athleticflow
HIGH INTENSITY TRAINING MEETS YOGA

Nora Kersten & Simon Kersten

Illustrated Practical Guides
Spring 2019
Herbert Steffny has completely revised and expanded his bestseller: all his knowledge from many years of competition, training, and seminars is now summarised in this book on running. He informs us about the right equipment and the various running disciplines, and he shows beginners and advanced runners how to reach their goals, 'step by step', with practice-proven training plans. He also includes valuable tips on motivation and an overview of the best running events.

The book is supplemented by plans for the 25-kilometre run, information on how to lose weight by running, a selection of the most beautiful running routes, and a glossary of technical terms.

- The most successful running book of recent years, revised and expanded
- Steffny's latest knowledge from his seminars, running practice, and competitions

Herbert Steffny, with a Ph.D. in biology, has won the German championship in various running disciplines 16 times. He came in third in the European competition in Stuttgart and won the jubilee marathon of the Master Class in Boston. In 2003, he was the winner in his age class of over-50 in Germany in cross-country and marathon running. For the last ten years he has been giving seminars on running. Herbert Steffny trains and advises many nationally and internationally successful top athletes. He is a sought-after running expert by the media and health insurance companies. This bestselling author has published several books on running, walking, and nutrition at Südwest Verlag.

www.herbertsteffny.de
In athleticflow, high-intensity strength training teams up with relaxation yoga. This acclaimed concept was jointly developed by CrossFit specialist Simon Kersten and yoga teacher Nora Kersten to create new training incentives. During these workouts, periods of exertion alternate with periods of relief – for maximum enjoyment, optimum fitness, and inner calmness.

With this illustrated book, the authors present their promising training program in detail, which will ensure tangible success in just a short time. They explain, for example, which exercises are best for burning fat and which are best at allowing the body to recover from exertion. Whether you are a beginner or already well trained, athleticflow is suitable for every fitness level, and yoga experience is not necessary. Many fitness studios have already discovered this new method and now regularly offer athleticflow.

• The best of two worlds: a combination of power training and relaxation

• Developed by an experienced coach and a renowned yoga teacher

Nora Kersten trained in various yoga schools in India, focusing on Vinyasa, Ashtanga and Hatha. Her principal style is creative Vinyasa flows, which she combines with mindfulness exercises and Pranayama.

Simon Kersten, after starting in professional tennis, has been coaching cardio, high-intensity interval training (HIIT), and fat reduction/muscle building for over 15 years. Since 2017 he has been working as a yoga teacher, focusing principally on power yoga.
Help through creative writing

The three authors present here a number of writing exercises that will help women to effectively process a cancer diagnosis, acquire new mental and emotional stability, and take the critical steps on the path to recovery. Relatives and friends as well can here discover their personal writing inclinations to support their ill friend or family member in the best possible way.

- Over 200,000 new cancer cases in women in Germany each year

- Many practical exercises and strategies for cancer patients and their family members

Susanne Diehm and Jutta Michaud are writing, art, and creativity therapists whose main focus is the development of creative writing methods and possibilities. Prof. Dr. Jalid Sehouli, Director of the Clinic for Gynaecology at the Charité Hospital, is engaged in improving information accessibility for cancer patients. The illustrator, Dr. Adak Pirmorady, began her psychoanalytical training after receiving her doctorate.
Effective breathing exercises for respiratory disorders

Along with its detailed and finely illustrated breathing exercises, this guide contains a wealth of tips on how to free up the airways and facilitate respiration. Applied consistently, these well-proven respiratory movement, stretching and relaxation exercises, in combination with the right breathing techniques and deep natural breathing, will have a positive effect on the symptoms of chronic obstructive pulmonary disease (COPD) and asthma.

The breathing exercises and knowledge of the process of breathing itself will provide encouragement, and can be of enormous help in cases of acute shortness of breath and anxiety states, including panic attacks.

