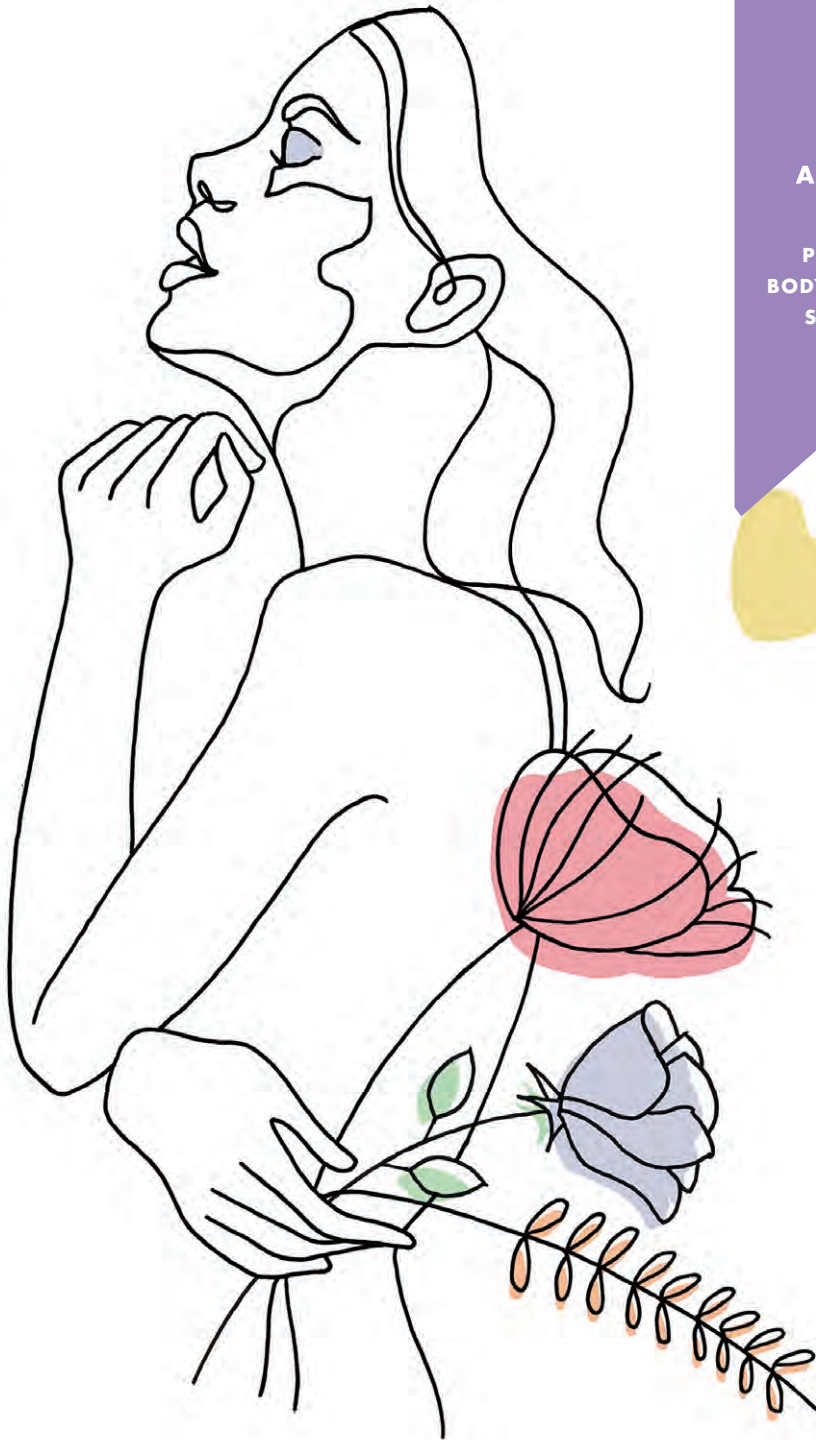


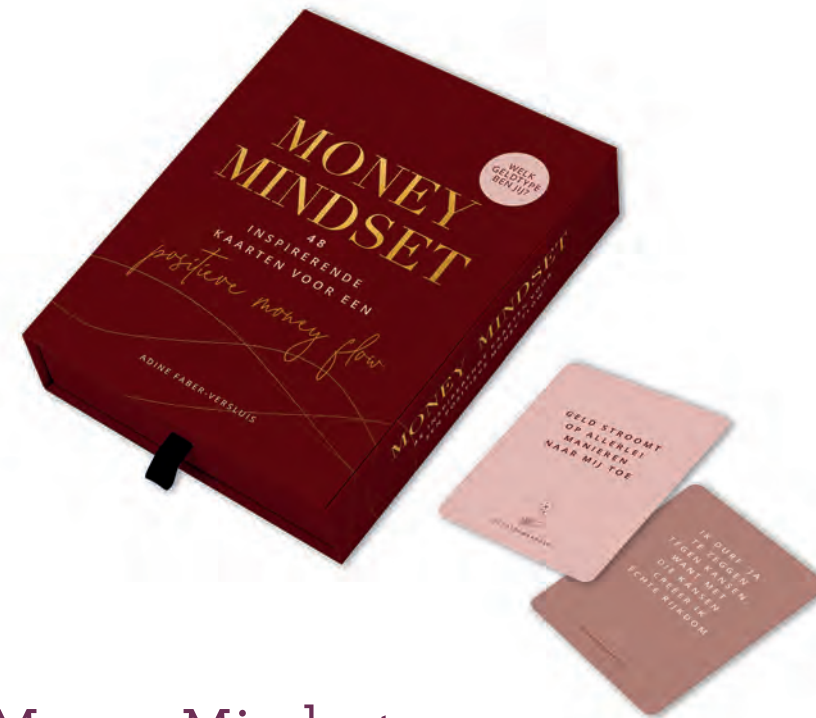
2023



ALTAMIRA

PSYCHOLOGY  
BODY, MIND, SPIRIT  
SPIRITUALITY





English sample  
translation available

Original title:  
*Money Mindset –*  
48 inspirerende kaarten  
voor een positieve  
money flow  
9 x 12,2 x 3,5 cm  
48 cards and a  
little booklet  
Board box,  
full colour illustrated  
December 2023

## Money Mindset

*48 inspiring cards for a positive money flow*  
Adine Faber-Versluis

Your preconceptions about money, abundance and becoming rich are often influenced by others. By your parents, environment and society. And so you may be unconsciously and unintentionally repeating other people's patterns. Patterns that block you and steer you away from the abundant life you can lead. The *Money Mindset* cards help you discover your inner money type and your limiting beliefs and patterns. You will be challenged to look at money and abundance in a different way. Practical thought experiments help you deal with these patterns and beliefs. So that you learn to effortlessly attract more money, improve your relationship with money and live a life of financial freedom.

**Adine Faber-Versluis** Versluis is a financial expert and winner of the Woman in Media Award 2022 Friesland. She is founder of the Money Mind Academy. Her mission is to help women become financially free.

**Change your feelings and beliefs about money**  
**Create a new mindset for more abundance**



English sample translation available

