

# Reference Books Spring 2026



**REFERENCE BOOKS**

Spring 2026

**Foreign Rights Guide**

# Contents

03	<b>Shaolin Life</b> SACHA WENK
04	<b>In Your Heart, You are Invincible</b> MAI DUONG KIEU
05	<b>In Praise of Discomfort</b> BAS KAST
06	<b>Unlock Your [AI]dentity</b> CÉLESTE SPAHIC, MARINKO SPAHIC
08	<b>AIQ – The Artificial Intelligence Quotient</b> CHRISTOPH SANTNER, CHRISTINE PAPADOPOULOS
10	<b>I'll Stop with That for Now</b> ALJOSCHA LONG, RONALD SCHWEPPE

11	<b>Damned in Your Head!</b> MARKO C. LORENZ
12	<b>Calm Down!</b> MANFRED SCHEDLOWSKI, GABY MIKETTA
14	<b>HeartPlosion</b> ALEXANDER FREISE
15	<b>Take. Your. Time.</b> WOLF KÜPER
16	<b>Grow and Glow</b> VICTORIA JANCKE
17	<b>You Don't Have to Dance with the Sharks</b> ULRICH G. STRUNZ JUNIOR

18	<b>Who Would You Be Without Your Worries?</b> MARTIN WEHRLE
19	<b>What Matters</b> KATRIN WILKENS
21	<b>Rediscovering Who I Am</b> FRAUKE BATAILLE
22	<b>What Makes Your Life Easier</b> SINA HAGHIRI
23	<b>Embodied Attachment</b> THOMAS HARMS
24	<b>Free Yet Connected</b> LINDA-MARLEN LEINWEBER

25

### **ADHD in the Second Half of Life**

ASTRID NEUY-LOBKOWICZ, DANIEL  
SCHÖTTLE

27

### **Finally Peace of Mind**

BERND GUZEK

28

### **The Vitamin Compass**

BAS KAST

29

### **My Formula for Healthy Sleep**

DIETRICH GRÖNEMEYER

30

### **Detecting and Treating Osteoporosis in Good Time**

REINER BARTL

31

### **The Menopower Book**

UTE BRAMBRINK, CLAUDIA RIEß

33

### **Fatty Liver – What Now?**

JULIA SEIDERER-NACK

34

### **77 Tips for Fighting Cancer**

ULRICH STRUNZ

35

### **Eat and Let Eat**

MARLENE BORCHARDT, NORA  
BURGARD-ARP

37

### **Between No and Closeness**

ROMINA ALBERTI

38

### **50 Sentences That Make Life Easier for Parents**

BIRGIT GATTRINGER

39

### **I'll Let You Go and Give You Support**

MELANIE KLEFELDT

41

### **Strong Roots and Light as a Feather**

SUSANNE MIERAU

43

### **The Secret to a F\*cking Good Life**

ANDREA WEIDLICH

44

### **The Millionaire and the Monk – The Journey Continues**

JULIAN HERMSEN

45

### **The Art of Living on Eight Paws**

DIRK GROSSER

46

### **The Little Dervish and the Seven Questions of Life**

AHMAD MILAD KARIMI

47

### **The Panda and the Miracle of Self-Love**

ALJOSCHA LONG, RONALD SCHWEPPE

48

### **Aurora's Journey to Awakening**

ANKE EVERTZ

49

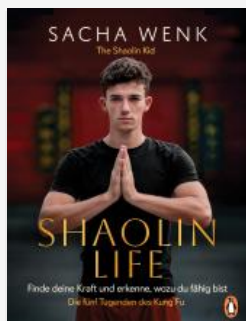
### **Prophecies**

BIRGIT FISCHER

50

### **Meditation and Mindfulness**

PETER BEER



### Personal Development

Publishing House: Penguin  
 Format: Hardcover  
 Pages & Size: 320 | 15,5x21,0  
 cm  
 Illustrations: 38 color  
 illustrations  
 Original title: Shaolin Life

SACHA WENK

## Shaolin Life

FIND YOUR STRENGTH AND RECOGNIZE WHAT YOU ARE CAPABLE OF

**Date of publication: April 29, 2026**

Rights sold to: Czech Republic (Euromedia), The Netherlands (HarperCollins), Slovakia (Tatran), Poland (Helion), Portugal (Lua de Papel), UK/World English (PRH/Ebury)

### The power to change your life lies within you: recognize it and learn to use it


The quick and easy path is always in front of us, always available. But such a path will never unlock our full potential and ultimately can never make us happy. To realize what we are capable, we must discover what our limits are, because only then will we be able to transcend them.

In "Shaolin Life", Sacha Wenk describes how the millennia-old traditions and wisdom of kung fu have fundamentally transformed his life, and he reveals how we too can make our life the life we truly want to live. Focus, courage, discipline, patience, and humility – structured by the five central virtues of Shaolin kung fu, his book will help us awaken, step by step, the power that already lies deep within us, enabling us to achieve any goal we set our mind to.

- Sacha Wenk is known worldwide as "The Shaolin Kid": nearly 4 million followers on Instagram and 1.7 million on TikTok, online courses, kung fu retreats, TV productions (China, USA, Germany), Tedx talk, documentary film

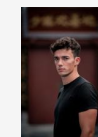
### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Sacha Wenk



© Muriel Florence Rieben

Sacha Wenk, born in Singapore in 1999 to a Swiss mother and German father, spent his childhood in Shanghai and Beijing, where at an early age he developed a passion for kung fu. After the family moved to Munich, he grew increasingly disenchanted with Germany's competitive society. China continued to hold an attraction for him, and at 17 he returned. He entered the famous Shaolin Monastery, began training with his Shifu Shi Miao Hai, and devoted himself to the teachings of kung fu. Today, he shares these teachings via his social media channels as @The Shaolin Kid and is internationally regarded as one of the most important ambassadors of Shaolin kung fu. He is the initiator and trainer of the biannual Shaolin Warrior Intensive Week in Champéry, Switzerland. He has TV productions to his credit, is the subject of a two-year documentary film project, and is slated to give a TedX Talk in Paris in November 2025.

MAI DUONG KIEU

# In Your Heart, You are Invincible

HOW I BECAME A FIGHTER AND FOUND THE LIFE I WANTED

Date of publication: March 11, 2026



## Personal Development

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 208 | 13,5x21,5 cm  
 Original title: Im Herzen bist du unbesiegbar

## The popular actress writing about the power of kung fu, the struggles in her life, and the path to self-discovery

The actress Mai Duong Kieu is known to many from series such as "Bad Banks", "In aller Freundschaft" and "Kleo". What is less well known is that her path has been anything but easy. At the age of five, she moved with her mother from Vietnam to East Germany to join her father, who was working as a contract worker in Karl Marx Stadt. It was a tough, unprotected childhood in a foreign country that was not always friendly.


"In Your Heart, You Are Invincible" tells the story of Mai's tenacious struggle for self-determination and her unshakeable determination not to be held down. One thing in particular that helped her achieve this was Shaolin Kung Fu. Her father, a Kung Fu master, expected his daughter to be his best student. She learned to fight as a small child. The training was tough, but it became her salvation. It was the principles of Shaolin Kung Fu that made Mai the woman she is today, one who fearlessly follows her own path.

A moving memoir and an inspiration for anyone who wants to find greater strength and gain more confidence.

- An extraordinary and inspiring life story
- The first book by a woman on the trending topic of Shaolin Kung Fu

## YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

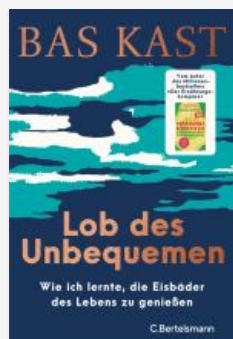
## AUTHOR

Mai Duong Kieu



© René Schröder

Mai Duong Kieu was born in North Vietnam in 1987. In 1992, she moved to Chemnitz (at that time Karl Marx Stadt) with her mother. She made her breakthrough as an actress in 2018 in one of the leading roles in the economic thriller series Bad Banks, an international production led by ZDF. Having since acted in several series, she is known to millions of viewers, particularly in her role as the neurosurgeon Dr. Lilly Phan in "In aller Freundschaft" (ARD, MDR) and as Inspector Thuong Nhi Nguyen in the crime series "Wilsberg" (ZDF).



**General Non-Fiction,  
Philosophy, Personal  
Development**

Publishing House: C.  
Bertelsmann  
Format: Hardcover  
Pages & Size: 80 | 11,8x18,7 cm  
Original title: Lob des  
Unbequemen

BAS KAST

## In Praise of Discomfort

HOW I LEARNT TO LOVE LIFE'S ICE BATHS

Date of publication: October 15, 2025

### How to shift your perspective and find happiness outside your comfort zone – by the author of the bestselling "The Diet Compass"

With hindsight, the toughest times often turn out to be the most valuable. But in a world that prizes comfort and ease above all, we do everything we can to avoid being challenged. What if, instead, we embraced the obstacles life puts in our way as a chance to find happiness?

In this philosophical essay, Kast examines why we avoid discomfort – pain, hunger, conflict, stress – and what we miss out on as a result. Whether it's exercise, fasting, frank conversations or unpleasant feelings, In Praise of Discomfort argues that we shouldn't view strain and hardship as enemies, but as allies that can help us grow. An inspirational book for anyone who wants more from life than ease and instant happiness.

