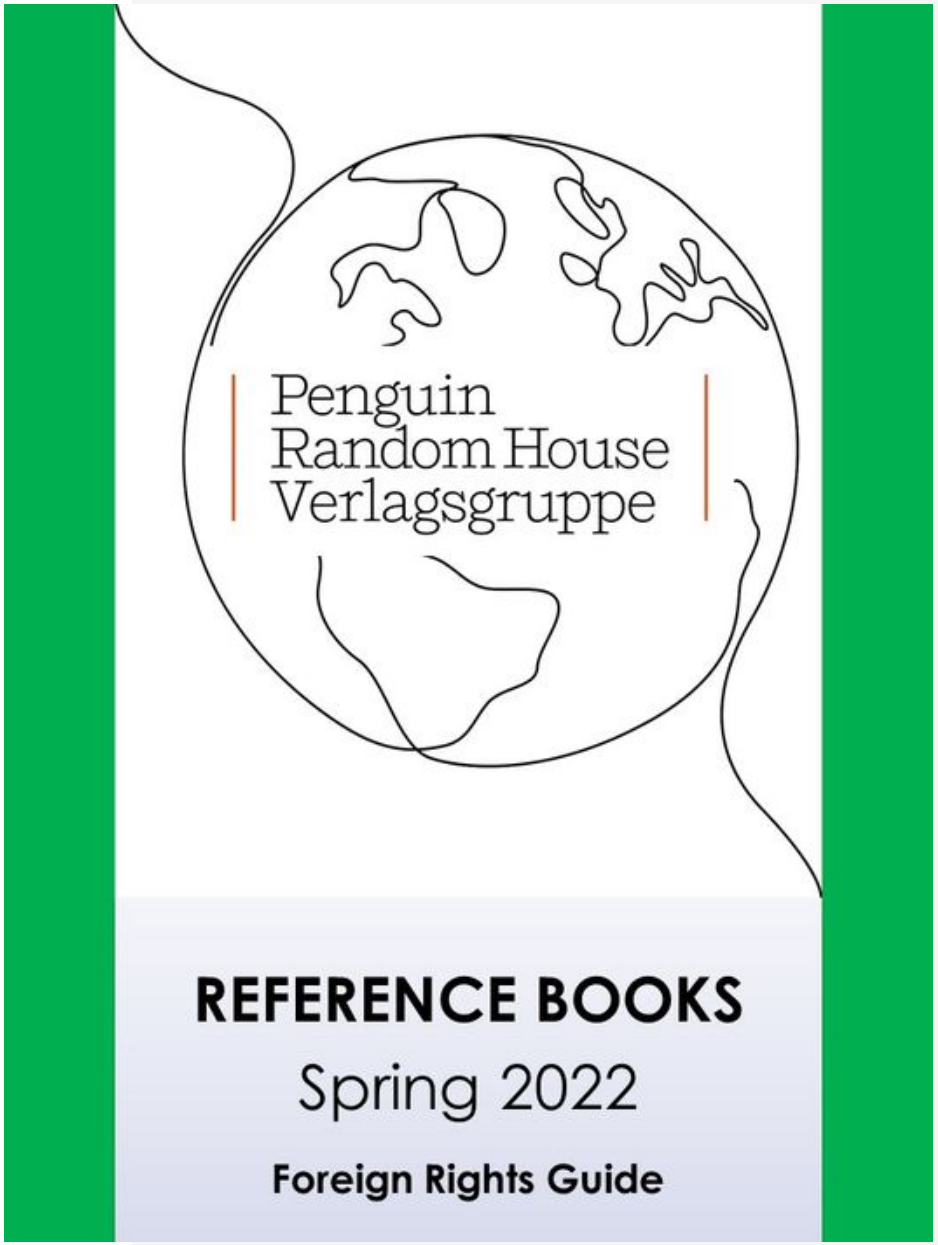
Reference Books Spring 2022



Contents

03
The Power of the Dragon
MARC GASSERT

04
More Room in the Brain
BORIS NIKOLAI KONRAD

06
The Joy of Being Independent
FLORIAN LANGENSCHEIDT, ANDRé SCHULZ

08
The Magic of Our Senses
RAGNHILD SCHWEITZER, JAN SCHWEITZER

09
Conversations with a Tree
MATTHIAS STROLZ

10
Healing Through the Intelligence of the Body
HENRY JOHANNES GRETEN

11
Everyone Can Be Healthy
PHILIPP LAHM

13
The Exhausted Brain
MICHAEL NEHLS

14
Jin Shin Jyutsu for Women
WALTRAUD RIEGGER-KRAUSE

15
Ayurveda Consultation Hours
JANNA SCHARFENBERG, ALINA HüBECKER

17
The Anti-Stress Book – The Secret of Resilience
ULRICH STRUNZ

19
Words Are Like Arrows
ANKE ELISABETH BALLMANN

20
Welcome to the Midwifery Salon
KAREEN DANNHAUER, SISSI RASCHE

22
Mental Load Workbook
LAURA FRöHLICH

23
Secure and Strong
MATHIAS VOELCHERT (EDITOR), JESPER JUUL

25
Being There instead of Prohibiting
LEONIE LUTZ, ANIKA OSTHOFF

26
Protecting the Climate as Child's Play
MAIK MEUSER, NICOLE KALLWIES MEUSER

27
Children Just Think Differently!
ELISABETH ROSE

28
Even Fathers Can Manage This!
FABIAN SOETHOF

29
Child, You're Driving Me Crazy!
BASTIAN WILLENBORG, CLAUS PETER SIMON

30
The Nine Faces of Love
RENATE GEORGY

32
The New Dimension of Love
CHRISTIAN HEMSCHEMEIER

33
Covert Narcissism in Relationships
TURID MüLLER

35
The Magic of the 12 Power Animals
JOHANNA LILIENFELD

36
Meditating at the Right Time
JOHANNA PAUNGGER, THOMAS POPPE

37
The Chakra Secret
ANDREAS SCHWARZ

38
Buddha's Valuable Gifts for You
THOMAS HOHENSEE

39
Finding Support in Yourself
GEORG LOLOS

40
Soul Mate
RONALD SCHWEPPE, ALJOSCHA LONG

41
Vegan Rocks!
ANSGAR FREYBERG, REGINE FREYBERG

43
Plant. Based.
MARIE AHLUWALIA, LAURA MERTEN



Personal Development

Publishing House: Ariston
Format: Hardcover
Pages & Size: 288 | 13,5x21,5 cm
Illustrations: 2 b/w illustrations
Original title: Die Kraft des Drachen

MARC GASSERT

The Power of the Dragon

TO COURAGE AND INNER STRENGTH WITH THE SHAOLIN METHOD

Date of publication: March 21, 2022

Inner strength is the sum of courage and wisdom

Would you like to increase your psychological endurance and resilience? If so, this book will fulfil your wish, as it will reveal to you where your inner strength lies and how you can consciously train and activate it.
The Shaolin monks describe inner strength as the power of the dragon. The dragon is considered the ancestor of humankind. Its innate courage, tenacity, and intelligence are what makes him vibrant and confident. This dragon exists in each of us.
Marc Gassert, trained in the Shaolin martial arts, combines its wisdom with Western philosophy, sociology, and psychology. Here you will learn how to refine and ennoble yourself according to the teachings of Confucius, cope with the mounting demands of an increasingly complex world, let personal attacks simply bounce off of you, and keep a high level of effectiveness even under extreme pressure. Through the power of the dragon you will achieve a serenity that sets you apart from others.
• The teachings of Shaolin, combined with Western knowledge – suitable for everyday use, with simple tools and techniques

ARISTON

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Marc Gassert



© Kay Blaschke

Marc Gassert spent a large part of his life with various cultures on several continents, where he learned Asian martial arts under renowned great masters. In Munich he studied communication science and intercultural communication, and in Tokyo he studied Japanology. He now gives lectures on the transfer of knowledge between Far Eastern and Western cultures. With his interactive lectures, he makes regular appearances at the top events of international corporations.



