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Publication:	April 2025
Author:	Kümmel, Gina
Title:	Break the cycle How family trauma shapes generations and how you can free yourself from it. Overcoming and healing transgenerational trauma
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7474-0684-7
Price:	18,00 EUR

Unprocessed traumas in families can be inherited from one generation to the next. Events of social, political and historical significance, such as war, expulsion and discrimination, but also personally experienced severe suffering, e.g. sexual abuse or psychological and physical violence, often leave deep traces in the soul of those affected for generations.

The cycle of passing on traumatic experiences usually repeats itself until a person actively breaks it. This person exposes the harmful patterns and dynamics of the past and strives to change them.

This book is a companion for all those who want to break out of the vicious circle of trauma transmission. It explains the causes, mechanisms and consequences of trauma. Based on coping strategies and therapy options, it shows a path of understanding and healing so that courage and hope can grow and future generations can experience a healthier development.

Gina Kümmel is a non-medical practitioner in psychotherapy, trauma therapist and art therapist. She works with groups and individuals in her seminars and sessions to help them deal with the effects of trauma and regulate an overstimulated nervous system and emotional stress. Having experienced childhood trauma and its consequences herself, she imparts her knowledge not only from a professional but also from a human and personal perspective.

Selling points and marketing:

- Gina Kümmel is herself a person affected and a non-medical practitioner for psychotherapy as well as an integrative trauma and art therapist. She also gives seminars and workshops in the context of prevention work
- A book that enlightens, encourages and shows concrete ways out of family trauma – with numerous case studies, coping strategies and therapy options



Publication:	May 2025
Author:	Lutsch, Luna Christine
Title:	Alone but Awesome – The Magic of Solo-Dates How to enjoy being alone without feeling lonely
Pages/Cover:	192 pages, hardcover
ISBN:	978-3-7474-0694-6
Price:	16,00 EUR

Ready to discover the magic of solo dates? In a world that often leads us to believe that we can only be happy in company, this book inspires you to leave your fear of being alone behind and see it as an opportunity to get to know yourself better and enjoy inner freedom.

Solo adventurer Luna (@lulunashka) shows with a lot of heart that being alone has nothing to do with loneliness. It means finding inner strength, confidently discovering new things and enjoying life on your own terms – without depending on others.

Whether it's a spontaneous brunch, a concert or a movie, this book inspires you to step out of your comfort zone and discover the joy of being alone. With practical tips, creative challenges and loving motivational texts, 'Alone but awesome' is an inspiring encouragement that shows that happiness already lies within you.

Luna Christine Lutsch has been a freelance content creator since 2021 and is known under the name 'Lulunashka'. The 29-year-old shares her life on Instagram, with all its ups and downs. Together with her boyfriend Nicholas, she overcomes the challenges of everyday life, gives honest insights into her relationship and talks openly about their previous breakup. Luna wants to offer encouragement and show that nobody is perfect and that you don't always need someone by your side to do what makes you happy. That's why the topic of 'being alone' or 'solo dates' is also central to her. She inspires her community to step out of their comfort zone and to surpass themselves. For Luna, being alone doesn't mean loneliness or feeling like you're not good enough, but rather it symbolises strength and freedom.

Selling points and marketing:

- The topic is highly relevant: studies show that many people are lonely
- Solo dates are trendy: over 140,000 #solodate and one million #metime hashtags on Instagram
- Interactive design: creative journal pages and challenges invite readers to participate



Publication:	April 2025
Author:	Dr. Skeide, Michael
Title:	Smarter in your sleep and other learning myths How brain research debunks the biggest misconceptions and how we really learn better
Pages/Cover:	128 pages, softcover
ISBN:	978-3-7474-0701-1
Price:	14,00 EUR

Can you learn a new language in your sleep or become a maths genius with ‘nerve food’? And what is behind the claim that we only use 10 percent of our brain? Dr Michael Skeide, a renowned brain researcher at a Max Planck Institute, takes a close look at precisely such questions in his book. With humour, ease and scientific precision, he shows why many common ideas about learning are misguided. It not only becomes clear what is misleading us, but also how our brain actually works better – be it in early childhood, at school, at university or as we age. With many eye-opening moments and exciting insights into cutting-edge research, he makes it easy to understand how we can free ourselves from stubborn learning myths and really increase our ability to learn.

Dr Michael Skeide completed his doctorate in Leipzig and habilitated in Berlin after studying in Heidelberg and Harvard. Since 2020, he has been a research group leader at the Max Planck Institute for Human Cognitive and Brain Sciences. His research focuses on the early childhood and prenatal development of the human brain. Among other things, he is investigating how learning processes can be decoded from electromagnetic signals of the maturing brain. His award-winning scientific work has been reported on by, among others, the ‘FAZ’, ‘SPIEGEL’ and ‘Washington Post’.

Selling points and marketing:

- Unique approach: the first book to debunk widespread learning myths and at the same time provide practical learning tips
- Brain research for everyone: neuroscience explained in an understandable way – by a Max Planck expert who presents complex research in a way that is relevant to our daily lives and makes the latest findings accessible
- Michael Skeide's work has been cited in the FAZ, SPIEGEL, NZZ and Washington Post – ideal for readers of Caroline von St. Ange, Bob Blume and Manfred Spitzer
- Humorous and well-founded: ten learning myths are debunked with wit and scientific precision



Publication:	April 2025
Author:	Engel, Claudia
Title:	Bring on the good life Stop settling for mediocrity and treat yourself to the life you deserve
Pages/Cover:	256 pages, softcover
ISBN:	978-3-7474-0704-2
Price:	18,00 EUR

Do we really want to settle for 'okay'? Or shouldn't we finally celebrate our lives properly – even if sometimes it feels like life is giving us the finger? In eight inspiring chapters, bestselling author and happiness coach Claudia Engel shows us that it's about more than mere optimisation: we learn to recognise where we are right now, what makes us happy and how we can implement this happiness in our everyday lives. Love, job, money and health – every area of life is put to the test to bring us closer to the life we really want. It's not about creating the 'perfect picture', but about falling in love with the journey there. The universe is always on our side – let's leave doubt behind and bravely embrace our dream life.

Claudia Engel is a happiness trainer and coach. Her successful podcast 'Glück in Worten' (Happiness in Words), with more than ten million downloads, inspires people week after week to create a happier everyday life. After Claudia freed herself from the career hamster wheel and quit her job as a TV journalist, she has been showing thousands of people the path to happiness with a lot of positive energy and a handful of confetti for eight years now. Claudia has published two SPIEGEL bestsellers and is the mum of three children.