- An insightful, inspiring essay by the popular author of no. 1 bestsellers "The Diet Compass" (211 weeks in the Spiegel charts) and "The Soul Compass" (38 weeks in the Spiegel charts), which have sold more than 1.8 million copies
- For fans of Brianna Wiest and John Strelecky
- Rights for his previous books have been sold in more than twenty languages

## YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

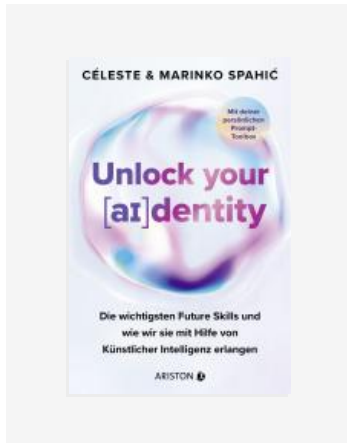
## AUTHOR

Bas Kast



© Mike Meyer

Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author. His "Diet Compass" (2018, awarded the Knowledge Book of the Year), in which he compiled the proven findings on a healthy diet, was hugely successful, with more than one million copies sold and translations into over 20 languages. In "The Nutrition Compass: The Cookbook" (together with Michaela Baur, 2019) he shows how the scientific findings can be implemented in everyday life. He recently published the Spiegel bestseller "The Soul Compass". He hosts the podcast "Der Wissenskompass: Gesünder leben mit Bas Kast" ("The Knowledge Compass: Healthier Living with Bas Kast"), with guests from science and practice, and runs his own YouTube channel. [baskast.hellohealth.de](http://baskast.hellohealth.de)



### Personal Development

Publishing House: Ariston  
Format: Paperback  
Pages & Size: 336 | 13,5x20,6 cm  
Illustrations: 2 b/w illustrations  
Original title: Unlock your identity

# Unlock Your [AI]dentity

THE MOST IMPORTANT FUTURE SKILLS AND HOW WE CAN ACQUIRE THEM WITH THE HELP OF ARTIFICIAL INTELLIGENCE

**Date of publication: March 25, 2026**

## Promoting and strengthening personal development and self-optimisation with the help of AI

AI tools such as ChatGPT have become part of our everyday lives. Yet while most people use them merely to increase efficiency, they generally overlook their revolutionary potential: AI can actually help us live more consciously, think more clearly, and understand ourselves better.

"Unlock your [AI]dentity" is the first systematic approach to using AI for personal growth. Instead of relegating your thinking skills to machines, you will learn to use AI as an intelligent sparring partner for developing sharper critical thinking, deeper self-reflection, and more creative problem-solving skills.


This book provides concrete methods and proven prompts that can be used with AI to develop emotional intelligence, strengthen resilience, and identify weak areas and blind spots.

Discover AI as a mirror and tool for personal development and consciously shape your future in the age of AI.

- With a large practical section – helpful exercises, everyday instructions, and targeted prompts for personal and professional challenges
- Health tech expert Céleste Spahić conducts research at the interface between humans and technology at the Fraunhofer Institute, Charité, and Max Planck Institute

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Céleste Spahić



© Wendy Stephan

Céleste Spahić is a tech philosopher, mental health expert, and keynote speaker. As the founder of the health tech start-up MINDZEIT®, she combines science and technology to support mental health comprehensibly and realistically. She is one of the leading voices on mental health, artificial intelligence, and future skills and speaks at renowned events such as TEDx, OMR, Bits & Pretzels, and FIBO. She has received numerous awards for her work, including Female Founder of the Year 2023 and Business Punk's Top 10 Personalities in Health & Science.

### AUTHOR

Marinko Spahić

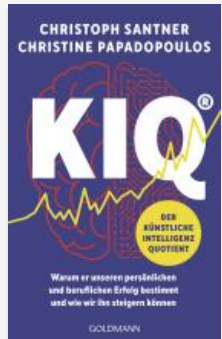


© Olivia Spahić

Marinko Spahić is a HealthTech founder, film producer, director, and experience-design expert. After starting

out in the German film and creative scene, he worked in Hollywood on international cinema productions. With his VFX studio, he created visual effects for award-winning films as well as for global brands and campaigns. From 2012 to 2015, he played a key role in establishing the bachelor's degree program in visual arts at the International Film School in Cologne, which he also headed. In 2019, he and his wife Céleste Spahić founded the HealthTech start-up MINDZEIT®, whose mindfulness app is now one of the most successful digital offerings for mental health in Germany.

CHRISTOPH SANTNER, CHRISTINE PAPADOPOULOS



### Personal Development

Publishing House: Goldmann  
Format: Paperback  
Pages & Size: 224 | 13,5x21,5 cm  
Original title: KIQ – Der Künstliche Intelligenz Quotient

# AIQ – The Artificial Intelligence Quotient

HOW THIS CAN DETERMINE OUR PERSONAL AND PROFESSIONAL SUCCESS – AND WAYS TO INCREASE IT

**Date of publication: April 22, 2026**

All rights available except World English and Greek


## Develop your personal AIQ

In a world where artificial intelligence permeates so much around us, the question is no longer whether we will work with AI, but rather how we can do so as effectively as possible. AI experts Christoph Santner and Christine Papadopoulou present here their fascinating new concept, the Artificial Intelligence Quotient, or AIQ, which is a measurable ability that can determine our future potential development in education, work life, and personal growth.

Drawing on groundbreaking scientific studies, the authors demonstrate that AIQ is a distinct form of intelligence fundamentally different from IQ, emotional intelligence, and social intelligence. As current research has shown, people have diverse abilities in using AI systems effectively – and such ability can be learned and improved. AIQ is the next step in human evolution: an emerging symbiotic combination of human and artificial intelligence, in effect a hybrid form that combines the best of both worlds. And while classic IQ remains the same throughout life, the "AIQ muscle" can grow continually through training. Santner and Papadopoulou present here a five-step plan for systematically increasing your AIQ. This is a book for all who want to take their applied artificial

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Christoph Santner



© privat

Journalist, author and AI expert Christoph Santner, born in 1961, has been looking into AI since the 1980s. He has interviewed countless AI and robotics pioneers, and is regularly invited to conferences – including most recently the UN's 2023 AI for Good summit. He is the resident AI expert for the magazine Forum: Nachhaltig Wirtschaften and has a wide network of contacts at labs, leading firms and start-ups. He also advises businesses keen to develop and implement AI strategies.

### AUTHOR

Christine Papadopoulou



© privat

Christine Papadopoulou, a South African now living in Switzerland, is an international AI and marketing expert. She has an AI certification from the University of Pennsylvania, develops AI Chatbots and assistants, and

intelligence to the next level to increase their success in many areas of life.

- Prepared for the future – how to train your personal AIQ with an innovative 5-step program
- The first book on the subject by renowned and well-networked AI experts
- A high AIQ – a guarantee of success in many areas of life, such as education, career, personal development, and relationships

creates AI-supported social media strategies. As co-founder and managing director of Summit Media, she advises companies, trains teams, and moderates specialist events.

ALJOSCHA LONG, RONALD SCHWEPPE



### Personal Development

Publishing House: Goldmann

Format: Paperback

Pages & Size: 240 | 12,5x18,7 cm

Original title: Ich lass das jetzt mal weg

# I'll Stop with That for Now

RECOGNIZING AND OVERCOMING EVERYDAY DEPENDENCIES

Date of publication: July 22, 2026

## Put an end to doom scrolling, excessive alcohol consumption, emotional eating, and other habits

In a world of constant availability – from information and entertainment to consumer goods – we are increasingly losing the ability to consciously shape our lives. While digital media compete for our attention, material goods lure us with the promise of fulfillment. Fast food, alcohol, and other luxury goods are available around the clock, and superficial social contacts convey an illusion of connection. This book invites us to free ourselves from negative patterns of behavior and thinking. Only then can we discover new freedoms, recognize what is truly essential to our happiness and what stands in its way. Fundamental is the principle of mindfulness challenges: short periods in which we consciously refrain from certain substances or behaviors and mindfully observe the positive effects we notice in ourselves.

The authors support us with practical guidance and insights from positive psychology, and behavioral science. Along with mindfulness methods, there are numerous reflection and mindfulness exercises. With the help of these many flexible tools, we can shape our own path to a more conscious life.

- Doom scrolling, alcohol consumption, emotional eating, and the like, are now a thing of the past
- Experts in mindfulness, positive psychology, and behavioral research offering sound and practical guidance

### YOUR CONTACT

Kai-Ting Pan

[kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Aljoscha Long



© Dominik Rößler/Penguin Random House GmbH

Aljoscha A. Long studied psychology, philosophy, and linguistics. He works as an author, composer, therapist, and Taijiquan and Qigong teacher. He has become well known through numerous publications and his seminars in the fields of psychology and philosophy. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.

### AUTHOR

Ronald Schwappe



© Dominik Rößler/Penguin Random House GmbH

Ronald P. Schwappe is an orchestral musician and author of numerous books on spirituality and the art of living. He is trained in NLP and MBSR (mindfulness-based stress reduction). For around 40 years he has been engaged in the practical and theoretical study of Far Eastern philosophy and Zen Buddhism.

MARKO C. LORENZ

## Damned in Your Head!

HOW TO TAME YOUR INNER BROODING MONSTER AND RECLAIM YOUR LIFE

Date of publication: June 10, 2026

---

### Calm in the mind instead of a whirlwind of thoughts – find inner strength and serenity with the ClearMindCode

Do you know this feeling? Your thoughts are racing, your inner voice is chattering incessantly – robbing you of sleep, energy, and joy of life. "Damned in Your Head!" is your way out of mental chaos.

The consciousness researcher and Spiegel bestselling author Marko C. Lorenz shows how, in just 5 to 10 minutes a day, to tame your obsessively worrying self and find actual peace of mind. His validated ClearMindCode program provides clarity, focus, and emotional strength. Feel stress melt away and creativity return, and ultimately gain unexpected inner freedom. A calm mind isn't just relaxation. It's the key to more energy, personal growth, and true serenity.

- Finally put an end to endless brooding and inner turmoil – becoming the master of your thinking
- Calm and focused, just 5 to 10 minutes a day – the innovative 21-day practical program
- Spiegel bestselling author with over 190,000 YouTube subscribers and 65,000 followers on Instagram



#### Personal Development

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 176 | 13,5x20,6 cm  
 Original title: Verflucht im Kopf!

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Marko C. Lorenz



© privat

Marko C. Lorenz is a prominent YouTuber, consciousness researcher, entrepreneur, and founder of the Brainwave Entertainment Research Institute. Even at a young age, he was fascinated by the power of the mind and meditation. He began to engage intensively with subjects such as astral travel, soul travel, and consciousness expansion, and developed a particular passion for investigating frequencies and their effects on the mind and body. In addition to his work as a researcher and entrepreneur, he leads seminars and workshops on the topics of out-of-body experiences and consciousness expansion, where he imparts his knowledge to others and helps them expand their mental abilities and develop their full potential.



### Personal Development, Psychology

Publishing House: Penguin  
 Format: Paperback  
 Pages & Size: 224 | 11,8x18,7  
 cm  
 Original title: Reg dich ab! -  
 Endlich Schluss mit Ärger, Wut  
 und Frust

MANFRED SCHEDLOWSKI, GABY MIKETTA

## Calm Down!

FINALLY PUT AN END TO ANNOYANCE, ANGER, AND FRUSTRATION  
 10 SIMPLE STEPS TO MORE SERENITY IN EVERYDAY LIFE

**Date of publication: June 10, 2026**

### I could explode! Why we no longer need to be at the mercy of our anger – 10 steps for leaving our continual turmoil behind

Do you feel at times overwhelmed by annoyance, frustration, or anger? Do you get repeatedly upset – about politics, the children, the morning commute and traffic jams? Getting upset might provide short-term relief, but in the long run this stress will wreck you physically and mentally. The good news is that you can learn to control such emotions.