Personal Development

Publishing House: Ariston
Format: Paperback
Pages & Size: 256 | 13,5x20,6 cm
Illustrations: 10 b/w illustrations
Original title: Mehr Platz im Gehirn

BORIS NIKOLAI KONRAD

More Room in the Brain

DEALING WITH THE FLOOD OF INFORMATION AND MODERN LIFE WITH COMPOSURE

Date of publication: April 18, 2022

Rights sold to: Czech Republic (Grada), Russia (Azbooka), The Netherlands (Ambo Anthos)

Marie Kondo for the brain

The human brain is quite remarkable and is most often compared very favorably with high-performance computers. How is it then that we still have the feeling constantly forgetting things, being late to appointments, and having a hopelessly crowded head?
Boris Nikolai Konrad helps us regain control of our cerebral processes. This neuroscientist first illustrates the amazing ways the brain functions. He then explains how we can improve how we use our brains. With his techniques we can learn to experience full relaxation without yoga, to remember every name with ease – and to finally eliminate the chaos in our head.

- Neuroscience, the trend topic: understanding how the human brain works, and how to get more out of your own brain
- Explained by the World Memory Champion
- With numerous exercises

Memory is a skill, not an innate talent [...] Most relevant to preserve a healthy memory is using and challenging it.

ARISTON

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Boris Nikolai Konrad



© Bart van Dieken

Boris Nikolai Konrad, born in 1984, is a neuroscientist, has been World Memory champion several times, has set up four Guinness Book records and is internationally in demand for television shows. He already started working as a memory trainer and lecturer in 2006. He has also devoted himself to this field as a scientist and is involved in research into extraordinarily good performances of memory, at present at the Donders Institute in Nijmegen, The Netherlands.

Boris Nikolai Konrad in the interview with Newsweek



Personal Development

Publishing House: Ariston
Format: Hardcover
Pages & Size: 304 | 13,5x21,2 cm
Illustrations: 1 color illustrations
Original title: Vom Glück der Freiheit

FLORIAN LANGENSCHEIDT, ANDRé SCHULZ

The Joy of Being Independent

DARING TO TAKE THE STEP TO SELF-EMPLOYMENT. WITH INSPIRATIONS FROM BUSINESS FOUNDERS

Date of publication: March 08, 2022

More independence, greater self-determination

Florian Langenscheidt, as always working on behalf of happiness, dedicates himself to yet another heartful topic in this book: founding a business. The author shows what the formulas are for the successful establishment of a company while relating much of his own experiences as a founder and venture capitalist.
The Joy of Being Independent is an enthusiastic book that appeals to two types of readers: those who are thinking about starting their own business, and those who are already entrepreneurs, but who may be facing unexpected difficulties. Florian Langenscheidt has a clear message: It is always worth starting and, above all, persevering, in order to live the dream of creating your own company.

- Confidently realizing the dream of starting your own business
- How founding a business can bring you true joy
- Inspiring stories and practical tips from many well-known business founders

ARISTON

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Florian Langenscheidt



© Patrycia Lukas

Florian Langenscheidt has authored eight books about happiness and optimism to date, and issued many more as a publisher. He has studied philosophy, literature, journalism and management in three countries; which, combined with his curiosity, fellow-feeling and creative bent, has led him into no fewer than ten different spheres of work. Along with founding companies himself, he has helped the founders of others to succeed. He is chair of the board of trustees for the German Innovation and Entrepreneurship Prize, and as such has a special interest in fostering creativity. As founder of Children for a Better World he has helped thousands of others get a start in life – for which he has received the German Order of Merit and the German Innovation and Entrepreneurship Prize.

AUTHOR

André Schulz



© Katja Schulz

André Schulz is an entrepreneur who helps people lead a conscious and self-determined life both with and without money. As a speaker and screenwriter, he has already reached well over 100,000 people. With Florian Langenscheidt as co-author, he has written "Finde dein Glück" ('Find Your Joy'), "Weil ich dich liebe" (Because I Love You), "Weil ich dich liebe, Papa" (Because I Love You, Papa), "Du bist mein Glück, Mama" (You Are My Joy, Mama), and "Alt genug, um glücklich zu sein" (Old Enough to Be Happy), all published by Heyne Verlag.



Health & Alternative Healing

Publishing House: Goldmann
Format: Paperback
Pages & Size: 400 | 13,5x20,6 cm
Original title: Die Magie unserer Sinne

RAGNHILD SCHWEITZER, JAN SCHWEITZER

The Magic of Our Senses

WHY WE CAN'T LAUGH, LOVE, OR LIVE WITHOUT THEM – HOW WE CAN REDISCOVER THEM AND MAKE GOOD USE OF THEM

Date of publication: April 18, 2022

Rights sold to: China (Beijing Guangchen)

Are we out of our senses?

Our everyday lives and the modern world overall have led us to forget what significance the senses have for our lives. Every day our bodily senses become a bit more dull. We work and relax in front of screens and monitors, spend time in fitness studios, and leave it up to the navigation system to give us orientation and inform us of where we are. Although we believe we generally understand how our senses function and how much we depend on them, we often neglect our internal and external sensory systems and sabotage our own vital abilities of perception. Thanks to their children, science journalists Jan and Ragnhild Schweitzer have rediscovered what an alert sensory life is and how much joy is connected with it. People who know that humans need physical contact to be healthy will maybe chat less in the social network and instead hug their partner once in a while. And those who have learned how to taste will eat with greater awareness – and maybe even lose weight by doing so. Here is a declaration of love to the world of the senses and the beautiful facets of our life.

GOLDMANN

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Ragnhild Schweitzer



© Andreas Eucker

AUTHOR

Jan Schweitzer



© Andreas Eucker

Jan Schweitzer and Dr. med. Ragnhild Schweitzer met during their medical studies and have been a couple for 25 years. The role that the senses have in our lives is something that has always fascinated them, yet it was their two children who showed them how much adults have increasingly become alienated from their physical body. They presently work as science journalists for such periodicals as Die Zeit and Stern.



Narrative Self-Help

Publishing House: Kailash
Format: Hardcover
Pages & Size: 272 | 11,8x18,7 cm
Illustrations: 30 b/w illustrations
Original title: Gespräche mit einem Baum

MATTHIAS STROLZ

Conversations with a Tree

A WISE FRIEND AND THE GREAT SECRETS OF LIFE

Date of publication: March 21, 2022

On the trail of the secrets of life

When he realises he is able to converse with his favourite tree, Matthias Strolz sets out on a journey of discovery that takes him through the essential questions of life that affect us deeply and make us human, eventually leading him to his personal "inner place".
His intensive, entertaining, and profound conversations with the magical tree revolve around birth and death, time and space, God and religion, politics and the state, money and power, job and success, pain and joy, and happiness and love. Knowledge and inner truths will come to fruition through the universal connectedness of everything in existence.
An inspiring story that kindles inner peace, renewed hope, and refreshing joy of life in each of us.

• An inspiring dialogue on the philosophical questions of life
• For all who are in a phase of change and searching for new paths in life
• For fans of John Strelecky, Paulo Coelho, and Tessa Randau

kailash

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Matthias Strolz



© story.one/A. Hofer

Matthias Strolz is an impact and startup entrepreneur, bestselling author, publicist, keynote speaker, people mover, free spirit, and coach. He studied political science, international economics, and systemic organisational development in Austria and internationally. Developing potential has been something close to his heart ever since his teenage years. As a coach and consultant, he advises individuals, non-profit organisations, and companies in strategy and development processes. In May 2020 his bestseller "Strength and Inspiration for These Times" (story.one) appeared, a book filled with inspirations for a proactive lifestyle and the good life.



