

# SPRING 2018



Alexandra Reinwarth was born in 1973 in Nuremberg and grew up in Regensburg as the only child of divorced working parents. After college she moved to Munich where she joined a bar cooperative. She left after just a few years and in the year 2000 ended up moving to Spain on a whim. There she worked as a production assistant in Barcelona, before becoming a producer within the film advertising and photography industries. During this time she began to write satirical and comical books for various publishers, as well as guides and biographies. Since 2006 she has worked exclusively as a freelance author. In 2016 she and her family (she has an incredibly sweet son) moved to Valencia, where she dedicates a lot of her time to eating seafood!

She started out writing comical books as a hobby. But before she knew it, a simple pastime had become a great success. An enormous success! Her book 'Das Glücksprojekt' (The Happiness Project) became the most successful e-book ever published by mvg-Verlag. Her series of

gift books 'Was ich an dir liebe' (What I love about you) is a bestseller. And her book 'Am Arsch vorbei geht auch ein Weg' (The art of not giving a crap) has enjoyed record-breaking success. Up to now Alexandra Reinwarth has sold more than 1.3 million books. And the success story continues...

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Bestselling author  
**ALEXANDRA**

**REINWARTH**

more than 1,3 Million  
copies sold

*The success continues ...*

# The ideal gift



Reinwarth, Alexandra  
**The art of not giving a crap – for mothers**  
 How life with your child will improve if you relax  
 112 pages, 12,5 x 18,7 cm  
 paperback  
 10,00 € (D)  
 ISBN 978-3-86882-837-5  
 Product group 1481

22.01.2018



Puke-stained clothes and tantrums at the supermarket: yes, it's annoying, but you love the little terror. What you don't love is when the mothers of those precious little Sebastians keep telling you that butter wouldn't melt in their 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

Reinwarth, Alexandra  
**The art of not giving a crap – for the workplace**  
 How life will improve if you relax  
 96 pages, 12,5 x 18,7 cm  
 paperback  
 10,00 € (D)  
 ISBN 978-3-86882-838-2  
 Product group 1481

14.05.2018



Your colleagues in the open-plan office won't stop gossiping, the server crashed just as you were about to save your work, and someone has stolen your sandwich from the fridge. It happens all the time! But don't hit the roof, simply ask Alexandra Reinwarth. It's really easy to stop giving a crap about mundane office life and give frustration the finger.



# Total success!



Reinwarth, Alexandra  
**The art of not giving a crap – for the household**  
 How life will improve if you relax