With their tried and tested anti-agitation training program, Manfred Schedlowski, a professor of medical psychology and behavioural immunobiology, and the science journalist Gaby Miketta show how this can be done. In 10 simple steps (1 hour per week for each step), this program helps you recognise and minimise your personal triggers and leave unnecessary feelings of anger and irritation behind you. Practical exercises, illustrative case studies, and effective strategies for inner peace will support you on your path to calmness.

- Clear explanations and strategies easy to implement in both professional and private life – training in impulse control in anger situations
- An array of specific exercises and strategies

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Manfred Schedlowski



© privat

Manfred Schedlowski has been a professor of medical psychology and behavioural immunobiology at Essen University Hospital since 1997. His research focuses primarily on the interactions between mental and physical processes and how the reciprocal effects between body and mind can be made use of therapeutically to promote mental and physical health. As a psychological psychotherapist, he has spent many years supporting people with stress-related mental and physical illnesses. He is also a sought-after speaker at national and international conferences.

#### AUTHOR

Gaby Miketta



© Karl Kramer pictureman

Gaby Miketta studied communication science and biology in Munich and Münster. She then worked for the science

departments of various radio stations, produced TV reports for Sat 1, and in 1992 joined the Focus founding team under Helmut Markwort in the news magazine's research and technology department. From 2004 to 2009, she was the developer and editor-in-chief of the education magazine Focus-Schule. In October 2009, she took over as editor-in-chief of Das Haus, Europe's largest construction and housing magazine. In addition, she gives seminars on creativity at the Burda School of Journalism. In 2023, she founded her bureau for science communication. She has written several books with Martin Korte.

ALEXANDER FREISE

## HeartPlosion

HOW THE POWER OF SELF-LOVE CAN CHANGE YOUR LIFE FROM THE GROUND UP

**Date of publication: May 27, 2026**

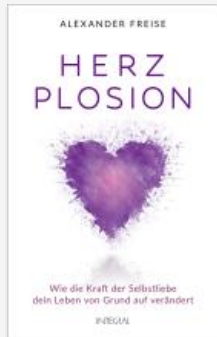
### Experience the transformative power of self-love

What if you could accept yourself completely – beyond all masks, with all your desires, feelings and the rough edges that make you unique?

This book is an invitation to rediscover yourself – and in doing so, build a loving connection with yourself. It takes you on an inner journey to your true self, to the person you are when you let go of all external expectations. Alexander Freise – meditation teacher, musician and founder of the podcast "Bewusst leben" ("Living Consciously") – accompanies you on your path to self-love. With touching stories, honest insights and practical exercises, he shows you how to release emotional blockages, lovingly accept your shadows and fully unfold the power of your heart. Because self-love is a living process – a daily reminder that you are already enough. Just as you are.

With powerful affirmations, guided meditations and sound healings available for free download.

- Discover self-love and live authentically: find true strength through emotional openness, vulnerability and self-acceptance
- The practical programme with powerful meditations, affirmations and exercises – directly applicable through interactive additional content available for download



#### Personal Development

Publishing House: Ansata -  
Integral - Lotos  
Format: Hardcover  
Pages & Size: 320 | 13,5x21,5  
cm  
Illustrations: 2 b/w  
illustrations  
Original title: HerzPlosion

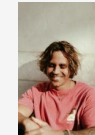
#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Alexander Freise



© Ina Bohnsack

Alexander Freise, born in 1988, is a musician, podcaster and podcast coach for the radio station WDR/1LIVE, among others. He supports people in leading a more conscious life and finding their centre again. He works with music and the spoken word, including meditations, soundscapes and affirmations. His goal is for everyone in our increasingly stressful society to have the knowledge and skills to deal with themselves and their environment in a more balanced, mindful, conscious and healthy way. Alexander Freise lives in Cologne.



### Personal Development

Publishing House: Ludwig  
 Format: Paperback  
 Pages & Size: 368 | 13,5x20,6 cm  
 Illustrations: 2 b/w illustrations  
 Original title: Nimm, Dir. Zeit.

WOLF KÜPER

## Take. Your. Time.

HOW TO RECONQUER LIFE

Date of publication: March 18, 2026

### How to take back time and find happiness


Our society is apparently affluent, and we're supposed to have everything we need. But what does affluence really mean? Statistics show that as we drown in superfluity, happiness has stagnated. What can we do about it?

"Take. Your. Time." examines what we actually need in order to be happy. Based on the latest happiness and time research, and on Küper's numerous encounters with a wide range of people, it shows us that what we need isn't more stuff: it's more time. Without time, there's no happiness. But in this day and age, time has become a scarce resource.

Still, it's never too late. This insightful, inspirational, smart and humorous book reveals how to rethink our relationship with time, explains how we can use it to attain happiness, and shows us that a truly good life doesn't depend on abundance or hide behind a paywall – in fact, it's much closer than we think.

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Wolf Küper



© nadinepreiss.de

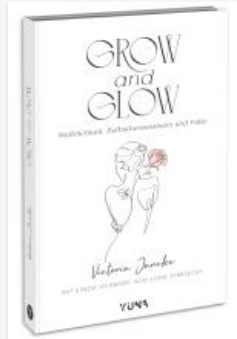
Wolf Küper spent years working for the UN as an environmental scientist and scientific observer, before his then four-year-old daughter gave him a unique opportunity to give up his promising career and realise his dream of spending more time with his family. Together, the Küpers went on a years-long trip around the world, which Küper wrote about in his funny and thoughtful travel account "One Million Minutes" (Bonnier, 2020). The book became a bestseller, was translated into several languages, and in 2024 was turned into a film. Following further trips around Asia and Australia, and – according to his family – a reasonably successful second career as a house husband, he spent six years teaching in South Africa. He is now a quality-time consultant and life coach (and would quite like to be a surfing instructor too), and divides his time between Cape Town, Bonn and Aix-en-Provence.

VICTORIA JANCKE

## Grow and Glow

FEMININITY, SELF-CONFIDENCE AND ABUNDANCE

Date of publication: January 14, 2026



### Personal Development

Publishing House:  
Yuna-Publishing  
Format: Paperback  
Pages & Size: 272 | 13,5x21,5  
cm  
Original title: Grow & Glow -  
Weiblichkeit,  
Selbstbewusstsein und Fülle

### Authentic, feminine and very personal

Would you like to find your inner feminine power and become the heroine of your own story? Under the motto 'Grow & Glow', Victoria Jancke shares her path to greater self-confidence and personal growth. She speaks openly and honestly about topics such as shame, forgiveness and emotional healing – and shows how true femininity can lead to inner peace, fulfilment and self-confidence.

With profound reflections, personal experiences and practical exercises, Victoria accompanies you on your journey to a feminine, authentic, fulfilled self. Take the step into a self-confident life – it's your time to Grow & Glow.


- First book by successful founder, influencer and model Victoria Jancke with over 1 million followers
- With a foreword by John Strelecky, bestselling author of "The Café on the Edge of the World"
- For anyone who wants to embrace their authentic self and grow beyond themselves

**Victorias stories and insights will greatly help you define and follow your own unique path in life.**

John Strelecky, bestselling author of "The Café on the Edge of the World"

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Victoria Jancke



© privat

Victoria Jancke lives in Miami and is a speaker, model, author and founder of Grow & Glow Women. She is Miss Europe Germany, has been awarded the United Nations Global Impact Award for Community Building and is a successful speaker on international stages. From the catwalks of the world to TV formats such as Goodbye Deutschland, she has become known to a wide audience. Her path to success was marked by strokes of fate, but Victoria transformed her deepest wounds into her great feminine strength.

Today, she uses her reach of over 1 million followers to inspire women. With her international 'Grow & Glow' events and as a podcast host, Victoria pursues a clear mission: to support women worldwide in developing their femininity, leading confident and fulfilled lives, and building a loving, supportive community of women.

ULRICH G. STRUNZ JUNIOR

# You Don't Have to Dance with the Sharks

PRACTICAL SOLUTIONS FOR AN EASIER LIFE

Date of publication: May 13, 2026

## The world is a friendly place!

If you think this statement is wrong, you have fallen victim to your own expectations and are trapped in a mindset of fear, doubt and perceived hopelessness. The result of this self-deception is a feeling of resignation, when what we need most urgently is radical confidence. Dr Ulrich G. Strunz proves that this belief is based on a figment of the imagination called "expectations". Using the latest neurological findings, he shows how our brain forms these toxic expectations based on individual physiology, past experiences and negative news. However, he also explains that these expectations have very little to do with reality and a great deal to do with widespread and paralysing fears about the future. His book shows us a way out of this perceived hopelessness.

- Behavioural economist Dr Ulrich G. Strunz shows how we can overcome toxic expectations and achieve a fulfilling life.
- How to establish new positive beliefs based on scientific findings from research and neurology
- With practical solutions for people seeking self-help and readers of Hans Rosling



### Personal Development

Publishing House: Ariston  
 Format: Paperback  
 Pages & Size: 256 | 13,5x20,6 cm  
 Original title: Du musst nicht mit den Haien tanzen

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Ulrich G. Strunz junior



© Random House / Kay Blaschke

Dr Ulrich G. Strunz, born in 1987, has previously published the entertaining non-fiction books "Arsch hoch beginnt im Kopf" ("Getting off your arse starts in your head") and "Von normal zu genial" ("From normal to brilliant") with Ariston Verlag. He wrote his doctoral thesis in the field of behavioural economics. He was a lecturer in decision-oriented management at FOM Munich and has been a member of the management board of Strunz GmbH since 2020. Shortly before beginning work on his third book, the marathon runner and family man was diagnosed with schizophrenic affective disorder. With great candour, the author explains how coming to terms with his mental illness has helped him navigate between perceived reality and supposedly objective reality – a core theme of his third book.



**Personal Development**

Publishing House: Mosaik Verlag  
 Format: Paperback  
 Pages & Size: 384 | 13,5x21,5 cm  
 Original title: Wer wärst du ohne deine Sorgen?

