



FRANKFURTER
 BUCHMESSE

2025

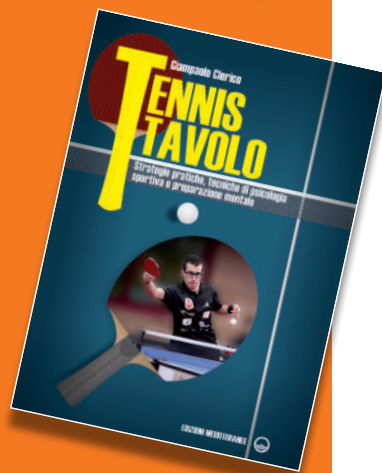
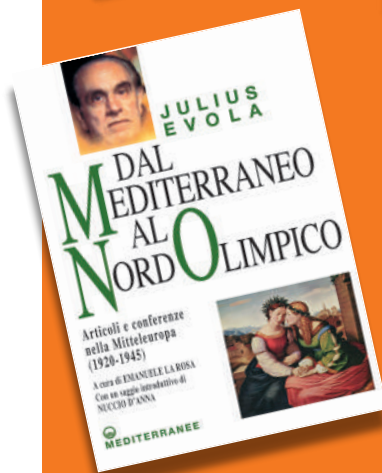


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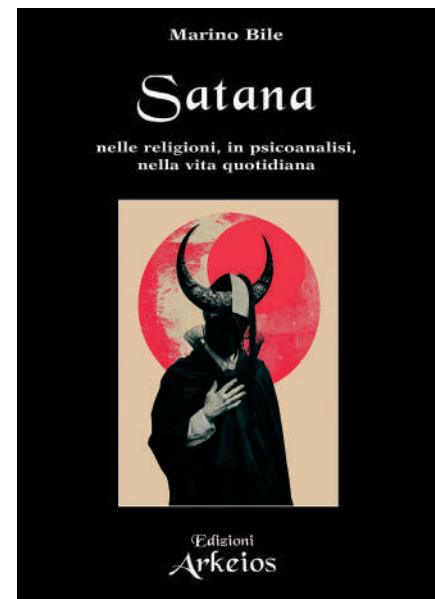
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NEW RELEASES 2025

Marino Bile

SATAN

In this book, the author who is a psychologist and scholar of esotericism and mysticism, discovers that the work of the Forces of Evil – which have always been patronized by religious traditions throughout history – determines not only spiritual evil but also mental illness, and thus becomes part of psychic pathogenesis. The book reveals the incredible ways in which demonic forces act and transmit themselves in the psychic and spiritual realms. The text also bears witness to some important dynamics concerning the workings of occult power groups and highlights previously unnoticed similarities between different religions in their descriptions and behavior of entities of darkness.



€ 29.50 - 292 pp.

*Keywords: psychology,
demonology, satanism*

ABOUT THE AUTHOR



MARINO BILE is a psychologist and psychotherapist, a scholar of religions, esotericism and mystical paths. In 2022, he left the Order of Psychologists of Lazio – to which he had belonged for more than twenty years – to devote himself to writing.



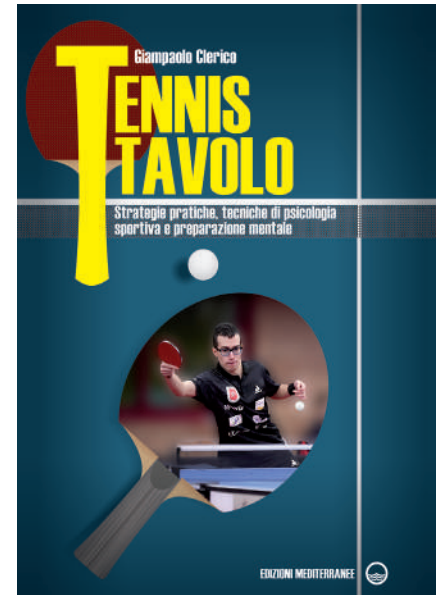
NEW RELEASES 2025

Giampaolo Clerico

TABLE TENNIS

Practical strategies, sports psychology techniques and mental preparation

A comprehensive guide for those who want to reach new levels of performance by training not only their bodies but also their minds. Thanks to the author, we will discover how to deal with psychological pressure, manage emotions and develop a winning mindset. Through practical strategies and sports psychology techniques, we will learn how to maintain concentration in crucial moments, overcome defeat with resilience and boost our self-confidence. Each chapter is designed to guide beginners, experienced athletes and coaches in building a mind that is ready for challenges, both on and off the court. This manual is designed for players of all levels who want to improve their game and discover how the right mindset can lead to success.



€ 15.00 - 150 pp.

Keywords: sports, psychology, coaching

ABOUT THE AUTHOR



GIAMPAOLO CLERICO is a psychologist and mental coach, registered with FITET (Italian Table Tennis Federation) as a sports technician. He is also a third-level sports educator with CONI.



NEW RELEASES 2024

Roberto Pinotti

ALIENS - TOWARDS CONTACT

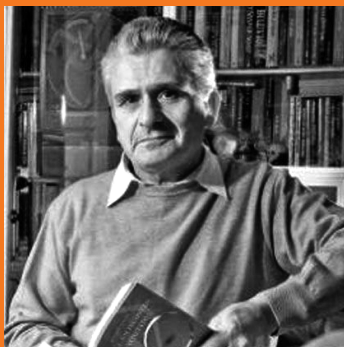
On the 22nd July 2021, the Pentagon, in an official statement, did not provide reliable conclusions on UFOs and therefore did not rule out the existence of alien activity. In light of the latest concepts in modern physics, UFOs could be creatures from other planets or from a "parallel dimension". Drawing on current case studies, esoteric tradition and psychic research, this book focuses on the actions of alien intelligences towards us, which are aimed at subtly interacting with the evolution of our species, awaiting a predictable cosmic contact. Pinotti, after the success of *UFO: Cosmic Contact* (two editions), returns to discuss the UFO enigma.



**€ 24.50 - 320 pp.
80 illustrations**

*Keywords: UFO, extraterrestrials,
unexplained phenomena*

ABOUT THE AUTHOR



ROBERTO PINOTTI, sociologist, journalist, researcher, contributor to the *Rivista Aeronautica dell'Aeronautica Militare Italiana* (Italian Air Force Aeronautical Magazine), is considered the most authoritative and knowledgeable Italian expert on UFOs. He is a consultant for Rai and Mediaset and has collaborated with Rai on the programmes *Incredibile* and *Misteri* and with Canale 5 on *Italia Misteriosa*.



NEW RELEASES 2025

Paola Giovetti

CARL GUSTAV JUNG

*The great shaman
A biography*

This essay comes from in-depth research and the author's friendship with Aniela Jaffé, a psychologist, analyst and close collaborator of Jung. A more up-to-date biography than Jung: His Life and Work by Barbara Hannah and Jung, a Biography by Gerhard Wehr, because it takes into account previously unpublished documents, letters and diaries that shed light on little-known aspects, or ones rarely mentioned for discretionary reasons, of the life of the Swiss master, whose discoveries in the field of the psyche are now part of the knowledge base of anyone who cares about their inner self and their own evolution.



€ 19.50 - 216 pp.

*Keywords: psychoanalysis,
biography*

ABOUT THE AUTHOR



PAOLA GIOVETTI is a journalist and writer specialized in the paranormal, esotericism, mysticism and spirituality fields, she is the author of over forty papers on these themes. She is the publishing director of Luce e Ombra, the oldest Italian magazine on parapsychology, and participates in international congresses and radio and television programs.



NEW RELEASES 2025

Julius Evola

FROM THE MEDITERRANEAN TO THE OLYMPIC NORTH

Articles and lectures (1920-1945) in Mitteleuropa

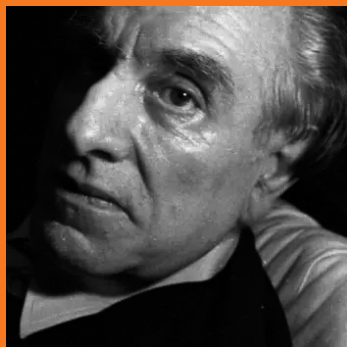
The presentation of different (in form) yet similar (in content) responses to the problem of modernity from the point of view of the Individual, but also in terms of its adaptability when addressing this problem from the History of Civilization point of view. A collection of texts that has never been published in Italian, comprising of seven lectures and forty-five articles published in various newspapers over a period of twenty-five years, as well as an appendix containing the most significant contributions (around fifty), also in German, on the work and thought of Julius Evola.



€ 31.50 - 336 pp.
10 illustrations

Keywords: political philosophy,
20th Century

ABOUT THE AUTHOR



J. EVOLA (1898-1974), was a versatile figure in the Italian scene of the XX century for his multiple interests: art, philosophy, history, politics, esotericism, religion and ethnic studies. He founded and directed the series Orizzonti dello Spirito where most of his books were published. Among them: *Yoga of power, Mask and face of contemporary spiritualism, Man as power, Theory of the absolute individual, Phenomenology of the absolute individual, The hermetic tradition, The Worker in the thought of Ernst Jünger, Riding the tiger, Men among ruins, The mystery of the Grail, Tao-te-Ching, Pagan imperialism, The path of Cinnabar, Theory and practice of avant-garde art.*



NEW RELEASES 2025

Vincenzo Citto

COMPLETE GUIDE TO TAO YOGA MASSAGE

The author's meticulous style gets to the heart of the matter, to the essence of massage as a sacred dance, and as a communion between two people connected to the divine. The book is a reference manual for practice and personal growth. The typical maneuvers of Thai massage are applied to the detailed knowledge of the energy meridians of Chinese medicine and to the principles of Yoga. Furthermore, the integration of techniques from various disciplines—such as rehabilitation, osteopathy, and motor sciences—into the practice of Tao Yoga Massage makes it possible to perform maneuvers that promote mental and physical health.



**€ 24.00 - 246 pp.
240 illustrations**

*Keywords: massage, traditional
chinese medicine, healing*

ABOUT THE AUTHOR



VINCENZO CITTO, founder of the Tao Centre in Messina, has a degree in Sports Science and Preventive and Adapted Motor Activities. He is a teacher of Yoga and Meditation and a trainer in Thai Yoga Massage and other holistic disciplines.



NEW RELEASES 2025

AlbaSali

FINDING THE COURAGE TO SAY NO *Without fear*

Parents who become slaves to their children and vice versa; grandparents who, after a lifetime of waiting for retirement, find themselves caring for their grandchildren as they once did for their children; submissive partners who, after years of relationship, no longer even remember who they were before.

For all those who can't say no, living their lives freely is impossible, especially if their dominant nature has led them to care for others, giving up on themselves, their time, their projects and their dreams.

Since the author herself was unable to say no, she points out the way to: a love that will never hurt anyone again, a love as sacred and deep as the sea, a love capable of liberating.

"Step by step, I will guide you on that initiatory and psycho-spiritual path I have walked, to reach, together with you, the land of Yes and No, said without fear or guilt."



€ 13.50 - 124 pp.

Keywords: self-help, personal growth, self-esteem

ABOUT THE AUTHOR



ALBASALI is one of the most innovative counsellors in Italy today. She spent six years in India practicing yoga and meditation when she returned, in 2000, became a Family Constellator and in 2011 she developed Creharmonic Time-Lines and founded the Creharmonic training institution of StelleFilanti. In 2013 she obtained in California the NLP Master Trainer and became an official member of GTC Global Training Consulting in the NLP University of Santa Cruz. In 2014 she starts publishing with Edizioni Mediterranee becoming a best-selling author in the field of self-help.



NEW RELEASES 2025

Claudio Barbiero

WHEN THE OCEAN CLIMBED OVER THE ANDES

9526 B.C. The Great Flood

In 9526 BC, a 1.6 km iron asteroid plummeted from outer space onto Greenland, creating a 31 km crater and triggering a change in the Earth's rotation axis: it was the end of the world. The oceans left their beds and continued to rotate at 40,000 km per day around their old axes, sweeping away everyone and everything in their path. They crossed the highest mountains on earth: the universal flood.

Barbiero leads us on a journey to discover the numerous and evident traces of this cataclysm around the world, which corroborate the intriguing myth of a pre-flood civilisation.



