



... Lust auf Leben!

Dear Colleagues,

Welcome to our **Preview Autumn 2008!**

Our special aim this autumn is to attract female readers. The new program under the claim "*Lust for Life!*" is full of books that interest women!

Highlights for women and family are:

- "*All About Sexuality: 100 answers to 1,000 questions.*" by Lilo Wanders (pages 14-15);
- "*Love/Hate Mother-in-Law*" by Felicitas Heyne (page 22);
- "*Go Through the Day with Awareness and Joy. With practical exercises and meditations.*" by Anna Maria Pesch (page 30);
- "*Go Through Life in Love and Security. Spiritual exercises from all over the world*" by Friederike Winkler (page 31).

Please have a look and enjoy browsing through the pages of our **Autumn Preview 2008!**

Frankfurt Book Fair 2008:

We cordially invite you to visit us in

Hall 3.0. / Stand B 113 (FinanzBuch Verlag GmbH)



Yours,

Maria Pinto-Peuckmann
Rights Director / International Affairs

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E-Mail: mpinto-peuckmann@finanzbuchverlag.de

www.mvg-verlag.de





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Now at mvg: The ML-Mona-Lisa series



- ✿ **Most successful women's magazine on German television**
- ✿ **Authors have wide media coverage**
- ✿ **Up-to-date, explosive sociopolitical topics**

For exactly 20 years now, the magazine **ML Mona Lisa** has been broadcast every Sunday evening at 6 o'clock on German television channel ZDF. It is considered to be the most successful women's magazine on German TV. And the success of this programme, which covers sociopolitical topics, is due in no small measure to the skill of the editorial team that selects the subject matter, carries out the research and produces the contributions. *Barbara Dickmann* and *Sibylle Bassler* are the two editors who have shaped Mona Lisa over the last years. And they are also the editors of our **ML-Mona-Lisa** series.

Child abuse, murder for honour, trafficking in women, extreme right-wing political activity among women, the Stasi inheritance, parents who kill, the failure of the youth welfare authorities – these are just a few of the explosive topics these committed journalists cover in this new series.

The ML-Mona-Lisa books will be introduced in the programme, which is watched by two million women every week.

Topics that interest women!



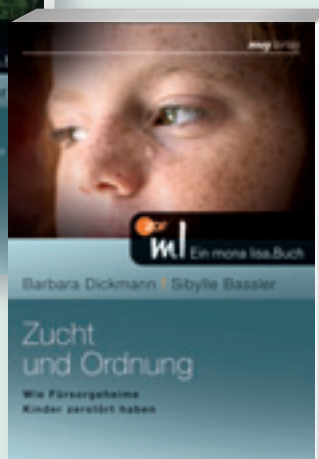
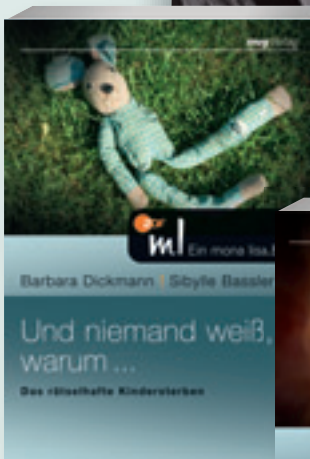
© Hannes Gangl



Barbara Dickmann und Sibylle Bassler, the editors-in-chief of the ZDF women's magazine *ML Mona Lisa*

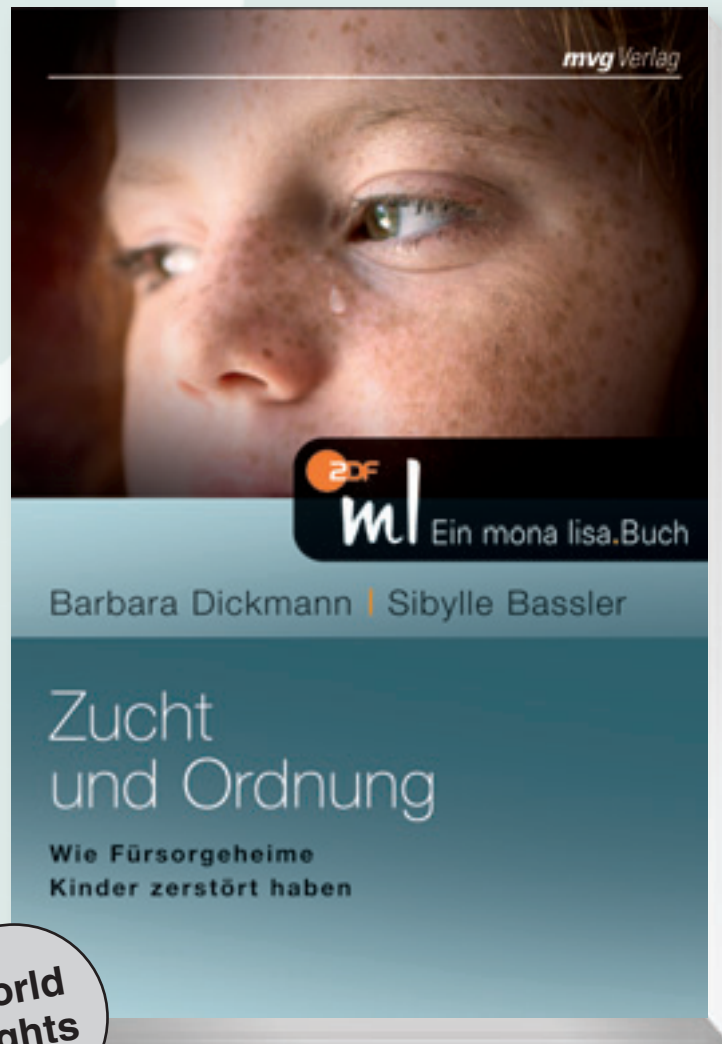
- ✿ Press and advertising focus
- ✿ The programme **ML MONA LISA** is celebrating its 20th anniversary

For your in-store decoration:
A2 poster (Order No. FI 518)



The Dark Ages of child care in the 70s!

