

IN A NUTSHELL.

Hi all, I have been very busy, compiling all my knowledge and putting most of it in book-form, as you can see below.

I am NOT telling you what to do with your life. I am only suggesting some very important changes you MAY want to make in your life, if things are not right, be they physical or otherwise. Some of them will be very difficult to change as always, when we need to change anything, but the rewards will be great. I have proven a lot of these changes to work, even though I was lucky that in my early life, I was given some very good instructions by my parents, how to handle them. I had to work hard all my life, to maintain good physical health and to be well in all the other departments of life, such as the mental, emotional, sexual, psychological and spiritual sides. These cannot be forgotten, as they are part of living. Modern society is not saying too much about them or teaching the young ones about them. I feel it is such a pity that this is so, but we have to learn to use our brains a lot more and not be drawn into the abyss, the modern world is dragging us into, of following the Multi Nationals and the Big Pharma. THEY are ruling the world and do not want you to think for yourself.

I hope you will enjoy these books. Please let me know, how you would like to receive them. A new website is up and runnin: shantilinsenbooks.com

Following is a list of the books and booklets you may like to get.

In a nutshell:

My first book:

1. “VICTORY OVER DIS...EASES.”

A book that answers a lot of your questions about health, some cures and treatments I achieved and warnings about modern living.

2. “(Victory over dis...eases # 2, “...AND THERE IS MORE, MUCH MORE...”,

covering so many subjects I came across, when researching for material, which I thought would interest you.

3. “share my POT OF GOLD”.

Another book, mainly covering my personal life from a very young age till today, the battles I had to fight, the ups and downs, as I want to “live the life I love”. This book shows you that I had to struggle too.

4. “FARMING and BUILDING.”

Straw bale houses, animal shelters, house, cob ovens building, organic/bio-dynamic farming, swales, permaculture, irrigation, wind breaks, etc.

5. “HOW WE ARE MEANT TO LIVE”.

A book on healthy living physically, mentally, emotionally, psychologically, spiritually and sexually.

6. “POETRY.”

Something I really wanted to write and had never tried before. When travelling on my own for 6 years, traversing the continent of Australia and meeting beautiful people, as well as animals and seeing amazing scenery, I was inspired to write poetry. Maybe I can inspire you to do the same.

7. “NUTRICIOUS FOODS.”

A book I found necessary, to inform you of the values of the foods you eat, covering the vitamins and minerals, so important for a healthy life, without tablets or chemical interference.

8. “THE BEGINNING”. (B/L)

A 9-page statement, to teach children how things are created/born. The inevitable question: “Where do babies come from.” Has been answered in a fun way, but truthfully written.

9. “JOHN 1 : 1”. (B/L)

The wonders of the Universe, the stars, the moon and the sun, something I have been pondering over, ever since I was 14 and still have not got the answer to a lot of these questions. I find it interesting just the same.”

10. “WAGING WAR ON WEIGHT.(B/L)

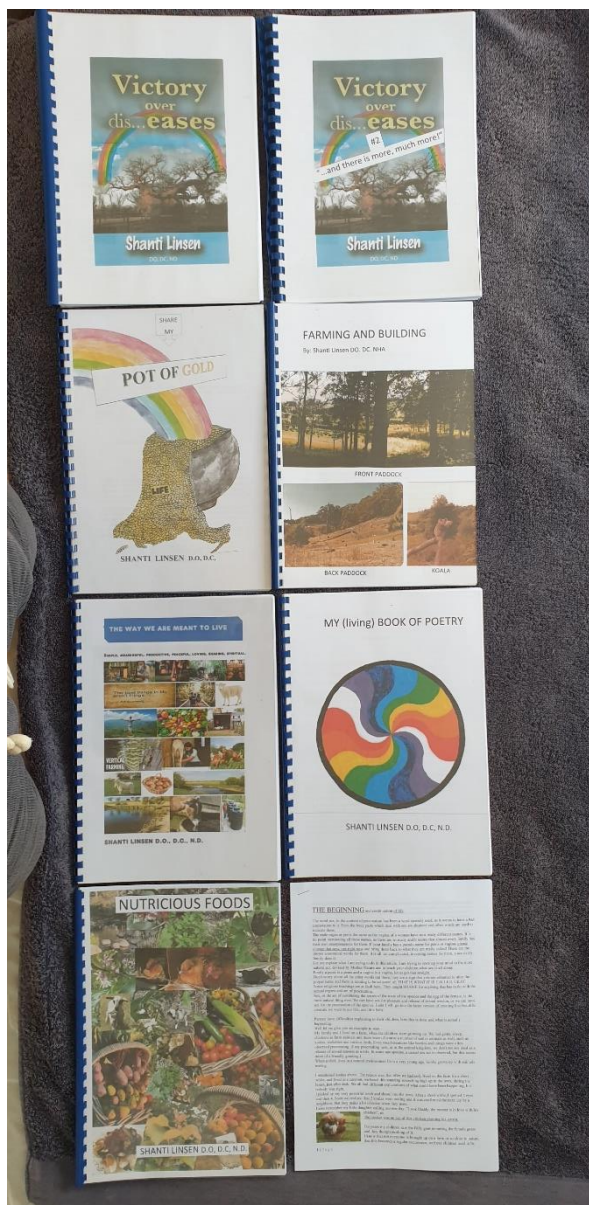
The natural way we can stop and prevent putting on weight and keep it off.

11. PREVENTION. (B/L) The many ways we can prevent things from happening, from accidents to health problems. This will test your strong/weak will.

12. WAGING WAR ON WEARING ‘BLACK’ CLOTHES. (B/L) Herein I warn people of the dangers and the negative effects of the colour black in our daily life.

13. THE ART OF GIVING AND RECEIVING. (B/L) That is just it! A real art!
14. SYNCHRONICITY. (B/L). The amazing things that happen and are available to you, if you are open to them.
15. CONSUMERISM. (B/L) The way we are spending large amounts of money and are using up the precious, natural resources.
16. BEAUTIFUL, LOVING SEX. (B/L) Just that!
17. MY LONG LIFE. (B/L) How I use my senses, to appreciate life.

A photo of some is next.



1. "Victory over dis...eases." 191 pages.
2. ".. and there is more, much more." 137 pages.
3. "Share my Pot of Gold." 43 pages
4. "Farming and building." 79 pages
5. "The way we are meant to live." 90 pages
6. "My (living) book of Poetry." 74 pages
7. "Nutritious food." 87 pages
8. "The beginning." 9 pages

If you want to receive any one or more of these books go to my website: shantilinsenbooks.com or send me your current e-mails address if you like to receive one or more of the publications this way and I will send them as a PDF.

I guarantee you satisfaction, reading most of the work.

Enjoy, be well and take great care of yourself and your loved ones.

Much love as always, Shanti xxx