MARTIN WEHRLE

# Who Would You Be Without Your Worries?

STOP OBSESSIVE SPIRALING THOUGHTS, GET RID OF FEARS, GAIN CONFIDENCE

**Date of publication: April 22, 2026**

## Just carefree – how would that be?

Your mind stops racing, your stress dissipates, and your fears fall away. No one annoys you anymore, nothing upsets you. You have made peace with your past and look forward to your future. Your thoughts dance and they sing, "It's wonderful to be alive!"

Does this seem unrealistic because you are immersed in worries right now? That's precisely the problem: you don't have worries – your worries have you! You need to turn the tables and take control of your thinking. You can make your worries disappear, and a great sense of ease will enter your life.

Spiegel bestselling author Martin Wehrle reveals how you can regain control of your inner self and achieve a life full of ease and fulfillment.

- "Overcome your worries and say goodbye to your fears – with the power of positive psychology!" – Spiegel bestselling author Martin Wehrle
- The sought-after coach with 750,000 followers on YouTube and his own podcast
- 700,000 copies of his books sold

**YOUR CONTACT**

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

**AUTHOR**

Martin Wehrle



© André Heeger

Martin Wehrle is considered Germany's best-known career and life coach. His books have been published in twelve languages and have found admiring readers around the globe. He landed celebrated bestsellers with "I'm Working in a Madhouse", and the follow-up book "I'm Still Working in a Madhouse". He most recently published the Spiegel bestsellers "Nice People Finish Last" and "If Everyone Likes You, No One Will Take You Seriously". In his Academy for Career Advisors in Hamburg, he trains career coaches. He is also popular on YouTube, with a rapidly growing reach of 700,000 followers.



### Personal Development

Publishing House: DVA  
 Format: Hardcover  
 With illustrations from: Imke Praetz  
 Pages & Size: 192 | 17,0x24,0 cm  
 Original title: Was zählt

KATRIN WILKENS

## What Matters

50 LISTS FOR LIFE

Date of publication: April 22, 2026

With 4c images


### A wise, funny companion with lists for everything that matters – from small talk to sports, from politics to physics

What truly matters in life? What do we need to know and do, to be considered educated and well-mannered? How can we become more political, what books should we read and what films should we watch? Which dishes should everyone know how to cook? How do we best offer our condolences, negotiate a raise and survive a crisis?

The humorous yet serious "What Matters" suggests a few answers – and shows how listing the essentially unlistable can make life easier and more manageable: lists can bring order to chaos and help set priorities. But the ones in this book are by no means complete, or indeed objective. Don't worry if some of them annoy you, or if you can think of a dozen things that should be included or, indeed, excluded – that's precisely what What Matters is all about: it will inspire you and provoke debate, and it's the best gift you can give your children as they prepare for life out there in the big wide world.

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Katrin Wilkens

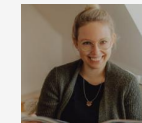


© Marianne Moosherr

Hamburg-based Katrin Wilkens, born in 1971, is a freelance journalist and life coach. She studied rhetoric and cultural studies in Tübingen, and contributes among others to Zeit, Süddeutsche Zeitung, Eltern and Spiegel. She has three children, and after the birth of her youngest set up an advisory service for women seeking to re-enter the workplace after having children.

### ILLUSTRATOR

Imke Praetz



© in Liebe Lisbeth

Imke Praetz, born in 1985, is an illustrator with a passion for sustainability and environmental education. Until 2023, she worked creatively in product development at WERKHAUS Design + Produktion and was involved in the design of the first destination villages in Hitzacker and the Southern Eifel. She has been working as a freelance

illustrator since 2024. In her work, she combines detailed, naturalistic illustrations with exciting structures to capture the beauty and complexity of all things.



**Mindfulness, Personal Development, Psychology**

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 256 | 13,5x21,5 cm  
 Original title: Wieder spüren, wer ich bin

FRAUKE BATAILLE

## Rediscovering Who I Am

INSIGHTS FROM MEDICINE AND COACHING FOR A BETTER CONNECTION WITH YOURSELF  
 BETTER HEALTH, SELF-DETERMINATION, AND HAPPINESS IN LIFE

**Date of publication: February 25, 2026**

10 illustrations

### For a good life–health balance

Frauke Bataille, a medical doctor and coach, supports people who have lost touch with their inner selves and feel like they are mere extras in the film of their own lives. At the heart of her concept is 'Sensorship' – the human ability to consciously perceive and process both internal and external signals.

This book is a practical and medically sound guide to finding yourself and your own strength and developing a balanced inner compass. By combining insights from science, medicine, and psychology with vivid examples from her coaching practice, Frauke Bataille shows how emotional symptoms and bodily processes are linked. The book opens up a holistic path of development so that you no longer have to "live a life without yourself".

- Medical expertise meets coaching – new approaches to personal development
- A holistic mental health concept by an impressive author
- Practical, everyday life advice for greater self-efficacy and healthy self-esteem

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Frauke Bataille



© Alexander Klebe

Dr. Frauke Bataille is a specialist and managing partner of her pathology practice. She is also the founder and medical teaching coach of the INHESA® Institute for Health and Selfcare in Berlin, a pioneering institute for medically based coaching. Her clients include entrepreneurs and people in leadership positions as well as private individuals. Her medical expertise and her keen sense of practical implementation infuses empathetic coaching and consulting style. She gives lectures on the topics of mental health and health, performance, and lifestyle.  
[www.inhesa.de](http://www.inhesa.de)



### Psychology

Publishing House: Kösel  
 Format: Hardcover  
 With illustrations from: Martha Margarete Kießling  
 Pages & Size: 288 | 13,5x21,5 cm  
 Original title: Was dein Leben leichter macht

SINA HAGHIRI

## What Makes Your Life Easier

THE 20 MOST IMPORTANT INSIGHTS FROM PSYCHOLOGY TO HELP YOU BETTER UNDERSTAND YOURSELF AND OTHERS

**Date of publication: March 18, 2026**

With numerous illustrations


### For all who want to understand themselves and others better

Life is full of challenges. How often do you feel like you no longer understand yourself or the world? It is precisely for these moments that psychotherapist and author Sina Haghiri has written his new book, which explains the most important lessons of psychology in a simple and captivating way. The result is an unusual 'guide to life'. From sleeping to arguing, from the reasons for constantly being late, the challenges of letting go, dealing with illness, to the question of how reliable our memory is, Sina Haghiri explains how the psyche, our brain, and the people around us function. Here are 20 essays filled with psychological wisdom that makes life easier.

- 20 insights from psychology that can change your life
- More self-reflection and better understanding of human nature
- For all who don't have time to intensively study psychology
- For readers of Paul Watzlawick and Irvin Yalom

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Sina Haghiri



© Auen60 Photography / Julia Schärdel

Sina Haghiri, born in 1987, works as a psychotherapist in outpatient care and in a clinical setting in individual, couples, and group therapy. He has written and hosted three seasons of the ARD/BR podcast 'Die Lösung' (The Solution), one of the most successful German psychology podcasts. As one of the screenwriters for the ZDF series Fett und Fett (Fat and Fat), he was nominated for the Grimme Prize. His latest book, "Mit Nachsicht" (With Forbearance), has been widely acclaimed and reviewed in Zeit, FAZ, SZ, Stern, and many other media outlets.

### ILLUSTRATOR

Martha Margarete Kießling

THOMAS HARMS

## Embodied Attachment

HEAL EARLY TRAUMA, REGULATE EMOTIONS, STRENGTHEN RELATIONSHIP SKILLS – ATTACHMENT-ORIENTED BODY PSYCHOTHERAPY (BKPT)

Date of publication: June 24, 2026

### Overcoming early attachment injuries with the help of the body

Why does secure attachment need a body? Why are attachment experiences such as security, closeness, and belonging always embodied experiences? How can we use our bodies to recognize and avoid losing a relationship to ourselves and others at an early stage? Answers to these central questions are provided by Attachment-Oriented Body Psychotherapy (BKPT).

In his book, the professional psychologist and body therapist Thomas Harms describes how early developmental traumas can be integrated and then therapeutically addressed on the basis of somatic psychology and body psychotherapy models. The author draws on decades of observation of the processes of body-oriented parent–baby therapy to develop the foundations of modern body psychotherapy for adults. His innovative approach to body psychotherapy incorporates the latest theoretical and practical perspectives and working methods from scientific disciplines such as trauma, mindfulness, and attachment research.

- An expert in therapeutic methods, including Emotional First Aid (EEH)
- An innovative approach to body psychotherapy
- Professional, competent, and explained in a comprehensible way



#### Psychology

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 304 | 13,5x21,5 cm  
 Original title: Verkörperte Bindung

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Thomas Harms



© Ulrich Schwecke

Thomas Harms is the director of the Centre for Primary Prevention and Body Psychotherapy (ZePP) and the Infant Clinic in Bremen. For over 30 years, his work has focused on attachment support, crisis intervention, and attachment-oriented body psychotherapy for adults, infants, and toddlers. He is the founder of Emotional First Aid (EEH), a body- and attachment-oriented approach to crisis intervention and acute parent–baby therapy, as well as Attachment-Oriented Body Psychotherapy (BKPT) for processing support for adults. He is internationally active as a trainer in the field of body psychotherapy and is the author and editor of several books.

[www.emotionelle-erste-hilfe.org](http://www.emotionelle-erste-hilfe.org)



### Love & Relationships, Psychology

Publishing House: Kailash  
 Format: Paperback  
 Pages & Size: 272 | 13,5x21,5  
 cm  
 Illustrations: 25 b/w  
 illustrations  
 Original title: Frei und  
 trotzdem verbunden

LINDA-MARLEN LEINWEBER

## Free Yet Connected

HAVE THE RELATIONSHIP YOU WANT AND STAY TRUE TO YOURSELF

Date of publication: March 25, 2026

**“Love is not a destination, but a journey” – a journey that you can actively shape**

The psychologist and coach Linda-Marlen Leinweber invites you to explore the various aspects of romantic relationships. She addresses crucial issues such as how to build and maintain healthy relationships, the roles attachment patterns play in relationships, and how to learn from conflicts instead of drifting apart.

At the end of this journey, you will gain a new understanding of yourself and the ability to experience genuine connections. Linda-Marlen Leinweber shows you how to keep love alive, even in challenging times – whether on your first dates with the "one" or in everyday family life.

The author already inspires over 480,000 followers on Instagram and TikTok with her expertise. In a world where healthy relationships are the key to a fulfilling life, this book opens doors to new perspectives and valuable tools for love.

