

Reference Books Spring 2023



REFERENCE BOOKS

Spring 2023

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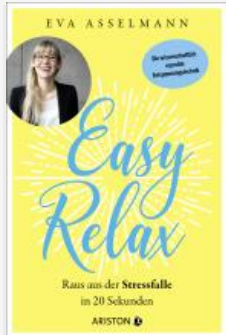
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Ginger

FRANZISKA VON AU



Health & Alternative Healing, Psychology

Publishing House: Ariston
Format: Paperback
Pages & Size: 144 | 13,5x20,6
cm
Original title: Easy Relax

EVA ASSELMANN

The Easy Way to Relax

ESCAPING THE STRESS TRAP IN 20 SECONDS
THE SCIENTIFICALLY PROVEN RELAXATION TECHNIQUE

Date of publication: April 12, 2023

Rights sold to: Russia (Eksmo)

Deeply relaxed in 20 seconds

The innovative training "Easy Relax" makes it simple to become calm and composed in stressful situations quickly, intensively, and in a well focused way in 20 seconds. A vicious circle of stress and its associated problems can be interrupted at an early juncture – with well-being, overall health, and personal fulfillment benefiting enormously. The technique can be applied anywhere: not only on the yoga mat at home (where one is usually quite relaxed in any case) but also, for example, in the car or at work, even during high-tension meetings or over the course of demanding projects. The "Easy Relax" technique can be mastered in several steps. Each particular relaxation exercise builds on the previous ones, and these are progressively made shorter so they can be easily practiced during daily life.


The end result is the ability to relax quickly and intensively even in highly stressful situations – before the stress trap snaps shut.

- How to deal with stressful situations in just 20 seconds
- Scientifically tested – proven effective by numerous studies
- A specially developed training by the renowned psychology professor and coach Eva Asselmann

ARISTON 

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AUTHOR

Eva Asselmann



© Jens Gyarmaty

Prof. Dr. rer. nat. habil. Eva Asselmann, born in 1989, is Professor of Differential and Personality Psychology at the Health and Medical University in Potsdam. She leads various research projects on personality development, health promotion, and prevention. From her research and her many years of practical experience, she develops targeted coaching and training on the topics of personality development, resilience, stress management, and relaxation. She is certified in systemic coaching, change management, and acceptance and commitment therapy.

Accessible as always, Asselmann discusses not only the latest findings from psychology, but how we can break the vicious circle of stress and its negative side-effects early on.

WIR online



Health & Alternative Healing, Psychology

Publishing House: C.
Bertelsmann

Format: Hardcover

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

Illustrations: 16 color
illustrations

Original title: Kompass für die
Seele

BAS KAST

A Compass for the Soul

THE FINDINGS OF NEW STUDIES ON RESILIENCE AND INNER STRENGTH

Date of publication: March 01, 2023

Rights sold to: Korea (Galmaenamu), Russia (Eksmo), Slovenia (Učila)

4-colour throughout, with illustrations

Nutrition, exercise, meditation, psychedelics, and more: 10 scientifically proven ways to keep body and mind healthy

Pandemics, crises, stress, and anxieties about the future – things aren't going too well for our psychological well-being at the moment. Bestselling author Bas Kast explores the question of what we can do to strengthen the soul and regain inner balance. He studies how nutrition and mental health are connected, and considers how physical exercise, nature experiences, and even exposures to heat and cold can revitalize our psyche. Having attended intensive meditation courses and self-tested the healing power of consciousness-altering substances, he ponders whether the recommendations of ancient philosophers to find peace of mind still apply today.

In his "Compass for the Soul", Bas Kast uses the latest scientific findings and what he has learned from self-experimentation to reveal which physical and psychological factors must work together in the process of strengthening our mind and spirit. He presents ten simple and sometimes surprising strategies for revitalizing body and mind in every phase of life for achieving confidence, and for regaining balance with ourselves and the world.

• Bas Kast's "Diet Compass" – continuously on the bestseller list since its

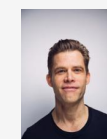
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AUTHOR

Bas Kast



© Mike Meyer

Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author. His "Diet Compass" (2018, awarded the Knowledge Book of the Year), in which he compiled the proven findings on a healthy diet, was hugely successful, with more than one million copies sold and translations into over 20 languages. In "The Nutrition Compass: The Cookbook" (together with Michaela Baur, 2019) he shows how the scientific findings can be implemented in everyday life. He recently published the Spiegel bestseller "The Soul Compass". He hosts the podcast "Der Wissenskompass: Gesünder leben mit Bas Kast" ("The Knowledge Compass: Healthier Living with Bas Kast"), with guests from science and practice, and runs his own YouTube channel. baskast.hellohealth.de

publication in 2018, with over 1 million copies sold

[...] a friendly reminder packed with useful information [...] a comprehensive and accessible book unburdened by ideology, which makes finding out more a true pleasure.

Ö1 'Kontext'



Psychology

Publishing House: Kailash
Format: Hardcover
Pages & Size: 368 | 13,5x21,5 cm
Illustrations: 10 b/w illustrations
Original title: Vererbtes Schicksal

SABINE LÜCK

Inherited Fate

HOW TO OVERCOME STRESSFUL FAMILY PATTERNS AND RELEASE OUR TRUE POTENTIAL – THE COMPREHENSIVE PRACTICAL PROGRAM

Date of publication: April 20, 2023

Rights sold to: Poland (Otwarte), Romania (Trei)

Recognizing and resolving transgenerational trauma and blockages in the family system

We all have embedded within us inborn experiences, inherited pain, and ancient survival programs. These wounds, passed down through generations, can trigger anxiety, depression, relationship conflicts, and a range of physical symptoms. We intuitively sense that they don't have their origins in our own life history. Instead they are caused by tacit agreements – in effect 'loyalty contracts' – that we have made with our parents when we were still children, and which released our parents from the burden of our common ancestors. But within each of us there is also a deep knowledge of healing.

