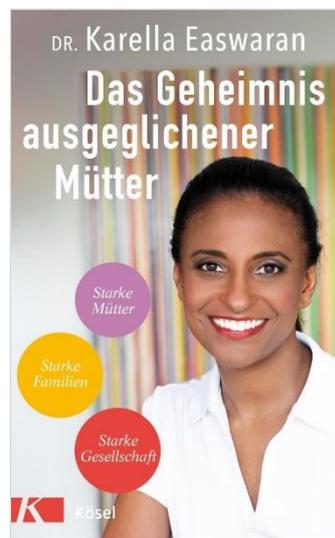
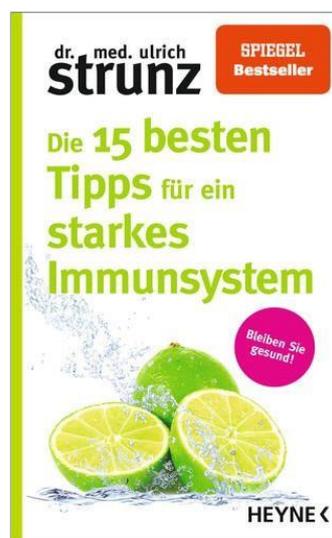


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How we can finally take on the responsibility for our own happiness



Robert Betz
**How Good Life Could Be,
If Only ...**

[Wie schön könnte das Leben
sein, wenn ...]

The new path to fulfilment and
true happiness

Heyne Paperback
256 pages
Format 11.8 x 18.7 cm
November 2020

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

"Oh, how wonderful my life could be if only ..." Who hasn't thought this? We whine and complain that there is always something lacking – and thus we ignore the responsibility for our own happiness. The result is a persistent feeling of powerlessness, dissatisfaction, anxiety, and self-doubt.

The psychologist and bestselling author Robert Betz explains how to escape this vicious circle and finally set a course for what will really make us happy. His book inspires us to look at life from a radically new perspective. As soon as we recognise that we are the creators of our reality, we will recover creative power and be able to reshape whatever is not harmonious in our lives.

- Find your own truth and start living: a unique synthesis of psychological and spiritual help
- Robert Betz: More than a million books sold, and more than 400 weeks on the *Spiegel* bestseller list

Live in consciousness, find your joy – and spread peace in the world!



Christian Bischoff **A Very Conscious Being**

[Bewusstheit]

How to become who you want
to be

Ariston
224 pages
With 5 b/w illustrations
Format 13.5 x 20.6 cm
August 2020

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.

Thoughts are continually determining our lives. In order to not become enslaved to our negative thoughts and emotions, we need to have a very conscious kind of awareness. Such awareness helps guide our thoughts and feelings so that we behave and thus live how we really want to. Through this we will have the opportunity to discover our hidden potentials and to discover the authentic self.

Personal transformation through such consciousness results in even more: It imparts an inner peace, which can be shared with others. In this way we can spread peace in the world – but only by beginning with ourselves.

- Competent, packed with energy, life changing!
- Discovering the strongest power of your life – transforming your perspectives
- Examining your convictions, consciously forming your beliefs to tap into personal potentials

Beneficial exercises – now at last in a handy card set



Dr. med.
Claudia Croos-Müller
I Can Do It!
[Ich schaf(f) das!]
Easy physical exercises for
more vitality. 50 cards

Kösel
112 pages
4c throughout
Format 8.9 x 12.8 cm
October 2020

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.

After seven quite successful sheep books, Claudia Croos-Müller now presents a selection of the most popular fitness exercises as a card set – illustrated with the good-mood sheep Oscar, Emily, Willy, and Marie.

This card set contains 48 of the most popular exercises, including "shoulder throw", "hand on heart", and "slurp breathing", and is accompanied by a booklet with additional information. A colour-coded guide provides orientation so that readers can immediately find the appropriate options. Alternatively, readers can draw one or more cards at random to find immediate practical help. The individual exercises are sorted by various topics, such as stress, fear, and despondency.

- An ideal practical gift
- Over 500,000 copies sold of these small survival books
- The best-loved fitness exercises with the good-mood sheep for on the go

"You should've asked!": How to bring your partnership back to eye level



Laura Fröhlich **Mental Load**

[Die Frau fürs Leben ist nicht das Mädchen für alles!]
What parents can gain by sharing their mental load

Kösel
192 pages
With 10 b/w illustrations
Format 13,5 x 21,5 cm
June 2020

Laura Fröhlich works as a journalist and in online marketing, and is a book author and mental load expert. On her successful blog "Heute ist Musik" she deals with compatibility, feminism and financial independence of women – topics on which she also holds workshops, webinars and lectures. After studying German literature in Constance and Vienna, she completed a publishing traineeship, worked in press relations and became self-employed as a lyricist and journalist. She is married and has three children.

Read more at
www.heuteistmusik.de

Corona reveals the state of emancipation: The crisis sends women back to the 50s and shows that it is still the mothers who wear themselves out in the family organisation. While mothers teach the children, cook and discuss about media times, their professional career falls by the wayside.

Fathers, on the other hand, like to close the door behind them while working from home so that they can work undisturbed. Even today, many men have little desire to spend time with the household chores and continue to leave the thinking and organizing work to their partners.

It is not easy for women to free themselves from this role. But something must change! In her empathetic and humorous guide, Laura Fröhlich describes in a responsive and accessible way how the mental load is created and why it is worthwhile to look for fair solutions together with your partner.

- Vivid descriptions and helpful advice

Mastering challenges successfully



Dr. Wladimir Klitschko /
Tatjana Kiel

F.A.C.E. the Challenge
[F.A.C.E. the Challenge]
Discovering your willpower

Ariston
208 pages
2c with graphics and illustrations
Format 15.0 x 22.7 cm
September 2020

Dr. Wladimir Klitschko, former heavyweight boxing world champion with a doctorate in sports science, sees himself as an innovator whose knowledge and experience from 30 years of competitive sports can be applied to people's everyday life and working world. His goal is to allow people to see problems as challenges that can be overcome through a strong sense of reality and courage.

Tatjana Kiel is CEO of Klitschko Ventures. Along with Wladimir's brother Vitali she has been assisting in event management and marketing since 2006.

F.A.C.E. – Focus, Agility, Coordination, Endurance. These four key competences are the core of the winning philosophy of management trainer and former boxing world champion Wladimir Klitschko.

Based hereon, he has developed a four-step method that enables us to consistently achieve our objectives. Every step in this process consists of activating physical and mental potentials, with willpower as the pivotal point and the key to success.

