

# Foreign Rights Spring 2018

## Reference



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Heyne ▪ Integral ▪ Irisiana  
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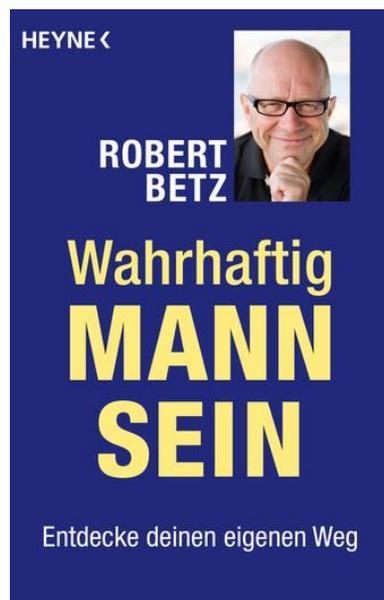
## The life-advice book for men – revised and expanded



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World English

**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.robert-betz.com](http://www.robert-betz.com)



Robert Betz  
**Truly Being a Man**  
[Wahrhaftig Mann sein]  
Discover your own way

Heyne Paperback  
320 pages  
Format 11,8 x 18,7 cm  
July 2018

"When is a man a man?": Inquiring into the life of men is not new, but just consider the answers from the bestselling author Robert Betz.

Instead of uncertainty and self-doubt, he provides modern men with a feeling of self-worth and the freedom to embrace the true essence of being a man. This book is indispensable for every man. But any woman as well who reads this will begin to see her man, and all other men, in new ways ...

Completely revised and expanded paperback edition of the bestseller *The Man Becoming a Man!* [So wird der Mann ein Mann!].

## From the wounded child to the self-confident adult



Dami Charf  
**Even Old Wounds  
Can Heal**

[Auch alte Wunden  
können heilen]  
How injuries from our  
childhood impact our lives,  
and how we can liberate  
ourselves from them

Kösel  
250 pages  
Format 13,5 x 24,5 cm  
June 2018

**Dami Charf**, born in 1964, is the founder of the body- and relationship-oriented therapy method Somatic Emotional Integration®, or SEI. After studying social education, she completed training in Transformative Body-oriented Psychotherapy, Somatic Experiencing, Bodydynamic Therapy and Sensorimotoric Psychotherapy. She is an alternative-medical practitioner for psychotherapy, works as a trauma therapist, and offers training in these practices.

This book is for all those who feel they are not "right" how they are. They suffer from inexplicable feelings of guilt, are unable to identify their own needs, cannot set boundaries, and do not have a proper feeling for their own body. The causes could be psychological injuries incurred during the first years of life. Some are triggered by a traumatic event, but more often they are caused by growing up without secure personal ties or feelings of belonging.

The trauma therapist Dami Charf helps readers get in touch with themselves, develop self-understanding, discover new opportunities, and experience inner stability and freedom.

- Helpful knowledge and available therapies
- For readers of Peter Levine and Larry Heller

## Finally becoming free of burdensome feelings



Vivian Dittmar  
**The Emotional Backpack**  
[Der emotionale Rucksack]  
How to rid ourselves of  
unhealthy emotions

Kailash  
200 pages  
Format 13,5 x 21,5 cm  
May 2018

**Vivian Dittmar**, a recognised lateral thinker on emotional intelligence, is the founder of the “Be the Change” Foundation for Cultural Change. Her books include *Feelings and Emotions: An Instruction Manual*, *The Small Book of Emotions for Parents*, and *A Relationship Can Be Learned*.

The emotional backpack – this comprises the difficult, unprocessed emotions from the past that we all drag around with us: fear, anger, grief, pain, and so on. They burden us in everyday life, in relationships, and at work by causing emotional overreactions that can escalate even non-controversial situations.

Vivian Dittmar, a well-known speaker and seminar leader, introduces an innovative healing approach to the emotional backpack. She shows, through an easily applied dialogue method, how we can control and deliberately discharge these burdens, so that we can finally go through life more freely with less emotional baggage and without being thrown off track by every little problem. Thus even in states of emotional emergency, we will have more composure in dealing with ourselves and others.

- Recognising your own emotional ballast and freeing yourself step by step
- The dialogue method: getting out of the tangle of your own emotions
- Easily mastering touchy emotional situations in relationships, at work, and in everyday life

## Finally dispensing with self-doubt and the feeling of not being enough



### Burkhard Düssler **Stop Tormenting Yourself!**

[Hör auf, dich fertigzumachen!]  
Finding our way to a sustainable positive self-esteem

Kailash  
220 pages  
Format 13,5 x 21,5 cm  
June 2018

**Burkhard Düssler** worked for several years as a depth psychotherapist with children and adolescents, followed by 12 years at a psychosomatic clinic. Since 2007 he has been a specialist in psychosomatic medicine and psychotherapy. In 2012 he started his own practice. His focuses include depression, anxiety, and eating disorders, as well as spirituality as a resource in psychotherapy.

Who has not experienced this? The inner critic, that authoritarian entity in us, who is constantly hanging around, pestering, making us feel small, and being a drag on our everyday life, work, and relationships.

Burkhard Düssler, a specialist in psychotherapy, has discovered a new perspective: to see the inner critic not as an adversary, but as a kind of child-like guardian who is concerned about us and is acting in our own best interest. The author has developed an effective method to enable us to finally use the valuable voice of the inner critic. With this method, we can enter into dialogue with the inner critic, reassure it, and calm its excessive fears. In this way, we create the basis for a stable and positive self-esteem as the inner critic becomes a valuable friend and adviser, one who is sure to remain at our side in life.

- How we can accept and make use of our inner critic
- Authored by a medical doctor and psychotherapist with his own practice
- With many exercises and tips

## Dissolving traumatic experiences through writing



Stephan Konrad  
Niederwieser  
**Writing the Trauma  
off the Soul**  
[Das Trauma von der Seele  
schreiben]  
A new method for self-healing

Kösel  
224 pages  
Format 13,5 x 21,5 cm  
April 2018

**Stephan Konrad Niederwieser**, born in 1962, offers psychotrauma therapy in his practice in Berlin. An alternative medical practitioner, he has completed various somatic-therapeutic trainings (Hakomi, NARM) and works closely with the Munich trauma therapist Franz Ruppert. His published books include nonfiction, novels, and self-help guides.