Original title:  
*Regenboogkracht – Altamira kaartenset*  
14 x 14 x 2,8 cm  
35 cards and an instruction booklet (32 pages).  
Full-colour illustrations  
November 2023  
Age: 4+

## Rainbow Power

Rosalinde Weel & Ingrid Bockting (ill.)

The colourful cards in the *Rainbow Power* set offer children an abundance of powerful affirmations. The cards help them to embrace their special qualities, feelings and thoughts and give them a loving boost, all in a playful way. The accompanying booklet contains in-depth questions and practical tools that children can apply in their daily lives, at home and at school.

**Rosalinda Weel** is an author and a yoga and meditation teacher. She is the founder of the first specialised professional training programme for children's meditation.



English sample  
translation available

Original title:  
*Terugkeer naar  
zelfliefde*  
10,7 x 15,3 x 2,3 cm  
52 cards and  
a booklet of  
32 pages



## Return to Self-love - Card Set

*52 Inspirational Cards For Loving Life  
and Yourself*

Rosalinda Weel

Unconditional love starts with yourself. In this beautifully designed box you will find 52 cards with inspiring quotes about self-love. The quotes help you explore who you really are, what you really long for in life and what you can do to improve your self-love. With this set, inner peace, joy and love are within reach. The enclosed booklet contains instructions on how to use the cards and explains the meanings of the quotes.