- Based on sound psychological findings – insights and practical strategies for a healthy and fulfilling relationship

**Linda-Marlen Leinweber shows that partnerships succeed only when there is a balance between closeness and independence. Practical, well-founded, and applicable to everyday life, her book helps us master this interplay – so that love can blossom.**

Stefanie Stahl, certified psychologist and bestselling author

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Linda-Marlen Leinweber



© Sebastian Kickinger/Linda-Marlen Leinweber

Linda-Marlen Leinweber, born in 1988, is an experienced psychologist, systemic coach, hypnotherapist, and TEDxTalk speaker who has been supporting people in their personal development for over ten years. She is passionate about de-stigmatising mental health issues and, as a content creator and podcaster, shares valuable tips for improving mental well-being with her 480,000 followers on Instagram and TikTok. As the founder of Poise, a network of psychologists and psychotherapists, she offers online coaching and psychological counseling for individuals and companies.  
[www.lindaleinweber.com](http://www.lindaleinweber.com)

ASTRID NEUY-LOBKOWICZ, DANIEL SCHÖTTLE

## ADHD in the Second Half of Life

LONG-TERM STRATEGIES FOR SUCCESSFULLY COPING WITH BEING DIFFERENT

Date of publication: April 29, 2026

### How to live well with ADHD, even as we get older

ADHD during the second half of life is a topic that has thus far received little attention from those affected, their families, and medical and therapeutic professionals. Yet because ADHD often does not disappear with age and often persists for decades, it continues to pose a challenge as people get older. This book will help those with ADHD in old age gain a new, positive perspective on neurodivergence. Even in middle age, people with ADHD are confronted with symptoms that can change and worsen over the course of their lives. This is especially true if they have not yet been diagnosed or if the coping strategies they have been using no longer work as usual because of limited mobility, chronic illnesses, retirement, or other issues.

Dr. Astrid Neuy-Lobkowitz is an expert on ADHD in adults. Her new book – co-authored with Dr. Daniel Schöttle – is the first to address the topic of neurodivergence in the second half of life. In an understandable and empathetic way, the authors describe the changes in symptoms, the effects on everyday life, and the diverse resources and solutions that really help and contribute to improving quality of life.

- First book on the topic of how to age well as a neurodivergent person
- In-depth knowledge combined with practical life advice




#### Psychology

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 256 | 13,5x21,5 cm  
 Original title: AD(H)S in der zweiten Lebenshälfte

#### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

#### AUTHOR

Astrid Neuy-Lobkowitz



© Dominik Rößler / Penguin Random House Verlagsgruppe

Astrid Neuy-Lobkowitz is a doctor of medicine specializing in psychosomatics and psychotherapy, and a member of the board of the German ADHD Association. After studying medicine in Mainz and Heidelberg, she completed her specialist training at the Central Institute for Mental Health at Mannheim University Hospital. She co-founded the ADHD Center in Munich in 2007. She has had a private practice since 1988 in Aschaffenburg and has been managing one in Munich since 2007 that specializes in AD(H)S in adults. With 25 years of experience, she appears frequently in the media as an expert on AD(H)S. She has published numerous articles and books and is a lecturer for medical specialists and psychotherapists on this topic.

## AUTHOR

Daniel Schöttle



© Nicole Siemers

PD Dr Daniel Schöttle is a specialist in psychiatry and psychotherapy. Since 2022, he has been chief physician at the Centre for Mental Health at the Asklepios Clinic in Harburg. He also sits on the advisory board of ADHS Deutschland e.V. In addition, he is a lecturer and speaker at various institutions and conferences, as well as a supervisor for medical and psychological psychotherapists. As an expert on neurodiversity, he is a sought-after interview partner for various media outlets.

BERND GUZEK

## Finally Peace of Mind

DISPENSE WITH ANXIETY, ADHD, SLEEP DISORDERS, AND UNEASE USING  
THE NEUROTRANSMITTER GABA

**Date of publication: June 10, 2026**

### Sleep disorders, depression, burnout, ADHD, stress, anxiety disorders, addictions – conditions often caused by a GABA deficiency

In German-speaking countries alone, millions of people suffer from conditions caused by mental stress, including sleep disorders, physical illnesses, anxiety and panic disorders, depression, burnout, ADHD, and addictions. All of these illnesses and conditions have one thing in common: a lack of GABA, an immensely important calming neurotransmitter, which our bodies produce, but often not in sufficient quantities. GABA can promote relaxation, encourage good sleep, reduce anxiety and stress, improve concentration, and positively influence mood. With the right diet, effective exercise, and dietary supplements, it is possible to counteract a GABA deficiency. In his book, physician Dr. Bernd Guzek explains for the first time what GABA is, how it works, and how it can easily be supplied to the body.

- The first book about the soothing neurotransmitter GABA – why we need it and how we can easily supply our bodies with it
- From the physician and GABA expert Dr. Bernd Guzek



#### Health & Alternative Healing, Psychology

Publishing House: Heyne  
Format: Paperback  
Pages & Size: 144 | 11,8x18,7  
cm  
Original title: Endlich Ruhe im  
Kopf

#### YOUR CONTACT

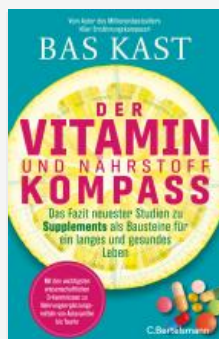
Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Bernd Guzek

Dr. Bernd Guzek, born in 1955, is a certified nurse and licensed physician. After studying medicine, he embarked on a career in medical and science journalism. He is the author of many specialist books, including for medical students.



### Health & Alternative Healing

Publishing House: C.  
Bertelsmann

Format: Hardcover

Pages & Size: 448 | 13,5x21,5  
cm

Illustrations: 15 b/w  
illustrations

Original title: Der Vitamin- und  
Nährstoffkompass

BAS KAST

## The Vitamin Compass

THE LATEST STUDIES ON SUPPLEMENTS AS BUILDING BLOCKS FOR A LONG  
AND HEALTHY LIFE

**Date of publication: February 25, 2026**

15 b/w illustrations

### Everything you need to know about dietary supplements – the new comprehensive guide by bestselling author Bas Kast

The latest scientific studies suggest that even somewhat controversial dietary supplements can help people stay mentally and physically fit and live healthy and longer lives. In his new book, renowned bestselling author and science writer Bas Kast provides an in-depth overview of the current state of scientific knowledge on the benefits, risks, and side effects of supplements. He has evaluated many latest scientific studies and tried out many dietary supplements himself. Here he explains which supplements are beneficial for whom, which ones can protect against age-related conditions, and which nutrients are particularly important in certain stages of life. A fact-based compass that sheds light on the jungle of dietary supplements.

- The new guide from bestselling author and nutrition guru Bas Kast (more than 1.8 million copies of his books sold)
- From anti-aging to mental fitness, from pregnancy to menopause, for both men and women – which supplements work for whom, how, and when, and which ones do not

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Bas Kast



© Mike Meyer

Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author. His "Diet Compass" (2018, awarded the Knowledge Book of the Year), in which he compiled the proven findings on a healthy diet, was hugely successful, with more than one million copies sold and translations into over 20 languages. In "The Nutrition Compass: The Cookbook" (together with Michaela Baur, 2019) he shows how the scientific findings can be implemented in everyday life. He recently published the Spiegel bestseller "The Soul Compass". He hosts the podcast "Der Wissenskompass: Gesünder leben mit Bas Kast" ("The Knowledge Compass: Healthier Living with Bas Kast"), with guests from science and practice, and runs his own YouTube channel. [baskast.hellohealth.de](http://baskast.hellohealth.de)

DIETRICH GRÖNEMEYER

## My Formula for Healthy Sleep

THE HOLISTIC PROGRAM FOR FALLING ASLEEP AND STAYING ASLEEP

**Date of publication: April 16, 2026**

ca. 40 illustrations, 4-colour throughout

### Sleep well and wake up refreshed

Over 40 percent of all Europeans have recurring sleep disorders. As sleep plays an essential role in biological and psychological regeneration processes, sleeping badly has many negative consequences: daytime tiredness, poor concentration, stress, poorer general health and mental well-being, and reduced social contact. With his Grönemeyer formula, Professor Grönemeyer provides specific tips on how to improve sleep easily and effectively. Using case studies from his many years of medical practice, he describes the various conditions his patients were experiencing and how he was able to help them. With his holistic approach, sleep can come to us naturally, without medication.

- From the bestselling author – the latest sleep research with a focus on the real causes of poor sleep
- A holistic approach to improving sleep naturally
- Many practical examples and specific exercises for healthier sleep



#### Health & Alternative Healing

Publishing House: Südwest  
 Format: Paperback  
 Pages & Size: 160 | 16,2x21,5 cm  
 Original title: Meine Formel für einen gesunden Schlaf

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

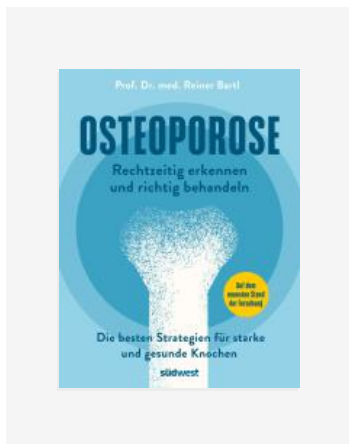
#### AUTHOR

Dietrich Grönemeyer



© Christian Martin Weiß

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into some 20 languages.



### Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 224 | 16,2x21,5 cm

Illustrations: 40 color illustrations

Original title: Osteoporose rechtzeitig erkennen und behandeln

REINER BARTL

# Detecting and Treating Osteoporosis in Good Time

THE BEST STRATEGIES FOR STRONG AND HEALTHY BONES

**Date of publication: April 01, 2026**

40 colour illustrations

## Before the bone breaks!

Osteoporosis is often only diagnosed after a bone has already broken. Only a fraction of cases are detected early on – and that is precisely what is crucial.

Today, osteoporosis can not only be treated effectively, but also halted or even reversed in its early stages.

Modern diagnostic methods, new medications, targeted exercise and a bone-friendly diet make all the difference. In this book, osteoporosis specialist Dr Reiner Bartl shows how you can take control of your bone health yourself: with sound knowledge from science and practice, practical exercises, nutritional tips and concrete strategies for prevention. For strong bones – for life!

