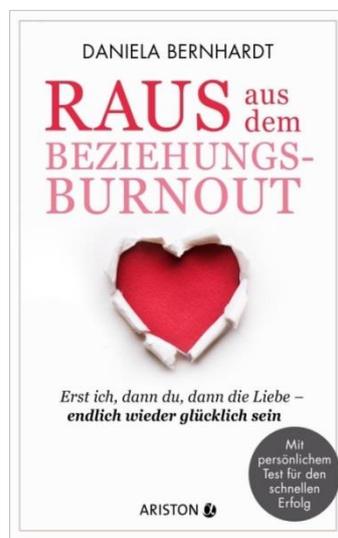


Foreign Rights Autumn 2019

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Forest therapy – advancing the development of our children with the healing powers of nature!



English sample translation available

Clemens G. Arvay, born in 1980, graduated in engineering and biology. He studied landscape ecology and plant sciences and has authored several books, including a number of bestsellers. Arvay is fascinated by the relationship between human beings and nature, and the focus of his work is on the health-promoting effect of contacts with plants, animals, and the countryside.

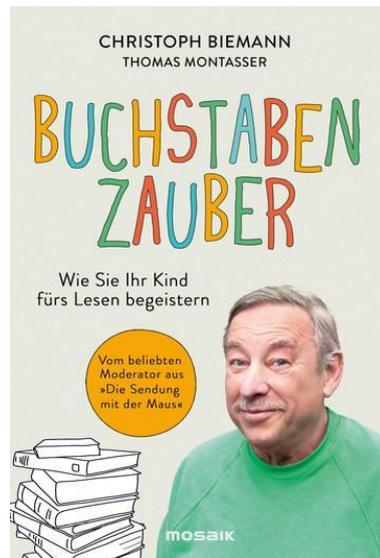
Clemens G. Arvay
With the Trees We Grow to the Sky
[Mit den Bäumen wachsen wir in den Himmel]
Supporting autistic children with the healing powers of the woods

Goldmann Paperback
208 pages
With an 8-page 4C-image section
Format 13,5 x 20,6 cm
June 2019

For years, biologist Clemens G. Arvay has with great dedication been examining the effect of forests and woods on human health. In this book, the father of an autistic boy links the latest results of scientific research with the healing powers of nature and makes practical suggestions for supporting child development, especially in the case of autism. Forests and rivers are the ideal places for easy and fun contacts with the world around us.

Using numerous examples, the bestselling author here describes how forest therapy stimulates, focusses, and supports child perception through sensory stimuli in nature. The natural way to personal growth and a better understanding of autism.

The answer for all parents: how to make children love reading



Christoph Biemann /
Thomas Montasser
The Magic of Letters
[Buchstabenzauber]
How to make children love
reading

Mosaik
192 pages
With 7 b/w illustrations
Format 12,5 x 18,7 cm
September 2019

Christoph Biemann, born in 1952, is a freelance producer and since 1990 has been the face behind *Mouse TV*. Mouse fans of all ages in more than 80 countries know him as "Christoph with the green sweater".

Thomas Montasser, born in 1966, has been active as a literary agent and writer for more than 20 years. Opening the world of reading and fantasy to children is very close to both his and Christoph's hearts, and this book is an important contribution to this end.

Reading is the key to the world, as every child knows. Yet so many of our youngsters find it difficult to get involved in this activity and discover the fun of books and stories. Parents are often at a loss as to how to lure their offspring away from television, and other screens, and often simply give up.

Christoph Biemann is familiar to all parents, grandparents, and children from *Mouse TV* and has the awesome talent of making difficult things sound easy. With his green sweater he is part of the family for young and old. Getting children to love reading is his heartfelt wish, and so in this book he and Thomas Montasser explain to parents how they can at last manage to persuade their child to plunge into the wonderful world of reading.

- By the popular presenter of *Mouse TV*

The ultimate instruction manual for dealing with sons



Ursi Breidenbach /
Heike Abidi
Bet You I Can Fart Louder
[Wetten, ich kann lauter
furzen?]
How to survive as a mother
of boys

Penguin
320 pages
Format 11,8 x 18,7 cm
August 2019

Ursi Breidenbach's background was initially all-female. She is now married and the mother of two boys. With her novels, short stories, and other publications she makes sure of a touch of pink in her life.

Heike Abidi writes novels, narrative non-fiction, and young-adult literature. She grew up with two brothers and lives exclusively with male family members – to wit husband, son, and dog. Her *I Thought Growing Older Took Longer* was a big bestseller.

Oh boy! Sons are the ultimate challenge for every mother: How boys are really wired is something women can only guess at ... until they have male offspring. All of a sudden their lives revolve round excavators, football, dinosaurs, and laser swords. But would anyone want to be put off by that?

Boys are wonderfully affectionate, marvellously direct, incredible fun, and quite simply just fantastic. And even if they do sometimes get on their mothers' nerves: with a little bit of love, equanimity, and humour any woman can put up with Formula 1 races, smelly socks, and Star Wars films!

Understanding emotionally expressive children



Nora Imlau
**You Are Different,
You Are Wonderful**
[Du bist anders, du bist gut]
How to accompany highly
emotional children as they
grow up

Kösel
288 pages
4c throughout
Format 13,5 x 21,5 cm
September 2019

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. Her book *So Much Joy, So Much Anger* is a bestseller.