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

ISBN 978-3-86882-839-9  
 Product group 1481

16.04.2018

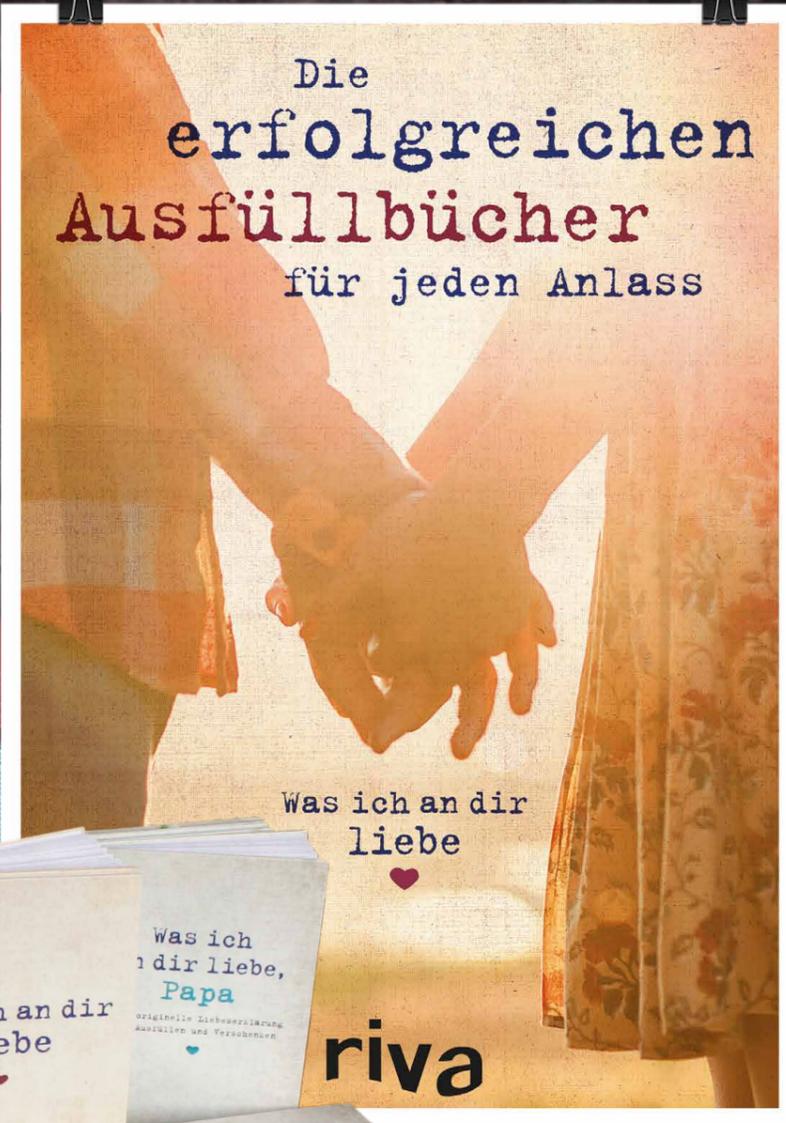


The floor is freshly washed and you've hardly turned around before someone runs across it with dirty shoes, drops crumbs on the newly hoovered carpet, and that laundry pile just never gets any smaller. But don't despair, just ask Alexandra Reinwarth and learn how to confidently ignore that duster. This book will teach you how to lead a fulfilled life that doesn't end with 'Always had a clean house' on your gravestone.

- ➔ Relaxed and stress-free – at work, at home and as a mother
- ➔ All-round, carefree not giving a crap

**Rights sold to: Hungary,  
Croatia, Czech Republic (Grada)  
and Korea (Business Books)**

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550000  
copies sold**



**Rights sold to: Korea (Daniel's Stone  
Publishing), Czech Republic (Beta), Italy  
(Feltrinelli), Slovenia, France (Marabout)**

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# THE LATEST BOOK SENSATION

BY OUR BESTSELLING AUTHOR  
ALEXANDRA REINWARTH

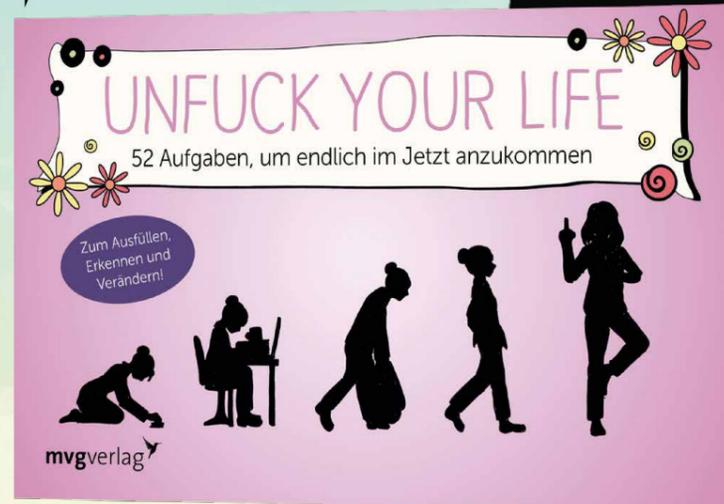
What would happen if we knew we had exactly one year left to live? What would we do, and above all, what would we stop doing? Bestselling author Alexandra Reinwarth explores this question, giving herself a fictitious death date, around which she plans her entire life. In her inimitable, humorous style, Alexandra Reinwarth approaches THE date, and in doing so recognises that in the end, all the stress, tension and anxiety that we experience in our daily lives are irrelevant. This thought shows her what is really important in life and what counts. Highly entertaining and very inspiring!

