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## A wake-up call for what true affluence is and what is truly important



Vivian Dittmar  
**True Prosperity**  
[Echter Wohlstand]  
Why an investment in inner wealth is worth it  
An appeal for new values

Kailash  
272 pages  
With 5 b/w illustrations  
Format 13.5 x 21.5 cm  
March 2021

**Vivian Dittmar** is a seminar leader, author, and lateral thinker. With her "Be the Change" Foundation for Cultural Transformation and as advisor to the Terra Institute, she is engaged with the holistic developments of people, society, economy, and consciousness. Her books include *The Emotional Backpack* and *Feelings and Emotions: An Instruction Manual*.

In our society, wealth is defined almost exclusively in material terms. Yet while consumption activates our personal rewards system, it doesn't really make us rich, as true prosperity must develop on many levels.

Vivian Dittmar outlines the cornerstones of a life that is prosperous from a new perspective: one that is rich in time, fulfilling relationships, creativity, and a connection with the mysteries of life and the enrapturing beauty of nature. She explains how a good life is not necessarily incompatible with ecological and social progress: on the contrary, a good life is actually what makes it possible.

What is a truly good life? Why our ideas of prosperity are now being put to the test

- Over 20,000 copies sold of *The Emotional Backpack*
- How an investment in relationships, creativity, and spirituality will ultimately make us happier than material things.
- Future-oriented answers to the old philosophical question: "What is a good life?"



Thomas Hohensee  
**The Buddha's Successful  
Formula for a Fulfilled  
Life**

[Buddhas Glücksformel für ein  
erfülltes Leben]

How you can achieve with ease  
what you really want

Lotos  
208 pages  
Format 12.5 x 20.0 cm  
March 2021

**Thomas Hohensee**, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books, which have been translated into several languages and a coach for personality development. His aim is to show as many people as possible the way towards a happy and fulfilling life.

[www.thomas-hohensee.com](http://www.thomas-hohensee.com)

Everyone has the capacity to be successful and happy. But how can we discover and use this ability within us to live exactly the way we would like to? The answer to this question can be found in the timeless wisdom of Buddha.

Whether for health, professional success, financial security, loving partnerships, or harmonious friendships – Thomas Hohensee has translated Buddha's philosophy into a clearly defined recipe for success that anyone can use to search for personal fulfilment and material abundance.

With many tips and exercises for more composure, lightness, and joy in life

- **Bestselling author with over 500,000 books sold**
- **To inner and outer wealth with Buddha's timeless wisdom**
- **For everyone: with very concrete tips and exercises**

## How you can achieve with ease what you really want

Bestselling  
Author



Wladislaw Jachtchenko  
**White Rhetoric**

[Weiße Rhetorik]  
Convincing instead of  
manipulating

Goldmann Paperback  
384 pages  
With 11 b/w illustrations  
Format 12.5 x 18.7 cm  
April 2021

**Wladislaw Jachtchenko** studied political science, law, history, and literature in Munich and New York. Since 2007 he has worked as a rhetoric trainer, speaker, and coach. He is the founder of the Argumentorik Academy offering lectures, seminars and coaching sessions on all matters concerning communications. He is considered one of the top 10 speakers in Europe.

Manipulate, allege, cajole, intimidate – there are many sordid methods of dark rhetoric that can be used to defeat the other party. Nevertheless, honesty is still the best strategy! White rhetoric is more respectful, more successful in the long run, and more pleasant for everyone involved.

The renowned rhetoric trainer Wladislaw Jachtchenko reveals how white rhetoric works, since persuading people is something that can be learned. With exercises, checklists, tips, and sample argumentations, he provides the necessary tools with which we can enhance our powers of persuasion and be convincing in every conversational situation without any manipulative tricks.

- **Being persuasive with the right arguments – masterful and successful**
- **The perfect equipment for lectures, discussions, and difficult negotiations**

**Dark Rhetoric** [Dunkle Rhetorik]

**Bestseller with more than 27,500 copies sold**

**Rights sold to:** Czech Republic (Grada), Slovakia (Grada), Taiwan (Yuan-Liou)

Goldmann Paperback, 320 pp, September 2019



Penguin  
RandomHouse  
Verlagsgruppe

For more information please visit [www.penguinrandomhouse.de](http://www.penguinrandomhouse.de)

## Letting go and acting instead of worrying and complaining

*Spiegel*  
Bestselling  
Author



Bodo Janssen  
**A Question of Attitude**  
[Eine Frage der Haltung]  
How we can better deal with  
crises and be stronger for it

Ariston  
256 pages  
Format 13.5 x 21.5 cm  
April 2021

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

Mid-March 2020: The Corona pandemic. Lockdown. The 89 Upstalsbom Hotels must close. Income quickly goes from a hundred per cent to nothing. The very existence of Bodo Janssen's company and its employees is threatened. Janssen then experiences how his corporate style and values prove themselves. His employees take the initiative and decide what needs to be prioritised and how things are to be implemented. New methods are discovered in this process. They include making decisions on the fly, carefully observing changes until the facts are clarified, revising decisions when better solution possibilities become apparent, and creating a transparent information structure.

Bodo Janssen's conclusion is that his company and its employees became more flexible and self-confident during the crisis and emerged stronger from it.

This is a very personal book that presents insights which can be applied to crises of all kinds far beyond the corona situation, from small, everyday problems to existence-threatening ones.

- **Connection, solidarity, open communication, and a willingness to help create the foundation of successful decisions**



## How to carry on when nothing seems to be working



Holger Kuntze  
**Life Is Simple  
When You Understand  
Why It Is So Difficult**

[Das Leben ist einfach, wenn du verstehst, warum es so schwierig ist]  
Overcoming personal crises, attaining inner freedom

Kösel  
288 pages  
With 12 b/w illustrations  
Format 13.5 x 21.5 cm  
March 2021

**Holger Kuntze**, born in 1967, has worked as a couples therapist and consultant since 2001. Following his studies in the humanities and social sciences, he trained as a psychotherapist according to the healing practitioner regulations and is today a life coach and certified coach for professional development. His therapy work is based on Acceptance and Commitment Therapy (ACT) and the latest findings of brain and consciousness research.

<http://www.holgerkuntze.de>

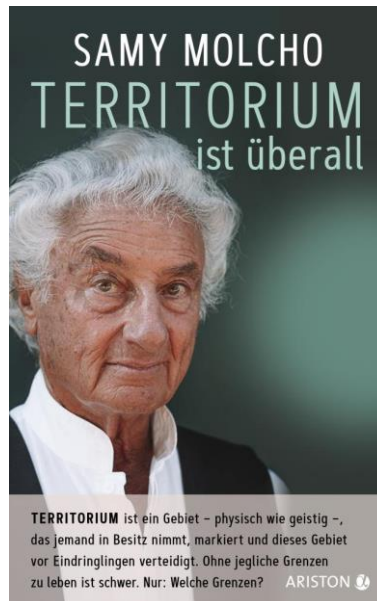
There are moments in our lives when we are dissatisfied, are quarrelsome, or simply about to despair. Times when we are afraid we aren't able to cope with life.

The psychotherapist Holger Kuntze helps us overcome such existential crises. Aided by modern behaviour therapy and the latest findings in neuroscience and evolutionary research, he provides us a glimpse behind the scenes of our own emotions and thoughts. He helps us access our inner freedom and resources, which through acceptance-based strategies enable us to recognise the sometimes unreasonable demands of life and to effectively deal with them. He shows how we can disengage our reaction autopilot and become capable again of acting, and thus respond to the challenges of life with energy, composure, and confidence.

- Contemporary life help, accessible and empathetic
- Practical help for self-recognition: with many self-evaluation forms and exercises
- For readers of Russ Harris, Barbara Sher, and Stefanie Stahl

## Samy Molcho convincingly proves how central the concept of territory is for us as humans

Bestselling  
Author



Samy Molcho

### **Territory**

[Territorium ist überall]

Knowing about our invisible borders

Ariston

192 pages

Format 13.5 x 21.5 cm

April 2021

**Samy Molcho**, born in 1936 in Tel Aviv, is international renowned for his work as mime, actor, and director. His books *The Body Language of Success*, *Everything about Body Language*, and *Body Language and Relationships* are successful long-sellers. Along with his artistic activities he is a professor emeritus at the University for Music and Art in Vienna. In 2004 he was presented with the Silver Extraordinary Service Award of the Republic of Austria.

