

Rights Catalogue



AUTUMN 2017

20 Years
of Münchner
Verlagsgruppe –
the great anniversary
catalogue



riva

mvgverlag 

BESTSELLERS

The Art Of Not Giving A Crap

Over
250,000 copies
sold.
Rights sold to
Korea, Taiwan, Italy,
and Czech Republic.



ISBN 978-3-86882-784-2
9,99 € (D)



ISBN 978-3-86882-666-1
16,99 € (D)



ISBN 978-3-86882-814-6
8,99 € (D)

Bestselling series of fill-in books

300,000 copies sold across the series *Was ich an dir liebe*
(What I Love About You)



ISBN 978-3-86883-712-4
9,99 € (D)

The original edition has been licensed in
the following countries: Hungary, Croatia,
the Czech Republic and Korea.

Birkenbihl Books sold to 14 different countries

Rights sold to Spain, Portugal, Russia, Poland, Hungary, Czech Republic, Croatia, Italy, Romania, China, Korea, The Netherlands, Slovak Republic and United Kingdom



Rights sold to Czech Republic, Spain, Russia, Korea, Hungary, China, Greece, Latvia, Saudi Arabia and United Kingdom

Rights sold to Taiwan, Croatia, Slovak Republic, Czech Republik and Poland





ALEXANDRA REINWARTH

Alexandra Reinwarth has been named a bestselling author by German-language news website 'Der Spiegel' and has already written several books for the publishers riva Verlag. She has been living in Barcelona since 2000, where she works as a producer and author.

McDonald's is a company full of superlatives. Every second they sell more than 75 burgers all over the world, and every day the number of customers they serve is equivalent to one percent of the entire global population. The company has been an integral part of our culture for a long time now, and the Big Mac index, which compares the purchasing power of currencies with the price of a Big Mac, has even been recognised in economics.

As well as interesting facts from the world of the golden M, this book provides numerous curious anecdotes and stories, which are not just extremely entertaining, but also fascinating and useful to know.

A book for anyone that grew up with Happy Meals, stopped off for an obligatory "Maccies" on every long car journey or always wanted to know what actually happens at the "Drive thru".

THE OFFICIAL McDonald's BOOK

Alexandra Reinwarth



Das McBook

Warum die Queen eine eigene Filiale besitzt,
ein deutscher Weltmeister Burger brät und
andere unglaubliche Geschichten über McDonald's

riva

Reinwarth, Alexandra

The McBook

Why the Queen owns her own branch, a
German world champion fries burgers and
other unbelievable tales about McDonald's

192 pages, 14,8 x 21,0 cm
paperback
8,99 € (D)

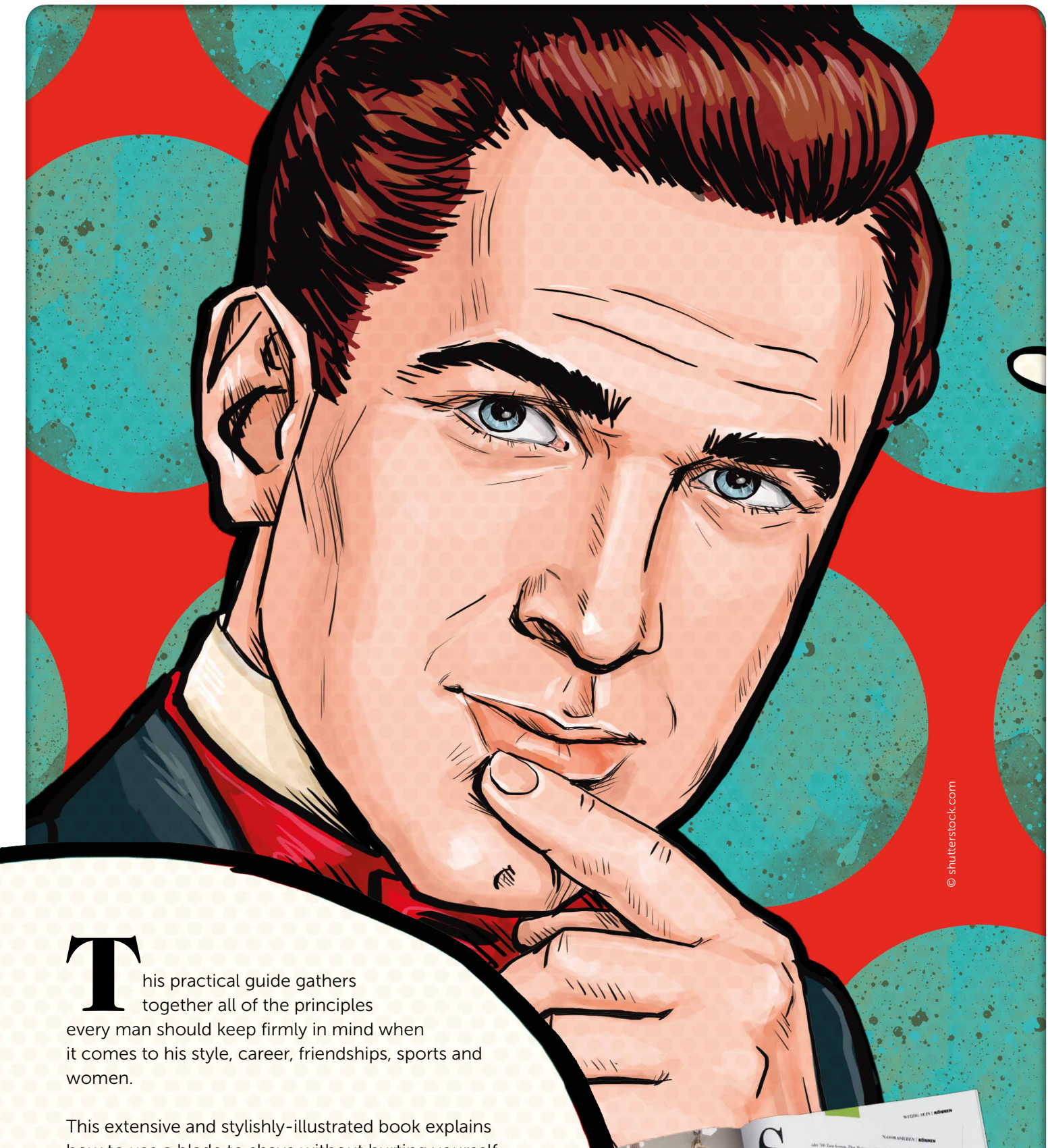
ISBN 978-3-7423-0386-8
Product group: 1973

16.10.2017



Von der
SPIEGEL-
BESTSELLER-
Autorin

- ➔ Over 70 million customers per day
- ➔ Fascinating stories about the most popular burger chain
- ➔ Major PR offensive



This practical guide gathers together all of the principles every man should keep firmly in mind when it comes to his style, career, friendships, sports and women.

This extensive and stylishly-illustrated book explains how to use a blade to shave without hurting yourself, overcome any situation and find your purpose in life both privately and professionally.

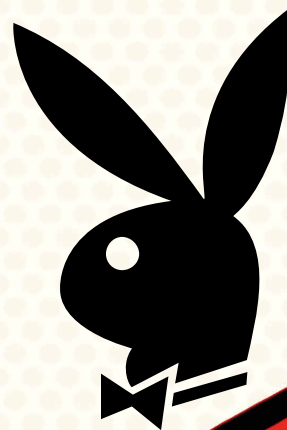
This manual provides everything a man of today should know, have, do and be capable of. A style bible for any occasion that leaves no question unanswered.



A GENTLEMAN'S ETIQUETTE MANUAL!

riva

Infotainment



Was Mann über Stil,
Eleganz und das Leben
wissen muss

riva

How to Be a Playboy

A man's guide to style, sophistication and life

200 pages, 19,0 x 24,0 cm
hardback
19,99 € (D)

ISBN 978-3-7423-0341-7
Product group: 1483

13.11.2017



- ➔ Is it true that men don't read books? No way! This book will make even the stronger sex weak at the knees!
- ➔ A summary of everything a man should know in a beautifully illustrated book
- ➔ The perfect gift for any man



MARCO MÜTZ

Marco Mütz was born in 1966 AD in a small village in Southern Hesse, Germany, which offered no resistance. In his younger years Asterix was part of his daily reading, but he was completely unaware of the consequences this would have. Since 1998 he has been managing the largest German-speaking Asterix website Comedix.de.

Asterix and Obelix have been entertaining us for over 55 years with lots of interesting references to historical events and personalities for you to decipher.

Marco Mütz is a proven Asterix expert and manages the largest German Asterix archive on the web Comedix.de

As well as explaining concepts from the series, the guide looks at the penal consequences Asterix and Obelix would be facing for their actions under the laws applicable today.

This book contains everything you need to know about Asterix and Obelix, and is the perfect gift for all fans – big and small.

THE LONG-AWAITED 37TH ASTERIX
ALBUM WILL FINALLY BE RELEASED
ON 19 OCTOBER!

riva

Humour



Mütz, Marco
The Unofficial Asterix & Obelix Lexicon
A comprehensive A-Z of everything
Gaul-related

224 pages, 14,8 x 21,0 cm
paperback
14,99 € (D)

ISBN 978-3-7423-0340-0
Product group: 1180

16.10.2017



- ➔ Extremely high level of recognition
- ➔ Sales guarantee: 350 million Asterix albums sold



C. R. RODENWALD

The author grew up in a small Hessian town in Germany – a far cry from the bright lights of Hollywood. One day he bought a cassette called “The Three Investigators and the Super Parrot” and decided shortly after that he wanted to own the complete series.



This book is the ultimate culmination of everything that’s known about the three detectives from Rocky Beach and their adventures:

Interesting facts about all of the most important characters in the series and the background behind its origin, facts and curious information such as the hypothetical question: “How big must the ‘little town’ of Rocky Beach really have been?”.

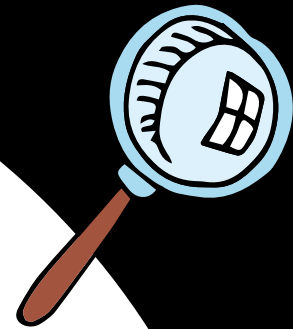
A book for all fans – no matter what their age.



The ultimate book for the millions of fans of **The Three Investigators**!

riva

Infotainment



Rodenwald, C. R.

The World of the Three Investigators

Background, facts and oddities of the last 50 years

200 pages, 13,5 × 21,0 cm
hardback
14,99 € (D)

ISBN 978-3-7423-0123-9
Product group: 1260

16.10.2017



- ➔ Fascinating facts and anecdotes for fans
- ➔ International editions: USA, Bangladesh, France, Germany, India, Indonesia, Italy, Latin, Lithuania, Pakistan, Poland, Portugal, Slovakia, Southeast Asia, Spain

Dreiermann

2 Würfel

10 Minuten

Der nüchternste Spieler beginnt. Es wird reihum mit beiden Würfeln gewürfelt. Der Spieler, der als Erster eine Drei würfelt, ist der Dreiermann. Er muss fortan trinken, wenn ...

- eine Drei fällt.
- die Summe der gewürfelten Ziffern durch drei teilbar ist.

Wichtig: Der Dreiermann ist nicht verpflichtet, selbst zuzugeben, dass er trinken muss. Die anderen müssen also mitrechnen. Bei einem Pasch kann der Würfler entscheiden, wer trinkt. Entweder lässt er einen Mitspieler alle Augen zahlen trinken oder er verteilt die Summen auf zwei Spieler. Ist die Summe trinkt der Vordermann des Würflers die Summe 7, trinkt der Würfler selbst.

Meister Suff



Das legendäre

Trinkspiel

riva

Dalli Dalli

Eine Runde

Ein Spieler (hmmm, sagen wir mal: der Intelligenteste – das ist schwer zu entscheiden und führt schon im Vorfeld zu Diskussionen) bestimmt zu Beginn der Runde eine Kategorie – nicht zu eng und nicht zu weit, z. B. »alkoholische Getränke«. Nun muss reihum jeder ein alkoholisches Getränk nennen. Trinken muss, wem nichts mehr einfällt oder wer etwas Falsches (in diesem Fall z. B. »Cola«) nennt. Als Nächster darf der rechts vom Startspieler Sitzende eine Kategorie wählen.

Peptide: Themenbereiche wie »Finnische Ping-Pong-Spieler«, »Sibirische Flus-se« oder »Taiwanische Schuhmarken«. Wenn ein Spieler glaubt, dass auch der Aufrufende keine drei Beispiele hinbe- kommt, darf er sofort – ohne am Zug zu sein – »Test« rufen.

After creating a bestseller with his book *Drinking Games*, Meister Suff is back with a card game to match. This legendary game is ideal for anyone looking for something fun to do, struggling to decide on a drinking game or not keen on reading a whole book.

The rules are extremely simple and suited to any level of alcohol: The players take turns to take a card and perform the action on it. This might be a mini drinking game, an action card or a new rule that everyone must immediately follow – anybody who breaks it has to drink.

No more boring game nights – Meister Suff is here to entertain!

More than
40 000
copies sold



ISBN 978-3-86883-555-7
4,99 € (D)

THE GAME TIE-IN BASED ON OUR BESTSELLER

riva

Humour/game



Suff, Meister
The Legendary Drinking Game
64 cards to get the party started

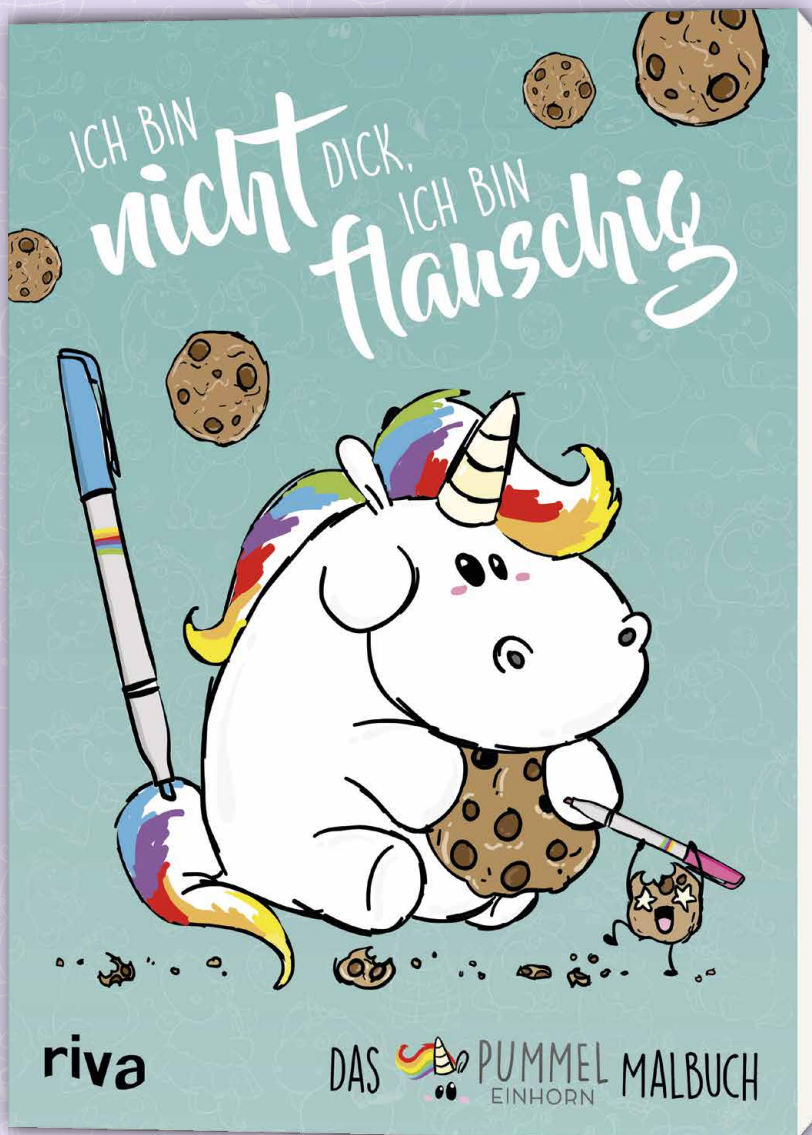
64 cards, 7,0 x 10,0 cm
non-book
8,99 € (D)

ISBN 978-3-7423-0322-6
Product group: 9185

14.08.2017



- ➔ More than 40,000 copies sold of the book *Drinking Games*
- ➔ Perfect combination of well-established drinking games and new rules
- ➔ Pack of 64 cards printed in colour



I'm not fat, I'm cuddly

The Pummel the Unicorn
colouring book

64 pages, 21,5 × 28,0 cm

paperback

7,99 € (D)

ISBN 978-3-7423-0379-0

Product group: 1185

16.10.2017



Famous on the internet, the popular unicorn with his roly-poly tummy makes no secret of the fact that he is never far from the biscuit tin. But despite this he is not fat, but very cuddly.

A cute and funny colouring book to help you say goodbye to guilt and welcome more fun into your life.



➔ A cute and funny colouring book to help you say goodbye to guilt and welcome more fun into your life

PUMMEL THE UNICORN IS THE LATEST CRAZE



I am Never Far From the Biscuit Tin
The Pummel the Unicorn book

64 pages, 16,0 x 16,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0382-0
Product group: 1185

11.09.2017



The greatest happiness on earth is riding on the back of a unicorn.

Unicorns are currently taking over the world. But Pummel is not your typical unicorn. He has character – and there is more to him than just unicorn glitter and hopping around. True to the motto, “I’m not fat, I’m cuddly”, Pummel loves his roly-poly tummy and shows everyone how important it is to have a heart of gold and a hand full of biscuits.

This lovingly designed gift book offers the most beautiful Pummel the Unicorn images together with cute slogans and worldly wisdom.



➔ For anyone whose world could do with a bit more colour, glitter and not forgetting plenty of biscuits!

**300,000 copies sold across
the series *Was ich an dir liebe*
(What I Love About You)**

What I Love About You - Mother - Dad
- Sister - Brother - Grandmother -
Grandfather - Son - Daughter
and so forth...

The original edition has been licensed in the following countries: Hungary, Croatia, the Czech Republic.

The fill-in journal success story continues...

NEW!

Was ich
an dir liebe,
beste Freundin



riva

Reinwarth, Alexandra
What I Love About You, Best Friend
Fill out and give as a gift

96 pages, 17,0 x 24,0 cm
hardback
10,00 € (D)

ISBN 978-3-7423-0255-7
Product group: 1191

16.10.2017



Was wir an dir
lieben

Deine Freunde
über dich



riva

Zum Ausfüllen
und Verschenken

NEW!

Reinwarth Alexandra
**What We Love About You – Your
Friends And You**
Fill out and give as a gift

96 pages, 12,5 x 18,7 cm
hardback
10,00 € (D)

ISBN 978-3-7423-0257-1
Product group: 1191

16.10.2017



We tell our best friends everything, we know their secrets, put up with their flaws, share their sense of humour. Shared interests, differences, special experiences or embarrassing moments. Profound, funny and emotional questions and food for thought.

When filled out, this journal makes the perfect gift for your best friend. It is a true symbol of friendship, whether given for a birthday or Christmas or just to show you care.

- ➔ A very personal gift idea for your best friend
- ➔ Treasure those special memories for ever

The handy mini versions

of our bestselling books with more than 300.000 sold copies



Reinwarth Alexandra
What I Love About You – Our Anniversary
64 pages, 15,0 x 10,5 cm

hardback
6,99 € (D)

ISBN 978-3-7423-0254-0
Product group: 1191

16.10.2017



Whether you are celebrating a wedding, a first date or first kiss, anniversaries are for everyone! Creative questions and multiple choice answers allow you to make a personalised gift with little

stress. Full of compliments, shared experiences and desires, this little fill-in book is the perfect gift for the ones we love.



Reinwarth, Alexandra
What I Love About You – At Christmas:
Fill out and give as a gift
64 pages, 15,0 x 10,5 cm

hardback
6,99 € (D)

ISBN 978-3-7423-0253-3
Product group: 1191

16.10.2017



When filled out, this book makes the perfect Christmas gift – after all, nothing touches the heart like loving words.

- ➔ A very personal gift that comes from the heart
- ➔ Small gift book format that fits in every pocket

Our topselling Advent calendar

riva

Gift book



Reinwarth, Alexandra
**What I Love About You –
Advent calendar**
64 pages, 15,0 x 10,5 cm

hardback
6,99 € (D)

ISBN 978-3-7423-0095-9
Product group 1191

11.09.2017



Christmas is the festival of love. But often it is difficult for us to tell others what we feel for them. With this extraordinary advent calendar, it is guaranteed to express your love to your beloved in a personal and original way 24 times. Behind each page, there is a message of love, which is supplemented by the donor. Hand-filled, this little advent calendar is the perfect gift and a unique proof of love, which makes the Advent season unforgettable.



- ➔ More than 20,000 copies sold
- ➔ A fill-in book, to give ready-filled-in to your loved one
- ➔ The complete What I love about you fill-in book series has been sold more than 300,000 times

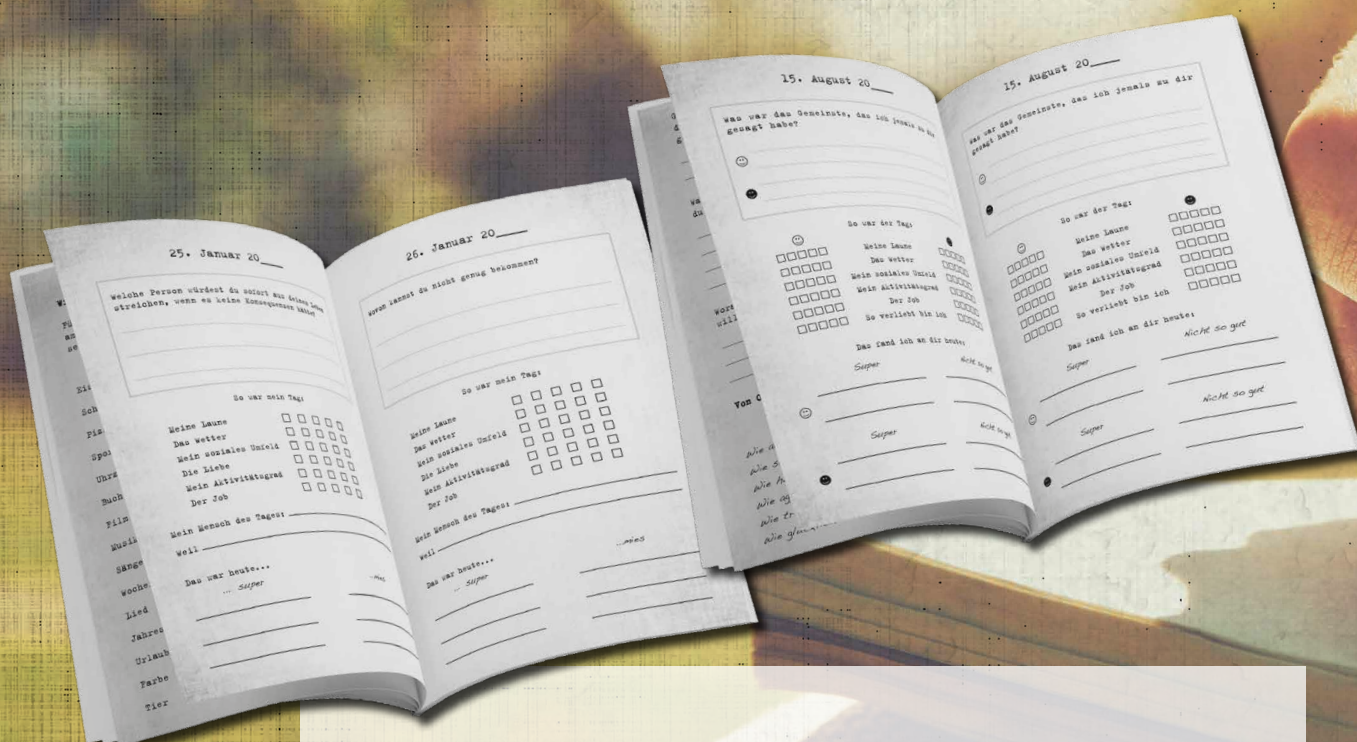


DAVID TRIPOLINA

New York psychologist David Tripolina has spent a long time working on clever questions that are fun to answer, but also give you the chance to see beneath the surface of somebody's personality.

Why should you get a new diary? This diary is completely unique! Each day offers an unusual new question to help you understand yourself better. Get to know yourself in a way that you've never done before.

What's more, couples can create a brief record of the most important parts of the day: Mark your mood, a "love-it-or-hate-it table" and a compliments box are a great way to keep up to date – even if you don't have enough time to write a detailed diary.



