

FALL 2024



ALTAMIRA

PSYCHOLOGY
BODY, MIND & SPIRIT
SPIRITUALITY



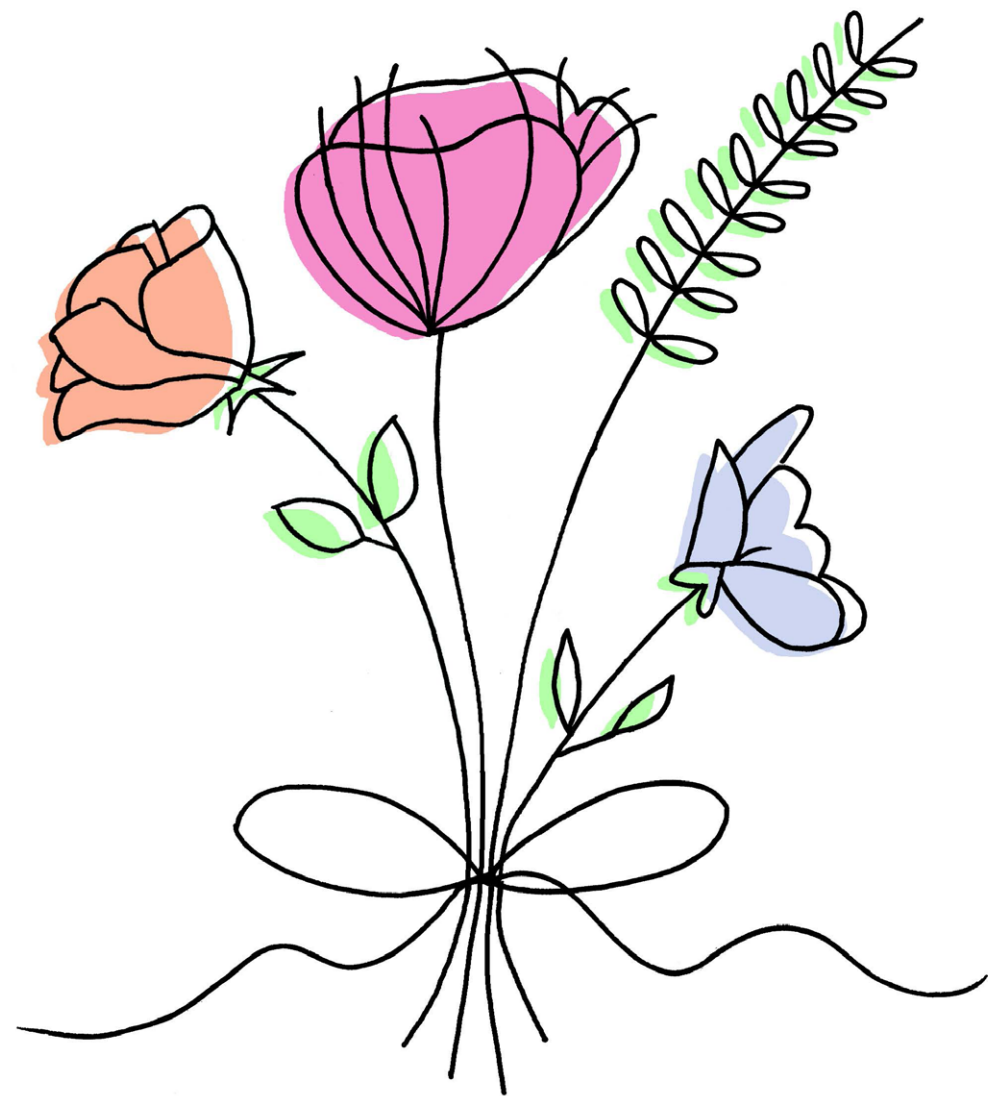


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BIG BALLOON



BECHT



ALTAMIRA



DOMINICUS

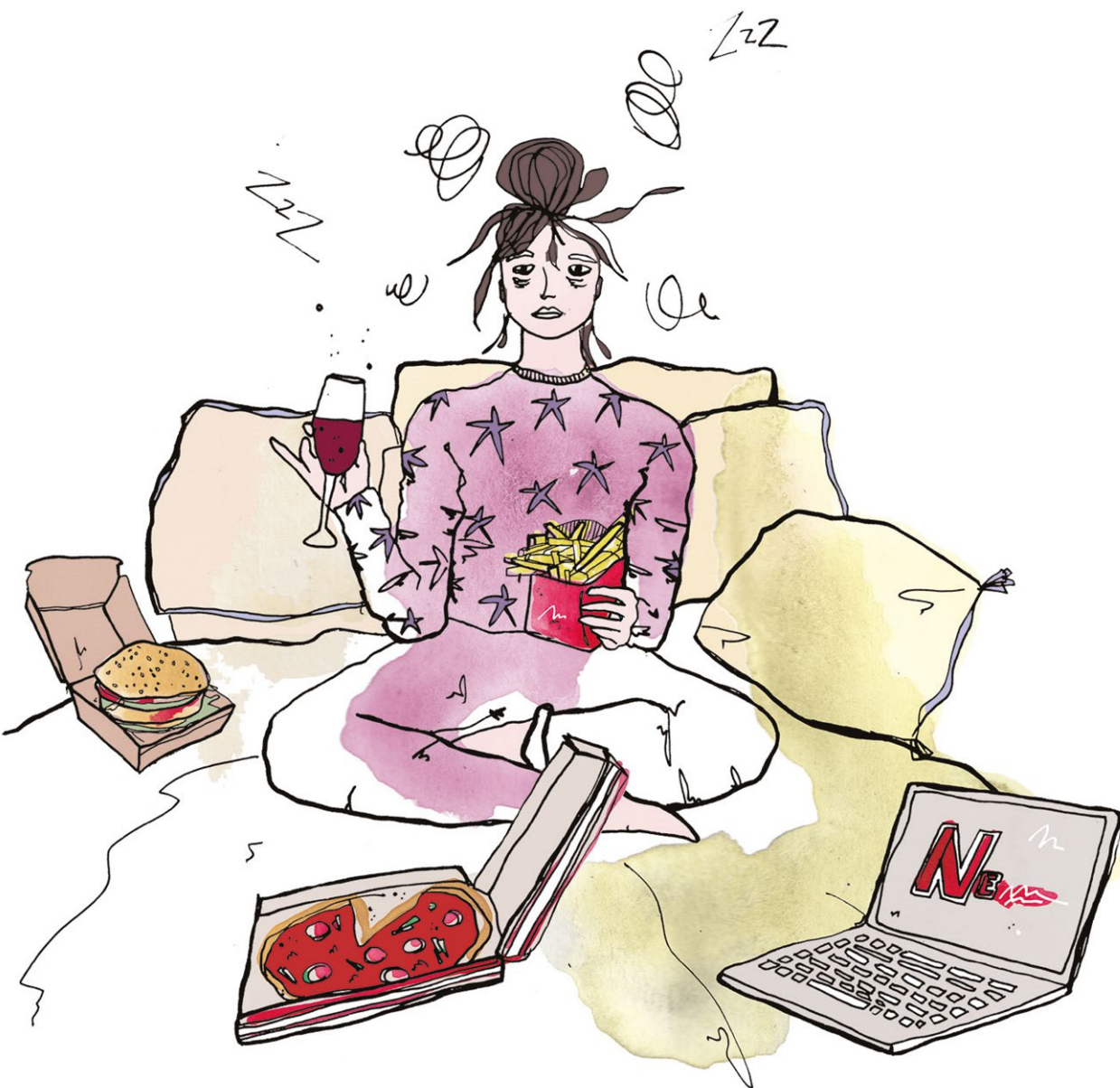


HOLLANDIA



ZEILEN

Roughly 62% of adults worldwide feel that they don't sleep well when they go to bed.
- World Economic Forum



English sample translation available

Original title:
Beter slapen doe je zo
22 x 17 cm, 160 pages
Paperback,
full-colour illustrated

Master Your Sleep: A Practical Guide

Arentina Drenth & Josselin Bijl (ill.)

Do you have difficulty falling asleep, lie awake at night, or find yourself unable to sleep through the night? Author and psychologist Arentina Drenth explores the causes of sleep problems and guides you in creating an action plan to improve your sleep.

In her book, Drenth presents information in plain, easy-to-understand language, with a strong focus on practical tips and exercises that anyone can use to enhance their sleep quality. These actionable strategies are grounded in scientific research and illustrated with helpful visuals.

Arentina Drenth is a clinical psychologist, behavioral psychotherapist, and EMDR practitioner specializing in anxiety, depression, trauma, sleep, and stress. Being dyslexic herself, she is dedicated to using simple language to make scientific knowledge accessible to everyone.



*Conquer Fear and Anxiety:
A Practical Guide*





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

Money Mindset

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

Your preconceptions about money, abundance and wealth are often influenced by others, such as 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 that 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. By doing so, you can learn to attract more money effortlessly, improve your relationship with money, and achieve financial freedom.

Adine Faber-Versluis is a financial expert and the recipient of the Woman In the Media Award 2022 Friesland. She is the founder of the Money Mind Academy and is dedicated to helping women achieve financial freedom.

Change your feelings and beliefs about money

Create a new mindset for more abundance

English sample translation available

Original title:
Droomavontuur
 22,7 x 27,7 cm
 72 pages
 Hardback,
 full-colour illustrations
 17.500 words
 Age: 5+



Imaginative stories and beautiful illustrations

Improves children's mental health

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 5 and up on imaginative and playful dream journeys, which will help them to gain more confidence, relax and fall asleep. The structure of the guided meditations encourages children to turn their attention to their inner world, with the help of the stunning illustrations by Ruth Hengeveld.

Rosalinda Weel is an author, yoga and meditation teacher. She is the founder of De Kindermeditatiedocent, the first specialised training programme for child meditation teachers in The Netherlands. **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.



Guided meditation stories for children

English sample translation available

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



Rainbow Power

Rosalinda Weel & Ingrid Bockting (ill.)

The colourful cards in the *Rainbow Power* card deck offer children a wealth 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 school.



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

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.

OTHER CARD DECKS



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

Over 21.000 copies sold!



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