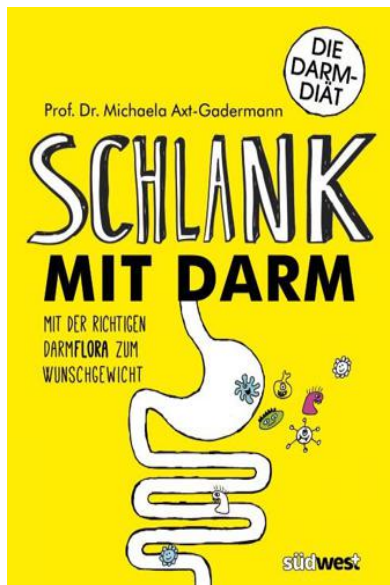


Foreign Rights Autumn 2014

Reference



Contents

Personal Development

Berndt®, Jon Christoph: The Strongest Brand Is Yourself!	1
Engelbrecht, Sigrid: Unfold What's Inside You	2
Hohensee, Thomas: The Composure Training	3
Jolig, Sam: Anger Feels Good	4
Müller-Ebert, Johanna: How New Things Succeed	5
Roediger, Eckhard: Who Says A... Does Not Have to Say B	6
Peichl, Jochen: Red Card for the Inner Critic	7
Schrade, Vera: Why Happiness Alone Does Not Make Us Happy	8
Weiner, Christine: Up Through the Ceiling	9
Wehrle, Martin: "Mr. Miller, you're not pregnant?!"	10
Wardetzki, Bäbel: Masterful and Self-Assured	11

Nutrition & Cooking

Axt-Gadermann, Michaela: Slimming Down with the Intestinal Diet	12
Brida-Englisch, Dorothee: Weight Reduction with Schüssler salts	13
Dickhaut, Sebastian: NOW! Vegetables	14
Hellmiß, Margot: Base Fasting for the Weekend	15
Nollau, Nadja / Nollau, Dieter: The Gourmet Diet	16
Oberbeil, Klaus: The Super Vegan Diet	17
Stadelmann, Natalie: Nutrition for You and Me	18

Family, Parenting & Relationship

Nitsch, Cornelia / Beil, Brigitte / Schelling, Cornelia von: Puberty: No Reason to Panic	19
Röll, Iris: Fifty Things Your Child Will Thank You for Some Day	20
Rogge, Jan-Uwe / Sieckmann, Katharina: Family for Experts	21
Zurhorst, Eva-Maria: Soul Sex	22

Health & Alternative Healing

Croos-Müller, Claudia: Sleep Well – The Small Survival Book	23
Gera, Bernadett: Guolin Qigong	24
Kretschmar, Thomas / Tzschaschel, Martin: Using the Power of Inner Images	25
Sabersky, Annette / Zittlau, Jörg: Home Remedies for Children	26
Schwind, Peter: Fascia – The Tissue of Life	27
Strunz, Ulrich: Wonders of Healing	28
Unger, Hans-Peter / Kleinschmidt, Carola: "No one could survive that until retirement!"	29
Weidinger, Georg: Chinese Home Remedies	30
Weickel, Martina: Yoga Therapy	31

Mourning

Kaddik, Angelika: How Pain Turns into Pearls	32
Pachl-Eberhart, Barbara: Why You?	33
Stülpnagel, Freya v.: Where Can I Find You?	34

Spirituality

Claire: Magical Housecleaning	35
Govinda, Kalashatra: Shiva Shiva!	36
McLean, Penny: No Credit from the Universe!	37
Meggendorfer, Sigrid: The Healing Energy of Colours	38
Rath, Friederike: Find Your Light	39
Schneider, Maren: Strong in Spirit	40
Sprado, Hannes: The Sound of the Universe	41
Storl, Wolf-Dieter: The Old Goddess and Her Plants	42
Berlepsch, Thimon von: The Magician Inside of Us	43
Rohr, Wulfing von: Quantum Numerology	44
Rohr, Wulfing von: Steps towards Awakening	45
Yilmaz, Bahar: The Call of the Spiritual World	46

Contact & Agents

47

Developing your own personality brand

Rights sold to:
Taiwan (Azoth Books)

Jon Christoph Berndt®, born in 1969, is a communications and management coach and owner of "brandamazing: management consultancy for brand communication". The inventor of the concept of "human branding" writes for the business journal *Handelsblatt* and is a member of the board of the German Speakers Association (GSA).



Jon Christoph Berndt®
The Strongest Brand Is Yourself!

[Die stärkste Marke sind Sie selbst!]

Sharpening your profile with personal branding

Kösel
256 pages
With many photographs
Format 14,5 x 21,5 cm
November 2014

Revised edition

For what does your heart beat, what do you burn for – and what do you absolutely not want? This book shows how you sharpen your own profile through personal branding and clearly position yourself as a brand.

Complemented by a chapter on personal brands in the Social Web, Jon Christoph Berndt® reveals in his bestseller how you can live your own uniqueness and professionally and privately attain your goals.

- New: personal branding in the social web
- More than 13,000 copies sold

Flourishing – The guide to your own potential



Sigrid Engelbrecht
Unfold What's Inside You
[Entfalte, was in dir steckt]
Discovering hidden abilities
and developing personal
strengths – A practical guide

Ariston
224 pages
Format 13,5 x 20,6 cm
September 2014

Sigrid Engelbrecht is a recognised expert in creativity, stress management, and personality development. As a coach she accompanies people in career and personal transformation.

Sigrid Engelbrecht, a mental trainer and coach, provides here a practical guide for people to discover and develop their own potential and personality. It is based on educating one's own perception in order to recognize and promote personal strengths and talents, and then to use them meaningfully in their personal development.

Engelbrecht relies here on a still relatively new area of positive psychology called "Flourishing", which refers to discovering and unfolding potential – because only so can one become truly and enduringly satisfied with life.

- With many tips, practical exercises, and unconventional ideas and reflections
- Sowing the right impulses in order to harvest good feelings

The secret of serene people



Thomas Hohensee
The Composure Training
[Das Gelassenheitstraining]
How we can overcome
irritation, frustration, and
worry

Kailash
224 pages
Format 13,5 x 21,5 cm
July 2014

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 and a coach for personality development. He lives in Hamburg.

www.thomas-hohensee.com

Stress has taken on the characteristic of an addiction in modern society. We go after the thrills – and then are frustrated when we become burned out or need to take medication for high blood pressure. Can composure be learned?

Using the most effective therapeutic methods at our disposal today – attentiveness, cognitive therapy and his special ACT method – Thomas Hohensee has developed an intelligent training program that anyone can easily incorporate into everyday life. Living with more tranquillity will make everything easier.

- The most effective tools for emotional fitness

Aggression – understanding and using a fundamental feeling



Sam Jolig
Anger Feels Good
[Wut tut gut]
Understanding and
constructively using a strong
emotion

Goldmann Paperback
220 pages
Format 12,5 x 18,3 cm
December 2014

Sam Jolig, an author, moderator, and physical psychotherapist, has been working with holistic conceptions and the interconnectedness of body, mind, and spirit for many years. As the mother of two children, she uses this knowledge as well in her own family life. Through her work as a systematic process facilitator and physical psychotherapist, she is familiar with the wealth of our emotions – aggression included.

Anger and aggression are considered taboo. Yet these are completely natural and extremely important emotions. Sam Jolig describes the role they play in our lives, why aggression is an appropriate part of life, what positive sides these emotions have – and how one can make beneficial use of them.

With *Anger Feels Good* she clarifies that this has to do with a constructive dealing with aggressive feelings. Along with theoretical considerations with this topic, she presents practical exercises that help readers apply this knowledge in everyday life.

- Holistic approaches with practical possibilities for solutions

Do not fear change: the 4-step model for daring to accept new things



Johanna Müller-Ebert
How New Things Succeed
[Wie Neues gelingt]
The four steps to competence in change

Kösel
240 pages
Format 13,5 x 21,5 cm
September 2014

Johanna Müller-Ebert is a freelance psychologist and psychotherapist as well as coach and lecturer on clinical psychology. For 15 years she has headed a continuing education institute for Gestalt therapy.

www.dr-johanna-mueller-ebert.de

Each change creates uncertainty. Unconscious assumptions frequently create inner blocks in us – for example, the fear of no longer being loved when one changes something.

