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heritage

SABINE BÖSEL • ROLAND BÖSEL

On risks and side effects of your emotional baggage
please ask your partner

192 pages,
ISBN 978-3-7015-0551-7
€ (G, A) 22,-; SFr 31,50
PD: September 2013



Your parental home leaves its mark. It molds your character and your behavior in every day situations as well as in your relationships. If there are problems, they can often be solved by tracking down those early patterns. Many conflicts can be resolved by tracing them back to their origin: your mother or your father. Using many examples - some taken from their own personal lives - the experienced Imago-couple therapists Roland und Sabine Bösel show, how to identify those issues, name their underlying cause and resolve them in honest conversation. Because the dialog is the most important tool to recover, nurture and grow love.

Common sentiments:

- My problems are my parents' fault.
- Yes, Mum, I am responsible for your happiness.
- I will never forgive you!
- I am not allowed to have a happy relationship.
- I will definitely do it differently.
- We don't talk about that.

Dr. Sabine Bösel is a psychologist, psychotherapists, Imago-Therapist und Imago-Workshop-Presenter. Trainings and further education in systemic family therapy, talk therapy, biodynamic body therapy and sexual therapy.

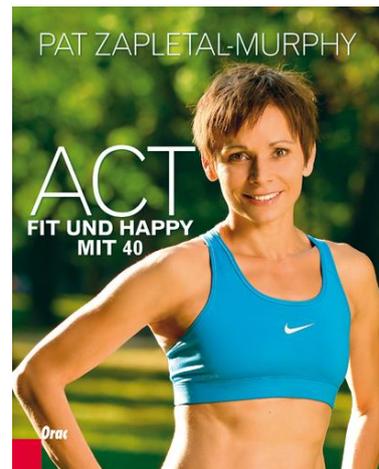
Roland Bösel is a psychotherapist, Imago-Therapist und Imago-Workshop-Presenter. Trainings and further education in integrative Gestalt therapy, concentrative kinesitherapy, systemic family therapy and sexual therapy. He is also certified Gestalt therapist, Gestalt counselor and supervisor for the ÖAGG (Austrian Workgroup for Group Therapy and Group Dynamics).

Sabine und Roland Bösel own a medical practice in Vienna, where they offer couples' counseling and psychotherapy. For many years they have been organizing and leading well received generation-workshops, during which the topics mentioned and many more can be covered and resolved.
www.boesels.at

-round health & beauty regime
for women over 40.

PAT ZAPLETAL-MURPHY
ACT Fit and Happy at 40

128 pages, with numerous illustrations
ISBN 978-3-7015-0544-9
€ (G, A) 14.90, SFr 21.90
PD: February 2013



A short daily workout, a few simple nutritional ground rules and a healthy portion of self-acceptance: these are the ingredients to feeling good about yourself at age 40 and well above; to be fit, sexy and full of life-force.

Why complicate life by adhering to restrictive diets, contrived juvenile attitudes or even Botox and lifting? It is much more life-affirming to accept things that cannot be changed and to concentrate on those that just wait to be developed and fulfilled: a love for life, vitality and well-being. This is the rationale of ACT, Acceptance and Commitment Therapy, an integral part of this book. Pat Zapletal has been a successful fitness-trainer for 20 years and aged 40 herself, has developed a simple programme for women over 40, to give the body what it needs. A daily ten-minute workout to keep the body firm and supple, a simple nutritional timetable which renders diets redundant and keeps bodyweight stable. The most important advice: no desperate attempts at rejuvenating the body, but to treat it with benevolence.

Pat Zapletal-Murphy was born in the Czech Republic in 1970, and is one of Austria's best known fitness trainers. She studied journalism and is a qualified psychotherapist with her own practice. She has written six books on fitness.

This is a book for people searching for self-discovery.

Su Busson

I. Am. Now.

The Eightfold Yoga Path to Self-Discovery

256 pages

ISBN 978-3-7015-0543-2

€ (G, A) 22.00, SFr 31.50

PD: March 2013



The eightfold Yoga path has been tried and tested throughout millennia to help find a way to free oneself from ingrained thought and behaviour patterns and to develop inner potential. Individual elements are a key to improved interaction with others, the environment and oneself.