## Fill-in-book



ISBN 978-3-86882-936-5  
9,99 €

## Workbook



ISBN 978-3-86882-931-0  
9,99 €

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Discover what really  
counts in life



Reinwarth, Alexandra  
**Life is too short for later**  
A thought experiment that will change your life

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

ISBN 978-3-86882-916-7  
Product group 1480

14.05.2018



- ➔ Alexandra Reinwarth is a guaranteed success: the books in her series 'The art of not giving a crap' have sold more than 500,000 copies
- ➔ Authentic, funny and inspiring: how life changes when we know when we are going to die
- ➔ Also available as a diary to be filled out

# A new edition of the bestsellers by Kurt Tepperwein



Tepperwein, Kurt  
**Regain power over yourself**  
How to turn crisis into opportunity

304 pages, 12,5 x 18,7 cm  
paperback  
12,99 € (D)

ISBN 978-3-86882-905-1  
Product group 1481

22.01.2018



Crises can be very unsettling. What seems completely normal one moment is thrown into doubt the next. But instead of being overcome by the new situation, we should seize the opportunity to set a new course. Kurt Tepperwein looks at the different types of crisis that might arise, for example relating to our relationships, professional lives, development or spirit. He demonstrates how such crises arise, how they affect us and how we can overcome them. This is the only way we can regain power over ourselves and can act, instead of just reacting.

- ➔ An essential guide for all those 'at the very bottom'
- ➔ A clear reading and teaching book that helps people to change their perspectives in challenging life situations

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Tepperwein, Kurt  
**Heal your wounds**  
Understanding and healing a wounded soul

96 pages, 12,5 x 18,7 cm  
paperback  
9,99 € (D)

ISBN 978-3-86882-894-8  
Product group 1481

16.04.2018



This book discusses a number of minor ailments and disharmonies – from dependencies to cysts – that we know only too well. An exhaustive, alphabetical list shows, among other things, what our health problems are trying to tell us and how we can deal with them.

This book gives courage, taking its readers by the hand and leading them down the path to healing. Our inner attitude influences our feeling of well-being and ensures a sense of harmony.

Tepperwein, Kurt  
**The secret power of intuition**  
Listen to your inner voice and make your dreams come true

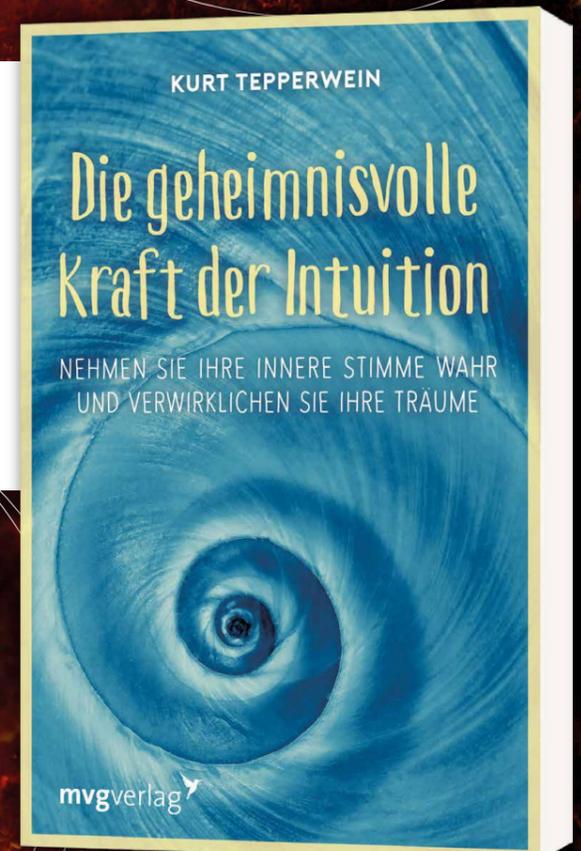
240 pages, 12,5 x 18,7 cm  
paperback  
9,99 € (D)

