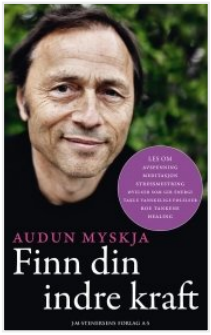
Stilton Literary Agency



Find Your Inner Strength

Original title: Finn din indre kraft
Publisher: J. M. Stenersen Forlag 2014
Non Fiction / Health
Norwegian PDF

Protect your own health with simple, practical exercises. How can you make use of the restorative powers found in all of us?

Audun Myskja is a doctor by profession, but he has always known that medical science cannot explain everything. He has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

This is the first book in Norway to delve deeply into what healing is, and how you can learn to restore yourself to health and help others with safe, well tried and tested techniques.

The book includes a study of research shedding light on how healing works and a range of up-to-date references as well as numerous easily understood exercises you can do by yourself.

Foreign rights
Klim, 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)
The Tibetan Rites (2021)
Breathe. The Key to Strength, Health and Happiness (2018)
The Art of Aging (2017)
Heal Yourself (2015)
The Art of Dying (2014)