

Reference Books Autumn 2023



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Autumn 2023

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Reference Books, Career & Coaching, Reference Books, Personal Development

Publishing House: Ariston
 Format: Hardcover
 Pages & Size: 240 | 13,5x21,5 cm
 Illustrations: 2 b/w illustrations
 Original title: Das neue Führen

BODO JANSSEN

The New Leadership

LEADING AND ALLOWING YOURSELF TO BE LED IN TIMES OF UNPREDICTABILITY

Date of publication: October 18, 2023

Rethinking leadership

Never before have we been so confronted with the unpredictability of life as we are today, not only in our private lives, but also professionally. As managers, we are under great challenges: we need to respond to economic constraints and difficulties while also addressing the worries and needs of our employees. How do we gain the composure and clarity we need now to strengthen individuals and the greater community? Where do we find the courage to be guided by what is unfolding? Where do we find our source of serenity in all this?

In his new book, Bodo Janssen considers the principles of leadership and provides a guide for the new era. A highly practical book for managers at all levels, and imbued with power, wisdom, and vision.

- The principle of leadership – a guide for the turning point of an era from accomplished author Bodo Janssen
- A plea for more serenity and clarity – what leaders need to strengthen individuals and the community


An indispensable read for all leaders, at all levels – powerful, wise and visionary.

Wirtschaftszeit.at

ARISTON 

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AUTHOR

Bodo Janssen



© Dominik Odenkirchen

Bodo Janssen studied business administration and sinology before he started working as a director of his parents' hotel chain. After a period of reflection he started off a paradigm shift within his company, with the aim of developing a corporate culture that is authentic. Bodo Janssen's company philosophy has won many awards, including the Human Resources Award.

Full of practical know-how for every manager, no matter how junior or senior – convincing, wise and visionary.

Dolomiten



Reference Books, Personal Development

Publishing House: C. Bertelsmann
 Format: Hardcover
 Pages & Size: 192 | 13,5x21,5 cm
 Original title: Einigt Euch!

SVEN KUNTZE

Come to an agreement!

WHY THE COMPROMISE IS UNCOMPROMISING

Date of publication: October 18, 2023

All rights available except Hebrew

Why compromise is crucial

Compromise is a constant companion everywhere in society, from lovers all the way to the democracy system. It is an age-old social technique that has repeatedly proved its worth, and shown itself to be vital when it comes to navigating life's storms, big or small. Sven Kuntze, charming and (street)wise as ever, explores the manifold forms that compromise can take – both in history and in modern times, in society and in the life of the individual – and shows us how it's done. A multifaceted and very personal book on the art of compromise, and a guide through everyday life.

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AUTHOR

Sven Kuntze



© Benjamin Zibner

Sven Kuntze, born in 1942, is a journalist and television presenter. After working for the WDR in Bonn, New York and Washington, he worked for the ARD national television. Since 2007 he has been freelancing as a journalist and presenter. In 2008, he made a film titled Trying Out Being Old, in which he reports on what it was like living in the old people's home he moved into for seven weeks. For this he was awarded the Television Prize in the category "Best Documentary". His second documentary, Trying Out Being Good, was nominated for the 2009 German Television Prize.



Reference Books, Lifestyle, Reference Books, Personal Development

Publishing House: C.
Bertelsmann
Format: Hardcover
Pages & Size: 304 | 13,5x21,5
cm
Original title: Das kann gut
werden

BETTINA MUSALL

It'll Be Great

RETIREMENT IS JUST THE START OF A NEW LIFE

Date of publication: September 20, 2023

The art of active retirement – an inspiring companion for anyone about to embark on this new stage in life


Longstanding Spiegel journalist Musall is a baby boomer. Many of her contemporaries are retiring or semi-retiring in their mid-fifties, often only half-willingly. In her new book, she reveals how she and her peers are managing the transition from a steady income and respectable working life to life as pensioners. We learn about their hopes and fears, and hear from people who see it as a new beginning and are looking for something – something to do, an income, personal development, themselves, contentment... and the happiness that a meaningful life brings with it.

If you're unsure how you'll handle retirement, you should read this – despite, or rather, because of, the fact that it's so personal.

Goslarische Zeitung

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Bettina Musall



© Anna Boldt

Bettina Musall, born in 1956, studied German literature and political science and is now an editor at the Spiegel. After many years writing about politics and culture, she now contributes to the Spiegel's science and history publications.



Reference Books, Personal Development

Publishing House: Kailash
Format: Paperback
Pages & Size: 272 | 13,5x21,5 cm
Original title: Wo ist mein Platz im Leben?

ANTONIA SPEERFORCK

Where is My Place in Life?

FINDING YOUR OWN WAY WITHOUT LOOKING FOR IT

Date of publication: September 27, 2023

Follow your inner voice, it is said – but which one?

Is the chaotic being inside of me right, or rather is it the safety-and-security fanatic? Should I follow my inner free spirit, or listen to my fears and anxieties – or simply follow my parents' advice? There is a lot of pressure to keep pace with it all, and to discover one's true self, or at least find a job or a vocation. And doubts and uncertainty contribute their share to this tension as well.

The psychotherapist Antonia Speerforck is very familiar with these issues – not only from her own practice, but also from her own life. Her book is about seeking and finding, big dreams and small steps, allowing things to happen, and about letting go. With the help of the systemic therapy concept of inner components, she shows how we can still find a clarity among all the voices coming from both inside and out, make meaningful decisions, and follow our own path. This is putting one foot in front of the other, leaving room for all sides of ourselves with their particular needs and abilities, and having a good dose of "it's all good". And it's OK if it is not so straightforward, does not go easily or smoothly, and you still have not arrived – it's quite often that way.

"Put one step in front of the other and the path will be under your feet." Antonia Speerforck

- Why we must constantly improvise and seek new solutions and paths, instead of frantically going in one particular direction we at one time committed ourselves to
- Methods from systemic psychotherapy – clearly presented and supported by

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Antonia Speerforck



© Ramona Czygan

Antonia Speerforck, born in 1986, is a psychologist and lawyer. After her studies in business administration, she went on to study law and finally psychology. She is quite familiar with searching and personal inquiry, and now works with her own practice as one of the first certified systemic psychological psychotherapists. She also counsels individuals, couples, and families, and participates in therapy training.

personal stories

- Walk, pause, feel – why it feels right and harmonious to have many smaller goals
- A valuable, contemporary life guide for Generation Z people on the path to personal and professional happiness and satisfaction

PETRA BARTOLI Y ECKERT



Reference Books, Personal Development

Publishing House: Kösel
Format: Paperback
Pages & Size: 224 | 13,5x21,5 cm
Original title: In den Bergen findest du zu dir

Finding the Way to Yourself in the Mountains

WHAT WE LEARN ABOUT RESILIENCE BY HIKING – THE ADVENTURE OF CROSSING THE ALPS

Date of publication: August 02, 2023

With illustrations

How the mountains can impart us lifelong learning


"Once in a life, trekking across the Alps and facing challenges and hardships along the way: With this personal experiment and through encounters with people who are exceptionally resourceful and full of joy in life, I wanted to discover how resilience and inner strength can happen, or could be learned. Along the way I discovered astonishing life stories and many new ideas about what makes us strong."

When Petra Bartoli y Eckert wants to get in touch with herself and clear her head, she sets off into nature – to be more exact, she walks through it. She is one of millions of Germans who are passionate about hiking and enjoying the peace and quiet of mountains or forests just as much as the rhythm of her steps on gravel-covered paths.

For her ultimate goal of crossing the Alps on foot, she wanted to prepare herself not only physically, but also mentally. That's why she visited mountain people and asked them about their advice for inner strength and endurance. What she learned along the way, however, has not only helped her with her hiking; she has become much more calm and composed in the face of life's highs and lows.

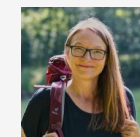
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AUTHOR

Petra Bartoli y Eckert



© Georg Schraml

Petra Bartoli y Eckert, born in 1974, studied social pedagogy and then worked for over 14 years with children and young people with behavioral problems. In 2007 and 2008, she studied screenwriting and has been writing stories ever since – when she's not pursuing her passion for hiking. She has published a many non-fiction books, radio stories, and children's and youth novels.

- For those who want to become more resilient and find more peace of mind
- Combines two current topics: resilience and hiking

CLAUDIA CROOS-MÜLLER

Support! The Little Survival Book

IMMEDIATE HELP FOR CRISIS, DESPAIR, OUTBURSTS AND CO.

Date of publication: August 30, 2023

4c throughout

Crisis emergency help with the Body 2 Brain method

Dr. Claudia Croos-Müller presents simple body exercises in a tried and tested form that provide support during negative episodes, stressful events and serious life crises, can be an anchor in life and have a calming and strengthening effect on psychomental health. The proven Body 2 Brain exercises stabilise the nervous system in a very short time and give confidence and security again.

This survival book effectively helps with brooding spirals, despair and in difficult situations as protection against acts of despair and short-circuit reactions.

The good-humour sheep illustrated by Kai Pannen introduce the exercises and also lend this book lightness despite depth.

- New title in the successful survival book series
- Successful author with a total circulation of over 1 million copies




Reference Books, Personal Development

Publishing House: Kösel
Format: Hardcover
With illustrations from: Kai Pannen
Pages & Size: 72 | 17,0x15,5 cm
Original title: Halt! Das kleine Überlebensbuch

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Claudia Croos-Müller



© Beatrix Heiloway

Claudia Croos-Müller, MD, is a specialist in neurology and psychotherapy, and a European-certified EMDR therapist. The best-selling author offers lectures, workshops, and seminars on the topics of emotional control and mental health as well as training in her BODY 2 BRAIN CCM® method.
www.croos-mueller.de

ILLUSTRATOR

Kai Pannen



© Andrea Köhler

Kai Pannen is an illustrator and animator who lives with his family in Hamburg.



Reference Books, Personal Development

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Vorwärts heißt zurück zu mir

TANJA KÖHLER

Forward Means Back to Myself

SETTING OUT FOR A SELF-DETERMINED LIFE – COACHING METHODS FOR WOMEN IN THEIR MID-LIFE YEARS

Date of publication: November 29, 2023

Lights out, spotlight on: now it's time for me!


For women, the middle of life is often a time of upheaval when they must reorient themselves. They want to find a new perspective on their life situation and actively shape it. But how will they be able to focus more on themselves without constantly encountering obstacles?