Up to the end of the 1970s, around 150 000 children and young people were locked away indefinitely in welfare homes in Germany, in the name of the state and the church, any many of them for minor transgressions. Some of them spent more than 10 years in care: beatings, isolation in cells without lighting, no food, being forced to stand for hours on end. They had no contact with the outside world, no love and no consolation was offered to them. They were humiliated, mishandled and abused by those who were supposed to be helping them. Time and time again, they tried to flee, but in vain. Many saw no other way out but suicide. This book documents an unbelievably black chapter of recent German history.



World Rights

Barbara Dickmann | Sibylle Bassler
Discipline and Order
How care homes destroyed children

Firm paperback

approx. 160 pages, 14.8 × 21.0

14.90 € [D]

ISBN 978-3-636-06402-8 / Product group 948

September 2008

The authors

Barbara Dickmann, born in 1942, has presented various political programmes for the Hessische Rundfunk broadcasting company since 1969. In 1979 she became the first woman to present the ARD news programme *Tagesthemen*. In the mid-1980s, she was head of the Bonn office of the print magazine *Stern*. Since 1990, Barbara Dickmann has been editor-in-chief of the women's magazine *ML Mona Lisa* on German TV channel ZDF, assuming full responsibility for the programme in 2003. In July 2008, she hands over the editor's chair to ...

Why are so many children dying?



World
Rights

Jonathan was only four when he was diagnosed with leukaemia. A terrible shock for his parents, especially his mother, who is herself a doctor. A heart-shaped wreath of roses bore a last message to four-year-old Rico from the Elbmarsch. His short life was dominated by illness.

There was a sudden increase in the number of children diagnosed with leukaemia in the Elbmarsch. All of these children lived not far from the atomic power station of Krümmel, just outside Hamburg. Next to it stands atomic research centre GKSS, where research is carried out using radioactive materials. Is there a connection? The authors looked into the possibility, were themselves threatened and uncovered an unbelievable story.

As exciting as a thriller, but unfortunately, this is not fiction, this is real life.

... Sibylle Bassler, born in 1957, For many years now, she has been a successful journalist on the *ML Mona Lisa* team and is the author of numerous documentaries for TV channel ZDF. In 2006, her book *The White Rose: Contemporaries Witnesses Remember* was published.

Barbara Dickmann | Sibylle Bassler
And No-One Knows Why ...
The mysterious child deaths

Firm paperback

approx. 160 pages, 14.8 × 21.0

14.90 € [D]

ISBN 978-3-636-06403-5 / Product group 948

September 2008

Happy ,uncaring' mothers? Happy children?

- ✿ **The question of whether it is possible for a woman to have a successful career and be a good mother remains a sensitive subject.**
- ✿ **15 encouraging interviews with women who managed to do just that**

What do Bettina Tietjen, Silvana Koch-Mehrin and Rita Süßmuth have in common? They are three of the fifteen happy mothers, some of them with several children, and successful career women who were interviewed for this book. Their example and their experiences encourage women to choose motherhood *and* a career. And there is no need for a guilty conscience, either, for this book shows that it is good for children when Mum goes to work. The book presents 15 impressive interviews documenting that it is possible to have a career and a family, beyond all clichés of working mothers and overprotective mother hens.

Regine Schneider
Career Mothers
The art of combining motherhood and a job

Hardback with dustjacket
approx. 140 pages, 14.8 × 21.0
19.90 € [D]
ISBN 978-3-636-06386-1 / Product group 481
July 2008

The author
Regine Schneider, born in 1952, is a journalist and editor-in-chief of the magazine *Rubin*. Since the beginning of the 1990s, she has published more than two dozen books, including 'The Man at Her Side: The Husbands of Famous Women' and 'Feelings Don't Lie. Emotional Intelligence'. She lives and works near Hamburg.

World
Rights



✿ Marketing and press focus

✿ The authors are to appear on numerous talkshows

Interviews with Bettina Tietjen, Mariella Ahrens, Silvana Koch-Mehrin, Michaela Merten, Bärbel Schäfer, Luc Jochimsen, Marie Theres Kroetz-Relin, Rita Süßmuth and many more

Second-hand love

- ❁ **Second-hand partnerships are commonplace nowadays**
- ❁ **At last, here is a book that looks at the problems facing new partners**
- ❁ **With a wealth of real-life reports and practical tips**

»You always feel you have to take second place to his „first family““ This is the problem faced by many women who live with a man who previously lived in a long-term relationship or marriage. These women often feel neglected and as if they are constantly fighting against the emotional ballast their partners bring with them and the bad experiences they had in the past. In this book, *Doris Früh-Naumann* provides a wealth of encouraging examples which show how these women can boost their self-esteem and how the whole family can learn to cope more successfully in these special circumstances.

German Rights



Doris Früh-Naumann
In the Shadow of His Ex
How to have a successful partnership with a divorced man

Paperback / licensed from the Kösel Verlag
approx. 208 pages, 12.5 × 18.7
8.90 € [D]

ISBN 978-3-636-07245-0 / Product group 483

August 2008



The author

Dr. Doris Früh-Naumann, born in 1958, is a qualified teacher in adult education and works at the University of Hanover. She also writes for the media, produces expertises for family courts and trains mediators. A mother of two, she is herself a divorcee and lives in a second-hand partnership.

Housework? Child's play for a man!

World
Rights



- ✿ It's easy to become a father, but much more difficult being a male housewife
- ✿ A laid-back and entertaining report on the day-to-day battle against chaos

When his wife is offered the position of CEO, economics editor *Martin-Niels Däfler* decides to stay at home to run the household and take care of the children. He is surprised to find that in fact, he might have bitten off more than he can chew. Every day brings a new catastrophe on the household front. Däfler employs his talent for improvisation and management methods in an attempt to cope, which doesn't always work because he lacks patience, skill and experience. It is hardly surprising, then, that his attempts to get the children's rooms tidied up by applying the 4-fields method are doomed to failure from the outset.

The author

Dr. Martin-Niels Däfler studied business management and worked as an independent consultant and economics editor. He lives near Aschaffenburg with his wife, two children, three cats and a dog. He is the author of several management books and a communications consultant to numerous international companies.

