

## 8th Reiki Healing Summit

### Topic

### **Stress Less with Reiki: Managing Life's Challenges**

Speaker: Enikő Simon

With gratitude for the Reiki Rays Team and for Reiki practitioners from all over the world, I offer:

- 1) **A practical working booklet for topic “Stress Less with Reiki: Managing Life's Challenges”**.  
Part I - Become aware of which internal resources we can activate through the Reiki method when we go through challenges.  
Part II - Make a foray into Japanese Reiki exercises to activate our own inner potential.  
*This Booklet is a real help in deepening the Reiki practice, but it does not replace the Reiki course or the teaching of the exercises by a Reiki teacher.*

- 2) **Welcome Light in Life on 21st December, 2023**, a free, one-hour, online, Reiki Meditation Circle with Enikő Simon.

The Reiki Meditation Circle will be on Zoom, having meeting ID 848 2619 6666.

For participation, please register by next Link

[https://us06web.zoom.us/meeting/register/tZAlde-ppz0sHNKAxD2CoEEcz\\_H2ot541SdE](https://us06web.zoom.us/meeting/register/tZAlde-ppz0sHNKAxD2CoEEcz_H2ot541SdE)

Time: please check your time at <https://www.worldtimebuddy.com/>

06:00 PM GMT (UK, Iceland, Ireland, Portugal, etc.)

07:00 PM CET (Belgium, France, Germany, Hungary, Italy, Spain, Switzerland, etc.)

08:00 PM EET (Romania, Bulgaria, Estonia, Greece, Latvia, Lithuania, Turkey, Egypt, etc.)

05:00 AM ADT (America, Atlantic zone)

10:00 AM PDT (America, Pacific zone)

Language: English.



Image: Japan, 2015 by Eugen Bibo

## Practical working booklet

### **“Stress Less with Reiki: Managing Life's Challenges”**

#### Part I

### **Become aware of which internal resources we can activate through the Reiki method when we go through life challenges.**

All living beings, therefore also Humans, are functioning in the Universe as an open system (we are not isolated), so we interact with our surroundings: we influence the external environment (output) and we receive stimuli from the external environment (input).

The way we interact with the surroundings and the way we perceive output and input, can lead or not to stress. So, stress is not good or bad, stress is everywhere, and is something natural in our life helping us adapt to the outside and inside changes.

We can experience stress in many levels and from many sources/ causes, because we are exposed to physical, emotional, mental, energetic, informational, and spiritual stress.

Numerous studies by specialists in psychology state that 50% of health problems are due to stress, because we are finding it increasingly difficult to cope with day-to-day pressure from the exterior and with our personal expectations. We have transformed our lives into a race, so we are racing towards performance, we are manifesting competitiveness and we feel that we are running out of time. We believe that everything is very important and very urgent. This is how we are creating the state of stress ourselves. Stress can become harmful/bad/negative when our perception is of this kind, or when our inner resources and our energy are directed to exhaustion towards a problem that is “out of control”, or when a situation is “too much” for us.

To a certain extent stress is necessary in our activities for our own protection. We are talking here about positive stress, because the body's reactions to stress (increased heart rate, higher oxygen flow to the brain, tense muscles etc.) are fulfilling the purpose of resolving the situation in a positive way. However, if the stressful situation is maintained for a longer period of time, it becomes harmful.

At the physical level the symptoms of the sustained or chronic stress perceptions can be:

- ✓ Difficulty in breathing, chest pains and panic attacks, anxiety.
- ✓ Sleep problems and fatigue.
- ✓ Muscle aches and headaches.
- ✓ High blood pressure or hypotension.
- ✓ Inflammations and infections.
- ✓ Obesity and diabetes.
- ✓ Indigestion, ulcers.
- ✓ Blurred eyesight.
- ✓ Hair loss,
- ✓ Concentration problems, impatience etc.

## How can Reiki method help to relieve physical symptoms?

Reiki is a method founded in Japan, by Mikao Usui sensei, who discovered Reiki while he tried to find a way to achieve happiness, which he defined it as a state of inner peace (in Japanese: Anshin Ritsumei). And this is important, this was the intention because Reiki method appeared: to find the inner peace.

