

Foreign Rights Catalogue



MÜNCHNER
VERLAGSGRUPPE

AUTUMN 2019

Lifestyle



riva

mvgverlag 



Launch:	21.08.2019
Author:	
Title:	The little genius The book for collecting your children's best quotes
Pages/ Cover/ Format:	128 pages, hardback, 135x215mm
ISBN:	978-3-7423-1025-5
Price:	D: 8.99 EUR

A book to collect your children's sayings

From the mouth of babes - this proverb will probably never lose its relevance. This lovingly designed entry book is so all the wonderfully weird, funny and often also really clever thoughts that a child expresses over the years are not forgotten.

Parents can collect their children's little pearls of wisdom in this book. Each saying has its place with the respective situation noted down so you can refer to them at a later date. Over time, individual memorable utterances and moments will be transformed into a great oeuvre that reminds parents of a wonderful time or can serve as an unusual gift for your now genius - for example, on his 18th birthday.

Selling points and marketing:

- massively popular trend from the USA
- hardly any competition on the German market
- unique album for parents and grandparents to collect memories



Petra Cnyrim

ERKLÄRS MIR, ALS WÄRE ICH 5

Die Welt von heute

Wie funktioniert eine Blockchain?
Was ist das dritte Geschlecht?
Welche Auswirkungen hat die Erderwärmung?



Launch:	13.11.2019
Author:	Cnyrim, Petra
Title:	Explain like I'm five The world of today
Pages/ Cover/ Format:	approx. 200 pages, paperback, 135x205mm
ISBN:	978-3-7423-1136-8
Price:	D: 9.99 EUR

Author:

Petra Cnyrim, born 1975, works as an author near Munich.

Her books "Complete the Function" and "The Book of Almost Forgotten Words" made it into the Spiegel bestseller list.

Over 90,000 copies of 'Explain like I'm five' sold

Children ask thousands of questions. We adults, on the other hand, often no longer question the things around us - even when we don't understand them. Who knows exactly how a blockchain works or why our smartphone can distinguish our voice from others?

Unfortunately, many topics are explained by experts in such a complicated way that after a short time, you lose interest.

This book has been written for people who are thirsty for knowledge and don't want to resign themselves to not understanding things. Interesting questions about the relevant topics of our time are explained in as simple a way as possible - so that everyone really can understand.

Selling points and marketing:

- the most exciting and complicated questions from all areas of modern life - from tax policies to climate change
- easy to understand explanations without prior knowledge



Launch:	13.11.2019
Author:	Küstenmacher, Simon
Title:	Mad Maps The world in 100 unusual maps
Pages/ Cover/ Format:	250 pages, hardback, 190x240mm
ISBN:	978-3-7423-1105-4
Price:	D: 24.99 EUR

Author:

Simon Küstenmacher, born 1983 in Munich now lives in Melbourne, Australia. He received his bachelor's degree in geography in Berlin and his master's degree in urban geography in Melbourne. Today he works as a demographer and researcher for the Australian consultancy The Demographics Group, writes columns for Australia's largest daily newspaper and travels the world as a speaker on demographic trends. On his Twitter account @SimonGerman600 he shares exciting and curious maps with 150,000 fans, which always reveal something new about the world.

The fascinating world of maps

Are maps boring? Maybe - but only if you think of a typical world atlas. Maps can represent much more than the topography of places. Simon Küstenmacher collects interesting, unusual and curious maps that open up a different perspective on our world and presents the best of them in Mad Maps. If you've ever wanted to know how many countries in the world fit into the area of Russia, how many heavy metal bands there are in different European countries or where all the sunken shipwrecks from the Second World War lie, you'll love this book. All maps are based on exciting facts, presented in an informative and entertaining way and are accompanied by instructive texts.

Selling points and marketing:

- each map presents knowledge in an informative and entertaining way.
- Simon Küstenmacher has 150,000 map fans following him on Twitter - Spiegel magazine has already reported on him
- humorous, political, serious and historical maps allow a new view of the world.
- Simon Küstenmacher qualified in geography



Launch:	11.09.2019
Author:	Golluch, Norbert
Title:	The Survival Guide for Fathers Learning to relax from the moment you know to when they finish school
Pages/ Cover/ Format:	96 pages, hardback, 120x187mm
ISBN:	978-3-7423-1016-3
Price:	D: 9.99 EUR

Author:

Norbert Golluch, born in 1949, first worked as a primary school teacher before becoming self-employed as an author after several years as a publisher's editor and editor of a satirical magazine. His numerous bestsellers include „555 popular mistakes“.

The ultimate survival guide for the tough journey in your life as a father

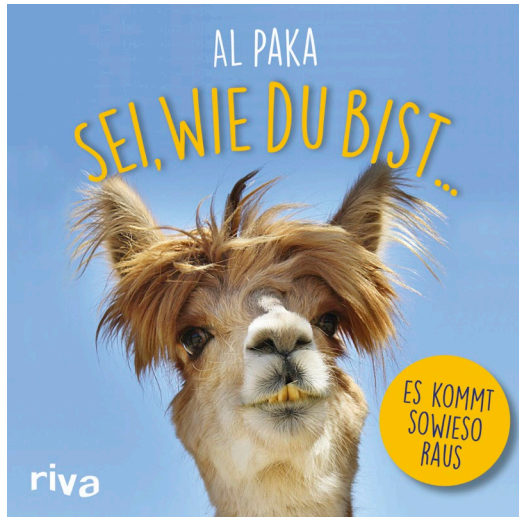
Is Batman a legitimate name for a boy? Should the child be taught Chinese already in kindergarten? And when can the little one finally go to the pub with me?

Questions on questions! Fortunately for the reader, this guidebook can prepare every father thoroughly and realistically for the hard, everyday challenges in your life with a child. With the right attitude and a will of iron, Papa will be equipped to face a world full of pitfalls: whether changing pampers, visiting grandparents, pubescent zombies or the obligatory power struggles for the remote control - presence of mind and a fighting spirit can save every father's life.

An essential guide for budding, freshly baked or experienced fathers. Guaranteed bias, subjective and educationally doubtful!

Selling points and marketing:

- humorous tips around the topic of paternity
- the perfect gift for all fathers



Launch:	13.11.2019
Author:	Al Paka
Title:	Be who you are
Pages/ Cover/ Format:	48 pages, , 140x140mm
ISBN:	978-3-7423-1077-4
Price:	D: 6.99 EUR

Alpacas are the better unicorns - likeable, funny and chilled

"You are beautiful, no matter what they say", as in Christina Aguilera's song conveys a profound message: no matter what others say - each of us is beautiful. Whether you're standing next to your fitness buddy with a beer belly, look like a hungover panda after waking up, or simply stopped growing far too early, the philosopher and joie de vivre guru Al Paka conveys his universal motto in this unique book. Illustrated with pictures of his fellow species. True beauty comes from within.

A quirky gift book, full of fun for all fans of the new trend.

Selling points and marketing:

- funny, fun gift for all occasions
- with alpacas!



Launch:	13.11.2019
Author:	
Title:	Oh Yeti Already a year older
Pages/ Cover/ Format:	64 pages, hardback, 140x140mm
ISBN:	978-3-7423-1114-6
Price:	D: 7.99 EUR

Yetis are the new unicorns

Oh Yeti! Another birthday, another step closer to wrinkles and cracking joints and another step further away from the radiant, carefree young you.

But a birthday also has its good points! In this book, Yeti shows why getting older isn't so bad and what great advantages an extra year of life brings. And he has to know, after all he really isn't the youngest anymore.

A book of encouragement for all birthday boys and girls.

Selling points and marketing:

- the little problems of aging - and how to solve them
- the perfect little something to take to a birthday party
- illustrated in four colours



Launch:	21.08.2019
Author:	Napolski, Nicolai
Title:	Town-Country-Goal The game book with 60 new categories - soccer version of Town-Country-River
Pages/ Cover/ Format:	128 pages, paperback, 280x215mm
ISBN:	978-3-7423-1076-7
Price:	D: 7.99 EUR

Author:

Nicolai Napolski is editor-in-chief of www.trainingsworld.com, the large German sport expert portal. He is himself an enthusiastic soccer player and an even more enthusiastic fan.

Town-Country-River for football fans

Town-Country-River is one of the greatest games since the invention of pen and paper - but in the long run it gets kind of boring, right? No problem. Here comes the legendary Town-Country-Goal.

60 new categories to do with football are a challenge to every fan; creative additional rules provide variety.

Difficulty levels ranging from sitting on the bench to Champions League also tell you which category combination is particularly suitable for you – semi- professional or casual fan, there is something for everyone!

Selling points and marketing:

- new categories - new rules
- detachable pages
- for families, pub games and hobby table footballers



Launch:	11.09.2019
Author:	Kalkofe, Oliver; Rütten, Peter
Title:	The 100 worst films of all time 'SchleFaZ', the great collection
Pages/ Cover/ Format:	208 pages, hardback, 170x240mm
ISBN:	978-3-7423-1070-5
Price:	D: 19.99 EUR

Author:

Born in Hanover in 1965, Oliver Kalkofe is one of the most popular comedians and Germany's sharpest media critic with the award-winning TV satire Kalkofes Mattscheibe. He conquered the cinema with Der Wixxer (2004) and Neues vom Wixxer (2007) as leading actor, scriptwriter and producer. Together with Peter Rütten (a well-known satirist participating in many late night formats), he presents the worst films of all time on TELE 5 with the TELE 5 Brand SchleFaZ.

The book to the cult series SchleFaZ

There are films that good, potential award or Oscar winners and then there are bad films. Really, really bad. So bad that watching them is fun again.

The two experts for the worst films of all time (SchleFaZ) Oliver Kalkofe and Peter Rütten who present and comment their personal top selection here, call it " Shitty films at their finest - charming watching ". Colour fake movie posters, photos from the set of the cult show, biting comments, precise summaries and lots of bizarre trivia make this book a highlight for cinema-goers.

A book that delivers what it promises: the 100 worst films of all time - guaranteed no stars, no class, no boredom.

Selling and marketing:

- The authors are well-known comedians
- right on time for the SchleFaZ anniversary of the 100th film
- comedy highlight even without knowledge of the series
- vast social media presence and marketing by the authors



Launch:	04.12.2019
Author:	Kimberly, Natasha
Title:	Keep it real How to remain true to yourself in a world full of fake and filter
Pages/ Cover/ Format:	approx. 200 pages, paperback, 135x210mm
ISBN:	978-3-7423-1116-0
Price:	D: 16.99 EUR

Author:

Natasha Kimberly is YouTuber and studied journalism. With her videos she sets an example against the beauty and perfectionism madness of young women. In 2018 she was named "Person of the Year" by the European Web Video Academy. She lives and works in Cologne.

A popular influencer resists beauty mania

Natasha Kimberly's videos in her #nobeautychannel on YouTube have more than 1 million clicks. She is followed on Instagram by 400,000 people - so she is an influencer. And yet she's different. Unlike her constantly immaculate colleagues, she's not all about hair, make-up and clothes but about the courage to be yourself.

With this book she makes a statement against posers and stands for being true to yourself and not someone you aren't to meet artificial ideals. Refreshingly positive, she not only gives a lot of cheeky tips but also numerous insights into her own life.

Selling points and marketing:

- more than 1 million clicks on YouTube, over 500,000 Facebook fans and 400,000 followers on Instagram
- large online and social media campaign for publication date
- for the first time contains personal details from Natasha's life
- 'The Good Girl's Guide to being a D*ck' for a younger target group



Launch:	16.10.2019
Author:	Reisch, Claus-Peter
Title:	The Sea of Tears How I saved hundreds of lives as captain of the rescue ship "Lifeline" - and was punished
Pages/Cover/Format:	approx. 256 pages, hardback, 145x215mm
ISBN:	978-3-7423-1133-7
Price:	D: 19.99 EUR

Author:

Claus-Peter Reisch, born in 1961, lives in Landsberg am Lech in Bavaria and is a self-employed businessman. During a holiday in Greece in 2015, the enthusiastic sailor came into direct contact with the effects of the so-called refugee crisis for the first time and decided to help save refugees. He achieved international prominence as the skipper of the rescue ship "Lifeline". He has received several awards, including the Lew Kopelev Prize, for his efforts in saving the lives of hundreds of people.

Germany's most famous sea rescuer

June 2018, the Mediterranean Sea. 235 refugees threaten to drown in the open sea. Claus-Peter Reisch, captain of the 'Lifeline', acts immediately and with his crew saves the lives of the desperate people. But his ship is refused entry on land. No European state wants to take in the refugees. It is only after five days, during which Europe once again argues over what the responsibilities of countries are, that Reisch is finally allowed to dock in Malta. He is arrested and brought to justice. It only strengthens this independent businessman even more in his efforts to defend the rights of the weak and not to tire of asking the unpleasant question: how much is our freedom worth if we throw our values overboard?

Selling points and marketing:

- the topic of sea rescue moves people and is present in the media.
- the captain of the "Lifeline" has saved hundreds of people from drowning and tells us first-hand about the dramatic scenes that took place on board.
- this startling book lends a voice to rescuers and those rescued alike.



Launch:	16.10.2019
Author:	Partanen, Anita
Title:	Greta The girl changing the world
Pages/ Cover/ Format:	128 pages, hardback, 135x205mm
ISBN:	978-3-7423-1146-7
Price:	D: 10.00 EUR

Author:

Anita Partanen studied climate and environmental sciences and, as a freelance science journalist, reports on research into climate change and the risks of a changing global climate.

We won't let our future be stolen.

Standing in front of the Swedish Parliament in Stockholm, she holds up a sign, "School Strike for the Climate". At first, 15-year-old Greta is alone but with each passing day more students join her in demonstrating for a more consistent and just climate policy. Soon there will be millions worldwide following her example and taking to the streets Friday after Friday for their future. This book tells the story of Greta Thunberg who became the face of the "Fridays for Future" movement and has brought the topic of environmental protection back into daily politics; it tells of who she is, how she lives, what she demands - and what hostility she has had to endure on her way. Greta is a role model and her concern concerns us all.

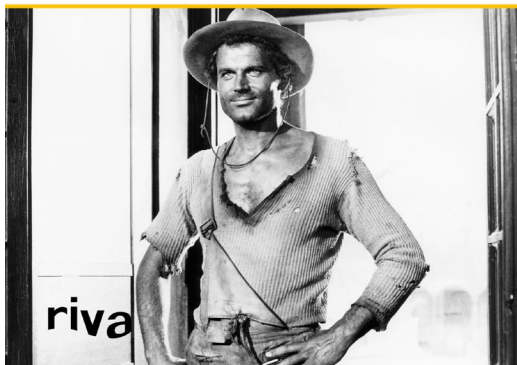
Selling points and marketing:

- this young environmental activist is the voice and face of an entire generation, with over two million followers on Twitter, Instagram etc
- Greta is nominated for the Nobel Peace Prize

Felicia Englmann

Terence Hill

Kleine Anekdoten aus dem Leben
eines großen Schauspielers



Launch:	16.10.2019
Author:	Englmann, Felicia
Title:	Terence Hill Little anecdotes from the life of a great actor
Pages/ Cover/ Format:	96 pages, hardback, 105x150mm
ISBN:	978-3-7423-1086-6
Price:	D: 7.99 EUR

Author:

Dr. Felicia Englmann is an author, political scientist and journalist. As an editor for daily newspapers and magazines, she has reported on culture, history and cultural-historical topics. r. Her articles published by riva Verlag include "1965", "Philosophie in 60 Sekunden" and "Franziskus".