• Comprehensively illustrated advice book, with effective and tried-and-true self-help exercises for COPD and asthma

• Immediate and long-lasting relief from symptoms such as shortness of breath and panic attacks

• Positively influencing the disorders through regular exercises

Heike Höfler, a certified sports and gymnastics teacher, conducts back, breathing, recovery and pelvic floor courses. She is known to a wide public through radio and television as well as numerous publications in professional journals. She has written several successful books on various forms of gymnastics.
Ayurveda is a thousand-year-old discipline that offers a wealth of powerful, type-appropriate techniques that balance the body and mind, generate energy, and raise awareness. Implementing these ancient principles in our modern everyday life, however, can be difficult.

Dr. med. Janna Scharfenberg offers a program that adjusts Ayurveda to our modern lifestyle. In this, numerous self-tests are used to identify one’s own needs and to find out which applications would be personally beneficial for nutrition, relaxation, and biorhythms.

- Indigenous herbs instead of complicated Indian herbal mixtures
- The Ayurvedic healing method, integrated into everyday life easily and individually
- A medical practitioner combining Western medicine with traditional Indian healing disciplines

Dr. med. Janna Scharfenberg is a holistic physician and certified yoga teacher with training in Ayurvedic medicine. She shares her knowledge about holistic medicine, nutrition, yoga and health through coaching, workshops, training, and advanced education. She lives with her husband and daughter in Zurich.

www.in-good-health.com
The cookbook for new awareness of protein

Proteins are the building blocks of the body, the essential components of cells, enzymes, and the antibodies of the immune system. The high-quality plant proteins especially from legumes, cereals, nuts, and seeds ensure that we stay slim and fit. Plant-based protein in powder form also supplies the required energy and in addition is ideal for cooking.

This book provides pertinent information about healthy, protein-rich nutrition and over 60 great recipes – including breakfasts, snacks, main courses, and desserts – that will promote health, help with losing weight, and supply muscles with optimal energy.

• Breakfast, main courses, desserts, snacks and more – over 60 protein-rich recipes

• Top-quality sources of plant-based protein – 100% natural

• Why legumes and other plants are essential for the body

Rose Marie Donhauser has worked since 1988 as a food and travel journalist, restaurant evaluator, and a very successful cookbook author. She has published over 150 life-enjoyment and cooking books, for which she has received many awards. She finds inspirations while on her gourmet travels throughout the whole world, realising her ideas and discoveries in her books and articles.

Rose Marie Donhauser
The Protein Cookbook
Healthy, fit, and slim through vegetable proteins – the perfect alternatives and supplements to animal protein

160 pages | 19,5 x 24,0 cm | Quality Paperback
March 2019

c. 70 colour photographs
Gardening reloaded – enjoying your own harvest

This lovingly designed book replete with beautifully photographs offers a variety of insights into individually designed urban oases while relating the personal stories of the people involved.

The creative, younger generation of allotment and community gardeners invites us on a culinary journey through their internationally coloured kitchens. Take a candid look 'over the garden fence and the edge of your plate' and enjoy apple pie crumble, pumpkin blossoms with cream cheese filling, gazpacho, stuffed Turkish-style zucchini, or woodruff panna cotta with strawberry mousse. And since the harvest is often so abundant that there is too much to be eaten fresh, along with their 80 seasonal recipes the authors provide numerous tips for canning and preserving.

• The first cookbook on the new allotment/community gardening culture

• 80 seasonal recipes with many tips for preserving

• A culinary look over the garden fence and the edge of the plate – with evocative photographs

Christiane Leesker, a graphic designer and author, and Vanessa Jansen, a photographer, teamed up in 2011 and have since completed 10 quite diverse book projects in the areas of cooking, baking, and lifestyle. To do so, they have travelled extensively throughout Germany, Austria, Switzerland, and France. Their first collaborative book about vintner cuisine in Burgundy won the Gourmand Cook Book Award.
From yuletide to the summer solstice: cooking with wild herbs according to the moon

Chickweed pesto, lesser celandine salad, poppy parfait with dandelion blossom honey – just three of the many recipes created by herbal expert Gabriele Meier. Yet they are much more than just a treat for the palate, for when combined with simple yet potent rituals these herbs unfold their esoteric properties.

