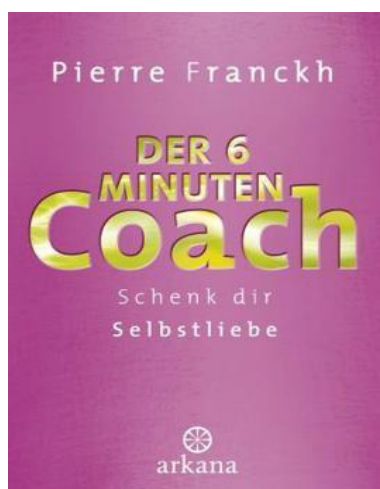


# Foreign Rights Autumn 2015

## Reference



Ansata ▪ Ariston ▪ Arkana ▪ Goldman  
Gütersloher Verlagshaus ▪ Heyne ▪ Irisiana ▪ Kailash  
Kösel ▪ Lotos ▪ Mosaik ▪ Riemann ▪ Südwest

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## Six steps to experiencing the fullness of life



Holger Eckstein  
**Listen to Your Inner Voice**

[Auf die innere Stimme hören]  
How to find meaning, joy, and fulfilment

Kösel  
192 pages  
Format 13.5 x 21.5 cm  
July 2015

**Holger Eckstein**, born in 1965, has been a strategic advisor, media manager, project manager, and personal advisor for large corporations – but was not content. After a deep personal crisis, extraordinary spiritual experiences, and a number of coaching and therapy trainings, he discovered his destiny: to help people find their true self and to successfully fulfil their life's work.

People in harmony with themselves are often in close contact with their inner voice. Becoming dissatisfied with our lives means we have lost this contact.

The meaning expert and personality coach Holger Eckstein shows how we can learn to listen to our inner voice and thus to find new meaning. In six clearly defined steps, he leads us through the process of finding meaning and self-realisation. This is first a matter of finding our own inner voice, to have confidence in it and follow it. After that, it is for us to manifest these changes on the outside by discovering our personal life tasks and to accept and fulfil them. Here is a practical self-help book that will help us live and develop to our full potential with deep satisfaction.

## For a loving encounter with oneself



Pierre Franckh  
**The 6-Minute Coach**  
[Der 6-Minuten-Coach]  
Give yourself love

Arkana  
180 pages  
Format 11.5 x 16.0 cm  
November 2015

**Pierre Franckh** holds lectures to sold-out venues around the world, and his seminars are always well attended. He is a coach and a mental trainer for businesses, as well as for physicians, psychologists, kinesiologists, and non-medical practitioners. Untold numbers of people have changed their lives for the better using his lessons and guidelines.

Pierre Franckh continues his wonderful brain-appropriate and deeply effective 6-minute exercises for perhaps the most important topic of all: the love of oneself. Do you love yourself as you are and have confidence in yourself and your own abilities? Or do you instead look for love and respect from the outside rather than giving it to yourself? If so, then it is time for these six minutes a day just for you!

Skilfully and compassionately, Franckh shows how you can get to the roots of our self-hindering patterns. With helpful and playful exercises, he points the way toward more self-esteem and self-acceptance, and to an authentic self. This is the key: discover yourself, love yourself, and you will be successful, charismatic, and generous – and simply happy!

- New, surprising 6-minute exercises from the bestselling author

## Resilience, easily attained



Jutta Heller

### That Doesn't Trip Me Up

[Das wirft mich nicht um]

Robust and resilient through life

Kösel

48 pages

With 30 colour illustrations

Format 17.0 x 15.5 cm

August 2015

**Jutta Heller** has for over 20 years been an independent trainer, consultant, and coach. This expert in change competency and resilience has been teaching courses in training and business coaching since 2006. Through her resource-oriented approach, she provides impulses for further personal development.

[www.juttaheller.de](http://www.juttaheller.de)

How can we cope with changes and come through crises unscathed? The steadfast kangaroo does this quite easily by responding powerfully and flexibly to its surroundings, maintaining balance even in difficult situations and always being able to react. Depending on the challenge, it leaps with short or long jumps to its goal. All of this helps in discovering inner strength and successfully dealing with challenges.

Using the qualities of the kangaroo, the professional coach Jutta Heller explains how to discover inner resilience and build up personal ruggedness. With the kangaroo as a model, everyone can train their competence in getting and staying up and proceeding strongly through life.

- From the expert in change competency
- With many effective exercises
- With cheerful illustrations by Kai Pannen

## Emotion chaos: investigating your own case



Miriam Kalliwoda  
**The Emotion Profiler**  
[Der Gefühlsprofiler]  
How we can clarify our emotions in the midst of chaos

Goldmann Paperback  
224 pages  
Format 13.5 x 20.6 cm  
August 2015

**Miriam Kalliwoda**, born in 1979, is a chief of detectives in Berlin. Her duties include teaching criminal law to prospective police officers. In her leisure time she works as a psychological consultant, is engaged in women's employment issues, and is a life-dancing trainer in free dance and movement methods.

In difficult, emotionally stressful situations, our own psychological life often resembles a crime scene. Our emotions are on a rollercoaster. It helps therefore to first maintain distance and to observe neutrally and reflectively. What is more obvious than to take advantage of the techniques of a police investigation? This involves defining and delineating the inner crime scene, discovering and preserving prints, tracks, and other evidence, and interrogating witnesses.

Miriam Kalliwoda shows us how to discover these inner crime scenes and how the psychological blocks associated with them can be dissolved. As an investigator, she regularly has experience with people who are in precarious life conditions, are emotionally under severe stress, or who, by their mental chaos, put themselves or others in dangerous situations. With a professional internal investigator at our side, we can finally create order in the chaos of emotions.

- How to track down and identify stressful emotions
- Surprising solutions from the treasury of experiences of a chief of detectives and police psychologist

## Can one learn how to love?



Elke Krüsmann

### **Love Story**

[Lovestory]

The 7 secrets of successful relationships

Mosaik

250 pages

Format 13.5 x 21.5 cm

October 2015

**Elke Krüsmann**, born in 1961, studied German and has been a journalist for 25 years. After working as a writer for *Ambiente* and *Bunte* magazines, she is now with *Elle*, where she specializes in the topics of psychology and fashion.

Love comes, love goes. But how can we keep hold of it with the happiness of a fulfilling relationship? Is it coincidence, or fate – or are there secret laws that determine what happens? Elke Krüsmann has long studied this wonderful phenomenon, and she is certain that whoever knows the rules of love can identify the suitable candidate for a relationship and understand the forces that push couples in crises toward separation – and can learn how to avoid or overcome them.