This book shows how a change can successfully and easily come about. By way of many examples, Johanna Müller-Ebert discusses her 4-step model: Change begins on the inside – all in good time – the die is cast, now turn the switch – process, secure, and take root.

- With many exercises and checklists

Why it is so difficult to change our behaviour – and how we can regardless succeed in doing so



Eckhard Roediger **Who Says A... Does Not Have to Say B**

[Wer A sagt... muss noch lange nicht B sagen]
Leaving lifetraps and annoying habits behind you

Kösel
224 pages
Format 13,5 x 21,5 cm
July 2014

Eckhard Roediger, born in 1959, is a neurologist, psychiatrist, successful author, and physician in psychotherapeutic medicine. He is a lecturer and supervisor in behaviour therapy and schema therapy and is the director of the Institute of Schema Therapy in Frankfurt. In addition, he is the secretary of the International Society of Schema Therapy (ISST).

Changing is not easy – but it is possible. The neurologist and psychiatrist Eckhard Roediger is an exponent of schema therapy: a modern, integrative approach that combines a deep understanding of human nature with practical techniques. An intelligent and entertaining book for all who want to better understand the human psyche.

"The results of the schema therapy are impressive and evidence based. It truly functions. Some of these useful things you can do yourself. How and why, you will find out by reading this book. And perhaps you will become inspired to do things a little differently in the future." *Jeffrey Young, the bestselling author of Re-inventing Your Life and founder of schema therapy*

- Overcoming lifetraps
- For anyone who wants to understand the human psyche better

Learning to use the inner critics as a resource



Jochen Peichl Red Card for the Inner Critic

[Rote Karte für den inneren Kritiker]

How to make an ally out of the chronic detractor

Kösel
144 pages
With many b/w illustrations
Format 13,5 x 21,5 cm
July 2014

Jochen Peichl, born in 1950, is a consultant neurologist and psychiatrist who also specialises in psychotherapeutic and psychosomatic medicine, with an emphasis on ego-state therapy. Since 1992 he has been assistant medical director of the psychotherapy and psychosomatics department at the Nuremberg clinical centre, as well as running his own practice.

www.jochen-peichl.de

The inner critic, fault-finder, know-it-all, defeatist and other internal spirits of personal torment have been with us since childhood. By the time we are adults, they make themselves known more than ever. Sometimes they are beneficial, protecting us from stupid mistakes. Yet sometimes these internal critics are bothersome: they get on our nerves and make our lives burdensome.

In his new book, Jochen Peichl presents typical inner critics: the inspector, the perfectionist, the slave-driver, the peace seeker, the judge, and the prosecutor. He shows how and why these inner critics develop and how they had, at least originally, quite good intentions. Through many practical examples, we will learn how we can make friends with this internal team and better make use of their potential. The goal is to use their strengths and to learn to understand how the internal critics can be a support. Along with this, we learn how it is also necessary to allow the injured internal child to heal and become integrated into the present.

- Enough of self-condemnation
- With many exercises, comprehensive tests, and personal case histories

The end of the dictatorship of happiness: a plea for the rehabilitation of emotions



Dr. Vera Schrade
**Why Happiness Alone
Does Not Make Us Happy**
[Warum Glück allein nicht
glücklich macht]

Irisiana
176 pages
With ca. 15 illustrations
Format 13,5 x 21,2 cm
September 2014

Dr. Vera Schrade studied German and Romance languages and literature and received a doctorate in the philosophy of language. She developed her first simple "happiness concepts" which she tested in Paris as a lecturer and then further developed into Glückscoaching® [Happiness Coaching] back in Germany. Since 2003 she has been working in Munich as a coach at the Glückscoaching practice she founded.

Anger, fear, shame – only a few of the feelings that are commonly evaluated as being negative. Their counterpart is enduring, all-encompassing happiness, considered the highest goal, which leaves no room for emotional pits. But those dark abysses are there – and become larger and deeper the more we ignore them. Emotional emptiness or feelings of guilt are often an expression of the suppression of our emotions in favour of the dictatorship of happiness.

The philosopher Dr. Vera Schrade shows in her book how we can reconcile ourselves with our genuine feelings. We learn to take responsibility for our own lives, to accept problems and crises, and to have authentic relationships. At the end of this book there are no happy people, but rather people who create satisfaction from their incompleteness just as from their strengths.

- Satisfaction through self-recognition and authenticity
- Practical advice for applying in everyday life

How women can attain important positions and keep them



Christine Weiner
Up Through the Ceiling
[Ab durch die Decke]
Strategies for success for
women who want to make it
to the top

Ariston
288 pages
Format 13,5 x 20,6 cm
September 2014

Christine Weiner, born in 1960, worked as a kindergarten teacher and therapeutic educator before becoming a supervisor, coach and consultant.

www.christine-weiner.de

Women should have the opportunities to head companies on equal terms with men. This pious hope has been publicly espoused for decades, but it has not yet been fully put into practice. The way to the top is still stacked against women. Something is still preventing them from taking on responsibilities and important executive functions that are equivalent to those of their male colleagues. In the popular jargon this is referred to as the "glass ceiling".

Drawing on her own coaching practice and the feedback of those women who have succeeded, Christine Weiner provides tips on how women can pursue their careers and more solidly maintain themselves in their positions. Yet for successful women who have overcome the glass ceiling, there is already the next phenomenon: the "glass cliff", the reality that women are over-proportionally given difficult posts where the risk of failure is much higher.

Up Through the Ceiling! reveals the strategies of those women who have succeeded and are sitting securely in their executive chairs. This book is aimed at women who are already on the way to the top, and for young women who would like to be there.

- With illustrative best-practice examples
- The perfect guide for women on the way to the top

A humorous wakeup call for society



Martin Wehrle "Mr. Miller, you're not pregnant?!"

["Herr Müller, Sie sind doch nicht schwanger?!"]

Why the working career of a woman would be a scandal for every man

Mosaik
320 pages
Format 13,5 x 20,6 cm
September 2014

Martin Wehrle, considered Germany's best-known career and salary coach, writes for such periodicals as *Die Zeit* and *Spiegel online*. His books have been translated into 12 languages and have an enthusiastic readership internationally. In his Academy for Career Advisors in Hamburg, he trains career coaches.

What would be happening in a country if men earned a fifth less than women? If they were passed over in promotions and interrupted constantly while talking? If they had to sit scantly dressed at the secretary desk and make coffee for their female bosses? All hell would break loose! The fact that women are treated in such a way, however, is considered completely normal.

In his new book Martin Wehrle turns the tables. All of this happens to a man, Mr. Miller, who wakes up one morning as a woman. A narrative device that reveals the nonsense of daily discrimination and that illuminates this scandalous arrangement – which will amuse us at first, and then shame us – and demands for women the right to fulfilment, to a career with (or without) children at a decent salary.

The book shows women how they can avoid the pitfalls in their profession, implement their wishes, and discover their personal happiness. Filled with forward-looking declarations and yet at the same time amusing reading.

- The *Spiegel* bestselling author revealing in humorous stories how women in the working world are discriminated against and why it is time this should stop
- 50,000 sold copies of *Am I the Fool Here?*
- 260,000 sold copies of his *I'm Working in a Madhouse* books

Press

"Where Martin Wehrle is on the cover, the best entertainment is guaranteed." www.abendblatt.de

The secret of a strong feeling of self-importance



Bärbel Wardetzki
Masterful and Self-Assured
[Souverän und selbstbewusst]
The composed way to deal with self-doubt

Kösel
144 pages
2-colour throughout
Format 13,5 x 21,5 cm
July 2014

[Trailer available online](#)

Bärbel Wardetzki, born in 1952, is a psychotherapist and supervisor who also works in further education. Much in demand as a speaker at conventions throughout the German-speaking world, Wardetzki is a regular guest on TV and radio, and has written numerous bestsellers with total sales of more than 150,000 copies.

www.baerbel-wardetzki.de

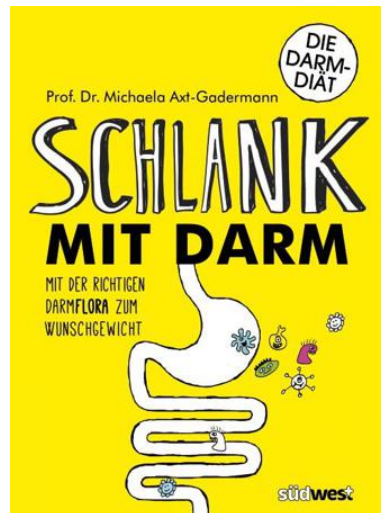
Who hasn't experienced it? Self-doubt, making us unsure of ourselves: Can I do that, may do I that, is it right, was I good enough? These self-doubts weaken our self-esteem and undermine confidence both in ourselves and in other people.

