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Publication:	September 2024
Author:	Gust, Chris
Title:	Feel to Heal How your emotions guide you out of mental overload and help you regain your balance
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7474-0637-3
Price:	18,00 EUR

In our performance-oriented, fast-paced and constantly informed society, more and more people are losing their natural connection to themselves and often overextend themselves without realizing or questioning it. Mental load, an unattainably high level of perfectionism or the fear of not being enough or failing are often the result of the perceived or actual demands we place on ourselves. We are often unaware of the mental overload that goes hand in hand with this and don't realize how we are gradually becoming more and more exhausted and under so much pressure that at some point our soul cries out for help.

This book is a loving guide to ourselves to help us find our own balance again. A 6-week program full of inspiration, reflections and concrete exercises that help us to accept and finally let go of burdens without overwhelming ourselves. An invitation to enjoy life again with every fiber, to come to terms with ourselves and to face the many challenges of life, whatever they may be, more calmly.

Chris Gust (@let.s.talk.mental) is an author, artist, coach, founder and CEO of jumiwi and chairwoman of the voluntary telephone service "Mutruf - einander Halt geben e. V.". For a long time, fear and panic were her constant companions and she had to learn what her soul was trying to tell her. For many years, she has therefore been doing public relations work on the subject of mental health in order to offer others help with their struggles with false shame and excessive perfectionism and to spare them detours. Prevention, education and implementation are the cornerstones of her work. Chris Gust is committed to breaking down the social taboos surrounding anxiety disorders, depression and other mental illnesses and ensuring that high sensitivity is no longer a niche topic.

Selling points and marketing:

- Mental health with over 91 million Google hits - how we can finally overcome mental overload permanently
- Chris Gust has been committed to improving mental health as an expert for many years, including with her coaching sessions and a voluntary telephone service



Publication:	November 2024
Author:	Kunze, Kathleen
Title:	Feel safe – Your body is the solution How to regulate your nervous system and free yourself from trauma, stress and anxiety
Pages/Cover:	272 pages, softcover
ISBN:	978-3-7474-0667-0
Price:	18,00 EUR

Inner restlessness, constant stress, muscles in constant tension and seemingly unfounded fears – many people know this only too well. Our nervous system cries out for attention in the form of symptoms and needs one thing above all to be in balance: a feeling of security. However, anyone who has to deal with difficult life circumstances, chronic illnesses or negative experiences from childhood lacks this basic feeling. The good news is that our body can be the solution to all these problems.

This book is a valuable companion for anyone looking for effective ways to cope with trauma, stress and anxiety. In four parts, readers gain an insight into the interplay of body, mind and nervous system, learn how to get in touch with their inner command center and find their way back to feeling safe with the help of simple tools. It offers in-depth knowledge and practical tips for mental health and the body that can be applied directly to everyday life, as well as somatic exercises to calm and stabilize the nervous system.

An indispensable guide to a life of balance and well-being.

Kathleen Kunze (@kathleenkunzeofficial) started writing about the nervous system in 2022, triggered by her pregnancy and the premature birth of her son, which had a strong impact on her own nervous system. Her passion lies in working with people, which she puts into practice in numerous seminars, workshops and coaching sessions. In 2024 alone, she accompanied almost 1000 people on their way to a better regulated nervous system. As a systemic consultant and coach, she is trained in several methods, including trauma counseling, Somatic Stress Release and EMDR. She is working on her license as a non-medical practitioner for psychotherapy. Her workshops are based on polyvagal theory, are somatically oriented as well as trauma sensitive and create a safe space for self-acceptance and body connection.

Selling points and marketing:

- Complex topics explained clearly and sensitively by a trauma counselor
- Perfect beginner's book on the 'nervous system', 'survival strategies', 'vagus nerve' and 'polyvagal theory' by an expert
- Easy-to-follow step-by-step instructions and numerous exercise illustrations for somatic practices



Publication:	Oktober 2024
Author:	Tiessen, Christina
Title:	The Charisma Secret How to finally be seen, heard and taken seriously
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7474-0593-2
Price:	17,00 EUR

Confident and relaxed in unfamiliar territory, no more panic in the face of verbal attacks, finally able to counter with confidence and self-assurance – that's what many people want, but it's often difficult to do. Whether in private small talk or professional meetings, insecurity and the feeling of not being seen, heard or taken seriously can really chip away at our self-confidence.

Techniques for more quick-wittedness and self-confidence promise quick help, but often neglect a decisive factor: likeability. Because it is only when we combine self-confidence with likeability that something magical emerges: true, authentic charisma with which we inspire people and win hearts.

In this book, Christina Tiessen (@frau_charisma) works with a holistic concept: she shows us how to lay the foundations to radiate from within and offers concrete, easy-to-implement tips on how to put the finishing touches to our charisma.

In her seminars, online courses and on her social media channels with over 135,000 followers, Christina Tiessen aka @frau_charisma inspires with her charming manner and her eye for detail. Under the motto "Small changes with a big impact", she pursues her mission of boosting her clients' self-confidence. Her credo: true self-confidence lies in a self-assured and authentic appearance.

Selling points and marketing:

- Concrete help for a radiant effect and helpful tips for a confident appearance – this is how we learn to inspire others
- True charisma is only created when likeability and self-confidence come together – this book shows how anyone can achieve this



Publication:	October 2024
Author:	Weidlich, Andrea
Title:	I'm doing well and other lies How to step out of your shadow and find out what you really want
Pages/Cover:	336 pages, softcover
ISBN:	978-3-7474-0657-1
Price:	17,00 EUR

I'm doing well – we tell ourselves. Really well – we tell others. Good, of course – it echoes dully inside us. But sometimes, if we are completely honest, the truth is quite different.

The world is upside down. And sometime our own lives too. “What do you want?”, something deep inside us calls out, but the question seems too big. A part of us has lost itself, and although we are connected, we feel lonelier than ever. And so every day we get back on our little hamster wheel, over which a large cloth casts its shadow, and keep on running. We may wonder why we can't make any progress and why everything repeats itself – until we realize that it's time to try something new. Eight people embark on a journey to the sea to find out what they really want and what is still holding them back so that they can step out of their shadows and live their own truth. A fascinating adventure about diving into our shadow world and the unconscious and how everything gets better when we use it for ourselves.

A book as warm and illuminating as a ray of sunshine that spreads from within us.

Andrea Weidlich is a "SPIEGEL" bestselling author and lives in Vienna. After studying economics, she worked in the management of well-known international corporations. After that, she started her own business as a management consultant, developed various communication concepts for the creative industry and wrote numerous columns as an author. She has been writing books and plays since she was a child and is intensively involved with the question of what drives people, makes them happy and how they can live to their full potential.

Selling points and marketing:

- Touching, profound and with a fine sense of humor: Andrea Weidlich, as her fans love her



Publication:	November 2024
Author:	Ließmann, Benjamin
Title:	Excuse me, where is the couch? Behavioral therapy explained in a simple way A guide through the psychotherapy jungle. From behaviorism to mindfulness to AI.
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7474-0660-1
Price:	17,00 EUR

Mental illness is currently on the rise in our society and more and more people are seeking help. Many then wonder what to expect in this unfamiliar territory. What exactly is behavioral therapy? Is it that strange therapy where you have to do homework, are “cognitively restructured” and are not even allowed to lie comfortably on the couch?

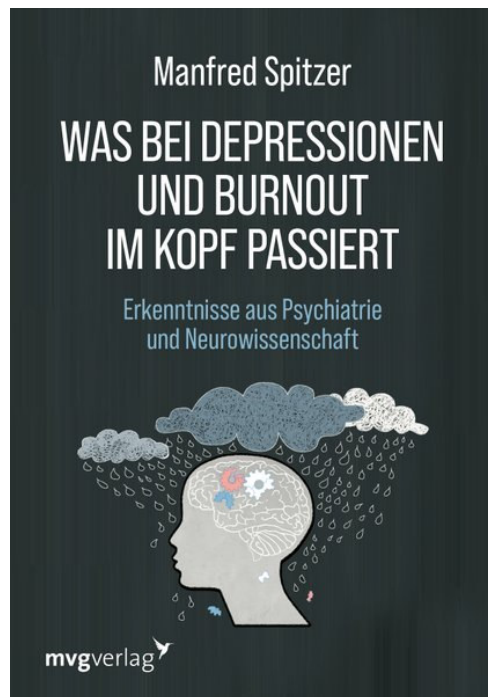
The psychotherapist Benjamin Ließmann provides well-founded insights into the world of ideas behind behavioral therapy. Knowledgeable and humorous at the same time, he describes the development of behavioral therapy from B. F. Skinner's rats to raisin meditation and AI-supported therapies, shows how behavioral therapists explain the development of mental illness and presents the most important methods.

A helpful book for anyone who wants a simple and entertaining overview of the most important behavioral therapy theories and measures.