So, Reiki is the one of the best methods to relieve physical symptoms of the stress: when we are in inner peace and balance, we can't be in the same time in bad stress. It is not possible to be relaxed and stressed in the same time.



image: Japan, 2018, by Eugen Bibo

## How does Reiki method act on the body and heal the body?

The Universe we live in, according to the Eastern vision (Japanese, Chinese, Indian, etc.), is structured from: matter, energy and information and Reiki bring balance at all this three levels. Reiki has many ways in which it is defined or translated from the Japanese language. Most of these definitions explains Reiki as being the information (REI) that comes from the Universe, and the energy (KI) which supports the transformation/ integration process of the REI in the body, on the physical level.

Reiki acts on the physical body, and the physiology of the body, through two basic mechanisms:

- a) First: *through the vegetative nervous system*: it helps the body to shift from a state of stress, to non-stress and safe state, where the parasympathetic vegetative nervous system is active. There are many studies on this subject, which show that healing, regeneration, digestion, etc. they can take place when the parasympathetic vegetative nervous system is active.
- b) Second: *through the endocrine system*: and it is no coincidence that the main energy centers of the body (chakras) are connected to our main glands. The endocrine system controls most of the chemical reactions in the body and is a kind of communication link between the information from the Universe and the physical body.

What is fantastic about Reiki is that it **acts naturally, and adapts to the needs of each physical body**, at every moment. We have different needs and no any technical device can fully adapts to our needs, and cannot provide us with the information and energy we need in a personalized way. But Reiki can, because our physical and energetic body draws what it needs through Reiki alone, from the Universe. So it is a method that is totally non-aggressive and that adapts to everyone's needs.

For example, for physical healing (of a disease) we need to reduce harmful stress and create a state of safety. Otherwise, if we are fighting with an illness, we will feel that our life is threatened by that illness, so the survival mechanisms is active. And survival is priority, it is more important to make sure that I stay alive. Healing is secondary, so healing occurs only when I know that I can participate and change the situation in such a way that I stay alive. And Reiki is fantastic, because it gives me back the ability to access an infinite Universal source. I can take back control over my life. This means that I am not a being who is only exposed to others, so I can participate in my own inner process of transformation and healing.

As a Reiki practitioner for sure I can be present and take part in my own healing process, because I can attract everything I need for this from the Universe. And this will take me out from the "fighting/ survival mode" and help me to stay in the "safe mode", where healing occurs.



The Light mandala painted by Enikó Simon.

### **Can Reiki method be used to help people cope with the stress of major life transitions, such as divorce, retirement, dismissal, or the illness of a loved one?**

The word stress is used quite generically. People don't really know what exactly this word covers, but when we don't have an explanation for a state or when we don't have control over a situation, then we use usually that is caused by stress.

#### **Very briefly, only 3 aspects related to the word stress:**

1) Many people, at the first time, are skeptical of the effectiveness of Reiki in stressful and major life situations, because through stress they perceive that they are in a situation/state that they cannot control, cannot change. If somebody feels helpless and feels that can't do anything, then how could "something else", which is information and energy from outside, help them? So they need something "tangible", something that they can feel in order to have confidence, something that they can physically feel that bring inner peace, which can restore their safety, health, inner balance, etc.

Mikao Usui sensei created an extraordinary method, because **Reiki is based on placing the palms on the physical body, and immediately the person can perceive, on a physical level, pleasant sensations of warmth, tingling, etc.** and on an emotional-mental level a state of relaxation, in which some even fall asleep. **When someone tests a Reiki session, then immediately feel a change in the physical body and this is the "tangible" proof that Reiki works.**

After Reiki sessions with people who cope with major stress situations, they express that they feel better. They feel more vitality, they can smile, they feel surrounded by love, their pulse is more regular and the tension from their body has gone, they experience a state of inner peace and tranquility, they feel more self-acceptance.

2) On the other hand, our need to control what is outside of us, comes from not knowing a way / a method to become aware and to control our own inner potential. **Reiki, through its practice and exercises, helps us to become aware of what is inside us, and teaches us how to control, and give value of our entire inner potential.** Thus, we will no longer feel vulnerable and exposed to the conditions outside us, but through Reiki we increase our ability to adapt and manage what comes to us from the outside.

The Reiki method, learned from a Reiki teacher and practiced, is a tool by which we can access the infinite potential of the Universe when we want, where we want, for what we need at that moment, and without the need for another intermediate person. What other method could give us more freedom, security and control over our own person?