In her new book, Sue Busson explains the spiritual foundations on which Yoga is based – non-violence, truthfulness, contentment and self-discipline – in a coherent, practical and timely manner. She throws light on elements of the Yoga path that concern posture, the management of life force, retreat of the senses, concentration, meditation and oneness with the universe.

Next to a traditional Yoga way, the book includes modern Western approaches and numerous exercises and recommendations. The most important factor is what Yoga means for everyday life: living in the here and now.

Su Busson works as a systemic life-coach, consultant and Yoga-teacher. She has dealt with many methods that lead to the development of one's own potential, and to a life of self-determined choices. Her first experiences with Yoga go back ten years, when Yoga-exercises were no more than a fixed part of her fitness training. Only during her Yoga teacher training and her examination of Yoga philosophy did she discover what Yoga really meant: to live entirely conscious. What she has learnt and experienced on that path, she relays with joy.

Backlist Highlights

Sabine & Roland Bösel

Ways to a fulfilling relationship

192 pages, bicoloured, ISBN 978-3-7015-0529-6, € 19.90



A relationship doesn't have to break at the first crisis. Quite the opposite! Each couple possesses all the qualities needed for a passionate and cherishing partnership. The authors show how to overcome inner obstacles that constrain a partnership, reporting their own experiences in their relationship as well as typical situations they were confronted with in their work as couple's therapists. Easy-to-follow exercises help couples to renew and intensify their relationship and find a way to a love of unexpected profoundness and beauty.

MARGOT SCHMITZ

Faultless Memory

Alzheimer prevention: a brain service for bright sparks

208 pages, ISBN 978-3-7015-0539-5, € 22.00 (A, G); SFr 33.50

PD: September 2011



Most people worry about dementia, but if you take care to keep up your hobbies and interests, and make your happiness and health a priority, then the chances that you will still have a bright and agile brain at 90 are very high indeed.

After 50 you have at least 15 years to achieve a turnaround and prevent decline, but it is never too late to practice damage limitation. Margot Schmitz, the best-selling author of "Seelenfraß" ("Corrosive Fear") and head of the renowned 'Brainlive' Institute for Preventative Brain Training, shows us the way forward in this book.

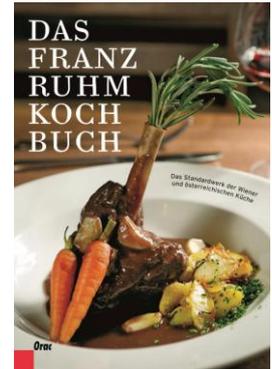
Franz Ruhm

The Franz Ruhm Cookbook

The benchmark of viennese and austrian cuisine

640 pages, ISBN: 978-3-7015-0548-7, €34,90 (G,A); SFr 46,90

PD: January 2013



Franz Ruhms cookbook is legendary. Written decades ago and regularly reprinted, it still is up-to-date and timeless. On 640 pages it presents the best recipes of the austrian cuisine, from the plain fare to the sophisticated feast. From the Frittatensuppe to the Esterházy-Roast, from the ham-croissant to the fine stuffed breast of veal, from the Waldviertler potatoe dumplings to the Tafelspitz - and not to forget the unmatched austrian desserts: Sacher- and Linzertorte, Powidltascherl and a lot more. Redesigned with new photos and a generous layout to suit the modern cookbook norm: the recipe for success!

Alex Witasek/ Dominik Stolzer

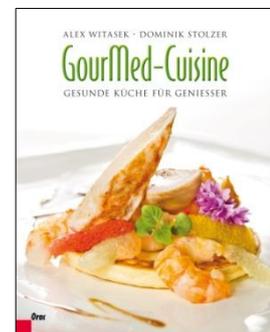
GourMed - Cuisine

Healthy cooking for epicures

224 pages, four-color printing, ISBN: 978-3-7015-0542-5,

€ 29,90 (G, A) SFr 40,90

PD: March 2012



Finest culinary art, creative, health-conscious cooking for increasing vitality: This is the focus of the GourMed Cuisine. Developed by MD Alex Witasek and Chef Dominik Stolzer it includes every facet of healthy nutrition - and brings supreme culinary pleasure.

Furthermore the book explains the underlying holistic nutrition concept on which the GourMed Cuisine is based, and acknowledges the newest scientific findings in the field of nutrition and health.

The recipes base on local, seasonal and organic products, and due to low carbon hydrate the body stays fit and svelte. All recipes consider food intolerances.