Psychologist Benjamin Ließmann is a licensed psychological psychotherapist with specialist knowledge in behavioral therapy. In his texts, he attempts to take a critical perspective on psychological and psychotherapeutic topics, to provide unusual insights behind the scenes and to appeal to laypeople and professionals alike.

Selling points and marketing:

- Immense social relevance: The number of sick days due to mental illness has been increasing for years and is at a record high
- The book offers a clear overview of the most important behavioral therapy methods
- Extensive expertise: Ließmann is a licensed psychological psychotherapist with specialist knowledge in behavioral therapy and runs his own practice
- An enjoyable and knowledgeable read for anyone who wants to find out more about behavioral therapy



Publication:	August 2024
Author:	Spitzer, Manfred
Title:	What Occurs in the Mind During Depression and Burnout Insights from Psychiatry and Neuroscience
Pages/Cover:	80 pages, hardcover
ISBN:	978-3-7474-0645-8
Price:	10,00 EUR

Tired? Exhausted? Burnt out? These are not unfamiliar feelings for the many millions of people who suffer from depression and burnout - and their numbers are steadily increasing. But what is behind the sadness and sleep disorders? Why do so many people fail to realize that their symptoms are indicative of a serious illness? And what treatment options are available? The bestselling author and renowned neuroscientist Manfred Spitzer explains in a straightforward and practical way how to recognize depression and burnout, what effects they have on our thinking and behaviour and what the first steps can be to overcome them. The expert provides a compact and fascinating insight into the human psyche and makes it clear how important it is to give those affected knowledge, help and hope.

Prof. Dr. Dr. Manfred Spitzer, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Center for Neuroscience and Learning. He is the author of numerous books, including the bestseller "Digital Dementia". He is one of Germany's most important brain researchers and knows better than anyone how to communicate scientific findings in a clear and well-founded way.

Selling points and marketing:

- The compact introduction: bestselling author Manfred Spitzer with over 600,000 copies sold on the widespread diseases of burnout and depression
- Highly relevant topic: many people suffer from depression, and almost half are at risk of burnout
- Expert knowledge in a nutshell: the renowned neuroscientist and psychiatrist explains complex mental illnesses in an easy-to-understand way
- First steps for sufferers and relatives: approaches to recognizing, preventing and treating the illnesses



Publication:	September 2024
Author:	Borges, Inga; Guhlmann, Silke
Title:	Scandinavian Crochet Charm Feel good with wool
Pages/Cover:	128 pages, softcover
ISBN:	978-3-7474-0495-9
Price:	15,00 EUR

Scandinavian crochet charm invites you to cosy crochet and relaxation! 20 lovingly designed crochet patterns in a hygge look bring the cosy cosiness of the Scandinavian lifestyle into every home with soft colours, warm textures and clear lines. The harmonious designs, full of loving details, are quick to make and will make the hearts of all Scandi lovers beat faster. From cosy cushion covers to amigurumi and cute baby toys, there are models to suit every room and every lifestyle.

Inga Borges is a designer and the founder of the label Frau Line. She learned to crochet before she started school and has been hooked ever since. She blogs regularly about crochet, needlework and sustainability at frau-line.de and works as an author for crochet books, including the successful series Helden der Kindheit (Heroes of Childhood). She lives in Münster with her husband and their little cat Moe. She spends most of her time there in her studio with a view of the countryside. This is where she creates her designs and instructions, writes for her blog and develops new books. Crochet appliqués and amigurumi are among her favourite models. And the rule is always: the more colourful, the better!

Selling points and marketing:

- Scandinavian crochet fun in a hygge look – with 20 creative ideas that are quickly crocheted and beautify every home
- For beginners and pros: basics section with clear illustrations and step-by-step instructions for all relevant crochet techniques



Publication:	September 2024
Author:	Urbanneck, Linda
Title:	Cute Amigurumi for your desk Crochet over 20 practical helpers yourself
Pages/Cover:	112 pages, softcover
ISBN:	978-3-7474-0578-9
Price:	13,00 EUR

Whether in the office or at your desk at home, these 20 cute amigurumi office accessories will brighten up any workplace and are also useful helpers. The variety of crocheted motifs ranges from a bear pencil case and a rooster paper clip to a koala pencil topper, strawberry headphone cases, melon coasters and much more. In the basics section, all the important crochet techniques are clearly explained with step-by-step pictures. This means that both beginners and experienced crochet fans can easily get started and crochet their favourite desk gadgets themselves.

Linda Urbanneck comes from a family full of creativity, but she only discovered her penchant for crochet hooks in 2019, when she saw a video about an amigurumi for the first time. Little by little, she taught herself how to crochet. Initially as a hobby, but later this passion was to develop more and more in the professional direction. In 2020, she created her first tutorial, followed by a few more shortly thereafter. Linda founded her first label under the name 'Haekellobbly.' Linda spends her life beyond the crochet hook in Saarland, Germany, where she lives with her husband and three sons. Linda shares glimpses of her life daily on her Instagram account @haekellobbly, where she allows creative people a glimpse into her life as a designer and author.

Selling points and marketing:

- Amigurumi with a cool function: This book by the popular expert Linda Urbanneck is an absolute must-have for crochet fans
- Over 20 cute office helpers for young and old to crochet as gifts or to keep for yourself
- A variety of amigurumi with creative functions: bear pencil cup, cockerel paper clip, koala pen topper and much more
- Suitable for both beginners and advanced crocheters thanks to the detailed basic section with clear illustrations



Publication:	August 2024
Author:	Borges, Inga
Title:	When your thread of patience rips, crochet with it The best anti-stress projects to crochet
Pages/Cover:	112 pages, softcover
ISBN:	978-3-7474-0324-2
Price:	13,00 EUR

Stress at work, at home, with the family or just with yourself? When everything becomes too much, you need a quick solution that helps you to finally let go and release all your anger. And what could be better than a round of crocheting?! Because when your thread of patience rips, crochet something nice out of it!

These 20 funny crochet models, from voodoo dolls to worry eaters, are a great help on these stressful days. They satisfy an acute need for revenge, promote self-love, help you find a different focus, really wind down, and make everyone laugh. Each instruction comes with little tips, more or less serious, that help you get rid of stress faster. All models are easy to crochet, even for beginners, and quick to make.

Inga Borges is a designer and the founder of the label Frau Line. She learned to crochet before she started school and has been hooked ever since. She blogs regularly about crochet, needlework and sustainability at frau-line.de and works as an author for crochet books, including the successful series Helden der Kindheit (Heroes of Childhood). She lives in Münster with her husband and their little cat Moe. She spends most of her time there in her studio with a view of the countryside. This is where she creates her designs and instructions, writes for her blog and develops new books. Crochet appliqués and amigurumi are among her favourite models. And the rule is always: the more colourful, the better!

Selling points and marketing:

- Crochet against stress – a brilliant concept with 20 fun patterns ranging from a Voodoo doll to a worry eater
- Small distractions for a positive mindset: the witty crochet designs humorously distract readers from everyday stress
- The fun anti-stress projects are the perfect gift idea for fellow sufferers
- Thanks to the illustrated basics section, the instructions are suitable for every crochet level



Publication:	October 2024
Author:	Bovensiepen, Kerstin
Title:	Knit your hottie Knit cosy hot water bottle covers
Pages/Cover:	48 pages, softcover
ISBN:	978-3-7474-0549-9
Price:	11,00 EUR

A hot water bottle is a loyal companion that provides warmth, relieves pain and is economical to use. But often the hot water bottle cover is not very pretty or is already worn out. With 'Knit your hottie' this problem can be solved! You can simply knit one of the ten different hot water bottle covers that will make your home cosier and warmer. Whether you like it plain, colourful or patterned, you will find great hot water bottle covers for every taste here. A small section on the basics explains the necessary knitting techniques so that the various models can be knitted quickly and easily. What's more, the creative knitting projects help you use up your wool stash – making knitting fun and sustainable!

Kerstin Bovensiepen is the creative mind behind the knitwear design label knit.ding. She shares her passion and extensive knowledge of knitting in a variety of ways, with over 100 knitting instructions and a series of knitting books. Besides detailed knitting instructions, she also offers a range of online courses where she passes on her knowledge and passion for knitting. In her knitting lounge, beginners and advanced knitters alike can find specific help with their projects in an exclusive online space for knitting and learning together.