The seasoned psychotherapist and bestselling author Bärbel Wardetzki shows how we can learn to be composed in dealing with self-doubt. The more we know about these attacks on our self-esteem and what possibilities we have of protecting ourselves against them, the better we can master new situations.

Self-assurance is the keyword. Bärbel Wardetzki supports readers in finding security in themselves, in relying on themselves, and in valuing themselves for who they are.

- Bestselling author: 150,000 copies of her books sold and translated into 10 languages
- Effective self-help: practical, compact, and clear

A new approach for dealing with weight problems



Prof. Dr. Michaela Axt-Gadernann
Slimming Down with the Intestinal Diet
[Schlank mit Darm]
Losing weight with the right intestinal flora

Südwest
224 pages
With 70 colour photographs and illustrations
Format 17,2 x 23,5 cm
December 2014

Prof. Dr. Michaela Axt-Gadernann 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.

Intestinal bacteria and their multifaceted roles are now a trend topic. Research on this ecosystem inside of us has in the past years made enormous progress. We now know that intestinal flora has a significant impact on body weight. Scientific findings show that it is possible to influence the intestinal bacteria and the digestive tract through nutrition, and thereby one's body weight.

This book comprehensibly presents these connections and offers practical advice and recipes for programming the intestinal flora toward "slim".

- Influencing the intestinal flora for losing or maintaining weight

The weight-reducing program based on medical and nutrition science



Dr. med. Dorothee
Brida-Englisch
**Weight Reduction with
Schüssler salts**

[Abnehmen mit Schüssler-
Salzen]
The four-week nutrition
program

Südwest
160 pages
Format 17,2 x 23,5 cm
December 2014

Dr. med. Dorothee Brida-Englisch is a physician and ecotrophologist and has completed additional training in naturopathy and homoeopathy. After many years in a hospital for internal medicine, she opened her own practice for nutritional medicine, mesotherapy, and naturopathy/homoeopathy.

Schüssler salts are one of the popular types of healing substances of alternative medicine because they work gently and without side effects. The biochemical theory according to Schüssler postulates that not only diseases, but also overweight conditions, are the result of a disturbed mineral balance in the body's cells. Particular Schüssler salts repair this imbalance and stimulate cellular metabolism. They can simply be taken before a meal, an easy way towards losing weight.

In her book, Dr. med. Dorothee Brida-Englisch – physician, ecotrophologist, and alternative medical practitioner – explains Schüssler salts and how they work. In addition, she presents a detailed four-week program with 84 recipes as part of her nutritionally and medically founded diet plan.

- With a detailed 4-week reducing plan and 3 recipes for every day
- Reducing programs for every life phase and every season of the year

NOW! The new cookbook generation



Sebastian Dickhaut
NOW! Vegetables
 [JETZT! Gemüse]

Südwest
 240 pages
 With ca. 100 colour photographs
 Format 19,0 x 25,0 cm
 September 2014

[Trailer available online](#)

Sebastian Dickhaut works as culinary author and journalist, culinary video producer, host, and inventor. With more than 50 cookbooks in editions of over a million, he is one of the most successful German food writers. This trained chef worked in exclusive restaurants before writing for the daily *Tageszeitung*. He has written a restaurant guide and is the co-founder of the *Basic Cooking* series.

The first things we really notice in the supermarket? Vegetables. The most beautiful things at the weekly farmers market? Vegetables. What are always there, always work, and accompany us through the year? Vegetables. And what are so undemanding and amenable, regardless of how we use them? Vegetables. There is nothing better for an introduction to multicoloured gustatory pleasure!

In *NOW! Vegetables*, we rediscover cooking in a way that immediately fits our desires: new uses and recipes for our old, familiar vegetables, newly discovered vegetables prepared confidently, and a renewed acquaintance with the standard classics.

- The new cookbook: impulsive, direct, authentic
- 130 recipes – vegetables rediscovered, and now surprisingly different
- Innovative concept – all recipes in both a long and a short version

Deacidification for busy people



Margot Hellmiß Base Fasting for the Weekend

[Basenfasten fürs
Wochenende]
Gently deacidifying in 2 days

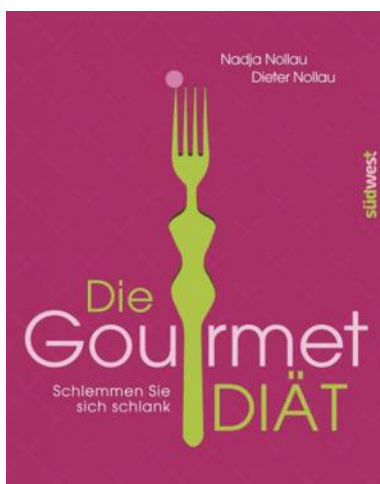
Südwest
128 pages
With ca. 20 colour photographs
Format 13,0 x 19,0 cm
December 2014

Margot Hellmiß has for many years been writing successful advice books on nutritional, medical, and naturopathic topics. She is in particular an expert on all questions about fasting, diets, and detoxification. Her books have been translated into many languages.

A base weekend can work wonders. Wellness within our own four walls can provide us new energy and remove up to two kilos of excess body weight, without having to go hungry. Vegetables, salad, fruit and many other delicious ingredients help keep aggressive acids from forming in the body. Sport activities, sauna, and relaxation exercises support the deacidification process. One's personal mental and emotional realms are noticeably soothed, as over-acidification can truly poison a mood. When we are no longer sour on the inside, we won't be sour outwardly. The book presents a customised base weekend program for each of the four seasons.

- Bestselling author: More than 1 million copies of her books sold
- Filling up with energy with four different base weekends catered to the particular seasons of the year
- With shopping lists, recipes, and well-being tips

Sensibly changing nutrition and lifestyle, instead of frustrating diets with their yo-yo effect



Nadja Nollau /
Dieter Nollau
The Gourmet Diet
[Die Gourmet-Diät]
Feasting yourself slim

Südwest
160 pages
Format 19,0 x 24,0 cm
December 2014

Nadja Nollau works as a journalist and author focussing on health, nutrition, fitness, and psychology.

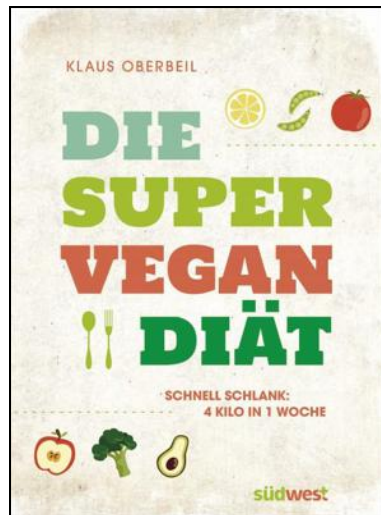
Dieter Nollau is a surgical orthopaedist, sports physician, and passionate hobby cook.

Lose weight while enjoying food? With the gourmet diet this is possible, because good food does not necessarily make one fat. Selected gourmet recipes are combined with metabolic-activating movements, and a relaxed attitude makes losing weight a pure pleasure.

In three phases, the protein phase, the balance phase, and the gourmet phase, you will be able to retune your body gradually and enjoyably. Rescue yourself from the yo-yo effect and relish your meals while becoming lastingly slim.