Many of us have experienced it: We are sitting on a Metro when suddenly someone sits down right next to us, even though many other seats are free. It bothers us. Why does someone want to be so physically close? We feel uncomfortable, maybe even angry. Because every space that we perceive as our own area becomes territory that we want to defend; conflict and tension can result. We react just as defensively to intruders in other personal areas: our competence, knowledge, beliefs, views and ideas, and even hobbies.

Samy Molcho, one of the most renowned body language experts worldwide, shows that territorial boundaries and conflicts are not limited to physical areas, but can also extend to our mental and psychological realms. Showing us how central 'territory' is to our conception of ourselves, he provides us with fascinating ways of understanding our behaviour as individuals, as a community, as entire societies – and how it has resulted in religious wars and international conflicts.

- Territorial borders create individual and social conflicts just as they do international crises and religious conflicts.
- Fascinating insights, providing help for understanding, avoiding, and solving conflicts

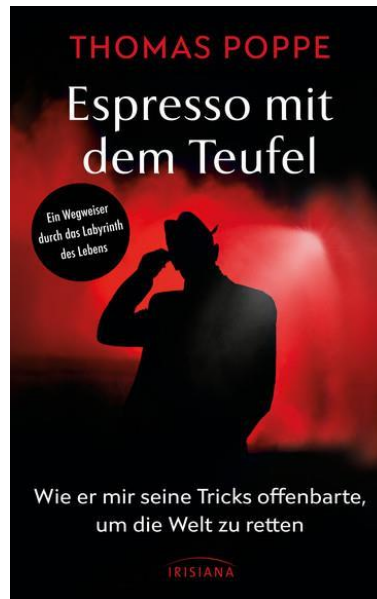


## A wake-up call for the soul

Rights available except for  
World English

**Thomas Poppe** published in 1991 with Johanna Paungger the classic *From the Right Point in Time* concerning the influence of the rhythm of the moon on everyday life. Numerous other books from this author duo followed, which heralded a renaissance of health consciousness and presented a plethora of practical tips for everyday life.

With his books, he wishes to put the tools for creating a better world in the hands of every reader. This is the case with his book *Espresso with the Devil*, in which he provides a deep insights into the important things in life.



Thomas Poppe  
**Espresso with the Devil**  
[Espresso mit dem Teufel]  
How he revealed tricks to me  
for saving the world  
A guide through the labyrinth  
of life

Irisiana  
272 pages  
Format 12.5 x 20.0 cm  
March 2021

The devil really has a big problem with people. "You make it too easy for me!" he confesses. This is because if humankind drives its whole existence off a cliff, he, the great purveyor of temptation, will be unemployed. During the following conversation we had on one very memorable night, he turned over his cards and revealed all his tricks.

In this extraordinarily profound and yet always graspable and amusing, provocative dialogue, Thomas Poppe takes on the large topics that affect us deeply. He reveals how a durable, spiritually fulfilled life in harmony with oneself, one's fellow human beings, and the natural world can happen.

- **An unusual piece of narrative life help that conveys a large portion of wisdom in an amusing, provocative, and comprehensible way.**
- **With numerous tips for seeing through the devil's tricks in all areas of life**

## Being instead of having



Alexander Poraj  
**Money or Life**  
[Geld oder Leben]  
What really makes us happy

Kösel  
160 pages  
Format 13.5 x 21.5 cm  
April 2021

**Alexander Poraj**, PhD, born in 1964, studied Catholic theology in Freiburg and in Granada, Spain. A Zen master of the Zen lineage "Empty Cloud" and "Cloud of Unknowing – Contemplation lineage of Willigis Jäger", he is spiritual leader of the Benediktushof and chairman of the "Occidental-Oriental Wisdom – Willigis Jäger Foundation".

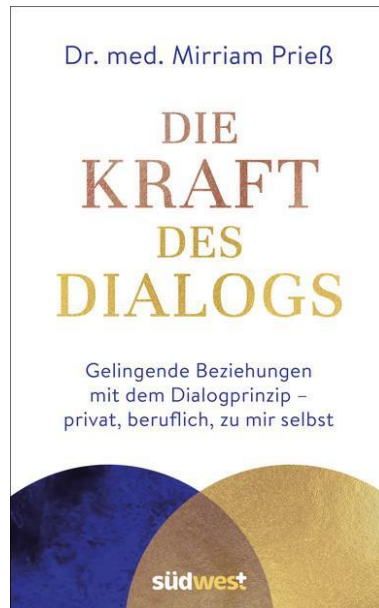
Money, love relationship, success, happiness – many people chase after these presumed assurances as if obsessed. But once these things are acquired they often prove to be fleeting and certainly inadequate as a means for being hopeful towards a future, which in many respects is very uncertain.

An enduring spiritual existence is achieved when anxieties are dealt with through direct experiences and real encounters rather than through pseudo-securities. Such experiences can reinforce the trust and confidence of being connected to others, to the earth, and above all to oneself. An encouraging book that will guide us on the path to a sense of substantial sustainability relevant for our times.

- **More meaning instead of more money**
- **Discovering the true meaning of life – creating a sense of permanency**

## How dialogue works – personally, in career, and with your self

**Bestselling  
Author**



Dr. med. Mirriam Prieß  
**The Power of Dialogue**  
[Die Kraft des Dialogs.  
Gelingende Beziehungen mit  
dem Dialogprinzip – privat,  
beruflich, zu mir selbst]  
Successful relationships  
through the dialogue principle

Südwest  
240 pages  
With 8 b/w illustrations  
Format 13.5 x 21.5 cm  
March 2021

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

These days it seems more difficult than ever to enter into dialogue with one another. If we want to surmount the divisions in society and between individuals, we must certainly talk to one another, but we need to know just how to do so. Only by showing interest in each other, by being empathetic and open, and by treating each other with respect and on an equal level can dialogue succeed.

In her new book, the burnout expert outlines the dialogue principle she has developed and for years has successfully used to advise companies and individuals. She demonstrates that dialogue is much more than merely a verbal form of communication: that it is an attitude towards oneself, one's environment, and life.

- **Dialogue is the key to a satisfying and healthy life.**
- **The pillars of a healthy dialogue are respect, interest, openness, empathy, and equitability.**
- **How relationships succeed – with yourself, with others, with life**

## Negotiating for life and death



Oliver Schneider /  
Shirley Michaela Seul  
**Will Power Is Crucial**  
[Der Wille entscheidet]  
Dealing with crises,  
negotiating successfully –  
A former commando officer  
reports

Ariston  
192 pages  
Format 13.5 x 20.6 cm  
April 2021

**Oliver Schneider** is the founder and executive of RiskWorkers GmbH in Munich. After starting out as an officer in the German Army, he joined the Special Security Forces, with which he participated in various international operations. Since 2006 he has been a security, risk, and crisis management advisor, and as a kidnap-for-ransom consultant he has successfully resolved many kidnapping situations.

**Shirley Seul**, an independent author and co-author, has had many of her books published.

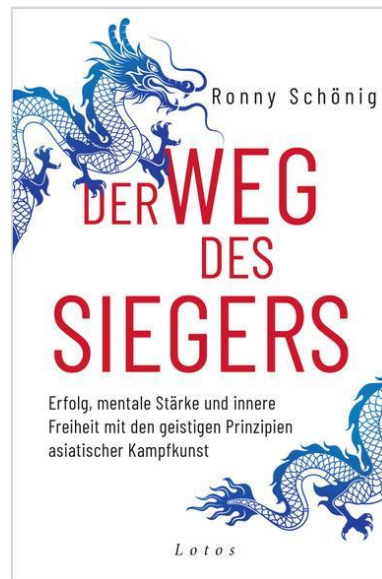
No solution feasible? Even difficult and seemingly hopeless situations can be successful in the end!

Oliver Schneider, former special forces officer and advisor for security, risk, and crisis management, knows what it takes to overcome crises. Mental and psychological stability, sound preparation, strategic planning, and the best tactics are the essential elements, the fundamentals of the special forces principle.