Selling points and marketing:

- Quick knitting fun: these cosy hot water bottle covers are super quick to knit and are ideal as a last-minute gift.
- Variety for every taste: ten beautiful hot water bottle covers in different designs, from single-coloured to multi-coloured and with structures
- Easy-to-understand instructions: thanks to a small basic section with all the relevant knitting techniques, knitting these beautiful hot water bottle covers is a breeze
- Sustainable knitting: using wool remnants protects the environment and saves you money



Publication:	November 2024
Author:	Borges, Inga; Nar, Natalie
Title:	Glow it up: Crochet with luminous yarn Over 20 cool DIY-projects for you and your home
Pages/Cover:	112 pages, paperback
ISBN:	978-3-7474-0664-9
Price:	15,00 EUR

Crochet with a special effect! Over 20 varied crochet instructions with the fluorescent yarn “Glow up” from Scheepjes invite you to create incredibly cool DIY-projects. In the light, the yarn is simply white, but in the dark it unfolds its mysterious glow-in-the-dark effect. The models range from hair wreaths, scrunchies and shoulder bags to sleeping masks, wall hangings, fairy lights and firefly amigurumi. The varied models are eye-catchers during the day, but you can really see what they are made of when the lights go out! All the important crochet techniques are explained step by step in the detailed basic section. This makes it easy for beginners and experienced crocheters alike to get started. Whether for yourself or as a gift - these bright designs are unique and will inspire everyone! On top: The cover glows in the dark!

Inga Borges is a designer and founder of the label “Frau Line”. She learned to crochet before she started school and hasn't let go of the needle since. She regularly blogs about crochet, handicrafts and sustainability on frau-line.de and works as an author for crochet books. She spends most of her time in her studio with a view of the countryside. This is where she creates her designs and instructions, writes for her blog and develops new books.

Natalie Nar is a passionate designer and author. With the publication of her first book, she founded the label “häkelgedöns”, which secured her a permanent place in the needlework world. Today, she runs a flourishing online store where she sells her books, instructions and versatile crochet materials. She regularly inspires her community with free tutorials and insights into her creative processes on Instagram (@haekelgedoens).

Selling points and marketing:

- A variety of projects that glow in the dark: Shoulder bag, fairy lights, night light, bookmark and much more
- Over 20 cool instructions for young and old to crochet, give as a gift or keep for yourself
- For both beginners and advanced crocheters thanks to a detailed basic section with clear illustrations



Publication:	November 2024
Author:	Deiß, Caroline
Title:	The magic of the 8 Celtic annual festivals Experience the Celtic celebrations with nature rituals, incense, power animals and recipes for a fulfilled life
Pages/Cover:	208 pages, hardcover
ISBN:	978-3-7474-0672-4
Price:	16,00 EUR

We embark on a fascinating journey through the seasons and let ourselves be enchanted by the magic of the Celtic annual festivals. Caroline Deiß invites us to experience the ancient customs of Imbolc, Ostara, Beltane, Litha, Lúghnasadh, Mabon, Samhain and Yule in a completely new, lively way. Each festival, whether lunar or solar, has its own rituals and exercises that strengthen our connection to nature. The author offers a wealth of suggestions for personal nature rituals, power animal exercises, meditations, incense instructions and recommendations for places of power that are in harmony with nature. She also talks about traditions and customs that accompany us through the eight festivals of the year and give us a feeling of home and warmth.

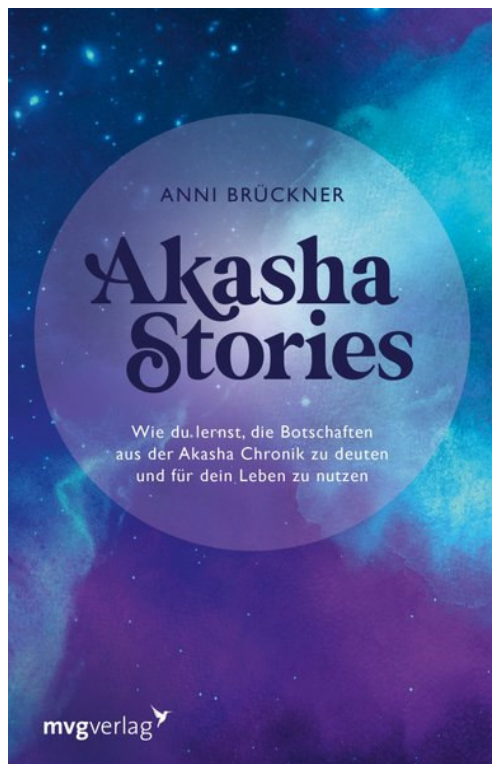
This book is a valuable guide to integrating the ancient wisdom of the annual festivals into modern life and discovering the beauty of being.

Born and raised in a village in Germany, Caroline Deiß came into contact with nature and rural customs at an early age. As a passionate wild plant expert, she teaches about the magic of wild herbs in numerous guided tours, cooking courses and seminars in her adopted home on Lake Starnberg.

In her private life, the author is interested in discovering mystical places of power, the secret of smoking oriental and Celtic plants and hiking in the Bavarian mountains.

Selling points and marketing:

- The yearning theme of nature: Celtic annual festivals offer an opportunity to consciously experience and celebrate the natural rhythm of the seasons
- Detailed and practical instructions for rituals, meditations and incenses
- Lovingly designed and enchanting texts invite you to browse and dream



Publication:	October 2024
Author:	Brückner, Anni
Title:	Akasha Stories How to learn to interpret the messages from the Akashic Records and use them for your life
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7474-0443-0
Price:	15,00 EUR

What if we could unveil the secrets of our soul? What if we could learn who we were in previous lives, which worlds we have traveled to and which lessons we have learned? The Akashic Records medium Anni Brückner takes us on a fascinating journey into the universal world memory, in which everything that ever was, is and will be is stored. Using channeled stories from the Book of Life, she tells of exciting, touching and instructive incarnations that help us to understand ourselves better and to grow. She shows how we can connect with the Akashic Records, what our soul home is and how we can solve typical problems in the areas of relationships, vocation and health with simple exercises. This book offers extraordinary insights into another world and opens up new paths for our lives.

Anni Brückner is an Akashic Records medium out of love. She already had a strong connection to the spiritual world as a child and was able to perceive things that were invisible to others. In 2018, she discovered her true calling during her legal doctorate. Since then, she has been helping people through her readings to release beliefs, find callings and heal energy imbalances. She is a sought-after speaker and trains people to become Akashic Readers. In order to bring the world and treasures of the Akashic Records closer to as many souls as possible, she publishes specially channeled spiritual exercises and tips for everyday life on her Instagram account.

Selling points and marketing:

- New and modern revival of an old myth to meet the increasing demand for spiritual content for personal growth
- For anyone interested in astrology, tarot and spiritual personal development
- Extraordinary stories from the Akashic Chronicle that will captivate readers



Publication:	October 2024
Author:	Berger, Lena S.
Title:	Two make a great team too The first holiday after the separation. A gentle picture book for children between 3 and 6
Pages/Cover:	32 pages, hardcover
ISBN:	978-3-7474-0638-0
Price:	14,00 EUR

Lio, the little red panda, is sad. For the first time, he is travelling alone with mummy in grandpa's old camper van. Since mummy and daddy split up, he misses his daddy terribly and he is sure that the holiday without him can only be a disaster. But just when he is about to despair, he gets magical support from Rudi, the echidna. Rudi helps him to see that there is no single right way to spend a holiday, but that there are many different ways to have fun – and that he doesn't have to feel guilty if he has a good time without his dad. Because that's exactly what all parents want for their children: for them to be happy and to enjoy themselves.

A loving story that supports all children during the difficult time after their parents' separation and shows them that change can also have its good sides.

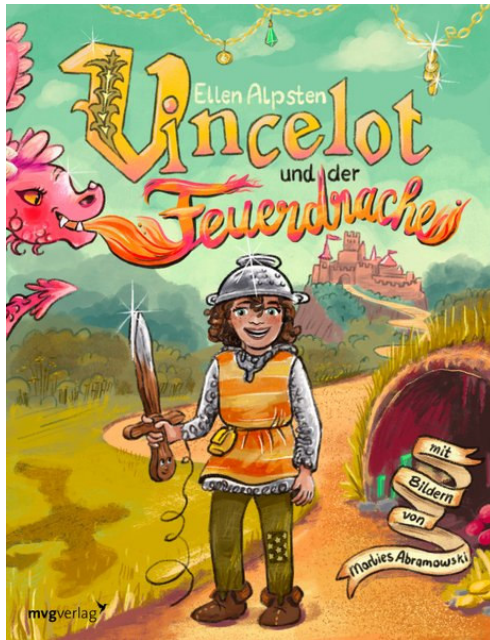
Lena S. Berger was born in Dinkelsbühl in 1994, where she still lives today with her two-year-old son. When she is not working on new books, she travels the world with her son.

For the author, 'On the Road with the Magic Camper Bus' is a very special children's book series that is intended to encourage both children and adults.

Lea Melcher illustrates and writes in Mainz. After studying media dramaturgy, living in Paris and the USA, and working in television, she now works for various publishers. She also runs an online shop for her books and art products. Always with her: the fluffy cat helpers Dino, Kobold and Marmel.