Selling points and marketing:

- Claudia Engel is a happiness trainer, coach and podcaster
- She is funny, to the point and cheeky, with practical instructions and challenges



Publication:	April 2025
Author:	Funck, Anna; Blumhagen, Vanessa
Title:	The Stress Managers How to get through the madness of everyday life relaxed. Finally, an end to nervous breakdowns, hormonal chaos and sleep disorders
Pages/Cover:	256 pages, softcover
ISBN:	978-3-7474-0681-6
Price:	19,00 EUR

You are in a state of full stress and the first piece of advice is to simply take a deep breath and remain in the downward dog. Are you tired of that too? Then you will love the new book by bestselling authors Anna Funck and Vanessa Blumhagen. These women offer real help for everyday life. The daily madness of job, family, traffic, obligations and worries can throw you off track! On top of that, we are all permanently glued to our mobile phones or tablets, and we try to de-stress by doing things that only distance us even more from ourselves.

Time for some solid tips, because the two journalists don't like treating symptoms, they always get to the root of the problem. In each chapter, they explore a different problem that stresses us or is triggered by stress: from migraines and grey hair to menopausal symptoms, digestive problems and allergies. And even our children are affected and are also struggling on the hamster wheel. Funck and Blumhagen throw the life ring of knowledge to their readers so that they don't drown in their own lives.

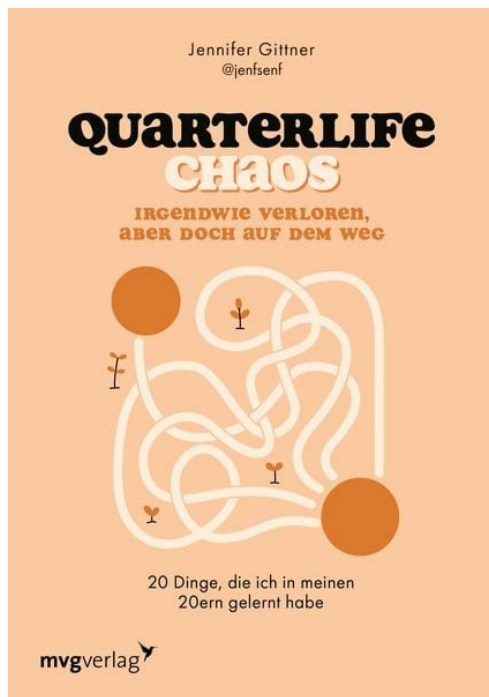
Vanessa Blumhagen, born in 1977, worked as a print editor for newspapers and magazines. During this time, she began commenting on celebrity topics for a wide variety of TV stations. When she was in her early 30s, she was diagnosed with the autoimmune disease Hashimoto's thyroiditis. She wrote the "SPIEGEL" bestsellers "Every Day I Got Fatter and More Tired" and "The Hashimoto Diet" about her experiences with the disease and her way back to a normal life. She is the founder of "Hashimoto Deutschland" and lives in Hamburg with her husband and dog Enna.

Anna Funck, TV presenter, producer and author, was born in Lübeck in 1980 and spent many years in front of the camera. Anna Funck was trained as a TV presenter and editor at RTL until she came to the attention of the public broadcasters in 2008. With the birth of her second daughter and the death of her mother, the journalist began

writing. Her nutrition guide "Whatever, I'll eat this" became a "SPIEGEL" bestseller, and her nonfiction book "Enlightenment to go" made it to No. 3 on the "BILD"/Amazon bestseller list. She lives by the Baltic Sea with her Bavarian husband and their three daughters Karlotta, Theresa and Sophia.

Selling points and marketing:

- Expert knowledge meets field report – not a dry health guide, but an informative and entertaining read for anyone who finally wants to live a healthier and more stress-free life



Publication:	June 2025
Author:	Gittner, Jennifer
Title:	Quarterlife Chaos: Kind of lost, but still on the journey 20 things I learned in my 20s From quarterlife crisis to self-fulfilment
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7474-0705-9
Price:	16,00 EUR

The 20s are a real rollercoaster ride – from your first own household to your choice of career and the question ‘Who am I and who do I want to be?’ It's an exciting journey, accompanied by doubts, fears and numerous challenges. Jennifer Gittner takes her readers on a turbulent journey through her quarter-life crisis and shows: Yes, it's hard to break old patterns, let go of relationships or leave your comfort zone – but it's worth it. Because it's precisely these decisions that make us grow.

What does it actually mean to be an adult? And how do you find your place when the path is unclear and every decision opens new doors? Jenni writes about her own chaos and summarises it in 20 lessons she has learned so far in her 20s. For a whole generation plagued by self-doubt and seeking direction, ‘Quarterlife Chaos’ offers not only valuable insights but also the feeling of being understood and the courage to embrace one's own chaotic journey – with all its detours, mistakes and small triumphs.

Jennifer Gittner, born in the 2000s, graduated from high school in 2020 and went from there on her very own path. After neither of the two degree programmes she started brought her fulfilment, she found her calling in content creation. Since the beginning of 2024, she has been known on social media as ‘Jenfsenf’ and now has a following of around 25,000 people. She is particularly popular for sharing the reality of being a young adult, with all the ups and downs. She addresses topics such as self-discovery, personal development and mindfulness and shares her personal experiences and ‘lessons learned’ from her 20s in her first written work, among other things.

Selling points and marketing:

- The topic of quarter-life crises is a compelling one – almost 300,000 hashtags on Instagram show how relevant the discussion about this phase of life is
- This book offers a refreshingly honest perspective on the quarterlife crisis and shows how crises can become opportunities for personal growth



Publication:	January 2025
Author:	Faigle, Steffi
Title:	Calories can shove it! Forget the annoying weight loss tips and get naturally slim. Step by step to your dream figure
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7474-0634-2
Price:	17,00 EUR

Eat everything, without giving up anything, and stay slim forever: That's not possible! Every woman who has ever tried to lose weight knows this dilemma. But as soon as the initial euphoria is over, many are disillusioned to discover that losing weight is hell and maintaining weight is an impossibility. However, giving up is not an option, because the desire for a feel-good weight remains.

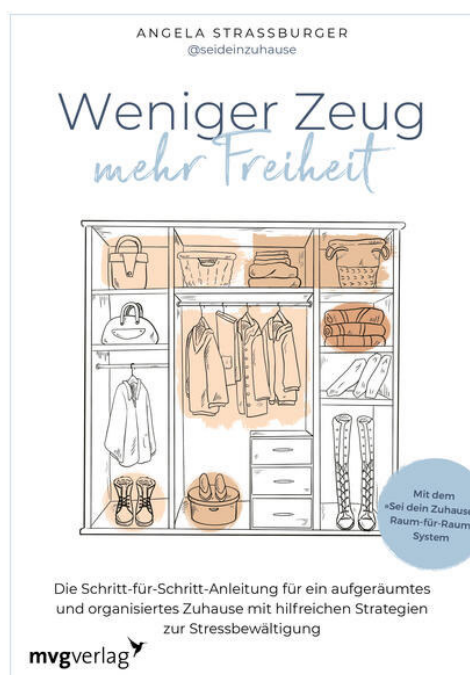
Nutrition expert Steffi Faigle has been there herself and has been on a long journey to lose weight. In her book, she describes a completely different path that led her to her dream figure and that every woman can follow – one that avoids the madness of dieting, eating disorders and the yo-yo effect. Step by step, she shows her readers how they can adjust their attitude towards themselves, their own body and their diet in order to finally achieve what so many desire: to be naturally slim.