Using some of his most spectacular missions as case studies, Oliver Schneider reveals the crucial and decisive factors and demonstrates how anyone can develop the needed will power and mental strength for optimised decision-making abilities, clarity, and success!

- **How to see through adversaries, perceive tactics, and analyse behaviour**
- **An author with negotiating experience with pirates, kidnappers, and extortionists in Afghanistan, Somalia, and Yemen**
- **True Crime for readers of Leo Martin and Joe Navarro – with gripping stories from the author's life and many tips, tricks, and tactics for anybody to use**

## Eastern spirituality combined with modern mental training



Ronny Schöning  
**The Path of the Victor**  
[Der Weg des Siegers]  
Success, mental power, and inner freedom through the spiritual principles of Asian martial arts

Lotos  
224 pages  
With b/w illustrations  
Format 13.5 x 20.6 cm  
May 2021

**Ronny Schöning**, born in 1977, has been practicing various Asian martial arts for over 25 years. From 2004 to 2011 he was the trainer for the German national team in kick and Thai boxing. After earning a master's degree in Strategic Business Leadership and Human Resource Management, he became a successful businessman and now manages the fitness and martial arts sport studio TAO FIT in Dresden. He also heads Tao Business Consulting, where as a mental coach and business advisor he shows how businesses and individuals can profit from the spiritual principles and values of martial arts.

Mental clarity, lasting success, and deep satisfaction are a matter of inner attitude. How this can be positively changed – and with it one's life overall – is nowhere so clearly and effectively present as in the spiritual principles of Asian martial arts.

Ronny Schöning, having practiced these martial arts for over 25 years, makes the mental success strategies of Shaolin, Samurai, and Kung Fu accessible for use in everyday life in the Western world. He shows how we can find our centre and thus our own inner strength for overcoming stress, anxiety, and disorientation. Instead of squandering precious life energy, we learn how to use it consciously to achieve our goals. We will realise that life does not have to be a constant battle, but that when we are faced with challenges we must be able to bring together our strengths within seconds, use our intuition, and with focused determination fend off what harms us.

- **A fascinating combination of Eastern philosophy of life and modern mental training to become relaxed, self-confident, successful, and healthier.**
- **This is a practical guide for anyone who wants to get the most out of life.**
- **The spiritual secrets of Asian martial arts – a blend of Eastern spirituality and modern mental training**

## **Slim, precise, effective: From wanting to doing in three steps – realise plans, finally achieve goals!**



Ulrich G. Strunz  
**From Normal  
to Perceptive**  
[Von normal zu genial]  
Three steps to acting  
consequently – Discovering  
the power of thought

Ariston  
160 pages  
Format 13.5 x 20.6 cm  
March 2021

**Ulrich G. Strunz**, born in 1987, is a business IT specialist and wrote his MA thesis on uncertainty 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.

First we can't decide, then we're unsure whether it was the right decision, and finally the result makes us dissatisfied. No wonder, because 95 per cent of our decisions are made on the basis of unconscious beliefs, as economists recognized as early as the 1930s. On the other hand, knowledge only plays a very subordinate role.

Ulrich G. Strunz knows from his own painful experience how difficult it can be to make decisions: He wrote his doctoral thesis on uncertainty in decision-making situations. For the first time, he now combines scientific findings from economics, psychology and neurobiology and explains what influences our decisions and how brain training and systematic analysis can help us make better, more consistent and more efficient decisions.

- **Sad normality: 95 per cent of our decisions are made unconsciously**
- **From wanting to doing in three steps: plans put into action, goals achieved**
- **The effective strategy for a successful life, based on findings from brain research, psychology, neurobiology, and economics**



## Finally being able to relax at the dinner table!



Katharina Fantl /  
Julia Litschko  
**Your Child Eats Better  
Than You Think!**

[Dein Kind isst besser, als du denkst!]

Why parents can trust the  
inner nutritional compass –  
The confidimus principle

Kösel  
320 pages  
Format 13.5 x 21.5 cm  
March 2021

**Julia Litschko**, born in 1983, studied journalism and was a public relations volunteer with *Die Zeit*. Following many years in a PR agency, she became the press manager of a start-up that focused on intuitive nutrition. There she met Katharina Fantl, and in July 2018 they founded 'confidimus'.

**Katharina Fantl** has a master's degree in social and economic sciences, and worked for many years as a fitness and personal trainer. She is now a nutrition trainer for Somatic Intelligence, a business and private coach, master of meditation, and behavioural coach – as well as the mother of three children.

Starting at birth, children have a natural feeling of hunger and of being full. Many people will lose what is known as somatic intelligence early on, however. Thus for fear of not feeding their children properly, parents make so many rules that it is nearly impossible for children to stay true to their individual nutritional needs. Bad mood at mealtime, hunger from not eating, and eating habits influenced by certain emotions are just some of the things that can lead to anorexia or obesity.

Parents of course mean well: they orient themselves on food pyramids, medical recommendations, tips from other parents, or the latest scientific findings. What parents lack, however, is trust. Children are not behaving badly when they refuse to eat or want to eat at inappropriate or inconvenient times – such behaviour usually has rational explanations concerning the particular developmental stage. By accepting their children's decisions at the dinner table, parents allow their children to develop a relaxed relationship with food, which will benefit them later on in life as well.

- **No more nutrition pyramids, forbidden sugars, or vegetable rules!**
- **The fascination of somatic intelligence: the body instinctively knows what it needs**

## How parents can get out of the spiral of anxiety

#1 Spiegel  
Bestselling  
Authors



Jeannine Mik /  
Sandra Teml-Jetter  
**Don't Worry, Mummy!**  
[Keine Angst, Mama!]  
How parents can overcome  
worries and anxieties and  
confidently help their children

Kösel  
224 pages  
Format 13.5 x 21.5 cm  
May 2021

**Jeannine Mik**, a degreed communications trainer, has been blogging since 2003. On Mini and Me, one of the most successful parenting blogs in Germany, she writes about conscious Montessori-inspired lifestyles. She wants parents to view their children as equals while accompanying them with heart and mind on their path through life.

**Sandra Teml-Jetter** is a singles and couples coach and family counsellor. She has completed numerous advanced training courses, including with Jesper Juul and David Schnarch. She is a strong advocate for positive emotional developments in families.

We can be the parents we really want to be only if we know what thoughts, doubts, and attitudes are influencing us and determining our way of raising children. The bestselling authors Jeannine Mik and Sandra Teml-Jetter focus on widespread concerns and anxieties: over injuries, mistakes, and the future. Only those who understand the sources of these anxieties can consciously shape their lives and relationships, act clearly, and accompany children with awareness.

Through this, a new perspective will be created, one which can reveal how our own life experiences have shaped us and what effects negative feelings have on parenting styles. While explaining how anxieties can be used beneficially, the authors provide orientation, reflective impulses, and immediate help for dealing with anxieties and panic.

"Your children need you to be a confident and knowledgeable adult. Even and especially when it gets difficult!"

- **The new book from the authors of *Mummy, Don't Scream!* - #1 Spiegel bestseller with over 85,000 copies sold**
- **A powerful topic: anxieties and doubts as parents**
- **Seeing worries as allies and pathfinders for finding solutions**



Natalie Rehm  
**Walking – Talking – Thinking**

[Gehen – Sprechen – Denken]  
 How babies develop on their own – Fundamentals for early childhood development

Kösel  
 384 pages  
 With 80 colour photos  
 Format 17.0 x 24.0 cm  
 April 2021

**Natalie Rehm**, born in 1971, is a certified child development professional focussing on early childhood. She went through the SAFE® Mentor Training with Professor Karl Heinz Brisch (Secure Education for Parents). Since 2011 she has worked independently as a course and group leader for parents-to-be as well as for parents of infants and toddlers. She also offers child-raising counselling for young families, gives lectures, and offers advanced education courses for parents as well as education and medical professionals.

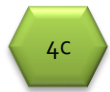
Walking, talking, thinking: these are the most important developmental abilities that babies achieve in their first three years of life. Yet despite the many support measures for preschool and school children, deficits in early childhood development are still common: babies have trouble holding their heads up, toddlers stumble when they try to walk.

