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SELF-HELP/PARENTING/HOME

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Liberated Breathing: Practical Approach. From Self-Exploration to Self-Understanding and Self-Respect // Olga Konoshenko et al.



Details:

Title: Liberated Breathing: Practical Approach. From Self-Exploration to Self-Understanding and Self-Respect
Authors: O. Konoshenko, V. Melnikov, Y. Sheredeko, T. Sheredeko
ISBN: 978-5-9573-2365-5
Subject: Self-Development, Health Improvement
Published: 2012
Format: Paperback
Pages: 304

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

'Liberated Breathing' is a new method of health improvement and spiritual self-development.

Olga Konoshenko and her team wrote the book to describe breathing psycho-techniques of a very subjective, variable and controversial field called "Liberated Breathing".

This work is the result of their practical work in the Podorozhnik ("Ribwort") Centre. The authors managed to touch upon all the levels of the breathing method. In their work you will find both theoretical and practical chapters. The easy-to-follow tips can be used in your individual work.

Some special breathing practices will help you solve a lot of psychological problems, overcome painful physical symptoms and change the general flow of life. The book also contains advice both for beginners and expert 'breathers'.

A Path to Longevity. Doctor's Notes // Mikhail Barsukov



Details:

Title: A Path to Longevity. Doctor's Notes
Author: Mikhail Barsukov
ISBN: 978-5-9573-2218-4
Subject: Self-Help, Health Improvement
Published: 2011
Format: Paperback
Pages: 336

Links:

[Book details on publisher's website \(Russian\)](#)

[Book details on OZON.RU website \(Russian\)](#)

Description:

Mikhail Alexandrovich Barsukov, MD, a talented surgeon, GP and author of works. Over 50 years of his medical practice, Mikhail was involved in various branches of medicine. In his new book he systematizes his huge experience and puts forward numerous ways of treatment and prevention of lots of illnesses at home – not using any special equipment, medical treatment or surgery. The author presents a lot of original “home remedies” and gives professional advice: how do you get back your work efficiency, fight stress, insomnia, or improve your immune system... Those who are active, cheerful and take pleasure in work and personal life, would always feel they are needed in this wonderful world.

Having read the book, you will see that you are in fact familiar with all the secrets of being fit and enthusiastic, so hurry up to achieve everything you need!

Renewing Your Destiny in 21 Days // Oleg Vezenkov



Details:

Title: Renewing Your Destiny in 21 Days
Authors: Oleg Vezenkov
ISBN: 978-5-9573-2433-1
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 304

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

This work is the sequel to the first book by [Oleg Vezenkov "Love and Gratitude"](#). In the hustle and bustle of everyday life we often fail to see our life pass and cannot take pleasure in what we are doing... We simply forget how to be happy and follow the inner voice, how to be amazed by the simplest things. This wise book will teach you to understand the needs of your soul: happiness, delight, creative expression and self-improvement. The author will tell you how to realize all this, live your life to the full and really create it. The easy-to-follow tips will help you to 'renew' your destiny in 21 days, start a new and conscious life. You will know how to see your routine differently and find something interesting in ordinary things. This is how we feel the excitement and magic of our life and discover spiritual abundance, energy, joy and inspiration.

About the author:

Oleg Vezenkov has got a degree in business management. "Doing some ordinary things and observing people's relationships, I started to analyse the causes of one's behavior in various situations. Attention to the detail allowed me to understand that your life is a result of your own thoughts and actions. Your happiness depends only on the strength of your spirit. My personal history is a path of overcoming the dependence on material values. In addition I had to overcome the dependence on my feelings and emotions. Fighting the physical and soul pain at different stages of my life, I once felt the intense energetic connection with the surrounding world. I immediately felt the unbelievable freedom and lightness in my body, realizing I indeed have everything I need at any moment. Afterwards, I really wanted to share these unusual feelings with other people, so I tried to find a way to realize this desire. Over time I discovered in myself the ability to help people reveal their creative potential through interaction. My great wish to express my creative soul brought me to writing books about love and gratitude, so eventually I received some true insights about life from the source that is beyond the ordinary understanding of the world's origin and existence.