- Over 70 recipes for enjoying and reducing
- Entertaining, realistic, and practical
- Appropriate for diabetics

The first and only vegan weekly diet



Klaus Oberbeil
The Super Vegan Diet
 [Die Super-Vegan-Diät]
 Quickly slim: up to 4 kilos in one week

Südwest
 144 pages
 With ca. 50 colour photographs
 Format 17,2 x 23,5 cm
 December 2014

Klaus Oberbeil made a name for himself as a medical journalist and non-fiction author on health and nutrition. He is well known through television, radio, and print media. This specialist in molecular biology and gene research has written many successful health advice books.

Whoever wants to lose weight with a vegan nutrition should know that vegetable foods with high glycaemic indexes work as a "carbo brake", hindering fat breakdown in the tissues and slowing the metabolism.

Based on this and other latest scientific findings, Klaus Oberbeil reveals the super vegan secret: leave out what adds on weight and eat only the natural fat-burners. We can follow this program without experiencing any sort of deficiencies, because the super vegan nutrition includes all the important nutrients and biomaterials.

- Not only for vegans: vegetables and fruits make the pounds tumble off
- Quick and uncomplicated
- With detailed 7-day nutrition plan and 21 recipes

Over 50 recipes for a rich and balanced nutrition during pregnancy and nursing



Natalie Stadelmann
Nutrition for You and Me
 [Ernährung für dich & mich]
 Eating right during pregnancy
 and breast-feeding
 With midwife tips from
 Ingeborg Stadelmann

Südwest
 144 pages
 Format 16,2 x 21,5 cm
 July 2014
 With ca. 40 colour photographs

Natalie Stadelmann is a pharmaceutical technical assistant (PTA) with training in nutrition and as a dietary advisor. Since 2007 she has been an advisor in the areas of nutrition and aromatherapy. She is the author of the successful books *Baby Mash* and *Favourite Foods*.

At hardly any other time is healthy nutrition as crucial as during pregnancy and the period of breast-feeding. In her new book, Natalie Stadelmann explains why and provides valuable hints about such conditions as nausea, hunger cravings, and postpartum depression. Her recipes are simple and quick, and can be made in advance, which is particularly practical for the days following delivery. There are also special recipes to help lose the extra weight gained during pregnancy and breast-feeding. The book is complemented with valuable tips from the extensive experience of the midwife Ingeborg Stadelmann.

- Eating healthy is important, as the baby's health and food preferences are determined in the womb
- All the latest recommendations regarding allergy prophylaxis, unhealthy factors, and increased nutritional requirements
- Extra: advice and recipes for a healthy weight loss after pregnancy

The standard text on the subject of puberty



Cornelia Nitsch /
Brigitte Beil /
Cornelia von Schelling
**Puberty: No Reason
to Panic**

[Pubertät: Kein Grund zur
Panik!]

A book for daughters, sons,
mothers, and fathers

Goldmann Paperback
256 pages
Format 12,5 x 18,3 cm
December 2014

Revised edition

Cornelia Nitsch writes books and is a freelance journalist. As the mother of four children she has wide practical experience of dealing with major and minor family conflicts.

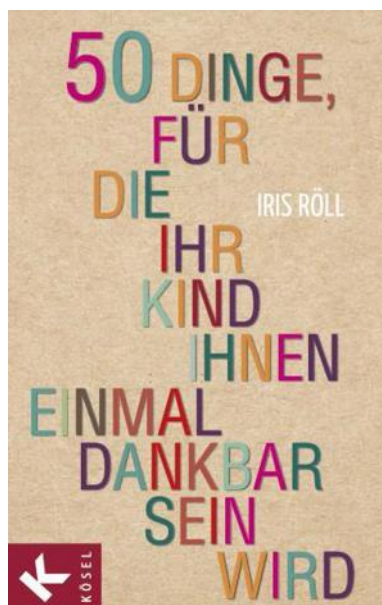
Brigitte Beil studied literary science, philosophy and journalism and now freelances as a journalist and author. The focus of her many non-fiction books is on social and psychological topics.

Cornelia von Schelling is an author and journalist. Along with travelling and culture, her main focus is family and education.

When the children suddenly turn into "intolerable monsters" and the parents become "narrow-minded authoritarians", the family atmosphere will certainly suffer. It's not all that bad, say three battle-tested mothers, who here help us survive those times through mutual trust, humour, and composure. In their book they answer the urgent questions about everyday life, dating, school, and so on – in each case from both perspectives – for an improved understanding between parents and teens.

- Pages for parents and ones for teenagers, for mutual understanding
- Insight into the complicated psychological life of teens
- Hints from experiences instead of merely pedagogical theory

Encouragements and food for thought for a happy childhood



Iris Röhl
**Fifty Things Your Child
Will Thank You for
Some Day**

[50 Dinge, für die Ihr Kind
Ihnen einmal dankbar sein
wird]

Kösel
96 pages
2-colour throughout
Format 11,8 x 18,7 cm
September 2014

Iris Röhl, born in 1970, was for many years a part of the media department of *Focus* magazine, and then for many years the editor of *Focus Schule*. Today she is a freelance journalist and editor for various media.

What is really important for children? Iris Röhl presents 50 short suggestions on how parents can impart to them the fundamental things in life. Children will usually come to appreciate these things eventually – at least when they are grown up – such as the value of healthy meals, transmission of fine family rituals, persevering in justified decisions, and learning a musical instrument.

- A book for giving, to oneself as well
- With many small, handy tips and retrospective testimonies of adults



Jan-Uwe Rogge /
Katharina Sieckmann
Family for Experts
[Familie für Fortgeschrittene]
Children and teenagers on
crises, arguments, and
potential in patchwork families

Kösel
208 pages
Format 13,5 x 21,5 cm
October 2014

Jan-Uwe Rogge is a well-known author of parenting books. His bestsellers have been translated into more than 20 languages. For over 30 years Rogge has concerned himself with child-rearing topics and has imparted his knowledge and practical tips through books, CDs, DVDs, and countless lectures. This renowned expert is a regular guest in various media.

www.jan-uwe-rogge.de

Katharina Sieckmann has been a freelance journalist for radio and the print media since 1999. She also works as a coach.

The number of patchwork families continues to grow. High time to dispense with the usual clichés and to hear about how life in this situation really is. In this book, those directly affected by the decisions of the adults are allowed to speak: the children. They did not choose this new family constellation, yet they still have to endure its emotional roller coaster ride.

“Parents are the adults who brought step-parents into your life.” Children and young people 7 to 20 years old reveal themselves here in moving interviews with the journalist Katharina Sieckmann. They talk about what bothers them and also what they like in everyday life. And they give tips on what makes the patchwork arrangement easier for them. These interviews, melded with the family therapy ideas of Jan-Uwe Rogge, comprise an enlightening guide through which the patchworkers will be able to find themselves: unsparing, relevant to everyday life, unadorned.

- Finally, children and teenagers have their say
- Motley and yet fully normal: dispensing with the problematic stereotypes

The mindful way out of sex burnout



Eva-Maria Zurhorst
Soul Sex
[Soul Sex]
The secret of physical love

Arkana
352 Seiten
Format 13,5 x 21,5 cm
September 2014

[Trailer available online](#)

Eva-Maria Zurhorst was originally a journalist and worked for the print media and radio. Later she became a business coach and communications advisor. Today, following training as a psychotherapist, she works as a relationship and career coach with business people, managers, and couples.

With her first book, *Love Yourself and It Doesn't Matter Whom You Marry*, bestselling author Eva-Maria Zurhorst reached thousands of women by revealing her soul. Now, just as sensitively, personally, and passionately, in her new book she helps bring back the miracle of sexuality to couples whose sexual connection has become lost.

Soul Sex describes the author's personal miracle cure for healing relationship stress and the return of physical desire. Sex must become connected again with the heart. *Soul Sex* shows couples the way to open themselves up again to sex, to overcome anxiety and shame, and to abandon themselves to it without pressure.