Through scientific analyses, the author shows which laws govern successful relations. This book is both an advice book and a book of encouragement – and shows that happy and lasting relationships are possible for all.

- Why relationships falter: how to master and overcome crises



## A lovingly designed fill-in book



Florian Langenscheidt /  
with André Schulz  
**Find Your Joy**  
[Finde dein Glück]  
What really counts in life  
A fill-in book

Heyne  
128 pages  
Format 17.0 x 24.0 cm  
August 2015

**Florian Langenscheidt**, born in 1955, is a publisher, TV presenter and author of many successful books. Langenscheidt, who travels the world as a “messenger of the heart” and lectures at universities and to renowned audiences on the meaning of life, is the founder of *Children for a Better World* as well as a member of the board of trustees of the WWF.

[www.florian-langenscheidt.de](http://www.florian-langenscheidt.de)

**André Schulz**, born in 1978, is a one-time life banker, a two-time creative entrepreneur, and a three-time father.

What have I done today for my happiness? Which episodes from my life would I like to tell my grandchildren? What did life totally surprise me with – and what threw me off the tracks? What am I particularly grateful for? In what moments do I feel inner peace? Are work and private happiness in balance?

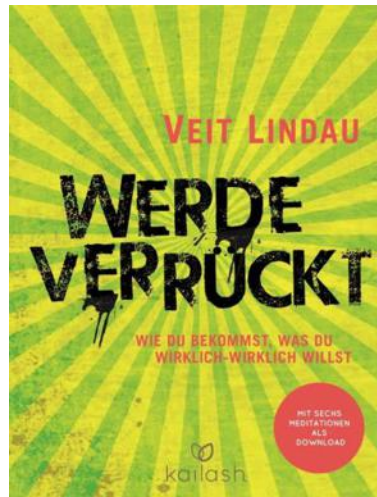
Together with André Schulz, Florian Langenscheidt has come up with a wealth of questions designed to encourage us to think about our own lives and to discover our personal happiness. It is often only a question away.

This elaborately designed fill-in book offers plenty of room for writing thoughts and answers – for joy is as individual and unique as the person who experiences it.

- The perfect gift for any occasion
- Over 400,000 copies of his previous books sold



## Twist your perspective and discover your true goals



Veit Lindau

### Go Crazy

[Werde verrückt]

How to get what you really, really want

Kailash

250 pages

With 21 colour illustrations

Format 13.5 x 17.5 cm

September 2015

**Veit Lindau**, born in 1969, is a teacher, lecturer, and author. He is co-founder of the Life Trust Academy and is a professional member of the German Speakers Association. Lindau sees himself as a loving business-punk and modern mystic. His articles and books are precise and uncompromising – humorous wakeup calls. In presentations and seminars, he encourages, inspires, and challenges his audiences. His previous book *Marry yourself* was a bestseller.

[www.veitlindau.com](http://www.veitlindau.com)

For the bestselling author Veit Lindau, true success is the fulfilment of one's very individual life desire. This can be found by leaving the beaten path and becoming a bit "twisted". Only in this way is it possible to recognise what we really, really want, to remain true to our ideals, and to have the strength and endurance to make our life's goal a reality.

Along with personal experiences and case histories of other successful people, Veit Lindau presents practical exercises and a motivational tool kit that can ultimately help lead to true success.

- The personal secrets of success of the bestselling author (80,000 copies sold of his three advice books)
- With motivational exercises

## Maintaining control when dealing with emotional terrorists



Leo Martin

### I Can Stop You!

[Ich stopp dich!]

Recognising and disarming emotional terrorists –

An ex-agent on patrol against nerve killers

Ariston

224 pages

With 1 b/w illustration

Format 13.5 x 20.6 cm

August 2015

**Leo Martin**, born in 1976, studied criminology and worked for a major German intelligence agency for ten years. During this time he was dramatically instrumental in exposing organised crime. His specialty was recruiting and using informants.

[www.leo-martin.de](http://www.leo-martin.de)

We are continually having to do with emotional terrorists, whether in the job, in daily life, in the family ... and depending on how accurately they strike, they can affect us negatively to a lesser or greater extent.

Leo Martin has identified seven types of emotional terrorists: choleric, know-it-alls, arrogant types, defeatists, schemers, the permanently stressed, and phrasemongers. In his book he shows the best strategies for stopping emotional terrorists.

- Help for self-protection and exit strategies – with many tips and tricks for everyday life
- With a type profiler: how to recognise emotional terrorists, how to respond to them, and how to escape them

## A fireworks of ideas that will make everyday life more colourful



Doro Ottermann  
**Make Something!**  
[Mach mal was!]  
Taking part, making it yourself,  
creating joy

Mosaik  
208 pages  
With 2-colour illustrations  
Format 15.5 x 21.0 cm  
August 2015

**Doro Ottermann**, born in 1978, is a graphic artist and illustrator. She likes to create helpful, practical everyday objects (interactive diaries and compliment cards, among many others). In her new book, she has combined this talent with her passions for collecting, discovering, and experimenting.

[www.dorobot.de](http://www.dorobot.de)

Over 100 suggestions for small and large experiences, discoveries, and encounters in ordinary and unusual places.

Walking, painting, travelling, photographing, feeling, collecting, playing, trying out – Doro Ottermann sends us on a break from everyday life. The perfect sharing, crafting, and happiness-making book! So go ahead, make something!

- 150,000 copies sold of the successful “Diary”-series

## How we can finally find time for what really counts



Shirley Seul  
**Life Is Not a To-Do List**

[Das Leben ist keine To-do-Liste]

Finally having time for what is truly important – with the to-be list

Kailash  
256 pages  
Format 13.5 x 21.5 cm  
August 2015

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

You have to function – that's the principle of a world in which speed and efficiency count, as well as being constantly available and willing to always give one's best. Our most powerful tool is the to-do list: the more points we can check off, the better we feel.

But what if, while we are doing this, we are also merely checking off our lives? For the true, good life is not part of a to-do list: instead it needs a to-be list. Shirley Seul inspires us in a fun way to avoid the daily madness and to take the time for our true longings.

## How working with our inner child can heal our relationships



Stefanie Stahl  
**The Child in You Must Find a Home**

[Das Kind in dir muss Heimat finden]

The key to the solutions to (almost) all problems

Kailash  
240 pages  
Format 13,5 x 21,5 cm  
November 2015

**Stefanie Stahl**, with a degree in psychology, is a psychotherapist and book author. Throughout the German-speaking countries she holds seminars about fear of connection and closeness. She is a sought-after expert on this topic in the press and other media.