The dedicated psychologist and systemic consultant Tanja Köhler provides refreshing, expert support: she reveals how to become aware of one's own aspirations, needs, and desires and how to find inspiration for new goals within the everyday status quo. She encourages women to make decisions to not allow themselves to fall back into old patterns and drag everything around them into it. She provides here comprehensive, step by step support for initiating and implementing very personal change processes in this phase of life.

- Includes exercises, self-test, questionnaires, reflections
- Encouraging, sensible, and practical methods that every woman can implement immediately
- The book as a best friend – an impulse giver and companion on the path

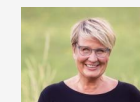
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Tanja Köhler



© Katrin Zeidler / Überlingen

Tanja Köhler, born in 1968, is a psychologist, systemic consultant, coach, and management consultant assisting companies, executives, and private individuals in change processes. Since 2010, she has been a sought-after speaker on the topic of change. She motivates her audiences with inspiring keynotes to take responsibility for themselves and for others. Her weekly one-hour talk radio show on antenne 1 Neckarburg Rock&Pop about psychology and life has a daily-reach value of 75,000 listeners.

<https://www.die-tanja-koehler.de/>



Reference Books, Personal Development

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 176 | 13,5x21,5 cm
 Original title: Ich spüre das, was ihr nicht sagt

SUSANNE PANTER

I sense what you aren't saying

RECOGNIZING WOUNDS IN YOUR OWN FAMILY HISTORY AND FINDING YOUR WAY TO HEALING

Date of publication: October 25, 2023

Wounds you don't see and how to deal with them


This book focuses on family secrets and family taboos, and their systemic structures and psychological mechanisms. Susanne Panter, a professional origin counselor and mediator, examines blind spots, ruptures, and wounds in the family system in order to competently accompany those who are affected on the path towards clarifying their familial origins and thus finding themselves. Along with practical knowledge for a personal quest and many case stories, she also explains what prevents people from exposing a taboo and what 'risks and side effects' seekers can expect – because dealing with family history secrets can be an emotional roller coaster.

Encouraging people to actively confront family secrets, this book illustrates the process people undergo when they begin to address the wounds in the extended history of their family.

- Trending topic of transgenerational trauma and family secrets
- Many examples and concrete instructions, clarifying how wounds can heal when they are brought to light

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AUTHOR

Susanne Panter



© picture alliance/dpa / Frank Rumpenhorst

Susanne Panter is a trained mediator and for more than 20 years has been helping family members get back in touch when the connection has been lost. She founded Germany's first private tracing service and has so far worked on 4,500 individual cases. From 2016 to 2022, she created the series "Die Aufspürerin" (The Tracker), in which she was regularly accompanied by SWR, which videoed the encounters. It is her passion to help others fill the blank spaces in their life histories. That is why 'Being at home in one's own life' is the motto of her non-profit company, 'Herkunftsberatung' (Personal Origins Counseling).
<https://www.herkunftsberatung.de/>



Reference Books, Health & Alternative Healing

Publishing House: Arkana
 Format: Hardcover
 Pages & Size: 368 | 13,5x21,5 cm
 Illustrations: 17 color illustrations
 Original title: Be Your Own Healer

SUSANNE ABBASSIAN KORASANI

Be Your Own Healer

BACK TO ENERGY AND HEALTH
 PHYTOTHERAPY AND NATURAL DETOX

Date of publication: October 25, 2023

4-colour illustrations

Awaken the self-healing powers – start afresh full of energy

Constant fatigue? Digestion problems? Liable to infections? Many of these symptoms and disorders are due to acute or chronic inflammations in the body and are closely linked to our lifestyle and dietary habits. The good news: with the healing power of nature and with even small impulses, we can restore our quality of life.


The alternative medical practitioner and phytotherapist Susanne Abbassian Korasani has developed a unique, holistic approach to therapy that targets the underlying causes of illness. Her method is based on our body's natural self-healing powers, which can be enhanced in particular with the assistance of highly effective herbal medicine, anti-inflammatory nutrition, and detoxification. When our inner physician is roused, we can start healing ourselves.

With numerous recipes, recommended supplements, recipes for healing teas, and mental strategies.

- Self-healing at the next level with the power of highly effective botanicals
- Strengthening the body naturally with herbal substances, vitamins, coral powders and healing teas
- Holistic approach: the importance of blood, mucous membranes, and our mental

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Susanne Abbassian Korasani



© stefanklüter

Susanne Abbassian Korasani is an alternative practitioner and holistic health coach specializing in phytotherapy and healing nutrition. In her work she combines modern science with traditional Far Eastern healing arts. Fascinated by medicinal plants since childhood, she has acquired a broad knowledge of the possibilities of this gentle therapy and from this has developed her own holistic healing method. To help people to activate their body's own self-healing powers and thus heal themselves, she imparts her knowledge in seminars and online courses. She lives and works in Berlin.
<http://www.korasani.com>

processes for healing and well-being

- With recommendations on supplements as well as mind-based methods and meditations



Reference Books, Health & Alternative Healing

Publishing House: DVA
 Format: Hardcover
 Pages & Size: 320 | 13,5x21,5 cm
 Illustrations: 8 b/w illustrations
 Original title: Masterplan Gesundheit

JÖRG BLECH

Master Plan Health

WHAT BODY AND MIND NEED TO STAY YOUNG AND FIT FOR A LONG TIME

Date of publication: October 04, 2023

Rights sold to: Korea (Woongjin Think Big)


With illustrations

The major new health guide by this bestselling author – how to live to a ripe old age and stay healthy for as long as possible

In his new book, bestselling author Blech gives us new answers to the question of what our bodies really need. He reveals that when we're ill, it's better to move around than stay in bed; that loss of muscle mass as we age isn't inevitable, merely the consequence of not enough exercise; that what we think of as a healthy diet can damage gut flora; and much more. Using the latest research, Blech exposes all kinds of health myths, shows us how to take charge of our medical wellbeing, and explains that our bodies and minds are sufficiently adaptable for us to stay healthy to a ripe old age. Master Plan Health is a practical instruction manual for the miraculous bodies in which we live, with lots of tips for how best to deal with the most common illnesses, and how to avoid them altogether.

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AUTHOR

Jörg Blech



© Privat

Jörg Blech, born in 1966, is a biologist and graduate of the Hamburg Journalism School. He was health editor at Stern and Die Zeit before joining Spiegel. His cover stories regularly attract a large readership, and his features are among the most read articles at Spiegel+. He is also the author of numerous bestsellers, including Leben auf dem Menschen ('Life on Planet Human'), Die Krankheitserfinder ('The disease inventors') and Die Heilkraft der Bewegung ('The healing power of exercise'). His books have been translated into 12 languages so far.



Reference Books, Health & Alternative Healing

Publishing House: C. Bertelsmann
 Format: Hardcover
 Pages & Size: 304 | 13,5x21,5 cm
 Illustrations: 18 b/w illustrations
 Original title: Herzsprechstunde

SANDRA EIFERT, SUZANN KIRSCHNER-BROUNS

Heart Clinic

WHY WOMEN'S HEARTS ARE DIFFERENT, AND HOW TO KEEP YOURS HEALTHY

Date of publication: September 13, 2023

The silent killer: heart disease is the leading cause of death in women


In this empathetic and highly accessible book, heart surgeon and gender medicine specialist Eifert – head of one of the largest women's heart clinics in Europe – and medic and science journalist Kirschner-Brouns reveal the latest findings concerning the female heart. What causes cardiovascular disease in women, and how can it be avoided? What do women's hearts need to recover, and to stay healthy?

Women's and men's hearts are not the same. There are certain crucial anatomical differences, which play a major role in cardiovascular disease. Although in the west two thirds of heart patients are male, female patients are twice as likely to die: among those in their fifties and older, cardiovascular disease is the number one cause of death.

Women's hearts react powerfully to strong emotions such as love and grief, to social pressure and cultural values – and their hearts' health or otherwise reflects their individual life stories.

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Sandra Eifert



© Michael Bader

Sandra Eifert is head of clinic at the Leipzig Heart Centre. She has been a heart surgeon for 16 years and saved many people's lives with her transplant surgeries. Personal experience and a focus on gender medicine have given her deep insights into the heart, and today she is an expert in all aspects of cardiovascular disease in women. Having spoken to numerous heart patients, she understands their particular needs and concerns, and has learnt how important it is to listen: personal experience is as much part of a patient's history as diagnostic test results, and holds the key to the wellbeing of a woman's heart.

AUTHOR

Suzann Kirschner-Brouns



© Puria Ravahi

Suzann Kirschner-Brouns is a medic, a mediator, a science journalist of 25 years' standing and an author of numerous patient guides. She has been the editor-in-chief of a gynaecological journal and of Spiegel magazine's health supplement, and is considered one of the best writers on wellness, especially women's health.



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Illustrations: 15 b/w illustrations
 Original title: 77 Tipps für einen gesunden Darm

ULRICH STRUNZ

77 Tips for a Healthy Intestinal Tract

STRENGTHENING AND PROTECTING OUR SUPER-ORGAN

Date of publication: July 12, 2023

Rights sold to: Czech Republic (KAZDA)

15 illustrations, b/w throughout

Many chronic diseases originate in the intestines – cancer, Alzheimer's disease, neurodermatitis, and diabetes

Intestinal problems, though widespread, are often not taken seriously or even recognized at first – often with dire consequences. The origins of a variety of chronic conditions – cancer, Alzheimer's, diabetes, joint and skin conditions, depression – can be traced to the intestines. In addition to stress and lack of exercise, our diet in particular puts a strain on this vital organ.

Best-selling author Dr. med. Ulrich Strunz uses the latest scientific findings to show how intestinal problems arise and how we can take preventive and curative action. Through proper diet, regular exercise, focused relaxation, and enough sleep, the self-healing process can be efficiently and effectively activated. With enlightening facts, hands-on tips, and self-checks: Dr. Strunz motivates us to lead a healthy intestinal lifestyle!

- Over 100,000 copies of the 77 'Tips' series sold.
- Bestselling author Dr. med. Ulrich Strunz shows how we can safeguard, treat, and heal one of our most important organs – and thus pave the way to a long and healthy long life.

