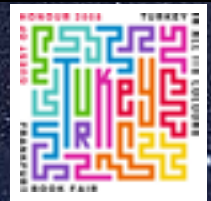




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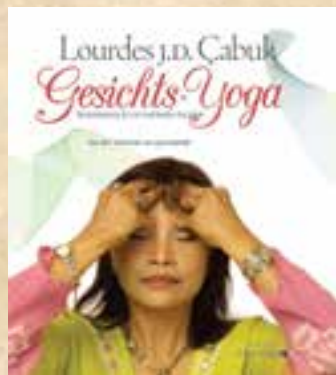
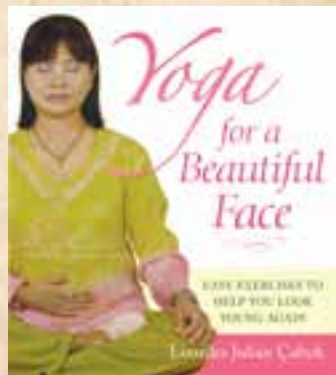
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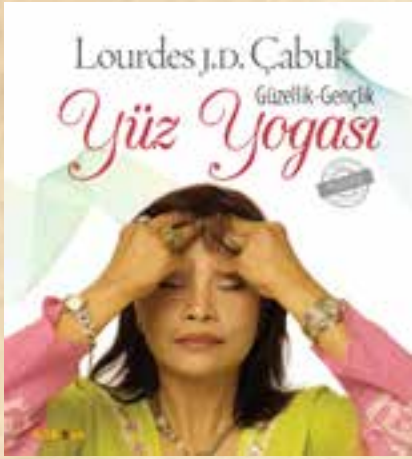




LOURDES JULIAN DOPLITO ÇABUK

Çabuk was born in the Philippines in 1950. She earned a bachelor's degree in medical technology at Santo Tomas University. In the early '80s, she underwent training with the Master "Osho" Bhagwan Shree Rashneesh as a student of yoga and of health remedies through the use of natural stones and crystals. In the '90s, she studied hatha yoga, kundalini yoga, and kriya yoga under the guidance of yoga expert Master Adnan Ananda Siddviho Çabuk. She earned a certificate at the School of Vivekananda Yoga. With the encouragement of the master, she participated in research and studies on the subjects of postponing the effects of aging and natural beauty. The program "Youthfulness and Beauty and Facial Yoga" represents the outcome of these studies. Since 2000, the author has been sharing her knowledge of hatha and kriya yogas and of beauty, youthfulness, and facial yoga at the YAASC Center of Siddashram Yoga in the Istanbul district of Nişantaşı. She serves as the assistant to the Master Yogi Adnan Ananda Siddviho.





FACIAL YOGA: YOUTH AND BEAUTY

Not merely a series of facial exercises, Facial Yoga provides the reader with step-by-step instructions for an effective system of alternative treatment and remedy based on the principles of yoga. Once you have gained sufficient knowledge concerning the system and put into practice the correct methods in a disciplined manner, you then possess a 100% guarantee that you will achieve pleasing results. Sixty-four years old, Lourdes Çubuk is the mother of four children, a graduate of an institute of professional health practitioners, and a yoga instructor for more than 30 years. Numbered among Lourdes' students are many figures from the entertainment world, and she has become a familiar personality through various interviews on television and in newspapers and magazines.

Genre: Health & Fitness: Wellness • Pages: 144 • Rights sold for **Germany and USA**
Year of Publication: 2008 (90,000 copies sold) • ISBN: 978-975-256-162-5



YOUNG POSTURE

In my new book, I would like to share the essential exercises that I have been benefiting to have a more healthy, comfortable and young posture throughout my life.

You can find exercises for the neck, shoulders, waist, legs, knees and ankles collected in this book. The exercises help to eliminate disturbances caused by a wrong posture.

You can comfortably do the exercises both at home and in the office. They are simple and very useful.

To look and to stay young is closely related with the posture of your spine. No matter what your age is, with a straight spine and a right posture you can look as young as you wish. I have written this book with this belief.

I hope my book will guide you on your way to a healthier, younger life.