**€ 19.00 - 192 pp.
80 colour photos**

*Keywords: unexplained
phenomena, ancient mysteries*

ABOUT THE AUTHOR



CLAUDIO BARBIERO has worked in Navy and NATO research centres. An eclectic spirit, explorer, researcher, writer and lecturer, he has organised and led two exploratory expeditions to Antarctica. He is an active member of the Camuno Centre for Prehistoric Studies and has been conducting archaeological research in Israel's Negev desert for over 40 years.



NEW RELEASES 2025

Maria Grazia Lopardi

WHEN THE ANCIENTS LOOKED AT THE STARS

In her latest book, the author invites readers to look at the stars through the eyes of a primitive man who projects himself into infinity and feels wonder and sacredness within himself; to join the ancient Greeks in observing the Gods and heroes who recount and reiterate the myths written about the starry vault; to wonder why it was so important to project the sky onto the earth and constantly observe it in order to catch the stars rising, the dancing constellations, the magical passing of time. The reader is then invited to lower its gaze, to shift its attention to the earth and identify the sacred places of all traditions, from Stone Age to the Middle Ages, where stone monuments manifest a link between the high and the low: Stonehenge, Callanish, Gavrinis, Borobudur, Angkor Wat, Egyptian temples and medieval cathedrals.



**€ 27.00 - 216 pp.
95 ill.ni a col.**

*Keywords: sacred places, ancient
mysteries*

ABOUT THE AUTHOR



MARIA GRAZIA LOPARDI was born in L'Aquila, where she lives with her family and practices law. She is president of the "Panta Rei" association for social promotion, which offers lectures and seminars for the development of consciousness about the city. For many years she has focused on the initiatory tradition, symbolism, and aspects of medieval history, such as the story of the Templars and that of Celestine V. She has spoken at numerous conferences and has already published several books with Edizioni Mediterranee.



NEW RELEASES 2025

Patrice Ellequain

REBIRTH INTO LOVE

A journey to experience the loving relationship your soul has always desired

In a world dominated by separation, fear and conflict, love remains the deepest and most universal desire of every human being.

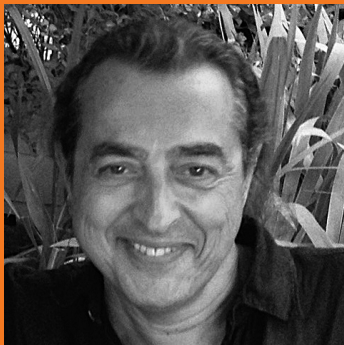
From the very first pages of the book, readers will sense that something within them is beginning to transform. Ellequain does not speak to the mind, but to the heart, inviting us to look within, to recognise what limits us and, step by step, to let it go to make room for a truer, freer, greater love. This is not just a book to read, but a journey to experience, made up of profound and concrete exercises that guide us to discover ourselves and our capacity to truly love.



€ 16.50 - 180 pp.
FRENCH, ENGLISH and
SPANISH translation available

*Keywords: rebirthing, love,
relationships*

ABOUT THE AUTHOR



PATRICE ELLEQUAIN, a graduate in psychosociology, is a highly experienced teacher, trainer and rebirther. After exploring various personal growth techniques, he specialised in Rebirthing in the United States. His personal research and professional experience led to the creation of the AMARE School, a new approach to Rebirthing in which love and spirituality are essential dimensions.



NEW RELEASES 2025

Giuseppe Morici

I AM

In search of the true Self

Practical exercises, guided meditations and dreamlike illustrations accompany readers on a journey of self-discovery. Each page is designed to offer inspiration, ideas and connections, facilitating the path to awareness and inner development. The exercises are designed to be carried out in a relaxed and independent manner.

A valuable companion for personal growth on a daily basis, this book is also suitable for those who are not avid readers and do not have specific knowledge of psychosynthesis. With clear and accessible language, the manual transforms theory into practice, making each concept easily applicable to everyday life.



€ 19.50 - 144 pp.
graphic novel

Keywords: psychology, personal growth

ABOUT THE AUTHOR



GIUSEPPE MORICI graduated in advertising graphics and photography and obtained a degree from the School of Comics in Palermo. He has published *La scomparsa di Emanuela Orlandi* (The Disappearance of Emanuela Orlandi) and *Wembley 1963* for BeccoGiallo, as well as numerous other graphic novels, including *Gian Maria Volonté*, *La mia partita* (My Game) and *La foglia blu* (The Blue Leaf).



NEW RELEASES 2025

Fabio Pandiscia - Barbara Suigo

NON-VERBAL COMMUNICATION AND CHARISMATIC LEADERSHIP

The authors combine their expertise to chart an enlightening path through the body, leadership and charisma. Pandiscia introduces us to the world of body language, revealing how every gesture and expression has a powerful hidden meaning. With practical examples, he shows us how to master this form of communication to convey confidence, authority and engagement: essential elements for any leader. Suigo tells us stories of charismatic personalities, such as Samantha Cristoforetti, Chris Hemsworth, Angela Merkel and Sadhguru, among others. Using these examples, the author explores the nature of charisma, showing how these figures share an innate personal magnetism.



€ 13.50 - 128 pp.

*Keywords: body language,
leadership, communication*

ABOUT THE AUTHORS



FABIO PANDISCIA, writer, doctor of clinical psychology, body language expert, FACS certified, NLP MasterTrainer. He is a frequent guest on television and radio programmes.

BARBARA SUIGO, human resources consultant, coach and trainer in the art of charisma, works with professionals and companies. She is the author of several books and contributes to prestigious international magazines.



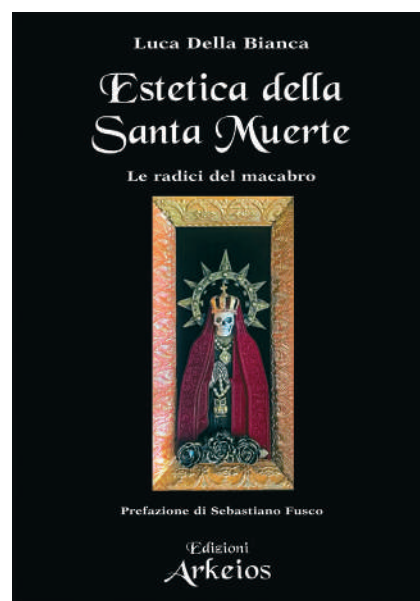
FORTHCOMING 2026

Luca Della Bianca

THE AESTHETICS OF SANTA MUERTE

The roots of the macabre

The cult of Santa Muerte is a mixture of Catholicism, Aztec cults and magical elements of Santería. Santa Muerte is the saint of the underprivileged, of those who risk their lives every day. She is democratic: she listens to and helps everyone without judgement. She is always depicted as a skeleton dressed in different colored clothes, holding a scythe and a globe. Santa Muerte originates from the religious iconography that the conquistadors brought to the New World. This book analyses the symbolic and iconographic roots of the saint who is now become a pop icon, starting from the frescoes of the 14th century to the rock/biker aesthetic, suggesting a reflection on the change in the imagery associated with death.



€ 22.00 - 120 pp.
90 colour illustrations

Keywords: ethnical religion, magic, spirituality

ABOUT THE AUTHOR



LUCA DELLA BIANCA, a lover of art, esotericism and various oddities, has already published for Hermes Edizioni *Manuale di caffèomanzia* (Manual of Coffee Cup Reading), *Il libro degli incantesimi* (The Book of Spells), *La noce del Brasile* (The Brazil Nut), *Dimmi che piede hai è ti dirò chi sei* (Tell Me What Foot You Have and I'll Tell You Who You Are) and several micro-radio dramas for LA Case Books.



FORTHCOMING 2026

Giovanni Francesco di Paolo

INTRODUCTION TO MICROKINESITHERAPY

A new and effective method for treating pain

Microkinesitherapy is a physiotherapy-medical technique for diagnosis and treatment developed in France by two experts in functional rehabilitation, Daniel Grosjean and Patrice Benini. It is painless and passive: the patient lies down and does not participate in the therapist's actions, who works by palpating the skin. This method is based on the existence of micro-movement in living tissues, which can be perceived by placing the hands on a structure, such as a muscle. Diseased tissues do not produce such micro-movement, so palpation allows to diagnose a dysfunction. It was later discovered that micro-movement could be restored by microkinesitherapists by placing their hands on the diseased tissue and keeping contact.



**€ 9.50 - 120 pp.
70 illustrations**

*Keywords: pain management,
massage therapy*

ABOUT THE AUTHOR



GIOVANNI FRANCESCO DI PAOLO is a homeopathic surgeon with an anthroposophical approach. He has been practising professionally for twenty years, mainly in France. He has taught homeopathic, anthroposophical and Ayurvedic medicine in various Italian and European schools.



FORTHCOMING 2026

Michele Gori

MUSICONAUT MANUAL

Become a lucid dreamer thanks to music

A unique manual that will change the way we dream forever, written by a musician who has discovered special techniques that use music to induce lucid dreams, i.e. dreams in which the person is aware that they are dreaming and is able to interact with the dream. The first part of the book explains what lucid dreams are. The second part is dedicated to music and how it influences the brain, psychophysical well-being and emotions.

In the third part, dreams and music come together with techniques: a series of QR codes connect us to audio tracks to help us become lucid travelers. These programs are the result of years of study and experiments that the author has conducted on himself and others.



€ 11.50 - 112 pp.

Keywords: lucid dreams, music

ABOUT THE AUTHOR



MICHELE GORI is a composer, multi-instrumentalist and music teacher. He is considered one of the leading contemporary flutists in jazz and electronic music. He has given concerts, lectures and masterclasses in Europe and America; he has recorded 15 albums and is the author of numerous international educational publications.

He is currently head of the jazz music department at the Emmanuel Chabrier Conservatory in Clermont-Ferrand



PERSONAL DEVELOPMENT



Gabriella d'Albertas

CHANGE YOUR LIFE BY CHANGING YOUR CONVINCTIONS

Break the conditioning chains

We think we know ourselves, but it is not true. We live present and future treading the same path. Introducing any change in our lives is impossible if we do not first change our convictions. This book helps us to recognize and change convictions about ourselves and life, but most of all it allows us to reclaim our true identity, which is lying asleep along with our power. By the same author: *What kind of archetype are you?* and *Initiation to the world of fairy tales*.

€ 16.50 - 176 pp.

 *World rights available*



Gabriella d'Albertas - Giuseppe Vercelli

WHAT KIND OF ARCHETYPE ARE YOU?

Free the hero inside yourself

This book, through the analysis of twelve archetypal figures (the innocent, the orphan, the Warrior, the Angel, the Seeker, the lover, the Destroyer, the Creator, the ruler, the Magician, the Sage, the Fool) intends to stimulate change, awaken us from the deep sleep in which we are immersed in order to find a new, more authentic reality, along with a completely different view of ourselves. By the same author: *Change your life by changing your convictions* and *Initiation to the world of fairy tales*.

€ 22.50 - 256 pp. - 135 illustrations

 *World rights available*



Marisa Paschero

SILVA MIND CONTROL

The magical Alpha dimension

The simplest and most ingenious of methods that allows you to access the imaginative richness of your mind, by enhancing intuitive and creative intelligence. A «training of thought» that brings us into a deep state of relaxation, that space of well-being and mental calmness where the roots of our dormant talents can be spontaneously found.

€ 14.50 - 160 pp. - 30 illustrations

 *World rights available*



Paolo Vocca

NEUROMESMERISM

Operational manual for fascination and magnetism

Neuromesmerism is a combination of fascination, laying of the hands and the art of oratory and hypnotic language. In this manual, the reader will discover how ancient influence techniques, using a certain look and particular hand movements that have always been surrounded by an aura of mystery can also be practiced from a rational point of view, in light of the discovery of mirror neurons and studies on the surprising results of the "placebo effect."

€ 17.50 - 134 pp. - 46 photos

 *World rights available*



PERSONAL DEVELOPMENT



AlbaSali

THE PATRIARCHAL PACT

Woman Virgin Mary and Venus

In this courageous introspective journey, the author, who was once a victim of domestic violence herself, unmasks and confronts what she calls the Patriarchal Pact: an unconscious transgenerational subjugation agreement that every woman unknowingly signs with the men in her family and beyond. From the roots of being, emerges the Light of sacred feminine power to eradicate patriarchal violence from body and soul. The preface by Professor Alessandro Meluzzi, psychiatrist, criminologist, and well-known TV personality, enhances the importance of this book.

