

Reference Books Autumn 2024



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Autumn 2024

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SABINE ASGODOM

This Is How I Coach

35 SURPRISING IDEAS TO HELP YOU BECOME MORE SUCCESSFUL

Date of publication: July 24, 2024

Completely revised and expanded new edition

All rights available except English

The best coaching methods from the renowned author

Sabine Asgodom has completely revised and updated her successful book "This Is How I Coach", enhancing it with even more invaluable coaching insights. With many examples from actual cases from practice, she assists people in developing alternative ways of thinking, recognizing their own strengths, and taking action. She makes it clear that coaching does not involve imposing well-intentioned solutions, but instead to encourage self-responsibility. Her coaching approach, tried and tested over several decades, is supported by research of positive psychology by Professor Martin E. Seligman, who has developed a 5-pillar model of what people need for a happy, successful life: positive emotions, fulfillment, good relationships with other people, a sense of meaning, and performance competence.

In her book, Sabine Asgodom reveals the secrets of her successful coaching work and presents the best exercises from her life and business coaching, including the alternatives wheel, strengths analysis, anger management, and the camel-path strategy. A treasure trove for anyone who wants to progress in both professional and private life, or support others in their search for their own solutions.



Reference Books, Personal Development

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: So coache ich

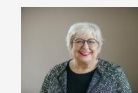
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Sabine Asgodom



© Quirin Leppert

Sabine Asgodom is one of the top coaches in Germany. For over 30 years she has been working with managers and executives, employees, and people who are self-employed with her solution-oriented short-term coaching (LOKC®) method. She is also an inspirational speaker and the author of numerous bestsellers and long-sellers. In 2010, she was awarded the Cross of the Order of Merit of the Federal Republic of Germany for her social commitment. In 2024, she received the prestigious Life Achievement Award, the highest honor from the German continuing education sector. www.asgodom.de



Reference Books, Health & Alternative Healing, Reference Books, Personal Development

Publishing House: Penguin
Format: Paperback
Pages & Size: 496 | 13,5x20,6 cm
Illustrations: 4 b/w illustrations
Original title: Lebenskrisen als Entwicklungschancen

RUEDIGER DAHLKE

Life Crises as Opportunities for Development

TIMES OF UPHEAVAL AND THEIR SYMPTOMS

Date of publication: September 11, 2024

Updated and with a new foreword

4-colour

Rights of the original edition sold to: Brazil*, Czech Republic*, Hungary (Bioenergetic), Italy*, The Netherlands*, Russia*, Serbia*, Spain*, USA*

*Rights available again

The classic on the transitional phases of life by bestselling author Ruediger Dahlke, in an updated and expanded version

Birth, puberty, leaving home, marriage, and midlife crises are all dramatic turning points in life. If we suppress these natural life transitions instead of welcoming them, our lives will be thrown out of rhythm and we will experience these phases as crises. Outer manifestations of this are physical ailments and illness.

In this updated and expanded edition of his classic book, Ruediger Dahlke examines the crucial transitional phases of life and their symptoms and reveals how we can grow through each individual phase of life with the aid of personal rituals. These life transitions represent opportunities to leave the old behind, to dispel with what has been assumed to be safe, and to take the next steps and being open towards the future.

- A guide that provides rituals of transition for natural crises of upheaval
- With helpful suggestions for every stage of life's journey

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AUTHOR

Ruediger Dahlke



© Angelika Silber

Ruediger Dahlke, born in 1951, studied medicine in Munich and had a practice as a psychotherapist. Today he works internationally as a fasting doctor, seminar leader, and lecturer. He is the author of numerous bestsellers, such as "Illness as a Path" and "Illness as the Language of the Soul", which have been translated into many languages. His longseller "Illness as a Symbol" is now available in a completely updated new edition. www.dahlke.at



Reference Books, Personal Development

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 160 | 12,5x18,7 cm
 Illustrations: 6 b/w illustrations
 Original title: Das Paradies in mir

CHRISTINE DOHLER

The Paradise in Me

A MAGICAL LIFE JOURNEY

Date of publication: September 18, 2024


Your one-way ticket to a courageous and self-aware life

Sophie is trapped in the spiral of too much stress and too little enjoyment, with no clue how to escape. Her job is unfulfilling, and she is still dealing with her partner having just broken up with her. Her impulse is to simply escape and travel somewhere, to a dream destination. Then an email arrives inviting her on a magical journey. Her mind is wary of this, but her heart cries out: Go for it! And so begins Sophie's adventurous journey of twelve days and nights through her inner world, with many bizarre encounters, profound realizations, and breathtaking heights and depths.

- Trust in life, allow change, and realize that paradise lies within you
- For fans of Tessa Randau, Sabrina Fleisch, and Karin Kuschik

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AUTHOR

Christine Dohler



© Sebastian Fuchs

Christine Dohler studied journalism and communication science at the University of Hamburg and trained at the Henri Nannen School of Journalism. She is the managing director of copywriting at Emotion Slow and writes for FAS, Die Zeit, SZ-Magazin, Emotion, Brigitte, and Flow. She is also a trained systemic coach and meditation trainer.

BETTINA HORSTER, GESA A. LINNEMANN, LINDA-ELISABETH REIMANN

The Nursing Home Can Wait

NEW DIGITAL WAYS FOR A SELF-DESIGNED AND SECURE LIFE IN OLD AGE

Date of publication: October 02, 2024

Growing old well in the digital age

Most people would like to spend the last stage of their lives as independently as possible, preferably at home. However, with aging, many people will require care and a level of support that cannot for various reasons be fulfilled by their environment. A range of additional technical aids can enable a needs-based solution that considers personal requirements and will help ensure comfort, safety, and inclusion. This book provides an entertaining and easy-to-understand overview of the technologies that are available today, what they are already capable of, and what will be possible in the future. It points out the opportunities and limitations of technology and reveals what everyday life with digital assistants, e-health, and robotics can look like. It also includes comprehensive information on what you can do yourself, including how to prepare for any digital and technical challenges so that you can live autonomously and happily in old age.

- The first book on the subject of technical-digital support in old age
- Everyday solutions presented in a clear way




Non-Fiction, Science & Medicine, Reference Books, Personal Development

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 224 | 13,5x21,5 cm
 Original title: Das Altersheim kann warten

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© VIVAI Software AG

Bettina Horster earned her doctorate in computer science in Germany and the USA. After working for international management consultancies and in telecommunications, she founded her own company, VIVAI AG, in 1996. She is a pioneer in digital assistance systems for people with disabilities and has been working to improve the quality of life of senior citizens since 2016. With her VIVAIcare system, she has earned many awards, including from the EU Commission, UNNGO's Diplomatic Council, and the German location initiative Landmark in the Land of Ideas. She was a finalist for the United Nations Prize. The Hong Kong Social Welfare Department has repeatedly named VIVAIcare as one of the world's best assistance systems for senior citizens.

AUTHOR

Gesa A. Linnemann



© Anne Holtkötter

Gesa Linnemann is a professor of Social Psychology at the Department of Healthcare at the Catholic University of Applied Sciences NRW in Cologne. She previously worked as a junior professor at Münster University of Applied Sciences with a focus on digitalization in old age. At the Caritas Association in Münster, she worked in the Department of Elderly Care and Social Wards, where she was responsible for digitalization in elderly care.

AUTHOR

Linda-Elisabeth Reimann



© Jonas Richter

Linda-Elisabeth Reimann, a research associate in the Occupational Psychology Unit at the University of Münster, is an occupational and media psychologist and a member of the German Psychological Society (DGPs). Her research focuses on interactions between people and technology, including social media, video conferencing tools, intelligent assistance systems, and their particular significance in the work context.



Reference Books, Personal Development

Publishing House: Kailash
 Format: Hardcover
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Die Fragen deines Lebens

BIYON KATTILATHU

The Questions of Your Life

HOW YOU CAN FIND THE ANSWERS INSIDE YOUR SELF

Date of publication: September 18, 2024

4-colour


"This is a journey to ourselves, and it doesn't matter so much where life's questions are taking us, but who we become along the way." Biyon Kattilathu

Our laughter is in the same language. Similar things make us happy. We all have similar fears and similar desires. We are all looking for answers. And along the way, we ask ourselves the same questions: How can I love myself more? How can I enjoy the moment? How can I learn to set boundaries?

Bestselling author Biyon Kattilathu wonders why we actually ask ourselves these questions, and why we find it unsettling when we can't find answers. Perhaps we are searching for a feeling of stability, balance, or even love in such answers. But it may also be from the fear of knowing we have never really lived. Biyon's intention here is to inspire us, wake us up, and entertain us. He provides fascinating studies and revealing statistics, as well as small life hacks and inspiring rituals that can be easily integrated into everyday life. His answers to the great questions of life are not designed for us to form opinions, but instead to bring us closer to the feeling that the answer lies within us.

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AUTHOR

Biyon Kattilathu



© Stephan Schmick

Biyon Kattilathu is one of the most successful entertainers and authors in the fields of motivation and joy of life in the German-speaking world. The child of Indian immigrants, he grew up in the Ruhr area, studied industrial engineering, and earned his doctorate in economics. Since 2016, he has been inspiring a steadily growing fan base with his concepts for a happy life on Instagram, YouTube, TikTok, and Facebook. He hosts a podcast and tours Germany, Austria, and Switzerland. His books "The Rickshaw Driver Who Dispenses Joy" and "Because I Am Worth It!" were on the Spiegel bestseller list. Biyon's life motto, which his parents passed on to him, is "Leave the world a little more beautiful than you found it."



Reference Books, Personal Development

Publishing House: DVA
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Gute Idee!

MARTIN KORTE, GABY MIKETTA

Good Idea!

LEARNING TO THINK CREATIVELY

Date of publication: November 27, 2024

With many illustrations

How to harness your own creative energies and overcome a deficit of ideas – a seven-step guide

Innovative and unexpected ideas are in demand in all areas of life, especially when automated processes are not adequate and extraordinary approaches are required – whether it's remodeling a house, giving a lecture or presentation, recruiting new employees, or making everyday family and work life run more smoothly. The good news is that creative thinking is not an inborn aptitude, rather is something that can be acquired.

The authors, a brain researcher and a journalist who has been working creatively for decades, describes how and under what conditions new ideas arise in the brain and how you can identify which factors are essential for you. By way of many exercises, this book provides practical every-day guidance on how to follow your own individual path to find creative and unconventional solutions to problems and how to train this kind of thinking to stimulate fresh and innovative ideas.

- With many concrete strategies for both professional and private life – creativity techniques, exercises, and tests
- Perfect combination of authors: brain researcher Prof. Dr. Martin Korte provides neuroscience background information; Gaby Miketta shows how this knowledge can be put into practice in everyday life

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AUTHOR

Martin Korte



© Marek Kruszewski

Martin Korte, born in 1964, is Professor of Neurobiology at Braunschweig Technical University. He specializes in the cellular basis of learning and memory as well as the processes of forgetting. He is one of the most cited German neurobiologists, a sought-after expert by the media, and is already known through television appearances. In addition to his work as a scientist, he regularly gives public lectures to school administrators, teachers, parents, students, and politicians. His most recent book published by DVA is "A Clear Head" (2023).