Steffi Faigle looks back on 30 years of dieting history. The certified nutritionist realised during her own seemingly endless weight loss journey that food was not the root of her weight problem, and ended her tale of woe with a completely new approach.

Today, Steffi Faigle is a successful coach, podcaster and speaker. With her coaching programme 'Zack! Schlank' (Bam! Slim), she helps thousands of women to break out of the yo-yo madness and eat anything they want without having to go without, while also being able to stay slim. She lives near Stuttgart with her partner and their two children.

Selling points and marketing:

- The author is a certified nutritionist and, like many women, has been through a long ordeal herself
- Put an end to years of calorie counting, diet crazes and eating disorders: with the innovative 'Zack! Schlank' concept for a lasting feel-good weight



Publication:	March 2025
Author:	Straßburger, Angela
Title:	Less stuff, more freedom A step-by-step guide to a tidy and organised home and helpful strategies for managing stress
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7474-0677-9
Price:	20,00 EUR

Coming home after a long day and not only finding an organised home but also inner peace sounds like a dream? With Angela Straßburger's book, this dream is within reach. Disorder is more than just an external problem – it often reflects internal stress and mental strain. With psychological insights, practical tools and motivational exercises, the organisation and mental coach offers a comprehensive approach to breaking the stress-chaos spiral and bringing order back into your own four walls. With her room-by-room system, we learn to get rid of negative beliefs, overcome blockages and transform our home step by step into an oasis of well-being. A path to more ease, clarity and inner peace – because true order begins within.

Angela Straßburger is an organisation and mental coach and founder of seideinzuhaue. She helps people create more ease and space in their homes and reaches millions each month through social media, her newsletter and her podcast. After a scattered childhood and a challenging fresh start, Angela developed the 'seideinzuhaue' method to simplify her household. She decluttered her own home, got rid of material and mental ballast, and now helps others as a coach with her online courses and content.

Selling points and marketing:

- Clutter expert with a wide reach: over 100,000 followers on Instagram and 16,000 on TikTok
- Unique combination of psychology and organisation for a sense of freedom and ease
- With exercises, challenges, lists and instructions based on the author's own tried and tested room-by-room concept
- The 'seideinzuhaue' method to uncover thought patterns, blockages and behavioural patterns that are to blame for the chaos



Publication:	May 2025
Author:	Borges, Inga
Title:	Cool mini amigurumi to pin on 30 small crochet projects: shrimp, cactus, popsicle and many more
Pages/Cover:	96 pages, softcover
ISBN:	978-3-7474-0710-3
Price:	12,00 EUR

Long live the minis!

The mini trend is unstoppable – here are 20 cute and cool mini amigurumi to crochet that can be attached to jackets, bags, and much more.

The crochet designs range from a playful shrimp to a delicious popsicle and a trendy cactus.

Thanks to the comprehensive basic section, both beginners and advanced crocheters can get started right away. The finished mini-Amigurumi are versatile and spruce up denim jackets, bags, pencil cases and more! The perfect gift for young and old.

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 on the needle ever since. She regularly blogs 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 in her studio there, which has 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 of thumb is always: the more colourful, the better!

Selling points and marketing:

- An unstoppable mini-trend: small Amigurumi in cool designs to pin on and decorate with
- For all levels of crocheting: thanks to the illustrated basics section, both beginners and advanced crocheters can follow along
- Versatile & individual: the crocheted minis are versatile and ideal as gifts



Publication:	May 2025
Author:	Nar, Natalie; Rapp, Yvonne
Title:	Amigurumi für dein Zuhause Crochet 20 practical and charming everyday helpers. Super useful and cool: door stopper, basket, key cover and much more
Pages/Cover:	112 pages, softcover
ISBN:	978-3-7474-0709-7
Price:	14,00 EUR

Whether in the kitchen, living room or reading corner – these 20 charming Amigurumi projects not only add style to your home, but also provide practical solutions. From a playful snack basket and cute fridge magnet to a creative book cover and a unique doorstop: the crocheted designs are super useful and also bring a smile to your face. In the detailed basics section, all the important crochet techniques are clearly explained with step-by-step pictures, so that both beginners and experienced crochet fans can effortlessly get started and enrich their homes with homemade decorative items.

Natalie Nar is a passionate designer and author. Her artistic streak led her to crochet, where she quickly began designing her own instructions. With the publication of her first book, she founded the label 'häkelgedöns', which secured her a permanent place in the world of needlework. Today, she runs a thriving online shop where she offers her books, instructions and a wide range of crochet materials. She regularly inspires her community with free tutorials on her blog and insights into her creative processes on Instagram (@haekelgedoens).

Yvonne Rapp is known on Instagram as @kreatyvchen. In her search for a creative balance to her everyday life and work, she eventually came to crochet via painting and sewing and discovered her passion for wool. After making many crocheted animals and dolls, she felt the need to implement her own ideas. Since then, she has lovingly created instructions for crochet dolls, written them down for other crochet enthusiasts and published them. Her dolls are playful and each has its own personality.

Selling points and marketing:

- The amigurumi trend continues: these cute and useful mini everyday helpers brighten up any home
- Perfect as a gift: 20 charming and practical amigurumi projects for your own home to decorate and give away
- Wide variety of projects: fridge magnet, cushion, snack basket, headphone holder, bookend and much more
- Suitable for beginners and advanced knitters thanks to the detailed basic section with numerous illustrative diagrams



Publication:	March 2025
Author:	Heer, Carina; Friese, Marilena
Title:	Only the lion is allowed to roar Roaring, shouting, grumbling is not okay – not even for adults
Pages/Cover:	32 pages, softcover
ISBN:	978-3-7474-0673-1
Price:	12,00 EUR

Anton doesn't feel like going to kindergarten and bellows with rage – but he's not the only one who has a problem with his anger. Even Christina, the kindergarten teacher, who usually stays calm, lets her own dissatisfaction drive her to a tirade. But they both know that only the lion is allowed to roar. They quickly realise that being loud only makes things worse, and together Anton and Christina learn that there are better ways to deal with anger.

'Only the lion is allowed to roar' humorously shows how to develop understanding for each other despite stress and anger and why adults are allowed to make mistakes too. An important story about how to deal with strong feelings, showing young and old readers alike that you can learn from every mistake.

Carina Heer studied developmental psychology in Erlangen and is now a freelance author. She lives near Bamberg with her husband and two children. When Carina Heer is angry, she goes for a walk and talks to herself. It doesn't always help, but more and more often.

Marilena Friese was born in Dortmund in 1995. After successfully completing her degree in economics, her passion for design and illustration led her to study communication design. Today, she works as a freelance graphic designer and makes it her goal to constantly challenge her creativity. She shares her process on Instagram at @mind.of.mary.

