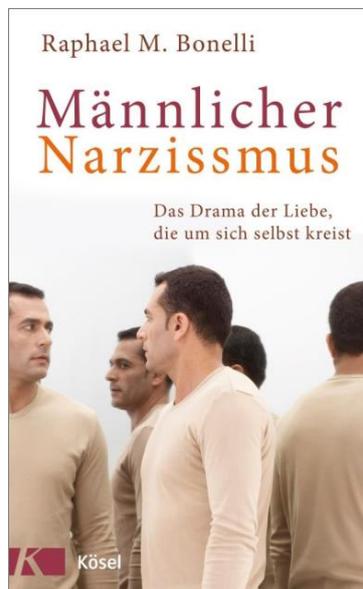


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Communicating is more than just talking



Ulrike Bartholomäus
**The Art of Effective
Conversation**
[Die Kunst, gute Gespräche zu
führen]

Mosaik
288 pages
With ca. 30 b/w illustrations
Format 13,5 x 21,5 cm
September 2016

Ulrike Bartholomäus, born in 1965, writes on medicine, science, politics, and communication. For 17 years she was the editor of the research section of *Focus* magazine. Today she works as an author for various media.

In our hectic times, having a good discussion has unfortunately become quite rare, yet such communication can be beneficial and enriching. In her intelligent and pleasant style, the science journalist Ulrike Bartholomäus explains what value there is in truly communicating with each other and how to best behave both verbally and non-verbally. To communicate well, we need a good balance of experience, bodily awareness, and a sense of appreciation and empathy.

- Reading faces and decoding body language, correctly interpreting intentions and moods, listening to and accommodating others – truly communicating

Composed and relaxed at your job and in everyday life



Frank Behrendt
Love Your Life and not Your Job

[Liebe dein Leben und nicht deinen Job]

10 pieces of advice for a relaxed attitude

Gütersloher Verlagshaus
224 pages
Format 13,5 x 21,5 cm
September 2016

Frank Behrendt has been for over 20 years a PR and communications specialist with intensive contact to the media, economics, and politics. After working for *Bild*, Dornier, Henkel, RTL Television, and Universal Music, he became manager of KetchumPleon in Germany. Since March 2016 he has been the senior advisor for *fischerAppelt*.

www.thefrankyway.de

Frank Behrendt is the "guru of composure". In spite of a 60-hour work week and engaged family life, this successful agency manager is a deeply relaxed and happy person. How does he achieve this? With courage, zaniness, spontaneity, fun, humour, a large amount of discipline and consistency, reliable gut feelings, and a good serving of self-irony.

In his book, Frank Behrendt relates what has influenced him, what sort of attitude helps him deal with things, how he has learned to avoid anxiety, and the things that give him power and energy. Entertainingly and informatively he reflects on the high points and failures of his life, always with a view of what has helped him in mastering challenges – an inspiration for everyone.

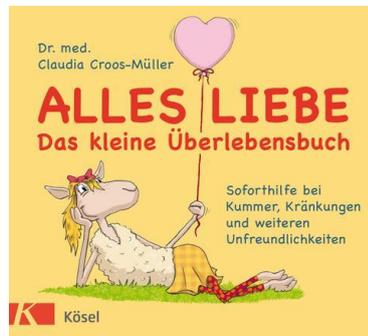
- 10 surprising theses for an optimal balance of work and private life
- Entertaining and humorous stories and revelations
- Work-life balance in a very different way: passion, lightness, and play

The popular good-mood sheep are back!

Dr. med. Claudia Croos-Müller
All the Best – The Little Survival Book

[Alles Liebe - Das kleine Überlebensbuch]

Immediate help for emotional distress, personal slights, and other unkindnesses



Kösel
48 pages
4-colour throughout
Format 17,0 x 15,5 cm
October 2016

Rights available except:
Chinese, English and French

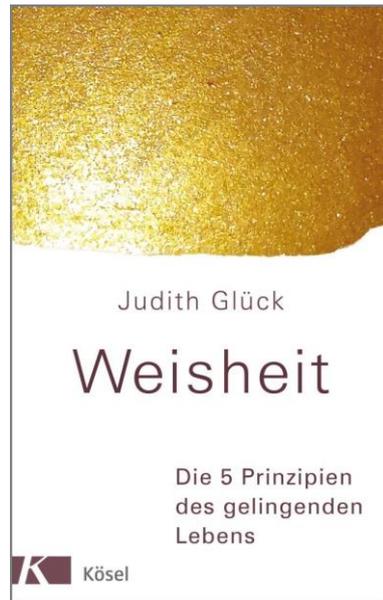
Dr. med. Claudia Croos-Müller is a neurologist, psycho-therapist and trauma therapist. She studied body language as well as concentrated physical-exercise therapy. She offers training and coaching on the subjects of body language, conflict resolution and poise.