Martin-Niels Däfler

Run the household? ... Child's play!
Catastrophes big and small in the life of a male housewife

Firm paperback

approx. 200 pages, 14.8 × 21.0
14.90 € [D]

ISBN 978-3-636-06385-4 / Product group 485

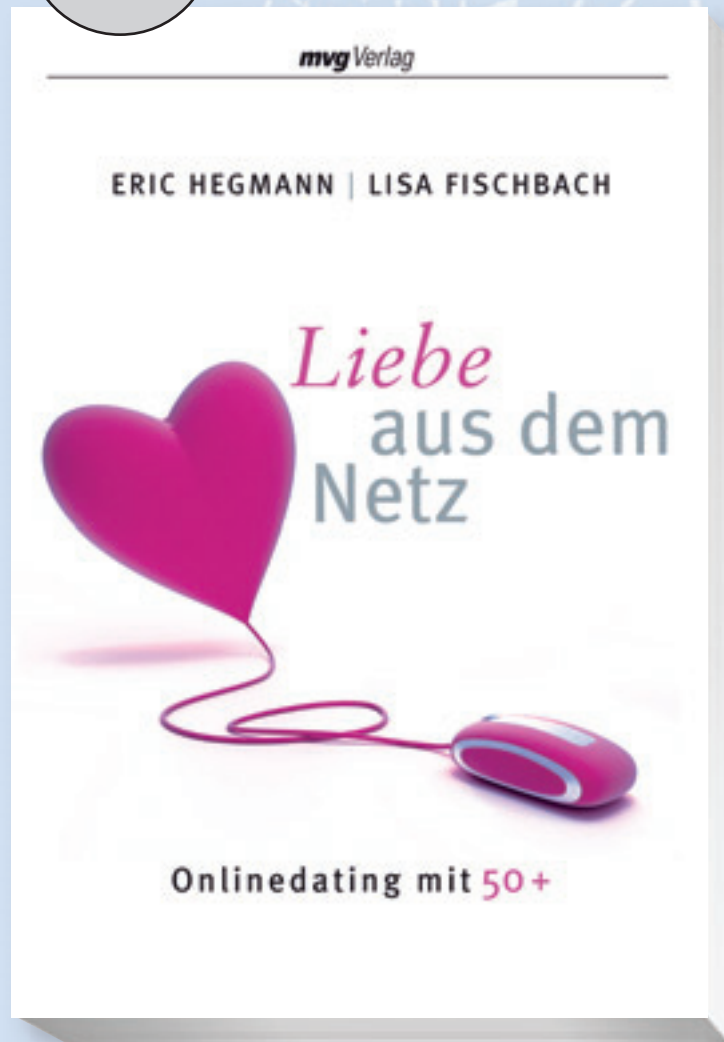
August 2008

www.how-to-find-the-right.man

World
Rights

- ✿ **33.7% of Internet users are over 50, and the figure is increasing**
- ✿ **A well-researched and informational guide with attractive layout**
- ✿ **Contains a glossary and comprehensive list of addresses**

»The Internet offers older people many possibilities for making their lives easier,“ says family minister Ursula van der Leyen. And so this guide is aimed primarily at women in the mid-life years with little or no experience of dating via the Internet. It contains a list of Dos and Don'ts to help them avoid the most common mistakes and unwelcome surprises. The guide also includes many useful tips for experienced Internet users and can show them how to optimise their strategy for finding their ideal partner via the Internet. And of course, there is the tricky border between ‚online‘ and real-life to be tackled! A glossary and a comprehensive list of addresses round off this guide to electronic self-help.



Eric Hegmann / Lisa Fischbach
Love on the Net
Online dating for the over-50s

Firm paperback

approx. 160 pages, 14.8 × 21.0

14.90 € [D]

ISBN 978-3-636-06384-7 / Product group 483

October 2008

The authors

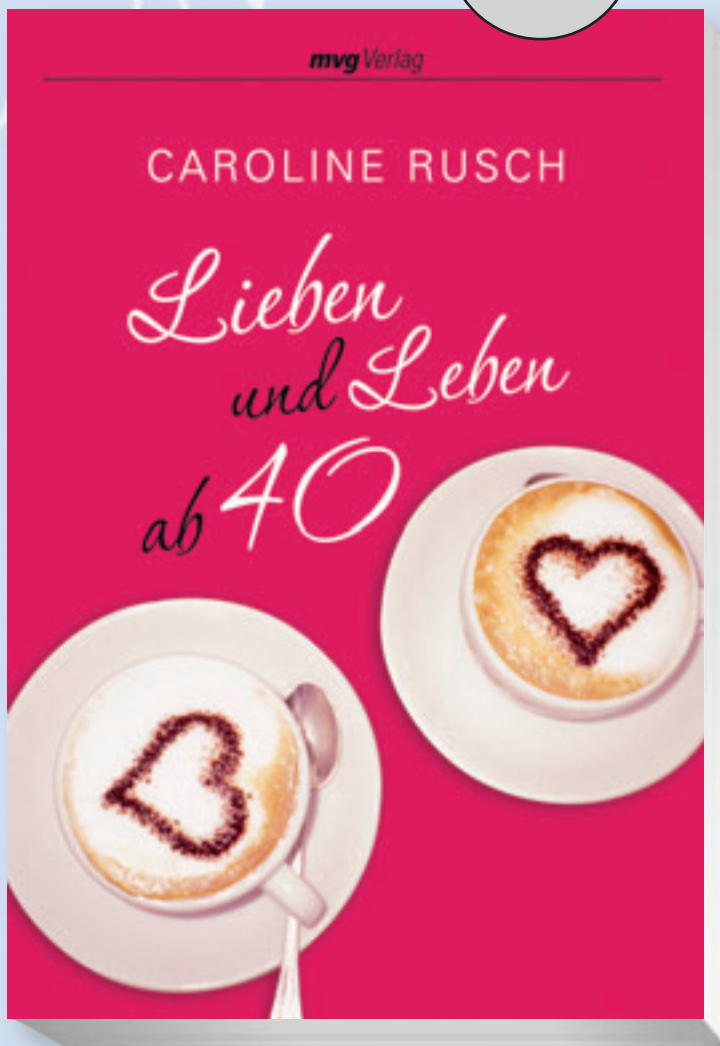
Author and communication trainer *Eric Hegmann* is a consultant on the team of *Parship.de*. He works as a freelance author, conducts seminars and lectures.