60,000 books sold in the successful series Little Anecdotes

Good-natured, adventure-loving Terence Hill is a hero of our childhood who could be seen in numerous western parodies. At Bud Spencer's side he achieved cult status, but also his appearance in 'My name is Nobody' with Henry Fonda remains unforgotten. Only few know that Mario Girotti, Hill's birthname, spent his childhood in Saxony and therefore speaks German very well. Or that "Mr Blue Eyes", who doesn't owe his nickname to the many black eyes he dishes out in his films, but to his bright blue eyes, met his film partner Bud Spencer while swimming.

This book gives insights into the life of the great Italian actor, film producer, screenwriter and director.

Verkaufsargumente und Marketing:

- Terence Hill von einer ganz neuen, privaten Seite
- Zum 80. Geburtstag im Jahr 2019
- Tolles Preis-Leistungs-Verhältnis



Launch:	13.11.2019
Author:	Strzoda, Christian
Title:	Does that hurt when I press here? The best stories from my life as an paramedic
Pages/ Cover/ Format:	approx. 200 pages, pages, 120x187mm
ISBN:	978-3-7423-1085-9
Price:	D: 9.99 EUR, A: 10.30 EUR

Author:

Christian Strzoda, born in 1974, has been providing rescue services for about 2000 hours a year for over 20 years in an area where the number of operations has increased rapidly in recent years. He also worked in a German rescue control centre and is familiar with this side of rescue operations.

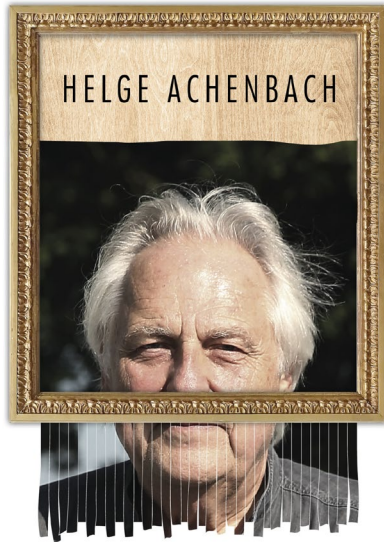
The bestselling author is back - with completely new stories

A load of butane gas bottles in a burning house, a woman who wants to kill herself and decides in agony that she doesn't want to die after all, or colleagues involved in a serious accident: emergency paramedic Christian Strzoda experiences dramatic stories every day that get under your skin. There are often also strange tales: healthy people who panic because their fitness gauge tells them they are feeling bad or the forest worker who simply falls a tree in his own direction.

Christian Strzoda tells the story of his most extraordinary missions in a captivating yet humorous way. After all, real-life stories are still the best stories.

Selling points and marketing:

- over 40,000 copies sold of 'Sie sehen aber gar nicht gut aus und Gehört dieses Bein zu Ihnen'? (But you don't look good at all and does this leg belong to you?)
- true stories from a professional field that you would otherwise hardly get a glimpse of
- captivating memoir with a pinch of humour



SELBSTZERSTÖRUNG

riva
PREMIUM

Bekenntnisse eines
Kunsthändlers

Launch:	16.10.2019
Author:	Achenbach, Helge
Title:	Self-Destruction Confessions of an art dealer
Pages/ Cover/ Format:	approx. 240 pages, hardback, 145x215mm
ISBN:	978-3-7423-1149-8
Price:	D: 19.99 EUR

Author:

Helge Achenbach, born in 1952, was one of the most important international contemporary art dealers. For more than 40 years, he has bought, sold and collected works of art, furnished corporations with art and organized exhibitions in the most important museums. Achenbach was at the height of his career when he was arrested in June 2014 and charged with fraud in 18 cases.

Passionate, intimate retrospect of a man who had a profound influence on the art world.

Art lover, romantic, narcissist and power-hungry - art consultant Helge Achenbach promoted the careers of greats, such as Jeff Koons and Gerhard Richter, and decorated the German national football team's quarters at the World Cup in Brazil with art. A famous and infamous figure in the dazzling art world who lost himself in the quest for money and recognition. His story has a bitter reckoning: Achenbach betrayed the Aldi heir and billionaire Berthold Albrecht by selling works of art and vintage cars at hidden surcharges and was imprisoned for four years. His ruthlessly honest memoirs give insights into the German art business, report on his first gallery, his rise as an art consultant with several companies and restaurants in Düsseldorf, major deals and excesses - and his downfall with his arrest, conviction and prison. These are the confessions of a rogue.

Selling points and marketing:

- more than just an autobiography- Achenbach's book is a piece of German contemporary history
- the celebrity art consultant talks about dodgy bills and dirty deals.
- the story of a new beginning, the fallen art dealer now paints his own life and supports fugitive artists.

STEFAN SCHWEIGER



PLASTIK. DER GROSSE IRRTUM

VOM SAGENHAFTEN AUFSTIEG DER
KUNSTSTOFFE UND DEM PREIS, DEN WIR
HEUTE DAFÜR BEZAHLEN MÜSSEN

riva
PREMIUM

Launch:	13.11.2019
Author:	Schweiger, Stefan
Title:	Plastic. A Big Mistake The incredible rise of plastics and the price we're paying today
Pages/ Cover/ Format:	200 pages, hardback, 145x215mm
ISBN:	978-3-7423-1013-2
Price:	D: 19.99 EUR

Author:

Stefan Schweiger studied political science, ethnology and modern and contemporary history. As a research assistant at the Institute for Cultural Studies in Essen, he was involved in numerous projects on sustainability. He is currently involved in the project "Plastics Budget", funded by the Federal Ministry of Education and Research, at the Ruhr-Universität Bochum, not only with the cultural history of plastics, but is also addressing the question of how plastic discharges into the environment can be reduced.

Plastic – from a modern miracle to a ticking time bomb for the planet

Many consider plastics to be the biggest environmental problem of our time. For many years it was regarded as the propeller to prosperity and economic growth. Plastic was celebrated like gold; produced cheaply, shaped and used in many ways.

In short episodes, Stefan Schweiger traces in this book the events that led to the development of plastics. He tells how the invention of celluloid made the hunt for elephants superfluous, how luxury items in the kitchen and household were made affordable for everyone by PET, and how foam was believed to even combat hunger in the world. A fascinating journey through the colourful world of plastic which not only determines our everyday life, but also the fate of mankind.

Selling points and marketing:

- the first fact-based non-fiction book on this subject
- with many curious and exciting examples from 150 years in the history of plastics
- the author is sought-after as an interview partner and authority



Launch:	17.07.2019
Author:	Kahn, Oliver
Title:	ME. Success comes from Within
Pages/ Cover/ Format:	approx.352 pages, paperback, 145x210mm
ISBN:	978-3-7423-0371-4
Price:	D: 9.99 EUR

Author:

Oliver Kahn's success has left its mark, and he has been crushed. But he knew how to stand up again and again. Oliver Kahn is one of the most successful German professional footballers of all time and the most successful German goalkeeper: seven times German champion, six times DFB Cup winner, 2001 winner of the Champions League, three times world goalkeeper of the year, etc. For his outstanding sporting and personal achievements, he has received countless other prizes and awards, including for his team spirit and exemplary behaviour during the 2006 World Cup in Germany.

The bestseller with 140,000 copies sold – finally as an updated paperback

What Oliver Kahn has achieved is unique. In 2008 he finished his great career as a footballer as one of the best goalkeepers of all time. Today he is an entrepreneur, speaker and football expert. His success - success as a whole – isn't by chance! No one knows this better than Oliver Kahn. Success means triumph and recognition, but also setback and defeat. Using examples from many personal experiences, Oliver Kahn talks about the stress that accompanies the way to the top, about goals set and achieved, and about pressure from within and without.

In this book he reveals the strategies that have led him to success and how he has managed to remain true to himself. A personal insight: extremely instructive, extremely exciting, extremely honest!

Selling points and marketing:

- includes a foreward in the paperback edition
- credible and authentic: one of Germany's most enduringly successful professional footballers on success



Launch:	16.10.2019
Author:	Daniels, Sabrina Sue
Title:	Cooking at a Glance 100 simple dishes for every day
Pages / Cover / Format:	224 pages, hardback, 190x240mm
ISBN:	978-3-7423-1036-1
Price:	D: 18.99 EUR

Author:

On her food blog www.sabrinassue.de the photographer, stylist and author Sabrina Sue Daniels regularly invites you to enjoy a healthy meal. "Beautiful food for beautiful people" - the recipes should not only appeal to the mind, but also to the body, which is why healthy ingredients are an important part of her creative cuisine. Sabrina Sue Daniels is the author of several cookbooks.

Cooking at a glance - easier than ever before

Fed up of reading pages and pages and following complicated steps in recipe books? No problem - this innovative cookbook makes cooking easier than ever before! Instead of long instructions, photos of ingredients and illustrations lead you step by step to your finished dish. Whether starters, main courses or desserts: coconut sweet potato soup, halloumi burger, pomegranate mojito or cherry chocolate muffins - 100 everyday treats will land on your plate in no time and free of stress. Ideal for lazy readers and all hobby chefs who want to try something new in the kitchen. Few ingredients, simple preparation, but maximum enjoyment - cooking made fun for everyone!

Selling points and marketing:

- innovative concept, unusual design, with pictures instead of texts to a complete dish
- 100 fast and varied recipes for every occasion
- high quality glossy photos of food
- all dishes include nutritional information



Launch:	16.10.2019
Author:	Leesker, Christiane; Jansen, Vanessa
Title:	I love you Cookbook for couples in love
Pages/ Cover/ Format:	176 pages, hardback, 190x240mm
ISBN:	978-3-7423-1091-0
Price:	D: 19.99 EUR

Author:

Christiane Leesker studied graphic design at the FH Münster and the École des Beaux-Arts in Nancy. She then worked in an advertising agency, a bookstore and a cookbook publishing house before becoming self-employed in 2003. Just Married has already been published by riva Verlag. The cookbook for newlyweds.

After completing her training and working for a few months in an advertising agency in Alicante, Vanessa Jansen settled as a freelance photographer as a food and mood photographer and together with Christiane Leesker she started to realize ideas for cookbooks and baking books.

The follow-up to Just Married. The cookbook for newly-weds

Cooking for each other makes you happy and is a very special way to show your love! This book is aimed at all those who like cooking for their partner and are looking for new and exciting recipes for diverse occasions in their life together - whether a romantic breakfast, a picnic in the park, feel-good time on the couch, meal prep for a long working day, simple everyday dishes or a menu for friends. The book is well equipped, contains beautiful photos of recipes to get you in the mood, to make you want to cook something up right away, and is perfect as a 'little something' to take to a couples' evening, as a gift for an engagement or as a culinary companion for every couple.

Selling points and marketing:

- beautiful and special gift for your partner or another couple
- 50 recipes for various occasions: a romantic breakfast, picnic in the park, feel-good dishes on the couch and many more.



ET:	11.09.2019
Author:	Zapatka, Bianca
Title:	Vegan Food Porn 100 simple and delicious recipes
Pages/ Cover/ Format:	272 pages, hardback, 190x240mm
ISBN:	978-3-7423-1145-0
Price:	D: 22.00 EUR

Author:

Bianca Zapatka began her career as a food stylist and recipe developer on Instagram. To maintain a healthy and fit lifestyle, she began to create and share her own vegan recipes. Bianca's passion for delicious and aesthetic dishes has inspired over 400,000 fans. Her recipes are not only for vegans, but for all who want to enjoy and reduce the consumption of animal products.

Germany's most successful vegan food blogger

"Wow, and that's vegan!" is the most common response to photos by food blogger and Instagram star Bianca Zapatka. Bianca's cuisine is vegan - but anything but boring. Her creations are a real feast for the eyes and so delicious that not only vegans get excited. Whether vanilla pancakes with blueberry cream and white chocolate, burrito samosas with guacamole, tortellini with almond ricotta or peanut butter chocolate cake - in her extraordinary cookbook Bianca reveals her 100 favourite dishes and shows you how much fun vegan cooking can be. Using step-by-step pictures and practical tips and tricks, you can easily recreate the recipes as well as your own food porn.

Selling points and marketing:

- over 400,000 followers on Instagram
- 100 delicious recipes for breakfast, lunch, dinner and dessert
- Each recipe is beautifully illustrated



Launch:	16.10.2019
Author:	Till, Charly; Engler, Janosch
Title:	Healthy homemade dog food Top 55 recipes
Pages/ Cover/ Format:	approx.96 pages, paperback, 170x240mm
ISBN:	978-3-7423-1125-2
Price:	D: 9.99 EUR

Author:

Charly Till is a process and industrial engineer. In the year 2000 he discovered his love for cooking as a balance to everyday stress. When the Thermomix® entered the house, he immediately compared it to a "mini pulper" used in paper production and was enthusiastic about its versatility. A few years later, he published his first cookery books for men and for barbecuing.

Janosch Engler has been working in publishing since 2013. In his spare time he is very interested in nutrition and dogs. He is co-author of several cookbooks.

More and more dog owners don't want cheap food

Healthy nutrition is important - also for the four-legged members of our family!

With the recipes in this book you can feed your dog with high quality yet still inexpensive fresh meals made with meat and vegetables. Dog biscuits as a special treat during training and play are also a must. Picking the right food also takes frequent health problems of a dog, such as intolerance, overweight or arthrosis into account and meets the special requirements of different age groups, breeds or sizes.

If you want the best for your dog, you should feed him without additives, colorants and sugar - with this book it is quick and easy.

Selling points and marketing:

- recipes for dogs of all ages and special needs
- bestselling author – more than 45,000 cookbooks sold through riva Publications
- 55 healthy and simple recipes for all breeds



Launch:	11.09.2019
Author:	Till, Charly
Title:	The best homemade spreads 75 savoury and sweet recipes
Pages/ Cover/ Format:	96 pages, paperback, 170x240mm
ISBN:	978-3-7423-1126-9
Price:	D: 9.99 EUR

Author:

Charly Till is a process and industrial engineer. In the year 2000 he discovered his love for cooking as a balance to everyday stress. When the Thermomix® entered the house, he immediately compared it to a "mini pulper" used in paper production and was enthusiastic about its versatility. A few years later, he published his first cookery books for men and for barbecuing. Whenever his time allows, he stands in the kitchen at the Thermomix and tests new recipes. His instructions are easy to follow, even for the inexperienced. His books "Kochen für Kerle mit dem Thermomix®" and "Das Grillbuch für den Thermomix®" have already been published by riva.