3) Also, there are times when we would like that unpleasant situations to simply disappear/ be deleted from our lives. And we would like a magic that can make to disappear what we don't like. Here it is important to say that **Reiki gives us access to infinite resources from the Universe to support our inner transformation**, for passing through challenges, for integrating life experiences, for releasing trauma, etc. but it's not a magic. Here I accept that have right those who want magic, and are skeptical about Reiki, because **it is not magic.**

Reiki is natural, so it cannot act against nature. It would be unnatural and aggressive on life itself to delete situations from our life. Everything that it is in our life has a meaning, has a higher purpose; so nothing is useless. With practicing Reiki, we can learn to take the wisdom from each life situation. And learn to go on in our life with our past. Important is to keep practicing Reiki and that Reiki become a lifestyle.

Another situations is when we offer Reiki session to another person with major life transitions. In this case, as Reiki practitioner, it is important to create a safe place for that person, and to not judge why somebody experiencing a difficult life situation. The Universe is more intelligent than us, so don't push our ideas, don't give advices, just be there with Reiki for them, let them feel that they are safe, and they are respected with all their situations, feelings and thoughts. Reiki will help people to find their own way for inner balance.

## Part II

### Make a foray into Japanese Reiki exercises to activate our own inner potential.



Picture: Japan, 2018, by Eugen Bibo

Practicing Reiki daily, I learned that the complete healing of the body is impossible without balancing emotions, and without calming the mind (so, no more fights). I understand that our ability to quiet our mind is the most important thing; through this we can resonate with Reiki and with the Universe.

**Reiki can address the root causes of stress and anxiety, and be used as a long-term solution for chronic stress. The best way for this is to integrate few minutes of Reiki in our everyday life, so Reiki become a life-style.** We all have various pleasant or unpleasant life situations, we all come into daily contact with different information and energies that disturb us. But it is important that we have tools/methods by which we can return to an internal state of balance.

Because we humans are so different, and understand in so many ways situations or life challenges, I recommend the learning of the Reiki method and **the daily practice**, sometimes one hour, sometimes 3-5 minutes, as you can include in your daily routine. So, practice-practice-practice.

- Just as we go to the dentist to clean our teeth from plaque, it is also important to clean daily our bio field, our aura. After the dentist does the cleaning, if we don't brush our teeth daily, we will have mess again; in the same way in the bio field, if we don't clean daily our energies, we will have energies and information that disturb us.

For dealing stressful life situations, or for making good life decisions, first we need to calm our mind and to be present in our lives. Stress many times comes from the fact that we are dispersed in time and space with our minds, we are dissatisfied that we cannot change the past, and that we cannot completely control the future. When we understand that the present has the gift of healing the past, and that the present is the one that creates the future, then we get out of many stressful situations. Because the present it depends on us, to what we create, to what we pay attention to, to what we learn, to what we change, etc.

For this, I practice, and I recommend, to start with the breathing exercises from the Reiki method. Some exercises can be done, in part, by non-Reiki practitioners also.



Picture: by Enikó Simon

### Why Reiki breathing exercises?

Breathing is a physiological act that can only be done in the present: I can't breathe now for yesterday, I can't breathe now for tomorrow; either I breathe now or I don't breathe at all. Breathing is also the function of the body that belongs to the heart chakra, and that activates it.

### In Reiki we have two breathing exercises:

#### 1) GASSHO BREATHING

In Reiki there are three practices known as Gassho. The first one is the Gassho Gesture (Gassho Mudra). This is a gesture of respect and gratitude, sometimes also used as a greeting.

The other two practices are the Gassho Meditation (Gassho Meiso) and breathing through the hands (Gassho Kokyu ho), the latter being a Reiki Ryoho cleansing exercise through breathing.

**Gassho breathing**, which activates the heart center and connects us with the Universe and Earth. For these practices we need to leave our daily thoughts and problems aside and to open our mind and spirit in order to connect to the vibration of the Universe. We do the Gassho exercise with a clear mind. We can reach the state of mental clarity through calmness and correct breathing.

- We start by sitting in a comfortable position, keeping the spine straight. It is important to be relaxed, sitting with a straight back and the mouth closed lightly.
- Put our hands in Gassho Gesture (Gassho Mudra).
- We can close our eyes or just look down.
- Simon
- Than always breathe Reiki in the body through the hands in Gassho, after that breath out once on the top of the head, next time on the base of the body.
- Continue and only follow the breathing.



Photo: by Enikó Simon

We are aware of the effects of this exercise and note our personal conclusions.