[www.stefaniestahl.de](http://www.stefaniestahl.de)

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

The successful author Stefanie Stahl has developed a new, effective approach for working with the "inner child": if we make friends with this inner child, we will discover amazing ways to resolve conflicts, make relationships happier, and find answers to (almost) any problem.

- Happy relationships through trust
- Over 130,000 copies of her previous book sold

## Taking your life in your own hands



Martin Wehrle

### **Be Unique, Not Polite!**

[Sei einzig, nicht artig!]

So you won't ever again say YES when you want to say NO

Mosaik

320 pages

Format 13.5 x 20.6 cm

September 2015

**Martin Wehrle**, considered Germany's best-known career and salary coach, writes for such periodicals as *Die Zeit* and *Spiegel online*. His books have been translated into 12 languages and have an enthusiastic international readership. In his Academy for Career Advisors in Hamburg, he trains career coaches.

Never was the risk so great as it is today of betraying our own wishes and dreams. People today live for their work, for their family, or for their Facebook account – but no longer for themselves. The media tell us what we are supposed to think; the fashion designers, how we have to dress; our bosses, what we must do throughout the day. Burnout and depression are often the consequence of this sort of adaptation to others.

The successful author Martin Wehrle thus calls on us to no longer do everything only for others, but to do things for ourselves as well. The author shows how we can free ourselves from the curse of being controlled or overly influenced by other people, how to shake off false expectations, and how to find the way to a self-determined and fulfilled life – according to the motto: be unique, not polite!

- Successful strategies against being controlled by others, frustration, and burnout
- Enough of false compromises
- With a self-test

## Why we feel overburdened by life – and how we can stop this



Michael Winterhoff  
**The Myth of Being Overburdened**  
[Mythos Überforderung]  
What we gain when we behave like adults

Gütersloher Verlagshaus  
256 pages  
Format 13.5 x 21.5 cm  
September 2015

**Michael Winterhoff** was born in 1955 and is a child and adolescent psychiatrist, psychotherapist and writer. His books *Why Our Children are Turning into Tyrants*, *Children Don't Have to be Tyrants*, *Personalities Instead of Tyrants* and *Let the Kids be Kids Again* were all bestsellers and were translated into 16 languages.

[www.michael-winterhoff.com](http://www.michael-winterhoff.com)

Bestselling author Michael Winterhoff has made a surprising diagnosis: as it is typically viewed, being overloaded and overstressed is a myth. We do suffer severely from symptoms: stress, digital overload, lack of assertiveness skills in child-raising, or fear of conflict at work. But we are just unable to do anything against all this. Why not?

We do not seem to be able to behave like adults any more. We have become incapable of setting boundaries, assuming responsibility, making clear decisions, and thinking in the long-term. We are no longer able to provide for ourselves. Such behavioural patterns in economy, politics, and other institutions indicate that we are on the way to becoming an infantile society. This is a dramatic weakness of development that could ruin us, but one that we certainly can do something about.

- An intelligent and useful social analysis with a high recognition effect



## For much fun in the family and for a baby-appropriate developmental support



Marianne Austermann /  
Gesa Wohlleben  
**Ten Busy Little Fingers**  
[Zehn kleine Krabbelfinger]  
Games and fun with our littlest ones

Kösel  
144 pages  
With colour photographs and illustrations  
Format 17.3 x 22.0 cm  
September 2015  
**Revised edition**

**Marianne Austermann** and **Gesa Wohlleben** for many years led courses for babies and young children based on the Prague Parent-Child Program (PEKiP). Their own further development of this concept and their publications on this have been revolutionising the baby-activity book market since 1989.

For more than 25 years, this book has been a big hit among young parents. With its ideas for play from the Prague Parent-Child Program (PEKiP), including finger games, songs, and crafts ideas for toys that make babies whoop, this book should be part of the standard furnishing of the baby's room. And this new edition is impressive, with its modern, cheerful aesthetics and new photographs and illustrations.

As always, here are lap and rocking games, fun tactile play with sand, leaves, cotton balls and such, new lyrics of folk songs, craft instructions for original toys made from household materials, and finger games, verses, and rhymes.

- Modern layout and entirely new illustrations
- More than 500,000 copies sold

## Well-researched advice for parents



### 999 Answers on Pregnancy, Birth, and Baby's First Year

[999 Antworten zu  
Schwangerschaft, Geburt und  
Babys erstem Jahr]  
Expert advice from "BabyCare"

Südwest  
464 pages  
Format 17.0 x 24.0 cm  
September 2015

"BabyCare" is a renowned comprehensive care and companion program for a healthy pregnancy, created by doctors, scientists, birth attendants and medical professionals from all relevant disciplines.

[www.baby-care.de](http://www.baby-care.de)

Hurray, pregnant! The joy of parents upon hearing this news is great. But often this good news is followed by uncertainties and fears. What must I pay attention to during pregnancy? Which foods should I avoid? How do I support the development of my unborn child? How do I prepare myself for the birth?

So that the joy is not spoiled over the next exciting months, this book provides answers to all questions about pregnancy, birth, and the time afterwards.

- Real questions from pregnant women, real answers from the "BabyCare"-advisors
- Scientifically supported information from 15 years of "BabyCare"-experience

## Finding a healthy balance between care and personal boundaries



Janine Berg-Peer  
**Self-sacrifice Is No Solution**

[Aufopfern ist keine Lösung]  
Encouragement for more composure for parents of mentally ill children and adults

Kösel  
208 pages  
Format 13,5 x 21,5 cm  
November 2015

**Janine Berg-Peer**, born in 1944, is herself a mother of a mentally ill daughter. She is a German representative in EUFAMI, the European umbrella organisation of families with mentally ill relatives. She regularly gives lectures in Germany and abroad, moderates workshops on the topic, and advises family members directly.

[www.angehoerigenblog.de](http://www.angehoerigenblog.de)

Parents of mentally ill people are extremely burdened, often for years. In her book, Janine Berg-Peer specifically addresses the challenges parents face. The author, herself such a mother, provides helpful recommendations about how parents can better deal with their feelings of insecurity, fear, anxiety, guilt, anger, and shame.

She would like to share her own knowledge and serenity she has gained after almost twenty years, and would like to help parents improve their own situation and quality of life. Her advice book shows that despite the heavy burden, it is possible to deal with the illness without becoming completely worn out. Parents can set the course at an early stage in order to avoid too much sacrifice and a permanent sense of worry, and thus regain the joy of life.