- **Challenge management:** The former boxing world champion shows how problems can become challenges that anyone can master through will power and the energy of action.
- **A holistic approach connecting the body with the mind** – latest findings confirm the F.A.C.E. method

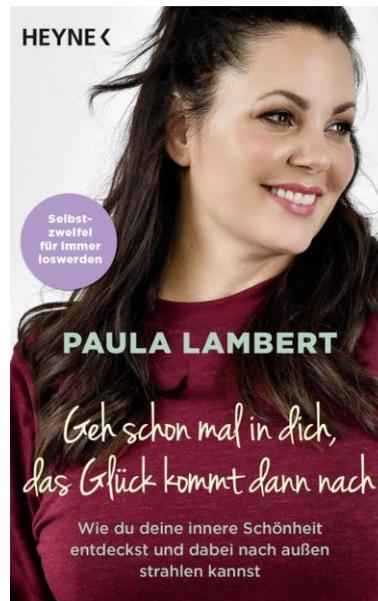


F.A.C.E. the Challenge – The Workbook

The workbook provides concrete ideas on how we can effectively fix our path towards our goals in everyday life – every day, every week, and every month.

Ariston, 160 pages, Format 15.0 x 22.7 cm
September 2020

No body is perfect – The art of loving yourself



Paula Lambert
**Take a Moment
for Yourself, Happiness
Will Be There Soon**
[Geh schon mal in dich, das
Glück kommt dann nach]
Discover your inner beauty
and thus radiate –
Ridding yourself permanently
of self-doubt

Heyne Paperback
224 pages
Format 11.8 x 18.7 cm
December 2020

Paula Lambert, born in 1974, learned her profession at the Axel Springer Academy in Berlin. She was an editor at *Die Welt* and has worked as a freelance author. In 1999 she was awarded the Axel Springer Prize. She is one of Germany's most renowned relationship counsellors. For 12 years she had a column in *GQ* magazine, and has reached a wide audience through her TV programs. In 2014 she started a campaign against the female optimisation mania, #Paulaliebtdich.

www.paulalambert.de

Nobody is perfect, and yet we all want to be. We compulsively search for blotches and blemishes until we finally start disliking ourselves – even though we have no reason to. Enough of such thinking!

The sex specialist and relationship counsellor Paula Lambert knows what it is like to despise your own body, to use food as a way of avoiding feelings instead of facing them, and to have so much self-doubt that you end up disdaining yourself. But she has developed an effective way to fight those inner demons. If you look inside and learn to accept yourself, you will be happy in the long run – and this is not too difficult to do! The author has gone through all of those pits of doubt and despair herself – and in the end truly found herself.

- Being natural is sexy – putting an end to the optimisation addiction
- Bestselling author, prize-winning journalist, and podcaster with a million subscribers

A must-read on the subject of personal branding



Tijen Onaran
**Only Those Visible
Are Happening**

[Nur wer sichtbar ist, findet auch statt]

Become your own brand and get the success you deserve

Goldmann Paperback
256 pages
With 5 b/w illustrations
Format 13,5 x 20,6 cm
August 2020

Tijen Onaran is an entrepreneur, moderator, and speaker. She is dedicated to networking and diversity in business, especially in the technology branch, and founded "Global Digital Women", which is concerned with the networking and visibility of women in the digital industry. According to *Capital* she is one of the "Top 40 under 40" and was the winner of the Inspiring Fifty Award in 2019 for "Women in Tech".

How we present ourselves and how we are perceived by others are in effect part of our personality. The image we project and the roles we play are crucial to our success in both professional and private contexts.

Tijen Onaran, a renowned speaker and networker, masterfully explains how to create a personal brand, find our own agenda, and shape how we are perceived online in social media and offline as well. In doing so, she recounts her own experiences in politics and the digital world, including her setbacks, learning effects, and her own personal branding.

- Personal branding: the new trend in the area of personal development
- Discovering which type you are to set yourself in the proper scene
- Appearing, networking, putting forth strengths, and dealing confidently with weaknesses

Mindful self-management: Less performing, more true self



Jasmin Schott Carvalho
Connect Me with Myself

[Connect me – Verbunden mit mir selbst]

Escaping the performance trap and leading a fulfilled life –
The 6-step program

Kailash
288 pages
With 3 b/w illustrations
Format 13,5 x 21,5 cm
August 2020

Jasmin Schott Carvalho has done university-level research on mindfulness and is presently a degreed psychologist, Gestalt and body therapist, coach, and mindfulness trainer. She regularly holds workshops and trainings on mindfulness, stress management, self-care, and personal development. Her practice focuses on anxiety, loss of contact with one's self and others, and stress management.

To constantly shine with peak performance at work, to sweat for the perfect figure at the gym, to cook chef-level dinners for friends – we do a lot to ensure we receive recognition from the outside world but often come under perilous pressure to increasingly optimise. What we are missing here, however, is not in the outside world, but rather the reconnection with ourselves.

The psychologist Jasmin Schott Carvalho knows from her own experiences the feeling of being stuck in the performance trap. To help free herself and others from the feeling of never being good enough, she has developed a highly effective 6-step program. This includes exercises from personal development methods, mindfulness meditations, and Gestalt therapy, which will help us feel more vital, connected, and present – while doing without the notion of "higher, faster, further".

- The 6-step program with numerous exercises and strategies for self-care and self-esteem
- Effective protection from burnout and life crises

Spiritual lifecoaching – pure life joy and refreshing clarity

Bestselling
Author



Dana Schwandt
You Are Made for More
[Made for more – Du bist für mehr gemacht]
The radically honest advice book for finding the life that you've truly been wanting

Integral
240 pages
Format 13.5 x 20.6 cm
September 2020

Dana Schwandt is an expert in mental training, a life coach, and speaker. Her company Ichgold focusses on guiding people towards creating the life they want to live. Her podcast "Da ist Gold drin" is consistently in the top 20 of the iTunes health category, with over 500,000 downloads.

There is an extraordinary potential in each of us. In the course of our lives, however, we continually stray from our true nature, withdraw behind masks, and lose sight of who we really are.

With brilliant clarity, the author shows how to rediscover our inner resources and find our way back to what we are meant to be. We learn in a straightforward way how to make peace with ourselves, create meaningful relationships with others, and make a valuable difference in the world through our uniqueness.

Dana Schwandt guides people in their quest to achieve the life they desire, and with an infectious delight and pure authenticity she inspires people to achieve more serenity, fulfilment, and inner clarity through simple changes in everyday life – for a life from which we no longer need a holiday!

- Why so much more is within us than we believe: recognising and making use of our own potential

"To understand oneself and others is so hard and yet so simple." *Stefanie Stahl*

**Spiegel Bestseller:
More than 10,000
copies sold**

Rights sold to:

Portugal*, The Netherlands (Panta Rhei), Turkey*

*rights available again



Stefanie Stahl
That's Just How I Am!
[So bin ich eben!]
Get to know yourself and others

Kailash
272 pages
With 10 b/w illustrations
Format 13.5 x 21.5 cm
May 2020

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

www.stefaniestahl.de

Do I judge things rationally or do I decide spontaneously? Do I thrive in company or do I recover in silence? Do I value details or am I seeing the bigger picture? Once we can assess ourselves and others correctly, we see our own behaviour and that of our fellow human beings in a completely new light. Bestselling author Stefanie Stahl presents 16 basic types of personality based on the Myers-Briggs Type Indicator (MBTI). With the help of a personality test a character profile can be generated.