- With many case studies, personal experiences of the author, and concrete suggestions
- *Spiegel* bestselling author: 1.3 million books sold

Simple body exercises with immediate effects for a healthy and refreshing sleep

Dr. med. Claudia
Croos-Müller
**Sleep Well – The Small
Survival Book**
[Schlaf gut – Das kleine
Überlebensbuch]
Immediate help for sleep
problems, nightmares, and
other nocturnal sufferings



Kösel
48 pages
With colour illustrations
Format 17,0 x 15,5 cm
October 2014

Rights sold to:
Czech Republic (Grada)

Dr. med. Claudia Croos-Müller, born in 1951, is a neurologist, psychotherapist and trauma therapist. She studied body language with Samy Molcho as well as concentrated physical-exercise therapy. She offers training and coaching on the subjects of body language, conflict resolution and poise.

www.croos-mueller.de

Are you one of the unfortunates who fall exhausted into bed – and yet simply cannot fall asleep? Or you fall asleep but then wake up after only a short time. Or you are tormented by nightmares and teeth grinding – and the next morning feel totally exhausted.

Enough of that! Instead of hopelessness and sleeping pills, learn to sleep well again with Oscar, his friend Emily, the good-luck sheep Willy, and sleep-sheep Marie with 12 new exercises – from short naps to deep sleep. You can also do these physical exercises at any time. Fast, simple, and effective.

- The new volume of the successful series *The Small Survival Book*: over 100,000 copies sold

The first book on medical Guolin Qigong



Bernadett Gera
Guolin Qigong
[Guolin Qigong]
The supplemental healing
method in cancer and chronic
illnesses

Irisiana
208 pages
With ca. 140 colour photographs and
illustrations
Format 17,2 x 23,5 cm
July 2014

Bernadett Gera, a Qigong teacher, had early childhood contact to Eastern medicine through her father, a judo master. When an advanced cancer condition was diagnosed in her mother, she began intensively to research the various causes and treatment possibilities for cancer conditions. Through this she became acquainted with Guolin Qigong. She went on to complete Guolin Qigong training with two students of the founder of this method. She now offers Guolin Qigong seminars in Germany and elsewhere in Europe.

Guolin Qigong is a form of medical Qigong, which is a tried and effective means of treating chronic diseases such as asthma, diabetes, multiple sclerosis, Parkinson's, rheumatism, and various cancers.

The number of cancer cases is increasing every year. At the same time more and more cancer patients are no longer willing to rely exclusively on the often limited standard medical therapies, and instead would like to supplement these with alternative methods. This book offers a practical introduction to Guolin Qigong. It describes the basic exercises and shows as well how to use this method preventatively for maintaining health.

- An alternative treatment that can effectively supplement standard medicine
- Studies in China, Canada, and the USA prove the high effectiveness of Guolin Qigong in cancer therapy
- Recognised in China as an official healing method for cancer

The first book on katathym imaginative psychotherapy



Thomas Kretschmar /
Martin Tzschaschel
**Using the Power of Inner
Images**

[Die Kraft der inneren Bilder
nutzen]

Psychological and physical
health through imagination

Südwest
232 pages
With 8 colour plates
Format 13,5 x 21,5 cm
July 2014

Thomas Kretschmar, born in 1963, is a non-medical practitioner for psychotherapy who treats various psychological disturbances at his institution in Berlin. He uses the method of katathym imaginative psychotherapy not only in treating his patients but also in his work as a business coach in advising management and employees.

Martin Tzschaschel, born in 1954, is a managing editor of the magazine *P.M.*, for which he writes medical and psychological articles.

Inner mental images can be used not only for improving sport or career performances; this method can be successfully used as well in the treatment of mental disturbances. Even such serious conditions as cancer could be healed or alleviated by the power of imagination.

This book illustrates various methods of imaginative psychotherapy, which uses symbols and images for the support of the healing process. Numerous case examples show which specific diseases can be treated with these visualization methods. In this comprehensible, entertaining book, readers will become familiar with everything about this new form of psychotherapy, including its many applicable aspects.

- Understandably explained for beginners
- Effective help for people suffering from psychosomatic conditions
- Case examples showing how imagination therapy can help with acute crises (such as divorce and unemployment), phobias, compulsions, traumas, and chronic illnesses

Well-known and little-known home remedies for children, from around the world



Annette Sabersky /
Dr. Jörg Zittlau
**Home Remedies
for Children**
[Hausmittel für Kinder]
Understanding and naturally
treating the ill child

Südwest
288 pages
Format 17,2 x 23,5 cm
September 2014

Annette Sabersky is a nutrition scientist and journalist, working not only for book publishers but also for magazines such as *Brigitte*. She is particularly concerned with passing on scientific findings in the form of recommendations that can easily be put into practice.

Dr. Jörg Zittlau, born in 1960, studied philosophy, biology and sports medicine and focused his research on coping with stress and alternative healing. Since 1991 he works as a science journalist.

Annette Sabersky and Dr. Jörg Zittlau have created this reference book of small hurts to serious conditions. Along with the classical symptoms such as hot forehead and coated tongue, they describe in detail typical behaviours that children exhibit with certain illnesses. They address psychosomatic aspects as well: Is the child really ill or merely sulky or peevish?

The application section of the book contains home remedies from around the world, many that are not well known in Europe, such as acupuncture, homoeopathy, medicinal plants, buckwheat honey, marigold ointment, and onion socks. There is clear information on dosage and application, as well as where the particular curatives can be obtained.

- Classical symptoms and typical behaviours for all illnesses
- Tips for dealing with "childish contrariness"

Fasciae, crucial for the movement apparatus and the immune system



Peter Schwind
**Fascia –
The Tissue of Life**
[Faszien – Gewebe des Lebens]
The secret network of the body
and its significance for health

Irisiana
240 pages
With ca. 20 colour photographs and
illustrations
Format 13,5 x 21,2 cm
September 2014

Peter Schwind, a rolfier and natural healer, received his training at the institute founded by Ida Rolf, in Boulder, Colorado. Along with his practice, he teaches at the international training program of the Rolf Institute and the European Rolfing e.V. in Munich. His book *Fascia and Membrane Techniques* was translated into English.

Fascia tissue – this is the collagen connective tissue found throughout our entire body. It plays a vital role in our movement apparatus and for our immune system. The latest research shows that the network of fascia plays a crucial role in such conditions as back pain, because if a fascia is thickened or several are stuck together, pain is one result. High-performance sport has now discovered fascia. Fascia tissues are now treated in injuries, and they can even be trained directly to enhance athletic performance.

This book is a popular specialized book about the dynamic support system that holds us together at the deepest levels. Peter Schwind explains the central functions that fasciae accomplish in our body and why they are so important for our health. In addition, he presents simple exercises for the network of fascia that can help us remain supple.

- Fascia exercises, simple to apply
- How important fascia tissues are for our well-being
- With a preface by Jean-Pierre Barral

Healing is not a miracle



Dr. med. Ulrich Strunz
Wonders of Healing
[Wunder der Heilung]
New paths to health –
Knowledge and experiences

Heyne
176 pages
Format 13,5 x 20,6 cm
November 2014

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastro-enterologist, and a prophet in the area of nutrition research. His books on dieting and fitness are all bestsellers.

www.strunz.com

Is it a miracle when a daughter reports: "My mom is now officially not diabetic"? When another patient no longer has heart rhythm disturbances? When ill people attribute their healing to "genetically correct nutrition" or "meditative running and meditation"? The fact is that these miracles are medically explicable.

From the clear perspective of the scientist, Dr. Strunz shows how we can significantly improve the odds of not getting ill at all – or certainly of becoming healthy once again.

- Are illnesses such as cancer, diabetes, gout, and depression really inevitable?
- Moving reports of astonishing healing

How constant tension alters body and brain



Hans-Peter Unger /
Carola Kleinschmidt
**"No one could survive
that until retirement!"**

["Das hält keiner bis zur Rente
durch!"]

So that work does not make us
ill: findings from stress
medicine

Kösel
304 pages
Format 13,5 x 21,5 cm
October 2014

Hans-Peter Unger is head physician of the department of psychiatry and psychotherapy in the general hospital in Hamburg and one of the initiators of the German "Union Against Depression".