## 2) Deep, abdominal breathing, in which during breathing we are attentively sending Reiki in Tandem/Hara.

- We close our eyes to focus on the Tandem area (which is inside the pelvis, centrally, below the umbilicus), which is the gravity centre of the body.

- We breathe in Reiki and air through the nose and focus on the area below the umbilicus (abdominal breathing). After breathing in, it is important to slightly press the air downwards, towards the abdominal area, but without pushing too hard. We try to keep the strength (energy) in the Tandem for a while; when breathing in, the abdomen will slightly bloat, after which, the air will be eliminated from the abdomen and chest when breathing out slowly. We keep repeating this, while our attention is focused on the umbilical area/Tandem. We keep breathing abdominally until we feel relaxed. The state we reach is ideal for transmitting Reiki.

- After a few calming breaths, that help us centre ourselves, we lift our arms, palms pointing up and we call Reiki; then we fold our hands in front of our chest in Gassho, just above the heart and we call for Reiki silently: „I am a pure connection for Reiki, I am asking Reiki to manifest in my hands and through me.”

It is important to breathe abdominally without pushing. A wise Taoist saying goes: „correct breathing extends life, incorrect breathing forces it and forced breathing ends it.” Through **conscious breathing** our soul becomes part of the dynamics/movement of the Universe. When breathing in we are attracting energies from the Universe, our self is being filled, and we are getting ready for action. When breathing out we surround ourselves to the Universe, we become one with the Universe.

For a more **comprehensive approach of stress and Reiki in daily routine**, we accept that we can have multiple causes and forms of stress, so let's find out what can we do with Reiki:

**A) In physical stress** we perceive that our life is in danger, and we act instinctively to protect our life. I start this booklet with **the symptoms of sustained/ chronic stress**.

**From REIKI exercises we can choose to perform:**

**3)** Exercise of developing intuition (through Byosen) and **scan with hands the body's bio field**, to find out exactly where in the body the most accumulated stress is, and offer 20 minutes self-treatment there.

- When scan you can ask your body: What does my body transmit? Where do I feel pain, stress or tightness in my body?

- **Using intuition** and the perceptions, called Byosen in Japanese, **are very important** in Reiki therapy. When offer Reiki we feel a certain sensation, called Byosen: something flowing through their hands, a vibration, warmth, magnetism, tingling, stinging, tremor or even pain. This will vary from person to person, from situation to situation, also depending on the seriousness of the disease.

- Here are just the basic aspects of the exercise, because **this exercise will be taught by a master and practiced under the supervision of a master, until all stages and the accuracy of the result have been fully understood**.

This is an important exercise, **used for the localisation of a health problem or a mental-emotional problem in the physical body**; the cause is not always in the same place where the effect appears. An example is that of a female patient who went to see Ms Takata for eye problems. But, with this



exercise it turned out that there was a bigger need of balancing the area around the ovaries. After a period of time of treating the ovaries, the person's sight also improved. Our body's organs are interconnected and it is possible for the effect to manifest itself in a different place from where the imbalance actually lies.

- When we are discussing the cause of the problem we can ask Reiki for help, not just for localising the health problems manifested in the physical body, but also for finding emotions/negative states like fear, depression or sadness. It is the method through which we can detect the source of the problem and we can find out where the cause is located. If someone says they are healthy we can ask Reiki which area of the body/organ needs energising

We will await the answer in a detached manner, without getting involved, just being a pure channel. It is important to stay detached and not to force ourselves to find the answer, because this will block our intuition. We should use any information that comes to us without judging. It is also possible that the answer may come to the patient so it is important to communicate with them. If in this first stage of the exercise we are not receiving any answers, there are two more stages to go through.

As the exercise is long and complex it is important to learn it correctly and to observe how a Reiki master/ teacher is doing it. In Japan **the practice is Reiji-ho**, the method where the hands are placed on the body according to intuition. Reiji-ho means spiritual guidance/blessing; intuition will naturally guide our hands towards the affected area of the body, without having to force ourselves.

**4)** Another REIKI exercise is to [send ourselves Reiki with the intention to receive everything we need for our life and to feel that our life is in safe.](#)

**B) In emotional stress** we feel that our life is not safe and we react to restore the state of safety;  
**From REIKI exercises we can choose to perform:**

**5)** [Eliminate toxins from the physical and emotional body, the method of \(self\) detoxification \(Tanden Chiryō-Ho\)](#)

This is an important Reiki exercise which we can first use on ourselves and then on others. Performed during the 21 days of purification it will help us easily eliminate toxins.