In her new "little survival book", Claudia Croos-Müller shows how important good and friendly feelings are for well being and psycho-mental health – and how easily we can elicit them. Here she presents 12 simple body movements that will very quickly have positive effects on the emotional areas of the nervous system. These in turn will provide needed protection from large and small irritations. The exercises can be done anywhere and anytime, do not require an exercise mat – and are quite enjoyable as well.

Kai Pannen has illustrated this book with his beloved good-mood sheep – Emily, Willy, and Marie – who demonstrate the exercises and make this an attractive book with depth.

- Joyful and simple body exercises with immediate effects
- Over 200,000 copies sold of Claudia Croos-Müller's book *Chin Up – The Little Survival Book*.

Five resources for a good life



Judith Glück

Wisdom

[Weisheit]

The 5 principles of a successful life

Kösel

224 pages

Format 13,5 x 21,5 cm

October 2016

Judith Glück, born in 1969, received her doctorate in psychology at the University of Vienna. She was a Postdoctoral Research Fellow for Life-span Psychology at the Max Planck Institute for Human Development in Berlin, receiving her professorship in 2002. Since 2007 she has been a professor for developmental psychology at the Institute for Psychology of the Alpen-Adria University in Klagenfurt. Her research focus is adult development and the psychology of wisdom.

It is simpler to recognise a wise person than to try to describe wisdom itself. Many of us would immediately think of the Dalai Lama, Nelson Mandela, or Pope Francis. But what constitutes their wisdom? And what exactly does wisdom mean? Is it a gift that some people naturally have, or can it be learned?

The wisdom researcher Judith Glück, seeking to answer these questions, has discovered five characteristics that people with wisdom possess: an openness for new perspectives, empathy, an ability to reflect, an intelligent relationship with one's own emotions, and self-trust. If we make use of these resources, we can succeed in drawing wisdom from our life experiences.

- Latest findings from psychological wisdom research
- Clear, concrete, intriguing

Compact advice and self-help



Veit Lindau
**The Pocket
 Coach series**
 [Coach to go-Reihe]

Goldmann Paperback
 96 pages
 Format 11,5 x 18,7 cm
 November 2016

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, uncompromising, and humorous wakeup calls. In presentations and seminars, he encourages, inspires, and challenges his audiences.

For everyone who is stressed, Veit Lindau presents his successful lecture themes in a short and compressed form. That is, compact life help for on the go and yet with a plethora of valuable advice on such vital topics as success, love of oneself, and spiritual and material wealth. With each volume, readable in less than two hours, Veit Lindau encourages us to celebrate life, to not be content with the second best, and to allow ourselves to set out on the great adventure of finding our personal mission in life. Concrete application strategies for dealing with everyday life round out each volume.

Wealth [Reichtum]: True wealth leads inward into the fullness of our being, putting us into a place where we can take leave of thinking small and begin to concentrate on what is essential.

Success Booster [Erfolgsbooster]: Highly effective principles for a holistic success and with whose help it is possible for us to go beyond the limitations of thinking habits and set free our creative potentials.

Love Yourself [Selbstliebe]: The key to everything is to love yourself. This volume shows how to do this, whole heartedly, steadily, sincerely, and uncompromisingly.

Opus [Opus]: OPUS – four letters that stand for Veit Lindau’s appeal to all of us to truly live life and turn it into a personal masterpiece. This leitmotif supports us in staying focussed and in fulfilling our true purpose in life.

The new book from the renowned futurist



Horst W. Opaschowski
The Abraham Principle
[Das Abraham-Prinzip]
How we can live well and long

Gütersloher Verlagshaus
192 pages
Format 12,5 x 20,0 cm
August 2016

Horst W. Opaschowski is a futurologist and advisor in economics and politics. He was the founder of the Foundation for Future Studies in Hamburg and from 1979 to 2010 its scientific director. He has come to be known as Mr. Future both at home and abroad. He is considered a visionary with a solid sense of proportion and reality. At the same time he is a "passionate advocate for a new generational justice" (*Die Zeit*).