- New therapies and diagnostic techniques in the context of decades of practical experience
- Specific tips for all age groups on self-care through exercise, nutrition and lifestyle

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Reiner Bartl



© privat

Reiner Bartl, MD, is a professor of internal medicine and a specialist in hematology, oncology, and osteology. He was a senior physician at the Großhadern Hospital of the University of Munich, where he headed the Osteological Outpatient Clinic. He is currently the chief physician of the Osteoporosis Center in Munich. Recognised as a pioneer in osteology, he was the organizer of the World Osteoporosis Day from 2003 to 2009. He is the author of more than 40 books and 400 technical articles on bone marrow diagnostics, osteology, hematology, and oncology.

UTE BRAMBRINK, CLAUDIA RIEß



### Health & Alternative Healing

Publishing House: Ariston  
 Format: Paperback  
 Pages & Size: 240 | 13,5x20,6 cm  
 Original title: Das Menopower-Buch

## The Menopower Book

MENOPAUSE AND THE JOB  
 WHAT HELPS WOMEN STAY STRONG

Date of publication: February 25, 2026


### Menopause at work – why nobody talks about it (and why that needs to change)

Women are "on fire", and menopause is supposedly a new beginning. But this topic is still taboo in the workplace. "The Menopower Book" breaks this unspoken taboo and supports women with specific tips and strategies for everyday working life and against unfair career setbacks. A quarter of women reduce their working hours, a third take sick leave due to typical symptoms, and almost one in five would like to retire early. Is this all acceptable? Ute Brambrink and Claudia Rieß believe it is not. They give affected women a voice and show ways in which women can make themselves heard, have their needs finally taken seriously at work, and even turbocharge their careers. After all, they are highly motivated and experienced, and the hormonal changes often make them even more assertive.

- Menopause as an opportunity – practical tips and strategies to help women restart their careers

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Ute Brambrink



© Finn Rieß

Dr. Ute Brambrink, a press spokesperson for a major corporation, has over the years gained deep internal and external insights into the topic of menopause in the workplace. She is a frequently quoted expert in various media outlets and is in close contact with representatives from the fields of medicine, science, business, and politics. In November 2024, she was invited to a "round table" in the German parliament to consider an overall political strategy for menopause in Germany.

### AUTHOR

Claudia Rieß



© Finn Rieß

Claudia Rieß is a journalist and author specialising in health and social issues. She provides comprehensive advice to employees and managers on the physical and psychological effects of menopause and shows how

supportive work environments can be created by way of improved dialogue about menopause in the workplace.

JULIA SEIDERER-NACK

## Fatty Liver – What Now?

A FRESH START FOR YOUR METABOLISM AND WELL-BEING: THE 4-WEEK LIVER FITNESS PROGRAM

**Date of publication: March 11, 2026**

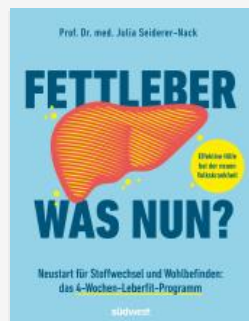
40 colour illustrations

### Live healthier for your liver!

More than one in four adults over the age of 40 in Western nations are currently affected by the new widespread condition of fatty liver. More and more younger people are developing this condition, and this is not necessarily related to alcohol consumption. Fat deposits in the liver are not harmless, as they set the stage for inflammatory and metabolic processes that affect the entire body, such as cirrhosis, liver cancer, diabetes, and cardiovascular disease. The proper functioning of this vital metabolic organ is crucial for a long life expectancy. The good news is that through a change in diet and lifestyle, the liver can regenerate relatively quickly.

This book helps us better understand how the liver works and the ways we can reduce the risk of fatty liver and its consequences. Liver-healthy recipe ideas and a 10-point program help restore the liver to its former vitality and keep it healthy for years to come.

- Avoiding the now widespread condition of fatty liver – actively protecting the liver and reducing the risk of diabetes, heart attack, and cirrhosis
- The 10-point program for revitalising the liver – bringing the liver into balance with the right diet and plant substances



#### Health & Alternative Healing

Publishing House: Südwest  
 Format: Paperback  
 Pages & Size: 224 | 16,2x21,5 cm  
 Illustrations: 40 color illustrations  
 Original title: Fettleber, was nun?

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Julia Seiderer-Nack



© Norbert Güntner

Prof. Dr. Julia Seiderer-Nack is a specialist in internal medicine and nutritional medicine focusing on the holistic treatment of gastroenterological diseases. In addition to managing her practice, she has published several health advice books.

ULRICH STRUNZ

## 77 Tips for Fighting Cancer

TARGETED PREVENTION, SUPPORTING HEALING, STRENGTHENING THE IMMUNE SYSTEM – THE LATEST FINDINGS FROM CANCER RESEARCH

**Date of publication: July 15, 2026**

2c throughout

### Cancer prevention – cure – aftercare: Support healing and reduce your personal risk of cancer with effective strategies, practical tips and self-checks

Almost one in two people will be diagnosed with cancer during their lifetime, with cancer rates increasing particularly among children, adolescents and young adults. Bestselling author Dr Ulrich Strunz explains how cancer develops in the first place and uses the latest scientific findings to show how personal cancer risk can be reduced and healing actively supported. Whether preventively, during or after therapy: with the right diet, regular exercise, targeted relaxation and sufficient sleep, the body's self-healing powers can be effectively activated. With lots of self-checks, practical tips and effective strategies, Dr Strunz shows how we can actively counteract cancer.

- Over 300,000 copies sold of the tips series by Dr Ulrich Strunz
- Cancer prevention – healing – aftercare: Support healing and reduce your personal risk of cancer with effective strategies, practical tips and self-checks
- A guaranteed bestseller at Heyne for over 20 years: over 11 million books sold



#### Health & Alternative Healing

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 224 | 13,5x20,6 cm  
 Original title: 77 Tipps gegen Krebs

#### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, and a gastroenterologist. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life.  
[www.strunz.com](http://www.strunz.com)

MARLENE BORCHARDT, NORA BURGARD-ARP

## Eat and Let Eat

FINALLY FINDING A MORE RELAXED APPROACH TO OUR DIET – PUTTING AN END TO FOOD NOISE AND THE CULT OF NUTRITION!

**Date of publication: February 25, 2026**

### Put an end to nutritional dogma

Between food noise, "What I Eat in a Day" videos and the cult of self-optimisation, we now have all kinds of beliefs about nutrition that we have been taught since childhood. For many, eating has long been more than a necessity or pure enjoyment. "Eat" – not so easy, is it?

Science journalists Marlene Borchardt and Nora Burgard-Arp untangle the opaque web of misleading advertising messages and false beliefs. After all, constantly thinking about and judging food usually has little to do with real well-being. "Eat and Let Eat" is both a long-overdue angry response to the ubiquitous overemphasis on nutrition in our society and soothing soul food in book form. It is time we finally found a pressure-free and ideology-free relationship with nutrition.

- The urgently needed socio-critical view of our food culture




#### Cooking

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 208 | 13,5x21,5 cm  
 Original title: Essen und essen lassen

#### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

#### AUTHOR

Marlene Borchardt



© Susanne Baumann

Marlene Borchardt is a journalist and author. She writes for ZEIT Online about mental health and family, among other topics, and also works as a reporter for the BR podcast "wild wild Web" and Stern Crime, for example, and advises media companies. Her website "ZuckerzeitTyp4" about gestational diabetes was one of the most-read sites on the topic in 2022, and in 2020 she was named a Hidden Talent by Medium Magazine.

#### AUTHOR

Nora Burgard-Arp



© Susanne Baumann

Nora Burgard-Arp is a multi-award-winning science journalist. She was nominated for the Grimme Online Award for her website on anorexia "Heute sind doch alle magersüchtig" (Everyone is anorexic these days), received the Reportage Prize for Young Journalists for a

feature on two anorexia researchers, and has twice been voted one of the top ten science journalists of the year by Medium Magazine. She writes primarily for the health section of ZEIT Online about psychology and nutrition. She has already published a novel, "Wir doch nicht" (Not us), and a children's book, "Flauschig Mauschig" (Fluffy Mauschig), with which she travels through schools across the country, providing political education and prevention work against eating disorders.

ROMINA ALBERTI

## Between No and Closeness

A REALITY CHECK FOR THE TRULY STRESSFUL SITUATIONS WITH YOUR CHILD  
NEEDS-BASED STRATEGIES – STEP BY STEP

**Date of publication: April 29, 2026**

2-colour throughout

### Love, boundaries, and self-care – how to be a parent without becoming exhausted

To be loving parents without completely forgetting ourselves in the process is something we all hope for. But how incredibly difficult it is in everyday life when our child is obstinate and uncooperative, when we are increasingly exhausted, when there is a widening gap between our wishes and reality. And then, as parents, we start with threatening, and punishing, and resorting to things we will regret later that evening – simply because we feel so helpless.

This book helps in such moments. The family counselor Romina Alberti uses specific everyday situations to show us, step by step, how we should respond, even when things have become extraordinarily difficult. And she does so in a way that we won't feel alone with our distress, doubts, and dismay.

Not only sound advice, but a toolbox full of inspiration and playful tips as well – reality oriented and of great practical relevance.

- Quickly applicable help for parents of toddlers and preschoolers
- A practical book for difficult and repeated situations all parents are familiar with
- Parenting without exhaustion – helpful strategies and specific tips




#### Family & Parenting

Publishing House: Kösel  
Format: Paperback  
Pages & Size: 240 | 13,5x21,5 cm  
Original title: Zwischen Nein und Nähe

#### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Romina Alberti



© Martina Schwarzer

Romina Alberti studied sociology and education. She is a relationship-oriented parent, family counselor, and founder of Kindheit Anders Machen (Making Childhood Different). On her channel @kindheit.anders.machen, she provides 60,000 parents with empathy and solid advice – so that in stressful everyday family life parents can respond truly differently and lead a family life according to their own wishes and values. As a mother of three young children, she is aware of the common stumbling blocks, especially when focusing on others' needs. With practical ideas, inspiring texts, and a large dose of reality, she provides parents enduring clarity and security in everyday family life.



### Family & Parenting

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 288 | 13,5x21,5 cm  
 Original title: 50 Sätze, die es Eltern leichter machen

BIRGIT GATTRINGER

## 50 Sentences That Make Life Easier for Parents

THE BEST WORDS FOR MORE COOPERATION AND LESS CONFLICT IN YOUR EVERYDAY FAMILY LIFE  
 EYE-OPENING MOMENTS AND EASY-TO-IMPLEMENT STRATEGIES

**Date of publication: April 29, 2026**

2-colour throughout

### Try using these words when...

Scolding and screaming damage our relationship with our children. But what words and positive expressions can help us take the best route in difficult moments – and instead of arguing, to feel close to each other again?