**6)** [To send Reiki with the intention to feel secure and to can adapt in harmony to changes.](#)

**C) In mental stress** we think about our life, if it is, or is not as we want, and then we create mental scenarios, we worry, we have doubts, we judge, analyze, compare, make decisions, etc.;

**From REIKI exercises we can choose to perform:**

**7)** [Reiki breathing exercises, described at point 1\) and 2\)](#)

**8)** [Dry bath and Reiki meditation;](#)

There are more stages: first we are performing dry bathing (Kenyoku Ho); then we connect to Reiki through meditation and detachment, followed by breathing through Tanden. We breathe abdominally for a few times. We will close our eyes, create inner peace and breathe without effort. The attention will be aimed at Tanden, which is in our interior, towards the navel. We will

maintain this conscious state for as long as we feel comfortable. We remain in this state of detachment, contemplation and we close the exercise with Gassho.

9) To send Reiki with the intention to be present, to feel joy in our life.

**D) In energy stress** our attention is how we manage our resources and reflect on what we give and what we receive, we establish the balance regarding the energy exchange between me and the environment, what I accept and what I refuse, with whom/what I resonate with and what not, what gratitude and respect means for me etc.

**From REIKI exercises we can choose to perform:**

10) Dry bath and Reiki meditation as point 8);

11) Saying the 5 Reiki Principles (Gokai) and perform self-treatment.

Reiki is not about making judgments. When we start our practice and call Reiki, Reiki it comes in us through the crown of the head, then it comes to the center of the heart and from there it goes everywhere in our body or the body of others. So Reiki is about how to have a life in which we manifest from the heart, and how our heart is united with our mind.

The Reiki method is based on the 5 Reiki Principles:

“The secret art of inviting happiness,  
The miraculous medicine for all diseases.

**At least for today:**

**Do not be angry,**

**Do not worry,**

**Be grateful,**

**Work with diligence,**

**Be kind to people.**

Every morning and evening, join your hands in meditation

State in your mind and chant with your mouth.

For improvement of mind and body.

Usui Reiki Ryoho.

The founder, Mikao Usui.”

**The 5 Reiki principles (Gokai) are releasing us from stress and worry and are helping us balance ourselves** emotionally and therefore release unnecessary pressure.

**E) In informational stress** we need to choose to what we pay attention to, i.e. what we feed with our resources and what not, with what we can be in flow and what not, what we allow to reach our energy field, and then the physical body, and what not. We need to become aware of what supports our evolution and what blocks us, so that through Reiki we can reach our maximum potential. Japan, the country where Reiki originates, use the word of “**Kokoro**”, which refers to **pure consciousness that unites the notions of 'heart', 'mind' and 'spirit'** and sees these three elements as inseparable from each other.

12) Reiki exercise for **addictions and self-destructive behaviors**.

**Addictions and self-destructive behaviors** usually appears when we can't cope with life situations or when we would like to cover negative experiences with positive experiences or with

what quickly gives us pleasure, believing in the illusion that this makes us happy. Adult personality, knows when to stop doing something and when to say "no" to something.

When we practice Reiki for achieving our inner balance, in time we get to have the wisdom and inner strength necessary for not run away from the life challenges, and not to hide the problem behind some pleasures and addictions.

Among the [Japanese Reiki exercises we have an exercise for wish fulfilment, transmission of intention \(Nentatsu-Ho\) and this is also for the release of addictions](#). Or we can offer Reiki self-treatment, or send Reiki with level 2, with the intention of receiving support to accept and love ourselves, to feel secure, to feel in inner balance, or to free ourselves from addiction, etc.

We ask Reiki three time to help us to realize our intention.



Photo: by Enikó Simon

This was one of the basic exercises in Reiki. Mikao Usui used to recommend this exercise before the initiation and it would then be included in the daily routine, mornings and evenings, being one of the most efficient methods through which we can connect to and perceive the intensity of Reiki. This should therefore be daily practice in order to increase our ability to use Reiki and for our spiritual development.

Through Reiki we are not transmitting our wish towards the other person; we are asking the other person what their wish is. This is how we are respecting free will and we are not loading our karma/fate. In order to avoid us getting involved or concentrating while the transmission is being realised, we can repeat in our mind the five Reiki principles.

