

# Reference Books Autumn 2025



**REFERENCE BOOKS**

Autumn 2025

**Foreign Rights Guide**

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JOHANNES VOGEL (EDITOR), JOE VOGEL



### Psychology

Publishing House: Kailash  
 Format: Hardcover  
 Pages & Size: 256 | 13,5x20,6 cm  
 Original title: Hey Panik, komm mal wieder runter!

KLARA HANSTEIN

# Dear Panic, Calm Down!

21 STRATEGIES FOR OVERCOMING PANIC ATTACKS

Date of publication: September 24, 2025

4-colour throughout, with ca. 12 illustrations

## An indispensable companion on the path to inner serenity


Panic attacks can occur in a host of situations in life – in the elevator, in the waiting room, or anytime at night. Those affected experience a whirlwind of emotions ranging from fear, shock, complete loss of control over their own thoughts and body, to even a terrifying fear of impending death.

Klara Hanstein, an experienced psychologist and former sufferer herself, clearly explains how our nervous system works and why such attacks occur. Panic states are triggered by an overactive nervous system that erroneously assumes we are in a life-threatening situation. The easy-to-understand instructions and exercises are based on scientific findings and have been proven to restore calm to the mind and body.

- For all who want to repel their panic attacks and lead a self-determined life
- With 21 practical tools, Hanstein explains how to break the cycle of panic
- Illustrations, concrete examples, and easy-to-apply advice to make the book especially accessible

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### AUTHOR

Klara Hanstein



© privat

Klara Hanstein is a renowned clinical psychologist, health psychologist, and systemic psychotherapist. She offers comprehensive expertise in psychological care with advanced training in child, adolescent, and family psychology, and infant, child, and adolescent psychotherapy. She has been self-employed in Austria since 2010. Her first book, "Dear Fear, Shut Up!", was a great success. She reaches a wide readership through her social media channels, podcast, and weekly newsletter. Since March 2024, she has been giving an online course on anxiety and panic attacks.

VERENA KÖNIG

## Connected with You

A TRAUMA-SENSITIVE GUIDE THROUGH THE YEAR

**Date of publication: September 10, 2025**

### For a deeper connection to yourself and your environment

Whether as a daily reflection during moments of calm, or as support in times of stress, this superbly designed table organiser offers valuable suggestions for self-regulation, security, and presence. The 52 trauma-sensitive impulses, exercises, and reflective questions, inspired by polyvagal theory, will help us calm the nervous system and discover a deeper connection to ourselves and our surroundings. With places for writing personal thoughts and postcards that can be sent as loving messages, this is a versatile, practical companion that offers easy-to-implement tools for more inner peace, mindfulness, and inner balance.

- The beautifully designed, high-quality table stand with spiral binding – the perfect personal guide and source of inspiration
- Detachable postcards suitable for sending loving messages
- From the Number 1 Spiegel bestselling author (over 90,000 copies) with a large social media presence, her own podcast, and online courses
- With reflection questions, gentle exercises, impulses and inspirations, and strategies for calming the nervous system
- Rights of König's title "Trauma and Relationships" sold to: Czech Republic(Grada), Korea (Book21), the Netherlands (Harper Collins), Poland (Otwarte), Slovakia (Tatran)



#### Personal Development, Psychology

Publishing House: Arkana  
 Format: Calendar  
 With illustrations from: Verena Mayer-Kolbinger  
 Pages & Size: 108 | 18,0x17,0 cm  
 Original title: Verbunden mit dir

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Verena König



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Verena König is a trauma therapist, seminar leader, and author of the bestsellers "Trauma and Relationships" and "Am I Traumatized?". In her successful weekly podcast "Kreative Transformation", she speaks of trauma and its consequences, the nervous system, and healing in a scientifically sound and approachable way. She gives training in her Neurosystemic Integration® method for trauma-sensitive coaching and offers in-depth online courses for self-development.  
[www.verenakoenig.de](http://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.

JOCHEN PEICHL

# When Being Nice Becomes a Compulsion

STRATEGIES AGAINST TRAUMATIC STRESS

Date of publication: August 27, 2025

## Understanding the social reactions to traumatic stress

Everyone benefits from harmonious relationships. But displaying such behaviours as excessive desire to please, a marked addiction to harmony, or over-adaptation often leads to a range of negative consequences, including low self-esteem, chronic exhaustion, anxiety disorders, or depression. Such overly conformist behaviour is the result of early childhood stress and trauma experiences. The fawn response is a survival strategy in which people react to situations that seem threatening to them with submissive behaviour and self-sacrifice, and also repeatedly adopt this strategy in interpersonal relationships.

- In a well-founded, comprehensible way, Peichl explains the phenomenon of fawning to psychological and therapeutic specialists as well as those affected
- Shows how this trauma reaction influences everyday life, and provides strategies with which this problematic behaviour pattern can be interrupted
- Here is a book for helping those affected to defuse conflicts, reduce stress, find self-determination, and set realistic goals
- Compact and comprehensible introduction to a topic that is attracting more and more attention




### Psychology

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 240 | 13,5x21,5 cm  
 Original title: Wenn nett sein zum Zwang wird

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Jochen Peichl



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Dr. med. Jochen Peichl, born in 1950, is a specialist in neurology, psychiatry, psychotherapeutic medicine, and psychosomatics. He has completed various training courses in psychotherapy, including in ego-state-therapy, and was the senior physician for psychotherapy and psychosomatics at the Nuremberg Hospital until 2011. He is the author of many specialist books and popular publications for laypeople. Today he works in his own practice and heads the Institute for Hypno-analytical Part Work and Ego-State Therapy (InHAT).



### Psychology

Publishing House: Kailash  
 Format: Paperback  
 Pages & Size: 288 | 13,5x21,5 cm  
 Original title: Das Kind in dir muss Heimat finden

STEFANIE STAHL

# The Child Within You Must Find a Home

HOW BALANCING OUR DEEPLY ROOTED NEEDS WILL SOLVE ALMOST ANY PROBLEM

**Date of publication: October 22, 2025**

Rights sold to: Albania (Botart), Bosnia (Haustor), Brazil (Sextante), Bulgaria (Hermes), China (Beijing Zhengqing), Croatia (Harfa), Czech Republic\*, Denmark (Bechs Forlag), Estonia (Helios), Finland (Basam), France (Trédaniel), Greece\*, Hungary (Park), Indonesia (Noura), Italy (Vallardi), Israel (Kinneret), Japan (Daiwa Shobo), Korea (Wisdom House), Latvia (LINA), Lithuania (Briedis), Montenegro (NOVA), The Netherlands (Panta Rhei), North Macedonia (Tri), Norway (Bechs Forlag), Poland (Otwarte), Portugal (Lua de Papel), Russia (Eksmo), Serbia (Laguna), Slovakia\*, Slovenia (Učila), Spain (Edaf)\*, Sweden (Bechs Forlag), Romania (Litera), Taiwan (China Times Publ. Co.), Thailand (Mind & Thought)\*, Turkey (Pegasus), Ukraine (Family Leisure Club), United Arab Emirates (Dar El Fikr El Mouaser), USA/World English (PRH/Penguin), Vietnam (Vietnam AZ)

\*Rights available again

## 10 years of "The Child Within You..." – the celebratory anniversary edition

Every person longs to be accepted and loved. Ideally, during childhood we develop the necessary sense of trust and self-confidence that will help us through life as adults. But the traumas that we also experienced in childhood unconsciously shape and determine our entire relationship life.

The successful author Stefanie Stahl has developed a new, effective approach for

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Stefanie Stahl



© Susanne Wysocki

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists. In 2023, her book "The Child Within You Must Find a Home" was for the seventh time in a row the bestseller of the year in Germany.  
[www.stefaniestahl.de](http://www.stefaniestahl.de)

working with the “inner child”: if we make friends with this inner child, we will discover amazing ways to resolve conflicts, make relationships happier, and find answers to (almost) any problem.

- With a new foreword by the author
- The unique bestseller phenomenon: on the Spiegel non-fiction bestseller list without interruption since 2016, eight times in a row as the No. 1 annual bestseller and awarded the TikTok Book Award as Book of the Year in 2023
- Rights sold in 40 languages, 5 million copies sold

TAMARA DIETL

# The Soul Is Still a Pedestrian

ON LEADING A SUCCESSFUL LIFE IN A CHANGING WORLD

Date of publication: October 15, 2025

## How we can still live a successful life in the face of profound upheaval

We all face personal challenges, from individual problems to severe crises, throughout our lives. In the manageable, orderly, peaceful world into which we were socialized in the Western industrialized nations, and in which prosperity and consumption have steadily increased since the 1950s, we had for decades a stable "external" framework that gave us a sense of security in dealing with our personal crises. This old, stable world is currently crumbling.

Tamara Dietl uses her personal story, starting with the death of her husband, to describe how she has dealt with her personal fate and her individual crises, as well as the collective, social crises. She shows how the tools she uses as a crisis coach have been helping her, but also that even she, an expert on crises and resilience, reaches her limit at some point. Between her 50th and 56th birthday, she went through what often happens over a couple of decades: she became a widow and an orphan. But as if her personal crises were not already more than enough, the great collective crises of the 21st century, namely climate, corona, and war, seamlessly followed her misfortune.

A book revealing how it is still possible to lead a successful life in the face of profound upheaval

- We must give something to life – a new competence of "growing up" is needed



### Personal Development

Publishing House: btb

Format: Hardcover

Pages &amp; Size: 224 | 12,5x20,0 cm

Original title: Die Seele bleibt Fußgänger

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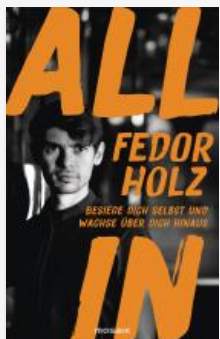
### AUTHOR

Tamara Dietl



© Dagmar Morath

Tamara Dietl, born in 1964, began her career in journalism at the Hamburger Morgenpost as a court reporter. In 1988 she became a producer at Spiegel TV, where she remained for over ten years, producing portraits of Willy Brandt, Romy Schneider, Marlene Dietrich and others. Today she works as a consultant and business coach with clients from business, politics, and the media. She completed additional training as a meaning and value coach based on Viktor Frankl.



**Personal Development**

Publishing House: Mosaik Verlag  
 Format: Hardcover  
 Pages & Size: 192 | 13,5x21,5 cm  
 Original title: All in

FEDOR HOLZ

# All In

BEAT YOURSELF AND GROW BEYOND YOURSELF

**Date of publication: September 10, 2025**

## The best poker player in the world on mental strength, success, and personal growth

Functioning under pressure, weighing options and predicting outcomes, analyzing one’s opponent and reacting flexibly, making decisions and yet also knowing where and when we are not in control of everything. As one of the world’s best poker players, Fedor Holz has acquired qualities and insights that anyone can benefit from in terms of achieving personal fulfillment and professional success. Now, in his first book, he tells of his path to the top, the moments of failure along the way, and the lessons he learned in between. He shares inspiring ideas for dealing with stress, building resilience and nurturing self-motivation, and achieving inner peace.

- A book for all who desire for more and want to reach their full potential
- Wide reach: 90,000 followers on Instagram, 80,000 on Facebook, 15,000 subscribers to his poker course
- Astounding insights on functioning under pressure, inner calm, resilience, failure, psychology, and personal development
- For readers of David Goggins, Arnold Schwarzenegger, and Shi Heng Yi

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**AUTHOR**

Fedor Holz



© David Payr

Fedor Holz, born in Saarbrücken in 1993, is Germany’s best known poker professional and the only player in the world to have been ranked number one in both online and live poker. He has won over \$50 million in prize money. In addition to his playing career, he is active as an investor and entrepreneur, including with his poker school Pokercode, and also works as a coach and lecturer.

