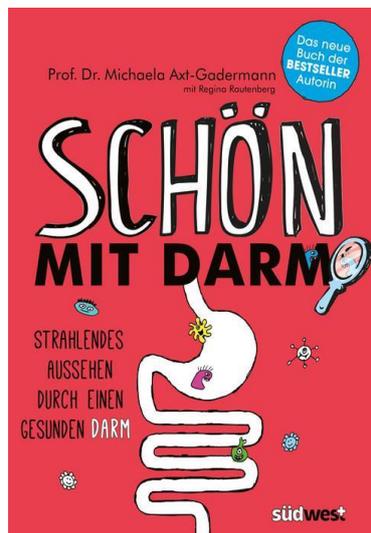
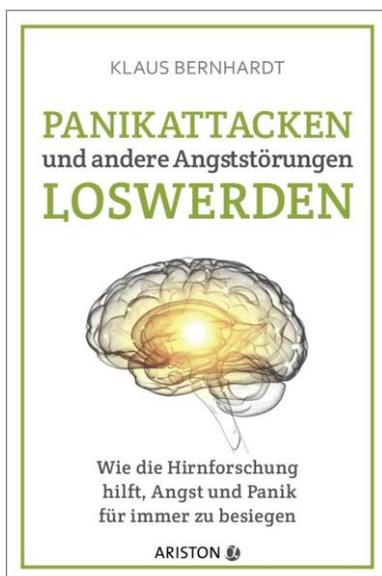


Foreign Rights Autumn 2017

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Contents

Psychology

Bernhardt, Klaus: Dealing with Panic Attacks and Other Anxiety Disorders	1
Ruppert, Franz / Banzhaf, Harald: My Body, My Trauma, My I	2
Stahl, Stefanie: Anyone Is Capable of Having a Relationship	3
Wiedemann, Meike / Segler, Kirsten: Neurofeedback	4
Windscheid, Leon: The Secret of the Psyche	5

Personal Development

Betz, Robert: I've Had Enough!	6
Heller, Jutta: This Is How to Be Strong	7
Matschnig, Monika: Stage Fright	7
Komarek, Iris / Komarek, Felicitas: Learning for the Lazy	8
Janssen, Bodo / Grün, Anselm: Strong in Stormy Times	9
Precht, Anke: Getting Things Moving With Composure	10
Springer, Nathalie / Wilhelm, Catharina: Not With Me!	11
Weingarten, Susanne / Bruhns, Annette (Eds.): The Happiness of Equanimity	12

Family & Parenting

Brosche, Heidemarie: My Children Are Just Right As They Are	13
Dannhauer, Kareen: Good Hope – Midwife Knowledge for Mother and Baby	14
Gaca, Anja Constance / Gaca, Christian: On Good Parents ... and Happy Couples	15
Hartmann, Hans: Getting Out of the Mama-Burnout	16
Nolte, Stephan H.: It's Not as Bad as All That	17

Nutrition

Axt-Gadermann, Michaela: Becoming Beautiful with the Intestinal Diet	18
Schmidt, Susanne: Never Fat Again – Losing Weight after 40	19
Seiderer-Nack, Julia / Rautenberg, Regina: How the Liver Gets Rid of Fat – The Cookbook	20

Health & Alternative Healing

Döll, Michaela: Using the Power of Genes	21
Gera, Bernadett: Energetic Finger Exercises	22
Gröber, Uwe: Healthy with Vitamin D	23
Hüther, Gerald: Escaping from the Dementia Trap!	24
Klein, Gudrun: A Good Night's Sleep Again at Last	25
Liebscher-Bracht, Roland / Bracht, Petra: The Osteoarthritis Myth	26
Tempelhof, Siegbert: The Atlas Vertebrae as the Cause of Illness	27
Unshelm, Rosemarie: Cellular Vitalisation	28

Spirituality

Frank, Pascal Akira: The Small Book of Meditation for All Who Can't Meditate	29
Hetzner, Johanna: Healing What Is Behind You	30
Huber, Georg: The Large Practical Book of Energetic House Cleaning	31
Limmer, Stefan: Cleansed of Anxiety and Guilt	32
Sewing, Annette: The Pearl Diver Method	33
Shanteem, André: Open Your Heart Lotos	34
Tschenze, Vadim: Sex and Karma	35

Contact & Agents	36
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A unique anxiety therapy with an immense success rate

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Klaus Bernhardt worked for many years as a science and medical journalist before becoming a therapist. He runs a practice for psychotherapy in Berlin with the focus on treating anxiety disorders. He is a member of the Academy of Neuroscientific Education Management (AFNB) and the Initiate New Learning eV. (INL).



Klaus Bernhardt Dealing with Panic Attacks and Other Anxiety Disorders

[Panikattacken und andere Angststörungen loswerden]
How brain science helps to permanently overcome anxiety and panic

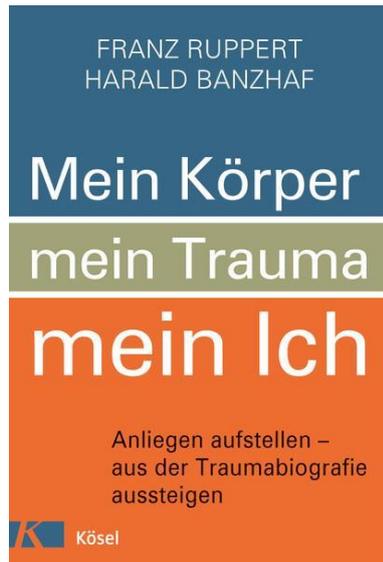
Ariston
208 pages
Format 13,5 x 20,6 cm
September 2017

Anxiety expert Klaus Bernhardt takes a close look at the worldwide established therapies for treating anxiety disorders. He compares them with the findings of modern neuroscience and the conclusions he draws are sobering: most of these remedies have been outdated for decades and neuroscientifically no longer tenable.

Klaus Bernhardt's method introduces a completely new kind of anxiety therapy that specifically uses the ongoing renewing processes of the human brain to put people who suffer from anxiety and panic attacks back into a position to lead a normal life. With the exercises and techniques described in this book he has helped a remarkably large number of patients to return to a life free of anxiety, often within a period of only a few weeks.

- Easy-to-understand method, clear examples, practical exercises
- Latest results of brain research put into practice – hospitals are already implementing Bernhardt's approach

A ground-breaking contribution to trauma therapy



Franz Ruppert /
Harald Banzhaf
**My Body, My Trauma,
My I**

[Mein Körper, mein Trauma,
mein Ich]

Constellation of the Intention –
Getting away from the trauma
biography

Kösel
368 pages
With 5 b/w illustrations
Format 14,5 x 21,5 cm
October 2017

Rights sold to:
The Netherlands (Mens)

Franz Ruppert, PhD, born in 1957, is professor of psychology at the Catholic Foundation University of Applied Sciences in Munich and a licensed psychological psychotherapist in private practice. He has authored several books on the constellation method that have been translated into numerous languages.