HEYNE <

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AUTHOR

Ulrich Strunz



© Helmut Bauer

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

The bestselling author's new book is full of accessibly presented facts, useful tips and health checks you can do at home.

Sonntag Express

I really liked it. To the point, short and pithy, but also fascinating (and shocking).

Partofpoetry

The bestselling author delivers easy-to-understand facts, practical tips and a chance to test yourself.

Kölner Sonntag-Express

I learnt lots of interesting things. I especially liked the last part, which summarised all the vitamins and minerals your gut needs to be healthy.

Beautiful_world_of_books

Brilliantly done, handsomely produced and informative. An important and revealing book about an organ we all underestimate, which we urgently need to pay more attention to.

Noras-Books

Packed with a wealth of useful information, it's a great guide for anyone who wants to look after their gut – healthy bowel, healthy body!

Bücherplaza.de



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Illustrations: 60 b/w illustrations
 Original title: 77 Tipps für mehr Kraft und Ausdauer

ULRICH STRUNZ

77 Tips for More Strength and Endurance

FIT AND HEALTHY FOREVER

STRENGTHEN THE IMMUNE SYSTEM, PREVENT DISEASES, STAY YOUNG

Date of publication: December 20, 2023

60 illustrations, b/w throughout

All rights available except Italian

Dr. med. Ulrich Strunz shows how strong muscles and endurance pave the way to a healthy and long life

Being flexible, strong, and fit is fundamental to being and staying healthy, because many illnesses – from joint and posture problems to intestinal diseases and inflammations in the body – are the result of a lack of exercise. On the basis of recent scientific findings, best-selling author and fitness pope Dr. med. Ulrich Strunz proves how firm muscles and endurance pave the way towards a long, healthy life. With the appropriate types of exercise and nutrition, focused relaxation, and sufficient sleep, we not only increase our overall fitness but also activate self-healing processes, stave off illness, and remain young.

With illuminating facts, hands-on tips, and self-checks, Dr. Strunz provides motivation for a healthy and agile life full of strength and endurance!

- Over 120,000 copies of the 77 'Tips' series sold
- With the most effective strategies for activating self-healing, and many practical tips and self-checks

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AUTHOR

Ulrich Strunz



© Helmut Bauer

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

The path to a healthy life.

Alles für die Frau

Inspires us to live a healthier, more mobile life.

glüXmagazin Rheinland-Pfalz



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 320 | 13,5x20,6 cm
 Original title: 111 Tipps für einen gesunden Körper

ULRICH STRUNZ

111 Tips for a Healthy Body

WHAT'S BEST FOR HEART, BRAIN, INTESTINES, BACK, JOINTS, AND A STRONG IMMUNE SYSTEM – HOW TO STAY HEALTHY AND FIT FOR LIFE!

Date of publication: October 11, 2023

b/w throughout

The best tips from the 77 'Tips' bestseller series – for the first time in one volume


A fit and vital body is essential for a long and healthy life, as it significantly reduces the risk of chronic, mental, and infectious diseases. Best-selling author Dr. med. Ulrich Strunz reveals his best tips for the heart, intestines, back, joints, immune system, and brain, and explains what our body needs to be healthy in all areas. With the right exercise and diet, focussed relaxation, and sufficient sleep, we can activate our self-healing powers, help prevent diseases, and remain young. With enlightening facts, hands-on tips, and self-checks, Dr. Strunz motivates us to a lifestyle that will keep us healthy everywhere and in every way!

The best tips from the 77 'Tips' bestseller series for the first time in one volume – completely revised and supplemented with significant findings from genetic research

- The best tips from bestselling author Dr. med. Ulrich Strunz for an enduringly hearty and healthy life
- The most effective strategies for promoting self-healing, and many practical tips and self-checks

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AUTHOR

Ulrich Strunz



© Helmut Bauer

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

SUSANNE SCHMIDT

Never Again Overweight!

LOSING WEIGHT AFTER THE AGE OF 60

THERE'S NO SUCH THING AS CAN'T – SLIMMING WITH THE 30-GRAM-FAT METHOD

Date of publication: December 13, 2023

With 70 b/w illustrations

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AUTHOR

Susanne Schmidt



© Privat

Susanne Schmidt, born in 1955, weighed 132 kilos in 2006. To lose weight, she went to the Spessart Clinic in Bad Orb, where she learned about the 30-gram-fat method, which helped her lose 57 kilos within a year. Her older son, Christian, supports her in organizing the 'Never again overweight' initiative, launched in 2007, which provides information about the 30-gram-fat method and has already motivated thousands of people to lose weight.



Reference Books, Health & Alternative Healing

Publishing House: Heyne

Format: Paperback

Pages & Size: 240 | 15,0x20,5 cm

Illustrations: 70 b/w illustrations

Original title: Nie wieder dick! Abnehmen ab 60

Lose weight with the 30 grams of fat method: simple, comfortable, and sustainable

The principle behind the 30-gram-fat method is quite straightforward: instead of 125 grams of fat a day, the average for Germany, 30 grams of fat is allowed – yet without dispensing with eating pleasure. For example, a roll with butter and a slice of salami already contains about 32 grams of fat, more than should be consumed in one day. If you use low-fat cream cheese instead of butter and lean ham instead of salami, you end up with just 3 grams – without having to do without a hearty breakfast. The 30-gram-fat method is not a diet. It is a change of diet: effective, suited to everyday life, and easy to follow.

Even during the 'best age' beginning at 60, this method can be followed without much effort. Simple and comprehensible – with the 'Never again overweight' method, your best weight does not have to remain a fantasy!

- Losing weight reliably and permanently and maintaining the targeted weight, even at the (best) ages over 60
- The new book of the Spiegel bestselling author – more than 100,000 copies of the "Never again overweight!" series sold

Simple and easy to follow – with this method, your ideal weight can become reality!

cityguide-rhein-neckar

STEFAN WINTER



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 368 | 13,5x20,6 cm
 Illustrations: 35 b/w illustrations
 Original title: Die Schlank-Strategie

The Trimming Strategy

LIVING HEALTHIER WITH THE INSIGHTS OF BEHAVIORAL SCIENCE

Date of publication: December 13, 2023

b/w illustrations

Effective changes instead of needless diets

Frustrated by unsuccessful diets, the yo-yo effect, and relapses into poor eating habits? Economist Prof. Stefan Winter approaches the classic diet trap from an entirely different perspective, using the the latest findings from psychology, behavioral economics, and brain research. He provides simple, effective ways out of the typical thinking and behavioral traps that we set for ourselves – and a cunning food industry sets for us – every day. He emphasizes that the failure of dieting has nothing to do with personal failings, because when it comes to eating, will power is overrated. With the help of effective techniques of self-management we can move away from the so-called logic of abstention and self-castigation and keep our inner glutton on a tight leash. Here is how to make the good decisions easy for yourself and rediscover healthy eating habits and a positive body image.

- Wrong nutrition begins in the mind – towards the desired weight with the help of behavioral economics and psychology
- Sensible, feasible, and enduring – explanations and rays of hope for all who have had enough of the frustration of failed dieting
- An innovative approach to the topic of nutrition: practical guidance for new ways of thinking and a relaxed relationship with food

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AUTHOR

Stefan Winter



© Rub, Marquard

Stefan Winter, born in 1964, studied economics and earned his doctorate in 1995 at Humboldt University in Berlin. From 2000 to 2004, he taught general business administration, human resources, and organization at the Julius Maximilian University in Würzburg. Since 2004, he has held the Chair of Human Resource Management at the Ruhr University in Bochum and has been awarded his faculty's teaching prize for outstanding performance several times. Since 2021 he has been teaching self-management and economics.

I really liked the book. It really inspired me to establish healthy eating habits, and maybe even make a few other changes, to value myself more, and especially also never to fall into another diet-trap. Everyone should read this!

huckleberryfriendz.wordpress.com

An entertaining and really funny look at the science, with lots of astonishing research study findings.

buchaviso.de

Finally, a great book about... well... not diets – rather about how to make effective changes to how you eat instead of meaningless dieting. 5 out of 5 stars, and highly recommended for anyone who wants to get to grips with those extra pounds and live a happier, healthier, more satisfying life.

lesezauber_zeilenreise

It's worth reading this one [...] when you've finished it, you might give up on dieting and instead work on your behaviour, emotions and decision-making.

buchstabenfestival

Useful tips for healthy eating.

[Super TV](https://super.tv)

SATYA MARCHAND

Paths to Freedom

HOW UNRECOGNIZED TRAUMAS ENTRAPS US AND HOW WE CAN RESOLVE THEM

Date of publication: October 25, 2023

Holistic methods for activating the self-healing powers: an innovative integration of psychology and spirituality

Even though we are often not aware of it, almost everyone has had traumatic experiences during childhood. Such developmental and bonding traumas can have highly adverse effects on our lives, our health, and our relationships. We suffer and are unable to find a solution, as the actual causes of our problems lie hidden. The noted trauma expert Satya Marchand, who herself had highly traumatizing experiences as a child, here provides the path to healing by recognizing and resolving unrecognized trauma. In the process, she integrates spiritual insights, holistic bodywork, and the latest research findings in neurobiology with her years of therapeutic experience. Thanks to her simple, effective suggestions and techniques, we will be able to come to terms with our past and move into the future with freedom within.

· Why everyone carries unconscious traumas – and how we can resolve them

A holistic approach to trauma and self-help.

literaturweltblog

A closure that is not a closing or a hiding, but rather a question of making peace with the past. If you are suffering from



Reference Books, Health & Alternative Healing

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 272 | 13,5x21,5
cm
Illustrations: 1 b/w
illustrations
Original title: Wege in die
Freiheit

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© privat

Satya Marchand was born in Hamburg in 1962. She lived through an exceptionally distressing and traumatic childhood. After various trainings, intensive studies and deep learning experiences, she succeeded in finding a happy and fulfilled life. Today, as a spiritual teacher and trauma expert, she accompanies people on the path to insight and healing with an incomparable combination of body- and practice-oriented work.
<http://www.praxis-satya-marchand.de>

trauma, this wonderful, wise book shows you that it can be done.

kunstundliteratur.wordpress.com

PETRA BRACHT, ROLAND LIEBSCHER-BRACHT

The Arthrosis Lie – New Edition

WHY MOST PEOPLE SUFFER NEEDLESS – AND WHAT THEY CAN DO ABOUT IT

Date of publication: October 18, 2023

Completely revised on the basis of the latest scientific finding – The proven self-help program

4-colour, ca. 30 colour photographs and illustrations

The bestseller, completely revised and updated

Osteoarthritis is the world's most common joint disease and the most important pain topic. Many authorities still believe that osteoarthritis is a fate predetermined by genetics, and therefore it cannot be avoided. The renowned pain specialists Liebscher and Bracht are convinced of the opposite. Recent studies prove that with specific types of nutrition and specially developed exercises, degenerated cartilage is able to regenerate. The renowned therapists also prove that what is felt to be arthritis pain is in fact tension pain of the surrounding tissue. This book describes how we can truly reverse osteoarthritis. It offers a highly effective regeneration program with numerous illustrated exercises and detailed recommendations on proper nutrition.

