

2017

# SPORTS & HEALTH

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PUBLISHING



# SPORTS & HEALTH

**M**ens sana in corpore sano. The Romans taught us that the key to healthy living is a question of both mind and body. As important as exercise is, there is no better way to create a life of bliss than by starting with the mind. Age-old techniques combined with the most recent fitness trends find their place in the modern approach to healthy living. Get to know how you can fit sport and meditation into your schedule in order to be happy with yourself. There is no excuse for not aiming for perfection in both body and mind. Learn how to take care of yourself properly and develop your inner skills!



DIANA CALCAGNO

# Your Grandma's Guide to **Natural** MEDICINE



ISBN 978-1-78525-414-7

Format 145 x 205 mm, 224 pages

50,000 words

Our grandmothers knew the benefits of all natural products and used them to prepare infusions, decoctions, ointments, syrups, or incents. Through this work, you will discover the most useful and easy-to-get plants, such as garlic, basil, chamomile, valerian, mint, or honey. You will see that acne and asthma, bronchitis and headaches, or fever are easy-to-heal maladies.

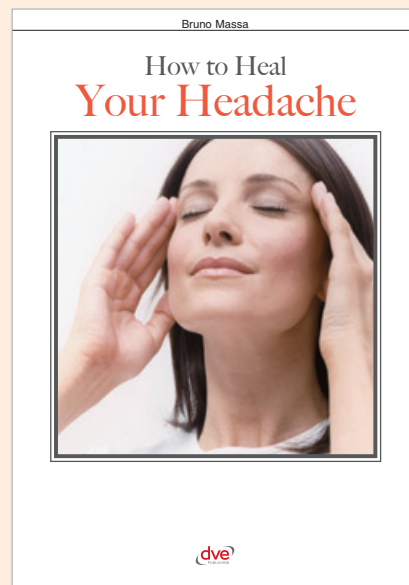
**ISBN 978-1-78525-594-6**  
**Format 210 x 297 mm, 80 pages**  
**14,000 words**

Do you also suffer from headaches? Why? There are different types of headaches, but how can we recognise it and find out its causes?

Within this book you will find the following:

- Dietary advice for all
- Alternative therapies
- Different physical exercises
- Homeopathic treatments and healing plants: herbal teas, herbal teas, tinctures, essential oils, etc.
- Beneficial effect of music and colour
- Traditional medicinal remedies

This is the ultimate medical guide that offers gentle solutions, without any contraindications, that can cure your headache by eliminating the causes.

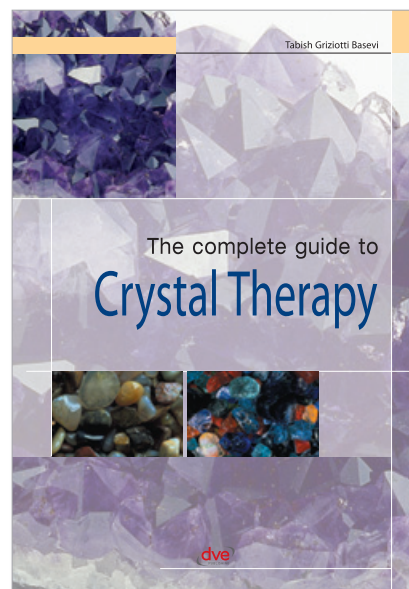


**ISBN 978-1-78525-418-5**  
**Format 170 x 240 mm, 160 pages**  
**50,000 words**

Some stones can provide positive general welfare and strengthen the capacity of concentration; others cure insomnia and migraines; some also balance the nervous system, break emotional blockage, etc.

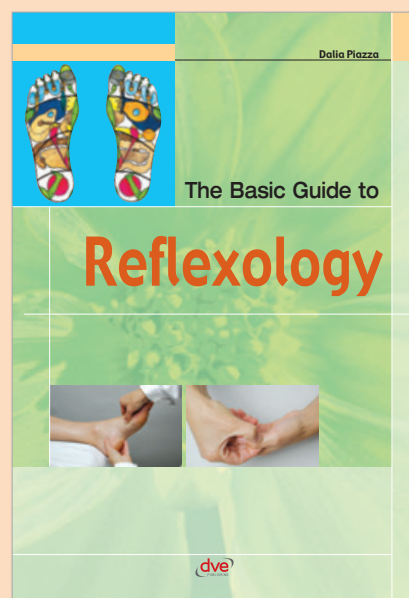
Glasses strongly influence the chakras, which for many Eastern practices are the psychic and energy centres of each one of us; thus, the body and the psyche notice the active presence of the stone and react positively.

This is a clear and comprehensive guide to help you benefit from the properties of stones and crystals.



**ISBN 978-1-78525-596-0**  
**Format 170 x 240 mm, 176 pages**  
**24,000 words**

Our body organs are all connected to our feet, meaning that a foot massage will benefit our whole health. With this book, you will learn how to match the foot and the different parts of the body. You will discover the key points for massage and learn to exercise the position and movement of your fingers. In short, this is a work that presents reflexology in a simple and practical set of techniques.



