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Audun Myskja

Life Coping Methods as Medicine *Keys to a better Life*

Coping is the key to good health and a good life – it doesn't help to have knowledge if you are unable to use it.

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Coping methods as medicine, is about finding the right tools for you, in your everyday life, with your body and the problems you may have. Diet, exercise, sleep and coping with stress are important, but coping methods as medicine is also about your thoughts, feelings and values. Whether you are feeling sick or well, if you are in good shape, or if you are starting from scratch, in this book you'll get an up-to-date introduction to Myskja's most effective methods, conveyed with wisdom and deep empathy.

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.