An indispensable manual for oneself and others that makes living together so much easier and even helps to choose the right partner.

- For a beneficent human interaction based on the typology of C.G. Jung and Myers/Briggs
- Competently and entertainingly, Stefanie Stahl presents us with various types of personality and their interactions.
- **#1 Spiegel** bestselling author with more than 1.2 million copies sold

"Self-esteem is the powerhouse of the soul." *Stefanie Stahl*

**Spiegel Bestseller:
More than 13,000
copies sold**

Rights sold to:

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*rights available again



Stefanie Stahl
**Strengthening
Your Self-Esteem**
[So stärken Sie Ihr
Selbstwertgefühl]
So that life becomes easy

Kailash
304 pages
Format 13,5 x 21,5 cm
May 2020

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

www.stefaniestahl.de

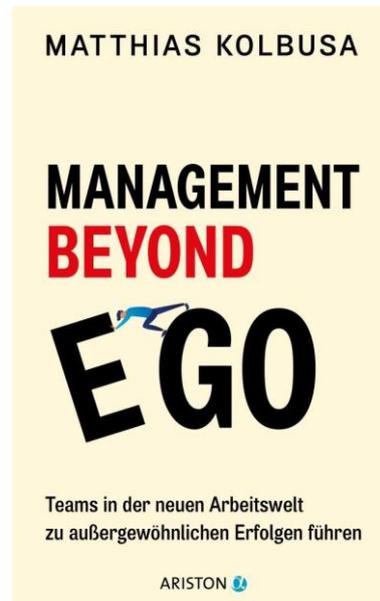
If only I were self-confident! Who has not wished for this before?

People that have a strong self-esteem think positively of themselves, are optimistic and are on equal footing with their contemporaries. Self-esteem defines our attitude towards life, our relationships and our spiritual and physical health.

Psychologist and bestselling writer Stefanie Stahl is convinced that a low self-esteem is no unalterable fate. Using vivid examples, she demonstrates how we can strengthen our self-esteem: by accepting who we are, communicating clearly, acting goal-oriented, managing our feelings – and by learning how to enjoy life.

- More self-esteem for more happiness in life
- On the right way to deal with our strengths and weaknesses
- Numerous examples from practical work show how to strengthen one's self-esteem.
- **#1 Spiegel** bestselling author with more than 1.2 million copies sold

Managing with innovation – managing differently



Matthias Kolbusa
**Management
Beyond Ego**
[Management Beyond Ego]
Teams in the new working
world – Towards extraordinary
success

Ariston
272 pages
Format 13,5 x 21,5 cm
October 2020

Matthias Kolbusa is a speaker, thinker, entrepreneur and a member of the Club of Rome. He began his career early: At 14 he founded his first business, followed by a career in an international consulting firm and then his own company. Today he is an entrepreneur and a consultant for the upper management of numerous DAX-30 corporations.

Sabbatical instead of a company car, home office instead of a promotion: The world of work is changing radically, the desire for meaningful employment is growing. At the same time, however, this means that companies have to rethink. A new understanding of leadership is required: away from the ego fixation of management, towards a service-oriented self-image in the interest of the entire organisation. After all, the ego is what hinders innovation, agility, and thus, quite possibly, an extraordinary competitive strength.

Management expert Matthias Kolbusa calls for a more mature communication, more appreciation, and less hierarchy – a "management beyond ego". In his concept of a management model radically focused on the business at hand, he shows how corporate executives, managers, and team and project leaders should conduct themselves and influence others so that they become innovative and more efficient while still meeting the demands for more rapidity and power of implementation.

- Turn conventional beliefs upside down and change perspectives – for a clear, honest, and high-performance management

"The secret to success is team building." *Stefanie Stahl & Dr. Christian Bernreiter*

**Spiegel Bestseller:
More than 13,000
copies sold**



**Stefanie Stahl /
Dr. Christian Bernreiter
That's Just How I Am!
At Work**

[So bin ich eben! im Job]
Working type-oriented in a
team: the key to success at
work

Kailash
240 pages
With 28 b/w illustrations
Format 13.5 x 21.5 cm
April 2020

Stefanie Stahl is a degreed psychologist. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem. For years her books have been listed on the top ranks of the bestseller lists having sold more than one million copies. *The Child Within You Must Find a Home* was best-seller of the year in Germany for three years in a row.

Dr. Christian Bernreiter is CEO of the consultancy »eigen.wert«. He is active as management consultant, supervisor and systemic coach. He presides over the German Association for Consultancy.

www.stefaniestahl.de /
www.eigen-wert.com

What are my strengths and how can I use them optimally at work? How does the right task find the right person? Why are some successful and others are not?

To correctly assess the potentials of ourselves and of others is the key for a cooperative and constructive collaboration. Based on the typology by Myers/Briggs, Stefanie Stahl and Christian Bernreiter present the basics of type-oriented team building. By using a personality test, individual strength profiles can be generated: Extroverts are great in communicating with clients, abstract people in creating concepts and decisive ones in righting mistakes. Thus success comes no longer by accident but is created through a perfect use of all team members.

- Germany's most successful psychologist and management expert show how it's done.
- Finding the optimal team structure with personality tests
- **#1 Spiegel** bestselling author with more than 1.2 million copies sold

A groundbreaking guide for mothers – by mind-body medicine specialist Dr. Karella Easwaran



Dr. Karella Easwaran
**The Secret of Calm
And Composed Mothers**
[Das Geheimnis
ausgeglichener Mütter]
Strong mothers – Strong
families – Strong society

Kösel
240 pages
2c throughout with infographics
Format 13.5 x 21.5 cm
August 2020

Dr. Karella Easwaran, born in 1965, studied medicine in Hungary and became a specialist in paediatrics and adolescent medicine at the University Children's Hospital in Cologne. She is competent as well in naturopathy and nutritional medicine. In recent years she has focused on mind-body medicine and furthered her knowledge and experience at the Benson-Henry Institute for Mind Body Medicine at Harvard University. She works as a paediatrician in her own practice. Her first book, *The Secret of Healthy Children: What Parents Should and Should Not Do*, is a bestseller.

Being a mother is the most wonderful job in the world – but also the most demanding. Pressures of high expectations, overwhelming responsibilities, and exhaustion are just some of the stress factors that can lead to health problems such as cardiovascular disease and depression. What are the best ways to help mothers?