[www.stephan-niederwieser.de](http://www.stephan-niederwieser.de)

Writing on a particular topic 20 minutes each day for four days has proven to be beneficial and healthful. By writing, people come into contact with themselves and so are better able to handle difficult life situations. Writing also helps in coming to a deeper understanding of oneself and to make thoughts calmer and more compassionate, as many studies have since proven. Aspects of traumatic experiences can also be processed by incorporating physical sensations into the writing experience.

The book includes numerous practical ideas and tips for making the optimal use of this method of healing through writing.

- An effective self-help method with numerous practical tips

## We are our own worst enemy



Dr. med. Mirriam Prieß  
**Time to Change Lanes**

[Zeit für einen Spurwechsel]

How we can let go of the inner child and give life its own direction

Südwest  
208 pages  
With b/w illustrations  
Format 13,5 x 21,2 cm  
April 2018

**Dr. med. Mirriam Prieß**, born in 1972, studied medicine at the University of Hamburg, where she received a doctorate in the area of psychosomatic disorders. She has additional training in depth-psychology-based psychotherapy and analysis, as well as in systemic therapy and organizational consulting. She was a doctor and psychotherapist in a psychosomatic clinic. Today she is in a management capacity for the treatment of fears, depression, and burnout. Since 2005 she has been active as a counsellor in the business world, offering individual coaching for managers in the area of conflict and stress management.

Does this sound familiar? You know what's the right thing to do, but you are just unable to do it? You are continually getting involved with the wrong people, and you get stuck in painful situations? You hold on tight to what is blocking you, and you just cannot free yourself? Why do we not live successful lives? Because we don't want to!

Based on this provocative thesis, Mirriam Prieß describes how we unconsciously keep away from what we really want. We are "remotely controlled" by a second ego that we unconsciously developed in our early years and that goes unnoticed while preventing us from living a healthy and successful life. Even more, because of false self-beliefs, it often leads us in exactly the opposite direction! So, if you want to be successful in life, you have to expose and dissolve this false ego within you.

With many examples from everyday life, this well-researched book shows us how it is possible to steer our own life powerfully in the right direction.

- Why we are our own greatest obstacles, and how we can pass beyond them
- Scientifically sound, close to everyday life, and with the promise of sustainable success

## Seeing being highly gifted as an opportunity



Eliane Reichardt  
**Highly Gifted?**  
[Hochbegabt?]  
Recognising and fostering  
potential

Irisiana  
256 pages  
With tables and graphics  
Format 13,5 x 21,5 cm  
March 2018

**Eliane Reichardt**, highly sensitive and highly gifted herself, was born in 1959. She studied architecture, business administration, and psychology. She works as a freelance lecturer, counsellor, and coach for highly sensitive and highly gifted people. She is also a counsellor for businesses in their dealings with highly sensitive employees.

Statistically, every sixth to seventh man or woman is gifted above average. Such highly talented people can be found in all age groups and in all social classes, and they often do not recognise their own talents. It is usually the parents of highly gifted children who become aware of this, because their children behave differently.

In this book Eliane Reichardt, an expert on the subject, conveys solid knowledge about (high) giftedness, explains the problems that may arise in living with such people, and points out ways to a better, more understanding relationship with one another both personally and socially.

- A practical advice book for a greater understanding in living with highly gifted people

## Creating space for the meaning of life



Christoph Schlick  
**Send the Monkeys  
Off to Play**  
[Schick die Affen spielen]  
How potential can be realised

Kösel  
160 pages  
Format 12,5 x 18,7 cm  
June 2018

**Christoph Schlick**, born in 1961, studied law and theology. As a logotherapist, he accompanies people who are looking for their own purpose in life. For 24 years he lived as a Benedictine monk in the Seckau Abbey. After leaving the Order, he began working as a psychological advisor and business consultant.

Our inner powers are able to break apart corsets around our thinking, and they help us to find our hidden potentials and to use them effectively. This is how we succeed in connecting with our strengths and becoming the person we really are.

But the hidden potentials need to be given a chance and must not be sabotaged by the "inner monkeys", who with their chattering, rumpusing, and screaming do everything possible to block out what is being stimulated in us and what desires to grow into new creativity and a zest for life. These monkeys must therefore be sent away to "play" until the unfolding process has truly been set in motion.

- A logotherapeutic approach
- A guide to the search for meaning and on the crisis of meaning

## Towards a self-responsible and happy life, and away from the role of victim



Kerstin Werner  
**Have the Courage  
to Be Joyful**  
[Hab Mut zur Lebensfreude]  
5 steps to a self-determined life

Integral  
128 pages  
With 10 b/w illustrations  
Format 12,5 x 20,0 cm  
April 2018

**Kerstin Werner**, born in 1973, is a certified NLP coach, photographer, and author. She has written many books that she has self-published and that have quickly become true bestsellers of spiritual life help. Her touching stories find a direct path into the hearts of her readers and provide valuable impulses for self-awareness and conscious ways of living.

[www.kerstin-werner.de](http://www.kerstin-werner.de)

How often do we have the feeling we are not living the life that is meant for us? How often do we hide behind a mask, instead of showing ourselves as we truly are?

Unsparingly honest, Kerstin Werner tells of her own psychological impediments and difficult times full of fears and self-doubts – and how, by consciously facing and engaging with them, she came to a renewed self-confidence and joy of life.

In five steps, Kerstin Werner leads us out of the martyr role towards self-responsibility and imparts to each life-changing knowledge: You are good just as you are!

- Honest, empathetic, constructive: the most personal book of this accomplished author

## Addicted to recognition and validation – why we always give our best and lose ourselves while doing so



Brigitte Witzer  
**Joy Addiction Life**  
[Glück sucht Leben]  
The thirst for increasingly  
more, and how we can free  
ourselves

Ariston  
224 pages  
Format 13,5 x 20,6 cm  
April 2018

**Brigitte Witzer** lives what she has recognised – her dissertation on "Leadership and Human Image" caused her to give up a career in business as a top executive; when she saw through the cynicism of the university system she abandoned the security of a professorship in exchange for independence and integrity. She is now a successful corporate coach and has specialized in leadership, development and change management.

