

Foreign Rights Catalogue



MÜNCHNER
VERLAGSGRUPPE

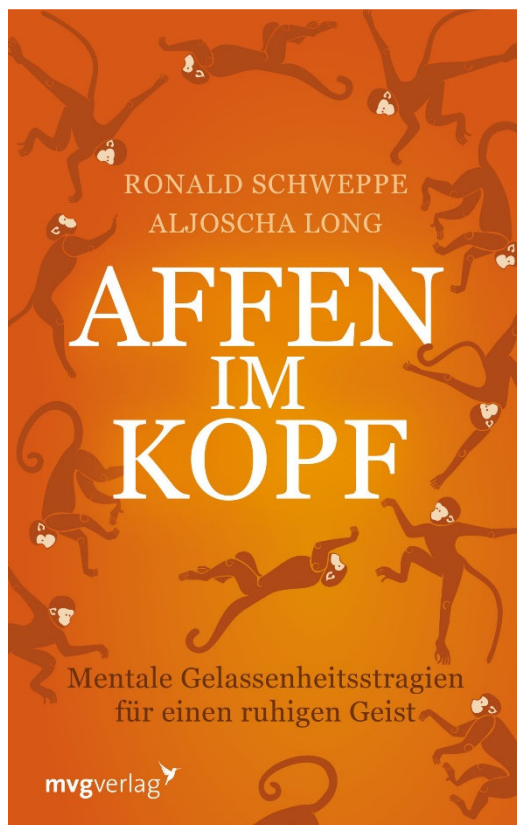
SPRING 2020

LIFESTYLE

riva

mvgverlag





Publication:	16.06.2020
Author:	Ronald Pierre Schwappe; Aljoscha Long,
Title:	Monkey Mind Mental serenity strategies for a calm mind
Pages/Cover/ Format:	approx. 192 pages, softcover, 135x205mm
ISBN:	978-3-7474-0183-5
Price:	D: 14,99 EUR, A: 15,50 EUR

Additional Info:

"The 7 Secrets of the Turtle" sold 100,000 copies

The new book by the authors of the bestseller "The 7 Secrets of the Turtle"

Things go round and round in our heads when thoughts, memories, self-doubt and feelings jump wildly around. "Monkey Mind" is what Buddhists already called the wild gang in the mind thousands of years ago. It is especially loud when we most urgently need relaxation.

The bestselling authors Ronald Schwappe and Alyosha Long explain how it is possible not to identify with these thoughts, because deep below the surface the mind is calm. They show how the "monkeys in the head" are tamed through meditation and loving attentiveness to find deep serenity and inner peace.

Ronald P. Schwappe is an orchestra musician and author of numerous books in the field of spirituality and the art of living and he is trained in NLP and MBSR (stress management through mindfulness). For over 30 years he has been engaged in Far Eastern philosophy, Buddhism and mindfulness practices

Alyosha A. Long has studied psychology, philosophy and linguistics. He is an author, composer, therapist and Taijiquan and Qigong teacher. Aljoscha A. Long became known through numerous publications and his seminar activities in the fields of psychology and philosophy.

Selling points and marketing:

- Total circulation of the authors in German-speaking countries: 400.000 copies
- With practical mental exercises, meditations and reflections for all who long for inner peace. This is how the carousel of thoughts is brought to rest with Buddhist wisdom



Publication:	14.04.2020
Author:	Alexandra Reinwarth; Ingo Krassnitzer
Title:	The Good Girl's Guide to Being a D*ck - The Cookbook 60 casual recipes that really suit everyone
Pages/ Cover/ Format:	approx. 192 pages, hardcover, 190x240mm
ISBN:	978-3-7474-0171-2
Price:	D: 19,99 EUR, A: 20,60 EUR

Over 1 million copies sold from the "Good Girl's Guide to Being a D*ck" universe

With the bestseller "**The Good Girl's Guide to Being a D*ck**" Alexandra Reinwarth put an end to unrealistic intentions, energy thieves and the eternally bad conscience about this or that. The principle can be transferred wonderfully to cooking. The successful author is an enthusiastic supporter of dishes in the kitchen that require little effort, but make a great impression. Whether your girlfriends drop by, your in-laws announce their visit or you want to impress a guy with a home-cooked menu - everyone will find the right recipe here. With exciting insights into the life of the bestselling author.

Alexandra Reinwarth is a bestselling author and has written many other successful books for the publishers riva and mvg besides the series "What I Love About You". This also includes the current "Spiegel" best sellers "The Good Girl's Guide to Being a D*ck" and "Life Is Too Short for Later". She lives with her family in Valencia, where she works as a producer and writer.

Selling points and marketing:

- 60 casual recipes that bring the incomparable "Reinwarth" feeling to the table
- Simple, uncomplicated dishes for every occasion: from a TV evening to a visit from your parents-in-law
- Bestseller author Alexandra Reinwarth in private - with many photos



Publication:	14.04.2020
Author:	Ronald Pierre Schwappe; Aljoscha Long,
Title:	All's well that starts well Mindful morning rituals for a relaxed start to the day
Pages/ Cover/ Format:	approx. 176 pages, hardcover, 105x150mm
ISBN:	978-3-7474-0182-8
Price:	D: 12,99 EUR, A: 13,40 EUR

Trend topic "morning routine": Self-care begins at the beginning of the day

A good start to the day gives energy, well-being and joie de vivre, but the right morning routine looks different for everyone. If you are longing for inner peace or searching for the goals of your heart, you will find instructions for powerful meditations and stimulating yoga exercises to practice connectedness and self-compassion in this book.

The bestselling authors Ronald Schwappe and Alyosha Long show how everyone can create their own morning ritual and start the day attentively and lively, without stress and bad mood. Those who get up a little earlier every day are more productive, more relaxed and more successful.

Ronald P. Schwappe is an orchestra musician and author of numerous books in the field of spirituality and the art of living. He completed training in NLP and MBSR (stress management through mindfulness). For over 30 years he has been studying Far Eastern philosophy, Buddhism and mindfulness practices. He lives in Munich with his family.

Alyosha A. Long has studied psychology, philosophy and linguistics. He is an author, composer, therapist and Taijiquan and Qigong teacher. Aljoscha A. Long became known through numerous publications and his seminar activities in the fields of psychology and philosophy. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.