Harald Banzhaf, born in 1958, is a specialist in general medicine. He has broadened the scope of his professional abilities in the realm of psychotherapy, including as a certified MBSR (mindfulness-based stress reduction) teacher. Since 1966 he has managed a shared practice for integrative medicine.

A trauma that has not been healed continues to fester in the body, expressing itself in the form of pain, inflammation or illness. Thus hidden away in every physical symptom is a piece of one's life history.

With the method developed by Franz Ruppert – "Constellation of the Intention" – traumata can be reconstructed and resolved and at the same time the self-healing powers of the body supported. In their contributions, 25 authors have clarified the link between body signals such as headaches, backache, painful joints, heart and circulatory disease, skin disease, cancer and sleep disturbances on the one hand and psyche and trauma on the other.

Detailed introductory chapters by Franz Ruppert and Harald Banzhaf present the constellation method and demonstrate how holistic healing is possible.

Healing intimacy anxieties through the inner child



Stefanie Stahl
Anyone Is Capable of Having a Relationship
[Jeder ist beziehungs-fähig]
The golden path between independence and intimacy

Kailash
256 pages
Format 13,5 x 21,5 cm
October 2017

Stefanie Stahl is a degreed psychologist with her own practice in Trier. Throughout the German-speaking countries she holds seminars about fear of connection and closeness. With her books, such as *The Child in You Must Find a Home*, and *From Maybe to Yes*, she reaches a large readership. She is a sought-after expert on this topic in the press and other media.

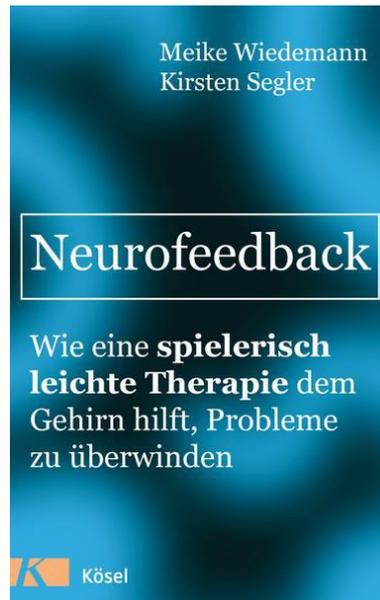
www.stefaniestahl.de

Anyone is capable of having a good relationship, says Stefanie Stahl, Germany's leading expert on relationship anxiety.

Most of us have the potential to be happy with a partner, since a fulfilled love affair is not a matter of luck, but a question of inner attitude. A crucial requisite is strengthening self-esteem and recreating the balance between flexibility and self-assertion. If we understand these mechanisms, we will no longer rely on the expectation that the partner will change, or that Mr. or Ms. Soulmate will come knocking at the door. Instead, we will know that we can actively create our romantic partnerships.

- #1 *Spiegel* bestselling author Stefanie Stahl on the myth of relationship incapability and the paths to a satisfying partnership
- The healthy balance between flexibility and self-assertion

Improved brain function for all ages



Meike Wiedemann /
Kirsten Segler
Neurofeedback
[Neurofeedback]
How a playfully easy therapy
helps the brain overcome
problems

Kösel
180 pages
With 8 b/w illustrations
Format 13,5 x 21,5 cm
October 2017

Meike Wiedemann is a neurobiologist, natural-health practitioner, hypnosis therapist and lecturer for bio- and neurofeedback at the University of Stuttgart-Hohenheim. She has her own practice and trains therapists in the use of neurofeedback methods.

Kirsten Segler is a biology graduate, graduate of the Henri Nannen School of Journalism and book author. She writes both as an editor and on a freelance basis about health and nutrition (*Men's Health, Women's Health, Brigitte*).

Neurofeedback playfully helps the brain to regulate itself better and we can all profit from it. It is particularly helpful in improving wellbeing in the case of a wide range of afflictions such as migraine, sleep and concentration disorders, ADHD, emotional disorders and traumata – all without the patient's own past needing a detailed examination.

Meike Wiedemann and Kirsten Segler intelligibly explain how neurofeedback works and is put into practice. Numerous case studies demonstrate the manifold possible applications. A fascinating introduction to a promising therapy method, effective and without any side effects.

- For ADHD, autism, depression, angst and psychological injury
- With a large self-test and numerous practical tips

Psychology is a tool chest in the head.



Dr. Leon Windscheid
The Secret of the Psyche
[Das Geheimnis der Psyche]
How to win in *Who wants to be a millionaire?*, and other ways to keep your nerves

Ariston
288 pages
Format 13,5 x 21,5 cm
March 2017

Rights sold to:
Korea (Simple Life)

Dr. Leon Windscheid, born in 1988, after residing in France and Spain, received his degree in psychology in Münster, Germany. He created a business while still in secondary school, and later founded an event company. In the autumn of 2015 he won a million euros on *Who wants to be a millionaire?* The basis of all this was his profound knowledge of psychology and his conviction that one can train to do anything.

We are all amazed by the confused and tangled ways of our inner life, yet most of us know very little about this. In an entertainingly and astonishingly informative way, the psychologist Leon Windscheid tells by way of episodes from his life of the small and large disturbances we have to face – stage fright, sleep disturbances, procrastination, and blanking out during tests, for example. And of course, how he ultimately succeeded in winning a million euros on *Who wants to be a millionaire?*

Whether in underwear in preparing for a presentation or with fresh or imposing questions on one's own id and superego – with crafty psycho-tricks, adept mental methods, and the right twists, anyone can succeed.

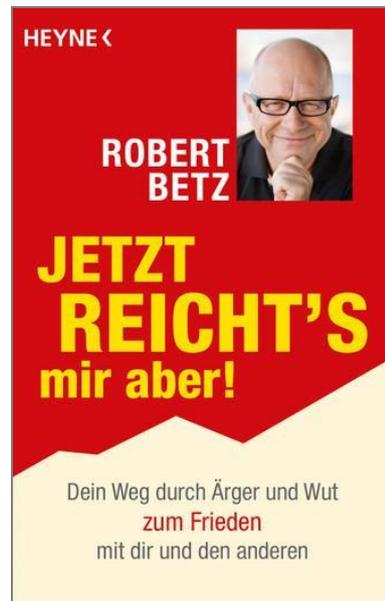
- From stage fright to sleep problems and self-fulfilling prophecies – dealing playfully with personal challenges

Press

"Magnificent, the way Leon Windscheid tells stories straight from life. [...] Wonderfully written, and at the same time informative and entertaining!" *Fränkische Nacht*

"An amusing, almost autobiographical handbook revealing some psychological tricks on how to cope better and more easily with daily routine." *Münsterland*

Using the positive power of negative emotions – the path to inner and outer peace



Robert Betz **I've Had Enough!**

[Jetzt reicht's mir aber!]
Your path through irritation and anger to peace with yourself and others

Heyne Paperback
256 pages
Format 11,8 x 18,7 cm
August 2017

Robert Betz is among Germany's most successful speakers and seminar leaders. This holistic life teacher and psychologist follows his own particular path of therapy and healing. He gives numerous seminars internationally and trains therapists. He is personally known by a large public through his lively lecturing activities.

www.robertz-betz.com

People who trigger irritation, anger, and a sense of powerlessness in us – we encounter such people almost daily, whether the boss, neighbours, fellow employees, or even spouse, friends, or your own children. It's about time to finally deal with our anger buttons being pushed and having our emotions being taken on a nauseating rollercoaster ride! Yet, surprisingly, such negative emotions can be of utmost importance. Through their nature and the behaviours they initiate, they reveal the inner discord that has been making us unhappy and is a primary cause of those conflicts with others we experience in everyday life.