More variety on your bread with delicious homemade spreads

Man does not live by bread alone - he also needs a tasty spread! Charly Till reveals in this book how you can conjure up the finest spreads in just a few minutes. 75 recipes for meat, fish and cheese lovers as well as vegetarians and vegans provide culinary variety and eliminate the need for a ready-made spread.

Whether bruschetta topping, roasted pepper spread, tuna avocado cream, sheep's cheese variety, beetroot hummus, chicken curry spread, flavoured butter or sweets, such as pistachio or date chestnut cream - the recipes always succeed and are prepared in no time at all.

Prepare a tasty end to the monotony on your slice of bread!

Selling points and marketing:

- publication of '1 Brot - 50 Aufstriche (1 Bread – 50 Spreads) by GU has been sold 100,000 times
- bestselling author – 45,000 sold copies of cookery books through riva Verlag
- 75 fast and easy recipes: with meat, fish, cheese, vegan, but also sweet spreads



Launch:	11.09.2019
Author:	Pichl, Veronika
Title:	Low Carb Blitz Cooking from Thermomix ® Over 60 quick and easy recipes. With many all-in-one dishes.
Pages/ Cover/ Format:	approx. 128 pages, paperback, 170x240mm
ISBN:	978-3-7423-1068-2
Price:	D: 12.99 EUR

Author:

Veronika Pichl, born in 1980, is a successful author of books on weight loss, nutrition, exercise and happiness. She develops guidebooks for riva Verlag and Happy Fit Food Verlag (www.happyfitfood.de), which she founded herself. She has already published numerous cookbooks for riva Verlag.

Delicious low carb dishes in the twinkling of an eye - super fast and super delicious!

No time to prepare fresh and healthy dishes because of everyday stress? As of today, there is no excuse anymore! In this book you'll find over 60 simple low carbohydrate recipes that can be put on your table in a flash using the Thermomix®. Whether scrumptious salads, steam-cooked vegetables, fish dishes or practical all-in-one meals - nutrition expert Veronika Pichl leaves nothing to be desired and shows how varied, healthy and fresh this style of cooking can be!

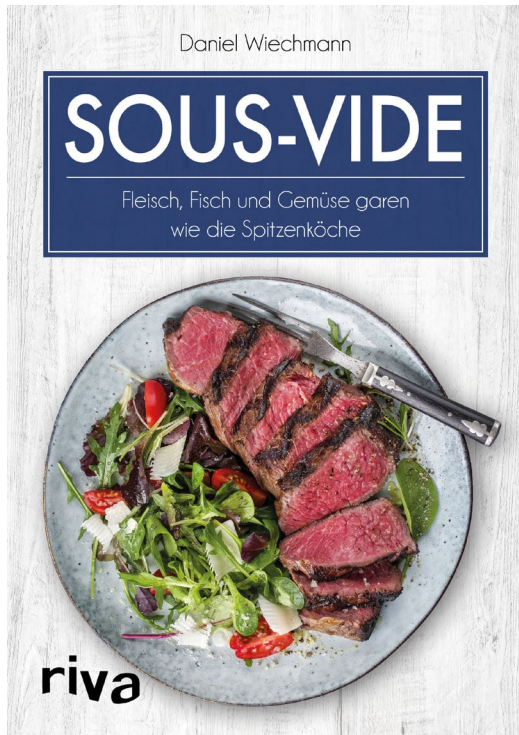
All recipes have been developed and tested with the Thermomix® TM5.

Independently researched, not influenced by the manufacturer.

You can find more information at: www.thermomix-fans.de

Selling points and marketing:

- more than 60 recipes guaranteed to succeed
- more than 10,000 copies of Low Carb - Quick and Easy using Thermomix® sold
- soups, salads, fish, meat, desserts and more: something for everyone
- stress-free cooking including many all-in-one dishes



Launch:	11.09.2019
Author:	Wiechmann, Daniel
Title:	Sous-vide Cooking meat, fish and vegetables like the top chefs
Pages/ Cover/ Format:	approx. 128 pages, paperback, 148x210mm
ISBN:	978-3-7423-1028-6
Price:	D: 9.99 EUR

Author:

Daniel Wiechmann was born in 1974 and grew up in Berlin. He trained as an editor at the German School of Journalism in Munich and studied newspaper and communication sciences. For more than 15 years he has worked as an independent editor, author and copywriter for publishing houses and agencies and has published numerous entertainment and non-fiction books.

The secret held by top chefs for deliciously juicy meat

In top gastronomy, sous-vide cooking is standard. The ingredients are packed in a vacuum and gently cooked in a water bath at a low temperature. This enhances flavour and is healthy, because aromas, vitamins and minerals do not lose their nutritious value in the vacuum bag. Steaks and roasts become incredibly tender, fish remains juicy and always succeeds. This book explains the cooking process step by step with many tips and tricks. Treat yourself and your guests to incomparable taste experiences with over 75 refined recipes for meat, fish and egg dishes, vegetables, fruit, soups and desserts.

Selling points and marketing:

- revolutionary cooking method explained step by step
- 75 recipes - all illustrated
- with numerous detailed temperature tables



Launch:	30.12.2019
Author:	Worm, Nicolai; Mangiameli, Franca; Lemberger, Heike
Title:	The New LOGI Diet - the Cookbook Over 80 Mediterranean recipes for slimming and staying slim
Pages/ Cover/ Format:	224 pages, paperback, 170x240mm
ISBN:	978-3-7423-1083-5
Price:	D: 22.00 EUR

Author:

Prof. Dr. oec. troph. Nicolai Worm is one of the leading nutritionists in Germany. Since 2008 he is professor at the German University for Prevention and Health Management. He has written numerous bestsellers, brochures and specialist articles.

Franca Mangiameli is an ecotrophologist with Mediterranean roots. The Italian has been coaching over 20 years people with obesity.

Heike Lemberger, ecotrophologist and DSSV fitness teacher, is an experienced speaker, trainer and nutrition expert.

The Mediterranean Cookbook for the New LOGI Diet

The new LOGI diet provides an unbeatable formula for weight loss, flexibly combining the two successful diet approaches of low carb and formula meals. In this way, excess weight can be shed in the wink of an eye and your health can be improved in the long term. This cookbook is the ideal companion from the start to the reduction phase to the desired weight: more than 80 Mediterranean dishes made mainly from natural ingredients plus protein-rich shakes ensure long periods of satiation with low energy density. Whether vegetarian main courses, dishes with fish and meat, salads or snacks, there is something for every taste. Valuable tips and tricks make getting started easier and support your personal success.

Selling points and marketing:

- losing weight with LOGI is varied, fun and tastes great!
- enjoy Mediterranean cuisine - stay slim permanently: over 80 healthy recipes
- includes shopping list, weekly plan and many practical tips and tricks for a slim approach to life



Launch:	30.12.2019
Author:	Worm, Nicolai; Mangiameli, Franca; Lemberger, Heike
Title:	The New LOGI Diet Slim the Mediterranean way – a scientific fact. The mega bestseller now state-of-the-art
Pages/ Cover/ Format:	240 pages, paperback, 170x240mm
ISBN:	978-3-7423-1082-8
Price:	D: 22.00 EUR

Author:

Prof. Dr. oec. troph. Nicolai Worm is one of the leading nutritionists in Germany. Since 2008 he is professor at the German University for Prevention and Health Management. He has written numerous bestsellers, brochures and specialist articles.

Franca Mangiameli is an ecotrophologist with Mediterranean roots. The Italian has been coaching over 20 years people with obesity.

Heike Lemberger, ecotrophologist and DSSV fitness teacher, is an experienced speaker, trainer and nutrition expert.

The most successful diet of the last 20 years - completely new and state-of-the-art

LOGI is the most successful slimming concept of the last 20 years. Once revolutionary, today it is scientifically well-founded and practiced very successfully for a healthier and slimmer life. In this book, the renowned nutritionist and bestselling author Dr. Nicolai Worm presents his new LOGI diet which reduces body fat efficiently and long-term and improves health. The scientifically ingenious and proven healthy combination of a Mediterranean-oriented, carbohydrate-reduced diet and a healthy lifestyle with plenty of sleep, sufficient exercise and little stress ensures rapid weight loss without hunger, calorie counting or yo-yo effect.

Selling points and marketing:

- over 1 million copies of the LOGI method sold
- unbeatable formula for weight loss with low carb and formula meals
- with low-carb recipes, weekly plans, lifestyle tips and fitness exercises



Launch:	25.03.2020
Author:	Cavelius, Anna
Title:	The Diet Compass What science knows about losing weight. Comparing 50 diets
Pages/ Cover/ Format:	approx. 256 pages, paperback, 145x215mm
ISBN:	978-3-7423-0914-3
Price:	D: 17.99 EUR

Author:

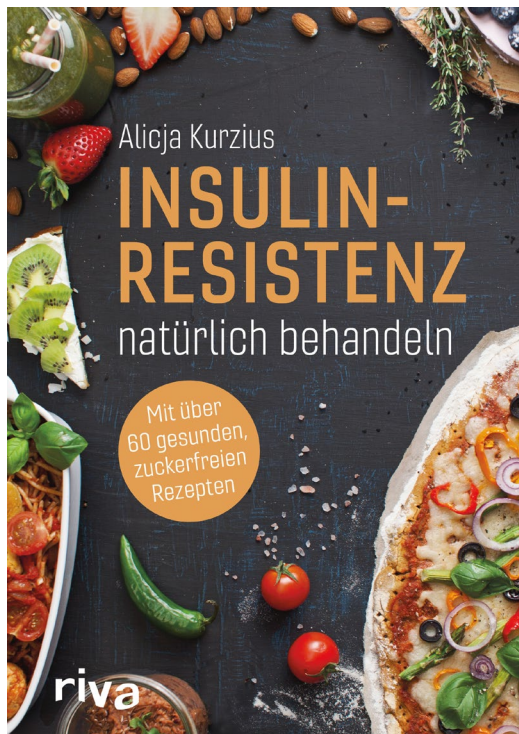
Anna Cavelius has been an independent science journalist for medical and lifestyle topics for more than twenty years and has written several bestsellers for the Weltbild-Verlag. As a co-author she was a part of Dr. Detlef Pape's successful bestseller series "Schlank im Schlaf" ("Slim in Sleep") and the books by Dr. Matthias Riedl's "Ernährungsdoc" ("Nutritional Doc").

Following 320,000 sold copies of 'Der Ernährungskompass' (Nutrition Compass), now an expert evaluation of the most popular diets

There are now hundreds of different diets that can help you get rid of your excess pounds. But which ones lead quickly and sustainably to success? In order to shed light on the situation, scientist and author Anna Cavelius has taken a close look at all the current dietary methods and the state of research. In this book, she reveals the seven formulas for successfully losing weight, which diet allows you to lose weight on a long-term basis and in a healthy way, which diet best fits you and which methods are best left well alone because they are ineffective or even harmful.

Selling points and marketing:

- scientist and author Anna Cavelius examines scientific studies on the subject of diets
- thorough, objective, clear - sheds light on the dark areas of the fight against flab
- includes test - which diet is best for me?



Launch:	16.10.2019
Author:	Kurzius, Alicja
Title:	Treating insulin resistance naturally Over 60 healthy, sugar-free recipes
Pages/ Cover/ Format:	272 pages, hardback, 170x240mm
ISBN:	978-3-7423-1095-8
Price:	D: 22.00 EUR
Author: Alicja Kurzius is an ergotherapist specialising in working with insulin resistance and hyper-insulinemia patients. She founded the first insulin resistance project in Germany with several self-help groups, which is accompanied by various specialists.	

The first guide to common metabolic disorders

Overweight, fatigue, difficulty concentrating, headaches, a constant feeling of hunger, an unfulfilled desire to have children - all these can be the result of insulin resistance.

Insulin resistance is the precursor of type 2 diabetes. With this common metabolic disorder, the cells show a reduced sensitivity to insulin which means that carbohydrates can no longer be used well and blood sugar levels increase. The good news is that in 90% of cases, the disease is triggered by the sufferer's lifestyle and can be reversed completely.

Alicja Kurzius suffered from insulin resistance and cured herself. With this guidebook from one affected person to another, she provides all-round help, from causes to diagnostics and correct treatment. This consists of a combination of change in diet, physical exercise and stress management. Over 60 recipes for everyday use, sports plans and practical tips support you on your way to a fitter life without insulin resistance.

Selling points and marketing:

- curing insulin resistance - preventing type 2 diabetes
- extremely widespread: up to 20% of the population in industrialized countries is insulin-resistant, 7 million Germans suffer from diabetes
- important basics, treatment options and tips for a healthier life without insulin resistance
- comprehensive insights - taught by specialists



Launch:	21.08.2019
Author:	Meiselbach, Bettina
Title:	Happy Carb: My favorite low-carb baking book 55 fantastic recipes from sweet to savoury
Pages/ Cover/ Format:	approx.128 pages, hardback, 148x210mm
ISBN:	978-3-95814-135-3
Price:	D: 12.00 EUR, A: 12.40 EUR

Author:

Bettina Meiselbach started her professional life after successfully completing her business studies. After 25 years in personnel management and a burnout, she completely changed her life. She discovered low-carb nutrition for herself, lost almost 60 kilograms, put her diabetes type 2 disease in its place and left her old job. The enthusiastic amateur chef began writing the Happy Carb blog, which became one of the most widely read low carb blogs in German-speaking countries. Numerous bestselling books were published under the series title Happy Carb.

Baking without flour and sugar

Low carb baking is a particular challenge as neither conventional flour nor refined sugar can be used. But the low-carb life is simply much nicer when a piece of sugar-free almond cake sweetens your tea party from time to time or you relax with a carbohydrate-reduced roll during a cosy weekend breakfast. This book presents 55 recipes for cakes, sweet and hearty pastries as well as bread and rolls in low carb - for every taste and every season: lemon cakes and almond licks, cheese sticks and crusty bread are just waiting for you to bake them. So you can feast minus a guilty conscience, without having to give up good bread and great cakes!