## Why we must urgently concentrate on our boys



Birgit Gegier Steiner  
**Raising Boys  
Appropriately**  
[Artgerechte Haltung]  
Time for child-raising oriented  
towards boys

Gütersloher Verlagshaus  
256 pages  
Format 13,5 x 21,5 cm  
August 2015

**Birgit Gegier Steiner**, born in 1960, has a son and a daughter, and her husband brought three more sons into the marriage. After her university studies she taught at various schools and was an advisor and an educational director for the pedagogic organisation Europelehramt. Since 2006 she has been director of a primary school with a sports and movement focus. Birgit Gegier Steiner publishes regularly on educational issues.

Fewer and fewer people seem to know the secret of what makes boys happy. As soon as a boy tries to test his limits, we feel overwhelmed. Our educational methods also have become one-sided, since they now focus especially on girls. We need to reconsider this, so that boys are once again allowed to be boys: difficult, and filled with energy and the joy for movement.

In her book Birgit Gegier Steiner calls for a boy-appropriate education in pre-school, kindergarten, school, and at home that takes into account the needs of boys and promotes and supports their inclinations and capabilities. She also reveals what football has to do with education: it is time for the "football didactic principle".

- Child-raising that takes into account the needs and abilities of boys
- An indispensable book for parents and teachers

## The basis for a successful parent-child relationship



### Jesper Juul **5 Cornerstones for the Family**

[5 Grundsteine für die Familie]  
How bringing up children can work

Kösel  
160 pages  
Format 13,5 x 21,5 cm  
September 2015

**Jesper Juul**, born in 1948, has achieved worldwide renown with his lectures and successful parenting books. In his multinational counselling and seminar project familylab international, this Danish family therapist guides parents through the process of forming relationships within the family, in keeping with their deeply held inner values.

[www.jesperjuul.com](http://www.jesperjuul.com)

Relationship instead of rearing is the key to Jesper Juul's family concept. In this book, the popular family therapist introduces the five cornerstones upon which family life can succeed.

Jesper Juul explains the importance of cooperation and integrity, emphasises the primacy of self-esteem compared with self-confidence, describes how to take on personal responsibility, explains why parents must act as beacons of light, and teaches us the true art of how, when, and why to say "No". He provides parents with an impetus to constructively address conflicts, and to help parents build a relationship of mutual worth and respect with their children.

- The new book from the renowned family therapist and bestselling author
- A concentrated collection from the experiences of 35 years of family therapy
- Over 400,000 Jesper Juul books sold

## Every child can learn to go to sleep the gentle way.



Anke Precht  
**Falling-to-Sleep Magic**  
[Einschlafzauber]  
The gentle going-to-sleep ritual  
For children under 8 years

Kösel  
144 pages  
With 2-colour illustrations and vignettes  
Format 13,5 x 21,5 cm  
July 2015

**Anke Precht**, born in 1969, is a degeed psychologist. She works part-time in her own practice and coaches athletes from various sports. In her lectures and workshops, she makes complex psychological topics easy to understand. She lives with her husband and five children in a patchwork family.

[www.ankeprecht.de](http://www.ankeprecht.de)

Not only babies and small children but also older children often have a difficult time falling to sleep – because they are afraid or feel ill, because they simply cannot relax at night, or because they are having difficulties in school.

With this going-to-sleep ritual parents can teach children up to around 8 years old how to fall asleep. This ritual consists of a fixed sequence of breathing and relaxation exercises, and is a fun way for children to actively participate in making it work. After only a few days, children will succeed in falling asleep more quickly.

- A practical advice book for parents that will make evenings noticeably more relaxed
- With easy-to-learn breathing and relaxation elements that can be done by the children themselves

## First-aid kit for the weekend father



Clarissa Ruge  
**One Man. One Kid. One Weekend**

[Ein Mann. Ein Kind. Ein Wochenende]  
An instruction manual for fathers

Kösel  
192 pages  
2-colour throughout  
Format 14,5 x 21,5 cm  
August 2015

**Clarissa Ruge**, born in 1969, is a political scientist, journalist, director, and author. She is the mother of two children.

[www.clarissa-ruge.de](http://www.clarissa-ruge.de)

Dad with his son or daughter at home alone? Whether because of a separation or only a wellness weekend for the mother – now is the time to enjoy being together.

In this book, fathers will find everything they need: activity tips, basic recipes, tricks for homework, know-how in case of illness, survival ideas for the playground, and much more. For those interested as well in child-rearing, education, and dealing with media consumption, here are the essentials in concise form: one father – one book.

- Practical tips for the perfect father-child time
- Everything a father needs to know



## The long-term method for a fresh physical radiance



### Gabriela Biasini Removing Wrinkles Naturally

[Natürlich Falten weg]  
Acupressing: the gentle  
method for a youthful  
appearance

Südwest  
144 pages  
With ca. 30 colour illustrations  
Format 16.2 x 21.5 cm  
August 2015

**Gabriela Biasini** is an alternative healer who has had her own practice for over 20 years. She bases her treatments on her knowledge of naturopathy and acupuncture according to Matsumoto (Japanese needle technique), as well as kinesiology, phytology, and homeopathy.

For a long time, the specialty of the natural healer Gabriela Biasini was doing facelifts by way of acupuncture – until she discovered that the stimulation with needles could be achieved by simply tapping with fingers or with a pressure pin. The effect is not as intensive, but with a little perseverance very good results are achieved – completely without needles.

- The natural way to fewer wrinkles – without surgery
- With numerous illustrations for simple self-treatment

## Actively improving your well-being and quality of life



Dr. med. Franz Milz  
**Intestines Healthy –  
Everything Healthy**  
[Darm gesund – alles gesund]  
Holistic detoxification and  
revitalisation

Kösel  
192 pages  
With colour photographs and illustrations  
Format 13,5 x 21,5 cm  
August 2015

**Dr. med. Franz Milz** is a specialist in physical and rehabilitative medicine, an expert in naturopathic treatments, a medical psychotherapist, the chairman of the German Society for Holistic F. X. Mayr Medicine, and a sought-after lecturer for health and life-help topics.

[www.dr-milz.de](http://www.dr-milz.de)

The intestinal tract is emblematically and physically the centre from which we draw our strength. It is a highly sensitive system and of vital importance for our well-being. When the intestines get out of balance, our whole being is affected.