Robert Betz shows how to decode the hidden messages behind any conflict, dissolve those negative feelings, and finally come to peace – with ourselves and with those around us.

- Over one million copies of the author's books sold so far
- Robert Betz: on the *Spiegel* bestseller list for over 5 years straight
- The fascinating life advice book with a plethora of absorbing case studies and effective exercises

Little Survival Guides

- With many effective exercises
- Small format (17 x 15.5 cm), 4 colour throughout
- More titles under www.kleine-berater.de



Jutta Heller
This Is How to Be Strong
[So bin ich stark]
Well-positioned with your inner team

Kösel
48 pages
October 2017

Jutta Heller has for over 20 years been an independent trainer, consultant, and coach. This expert in change competency and resilience provides impulses for personal development through a resource-oriented approach.

As wise as an owl, obstinate as a donkey and steady as a kangaroo: we all of us have traits that on occasion argue with each other. The experienced trainer Jutta Heller introduces various fellow players and demonstrates how we can form a successful inner team together with them. Once that has been done, we are equipped for all the challenges and situations we might find ourselves facing. Our self-esteem is increased, we can perform authentically and so go through life with inner strength.



Monika Matschnig
Stage Fright
[Lampenfieber]
Immediate aid for nervousness, blackout & co.

Kösel
48 pages
October 2017

Monika Matschnig is a trained psychologist, coach and consultant. She is a leading expert for body language and impact competence and as a keynote speaker she organises some 120 lectures and seminars each year.

The best tips for sweaty hands, thumping hearts and fear of a blackout – Monika Matschnig, body language expert and book author, reveals to us what we can do when nervousness rears its ugly head. She shows us some simple physical exercises and psycho tricks to help us stay calm and collected in spite of everything and indeed use our stage fright to our own advantage – and in that case it even ensures that we perform to a level we had never thought possible.

Cunning strategies for learning minimalists



Felicitas Komarek /
Iris Komarek
Learning for the Lazy
[Lernen für Faule]
Cunning strategies for rapid
learning success

Südwest
192 pages
With ca. 40 illustrations
Format 16,2 x 21,5 cm
September 2017

Iris Komarek is a sociologist, NLP teaching trainer, learning coach trainer and memory trainer, and she developed the "ich lern einfach"® ("I simply learn") programme. For over fifteen years she has been researching, teaching and putting into practice ways of making learning simple, effective, successful, unstressed and even enjoyable.

Felicitas Komarek, born in 1995, is the daughter of Iris Komarek. After leaving school in 2014, she did voluntary service in South Africa and is now studying ethnology at university. As a student she is able to put learning and examination strategies into practice and test their quality.

We can all still remember what it was like from our school and student days: on the one hand there were those who worked hard, and because they invested a lot of time they were always well prepared. And then there were the "lazy" ones, those who wasted less time with their books and did everything at the last minute but somehow still managed to pass all their examinations. But which methods do these minimalistic students use to achieve so much with so little effort? What mental attitudes do they possess to achieve their learning goals efficiently?

The secrets of these strategies are unlocked in this book and made accessible for everyone. A selftest helps readers to assess what type of learner they are and to develop their own personal learning strategy.

- Maximal learning success with minimal effort – here's how to do it
- With a selftest for readers to assess what type of learner they are

Clarity, freedom, joy of life – the new composure management



Bodo Janssen /
Anselm Grün
Strong in Stormy Times
[Stark in stürmischen Zeiten]
The art of leading yourself and
others

Ariston
224 pages
Format 13,5 x 21,5 cm
November 2017

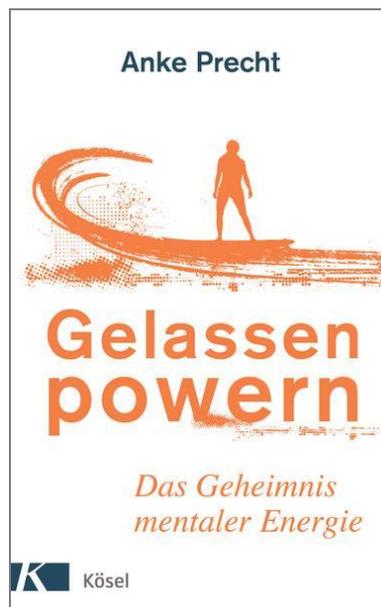
Bodo Janssen studied business administration and sinology before he started working as a director of his parents' hotel chain. After a period of reflection he started off a paradigm shift within his company, with the aim of developing a corporate culture that is authentic. Bodo Janssen's company philosophy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

Anselm Grün was born in 1945 and is a Benedictine monk at the Münster-schwarzach Abbey. His activities as a course instructor and spiritual consultant mean he has to spend a lot of time on the road. His myriad publications and lectures are read and heard by millions of people.

Many people want to escape the treadmill they're caught in every day, and wish their work could be satisfying and meaningful. The entrepreneur Bodo Janssen and the Benedictine monk Anselm Grün have focused on corporate culture and from what they've learned present ways out of such crises. They stress the importance of connectedness, openness, and common goals for creating mutual co-operation, and explain how these can be brought into being.

In this, self-knowledge is central – it is the basic tool for guiding oneself and others and for creating a valuable economy of the future. "Companies are development centres," state Janssen and Grün, who in this book have a knowledgeable, insightful, and real-world-oriented exchange of opinions that provide stimulation for profound transformations.

It is sometimes better to do more than less!



Anke Precht
**Getting Things Moving
With Composure**
[Gelassen poweren]
The secret of mental energy

Kösel
224 pages
With 30 b/w illustrations
Format 13,5 x 21,5 cm
July 2017

Anke Precht, born in 1969, is a trained psychologist, hypnotherapist and teacher for energetic psychotherapy. She works with short-term therapies 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 their five children in a patchwork family.

www.ankeprecht.de

Mental energy follows different laws to physical energy. Unlike the latter, mental energy can change from one moment to the next. Understanding the secret of mental energy is the best way of preventing exhaustion and burnout, and it will make you perform better and give you greater joy of living.

This book will save you the cost of spa holidays, long breaks off work and expensive coaching sessions. It will help you increase and maintain your energy level with appropriate music, the right outfit, an energy-bringing body posture and power food.

- A new way of staying efficient and productive – guaranteed to be doable
- With many examples, checklists and practical advice

Effective self-coaching for more self-control



Nathalie Springer /
Catharina Wilhelm

Not With Me!

[Nicht mit mir!]

Remaining in command with
people who keep throwing us
off balance

Kösel
240 pages
Format 13,5 x 21,5 cm
September 2017

Nathalie Springer is a journalist, financial consultant and coach. As one of those responsible for communications, she has spent many years helping shape the setup and reorganisation of structures in the field of finance.