Qualified psychologist *Lisa Fischbach* is a freelance organisational consultant and trainer. In her work, she focuses on dialogue management.

Together, the authors conduct seminars on how to flirt and date successfully (www.datingregeln.de).

Love, lust and life

World
Rights



- ☀ **Women at the age of 40 know what they want – and are prepared to try a fresh start**
- ☀ **Well-known author**

Are love and life really easier the younger you are? Definitely not. Just take a look at your lovestruck teenagers: drama and heartbreak wherever you turn... It's a well-known fact that it can take years to find out who and what you are – and above all, who you aren't! However, at forty, women have a wealth of experience ... with or without a man, with or without children, with friendships or in professional life. What is so special about being forty? Well, you can normally shrug off the errors of your youth with a smile, you have usually succeeded in reaching a state where you are calmer, have a better sense of humour, are more attractive and your sex life is better(!) It's certainly an exciting time of life in which a lot of new opportunities present themselves. This book is aimed at all female dreamers, wise conquerors, courageous lovers and women with both feet on the ground. And for all those who would like to be so ...

The author

Caroline Rusch, Dr, phil, was born in 1958 and is an author and freelance journalist (FAZ, BR, emotion etc.). Her many publications focus on the psychology of love, humour and co-existence with others – in other words, on a closer examination of everyday phenomena.

„When He is Younger“ and „50+ ... So What?“ are her most recent works published by mvgVerlag.

Caroline Rusch Love and Life at 40+

Firm paperback

approx. 160 pages, 14.8 × 21.0

15.90 € [D]

ISBN 978-3-636-06400-4 / Product group 483

September 2008

The truth about the birds and the bees ... from Lilo Wanders!

- ✿ **Lilo Wanders receives 70% of her fan mail from children and young people**
- ✿ **A clear and concise guide for kids, teachers, educationalists and parents**
- ✿ **Media presence through appearances in talkshows**
- ✿ **Includes a comprehensive section with addresses of the most important information centres**

What do young people today really know about sexuality? How well informed are our youngsters at the age of puberty? The case of Markus, in a Turkish jail and threatened with an eight-year prison sentence, illustrates just how helpless young people are in their dealings with each other. In an age in which we often hear of 15-year-olds becoming pregnant, many have forgotten that sex with a minor is punishable under German law and that a 13-year-old is not a sex object, but a child. But there are many other questions of interest to young people: What about the 'first time'? What method of contraception should I use? How can I protect myself against Aids? How do you use a condom?

Lilo Wanders, the grande dame when it comes to questions relating to sexuality, has been campaigning for many years for Aids prevention and in the fight against drug addiction amongst young people and has successfully guided her own three children through the perilous waters of puberty. And so her aim in writing this book was to provide competent answers to even the most naive of questions in an age in which everyone acts as though they know all there is to know about sexuality.

Lilo Wanders
All About Sexuality
100 answers to 1000 questions

Firm paperback
approx. 160 pages, 14.8 × 21.0
14.90 € [D]
ISBN 978-3-636-06376-2 / Product group 285
September 2008

The author

Lilo Wanders, born in 1956, a well-known and glamorous German TV personality, studied librarianship before making a name for herself in the Hamburg theatre *Schmidts Tivoli*. For many years (until 2006) she was the presenter of the TV show on sex 'Wa(h)re Liebe' and is considered Germany's answer to 'Dame Edna.' She is also an active campaigner for various causes. She is the patron of the association 'SUBway' e.V. Hamburg, which provides care for drug addicts and has been active in Aids prevention for many years.

World
Rights



- ✿ Marketing and press focuses
- ✿ Large-scale editorial coverage in all leading magazines for youngsters
- ✿ The author is available for events

Best of successful author Matthias Pöhm

Never again at a loss for words in the schoolyard

Matthias Pöhm is 'the star among the repartee trainers' (*Capital*). In his bestselling book **The Quick Comeback for the Schoolyard!** he presents non-violent strategies for kids, parents and teachers. Everyone can learn to fight back with words!

Matthias Pöhm
The Quick Comeback for the Schoolyard!
Firm paperback, 184 pages
€ 12.90 (D)
ISBN 978-3-636-06358-8
Published in April 2008

World Rights



12,000 copies sold



World Rights

Matthias Pöhm
The NonPlusUltra of Witty Repartee
ISBN 978-3-636-06107-2
€ 19.90 (D)

25,000 copies sold



World Rights

Matthias Pöhm
Presentation with Fascination
ISBN 978-3-636-06265-9
€ 19.90 (D)

Massacre, murder, game over

German
Rights



- ✿ A parents' guide to dealing with the new media
- ✿ Sound advice for parents and educators
- ✿ The author unmasks the myths about violence and computer games

How dangerous are computer games really? Where does violence start in a game? What do parents need to know about dealing appropriately with computer games? In this book, author *Thomas Feibel*, a journalist and author who has been writing on the subject of children and computers for many years, offers answers to these and many other questions. It is a clear and concise guide for parents and educators, describes and provides a differentiated evaluation of the most popular computer games, and contains a comprehensive glossary of the most commonly used terminology. The book also offers a wealth of tips and concrete examples which underscore the importance of providing guidance for children on handling computer games.

The author

Dr. Thomas Feibel is a journalist and author and has focused on the subject of 'children and the new media' for many years. He writes regularly for many publications, including *SPIEGEL online* and *DIE ZEIT* and has his own column in *Spielen und Lernen*. He has also written many books for children and young people.

Further information under www.feibel.de

Thomas Feibel

Killer Games and Kids

What we need to know about computers and violence

Paperback / licensed from Walter Verlag

approx. 180 pages, 12.5 × 18.7

8.90 € [D]

ISBN 978-3-636-07250-4 / Product group 484

August 2008



It's never too late to find happiness!

