

authors list

Norbekov, Mirzakarim

Serkin, Vladimir

Shatalova, Galina

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contact

Thomas Wiedling
t | +49-89-62242844
m | +49-174-2759072
thomas@wiedling-litag.com

authors

Wiedling Literary Agency
Pappenheimstrasse 3
80335 Munich, Germany

Uzbek body | mind | spirit

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 dioptric 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

sample translation available
full english

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

Mirzakarim Norbekov

Uzbek body | mind | spirit

Life without Pills

When animals get sick, they instinctively feel what helps them to recover. But we humans hope for outside help, take medication, even if we know about the often harmful side effects. We forget that our organism has the ability to regenerate independently and is also strongly influenced by our mental attitude. Mirsakarim Norbekov shows how you can use your special method to build a more positive self-image and develop your enormous inner energy potential in order to regenerate the entire organism. In addition to exercises for the spine, for arm and leg joints as well as special eye exercises to improve eyesight, Norbekov explains his training to restore mental balance. With 10 exercise units and 40-day program.

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 „Energetic 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. 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>

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THE AUTHOR

translations
6 languages

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german

other works
Get rid of your Glasses

Mirzakarim Norbekov

Russian body | mind | spirit

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*

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.



THE AUTHOR

translations
2 languages

sample available
german

Vladimir Serkin

Russian body | mind | spirit

Choose your way

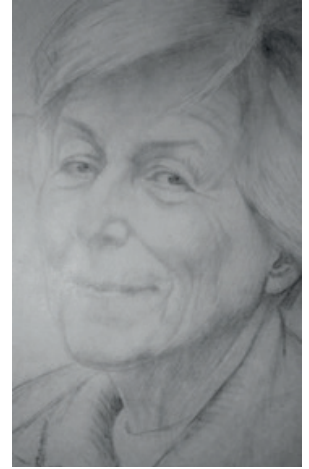
Self-help. Litur. St. Petersburg 2002. 240 pages

Publishers: France - Macro, Germany - Random House, Italy - Macro, Romania - Editura Paralela 45

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
4 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

Russian body | mind | spirit

Healthy Nutrition

Self-help. Litur. St. Petersburg 2003. 316 pages

Publishers: France - Macro, Germany - Random House, Italy - Macro, Romania - Editura Paralela 45

This book follows on from the theses of the successful first one. Shatalova describes how chronically ill patients, especially those with cardiovascular problems and cancer, can be cured by strengthening the immune system and detoxification.

Philosophy of Health

Self-help. Litur. St. Petersburg 1997. 130 pages

Publishers: Germany - Random House

A fascinatingly consistent approach that brings together scientific research, practical experience and holistic thinking. Here she presents the world and human image on which her method is based. We rational human beings have been given the task by nature to be guardians of life. Therefore we have insight into the natural development processes and balances and can control our behaviour in the sense of health.

Galina Shatalova