Selling points and marketing:

- finally baking recipes by the successful "Happy Carb" blogger B. Meiselbach
- 50 recipes for cakes, sweet and hearty pastries, bread and rolls
- the low carb trend continues - Bettina Meiselbach has already sold more than 60,000 books



Launch:	21.08.2019
Author:	Meiselbach, Bettina
Title:	Happy Carb: Merry Low-Carb-Christmas 55 heavenly recipes for cookies and festive menus
Pages/ Cover/ Format:	approx.128 pages, hardback, 148x210mm
ISBN:	978-3-95814-132-2
Price:	D: 12.00 EUR

Author:

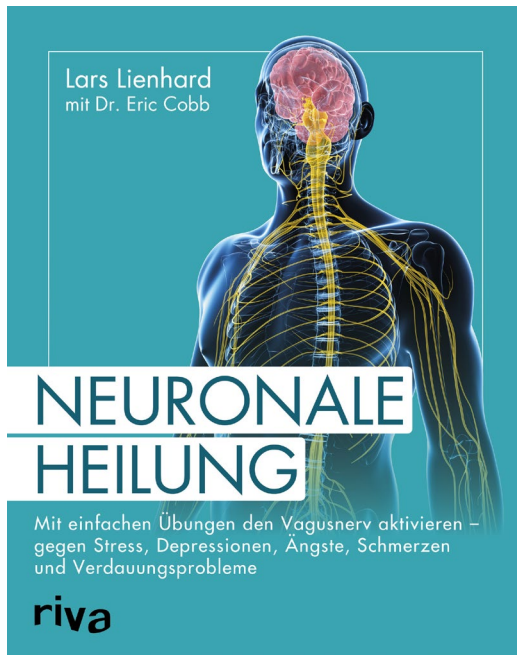
Bettina Meiselbach started her professional life after successfully completing her business studies. After 25 years in personnel management and a burnout, she completely changed her life. She discovered low-carb nutrition for herself, lost almost 60 kilograms, put her diabetes type 2 disease in its place and left her old job. The enthusiastic amateur chef began writing the Happy Carb blog, which became one of the most widely read low carb blogs in German-speaking countries. Numerous bestselling books were published under the series title Happy Carb.

Feast at Christmas and lose weight in the process

Christmas always means the house is full with the smell of cookies, festive food with the family and gourmet food. This book shows you that you don't have to go without when you eat low carb. Crunch your way through Advent with the wonderful sugar-free cookies and gingerbread and spoil your loved ones with low-carbohydrate Christmas menus with unusual starters, festive main courses and winter drinks! With these 55 recipes, the Christmas season will be a real culinary highlight and you and your family will not even notice that you are eating a healthy diet while enjoying it to the full but also protecting your figure at the same time. Merry Low Carb Christmas!

Sellig points and marketing:

- the first book on this subject that not only contains baking recipes but also complete menus
- by the successful Happy Carb blogger Bettina Meiselbach with over 60,000 copies sold



Launch:	13.11.2019
Author:	Lienhard, Lars; Cobb, Eric
Title:	Neuronal Healing Activate the vagus nerve with simple exercises - against stress, depression, anxiety, pain and digestive problems.
Pages/ Cover/ Format:	approx. 200 pages, paperback, 190x240mm
ISBN:	978-3-7423-1134-4
Price:	D: 24.99 EUR

Author:

Lars Lienhard, pioneer of neuroathletic training, works as a trainer, consultant and instructor in top-class sport. He is the leading expert for neuro-centric training in Europe and has prepared numerous athletes for the Olympic Games.

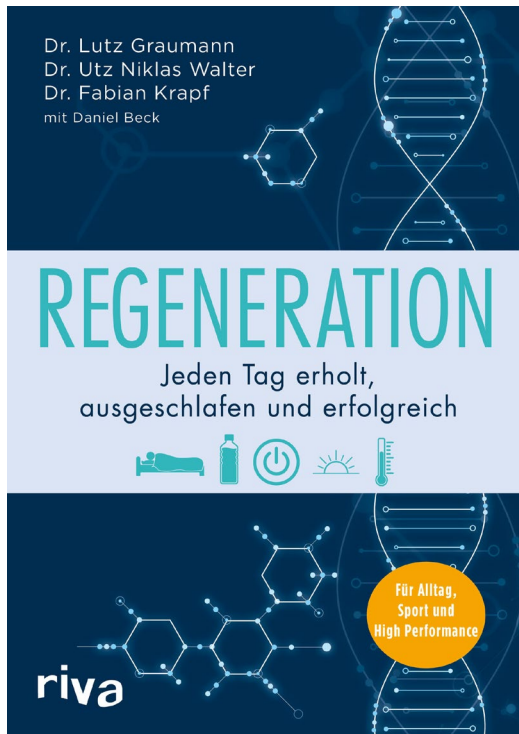
Dr. Eric Cobb, the founder of Z-Health® Performance Solutions, is one of the world's leading experts in innovative neurological rehabilitation and sports performance programs. With over 3000 certified trainers around the world, His goal is to establish neuro-centric training and therapy in clinics, gyms and sports facilities.

Vast growing interest in the vagus nerve

The vagus nerve is involved in the regulation of almost all organs of the body and has a great influence on health and well-being. Together with the insula cortex, a brain area in which information from the inside of the body is compared with sensory impressions, it forms the basis of our self-perception. Through targeted training of the vagus nerve and the neuronal components of our internal perception, depression, fear, digestive problems, but also pain, movement disorders or stress symptoms can easily be treated by the individual. Based on latest research, the authors show in over 70 exercises how the vagus nerve can be trained so that the self-healing powers are activated through better internal perception.

Selling point and marketing:

- the vagus nerve is of paramount importance for our health.
- by bestselling author and pioneer of neuro-athletics training, Lars Lienhard
- over 6,000 copies of 'Training begins in the Brain' sold in six months



Launch:	16.10.2019
Author:	Graumann, Lutz; Walter, Utz Niklas; Krapf, Fabian; Beck, Daniel
Title:	Regeneration Refreshed, well-rested and successful. For everyday life, sport and high performance
Pages/ Cover/ Format:	approx. 192 pages, paperback, 170x240mm
ISBN:	978-3-7423-1088-0
Price:	D: 19.99 EUR

Author:

Dr. Lutz Graumann is a physician specializing in sports and nutritional medicine. His participation in research programs made him a capacity in the field of Performance Medicine and Functional Training.

Dr. Utz N. Walter studied at the Sports University in Cologne, holds a doctorate in the field of occupational health research and is one of the leading sleep experts in Germany.

Dr. Fabian Krapf is head of the Germany-wide future study "whatsnext " and is one of the leading German experts on the subject of sleep in the work-world.

How each of us can become more efficient, fitter and healthier

Be it at work, during sport or in everyday life - nowadays we are exposed to high levels of stress. Sufficient regeneration is essential to meet the demands of today and to remain mentally and physically fit. Based on current research results, sports physician Dr Lutz Graumann and sleep experts Dr Utz Niklas Walter and Dr Fabian Krapf present the most efficient regeneration strategies for your body and mind. In addition to background information on human physiology, they explain the influence of nutrition, sleep, chronobiology and lifestyle habits on recovery and show how to optimize them. Test yourself to help develop individual measures to stay balanced, motivated and healthy long term.

Selling points and marketing:

- efficient regeneration strategies for body and mind in sleep optimization
- test yourself to tailor measures to individual needs
- based on the latest research on regeneration and sleep



Launch:	16.10.2019
Author:	Graumann, Lutz; Walter, Utz Niklas; Krapf, Fabian
Title:	Sleep Diary Documenting your sleeping habits will solve your problems. 90 days. Detailed information
Pages/Cover/Format:	approx. 128 pages, paperback, 170x240mm
ISBN:	978-3-7423-1039-2
Price:	D: 9.99 EUR

Author:

Dr. Lutz Graumann is a physician specializing in sports and nutritional medicine. His participation in research programs made him a capacity in the field of Performance Medicine and Functional Training.

Dr. Utz N. Walter studied at the Sports University in Cologne, holds a doctorate in the field of occupational health research and is one of the leading sleep experts in Germany.

Dr. Fabian Krapf is head of the Germany-wide future study "whatsnext " and is one of the leading German experts on the subject of sleep in the work-world.

A scientifically based analysis tool to stop sleep disorders

Good sleep is essential for health and well-being. With the help of a sleep diary, anyone struggling with sleep disorders can tackle their own problems with a scientific approach. By documenting sleep quality, duration, physical and mental complaints as well as medication or alcohol consumption, it is possible to identify recurring patterns and get to the bottom of the causes. An evaluation tool helps you to analyse which measures should be taken. Background information on sleep hygiene and more help to optimise your daily routine and environment and to develop evening and morning routines that ensure healthy sleep and thus more energy and vigour.

Selling points and marketing:

- 90 days to record and document your sleeping habits
- Evaluation sheet and effective strategies to improve sleep
- background information on harmful and beneficial behaviour as well as on proper sleep hygiene and duration



Launch:	11.09.2019
Author:	Cheung, Awai
Title:	The Qi formula for a long and healthy life The five pillars of Chinese medicine. Qigong, meditation, acupuncture - over 50 exercises
Pages/ Cover/ Format:	176 pages, paperback, 170x240mm
ISBN:	978-3-7423-0947-1
Price:	D: 19.99 EUR

Author:

Awai Cheung is a lecturer, speaker and bestselling author on Asian movement arts and sustainable health prevention.

For more than 25 years he holds specialized lectures, gives seminars at home and abroad and obtains valuable, immediately realizable impulses, inspiration and motivation in an amusing way. More on its Website: www.Qi-Formel.de

East meets West: Asian healing art against the pressures we face today

Traditional Chinese teaching regarding health has always aimed at restoring inner balance, bringing body and mind into harmony and letting the Qi energy, our life force, flow harmoniously. Awai Cheung combines these basics with Qigong, meditation and acupuncture to Qi-Fitness. His holistic method helps to build strength, to learn mindfulness and to achieve inner balance. Over 50 exercises provide energy in the morning, balance and relaxation in everyday life as well as relaxation and deceleration in the evening. The mixture of Far Eastern philosophy of life and practical fitness programme is ideal for all those looking for peace and tranquility and want to strengthen their health.

Selling points and marketing:

- more life energy, balance and health with Qi-Fitness
- combination of Chinese healing art, Qigong, meditation and acupuncture to a holistic exercise programme
- practical continuation of the bestseller The Qi formula (over 25,000 copies sold)



Launch:	11.09.2019
Author:	Harnisch, Günter
Title:	Healing with natural hormones Restore hormonal balance and trick old age.
Pages/ Cover/ Format:	208 pages, paperback, 145x215mm
ISBN:	978-3-7423-1064-4
Price:	D: 16.99 EUR

Author:

Dr. Günter Harnisch, lawyer and psychologist, has been head of the working group "Gesund leben" for many years. One of his main areas of activity is the research and testing of old, newly discovered natural healing methods. He is an expert in his field and has published around 40 books on healthy living, spirituality and natural healing. Many of them have been published in several languages.

Back to hormonal balance - without artificial hormones

Do you feel tired, weak, stressed and ill? A balanced hormonal system is essential for your well-being. Not only age, but also stress can be responsible for a decrease in hormone production. Instead of relying on artificial hormones, which are harmful to health and can cause cancer, Dr Günter Harnisch will show you how you can restore your hormonal balance in a natural way. He will introduce you to how herbal substances work and how you can target and stimulate the formation of the body's own hormones. He explains how you can compensate for deficiencies with natural remedies and the right diet. Simple self-diagnostic tests and practical treatment tips will help you get the production of serotonin, testosterone, thyroxine and other substances back on track. In this way you can heal complaints, stay healthy permanently and enjoy life actively and full of joy - side effects excluded.

Selling points and marketing:

- latest research findings, scientific basics and practical insights on how natural hormones work
- growing target group due to demographic change
- with simple tests for self-diagnosis and practical tips for treatment
- renowned author and expert on natural healing methods



Launch:	13.11.2019
Author:	Mestars, Lisa
Title:	Lymph Drainage Detox Treat edema and swelling yourself and strengthen your immune system
Pages/ Cover/ Format:	approx. 128 pages, paperback, 145x215mm
ISBN:	978-3-7423-1033-0
Price:	D: 12.99 EU

Author:

Lisa Mestars is an expert in the holistic health field. The trained physiotherapist works in her own private practice and since 2010 she is also a lymphotherapist. To enable more people to live healthier and happier lives, she launched the YouTube channel and podcast Body Science in 2017. There she passes on health knowledge in an understandable way for everyone. Her video on lymphatic drainage is one of the most popular posts.

No more thick legs: lymphatic drainage at home

The lymphatic system is an important component of the body's own defence mechanism. If its function is disturbed, lymphedema, skin changes or immune deficiency can occur. The remedy is lymph drainage which stimulates the lymph flow and detoxifies the system through gentle grips, pressure and relaxation techniques. Lymph therapist Lisa Mestars will show you how to do this yourself. She explains the advantages and effects of drainage which can help not only with edemas but also with lipedema, prevent water retention and strengthen the immune system. In addition to the instructions for self-drainage, she gives further tips on how to balance the lymphatic system with exercise, the right diet and breathing exercises.

Selling points and marketing:

- comprehensive information on the basics and functions of the lymphatic system
- practical guide on the effects and how to perform lymphatic drainage
- the author is a lymphatic drainage therapist and runs the successful podcast Body Science



Launch:	30.12.2019
Author:	Lienhard, Lars
Title:	Strength begins in the Brain Maximize strength with neuro-athletics
Pages/Cover/Format:	approx. 200 pages, paperback, 190x240mm
ISBN:	978-3-7423-1135-1
Price:	D: 24.99 EUR

Author:

Lars Lienhard, pioneer of neuroathletic training, works as a trainer, consultant and instructor in top-class sport. The sports scientist and former competitive athlete is the leading expert for neuro-centric training in Europe. He has prepared numerous athletes for the Olympic Games and supports clubs and associations as a trainer and consultant at major sporting events and in conceptual issues. For example, he was coach for the 2014 FIFA World Cup in Brazil and the 2016 Olympic Games in Rio.

The neuronal revolution of strength training

How much strength a muscle can generate is primarily determined by the brain and the central nervous system. The muscles are "only" the executing organs. This book explains to strength athletes - whether professional or recreational - how the brain can optimize generating strength through neuronal methods. Lars Lienhard, the leading German expert on neuro-centred training, will show the most efficient methods to harness the full potential of muscles. More than 70 illustrated exercises are presented in a comprehensible way and can be carried out anywhere. Special plans help you to optimize your training and increase your performance. This book will revolutionize strength training and enable new top performances.

Selling points and marketing:

- neuro-athletics used in professional sport for years – now has a place in popular sport.
- second book by the leading German expert on neuro-centred training
- over 6,000 copies of 'Training begins in the Brain' by riva sold in three months
- First book of its kind on the market



Launch:	16.10.2019
Author:	Doll, Marcel; Kempf, Jessica
Title:	Mobility and Stretching with the Sling Trainer Over 60 exercises for more mobility
Pages/ Cover/ Format:	160 pages, paperback, 190x240mm
ISBN:	978-3-7423-1010-1
Price:	D: 19.99 EUR

Author:

Marcel Doll studied Fitness Economics (B.A.) and earned his Master in Health Management and Prevention with a focus on Sports Psychology and Stress Management. He has also completed training courses. He is founder and owner of YOU Personal Training where he works as a personal trainer and writes for the Functional Training Magazine.

