

Andreas Winter
**The Psycho-Coach 7:
Aiming—Letting go—Achieving!**
How you train your mind for success
With a supporting CD

Mankau Verlag, 1st ed. Nov. 2009
14,95 € (D) / 15,40 € (A), hardcover with CD, WG 1 481
14,5 x 15,5 cm, 125 pp., ISBN 978-3-938396-32-2



About the book.

Question: What is the reason why infants can learn extremely complex skills such as walking and talking very easily, whereas adults often acquire for example a foreign language only with much effort?

Answer: Because success is not dependent on effort, discipline, and endeavour, but on its emotional significance for the human being.

“No man will be successful because of effort!” With this provocative thesis Andreas Winter, the successful author of this guide series, turns the traditional world view of learning and striving upside-down and explains in a diverting way, understandable for everyone, how some people have become—in spite of a low school education—more wealthy and successful than people with a good university degree.

Feelings of guilt, false beliefs, and fears sabotage successful learning and acting, whereas enthusiasm, passion, and confidence are the “autopilots” of success and prosperity.

This guide shows you how your autopilot is adjusted precisely and your blockade for success is pushed aside. With the help of the attached supporting CD you are able to translate the things you learnt into action at once.

About the author.

The 43-year-old qualified educationalist Andreas Winter is—as a psychological counselor—head of the institute Powerscout in Iserlohn. With lectures and 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), “The Spirit from the Bottle” (vol. 5), and “Anti-Aging” (vol. 6).

SOLD UNTIL 15th of SEPTEMBER 2011: 5.400 copies

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