In this foundational work, the professional parenting counsellor Natalie Rehm provides parents with practical guidelines on how they can best help their children to develop their full potential.

For example, it is actually more of a hindrance to development when parents sit babies up, or hold their toddlers to help them learn to walk. What babies need is full freedom of movement and plenty of space. For language development, it is best to establish communication with babies right from the beginning, and when talking with them it is best to use complete sentences and the correct words instead of baby talk. A stable parent-child relationship and the parents' strong trust in the abilities of their children also play an essential role in ensuring that children develop optimally.

- **Comprehensible fundamental work on the development of movement, speech, and cognition**
- **Unique approach: the development of walking, talking, and thinking in children is inborn**

## Revised edition with numerous exercises and activities



Chris Paul  
**I Live with My Grief**  
[Ich lebe mit meiner Trauer]  
The kaleidoscope of grieving  
for mourners

Gütersloher Verlagshaus  
272 pages  
4c throughout  
Format 13,5 x 21,5 cm  
April 2021

**Chris Paul** is a social behavioural scientist and alternative practitioner for psychotherapy focussing on bereavement counselling. As a counsellor and writer of specialist books she has been campaigning for twenty years for appropriate support to be given to the bereaved. Her books are standard works for griever and counsellors and even beyond this field she is considered one of the most renowned bereavement experts in Germany. She offers extensive training in her Bereavement Institute, which she founded in Bonn.

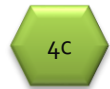
[www.trauerinstitut.de](http://www.trauerinstitut.de)

The process of mourning is difficult, often unpredictable, and always very individual. But on any path of grief, people must deal with intense feelings: pain, longing, and powerlessness, but also gratitude and love. For mourners, things have changed. They must redesign their everyday lives, look for reasons of this particular death, and find the meaning for their own continued lives.

Chris Paul makes use of the kaleidoscope of mourning. The kaleidoscope creates realistic, easily understandable pictures in which griever can recognize themselves, and it presents the variety of reactions and options for redesigning one's life while on the path of mourning. The many possible difficulties and specific stumbling blocks are clearly described, and through the help of the many practical ideas for what to do in everyday life, problems and difficulties can be dealt with and overcome.

- **Revised and enhanced edition, with many new exercises and practices**
- **A new approach for understanding the grieving process**

## Revised edition, with numerous practical exercises for accompanying those in mourning



Chris Paul  
**We Live with Your Grief**  
[Wir leben mit deiner Trauer]  
The kaleidoscope of mourning  
for friends and relatives of  
mourners

Gütersloher Verlagshaus  
304 pages  
4c throughout  
Format 13.5 x 21.5 cm  
April 2021

**Chris Paul** is a social behavioural scientist and alternative practitioner for psychotherapy focussing on bereavement counselling. As a counsellor and writer of specialist books she has been campaigning for twenty years for appropriate support to be given to the bereaved. Her books are standard works for grievors and counsellors and even beyond this field she is considered one of the most renowned bereavement experts in Germany. She offers extensive training in her Bereavement Institute, which she founded in Bonn.

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

Someone is in mourning. What can friends and loved ones do? How can they deal with their own fears and insecurities? Where can they find help?

The professional bereavement counsellor Chris Paul shows how to give concrete support to people in grief. With her graphically implemented kaleidoscope of mourning, she presents an easily grasped overview of the recurring themes of a mourning process. Through this method, it is possible to patiently and respectfully adapt everyday life with a grieving friend or relative. This revised edition includes concrete information, practical suggestions, and numerous exercises.

- **Revised edition, with many new practical exercises**
- **What to change in everyday life in living with a person in mourning**
- **Finding the right balance between support and normality**

## The bestseller, newly revised

### Rights sold to

Czech Republic (Portal), China\*,  
Greece \*, Korea (Mirae-N),  
Russia (Eksmo/Bombora),  
Taiwan\*, Turkey (Dorlion)

\*rights available again

**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 also a regular guest on TV and radio, and has written numerous bestsellers with total sales of more than 300,000 copies.

[www.baerbel-wardetzki.de](http://www.baerbel-wardetzki.de)



**Bärbel Wardetzki**  
**Female Narcissism**  
[Weiblicher Narzissmus]  
The hunger for recognition –  
The bestseller completely  
revised and updated

Kösel  
320 pages  
Format 13.5 x 21.5 cm  
March 2021

Many women just don't have a stable feeling of self-worth. Behind a facade of self-confidence are insecurities and a complex of inferiority. It is precisely feminine narcissism that creates not only the egoistic circling around one's own ego, but also a frustrated search for oneself.

In her extensively revised and updated standard work, the experienced psychotherapist Bärbel Wardetzki reveals the causes and consequences – online and offline – of this suffering. She describes in an easily comprehensible way which difficulties women bring on themselves and above all how to free themselves from self-doubt.

- The bestseller updated and fully revised
- 90,000 copies sold
- New: digital self-regarding, the internet as a narcissistic stage, and the various forms of narcissism



## A completely new view of how illness occurs and healing is brought about

4C



### Ojuna Altangerel-Wodnar **Tan-Dom Medicine – How the Soul Speaks Through the Body**

[Tan-Dom-Medizin: Wie die Seele durch den Körper spricht]

A new look at illness and healing from a Mongolian shaman and medical physician

Integral  
272 pages  
With a 16-page image section  
Format 13.5 x 21.5 cm  
March 2021

**Ojuna Altangerel-Wodnar**, a member of the Buryiat, a nomadic people in the Lake Baikal region, studied medicine in Germany at the University of Halle. She is now a licensed medical doctor as well as a shaman. Using both her nomadic roots and her scientific training, she integrates elements of mystical shamanism with those of standard Western medicine. For many years she had a successful medical practice in Tübingen. She now lives and works in Switzerland, travelling between her two medical practices on Lake Constance and in Vienna.

"I look beyond the generations. I see where the illness has come from, and why it has manifested precisely now and in this patient. And I know how this patient can free him- or herself from the illness, or at least live well with it."

Ojuna uses her hands to scan bodies. She senses the pulse, the tongue, the eye's iris, lines of the palm, and the face – and she senses the soul as if with a stethoscope. Diagnoses, she says, do not help cure the illness; it is illness itself that leads to health.

The medical doctor and healer shares her personal story: being raised in the Mongolian steppe among nomads, her first contact with shamanic realities, and her growing understanding of illness and healing. With impressive case studies and health tips for common ailments, along with other practical advice, her book is a passionate appeal for holistic health – and a profound reconciliation with one's own life.

- **Tan-Dom, the medical traditions of the nomads – combining standard western medicine with Mongolian shamanism**
- **Recognising the true causes of illnesses and treating them holistically**

## Here is a jewel from ancient Chinese healing methods for inner and outer harmony



Bernadett Gera  
**The Healing Power of Standing Still**  
[Die heilende Kraft des stillen Stehens]  
Dissolving blockages, increasing flexibility, increasing body awareness

Irisiana  
112 pages  
With 20 b/w illustrations  
Format 12.5 x 18.7 cm  
March 2021

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

The traditional Chinese standing meditation Zhan Zhuang, otherwise known as 'standing like a tree', is remarkable in its ease of application and its various benefits. Through these apparently motionless positions, the whole body is gently readjusted and rebalanced. This meditation trains physical awareness and promotes natural mobility and flexibility. Even the smallest, deep-seated tensions and blockages can be quickly resolved, so that on emotional, mental, and physical levels a sense of harmony, being in balance, and calmness and composure are promoted and strengthened.

Getting the body and mind on the right track with traditional Chinese healing arts.

- **Over 35,000 copies sold of the author's books**
- **Holistic help for many conditions: allergies, arthritis, migraine, sleep disorders, anxiety, and more**
- **Simple practice concepts, which can be adapted to life situation and available time**

## Essential for the cells' health



Uwe Gröber  
**Healthy with Omega 3**  
[Omega 3]  
Preventing dangerous  
diseases with essential fatty  
acids

Südwest  
144 pages  
Format 16.2 x 21.5 cm  
May 2021

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

Omega 3 fatty acids are the new topic. Numerous recent data show that Omega 3 have a high potential to prevent feared civilization diseases like for example heart attacks, and to aid with a lot of inflammatory diseases. Moreover, they support the intestinal health, further the effectiveness of brain and memory and lower the risk to come down with breast or colorectal cancer. Omega 3 fatty acids are vital substances. However, many people have an omega-3 deficiency due to poor diet, medication or illness.