Lourdes J.D. Çabuk

Genre: Health & Fitness: Wellness • Pages: 144 • Rights sold for **Germany and USA**
Year of Publication: 2014 • ISBN: 978-975-256-388-9



Hatice Özdemir Tülün: Since 2010 mother of Muhammed Musab, since 2007 mother of Ayşe İkbal, since 2006 wife of Kerem Tülün, since 2003 graduate of Bosphorus University Turkish Language and Literature, since 1980 daughter of Necla and Nazım Özdemir. While working as "e-communication manager" , she has founded the popular Turkish web blog Portakal Ağacı (Orange Tree) on Turkish food culture.

"Although I can cook everything that my originally Caucasian mother still prepares for us in her kitchen and although she can always cook traditional Caucasian food by my grandmother's or aunt's recipes that I would never have the courage to try and prepare, I realized that this treasure was bound to be lost and that's what motivated me the most to create a food blog."



The Best Receipts of the ORANGE TREE

Web blog Portakal Ağacı (Orange Tree) is founded by Hatice Özdemir Tülün in 2003. She had been trying beautiful receipts from food magazines and foreign web sites and taking photos of the prepared meals. Throughout time her blog has reached an unexpectedly large number of followers covering more than 900 food receipts and more than 63.000 comments. It is one of the most popular web sites in Turkey. In this book Hatice Özdemir Tülün is sharing the secrets of her most beautiful feast tables with you. From traditional "welcome new baby" tables to a typical Sunday brunch all kinds of Turkish food tables are presented together with the back ground stories and food receipts.

"...I now had any readers from Yakutia to America and people started recommending Orange Tree to each other at dinner parties. In spite of such a large audience I was still writing about my daily adventures while cooking for my family..."

ESRA KOYUNCU

Born in 1967 in Istanbul, she is a graduate of the Austrian Highschool and Business Administration Department of Bosphorus University. After 15 years professional experience she has met with Feng Shui through a Mexican friend. In 2003 she has taken courses in Paris at Yap Cheng Hai Feng Shui Center of Excellence centered in Malasia. She has become a professional Feng Shui trainer and started to provide service to the offices and homes as a Feng Shui Consultant. Her book is the first original Feng Shui title in Turkish presenting a background in classical Feng Shui.

Since 2010 she has been organizing Hong Kong Grand Master Raymond L 's seminars on Feng Shui, I Ching and Chinese Astrology in İstanbul.



FENG SHUI- You have the compass in you!

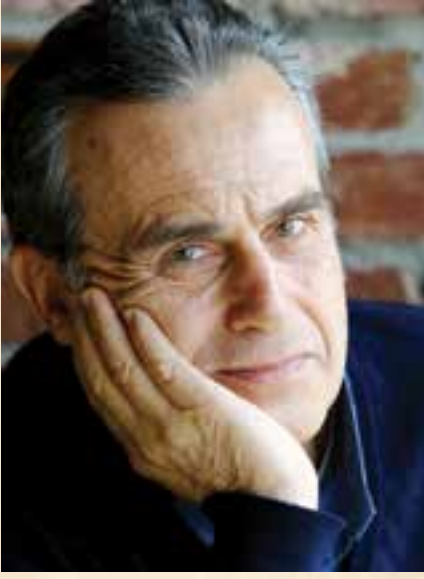
When you enter a house you can not tell whether they have practiced Feng Shui. You just feel good there or you don't. Some people think that I will turn everthing upside down in their house. I don't work like that. In some houses I almost don't need to change anything. You can create miracles with small touches. In some houses, you need to pull down the whole thing and almost rebuild the house.

Up until now, I have worked on over 500 projects. Nowadays, people have reached the level of awareness to take their house projects to me before the construction starts. I am very happy about that. Every construction you make on this earth affects everybody on the earth. That is why to choose the right place, to construct the right building and to organize indoors and outdoors according to the flow of the energies is crucial. In the foundation of a building there should be good will and value on your family, your employers, your investors, in short on humanity.