This practical guide explains what makes us or our intestinal system ill, and why this system is so important for our vitality. Step by step we learn how we can actively detoxify the intestines and thus stimulate self-healing processes throughout the body. The detoxified body can then tank up on new energy in a natural way, while at the same time strengthening the mind and spirit.

- With effective tips for practical detoxification and revitalisation

## The surprising interconnectedness of back and psyche



Kurt Mosetter /  
Reiner Mosetter  
**How the Back Heals the  
Soul and the Soul Heals  
the Back**

[Wie der Rücken die Seele und  
die Seele den Rücken heilt]  
With highly effective fascia  
exercises

Arkana  
288 pages  
With 79 b/w illustrations  
Format 13.5 x 21.5 cm  
September 2015

**Kurt Mosetter** is the founder of myoreflex therapy with an integrated KiD exercise program. His medical priorities include pain relief, neuromuscular trauma therapy, and nutritional medicine. He is the director of the Center for Interdisciplinary Therapies. Since 2011 he has been supporting the health and fitness of the players on the U.S. national soccer team.

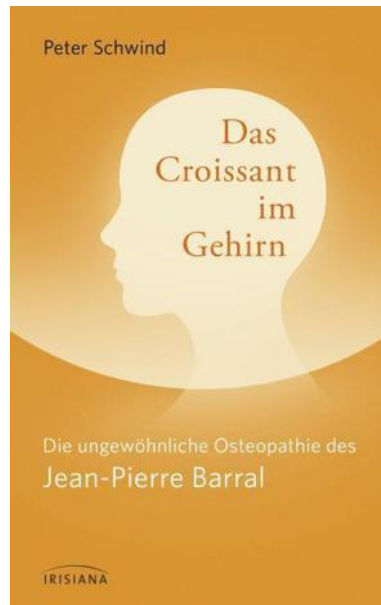
**Reiner Mosetter** studied philosophy and German literature. He is the managing director of the Center for Interdisciplinary Therapies and a trainer and consultant for myoreflex therapy.

The body and the psyche are closely linked: every physical activity and stress leaves its mark in the mind, just as do emotions and feelings in the body. Our posture and our muscular movement patterns embody our mental and spiritual states. If these are out of balance, such as through depression, trauma, or fear, the back, neck and shoulders can become tense and painful.

Using case studies from their everyday practice, Kurt and Reiner Mosetter explain how we can decode our own pain patterns. For this, medical knowledge, philosophy, and practical experience are joined into a holistic approach to pain and trauma therapy. With a sophisticated test, personal thresholds are revealed, and by regulating them our physical and psychological well-being can be improved.

- With fascia exercises for back and psyche
- Holistically healing back pains, depressions, and traumas

## A plea against apparatus medicine



Peter Schwind  
**The Croissant in the  
Brain**

[Das Croissant im Gehirn]  
The unusual osteopathy of  
Jean-Pierre Barral

Irisiana  
224 pages  
Format 13.5 x 21.5 cm  
October 2015

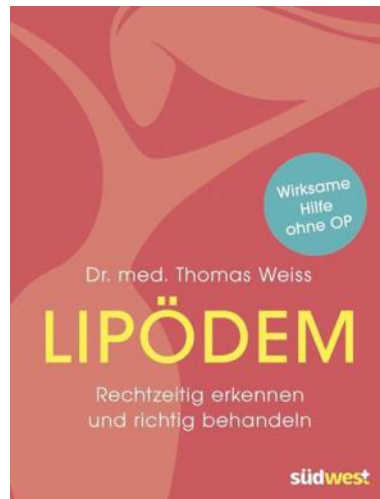
**Peter Schwind**, a rolfer and natural healer, received his training at the institute founded by Ida Rolf in Boulder, Colorado. Along with his practice, he teaches at the international training program of the Rolf Institute and the European Rolfing e.V. in Munich.

Jean-Pierre Barral, the French osteopathy pope, is known by his successful books *Understanding the Language of Our Body* and *The Language of Our Joints*. The rolfer Peter Schwind, who works with him, shows in this book the enormous progress Jean-Pierre Barral has brought to osteopathy.

The case histories included here seem incredible on first reading, but fit quite well into the overall picture of the decades of work by Jean-Pierre Barral. Every experience, every illness, every accident is stored in the human body, and Barral's hypersensitive hands feel where there is an imbalance in the body. This book is a plea against machine-centred illness diagnoses and an appeal to readers to put more trust in their own body perception.

- The first book about the exceptional therapist Jean-Pierre Barral, the leading French osteopath
- Case studies from nearly 40 years of osteopathy practice

## Effective help against thickened legs



Dr. med. Thomas Weiss

### Lipoedema

[Lipödem]

Recognising it early and  
treating it properly

Südwest

192 pages

With ca. 50 colour photographs and  
illustrations

Format 16.2 x 21.5 cm

September 2015

**Dr. med. Thomas Weiss**, born in 1952, is a specialist in general medicine, naturopathic methods, environmental medicine, psychotherapy, and psychiatry. He is the author of the successful advice book *Fibromyalgia*.

Millions of women suffer from lipoedema. For the affected women this increased amount of fat in the subcutaneous tissue, especially in the legs, is not only an aesthetic issue, as it can also cause severe pain. The women are touch sensitive and tend to get bruise marks even from slight knocks. It is thus essential to detect lipoedema early and not dismiss it as cellulite or a purely cosmetic condition.

Dr. med. Thomas Weiss is one of the first physicians to have developed effective methods against this: drainage through vacuum massage, special massage techniques, and compression treatments. He recommends a change in diet and explains how the correct sport can alleviate this condition.

- With a 14-day self-help program, including a self-test for early identification
- Recipes and treatment methods, including massage, compressions, and nutritional advice

## The guide book to the intestines diet



Prof. Dr. Michaela Axt-Gadernann  
**Slimming Down with the Intestinal Diet**  
 [Schlank mit Darm]  
 The 6-week program

Südwest  
 192 pages  
 With ca. 80 colour illustrations and photographs  
 Format 17.2 x 23.5 cm  
 November 2015

**Prof. Dr. Michaela Axt-Gadernann**, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer.

[www.axt-gadernann.de](http://www.axt-gadernann.de)

Sometimes life is unfair. Why can some people eat as much as they want and not gain weight, while others will put on pounds merely by looking at a piece of chocolate?

It is our intestinal bacteria that are decisive in whether we remain slim or must constantly battle excess weight. The bad news: whoever has the wrong bacteria in the intestines will become overweight faster in spite of eating healthy. The good news: one can influence which kind of intestinal bacteria will be in control.

