

08	Why an Interpreter Can Be Helpful!
13	A Little Story About Yin and Yang
19	The Five Elements
24	The Five Elements and Personality Types
26	It's All About the Mix
28	The Journey of a 1000 Miles Begins!
32	The Wood Type
37	Spring – Wood Time / The Wood Body – a Spring Roll
40	Three Friends We Are: Aggression, Movement and Space
43	From Motion to Emotion
48	The Wood-Plus Type
51	The Wood-Minus Type
54	Complaints and Problems of Wood Types
55	Exercise
57	Diet
60	Mental Focus
61	The Wood Type in a Relationship
64	The Wood Type at Work
66	The Fire Type
71	Summer – Fire Time / The Fire Body – a Firework
75	The Show Must Go On: Openness, Enthusiasm and an Emotional Rollercoaster
78	The Meaning of Joy and Sensuality
82	The Fire-Plus Type
85	The Fire-Minus Type
87	Complaints and Problems of Fire Types
88	Exercise
91	Diet
93	Mental Focus
95	The Fire Type in a Relationship
97	The Fire Type at Work
98	The Earth Type
104	Late Summer – Earth Time / The Earth Body – Earthy and Stable
107	The Centre as the Mother of Cosiness
112	A Ravenous Appetite, Curiosity and Digesting It All...
115	The Earth-Plus Type
119	The Earth-Minus Type
121	Complaints and Problems of Earth Types
123	Exercise
125	Diet
128	Mental Focus

130	The Earth Type in a Relationship
133	The Earth Type At Work
134	The Metal Type
140	Autumn – Metal Time / The Metal Body – a Metallic Sculpture
143	Building a Castle: Protection, Withdrawal, Concentration, Peace and Quiet
147	The Tragedy of Hanging On, Letting Go and the Consequences Thereof...
151	The Metal-Plus Type
154	The Metal-Minus Type
157	Complaints and Problems of Metal Types
159	Exercise
161	Diet
164	Mental Focus
165	The Metal Type in a Relationship
168	The Metal Type at Work
170	The Water Type
176	Winter – Water Time / The Water Body – Eluding Comprehension
180	Still Waters Run Deep
184	Constant Dripping Wears the Stone
187	The Water-Plus Type
190	The Water-Minus Type
193	Complaints and Problems of Water Types
194	Exercise
197	Diet
199	Mental Focus
201	The Water Type in a Relationship
204	The Water Type at Work
206	The Relationship Cabaret. Or: Who with Whom!
221	The Yin/Yang Symbol
222	Yin and Yang Mutually Depend on Each Other
224	Yin and Yang Are Never Absolutes
227	Yin and Yang Are in Constant Change
230	Each Pole Also Contains its Counter Pole
232	The Five Elements and Their Cycles
237	The Nourishing Cycle
245	The Controlling Cycle
254	Qualities of the Five Elements
255	Thank you...