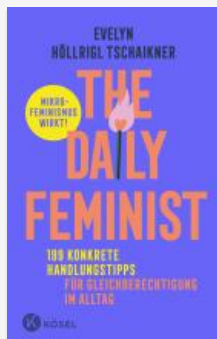
EVELYN HÖLLRIGL TSCHAIKNER

## The Daily Feminist

199 CONCRETE TIPS FOR EQUALITY IN EVERYDAY LIFE

**Date of publication: September 24, 2025**

2-colour throughout



### Personal Development

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 272 | 13,5x21,5 cm  
 Original title: The Daily Feminist


### Small effort, large impact! Microfeminism works!

Our society is governed by the male norm – be it working hours, job opportunities, language, beauty, health, or sexuality. While men occupy space, women are often merely assigned a spot. Mostly it is not the overt injustices that are frustrating, but the many inconspicuous, widely accepted microaggressions that women experience every day. But you can counter this – with microfeminism! This book shows how to stand up for yourself and others with small gestures, witty remarks and observations, and potent mini-actions. In her well-founded, entertaining and encouraging way, Evelyn Höllrigl Tschaikner shows that the power of microfeminism is that it doesn't depend on a large format. Precisely because it does not come across as "big", it can convey courage and success to women.

- Feminism to go: Low-profile approach to a powerful topic

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Evelyn Höllrigl Tschaikner



© Myriam Frank

Evelyn Höllrigl Tschaikner is a freelance journalist and former editor. She has a degree in journalism and communication studies, and has written about motherhood and 'remaining a woman' on her blog Little Paper Plane since 2016.

TIJEN ONARAN



## Only Those Who Say it Right Will Reach Their Goal

COUNTER WITH QUICK WIT, ARGUE INTELLIGENTLY, PROJECT SELF-CONFIDENCE

**Date of publication: October 22, 2025**

### Never again speechless!

“I wish I’d said ...”: Whether in a salary negotiation with your boss, an altercation with your partner, or a political debate at a family dinner – do you often find yourself in awkward situations, confronted with critical comments or questions, and afterwards are annoyed that you didn’t respond better, argue more convincingly, or counter with quick wit?


In her new book, entrepreneur, speaker, and communications expert Tijen Onaran provides invaluable strategies and easy-to-implement tips on how to be prepared for challenging dialogue situations. Inspired by the ups and downs of her own eventful career, she reveals how we can confidently raise our voice, resolve conflicts, and stand up for ourselves and our goals at work, in social situations, and in the digital space.

The must-read for anyone who wants to speak clearly and assertively.

- The popular entrepreneur, speaker and bestselling author Tijen Onaran shares practical strategies and easy-to-implement tips for a confident and quick-witted demeanor in all situations.

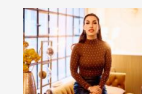
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Tijen Onaran



© Daniel Sommer

Tijen Onaran, born in 1985, is an entrepreneur, investor, author, and one of Germany’s most respected opinion-makers concerning diversity and female empowerment, as well a prominent voice in German business. She was voted among the 100 most influential women in German business by Manager Magazin, she is a LinkedIn Top Voice and has received several awards, including the German Reading Prize from the Reading Foundation. Her books published by Goldmann include the Spiegel bestsellers "Nur wer sichtbar ist, findet auch statt" ("Only Visible People Are Present") and "Be Your Own F\*cking Hero".

#### Career & Coaching, Personal Development

Publishing House: Goldmann

Format: Paperback

Pages & Size: 256 | 13,5x21,5 cm

Original title: Nur wer’s richtig sagt, kommt ans Ziel



### Hobbies & Crafts, Personal Development

Publishing House: btb  
 Format: Hardcover  
 Pages & Size: 200 | 13,5x21,5 cm  
 Illustrations: 13 color illustrations  
 Original title: Das Jahr der Wunder

MELANIE RAABE

## A Miraculous Year

365 BEAUTIFUL, CREATIVE AND INSPIRATIONAL IDEAS FOR HOW TO BE MORE JOYFUL

Date of publication: September 10, 2025

### What would your life look like, if you did something creative each day for a year?

"A Miraculous Year" is about leading a more inspired life. About not letting each day just flow past, but instead be more mindful of all the interesting things, people and events around us that can help us move forward on our journey through life. It is about how we can recharge our batteries with both big and small creative acts, especially in these chaotic and scary times. And about how we can regain our capacity for joy and not lose sight of the beauty around us.

"A Miraculous Year" constitutes a unique approach to leading a more creative life: if you want to counteract feelings of helplessness and fear, there's only one thing for it: do something! Bring something beautiful, cheerful, fun, profound into the world. Whether it's Venetian canals or a little cottage garden, Taylor Swift or Marina Abramović, swifts or foxes, small joys, important issues or precious moments of silence – they all play their part. And the 365 little creative challenges in this book can help you, too, discover your happiness.

- Twelve chapters, 365 suggestions – but instead of being arranged by months and seasons, how you shape your miraculous year is entirely up to you
- Let the lovely, quirky and remarkable stories in this unique self-help book inspire you to see the world differently
- An invitation to be more creative in tough times, with stunning colour

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Melanie Raabe



© Christian Faustus

Melanie Raabe was born in 1981. After her studies she worked as a journalist during the day and secretly wrote books at night. "The Trap" was published in 2015, followed by "The Truth" in 2016, "The Shadow" in 2018, and "The Woods" in 2019. Her novel "Die Kunst des Verschwindens" ('The art of disappearing', 2022) was her first thriller. Her books have been translated into 22 languages so far, and many have been adapted for the screen. She is passionate about creativity and inspiration, as evidenced by her 2020 book "Kreativität – Wie sie uns mutiger, glücklicher und stärker macht" ('How being creative makes us braver, happier and stronger') and the podcast Raabe & Kampf, which she co-hosts with artist Laura Kampf.

illustrations by Rumi Benecke.

JANA SOLVEJG, UWE LERCH

# Amplify Your Life

DISCOVER THE POWERFUL COMBINATION OF MINDFULNESS AND HEAVY METAL

**Date of publication: July 30, 2025**

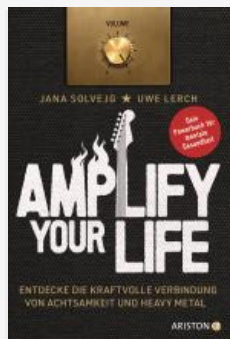
ca. 24 photographs

## Your power book for mental health

Amplify Your Life is your reliable tour guide for a self-determined life. Here, proven mindfulness techniques, smart life hacks and powerful rock star routines merge with the pure energy of rock “n” roll.

Jana Solvejg and Uwe Lerch show you how to turn your zest for life up to 11 and keep it there. With the exclusively developed Rockstar Roadmap, you can get straight to work – for a life lived at full volume!

Well-known musicians from the scene reveal their strategies for coping with everyday life as a rock star: Andy Brings (Ex-Sodom), Chris Caffery (Savatage, Trans-Siberian Orchestra), Danny Vaughn (Tyketto), Doro Pesch (Doro), Eva Marie (Eva Under Fire), Gerre (Tankard), Glenn Hughes (Ex-Deep Purple, Black Country Communion), Hannes Braun (Kissin’ Dynamite), Hans Ziller (Bonfire), Hansi Kürsch (Blind Guardian), Jarvis Leatherby (Night Demon), Joey Tempest (Europe), Mat Sinner (Primal Fear), Michael Kiske (Helloween), Michael Rhein (In Extremo), Mille Petrozza (Kreator), Ralf Scheepers (Primal Fear), Rudolf Schenker (Scorpions), Schmier (Destruction), Tarja Turunen (Tarja, Ex-Nightwish), Tobias Sammet (Avantasia), Udo Dirkschneider (U.D.O., Dirkschneider), Wolf Hoffmann (Accept).




### Personal Development

Publishing House: Ariston  
Format: Paperback  
Pages & Size: 384 | 13,5x20,6 cm  
Illustrations: 3 b/w illustrations  
Original title: Amplify Your Life

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Jana Solvejg



© Janine Bach Fotografie

Jana Solvejg is a mental coach and offers tailor-made training courses for companies. As a certified spiritual business coach, she supports executives and teams as well as individuals and couples in achieving greater resilience and ease in their lives.

### AUTHOR

Uwe Lerch



© Janine Bach Fotografie

Uwe Lerch brings brands to life through media and events, and is known for his work as a music TV presenter and podcast producer. The passionate record collector keeps fit with daily rock star routines and enjoys sharing his experiences.

NATASCHA WEGELIN

# The Crisis Loves Women Like You

FINANCIALLY RESILIENT THROUGH UNCERTAIN TIMES

Date of publication: November 12, 2025

## Only when we have financial resilience can we act in a truly self-determined way

In the current multi-crisis, our financial security is in jeopardy: inflation, the economic downturn, artificial intelligence, the shift to the right, and the global political situation are causing uncertainty – especially among women, who are frequently in a worse financial position than men as a result of unpaid care work and the gender pay gap.

Many are wondering whether their ETF savings plan is still sufficient, and some just don't even dare to deal with the matter. But right now, financial foresight and crisis-proof strategies are crucial. It's time to become financially resilient: to build resilience in order to survive times of crisis – and even to grow from such times such that you in the end you emerge stronger.

Natascha Wegelin shows us how, with answers to such questions as: How can we invest our money strategically, sensibly, and opportune to the times in order to remain secure in the future? What options are there to an ETF savings plan? What precautions should we take to be able to face personal, economic, and political crises with more composure? And how can we achieve financial security despite maternity leave or divorce – and even in politically and economically turbulent times?




### Personal Development

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 256 | 13,5x20,6 cm  
 Original title: Die Krise liebt Frauen wie dich

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Natascha Wegelin



© Mirjam Hagen

Natascha Wegelin, born in 1985 in the Ruhr area, is an entrepreneur and private investor. After studying business administration and gaining her first professional experience at such places as Parship and Google, at the age of 26 she founded her own company. Since 2016, she has been running the blog 'madamemoneypenny.de' which informs women about financial independence. She also offers women-only webinars and seminars about financial issues. Her first book "Madame Moneypenny: How Women Can Take Their Finances into Their Own Hands" was on the Spiegel bestseller list for many weeks.



### Personal Development, Spirituality & New Age

Publishing House: Irisiana  
 Format: Hardcover  
 Pages & Size: 208 | 13,5x21,5  
 cm  
 Original title: You Manifest  
 You

CLOUDY ZAKROCKI

## You Manifest You

MANIFEST YOUR VERY BEST LIFE WITH THE HELP OF SELF-KNOWLEDGE,  
 NEUROSCIENCE, AND A POSITIVE MINDSET

**Date of publication: September 24, 2025**

### Self-knowledge as a booster for your powers of manifestation

Manifesting is much more than something you write down on a piece of paper, and it is nowhere as easy as a simple "making a wish". Cloudy Zakrocki understands manifesting to be an internalised way of life based on self-awareness, self-confidence, and a powerful mindset.

It means knowing exactly who you are and what you want and doing something yourself to become the person who is able to obtain what you want. To manifest also involves applying proven systematics from psychology, neuroscience, and brain research.

Manifesting means living your life in a self-determined way. The author knows this from personal experience, as, just as described in this book, she has consciously manifested her cosmopolitan life between London and Berlin as an entrepreneur, coach, and journalist.

- Many practical exercises and easy-to-understand explanations for overcoming negative beliefs, building self-confidence, and making real-life changes
- The author is the perfect role model for successful manifesting with the help of psychology, quantum physics, and brain research
- For readers of Roxie Nafousi, Glennon Doyle, and Karin Kuschik

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#### AUTHOR

Cloudy Zakrocki



© Nikk Martin

Cloudy Zakrocki is a journalist, mentor, and dynamic entrepreneur. She began her career as the first German female blogger, then became editor-in-chief of various internationally renowned magazines such as Interview Magazine and Refinery29, set up her own business as a brand and media specialist, and founded an agency and an interior label. Her latest of all this is her mentoring program 'You Do You', in which she imparts to women the power and know-how to create their best life. She lives in Berlin and London.



### Family & Parenting

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 Claudia Meitert  
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 Original title: Geboren &  
 Geborgen

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 RENZ-POLSTER, DIANA SCHWARZ, CARINA THIEMANN, EVELYN HÖLLRIGL  
 TSCHAIKNER

## Born and Loved

AFFECTIONATE ORIENTATION FOR THE FIRST TIME WITH THE BABY

**Date of publication: July 30, 2025**

4-colour illustrations throughout

### The perfect welcoming gift!

When we become parents, we start existing in a personal universe – and the planet around which we will be orbiting in the coming years is our baby. How fortunate it is that there are people who will support us sympathetically! And how wonderful when they are professionals themselves: skilled midwives, experienced pediatricians, attachment experts, specialists in psychology and education, and even journalists with a sharp eye for parenthood and the spaces in which parenting takes place.