The renowned paediatrician Dr. Karella Easwaran, who has been supporting mothers for many years, is convinced that the solution to the problem lies in the mind! As an expert in mind-body medicine, she has developed the technique of "beneficial thinking". This begins with the processes in our brain. When properly controlled, beneficial thinking can easily and sustainably change our perception and behaviour. Karella Easwaran's conclusion is that when we subdue our energy-depleting thought patterns, we can finally dispel stress.

- Easy exercises for more energy, gladness, and familial enjoyment
- Clear, warm-hearted, and appreciative

Danger recognised, danger avoided



Silvia Höfer /
Dr. Thomas Höfer
Is That Harmful for My Baby?

[Ist das schädlich für mein Kind?]

Recognising and assessing risks during pregnancy and infancy

Kösel
216 pages
With graphics and tables
Format 14.5 x 21.5 cm
October 2020

Silvia Höfer has been a freelance midwife in Berlin for over 40 years. She spent time as a midwife in South India and Sudan, and was a founding member of the first German birth centre association. She gives lectures and has written numerous medical articles as well as textbooks for midwives and doctors.

Dr. Thomas Höfer was a toxicologist for over 40 years at the Federal Health Office, Federal Ministry for the Environment, and most recently in a leading position at the Federal Institute for Risk Assessment. He authored many articles on the hazards of chemicals and is co-author of bestsellers on the risks of nuclear energy.

Is breast milk impure? How harmful is the radiation around us? To vaccinate or not? Expectant and new parents are concerned about these and similar topics. Rumours, myths, and misinformation can easily be unsettling.

The authors, a toxicologist and a midwife, each with over 40 years of professional experience, take on these issues and investigate the fear tactics of the Internet and the press. Using the latest scientific studies, they explain the actual risks and present practical, everyday tips on how to avoid them. Though dangers exist, it has never been as safe for children as it is today.

- Based on the latest scientific findings
- The most frequent questions of expectant and new parents, answered clearly and competently

The perfect book for stressed out families



Vera Schroeder
**Small Escapes –
Large Joy**

[Kleine Fluchten – großes Glück]

20 unusual ideas for a relaxed family life

Kösel
192 pages
With illustrations
Format 13,5 x 21,5 cm
September 2020

Vera Schroeder studied politics, sociology, and communication. She attended the German School of Journalism, after which she worked for *Neon* and *Nido* for many years, and then as editor-in-chief of both magazines. She has been with the *Süddeutsche Zeitung* since 2014, where she developed the magazine *Süddeutsche Zeitung Familie* and manages the children and family sections of the SZ. In addition to being a journalist, she is training as a systemic therapist.

Life could be so lovely – if it weren't for everyday life. And if you have a family, you might often feel the burden of everyday life to be particularly heavy. To start off into the day light heartedly without constantly watching the clock is next to impossible. Everyone is stuck on this hamster wheel – so it's truly about time we changed our perspective!

In *Small Escapes – Large Joy*, journalist Vera Schroeder shows us the way out in miniature format: How to rediscover one's own personal family happiness during the day-to-day insanity, how to allow chaos and surrender control, and how to sharpen focus while letting one's gaze wander. We don't have to entirely shake up our lives to make them simple and enjoyable once again. Above all, we need to find out what makes us stronger as a family – and into a winning team.

- Urban and funny

Self-development for love



Jens Corssen / Stephanie Ehrenschwendner

To Love

[Lieben]

Why the greatest of all emotions is a matter of attitude

Kailash

160 pages

Format 11.8 x 18.7 cm

November 2020

Jens Corssen has been working as a certified psychologist, a behavioural therapist, and a psychological consultant for personal development and successful relationships for 50 years. For the past 20 years he has also been assisting executives and managers. His Selbst-Entwickler® method is among the most successful coaching concepts in the German-speaking world.

www.jenscorssen.com

Stephanie

Ehrenschwendner is a science journalist and author of many non-fiction and advice books. She has written several books with Jens Corssen.

We are all united by the longing for Oneness, just as the brain leads us to believe in the exhilaration of being in love. But the responsibility for joy of life and connectedness cannot be delegated simply to only the loved one.

Love is a question of inner attitude according to Jens Corssen and Stephanie Ehrenschwendner, and they show how to bring this conscious, mature form of love into being. The process of transformation sets in when we affirm life and remain in an uplifted state of mind – even in periods as singles or in conflicts in relationships. It is continued when our uniqueness develops in all its many facets. By liberating ourselves from obstructive patterns of thought and behaviour, we can align ourselves towards a successful togetherness. Then true connection can grow.

- An appeal for a mature, conscious form of love
- Learning to love in three steps: loving life, loving yourself, loving others
- With effective exercises and practical tools

Letting go of fear of commitment through self-awareness



Rights sold to:

Bulgaria (Algafari), Hungary (Park Könyvkiadó), The Netherlands (Panta Rhei), Poland (Otwarte), Russia (Eksmo), Turkey*

*rights available again

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

www.stefaniestahl.de



Stefanie Stahl **Yes, and No!**

[Jein!]

Perceiving and overcoming fear of commitment. Help for affected and their partners

Kailash

320 pages

Format 13,5 x 21,5 cm

May 2020

A happy relationship is what almost everyone is wishing for – but a lot of people can't manage it. Some seem to always fall in love with the wrong person; others live in their relationship and still feel lonely. What's going on here?

Many relationship problems are actually caused by fear of commitment, as psychotherapist Stefanie Stahl knows. Illuminated by numerous vivid case examples, she demonstrates the many faces of this fear. She explains what typical behavioural patterns fear of commitment elicits, why it is an actual fear and how we can overcome this fear of closeness and intimacy.

- The typical behavioural patterns of commitment phobics – illuminated with numerous case examples
- Bestselling author with more than 1.2 million copies sold

For more information please visit www.randomhouse.de

"From commitment phobic to relationship enthusiast." *Stefanie Stahl*



Stefanie Stahl
From Maybe to Yes!
[Vom Jein zum Ja!]
Overcoming fear of
commitment and finally being
ready for a sustainable
relationship

Kailash
208 pages
With 4 b/w illustrations
Format 13,5 x 21,5 cm
May 2020

Rights sold to:
Poland (Otwarte)

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2019, her book *The Child Within You Must Find a Home* was for the third time in a row the bestseller of the year in Germany.

www.stefaniestahl.de



With her book *Yes, and No!*, Stefanie Stahl wrote a standard work concerning the topic of fear of commitment. In *From Maybe to Yes!*, the bestselling author further develops her approach. She illuminates the typical styles of relationships that make them fail again and again: the fearful-clingy, the fearful-avoiding and the indifferent-avoiding type.