AUTHOR

Gaby Miketta



© Karl Kramer pictureman

Gaby Miketta studied communication science and biology in Munich and Münster. She then worked for the science departments of various radio stations, produced TV reports for Sat 1, and in 1992 joined the Focus founding team under Helmut Markwort in the news magazine's research and technology department. From 2004 to 2009, she was the developer and editor-in-chief of the education magazine Focus-Schule. In October 2009, she took over as editor-in-chief of Das Haus, Europe's largest construction and housing magazine. In addition, she gives seminars on creativity at the Burda School of Journalism. In 2023, she founded her bureau for science communication. She has written several books with Martin Korte.

VERENA KÖNIG

Trauma and Relationships

HOW WE CAN LIBERATE OURSELVES FROM OLD ATTACHMENT PATTERNS

Date of publication: September 25, 2024

How early experiences shape our relationships

Early attachment experiences and emotional traumas from childhood can have long-term effects on our nervous system, including recurrent conflicts and feelings of profound loneliness and self-alienation. What many people don't realize is that certain relationship issues, such as attachment anxiety or a tendency to form toxic relationships, are often the consequences of these traumas.

The noted trauma therapist Verena König draws on the findings of epigenetics and polyvagal theory to describe how traumas arise and how we can recognize them. She presents a range of self-regulation exercises that can help us counter their consequences in order to promote recovery. Using these methods, we will finally be able to lead a life free from the shadows of the past and form fulfilling relationships – be it with our body, our fellow human beings, the planet Earth, or even our symptoms and our past history.

- With many case studies as well as effective and proven self-help impulses for our relationship with ourselves, in love, in friendship, or at work
- A gentle, competent, and easy-to-understand approach to this major trigger topic
- For readers of Stefanie Stahl, Bessel van der Kolk, and Peter Levine




Reference Books, Personal Development

Publishing House: Arkana
 Format: Paperback
 With illustrations from: Verena Mayer-Kolbinger
 Pages & Size: 272 | 13,5x21,5 cm
 Illustrations: 12 b/w illustrations
 Original title: Trauma und Beziehungen

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Verena König



© privat

Verena König is a trauma therapist, seminar leader, and author of the bestseller "Am I Traumatized?". She gives training in her Neurosystemic Integration® method for trauma-sensitive coaching and offers in-depth online courses for self-development. www.verenakoenig.de

ILLUSTRATOR

Verena Mayer-Kolbinger



© privat

Verena Mayer-Kolbinger, born in 1974, is an artist, illustrator and creativity coach. She has a degree in design and lives and works in Germany and Canada. Her illustrations can be found in numerous books and publications. Verena Mayer-Kolbinger exhibits her art internationally and accompanies people in the creative process.

MARTIN LIMBECK

A Dog Named Ego and the Great Questions of Life

A STORY OF TRUE FRIENDSHIP, INNER RICHES, AND THE SEARCH FOR HAPPINESS

Date of publication: September 25, 2024

illustrated throughout

Searching for and finding inner peace

"It is said that at the moment of death, our whole life flashes by us," said Ego. "I've heard that too," replied Marc. "It's just that my life has been passing me by for fifty years."

Successful entrepreneur Marc Lambert is frequently having conversations with his dog. Ego the King Poodle is a very exceptional four-legged friend. Ego has been by Marc's side for as long as he can remember. He knows all the highs and lows of Marc's life and so is the perfect advisor. Now that Marc is approaching sixty, he is confronted with the larger questions in life. Ego helps him find some answers and reorient his life from the pursuit of external wealth to inner peace. Sometimes on gentle paws, sometimes with a big snout – but always with plenty of patience for the contrariness of those people who don't want to understand that the matter of happiness is quite simple.

- Dogs are not only man's best friend; when things are uncertain they are also better at being human
- The fabulous gift for people in midlife: learning from Ego the Dog means learning to live




Reference Books, Personal Development

Publishing House: Ariston
 Format: Paperback
 With illustrations from:
 Elisabeth Andersch
 Pages & Size: 240 | 11,8x18,7 cm
 Original title: Ein Hund namens Ego und die großen Fragen des Lebens

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AUTHOR

Martin Limbeck



© André Bakker

Martin Limbeck had as his motto 'always higher, faster, farther.' By his mid-twenties, had everything that others could only dream of all their lives. But this was not enough for him. What followed was an unprecedented career: entrepreneur, bestselling author, millionaire. What he realized over the years was that money can open many doors for you and allow your family to live a comfortable life. Yet though you can fulfill many material desires, that alone will not make you happy if you are not at peace with yourself. This is why he no longer focuses only on his profession, but on his avocation as well. As an entrepreneur, he is a strong advocate for SMEs (small and medium-sized enterprises) and, as an ambassador for Kinderlachen e.V., supports the needs of ill and disadvantaged children in Germany.

ILLUSTRATOR

Elisabeth Andersch



Reference Books, Personal Development

Publishing House: Ariston
 Format: Hardcover
 With illustrations from: Isabel Klett
 Pages & Size: 256 | 12,5x20,0 cm
 Original title: Nicht mein Zoo, nicht meine Zebras

DORIS MÄRTIN

Not My Zoo, Not My Zebras

AND 25 OTHER PROPOSITIONS THAT CAN REPLACE THE COACH AND THE COUCH

Date of publication: October 16, 2024

illustrated throughout


Mental snacks to counter the daily madness

When the body is become exhausted, we know how to help it: a handful of nuts, a cup of coffee, and we're back to our usual state of being. There are comparable solutions for the psyche, but we are simply not aware of them. Positive guiding principles and beliefs provide a mixture of psychological and philosophical food for thought when we find ourselves at a loss or when the world doesn't want to be the way we want it to be. In such moments, a coach is not what we need. A certain few words will suffice to bolster us, calm us down, and get us on the right track. This is not some kind of magic. We know from the psychology of language that words influence our perception and behavior. Positive, memorable sentences have an effect on the brain like a drug – only much more quickly. Here are 25 mental snacks gathered by Doris Martin. Most of them might seem as fluffy as popcorn – but they pack a punch.

- Inspirations for more stability, clarity, and lightness in everyday life

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AUTHOR

Doris Martin



© Andreas Sturm

Doris Martin, with a doctorate degree, has been helping companies, organizations, and individuals to thrive and excel for over 20 years. As an author, she reflects on the good, fulfilling life and presents innovative impulses on emotional intelligence, personal development, professional success, and excellence on equal terms. She combines psychological, philosophical, and management perspectives and communicates them into clear language and memorable stories. She is one of the most well-known experts in the German-speaking world on the subject of attitude. Her most successful books include "Small Talk", "Successful Texting", "Good Is Better Than Perfect", and "Attitude: Are You Ready for the Leap to the Top?". Her books are published in China, Japan, South Korea, the Netherlands, Spain, Russia, and Italy.

ILLUSTRATOR

Isabel Klett

KATHARINA SCHÖN

Your Workbook against Mental Chaos

STRATEGIES UND METHODS FOR NEURODIVERGENT PEOPLE WITH AD(H)S AND HIGH SENSIBILITY

Date of publication: August 21, 2024

2-colour throughout

From chaos to self-knowledge

This workbook is a practical everyday tool and a source of information for neurodivergent people with AD(H)S, high sensitivity, or autism. In order to effectively cope in everyday life with their particular neurodivergent nervous system, those affected need alternative ways and options for dealing with irritations, stress, or work demands. Katharina Schön, herself late-diagnosed with ADHD and autism, provides specific neurodivergent brain-friendly strategies, methods, and reflection tasks focusing on the major problem areas, including procrastination, managing emotions and stress, and recognizing one's own needs, thus supporting and reinforcing self-acceptance, courage, and self-confidence.

- #neurodivergent, with over 635k contributions on Instagram



Reference Books, Health & Alternative Healing, Reference Books, Personal Development

Publishing House: Kösel
Format: Paperback
Pages & Size: 176 | 15,5x21,0 cm
Original title: Dein Workbook gegen Kopfchaos

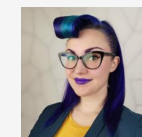
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AUTHOR

Katharina Schön



© privat

Katharina Schön, born in 1988, studied business administration and business psychology. She is now a trainer and systemic coach. As she was late-diagnosed with AD(H)S and autism, she focuses her work on making psychoeducation accessible to everyone and to help destigmatise the neurodivergences AD(H)S, autism, and high sensitivity. She also uses her successful social media channels to do this, where she has over 157,000 followers on TikTok and Instagram under @guardianofmind. Her first book, "AD(H)S: The Hidden Power Within Us", is an Amazon bestseller.

MARTIN WEHRLE

This Book Will Change Your Life Forever

HOW TO DOUBLE YOUR ZEST FOR LIFE AND SLASH YOUR PROBLEMS IN HALF

Date of publication: October 23, 2024

52 small steps to reach big goals

Why do changes fail? It's because people have overextend themselves. People who wants to immediately land their dream job, run a marathon, connect with their soul mate, and declare their life free of problems will suffocate as a result of their own ambitions. This is why bestselling author Martin Wehrle relies on small, effective steps that will make needed changes something desirable and will result in enduring success. With its 52 mini-impulses, his new book will change your life in a playful way.

- Instead of procrastinating, you will get down to work
- Instead of wallowing in problems, you will find solutions
- Instead of simply managing your life, you will design it according to your true desires.

The keys to success are new habits that help you grow and improve every day, people who are inspiring and good for you, and activities that are fulfilling.

· Over half a million copies of Martin Wehrle's book sold by Mosaik and Goldmann



Reference Books, Personal Development

Publishing House: Mosaik Verlag
 Format: Paperback
 Pages & Size: 304 | 13,5x21,5 cm
 Original title: Dieses Buch verändert dein Leben für immer

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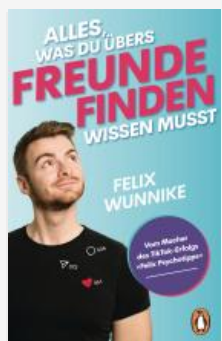
AUTHOR

Martin Wehrle



© André Heeger

Martin Wehrle is considered Germany's best-known career and life coach. His books have been published in twelve languages and have found admiring readers around the globe. He landed celebrated bestsellers with "I'm Working in a Madhouse", and the follow-up book "I'm Still Working in a Madhouse". He most recently published the Spiegel bestsellers "Nice People Finish Last" and "If Everyone Likes You, No One Will Take You Seriously". In his Academy for Career Advisors in Hamburg, he trains career coaches. He is also popular on YouTube, with a rapidly growing reach of 700,000 followers.



Reference Books, Personal Development

Publishing House: Penguin
Format: Paperback
Pages & Size: 272 | 11,8x18,7 cm
Original title: Alles, was du übers Freunde finden wissen musst

FELIX WUNNIKE

Everything You Need to Know about Making Friends

THE DALE CARNEGIE FOR THE TIKTOK GENERATION!

Date of publication: September 18, 2024

Friendships have benefits: This book reveals how to make friends and strengthen friendships for the long term


Felix Wunnike regularly shares psychological knowledge and everyday tips with his followers on TikTok. The question he gets asked most often is “How do I make friends?” After all, making friends is a challenge for many people. More and more studies show how young people have often felt lonely following the pandemic and that very many are still finding it difficult to establish a circle of friends.

This book explains how friends can be found. The business psychologist Felix Wunnike combines his in-depth background knowledge with practical tips on topics such as body language, self-confidence, social media, communication, and living online and offline. The quick and straightforward approach for people who want to finally learn how to build strong friendships.

