

CATALOGUE  
2019

BODY  
MIND  
SPIRIT

authors list

Burlan, Petra & Pyotr  
Kurlov, Grigori  
Norbekov, Mirzakarim  
Serkin, Vladimir  
Shatalova, Galina  
Stepanova, Natalia

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authors

# Simoron

Psychological hunt in the human jungle

**Spiritual self help.** Kiev 2018. 139 pages

The nowadays legendary Simoron psychotraining was developed by psychologists Petra and Pyotr Burlan in the late 1980s. Its special feature is the orientation not so much towards theory, but towards practical mastery and application in life. Behind Simoron are neither special techniques nor spells or conspiracies. Tried and tested in over twenty years of experience, the Simoron exercises make it possible in a very simple way to free oneself from faulty ideas that one has acquired in the course of social development, to expand one's consciousness infinitely and to clear the way for the implementation of one's own wishes and thoughts.

If everyday life seems grey to us and the morning always looks negative, this means that we have dark glasses in front of our eyes. Should we wear pink glasses instead? No, because it would be much better to remove all blinkers before our eyes and see the world as it is: generous, life-spending! If it were not, we would not have been born. The authors Petra and Pyotr Burlan assume that each of us has inexhaustible natural abilities, and point the way to the exploitation of this potential.

Simoron - is a playful psycho-training that helps a person born into socium to find himself in his „cosmic“ self. Simoron is a funny „striptease“ that tears down the curtains that obscure the view of reality.

This fourth book by the authors «Simoron - a psychological hunt in the human jungle» is a kind of synthesis of the previous three books in which three versions of the system were presented („Simoron at first hand or Burlan-do“, „Pâté from airships and flutes“, „We allow takeoff“). It is shorter in scope than the previous ones, the language is easier and more accessible and especially suitable as an introduction to the Simoron method.



## THE AUTHORS

**sample available**

english

## other works

Simoron at first hand  
Pâté from airships and flutes  
We allow takeoff

Petra Burlan was born 1961. After her degree in sound engineering at Kiev Polytechnic Institute she decided to study psychology at the Academy of Pedagogical Sciences of Ukraine and the Interregional Academy of Personnel Management. She has a Ph.D. in Psychology. Petra Burlan is co-author of psycho-training system „Simoron“, head of the school „Simoron“ and co-author of all books on the Simoron system.

Pyotr Burlan was born 1936. He studied philology at the Kiev State. university and also has a degree as theatre director from the Kiev Institute of Theatrical Art. He worked for theatres, cinema, television as well as circus in the Ukraine. He is author of theatre plays, screen-plays and television programs. Pyotr Burlan is also co-author of psycho-training system „Simoron“, head of the school „Simoron“ and co-author of all books on the Simoron system.

# Petra & Pyotr Burlan

# The Way of Fools

Lose your Mind and Gain a Life

**Spiritual self-help.** 2004. 624 pages

**Publishers:** Germany - Random House

Lose your mind and gain a life. With his philosophy of laughter Grigorij Kurlov, a Russian Eckhart Tolle, provides a practical guide to everyday life. Using a few simple techniques it is possible to develop a laughing relationship to oneself and the world. The basis of the „fool’s philosophy“, as taught by Kurlov, is the awareness of the duality of life, in the sense of plus and minus, hot and cold, loud and noisy. Any attempt to achieve monism is futile. Therefore, we must change the emphasis of our existence: from conflict to enjoyment. Instead of fighting against things, we should try to accept the issue: to live and to laugh. Instead of only responding to the demands of our intellect, we should step back from our problems with a smile. That is the quintessence of happiness.this day. A story about the awakening of artistic talent under highly unusual Russian circumstances.



## THE AUTHOR

**translations**  
1 language

**sample available**  
german

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Kurlov is the Russian master of holistic therapy and „fool-ology“ and also the founder and director of the school of holistic consciousness, which is also known as the „Fools School“. On answering questions about himself the author says: age? - depends on the situation; education? - thanks to my own efforts, assiduously dis-educated; favourite occupation? - self-discovery; principal occupation? - fools wisdom; overwhelming feeling? - an unbelievably unending state of amazement.