ISBN 978-3-86882-930-3  
Product group 1481

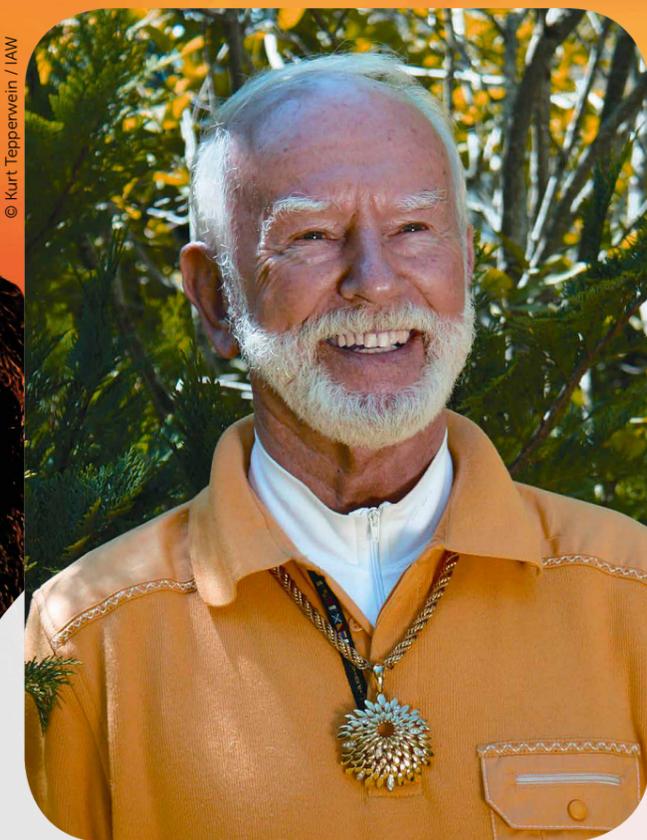
22.01.2018



Many people make decisions according to 'instinct', others 'have a feeling', which always turns out to be right. Anyone wishing to avoid taking the wrong steps, make good decisions and take the right action, should trust their own intuition more. Kurt Tepperwein explains how we can listen to our inner voices and act more intuitively. Includes numerous exercises, tips and techniques to help combat doubts in our professional and personal lives and so teaching us how to live simpler, more successful and fulfilled lives.



More than 1.5 Million  
copies sold by  
bestselling author Kurt Tepperwein



**KURT TEPPERWEIN**

Kurt Tepperwein, born in Lobenstein in 1932, has dedicated himself to the mysteries of life, working for a number of years as a business consultant and alternative practitioner. As a consciousness researcher, seminar leader and author of countless books, his aim is to share his comprehensive knowledge and all his valuable experiences with everyone who is looking for answers. Tepperwein is better placed than almost anyone to embrace the material and spiritual way of things and to look at it all as a harmonious whole.

In addition to more than 90 books, numerous DVDs and CDs, his popular basic and further training courses are popular with all age groups and professions.



THE SUCCESSFUL STANDARD  
WORKS BY BESTSELLING AUTHOR  
**VERA F. BIRKENBIHL**



Vera F. Birkenbihl ran the institute for brain-friendly work and was one of the biggest names in the seminar scene. She worked most closely with brain management, or more precisely thinking, teaching, learning and sustainability for the future. She was a respected coach, not least because she developed all her own material and was constantly updating it, but also because she regularly broadened her area of expertise to include new topics. More than half a million people attended her lectures and seminars.

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KOPF?**

Vom Gehirn-Besitzer  
zum Gehirn-Benutzer

mvgverlag

978-3-86882-445-2  
8,99 € (D)



**VERA F. BIRKENBIHL**

Vera F. Birkenbihl ran the institute for brain-friendly work and was one of the biggest names in the seminar scene. She worked most closely with brain management, or more precisely thinking, teaching, learning and sustainability for the future. She was a respected coach, not least because she developed all her own material and was constantly updating it, but also because she regularly broadened her area of expertise to include new topics. More than half a million people attended her lectures and seminars. She has sold more than three million books, CDs and DVDs.



In this as-yet-unpublished written seminar, the bestselling author and coach posthumously invites her readers to take stock of their own lives. What do you want to achieve in your lifetime? What are your goals? And what are your personal fixed stars, which outshine all other goals and give your life a profound meaning? Vera F. Birkenbihl explains clearly how to identify your life goals, what hurdles will probably have to be overcome in order to achieve them, and how to find the necessary power to do so. A book full of valuable tips to get you thinking about what you really want to achieve in life!

Vera F. Birkenbihl's spiritual legacy for her readers: as-yet-**unpublished material** available at last!



