Stilton Literary Agency

Reciliense Medicine -Keys to a better Life

Original title: Mestringsmedisin
Publisher: J. M. Stenersen Forlag 2025
Non-Fiction / Health, Body and Mind
English sample chapters, Norwegian PDF

Coping is the key to good health and a good life – it doesn't help to have knowledge if you are unable to use it.

In his new, inspiring book, Audun Myskja has gathered his valuable experience from a long life as a non-traditional medical doctor, with an emphasis on finding what really works in practice.

Since the 1970s, Myskja has developed methods that help people with their different health challenges, he has developed methods where traditional healthcare has been inadequate. He has gatheres this knowledge in the nine pillars of coping methods as medicine.

Coping methods as medicine, is about finding the right tools for you, in your everyday life, with your body and the problems you may have. Diet, exercise, sleep and coping with stress are important, but coping methods as medicine is also about your thoughts, feelings and values. Wether you are feeling sick or well, if you are in good shape, or if you are starting from scratch, in this book you'll get an up-to-date introduction to Myskja's most effective methods, conveyed with wisdom and deep empathy.

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
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)
Heal Yourself (2015)
Find Your Inner Strength (2014)
The Art of Dying (2014)