Thomas Kinkele offers a wide range of self-development and information workshops on the topics of incense and aromatherapy. The author and aroma expert lives not far from Hamburg in his personal plant paradise.



You can find more information about the author and his books at: <https://www.kinkeleautoren.com>.

Format 16 x 23 cm • Paperback 192 pages, coloured

SBN 978-3-89385-372-4

€ 16,95, 8th edition, within 5 years more than 22,000 copies sold

Category: Guidebook/ Health/ Alternative Healing Methods

Sold rights: English, French, Japanese

www.windpferd.de

Top Titles 2020/2021



Health on Bread

by Silke Gugenberger-Wachtler

Vegetable spreads: Vegan, refined and wholesome enjoyment

Health and indulgence in one spread. From pumpkin seed spread to cashew cucumber cream, chocolate tofu ginger cream and raw food mango spread - vegan spreads can be **so varied and delicious.**

This is shown by author Silke Gugenberger-Wachtler, who presents **33 simple and uncomplicated** favourite recipes for **plant-based spreads**. With numerous **vitamins, trace elements and dietary fibres**, there is **something for every taste, from spicy to sweet**. As an extra, the author reveals her six best **recipes for bread and rolls**. Each recipe is accompanied by a wealth of background information and an extra chapter on materials, ingredients and much more.

Whether for breakfast or dinner, as a break snack or for dipping - bring a fresh and sophisticated change to your daily bread!

Dipl. Ing. Silke Gugenberger-Wachtler, born in 1980, grew up on the outskirts of Wels in Austria. In 2011, she successfully defeated her severe illness herself with the help of dietary changes, detoxification, mental hygiene and naturopathy.

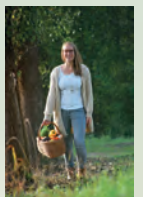
From this experience grew a wealth of knowledge about alternative medicine, herbal medicine and nutrition. Numerous trainings in energetics, naturopathy and aromatherapy followed. In her first life - before the disease - she completed a technical degree. Today she works as a journalist and author, studies midwifery at a university of applied sciences in Austria and lives happily and healthily with her husband, son and two cats in the rural idyll. In August 2015, she self-published her first book „Power Oils compact“ about aromatherapy.

Other Books: *The Lavender Book* – Everything you need to know about the medicinal plant, cultivation, naturopathy and nutrition. ISBN 978-3-86410-182-3 and *Muffins – vegan temptation*, ISBN 978-3-86410-189-2

With colourful photographs of each recipe
Format 16.8 x 22.0 cm • Softcover 120 pages
ISBN 978-3-86410-200-4
€ 16,95, 2nd edition in March 2019
Category: Nutrition/Healthy Cuisine

Foreign rights available

www.windpferd.de



Top Titles 2020/2021



The Treasure Behind the Dragon

by Carmen Ramirez Schmidt, Katharina Lewe

Yoga and Chakras for Children and Young People

The book offers a playful introduction to the world of the chakras and is based on experience from numerous courses for and with young people.

With the help of practical yoga exercises, children and young people from the age of 9, alone or accompanied, are enabled to strengthen their personality in a targeted way and thus to consciously influence everyday life in a positive way. The book also offers numerous inspirations for teachers and yoga instructors that they can use in their practice. In addition to detailed instructions, general information on the seven chakras and yoga philosophy is also clearly presented. The book offers support and strength in everyday life and can contribute to a more conscious life as a daily friend and companion.

Carmen Ramirez Schmidt is a mother, educator, yoga and Reiki teacher. Her yoga path led her to Iyengar Yoga in 1990, the contents of which still inspire and fulfil her today. Since 1998, she has enjoyed passing on her experience in courses for children, young people and adults. Her creativity and her many ideas can be found in numerous products on the subject of children's yoga on her website. More info at: www.kinder-yoga-berlin.de



Katharina Lewe is a graphic designer and long-time yoga student of Carmen Ramirez Schmidt. When she joined her teacher's adult group, a fruitful collaboration developed. Through her creative talent, the contents of this book became accessible and vivid.