The author identifies the actual causes for fear of commitment within childhood. That is why, drawing from her years of practical experience, she recommends that we address the inner child. Using specifically designed exercises the relationship problem can be tackled and permanently solved.

- Overcoming fear of commitment with specific exercises for the child within you
- Bestselling author with more than 1.2 million copies sold

For more information please visit www.randomhouse.de

The new standard work on the subject of anxiety disorders



Prof. Dr. Andreas Ströhle /
Dr. Jens Plag
No Panic about Fear
[Keine Panik vor der Angst!]
Understanding and
overcoming anxiety disorders

Kailash
250 pages
Format 13.5 x 21.5 cm
November 2020

Prof. Dr. med. Andreas Ströhle and **Dr. med. Jens Plag**, specialists in psychiatry and psychotherapy, are among the most recognised experts on anxiety disorders in the German-speaking world. Together they run the special outpatient clinic for anxiety disorders at the Charité Hospital.

Andreas Ströhle presides over the anxiety disorders working group at the Max Planck Institute for Psychiatry in Munich. In 2002 he moved to the Charité Hospital in Berlin.

Jens Plag's research interests include the biological and psychological basis of anxiety disorders and the therapeutic effects of physical activity.

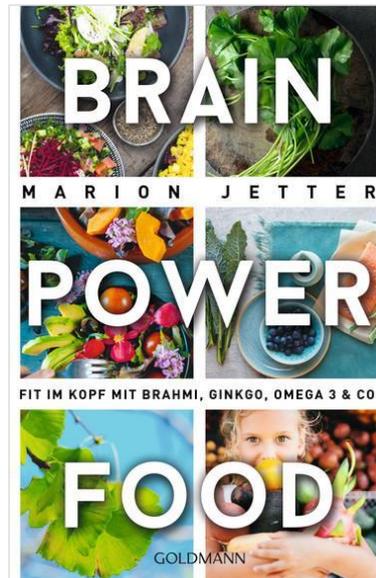
Fear is a primal emotion and a natural warning system. But what if fear itself causes you to fall ill, as it does to 10 million people in Germany alone?

Professor Dr. Andreas Ströhle and Dr. Jens Plag, anxiety specialists with many years of experience in research and practice, present surprising, hitherto ignored findings. They explain why fear must be actively confronted and why merely fighting it will not lead to positive results in the long run. Family members can substantially influence the healing process – positively and negatively.

This practical standard work, supplemented by authentic case histories, shows how to recognise an anxiety disorder, how the social environment can be supportive, and how the panic and anxiety of fear can be turned into confidence.

- Anxiety disorders can be healed!
- For the first time, family members are considered part of the healing process.
- With actual case studies and a large practical section

The best types of food for the brain



Marion Jetter
Brain Power Food
 [Brain-Power-Food]
 Feeding your brain with
 Brahmi, Ginkgo, Omega 3, and
 more

Goldmann Paperback
 272 pages
 Format 13,5 x 20,6 cm
 August 2020

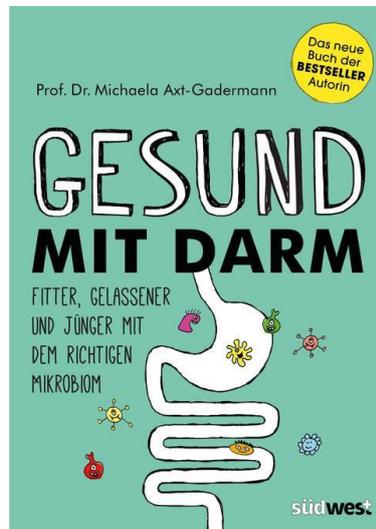
Marion Jetter, a degreed ecotrophologist, has been working as a journalist for almost 20 years in the fields of nutrition, health, and cooking. She is the author of several books on nutrition.

What is the optimal nutrition for the brain? How can our grey cells remain healthy and in excellent condition for as long as possible? Specific power supplements can substantially improve the performance of the brain. Foods such as oatmeal, nuts, and high-grade fats will also help with burnout and depression and maintain a favourable mood.

Marion Jetter, ecotrophologist and journalist, introduces here the most effective nutrition tips, including such smart drugs as the Ayurvedic herb Brahmi and the blood-circulation enhancer Ginkgo Biloba. Included are top power recipes and a 7-day reset program for a strong and healthy brain.

- Improving the performance of the brain with the proper nutrition, and preventing burnout and depression
- Includes the best power recipes for a healthy brain, and a 7-day reset program.

The intestines as the key to a long and healthy life



Prof. Dr.
Michaela Axt-Gadernmann
**Staying Healthy
with the Intestinal Diet**
[Gesund mit Darm]
Maintaining health and vitality
with the proper microflora

Südwest
192 pages
With 60 colour illustrations
Format 17.0 x 24.0 cm
December 2020

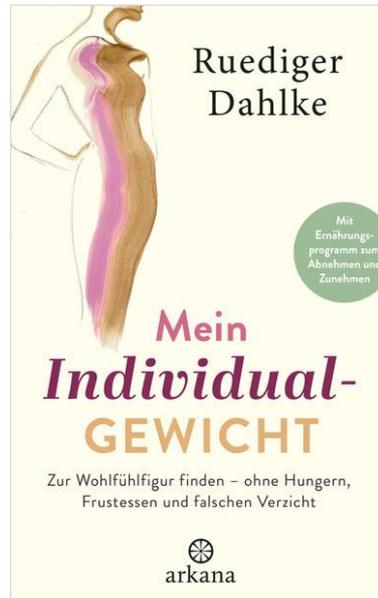
Prof. Dr. Michaela Axt-Gadernmann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.

To feel young and vital at any age, the digestive tract cannot be ignored, as its microflora plays a crucial role in our overall health. A healthy intestinal flora lowers blood pressure, keeps the blood vessels resilient, and ensures that medications have an optimal effect. Beneficial bacteria can measurably increase the performance of athletes and help protect seniors from infirmities of old age. This microflora regulates our metabolism, strengthens the immune system, and reduces the chance of developing diabetes, obesity, or high cholesterol levels. The nervous system also benefits from intestinal bacteria, which can be an important element in the treatment of Parkinson's, Alzheimer's, multiple sclerosis, and depression.

Prof. Dr. Michaela Axt-Gadernmann explains everything we need to know about the connection between intestinal health and a long, healthy life. She presents here a broad overview of an intestines-healthy diet, appropriate probiotic bacteria, and when laboratory tests might be necessary.

