Stilton Literary Agency

Heal Yourself

Original title: Helbred deg selv
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Non-Fiction / Health
Norwegian PDF

Many diseases and ailments are about the body having entered into negative traces, such as stress, fatigue, burnout, restlessness, pain and difficulty sleeping. In this book you'll find more than 50 exercises that break these patterns and provide energy, relaxation and mastery.
During his more than 30 years as chief physician, Audun Myskja has seen countless examples of us humans having a unique ability to heal ourselves. In this book, he has gathered the tools that have been shown to work best over time - from what you should eat to stay healthy, to meditation and mental techniques that prevent ailments and make it easier to deal with restlessness, stress, pain and chronic diseases. Use the healing powers that are within you.

Audun Myskja

Audun Myskja is a chief physician, specialist in general medicine, with a doctorate in the use of music in elderly care. he has always known that medical science cannot explain everything and he has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

He runs the Center for Life Aid at Myskjatunet in Totenvika, Norway. He is also a meditation teacher and a musician, with releases of his own compositions, meditation music and training instruction. He has developed educations in music-based environmental treatment and unit therapy, and is a sought-after speaker both at home and abroad.

Audun Myskja has written several strong selling books during the last decade.

Other titles
Reciliense Medicine -Keys to a better Life (2025)
Meditation. The way to finding yourself (2022)
The Tibetan Rites (2021)
Breathe. The Key to Strength, Health and Happiness (2018)
The Art of Aging (2017)
Find Your Inner Strength (2014)
The Art of Dying (2014)