TINA CECCHINI

# The Handbook of MEDICINAL HERBS

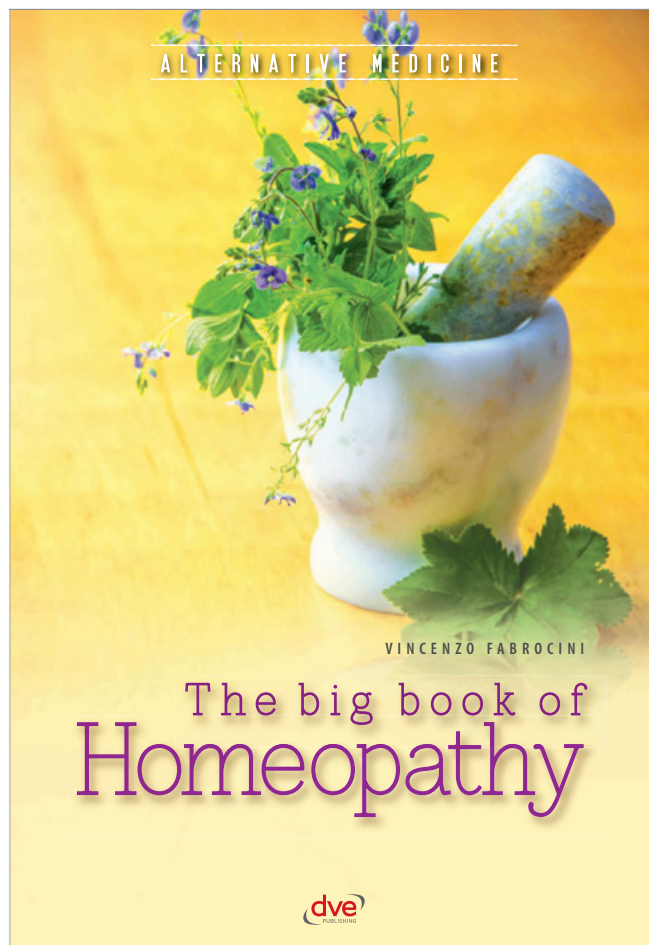


ISBN 978-1-78525-376-8  
Format 170 x 240 mm, 352 pages  
157,000 words

The human being can live in true harmony with nature and can find in it many remedies to live a long and healthy life.

Here is a complete and illustrated guide, with hundreds of images to learn how to recognise medicinal plants, from the most common to the rarest, with indications about their characteristics and peculiarities.

This book also provides clear information on how to prepare infusions, tinctures, decoctions, infusions, extracts, syrups, and poultices to relieve and prevent large and small illnesses.



ISBN 978-1-78525-417-8  
Format 170 x 240 mm, 280 pages  
92,000 words

The reason for the success of homeopathic medicine is in the softness of the remedies along with its surprising speed and efficiency of action, which keeps the balance of the body intact and heals without decompensating and without negative effects and contraindications.

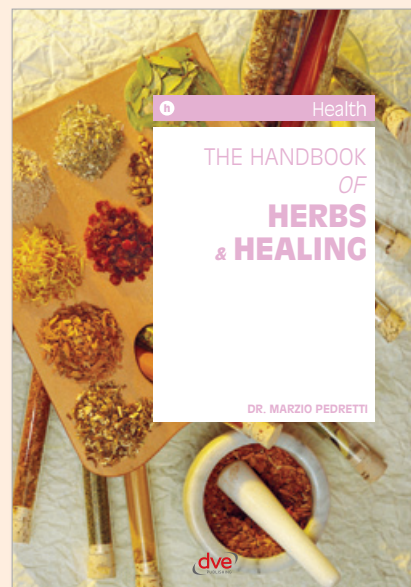
This is a full, clear, and simple guide for the whole family, made to address and resolve problems affecting infants, children, youngsters, adults, and elders, including respiratory diseases, infectious diseases, allergies, intestinal disorders, sleeping disorders, behavioural problems, skin problems, sexual dysfunctions, and many others.

**ISBN 978-1-78525-605-9**

**Format 145 x 205 mm, 160 pages**

**19,000 words**

The work that we present to you is a short and practical encyclopaedia, a result of a conscientious selection of commonly-used herbs and medicinal plants which have shown, through time, their effectiveness in the treatment of illnesses. We have highlighted the most interesting points in each plant: location, description, chemical composition, therapeutic action... All these points have been presented schematically, in order to make the information regarding these types of plants easily consultable.



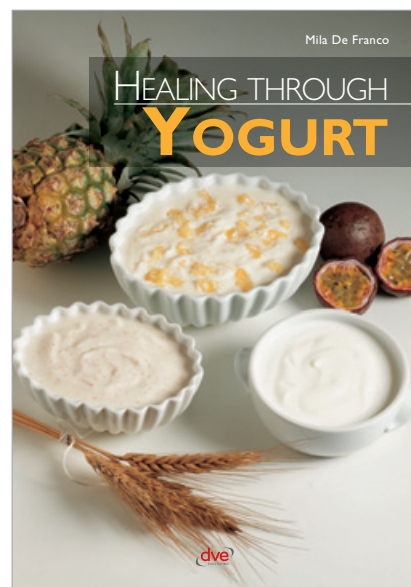
**ISBN 978-1-78525-332-4**

**Format 170 x 240 mm, 80 pages**

**27,000 words**

If taken daily, yogurt is an effective remedy against common disorders such as colitis, constipation, diarrhea, or poor intestinal absorption, and it helps prevent more serious diseases such as arteriosclerosis. Its benefits on the body are also reflected in the external appearance: the skin is brighter and the hair healthy and strong.

This book explains the beneficial effects of yogurt and explains the simplest techniques to prepare it at home and get the maximum benefit from its properties.