Some children have stronger emotions than others. More joy, more anger, more sadness ... In this sequel to her bestseller *So Much Joy, So Much Anger*, Nora Imlau examines the challenges the families of these children face when they grow older – at the latest when they start school. As they become increasingly independent, have to cope with ever more pressure to get good marks at school, and deal with the growing influence of friends, it is important for parents to remain unperturbed – even when everything keeps going haywire in the extremes of emotions.

In this book, Nora Imlau explains what happens in the brains of highly emotional children during adolescence, and gives a host of examples of and possible solutions to day-to-day conflicts and special crises.

- One child in seven is judged to be highly emotional

A unique companion for nine exciting months



Doro Ottermann
My Pregnancy Diary
[Tagebuch – Meine Schwangerschaft]
Nine months for ticking and filling in

Mosaik
208 pages
2c throughout
Format 11,5 x 16,0 cm
August 2019

Doro Ottermann has kept a daily journal since her ninth birthday. Because she often lacks time, she has created a book (along with other such things as calendars and postcards) that is oriented towards people who are in a hurry. She is a graphic artist and illustrator.

Being pregnant is one of the most exciting things that can happen to a woman. Suddenly you are no longer alone in your body, your hormones have taken charge, and in the supermarket perfect strangers start giving you advice without being asked. Each day there is something new to be discovered.

Doro Ottermann's delightful pregnancy diary for ticking and filling in is the perfect companion for those nine thrilling months. Perfect for everyone looking for an uncomplicated and cool diary!

- Over 230,000 copies of the "Diary" series have been sold

Amazing explanations, easy-to-follow exercises, instant results



Daniela Bernhardt **Getting Out of the Relationship Burnout**

[Raus aus dem Beziehungs-Burnout]

First me, then you, then love – happy again at last

Ariston
208 pages
Format 13,5 x 20,6 cm
September 2019

Daniela Bernhardt has been working with burnout patients for 30 years – initially as a physiotherapist and osteopath. She later trained as a natural health psychotherapist (HPG), with her work focussing on couples. Since 2009 she has had a successful practice for holistic couple therapy and communication training in Berlin and is in regular demand in the media as an expert on matters concerning relationships.

When feelings cool down, quarrels rule home life, partners can't cope, can't sleep, can't speak with one another and prefer to be alone rather than with each other, then often the wrong diagnosis is quickly made: the relationship is over. The painful consequence: separation or a (frequently useless) couple therapy.

Yet there are other ways out. Relationship therapist Daniela Bernhardt has already successfully treated hundreds of couples and demonstrates which alarm signals are typical of a relationship burnout, how it can be avoided, and what couples can do once they are in the middle of it all. With the help of tests, a host of examples and fascinating facts from the field of brain research Bernhardt reveals the successful strategy for how we can find the way to ourselves again, to our partner, and to mutual love.

- Based on the latest findings from the field of brain research
- The successful method: immediate help when a relationship is under pressure – with a personal test for quick success
- Observations from individual and couple therapy linked effectively with insights resulting from burnout coaching

Separation as an opportunity for personal development



Sabrina Fox
When We Split Up We Get to Know Ourselves
[Wenn wir uns trennen, lernen wir uns kennen]
A book about relationships

Goldmann Paperback
224 pages
Format 13,5 x 20,6 cm
November 2019

Sabrina Fox has been involved in holistic issues for almost 30 years. She is an author, artist, and spiritual teacher and has written over a dozen books, some of them bestsellers. She has trained as a clinical hypnosis therapist, mediator, conflict coach, and studied sculpture, singing, and rhythm. Her special aim is to help us understand our own wisdom, intuition, and body perception for a fulfilled and self-determined life.

When we fall in love we show ourselves to the other person as we would like to be. When we split up we show ourselves as we are. It may be easier to let out our welling emotions (anger, fear, shame, revenge, grief) on the other person, but that only makes the future more difficult – especially when children are involved.

A book about separation is, therefore, always a book about relationships, for a separation cannot be seen outside a relationship and without the beginning of one. A separation is always also a test of whether we can put into practice what we know. It is precisely at such times that what we need are foresight and an involvement with spirituality. Sabrina Fox describes what a loving separation needs – not only from her own experience.

- With case studies and many helpful exercises

The power of positive feelings



Ronald Schweppe /
Aljoscha Long
**If You Want to Be Loved,
then Love**

[Wenn du geliebt werden willst,
dann liebe]

The magic of loving
mindfulness

Integral
224 pages
Format 13,5 x 20,6 cm
September 2019

Ronald Schweppe and **Aljoscha Long** are internationally renowned best-selling authors who understand how to convey a holistic art of life lightly and effectively. Modern psychology, up-to-date philosophy, and eastern spirituality flow together in harmony in their books. Aljoscha Long is a psychologist, therapist and martial arts teacher; Ronald Schweppe is an orchestra musician and meditation teacher. The two writers have made a name for themselves with numerous publications and as experts on radio and television.

A deep, affectionate relationship with other people is as important as breathing. Yet we often yearn for this in vain for we overlook the simple truth that we can only be loved if we ourselves have learned to love – not only our partner and our friends, but also all those difficult people or strangers, and, last but not least, ourselves!

Based on spiritual and psychological findings, Aljoscha Long and Ronald Schweppe have opened up a new way for everyone searching for true affinity with their fellow human beings. They demonstrate how with small exercises and meditation we can use loving mindfulness to open our hearts and make our ability to love blossom – and as a result receive love, security, and trust.