Attachment-oriented parenting coach Birgit Gattringer is familiar with the many everyday situations in which we as parents urgently need a different perspective or a fresh idea to show us how to proceed. She provides parents lighthearted, inspiring, and educationally sound support and brings together the most helpful phrases that parents can use again and again when things get heated or they begin to doubt themselves or their children.

A treasure trove of effective words and a companion for every day of family life.

- Great, effective sentences for everyday parenting
- Entertaining inspiration for raising children
- 50 easy-to-follow chapters using common situations and psychological contexts

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Birgit Gattringer



© Hannes Eichinger

Birgit Gattringer is a familylab trainer after Jesper Juul, a certified mental coach, and a children's and youth mental coach with training in nonviolent communication according to Marshall B. Rosenberg and attachment-oriented developmental psychology. For many years she was the content manager of the 'Starke Kids' platform, for which she created online courses, a parents' academy, and an intensive coaching program. She founded the "Friedvolle Elterncommunity" (Peaceful Parents Community) on Skool, the first German-language and largest community on this topic. Her passion is strengthening children's self-confidence. She is a mother of two living with her family near Vienna.



**Family & Parenting,  
Psychology**

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 240 | 13,5x21,5  
 cm  
 Original title: Ich lass dich los  
 und geb dir Halt

MELANIE KLEFELDT

# I'll Let You Go and Give You Support

ACCOMPANYING TEENAGERS WITH ADHD THROUGH PUBERTY WITH LOVE  
 AND CLARITY

**Date of publication: February 25, 2026**

2-colour throughout


## Your loving guide to ADHD during puberty

Puberty is a turbulent time full of profound changes – even more so for teenagers with ADHD. During puberty, neurodivergent behaviors often become more pronounced, challenging not only the young people themselves but also those around them, with their concentration problems, poor sleeping, severe mood swings, high impulsivity, and periods of depression. How can we provide support without taking away the freedom our teenagers need?

Melanie Klefeldt sees neurodivergence from three perspectives: as an experienced ADHD coach and specialist in autism spectrum disorders; as someone who herself was diagnosed late in life; and as the mother of a neurodivergent teenager. With kindness, humor, and clarity, she explains what goes on in the minds and hearts of young people with ADHD during this phase of life. She offers valuable insights, practical tips, and emotional support for parents and teachers, and answers the most pressing questions about adolescent neurodivergence: How should we talk to teenagers about their symptoms or diagnosis? When is medication and professional help appropriate? And how can we confront the increased risk of addiction associated with ADHD?

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Melanie Klefeldt



© Katharina Tiedemann

Melanie Klefeldt is a certified ADHD coach and specialist in autism spectrum disorders and inclusion. She provides training for parents and adults with ADHD, as well as continuing education for teachers and educational professionals. She was diagnosed with ADHD and autism as an adult. She is the mother of two children, including a neurodivergent teenager.  
[www.adhs-gnbg.de](http://www.adhs-gnbg.de)

**Melanie Klefeldt gives parents of neurodivergent young people support while not promising easy solutions. Her book sensitively shows that letting go and being supportive are not contradictions, but instead expressions of a togetherness that strengthens.**

Susanne Mierau, Spiegel bestselling author and educator

SUSANNE MIERAU

## Strong Roots and Light as a Feather

WHAT BABIES REALLY NEED AND HOW TO BOND SUCCESSFULLY

**Date of publication: March 18, 2026**

2-colour throughout

---

### What carries parents and babies through the first year

Bonding relationships work best when we understand what makes our child tick and are open to accompanying them on their early life path. Correctly assessing the baby's needs, but also taking ourselves as parents into account, helps us not only in the first year of our baby's life, but also far beyond that time through life together as a family.

In her new book, the educator and Spiegel bestselling author Susanne Mierau explains how parents can build strong and secure bonds with their children and confront their own experiences and deal with stress with greater awareness. She explains how parents can develop strong roots to lovingly and confidently accompany their baby while creating space that gives the whole family ease and security – for equal relationships and secure family bonds.

- The new book by the widely read and well-networked Spiegel bestselling author, with over 170,000 followers on social media
- Relatable, clear, and encouraging
- Two-color throughout, with fine illustrations by the well-known illustrator Nadine Roßa




#### Family & Parenting

Publishing House: Kösel  
 Format: Paperback  
 With illustrations from: Nadine Roßa  
 Pages & Size: 272 | 15,5x21,0 cm  
 Illustrations: 12 color illustrations  
 Original title: Wurzelstark und flügelleicht

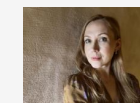
#### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

#### AUTHOR

Susanne Mierau



© leitmedium

Susanne Mierau, born in 1980, is one of Germany's best-known experts in the field of attachment- and needs-oriented family life. As a degreed educationalist, she studied and taught at the Free University of Berlin before opening her own family support practice. Since 2012, her blog 'Geborgen Wachsen' (Growing Safely), along with its associated social media channels and the Geborgen Wachsen forum, has been a resource for families on all questions related to everyday family life. She leads online workshops, gives lectures for parents and professionals, and has published several successful parenting guides.

ILLUSTRATOR

Nadine Roßa

ANDREA WEIDLICH

# The Secret to a F\*cking Good Life

HOW TO GET WHAT YOU REALLY WANT

Date of publication: November 12, 2025

## A story about life's answers – a book like a hug from within

Josephine is dissatisfied with herself and the world. Once she had plans, but nothing came of them. Now she is at a turning point in her life and is faced with difficult questions: What do I actually want from life? Why do I always put off my happiness until later? And how do I recognise meaning of my life? With these weighty questions about life in her luggage, she returns to her home village and begins to write letters to life. And suddenly someone answers her as she remembers a long-forgotten encounter from her childhood ...

A book about life's large questions by the author of the Spiegel bestsellers "How to Get Rid of People Who Are Bad for You without Killing Them"; "Where There's AF\*ck it, There's A Way"; and "I Think, Therefore I Am ... In My Own Way".

- The new book by the successful podcaster and bestselling author – over 500,000 copies of her books sold




### Narrative Self-Help

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 272 | 13,5x20,6 cm  
 Original title: Das Geheimnis eines fucking guten Lebens

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Andrea Weidlich



© guschbaby.com

Andrea Weidlich studied economics, after which she worked in management at large international corporations – until she gave it all up from one day to the next to devote herself entirely to writing. Her first book, "Der geile Scheiß vom Glücklichein" ("The Awesome Shit About Being Happy"), was a huge success. Her Spiegel bestsellers "Wo ein F\*ck, da ein Weg" ("Where there's a f\*ck it, there's a way"), "Ich denke, also bin ich ... mir im Weg" ("I think, therefore I am ... in my own way") and "Wie du Menschen loswirst, die dir nicht guttun, ohne sie umzubringen" ("How to Get Rid of People Who are Bad for You without Killing Them") were on the bestseller lists for weeks. She has been writing books, stories, plays and music since childhood and is interested in what drives people, what makes them happy, and how they can reach their full potential. With her psychological themes, she strikes a chord with many people in her books, podcast and on Instagram.

JULIAN HERMSEN

# The Millionaire and the Monk – The Journey Continues

A TRUE STORY ABOUT WEALTH, CHANGE, AND FULFILLMENT

**Date of publication: March 25, 2026**

## An authentic and inspiring story about true success and fulfillment in life

Julian Hermesen's bestseller "The Millionaire and the Monk" has already inspired and deeply affected many people. His new book continues on with this story. You needn't have read the first book to be captivated by this absorbing plot, which is based on actual events.

Here are more of the monk's beloved stories of wisdom, which in entertaining and profound ways address the larger questions of life around moral behavior, happiness, and fulfillment. Will the millionaire be able to use the monk's teachings in running his business wisely and sustainably? Can economic success and humaneness be reconciled? And which of the two worlds will the millionaire ultimately choose: Western comfort or the Buddhist monastery in Thailand?

- The long-awaited sequel to the bestseller "The Millionaire and the Monk", which has sold over 100,000 copies – appealing to newcomers and fans alike
- The search for the meaning of life, moral behavior, and happiness and fulfillment, in a refreshingly accessible yet profound way
- For fans of John Strelecky, Ajahn Brahm, and Robin Sharma




### Narrative Self-Help

Publishing House: Arkana  
 Format: Paperback  
 Pages & Size: 208 | 13,5x21,5 cm  
 Illustrations: 1 b/w illustrations  
 Original title: Der Millionär und der Mönch - Die Reise geht weiter

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Julian Hermesen



© Julian Hermesen

Julian Hermesen, born in 1987, is a psychologist, coach, and consultant. After university he worked as a consultant for executives and in change processes, but soon realized that he should search for answers to the larger questions of life. Extensive travels took him to the centres of Far Eastern wisdom from India to Thailand, where he questioned seekers, monks, and scholars about the secrets of a meaningful life. Their responses were the beginning of his personal transformation, as well as his holistic coaching approach, which he uses today to advise clients. With his debut book "The Millionaire and the Monk", he quickly reached a large readership.



### Personal Development

Publishing House: Irisiana  
 Format: Hardcover  
 Pages & Size: 240 | 13,5x17,5 cm  
 Illustrations: 10 color illustrations  
 Original title: Die Kunst des Lebens auf acht Pfoten

DIRK GROSSER

## The Art of Living on Eight Paws

WHY DOGS ARE THE TRUE PHILOSOPHERS

**Date of publication: May 13, 2026**

10 colour illustrations

### Two dogs explain life to two-legged beings

Ancient philosophy from a dog's perspective? Of course, says author Dirk Grosser, because no one understands Diogenes, Epicurus, and the Stoics better than the two protagonists of this book. In a humorously profound way, he tells the story of two extraordinary four-legged friends who couldn't be more different from each other: Baldur, the distinguished and reserved English hunting dog, and Lilly, the fearless Spanish bulldog mix. Two canines who view life from fundamentally different philosophical perspectives.

The two furry friends turn the author's world upside down. They make it clear to us that we humans need contrasts in order to cope with both the normal everyday madness and deep crises: focus and a hammock, fangs and deep relaxation, self-discipline and letting go. The humorous text is complemented by illustrator Frank Schulz's affectionate and witty illustrations, as in the previous bestseller "Buddha on Four Paws".