Selling points and marketing:

- Total circulation of the authors in German-speaking countries: 400.000 copies
- The mindfulness experts show how everyone can find peace and serenity with the right morning routine



Publication:	17.03.2020
Author:	Kurt Pepperwein
Title:	The art of embracing life How you can gain true strength for the challenges of everyday life
Pages/ Cover/ Format:	176 pages, softcover, 120x187mm
ISBN:	978-3-7474-0151-4
Price:	D: 14,99 EUR, A: 15,50 EUR

The new book by bestselling author and success coach Kurt Pepperwein!

We often reach our limits in everyday life when we are stressed out by work, make too many commitments or face unexpected blows of fate that make life difficult. This is when we quickly lose our own confidence and dissatisfaction spreads. The well-known life consultant and coach Kurt Pepperwein shows how to focus on the positive aspects and how to accept life as it comes. Because even stressful situations, obstacles and crises can help us move forward if we accept them and learn from them for the future.

Kurt Pepperwein dedicated himself entirely to the mystery of life after many years as a management consultant and alternative health practitioner. As a consciousness researcher and author of many works, he sees his task in sharing his valuable insights with people. He knows better than anyone else how to embrace the material and spiritual view of the world and to view it as a whole.

Selling points and marketing:

- Solution-oriented and suitable for everyday use: Kurt Pepperwein gives tips that anyone can easily implement
- A must for anyone who wants to free themselves from dissatisfaction and fear of the future!
- Impressive total circulation of Kurt Pepperwein: over 1.5 million copies sold



FRAUEN HERZEN SCHLAGEN ANDERS

Warum Frauen in der Medizin falsch behandelt werden
und wie sie die richtige Therapie bekommen

Publication:	14.04.2020
Author:	Michaela Döll
Title:	Women's hearts beat differently Why women aren't treated properly in medicine and how they get the right therapy
Pages/ Cover/ Format:	approx. 224 pages, softcover, 135x205mm
ISBN:	978-3-7474-0140-8
Price:	D: 16,99 EUR, A: 17,50 EUR

Gender medicine - the medical care that women really need

Women have been underrepresented in medical research for far too long, with dangerous consequences because they have a different tolerance of drugs, an increased risk of osteoporosis and more often autoimmune diseases than men. But all this has been ignored by research for far too long.

Prof. Michaela Döll explains the problems and side effects women have to deal with and shows how important gender medicine is for the right treatment. The proven expert gives recommendations for natural and complementary medicine therapy approaches and special foods so that women can finally be treated properly.

Prof. Dr. rer. nat. Michaela Döll is known as an expert in nutritional medicine. She is a professor at the University of Braunschweig, her main areas of work are vital substance medicine, nutrition, diseases caused by civilisation and the environment. Her expertise is not only in demand for numerous lectures, but also for radio and TV.

Selling points and marketing:

- With the latest research results and recommendations for gender-specific treatment methods and nutrition
- Prof. Dr. Michaela Döll is a sought-after and recognized expert in TV and radio
- Gender medicine is a major topic in the media



Publication:	16.06.2020
Author:	Birgit Frohn
Title:	Green helpers for the psyche Use the healing power of nature for anxiety and sleep disorders, nervousness and depressive moods
Pages/Cover/Format:	approx. 192 pages, softcover, 135x205mm
ISBN:	978-3-7474-0166-8
Price:	D: 14,99 EUR, A: 15,50 EUR

The natural alternative to psychotropic drugs: Getting psychological problems and diseases under control without chemicals and side effects

Numerous plants contain substances that have a positive effect on our psyche. Well-known representatives are valerian, St. John's wort and lemon balm, but also ginkgo, hops and cannabis are among them. The graduate biologist Birgit Frohn shows how we can use the most important medicinal plants to treat ailments and diseases such as anxiety, sleep disorders, forgetfulness and nervousness. Based on the latest medical research, she explains the special effects of psychoactive plants and how they can be used. She also gives valuable tips for an accompanying alternative medical treatment.

Birgit Frohn, born in Munich, studied biology with a focus on neurophysiology and genetics. She has published numerous books and articles in the field of medicine and health. Her focus is, among other things, on phytotherapy.

Selling points and marketing:

- With detailed descriptions per plant and extra chapters for cannabis and opium
- For those who want to treat their mental health without chemicals and side effects
- Birgit Frohn is a successful author and expert in the field of phytotherapy



Publication:	14.04.2020
Author:	Sabine Jürgens
Title:	Are we out of our minds? What we believe to know about the psyche and what is really true
Pages/Cover/Format:	224 pages, softcover, 135x205mm
ISBN:	978-3-7474-0158-3
Price:	D: 16,99 EUR, A: 17,50 EUR

An end to the bad image of our psyche!

The psyche has an image problem. If it is noticed at all, it's in a negative way. Freud, Plato & Co. have been trying to convince us for centuries, sometimes even thousands of years, that we are driven by base motives and that we must keep our psyche in check to prevent lust from taking over. But this is all nonsense. The psyche is not the enemy, but a misunderstood friend. Behavioural therapist Sabine Jürgens exposes old beliefs with a wink and helps to get to know and better understand the psyche. A humorous look at psyche and brain!

Sabine Jürgens is an alternative practitioner for psychotherapy with a focus on behavioural therapy, coaching and resilience. As author and co-author she has published numerous books.

Selling points and marketing:

- Entertaining and clear instructions for brain and psyche
- Prevention rather than cure: sound advice on how to maintain mental health
- Behavioural therapist Sabine Jürgens provides comprehensive and humorous information about the needs of the psyche



Publication:	12.05.2020
Author:	Heidemarie Brosche
Title:	Should I have scolded you nicer? How an appreciative education can succeed
Pages/Cover/Format:	approx. 224 pages, softcover, 135x205mm
ISBN:	978-3-7474-0164-4
Price:	D: 16,99 EUR, A: 17,50 EUR

Trend topic: How an appreciative education can succeed

Most parents want to raise their children gently, lovingly and appreciatively. But what if limits must be set for the beloved child? And what if the child does not keep to the agreed limits? All too easily, parents then fall back into scolding, threatening or screaming. In her book, education expert Heidemarie Brosche shows how parents can remain appreciative and still set limits: With practical instructions and examples of situations, it provides help to stay calm in everyday family life. In doing so, she never raises her moral forefinger, but also treats the parents appreciatively.