In this unique and beautifully designed volume of letters, 16 renowned personalities and bestselling authors share what they themselves have learned from the adventure of having a baby. They are good fairies who, with their very personal experiences and knowledge, offer wholehearted advice. And, of great importance, they confess to us those things that they wish they had known much

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© Barbara Andres

Annegret Augustin studied book sciences, theater and media studies and Slavic studies. Since 2019, she has been an editor for the family and parenting list at Munich-based Kösel Verlag.

### EDITOR

Charlotte Rock



© Gele Schwab

Charlotte Rock has been an editor for family and parenting titles at Munich-based Kösel-Verlag since 2021. She studied history, political science and German studies.

earlier, and thus what they would do differently today.

A great treasure for the first year of babyhood – and a hug for all those going through it!

The authors and their topics:

1. Nicola Schmidt: What's allowed when you're new parents
  2. Wolf Lütje: Making peace with birth
  3. Anna Mendel: When your child is born with a disability
  4. Maren Leerhoff: Is this still my body?
  5. Bea Merscher: Hello, this is the pediatrician writing!
  6. Susanne Mierau: The miracle of bonding
  7. Ludwig/Schwarz: The best life hacks for your everyday life with baby
  8. Daniela Dotzauer: What's most important about baby sleep and soothing
  9. Kareen Dannhauer: Who am I and if so, how many?
  10. Rösler/Tschaikner: Forget the maternal instinct!
  11. Mino: Between loneliness and belonging
  12. Carina Thiemann: The mild heart, or everything has a good reason!
  13. Sümeyye Lambrecht: A baby? Welcome to the rollercoaster of emotions!
  14. Laura Fröhlich: Understanding mental load – and withstanding it
  15. Celsy Dehnert: How to parent well in spit of lacking a role model
  16. Herbert Renz-Polster: Baby time is over? Now it's getting really exciting!
- A warmhearted welcome book for new parents
  - Encouragement and survival tips from the prominent names of the parent–baby scene
  - Know-how that makes everyday life with a baby easier
  - Captivating texts in letter form, written especially for this volume
  - Bestselling authors and baby professionals share their knowledge and personal experiences
  - Short chapters – ideal for occasional reading
  - A variety of perspectives and diverse voices – a book that includes all types of families

## AUTHOR

Yassamin-Sophia Boussaoud



© privat

Yassamin-Sophia (Mino) Boussaoud was born in 1990 in Prien am Chiemsee, Germany. As the child of a Tunisian father in a working-class family, her life in the deeply conservative and very wealthy Chiemgau region was an emotional challenge. Racism, classism, and fatphobia were always present. Mino now writes about these experiences under the name @minoandtheirchaos, and they have published several volumes of poetry, which are attempts at finding language between radical gentleness and gentle radicalism. Boussaoud's first novel was published by Haymon Verlag in the fall of 2024. Yassamin-Sophia (Mino) Boussaoud identifies as a queer, fat, non-binary person. Mino is married with two children and lives with their family in Munich.

## AUTHOR

Kareen Dannhauer



© EYECANDY Berlin

Kareen Dannhauer works as a freelance midwife in Berlin. She has 30 years of experience and has completed numerous advanced training courses in the field of obstetrics, naturopathy, and family therapy. She is the author of various successful books, among them "Guter Hoffnung" and "Schwanger werden" ('Becoming Pregnant'). On her blog and Instagram, she regularly provides fascinating insights into the desire to have children, pregnancy, birth, and the baby period. She has been podcasting with Sissi Rasche in "Hebammensalon"

(Midwifery Lounge) since 2020. In 2004, she founded her product line of nutritional supplements, teas, and care products for pregnant women: 'into life – hinein ins Leben'.  
into-life.de

## AUTHOR

Celsy Dehnert



© Tassja Rother von Fantassja Fotodesign

Celsy Dehnert, born in 1990, already knew by the age of 14 that she wanted to write for major media about the injustices she was encountering on a daily basis. At 26, she started her own business to pursue her dream. Her writings appear in the Süddeutsche Zeitung, the Sächsische Zeitung, and Brigitte, among others. She is well connected and shares her content with her community on Instagram and in her blog. Her highly acclaimed book "The Feeling of Poverty" was published in 2024.

## AUTHOR

Daniela Dotzauer



© privat

Dr. Daniela Dotzauer is a physician who worked at the Munich Children's Center in the Munich Consultation Hour for Crying Babies and has been providing parent, infant, and toddler counseling and education for 20 years. She is a lecturer on many topics related to early childhood and the author of the textbook "Baby Sleep",

published by Mabuse.

## AUTHOR

Laura Fröhlich



© Privat

Laura Fröhlich works as a journalist and in online marketing, and is a book author and mental load expert. On her successful blog "Heute ist Musik" she deals with compatibility, feminism and financial independence of women – topics on which she also holds workshops, webinars and lectures. After studying German literature in Constance and Vienna, she completed a publishing traineeship, worked in press relations and became self-employed as a lyricist and journalist. She is married and has three children.  
Read more at [www.heuteistmusik.de](http://www.heuteistmusik.de)

## AUTHOR

Sümeyye Lambrecht



© Eslem Mutlu

Sümeyye Lambrecht, a German-Turkish Muslim grew up in both Germany and Turkey and now lives in Hamburg with her multicultural family. As an education specialist, she has been working with children, parents, educators, associations, and government agencies for over 11 years. She has managed daycare centers, and now coaches families and leads training courses for government institutions and educational staff.

## AUTHOR

Maren Leerhoff



© privat

Maren Leerhoff is a freelance midwife specializing in prenatal care, postnatal care, and birth preparation courses. An empathetic, attentive approach to newborns and their parents forms the basis of her work, which she, herself a mother of two, pursues passionately. For many years she has shared midwifery content on Instagram (@hebammemaren). In her podcast 'Mutters Mund' she talks about her profession, her own family experiences, and the female body. In 2024, she published "Love in Times of Parenthood: Staying a Couple with a Baby".

## AUTHOR

Frauke Ludwig



© Peter Unsinn

Diana Schwarz and Frauke Ludwig are directors of a babywearing school that provides professional training for baby-carrying consultants and advises well-known manufacturers. They also developed the bonding-oriented course BabySteps® and organise the Attachment Parenting Congress in Hamburg.

## AUTHOR

Wolf Lütje



© Kerstin Pukall

Dr. Wolf Lütje, born in Hamburg in 1957, was a specialist in gynecology and obstetrics at the Krankenhaus Dritten Orden in Munich for over 17 years, most recently as senior consultant. From 2004 to 2011, he was chief physician at the Viersen General Hospital. Since July 2012, he has been chief physician in the Department of Gynecology and Obstetrics at the Evangelical Amalie Sieveking Hospital in Hamburg, which was the first hospital in Germany to be awarded the Baby-Friendly Hospital certificate by WHO and UNICEF. He is president of the German Society for Psychosomatic Gynecology and Obstetrics (DGPF e.V.). He is also an author, speaker, and passionate father.

## AUTHOR

Anna Mendel



© Franziska Krämer

Anna Mendel is an author and speaker on the topics of anti-racism, feminist parenting, body neutrality, nurturing and equal parenting, autism spectrum disorders, and Down syndrome from a parent's perspective. In 2021 she published her book "We", in which she describes her family life with two disabled children. Her children's book "Linus Loves Light" explains the importance of stimming for people with autism.

## AUTHOR

Bea Merscher

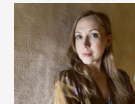


© Gabriela Lapa

Dr. Bea Merscher studied medicine in Frankfurt and Coimbra, Portugal. Through extensive travel she became familiar with the healthcare systems of other countries, including Jamaica, Colombia, Lesotho, Guinea, and Brazil. She completed her pediatrician training in Switzerland. She holds a master's degree in public health and is a reviewer for various medical journals. She also advises parents online on questions related to children's health (@dr.bea.kinderärztin). She is a mother of two.

## AUTHOR

Susanne Mierau



© leitmedium

Susanne Mierau, born in 1980, is one of Germany's best-known experts in the field of attachment- and needs-oriented family life. As a degreed educationalist, she studied and taught at the Free University of Berlin before opening her own family support practice. Since 2012, her blog 'Geborgen Wachsen' (Growing Safely), along with its associated social media channels and the Geborgen Wachsen forum, has been a resource for families on all questions related to everyday family life. She leads online workshops, gives lectures for parents and professionals, and has published several successful parenting guides.

## AUTHOR

Annika Rösler



© Franziska Freiwald

Annika Röster is a freelance journalist, author, and mother of three. With her honest online and offline writing, she aims to inspire laughter, relaxation, and encouragement, while presenting an authentic picture of motherhood.

## AUTHOR

Nicola Schmidt



© Diptica.com

Nicola Schmidt is a mother of two, bestselling author, political scientist, science journalist, trained coach, and founder and managing director of the "artgerecht" project. She offers education and training for professionals and wilderness camps for families. [www.nicolaschmidt.de](http://www.nicolaschmidt.de)

## AUTHOR

Herbert Renz-Polster



© Judith Polster

Herbert Renz-Polster (MD, PhD) is a paediatrician and scientist, and has trained in both Europe and the USA. The Spiegel bestselling author is considered one of the most renowned voices in the questions of child development. His works Human Children and Understanding Children have permanently influenced the parenting discussions in Germany. He has four children and three grand-children. [www.kinderverstehen.de](http://www.kinderverstehen.de)

## AUTHOR

Diana Schwarz

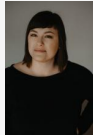


© Peter Unsinn

Diana Schwarz and Frauke Ludwig are directors of a babywearing school that provides professional training for baby-carrying consultants and advises well-known manufacturers. They also developed the bonding-oriented course BabySteps® and organise the Attachment Parenting Congress in Hamburg.

## AUTHOR

Carina Thiemann



© Feyzan-Gazel Güner

Carina Thiemann is an educator, social and trauma-informed worker, and systemic family therapist in training. She has worked as an educator, social pedagogue, and facility manager, including in daycares and kindergartens, after-school care, child and adolescent psychiatry, and youth welfare departments. In 2021, she founded Weltvonunten, which has nearly 100,000 followers on Instagram. As a consultant, she accompanies families and educational professionals.

## AUTHOR

Evelyn Höllrigl Tschaikner



© Myriam Frank

Evelyn Höllrigl Tschaikner is a freelance journalist and former editor. She has a degree in journalism and communication studies, and has written about motherhood and 'remaining a woman' on her blog Little Paper Plane since 2016.

MARGA BIELESCH

# Attachment-Oriented Parenting as a Team

SHARING EMOTIONAL LOADS, OVERCOMING CONFLICTS TOGETHER AND EMERGING FROM THEM STRONGER AS A PARENTING COUPLE

**Date of publication: September 24, 2025**

2-colour throughout

## Resolving parenting conflicts and growing together as parents

The experienced couples therapist Marga Bielech encounters these recurring classical crises in her practice: Who brings up the child "better" and who is doing it "wrong"? Who carries the mental and emotional burden and who takes on the financial responsibility?

Behind these questions often lies the desire for recognition, appreciation, and space for oneself. It is also about criticism, excessive demands, exhaustion and stress, about compromises and the division of tasks. Childhood experiences, bonding experiences in the family of origin, and individual "parenting backpacks" as well as a possible lack of role models have significant impact and represent enormous potential for conflict. Yet what is reassuring is that such conflicts can even strengthen parenting couples. This book shows how it can all be accomplished!

