

Andreas Winter  
**The Psycho-Coach 6:  
Anti-Aging**  
**Why it is so simple to remain young!  
With a supporting CD**

Mankau Verlag, 1<sup>st</sup> ed. March 2009  
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### About the book.

Why are some people even in old age on the sunny side of life enjoy all its delights with much vitality, whereas others decay physically and mentally and give up already at a relatively early age?

The difference is not only to be found in the personal predispositions or the particular environmental conditions. It is to be found mainly in the way of life and in particular in each one's attitude towards life. Anxieties, worries, stress, and false beliefs—these are the factors that influence decisively the ageing process. You as well can now free yourself from these “ageing accelerators” and start your own rejuvenation.

Do you want to know why some people go through life apparently without the slightest difficulty and in a satisfied way without evading problems or renouncing all pleasures?

Follow an exciting depth psychology analysis step by step with which everyone can stop the ageing process and awake the inner spring again—discover your personal Fountain of Youth!

### About the author.

The qualified educationalist Andreas Winter is—as a psychological counselor—head of the institute Powerscout in Iserlohn. With his book series “The Psycho-Coach” he wants to let the general public gain from his scientific insights. 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), “Love, Sex, and Partnership” (vol. 4), and “The Spirit from the Bottle” (vol. 5).

*“In his usual diverting, but also scientifically exact way the Psycho-Coach answers the many questions that everyone asks oneself concerning age (...). The answer is as simple as brilliant.”*  
Visionen 3/2009

*“His method is as simple as scientifically comprehensible (...). He confronts the common medical myths and remedies against the supposedly inevitable ageing process with a committed plea: Man is not only a lump of flesh, blood, and bones, but a marvel being enlivened by his self.”*  
Oberland Express, 27<sup>th</sup> March 2009

*“With astonishingly scientific research results, impressing cases from the practice of the Psycho-Coach (...) and—as usual—with sharp-tongued attacks against dogmas being adopted without examining them, the newest volume of the successful guide series gives backing to the educational psychology and the personal responsibility of the patient.”*  
So will ich Leben!, May 2009

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