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

Why is it so difficult to get out of the rat race, even though we know it is making us sick? Dr. Hans Peter Unger and Carola Kleinschmidt have diagnosed the causes of this stress epidemic. Both have been actively engaged for years in finding strategies for maintaining mental health in the work place. In their new book they present the model of health based on three levels: the individual, the work organization, and society.

Complemented by case examples from practice, effective exercises for everyone, and solid suggestions for businesses, management, and policy makers, here is a scientifically grounded, eye-opening work, and a pleasure to read as well.

- Meaning and inner orientation instead of burning out in the rat race
- Good health seen as the balance of risk and safety

TCM – easy to understand and simple to apply in everyday life



Georg Weidinger **Chinese Home Remedies**

[Die chinesische
Hausapotheke]

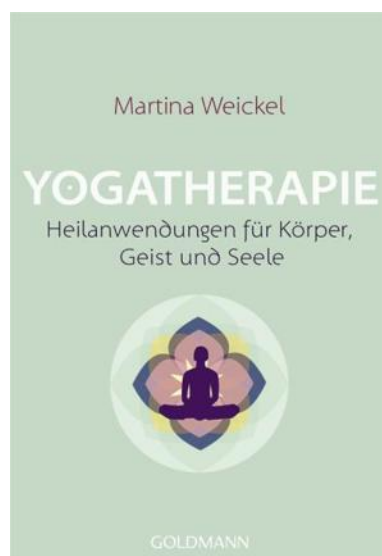
The most important herbal
mixtures for the most common
complaints

Goldmann Paperback
250 pages
Format 12,5 x 18,3 cm
December 2014

Georg Weidinger, born in 1968, is a conventional medical practitioner and TCM therapist in Vienna. He regularly gives seminars and lectures. Since 2012 he has been a teacher of TCM at MedChin.

Traditional Chinese medicine is explained for everyday use in this practical self-help guide. This book includes a comprehensive introduction to Chinese diagnostics and describes a simplified form of self-diagnosis by means of the pulse, tongue, and face. The author, TCM therapist Georg Weidinger, well understands how to combine Western and Eastern medicine. The 25 important and easy-to-use herbal medicines for the most frequent complaints can be helpful additions to any medicine cabinet. The herbs are readily available and meet strict European health guidelines.

- Extra tips on nutrition and lifestyle
- The 25 best herbal formulas



Martina Weickel
Yoga Therapy
[Yogatherapie]
Healing applications for body,
mind, and spirit

Goldmann Paperback
280 pages
Format 12,5 x 18,3 cm
November 2014

Martina Weickel has led workshops in Yoga therapy at the Yoga Institute of Mumbai, India, with Dr. Jayadeva Yogendra for several years. For many years she has been offering advanced trainings in Yoga. As a coach she accompanies people in their investigation of deep thought patterns that may be the cause of suffering and illness.

Yoga is not therapy in the usual sense. Yoga is a process of training the entire personality. As well it helps calm the spirit, because an unsettled spirit is the source of illness.

With this practical guide, Martina Weickel supplies a holistic approach consisting of body, breathing, and relaxation exercises, yoga cleansing techniques, hand gestures, small meditations, and a healthy lifestyle and appropriate nutrition.

Some forty symptoms are introduced from the perspective of Yoga therapy. Each individual disease is set in relationship with a Yoga sutra of the Patanjali, and its spiritual root cause is explained. The impulse of each illness can inspire us to see the illness as an opportunity for growth – for us to develop to our full potential.

- Illness healed with focused Yoga exercises
- With a preface by Dr. Jayadeva Yogendra (Yoga Institute of Mumbai)
- For therapists and for interested laypeople

A helpful companion for coping with grief



Angelika Kaddik **How Pain Turns into Pearls**

[Wie aus Schmerzen Perlen werden]

My consolation book

Gütersloher Verlagshaus
140 pages
Format 16,0 x 18,0 cm
July 2014

Angelika Kaddik, born in 1956, works in her own practice for medical psychotherapy, couples counselling and coaching where she guides many people through crises and grief.

In addition to the work in her practice, Angelika Kaddik also offers seminars and workshops on a wide range of topics and guidance to self-help groups.

www.trauerperle.de

Pearls are seen as a symbol of grief and tears. And just as the clam has to live with its pain, covering its injury with layer upon layer of mother-of-pearl, so we too can accept our grief and, step by step, pass along our own very personal path through bereavement.

In 2010 Angelika Kaddik suddenly found herself in a situation which made her realise how little death and grief are seen as socially acceptable. In order to make grief outwardly visible, she created a new symbol of bereavement: the pearl of mourning. This book takes up this symbol and spreads the message that our pain can grow into something precious. With its words of comfort and suggestions for helpful rituals and physical exercises, it becomes a companion through the process of mourning.

- With supportive texts, illustrations, helpful rituals and physical exercises
- A compassionate help for people coping with grief

Sensitive help for the hardest time of life



Barbara Pachi-Eberhart **Why You?**

[Warum gerade du?]
Personal answers to the large questions about mourning

Integral
256 pages
Format 12,5 x 20,0 cm
September 2014

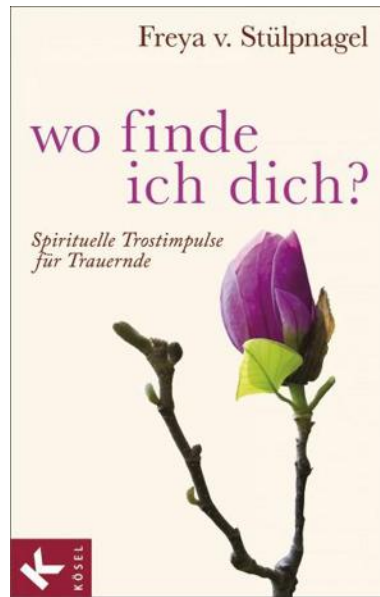
Barbara Pachi-Eberhart, born in Vienna, studied flute at a music and art college, and then was certified as a teacher. In 2000 she began working as a clown with the Red-Nosed Clown Doctors, and has been a songwriter for children and choirs. In 2009, she was awarded the most important Austrian women's prize, the Leading Ladies Award.

Why did you have to die? Why doesn't the pain stop? Will I ever be happy again? ... The large existential questions of mourning – Barbara Pachi-Eberhart had to pose these to herself and find her own answers to them. When she lost her husband and both of her children in an accident, her life suddenly stood still.

Today, six years later, she is a woman who, because of this extreme experience, is able to pass on her wisdom and impart a healing, compassionate strength. Her new book is a treasure for all in mourning and for those around them. Written from an immeasurable depth of experience, this book can be a source of comfort and new confidence.

- A unique combination of personal experience and professional grieving help
- A bestselling author, addressing all the issues that those in mourning are mostly left to face alone
- Support for *all* phases of mourning

Solace in a difficult time: nondenominational pastoral support



Freya v. Stülpnagel
Where Can I Find You?
[Wo finde ich dich?]
Spiritual consolation ideas for
those in mourning

Kösel
160 pages
With 22 colour photographs
Format 13,5 x 21,5 cm
October 2014

Freya v. Stülpnagel was working as a lawyer when she experienced the loss of her child in 2001. Since then she has retrained as a grief counsellor and dedicated herself to new challenges in the Association of Orphaned Parents, where she runs the suicide support group.

Death raises the question about the afterlife. Those who remain behind ask themselves where the deceased is now and in what form, whether there is an afterlife, whether they will see each other again, whether they themselves are religious, and what they truly believe in.

Freya von Stülpnagel, who with her book *Without You* has written a success story that readers never wanted to end, in this book as well deals knowingly and appropriately from her experiences with the topic of faith and spirituality. Her purpose is to have us experience the pain of loss and the questions concerning death as an enrichment.