- ✿ **A good 15% of single people in Germany are over 65 and would be interested in finding a new partner**
- ✿ **By a successful author**
- ✿ **Strong media presence: talkshows**

Many people over 50 have failed marriages or relationships behind them, either because their partner fell in love with someone new or because their partner became ill and died – and suddenly one person is left with the prospect of facing the rest of his or her life alone. What points of orientation are there, and what to do with the rest of one's life? Many of these people would like to find a new partner, they would like to find someone to share their time with, a travelling companion, someone to go out to dinner with, a companion for a visit to the cinema or the theatre. But how do you set about finding such a person? How can you overcome your hesitation? Is it possible to let someone new into your life? Should you move in together or should each of you keep their own apartment? How do you explain the new situation to your grown-up children? How does life change in later years? In what ways is love in mature years better than in your youth? How important is sexuality and what points need to be considered here?

In this book, *Erika Berger*, who herself recently lost her husband, looks into all these questions. It is an entertaining and informative guide for which *Erika Berger* also interviewed other people confronted with this situation.

Erika Berger
Finding Happiness Late in Life
Finding the courage to make a new start and love again

Firm paperback

approx. 208 pages, 14.8 × 21.0

16.90 € [D]

ISBN 978-3-636-06359-5 / Product group 483

September 2008

The author

Erika Berger, born in 1939, is a journalist and became a well-known TV personality as a presenter of numerous TV programmes. She lives in Cologne.

Her book ‚Lust for Life‘ was published by *mvgVerlag* in 2007.

World
Rights

ERIKA BERGER SPÄTES GLÜCK

*Vom Mut, neu anzufangen
und wieder zu lieben*



✿ Marketing and press focus

It happens in the best families!

World
Rights

- ✿ **Sound advice on dealing with sensitive subjects in families**
- ✿ **Trend topic in the media, e.g. ARD series 'Our Family Secret', docu-soap on Sat1, BRIGITTE series etc.**

Living a lie and closely guarded family secrets are usually the result of trying to protect your children or partner from the truth. This guide presents real-life examples illustrating how taboos can have long-lasting consequences for family life and how they affect the lives of all family members, but also how it is possible to come to an acceptance of them as a part of one's life and thus overcome them.

Author *Dorothee Döring* encourages her readers to be forgiving of their own faults and to reconcile themselves with the less pleasant events of life. This reduces inner tension and gives you added freedom and independence. The process of coming to terms with taboos releases positive energy and empowers you to live in harmony with yourself and those around you.



Dorothee Döring
Family Secrets & Taboos
How to face your past

Firm paperback

approx. 250 pages, 14.8 × 21.0

14.90 € [D]

ISBN 978-3-636-06383-0 / Product group 484

October 2008

The author

Dorothee Döring, born in 1949, worked first as an art teacher, then as a counsellor on palliative care and bereavement in a hospice. She holds seminars in the field of adult education and has made a name for herself as the author of numerous publications, the most famous of which, 'www.Traumprinz ...', was published in 2001. Her book 'Happy Alone' was published by *mvgVerlag* in Autumn 2007. Dorothee Döring lives in Kaarst.

Living to the last

German
Rights



- ✿ **A sensitively written guide to accompanying others through final illness**
- ✿ **Successful authors of works on the subject of terminal care**
- ✿ **With a comprehensive address section**

What goes on in the mind of someone who is facing death? How can family members accompany them during this time in a way that is beneficial for both parties? Many questions and uncertainties present themselves when people face the fact of their own impending death. It is difficult to say goodbye, both for the person who is dying and for those who remain.

This book helps to lift the taboo of death and points the way towards a good way of saying goodbye. An extremely personal guide.

The authors

Dr. Monika Specht-Tomann, born in 1950, is a psychologist and physiotherapist.

Doris Tropper, born in 1958, works as a journalist and in adult education.

They both live in Graz and are involved in the establishment and organisation of the hospice movement in Styria. They are the authors of several successful books.

Monika Specht-Tomann / Doris Tropper

At Your Side to the Last

Accompanying and caring for the seriously and terminally ill

Paperback / Licensed from Kreuz
approx. 90 pages, 12.5 × 18.7
6.90 € [D]

ISBN 978-3-636-07243-6 / Product group 480

August 2008



The mother-in-law – a demon or an angel?

World
Rights

- ✿ **Wide target group. One in 8 marriages fails as a result of the mother-in-law problem!**
- ✿ **Widespread need for information on this topic**
- ✿ **Contains an extensive section offering advice**

This book is for all women suffering from problems with the mother-in-law. It helps daughters-in-law to understand the reasons and motives behind the way their mothers-in-law act and how to evaluate their own situation more effectively. It looks at the various mother-in-law types and their manipulative and often downright mean behaviour. Readers learn how to sharpen their own perception and to distinguish between ‚right‘ and ‚wrong‘. It shows daughters-in-law how best to deal with their mothers-in-law in order to prevent friction and hold their own families together.



Felicitas Heyne
Love/Hate Mother-in-Law

Firm paperback

approx. 200 pages, 14.8 × 21.0

15.90 € [D]

ISBN 978-3-636-06399-1 / Product group 484

September 2008

The author

Felicitas Heyne is a qualified psychologist and has her own practice as a systemic therapist treating individuals, couples and families. She writes regularly for numerous magazines and daily newspapers and delivers lectures on subjects relating to psychology. She also runs the leading Internet platform in the German-speaking countries for life counselling and psychology, www.egoload.de. Find out more about the author at www.felicitas.heyne.com

„I want it all – and I want it now!“

World
Rights



- ✿ **Much-discussed topic – kids and a career: Can I have both?**
- ✿ **A hands-on guide with a wealth of invaluable tips and a comprehensive address section**

Sooner or later, every woman faces the question: What do I really want from life? What will be most important for me: my family, my job or both? And can I have both? And do I want to perform the balancing act required in order to manage a family and a career? Can I imagine a life without kids because my job is the most important thing for me? Or vice versa: Do I want to focus all my energies on being there for my kids full-time and put my career on the back burner because that's how I want my life to be? This is not a careers guide in the classical sense, but sets out to help women to choose the right path for their individual wishes and needs.