Selling points and marketing:

- The fun children's book series for 3 to 6 year olds about dealing with anger and stress!
- Yelling, grumbling and complaining is not okay – not even for adults: dealing mindfully with one's own anger not only helps children
- Relevance for everyday life in kindergarten: appeals to parents, children and educators



Publication:	April 2025
Author:	Hofmann, Ricarda; Jegelka, Corinna
Title:	My favourite colour is colourful A warm-hearted picture book about diversity, identity and the magic of colours
Pages/Cover:	32 pages, softcover
ISBN:	978-3-7474-0697-7
Price:	15,00 EUR

It's the summer holidays and Ricky is facing a special challenge: Ms Kowalski wants the children to paint their favourite holiday moment in their favourite colour. But Ricky doesn't have one – so she and her dog Ole go on a journey full of colours and stories. She meets people who associate their favourite colours with memories and feelings: blue, red, yellow, orange, green, purple – each colour tells its own story. Ricky learns that you don't have to commit to one and discovers an important truth: the world is only truly beautiful when it is colourful.

After studying political science, Ricarda decided to swap politics for punchlines and began writing stage texts for the comedy scene. She worked for newcomers as well as established artists.

Since 2018, she has been hosting 'Busenfreundin' – now Germany's most successful diversity podcast. There she talks to guests about queer topics, pop culture and everything else that matter to them. In addition to her work as a podcast host, Ricarda writes for various TV formats.

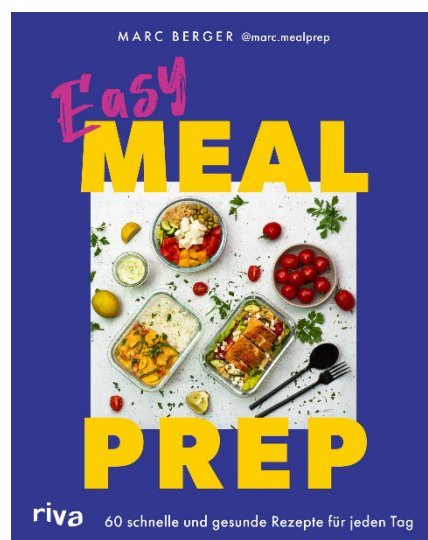
Corinna Jegelka has been painting on a variety of surfaces with a variety of materials for 35 years. At the moment, she mostly works with a slippery, smooth surface and a pen that can write in any colour.

There is something magical about that. And with what she puts on the quasi-paper, she hopes to be able to create a few beautiful moments and memories for people of all ages.

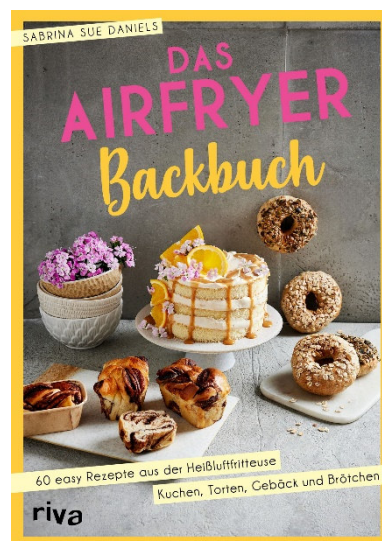
Selling points and marketing:

- An inspiring children's book that celebrates diversity and individuality – lovingly told and humorously illustrated
- Current topics perfect for young parents: entertaining and accessible story about identity and acceptance

Publication:	May 2025
Author:	Berger, Marc
Title:	Easy Meal Prep 60 quick and healthy recipes for every day
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2773-4
Price:	20,00 EUR



Publication:	May 2025
Author:	Daniels, Sabrina Sue
Title:	The Airfryer Baking Book 60 easy recipes from the air fryer: cakes, tarts, biscuits and bread rolls
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2795-6
Price:	20,00 EUR

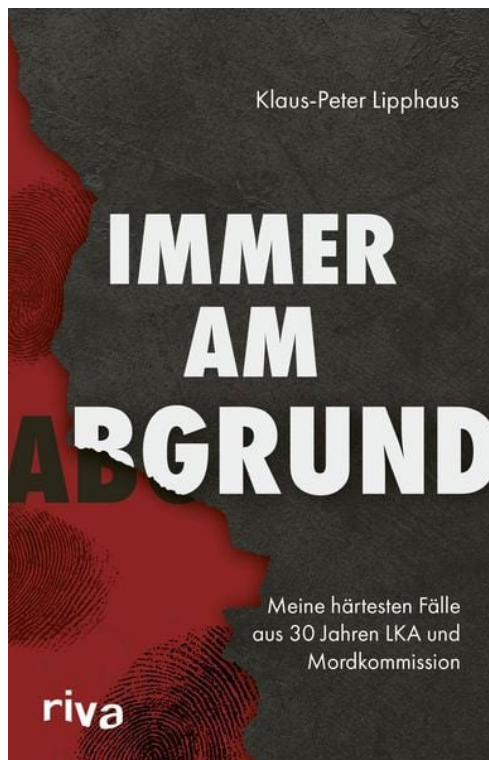


Publication:	June 2025
Author:	Frauscher, Sabina
Title:	Schmankerlzeit Austrian kitchen classics rediscovered and made easy
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2823-6
Price:	22,00 EUR



Publication:	April 2025
Author:	CALLEkocht
Title:	Grandma's Vegetarian Cooking Favourite dishes from the good old days
Pages/Cover:	128 pages, softcover
ISBN:	978-3-7423-2522-8
Price:	20,00 EUR





Publication:	May 2025
Author:	Lipphaus, Klaus-Peter
Title:	Always on the Brink My toughest cases from 30 years in the State Criminal Police Office and homicide division
Pages/Cover:	272 pages, softcover
ISBN:	978-3-7423-2831-1
Price:	20,00 EUR

During his time with the police, Klaus-Peter Lipphaus has experienced many things that go beyond the limits of the imaginable. In 30 years as a detective superintendent, he has investigated drug gangs and organised crime, but above all, he has investigated numerous shocking murder cases. Greed, sexual compulsiveness, a lust for killing – Inspector Lipphaus was confronted with all the varieties of baseness that turn people into murderers. Here he reveals the most harrowing cases he was involved in solving: from child murders to deadly family feuds to the double murder in Herne that made big headlines in 2017. His book is a journey to the depths of the human soul.

Klaus-Peter Lipphaus served in the police force of North Rhine-Westphalia for over 40 years. After ten years with the uniformed police, he became a detective superintendent. In this role, he initially fought narcotics and gang crime before switching to homicide investigations. There he rose to become the head of a homicide division and finally the head of a criminal investigation department. After his retirement, he continued to support the authorities with his expertise.