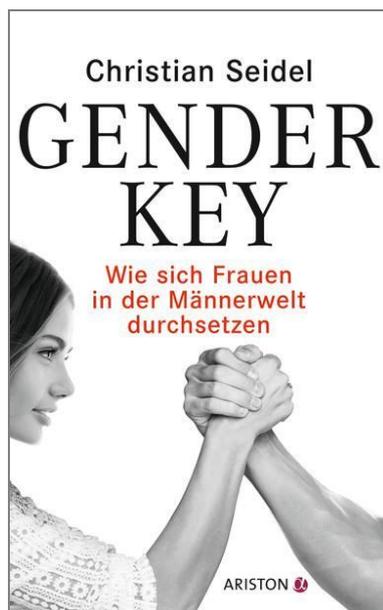
www.opaschowski.de

Humans have never had such a long life expectancy as today. Every two weeks, the average life span is increased by three days. The cards of life have become newly shuffled. With this book, the author provides answers to how we can experience more life in our years and not merely more years in our life.

More and more older people feel fit and healthy. A quiet revolution is approaching: the era of old-age pessimism is ending, and a long-living society with ageless characteristics is coming into being. Every age group is important. The formula for the future is: "Take off into a long and good life!"

- The positive balance of demographic change: a long life that is worth it

The ten most critical gender clichés and how they can be overcome



Christian Seidel
The Gender Key
[Gender Key]
How women can assert themselves in the world of men

Ariston
288 pages
With 2 b/w illustrations
Format 13,5 x 20,6 cm
September 2016

Christian Seidel

successfully worked for a long time as a film producer and manager. His professional focus is now entirely on writing and he also devotes a lot of his time to Asian philosophy. He is also engaging himself in the gender debate and has advised people and businesses on gender and relationship themes.

In professional life in particular, women still too often experience discrimination. What are possible ways to change this? Never was there a greater need for a manual about how women can assert themselves without being pulled into a masculine role. The hopelessly outdated role behaviours based on gender must be scrutinised.

Christian Seidel has identified ten core clichés that are the causes of why women in both professional and personal life often experience such difficulties. *The Gender Key* will change the lives of women for the better – and certainly the lives of some men, as well.

- Provocative and visionary
- With many crucial case studies from professional and personal life

Recognising, understanding, and transforming emotional wounds



Rolf Sellin
Pierced through the Heart
[Ins Herz getroffen]
Self-help for psychological injuries

Kösel
224 pages
With 16 b/w illustrations
Format 13,5 x 21,5 cm
October 2016

Rolf Sellin, born in 1948, has a master's degree in architecture but now works as a natural-health practitioner for psychotherapy in Stuttgart. After he suffered for years from his unrecognised hyper-sensitivity, he made his special gift his profession. He directs the HSP Institute in Stuttgart, which offers counselling, seminars, coaching and psychotherapy for highly sensitive persons (HSP).

www.hsp-institut.de

Nasty comments or lack of gratitude and appreciation can be just as painful as an unexpected lay off or sharp words in a confrontation. Even though we may appear to still function, we are psychologically injured. Even if we ignore this pain, it still exists, subliminally. For the pain to be processed and dissolved it must be felt and recognised. Only when we embrace the pain will we again be open for other, more positive emotions.

Rolf Sellin's new book shows how we can find the courage to look for and identify what exactly has become injured in us, and how we can treat our wounds, to become a part of them, and to heal them. Here is a book that provides effective self-help for emotional pain.

Free the joyful child inside of you



Julia Tomuschat
The Sun Child Principle
[Das Sonnenkind-Prinzip]
Rediscovering love of self,
lightness, and joy of life

Kailash
304 pages
With 50 colour illustrations
Format 13,5 x 21,5 cm
September 2016

Julia Tomuschat is a degreed psychologist, NLP teacher trainer, supervisor, and holistic healer in psychotherapy. She works as a trainer and health psychologist in the areas of workplace health management, team development, self-management, and personality development. She was a lecturer for psychosocial learning and a lecturer and research assistant in the Health in the Workplace project at the University of Duisburg-Essen.

Beyond all the psychological wounds and traumas of childhood, there is a side in each of us that is vital, creative, playful, spontaneous, and ready for action: the sun child. When we rediscover and strengthen the positive part of our "inner child", we will hold the key to healing and joy in our hands. For in this state there exists only the moment: we are at rest within ourselves, and are able to enjoy life in all its aspects.

From her practical work as a psychologist, Julia Tomuschat has brought together a comprehensive program with a variety of games, exercises, and inspirations through which the sun child will be enticed out of hiding – to help heighten our moods, our feelings of well-being, and our zest for life.