Die Wahrheit über mich

Ein Ausfüllbuch mit außergewöhnlichen Fragen

riva

ISBN 978-3-86883-503-8
10,00 € (D)

Die Wahrheit über uns

Das originelle Ausfüllbuch für Paare oder gute Freunde

riva

ISBN 978-3-86883-642-4
10,00 € (D)

Die großen Fragen des Lebens

Eine Reise zu dir selbst

riva

ISBN 978-3-7423-0160-4
10,00 € (D)

More than
70 000
copies sold

Over 25,000 copies sold
of the fill-in book
The Truth about us

riva

Gift book

Die
Wahrheit
über
uns

Das außergewöhnliche
Tagebuch

riva

Tripolina, David
The Truth About Us
An honest diary

208 pages, 12,5 x 18,7 cm
hardback
10,00 € (D)

ISBN 978-3-7423-0260-1
Product group: 1191

16.10.2017



Die
Wahrheit
über
mich

Das außergewöhnliche
Tagebuch

riva

Tripolina, David
The Truth About Me
An honest diary

208 pages, 12,5 x 18,7 cm
hardback
10,00 € (D)

ISBN 978-3-7423-0259-5
Product group: 1191

16.10.2017



- ➔ Unusual diary to record the honest and the unconventional – ideal if you're in a hurry
- ➔ Combines the successful fill-in book concept with high-demand diaries

The book is finally available as a set of cards!

Whether you're alone or in a group, these cards are perfect for self-reflection or fascinating and insightful discussions.

Particularly interesting are the questions you'd never ask in daily life:

- What would you do if you could switch gender for a day?
- What is the most expensive item you own?
- What question would you never answer?
- What is your biggest fear?
- How many times do you lie on an average day?

The answers to these questions lead to completely new insights, reveal unexpected truths and bring back secret memories.



ISBN 978-3-86883-503-8
10,00 € (D)

ISBN 978-3-86883-642-4
10,00 € (D)

The set of cards to go with the bestseller *The Truth About Me*



Tripolina, David
**The Truth About Me –
The Quiz**

64 cards, 7,0 x 10,0 cm
non-book

8,99 € (D)

ISBN 978-3-7423-0324-0
Product group: 9190

16.10.2017



Tripolina, David
**The Truth About Us –
The Quiz**

64 cards, 7,0 x 10,0 cm
non-book

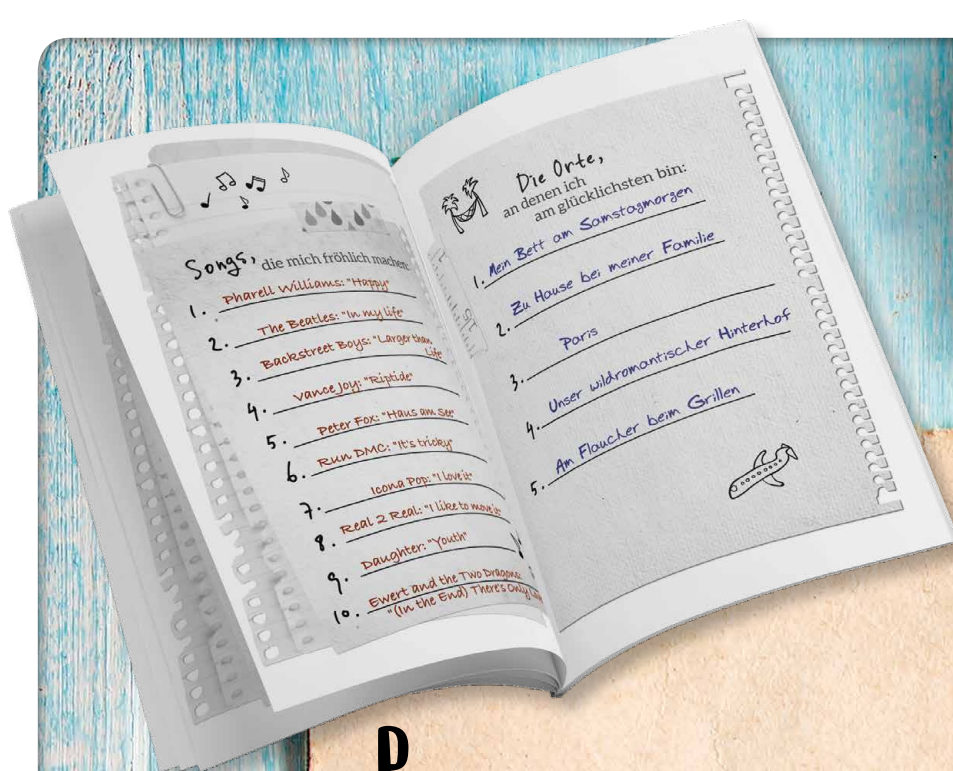
8,99 € (D)

ISBN 978-3-7423-0323-3
Product group: 9190

16.10.2017



- ➔ 60 radical and unusual questions, guaranteed to surprise you
- ➔ Different versions of the game for one player or multiple players



Put your phone away and get up and go! These 100 lists will help you discover what makes you happy.

Collect memories, make plans for a contented and fulfilling future, be inspired by new ideas, practise positive thinking, and increase the feeling of tranquillity and balance in your life.

Return to your journal later and see if you still have the same understanding of what happiness means, if you have fulfilled your future plans, or how much you have changed in other ways.

This book has been lovingly designed and can be used to create a unique and special memento. It can be bought and filled in, or given as a gift.

Example Lists:

→ The 10 happiest moments of my life

→ 10 songs that make me happy

→ The 5 happiest people I have ever met

→ The 10 places where I am happiest

→ The presents that I have been most pleased with

© shutterstock.com



More than
10 000
copies sold

ISBN 978-3-7423-0015-7
8,99 € (D)

A fill-in journal that will make you happy

riva

Gift book



My happiness in 100 lists

An original fill-in journal to help you discover what makes you truly happy

96 pages, 12,5 × 18,7 cm
hardback
8,99 € (D)

ISBN 978-3-7423-0238-0
Product group: 1481

14.08.2017



- ➔ *Mein Leben in 100 Listen* (My life in 100 lists) sold 10,000 copies
- ➔ A very loving gift
- ➔ Fill-in journals are very popular
- ➔ These serious, insightful, funny and thought-provoking lists allow readers to discover a great deal about themselves

A special memory album
for your mum...



100 questions for my Mum

What I've always wanted to know
from my mother – a book of memo-
ries for you to fill in

112 pages, 12,5 x 18,7 cm

hardback

9,99 € (D)

ISBN 978-3-7423-0349-3

Product group: 1190

16.10.2017



...and for your partner



100 Questions for the One I Love

What I've always wanted to know from you – a book of memories for you to fill in yourself

112 pages, 12,5 × 18,7 cm

hardback

9,99 € (D)

ISBN 978-3-7423-0350-9

Product Group: 1190

16.10.2017



What was your life like before you knew me? What is most important to you in a relationship? Is there anything we've never spoken about before? What can I do to make you happy? What would you love us to do together? *100 Questions to the One I Love* are a collection

of the best and most valuable questions to ask the most important people in your life.

This book is an extra special gift to be treasured by both of you for years to come.

- ➔ 100 in-depth, loving, funny and unusual questions
- ➔ A gift to be filled in and returned
- ➔ High-quality design

For the Kindergarten



My best friends and me

A scrapbook for memories of kindergarten

96 pages, 15,5 x 15,5 cm
hardback
9,99 € (D)

ISBN 978-3-7423-0150-5
Product group: 1192

12.06.2017



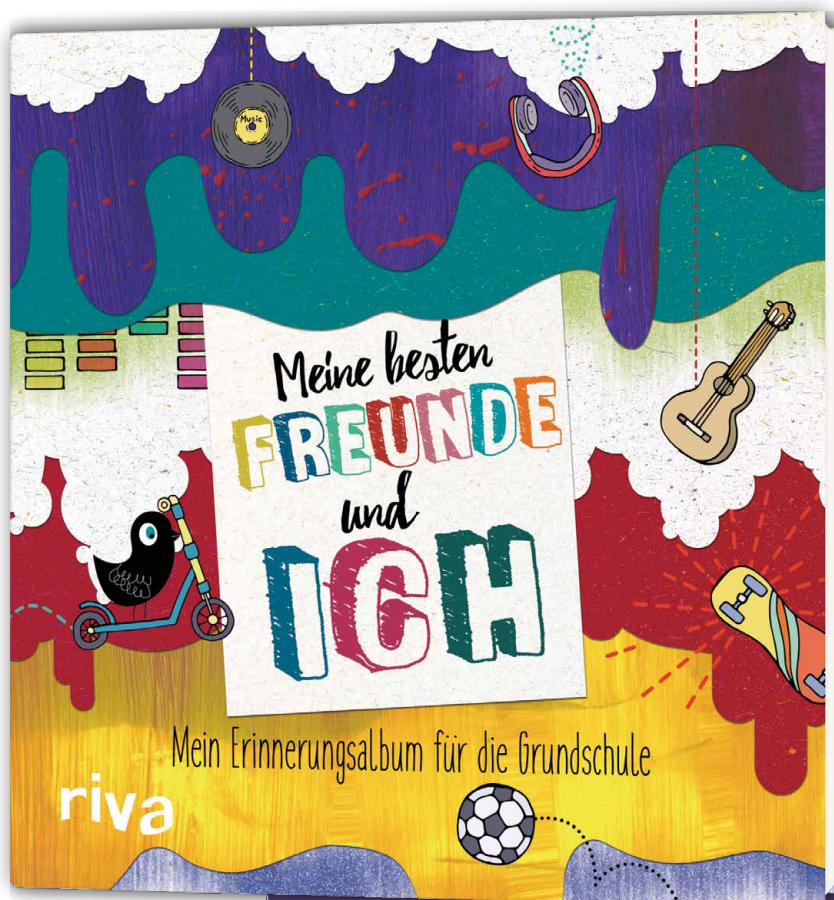
There is room for all your friends in this cool scrapbook for primary school kids. The most special feature is that those filling it in also answer questions about the child to whom the scrapbook belongs.

Up to 20 friends can immortalise themselves, for example writing what they find great or really

annoying, their favourite song, what they would like to say to their friend or which celebrity they would compare them to.

A colourful and lasting memory of the first friendships, which can often last a lifetime.

For schoolchildren to fill in themselves



My best friends and me

A scrapbook for memories of primary school

96 pages, 15,5 x 15,5 cm
hardback
9,99 € (D)

ISBN 978-3-7423-0151-2
Product group: 1192

17.07.2017



Unique:

How you are seen
by your friends

- ➔ Beautiful, modern design
- ➔ Approved by teachers
- ➔ High-quality, child-suitable design and two-colour interior



HARTMUT RONGE

Hartmut Ronge (b. 1958) is a writer of non-fiction and writes under a pseudonym for various publishers.



»Dear Mr. President. This is a message from the government of God. Welcome to this introduction to the Christmas Story. It's gonna be a great story. From this day forward, it's going to be only: Christmas first! Christmas first! Read it. Believe it. It's true.«

The good old Christmas story told in a brand new way. This book is the perfect gift for anyone looking for a different Christmas book.

THE CHRISTMAS STORY IN A HILARIOUS NEW INTERPRETATION

riva

Gift book



Ronge, Hartmut
Make Christmas great again
Blessedseller

64 pages, 14,0 x 14,0 cm
hardback
6,99 € (D)

ISBN 978-3-7423-0412-4
Product group: 1191

16.10.2017

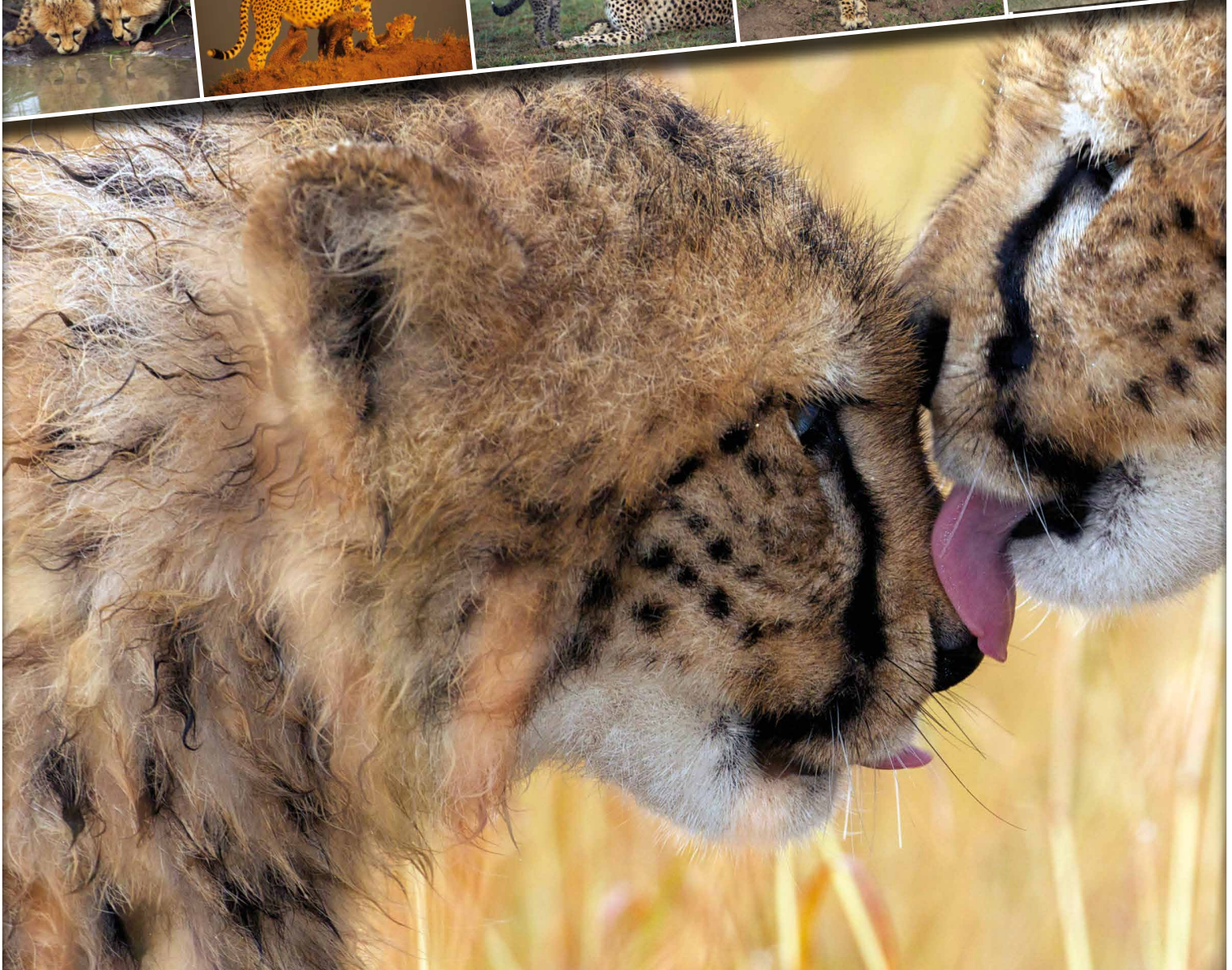


- ➔ The follow-up to the hit title *Make Easter great again!*
- ➔ Colour illustrations throughout
- ➔ Highly topical background



MATTO BARFUSS

Matto Barfuss is known as the 'cheetah man'. A photographer, film maker and author, he spends at least six months every year in the African bush. He has been following one cheetah family in the African savannah for three generations, getting to know them up close and at their level. His photography work has won many awards including a UN photography prize. Maleika is his first global cinematic release.

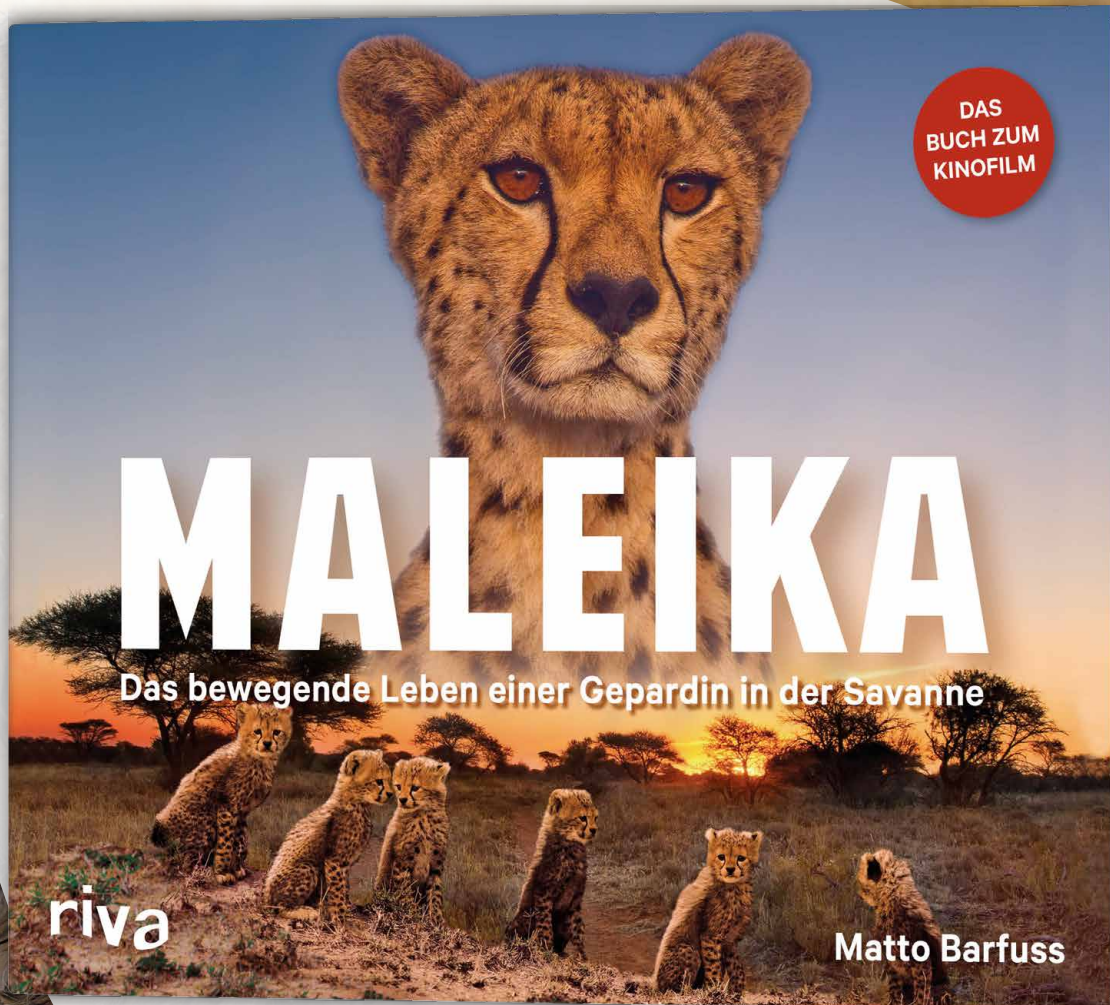


Fast, elegant and deadly to her prey, Maleika the cheetah roams the endless expanse of the Masai Mara. To her six young cubs, she is a hero – a tireless hunter and a constant source of protection and motherly love.

This illustrated book, which accompanies the film of the same name (due to be released in Germany, Austria and Switzerland on 12 October 2017), documents the life of Maleika and her fellow cheetahs in exceptional detail.

It will take families, animal lovers and Africa aficionados on a breathtaking journey of discovery into the lives of the cheetahs of the African savannah.

An illustrated book to accompany the film
about the lives of cheetahs in the Serengeti



Barfuss, Matto
Maleika

The moving story of a cheetah on
the savannah

144 pages, 25,4 x 21,0 cm
hardback
16,99 € (D)

ISBN 978-3-7423-0381-3
Product group 1420

11.09.2017



- ➔ Widespread media coverage and advertising around the film
- ➔ Well-known marketing partners such as Canon and Media Markt
- ➔ Over 100 stunning photographs and insightful facts about cheetahs

PETER KIRSCH

Peter Kirsch (b. 1988) works as a freelance journalist and writer for numerous media outlets across Germany. He writes under various pseudonyms for newspapers and magazines including Die Welt, Die Zeit, Stern, Süddeutsche Zeitung and the Rolling Stone.

Includes some of the most exciting
and unusual interrogations.

This book reveals how criminologists and
profilers carry out their work, how they
uncover lies, bring down criminals and get
them to confess.

From the Inquisition to the present day, from
Guantanamo to Berlin, this book presents 18
exciting cases that were only solved thanks
to the skill of the detectives involved.

**Provides a deep insight into the work
of criminologists and interrogation
experts around the world**



Kirsch, Peter

»And then I just killed him«

The most sensational interrogations from Guantanamo to Anders Breivik

200 pages, 13,5 x 21,0 cm

hardback

17,99 € (D)

ISBN 978-3-7423-0335-6

Product group: 1933

16.10.2017



- ➔ The author has had access to classified interrogation records and documents
- ➔ From Breivik to Guantanamo – Kirsch also sheds light on many well-known and headline-worthy cases
- ➔ Part of the bestselling True Crime genre



TONI RIETHMAIER

Born in 1979, Toni Riethmaier is a trained hotel specialist who – after working in Dubai, Singapore, the Maldives and China – spent ten years living in Saudi Arabia. Until 2016 he managed an Italian restaurant in Jeddah, the second-largest city in the Arabian Kingdom.

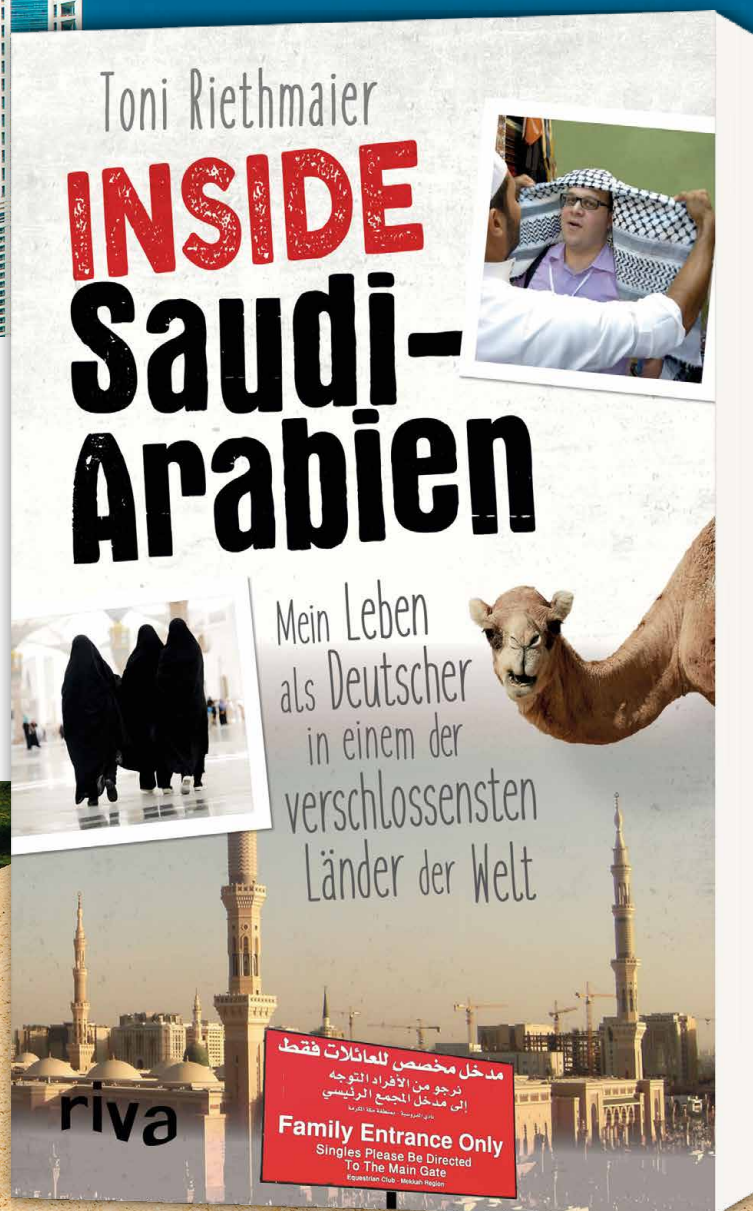
Other than pilgrims on their way to Mecca, almost no tourists are allowed to enter the Kingdom on the Persian Gulf.

But Riethmaier is lifting the veil on this secret region. The restaurateur from Nuremberg in Germany spent ten years living and working in Saudi Arabia. In his book he recounts how he fared in his chosen homeland of Jeddah.