- For relatives, spiritual counsellors, and friends
- Over 23,000 copies of her previous books sold

The practical book on the topic of energetic housecleaning



Claire
Magical Housecleaning
[Magischer Hausputz]
Conjuring positive energy into
your living space

Ansata
160 pages
Format 12,5 x 20,0 cm
November 2014

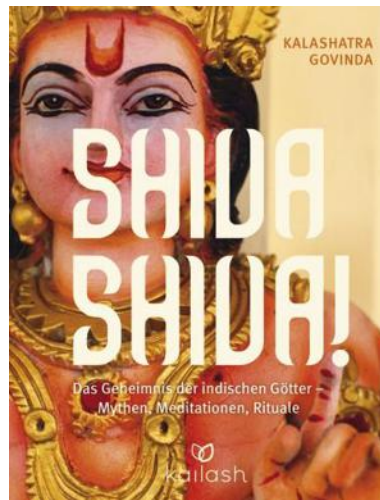
Claire, brought up on the fullness of ancient, esoteric customs, became interested very early on in life in the spiritual power of white magic. Today, this life counsellor and practicing witch is one of the most successful authors on the theme of magic. Numerous television appearances have made her known beyond the borders of Germany.

What to do if your own four walls suddenly create a sense of unease, even though everything is in fact orderly and clean? High time for a magical house cleaning! For often in such cases there are hidden negative energies or annoying spirits that are acting out their mischief.

The success author and practicing witch Claire shows how, with simple rituals and techniques, positive vibrations can be magically brought into all the rooms of your abode. In her authentic, humorous, and completely undogmatic style, she makes magical cleaning a light and easy activity and thus helps us achieve a relaxed and liberating home and life.

- With a variety of purifying techniques and many hints, such as burning incense, keeping air-cleansing plants, and inviting in protective house spirits
- A book for all who would like to dissolve negative energies in their home and environs

Namasté – an invitation to celebrate life



Kalashatra Govinda
Shiva Shiva!
[Shiva Shiva!]
The secret of Indian deities –
myths, meditations, rituals

Kailash
160 pages
With 30 colour illustrations
Format 13,5 x 17,5 cm
October 2014

Kalashatra Govinda is a master of ancient Indian yoga philosophy and a successful author. He has made a name for himself as an author through his well-received books *Tantra: Secrets of Eastern Erotic Arts* and *Chakras: Spiritual Exercises for Health, Harmony, and Inner Energy*.

The world of the gods and goddesses of India is a colourful one filled with the joy of life. Ganesha, Kali, Krishna, and others stand for the countless aspects of life, such as wisdom, abundance, beauty, and new beginnings. Kalashatra Govinda tells of the timeless myths and shows how we can access the strength of the Indian divinities through meditations and rituals. For every life situation there is a god or goddess who can support us on our spiritual journey.

- The newest trend between Bollywood and Yoga
- Personally experiencing the joy of life and wisdom of the Indian deities

Be careful with your wishes – they could come true



Penny McLean
No Credit from the Universe!

[Kein Kredit vom Universum!]
A course in conscious life and destiny management

Ansata
240 pages
Format 13,5 x 21,5 cm
November 2014

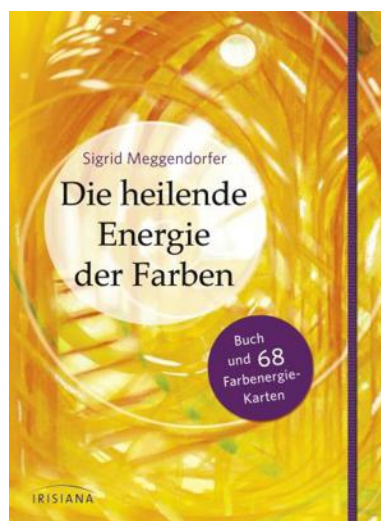
Penny McLean, after a world career as a popular singer (18 Gold records, numerous awards), has now made a name for herself as a spiritual author. Her books are of the most-read genre in all of Europe.

Contrary to what many books of recent years say, Penny McLean maintains that the universe is not some charitable processing organisation for everyone's wish-list. Something that has been long missed: our world and also the spiritual realm function according to the law of absolute correspondence.

We receive what karmically already belongs to us – and "special orders" must be settled in a particular way. The universe has its own "price list"; the currency can be fulfilment, but also a blow of fate. Fortunately, in this her latest book Penny McLean reveals how we can have our special wishes fulfilled, without alarming the cosmic judiciary...

- Reaching your goal through proper wishing, and thereby balancing you karmic account

Positively influencing emotions and energy fields with the power of images and colours



Sigrid Meggendorfer **The Healing Energy of Colours**

[Die heilende Energie der Farben]

Book and 68 colour-energy cards

Irisiana
176 pages
With ca. 70 colour illustrations
Format 13,4 x 18,4 cm
October 2014

Sigrid Meggendorfer works as an art therapist, artist, and illustrator. After her studies in communication design, she completed training in the early 1990s in psychic painting with the artist Charlotte Miller in St. Ives, Cornwall. This form of painting is concerned with energies and concrete physical and psychological conditions.

Colours and images can fundamentally influence our well-being. On emotional planes they can directly have an effect on the soul. On energetic planes they have an influence on our chakras and the energy field of the body. Colours and images can be used in a focused way to strengthen body and soul and to initiate a process of healing.

The colour energy cards made specifically for this purpose by the art therapist Sigrid Meggendorfer make these forces easy to use. The cards show where in one's life the energy is needed, and they then will activate or calm the energy field by way of the complex interaction of colours and images. The book contains the basic explanations to each card as well as practical suggestions for strengthening the energy field.

- High-quality set of book and 68 colour-energy cards
- Extraordinary, inspiring images, with healing effects on the unconscious
- Perceiving of energetic deficits simply through intuitive drawing and laying of the cards
- A unique combination of colour therapy and chakra work

Making contact with the angels – finding, healing, and realising yourself



Friederike Rath
Find Your Light
[Finde dein Licht]
With the angels to your inner self, to healing, and to your soul plan

Ansata
240 pages
Format 12,5 x 20,0 cm
November 2014

Friederike Rath, born in 1988, has since her early childhood communicated with angels. In her practice she helps people come into contact (again) with their angels.

Even if most people cannot see them, each human being has at least one angel, who in crucial situations in life can be of great assistance. Since her early childhood, Friederike Rath has been in close contact with these heavenly helpers.

On basis of her own experiences and her experiences with numerous clients, and with the assistance of the angels themselves, she developed “energetic angel healing”. This method allows anyone to easily come into direct contact with angels, and then with their support find a way to a free and happy life. With great honesty and believability, the author tells of her own fascinating path and opens up a completely new gateway into the spiritual world.

- A young voice that will be part of the new generation of angel communication
- Angels from a new, fresh perspective – down to earth and with much humour

Rediscovering our self-healing abilities



Maren Schneider
Strong in Spirit
 [Seelenstärke]
 The mindful path towards
 regeneration and healing

Kailash
 256 pages
 Format 13,5 x 21,5 cm
 August 2014

Maren Schneider, born in 1971, is an alternative healing practitioner for psychotherapy and a certified teacher for stress management through mindfulness-based stress reduction (MBSR) and for mindfulness-based cognitive therapy (MBCT). She works in her own psychotherapy practice and leads seminars, courses, and retreats on mindfulness, meditation, stress and burnout reduction.

Do you remember how it feels to be newly in love? To begin a new job? To feel the first rays of sun on a spring walk? Those are the moments when one feels deeply connected with life – so full of confidence that everything seems possible. The world appears brighter and friendlier. And problems are seen for the moment simply to be very surmountable challenges.

No matter what difficult life situation you find yourself in, you can at any time tap into this primal strength, become whole once again, and enjoy the abundance of life. How this can be done is what Maren Schneider shows in her perceptive and compassionate book.

- Our self-healing ability is always inside us – we only need to embrace it
- A pleasant and beneficial book that imparts strength and a new joy of life
- With active exercises and mindfulness rituals

How we can use sound therapy for healing



World rights available except English

Hannes Sprado, (1956-2014), was publisher of the *P.M.* magazine group. His main interest was for popular scientific topics, including the question of the interrelationship between science and spirituality.