The 6-week program in this book will help in permanently programming the intestinal flora towards "slim". The numerous recipes are composed entirely of intestinal-friendly foodstuffs and are based on Prof. Dr. Axt-Gadernann's intestinal diet. All this is complemented with the latest scientific findings on intestinal flora.

- The practical companion to the successful book *Slimming Down with the Intestinal Diet*
- Long-lasting weight loss with healthy intestinal flora in six weeks
- With numerous vegetarian and vegan recipes

## Fit, trim, and healthy with tropical power nutrients



Katharina Bachman  
**SOS Trimming without Exercise**

[SOS Schlang ohne Sport — ]  
The turbo-metabolism from the tropics

Goldmann  
320 pages  
With 40 colour illustrations  
Format 13.5 x 20.6 cm  
March 2015

**Katharina Bachman** worked many years as a freelance journalist and is the author of various non-fiction books, novels, and children's books. In 2001 she moved to Malaysia and was the editor-in-chief of a German-language magazine there. She has been an on-board lecturer and Asia expert for AIDA Cruises.

Become slim and healthy quickly – and this without doing sport or experiencing hunger attacks? Active substances from tropical foods such as coconut oil, gula melaka, papaya, cinnamon, and monk fruit (luo han kuo) make this possible. Katharina Bachman was overweight herself, dependent on medication, and diabetic.

Refreshingly open and with fine humour, she relates how, by changing her eating habits, she lost 17 kilograms and unexpectedly her cellulite as well. Today she has more energy than she has ever had in her life. With a detailed detoxification plan, 60 delicious recipes and many useful hints, here is a program that can easily be put into practice.

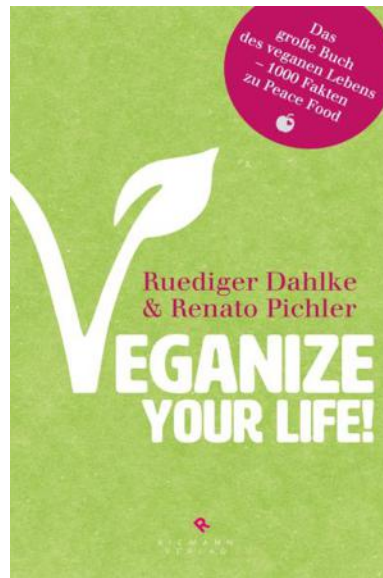
- The new nutrition and detoxification program with power ingredients from the tropics
- Highly effectively for losing weight and diminishing cellulite, and helping prevent illness caused by civilisation

### Press

"In her book Bachman tells openly and with fine humour of her path to a dream figure, providing along the way a detoxification plan and more than 60 delicious recipes." *Eat Smarter!*



## Why vegan nutrition is the best support for one's health, spirit, and the environment



Ruediger Dahlke /  
Renato Pichler  
**Veganize Your Life!**  
[Veganize your life!]  
The big book on vegan life  
1000 facts about Peace Food

Riemann  
250 pages  
With 66 colour illustrations  
Format 13.5 x 21.5 cm  
September 2015

**Ruediger Dahlke** has worked for 37 years as a medical doctor, author, and seminar leader. In his books he describes holistic psychosomatic conditions that extend into the mythical and spiritual dimensions.

[www.dahlke.at](http://www.dahlke.at)

**Renato Pichler** founded with colleagues the Swiss Association for Vegetarianism (today: Swissveg) in 1993. At that time he became a vegan. He lectures on the topic, leads training courses, and is on the board of the European Vegetarian Union (EVU).

This comprehensive data book, the companion to Ruediger Dahlke's bestselling book *Peace Food*, makes use of figures, statistics, and graphics in a clear and convincing manner to present evidence that veganism is the lifestyle of the future. A diet without animal products is simply healthier: for example, the consumption of meat and dairy products increases the risk for many diseases. The vegan life is also more sustainable and environmentally friendly, because meat and dairy production consumes massive amounts of resources.

With well-researched information, Ruediger Dahlke and Renato Pichler deconstruct many of the circulating half- and non-truths on the topic of veganism, and with ethical, ecological, economical, and health arguments support all who are searching for even more reasons to lead a new vegan life.

- Arguments for a vegan lifestyle – from bestselling author Ruediger Dahlke
- With many info graphics and the latest findings
- *Peace food* sold to: Czech Republic (CPress), France (Testez), Hungary (Bioenergetic), Italy (Mediterranee), The Netherlands (Altamira / Gottmer), Russia (Ves), Spain (RBA), Sweden (Bloom)

## Your body eats more cleverly than you think it can.



Patric Heizmann  
**Eating Allowed!**  
[Essen erlaubt!]

Heyne Paperback  
256 pages  
Format 11.8 x 18.7 cm  
October 2015

**Patric Heizmann**, born in 1974, knows from years of personal experience as a fitness and nutrition expert what people who want to keep their weight under control need most. With his bestseller *Then I Am Slim*, he made a name for himself as a "travel guide through the nutrition jungle".

[www.patric-heizmann.de](http://www.patric-heizmann.de)

Proper nutrition would actually be quite simple: mouth open, food in, chew, swallow, and the body does the rest of the work automatically. This has been done for eons by all living beings, without thinking – except for humans. Yet we need only pay attention to the signals of the body, because the body knows what healthy food is.

Unfortunately the body does not say this exactly in so many words, which is why we have to learn to understand what it wants and what it does not. The decision-making process is part of an eternal duel: mind against stomach. And which one is right? Patric Heizmann explains this entertainingly, understandably, and with plenty of charm.

- A grand mix of nutrition entertainment and health coaching

## An entertaining journey to joy and clarity



Aljoscha A. Long /  
Ronald P. Schweppe  
**The Wise Panda Bao and  
the Secret of Composure**  
[Bao, der weise Panda, und das  
Geheimnis der Gelassenheit]

Lotos  
256 pages  
With many illustrations  
Format 12.5 x 18.7 cm  
September 2015

**Aljoscha A. Long** and **Ronald P. Schweppe** understand how to convey a holistic art of life lightly and effectively. They have written many bestsellers. With wit and esprit, they have succeeded in polishing up the treasures of the spiritual world culture and making them useful.

[www.long-schweppe.de](http://www.long-schweppe.de)

In his search for happiness and inner peace the panda Bao discovers the mystery of serenity and composure. In many small episodes, he encounters animals that become his spiritual teachers. Through them he learns how to let the storms of life come and go. By searching for the miracle of the "Now", his spirit becomes clear and his heart light.