· Social media, social anxiety, dating, self-esteem – the first book about making friends for GenZ and millennials that understands them and their life situation online and offline – and takes this earnestly

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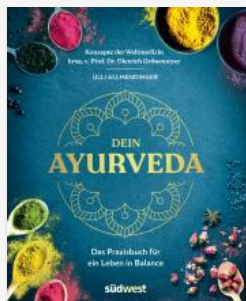
AUTHOR

Felix Wunnike



© Dieter Mayr

Felix Wunnike, born in 1996, studied business psychology. He is the founder of the consulting firm Wunnike Media, which advises people with brand building on social media. With @Felix.Psychotipps he offers life advice on TikTok (230,000 followers) and YouTube for an increasingly large following. Since August 2023, he has been the moderator of CHIP magazine's social media channels.



Reference Books, Health & Alternative Healing

Publishing House: Südwest
 Format: Hardcover
 Pages & Size: 320 | 19,5x24,0 cm
 Original title: Dein Ayurveda

ULLI ALLMENDINGER, DIETRICH GRÖNEMEYER

Your Ayurveda

THE PRACTICAL BOOK FOR A LIFE IN BALANCE

Date of publication: September 11, 2024

ca. 80 colour illustrations

Living longer naturally

The millennia-old health approach of Ayurveda offers unimagined possibilities to improve your own lifestyle in an uncomplicated way. Prof. Dietrich Grönemeyer, together with the renowned Ayurveda therapist Ulrike Allmendinger, demonstrates in this book the power of Ayurveda to enhance your own state of health, reach an understanding of yourself, and through this to significantly extend your life expectancy. Who wouldn't want to remain vital and mentally fit into old age? Readers will find here many straightforward health recommendations, simple rituals, many insights, and nutritional tips about Ayurveda that will bring about a renewed vitality and a sustainable improvement in lifestyle.

- Top team of authors: bestselling author and physician Prof. Dietrich Grönemeyer, who draws on the latest findings from medical science; and Ayurveda specialist Ulrike Allmendinger, who provides the Ayurvedic expertise
- Practically oriented – Ayurvedic insights and rituals for everyday life – more calm, sound sleep, and healthy digestion

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AUTHOR

Ulli Allmendinger

Ulli Allmendinger is an Ayurveda consultant, Eastern nutrition expert, detoxification practitioner, and a teacher with an enthusiasm for cooking and Ayurvedic nutrition, as well as for traditional Eastern healing arts and energy practices. She has been studying Ayurveda in the USA and India since 2003 under such renowned teachers as Dr. Robert Svoboda and Dr. Vasant Lad. She is a graduate of Dr. Lad's two-year full-time program at the Ayurveda Institute in New Mexico, and has a Master's degree in Ayurvedic Sciences from the International Vedic Hindu University (IVHU) in Florida, USA. She has also completed training in western herbalism and has been a member of the American Botanical Council since completing its Professional Herbalist Course in Seattle, Washington, in 2007.

AUTHOR

Dietrich Grönemeyer



© Laura Möllemann

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into some 20 languages.

MICHAELA AXT-GADERMANN, JOHANNA KATZERA

The New Fasting Code

HOW COLON CLEANSING WEAKENS THE MICROBIOME, AND HOW COFFEE SUPPORTS CELL RENEWAL

Date of publication: December 18, 2024

ca. 40 colour photographs

Fasting 2.0

Fasting concepts such as the Schroth cure, Buchinger fasting, and FX Mayr, though still quite popular, have become outdated in the light of current nutritional and physiological research. However, fasting in itself is still something that promotes health and is in harmony with the times, whether as calorie reduction, intermittent fasting, or classic fasting with little or no food intake. Fasting cures should be aligned with the latest findings and techniques to increase their effectiveness. These include not cleansing the intestines before or during fasting, strengthening the intestinal microbiome, stimulating autophagy processes, and increasing fiber and oils.

The bestselling author has developed a completely new fasting concept based on current research. Included are many highly significant findings, valuable background information, and daily plans.

- Totally new approach: fasting without colon cleansing, but with coffee instead
- The revolutionary fasting book by the bestselling author, with over 300,000 books sold



Reference Books, Health & Alternative Healing

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 176 | 17,0x24,0 cm
 Illustrations: 40 color illustrations
 Original title: Der neue Fasten-Code

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Michaela Axt-Gadermann



© Bildschön / Dietzel

Prof. Dr. Michaela Axt-Gadermann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.

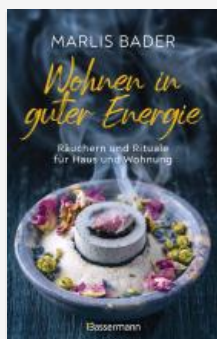
AUTHOR

Johanna Katzera



© privat

Johanna Katzera is a manager for applied health sciences, a physiotherapist, and an author. In her mindfulness and fasting seminars, she provides impulses on the topics of healthy stress management, mental health, mindful communication, and digital balance.



Reference Books, Health & Alternative Healing, Reference Books, Spirituality & New Age

Publishing House: Bassermann
 Format: Sonderausgabe
 Pages: 13,5x21,5 cm
 Original title: Wohnen in guter Energie. Räuchern und Rituale für Haus und Wohnung

MARLIS BADER

Dwelling in Good Energy

INCENSE AND RITUALS FOR HOUSE AND HOME

ENERGETIC CLEANSING OF SOURCES OF INTERFERENCE – GENERATION OF POSITIVE ENERGY

Date of publication: August 21, 2024

Rights of the original edition sold to: Bulgaria*

*Rights available again

An introduction to ritual work and incense burning for cleansing homes of negative energies and sources of disturbances

In her book, Marlis Bader shows how to breathe fresh life into the spaces in your home through energetic house cleansing, which will also have a positive effect on your sense of well-being. This renowned 'incense fairy' explains how to detect disturbance fields in the home and transform them into positive energy. It is not only the environment and architectural details of a house or apartment that play an important role, but also the emotional resonances of its past and present occupants. This book will help us enhance our intuition and bring about remarkable benefits for personal well being through its special rituals and incense treatments.

- Personal experiences and case studies
- Portraits of various types of incense: herbs and resins such as St. John's wort, spruce resin, and frankincense

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AUTHOR

Marlis Bader



© Marlis Bader

Marlis Bader, born in 1966, is a wood sculptor and expert in western herbalism. She draws on ancient knowledge of incense burning and rituals, which she makes use of for the energetic cleansing of houses and apartments. Highly regarded, she holds seminars and lectures on the subject. She lives in Upper Bavaria, where she founded ZEGALA, the Center for a Holistic Way of Life.

PETRA BRACHT, ROLAND LIEBSCHER-BRACHT

Germany Has Your Back

HOW IT COULD GET TO THAT POINT AND WHAT YOU CAN DO ABOUT IT

Date of publication: July 24, 2024

4-colour, with ca. 155 illustrations

Rights of the original edition sold to: France (Macro), Italy (Macro), Spain (Macro)

The Spiegel No. 1 bestseller, completely revised and updated – Over 260,000 copies sold across all editions

Countless people suffer every day from back pain. Yet conventional medicine often isn't able to determine their underlying cause, and the number of people affected is steadily on the rise. Pain specialists Roland Liebscher-Bracht and Dr. Petra Bracht have developed a ground-breaking method with which you can sustainably free yourself from back pain.

In this book you will learn how back pain really happens, why most people suffer for no good reason and why modern medicine is of limited help. You will also learn the solutions to the most important self-help exercises, the 6 essential pressure points for self-treatment and the most effective fascia rolling massages.

- Completely revised new edition based on the latest scientific studies
- The most renowned pain therapists in German-speaking countries, with over 4 million fans on YouTube, Instagram, TikTok, etc.
- With the best self-help exercises to do at home



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag

Format: Paperback

Pages & Size: 416 | 15,5x21,0 cm

Original title:

Rückenschmerzen verstehen und sich selbst davon befreien

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AUTHOR

Petra Bracht



© Liebscher & Bracht

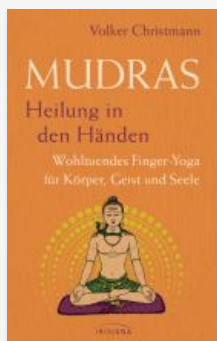
Petra Bracht is a bestselling author and renowned medical specialist in nutrition and detoxification medicine. Starting with pain prophylaxis and treatment, she founded with her husband Roland Liebscher-Bracht, an industrial engineer, martial artist, and pain specialist, the successful Liebscher & Bracht pain therapy, a new revolutionary form of pain therapy and self-help that does not require surgery, pain relievers, or other medication. This method is now used by over 12,000 therapists in German-speaking countries.

AUTHOR

Roland Liebscher-Bracht



© Liebscher & Bracht



Reference Books, Health & Alternative Healing, Reference Books, Fitness & Workout

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 240 | 13,5x21,5 cm
 Illustrations: 60 b/w illustrations
 Original title: Mudras – Heilung in den Händen

VOLKER CHRISTMANN

Mudras

HEALING THROUGH THE HANDS

Date of publication: August 14, 2024

ca. 60 b/w illustrations

Soothing finger yoga for body, mind, and spirit

Volker Christmann innovatively presents the thousand-year-old knowledge of finger yoga, known as mudras. During his extended residencies to India the author, with the aid of spiritual masters, delved deeply into the meanings and practices of the healing powers in the hands. He here offers an extensive repertoire of hand postures that provide relief for such varied symptoms as the common cold and heart palpitations, as well as bringing about relaxation and calm for stress and nervousness – without any side effects. In addition to attractive, detailed illustrations of each mudra are many meditations, information on the chakras and elements, and a detailed index with finger postures for both immediate and long-term help with physical and psychological conditions.

- Over 80 esthetically pleasing and detailed illustrations for each hand position
- An author who brings 60 years of experience in the fields of yoga, meditation, Hinduism, and Buddhism

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AUTHOR

Volker Christmann



© Gerd Majer

Volker Christmann, author of many books on the subject of yoga, has been studying the secret teachings of yoga practice for over fifty years. His many journeys have led him to the origins of Eastern cultures and where he is instructed by reclusive masters.



Reference Books, Health & Alternative Healing

Publishing House: Arkana
 Format: Hardcover
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Was uns wirklich nährt

GREGOR HASLER

What Truly Nourishes Us

ACHIEVING HEALTH, WELL-BEING, AND INNER HARMONY THROUGH MINDFUL EATING
 THE LATEST FINDINGS IN HOLISTIC NUTRITIONAL MEDICINE

Date of publication: October 23, 2024

b/w illustrations

Foods that are truly nourishing

Food is much more than just a source of calories. It supplies the body with energy, provides taste and pleasure, helps prevent and cure illness, and is a shared, at times ritualistic, experience. However, with the rise of fast food and convenience products, our food has become one-dimensional and increasingly poor in nutrients, contributing to such diet-related illnesses as arthritis, obesity, and allergies.

Making use of current research findings and insights from spiritual traditions, the psychiatrist and nutrition expert Gregor Hasler explains how we can revitalize our diet and restore its healing properties based on current research findings and insights from spiritual traditions. The good news is that the body can be restored to a state of well-being by taking just a few measures. For example, attentive eating slows the rate of increase in blood sugar. Intermittent fasting not only regulates weight but improves concentration as well. Gregor Hasler motivates us to select our food wisely and to eat in a healthy way.

· An integration of consciousness psychology, nutritional science, the sociology of eating, and detoxification research

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AUTHOR

Gregor Hasler



© Gregor Hasler

Gregor Hasler is a professor of psychiatry and psychotherapy at the University of Fribourg/Switzerland and the chief physician and head of the Psychiatric Research Department of the Fribourg Network for Mental Health. For many years he has worked as a researcher and clinician on weight issues, eating disorders, stress, and depression. He is a sought-after speaker and media expert. His many publications include "Resilience: The 'We' Factor" and the bestseller "The Intestines–Brain Connection".