Health & Alternative Healing

Publishing House: Ludwig
Format: Hardcover
Pages & Size: 288 | 13,5x21,5 cm
Illustrations: 30 b/w illustrations
Original title: Heilen mit der Intelligenz des Körpers

HENRY JOHANNES GRETEN

Healing Through the Intelligence of the Body

HOLISTICALLY AND NATURALLY HEALTHY WITH THE BEST FROM CHINESE HEALING ARTS AND WESTERN MEDICINE

Date of publication: June 14, 2022

The two-world medicine uniting East and West

Prof. Dr. Henry Johannes Greten has been engaged for decades in combining conventional Western medicine with the traditional holistic healing arts of China. He reveals here for the first time the tremendous potential of a two-world medicine. While Western medicine often treats only the symptoms, Chinese medicine focuses on the complete person, considers the influence of the psyche on well-being, and activates self-healing energies. Where modern scientific-based medicine comes up short, Chinese medicine alleviates disorders, prevents diseases, and significantly improves quality of life through such natural healing methods as acupuncture and qigong. Greten shows here precisely and comprehensibly how two-world medicine can help with conditions of the musculoskeletal system, digestion system, and the respiratory tract, as well as cardiovascular and autoimmune diseases and chronic ailments.

• The leading expert for Chinese medicine in Germany reveals what truly heals.
• The ten principles for a healthy life – traditional Chinese medicine combined with modern Western medical knowledge

LUDWIG

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Henry Johannes Greten
Professor Dr. med. Henry Johannes Greten is Germany's leading expert in the field of Traditional Chinese Medicine. He is a general practitioner and specialist in naturopathy, homeopathy and acupuncture and runs an internationally acclaimed group practice for TCM in Heidelberg. He is the president of the German Society for Traditional Chinese Medicine and professor of Chinese medicine as applied neurophysiology at Porto University. He has taught Chinese medicine at various universities in China.



Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 256 | 17,0x24,0 cm
Original title: Gesund kann jede*r!

PHILIPP LAHM

Everyone Can Be Healthy

MY WAY TO BETTER HEALTH AND LESS STRESS

Date of publication: May 16, 2022

With 80 colour photographs and illustrations

Motivated, active, healthy

The football world champion, entrepreneur, and family man Philipp Lahm presents here the health concept he developed with experts. The concept's emphasis here is not set on rules but rather on motivation, overall attitude towards oneself, the desire for enjoyment, and the careful use of our precious resource of health. How can we take care of ourselves sufficiently in spite of hectic everyday life, professional and family challenges, or simply lack of time? What factors influence our life and how, and where can we intervene to control them?
The book motivates us to achieve greater physical and mental agility, clearer focus, and more relaxation and enjoyment. Practical exercises and ideas for flexibility, endurance, and mental training, along with numerous delicious recipes, stimulate our desires for a more active lifestyle. The team of experts around Philipp Lahm comprise Dr. Manfred Wagner (head physician of the Fürth Clinic), the mental coach Wolfgang Sommerfeld (of the German Handball Federation), and the nutritionist Stefanie Nann.
• Tried and tested, and scientifically proven – a holistic health concept for body, mind and spirit
• Fascinating facts, motivational tips, and delicious recipes for a fitter lifestyle

südwest

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Philipp Lahm



© Christian M. Weiß

Philipp Lahm, one of the most successful German football players, enjoys a great reputation far beyond football. The 2014 world champion is now an entrepreneur primarily committed to a healthy lifestyle. At the Philipp Lahm Foundation, he is especially committed to helping young people in the areas of health and personal development. Together with his team, he forwards a holistic health concept, which he makes available to a broad public here for the first time.

An illuminating reference book and self-help guide, which includes information about all things health, with personal insights, expert interviews, recipes and [...] exercise ideas.

HÖRZU

Brilliant!

aboutmyfavbooks



Health & Alternative Healing

Publishing House: Heyne
Format: Paperback
Pages & Size: 368 | 13,5x20,6 cm
Original title: Das erschöpfte Gehirn

MICHAEL NEHLS

The Exhausted Brain

THE ORIGINS OF OUR MENTAL ENERGY – AND WHY IT FADES. REGAINING WILLPOWER, CREATIVITY, AND FOCUS

Date of publication: January 10, 2022

Rights sold to: Poland (Vital)

Scattered, unnerved, unfocussed? Strong frontal lobe equals strong decisions

The brain's capacity is limited. Everyone knows the feeling: After a long day it's hard to concentrate, to make difficult decisions, or to have a more empathetic perspective. We exist in a chronically exhausted society. Lack of exercise, bad diet, harmful substances in the environment, unsatisfying social interactions or no social life at all, constant digital media exposure – we are not living according to our nature, which causes the performance of our brains to continually decline. Dr. med. Michael Nehls has gone in search of the source of our mental energy – and has found it. For the first time, he describes where our "brain battery" is located, what functions it has in the brain, and especially what that means for our thinking processes. He describes the fatal consequences the declining power capacity of the mental battery could have for us, society in general, and future generations, and what we can do to counteract this.

• The 'frontal lobe battery': Where is it located, what is its role, how is it recharged – and how can we increase its capacity?
• Mental exhaustion: a threat to our society
• For readers of Manfred Spitzer and David Perlmutter

HEYNE

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Michael Nehls



© Alex Jung

Dr. med. Michael Nehls is a doctor and expert on molecular genetics. After doing research in academic institutes in the USA and Germany and finding the key to a wide range of hereditary diseases, he became head of genome research for a US biotech-nology company. Between 2000 and 2007 he was the CEO of a biopharmaceutical company in Munich. Michael Nehls now writes non-fiction books, produces documentary films and gives lectures on strategy and health. He has made it his goal to explain the causes of the diseases of civilisation in a understandable way, and gives lectures at universities and congresses.
www.michael-nehls.de



Health & Alternative Healing

Publishing House: Irisiana
Format: Hardcover
Pages & Size: 192 | 17,0x24,0 cm
Illustrations: 120 color illustrations
Original title: Jin Shin Jyutsu für Frauen

WALTRAUD RIEGGER-KRAUSE

Jin Shin Jyutsu for Women

GENTLE SELF-HELP FOR FEMALE HEALTH: FERTILITY, MENOPAUSE, AND MORE

Date of publication: August 24, 2022

Awakening the feminine powers of self-healing

The Japanese self-help method Jin Shin Jyutsu can be an integral support especially for the different phases of female development. It has a harmonising influence on hormonal balance and stimulates vitality.
For the first time in book form, the best-selling author Waltraud Riegger-Krause uses vivid illustrations to describe in detail the flow sequences used for practical self-help, and offers much advice on all important aspects of women's health. The leading Jin-Shin-Jyutsu expert shows how a decrease in physical fertility actually results in greater spiritual fertility. Thus menopause and the time following can be welcomed as yet another exciting phase in a woman's life course.
• Holistic women's health for all phases of life
• Applications for practical self-help, fully Illustrated

IRISIANA

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Waltraud Riegger-Krause
Waltraud Riegger-Krause is one of the few authorized teachers of Jin Shin Jyutsu. In 1985 she began her instruction in this method in America with Mary Burmeister, who had begun in the 1950s to introduce this knowledge to the West. Riegger-Krause then went through training in natural healing and traditional Chinese medicine. She now has her own practice and gives courses worldwide in Jin Shin Jyutsu. She is known for her books on this topic, which have all become bestsellers.