It is a vibrant and personal report from a country that seems particularly mysterious and alien to outsiders due to its isolation. It is not a denouncement or political polemic, but rather an evaluation. It exposes the Kingdom of Saudi Arabia and its people in the 21st century – from Mecca to McDonalds, long nights of partying to the police state.



The first true glimpse behind the scenes in Saudi Arabia



Riethmaier, Toni; Englmann, Felicia
Inside Saudi Arabia

My life as a German in one of the most secretive countries in the world

paperback
16,99 € (D)

ISBN 978-3-7423-0068-3
Product group 1972

16.10.2017



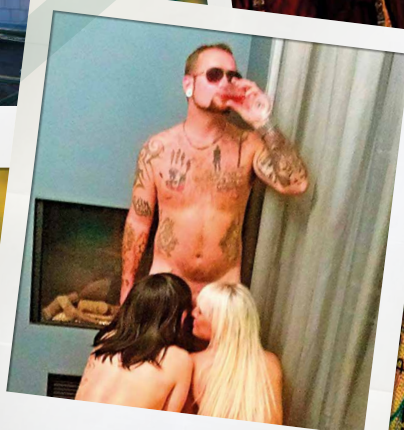
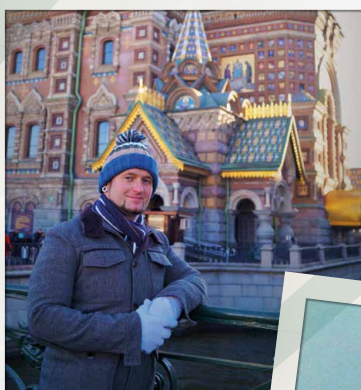
- ➔ Authentic personal report: the author lived in Saudi Arabia for 10 years
- ➔ Unique and fascinating insights into one of the most secretive countries in the world
- ➔ 32-page coloured image section



MICHAEL BERNDT

Born in 1984, Michael Berndt was born on a farm in Saxony, Germany. After training as a butcher, he spent two years working as an assistant before going back to complete his Abitur (German A-level equivalent). Working on a production line afterwards bored him so much that in January 2009 he spontaneously left it all behind and flew out to Australia. What was meant to be a holiday turned into an eight-year trip around the world. Michael now lives back in Saxony and has started a family.

Michael Berndt leads a quiet life in rural Saxony in Germany. He did an apprenticeship as a butcher, and used to meet with friends and acquaintances at the pub after work, where they would frequently vent their frustration towards unwanted foreigners taking their jobs. Then he went off travelling, a trip that was supposed to last just six months. Eight years later, he returned. And the xenophobe had been replaced by a cosmopolitan, open-minded individual!



A WEIRD AND WONDERFUL TRIP THROUGH 100 COUNTRIES ACROSS THE GLOBE



Berndt, Michael; Schäfer, Rainer
**100 Countries, 100 Women, 100
Exhilarating Moments**
My crazy trip around the world

272 pages, 13,5 x 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-7423-0280-9
Product group: 1360

16.10.2017



- ➔ The story of a transformation from naive butcher's apprentice to multilingual globetrotter
- ➔ The author has attracted significant media interest
- ➔ Includes lots of pictures



SEBASTIAN KNURRHAHN

Sebastian Knurrhahn lives and works as a journalist and publicist in Munich and has been travelling the globe for years as a reporter and writer.

This book describes 50 places that every man should visit in their lifetime.

It will wake your inner explorer! For example, Tikal, the Mayan city in the Guatemalan jungle forest, holds many secrets and inspired George Lucas to make his Star Wars films.

And Mount Athos, located on the eastern headland of the northern Greek peninsula of Chalkidiki, is open only to men.

The author himself has visited all of the places mentioned in this book.



The perfect gift for men

riva

Travel



Knurrhahn, Sebastian
You have to see it for yourself

50 legendary places from the monasteries of Mount Athos to the atomic bunker in South Dakota

224 pages, 14,8 x 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-7423-0275-5
Product group: 1310

16.10.2017

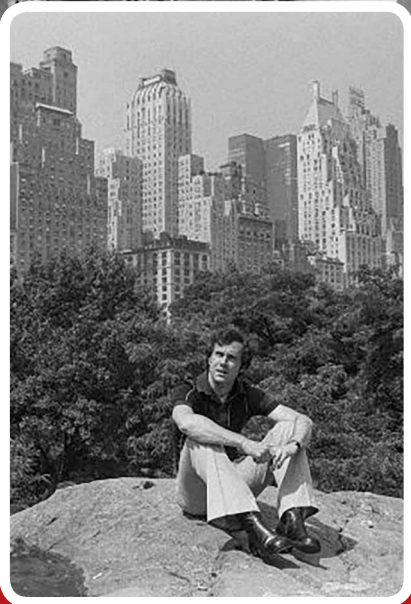


- ➔ Be inspired for your next holiday with these unknown travel destinations
- ➔ Following the successful series *1000 Places and 100 Things...*, the perfect gift for a man is finally here
- ➔ Fully illustrated with numerous secret tips



ULRICH KÜHNE-HELLMESSEN

Ulrich Kühne-Hellmessen (57 years old) has been following FC Bayern since the 1980s. He has reported for the German magazines Kicker, Sport-Bild and Bild in managerial positions, celebrated the German championship title and the European Cup successes. A core focus of the 70+ sports books published in his name is the German record champion. He compiled this photo book with the help of photographers Fred Joch, Maria Mühlberger, Hans Rauchensteiner, Lorenz Baader and Sammy Minkoff.



Come rain or shine, they're at every training session and game – right at the heart of it all. They get up close and personal with the players on a daily basis, and have done for the last 50 years. Who are they? The photographers at Säbener Straße.

This high-quality photo book reveals the best snapshots and documents from 50 years of FC Bayern Munich. Get to know the players as you've never seen them before with a range of images – some of which are being released for the first time. From Sepp Maier to Franck Ribéry, from Bulle Roth to Lothar Matthäus, from secret meetings to manager sackings and Gerd Müller's red card that almost cost FC Bayern their title. Follow Munich's footballing history in photos.

Never before have there been such impressive glimpses into the private sphere of the German record champions.

Photos you've never seen before!

riva

FC Bayern



INSIDE

UNGEWÖHNLICHE EINBLICKE
VON DAMALS BIS HEUTE

Kühne-Hellmessen, Ulrich
Inside

Extraordinary insights into the club's 50-year history

160 pages, 26,0 x 26,0 cm
hardback
24,99 € (D)

ISBN 978-3-7423-0378-3
Product group 1441

16.10.2017



- ➔ Released in time for the club's anniversary
- ➔ A collection of the best photos – historic and recent
- ➔ This high-quality photo book is the perfect gift for any fan
- ➔ The licensed photo book for FC Bayern Munich



NICOLAI NAPOLSKI

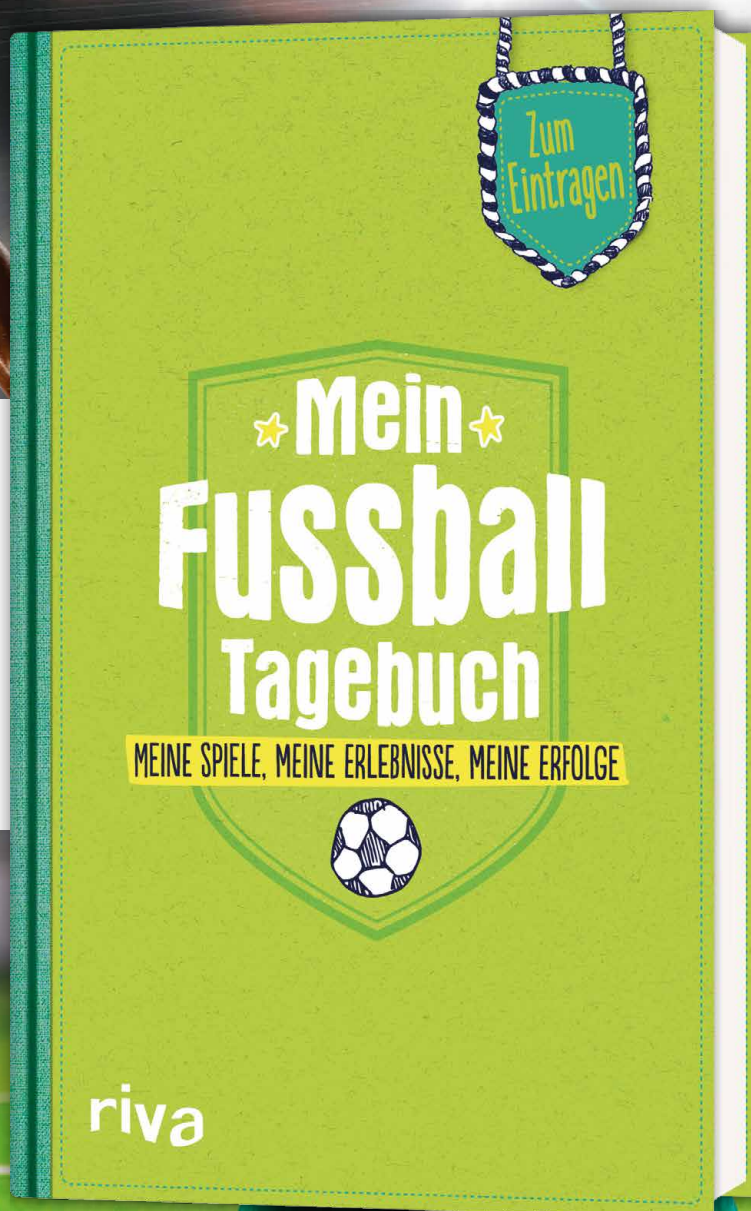
Nicolai Napolski is editor-in-chief at www.trainingsworld.com. He is a keen footballer and has been taking his son to matches and tournaments since he was five.



This diary, designed to follow the football season, enables kids to record and remember their journey to playing professional football. The beautifully designed pages contain match record sheets for kids to fill in following their own games and tournaments, including all relevant game information, e.g. line-ups, results, goal scorers and positions. The book also contains blank pages that can be used as desired, for example for autographs or sticking in signed team photos, or for adding in pictures of the kids' own club emblems or shirts.

There is also a great section where the kids can write player profiles for their team-mates. This book enables young footballers to create a fantastic memento of their time at the club.

In 2016, 1.4 million children in Germany aged 14 or under were playing for junior football club teams



Napski, Nicolai

My football diary

My games, my experiences, my victories

128 pages, 13,5 x 21,0 cm

hardback

9,99 € (D)

ISBN 978-3-7423-0266-3

Product group: 1445

12.06.2017



- ➔ An original fill-in journal and a special gift for young footballers
- ➔ A personalised memento for all their games, experiences and victories



SOPHIA THIEL

As a child, Sophia Thiel battled with her weight, weighing 80 kilograms at 16 years old. 2012 was the year that everything changed: she began an intensive training regime and turned her diet around.

In her new book Sophia reveals how she starts the day with a delicious “sweetened” breakfast, which tasty treats she nibbles on when she’s peckish between meals and what she serves with her coffee.

She completely avoids refined sugars, wheat and butter.

With colourful images included, this cookbook contains 60 recipes – from waffles and pancakes to cakes, pies, cupcakes, energy balls, puddings and nice cream – for anyone with a sweet tooth.

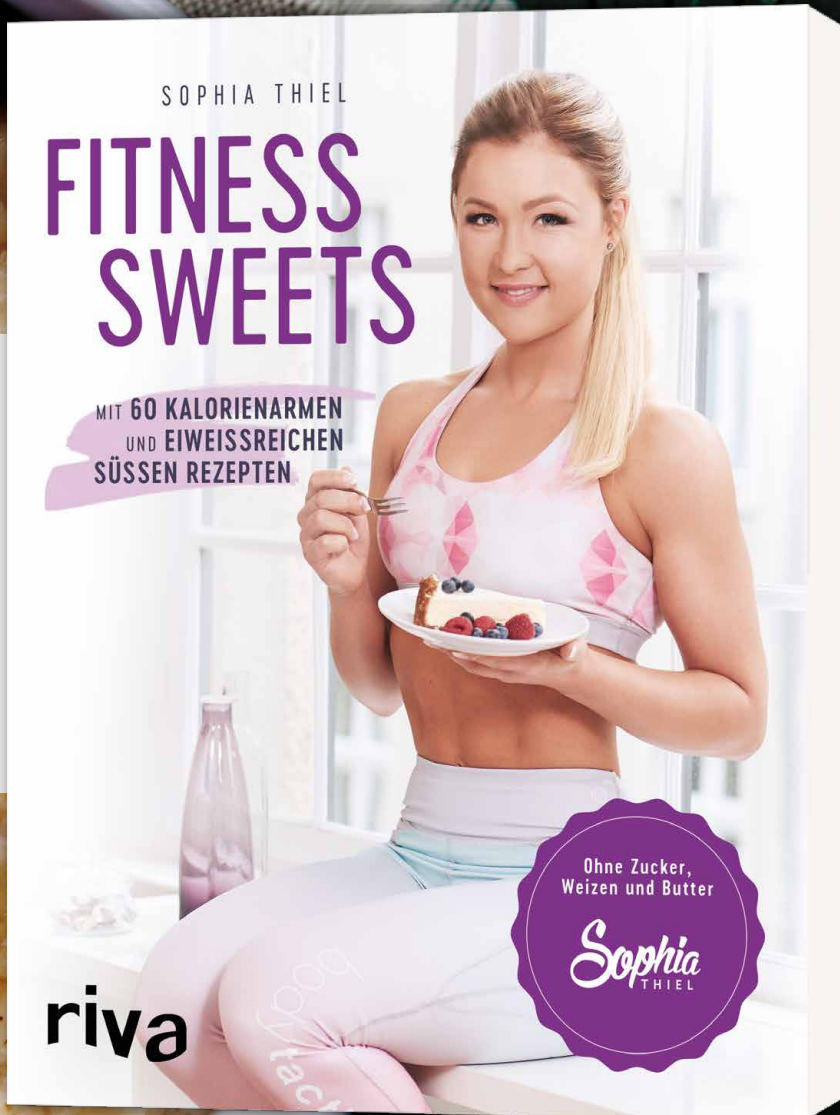


More than
150 000
copies sold



ISBN 978-3-7423-0117-8
19,99 € (D)

EINFACH SCHLANK UND FIT SOLD OVER 150,000 COPIES IN EIGHT MONTHS.



Thiel, Sophia
Fitness Sweets

60 healthy breakfast, dessert and snack ideas
that taste great

192 pages, 19,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0380-6
Product group: 1461

16.10.2017



- ➔ Sophia Thiel has over 760,000 YouTube subscribers, over 1.2 million Instagram followers and over 1.3 million Facebook fans
- ➔ For anyone with a sweet tooth



MELANIE KLEIMANN

Melanie Kleimann has been publishing recipes on her low-carb cooking blog for the last five years. The blog has 80,000 followers and features a host of delicious low-carb snacks and meals. She has now followed up on her blog's success with this compilation of her favourite sweets and treats.



41 fantastic recipes. Packed full of tasty recipes for all seasons, this book has something for everyone, from chia power cookies to salted double-chocolate ice cream to buttermilk and mango torte.

The delicious Christmas recipes are a real highlight, including roasted almond cupcakes and vanilla coconut bites.

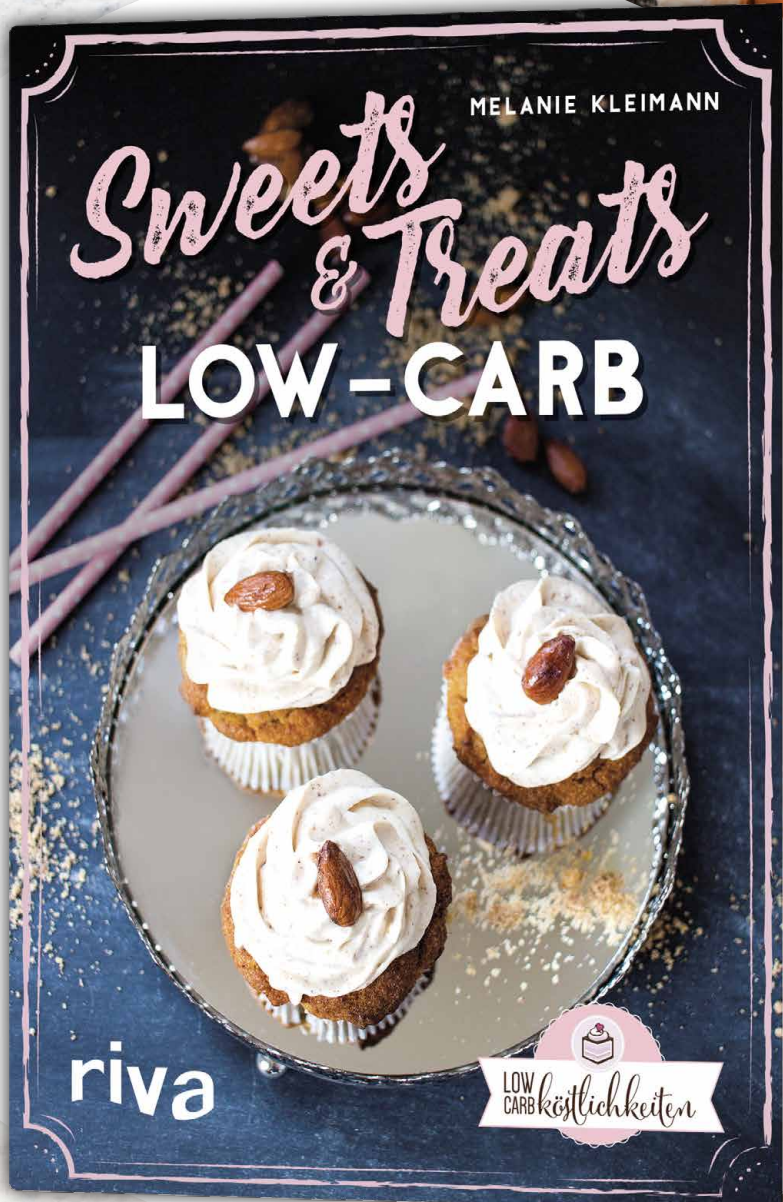
All the recipes are the author's own creations and are accompanied by beautiful images.



Delicious low-carb foods that leave you wanting more!

riva

Healthy cooking



Kleimann, Melanie
Low-Carb Sweets & Treats
96 pages, 14,8 x 21,0 cm

hardback
9,99 € (D)

ISBN 978-3-7423-0456-8
Product group: 1456

16.10.2017



- ➔ The Book takes the frustration out of following a low-carb diet and shows how you can still really enjoy your food
- ➔ 41 recipes developed by the author



ANDREAS MEYHÖFER

Andreas Meyhöfer is a freelance computer scientist and has been following the low-carb lifestyle for more than ten years.

DIANA LUDWIG

Diana Ludwig is a freelance media designer and has been a passionate follower of the low-carb diet for several years.

This new cookery book contains 100 new low-carb recipes, including popular classics from the Facebook page and various exclusive recipes that have been developed and tested specially for this book.

The authors also provide plenty of information on their own low-carb, high-quality principle:

What does low-carb actually mean?
What foods can be eaten and what should be avoided?

How many carbohydrates should be consumed each day?

What is the maximum number of carbs that our food should contain?

How should we plan our meals?
And how can we make long-term changes to our nutrition and live more healthily?

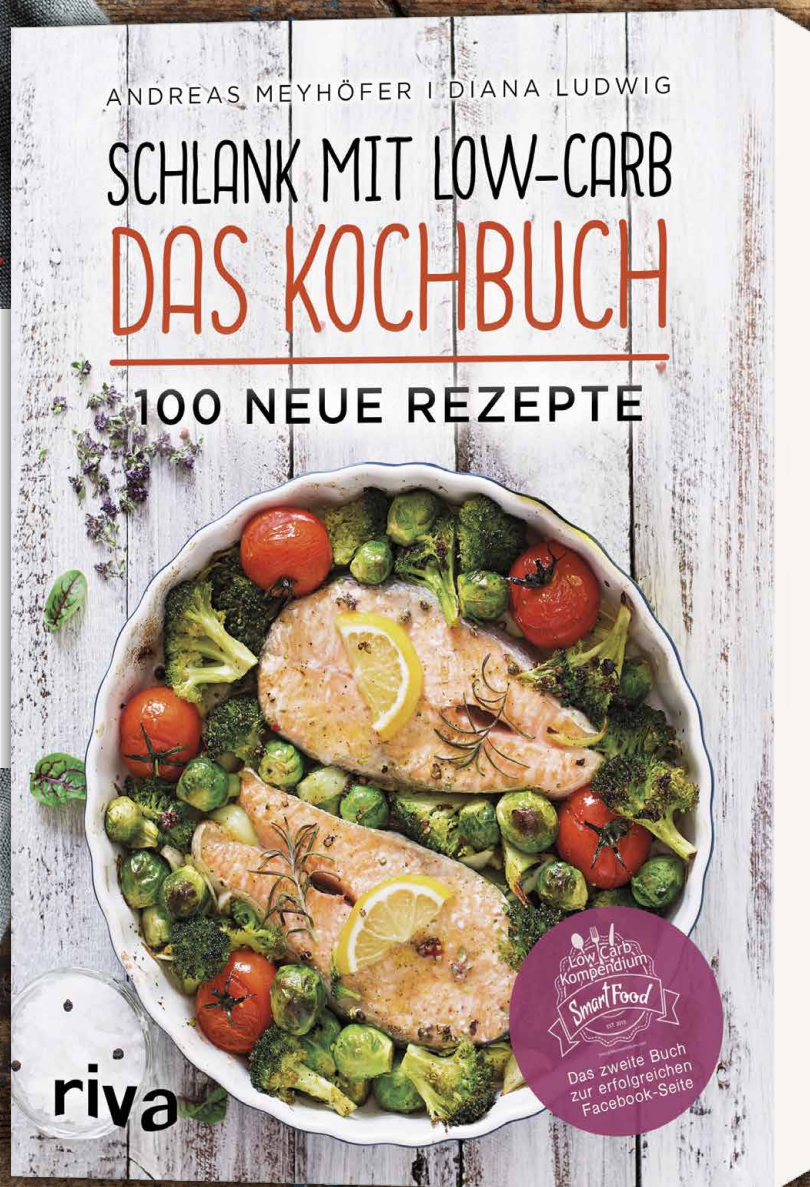


More than
40 000
copies sold



ISBN 978-3-7423-0132-1
19,99 € (D)

THE FOLLOW-UP TITLE TO THE HIT BOOK
SCHLANK MIT LOW-CARB (LOSE WEIGHT WITH
A LOW-CARB DIET) WITH 25,000 COPIES SOLD
IN THE FIRST THREE WEEKS!



Meyhöfer, Andreas; Ludwig, Diana
**Lose weight with a low-carb diet –
The cookery book**
100 new recipes

192 pages, 17,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0421-6
Product group: 1460

12.02.2018



- ➔ The second book to accompany the popular Facebook page 'Low Carb Kompendium', which has more than 700,000 fans
- ➔ The authors are actively involved with promotion and media work, e.g. via Facebook
- ➔ Includes a number of exclusive recipes



NICOLAI WORM

Prof. Dr. of Nutritional Science Nicolai Worm is one of Germany's leading nutritionists. He has taught at the German University for Prevention and Health (DHPG) in Saarbrücken since 2008.

Renowned nutritionist Nicolai Worm presents a new weight-loss concept combining the two most successful dieting strategies: low-carb and meal replacement diets.

With a Mediterranean low-carb diet, you lose weight in a healthy way without depriving yourself of delicious foods.

When it comes to maintaining your new healthy weight, the well-known "flexi-carb" concept comes into play, which Nicolai Worm has used to set a new standard in healthy nutrition.