In his new book, micronutrient expert Uwe Gröber explains how to identify omega-3 deficiency and compensate for it through the right diet and targeted and individual supplementation.

- **Good fats against heart attacks and co**
- **Determining and rectifying a lack of Omega 3**



Dr. med. Michael Lehnert  
**Healthy Hands,  
Healthy Body**

[Hände gut, alles gut]  
Tips for healthy and flexible  
hands – Practical help for the  
most common symptoms

Südwest  
224 pages  
With ca. 60 colour illustrations  
Format 17.0 x 24.0 cm  
March 2021

**Michael Lehnert** was born 1965 in Berlin. In 1984 he began his medical studies, finishing in 1990. He continued his training in orthopaedics, hand surgery, sports medicine in the USA, Japan, and Austria. From early on he specialised in hand surgery. Today he presents lectures worldwide on this subject. Since 1996 he has had his own orthopaedic and hand surgery practice in Berlin.

The hands are one of the most important parts of the body, yet we pay relatively little attention to them. We are used to them functioning perfectly. However, especially later in life, they often don't: osteoarthritis in the fingers and joints, hands falling asleep, or 'jumping' fingers considerably limit the mobility of our hands and thus our lives.

That needn't be the case if we have the proper information. Dr. Michael Lehnert follows the evolution of the hand from that of our prehistoric ancestors to the human hand. He explains such conditions as carpal tunnel system, osteoarthritis, synovial cysts, and buttonhole deformity, and he presents practical hand exercises for every day. In his book, he clearly conveys even the serious and debilitating injuries and clinical symptoms in a relaxed and humorous way.

- **The first patient advice book on the subject of the hand and arm**
- **The best exercises for healthy hands and help for common conditions**

## The comprehensive migraine book: because migraine is not simply a headache



Bettina Rubow  
**The Migraine Compass**  
[Der Migräne-Kompass]  
Finally understanding migraine  
and living better with it

Heyne Paperback  
352 pages  
With 28 b/w illustrations  
Format 13.5 x 20.6 cm  
February 2021

**Bettina Rubow** is an author and medical journalist. She writes freelance for the *Süddeutsche Zeitung*, *Brigitte Woman*, the *FAS*, and various internet media. Since the age of twelve she has suffered from migraine, which has increased in intensity as she has gotten older.

This comprehensive book focuses on every aspect of the multifaceted migraine condition. Background information, causes and connections, scientific findings, various tips and revealing stories about this so often underestimated complaint make for an unprecedented collection presented in an unbiased, easily understandable, and entertaining way.

The author, who herself suffers from migraines, refers to her own experiences, but also gives room for other affected persons as well as experts to have their say in order to understand migraine in all its facets. Readers will feel themselves to be part of a community of sufferers and will learn all there is to know to ultimately lead a better life with this condition.

- Knowledge, diagnoses, tips, and the latest research on one of the most common conditions
- Beyond mere stock healing approaches – comprehensive information for better living with migraine
- With collaboration and professional support from Dr. med. Charles Gaul, Neurologist and General Secretary of the German Migraine and Head Pain foundation

## Creating your own silence

4C



**Markus Schwabbaur**  
**Strategies for Tinnitus**  
[Die Tinnitus-Lösung]  
Creating your own silence –  
Lastingly dampening the  
sounds

Südwest  
176 pages  
With ca. 30 colour illustrations  
Format 16.2 x 21.5 cm  
April 2021

**Markus Schwabbaur** is a degreed psychologist and psychotherapist. He worked as a sound technician for films before he studied psychology in Eichstätt and Milan. He has worked in many specialised clinics, including as the head of therapy in an ear, nose and throat clinic specialising in tinnitus and hearing disorders. Since 2019 he has had a behavioural therapy practice in Munich and gives lectures and seminars.

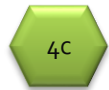
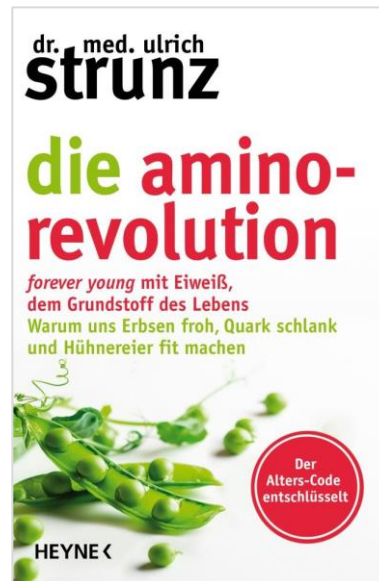
Tinnitus is a sound in the ear that has no direct acoustic source. This condition, also known as phantom noise, affects around one in four people in industrialised nations. The initial causes are various for different people and may not always be clearly discernible. Tinnitus often disappears on its own. When it does not it can become a permanent burden that is often associated with extensive discomfort, sometimes so severe that normal everyday life is no longer possible. The consequences are social isolation, inability to work, and depression and suicidal thoughts. There is no proven medication for it.

Tinnitus specialist and psychologist Markus Schwabbaur shows how those affected can use cognitive behavioural therapy to deal with their tinnitus and thus be able to lead a normal life without being handicapped by this condition. His goal is to provide a wide variety of approaches to overcome this 'phantom noise' with an aim to banish it.

- **Effective therapy for tinnitus**
- **Muscle relaxation, meditation, breathing techniques: numerous exercises for prevention and for emergencies**



## The formula for ageing healthily – Proteins keep our cells young!



Dr. med. Ulrich Strunz  
**The Amino Revolution**  
[Die Amino-Revolution]  
The key to the ageing code –  
Forever young with protein,  
the foundation of life

Heyne  
240 pages  
4c throughout with 90 colour and one  
b/w illustrations  
Format 13,5 x 21,5 cm  
March 2021

**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 preventative 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](http://www.strunz.com)

A revolution is about to take place in the research of the ageing process. How old we are (and can still become) and whether we experience our older years as healthy or not – these are not determined by our genes, but rather by our metabolism. An extensive study with more than 44,000 subjects showed that 14 essential values, each an indicator of our current quality of life and our further life expectancy, are crucial for staying young and healthy. In addition to blood fats and blood sugar, these values mainly concern amino acids, which clearly play a crucial role in 5 of the 14 values. In other words, focussing so much on whole grains has been a mistake. Since the human body is made up mostly of protein, it primarily needs protein.

In his new book, Dr. Strunz, making use of a wealth of current medical studies and many case from his practice, shows how we can not only activate our self-healing powers and performance with amino acids, but also achieve much more quality of life.

- **Ageing, health, and illness are not predetermined: It is not our genes, but lifestyle that is decisive.**
- **Slowing down the ageing process and staying fit and healthier longer**

## On the search for the greatest of all emotions



Lars Amend  
**Where Is the Love?**  
[Where is the Love?]  
How I set out on the search for love

Kailash  
352 pages  
Format 13.5 x 21.5 cm  
March 2021

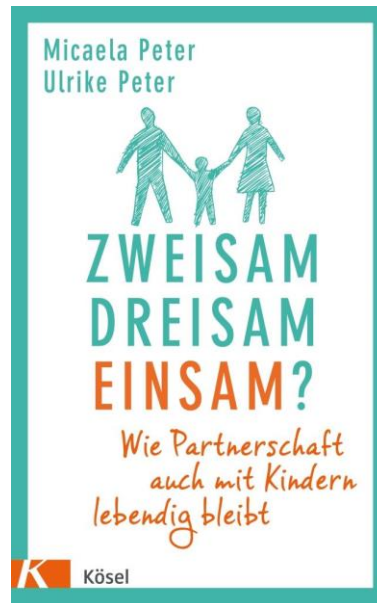
**Lars Amend**, born in 1978, is a journalist and author. He has worked for *MTV* and *VIVA*, *Jetzt* magazine and the *Berlin Tagesspiegel*. 2008 saw the publication of his first book which was a #1 *Spiegel* bestseller and one of the most successful titles of the year. Other books followed, including those with Rudolf Schenker (guitarist of The Scorpions) and Paulo Coelho. The filming of his bestseller *This Crazy Heart* has been seen by over 2 million movie goers.