- By the authors of the bestselling *The Seven Secrets of the Turtle*
- Discover a new affinity with your partner, other people, and yourself
- With a host of practical exercises to develop loving mindfulness and make your own ability to love blossom

Keeping cool on the job with the good mood sheep

Dr. med. Claudia Croos-Müller
Croos-Müller
Keep Your Cool – The Little Survival Manual
[Bleib cool]
Immediate help in times of stress and frustration



Kösel
48 pages
4c throughout
Format 17,0 x 15,5 cm
September 2019

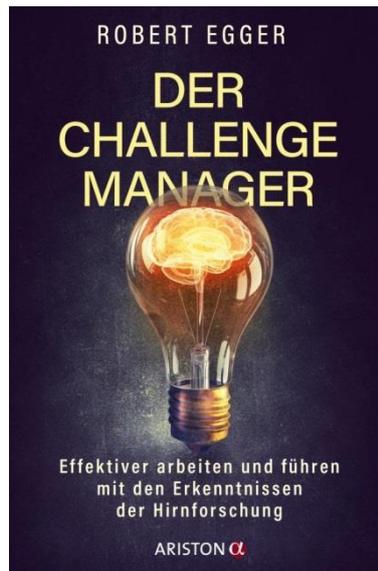
Dr. med. Claudia Croos-Müller is a neurologist, psychotherapist, and trauma therapist. She studied body language as well as concentrated physical-exercise therapy. She offers training and coaching on the subjects of body language, conflict resolution, and poise.

In her latest survival book, Claudia Croos-Müller demonstrates how tricky situations at work can affect your mental health and how physical exercise can bring immediate relief. She shows more than 20 simple exercises which within a very short time have a beneficial effect on the vegetative nervous system and trigger positive feelings.

Exercises such as "tiger walk" and "looking on the coloured side" instead of "looking on the black side" – presented by the popular good mood sheep Oscar, Emily, Willy, and Marie – rapidly stabilise the nervous system, treat the brain to a break, and give you back security, optimism, and a new joy in life.

- A gift book for practical use
- Brilliantly illustrated by Kai Pannen
- For all fans of the good mood sheep

The revolutionary way towards better self-motivation and performance



Robert Egger
The Challenge Manager
[Der Challenge-Manager]
More effective at work and in management with the findings of brain research

Ariston
224 pages
With 6 4c-illustrations
Format 13,5 x 21,5 cm
October 2019

Robert Egger is a neuro-physicist, keynote speaker, and consultant. His excellent (bio-)physical and (bio-)chemical training and a view of human beings strongly influenced by eastern philosophies are the basis of his critical approach to traditional management methods. He has developed his revolutionary new theory of Challenge Management during 25 years of experience in the fields of management and communication as well as in practical physical relaxation and energy building techniques.

Year after year, companies spend hundreds of thousands of euros on further training and self-improvement seminars for their staff. But seminars are not the way to bring about change. The key to higher motivation and working more effectively lies in the findings of modern brain research: The source of creativity and effectivity is the limbic system, the location of our emotions. The best way to exploit this potential is explained in this book by Robert Egger, the "neurophysicist of management consultancy". The relevant aspect is a holistic understanding of human beings and their mental and physical fitness. Brain-friendly communication and showing appreciation are decisive.

Using practical examples, Robert Egger demonstrates how everyone responsible for others can develop him or herself and help others to become self-motivated and high-performance personalities.

- The key to behavioural change – as demonstrated by the results of neurobiological research
- For everyone bearing responsibility – including business managers and executives

Clear words – clear opinions – good manners



Michael Ehlers **Never Again at a Loss for Words!**

[Nie wieder sprachlos!]
Finding the right words to
better get through life

Gütersloher Verlagshaus
256 pages
Format 13,5 x 21,5 cm
August 2019

Michael Ehlers is a communication and management trainer, and for more than twenty years has been training public figures such as top managers and professional sports people in the arts of rhetoric, style, and public appearance. Ehlers has analysed the big political television debates for *Bild* and *WDR* and is regularly active as an expert for other media such as *BR*, *NDR*, *Stern*, *Radio Gong*, and *WirtschaftsWoche*.

Michael Ehlers has had a close, amusing, and very practical look at our "word emergency". In 50 brief chapters he describes everyday situations in which we are often at a loss for words and gives some practical advice on how to find the right thing to say: How can I make an appropriate apology? What should I say to defend myself when I am unjustifiably attacked? What is the best way to make a compliment?

This is a hands-on combination of a book of etiquette and communication training for everyone who would like to be more eloquent.

- Self-confident and successful with eloquence
- Entertaining and practical guide to overcoming a loss for words
- For everyone for whom good manners and friendliness in daily routine are important

Joy of life on four paws



Pascal Akira Frank
Follow the Purr and Find Happiness
[Folge dem Schnurren und finde dein Glück]
The 10 wisdoms of Mr Paul

Goldmann Paperback
176 pages
With 4c illustrations throughout
Format 10,5 x 14,8 cm
August 2019

Pascal Akira Frank, born in 1981, has been studying Eastern spirituality, especially Zen Buddhism and Taoism, for many years. He was still very young when he got to know Japan, his mother's home country, where he spent part of his childhood and adolescence. Later in life he keeps returning to the country, where he plunges into the fascinating culture and delves into the wisdom teachings of Zen Buddhism and Daoism. 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.

Mr Paul is a cat and the perfect example of cats being the best gurus and life coaches around! And how much can we learn from them, too, when it comes to a relaxed and successful life! Being in the Here and Now, for example: free, calm, attentive, inquisitive, enthusiastic, flexible, independent ...