Catharina Wilhelm is a professional coach (DBVC), trainer and conflict moderator. She has had over 20 years' experience as a consultant, press officer, editor and author in international PR agencies, media enterprises and publishing houses.

www.nicht-mit-mir.academy

Some people, both men and women, regularly manage to throw us off balance. No matter how competent, intelligent and prepared we are, they leave us speechless. They press our "red button" and we promptly feel small and powerless.

Why certain people have such an effect on us, where our "red buttons" are and how we can learn to react differently are demonstrated here by Catharina Wilhelm and Nathalie Springer with the help of examples from their work as coaches. They describe thirteen of the most frequent trigger types and concrete situations, elucidate behaviour patterns and reactions and give impulses for personal development.

A professionally knowledgeable and comprehensible book for all those wanting to stop the wind being taken out their sails.

- Recognising and dealing with situations leading to feelings of impotence

Paths to inner balance



Susanne Weingarten /
Annette Bruhns (Eds.)
**The Happiness of
Equanimity**
[Das Glück der Gelassenheit]
Relaxed and balanced at
home, in love and at work
A *Spiegel* book

Penguin Verlag
250 pages
Format 11,8 x 18,7 cm
February 2018

Susanne Weingarten, born in 1964, has a PhD in American studies. She started her career as a journalist at the *Spiegel* in 1992 and later spent several years living and freelancing as a journalist in Los Angeles and Boston. In 2008 she was put in charge of the *Spiegel* arts section and since 2015 has been the deputy chief editor of various special *Spiegel* publications.

Annette Bruhns, born in 1966, has been a *Spiegel* editor since 1995. At present she looks after and writes special issues on topics relating to science and history.

Reading books, playing a musical instrument, being mindful and listening to one's "inner body" – many paths lead to equanimity. But how does this desirable condition come about? Not only those stressed out by their jobs seek tranquillity, but also housewives hassled by their daily routine, or people who have to learn to make room in their lives for love and romance.

This book, with its practical advice and numerous examples from various different experts – doctors, philosophers and perfectly normal champions of equanimity – can help us to escape stress, fear and exhaustion in our daily lives, in our jobs and with our partners.

- How to keep our cool in the hustle and bustle of daily life
- For all readers of Patrizia Collard's *Little Book of Living Mindfully*

A new look at our children



Heidemarie Brosche
My Children Are Just Right As They Are
[Mein Kind ist genau richtig, wie es ist]
A book of encouragement for parents

Kösel
192 pages
Format 13,5 x 21,5 cm
July 2017

Heidemarie Brosche, born in 1955, is the mother of three children. She teaches at primary and secondary schools in Augsburg and is a successful author of both children's books and textbooks.

www.h-brosche.de

Many parents are told by teachers, friends or other members of the family: your child is too noisy or too quiet, too overexcited or too serious, too still or too aggressive – in any case, not as it should be.

Heidemarie Brosche encourages parents to view such attributions critically and have the courage to see them in a different light. If, for example, the teacher thinks a child writes too slowly, it could mean that he or she is working at a high level of concentration and won't make any superficial errors. Or if a child is described as too dominant and aggressive it could mean that he or she is strong-willed. If parents recognise what is positive about these qualities it will help children become self-confident and have a strong ego and as a result accept themselves as they are.

- A confidence-booster for all parents not wanting their children to be pigeon-holed
- Boosts optimism for parents facing critical teachers and other grumblers

Old and new home remedies for pregnancy and the time afterwards



Kareen Dannhauer
Good Hope – Midwife Knowledge for Mother and Baby
[Guter Hoffnung]
Natural healing methods and holistic help

Kösel
448 pages
With 40 colour illustrations
Format 17,0 x 24,0 cm
September 2017

Kareen Dannhauer, born in 1971, is an independent midwife in Berlin. She has over 20 years of experience in classical homeopathy and phytotherapy, as well as many years of psychotherapeutic training. In 2005 she founded Into Life, her own herbal tea, cosmetic and natural healing product line for pregnant women.

www.into-life.de

Pregnancy, childbirth and the first time with a baby – for many women these are the most intense months of their lives. Emotions are almost overwhelming, the body behaves quite oddly, and everyday life is a chaos. At such a time a good midwife is indispensable!

In this book, Kareen Dannhauer answers the questions she has heard during her countless house visits. Her answers are sympathetic, sound, and based on experience. She reveals what really helps when things are not running smoothly with mother or baby. Whether natural therapy, aromatherapy, homeopathy or home remedies – there is a good solution for every problem in pregnancy and afterwards. An immense treasure of experience, contemporarily and beautifully designed.

- Gentle help through aroma therapy, homeopathy, Bach flowers, and more
- Presented in a way compatible with modern times – and wonderfully illustrated

The ultimate handbook by an experienced midwife and mother of four



Anja Constance Gaca /
Christian Gaca
**On Good Parents ... and
Happy Couples**

[Von guten Eltern ... und
glücklichen Paaren]
Coping with the childhood
years – unstressed and
together

Kösel
176 pages
2/c throughout
Format 13,5 x 21,5 cm
October 2017

Anja Constance Gaca, born in 1975, is a midwife and breastfeeding and lactation counsellor (IBCLC). She holds lectures and seminars for trained professionals. The mother of four also writes articles for professional magazines.

Christian Gaca was born in 1975, studied science communication and is a cultural affairs editor. He and his wife together write a popular blog about family life.

A successful relationship is the best foundation for a happy family life and for children to grow up happily. How can couples take care of their relationship when children and very often their jobs take up so much time and energy?

As a midwife, Anja Constance Gaca has had first-hand experience of the challenges facing young parents. On the basis of systemic family counselling and with elements of non-violent communication, she and her husband give valuable and relevant advice on how couples can cope with their first years as a family and remain a happy couple – even if time for togetherness is rare.

How mothers can feel good about themselves again



Hans Hartmann
**Getting Out of the
Mama-Burnout**

[Wege aus dem Mama-Burnout]

Taking a step back and
charging your batteries

Kösel
176 pages
Format 13,5 x 21,5 cm
October 2017

Hans Hartmann is a neurologist, psychiatrist and psychotherapist. After almost 20 years working in his own practice and in the field of couple and family therapy, he was appointed senior physician in a mother-child-clinic in Northern Germany in 2013.

Mothers need different methods to managers when it comes to recharging their batteries and becoming aware of their own needs again.

By asking pertinent questions and drawing on his profound background knowledge, Hans Hartmann, head of a mother-child clinic, helps stressed out mothers to see themselves in a better light, enhance their resilience and effectively combat stress. He also explains how to put personal objectives into words, alter the patterns of relationships and handle crises with aplomb.

This book shows ways out of exhaustion and towards new energy and joy of life.