- The Spiegel No. 1 bestseller, now completely revised and updated – 475,000 copies sold across all editions
- Refers to the latest studies, based on the current state of research
- Osteoarthritis is curable – The revolutionary nutrition and exercise therapy according to Liebscher & Bracht
- The highly effective regeneration program, with numerous exercises



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag
 Format: Paperback
 Pages & Size: 288 | 15,5x21,0 cm
 Original title: Die Arthrose-Lüge - Neuauflage

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Petra Bracht



© Liebscher & Bracht

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

AUTHOR

Roland Liebscher-Bracht



© Liebscher & Bracht

ENGİN OSMANOĞLU

120 Years Healthy!

THE BEST STRATEGIES FOR STAYING ENDURINGLY VIGOROUS

Date of publication: August 23, 2023

10 b/w illustrations

Living longer and healthier!

The book is directed at people who do not want to surrender themselves to growing older and losing their health, mostly those people are already well-informed and are actively engaged with their health. The author deftly combines knowledge about cardiovascular diseases, the development of diseases of civilization, and the most common causes of death with the promising possibilities of not resigning oneself to fate, but of actively doing something about it. This would support in particular a medication-therapy approach to achieve these goals.

The theme of longevity – the mystical fountain of youth and eternal life – has always been intriguing to people. Now there are methods, supported by scientific studies, to actively prolong life with a medication-based therapeutic approach, and interest in this has been increasing sharply over the past few years. Along with presentations of the various methods, this book explains such practicalities as how to prepare for consultations with a general practitioner or specialist. Here are also specific techniques effective in reducing body weight along with explanations about its effects on healthily prolonging life. This book is thus not only theoretically, but also very practically oriented.

Through the scientific knowledge and advice provided here, your chances for a



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Hardcover
Pages & Size: 224 | 13,5x21,5 cm
Original title: 120 Jahre gesund

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Engin Osmanoglu



© privat

Engin Osmanoglu has been Chief Physician of the Internal Medicine/Cardiology Clinic at Meoclinic in Berlin since 2010, and its Medical Director since 2014. He began his medical career at the Charité Berlin by focusing on gastroenterology and metabolism. After completing his residency in internal medicine, he further specialised as a cardiologist at the German Heart Center Berlin. He regularly lectures at Steinbeis University of Applied Sciences on the subject of cardiovascular diseases. He created a special type of consultation for diseases that can be influenced by diet, and provides nutritional counseling for body weight reduction. For several years, he headed the Cardiology Outpatient Clinic as a senior physician with the German Heart Center.

long, healthy life, a good appearance, and a feeling of success will be notably enhanced.

- The book for a long healthy life – the desire of all people
- Knowledge-based tips on how to change your lifestyle
- Effective weight reduction as one of the key factors towards greater health in older age

SINA SCHWENNINGER, NICOLLE LINDEMANN



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

Publishing House: Südwest
Format: Paperback
Pages & Size: 176 | 17,0x24,0
cm
Original title: Weg mit dem
Stressbauch

Get Rid of the Stress Belly

WHY STRESS MAKES US FAT AND WHAT WE CAN DO ABOUT IT

Date of publication: December 13, 2023

With ca. 30 colour illustrations

Less stress in everyday life for less belly fat

Stress makes you overweight! But how exactly? Nutritionist and stress coach Sina Schwenninger and internist Dr. Nicolle Lindemann reveal in their book the different types of stress, why we eat in stressful situations, how these calories wind up especially quickly on our hips and – most importantly – how we can escape this vicious circle.

Self-tests for determining stress resistance, patient case studies, and tips for everyday life, as well as delicious and simple recipes for cooking, make this book a valuable anti-stress guide for everyday life. The must-read for everyone who wants to combat everyday stress and the ensuing stress belly.

- Less stress, less belly fat – the premier advice book for a more relaxed and trimmer life
- In-depth knowledge about the different types of stress, with tested tips and recipes
- Combined expert knowledge from a nutritionist and a doctor for holistic medicine

Includes brilliant self-tests to help you find out how resistant you are to stress, and is packed with real-life stories and

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Sina Schwenninger



© Eileen Schäfer

Sina Schwenninger is a nutritionist, a coach for stress management and burnout prevention, and a mindfulness trainer. While working in marketing for a DAX company, she was on the verge of burnout, but managed to slow down and back away from the danger using a variety of approaches and methods. In addition to workshops, she gives advanced training to teachers and works in corporate health management on burnout prevention, good stress management, and proper nutrition.

everyday tips and tricks.

Sonntag Express Köln

A guide for those of us who want to stop getting stressed all the time and get rid of their “stress belly”. A must-read not just for the hectic Christmas period, it comes as a great relief to anyone who can’t understand why they can’t seem to lose those pounds.

wechselweise.net

A deeply interesting and useful book which can help lots of people suffering from “stress belly

individuelle-ernaehrungs-beratung.de

Offers plenty of useful tools, self-testing and strategies.

kiosk.chi-mag.com

AUTHOR

Nicolle Lindemann



© Ralf Luethy

Nicolle Lindemann is a specialist in internal medicine and nutritional medicine with additional qualifications in naturopathy and acupuncture. In her medical practice for holistic internal medicine, she mainly treats patients with chronic diseases and psychosomatic complaints. She also specializes in nutritional counseling and weight loss. For many years, Dr. Nicolle Lindemann and Sina Schwenninger have together been accompanying patients with a concept of holistic nutritional counseling and guidance for stress reduction towards a trimmer, happier and more self-determined life. For this, they have created the ‘Stress Belly’ concept.

HELMUT WILHELM

The Book of the Eye

DISEASES AND TREATMENTS COMPREHENSIBLY EXPLAINED

Date of publication: September 13, 2023

60 colour illustrations

The eye – our window to the world

The eyes are our most significant sensory organ, and eye disorders or failing eyesight in advancing age affect almost everyone at some time or another. Nevertheless, most people are lacking in fundamental knowledge about important questions. When is cataract surgery necessary? What are the advantages of expensive 'premium lenses'? Does macular degeneration always lead to blindness? Which treatments are sensible?

Prof. Dr. med. Helmut Wilhelm uses many photographs, examples, and experiments to lucidly explain how the human eye functions, how images are processed in the brain, and what hazards there are for our visual organ, all according to the latest scientific findings. The book also covers nearly every eye disease and disorder and provides advice and encouragement in cases of visual impairment or the prospect of blindness. Here is a guide for becoming knowledgeable patients who are able to have a competent and self-determined influence on therapy options and possible surgery.

Explains the different kinds of eye disease in a way that's easy to understand for the general reader.

Lea



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 272 | 17,0x24,0 cm

Illustrations: 40 color illustrations

Original title: Das große Buch vom Auge

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Helmut Wilhelm

Helmut Wilhelm, born in 1954, studied medicine in Freiburg, Uppsala, and Mainz and received his doctorate in ophthalmology and internal medicine (cardiology). In 1988, he obtained his specialist qualification in ophthalmology and subsequently worked as a senior physician at the University Eye Hospital in Tübingen. In 1996 followed his post-doctorate and authorization to teach ophthalmology, and from 2002 to 2020 he held a visiting professorship. He has published numerous papers on ophthalmology and authored several textbooks.

Eye medicine is such a fascinating topic, and this book helps you to really get to know your eyes, and you'll find out all about the various eye diseases around and how to treat them.

Bücherplaza.de

A comprehensive, informative book for both general readers and those who already work in the field.

Strickleserl

A fascinating book – big both in terms of size and in importance.

ZPA, Zeitschrift für praktische Augenheilkunde

A comprehensive, scholarly yet highly accessible guide to eye medicine.

Gaggenauer Woche

Wilhelm's enthusiasm for and expertise in all things optical are evident in this excellent book.

ORTHOPTIK – PLEOPTIK

An accessible overview and introduction to eye health – not only for readers who suffer from eye issues, but for anyone studying or working in the field.

orthoptik – pleoptik



Reference Books, Lifestyle, Reference Books, Family & Parenting

Publishing House: Goldmann
Format: Paperback
Pages & Size: 272 | 12,5x18,7
cm
Original title: Gut vorbereitet
für den Krisenfall – Prepping
für Familien

SVEN GRABAU

Well Prepared for a Crisis

PREPPING FOR FAMILIES

NO FEAR OF POWER OUTAGES, EXTREME WEATHER, EVACUATION,
PANDEMIC, ETC. – STOCKING UP ON SUPPLIES, ENSURING A POWER SUPPLY,
PUTTING TOGETHER AN EMERGENCY PHARMACY

Date of publication: October 18, 2023

Make the right preparations, and be at ease

Quarantine, blackouts, cold spells – especially with children, you want to be well prepared for extreme situations. An increasing number of people are concerned about how to make preparations for emergencies:


- Which foods should I stock and how should I stock them best?
- What documents should always be at hand?
- How do I charge my smartphone in the event of a power failure?
- Can WLAN work independently of the power grid?
- What impacts of climate change do we need to be prepared for?

Prepping specialist Sven Grabau effectively informs people through his blog 'family prepping.de.' Without scare tactics or complicated theories, he explains clearly and concisely how to be well prepared for all possible situations.

- Power outages, floods, cold spells, or evacuations – being prepared for emergencies with the right precautions
- Emergency preparedness for the whole family, competently and clearly presented
- From food supplies to first-aid kits, from escape backpacks to emergency power supplies

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AUTHOR

Sven Grabau



© Sven Grabau

Sven Grabau has been working on crisis preparedness ever since the start of the Corona pandemic. His commitment to this was confirmed by his participation in the relief efforts of the deadly flood disaster in western Germany in 2021, where he set up a charging station for smart phones and small devices. To make this vital knowledge accessible to everyone, he contributes to the blog 'family prepping.de', where he explains how crisis preparedness is done specifically for families.