We are dependent on receiving acknowledgement and affirmation. While striving for these we often reach our limits, and then get help from alcohol or nicotine to extend this limit. Shopping or running marathons satisfy us in a way that mundane life does not. In short, we are addicted, and we don't know it, because many addictions are inconspicuous and socially accepted. It is estimated that in Germany more than one in four people are addicted in some way or another – an alarming statistic. Then there are the relatives, friends, acquaintances, employees, and colleagues who suffer as well.

Brigitte Witzer exposes our hidden addictions, showing how they can destroy a good life and how short-term pleasure can lead to long-lasting misfortune. The exit from dependency can succeed only through an acceptance of life and ourselves.

- Combative and clever – the new book from the bestselling author

## Fulfilling your greatest dream



Christian Bischoff

### **Unbeatable**

[Unbesiegbar]

55 secrets for how you can surpass all others

Ariston

128 pages

Format 10,0 x 15,5 cm

April 2018

**Christian Bischoff** was a national basketball player at the age of 16 and the youngest national league trainer at the age of 25. Today he is a book author, consultant, and speaker in the private sector and one of the most popular seminar leaders in the German-speaking realm.

What is life about? Christian Bischoff, a foremost success and motivation trainer, has a straight answer: "Make the most of yourself and your life! Decide to become the best you can and promise yourself that you will strive to become even better."

Sounds difficult? It's actually easier than you think. One of Christian Bischoff's motivational secrets is to see the good in everything. Realising that everything that happens in life benefits us is a key lesson that will help us to take the next step forward. Intensive and consistent action is all it takes.

Christian Bischoff shows us how to get onto the fast lane in life – directly and with no detours.

- A power book for all who want more self-determination, success, and personal breakthroughs in life
- Know-how meets emotion: deep knowledge about change presented in 55 steps

## Changing instead of enduring – the ultimate guide for finding the right job



Emilio Galli Zugaro /  
Jannike Stöhr  
**I Am So Free**  
[Ich bin so frei]  
Out of the rat race –  
Into the right job

Ariston  
208 pages  
Format 13,5 x 20,6 cm  
June 2018

**Emilio Galli Zugaro**, born in 1960, spent six years as a business correspondent from all over the world before joining Allianz in Munich, where for 23 years he headed corporate communications. During this time he also began teaching at university. At the height of his career in 2015, he left Allianz to start over on his professional life.

**Jannike Stöhr**, born in 1986, tried out 30 jobs in one year, after which she wrote a book, and now gives many lectures about her experiences. She has noticed how many people are dissatisfied in their jobs, so she advises people who want to improve their professional lives.

"I don't want to do this anymore, I can't do it anymore!"

Countless people play with the idea of giving up their job. But most just let things go on as they are. Until it is too late: the years have flown past, and they haven't done anything satisfying in their career.

Those who change jobs on their own and act in a self-determined way – like the two authors – experience a boost in motivation, improve their performance, and in the end are happy and fulfilled.

Here is a book for those who do not want to simply get off, but want to change, get involved and grow in their job. Written by two professionals who have much experience changing jobs, this book is replete with example scenarios and presents a variety of feasible options.

- The key to happiness is not in fleeing from a job, but in finding the right job!
- The wrong job will certainly not make you happy or free – this book shows the way to a fulfilled life

## Improving your negotiating competence and attaining goals



Thorsten Hofmann  
**The FBI principle**  
[Das FBI-Prinzip]  
Negotiation tactics for winners

Ariston  
288 pages  
With 21 b/w illustrations  
Format 13,5 x 20,6 cm  
February 2018

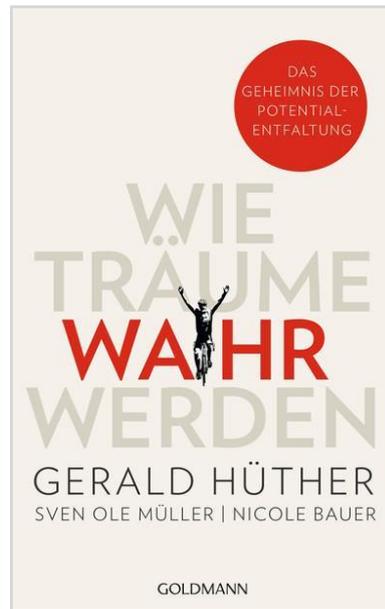
**Thorsten Hofmann** studied psychology, criminology, and economics. He worked for the German Federal Police for many years, where he was trained in various negotiation concepts and strategies. He is presently a negotiator in extortion and hostage cases for an international insurance firm. He is the director of the Centre for Negotiation at the Quadriga Technical College in Berlin, conducts seminars and trainings on strategic negotiation management, and advises organisations on complex negotiation processes.

Life is negotiation, and negotiations can save lives. Nobody knows this better than Thorsten Hofmann. As an investigator with the Federal Criminal Police, he was a specialist in the field of organised crime, especially in spectacular cases involving extortion or hostages at home or abroad.

Using techniques of the intelligence services as well as the latest insights in neuropsychology, the author presents a succinct and highly effective guide on how to prepare, strategically plan, and successfully complete negotiations.

- Indispensable know-how for everyday life, from dealing with customers and negotiating a raise to buying a house
- How to see through people, interpret facial expressions and gestures and correctly analyse patterns of behaviour

## The secret of developing potential



Gerald Hüther / Sven Ole Müller / Nicole Bauer  
**How Dreams Come True**  
[Wie Träume wahr werden]

Goldmann  
300 pages  
With a picture section  
Format 13,5 x 21,5 cm  
June 2018

**Gerald Hüther**, born in 1951, is a professor of neurobiology. The many books he has written include the *Spiegel* bestsellers *Every Child is Highly Gifted* and *Escaping from the Dementia Trap!*.

[www.gerald-huether.de](http://www.gerald-huether.de)

**Nicole Bauer** and **Sven Ole Müller** are keen amateur racing cyclists from Thuringia. Their dream came true when they and their team won the "Race Across America" – coached by Gerald Hüther.