- Quick and sustainable solutions for burnout, stress and exhaustion
- From the years of experience of a clinic director and couples therapist

A plea for more faith in the self-healing powers of children



Dr. med.
Stephan H. Nolte
It's Not as Bad as All That
[Alles halb so schlimm]
The most frequent questions
paediatricians are asked and
some surprisingly simple
answers

Kösel
240 pages
Format 13,5 x 21,5 cm
October 2017

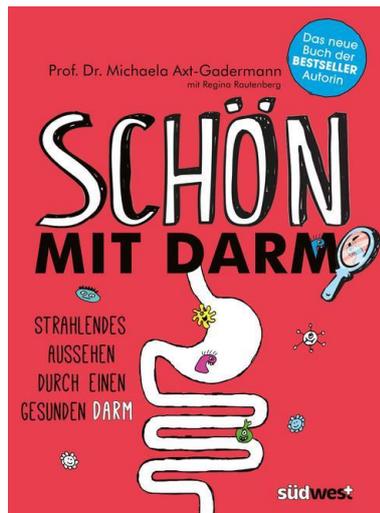
Dr. med. Stephan H. Nolte is a paediatrician and was a senior consultant at the University Children's Clinic in Marburg before setting up his own practice in 1992. His range of activities has been extended by psychotherapeutic palliative medicine and homeopathic professional training. He has authored several handbooks on child health and many articles for professional journals.

Parents very often take their children to the doctor's at the very first sign of sickness. Yet it would usually be healthier and less stressful to keep the child under observation and wait for a while. Anxiety about a sick child is more likely to cause unrest, lack of direction, overtreatment and overdiagnosis. Tender loving care often takes back seat – although precisely this would do the young patient far more good.

The author highlights which illnesses are harmless and which, at the other extreme, need immediate and systematic treatment. He explains clearly why too much therapy is harmful and what would help instead. With this book he gives parents back their belief in recovery and bolsters their own confidence as the carers of their children.

- A courageous voice against scare-mongering medicine

True beauty comes from within



Prof. Dr.
Michaela Axt-Gademmann
**Becoming Beautiful with
the Intestinal Diet**
[Schön mit Darm]
Radiantly beautiful with
healthy bowels

Südwest
192 pages
With ca. 80 colour photographs
Format 17,2 x 23,5 cm
September 2017

Prof. Dr. Michaela Axt-Gademmann, 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.

Our skin does not stop at the lips but continues as mucus membrane down through the entire digestive system. Healthy intestines not only make us slim and happy but can also lead to radiant skin and glossy hair and alleviate allergies and other skin diseases.

This handbook points to the relationship between bowel health and external beauty; it also advises on a bowel- and skin-friendly diet. Read your way to beauty!

- The right diet for a clear complexion, glossy hair and a radiant appearance
- Help for and alleviation of allergies and skin disease
- With many recipes

Getting the metabolism in gear



Susanne Schmidt
**Never Fat Again –
Losing Weight after 40**
[Nie wieder dick –
Abnehmen ab 40]
Becoming and staying trim

Heyne Paperback
256 pages
With 70 b/w illustrations
Format 15,0 x 20,5 cm
December 2017

Susanne Schmidt, born in 1955, by 2006 weighed 132 kilograms (about 290 pounds). She entered a clinic where she followed the 30-gram-fat method, successfully losing 57 kilos.

Slimming down is not a question of age – no one knows this better than Susanne Schmidt. No more than 30 grams of fat per day is her proven formula, which at the age of 51 she followed to finally rid herself of superfluous pounds.

With this, anyone can get the metabolism back into swing and let the pounds melt away. The many easy-to-prepare dishes (good for stressed mothers), effective motivation and movement tips, and daily plans make this all the easier to accomplish.

- The 30-Gram-Fat method: Guaranteed practicable for every day
- With helpful tips, motivational texts, and many tasty recipes for those in a rush but who relish culinary enjoyment

Reliable information on a liver-friendly diet



Prof. Dr. med.
Julia Seiderer-Nack /
Regina Rautenberg
**How the Liver Gets Rid of
Fat – The Cookbook**
[So kriegt die Leber ihr Fett
weg! – Das Kochbuch]

Südwest
160 pages
With 100 colour photographs
and illustrations
Format 17,0 x 24,0 cm
December 2017

Prof. Dr. med. Julia Seiderer-Nack is a physician and professor of internal medicine. Her main focuses are the detection of bacteria in the human gut and the basics of chronic inflammatory bowel diseases. She has published several health guides.

Regina Rautenberg graduated in ecotrophology after first completing training in domestic science and housekeeping. For several years she worked as an editor on the Food desk of the *FÜR SIE* magazine and now freelances as a recipe developer and nutrition and health editor for well-known publishers.

As a follow-up to the bestselling *How the Liver Gets Rid of Fat* we now have the cookbook with a 6-week liver-friendly diet.

There are daily recipes for two people eating three meals a day: breakfast, lunch and supper. The recipes for lunch include both warm and cold meals, which is of practical use for everyone at work. All the dishes are liver-friendly and put together in such a way that substances vital to the liver are included and a stressed-out liver can recuperate.

- Simple, appetising and liver-friendly dishes for 6 weeks

Steering one's own genes with epigenetics



Prof. Dr. Michaela Döll
**Using the Power of
Genes**
[Die Kraft der Gene nutzen]
A long, healthy life with
epigenetics

Südwest
224 pages
With ca. 50 colour photographs and
illustrations
Format 16,2 x 21,5 cm
September 2017

Prof. Dr. Michaela Döll has long since made a name for herself both at home and abroad as an expert in the field of medical dietetics. For over 20 years she has been active at congresses and seminars in the training of therapists. She is a professor of food chemistry at the University of Braunschweig, focussing on vital substances medicine, diet, and civilisation and environment-related diseases. She has published over 250 medical articles and 15 books, and her expertise is also in demand on television and radio.

Every one of us is born with a certain gene configuration – that is clear. Latest studies have, however, refuted the idea of a fixed genetic fingerprint. On the contrary, diet and lifestyle can steer the activity of the genes.

Based on the relatively young science of epigenetics, this book gives us an overview of the world of genes and demonstrates what each one of us can do to bring the best out of them. No one is a prisoner of their genes!

- How diet can positively influence genes
- With numerous recipes

Healing with finger exercises in two minutes



Bernadett Gera **Energetic Finger Exercises**

[Energetische Fingerübungen]
Supporting concentration,
releasing stress, alleviating
physical conditions

Irisiana
96 pages
With ca. 80 illustrations
Format 12,5 x 18,7 cm
October 2017

Bernadett Gera, a Qigong teacher, was introduced by her father to the art of acupuncture, Eastern martial arts, and the foundations of traditional Chinese medicine (TCM). Later, she expanded her knowledge of other supportive self-healing methods through training in various Qigong techniques, breath healing, herbal medicine, and meditation. Since 2010 she has been holding seminars and giving lectures, and working with doctors, natural healers, and counselling centres.

Quick, effective, and doable any time: these traditional Chinese exercises for the fingers last no longer than two minutes and can be done easily and inconspicuously anywhere. They are perfect for getting your head clear, releasing stress, and relieving neck tension. Even colds, digestive disorders, and chronic conditions can be alleviated.