- Everything about the influence of intestinal flora on diabetes, cancer, Parkinson's, and other diseases
- How a healthy microflora can counteract geriatric conditions and maintain a robust immune system

In harmony with the soul for a healthy feel-good figure



Ruediger Dahlke
My Individual Weight
[Mein Individualgewicht]
Finding the figure that feels
and looks good – without
starving, frustration eating, or
the wrong abstentions

Arkana
300 pages
With ca. 20 4c recipe photographs
Format 13.5 x 21.5 cm
September 2020

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

Which body does our soul need in order to be truly happy and at peace? Is it really the one that fits into a certain dress size? And what if we actually do not weigh enough? This optimum individual figure is precisely what fasting guru and peace-food pioneer Ruediger Dahlke is focusing on with his innovative holistic nutritional concept based on individual weight.

He shows which unhealthy (eating) patterns are behind weight problems, including reward, emotional, or compensational eating, and he presents the life themes and learning tasks that await us. By nourishing ourselves in harmony with our spirit, we can attune ourselves with our weight and lay the foundation for a new and fulfilled life.

With many recipes, healing meditations for downloading, and a 4-week nutritional program for every personal weight.

- Our personal, individual weight – the innovative holistic nutrition concept
- Making use of one's personal nutrition biography for more health and psychological growth
- How we can determine, reach, and maintain our individual weight.

The guide for a successful psychotherapeutic treatment



Dr. med.
Alexander Kugelstadt
**"Then It Must Be
Psychosomatic!"**
["Dann ist das wohl
psychosomatisch!"]
When the body and psyche are
sending help signals while the
doctors find nothing

Mosaik
320 pages
Format 13.5 x 20.6 cm
October 2020

Dr. med. Alexander Kugelstadt, born in 1981, is a specialist in psychosomatic medicine and psychotherapy. He wrote his doctoral dissertation on psychosomatics in the media. For several years he worked in internal medicine at the Berlin Charité hospital and has been at Germany's best-known psychosomatic institute, the Institute for Psychosomatic Medicine and Psychotherapy of the AOK in Berlin, since 2011. In 2014, he published a guide to starting off a career as a doctor. He is a supervisor and lecturer, and has been co-editing the successful PsychCast podcast, which has over a million downloads.

Sometimes our thoughts just won't stop when we want to sleep. Or the stomach rebels when work needs to be done. Some people are certain they have a fatal heart condition, yet they consider medical tests that show no problems to be actual confirmation that something has been overlooked. Others suffer from severe migraine, and when doctors can't find the cause they say it is merely "psychosomatic". For many people, this is the prime diagnosis for anxiety, because at this point, often after a long odyssey through many medical examination rooms, the limits of standard medicine seems to have been reached.

Psychosomatic medicine and psychotherapy start precisely with the interface of body and psyche. Thinking, feeling, and acting are much more closely connected to the body's functions than has long been assumed. This book brings together the primary psychological and physical needs of the human being in an easy-to-understand way, and it will be of great use in healing when most treatments have not been of benefit.

- Symptoms throughout the body and their psychological causes
- The first extensive popular text on psychosomatic medicine

Direct thoughts on the taboo topic of mental illness



Kester Schlenz
**I'm Crazy...
and I'm Not the Only
One**

[Ich bin bekloppt ... und ich bin
nicht der Einzige]
My way out of the
psycho-crisis

Mosaik
224 pages
Format 13.5 x 21.5 cm
August 2020

Kester Schlenz, born in 1958, studied linguistics and psychology. For fifteen years he was the manager of the culture and entertainment section of the magazine *Brigitte*. He is presently in the same position for *Stern*, and so he is abreast of the latest cultural trends. His books have had great success, especially his bestsellers *God, Daddy!* and *What Now, Old Fellow?*

"I said to myself, 'Dude, you're hopeless. You're a total mess.'"

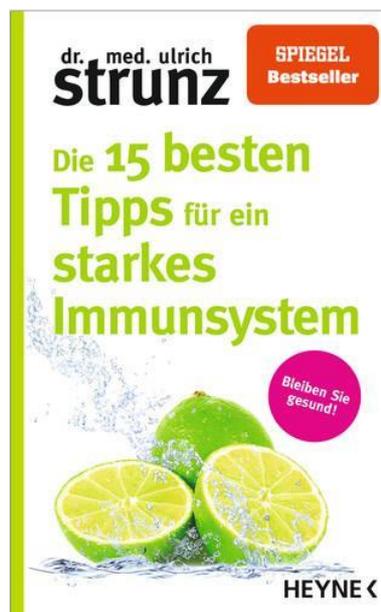
Bestselling author Kester Schlenz experienced what hundreds of thousands of people have experienced and what most of them don't like talking about: having a serious mental breakdown and needing professional help.

With all the requisite seriousness, but in his customary dryly humorous style, he tells of his desperate search for a suitable therapist, a prolonged stay in an institution, memorable encounters with fellow patients, and his partially bizarre way back into "normal" life.

An unsparingly open report of a patient and a book of encouragement for all who have burdensome psychological problems.

- From the *Spiegel* bestselling author, with over 670,000 copies sold
- "What, you too?" An encouraging book for anyone with psychological disorders

Your immune system is your best defence – strengthen it!



Dr. med. Ulrich Strunz
**The 15 Best Tips for a
Strong Immune System**
[Die 15 besten Tipps für ein
starkes Immunsystem]
Stay healthy!

Heyne Paperback
64 pages
4c throughout
Format 11.0 x 18.0 cm
May 2020

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, 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

Nothing is better suited to fight off viruses and pathogens than our immune system – that is, if it is fit. Pills and vaccines can only so much as support this system, which can easily cope with the daily challenges by itself. Often, however, it is weakened and the gate is wide open for pathogens to enter. Help your immune system, make it stronger!

It is done more quickly than you would expect. All you need are three simple measures: exercise, treat your body to vital substances and your mind to some doses of happiness – thus you will become more and more immune by the day.

The ingredients therefore include: vitamins, especially vitamins C and D; protein and anti-oxidants; strength training and relaxation; a good sleep and conscious breathing; and last but certainly not least, humour and high spirits.

- *Spiegel* bestseller with more than 20,000 copies sold
- Stay healthy with the 15 most important tips by Dr. Strunz
- Strengthen your immune system – the perfect defence against viruses and pathogens!

The major handbook for extrasensory abilities



Varda Hasselmann
Mediumship and Trance
[Medialität und Trance]
Messages from distant worlds
– a personal history

Arkana
352 pages
With 5 b/w illustrations
Format 13,5 x 21,5 cm
September 2020

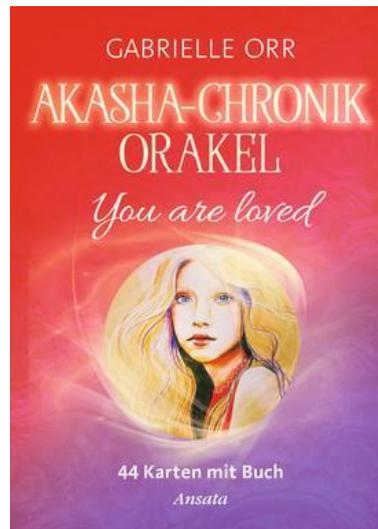
Born in 1946, **Varda Hasselmann** majored in literature and in medieval studies in preparation for a university career, but a different calling beckoned. She chose to follow turning her talent as a medium into a profession. Since 1983 she has worked as a trance medium, hosting seminars and holding lectures.