Sabine Lück, a psychotherapist and expert in transgenerational transmission, has developed a unique, comprehensive program for self-healing. The exercises, which have proven themselves effective in her practice, will help take us on a journey back into our own life story and those of our ancestors, and aid us in uncovering family secrets and becoming conscious of any blocking and disruptive life patterns. Through this, entanglements can be dissolved, step by step, to liberate our own potentials.

- Includes a genogram template

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AUTHOR

Sabine Lück



© Julien Bataillet

Sabine Lück is a psychological psychotherapist, child and adolescent psychotherapist, and systemic family therapist in private practice. Together with Ingrid Alexander, she developed the Generation Code® in 1994, an innovative therapy concept for the treatment of transgenerational trauma. In 2010, the two therapists founded the Institut für Transgenerative Prozesse (ITP). She is the author of "Ahnen auf der Couch" ('Ancestors on the Couch') and imparts her extensive knowledge through lectures, seminars, and trainings. www.itp-wendeburg.de/



Health & Alternative Healing, Mindfulness, Psychology

Publishing House: Irisiana
Format: Paperback
Pages & Size: 272 | 13,5x21,5
cm
Original title: Goodbye Drama

SASJA METZ

Goodbye Drama

PROMOTING SELF-LOVE, RESILIENCE, AND BALANCE
WITH NUMEROUS EXERCISES FROM SOMATIC EXPERIENCING®

Date of publication: May 11, 2023

With 14 colour illustrations

Easily mastering emotional crises

Sasja Metz shows step by step how a poorly regulated nervous system can cause problems in everyday life, including a constantly high stress level, out of proportion conflicts in the family or at work, and a vague, distressing feeling of not belonging. In a clear and comprehensible way, she introduces readers to the wonders of the nervous system and to the easy method of Somatic Experiencing®. The practical components include simple body exercises that enhance resilience and increase true self-love. Sasja Metz knows what this means, as Somatic Experiencing® positively changed her life by bringing her to recognise her traumas and to discover the unimagined resilience and self-love she has within herself.

- With effective body and mindfulness exercises to stabilize and harmonise the nervous system
- Learning to regulate the overexcited nervous system through Somatic Experiencing® after Peter Levine

I highly recommend it to anyone looking for help in getting through life without all the drama.

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AUTHOR

Sasja Metz



© Sasja Metz

Sasja Metz, born in 1974, is a trauma therapist and alternative practitioner in psychotherapy. She has been presenting the topics of the nervous system and its relationship to trauma to a wide audience in social media since 2019. With the body-oriented trauma therapy Somatic Experiencing®, she has been accompanying people out of their developmental trauma and towards their own joyful lives.

ZEITWENDE

Compelling.

Yoga Aktuell

A clear and accessible guide to the magic that is the nervous system.

Visionen Spirit & Soul



Love & Relationships, Personal Development

Publishing House: Heyne
Format: Paperback
Pages & Size: 192 | 11,8x18,7
cm
Original title: Nö! – Ein Nein ist
ein Ja zu dir selbst

PAULA LAMBERT

No! – A No Is a Yes to Yourself

SETTING BORDERS – A CRASH COURSE FOR BEGINNERS

Date of publication: April 11, 2026

Whoever can say "no" gets more out of life

"Could you ...?" "Would you ...?" "May I just ...?" Who hasn't experienced it: we often say "yes" to such questions when we don't even really want to – and then get upset at ourselves. Why is it so difficult to set clear boundaries, to just reject all the crap and nonsense we are confronted with in our daily lives – in relationships, with friends, at work. To simply say "No!" to things we aren't in agreement with?

Paula Lambert knows all about this. The popular sex and relationship counselor was herself at one time a "yes woman": always ready to cater to the needs of others, but not her own, always there for others, but not for herself. The consequences were similar to those of many other women: lousy dates, miserable relationships, negative self-image, lack of happiness. That is, until she decided to change all that and treat herself with respect. And learned to say "No". Is this one of the hardest words to say? No, not at all! It's easier than you might think – and here's how!

- Whether in family, friendship, or job – those who say "no" more often, instead of trying to please everyone, live happier lives

HEYNE <

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AUTHOR

Paula Lambert



© Random House/Hadley Hudson

Paula Lambert, born in 1974, learned her profession at the Axel Springer Academy in Berlin. She was an editor at Die Welt and has worked as a freelance author. In 1999 she was awarded the Axel Springer Prize. She is one of Germany's most renowned relationship counsellors. For 12 years she had a column in GQ magazine, and has reached a wide audience through her TV programs. In 2014 she started a campaign against the female optimisation mania, #Paulaliebtdich. www.paulalambert.de



Personal Development

Publishing House: Penguin
 Format: Paperback
 With illustrations from:
 Patricia Vester
 Pages & Size: 208 | 15,5x21,0
 cm
 Original title: Tag für Tag aktiv
 gegen Rassismus

TUPOKA OGETTE

Fighting Racism Day by Day

YOUR YEAR'S JOURNAL

WITH INSPIRATIONS FOR THE WHOLE YEAR FROM THE SPIEGEL'S
 BESTSELLING AUTHOR TUPOKA OGETTE

Date of publication: March 15, 2023

With illustrations by Patricia Vester

The motivating inspirational companion for a life critical of racism

The decisions to live a life critical of racism are made every day. This journal will help. Each month focuses on a particular theme, such as Black History, White Fragility, and Allyship. And for each week, there are thought-provoking impulses, various tasks, profiles of influential personalities, and reading or podcast recommendations.

This calendar will create new perspectives, provide space for your own ideas, and invite you to make our world a little more tolerant and colorful every day – while at the same being a place for all your plans, appointments, and deadlines.