Heidemarie Brosche is a secondary school teacher and successful author of books for children, youth and of non-fiction. She is the mother of three now grown-up sons and lives with her husband in Friedberg near Augsburg. It is important to her - also at school - to live together in a spirit of mutual respect. In her books she tries to convey serenity and confidence.

Selling points and marketing:

- Practical parenting tips without raised forefinger with many examples from everyday family life
- Education expert Heidemarie Brosche knows what she is talking about: She is a long-time teacher and author of numerous books



Publication:	12.05.2020
Author:	Birke Opitz-Kittel
Title:	Mama learns to love How I learned to show feelings to my children as an autistic mother
Pages/Cover/Format:	approx. 240 pages, softcover, 135x205mm
ISBN:	978-3-7474-0155-2
Price:	D: 16,99 EUR, A: 17,50 EUR

Moving insight into the family life of an autistic mother

Birke Opitz-Kittel received her autism diagnosis when she was already a mother of five children. Finally she understood why life has never been easy. As an autistic person, it is difficult for her to show emotions and intuitively understand common rules of behaviour. Despite these difficulties, however, she learns to build an intimate relationship with her children: She reads parenting guides, observes mothers and seeks rational justifications for emotional needs. In a touching and idiosyncratic way, the author tells how, even as an outsider, she has found a place where she can be herself: her family.

Birke Opitz-Kittel, born in 1975, received her Asperger diagnosis at the age of 37. She is the mother of five children, one of whom is also autistic. For several years she has been very involved in self-help, leads two self-help groups and gives lectures on autism throughout the German-speaking world. Birke Opitz-Kittel is married and lives with her husband and children near Nuremberg.

Selling points and marketing:

- Since Greta Thunberg, there has been a lot of media interest in the topic of autism
- Fascinating and strange at the same time: Autistic people have a rational view and have difficulty communicating emotions
- Great media interest: The author's commitment to self-help was reported in "Die Zeit" and on WDR

With this challenge everyone can take up the fight against climate change

Those who want to do something about climate change often face the challenge of changing old, deadlocked habits and establishing new ones. To help us change these habits with fun and ease, Christoph Schulz provides 70 simple environmental protection challenges that take varying amounts of time and help us to permanently establish a sustainable life. For various areas of life, such as your own home, travel or nutrition, you will find suitable everyday tasks here: with checklists to tick off, pages to fill in and a personal sustainability account to collect points.

Christoph Schulz has been an activist against plastic waste in the environment since 2017 and lives (almost) plastic-free himself. His environmental protection project CareElite is a worldwide community of environmentally conscious people who work together to avoid plastic waste in everyday life, to educate our society and to remove existing plastic waste from the environment through clean-up campaigns.

Carolina Graf has studied psychology and literature in Erlangen. Today she works as a freelance journalist, editor and author. She lives and works near Bamberg.

- Great media response: Christoph Schulz is a successful author and environmentalist and runs the well-known environmental blog "CareElite"
- Sustainability is more explosive than ever before: Greta Thunberg and Fridays for Future are the proof
- The perfect complement to "Sustainable living for beginners" to implement a green lifestyle in the long term



Publication:	14.04.2020
Author:	M., Katharina; Schmid, Barbara
Title:	Snow White and the Evil King How my riding instructor manipulated and forced me into prostitution and how I got out of it
Pages/Cover/Format:	approx. 240 pages, softcover, 135x205mm
ISBN:	978-3-7474-0190-3
Price:	D: 16,99 EUR, A: 17,50 EUR

Eleven years, 25,000 men - the harrowing memoir of a young forced prostitute

Katharina comes from a good family, but she feels misunderstood, she longs for attention. She gets it from her riding instructor. At 14 she falls in love with the much older man who promises her a future together. But he only wants to make money with her. He systematically makes her compliant, brings her into the milieu, lets her work as a prostitute. Only after eleven years and with the help of her sister, who went to the police to save Katharina, she can free herself. Unsparingly open, Katharina tells her story, also to save other women and girls from this fate.

Katharina M., born in Bamberg in 1982, was a forced prostitute from 2000 to 2011. Afterwards she went back to school, interrupted by long inpatient therapy stays. In 2015 she began training as a tax clerk and completed it in 2018 with distinction as one of the best in her class. Since then she has been working in a tax office in Upper Franconia.

Barbara Schmid, born in Nuremberg, is a journalist. Initially she worked for the "Kölner Stadt-Anzeiger" and the "Kölnische Rundschau", among others. In 1991, she moved to Bonn as the capital city correspondent for the "BILD am Sonntag" and has been working for the "Spiegel" since 1998. In 2006 she was the spokesperson for the cultural program of the Football World Cup 2006 and lives in Düsseldorf and Liguria.

Selling points and marketing:

- With an article by psychiatrist and author Nahlah Saimeh - Germany's most famous court expert
- The psychogram of a sadist: Based on conversations between the author and the victim

Dorit Zimmermann

WEGE AUS DER SCHMERZSPIRALE

Verstehen, annehmen, loslassen –
chronische Schmerzen
ganzheitlich behandeln



mvgverlag 

Publication:	16.06.2020
Author:	Dorit Zimmermann
Title:	Ways out of the pain spiral Understanding, accepting, letting go - treating chronic pain holistically
Pages/Cover/ Format:	approx. 256 pages, softcover, 135x205mm
ISBN:	978-3-7474-0148-4
Price:	D: 16,99 EUR, A: 17,50 EUR

Over 12 million Germans complain of chronic pain - homeopathy and behavioural therapy help

People with chronic pain have a high level of suffering. Physical limitations are often accompanied by depression, anxiety and sleeping disorders. Dorit Zimmermann's unique method of treatment combines homeopathy with biographical-systemic behavioural therapy: a holistic approach that considers both physical and psychological aspects equally. In a well-founded and understandable way, she explains therapeutic methods and shows how to accept pain, deal with it and focus on other aspects of life - for gentle help without side effects.

Dorit Zimmermann is an alternative practitioner with her own practice for classical homeopathy and psychotherapy in Gräfelfing near Munich with focus on pain therapy. She is trained in classical homeopathy, phytotherapy, mycotherapy and psychotherapy. She is also a medical journalist and editor of the journal "Homöopathie". Several of her books have already been published.