Selling points and marketing:

- True Crime, first hand: Klaus-Peter Lipphaus is a well-known top investigator with extensive professional experience
- True Crime is booming, the target group's hunger for reading is unbroken



Publication:	May 2025
Author:	Sonnenberg, Marcel; Mitić, Katja
Title:	The Heirs of the Dead Murder, tax fraud and unexpected fortunes. The experiences of an estate executor
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2836-6
Price:	20,00 EUR

Where others dream of a great inheritance, Marcel Sonnenberg's work begins: as an estate administrator and executor, he is called upon when inheritances become complicated, unclear or dangerous. With wit and acumen, he provides insights into the most curious and explosive cases of his career. Whether it's a suspicion of murder, suddenly appearing heirs or tax offences that have been going on for years – Sonnenberg is not only a lawyer, but also a crisis manager and mediator in a highly explosive environment. In gripping stories, he shows how seriously family members can fall out over a few coins, but also how an inheritance can be organised smoothly. A book for all those who dream of unexpected inheritances – and for those who wonder whether they should perhaps give up on this wish.

Marcel Sonnenberg, born in 1972, studied law at the University of Gießen and has been working as a lawyer since 2000. Since 2009, he has been working as an estate administrator, where he handles the inheritance of deceased persons without relatives. He lives with his wife and two children in a small town in Hesse.

Katja Mitić has been working as a journalist for almost 30 years. She studied political science in Bonn and completed a training programme at the German Journalism School in Munich. She has been working for 'Die Welt' since 2006 and is currently the editor responsible for the 'News and Society' section. She lives with her family in Berlin.

Selling points and marketing:

- Spectacular and moving case studies – what remains of a person after their death
- Taken from real life – sooner or later, inheritance affects everyone



Publication:	April 2025
Author:	Jung, Dominik
Title:	Everything you need to know about the weather The most important weather phenomena explained in a way that is easy to understand
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2848-9
Price:	14,00 EUR

It is the number one topic of small talk and the lowest common denominator of every society: the weather. But although it affects us daily, we usually only have a superficial knowledge of it. For example, is a cyclone the same as a hurricane? How do heavy rain and flooding occur? Are white Christmases normal at all? Not to mention exciting phenomena such as rain shadows, which most people only know by name. Unlike all the old weather rules. But are such pieces of wisdom still reliable in the face of climate change? In short chapters, weather expert Dominik Jung explains the background of the weather to us – in an easy-to-understand and extremely entertaining way.

For Dominik Jung, the weather is both a job and a passion. As a graduate meteorologist, he regularly provides numerous media and corporate clients with forecasts. In addition, he shares the latest weather news daily on wetter.net and on his successful YouTube channel 'wetternet', which is followed by over 230,000 people.

Selling points and marketing:

- Comprehensive, understandable, compact – everything worth knowing can be found here at a glance.
- The best infotainment on a topic that is becoming increasingly urgent due to the climate crisis.



Publication:	May 2025
Author:	Böck, Corinna; Wiechmann, Daniel
Title:	The craziest travel guide for the Alps Steep slopes, weird huts and hidden hiking trails
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2855-7
Price:	15,00 EUR

Hiking, mountaineering, skiing – when the mountains call, millions of tourists are drawn to the Alps. No wonder – the region has so much to offer, from the dizzying “ladder to heaven” on Donnerkogel to the kilometre-long tongue of ice on the Aletsch Glacier and the centuries-old alpine settlement of Velika planina. The Capanna Regina Margherita (“Margherita Hut”), the highest building in Europe, invites you to linger, while the cable car ruin high above Chamonix gives you the creeps. This guide will help you discover the Alpine region from a completely new perspective. It takes you along dangerous gorges and spectacular paths. And it shows you breathtaking mountain lakes, unexplored caves and numerous curiosities between mountain and valley. A must for all adventurers, explorers and those who love the mountains.

Corinna Böck, born in 1992, grew up in the mountains. Her passion for the mountains has long since taken her beyond the Alps of her homeland – whether hiking in Patagonia, skiing in the Chilean Andes or adventuring in Australia's Blue Mountains. Today, the communications scientist lives and works in Munich, but, as is well known, the surrounding mountain world is not far away.

Daniel Wiechmann, born in 1974, grew up in Berlin. He attended the journalism school in Munich and was trained as an editor there. He has already published numerous books with riva Verlag, including the mega-bestseller ‘Germany's Craziest Travel Guide’ (2022) and ‘Europe's Craziest Travel Guide’ (2024). He lives and works in Munich.

Selling points and marketing:

- More than 100 new and extraordinary excursion destinations in all Alpine countries
- The most exciting destinations in the Alpine region – from stairways to heaven to bizarre ruins and creepy caves



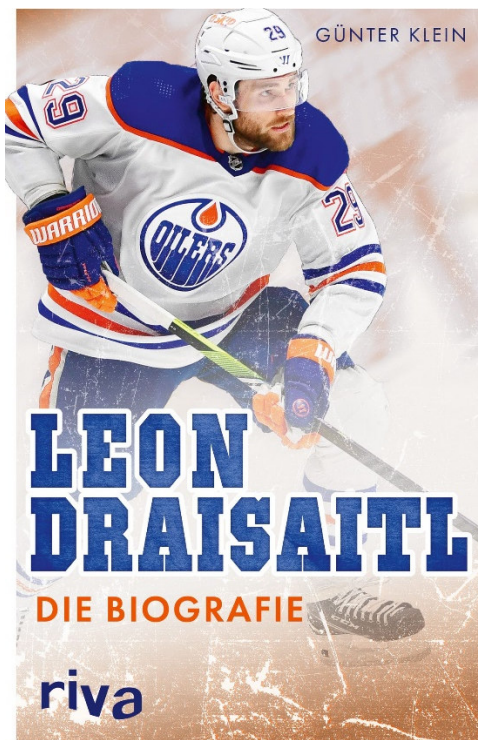
Publication:	March 2025
Author:	Hoppe, Niklas
Title:	Dude, that's how you do it Stand out in every situation
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2523-5
Price:	15,00 EUR

Life as a teenager is full of pitfalls – but real heroes know how to avoid them gracefully! In this tried and tested book, boys and young men will find everything they need in terms of skills and know-how to master the challenges of life. From dating to first financial tips, how to tie a tie, facts about nutrition and training, to manual skills, Niklas Hoppe explains briefly and concisely all the things that interest boys in the exciting time up to the point of coming of age. A perfect guide – useful, entertaining and without a word too much.

Niklas Hoppe inspires over 200,000 followers on Instagram and YouTube with his passion for classic fashion and lifestyle as “Vintagebursche” (‘vintage guy’). In real life, the father of two children works in the IT department of a large corporation and can often be found at metal concerts.

Selling points and marketing:

- The perfect gift for boys
- A cool and wonderfully illustrated guide to topics of everyday interest to teenage boys
- Small talk, dating, personal care, technology, DIY, part-time jobs – this is where boys learn what they should know



Publication:	May 2025
Author:	Klein, Günter
Title:	Leon Draisaitl The biography
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7423-2833-5
Price:	20,00 EUR

Leon Draisaitl is one of the best ice hockey players in the world. For over a decade now, the German has been playing for the Canadian Edmonton Oilers in the strongest league in the world and has long been celebrated as a superstar in North America. And not without reason: the 'Dirk Nowitzki of ice hockey' achieves one top performance after another. In 2020, he became the first German ice hockey pro to be named the NHL's top scorer and most valuable player, and in the same year he was named Sportsman of the Year in Germany. The Cologne native has reached more than 100 scorer points five times and scored more than 50 goals per season three times. The experienced sports journalist Günter Klein highlights the greatest moments of this exceptional athlete – from his beginnings with the Cologne Sharks to today as the top earner in the NHL. And he gives an outlook on Draisaitl's biggest goal: to bring the Stanley Cup back to Edmonton.