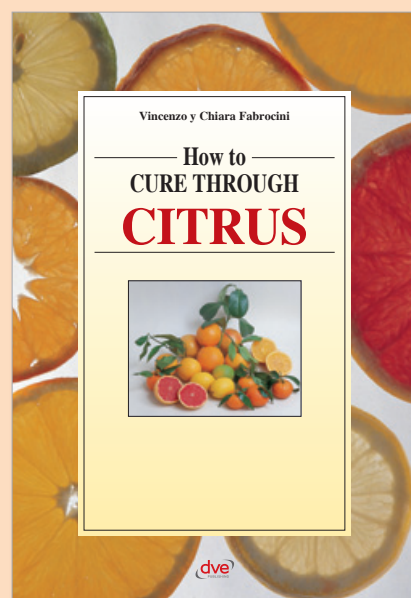
**ISBN 978-1-78525-333-1**

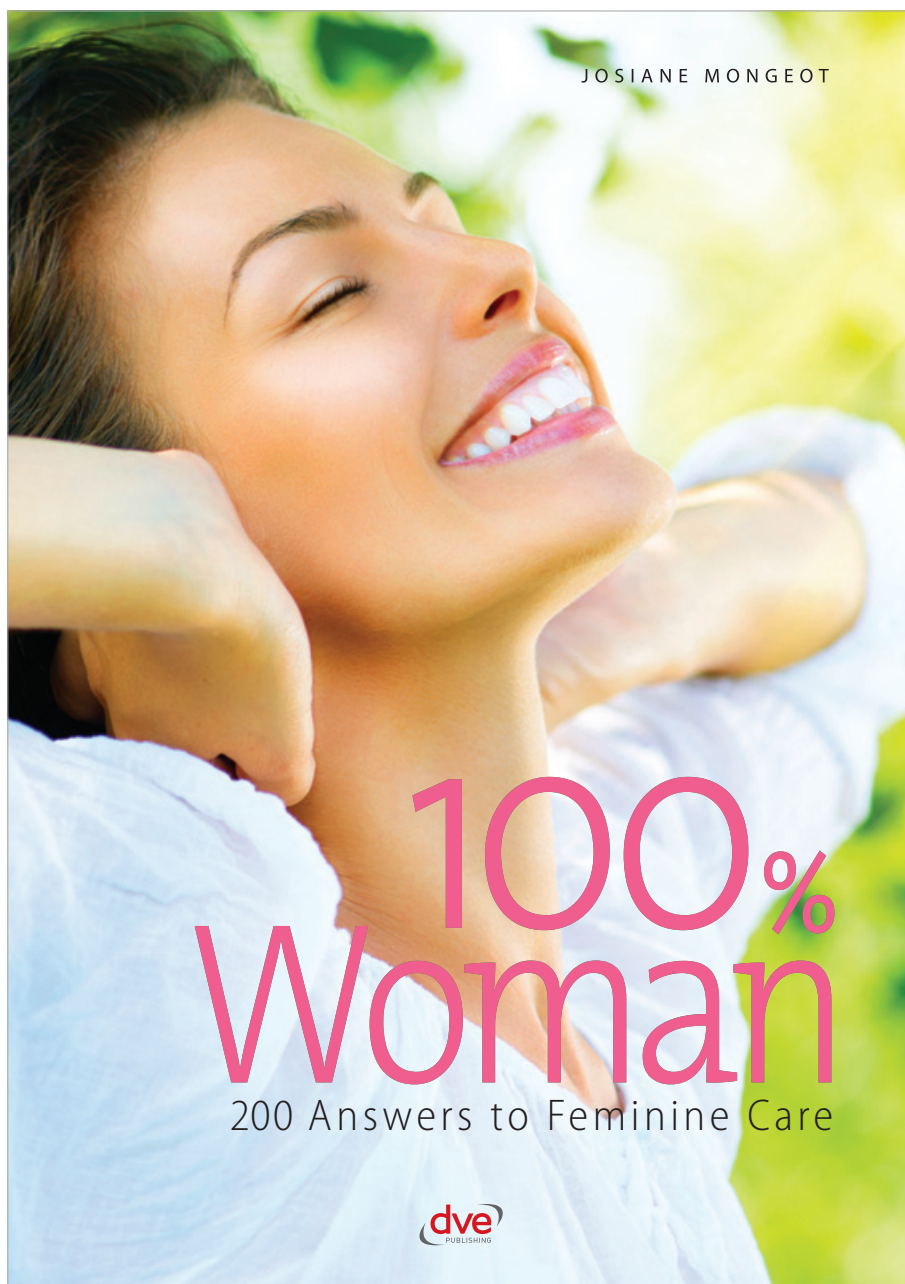
**Format 170 x 240 mm, 80 pages**

**18,000 words**

For centuries, traditional medicine has been using citrus against a large number of conditions as if it were the panacea: as antiseptics, bactericides, antipyretic, antirheumatic, as muscle and nerve tonics, and it's used in states of weakness and convalescence.

This book follows a scientific and very practical teaching method. For those who are interested in real issues and are seeking results, we present a rich collection of therapies to follow, the dosage, and the recipes. This is an excellent, safe, and effective guide to naturally face both small and major problems.





ISBN 978-1-78525-431-4

Format 170 x 240 mm, 160 pages

50,000 words

There is, indeed, a feminine singularity: due to hormonal cycles, motherhood, and some psychological and social characteristics, women have specific needs according to the different periods of their lives (adolescence, pregnancy, menopause, etc.).

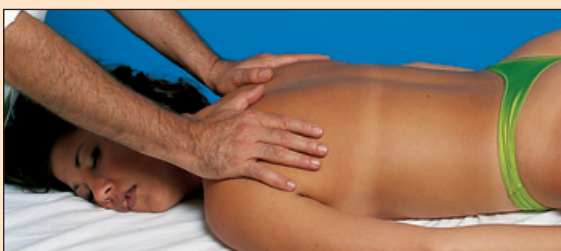
The author answers, explains, and analyses 200 of the most common questions related to femininity: painful menstruation, postpartum depression, stretch marks, heavy legs, cellulite, wrinkles, stress, osteoporosis...

This book also provides clear, simple and practical solutions as well as useful tips to make you feel good about yourself.



