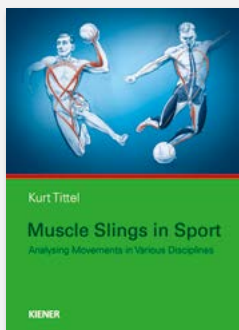


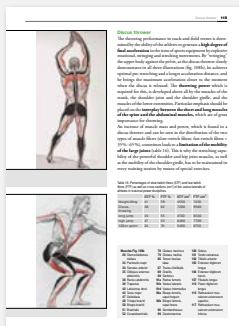
The publishing house which makes books
by people who have something to say,
for people who value content.





Kurt Tittel
Muscle Slings in Sport
Analysing Movements in Various Disciplines

Published 7/2015
 152 pages, 116 coloured illustrations
 Hardcover
 ISBN 978-3-943324-41-9
 € 49,95
 £ 39,95 (GBP)
 \$ 59,95 (USD)



“ ... learn to see a living person with anatomically trained eyes ... ” (Braus)

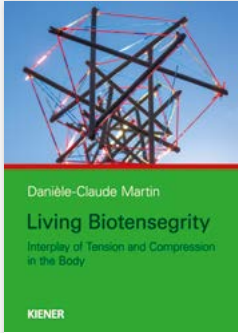
In this book the author describes sequences of movements in sport, and illustrates how the muscles, which are united in concerted actions, combined with their connective tissue sheaths (fascia), work together in functional groups known as “muscle slings”. This term has been introduced and widely applied in the theory and practice of sport and sports medicine.

The author paints a vivid picture of the phases of the various movements in sport, and points out the muscles which are involved in muscle slings – just as if he were an enthusiastic reporter watching a game or an athletic performance.

The text is superbly complemented by the unique three-part illustrations created in the 1950s by the Leipzig artist, Kurt Opitz. Their quality and accuracy have never been bettered – and probably never will be – because they are the result of an intensive cooperation over a lengthy period, between the artist and the anatomist.

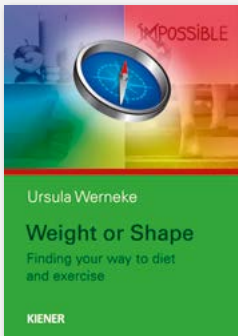
Kurt Tittel represents an anatomical approach which is not confined to detailed accounts of lifeless structures in the dissecting room, but which is both descriptive and functional and gives the reader thrilling depictions of the sequences of movements of the living body in various sports disciplines. He has been an anatomist and sports physician for more than four decades, and had medical responsibility for professional athletes at a national and international level, and was thus in continuous contact with the practical aspects of sport.

The reader will gain an insight into the functional-anatomical approach to the motor system in everyday life and will acquire the knowledge needed to develop training concepts for both sport and rehabilitation.



Danièle-Claude Martin
**Living Biotensegrity –
Interplay of Tension and
Compression in the Body**

To be published 11/2015
ca. 120 pages
over 200 illustrations
Softcover
ISBN 978-3-943324-06-8
€ 34,95
£ 28,00 (GBP)
\$ 44,95 (USD)



Ursula Werneke
**Weight or Shape –
Finding Your Way to
Diet And Exercise**

To be published 3/2016
200 pages,
70 coloured illustrations
Softcover
ISBN 978-3-943324-18-1
€ 34,95
£ 28,00 (GBP)
\$ 44,95 (USD)

Interplay of tension and compression in the body

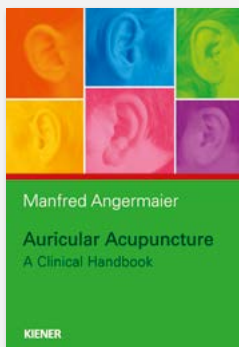
This book provides a detailed look at the structural principles of biotensegrity and the relevance it may have for the architecture of living structures. The author, Danièle-Claude Martin begins with fundamental thoughts on the integrative mechanics of the human body and progresses to a theoretical framework of biotensegrity that can be useful for both body therapists and movement practitioners. Readers will also find discussions of key concepts in biotensegrity that reflect the concrete application in a wide variety of fields.