"I have a dream", Martin Luther King called out to the demonstrators gathered in Washington half a century ago. History has shown us that dreams can only come true if we join up with others. What makes a successful team has been defined and is logical but difficult to put into practice: a mutual objective, for example, is important; ditto as many different individuals as possible; and hierarchical freedom.

The focus, therefore, is not only on mere theory but also on the vibrancy of the practical aspects. Take the example of a small group of cyclists from Thuringia, the members of which had the crazy idea of participating in the "Race Across America". They were coached by Gerald Hüther and in the end were rewarded with victory.

*How Dreams Come True* opens up a new view of the neuroscience of developing potential and is based on the example of a fascinating success story.

## Insights from elite sports



Jan Mayer  
**When It Really Matters**  
 [Wenn's drauf ankommt]  
 Thinking quickly –  
 achieving maximal  
 performance –  
 mastering stressful situations

Ariston  
 208 pages  
 Format 13,5 x 20,6 cm  
 April 2018

**Jan Mayer**, born in 1972, has worked as a sports psychologist for 20 years coaching various national teams. Currently he is with a Bundesliga team and is an advisor to the German Olympic Sports Confederation. In addition, he is a professor at the German Academy for Prevention and Health Management and heads the sports psychology institute Coaching Competence Cooperation Rhein-Neckar.

Summoning supreme performance when needed, recognising and actualising opportunities – and this under stress and at the highest tension. What applies to success in top-level athletics is just as applicable to the challenges of work and everyday life.

Jan Mayer is the sports psychologist of the Bundesliga football team TSG Hoffenheim. His concept for achieving top performances in competitive sports has over many years been well proven. He explains how not only athletes but anyone can acquire the art of the moment, so that we can depend on ourselves and our competence at any time. And he shows how his strategy functions in everyday life. Thanks to this science-based method, we can overcome self-doubt and remain confident and convincing even under high stress. Here is a book for those who want to achieve their best performance when it matters most!

- Refreshingly innovative: the sports psychologist reveals how to deal with stress and optimise our performance
- Complex psychological perspectives finely and simply presented
- Findings from professional sports
- Overcoming fear of examinations and giving speeches, and getting the best out of oneself

## Let's talk about money



Philipp Wolk  
with Jochen Till  
**Money Can Buy  
Happiness**

[Kein Geld macht auch  
nicht glücklich]  
Relaxed saving, investing,  
insuring

Goldmann Paperback  
272 pages  
Format 12,5 x 18,3 cm  
April 2018

**Philipp Wolk**, born in 1974, already had five piggy banks as a child. Since his training as a banker and subsequent business studies, he has made dealing with money his main profession. Now he shares his fondness for financial planning with others.

**Jochen Till** was born in 1966 and studied German literature. After dropping out of university and for lack of other talents, he became a writer. Even though he now knows that this is his dream job, his personal financial planning remained a nightmare – until he met Philipp Wolk.

Philipp Wolk knows how to increase his money, and he wants to share his knowledge. He tells his hair stylist what insurance she needs, his sister-in-law how to invest her savings in the medium term, and his football buddy whether it's worth investing in real estate.

So that not only his own social contacts, but also a great many people can benefit from his knowledge, he has written down these quite instructive stories, which will entertain readers while helping them learn how to get their finances in order.

- A nearly effortless approach to financial security, with illustrative anecdotes and valuable tips from a finance expert
- Humorous, not dry – the somewhat different financial guide
- Helpful text boxes on the main topics throughout

## A good morning every day



Inga Heckmann  
**The Small Book of Good Mornings**

[Das kleine Buch vom guten Morgen]  
The best yoga exercises, rituals, and recipes for starting the day

Irisiana  
176 pages  
With ca. 15 2c illustrations  
Format 15,5 x 21 cm  
February 2018

**Inga Heckmann** is a medically approved yoga teacher and a teacher of Ashtanga yoga. She gives weekend workshops about yoga in everyday life. In addition, she is a professional singer in rock and pop.

This book shows how, with small rituals, gentle body care, and a bit of mindfulness, an average or even lousy morning can be transformed into a truly good start to a fine day. Such elements include a healthy, appetising breakfast, a touch of yoga, maybe a small morning meditation, and, as the foundation of a good morning, a restful night's sleep. Examples of morning routines through the week round off the book, providing ideas for creating one's own best mornings.

- With yoga flows, healthy breakfast recipes, tips for a loving body hygiene, and small meditations and rituals
- Tips for designing mornings with children and other stressful situations

## A basketful of helpful tips



Carola Kleinschmidt  
**Hello Stress,  
I'm Doing Fine**  
[Hallo Stress, mir geht es gut]  
Ideas for decompressing

Kösel  
48 pages  
With 40 colour illustrations  
Format 17,0 x 15,5 cm  
May 2018

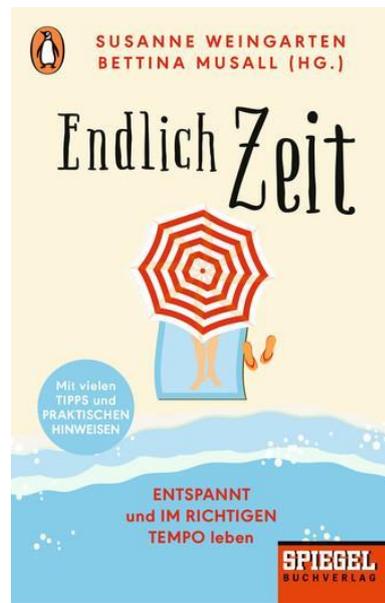
**Carola Kleinschmidt**, graduated biologist and journalist, has been involved with health issues in the professional world for years. She holds seminars on work-life balance.

Carola Kleinschmidt, an expert in stress resilience, provides a cornucopia filled with helpful tips for stressful times. Every fruit in the basket stands for a specific strategy. The apple reminds us to breathe deeply. The lemon points out that stress is not a punishment but rather an opportunity. The melon asks whether all this is really so hard, and the grapes will prevent us from getting tangled up in multitasking.

With the help of these fruity tricks, even when things get messy or chaotic you will keep going instead of getting burned out – so that stress will not generate even more stress.

