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# SPRING 2021

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<b>Publication:</b>	23.02.2021
<b>Author:</b>	Nießner, Tim
<b>Title:</b>	<b>The report card saver</b> How to get through school relaxed without studying too hard
<b>Pages/Cover/Format:</b>	144 pages, softcover, 135x205mm
<b>ISBN:</b>	978-3-7474-0300-6
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR

**Over 30,000 copies of “The secret tricks of A students” sold - now bestselling author Tim Nießner is following up**

An A+ is doable, as high school graduate Tim Nießner impressively shows in his bestseller “The Secret Tricks of A Students”. But many students have completely different problems. They are so far away from an A that even their promotion is at risk. Many think: A better grade is only possible with night shifts at the desk. But there is another way. In his report card saver, Nießner shows that you don't necessarily have to study a lot to be promoted to the next grade. With his tricks, even the cool, the lazy and the quiet manage to do better in school.

After his success with The secret tricks of the A students, Tim Nießner has now set his sights on another target group: students at risk of failing their exams. After all, he wasn't always a straight-A student either and would have been happy about any tip back then.

**Selling points and marketing:**

- With Nießner's tricks, promotion is assured
- Tim Nießner knows what he's talking about: he wasn't always an A student either
- Better grades with little effort - a last-minute rescue for many students



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Tepperwein, Kurt
<b>Title:</b>	<b>Discover the colours of your soul</b> An impulse book for painting and finding yourself
<b>Pages/Cover/Format:</b>	112 pages, hardcover, 120x187mm
<b>ISBN:</b>	978-3-7474-0291-7
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR

**The creative participatory book by life coach Kurt Tepperwein**

The well-known life coach Kurt Tepperwein takes his readers on a journey through life. He invites you to paint and find yourself and playfully inspires self-reflection through profound questions. With the help of many pages on which you can let off steam creatively and find numerous spiritual stimuli, you can learn a lot about yourself. Whether cheerful yellow or thoughtful blue, peaceful green or fiery red - behind every colour there is a deeper message that tells us something about ourselves. This book is a must for all fans of the coaching luminary!

After many years as a management consultant and alternative practitioner, Kurt Tepperwein devoted himself entirely to the mystery of life. As a consciousness researcher and author of many works, he sees his task in sharing his valuable insights with people. He understands like hardly anyone else how to embrace the material and spiritual view of the world and to view it in a wholeness.

**Selling points and marketing:**

- The perfect combination of guidebook and mindfulness colouring book from the coaching luminary
- Bestselling author with a total circulation of over 2.5 million books sold!



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Park, Byung Jin
<b>Title:</b>	<b>Into the void</b> How I overcame my depression and got to know myself anew
<b>Pages/Cover/Format:</b>	approx. 240 pages, softcover, 135x210mm
<b>ISBN:</b>	978-3-7474-0268-9
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

**Touching and authentic memoir of an affected person who courageously confronts his diagnosis**

"Could it be that you have depression?" Byung Jin Park is perplexed, originally the lawyer had consulted the psychotherapist about another family member. He has to admit to himself that she is right: He has not even dreamt of restful sleep for a long time, the working days are a single torment - his life is empty.

Park bravely faces up to his diagnosis. He goes to a clinic and confronts his past in therapies. Slowly he learns to accept his depression. With his moving account, he encourages those affected to deal with their mental suffering in order to find their way back into life.

Byung Jin Park, born 1985, is a lawyer and in-house counsel. He moved to Germany from South Korea with his family in 1995. He blogs at nestchenliebe.de and tweets as @herrpandabaer on the topic of depression and openly about his personal experiences. Byung Jin Park is a separated father of a daughter and lives near Hanau am Main.

byungjinpark.de

**Selling points and marketing:**

- The risk of developing depression at least once in one's life is up to 20%.
- The author has a large fan community on Twitter, @herrpandabaer, to whom he reports on his depression



<b>Publication:</b>	20.04.2021
<b>Author:</b>	v. Kessel, Michaela
<b>Title:</b>	<b>My favourite garden plants</b> The special plant journal with over 60 portraits of herbs, flowers, vegetables, shrubs and trees
<b>Pages/Cover/Format:</b>	approx. 160 pages, softcover, 148x210mm
<b>ISBN:</b>	978-3-7474-0296-2
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

**Unique plant book with beautiful hand-designed illustrations and hand-lettering**

When do you sow tomatoes? Where does basil grow best? What effect does nasturtium have? Michaela v. Kessel has collected her plant knowledge over years and put it together in a beautiful journal. With much love she draws each plant by hand and shares her knowledge with us about sowing, harvesting, location, but also the legends and the magical effects that are attributed to the plants. Besides detailed descriptions of the plants, herbs and flowers, she gives tips on health uses and shares small recipes. So everyone can start to create their own country garden with all its beauty and usefulness.

Michaela v. Kessel was born in 1982 in tranquil Lower Bavaria. She discovered her passion for plants, fonts and colourful illustrations at a young age. Since the beginning of 2016, she has successfully shown her artistic projects on Instagram, inspiring other creative people worldwide.

**Selling points and marketing:**

- Great reach: @makemamoriestoday has over 53,000 followers on Instagram
- A book that looks as if it has been kept for years and passed down from generation to generation
- With many practical tips on sowing, harvesting, health uses and recipes



<b>Publication:</b>	18.05.2021
<b>Author:</b>	Lies, Annette
<b>Title:</b>	<b>No is my superpower</b> How to improve your whole life with one little word
<b>Pages/Cover/Format:</b>	approx. 192 pages, softcover, 135x210mm
<b>ISBN:</b>	978-3-7474-0276-4
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

### **Change your whole life with just one word - every no is a yes to yourself**

Every no is a yes to yourself. And it is a real superpower. Because as if by magic, you finally no longer find yourself in situations that you didn't actually want. The reason for this is this small, powerful word "no".

Successful author Annette Lies says no to being a yes-man. In a humorous way, she shows how even as adults we can free ourselves from parental and societal imprints as well as auto-aggressive expectations, recover our true selves and even make the world a little better - by mindfully setting ourselves apart and thus having more capacity for our real, authentic power selves!

Annette Lies was born in the Ruhr region in 1979. The trained advertising clerk worked as a copywriter and stewardess before earning her diploma as a playwright. She has published five novels, and her "Saftschubse" series was made into a film under the title Love is in the air. Today she lives in Munich as a Writing Mom for scripts and books and dreams of a life as a digital nomad.

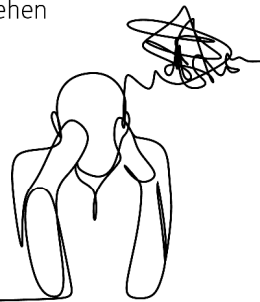
### **Selling points and marketing:**

- With practical "good to no" exercises and "no meditations" for a strong no ego
- Good news for adults: You can still learn to say no!

Barbara Günther-Haug

# Und wenn es doch etwas Schlimmes ist?

Wie Sie Ihre Angst vor Krankheiten und Ansteckung verstehen und überwinden



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<b>Publication:</b>	18.05.2021
<b>Author:</b>	Günther-Haug, Barbara
<b>Title:</b>	<b>What if it is something bad?</b> How to understand and overcome your fear of illness
<b>Pages/Cover/Format:</b>	approx. 240 pages, softcover, 135x210mm
<b>ISBN:</b>	978-3-7474-0284-9
<b>Price:</b>	D: 16,99 EUR, A: 17,50 EUR

## Drastic increase in fear of disease - this book shows ways out of the crisis

It is reasonable that we are afraid of contagion during the COVID-19 pandemic. It becomes problematic when such worries become self-perpetuating: constant fantasies of illness or fear of necessary treatments - fears of illness are multifaceted and far more than hypochondria and frantic googling for diagnoses. They often conceal unresolved conflicts such as unprocessed grief or poor self-esteem.