Mr Paul shows us how to resist stress, keep our independence, remain polite, and discretely influence the course of events – be it at work, in relationships or among friends.

Beautifully illustrated and with charming exercises and maxims, this book is the perfect gift for all cat lovers and anyone on the verge of becoming one.

- The best lessons in happiness with guru Mr Paul

A timely book on an anthroposophical approach to biography work



Susanne Hofmeister
**The House of My Life
Has Many Rooms**
[Mein Lebenshaus hat viele
Räume]
Understanding one's own
biography and following one's
inner voice

Kösel
272 pages
With 7 b/w illustrations
Format 13,5 x 21,5 cm
July 2019

Rights available except:
World English

Susanne Hofmeister, born in 1962, is a doctor specialising in anthroposophical medicine. She has been working in her own private practice since 2009, and is also involved in biography work, coaching, life counselling, and PEP® (Process and Embodiment-focussed Psychology). She is popular as a lecturer and facilitator of seminars on biography work. She has four sons and lives in Heidelberg.

Life is like a house with many rooms you occupy one after the other. According to anthroposophy, each room represents a period of seven years and comprises, among other things, certain tasks and resources. Thus every life not only has its own individual characteristics but is subject to the same regularities. In this way we get a feeling for important general issues of life, and are hence able to hear the special inner call more clearly.

Growing older can be seen as a wonderful possibility of mental and spiritual growth. For this reason the period after one's 63rd year is given extra space in the book, with answers to how this time can be used most beneficially.

- With numerous valuable suggestions for growing older with fulfilment
- With powerful sayings, creative exercises, and reflection impulses

An easier life with lower expectations in ourselves



Isabell Prophet **So How Good Should I End Up Being?!**

[Wie gut soll ich denn noch werden?!]

Put an end to the exaggerated expectations in ourselves

Goldmann Paperback
272 pages
Format 13,5 x 20,6 cm
June 2019

Isabell Prophet, born in 1986, works as a journalist. She studied economics, after which she interned at the *Cellesche Zeitung* and then attended the Henri Nannen School. As a freelance journalist she works for *Spiegel Online*, *Spiegel Wissen*, *Emotion* and *FAZ Online*. For *Zeit Online*, she has developed the online magazine *ze.tt*. Her themes are artificial intelligence, modern work, and modern life, sometimes all at once. She lives in Berlin.

Fitness, foreign languages, career, love, dating. There are now endless ways of perfecting your ego, and the best part is that achieving it is as easy as pie, just one click away!

It's mere child's play for anyone to learn Norwegian after work, find Prince Charming online, indulge in 15 minutes of transcendence with a meditation app, and become as double jointed as a yogi with the help of YouTube tutorials. Self-optimisation is as easy as never before and we are addicted to it. It has long since become an industry having the perfect You on offer. Pressure from all directions is increasing, and it is we who have the highest expectations in ourselves. Yet getting better is an illusion, for the perfected person is not happier than before.

With clear-sightedness and keenness, Isabell Prophet shows us how large the delusion of the ego consumers has become. We have fallen victim to self-optimisation – and what's more, we like it. But anyone looking for happiness should get into a lower gear and go a different way.

Out of stress, into the flow – uncover the sources of mental power



Ulrich G. Strunz
**Getting Your Ass in Gear
Begins in Your Head**
[Arsch hoch beginnt im Kopf]
Get a grip on your thoughts –
set off towards success

Ariston
128 pages
2c throughout
Format 13,5 x 20,6 cm
August 2019

Ulrich G. Strunz, born in 1987, is a business IT specialist and wrote his MA thesis on intuition in decision making processes. In 2011 he set up his IAMONSYG GmbH software company and was in charge as its CEO until 2015. Concurrently with his professional activities as the managing director of the Strunz GmbH he is at present working on his PhD at the University of Applied Sciences for Economics and Management. The topic of his dissertation: ignorance in decision-making situations and stress.

Ulrich G. Strunz is the son of the doctor and best-selling author Dr. Ulrich Strunz.

It couldn't go on like this: he was lazy, he was overweight, he was a couch potato. At the age of 26 Ulrich G. Strunz decided he had to turn over a new leaf. But how should he set about it?

The answer is quite simple: the most important part is taking the first step – and then sticking to it even when the going gets tough. Easy to say, difficult to do; this is where most people fail. But they needn't. It all started as a New Year's resolution, and Ulrich G. Strunz went on to develop a highly effective programme for the mind that combines the power of meditation with the power of thought.

A clever and clear, effective and accessible programme for every day allowing you to charge up your whole day with energy and permanently get into the flow – 128 pages that have what it takes.

- The fitness programme for the mind based on the latest findings of neurobiological research
- Changes begin in the mind – and suddenly everything can succeed
- To the point, clear, competent – the efficient way to stick to your resolutions, put plans into practice, and achieve goals

If you let go, you'll have two hands free



Bärbel Wardetzki

Letting Go and Holding On

[Loslassen und dranbleiben]
How to face change boldly

Kösel
180 pages
Format 13,5 x 21,5 cm
October 2019

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

Change and upheavals are part of life. And yet we often find it difficult to accept them. For anything that is new – be it a wedding, being given notice or a death – initially causes fear and calls on us to give up something familiar and well loved. But if you stick to what is old, you run the risk of getting bogged down in suffering and pain. If, instead, you face life with curiosity and further your own personal development, you gain confidence and can make the most of opportunities as they arise.

The experienced psychologist and bestselling author Bärbel Wardetzki shows how we can constructively deal with change and even use it to let our lives take a turn for the better.