Love and Gratitude. Your Way to Freedom and Power // Oleg Vezenkov



Details:

Title: Love and Gratitude. Your Way to Freedom and Power
Authors: Oleg Vezenkov
ISBN: 978-5-9573-2431-7
Subject: Self-Help, Philosophy
Published: 2012
Format: Paperback
Pages: 208

Links:

[Book details on publisher's website \(Russian\)](#)

Description:

What makes this book unique is that the author creates the atmosphere of spiritual union with the reader. It turns the book into an exciting journey of getting new and useful knowledge. You will learn that love is the main stream of the common creative energy. Gratitude is the creative self-expression of love, or in other words, its material explication. In the stream of the universal love energy there are always two different potentials – the negative and the positive one. The negative potential destroys the material shell of the energy existence. The negative part of the same power creates a new form of its explication. When both potential are united, the balance of the forces remains sustained at all times, as both aspects take part in the reinvention of the world.

About the author:

Oleg Vezenkov has got a degree in business management. "Doing some ordinary things and observing people's relationships, I started to analyse the causes of one's behavior in various situations. Attention to the detail allowed me to understand that your life is a result of your own thoughts and actions. Your happiness depends only on the strength of your spirit. My personal history is a path of overcoming the dependence on material values. In addition I had to overcome the dependence on my feelings and emotions. Fighting the physical and soul pain at different stages of my life, I once felt the intense energetic connection with the surrounding world. I immediately felt the unbelievable freedom and lightness in my body, realizing I indeed have everything I need at any moment. Afterwards, I really wanted to share these unusual feelings with other people, so I tried to find a way to realize this desire. Over time I discovered in myself the ability to help people reveal their creative potential through interaction. My great wish to express my creative soul brought me to writing books about love and gratitude, so eventually I received some true insights about life from the source that is beyond the ordinary understanding of the world's origin and existence.

Three Keys to Success in Life // Rimma Home

Details:

Title: Three Keys to Success in Life
Author: Rimma Home
ISBN: 978-5-9573-2432-4
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: --

Description:

You have studied a huge number of western systems of success, but they are not effective? This is the missing link to reach a personal and financial abundance. You are working hard, all day, but don't see the result, while your less active friends are happy and successful? In the book the author explains how your inner state influences the results of everything you do and how you can change the situation for the better.

Rimma Home speaks about her own way to well-being using her method "Three Secret Keys to Success". The essence of the method is to influence all the sides of your life at once, rather than working on just one – for example only career or only health. Thanks to the author's advice you will be able to see your main aim, hear your intuition and the signs of the Universe. You will know how to feel when timing is perfect for everything you do. Success is not something you can get by chance. It is a thought-over, effective and purposeful action that can give you the best result.

About the author:

Rimma Home is a PR-manager, a psychologist, an economist. She was born in 1970 in USSR. Now she is a happy mother and woman. She is interested in positive psychology, the history or world religion, feng-shui, astrology, Tibetan medicine and the philosophy of success. Her books are full of optimism and love for people.

How to Become a Happy Woman. 14 Pleasant Steps to a New Life // Rimma Home.



Details:

Title: How to Become a Happy Woman.
14 Pleasant Steps to a New Life
Author: Rimma Home
ISBN: 978-5-9573-2330-3
Subject: Self-Help
Published: 2011
Format: Paperback
Pages: 128

Links:

[Book details on publisher's website \(Russian\)](#)

[Book details on OZON.RU website \(Russian\)](#)

Description:

Women have been created to be happy. This is their natural right that does not need to be stood for. They just have to use it. From the book you will learn how you can turn your life into a happy one through 14 easy, useful and pleasant steps. Eventually you will get everything you need.