With surprising insights and simple instructions for meditative exercises, Bao's journey to happiness and serenity can easily become our own. Thus we follow the track of the panda ...

- Great entertainment and inspiring life teachings
- With encouraging stories, delightful illustrations, and practical exercises

## Death and mourning: tapping into new energy from old traditions



Elfie Courtenay  
**Finiteness and Eternity**  
[Endlichkeit und Ewigkeit]  
Creating the transition:  
ancestral knowledge and  
ancient customs about dying  
and death

Ansata  
208 pages  
With 27 b/w illustrations  
Format 13.5 x 21.5 cm  
October 2015

**Elfie Courtenay** was raised surrounded by old customs and passed-down knowledge, and she discovered her love for nature early in life. She offers meditative walks and wild herb excursions.

Elfie Courtenay returns to a time when death was a familiar part of life and was perceived as the last important phase of fulfilment. She vividly depicts how our ancestors encountered dying, death, and mourning. We come to learn what role myths, superstitions, and folks magic rituals played, and why such rituals and customs had such a vital importance at that time.

Inspired by this view of the past, we can adopt a new, fearless encounter with death, and open up paths for saying goodbye to loved ones, with awareness and in peace. Here are valuable impulses for integrating old traditions into an appropriate death and mourning culture for our time.

- The rediscovery of ancient wisdom, superstitions, and folk magic
- With many ideas for last-farewell rituals, remembrance customs, memorial gatherings, and protective symbols
- From the author of the *Spiegel* bestseller *Twelfth Night*

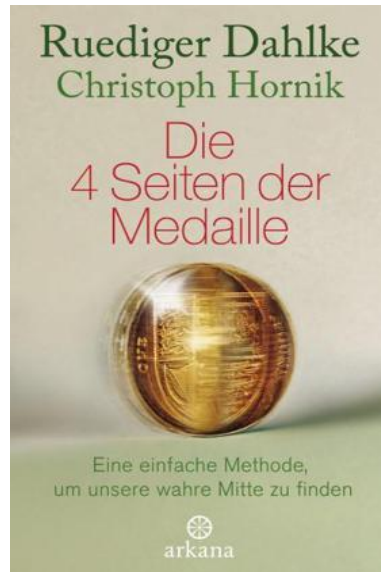
## Effectively solving conflicts and problems

Rights available except:  
Italian

**Ruediger Dahlke** has worked for 37 years as a medical doctor, author, and seminar leader. Through his books he describes holistic psychosomatic conditions that extend into the mythical and spiritual dimensions.

[www.dahlke.at](http://www.dahlke.at)

**Christoph Hornik** is co-founder of the Dahlke Academy, a training manager, degreed coach, systemic counsellor, coaching trainer, creative insight journey leader, and corporate trainer.



Ruediger Dahlke /  
Christoph Hornik  
**The 4 Sides of  
the Coin**  
[Die 4 Seiten der Medaille]  
A simple method for finding  
our true centre

Arkana  
240 pages  
With 15 b/w illustrations  
Format 13.5 x 21.5 cm  
November 2015

The "4 sides of the coin" is an ingeniously simple formula that Ruediger Dahlke makes easy to apply. He and co-author Christoph Hornik have developed this formula and tested it out in years of seminar work. Through this extremely effective technique, anyone can make constructive use of the law of polarity, the life principle, and work with one's own shadow sides.

In the most diverse problems, be it a relationship conflict or some other difficult situation in life, this method will show the way to balance and integration. Our view broadens, black-and-white thinking can be left behind, and the path to our true personal centre becomes open. From this new centred position, knowledgable solutions arise, weaknesses are converted into strengths, and problems become opportunities.

- The essence of Ruediger Dahlke's teachings
- The practical formula for shadow work, polarity, and life principles

## Protecting the mind, body, and spirit with the power of magic



Frater V.D.  
**The Magical Protective Shield**

[Der magische Schutzschild]  
The best strategies to defend against negative energies and to prevail

Ansata  
256 pages  
With 9 b/w illustrations  
Format 13,5 x 21,5 cm  
August 2015

**Frater V.D.**, born in Heliopolis-Cairo and raised in Africa, Asia and Europe, was already interested in magic and occultism as a child. He studied with Indian yoga and tantra masters and went on to pursue university studies in comparative literature and English, receiving a doctorate degree. He has translated occult authors (including Aleister Crowley) and has had personal contact with numerous magicians and order masters. He is the co-founder of Pragmatic Magic and Chaos Magic, and the founder of Ice Magic.

Effective defence against negative forces and for the prevention of mental attacks – these essential techniques exist in all magical traditions, and are now more relevant than ever, found even in modern management coaching. The crucial question is: What must we do to further ourselves in life and to maintain physical, mental and spiritual integrity?

Western as well as Eastern protection techniques form the foundation of this book, which is characterised by easy-to-read, practice-oriented teachings of magical-spiritual knowledge. Here is an unconventional and extremely powerful access to authentic holistic security in everyday life.

- The effective defence against psychic attacks, energy vampires, curses, and bewitchments
- Simple to apply in everyday life, even without previous expertise



## Consciously celebrating short time-outs every day for more inner balance



Lore Galitz  
**Rituals for Every Day**  
[Rituale für jeden Tag]  
More inner balance,  
contentment, and joy of life

Irisiana  
112 pages  
Format 13.0 x 19.0 cm  
With 30 colour photographs and  
illustrations  
August 2015

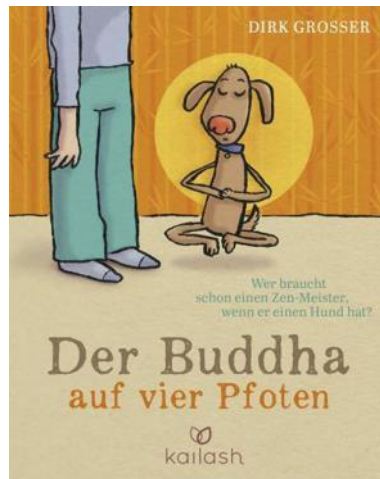
**Lore Galitz** is a ritual master, interior design coach, artist, and lecturer. She studied interior design and religious education and has additional training and skills in Feng Shui, Qi Gong, NLP, and energy healing work. For the past several decades, she has followed a spiritual path through Christianity, shamanism, and Taoism. Her liberating and enriching ceremonies and rituals derive from the totality of her knowledge and experience.