Experienced psychotherapist Barbara Günther-Haug explains how fears of illness arise. Using easy-to-understand instructions, she shows how to overcome stressful ways of thinking and behaving.

Barbara Günther-Haug, MD, born in 1965, is a doctor and psychotherapist. In her practice, she works on a depth psychology basis and is also a specialist therapist for special psychotrauma therapy (DeGPT) and EMDR (EMDRIA). She has already published five novels and runs the blog Psychoticker with articles on mental health.

### Selling points and marketing:

- When fear becomes a matter of course: This is what lies behind the fear of infection and disease.
- Helpful and entertaining: with many case studies and conversations from real life.
- Barbara Günther-Haug is a recognised expert and helps patients to understand and overcome their fears



<b>Launch:</b>	15.06.2021
<b>Author:</b>	Spitzer, Manfred
<b>Title:</b>	<b>What is Happiness?</b> A psychological and neuroscientific view of our sense of happiness
<b>Pages/ Cover/ Format:</b>	approx. 64 pages, hardback, 105x150mm
<b>ISBN:</b>	978-3-7474-0132-3
<b>Price:</b>	D: 9.99 EUR

**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.

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".

**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





<b>Publication:</b>	18.05.2021
<b>Author:</b>	Wolf, Norman
<b>Title:</b>	<b>When the break becomes hell</b> How to strengthen yourself against bullying and gain self-confidence
<b>Pages/Cover/Format:</b>	approx. 208 pages, softcover, 135x205mm
<b>ISBN:</b>	978-3-7474-0283-2
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

**Norman Wolf's Twitter channel @deinTherapeut, with over 62,000 followers, is a popular place for bullying victims to turn to**

"You need to fit in better" or "Just ignore them!" is what bullied children and teenagers often hear when they turn to their parents or teachers with their suffering. But if those affected do not get any real help and are left alone, this can have dramatic consequences: Anxiety, poor grades and, in the long run, low self-esteem.

In this encouraging book, Norman Wolf, who was himself affected by bullying in his school days, combines his own experiences with constructive help. The budding psychologist shows how anyone can succeed in freeing themselves from the role of victim and regain self-confidence.

Norman Wolf (born 1993) studies psychology in Marburg. He tweets as @deinTherapeut on mental health topics and in 2018 he was awarded the Golden Blogger. As a counsellor at the "Nummer gegen Kummer" (number against sorrow), he helped children and young people who suffered from bullying. In his first book Die Fische schlafen noch (The Fish Are Still Sleeping), he tells of the search for his homeless father. He lives in Frankfurt.

**Selling points and marketing:**

- Alarming situation in our schools: Every third pupil is bullied
- Those affected are too often left alone with their suffering: With this book they get help and support
- An insightful account of experiences with well-founded, helpful tips and understanding for those affected



<b>Publication:</b>	18.05.2021
<b>Author:</b>	Lange, Patrick
<b>Title:</b>	<b>Becoming Ironman</b> My way to becoming a world champion in triathlon
<b>Pages/Cover/Format:</b>	approx. 224 pages, hardcover, 135x215mm
<b>ISBN:</b>	978-3-7423-1741-4
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

## An inspiring book for all endurance athletes

Triathlon is the toughest endurance sport in the world. The Ironman Hawaii is the most important competition, the winner can call himself world champion. 3.8 km swimming, 180 km on the bike, 42 km running distance - what an effort! Patrick Lange has already won the race twice, he is one of the absolute top triathletes in the world. His autobiographical account tells of his athletic career, of his dream of participating in Hawaii, of his first successes, but also of his setbacks. At the same time, he provides valuable insights into his daily training routine and shows how we develop the necessary motivation and mental strength to achieve our goals.

Patrick Lange, born in Bad Wildungen in 1986, is a two-time winner of Ironman Hawaii (2017 and 2018). In 2018, he was named Germany's Sportsman of the Year. He comes from a sports-mad family and has been doing triathlon since 2002. Lange has been living near Salzburg since 2019.

### Selling points and marketing:

- Ironman Hawaii winner Patrick Lange gives insights into his physical and mental training



Publication:	23.03.2021
Author:	Prinz, Alexander
Title:	»You can't kill them all« Surviving among idiots - a guidebook
Pages/Cover/Format:	224 pages, softcover, 135x210mm
ISBN:	978-3-7423-1627-1
Price:	D: 14,99 EUR, A: 15,50 EUR

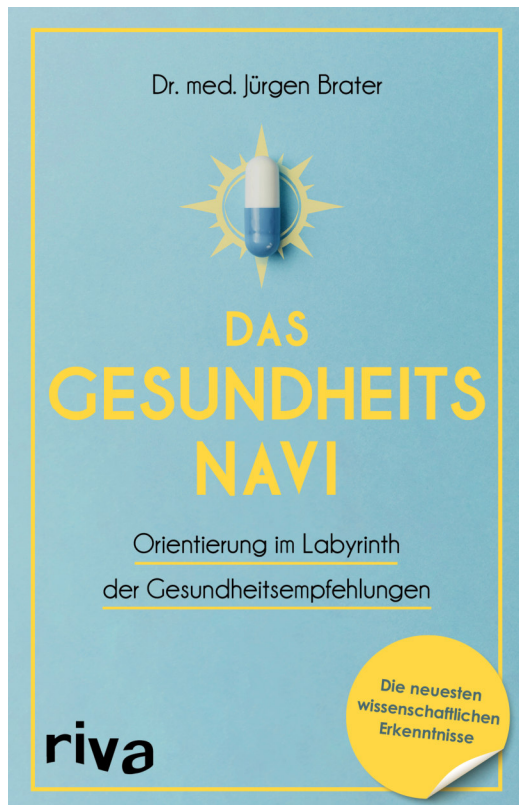
## The most successful influencer of the German metal scene gives a cynical guide to life

They are at the supermarket, in the underground or on the parapet of a high-rise building - people! You can't escape them and they all have something in common: they're doing something, usually annoying. In this sarcastic pamphlet, Alexander Prinz, aka the dark parable knight, gives expression to his frustration with our species. He comments on various stages of life, philosophises about love and settles accounts with society. Which childhood traumas are useful, can the balancing act between the online and offline world succeed, and what about the gap between rich and poor? A humorous sweeping blow with enlightenment potential and at the same time a satirical self-portrait of the "Generation Y"!

Alexander Prinz is already a "master of the pessimistic" by profession, as he is the most successful content creator in the German metal scene as Der dunkle Parabelritter (The Dark Parable Knight). Because that's not enough for the long-haired man with a strong sense of self-importance, he is also a presenter, podcaster, streamer, festival organiser, operator of a fair trade fashion label and - most recently - a writer.