Lars Amend leads a life that many people might envy. As a life coach, he provides tips for how to behave on first dates and then later rescues people's happiness by saving their marriages. When he scrutinizes his own love life however, he must ask himself: "Am I tired of only having short affairs while my friends are getting married and starting families. Where is the love in my life?" He starts looking for it.

Lars examines his mindset, researches why love of oneself is a prerequisite for love, and talks to experts. Then he meets a special woman. Together with her, he passes through a baptism of fire – and ultimately receives the answers to his questions.

- **Bestselling author with over 80,000 books sold through Penguin Random House Verlagsgruppe**
- **Lars Amend, through many conversations and personal encounters, finds the answers to his questions about love.**

## How to maintain relationship despite parenthood



Micaela Peter /  
Ulrike Peter  
**Twosome. Threesome.  
Lonesome?**

[Zweisam. Dreisam. Einsam?]  
How to keep the relationship  
alive even with children

Kösel  
240 pages  
Format 13.5 x 21.5 cm  
March 2021

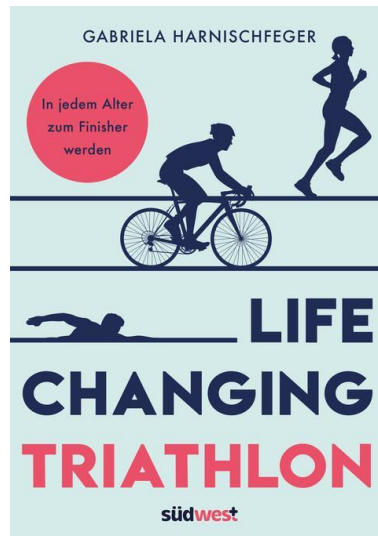
**Micaela Peter**, a psychotherapist and couples therapist, and **Ulrike Peter**, a psychologist and burnout prevention trainer, together assist parents and couples whose love suffers from the everyday family and work stress. For years they have been living together in a patchwork family, the children all related through the father.

In the period after becoming parents, existence as a couple is often overlooked. Vexing lack of time and sleep, unattainable expectations of oneself, or even troublesome family constellations result in heightened friction. As a result, parents often feel isolated, abandoned, and misunderstood, and couples can fall into considerable crises.

That is why the psychologists Micaela and Ulrike Peter have written this couples therapy guide. It shows parents how they can maintain a vital relationship and continue to be husband and wife despite the stresses and changes that come with parenthood. The authors emphatically break with existing taboos about parenthood and show with numerous exercises, questionnaires, and guidelines helpful ways back to partner love.

- Professional expertise meets personal experience.
- Concrete solutions and everyday strategies
- With case studies from the lives of young parents

## Triathlon for beginners!



Gabriela Harnischfeger  
**Life Changing Triathlon**  
 [Life Changing Triathlon]  
 Becoming a finisher at any age

Südwest  
 224 pages  
 Format 17.0 x 24.0 cm  
 April 2021

**Gabriele Harnischfeger** participated at the age of 38 in her first triathlon in Augsburg, Germany. From then on the mother of three was fascinated by this sport. Eight years later she became German Champion, and in 2012 the Ironman World Champion in her age group.

In this book, Gabriela Harnischfeger, an Ironman world champion, provides entry into triathlon, including training, nutrition plans for the various disciplines and distances, advice on equipment and material, and many tips and motivating ideas.

For the author, it is not just competition, but first and foremost the pleasure of movement and the tremendous positive impact of this sport on health and fitness. And what is most important: anyone can do a triathlon, and the benefits from doing so will last a lifetime.

- The beginner's book, with detailed training and nutrition plans for all disciplines and distances
- The personal saga of the latecomer athlete and world champion Gabriela Harnischfeger
- The perfect sport for overall health, fitness, and mental stamina

## The 30-day digital detox challenge



Christoph Koch  
**Digital Balance**  
 [Digitale Balance]  
 Living lighter with a clever use  
 of your smartphone –  
 The 30-day digital detox  
 challenge

Heyne Paperback  
 208 pages  
 Format 13.5 x 20.6 cm  
 March 2021

**Christoph Koch**, born in 1974, is a journalist for many respected newspapers and periodicals. Some years ago his book *I Am Offline: Life without a Smartphone* was many weeks on the *Spiegel* bestseller list. Since then he has given countless lectures on the topic of internet abstinence and online addiction, and holds interviews in radio, print, and television. Considered a digitalisation expert, he speaks at conferences and is welcome guest in podium discussions. He has received various awards for his journalistic work.

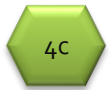
The smartphone. How could a small device have become so life-defining so quickly? Can we change this situation without having to do without too many things?

Christoph Koch says, yes, we can. For many years he has been dealing with the topics of internet abstinence and online addiction. With scientifically supported findings, he explains what is behind all this. Why are apps so addicting? What is happening in the brain? Why is almost no one resistant to it? Which business models are based on this? And what do experts say?

Koch's 30-day challenge shows why it is worth reducing online consumption and how one can benefit both physically and mentally through a more aware interaction with digital media. Motivating, entertaining, easy to implement – a guide for creating a digital balance.

- **Intelligent smartphone use: the best tips and tricks for less smartphone everyday**
- **How social media is making us addicted, and why we need a detox.**

## A whole new view on Bella Italia – told along a special kind of road trip



Marco Maurer  
**My Italian Journey**  
 [Meine italienische Reise]  
 or how I bought an ancient Fiat  
 Cinquecento in Sicily and  
 simply drove home

Prestel  
 240 pages  
 With 150 colour illustrations  
 Format 17.0 x 24.0 cm  
 March 2021

**Marco Maurer** is a writer and journalist for the *Süddeutsche Zeitung*, the *Zeit*, the *Stern* and the Bavarian TV. Before that, he had worked a long time as editor for *NEON*, followed by a job with the ZDF TV programme *Neo Magazine Royale*. He won multiple awards for his reports (among them, the Axel Springer Prize, the Civic Prize, and the German Journalist Prize).

This book tells of the realisation of a long held dream: In an ancient Fiat Cinquecento – four small wheels, a steering wheel and not even 20 HP – journalist Marco Maurer drives from Sicily, the southernmost end of Italy, back to Germany. Thousands of kilometres with seas to the right and left, and across mountains – a journey against the quick-paced life of our times.

On his trip across country roads, through villages and cities, the author stops time and time again to talk to olive and saffron farmers, nuns and pasta manufacturers, café owners and pizza chefs, cooks and mechanics, grandfathers and mothers, to listen to their stories and eat together with them. And at times his journey leads him back into the past, to the long-lost village of his grandmother – where he gets to know Italy more intimately and at the end makes a surprising discovery.

Pulitzer winner and photograph Daniel Etter accompanies this special journey discovering a fascinating panorama of the original Italy, the Italy usually not seen by tourists. And since it is a book about Italy, it is filled with recipes gathered from the many encounters with their Italian hosts.

- **Report, travel journal, road trip, Italy studies and recipe book**
- **With atmospheric photographs by Pulitzer-awarded photography journalist Daniel Etter**



## Practice makes enlightenment – From doing to being



Doris Iding  
**Enlightenment  
in Three Breaths**  
[Erleuchtet in drei Atemzügen]  
Arriving at the Now with  
mindfulness and meditation

Irisiana  
192 pages  
With ca. 20 illustrations  
Format 12.5 x 18.7 cm  
May 2021

**Doris Iding** studied ethnology, religion, psychology, and Japanese language and culture. For the past thirty years she has been engaged in consciousness-transformation techniques and spiritual practices. Her particular interest is the integration of consciousness-altering Asian meditation techniques and healing methods for people in the Western world. Seventeen of her books exist in translation. For many years she has been an international retreat and seminar leader.