Selling points and marketing:

- Completely new, holistic approach: Treating chronic pain with homeopathy and behavioural therapy
- For affected and interested laymen, but also for doctors, alternative practitioners, psychologists and psychotherapists
- Renowned author and expert for complementary medicine and psychological topics

Christine Seidel

Wenn die Seele nicht heilen will

Wie alte Verletzungen
zu (Re-)Traumatisierung führen können
und wie man sie überwindet

Inkl.
Übungsteil
zur
Selbsthilfe



Publication:	12.05.2020
Author:	Christine Seidel
Title:	If the soul does not want to heal How old injuries can lead to (re-)traumatisation and how to overcome them
Pages/ Cover/ Format:	approx. 240 pages, softcover, 135x205mm
ISBN:	978-3-7474-0147-7
Price:	D: 16,99 EUR, A: 17,50 EUR

The big self-help book for traumatised people

Sudden states of anxiety, depression and the feeling of no longer being able to function in everyday life: When old injuries come to light due to re-traumatisation, the soul suffers and often causes inexplicable symptoms. The experienced trauma therapist Christine Seidel explains the different forms of traumatisation, the background, causes and healing methods in an understandable and well-founded way. With exercises for self-help, specific points of contact and empathetic tips, she gives hope to those affected and shows them a way to find support and structure in life again.

Christine Seidel works as a trauma therapist in her own practice in Berlin. She is a certified social pedagogue, alternative practitioner of psychotherapy, lecturer and author. Her first book "Theta-Balance" was published in 2012. Christine Seidel specializes in complex traumatisations, sexual abuse and re-traumatisation. She also offers workshops and seminars.

Selling points and marketing:

- With concrete exercises, methods and support for trauma processing
- Christine Seidel is an established trauma therapist with her own practice and years of experience
- The first book that deals with this special form of re-traumatisation



Publication:	17.03.2020
Author:	Norbert Golluch
Title:	The book of unjustly forgotten customs From the right of the first night to the duel
Pages/Cover/Format:	approx. 192 pages, softcover, 135x205mm
ISBN:	978-3-7423-1338-6
Price:	D: 14,99 EUR, A: 15,50 EUR

How Walpurgis Night and accolades save the world - the rediscovery of forgotten customs

There the ice-cold world of computers, where new digital innovations are pushed every day. Here us people, who need the familiar, the good old times, customs and traditions that make us collectively feel safe. But what has happened, what have we done, what have we forgotten? How much fame and glory are we missing, since the digital driver's license is part of our lives but no longer the knighthood? How much nobility and greatness are we missing since we no longer defend our right in duels with shining weapons? It is time to drag the old customs out of the mouldered treasure chests of human history!

Norbert Golluch, born in 1949, first worked as a primary school teacher before - after a few years as a publishing editor and editor of a satirical magazine - he became a freelance author. His numerous bestsellers include for example 555 popular errors. Norbert Golluch lives and works in Bergisches Land near Cologne.

Selling points and marketing:

- How Walpurgis Night and knightly accolades save the world - finally customs that have been put aside by history are rediscovered
- By the author of the bestseller "555 popular errors" with over 12,000 copies sold
- With 25 lovely illustrations



Publication:	17.03.2020
Author:	Carstens, Peter
Title:	The Climate Paradox Why we'd rather sink into chaos than protect the climate
Pages/Cover/Format:	144 pages, softcover, 135x205mm
ISBN:	978-3-7423-1257-0
Price:	D: 12,99 EUR, A: 13,40 EUR

Climate collapse - the merciless stocktaking! What is in store for us if we do not act immediately?

Greta is right: Climate change will not happen sometime and elsewhere - we are already in the middle of it! But it is a paradox: while the collapse of the climate is penetrating our consciousness through capricious weather patterns, the gap between knowledge and action is widening.

It is not only the industry, governments and world climate conferences that are failing to meet the greatest challenge of the present. It is all of us. Peter Carstens mercilessly presents excuses and justification patterns that prevent us from participating in climate protection. His unusual plea is that we should allow ourselves to grieve and have the courage to be honest. And take action at last.

Peter Carstens writes as an editor at "GEO online" about climate change, sustainability, nature and the environment. For years, he has been following in amazement the collective inaction on the subject of climate protection.

Selling points and marketing:

- The book on Fridays For Future and Extinction Rebellion
- Ways out of the dilemma: What are the most effective climate protection measures?



Publication:	14.04.2020
Author:	Dr. Steiner, Ronald
Title:	The Yoga Doc Flexible and painless with Fascia Yoga
Pages/Cover/Format:	176 pages, softcover, 190x240mm
ISBN:	978-3-7423-1284-6
Price:	D: 19,99 EUR, A: 20,60 EUR

Finally, an end to pain: self-help from the most renowned Ashtanga yoga teacher

Shortened or stuck fasciae lead to tension and pain throughout the body. With fascia yoga, the connective tissue can be kept supple and elastic and complaints can be prevented.

Yoga-Doc Ronald Steiner shows the best exercises to loosen the fasciae again and to achieve more flexibility, stability and mobility. This can prevent injuries on the one hand and treat specific complaints such as back pain or hip problems on the other. The Yoga-Doc's preventive and therapeutic program guarantees that the whole body remains permanently flexible and healthy.

Dr. Ronald Steiner is a yoga teacher, sports physician and scientist. He completed his yoga teacher training with Pattabhi Jois and BNS Iyengar. Today he is one of the most famous and renowned Ashtanga yoga teachers worldwide and also trains yoga teachers himself. The AYI® method, which he founded, teaches an individual, very personal yoga practice.

Selling points and marketing:

- Preventative and therapeutic program from the Yoga-Doc
- Prevent and treat complaints with over 60 exercises
- For a supple, flexible and healthy body



Publication:	14.04.2020
Author:	Dr. Worseck, Josephine
Title:	The healing power of cold Using cold to strengthen the immune system, reduce stress and become more efficient
Pages/Cover/Format:	200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1217-4
Price:	D: 19,99 EUR, A: 20,60 EUR

Cryotherapy, ice bath or cold shower - the use of coldness is fully in line with current (health) trends

Cold chambers are in vogue and professional athletes have known for a long time that ice baths help to regenerate faster. The power of cold is in demand! Used correctly, it improves athletic performance, strengthens the immune system, reduces stress, inhibits inflammation, ensures restful sleep and increased well-being. Molecular biologist Josephine Worseck gives a comprehensive insight into current research, shows how our body effectively uses cold in everyday life, sports and in the case of illness and why the psyche also benefits from it. Exercises make it easier to start your own cold treatment.