### Selling points and marketing:

- A sarcastic pamphlet for people who hate people
- Humorous social criticism hits a nerve with young people



<b>Publication:</b>	18.05.2021
<b>Author:</b>	Brater, Jürgen
<b>Title:</b>	<b>The Health GPS</b> Orientation in the labyrinth of health recommendations
<b>Pages/Cover/Format:</b>	approx. 352 pages, softcover, 135x210mm
<b>ISBN:</b>	978-3-7423-1626-4
<b>Price:</b>	D: 16,99 EUR, A: 17,50 EUR

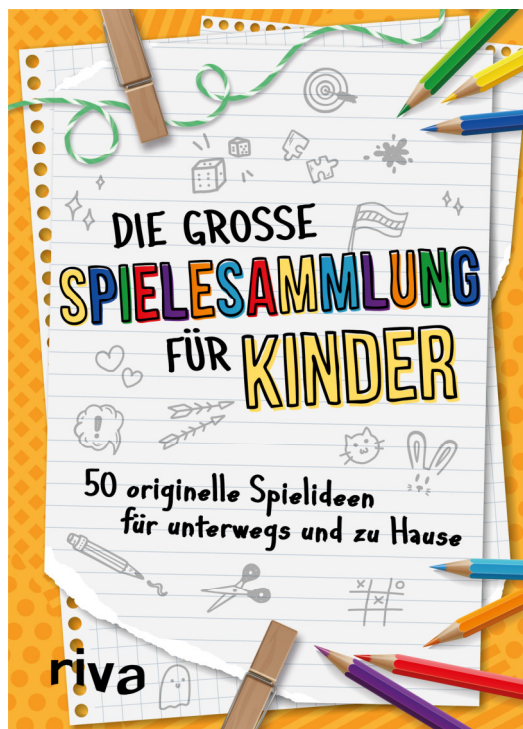
## Everyday medical knowledge put to the test by current scientific studies - what really makes you healthy?

"Brain jogging stops Alzheimer's", "exercise makes you smart", "mammography prevents breast cancer", "sugar is the new smoking" - the media are full of such slogans that are supposed to guarantee us a healthier and longer life. But what is really behind them? And above all: what does serious research say about it? This book addresses those questions by putting the many advices and warnings to the test of current scientific studies. And in the process it becomes clear that much of what one reads and hears is at the very least questionable, in part long since outdated by more recent studies and often even simply wrong.

Dr. Jürgen Brater studied medicine and dentistry and worked for many years in his own practice before teaching at vocational schools and evening classes. He is a successful author and has written several books. He lives in Aalen, Baden-Württemberg.

### Selling points and marketing:

- The latest findings in the areas of early diagnosis, nutrition, sport and recreation, and much more.
- The media tell us what makes us healthy - but what does science have to say about it?
- With Dr. Brater's personal assessment/recommendation after each chapter



<b>Publication:</b>	18.05.2021
<b>Author:</b>	Hegemann, Emma
<b>Title:</b>	<b>The big game collection for children</b> 50 original game ideas for on the road and at home
<b>Pages/Cover/Format:</b>	approx. 176 pages, softcover, 148x210mm
<b>ISBN:</b>	978-3-7423-1666-0
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

## The perfect gift for children and parents

Children love to romp around, play and have fun. With the 50 varied game ideas in this game collection, there is a suitable game for every taste and every occasion - whether in the circle of the family, for letting off steam with friends or as an entertaining activity for in between.

The easy-to-understand instructions and the child-friendly design allow the little ones to grasp the games quickly so that they can get started straight away. For all the games, you only need materials that you have with you or at home anyway.

Emma Hegemann studied literature in Erlangen. After several years as an editor at various non-fiction publishers in Munich, she started her own business as an author and game developer. Hegemann lives and works near Bamberg.

## Selling points and marketing:

- A treasure trove of games that stimulates the imagination and promotes development
- Games for every occasion, whether indoors, outdoors, at home or on the go
- Child-friendly design and age recommendations for each game



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Roeper, Malte
<b>Title:</b>	<b>A short history of mountaineering</b> From the first ascent of Mont Blanc to the Free Solo on El Capitan
<b>Pages/Cover/Format:</b>	approx. 176 pages, hardcover, 125x187mm
<b>ISBN:</b>	978-3-7423-1605-9
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

## A perfect gift for all mountain lovers

Mountaineering is as diverse as the mountains that are climbed - through smooth rock, on gravelly paths, in firm or steep ice. Today mountaineering is a mass sport, but until well into the 18th century people avoided the high mountains. Malte Roeper is an expert on the history of mountaineering. He tells of the beginnings, when wealthy city dwellers conquered the highest Alpine peaks with local guides. He describes the first successful expeditions to eight-thousand-metre peaks and how the free-climbing revolution of the 1970s created a model that still shapes today's generation of alpinists.

Malte Roeper, born in 1962, lives as an author and director in Chiemgau. He has made award-winning documentaries with climbing legends such as the Huberbuam, Kurt Albert, Adam Ondra and Tommy Caldwell. He himself achieved numerous extreme mountain tours and winter ascents, and was the first German to climb the north face of the Eiger on his own.

### Selling points and marketing:

- The author is an expert on the history of mountaineering, and his TV portraits of the Huberbuam, among others, have received much attention

# riva



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Coady, Serena
<b>Title:</b>	<b>How women see the world</b> A collection of aerial art by women who fly drones
<b>Pages/Cover/Format:</b>	160 pages, hardcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1767-4
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR

## **Our world from above - more than 80 impressive pictures showing the diversity and beauty of the earth**

These are sights that you would otherwise not even see from an aeroplane: How Women See the World gathers the most impressive images from female drone photographers and shows how beautiful, colourful and fragile the world looks from above. From azure seas to vast desert landscapes and lush green forests to small-scale cityscapes - the female view of the earth is revealed in an extraordinary sense of harmony and aesthetics, impressive motifs and harmonious colour compositions. With this book, you can bring all the beauty of our planet into your own home.

Serena Coady is a journalist and drone photographer whose articles appear in Cosmopolitan and the Canberra Times, among others. The 24-year-old is fascinated not only by the new possibilities offered by drones, but also by the women who pilot them. The Instagram account she founded, Drone Girls, gathers spectacular images of female drone photographers from all over the world.

### **Selling points and marketing:**

- Serena Coady runs the successful Instagram account Drone Girls.
- This bilingual coffee table book brings together the best international female drone photographers, all with social media reach



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Imgrund, Bernd
<b>Title:</b>	<b>A short history of failure</b> From Sisyphus to Donald Trump
<b>Pages/Cover/Format:</b>	approx. 176 pages, softcover, 120x187mm
<b>ISBN:</b>	978-3-7423-1742-1
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR

## Failure makes you successful, obviously! It's also fun to read about!

Human failure has many facets: they range from total defeat to ordinary embarrassment to sporting knock-out. Bernd Imgrund follows the failures through history, both small and large, from Napoleon's Waterloo to Jesus of Nazareth, from the pointlessly toiling Sisyphus to Donald Trump, who gave the world an impressive lesson in losing badly after losing the US presidential election. An entertaining ramble, a cheerful ode to failure - and of course there is "something to learn" in the process. Even if it is only to take a leaf out of the book of the king of failures, the lucky loser, who can still take something positive from all defeats.

Bernd Imgrund was born in Cologne in 1964. He was an altar boy, conscientious objector and editor. His 30 novels and non-fiction books deal with Cologne, historical pubs, table tennis and skat, among other things. Imgrund lives with his wife in Cologne.

### Selling points and marketing:

- Historically adept, full of sparkling philosophy
- By Spiegel bestselling author Bernd Imgrund





<b>Publication:</b>	26.01.2021
<b>Author:</b>	Thalheimer, Andrea
<b>Title:</b>	<b>Forever slim - for women</b> Optimally regulate hormone balance in every phase of life. Accelerate metabolism and boost fat burning. Lose weight healthily and maintain your comfortable weight in the long term
<b>Pages/Cover/Format:</b>	192 pages, softcover, 170x240mm
<b>ISBN:</b>	978-3-7423-1712-4
<b>Price:</b>	D: 16,99 EUR, A: 17,50 EUR

### The slimming formula for women

The fact that men and women work differently is also noticeable when it comes to losing weight. Men usually lose weight more quickly and then maintain the weight they have reached, while women struggle with the pounds and also experience the yo-yo effect.

This book is aimed specifically at women and explains how the different hormonal situations of the sexes affect the metabolism, what role the hormonal balance plays when women want to lose weight, and what connections there are from puberty to the menopause. More than 85 simple and healthy recipes make losing weight easier and ensure that you maintain your desired weight.

