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Annette Heizmann
The Hildegard Code
Nine Healthful Paths

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Patmos Verlag
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186 pages
Format 14 x 22 cm
EUR 24.00

- Living holistically from proven worldly wisdom
- For Hildegard newcomers and Hildegard fans
- Easy to understand; four-colour design

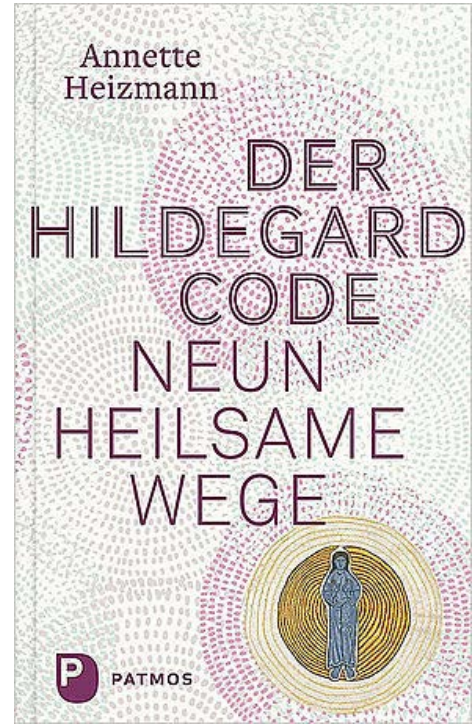
Experiencing the body and a healthy diet, self-acceptance and life in harmony with nature: Those asking for a holistic lifestyle will find tried and tested answers that have been proven over the centuries in the life and teachings of Hildegard of Bingen.

Based on the deep knowledge of the original writings and in a contemporary language, Annette Heizmann makes Hildegard of Bingen's worldly wisdom accessible for modern people: She presents nine paths for renewing and strengthening the body, soul and mind.

This is an inspirational book for individual reading and a workbook for groups, upon which the author bases her events.

About the author

Annette Heizmann is a theologian and religious educator, author and trained therapist. The mother of three children lives near the German city of Tübingen and is a proven Hildegard expert who offers many events.
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