Günter Klein, born in Augsburg, has been an editor at the 'Münchner Merkur' since 1998, where he is the chief reporter responsible for sports. Before that, he worked for the 'Sport-Kurier' and headed the editorial team of the 'Eishockey-Magazin'. He is the author of numerous ice hockey books, including the SPIEGEL bestseller 'Eiszeit!' written with Rick Goldmann. He has already published successful biographies of Hansi Flick and Uli Hoeneß with riva Verlag.

Selling points and marketing:

- The first biography of the ice hockey superstar



Publication:	June 2025
Author:	Kauffmann, Kyra; Eichinger, Uschi
Title:	The Burnout Myth It's not all in the mind! Find out what is really draining your energy and how to get your cells moving again
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2198-5
Price:	20,00 EUR

Burnout, listlessness and a lack of energy – these are the most common signs of burnout. The usual explanation for such complaints is often: it's all mental. The two alternative practitioners Uschi Eichinger and Kyra Kauffmann know that this is not the case and that there may be completely different causes behind burnout. They show that it is often physical factors that trigger the disease. Because of poor nutrition, nutrient deficiency, digestive problems, too little exercise, insufficient sleep or even environmental toxins and light, the sensitive cell metabolism can be thrown out of balance. The result: the body's cells can no longer produce energy, and you feel weak and powerless. Based on the latest scientific findings, the authors provide practical knowledge and numerous tips and tricks to promote a healthy and natural lifestyle and to effectively get the cells working again. This is how sufferers learn to optimally care for their organism and find their way back to their old strength and more zest for life!

Kyra Kauffmann studied economics in Cologne. After that, she worked for several years in various staff and management positions. She came to naturopathy as a result of her own burnout experience and has been working as an alternative practitioner in her own practice since 2005. Her practice focuses on the diagnosis and treatment of metabolic and immunological diseases, as well as preventive medicine. In addition to her work in practice, she trains doctors and alternative practitioners in modern naturopathic procedures. Kyra Kauffmann regularly publishes articles in various journals and works as a lecturer in adult education.

Uschi Eichinger studied business administration and initially worked in this profession for 15 years. From 1996 to 2023, she worked as a management trainer specialising in social skills, burnout prevention and stress management. Her constant work on the topic of 'the effects of stress on our health' led her to train as a naturopath. From 2005 to 2021, she worked in her own practice alongside her seminar work. Initially, the practice focused on treating psychological blockages. While

searching for solutions to her own symptoms of exhaustion, her work quickly shifted to diagnosing and treating the physical causes of burnout. Today, she shares her knowledge online, at conferences, in webinars, online courses and coaching sessions.

Selling points and marketing:

- Over 60 per cent of people between the ages of 18 and 29 are at high risk of suffering from burnout
- The authors are recognised experts in the field of burnout treatment
- A new perspective: away from psychological causes, and instead a focus on physical and environmental factors that can be influenced



Publication:	April 2025
Author:	Kreis, Dima
Title:	SOS, I have back pain In just 2 minutes, you can easily and effectively relieve pain and release tension
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2798-7
Price:	20,00 EUR

Back pain – everyone knows it and has probably had to deal with it at least once in their life. It doesn't matter whether it's simple tension, blockages, acute or chronic pain – every form limits mobility and quality of life in everyday life. But physiotherapist Dima Kreis has the solution: with his innovative two-minute concept, he shows how acute complaints in the back, neck and shoulder area can be quickly and easily alleviated. The more than 50 stretching and mobilisation exercises are optimally combined with each other, so that two minutes of training a day is enough to treat the affected area. The additional full-body programme ensures mobility from head to toe and helps to find hidden pain triggers and get a grip on chronic pain in a holistic way. Together with extensive knowledge about the anatomy of the back and the main causes of back problems, such as poor posture, lack of exercise, incorrect or one-sided strain, Dima offers a balanced and simple programme for anyone who wants to stay healthy in the long term.

Dima Kreis is a trained physiotherapist and former professional basketball player. As a holistic health coach, he helps people to quickly and easily get their complaints under control. He shares his knowledge about the right training with his more than 320,000 Instagram followers and on his YouTube channel of the same name.

Selling points and marketing:

- »Just 2 minutes of practice a day!« – posts with this approach are currently a big trend on social media
- Simple and low-threshold programme that promises quick help



Publication:	March 2025
Author:	Kiesling, Gabriele
Title:	Osteoporosis – Physiotherapy for Strong Bones Over 100 exercises and measures to combat pain and mobility disorders
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2567-9
Price:	20,00 EUR

Osteoporosis is a serious disease that affects millions of people all around the world. Physiotherapist Gabriele Kiesling shows how simple methods and exercises can be used to make everyday life with the disease less painful. To do this, it is first necessary to understand what osteoporosis actually is, how the disease makes the bones more unstable and what consequences arise for the body – such as increased risk of falling, more fractures, breathing difficulties and difficulty walking. Based on her proven Kiesling method, she presents simple but effective measures and programmes that alleviate pain, train balance and thus significantly improve the quality of everyday life. The almost 100 step-by-step exercises are put together into different programmes that are tailored to different symptoms. This way, patients can gradually find their way to improved mobility, pain relief and enjoyment of life.

Gabriele Kiesling is a physiotherapist with her own practice in Berlin, managing director of the German Institute for Quality in Physiotherapy (digp, Berlin) and co-founder of the Federal Association of Self-employed Physiotherapists (IFK). She is the creator of numerous innovative concepts for quality assurance in neuro-orthopaedic physiotherapy. For decades, she has been involved in the empirical assessment and treatment of body fascia, including in collaboration with the Fascia Research Group at the Technical University of Munich, led by Dr Robert Schleip. This expertise is the basis of what she calls fascia physiotherapy. The effectiveness of her exercise methodology has been confirmed in randomised studies. With her successful books in the 'Physiotherapy for Home' series, Gabriele Kiesling provides comprehensible exercise literature for patients and laypeople.

Selling points and marketing:

- Successful author with over 35,000 copies of her books sold
- More than 100 exercises and more than ten programmes to make everyday life with osteoporosis easier



Publication:	June 2025
Author:	Reumann, Friederike
Title:	Osteopathy for at Home - Back Treating blockages, tension and deep-seated pain gently and easily yourself
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2843-4
Price:	20,00 EUR

Back pain is still the most common form of widespread pain. And it comes in many forms – it can affect muscles, fasciae, joints or nerves and occur in the lumbar, thoracic or cervical spine, pelvis, intervertebral discs or ribs. But all types of back problems have one thing in common: they restrict movement and reduce quality of life. With osteopathy, a pain centre can be specifically targeted and the body's self-healing powers activated. Friederike Reumann presents the most effective techniques and impulses for making your own treatment at home not only uncomplicated but also beneficial. With guided exercises and osteopathic techniques, sufferers can gently and independently release blockages and tension and regain more mobility. Additional tips support a pain-free everyday life and prevent further complaints. This way, everyone can take back health into their own hands.