Andrea Thalheimer, 52, mother of three children who are now grown up, has lived with her family in California for more than 20 years. The alternative practitioner and nutritionist has been accompanying women with an unfulfilled desire to have a child on their way to a desired child for several years. Many of these women suffer from hormone disorders such as PCO syndrome. Even more women also seek advice on how to lose weight permanently. This led Andrea Thalheimer to intensively study the influence - not only female - hormones have on weight.

### Selling points and marketing:

- Lose weight permanently through hormonal balance
- With food tips for the female hormone balance and the most important factors influencing the female body that hinder the weight loss process
- With over 85 weight loss-friendly recipes



<b>Publication:</b>	23.02.2021
<b>Author:</b>	Spenner, Dr. med. Julia
<b>Title:</b>	<b>Healing with TCM</b> Treat back pain, digestive problems, stress and other ailments holistically yourself. With acupressure, moxa, cupping, qigong, meridian stretching and 5-element nutrition
<b>Pages/Cover/Format:</b>	208 pages, softcover, 170x240mm
<b>ISBN:</b>	978-3-7423-1565-6
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

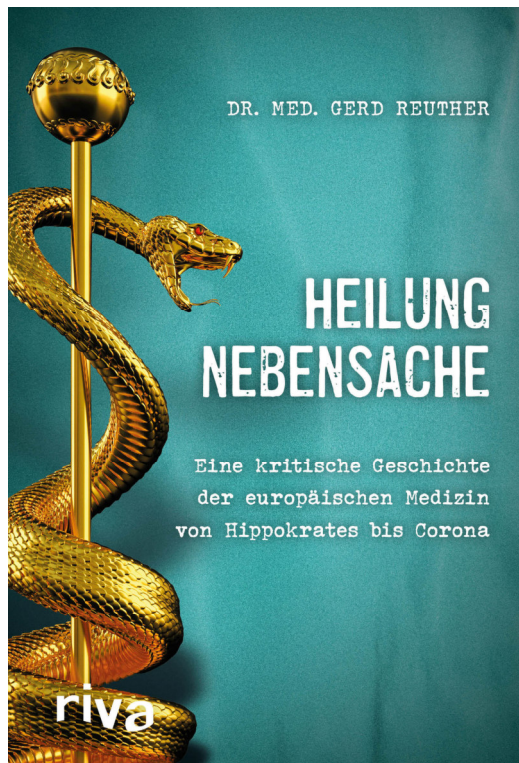
## After Ayurveda, TCM is the new trend in holistic medicine

In search of alternative healing methods, more and more people are turning to traditional Chinese medicine. This millennia-old healing art takes a holistic view of the human being and relies on natural treatment. Doctor and TCM physician Dr. Julia Spenner shows how to practise TCM at home. In addition to the most important basics, she explains the diverse methods - from acupressure to tuina, moxa, cupping and qigong to TCM nutrition. Illustrated instructions help to apply the techniques and treat complaints such as back pain, digestive problems, insomnia or colds yourself.

Dr. med. Julia Spenner is a specialist in anaesthesiology and general medicine with a focus on naturopathic treatment, pain therapy and acupuncture. She has also completed training in traditional Chinese medicine and fascia therapy. In her practice, she successfully combines the healing systems of Western and Eastern medicine.

### Selling points and marketing:

- Scientifically sound: The author combines western orthodox medicine with TCM
- Natural help for acute and chronic complaints
- With illustrated instructions for the most important methods and measures from acupressure to tongue diagnosis



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Dr. Reuther, Gerd
<b>Title:</b>	<b>Healing as a secondary matter</b> A critical history of European medicine from Hippocrates to Corona
<b>Pages/Cover/Format:</b>	approx. 392 pages, hardcover, 145x215mm
<b>ISBN:</b>	978-3-7423-1776-6
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

### Bestselling genre of medical criticism with over 60,000 copies sold

Doctors, pharmacists and the pharmaceutical industry have always wanted our best - our money. Doctor and bestselling author Dr Gerd Reuther takes a critical look back at 2500 years of European medical history and finds that so-called orthodox medicine has always been systemically relevant only to the elites. Whether in ancient Greece or in the Corona crisis - under the guise of supposed scientificity, medical practitioners have always put their self-interest above the welfare of patients. An exciting and shocking must-read for all who want to know more about the aberrations of medicine.

Dr. med. Gerd Reuther, born in 1959, is a specialist with authorisation to teach radiology. As a diagnostic and interventional radiologist, he is a representative of the last interdisciplinary discipline in a subspecialised trade. He looks back on 30 professional years with leading positions in three different hospitals. His first book, The Deceived Patient, is a Spiegel bestseller.

### Selling points and marketing:

- Trend topic health and medical criticism
- Doctor with 30 years of professional experience as a best-selling author with over 30,000 copies sold
- A time travel through the history of European medicine with many aha experiences
- Over 20 chapters on all areas of medicine



<b>Publication:</b>	26.01.2021
<b>Author:</b>	Weyrauch, Stefanie; Weber, Silvia
<b>Title:</b>	<b>Island adventure with yoga seagull Lilly</b> An exciting participatory story for little yogis. From 3 years
<b>Pages/Cover/Format:</b>	48 pages, hardcover, 200×240mm
<b>ISBN:</b>	978-3-7423-1596-0
<b>Price:</b>	D: 12,99 EUR, A: 13,40 EUR

## The positive effect of yoga on children is scientifically proven

Relax, get active and explore the world: The lovingly illustrated story about yoga seagull Lilly and her island takes children from the age of 3 on a journey of discovery by the sea and invites them to join in. While siblings Luna and Ben explore the beach, mudflats and dunes together with Lilly, they learn yoga exercises to match and become seals, turtles and lugworms. In the process, Lilly also shows them how to deal with fear, how to relax or how affirmations help in difficult situations. In this way, parents can introduce yoga and its positive effects to their children in a playful way.

Silvia Weber has been working as a media designer for print media for 15 years. Through and with her daughter, she discovered her love for children's books. Under the name "silfmade", she has been devoting herself to illustration on the side for several years. She developed her own style through self-study and several courses with three successful illustrators.

Stefanie Weyrauch is a yoga teacher with her own studio and a mother of two. She has been working as a children's yoga teacher for all ages for 10 years. In addition, she trains yoga teachers and educators to become children's yoga teachers. For exchange, she founded the Facebook group "Children's and teen's yoga" with over 2250 members and has been running the blog "Yogastern" for over ten years.

## Selling points and marketing:

- Lovingly illustrated hands-on story encourages children to move
- Playful approach to yoga with illustrated instructions
- For children from 3 years



<b>Publication:</b>	26.01.2021
<b>Author:</b>	Misfeld, Tuula
<b>Title:</b>	<b>Lose weight more easily with aromatherapy</b> How essential oils support you in losing weight and provide more well-being
<b>Pages/Cover/Format:</b>	160 pages, softcover, 170x240mm
<b>ISBN:</b>	978-3-7423-1730-8
<b>Price:</b>	D: 16,99 EUR, A: 17,50 EUR

## How easy it is to lose weight with the effect of essential oils

Many people torture themselves from diet to diet and are frustrated when the success is only short-lived. However, a positive attitude and motivation are crucial if weight loss is to succeed. What many people do not know: The sense of smell also influences the mind and even affects the feeling of hunger. Aroma expert Tuula Misfeld explains how you can use the supporting effect of essential oils when losing weight. Some fragrance blends have a calming effect, others stimulate or strengthen willpower. 30 recipes for oil blends - whether for the diffuser, as a bath additive or body oil - accompany the path to a feel-good weight.

Tuula Misfeld is an alternative practitioner and medically certified aroma expert. For more than 20 years, she has been working with the effects of essential oils and, as a self-employed aromatherapist and owner of eora Aromatherapy, she passes on her knowledge in lectures, training courses and workshops.