€ 23.00 - 252 pp.

 **World rights available**



Lia Luzzatto - Renata Pompas

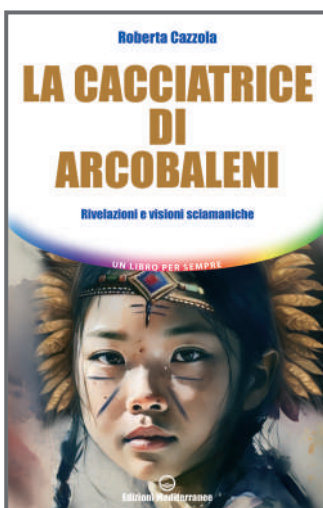
DO COLOURS BELONG TO EVERYONE?

The answers to our questions about colours

How many times does it happen to dwell on the most unusual aspects of colour? When in the kitchen we ask ourselves if the richness of the colours in our dish will be able to convey its flavour. Or when in a relationship we ask ourselves if some shades are more seductive than others. And who hasn't dreamt and wondered if the dream was in colour or black and white. And again: is it true that yellow is the colour of happiness? That new colours continue to be designed and patented? In this fascinating essay we find the answers to these and many other questions about the rich chromatic universe.

€ 19.90 - 264 pp. - 20 colour illustrations

 **World rights available**



Roberta Cazzola

THE RAINBOW CHASER

Revelations and shamanic visions

The voice of an extraordinary woman who tells about her metamorphical experience, starting from her troubled childhood to her first initiations, up to her full feminine realization as a mother and as an ashmanka healer. An immersive choral tale made up of unravelings, exotic rituals, dreams and déjà-vus, islands, colorful villages, giant shells and premonitory stones, incense, sacred feathers, divine drinks and festivals in honor of the full moon.

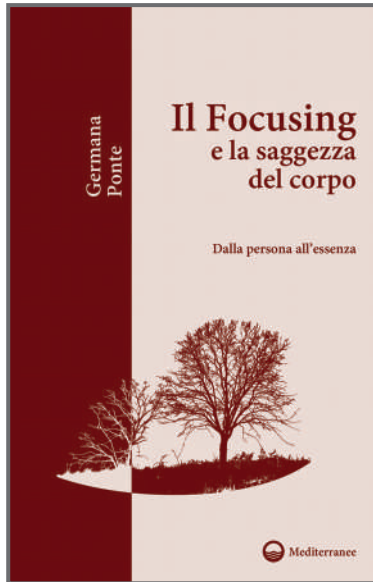
Healing one's soul is not an impossible goal, but an aspiration that can be achieved by listening to one's self with courage and inner strength.

€ 17.00 - 178 pp. - 5 illustrations

 **World rights available**



PERSONAL DEVELOPMENT



Germana Ponte

FOCUSING

From the person to the essence

Focusing means directing the attention to a specific form of “bodily sensation” that summarizes the complexity of everything we experience which contains much more information about ourselves than what is kept in our minds. It has enormous potential since it reactivates our capacity to access information through “feeling-perceiving” rather than understanding. The text in the appendix by Roberto Tecchio is a fine example of how a traumatic event can be experienced in a constructive way thanks to Focusing.

€ 22.00 - 208 pp.

 *World rights available*



Marisa Paschero

PLANETARY GRAPHOLOGY

The symbols of the universe in writing

If astrology allows us to catch a glimpse of the blueprint of existence, graphology identifies its projection in the present: this is the conclusion that the author has reached after years of study. In writing we express the values of our birth chart with which we are most in sync, those that are most familiar and habitual to us. This book constitutes an actual course where readers are taught how to grasp and to recognize “the essence of the symbol” in its profound transformative power: a valuable, beneficial, almost therapeutic ability. Through illustrations, graphological examples and practical graphotherapy exercises, she guides us through this unique experience, using evocative forms and language of writing.

€ 24.50 - 304 pp. - 400 illustrations

 *World rights available*



SPIRITUALITY AND MINDFULNESS



Emilio De Tata

ILLNESS AS AN OPPORTUNITY

Unlocking emotions that lie at the root of illness to rediscover the gift of life

Illness gives us the opportunity to rediscover the mysterious gift of life through the reawakening of love, joy, peace, magnanimity, goodness, meekness and self-mastery, talents that are present but dormant in each of us because paralyzed by fear and guilt. Disease then becomes synonymous with blocked emotions. We are our illnesses, we are our blocked emotions. We do not heal by silencing the symptom, but by understanding what the symptom wants to tell to us, as the German physician Rüdiger Dahlke has taught us.

€ 12.50 - 140 pp. - 15 illustrations

 **World rights available**



Giuliana Colella

RUMI: DIALOGUE WITH THE UNIVERSE

The teachings of the great Persian mystic poet

The world of the great Sufi mystic, who lived in the XIII century, considered not only a poet but also a prophet and a saint. The book, through a selection of evocative verses, explains how the treasure of doctrines and ecstatic techniques still preserve a very modern flavor. This is because Rumi's approach, free and universal, transcends individual religions.

€ 20.00 - 250 pp.

 **World rights available**



Claudio Lalla

LOSS AND REUNITING

Communicating with the persons we have lost

What is Induced After Death Communication (IADC)? It is a procedure discovered and refined by American psychotherapist Allan Botkin. It consists in allowing a person who has suffered a loss to get in contact and communicate with whomever they lost thanks to an induced state of receptivity in which they live the experience in first person through one or more sensory channels. The goal of reuniting with the departed is reached in two sessions and is eventually repeatable in time. Through IADC therapy, the person suffering a loss is able to change the way in which their loss is perceived and can help the patient's personal growth.

€ 17.50 - 212 pp.

 **Rights sold to France, Germany**



SPIRITUALITY AND MINDFULNESS



Paola Giovetti

NDE

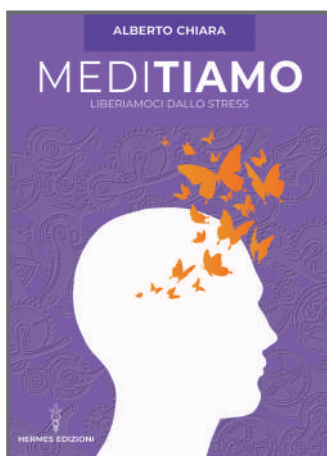
Near-death-experiences

Paola Giovetti, renowned journalist and writer in the field of parapsychology, is the author of this complete and scientific enquiry on experiences near death: testimonials of people, who have been on the threshold of death and then came back to life. This book includes experiences in point of death of children, those born blind, those belonging to different religions, those who attempted suicide.

It is the first in Italy on this subject and can help the reader to have a more serene picture of our final destiny. By the same author: *Women of power*, *Helena Petrovna Blavatsky*, *The time of beauty* and many others.

€ 19.50 - 200 pp.

 **World rights available**



Alberto Chiara

LET'S MEDITATE

Relax the body, discipline the mind and make the heart smile

Meditating means learning to go through every situation in life with a relaxed body and a calm mind and therefore enjoy every moment of everyday life without suffering states of anxiety, fear, suffering and depression. A quiet mind and a relaxed body are the indispensable conditions for embarking on a path of inner research, freeing ourselves from discomfort and making ourselves safe in every situation we experience. This book will help the reader develop self-knowledge and allow us to be successful in every activity we carry out, by improving our intellectual skills, our memory, our concentration and the way we interact with others.

€ 21.50 - 236 pp.

 **World rights available**



HEALTH AND ALTERNATIVE HEALING



Chiara Serafini

ENDING FEMALE PAIN

Relaxation, breathing, self-massage, yoga and meditation exercises

Vulvodynia is a gynecological disease characterized by chronic pain affecting the vulva and the tissues surrounding the entrance to the vagina. Despite being a widespread pathology (affecting approximately 12-15% of women), vulvodynia is often diagnosed late because it is underestimated and perceived as difficult to deal with. It is no coincidence that vulvodynia has long been classified as a "psychosomatic" or even a "psychogenic" disease. Its cause is still unknown, which means that at the moment, common therapies only focus on treating the symptoms or, as in the case of this manual, on natural and holistic approaches.

€ 15.00 - 120 pp. - 75 illustrations and photos

 **World rights available**



Mauro Pedone - Maria Vaglio

MY DREAM HOUSE

Feng shui, Tibetan bells, essential oils and interior harmony

In this original book the authors accompany the reader in a journey into the ancient art of Feng shui, a humanistic and philosophical science which can be used to bring harmony to the home, through alignment and equilibrium with cosmic and natural vibrations, to promote well-being and bring prosperity to those who live there. The vibration of tibetan bells and essential oils are used to create the right harmony in every room. The text also explains how to perform ancient rituals to purify homes from negative energies and techniques to help us learn to feel the vibrations in our homes.

€ 17.50 - 176 pp. - 90 colour photos and illustrations

 **World rights available**



Rossana Tursi

MOXIBUSTION FOR ALL

Healing yourself with «fire injections»

Moxibustion in 2010 was declared Cultural Heritage of Humanity by UNESCO. It consists in the application of heat concentrated in specific points of the body - the same used in acupuncture - located along the energy channels called «meridians». It is an oriental therapy that uses the heat from a moxa cigar and the properties of artemisia vulgaris of which it is composed. The moxa treatment warms up and invigorates the flow of energy in the body and disperses pathogenic influences. It is effective in case of chronic diseases, circulatory disorders, problems due to the cold and in case of yang energy deficiency. The book includes drawings, photos and lists the most common pathologies and points to be treated with moxibustion for immediate wellbeing.

€ 14.50 - 176 pp. - 120 photos and illustrations

 **World rights available**



HEALTH AND ALTERNATIVE HEALING



Mauro Pedone

SOUND MASSAGE WITH ESSENTIAL OILS

CD included

The book aims to favor the art of taking care of ourselves and others. It addresses those who want to actively experiment, for the sake of seeking wellbeing. Massaggio sonoro® or sound massage with essential oils integrates two traditional instruments: the sound of the tibetan bowls interact with our reality, from the most material to the thinnest and essential oils which are able to bring an equilibrium to our body, giving us energy.

€ 22.50 - 136 pp. - 85 colour illustrations

 *World rights available*



Gala Flammini - Robert Hasinger

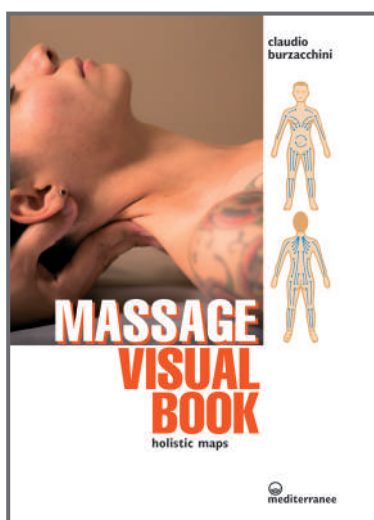
LIGHT AND COLOURS TO HEAL AND REJOICE

Theory, practice and experience of a new method

The book offers an in-depth research on light and color, how they are resonant with the great complexity of the human beings. The Penna Luminosa-Color Enlightenment® Method, the result of long studies and research by the authors, illuminates this world in an irreproachable way and is presented here for the first time. The text contains the exploration of the different sets of Equilibrium/vials with the related narrative, spiritual, psychological and medical descriptions, presented through real stories of healings, evolutions and experiences chosen among the thousands treated by the authors throughout the world.

€ 19.50 - 192 pp. - 45 illustrations and 8 colour inserts

 *Rights sold to Japan*



Claudio Burzacchini

MASSAGE VISUAL BOOK

Holistic Maps

The base of holistic massage is the energy that flows in the body through channels connected to the universe to which it belongs. In addition to manual contact, the holistic operator can, if necessary, use aromas, oils, colours, stones, song, harmony, kindness to stimulate, dissipate or move the energy present in the body. The goal is always to restore balance, harmony and well-being of those who undergo the rite of massage. The massages described are illustrated with coloured drawings and follow a clear succession: Ayurvedic, decontracting, draining, Sea Malay, postural, reflexological, relaxing, Thai, Californian.