- With suggestions and impulses for self-reflection, profiles of impressive role models, anniversaries, literature and podcast recommendations, and plenty of space for your own thoughts

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AUTHOR

Tupoka Ogette



© China Hopson

Tupoka Ogette was born in Leipzig in 1980, the daughter of a Tanzanian agriculture student and a German maths student. Since 2013, she has worked across the country as an anti-racism advisor and coach, and leads workshops and study programmes, gives talks, and advises teams and organisations. Her guide "Exit Racism. Rassismuskritisch denken lernen" ('Exit Racism: How to Think Like an Anti-Racist') was published in March 2017 and became a bestseller. She was named one of the 25 Most Influential Women of 2019 by Edition F, was one of the ten writers on Spiegel Online's list of female authors to read on theory and politics, and was voted 'Idol of the Year' at the 2021 About You social media awards.

ILLUSTRATOR

Patricia Vester



Personal Development

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 160 | 12,5x20,0 cm
 Original title: Die Kunst des klugen Streitgesprächs

RETO U. SCHNEIDER

The Art of Clever Argumentation

RULES FOR EFFECTIVELY ENGAGING IN DIALOGUE

A CRASH COURSE IN RATIONALITY

Date of publication: June 28, 2023

How to expose errors in thinking and have productive discussions


Haven't we all thought the world would be a better place if certain people changed their minds? And have those people, without exception, never been ourselves? In times of polarized societies, filter bubbles, and viral storms, many people have forgotten what it means to discuss things rationally and on a factual basis. We no longer know how evidence should be used or when to abandon a position. Instead, we celebrate exceptions and make connections where there are none.

Reto Schneider takes a look at how opinions are formed and provides his readers with simple rules that can be used to independently consider arguments on their own, to avoid errors in thinking, and to unmask those who are talking nonsense. This entertaining and inspiring read invites us to examine the reasons for differences of opinion while at the same time to review our own attitudes – so that we can again finally have open and unprejudiced conversations.

- Psychological principles for a better culture of conversation and dialogue
- With many examples of typical conversation situations
- Current, socially relevant, and comprehensible

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AUTHOR

Reto U. Schneider



© Paul Worpole

Reto U. Schneider is a Swiss science journalist who has won numerous awards for his work. From 1995 to 1999 he was head of the science section of the Swiss news magazine Facts. Since 2004 he has been deputy editor-in-chief at NZZ-Folio, the magazine of the Neue Zürcher Zeitung. His work "Das Buch der verrückten Experimente" ("The Book of Crazy Experiments") is a bestseller and has been translated into several languages.



Personal Development

Publishing House: Mosaik Verlag

Format: Paperback

Pages & Size: 352 | 13,5x20,6 cm

Original title: Wenn jeder dich mag, nimmt keiner dich ernst

MARTIN WEHRLE

If Everyone Likes You, No One Will Take You Seriously

SAYING WHAT YOU THINK, GETTING WHAT YOU DESERVE

Date of publication: April 26, 2023

Rights sold to: China (Beijing Science and Technology), Russia (Eksmo), Slovakia (Tatran)

Confidently setting boundaries, responding adeptly, standing up for your own needs

Those who do everything others want them to do are liked – but only as easy targets. Only those who manage to set boundaries and represent their own interests will be respected as having character, develop greater self-confidence, and achieve the success they deserve.

In his new book, Martin Wehrle shows you how to achieve respect and defend your self-esteem in every situation in life – because only if you say what you think will you be taken seriously and get what you deserve. "If Everyone Likes You, No One Will Take You Seriously" is a treasure trove of tools and techniques for all those who will no longer tolerate being manipulated, who will no longer back down, who want to be heard, who want to respond masterfully when in a discussion someone overpowers, belittles, or attacks them. This is a book full of power and inspiration that will make you more alert, verbally adroit, and self-confident!

- The new book by the Spiegel bestselling author with over 415,000 copies sold
- Instructive and entertaining – with tests, real-life examples, surprising studies, sample dialogues, and exercises
- With a comprehensive test: "Can I set limits?"

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AUTHOR

Martin Wehrle



© André Heeger

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



Career & Coaching

Publishing House: Penguin

Format: Hardcover

Pages & Size: 320 | 13,5x21,5 cm

Original title: Dinge, die ich am Anfang meiner Karriere gerne gewusst hätte

MIRIJAM TRUNK

Things I Wish I'd Known When I Started

WHY WE DON'T ALL HAVE THE SAME OPPORTUNITIES WHEN STARTING OUT ON OUR CAREERS – AND HOW WE WOMEN CAN SUCCEED DESPITE INEQUALITY


Date of publication: March 01, 2023

An insider's guide to women starting out on their careers

There are many reasons why a woman's career might stall – often even before she becomes a mother and ends up in the "part-time trap". During the first five years of her career, a woman will encounter obstacles that her male colleagues don't have to contend with, and which ensure that German companies' senior management teams and boardrooms continue to be dominated by men. Mirjam Trunk was 27 when she became managing director of Bertelsmann's podcast production company Audio Alliance, and 30 when she became RTL media's Chief Crossmedia Officer. Every day, she saw how role models and traditional notions of gender, ingrained behaviour and limited networking structures created workplace inequality, and how both men and women failed to create change. In this book, which is based on her own experiences, Trunk reveals the obstacles women often encounter at work, and provides practical advice on how to overcome them. "Things I Wish I'd Known When I Started" gives early-career women the ammunition they need to avoid common pitfalls, sidestep old-fashioned structures and clear their path to the top.

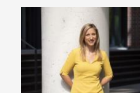
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AUTHOR

Mirjam Trunk



© RTL Deutschland

Mirjam Trunk, born in 1992, studied psychology and communication at the LMU in Munich. During this time, she also spent several years in the US, where she studied American Politics in Washington, D.C., among other things. After obtaining an MA and graduating from the German Journalism School in Munich, she worked as a reporter and newsreader at the Bayerische Rundfunk before joining Bertelsmann's Creative Management Programme. She subsequently moved to Stern as an editor, where she also oversaw Stern Crime and other Stern divisions' commercial and brand management activities. In January 2019, she became senior management adviser at Stern's parent company, Gruner + Jahr, and when Bertelsmann created Audio Alliance, Trunk – aged just 27 – became its managing director. In April 2021, she was appointed Director of Podcast and Audio on Demand at RTL media, while continuing in her role as MD of Audio Alliance, where she is in charge of podcast content as well as its Audio Now platform. Since joining Audio Alliance in 2019, Trunk has turned it into the largest privately owned podcast producer.