Health & Alternative Healing

Publishing House: Südwest
Format: Hardcover
Pages & Size: 384 | 19,5x24,0 cm
Illustrations: 150 color illustrations
Original title: Ayurveda-Sprechstunde

JANNA SCHARFENBERG, ALINA HüBECKER

Ayurveda Consultation Hours

THE HOLISTIC HEALTH GUIDE FOR THE HOME

Date of publication: July 11, 2022

The new standard reference work of Indian healing art

Good health is not something that can be taken for granted, but instead is dependent on us assuming responsibility for our health. In our stress-packed everyday life, this is easier said than done, yet it is certainly feasible.
This comprehensive Ayurveda reference work can help. Dr. Janna Scharfenberg and Dr. Alina Hübecker, medical doctors, Ayurveda experts, and yoga teachers, have made this thousand-year-old Indian medical tradition applicable to modern life and. With its holistic, individual approach, Ayurveda offers effective help for many conditions, including allergies, intestinal complaints, colds, back pain, and various mental disorders.
The standard Ayurveda reference work, dealing with the most common diseases and revealing what we can do for ourselves to get healthy.
• The modern, comprehensive reference health guide
• Well-founded expert advice: Ayurvedic healing knowledge based on Western medicine
• With a self-test to find causes: recognising Dosha disorders and treating them yourself according to personal type

Easy to understand and put in practice, even when you've had a stressful day.

Lesewurmwordpresscom.wordpress.com

südwest

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Janna Scharfenberg



© Andrea Monica Hug

Dr. med. Janna Scharfenberg is a holistic physician and certified yoga teacher with training in Ayurvedic medicine. She shares her knowledge about holistic medicine, nutrition, yoga and health through coaching, workshops, training, and advanced education. She lives with her husband and daughter in Zurich.
drjannascharfenberg.com/

AUTHOR

Alina Hübecker



© Andrea Monica Hug

Dr. Alina Hübecker is a medical doctor, Ayurveda therapist, and yoga instructor. She combines Western medicine with Ayurveda and yoga to create a unique treatment concept to provide holistic and individual diagnoses and advice. She imparts her knowledge and dedication in workshops, books, and a podcast, and via

Instagram, Facebook, and YouTube.



Health & Alternative Healing

Publishing House: Heyne
Format: Paperback
Pages & Size: 240 | 13,5x20,6 cm
Original title: Das Stress-weg-Buch – Das Geheimnis der Resilienz

ULRICH STRUNZ

The Anti-Stress Book – The Secret of Resilience

WHAT STRESS DOES TO THE BODY AND HOW WE CAN MINIMISE IT FROM WITHIN

Date of publication: April 19, 2022

Rights sold to: Czech Republic (Grada)

2c throughout

Stress is the greatest health threat of the 21st century.

Humans are capable of incredibly high performance when under stress, and the human body is actually built for enduring high stress levels. Then why is it that we suffer from constant tension, lose our nerve quickly, and frequently feel exhausted?
Dr. med. Ulrich Strunz sheds new light on the perennial topic of stress. Based on his own experience and current scientific findings, he describes how stress affects the body and what damage it can cause. He explains how we can build up physical and emotional resilience through new habits and how we can strengthen ourselves against negative stress from within.
Dr. Strunz shows a refreshingly simple way out of the spiral of stress and towards neurological fortitude, composed health, stable resilience, and even more: a broad array of joy in life.
• A new perspective on the continuing topic of stress.
• Simple and effective: the Strunz formula for a healthy life in spite of stress

HEYNE

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

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

• The successful bestselling author, with more than 11 million books sold



Family & Parenting, Psychology

Publishing House: Kösel
Format: Hardcover
Pages & Size: 208 | 13,5x21,5 cm
Original title: Worte wie Pfeile

ANKE ELISABETH BALLMANN

Words Are Like Arrows

HOW TO AVOID EMOTIONAL VIOLENCE AGAINST OUR CHILDREN

Date of publication: April 26, 2022

Rights sold to: China (Beijing Yuchen Culture), Slovak Republic (Ikar)

The new book from the educational expert and child-raising visionary

The psychologist and educationalist Anke Elisabeth Ballmann knows that children can experience violence that will affect them for the rest of their lives. In her new book, she uses numerous practical examples to show what consequences can be from the various types of emotional violence, much of it unrecognised, that occurs every day in many families and that manifests in many ways, such as through words, the use of 'boundaries', the withdrawal of love, excessive expectations, and rigid family customs. Even in kindergartens, schools, and other institutions, children are still not treated in the way that current findings in research, teaching and learning, and cognition would lead us to expect.
The desire for a violence-free childhood does not need to be utopian. Ballmann reveals how this vision can become reality and how children and their families benefit from a new attitude.
• A debate book on the consequences and long-term effects of psychological violence on children
• A violence-free childhood: the wish of all parents for their children
• With reflective questions for coming to terms with one's own childhood experiences

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Anke Elisabeth Ballmann



© Hannelore Kirchner

Dr. Anke Elisabeth Ballmann is an educationalist, psychologist, and author. For over 25 years she has been committed to child-friendly education and violence-free pedagogy. In 2007 she founded the Lernmeer Institute for counselling and advanced training for pedagogical specialists She created a foundation for non-violent childhood in 2020. Inspiring lectures on her core topics has earned her a reputation as an innovative education expert.
http://www.lernmeer.de/



Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 272 | 13,5x21,5 cm
Original title: Willkommen im Hebammensalon

KAREEN DANNHAUER, SISSI RASCHE

Welcome to the Midwifery Salon

THE MOST CHARMING PLACE FOR ALL QUESTIONS ABOUT PREGNANCY AND CHILDBIRTH

Date of publication: May 23, 2022

2c throughout

Midwifery knowledge at its best!

Kareen Dannhauer and Sissi Rasche convey what really matters concerning pregnancy, childbirth, and the postpartum period. These two passionate midwives care for families in preparing for and having hospital and home births. They have a popular podcast, in which their many years of professional experience are presented along with the latest research to help answer many questions. Why is a prenatal course worthwhile? What really needs to be taken along to the hospital? And how do you deal with an unplanned caesarean section?
Readers will benefit from this charming blend of passion and humour, straight talking and tact, and through 40 chapters are provided with excellent introductory knowledge around the phenomenon of giving birth.
• Competent, clear and entertaining
• True empowerment for pregnant women: The authors do away with old wives' tales and provide solid advice for a self-determined birth.

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

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

Sissi Rasche



© EYECANDY Berlin

Sissi Rasche, a freelance midwife, specialises in obstetrics at home and in the 1:1 clinic system. She is also the co-founder of 'Babybox and family', a store and online shop for infant accessories, and is an representative for 'Lillydoo', a baby-care product line and community.



Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 160 | 17,0x21,0 cm
Original title: Dein Workbook: Die Frau fürs Leben ist nicht das Mädchen für alles

LAURA FRöHLICH

Mental Load Workbook

GETTING RID OF MENTAL LOAD

Date of publication: April 26, 2022

2c throughout

Putting an end to the mental overload

Handiwork, baking, pushing the baby buggy – in addition to their regular job, mothers often do a second, even more strenuous one. The mothers who do this sort of care work often feel like a walking to-do list, brought to their knees by the burden of keeping the family organised.
With her workbook, Laura Fröhlich invites mothers to pause, carefully analyse things, and ask themselves questions, such as: Where does my personal stress begin? What are the triggers and expectation traps are behind it? And what are possible solutions? Exercises, tests, and psychological advice help women to clearly formulate requests for help and relief, to strategically unburden themselves of excess ballast, and over the long term to delegate responsibility. In this way, step-by-step, sustainable change comes about.
• Targeting your personal mental load with tools, checklists, and professional tips
• Individual self-coaching at your own pace
• Including tips for single parents and women who cope with everyday family life without a partner

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Laura Fröhlich



© privat

Laura Fröhlich is one of the most renowned and popular authors and speakers on the subject of mental load. In her lectures and workshops, she presents strategies and concepts for reducing mental load and for the equal sharing of care-work. 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.