Introduction to biotensegrity: observations – need – history

Exploring the principle: constructing models – discovering the essential aspects – implications of the tensegral approach. Applying the principle to living structures: the principle in nature—theoretical framework for bodywork—new perspective on anatomy and on movement.

Find your way to diet and exercise

Everyday we are bombarded with bad news about our weight and its adverse effect on our health. We are offered myriads of diets and each new diet promises finally to be the solution that will work where all the others have failed. Yet, despite this constant drumming into us of how we should eat, drink, exercise and live, we do not seem to be better off. Our inability to come to terms with our weight and shape and to rein in the risks of diabetes, heart disease and stroke gives many of us a strong sense of failure, hopeless and helplessness. This book critically explores the relationship between nutrition and its various constituents, diets and exercise regimes and the biological, psychological and environmental odds for and against us when trying to lose weight. Because only if we understand what makes us put on weight, are we in a position to see what we want to do about it and to decide ourselves. Irrespective of what our weight is, the goal is to feel good about ourselves.



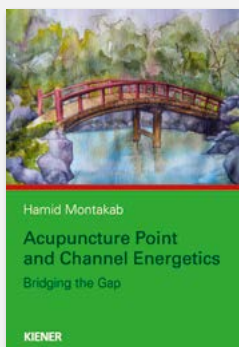
Manfred Angermaier
**Auricular Acupuncture –
A Clinical Handbook**
translated from German into
English bei

Johanna Schuster
published 10/2014
432 pages, 200 illustrations
Hardcover
978-3-943324-29-7
€ 52,00
£ 41,00 (GBP)
\$ 64,00 (USD)

This book contains everything you need to know for the successful practical application of auricular acupuncture. It is organized systematically: the exact localisation of the points on the ear is shown clearly in more than 300 illustrations.

The author then presents a wide range of disorders and suggests the combination of particular points which should be used for the treatment of many different kinds of disorders, e.g. muscular, endocrinological, gastrointestinal, cardiovascular, respiratory, urogenital, dermatological, allergic and ophthalmological

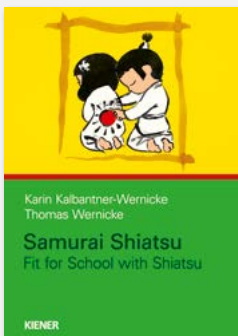
This is the translation of the very successful 5th German edition (published by Elsevier in 2011).



Hamid Montakab
**Acupuncture Points and
Channel Energetics**
Published 5/2014
544 pages,
more than 300 illustrations
Hardcover
ISBN 978-3-943324-14-3
€ 64,95
£ 50,00 (GBP)
\$ 78,00 (USD)

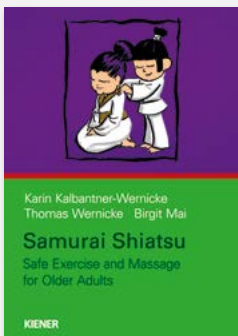
The understanding of the channels and points is fundamental not only in the practices of acupuncture, Tuina massage, Taichi and Qigong, but also helps to better understand the spiritual disciplines as described in the techniques of Neidan (Inner Alchemy).

Furthermore the superficial pathways of the channels, not only maintain the functions of the muscles and the fascia, but also have deeper physiological, organic and even psychological effects. This relation between the outer structures and the inner physiology could even explain the functioning of many Western Manual therapies, as well as psychological releasing methods.