- New exercises from the author of the successful *Finger Qigong* – for all fans of mudras
- With exclusive Chinese healing knowledge for alleviating physical complaints and reducing stress
- Simple and inconspicuous, anywhere and any time

The healing power of the sun vitamin



Uwe Gröber
Healthy with Vitamin D
[Gesund mit Vitamin D]
How the sun hormone helps
and protects

Südwest
128 pages
Format 12,5 x 18,7 cm
October 2017

Uwe Gröber is a pharmacist and a leading micro-nutrients expert in Germany. He is the author and medical journalist for numerous specialist books and articles on the topic of nutrition and illness prevention. Drawing on his years of practical experience in the area of orthomolecular medicine, he gives seminars and lectures throughout Europe on vitamins, minerals, and other vital nutrients.

The importance that Vitamin D has for health has long been underestimated by the medical field. This sun hormone not only helps prevent illness, it also has strong positive effects in treating illnesses such as diabetes, multiple sclerosis, and cancer. There are differing opinions about Vitamin D. Who should use it as a nutritional supplement, and what is the proper dosage?

Uwe Gröber addresses these and other important aspects – Vitamin D use during pregnancy and the effects of Vitamin D when taken with other supplements, Vitamin K or magnesium, for example. The most important illnesses from A to Z are described here, as are the roles Vitamin D has in prevention and in various therapies.

- Illnesses from A to Z: the importance of Vitamin D in prevention and therapy
- Medications and how they can deplete essential nutrients: in which illnesses should the Vitamin D levels be monitored



Dementia is not fate: pioneering theories on this highly topical subject



Gerald Hüther
**Escaping from the
Dementia Trap!**
[Raus aus der Demenz-Falle!]
How to reactivate the self-
healing powers of the brain

Arkana
144 pages
Format 13,5 x 21,5 cm
October 2017

Gerald Hüther, born in 1951, is a professor of neurobiology. The many books he has written include *Instructions for Use of the Human Brain, What We Are and What We Could Be, Let Our Children Play, and Children Need Roots.*

www.gerald-huether.de

Standard dementia research presupposes that dementia is caused by age-related deposits and degradation processes in the brain. Gerald Hüther, a leading brain researcher, clearly explains that this notion, widespread in the last century, is not only incorrect, but has also obscured the phenomenon actually responsible for the development of dementia: suppression of the regeneration and compensatory capacities of the brain, which is normally present well into old age. Yet we almost unavoidably lose this neuroplastic potential in a world where we increasingly lose the joy of personal discoveries and of sharing conceptions and plans of how we grow older.

- Effective prevention strategies from brain research and psychosomatics

The best techniques for putting an end to stress and promoting sleep



Gudrun Klein
**A Good Night's Sleep
Again at Last**
[Endlich wieder gut schlafen]
The best techniques and tricks
to tackle stress-induced
insomnia

Südwest
224 pages
With ca. 10 illustrations
Format 13,5 x 21,5 cm
August 2017

Gudrun Klein is a qualified psychologist, writes books on sleeping problems and holds weekend sleep training seminars for those affected. She co-founded the Baden Institute for Depth Analysis, where she is a lecturer and holds workshops. She also has her own practice. The focus of her work is on sleep disorders, psychosomatics, treatment of neuroses and couple therapy.

One in four adults is plagued by sleeping problems. Those most frequently affected are often highly motivated and target-driven. Psychologist Gudrun Klein understands sleeping problems as being the body's way of reacting to stress, and she demonstrates that sleep disorders can be seen as a psychological approach to coping with a highly burdensome situation. This book explains the physical and psychological symptoms of stress and offers practical advice on dealing with sleeping problems.

- New approach: sleep disorders resulting from a continuous reaction to stress
- Practical examples and support for better sleep

The revolutionary diet and exercise therapy



Roland Liebscher-Bracht /
Dr. med. Petra Bracht
The Osteoarthritis Myth
[Die Arthrose-Lüge]
Why people are suffering
needlessly –
The sensational self-help
program

Goldmann Paperback
200 pages
With 30 colour illustrations
Format 15,5 x 21,0 cm
October 2017

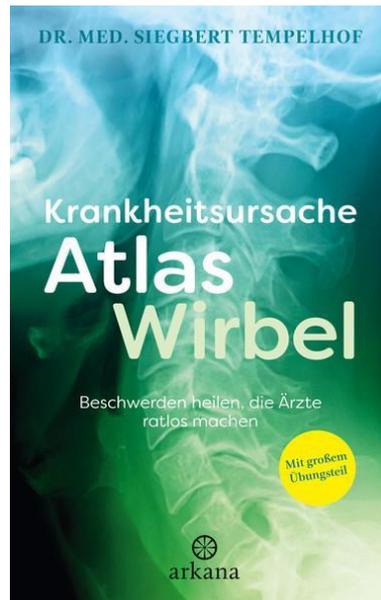
Roland Liebscher-Bracht and **Dr. med. Petra Bracht** and jointly developed the effective LNB Pain Therapy according to Liebscher & Bracht, with a network of over 4,000 therapists in the German-speaking world. With the goal of pain prophylaxis and treatment, Dr. med. Bracht, a specialist in nutrition and detoxification medicine, and her husband, who studied engineering and is a passionate combat sportsman and movement energetics practitioner, collaborated in developing a new revolutionary form of the fascia yoga.

Osteoarthritis, or arthrosis, is the world's most common joint disease and source of one of the most common pain symptoms. Many people believe that osteoarthritis is genetically determined and thus incurable. The pain specialists Liebscher and Bracht are convinced otherwise. Recent studies have shown that degenerated cartilage can be regrown through proper nutrition, stretching, and pressure point massage. These renowned therapists also maintain that the alleged pain of osteoarthritis is caused by tension of the surrounding tissue.

This book explains how we can reverse the course of osteoarthritis. It offers a highly effective regeneration program that includes numerous illustrated exercises and detailed recommendations for the proper diet.

- Two renowned pain specialists with a completely new approach for curing osteoarthritis
- Osteoarthritis is curable
- Highly effective regeneration program with many exercises

Small vertebra – large impact



Dr. med.
Siegbert Tempelhof
**The Atlas Vertebra as the
Cause of Illness**
[Krankheitsursache
Atlaswirbel]
Healing conditions that puzzle
physicians

Arkana
200 pages
Format 13,5 x 21,5 cm
October 2017

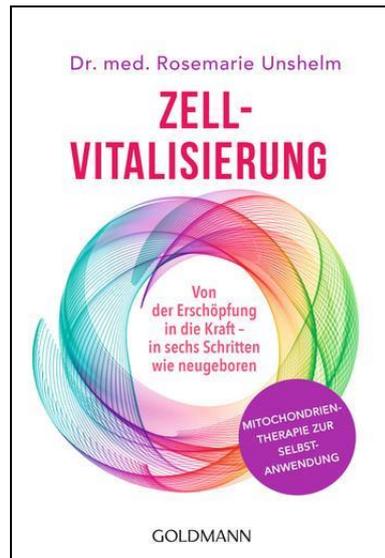
Dr. med. Siegbert Tempelhof is a specialist for orthopaedics, manual medicine, and osteopathy with his own practices in three cities. He is also a successful book author. Following his osteopathic training in the USA, he founded the trade journal *Osteopathische Medizin* and was one of its editors for many years. He is a founding member of the German-American Academy for Osteopathy (DAAO) and a long-standing board member. One of his areas of expertise is the treatment of diseases of the musculoskeletal system, particularly of the atlas vertebra, in adults and children.