Family & Parenting

Publishing House: Kösel
Format: Hardcover
Pages & Size: 144 | 13,5x21,5 cm
Original title: Geborgen und stark

MATHIAS VOELCHERT (EDITOR), JESPER JUUL

Secure and Strong

HOW SEPARATING OR DIVORCING PARENTS CAN PROVIDE ORIENTATION AND SUPPORT

Date of publication: February 28, 2022

Rights sold to: Poland (Mind Publishing)

Going separate ways while remaining competent parents

It's often a painful time when parents separate, but they can make this transition in a family-friendly and responsible way.
The renowned family therapist Jesper Juul provides answers to many issues around this in his usual authentic way: how to best take into account the feelings and reactions of children, how to talk to them to explain the situation, how the family life in two households should be organised so that everyone's needs are taken into account, and what to do when problems arise.
This book, based on lectures by Jesper Juul and Mathias Voelchert, will help parents support their children in separation situations and ensure that they grow up feeling safe and cared for and develop personal strength.

- From the wrings of the renowned family therapist
- Sensitive, empathetic advice: what really helps parents
- With a foreword and chapter by Mathias Voelchert of familylab.de

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

EDITOR

Mathias Voelchert



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Mathias Voelchert, born in 1953, was founder (in collaboration with Jesper Juul) of familylab.de in Germany and its director from 2006 to 2022. He is a business economist, trainer, supervisor, coach with systemic training and various continuing education courses, an author, and since 1983 an independent entrepreneur. He gives workshops for fathers and advises couples, families, schools, and entrepreneurs on the subject of equality and relationship competence. http://www.mathias-voelchert.de

AUTHOR

Jesper Juul



© Anne Krieg

Jesper Juul (1948-2019) was one of the most important and innovative family therapists in Europe, and founder of the parent counselling project "familylab

international". He became internationally known through numerous seminars, media appearances and successful parenting books. His respectful way of dealing with people impressed experts and parents alike time and again.



Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 240 | 13,5x21,5 cm
Original title: Begleiten statt verbieten

LEONIE LUTZ, ANIKA OSTHOFF

Being There instead of Prohibiting

BEING COMPETENT AND SAFE IN THE DIGITAL WORLD AS A FAMILY

Date of publication: May 30, 2022

Rights sold to: Turkey (İletisim)

Digital child-raising on an equal basis

Leonie Lutz and Anika Osthoff, experts in digital education, illustrate what a safe, competent, and creative digital family life can look like, without prohibitions and conflicts. In this, parents won't feel overwhelmed or outdated, but will remain capable of shaping their children's digital experiences in a focussed and creative way while allowing them to acquire indispensable future skills. What is essential is a conscious digital guidance that is at eye level with their children, and that builds bridges into the children's digital world. Parents are given a basic understanding of the possible benefits and risks, shown what the various roles they may have in digital education, and provided specific tips and ideas for a shared digital family experiences.

• A strong plea for digitality in family life
• Why parents shouldn’t withdraw from media education
• An encouraging, enabling, positive approach for parents

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

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.

AUTHOR

Anika Osthoff



© Sabrina Zeuge

Anika Osthoff is a high school teacher at a digital-media-oriented school. She is responsible for conceptual media work and everything that students now need to know about digitality.



Family & Parenting

Publishing House: Penguin
Format: Paperback
Pages & Size: 336 | 13,5x20,6 cm
Illustrations: 25 color illustrations
Original title: Klima schützen kinderleicht

MAIK MEUSER, NICOLE KALLWIES MEUSER

Protecting the Climate as Child's Play

HOW TO LIVE ALMOST WITHOUT PLASTIC, SAVE ENERGY, EAT DIFFERENTLY AS A FAMILY – AND HAVE FUN DOING IT

Date of publication: March 08, 2022

Climate protection as a project for the whole family

Of course, saving the climate is a bit more than just child's play – but at least the first small steps can be just that. In this very personal book, Nicole and Maik Meuser show how it is possible even with two jobs and three children, and all while having fun. In 2019, they started reducing their use of plastic and how much garbage they created. This soon turned into a bigger project involving nutrition, overall consumption, and energy use.
The authors show what strategies can be used in the everyday fight against climate change and include many practical, easy-to-implement tips for a sustainable lifestyle. Time is running short and we have to act quickly. Everyone can do at least a small part – we all just have to get to it.
• Just start somewhere: reducing plastic use, avoiding garbage, eating differently, and much more – a program for the whole family
• Pleasant and authentic: Nicole and Maik Meuser talk about their personal path to a sustainable lifestyle for the whole family.

PENGUIN VERLAG

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Maik Meuser



© Marina Weigel

Maik Meuser, born in 1976, has been an editor for the Arte network and a moderator at Deutsche Welle. He hosts the RTL network prime-time news and has also produced several investigative reports for RTL Nachtjournal. Moreover, he has been moderating "Climate Update" on the ntv network, a program he co-produced, since 2021.

AUTHOR

Nicole Kallwies Meuser



© Marina Weigel

Dr. Nicole Kallwies-Meuser, born in 1978, is the director of an international management consultancy based in Berlin, Paris, and Detroit. She completed her doctorate at the Department of Romance Studies of the University of Mannheim and the Sorbonne in Paris.



Family & Parenting

Publishing House: Kösel
Format: Hardcover
Pages & Size: 256 | 13,5x21,5 cm
Original title: Kinder denken einfach anders

ELISABETH ROSE

Children Just Think Differently!

20 GROUNDBREAKING FINDINGS IN PSYCHOLOGICAL RESEARCH THAT CAN MAKE FAMILY LIFE EASIER

Date of publication: February 28, 2022

Rights sold to: China (China Textile and Apparel Press)

With 3 illustrations

Finally understanding our children

Even though we were all once children, it is often hard for us to have much understanding or empathy for the thoughts and emotions of our offspring: Our brains have changed too much and in fundamental ways as we have become adults. Especially in the first years of life, children's perception and skills make developmental leaps almost monthly.
Psychological research has made a significant contribution to understanding children better and to treating them in a child-appropriate manner. But as very few parents are trained developmental psychologists, most quickly wonder about seemingly groundless tantrums or an apparently anti-social child who absolutely does not want to share his toys.
Elisabeth Rose presents here the 20 most momentous and fascinating experiments that have revolutionised our understanding of the child's brain and mind.
• With practical tips and scientifically sound advice
• From infancy up to school age

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Elisabeth Rose



© Andreas Schönberger

Dr. Elisabeth Rose studied psychology in Regensburg, Berlin, and Melbourne. After completing her studies, she worked in 2013 as a research assistant at the department of developmental psychology at the University of Bamberg. During that time, she began training as a child and adolescent psychotherapist. She is currently working in child and adolescent psychiatry at the Nuremberg North Clinic. She also teaches social sciences at the University of Applied Sciences in Erfurt and the Protestant University of Applied Sciences in Nuremberg.



Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 240 | 13,5x21,5 cm
Original title: Väter können das auch!

FABIAN SOETHOF

Even Fathers Can Manage This!

FINALLY TIME TO LIVE A FAMILIAL LIFE ON AN EQUAL FOOTING

Date of publication: March 21, 2022

What is it that's actually getting in our way?

Most fathers want to take on more than just financial responsibility; they also want to have an equal influence on family life and on raising children. But there are still great difficulties in putting this into practice. Parents quickly get caught up in the traditional mode of distributing tasks, one that pushes fathers towards the margins of everyday family life – mostly to the detriment of the relationship, the children, and the men themselves.
The journalist, father, and parenting blogger Fabian Soethof knows from his own experience the contradictions, expectations, and uncertainties that his generation faces. He also reveals what role models are missing, what privileges still apply, and what sort of mindset will help in becoming a father with greater presence. With a sharp eye, much humour, and in dialogue with experts, he inspires men to question the usual ways and to find out what sort of fathers they themselves want to be.
• A strong plea from a father to rethink traditional parenting roles and have greater fairness in the family
• Concrete impulses and questions to consider for creating awareness and change
• The challenges of being a father today – questioning one's personal socialisation

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Fabian Soethof



© Hella Wittenberg

Fabian Soethof, born in 1981, majored in cultural studies in Duisburg and cultural journalism in Berlin. Since 2013 he has been working as an editor at Musikexpress, the online editorial department of which he has been in charge part-time since 2016. Soethof has written for Zeit Online, Süddeutsche Zeitung, zitty, Tagesspiegel, and Interview, among others. Since having children, he has also worked as a journalist in Eltern magazine and Men's Health Dad. With www.newkidandtheblog.de he was one of the first fathers to blog about parenting.