- Staying strong in the face of the ups and downs of confusion and chaos
- From the successful *Pocket Coach* series: Over 430,000 copies of all titles sold (for more titles visit [www.kleineberater.de](http://www.kleineberater.de))

## More time for me and the things that are important



Susanne Weingarten /  
Bettina Musall (Eds.)  
**Time At Last**  
[Endlich Zeit]  
A relaxed life at the right pace  
– A *Spiegel* Book

Penguin Verlag  
240 pages  
Format 11,8 x 18,7 cm  
June 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.

**Bettina Musall**, born in 1956, studied German literature and political science. For many years she wrote about politics and culture but now contributes to the *Spiegel Wissen* and *Spiegel Geschichte* series.

Eight hours are not a day – and yet we often feel worn out and long to get away from it all. The question is: how can we simply switch off and do our own thing without a bad conscience? How can we define the activities that waste most time during the day? How can we learn to pause for a moment and recharge our batteries?

Numerous expert suggestions from coaches, doctors and ordinary everyday heroes and heroines help us in this book to organise our time in such a way that we get more from it – and the result is a plea for us to dawdle more. It all goes to helping us remain mindful and unruffled – in our everyday lives, in partnerships and at work.

- More time for me and things that are important
- For a more relaxed life – the best advice on how to pause for a moment during the day and recharge our batteries

## The handbook for relationships in crisis



Holger Kuntze  
**Loving Means Wanting**  
[Lieben heißt wollen]  
How a relationship can  
succeed when we think about  
freedom in a whole new way

Kösel  
200 pages  
Format 13,5 x 21,5 cm  
May 2018

**Holger Kuntze**, born in 1967, has worked as a couples therapist and consultant since 2001. Following his studies in the humanities and social sciences, he trained as a psychotherapist according to the healing practitioner regulations and is today a life coach and certified coach for professional development.

Almost every couple comes to the point when the pleasure of love seems to have disappeared, quarrels are frequent, and the question arises of whether to stay or to leave.

The couples therapist Holger Kuntze presents ideas on how to get closer to each other again in such a situation. This includes liberating oneself from the usual paths of thinking and acting and developing inner flexibility – to question our automatic reactions, to listen openly and without being defensive, and to once again decide to choose the other person.

This is a clever and encouraging book showing why the perfect partner does not exist and how we can still come to be happy with each other.

- For readers of Arnold Retzer und Russ Harris

## How we can find our very own sexual role and redefine a relationship



Veit Lindau /  
Andrea Lindau  
**Queen and Samurai**  
[Königin und Samurai]  
When woman and man  
awaken

Kailash  
300 pages  
Format 13,5 x 21,5 cm  
April 2018

**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.

**Andrea Lindau** is the CEO of Life Trust and the founder of Human Trust. She is on the board of trustees of the ichliebedich Foundation. She loves people and devotes her life to the development and realisation of potential in children, youth, men, and women.

This book is a plea for reaching a new level in the art of loving. Veit and Andrea Lindau raise questions concerning the myth of love and present ways in which both sexes can awaken and come into their power. It is possible for a strong woman to live a primal femininity without subordinating herself.

A queen leads without manipulating. When the man discovers his own personal mission and sets out on this with the integrity of a samurai, he develops a new standing for himself and the woman opposite him. When both come to a new self-understanding, they can meet at an equal level – like the queen and samurai. They begin to serve each other in their respective development – and to recognise themselves as husband and wife.

- Inspiring case examples and interviews of strong men and women
- A surprising journey of discovery into the mystery of love and to the five archetypes of the sexes

## Bonding – the best that parents can give their children



Fabienne Becker-Stoll /  
Kathrin Beckh / Julia Berkic  
**Bonding – A Secure Basis  
for Life**

[Bindung – eine sichere Basis  
fürs Leben]

Kösel  
352 pages  
With 20 b/w illustrations  
Format 17,0 x 24,0 cm  
June 2018

**Fabienne Becker-Stoll** is the most renowned expert for early childhood in Germany. She is a degreed psychologist and director of the State Institute for Early Education (IFP) in Munich, where she ensures that scientific findings on the rearing and care of our children can be translated into practice. After more than 20 years of research, she is the most important voice on the quality of early childcare.

**Julia Berkic** and **Kathrin Beckh** are degreed psychologists and researchers at the State Institute for Early Education (IFP) in Munich, focusing on bonding development.

Secure bonding – why is this really so important for children? Breakthrough research shows that it is the foundation for the development of health, resilience, success, and happiness.

A top expert in the research and practice of education shows what parents can do to create a stable basis for a fulfilling life for their children. Sleep, screaming fits, stubbornness, sibling conflicts, setting limits – for all of the major family topics parents will learn specifically how they can act in a bonding-supportive way. This strengthens children more than anything else, as proven by many long-term scientific studies.

- The parenting book for the first six years, helping parents accompany their children in life
- Includes new scientific findings, made comprehensible and workable in everyday life

## A loving look at the wonderful children of today



Julia Dibbern  
**The Tyrant Lie**  
[Die Tyrannenlüge]  
Why our children are exactly what the world of the future deserves

Kösel  
176 pages  
With 5 b/w illustrations  
Format 13,5 x 21,5 cm  
March 2018

**Julia Dibbern** is a journalist for sustainability and family, and the author of successful family advice books. She is cofounder of the family-oriented *artgerecht*-project and the mother of a fantastic teenager.

Parents who relate to their children very consciously and lovingly sometimes become disconcerted when their children do not behave as lovingly in return or do not seem to be "functioning" well. They wonder whether being stricter might be necessary or appropriate. However, a look at the research reveals that today's children are not at all the malicious tyrants or impudent little beasts they seem to be.

Julia Dibbern demonstrates how well our children are prepared for the world of the future, for the world will not need a generation of mindlessly obedient grovellers, but rather people who are courageous, creative, and socially competent. Parents will be reassured by this book, learning to better understand the needs of their children and not be unsettled by our society.

- Why our image of children as tyrants is no longer valid

## Difficult children with great potential



Nora Imlau  
**So Much Joy,  
So Much Anger**  
[So viel Freude, so viel Wut]

Kösel  
256 pages  
With 8 colour illustrations  
Format 13,5 x 21,5 cm  
May 2018

**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.

Some children have extremely strong feelings. They are bursting with energy, enthusiasm, and the need to move. They also shout and scream, do not sleep through the night, and have little control over their emotions. Parents and siblings often cannot take this anymore.