- Rediscovering curiosity, spontaneity, zest, and joy of life
- Strengthening the intact joyful sides of our psyche – a new psychological approach for working with the inner child
- With an extensive practice program

A grieving mother and an expert share their experience



David Althaus /
Marion Getz
Final Farewells in Life
[Abschiede im Leben]
Stories of consolation

Kösel
160 pages
Format 13,5 x 21,5 cm
October 2016

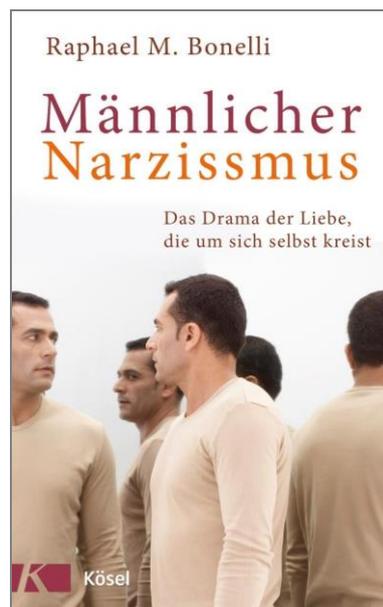
David Althaus, born in 1965, graduated in psychology and practices psycho-therapy. He is a co-founder and member of the board of the Deutsches Bündnis gegen Depression, an organisation to help depression patients, and has been awarded many prizes.

Marion Getz is a social education worker, who works in counselling and holds seminars. She founded a parents' initiative to support families with terminally ill and profoundly disabled children.

Bidding farewell is unavoidable and is as much part of life as death. In spite of all the suffering, farewell and death teach us the principle of growth and decay and are a chance for us to face our own mortality. Is there a good way of bidding farewell? What allows us humans to deal with farewells and how can the act of farewell succeed in the various stages of our lives? These are the central issues addressed in this book.

What is special about *Final Farewells in Life* is that it was written from two different points of view: from that of psychotherapist David Althaus, who has given his support to many people grieving the loss of a loved one and in the course of which discovered the many different aspects of the final farewell; the book also shows how social education worker Marion Getz sees such partings. She supports families with terminally ill children – families that have to live with a slow process of parting up until death.

Liberation from the bonds of self-centredness



Raphael M. Bonelli
Male Narcissism
[Männlicher Narzissmus]
The drama of the love that
focuses on itself

Kösel
272 pages
Format 13,5 x 21,5 cm
August 2016

Raphael M. Bonelli, born in 1968, is a neuroscientist at the Sigmund Freud University in Vienna and a psychiatrist and systematic psychotherapist with his own practice. He did research at Harvard, the University of California, and Duke University, receiving his doctorate in neuropsychiatry and producing many publications on brain research.

Commonly, narcissism has been considered to be something associated with the male gender, and the latest studies confirm that most narcissists are indeed men. These are people who impress with their self-confidence and charm, yet their charisma has no warmth. They do not lead happy lives, and their desire for recognition is a prison that they cannot break out of. This is especially apparent in love, which the narcissist knows only as self-love.

Based on the latest findings, illustrated with many case studies, and embedded in psychological and philosophical contexts, this book by the psychiatrist and psychotherapist Raphael M. Bonelli explores the inner chains of the narcissistic man: the exaggerated feeling of self-worth, the failed relationships, and the lack of self-transcendence. He shows as well the windows that lead to freedom. It is possible for narcissists as well to develop empathy and to discover healthy masculinity and ultimately to experience true love.

- A psychogram of the narcissistic man
- With revealing case studies from psychological practice

Comprehensive and clear help in therapeutic work



Klaus Renn
Magical Moments of Change

[Magische Momente der Veränderung]

What focusing can bring about. An introduction.

Kösel
336 pages
With 4, b/w illustrations
Format 13,5 x 21,5 cm
July 2016

Klaus Renn, licensed psychotherapist, seminar leader, educational therapist, coach, and supervisor, has years of experience in mindfulness work. In cooperation with Prof. Dr. Eugene Gendlin and Dr. Johannes Wiltschko, he further developed focusing into a psychotherapeutic discipline known as focusing therapy. He directs the German Training Institute for Focusing and Focusing Therapy in Würzburg and the International Focusing Summer School.

Focusing is the process of getting to the root of personal problems and then processing them through observing and sensing physical stimulations. Drawing on his many years in psychotherapy practice, Klaus Renn vividly describes the foundations of this psychotherapeutic approach. He explains how to implement focusing in therapy and counselling practice, and illustrates this through numerous case studies. The focussing method is made comprehensible and applicable through exercises and practicable intervention proposals. A useful book for all who want to use focusing in their work.