Family & Parenting

Publishing House: Heyne
Format: Paperback
Pages & Size: 176 | 13,5x20,6 cm
Original title: Kind, du machst mich wahnsinnig!

BASTIAN WILLENBORG, CLAUS PETER SIMON

Child, You're Driving Me Crazy!

HOW OUR OWN BEHAVIOURAL PATTERNS GET IN THE WAY OF PARENTING

Date of publication: August 10, 2022

Five steps to serene child-raising

Many parents sooner or later arrive at the point where they feel themselves overwhelmed by their efforts in raising their children. Constant fights and disagreements make you want to tear your hair out!
Bastian Willenborg, specialist in psychosomatic medicine, psychiatry, and psychotherapy and himself the father of two children, knows that parents often fail because of their own needs when interacting with their children. Many stressed parents simply lack the maturity and security that an adult must have when dealing with children. There are reasons for this. A major one is that if you did not learn how to deal with frustrated desires as a child, you are less likely to be able to teach your children how they can deal with such frustrations themselves. Using his work and his experience with parents in crisis, Willenborg presents five steps with which parents get to better know and understand their own children's needs and find their own way to a better maturing self. We will find our way out of the anger and powerlessness trap so that our children can become happy and content individuals.
• Recognising, understanding, and resolve trigger situations
• Why parents often fail because of unresolved needs from their own childhood – and what can be done about it

HEYNE

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Bastian Willenborg

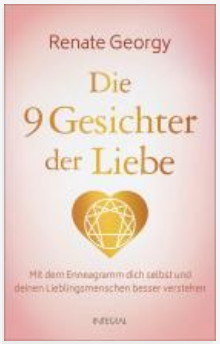


© STUDIOLINE FOTOSTUDIO BERLIN STEGLITZ DAS SCHLOSS

Dr. Bastian Willenborg is the medical director of the psychiatric-psychosomatic Oberberg Clinic and the Oberberg Day Clinic Kurfürstendamm. As a specialist in psychosomatic medicine, psychiatry, and psychotherapy and an expert in schema therapy, he is regularly consulted by national media such as FAZ, Spiegel, Die Welt, and others.

AUTHOR

Claus Peter Simon



Love & Relationships

Publishing House: Ansata - Integral - Lotos
Format: Hardcover
Pages & Size: 208 | 12,5x20,0 cm
Illustrations: 2 b/w illustrations
Original title: Die neun Gesichter der Liebe

RENATE GEORGY

The Nine Faces of Love

UNDERSTANDING YOURSELF AND YOUR PARTNER BETTER WITH THE ENNEAGRAM

Date of publication: March 21, 2022

The recognised Enneagram concept – for the first time focussing on love and partnership

"Just try to understand me!" Everyone who has been in a relationship has said this at least once to their partner. Yet to truly understand your partner (and yourself as well) is often easier said than done.
Renate Georgy shows how a truly joyful and fulfilling love relationship can succeed. The key is the Enneagram, an easy-to-use self-exploration tool that is astonishing informative and revealing. This psychological type concept makes it possible to bring to light unconscious longings and behaviour patterns, as well as strengths and weaknesses – and through this to avoid stumbling onto hidden breaking points in a love relationship or to repair them in time. Like an unerring compass, the Enneagram points the way towards loving yourself and your partner in an entirely new way and living a relationship characterised by genuine mutual understanding.
• A fascinating combination of psychology and spirituality: easy to use, with many practical exercises
• For everyone searching for invaluable insights and impulses for making their love relationship joyful and fulfilled

An interesting, freewheeling book that contributes much to

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Renate Georgy

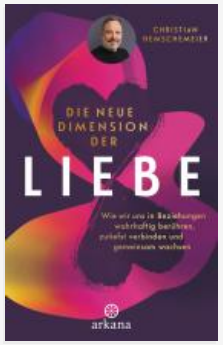


© Annette Koroll

Renate Georgy is an author, coach, and seminar leader. For more than a quarter of a century she was an attorney for family law in her own practice in Hamburg. She has worked on a voluntary basis in a women's counseling centre and taught women's rights at the University of Hamburg for over ten years. She has made use of the Enneagram professionally and privately for over thirty years.

our understanding of love.

wlodarek.de



Love & Relationships

Publishing House: Arkana
Format: Hardcover
Pages & Size: 288 | 13,5x21,5 cm
Illustrations: 15 b/w illustrations
Original title: Die neue Dimension der Liebe

CHRISTIAN HEMSCHEMEIER

The New Dimension of Love

HOW WE TRULY COME IN CONTACT, CONNECT DEEPLY, AND GROW TOGETHER IN RELATIONSHIPS

Date of publication: April 11, 2022

"The unique couples coaching that demonstrates how love can succeed." Stefanie Stahl

We all long for a relationship that is fulfilling and gives us joy, but often we become mired in apathetic, loveless, or even toxic partnerships.
Isn't there some other dimension to love? Yes, there is, says psychologist and relationship expert Christian Hemschemeier. Through such a love, we find ourselves in a continuous current of trust and tenderness and come to feel connected to the greater whole. We overflow with our own joy, and because we are not needy we don't need to limit or manipulate our partner. The way to this state of being is a change of awareness: away from ego-centrism and towards a development experienced mutually, away from unfulfillable demands and towards unconditional acceptance. Thus we develop together beyond our individual selves into a connected, coupled We.

• Partnerships as they should be: intimate, without ego games or emotional dependency
• Psychological-spiritual relationship-doping: putting behind fear of loss and emotional emptiness
• Love of oneself instead of abandoning oneself as the key to a fulfilling relationship

arkana

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Christian Hemschemeier



© Christian Kerber

Christian Hemschemeier, born in 1967, is a degreed psychologist and has been working as a couples therapist and single coach for over 20 years. In 2009 he founded the Institute for Integrative Couples Therapy. He is a sought-after guest in television and print media as an expert on toxic relationships. His columns and interviews appear in Stern, Brigitte, and through the Editor Network Germany. In his direct and honest way, he inspires thousands on YouTube and in his online courses, assisting people with dating fiascos or relationship crises. He also gives personal counselling at one of his three practice locations.



Love & Relationships

Publishing House: Kailash
Format: Hardcover
Pages & Size: 432 | 13,5x21,5 cm
Illustrations: 20 b/w illustrations
Original title: Verdeckter Narzissmus in Beziehungen

TURID MÜLLER

Covert Narcissism in Relationships

RECOGNIZING THE SUBTLE FORMS OF TOXIC BEHAVIOUR AND FREEING YOURSELF FROM EMOTIONAL ABUSE

Date of publication: May 16, 2022

Rights sold to: China (Beijing Land of Wisdom Books)

"Finally escaping the trap of poisoned charm and subtle pinpricks." Turid Müller

They are reserved, friendly, and generally well liked. No one would suspect them capable of anything malicious. But behind an inconspicuous facade, people with covert narcissism are manipulative in relationships and undermine the self-esteem of their partners with small but sharp personal jabs. This subtle form of narcissism makes it especially difficult for people to recognize that they are trapped in a toxic relationship. Hurt and confused, they blame themselves for the perceived problems in the relationship.
The psychologist Turid Müller uncovers the toxic behaviour patterns and suggests pathways towards healing from this emotional abuse. Vital to this is healing old wounds and especially recognizing what has made us vulnerable to toxic relationships in the first place. The most important revelation here is that we are not alone with our experiences – and we can heal and grow to find true love in the future.
• Uncovering the manipulations of covert narcissists, recovering from emotional abuse, and opening up to healthy partnerships
• How to identify covert narcissism in relationships, heal emotional abuse, and

kailash

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Turid Müller



© Turid Müller, Fotograf: Torge Niemann

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

develop a new relationship models



Spirituality & New Age

Publishing House: Goldmann
Format: Paperback
Pages & Size: 288 | 12,5x18,7 cm
Illustrations: 20 b/w illustrations
Original title: Die Magie der 12 Krafttiere