FRANCESCO PADRINI

# MASSAGE MADE EASY



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ISBN 978-1-78525-420-8

Format 170 x 240 mm, 108 pages

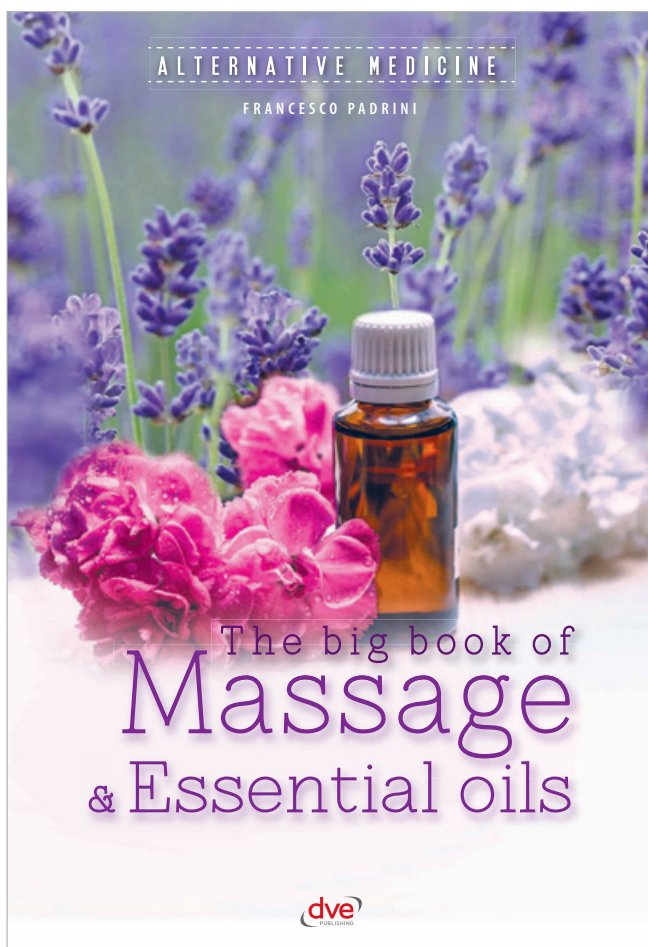
16,000 words

Here you have a guide to learning the art of massage: the text clearly explains how to proceed, and the richly illustrated presentation shows step by step the movements that need to be done and the position of the hands in each one of them.

In these pages it is also possible to learn specific massage techniques to cure all kind of pains and malfunctions of the body: insomnia, depression, tiredness, anxiety, backache, rheumatism, digestive problems, sexual malfunctions, hypertension, and so on.

ALTERNATIVE MEDICINE

FRANCESCO PADRINI



## The big book of Massage & Essential oils

dve  
PUBLICATIONS

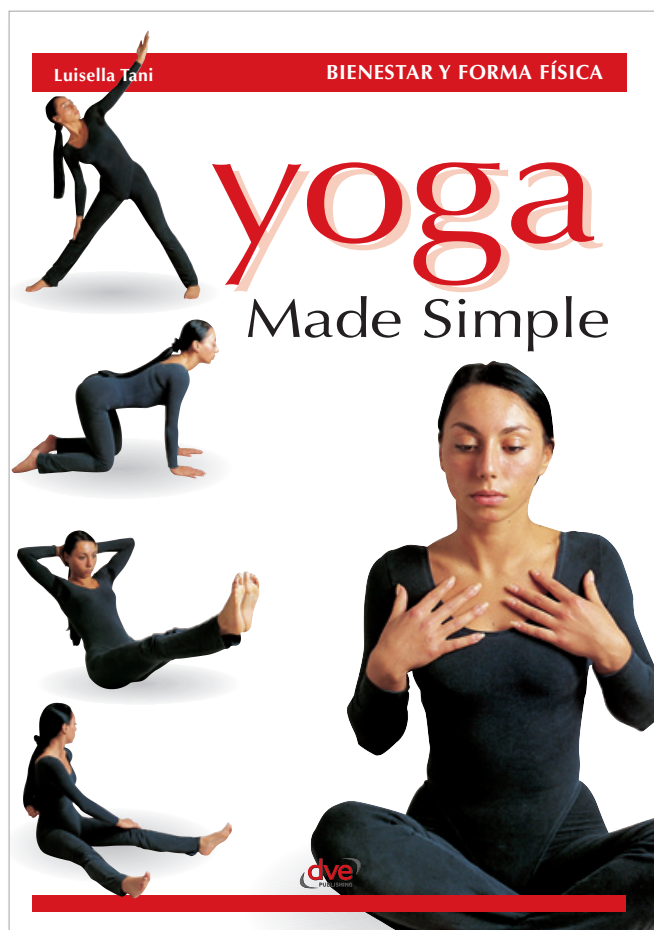
ISBN 978-1-78525-595-3

Format 170 x 270 mm, 208 pages

30,000 words

This is a complete guide for the aromatic-energetic healing massage, containing simple advice that will be useful for everybody, from beginners to experts. Massage is always very beneficial, but when performed with the adequate essences, it multiplies its power and will achieve extraordinary results. The body will be revitalised and toned up, the natural defenses of the organism will be reinforced and all the organic functions will achieve a higher level of performance

Learn to apply the right essence for multiple issues: cellulite, rheumatism, headache, sexual malfunctions, tiredness, anxiety, apathy, digestive diseases, menstrual pains...

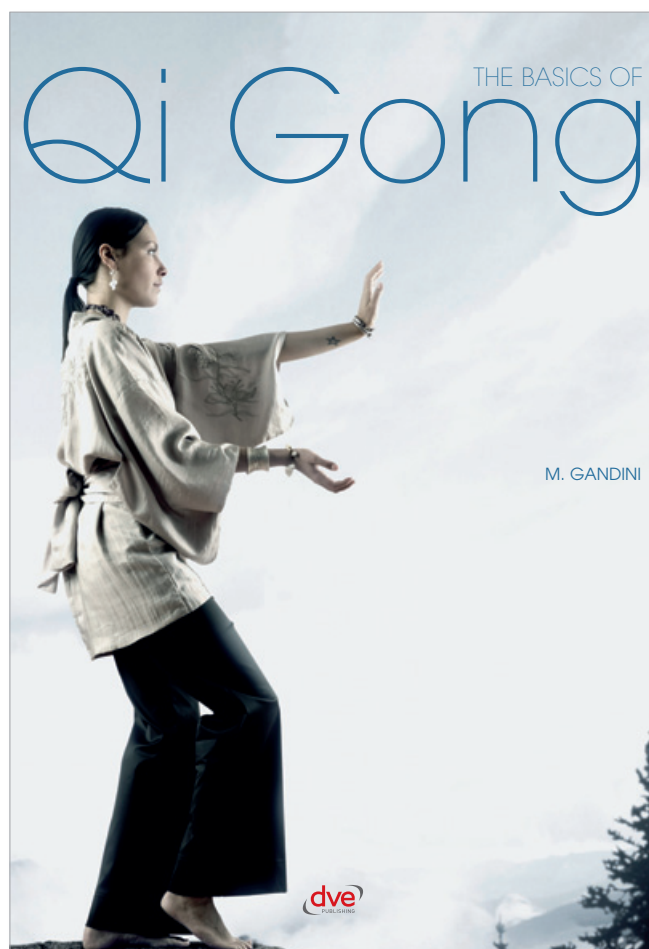


ISBN 978-1-78525-599-1

Format 170 x 240 mm, 112 pages

11,000 words

Yoga is an ancient discipline that has been transmitted from masters to disciples throughout the centuries; today it has become a practice intended to preserve the balance of mind and body wellness. This guide will teach you how to perform the main positions and the most effective breathing exercises in a clear and simple way. The practice of yoga will help you improve your breathing and correct posture defects. In addition, it will help you fight stress, restore inner harmony, and maintain or restore your psychophysical balance.