As a deep trance medium, Varda Hasselmann has been conveying the messages of a transpersonal "source" for over thirty years, through which she has inspired countless people. She now imparts her deep knowledge of mediumship from a very personal perspective.

The Grande Dame of mediumship discloses here for the first time how she works with the "source", and she reveals as well why she sometimes feels her gift to be a burden. She illustrates the roles that clairvoyance, trance, and channelling have played in history over the millennia. Finally, she presents exercises and techniques with which we can train our own intuitive and mediumistic abilities in order to get in touch with our soul and soul family.

- Aura readings, clairvoyance, and channelling: a great journey through the history of mediumship
- With a practical section for developing one's own intuitive and mediumistic abilities

The first set of cards on the Akasha Chronicles



Gabrielle Orr
Akasha Chronicles Oracle
[Akasha-Chronik-Orakel]
You are loved.
44 cards with book

Ansata
With 44 4c cards
Format 8.9 x 12.7 cm
November 2020

Rights sold to: Poland (KOS)

Gabriele Orr studied social pedagogy and has worked with mentally disabled children and coma patients. Her tasks include offering advice to her clients and their families. She is trained in several spiritual methods (Healing Touch, EFT, Reiki and Feng Shui). Since 2012, the trained Akasha Chronicles teacher has been hosting retreats as well as teaching interested people how to read the Akasha Chronicles.

The magical Akasha Chronicles cards by Gabriele Orr take you along into a world of wisdom and collective knowledge, offering effective self-help. Lovingly designed and intuitively applicable, these cards provide clear answers to the big and small personal questions in life and disclose possible solutions to the most urgent problems.

These 44 cards and the accompanying book allow you to directly and easily access the all-encompassing cosmic world memory and convey inspirational insights into the higher interrelations of our life topics. From the perspective of this higher self, entirely new realisations can be obtained and questions can be clarified for the greater good of all participants.

An immensely valuable companion for conscious living – with many impetuses, affirmations and blissful inspirations for every day.

- The intuitive access to the unlimited power of the universe, lovingly designed and full of positive energy

Vadim Tschenze presents the secret methods for communicating with angels



Vadim Tschenze
The Angel Alphabet
[Das Engel-Alphabet]
The secret language of the celestial beings for protection and healing

Goldmann Paperback
256 pages
4c throughout
Format 12.5 x 18.7 cm
November 2020

Vadim Tschenze, born in 1973 in Uzbekistan, has for many years been the director of the Vadim Tschenze Academy for Spiritual Healing, Shamanism and Mediality 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.

For the first time Vadim Tschenze reveals here the knowledge of his family handed down for generations on how to decipher the mystical messages of the celestial beings. The angel alphabet is an ancient system of signs by which we can communicate with the beings of light.

Each sign with its protective frequency helps us identify and understand our desires, relieve inner distress, and find our way to our inner self. With this, we can protect ourselves from negative influences and find new ways of healing through the power of our angels.

- With over 200 signs for interpreting the most varied life themes
- The successful author reveals the protecting frequency of the angel alphabet.

A fairy tale about growing up, the search for the meaning of life – and true love



Judith Hoersch
Juno's Wonderful Journey

[Juno und die Reise zu den Wundern]

A fable

Diederichs
160 pages
With 10 b/w illustrations
Format 12.5 x 20.0 cm
October 2020

Judith Hoersch is a well-known actor and singer who has appeared in countless films and TV series. She composes her own lyrics, and has also written short stories and screenplays.

www.judith-hoersch.com

Juno is different from other girls. She's shy, and would love to be a mermaid. She spends her childhood daydreaming, and feels lonely and misunderstood.

Years later, the young woman moves to the crooked city, where she meets the eccentric goldsmith Mr James. He becomes her mentor and friend, and warns her not to waste her life on dreams – wonderful things will only be able to find her if she shows courage. So Juno sets off on a magical journey around the world, and eventually discovers the path to her true self.

Juno's Wonderful Journey takes the reader into a marvellous world where dream and reality are indistinguishable, where two golden rings show the way, and where camels can speak.

The magic of compassion – more closeness, harmony, and joy in life



Aljoscha Long /
Ronald Schwappe
**You Can See More
with the Heart**

[Mit dem Herzen siehst du
mehr]

Buddhistic stories of wisdom
and meditations on the power
of compassion

Lotos
208 pages
Format 12.5 x 20.0 cm
November 2020

Aljoscha Long and **Ronald Schwappe** are internationally renowned bestseller 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 studied psychology, philosophy and linguistics; Ronald Schwappe is an orchestra musician and meditation teacher. Together they founded the Institute for Personal Integration and have published numerous books on topics of psychology and spirituality.

Compassion can make us joyful, and it can bestow meaning and relevance on our lives. Scientific studies prove that living together in compassionate ways also has a demonstrable beneficial effect on body and soul.

The accomplished authors Aljoscha Long and Ronald Schwappe illustrate how we can cultivate the transforming power of compassion within ourselves: very specifically, day for day, through simple meditations, through gestures of kindness, through loving mindfulness – and through inspiring Buddhist stories that make us realise that we are not alone. Everything is connected with everything else.

- Narrative life-help – entertaining, inspiring, and readily applied to life
- Encountering yourself and life in a completely new way with the power of positive emotions
- From the authors of the bestseller *The Seven Secrets of the Tortoise* – over 400,000 books of the author duo sold

For that magical time between the years



Claudia Wengenroth
**The Place
Where Time Is Born**
[Dort, wo die Zeit entsteht]
A story of reinvention

Diederichs
176 pages
Format 12.5 x 20.0 cm
September 2020

Claudia Wengenroth was born in Leipzig in 1971. After qualifying as a physiotherapist, she studied medicine; she now lives and works as a doctor in the Weser uplands.

In deepest winter – that magical time between the end of one year and the beginning of next – young doctor Katharina seeks refuge from everyday life in her family's chalet. There, she receives a visit from the mysterious mountain farmer Irmelin, who looks after the place when the family aren't there. The old woman is curious to know what Katharina is doing there during this special time of year, when the boundary between dream and reality becomes blurred. Irmelin is a woman of few words, but hints at things that fill Katharina with an eerie feeling. The young woman is increasingly drawn into her nocturnal dreams, and immerses herself in this strange and secretive world.

A profoundly atmospheric story of a journey into recovery, immersed in the magic of old-world wisdom.