JOHANNA LILIENFELD

The Magic of the 12 Power Animals

SPIRITUAL ANIMAL COMPANIONS

Date of publication: June 20, 2022

Rights sold to: Italy (Giunti)

Identifying Animals as helper beings and making contact with them

Power animals are messengers of the spiritual world whose role is to be of aid to us. In he writings, Johanna Lilienfeld oriented herself on the shamanic tradition of her European-Nordic homeland, making use of Germanic and Celtic mythology. The helper animals carrying spiritual messages are natives of this European homeland, such as the bears, wolves, rabbits, and eagles. The author describes the spiritual significance and archetypal energies of each animal ally and illustrates how we can recognise and then come into contact with our personal animal through rituals and dream journeys. The healing energy of spiritual animal beings will accompany us even in difficult times. Practical exercises and various stories, including folk and fairy tales, complete the book.

• The first book on the shamanic power animals of the northern European realm
• Power animals: a relevant theme for the past years
• With practical exercises, meditations, rituals, fairy tales, and other stories.

GOLDMANN

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Johanna Lilienfeld
Johanna Lilienfeld, born in 1981, studied ethnology and psychology in Stockholm and Berlin. As part of her ethnological research, she familiarised herself with shamanism, especially the shamanic traditions of the Sami in Finland and the Siberian Yakuts. Her travels have taken her around the world. Her present focus in on Old Norse culture.



Spirituality & New Age

Publishing House: Goldmann
Format: Paperback
Pages & Size: 192 | 11,5x16,0 cm
Original title: Meditieren zum richtigen Zeitpunkt

JOHANNA PAUNGGER, THOMAS POPPE

Meditating at the Right Time

HOW LUNAR AND OTHER NATURAL RHYTHMS CONVEY PEACE AND STRENGTH

Date of publication: June 20, 2022

Rights sold to: Italy (TEA)

Healing meditations and affirmations for every day – in harmony with lunar and other rhythms of nature

The moon passes through each of the 12 signs of the zodiac on its orbit every month. Each sign of the zodiac rules a specific area of the body. A fundamental principle of lunar knowledge is that whatever is done for that particular area of the body whose governing zodiac sign the moon is just passing through has a doubled positive effect. For example, if the moon is in Aries, everything you do for your head, eyes, and nose has beneficial, preventive, and healing effects twice as great as usual.
In their timelessly successful books, the moon experts Johanna Paungger and Thomas Poppe provide countless ways of how this principle can be implemented in everyday life. For just as movement in harmony with the lunar rhythms strengthens the body, so affirmations and meditation will strengthen both body and mind.
• Over 80 affirmations, meditations, and healing words for all signs of the zodiac
• A journey through the body from Aries to Pisces, from head to toe, in harmony with the lunar calendar.

GOLDMANN

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Johanna Paungger



© Edwin Krieg

Johanna Paungger grew up knowing about the rhythms of the moon and nature, and with her grandfather, who shared with her his huge knowledge of a healthy life style and vitality up into old age.

AUTHOR

Thomas Poppe



© Edwin Krieg

Thomas Poppe, author and translator, has been studying the influence of lunar rhythms on everyday life for many years.



Spirituality & New Age

Publishing House: Goldmann
Format: Paperback
Pages & Size: 352 | 13,5x20,6 cm
Illustrations: 14 b/w illustrations
Original title: Das Chakra-Geheimnis

ANDREAS SCHWARZ

The Chakra Secret

OPENING THE 7 ENERGY LEVELS OF CONSCIOUSNESS TO MANIFEST THE LIFE YOU'VE BEEN DREAMING OF

Date of publication: May 23, 2022

Rights sold to: Poland (Studio Astropsychologii)

How we bring our chakras into balance and thus manifest the life we have always wanted

Within all living beings are powerful energy centers called chakras. Divided into seven levels (body, language, thoughts, emotions, actions, relationships, and the spiritual) they form an energetic clockwork and set the course for our lives. If this invisible system is blocked, our life energy can no longer flow unhindered. However, anyone who knows how to maintain this system can utilise its full potential.
With years of meditation experience as a trainer for consciousness development, YouTube star Andreas Schwarz presents each chakra in detail and explains how each can be opened, strengthened, and healed. Through this we can dissolve the inner blockages that are preventing us from developing our consciousness on all levels. Suitable even for beginners, practical exercises which can be easily integrated into everyday life take us on a transforming journey of consciousness. In this way we learn step by step to manifest the life of our dreams.
• A perennial topic of esotericism, presented from the perspective of modern life
• With exclusive access to selected video courses described in the book
• For fans of Kalashatra Govinda and Peter Beer.

GOLDMANN

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

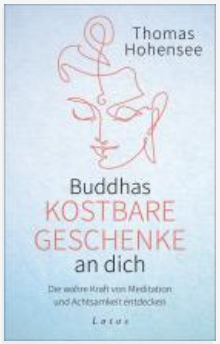
AUTHOR

Andreas Schwarz



© Privat

Andreas Schwarz, born in 1990 in the Ural Mountains, in his youth was already interested in altered states of consciousness such as lucid dreaming and astral travel. After studying mechatronics engineering, he decided to follow his true life vocation. He launched HigherMind, an online platform for spiritual advancement. He has helped thousands of people overcome the limits of the mind, develop their consciousness, and enjoy a new life in absolute freedom.



Mindfulness

Publishing House: Ansata - Integral - Lotos
Format: Hardcover
Pages & Size: 192 | 12,5x20,0 cm
Illustrations: 1 b/w illustrations
Original title: Buddhas kostbare Geschenke an dich

THOMAS HOHENSEE

Buddha's Valuable Gifts for You

DISCOVERING THE TRUE POWER OF MEDITATION AND MINDFULNESS

Date of publication: April 26, 2022

Developing deep serenity and inner strength instead of merely momentary relaxation

Meditation and mindfulness are more popular than ever – and for good reason. They promise effective help in confidently and calmly mastering the challenges of modern-day life. But what if the effect hoped for is not long lasting or does not come about at all, and if the stresses of everyday life continually catch up with us? The bestselling author Thomas Hohensee brings his readers back to what Buddha understood by meditation and mindfulness. He shows how we can use these two qualities in such a way that they markedly and sustainably improve all aspects of our lives. Here is Buddhist wisdom clear and easy to use – to find unshakeable and abiding inner peace, mental clarity, and a soothing sense of calm.