Having studied and applied the course you will reach a state when: you are not looking for someone – on the contrary, you attract. You don't have to hunt as in fact you are the prize. You are not trying to be liked; it's vice versa - men are trying to get your attention. You are happy about your life and everyone is trying to make you even happier, because you love yourself. You love a passionate woman, a romantic girl, and a cheerful child in yourself. A radiant smile, optimism and the charm of femininity, confidence and utter delight will be always with you. Have a nice journey!

About the author:

Rimma Home is a PR-manager, a psychologist, an economist. She was born in 1970 in USSR. Now she is a happy mother and woman. She is interested in positive psychology, the history or world religion, feng-shui, astrology, Tibetan medicine and the philosophy of success. Her books are full of optimism and love for people.

How Our Pets Taught Us to Live, Be Friends, Love and Think. Cats' Series // Vera Zuyeva



Details:

Title: How Our Pets Taught Us to Live, Be Friends, Love and Think. Cats' Series
Author: Vera Zuyeva
ISBN: 978-5-9573-2429-4
Subject: Pets
Published: 2012
Format: Paperback
Pages: 384

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

In the book you will find exciting, sincere and kind stories about animals (cats, hens, quail, rats, hamsters and a rabbit), who lived in the author's family, turning their life into an exciting movie! The movie was sometimes a comedy or a drama, it could also be a romance, or a mystic story – so it was actually a mixture of genres. The pets would always keep the family busy, entertaining them or making them think over the 'eternal questions' – the good and evil, life and death, love and friendship, and many others. The people were in fact involved in the greatest action that never left anyone indifferent. The book will definitely touch your feelings too!

About the author:

Vera Zuyeva, PhD graduated from the Biologica Department at Moscow State University. She loves nature a lot – stones, plants, animals, at the same time she is interested in spiritual matters. Having read the books by Doreen Tovey about her pets, Vera took a decision to write a book about her own experience and a lot of amusing and meaningful situations that she was faced with looking after her animals.

A Path to Health, Youth and Longevity. Your Manual // Yury Tangaev



Details:

Title: A Path to Health, Youth and Longevity. Your Manual
 Author: Yury Tangaev
 ISBN: 978-5-9573-2414-0
 Subject: Self-Help
 Published: 2012
 Format: Paperback
 Pages: 144

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

We are responsible for our own health, for the health of our children and each of us can get true health. So what is True Health? It is a state when you feel so full energy that it seems you can ... "move mountains", and this energy lets you live an exciting and happy life. What does true health depend on and how could you get it? What should you do if you are a bit unwell or very ill? What is the meaning of your illnesses and how do you understand the cause of your disease? Can you recover without taking medicine having so many side effects? How strong is your mind? You will find answers to all these questions in this great new book by Yury Tangayev. All you need is a desire to be well! Your dreams always come true!

About the author:

Yury Tangayev was born in 1948 in Kuibyshev (Samara). He got two engineering degrees and changed a lot of various jobs: an electrician, a taxi driver, a builder and engineer and many others.

In 2002 Yury Tangayev entered the Healing Academy in Riga; having graduated in 2005 he wrote his first book "Anyone Can Get Rich", since then he has authored a few more works.

The healing methods the author suggests in the book have been tested by himself and proved to be very effective and easy-to-do. They do not have any side effects or age limits.

The Secrets of Children's Behaviour // Yury Kuznetsov, Larissa Velkovich



Details:

Title: The Secrets of Children's Behaviour
Authors: Yury Kuznetsov, Larissa Velkovich
ISBN: 978-5-9573-2482-9
Subject: Parenting
Published: 2012
Format: Paperback
Pages: 176

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

If you are bringing up a child – in practice, not just in theory, you know how much effort, tolerance, imagination and diplomacy it requires. Choosing the educational strategy, adults are not always aware what values their children are guided with, so they find themselves at a loss trying to create intimate and harmonious relationship that would make everyone happy. They have been teaching the program "Secrets of Children's Behaviour" for a few years at their workshops for parents. Hundreds of mums and dads learned how to hear and understand their kids, how to get on and trust each other. In the book the authors explain why children disobey, how to resolve conflicts and not to bring up a 'spoilt child', how to make them happy. This work is a great resource for parents, grandparents, as well as for psychologists and teachers.