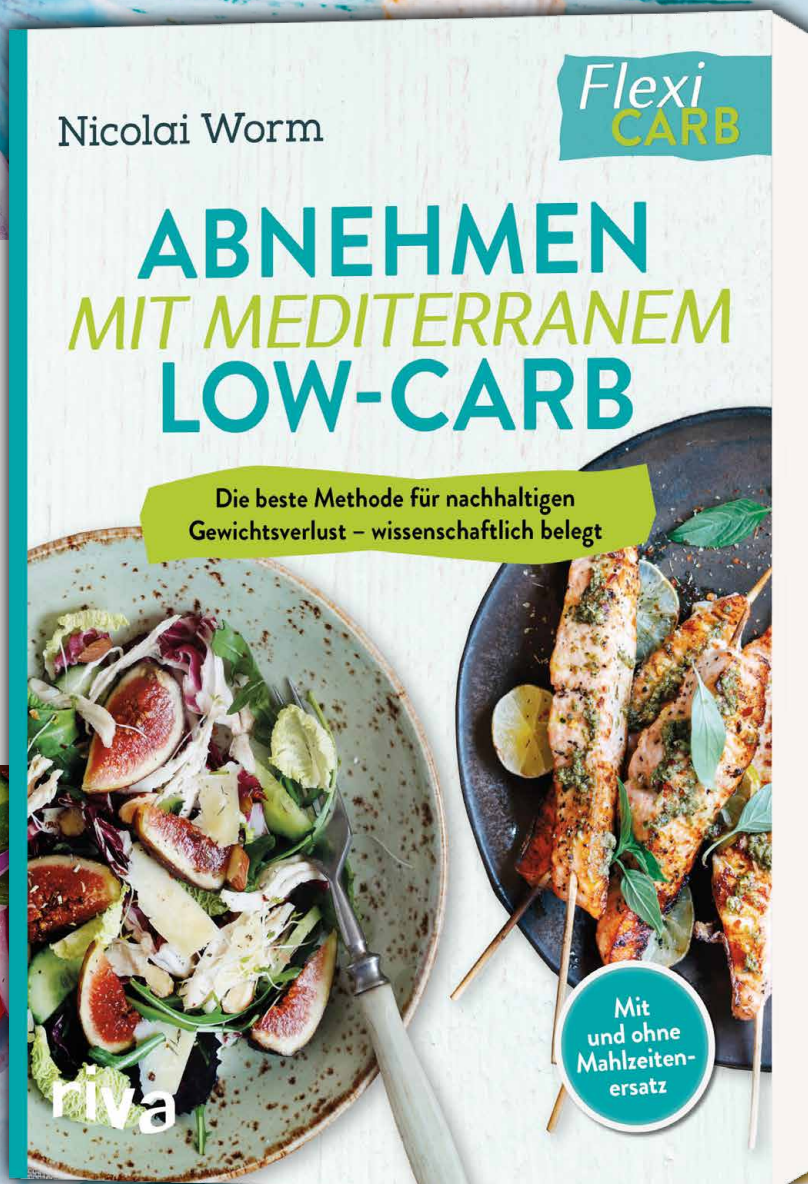


ISBN 978-3-86883-631-8
19,99 € (D)



ISBN 978-3-86883-632-5
19,99 € (D)

The healthiest and most sustainable approach to losing weight



Worm, Nicolai; Lemberger, Heike;
Mangiameli, Franca
Lose Weight with the Mediterranean Low-Carb Diet

The best method for sustainable weight loss
– scientifically proven

224 pages, 17,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0346-2
Product group: 1461

28.12.2017



- ➔ Nicolai Worm is one of the best known nutritionists in the German-speaking world and a multi-bestselling author
- ➔ With delicious new Mediterranean recipes and a fitness section



ASTRID BÜSCHER

Astrid Büscher studied nutritional sciences and published numerous cookbooks on different topics including diabetes, lactose intolerance and smoothies.

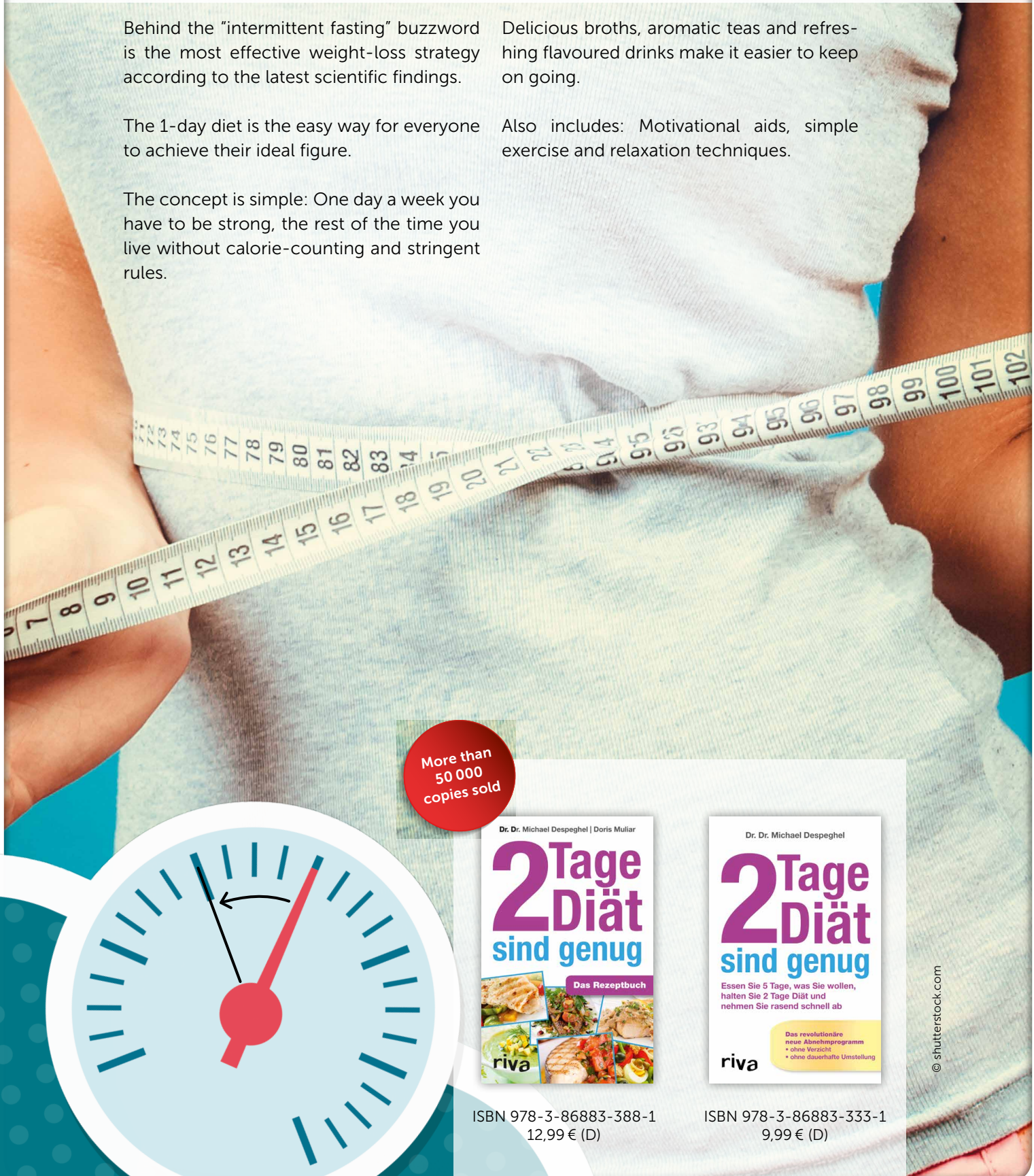
Behind the "intermittent fasting" buzzword is the most effective weight-loss strategy according to the latest scientific findings.

The 1-day diet is the easy way for everyone to achieve their ideal figure.

The concept is simple: One day a week you have to be strong, the rest of the time you live without calorie-counting and stringent rules.

Delicious broths, aromatic teas and refreshing flavoured drinks make it easier to keep on going.

Also includes: Motivational aids, simple exercise and relaxation techniques.



More than
50 000
copies sold



ISBN 978-3-86883-388-1
12,99 € (D)



ISBN 978-3-86883-333-1
9,99 € (D)

Extremely simple dieting – get your dream figure with minimal effort



Büscher, Astrid
The 1-Day Diet

Lose weight easily with intermittent fasting

160 pages, 13,5 x 21,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0074-4

Product group: 1461

16.10.2017



- ➔ Intermittent fasting is in
- ➔ Renowned nutrition expert with numerous published cookbooks
- ➔ Suitable for any nutritional diet, be it vegetarian, vegan, Paleo or low-carb



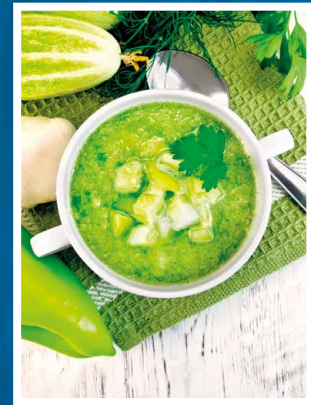
JESKO WILKE

Born in 1959 in Hamburg, Germany, Jesko Wilke, is a freelance journalist and author specialising in health and nutrition. He has written several non-fiction books such as Clean Eating, Feel Good Food, Die Wellness-Diät (The Wellness Diet) and Die neue FIT FOR FUN Diät (The New FIT FOR FUN Diet). Jesko Wilke lives and works south of Hamburg.

If you suffer from skin problems, constant fatigue, sleep problems or frequent headaches, it is often a sign that your body is overacidified.

In his book, diet and health expert Jesko Wilke explains what is essential for a detox metabolism treatment. He includes:

- Clear and easy-to-follow instructions
- A 21-day detox plan with lots of delicious and simple recipes
- An activity programme with a little challenge for each day



80 PERCENT OF THE POPULATION
SUFFER FROM HYPERACIDITY

BASIC NUTRITION IS THE BEST
PROTECTION AGAINST THAT!



Jesko Wilke

BASISCH

abnehmen und entgiften

Die Detox-Stoffwechsellkur

Mit Aktivprogramm und
über 50 Rezepten

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Wilke, Jesko

The Basic Way to Lose Weight and Detox
The detox metabolism treatment

192 pages, 17,0 x 24,0 cm
paperback
16,99 € (D)

ISBN 978-3-7423-0268-7
Product group: 1461

28.12.2017



- ➔ The detox metabolism treatment harmonises the acid-base balance and helps against chronic fatigue, headaches and sleep problems
- ➔ Get immediate help with the 21-day detox programme
- ➔ A new twist on a tried-&-tested concept – ideal for losing weight and detoxing
- ➔ With 30 delicious and easy-to-prepare recipes



DANIEL ROTH

Book author and blogger Daniel Roth has been working in the areas of nutrition and weight loss for over 15 years

With short-term fasting you only consume food during eight hours of the day. During this time, you can eat as much as you like without limiting your calorie intake, and still lose weight and improve your health on a sustainable basis.

With entertaining medical research findings, simple instructions and lots of helpful tips.

MORE AND MORE STUDIES ARE SHOWING EVIDENCE OF THE HEALTH BENEFITS OF FASTING

riva

Diet

DANIEL ROTH

GESUND UND SCHLANK durch KURZZEITFASTEN



Roth, Daniel
Get Healthy and Slim with Short-Term Fasting

How to take your nutrition into your own hands and lose weight without dieting

192 pages, 14,8 x 21,0 cm

paperback

12,99 € (D)

ISBN 978-3-7423-0398-1

Product group: 1461

12.06.2017



- ➔ Short-term fasting explained step-by-step
- ➔ Short-term fasting normalises your metabolism, facilitates weight loss and protects your health

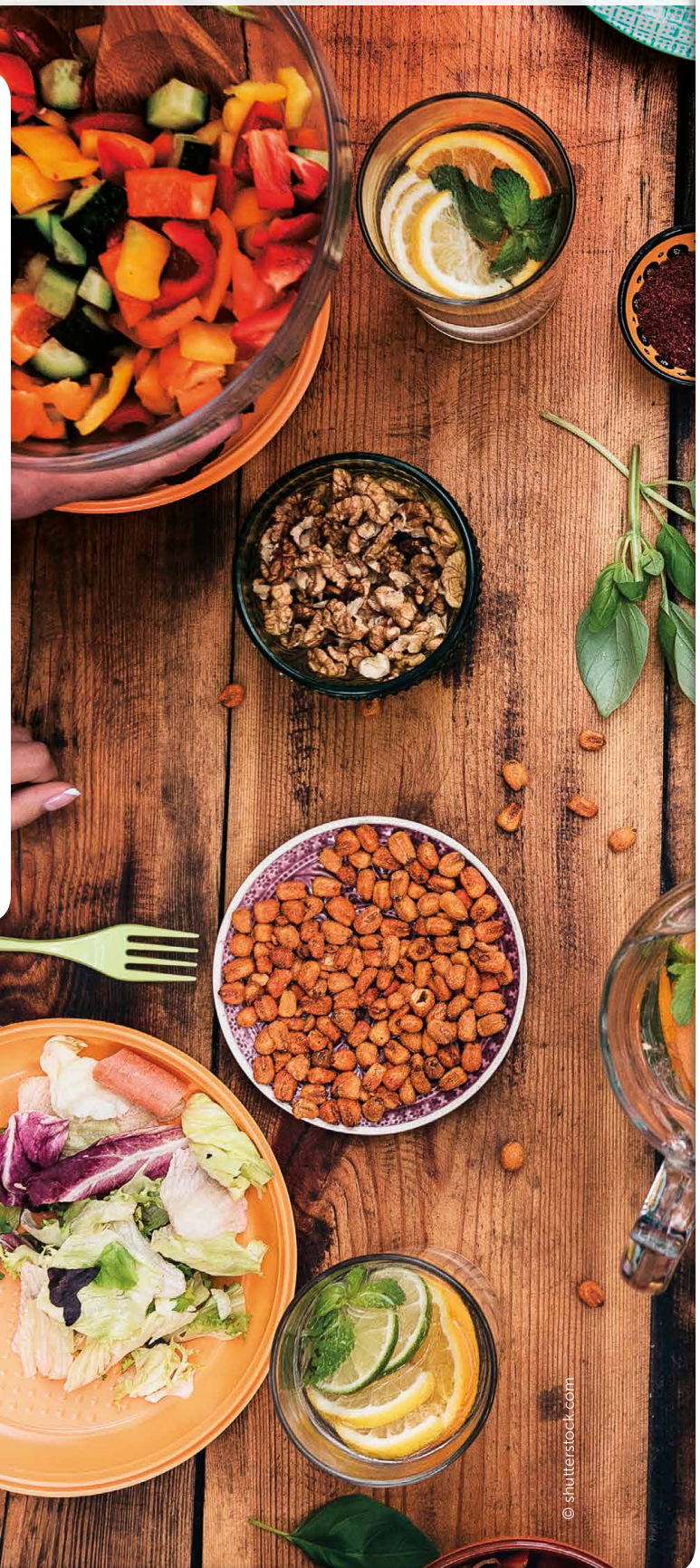


UWE KNOP

Born in 1972, Uwe Knop graduated in nutritional science and has been working as a PR and communications expert since 1998.

As long as you don't suffer from food intolerances or are chronically ill, nutrition all comes down to one thing: eating exactly what you feel like!

This book reveals: What intuitive eating is all about. How intuitive eating has been proven not only healthier, but also to make you slimmer. It makes the case for eating based on your body's natural hunger, and reveals how we've ended up with such strict dietary controls.



A healthy diet means listening to your body

Uwe Knop



intuitiv essen

Aktiviere *dein* natürliches
Schlankheitsprogramm



riva

Knop, Uwe
Eating Intuitively

Activate your natural slimming regime

250 pages, 13,5 x 21,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0229-8

Product group: 1461

04.12.2017



- ➔ Intuitive eating is gaining increasing traction in the media
- ➔ Based on current scientific studies



MICHAEL DESPEGHE

Dr. Dr. Michael Despeghe is a sports scientist, specialist in healthy lifestyles and lecturer at the Institute for Sports Medicine at the Justus Liebig University in Giessen, Germany.

Weight-loss expert and bestselling author Dr Dr Michael Despeghe reveals the correlation between fat metabolism, excess weight and various knock-on diseases.

With the Freetox diet, he presents a 28-day nutrition plan, which alleviates inflammation, reduces weight, relieves the intestine and brings the immune system back into balance.

As well as detoxing the body and restoring general health, it stimulates the fat burning process to get rid of the dangerous body fat stored in the abdominal region. Includes a large practical element.

Diet specialist and cookbook author Doris Muliari has developed 70 delicious anti-inflammatory recipes especially for this book, covering all of the meals in the day.



HIDDEN INFLAMMATION AND AUTOIMMUNE DISEASES ARE ON THE RISE



Dr. Dr. Michael Despeghe mit Doris Mular

DER 28-TAGE-PLAN GEGEN ENTZÜNDUNGEN



Mit 70 Rezepten

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Despeghe, Dr. Dr. Michael; Mular, Doris
The 28-Day Plan Against Inflammation
With 70 recipes

160 pages, 17,0 x 24,0 cm
paperback
14,99 € (D)

ISBN 978-3-7423-0425-4
Product group: 1461

28.12.2017



- ➔ The new book by the bestselling author and dieting expert on the latest detoxing and weight-loss trends
- ➔ Practical approaches to the latest nutritional medicine knowledge
- ➔ With 70 recipes with pictures



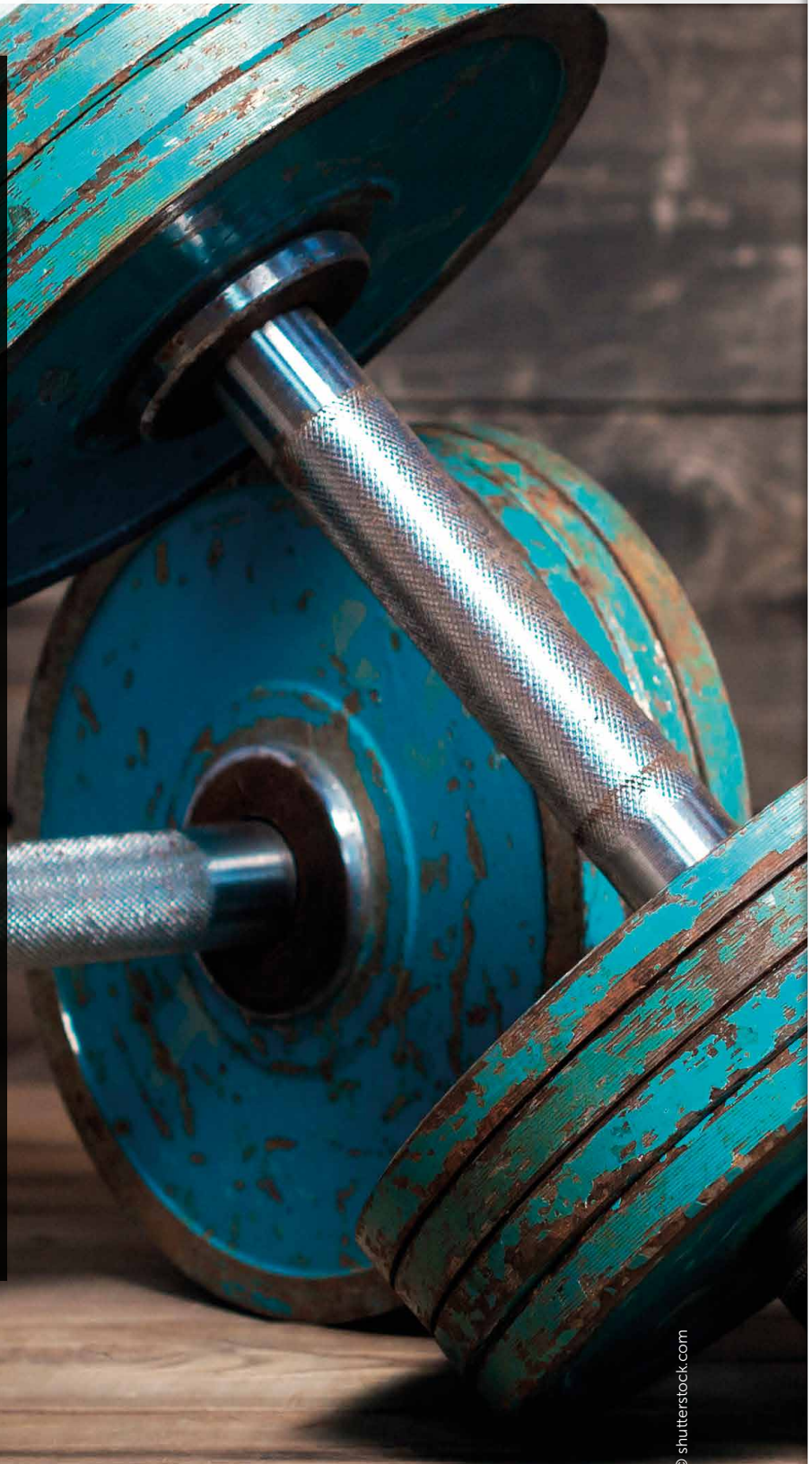
PHILIPP RAUSCHER

Philipp Rauscher is a self-employed nutritionist, strength trainer, author and lecturer for private education facilities. As an author he has written multiple books, articles for Men's Health magazine and the fitness platforms Team Andro and fitnessfreaks.com, as well as offering coaching through his website www.logisch-ernaehren.com. Besides specialising in nutritional advice for fitness fanatics, he also focuses on nutritional therapeutic care for people with cancer and metabolic diseases. He looks after a variety of people, from amateur athletes to Germany's best-known handball and football players, as well as preparing national bodybuilders for competitions. Furthermore, Rauscher is involved in the product development of sports supplements. Having always been a keen weight trainer at home, he reached the peak of his sporting career in 2009, achieving the titles of German champion and vice world champion in bodybuilding at the World Fitness Federation (WFF).

The right diet is essential for any weightlifter or bodybuilder to achieve their goals. In this book, Philipp Rauscher explains in detail what points you should observe when putting together your diet and what factors really make a difference if you want to achieve that perfect muscle definition and body shape. In particular, he looks at how to correctly calculate your energy requirements, adjust your protein, fat and carbohydrate intake, organise the best schedule for your meals and ensure you are getting the right nutrients at the right times.

The book explains the importance of fats for weightlifters and bodybuilders, the differences between individual fatty acids and the various nutritional roles they play, as well as how the body metabolises protein and carbohydrates. The author also examines the key arguments for and against different nutritional supplements and discusses specific practices you can adopt when preparing for a competition. At the end of the book, there is a series of practical examples, plus an analysis of different dietary methodologies such as low-carb or ketogenic diets.

This comprehensive guide for anyone looking to build muscle leaves no questions unanswered and sets new standards for bodybuilding literature.



BY A WELL KNOWN AUTHOR FROM THE WORLD OF WEIGHTLIFTING AND BODYBUILDING



Optimale Ernährung für Bodybuilder und Kraftsportler

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Philipp Rauscher

Rauscher, Philipp
**Top nutrition for bodybuilders and
weightlifters**

300 pages, 19,0 × 24,0 cm
paperback

29,99 € (D)

ISBN 978-3-7423-0300-4
Product group 1461

04.12.2017



- ➔ Scientifically proven information about nutrition for bodybuilders
- ➔ Practical guide that is easily accessible for the layperson

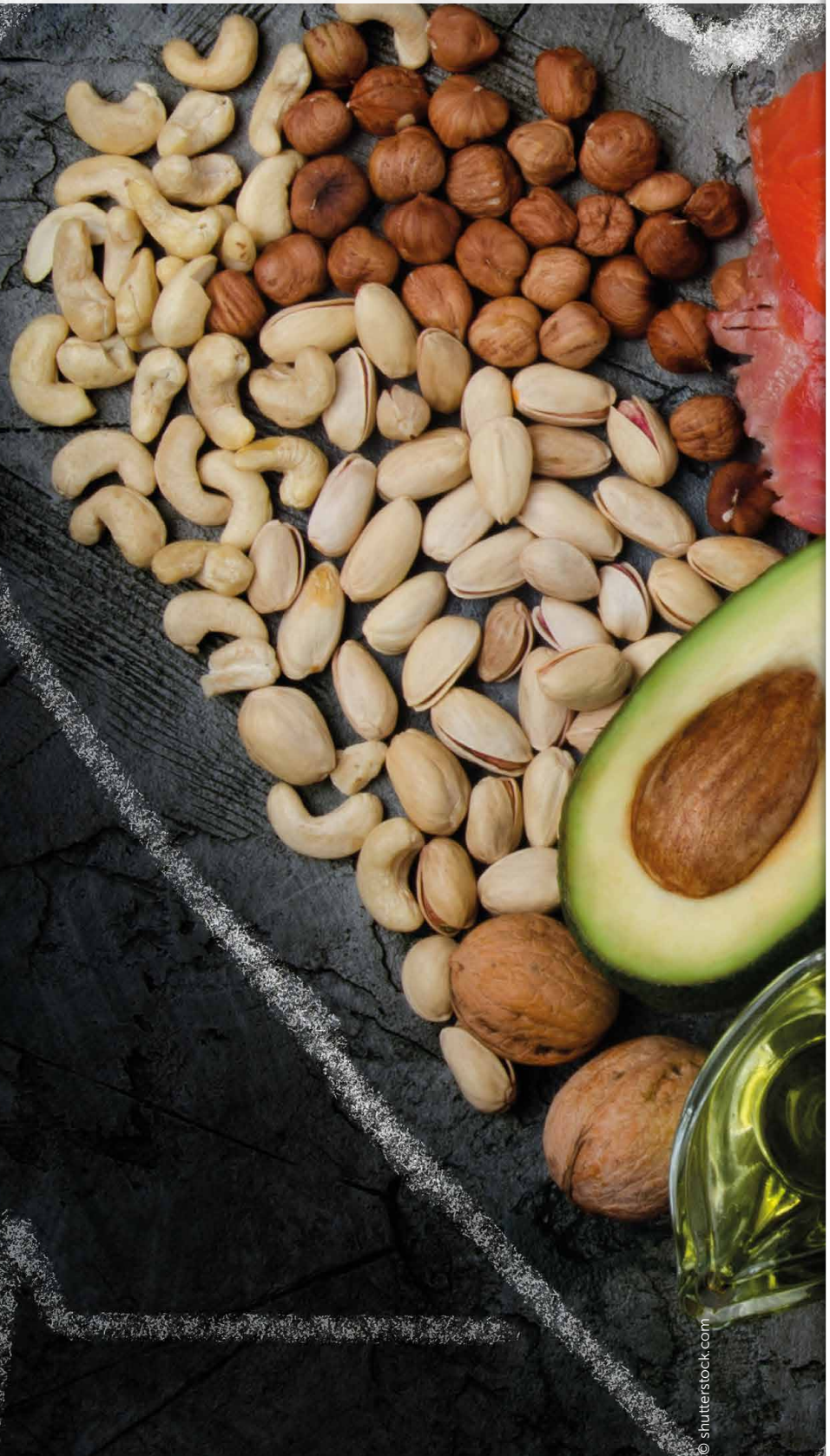


ANJA LEITZ

Anja Leitz runs the Steinfels Therapy Centre with neurofeedback practice, cooking school and seminars for individually tailored diets in Ebnet-Kappel, Switzerland.