- With numerous strategies for talking to each other and emerging stronger from parenting crises
- A resource-orientated treasure chest for the parenting relationship!
- Trend topic "emotional load" with a strong focus on parenting conflicts



### Family & Parenting

Publishing House: Kösel  
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 Original title:  
 Bindungsorientierte Erziehung als Team

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Marga Bielech



© Paul Träger

Marga Bielech is a psychotherapist, systemic counsellor, SAFE mentor, occupational therapist, and couples therapist. Since 2015 she has been working in her own practice specialising in couples therapy. She is the owner of SPRECHZEIT in Weimar, a therapeutic practice for language, bonding, and relationships. In 2018, she founded the renowned private educational institution and brand THEKLA®, with attachment-oriented training for couple and family counsellors, including attachment sensitivity, attachment-enhancing play, and attachment-oriented concepts.  
[www.thekla.de](http://www.thekla.de); <http://www.praxisbielesch.de>

- Numerous exercises, practical examples, and reflective questions

INÉS BROCK-HARDER

# A Strong Bond Despite a Difficult Start

PROCESSING STRESSFUL EXPERIENCES SURROUNDING BIRTH AND BUILDING A SUCCESSFUL PARENT–CHILD RELATIONSHIP

**Date of publication: October 29, 2025**

## How birth shapes our children’s lives

Traumatic births and arduous experiences surrounding pregnancy and childbirth are not only stressful for parents, but have been proven to have enormous impacts at the onset of positive bonding, infant health, and long-term child development.

With this specialist guide, the renowned therapist Inés Brock-Harder makes a much-needed contribution to a better understanding of the connections between (pre-)natal experiences and the processing of them after birth. She shows how child-friendly obstetric care and support, and especially sensitive postnatal support, can contribute to the early recognition and resolution of trauma caused by the birth experience and early attachment disorders. She presents parents and professional carers with many strategies and especially empowers parents to encounter this constructively and to support and nurture their children in the best possible way from the very beginning.

- Constructive approach – resolving and processing birth trauma for a strong bond between parent and child




### Family & Parenting

Publishing House: Kösel  
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 Pages & Size: 256 | 13,5x21,5 cm  
 Original title: Starke Bindung trotz schwierigem Start

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Inés Brock-Harder



© privat

Dr. Inés Brock-Harder is an educational specialist, child and adolescent psychotherapist, and supervisor. She trains psychotherapists in areas such as pregnancy, birth and postpartum and is active in teaching supervision for child and adolescent psychotherapists as well as in university teaching for psychology (MA) with a teaching and research focus on pre-, peri- and postnatal psychology. She was an expert in the Children’s Commission of the German Bundestag in 2019 on the mental health of children (in relation to the effects starting at birth). She is a member of the German Society for Midwifery Science (DGHWi) and head of the Child, Attachment and Mental Development section. As an expert, she can regularly be seen and heard in various media.  
[www.ines-brock.de/home](http://www.ines-brock.de/home)

JULIA CAMMANN

## I Will Translate Your Child for You

HOW TO ACCOMPANY YOUR CHILD IN A BONDING-ORIENTED WAY –  
WITHOUT LOSING YOURSELF

**Date of publication: October 29, 2025**

For parents of children in the autonomy phase (approx. 1–5 years)

2-colour throughout

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### Your bond is much stronger than you think!

Julia Cammann, an educator, offers a clear and authentic guide for parents who want to raise their children in an attachment-orientated way without getting burnt out themselves.

With her videos, the author strikes a chord with many parents, especially those of children in the autonomy phase. She translates for parents the true needs that may lie behind a child's behavior in a vivid and developmentally appropriate way. Her relieving yet appreciative approach to concrete everyday situations offers eye-opening and empowering guidance in the jungle of online advice. She shows, in a realistic and accessible way, how parents can reconcile attachment and autonomy without falling into the trap of perfectionism, overprotection, or excessive demands. She reveals why it is so important to allow frustration and disappointment to arise in order to build a healthy and strong relationship with one's child.

- With practical tips which help parents focus on what's important – without the pressure of having to do everything right
- An original approach to a perennial topic – the child explains to the parent what's



#### Family & Parenting

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Publishing House: Kösel


Format: Paperback

Pages & Size: 208 | 13,5x21,5  
cm

Original title: Ich übersetze dir  
dein Kind

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Julia Cammann



© David Bolley

Julia Cammann is a social worker and, as @aylahni, supports her nearly 70,000 followers on Instagram and nearly 210,000 followers on TikTok with all questions related to the needs-based upbringing of children. She lives near Munich with her two children.

happening inside them and what they really need from their parents in a given situation

KIRAN DEURETZBACHER

## Strong Feelings, Strong Support

SELF-REGULATION FOR YOU AND YOUR CHILD

33 PHYSICAL EXERCISES FOR YOUR FAMILY LIFE – FROM 3 YEARS OF AGE

**Date of publication: October 22, 2025**

2-colour throughout, numerous illustrations

### Challenging feelings? This is how to welcome them!

Emotions can really take hold of children – and adults as well! Out of nowhere, children start crying, stomping, or shouting. Anyone who wants to respond to their child in a needs-orientated way is often perplexed at this point. How can we manage feelings properly and manage them over time? And how do we feel about all this ourselves?

In this book, occupational therapist, family counsellor and neuro-embodiment coach Kiran Deuretzbacher shows us how we can react with strong bonding in everyday stressful situations. In this, she turns the body into our ally. Conscious access to the nervous system is the key to impulse control and regulation. These 33 easy-to-implement exercises enable us to deal with our feelings in a healthy way quickly and without a great amount of effort – and so to live our everyday family life with more connection, intimacy, and self-effectiveness.

- New, easy-to-apply strategies
- Straightforward approaches that engage the body
- Based on the latest scientific findings (nervous system regulation, attachment research, and developmental psychology)
- Detailed exercise section with humorous illustrations by Susanne Göhlich



#### Family & Parenting

Publishing House: Kösel  
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 Susanne Göhlich  
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 starker Halt - Selbstregulation  
 für dein Kind und dich

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Kiran Deuretzbacher



© Lina Rübke

Kiran Deuretzbacher is an occupational therapist, attachment- and relationship-oriented parent, family, and couples counselor, neuroembodiment coach, and a trauma-sensitive coach. Since 2020, she has been offering the popular course "Expedition into Trust", which combines needs-based learning and embodiment. She is a mother of three children.  
[bindung-beziehung.de](http://bindung-beziehung.de)

## ILLUSTRATOR

Susanne Göhlich



© Brigitta Kowsky

Susanne Göhlich, born in 1972, started drawing while still studying art history, and now freelances as an illustrator of school and children's books.

FRANZISKA HOHMANN, NINA FAECKE

# It's Good that You're No Longer Here

THE TOXIC RELATIONSHIP WITH MY MOTHER – AND HOW I LEARNED TO LET GO OF IT

**Date of publication: September 10, 2025**

## What happens when the most naturally secure bond in the world feels unsafe?

Ever since Fränzi can remember, her mother spent most of her time crying in bed. What she couldn't know as a little girl was that her mother was severely depressed. Throughout her life, her mother's illness occupied more attention than Fränzi's concerns or wishes. Even as a kindergarten child, Fränzi cooked for her mother and comforted her. And even when her mother behaved harshly towards her, little Fränzi was determined to be a model child, one who doesn't cause any trouble.

With both a ruthless and loving approach, Franziska Hohmann recounts how she spent her entire life trying to support her ailing mother, how she herself was mercilessly destroyed in the process – and why she loved her mother despite everything. She also tells a powerful and encouraging story about the adult Fränzi, a woman who has learned to let go for the sake of love. And she shows that a poisoned first half of life can be followed by a healthy and happy second.

- For readers of "I'm Glad My Mom Died" by Jennette McCurdy
- Powerful, encouraging, and entertaining, despite everything – how to free yourself from a toxic past




### Family & Parenting

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 272 | 13,5x20,6 cm  
 Original title: Gut, dass du nicht mehr da bist

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Franziska Hohmann



© Victoria Kaempfe

Franziska Hohmann is a part of the international music and media industry. As a PR manager, she has been placing music stars on German television for over two decades. Since 2022, she has been pursuing a second career as a systemic change management coach and resilience trainer.

### AUTHOR

Nina Faecke



© Brita Soennichsen

Nina Faecke is a freelance journalist, author and ghostwriter. After studying literature and journalism, she worked as a reporter and editor at various magazines. Today, she is her own boss and lives in Hamburg, where she writes interviews, portraits and reportage, including for Die Zeit. She also teaches journalism at the Journalism Academy.

NATALIA LAMOTTE

## Child by the Hand, Confetti in the Head

WHAT STRENGTHENS NEURODIVERGENT MOTHERS AND WHAT THEY REALLY NEED

**Date of publication: July 30, 2025**

2-colour throughout, numerous illustrations

### The first self-help book for neurodivergent mothers

Exhausted, stressed, and constantly over-stimulated: many women are in despair about their motherhood. But it could be it is not everyday life that makes their lives so difficult, but rather an unrecognised neurodivergence. Natalia Lamotte, a doula and mother of four, only found out about her ADHD late in life. But then it dawned on her: if neurodivergent people have a hard life under "normal circumstances", then neurodivergent mothers face even greater challenges. Their limits, their strengths, their survival strategies – children take none of this into account, especially if they don't have this condition themselves, as is mostly the case. In her encouraging and entertaining guide, the author shows all neurodivergent mothers how to cope:

- The best tools to get the daily turmoil under control
- Successful stress management and effective needs management
- How to turn perceived weaknesses into strengths
- The relevant parameters for working together as a family

A book full of encouragement and strategies for living confidently and keeping composed and healthy as a neurodivergent mother!




#### Family & Parenting, Psychology

Publishing House: Kösel  
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 Pages & Size: 256 | 13,5x21,5 cm  
 Original title: Chaos, Kinder und Konfetti

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#### AUTHOR

Natalia Lamotte



© privat

Natalia Lamotte is an emotional birth counsellor (doula) and runs courses for birth and sibling preparation. She coined the term 'Muttertät' ('motherness') in German-speaking countries, and gives talks and interviews on this. On her Instagram account (@schwesterherzen.doulas), she imparts information about birth and motherhood, and receives a positive response when she talks about her own late diagnosis of ADHD and how it has affected her family life. She is in close dialogue with other neurodivergent mothers and plans workshops on this topic. She has four children and lives in Munich.  
[schwesterherzen-doulas.de](http://schwesterherzen-doulas.de)



### Family & Parenting

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 288 | 13,5x21,5 cm  
 Original title: Kluge Köpfchen mit KI

KAI SPRIESTERSBACH, LEONIE LUTZ

## Smart Minds with AI

HOW TO USE ARTIFICIAL INTELLIGENCE SMARTLY AND SAFELY WITH CHILDREN  
 ORIENTATION FOR SCHOOL, LEARNING, AND LIFE

**Date of publication: September 24, 2025**

2-colour throughout

### Orientation for school, learning, life

AI is here to stay – and is not stopping at kids’ bedrooms or classrooms. In the first guide for parents on the subject of artificial intelligence, AI expert Kai Spriestersbach and Spiegel bestselling author Leonie Lutz show how to use AI safely and creatively in everyday family and school life. They help us understand how AI works and they provide tools that can be a genuine benefit for learning – including practical tips on how AI can facilitate tedious everyday matters, as well as a clear look at the risks about which parents should be vigilant. An empowering and practical guide filled with stimulating ideas!

- First guide to AI in everyday family and school life
- Empowering approach that focuses on opportunities and risks
- High applicability value – practical tips and prompts, tested tools, easy-to-understand background, and explanatory aids

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Kai Spriestersbach



© Stephanie Spriestersbach

Kai Spriestersbach, with a master’s degree in web science, is a recognised expert in the field of artificial intelligence (AI) with over 20 years of experience in developing user-centric and search-engine-optimised solutions. As an AI researcher with the German Research Centre for Artificial Intelligence at the RPTU, he worked intensively on applied generative AI. His non-fiction book on writing with AI tools, published in 2023, established him as a leading expert in this field. He is also a sought-after consultant and trainer. In his podcast ‘Synapsensprung’ he discusses the diverse effects of technology and AI on our society.

## AUTHOR

Leonie Lutz



© Philipp Behrendt

Leonie Lutz is an editor and social media expert. Her Spiegel bestseller "Helping Instead of Forbidding" ("Begleiten statt verbieten") was published in 2022. She also gives online presentations to prepare parents for their children's digital lives. Her Instagram channel @kinderdigitalbegleiten has over 33,000 followers.