# Grigori Kurlov

# The experience of a Fool

Or how to get rid of your Glasses

**Self-help.** AST. Moscow 2000. 350 pages

**Publisher:** France - Macro, Germany - Random House, Italy - Macro, Poland - Astropsychologii, Spain - Bis, UK/US - amazon

Overall sold copies in the double-digit million range in Russian  
Over 160.000 copies sold in German

Get ready for a strong shock! Perhaps the content of this book will offend you and shake you strongly. It is very likely that the author will call you a fool. He will also abandon your attachment to diseases and prove that you are guilty of yourself. Remember, however, that all this is to bring you to the end, to achieve success - to throw off your glasses and cure your eyesight!

All this to heal your eyes. Thanks to this book, everyone can awaken their energy potential, introduce the body's defense system and regain emotional balance by overcoming eye diseases, also those considered incurable by conventional medicine. The author has found a reliable way to get rid of glaucoma, daltonism, astigmatism, cataract, dystrophy, short-sightedness and farsightedness.

This book has been written with the aim of helping you to restore your sight, to awaken the faculties hidden in your soul, and to be your personal self-realization. However, know that this book will upset you from the very first pages and will trigger a storm of negative emotions: dissatisfaction, anger, feeling of having suffered an affront and aggressiveness towards the author. There is no more time, you need to help quickly to get rid of the physical and mental glasses that keep you in the swamp of diseases and unfulfilled potential. It is a method of accelerated restoration of sight through voluntary emotional self-exercise.

In this book about how to train your eyes it is not only concerned with the dioptic scale, but about seeing clearly through all aspects of life. Mirzakarim Norbekov's unusual methods have spread like a wildfire through Russia. His courses result in a huge recovery rate, and a similar success could be waiting for you by the end of this book. But to achieve this you really need to be prepared to take on a mighty adversary – you yourself. The fight against the inner bastard. And maybe because this is so difficult the message is delivered with a punch in order to keep you going in the right direction. He provokes the reader until he laughs or curses. Regardless of the outcome you will be rewarded with an extraordinary reading experience as you get to know this Russian Health Philosophy.

This book is the basic part of Norbekov's course about how to manage our own body and to use the power of our own personality to improve Your health and even to get rid of YOUR glasses. A unique combination of entertainment and strong factual information.

For more information in English please see here: <http://norbekov.co.uk/index.html>

Norbekov is a Doctor of Psychology, Pedagogics and Medical Philosophy. He is a Professor and an active member of numerous Russian and international Scientific Academies, author of numerous patented inventions and scientific discoveries. He founded a health centre in Moscow, that has now grown into a network of centres in Russia, surrounding countries and in the West. His method of healing is concerned with the overall health of a person. He was the Russian vice champion in karate and a sufi master (Sufism is one of the oldest religious schools in existence). Norbekov lives in Moscow and Uzbekistan.



## THE AUTHOR

**translations**  
6 languages

**samples available**  
full english

**other works**  
Energetic Shower  
A Million Decisions  
Life without Pills  
Secret of Health

# Mirzakarim Norbekov

## Energetic Shower

Highly effective self-healing exercises. Don't wait for a healthier life after death. Act now. In the usual provocative and entertaining manner, Norbekov teaches techniques that lead to an optimistic attitude to life and emotional balance. His exercise book offers practices to regulate breathing, activate one's own energy fields and rejuvenate the spine. According to the cold-heat-prickling-principle everybody can unfold his inner energy potential and achieve a vital whole-body feeling. Norbekov's „energy shower“ works better than any Energizer drink.

## A Million Decisions

A unique textbook for exercises, helping to fight undesirable traits, as well as to choose one's own way of life and find answers to many questions that are of concern to all people. The practical part of the book has been complemented with events from the author's life that allow him to find a better place in the world he creates, which is described with a great deal of humour and flair. This book will completely change your priorities, aspirations and what you will need to be happy.

## Secret of Health

You can get rid of diseases. Each of us once had an illness or at least ailments that beat out of the rhythm of everyday life. In such situations, we all count on help from the outside. We take medication, even if we know that every artificially produced medicine is not fully valuable and causes harmful side effects, and is sometimes even poisonous. At the same time, we completely forget that the human body has the ability to heal itself. The author presents a comprehensive system that helps everyone to find an individual path out of the disease. He presents a holistic approach to health and takes into account the fact that man has not only body but also soul, that is emotions, psyche, intellect. The basis of this system of restoring health is to awaken the body's ability to regenerate and self-regulate, to regain internal harmony and spiritual balance, to rejuvenate the body and gain health. Thanks to this book you will learn about body healing methods such as exercises of will and imagination as well as gymnastics of joints and muscles, which strengthens and makes them more flexible. You will learn how to strengthen the immune system and improve sight and hearing. Clinical studies have confirmed the positive results of this system for many diseases such as ulcers, chronic stomach and intestinal ailments, dysbacteriosis, asthma, diabetes, thyroid ailments and others. It also helps with diseases considered incurable and even oncological changes.