The type of fat we consume and the composition of our body fat has a lifelong effect on the development and functionality of various organs, cellular processes and the effectiveness of the metabolism as a whole.

In this profound guide Anja Leitz explains how you can get yourself in top form with the right cocktail of fatty acids and appropriate micronutrients. She outlines the variety and characteristics of all the important fatty acids we need and the effect these fats have on the body. She advises on the best seasonal foods to choose to give your body exactly what it needs, and explains why environmental factors such as lighting and temperature conditions or the seasons and climatic zones are of vital importance for providing us with essential fatty acids.



**ALMOST ALL OF US NEED TO URGENTLY
RETHINK OUR ATTITUDE TOWARDS FAT.
FORGET LESS FAT, IT'S ABOUT HAVING
THE RIGHT FAT AT THE RIGHT TIME!**

Anja Leitz

FETT

DAS HANDBUCH FÜR EINEN OPTIMIERTEN STOFFWECHSEL

- Warum unser Körperfett ein lebenswichtiges Organ ist
- Wie Fettsäuren uns nutzen oder schaden
- Welche Rolle Licht und Lebensstil dabei spielen

riva

Leitz, Anja

Fat. A Guide to Optimising Your Metabolism

Why our body fat is a vital organ. How fatty acids benefit or harm us. What role light and lifestyle play in this.

250 pages, 17,0 x 24,0 cm
paperback
34,99 € (D)

ISBN 978-3-7423-0049-2
Product group: 1461

11.09.2017



- ➔ The most profound and innovative guide to the vital fatty acids, which have an enormous impact on our health
- ➔ Lots of practical information for your own consumption of fats and supporting vital substances
- ➔ Interesting tips on weight management, sexuality, anti-ageing and fitness
- ➔ With lots of recipes and colourful images



VERONIKA PICHL

Veronika Pichl (b. 1980) is a successful author. She writes about weight loss, nutrition, fitness and happiness.



These healthy recipes are quick and easy to prepare.

Examples include: delicious carrot and courgette fritters, pan-fried Thai vegetables and meat and mushroom stroganoff.

Each recipe contains no more than 5 ingredients and can be prepared in just 15 minutes.

ONE BOOK – TWO TRENDS: QUICK LOW- CARB RECIPES

riva

Healthy cooking



Pichl, Veronika
Quick and easy low-carb recipes
No more than 5 ingredients,
no more than 15 minutes

96 pages, 17,0 x 24,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0326-4
Product group: 1456

28.12.2017



- ➔ Delicious low-carb dishes, requiring no more than 15 minutes preparation and using no more than 5 ingredients
- ➔ Over 50 recipes accompanied by beautiful colour images
- ➔ Author takes an active interest in promoting her books and the associated press work



VERONIKA PACHALA

Veronika Pachala has turned her daughter Claire's food intolerances into a passion: she cooks and bakes without using milk products, wheat or refined sugar. She shares her enthusiasm for cooking with thousands of fans on her blog www.carrotsforclaire.com, which she started in 2013. In 2014, her lasagne was honoured with the Food Blog Award for best recipe. Her blog includes her latest recipes and gives an affectionate account of her day-to-day family life through various anecdotes.

In this book, Pachala and her friend and co-author Clara Bayer show that even the busiest people can cook wholesome and nutritious food, conjuring up healthy meals that can be enjoyed by the whole family.

In her introduction, Veronika Pachala explains what foods she keeps in her freezer, fridge and larder, as these ingredients form the basis for her recipes.

She provides useful tips for ingredients that should always be kept in the cupboard to avoid having to do a big shop ahead of every meal.

Delicious 20-minute dishes. Meals to eat on the go. More lavish dishes can be made in larger quantities and then modified slightly, providing meals for more than one day.

In all her recipes, Pachala avoids cow's milk, wheat and refined sugar.



More than
15 000
copies sold

ISBN 978-3-7423-0078-2
18,99 € (D)

Veronika Pachala's cookery book

Gesund kochen ist Liebe,

(Healthy cooking is love) sold
more than 40,000 copies



Pachala, Veronika
Quick and healthy cooking

More than 50 delicious recipes to enjoy at home or pre-cook and eat on the go.

144 pages, 19,0 x 24,0 cm
hardback
18,99 € (D)

ISBN 978-3-7423-0397-4
Product group: 1460

04.12.2017



- ➔ Veronika Pachala is advertising the book on her blog
- ➔ Meal prep and quick meals to eat on the go are trending topics when it comes to cooking



DANIEL WIECHMANN

Daniel Wiechmann (b. 1974) grew up in Berlin. He studied journalism in Munich, where he trained as an editor and has been working as a freelance journalist and author in Munich ever since.



Finally a multi-functional cooker deserving of this title. The Instant Pot® is a pressure cooker, slow cooker, rice cooker, griddle, hot plate and steam cooker in one.

This book guides you through all of the ways to use an Instant-Pot® and contains recipe ideas for delicious roasted and meat dishes, curries, soups, stews, side dishes and pastas, as well as yoghurt and desserts. The recipes are preceded by a detailed guide explaining all of the Instant Pot®'s functions and cooking facilities.



The Instant Pot® is the popular new kitchen marvel



Wiechmann, Daniel
Cooking with the Instant Pot®
The 60 best recipes

96 pages, 14,8 x 21,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0354-7
Product group: 1455

14.08.2017



- ➔ The first cookbook for the Instant Pot®
- ➔ The Instant Pot® is a pressure cooker, slow cooker, rice cooker, griddle, hot plate and steam cooker in one
- ➔ Over 60 recipes for delicious roast and curries, soups, stews, side dishes and pasta, as well as yoghurt and desserts
- ➔ With detailed explanations of the different Instant Pot® functions and the dishes you can use it to prepare

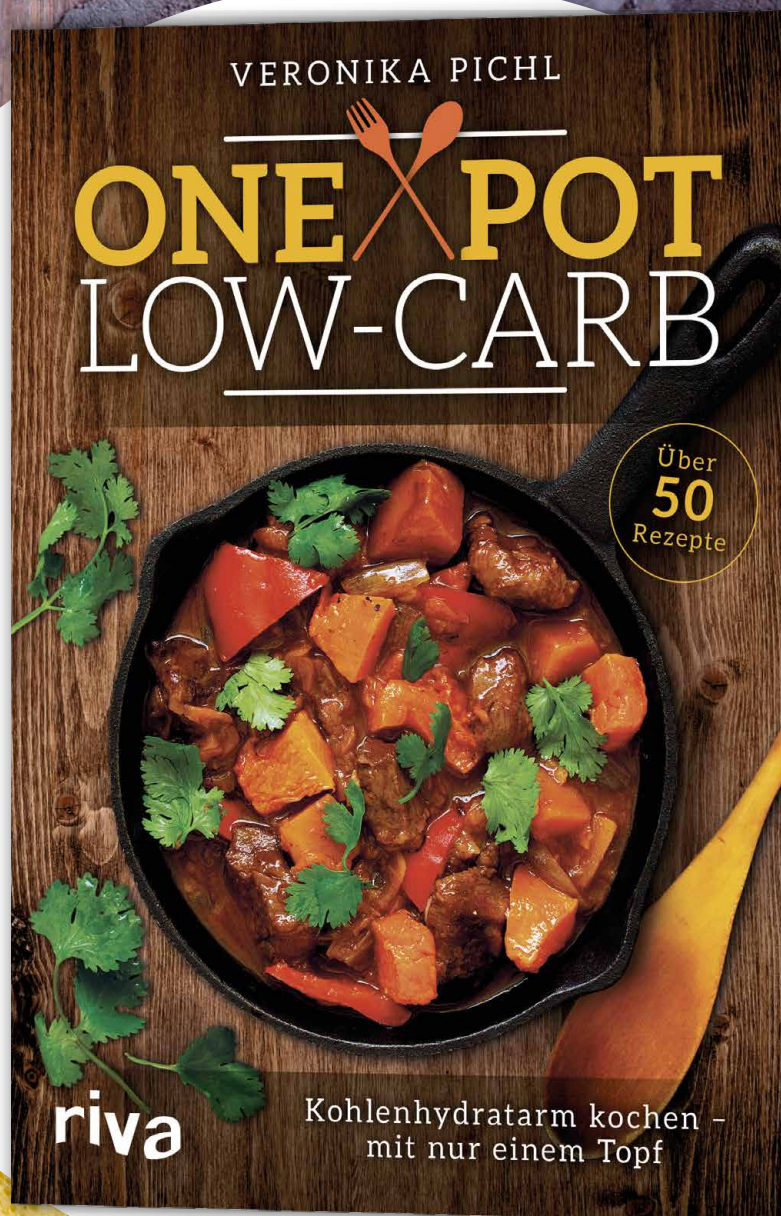
**VERONIKA PICHL**

Veronika Pichl (b. 1980) is a successful author. She writes about weight loss, nutrition, fitness and happiness.

Step-by-step instructions.
Quick and easy preparation.
Includes additional recipes that can be cooked
in just one pan or baking dish.



One-pot dishes can be low-carb too!



Pichl, Veronika
One Pot Low-Carb
Cooking low-carb food in just one pot

96 pages, 17,0 x 24,0 cm
paperback
7,99 € (D)

ISBN 978-3-7423-0328-8
Product group: 1455

17.07.2017




- ➔ The best one-pot, low-carb pasta dishes and vegetable stir-fries
- ➔ Less effort, less washing-up, no more chaos in the kitchen
- ➔ More than 50 recipes with 4-colour illustrations



VERONIKA PICHL

Veronika Pichl (b. 1980) is a successful author. She writes about weight loss, nutrition, fitness and happiness. She lives with her husband and two children in Nürnberger Land, Germany.



Sensibly planning meals for several days or cooking for the whole week in advance. Organising your food for the day or week ahead and planning your shopping saves time.

It also prevents you from spontaneously buying fast food or snacks. You know exactly what is in your food – fresh ingredients with no flavour enhancers or additives – and it is still delicious!

This book contains various recipes, weekly planners and shopping lists. It also explains which ingredients go well together when combined, what can be frozen, how long the food in the fridge or larder will last, and what foods can be prepared in advance and used all week.

Meal prep is the latest American Instagram trend



Veronika Pichl

Meal Prep

Mahlzeiten vorbereiten,
mitnehmen und Zeit sparen



Pichl, Veronika

Meal prep – Save time by preparing food to eat on the go

More than 50 recipes and 10 weekly planners

96 pages, 17,0 × 24,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0353-0

Product group: 1455

11.09.2017



- ➔ Prepare delicious, balanced meals and eat them on the go
- ➔ More than 50 recipes with colour illustrations and 10 weekly planners



DANIEL WIECHMANN

Daniel Wiechmann (b. 1974) grew up in Berlin. He studied journalism in Munich, where he trained as an editor and has been working as a freelance journalist and author in Munich ever since. For the past 12 years, he has been editor-in-chief of the successful gastro guide ‚München geht aus‘ (Munich goes out). He enjoys his passion for good food and drink in his own cooking too.



It is always rewarding to treat yourself to a delicious meal, but this does not have to mean standing for hours at the cooker. Fresh vegetable dishes, pasta favourites, tortilla pizza and wraps, exotic salads, hearty dips and spreads, and substantial breakfasts are easy to prepare for one person too.

The recipes in this book are designed so that all ingredients are used up, or so that any remaining food – such as any leftover broccoli or asparagus – can be used in another recipe. This ensures no leftovers go to waste and no one needs to eat the same meal day after day.

MORE THAN 40% OF HOUSEHOLDS IN GERMANY ARE SINGLE-PERSON HOUSEHOLDS

riva

Themed Cookery Book



Wiechmann, Daniel
Single-Kitchen
Cooking for one with no leftovers

96 pages, 14,8 × 21,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0242-7
Product group: 1455

14.08.2017



- ➔ More than 60 recipes for one person
- ➔ Helps make healthy and varied cooking part of the everyday routine
- ➔ Single cookery books are very popular



DANIEL WIECHMANN

Daniel Wiechmann (b. 1974) grew up in Berlin. He studied journalism in Munich, where he trained as an editor and has been working as a freelance journalist and author in Munich ever since.

What is SOUS VIDE? The ingredients are vacuum-packed and gently cooked in a water bath.

Why? It preserves the aromas, flavours, vitamins and trace minerals. It makes steak and meat joints unbelievably tender, keeps fish moist and gives a lovely bite to it.

And the book? This book explains the sous vide method step by step and gives guidance on all application methods. From meat to fish, vegetables, risotto, soups, vegetables and desserts.

With numerous temperature tables and over 50 wonderful recipes!



The secret of top chefs for wonderfully succulent meat

Daniel Wiechmann

SOUS VIDE

Dampfzugen für unvergleichlichen
Geschmack



riva

Mit
Temperatur-
tabellen und
60 Rezepten

Wiechmann, Daniel

Sous vide

Steam cooking for unbeatable taste

96 pages, 14,8 x 21,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0352-3

Product group: 1455

17.07.2017



- ➔ Sous vide – step-by-step explanation of the revolutionary cooking method
- ➔ Perfectly cooks meat cuts and joints, poultry, fish, vegetables, risotto, soups, fruit and desserts
- ➔ With numerous temperature tables



VERONIKA PICHL

Veronika Pichl (b. 1980) is a successful author. She writes about weight loss, nutrition, fitness and happiness.

Eating porridge for breakfast is the perfect way to start the day, as it provides the body with plenty of minerals and fibre, fills you up for a long time, is quick to prepare, and can easily be eaten on the go.

This book contains 50 recipes from chai porridge, chocolate orange porridge and cocoa porridge with pineapple to apple oat muffins and couscous with tofu, lemongrass, curry spices and ginger.

It shows just how versatile and healthy porridge is – and not just for breakfast.



PORRIDGE IS A GLOBAL PHENOMENON – EVEN SENSITIVE STOMACHS CAN PROCESS THIS WARM FOOD WELL

... VERONIKA PICHL ...

PORRIDGE

MEHR ALS NUR FRÜHSTÜCK



riva

Über
50 gesunde
Rezepte für
Brei, Müsli,
Powerriegel
und Muffins

Pichl, Veronika

Porridge – More than just breakfast

50 healthy recipes for muesli, porridge, energy bars and muffins

96 pages, 17,0 x 24,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0239-7

Product group: 1461

12.06.2017



- ➔ Porridge in all its variations: sweet, spicy, baked, enriched with nuts, seeds and superfoods
- ➔ More than 50 recipes with 4-colour illustrations
- ➔ Includes gluten and lactose-free alternatives



MISS BLUEBERRYMUFFIN

Katharina Karpenkiel, who comes from Kiel in Germany, has been running her food blog www.missblueberrymuffin.de since the start of 2012 under the pseudonym Miss Blueberrymuffin. She loves using the beautiful photos of her kitchen, biscuits and cupcakes to inspire others and share her passion for baking.

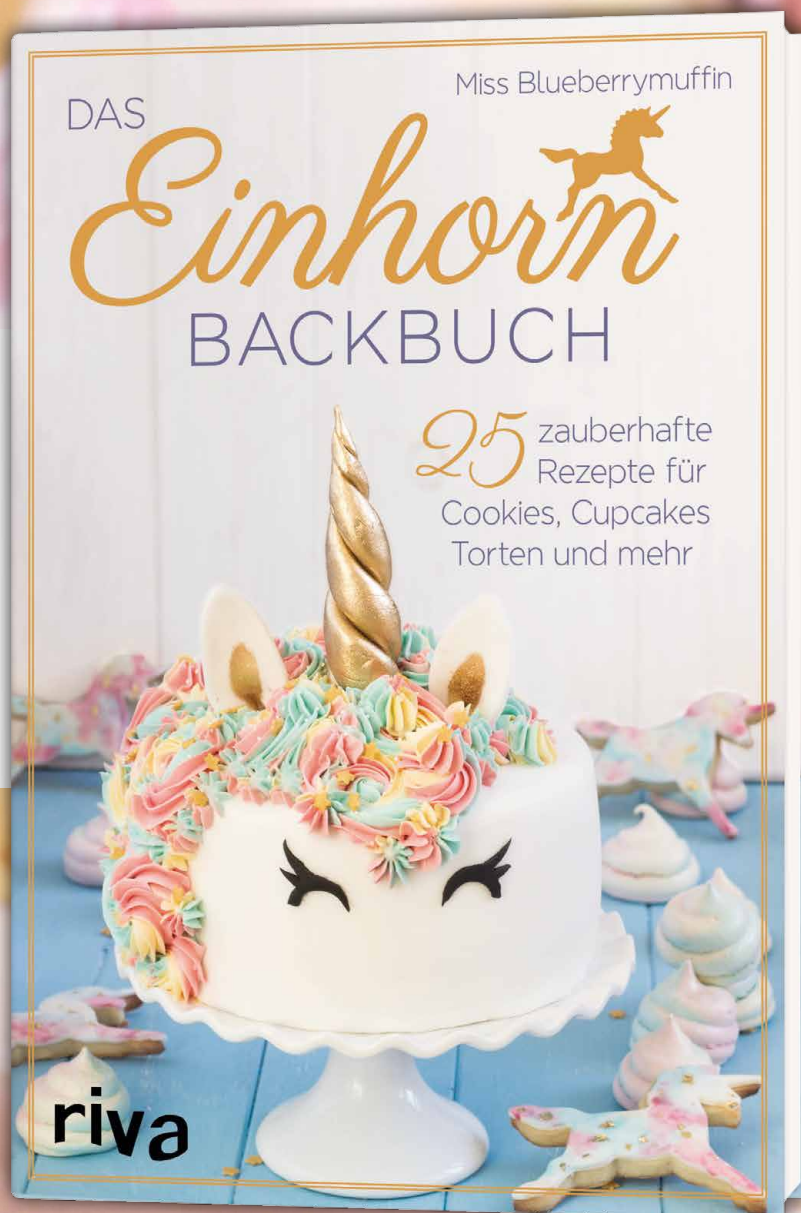


Unicorn fever is taking over the whole world!

Food blogger Katharina Karpenkiel reveals 25 very simple recipes for conjuring up pink unicorn cookies, sweet unicorn cupcakes, an impressive unicorn cake and hilarious unicorn-toot meringues.

All recipes are accompanied by enchanting pictures and detailed step-by-step instructions to set you up for success.

The first baking book for unicorn lovers



**Miss Blueberrymuffin
The Unicorn Baking Book**

25 magical recipes for cakes, cookies, cupcakes and more

64 pages, 17,0 x 24,0 cm
hardback
9,99 € (D)

ISBN 978-3-7423-0333-2
Product group: 1457

14.08.2017



- ➔ Unusual recipe ideas for all unicorn fans
- ➔ Well-illustrated and beautifully designed, with detailed step-by-step instructions



UWE KNOP

Born in 1972, Uwe Knop graduated in nutritional science and has been working as a PR and communications expert since 1998.

How can it be healthy to demonise the favourite meals of so many people?

In this book nutritionist Uwe Knop critically examines the low-carb food trend and questions its legitimacy on the basis of current research, studies and statements.

A book for anyone keen to find out more about the topic of healthy eating – regardless of whether this is for health reasons, to become physically fitter or to lose weight. But also anyone who wants the chance to enjoy their bread, pasta and potatoes again guilt free.

The long-awaited vindication of the carbohydrate!



Knop, Uwe
Good Carbs

Why you shouldn't fear bread and pasta,
and how the low-carb industry isn't always
truthful with us

200 pages, 13,5 × 21,0 cm
paperback
14,99 € (D)

ISBN 978-3-7423-0124-6
Product group: 1461

11.09.2017



- ➔ The low-carb craze is much discussed – but there is scientific evidence against this diet
- ➔ Results based on current scientific studies



DORIS MULIAR

Austrian-born Doris Muliär is a journalist for radio, TV and publishers.

Successful author Doris Muliär has developed 100 delicious recipes for the Thermomix®.

It's easy to get started with the practical one-to two-week natural alkaline diet.

Then you can integrate the diet into your daily life for the long term.

As well as tasting amazing, the recipes are all pictured with nutritional information and step-by-step instructions.

Clear tables for acidic and basic foods help you to integrate the acid-base diet into your daily life.

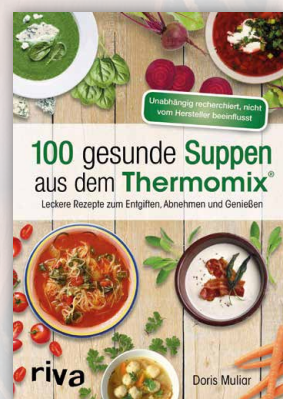
All recipes have been developed and tested with the Thermomix® TM5.

Independently researched, not influenced by the manufacturer.



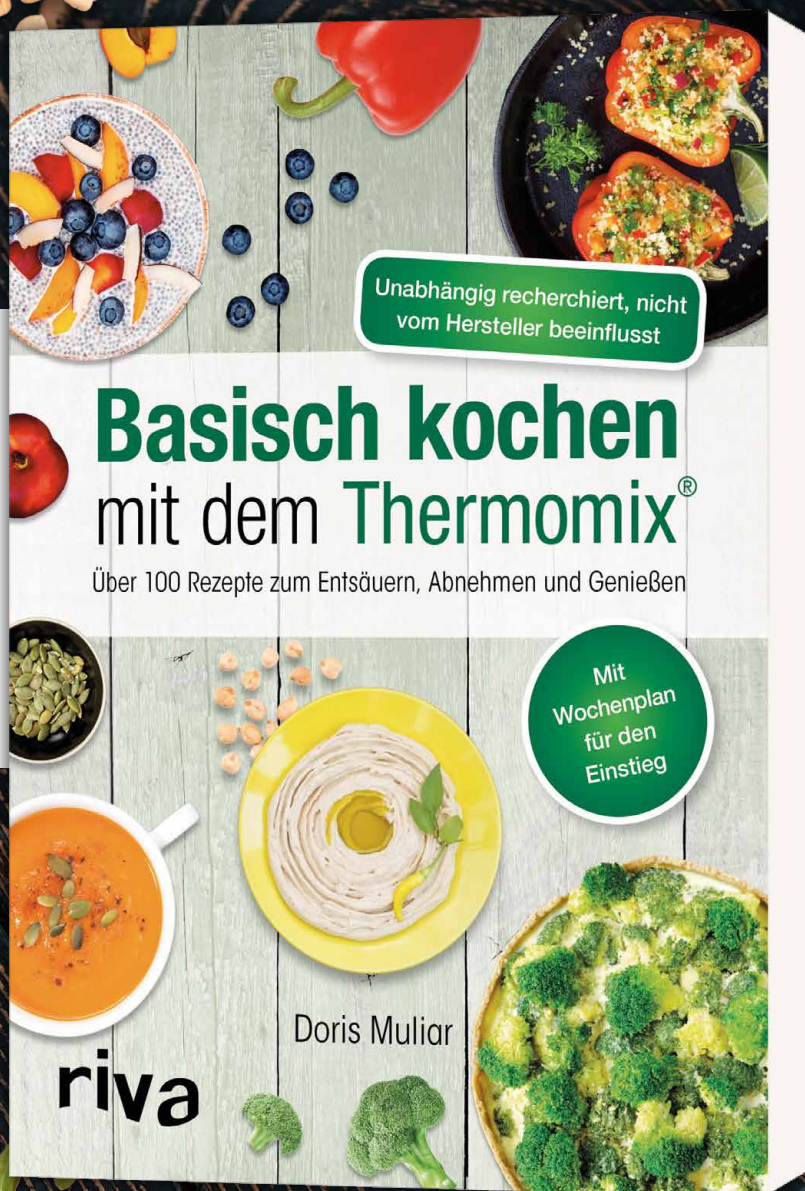
More than
50 000
copies sold

ISBN 978-3-86883-772-8
14,99 € (D)



ISBN 978-3-86883-970-8
14,99 € (D)

Basic nutrition is on everyone's lips



Muliar, Doris

Basic Cooking with the Thermomix®

Over 100 recipes to deacidify, lose weight and enjoy

192 pages, 14,8 × 21,0 cm

paperback

14,99 € (D)

ISBN 978-3-7423-0331-8

Product group 1455

13.11.2017



- ➔ Success guarantee: all cookbooks by Doris Muliar are bestsellers
- ➔ Over 100 delicious recipes, suitable for the whole family
- ➔ Beautifully pictured recipes with extensive step-by-step instructions and nutritional information



CHARLY TILL

Charly Till is an engineer by trade. He discovered the Thermomix® and his love of cooking back in 2000 and now finds it a great way to relax after a long day at work.