Further information at:  
[www.doris-iding.de](http://www.doris-iding.de)

Doris Iding believes that we are all much closer to enlightenment than we believe or even hope. In her mindfulness and meditation courses, almost every week she encounters people who have already had one or more experiences of enlightenment. But they tend to hide or suppress their experience for fear of being considered crazy or at least 'a bit off'. Yet the inner light is always lit. As Doris Iding puts it: "We only need to turn to it and allow it to shine, as in the innermost core we are pure consciousness, light, and resonance." And what is most wondrous is that this essence is a bonus for all of us who have come into this world.

Through her guide the author would like to accompany readers systematically and pragmatically towards their innermost being, because practice also leads towards enlightenment. Her program includes mindfulness and breathing exercises, meditations, and journaling – the efficacy of which is supported by the latest findings in neuroscience.

- **Finding deep inner calm through breathing and mindfulness exercises, meditations, and journaling.**
- **A practical advice book for the path towards awareness.**

## How we can control our reality with our thoughts



Roger D. Nelson /  
Georg Kindel

### **The World Power in You**

[Die Welt-Kraft in dir]

The influences of our thoughts  
on matter, events, and health

Arkana  
250 pages  
Format 13.5 x 21.5 cm  
May 2021

**Roger D. Nelson** was the research coordinator of the Princeton Engineering Anomalies Research Lab (PEAR) from 1980 to 2002. In 1997 he founded the Global Consciousness Project. His research focuses on collective consciousness and the role of the mind in the physical world.

**Georg Kindel** is the publisher and editor-in-chief of *OOOM* magazine. He has written several bestselling books, including *The World Spirit* with Roger D. Nelson.

In their bestseller *The World Spirit*, Roger D. Nelson and Georg Kindel provided scientific proof of global consciousness. They are outstanding once again with a new groundbreaking realisation: thoughts have a direct influence on the material world.

What at first seems simple in fact shows that humans are able not only to activate paranormal abilities such as telepathy, clairvoyance, or telekinesis, but also use them specifically to their advantage. Knowing how, people can even influence the course of illnesses in positive ways.

The two authors show how we can transform our lives through the mindful use of meditation, prayer, and heart signals – and mend our thoughts with telepathic power.

- **Spectacular findings on telepathy, telekinesis, and clairvoyance from Professor Roger D. Nelson of Princeton**
- **Influencing events or the course of illness through the power of our thoughts**
- **From the authors of the number-one bestseller of Austria, *The World Spirit***

## "One of the most important women in the spiritual scene." *Emotion*



Kaja Andrea Otto  
**You Are the Answer to Your Questions**  
[Du bist die Antwort auf deine Fragen]  
Finding the feminine power vision through ancestor work

Arkana  
256 pages  
Format 13.5 x 21.5 cm  
March 2021

**Kaja Andrea Otto** describes herself as a Spiritual Feminist. As part of a new generation of spiritual teachers, she focuses on authenticated female empowerment, which combines ancient indigenous wisdom with modern-day knowledge. She reaches her fans with her own "SoulWaveRadio" podcast, as well as in lectures, seminars, and gatherings. In 2018, she was a top 10 nominee in the "Woman of the Hour" category of the Emotion Award.

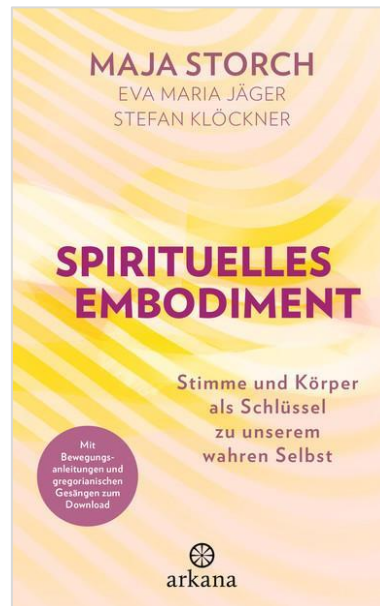
How can I recognise and experience my feminine power and vision? What does it truly mean to be a woman?

If we live contrary to our nature, and ignore woman-specific rhythms and the power of our ancestors, our female potential is left unrealised. Only when we know where we come from can we know where we are going.

With a powerful mixture of ceremonies and exercises in ancestor healing, energy work, and mindset change, the author guides us on a transformative journey. The female potential within us will awaken and pave the way. And suddenly it will become easy to connect with the power of our personal life vision.

- **Finding the personal life vision through ancestor work**
- **With an extensive practical section with ceremonies, energy work, and exercises on the ancestor cycles**

## Why our soul needs movement



Maja Storch /  
Eva Maria Jäger /  
Stefan Klöckner  
**Spiritual Embodiment**  
[Spirituelles Embodiment]  
The voice and body as the key  
to our true self

Arkana  
336 pages  
With ca. 23 b/w illustrations  
Format 13.5 x 21.5 cm  
April 2021

**Maja Storch**, born in 1958, is a degreed psychologist and psychoanalyst. She is the owner and scientific director of the Institute for Self-Management and Motivation Zurich ISMZ, and developed the Zurich Resource Model (ZRM).

**Eva Maria Jäger**, born in 1967, is a certified psychologist and pioneer in the practical application of Maja Storch's Embodiment research.

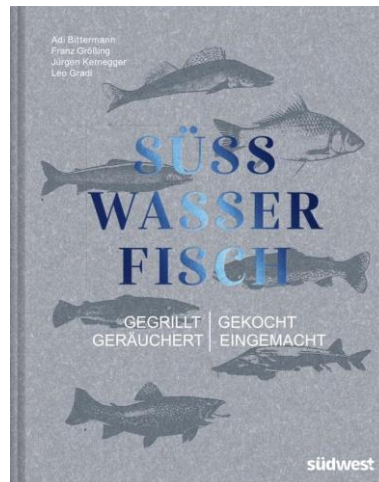
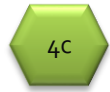
**Stefan Klöckner**, born in 1958, studied music, musicology and Catholic theology, and in 1991 received his doctorate in Catholic theology.

The spiritual path is often followed as a purely spiritual exercise. Yet only if we also include the body – its voice, senses, and movement – do we truly come into connection with our soul and an intensive spiritual energy, the vitality and inner peace of which will flow through us. The most effective way to this fulfilled wholeness is through Embodiment – a method for spiritual growth that Maja Storch, Eva-Maria Jäger, and Stefan Klöckner have further developed.

The authors impressively demonstrate by the example of Gregorian chants that holy texts unfold their complete healing qualities only when chanted or sung. With the help of guided body prayers, tailored to the individual requirement type, they demonstrate how physical movements strengthen us comprehensively. In this flowing of sound and singing, we dissolve blockages and make contact ourselves inwardly in a new way – full of love, trust, and the deepest connection with ourselves.

- **Movement and song as our greatest spiritual resource**
- **Letting go of our blocking thoughts and creating new consciousness through spiritual embodiment**
- **With an extensive requirement types test, exercises, and extensive supplementary content for downloading**

## Sustainable pleasure – reinventing freshwater fish



**Jürgen Kernegger**  
**Freshwater Fish**  
 [Süßwasserfisch]  
 Grilled, cooked, smoked,  
 potted

Südwest  
 224 pages  
 With 200 colour illustrations  
 Format 19.0 x 24.5 cm  
 May 2021

Hunting asador **Jürgen Kernegger**, has been fishing since turning five and has passionately taught himself all his skills concerning kitchen and barbecue.

Alpine asador **Fanz Größing** is the chairman of the Tyrol barbecue association Grill-ABC. He loves to smoke trout he fishes out of his own lake.

Gourmet asador **Adi Bittermann** is a master chef and barbecue world champion in various disciplines. His passion is to cook large fish over open flames to give them a special taste.

Stone age asador **Leo Gragl** operates an organic farm as well as a barbecue school in Upper Austria.