Josephine Worseck has a doctorate in molecular biology and works as a non-medical practitioner, yoga and meditation teacher. In 2016 she supervised a scientific study on the Wim-Hof-method and in 2017 she was the first German-speaking certified Wim-Hof-trainer. She supports private individuals, associations and companies in using the positive effects of the cold, organizes trips and leads workshops.

Selling points and marketing:

- The first guide that comprehensively covers the subject of coldness
- Everything worth knowing about the positive effects of cold and numerous practical tips

riva



Publication:	17.03.2020
Author:	
Title:	Fit wins The fitness card game
Pages/Cover/ Format:	72 pages, NonBook, 80x120mm
ISBN:	978-3-7423-1340-9
Price:	D: 8,99 EUR, A: 8,99 EUR

Play and train at the same time - high fun factor without equipment guaranteed!

Who is the most athletic among your friends? This fitness card game brings movement to the next game night. The game contains 35 exercises, divided into three fitness levels. This requires strength, endurance and flexibility as well as tactical play skills. Two to six players collect points in each round per exercise. Whoever has the most points is the fittest and wins. The practice cards are illustrated and a booklet explains all game variations in detail. Play, train and have fun - without equipment, anytime and anywhere!

Selling points and marketing:

- 35 exercises for three different fitness levels
- With bonus cards that also allow tactical play
- Playable everywhere and at any time without additional equipment



Publication:	18.02.2020
Author:	Dr. med. Raimund von Helden
Title:	Healthy with the power of nature 4 methods to activate your body's own vitamin D
Pages/ Cover/ Format:	approx. 160 pages, softcover, 120x187mm
ISBN:	978-3-7423-0664-7
Price:	D: 12,99 EUR, A: 13,40 EUR

The follow-up to the bestseller "Healthy in 7 Days", which sold over 200,000 copies

It is now well known that health problems are often due to vitamin D deficiency - but how can this be avoided or treated? In the jungle of contradictory information, vitamin D expert Dr. Raimund von Helden has become a sought-after and reliable authority with his website VitaminDService.de and his YouTube videos. In his new book, the bestselling author presents four simple methods with which the body's own vitamin D can be activated. Von Helden reveals how cold baths, exercise and the right diet naturally activate vitamin D and bring about lasting health.

Dr. med. Raimund von Helden is a family doctor and diabetologist and founder of the VitaminDelta Institute. He was the first to describe the acute vitamin D deficiency syndrome and the associated vitamin D effect, that revolutionized the perception of vitamin D. Raimund von Helden is author of the bestseller "Healthy in seven days". His online consumer advice helps over 1000 visitors daily.

Selling points and marketing:

- Successful Youtube channel: Video on vitamin D activation with over 85,000 views
- Revolutionary method of vitamin D activation that prevents disease and guarantees lasting health
- Well-founded information on the effect and significance of vitamin D and practical instructions



Publication:	12.05.2020
Author:	Lienhard, Lars
Title:	Strength begins in the Brain Maximize strength with neuro-athletics
Pages/Cover/Format:	approx. 200 pages, softcover, 190x240mm
ISBN:	978-3-7423-1135-1
Price:	D: 24.99 EUR, A: 25,70 EUR

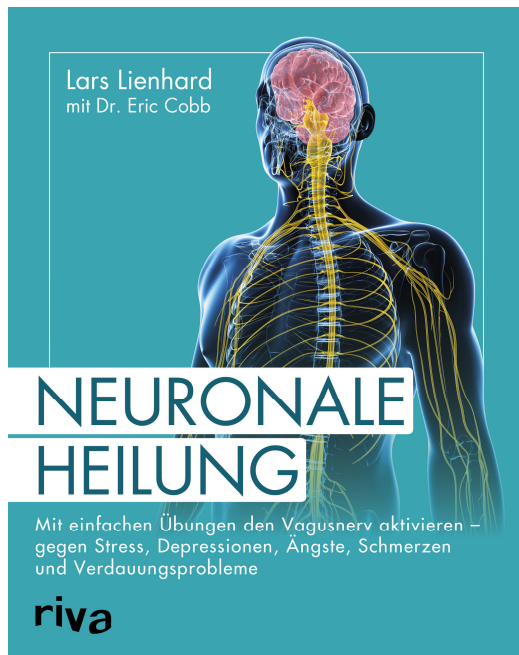
The neuronal revolution of strength training

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.

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.

Selling points and marketing:

- neuro-athletics has been used in professional sports for years - now it has also arrived in popular sports
- the 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
- the practice book for all who practice or teach strength training



Publication:	10.12.2019
Author:	Lienhard, Lars; Schmid-Fetzer, Ulla; 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, A: 25,70 EUR

The subject of the vagus nerve is highly topical

You want to improve your physical, mental and emotional health? Then focus your attention on the most important areas of the body: the brain and nervous system. **Lars Lienhard** and **Ulla Schmid-Fetzer**, the leading experts for neuro-centered training in Europe, in cooperation with **Dr. Eric Cobb**, the world's leading expert for neurologically oriented sports programs, show how the brain and nervous system control all processes in the body and can be supported by specific exercises. The vagus nerve, which is involved in the regulation of almost all organs and has a major influence on health and well-being, plays a central role in this. Together with the islet 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 inner perception, you can treat depression, anxiety, digestive problems, but also pain, movement disorders and stress symptoms simply and effectively by yourself. On the basis of the latest research, the authors show more than 100 exercises with which you can train the vagus nerve and island cortex and thus activate your self-healing powers.

Selling points and marketing:

- The vagus nerve is of paramount importance for our health.
- By bestselling author and pioneer of neuro-athletics training, Lars Lienhard
- Rights sold to UK
- The book has already sold 8.000 copies since pub date



Publication:	22.01.2020
Author:	Kauffmann, Kyra; Kauffmann, Sascha
Title:	Naturally High Activate the body's own endorphins and permanently get rid of depression, fears and listlessness
Pages/Cover/Format:	208 pages, softcover, 145x215mm
ISBN:	978-3-7423-1340-9
Price:	D: 19,99 EUR, A: 20,60 EUR

No more burnout, depression, listlessness: activate endorphins yourself!