This book is the perfect companion for any food lover, featuring more than 40 hearty main courses, as well as quick cakes, ice cream and desserts, and hot and cold drinks.

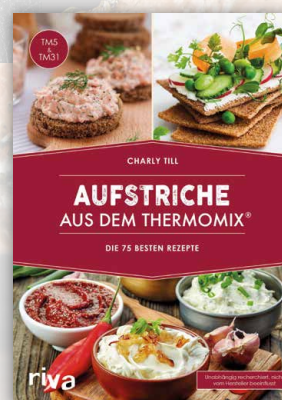
Simply follow the step-by-step instructions for guaranteed success.

All the recipes are described in detail, so it's impossible to go wrong, even for complete beginners!

Independently researched, not influenced by the manufacturer.



ISBN 978-3-7423-0146-8
9,99 € (D)



ISBN 978-3-7423-0165-9
9,99 € (D)

130 FAVOURITE RECIPES SPECIALLY SELECTED FOR MEN, RANGING FROM HEARTY MAINS TO SWEET DESSERTS



Till, Charly
Favourite Thermomix® recipes for men
130 top recipes

192 pages, 17,0 x 24,0 cm
hardback
19,99 € (D)

ISBN 978-3-7423-0314-1
Product group: 1455

13.11.2017



- ➔ Shows men how they too can cook with a Thermomix®
- ➔ Top quality finish makes this book a great gift
- ➔ Follow-on edition to the successful title *Kochen für Kerle mit dem Thermomix®* (Cooking with the Thermomix® for men) which has sold 10,000 copies
- ➔ Recipes are designed for the TM31 and TM5



ELISABETH ENGLER

A former bookseller and antique dealer, Elisabeth Engler published her first cook-book back in 2006. After getting her first Thermomix® in 2013, she now experiments and cooks with three devices and has had numerous books published on the topics of medicinal herbs, health and cooking with and without the Thermomix®.



A lot of herbs, spices and even simple foods such as onions, potatoes and carrots can alleviate or cure minor ailments.

Tips and recipes for modern, well-established and new teas, herbal wines, elixirs, ointments, massage oils, tinctures and herbal extracts, compresses and poultice.

The step-by-step instructions for the Thermomix® set you up for success.

All recipes have been developed and tested with the Thermomix® TM5.

Independently researched, not influenced by the manufacturer.



YOU DON'T ALWAYS NEED CHEMICALS – GIVE HOME REMEDIES A TRY FIRST!

riva

Health



Engler, Elisabeth

The Best Home Remedies with the Thermomix®

Herbal medicine, poultice and ointments for the whole family

96 pages, 17,0 × 24,0 cm

paperback

9,99 € (D)

ISBN 978-3-7423-0311-0

Product group: 1455

16.10.2017



- ➔ Valuable knowledge on medicinal herbs and spices
- ➔ Immediate natural medical care for simple illnesses such as colds, minor injuries, skin problems and lots more
- ➔ Recipes for teas, herbal wines, elixirs, ointments, massage oils, tinctures, herbal extracts, compresses, poultice and so on, which are very easy to prepare in the Thermomix®



VERONIKA PICHL

Veronika Pichl (b. 1980) is a successful author. She writes about weight loss, nutrition, fitness and happiness.



Say goodbye to frozen pizza, instant soup and take-aways!

This book brings together two of the latest culinary trends – low-carb diets and express cooking.

Each recipe contains no more than 5 ingredients.

And the dishes are ready on the table in just 15 minutes.

Independently researched, not influenced by the manufacturer.



More than
20 000
copies sold

ISBN 978-3-7423-0076-8
14,99 € (D)

ONE BOOK – TWO TRENDS: QUICK LOW-CARB RECIPES – SPECIALLY ADAPTED FOR THE THERMOMIX®



Pichl, Veronika
Quick and easy low-carb recipes for the Thermomix®

No more than 5 ingredients,
no more than 15 minutes

96 pages, 17,0 x 24,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0327-1
Product group: 1456

28.12.2017




- ➔ Delicious low-carb recipes, requiring no more than 15 minutes preparation and using no more than 5 ingredients
- ➔ Over 50 recipes accompanied by beautiful colour images
- ➔ Author takes an active interest in promoting her books and the associated press work



MAXIMILIAN GOTZLER

Max Gotzler is the founder of Flowgrade.de, biohacker, competitive athlete and blogger.

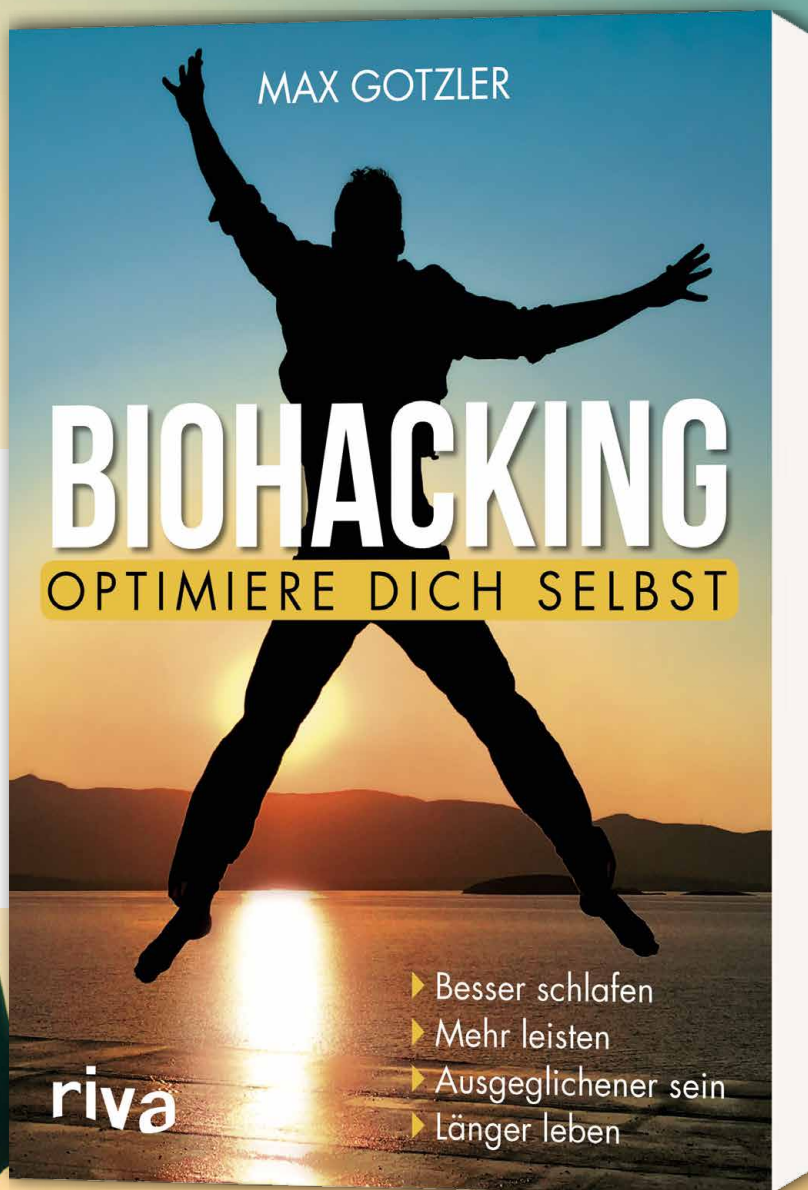
A large background image showing the silhouette of a woman with a ponytail drinking from a clear plastic water bottle. The scene is set against a bright, hazy sunset or sunrise sky, with the sun low on the horizon creating a strong backlight effect.

The fast-paced age we live in today is characterised by overstimulation, mobility, a stressful daily life and constant life changes. How can you address these continual new and dynamic challenges? Biohacker Max Gotzler has developed a schedule for configuring body and mind to the stresses of our age and designing your living environment around it. He presents the most effective biohacks for combating typical problems such as chronic stress, depression, lack of energy and overstimulation.

The book leads the reader through five areas (of life): diet, fitness, relaxation, mind and environment. Different methods and simple instructions are given for each of these areas. Examples of biohacks include intermittent fasting, the use of light as therapy, the analysis of neurofeedback, meditation, use of the cold and high-intensity training.

The book contains the best biohacking methods, which are easy to use and can change anyone's life for the better.

BIOHACKING IS THE LATEST TREND FOR IMPROVING YOUR OWN LIFESTYLE



Gotzler, Max
Biohacking – How to Improve Yourself
Sleep better. Be more productive. Strike a better balance. Live longer.

192 pages, 17,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0102-4
Product group 1481

16.10.2017



- ➔ The author has a very successful blog with 90,000 visitors per month
- ➔ He interviews famous personalities including Dave Asprey and Kelly Starrett for his podcast »The Flowgrade Show«
- ➔ He has spoken at numerous conferences including the 2015 Bulletproof Biohacking Conference in Los Angeles, the 2016 Biohacker Summit in London and the 2016 Functional Training Summit in Munich



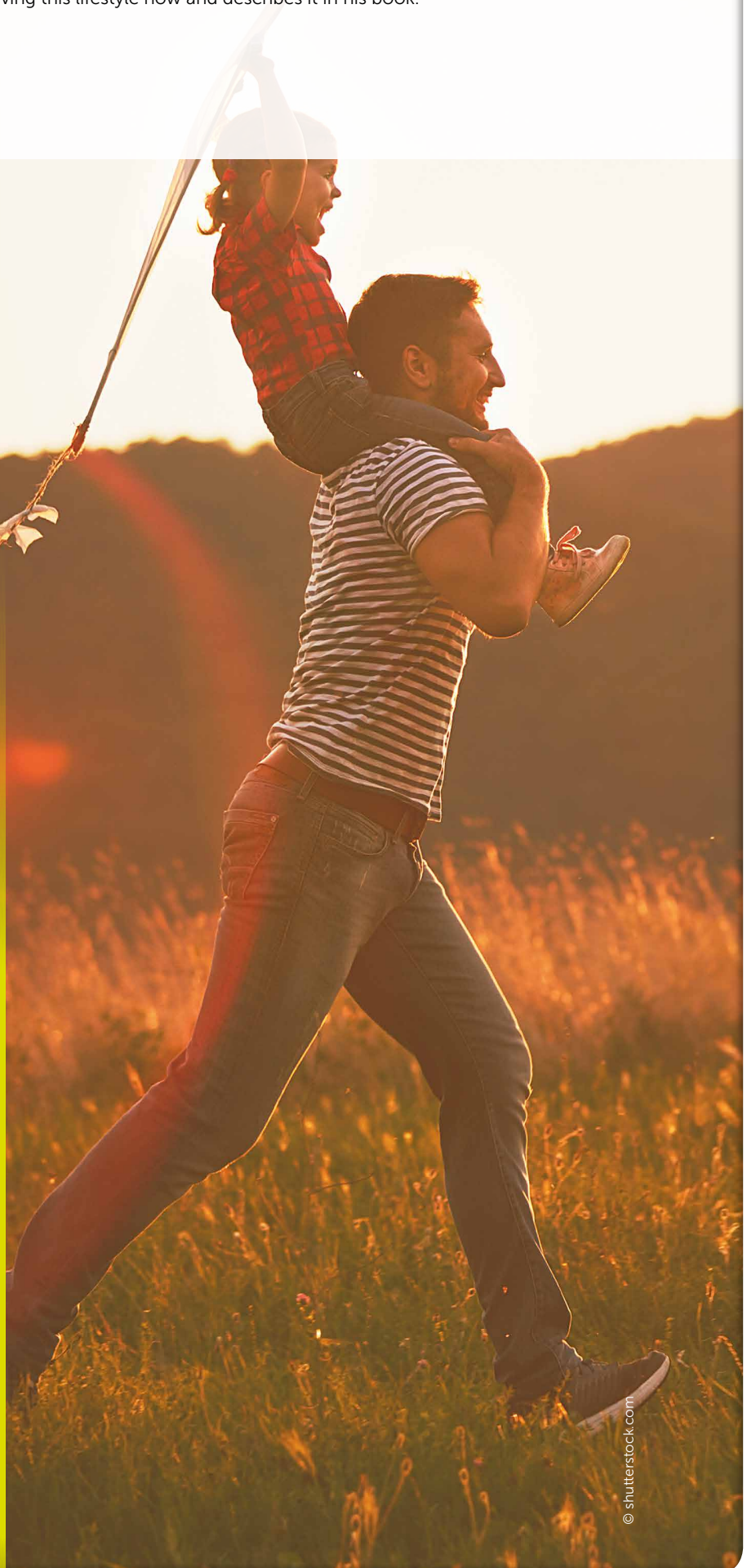
RALF BOHLMANN

Ralf Bohlmann is responsible for some of Germany's most popular podcasts on health, fitness and nutrition. He is a certified coach, speaker and communication trainer. The father of three daughters has spent more than ten years looking for the optimum lifestyle to ensure long-term health and fitness. He is living this lifestyle now and describes it in his book.

Bohlmann explains what really matters when it comes to diet, exercise, relaxation, stress management, sleeping and thinking.

He provides the reader with the right tools to formulate major goals, remove all obstacles standing in the way and acquire the knowledge needed to succeed.

With just a few simple formulas for the five areas of life, anyone can create the best version of themselves – no crash diets needed!



THE BOOK TO ACCOMPANY THE SUCCESSFUL PODCAST WITH OVER 1 MILLION DOWNLOADS

riva

Personal development



Bohlmann, Ralf
Create the Best Version of Yourself
Reset your life to be healthier and happier

224 pages, 17,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0264-9
Product group: 1481

04.12.2017



- ➔ The podcast *Erschaffe die beste Version von dir* (Create the Best Version of Yourself) regularly has 100,000 downloads per month and 10,000 subscribers – and rising
- ➔ Colourfully illustrated guide capturing every area of life and well-being



JOHANNA FELLNER

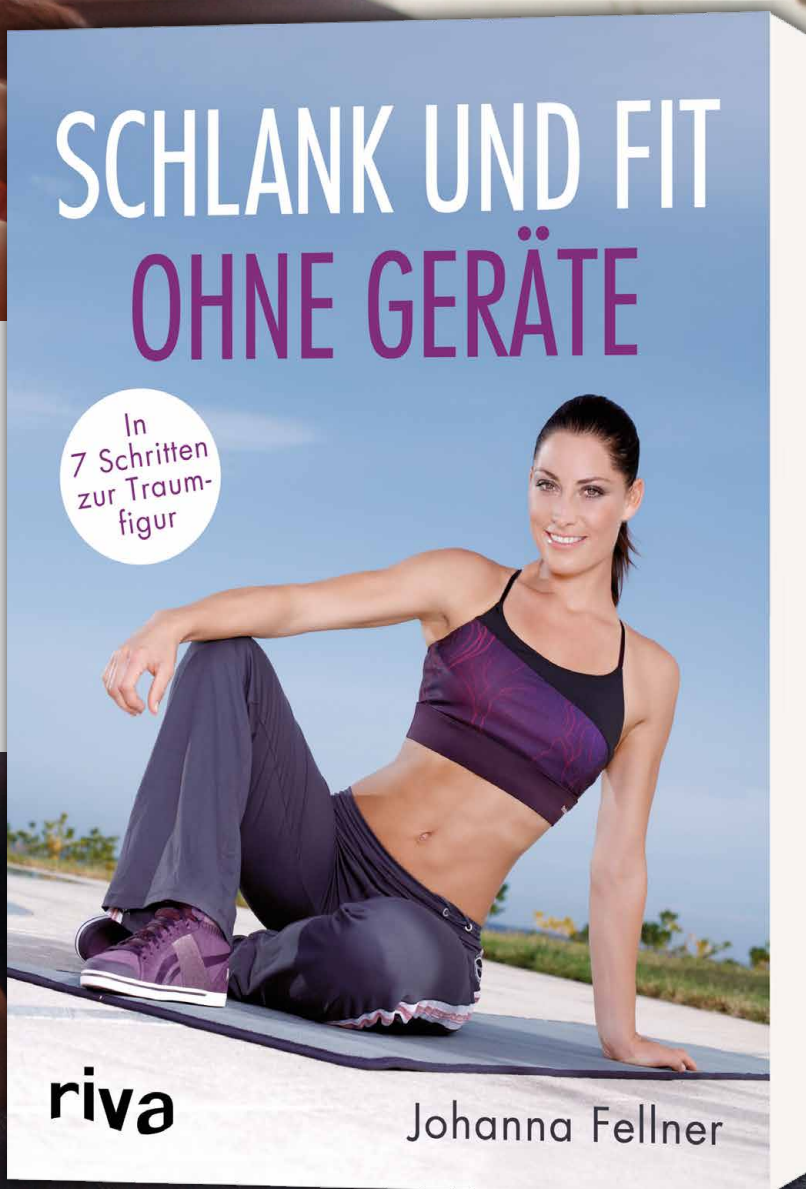
Johanna Fellner is one of the best loved fitness experts in the German-speaking world, with countless DVDs, books and articles to her name, plus appearances on the Tele-Gym TV show for Bavarian broadcaster 'Bayerischer Rundfunk'. As a Reebok master trainer and the German face of the sports equipment company, she has featured in major advertising campaigns, runs training courses around the world and has developed her own fitness programmes including FUNCTIONALFIT and NATURALFLOW.



In this book, well-known fitness trainer and author Johanna Fellner sets out her training programme for results that last.

She shows every woman how to loose weight, get fit and live a healthier and happier life. Anyone can achieve their dream figure if they follow these seven steps. Each step is described in detail, plus there are four different workouts and a host of fantastic exercises to follow.

ACHIEVE YOUR DREAM FIGURE WITH THIS SIMPLE BODYWEIGHT TRAINING PROGRAMME



Fellner, Johanna

Slim and fit (no gym equipment required!)

Achieve your dream figure in just seven steps

272 pages, 17,0 × 24,0 cm

paperback

14,99 € (D)

ISBN 978-3-7423-0406-3

Product group: 1464

28.12.2017



- ➔ Holistic, step-by-step approach to improving your diet and fitness
- ➔ Suitable for beginners and fitness enthusiasts alike
- ➔ Features fully illustrated workouts plus stories from women who have successfully lost weight using Johanna Fellner's programme

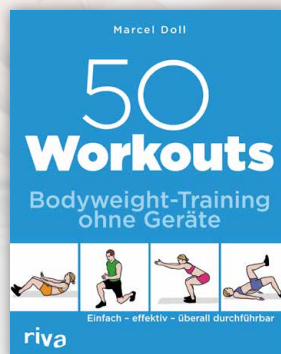


MARCEL DOLL

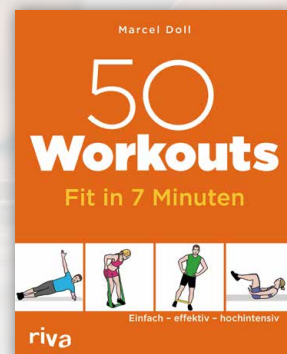
Marcel Doll graduated with a B.A. in Fitness & Economics and an M.A. in Health Management & Prevention, specialising in sports psychology and stress management.

Fitness fanatics are always on the lookout for new ways to push themselves and these 50 challenges are perfect for setting new training goals and reinforcing competitive spirit. From the 5-minute multi-planks to the six-pack workout, HIT and Tabata training and the burpee challenge – it's all about time, endurance, power, speed and maximum repetitions. The challenges range from 5 to 15 minutes in length and can be performed anywhere. All workouts are easy to follow with full illustrations. Thanks to the various difficulty levels, they are suitable for both beginners or advanced candidates. In addition, all exercises are described again in detail in an extra chapter.

The '50 Workouts' series reveals the 50 best exercise sequences for fitness fanatics – compact and easy to follow, illustrated throughout and at an unbeatable price.



ISBN 978-3-7423-0172-7
9,99 € (D)



ISBN 978-3-7423-0173-4
9,99 € (D)

Fitness challenges are great fun and immensely popular!



Doll, Marcel

50 Workouts – The Best Challenges

From the ultimate six-pack workout
to the 5-minute multi-plank

128 pages, 19,0 x 24,0 cm
paperback
9,99 € (D)

ISBN 978-3-7423-0297-7
Product group: 1464

13.11.2017



- ➔ The third title from the *50 Workouts* series is excellent value for money
- ➔ Short, high-intensity workouts are more effective cardiovascular training than long, monotonous endurance sessions
- ➔ Complete training plans presented in a clear and simple way
- ➔ Workouts for beginners and advanced candidates



FRANK THÖMMES

Frank Thömmes is a professional sports coach and has a range of additional qualifications in training and therapy. He is a renowned adviser and leader in the field of functional training.

We spend the whole day sitting down, whether it's on the tube, at our desks, in meetings, at lunch, in front of the TV or at the cinema. As studies show, this constant sitting is extremely damaging to our health. In fact, it's more than that. It takes years off our lives. Not only does sitting for long periods degenerate parts of our brain, it also increases the risk of illnesses such as arteriosclerosis, diabetes, thrombosis and cancer.

What does a healthy workplace look like? How can you integrate movement into a day in the office and are there exercises that you can do in the office, at home or during your commute to counteract the time spent sitting down and to reverse some of the damage it causes? The author and functional training expert Frank Thömmes, who has been working in the field of occupational health for over a decade, offers a variety of practical tips for the office that can help keep you moving, and therefore healthy and alive.



More than
10 000
copies sold

ISBN 978-3-86883-800-8
34,99 € (D)

The self-help programme for combating death-by-desk

Frank Thömmes



WER LÄNGER SITZT, IST FRÜHER TOT

Das Erste-Hilfe-Programm für Vielsitzer

riva

Mit über
30 Übungen
für das Büro,
zu Hause und
unterwegs

Thömmes, Frank

He who sits the longest dies the soonest

The self-help programme for people who spend a lot of time sitting down

192 pages, 17,0 x 24,0 cm
paperback
14,99 € (D)

ISBN 978-3-7423-0271-7
Product group: 1464

16.10.2017



- ➔ Simple and practical guidebook suitable for everyone: understandable and easy to follow
- ➔ With numerous exercises for the office, at home and while travelling



ANDREA HELTEN

Andrea Helten is a yoga teacher for adults and children, a blogger and online editor. She began training to be a children's yoga teacher in 2013. She loves to share her experiences of teaching on her blog kinderyogaberlin.com.

Yoga für dich und dein Kind strengthens and intensifies the bond between parent and child. All exercises take either 10 or 30 minutes.

They can be easily combined to create different sequences and can be practised together with imaginative stories.

The sequences are rounded off with simple massage techniques and relaxing exercises.

With this book, exercising together can be fun for all the family.



