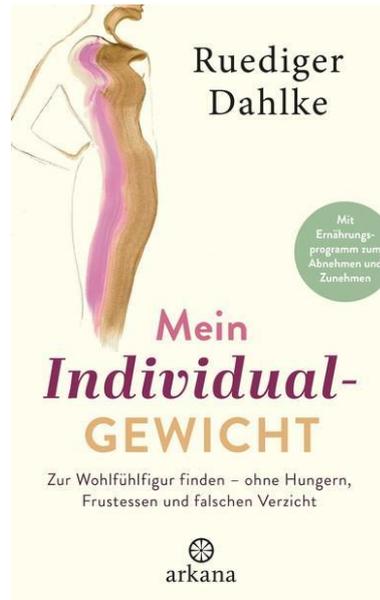


In harmony with the soul for a healthy feel-good figure



Dr. Ruediger Dahlke
My Individual Weight
[Mein Individualgewicht]
Finding the figure that feels
and looks good – without
starving, frustration eating, or
the wrong abstentions

Arkana HC
464 pages
30 colour illustrations
Format 13,5 x 21,5 cm
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With ca. 20 4c recipe photographs

Ruediger Dahlke, born in 1951, studied medicine and pursued extended training in natural healing and psychotherapy. In 1989 he and his wife founded a natural healing centre in Germany. From 1978 to 2003 he worked as a psychotherapist. Since then he has been active as a medical advisor for fasting, a seminar leader, and a lecturer. He focuses on training in "archetypal medicine", breath therapy and psychotherapy, fasting, and guided meditation, extended medical instruction, corporate trainings, and meditation and fasting seminars.
www.dahlke.at

Which body does our soul need in order to be truly happy and at peace? Is it really the one that fits into a certain dress size? And what if we actually do not weigh enough? This optimum individual figure is precisely what fasting guru and peace-food pioneer Ruediger Dahlke is focusing on with his innovative holistic nutritional concept based on individual weight.

He shows which unhealthy (eating) patterns are behind weight problems, including reward, emotional, or compensational eating, and he presents the life themes and learning tasks that await us. By nourishing ourselves in harmony with our spirit, we can attune ourselves with our weight and lay the foundation for a new and fulfilled life.

With many recipes, healing meditations for downloading, and a 4-week nutritional program for every personal weight.

- Our personal, individual weight – the innovative holistic nutrition concept
- Making use of one's personal nutrition biography for more health and psychological growth
- How we can determine, reach, and maintain our individual weight.