Jessica Kempf is a qualified sports and gymnastics teacher with qualification in sports therapy.

The first guidebook for mobility training on the popular sling trainer

Sling trainers can be found in almost all fitness studios today. But you can also train at home or outside with slings. This fitness tool is not only perfect for your muscle and condition training, it is also ideal for mobility training and stretching. As an extension of the fascia lines, the loops intensify every stretch and thus increase the training effect. In this book you will find over 60 illustrated and detailed exercises for more mobility in everyday life and sports. You can build them into a warm-up, complete your workout with them, or create your own workout. To make it easier for you to plan your workout, each exercise has a difficulty level. You can also start with the sample workouts, which are shown in an extra chapter. Any sling trainer can be used for this training, not just the system used in the book.

The exercises and workouts are suitable for every training level - no matter if you are a beginner or a seasoned user.

Selling points and marketing:

- from the author of the bestseller, The Ultimate Sling Training, with over 40,000 copies sold
- mobility and stretching are important and sought-after topics in the fitness scene.



Launch:	30.12.2019
Author:	Brinkmann, Katharina
Title:	The 30-Day Bikini Challenge Easy to lose weight and stay slim. With mini workouts, recipes and motivation tips.
Pages/ Cover/ Format:	approx. 128 pages, paperback, 190x240mm
ISBN:	978-3-7423-1038-5
Price:	D: 9.99 EUR

Author:

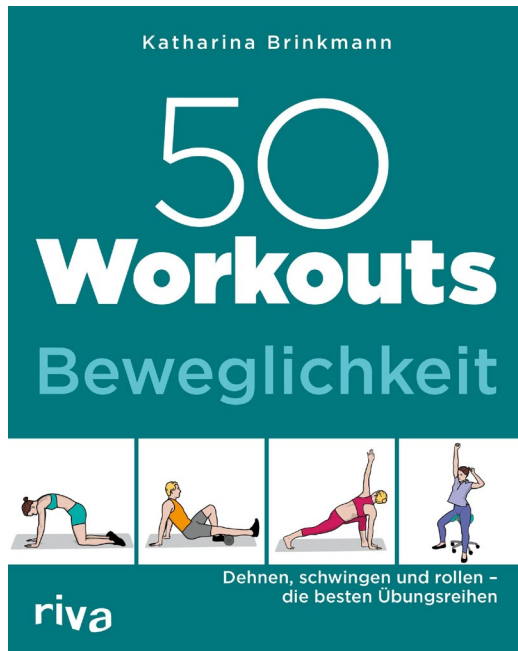
Katharina Brinkmann is founder of "YOU - Yoga & more", yoga teacher and has specialized as a group trainer in the field of fasciae and mobility. She wrote her first book for riva Verlag in 2016: Yoga fascia training. Other successful books followed: Functional Training for Women, Sciatica and Piriformis Syndrome, The Impingement Syndrome of the Shoulder, 50 Workouts - Yoga.

The 30-day Bikini Challenge for the beginning of the year

It only takes 30 days to get rid of that annoying winter surplus and get into top form. With the 30-day bikini challenge, Katharina Brinkmann has put together an effective programme for quick success. Every day there is a mini-workout with illustrated exercise sequences as well as tips and tricks for implementation and motivation. The workouts, which include strengthening exercises as well as short intensive endurance units, optimally stimulate fat burning. A nutrition concept with 30 tasty recipes tailored to the training rounds off the programme. When the 30-day challenge is over, it can be repeated as often as you like, because it is a basis for staying in shape successfully in the long term.

Selling points and marketing:

- fitness challenges are a current trend and very popular on Pinterest
- down two dress sizes in 30 days
- with illustrated workouts, recipes and motivational tips
- over 50,000 sold copies in the series Bikini Bootcamp



Launch:	11.09.2019
Author:	Brinkmann, Katharina
Title:	50 Workouts – Staying Mobile Stretching, swinging and rolling - the best series on exercise
Pages/ Cover/ Format:	144 pages, paperback, 190x240mm
ISBN:	978-3-7423-1026-2
Price:	D: 9.99 EUR

Author:

Katharina Brinkmann is founder of "YOU - Yoga & more", yoga teacher and has specialized as a group trainer in the field of fasciae and mobility. She wrote her first book for riva Verlag in 2016: Yoga fascia training. Other successful books followed: Functional Training for Women, Sciatica and Piriformis Syndrome, The Impingement Syndrome of the Shoulder, 50 Workouts - Yoga.

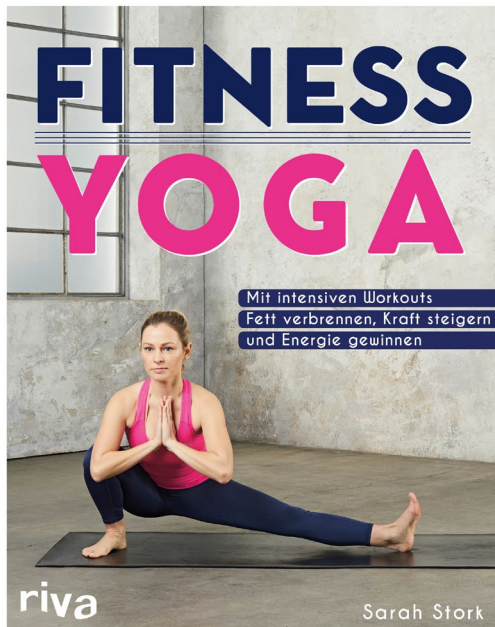
Successful series of 50 workouts - great value for money

Strength and endurance require another basic prerequisite for a healthy and fit body - mobility. With these 50 workouts, Katharina Brinkmann shows with stretching and exercises to keep you mobile and full of swing how not only joints become more flexible, but also muscles, fasciae and ligaments become more elastic and flexible again. With a series of exercises targeted at individual areas of the body, such as hips, shoulders and spine as well as with specific routines and programmes that can even be performed at the workplace, mobility can be optimally trained.

These workouts last between 10 - 45 minutes and have different degrees of difficulty but ensure rapid success. After just a few exercise units, you will notice more vitality in everyday life and sport.

Selling points and marketing:

- 50 series of exercises for more variety in mobility training
- 25,000 sold copies in the series 50 Workouts
- simple and clear presentation of the exercises, illustrated throughout



Launch:	11.09.2019
Author:	Stork, Sarah
Title:	Fitness Yoga Burn fat, increase strength and gain energy with intensive workouts
Pages/ Cover/ Format:	192 pages, paperback, 190x240mm
ISBN:	978-3-7423-0967-9
Price:	D: 19.99 EUR

Author:

The actress and yoga teacher Sarah Stork, known from several popular TV series, found her way to yoga at the age of 17. Since then it has been an essential part of her life. In addition to all the daily challenges in her job and as the mother of a five-year-old daughter, in yoga, she has found a reliable source to stay fit. She passes on her yoga knowledge to the world in retreats, workshops and her weekly column.

Exercise and Weight Loss with Yoga

Yoga does not have to be a spiritual exercise in relaxation; it can also be used as intensive fitness training. Fitness yoga focuses entirely on this component: with eight highly effective programmes, the body can be trained where needed. No matter whether you want to burn fat, define muscles or simply get some power - from the Metabolic Booster to the Core-&-Abs-Challenge to After Work Stress Relief, there is something for every fitness goal. Actress and yoga teacher Sarah Stork demonstrates in over 80 exercises how yoga can be used as a versatile workout to increase strength, flexibility and endurance or to lose weight and get into shape.

Selling points and marketing:

- high-intensity yoga workouts from abdomen, legs, bottom to HIT
- over 80 illustrated exercises for more strength, flexibility and endurance
- author with media reach



Launch:	11.09.2019
Author:	Diefenbach, Prof. Sarah
Title:	Why two halves are more fattening than a whole piece of cake Exposing and overcoming psychological pitfalls
Pages/ Cover/ Format:	approx. 240 pages, paperback, 135x205mm
ISBN:	978-3-7474-0078-4
Price:	D: 16.99 EUR

Author:

Sarah Diefenbach is Professor of Business Psychology at the LMU Munich. She does research in the field of human-technology interaction. Her current studies focus, among other things, on the use of communication technologies and effects for well-being as well as psychological mechanisms behind phenomena in social media that no one wanted (e.g. selfie paradox).

Seeing things for what they really are

Why do we get into a conflict when we wanted to avoid stress? And why do we believe that successful people always make the right decisions? This is often caused by typical pitfalls in our way of thinking that prevent us from having a clear view. Using numerous examples from everyday situations, experienced psychologist Sarah Diefenbach explains how our psyche misleads us and what we can do to expose and overcome errors in thinking. From the choice of partner, to diets, conflicts at work, to the desire to find our vocation in life, she sharpens our awareness of situations in which we cheat and hinder ourselves. Only those who see things as they really are have the chance to change them.

Selling points and marketing:

- the female answer to Rolf Dobellis 'Die Kunst des klaren Denkens'
- Sarah Diefenbach is a renowned author and professor of business psychology
- with numerous examples and scientific findings: how to escape pitfalls in our way of thinking in everyday life!



Launch:	16.10.2019
Author:	Hammer, Matthias
Title:	Micro Habits How to stop harmful habits and establish good ones
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0107-1
Price:	D: 16.99 EUR

Author:

Dr. Matthias Hammer, born 1966, studied psychology in Tübingen, Chicago and New York. He is a psychological psychotherapist and works as a resident psychotherapist in Stuttgart. He is trained in behavioural therapy, humanistic methods and stress management. He gives lectures and seminars. He leads scientific studies and has written numerous articles, and self-help books on the topics of stress, mindfulness and mental illness. "The enemy in my head" was published 2015, followed 2018 by "Love the child in you".

This book shows you how to break the force of habit with easy tricks

Our everyday lives consist of many small habits that influence and determine our own well-being. Most of the time we do them unconsciously and we don't even notice if they aren't doing us any good. This is why it is often so difficult for us to bring about major changes, such as finally taking regular exercise, giving up smoking or eating a healthy diet.

With the five-step Micro-Habit programme by renowned behavioural therapist Matthias Hammer, anyone can now change their habits and behaviour for the better. Easy to follow and graphic, he explains how to recognize one's own bad habits and replace them step by step with good ones. Making a small change in your day is already enough to improve things with a lasting effect so you can get on with what really matters in your life.

Selling points and marketing:

- a new revolutionary approach to behavioural therapy-Micro Habits can help anyone establish new habits.
- healthy nutrition, more sport, mindfulness: this is how anyone can succeed in implementing their own goals and integrating them into everyday life.



Launch:	16.10.2019
Author:	Peters, Sarah
Title:	Finding a way out How I didn't leave my home for years out of fear - and how hypnosis healed me
Pages/ Cover/ Format:	approx. 272 pages, paperback, 135x205mm
ISBN:	978-3-7474-0105-7
Price:	D: 16.99 EUR

Author:

Sarah Peters, born in 1988, fell ill with an anxiety disorder during her studies. She could not leave her apartment for four years, but found her way back to life thanks to hypnosis therapy. Today, as a hypnotherapist, she helps and inspires other patients, works as a certified hypnotherapist and alternative practitioner for psychotherapy. In 2018 she opened her own practice "Heart Hypnosis" in Berlin.

12 million Germans suffer from this anxiety disorder; 10 percent of the population suffer from social phobias.

When Sarah Peters arrived in Berlin at the age of 21, it should have been the starting point for a new life. But her first fears and panic attacks, initially on meeting other people, slowly began to restrict her everyday life. A passing "phase". Only it doesn't pass. On the contrary, the anxiety disorder spreads throughout her life, becomes more and more debilitating. At first Sarah tries to fight it but her strength begins to dwindle and she doesn't leave the apartment because of exhaustion and fear. A whole four years go past during which she gains 80 kilos. But finally she finds a way out.

Sarah Peters tells us unsparingly and openly how she found the strength and courage to overcome her fears and panic attacks with the help of cause-oriented hypnosis therapy.

Selling points and marketing:

- a success story: Sarah Peters has overcome this widespread disease and is now helping those affected
- press interest: BILD and SAT 1 have already reported on Sarah Peters
- for readers of Klaus Bernhardt's "Panikattacken und Angststörungen loswerden" (how to get rid of panic attacks and fear) and Nicholas Müller's "Ich bin mal eben wieder tot" (signing off for a while)



Launch:	21.08.2019
Author:	Heintze, Anne
Title:	Highly Sensitive at Work How your sensitivity can make you successful
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0094-4
Price:	D: 16.99 EUR

Author:

Anne Heintze is an author, therapist and coach for extraordinary people. She is an expert in high sensitivity and high aptitude . She cares passionately for all people who want a lot from life, who want to feel more, perceive more deeply and realize great visions.

Over half a million copies sold: being highly sensitive as top topic for counselling

Being highly sensitive in the workplace is often not talked about in everyday life because it could seem like a weakness. Those who are particularly sensitive will quickly find themselves pigeon-holed as sensitive little people or will be reviled as wet blankets or crybabies. Highly sensitive people of course behave differently in certain situations. But are they really less resilient, inefficient or unable to criticise?

This book sheds light on the special living and working conditions of highly sensitive people and shows the possible challenges but also the opportunities that lie in empathy and how to create the right working conditions to allow these to blossom to the full.

Selling points and marketing:

- practical tips from the expert - experienced therapist Anne Heintze helps find the right working environment
- hands-on advice on a sensitive topic: exercises, impulses for reflection and more
- successful at work thanks to being highly sensitive - how we transform a weakness into a special strength



Launch:	13.11.2019
Author:	Spitzer, Manfred
Title:	What is Happiness? A psychological and neuroscientific view of our sense of happiness
Pages/ Cover/ Format:	approx. 64 pages, hardback, 105x150mm
ISBN:	978-3-7474-0132-3
Price:	D: 9.99 EUR

Author:

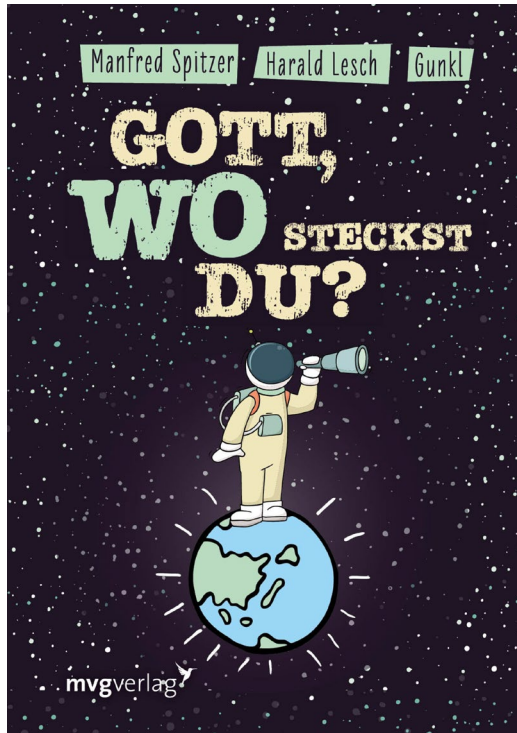
Prof. Dr. Dr. Manfred Spitzer is one of the most important brain researchers in Germany, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Centre for Neuroscience. He is the author of numerous bestsellers, e.g. "Digitale Demenz".