Strengthen your bond with your child through yoga



Helten, Andrea

Yoga for you and your child

Joint exercises for increased composure and a stronger parent-child bond

200 pages, 19,0 x 24,0 cm

paperback

19,99 € (D)

ISBN 978-3-7423-0245-8

Product group: 1462

16.10.2017



- ➔ Easy-to-follow exercises for parents and children
- ➔ High-quality and contemporary book design with colour photos throughout
- ➔ Includes simple massage techniques and meditation exercises



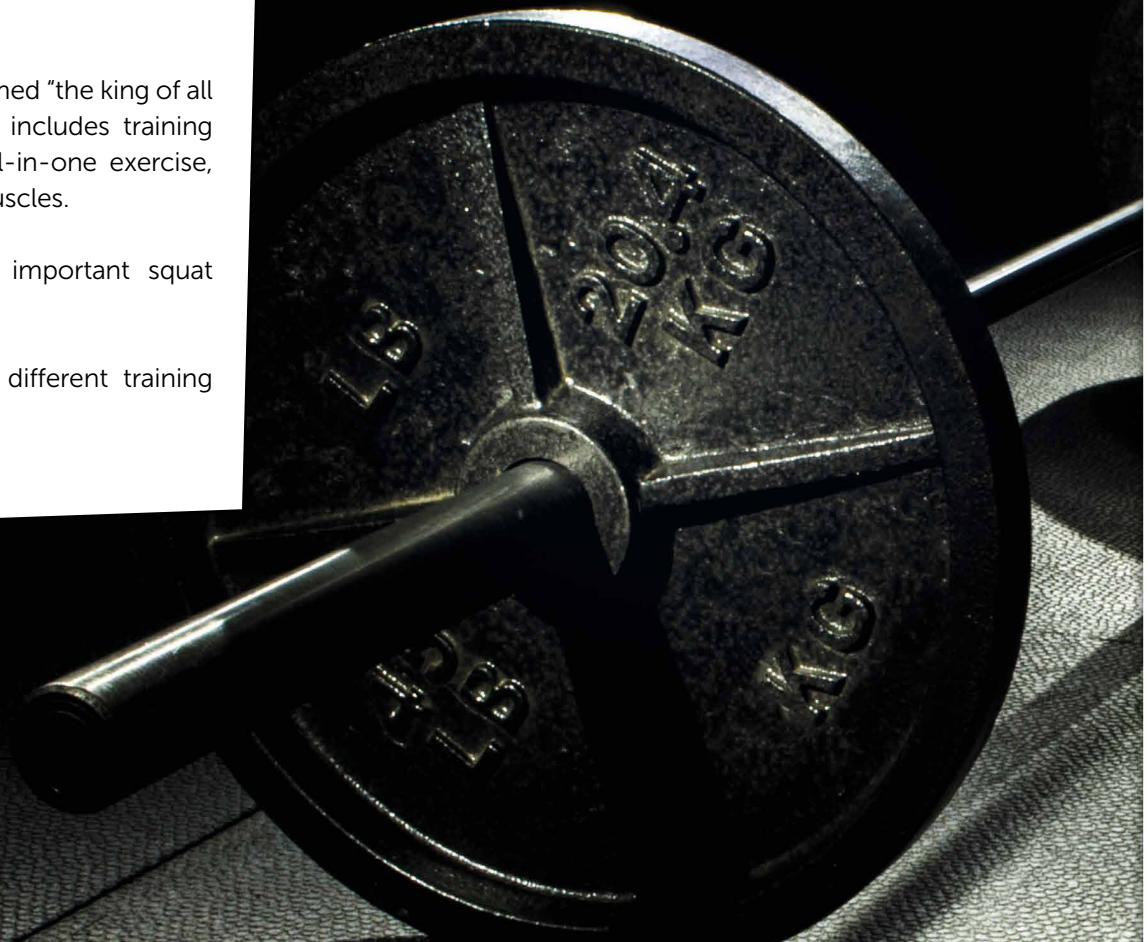
WOLFGANG UNSÖLD

Wolfgang Unsöld is one of the most successful strength coaches and trainers in the world. He founded the Your Personal Strength Institute (YPSI) in Stuttgart, Germany, which offers its own range of supplements alongside consultancy, personal training, seminars and trainer education. He has worked with competitive athletes from over 20 sport disciplines, including 13 athletes who participated in the 2014 Winter Olympics in Sotschi, and 3 athletes who participated in the 2016 Olympic Games in Rio de Janeiro. He has certified over 240 trainers in 21 different countries across 4 continents with the YPSI Trainer B & A licence, as well as holding seminars in 14 different countries.

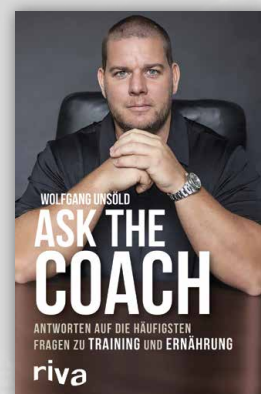
The squat has been named "the king of all exercises". This book includes training programmes for this all-in-one exercise, which uses over 400 muscles.

Introducing all of the important squat variations.

The book contains 10 different training programmes.



ISBN 978-3-86883-878-7
14,99 € (D)

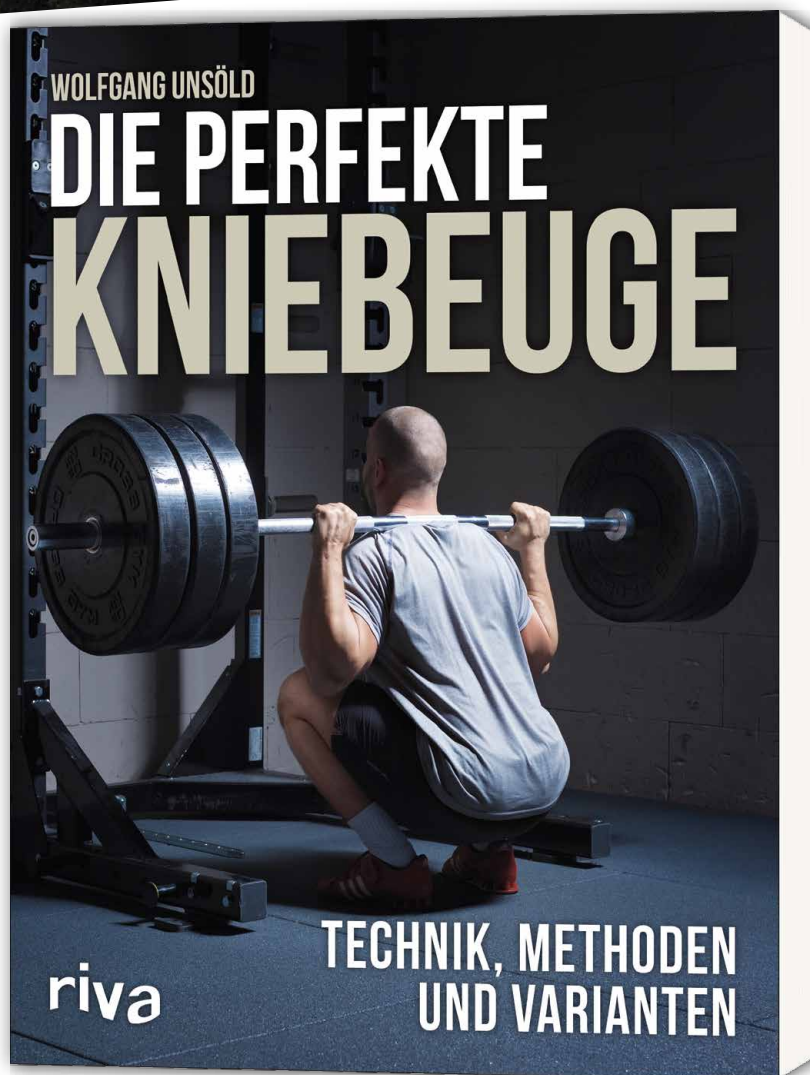


ISBN 978-3-7423-0168-0
14,99 € (D)

THE MOST IMPORTANT EXERCISE IN STRENGTH AND FITNESS TRAINING EXPLAINED BY AN EXPERT

riva

Sport/Fitness



Unsöld, Wolfgang
The Perfect Squat
Technique, methods and variations

176 pages, 19,0 × 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0274-8
Product group: 1440

12.06.2017



- ➔ 80 per cent of people squat incorrectly. This book reveals how it should be done!
- ➔ For anyone who wants to know how to squat properly
- ➔ Expert knowledge first hand: top sportsmen and athletes including UFC fighter Peter Sobotta and 100-metre sprinter Sven Knipphals trust in Unsöld's expertise
- ➔ Suitable for both beginners and advanced athletes



MARIO ADELT

Born in 1974, Mario Adelt is a physiotherapist, fitness entrepreneur and HIT expert.

Why spend hours weight training at the gym when two 20-minute HIT sessions achieve the same or even better results? HIT stands for high-intensity training and turns old training theories upside down.

In his book the author proves how HIT and HIIT (High-Intensity Interval Training to improve endurance) are the most efficient ways of building muscle and breaking down fat. Not only does he reveal suitable exercises using your own bodyweight, dumbbells and machines, but also the most common mistakes to avoid. In addition, the author answers all of the important questions about nutrition with high-intensity training such as the best possible diet composition, the need for food supplements and the impact of intermittent fasting on training results.



HIT and **HIIT** are the best methods
to build muscle and break down fat
in the shortest time

riva

Sport/Fitness



Adelt, Mario
High-Intensity Training

Get the most out of your training with HIT, HIIT
and intermittent fasting

200 pages, 19,0 x 24,0 cm
paperback
19,99 € (D)

ISBN 978-3-7423-0262-5
Product group: 1464

16.10.2017



- ➔ The first book to combine both methods
- ➔ Two 20-minute sessions per week are sufficient
- ➔ Suitable for beginners and advanced candidates



MARCUS THOMAS

Marcus Thomas has been weight-training since he was 17 years old. He always felt too thin and wanted to become more muscular. But even after 15 years of weight training his body weight remained at 75 kilos. Then he decided to change the way he trains and the way he lives. The journalist and former TV presenter researched the necessary knowledge and put on 16 kilos of muscle by training.

The journalist and presenter Marcus Thomas is a real muscle man with a well-trained body that many men would kill for – but that hasn't always been the case. For many years he trained in vain, unable to gain muscle. As a so-called 'hardgainer', even when consuming large quantities of food he was only able to gain a little muscle mass, because his body does not metabolise carbohydrate well.

In his book he reveals the secret of how he changed his body himself, the type of training he did, what hardgainers need to know about nutrition and how to stay motivated. Then anyone can do it!



GENUINE SUCCESS STORY

riva

Sport/Fitness



Thomas, Marcus

From lightweight to muscle-machine

How I became a muscleman as a hardgainer

200 pages, 17,0 x 24,0 cm

paperback

19,99 € (D)

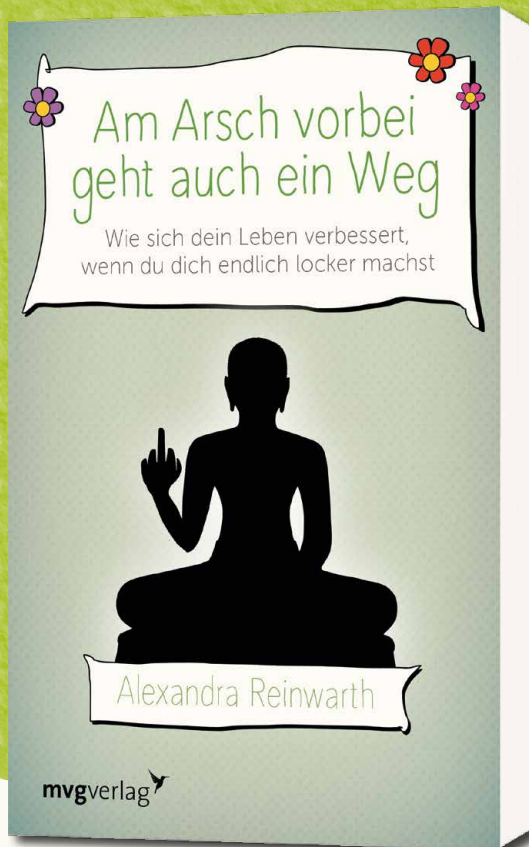
ISBN 978-3-7423-0299-1

Product group: 1464

13.11.2017



- ➔ Training advice by a hardgainer for hardgainers, i.e. slim men who find it difficult to gain muscle
- ➔ Well-known author and TV and radio personality
- ➔ Personal training programme by the author



The success continues ...

Alexandra Reinwarth has heralded the start of a new era in self-help literature with her innovative guidebook concept.

- Over 250,000 copies sold
- Licences sold: Korea, Czech Republic, Italy

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7	Roger Willemssen	Das Hohe Haus	Fischer 7,99 € 9-2003
8	Alexandra Reinwarth	Am Arsch vorbei geht auch ein Weg	Fischer 10,99 € 8-2015

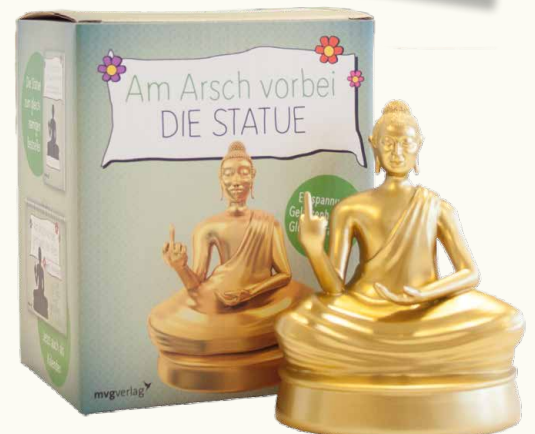
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The perfect present



Reinwarth, Alexandra
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 How to improve your life as a parent by learning to chill out
 96 pages, 12,5 x 18,7 cm
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 Product group: 1481

4.12.2017



Sleepless nights, puke-stained clothes and tantrums at the supermarket: Yes, it's awful, but you can live with it, because how you love the little blighter. What you don't is when the mothers of precious Sebastian or little Archibald rubbing your nose in the fact that butter wouldn't melt in their little darlings' mouths and offering unsolicited parenting advice to help you cope with your own hopeless child. If this happens to you, then there's only one thing for it: You need to learn the art of not giving a crap.

mvgverlag

Reinwarth, Alexandra
The art of not giving a crap – at Christmas
 How to survive the festive period with minimal stress

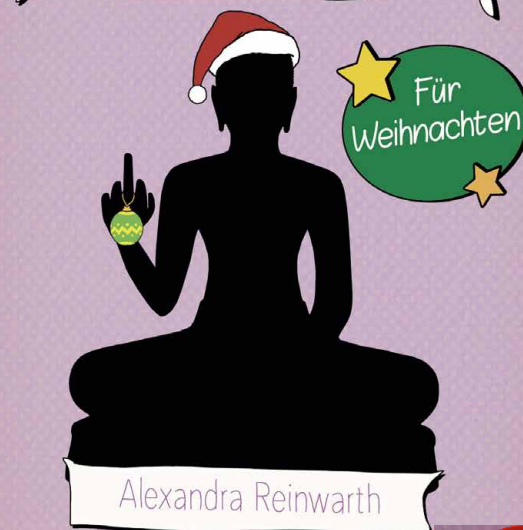
64 pages, 12,5 x 18,7 cm
 hardback
 8,00 € (D)

ISBN 978-3-86882-840-5
 Product group: 1481

16.10.2017



Up to your eyeballs in gingerbread, *Last Christmas* on repeat, and not a snowflake in sight: you could be down-hearted, but you don't have to be. You need to learn the art of not giving a crap. That is especially important during the holiday season, when you're supposed to be full of joy and looking forward to nothing more than spending quality time relaxing with the family. As if! In order to avoid murdering someone during the festive period, all you need is a pinch of Reinwarth (and a glass or two of mulled wine) and you'll hear angels singing in no time.



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NEW!



ALEXANDRA REINWARTH

Alexandra Reinwarth has been named a bestselling author by German-language news website 'Der Spiegel' and has already written several books for the publishers riva Verlag. She has been living in Barcelona since 2000, where she works as a producer and author.

Many have pondered the meaning of life, including Alexandra Reinwarth, who paused while hoovering one day and asked herself: Is this it? Is there something else or does everything just carry on as before? And so she set off with a vague yet purposeful hope of finding deeper meaning – it had to be hidden somewhere, right? On her search for the meaning of life, she tried many things including trance dance, meditating with Reiki healers, speaking to the archangels, having her chakras cleansed, doing a healing fast and, much against her own convictions, revisiting the Church.

With a great deal of wit and humour, the best-selling author describes her inspiring and courageous journey. Not until now has anyone taken such an amusing approach to the search for the meaning of life.



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250 000
copies sold

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After selling 250,000 copies of
Am Arsch vorbei (Not giving a crap),
 here comes *Ommh Arsch vorbei (Not giving a chakra)*



Reinwarth, Alexandra
The art of not giving a chakra

How to find the ultimate meaning of life,
 which is to give up searching for it

208 pages, 13,5 x 21,0 cm
 paperback
 16,99 € (D)

ISBN 978-3-86882-885-6
 Product group: 1481

11.09.2017



- ➔ *Am Arsch vorbei geht auch Weg* with more than 180 000 sold copies is now being followed by *Ommh Arsch vorbei* by Alexandra Reinwarth
- ➔ More than 15 000 sold copies of *Das Glücksprojekt (The Happiness Project)*



ALEXANDRA REINWARTH

Alexandra Reinwarth has been named a bestselling author by German-language news website 'Der Spiegel' and has already written several books for the publishers riva Verlag. She has been living in Barcelona since 2000, where she works as a producer and author.



Has your partner ever said you should come with an instruction manual? Well, here it is!

The beautifully designed book gives you the opportunity to write down all of your essential day-to-day situations and the unique features of your life together: How do you know when she's in a really bad mood? What does it mean when he watches every episode of Star Wars back to back? What happens when she's had a few too many beers? Does he really need death metal music to be able to sleep?

A fill-in book for anyone keen to reveal their biggest strengths and lovable weaknesses to their sweetheart – with lots of laughs guaranteed! That way, you can always say: »But I told you that before!«



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35 000
copies sold

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Bestselling fill-in books! Unique new concept

Alles, was DU über MICH wissen musst

Damit du lange Freude an mir hast

mvgverlag 

Zum Ausfüllen
und Verschenken

Reinwarth, Alexandra
Everything You Need to Know About Me
To help you enjoy me for years to come

96 pages, 17,0 × 24,0 cm
hardback
10,00 € (D)

ISBN 978-3-86882-785-9
Product group: 1192

14.08.2017



- ➔ The first and only book you can give to someone special as a detailed instruction manual to you
- ➔ A very personal and individual gift idea, ideal for every couple



SIMONA MEYER

Simona Meyer, born in Ruhrgebiet in 1973, works as a freelance author for several major magazines. She wears two dress sizes larger than planned, has one child too few, still dreams of having a head of beautiful ringlets, and is more sofa sloth than gym bunny.

You wake up one morning with more than 40 wrinkles on your neckline and it's not something you take with a pinch of salt.

When Simona Meyer happens to go to take a selfie one day and feels like the Gruffalo is staring back at her, she realises: I'm getting old.

In her hilarious book, she does away with the great illusions that we have about "later life", which arrives so suddenly.

She offers suggestions on how to be more relaxed about everything being harder (and heavier!) than we had imagined – letting go, being happy, keeping your head screwed on, and your jeans done up!

HILARIOUS ADVICE ON THE TOPIC OF "GROWING OLD" IS RIGHT ON TREND



Meyer, Simona

Everything used to be easier – Getting my jeans on, for a start

How to enter middle age without botox and tummy tucks

200 pages, 13,5 × 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-86882-844-3
Product group: 1481

16.10.2017

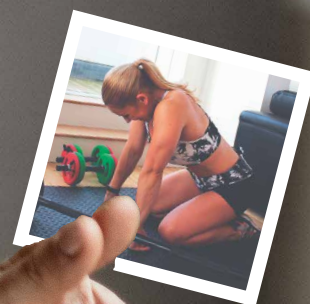


- ➔ Amusing advice for women over 40
- ➔ Refreshingly brazen style, the author writes for major women's magazines

YAVI HAMEISTER

Yavi Hameister (*1986) is a German graduate and worked for many years as a freelance journalist and editor, before moving to Scotland with her husband and becoming a blogger and mother.

© Niki Romczyk



I always wanted to tell great stories. Have great experiences. Exhibit greatness. For the great applause. And for the pain that I am so addicted to, regardless of the cost – money, health or a few lies that were so easily told. And yet I knew: If I were to write this book, I would have to tell the truth for the first time. And the truth is this: I am a liar – a master not only of pull-ups and calorie counting, but also of self-deceit. It is a breeze to paint a picture of your life as though it were made up of the perfect shapes and colours. But it is extremely difficult to correct the mistakes in the picture once the paint has already dried.

Yavi Hameister's book is an honest portrayal of her painful journey through exercise addiction, which caused extreme damage to her body and hormonal collapse after many years of excessive training and extreme dieting.

Life is not just about likes on Instagram and presenting the appearance of being a perfect woman with a perfect life...

CURRENT THEME

SELF-IMAGE IN

SOCIAL NETWORKS

mvg Verlag

Autobiography



Hameister, Yavi
Until It Hurts

How the pursuit of perfection and attention almost destroyed me


240 pages, 13,5 x 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-86882-851-1
Product group: 1971

13.11.2017



- ➔ A compelling first-hand account and advice for young women
- ➔ Honest account of the dangers of body culture and addiction to self-image
- ➔ Popular blogger reveals the truth behind her Instagram façade



He is the most famous German worldwide:
Karl Lagerfeld. He is best known for his very neat,
white ponytail hanging low at his neck and black sun-
glasses.

The fashion guru is the face of CHANEL, a photographer, gifted
artist and the most renowned German internationally.

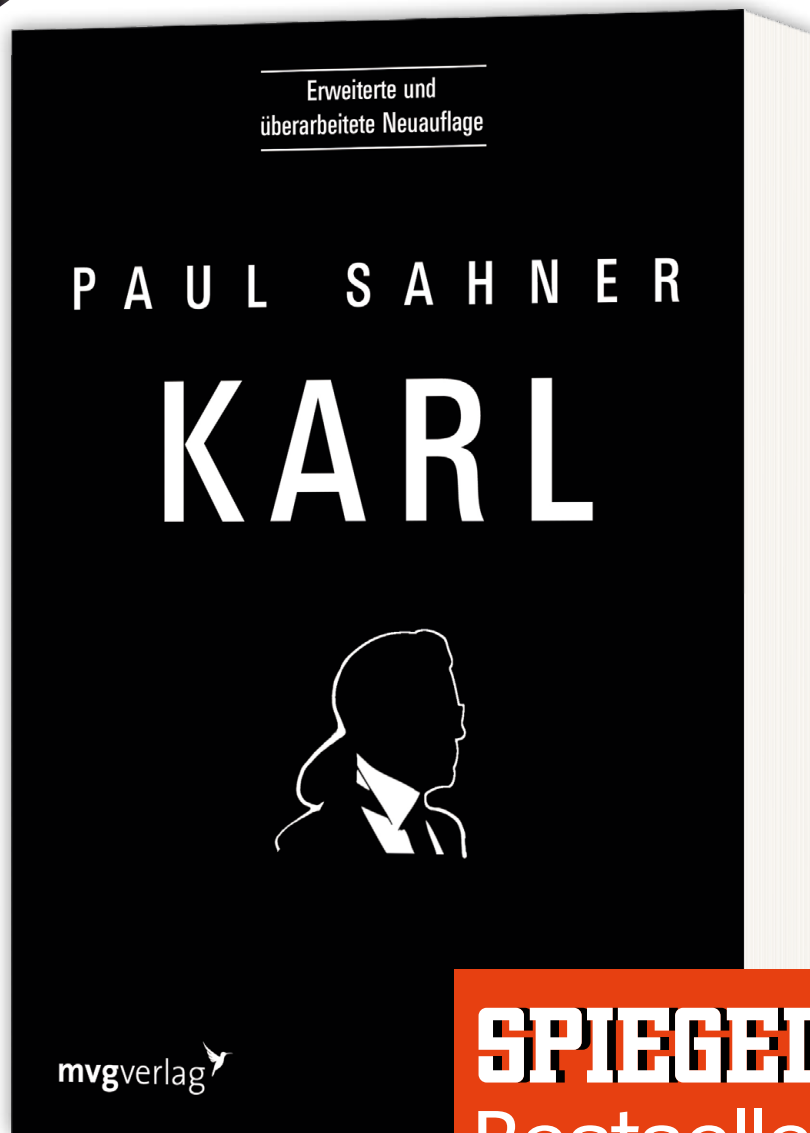
In his very personal discussions with the designer, chief reporter Paul
Sahner portrays the fashion designer as a wonderful and vivacious per-
son. The friendly relationship between the two allows a very private
glimpse into Lagerfeld's life, taking the reader on a journey behind the
scenes of the international fashion circle. Discussions – often very
philosophical in nature – are used to delve deep into the issue of
aesthetics and design. From his muse Claudia Schiffer to his
second profession as a photographer, the pair discuss colour-
ful topics from the life of the most significant fashion
designer of the 21st century.