Reference Books, Health & Alternative Healing

Publishing House: C. Bertelsmann
 Format: Paperback
 Pages & Size: 288 | 13,5x21,5 cm
 Illustrations: 15 b/w illustrations
 Original title: Die Kraft der Wechseljahre

SUZANN KIRSCHNER-BROUNTS

The Power of Menopause

HOW TO MAKE USE OF MENOPAUSE TO REINVENT OURSELVES

Date of publication: November 06, 2024

15 b/w illustrations

Conscious, healthy and energized through menopause – the possibilities of this phase of life for body, soul, and relationships


Physical symptoms are only one aspect of menopause. Much less well known and far less researched are the psychological effects that can be associated with menopause. Most women go through a mental transformation during the five to ten years of this period of life. Who am I (still) as a woman when the drop in female sex hormones is accompanied not only by the loss of my fertility, but also the loss of my 'typical' female self-image? What can be done, preventively, to combat any feelings of insecurity and shame? How can women grow personally during the menopause and emerge from it strengthened and resilient?

The author shows how to cultivate a fresh mindset in order to see the physical and emotional changes as an opportunity for a new start or for rediscovering yourself. In a sensitive and accessible way, readers learn what they can do for their mental health and their physical and psychological well-being in order to come through this challenging phase of life healthy, full of vitality, self-confident, and beautiful.

- Practice-oriented guide based on the latest research – with plenty of practical tips and exercises
- For readers of Sheila de Liz, Anne Fleck, Yael Adler, and Peter Attia

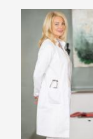
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Suzann Kirschner-Brouns



© Puria Ravahi

Suzann Kirschner-Brouns is a physician, medical journalist, and established author on health topics. Through her YouTube channel for women's health with more than 3 million clicks, she is reaching an increasing number of women, especially on the subject of menopause. In 2023, together with Sandra Eifert, she published the book "Heart Clinic", which received an enormously positive media response.

KNEGINJA RICHTER, SINA HORSTHEMKE

Well Rested and Mentally Sharp!

HOW THE PSYCHE AND A GOOD NIGHT'S SLEEP ARE ASSOCIATED

99 QUESTIONS ANSWERED BY A RENOWNED SLEEP EXPERT

Date of publication: August 28, 2024

Is your mind exhausted as well as your body?

For many of us, our sleep at night is in a poor condition. Sleep expert Prof. Dr. Kneginja Richter assures us that we can remedy any sleep disorder if we address it holistically. In 99 entertaining chapters, she unveils the mysteries of sleep and provides profound insights into the interplay between sleep, the psyche, and the body. She describes how to find the causes of poor sleep and how to create optimal conditions for sound sleep even in stressful times. Using the latest findings from sleep research, she also explains why sleep is so fundamentally important for our mental balance, just as mental balance is for sleep. She sheds light on such aspects as the diagnosis of psychosomatic causes and the effectiveness of sleep therapy and sleep aids. Along with extensive information, readers are helped to once again experience healthy sleep and a balanced psyche based on their individual needs.

- Informative and entertaining with serious advice – a stimulating reading experience




Reference Books, Health & Alternative Healing, Reference Books, Psychology

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Ausgeschlafen und mental stark!

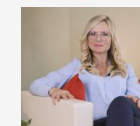
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AUTHOR

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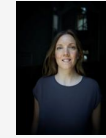


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Kneginja Richter, a doctor of medicine, is one of the leading sleep experts in Germany. She heads the scientific committee of the German Society for Sleep Medicine and is head physician at the CuraMed Day Clinic in Nuremberg, which specializes in psychosomatics and sleep disorders. She set up and managed the psychiatric sleep outpatient clinic at the University Clinic for Psychiatry at Paracelsus Medical University, where she is a visiting researcher, and heads the Online Sleep Counseling Competence Group at Nuremberg Technical University. She is the author of over 200 publications and a popular speaker at events on the topic of sleep and mental health. She has been listed as a top physician on the Focus Top Doctors list every year since 2019.

AUTHOR

Sina Horsthemke



© Tanja Kernweiss

Sina Horsthemke studied biology and completed a master's degree in health management at the University of Erlangen–Nuremberg while also working as a medical editor in the editorial department of Focus Gesundheit magazine. In 2018, she became a freelance journalist. Since then, her articles have appeared in various periodicals, such as Zeit Online, Spektrum der Wissenschaft, and Focus Gesundheit. She is a member of Nerdpol, an editorial office for medical and health journalism.

ULRICH STRUNZ

The Book of Pain Relief

GETTING OUT OF THE CYCLE OF PAIN

RECOGNISING TRIGGERS, UNDERSTANDING CAUSES, RETURNING TO A CAREFREE LIFE

Date of publication: September 25, 2024

2-colour throughout

Why so many people suffer needlessly and what can really help: finally pain-free with bestselling author Dr. med. Ulrich Strunz

Pain can drive people into despair and seriously impair their lives. Yet most pain is both preventable and treatable – whether chronic pain disorders such as headaches, osteoarthritis, rheumatism and fibromyalgia, or pain caused by cancer, injury, or following surgery.

Bestselling author Dr. Ulrich Strunz make use of the latest scientific findings to explain how to recognize pain triggers, understand the causes, and how we can take preventative and therapeutic action. Through pain-relieving molecules, the right diet, regular exercise, focused relaxation and adequate sleep, our self-healing powers can be effectively reactivated.

With illuminating facts, practical tips, and many self-checks, Dr. Strunz shows us how to free ourselves from pain – so that none of us has to suffer needlessly.

· A bestseller for over 20 years with Heyne: over 11 million books sold




Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Illustrations: 30 color illustrations
 Original title: Das Schmerz-weg-Buch

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, and a prophet in the area of nutrition research. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life. His books on dieting and fitness are all bestsellers.
www.strunz.com

ULRICH STRUNZ

88 Tips against Depression and Burnout

RECOGNISING PHYSICAL CAUSES, STRENGTHENING AND PROTECTING THE SPIRIT
HOW YOU CAN ACTIVATE PREVENTION AND YOUR SELF-HEALING ABILITIES

Date of publication: August 14, 2024

2-colour throughout

The first Strunz for the soul

In Germany alone, over 6 million people suffer from depression and more than 3 million from burnout. Because the physical causes of depression and burnout are usually not taken into account, medication and psychotherapy are often of little help. In both conditions, bodily processes undergo unhealthy changes, the triggers for which are manifold, including chronic inflammatory reactions, thyroid disorders, reactivated viruses, and disrupted metabolic processes. This is often accompanied by psychological stress, which measurably alters hormone levels and epigenetic switches.

Bestselling author Dr. Ulrich Strunz has used the latest scientific findings to explain which physical causes are responsible for depression and burnout and how we can take preventative and remedial action. With the right diet, regular exercise, focused relaxation and adequate sleep, our self-healing powers can be effectively reactivated.

With clear facts, practical tips, and self-checks – Dr. Strunz motivates you to lead a healthy lifestyle full of joy.



Reference Books, Health & Alternative Healing

Publishing House: Heyne
Format: Paperback
Pages & Size: 256 | 13,5x20,6 cm
Illustrations: 60 color illustrations
Original title: 88 Tipps gegen Depressionen und Burnout

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, and a prophet in the area of nutrition research. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life. His books on dieting and fitness are all bestsellers.
www.strunz.com

ANDREAS WEINS

Finally Coming to Grips with Neurodermitis

WHEN CHILDREN'S SKIN ITCHES AND BURNS – THE BEST TIPS FROM THE PEDIATRIC DERMATOLOGIST

Date of publication: November 20, 2024

40 colour illustrations

Long-lasting help for neurodermitis

Everyday life with a child suffering from atopic dermatitis demands a considerable amount of energy – searching for possible triggers, applying therapy, sleepless nights due to itching – and this may take parents to the breaking point. After their child has gone through prolonged suffering, they often search out the paediatric dermatologist Dr. Andreas Weins, a specialist in helping children and their parents effectively manage atopic dermatitis. As the most common chronic skin disease in children, atopic dermatitis has many facets, particularly age-specific characteristics and individual contributing factors, that need to be taken into account in treatment. But when these are understood, this condition can be successfully managed. This guide sheds light on the various facets of atopic dermatitis, dispels the common misconceptions, and provides parents with specific help, tips, and strategies to help children's skin become calm and comfortable again.

- Finally, concrete help for suffering children and exhausted parents from a pediatric dermatologist
- The guide for parents based on the latest research with a holistic view of the disease



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 224 | 16,2x21,5 cm

Illustrations: 40 color illustrations

Original title: Neurodermitis endlich im Griff

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Andreas Weins



© Rico Grund

Andreas Weins, a dermatologist and allergist, is committed to the health of children's skin both in his own pediatric dermatology practice in Ulm and as a senior physician at Augsburg University Hospital. He is also vice-director of the Augsburg Centre for Rare Diseases. Atopic dermatitis is his focus in the care of children and adolescents in his consultations, training courses, and specialist lectures, as well as in his many articles in research journals. Through the Internet and the Instagram channel KIDZ SKIN, he provides information on various topics relating to children's skin health.

CLAUDIA HAARMANN

The Suffering of Abandoned Parents

UNDERSTANDING LOSS OF CONTACT AS AN EMOTIONAL INHERITANCE AND DISCOVERING WHAT TO DO ABOUT IT

Date of publication: November 06, 2024

How estrangement arises from intergenerational wounds

When an adult child ceases contact with his or her parents or breaks away from the family completely, it is a disaster for the parents. They are in a state of disbelief; they try to understand what has happened, but can't. Being abandoned leaves them feeling ashamed, guilty, and they may attempt to rationalize, to justify themselves.

Claudia Haarmann looks deeply into family histories and social circumstances in order to shed light on the causes of adult child-parent estrangement, a phenomenon that is increasing worldwide. Her view is that the abandonment is the result of transgenerational injury and attachment issues. She explores this situation from the perspective of abandoned parents, seeking to provide them with understanding and support. By using case histories and interviews with experts to explain and sensitively convey the social aspects and the influence of attachment issues of the parental generations in family conflicts, she creates opportunities for reflection on one's own history and family dynamics while opening up new perspectives on this situation.

- Long-selling topic of estrangement and abandonment – for the first time, now taking the parental generations into account
- Informative and helpful life help



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Der Schmerz verlassener Eltern

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Claudia Haarmann



© Thekla Ehling

Claudia Haarmann, born in 1951, worked for many years as a freelance journalist. She is now a psychotherapist (HP) focusing on the dynamics of attachment and relationship in families and the effects later in adulthood. She primarily uses body-oriented methods and conversation therapy. Her books "Mothers Will Be Mothers" and "Breaking Off Contact in the Family" are successful long-sellers.
claudia-haarmann.de

CAROLIN HABEKOST



Reference Books, Family & Parenting, Reference Books, Personal Development

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 240 | 13,5x21,5 cm
 Original title: Die Kopf-frei-Methode – Mehr schaffen, weniger tun

The Clear-Head Method

ACCOMPLISH MORE BY DOING LESS

GETTING A HANDLE ON EVERYDAY FAMILY LIFE AND ALL ITS TASKS –
 SUCCESSFUL HARMONIZATION THROUGH AGILE SELF-MANAGEMENT

Date of publication: August 28, 2024

2-colour throughout

With this method, nothing falls through the cracks!