€ 24.50 - 192 pp. - 750 colour illustrations

 *World rights available*



HEALTH AND ALTERNATIVE HEALING



AA.VV.

BIOIDENTIC HORMONES

and low dose therapy in menopause

This text by Prof. Sponzilli is the first in Italy that presents BHRT, a natural hormone replacement therapy based on bioidentical hormones, which are substances obtained from natural, vegetable or animal matrixes, which undergo a process of galenic transformation. The molecules, being the same as those normally present in the female body, avoid the unwanted side effects that often occur with traditional medical therapies. The combination with nutraceuticals, phytotherapy and microdose therapies allow women to regain hormonal balance and respond effectively to premenopause and menopause treatment through modular and personalized therapies.

€ 17.50 - 216 pp.

 **World rights available**



Carla Blader Ceipidor - Lucia Gasparini

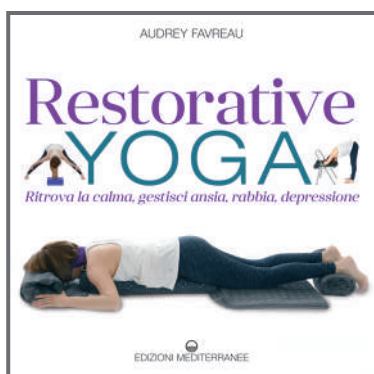
INTRODUCTION TO HOMEOPATHY

How to heal body, mind and spirit

The growing interest towards non conventional, alternative, complimentary and non official medicine is the symptom that our society requires a new relationship between doctors and patients. A new relationship that allows the patient to intervene in his healing process. Homeopathy is a more spiritual medicine, able to act on psyche and to go beyond the dichotomy body-mind. Based on the Hippocratic "law of similar", homeopathy can boast many experimentations and many successes.

€ 9.50 - 152 pp. - 12 illustrations

 **Rights sold to Romania**



Audrey Favreau

RESTORATIVE YOGA

Find calm, manage anxiety, anger, depression

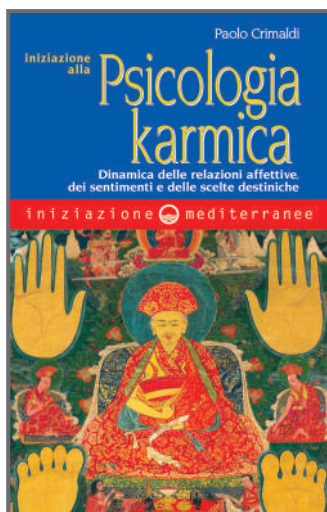
Unlike dynamic yoga, this is a meditative practice that allows you to calm the mind, balance the nervous system and relax the body. It is a type of yoga that helps us release chronic stress by cultivating «the art of doing nothing». It is suitable for everyone, regardless of physical condition, and uses accessories such as blankets, soft cylindrical supports and small pillows to train the body and mind and lead them to a state of deep relaxation. Restorative yoga what it is and how to practice it with over thirty postures and forty sequences: the text by Audrey Favreau will give you the keys to find inner calm and better health.

€ 20.00 - 168 pp. - 55 colour photos

 **Rights sold to France and USA**



INTRODUCTION TO...



Paolo Crimaldi

INTRODUCTION TO KARMIC PSYCHOLOGY

Dynamics of affective relationships, feelings and destiny choices

Karmic psychology is not interested in the analysis of the ego and its mechanisms, nor the dynamics of the unconscious, it has the purpose to study the Soul, the great absentee of our present day age that increasingly asks to be (re)known, activated and brought into daily life. At the base of this book is Karmic therapy, which is not a new form of psychotherapy, but an approach addressed to people who are looking for the meaning of their life.

€ 9.50 - 168 pp.

 *World rights available*



Paolo Crimaldi

INTRODUCTION TO ASTROLOGY AND CYCLES OF LIFE

Our life is made up of stages, some more or less similar for everyone, others much more subjective, linked to particular experiences that have contributed to our development, which helped us go through and overcome an existential stage that no longer belonged to us. In astrological terms the former are linked to the planetary cycles, the latter to the trans-Jovian planetary transits in relation to our personal planets, and in particular to the Sun, the Moon and Venus. The book accompanies the reader – through the integration of various psychological theories on the cycle of life, anthropology and esotericism – to identify those phases of our lives which represent an actual shift to another dimension, to a sort of real initiatory path whose ultimate goal is to identify one's own Self.

€ 9.50 - 160 pp.

 *World rights available*



Rosella Rasori

INTRODUCTION TO HYDROLATES

The power of Aromatherapy

Hydrolates are formed when flowers and leaves are steamed and distilled. The first product obtained from this process is an essential oil, the second is a hydrolate, water that keeps all the essential oil properties intact. Hydrolates energy aromatherapy is based on the use of hydrolates by inhalation and contributes to the recovery of emotional, psychic and physical well-being. The book contains the 21 most common hydrolates available on the market, and their use for the body, cosmetics and psychosomatic disorders.

€ 9.50 - 128 pp.

 *World rights available*



INTRODUCTION TO...



Robert Hasinger

INTRODUCTION TO FENG SHUI

The research of harmony and balance

One of the most ancient need of mankind is still topical today as it was five thousands years ago. Chinese wise men while observing nature and its laws in relation to men, stated that territory, house, ground that host human beings can be more or less propitious for their life, more or less suitable for their development, health and wellbeing. In this way they created Feng Shui: the science that studies harmony between man and territory.

€ 9.50 - 144 pp. - 45 illustrations

 *Rights sold for Spanish (USA and Latin America) and to Romania*



M° Ming Wong C.Y. - Alessandro Conte

INTRODUCTION TO ON ZON SU

On Zon Su literally means "the art of touching heels" and it is a Chinese traditional art of foot massage, that dates back to 500 b.C. when Master Mak Zi founded the first On zon Su school. Its principle is the harmony and polarity between Yin and Yang and the analogies between microcosm and macrocosm and the five Elements. The teachings in this book concern the principles and the technique of this massage, with reference to historical and mythological knowledge.

€ 9.50 - 128 pp.- 100 illustrations

 *Rights sold to Romania and Germany*



Maria Grazia Carini - Giancarlo Visconti

INTRODUCTION TO REIKI

The ancient energetic therapy

Reiki is a sacred therapeutic art, connected with the Pure Energy coming from the Absolute, the Brahman, God. It carries the information for matter to structure itself. The reader does not require particular knowledge, just a mental attitude to faithfully accept concepts, which may result different from the common way of thinking. Simple and exhaustive answers are provided to those questions that could arise in everyone approaching Reiki for the first time.

€ 9.50 - 120 pp.

 *Rights sold for Spanish (USA and Latin America) and to Romania*



INTRODUCTION TO...



Raffaele Cavaliere

INTRODUCTION TO FAMILY CONSTELLATIONS

A Key for Life

Familiar Constellations, implemented by the method of Bert Hellinger, offer an empirical-phenomenological approach to the "World of the Spirit," and a therapeutic approach that allows the development of the virtues necessary to live in harmony. Constellations are defined as "therapy for the Soul" as they allow to free ourselves from "entanglements," and karmic ties that prevent us from realizing our own project of Life and from fulfilling our destiny.

€ 9.50 - 120 pp.

 *World rights available*



Pier Luigi Lattuada

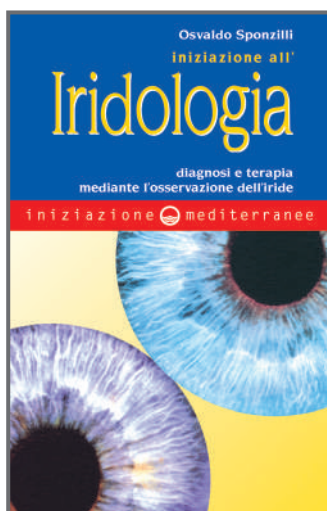
INTRODUCTION TO BIOTRANSENERGETICS

Psychotherapeutic theory and practice

Using the author's voice, Pier Luigi Lattuada, an internationally known doctor and psychotherapist, talks about Biotransenergetics (BTE), a revolutionary psychotherapeutic model, among the few born in Italy and recognized by the Ministry of Education, which encompasses ancient wisdom and shamanic traditions, but also modern acquisitions of quantum physics. In forty years of uninterrupted work, Lattuada transformed his theoretical model into a practical, easily applicable method that leads to mastering internal experiences and states of consciousness, to help people on a journey towards self-discovery.

€ 9.50 - 144 pp.

 *World rights available*



Osvaldo Sponzilli

INTRODUCTION TO IRIDOLOGY

Diagnosis and therapy through iris observation

Popular culture defines our eyes as "the mirror to our soul". But the most beautiful jewel of the eye is the iris. Origins of iridology go back to the Chaldean and Mesopotamic civilizations. The life of a person is printed in the iris from birth, like in an astral map. In the coloured weft, crisis periods the subject has gone through can be decoded, as well as genetically weak organs. Though not being a specialist book, it offers ideas for the comprehension of us in holistic terms.

€ 9.50 - 128 pp. - 30 colour illustrations

 *Rights sold to Romania*



INTRODUCTION TO...



Mario Corradini

INTRODUCTION TO MUSIC THERAPY

Exercises for relaxation, toning and balance with Biomusic

Biomusic uses ancient knowledge about the influence of music on the human body. The body is, in fact, like a musical instrument that requires constant tuning. Through the use of voice, breathing and other experiences, this method avoids the somatization of emotional conflicts. This book also suggests exercises that prove the beneficial effects of this discipline in practice.

€ 9.50 - 128 pp. - 32 illustrations

 **World rights available**



Francesca Romano

INTRODUCTION TO VOICETHERAPY

the voice educates the mind and the body sings

The author suggests a solution to speech impediments, and has developed some innovative and effective practices to fully utilize the potential of the human voice. She has discovered that, contrary to traditional methods: the physical sound, freed from contractions and constrictions, can fully express its potential. The detailed description of the exercises proposed in this book is supported by historical-scientific references that justify them and indicate possible paths for further studies.

€ 9.50 - 160 pp. - 10 illustrations

 **World rights available**



Gabriella D'Albertas

INTRODUCTION TO THE WORLD OF FAIRY TALES

evolutionary paths through the fairy tales of our childhood

Fairy tales tell about our life, our sufferings, our difficulties, the daily struggle for survival, be it material problems or emotional difficulties. As adults, we should all re-read the famous fairy tales from our childhood as they help us to grow as human beings, since fairy tales speak directly to our subconscious.

€ 9.50 - 168 pp. - 61 illustrations

 **World rights available**



DIVINATION AND MAGIC



Jorg Sabellicus

MAGICAL SQUARES

Predicting, understanding events, knowing yourself

Numerology is the most rational of all divinatory doctrines. Methods for predicting the future can be based on immutable patterns and randomly chosen symbols, or on patterns that repeat themselves. As for the magical squares the first traces are found in the Texts of the Pyramids, magical funerary formulas present in pharaonic burials dating back to 2500 B.C. To use this divinatory system, we must rely on the symbolic link: the symbols are the numbers and the letters associated with them, which define models interpreted according to fixed rules.

€ 11.90 - 200 pp. - 10 illustrations

 World rights available



Luca Della Bianca

MANUAL FOR READING COFFEE GROUNDS

The future in coffee grounds

This book is the only one dealing in a specific and thorough way with the particular art of divination, whose origins come from the Turkish social ritual of coffee preparation. It is one of the few divination techniques, which has remained untouched in the different cultures of the Mediterranean, just due to its easiness and accessibility. In the jumble of shapes coming from the coffee dust everybody will be able to find, or at least to reach, the end of that tangled skein that is destiny.