The bestseller with new chapters
on the last six years!

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Biography



Sahner, Paul

Karl

New extended and revised edition

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ISBN 978-3-86882-870-2

Product group: 2951

13.11.2017



SPIEGEL
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➔ Over 25,000 copies already sold

➔ Intimate glimpses into the life of the greatest fashion guru



STARDUST AND RAINBOW!
THESE UNICORNS CAN EVEN DO YOGA!
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OUR FAVOURITE FURRY FRIENDS MASTER EVERY
POSE. THIS WONDERFULLY ILLUSTRATED GIFT
BOOK IS A MUST FOR ALL UNICORN FANS.

DIE ZUCKERWATTE RIECHEN



MEHR PLATZ
FÜR KUCHEN
SCHAFFEN



BASED ON THE MAJOR BESTSELLER
YOGA FÜR KÜHE (YOGA FOR COWS)

mvg Verlag

Gift book

YOGA FÜR EINHÖRNER



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Yoga for unicorns

48 pages, 20,0 x 20,0 cm

hardback
9,99 € (D)

ISBN 978-3-86882-861-0
Product group: 1185

11.09.2017



- ➔ Unicorns are bang on trend
- ➔ Beautifully illustrated gift book

This book helps the reader to focus on their (currently) unfulfilled wishes.

There is a theory section for you to scribble down your background knowledge followed by pages with specific questions to flesh out your wishes and decide step by step plan for implementing them in reality.

A book to reduce your yearning and help you to feel more satisfied in your life!

What can actively be done to bring you one step closer to fulfilling this?

Space for a wish

What is the motivation behind this wish? Are there any underlying reasons?

Write down your wishes to feel happier within yourself

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Gift book



Make a Wish!

A fill-in wish book to make you smile

96 pages, 12,5 x 18,7 cm
hardback
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ISBN 978-3-86882-835-1
Product group 1191

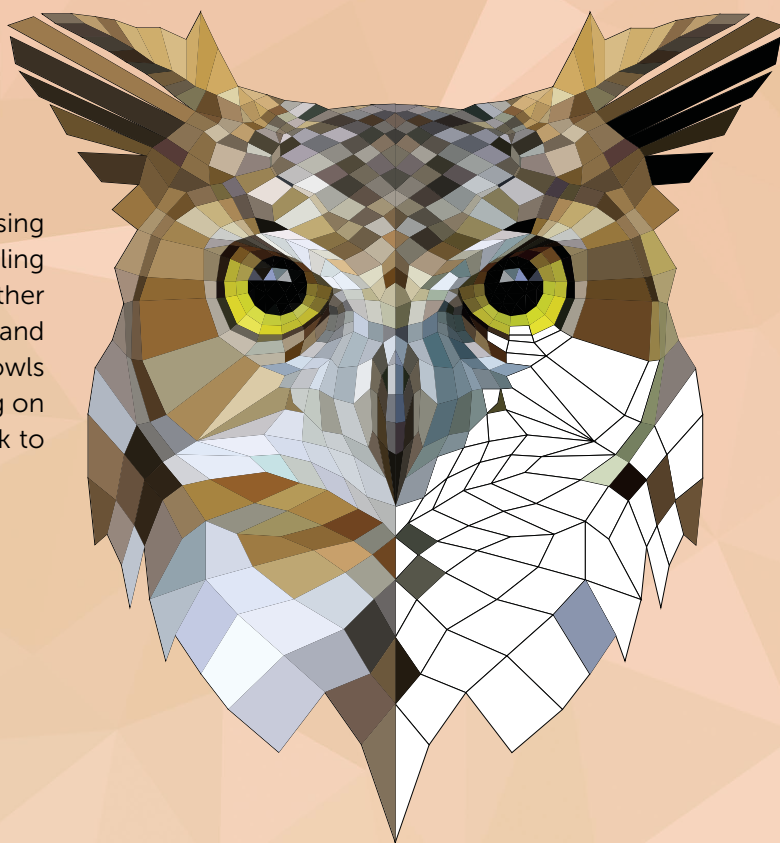
16.10.2017



With a comprehensive theory section and inspiring guidance

P

ut down your pens! Creating pictures using stickers is the latest trend! If you're feeling stressed but can't stand to look at another colouring book, try creating beautiful woodland scenes without a single pen. Stickers turn deer, owls and foxes into unique 3D pictures worth hanging on the wall. Bring your lovely childhood hobby back to life as an adult. A truly enriching activity!



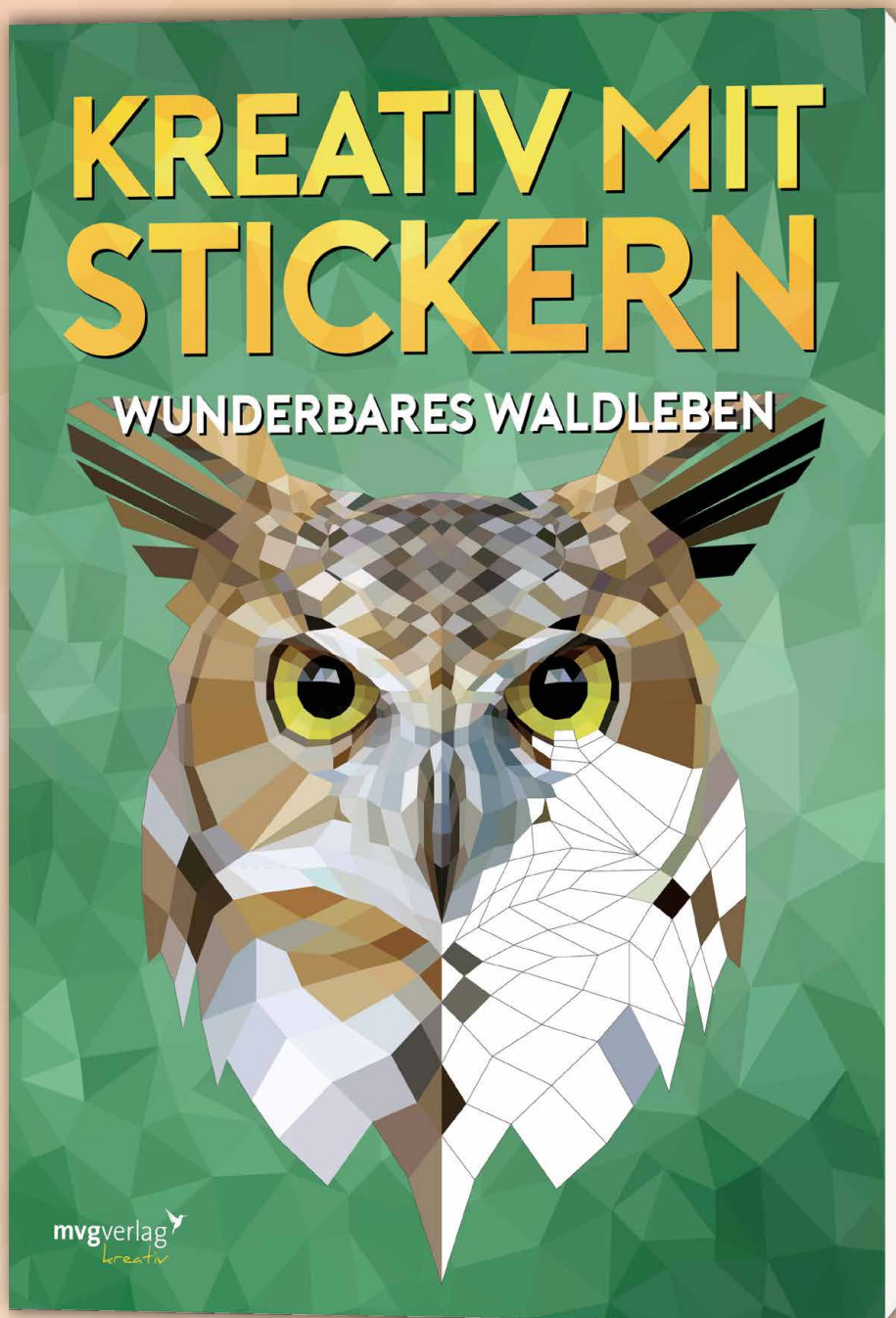
3D PICTURES, WORTH HANGING ON THE WALL



STICKING IS THE NEW COLOURING

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mvg creative



Creative with Stickers

Wonderful woodland life

44 pages, 21,0 × 29,7 cm
paperback
12,99 € (D)

ISBN 978-3-86882-863-4
Product group: 1411

17.07.2017



- ➔ How to use polygon stickers to conjure up beautiful 3D images
- ➔ The new book with the bestselling woodland theme
- ➔ Intricate configurations with gate-folded design and perforation



SABINE MAGNET

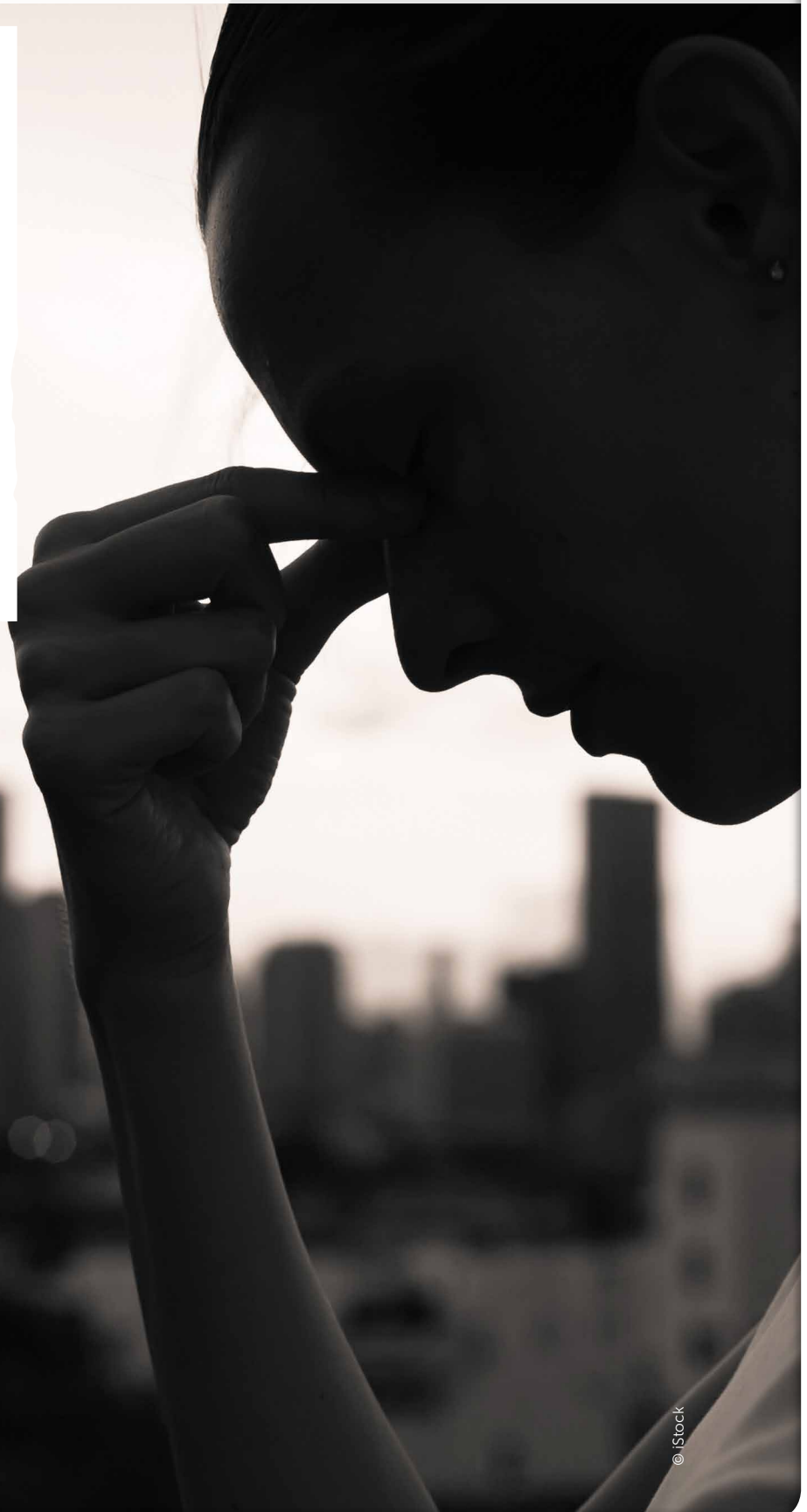
Sabine Magnet studied communication studies, politics, sociology and Spanish at the Ludwig Maximilian University in Munich and attended the German School of Journalism. Even so, she often has the feeling that her success is not of her own making, but instead is just down to luck, or is a coincidence or a mistake. It was her decision to get to the bottom of this feeling that led to her write this book.

Many people see themselves as frauds and are convinced that they have completely failed in life, despite all evidence to the contrary.

This phenomenon is known as impostor syndrome.

It is the inability to ascribe success to your own capabilities and talents.

Und was, wenn alle merken, dass ich gar nichts kann? describes impostor syndrome in all its manifestations and facets and explains how to finally recognise your own abilities.



At last, there is a
name for the undefined
fear of not being
good enough



Magnet, Sabine

**What happens if everyone realises
I can't do anything?**

The undefined fear of not being good
enough

200 pages, 13,5 × 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-86882-849-8
Product group: 1481

13.11.2017



- ➔ Seventy per cent of people experience impostor syndrome at least once in their lives
- ➔ This is the first book in German about impostor syndrome



ANDREA MICUS

German studies specialist Andrea Micus has spent many years writing for high-circulation consumer magazines. As an author she is successful as a sensitive biographer and renowned for her profound guides, particularly on the topic of dating. Her topics revolve around everything that affects women: love, family and dating, illness and separation, breakups and new beginnings.

In her new guide Andrea Micus explains the phenomenon of the happiness curve, and reveals what you can do to control and influence how long your new happiness lasts.

The book uses lots of examples and exercises to help you learn how to enter this new phase of life.

Refreshing testimonials by older women and men give you courage and take away the fear of getting older. As you get older, you'll learn how great it really is!



IT'S SCIENTIFICALLY PROVEN :
LIFE ONLY PROPERLY STARTS AT
AGE 42,5



Micus, Andrea
The Happiness Curve of Life
Why you start to thrive after middle age

200 pages, 13,5 × 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-86882-859-7
Product group: 1481

16.10.2017



- ➔ The eight ingredients for discovering true happiness
- ➔ With fascinating case studies and practical worksheets
- ➔ Find a new lease of life after middle age



INGRID STROBEL

Ingrid Strobel is an alternative practitioner for psychotherapy with her own practice specializing in burnout and couples therapy. She lives and works in Horgau near Augsburg, Germany.

W

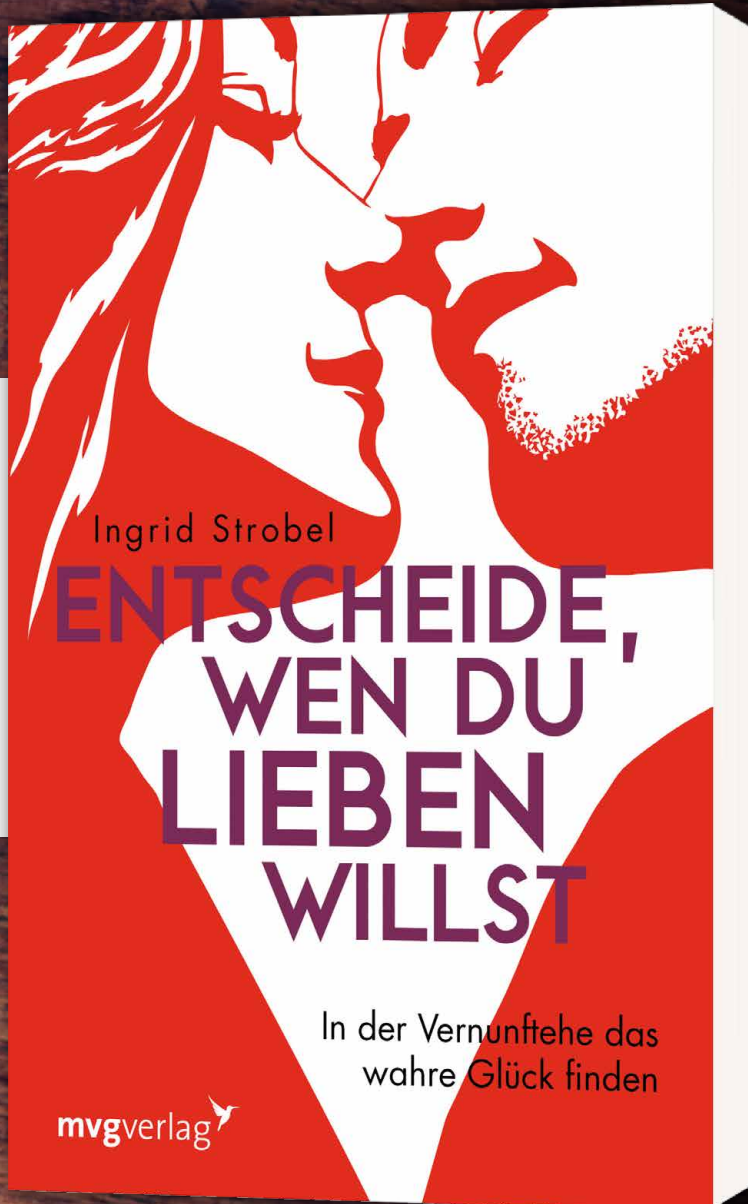
e have to tear ourselves away from the illusion of romantic love, and learn that it makes more sense to use our head to choose a partner rather than listening to our heart. This will help us to make a conscious decision right from the start about which partner to get involved with.

That's the only way to succeed in our desire to be »together till death do us part«.

YOU CAN LEARN TO LOVE

mvg Verlag

Self-help



Strobel, Ingrid
Decide Who You Want to Love
Find true happiness in a marriage of convenience

240 pages, 13,5 x 21,0 cm
paperback
16,99 € (D)

ISBN 978-3-86882-789-7
Product group: 1483

16.10.2017



- ➔ Puts an end to the hype surrounding the »great love«
- ➔ 50 percent of all marriages end in divorce – this book reveals why
- ➔ With valuable tips for ensuring your relationship lasts

ANDREAS BREDE

Andreas Brede is an NLP trainer by vocation and focuses on NLP and personal development.

SASCHA BALLACH

Sascha Ballach trained as an IT specialist before becoming a successful software developer.

Andreas Brede and Sascha Ballach, both experienced NLP trainers, show how we can have a more exciting and fun life.

From everyday life scenarios, social situations and relationships to the workplace, these 101 exercises show that life is a giant playground with endless opportunities – if only we are willing to leave our comfort zones. So stop the routine and start living!

ENGAGING EXERCISES TO HELP YOU LEAVE YOUR
COMFORT ZONE — A MUST-READ FOR ANYONE
WANTING TO EXPERIENCE SOMETHING NEW



Brede, Andreas; Ballach, Sascha
**Miracles happen when you leave
your comfort zone**

101 exercises to help break the routine

192 pages, 14,8 × 21,0 cm
paperback
14,99 € (D)

ISBN 978-3-86882-875-7
Product group: 1480

11.09.2017



- ➔ Learn to break your fixed routines in no time at all
- ➔ Contains 101 exercises for self-development
- ➔ For anyone who wants to go from being a couch potato to Indiana Jones



STEFAN SCHMORTE

Born in 1961, Stefan Schmorte worked as a TV presenter as well as a journalist and editor in chief for well-known magazines. Today he works as a journalism consultant and lives with his family at Lake Starnberg in Germany. "The Unveiling of the World" is his first novel.

Piet van Leeuwen is the most perceptive man of the 17th century, but overlooks what's most important in his life. Born very small and outcast by his mother, he was compensated by being endowed with a very special talent. Miraculous eyesight. His very special vision can recognise even the tiniest details, which his fellow humans are blind to. His difference quickly made him an outsider. And his search for the tiniest thing he could find became a big part of his life.

He was very lucky to survive his childhood at a boarding school full of violence and abuse. After spending his apprentice years on a shoestring budget in Amsterdam, he opens a cloth business in his native city of Delft. He lives there with his Jewish maid Carla, who

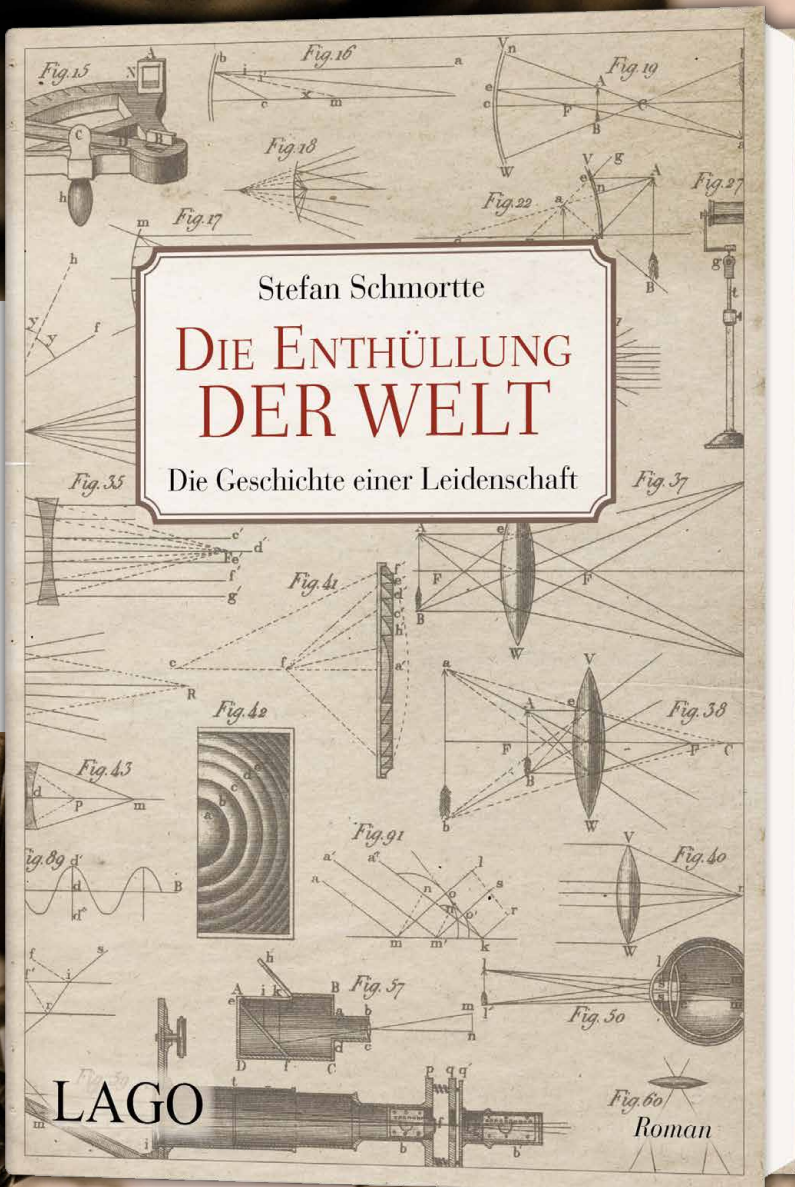
he paid to set free from a brothel. Nobody in the city has any idea of their secret love affair. And only very few know what Piet gets up to back in his workshop when he shuts up his shop in the evening.

When people in the city start to get scent of his curious equipment, Piet has to fear for his life. His unbelievable discovery soon earns him respect among scientific circles, but he starts to increasingly lose sight of the love of his life. It is only when disaster has already started to take its course that he finds out the brutal truth that Carla had hidden from him the whole time. Ultimately, he only sees one way to retaliate against the world and his fate.

Historical novel in the same style as major bestseller *Measuring the World*

LAGO

Historical novels



Schmorte, Stefan
The Unveiling of the World
The tale of a passion

560 pages, 14,8 × 21,0 cm
hardback
24,99 € (D)

ISBN 978-3-95761-175-8
Product group: 1113

11.09.2017



- ➔ The discovery of the microscope: historically verified and explained in detail
- ➔ 650 very entertaining pages