Germany's best-known brain researcher Manfred Spitzer provides exciting answers to one of humankind's biggest questions

Happiness is subjective and means something different to everyone. But can happiness also be viewed scientifically? The well-known neuroscientist and psychologist Manfred Spitzer explains in his usual relaxed and easy to understand way how feelings of happiness develop in our brain. The bestselling author shows what role education and personal attitudes play and whether one can learn happiness. For, if we understand what leads to experiencing happiness, we can use this knowledge for ourselves.

Selling points and marketing:

- informative, sensitive, funny: for those who want to understand the complex feeling called happiness
- great present for those interested and those searching for happiness
- question of attitude, chance or something you can learn? Never before has happiness been explained so well and treated so comprehensively



Launch:	16.10.2019
Author:	Spitzer, Manfred; Lesch, Harald; Gunkl
Title:	GOD Where are you?
Pages/ Cover/ Format:	approx. 128 pages, hardback, 105x150mm
ISBN:	978-3-7474-0110-1
Price:	D: 12.99 EUR

Author:

Prof. Dr. Dr. Manfred Spitzer is one of the most important brain researchers in Germany, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Centre for Neuroscience. He is the author of numerous bestsellers, e.g. "Digitale Demenz".

Harald Lesch is Professor of Theoretical Astrophysics at the University of Munich and teaches Natural Philosophy. He is the author of numerous bestsellers and moderator of successful knowledge programs such as Lesch's Kosmos.

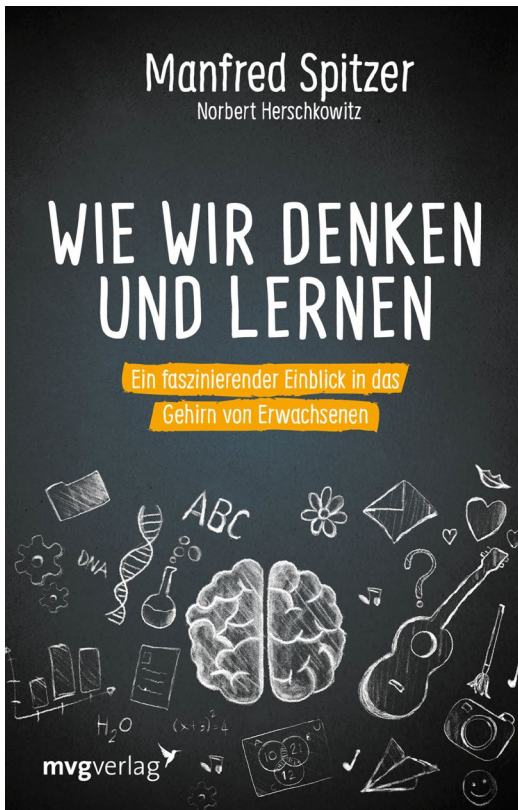
Günther 'Gunkl' Paal is an Austrian cabaret artist.

No joke: a psychiatrist, an astrophysicist, and a cabaret artist talking about God.

Many people talk about God, even if mostly they only believe that they know something about the Almighty. And those who think they do know something - theologians - claim that natural scientists wouldn't be able to say anything about God anyway. The three authors of this book prove the opposite: astrophysicist Harald Lesch, who teaches philosophy at a Jesuit college, psychiatrist Manfred Spitzer, who deals with delusions all the time, and the most intellectual of cabaret artists, Günther "Gunkl" Paal. Meant seriously, it is nevertheless a very funny conversation on the subject of God!

Selling points and marketing:

- over 800,000 copies in total circulation: bestselling guarantors Spitzer and Lesch in search of God
- highly entertaining approach to one of the oldest questions in the world
- unique combination of authors from a variety of disciplines provides for diverse discussion about God



Launch:	13.11.2019
Author:	Spitzer, Manfred; Herschkowitz, Norbert
Title:	How We Think and Learn A fascinating insight into the brain of adults
Pages/ Cover/ Format:	approx. 160 pages, hardcover, 120x187mm
ISBN:	978-3-7474-0113-2
Price:	D: 16.99 EUR

Author:

Prof. Dr. Dr. Manfred Spitzer is one of the most important brain researchers in Germany, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Centre for Neuroscience. He is the author of numerous bestsellers, e.g. "Digitale Demenz".

Norbert Herschkowitz is a pediatrician, brain researcher and renowned author. For 25 years he was head of the Department of Development and Developmental Disorders at the University Children's Hospital in Bern. He is also a board member of the Swiss Brain League.

Bestselling author Manfred Spitzer's thorough and entertaining answer to: How does our brain change with age?

There are obvious differences between a 20-year-old and an 80-year-old, but how does the ability to think and learn change during this period? At what age does the brain stop maturing and is it actually more difficult for a 40-year-old to learn a foreign language than for a 20-year-old? It is clear that a child's nervous system grows, but does this mean that an adult's deteriorates? Best-selling author and renowned psychiatrist Manfred Spitzer, together with the brain researcher Norbert Herschkowitz, answer in the usual comprehensible and entertaining way how the human brain changes in adulthood and whether the "aging brain" cannot also have advantages.

Selling points and marketing:

- entire circulation for guaranteed success with Manfred Spitzer: 550,000 copies
- renowned neuro-scientist gives amazing insights into the adult brain
- modern research shows: challenging the brain results in keeping it fit longer



Happy HASHIMOTO

Ein praktischer Leitfaden für ein
Leben mit der Krankheit



Yavi Hameister
Dr. Simone Koch

Launch:	13.11.2019
Author:	Hameister, Yavi; Koch, Simone
Title:	Happy Hashimoto A practical guide to living with the disease
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0123-1
Price:	D: 16.99 EUR

Author:

Yavi Hameister (*1986) studied German and worked as a freelance journalist and editor for many years. She has two children and writes in her blog mama-moves.de about topics that move the women's world. She is a personal trainer and nutritionist, especially looking after pregnant women and mothers.

Dr. Simone Koch (*1979) is a physician and has been working for 3 years in her own practice for nutritional and functional medicine. Previously, she worked as an assistant doctor in gynaecology. On her portal Autoimmunhilfe she tries to educate patients about autoimmune diseases and writes about her everyday life as a mother, doctor and patient.

New positive approach: embracing Hashimoto instead of despairing!

Hashimoto Thyroiditis is an autoimmune disease in the course of which the body attacks its own thyroid gland and ultimately destroys it. More than ten million people in Germany suffer from it, including Yavi Hameister. Together with Hashimoto expert Dr Simone Koch, she has now written a guidebook that provides those affected with tips and advice based on the insights gained from personal experience, but at the same time provides clarity about the disease, its symptoms and the possibilities for alleviating it through what the doctor prescribes. Desire to have children, body weight, mindset, nutrition: the reader receives help for every aspect of the disease.

Selling points and marketing:

- large target group: over 10 million affected in Germany
- remaining trend in health category: over 400,000 books sold on Hashimoto
- unique mix of expert opinion together with this popular blogger's own personal experience and insights into Hashimoto



Launch:	11.09.2019
Author:	Müller, Lena
Title:	Understanding women! Myths about body and psyche uncovered
Pages/ Cover/ Format:	approx. 272 pages, paperback, 135x205mm
ISBN:	978-3-7474-0104-0
Price:	D: 16.99 EUR

Author:

Dr. med. Lena Katharina Müller (born 1987) is a passionate physician. She studied medicine, dentistry and journalism and worked for many years in clinical research. At the age of 18 she travelled to Burkina Faso, West Africa, and subsequently founded the association "DEVELOPmed.aid e.V.", which provides medical treatment for children. She was a scholarship holder of the German economy and has won two prizes for outstanding social commitment.

There are enough people around who understand women – time for women to understand themselves better!

But to be honest, the female body is not always easy to interpret. What actually happens in the body and with the psyche during menstruation? Which contraceptives suit you best? What are the ways to become pregnant? And can fertility be controlled at all?

Dr Lena Müller has dealt intensively with all of these questions and summarises what every woman should know about her own gender, her body and brain but also about men. What distinguishes women from them and how and whether love works. Beyond all clichés, myths and half-truths, Lena Müller concentrates on the medical and psychological facts which she presents in a wonderfully understandable and humorous way.

Selling points and marketing:

- biological, medical and psychological facts – being a woman has never been explained in such a holistic and entertaining way before
- young charismatic expert who approaches the topic in a highly entertaining way



Launch:	04.12.2019
Author:	Schulz, Christoph
Title:	Sustainable living for beginners Making a difference step by step
Pages/ Cover/ Format:	approx. 224 pages, paperback, 148x210mm
ISBN:	978-3-7474-0089-0
Price:	D: 14.99 EUR
<p>Author:</p> <p>Since 2017 Christoph Schulz has been committed to his environmental protection project CareElite as an activist against plastic waste and other environmental problems. The worldwide community of nature-loving people educates our society about current environmental problems. Since the founding, he has lived a very sustainable life out of conviction and knows what hurdles are to be expected.</p>	

Because there is no Planet B

How much does a flight harm the environment? Why is the short cycle of the dishwasher more harmful than the normal programme? How can you watch your ecological footprint during your holidays? If you want to live sustainably and environmentally-consciously, you will come across many questions at the beginning. But environmental activist Christoph Schulz shows how everyone is capable of changing the world. In simple steps, he explains how to lead a more sustainable life and gives a comprehensive overview of the most important topics: from green electricity and fast fashion to sustainable investment, nutrition and green businesses. In this unique guide, you will learn everything you need to know about sustainability and climate protection in combination with tips worth imitating for your own environmentally-friendly day to day life.

Selling points and marketing:

- great global interest in climate activist Greta Thunberg and, among other things, (school) demos
- the first comprehensive guide to sustainability for all situations in life
- Christoph Schulz is a successful author, environmentalist and runs the successful CareElite blog
- with DIY ideas and many practical tips that are easy to integrate into everyday life



Launch:	21.08.2019
Author:	Dolma, Mawe
Title:	Arschsamkeit The art of casual attentiveness
Pages/ Cover/ Format:	64 pages, hardback, 105x150mm
ISBN:	978-3-7474-0116-3
Price:	D: 6.99 EUR

Author:

Mawe Dolma was born in Tibet. Her name means "philosopher who frees us from the suffering of worldly existence and likes to eat veggi burgers". In her early twenties she left her homeland to study mechanical engineering in Europe. Due to the extreme cramp in her environment, however, it became more and more difficult for her to concentrate. Therefore she quit her studies to spread positive vibrations, to teach relaxation and to eat veggie burgers.

For those who can no longer stand hearing about the mega-trend of mindfulness.

Some fool snatching a parking space from under your nose again? Your queue in the supermarket is once again the slowest? Then you know how hard it is to breathe in slowly and out again slowly in moments like these and to start a meditation of loving kindness. You don't need it either! Deeply relaxed 'Arschsamkeit' (couldn't-give-a-shit) expert Mawe Dolma has collected the best strategies as you confidently don't give a shit anymore.

With this book you can finally relax again.

Selling points and marketing:

- at last - a book that connects the "Good Girl's Guide" and the trend of mindfulness
- funny and highly entertaining: the perfect gift for all those who want to loosen up.
- for Alexandra Reinwarth and Mark Manson readers



Launch:	13.11.2019
Author:	Graf, Carolina
Title:	I can smile as in FUCK YOU How to strengthen your psychic immune system step by step. The resilience exercise book
Pages/ Cover/ Format:	approx. 96 pages, paperback, 145x215mm
ISBN:	978-3-7474-0119-4
Price:	D: 8.99 EUR

Author:

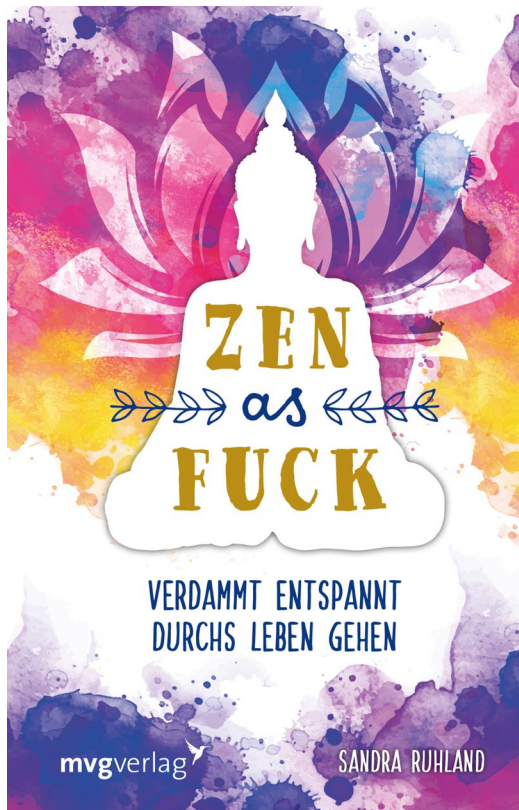
Carolina Graf studied psychology and works as a journalist. Like everyone else, she has always had to struggle with setbacks in her life, with things that made her stumble, threatening to throw her off course. And at some point she thought to herself: "There must be a way to cope with this Sh*** better and to emerge stronger from it." Now that Graf has been dealing with the topic of resilience for a long time, she can say of herself with certainty: "I can smile fuck you!"

Naughty and modern - the first fill-in and exercise book for stressed millennials

Life rarely goes according to plan. The job you really wanted goes to someone else, the long-lasting relationship breaks down, and when it gets really hard, you might have to learn how to deal with the loss of a loved one. Now you could bury your head in the sand. But you can also just smile as in 'fuck you' and show the setbacks and obstacles your middle finger. With the practical exercises from this book, everyone can learn to face a crisis situation skillfully and to develop resilience against the stress of everyday life so that nothing can throw you off track so easily.

Selling points and marketing:

- first toughening up exercise book for Generation Y
- resilience is a top topic in counselling with more than 250,000 books sold
- easy to read and understand: practical exercises for many everyday situations



Launch:	21.08.2019
Author:	Ruhland, Sandra
Title:	Zen as Fuck Going through life as relaxed as hell
Pages/ Pages/ Format:	128 pages, hardback, 120x187mm
ISBN:	978-3-7474-0093-7
Price:	D: 9.99 EUR

Author:

Sandra Ruhland and her life were at war for a long time until she decided to just let it happen. Today she lives as an author in a not so small town in Bavaria - where she never wanted to go - and is frighteningly happy there.