Selling points and marketing:

- Single mother Lena S. Berger writes a wonderful book about separation
- Loving story about a sensitive topic for a huge target group
- Red Panda, Echidna and Co. as cute protagonists take the horror out of a difficult topic
- Joyful yet empathetic illustrations by Lea Melcher



Publication:	November 2024
Author:	Alpsten, Ellen; Abramowski, Marlies
Title:	Vincelot and the Fire Dragon Can the brave knight take on the fire dragon?
Pages/Cover:	32 pages, hardcover
ISBN:	978-3-7474-0635-9
Price:	14,00 EUR

Princess Paula is in danger! Duke Dark is after her with the fearsome pink fire-breathing dragon. But even though all the knights in the castle are afraid, little squire Vincelot is determined to protect his friend! Together with Roland the knight and the talking sword Jaber, the two set out to find the dragon. Their fear of the evil dragon vanishes when Vincelot and Jaber stand before the dragon – and realise that the shimmering pink Scarlett is no more on Duke Dark's side than they are.

The modern new edition of the popular children's book series with revised illustrations and updated text.

Marlies Abramowski studied illustration at the Hamburg University of Applied Sciences. She then worked as a freelance illustrator for companies and agencies. Since 2021, she has been living with her two children and her husband just outside Hamburg. When she is not drawing for children's books, she devotes herself to free drawing and painting projects.

Selling points and marketing:

- The adventurous story of Vincelot in the original edition with over 28,000 copies sold
- New edition with POC protagonist breaks with role clichés and knightly myths
- Wordplay, unexpected twists and turns, etc. ensure reading fun for parents and children aged 3 and up



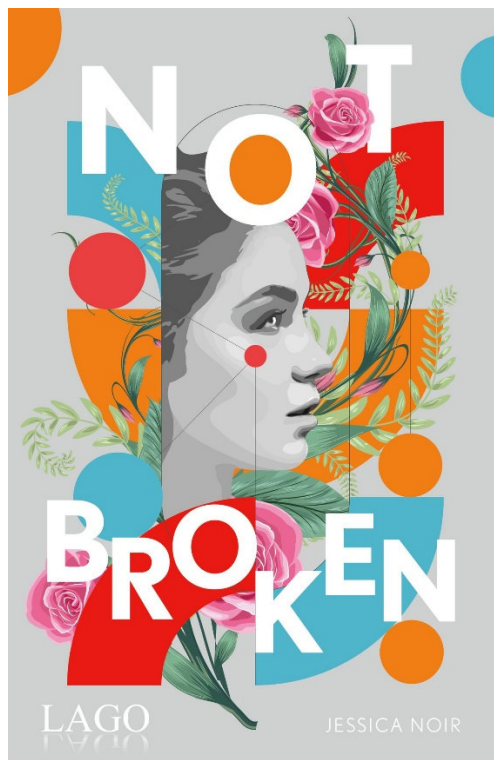
Publication:	December 2024
Author:	Alpsten, Ellen; Abramowski, Marlies
Title:	Vincelot and the battle against the sponge Will Vincelot and his friends be able to free the city from the evil curse?
Pages/Cover:	32 pages, hardcover
ISBN:	978-3-7474-0640-3
Price:	14,00 EUR

Vincelot is shaken: a dark spell, the sponge, is slowly spreading and draining the color and joy from everything around him. Together with Roland and the dragon Scarlett, Vincelot and his sword Jaber decide to find the cause of the evil spell. Their journey takes them through the magical market, where they meet the most mysterious wizards, and through the wild forest, where they encounter the villain Duke Dark. Through him, they find the means to break the evil curse: a laugh. In their next adventure full of legends and tales, the friends show that the solution can sometimes be much simpler than expected and that teamwork and laughter will always be stronger than anything bad.

Marlies Abramowski studied illustration at the Hamburg University of Applied Sciences. She then worked as a freelance illustrator for companies and agencies. Since 2021, she has lived with her two children and her husband just outside Hamburg in the Altes Land region. When she is not drawing for children's books, she devotes herself to freelance drawing and painting projects.

Selling points and marketing:

- The loving story shows children how to deal with unpleasant feelings such as sadness and loneliness in an exemplary way
- The new edition of the knight Vincelot is supplemented with a new, exclusive adventure full of excitement and magic
- Rich and colorful imagery paired with refreshing language enchants children and adults alike
- Hidden allusions to Greek mythology and other legends as an entertaining Easteregg for adults



Publication:	October 2024
Author:	Noir, Jessica
Title:	Not Broken
Pages/Cover:	400 pages, softcover
ISBN:	978-3-95761-245-8
Price:	15,00 EUR

Charlotte has everything she could ever want: a great family, her supposedly great boyfriend Clemens, and a beautiful apartment in Hamburg's Hafencity. The only thing she lacks is a definitive direction in life. When she is unexpectedly diagnosed with ADHD and meets singer Flynn, who is looking haggard, in her therapist's waiting room, she questions her entire life so far. Who does she want to be and where does she want to go? Hasn't she always wanted to be an author? And why exactly does she feel so much better with Flynn than with Clemens? On her journey to becoming an author, she finally finds herself and learns not only to deal with her neurodivergence, but also that the right people accept you for who you are.

Jessica Noir, born in Hamburg in 1990, received her own ADHD diagnosis at 32. After a very frustrating apprenticeship as an insurance clerk and a degree in illustration design with a focus on book illustration, she now lives with her husband and dogs in Dithmarschen. There, she does what she loves, since she was able to hold a pen: making up stories and putting them on paper. And drinking coffee. Definitely drinking coffee.

Selling points and marketing:

- Honest and authentic debut by an Own Voice author: Noir realistically depicts everyday life with ADHD
- Huge target group: millions of adults are affected by ADHD
- New Adult Romance with a German city setting will delight fans of the tropes enemies-to-lovers, slow burn and rock star romance



Publication:	September 2024
Author:	Giebel, Gilda
Title:	Instinct-Driven – Between narcissists, sadists and psychopaths What I experienced as a psychologist in preventive detention
Pages/Cover:	272 pages, Hardcover
ISBN:	978-3-7423-2755-0
Price:	22,00 EUR

A man lives out his sexual fantasies in a cruel way on women. He eventually kills one of his victims. After a quarter of a century behind bars, he is to be set free again. His release also depends on the assessment of his psychologist: Will the man reoffend when he is free? As a psychologist in preventive detention in a prison, Gilda Giebel deals with highly dangerous offenders on a daily basis. From pedophile sex offenders to rapists and murderers, she provides a disturbing glimpse into the human abyss. And she provides answers to the most pressing questions: How do you recognize evil in people? How can we escape it? And why are some women attracted to dangerous men?

Dr. Gilda Giebel studied psychology at the Universities of Erfurt and Constance and holds a doctorate. She also completed systemic therapy training. Her professional focus is on forensic psychology. She worked as a psychologist in the preventive detention unit of a German prison. In addition to her therapeutic work, she also prepared risk assessments for offenders.

Selling points and marketing:

- In preventive detention in a correctional facility – a psychologist's gripping account of her experiences
- Narcissists, sadists and psychopaths – a psychologist explains how to recognize them
- Fascinating mix of factual information and true crime – a narrative non-fiction book in the best sense of the word



Publication:	September 2024
Author:	Wirth, Josua
Title:	Travel for Love How I lived my dream and travelled from Germany to Thailand for love
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7423-2765-9
Price:	20,00 EUR

In his early 20s, Josua has everything he has always dreamed of: family, friends and a successful start-up. But when his girlfriend emigrates to Thailand, doubts arise. Is the life he has built for himself really what he wants? Without further ado, he decides to follow his love. He sells everything he has and sets off – without a plane ticket. On foot, hitchhiking, and by bus and train, he covers kilometres and kilometres for over a year. A time when he reaches his limits not only once. But also a time when the world introduces him to someone he didn't know yet. Who wants to climb mountains, experience adventures, get to know foreign people and cultures. He discovers what really counts: to dream big and dream again, for great happiness and love.

Josua Wirth, born near Ulm in 1999, set up his own business as a video and photographer in 2021 after studying business administration. At the age of 23, he set out on a journey around half the world. He reached his destination, Chiang Mai in Thailand, after more than a year. Over 1.6 million people followed his journey on social media, where he is known as Travel4love.

Selling points and marketing:

- The world tour, which millions followed on social media, is finally available in book form.



Publication:	November 2024
Author:	Cnyrim, Petra; Ziems, Anne-Dorette
Title:	Explain like I'm 5 - Astronomy How cold is it in space? Do other planets have moons too? Why does Saturn have a ring and other planets don't?
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2759-8
Price:	18,00 EUR

What is dark matter? Do light years have anything to do with brightness? What happens in a black hole? Is there other life in the universe? What exactly are planets and moons? And why is Pluto no longer allowed to be a planet? Children ask a thousand questions. We adults, on the other hand, often no longer dare to ask questions. Most of us have always been completely clueless when it comes to the extremely complex field of astronomy. It's a good thing that the tried and tested explain-like-I'm-five books are available. This volume explains the most important topics related to astronomy and the universe in a way that everyone can understand.