- Concrete and applicable to real life: the basics, interventions, case studies, exercises
- For both therapists and non-professionals

Immediate help when an argument starts brewing



Berit Brockhausen

Arguing Better

[Schöner streiten]

The little advice book for couples

Kösel

48 pages

4-colour throughout

Format 17,0 x 15,5 cm

October 2016

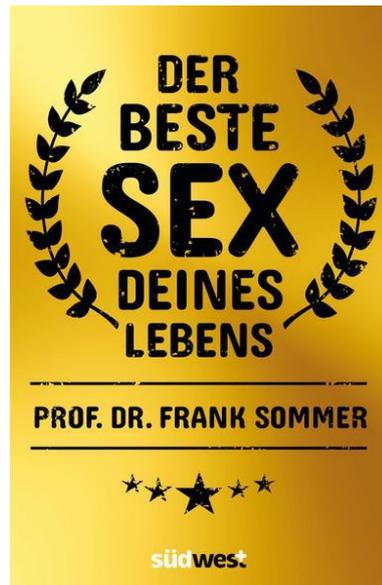
Berit Brockhausen is a couples and sex counselor with a doctorate in psychology. She is a sought-after interview partner on the topic of relationship and sexuality (*GEO, Cosmopolitan, Brigitte Balance, arte*). She writes regularly for the magazine *emotion*.

Even happy couples occasionally fight. Yet they have mastered the art of confrontation better – in effect, they argue nicer. In her book, the couples counsellor Berit Brockhausen explains in a practical way, and with much humour, how this is achieved.

Couples will learn how to discover the causes for arguments and how to discuss them, how to understand one another and how to be understood, and how every conflict can be successfully resolved – while the relationship, despite the challenges, remains a healthy one.

- Practical, humorous, and clear
- A good gift for learning to communicate with one another

Better, longer, more



Prof. Dr. Frank Sommer
The Best Sex of Your Life
[Der beste Sex deines Lebens]

Südwest
160 pages
With 20 colour illustrations
Format 16,2 x 21,5 cm
September 2016

Prof. Dr. Frank Sommer became the world's first university professor for men's health in 2005 at the University Hospital Hamburg-Eppendorf. He is also president of the German Society for Men and Health. Considered an expert and a pioneer in the field of sexuality and education, he has published articles in renowned scientific periodicals such as the *Journal of Urology* about female sexuality.

Better sex, longer endurance, more potency. Regardless of age, most men want this, as evidenced by the world's most extensive scientific survey on sexuality. But how can the dream of "the best sex in your life" come true?

In his new advice book, Prof. Dr. Sommer, sexuality expert and successful author, provides scientifically sound advice on how men can achieve sexual fulfilment through physical and mental training.

- Expert application-oriented advice based on years of clinical experience and the largest international study on sexuality

Loving yourself as the key to a fulfilled relationship



Eva-Maria Zurhorst /
Wolfram Zurhorst
**Love Yourself, and It
Doesn't Matter Who
You Marry**

[Liebe dich selbst und es ist
egal wen du heiratest]
The large practical course –
Part 1: The Secret of Love

Arkana
352 pages
With Audio Training on CD
Format 12,5 x 20,0 cm
October 2016

Eva-Maria Zurhorst was originally a journalist in print media and radio. Later she became a business coach and communications advisor. Today, following training as a psycho-therapist, she works as a relationship and career coach with business people, managers, and couples.

Wolfram Zurhorst was originally trained as a sales representative. As a manager he had made a career in a leading business in textiles before dedicating himself to being a relationship coach. Since then, he and his wife have shared a practice and give lectures, discussion evenings, and seminars.

www.liebedichselbst.de

Many people have no idea how much love, closeness, and joy relationship life has in store for them. The couples coaches Eva-Maria and Wolfram Zurhorst show how anyone can unfold this inexhaustible potential – whether you are single or in a relationship. They emphasise the importance of letting go, of disengaging ourselves from old wounds and emotional blockages and patterns. Through the consistent practice of loving oneself and being mindful, of liberating ourselves from fear, self-doubt and bad habits, love and a fulfilling relationship will inevitably arrive.

Comprehensibly and with many practical exercises, the authors show step by step how the teachings from their book *Love Yourself, and It Doesn't Matter Who You Marry* can be incorporated into our lives.

Part 2: *The Relationship Miracle* will be out next Spring.

- Creating the relationship of our dreams through inner work and love of self
- With numerous exercises and meditations, for singles and couples
- *Spiegel* bestselling authors with 1 million copies of their books sold

An easy start for a carefree family life



Nora Imlau
My Competent Baby
[Mein kompetentes Baby]
How children show what they need

Kösel
208 pages
4-colour throughout, with many photos
Format 13,5 x 21,5 cm
August 2016

Nora Imlau, born in 1983, is one of the most important experts on babies and small children in Germany. As a journalist and author for family issues, she writes for the magazine *Eltern*, among others, and has published several successful parenting advice books. In her talks and workshops she advocates for a strong bonding and relationship-rich family life. Through her consistent needs-oriented perspective on children and parents, she has many followers on Facebook and her blog. She has three children and lives in Leipzig.