The authors

Carola Kleinschmidt is a journalist, author of non-fiction works and qualified biologist. Anne Otto is a journalist, scriptwriter and qualified psychologist. They work together in a journalism agency in Hamburg. As freelance authors, they regularly write articles on the subject of jobs and careers for publications including *Brigitte*, *Brigitte balance*, *Emotion*, *Psychologie heute* and *Karriere/Handelsblatt*. As mothers, they find the run-of-the-mill advice trotted out and passed off as ‚Career tips‘ extremely annoying.

Anne Otto / Carola Kleinschmidt

My Way

Career, kids or both?

It can be done!

Firm paperback

approx. 140 pages, 14.8 × 21.0

15.90 € [D]

ISBN 978-3-636-07241-2 / Product group 481

September 2008

Depression – an illness which is often misunderstood

World
Rights

- ✿ **A new psychotherapeutical approach, written in an easily understandable style**
- ✿ **For those affected by depression and their relatives**
- ✿ **Well-known author with media experience**

In this book, experienced psychotherapist *Thomas Kornbichler* presents a new therapeutic approach for people suffering from depression. He offers hope that depression is basically curable if it can be perceived as a crisis and not as a blow of fate. The book aims to provide a better understanding of depression.



Thomas Kornbichler
The Way Out of Depression
A new approach to healing
Revised and extended new edition

Firm paperback
approx. 250 pages, 14.8 × 21.0
14.90 € [D]
ISBN 978-3-636-06404-2 / Product group 933
September 2008

The author

Dr. phil. Thomas Kornbichler, qualified psychologist, was born in 1956 and has his own psychotherapeutic practice in Berlin. He is the head of the *Märkische Institut für Psychotherapie*, a state-approved training institute for psychotherapists, and is the author of numerous specialist works, essays and radio broadcasts.

Get out of the stress trap – Angelika Kallwass can help!

German
Rights



- ✿ **The author is well-known as a result of her TV appearances, (daily, at 2 p.m. on TV channel Sat1)**
- ✿ **Zwei bei Kalwass is the most successful afternoon TV programme with 2 million viewers every day**
- ✿ **30% of the working population suffer from burnout**

More and more people feel exhausted, drained, nervous and stressed out. It is only a small step from these symptoms to burnout – a fact which is often not recognised and is frequently underestimated. Burnout syndrome is not the latest trendy complaint to be suffering from, but a serious psychological and physical problem. Its roots lie in our exaggerated expectations with regard to professional, family and social life. In this book, Angelika Kallwass uses a wealth of examples from her own professional experience to illustrate new approaches to the problem and how easy it can be to escape the stress trap.

✿ Press focus

The author

Angelika Kallwass, born in 1948, managed a centre for homeless women and a psychiatric day clinic. A mother of two, she appears on *Sat1* in *Zwei bei Kallwass*, runs her own psychological practice and is also managing director of a textile company based in Cologne. Angelika Kallwass sees psychotherapy as the main focus of her life's work.

Angelika Kallwass **Burnout Syndrome** We can find a way!

Paperback / License from Kreuz
approx. 160 pages, 12.5 x 18.7
8.90 € [D]

ISBN 978-3-636-07244-3 / Product group 481

August 2008

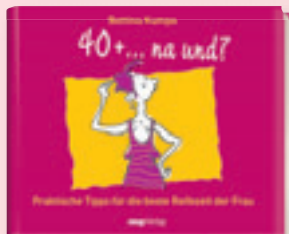


Our backlist – low price,
fun reading guaranteed!



Single? Thank heavens, yes!

ISBN 978-3-636-06373-1



40+ ... So What?

ISBN 978-3-636-07205-4



Heartbreak

ISBN 978-3-636-07208-5



The Mystery of Men

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50+ ... So What?

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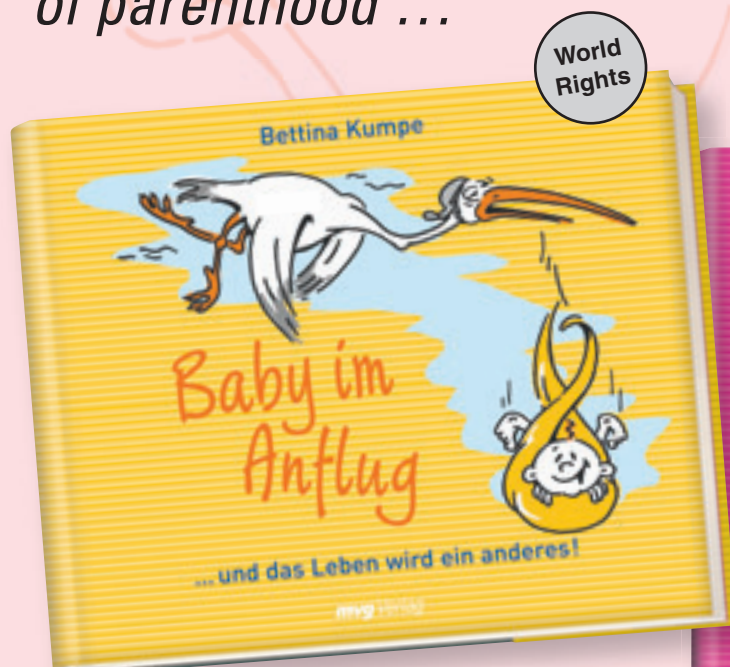
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Bettina Kumpe, born in 1964, studied industrial design at the HBK in Braunschweig. After many years working in product design, she now focuses on the illustration and design of school textbooks and language teaching books, cartoon calendars and of course, her own books. She and her daughter live in Braunschweig

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The author

Doris Iding is a medically trained yoga instructor and ethnologist. She works as a freelance journalist writing for various magazines including *Yoga aktuell*, as a yoga instructor for adults and children and lectures in yoga philosophy to trainee yoga instructors. Doris Iding lives in Munich.

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The author

Sonja Still is a freelance TV journalist writing mainly for the *Bayerische Rundfunk*, *WDR* and *Arte*. Her work often takes her to such far-off places as Tibet, Nepal or Belize which offer a multitude of opportunities for spiritual experience. The author is also a qualified astrologist and produced the *Astro-Show* for TV channel *RTL* with Antonia Langsdorf. *Sonja Still* lives in Munich.