If you want to be understood you have to be able to listen



Andrea Wiedel
Listening Is a Gift
[Zuhören ist ein Geschenk]
Boosting relationships by
showing respect and empathy

Kösel
208 pages
With 2 b/w illustrations
Format 13,5 x 21,5 cm
September 2019

After graduating in law, **Andrea Wiedel** worked as a lawyer and is now active as a communication trainer and coach. She supervises and supports companies as well as private individuals, her focus being the ability to empathise, personality development, conflict management, and violence-free communication.

www.coaching-akademie.blog

An open ear, understanding, and unbiased attention are what many of us wish for. But are we also able to listen properly?

This book is a clear and down-to-earth introduction to learn the art of sensitive listening – step by step. Practical exercises help us reflect on our own speaking habits, and suggestions for more empathy in everyday communication are an encouragement to try out new strategies in dialogues and conversations. Over and above that, communication trainer Andrea Wiedel provides easy-to-understand professional background information on communication theories.

- A user manual for proper listening
- Violence-free communication by means of active listening
- Workbook with practical exercises, tips, and space for personal notes

Follow the truth of the heart with female acumen



Eva-Maria Zurhorst
Love Can Do Everything
[Liebe kann alles]
How you can ignite the endless power of your womanliness

Arkana
200 pages
Format 13,5 x 21,5 cm
November 2019

Eva-Maria Zurhorst is a relationship coach and bestselling writer – over a million copies of her books have been sold worldwide in more than 20 languages. She was originally a journalist and worked for the print media and radio. Later she became a business coach and communication advisor. Today, following training as a psychotherapist, she works as a relationship and career coach with business people, managers, and couples. 2017 saw the start of her big new self-development programme "Love Can Do Everything", with online courses, seminars, and a podcast.

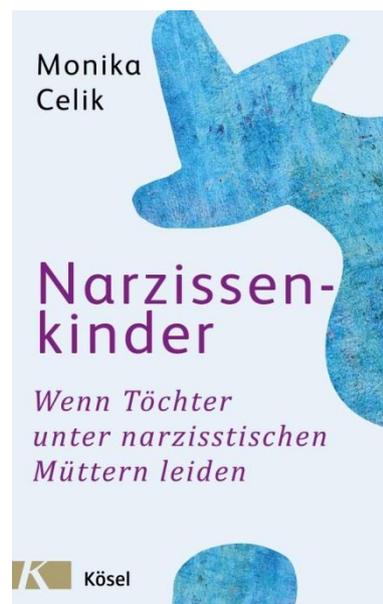
Creative, confident, shrewd, empathetic, passionate – women can achieve everything if they fully use the splendid potential of their female power. But far too frequently women fail to appreciate their very own qualities – in fact, they even suppress and belittle them. They make themselves invisible, resign themselves to unhappy partnerships or go along the exhausting male path that focusses on achievement.

Therefore it is high time for emancipation to take a new turn – and Eva-Maria Zurhorst provides the perfect programme to do so. She convincingly presents how women can at last reconcile themselves with the past and come again into contact with their own feelings. With easy exercises and meditations they can succeed in connecting to the heart's inner truth and forcefully manifest their own personal goals.

This hymn to women is a shrewd, urgent call for them to become the conscious creators of their own magnificent lives.

- Enough of self-sabotage and taking the backseat
- Multistage self-development for a fulfilled life brimming with vitality
- How women can use their very own womanliness as their most important resource

Coping with a childhood with a narcissistic parent



Monika Celik
Children of Narcissism
[Narzissenkinder]
When girls are victims of
narcissistic mothers

Kösel
240 pages
Format 13,5 x 21,5 cm
September 2019

Monika Celik, born in 1964, works both as a coach and trainer for social matters, and as a writer and ghost writer. She runs the Facebook group "Overcoming narcissistic abuse" and regularly blogs on the subject of "Narcissism and narcissistic abuse". She is a mother of three adult children.

www.mcscrip-office.de

Life with a narcissistic parent can be hell for children. They keep being manipulated and sabotaged, lied to or left to their own devices. They suffer fear, are victims of all manner of boundary crossings, and see reality being distorted so often that they no longer trust their own perceptions.

Monika Celik was one of these children and she here lists the whole range of possible forms of narcissistic behaviour. Many examples and quotes by other now adult children verify the drama of such children-parent relationships. Sufferers reading this book will see themselves in these examples and are given further facts and figures to help them find solutions for their own lives.

- Narrated self-help – harrowing and liberating

Tell me your life – a lovely inspiration for adult children and their parents



Jo Eckardt
**Something I Was
Going to Ask You**
[Was ich dich noch
fragen wollte]
A book of memories that
joins together

Kösel
160 pages
2c throughout
Format 17,0 x 24,0 cm
September 2019

Jo Eckardt, born in 1961, studied German language and literature and social work in the USA. From 1993 to 2001 she was active as a lecturer, translator, psychotherapist, and psychoanalyst in New York. Since returning to Germany, she has worked as a trauma counsellor and an education advisor. Jo Eckardt has authored many successful publications on the topic of grief and mourning.

<http://www.joeckardt.de>

With this book, adult children can give huge joy to their elderly parents, for what they are giving them here is time. Together an album down memory lane is created – it is a companion for the parents, an encouragement for everyone to think back and exchange recollections of the past, and for the children to show their parents how important they have been and still are – their road through life as example for the next generation.