• How we can lastingly benefit from meditation and mindfulness
• With numerous concrete tips and practical exercises
• Bestselling author with over 500,000 books sold

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Thomas Hohensee



© Annette Koroll

Thomas Hohensee, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books, which have been translated into several languages and a coach for personality development. His aim is to show as many people as possible the way towards a happy and fulfilling life.
www.thomas-hohensee.com



Mindfulness

Publishing House: Arkana
Format: Paperback
Pages & Size: 256 | 13,5x21,5 cm
Illustrations: 6 b/w illustrations
Original title: Halt finden in sich selbst

GEORG LOLOS

Finding Support in Yourself

HOW TO FIND YOUR SAFE INNER PLACE AND FREE YOURSELF OF STRESSFUL FEELINGS

Date of publication: March 28, 2022

Overcoming negative feelings with the help of the inner observer – for deep inner peace and serenity

Everyone has that one safe place deep inside. In such a place we feel safe, snug, secure, and whole – even when we are steeped in worries, suffer from self-doubt, and find ourselves at a loss about what to do in life. But how can we find this unique place of security inside? We do this by listening to our inner observing self, who clearly and reliably shows us the way to intrinsic wholeness and a deep personal freedom.
To help us initiate this process, the awareness trainer and mindfulness teacher Georg Lolos has developed 13 essential questions that will help us give our perceptive inner voice its deserved and necessary attention. Then, step by step, we let go of the past without resentment or sorrow, and we become capable of encountering ourselves and others with compassion, of inviting lightness into our hearts – and into our lives.
• Strategies to overcome emotional lows, to avoid self-sabotage, and to silence the inner critic
• With 13 transformational questions, mindfulness training oriented on everyday life, and many mindshift impulses

arkana

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Georg Lolos



© Olivier Michel

Georg Lolos, born in 1967, is a consciousness trainer and mindfulness teacher. After working as a television journalist for political magazines and educational programs, he spent several years in the community of nuns and monks in Plum Village (France), the renowned monastery of Thich Nhat Hanh. He conveys his knowledge of mindfulness and serenity in his daily work and in workshops and seminars.



Narrative Self-Help

Publishing House: Kösel
Format: Hardcover
Pages & Size: 176 | 13,5x21,5 cm
Original title: seelenverwandt

RONALD SCHWEPPE, ALJOSCHA LONG

Soul Mate

STORIES OF WISDOM AND MEDITATIONS ON THE POWER OF FRIENDSHIP

Date of publication: May 23, 2022

The pillars of friendship

In our present time of rather superficial online acquaintances, accompanied by an increasing sense of loneliness, the desire for meaningful friendships grows ever stronger. Psychological studies reveal just how essential intensive and dynamic relationships are for us and our well-being, for our health and happiness.
The successful author duo Ronald Schweppe and Aljoscha Long show us how we can find the way to being together through self-regard, compassion, and an increased level of mindfulness, thus re-establishing heartful interpersonal connections. The authors combine life help, spirituality, and stories of wisdom that will encourage us to enter into and cultivate enriching relationships. Through this entertaining and inspiring book, we learn to again appreciate the value of friendship and how a more fulfilling life with more connectedness can be achieved.

- Contemporary themes: friendship, relationships, connectedness
- Narrated life help – ideal as a gift
- With numerous impulses, reflections, and meditations

KÖSEL

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Ronald Schweppe



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Ronald P. Schweppe is an orchestral musician and author of numerous books on spirituality and the art of living. He is trained in NLP and MBSR (mindfulness-based stress reduction). For around 40 years he has been engaged in the practical and theoretical study of Far Eastern philosophy and Zen Buddhism.

AUTHOR

Aljoscha Long



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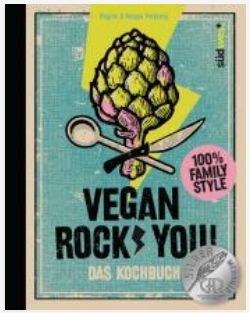
Aljoscha A. Long studied psychology, philosophy, and linguistics. He works as an author, composer, therapist, and Taijiquan and Qigong teacher. He has become well known through numerous publications and his seminars in the fields of psychology and philosophy. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.



Cooking

Publishing House: Südwest
Format: Hardcover
Pages & Size: 208 | 19,5x24,0 cm
Illustrations: 80 color illustrations
Original title: Vegan Rock You

ANSGAR FREYBERG, REGINE FREYBERG

Vegan Rocks!

COOL RECIPES FOR THE WHOLE FAMILY

Date of publication: February 14, 2022

Vegan in a very different way!

Tattoos, ribbed undershirt, a stetson, jeans, and of course cowboy boots – Ansgar Freyberg is a cool guy. It goes without saying that as a drummer with BossHoss he sets the pace. He also manages his own craft brewery. And someone like that is vegan? Yes! Through a project some time ago Ansgar discovered the benefits of a vegan diet, and ever since he has been living without animal products, as have his wife Regine and their two children. Together they prove that vegan nutrition is not just something for health fanatics nor something overly expensive or complicated.
In their vegan cookbook, they reveal over 60 of their favourite vegan dishes that are easy and fast to cook, give tips on how children will like eating healthily, and reveal the many benefits of a vegan diet in their lives.
• 60 vegan recipes for the whole family
• Plenty of interesting background information on vegan nutrition, and cool stories from the music business as well

Another recipe book that'll have you salivating for a plant-based diet.

Kronen Zeitung Gesamtausgabe

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Ansgar Freyberg



© Pascal Bünning

Ansgar and Regine Freyberg live in Berlin with their three children. Ansgar is the drummer for The BossHoss, and Regine is a yoga teacher and in training to be a nutritionist. Together they prove that a vegan diet is not just for health-conscious do-gooders, and that it needn't be expensive or complicated. Their vegan cookbook has over 60 of their favorite vegan dishes that are quick and easy to cook, gives tips on how children can enjoy healthy food, and discloses what other benefits a vegan diet has brought to their lives.

AUTHOR

Regine Freyberg



© Pascal Bünning

Regine Freyberg is a Jivamukti Yoga teacher and is currently completing a holistic training as a health consultant. In addition, she works as a vegan self-made

cook for yoga events and retreats. Regine has been a vegetarian since childhood and has lived completely vegan for about five years.



Cooking

Publishing House: Südwest
Format: Hardcover
Pages & Size: 224 | 17,0x24,0 cm
Illustrations: 60 color illustrations
Original title: Plant. Based.

MARIE AHLUWALIA, LAURA MERTEN

Plant. Based.

PLANT-BASED NUTRITION FOR THE IMMUNE SYSTEM, INTESTINES, SKIN, AND HORMONAL BALANCE. WITH CLEVERLY SIMPLE POWER RECIPES

Date of publication: May 09, 2022

Eating green for you health

Plant-based nutrition is in trend. Along with ecological and ethical considerations, the health benefits of a plant-based diet are leading more and more people to consume less animal products. The intestinal tract, immune system, hormonal balance, and skin all benefit immensely from switching to a predominantly plant-based diet. This is especially true for people who suffer from diet-related illnesses such as diabetes and high blood pressure.
In this guide, the authors describe in depth the various beneficial effects on the body's systems and advise us on how we can increase the amount of fruits, vegetables, legumes, nuts, and seeds in our diet. Included here are 30 recipes that are easy to cook and taste great. Even people who believe that it is difficult to do without meat and dairy products will be convinced.
• Effective help: a plant-based diet for improved digestion, balanced hormones, clear skin, and a healthy immune system
• Step by step: sustainably increasing the proportion of plants in your diet

The first book I've come across that explains everything so clearly, and always considers the practicalities.

wertvoll-blog.de

YOUR CONTACT

Kai-Ting Pan

kai-ting.pan@penguinrandomhouse.de

AUTHOR

Marie Ahluwalia



© Renata Chueire

Marie Ahluwalia, an MD and self-employed nutritionist, gives workshops and lectures on all aspects of nutrition in prevention and therapy. Her interest in plant-based nutrition was awakened during her several years in India, and she continues to enhance her knowledge in this field.

AUTHOR

Laura Merten



© Carla Seliger

Laura Merten is a nutritionist and co-founder of the nutrition blog 'Satte Sache'. Through this blog, her podcasts, and social media she reaches 200,000 followers every month, inspiring them to eat better and develop their nutritional skills. She also gives lectures and advanced workshops on nutrition.

The book is well-structured and has lots of helpful illustrations.

Instagram.com/isa.literature.love

Forget all other guides to vegetarian and vegan food. This one has everything you want from a book about plant-based nutrition.

marlenesblog.de

Brilliant, informative, and with simple recipes. An excellent book!

sparkling_kristin

A fascinating, interesting and eye-opening book written by two experts in nutrition.

isa.literature.love

Altogether a fascinating book that provides much food for thought and discussion.

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