Babies are some of the most under-appreciated beings on this planet. It is absolutely astonishing what babies are capable of from even the first day: they recognise their parents, react to faces, make eye contact, and distinguish different voices. From the perspective of modern developmental psychology, babies actively contribute to parent-child bonding.

Nora Imlau's well-researched and readable advice book clearly shows that babies possess precisely those abilities they need for their particular age and experiential world. They don't develop from something unfinished to something finished; rather they go from being competent new-borns to competent babies and then on to competent small children. This revolutionary view of babies will help make things easier for parents, for whoever understands how babies tick will more quickly recognise what babies need in order to be well balanced and content.

- Nora Imlau is one of the most important experts on early childhood development
- Well researched and very readable – an ideal companion for the first year of life

Letting go or holding on – how growing up can succeed



Claus Koch
Puberty Was only the Pre-wash Cycle
[Pubertät war erst der Vorwaschgang]
How young people become adults and find their place in life

Gütersloher Verlagshaus
256 pages
Format 13,5 x 21,5 cm
September 2016

Claus Koch, born in 1950, studied philosophy and psychology in Heidelberg and Paris. Until 2015 he was the manager of the non-fiction and parents' advice books section for a publishing company. He has been professionally involved in the developmental psychology of children from a psychoanalytical and attachment theory perspective. After many lectures, books, and articles in professional journals on youth violence, children in divorce, AD(H)S, attachment, and being different, he co-founded the Paedagogical Institute of Berlin (PIB).

The psychologist and attachment theory expert Claus Koch takes a look at the time following puberty, the time of becoming an adult. He shows that for young people this stage of life presents quite different developmental challenges than puberty does.

Life becomes harder, protective spaces such as family and school are left behind, and the first bad decisions will leave their marks. Everything that needs to be known about becoming an adult will be found in this book, and also how parents, who may believe that everything about this has already happened, can best help their children in this process.

- How parents can truly help their children in becoming adults
- The Peter Pan syndrome – when children don't want to grow up

For more composure during birth



Dr. med. Wolf Lütje
**Trusting in Natural
Childbirth**

[Vertrauen in die natürliche
Geburt]

Composed and relaxed in the
birthing room

Kösel
144 pages
Format 13,5 x 21,5 cm
October 2016

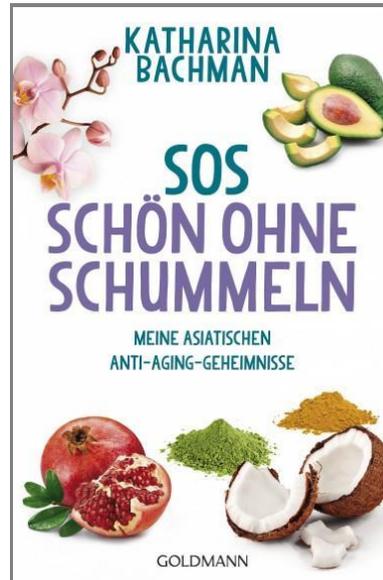
Dr. med. Wolf Lütje, born in 1957, has worked since 2012 as the chief medical officer in the Gynaecology Clinic in Hamburg, which was awarded by WHO and Unicef with the certificate "Baby-Friendly Hospital". He is also a book author, lecturer, and a passionate father.

From the perspective of evolution, natural childbirth is both important and logical. Unfortunately, the trend in obstetrics moves away from natural birthing. Feelings of fear and uncertainty are becoming more and more prevalent, which increases medical interventions and the rate of Caesarian sections.

This book takes the opposite stance. What midwives have long been requesting is here emphatically and provenly supported by a chief physician: children should come into the world naturally, and anything else should be an emergency measure only. The author thoroughly explains what actually happens during birth and how the mother can support this process on her own power – all the while remaining relaxed and filled with trust. He also explores the issue of how natural childbirth can once again become part of society and explains what must change to create birth-friendly obstetric practice.

- The most important topic for parents-to-be
- From the experiences of a chief physician with 30 years in obstetric practice

The vital power of coconut, coffee beans, and turmeric for an overall rejuvenated body



Katharina Bachman
SOS Beautiful without Cheating
[SOS Schön ohne Schummeln]
My Asian anti-aging secrets

Goldmann Paperback
250 pages
Format 13,5 x 20,6 cm
December 2016

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.