## Selling points and marketing:

- Aromatherapy continues to enjoy great popularity
- The author is a certified aroma expert with over 20 years of experience in aromatherapy
- 30 recipes with step-by-step instructions on how to easily make oil blends



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Simonetti, Flavio
<b>Title:</b>	<b>Muscle building - The easiest training book in the world</b> The most important basics and exercises to help you become wider, stronger and more muscular
<b>Pages/Cover/Format:</b>	208 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1045-3
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

### The first German Fitness-YouTuber - with over 800,000 fans on social media

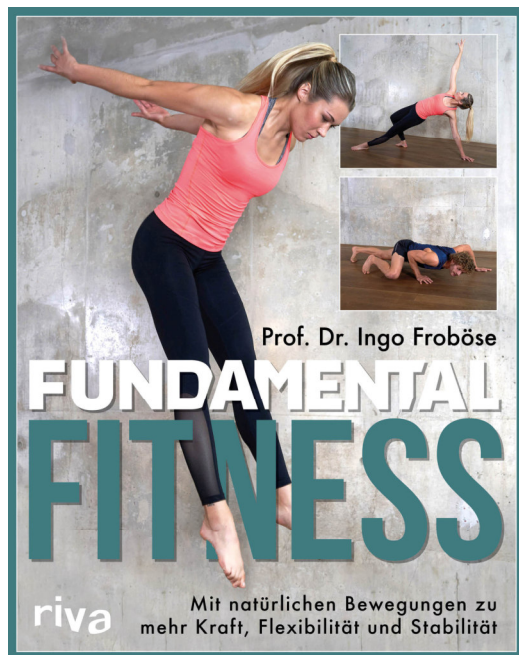
Intensive research has been done on muscle building in recent years. However, new findings time and again cause confusion among fitness newbies because they don't know how to start their training. Fitness-YouTuber Flavio Simonetti returns to the basics in this book: He explains in a simple way how muscles are built up, what makes them grow, how important nutrition is, what really matters in training, and presents common mistakes. The 40 most important exercises with free weights and body weight are described in detail and illustrated. With four 12-week plans, fast muscle building is guaranteed!

Flavio Simonetti is a licensed trainer and the first fitness YouTuber in the German-speaking world. For over ten years he has been explaining to his fans how natural muscle building works without doping. With his videos, training programmes and books, he helps his fans to get fit and strong.

### Selling points and marketing:

- Muscle building has never been so easy!
- 40 illustrated exercises with detailed descriptions
- Four 12-week training plans for beginners and advanced users

# riva



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Froböse, Ingo
<b>Title:</b>	<b>Fundamental Fitness</b> With natural movements to more strength, flexibility and stability
<b>Pages/Cover/Format:</b>	176 pages, softcover, 190×240mm
<b>ISBN:</b>	978-3-7423-1702-5
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

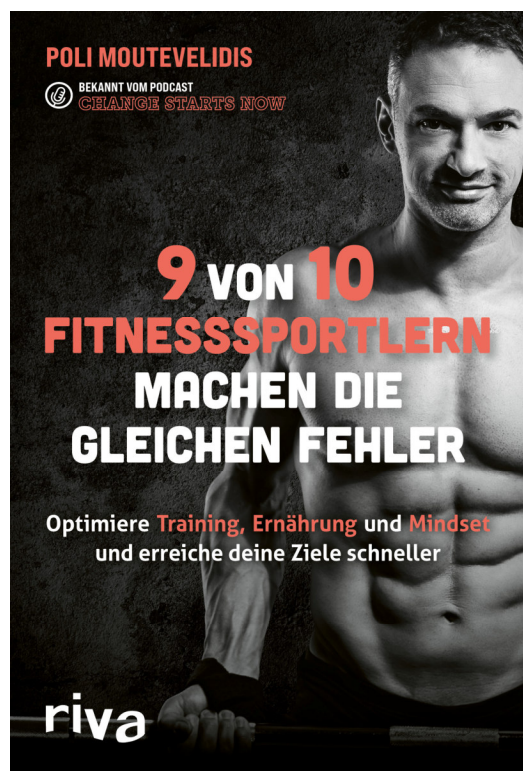
**The books by bestselling author Ingo Froböse have already sold over 500,000 copies**

Ingo Froböse is not only a best-selling author, he is above all an established expert on all aspects of fitness and health. His latest training concept, Fundamental Fitness, is based on our innate, natural movement patterns such as crawling, squatting, hanging or hopping and uses these to improve stability, mobility and flexibility and strengthen the whole body. The programme, developed in cooperation with sports scientists and trainers, guarantees performance, fitness and health into old age through simple but effective exercises and training plans for different levels.

Prof. Dr. Ingo Froböse heads the Institute for Exercise Therapy and Exercise-Oriented Prevention and Rehabilitation at the German Sport University Cologne and is an advisor to the Bundestag on prevention issues. The author of numerous successful health and fitness guides is a sought-after expert on television as well as in renowned magazines such as Stern, Fit for Fun, GQ and Men's Health.

**Selling points and marketing:**

- The new and successful training concept by Prof. Dr. Ingo Froböse
- Training programme established in over 100 fitness studios in Germany, Austria and Switzerland
- Exercise sequences and training plans for easy implementation in everyday life



<b>Publication:</b>	26.01.2021
<b>Author:</b>	Moutevelidis, Polichronis
<b>Title:</b>	<b>9 out of 10 fitness athletes make the same mistakes</b> Find out how to optimise your nutrition, training and mindset and reach your goals faster
<b>Pages/Cover/Format:</b>	192 pages, softcover, 145×215mm
<b>ISBN:</b>	978-3-7423-1595-3
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

## Finally training the right way - the first book on the biggest fitness mistakes

Fitness sports are still experiencing immense growth. But myths and dangerous half-knowledge ensure that people give up after a short time or train incorrectly for years. Bodybuilding world champion Poli Moutevelidis puts an end to this: He reveals the 50 biggest mistakes in the areas of nutrition, training, regeneration and mindset and shows how to do it right. He explains why less is sometimes more when training, how too little fat in the diet prevents weight loss and why active recovery is important for the body. Concrete suggestions for improvement help to become permanently fit and slim.

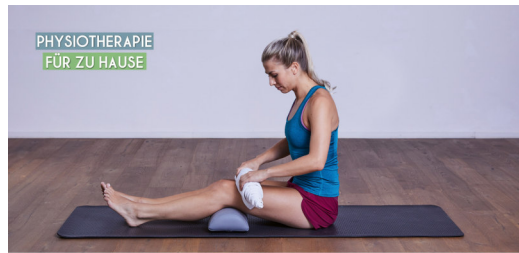
Polichronis "Poli" Moutevelidis is a personal trainer and podcaster. He was a professional competitive bodybuilder for ten years and became world champion three times. With his podcast Change starts now and his personal training, he helps numerous people to achieve their desired figure.

