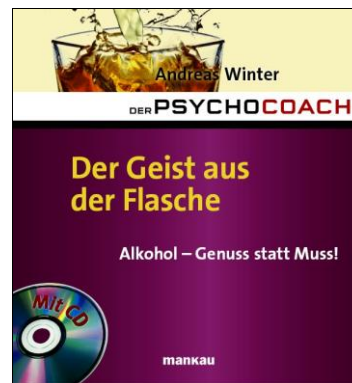


Andreas Winter
**The Psycho-Coach 5:
The Spirit from the Bottle**
Alcohol—A zest instead of a must!
With a supporting CD

Mankau Verlag, 1st ed. Oct./Nov. 2008
14,95 Euro, 114 pp.
ISBN 978-3-938396-17-9



About the book.

Question: How do some people manage to consume alcohol occasionally, while others can hardly keep away from it and some are even destroyed by it?

Answer: Because people have different reasons for drinking. Once a person is aware of this reason, the demon alcohol loses its frightening effect and can be defeated.

Alcoholics drink in order to tackle the physical deficiency symptoms; people who drink in order to get drunk befuddle arising feelings of inferiority; occasional drinkers drink because of social reasons; and people who drink for relish want to have sensations regarding taste. The latter stop drinking as soon as the effect of the alcohol increases. This book explains—provocatively, vividly and with scientific thoroughness—how a person can drink occasionally with relish and why even former alcoholics do not have to be abstinent.

Do you want to know why some former alcoholics can renounce alcohol without effort and simultaneously do not have to refrain completely from every drop of alcohol?

Follow an exciting depth psychology analysis step by step with which every alcohol abuser can conquer the spirit in the bottle again and turn into a person who drinks only for relish.

About the author.

With his book series “The Psycho-Coach” Andreas Winter wants to let the general public gain from his scientific insights. The qualified educationalist works as a psychological counselor at his institute Powerscout in Iserlohn. His method contains the techniques of depth psychology analysis, elements of neuro-linguistic programming (NLP), and the working with vivid imagination. Andreas Winter is member of the society of German naturalists and physicians (Gesellschaft Deutscher Naturforscher und Ärzte).

Further volumes of the successful guide series are “Addiction to Nicotine—the Big Fallacy” (vol. 1), “Healing Without Drugs” (vol. 2), “Losing Weight Is Easier Than Gaining It” (vol. 3), and “Love, Sex, and Partnership” (vol. 4).

“As shown so convincingly with the phenomenon of the ‘addiction’ to nicotine, it is not the matter that leads the way into the abyss, but basically the hidden fear that provokes the spirit in the bottle. (...) In an astonishingly simple and clear way the Psycho-Coach eradicates the contradictions of common definitions of addiction and illustrates with practical examples the depth psychological method to give up false beliefs and deep-rooted behaviour patterns in favour of reflective action.”
Contraste, February 2009

SOLD UNTIL 15th of SEPTEMBER 2011: 3.100 copies

Mankau Verlag GmbH • Postfach 13 22 • D-82413 Murnau a. Staffelsee
Tel. (0 88 41) 62 77 69-0 • Fax -6
E-Post: kontakt@mankau-verlag.de • Netz: www.mankau-verlag.de