Genre: Life Philosophy • Pages: 174

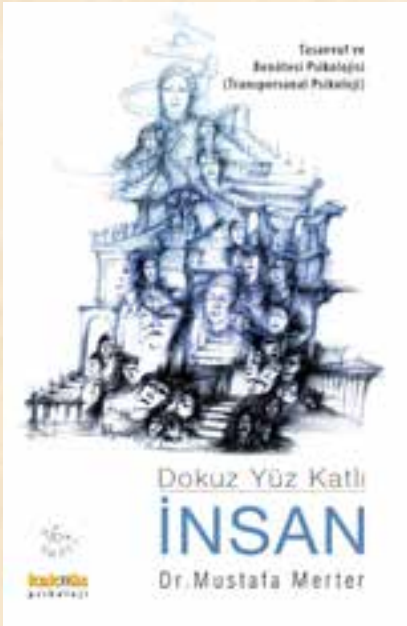
Year of Publication: 2012 • ISBN: 978-975-256-346-9



NINE HUNDRED STORIES OF BEING

“Yes, this is you! But you are also something more.”

By virtue of the psychotherapy séances he has conducted for many years in Switzerland as well as in Turkey, psychologist Dr. Merter has observed numerous cases of malaise in which ordinary persons unexpectedly find themselves arrested at the level of the ego, that is to say, in a state of stasis, which they are incapable of transcending. The person feels like a caged tiger who is frustrated and unable to keep himself from pacing back and forth, irritably. The source of this unease is the inability to attain one’s ultimate potential on an existential level. In the presentation of his model of multistoried ego, Merter draws on a wealth of resources, ranging from modern psychology and postmodern theorists on the conscious, to Sufi literature. Arranging them within the framework of his original therapy techniques of transpersonal psychology, the author reveals the secrets of transcendence.



Sufism and Transpersonal Psychology by Mustafa Merter

Genre: Sufism and Transpersonal Psychology • Pages: 443
Year of Publication: 2007 (50,000 copies sold) • ISBN: 978-975-256-096-2

PSYCHIATRIST DR. NESIP MUSTAFA MERTER

Born in Istanbul in 1947, Dr. Merter attended the Austrian High School in İstanbul. He graduated from the School of Medicine at Lausanne in 1975. He served at the Burghölzi Psychiatric Hospital and Psychiatric Polyclinic, ancillary to the hospital of the University of Zurich, and completed his doctorate in the field of biological psychiatry with a study on neuroleptics entitled "Flufenazin Dekanoat." Since 1987, Dr. Merter has been living in Turkey, where he practises his profession of psychiatry at Bodrum. Dr. Merter developed an active interest in Jungian psychology and existential analysis at Zurich and subsequently put into practise the group therapy methodology of I. Yalom. For the past 10 years, Dr. Merter has brought to bear his cumulative experience in the area of transpersonal psychotherapy. In particular, he has attempted to comprehend transpersonal psychology in the light of Sufism and, inspired by international studies in this area, create a synthesis. In the year 2005, Dr. Merter founded the Turkish Transpersonal Psychology Association in Üsküdar (Istanbul).

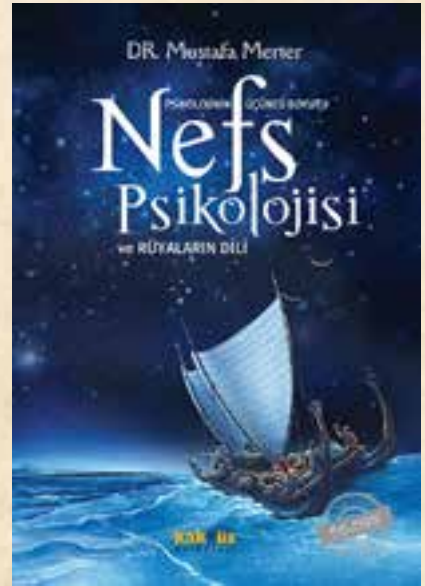
NAFS PSYCHOLOGY and THE LANGUAGE of DREAMS

In the new title of Dr. Merter, in order to understand *nafs* (soul), we will first contemplate on the views of Sigmund Freud, Carl Gustav Jung and some other researchers.