ISBN 978-1-78525-597-7

Format 170 x 240 mm, 144 pages

18,000 words

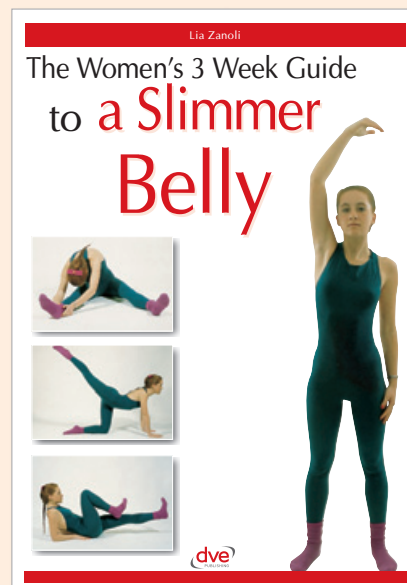
Qi Gong is an ancient Chinese practice that will allow you to rebalance your body and very quickly reach an ideal state of relaxation. Relaxation can increase the body's natural defences and therefore can provide greater protection against disease.

The aim of this book is to promote the practice of Qi Gong. It is aimed at people of all ages, regardless of gender. The execution of the exercises presented can be especially useful for older people, for all those who lead a stressful pace of life, for those who are receiving medical treatment for depression, or during convalescence.

**ISBN 978-1-78525-601-1**  
**Format 145 x 205 mm, 144 pages**  
**11,000 words**

Strict diets can make you lose weight in a short period of time, but they also make it easy to fall into a diet relapse, and because we are not prepared to face them, it is very likely that the results won't last long.

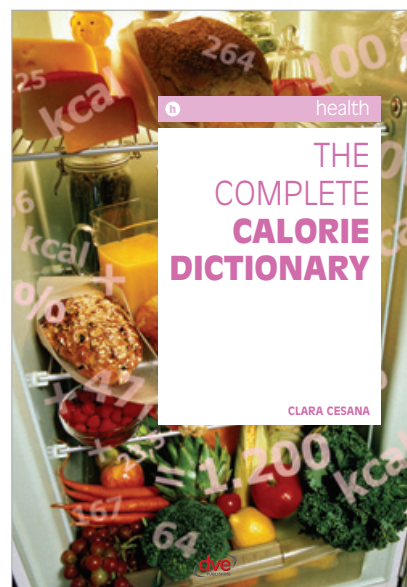
This book is aimed at those women who wish to get rid of their belly, reduce fat in their hips, and in short, get a better look. This manual presents a new progressive method with three levels that will help you get amazing results in 3 weeks and stick to a healthy lifestyle.



NUTRITION & WEIGHT LOSS

**ISBN 978-1-78525-329-4**  
**Format 115 x 167 mm, 186 pages**  
**19,000 words**

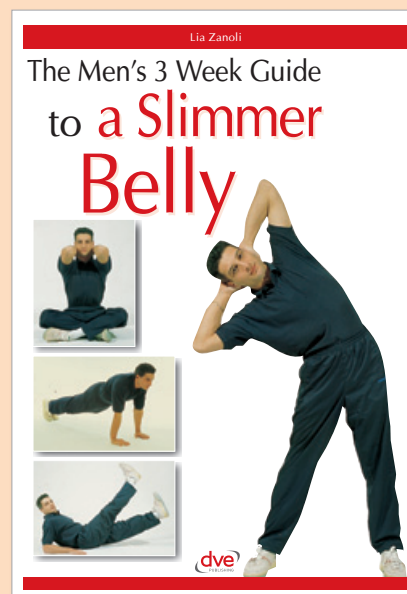
Care of the body with a balanced diet has become an issue of great interest nowadays. In this book you will find keys to control your weight. The recipes are very easy to develop for a low calorie diet. Dieticians and nutrition technicians have managed to translate complicated caloric tables into concrete and reliable indications, all while keeping taste and pleasure.