Birkenbihl, Vera F.  
**Find your fixed star**  
Recognise and achieve your own life goals  
160 pages, 12,5 x 18,7 cm  
paperback  
12,99 € (D)  
ISBN 978-3-86882-921-1  
Product group 1481

16.04.2018



The bestselling author's last unpublished book

- ➔ Innovative food for thought for discovering your own life goals – in the authentic and familiar Birkenbihl-style
- ➔ Vera F. Birkenbihl has sold more than three million copies of her books, DVDs and CDs



### TIM LOBINGER

During his career, Tim Lobinger – now 45 – was a world-class track and field athlete. He was the first German pole vaulter to jump six metres, is fifteen-time German champion and has competed in several Olympic Games.



The pole vaulter Tim Lobinger has spent most of his life being one of the winners. But in March 2017, he was diagnosed with a particularly aggressive form of leukaemia. He began chemotherapy immediately, followed by weeks of isolation in hospital to prepare him for a stem cell transplant. In mid-May 2017, Tim made his illness public, and received an overwhelming response.

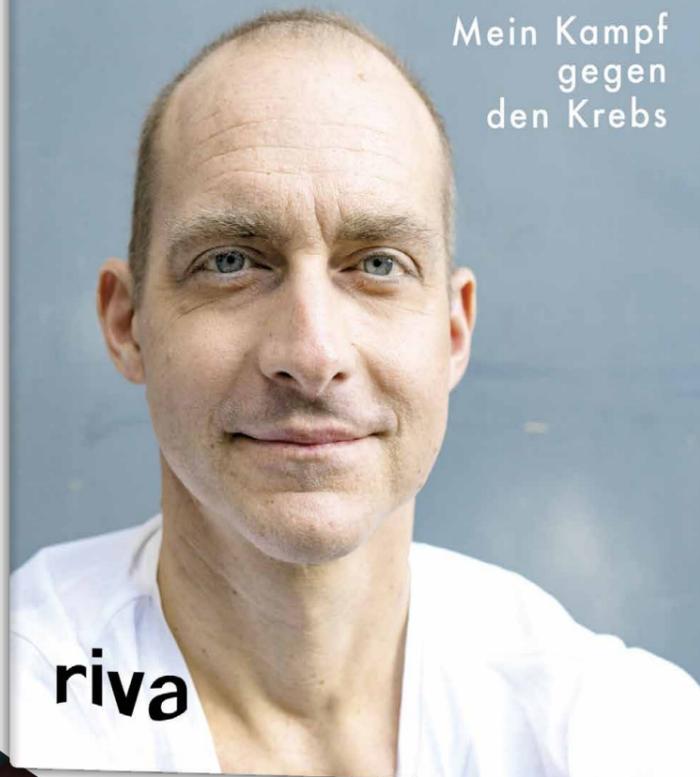
Since his diagnosis, Tim has been keeping a diary, which provides a powerful insight into his sudden confrontation with death, the agony of treatment, the worry about his young family, his hopes and anxieties regarding the future. The personal entries form the basis of this book, which records the various stages of a battle with cancer in a shocking and yet encouraging way. Tim also recalls his life so far: he describes his career as a well-loved and highly spirited athlete, and gives an insight into his family life.

# HE WAS ONE OF THE MOST SUCCESSFUL GERMAN TRACK AND FIELD ATHLETES – NOW HE IS FIGHTING CANCER

With a foreword by **Joshua Kimmich**

## TIM LOBINGER VERLIEREN IST KEINE OPTION

Mein Kampf  
gegen  
den Krebs



Lobinger, Tim  
**Losing is not an option**  
My fight against cancer

224 pages, 14,8 x 21,0 cm  
hardback, 4-farbig  
19,99 € (D)

ISBN 978-3-7423-0566-4  
Product group 1971

16.04.2018



- ➔ Gripping story of illness and an irrepressible desire to live
- ➔ Gives courage to people who are suffering from a severe illness
- ➔ Many readers are invested in the fate of this beloved athlete
- ➔ Emotional roller-coaster ride in the form of diary entries

## 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.«

**Y**avi 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. Driven by the desire for attention and showmanship she was not only prepared to jeopardize her health but also to tell other people lies and manipulate

them in order to be admired for her body and her looks. This blow of fate is similarly the beginning of a change in lifestyle and attitude which makes her finally understand what really matters in life. 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



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

26.02.2018



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

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mvg Verlag

Nonfiction/Biography



### PETRA CNYRIM

Petra Cnyrim, born in 1975, is an author based in Munich. Her books 'Vervollständige die Funktion' (Solve the equation) and 'Das Buch der fast vergessenen Wörter' (The book of almost-forgotten words) reached the Spiegel bestseller list.