This book explains how to recognise highly emotional children, what their needs are, and the great potentials they have within.

- Every seventh child worldwide is highly emotional
- Understanding and supporting highly emotional children
- Includes an assessment questionnaire

## What brain research and psychoanalysis advise on child rearing



Hans-Otto Thomashoff  
**So That Little Assholes  
Don't Become Big Ones**  
[Damit aus kleinen Ärschen  
keine großen werden]  
Why parents are the best  
role models

Kösel  
192 pages  
With 3 b/w illustrations  
Format 13,5 x 21,5 cm  
April 2018

**Hans-Otto Thomashoff**, born in 1964, is a specialist in psychiatry, a psychoanalyst and psychotherapist in private practice in Vienna, and author of many non-fiction books. He is the president of the Section for Art and Psychiatry of the World Psychiatrist Association, a member of the supervisory board of the Sigmund Freud Private Foundation, and a member of PEN International.

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

Through twelve case studies and findings from modern brain research, Hans-Otto Thomashoff illustrates how parents can become good role models for their children.

The human brain learns primarily from experience. Applied to child raising, this means that everything children observe and experience with their parents shapes their own thinking and behaviour. If parents want their children to live happy and prosperous lives, they should pay attention above all to how they present their own values and behaviours to their children – babies and toddlers as well as primary school children and adolescents.

- 12 illustrative case examples – from pregnancy to puberty

## The unique handbook for all grandparents



Brigitte Zwenger-Balink  
**Grandchildren's Joy and Grandparents' Happiness**  
[Enkelfreuden & Großelternnglück]

Kösel  
208 pages  
With over 30 colour photographs  
Format 17,0 x 24,0 cm  
April 2018

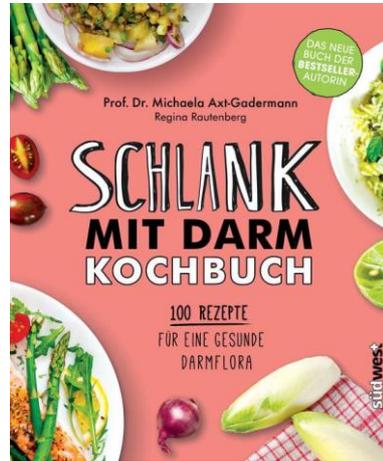
**Brigitte Zwenger-Balink**, born in 1948, is a degreed education specialist, family therapist, and mediator. She has years of experience in counselling and therapy work in the Association for Child Protection and has led a project for violence prevention in schools. Today, she gives parenting and grandparenting courses and offers meditation to students, parents, and teachers of elementary schools.

Grandparents ponder much about what to do during the precious time they have with their grandchildren. This book encourages them to share their experiences and trust their own instincts, and provides solid advice on which problems or conflicts should be avoided and which should be directly addressed.

Many personal reports, packing lists for visiting, and game ideas round off this valuable advice book.

- A very special book for all grandparents

## Delicious recipes for healthy bowels



Prof. Dr. Michaela Axt-Gademmann/  
Regina Rautenberg  
**Slimming Down with the Intestinal Diet – The Cookbook**

[Schlank mit Darm Kochbuch]  
100 recipes for a healthy gut flora

Südwest  
192 pages  
With ca. 80 colour photographs  
Format 19,5 x 24,0 cm  
March 2018

**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.

**Regina Rautenberg** graduated in ecotrophology after first completing training in domestic science and housekeeping. For several years she worked as an editor for *Für Sie* magazine and now freelances as a recipe developer and nutrition and health editor.

The human bowels contain more bacteria than there are stars in the Milky Way. These bacteria are the key to the digestion of all the food we eat.

The 100 delicious recipes in this book are based on the *Slimming Down with the Intestinal Diet* concept – certified and recognised by medical insurance. The ingredients used increase the trimming bacteria in the bowels. Result: ideal food utilisation and gut flora permanently programmed to "slim".

- At last: the cookbook for the bestselling *Intestinal Diet* series
- With an introduction to the Slimming Down with the Intestinal Diet concept
- 100 recipes that will permanently reprogramme the gut flora to "trim"

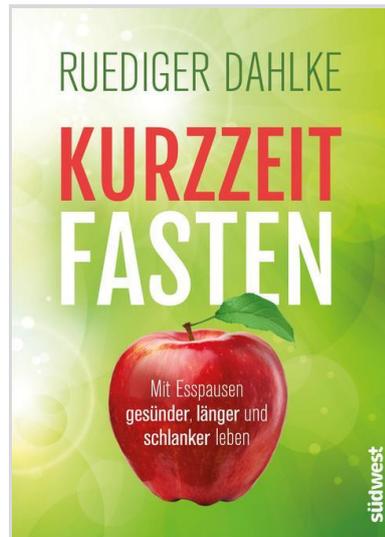
**Also available from Prof. Dr. Michaela Axt-Gademmann:**

*Slimming Down with the Intestinal Diet* [Schlank mit Darm], 2014  
Sold to: Italy (Punto d'Incontro), The Netherlands (ZNU), Spain (EDAF)

*Being Clever with Intestines* [Schlau mit Darm], 2016  
Sold to: Italy (Punto d'Incontro), The Netherlands (ZNU)

*Becoming Beautiful with the Intestinal Diet* [Schön mit Darm], 2017  
Sold to: Italy (Punto d'Incontro)

## Short-term fasting – the new way to better health



### Ruediger Dahlke **Short-term Fasting**

[Kurzzeitfasten]

Living healthier, longer, and trimmer by taking a break from eating

Südwest

192 pages

With ca. 30 colour illustrations

Format 17,0 x 24,0 cm

February 2018

**Ruediger Dahlke**, born in 1951, studied medicine and pursued extended training in natural healing and psychotherapy. In 1989 he and his wife founded a natural healing center in Germany. From 1978 to 2003 he worked as a psychotherapist. Since then he has been active as a medical advisor for fasting, a seminar leader, and a lecturer. He focuses on training in "archetypal medicine", breath therapy and psychotherapy, fasting, and guided meditation, extended medical instruction, corporate trainings, and meditation and fasting seminars.