For more information in English please see here: <http://norbekov.co.uk/index.html>



### THE AUTHOR

**translations**  
6 languages

**samples available**  
german

**other works**  
Get rid of your Glasses  
Life without Pills

Norbekov is a Doctor of Psychology, Pedagogics and Medical Philosophy. He is a Professor and an active member of numerous Russian and international Scientific Academies, author of numerous patented inventions and scientific discoveries. He founded a health centre in Moscow, that has now grown into a network of centres in Russia, surrounding countries and in the West. His method of healing is concerned with the overall health of a person. He was the Russian vice champion in karate and a sufi master (Sufism is one of the oldest religious schools in existence). Norbekov lives in Moscow and Uzbekistan.

# Mirzakarim Norbekov

# The Shaman's Laugh

**Shamanism.** AST. Mocow 2009. 272 pages

**Publishers:** Germany - Random House

– City man meets Siberian shaman - the authentic experience report of a healing in the rough landscape of the tundra

– Captivating encounter of western rational thinking and indigenous wisdom

– Magic journey to a forgotten world

In the sparse, icy vastness of Siberia, a shamanic tradition has been preserved that fascinates and shakes Western people in its strangeness. On the search for a way out of a life crisis, the psychology professor Vladimir Serkin goes on an adventurous journey into the wilderness and finds an old shaman as an eccentric but intelligent teacher. He allows Serkin to experience shamanic healing up close and to record the conversations and experiences. What Serkin learns from his charismatic teacher is as unconventional as it is profound and shows that real insights into the shamanic view of life can only be gained with the courage to make radical changes. It turns out that the shaman is no way a recluse but people are not the only creatures with whom he interacts. He communicates with animals and plants, opens his senses to fragrances, to the ice, to the wind, to the trees and also to invisible beings. He engages in unusual practices which enable him to use powers not available to normal people. Serkin himself is also led to his physical and mental limits and experiences on his own body how the power of a lived shamanism melts the supercooled, rational facade of modern man.

The shaman combines the quintessential wisdom of the ancient peoples of the north with the intellect of a modern city dweller. He is no stranger to the town (Magadan) which he visits every now and again. During these visits he is hardly any different to a normal town resident. Yet even when communing with nature and the spirits he appears entirely rational and practical. Astounding practices, one of which is the shaman's laugh, and not a trace of mysticism are what the professor encounters.

This book is derived from Serkin's notes recording the impressions gained during his visits to the shaman, as well as from the notes of his discussions with the shaman which Serkin carried out from the end of the 1990s until 2016. Serkin's book avoids rash interpretations. He lets the reader take part in his unique encounters with someone who lives in another dimension, who has a different wisdom and genuine freedom and clarity of consciousness. These dialogues contain the key to a completely different view of the world.

*"The Russian Castaneda." Ogonyok*

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Serkin was born in 1955 in Yakutsk, one of the coldest cities in Siberia. He studied psychology at the MGU (Moscow State University), which he successfully completed with a doctorate. Today he heads the Faculty of Psychology at the University of Magadan and has distinguished himself with highly respected scientific publications.

# Vladimir Serkin



## THE AUTHOR

**translations**  
2 languages

**sample available**  
german

## Choose your way

**Self-help.** Litur. St. Petersburg 2002. 240 pages

**Publishers:** France - Macro, Germany - Random House, Italy - Macro

Over 5 Million copies sold in Russian language  
Over 250.000 copies sold in German language

Health is a precious commodity. Who is freer than a healthy person? He who is well has the world in his hand, is full of strength, projected into the future and ready to realize his most ambitious projects. But why then does humanity degenerate? Why is the increase in the costs of the health service seen as a positive fact, as one of the most important parameters in a socially just organization? Why have chronic diseases become our inseparable travel companions? The intention of Shatalova, as a doctor and as a person, is to return the human being to himself, to help him become as nature conceived and shaped him. For this reason she has created a natural healing method, concrete and theoretically founded, which summarizes in itself the centuries-old experience of humanity, which has brought healing and health to many people who had already been passed off by traditional medicine. There is nothing mystical about this method and the individual is not required to have supernatural qualities, nor long and complex preparations, but only common sense and willpower. Shatalova argues that the human being is designed to live at least 150 years, but current habits make it age already at 60 years. With this natural healing method, based on plant nutrition, breathing exercises, physical activity and new daily habits to harden the physique, we will be able to ensure longevity, physical and mental well-being and a lot of health.