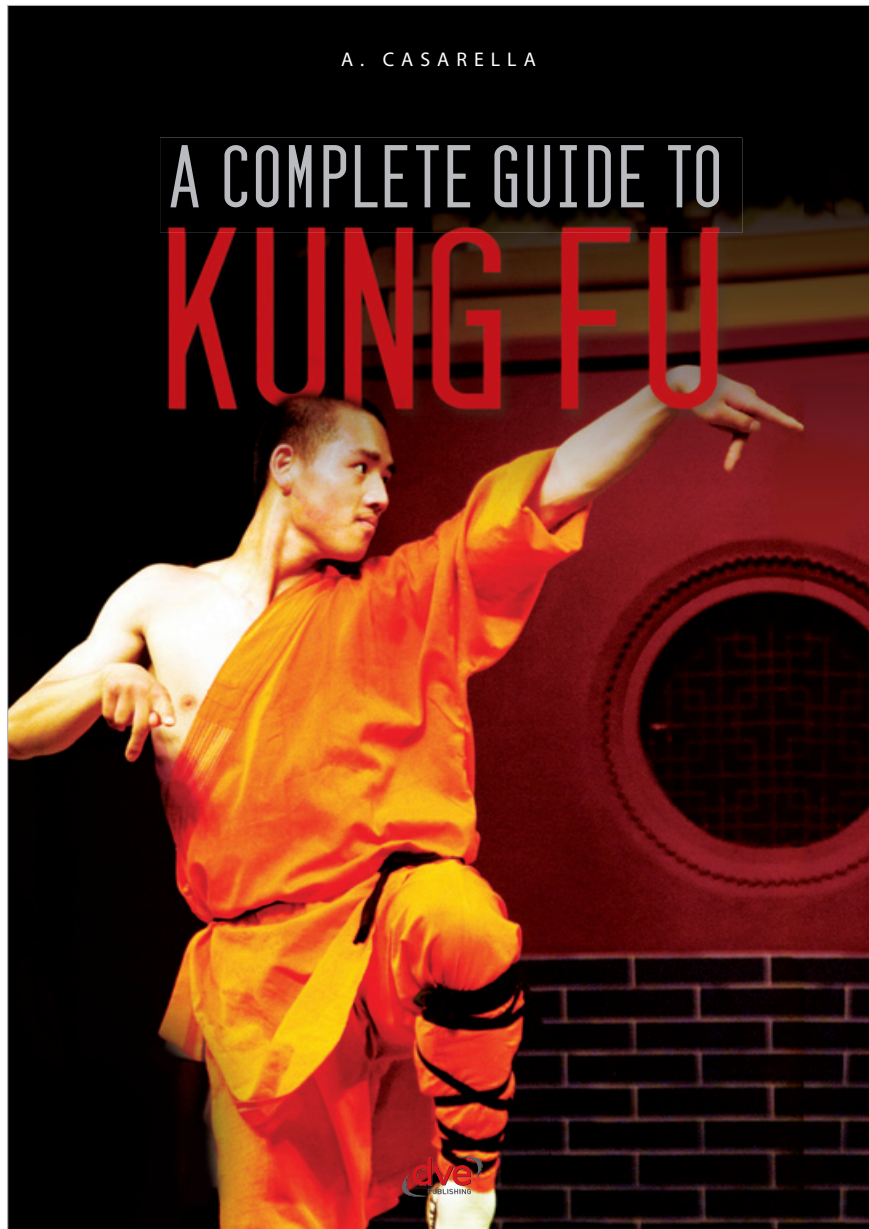


**ISBN 978-1-78525-600-4**  
**Format 145 x 205 mm, 136 pages**  
**10,000 words**

Strict diets can make you lose weight in a short period of time, but they also make it easy to fall into a diet relapse, and because we are not prepared to face them, it is very likely that the results won't last long.

This book is aimed at those men who wish to get rid of their belly in 3 weeks and get a better look. This manual presents a new progressive method with three levels that will help you lose weight and stick to a healthy lifestyle.





ISBN 978-1-78525-443-7

Format 170 x 240 mm, 120 pages

19,000 words

Kungfu or wushu is a very modern sport but with an ancient Chinese martial arts background. Read this work as a course, and you will quickly learn how to put into practice all the teachings: greetings, the fundamental steps, basic techniques, and fighting. In addition information about its many styles is given: Shaolin Quan, Taiji Quan, Bagua Zhang, Tanglang Quan, and many others.

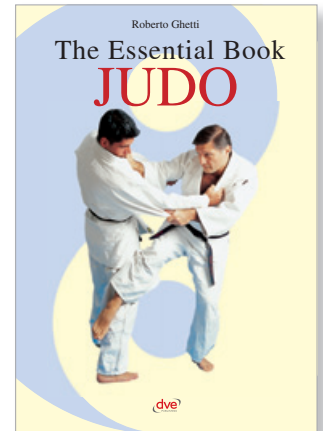
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**ISBN 978-1-78525-444-4**

**Format 170 x 240 mm, 112 pages**

**12,000 words**

This is a book that follows a new concept; it is illustrated and written in a simple language. In this manual you will find the fundamental judo positions and techniques, and each technique is described in a simple and clear manner, accompanied by one or more illustrations. You will learn by reading, but especially by observing and repeating with a partner the positions and movements that are shown. This guide makes judo available to everyone.



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**ISBN 978-1-78525-602-8**

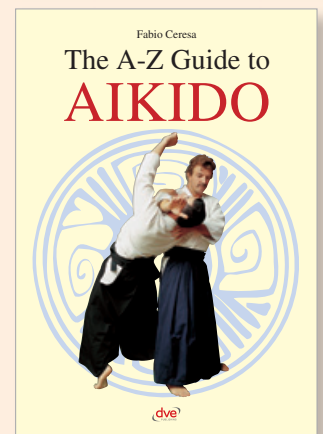
**Format 170 x 240 mm, 112 pages**

**12,000 words**

The aikido fighter gets to know and understand themselves when fighting with an opponent; therefore we must understand aikido not only as a martial art.

The pupil should acquire not only combat skills, but should also open the mind to new concepts. The word 'aikido' comes from the merge of three words: 'way', 'harmony', and 'energy'. After the essential knowledge of appropriate dress, the student can begin. Now it's time to take full control of our body.

Detailed and clear texts, along with numerous pictures, make it easier for the reader, highlighting the features of the different movements and progressive learning.



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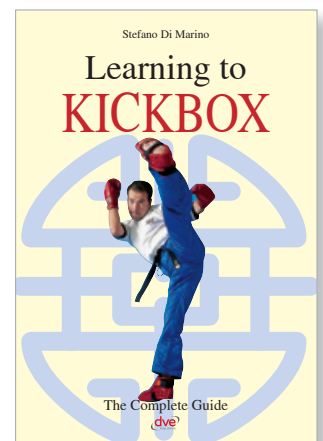
**ISBN 978-1-78525-447-5**

**Format 170 x 240 mm, 120 pages**

**12,000 words**

Nowadays, kickboxing is one of the most widespread fighting sports in the world since it's very effective and easy to learn. Kickboxing is a complete sport that can also work as a personal defence weapon.

With this book you will learn all the techniques and all phases of training, from physical preparation to the fundamental theory of combat. The work includes 150 instructional photographs to help you learn kickboxing in all its aspects: history, equipment, guards, punches, defence, attack, fighting, movement combinations, athletic preparation, etc.