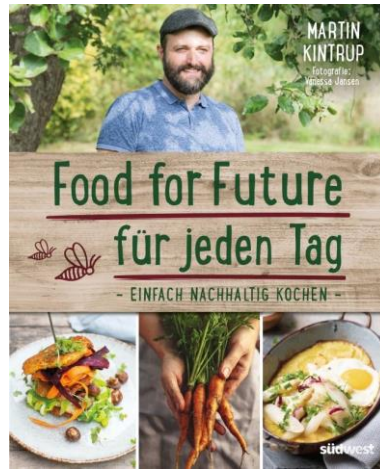
We have to put freshwater fishes back on the menus. They are just as healthy as their oceanic cousins, but can be bred in regional ecologically-controlled hydroculture or can be captured right out of rivers and lakes.

The four authors, all of them nature lovers, hunters, fishermen, passionate asadores and chefs dedicated this entire book to freshwater fish. It provides information concerning the topics fish and environment, knowledge on equipment and materials for barbecue, kitchen and smoking oven, a chapter about fishing and, of course, their favourite recipes for grilling and cooking fish.

The extraordinary pictures taken by Thomas Apolt perfectly capture the atmosphere and turn the recipes into an optical highlight as well.

- Culinary treasures from rivers, streams and lakes
- Unusual recipes by the renowned chefs and barbecue world champions
- More than 200 extraordinary photos that get you in the mood for fish, barbecues and nature





**Martin Kintrup**  
**Food for Future**  
**for Every Day**  
 [Food for Future für jeden Tag]  
 Simply cooking sustainably

Südwest  
 160 pages  
 With 60 colour illustrations  
 Format 19.5 x 24.0 cm  
 April 2021

**Martin Kintrup** lives on a farm outside the city of Münster, Germany. During his landscape ecology studies he discovered his avocation: cooking! For many years he greatly enjoyed his job, cooking at a restaurant in Münster, and there he started writing cookbooks. For the past 16 years he has worked as a successful author and foodstylist. In that time he has written some 50 books, some vegetarian, some with meat, most often oriented towards sustainability, and always delicious. With his books, he proves that sustainable lifestyles and culinary enjoyment are not incompatible.

Cooking sustainably is not complicated and need not take long. The bestselling author Martin Kintrup shows how we can cook well without extensive effort. The climate-friendly recipes for hearty snacks, delicious salads, rich food for the soul, and heavenly desserts for culinary satisfaction can be prepared effortlessly in stressful everyday family life or after a long day at work.

Tempting delicacies such as mint falafel with beetroot yoghurt, grilled vegetable lasagne, and pudding with salted caramel make the switch to sustainable cuisine easy. Each dish requires only a few main ingredients and no more than 30 minutes to prepare. Though the focus is on vegetarian cuisine, many of the recipes are pure vegan and a few make use of local meat products. The passionate cook and hobby gardener Martin Kintrup also reveals his best ideas for to-go dishes, bento boxes, meal prep, and creative use of leftovers, ensuring that anyone can create extraordinary culinary pleasures.

- **Quick and easy: few main ingredients, finished in 30 minutes**
- **Minimal effort, maximum taste**



# Chill-out recipes for calming the mind

4C



## Tanja Salkowski **The Best Nutrition Against the Blues**

[Mit der richtigen Ernährung gegen den Seelenblues]  
Simple and effective help for depression, burnout, and low mood

Kösel  
176 pages  
4c with numerous photos and illustrations  
Format 13.5 x 21.5 cm  
April 2021

**Tanja Salkowski**, born in 1977, studied advertising and marketing communication. She has worked as music manager, public relations advisor, journalist, and moderator. In 2008 she was diagnosed with a moderate depression. In 2012, after a suicide attempt and a stint in a clinic, she created the blog 'sonnengrau – Ich habe Depressionen, na und?' With her public-use project 'Radio sonnengrau', she won the Anti-Stigma Award and the 'start social' National Prize.

Our diet has a strong influence on our emotional well-being. This applies especially to people who suffer from burnout, mood swings, or depression. Tanja Salkowski knows this from her own experience.

In her book she explains the vital role of the intestines in maintaining a good mood and how emotions steer our eating behaviours. She reveals many practical tips and bits of advice that have helped her overcome her lethargic self on days when she couldn't be bothered to cook, and even when she didn't have enough energy to get out of bed. Her quick-and-easy dishes will awaken both body and soul – from simple recipes anyone can do, to chill-out recipes for calming the mind, and healthy snacks for relaxed days on the sofa.

Here is step by step support for those affected to take their lives into their own hands and regain a feeling of self-empowerment.

- **With many tips and techniques for evaluating one's own eating habits**
- **Simple and pragmatic help for depression, burnout, and unhappy moods through the proper nutrition**

## Welcome to the snack balcony!

4C



### Ursula Kopp **Everything Green from the Balcony**

[Alles Bio vom Balkon. Obst, Gemüse und Kräuter selber ziehen.]

Growing fruit, vegetables and herbs yourself

Bassermann  
96 pages  
4c illustrations throughout  
Format 16.2 x 21.5 cm  
March 2021

**Ursula Kopp** has been for many years active in the area of nature and gardening advice books. She is also a non-fiction children's book author.

Apples, cherries or tasty berries, tomatoes, radishes or fresh mint – even if all you have is a small balcony or a terrace, you don't have to do without your own harvest. The book explains in detail what fruit, vegetables or herbs are suited, what you have to look out for when growing them and how you correctly tend to your small fields. A simple way to enjoy healthy snacks!

- **Good harvests on the smallest of fields with the right species and planting pots, natural fertilisers and plant protection**
- **Everything for a sustainable snack balcony**

## The multitalented apple vinegar is again popular

4C



Annette Sabersky  
**Rediscovering  
Apple Cidre Vinegar**  
[Apfelessig neu entdeckt]  
The all-around beneficial liquid  
and its unlimited uses

Südwest  
192 pages  
With 60 colour illustrations  
Format 16.2 x 21.5 cm  
April 2021

**Annette Sabersky** is a nutrition scientist and journalist, working as freelancing writer not only for book publishers but also such magazines as *Brigitte*, *Öko-Test-Magazin*, *Greenpeace-Magazin* and *Utopia*. She focuses on the quality of food and is particularly concerned with passing on scientific findings in the form of recommendations that can easily be put into practice.

In recent years, apple cidre vinegar has gone from being an insider tip for health enthusiasts into a panacea that should be in every household. And rightly so! There are presently over a hundred scientific studies on the health effects of apple cidre vinegar. The range of its effects on health is in fact surprisingly broad. Apple cidre vinegar increases metabolism, helps control weight, has antimicrobial properties, fights fungal infections, and helps with high blood pressure and high cholesterol. The lactic acid bacteria it contains promote intestinal health. This amber liquid also lends itself to be an ingredient in tasty salad dressings. As a beauty product, apple cidre vinegar also shows its full potential in cosmetic treatments.

This book scientifically describes all the benefits of apple cidre vinegar, explains as well its limits, and reveals in detail its numerous culinary and cosmetic uses.

- The latest knowledge on this wonder substance and its spectrum of application
- With many usage tips for health elixirs, beauty aids, and culinary magic
- Prominent figures such as Heidi Klum, Scarlett Johansson, Katy Perry, and Megan Fox are apple cidre vinegar enthusiasts.

## Contact

**Penguin Random House Verlagsgruppe GmbH  
Rights Department**

Neumarkter Str. 28

81673 München

Germany

Fax: ++49 (89) 4136-3733

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

**Kai-Ting Pan**

Foreign Rights Senior Manager

Phone: ++49 (89) 4136-3225

[Kai-Ting.Pan@randomhouse.de](mailto:Kai-Ting.Pan@randomhouse.de)

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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/I  
5th Floor, Suite 4  
11070 BELGRADE / SERBIA  
Phone: ++381 (11) 301 41 61  
Fax: ++381 (11) 311 98 79  
e-mail: [office@pravaiprevodi.org](mailto: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](mailto: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](mailto: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](mailto:c.balla@ballalit.hu)

### **Italy**

**Ms. Barbara Griffini**  
**Berla & Griffini Rights Agency**

Via Gian Giacomo Mora, 7  
20123 MILANO / ITALY  
Phone: ++39 (02) 805 041 79  
Fax: ++39 (02) 890 106 46  
e-mail: [griffini@bgagency.it](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:dogan@anatolialit.com)