**Karin Kalbantner-Wernicke,
Thomas Wernicke
Samurai Shiatsu –
Fit for School with Shiatsu**

Published 4/2014
40 pages (DIN A4)
over 50 illustrations includes
poster with exercises
ISBN 978-3-943324-34-1
€ 14,95
£ 11,00 (GBP)
\$ 18,00 (USD)



**Karin Kalbantner-Wernicke,
Thomas Wernicke
Samurai Shiatsu –
Safe exercise and massage
for older adults**

To be published 11/2015
64 pages (DIN A4)
over 50 illustrations
ISBN 978-3-943324-38-9
€ 20,00
£ 16,00 (GBP)
\$ 24,00 (USD)

Fit for School with Shiatsu

This book contains a practical exercise programme specifically developed for children aged five to twelve years, which uses movement and builds multi-sensory perceptiveness. The exercises promote health and well-being, improve concentration and promote good posture. The programme is clearly structured and designed so that students can perform the exercises independently and effectively after a relatively short time.

Regularly carrying out the programme reduces built-up stress (including test and exam anxiety, improves concentration and promotes children's "self-efficacy"; being able to help themselves and others with simple tools.

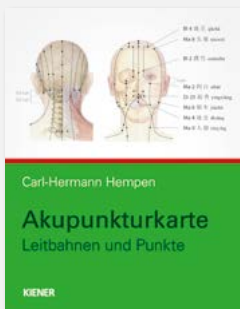
For more information about Samurai Shiatsu go to www.kookoandfriends.co.uk

Safe exercise and massage for older adults

Our hands are the most important "tool" for physical therapy. Nothing can match the ease and effectiveness of 'hands on' touch! The Samurai Programme was originally developed for school children. The exercises presented here have been adapted specifically for the treatment of older people, but can easily be used to treat any adult.

They are fast and simple and can be carried out by anyone working with older people, individually or in groups.

Care workers, volunteers, exercise managers and Shiatsu practitioners will all find that these exercises improve the quality of life of older people they work with. Family members who want to support elderly relatives will readily learn these exercises too by following the easy-to-understand descriptions and illustrations.



Carl-Hermann Hempen
**Acupuncture Chart –
Channels and Points**
Karte 64,4 x 56 cm
ISBN 978-3-943324-13-6
€ 18,95
£ 15,00 (GBP)
\$ 23,00 (USD)

It is better to have a chart in the hand than a poster on the wall!

Look up the location of points and channels, wherever you are. You can put the map in your handbag or in your pocket and spread it out to have a look, to learn or to show somebody. And if there is not enough time to put it back into the box properly, just crumple it. It won't damage the chart. It is tear-resistant and waterproof — an indestructible source of information which is always available.

The map shows the channels and points in four different body positions and detailed views. All the points on the chart are identified and named (including Chinese characters and pinyin names). A translation of the point abbreviations is German and English.

Look at the demonstration of the map by the author



Bartosz Chmielnicki
**Pulse Qualities in Chinese
Medicine**
**Chinese Pulse Diagnosis
made easy**
Published 10/2014
84 pages, 40 illustrations
Hardcover
ISBN 978-3-943324-54-9
€ 15,00
£ 12,00 (GBP)
\$ 18,00 (USD)

Chinese pulse diagnosis made easy

This is neither a manual nor a book about pulses. It is just a simple, fast tool that is helpful while learning basic pulse qualities and while diagnosing patients.

Bartosz Chmielnicki, MD, has been practicing acupuncture since 2004. Together with Dr Michal Richter he created a centre for natural therapies — Compleo and Silesian Academy of Acupuncture — Compleo. He was also the co-author of the curriculum for basic education in acupuncture addressed to medical professionals.



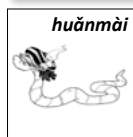
ruòmài



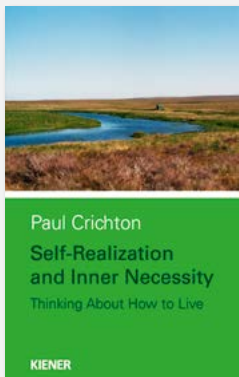
shuòmài



xiánmài



huǎnmài



Paul Crichton
Self-Realization and Inner Necessity – Thinking About how to Live

Published 10/2013
336 pages, 13 illustrations
Softcover
ISBN 978-3-943324-96-9
€ 35,95
£ 28,00 (GBP)
\$ 44,95 (USD)



