

Mike Mandl

Meridians

Maps of
the Soul



SINGING
DRAGON

Meridians

Maps of the Soul

- Author Mike Mandl
- Editor Helmuth Santler

Meridians are the bridge between the psyche and soma, the system that allows our life force to flow through our body. Each of the twelve main meridians stand for a fundamental life principle and by examining them, we can begin a journey towards better health—as well as freedom and contentment.

In this inspirational, easy-to-read deep dive, Mike Mandl uses his own wit and humour to explore the life principles of the meridians and offers a toolbox for self-diagnostic purposes, demonstrating how to strengthen these principles, correct imbalances, and keep in harmony with yourself through daily observation and maintenance.

Translating the principles of Traditional Chinese Medicine into an engaging, accessible resource for practitioners and novices alike, this is the perfect first step in harnessing the meridians for your own self-actualisation.

- Genre: Health & Personal Development
- Published: Feb 21 2023
- Pages: 272 | Format 226 x 150mm
- Regular price £15.99
- ISBN print: 9781839976711 | ISBN ebook: 9781839976728

This page gives links to the major UK retailers where this book can be bought online:
<https://www.hachette.co.uk/titles/mike-mandl/meridians/9781839976711/>
Customers outside UK are welcome to purchase the book through the regular channels.



Reviews

The Meridians by Mike Mandl is like a precious jewel. Regardless of perspective, this gem gleams with agile wit and humour that only dedicated and good humoured experience can bestow. This book will delight anyone interested in the central facet of Oriental medicine – the magic of the meridians.

Chris McAlister, author of *The Poetry of Touch: Alchemy, Transformation and Oriental Medicine*.

This is the liveliest, most accessible guidebook you are ever likely to find to those invisible bridges between mind and matter, psyche and soul: the 'meridians' of Chinese medicine. Mike Mandl combines decades of clinical experience with his writer's ear for the everyday metaphors that confirm the lived reality of these invisible pathways. Be prepared for unsettling and enlightening moments as you recognize friends, loved ones, colleagues and – most importantly – yourself, in the mirror of these pages!

Nick Pole, author of *'Words That Touch - How to ask questions your body can answer'* (Singing Dragon, 2017)

About the Author

Mike Mandl has been practicing TCM and shiatsu for the past 30 years. He is a popular lecturer throughout Europe, offering postgraduate programs in English and German, and hosts an e-learning platform, Das Zentrum. Mike is the Director of European Shiatsu Congress and Director of the International Academy for Hara Shiatsu, as well as being a passionate gardener and snowboarder in his own time. He is based in Vienna.