Do you manage both your job and family, keep a never-finished to-do list, and need to perform non-stop to get everything done? Even though your everyday life somehow succeeds, does it simply feel tedious and frustrating? Do you lack energy and enthusiasm, and the pleasant feeling that come with accomplishing it all? Enough of that! With the unique clear-head method from the expert work-life balance coach Carolin Habekost, you will be able to completely reorganize yourself. Thanks to an agile system, you will keep track of all your tasks, know your priorities, gain more time for yourself, and finally manage to pursue major projects or life visions – all with ease and composure!

Get going, take a deep breath, be happy! The book for everyone who wants to get more done and also spend more time with the family!

- Easy to implement, clearly explained – with sketchnotes
- An effective method suitable for any sort of to-do list

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AUTHOR

Carolin Habekost



© Gianna Kolnig

Carolin Habekost, with a master's degree in Speech Communication and Rhetoric, is a systemic coach and work-life balance mentor who focuses on agile self-management and mindset for working mothers. She started her career in agile consulting as a 'scrum master', where she helped clients to implement agile working methods. She discovered that these methods made it much easier to manage the complexities of everyday family life. With her company Finde dein Mama-Konzept (Find Your Mother Concept), she offers specific online courses and coaching along with regular podcasts. Her goal is to help women clear their heads, achieve a successful work-life balance, and enjoy everyday life again.

ANNA HOFER

My Fabulous Only Child

HOW CHILDREN WITHOUT SIBLINGS CAN GROW UP HAPPY

Date of publication: October 23, 2024

2-colour throughout

The supportive guide for all single-child parents

“Typical only child!” There is nothing that hits one-child parents as hard as this remark. But are only children really more pampered and less sociable? Do they lack certain skills when they are raised without siblings? Professional parenting consultant Anna Hofer, herself an only child and mother of one, disagrees. Of course a family is complete with only one child! She explains where the prejudices are coming from and reassures all parents who are worried about whether their child can thrive without having siblings. Even if everything seems to be all about siblings, this guide is dedicated to those who grow up without them. And there are quite a few!

With a guest contribution by bestselling author and mother-of-four Nora Imlau.

- Every third child grows up without siblings
- Encouraging and empowering book for all parents of only children




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Mein fabelhaftes Einzelkind

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Anna Hofer



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Anna Hofer, born in 1979, has been supporting families in psychological counseling and as a breastfeeding consultant for ten years. Trained in conversation psychotherapy according to Rogers and behavioral therapy according to Beck and Ellis, she accompanies mothers and fathers through the various stages of parenthood. She grew up as an only child and is herself the mother of an only child born in 2012. She is often faced with the lack of understanding on this issue, as well as the typical inquiries about siblings whenever her single child comes up in conversation. Her first guidebook, "I'll Do Things Different with My Child" (together with Karin Bergstermann), was published in 2022.



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Immer darf ich alles nie!

MATTHIAS JUNG, STEFFI VON WOLFF

I'm never allowed to do anything!

FIRST AID FOR FAMILIES WHO HAVE HAD ENOUGH
 FROM THE AUTONOMY PHASE THROUGH THE END OF EARLY CHILDHOOD

Date of publication: October 02, 2024


The patience-suffering path for harried parents

Children are barely two years old when it all starts: they stubbornly refuse to go to bed, they never like their food ... Welcome to the first stage of early childhood, which features tantrums on both sides. If you're a parent dealing with the autonomy stage or the 'losing-teeth' phase who would appreciate some lightness and humor blended with pedagogical knowledge and effective help, the puberty coach and bestselling author Matthias Jung, with his characteristic entertaining, fact-filled style, is perfect.

- Spiegel bestselling author, with over 40,000 books sold
- Close to everyday life, close to families – with examples for application, reports of real-life experiences, and helpful tips

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AUTHOR

Matthias Jung



© Dominik Rößler/Penguin Random House Verlagsgruppe GmbH

Matthias Jung, with a degree in pedagogy, is a family and puberty coach, father of two, and a Spiegel bestselling author. After his studies in education, he worked as a writer for the Heute Show. In his talks, coaching sessions, and seminars, he gives parents humorous advice on everyday family life and has reached well over 250,000 people on stage.

AUTHOR

Steffi von Wolff

Steffi von Wolff, born in 1966, works as an editor, presenter, speaker, freelance author, and comedy writer.

CEM KARAKAYA, TINA GROLL



Non-Fiction, Science & Medicine, Reference Books, Family & Parenting

Publishing House: Ariston

Format: Paperback

Pages & Size: 256 | 13,5x20,6 cm

Original title: Klicken Sie hier – Digitale Selbstverteidigung leichtgemacht

Click Here: Online Protection Made Easy

HOW TO PROTECT YOURSELF, YOUR KIDS AND YOUR PARENTS


Date of publication: September 11, 2024

Cybercrime 4.0 – how to make digital media safe for you and your loved ones

Face ID, online identity verification and deep fakes – we're moving faster and faster in an ever more digital world, and often interact with new tech without realising just how much sensitive data we're giving them access to. At the same time, the fraudsters keep coming up with new methods to con us. In "Click Here", Cem Karakaya, experienced Interpol agent and cybercrime/cybercrime prevention expert, and Tina Groll, a journalist and herself once a victim of identity theft, explain what's what and show how we can protect us and our families from the latest cons. How can you protect your digital identity from fraudsters? How can the elderly navigate the internet safely? How can you set up parental controls on your laptop, smartphone and tablet, and protect your children from the dangers lurking in apps, games and on social media? This book includes fascinating insights into recent cases of data misuse and clear, easy-to-follow tips for how to keep your data safe.

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AUTHOR

Cem Karakaya



© Kay Blaschke

Cem Karakaya was born in Turkey. After basic police training, he did four years' advanced training at the Ankara police academy. He then joined Interpol, where, among other things, he worked for the department of foreign affairs and spent two years as secretary general of the international police association (IPA) in charge of the Turkey desk. Between 2008 and 2019, he was IPA secretary at the Munich liaison office, specialising in cybercrime/cybercrime prevention. Today, he works on new media and online crime.

AUTHOR

Tina Groll



© Kay Blaschke

Journalist Tina Groll studied journalism and business at the Bremen College and at the Manipal Institute of Communication in India. After an internship at the Weser-Kurier newspaper, she joined Zeit Online, where she works as an editor on the politics and business desk. She is the author of several books, and a presenter and coach. In 2019, she became head of the national union of journalists at the Verdi trade union; she is also member of the German Press Council, where she sits on the committee for editorial data protection. In 2009–10, she was herself victim of a particularly blatant instance of identity theft. She managed to put an end to it, and now gives talks on the topic and advises other victims.

CARINA KITTELBERGER

Little Language Heroes

EVERYTHING A CHILD NEEDS TO LEARN TO TALK
SPEECH DEVELOPMENT FROM 0 TO 5 YEARS

Date of publication: October 23, 2024

2-colour throughout

Supporting children's language development lovingly through playfulness and enjoyment

Should I talk to my child in the womb? How many words are considered normal in the first year of life? What should I be aware of when my child grows up with two languages? For many parents, the topics of language development and support are receiving more and more attention – particularly when things don't go according to expectations.

The professional pediatric speech therapist Carina Kittelberger is familiar with all the questions, concerns, and needs and has been supporting parents for many years in playfully stimulating and facilitating children's language development. In an easy-to-follow and practice-based way, she describes how language develops, what the best conditions are for language acquisition, and where problems might arise. She emphasizes the importance of play in learning language and dispels the many misconceptions concerning language development. Parents are provided valuable orientation about the crucial milestones during the first six years of life, as well as guidance and support on how to identify delays in language development at an early stage and to take effective countermeasures.




Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 240 | 13,5x21,5 cm
Original title: Kleine Sprachhelden

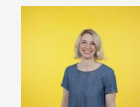
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AUTHOR

Carina Kittelberger



© Ines Bacher

Carina Kittelberger, a pediatric speech therapist, has had her own practice and online consultation for children in Vienna since 2013, where she advises parents on all issues relating to language development and acquisition. She also shares her knowledge on her rapidly growing Instagram account ('sprecherei', 100k followers) with information on language development and tips on supporting language development. She is the mother of two children.



Reference Books, Family & Parenting, Reference Books, Personal Development

Publishing House: btb
 Format: Paperback
 Pages & Size: 208 | 13,5x20,6 cm
 Original title: Gezwisterliebe

URSULA OTT

Sibling Love and Strife

FROM ARGUMENTS AND CONFRONTATIONS TO RECONCILIATION

Date of publication: September 11, 2024

Those who love one another annoy one another – the book for anyone who has siblings

Sibling relationships are the most enduring – and often the most complex – relationships in our lives. Even in supposedly untroubled family histories, there are smaller and larger traumas, unvoiced injuries, and sometimes bitter feelings of disappointment that run deeper than we would like to admit. The problem is that the older we and our siblings get, the stronger the roles and behavioral patterns formed during the short time we grew up together manifest themselves – yet these no longer need to have any relevance for the present. In the formative years of our childhood and adolescence, we have not yet fully developed adult personalities. We change over the course of our lives. Everyone goes their own route, taking their own wounds with them, like smoldering fires beneath the surface. And when parents die, the wounds open up and it is not uncommon for open conflict to break out. But that doesn't have to be the case.

In her new book, journalist and bestselling author Ursula Ott examines the many varieties of 'sibling love', allows experts to explain and affected siblings to tell their stories, and reveals the ways in which it is possible to overcome even the messiest situations and start a new, better chapter in the sibling relationships.

· With practical advice, tips, and guidance on how negatively complicated sibling relationships can be mended

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AUTHOR

Ursula Ott



© Lena Uphoff

Ursula Ott, born in 1963, is the chief editor of *chrismon* magazine. She graduated from the German School of Journalism in Munich and her work has included that of a crime reporter for the daily *Frankfurter Rundschau*, contributor to the *Woche*, *Brigitte* and *Sonntag aktuell* and freelancing for radio and television. She has also authored a number of non-fiction books on family, children and society matters. Ursula Ott lives in Frankfurt am Main.

STEFANIE VON BRÜCK

Off into the Daycare Adventure

HOW TO ACCOMPANY YOUR CHILD SECURELY AND CALMLY THROUGH THE
SETTLING-IN PROCESS
EXERCISES FOR IMMEDIATE APPLICATION, CHECKLISTS, AND FIRST-AID
MEASURES

Date of publication: July 24, 2024

2-colour throughout

Settling in without tears – secure attachment, needs-oriented, strong relationships

Daycare marks the start of the journey for many parents into the world of childcare outside the family. This poses a whole new set of challenges for families. How to find the best day-care facilities? How does the settling-in process happen? How can I make the transition as pleasant as possible for all of us?

Stefanie von Brück, an experienced parenting coach and expert in the settling-in process with children, has dedicated herself to providing parents with as much knowledge as possible to ensure that settling in is smooth and without tearful drama. She has already been able to help hundreds of families dispel their worries about the child's first step out of the nuclear family and make a positive start to the daycare years. Whether it's selecting the right facility, getting through the settling-in period, or making sure your child is happy for the long term, this comprehensive guide provides parents with useful information, tips, and checklists so that there are no obstacles on the way into the daycare adventure.