- Getting to talk with one's parents
- Supporting the memory of people with dementia
- Expert guidance for how to work at one's biography

The relationship with our own mother influences us for life



Claudia Haarmann
Mothers Will Be Mothers
[Mütter sind eben Mütter]
What daughters and mothers
should know about each other

Kösel
320 pages
Format 13,5 x 21,5 cm
July 2019

Claudia Haarmann, born in 1951, worked for many years as a freelance journalist. She is now a psychotherapist (HP) focusing on the dynamics of attachment and relationship in families and the effects later in adulthood. She primarily uses body-oriented methods and conversation therapy.

www.claudia-haarmann.de

In this book, psychotherapist Claudia Haarmann makes a plea for a new relationship culture between mothers and daughters. Every mother wants to give her best for her child, but every so often there is something in her life stopping her doing just that.

Using the latest findings from brain research and trauma therapy, the author explains how the traumata experienced by earlier generations have a long-term effect on the relationship between mothers and daughters. In interviews with experts and with an eye on life histories, she has worked out how letting go can be a process of respect, and how mutual acceptance can come about.

- Successful longseller

A new method to heal sexual traumas



Franz Ruppert
Love, Lust, and Trauma
[Liebe, Lust und Trauma]
Towards a healthy sexual
identity

Kösel
224 pages
With 12 b/w illustrations
Format 14,5 x 21,5 cm
August 2019

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 runs training courses and seminars and is also active as a psychological supervisor. He has authored several books on psychotraumas and their consequences which have been translated into numerous languages.

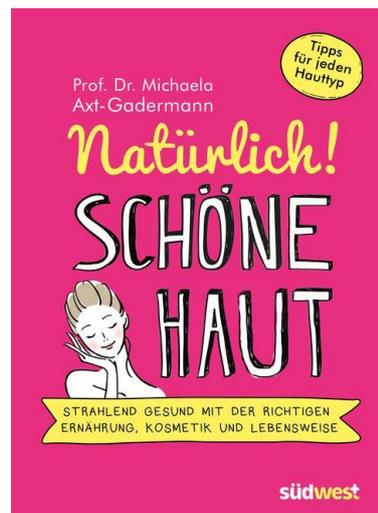
www.franz-ruppert.de

Franz Ruppert describes how psychological sexual traumas come about and the forms they can take, for example as rape, child and adult pornography, and prostitution. These traumas manifest themselves in a wide range of psychological and physical symptoms that can cause those involved great suffering.

The Identity-oriented Psychotrauma Therapy (IoPT) developed by Franz Ruppert allows sexual psychotraumas to be reconstructed and dissolved. Sexuality can again be experienced as a creative power giving us joy and showing us the way to a healthy sexual identity.

- Many examples from therapy practice
- Renowned and experienced author

For a perfectly beautiful skin



Prof. Dr. Michaela
Axt-Gadernmann
Naturally! Beautiful Skin
[Natürlich! Schöne Haut]
Vibrantly healthy through the
right nutrition, cosmetics, and
lifestyle
Tips for every type of skin

Südwest
208 pages
With 60 colour illustrations
Format 17,0 x 24,0 cm
May 2019

Prof. Dr. Michaela Axt-Gadernmann is an expert when it comes to the topic of skin. For many years, the trained dermatologist and professor for health enhancement has researched the factors influencing the appearance of our skin. She is also a successful author whose works focus on conveying health topics in a comprehensible and entertaining manner. Her books on the intestinal diet are bestsellers and have been translated into several languages.

Our skin is supposed to be pure and rosy. Like no other organ, it represents healthiness and attractiveness. That is why we invest a lot of time and money to care for it. But what helps for real? Way too often, we let ourselves be lured in by the exaggerated promises of the advertising industry and the colourful packaging designs without really knowing what type of care our skin really likes. The good news: Good care doesn't need to be expensive!

What role do nutrition and intestinal flora play? Is there food that lets our skin glow from within? Are expensive caring products worth it and do natural cosmetics keep their promises? What about using hyaluronic acid and other panaceas? What effects do external influences have?

Prof. Dr. Axt-Gadernmann gives answers to these and many other questions in an entertaining way underlined by the latest scientific findings.

- Healthy and beautiful skin through individual nutrition and care
- The end of overpriced cosmetics and caring errors



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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 centre 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

The extensive standard work on fasting cures



Ruediger Dahlke
The Book of Fasting
[Das große Buch vom Fasten]

Goldmann Paperback
352 pages
Format 12,5 x 18,3 cm
September 2019

Fasting is a traditional and natural method of preventative medicine. The faster follows a comprehensive, holistic experience leading him or her to a thorough physical and mental purification and in some cases even to a new level of life.

Those who want to understand the spiritual and mental process of fasting, apart from a medically profound description of the proceedings involved, will find no better alternative than this book.

- The fasting bible – over 880,000 copies sold

The holistic and psychosomatic approach to healing tumours



Ruediger Dahlke
**Cancer –
Growth Gone Haywire**
[Krebs – Wachstum auf
Abwegen]
A holistic programme to
activate the powers of
self-healing

Arkana
300 pages
Format 13,5 x 21,5 cm
October 2019

Ruediger Dahlke has been working as a doctor, writer, and seminar facilitator for over 40 years. His books, ranging from *Disease as a Way to Disease as a Symbol*, were the start of his holistic methods with psychosomatics that reach mythical and spiritual dimensions. Ruediger Dahlke uses his seminars and lectures to enliven the world of soul images and encourage life strategies for which we ourselves bear the responsibility. His aim of setting up a field of infectious health is mirrored not only in his books but also in the realization of the TamanGa seminar centre in Southern Styria/Austria.