**Rosalinda Weel** is a spiritual coach, a yoga and meditation trainer and a self-love expert. Her source of inspiration and overall message is the power of inner peace, happiness and love.



## Love Is the Answer

*52 cards with inspirational  
quotes, connected to the theme  
'love is the answer'*

Over  
7000  
copies  
sold!



## Dare to be Happy

*52 cards with inspirational  
quotes, connected to the theme  
'dare to be happy'*



## High Sensitive

*52 cards that can help to learn  
how to deal with high sensitivity*



## Too Young to Burn Out

*40 cards that can help you  
get your spark back*

Full English translation available

Original title:

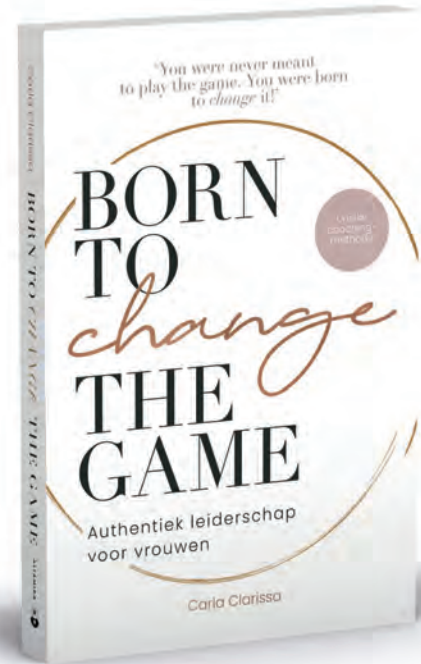
*Born to change the game*

13,5 x 20,5 cm

208 pages

Paperback

44.500 words



*Unique take on the development of leadership among women*

*Coaching technique integrating body, mind & soul*

*Practical tools for women in masculine organisational cultures*

## Born to Change the Game

*Authentic leadership for women*

Carla Clarissa

*Born to Change the Game* is the inspiring and practical book for women who want to develop and discover their inner authority and leadership qualities. Using Carla Clarissa's unique coaching method known as the Journey to Wholeness, which puts your mind, body and soul at the heart of the process, readers learn to liberate themselves from rigid ideals of femininity and open themselves up to their own unique female authenticity and intelligence. *Born to Change the Game* is perfect for women who are looking for practical tools to develop their leadership qualities. By sharing inspiring stories and providing coaching exercises, Carla Clarissa helps women become strong role models. *Born to Change the Game* is a must-have for every empowered woman.

In *Born to Change the Game* **Carla Clarissa** shares specific exercises and practical tips, and most importantly of all, inspiration on how to become an authentic and empowered role model. This is her first book.

**Authentic leadership for women  
– a unique coaching method**

English sample translation available

Original title:

*Droomavontuur*

22,7 x 27,7 cm

72 pages

Hardback,

full colour, illustrated

17.500 words

Age: 5+



## Dream Adventures

Rosalinda Weel & Ruth Hengeveld (ill.)

Would you like to fly to unknown planets, chat to an ice princess or visit a family of meercats? All of this and more is possible with Rosalinda Weel's adventurous guided meditation stories. In *Dream Adventures* Rosalinda takes children age five and up on imaginative and playful dream journeys, which will help them to experience more confidence, relax and fall asleep. The structure of the guided meditations encourages children to turn their attention to their inner world and completely immerse themselves with the help of with the stunning illustrations by Ruth Hengeveld.

**Rosalinda Weel** is an author and yoga and meditation teacher. She is the founder of De Kindermeditatiedocent, the first specialised training programme for child meditation teachers. **Ruth Hengeveld** is an illustrator of children's books. With ecoline, pencil, soft lines and fresh colours, she creates worlds in which anything is possible.

*Imaginative stories and beautiful illustrations*

*Helps children's mental health*

**Guided meditation stories for children**





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BIG BALLOON



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DOMINICUS



HOLLANDIA



ZEILEN