Rituals offer the possibility for experiencing conscious and energy-renewing pauses, even and especially in the midst of everyday life. The numerous ritual exercises for work and leisure, social life, and personal and spiritual development can be easily practiced anywhere and at any time. With these we can learn to transform daily routines into empowering rituals. A treasure chest filled with everyday life applications for more quality of life.

- Everyday rituals for all areas of life: work, relationship, leisure time, and personal and spiritual development
- Tested and proven wisdom from the ritual master Lore Galitz



## What our dogs can tell us about life



Dirk Grosser  
**The Buddha on Four Paws**  
[Der Buddha auf vier Pfoten]  
Who needs a Zen master when he owns a dog?

Kailash  
232 pages  
4-colour throughout  
Format 13.5 x 17.5 cm  
August 2015

**Dirk Grosser**, born in 1971, is an author, musician, seminar leader, and spiritual life counsellor. He has many years' experience in the traditions of mysticism and meditation, and has published many books and CDs on these topics. He has worked as an editor for spiritual-book publishers, and has played in various bands.

Dirk Grosser was happy the day he met a true Zen master. That was Bobba: middle brown, medium in size, moderate in appearance – at first glance the most common dog you can imagine. And yet he is a true Buddha, who every day for 14 years has shown his master how to live a very wise and especially very simple way of life.

- An endearing introduction into the teachings of the Buddha
- A wonderful gift for all dog lovers

## A meditative pilgrim path



Rüdiger Maschwitz  
**The Prayer of the Heart**  
[Das Herzensgebet]  
Discovering the fulness of life

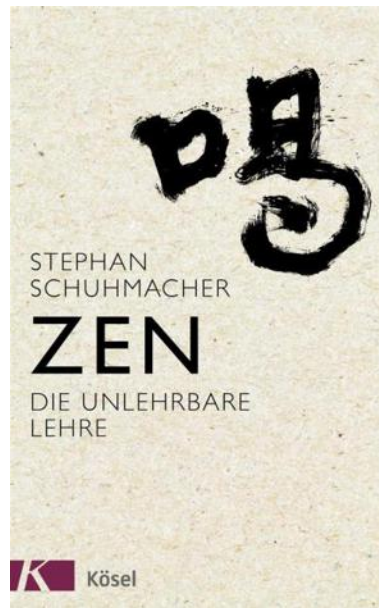
Kösel  
128 pages  
Format 12.5 x 18.7 cm  
November 2015

**Rüdiger Maschwitz**, born in 1952, is a parish priest and contemplation coach at the Theological Centre at Wuppertal. He teaches the mind-body discipline eutony and has spent 20 years using and teaching the Prayer of the Heart, also known as the Jesus Prayer. He has written many popular books on spirituality and meditation.

The prayer of the heart is one of the great spiritual paths of the Christian tradition. Clear, simple, and carried by deep wisdom, Rüdiger Maschwitz introduces us to this form of contemplation. In a very grounded and worldly-wise way, the author delves into his treasury of experience and tells of everyday situations and difficulties, and through this gives us the courage to put our trust in ourselves.

- From one of the most renowned meditation teachers of the present day
- Contemporary introduction to the prayer of the heart

## An entry portal for experiencing Zen



Stephan Schuhmacher  
**Zen**  
[Zen. Die unlehrbare Lehre]  
The Unteachable Teaching

Kösel  
208 pages  
With 23 b/w illustrations  
Format 12.5 x 20.0 cm  
July 2015

**Stephan Schuhmacher** studied sociology, psychology, Japanology, and Sinology. He trained in Zen for 20 years, including five years in Kamakura, Japan. After working as an editor and program director, he moved to southwest France and founded the editorial office and international network ENSO Publishing.

What is Zen really? In this authentically illustrated book, Stephan Schuhmacher provides an insight into the history and the current practice of the 1,500-year-old spiritual Zen tradition. He describes the development of the Buddhist school, which was strongly influenced by Taoism, and presents the particular characteristics: the paradoxical koans, teaching without words, and the scandalous methods of the ancient Zen masters. But above all this book provides access to a demanding path of spiritual training, which can help to discover answers to the deepest existential questions of humanity and lead to inner freedom.

- The ancient spiritual tradition, revealed for modern readers
- Illustrated with water colours and calligraphy

## Dissolving psychic blocks with Buddhist and yoga teachings



### Susanne Seethaler **Breaking Our Inner Chains through the Buddha**

[Mit Buddha innere Fesseln sprengen]  
Finally letting go for a fulfilled and creative life

Irisiana  
176 pages  
With ca. 80 colour photographs and illustrations  
Format 14.5 x 20.0 cm  
September 2015

**Susanne Seethaler** has practiced Buddhist mindfulness meditations and Vipassana ("insight meditation") since 2005. She is a student of Thich Nhat Hanh and the author of numerous successful books about mindfulness, customs and traditions, cooking, and life simplification.

Sometimes living our lives is like driving a car with the handbrake applied. We know that we need to change something. What we do not know is how we can break out of our ingrained patterns. The reason for this: deep within our inner selves lurk hidden resistances that keep us chained to our current condition.

The new book by Susanne Seethaler can help us to dissolve our deep-seated blockades. Using ancient teachings based on Buddhist philosophy, we learn in four easy steps to locate our inner chains and to break them – so we can develop a free and complete life.

- Four steps to creativity, joy, gratitude, and compassion
- A work book with many exercises, meditations, and pages for filling in

## A clearly structured step-by-step way to meditation



### Ralph Skuban **4 Steps into the Light of the Soul**

[4 Schritte ins Licht der Seele]  
An introduction to yoga mediation

Arkana  
160 pages  
With 13 b/w illustrations  
Format 14.0 x 18.7 cm  
September 2015

**Ralph Skuban** is a political scientist and book author. For more than two decades, he has led a facility for those suffering from dementia. For many years he has been studying the philosophy and the mysticism of the East. His ideas and research are enriched by his own intensive practice.

[www.skuban.de](http://www.skuban.de)

Yoga meditation is a path to the light of the soul. Ralph Skuban's brilliantly practical introduction shows beginners in particular how to meditate effectively. Along with the philosophical background, the author intensively illustrates all the key aspects of the preparation and practice that can lead to rapid progress. A central role in this is played by the breath, which is the bridge between body and spirit.

The orientation on any object of meditation, for example on a mantra, is the main form of the discipline. The practitioner will learn the sense of every meditation: inner peace, vastness, awareness, and joy. An undogmatic, hands-on approach, based on profound knowledge of the discipline and the extensive experience of the author.

- An introduction into meditation – step by step
- Discovering the inner light through preparation, proper posture, breathing, and spiritual focus

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