The only exercise book that really leaves you not giving a shit

Fed up of reading pointless guidebooks with the same stupid advice? Ones that tell you that you should 'carpe' the fucking 'diem' and at the same time listen to your inner voice?

No more pseudo-spiritual crap. Let angels be angels and finally stop taking yourself and these funny books too seriously. Because here's the only guide you will ever really need - and it doesn't even give you advice, but lets you, the reader, (and that's the really clever bit) come up with the answers yourself by doing fun tasks.

Selling points and marketing:

- over 60 tasks that really do the trick
- innovative exercise book for readers disappointed by manuals
- logical follow-up to 'Am Arsch vorbei geht auch ein Weg'
- colourful collection of feel-good and fuck you tasks



Launch:	11.09.2019
Author:	Zimt, Anna
Title:	Bite me! How I learned to get what I want: in bed, in love and in life
Pages/ Cover/ Format:	approx. 176 pages, paperback, 135x205mm
ISBN:	978-3-7474-0080-7
Price:	D: 14.99 EUR

Author:

Anna Zimt (born 1985) is an author and songwriter and lives with her big love Max in Hamburg. They have an open marriage. In her podcast "Schnapsidee - der Podcast über Liebe, Love & sexy sein" Anna talks and laughs with her best friend Paula about equal sex without performance pressure and embarrassments, dating and other big city adventures. With each episode she reaches thousands of listeners. Her first book "In manchen Nächten hab ich einen anderen" about her open marriage was published in 2018.

No more compromises in bed for this author

What sex, what love affairs or relationships do we need to be happy? Anna Zimt asks herself these questions after an exciting phase in her life. What was it like when she first had the courage to say what she wanted in bed? Or when she actually spoke to the handsome guy on the train? And what relationship patterns did she have to break away from in order to finally discover who she is?

With a lot of heart, wit and sensitivity, the author tells of affairs in which she takes the scepter into her own hands, of sex on her first date, of her great love Max and of how she gets a little closer to herself in all the hustle and bustle. Anna Zimt wants to own up to who she is and what she wants - no compromises. Her stories are engaging, encouraging and liberating!

Selling points and marketing:

- Anna Zimt is known from the podcast "Schnapsidee" (Hare-brained) with 25,000 listeners per episode
- open and authentic - how to become free sexually
- inspiring role model for young women - Anna Zimt on her self-confident sexuality



Launch:	16.10.2019
Author:	Dietz, Hanna
Title:	Just pretend like life's easy. How your life will improve when you finally relax.
Pages/ Cover/ Format:	192 pages, paperback, 135x205mm
ISBN:	978-3-7474-0126-2
Price:	D: 14.99 EUR

Author:

Hanna Dietz, born 1969 in Bonn, actually wanted to become a sports teacher, but then had to realize that it's quite complicated to teach children how to swing up the rim when you can't do it yourself. So she became a journalist. In 2007 she published her first novel. In the meantime she has written twenty books. With "Männerkrankheiten" she made it to the top of the Spiegel bestseller list.

The new and highly entertaining book by the best-selling author Hanna Dietz

We're constantly looking for and finding our own mistakes, making a lot of unnecessary stress for ourselves in the process out of sheer self-doubt. Happiness is, however, only a few crafty little steps away. Sometimes a little whitewashing is enough to get rid of problems. Bestselling author Hanna Dietz shows how much more relaxed life becomes when we hide our uncertainties or just pretend to have everything under control. With the necessary pinch of humour, she leads us through the thicket of homemade hazards and shows us how we can learn to pretend that life is simple because then it can actually become reality.

Selling points and marketing:

- this successful author has already made it onto the SPIEGEL bestseller list several times with male diseases and female madness.
- For Alexandra Reinwarth readers
- witty, authentic and appealing - why we don't have to be perfect to seem perfect!



Launch:	13.11.2019
Author:	Lies, Annette
Title:	Frau Kita und Herr Vermieter (Pains of a New Start) The art of coping with divorce, housing shortages and the search for a day-care center
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0120-0
Price:	D: 16.99 EUR

Author:

Annette Lies was born in 1979 in the Ruhr area. The trained advertising saleswoman worked as a writer and stewardess before earning her diploma as a dramaturge at the Munich Film Academy. She published five novels and her "Saftschubse" (Trolley Dolly) series was made into a film by Sat1 under the title Love is in the air. Today she lives in Munich as a script-writing mom and dreams of a life as a digital momad. "Frau Kita und Herr Vermieter" is her first non-fiction book. Completely unobjective, of course.

A humorous plea on behalf of all mothers daring to make a new start

A divorce is an unpleasant affair. Living in a big city with a toddler even more so. When Annette Lies moved out of their terraced house to save her own sanity, she had no idea that her problems were just beginning: Registering address and daycare place gone, lawyers only on a waiting list, raffles among the needy of the city and teachers who only call mothers when needed. Disappointed parents, shocked friends, single couple therapists and a mafia of removal companies specializing in separations. Between a new tax class and trapped in a part-time job, the question arises as to whether the ex-husband was perhaps the better of the two evils? A plea for mothers and their well-being. The ultimate guide on how to survive mentally and financially.

Selling points and marketing:

- already over 50,000 books sold by A.Lies, author of 'Saftschubse' (Trolley Dolly)
- divorce, looking for a day-care center and housing shortage - but still happy - A. Lies shows how to defy adversity with humour
- funny and highly entertaining. For all readers of Alexandra Reinwarth



Launch:	13.11.2019
Author:	Fischer, Dr. Marlena
Title:	The art of not embarrassing yourself Basics of etiquette for every day
Pages/ Cover/ Format:	144 pages, hardback, 105x150mm
ISBN:	978-3-7474-0061-6
Price:	D: 6.99 EUR

Author:

Dr. Marlena Fischer studied German language and literature. And because Fischer has already put her foot wrong in so many ways in her professional and private life, she has compiled the most important etiquette basics in this little book for all those who are similar to her. Illustrative - and above all updated. Long live courtesies!

Modern-day etiquette: you'll never put a foot wrong again

"Knigge", the rules of etiquette. The first thing that often occurs to you are tables set perfectly and polite behaviour from the 19th century. But etiquette hasn't been left on the shelf! Especially in today's world, the rules of etiquette are once again being discussed widely.

Carina Heer skillfully guides you through the most important basics of etiquette, explains the most common mistakes in professional life and at private events and explains how you can do better. Numerous pictorial representations make for better understanding and make the book alive and modern. It not only shows how to do things right but also what wrong behaviour looks like.

Selling points and marketing:

- immaculate behaviour for professional and private success - the most important rules of behaviour at a glance
- illustrated in two colours - simple pictorial instructions for perfect behaviour in everyday life
- no more pitfalls- all the basics of etiquette in a compact summary



Launch:	16.10.2019
Author:	Heyne, Julia
Title:	The Little Manual of Love Spells Rituals, Spells and Potions for the Partner of Your Dreams
Pages/ Cover/ Format:	approx. 128 pages, hardback, 105x150mm
ISBN:	978-3-7474-0088-3
Price:	D: 9.99 EUR

Author:

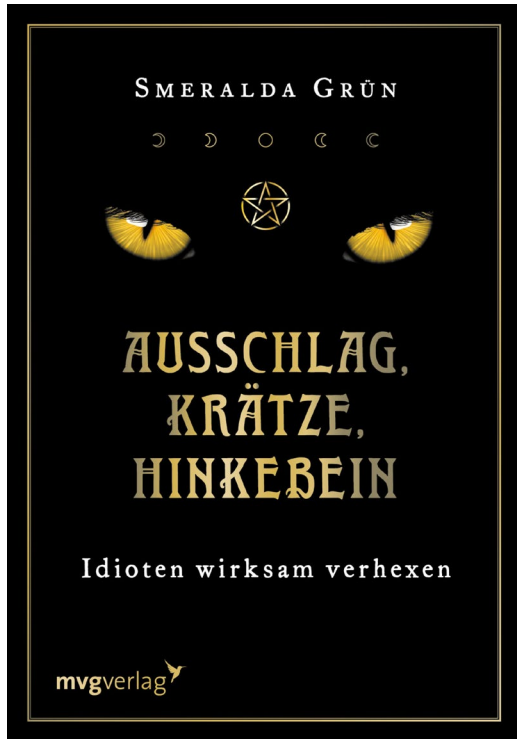
Julia Heyne, born in 1982, is a trained TV editor, but after an internship at ProSieben and a subsequent history course at the LMU Munich, she exchanged her camera for a laptop. First she worked as a freelance editor for "Traveller's World" and Wundermedia, since 2012 she has been working as a lifestyle editor for BILD.de and published the love guide "It's a Match! How to meet the right one".

Love is pure magic and can be influenced

Love is pure magic. Whether you're unhappily in love, looking for the right man, or want a little more passion in your relationship, white magic can draw more love into your life. Numerous little rituals, magic spells, potions and affirmations for every situation regarding love can help us to use our inner strength to make positive changes in our lives and to give our love life a magical boost. This will not only attract your prince charming, but will also strengthen friendships and the love for oneself.

Selling points and marketing:

- the best magic spells against heartache or to boost romance
- a wonderful present for a heart-broken friend or one in search of love
- modern and doable rituals – you don't have to be a witch to attract your dream partner



Launch:	16.10.2019
Author:	Grün, Smeralda
Title:	Rash, Scabies, Peg Leg Effective ways to bewitch idiots
Pages/ Cover/ Format:	approx. 128 pages, hardback, 105x150mm
ISBN:	978-3-7474-0084-5
Price:	D: 9.99 EUR

Author:

Smeralda Grün was born in Bamberg in 1982, where she also studied medieval archaeology and history .

During an excavation in 2017 she came across mysterious records: a witch's book with real damage spells. In years of detailed work Smeralda Grün has adapted the sayings and rituals to today's fool talkers and assholes so that everyone knows how to protect and defend themselves from them.

Finally an effective way to deal with the stupid people of this world

Colleagues who always butt in; girlfriends who go on about their own problems for hours but never take a minute to listen; stupid neighbours with their even more stupid dogs who mark their territory everywhere - what do you sometimes wish would happen to such idiots?

With **Rashes, Scabies, Peg Leg**, there is now finally an effective remedy against these irritating idiots who disturb your inner peace. Whether with nasty spells, original herbal rituals or monthly singing under the full moon: they will now get what they deserve. And even if they don't, at least it will help to reduce the frustration and turn put a little grin on your face.

Selling points and marketing:

- multi-talented: herbal rituals, spells, numerology and more
- makes a great present for all witches and those aspiring to become ones
- perfect for reducing frustration – partly not to take too seriously



Launch:	11.09.2019
Author:	Deiß, Caroline
Title:	Mystical Twelvetide Rituals, recipes, incense burning instructions for 2019 - 2021
Pages/ Cover/ Format:	approx. 208 pages, paperback 120x187 mm
ISBN:	978-3-7474-0075-3
Price:	D: 9.99 EUR

Author:

Born and raised in a village in Hesse, Caroline Deiß came into contact with nature, rural rituals and the magic of twelvetide at an early age. As a passionate expert on wild plants, she teaches the magic of wild herbs in her chosen home on Lake Starnberg in numerous guided tours, cooking courses and seminars. Fascinated by the power of smoking and the mystery of the twelvetide, she passes on her knowledge in many courses and lecture series.

Privately the author deals with the discovery of mystical places of power, the secret of smoking oriental and Celtic plants and hikes in the Bavarian mountains.

Consciously taking in the mystical time between the years

Twelvetide, the enchanting twelve days between Christmas and Epiphany, have always been regarded as a magical threshold time, in which people celebrate, look back and oracle. In this phase of the year, the gates are wide open and invite us to come into contact with the invisible realm to interpret the past and the future. Incense burning expert Caroline Deiß gives a fascinating insight into the mythological background and provides delicious recipes as well as instructions for rituals and incense burning. In addition to seven other, often unnoticed, Twelvetide nights, it deals specifically with the years 2019, 2020 and 2021 and shows what role the planets, symbolic animals and our dreams play in this time.

Selling points and marketing:

- beautiful gift idea for a special time
- the author is a passionate expert on wild herbs and incense burning.
- includes seven additional Twelvetide nights, often unnoticed.
- bonus chapters on the Twelvetide nights in the years 2019-2021



Launch:	13.11.2019
Author:	Heppt, Julian
Title:	Separated from your Twin Flame How to find yourself and draw the right partner (back) into your life
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0112-5
Price:	D: 16.99 EUR

Author:

Julian Heppt is an expert in relationships and has advised clients in 12 countries. His website twin flame time is one of the leaders in this field. The vision of helping people to lead true relationships drives him day by day. His next goals include holding seminars in the USA.

Twin Flame coach presents the trend theme of spirituality in a modern way and without esotericism.

A twin flame is a soul in two bodies that share a supernatural connection. Whoever meets his twin flame experiences an explosive love connection that is so intense that it is difficult to withstand it. As incredibly fulfilling as this love is, it can be just as painful and wrenching for those involved and can eventually end in a separation. A deeply felt pain follows, difficult to overcome with one's own strength. Relationship coach Julian Heppt shows how to break out of the vicious circle, heal old wounds and become whole again. Exercises and personal stories of those affected help to process and heal in order to find a fulfilled relationship in the end.

Selling points and marketing:

- Julian Heppt is a successful relationship coach with a rapidly growing reach through seminars, YouTube and podcasts.
- the key to a happy partnership under difficult conditions
- when love hurts - very large female target group under the pressure of separation

Detlef Vetten

50

TAGE

LEBENS LÄNGLICH

Meine Erlebnisse in der
geschlossenen Psychiatrie -
intime Einblicke in den Wahnsinn

mvgverlag 

Launch:	16.10.2019
Author:	Vetten, Detlef
Title:	50 day life sentence My experiences in closed psychiatry - intimate insights into madness
Pages/ Cover/ Format:	256 pages, soft cover, 135x205mm
ISBN:	978-3-7474-0129-3
Price:	D: 12.99 EUR

Author:

Detlef Vetten has received several awards for his journalistic work in the field of sports. The former sports director of Stern and chief reporter of the dapd news agency now works as a freelance journalist and has published several books on football and FC Bayern.

A moving insight into everyday life in a psychiatric ward - now in paperback

How does it feel to spend excessive days and nights with alcohol as your good friend? When you can't stand life without it and want to jump from the balcony out of desperation, only to finally end up in a psychiatric ward? Detlef Vetten, renowned journalist, reporter and author, experienced exactly that. He describes his therapy, his fellow patients, their stories, the staff, the entire life on the ward. This book affords the reader an intimate insight into everyday life in a psychiatric ward along with the patients as never before.