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 newspaper. She has already published several books and writes for health magazines.

Selling points and marketing:

- The author has already published several successful books on health topics, with a total of over 15,000 copies sold
- Over 80 per cent of people in Germany suffer from back pain at least once in their lives
- Osteopathy is the ideal method for pain and limited mobility



Publication:	May 2025
Author:	Dr. Leinung, Dorothea
Title:	A fresh start for the thyroid Get your power back: Regulate your hormone balance in 5 steps, relieve inflammation and counteract disease
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2771-0
Price:	20,00 EUR

The thyroid gland is the most important organ when it comes to hormonal balance. It produces and regulates hormones that have an enormous influence on almost all processes in the body. When the thyroid becomes inflamed or enlarged, lumps form or Hashimoto's thyroiditis occurs, its function is disrupted. This can result in a range of mental and physical complaints that can affect metabolism, weight, skin and hair health, muscles and mood. To provide those affected with a roadmap, doctor and Hashimoto expert Dr Dorothea Leinung has created a 5-step plan to help you get your thyroid gland back on track in a completely natural way. The programme helps you to incorporate an appropriate nutrient supply, cleansing and strengthening of the organs and effective stress management into your daily routine, thus creating the basis for better health.

After her medical studies, Dr Dorothea Leinung initially worked as a senior physician, emergency physician and head of emergency admissions. She also trained students and nurses. In order to be able to work even closer to and with her patients, she continued her education and eventually set up her own practice. Now she designs her own programmes, primarily to help people with thyroid disorders.

Selling points and marketing:

- Many people suffer from a thyroid disorder
- The author's proven programme offers a natural approach suitable for everyday use for those affected by thyroid dysfunction



Publication:	March 2025
Author:	Dr. Braun, Tatjana; Dr. King, Felix
Title:	The ABCs of children's skin What to do when it itches, burns and flakes – how to protect your child's skin in the first years of life
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2792-5
Price:	16,00 EUR

Children's skin is exposed to numerous challenges from the very beginning. The right care, holistic treatment and comprehensive protection of the skin are therefore extremely important in order to build a stable protective shield. (Newly minted) parents can learn how to do this from Dr. Tatjana Braun and Dr. Felix King. In addition to the basics of everyday personal hygiene, the two dermatologists provide fundamental knowledge and, above all, practical advice for both acute and chronic skin complaints. Parents learn how to react when their little ones are plagued by nappy rash, cradle cap, psoriasis, hand-foot-and-mouth disease, chickenpox, fungal infections or insect bites. Whether it's in infancy, during daycare or kindergarten – armed with the advice of experts, parents can lay the foundation for a healthy, strong microbiome of the skin, while also learning how to provide effective help when it's needed.

Dr Tatjana Braun complemented her medical studies with a specialist training in skin and sexually transmitted diseases. Today, she works as an independent dermatologist in her own paediatric dermatology practice. She also founded the online practice 'Little Skindoctor' with the aim of giving parents and families access to in-depth knowledge and quick help.

Dr Felix King decided after his medical studies to dedicate his professional life to the topic of children's skin. So he underwent further training at the Dermatology Clinic of the Technical University of Munich. Today he works in a practice and also develops treatment methods and therapies. Alongside Dr Tatjana Braun, he is co-host of the health podcast "Haut + Herz" ("Skin + Heart")

Selling points and marketing:

- A quarter of all children suffer from a skin disease
- Quick action is often important to avoid a worse progression and secondary diseases



Publication:	June 2025
Author:	Dr. med. Frieze, Georg
Title:	Shingles Recognising symptoms – relieving pain – supporting healing
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2834-2
Price:	12,00 EUR

About a third of all Germans are affected by shingles at least once in their lives. The disease is triggered by varicella zoster viruses, which 'dormant' in the body and often only make themselves felt when the immune system is weakened. This results in a skin rash that is accompanied by burning, itching, stinging and severe pain. Once shingles have been diagnosed, quick action is needed to avoid secondary illnesses, because the virus can cause serious health complications: those affected by post-herpetic neuralgia suffer from pain on contact, permanent itching or a numbness on the skin. But blindness, strokes or heart attacks can also be the result of untreated shingles. Dr Georg Frieze explains the path of the virus in an easy-to-understand way and provides practical tips and measures to support the healing process and avoid a repeat infection.

Dr Georg Frieze is a specialist in internal medicine, infectious diseases, travel medicine and tropical medicine – an absolute expert when it comes to viral diseases. He also specialises in nutritional medicine and metabolic therapy. In addition to his work in his group practice, he is also a welcome guest in various media outlets, such as the health magazine 'vital' or the magazine 'sportärztezeitung'.

Selling points and marketing:

- Around 400,000 people develop shingles every year, making it one of the most common illnesses in Germany.
- The author is present as an expert in various media formats.
- Not only is the number of people affected growing, but those affected are also getting younger and younger.
- The first book on the market that provides information about the disease and possible treatment methods.



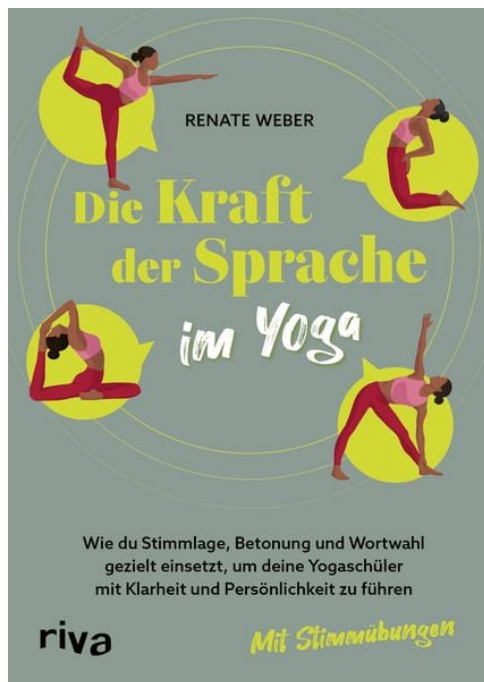
Publication:	February 2025
Author:	Dr. med. Göttinger, Lan
Title:	Yoga Nidra – the art of deep relaxation How to calm your nervous system to sleep better, think more clearly and go through life with more serenity
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2802-1
Price:	15,00 EUR

More and more people are feeling stressed, sleeping poorly or struggling with anxiety disorders. A simple and effective method can help: with yoga nidra, different states of consciousness can be achieved that have an amazing effect on the nervous system. Dr Lan Göttinger, a medical doctor and yoga expert, not only explains how this particular yoga practice affects brain activity, but also how it can be used specifically for your own health. The author has designed the guided yoga and meditation sessions, which can also be accessed as audio files, to achieve a range of effects: the exercises can help you to reduce stress, manage your emotions better, get rid of anxiety and tension, sharpen your concentration and sleep more restfully – ultimately improving your health and quality of life.