Health & Alternative Healing

Publishing House: Mosaik

Verlag

Format: Hardcover

Pages & Size: 480 | 15,0x22,7
cm

Original title: Klartext
Abnehmen

PETRA BRACHT, CLAUD LEITZMANN

Simply Losing Weight

ANSWERS TO VITAL QUESTIONS

HOW TO ACHIEVE YOUR DESIRED WEIGHT PERMANENTLY

Date of publication: January 11, 2023

The comprehensive book on the foremost topic of personal frustration: losing weight

The leading nutrition experts Dr. Petra Bracht and Dr. Claus Leitzmann combine their expertise from many decades of research and practice to answer such questions about what really helps people lose weight, and above all, how to maintain an ideal weight. With the latest scientific findings and a clear language, the nutrition physician and the nutrition scientist show how losing excess weight can be achieved. They deconstruct the many dieting myths and navigate the way out of the jungle of nutritional fads.

- Clarity from Germany's most renowned nutrition experts
- With 14-day weight-loss program and 42 delicious recipes from Nicole Just, the best-selling author of "La Veganista" (more than 140,000 sold copies)

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AUTHOR

Petra Bracht

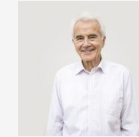


© Liebscher & Bracht

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

AUTHOR

Claus Leitzmann



© Fabian Sprey, Liebscher & Bracht

Prof. Dr. rer. nat. Claus Leitzmann is a microbiologist and nutritionist. He was appointed Professor of Nutrition in Developing Countries at the Justus Liebig University of Gießen in 1979 and was Director of the Institute of Nutritional Science there for several years. He is the author of numerous specialist as well as popular science books.



Health & Alternative Healing

Publishing House: C.
Bertelsmann
Format: Hardcover
Pages & Size: 864 | 13,5x21,5
cm
Original title: Krankheit als
Symbol

RUEDIGER DAHLKE

Illness as a Symbol

THE CLASSIC WORK OF PSYCHOSOMATICS AND INTEGRATIVE MEDICINE

Date of publication: February 01, 2023

Rights sold to: Czech Republic (Albatros), USA/English (Sentient)

For over 25 years the long-seller and bestseller of holistic medicine – now in a completely revised and expanded edition

Ruediger Dahlke conceives illnesses as a vitally meaningful phenomena: they are a way for the soul to bring unresolved emotional conflicts to a conscious level. It is thus necessary to understand the symbolic meanings of the manifestations of illness by decoding their meanings.

This new edition of the standard work "Illness as a Symbol" starts off with a presentation of the philosophy and theory of Integrative Medicine.

Comprehensively expanded, the fourth edition of this manual comprises hundreds of clinical patterns with thousands of symptoms. Used as a self-help guide, it enables people to take on the various learning tasks that are presented to them by particular disease patterns. With explanations for processing and resolution along with tips ranging from guided meditations to videos, this method becomes in effect a type of self-directed psychotherapy.

- Completely revised and expanded – the new edition of the mega-seller
- For over 25 years the bestselling work on holistic medicine
- For all who want to truly understand what the true causes of illnesses are

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AUTHOR

Ruediger Dahlke



© Angelika Silber

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



Health & Alternative Healing

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 160 | 17,0x24,0 cm
 Illustrations: 90 color illustrations
 Original title: Rücken - Schultern - Nacken

PETER POECKH

Back – Shoulders – Neck

FINALLY PAIN FREE WITH THE BEST TRAINING PROGRAMS FROM THE MD AND MOVEMENT EXPERT

Date of publication: May 11, 2023

With 90 colour illustrations

Finally getting moving again

Tension, restricted movement, and pains in the back, shoulders, and neck – most of us are familiar with this. Some people must sit in front of the computer from morning to evening, others have physically demanding jobs. Unfortunately, our consistently bad postures and one-sided movement patterns contribute to these complaints. What should I do if I have to sit for extended periods? What if I have to continually perform the same strenuous movements and am feeling strains from this?

In this self-help book, the physician and movement specialist Dr. Peter Poeckh presents his magic solutions for the most common complaints, including which exercises help quickly and effectively, and how exercises and specific movements can be adjusted for specific problems or pains. A test helps to quickly discover where your own vulnerable places are so that you can care for your back in a directed focussed way.

- One in three people have recurring or constant back pain
- With illustrated exercise programs
- Special training sessions for back, shoulders, and neck

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AUTHOR

Peter Poeckh



© Stefan Janko

Peter Poeckh is a doctor, physician, movement specialist, yoga therapist and health influencer (with over 90.000 followers on Instagram). He is a welcome guest on the ORF and OE3 networks, where he imparts his knowledge, including exercises, to a wide audience. As a doctor, he attaches great importance to conservative orthopaedic treatment with the help of the fascia distortion model.

At last! This book helped me overcome the issues I had with my back and both(!) shoulders. I'd been looking for just such a self-help book for ages, and can't believe I've finally found it – it's brilliant, easy to understand and easy to put into practice.

ullrichhoe.com

Clearly written and easy to follow.

Gong

GERNOT RÜCKER

Intoxication

WHAT WE NEED TO KNOW ABOUT DRUGS AND HOW THEIR USE CAN BE
MADE SAFER

Date of publication: June 21, 2023

**"Our society has a dangerously incomplete conception of drugs
– especially of alcohol."**

"We owe a lot to intoxication," says Dr. Gernot Rücker, because without the discovery of intoxicants, humankind would not have been able to develop as it did. Our first intoxicant was sugar, which makes it clear that we all intoxicate ourselves – some more and some less. But there is no real understanding of which particular intoxicant puts us in which state. Instead, we resort to the legal intoxicant, which is unfortunately the most fatal: alcohol.