Petra Cnyrim, born in 1975, works as an author near Munich. Her books 'Complete the Function', 'The Book of Almost Forgotten Words' and 'Explain Like I'm 5' made it onto the SPIEGEL bestseller list.

Anne-Dorette Ziems completed a master's degree in physics in Leipzig and then completed a traineeship at MDR. As a freelance author and science journalist, she writes articles and posts on various science topics for DIE ZEIT and Welt der Physik, among others. On her Instagram and TikTok channel, she regularly inspires her followers with exciting facts about physics, astronomy and space travel.

Selling points and marketing:

- The popular series concept applied to the field of astronomy
- Easy-to-understand answers to questions about astronomy, astrology and astrophysics
- Logical division of chapters for quick knowledge 'to go'



Publication:	October 2024
Author:	Dose, Jasmin; Kuhn, Jan Lukas; Mesch, Stefan
Title:	Useless knowledge about manga and anime Exciting fun facts from the first Japanese comics to Studio Ghibli
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2764-2
Price:	10,00 EUR

Comics and animated films are an integral part of Japanese pop culture and are also very much in vogue in this country. They fascinate a huge fan base - and not just since the worldwide success of cult series such as "Pokémon" and "One Piece". From the beginnings of manga in Japan to the biggest anime hits, "Useless facts about manga and anime" contains the most incredible facts, stories and anecdotes about the most exciting characters, films and series. Why was "Sailor Moon" banned in Korea until 1998? Why do manga characters have five fingers, but Western cartoon characters often only have four? And what did Sonic serve as a model for the makers of "Naruto" and "Dragon Ball"? A must for otakus and anyone who wants to find out more about manga and anime culture.

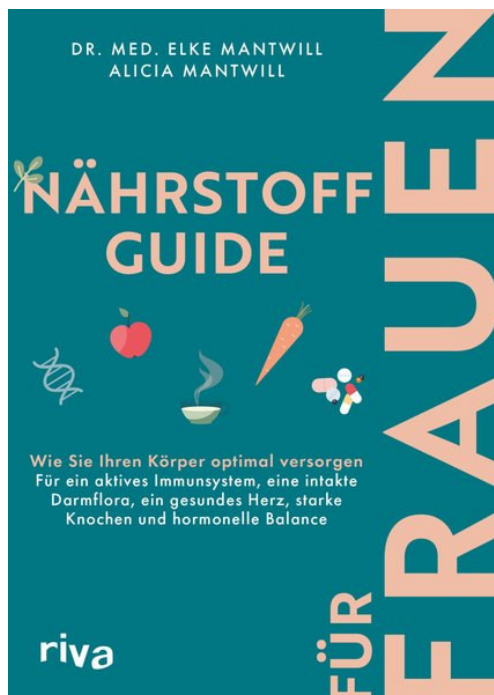
Jasmin Dose studied Japanese Studies, Computer Science and Conference Interpreting. She is the organizer of "Connichi", the largest completely voluntary anime and manga event in the German-speaking world.

Jan Lukas Kuhn translates manga, games and literary texts from Japanese. He studied Japanese and English in Trier and Tokyo and worked at "Mandarake" in "Nakano Broadway", the center of Japanese fan and collector culture.

Stefan Mesch recommends books, series and comics on "Deutschlandfunk Kultur", "SPIEGEL online" and in the Berlin "Tagesspiegel". He studied creative writing and cultural journalism in Hildesheim, is the author of "Unnützes Wissen für Marvel-Nerds" (with Lino Wirag, published by riva Verlag in 2023) and printed three issues of the "Sailor Moon" fanzine "Bunny's World" with friends at the age of 14 (1997/98).

Selling points and marketing:

- An inspiring reference book and ideal gift for all fans of manga and anime
- Numerous exciting facts that are unknown even to die-hard fans of Japanese comics and animated films



Publication:	September 2024
Author:	Dr. med. Mantwill, Elke; Mantwill, Alicia
Title:	Nutrient guide for women How to optimally nourish your body – For an active immune system, intact intestinal flora, a healthy heart, strong bones and hormonal balance
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-1779-7
Price:	18,00 EUR

Micronutrients are essential for vital processes in the body. However, all too often there is a deficiency, which can be the cause of a wide variety of ailments: Women in particular are then affected by constant exhaustion, intolerances, inflammation, muscle and joint pain or menstrual cycle problems. A natural and balanced intake via the diet is actually quite simple – you just have to know how. And this is exactly what orthomolecular physician Dr. Elke Mantwill and Alicia Mantwill show us. They provide a well-founded and practical explanation of where and why vitamins, minerals and trace elements are needed in the body and why they are essential for the protection and renewal of body cells, for hormone balance and the proper functioning of systems and organs. With the help of clear food tables, creative preparation tips and recommendations for nutritional supplements, every woman – at every stage of life – can compensate for deficiencies, restore balance and provide her body with exactly what it needs to stay healthy, young and vital for a long time!

Dr. Elke Mantwill is a nutritionist, orthomolecular and sports physician and sports scientist. She treats the patients who visit her in her practice holistically, always focusing on natural measures. She also writes articles for various health magazines.

Alicia Mantwill studied medical economics and management. She works in a practice for nutritional and orthomolecular medicine and writes for the specialist magazine "OM & Ernährung", focusing on the connection between nutrition and the psyche.

Selling points and marketing:

- A balanced nutrient balance is not only essential for physical health, but also for mental health
- A nutrient deficiency can lead to serious illnesses such as depression, irritable bowel syndrome or diabetes
- The authors address different phases in a woman's life such as pregnancy or menopause



Publication:	September 2024
Author:	Rocchi, Gabriella
Title:	Understanding and overcoming eating disorders The guide for people who experience anorexia, bulimia and binge eating, and their families
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7423-2749-9
Price:	20,00 EUR

Around a fifth of all children and young people between the ages of 11 and 17 suffer from an eating disorder. This problem is increasing daily due to the pressure of social media, peer pressure and constant self-optimization as well as ongoing crisis stress. Therapy places are rare and waiting lists are long. This guide by expert Gabriella Rocchi, who has over 20 years of experience with people affected by eating disorders and their families, is here to help. Rocchi researches the causes of eating disorders, develops solutions and combines nutritional therapy practice, personal stories and current scientific research. She shows which ways help to break the cycle, what normal eating plans look like, what an appropriate portion is and how to avoid binge eating. This book is intended to encourage people to get help and to show them a first step towards recovery.

Gabriella Rocchi has had her own practice as an independent nutritionist in her adopted home of Münster since 2001. Rocchi has been teaching at the University of Applied Sciences for Ecotrophology in Münster since 2014 and is regularly booked as a freelance lecturer for talks, workshops and keynotes on nutrition and health topics. Rocchi has over 20 years of professional experience in dealing with people affected by eating disorders and their families.

Selling points and marketing:

- The topic of eating disorders is more relevant than ever due to social media and social crises
- Competent author with over 20 years of professional experience in this field
- Compact book that offers well-founded and understandable first aid for eating disorders
- Concrete examples from the author's professional practice illustrate the problems, but also the solutions for the different types of eating disorders



Publication:	September 2024
Author:	Knop, Tobias; Niehaus, Daniel
Title:	A fresh start for your hearing Why your entire body benefits from healthy hearing and how you can optimally support it with holistic measures
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2703-1
Price:	18,00 EUR

Hearing well is important to everyone, but how important a healthy sense of hearing is for our well-being and consequently for our quality of life is often underestimated: with healthy ears, we are more productive, can concentrate better, feel less stressed, sleep more restfully and have a more stable, secure sense of our bodies. The alternative practitioners Daniel Niehaus and Tobias Knop show how closely hearing is linked to the entire organism and the far-reaching effects it has on mental and physical health when there is a rushing, ringing or pain in the ears, when hearing is impaired or when there is a sudden hearing loss. This can be counteracted with a range of natural measures, such as mobilisation and stimulation exercises, breathing techniques, and recommendations for proper nutrition and care. In addition, programmes help against various symptoms such as tinnitus, hearing loss or even inflammation. This way, everyone can improve their own hearing health. Because if you can hear well, you can stay healthy longer!

Tobias Knop is a trained physiotherapist, licensed osteopath and alternative practitioner. In his work, he always treats the people who come to see him in his practice as equals and places a high value on treating each person's unique needs. Daniel Niehaus is an alternative practitioner, physiotherapist and osteopath. He treats people in every phase of life – from infancy to old age. His focus is on biodynamic osteopathy, which he uses to gently help his clients achieve freedom from pain and a better quality of life. He is the founder and director of the 'Osteopathie Niehaus' health centre.