While modern Western psychology narrates the two dimensional man to us (conscious and unconscious), nafs psychology will take us to a thrilling third dimension: the super unconscious or *alemi misal* (the intermediate realm). In this area, we will be meeting with mysteries that modern psychology does not know about, as if we are discovering a new continent.

In the second part, we will be dealing with psychological illnesses in terms of nafs psychology: We will try to understand what anxiety, depression and neurosis mean according to the three dimensional nafs structure.

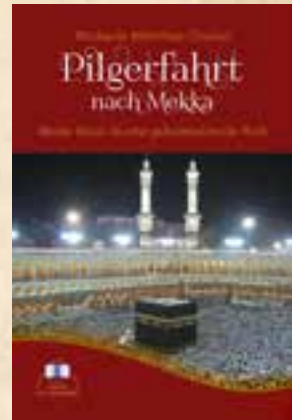
In the third part, we will be thoroughly examining psychotherapy, especially psychotherapy that probes in depth. We will see that human beings are never alone even in the deepest pits they fall. In the final part, we will try to understand the language of dreams and take a careful step into the *alemi misal*, (the intermediate realm).



In terms of psychology, the science of nafs seems to be in its initial stages. We are hoping that this humble study presented to you will conduce to new ideas for young researchers.

Genre: Psychology • Pages: 701+24 colour pages: 725

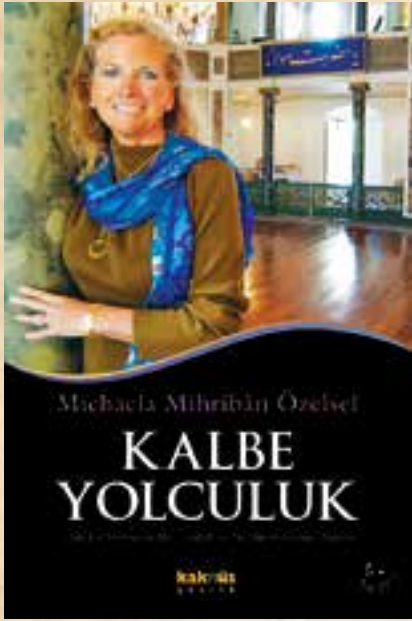
Year of Publication: 2014 (50,000 copies sold) • ISBN: 978-975-256-358-2



DR. MICHAELA MIHRİBAN ÖZELSEL

Though Michaela Mihriban Özelsel was born in Germany in 1949, she spent much of her youth in Turkey. She majored in psychology at the University of North Carolina, where she earned a master's degree in clinical psychology. She completed her doctoral studies at Goethe University in Frankfurt. Dr. Özelsel has taught courses in clinical psychology, the behavioral sciences, systematic family therapy, and ethnotherapy within the framework of the ancient techniques of Sufism in the USA as well as various European and Asian countries. Dr. Özelsel annually attends the International Rumi Symposium at Konya as a participant and lectures around the globe. The author is also on the faculty of Maryland University and offers her services as a psychotherapist in her private office in Germany.



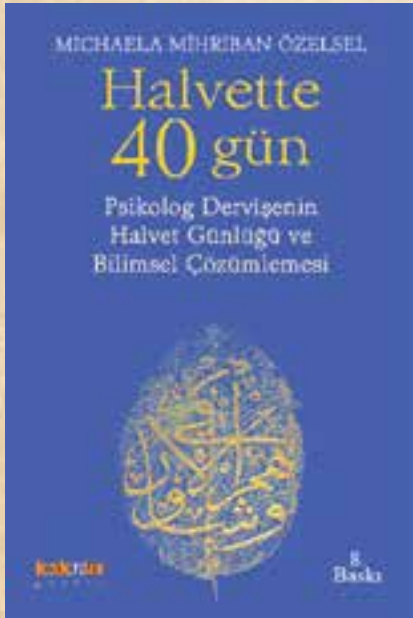


A JOURNEY TO THE HEART

The author describes the powerful influence of her experiences while on the pilgrimage to Mecca from the perspective of a scholar who has lived in both the East and the West. Her observations on the pilgrimage are embellished by selections from 12th-century Muslim scholars. During her pilgrimage, Michaela Mihriban Özelsel is absorbed in her inner world. She reviews her past. She describes her entrance onto the path to God. She relives from the entire course of her spiritual awakening and shares it with the reader. *A Journey to the Heart* is the story of a life to be read by everyone who feels that, despite the possession of a good education, a good career, love, a good marriage, a happy family, and a life of comfort, there is still something missing.