Format 17 x 24 cm • Softcover , 152 pages

ISBN 978-3-86410-253-0

€ 16,95, 1st edition in November 2020

Category: Relaxation/Meditation/Yoga/Chakras/Young People

Foreign rights are available

www.windpferd.de

Top Titles 2020/2021



A Day with the Love

by Mohsen Charifi

Why do lovers carry around a rucksack full of hope and longing? And why doesn't love need all that any more? The fantastic story of infatuation and love makes your thoughts and feelings ride a rollercoaster while reading. Every line of this book brings us closer to the **truth of life and love**. We explore our own heart space. **Relationships with partner, friends or family** come to the **next level of awareness** with this view - without power games.

„People don't have to reach me, but by orienting themselves to me, they can find their way in the dusty desert of their everyday life and on the turbulent ocean of their needs. They do not have to reach me, they will be saved by reaching out to me.“- Love

With three new chapters:

The pit of forgetfulness • Justice trap • Instruments of thought and melody of feelings

*Butterflies in the stomach and rose-coloured glasses on the nose -
being in love is quite exciting.*

Dr. Mohsen Charifi, born in Tehran, lives in Germany since 1961. After completing his doctorate in physics, he studied psychology. The logical-abstract thinking of a physicist, the sensitive grasp of experiential processes and mental processes of a psychotherapist and the formative mysticism of the Orient form a harmonious



Format: 13.7 x 21.5 cm • Paperback 240 pages • ISBN 978-3-86410-142-7

€ 16,95, 1st edition in January 2013, More than 10,000 sold copies

Category: life help, life management, personal development

Foreign rights are available

Some more of his bestsellers:

YOU ARE THE BEST THING THAT CAN HAPPEN TO YOU– 52 wisdoms for mastering life

Format: 15,0 x 12,0 cm • spiral binding 112 pages • ISBN 978-3-86410-192-2

Category: life help, life management, personal development

Foreign rights are available

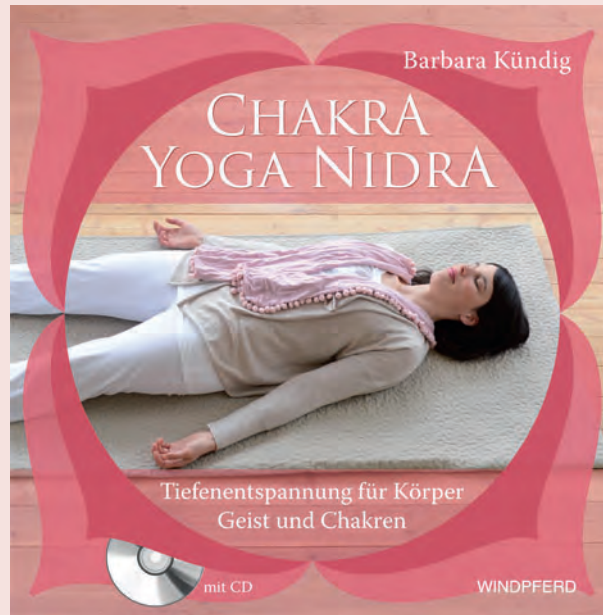
-- HAPPINESS GROWS ON A WALNUT TREE – Little stories for the big life

Format: 13.7 x 21.5 cm • Softcover 216 pages • ISBN 978-3-86410-175-5

Category: life help, life management, personal development

Foreign rights are available

Top Titles 2020/2021



Chakra Yoga Nidra

by Barbara Kündig – **Her Bestseller**



Deep Relaxation for Body, Mind and Chakras

Yoga nidra is an **extremely effective form of yogic deep relaxation**, also known as yoga sleep. Especially in stressful times it proves to be very effective and gives fresh energy after only 20 minutes.

Chakra Yoga Nidra, a refined variation of Yoga Nidra, not only **relaxes the body and mind**, but also makes the whole being shine. This is because it incorporates an additional mental and spiritual dimension into the exercises: the subtle levels of the human being, which are largely responsible for our holistic development. Psychologist and yoga teacher Barbara Kündig teaches the theory and practice of **chakras, nadis** and the **aura**, so that Chakra Yoga Nidra is **immediately applicable to everyone** through the explanations in the book.

The CD contains three instructions: Chakra Yoga Nidra in a shorter and a longer version, as well as Aura Yoga Nidra. The author also introduces the little-known applications of Swara Yoga, psychic energy flow. Chakra Yoga Nidra leads to a hitherto unaccustomed deep **regeneration of body, mind and spirit**, as well as to more **serenity** and **vital energy in everyday life**.