Selling points and marketing:

- Millions of people suffer from hearing impairment and those affected are getting younger and younger
- Studies have shown that reduced hearing ability can have a negative impact on mental health



Publication:	December 2024
Author:	Könings, Andreas; Könings, Lisa
Title:	A Fresh Start for the Brain How to counteract signs of aging and stay physically and mentally fit with neuro-focused exercises
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2770-3
Price:	20,00 EUR

Rising average ages mean that more and more people are affected by age-related complaints such as hearing and olfactory impairments, declining mental performance, lack of muscle strength or a reduction in mobility and responsiveness. This can be counteracted with neuro-focused training, which promotes the smooth interaction of muscles, nerves and brain! To this end, neuroathletic trainers Lisa and Andreas Könings have put together over 60 exercises that train cognitive skills such as perception, spatial thinking or concentration and train the muscles to prevent falls. In addition to providing simple basic knowledge about how the brain and nervous system work and a selection of exercises especially suitable for over 65-year-olds as well as exemplary programs, the topic is rounded off with nutrition tips. This is how you can keep mentally and physically fit to ensure quality of life into old age!

Andreas Könings is a neuroathletic trainer and the first German Z-Health® Master Practitioner. He was a competitive basketball player himself and has now been coaching top athletes and pain patients for over ten years. At his German Academy for Neuro-Performance, he trains coaches and therapists in neuro-centered training and passes on his practical experience in seminars, workshops and lectures.

Lisa Könings is an ecotrophologist with a focus on neuro-centered nutritional advice. This individual approach is based on her training at Z-Health. Her aim is to offer people holistic help that enables them to regain their quality of life. She is convinced that there can be no universal nutritional recommendations, but that everyone is their own expert. Together with Andreas Könings, she runs the German Academy for Neuro-Performance.

Selling points and marketing:

- The successful topic of “neuro-centered training” prepared for the growing target group of senior citizens
- Over 50 percent of over-65-year-olds do too little exercise and are not mentally active enough
- With over 60 illustrated exercises to improve hearing, sight, smell and prevent falls in old age



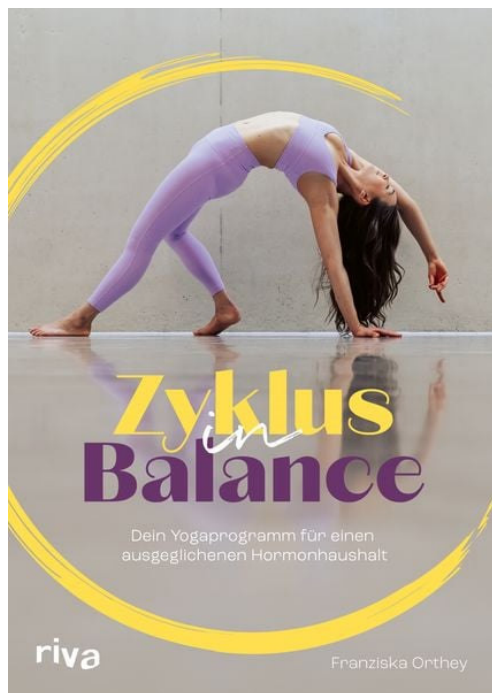
Publication:	September 2024
Author:	Schweikhardt, Lisa
Title:	Fit through wall pilates The effective workout for a strong, toned and agile body. Includes 30-day program
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2759-8
Price:	18,00 EUR

Pilates is an integral part of the fitness scene - numerous celebrities such as Miley Cyrus, Pamela Reif, Madonna and Jennifer Anniston are fans of this effective full-body workout. Recently, a new form of Pilates has joined the fitness trend: Pilates on the wall. Beginners and advanced practitioners alike swear by this method, as the exercises can be optimally reinforced with the help of a wall: The additional stability and increased resistance ensure stronger muscles, more flexibility in the spine and more intensive stretches. Trainer Lisa Schweikhardt, known on YouTube as "LisaSofie Lou", shows how the wall can be used to effectively support training. The detailed step-by-step instructions are put together into a varied 30-day program that is accessible to all fitness levels - from beginner to professional - thanks to different variations. Additional 5-minute short units help to combat everyday ailments such as neck, back or shoulder pain. This guarantees a strong, healthy, fit and flexible body.

Lisa Schweikhardt is a personal trainer, gymnastics teacher and ballet teacher. On her YouTube channel "LisaSofie Lou", she regularly shares home workouts on the subject of Pilates and inspires her community. Her aim is to get people moving with simple workouts and lots of fun.

Selling points and marketing:

- Wall Pilates is the fitness trend of 2024
- Simple 30-day program with illustrated step-by-step instructions
- Variations for every fitness level, making it ideal for anyone who wants to try out the new trend sport



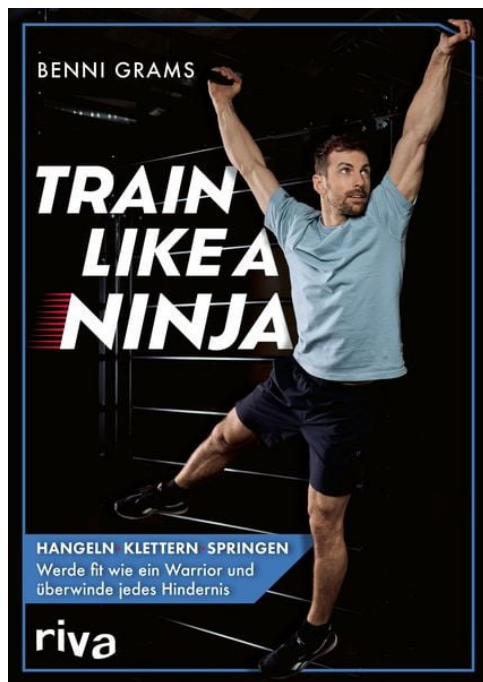
Publication:	November 2024
Author:	Orthey, Franziska
Title:	Cycle in Balance Your yoga programme for hormonal balance With flows for every phase and help with acute complaints
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2759-8
Price:	18,00 EUR

The menstrual cycle is part of almost every woman's life for a long time – but very few people know what influence it has on the female body. The changes in hormonal balance can lead to physical pain, but also to increased stress levels, mood swings and a lack of energy. Yoga teacher Franziska Orthey shows how yoga can help to balance the cycle and alleviate monthly complaints such as PMS, cramps, ravenous appetite attacks or listlessness. It starts with understanding the four phases of the cycle, the associated hormones such as oestrogen, cortisol or testosterone and their influence on the body and psyche. After that, the yoga practice can be built upon and adapted to your own needs: with gentle flows for more mindfulness, energy-laden asanas to burn off energy or relaxing Yin yoga poses, there is a suitable workout for every phase of the cycle and for the various ailments. Additional tips and recipes for a healthy and nutritious diet support a balanced lifestyle. This not only ensures a relaxed and balanced cycle, but above all holistic well-being!

Franziska Orthey is a health scientist, yoga teacher and fitness trainer. Her greatest passion is motivating people to get moving and showing them that health and happiness are a lifestyle that you can choose every day. She conveys this on her blog, as a lululemon brand ambassador, and in her yoga classes and cycle coaching.

Selling points and marketing:

- A book on cycle-based training with a focus on yoga
- Yoga is and remains an undisputed trend sport
- Studies show: When women train according to their cycle, they improve their athletic performance and health



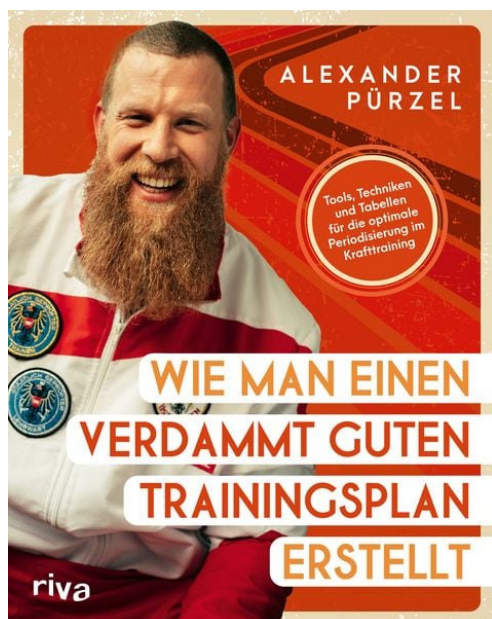
Publication:	September 2024
Author:	Grams, Benni
Title:	Train like a ninja Hand over hand, climbing and jumping – get fit like a warrior and overcome every obstacle
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2717-8
Price:	22,00 EUR

Breathtaking jumps, spectacular obstacles and acrobatic feats – the TV show Ninja Warrior has been thrilling an ever-growing audience for years. One question that many people ask themselves while watching is: How do the participants get fit for the course? Benni Grams, a multiple show participant and parkour trainer, not only provides the answer, but also shows how anyone can learn these skills and techniques to become strong and agile like a true ninja. First, you need to master the basics such as planks, pull-ups, sit-ups or squats and develop a sense of balance and stability in the centre of your body. Then the special skills of hand over hand, jumping, landing and swinging are presented in illustrated step-by-step instructions. Training plans and a varied 12-week challenge help you to learn the techniques quickly and efficiently. Additional tips and tricks on grip types, proper training preparation, warm-ups and cool-downs round off the ninja training programme. This is guaranteed to turn anyone into a warrior, whether at home or on the course.