Burnout, depression, listlessness - many of the widespread psychological problems are due to a lack of the neurotransmitters serotonin, dopamine, noradrenaline and GABA. Responsible for the insufficient production of these happiness hormones are dietary errors, lack of exercise and unnatural light conditions. With the scientifically based self-test of the alternative practitioners Kyra and Sascha Kauffmann a lack of messenger substances can be determined. Certain lifestyle changes and treatment methods help to activate the body's own hormones in order to permanently regain energy and vitality.

Kyra Kauffmann, who holds a degree in economics, worked for several years in management positions in banking. In her early 30s she fell seriously ill and came into contact with naturopathy. Since 2005 she has been working as a naturopath in her own practice. She is a sought-after lecturer at national and international congresses, medical journalist and co-author of several bestsellers.

Sascha Kauffmann is a registered alternative practitioner and medical journalist. One of his practice focuses is the naturopathic treatment of thyroid diseases. Together with Kyra Kauffmann he has already published several medical articles and books.

Selling points and marketing:

- Scientifically sound facts about serotonin, dopamine, norepinephrine and GABA that explain how we feel
- With large self-test to determine hormone deficiency
- self-help tools to remedy deficiencies



Publication:	14.04.2020
Author:	Dr. Flemmer, Andrea
Title:	Restart your kidneys How to cleanse your kidneys naturally and strengthen them permanently. With 7-day plan
Pages/Cover/Format:	150 pages, softcover, 145x215mm
ISBN:	978-3-7423-1340-9
Price:	D: 14,99 EUR, A: 15,50 EUR

Large target group: one in nine Germans has impaired kidney function

Nine million Germans suffer from kidney damage, but only half of them know about it because weakened or diseased kidneys only become noticeable late through pain. Then the disease has often progressed so far that only dialysis or transplantation can help. Dr. Andrea Flemmer shows how to prevent the disease from progressing so far in the first place and counteract symptoms. In addition to the structure and function of this important filtering organ, she presents simple changes in diet and lifestyle that cleanse and strengthen the kidneys and prevent disease. A 7-day plan with recipes facilitates the start of a healthy life with strong kidneys.

Dr. Andrea Flemmer is a graduate biologist, nutritionist and author of numerous guidebooks on medicine, alternative therapies and nutrition.

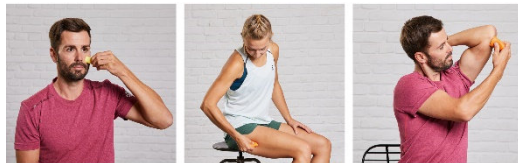
Selling points and marketing:

- Chronic renal insufficiency has increased more than any other disease in recent years
- Everything worth knowing about an underestimated organ and how diseases can be prevented
- 7-day plan for detoxification and purification



SCHMERZFREI — DURCH — CUPPING

Durch modernes Schröpfen
die Faszien lösen – mit über 90 Übungen



riva

Gabriele Kiesling

Publication:	14.04.2020
Author:	Gabriele Kiesling
Title:	Pain free through cupping Using modern cupping to loosen the fascia - with over 90 exercises
Pages/Cover/ Format:	approx. 200 pages, softcover, 190x240mm
ISBN:	978-3-7423-1213-6
Price:	D: 19,99 EUR, A: 20,60 EUR

Renowned author with over 50 years of professional experience as a physiotherapist and fascia expert

Every third adult in Germany has problems with their fascia, muscular and skeletal system. In order to be permanently free from problems, everyone must become active themselves. Cupping physiotherapy, a combination of cupping and fascio-physiotherapeutic techniques, is an effective self-treatment method to release tension in muscles and fascia. Physiotherapist Gabriele Kiesling shows in over 90 exercises how problems can be selectively alleviated with the cups - from headaches and hip problems to the treatment of hallux valgus and cramps. Thus the whole body can be strengthened and pain can be prevented.

Gabriele Kiesling is a physiotherapist with her own practice and she is managing director of the German Institute for Quality in Physiotherapy. She regularly publishes in patient journals and specialist media and holds advanced training courses for doctors and physiotherapists. She has been working on fascial therapy for many years and is a member of the corresponding research group at Ulm University.

Selling points and marketing:

- The new method to treat discomfort yourself
- Over 90 exercises for the most common symptoms such as back pain, hip problems or hallux valgus
- Medically based concept: traditional cupping combined with the latest research in fascial physiotherapy



Publication:	14.04.2020
Author:	Bianca Zapatka
Title:	Vegan & Easy 70 ingeniously simple and delicious recipes
Pages/Cover/ Format:	approx. 192 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1353-9
Price:	D: 19,99 EUR, A: 20,60 EUR
Additional Information: <i>Rights sold to UK</i> <i>Vegan Foodporn has sold over 30,000 copies since pub date in Sept 2019</i>	

The second book of the successful vegan food blogger on Instagram

Bianca Zapatka is a successful food blogger and inspires over 500,000 fans on Instagram with her vegan creations. After the huge success of her first book, "Vegan Foodporn", she now shows how to quickly and easily prepare really good food that looks great. With its 70 recipes for breakfast, main courses and desserts, it is aimed at all those who have little time in the kitchen, but still want to conjure up something tasty after work, for example. Each recipe is beautifully illustrated and the finished dishes are a real feast for the eyes and the palate.

Bianca Zapatka is a food stylist and recipe developer and her vegan delicacies have delighted over 500,000 fans on Instagram. Her recipes are not only suitable for vegans, but for all those who like to enjoy and to reduce the consumption of animal products.

Selling points and marketing:

- The successor to Zapatka's top seller "Vegan Foodporn"
- More than 500,000 followers on Instagram
- 70 really simple recipes for breakfast, lunch, dinner and dessert
- Each recipe is beautifully illustrated



Publication:	11.09.2019
Author:	Zapatka, Bianca
Title:	Vegan Food Porn 100 simple and delicious recipes
Pages/ Cover/ Format:	272 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1145-0
Price:	D: 22,00 EUR, A: 22,70 EUR
Additional Information: Rights sold to UK <i>Vegan Foodporn has sold over 30,000 copies since pub date and is the bestselling vegan cookbook 2019 in Germany</i>	

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.