- Serious, realistic, and without scare tactics
- With checklists for optimal preparation



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 240 | 13,5x21,5 cm
 Original title: Satt und sauber reicht nicht!

ANKE ELISABETH BALLMANN

Fed and Clean is Not Enough!

IMMEDIATE MEASURES FOR DAYCARE CENTERS AND PARENTS FOR DEALING WITH THE EMERGENCY SITUATION IN EARLY CHILDHOOD EDUCATION

Date of publication: August 16, 2023

Giving children what they need to develop

Early education, especially true for children up to the age of six, is a prerequisite for lifelong learning and the key to a successful life. In many daycare centers, however, the focus is now mostly on safekeeping, cleaning, and feeding. More and more parents are becoming concerned about this current development in daycare centers, and some are already considering taking their kids out of daycare and doing their early education at home. But this only shifts the problem, without solving it. The question is, how will all these children get what they need in those crucial developmental years?

So what is really best for children, for their education, to enable them to develop optimally? The expert for early childhood education and bestselling author Anke Elisabeth Ballmann takes up this hot topic in her new book with a pragmatic approach. She shows how education can take place even under the current staff shortage in daycare centers. She answers how we can make the best of the current situation together and at the same time advocate for reforms.

- Helpful impulses for a start into a successful and happy life
- With a practical approach to how early childhood education can succeed
- A sought-after and well-connected expert on education in daycare centers

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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/>

BIANCA MARIA HEINKEL

Happy Birth Day

HYPNOBIRTHING FOR STRENGTH, SELF-TRUST, AND COMPOSURE

Date of publication: October 04, 2023

With birth stories that will assuage fears and give one courage

4-colour throughout, with photographs



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 208 | 15,5x21,0 cm
Original title: Happy Birth Day


Back to positivity: how stories of pain become stories of the heart once again

The most prevalent emotion regarding birth is fear: fear of pain, but above all fear of not being able to handle the pain, of being overwhelmed by it, of not being able to cope with it on one's own or of not being guided through this pain in a helpful, compassionate way. Pictures of risks, problems, and fears characterize everything concerning this – and regardless of how much education about the pain and anguish during childbirth, it is still quite unsettling and frightening for pregnant women. Everything we mentally register, consciously and unconsciously, has an effect on us, especially during the highly sensitive time of pregnancy.

The successful Kösel author Bianca Maria Heinkel has observed the need to alleviate pain as the major topic in her own courses and those of the instructors she has trained. Her second book thus focuses on fears and anxieties surrounding birth and birth pain. This is because fear paradoxically leads to the opposite of what is necessary for having a good birth experience: confidence, feeling safe, positive expectations, and ease of mind. The book shows specifically how hypnobirthing methods can be used to counter fears in the prenatal period and to reduce pain during birth. Through inspiring and empowering birth stories, this

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AUTHOR

Bianca Maria Heinkel



© Dario Kouvaris (dk-fotos.com)

Bianca Maria Heinkel, born in 1958, is a birth companion and an alternative psychotherapist, and has been a HypnoBirthing course leader since 2009. She also has completed numerous trainings, including body psychotherapy, family constellation, and hypnosis. In 2013 she founded the HypnoBirthing Institute.

book helps pregnant women to go into their birth with courage, confidence, and trust.

With inspiring and authentic stories from mothers and birth companions to find your own way of birth.

- The book of encouragement – self-empowering, vitalising, supportive approach
- Numerous authentic birth stories and best-practice examples
- With affirming meditations (QR codes) and reassuring illustrations

MATHIAS VOELCHERT



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Hardcover
Pages & Size: 144 | 13,5x21,5 cm
Original title: Vater werden. Papa sein

Becoming a Father. Being a Dad

FINDING YOUR OWN WAY FOR A HAPPY FAMILY LIFE

Date of publication: November 29, 2023

How can I be the father I want to be?


What does it really mean for a man to become a father these days? How do you adjust to your new role while maintaining a sense of harmony about yourself? How can you reconcile your own self-image with family life and make it a positive experience? How do you take care of yourself and not get torn between expectations by others and your own needs?

In this compact and accessible guidebook, Mathias Voelchert would like to share with fathers his extensive experience based on his many years of work in this area. He supports fathers in getting in touch with themselves, encourages them to deal more sympathetically with their own inadequacies, and helps them establish a positive relationship with themselves and their children. Through this approach, men can become relaxed dads and their children have a chance to grow up to be healthy and self-confident human beings.

- From the founder of familylab Germany
- More than 20 years of practical experience in seminars and workshops
- Support for an equitable family life
- Encouragement and respect for fathers

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AUTHOR

Mathias Voelchert



© privat

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>



Reference Books, Love & Relationships

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 240 | 12,5x18,7 cm
 Original title: Dieses Problem lasse ich bei dir

RONALD SCHWEPPE, ALJOSCHA LONG

I'll leave this problem with you

THE ART OF COMPASSIONATE DETACHMENT

THE MINDFUL WAY OF LETTING GO

Date of publication: October 18, 2023

The book for more lightness, composure, and clarity in dealing with others


Do you feel guilty when other people are unhappy? Do you believe that you are responsible for their happiness and that it is your obligation to solve their problems? If you are not taking care of your own needs, but instead are constantly taking care of the needs of others, it is time to say "No". Don't fall into the counseling trap. Only when you realize that you are not responsible for the happiness of others can you let go while still helping them in an attentive way. The authors reveal why self-compassion is the first step: for you and for those you help.

This book provides ways that help us let go and develop inner peace and serenity. Instead of becoming dependent on other people's expectations, Aljoscha Long and Ronald Schweppe explain how we can draw on new strength by lovingly accepting ourselves.

- When helping doesn't help – a book for all those who give more than is good for them
- For more ease, composure, and clarity in dealing with others
- Supplemented by self-tests, reflection questions, meditations, and many practical exercises
- Finally learn to say "No" and recognize the value of self-compassion – for yourself

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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

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

and for others

- How to avoid the advice trap and recognize and fend off energy sappers

ELENA-KATHARINA SOHN

The Book Your Heart Would Like to Read

10 QUESTIONS FOR A HAPPY (LOVE) LIFE

Date of publication: January 24, 2024

How broken hearts heal and how to become genuinely happy – with or without a partner

Elena-Katharina Sohn, the founder of the agency "Die Liebeskummerer" [The Lovesick], works daily with people who are gripped by heartbreak. This she knows: the distress associated with love often has to do with misconceptions about relationships, social norms, unresolved childhood issues, low self-esteem, or the fear of being alone; and that it is only a renewed relationship with oneself that makes joyful love even possible in the first place. The bestselling author uses her enormous wealth of experience along with moving stories from her everyday endeavors in her agency to show how broken hearts heal – and above all, what it takes to live and love in joy. Here is a source of courage and strength for following the path towards a joyful heart!

- A guide to being happy again – from the author of the Spiegel bestseller "Goodbye Herzscherz"
- The founder of the agency Die Liebeskummerer – she and her team have advised thousands of people who are experiencing heartbreak

Describes what her work is all about, recounts real-life cases, suggests solutions and provides inspiration.




Reference Books, Love & Relationships

Publishing House: Heyne
Format: Paperback
Pages & Size: 256 | 11,8x18,7 cm
Illustrations: 15 b/w illustrations
Original title: Das Buch, das dein Herz gern lesen würde

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AUTHOR

Elena-Katharina Sohn



© Georg Meierotto

Elena-Katharina Sohn founded the counseling agency "Die Liebeskummerer" in 2011. She and her team of psychologists, psychotherapists, and coaches have since advised several thousand people with sorrows and distress concerning love. This bestselling author writes regularly for various women's magazines. "The Book Your Heart Would Like to Read" is her fourth book.

CASY M. DINSING, SHIRLEY MICHAELA SEUL



Reference Books, Love & Relationships

Publishing House: Kösel
Format: Paperback
Pages & Size: 224 | 13,5x21,5 cm
Original title: Warum bist du nicht, wie ich dich gern hätte?

Why Aren't You the Way I Want You to Be?

HOW LOVE CAN SURVIVE THE EVERYDAY RELATIONSHIP

Date of publication: October 04, 2023

Avoiding everyday traps in love

"Why doesn't he understand what I need?" "What does she want from me?"


In a professional yet easygoing way, Casy Dinsing explains why and how relationships can get into trouble. She analyzes, sometimes pleasantly, sometimes provocatively, the typical problems and conflict issues in relationships with which especially women visit the psychological counselor: money, time together, hobbies, your family and my family, and the question: "How can I tell that you still love me?"

Casy Dinsing explains clearly and with subtle humour how couples can find their way back to each other instead of drifting even farther apart. The book is rounded off with tips for constructive relationship discussions, tried-and-tested coaching methods, and worksheets.

- A perennial topic: relationship problems
- With tips for successful relationship conversations and reflective questions

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AUTHOR

Casy M. Dinsing



© Casy M. Dinsing

Casy Dinsing, M.A., is a psychological counselor and coach. More than 32,000 people follow her on her YouTube channel 'Better Call Casy'. Her videos have been viewed over 5 million times. Her fascination with the mind led her to study philosophy, and her interest in people led to her academic studies and to becoming a psychological counseling. Her professional competency includes personality psychology, NLP, conversational and provocative therapy.
bettercallcasy.de/

AUTHOR

Shirley Michaela Seul



© Christoph A. Hellhake

Shirley Seul, an independent author and co-author, has had many of her books published.

OSKAR HOLZBERG

Love Needs Love

KEEPING LOVE ALIVE FOR THE LONG RUN

Date of publication: October 25, 2023

“We can’t get it all right in love. But we can learn to do it less wrong.” Oskar Holzberg

The great love that keeps us perpetually floating on cloud nine and that even irritations can’t harm – we often cling to this vision, even though sooner or later we come to the realization that it doesn’t stand up to everyday life. Oskar Holzberg, a psychologist and couple therapist, proposes that we should ultimately release ourselves from the unfulfillable illusions of our romantic ideals of love. We should instead embark on the path of the ‘small love’, on which relationships can become more satisfying and enduring.