Genre: Memories • Pages: 240

Year of Publication: 2003 • ISBN: 975-6698-70-5 • Rights sold for **Germany**



40 DAYS

The Diary of a Traditional Solitary Sufi Retreat

This first-hand account of a Sufi halvet (forty day retreat) is unique because it combines an autobiographical account of a spiritual education with contemporary research from several disciplines, thus being a bridge between ancient wisdom and scientific investigation.

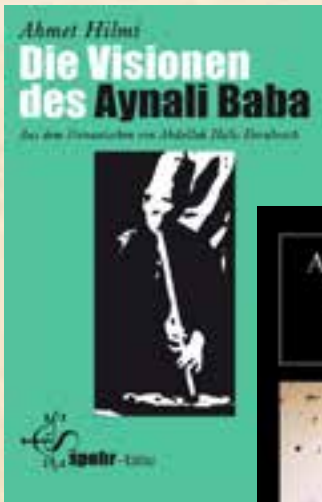
“To my knowledge this is the first book written by a Westerner, who is not only a Muslim, but also a prominent psychologist, to present an account of a traditional Sufi retreat. It is extraordinarily important and to my mind unique. It provides an opening to a new understanding of Sufism and the inner dimensions of Islam. I am extremely grateful and hope this exceptional book will find many readers.” – Dr. Annemarie Schimmel

Genre: Memories • Pages: 229

Year of Publication: 2003 • ISBN: 978-975-6698-52-5 • Rights sold for **Germany and USA**

FİLİBELİ AHMET HİLMİ

The son of Şehbender (that is to say, Consul) Süleyman bey, Filibeli Ahmed Hilmi was born in the Bulgarian city of Philoppopolis, or Plovdiv, in 1865. He was graduated from the Imperial Galatasaray High School at Istanbul. While in imperial service at Beirut, he was compelled to flee to Egypt because of his Young Turk activities. Here, he started up the newspaper *Çaylak* (*Rookie*). Though he returned to Istanbul in 1901, he was exiled to Libya by Sultan Abdulhamid II. While in Libya, he cultivated an interest in Sufism and became a member of the Arusiyya dervish order. He returned to Istanbul on the proclamation of the Second Constitutional government in 1908. The author of some forty works, Ahmed Hilmi died in 1913 and is buried in the courtyard of the Mosque of Mehmed II at Istanbul.





AWAKENED DREAMS

The hero of the novel is a young man called Raji. He has studied science, philosophy and religion but he is cynical about the meaning of life. He meets an old man in a cemetery who wears clothes with pieces of mirrors and looks like a madman. Mirror Dede starts teaching Raji by playing a reed flude. Raji experiences a set of real life-like dreams. He meets with Buddha, Zoroaster, other prophets and holy beings and begins to understand the meaning of his existence.

Awakened Dreams has been used as a teaching tool in various Sufi traditions for the last 90 years.

"It is an extraordinary book, not only a literary gem but a classic Sufi tale of the seeker's journey as well. It is both timeless and remarkably contemporary."

–Jay Kinner, Publisher of **Gnosis**

...Most sufi books are either written by Sufi sheikhs with a very symbolical discourse and thus, difficult to penetrate, or are written by academic researchers, who are not involved in Sufi practices and therefore lack on mystical understanding. This book, however, is in a class of its own. By reporting his mystical journeys under ney-induced trance, the author gets his message through to that part of ourselves that understands without words, that can "feel" the message. My girlfriend even had a mystical experience while reading this book! I'm sure any Sufi student will love it.