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.

Selling points and marketing:

- over 500,000 followers on Instagram
- 100 delicious recipes for breakfast, lunch, dinner and dessert
- Each recipe is beautifully illustrated



Publication:	14.04.2020
Author:	Morcher, Petra
Title:	Yogalinos The card game for little yogis. With 30 exercises to let off steam and relax
Pages/ Cover/ Format:	NonBook, 90x90mm
ISBN:	978-3-7423-1302-7
Price:	D: 9,99 EUR, A: 9,99 EUR

The first Yoga game for children

Perfect against boredom or as compensation for the urge to move: With this card game, children can discover yoga in a playful way - and at the same time improve their mobility, train their sense of balance, promote their concentration and really let off steam. The 30 lovingly illustrated yoga positions such as "cat", "dog" and "cobra" are suitable for children from the age of four. The enclosed booklet provides step-by-step instructions and helpful information on yoga practice with children. Various game ideas such as a yoga-parcours, memory or Chinese whispers provide variety and lots of fun.

Graphic designer **Petra Morcher** worked as an art director for several years before starting her own business in 2009. In addition, she passionately practices yoga, sometimes with her children. From the idea of making yoga playful and easy for children, the attractively illustrated card game "Yogalinos" was born.

Selling points and marketing:

- Suitable for children from four years of age, to play with or without adults
- 30 lovingly illustrated yoga cards in high-quality box
- Booklet with instructions and different game ideas



Publication:	12.05.2020
Author:	Patrick Meinart
Title:	Back to Flexibility Mobility training for beginners
Pages/Cover/Format:	approx. 200 pages, softcover, 190x240mm
ISBN:	978-3-7423-1314-0
Price:	D: 19,99 EUR, A: 20,60 EUR

The book for beginners on the trend topic of neuro-centric training in top-class sport

While all of us move a lot as children, this natural drive gets increasingly lost over the years. The lack of movement has a negative effect on the body and can lead to chronic pain and neurodegenerative diseases such as Parkinson's or Alzheimer's. Based on a neuro-centric approach, mobility expert Patrick Meinart shows how movement can be relearned and what role the brain plays in this. With simple mobilisation exercises and neuro-centred training, not only can the quality of movement be improved, but diseases can also be prevented by activating certain areas of the brain.

Patrick Meinart has studied psychology and sports in Cologne. Since 2012, he has managed the Release Fitness Academy training institute, which focuses on further training in the field of mobility and neuro-centred training. Every year he trains up to 1000 trainers in seminars and lectures. He is active throughout Europe as a speaker and lecturer.

Selling points and marketing:

- Neurocentered training is the trend in top-class sport
- Mobility training to protect against movement restrictions and pain
- Neurocentered training for protection against neurodegenerative diseases
- The book for beginners for the large Mobility Handbook

50 Workouts - The successful DIY gym books

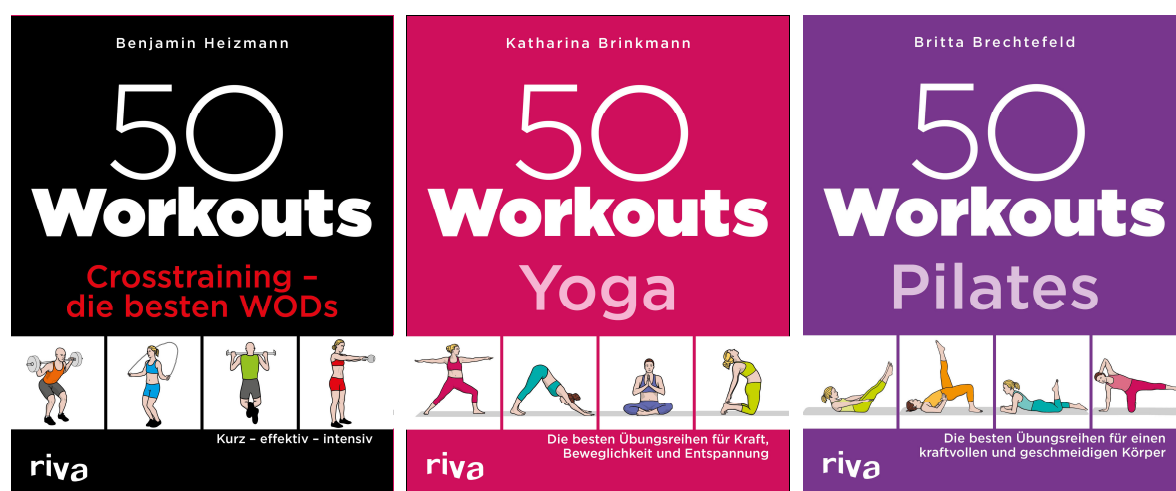
Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail in an extra chapter.



Published 10.04.2017
144 pages

Published 10.04.2017
144 pages

Published 13.11.2017
128 pages



Published 11.06.2018
128 pages

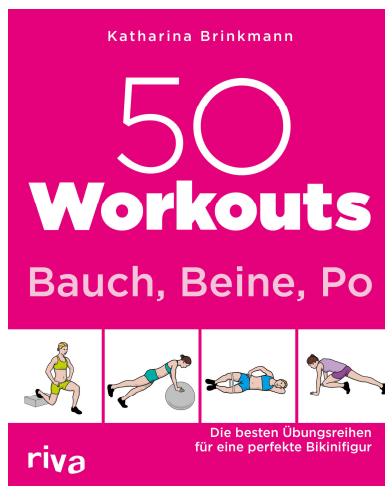
Published 08.10.2018
144 pages

Published 22.05.2019
144 pages

riva



Publication:	11.09.2019
Author:	Brinkmann, Katharina
Title:	50 Workouts – Mobility Stretching, swinging and rolling - the best exercises
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1026-2
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	17.03.2020
Author:	Brinkmann, Katharina
Title:	50 Workouts – Legs, Bums and Tums The best exercises for the perfect bikini body
Pages/Cover/ Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7423-1300-3
Price:	D: 9,99 EUR, A: 10,30 EUR