€ 12.50 - 112 pp. - 20 illustrations

 World rights available



Carlo Bozzelli

TAROTS THE SECRET GOSPEL

The golden legend by Jacobus de Voragine tells that Magdalene, along with other Christians, was put on a ship and expelled from Palestine. She reached Marseille and – according to a popular tradition - lived as a hermit in a cave in Provence. The Major Arcana cards, whose historical roots are Provencal, would then preserve an initiation message relative to Mary Magdalene that this book, expertly written by Carlo Bozzelli, attempts to decipher analyzing with meticulous attention all the obvious and hidden details that are present in the various cards, starting with the World. This book gives a completely new outlook on tarots and reveals their mystery that has been jealously guarded and hidden for centuries

€ 28.50 - 249 pp. - 230 colour illustrations

 World rights available



DIVINATION AND MAGIC



Massimiliano Kornmüller

ALEXANDER THE GREAT'S ORACLE

The divinatory method of the magician Astrampsico

First translation from ancient Greek of an oracular work used to predict the future. In the preface to the work, Astrampsico explains to King Ptolemy how it works. The oracle is preceded by a study of cleromantic divination (through lots or dice). The volume is also enriched by numerous illustrations by the author depicting archaeological finds, which explain and integrate the text, and by the decahedron that can be cut out and built. It is a very rare piece of work, easy to consult for those who want to know their future. A book that will fascinate people who have a keen interest in magic and antiquities.

€ 12.00 - 160 pp. - 20 illustrations - It contains a decahedron to build

Rights sold to Romania



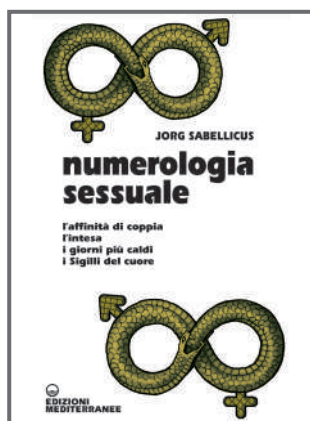
Jorg Sabellicus

THE MAGIC OF NUMBERS

The answers that numerology provides are clear, immediate, precise and obtainable by anyone without the minimal difficulty. This easy-to-use book illustrates the esoteric and mystical meaning of numbers and teaches how to find the fundamental figures connected to each person: the name day number and the matrices numeric, keys for interpreting the character; the number of destiny and the natal matrix, which indicate the sense of the individual future; the numbers of the year, of the personal month and day, thanks to which you get precise guidance on how much to "do" and "not do" in every moment and situation of existence.

€ 16.00 - 174 pp.

Rights sold to Portugal



Jorg Sabellicus

SEXUAL NUMEROLOGY

Couple affinity and understanding, the hottest days, the Seals of the heart

Numerology studies the symbolic and mystical aspect of numbers. Letters, words, names and dates, everything vibrates with a number, often linked to planetary influences and energy. Each one of us has personal numbers and these can help describe our personality and life priorities, as well as assess the degree of compatibility we have with others. Therefore with numerology, we can discover when and how much we are truly in tune and numerically aligned with our partner.

€ 18.50 - 190 pp. - 70 illustrations and photos

World rights available



Jorg Sabellicus

GOLDEN DAWN TAROTS

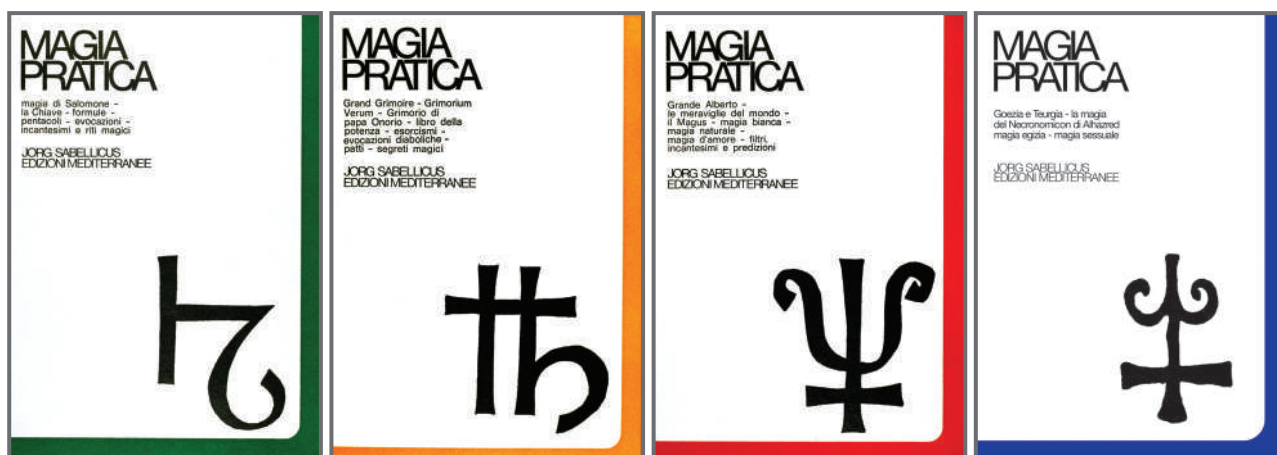
Tarot cards, according to Eliphas Lévi, are like a universal encyclopedia: browse them, question them and they will give you the answer. The magicians of the Golden Dawn used the Tarot to know something about the past, the present and the future. The Tarots were used in two both as a divinatory system and as a symbolic threshold. The book explains the meaning of the individual Tarot cards according to the teachings of the Golden Dawn; offers a series of divinatory practices, teaches the technique of clairvoyance through cards and describes the visions obtained by the magicians of the Order. The deck used is the Rider-Smith one, developed by Arthur Edward Waite.

€ 23.50 - 200 pp. - 107 b/w illustrations - 78 colour illustrations

World rights available



DIVINATION AND MAGIC



Jorg Sabellicus

PRACTICAL MAGIC

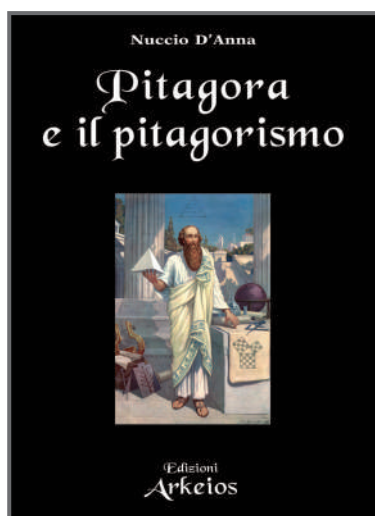
The most complete and detailed piece of work the world has ever seen on magical rituals and magical practices. Divided into four volumes, it includes the faithful reproduction of secret texts and works handed down for centuries on the magical arts, which allow you to draw on the Universal Forces by bending them to your wishes.

Vol. 1 - € 14.50 - 176 pp. | Vol. 2 - € 14.50 - 192 pp. | Vol. 3 - € 14.50 - 176 pp.

Vol. 4 - € 14.50 - 184 pp. - 40 illustrations -  World rights available



HISTORY AND MYSTERIES



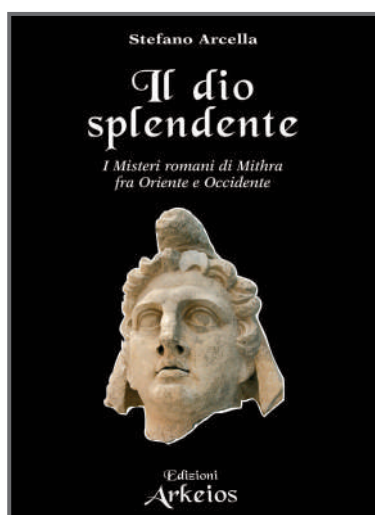
Nuccio D'Anna

PYTHAGORAS AND PYTHAGORISM

Following the most authoritative ancient-Hellenic traditions, this essay analyzes the figure of Pythagoras, a philosopher and mathematician and the movement he created by highlighting the spiritual dimension and complex arithmosophic doctrines. These are absolutely innovative analyses that illuminate some aspects usually overlooked. Pythagoras emerges as an ancient scholar who taught the philosophy on numbers together with the formulation of a rich one geometric science capable of crossing the centuries up to the Middle Ages. In addition to the analysis of numerology and geometry, the book focuses on his sophisticated musical science showing their links with the world of art and medicine.

€ 24.50 - 232 pp.

 **World rights available**



Stefano Arcella

THE DAZZLING GOD

The Mithraic Mysteries, between East and West

This essay focuses on Roman Mithraism presented as a shift from the "mythical" era to a phase of "conscious soul", which seeks an intimate, personal and direct relationship with the divine. This is known as the Mithraic Solar Way that occurred starting from the spiritual and philosophical reforms that emerged in the East and West between the 7th and 5th centuries B.C. This text differs widely from the texts published so far as it broadens the horizon of research on multiple aspects of Roman Mithraism not previously addressed. An essay that starts from the Indo-European prehistory, from the God Mithra of the Vedic religion and from the Iranian Mithras, focusing on the Greco-Roman Mithraic Mysteries.

€ 24.00 - 256 pp.

 **World rights available**



Paola Giovetti

CELEBRITIES AND MYSTERIES

When Kafka spoke with angels and Einstein studied telepathy

The more in depth we study the lives of people of great stature and prestige, the more we find out information on their involvement with the paranormal, either spontaneously or by study. Why talk about their experiences? To discover character aspects unknown to most and to encourage others to follow the path of research in an area rich in intuitions and promises that are important for the vision of the world and for a better knowledge of ourselves.

Some, among the many characters touched by Giovetti's research: Arthur Conan Doyle, Christina of Sweden, Albert Einstein, Sigmund Freud, Johann Wolfgang von Goethe, Victor Hugo, Carl Gustav Jung, Franz Kafka, Immanuel Kant, Thomas Mann, William Butler Yeats...

€ 18.50 - 180 pp. - 20 illustrations

 **World rights available**



HISTORY AND MYSTERIES



Paolo Enrico de Faveri

MASONIC SYMBOLS UNREVEALED

A text that easily explains the significance of Masonic symbols and the deep and lesser-known meaning of Freemasonry. The author uncovers the "roots" which sink to the depths of the initiatic traditions, from ancient Egypt to Pythagoreanism, from Mithraism to the "Fedeli d'Amore" (faithful of love, relating to Dante) from Templars to Rosicrucians, and in particular the close relationship between Masonry and Alchemy, which share the title of "Real Art".

€ 22.00 - 208 pp. - 80 photos - 4 colour inserts

 *World rights available - English and French translations available*



Manfred M. Junius

SPAGYRICS

A comprehensive alchemical guide to plant extractions and their health benefits

This book shows how spagyric methods "open" medicinal plants completely to release powerful healing properties and provides a history and philosophy of spagyrics that reveal why Western medicine fails to recognize the full benefit to health offered by plants. It connects spagyrics to classical alchemical, hermetic, and ayurvedic traditions. *Spagyrics* includes the *Plant Magistry of Paracelsus* and the *Life Elixir recipe* of Andreas Libavius among its historic techniques as well as a wealth of scientific information that demonstrates the greater efficacy of alchemical methods of plant essence extraction.

€ 19.90 - 208 pp. - 48 illustrations

 *Rights sold to USA and Austria*



Massimo Centini

CRIMINAL TALES

Violence, murder and evil in children's literature

Years of studies by philologists, literature and religion historians have shown that fairy tales are a complex universe, an anthropological and psychoanalytic laboratory of extraordinary interest in which issues related to linguistics, the origin and dissemination of myths, and narrative processes developed in the transition between orality and writing are intertwined. But a peculiarity of fairy tales concerns the presence of themes which are paradoxically unsuitable for children and with very violent facets in their plots: murder, rape, pedophilia, dismemberment, violent deaths, anthropophagy, etc. In this book, the reader will unveil hidden aspects which are very common in what is referred to as "children's literature".

€ 16.00 - 182 pp.

 *World rights available*



HISTORY AND MYSTERIES



Simona Cigliana

TWO CENTURIES OF GHOSTS

What is behind ghost busters, haunted houses, exorcisms, zombies and ghosts that interests international filmography so much? Why, despite the tireless «unmasking» activity of a large group of antipsychists, do many still believe in spirits, in materializations, in the dead who return? The protagonists of this well-documented book, which reads like a compelling choral novel, are men and women who have tried, each in their own way, to force the doors of the supernatural. Their disturbing stories are supported by the rigorous amounts of references that complete the volume and restore historical reliability to even the most astounding spiritism anecdotes.

€ 24.50 - 320 pp.