Dr Lan Göttinger is a doctor and yoga teacher. After studying medicine, she initially worked in hospitals and practices before deciding to help people in an even more targeted and individualised way as a health mentor. She founded “Human of Health” to advise, guide and support others on their journey to more holistic health in a natural way. She also shares her knowledge in her podcast “gerngesund”.

Selling points and marketing:

- More and more people suffer from stress and anxiety
- Yoga Nidra is probably the easiest and most relaxed way to improve your health
- The author combines medical expertise with practical advice that is easy to implement



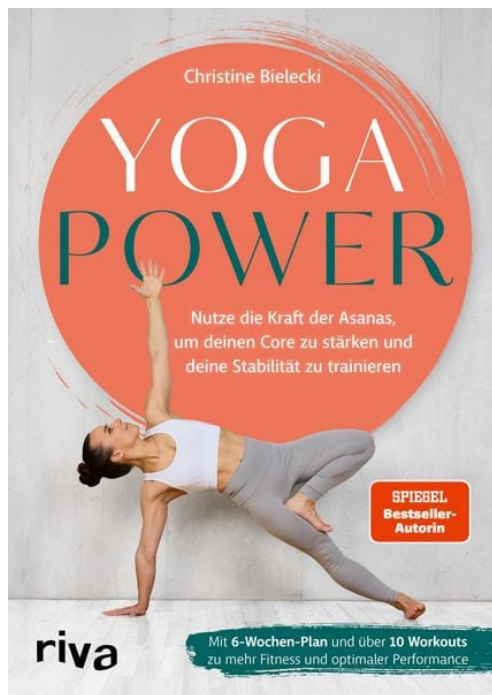
Publication:	April 2025
Author:	Weber, Renate
Title:	The Power of Language in Yoga How to use your voice, intonation and choice of words to guide your yoga students with clarity and personality
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2336-1
Price:	16,00 EUR

The yoga trend just won't stop – quite the opposite – and more and more people are training to become yoga teachers. Far too little emphasis is often placed on training the voice and language, even though both have such a strong effect. Especially in yoga, where it is important to create a special mood or to instruct asanas clearly and correctly, tone of voice and choice of words play a central role. Renate Weber wants to motivate yoga teachers to consciously deal with their own way of communicating in order to be able to interact with their students at eye level and with security and empathy. In addition to anatomy and explanations of phonetics, intonation and the right wording, she has designed exercises to train and strengthen one's own voice. This way, everyone can strike the right note in yoga class!

Renate Weber has a degree in German language and teaching, and has also completed training and further education to become a yoga teacher. That's why she now teaches not only in the classroom, but also on the yoga mat. As a teacher, she knows exactly what effect voice and language have on people. She knows how to control and use both correctly. She uses this knowledge for her own yoga classes and also passes it on in workshops and further training courses.

Selling points and marketing:

- With practical exercises to improve your own rhetorical and vocal skills
- Language skills are essential to being able to teach yoga to a high standard



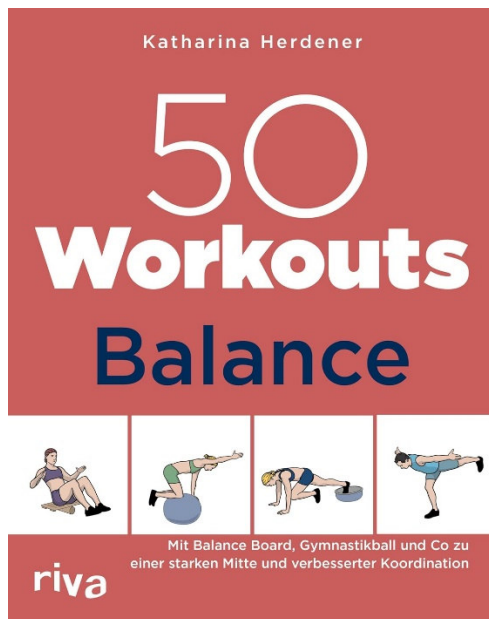
Publication:	June 2025
Author:	Bielecki, Christine
Title:	Yogapower Use the power of asanas to strengthen your core and improve your stability
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2824-3
Price:	20,00 EUR

To perform the asanas in yoga correctly, strength and stability are needed – elements that are also beneficial when practicing other sports and have numerous health advantages: keeping your body stable and strong helps prevent back pain and injuries, ensures better posture and promotes coordination and balance. Yoga teacher Christine Bielecki knows how to use these effects of yoga and has developed a new form of stability training with ‘Yogapower’: she has selected the most effective strength-building asanas that enable a gradual build-up of the deep muscles. With a special plan, you can build up your own basic stability in six weeks, no matter what your fitness level is or whether you come from yoga, weight training or popular sports – all the way up to the most difficult version of Chaturanga Dandasana. Around ten advanced workouts also offer the opportunity to vary your training. If you are in the mood for something new, ‘Yogapower’ is the perfect choice!

Christine Bielecki is a sports scientist, author and trained yoga teacher. She worked as a sports journalist for many years, writing for publications including the Frankfurter Allgemeine Zeitung, Berliner Zeitung and various sports magazines, before founding the PR agency Little Stories Everywhere. Yoga and strength training are key to physical and mental performance for her. In 2021, her SPIEGEL bestseller ‘Yoga for a Strong Heart’, which she wrote together with pole vaulter Katharina Bauer, was published by riva Verlag.

Selling points and marketing:

- Stability training is an important part of many sports
- All workouts are suitable for every fitness level



Publication:	March 2025
Author:	Herdener, Katharina
Title:	50 Workouts – Balance With balance board, stability ball and co. to a strong centre and improved coordination
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2807-6
Price:	12,00 EUR

For years, devices such as the Balance Pad, Bosu Ball and other balance trainers have been among the most popular products in the fitness sector – and for good reason: effective balance training promotes both coordinative and cognitive abilities, such as responsiveness and a sense of balance or concentration. If you go through life in a strong, stable and balanced way, you will adopt an upright posture, making everyday activities easier, preventing falls and improving your athletic performance. Trainer and successful author Katharina Herdener has put together 50 varied workouts that not only use the popular balance equipment, but also integrate bodyweight exercises. The programmes are suitable for all fitness levels and ages. They challenge both body and mind while also being great fun!

Katharina Herdener is the founder of YOU Yoga & More, a yoga teacher and personal trainer. As a health scientist, she specialises in fascia and mobility and shares her knowledge in training sessions, consultations and lectures. She has already written several successful books for riva Verlag.

Selling points and marketing:

- Latest volume in the successful '50 Workouts' series, with over 240,000 copies sold
- Equipment such as balance boards and stability balls are among the best-selling items in the fitness sector
- Katharina Herdener is a successful author in the fitness sector, with a total of over 100,000 books sold
- Balance training is an essential part of numerous sports

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