'Diffusion is the self-activating mixture of two or more substances by the spontaneous movements of their particles.' – Huh? Everyone knows that feeling when you get an answer so complicated that you're still clueless. When adults try to explain something to one another, we are often hindered by our varying knowledge of different subjects.

But even the most complicated things can be explained clearly enough that a five-year-old could understand. This instructive and helpful book proves that! It provides entirely comprehensible answers to complex questions, such as:

**IS A VIRUS A LIVING THING?**

**CAN HUMANS AND ANIMALS COMMUNICATE?**

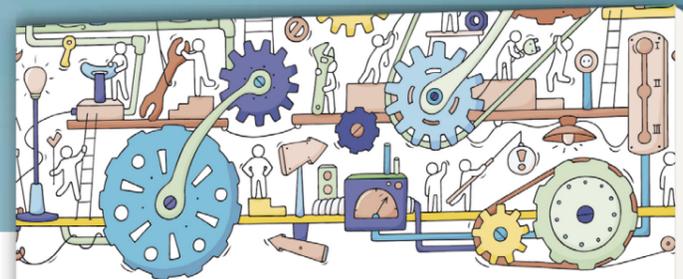
**WHY IS THE SKY BLUE?**

More than 35 000 copies sold



ISBN 978-3-86883-411-6  
8,99 € (D), 9,30 € (A)

# THE MOST FASCINATING AND COMPLICATED QUESTIONS FROM ALL ASPECTS OF LIFE EXPLAINED SIMPLY AND CLEARLY

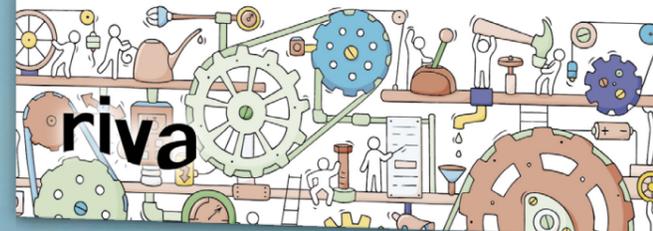


Petra Cnyrim

## ERKLÄRS MIR, ALS WÄRE ICH 5

Komplizierte Sachverhalte einfach dargestellt

Was besagt die Relativitätstheorie?  
Warum haben wir zwei Gehirnhälften?  
Warum fallen Vögel beim Schlafen nicht vom Ast?



Cnyrim, Petra  
**Explain like I'm 5**  
Complicated issues clearly explained

200 pages, 13,5 x 21,0 cm  
paperback  
9,99 € (D)

ISBN 978-3-7423-0283-0  
Product group 1980

14.05.2018



- ➔ 'Explain like I'm 5' is a global internet phenomenon
- ➔ Unusual and entertaining books for learning are always well received

## JUTTA ZIEGLER

Jutta Ziegler, born 1955 in Darmstadt (Germany), lives in Hallein, near Salzburg, Austria. After studying veterinary medicine in Vienna (1975–81), she first opened a veterinary clinic in Kuchl, Austria. Since 1999, she has led a small animal practice in Hallein with an attached shop for natural products whose recipes have been developed largely in-house. She is also a specialist vet for homeopathy, and has many years of in-depth experience of alternative healing methods, paying particular attention to biological species-appropriate feeding (known as BARF: Bones And Raw Foods). This knowledge she passes on in discussions, lectures and seminars. She is the mother of two grown sons.

Millions of cats and dogs live in European and American households, and almost all of them are regularly treated with far too many and useless vaccinations, chemical coshes called "medicines" and absurd diet meals which make them ill.