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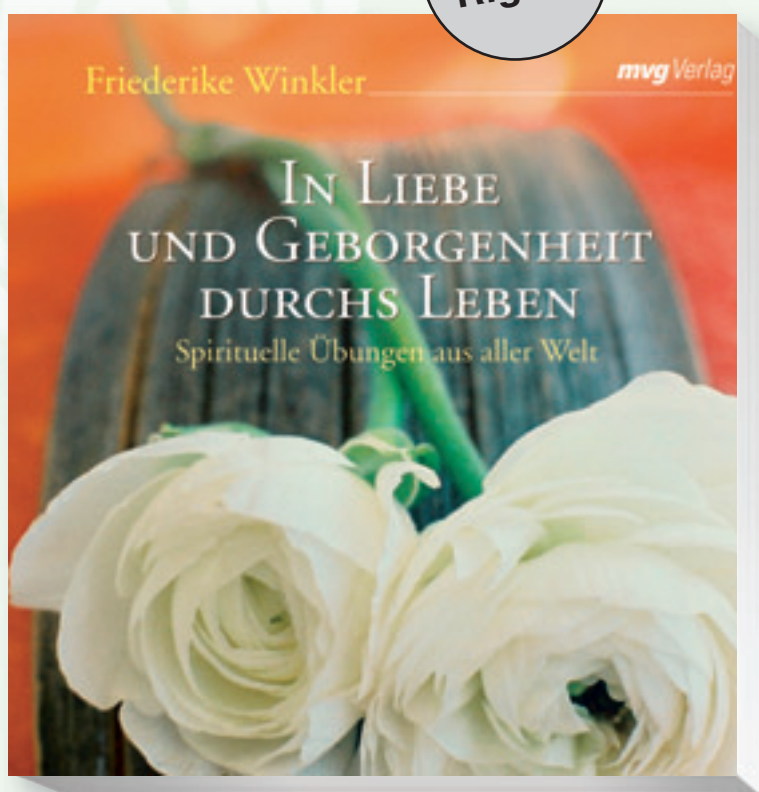
The author

Anna Maria Pesch works in publishing and has studied the wisdom of the Orient for more than 20 years with meditation and awareness teachings, Tzai Chi and Qigong.

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The author

Friederike Winkler, born in 1965, is a yoga trainer and therapist. Since 1998, she has been conducting seminars for couples and courses on various spiritual lifestyles. She lives in Essen with her daughter.

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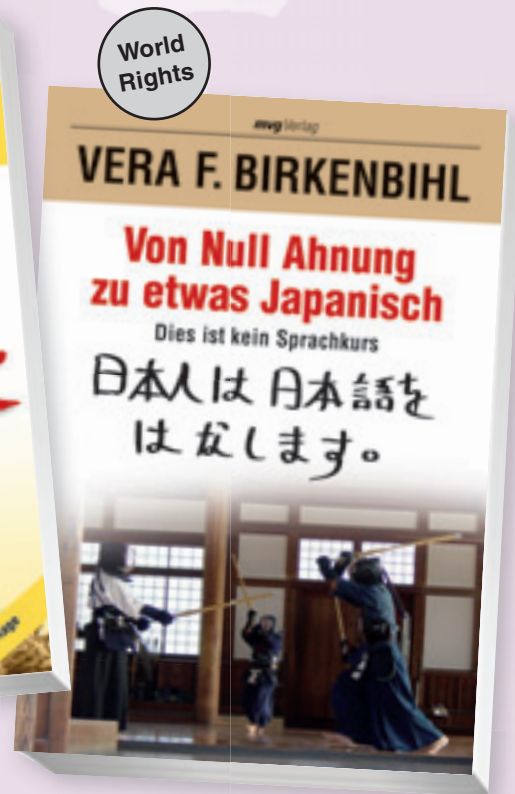
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The author

As a management trainer and the head of the *Institut für gehirn-gerechtes Arbeiten*, Vera F. Birkenbihl was one of the inventors of infotainment, long before the word even existed (she herself calls it brain-friendly). Since the late 60s, the focus of her work has been on working with brain-friendly methods to ensure future success. Total sales of her books and DVDs amount to over 3 million copies.