Barbara Kündig has been giving courses, workshops, individual consultations and trainings on relaxation, Yoga Nidra and intuition worldwide for many years. She has also designed the online transformation programme **Life Mastery** and accompanied many participants in becoming masters of their lives. She studied psychology and political science, is a yoga teacher and mother of two children. She teaches and accompanies her participants with much love, intuition, clarity and humour.

Book + CD, 1st edition in October 2010, more than 48,000 sold copies in Germany within 10 years

ISBN 978-3-86410-081-9

Category: World of Yoga

Foreign rights are available

Some more of her bestsellers:

---**THE UNIVERSE KNOWS YOUR PATH – 12 universal laws that magically influence your life**

Format 16,0 x 16,0 cm • Hardcover edition 112 pages + CD (playing time 55 minutes) • ISBN: 978-3-86410-226-4

Category: Life Guide/Meditation/Affirmation

Foreign rights are available

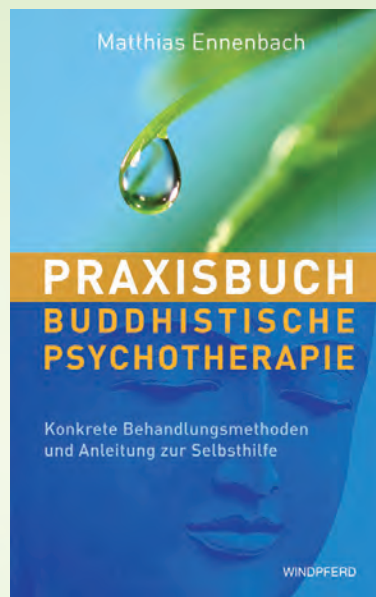
-- **YOGA NIDRA FOR CHILDREN – Islands of calm and concentration**

Hardcover edition 88 pages with instruction CD, 34:30 minutes • ISBN 978-3-86410-098-7

Category: Kids Yoga, World of Yoga

Foreign rights are available

Top Titles 2020/2021



Buddhist Psychotherapy

by Matthias Ennenbach

A Guide to Healing Changes

This book has emerged from practice. It describes a **healing** and now **well-tested integration of Buddhist and psychotherapeutic treatment methods**.

Techniques from the various modern forms of therapy are presented here, as well as well-known and, moreover, largely unknown **Buddhist exercises**. In addition, it provides concrete insights and methods for overcoming avoidable suffering and for coping more quickly with unavoidable suffering. This book is intended both for people who work in psychotherapy or counseling, but also for all others who are interested in psychotherapy, Buddhism or more generally in human functioning and development.

Dr. Matthias Ennenbach holds a degree in psychology, a doctorate in medicine and is a licensed psychotherapist. He has been active in clinical and counselling contexts for over 25 years, including as a guest speaker at universities, seminar leader and trainer for therapists and mindfulness trainers. He is the author of numerous books and the founder of Mindful Self Direction (ASST®) and Buddhist Psychotherapy (BPT®). Website: <http://info-bpt.de>



Format: 21,5 x 13,7 cm • Softcover 472 pages • ISBN: 978-3-89385-639-8

More than 24,000 copies sold in Germany

Category: [buddhist wisdoms/buddhist psychotherapy](#)

Foreign rights are available

His other books:

Matthias Ennenbach | Kirsten Endrikat: **BODYAWARENESS – The Art of Relaxation in Tension**

Format: 12.0 x 19.0 cm • Paperback 112 pages • ISBN 978-3-86410-218-9

Category: [alternative medicine](#)

Foreign rights are available

„Buddhist Psychotherapy in Application“

Format: 13.7 x 21.5 cm • Softcover 360 pages, € 16,95 • ISBN: 978-3-86410-174-8

Category: [buddhist wisdoms/buddhist psychotherapy](#)

„Buddhist Psychotherapy Practice Book“ – Concrete treatment methods and instructions for self-help

Format: 21.5 x 13.7 cm • Hardcover edition 584 pages, € 19,90 • ISBN: 978-3-86410-020-8

Category: [buddhist wisdoms/buddhist psychotherapy](#)

Foreign rights are available

**If you would like to find out more about one of
our authors, we will be happy to put you in touch
with them.**

**For review copies
Contact: Pavlina Obrowski
ForeignRights@windpferd.de**

Last update April 2021



www.windpferd.de

www.windpferd.de