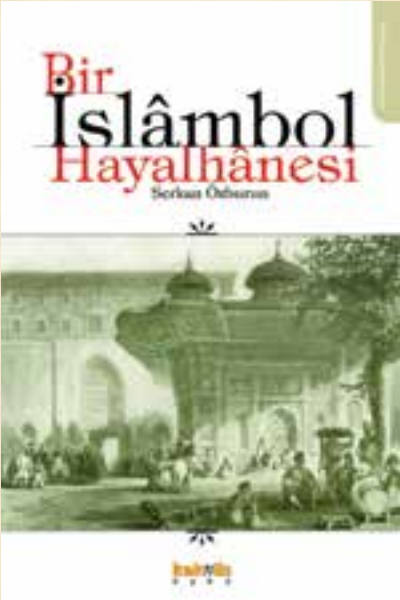
–Amazon.com reader

...Awakened Dreams portrays a disillusioned man's awakening to reality through his gradual exposure to spiritual experiences depicted in the context of a Sufi revelation. The reader's journey proceeds across a cultural bridge through these revelations to arrive at a universal perspective on life's meaning. This book is highly recommended.

–Amazon.com reader

...I got the book from my Muslim friend. She told me about it, as we sat in the bus ... I've pretty much forgotten everything around me... This book is like an undertow, it draws a person in all possible areas in and lets the imagination between heaven and earth dance.

–Amazon.de reader



ISTANBUL, A REALM OF FANCY: TALES À LA TURCA

This collection revives living memories that endow familiar places in İstanbul with character and also contains stories based on real life experience that are made vivid by vernacular expressions and sayings. The stories are inspired both by written texts, such as are found in histories and encyclopedias, and by oral narratives about İstanbul. The stories open a window overlooking the past. Some of the stories will make the reader laugh, some will induce a thoughtful mood, and others will serve to amaze. What they all bear in common is their point of origin: İstanbul.

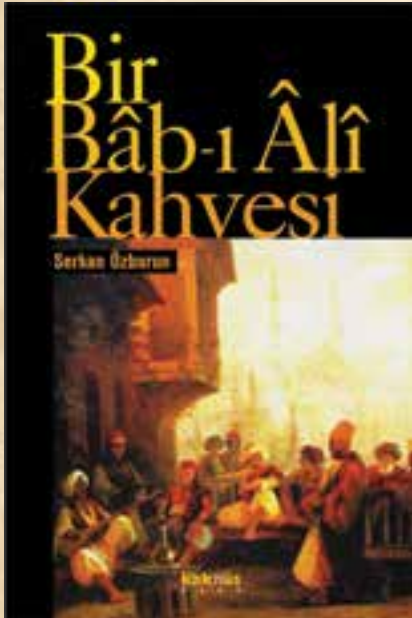
Genre: Otoman İstanbul/ Short stories • Pages: 176

Year of Publication: 2006 • ISBN: 975-256-045-8 • Rights sold for **Lebanon**

SERKAN ÖZBURUN

Özburun was born in 1972. He studied theology at Ankara University. During his university years, he executed translations and textual adaptations and modernizations in various Eastern languages. Upon graduation, he served as editor in a number of publishing houses. He was employed by Channel 7 (Istanbul) as a scriptwriter.

Published works: *Kanadı Kırık Melek/ An Angel with Broken Wings* (biographical novel); *Aşkoloji/ The science of love* (An Anthology of Love Poetry from Eastern and Western Literature); *Aşkoğrafya/ Lines on Love* (selected love poems by well-known writers); *Tarih Boyunca Kadın Erkek Dedikoduları/ Historical Gossip about Men and Women*; *Bir Bab-ı Âlî Kahvesi*; *A Coffeehouse at the Sublime Porte: Tales in the Turkish Mode* (Arabic Scientific Publishers-Lebanon); *Bir İslambol Hayalhanesi: Alaturka Öyküleri/ Istanbul, A Realm of Fancy: Tales à la Turca* (Arabic Scientific Publishers, Lebanon)



A COFFEEHOUSE AT THE SUBLIME PORTE: TALES IN THE TURKISH MODE

When you want to get a horse from Dingo's Stable and chase after the streetcar, your heart may suffer palpitations when you collide with Kâni, a devout Muslim in love with a Greek beauty. And when Memmed Agha with the Yellow Boots once again fails to show up this harvest season to pay his debts, you will wait for next year's harvest season.