About the authors:

Yury Kuznetsov is a professional coach giving workshops on personal growth and business development. He studied psychology, coaching and business consulting in St.Petersburg State University, Moscow Institute of Family and System Solutions, and continued his education in Japan, Switzerland, UK and Germany. Yury has created unique methods of strengthening personal relationship and increasing efficiency of corporate work. Since 1992 has been an owner and head of the international training company GRC®, which has 53 offices in Russia and abroad. He has been involved in arranging personal and corporate training for 20 years. Larissa Velkovich is a leading trainer, co-owner and vice president of GRC®, third-level teacher of Aura-Soma®, business trainer and coach. Larissa has graduated from the Psychological department at St.Petersburg State University, the Higher School of Psychology, North-West Institute of Applied Psychology, the Aura-Soma British Color Therapy Academy, and the Indian multi-university "The School of Mystics". She is the author of over 20 body-oriented therapy programs and workshops on personal growth. She gives personal expert advice, zen-consultations and organizes travels to the sacred places of the planet.

Your Personal Success Coach. A How-To Guide // Anna Kozlova



Details:

Title: Your Personal Success Coach. A How-To Guide
Author: Anna Kozlova
ISBN: 978-5-9573-2430-0
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 144

Links:

[Book details on publisher's website \(Russian\)](#)

Description:

Why do you have to go to a life-coach or a self-development trainer if you are capable of tuning your life for success by yourself? The author is sure everyone is able to go from the stage "I wish I had it" to the stage "I have got it already". In her book she describes her program "Your Personal Success Coaching" explaining what steps should be taken to determine your goal and tasks, get rid of fake stereotypes, and learn how to focus of the expected final result. Hence, you will start to live in harmony with your needs, dreams and desires. Remember: you are the master of your life and no one can drive you to success until you yourself make an effort.

About the author:

Anna Kozlova is a psychologist, a business coach, and lecturer at "Mirbis", the International Moscow Higher School of Business, and The Aviabusiness Higher Commercial School.

The Portal of Light // Sergey Avdeyev



Details:

Title: The Portal of Light
Author: Sergey Avdeyev
ISBN: 978-5-9573-2488-1
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 400

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

Fears and doubt, the bitterness of lost hopes, stress and feeling miserable, inability to understand what path to choose are a dark labyrinth many people have to go through. At times it takes the most part of their lives. At the same time, they often feel our life can be much better, more exciting and joyful. So where is the right way leading towards the real life, and why do we take the wrong way? What if all those ideas about 'better life' are just a myth and we have to give up and face this reality? In this book the author makes a deep and thorough analysis of typical behavior lines that we choose as a main script of our own life. Some people are always running and fail to notice their life is going by. Other people never grow up and remain immature, making other people take care of them. There are also people who always have their head in the clouds and never get down to earth; other people get captured in their bodies by internal inhibitions and muscle blocks. These patterns are examples of the paths that we choose; such patterns prevent us from living our life to the full and becoming happy. The book will help you to understand how we form our destiny; it suggests techniques and exercises that will help you consciously correct the scenario of your life. The author shows that we can open "the portal of light" and live a liberated, easy and harmonious life.

About the author:

Sergey Avdeyev is a professional psychologist, coach and a business trainer. He has got two degrees – in finance and psychology, and also a reputable civil worker. Since 1998 he has been conducting self-development workshops, and business training seminars; he also gives individual consultations. The main subjects include changing negative life scenarios, formed by stereotypes that have been imposed by the society, one's parents, and personal choices.