📖 *World rights available*



UR group

AN INTRODUCTION TO MAGIC

In 1927 Julius Evola and other leading Italian intellectuals formed the mysterious UR group. Their goal was to bring their egos into a state of superhuman power and awareness in which they could act “magically” on the world. Their methods were the practice of ancient Tantric and Buddhist rituals and the study of rare Hermetic texts. Three volumes contain all the rites, practices, and texts.

Vol. 1 - € 28.50 - 416 pp.

Vol. 2 - € 32.00 - 400 pp.

Vol. 3 - € 28.50 - 432 pp.

📖 *Rights sold to Germany, USA and France (Vol. 1)*



Maria Grazia Lopardi

THE SATOR MAGIC SQUARE

The secrets of the master builders

Sator is a square made of five words in a row which can be read in any direction. Many scholars tried to solve the mystery, providing the many interpretations. Thanks to an intuition, the author has discovered the SECRET OF THE SECRETS, never written, but visible to everyone through the harmony of the sacred constructions and universal symbolism. By the same author: *Medieval architecture, Sacred geometry, The grail guarded by the Templars, Celestino V and the Templar's treasure.*

€ 24.50 - 144 pp. - 110 colour illustrations

📖 *World rights available*



FAMILY AND PARENTING



Gabriella Arrigoni Ferrari

THE BREECH CHILD

Communicating and playing with them to turn them upside down

Conducting a stimulating prenatal relationship with one's child, communicating and having a positive dialogue is necessary to fulfil the prerequisites for the mother's intervention to promote the rotation of a fetus in a breech position. In this manual, the author, after an introductory reflection on some of the aspects of humanity's evolution that led to evolve in connection to the birth of life, suggests how to communicate, through easy exercises, a sense of protection, how to stimulate affectivity and play, as they can help in laying the foundations to build the parent-child relationship and create the necessary climate for the rotation of the breech baby.

€ 14.50 - 136 pp. - 10 photos

 **World rights available**



AlbaSali

CHILDREN WHO LOVE TOO MUCH

How to untie the knots with your parents

The biggest wounds, the most burning disappointments, whether we admit it or not, whether we see the connection or not, all have their roots in our history with our parents: there is a passage of transgenerational, psychological and spiritual information that conditions us in our choices and behaviors. Children who love too much have made an unspoken pact with their parents which influences their life in a suffocating way that requires them to remain faithful to their folks. This book encourages the readers to trace their childhood back to where the growth process has stopped, to solve any issue following a logical, practical and intensely emotional direction. The reflections on adoptions and assisted fertilization are unprecedented and compelling.

€ 15.00 - 168 pp.

 **World rights available**



Germana Mamone

THE HEALING TOUCH

Tuina for children

The Chinese massage Tuina is proposed as an extraordinary support to treatment of various illnesses for children aged between one hundred days and twelve years of age. It is based on the general theory of traditional Chinese medicine. According to this ancient practice, the vital functions of the internal organs are connected to each other through a rich and complex network of channels where vital energy flows, which can be compared to a dense network of rivers and streams.

€ 24.50 - 240 pp. - 360 illustrations

 **World rights available**



FAMILY AND PARENTING



Daniela Respini - Gaspare Urso

MANDALA AND CHILDREN

Composing, coloring, growing

Composing or colouring a mandala is a relaxation technique and a mean to achieve one's own harmony. It is extremely helpful especially in relieving states of anxiety, both in the therapeutic field and in meditation. When transformed into a playful activity, it has such beneficial effects on the psychophysical state of children that the author was prompted to deepen her knowledge in the field of child psychology. The book explains the historical, theoretical and above all practical bases of mandalotherapy, the author's personal experience with children and adolescents and offers interviews with the young participants in her workshops. The book contains mandalas for coloring.

**€ 12.50 - 128 pp. - 66 colour photos and illustrations
22 mandalas for colouring**

 **World rights available**



Claudio Colace

INTRODUCTION TO CHILDREN'S DREAMS

An essay that presents in a synthetic and informative form the recent acquisitions of the scientific study of childhood dreams; the text, designed for parents, nursery school teachers and all those who want to approach this theme, while touching on all aspects of childhood dreams (content, form, memory, etc.) in a strictly scientific perspective, it is written in simple language and accessible to everyone, even non-experts.

€ 9.50 - 144 pp.

 **World rights available**



Mauro Pedone - Sergio Starace

YOGA AUTISM AND TIBETAN BOWLS

Special sounds and silences

In Italy there are around 600,000 families who experience difficulties linked to autism spectrum disorders every day: today they can have valid support thanks to the synergy of yoga and Tibetan bowls. Pedone and Starace, who have been working with autistic children for years in collaboration with day centers and local health authorities, have found that these practices provide moments of tranquility and well-being to people with these problems, support medical therapies and constitute a psychoeducational resource, also in rehabilitation. A proven method, which makes use of the collaboration between a psychologist and an expert in Bach Flower remedies.

€ 13.90 - 152 pp. - 53 photos

 **World rights available**



BIOGRAPHIES



Paola Giovetti

WOMEN OF POWER

From 15th to 20th Century

Nobles, queens, empresses. First women in politics, women of letters, scientists. Inspiring artists, lovers, history's favorites: different one from another, but all Women of Power, protagonists of great history. Reading this book – set chronologically from the 15th to the end of the 20th century – we retrace historical, political, social, cultural and artistic events of primary importance, both Italian and international, having the opportunity to reflect on the too often unheard lessons that history offers us. Twenty loved, hated, admired, envied, feared, copied, criticized women: a gallery of extraordinary unique characters. (Lucrezia Borgia, Catherine de Medici, Christine of Sweden, Marie Antoinette, Madame de Pompadour, Eleanor Roosevelt, Golda Meir, etc...).

€ 24.50 - 240 pp. - 20 illustrations

 ***Rights sold to Romania***



Paola Giovetti

HELENA PETROVNA BLAVATSKY

And the Theosophical Society

Helena Petrovna Blavatsky (1831-1891), founder of the Theosophic Society, was a fascinating and adventurous figure, of a noble Russian family, gifted with extraordinary psychic powers. This book, which can be read as a novel, reconstructs the life events of H. P. Blavatsky, her closest collaborators and friends, and outlines the development of a movement of thought which has an undoubted role in the history of the religious, philosophical and esoteric thought of our day.

€ 13.90 - 176 pp. - 8 inserts

 ***World rights available***



Paola Giovetti

MARIA MONTESSORI

A biography

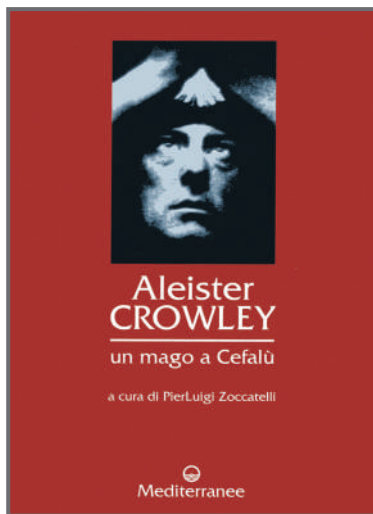
This biography of Maria Montessori (1870-1952) focuses on the extraordinary originality and innovation of this great educator and pedagogue. She revolutionized the scholastic conceptions of the time and “freed” children, revealing the great and until that moment basically unknown potential. We owe her a new understanding of children and of teaching. The work investigates also her relations with the Teosophy and the new born Teosophic Society during the ten years she spent in India.

€ 16.00 - 160 pp. - 20 illustrations - 16 colour inserts

 ***World rights available***



BIOGRAPHIES



ALEISTER CROWLEY

A magician in Cefalù

Aleister Crowley founded the famous Abbey of Thelema in Cefalù between 1920 and 1923, the date of his expulsion from Italy. Numerous scholars and experts on the subject offer in these pages various in-depth approaches and lines of investigation - historical, literary, interpretative - on this singular character. At the end of the book an unpublished text by Crowley himself on the famous paintings he created in Thelema Abbey. Rare images of these same frescoes and other period photographs accompany the reader on a journey to discover one of the most discussed characters of our era.

€ 14.90 - 144 pp. - 18 photos

 *World rights available*



Anna Maria Partini

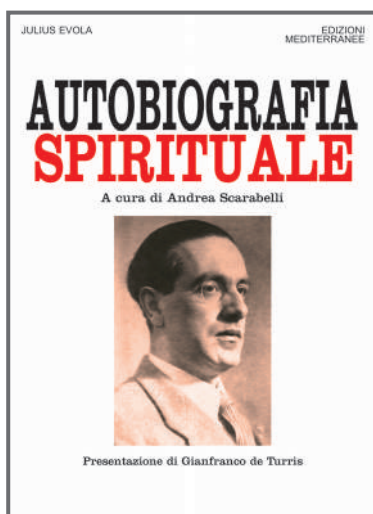
CHRISTINE OF SWEDEN AND HER ALCHEMICAL CENACLE

Christina of Sweden, the queen who gave up a kingdom she loved and knew how to govern, to embrace the Catholic religion.

Perhaps she is the character who expresses the renunciation of the earthly world, even of a kingdom, to follow his wisdom and religious impulses more freely. It is no coincidence that she was called "Minerva of the North".

€ 22.50 - 272 pp. - 20 illustrations

 *World rights available*



Julius Evola

SPIRITUAL AUTOBIOGRAPHY

Edited by Andrea Scarabelli

This is the transcription of a very long interview made in two different moments, in 1968 and 1971, by a French TV crew, and partly broadcasted only by the Swiss television. Although Evola mainly talks about his books, in the end, urged by the interviewers', he ends up talking about himself. He speaks of his works in a colloquial and explicit way, so much that the name of the interview could be «a guide to my books», as the philosopher would have liked to entitle it.

€ 20.00 - 160 pp. - 8 colour inserts

 *World rights available*



NUTRITION



Antonella Tomassini

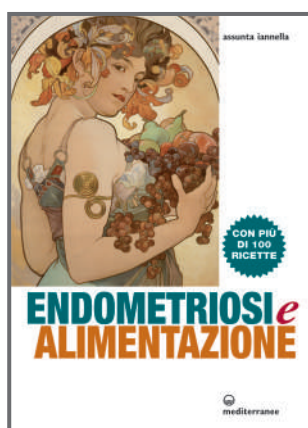
VEGAN PLANET

Considerations and recipes for a cruelty free world

This book is a collection of surveys, recipes, interviews and written experiences to show that veganism does not lead to a life of renunciation, but a series of deletions from which we benefit for our own good and especially the planet which we live on. The text answers the question that every omnivore often asks, "What does a vegan eat?".

€ 17.50 - 256 pp. - 50 illustrations

 *World rights available*



Assunta Iannella

ENDOMETRIOSIS AND NUTRITION

With over 100 recipes

The first book that indicates the most suitable type of nutrition for women suffering from endometriosis. The numerous and easy recipes in this book are a great help for those who wish to satisfy their palate, in the kitchen without depriving themselves of the pleasure of good food. This work is not only addressed to those who suffer from endometriosis, but also to those who simply want to follow anti-inflammatory nutrition.

€ 12.50 - 128 pp.

 *World rights available*



Giovanni Moscarella

BIO-SOFICA® DIET

Feed your soul and your body

This diet is the result of the author's many years of expertise as a nutritionist, integrated with the basics of biology and social psychology. It is a nutritionist's long informal reflection, which invites readers to think differently about nutrition, reinterpreting a series of misleading myths and clichés which lead to psycho-physical damage. Practical information will allow everyone to become a nutritionist for themselves, considering individual characteristics.

€ 24.50 - 336 pp.

 *World rights available*



Maddalena Premuti Bonetta

THROW AWAY THE SCALES!

Transform excess weight in creative energy

The author describes the journey in her body to find in it a precious ally for a healthy and harmonious state. From the palpable bodily matter to the most subtle and invisible part this manual conveys innovative teachings whose roots date back to ancient wisdom. The use of direct and simple language and numerous illustrated tables accompanies the reader to discover new horizons through effective and handy practices that can be implemented immediately.