Whether for cleansing, for protection, or for banishing winter – the author leads us through the Celtic year with tasty dishes in the rhythms of nature and the phases of the moon. Through all four seasons we experience the interplay of mystical and magical rituals and recipes that strengthen body, mind, and soul.

- With rituals for strengthening, purification, and inspiration

- For readers of The Wonder of Twelfth Night and The Ancient Goddess and Her Plants

- Rituals and recipes through the course of the year from a master herbalist, marvellously designed, with numerous high-quality recipe photographs

Gabriele Meier has had a passion for herbs and their healing effects ever since childhood. She followed her interest as an adult, and went on to complete her studies in herbalism in Great Britain. She imparts her knowledge through her popular herbal walks, in seminars and workshops, and through her blog 'earthwitch'.
Grilling de luxe

For Foodies there is nothing better than to gather and enjoy with friends. Here are over 70 creative recipes which open up the countless culinary possibilities of the kettle grill, which grills, cooks, and even bakes very precisely with direct or indirect heat. From pizza with roast beef, hot dog italiano, and beer-braised roast, to the sweet finale of peanut donuts and grilled peach, no BBQ dreams will remain unfulfilled.

Essential know-how and clever tips will help hone the skills of any grill master. Whether with the gas ball grill from OUTDOORCHEF or similar equipment – these dishes are guaranteed to make a grand impression at the next garden party or backyard picnic with Foodies and friends.

• Over 70 recipes revealing all that is possible from a grill
• Mood-setting illustrated cookbook for those who enjoy creating good food
• In cooperation with the Swiss grill manufacturer Outdoorchef

Sarah Schocke studied ecotrophology. For some years she was an editor at a renowned German publishing house, where she was in charge of books on nutrition. She is now an independent specialist journalist and book author with a focus on nutrition and cuisine.

Alexander Dölle (M.Sc.) studied ecotrophology and consumer science. He cooks with passion every chance he gets – with meat and without. This bestselling author couple have been awarded the GAD silver medal twice and written numerous successful cookbooks. They also do coaching and conduct cooking events.

Sarah Schocke / Alexander Dölle
Grilling for Foodies and Friends

192 pages | 21,0 x 28,0 cm | Hardcover | February 2019

With 124 colour photographs
Living consciously and naturally with the power of herbs

Barefoot in a meadow – how long had it been since she experienced this! At that moment, Karina Reichl became aware of what she had been lacking for so long: direct contact with nature and plants. She decided then to give her life a completely new direction.

Today, the successful blogger makes available her knowledge of herbs to thousands of people. Her book offers everything one needs to know to benefit from the medicinal plants not only in the country but in the city and the suburbs as well. Included here are information on plant identification, a wealth of recipes for use in cooking, cosmetics, and medicine, and instructions for growing your own herbs on balconies or even windowsills. This way, everyone can take home the healing power of nature – for a natural, composed, and healthy life.

• Herbal knowledge and experiences of nature, presented in an incomparably charming way

• For all who want to find their way back to nature and to slow down

• With many tips and recipes for the kitchen, cosmetics, and medicine cabinet

Karina Reichl was a successful but stressed out media woman until she completed her studies in Traditional European Medicine (TEH). Since then she has been working intensively with herbs and other plants, imparting her knowledge in seminars and herbal walks. Her acclaimed blog is one of the most successful ones on this topic in German-speaking countries.

http://www.fräuleingrün.at

Karina Reichl
Fräulein Green’s Herbal Wonders
Relaxed, grounded, and healthy with the vigor of nature

240 pages | 15,5 x 21,0 cm | Hardcover | April 2019

ca. 50 4-colour illustrations
The ethereal anatomy atlas

This comprehensive work incorporates the traditional healing knowledge of Indian, Chinese, and Western cultures. The focus here is on the etheric energy body of the human being and how through its treatment profound healing can be achieved. Everything about the ethereal energy anatomy of the chakras, aura layers, meridians, and reflex zones is described here, including practical applications from massage, yoga, Qigong, and quantum healing.