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 256 | 13,5x21,5
cm
Original title: Auf ins
Kita-Abenteuer

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AUTHOR

Stefanie von Brück



© Katharina Gless

Stefanie von Brück, as a social worker, was responsible for the training of educational professionals, including social assistants, educators, and remedial therapist. She has worked as a parent-child course leader and babywearing consultant and is a qualified familylab seminar leader. In 2018, she became the first pedagogical consultant to specialize in the settling-in process in daycare, pre-school, and kindergarten (Happy Kita Start & Happy Kita) and has been accompanying and advising parents with children of nursery through kindergarten age ever since.
stefanievonbrueck.de/

NINA WEIMANN-SANDIG

My Children, Your Children

THE BEST STRATEGIES FOR THE EVERYDAY FAMILY LIFE OF PATCHWORK PARENTS

Date of publication: November 13, 2024

2-colour throughout

What researchers now know about the world of patchwork – and what advice parents really want

Welcome to the patchwork family, the tumultuous reality of living with children who are not your own! This situation involves fulfilling roles you aren't prepared for, investing large amounts of time and attention in various kinds of relationships, and searching for answers to questions that biological parents would never need to ask themselves. But what it doesn't mean is that you are alone in such a situation. The author helps people who are in the same situation to think objectively about their own attitudes, realistically evaluate their needs and expectations, and develop solutions to the most prevalent problems in everyday family life. Her book is a support for all patchwork parents to begin creating a harmonious and stable new family structure!

- Best practice meets up with current research and case studies
- Practical help for many challenging years to come




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Meine Kinder, deine Kinder

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Nina Weimann-Sandig



© privat

Prof. Dr. Nina Weimann-Sandig is a professor of empirical social research and sociology in Dresden. One focus of her research is family sociology. Her research on the various types of family models has not been solely theoretical – especially since she, as the divorced mother of two children, has been living in a patchwork constellation for several years. Her first book "Because Children Need Both Parents" was published in 2022.



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Wurzeln, Flügel, WLAN?

ROMY WINTER

Roots, Wings, WLAN

WHAT TEENAGERS REALLY NEED
 NEEDS ORIENTATION THROUGH PUBERTY

Date of publication: September 25, 2024

Guiding teenagers through puberty with sensitivity and composure

What happens when the children grow up? What are the changing requirements of teenagers and how can parents address them?


The devoted family therapist and resilience trainer Romy Winter has already helped several thousand families achieve a family life filled with strength and connection. In her new book, she accompanies parents through the eventful phase between childhood and adolescence. She takes a needs-based approach, but one that goes beyond babyhood and toddlerhood. Using the latest findings from developmental psychology, she explains what needs young people have and how the role of parents changes over the course of puberty. Teenagers themselves have their say in this book, providing fascinating insights into their perspectives on topics such as autonomy, self-esteem, physical changes, friendships, and media and drug use.

A unique and sensitive guide for navigating this turbulent and emotional time

- Sensitive, practical and with many ideas and inspirations for everyday family life with teenagers

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Romy Winter



© Stefanie Auer

Romy Winter is a psychological counsellor, systemic family therapist, founder of the Familienz@ concept, doula (birthing coach), and author. She specialises in themes around parenting, personal development, and resilience, and works with individuals, children, couples, families, and teams. She shares interesting facts about her key topics on her Instagram account @slowmothering, which has over 35,000 followers. She lives in northern Germany with her husband and their three children.



Non-Fiction, Science & Medicine, Reference Books, Family & Parenting

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 208 | 13,5x20,6 cm
 Original title: Allein mit dem Handy: So schützen wir unsere Kinder

DANIEL WOLFF

Alone With Their Phones: How to Protect Your Kids

GROUP CHATS, BULLYING, PORN, VIOLENT CLIPS – THE TRUTH ABOUT WHAT CHILDREN EXPERIENCE ONLINE

Date of publication: October 16, 2024

‘I saw a video on YouTube last night where a mother cuts the heads off her three children and sticks them on spikes. My little brother watched it too’ (A nine-year-old primary school pupil)

What kids experience on their smartphones is hard to stomach: brutal violence, horrific racism, grooming, sexting, gambling and extortion via seemingly harmless online games – sometimes with catastrophic consequences. But most of them never tell their parents, who still massively underestimate the effect digital media has on children.

A whole generation of primary school kids are already using smartphones, given to them by their parents without any adequate preparation. Even the parents themselves often don't understand the effect this will have, and how important it is to keep a close eye on their kids' phone use, at least at the start. Wolff, an expert on digital tech who teaches at schools all over the country, knows exactly what kids go through online – and in "Alone With Their Phones" shows us how we can protect them, while also helping them take advantage of the immense opportunities offered by the digital world.

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Daniel Wolff



© Sebastian Edwin Roth

Daniel Wolff is a nationally renowned digital coach specialising in families and children, who has worked intensively with pupils, teachers and parents at hundreds of schools since 2017. He has also been an IT journalist (at the computer magazine Chip), and a Silicon Valley correspondent. He has been a secondary school teacher and lectured at the LMU Munich (specialising in media education and digitisation), both of which have provided him with invaluable experience. He has three children, and although he loves technology, they still somehow constantly manage to challenge him in the world of tech.



Reference Books, Love & Relationships, Reference Books, Sexuality

Publishing House: Kailash
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Illustrations: 10 b/w illustrations
 Original title: Verdeckter Narzissmus in Beziehungen - Das Arbeitsbuch

TURID MÜLLER

Hidden Narcissism in Relationships – The Workbook

10 STEPS OUT OF THE TOXIC PARTNERSHIP


Date of publication: October 30, 2024

The only practical book on the topic of hidden narcissism in relationships

In her book "Hidden Narcissism in Relationships", psychologist Turid Müller exposed the behavioral patterns of toxic partnerships and charted the path to recovery from emotional abuse. But theoretical understanding alone is not enough to alter attitudes and behavior. This practical handbook with its specific solutions is intended to help people help themselves escape from abusive relationships. Ten typical reasons for staying in a relationship are examined, and each of these is then turned precisely into reasons for leaving. Applying these one by one to our own relationship and through empathetic ideas, guidance on self-observation, paper-and-pencil exercises, motivational impulses, body journeys, and varied creativity techniques, we will find clarity and take action.

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Turid Müller



© Turid Müller, Fotograf: Torge Niemann

Turid Müller is a degreed psychologist and an experienced actress. She works as a coach, speaker, and trainer at the interface between communication and creativity. In addition, she performs her own cabaret acts and writes lyrics and musicals. She is committed to sensitizing society to uncomfortable topics, such as dementia. As she herself experienced the disturbing effects of a toxic relationship, she deals professionally with this previously unrecognised form of narcissism. www.turid-mueller.de

JOHANNA LEMKE, SABRINA ROX

Socks under the Sofa

THE TIDYING UP GUIDE FOR A MORE RELAXED RELATIONSHIP
 STRAIGHTEN UP YOUR HOME – STRENGTHEN YOUR PARTNERSHIP
 THE BOOK FOR RESCUING YOUR RELATIONSHIP!

Date of publication: November 13, 2024

Tidy up better – love more easily

Clutter and disorder is a major source of conflict in many relationships. When couples acknowledge this and address the underlying issues, they not only end up with a clean and tidy apartment or house, but also get to the bottom of possible problems in the relationship.

Using concrete case studies from their joint practice, the professional decluttering coaches Johanna Lemke and Sabrina Rox – known as ‘Hempel’s sisters’ – examine common problem situations and offer some pragmatic solutions, for example how a couple can achieve order and tidiness and at the same time do something for the relationship. The authors provide more than merely practical tidying tips; they also shed light on the emotional aspects and invite people to consider their relationship, thus enabling them to grow individually and together as a couple. Creating order is always both an external and an internal process. While we are reorganizing our home, we are also reorganizing our soul. By tidying up, you come into contact with issues that you had in fact literally filed away.

- The first book on tidying up your home and your relationship
- Practical life advice presented in a relaxed, clear, and easy way




Reference Books, Love & Relationships

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Socken unterm Sofa

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Johanna Lemke



© Mathias Bleier-Rox

Johanna Lemke, born in 1981, works as a senior editor in the culture and society department of the Sächsische Zeitung. Together with Sabrina Rox, she has been advising clients in Saxony and virtually throughout Germany since 2020 with the ‘Hempels Schwestern’ decluttering coaching service.

AUTHOR

Sabrina Rox



© Mathias Bleier-Rox

Sabrina Rox, born in 1980, has a degree in design and works as a stage designer at major German theaters. The world premiere of Wolfgang Herrndorf’s ‘Tschick’, for which she designed the stage, was nominated for the Faust theater prize. In 2021, she received the Hein Heckroth Award for her work.

LEILA ELEISA AYACH

The Soul's Path – Follow Your Divine Plan

THE ASCENT INTO THE NEW GOLDEN AGE

Date of publication: December 11, 2024

12 illustrations, 4-colour throughout

Where is my path leading me? What is it my soul desires? How do I find fulfillment and meaning in my life?

The messages from the spiritual world channeled by Leila Eleisa Ayach clearly illustrate that there exists a divine plan for each of us – and our soul is aware of how to follow this plan and to live in harmony with our highest self. This is a needed source of courage and fortitude in our challenging time, which harbors within it nothing other than the great transformational journey of the Earth. Leila Eleisa Ayach shows how we can use the associated uplifting energy to emerge into a new, golden age – into a future full of light in which our most ardent wishes are fulfilled and our dreams are made true.

- Channeled knowledge that offers inspiration and guidance in this time of transformed consciousness
- Deep insights and practical help from higher dimensions




Reference Books, Spirituality & New Age

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 128 | 11,8x18,7 cm
 Illustrations: 12 color illustrations
 Original title: Seelenweg – Folge deinem göttlichen Plan

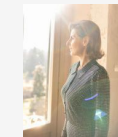
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AUTHOR

Leila Eleisa Ayach



© privat

Leila Eleisa Ayach has been intensely engaged with the non-visible realm since her youth. The soul messages she received from the ethereal realms brought about a profound transformation in her life. Her mission is to help people feel themselves again and to live in harmony with their soul and the highest divine plan.



Reference Books, Spirituality & New Age

Publishing House: Goldmann
Format: Paperback
Pages & Size: 192 | 12,5x18,7 cm
Original title: Aktiviere deine Sternenlicht-Codes

SARAH JASMIN CARLSBURG

Activate Your Star-Light Codes

SECRET KNOWLEDGE OF THE LIGHT BEINGS FOR DNA ACTIVATION, CONSCIOUSNESS EXPANSION, AND SPIRITUAL AWAKENING

Date of publication: August 21, 2024


Finding your true purpose in life, unfolding your abilities and spiritual gifts, discovering all your untapped potential

Do you at times feel that there is an important task for you to fulfill on this earth? And do you continually feel within a call for you to connect with something greater? This book will help you recognize your true purpose in life, teach you how to manifest the things you desire with all your heart, and to make use of your feelings and emotions to make your most optimal future come true. When we all have fulfilled our life's purpose, the earth itself will more brightly shine. It is high time to recognize your purpose and share your full potentials with the world. You and your personal light are especially needed.

- "Deeply touching and informative – a wonderful work for light workers." – from a reader
- Extra: 7 meditations for audio download

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Sarah Jasmin Carlsburg



© Lissy Routil/Soul Photo

Sarah Jasmin Carlsburg is a multidimensional medium and a meditation and manifestation teacher. She has been meditating since the age of eight. Ever since a near-death experience in Thailand, she has been having intensive contact with light beings from higher dimensions. She is known for her unique meditations, her YouTube channel, and her iTunes Top 10 podcast 'The Sarah Jasmin Carlsburg Show'.