- New canine wisdom from the author of the bestseller "The Buddha on Four Paws"
- Two dogs philosophizing about life with plenty of wordplay, mindfulness, and ancient wisdom

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Dirk Grosser



© Julia Knöchel

Dirk Grosser, born 1971, is an author, musician, and seminar leader known for his down-to-earth and humor-filled presentations of philosophical and spiritual themes. He loves long walks, dogs, forests, mountains, and the sea, and he has many years of involvement in the mystical aspects of world religions, their meditation traditions, and the mysterious worlds of European mythology. He has published numerous books and CDs in German-speaking countries, France, and South Korea. He also offers counseling for people in spiritual crises.



### Narrative Self-Help

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 96 | 11,8x18,7 cm  
 Original title: Der kleine  
 Derwisch und die sieben  
 Fragen des Lebens

AHMAD MILAD KARIMI

# The Little Dervish and the Seven Questions of Life

Date of publication: April 29, 2026

4-colour throughout

## A poetic essay, charming, affectionate, thoughtful


Who am I? What makes me happy? What does love mean? The little dervish's incessant spinning stirs up all these and other thorny questions in life. They preoccupy not only him, but all of us, sometimes for a lifetime. They gnaw at us, awakening a longing, a passionate desire for answers. In the midst of his twirling – a movement between heaven and earth – the little dervish strives for a silent dialogue with life itself while embarking on a search for answers that will sustain and nurture him.

Timeless, full of humility, yet powerfully self-effective – a fairy tale for adults that transcends all spiritual boundaries.

- Poetic self-help with surprising solutions
- Sophisticated, timeless fairy tale for adults
- A search for meaning through the eyes of the spiritual dervish

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Ahmad Milad Karimi



© Melih Fidan

Ahmad Milad Karimi, born in Afghanistan, is a professor of kalām, Islamic philosophy, and mysticism at the Center for Islamic Theology at the University of Münster. He is also a journalist, and as a writer he is the author of a German-language translation of the Koran. Between 2021 and 2025, he hosted the program "Sternstunde Religion" ("Great Moments of Religion") on the Swiss Radio and Television Network (SRF). In 2015, he received the Rumi Prize for Islamic Studies for his work "Hingabe–Einsicht–Freiheit" ("Devotion–Insight–Freedom"). In 2019, he received the Voltaire Prize from the University of Potsdam for tolerance, international understanding, and respect for diversity, and the German Dialogue Prize from the Federation of German Dialogue Institutions in the category of science and education. In 2024, he received the Manfred Görg Prize from the Friends of Abraham Society.

ALJOSCHA LONG, RONALD SCHWEPPE

# The Panda and the Miracle of Self-Love

HOW SEEING YOURSELF WITH LOVE CAN CHANGE EVERYTHING

**Date of publication: April 16, 2026**

15 b/w illustrations

## Experience the miracle of self-love with Panda Bao – how to become friends with ourselves

Panda Bao carries a deep longing in his heart: he wants to be loved, be accepted just as he is, with all his strengths and his faults. But time and again, self-doubt creeps in, along with the feeling that he is not good enough. Bao embarks on a life-changing journey, carrying with him the crucial question of how you can make friends with yourself. On his adventures, he meets the wise elephant Floriander, who accompanies him with his gentle clarity. Together they discover the power of self-compassion, and Bao learns how not to hide his own vulnerability, but to lovingly embrace it.

An inspiring book full of wit and wisdom – including simple exercises – for those who want to experience the wonder of self-acceptance and develop a fulfilling relationship with themselves.

- The sequel to the bestseller featuring Panda Bao – over 100,000 copies sold
- How to take good care of ourselves by making friends with ourselves
- An inspiring reading experience full of wisdom – with practical self-love rituals for every day, enhanced by atmospheric illustrations




### Narrative Self-Help

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 256 | 11,8x18,7 cm  
 Illustrations: 15 b/w illustrations  
 Original title: Der Panda und das Wunder der Selbstliebe

### YOUR CONTACT

Kai-Ting Pan

 kai-ting.pan@penguinrandomhouse.de

### AUTHOR

Aljoscha Long



© Dominik Rößler/Penguin Random House GmbH

Aljoscha A. Long studied psychology, philosophy, and linguistics. He works as an author, composer, therapist, and Taijiquan and Qigong teacher. He has become well known through numerous publications and his seminars in the fields of psychology and philosophy. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.

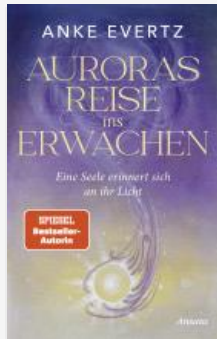
### AUTHOR

Ronald Schweppe



© Dominik Rößler/Penguin Random House GmbH

Ronald P. Schweppe is an orchestral musician and author of numerous books on spirituality and the art of living. He is trained in NLP and MBSR (mindfulness-based stress reduction). For around 40 years he has been engaged in the practical and theoretical study of Far Eastern philosophy and Zen Buddhism.



### Spirituality & New Age

Publishing House: Ansata -  
Integral - Lotos  
Format: Hardcover  
Pages & Size: 256 | 12,5x20,0  
cm  
Illustrations: 12 b/w  
illustrations  
Original title: Auroras Reise ins  
Erwachen

ANKE EVERTZ

## Aurora's Journey to Awakening

A SOUL REMEMBERS ITS LIGHT  
NOVEL

Date of publication: April 29, 2026

### Who am I really, and how can I remember my soul's luminous destiny?

The girl Aurora decides to incarnate again – this time with the firm intention of not forgetting herself and her soul's mission of acting as a bridge between the earthly and spiritual worlds. But in order to survive, Aurora must learn to squeeze herself into ever tighter roles. Layer by layer, her natural radiance becomes dimmed, until she gives in and decides to become 'normal' – at any cost. Only a physical breakdown creates a turning point which leads her back towards her true self and the unfolding of her inexhaustible inner potential ...

A touching story by bestselling author Anke Evertz, a loving reminder and impetus for those ready to hear the voice of their soul and find their way back to the path truly meant for them.

- Are you ready to trust yourself completely? – A spiritual novel that opens the heart and touches the soul
- An inspiring read for people who want to rediscover their true self and their unique destiny
- Over 130,000 books sold by Spiegel bestselling author Anke Evertz

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Anke Evertz



© privat

Anke Evertz, born in 1968, has been searching for the meaning of life since early childhood. After a severe accident in September 2009, she left her body for nine days and experienced an extraordinary, all-encompassing near-death experience. The powerful insights she gained completely changed her perception of life and the physical human body. Since then, she has experienced life as a miracle and has been sharing her insights with thousands of people in courses and seminars.



### Spirituality & New Age

Publishing House: Ansata -  
Integral - Lotos  
Format: Hardcover  
Pages & Size: 272 | 13,5x21,5  
cm  
Illustrations: 9 color  
illustrations  
Original title: Prophezeiungen

BIRGIT FISCHER

# Prophecies

HOW THE NEW AGE IS CHANGING EVERYTHING

**Date of publication: February 25, 2026**

4-colour throughout

---

## What lies behind the multidimensional energies and transformations of the new era?

Something big is changing – within us and around us. This change affects all important areas of life: our self-image, our relationships, values, finances, education, spirituality, and more. What role do we play in this, and what really matters now?

Birgit Fischer's channeled messages and prophecies are crucial to remembering our multidimensional qualities. They comprise a contemporary understanding of what humans truly are at their core and what they are capable of achieving. This renowned medium explains physical, mental, and spiritual ascension elements and shows how we can free ourselves from old energies in order to make focussed use of the frequencies and energy fields of the New Age.

This companion book for life provides guidance and deep knowledge, complemented by practical exercises, to help develop your own authenticity and inner strength and live for the benefit of all.

- The first major prophecy book by the Spiegel bestselling author
- Fascinating predictions and practical advice – the spiritual companion for the transition into a new age
- With 20 unique photographs of light phenomena

### YOUR CONTACT

Kai-Ting Pan

✉ [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Birgit Fischer



© Michael Liebert

Birgit Fischer is a medium, spiritual teacher, prophet, and Spiegel bestselling author. Since her childhood she has been sensing and seeing energies, talking with angels, listening to her spirit guides, and making use of her profound clairvoyance. In the course of her life, she went through a deep transformation process that made her recognize these extrasensory abilities as a great gift and allowed her to use them in her career. The Austrian is known from her numerous YouTube videos about the current time-qualities and collective opportunities. She conducts intensive research on the "Starseeds" (galactic intelligences) and is a sought-after speaker at major channeling congresses. She also offers trainings, including individual mediumistic training, as well as workshops.

PETER BEER

# Meditation and Mindfulness

52 IDEAS FOR INNER PEACE, SERENITY, AND LESS STRESS

**Date of publication: March 25, 2026**

Card set and booklet

## Find your inner balance

Immerse yourself in the world of mindfulness and discover how you can integrate more inner peace, serenity, and joy into your everyday life.

Peter Beer, meditation coach and psychologist, has developed 52 powerful cards that offer inspiring ideas and practical exercises to help you develop mindfulness. These cards have as their themes daily reflection, stressful situations, and conscious living. The card set is perfect for anyone who wants to face the hectic demands of life with more serenity and lead a more fulfilling life. The instructions in the accompanying book explain how the full potential of each card can be unlocked.

- Proven methods for stress management and reflection – the first, long-awaited card set from Peter Beer
- Bestselling author with over 130,000 copies sold, large YouTube and Instagram communities, a mindfulness academy, and a wide range of online courses
- 52 versatile and practical exercises, impulses, and meditations for mindful moments



### Mindfulness

Publishing House: Arkana

Format: card set


Pages: MC10 cm

Illustrations: 52 color illustrations

Original title: Meditation und Achtsamkeit

### YOUR CONTACT

Kai-Ting Pan

 [kai-ting.pan@penguinrandomhouse.de](mailto:kai-ting.pan@penguinrandomhouse.de)

### AUTHOR

Peter Beer



© Sandra Eichenseher

Peter Beer, born in 1987, is a meditation coach and psychologist. After university, he worked as an engineer in the automobile industry, where he experienced first-hand what detrimental effects stress and overwork can have on health. He made it his personal goal to help people learn to deal with such situations. He studied psychology and then founded his Academy of Mindfulness in 2015. Since then he has supported countless people in leading more composed and joyful lives, reaching over a hundred thousand people through his podcast and YouTube. With his first book, "Meditation", he immediately reached third place on the Spiegel bestseller list. [www.peter-beer.de/](http://www.peter-beer.de/)