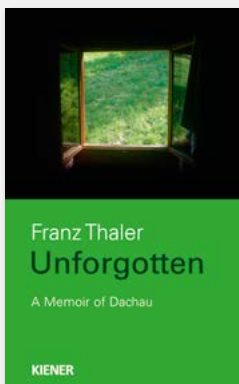
Paul Crichton
Autonomous Patient versus Paternalistic Doctor

To be published 1/2016
ca. 160 pages
ISBN 978-3-943324-60-0
€ 32,00
£ 25,00 (GBP)
\$ 38,00 (USD)

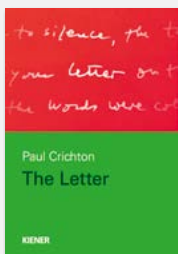
„How should we live?“ is the crucial question Socrates asks at the beginning of one of the first books of philosophy, Plato’s Republic. The key aspects of how we should live which this book will focus on are self-realization and inner necessity. The book develops novel ways of looking at both of these topics after considering what some of the greatest thinkers of the last 2000 years or so have had to say about them, ideas which are both relevant and fascinating for us today. Self-realization is often rightly seen as emancipatory and for this reason it is an ideal which appeals to most of us. Inner necessity is about discovering our deepest impulses and following them. This book is written for people who are interested in philosophy but have no training in the subject. It avoids philosophical jargon and uses a lot of examples to make the issues clearer.

When patient and doctor disagree about mental health

Since the beginning of Western Medicine nearly 2500 years ago with Hippocrates, the essential ground rule for the professional relationship between patient and doctor has remained the same, namely the patient relies on the knowledge and integrity of the doctor. There has been a striking disparity of power in this relationship, very much in favour of the doctor. In recent years much has changed. Patients have themselves become more knowledgeable about the diagnosis and treatment of illnesses. As a consequence, the so-called paternalistic medical approach is slowly giving way to patient-centred medicine in which the autonomy of patients becomes increasingly important. This has inevitably led to some differences of opinion between patients and doctors. This book advances philosophical arguments in favour of patient autonomy and describes some of these differences of opinion as they arise in psychiatric practice. The book will be of interest to all professionals and non-professionals who are interested in autonomy-related ethical dilemmas, which often arise in psychiatry.



Franz Thaler
Unforgotten
A Memoir of Dachau
Translated from German
into English by Paul Crichton
and Christl Kiener
Reprint 5/2013
184 pages, Softcover
ISBN 978-3-943324-95-2
€ 12,95, £ 10,00 (GBP)
\$ 16,00 (USD)



Paul Crichton
The Letter – 19 poems
Published 2/2014
19 poems on 24 pages
Pamphlet
ISBN 978-3-943324-92-1
€ 6,00, £ 4,00 (GBP)
\$ 8,00 (USD)

A memoir of Dachau

In this short and gripping memoir Franz Thaler describes his experience of unimaginable suffering at the hands of the Nazis. His father voted to let his family remain Italian citizens and not to become citizens of the German Reich. Franz Thaler, just a young man of nineteen, decided not to serve as a soldier in Hitler's army, and fled to the mountains. When his family was threatened by the Nazis with reprisals, he handed himself in, was arrested, put on trial and sent to the concentration camp in Dachau. When the American soldiers arrived in Dachau at the end of the war, he and some of his surviving inmates were not set free but remained prisoners. They were transported with others to a camp in France and forced to march during the final stage of the journey. There they were at last set free and allowed to return home. Franz Thaler describes all these appalling events with insight, clarity and passion, but also with a quite remarkable humanity and an astonishing lack of bitterness.

Paul Crichton is a consultant psychiatrist, who did an MA in Latin and Greek Language and Literature, Philosophy and Ancient History at Oxford, did his medical studies in Munich, Germany, and his specialist training in neurology and psychiatry in London, and did a BA and PhD in philosophy at London University.

He wrote a book based on his PhD for the general reader and called *Self-Realization and Inner Necessity – Thinking about How to Live* (Kiener Press). He has been writing poetry for several years and this is the first publication of a selection of his poems.

Price changes and errors excepted

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