Reference Books, Spirituality & New Age

Publishing House: Arkana
 Format: Paperback
 Pages & Size: 224 | 13,5x21,5 cm
 Original title: Magic Mind, Magic Life

ANNA HYPNAROWSKI

Magic Mind, Magic Life

UNFOLD YOUR FULL POTENTIAL THROUGH MAGIC WITH
 @WITCHTIMEWITHANNA

Date of publication: September 11, 2024

b/w illustrations

How you can enchant your life

Just where am I in my life? What boosts my energy? How can I awaken my inner magic? Anna Hypnarowski unveils her unique perspective on magic, which she views as a tool for self-transformation and for creating a fulfilled life.

Anna gradually introduces us step-by-step to the world of magical practices, beginning with self-reflection and the dismantling of negative beliefs. She presents a variety of techniques and practical guidance for using magic, including daily rituals, protection from negative energies, moon phases, energetic cleansing, money spells, and making contact with the ancestral line, and many more.

A unique combination of guidance, orientation, and inner transformation – for a fulfilled and self-determined life.

- Modern witchcraft and energy work, including practical instructions – for anyone who wants to awaken their inner magic
- For success in love and work, energetic well-being, and personal protection and prosperity

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Anna Hypnarowski



© Anna Hypnarowski

Anna Hypnarowski is probably the most well-known modern witch on social media in the German-speaking world. On her Tiktok and Instagram channel @witchtimewithanna, she provides her followers with witching tips and rituals daily. Her charisma and talent for explaining magic in an accessible way has attracted a growing number of people. She receives plenty of positive feedback every day from her followers, who are discovering more positivity and power in their lives thanks to her.

EVA MURGES

Everyday Tarot

MINDFULNESS AND EMPOWERMENT FOR EACH DAY
 REDISCOVERING YOURSELF AND HARNESSING YOUR INNER STRENGTH

Date of publication: August 14, 2024

Self-care and empowerment: using the wisdom of tarot to mindfully shape each day

For consciously and joyfully designing every single day and continually getting to know ourselves in a new and above all better way, tarot offers invaluable guidance. Tarot expert Eva Murges reveals how we can take our lives into our own hands with specific spreads and inspiring ideas. She broadens the interpretation of the individual cards to create entirely new possibilities for interpreting the Major Arcana, and she combines them with other applications, such as the 'Existence card' or the 'Year card'. With the moon cycle, annual Celtic festivals, a tarot mindfulness training, or the Twelve Nights of Christmastide, we will be able in a variety of ways to integrate the wisdom of the cards into our everyday lives. The inspiring, novel approach to the tarot – for a joyful, mindful and self-determined life!

- Applicable to all tarot decks, for beginners and experienced card readers



Reference Books, Spirituality & New Age

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 176 | 13,5x20,6 cm
 Illustrations: 50 b/w illustrations
 Original title: Everyday Tarot – Achtsamkeit und Empowerment für jeden Tag

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Eva Murges



© Lina Wolf

Eva Murges, born in 1988, had published her first books of fiction before discovering her love for the Tarot and the spiritual world. She offers card readings and continues her explorations on many paths of inner growth and self-discovery.
www.hej-tarot.de

ANJANA GILL

The Little Hotel Where Wishes Come True

Date of publication: October 30, 2024

15 b/w illustrations

A magical tale about the power of our minds and how we can create the life of our dreams

The main character of this inspiring story would actually just like to take some time off to escape the stress and commotion of everyday life. And so, seemingly by chance, she rents a room in a small hotel that exudes a distinctive aura, and not only because of the stone elephant of luck that adorns the entrance. She then meets the enigmatic owner of the hotel, the charismatic Sita, who comes from a village at the foot of the Himalayas. Over time, Sita reveals to her the seven secrets of wish fulfillment – ancient, obscure knowledge that has the power to change life from the ground up...

An enchanting reading experience filled with inspiring impulses for living everyday life. The bestselling author Anjana Gill reveals how we can set course for joy and fulfillment and make our hidden desires of the heart come true.

- Inspiration and entertainment for all enjoyers of narrative life help – with many practical exercises and visualizations
- Over 150,000 books by Anjana Gill sold in German-speaking countries




Reference Books, Narrative Self-Help, Reference Books, Spirituality & New Age

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 256 | 11,8x18,7 cm
 Illustrations: 15 b/w illustrations
 Original title: Das kleine Hotel, wo Wünsche wahr werden

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Anjana Gill



© Selda Schretzmann, selda photography

Anjana Gill, a bestselling author with German-Indian roots, has been an online coach and an expert in modern spirituality and manifestation for over 20 years. Her passion is to show that there are indeed connections between heaven and earth which can enrich life in unexpected ways. Her motto is: "Anything is possible if you capably make use the power of your thoughts and work closely with the universe."
www.anjanagill.de

UDO SCHROETER

I'm with Me

A STORY ABOUT LIVING IN THE HERE AND NOW

Date of publication: August 28, 2024

4-colour throughout, numerous illustrations

“Just where am I in my thoughts? And is this where my life is right now?”

Tom and his old friend Paul are spending a few days by the sea. Paul soon notices that Tom's thoughts are somewhere else entirely, sometimes about work, sometimes about his not-so-easy relationship. He is continually distracted by trivial things, and very far from being able to enjoy the present moment. Plagued by inner turmoil, he feels he is never really in life. Something is wrong.

Paul tells him the story about two fishermen in pursuit of the perfect catch.

Gradually, Tom begins to understand how much the constant demands of everyday life are preventing him from living in the present moment. But how can he stop the mental whirlwind of old injuries, worries, and anxiety about what may come? With clarity and empathy, Paul uses a circle, two bottles, and three stones to symbolize what it takes to live a fulfilled life – and above all, how Tom can experience this even when his time by the sea is over.

· Bestselling author of inspiring stories – wisdom presented in a narrative form




Reference Books, Narrative Self-Help

Publishing House: Kösel
 Format: Hardcover
 With illustrations from:
 Claudia Lieb
 Pages & Size: 144 | 12,5x20,0 cm
 Original title: Bin bei mir

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Udo Schroeter



© Mats Schroeter

Udo Schroeter is a nature coach, author, outdoor seminar organizer, workshop leader, and photographer. In 2006 he moved to the island of Bornholm with his family. Since then, he has become a guide to innumerable people and is a popular speaker and lecturer. His deep connection to nature can be felt in his books, seminars, and coaching. He is the author of many books, including his bestseller "I'm at the Sea".
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ILLUSTRATOR

Claudia Lieb



Non-Fiction, Science & Medicine, Reference Books, Psychology

Publishing House: Ariston
 Format: Paperback
 Pages & Size: 272 | 13,5x20,6 cm
 Original title: Der KI-Therapeut

KLAUS BERNHARDT

The AI Therapist

OVERCOMING PSYCHOLOGICAL PROBLEMS WITH ARTIFICIAL INTELLIGENCE
 AI TOOLS AS PSYCHOLOGICAL FIRST AID – PRACTICAL EXAMPLES OF
 TREATMENT FOR ANXIETY, DEPRESSION, AND BURNOUT

Date of publication: September 11, 2024

Maybe you want to talk to someone about this


Anxiety, depression, and burnout have become widespread conditions. The number of sufferers far exceeds that of needed therapists. Where can people with these problems turn when no one has time for them?

After conducting extensive tests and research, Klaus Bernhardt is firmly convinced that artificial intelligence – especially ChatGPT – is an ideal starting point for people with mental health problems. Using many examples and a comprehensive practical section, the highly acclaimed psychotherapist explains how to best make use of AI to receive customized help immediately, and also how to determine when a human therapist is absolutely necessary.

- When machines save lives – using AI to address the deficit of therapists
- With numerous case studies and immediately applicable tips for people seeking help from ChatGPT

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AUTHOR

Klaus Bernhardt



© Katja Kuhl

Klaus Bernhardt worked for many years as a science and medical journalist before becoming a therapist. Today he heads the Institute for Modern Psychotherapy in Berlin and instructs hundreds of doctors and therapists yearly. He is a member of the Academy of Neuroscientific Education Management (AFNB) and the Initiate New Learning e.V. (INL) and author of the Spiegel bestsellers "The Anxiety Cure", "Freeing Yourself of Depression and Burnout", and "Freeing Yourself of Obsessions and Compulsions".
www.panikattacken-loswerden.de

DIETRICH GRÖNEMEYER

Life without Anxiety

WHAT WE ARE AFRAID OF, AND WHY – AND HOW WE CAN EMPOWER OURSELVES PHYSICALLY AND MENTALLY TO RECOVER JOY AND QUALITY OF LIFE

Date of publication: September 11, 2024

How to find inner strength and confidence in difficult times

In recent times, few things have united us as strongly as anxiety. Whether it's about the state of the world or our country, wars, inflation, our jobs, the pressure to perform at work, the well-being of our families or our health – uncertainty and anxiety are becoming more prevalent, and our zest for life is fading.

Prof. Dr. Dietrich Grönemeyer explains how the basic feeling of fear is literally in our genes and just how this affects us – socially, professionally, and in our private lives. It is difficult to escape this collective anxiety. But we can learn to deal with our fears, use them productively, and overcome them, and thus regain control of our behavior. In spite of everything, we can apply individual stress-relief strategies and actively take the necessary steps to recover what allows us to live well: confidence, self-efficacy, and the pure joy of life.

- Medical expertise and a holistic approach – effective strategies based on the latest scientific findings



Reference Books, Psychology

Publishing House: Ludwig
 Format: Hardcover
 Pages & Size: 272 | 13,5x21,5 cm
 Illustrations: 3 b/w illustrations
 Original title: Leben ohne Angst

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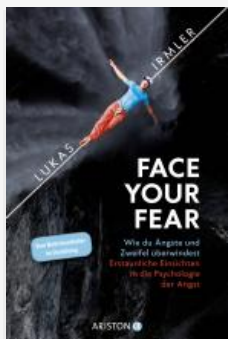
AUTHOR

Dietrich Grönemeyer



© Laura Möllemann

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into some 20 languages.



Non-Fiction, Biographies & Memoirs, Reference Books, Psychology

Publishing House: Ariston
 Format: Paperback
 Pages & Size: 240 | 13,5x20,6 cm
 Illustrations: 12 b/w illustrations
 Original title: Face Your Fear

LUKAS IRMLER

Face Your Fears

HOW TO OVERCOME FEAR AND SELF-DOUBT – SURPRISING INSIGHTS INTO THE PSYCHOLOGY OF FEAR, BY THE SLACKLINE WORLD RECORD HOLDER

Date of publication: August 28, 2024

With insert

Stop being afraid of your own courage

Many of us are trapped in a job we're good at but don't enjoy. Our lack of enthusiasm gets us down. We dream of making a radical change, but are afraid to take the first step.


Lukas Irmmler, a slackline world record holder several times over, knows what it's like to have a seemingly unattainable goal in your sights, with the path to it a line that's just a few centimetres wide and several kilometres long. It's a long way down into the abyss.

In the richly illustrated "Face Your Fears", Irmmler tells the story of his first steps and missteps in this extreme sport; of how he overcame fear – and how success gave him wings; of the sudden clarity that led him to a new job, as well as a vocation. His motto is: if you do what you love, you can't help but be good at it. Even if the first step is scary.