Dr. Gernot Rücker pleads for new legal ages for intoxicants and for the legalization of particular intoxicating drugs – so that we as a society and as individuals can continue to experience what benefits there may be. In this book, he shows the ways alcohol is so lethal but is legal nevertheless, why cannabis, though illegal, is actually the most harmless intoxicant, and what a future with a spectrum of legal drugs might look like.

- Humans need intoxication for their development – with legally available, uncontaminated, and monitored drugs for every need




Health & Alternative Healing

Publishing House: Mosaik
Verlag
Format: Hardcover
Pages & Size: 272 | 13,5x21,5
cm
Illustrations: 5 b/w
illustrations
Original title: Rausch

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AUTHOR

Gernot Rücker



© Kristina Becker

Dr. Gernot Rücker, an anesthesiologist and emergency physician, is one of the leading experts for recreational drug use in Germany. He heads the emergency training center at Rostock University Hospital and educates people about drugs and their composition, including at large music festivals throughout Germany.

The Secret Causes of Weight Gain

HOW MEDICATIONS AND OTHER OVERLOOKED CAUSES LEAD TO BEING OVERWEIGHT

Date of publication: March 01, 2023

With a 4-week program for a healthier and lighter lifestyle

With ca. 50 colour illustrations



Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 224 | 17,0x24,0 cm

Original title: Die geheimen Dickmacher - Wie Medikamente und andere versteckte Ursachen zu Übergewicht führen

The first advice book about the hidden causes of excess weight

Few people are aware that winter depression or supposedly harmless medications can be causes of being overweight. Even a change of job, giving up smoking, or too little sleep are often linked to weight gain – often not the things that come immediately to mind.

This guide provides clarity for recognising the hidden causes of being overweight. It is aimed at all those who suspect that they are only partially to blame for their unhealthy excess weight, because they never had any weight problems before. But this book will also be of help to those who have been prescribed a medication known to result in weight gain. Women and men will learn everything needed to positively influence all these situations, so that excess weight will be lost or will be prevented. The 4-week plan for a sustainably healthier and lighter lifestyle rounds off the book.

- With diet comparison, a 4-minute strength training program, relaxation exercises, and tips for overcoming lack of motivation
- Ideal author duo: a gastroenterologist and a specialist in nutritional medicine

YOUR CONTACT

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AUTHOR

Constanze Dr. Storr



© privat

Dr. Constanze Storr, a specialist in general medicine with an additional qualification in nutritional medicine, works as a senior physician at the Max Planck Institute for Psychiatry. Holistic patient care is of vital importance to her, as many medical conditions are multifactorial.

AUTHOR

Martin Prof. Dr. Storr



© André Berger, www.medin-reporter.blog

Prof. Dr. Martin Storr is a specialist in internal medicine and gastroenterology at the Center for Endoscopy in Starnberg. His focus is on the treatment of functional gastrointestinal diseases, food intolerances, and chronic inflammatory bowel diseases. Nutritional issues relating to both overweight and underweight are vital elements of his consultation activities, which has also lead him to write self-help books on the subject.



Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Original title: Lebensenergie

ULRICH STRUNZ

Life Energy

THE MARVEL OF ENERGY METABOLISM

Date of publication: December 21, 2022

2-colour throughout

No more fatigue! Finally more energy for life

Listless, weary, exhausted? It's no wonder, as these days we are having to struggle physically and mentally more than ever. The immune system is under constant stress, crises are a primary factor of our existence, and our lifestyles are not exactly conducive to finding peace and tranquility and renewing our energy. The result: burnout, fatigue, constant exhaustion ...

The physician and best-selling author Dr. Ulrich Strunz shows that, when epigenetically optimized, our body is a miracle. The more energy it consumes, the more it produces. ATP is the name of the chemical compound that provides energy for all our cells. On a physically strenuous day, we convert the equivalent of our entire body weight into ATP – up to half a kilogram a minute. Dr. Strunz explains the amazing potential of energy metabolism and provides numerous tips and exercises on how to use and to boost this practically inexhaustible source of energy, so that we can get through each day with more energy!

- Dr. med. Ulrich Strunz exposes what is draining our energy and explains how energy is created in the body
- More than 11 million books sold of this best-selling author

HEYNE <

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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



Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 224 | 16,2x21,5 cm
Illustrations: 12 color illustrations
Original title: Leben mit Endometriose

VIVIAN VANESSA WAGNER

Living with Endometriosis

SELF-HELP FOR PAIN AND PRACTICAL EVERYDAY TIPS

Date of publication: April 12, 2023

With 12 colour illustrations

Clear information about the disease, concrete help with symptoms, and further therapy possibilities

You are not alone with endometriosis! Up to 10% of all women of childbearing age suffer from endometriosis, a disorder that often manifests symptoms for years before it is diagnosed. Vivian Wagner has suffered from excessive pain since her first menstruation and it was 12 years before she was finally correctly diagnosed. Since then, she has dedicated herself to educating people about the "chameleon of gynecology". Her endometriosis guide provides an all-encompassing help package with everything of pertinence to those affected: symptoms, diagnostics, therapy options, psychology issues, partnership, love life, desire to have children, and much more. Above all, she wants to pass on her positivity to all those who, like her, have felt helpless and abandoned after getting this diagnosis. With advice and many tips for everyday life, she shows how to live according to her motto "Chronically ill, yet still happy".

I would recommend it to anyone who's been affected by it, as well as friends and family wanting to understand what their loved ones are going through.

Claudia Austerer

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AUTHOR

Vivian Vanessa Wagner



© privat

Vivian Vanessa Wagner, born in 1996, was finally diagnosed with endometriosis after 12 years of abnormally severe period pains and dozens of visits to the doctor. Since then, she has made it her mission to become an expert on her condition and to help other sufferers who often feel poorly informed and powerless. She shares her knowledge including many everyday tips on social media (Instagram: @endoloewin) and shows that one can keep a positive attitude even with a chronic disease. She is also a guest on podcasts and television, gives interviews, and hosts fundraisers.