Inspired by the Hippocratic statement that our food should be our remedies and our remedies our food, Shatalova has developed a concept of natural recovery. Her diet strictly opposes the calorie theory of balanced nutrition, which is contrary to human nature. According to her, the human organism is restricted exclusively to plant foods and does not need more than 250 to 400 calories of daily food intake to maintain its basic metabolism. Everything we eat too much burdens the body and must be „disposed of“ by it. In this book she explains the anatomical and physiological backgrounds of her concept and reports on her experiences during his practical trials. The reader gets interesting insights into her daily work and research routine and receives important information on medicinal herbs, cooking recipes and relaxation exercises in order to be able to practice their comprehensive health concept themselves.



### THE AUTHOR

**translations**  
3 languages

**samples available**  
full german

**other works**  
Healthy Nutrition  
Philosophy of Health

A surgeon, Galina Shatalova (1916-2011), has taught at the Institute of Medical Specialization for Physicians and, since 1961, has been the head of the department for the selection and preparation of cosmonauts at the Space Research Institute of the Academy of Sciences of the former USSR. She has always been involved in the organization of information and pedagogical activities, with the aim of making people understand a sense of responsibility for their own health. In 1960 she began to develop her revolutionary healing concept. To prove the success of her theories, in 1990 she undertook a 500 kilometer long walk through the desert together with the patients she treated.

# Galina Shatalova

# The Great Book of Spells

**Spells.** Ripol Classic. Moscow 2013.

**Publishers:** Studio Astropsychologii/ Poland

Overall sold copies in the double-digit million range

Not to be confused with shaman Nadezhda Ananevna Stepanova, who performs in public but does not write books

The original Russian magic of incantation differs from Western witchcraft first and foremost in that it was and is almost exclusively handed down orally. Western magic practices usually consist of simplified excerpts from texts and rituals from medieval magic books. In Russian magic there are no general rules or canons, it exists only in the living practical experience of each individual magician family, in which from generation to generation individual „people with powers“ are found as successors. In Stepanova’s family, all the knowledge, customs, sayings, incantations of hundreds of years have been passed on and preserved through the female line.

Each of Natalia Stepanova’s books is a collection of practical recipes, advice, customs and spells aimed at those who want to experience and convince themselves that this kind of folk magic actually exists. Stepanova’s books breathe the original spirit of ancient Russian magic - simple, village-like, with romantic symbols and rituals that take place in the wilderness, in secluded forests, moors and swamp meadows where the spirits live. A Western readership gains insight into the secret world of Siberian magic and healing art, which is closed to outsiders.

## THE AUTHOR

### awards

2004 Best Healer of Russia  
2009 Master Star 2nd Order  
2nd Class Katerina the Great  
2011 Avizenna Order

### other works

Spells with Wind  
Spells with Water  
Spells with Fire  
Spells with Salt  
The Technique of Protective Magic  
Protective Spells for the Family  
The Great Book of Rites and Signs  
Siberian Book of the Dead  
Siberian Spells  
Great Herbal Book of the Siberian Healer  
Theory and Practice of Siberian Popular Magic

Stepanova was born in Siberia and spent much of her childhood with her grandmother Evdokia, who was a famous sorceress. During her stays in her grandmother’s house, Natalia was able to observe how she received her clients. And one day Evdokia also recognized in her granddaughter those qualities that you have to bring with you to become a real village witch. And she began to teach Natalia.

Stepanova’s mission is first and foremost an enlightening one. Her books are for all who are interested in the original tradition of Russian folk magic. She has never made herself known to journalists and every star cult is far from her. The life of a village sorceress is withdrawn and closed. Magic means above all - a certain rhythm of life, a certain daily routine, the observance of certain rules, pilgrimages, work in the forest and other places of power. A „show witch“ would not have such possibilities. Stepanova meets with her followers and students, answers their calls or letters personally. But in the press she does not want to distinguish herself or spread details of her biography unnecessarily. There is no public photo, she does no public performances.

Stepanova is corresponding member of RANM [http://www.ranm.org/roll-corr/?n=stjepanova\\_ni](http://www.ranm.org/roll-corr/?n=stjepanova_ni)

# Natalia Stepanova