Contact

Verlagsgruppe Random House

Rights Department

Neumarkter Str. 28

81673 München

Germany

Fax: ++49 (89) 4136-3733

www.randomhouse.de

Gesche Wendebourg

Foreign Rights Director

Phone: ++49 (89) 4136-3313

Gesche.Wendebourg@randomhouse.de

English speaking countries; French speaking countries; Greece; Israel; Arabic countries

Eva-Maria Kunze

Foreign Rights Manager

Phone: ++49 (89) 4136-3716

Eva-Maria.Kunze@randomhouse.de

Portuguese speaking countries; Spanish speaking countries; Czech Republic; Slovakia

Kai-Ting Pan

Foreign Rights Manager

Phone: ++49 (89) 4136-3225

Kai-Ting.Pan@randomhouse.de

The Netherlands/Belgium; Italy; China; Korea; Taiwan; Japan

Stephanie Gerdeissen

Foreign Rights Manager

Phone: ++49 (89) 4136-3470

Stephanie.Gerdeissen@randomhouse.de

Eastern Europe (except Czech Republic and Slovakia) and the Balkans; Scandinavia; Turkey

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Agents

The Balkans, Baltic States, Russia

Ms. Milena Kaplarevic
Prava i Prevodi Literary Agency
YU-Business Center
Blvd. Mihaila Pupina 10B/l
5th Floor, Suite 4
11070 BELGRADE / SERBIA
Phone: ++381 (11) 301 41 61
Fax: ++381 (11) 311 98 79
e-mail: office@pravaiprevodi.org

China

Ms. Jackie Huang, Ms. Susan Xia
Andrew Nurnberg Associates Int. Ltd.
Beijing Representative Office
Room 1705, Culture Square, No.59 Jia
Zhongguancun Street, Haidian D.
100872 BEIJING / P.R. CHINA
Phone: ++86 10 82504106
Fax: ++86 10 82504200
e-mail: susan@nurnberg.com.cn

France

Ms. Eliane Benisti
Agent Littéraire
80 Rue des Saints Pères
75007 PARIS / FRANCE
Phone: ++33 (1) 422 285 33
Fax: ++33 (1) 454 418 17
e-mail: Benisti@elianebenisti.com

Hungary

Ms. Catherine Balla jun.
Balla & Sztojkov Literary Agency
Kós Károly tér 4
1192 BUDAPEST / HUNGARY
Phone: ++36 (1) 456 03 11
Fax: ++36 (1) 215 4420
e-mail: c.balla@ballalit.hu

Italy

Ms. Barbara Griffini
Berla & Griffini Rights Agency
Via Stampa, 4
20123 MILANO / ITALY
Phone: ++39 (02) 805 041 79
Fax: ++39 (02) 890 106 46
e-mail: griffini@bgagency.it

Brazil

Ms. Sandra Rodericks
Ute Körner Literary Agents, S.L.
Aragó,224-pral-2
08011 BARCELONA / SPAIN
Phone: ++34 (93) 323 89 70
Fax: ++34 (93) 451 48 69
e-mail: sandra.rodericks@uklitag.com

Czech Republic / Slovakia

Ms. Kristin Olson
Kristin Olson Literary Agency s.r.o.
Klimentská 24
110 00 PRAHA 1 / CZECH REPUBLIC
Phone: ++420 222 582 042
Fax: ++420 222 580 048
e-mail: kristin.olson@litag.cz

Greece

Ms. Catherine Fragou
Iris Literary Agency
Komotinis Str. 18
136 76 THRAKOMAKEDONES / GREECE
Phone: ++30 (210) 243 24 73
Fax: ++30 (210) 243 50 42
e-mail: irislit@otenet.gr

Israel

Ms. Efrat Lev
The Deborah Harris Agency
P.O. Box 8528
Jerusalem 9108401 / ISRAEL
Phone: ++972 (0)2 563 32 37
Fax: ++972 (0)2 561 87 11
e-mail: efrat@thedeborahharrisagency.com

Japan

Ms. Meike Marx
Literary Agent
2-6-5 Otoe-cho Fukagawa
Hokkaido 074-1273 / JAPAN
Phone: ++81 (164) 25-1466
Fax: ++81 (164) 26-3833
e-mail: meike.marx@gol.com

South Korea**Ms. Geenie Han****MOMO Agency**

309-51 Seongsan-ro,

Seodaemun-gu

03706 SEOUL / KOREA

Phone: ++82 (2) 337 8606

Fax: ++82 (2) 337 8702

e-mail: geeniehan@mmagency.co.kr**South Korea****Mr. Richard Hong****BookCosmos Agency**3F Youngjun B/D(Annex), 22 Worldcup buk-ro
Mapo-Gu

03992 SEOUL / KOREA

Phone: ++82 (2) 3143 2834

Fax: ++82 (2) 3143 2833

e-mail: r-hong@bookcosmos.com**The Netherlands / Belgium****Ms. Marianne Schönbach****Marianne Schönbach Literary Agency**

Rokin 44 III

1012 KV AMSTERDAM / THE NETHERLANDS

Phone: ++31 (20) 62 000 20

Fax: ++31 (20) 62 404 50

e-mail: m.schonbach@schonbach.nl**Poland****Mr. Tomasz Berezinski****Graal Agencja Literacka**

Pruszkowska 29/252

02-119 WARSZAWA / POLAND

Phone: ++48 (22) 895 2000

Fax: ++48 (22) 895 2001

e-mail: Tomasz.Berezinski@graal.com.pl**Romania / Moldova****Ms. Simona Kessler****Int. Copyright Agency Ltd**

Str. Banul Antonache 37, Bloc A

011663 BUCHAREST 1 / ROMANIA

Phone: ++40 (21) 316 48 06

Fax: ++40 (21) 316 47 94

e-mail: simona@kessler-agency.ro**Spain / Portugal / Latin- and South America****Ms. Sandra Rodericks****Ute Körner Literary Agents, S.L.**

Aragó,224-pral-2

08011 BARCELONA / SPAIN

Phone: ++34 (93) 323 89 70

Fax: ++34 (93) 451 48 69

e-mail: sandra.rodericks@uklitag.com**Taiwan****Ms. Whitney Hsu****Andrew Nurnberg Associates Int. Ltd.****Taiwan Representative Office**

8F, No. 129, Sec. 2, Zhongshan N. Rd.

TAIPEI 10448 / TAIWAN

Phone: ++886 2 2562 9008

Fax: ++886 2 2562 7712

e-mail: whsu@nurnberg.com.tw**Turkey****Mr. Doğan Terzi****AnatoliaLit Agency**

Caferağa Mah., Gunesli Bahce Sok. No:48

Or.Ko Apt. B Blok D:4

34710 Kadıköy - İstanbul / TURKEY

Phone: ++90 216 700 1088

Fax: ++90 216 700 1089

e-mail: dogan@anatolialit.com