Slim and Happy. My Diet is Eating to the Full // Elena Wise



Details:

Title: Slim and Happy. My Diet is Eating to the Full
Author: Elena Wise
ISBN: 978-5-9573-2487-4
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 240

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

There are lots of diets that can help you lose weight. If it is so easy, what doesn't the problem get solved? On the opposite – it is getting more and more acute. The answer is simple: it is not the food we need to blame. Using diets is similar to weeding your garden without removing the weed roots from the soil. A difficult and exhausting process. Having tried to lose weight for over 20 years, getting a bit slimmer and then gaining more weight back, the author has come to the conclusion that diets cannot give a stable result. She discovered that it is possible to eat without restricting yourself and still lose weight. Eating and weight are not always connected. So what does really matter? It appears the importance of being positive is underestimated. And you mind is whether all causes are hidden. What you have to do is to feel slim, trust your body and eat as much as you want and when you feel like it! You shouldn't go on a diet. Your main task is always eat to the full, when you are really hungry, but not to overeat and do with pleasure. Following some very simple rules, given in the book, you'll be able to feel free and forget about calories and kilos.

About the author:

Elena Wise is a journalist and a doctor. For many years she has been writing about a healthy lifestyle for top glossy magazines. The author has suffered from being overweight since her childhood, so she has tried all the trendy diets and eating systems. However, the kilos she lost with so much effort would always return, she was gaining more and more weight until it reached 107 kilograms. Elena was exhausted by this endless fight with herself, so she started to look for a new way. And she managed to find it. Suddenly, the 20-year experience of studying the issue, turned into a method that totally changed Elena's life. Enjoying her new life and taking pleasure in every day inspired Elena, so she decided to share this method with other people and wrote the book.

Chocolate Therapy. Your Approach to Being Slim. Easy like ABC! // Yana Vadish



Details:

Title: Chocolate Therapy. Your Approach to Being Slim. Easy like ABC!
Authors: Yana Vadish
ISBN: 978-5-9573-2377-8
Subject: Health, Dieting
Published: 2012
Format: Paperback
Pages: 240

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

Is there a diet that can help you receive a stable result and get slim without being hungry, feeling miserable and doing exercises for hours?

Yes! I found this way! My path is not very fast, but quite comfortable and reliable. What's more – it's enjoyable! I am keeping my weight around 60 kg, eating delicious meals, including the deserts. I am very energetic, beautiful and slim. I wish to do achieve the same results! Following my recommendations and doing easy tasks, you will reach your goal!

The book is divided into 10 parts – ten weeks. Each of them has 3 chapters and tasks for the week.

You can read the book from the beginning to the end or use the weeks and chapters that seem more interesting to you. To do the tasks you will need a diary or a notebook. Some tasks can be done by taking notes right in the book. Apart from practical assignments, you will find a lot of real-life examples and useful tips. You will also find some recipes of delicious low-calorie meals that are really good for you. Have a good time reading the book and do get slim now!

Following Your Dream. Nine Steps to Manifesting Your Dream // Yury Kuznetsov, Larissa Velkovich



Details:

Title: Following Your Dream.
Nine Steps to Manifesting Your Dream
Authors: Yury Kuznetsov, Larissa Velkovich
ISBN: 978-5-9573-2485-0
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 144

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

Yury Kuznetsov and Larisa Velkovich are professional coaches helping to create, develop and manage businesses. Your dream is not an illusion; it's a goal that can be reached in nine steps. This book will help you to feel the power of your intention, focus your actions and thoughts on getting what you want, and learn how to make the best of your time and circumstances. Nine steps to manifesting your dream make up a universal strategy allowing you to become the master of your life possessing a great creative potential. Every step is described in a separate chapter, with a summary at the end of it; the summaries are 'the golden rules' of each stage. Besides, the authors present self-teaching materials and inspiring sayings of people who achieved a lot in their life.