### Selling points and marketing:

- Successful fitness podcast Change starts now with 40,000 downloads monthly
- Every year 300,000 people start fitness training - this is how they learn to do everything right from the start
- In-depth info on nutrition, training, recovery, mindset and lifestyle

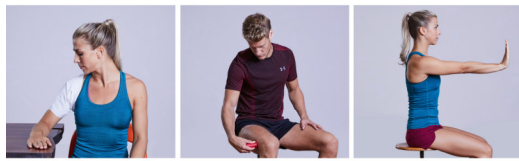


# riva



## PHYSIOTHERAPIE HAUSAPOTHEKE

Über 100 effektive Maßnahmen und Übungen, um Schmerzen und Beschwerden zu behandeln – mit **Quickfinder** zur Selbstdiagnose



riva

Gabriele Kiesling

<b>Publication:</b>	20.04.2021
<b>Author:</b>	Kiesling, Gabriele
<b>Title:</b>	<b>Physiotherapy Home Pharmacy</b> Over 100 effective measures and exercises to treat pain and discomfort - with Quickfinder for self-diagnosis
<b>Pages/Cover/Format:</b>	224 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1622-6
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

### **The new volume in the successful series Physiotherapy for at Home with over 10,000 copies sold**

Following on from the success of Physiotherapy for at Home, Gabriele Kiesling provides an even more practical and comprehensive book for self-treatment. She presents the whole range of physiotherapeutic measures - from home remedies and cold treatments to massages, acupressure and physical exercises - that can be used to treat ailments of all kinds yourself. A quickfinder helps to determine pain, make a diagnosis and take the appropriate measures. In this way, physiotherapeutic emergencies such as dislocations, bruises or blockages, but also chronic complaints can be effectively alleviated.

Gabriele Kiesling is a physiotherapist with her own practice and managing director of the German Institute for Quality in Physiotherapy. She regularly publishes in patient journals and specialist media and holds further training courses for doctors and physiotherapists. She has been involved in fascia therapy for many years and is a member of the Fascia Research Group at the University of Munich.

#### **Selling points and marketing:**

- Renowned author with over 50 years of professional experience as a physiotherapist
- Practical, clear, user-friendly: Quickfinder for self-diagnosis
- Over 100 measures and exercises for acute and chronic complaints

# riva



Eberhard Schlömmner | Dennis Sandig

## PROGRAMMDESIGN IM FUNCTIONAL TRAINING

Erkenne deine Stärken und Schwächen, erstelle deinen individuellen Trainingsplan und steigere deine sportliche Leistung



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Schlömmner, Eberhard; Sandig, Dennis
<b>Title:</b>	<b>Programme design in functional training</b> Identify your strengths and weaknesses, create your individual training plan and improve your athletic performance. With 30 tests and over 60 exercises
<b>Pages/Cover/Format:</b>	240 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-86883-729-2
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

### The first book on training planning in functional training

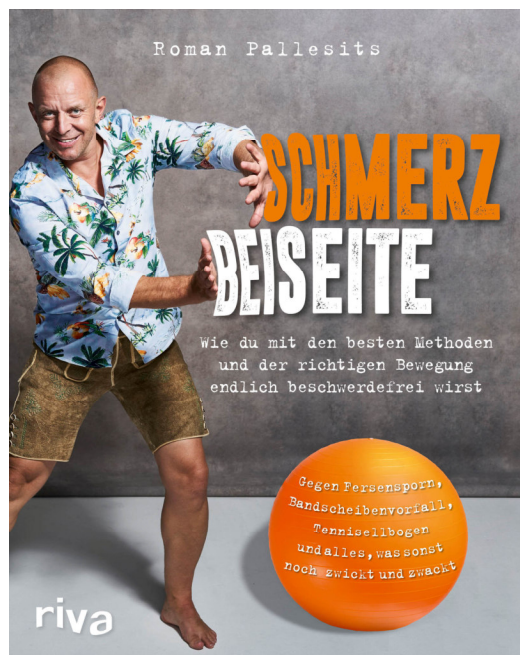
Anyone who wants to become fit and efficient with functional training needs an individual programme. Because strength, mobility and stability can only be optimally developed if the training is adapted to the current physical condition and oriented towards personal strengths and weaknesses. Eberhard Schlömmner and Dennis Sandig present 30 tests to analyse one's own fitness level. With the help of more than 60 exercises, the right training content is specifically selected. Whether you are an office worker, runner or cyclist - this book can be used to create both general and sport-specific plans.

Eberhard Schlömmner holds a degree in sports science and works as a personal trainer in Munich. The expert for the Functional Movement Screen is part of the Perform Better Europe training team. He is an author for Functional Training Magazine, among others.

Dennis Sandig works as an education officer and science coordinator at the German Triathlon Union. Among other things, he is responsible for the education and training of trainers. He has worked as an author for Functional Training Magazine, among others.

### Selling points and marketing:

- Over 50,000 books sold on the subject of "Functional Training" at riva
- 60 illustrated exercises with detailed descriptions
- 30 self-tests to determine individual weaknesses and training content tailored to them



<b>Publication:</b>	15.06.2021
<b>Author:</b>	Pallesits, Roman
<b>Title:</b>	<b>Pain aside</b> How you can finally become pain-free with the best methods and the right exercise. Against heel spurs, slipped discs, tennis elbow and everything else that pinches and twinges
<b>Pages/Cover/Format:</b>	224 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1540-3
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

## The extraordinary therapy methods of the Viennese physiotherapist Roman Pallesits for the first time in a book

Many people suffer from pain and discomfort of various kinds - be it the consequences of an injury, an accident, lack of mobility or a congenital defect. The renowned physiotherapist Roman Pallesits helps pain-ridden and prevention-minded people in an unconventional way. Illustrated by impressive case studies, he explains the best therapeutic approaches, self-help and preventive measures. In over 80 exercises, he shows how to treat ailments ranging from tennis elbow to slipped discs to hip deformities. This book is a must for anyone who wants to move pain-free again.

Roman Pallesits has been working as a physiotherapist with his own practice in Vienna for over 20 years. People with disabilities, intensive care patients, top athletes and ballet stars come to him. After more than 40,000 treatment hours and numerous international training experiences, Roman Pallesits is now making his unique therapy concept accessible to a broad readership in book form.

### Selling points an marketing:

- There is a detailed video for each of the more than 80 exercises, which can be accessed in the book with a QR code.
- Written in an exciting and humorous way
- With impressive case studies from everyday practice



<b>Publication:</b>	23.03.2021
<b>Author:</b>	Reumann, Friederike
<b>Title:</b>	<b>Self-healing with yoga and osteopathy</b> Treat ailments and relieve pain with osteopathic techniques in yoga practice
<b>Pages/Cover/Format:</b>	192 pages, softcover, 190×240mm
<b>ISBN:</b>	978-3-7423-1608-0
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

## The first comprehensive guide combining yoga and osteopathy

More and more people are looking for alternative treatments to do at home. In this book, Friederike Reumann combines yoga and osteopathy into a unique concept to activate the self-healing powers. Common ailments such as indigestion, stress or poor sleep can only be alleviated by the body's own efforts when it is in a relaxed state. The author shows in four steps how to initiate the regeneration and healing process with yoga and in which postures the appropriate osteopathic impulse is set. The programmes presented can be implemented without prior knowledge of yoga and cost very little time.

Friederike Reumann is a physiotherapist, osteopath and alternative practitioner with her own practice and yoga studio. She has completed training in traditional Chinese medicine, Ayurvedic medicine and yoga, among other things, and is the editor of her own health magazine. She has already published several books and writes for health magazines.