To do this, he creates a road map of love that covers four areas:

- Physical attraction and sexuality
- Bonding and intimacy
- Commitment and autonomy
- Communication and conflict skills

In these areas we can rebalance our love relationships and thus enable love to grow and become enduring. In doing so, it is crucial that we reveal our vulnerabilities to each other. Only when we take the risk of opening up to each other, speaking out, and sharing what we think, feel, and experience does love have a chance.

With exercises and inspirations for self-reflection

- The major work based on thirty years of therapy experience by the renowned




Reference Books, Love & Relationships, Reference Books, Sexuality

Publishing House: Kailash
Format: Paperback
Pages & Size: 320 | 13,5x21,5 cm
Illustrations: 1 b/w illustrations
Original title: Liebe braucht Liebe

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AUTHOR

Oskar Holzberg

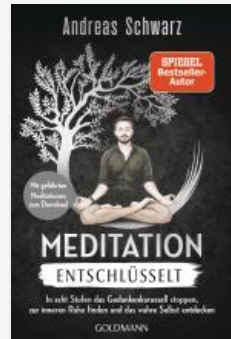


© Christian Kerber

Oskar Holzberg, born in 1953, is a degreed psychotherapist and one of the best-known couples and sex therapists in Germany. For many years he has written a regular column in Brigitte magazine, where he addresses the many facets of love. He has published numerous books, most recently "New Key Phrases of Love", and also works as a supervisor and lecturer. He has been married for almost 40 years and has been counseling couples for over 30 years.
<http://www.oskar-holzberg.de>

psychotherapist and bestselling author

- A plea for 'small love' – lasting fulfillment instead of romantic illusions
- Vulnerability and self-opening as a core element for one's own ability to love
- With practical exercises, inspirations, and questions for self-reflection



Reference Books, Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Illustrations: 10 b/w illustrations
 Original title: Meditation entschlüsselt

ANDREAS SCHWARZ

Meditation Decoded

EIGHT STEPS FOR STOPPING THE CAROUSEL OF THOUGHTS, FINDING INNER PEACE, AND DISCOVERING THE TRUE SELF

Date of publication: September 20, 2023


The path to spiritual awakening

Meditation is believed to have myriad positive effects on well-being – but how does one reach the desired state of being, and what techniques are the most appropriate and efficacious? Andreas Schwarz has developed a simple system that can be used individually for the introduction to meditation practice and for taking it to deeper levels. In this book, meditation is resolved into eight clearly defined stages: Breathing, Focus, Body, Environment, Emotions, Thoughts, Ego, and Stillness. Each stage is described in detail and accompanied by dynamic meditation instructions. The author presents a fascinating practical model enabling you to easily develop your own meditation techniques and achieve your desired outcomes – from inner peace to spiritual awakening.

- Spiegel bestselling author, with large social media reach
- An essential book for both novices and advanced meditators
- With exclusive access to guided meditations and other bonus material
- Whether inner peace or spiritual growth – finally finding the meditation techniques that fit best

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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.



Reference Books, Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 352 | 12,5x18,7 cm
 Illustrations: 50 b/w illustrations
 Original title: Fernheilung

VADIM TSCHENZE

Remote Healing

HEAL YOURSELF AND OTHERS WITH THE MILLENNIA-OLD KNOWLEDGE OF THE SHAMANS

Date of publication: August 23, 2023

The first book on the subject of remote or distant healing with the cumulative shamanic knowledge of Vadim Tschenze


Who does not wish to allow healing to happen on its own and to be able to heal not only oneself but others as well? Vadim Tschenze introduces remote or distance healing clearly and accessibly. He begins by explaining how we can build effective protection against grief and illness by means of letting go of what's been lost and by the regenerative power of (self-) love. In the next step, we learn how to heal not only ourselves, but also our fellow human beings. For this, we focus on the energetic structure of the person to be healed and discover how this structure can be treated from afar. The author also provides a wealth of recipes, daily rituals, and tools along with the energetic and spiritual methods of shamanism, such as healing with the help of a phantom, the blue angel-radiance, and healing channels.

- Presented in an accessible way for individual practical use
- The new title by the successful author, with over 145,000 copies sold by Goldmann
- Approaches also applicable to other life issues, such as relationships and finances

 GOLDMANN

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AUTHOR

Vadim Tschenze



© privat

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



Reference Books, Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 272 | 12,5x18,7 cm
 Illustrations: 20 color illustrations
 Original title: Die weibliche Energie der Rauhnächte

CHRISTINE DOHLER

The Feminine Energy of the Twelve Nights of Christmas

A MAGICAL JOURNEY FOR WOMEN

THE BEST IMPULSES, RITUALS, AND EXERCISES FOR INNER CONTEMPLATION AND REFLECTION

Date of publication: October 04, 2023

Rights sold to: Poland (Otwarte)

Discovering the power of feminine wisdom in you during the Twelve Nights


The enchanted time of the twelve days between Christmas and Epiphany is the ideal opportunity for contemplation and reflection. This inspiring and loving guide for women leads through the days and nights on a journey of consciousness in which you can let go of the old and create space for the new. In the process, impulses, mindfulness exercises, rituals and thoughtful questions strengthen your own feminine intuition and initiate a powerful step-by-step transformation into the new year. Experience and enjoy your feminine wisdom and your authentic strength as a gift that accompanies you through life while you immerse yourself in this reflective time.

- The stimulating guide for women for inner reflection during the transition from one year to the next
- Letting go of the old day by day and strengthening your intuition, with practical tips on preparation and ideas for rituals and exercises
- Enchantingly designed and evocatively illustrated

 GOLDMANN

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AUTHOR

Christine Dohler



© Sebastian Fuchs

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



Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 256 | 13,5x21,5
cm
Illustrations: 1 b/w
illustrations
Original title: Die
Unendlichkeit in dir

ANKE EVERTZ

The Eternal in You

HOW TO AWAKEN THE POWER OF YOUR SOUL

Date of publication: October 25, 2023

Rights sold to: Poland (Galaktyka)

The gate to a life-changing experience

Being immersed in the boundless wisdom of your own soul and drawing on unlimited potential: this is what Anke Evertz experienced during her life-changing near-death experience and what she now makes accessible for everyone to experience. With new insights into the hidden spiritual dimensions of our earthly existence, she guides us through the energetic worlds she was able to explore in the very depths of her consciousness during the nine days she was in a coma. Through practical impulses and guided soul journeys, the bestselling author shows how letting go of restrictive ways of thinking and behaving can make truly wonderful things possible – wonders with the power to heal and transform lives.

- From the author of the bestselling book "Nine Days of Infinity" – over 75,000 copies sold
- The life-changing insights of the author's near-death experience now available to everyone – with practical exercises and guided soul journeys
- The soul knows the way – finding our true greatness and creating the life of our dreams

Practical inspiration and guided soul journeys, which show that true miracles are possible if you let go of restrictive

INTEGRAL
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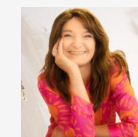
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AUTHOR

Anke Evertz



© privat

Anke Evertz, born in 1968, has been searching for the meaning of life since early childhood. After a severe accident in September 2009, she left her body for nine days and experienced an extraordinary, all-encompassing near-death experience. The powerful insights she gained completely changed her perception of life and the physical human body. Since then, she has experienced life as a miracle and has been sharing her insights with thousands of people in courses and seminars.

thoughts and behaviour – miracles with the power to heal and change your life.

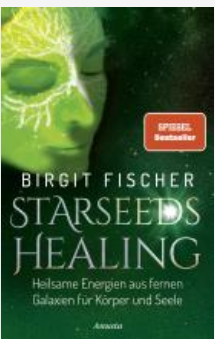
glaubeaktuell.net

A precious gem of a book. A real must-read!

amazon.de/Schmid/

Full of hope and inspiration to help you take charge of your life, consciously and without fear. Loved it.

[petra_maria_baum_rezensionen](#)



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

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 304 | 13,5x21,5
cm
Illustrations: 8 color
illustrations, 1 b/w
illustrations
Original title:
Starseeds-Healing

BIRGIT FISCHER

Starseeds Healing

HEALING ENERGY FROM DISTANT GALAXIES FOR BODY AND SOUL

Date of publication: September 27, 2023

8-page colour section

Astounding healing approach: how to stimulate and support self-healing powers with cosmic energies

The Starseeds energies that Birgit Fischer channels from distant galaxies have given thousands of people a deep sense of connection, of healing, and of a feeling of returning home. With Starseeds Healing, the celebrated medium now introduces new star beings who have a special healing influence on our well-being, on our personal and collective development, and on the universe as a whole. The method developed by Birgit Fischer is a holistic way to effectively stimulate and strengthen our own self-healing powers with the help of Starseeds energies: a cosmic medicine cabinet with many practical impulses and applicable to a wide variety of physical and mental ailments.

With an additional chapter: New prophecies on opportunities and potentials of humankind in the coming decades.

- The new book by the "Spiegel" bestselling author on the enthusiastically received topic of Starseeds
- With fascinating case stories and practical tools and techniques to connect with galactic intelligences
- Over 110,000 followers in social media – Birgit Fischer is the best-known Starseed expert in the German-speaking world

INTEGRAL
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AUTHOR

Birgit Fischer



© Michael Liebert

Birgit Fischer is a medium, spiritual teacher, and prophet. Since her childhood she has been sensing and seeing energies, talking with angels, listening to her spirit guides, and making use of her profound clairvoyance. In the course of her life, she went through a deep transformation process that made her recognize these extrasensory abilities as a great gift and allowed her to use them in her career. The Austrian is known from her numerous YouTube videos about the current time-qualities and collective opportunities. She conducts intensive research on the "Starseeds" (galactic intelligences) and is a sought-after speaker at major channeling congresses. She also offers trainings, including individual mediumistic training, as well as workshops.



Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 256 | 15,0x22,7
cm
Original title: Das Herzportal –
Neues Wissen aus der
geistigen Welt

CHRISTIANE HANSMANN

The Heart Portal

NEW WISDOM FROM THE SPIRITUAL REALM

Date of publication: September 27, 2023

With a colour section

All rights available except English

The manifestation of your true being

A vast energetic body connecting everything that exists in the universe. A collective shift from our familiar three-dimensional world of experience to a five-dimensional reality that transcends space and time. What is hidden behind these mysterious phenomena and what influence do they have on us as the creative shapers of our lives?