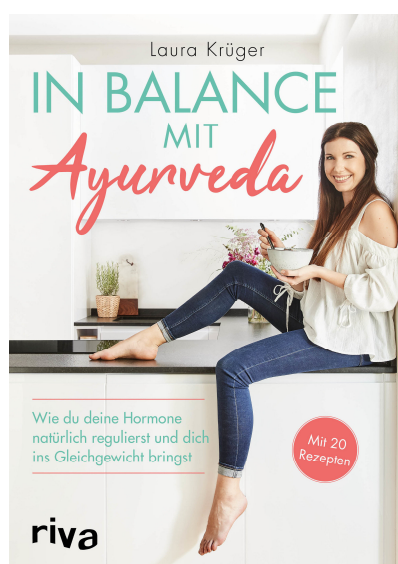
Publication:	17.03.2020
Author:	Brinkmann, Katharina
Title:	50 Workouts – HIIT and Tabata The best exercises for high- intensity interval training
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1301-0
Price:	D: 9,99 EUR, A: 10,30 EUR

50 Workouts for Weight Loss coming December 2020!

riva



Publication:	17.03.2020
Author:	Dr. Hübecker, Alina
Title:	Ayurveda-Yoga Balance yourself with the best exercises for your Dosha
Pages/Cover/Format:	approx. 272 pages, softcover, 190x240mm
ISBN:	978-3-7423-1191-7
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	14.04.2020
Author:	Krüger, Laura
Title:	In Balance with Ayurveda How to regulate your hormones naturally and balance yourself. With 20 recipes
Pages/Cover/Format:	200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1265-5
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	16.06.2020
Author:	Dr. Hübecker, Alina
Title:	Through the year with Ayurveda: Planner 2021
Pages/Cover/Format:	200 pages, hardcover, 148x210mm
ISBN:	978-3-7423-1357-7
Price:	D: 14,99 EUR, A: 14,99 EUR

riva



Publication:	17.03.2020
Author:	Pichl, Veronika
Title:	Fit and Slim with Egg-White Over 60 protein-rich recipes for muscle building and weight loss
Pages/Cover/Format:	approx. 144 pages, softcover, 170x240mm
ISBN:	978-3-7423-1298-3
Price:	D: 14,99 EUR, A: 15,50 EUR



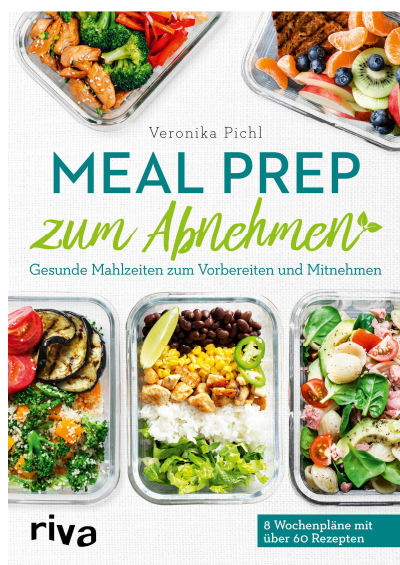
Publication:	14.04.2020
Author:	Rosenthal, Patrick
Title:	Ingenious Skewers 50 recipe and buffet ideas from classic to exotic
Pages/Cover/Format:	112 pages, softcover, 170x240mm
ISBN:	978-3-7423-1263-1
Price:	D: 12,99 EUR, A: 13,40 EUR



Publication:	22.01.2020
Author:	Rosenthal, Patrick
Title:	Grill Yourself Slim 50 light recipe ideas for meat, fish, vegetables, salads, sauces and desserts
Pages/Cover/Format:	112 pages, softcover, 170x240mm
ISBN:	978-3-7423-1254-9
Price:	D: 12,99 EUR, A: 13,40 EUR



Publication:	21.08.2019
Author:	Oberbeil, Klaus
Title:	Herbs and Spices as Medicine Healthy and slim with the pharmacy of nature
Pages/Cover/Format:	approx. 240 pages, softcover, 170x240mm
ISBN:	978-3-95814-301-2
Price:	D: 19,99 EUR, A: 20,60 EUR

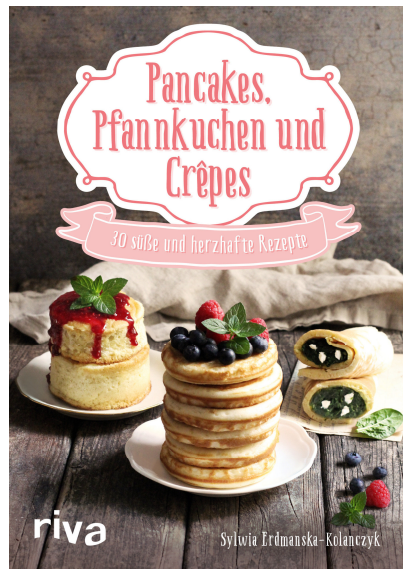


Publication:	22.01.2020
Author:	Pichl, Veronika
Title:	Meal Prep for Weight Loss Healthy meals to prepare and take away
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-1264-8
Price:	D: 14,99 EUR, A: 15,50 EUR



Publication:	17.03.2020
Author:	Muliär, Doris
Title:	Mixing Like a Pro The best tips and tricks for the Thermomix®
Pages/Cover/Format:	128 pages, softcover, 148x210mm
ISBN:	978-3-7423-1309-6
Price:	D: 9,99 EUR, A: 10,30 EUR

riva



Publication:	22.01.2020
Author:	Erdmanska-Kolanczyk, Sylwia
Title:	Pancakes, Pfannkuchen and Crêpes 30 sweet and savoury recipes
Pages/Cover/Format:	64 pages, softcover, 148x210mm
ISBN:	978-3-7423-1308-9
Price:	D: 7,99 EUR, A: 8,30 EUR



Publication:	14.04.2020
Author:	Pichl, Veronika
Title:	What I Love About You - The Cookbook Creative declarations of love from the kitchen
Pages/Cover/Format:	96 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1291-4
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	22.01.2020
Author:	Täufer, Elisa; Eiffler, Loreen
Title:	Sugar-Free with Children - For the Thermomix® Over 70 simple recipes for the whole family
Pages/Cover/Format:	approx. 192 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1310-2
Price:	D: 19,99 EUR, A: 20,60 EUR