About the authors:

Yury Kuznetsov is a professional coach giving workshops on personal growth and business development. He studied psychology, coaching and business consulting in St.Petersburg State University, Moscow Institute of Family and System Solutions, and continued his education in Japan, Switzerland, UK and Germany. Yury has created unique methods of strengthening personal relationship and increasing efficiency of corporate work. Since 1992 has been an owner and head of the international training company GRC®, which has 53 offices in Russia and abroad. He has been involved in arranging personal and corporate training for 20 years. Larissa Velkovich is a leading trainer, co-owner and vice president of GRC®, third-level teacher of Aura-Soma®, business trainer and coach. Larissa has graduated from the Psychological department at St.Petersburg State University, the Higher School of Psychology, North-West Institute of Applied Psychology, the Aura-Soma British Color Therapy Academy, and the Indian multi-university "The School of Mystics". She is the author of over 20 body-oriented therapy programs and workshops on personal growth. She gives personal expert advice, zen-consultations and organizes travels to the sacred places of the planet.

The Prophecies of the Sibylline Books // Vitaly Simonov



Details:

Title: The Prophecies of the Sibylline Books
Authors: Vitaly Simonov
ISBN: 978-5-9573-2415-7
Subject: Future Telling
Published: 2012
Format: Paperback
Pages: 416

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

The prophecies of Sibyls in Ancient Greece were preserved for many centuries. They now can help us see what dangers are awaiting and select the right way of further development.

In this book the author presents a thorough analysis of some chants from the Sibylline Books. The author addresses both the events of the past and the events of the future predicted by the ancient prophetesses. The book covers facts that are believed to be significant for human history: reigning of historic figures, the greatest wars, the birth and life of Jesus Christ, the future coming of Antichrist, the apocalypse and major natural disasters.

The author compares the Sibyls' predictions with archeological, anthropological, paleontological and historic data. In addition, he discovers that the Sibylline prophecies have a lot in common with the Nostradamus's predictions, as well as other famous prophets of our times.

About the author:

Vitaly Simonov is a writer and researcher in the field of alternative history. He is the author of numerous books about the prophecies of Nostradamus, the past and future of the Earth, planetary cataclysms and the influence of alien civilizations. He also works in the Russian Federal Nuclear Centre (Snezhinsk, Russia).

Depression without Rules // Tatyana Trofimenko



Details:

Title: Depression without Rules
Authors: Tatyana Trofimenko
ISBN: 978-5-9573-2469-0
Subject: Self-Help
Published: 2012
Format: Paperback
Pages: 160

Links:

[Book details on publisher's website \(Russian\)](#)
[Book details on OZON.RU website \(Russian\)](#)

Description:

"Dear reader, if you feel so bad you don't want to live, this book is for you. I was also in the same state – just like you. So I really know what depression is and hard it is to get over, so I am fully aware of what it's like. But please be sure you can overcome your depression – even if you think it could not be worse than that, even if you are poor, ill or lonely; even if there is no one around to help you and you can only count on yourself. I managed to do it myself, so I am sure you will be able to make your big step towards success too – right from the bottom of the society. "Depression without Rules" is the result of my practical experience of overcoming depression – the experience of an ordinary person – I am neither a yogi, nor a guru, nor a raw foodist, nor an athlete, and I am not very religious...

I had no other people's help. No pills. No money or other material support. No friends. No doctors or psychotherapists. No alcohol, cigarettes or drugs. No meditations. No Feng-Shui. No magic or witchcraft. No ... many other things...

This is a practical book that will help to stop of being depressed. It is not just a list of how-to tips, but a true remedy that will help you to fight your depression." Tatyana Trofimenko

About the author:

Tatyana Trofimenko suffered from depression and it took her a long time to get over it. Traditional self-help advice was useless. What proved to be a solution was her expertise in qualitative features of information. It was the subject of her scientific work as a researcher at a university. Tatyana had been involved in this research for many years, and this work helped her to devise a new method of overcoming depression.