Benjamin ‘Benni’ Grams is one of the most famous participants in the TV show ‘Ninja Warrior Germany’. Since childhood, he has had a passion for movement of all kinds, especially for parkour. In 2018, he turned his hobby into a profession: as a professional parkour athlete, he shares his passion for the sport with an audience of millions in television programmes and on his social media channels, showing how to break out of your comfort zone with the right mindset.

Selling points and marketing:

- The author was a finalist in ‘Ninja Warrior Germany’ several times
- The clearly illustrated step-by-step instructions are perfect for participants preparing for the show and for all fans



Publication:	August 2024
Author:	Pürzel, Alexander
Title:	How to create a damn good training plan Tools, techniques and tables for optimal periodisation in strength training
Pages/Cover:	384 pages, hardcover
ISBN:	978-3-7423-2597-6
Price:	35,00 EUR

Strength coach Alexander Pürzel is back with a new book in which he shows how training planning really works – for maximum results! Particularly in strength training, a scientifically sound but practical training programme is the necessary basis for achieving goals as quickly as possible on the one hand, and for minimising or avoiding risks such as increased overload, stagnation or injuries on the other. Using numerous methods, programmes and tables, the sports scientist explains how the concept of periodisation is applied in strength training and how to gradually arrive at an individual training plan. He combines current evidence-based research with his decades of practical experience and presents this wealth of information in an easy-to-understand way. This way, training and performance can be optimised in the shortest possible time and as efficiently as possible!

Alexander Pürzel is an European Powerlifting Champion and sports scientist. He conducts research in the field of movement science and biomechanics at the University of Vienna. His athletic and scientific quest is driven by a desire to make humanity incredibly strong. He shares this passion and knowledge from the boundless cosmos of strength training in his books, seminars and lectures – peppered with a humorous touch of madness. The imparting of knowledge about human strength is crucial in all his fields of activity. His decades of experience as a coach, athlete and lecturer make him a formative mind with biceps in the field of strength training.

Selling points and marketing:

- The ultimate standard work for periodisation in strength training
- The author is a proven expert in the area of training planning in strength sports
- Alexander Pürzel has already helped a number of athletes achieve international competitive success
- With numerous training tables available to download that can be individually adapted

50 Workouts - The successful DIY gym books

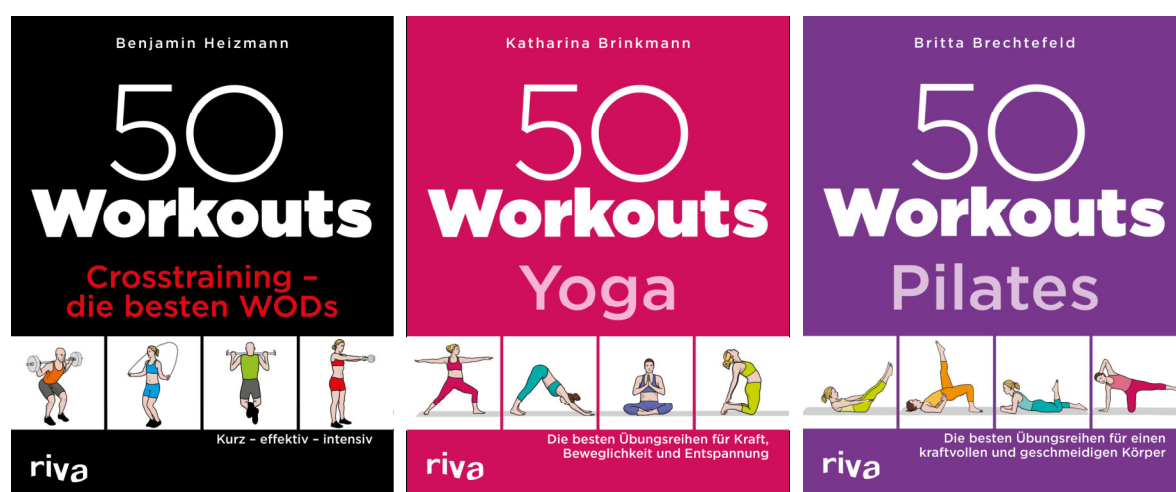
Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail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



Published 11.09.2019
144 pages



Published 17.03.2020
128 pages



Published 17.03.2020
144 pages



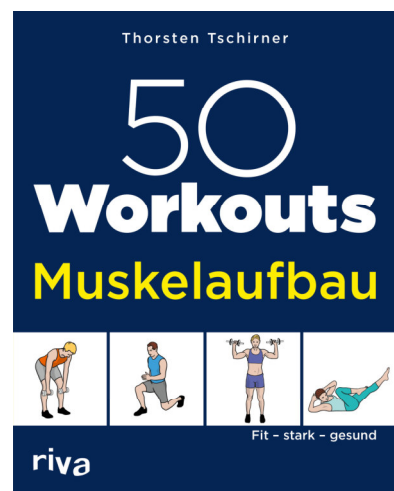
Published 29.12.2020
128 pages



Published 20.04.2021
144 pages



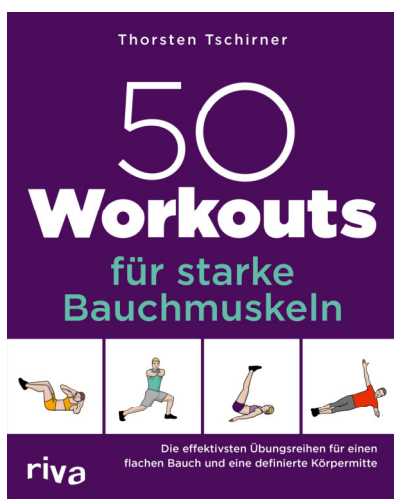
Published 20.04.2021
144 pages



Published 20.04.2021
144 pages

Published 25.10.2021
144 pages

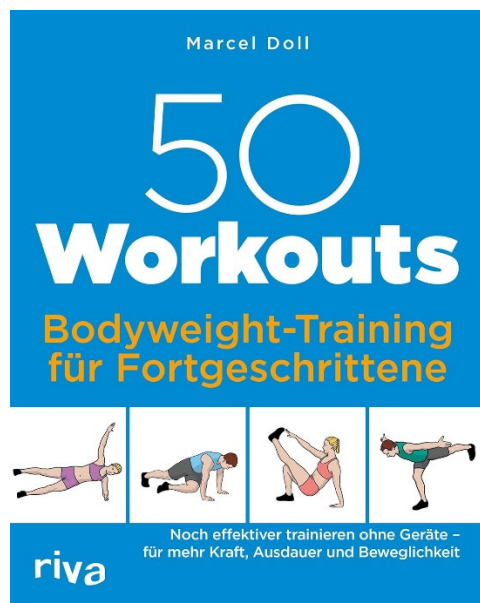
Published 25.10.2021
144 pages



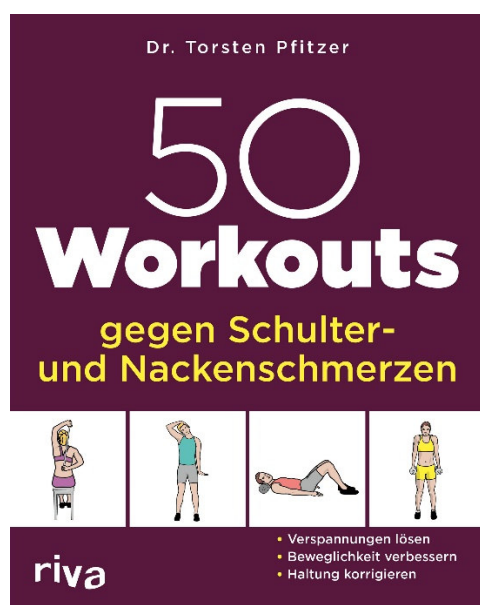
Published 22.02.2021
144 pages

Published 16.08.2022
144 pages

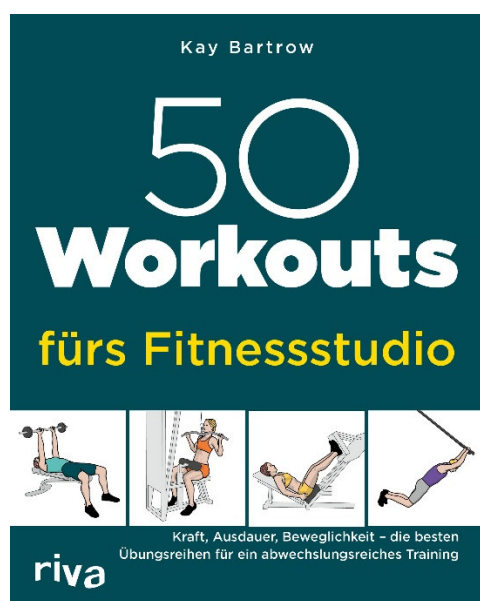
Published 20.09.2022
144 pages



Publication:	January 2024
Author:	Doll, Marcel
Title:	50 Workouts – Advanced Bodyweight Training
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2554-9
Price:	12,00 EUR