MICHAELA AXT-GADERMANN, JOHANNES DACKWEILER

## Fit and Slim with Bread

50 INTESTINES-FRIENDLY RECIPES FOR GREATER ENERGY AND A PERSONAL FEEL-GOOD WEIGHT  
GLUTEN-FREE, HIGH IN FIBRE, LOW IN HISTAMINE, HIGH IN PROTEIN

**Date of publication: August 27, 2025**

ca. 50 colour illustrations

### Becoming healthy with bread

Home-baked bread has become popular – yet grains, especially those containing gluten, have fallen into disrepute, as have carbohydrates in general because of the low-carb movement. Health expert and bestselling author Michaela Axt-Gadermann dispels these preconceptions and describes the specific components of the various grains and their health-promoting influences on heart health, weight, intestinal flora, the cardiovascular system, digestion, and overall mental performance. Baked goods for a variety of requirements are presented here: a particularly high fibre content, a high protein content, low FODMAP, gluten-free, low histamine, and combinations for intestinal health.

- A bestselling author with over 330,000 books sold, dedicating herself to a favourite food: bread
- With 50 delicious recipes from master organic baker and bread sommelier Johannes Dackweiler, including simple wholegrain bread, and cheese and herb crackers, barley rolls, focaccia, and a variety of sourdough breads



#### Cooking, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 176 | 17,0x24,0 cm

Illustrations: 50 color illustrations

Original title: Fit & schlank mit Brot

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Michaela Axt-Gadermann



© Eva Klink

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.  
[www.gesund-mit-darm.de](http://www.gesund-mit-darm.de)

## AUTHOR

Johannes Dackweiler



© Ingo Hilger

Johannes Dackweiler is a master baker and bread sommelier. After working in several renowned bakeries both in Germany and abroad, he acquired the traditional Hercules bakery in Düsseldorf's historical city centre in 2012. Under his leadership, the bakery developed from a classical operation into a modern enterprise with an extensive range of high-quality and innovative baked goods. He attaches particular importance to traditional craftsmanship combined with creative, contemporary recipes. He regularly gives workshops for aspiring bakers, supports initiatives to promote the artisan bakery profession, and is active in various social projects.



### Health & Alternative Healing

Publishing House: C. Bertelsmann  
 Format: Paperback  
 Pages & Size: 288 | 13,5x21,5 cm  
 Original title: Wie Frauen länger leben

SANDRA EIFERT

## How Women Live Longer

THE SECRET OF FEMALE LONGEVITY

Date of publication: January 14, 2026


### Women age differently than men – everything women need to know for a long, healthy life, from biological benefits to disease prevention and loving self-care

Women not only live longer than men, they also age differently, as research increasingly shows. In her new book, the heart specialist Sandra Eifert explains which factors determine the aging process specifically in women – and how lifestyle can slow it down. She discusses the health risks that affect female patients, particularly after the hormonal changes of menopause, and how women can provide their bodies with what they need in each phase of their lives: nutrition, physical activity, stress reduction and relaxation, as well as preventative care to prevent typical female age-related diseases such as osteoporosis, cardiovascular disease, and dementia, and to remain healthy overall. Case histories from her own practice and portraits of female supercentenarians reveal which aspects favour longevity and what we can learn from other cultures about healthy aging. An inspiring medical companion book for all women who want to lead a long, vital and fulfilling life.

- Longevity meets women's health – two trending topics in one book
- With many concrete recommendations on how women can slow the aging process and prevent typical female age-related illnesses such as osteoporosis, cardiovascular disease, and dementia through proper nutrition, plenty of exercise, and mental health

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### AUTHOR

Sandra Eifert



© Michael Bader

Prof. Dr. Sandra Eifert, senior physician at the Leipzig Heart Center, is head of the Surgical Heart Failure Outpatient Clinic and the Women's Heart Clinic at the University of Leipzig Heart Center, where she provides preventative and individualized medical support to patients during aging. In 2023 C. Bertelsmann published her book "Heart Clinic: Why the Female Heart Is Different and How to Stay Healthy", which attracted tremendous media attention.

NANA-YAW BIMPONG-BUTA

# Happy Heart

WHY THE HEART IS MORE THAN JUST A BODILY ORGAN – AND HOW WE CAN STRENGTHEN IT SO THAT IT BEATS FOR US FOR A LONG TIME

Date of publication: September 24, 2025

## Genuine heart health with the Heart Doc

Our heart beats for us – day after day. It is a fantastic motor of life, our pulse generator and at the same time the core of our deepest feelings. But how do we truly keep it healthy? The cardiologist Dr Nana-Yaw Bimpong-Buta is convinced that a strong heart depends on a healthy lifestyle – but it needs more than just good blood values. The heart is the centre of our being: full of love, joy, and passion. It flourishes when we cultivate genuine connections and provide it with what it truly needs.

- In "Happy Heart", the author takes us on a fascinating journey into the world of our heart – scientifically sound, close to real life, and fully engaged
- With humour, touching stories, and impulses for everyday life, he shows us how we can strengthen our heart not only physically, but also emotionally – because protecting the heart opens the door to a life full of vitality, trust, and pure joy
- Heart and soul, the underestimated connection – Dr Bimpong-Buta, the cardiologist with heart and charisma, presents our most important organ in all its surprising facets.



### Health & Alternative Healing

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 320 | 13,5x20,6 cm  
 Original title: Happy Heart –  
 Gesund mit dem Herzensdoc

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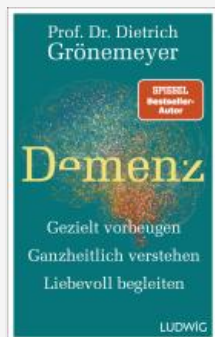
### AUTHOR

Nana-Yaw Bimpong-Buta



© Studioline BmbH&Co.KG

Dr Nana-Yaw Bimpong-Buta, after completing his medical studies and doctorate in his native city of Bonn, worked as a resident doctor and specialist in Bern and Düsseldorf. He has been a senior physician for interventional cardiology since 2018. As a cardiologist, author and keynote speaker, popularly known as the "Heart Doc", he makes cardiac medicine tangible, understandable, and inspiring. He has been involved in social projects in Ghana and Guatemala for over two decades. With his podcast "Leben auf Pump" and his presence on Instagram and TikTok, he reaches over 100,000 people who are interested in a healthy, strong, and happy heart.



### Health & Alternative Healing

Publishing House: Ludwig  
 Format: Hardcover  
 Pages & Size: 208 | 12,5x20,0  
 cm  
 Original title: Demenz

DIETRICH GRÖNEMEYER

## Dementia

TARGETED PREVENTION, HOLISTIC UNDERSTANDING, LOVING SUPPORT

**Date of publication: September 17, 2025**

### Everything you should know about dementia

Dementia is preventable! By making small changes – in exercise, a healthy diet, joint activities, relaxation, and good sleep, and a positive attitude to life – we can do much to prevent dementia from developing.

In his comprehensive book, Prof. Dietrich Grönemeyer sheds light on effective prevention measures and the expectations we can have of research. Using the latest scientific findings from medicine, psychology, and nutrition, he shows how dementia can be recognised early and kept to a minimum, and how we can best confront the disease – ideally together! The author describes the challenges of everyday life with dementia sufferers and recounts his personal experiences in the family. Here is a wealth of ideas that can make all the difference when interacting with those affected.

- A new perspective on the condition – characterised by understanding, hope, empathy and practical measures
- Prevention, treatment, support – Dietrich Grönemeyer with the latest scientific findings for a clear mind and a high quality of life, including touching experiences from his personal life
- What can we actively do to combat dementia, and how can we promote understanding of the disease?

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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.

DIETRICH GRÖNEMEYER

## Aging Naturally!

FIT TO 100 WITH THE GRÖNEMEYER FORMULA

**Date of publication: October 22, 2025**

4-colour throughout, ca. 60 illustrations

### Aging well naturally!

For the acclaimed doctor and bestselling author Prof. Dietrich Grönemeyer, the quest for a long life does not entail anti-aging measures involving medication or dietary supplements, but rather natural aging with a conscious lifestyle, appropriate exercise, healthy nutrition, and an active, positive mindset that is open and curious.

"We can influence 60 percent of this with our behaviour," says Grönemeyer. The latest studies on aging also demonstrate that even small changes in lifestyle are enough for furthering healthy aging and thus for living longer. For 50-year-old women, life expectancy is extended by some 19 years, and for men of the same age by as much as 21 years.

- With his commitment to a holistic perception of body, soul, and spirit, Dietrich Grönemeyer is particularly keen to show people ways in which they can easily increase their life expectancy themselves
- Included are several tips and advice for a healthy lifestyle, stress reduction, exercises, a balanced diet and the right mindset
- Trending theme "longevity" – from the holistic perspective of the renowned physician and bestselling author, with over 680,000 copies sold



#### Health & Alternative Healing

Publishing House: Südwest

Format: Hardcover

Pages & Size: 256 | 17,0x24,0 cm

Illustrations: 60 color illustrations

Original title: Natürlich altern!

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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.

SARAH STRAUB

## Courageously Countering Dementia

HOW WE CAN TREAT PEOPLE WITH DEMENTIA SENSITIVELY AND RESPECTFULLY – STORIES FROM EVERYDAY PRACTICE

**Date of publication: August 27, 2025**

### The many faces of dementia – helpful stories about working with those with dementia

In her new book, the psychologist and accomplished musician Sarah Straub shares impressive stories from her work with dementia patients. Each story includes a professional medical categorisation and valuable information. What makes this special is that Sarah Straub writes these stories from two main perspectives based on her different areas of expertise: as a respected dementia expert who deals with the topic professionally, and also as a caregiver of relatives herself.

Sarah Straub makes it clear: there is no such thing as "the" person with dementia with typical, uniform symptoms and behaviour. Every person with dementia is different and special, thus each person requires individualised support. The variously presented stories with their different focuses and topics take these diverse needs into account and help readers come up with new ideas for dealing with possible dementia cases in their own social environment and to care for and support their own relatives as needed. This makes it possible for them to lead a dignified life in this usually final phase of life, and, as a family member perhaps even to get to know and accompany the loved one with dementia in a new, different and loving way, despite of all the challenges to be faced.

- A plea for a good life with dementia



#### Health & Alternative Healing

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 240 | 13,5x21,5 cm  
 Original title: Lebensmut trotz(t) Demenz

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#### AUTHOR

Sarah Straub



© Thomas Melcher

Sarah Straub, born in 1986, holds a doctorate in psychology and works as a research assistant at Ulm University Hospital. She frequently holds lectures for various organisations on the topic of frontotemporal dementia. She is also a passionate musician and successful songwriter.

ULRIKE DÖPFNER

## In Search of Light

HOW I COPE WITH MY CANCER AND FOUND INNER STRENGTH  
THE EXPERIENCES OF A PSYCHOTHERAPIST

**Date of publication: October 15, 2025**

### What our soul needs when we get cancer

The diagnosis that turns the life of renowned psychotherapist Ulrike Döpfner into turmoil is unexpected and devastating: liposarcoma, a malignant tumor of the soft tissue. Usually, she is the one who counsels people, but now she has to support herself. A time filled of ups and downs begins, with continual examinations and therapies, procedures, and complications. Always present in her is the analytical perspective of a woman who knows what traumatic experiences can do to the psyche and one's self-image. During long weeks of waiting and worrying, she realizes what she wants to live and fight for – and how she can articulate her needs, fears, and existential desires.

In her unsparingly honest and touching book, she shares these experiences of illness to offer hope and guidance to other sufferers, and to help friends, family, and healthcare professionals understand what really helps people with cancer. A moving journey full of wise reflections that help to understand and cope with the emotional challenges of the disease.

- A rare combination of personal involvement and therapeutic expertise
- Accessible and well-narrated psycho-oncology




#### Health & Alternative Healing, Mindfulness, Psychology

Publishing House: Kösel  
Format: Hardcover  
Pages & Size: 208 | 13,5x21,5  
cm  
Original title: Suche nach Licht

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Ulrike Döpfner



© Daniel Biskup

Ulrike Döpfner studied psychology and is now a child and adolescent psychotherapist specializing in parent coaching. The mother of three sons is the author of the self-help books "The Magic of Good Conversations" and "The Treasure of Self-Esteem", which have been translated into several languages. She also wrote the interview book "What Kind of Child Were You?". She was diagnosed with liposarcoma in the fall of 2023 and has since undergone chemotherapy, surgery, and radiation treatments.