A beauty program from the jungles of Asia that will make one beautiful on the outside, while it simultaneously purifies and rejuvenates the organism deeply from within – and this without Botox or expensive anti-aging creams with artificial ingredients.

For her new book, Katharina Bachman has drawn on the comprehensive treasure of knowledge of the indigenous peoples of Malaysia. Included here are the power powders of turmeric and matcha for a glowing complexion, coconut for whiter teeth, and papaya and pomegranate to boost the metabolism. From these and other natural ingredients, Katharina Bachman has developed a detox program that will make our outer being shine and purify the body from within.

- With beauty tips and formulas
- Bestselling author: over 140,000 copies of her books sold

Bitter substances – the gentle healer



Andreas Hammering
Good, Better, Bitter
[Gut, besser, bitter]
Bitter nutrition – the secret
energy source

Südwest
176 pages
With ca. 100 colour illustrations
Format 16,2 x 21,5 cm
October 2016

Andreas Hammering is a medical doctor specialising in natural healing methods, a general medical practitioner, an emergency physician, and an occupational health physician. He has completed extensive training in herbal medicine, Ayurvedic medicine, and homeopathy.

Along with sweet, sour, salty, and umami, bitter is one of the five tastes. Over the decades the very important bitter has been eliminated from our everyday nutrition in favour of sweet. Yet foodstuffs with bitter substances are precisely what truly stimulates our digestive processes. They have many other benefits: they strengthen the immune system, create a healthy intestinal flora, slow down the ageing processes, tighten up the skin, detoxify, improve brain performance, help with psychological balance, and contribute to an overall feeling of satisfaction – to name only a few of their positive properties.

This book provides comprehensive information on these ignored substances and gives tips about how to integrate them into everyday life. The result: one will feel physically and psychologically better.

- Bitter substances: incredibly important for a variety of bodily functions, and one of the most significant healing substances overall
- Simple and effective: how to integrate bitter substances into everyday nutrition

Women have different ways of remaining healthy



Dr. med. Georg Kneißl
**A Gentle Guide to
Women's Health**
[Das sanfte Gesundheitsbuch
für Frauen]
Prevention, treatment and
self-help

Kösel
304 pages
Format 16,5 x 24,0 cm
October 2016

Dr. med. Georg Kneißl,
born in 1963, is an orthodox
and alternative practitioner
with his own practice.

www.praxis-dr-kneissl.de

Specifically female complaints and illnesses can be treated particularly effectively by a combination of Western and Eastern medicine, together with naturopathy. This book describes a range of remedies and cures (some of them rather surprising), reveals the psychosomatic background to many conditions, and shows what every woman can do herself to remain healthy by preventing and curing illnesses.

Featuring the five elements, tried-and-tested household remedies, vitamins and mineral supplements, as well as easy-to-apply tips from naturopathy, the emphasis is on eliminating the causes rather than the symptoms.

- There is no need to suffer from the usual female complaints and illnesses!
- Draws on traditional Chinese medicine; homeopathy and Schüssler Salts – the very best from East and West

Understanding health, experiencing healing



Dr. med. Ulrich Strunz
The Key to Health
[Der Schlüssel zur Gesundheit]
Experiences and convictions of
a passionate doctor

Heyne Paperback
240 pages
Format 13,5 x 21,5 cm
October 2016

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, and a prophet in the area of nutrition research. His books on dieting and fitness are all bestsellers.

www.strunz.com

There is a reason for the extraordinary success of Dr. Strunz: his holistic understanding of people. From his experience and the knowledge gained from his own medical practice, he has developed his philosophy of healing, thereby opening a stimulating new perspective of the interconnections between body and mind, and health and illness.

Here are fascinating answers to the questions of what makes us ill and how healing functions.

- Deep insights into the basis of health and the causes of illness

Ending the battle against ourselves



Corinne Frottier
Just as You Are
[So wie du bist]
The Buddhist path to self-acceptance

Kösel
208 pages
Format 13,5 x 21,5 cm
October 2016

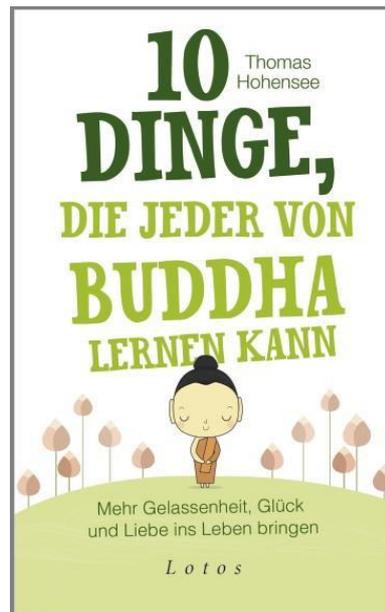
Corinne Frottier, an Austrian-French Zen teacher, grew up in a multifaceted spiritually oriented family. Her work experience includes being a film historian, an author, and a radio play director. She began her studies in Zen Buddhism in 1989. After a stay at the Zen Center Dana in Montreuil (Paris), with the blessing of Genno Pagès Rōshi she founded the Zen-Sangha GenjoAn in Hamburg. She has since been teaching in France, Belgium, the Netherlands, Austria, and Germany.