The atlas vertebra is truly a wonder: on the smallest surface, this topmost cervical vertebra balances the head and gives it maximum freedom of movement – this with a finely tuned interplay of tendons, muscles, nerves, and fascia. The atlas, however, often loses its optimal position through whiplash or even through micro-traumas that often go unnoticed. This can lead to varied and sometimes serious conditions, setting sufferers on a long-term odyssey from doctor to doctor and eventually to the psychotherapist. Symptoms may be neck pain, dizziness, blurred vision, migraine, movement limitations of the arms and legs, perceptual disturbances, heart problems, loss of concentration, and even burnout.

In this book, the structure and especially the function of this unique and fascinating vertebra is engrossingly described in all its physical, energetic, and psychological interactions. Sufferers will find here not only information and clarification, but also advice and practical help in the form of exercises to help bring the atlas back into balance.

- Help for those seeking healing: which conditions are caused by a displaced atlas and what can be done
- With effective exercises and a comprehensive chart of symptoms and conditions

Activating the power plants in our body



Dr. med.
Rosemarie Unshelm
Cellular Vitalisation
[Zell-Vitalisierung]
From fatigue to energy –
Feeling reborn, in six steps –
Mitochondrial therapy for self-
application

Goldmann Paperback
256 pages
With 10 b/w illustrations
Format 12,5 x 18,3 cm
September 2017

Dr. med. Rosemarie Unshelm is an ear, nose and throat specialist with a holistic practice in Germany. Along with her standard medical education, she is qualified in the fields of chiropractics, acupuncture, biological cancer medicine, heavy metal detoxification, kinesiology, orthomolecular medicine, and mitochondrial therapy.

Constantly fatigued and lethargic? One cause could be damaged mitochondria. The main task of these tiny power plants in the cells is the production of energy. If they are disturbed by detrimental factors such as stress, environmental toxins, sleep deficiencies, or incorrect nutrition, the entire body will be affected. Chronic fatigue can develop, as can burnout and possibly such serious conditions as autoimmune diseases.

Through this focused therapy, damaged cells can be repaired and rejuvenated. The entire body will feel regenerated and we will experience renewed vitality.

- Mitochondrial therapy for self-application: a revolutionary method for regenerating the energy centers in the cells
- Effective help with burnout and chronic conditions such as autoimmune illnesses

Inhale, exhale – be happy!



Pascal Akira Frank
**The Small Book of
Meditation for All Who
Can't Meditate**

[Das kleine Meditationsbuch
für alle, die nicht meditieren
können]

Goldmann Paperback
144 pages
With 70 4c illustrations
Format 10,5 x 14,8 cm
August 2017

Pascal Akira Frank, born in 1981, has been studying Eastern spirituality, especially Zen Buddhism and Taoism, for many years. For him meditation has been the best way to connect with and remain close to his inner self in the midst of hectic everyday life.

Lightning quick, super easy, success guaranteed! Here is a book for all those who previously thought meditation was difficult, took too much time, or involved physical pain. Pascal Frank, himself a self-taught pleasure meditator, has developed the ideal guide for everyone frustrated with the Lotus position. Meditation will no longer be an annoying exercise, but a path of lightness and joy.

The effective exercises and practice-tested tips offered here help overcome the most common problems, including unfocused mind wandering, fatigue, and waning motivation. What awaits us is astonishment about the supposedly small things of life, more serenity in everyday life, and inner fulfilment. For both beginners and advanced practitioners.

- Effective tips for overcoming the 10 most common difficulties in meditation
- The best solutions for meditation problems, such as mental wandering, physical discomfort, and fatigue

The liberating journey into the past



Johanna Hetzner
Healing What Is Behind You
[Heile, was hinter dir liegt]
Putting your past in balance to release yourself into the future

Ansata
208 pages
With 7 b/w illustrations
Format 13,5 x 21,5 cm
September 2017

Johanna Hetzner has been active for many years as a classical homeopath and a natural healer, using methods of energetic medicine, including quantum healing, Prana healing, and systemic constellations. Since childhood she has been clairvoyant and in close contact with angels. Along with her healing practice, she gives seminars for both healers and interested lay people.

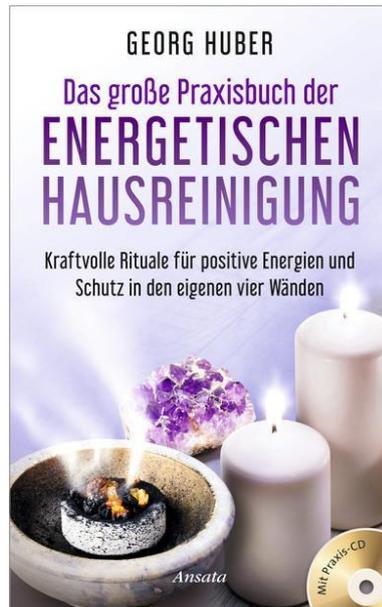
www.homoeopathie-hetzner.de

Personal problems of the present often have their causes in the past – whether it is an accident of three weeks ago, or occurrences a few generations back, when our ancestors went through negative experiences, the aftereffects of which have come down to us.

Through particular methods of psychic healing, it has become possible to in effect go back in time to balance what has lain hidden: the burdens, injuries, and unrealised potentials. Through this, the adept healer Johanna Hetzner has successfully treated many people, helping them overcome a variety of conditions and problems. Here she reveals her many proven methods and techniques, imparting them to anyone who wants to embark on a healing journey into the past.

- Fascinating revelations of the hidden sources of physical and psychological symptoms
- Proven psychic healing methods for self-application
- Case studies documenting spectacular successful treatments of this well-known healer

Creating harmonic energies in every space



Georg Huber
**The Large Practical Book
of Energetic House
Cleaning**

[Das große Praxisbuch der energetischen Hausreinigung]
Powerful rituals for positive energies and protection in your own four walls

Ansata
224 pages
Format 13,5 x 21,5 cm
October 2017

Georg Huber, born in 1982, has been intensively involved with spiritual and psychic issues since his youth. Endowed with exceptional sensitivity and perceptiveness, he focuses especially on the healing and transformation of emotions and etheric energy fields. He imparts his knowledge and experience through books, meditation CDs, and seminars and lectures.

Everyone has experienced it: you enter a room and suddenly you feel uneasy. The cause is invisible energies, by which we are always and everywhere surrounded – whether from water veins, electrosmog, the energetic residues of former occupants, or even the hidden influences of invisible entities. The psychic expert Georg Huber reveals how we can handle these energies. With the aid of incense rituals, visualisations, healing stones, and the purifying power of candle flame, it is possible to perceive negative energies and to effectively counterbalance them. Through this, the home can become a space of positive vibrations, where we can gather new strength and feel safe and comfortable.