RIEKE HERMANN, KATHARINA CHARISSÉ

# The Pelvic Floor Revolution

SELF-DETERMINATION AND STRENGTH THROUGH PREGNANCY, BIRTH, AND YOUR LIFE AFTERWARD  
WITH EFFECTIVE EXERCISES FOR EVERY PHASE

**Date of publication: September 24, 2025**

70 colour photographs, illustrations, and graphics

## The whole truth about our power center

Many women realize how important a healthy pelvic floor is for their well-being only after giving birth. Other women don't experience any obvious symptoms after giving birth, yet years later, as they approach menopause, they may start experience problems. Though the pain and suffering are extensive, the pelvic floor is still not discussed nearly enough.

Katharina Charissé and Rieke Hermann finally speak frankly about the pelvic floor, this inestimable part of women's health. Even during pregnancy, much can be done to ensure a relaxed and well-trained pelvic floor, which is part of an optimal preparation for childbirth. If pelvic floor problems persist after birth, the right yoga exercises can help. The authors also explain what can be done in cases of serious pelvic floor damage.

- With many yoga exercises for pregnancy, postnatal recovery, and the time after!
- Applicable for postpartum discomfort in the intimate area, prolapse symptoms, incontinence, vaginal flatulence.
- Many sufferers: half of all women suffer from pelvic floor problems in the first year after childbirth.



### Health & Alternative Healing, Fitness & Workout

Publishing House: Südwest  
Format: Paperback  
Pages & Size: 352 | 17,0x24,0  
cm  
Illustrations: 70 color  
illustrations  
Original title: Die  
Beckenboden-Revolution

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### AUTHOR

Rieke Hermann



© Josephine Farquharson

Dr. Rieke Hermann is a gynecologist, nutritionist, and yoga instructor. Together with Katharina Charissé, she founded the digital platform Mamacademy, where they offer yoga classes, personal coaching, and individual support in various online and live formats for pregnant women and mothers. They also provide information on many topics related to pregnancy and the postnatal period via Instagram, podcasts, and YouTube.

## AUTHOR

Katharina Charissé



© Josephine Farquharson

Katharina Charissé is a yoga instructor specializing in prenatal and postnatal yoga. Together with Rieke Hermann, she founded the digital platform MamAcademy, where they offer yoga classes, personal coaching, and individual support in various online and live formats for pregnant women and mothers. They also provide information on many topics related to pregnancy and the postnatal period via Instagram, podcasts, and YouTube.



### Health & Alternative Healing

Publishing House: Irisiana  
 Format: Paperback  
 Pages & Size: 176 | 16,2x21,5 cm  
 Illustrations: 30 color illustrations  
 Original title: Face Yoga – Sanfte Übungen mit großer Wirkung

CLAUDIA GRANIG

## Face Yoga – Gentle Exercises with Strong Effect

HOLISTIC HEALTH, CONFIDENCE, AND RADIANT BEAUTY WITHOUT BOTOX OR OTHER COSMETIC TREATMENTS

**Date of publication: September 24, 2025**

With ca. 30 colour photographs and QR codes for exercise videos

### The holistic program for inner and outer beauty

Claudia Granig is not interested in catering to the "eternally young, eternally beautiful" trend. Instead, her method, which she has already popularised on Instagram and YouTube under @bareskinfaceyoga, is distinguished by its holistic approach. The easy-to-perform self-treatment of your own face not only has a favourable effect on smoothing the skin and improving circulation, but also promotes relaxation, stress reduction, and self-confidence. And what could make a face glow more than a serene and positive attitude to life?

This richly illustrated guide presents easy-to-learn facial treatments, quick applications, and 10- and 20-minute exercises that require little or no equipment. A QR code also provides access to the author's exercise videos, allowing you to immediately begin your personalized rejuvenation and recovery program.

- Trending topic Face Yoga – a holistic method promotes health, relaxation, and self-confidence
- With numerous colorfully illustrated instructions for self-treatment and a QR code for exercise videos
- Exercises without any equipment – simply with your own hands

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### AUTHOR

Claudia Granig

Claudia Granig's journey into facial yoga began when she noticed a frown line in a photo. Instead of Botox, she followed the advice of a friend concerning the rapid effects of facial yoga. The COVID-19 pandemic motivated her to begin training with renowned expert Danielle Collins. She has since deepened her knowledge of facial yoga, cupping, and Gua Sha massage. Training in beauty taping complements her extensive qualifications. Her mission is to help women discover the natural beauty of their faces and celebrate their age instead of chasing eternal youth.

HERBERT STEFFNY

# The Large Book of Running

EVERYTHING YOU NEED TO KNOW ABOUT RUNNING

**Date of publication: December 10, 2025**

Expanded and updated new edition

With ca. 150 colour photographs

## 20 years of "The Large Book of Running" – The expanded and updated running bestseller

Herbert Steffny, the 16-time German champion in various running disciplines, has completely revised and expanded his bestseller. All his knowledge from years of competition, training, and seminar experience is summarised in this running book. He provides information on the right equipment and all running disciplines, and shows beginners and advanced runners how to achieve their goals by following tried-and-tested training plans. The book contains training plans for a range of performance levels and distances. Runners of all abilities can train for 10 kilometres, a half marathon, 25 km, a marathon, and even an ultra run over 100 kilometres.

The book is supplemented by motivational tips, advice on how to avoid and recover from typical running injuries, advice on the right nutrition for runners, and tips on how to lose weight through running.

- The bestselling author among running experts: over 900,000 copies of his running books sold
- New in this edition: chapters on running in old age and changes in the running scene over the last 20 years



### Fitness & Workout

Publishing House: Südwest

Format: Paperback

Pages & Size: 448 | 17,0x24,0 cm

Illustrations: 150 color illustrations

Original title: Das große Laufbuch

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Herbert Steffny



© Steffny Run Fit Fun GmbH

Herbert Steffny, a degreed biologist, 16-time German champion, and three-time Frankfurt Marathon winner, as an Olympic athlete won the bronze medal in the marathon at the 1986 European Championships. He also set a German record in the 10-kilometre race for over-50s in 2003. He trains and advises numerous nationally and internationally successful top athletes. He is a sought-after running expert for the media and health insurance companies. This bestselling author has published several books on running, walking, and nutrition at Südwest Verlag. [www.herbertsteffny.de](http://www.herbertsteffny.de)

ULRICH STRUNZ

# 77 Tips for Optimal Nutritional Supplements

STRENGTHEN THE IMMUNE SYSTEM, ALLEVIATE SYMPTOMS, LEAD A LONG AND HEALTHY LIFE

**Date of publication: December 10, 2025**

2-colour throughout

## Which vitamins, minerals and proteins we actually need

Nutrient deficiencies are widespread. Our modern diet often does not provide the body with enough of the substances it needs, and this can lead to physical and psychological problems. Food supplements are therefore more than just secondary aids: they are the key to a healthy and vital life.

Bestselling author Dr Ulrich Strunz, a pioneer in this field, shows how a deficiency can manifest itself, which vital substances can help with health issues, especially in particular illnesses and in certain life situations, and which kinds of natural foods contain these needed nutrients – for the ideal supply of nutrients is crucial for health, quality of life, and longevity.

With illuminating facts, practical tips, and self-checks: determining the best nutrients for a long and healthy life with Dr Strunz.

- Over 300,000 copies sold of the 'Tips' series by Dr Ulrich Strunz
- With the most effective strategies for nutritional supplements, lots of practical tips, and self-checks



### Health & Alternative Healing

Publishing House: Heyne


Format: Paperback

Pages & Size: 224 | 13,5x20,6 cm

Original title: 77 Tipps für die optimale Nährstoffversorgung

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, and a gastroenterologist. 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.  
[www.strunz.com](http://www.strunz.com)

ULRICH STRUNZ

## The Getting Rid of Flab Book

DISCOVER THE SECRETS TO BURNING FAT, OVERCOME BAD ROUTINES,  
SHED EXCESS WEIGHT

**Date of publication: November 05, 2025**

2-colour throughout

### Back to a lighter life: recognising unhealthy routines, avoiding fattening foods, shedding excess weight, finding inner balance

Being overweight can have a considerable impact on physical well-being, and thus on quality of life. In Germany alone, over 40 million people are affected, and one in five of these suffers severely. The causes are complex, but often it is simply lifestyle that makes us overweight and ill.

Bestselling author Dr Ulrich Strunz uses the latest scientific findings to show us how to recognise the triggers of our excess weight, understand the underlying mechanisms, and reduce excess fat sustainably. With the right diet, effective exercise, enough sleep, and specific mental strategies, we can rid ourselves of excess weight and restore our inner balance.

With clear facts, practical tips and self-checks: return to a trim, healthy and energetic life with Dr Strunz.

- With the most effective strategies for weight loss and lots of practical tips and self-checks
- A bestseller with Heyne for over 20 years: over 11 million books sold of Strunz's works




#### Health & Alternative Healing

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 224 | 13,5x20,6 cm  
 Original title: Das Speck-weg-Buch

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, and a gastroenterologist. 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.  
[www.strunz.com](http://www.strunz.com)

ALEXANDER GRIMME



# My Favorite Recipes: Low-Carb Meals

THE 60 BEST LOW-CARB RECIPES

**Date of publication: July 23, 2025**

4-colour throughout, with ca. 70 illustrations

## Low-carb, delicious and easy – with all the basics


The high-flyer in the food sector: Alexander Grimme's simple, quick and delicious recipes have won over tens of thousands of readers and amateur cooks in no time at all. They prove that low-carb doesn't have to be complicated or time-consuming and that healthy eating is enjoyable. It's so easy to achieve a balanced diet every day.

The best and most popular recipes from the three bestsellers have been completely revised with 20 new recipes, an introduction to the topic of "low-carb", and a detailed index for finding recipes and ingredients.

- The best recipes from the low-carb guru in one volume – including 20 new recipes
- 237,000 copies sold of the bestselling "Eating Without Carbohydrates" series – from the rising star in the food industry with 700,000 fans on Facebook, Instagram, and YouTube
- Recipes for breakfast, lunch, and dinner, small snacks for in between meals, or for the next party – including vegetarian and vegan

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### AUTHOR

Alexander Grimme



© privat

Alexander Grimme, born in 1986, founded the Facebook site "Eating without Carbohydrates" in 2015, after he had lost 16 kilos through a low-carb diet. His recipe site quickly had many followers, now numbering over 900,000. He works as a media designer in Stuttgart.

### Cooking

Publishing House: Goldmann

Format: Paperback

Pages & Size: 144 | 19,5x24,0 cm

Original title: Meine

Liebblingsrezepte: Essen ohne Kohlenhydrate

SOPHIE BONNET

# Winter Culinary Pleasures of Provence

THE BEST RECIPES AND TRADITIONS FROM SOUTHERN FRANCE

**Date of publication: September 10, 2025**

ca. 150 photographs

## This is how winter smells in Provence

After "Provence Pleasure", bestselling author Sophie Bonnet presents her new recipe book, focusing on the Christmas season, which takes readers on a culinary journey of discovery through Provence.

Through seven chapters, she presents her favourite autumn and winter recipes as well as Christmas traditions from this French region, accompanied by atmospheric pictures and anecdotes. With descriptions of specialities, information on regional products, and 65 easy recipes, the book offers everything you need for a successful Christmas season. From classic potato gratin and onion soup au gratin to chicken breast in morel cream sauce and chard cake, to the famous baba au rhum and bûche de Noël (sponge roll with chocolate), fans of Mediterranean cuisine and lovers of Provence will be delighted.

A Christmastime invitation to enjoy, try out, and browse.