It did me so much good. Wagner allows us to learn from her own experiences, and you can tell how passionate she is about helping others.

zwischen.buchseiten



Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 160 | 15,5x21,0 cm
 Illustrations: 58 color illustrations
 Original title: Hast du Lust auf ein Rätsel?

FREDERIC FRIEDEL

Feel Like Doing a Puzzle?

HOW TO AWAKEN THE JOY OF LOGICAL THINKING IN CHILDREN
 SIMPLE EXAMPLES AND HELPFUL INSTRUCTIONS – FOR CHILDREN FROM SIX TO TEN

Date of publication: August 30, 2023

4-colour throughout, with numerous illustrations and photos


Puzzle magic and brainteasers are great fun!

Solving problems using logic is great for kids as it will make them smarter, teach them concentration, and boost their self-esteem and confidence in their mental abilities. A positive co-benefit of puzzle magic is that the attention adults give their children by solving puzzles together promotes bonding in a very special way. Because they enjoy the thrill of solving puzzles and riddles, children can become intrigued and inspired by logic and scientific relationships, even at an early age. In his guide filled with anecdotes, Frederic Friedel encourages parents to challenge their children with tricks of logic and puzzles at an early age. Here are plenty of crazy and sometimes nonsensical stories and riddles that will get kids thinking.

- A practical guide for parents who want to playfully accompany their children (ages 6 to 10) in thinking and solving puzzles
- New approach – using the magic of puzzles to foster intelligence and strengthen personal bonds
- With many unique examples, practical, descriptive instructions, and formulation aids

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AUTHOR

Frederic Friedel



© privat

Frederic Alois Friedel, born in 1945, studied philosophy and linguistics at the University of Hamburg and in Oxford, graduating with a thesis on speech act theory and moral language. He started a university career, but switched to science journalism, producing documentaries for German TV. In 1985 he met chess World Champion Garry Kasparov, and soon after that co-founded the chess database company ChessBase. For 21 years he edited a magazine dedicated to computer chess and artificial intelligence, and for over thirty years ran the news page of his company, ChessBase. He has had a life-long occupation with logic, which was part of his university studies.



Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 160 | 13,5x21,5 cm
 Original title: Es gibt keine unerreichbaren Jugendlichen!

JESPER JUUL

There Are No Unreachable Kids!

HOW TO STAY IN TOUCH WITH OUR CHILDREN – SUPPORT DURING PUBERTY

Date of publication: March 01, 2023

Rights sold to: China (Xinhua), Poland (Mind), Russia (Eksmo)

Seeing stormy times through together

What to do when children no longer want to be involved? When there are no longer even heated arguments because they have completely withdrawn and you feel you can no longer communicate with them at all? In such situations, Jesper Juul recommends reconsidering your own attitude. He fervently advocates avoiding labeling any child "difficult" or simply giving up on them. Even when faced with adolescents who are completely out of the norm, it is still possible to have genuine dialogue. Parents, schools, and all who deal with children must take on their responsibility instead of placing it solely on the children. Even before puberty, a relationship at eye level is necessary. When adults present themselves as calm and composed "sparring" partners, they will be able to reach out and connect with children and adolescents and accompany them in life in a trustworthy and empathetic way.

- A previously unpublished book by the renowned bestselling author
- Over 1.6 million copies of Jesper Juul sold in German-speaking countries
- Supportive, stimulating, provocative
- With many illustrative examples and answers to urgent questions

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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.

NIKOLA KLÜN

südwest



Family & Parenting

Publishing House: Südwest
Format: Paperback
Pages & Size: 288 | 16,2x21,5 cm
Illustrations: 20 color illustrations
Original title: Ist das normal?

Is That Normal?

QUESTIONS ABOUT THE HEALTH AND DEVELOPMENT OF BABIES AND SMALL CHILDREN – ANSWERS FROM A PEDIATRICIAN

Date of publication: April 12, 2023

Rights sold to: Bulgaria (Era)

With 20 colour illustrations

Small children – big questions!

In the first years with baby and toddler, many parents ask themselves the standard questions about health and development – but answers are often not so easy to come by. There is not enough time at the pediatrician's office, and the Internet is teeming with sometimes contradictory information. And just whom do you ask when your baby is feverish for the first time on a Saturday night? There are also the many everyday questions, especially for first-time parents. Why is my baby crying? Does my baby really need all the recommended vaccinations? How do I strengthen my child's immune system so that they don't get ill all the time? When will my child finally sleep through the night? What should I pay attention to when buying the first shoes? Is it normal that my child is still not crawling? Or not walking? Or not talking? The pediatrician Dr. Nikola Klün has the answers to all of these questions in this new guidebook for parents.

- Answers to the most important everyday questions for the first three years of childhood
- Empathetic advice from the pediatrician and mother of two

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AUTHOR

Nikola Klün



© Susanne Krauss

Nikola Klün is a pediatrician and mother of two children. She produces the blog, podcast, and Instagram channel KINDERLEIBUNDSEELE, with the purpose of educating and informing parents so they can make confident decisions for their children's health. First-time parents in particular have many questions and doubts, and this is where she helps competently and sensitively.

An accessible book with colour illustrations, in which this mother of two discusses not just medical matters, but also everyday topics.

Frankenkids

Gives clear and easy-to-understand answers.

Stuttgarter Zeitung

We midwives highly recommend this book to all prospective parents. It prepares you for life with your new arrival, with empathy and understanding.