www.dahlke.at

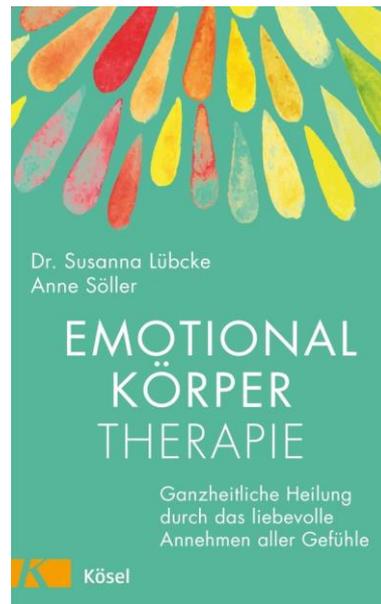
Even a diagnosis as serious as cancer can turn into a chance for comprehensive self-development and holistic healing.

Ruediger Dahlke, an originator of holistic medicine, sees the disease as a kind of ego trip of a cell that spreads and grows uncontrollably. Starting off with primal and life principles, the author sees these happenings as an urgent wake-up call from the soul telling us to at last focus more on ourselves and our own very personal needs. His interpretation of the various types of tumour and their underlying life themes, e.g. an unfulfilled wish to have children or a problematical relationship to money, is convincing. Shadows lurking deep down within us also become a learning task, for it is not until we face them that we grow and mature inwardly.

The healing process is given additional assistance by practical nutrition tips such as fasting, a ketogenic vegan diet, and eating mushrooms that bind body toxins.

- Bestselling author: Over 600,000 copies of his books sold
- Innovative holistic healing methods towards a sustainable cure
- Why tumours manifest themselves when we neglect our inner growth

Four steps to being healed



Dr. Susanna Lübcke /
Anne Söller
Emotional Body Therapy
[Emotional Körper Therapie]
Holistic healing by lovingly
accepting all our feelings

Kösel
240 pages
Format 13,5 x 21,5 cm
August 2019

Dr. Susanna Lübcke, born in 1952, is a doctor and allergy specialist. She is married and lives in Oregon and Berlin.

Anne Söller, born in 1940, is a physiotherapist and Bobath teacher. She has two daughters, three grandchildren and lives in Berlin.

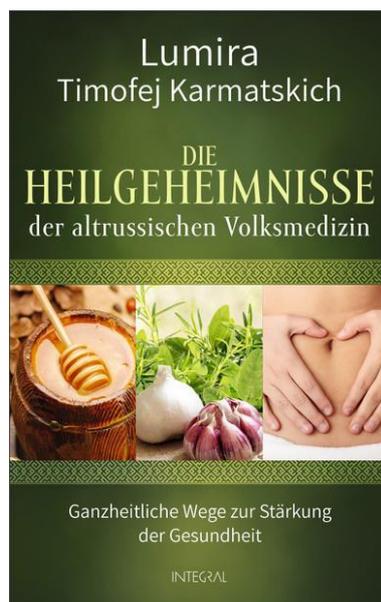
Together the two authors developed the Emotional Body Therapy more than 25 years ago and not only hold therapy sessions but also offer seminars, trainings, and lectures.

The Emotional Body Therapy helps us to connect with our body and better perceive its messages. As a result, our inner resistance to problems disappears and the healing process is set in motion.

In this book, the two authors give precise instructions on how the Emotional Body Therapy works and how it can be used on oneself and others. A host of case examples from various situations in life helps readers to better understand the fascinating and gentle process of healing.

- For use in case of illness, pain, and psychological problems, also for children
- With numerous case examples
- Easy to learn for all alternative practitioners and in self-application

Russian folk medicine – powerful, natural, holistic



Lumira /
Timofej Karmatskich
**The Healing Secrets of
Old Russian Folk
Medicine**

[Die Heilgeheimnisse der
altrussischen Volksmedizin]
Holistic ways of boosting one's
health

Integral
256 pages
With 12 b/w illustrations
Format 13,5 x 21,5 cm
September 2019

Lumira grew up in Kazakhstan und Ukraine, where she became familiar with the medical knowledge of Russian shamans. Based on this she has developed a modern system of natural self-treatment and a comprehensive programme for furthering mental and spiritual development. Lumira holds seminars at home and abroad and runs a consultancy practice.

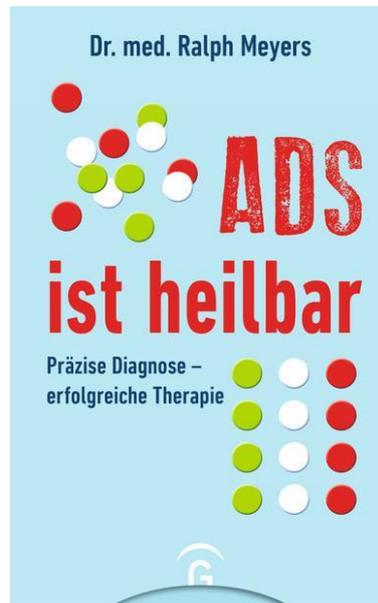
Timofej Karmatskich is a specialist in neurology as well as a senior consultant and lecturer at the Predtescha Centre for Holistic Alternative Therapies in Moscow. He works in his own practice and regularly holds seminars.