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

The human body is made to undergo occasional periods of fasting. This is evidenced by the enormous health benefits that come from short-term fasting. The heart and intestines are relieved of stress, cancerous cells are held in check, inflammation is reduced, depression is alleviated, and the body's cells are rejuvenated. This type of fasting is revealed as well in its effect on excess weight. There is perhaps no simpler or more effective way to trim down – without counting calories, the dreaded yo-yo effect, or even doing sport.

In his new book, the renowned doctor and fasting expert Ruediger Dahlke describes the various types of short-term fasting and the advantages of each. He reveals his practical and step-by-step approach to short-term fasting, and explains how to integrate this into daily life, what should be considered in various life situations, and what fasting strategies are helpful in particular situations, such as at work or while traveling.

- The new book from the bestselling author and fasting expert Ruediger Dahlke
- Healing breaks from eating for increased health and a trimmer body
- Proven to work: integrating short-term fasting into everyday life

## Why our small fears, obsessions, and failings are completely normal



Kristina Fisser  
with Carina Heer  
**Being Crazy Cannot  
Be Insured**

[Dachschaden kann man  
nicht versichern]

The wonderful world of  
our psyche

Goldmann Paperback  
208 pages  
Format 13,5 x 20,6 cm  
May 2018  
With ca. 20 b/w illustrations

**Kristina Fisser**, born in 1987, studied psychology and since 2011 has worked in various mental health facilities, including those for borderline patients, people suffering from depression or anxiety, and postpartum mothers with psychological issues. She received her certification as a psycho-therapist in 2017.

**Carina Heer** was born in 1985, studied literature science and is a writer and publisher's editor. Her book *That Mrs Miller Has Pinched My Teeth Again* was on the *Spiegel* bestseller list in 2015.

Indulging in a small glass of wine every evening? Procrastinating, again, by putting off yet another important task? Losing your composure (or having a tantrum) during an argument with a neighbour? We all sometimes ask ourselves: Is this still normal, or am I not quite right in the head?

With sly wit Kristina Fisser explains many things, such as why it is not unusual to be a bit "looney", how to get a grip on our small cerebral malfunctions, and just when we should quite seriously contemplate our own mental health.

- The wonderful world of our psyche, explained by a graduate psychologist and certified psychotherapist

## Hormones, PMS & Co. – why we should know everything about our last taboo topic



Heike Kleen  
**The Monthlies Book**  
[Das Tage-Buch]  
Menstruation – everything about an underestimated phenomenon

Heyne Paperback  
240 pages  
20 b/w illustrations  
Format 13,5 x 20,6 cm  
November 2017

**Heike Kleen** was born in 1975, studied German and political science and freelances as a journalist and writer for *ARD*, *ZDF* and *NDR* television talk shows. As a media trainer she coaches writers, presenters and journalists before they appear on television.

"Uhm, can you help me out?" – When women urgently need a tampon they behave like drug dealers so that there is no risk of anyone noticing three grams of pressed cotton wool changing hands. Menstruation is still a big taboo topic. But why?

Heike Kleen decides to get to the bottom of the mystery. Her account of the astonishing things that go on in the female body, of ancient myths and the results of the latest research, of secret powers and her own experience is extremely entertaining.

Bold, witty, instructive – for readers of Giulia Ender's *Gut* and Yael Adler's *Skin Deep*.

- True, witty and helpful – all about a topic that concerns half of humankind

## Everything you always wanted to know about the penis, but were afraid to ask!



Jesko Wilke  
**Good Morning, Woody!**  
[Guten Morgen, Latte!]  
The big book about the penis and whatever else is connected with it

Goldmann Paperback  
200 pages  
Format 13,5 x 20,6 cm  
July 2018

**Jesko Wilke** is an independent journalist and author focussing on health, wellness, and nutrition.

Men don't have such an intimate and profound relationship with any other part of their bodies as with the penis. Reason enough to at last answer all the questions ever asked about the male sex organ: how long is the average European penis? Is length the same as lust? What happens when you get horny, where are the erogenous zones, and what exactly happens when there is a male orgasm? What is behind it all when HE has a bad patch? What part do the hormones play? And what are HIS favourite nicknames?

Everything worth knowing and all sorts of marvels about the most phenomenal male organ around: original information, hard facts, interesting figures. Or, as Woody Allen might say: "Everything you always wanted to know about the penis, but were afraid to ask!"

## Treating diseases where they originate: in the cells



Dr. med. Joachim Mutter  
**Healing Your Cells**  
[Heile deine Zellen]  
Cause-oriented therapy for  
chronic conditions

Irisiana  
256 pages  
Format 13,5 x 21,5 cm  
March 2018

**Dr. med. Joachim Mutter**, born in 1967, studied medicine and then worked as a doctor at the Freiburg University Clinic. Since 2009 he has had his own practice for Integrative Medicine in Constance and has been intensively involved for two decades with the causes and treatment options of chronic diseases. He is a successful author and gives lectures and seminars in Germany and abroad.

In his book, Joachim Mutter, a specialist in chronic diseases and environmental medicine, explains the way diseases emerge through of a dysfunction in cellular metabolism. He describes how the basic therapy works for general disorders in cellular metabolism and chronic diseases, and what supplemental therapies are helpful in such diseases as Alzheimer's, Crohn's, MS, ALS, cancer, and Parkinson's.

- Treating mitochondria and other organelles in the cell
- The first popular guide to etiological (cause-oriented) therapy for dysfunctions in cellular metabolism
- Supplementary treatment for cancer, Alzheimer's, and chronic diseases



## Don't give Alzheimer's a chance



### Dr. med. Michael Nehls **The Formula to Stop Alzheimer's**

[Die Formel gegen Alzheimer]  
Instructions for a healthy life –  
Simple prevention and timely  
healing

Heyne  
192 pages  
4c throughout  
Format 15,5 x 21,0 cm  
April 2018

**Dr. med Michael Nehls** is a doctor and expert on molecular genetics. After doing research in academic institutes in the USA and Germany and finding the key to a wide range of hereditary diseases, he became head of genome research for a US bio-technology company. Between 2000 and 2007 he was the CEO of a bio-pharmaceutical company in Munich. Michael Nehls now writes non-fiction books, produces documentary films and gives lectures on strategy and health.