Hannes Sprado **The Sound of the Universe**

[Der Klang des Weltalls]
How planetary tones, sacred sounds, and the music of nature can heal

Arkana
256 pages
Format 13,5 x 21,5 cm
August 2014

Tones are produced by movement. Where there is movement, there is energy. Each cell in our body is in motion, just as the whole universe is. All matter – whether it is of the moon or our brains – consists of pure energy and, thus, of sound.

Sound has always been used to have perception of higher powers. Even today it is remarkably suited for helping people live in harmony with themselves and with their environment.

In this elegantly written book, Hannes Sprado examines the interfaces between the song of the universe, the harmonies of the mantras, and the rhythms of body, mind, and soul. Here is a fascinating expedition into the inner and outer worlds that will fundamentally change our understanding of the power of sound.

- Why sound therapy is such a powerful remedy
- A guide to healing and inner harmony at the interface of physics and spirituality

Understanding the wellsprings of our spirituality



Wolf-Dieter Storl **The Old Goddess and Her Plants**

[Die alte Göttin und ihre Pflanzen]

Discovering our primeval spirituality with the help of myth

Kailash
272 pages
With ca. 9 illustrations
Format 13,5 x 17,5 cm
August 2014

[Trailer available online](#)

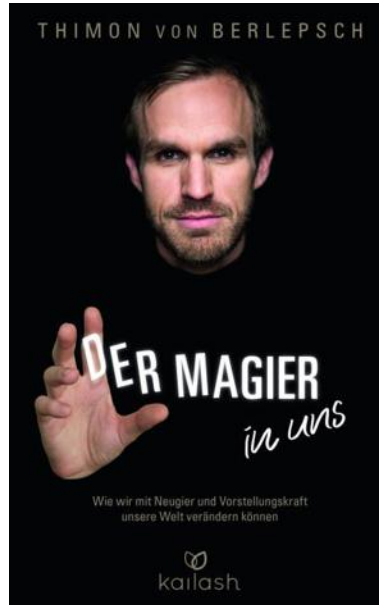
Wolf-Dieter Storl is a cultural anthropologist and ethnobotanist. After his studies in botany and ethnology, he became a lecturer in sociology and anthropology. His numerous travels and field research influenced his thinking and are reflected in his many successful books.

Our ancestors had such a strong connection to the natural world that they saw the divine in everything. By way of myths and fairy tales, the master plant mystic Wolf-Dieter Storl reveals what sorts of primal deities, shamans, and spiritual healing powers are concealed within the plant world. He explores the hidden, underlying meanings of the figures in fairy and folk tales, such as Mother Hulda, the seven dwarves, and the devil's grandmother, and he describes the magical plants and healing powers that are associated with them.

Storl opens our eyes for a healthy relationship with nature. We will discover the deeper meanings and the divinity inherent in all things, and by doing so find our way back to our own natural, primal spirituality.

- A fascinating journey to healing herbs, nature deities, and magical plants
- Inspiring and beautifully illustrated
- From the bestselling author and renowned ethnobotanist

Our power of imagination is stronger than we know



Thimon von Berlepsch
The Magician Inside of Us
[Der Magier in uns]
How we can change our world
with curiosity and the power of
imagination

Kailash
260 pages
Format 13,5 x 21,5 cm
October 2014

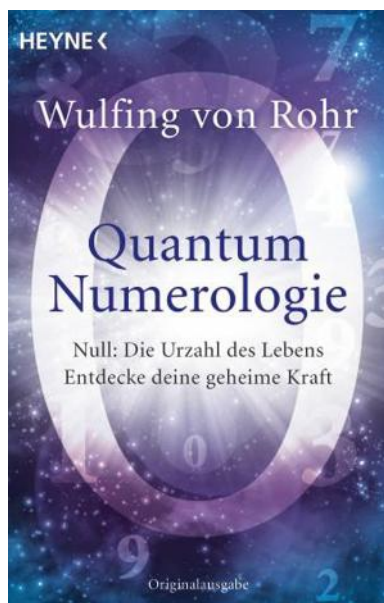
Thimon von Berlepsch, born in 1978, started learning card magic during his childhood years. After training as a goldsmith, he continued to refine his skills in magic. He went on to make his hobby his profession, and he now makes appearances worldwide.

Ever since Thimon von Berlepsch discovered an old book about magic in the family castle, he has been fascinated by this type of ability. With the knowledge he has gathered on innumerable travels to nature-oriented indigenous peoples throughout the world, he teaches us to experience wonder. Through magic and hypnosis, he shows us the forces within magic circles that pure imagination can set free.

With his book, Thimon von Berlepsch brings us into contact with the hidden abilities inside of us that can transform our lives – so that we become masters of our fate.

- How we can use magic in our personal lives

The first truly comprehensive numerology



Wulfing von Rohr
Quantum Numerology
[Quantum Numerologie]
Zero: The primal number of life –
Discover your secret power

Heyne Paperback
176 pages
Format 11,8 x 18,7 cm
December 2014

Wulfing von Rohr is a non-fiction author, journalist, and television producer, and he is also active as a business advisor and continued education and seminar leader. He is a yoga teacher and an expert on spirituality, meditation, and intercultural and inter-religious exchange. He has written numerous books on natural healing, spirituality, and secret wisdom.

Modern quantum research has revealed the remarkable role that the number zero plays in the explanation of the world. With *Quantum Numerology*, Wulfing von Rohr presents for the first time a system that considers these realisations and opens up new horizons of psychological and spiritual life-interpretations.

An innovative, contemporary numerology for all who want to obtain reliable knowledge through the power of numbers about their own journey through life and about their hidden talents and personal possibilities.

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Wulfing von Rohr is a non-fiction author, journalist, and television producer, and he is also active as a business advisor and continued education and seminar leader. He is a yoga teacher and an expert on spirituality, meditation, and intercultural and inter-religious exchange. He has written numerous books on natural healing, spirituality, and secret wisdom.

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Bahar Yilmaz is a yoga teacher who has for many years studied medial abilities and spiritual healing. Together with her life partner Pascal Voggenhuber she runs the SoHam Center for Yoga, Mediality, Mediation, and Healing. Since 2010 she has been giving lectures at international conventions.

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Rights Department

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Gesche Wendebourg

Foreign Rights Director

Phone: ++49 (89) 4136-3313

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Susanne Seggewiss

Foreign Rights Executive

Phone: ++49 (89) 4136-3321

Susanne.Seggewiss@randomhouse.de

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Eva Maria Gold

Foreign Rights Executive

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Eva-Maria.Gold@randomhouse.de

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Anne-Catherine Horstkotte

Junior Foreign Rights Executive

Phone: ++49 (89) 4136-3470

Anne-Catherine.Horstkotte@randomhouse.de

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for all imprints:

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

for all imprints:

Ms. Jackie Huang
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: jhuang@nurnberg.com.cn

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Komotinis Str. 18
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Literary Agent
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Phone: ++81 (164) 251 466
Fax: ++81 (164) 263 844
e-mail: meike.marx@gol.com

Brazil

for all imprints:

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

France

for all imprints:

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

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Italy

for all imprints:

Ms. Giuliana Bernardi
Literary Agency
Via Duca d'Aosta,13/3
30171 VENEZIA-MESTRE / ITALY
Phone: ++39 (41) 505 65 12
Fax: ++39 (41) 962 247
e-mail: GBernardi.LitAg@alice.it

South Korea

for all imprints:

Ms. Geenie Han
MOMO Agency
102 - #804 Blenheim
517 Mangwon-2 Dong, Mapo-gu
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Fax: ++ 82 (2) 337 8702
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South Korea*for all imprints:***Mr. Richard Hong****BookCosmos Agency**3F Youngjun B/D(Annex), 205-6 Donggyo-dong
Mapo-Gu

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Guro-Gu

152-700 SEOUL / KOREA

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e-mail: minsueurobuk.com**The Netherlands / Belgium***for all imprints:***Ms. Marianne Schönbach****Marianne Schönbach****Literary Agency**

Rokin 44 III

1012 KV AMSTERDAM / THE NETHERLANDS

Phone: ++ 31 (20) 62 000 20

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Phone: ++ 34 (93) 323 89 70

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9F-2, No. 164, Section 4, Nan-King East Road,

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