In her bestselling tell-all book *Dogs would live longer if ...* veterinarian Dr. Jutta Ziegler points out everything that is going wrong in veterinary practice. She reveals the interdependence of the veteri-

nary business and the animal feed industry, and offers case examples to explain how our pets should NOT be fed and treated.

This book offers important information and advice for the responsible pet owner on how to protect their animal and themselves against corrupt and unscrupulous veterinarians for whom money is more important than ethics, and who opt to put on the line the lives of the animals entrusted to them, giving priority to their own wallet.

# EVERY PET OWNER WHO LOVES THEIR PET SHOULD READ THIS BOOK!



Ziegler, Dr. med. vet. Jutta  
**Dogs would live longer if ...**  
The Black Book on Veterinarians

192 pages, 13,5 x 21,0 cm  
hardback  
17,99 € (D)

ISBN 978-3-86882-234-2  
Product group 1424

25.03.2011



**RIGHTS SOLD TO:  
SLOVAKIA (CITADELLA),  
ITALY (MACRO), FRANCE (THIERRY  
SOUCCAR), RUSSIA (TROMA)**

➔ More than 90.000 copies of the German edition sold at the market



### ANNETTE BERNJUS

Annette Bernjus, born in Lorsbach im Taunus in 1961, is a passionate teacher of Taijwan and a relaxation, stress and burnout coach. As a seminar leader for forest bathing, she takes her clients to special forest atmospheres and acts as an intermediary between forest and people.



### ANNA CAVELIUS

Anna Cavalius studied in Munich, Italy and Spain. After obtaining her MA, she began working for an American magazine publisher. In 1995, she started working as a freelance editor and science writer for medical and psychological specialist topics and since then has published various successful self-help and non-fiction books, many of them bestsellers.

# Forest bathing is the new yoga – the Japanese wellness trend for body and soul



Bernjus, Annette; Cavalius, Anna  
**Forest bathing**  
Rediscover yourself through the healing power of nature

160 pages, 12,5 x 18,7 cm  
hardback  
14,99 € (D)

ISBN 978-3-86882-918-1  
Product group 1481

16.04.2018



In Japan, forest bathing has long been a key player in general preventative healthcare. In these times of constant contact, of stress and urgency, there is nothing quite like an invitation to enter the forest, let nature take its effect on you, to stop thinking and to enjoy the peace and quiet of nature! Annette Bernjus takes readers through their first experiences of forest bathing and describes the ten things that will help us find ourselves amongst the unspoiled nature. The gentle therapy for body and soul!

- ➔ Lower blood pressure, reduced stress and a stronger immune system: the positive effects of forest bathing are enormous
- ➔ Original and authentic: anyone can use this book to activate their self-healing powers in nature
- ➔ Explains the Shinrin-Yoku method in ten easy steps



### FEI LONG

Fei Long was born in Huanggang, China in 1979. She practises traditional Chinese medicine and has two TCM practices in Munich.



### GABY BRANDL

Gaby Brandl was born in Kelheim, Germany, in 1971, and has cultivated an interest in yoga and Buddhism since childhood. She teaches yoga in Munich and is an expert in hormone yoga. In 2015 she was ordained by a Buddhist monk.

We all know that inner beauty is a very valuable thing. In this inspiring book, alternative practitioner Fei Long and yoga teacher Gaby Brandl explain how inner harmony can also positively influence our outer appearance.