### Selling points and marketing:

- Individual exercise series to relieve common ailments
- With simple 4-step programme for self-healing
- All exercises and sequences can be done without previous yoga experience

# riva

Dr. Thomas Schneider

## WENN DIE **FERSE** SCHMERZT

Einfache und effektive Übungen,  
um den Fersensporn selbst zu behandeln



<b>Publication:</b>	18.05.2021
<b>Author:</b>	Schneider, Dr. Thomas
<b>Title:</b>	<b>When the heel hurts</b> Simple and effective exercises to treat heel spurs yourself
<b>Pages/Cover/ Format:</b>	160 pages, softcover, 148×210mm
<b>ISBN:</b>	978-3-7423-1729-2
<b>Price:</b>	D: 14,99 EUR, A: 15,50 EUR

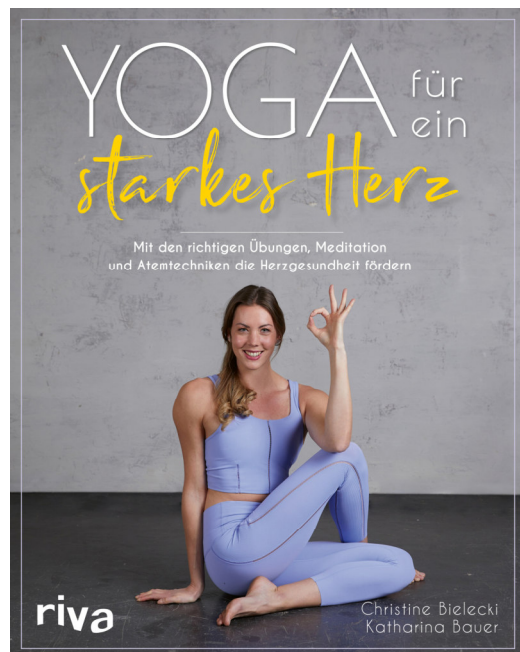
### **20 percent of people suffer from a heel spur and its consequences**

One in five Germans has to struggle with a heel spur in the course of their lives. The thorn-shaped growth in the heel is caused by inflamed tendons in the foot, which leads to severe pain as well as impairment of the musculoskeletal system. So that every step does not become a torture, Dr. Thomas Schneider, foot specialist and head physician of the Joint Clinic Gundelfingen, presents possibilities for self-treatment of heel spurs. Numerous step-by-step instructions show how those affected can relieve the discomfort with massages, stretching and strengthening exercises as well as foot baths and walk pain-free again.

Dr Thomas Schneider is a senior specialist in orthopaedics, sports medicine and pain medicine at the Joint Clinic in Gundelfingen. In addition to trauma surgery, his focus is on foot and ankle surgery. Patients from all over the world travel to his clinic to be treated by him and his team.

### **Selling points and marketing:**

- The first detailed and illustrated guide to self-treatment of heel spurs
- The author and his team are internationally renowned for their treatment methods
- With numerous exercises and applications that every affected person can implement themselves at home



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Bielecki, Christine; Bauer, Katharina
<b>Title:</b>	<b>Yoga for a strong heart</b> Promoting heart health with the right exercises, meditation and breathing techniques
<b>Pages/Cover/Format:</b>	208 pages, softcover, 190×240mm
<b>ISBN:</b>	978-3-7423-1612-7
<b>Price:</b>	D: 19,99 EUR, A: 20,60 EUR

## Six million Germans suffer from coronary heart disease

Six million Germans suffer from coronary heart disease. One of them is pole vaulter Katharina Bauer, who has been living with an implanted defibrillator since 2018. Yoga and meditation enable her to still practice her sport at a professional level. Based on current scientific findings, yoga teacher Christine Bielecki explains how the interplay of movement, breathing and meditation affects heart health and which exercises give the heart strength from a medical point of view - and have also helped Katharina Bauer. This book is not only a yoga guide, it is also meant to encourage those affected.

Christine Bielecki is a sports scientist, author and trained yoga teacher. She worked for many years as a sports journalist, writing for the FAZ, the Berliner Zeitung and various sports magazines, among others. She blogs at [thecoffeedrinkingyogi.com](http://thecoffeedrinkingyogi.com). She and Katharina Bauer have been friends for many years and share a love of yoga.

Katharina Bauer is a German pole vaulter. She was born with a heart defect and is the first professional athlete to compete in a world championship with an implanted defibrillator. In doing so, she wrote sports history. She has been practising yoga for many years. It is a matter close to her heart to show sufferers how they can improve their health.

### Selling points and marketing:

- First German top athlete to participate in a world championship with an implanted defibrillator
- Latest scientific studies prove that yoga promotes heart health
- Detailed described yoga positions and illustrated sequences especially for sufferers

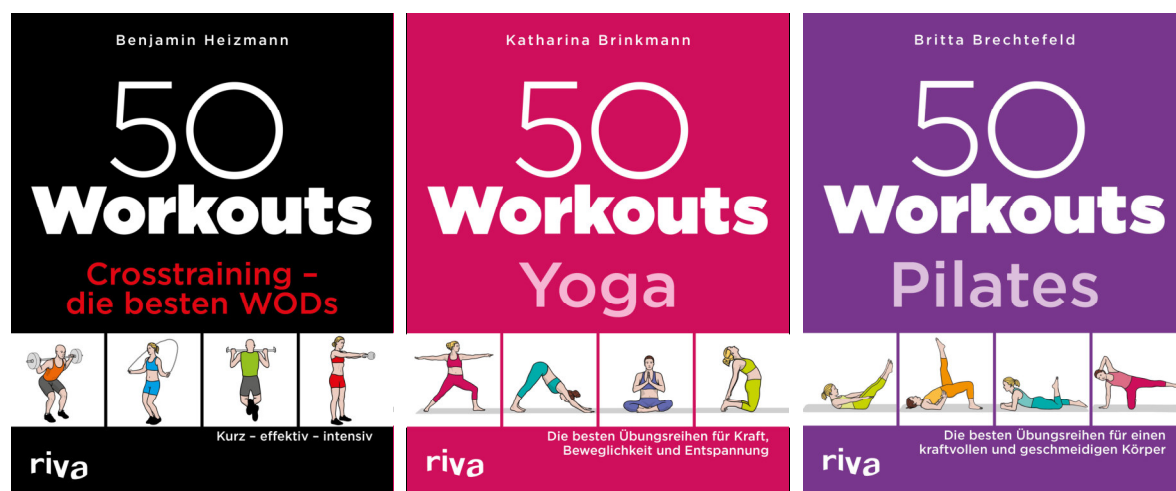
# riva

## 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
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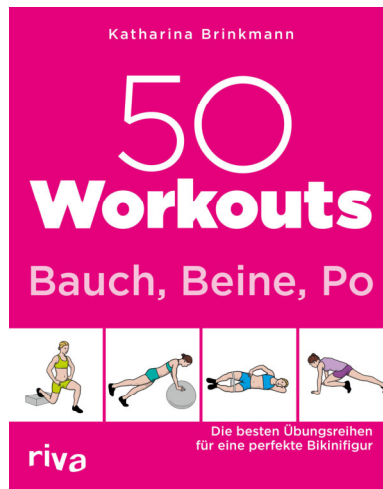


Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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Published 11.09.2019  
144 pages



Published 17.03.2020  
128 pages



Published 17.03.2020  
144 pages



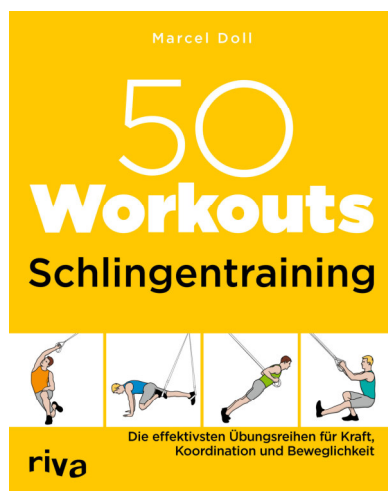
Published 29.12.2020  
128 pages



# riva



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Brinkmann, Katharina; Doll, Marcel
<b>Title:</b>	<b>50 Workouts - for at home</b> Fit, strong and agile without a gym
<b>Pages/Cover/Format:</b>	144 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1862-6
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Doll, Marcel
<b>Title:</b>	<b>50 Workouts - Sling Training</b> The most effective exercise series for strength, coordination and flexibility
<b>Pages/Cover/Format:</b>	144 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1610-3
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR