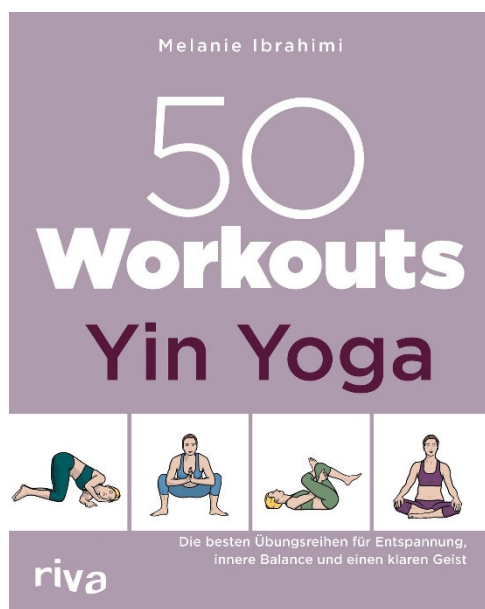
Publication:	September 2023
Author:	Pfitzer, Torsten
Title:	50 Workouts against shoulder and neck pain
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2474-0
Price:	12,00 EUR



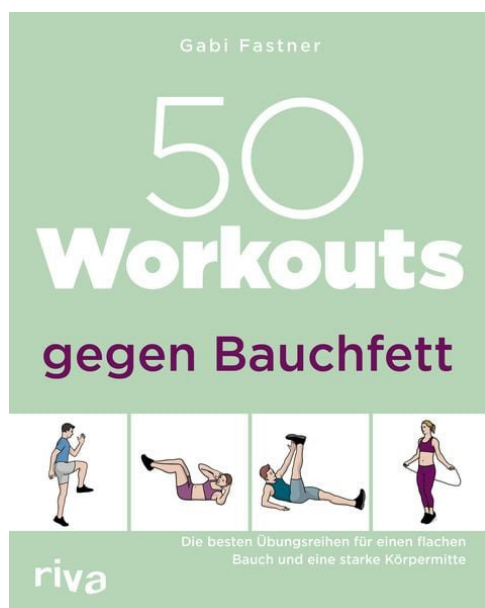
Publication:	December 2023
Author:	Bartrow, Kay
Title:	50 Workouts for the gym
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2461-0
Price:	12,00 EUR



Publication:	April 2024
Author:	Bartrow, Kay
Title:	50 workouts – mobility training for seniors
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2531-0
Price:	12,00 EUR



Publication:	April 2024
Author:	Ibrahimi, Melanie
Title:	50 Workouts – Yin Yoga
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2517-4
Price:	12,00 EUR



Publication:	December 2024
Author:	Fastner, Gabi
Title:	50 Workouts to lose belly fat
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2207-4
Price:	12,00 EUR



Publication:	December 2024
Author:	Neubauer, Petra
Title:	Proper nutrition after bariatric surgery The basics and 50 delicious recipes for the time after surgery
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2783-3
Price:	20,00 EUR

In the period following bariatric surgery, patients must follow a special diet plan. This book provides the most important facts and basics to consider after such an operation. It clarifies common questions, shares testimonials and provides information on the first three weeks after surgery, nutrients and possible problems such as early and late dumping, digestive problems and lactose intolerance. The guide also offers a nutrition plan and tips for everyday situations such as shopping in the supermarket, eating in restaurants, cooking at home in your own kitchen or dealing with negative feelings. The author also provides 50 tasty and suitable recipe ideas for the weeks after, so that you can enjoy your food but also take your special health needs into account. A successful restart for body and soul!

Petra Neubauer is a trained dietician, lecturer, gives courses at an adult education centre and is a self-employed nutritionist. She has been supporting people before and after bariatric surgery for more than 25 years. Her guiding principle is unconditional, respectful treatment of people who are severely overweight.

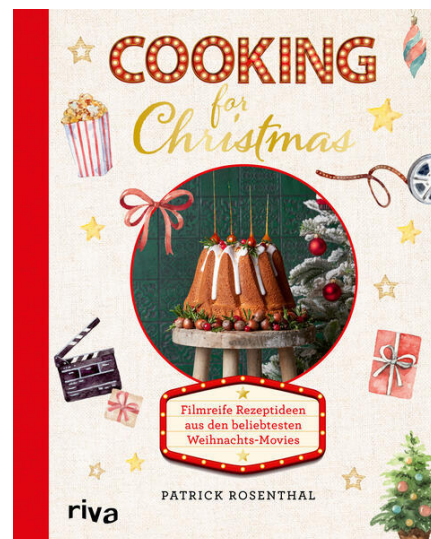
Selling points and marketing:

- In Germany, every second person is considered overweight, over 10 percent of the population is considered obese, and the trend is rising
- The author has over 25 years of experience with those affected
- The most important information presented simply, including FAQs
- 50 delicious dishes for the time after the operation with nutritional information

Publication:	September 2024
Author:	Cwiernia, Richard
Title:	Granny, what are you cooking? From borscht to pierogi – traditional family recipes from Eastern Europe
Pages/Cover:	160 pages, hardcover
ISBN:	978-3-7423-2731-4
Price:	25,00 EUR



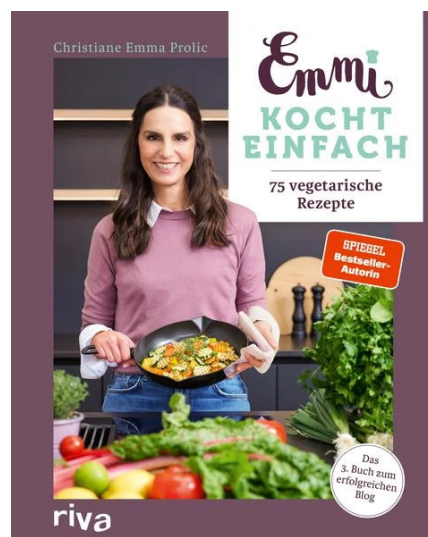
Publication:	August 2024
Author:	Rosenthal, Patrick
Title:	Cooking for Christmas Recipe ideas straight out of the most popular Christmas movies
Pages/Cover:	176 pages, hardcover
ISBN:	978-3-7423-2744-4
Price:	25,00 EUR



Publication:	October 2024
Author:	Daniels, Sabrina Sue
Title:	The Airfryer Cookbook: Vegetarian 60 easy recipes from the hot air fryer: healthy, low in fat and energy-saving
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2743-7
Price:	19,00 EUR



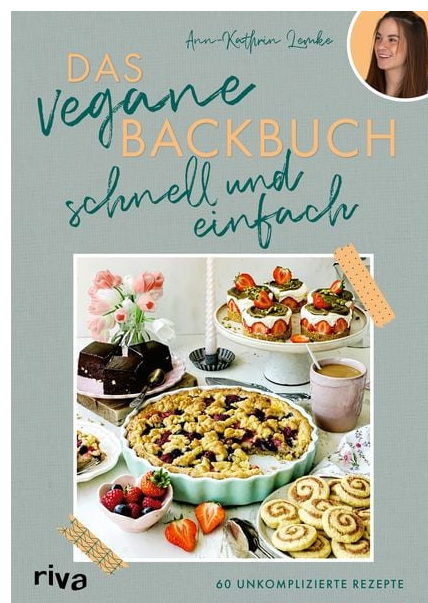
Publication:	October 2024
Author:	Prolic, Christiane Emma
Title:	Emmi cooks simply: 75 vegetarian recipes Meat-free dishes for everyday
Pages/Cover:	192 pages, hardcover
ISBN:	978-3-7423-2698-0
Price:	22,00 EUR



Publication:	December 2024
Author:	Dietrich, Lia
Title:	Delicious food without sacrifice Simple, quick and calorie-conscious – 60 recipes for losing weight
Pages/Cover:	144 pages, hardcover
ISBN:	978-3-7423-2397-2
Price:	22,00 EUR



Publication:	December 2024
Author:	Lemke, Ann-Kathrin
Title:	The Vegan Baking Book – Quick and Easy 60 Uncomplicated Recipes Sweet baking ideas for cakes and biscuits without milk and eggs
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2552-5
Price:	20,00 EUR



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