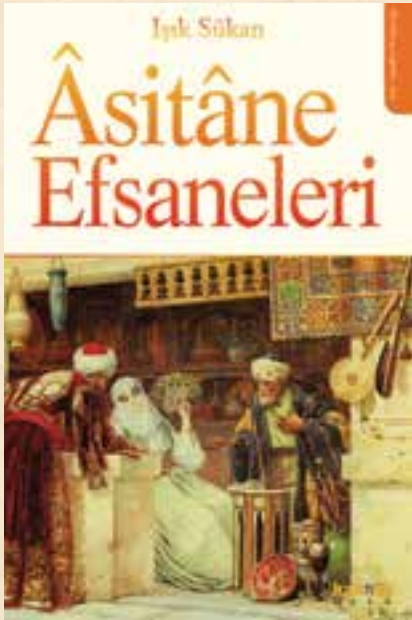
A Coffeehouse at the Sublime Porte: Tales in the Turkish Mode, an anthology of 50 stories whose narration may once have been overheard, invites you to the coffeehouse to revive memories of a lifetime.

Genre: Otoman İstanbul/ Short stories • Pages: 160

Year of Publication: 2006 • ISBN: 975-256-012-1 • Rights sold for Lebanon



Coming from a family of Otoman Palace, Işık Şükan was born in 1936 in İstanbul. She studied Law and Journalism at İstanbul University. She worked as a lawyer and specialized in crimonology. At the same time she studied a variety subjects such as music, architecture, history, Sufism etc. She wrote articles in a newspaper with the nickname "Mehmet". She was awarded with gold medal in art within the framework of Union Feminine Artistic et Culturel in Paris. Her voice record was send to Oxford University as the sample of best spoken Turkish. She has written children stories that are published with the name *Prens Kardü, Altın Kalem Masalı/ Prince Kardü, Tales of Golden Pen.*



TALES NARRATED BY OTTOMAN LADIES

What was the daily round like in İstanbul during the Late Ottoman period in the 19th and 20th century? What made İstanbulians laugh or weep? Were relations between the sexes different from those of today? The answers to all these questions can be found in these traditional oral narratives.

These tales, once told time and again by the İstanbul ladies of yesteryear to while away the hours during the long winter nights, closely mirror the lives of these artful and resourceful women and their refined and equally resourceful men. Wholly original and never before published, these twenty-three tales represent a culling of the oral history taken down by Işık Şükan who, as a young woman, listened attentively to the stories related by her great-aunts, each and every one a true Ottoman lady.

Genre: Ottoman İstanbul/ Short stories • Pages: 192

Year of Publication: 2007 • ISBN: 978-975-256-152-6 • Rights sold for Lebanon

DR. BAKİ ASİLTÜRK

Born in Adana, Bâki Asiltürk attended college at Istanbul, where he has settled and made his home. He majored in Turkish Language and Literature at Marmara University. Since completing his doctoral studies in 1997, the author has devoted his attention to Modern Turkish poetry. Asiltürk serves on the faculty of Marmara University in the Department of Turkish Language and Literature. Over the past decade, his poetry and articles on poetry have been published in literary magazines. Published works: *Sevdalar Tünemiş Şu Yüreğime/ Love has taken up a perch in this heart of mine* (poetry), *Osmanlı Seyyahlarının Gözüyle Avrupa/ Ottoman observers of the European scene*; *Hileli Anılar Terazisi/ Weighing fraudulent memories* (poetry)