### **13) Reiki method to promote self-care and prevent burnout during times of stress.**

If, besides Reiki, I have maintained my professional activity in another field, then [I do self-Reiki, even for 2-3 minutes, during a break at work](#). At the end of the working day, I clean my energies through the Reiki dry bath exercise. Reiki is our natural ability to be in resonance with Universe and with the Life which was given to us from Universe. Our inner potential is resonate with the Universe. And this brings inner peace and resilience in any life situation.

[Reiki practice can be a way of life for leaving in gratitude, love and peace](#). Spiritual evolution is gained by calming the emotions, by quieting the mind and through daily practice. The founder of Reiki, explain Reiki as a way of improving health, and as a path to spiritual development that brings harmony and happiness in our life.

Usually we expect that others help us and solve our problems, or even change our lives. Through Reiki we receive the gift to manage ourselves these issues by daily practice:

- self-energizing
- using Japanese exercises
- consciously reciting of the 5 principles of Reiki.

**We are aware of the effects of the Reiki exercises and note our personal conclusions.**

**Notes to follow up your Reiki practice:**

1. Issues and challenges from today:

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2. Reiki exercises used to manage it:

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3. Results and observations:

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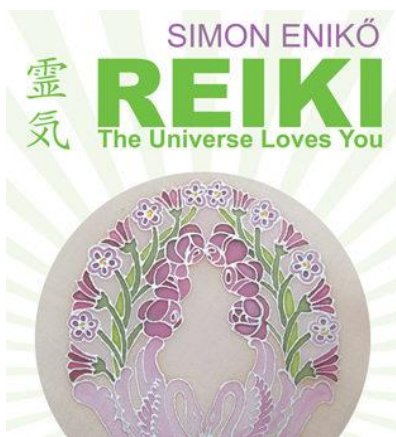
Thank you for your time and wish you to find your inner balance with Reiki!

Gassho! Enikő

My story with Reiki started in 1995, not because I look after Reiki, but because Reiki found me. I was having health issues and Reiki came to me naturally, when I needed something which would return the value and purpose of my life. Just as there are several paths that leads us to the top of a mountain, also in life we have more chances and Reiki came in my life as a natural, safe and beautiful "way".

30 years ago I thought that life is about struggle and competition. I thought that I should fight for my health or to obtain anything in this life. Reiki taught me to love again life and people, to be open, to find my true inner values, and to accept myself. I met a few other methods, but I choose Reiki because is simple, clear, and natural. Reiki helped me to gain back my health, restored the inner freedom of being myself, and supported me unconditionally in overcoming challenges. *I learned* through Reiki to live and create a life in Love and harmony, and this is the message of the book "Reiki, the Universe loves you" (translated into English).

Through the daily practice of the Reiki method, I realized what a gift I received from the Universe and I am grateful that Reiki "holds me in hands" in personal and professional challenges. I have been an entrepreneur since 1992, I graduated the University of Economic Science in 1996, and I created the concept of LIFELAND, which is an invitation to step into our own Life. Because I am impressed by the Japanese life and business philosophy, I apply elements from these in my personal and professional life and in creating Reiki community.



Enikő Simon,

Reiki teacher & Art therapist & Specialist in stress Management

[eniko.simon@lifecoaching.com.ro](mailto:eniko.simon@lifecoaching.com.ro)

[www.lifecoaching.com.ro](http://www.lifecoaching.com.ro) (English flag on up & right)

<https://spiritualmaker.com/lifecoaching/>

WhatsApp 0040 722923502

Reiki - The Universe loves you" is a book and eBook written with soul that offers information about Reiki, passed through the experience of 22 years of daily Reiki practice. The purpose of this book is to talk in a simple, clear and practical way about Reiki, which is one of the ways in which the Universe pours its Love on us. The book "Reiki - The Universe loves you" has an "Ask & Answer" style, so gives a clear and practical understanding of Reiki, helping you reach a deeper level in your Reiki experience. It is a useful manual for Reiki practitioners. It is a book with examples and ideas to solve in a simple and harmonious way the challenges of our everyday life and you will find answers to more than 60 questions about Reiki. You can purchase the eBook and book "Reiki - The Universe loves you" on printed or eBook format, in English, on Amazon on this link <https://www.amazon.com/REIKI-Universe-Loves-Eniko-Simon-ebook/dp/B01J2J4J1A>