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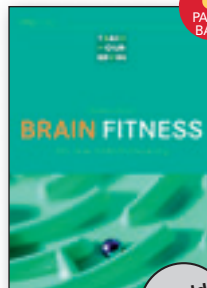
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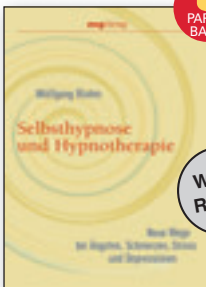
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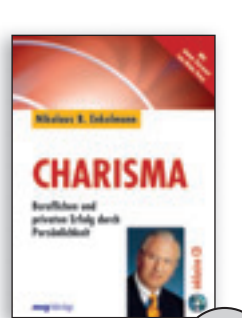
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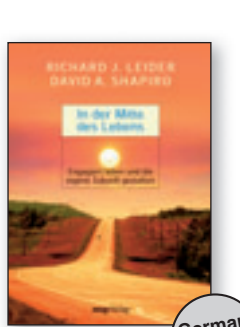
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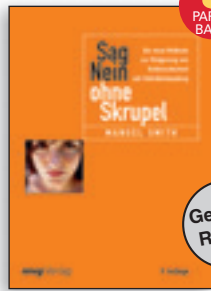
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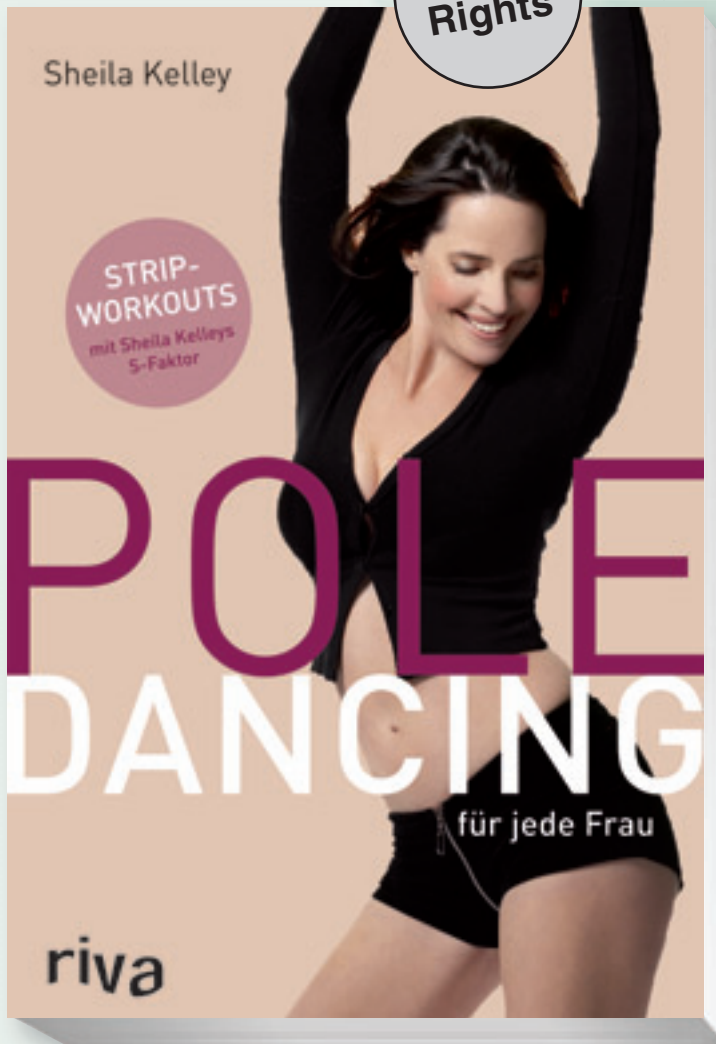
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The author

Sheila Kelley, who became well-known through her leading role in the US TV series *LA Law* and *Sisters*, is the founder of the S Factor movement, whose strip workouts are becoming increasingly popular in gyms all over America. She opened her first studio in 2003 in Los Angeles, where she lives with her husband and two children. She now owns nine studios.

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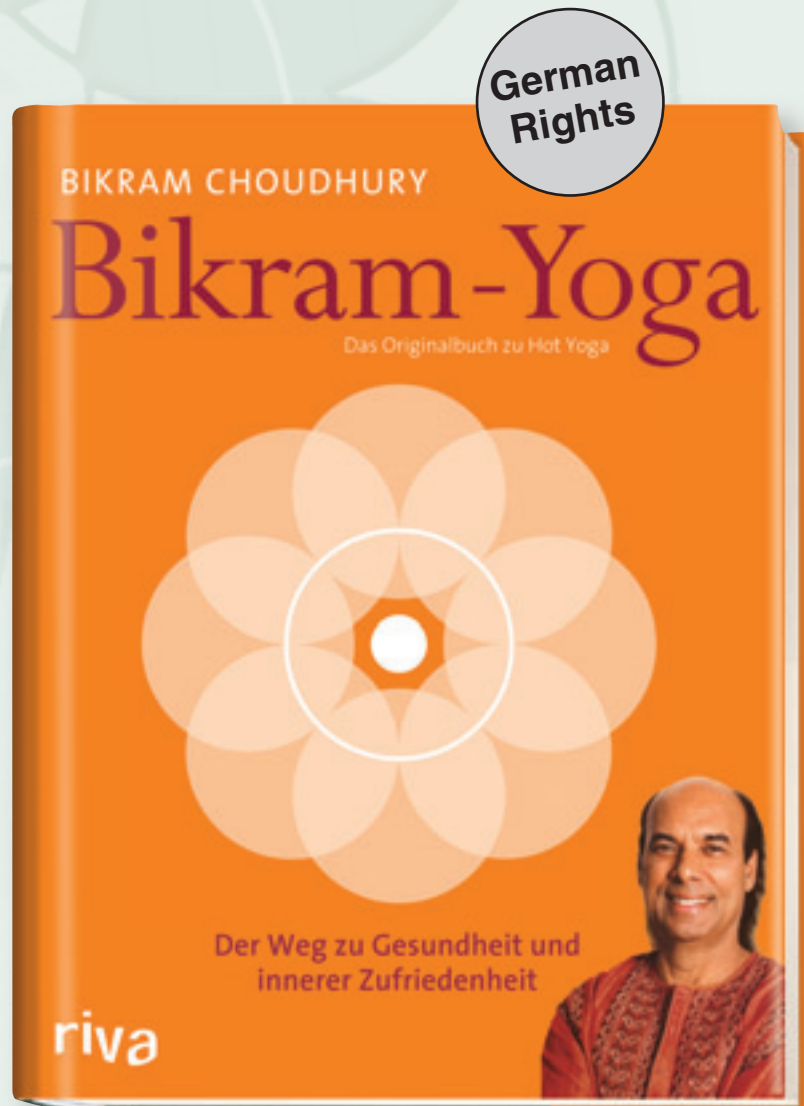
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October 2008

The author

Bikram Choudhury was born in 1947 in Calcutta/India. As a child, he already knew 84 yoga positions. Bishnu Ghosh, one of the most renowned and famous doctors and yoga gurus in India, was Bikram's mentor for over 20 years. At the age of 13, Bikram was the youngest competitor in the All-India Yoga-Asana Competition, which he won. In 1973, he emigrated to the USA and opened his first studio in Los Angeles. Today, there are over 700 Bikram Hot Yoga studios worldwide.

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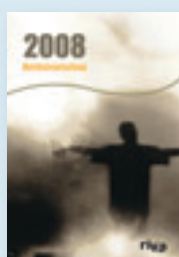
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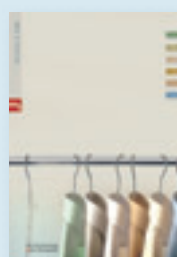
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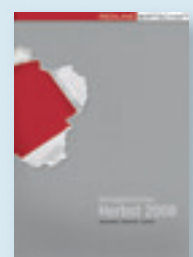
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