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**ISBN 978-1-78525-446-8**

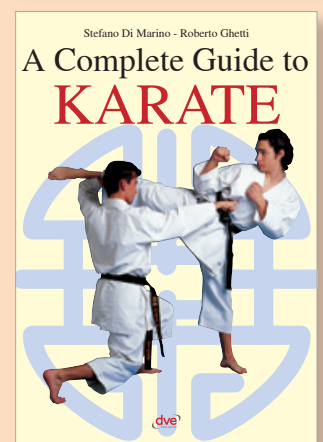
**Format 170 x 240 mm, 120 pages**

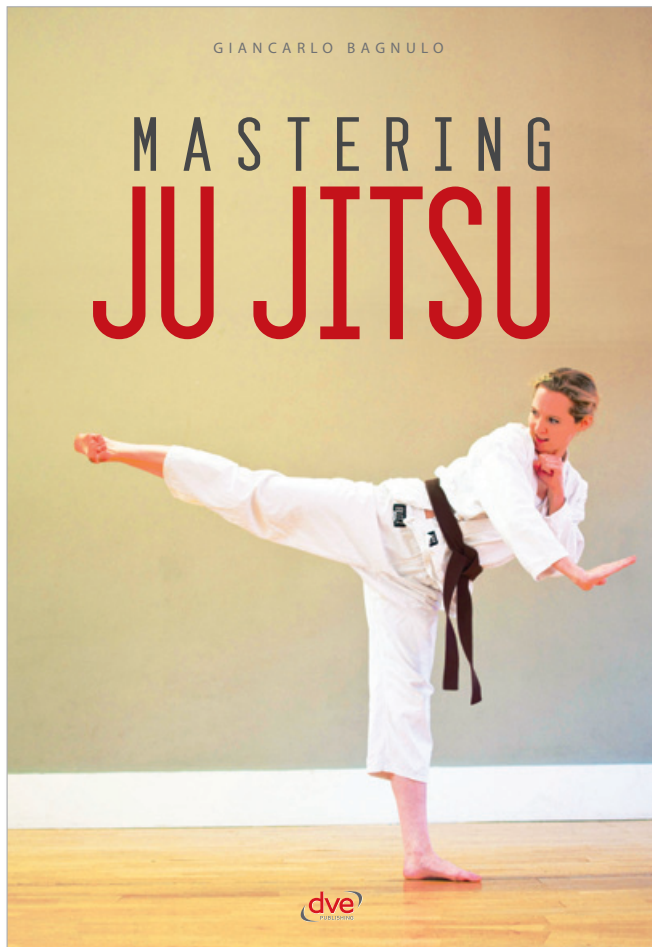
**11,000 words**

Karate is a well-known Japanese martial art due to its effectiveness and because it uses a full technical background and a simple teaching method accessible to all.

This is a guide to the foundations of karate that will allow the neophyte to have a complete overview of the technical background of this discipline and it will help the karateka develop their potential.

With more than 200 photographs, you can learn karate in all its aspects: history, greeting, positions, movements, punches, kicks, techniques to hit, defence, etc.



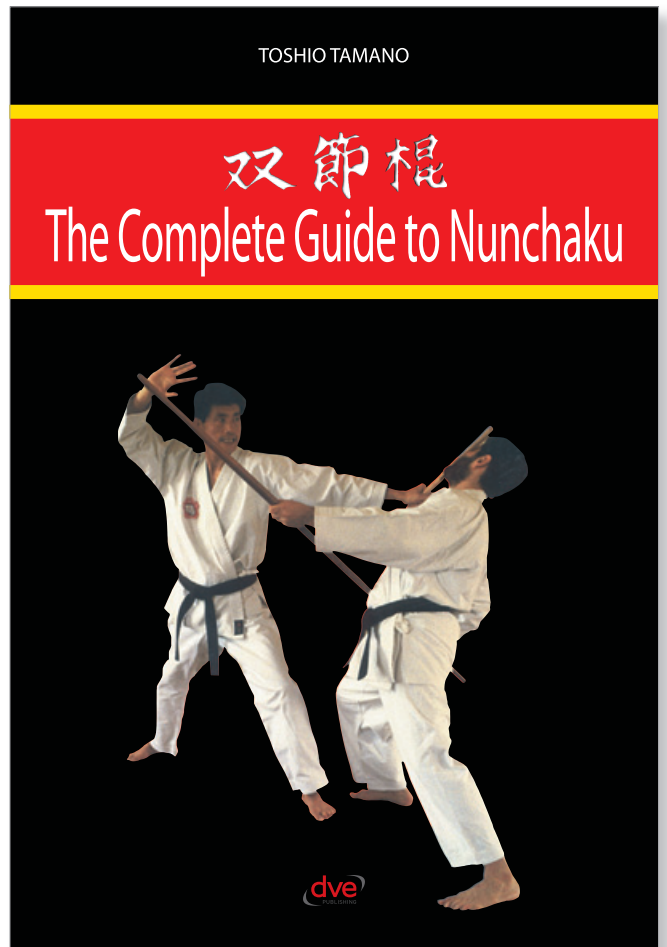


**ISBN 978-1-78525-440-6**  
**Format 170 x 240 mm, 112 pages**  
**19,000 words**

Ju Jitsu is one of the most ancient martial arts, and thanks to its great number of techniques, it can be considered the closest one to the concept of personal defense.

With this book you will learn the basic principles of Ju Jitsu to defend yourself against an attack from an aggressor. The book is complete with a very detailed photographic gallery to show you empty hand techniques against attacks with or without weapon.

This simple and concise text intends to spread a more realistic image of this "soft martial art" while respecting the original spirit.



**ISBN 978-1-78525-442-0**  
**Format 170 x 240 mm, 112 pages**  
**14,500 words**

This book contains the following:

- Authentic original Okinawan nunchaku techniques explained by an expert.
- The basic positions, turning techniques, and attack techniques.
- Immobilisation techniques, kata, and fighting.