Hebammenforum

JANKO VON RIBBECK

Quick Help for Children

EMERGENCY MEDICINE FOR PARENTS

Date of publication: June 28, 2023

Completely updated and expanded edition, with explanatory videos

4-color throughout, with numerous illustrations and photos

The first aid classic brought up to date

In everyday life with children, dangerous situations occur time and again, and in an emergency every second counts! This book makes it possible for you to act quickly and competently. Concise, clear, and with many photographs, it illustrates the correct procedures to follow in the event of various accidents and acute illness. In addition, this new edition offers help with allergic reactions, which are now occurring more frequently and often quite suddenly. This standard work has been supplemented by the chapter "Travel First-Aid Kit", so that children can be cared for on the road and start healing as quickly as possible. Competent action is made easy by revised text and schematic instructions. A user friendly navigational layout ensures that the decisive information can be found instantly, even under time pressure. This classic is impressive with its up-to-date content, a fresh design, and the inclusion of QR links to quick-help videos by the author.

- The established standard work – over 70,000 copies sold, now updated and expanded
- Easy-to-remember instructions for common situations
- A must-have for every household with children




Health & Alternative Healing, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 400 | 15,5x21,0 cm
Original title: Schnelle Hilfe für Kinder

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AUTHOR

Janko von Ribbeck



© Robert Haas

Janko von Ribbeck, the father of four children, works as an alternative practitioner and homeopath with his own practice. For eight years he was a paramedic in rescue and emergency medical vehicles. Today he imparts his experience and knowledge in parenting courses. His book "Quick Help for Children" has been recommended for years by pediatricians and in first-aid courses for children, and is continually updated to the latest medical standards. His homepage is the most visited website on this subject.

www.erste-hilfe-fuer-kinder.de



Love & Relationships, Family & Parenting

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 208 | 12,5x18,7 cm
 Illustrations: 20 b/w illustrations
 Original title: Glücklich als Paar, glücklich als Familie

LUDWIG SPÄTLING, HELMUT FLECKS

Happy as a Couple, Happy as a Family

STRENGTHENING RELATIONSHIPS, DEFINING COMMON VALUES, FOSTERING INDIVIDUALITY

Date of publication: January 18, 2023

With 20 b/w illustrations

“Couples need relationship knowledge!”


Many couples face a tough test. In the beginning of the relationship, they believed there would be very few challenges, and even those few were rarely discussed. Not very many couples would develop a clear vision in time to spot the dangerous shoals and reefs they would encounter after the initial infatuation phase. The divorce rate alone speaks volumes. In addition, as a result of the pandemic, a new normality in everyday life has evolved that revives role models long thought to be outdated and that brings to the fore underlying conflicts from which everyone involved suffers – especially the children.

This book provides the necessary support for answering essential questions. How can roles in the partnership be reconsidered? How can partners become clear about their own needs and wishes, and how can they share them? With children, how can the relationship endure through the exhausting baby phase, the no less exhausting puberty phase, and on top of that, lockdown and homeschooling?

- Everyday-tested advice book with numerous case studies and discussion guidelines, for all areas of family life – talking, loving, eating, raising kids, working, living together

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AUTHOR

Ludwig Spätling



© Walter M. Rammler

Ludwig Spätling, director of the gynecological section at the Fulda Clinic, is chairman of the German Family Foundation as well as an author. In his seminars, he reveals to young couples how a trusting and respectful communication can form a stable foundation for a joyful relationship and how this has a direct impact on the health and future prospects of their children.

AUTHOR

Helmut Flecks



© Walter M. Rammler

Helmut Flecks is a psychotherapist and coach. He trains psychotherapists, supervises clinics, and specializes in couples and family therapy. In couples seminars as well as in lectures, he describes how during the good times of a love relationship to lay foundations for getting through difficult times.

CARINA THIEMANN

I Feel What You Are Not Seeing

HOW YOUR CHILD EXPERIENCES THE WORLD AND HOW A CHANGE OF PERSPECTIVE CAN BENEFIT THE ENTIRE FAMILY

Date of publication: March 29, 2023

2-colour throughout

What would children say if they could put their feelings into words?

Carina Thiemann, educator and founder of "Weltvonunten", shows in her knowledgeable and empathetic guidebook just how children experience their everyday life, including the problematic times: the tantrum at dinner after a long day at daycare with its demands for cooperation from the child, dawdling when changing clothes because the child is thinking about what he or she had just been playing, or rebelling at the new skin lotion because it is so cold and smells strange. Through a change of perspective, parents will quickly and vividly feel what it really means to be a child in this modern world. They will recognize and understand the demands and difficulties behind their children's behavior, things parents rarely recognise during those stressful and recurrent conflict situations in everyday life. Carina Thiemann shows in a practical and true-to-life way how parents can perceive their child as fellow human beings, presents how to avoid getting into power struggles, and suggests creative ways for peaceful parenting that accommodates the needs of all family members.

- An original, empathetic, and moving approach – understanding your child better through a change of perspective




Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 208 | 13,5x21,5 cm
Illustrations: 3 b/w illustrations
Original title: Ich fühle was, was du nicht siehst

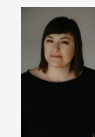
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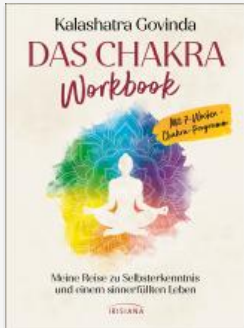
AUTHOR

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.



Spirituality & New Age

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 224 | 15,5x21,0 cm
 Illustrations: 58 color illustrations
 Original title: Das Chakra Workbook

KALASHATRA GOVINDA

The Chakra Workbook

MY JOURNEY TO SELF-KNOWLEDGE AND A MEANINGFUL LIFE
 WITH A 7-WEEK CHAKRA PROGRAM

Date of publication: April 05, 2023

With 58 colour illustrations

A chakra journey to your self

The energy centers of our body, known as chakras, are the foundations of personality development and self-knowledge. Having already published several successful classics on this subject, Kalashatra Govinda presents a workbook with practical instructions and many sections for writing in responses. You can document and reflect on your progress and use the book in a way catered to who you are. "The Chakra Workbook" focuses each week on one of the seven energy centers. Included are yoga exercises, meditations, tests, and plenty of available space for personal notes. With this workbook, you will begin the journey not only from the root to the crown chakra, but also inward towards yourself.