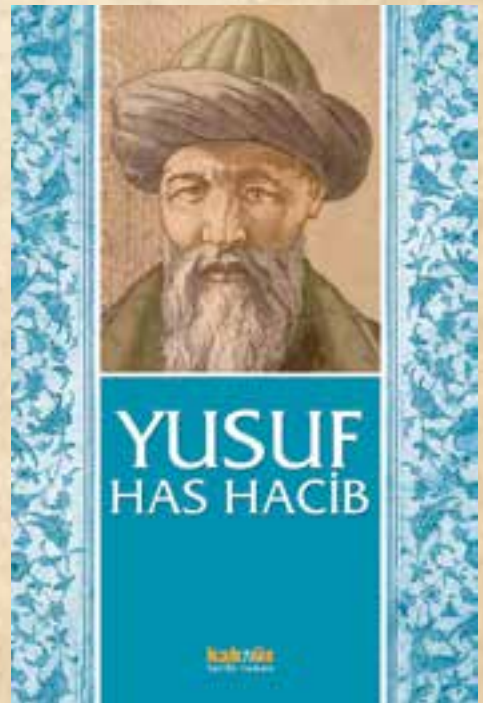
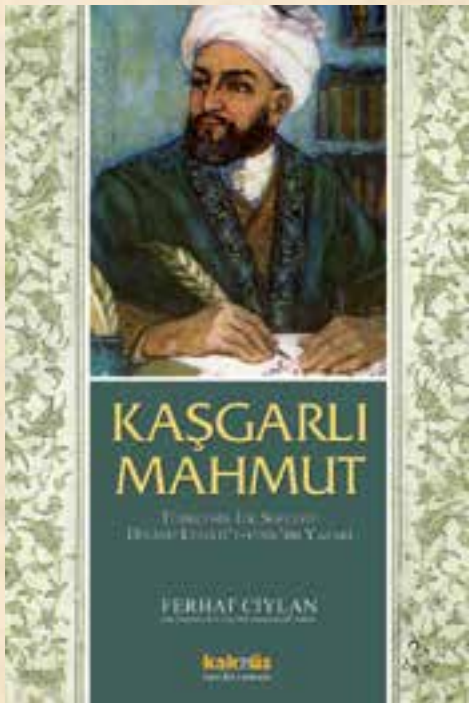
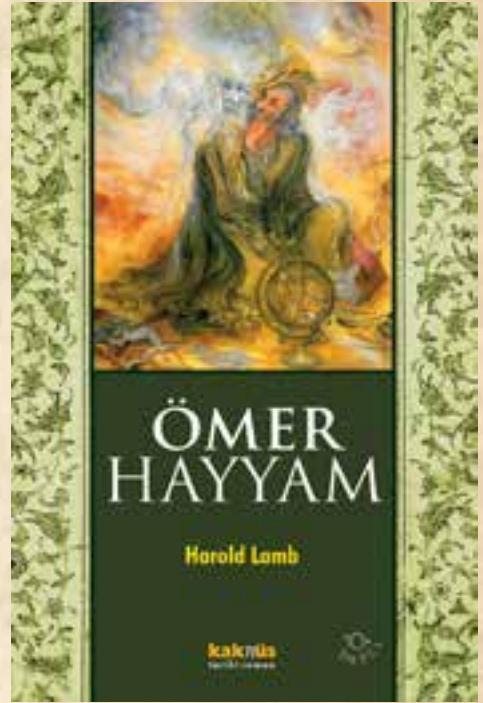
OTTOMAN OBSERVERS OF THE EUROPEAN SCENE

In this comprehensive study, Dr. Bâki Asiltürk treats the full range of observations submitted to the reader by Ottoman travelers. European social life during the 19th and first quarter of the 20th century was shaped against the background of a modern and fully industrialized society. The scientific and educational studies that played an important role in the formation of the civilization of Europe and the innovations in transportation and communications were unique to European culture and art in the broadest sense. The characteristic atmosphere of Paris, which at the time was considered the capital of the world, and of such leading urban centers as London, Berlin, Vienna, and Rome, is presented here as a panorama reflecting the observations of the Ottoman travelers.



Genre: Travel/ Memories • Pages: 592

Year of Publication: 2000 • ISBN: 975-6963-83-2



11 languages

Album of the Ottoman Sultans



The album is comprised of the portraits of the 36 Ottoman sultans and background information about their reigns, in chronological order. The names of the parents of each sultan, of his male heirs, his age at accession and at death and the length of each reign are indicated. The album serves as a handy guide to the principal events of the reign of each Ottoman sultan.

Albanian
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Spanish
Russian
French
Persian
Arabic
German
English
Turkish



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