www.corinnefrottier.de

On our search for happiness and fulfilment, we mostly look for the comfortable, the beautiful, and the enjoyable, and avoid anything unpleasant. Likewise, we have sides of ourselves that we like, and others we don't. The struggle against everything we would rather not have – in life or within ourselves – costs energy. This very often leads to a feeling of inner emptiness and unhappiness.

The Zen teacher Corinne Frottier shows that we can end this battle when we turn our attention inward. In doing so we learn to understand our own "self" and become familiar with it. Mastering the great challenge of accepting all that we find within will help us along the path to experiencing true joy.

The essence of Buddhist art of living, for everyone



Thomas Hohensee
**10 Things Anyone Can
Learn from the Buddha**
[10 Dinge, die jeder von
Buddha lernen kann]
Bringing more composure,
joy, and love into life

Lotos
192 pages
Format 12,5 x 20,0 cm
September 2016

Thomas Hohensee, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books and a coach for personality development.

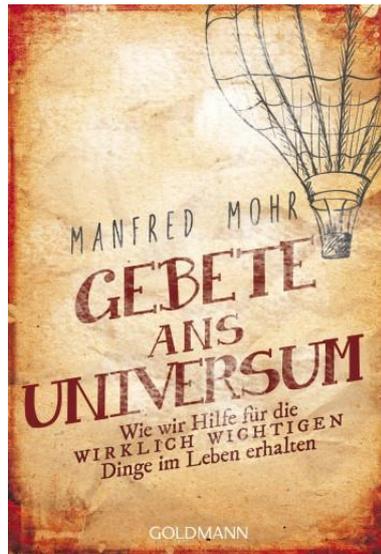
www.thomas-hohensee.com

How can we find love, happiness, and composure? How can we free ourselves from stress and emotional blockages? How are thoughts, feelings, and actions interrelated? The Buddha found the answers to all these essential life questions – and Thomas Hohensee has made them available in the clearest and most accessible ways, very much in the sense of the "discoverer" himself: entertaining, close to life, without any exaggerated veneration or mystical, arcane baggage.

Buddhist knowledge of life, presented entertainingly – so that we can once again find our own middle and master the small and large storms of everyday life.

- With exercises and meditations to find sources of power and joy
- Bestselling author with over 300,000 books sold

How we can work wonders through prayer



Manfred Mohr
Prayers to the Universe
[Gebete ans Universum]
How we can receive help for
the truly important things in
life

Goldmann Paperback
180 pages
Format 12,5 x 18,3 cm
November 2016

Manfred Mohr, with a doctorate in chemistry, for a long time worked in an advisory capacity for industry and economy. Since 2007 he has been increasingly active as an author and seminar leader. His topics are wish fulfilment, relationships, and opening of the heart.

Praying is an age-old spiritual practice that is rooted deeply in our culture. The bestselling author Manfred Mohr invites us to discover prayer in a new form. Especially in difficult life situations, prayer can provide help and support. Prayer can be seen as a type of request, as prayers offered in various life situations are often formulated as wishes. In a ritualised form, prayers help us understand that turning towards creation is an essential part of everyday life.

- A spiritual and practical handbook for the most varied life situations

Inspiring folk stories and meditations as orientation for every day



Ronald Schweppe /
Aljoscha Long
Feed Your White Wolf
[Füttere den weißen Wolf]
Stories of wisdom that will
create joy

Kösel
208 pages
Format 13,5 x 21,5 cm
October 2016

Ronald Schweppe and **Aljoscha Long** (né Schwarz) 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.

Which of the two wolves in you do you want to feed? The black one, who lets distrust, fear, hatred, and loneliness grow? Or the white one, who helps you live in serenity, openness, joy, and compassion?

The authors reveal just how much, in every moment of our lives, we can determine our actions, our attitudes, and even our words. Using folk tales from various cultures as a basis for life help, spirituality, and contemplation, this book can serve as an anchor for us to become composed and joyful, and experience inner peace.

- Life help in stories: entertaining and applicable
- For readers of *Opening the Door of Your Heart and Other Buddhist Tales of Happiness* by Ajahn Brahm

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