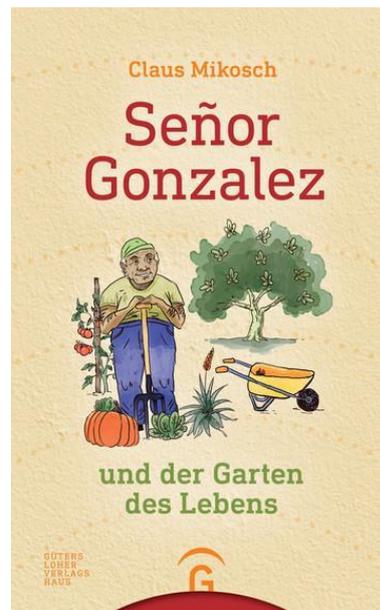
[www.michael-nehls.de](http://www.michael-nehls.de)

This is the compact practical manual for a life without Alzheimer's for patients, their families and friends and everyone wanting to keep Alzheimer's at bay. Dr. med. Michael Nehls explains the causes of this lifestyle disease and demonstrates how, with the help of his Formula to Stop Alzheimer's, we can not only be protected from Alzheimer's but, if it is caught in the bud, even be healed. There are four important factors: plenty of sleep, enough exercise, good social contacts and a diet that is good for the brain.

Contains many helpful suggestions and recipes – clear, easy to understand, convincing!

- The renowned doctor and scientist explains clearly and vividly how each one of us can protect themselves from Alzheimer's or, if it is discovered at an early stage, recover from the disease
- With specific recommendations, recipes and advice

## "We fall so that we can learn to stand up again." *Claus Mikosch*



Claus Mikosch  
**Señor Gonzalez  
and the Garden of Life**  
[Señor Gonzalez  
und der Garten des Lebens]

Gütersloher Verlagshaus  
192 pages  
Format 12,5 x 20,0 cm  
March 2018

**Claus Mikosch** was born in the mid-1970s. After graduating from high school he spent a while travelling round the world, studied homeopathy in England and finally worked for many years as a DJ and photographer. He now commutes between Germany and Spain as a writer and filmmaker.

Niklas, in his early thirties, has just become redundant and is somewhat uprooted, and so he decides to take time out in Andalusia. Here he meets Señor Gonzalez, an old gardener who has been growing vegetables naturally for decades – "always with nature as a friend and assistant".

To begin with, Niklas only visits the old man now and again and then ends up by spending several hours each day helping him in the garden. In the process, Niklas not only learns a lot about growing leeks and tomatoes but more particularly about imperturbability, mindfulness and frugality. Señor Gonzalez, his knowledge and his wisdom open Niklas's eyes and help him give his life new meaning.

For readers of Mitch Albom's *Tuesdays with Morrie*.

## Traditional healing lore for a healthy life connected with natural roots



### Bernadette Schwenbacher **Medicinal Herbs for the Soul**

[Heilkräuter für die Seele]  
The 12 most important medicinal herbs for psychological balance and mental stability

Integral  
192 pages  
With 25 colour illustrations  
Format 13,5 x 17,5 cm  
April 2018

**Bernadette Schwenbacher**, born in 1954, grew up with 14 brothers and sisters on an isolated mountain farm in South Tyrol. Today she lives in Merano, where she has been a well-known therapist and healer for many years. On her herb walks she imparts the knowledge of her ancestors, and she gives lectures on the subjects of nature, health, and healing.

While our pace of life is constantly accelerating, and the demands of daily life are inundating us, nature continues undeterred at its own rhythm. In the meadows and the forests, on the mountain heights and through the valleys, herbs for healing grow. We have largely forgotten them – but they are still there for us.

To all those stressed and overwhelmed, to all burdened with melancholy, and those yearning for lightness, the South Tyrolean healer Bernadette Schwenbacher provides balm for holistic well-being: breathing techniques, exercises for mind and body, ways to a healthy biorhythm, and much herbal lore, especially of teas, elixirs, and baths. The healing powers of nature will assuage mind and soul so that your life can unfold at its appropriate pace.

- Finding in nature what the spirit needs
- The first herbal for spiritual and psychological balance and inner stability
- A rich selection of ideas, recipes, and applications

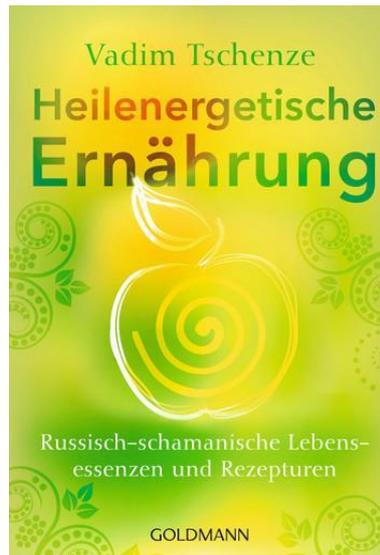
## The cosmic-karmic energy cuisine

**Rights sold to:**

Poland (Studio Astropsychologii)

**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](http://www.vadimtschenze.ch)



Vadim Tschenze  
**Energetic Healing  
Nutrition**

[Heilenergetische Ernährung]  
Russian-shamanistic life  
essences and recipes

Goldmann Paperback  
208 pages  
18 colour illustrations  
Format 13,5 x 20,6 cm  
February 2018

Foods that brighten the spirit, nourish the body, and rid our personal energy of resentment and annoyance? The careful selection of ethereally positive foods and true mindfulness and dedication while cooking are the basic ingredients for this uplifting soul food.

With a mind to the energetic effects of each ingredient, bestselling author Vadim Tschenze presents in his first cookbook a variety of delicious wholesome dishes that provide the body with micro- and macronutrients, optimise the intestinal flora with essential enzymes, and soothe the mind – for example, daisy spread for inner harmonisation and assuaging tension.

- Food that warms the soul, nourishes personal energy, and dispels sadness
- With a large recipe section

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