- A uniquely clear presentation using large-format charts of the etheric energy bodies
- The essence of the energetic healing wisdom from around the world: chakras, meridians, reflex zones, quantum healing
- With numerous exercises for perceiving, directing, and strengthening the life energy

Kalashatra Govinda is a master of ancient Indian yoga philosophy and a successful author. He has made a name for himself as an author of well-received books on tantra and chakras.

Fei Long was born in China. After her studies in Beijing, she taught at the renowned New Oriental Institute. She lives in Munich, where she works as a holistic healer. She is the author of many books on TCM and quantum healing.

Dr. med. Armin Riegg is a physician, surgeon, and expert for alternative healing methods.
Realising the life of your dreams through visualisation

Cutting out photos, sketches, keywords, and quotations and affixing them onto a board – many people are already valuing this creative technique known as Moodboard. The author reveals the actual potentials of this type of creativity. The focused visualisation of professional, health, and intellectual goals can generate an enormous creative power, which can be used in practical ways to shape the life you desire.

• The first book on the life-changing power of moodboards

• The combined powers of creativity and visualisation, used practically

• Inspiring life-help of an authentic author

Marianne Salentin-Träger is the managing director of the Frankfurt PR agency C&C Contact & Creation. An illness ten years ago brought her to discover the power of visualisation using moodboards, which enabled her to reorient and re-motivate herself. She has inspired many people to realise their life goals with the help of moodboards.

Marianne Salentin-Träger
Moodboards
Visualising and realising wishes – This book will change your life

160 pages | 15,5 x 21,0 cm | Quality Paperback |
April 2019

ca. 30 colour photographs
Whether at home, in the office, or when travelling, we are constantly using plastic producing far too much waste. Charlotte Schüler had enough of this reckless way of dealing with our environment a few years ago and has since been living (nearly) plastic-free. She successfully documents her sustainable-oriented everyday life on her blog and in social media.

In this guide she explains how we can gradually modify old habits through simple measures. Here is a 4-step program for all areas of life, with creative ideas for many everyday situations. The suggestions are easy to put into practice and are complemented by fascinating background information, DIY instructions, and various checklists. Anyone can produce less garbage. All we have to do is start!

- Pleasant and undogmatic implementation of the contemporary topic Zero Waste

- Ideas for personal projects through straightforward examples from this engaging author

- With multifaceted tips, guidelines, and checklists for a plastic-free alternative in all areas of life

Charlotte Schüler, blogger and media designer, decided to live a plastic-free life when she moved into her first apartment. She was inspired by her mother, who sells unpackaged groceries and plastic-free products in her shop in Munich. On her blog ‘Plastikfrei leben’ and through her social media channels, as well as in lectures and workshops, she clearly describes how to live more sustainably and how to avoid using plastic in everyday life.
Modern calligraphy for every occasion

With the 12 alphabets included here there is a suitable script for every occasion and every mood. Whether an entry in the daily bullet journal, place cards for the wedding table, or the menu of a sociable evening – with handsome handwriting, written words themselves become an attention-getter.

With the exercise pages included in the book, it is possible to test out the various fonts, which can also then be modified with pen, pencil, or brush. Blank exercise pages with grid lines are also available for download.

• Calligraphy, the new trend in hand-lettering

• 12 alphabets for pen, pencil and brush

• With practice pages in the book

• Bullet journals, diaries, notation books, and pocket calendars, now in mode

Norbert Pautner has been drawing and painting ever since he has been able to hold a crayon. At some stage he started making up his own stories to go with his pictures and finally decided to make creating books into a full-time job.

Norbert Pautner
Calligraphy and Lettering
Writing beautifully with pen, pencil, and brush

80 pages | 21,5 x 28,0 cm | Quality Paperback
April 2019

colour illustrations