<b>Publication:</b>	20.04.2021
<b>Author:</b>	Dr. Herdener, Lutz
<b>Title:</b>	<b>50 Workouts with Fitness Band</b> The best exercise series for strength, stability and flexibility
<b>Pages/Cover/Format:</b>	144 pages, softcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1731-5
<b>Price:</b>	D: 9,99 EUR, A: 10,30 EUR



<b>Publication:</b>	15.06.2021
<b>Author:</b>	Zapatka, Bianca
<b>Title:</b>	<b>Vegan Cakeporn</b> 70 fantastic recipes for cakes, tarts and sweet delicacies
<b>Pages/Cover/Format:</b>	256 pages, hardcover, 190x240mm
<b>ISBN:</b>	978-3-7423-1648-6
<b>Price:</b>	D: 24,99 EUR, A: 25,70 EUR

**The first baking book by Germany's most successful vegan blogger Bianca Zapatka**

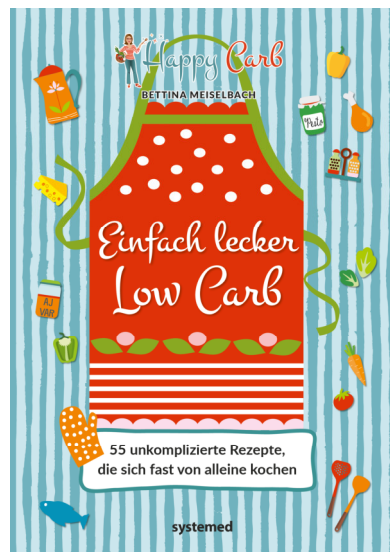
Baking without eggs, butter and milk - is that even possible? Yes! The 70 recipes for cakes, tarts, pies and all kinds of little delicacies like cupcakes and brownies in this book are proof: vegan baking is extremely versatile and incredibly delicious. Successful blogger Bianca Zapatka shares her absolute favourite recipes from chocolate cheesecake and carrot cake with frosting to layer cakes and caramel brownies. Helpful tips on plant-based egg and milk substitutes, including conversion tables, as well as basic recipes for dough variations provide the perfect foundation for all hobby bakers and fans of vegan cuisine.

Bianca Zapatka is a food stylist and recipe developer who inspires over 660,000 fans on Instagram with her vegan delicacies. Her recipes are not only suitable for vegans, but for everyone who likes to enjoy and reduce the consumption of animal products.

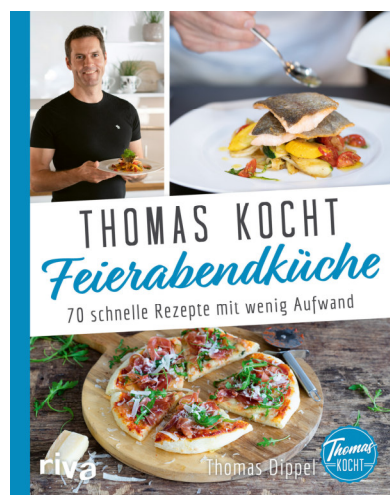
**Selling points and marketing:**

- Huge reach with over 660,000 subscribers on Instagram
- The author's first two books, Vegan Foodporn and Vegan & Easy, have already sold over 90,000 copies
- Vegan Foodporn was the most successful vegan cookbook of 2019

# riva



Publication:	26.01.2021
Author:	Meiselbach, Bettina
Title:	<b>Happy Carb: Simply Delicious Low Carb</b> 55 uncomplicated recipes that can almost cook themselves
Pages/Cover/Format:	approx. 128 pages, hardcover, 148x210mm
ISBN:	978-3-95814-313-5
Price:	D: 12,00 EUR, A: 12,40 EUR



Publication:	20.04.2021
Author:	Dippel, Thomas
Title:	<b>Thomas kocht: After-work cooking</b> 70 quick recipes with little effort
Pages/Cover/Format:	176 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1642-4
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	08.12.2020
Author:	Frankemölle, Gabriele
Title:	<b>Vegetarian Cooking with the Slow Cooker</b> 60 simple recipes for every day
Pages/Cover/Format:	144 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1694-3
Price:	D: 14,99 EUR, A: 15,50 EUR

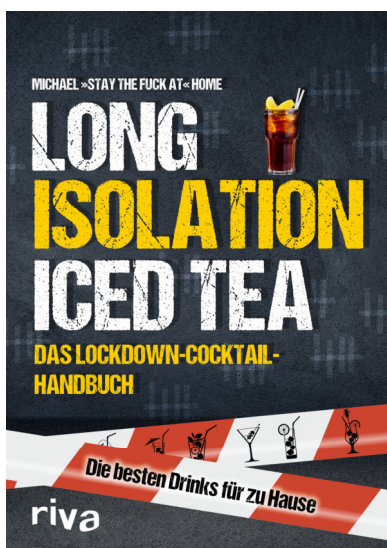
# riva



Publication:	23.03.2021
Author:	Rosenthal, Patrick
Title:	<b>Easy vegetarian grilling</b> 70 fantastic and creative recipes
Pages/Cover/ Format:	approx. 64 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1750-6
Price:	D: 16,99 EUR, A: 17,50 EUR



Publication:	26.01.2021
Author:	Wilke, Dörte; Wilke, Jesko
Title:	<b>The sleep-well cookbook</b> The food formula for better sleep
Pages/Cover/ Format:	176 pages, softcover, 190x240mm
ISBN:	978-3-7423-1579-3
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	14.07.2020
Author:	„stay the fuck at“ Home, Michael
Title:	<b>Long Isolation Iced Tea</b> The Lockdown Cocktail Manual
Pages/Cover/ Format:	64 pages, softcover, 148x210mm
ISBN:	978-3-7423-1598-4
Price:	D: 8,99 EUR, A: 9,30 EUR

# riva



Publication:	13.10.2020
Author:	Mular, Doris
Title:	<b>Better homemade</b> Over 120 healthy alternatives to ready-made products like pesto, ketchup, ice cream and jam
Pages/Cover/Format:	192 pages, hardcover, 148x210mm
ISBN:	978-3-7423-1624-0
Price:	D: 14,99 EUR, A: 15,50 EUR



Publication:	13.07.2021
Author:	Cao, Carlo
Title:	<b>Vegan Partyfood</b> Over 50 sensational dishes for an unforgettable celebration
Pages/Cover/Format:	144 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1634-9
Price:	D: 14,99 EUR, A: 15,50 EUR



Publication:	23.03.2021
Author:	Engler, Elisabeth
Title:	<b>Make your own spices</b> Over 50 recipes for herbal salt, spice mixtures and marinades
Pages/Cover/Format:	96 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1641-7
Price:	D: 9,99 EUR, A: 10,30 EUR

# riva



Publication:	23.03.2021
Author:	Struck, Muriel; Krüger, Volker
Title:	<b>Sandwichmaker</b> 50 creative recipes for savoury and sweet snacks
Pages/Cover/Format:	96 pages, softcover, 170x240mm
ISBN:	978-3-7423-1719-3
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	18.05.2021
Author:	Hameister, Yavi; Koch, Dr. Simone
Title:	<b>Happy Hashimoto - The Cookbook</b> With full enjoyment into a happy and healthy life
Pages/Cover/Format:	208 pages, softcover, 170x240mm
ISBN:	978-3-7423-1720-9
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	18.05.2021
Author:	Pichl, Veronika
Title:	<b>The Veggie-Challenge</b> Eat vegetarian for 30 days - with 60 delicious and meatless recipes
Pages/Cover/Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-1725-4
Price:	D: 16,99 EUR, A: 17,50 EUR

# riva



Publication:	29.12.2020
Author:	Irgang, Birgit
Title:	<b>Feelgood-Kitchen</b> 60 recipes for happiness - without histamine, gluten and lactose
Pages/Cover/ Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-1758-2
Price:	D: 14,99 EUR, A: 15,50 EUR

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