€ 12.00 - 144 pp. - 32 illustrations

 *World rights available*



ANIMALS AND US



Stefano Apuzzo - Monica D'Ambrosio

EVEN ANIMALS GO TO HEAVEN

Stories of cats and dogs beyond death

This book will help people find their dog or cat friend who passed away and to keep talking to them and loving them. Pope Johann Paul II said that "in animals there is something very near to divine breath of life". In this book are collected the most beautiful and touching stories of animals beyond life on earth. Along with witnesses of famous authors like Allan Kardec, Rosemary Altea, Margherita Hack there are stories of daily love for animals written by common people. The most beautiful page ever written on animals, on their sensitiveness, cleverness and altruism are condensed in this book.

€ 17.50 - 190 pp.

📖 *Rights sold to Germany*



Cinzia Ciarmatori - Tamara Macelloni

INTRODUCTION TO BACH FLOWERS FOR ANIMALS

Just like us, animals are immersed in a complex emotional universe: neurosciences tell us this and speak about animal welfare without considering the psychological aspect. For this reason Bach Flowers are an instrument of precious care for animals: dogs, cats, horses, but also for small mammals, reptiles and birds. A handbook to help the reader learn more about Bach Flowers, with many stories of animals that have found help using them, also integrated with other methods of treatment.

€ 9.50 - 128 pp.

📖 *World rights available*



Silvia Pepe

MY PAW IN YOUR HAND

Listen and protect your dog

The theme of this book is the relationship between the pets illness and the emotions of their owners. It is also a manual full of advices to help our four-legged friends restore physical and psychological balance. Looking after a dog, from a holistic point of view, takes into account body language and emotions.

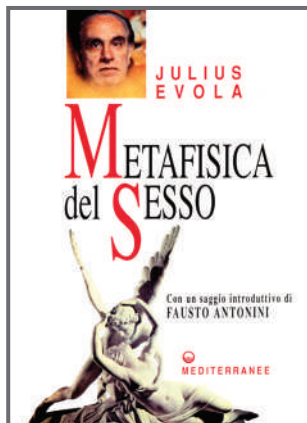
It can be achieved through techniques such as reflexology, aromatherapy, rebalancing chakras and aura, treatments with stones, herbs and, last but not least, a balanced nutrition.

€ 17.50 - 256 pp.

📖 *World rights available*



JULIUS EVOLA



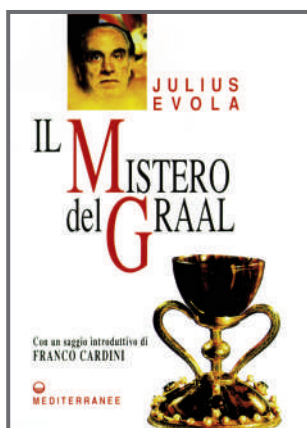
Julius Evola

THE METAPHYSICS OF SEX

A comprehensive work on the metaphysical aspects of sexuality. Julius Evola sheds new light on the mystical and spiritual expression of sexual love. This in-depth study explores the sexual rites of sacred traditions, and shows how religion, mysticism, folklore, and mythology contain erotic forms in which the deep potentialities of human beings are recognized. The author was one of the foremost authorities on the world's esoteric traditions.

€ 28.50 - 352 pp. - 16 inserts

📖 *Rights sold to USA, Germany and Albania, Czech Republic*



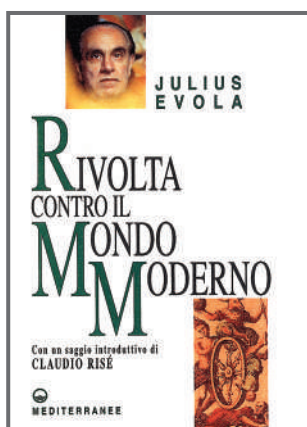
Julius Evola

THE MYSTERY OF THE GRAIL

In this important study, one of the greatest esoteric philosophers discloses the pre-Christian and initiatic sources of this symbolic motif, so central to Western mythology and culture. He demonstrates how the main features of the legend are from an older tradition analogous to the heroic sagas of the North, and that the Grail itself is a symbol of initiation. Evola throws, in this excursion into the realm of the Grail, new light on an endlessly fascinating subject.

€ 25.00 - 264 pp.

📖 *Rights sold to USA and Brazil*



Julius Evola

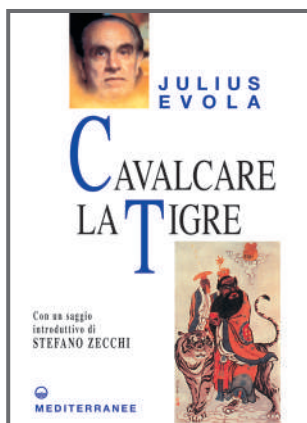
REVOLT AGAINST MODERN WORLD

In what many consider to be his masterwork, Evola contrasts the characteristics of the modern world with those of traditional societies, from politics and institutions to views on life and death. Written at the beginning of the Thirties, it marks for Evola the passage from philosophy and esotericism to a complex vision of the traditional world. "Revolt" is a unique work, that proposes a mythic-symbolic interpretation of the world's history.

€ 36.50 - 488 pp.

📖 *Rights sold to USA, Germany, Turkey, Czech Republic and Bulgaria*

ALSO AVAILABLE AS ORIGINAL REPRINT OF THE FIRST EDITION 1934



Julius Evola

RIDE THE TIGER

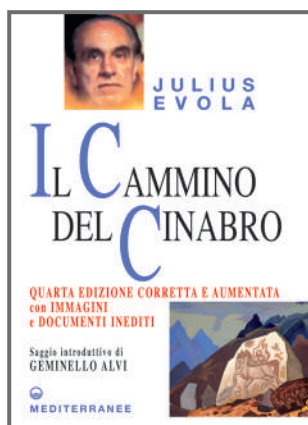
In this work, the famous Italian philosopher, deals with the issue of the various suitable behaviours of the prototype of a differentiated man in a period of dissolution. The Oriental saying "riding the tiger" means not to let one be swept away nor annihilated by what one cannot directly control. Thus this book can be considered a kind of "survival manual" for all those who consider themselves spiritually connected with the traditional world, but are obliged to live in the modern world.

€ 27.50 - 240 pp.

📖 *Rights sold to USA, Germany, Czech Republic, Argentina, Croatia and Finland*



JULIUS EVOLA



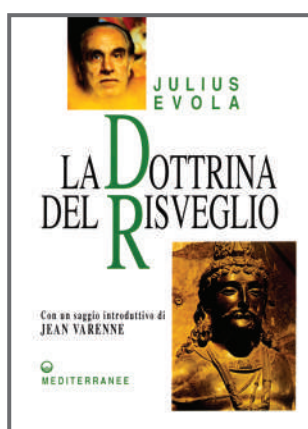
Julius Evola

THE CINNABAR PATH

Not an autobiographical work, but a “guide through my books,” dealing with ideas, rather than events and personal facts, and those traditional values that have characterized his entire life, it suits the definition of “spiritual autobiography.” The Cinnabar path has a fundamental importance and is crucial not only to understand the course of the thesis and the “vision of the world” that moved Evola, but especially to observe the common thread underlying all his works and positions.

€ 34.50 - 464 pp. - 16 colour inserts

 *World rights available*



Julius Evola

THE DOCTRINE OF AWAKENING

In a probing analysis of the oldest Buddhist texts, Evola places the doctrine of liberation in its original context. The early teachings, he suggests, offer the foremost example of an active spirituality that is opposed to the more passive, modern forms of theistic religions. This sophisticated analysis of the theory and practice of Buddhist asceticism elucidates the central truths of the eightfold path and clears away the later accretions of Buddhist doctrine.

€ 25.50 - 280 pp.

 *Rights sold to USA, Croatia and Czech Republic*



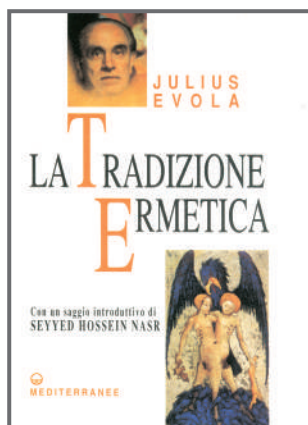
Julius Evola

MASK AND FACE OF CONTEMPORARY SPIRITUALISM

Originally published in 1932, consolidating papers written during previous years, and then republished in 1949 and updated in 1971, this book still reveals an astonishing actuality. An illuminating manual to orient oneself in the chaotic “contemporary spiritualism” and to avoid its traps. In fact still today there are many circles interested in the so-called “super-sensual”, “occult” and exotic doctrines that at times can turn into contestable excesses.

€ 19.90 - 248 pp.

 *Rights sold to USA*



Julius Evola

THE HERMETIC TRADITION

This important survey of alchemical doctrines sets forth the mysterious worldview and teachings of the “royal art”. One of the leading exponents of this tradition, Evola demonstrates the singularity of subject matter that lies behind the words of all adepts in all ages, showing how alchemy – often misunderstood as primitive chemistry or a mere template for the Jungian process of “individuation” – is nothing less than a universal secret science of human and natural transformation.

€ 22.50 - 224 pp.

 *Rights sold to USA, Brazil, Czech Republic and Turkey*



JULIUS EVOLA



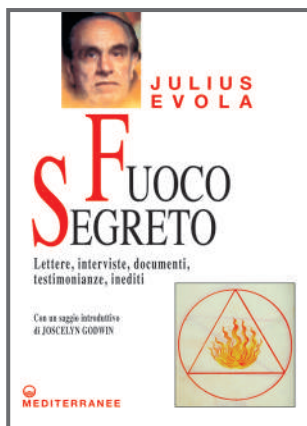
Julius Evola

PAGAN IMPERIALISM

This text was published in 1928, before the Lateran Treaty of 1929 between the Catholic Church and the Italian State. This pamphlet was intended to be a warning for Fascism against this event, which in the author's opinion, would have limited the imperial potential of the Mussolini regime. A work in which a close critique is made on a logical, political, philosophical and religious level of all those values, all those conditions, all those myths which, according to Evola, were hindering fascism and its will to renew the nation and the state, its desire to be «imperial».

€ 29.50 - 352 pp.

📖 *Rights sold to Germany, Spain and UK*



Julius Evola

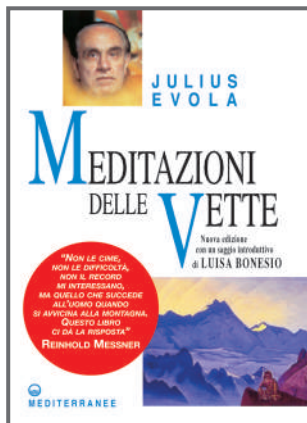
SECRET FIRE

Letters interviews documents testimonies

A collection of rare and unpublished documents which integrate what is known of his "spiritual biography": numerous correspondence with twentieth-century personalities, forgotten interviews, essays, letters dedicated to art, sketches published for the first time, "magical" voices rejected by the Treccani Encyclopedia, the "ideal manifesto" of the Diorama Philosophical column, two chapters of Revolt against the modern world deleted over the years, an erotic story, perhaps destined for Playmen, and much more.

€ 45.00 - 486 pp.

📖 *Rights sold to France*



Julius Evola

MEDITATIONS OF THE PEAKS

New edition with an introductory essay by Luisa Bonesio

Evola's predilection for spiritual heights had a concrete and practical counterpart: in the 1920s and 1930s, the traditionalist philosopher practiced the most daring mountaineering which in the world of culture links him to figures such as Aleister Crowley and Dino Buzzati. He wrote about these experiences in specialist publications and in the general press, not only masterfully transfiguring them in the light of myth and symbolism, but also linking them to everyday life.

€ 19.50 - 218 pp. - 30 photos

📖 *Rights sold to Ukraine and Germany*



Julius Evola

RAAGA BLANDA

Compositions 1916-1922 - ORIGINAL REPRINT OF THE 1969 EDITION

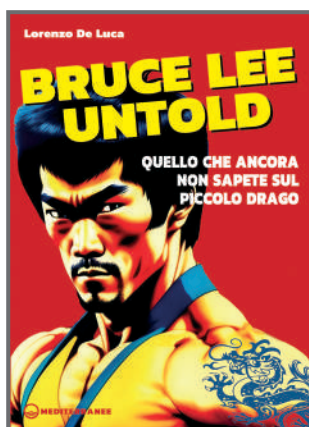
In this famous collection of futurist, symbolist and dadaist poems the dominant topic of the compositions is the internal drama present in almost all early European artists of the Twentieth century. Evola observed that "the fundamental theme was that of existential darkness." The young poet sensed the lability of existence and recognized in abstract art the possibility of overcoming reality to achieve a superior state of being.