The messages of the spirit entity Salvador – channeled by Christiane Hansmann – offer unique and remarkable insights: into the secrets of human consciousness, into the power of manifestation, the evolution of humanity, and the higher principles of earthly and universal being. This book is a powerful spiritual companion through this era of transition, which imparts comprehensive insights and offers fascinating opportunities for personal growth.

- The captivating extension of the successful channeling Without Words
- Knowledge and methods from the spiritual realm for bringing about luminous changes in one's life and for initiating spiritual transformation

INTEGRAL
L o t o s
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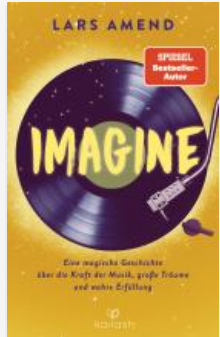
AUTHOR

Christiane Hansmann



© Luca B. Hansmann

Christiane Hansmann was born in Heidelberg in 1972. In her early 20s, she began her own journey of consciousness through a life-changing experience. Her human encounters lastingly influenced her professional work as a physiotherapist, alternative practitioner, and reincarnation therapist long comprised. The success of her first book, "Without Words. On the Way to Your Own Authenticity", which appeared in 2019, changed her life deeply. Today she works as an author, medium, and soul coach. She makes her knowledge and insights available in workshops, lectures, interviews, and books.



Reference Books, Spirituality & New Age

Publishing House: Kailash
Format: Paperback
Pages & Size: 240 | 13,5x21,5 cm
Original title: Imagine

LARS AMEND

Imagine

A MAGICAL STORY ABOUT THE POWER OF MUSIC, LARGE DREAMS, AND TRUE FULFILLMENT

Date of publication: October 11, 2023

From the cafe at the end of the world to the music store at the end of the street


Erik is 37 and a successful life coach – until the sudden death of a friend brings him to doubt his own life.

If I were to die today, would I really have lived a full life? When was the last time I was deeply and genuinely happy? When was the last time I laughed so much I couldn't stop? These are questions that run through Erik's mind on the way back from his friend's funeral. When his train suddenly comes to a halt in the middle of nowhere, Erik disembarks and sets off on foot. He comes to a village where the lights are still on in a store at this late hour: a record store that immediately reminds him of the time when he still dreamed of conquering the world as a DJ. Without knowing it, that night is the beginning of a musical journey to himself ...

- The first spiritual novel from the life coach and bestselling author with 290,000 copies sold through Penguin Random House

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Lars Amend



© Melanie Koravitsch

Lars Amend, born in 1978, is a journalist, author and life coach. He has worked for MTV and VIVA, Jetzt magazine and the Berlin Tagesspiegel. 2008 saw the publication of his first book which was a #1 Spiegel bestseller and one of the most successful titles of the year. Other books followed, including those with Rudolf Schenker (guitarist of The Scorpions) and Paulo Coelho. The filming of his bestseller "This Crazy Heart" has been seen by over 2 million movie goers.
www.lars-amend.de

PETER BEER

A Thinking Pause

THE JOURNAL OF ATTENTIVENESS

Date of publication: October 11, 2023

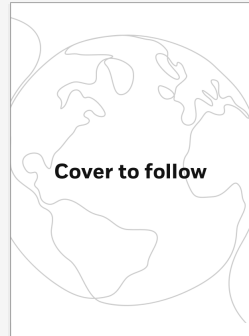
4-colour, with ribbon bookmark

The essential journal for more balance and mindfulness in everyday life

Shaping life consciously, achieving greater inner peace and true contentment, or simply taking a soothing break from thinking – this is something we all want. But for this, we need to be mindful of our time and resources. The interactive mindfulness diary by successful author Peter Beer begins precisely at that point and shows us how we can successfully integrate conscious and reflective action into everyday life and get in touch with ourselves again with guided mental pauses.

With highly effective reflection questions and exercises, we learn step by step to identify and transform disruptive elements out of our lives in order to create space for calmness, serenity, and true happiness. With meaningful, defined goals, exercises, and checklists we will come ever closer to a mindful life and realize how fulfilling life can be, if only we allow it to be.

- Journaling conceptually – a three-step model for gentle growth and mindful action in everyday life
- With numerous exercises and meditations to download
- Bestselling author with over 70,000 copies sold, an extensive YouTube and Instagram community, his own mindfulness academy, and a large online course




Reference Books, Mindfulness

Publishing House: Arkana
Format: Hardcover
Pages & Size: 256 | 14,5x21,0 cm
Illustrations: 1 b/w illustrations
Original title: Gedankenpause

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Peter Beer



© Sandra Eichenseher

Peter Beer, born in 1987, is a meditation coach and psychologist. After university, he worked as an engineer in the automobile industry, where he experienced first-hand what detrimental effects stress and overwork can have on health. He made it his personal goal to help people learn to deal with such situations. He studied psychology and then founded his Academy of Mindfulness in 2015. Since then he has supported countless people in leading more composed and joyful lives, reaching over a hundred thousand people through his podcast and YouTube. With his first book, "Meditation", he immediately reached third place on the Spiegel bestseller list.
www.peter-beer.de/



Reference Books, Psychology

Publishing House: Ariston
Format: Hardcover
Pages & Size: 320 | 13,5x21,5
cm
Illustrations: 5 b/w
illustrations
Original title: Stimme. Macht.
Erfolg.

BIRTE HECKMANN

Voice. Power. Success.

HOW TO STRENGTHEN THE POWER OF YOUR VOICE TO BE MORE
PERSUASIVE AND GET AHEAD

Date of publication: August 16, 2023

Become even more successful privately and professionally with an expressive voice

A voice makes a difference. A healthy voice makes you more likable, more attractive and, above all, more successful. Yet many people cannot dependably access their vocal potential – often just when it matters. Our voice, along with our body language, is a critical factor for success that has been developed over thousands of years. Conversations of all kinds, presentations, podcasts, online meetings – with an eloquent voice, we are immediately considered more credible and competent.

In "Voice. Power. Success." voice and speech coach Birte Heckmann shows what the human voice is capable of and how you can improve your potential and access it to great effect. The author provides useful background information on the human voice and dozens of practical tips for helping improve your voice and be persuasive with it, instead of just talking. And she entertainingly explains at length just why it is beneficial for all of us to engage with our own voice.


The power of the voice is still being underestimated.

- Being persuasive and appearing confident – every voice can be trained
- The author is a voice and speech coach, headed the German Voice Clinic Hamburg for six years, and supervises the acting ensemble of a state theater.

ARISTON 

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AUTHOR

Birte Heckmann



© S. Adler

Birte Heckmann is a speech therapist and freelance voice and speech coach from Hamburg. After various positions, such as a presenter trainer at the radio, a speech trainer at the state theater, and a university and drama school lecturer, she focussed on psychology. As a voice therapist, she built up the logopedic department of a specialist clinic for voice and today works both analog and digitally as an independent trainer and speaker. Her clients include business enterprises, television productions, research institutions, and the media. She gives talks at international congresses on the topics of voice, speaking, and presence, and their interactions and effects on self-image.

Light-hearted and funny, it explains why everyone can benefit from thinking more about their voice.

CityGuide-Rhein-Neckar

Voice coach Birte Heckmann provides useful tips for how to make yourself heard – both in and outside the workplace.

BRIGITTE



Reference Books, Psychology

Publishing House: Kösel
Format: Paperback
Pages & Size: 176 | 13,5x21,5
cm
Original title: Ist es noch
Selbstliebe oder schon
Narzissmus?

BÄRBEL WARDETZKI

Is it still self-love or has it simply become narcissism?

UNDERSTANDING AND OVERCOMING FEMALE NARCISSISM

Date of publication: October 18, 2023

Your path to inner strength and vitality


Women afflicted by female narcissism are trapped in a state of tension between grandiosity and self-doubt, and it is difficult for them to find out who they actually are. Since they are always in need of external confirmation, they attempt to hide their inner conflicts behind a flawless façade, which only increases the pressure on them even more. How can they break out of this vicious circle and become the person they really are: authentic, positive, and unfeigned?

The expert for female narcissism Bärbel Wardetzki shows clearly how female narcissism comes about and provides impulses to understand oneself better, to create a more balanced power relationship between the diverse psychological elements, and to discover one's own autonomy. In this way, women can strengthen their feeling of self-worth, engage in true self-love, and develop a positive feeling for life.

- Best-selling author with a total of over 300,000 copies sold
- Helpful impulses from the renowned expert

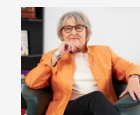
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AUTHOR

Bärbel Wardetzki



© Maik Kern

Bärbel Wardetzki, born in 1952, is a psychotherapist and supervisor who also works in further education. Much in demand as a speaker at conventions, Wardetzki is also a regular guest on TV and radio, and has written numerous bestsellers with total sales of more than 300,000 copies. www.baerbel-wardetzki.de

MAIKE MAJA NOWAK

The Dog as a Mirror of the Human

GENTLE WAYS TO HEAL TRAUMA

Date of publication: September 20, 2023

b/w illustrations

A key work for the processing of trauma and dissolving emotional blockages

“For me, the reason dogs are such wonderful teachers is that when they encounter a traumatized member of their species, they draw on the resources that have been evolutionarily designed to help them work through trauma. Many people don’t know that they also carry this untapped power in the very core of their being. Contacting this and getting it to function again is my path to healing.” Maïke Maja Nowak

In this book, bestselling author Maïke Maja Nowak opens up the inner world of people and dogs in a whole new way. In a compelling and absorbing way, she describes her personal path to trauma healing, which began thirty years ago, and how her deep connection to dogs is also grounded in this.

From her twenty years of seminar work, she recounts to us Carla, who has broken off every therapy so far; Carmen, who appeared to be trapped in a spiritual bubble; Helen, for whom every emotion immediately overflowed; and many other people who were seeking support in order to heal. She explains the inner world of humans in such a simple way that it is palpable how deeply she has penetrated it. Maja Nowak makes available here her special treasure of healing and exploration tools both for personal self-care and for people working in therapy.



Reference Books, Psychology

Publishing House: Mosaik Verlag
Format: Hardcover
Pages & Size: 416 | 13,5x21,5 cm
Illustrations: 70 b/w illustrations
Original title: Der Hund als Spiegel des Menschen

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AUTHOR

Maïke Maja Nowak



© Oliver Selzer

Maïke Maja Nowak, born in Leipzig, is a former singer and songwriter who has studied canine therapy. She lived for many years in Russia, where she developed a relationship with a pack of feral dogs. Today she is head of the Dog Institute in Berlin which offers coaching for dogs and their owners.