- For fans of Reinhold Messner, Jan Frodeno, Boris Herrmann, Alex Honnold and Christopher McDougall

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Lukas Irmmler



© Lukas Barth-Tuttas

Lukas Irmmler, born in 1988, studied chemistry and business, but the tax man knows him as a freelance professional sportsman. At the age of 18, he discovered a passion for slacklining, and since then he has travelled all over the world, spending time in more than 30 countries and setting all kinds of records. His highline crossing of the Victoria Falls in Zimbabwe made the TV news in more than 200 countries and was greeted with amazement around the world. He has five official Guinness world records and has been named sports personality of the year several times. He is famous not only for his sporting achievements, but also for his multimedia talks about his travels, his love of heights and his search for balance.



**Reference Books,
Psychology**

Publishing House: Kailash
 Format: Paperback
 Pages & Size: 240 | 13,5x21,5
 cm
 Original title: Du bist okay,
 auch wenn du eine
 Angststörung oder Depression
 hast

ANNA SUCHANECK

You're OK – Even When You Are Living with an Anxiety Disorder or Depression

50 WAYS TO HELP WHEN YOU'RE NOT FEELING WELL PSYCHOLOGICALLY

Date of publication: November 13, 2024

4-colour design with small sketches and illustrations

Let's talk about the psyche!

Anna Suchaneck has been affected by anxiety disorders and panic attacks since her youth, but it took her a long time to be able to openly confront them. Today, she readily acknowledges this condition and shares her experiences cheerfully and empathetically on her Instagram channel. Anna regards herself as a mental health activist and thus provides a valuable forum for many sufferers.

In her accessible style, she dispels preconceptions, shares encouraging experiences, explains lesser-known facts in straightforward terms, and raises general awareness. A refreshing educational book that provides immediate support on the topic of mental illnesses.

- An emergency kit for severe emotional situations, in an accessible question-and-answer format
- For beginners on the subject of mental health and mental illness – with encouraging ideas, everyday tips, and easy-to-understand facts

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AUTHOR

Anna Suchaneck



© privat

Anna Suchnaeck, born in 1988, now married and mother of three children, is currently studying psychology. She has been experiencing anxiety and an obsessive-compulsive disorder for many years, thus education and destigmatization around the topic of mental health are close to her heart. She has been successfully running the Instagram account [annas_fast_perfektes_leben](#), where she shares with her large community her everyday life as someone living with mental health issues, provides tips, imparts courage, and dismantles prejudices.



Reference Books, Personal Development, Reference Books, Psychology

Publishing House: Penguin
Format: Paperback
Pages & Size: 208 | 11,8x18,7 cm
Original title: Ich bin beziehungsstark

MARIANNE WELLERSHOFF (EDITOR)

I Am Relationship Competent

STRENGTHENING RELATIONSHIPS, ARGUING WITH FAIRNESS, COPING WITH CHALLENGING PEOPLE
3 TRAINING PROGRAMS FOR SUCCESSFUL INTERACTIONS

Date of publication: August 14, 2024

2-colour throughout

I am proficient in a relationship! Training program for positive interpersonal partnerships

How can we learn to accept our partners, friends, or work colleagues for who they are and treat them fairly in disagreements? How can we strengthen our relationships with others by improving communication? And how can we handle difficult people with understanding and composure?

This book shows how to enjoy healthy and happy relationships and build authentic connections in the process. It offers three easy-to-implement coaching sessions developed by professionals from various fields of psychology and counseling. Here are also self-tests, techniques to boost your mental strength, and many practical exercises and tricks to pave the way for positive and fulfilling relationships.

- Volume 8 of the successful Spiegel coaching book series
- Tips and strategies for happy and healthy interpersonal relationships, fair interactions, and dealing assuredly with complicated people

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Marianne Wellershoff

Marianne Wellershoff, born in 1963, is a German journalist, author and musician. She writes articles for the Spiegel and is interested in all things culture and society.

KATHARINA BÖTTGER, RENA WIESE

Baking Gluten-Free

50 SIMPLY FANTASTIC RECIPES FOR GLUTEN-FREE BREADS, ROLLS, CAKES, AND SNACKS

Date of publication: September 11, 2024

ca. 60 colour photographs

Gluten-free indulgence without any digestion issues or compromising on taste

Katharina Böttger and Rena Wiese, founders of the 'echt jetzt' brand, know quite a bit about gluten-free baking. Since 2019 they have been producing the finest gluten-free baked goods throughout Germany for people with coeliac disease and gluten intolerance, or for those simply interested in a gluten-free diet. The guiding principle of their business and of this book: high-quality ingredients with no additives, good nutritional values and, of course, fantastic taste. Here are simple, step-by-step instructions for crispy breads, pretzels, and pizza, heavenly apple and chocolate cakes, delicious cinnamon buns, cookies and more that taste great and are still all gluten-free. In addition, many recipes offer alternatives for a vegan, sugar-reduced or yeast-free diet, so there's something for everyone.

- Coeliac disease, gluten intolerance, gluten sensitivity – for anyone searching for a gluten-free diet



Reference Books, Cooking

Publishing House: Südwest

Format: Hardcover

Pages & Size: 160 | 19,5x24,0 cm

Illustrations: 60 color illustrations

Original title: echt jetzt glutenfrei backen

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Katharina Böttger



© good foods and beyond GmbH/Maximilian Mayer

Katharina Böttger studied communication science and cultural and media management in Augsburg and Berlin and worked as a managing director in the automotive industry. Two years after opening her own coffee bar in Munich, her own gluten intolerance inspired her to found her own gluten-free food production company, echt jetzt, together with her friend Rena Wiese.

AUTHOR

Rena Wiese



© good foods and beyond GmbH/Maximilian Mayer

Rena Wiese, a business IT graduate from Stuttgart, worked in IT consulting for 15 years before she and Katharina Böttger decided to revolutionize the gluten-free bread world in 2019 with the best products available for people who need or want to follow a gluten-free or low-gluten diet.

JANA DAHLMANN, FELIX DAHLMANN

The Skin Diet – The Cookbook

111 RECIPES FOR HEALTHY AND ATTRACTIVE SKIN – PUTTING AN END TO NEURODERMATITIS, PSORIASIS, ACNE, AND OTHERS

Date of publication: July 17, 2024

ca. 100 4-colour illustrations



**Reference Books, Cooking,
Reference Books, Health &
Alternative Healing**

Publishing House: Goldmann
Format: Paperback
Pages & Size: 256 | 17,0x24,0
cm
Illustrations: 111 color
illustrations
Original title: Die Hautdiät -
Das Kochbuch

Healing the skin from the inside with 111 delicious recipes


Anyone affected by neurodermatitis, psoriasis, rosacea, or acne often suffers in two ways – one from the unpleasant symptoms, and another when looking in the mirror. But there is a way to return to beautiful and healthy skin: the skin diet. Felix Dahlmann was himself afflicted with psoriasis. He has since developed a highly effective strategy that can be used to treat and even cure a wide range of skin problems naturally, from the inside out, without cortisone ointments or other skin care preparations. The core of his method is an alkaline-forming diet and the intake of specific nutrients through algae shakes and superfoods:

- Fluids such as lemon water, teas, and cold-pressed juices hydrate the body in a healthy way.
- Superfoods such as wheat grass and chlorella provide the cells the essential micronutrients.
- Various measures stimulate and support the detoxification organs of the body: liver, intestines, kidneys, lymphatic system, skin, and lungs.

Even skin diseases classified as 'incurable' by conventional medicine can be lastingly overcome. Here are 111 delicious and easy-to-prepare recipes that have been specifically developed to heal the skin from the inside.

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AUTHOR

Jana Dahlmann



© privat

Jana Dahlmann studied ecotrophology at the University of Giessen. Together with her brother Felix Dahlmann, a doctor specializing in skin health and author of "The Skin Diet", she develops healthy, delicious Skin Diet recipes suitable for everyday use.

AUTHOR

Felix Dahlmann



© privat

Felix Dahlmann is the founder and author of "The Skin Diet". Since successfully managing his chronic skin disease through diet and lifestyle changes over the past ten years, he has been committed to imparting the essential knowledge, the vital strategies, and the proper mindset to others. After completing his medical studies, he has continued to focus exclusively on creating holistic solutions for chronic (skin) conditions.

LENA MERZ, ANNINA SCHÄFLEIN

Family Table

THE COOKBOOK FOR FAMILIES WITH CHILD(REN) FROM THE AGE OF 1
OVER 70 RECIPES AND TIPS FOR STRESS-FREE MEALS WITH TODDLERS –
FROM THE BABY FOOD EXPERTS

Date of publication: September 18, 2024

ca. 70 colour photos

The family cookbook for enjoyable mealtimes together

For families with small children, here's the book that makes eating together enjoyable (again) and shows that nutritious and varied family cuisine is not at all difficult to achieve. With the over 70 recipes for conjuring up everyday meals for the whole family – quickly and with just a few ingredients – the little ones from the age of one can truly share in the enjoyment. Many tips help you to lessen demands on yourself and your children, to regain composure and sense of peace, and to feel less pressure and urgency when it comes to feeding children. For every day is different, and every child eats differently!

- Family cuisine without stress – quick and easy to prepare, high in nutrients and with plenty of variety



Reference Books, Cooking, Reference Books, Family & Parenting

Publishing House: Südwest

Format: Paperback

Pages & Size: 160 | 17,0x24,0
cm

Illustrations: 70 color
illustrations

Original title: Entspannt essen
am Familientisch

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Lena Merz



© Andrea Mühleck

Lena Merz is a nutritionist, experienced food editor, and cookbook author with years of experience, as well as a recipe developer, breastfeeding counselor (DAIS), and certified specialist for bottle and formula counseling. Along with Annina Schäflein, she founded the website www.breifreibaby.de and started their own business in 2016.

AUTHOR

Annina Schäflein



© Andrea Mühleck

Annina Schäflein is a trained health and nursing professional and specialist for baby-led complementary feeding, breastfeeding support (DAIS) and for picky eating in children, as well as a recipe developer and cookbook author.

CARINA WOHLLEBEN

Relaxed Vegan

THE SEASONAL COOKBOOK
ENJOYMENT SEASONALLY AND REGIONALLY
80 RECIPES FOR EVERYDAY, FAMILY, AND GUESTS

Date of publication: December 11, 2024

4-colour throughout



Reference Books, Cooking

Publishing House: Heyne
Format: Paperback
Pages & Size: 176 | 19,5x24,0 cm
Original title: Ganz entspannt vegan – Das Jahreszeitenkochbuch

Seasonal and regional vegan cooking – this is how it's done!

Those who follow a vegan diet often also have a healthy and sustainable lifestyle, which includes cooking seasonally and regionally. With her delectable recipes for every season, Carina Wohlleben shows how this is done. Her cookbook brings together the best main dishes, salads, soups, desserts, and snacks for every season. The recipes use only simple ingredients, and the easy-to-follow step-by-step instructions ensure success every time.

With helpful information on seasonal cooking and a detailed, well-organized seasonal fruit and vegetable calendar. The perfect complement to "Relax and Go Vegan – The Recipes".

- Spring, summer, fall, winter – wonderful favorite recipes for day-to-day life, family, and guests
- The sustainable way to cook – seasonal, regional, and without animal products

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AUTHOR

Carina Wohlleben



© Gaby Gerster

Carina Wohlleben, born in 1991, studied geography, nature conservation and landscape ecology in Bonn. In 2017 she became a partner and scientific advisor at the Waldakademie (a 'forest academy') founded by her father. In 2021, she qualified as a vegan nutritionist, and now runs vegan cookery courses alongside giving nutrition advice. She shares her experiences and recipes with her growing number of followers on Instagram (@vegan.wohl.leben). She is also co-founder of the vegan online platform 'Herbivora'.