All exercises are explained step by step and illustrated with numerous photographs. This book is a true revelation about a weapon that has turned into a legend.

Roberta Cavicchioli

# Sweet and Simple Gymnastics



ISBN 978-1-78525-419-2

Format 170 x 240 mm, 144 pages

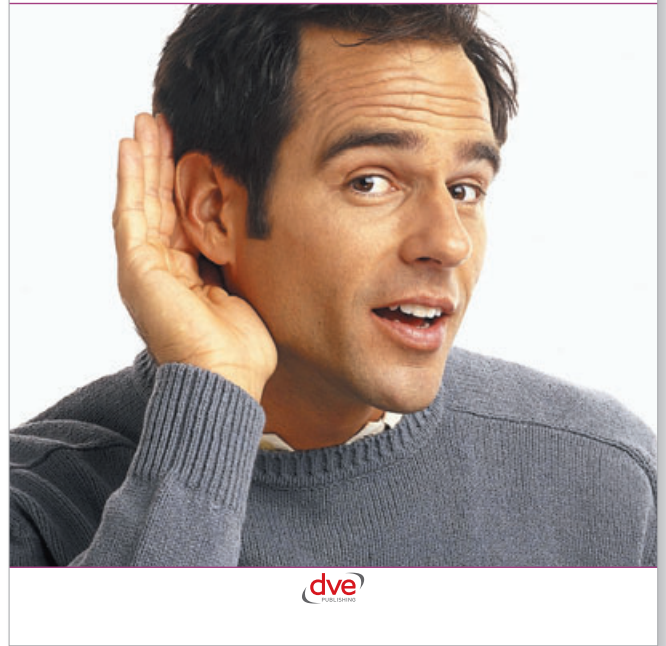
25,000 words

The frantic pace of everyday life affects us negatively on both a psychic and physical level. Gymnastics is a valuable method to ensure a state of general welfare.

This book contains text along with illustrations, exercises, and proper techniques. In this manual you will find all necessary advice to properly practice gymnastics: technical and implementation modalities; exercises divided into five levels of increasing difficulty, and special training programs to stay healthy and active.

JEAN-LOUP  
DERVAUX

## can you hear me now? 200 answers to hearing & inner ear problems



ISBN 978-1-78525-381-2

Format 170 x 240 mm, 144 pages

11,000 words

Nowadays, diseases concerning the ear and hearing are a real problem for many people and include some of the following: impaired hearing, tinnitus, vertigo, balance problems, ear infections, etc. One should be well informed of these issues.

From infections and neurological diseases to tumours and accidents, the author offers complete information on ear diseases and hearing. This book, that uses the 200 most asked questions by patients, is an essential guide for many people who suffer from these problems.

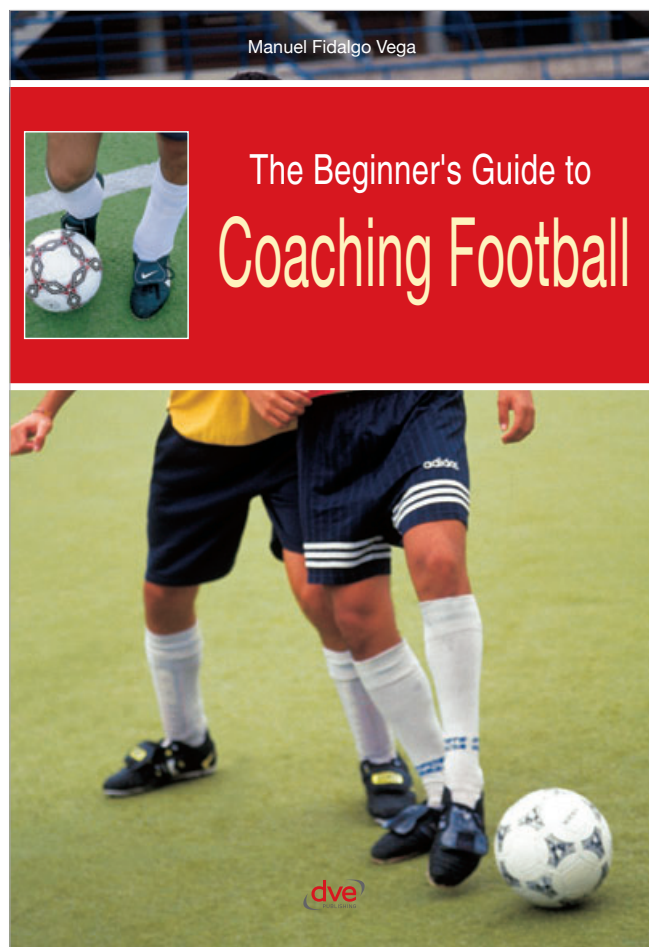


**ISBN 978-1-78525-438-3**  
**Format 170 x 240 mm, 96 pages**  
**40,000 words**

We can all run, since running is a natural movement. There are a thousand reasons to run, and they are all more or less valid. Some people run for fun, for health reasons, or to lose a few pounds. Other people set themselves important goals or prepare for other sports. The important thing is to define clear objectives for why we run, because if we use the wrong approach, it can become a boring activity.

In this book, the reader will find instructions to progressively get started in this sport, such as a basic understanding of the functioning of the muscle fibres, a test to see if you are in a good shape in order to set your goals, effective stretching exercises, training programmes that will guarantee you good progress and excellent results, running techniques and how to correct your mistakes, and how to prepare yourself to run the marathon, etc.

At the end of physical effort you feel more calm and relaxed, looser and lighter, and perhaps you will see life more optimistically...



**ISBN 978-1-78525-439-0**  
**Format 170 x 240 mm, 184 pages**  
**40,000 words**

Football is increasingly more attractive among young people who wish to emulate the great champions. The secret is to train with dedication and use good methods.

This manual presents everything that a coach should know to get their players to improve the team technically and progress in all aspects of a collective game.

This manual, accompanied by numerous photos and drawings, will teach you, with great rigor, individual and collective techniques, different tactics, the exact movements, and the proper way to execute strategic plans.



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