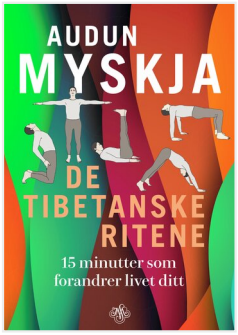
Stilton Literary Agency



The Tibetan Rites

Original title: De tibetanske ritene
Publisher: J. M. Stenersen Forlag 2021
Non-Fiction / Health, Body and Mind
41800 Words
English sample chapters available, complete Swedish translation,Norwegian PDF

If you only have time for 15 minutes exercise a day, this is the very best workout!

A completely affordable training session that will give you strength, balance, flexibility, better coordination and increased endurance. The Tibetan rites come from an ancient tradition, but they are becoming increasingly popular all over the world. The rites provide a framework for the training that can be completed over time, even if you are stressed and busy, or are ill and in pain. The exercises keep you young and strong, both physically and mentally. They are far more holistic than ordinary strength and endurance training. In this book, doctor Audun Myskja presents the rites in a completely new way, where he uses knowledge and new research to explain why the rites work.

Foreign rights
Klim Forlag, Denmark

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)
Breathe. The Key to Strength, Health and Happiness (2018)
The Art of Aging (2017)
Heal Yourself (2015)
Find Your Inner Strength (2014)
The Art of Dying (2014)