- The new cookbook from the bestselling author Sophie Bonnet
- 65 authentic autumn and winter recipes, easy to prepare
- Recipes and stories from one of the best-loved regions of France – a loving journey of indulging and enjoying



### Cooking, Lifestyle

Publishing House: Südwest

Format: Hardcover

Pages & Size: 208 | 21,0x26,0 cm

Illustrations: 150 color illustrations

Original title: Provenzalischer Wintergenuss

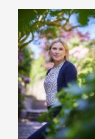
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### AUTHOR

Sophie Bonnet



© Marco Grundt

Sophie Bonnet is the pseudonym of a bestselling author who has already had several novels of suspense published in Germany and internationally. In her Inspector Pierre Durand series she has incorporated her two big obsessions – French cuisine and her love of Provence.

[www.sophie-bonnet.de](http://www.sophie-bonnet.de)



### Spirituality & New Age

Publishing House: Goldmann  
Format: Paperback  
Pages & Size: 272 | 12,5x18,7 cm  
Original title: Die Rauhnächte – Eine magische Reise zu mir selbst

CHRISTINE DOHLER

## The Twelve Nights of Christmas

A MAGICAL JOURNEY TO MYSELF  
THE MOST INSPIRING IMPULSES, RITUALS, AND MEDITATIONS

**Date of publication: September 10, 2025**

4-colour throughout


### The Twelve Nights period for me

In the present day, it is more challenging than ever to find our own way and listen to ourselves about what we genuinely want. Social media in particular means that we are faced with constant comparison of who we are. The Twelve Nights are a time of stillness and reflection, when we have the opportunity to reflect on ourselves and listen to our inner voice. We can examine our wishes, dreams, and goals and discover new insights about ourselves. Through such self-reflection, we are able to choose our truest path.

- The new book by the Twelve Nights Queen, with over 60,000 copies sold of her books
- The most beautiful inspirations and rituals for gaining clarity and finding your own path
- Beautifully and atmospherically illustrated
- The quiet time of the Twelve Nights – ideal for becoming aware of your own goals

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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.



### Spirituality & New Age

Publishing House: Irisiana  
 Format: Hardcover  
 Pages & Size: 128 | 12,5x18,7 cm  
 Original title: Die Rauhnächte und der Zauber des Wandels

VERA GRIEBERT-SCHRÖDER, FRANZISKA MURI

# The Twelve Nights and the Magic of Change

HOW THEY GUIDE US INTO THE NEW YEAR WITH COURAGE AND CONFIDENCE

**Date of publication: September 10, 2025**

## Welcoming the energy of change


The Twelve Nights between Christmas and Epiphany are a time of transition between the years. They are thus a perfect opportunity to pleasantly familiarise yourself with the challenges and opportunities of change. We all encounter this change in various forms, be it moving, separation, job change, or menopause. Furthermore, social or global transformations can shake our usual external stability.

This empowering companion offers support and guidance through fairy tales and stories centering around the universal theme of change. A practical program with reflective questions, rituals, and meditations supports all those who wish to actively work on their theme of change during the Twelve Nights of Christmas.

- Featuring inspiring stories and a magical accompanying program including rituals and meditations
- The new book from the Spiegel bestselling authors, whose Twelve Night titles have already sold over 250,000 copies

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Vera Griebert-Schröder



© Andrea Altemüller

Vera Griebert-Schröder has been working as an alternative health practitioner, therapist, consultant, and author for over 30 years. Her knowledge of traditional shamanism and humanistic psychology blends together harmoniously in her work.

### AUTHOR

Franziska Muri



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Franziska Muri, a cultural and humanities scholar, has worked as an editor in the book industry for many years. She specializes both professionally and privately in holistic healing and spirituality.



**Family & Parenting,  
Spirituality & New Age**

Publishing House: Kailash  
 Format: Hardcover  
 Pages & Size: 272 | 13,5x17,5  
 cm  
 Illustrations: 40 b/w  
 illustrations  
 Original title: Das Wunder der  
 Rauhnächte für die ganze  
 Familie

VALENTIN KIRSCHGRUBER

# The Wonder of the Twelve Nights of Christmas for the Whole Family

EXPERIENCE THE MAGICAL TIME BETWEEN CHRISTMAS AND NEW YEAR  
 TOGETHER WITH YOUR CHILDREN

**Date of publication: September 10, 2025**

4-colour throughout, numerous illustrations

## The Twelve Nights adventure – experiencing and creating a magical time with children

The Twelve Days between Christmas and Epiphany are a time full of magic, reflection, and new beginnings. Valentin Kirschgruber invites families to experience this special time in a child-friendly and playful way in a book that offers enchanting stories to read aloud, child-friendly fantasy journeys, and many simple recipes and creative craft ideas.

Each of the twelve days becomes an unforgettable experience that stimulates the imagination and will strengthen family bonds. With this book, parents and grandparents can celebrate this magic time in a new and exciting way and immerse themselves in the magical world of the Twelve Nights together with their children.

- Combining ancient traditions with modern family life to create precious memories
- Numerous rituals, activities, and recipes promoting family bonding and mindfulness
- From the bestselling author of the "Rauhnächte" ("Twelve Nights of Christmas") books with over 225,000 copies sold

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**AUTHOR**

Valentin Kirschgruber

Valentin Kirschgruber, born in 1948, grew up as the fifth of seven children on a small farm in the Allgäu region of Alpine Germany. After apprenticing as a carpenter he studied Catholic theology and then trained as a wood sculptor and conservator-restorer.

ANJANA GILL

# The 12 Secrets of Having Joy of Life

HOW WE CAN BE HAPPY EVEN IN DIFFICULT TIMES

Date of publication: September 10, 2025

## In 12 small steps to great happiness – even in difficult times

More and more people are gripped by the uneasy feeling that times are becoming increasingly difficult and life is presenting us with ever more challenges. This makes it all the more important to develop happiness skills that lead us to inner peace, confidence, and joy of life, says Anjana Gill.

In 12 inspiring lessons, the renowned happiness expert and bestselling author shows us how we can free ourselves from the constant cycle of worry and remove obstacles to our happiness. From freeing ourselves from self-doubt and limiting beliefs to dealing with negative headlines and reconciling with the past, Anjana Gill helps us in small steps to find new confidence in life and our inner strength, thus creating space for what truly matters: being happy!

- For all those who long for more harmony, joy, and lightness
- The new book by the renowned happiness expert and bestselling author – over 180,000 books by Anjana Gill sold in German-speaking countries




### Mindfulness, Personal Development

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 208 | 11,8x18,7 cm  
 Illustrations: 6 b/w illustrations  
 Original title: Die 12 Geheimnisse der Lebensfreude

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Anjana Gill



© © Selda Photography, Selda Schretzmann

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 of the power of your thoughts and work closely with the universe."  
[www.anjanagill.de](http://www.anjanagill.de)

JANA HAAS

# Let Heaven and Earth Touch

YOUR SOUL'S GUIDE TO TRUE FULFILLMENT, LOVE, AND SUCCESS IN LIFE

**Date of publication: October 15, 2025**

## How we realize what our soul desires: the guide to a fulfilled, successful life

Growing spiritually while at the same time having both feet firmly planted in "real" life – it's not an easy task to combine the two without losing track of one of them.

Jana Haas is a master at combining both worlds. She knows that the everyday demands and earthly themes succeed precisely when we experience a stable connection to the spiritual plane, filled with gratitude and love.

Whether we wish to unfold hidden talents, cultivate loving relationships, or manifest inner fulfillment and material success, Jana Haas shows how we can organise, clarify, and successfully transform the earthly everyday life – with common sense, experiential psychological logic, and being firmly rooted in spirituality – so that life can succeed in an all-encompassing way and we can realise what our soul desires.

- Jana Haas is one of the most popular spiritual life teachers – over 400,000 books sold
- With practical exercises, guided meditations, blessings, and inspiring testimonials




### Spirituality & New Age

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 240 | 13,5x20,6 cm  
 Original title: Lass Himmel und Erde sich berühren

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### AUTHOR

Jana Haas



© Katharina Kraus

Jana Haas has Russian roots and has lived in Germany since 1992. She has possessed the gift of clairvoyance since childhood, and is able to perceive spiritual dimensions as clearly as the material world. With her affectionate, lucid charisma she has built up a large following while imparting her knowledge through her books and numerous lectures and seminars. [www.jana-haas.com](http://www.jana-haas.com)

ANNA HYPNAROWSKI

# Magic Mind Tarot

78 CARDS FOR A MAGICAL LIFE

Date of publication: September 24, 2025

## Discover your inner magic day by day

With her 78 artfully designed cards depicting strong, mystical female figures, Anna Hypnarowski offers a modern interpretation of classic tarot cards. This card set is a vehicle for self-transformation and an invitation to discover and realise your personal inner magic. The texts in the accompanying manual offer an accessible introduction to tarot reading. Inspired by the classic Waite-Smith tarot, the cards have a modern, feminine twist. Curated and designed by Anna Hypnarowski herself, the motifs reflect her personal vision and spiritual practice. For all who desire to lead a liberated, individual, and magical life.

- 78 artfully designed cards featuring strong, mystical female figures, with an accompanying manual
- The modern witchcraft set for a fulfilling and self-determined life




### Spirituality & New Age

Publishing House: Arkana  
 Format: card set  
 With illustrations from:  
 Melania Guarnieri  
 Pages: MC9 cm  
 Illustrations: 78 color illustrations  
 Original title: Magic Mind Tarot

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Anna Hypnarowski

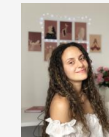


© Anna Hypnarowski

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.

### ILLUSTRATOR

Melania Guarnieri



© privat

Melania Guarnieri is an artist and the founder and creative force behind Miss Pink Coconut, a brand dedicated to empowering women through celestial art. Transforming her experiences into art, Melania aims to inspire women to recognize their worth and embrace their inner goddess.

GESEKO VON LÜPKE

# Shamanic Wisdom for Modern Times

CONVERSATIONS WITH 21ST CENTURY HEALERS AND SHAMANS

**Date of publication: November 26, 2025**

Re-release of the 2008 Kösel edition

## 17 interviews with healers and shamans from 15 countries on 5 continents

In view of the crises around the world, the traditional keepers of wisdom are making their knowledge accessible to the West. In the 21st century we will come across these purveyors of ancient wisdom with increasing frequency, as they travel round the globe with their laptops and websites. In this book 17 of them share their insights and reveal knowledge that was almost consigned to oblivion, but is highly topical, and which will prove essential to our survival.

Amongst others: Greenland: Angaangaq Lyberth / Guatemala: Eufemia Cholac Chicol / Indonesia: Morden Sittanggan / Korea: Hi-Ah Park / Mexico: José Lopéz Guido / Mongolia: Galsan Tschinag / New Zealand: Wai Turoa Morgan / North America: Manitonquat and Joseph Standing Eagle / Norway: Ailo Gaup / Peru: Don Oscar Miro-Quesada and Don Petro Guerra Gonzales / Siberia: Nadja Stepanova / South Africa: Percy Konqobe / United Kingdom: Dusty Miller XIII. and Dusty Miller XIV. / West Africa: Malidoma Somé.



### Spirituality & New Age

Publishing House: Bassermann

Format: Paperback

Pages &amp; Size: 432 | 14,5x21,5 cm

Illustrations: 23 b/w illustrations

Original title: Schamanisches Wissen für eine neue Zeit

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Geseko von Lüpke



© Dr. Geseko von Lüpke

Geseko von Lüpke, Dr. rer. pol., born in 1958, studied political science and ethnology, works as a journalist for radio and print media, and is the author of numerous books focusing on culture, natural sciences, sustainable future design, ecological ethics, shamanism, and spirituality. He made a name for himself on Bavarian radio and other public broadcasters with features on alternative lifestyles, intercultural dialogue, holistic science and spirituality. His extensive travels around the world have made him an "interpreter" between different cultures and world views.



### Spirituality & New Age

Publishing House: Ansata -  
Integral - Lotos  
Format: Hardcover  
Pages & Size: 272 | 13,5x21,5  
cm  
Illustrations: 15 b/w  
illustrations  
Original title: WitchSpirits –  
Erlerne die Hohe Hexenkunst

SHISHA RAINBOW

# Witch Spirits – Learning the High Witchcraft

THE HANDBOOK OF MAGICAL WISDOM

**Date of publication: November 26, 2025**

## Discovering the hidden world of magical beings

Goddesses, nature spirits, angels and fairies – making contact with spiritual beings has always been a key part of magical practice. Shisha Rainbow reveals how to establish contact with them and how their cosmic wisdom can provide us with orientation and guidance in our lives.