€ 14.50 - 80 pp.

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SPORTS AND MARTIAL ARTS



Lorenzo De Luca

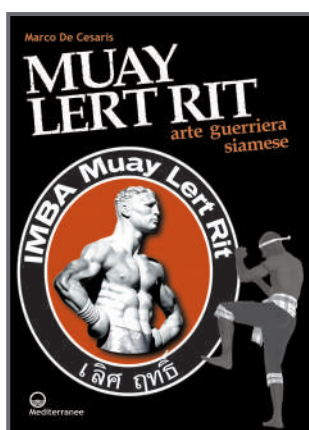
BRUCE LEE UNTOLD

Everything you still don't know about the Little Dragon

This book is an unprecedented and in-depth look at the 20th-century film and Martial Arts legend. Screenwriter Lorenzo De Luca has put together the results of many years of research: meeting over time figures such as Brandon Lee, Jackie Chan, Malisa Longo, Franco Nero, Bud Spencer, Van Damme, Fred Williamson, Gordon Liu and many others. The text contains a summary of their opinions, anecdotes, plus De Luca's own research which was carried out in Hong Kong. It is an agile and exciting read, just like a Kung-Fu movie.

€ 26.50 - 176 pp. - 200 photos and illustrations

 **World rights available - Full text available in English**



Marco De Cesaris

MUAY LERT RIT

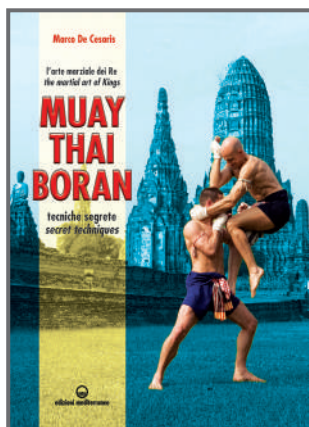
Siamese warrior art - The only authorized guide by the IMBA Muay Lert Rit International Academy

Starting from an original Thai manuscript, the author adapts old combat principles and techniques to be used by modern practitioners. It contains instructions on the Eight Power Principles and a detailed analysis of the attack points and the methods to reach them using only the body.

By the same author: *Thai Boxe, Muay Thai Boran, The art of Thai Grappling.*

€ 29.50 - 336 pp. - 500 photos - 70 illustrations

 **World rights available - Full text available in English and Spanish**



Marco De Cesaris

MUAY THAI BORAN

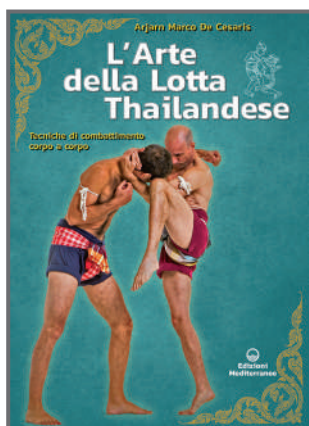
Secret techniques

The first deep analysis on the most lethal fighting strategy of the Siamese tradition: the Look Mai Muay Thai Boran. In this volume you will find: the basis of the most advanced Muay Boran techniques, the Physics of Muay Thai, how to interpret the cryptic language of the Look Mai and much more, with hundreds of photos and drawings which make the comprehension much easier.

By the same author: *Thai Boxe, Muay Lert Rit, The art of Thai Grappling.*

€ 33.50 - 344 pp. - 700 colour photos

 **World rights available - Full text available in English**



Arjan Marco De Cesaris

THE ART OF THAI BOXING

Close range combat techniques - Forward by Prof. Chaisawat Tienviboon

This book is a journey through history, mythology, art and science of the discipline of Thai boxing. Starting from a detailed and rigorous analysis of the technical pillars of ancient Siamese wrestling, the author guides the reader through the principles of physics, anatomy and physiology to fully understand the original style of seizing and holding. Thai boxing technical components, how to seize and hold, joint locking maneuvers, throwing techniques and vital points striking are just a few of the many subjects covered in this volume.

€ 29.50 - 264 pp. - 560 photos and colour inserts

 **World rights available - Full text available in English**



SPORTS AND MARTIAL ARTS



Rinaldo Orlandi 7° DAN

MODERN JU JITSU + DVD

This book is for those who want to learn from Ju-jitsu the rational exploitation of their own physical resources, and a harmonious attitude towards self-defence. Rationality, harmony, co-ordination are necessary pre-requisites in studying combat and self-defence, which are the subject-matter of Ju-jitsu ("Art of Suppleness", but "dynamic and controlled"). This book is both a guide on fundamental principles and a basic programme for the neophyte, and an encouragement to a deeper and more thorough preparation for advanced students.

€ 26.50 - 176 pp. - 200 photos and illustrations

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Giovanni Viscione

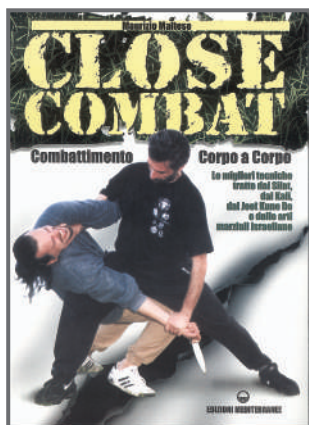
KRAV MAGA

Israeli martial arts

The aim of Krav Maga is true combat, there is no room for tradition or sport. The term, which literally means "combat with contact" is today the official system of the Israeli Defence Forces (IDF), of Israeli National Police and other security services and armies all over the world. Characteristics that distinguish Krav Maga from other martial arts: extremely rapid and easy to learn, minimum practice required to remain operative and efficient, techniques applicable under conditions of stress.

€ 24.50 - 192 pp. - 613 photos

📖 *World rights available*



Maurizio Maltese

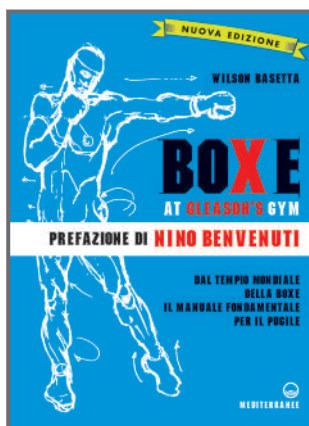
CLOSE COMBAT

Hand-to-hand combat

Always considered the perfect synthesis between the art of striking with white gun or unarmed and the ability in using fighting techniques, close combat has more and more developed into different disciplines. The author brings us to discover those styles that are more close to original close combat: Philippines Kali, Indonesian and Malaysian Pencak Silat, Jeet Kune Do-brought to success by Bruce Lee, Israeli Krav Maga. By the same author: *Silat Cidepok, Pencak Silat, Kali, Sri Murni and Sword and Dagger*.

€ 15.50 - 160 pp. - 265 photos

📖 *Rights sold to France*



Wilson Basetta

BOXE AT GLEASON'S GYM

Basic boxing techniques

A manual that will educate the beginner and all boxing enthusiasts on the basic techniques of pugilism, while also revealing small secrets which would normally take years and years of practice in the ring. Written as a novel with an easy style, it tells the story of the author, Maurizio Arena and his initiation into boxing in the prestigious Gleason's Gym in Brooklyn, the gym that has seen the history of boxing: Sugar Ray Robinson, Rocky Marciano, Muhammad Ali and Mike Tyson.

€ 16.50 - 168 pp. - 93 illustrations

📖 *World rights available - Full text available in German and Portuguese*



SPORTS AND MARTIAL ARTS



Roberto De Luca

WADORYU KARATE DO KUMITE

Wadoryu is a type of karate which was founded by Otsuka Hironori Sensei (1892-1982), pupil of the legendary Gichin Funakoshi. Kumite is one of the three elements - along with kihon and kata - of karate. De Luca's book is the first text in Italy on the historical and didactic elements of kumite. This guide is very easy to consult and it is divided into two parts: the first is theoretical-historical, the second is photographic and illustrates the technical peculiarities of the exercises in pairs incorporated into the overall system of Wadoryu style karate in order to mentally and physically prepare athletes to a hypothetical fight.

€ 25.00 - 200 pp. - 500 photos and illustrations

 *World rights available*



Giovanni Orlandi

CONTROLLING THE ENERGY FLOW IN MARTIAL ARTS

Budo ni okeru Kiryuu-no Seigyo

Energy and energy flow are terms used in the study and practice of oriental martial arts. These are fascinating concepts that are often not understood clearly: what is energy? What is its original source and how can the flow be controlled to achieve effective application in self-defense and combat techniques? The author treats the subject from the western point of view and from the eastern point of view.

€ 20.00 - 120 pp. - 44 colour illustrations and photos

 *World rights available*



Bruno Abietti

SHURIKEN

Ninjas' death stars

Shuriken look like harmless objects, but beyond this innocuous appearance they hide their function of terrible throwing blades. This, of course, in case they are used by the expert hands of a ninja warrior. This very rare book by Abietti is proposed again because it is the only one in Italy that reveals the history and secrets of the fearsome "flying blades" or "death stars"; it teaches all throwing techniques (standing and lying), their effective use – both alone and in the team – as well as how to choose Shuriken and how, if desired, to make your own.

€ 17.50 - 176 pp. - 70 illustrations and photos

 *World rights available*



Bruno Abietti

KUJI KIRI

The secret magic of ninja

The ancient secret teachings of Kuji-Kiri, included in the arts of Ninjutsu, the fighting techniques practiced by ninjas in feudal Japan. Kuji-Kiri means "nine cutting signs": these are nine basic positions or seals that the adept assumes accompanying them with breathing and vocalizations. The nine signs represent an exercise for the body and the spirit that must be performed with consistency and conviction in order to build internal strength.

€ 17.50 - 190 pp. - 133 illustrations

 *World rights available*



CLIMBING AND SURVIVAL



Alberto Sucato

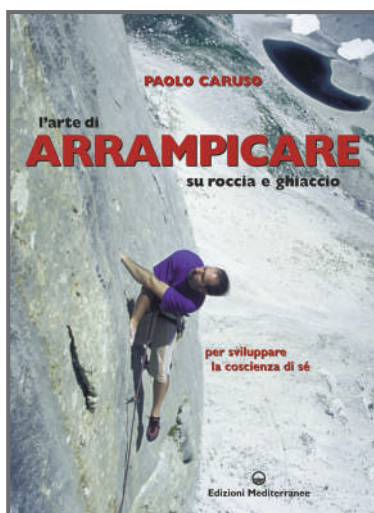
KEEP CALM AND CLIMB

A manual on climbing tactics and techniques

Most of the tips and advice described in the book are inspired by the fact that in crag climbing, the biggest barrier to overcome is not constituted by one's athletic ability, but rather by psychological factors. The author, with over twenty years of experience, tries to break down this barrier, to improve personal skills and improve performance. As climbing is a sport in which different situations can occur, this book outlines the technical problems which can occur and tactics which can be used when one encounters an obstacle during the ascent on a cliff.

€ 16.50 - 136 pp. - 110 illustrations

 **World rights available**



Paolo Caruso

THE ART OF CLIMBING

On rocks and ice - a method to develop self-consciousness

The art of climbing is much more than a simple handbook. In fact it explains the results of a systematic and scientific research of the "fundamentals" of vertical movement, combining them with the author's knowledge in other fields (martial arts, Qigong, shiatsu, Eastern philosophies) together with his vast experience as an alpinist, an alpine guide and climbing teacher.

€ 24.50 - 224 pp. - 444 illustrations

 **World rights available**



Giuseppe Scafaro

COMPLETE SURVIVAL COURSE

A manual resulting from observations and field experiments, during the National Survival School courses, therefore based on personal experiences of the author, instructors and students of the Avventura Team. If you want to learn how to choose energy foods for survival, to build a shelter, to feed yourself with the plants that grow in the Italian territory, to light a fire, to quench your thirst, to ford a river, to build essential tools, to know the different types of knives, to provide first aid and to orient yourself, this book is for you! The advice is to integrate the knowledge provided in this book with exercises and field tests, putting your skills and training into play.

€ 19.50 - 192 pp. - 200 colour photos

 **World rights available**