- The individually catered chakra book with plenty of space to write in for personal and spiritual development
- The 7-week chakra program, with numerous yoga exercises, meditations, and self-tests
- Over 300,000 copies sold of Govinda's titles

If you want to work on your chakras – whether that's specific ones, or just generally – this is the perfect package.

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AUTHOR

Kalashatra Govinda

Kalashatra Govinda is a master of ancient Indian yoga philosophy and a successful author. He has made a name for himself as an author through his well-received books "Tantra: Secrets of Eastern Erotic Arts" and "Chakras: Spiritual Exercises for Health, Harmony, and Inner Energy".

Well-written and beautifully illustrated.

missappledome.wordpress.com



Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 240 | 12,5x18,7 cm
 Illustrations: 10 b/w illustrations
 Original title: Kosmische Befreiung

VADIM TSCHENZE

Cosmic Liberation

TOWARDS A BETTER KARMA THROUGH THE INFLUENCE OF THE PLANETS

Date of publication: January 11, 2023

With 10 b/w illustrations

Freeing ourselves from the chains of the past, improving our karma, and turning our lives around towards the good

Why do we sometimes find our existence uncomfortable? Why do we feel anxious about the future, and why can't we achieve the goals we have set for ourselves? The answers to these and other existential questions are to be found hidden away in our karma, that energetic mixture nurtured by the experiences and attitudes our soul has gathered during former incarnations.


Vadim Tschenze tells of his family's secret cosmic knowledge and provides us with easy-to-implement techniques on how we will be able to transform and improve our karma with planetary impulses – to discover our karmic path and free ourselves from the bonds of past suffering

- The new title by the successful author with over 145,000 copies sold by Goldmann
- An accessible introduction to the karmic teachings of the Russian shaman and healer
- Concrete life help with many tips, techniques, exercises, and advice, based on one's date and time of birth

 GOLDMANN

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AUTHOR

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



Narrative Self-Help

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Füttere den weißen Wolf

RONALD SCHWEPPE, ALJOSCHA LONG

Feed Your White Wolf

STORIES OF WISDOM TO BRING US JOY

Date of publication: May 24, 2023

Revised and expanded edition

With vignettes


Impulses for greater composure and joy of life

We have the ability to determine our actions, our attitudes, and our words every moment of our lives. We can choose to surrender to our darker sides, or to strengthen the bright, positive forces in us. This revised, expanded edition, with its entertaining stories of wisdom from around the world, stimulating exercises, and many inspiring meditations, will help enhance and strengthen the good in us – even when we are struggling with fear and worry, confronted with energy-draining fellow human beings, or going through difficult times. Here is a book that will inspire us to reflect on our lives and offer us vital impulses and inspirations for more serenity, mindfulness, gratitude, and inner peace.

- Author duo with over 400,000 copies sold
- With new wisdom stories, impulses, reflections, and meditations

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AUTHOR

Ronald Schweppe



© Dominik Rößler/Penguin Random House GmbH

Aljoscha Long and Ronald Schweppe are internationally renowned bestselling authors, who know how to competently convey the holistic art of living in an easily understandable way. Ronald Schweppe is an orchestral musician and meditation teacher.

AUTHOR

Aljoscha Long



© Dominik Rößler/Penguin Random House GmbH

Modern psychology, contemporary philosophy, and Eastern spirituality flow harmoniously together in Aljoscha Long and Ronald Schweppe's works. Aljoscha Long is a psychologist, therapist, and martial arts teacher.



Cooking, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 256 | 11,8x18,7 cm
 Illustrations: 5 b/w illustrations
 Original title: Ingwer

FRANZISKA VON AU

Ginger

THE WONDERFUL HEALING POWERS OF THE MAGIC ROOT

Date of publication: June 14, 2023

The latest on the versatile superfood

Ginger is healthy and spicy, ginger heals, ginger tastes good and ginger is a superfood. In Europe, the miracle root has long been known as an important flavour ingredient. But that's not the only thing: ginger was already an essential remedy in ancient times, and it also played an important role in medieval monastic medicine. Modern scientific research confirms its medicinal healing power: ginger strengthens the immune system, helps against nausea, cures colds, is recommended for diabetes patients, helps with migraines and burnout and plays a role in weight loss. In addition, the versatile root can also be used for skin and hair care.

The most exciting findings from science, history, medicine and last but not least from the culinary world of this amazing spice plant with numerous recipes to enjoy and feel good.

- Spicy, tasty and healing – the ginger trend is here to stay
- Where ginger comes from, how we can grow it and what it contains

A treasure trove of facts about ginger.

lisaasleben.wordpress.com


I loved every one of its 241 pages – highly recommended.

booksofloveblog.wordpress.com

HEYNE <

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AUTHOR

Franziska von Au



© Franziska von Au

Franziska von Au is the pseudonym of the successful author Christina Zacker. As a true scion of an old Austrian noble family, Christina Zacker is particularly interested in the topics of tradition and customs. After training as a journalist in Munich, she worked as an editor, head of department and head of copy as well as a columnist for various daily newspapers and women's magazines. Christina Zacker has been working as a freelance book author for several years. She has written numerous successful books for Südwest Verlag, but also for the publishing houses Ludwig and Cormoran, under the name Franziska von Au, which, by the way, is the name of her great-grandmother.

I adore ginger, and this is a really interesting book packed with new ideas, recipes and inspiration.

veronikaliest

Simply perfect.

lesewurmwordpresscom.wordpress.com

I really liked it. I found out lots I didn't know before, and love ginger even more now.

seitentraeumerin.de

A brilliant guide that tells us everything there is to know about ginger, with lots of useful tips. Highly recommended.

mymagicbookwonderland

If you love ginger, you should definitely look into this one – 5/5 stars.

tiffy_

Fascinating facts about this remarkable spice drawn from science, history, medicine and cookery, with plenty of delicious, feelgood recipes – 5/5 stars.

missappledome.wordpress.com