Selling points and marketing:

- intensive and open - renowned journalist and author Detlef Vetten reports on what really happens behind the closed doors of an institution.
- authentic and fascinating report of alcohol withdrawal



Launch:	16.10.2019
Author:	Ziegler, Dr. med. vet. Jutta
Title:	Dogs would live longer if ... Black book vet
Pages/ Cover/ Format:	192 pages, hardback, 135x205mm
ISBN:	978-3-7474-0127-9
Price:	D: 17.99 EUR

Author:

Dr. med. vet. Jutta Ziegler is a veterinary specialist with further training in homeopathy, acupuncture and herbal medicine. Her small animal practice and the associated natural food shop in Salzburg benefit from her many years of experience in the treatment of pets. In seminars and lectures she informs colleagues about a general rethinking in the treatment of pets.

Updated new edition of the bestseller: already over 100,000 copies sold!

Vets are there to care for our beloved four-legged friends and to ensure their well-being medically. Jutta Ziegler, vet, discloses how in many veterinary practices it's shockingly different. The focus lies on as much profit as possible for the pharmaceutical companies and the animal food industry. Meaningless vaccinations, unnecessary dietary food and countless medicines are on the agenda. Health and care are falling along the wayside. A disaster for every pet owner!

This experienced veterinary surgeon gives a detailed view of the corrupt goings-on and gives all animal owners valuable tips on how to protect yourself from such vets and ensure the best care for your own animals. A must for everyone who cares about their pet!

Selling points and marketing:

- a must-read for every dog and cat owner
- all you need to know to ensure the welfare of your animals
- currently under discussion and findings on the dubious ethics of vets



Launch:	13.11.2019
Author:	Eickelpoth-Rauer, Sophia; Jebsen, Kirsten
Title:	Understanding the language of animals Understanding the souls and feelings of your four-legged companions
Pages/ Cover/ Format:	approx. 192 pages, paperback, 135x205mm
ISBN:	978-3-7474-0114-9
Price:	D: 16.99 EUR

Author:

Sophia Eickelpoth- Rauer, born in 1989, is an animal communicator with heart and soul. In her practice, in training seminars and online courses, she conveys how much the animals enjoy being able to communicate directly with people.

Kirsten Jebsen, born in 1960, lives and loves her vocation as a coach and author of consciousness books. With her "SCHULE DES GLÜCKLICHEN LEBENS nach Kirsten Jebsen" she conveys in her coachings, seminars, films and books how a happy and successful life can be shaped for herself, in partnership, family and career.

Communicating with animals really is possible!

Animals are our constant companions, our most reliable comforters and beloved friends. Nevertheless, it is often difficult to understand them. What do they really need? Are they in pain? Do they feel well? Tormenting questions that can finally be answered with the help of experts Sophia Eickelpoth-Rauer and Kirsten Jebsen. With this book, the animal communicators afford a deep insight into the thoughts and feelings of our beloved four-legged friends and help humans to get in touch with them and to create an awareness for their souls, because animals too have a voice which wants to be heard.

Selling points and marketing:

- the great longing humans have to speak with animals is finally fulfilled.
- expert tips from an animal communicator - learn to understand your pets with simple tips and techniques
- avoiding animal suffering by knowing what to look out for



Launch:	16.10.2019
Author:	Leisten, Martina
Title:	Fucked up completely! How I utterly failed and what I learned from it
Pages/ Cover/ Format:	approx. 192 pages, paperback, 135x205mm
ISBN:	978-3-7474-0111-8
Price:	D: 16.99 EUR

Author:

Martina Leisten, born in 1978, opened her own café without financial reserves after her studies and had to close it after only a few months and file for private bankruptcy. What this failure did to her, she told a large audience at the Fuckup Night Berlin and quickly became a welcome guest on TV and in the print media due to her relentlessly honest manner. In addition to TV appearances such as Maischberger, NZZ Format, she has given interviews to print media such as Zeit online, Dummy, Emotion and Guido.

Failure sucks

Martina Leisten wanted to fulfill her big dream to finally be her own boss and open a café. Instead of the hoped-for success, however, she drove her business into the ground and ended up bankrupt with 40,000 euros in debt. Despite further blows and deep depression, she did not give up completely and fought her way back up and out of debt. Entertaining and honest, she describes her remarkable path and shows that failure is shitty and it is damn hard to get up again and again. But at the same time her story also gives courage and strength to those who have failed because in the end there is always a way out and a ray of hope at the end of the tunnel.

Selling points and marketing:

- a humorous and authentic report that shows how difficult it is to get back on your feet but why it is still worth it.
- for all those who have failed and are looking for motivation to keep going



Launch:	21.08.2019
Author:	Wolf, Norman
Title:	The fish are still asleep How I lost my dad to alcohol and found him on the street
Pages/ Cover/ Format:	approx. 224 pages, paperback, 135x205mm
ISBN:	978-3-7474-0077-7
Price:	D: 14.99 EUR

Author:

Norman Wolf (born 1993) studied psychology in Marburg. As @your therapist, he tweets on mental health topics and provides food for thought for his followers via the Hashtag #andnow. In 2018 he was awarded the "Golden Blogger". Most recently, Norman lived in Boston for two years, where he worked as an au pair. Meanwhile he lives in Frankfurt again.

Moving memoir of the search for a father, followed by thousands on social media

As a child, Norman goes fishing with his father, they listen to old records for hours and spend beautiful afternoons at folk festivals. But then comes a cut in their lives: Norman's father loses his job. Although he writes applications and tries to gain a foothold again, the days in the village pub become longer and longer. The father becomes more unpredictable and the parents quarrel more and more often. When Norman is twelve years old, he sees him for the last time. Not until another twelve years later does he receive a sign of life that throws Norman completely: he has to realize that his father has decided to live on the street. Norman decides to search for his father via Twitter and thus triggers an enormous echo.

In this stirring story about the search for a lost father, Norman confronts his past and tells readers how family happiness slowly broke down. And how healing it is to finally talk about this loss.

Selling points and marketing:

- great media interest - Welt, Berliner Morgenpost, Süddeutsche Zeitung have reported on it
- with his Twitter channel @your therapist, Norman Wolf reaches over 34,000 followers



Launch:	13.11.2019
Author:	Aurnhammer, Klaus
Title:	Something of you remains What I learned about life as a palliative carer
Pages/ Cover/ Format:	approx. 240 pages, hardback, 120x187mm
ISBN:	978-3-7474-0106-4
Price:	D: 16.99 EUR

Author:

Klaus Aurnhammer, born in 1960, has been working as a pastor on a palliative care ward for 27 years and is a trainer for palliative care. He has many years of experience in the areas of palliative care and hospice work and gives seminars and lectures on these topics throughout the German-speaking world.

What really counts in the end - touching stories about life by a palliative pastor

When close relatives are dying, the overwhelming grief over the loss outweighs everything else. Klaus Aurnhammer is a pastor on a palliative ward and has accompanied many people and their families. During his conversations with dying people, he attains a deep impression of the kind of power aroused by this experience: a look back at one's own history, a need to be closer to family and an unbelievable strength that one would never have expected before. When Klaus Aurnhammer suffered a heart attack on a bicycle tour three years ago, he himself was almost dying. He was lucky to survive and recover completely. But the experience remains and makes him even more sensitive in his encounters with the dying. His stories offer solace.

Selling points and marketing:

- impressive insights on life that convey hope and strength in dealing with death.
- Klaus Aurnhammer is an experienced pastor - he helps dying people to make their last moments as positive as possible



Launch:	13.11.2019
Author:	Teusen, Gertrud
Title:	When dementia becomes part of everyday life Giving those affected affectionate support - a guidebook for relatives
Pages/ Cover/ Format:	approx. 160 pages, paperback, 170x240mm
ISBN:	978-3-7474-0097-5
Price:	D: 16.99 EUR

Author:

Gertrud Teusen studied communication sciences, politics and psychology in Munich. After her education as a journalist she worked as an editor for various German magazines. She published her first book in 1988. In the last 30 years she published 88 more books. She has not lost the passion for writing that she felt with her first book.

End the stress: practical and empathetic help for relatives caring for dementia sufferers

More than 300,000 new cases of dementia means that there are at least as many relatives with unforeseeable tasks every year. Is my partner's forgetfulness starting to get worrying? How should I act in response? What exercises make the most sense when? With all these questions and extra work, caregivers must not forget to look after themselves so that they too have sufficient strength and patience to cope. Gertrud Teusen, in cooperation with St. Josef retirement home, one of the best nursing homes in Germany, gives practical and helpful answers and shows how relatives can get support themselves. This book leaves no-one behind and paves the way for loving, supportive cooperation.

Selling points and marketing:

- advice and exercises from one of the best retirement homes in Germany
- helpful, no matter what extent of dementia: each phase of the disease is addressed individually
- focus is on empathetic interaction and patience with relatives



Launch:	16.10.2019
Author:	Hagenmeyer, Clarissa
Title:	Happy Painting – the Basics Everybody can paint - even you!
Pages/ Cover/ Format:	approx. 128 pages, hardback, 190x240mm
ISBN:	978-3-7474-0095-1
Price:	D: 14.99 EUR

Author:

Clarissa Hagenmeyer is a creative coach, pioneer and entrepreneur.

In online courses and workshops she reconnects people with their original creativity and shows them a free, simple approach to painting. Her specially developed "Happy Painting! method has already inspired more than 10,000 people and is now also being taught by licensed partners in painting schools. In addition to Happy Painting!, Clarissa is a speaker and author dedicated to more creativity in a personal and entrepreneurial context. In 2018 she founded Lona Misa, the first German-language platform for creative online courses.

Fun instead of frustration: new fun painting with Happy Painting

After years of painstaking effort to find out you're no Van Gogh after all... With all that effort, you forget the most important aspect of painting: the fun! Clarissa Hagenmeyer puts the fun element back into it. Using her simple 4-step technique in her book on the basics of Happy Painting, you can easily combine watercolours, fine-liners and coloured pencils. There is no fixed idea as to how a picture should turn out, so you can't go wrong. Main thing is to have fun with paints and try out art.

Selling points and marketing:

- simple, 4-step technique with a variety of combinations in watercolours, fine-liners and coloured pencils
- already over 10,000 taking part in Clarissa Hagenmeyer's popular Happy Painting-Online-Course
- everyone can paint – with this free and easy approach



Launch:	16.10.2019
Author:	Hagenmeyer, Clarissa
Title:	Happy Christmas Over 30 Christmas motifs for you to paint in only 4 steps
Pages/ Cover/ Format:	approx. 96 pages, hardback, 170x240mm
ISBN:	978-3-7474-0096-8
Price:	D: 9.99 EUR

Author:

Clarissa Hagenmeyer is a creative coach, pioneer and entrepreneur.

In online courses and workshops she reconnects people with their original creativity and shows them a free, simple approach to painting. Her specially developed "Happy Painting!" method has already inspired more than 10,000 people and is now also being taught by licensed partners in painting schools. In addition to Happy Painting!, Clarissa is a speaker and author dedicated to more creativity in a personal and entrepreneurial context. In 2018 she founded Lona Misa, the first German-language platform for creative online courses.

Fun instead of frustration: new fun painting with Happy Painting

After years of painstaking effort to find out you're no Van Gogh after all... With all that effort, you forget the most important aspect of painting: the fun! Clarissa Hagenmeyer puts the fun element back into it. Using her simple 4-step technique, you can easily combine watercolours, fine-liners and coloured pencils. There is no fixed idea as to how a picture should turn out, so you can't go wrong. The Christmas motifs work for everyone - including you!

Selling points and marketing:

- simple, 4-step technique with a variety of combinations in watercolours, fine-liners and coloured pencils
- already over 10,000 taking part in Clarissa Hagenmeyer's popular Happy Painting-Online-Course
- everyone can paint – with this free and easy approach



Launch:	21.08.2019
Author:	Birkenbihl, Vera F.
Title:	Thinking tools for everyday life Creative techniques for solving problems
Pages/ Cover/ Format:	approx. 188 pages, paperback, 135x205mm
ISBN:	978-3-7474-0108-8
Price:	D: 14.99 EUR

Author:

Vera F. Birkenbihl was the director of the institute for brain-friendly work and one of the leading figures of the seminar scene. Her main topics were brain management, i.e. thinking, teaching, learning and future viability. She was an acknowledged trainer personality, not least because she developed and systematically updated her material herself, but also because she consistently opened up new topics. More than half a million people attended her lectures and seminars. The total circulation of her books, CDs and DVDs is now over 3 million.

Successfully overcoming all learning problems and mental blocks with your own creativity!

Everyone has experienced it before: a mental block, when you can't think of anything and feel like you've forgotten everything you've ever accumulated in one fell swoop. There is nothing left of your creative ideas or quick-wittedness and your head is too blocked to think clearly. The bestselling author Vera F. Birkenbihl has developed a brain-friendly model for precisely these situations that uses your own creativity as the key to solving problems. With the help of your own lists and diagrams, anyone can work out their own thinking tools and use them effectively for themselves in all situations. In this way you can exploit your own potential without any problems and prevent future emptiness in your head!

Selling points and marketing:

- useful tips from the expert for brain-friendly learning
- bestselling author Vera F. Birkenbihl shows the most effective thinking techniques for any everyday problem
- speechless and helpless at difficult presentations become a thing of the past



Launch:	13.11.2019
Author:	Birkenbihl, Vera F.
Title:	Best of Birkenbihl Everything you need to know about thinking and learning
Pages/ Cover/ Format:	approx. 224 pages, paperback, 125x187mm
ISBN:	978-3-7474-0109-5
Price:	D: 16.99 EUR

Author:

Vera F. Birkenbihl was the director of the institute for brain-friendly work and one of the leading figures of the seminar scene. Her main topics were brain management, i.e. thinking, teaching, learning and future viability. She was an acknowledged trainer personality, not least because she developed and systematically updated her material herself, but also because she consistently opened up new topics. More than half a million people attended her lectures and seminars. The total circulation of her books, CDs and DVDs is now over 3 million.

Vera F. Birkenbihl's most successful methods in one book

Vera F. Birkenbihl was a world-renowned speaker and management trainer who changed the world of teaching and learning. She set new standards in education and influenced future generations greatly. With this book, children and adults can process input from school, work and everyday life easily and brain-friendly and so see the world with a new approach. Vera F. Birkenbihl's most successful working techniques are such that everyone can use their potential and develop their skills fully. A must-have for Birkenbihl fans and for everyone who wants to learn how easy learning can be!

Selling points and marketing:

- bestselling author with over 1 million books sold
- Vera F. Birkenbihl's books have been helping enthusiastic readers for decades to develop their full potential.
- learning can be fun - everyone can find help in developing their thinking abilities with these easy to use techniques