- The comprehensive practical program with incense rituals, visualisations, and meditations

Finally getting rid of such painful emotions as anxiety and guilt



Stefan Limmer **Cleansed of Anxiety and Guilt**

[Reinigung von Angst und Schuld]

How we can dissipate unhealthy patterns of our ancestors and of our childhood

Arkana
208 pages
With 6 b/w illustrations
Format 13,5 x 21,5 cm
August 2017

Stefan Limmer, born in 1964, is a building biologist, natural healer, seminar leader, and initiated shaman. Along with naturopathic procedures, the emphasis of his practice is on energetic and shamanic healing methods, which he has studied and used since 1996. From this he developed his own particular method, which is optimally adapted to the needs, behaviour patterns, and illness symptoms of people in the Western world. He has his own healing practice and gives seminars and trainings.

Anxiety and guilt are two very different siblings that each of us carries within. They harm and burden us. Far too often, and mostly without our being conscious of it, they control our thinking and actions, preventing us from creatively, freely, powerfully, and effectively making the best decisions for ourselves and our world.

Anxious fear comes from everything we cannot control. We feel guilty if we cannot adequately respond to other people or to the demands of everyday life, or certainly to our own needs. Often we suppress our feelings of guilt, resulting in new anxiety and inner stress, which further reduces our ability to accept responsibility. A vicious circle!

Stefan Limmer, a natural healer and shaman, shows us how anxiety and guilt arise, and how through shamanic exercises, rituals, and meditations we can purify ourselves – to open up our own sources of courage, strength, and responsibility, and return to our true extraordinary selves.

- Painful feelings and patterns inherited from our ancestral line transformed through shamanic healing work
- With rituals, exercises, and meditations

A magical method to bring clarity and peace into life



Annette Sewing
The Pearl Diver Method
[Die Perlentäucher-Methode]
Four simple questions with which we can master every life situation

Arkana
192 pages
Format 13,5 x 21,5 cm
October 2017

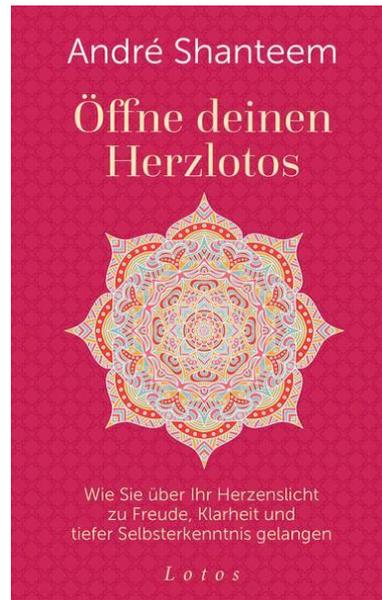
Annette Sewing is a medical physician and coach. During her studies in human medicine, she recognised that her main interest was not in the treatment of symptoms, but rather in the personal history of her patients. After her discovery of Byron Katie's "The Work", she discovered a wonderful tool that provided new perspectives to her conversations with people. She then developed her own "Pearl Diver Method" with which she assist people in the process of self-reliantly reflecting on their lives and developing healthy competencies.

Go diving for pearls and find the treasures that lie undiscovered in your unconscious! A huge potential exists in each of us – we only have to be willing to find it and bring it to light. With profound knowledge of the human psyche, the author uses light-toned and engaging stories to teach us "pearl diving". Four simple questions lead us into the depths and then bring us back to the surface with discoveries of clarity on difficult life themes, solutions for internal and external conflicts, and ways to escape emotional dead ends.

Simple, clear, and effective – "pearl diving" is an intuitive method that helps us make our lives easier and guides us through the variety of problems we encounter in life.

- Discovering and transforming unconscious blockages and destructive behavioural patterns
- Practical help for difficult decisions and burdensome life situations

Following the path of the heart



André Shanteem
Open Your Heart Lotus
[Öffne deinen Herzlotos]
How to arrive at joy, clarity,
and deep self-discovery
through the light of your heart

Lotos
256 pages
With 9 b/w illustrations
Format 13,5 x 21,5 cm
October 2017

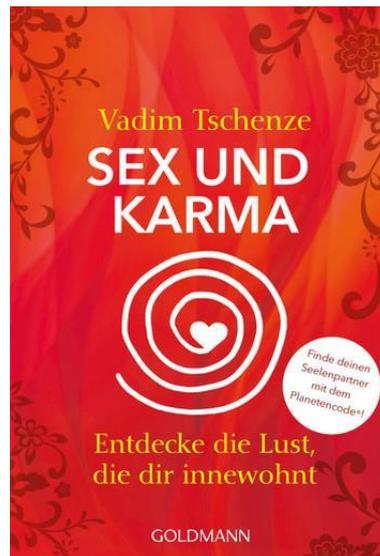
André Shanteem, a German-Egyptian born in 1968, studied religious sociology, reflexive social psychology, intercultural communication, and English literature. He was initiated into several Sufi traditions and is now considered one of the most renowned experts for this mystical current of Islam. He imparts his knowledge in his seminars and workshops, which are open to people of all faiths. A sought-after interview partner, he is particularly engaged with inter-religious dialogue.

The heart lotus is our spiritual power centre, an etherial organ in the middle of the chest. According to the doctrine of the Sufis, every human possesses this, but most people have fallen "asleep" because of their unconscious ways of life.

André Shanteem shows how the heart lotus can unfold freely and naturally. This will open a path that anyone can follow even without previous knowledge and that is independent of any particular religious belief. Through simple exercises, the life-transforming power of the heart lotus will be liberated: well-being and vitality will increase appreciably, and one's own love energy will again be liberated. Here is a path full of joy and lightness that leads to clarity and inner awakening.

- The innovative practical program for spiritual heart-work
- Based on traditional Sufi exercises, conceived for the first time for Western readers, and supplemented with Zen and Yoga
- With inspiring stories and anecdotes about the energy for the heart lotus in various cultures and traditions

Finding the right karma partner for a harmonious and fulfilled love life



Vadim Tschenze
Sex and Karma
[Sex und Karma]
Discover the desire inside

Goldmann Paperback
288 pages
With 30 b/w illustrations
Format 12,5 x 18,3 cm
August 2017

Vadim Tschenze, born in Uzbekistan, has for many years been the head of an institute for spiritual healing, shamanism, and mediumism in Switzerland. He is the author of many books. His spiritual wisdom of parapsychology, natural healing, and spirituality has been passed down in his family for generations.

www.vadimtschenze.ch

We seem to know so much more about sex than in any other historical period. And yet most people are still searching for what is really fulfilling to them and their partners: sex in which love and desire become merged.

The famous Russian energy healer Vadim Tschenze sees this as an opportunity to become more aware of our deep inner selves. Through numerous techniques from Russian energy medicine, we will learn which practices and positions electrify us and our partner, and we will discover the energies that ancient Russian love magic, planetary impulses, and numerological knowledge can bring forth. In this mix of self-knowledge and connectedness, our sexuality will unfold its full potential.

- The teachings of karmic sexuality with numerous techniques from Russian energy medicine – finding our own karma and unfolding a fulfilling sexuality
- Discovering the new dimension of sexuality

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