This enchanting foundational work provides a unique access to the marvelous world of magical entities. Step by step it helps us find answers to such question as: What kinds of beings exist and which ones are best suited to me? Exactly how can I connect with their powerful energies? What forms of messages will I receive from them?

A comprehensive handbook for magical practice, with inspiring illustrations, protection and cleansing rituals, extensive guidelines and instructions, and practical examples for communicating with your invisible attendants

- Spirits, goddesses, angels and fairies – the handbook for connecting with magical beings – for modern witches and all those who want to become one
- Magically illustrated, with clear instructions and practical examples – making contact, effective protection rituals, and more
- Over 200,000 followers on social media

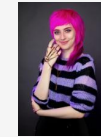
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### AUTHOR

Shisha Rainbow



© Thomas Bernecker

Shisha Rainbow is one of the best-known witches in the German-speaking world. With her inspiring energy, she especially captivates the latest generation of aspiring witches and teaches them to be free, courageous, and self-determined in their magical pursuits. She is a powerful role model for her followers, as she also lends a voice to those who feel different, marginalised or forsaken. In 2020, she founded the first German streaming format on witchcraft and paganism on Twitch, as well as one of the most respected witchcraft schools. Because of Shisha's in-depth knowledge and her continued educational efforts on the subject of modern witchcraft in various media, she is known in the scene as "the witch you can trust".

SONIA EMILIA RAINBOW

# The Call of the Spirits

A SHAMANIC INITIATION

Date of publication: November 12, 2025

## Discovering the secret world of shamanism

Nature spirits, healing rituals, power animal journeys: Sonia Emilia Rainbow reveals the ancient knowledge of indigenous shamanism for all those who are prepared to grow spiritually, to see "under the surface" of things and to experience the wonders of human existence. The well-known healer and shaman recounts the extraordinary things she experienced during her many years of apprenticeship with Juan Perez, a traditional Colombian shaman whom she had the destiny to encounter at the age of 17.

A fascinating mixture of authentic experience and practical guidance that will enable us to unfold our latent powers and energies – for the benefit of ourselves and our world.

- Unique experiences and insights from the prominent shaman – for all those who want to discover their hidden powers
- With many shamanic techniques and rituals for inner peace, mental clarity, and a conscious approach to life




### Spirituality & New Age

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 336 | 11,8x18,7 cm  
 Illustrations: 19 color illustrations, 5 b/w illustrations  
 Original title: Der Ruf der Geister

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### AUTHOR

Sonia Emilia Rainbow



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Sonia Emilia Rainbow is a holistic, shamanic natural healing therapist and has been internationally active as a shamanic teacher and healer since 1997. Many shamans, both men and women, from a wide range of traditions and countries have been part of her life and her personal development and have all left their mark on her vocation as a shamanic healer. The author has three children and five grandchildren and lives in Austria.



### Mindfulness, Personal Development

Publishing House: Goldmann

Format: Paperback

Pages & Size: 256 | 13,5x21,5 cm

Original title: Der Meisterplan für ein Leben voller Glück, Vitalität und Selbstbewusstsein

BORIS SIMON

# The Masterplan for a Life Full of Joy, Vitality, and Self-confidence

FAR EASTERN WISDOM MEETS WESTERN THINKING – FAR EASTERN SERENITY MEETS WESTERN ACTION

**Date of publication: December 17, 2025**

## Far Eastern wisdom for everyday life

This book is a bridge between the serenity of Far Eastern wisdom and the dynamic energy of the West. It shows how we can master stress, meet challenges, and enjoy every moment of our lives with vigour and self-confidence. We discover that genuine strength lies not in avoiding the storm, but in learning to dance in the rain. We are guided on this journey by both Master Taigen and the author, who bring us along through a common theme to our personal happiness. We will be inspired by stories from Master Taigen's encounters with his students, who often pose him challenging questions. Through his simplicity and composure, the master provides answers that are suitable for everyday life. With practical tips and insightful stories, this book helps make our lives easier and will become a faithful companion in a wide variety of situations.

- The masterplan – a sustainable mindfulness companion for every situation in life
- The harmonious combination of Far Eastern composure and Western dynamism for mastering stress effectively and improving the quality of life
- Everyday answers and tips for facing challenges with self-confidence

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### AUTHOR

Boris Simon

Boris Simon, born in 1972, is defined by his accomplishments in various areas of life, including as a visionary entrepreneur, author, empathetic coach, husband, family man, passionate sportsman, and adept martial artist. His expertise in combining Far Eastern and Western thinking forms the foundation for his inspiring messages, which he conveys directly and unpretentiously.

[www.Zen-Solution.de](http://www.Zen-Solution.de)

THOMAS SCHMELZER

# The Clarity of the Heart

A TRAVEL GUIDE FOR YOUR JOURNEY OF CONSCIOUSNESS

**Date of publication: October 01, 2025**

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## An inspiring journey into the spiritual dimensions of the soul and consciousness

The path of consciousness is the inward pursuit of profound fulfillment and the true self, which supports our soul in its growth and guides us ever deeper into the wisdom of our heart. There is no one path; each path is highly individual. How can we discover and then follow this path?

Thomas Schmelzer, one of the best-known experts on open spirituality and wisdom traditions, offers us inspiration and invaluable guidance. Based on his own profound experiences, he leads us on a course of self-exploration and self-discovery. With moving stories and various reflections and exercises, he shows us how we can achieve inner clarity and deep trust in life, dissolve mental blockages and discover unimagined potential within ourselves.

A journey through the spiritual dimensions of soul and consciousness – with heart, humour, and motivating impulses for personal growth

- Numerous exercises, fascinating case studies, and practical inspirations



### Spirituality & New Age

Publishing House: Ansata -  
Integral - Lotos

Format: Hardcover

Pages & Size: 288 | 13,5x21,5  
cm

Illustrations: 2 b/w  
illustrations

Original title: Klarheit des  
Herzens

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Thomas Schmelzer

Thomas Schmelzer is a presenter, director, journalist, and author. Overcoming cancer led him to become involved in holistic spirituality. Based on his own profound experiences and over 1,000 interviews with spiritual teachers, coaches, and healers, he has been communicating spiritual topics on TV, in print, on the internet, and live on stage for over 20 years. His work focuses on combining diverse ways of thinking and on imparting practical knowledge for a conscious, peaceful life. He is the founder and editor-in-chief of MYSTICA.TV, one of the leading spiritual online magazines in the German-speaking world, with 130,000 fans. [www.mystica.tv](http://www.mystica.tv)



### Spirituality & New Age

Publishing House: Ansata -  
Integral - Lotos  
Format: Hardcover  
Pages & Size: 256 | 13,5x21,5  
cm  
Illustrations: 4 b/w  
illustrations  
Original title: Zwischen den  
Dimensionen

OLIVER TAPPE

## Between the Dimensions

MANIFESTATION AND HEALING BEYOND TIME AND SPACE

**Date of publication: November 05, 2025**

With binaural beats meditations for download

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### Overcoming the seeming boundaries of reality and discovering a whole new level of manifestation

Is there "space without time" in which the past heals, where we can shape the present to our benefit, and can design the future as we wish? Oliver Tappe, an expert in astral travelling, has explored many levels of consciousness that remain hidden to most of us. Here he reveals an unprecedented access to the hidden sources of our creative power. He shows how we can consciously and coherently manifest what we desire through binaural vibrations (free to download via QR codes). This fascinating, experience-based method will widen and enrich our understanding of reality – and reveal the universal laws that underlie successful manifestation.

A captivating path of self-knowledge for forming the life of our dreams in harmony with the principles of creation.

- With guided meditations and innovative techniques to open up new spaces of consciousness, heal emotional wounds, and unleash creative potential

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### AUTHOR

Oliver Tappe



© privat

Oliver Tappe, born in 1966, is a master of out-of-body experiences (OBEs) and multidimensional consciousness work. For over 25 years, he has been exploring hidden spheres of being and the depths of human consciousness in intentionally induced out-of-body experiences. This has given him a new, fascinating understanding of the processes of conception, creation, and healing. Since 2010, he has been a certified outreach trainer at the renowned Monroe Institute in Virginia, USA. He gives lectures and seminars in German-speaking countries, Canada, and the USA and produces the podcast 'GeistReich am Samstag'. He is the author of the book "(Un)Sichtbar" ["(In)visible"].



### Spirituality & New Age

Publishing House: Goldmann  
Format: Paperback  
Pages & Size: 256 | 12,5x18,7 cm  
Original title: Wer wirst du in deinem nächsten Leben?

VADIM TSCHENZE

# Who Will You Become In Your Next Life?

DISCOVER THE FUTURE OF YOUR SOUL THROUGH THE TEACHINGS OF INCARNATION

**Date of publication: November 19, 2025**

## What awaits you in the next life?

The idea of reincarnation – the notion that our soul incarnates repeatedly and migrates through different lives and experiences – has been the subject of discussion, study, and philosophical reflection for millennia. This fascinating concept is found in various cultures and belief systems around the globe, from the ancient Vedic scriptures of Hinduism to the teachings of Buddhism and esoteric currents in the West.

In his book, Vadim Tschenze shares his knowledge of reincarnation and his personal experiences and encounters with this phenomenon. From his first memories of past lives to his search for meaning and connection, from his experiences with regressions and meditations to his insights into the phase between incarnations, he invites us to join him on a journey that turns our understanding of life, death, and spirituality to something quite unlike we've thus far been imagining.

- Vadim Tschenze, the expert on reincarnation theory: over 155,000 copies sold of his books
- A profound journey that can revolutionise our understanding of life, death, and spirituality



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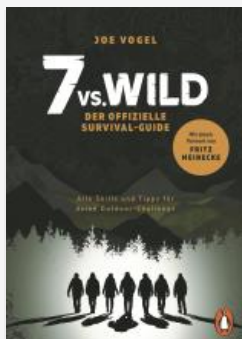
Vadim Tschenze



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Vadim Tschenze, born in 1973 in Uzbekistan, has for many years been the director of the Vadim Tschenze Academy for Spiritual Healing, Shamanism and Mediality in Switzerland. He is the author of many books. His spiritual wisdom of parapsychology, natural healing, and spirituality has been passed down in his family for generations.

[www.vadimtschenze.ch](http://www.vadimtschenze.ch)



### Fitness & Workout

Publishing House: Penguin  
Format: Paperback  
Pages & Size: 256 | 17,0x24,0 cm  
Illustrations: 200 color illustrations  
Original title: 7 vs. Wild - Der offizielle Survival-Guide

JOHANNES VOGEL (EDITOR), JOE VOGEL

## 7 vs. Wild: The Official Survival Guide

WHAT IT TAKES TO WIN YOUR OWN OUTDOOR CHALLENGE  
THE OFFICIAL COMPANION TO THE REALITY SERIES, WITH AN EXCLUSIVE  
LOOK BEHIND THE SCENES

**Date of publication: October 15, 2025**

ca. 200 colour photos

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### Scandinavia, Panama, Canada, New Zealand: survival tips from all 4 seasons in one book

What exactly is 'survival'? What should every survival kit contain, and what kind of mindset do you need? What skills can mean the difference between surviving in the wild and... well, not? With the official 7 vs. Wild survival guide, you too can beat the toughest challenge of your life. Using stories from the series, behind-the-scenes content and all those practical things that outdoor fans need to know, this guide explains what really matters when things get serious.

- A comprehensive introduction to the basics of surviving in the wild – from what to pack in your rucksack to building a shelter and finding water
- Lots of step-by-step instructions to help sharpen your survival skills
- Thrilling background info and exclusive behind-the-scenes insights
- 7 vs. Wild is one of the most successful reality series of recent years, with more than 200 million views for each season on YouTube, and one of Amazon Prime's most popular series

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### AUTHOR

Joe Vogel



© Patricia Braun

Adventurer and survival expert Johannes 'Joe' Vogel is not only one of Germany's most popular outdoor influencers, but also author of several guides to surviving in the wilderness. He regularly appears on TV as a nature expert, including on RTL, Red Bull TV, DMAX and Spiegel TV, and was most recently a participant on 7 vs. Wild.