- The new work by the popular Spiegel bestselling author and psychotherapist
- From human–dog communication, Nowak’s focus now expands to the wounded soul of humans.
- Why our early childhood imprinting is the key to deep-seated behavioral and relationship patterns

FRANZ HIMPSL, JUDITH WERNER

Thanks, But Not Good

FOR A CONSIDERED COMPOSURE INSTEAD OF TOXIC POSITIVITY

Date of publication: September 27, 2023

For a considered composure instead of toxic positivity

The affectations of continual smilers are exhausting, and we seem to encounter them everywhere. Social media is overflowing with feel-good prophets and presentations of the supposedly perfect life. If you're not happy, it's your own fault – after all, you just need to change your mindset. But this not only disregards the reality of life for many people, it is also a dangerous attitude: it ignores the fact that people have little or no control over many aspects of their lives. Positivity that does not allow for possible vulnerability is not a healthy path towards finding oneself. "Just think positively!" is not the solution to all problems. This is what Franz Himpsl and Judith Werner maintain, and they have experienced hard blows of fate but also great happiness.

"Hello, Emergency" is thus the motto of their podcast, where they reflect on the existential issues of life. They consistently address the one question that had preoccupied Immanuel Kant: How does one remain hopeful in the face of all the crises in life, and this without shallow optimism or toxic positivity? The dissimilar author duo set out to find a source of hope that would convince even rational skeptics. And they have found it.

This book is for anyone who wants to face life with more reflective composure – and who are well aware of the fact that sometimes not everything is good – but that doesn't necessarily mean that everything is bad.

· Help in finding the best ways of dealing with life's crises


Reference Books, Psychology

Publishing House: Kösel
Format: Paperback
Pages & Size: 192 | 13,5x21,5
cm
Original title: Danke, nicht gut



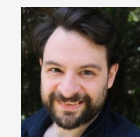
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AUTHOR

Franz Himpsl



© Anja Zeltner

Franz Himpsl, born in 1987, earned his doctorate on the independence of science. As a journalist and philosopher, he has written for the SZ and Die Zeit. He currently works as a senior editor and executive producer at the knowledge app Blinkist, where he brings "nonfiction books to the point". He is also a regular contributor to Psychologie Heute.

AUTHOR

Judith Werner



© Alexander Urban

Judith Werner, born in 1983, studied philosophy, German language and literature, and political science. After earning her doctorate on Martin Heidegger's anti-Semitism she worked as a dramaturge and the artistic director of the Ingolstadt City Theater. She currently works as a lecturer and freelance writer.

INGO FROBÖSE, ALEXA IWAN

A New Start in Menopause

HOW YOU CAN GET TO THE FORM OF YOUR LIFE
WITH A 4-WEEK PLAN FOR LOSING WEIGHT

Date of publication: December 13, 2023

With 110 colour illustrations and graphics

Reducing with effect at 50+

Suddenly there is extra belly weight where there was none before, despite the same diet and exercise? Many women in menopause are familiar with this, but anyone who tries to counteract it with the usual diets will not be successful, as standard diets do not take into account the special needs of the female body during this time.

Ingo Froböse and Alexa Iwan have developed a program that is specifically tailored to women in menopause. They explain how metabolism and hormonal balance change during this time, and what exercises and diet can be used to shed unnecessary fat or even prevent it from forming in the first place. Here are 30 quick recipes and a 4-week plan easy to implement in everyday life. A weight loss guide for menopause created by the expert duo!

- Sports professor Ingo Froböse and nutritionist Alexa Iwan – the ideal expert duo for the topic of losing weight in the time of menopause
- Extra: 4-week program with exercise and nutrition for an easy start
- With clearly illustrated exercises and appealing photos for all 30 recipes

In short, it's a powerful self-help guide and an ideal present,



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

Publishing House: Südwest
Format: Paperback
Pages & Size: 208 | 17,0x24,0
cm
Illustrations: 110 color
illustrations
Original title: Neustart
Wechseljahre

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AUTHOR

Ingo Froböse



© Stephanie Wolff Photography

Prof. Dr. Ingo Froböse, former German vice-champion in sprint, is a professor of prevention and rehabilitation at the German Sports College in Cologne, where he also directs the Centre for Health. The bestselling author is an expert for the German parliament on the subject of prevention, and is an advisor on health care for several health insurance companies.

AUTHOR

Alexa Iwan



© Stephanie Wolff

Dr. Alexa Iwan holds a degree in ecotrophology, is a certified obesity trainer for children and adolescents, and is a journalist and television moderator. For many years, she worked as a reporter, editor, and moderator of numerous TV formats for private and public networks. She now focuses on the topics of health and nutrition.

whether for yourself or your colleague, friend, sister or mum.

wechselweise.net

A great book, with practical tips to help you take charge.

yoga-xperience.de

OZ BEN DAVID, JALIL DABIT, ELISSAVET PATRIKIOU



Kanaan – The Israeli-Palestinian Cookbook

Date of publication: October 18, 2023

100 colour illustrations

Peace on a plate

An Israeli and a Palestinian cooking together in a restaurant? A drag queen serving food and drinks? A belly dancer, taking the guests into another world? All this is likely at the Kanaan Restaurant in Berlin. While the political situation in the Middle East remains stressed, we can see that peace and cooperation are indeed possible. The two restaurant owners show that cooking and enjoying food unites, and that their cuisine is influenced by many countries. Jalil Debit and Oz Ben David, together with renowned photographer Elissavet Patrikiou, demonstrate that international understanding can actually be quite simple – as simple and hummus and shakshuka bringing together people who might not otherwise meet. The authors also provide plenty background information on the dishes of their homelands and in doing so demonstrate how much they have in common.

- Levantine cuisine is all the rage – for fans of Ottolenghi
- Dishes with a story – personal stories concerning the recipes from Israel and Palestine
- With over 200 atmospheric meal and people photographs

These simple dishes are perfect for anyone who loves Middle Eastern cuisine.

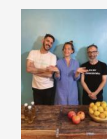
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AUTHOR

Oz Ben David



© Elissavet Patrikiou

Oz Ben David, from Tel Aviv, runs the Kanaan Restaurant in Berlin with Jalil Debit from Palestine. Both bring influences from their parents' homelands, showing how much they have in common in their culinary cultures. The book is showcased by the renowned photographer and co-author Elissavet Patrikiou, who interest is not only in showing great recipes, but in particular in the attitudes of the kitchen and service personnel.

Reference Books, Cooking

Publishing House: Südwest

Format: Hardcover

Pages & Size: 192 | 19,5x24,0 cm

Original title: Kanaan - das israelisch-palästinensische Kochbuch

kaisergranat.com

An all-round must-have cookbook.

QIEZ

A very personal book in which they journey back to their childhoods, introducing us to their families and allowing us to join the festivities.

Buchmarkt

It's about those moments when food can provide comfort and make you laugh again, even in times when there isn't much to laugh about.

SPIEGEL BESTSELLER

Peace on a plate.

Die Oberösterreicherin

A very personal cookery book, filled with anecdotes about their lives and families.

elbkombuese

Is it naive to dream of lasting peace, in light of current events in the Middle East? Perhaps. But this cookbook shows how much Israelis and Palestinians share, at least when it comes to food.

Food critic Wolfgang Fassbender

A total must-have. Every kitchen, every bookshelf should have a copy.

Pforzheimer Zeitung

The book's motto might be "make hummus, not war": here, Oz

AUTHOR

Jalil Dabit



© Elissavet Patrikiou

Ben David, who's from Israel, and Jalil Dabit, who's from Palestine, show how cooking together and sharing food brings people together, and that friendship and cooperation between Israelis and Palestinians is possible.

Gastro (A)

It's good for the soul (and in this case, the stomach too) to know that there's more to the relationship between Israelis and Palestinians than what we see on the news every day. We also learn that talking, laughing and cooking together can create bonds.

osthessen-news.de

A refreshing, effervescent and imaginative introduction to Levantine cooking, with some of the dishes interpreted from two different perspectives.

vorgekostet.at

A mouth-watering journey through Israel and Palestine, with recipes including traditional shakshuka and falafels, classics like tabbouleh, an opulent vegetarian couscous dish and a truly addictive recipe for hummus.

Inabhammer

From hummus to shakshuka, this is in all sorts of ways an inspirational book.

Starnberger Seenleben

The cookbook of the hour. The cookbook of the year!

Der Kochbuchpodcast

Probably the most important book published this year.

stern.de

Their cookbook is an honest compilation of family stories and recipes, with an attention to detail that hints at the complexity of Mediterranean food in the Levant.

theurbanactivist.com

Mouth-watering dishes from both countries, punctuated by the chefs' brilliant personal stories about their lives and their restaurant.

zeilengleiterin

Thank you for allowing us to hope for a better, more peaceful world!

klimabuchmesse.de

A culinary voyage of discovery through the Middle East.

[Elbe Weser Kurier](http://ElbeWeserKurier)

Culinary expression of tolerance and loving thy neighbour.

kochbuch-couch.de

Both the restaurant and the book are a stunningly compelling concept.

welterlesen.wordpress.com

Recipes from Kanaan, an Israeli-Palestinian restaurant in Berlin that is evidence of just how much the two cuisines have in common. A place of tolerance and kindness.

[Gaggenauer Woche](http://GaggenauerWoche)

I highly recommend this brilliant, interesting and varied cookbook.

isa.literature.love

Delicious authentic dishes.

familiäre Gemütlichkeit und Kulinarik aus Israel

Anyone curious about world cuisine and the Middle East will love this – and it can even be used to help teach schoolchildren about aspects of interculturality, via projects and study groups.

Der evangelische Buchberater

AUTHOR

Elissavet Patrikiou



© Elissavet Patrikiou

Elissavet "Eli" Patrikiou lives in Hamburg by choice, has Greek roots, and has been a photographer and writer for over 25 years. Her focus lies on the fields of cooking books and reports. Clients of hers are among others Lufthansa, Volkswagen, Beef, Stern, Effilee, GU, Hölker, Matthaes, and Südwest. As a writer she already published six cooking books that captivate particularly with their unique imagery.