"The body is a mirror of the soul": in few other fields this insight is taken as seriously as in Old Russian folk medicine. Bestselling writer Lumira and the Moscow doctor Timofej Karmatskich have spent many years examining this traditional medical knowledge and in their self-help book are making it accessible to a wide public. They explain the secret language of body signals, provide surprising views of the hidden mechanisms of illness and healing, and show what we can do against disease-causing influences such as stress, fear, and environmental toxins.

Techniques – many of them long forgotten – such as Russian abdomen massage, honey massage, sweating therapy, working with the meridians, and nutritional advice bring body and soul back into harmony with each other. Timofej Karmatskich quotes the findings of scientific research and fascinating reports of his own experience in his practice to prove that precisely this ancient form of healing can be invaluable to people of today.

- The innovative link of alternative medicine with traditional medical knowledge, with the best preventive and self-help techniques

The findings of decades of therapeutic practice



Dr. med. Ralph Meyers
ADD Is Curable
[ADS ist heilbar]
Precise diagnosis –
successful therapy

Gütersloher Verlagshaus
192 pages
Format 13,5 x 21,5 cm
August 2019

Dr. med. Ralph Meyers, born in 1957, is a specialist in paediatric and adolescent psychiatry. He is a medical psychotherapist, medical investigator, and a member of several professional associations for paediatric and adolescent psychiatry, psychosomatics, and psychotherapy. He is also a member of an ethics committee.

www.meyers-dorsten.com

This book does away with three fallacies about attention deficit disorder: Firstly, it shows that ADD is not a fashionable diagnosis but a disorder many people suffer from. It can, secondly, be diagnosed objectively. And, thirdly, ADD is curable!

ADD, however, won't go away by itself. The basis of the disorder is a lag in the maturity process of the brain. This book presents a new concept in the diagnosis and therapy. It explains how the lag can be cured and the brain brought to full maturity to allow patients to lead a healthy life.

- Clarity at last for desperate parents and others involved
- Recognising and supporting the self-healing powers of the brain

Astonishing healings, testified by the patients themselves



Dr. med. Ulrich Strunz
New Wonders of Healing
[Neue Wunder der Heilung]
Cancer, rheumatism,
migraine, asthma ...
Patients report how they have
overcome serious disorders

Heyne Paperback
224 pages
2c throughout
Format 13,5 x 20,6 cm
November 2019

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

www.strunz.com

Moving reports by many of Dr. Strunz's patients make one thing clear: illness is not fate. From insomnia to arthritis, from high blood pressure to neurodermatitis, from gastrointestinal disorders to allergies: Dr. med. Strunz explains how ailments and diseases come into being – and why they can disappear again as soon as the patients change their lives and stick to a "genetically correct" diet with plenty of exercise.

For self-healing is a perfectly natural reaction of the body – let's give it the support it needs.

- 57 stories of healing and the backgrounds to them

"Life is lived forwards and understood backwards" *Kierkegaard*



Rüdiger Maschwitz **Affair of the Heart – Because It's Good for Me ...**

[Herzenssache
– weil es mir gut tut ...]
A book of meditations for inner
balance

Kösel
128 pages
Format 12,5 x 18,7 cm
September 2019

Rüdiger Maschwitz, born in 1952, is a clergyman and education graduate and for many years has been a popular and well-known meditation teacher. He and his wife Gerda have published a series of bestselling CDs and books on meditation and holistic and spiritual education.

The aim of the eight sections in this new meditation course by meditation teacher Rüdiger Maschwitz is to familiarise readers with the basics of beneficial meditation.

The course aims to show the way to a spiritual life that is an invitation for us to marvel at all that is alive, to respect everyone we have dealings with; a life that allows us to enter into relationships and gives us tranquillity and clarity – without stress. And when we have got there, we find new strength and equanimity.

- A new introduction to spiritual meditation
- For everyone wanting to support their own spiritual resources
- Open for readers of all denominations and religions

From taciturnity to talking



Fleur Sakura Wöss
Composure
[Gelassen auftreten]
Meditate – Speak – Convince

Kösel
192 pages
Format 13,5 x 21,5 cm
July 2019

Fleur Sakura Wöss is a professional speaker, lecture coach, and Zen teacher, and feels equally at home in meditation and on the speaker's platform. She established the "Mishoan" Zen Centre in Vienna and the Austrian Chapter of the German Speakers Association.

Composure, authenticity, and clarity are the keys to self-confident public appearances. One of the paths to this aim is meditation. The resulting inner calm and lively presence make for self-assuredness and a convincing demeanour.

Using many examples from her own life, Fleur Sakura Wöss points to the path from taciturnity to talking.

- For everyone having to speak in public
- Self-empowerment in stressful situations
- The master of remaining silent on the art of speaking

Extraordinary insights into the work of a medium



Martin Zoller
Beyond Time and Space
[Jenseits von Raum und Zeit]
How to discover your
supernatural skills and
travel to other dimensions

Goldmann Paperback
250 pages
Format 12,5 x 18,3 cm
September 2019

Martin Zoller, born in 1971, grew up in Switzerland and now lives in Panama. As a child, he had already discovered his visionary skills, and since then has been working as a seer and medial consultant. His prophecies have regularly been published by the international press.

www.martinzoller.com

Martin Zoller is a traveller between worlds. He effortlessly moves between the level of our everyday life and other dimensions. In the hologram of the universe he goes beyond time and space finding information for prophecies or making contact with beings in other dimensions.

But in what way does he experience these dimensions? And how can we ourselves form our visionary skills? Martin Zoller reports here on experiences that have been as intensive as they have been unusual. Exercises and techniques help readers to train their sensitivity and connect to other realities.

- With insider knowledge and practical instructions

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