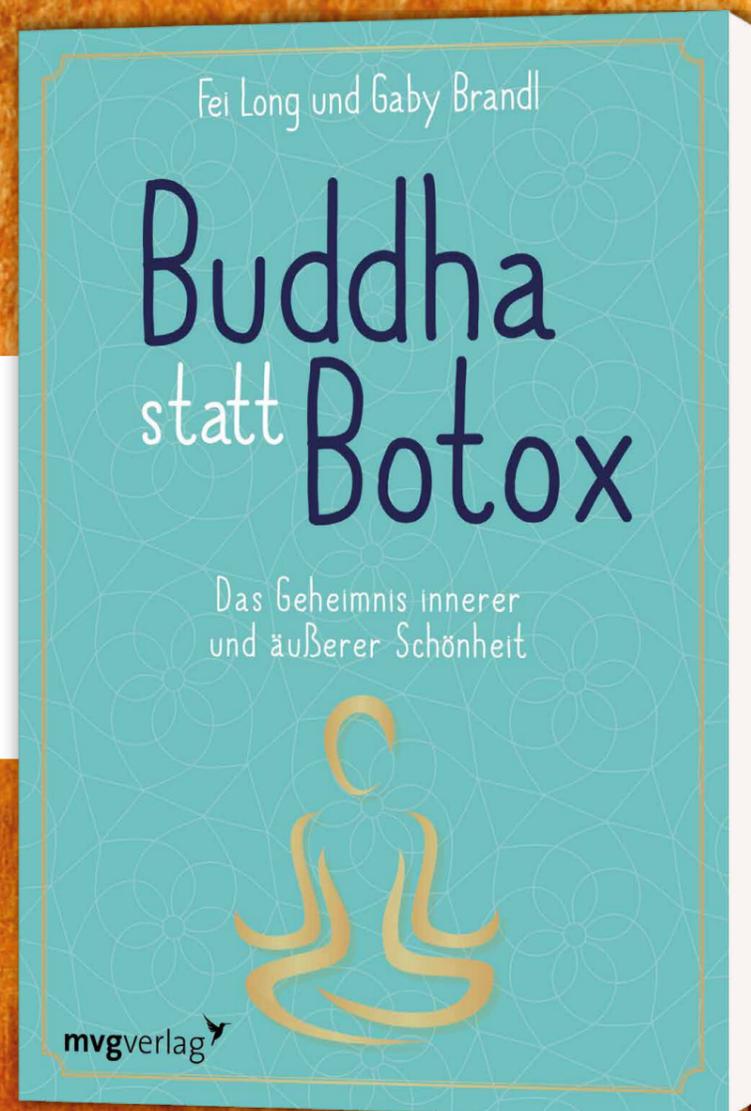
After all, calmness, inner peace, kindness and self-compassion – all Buddhist virtues – do not only ensure a better aura, but also have a visibly rejuvenating effect, right down to the cells in our bodies.

The authors demonstrate that anyone can follow this spiritual path to a good appearance, and present a variety of specific exercises and applications to improve and rejuvenate the immune system, cells and skin, and make us look more beautiful.

A must-have for everyone who would rather trust the power of Buddhist principles than go under the knife.



## The evidence: beauty is not a question of the right day cream, rather a result of our internal attitude



Long, Fei; Brandl, Gaby  
**Buddha not Botox**  
The secret to inner and outer beauty

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

ISBN 978-3-86882-888-7  
Product group 1481

16.04.2018



- ➔ The first book that demonstrates the spiritual path to a good appearance
- ➔ Includes numerous exercises and applications for daily life – mindful yoga, meditation, breathing exercises and other eastern secrets
- ➔ For everyone with an interest in mindfulness, yoga and meditation and who wants to look good, too



### GABRIELA BUNZ-SCHLÖSSER

Gabriela Bunz-Schlösser is a behavioural therapist, clinical psychologist and a lecturer at various institutes. In addition to running her own psychotherapy practice, she gives lectures and seminars on various psychological subjects and is also a supervisor.

**W**ho we are, how we feel and act around others is often closely linked to our childhood experiences: a lack of loving attention, protection and security is often mirrored in our present as inner pain, fear or a feeling of loneliness.

Psychologist Gabriela Bunz-Schlösser uses authentic examples from her career to show how adults can find their inner child again, and give it everything it missed out on so painfully in the past.

This practical three-week programme, together with a bit of imagination, helps us to understand and eventually to heal all open wounds and grievances from our childhood, in order to resolve present conflicts and to allow us to lead balanced, happy lives.



# The inspiring three-week programme for reconciliation with your inner child



Bunz-Schlösser, Gabriela  
**Take your inner child by the hand**  
How to let your past go and be happy in the present

192 pages, 12,5 x 18,7 cm  
paperback  
9,99 € (D)

ISBN 978-3-86882-890-0  
Product group 1481

16.04.2018



- ➔ The classic work on this popular topic, now with a new look
- ➔ Sensitive and based on practical examples: those who understand their childhood can heal their own inner wounds
- ➔ With results logs and application examples from psychological practice



### 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.

**W**e 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

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

riva

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  
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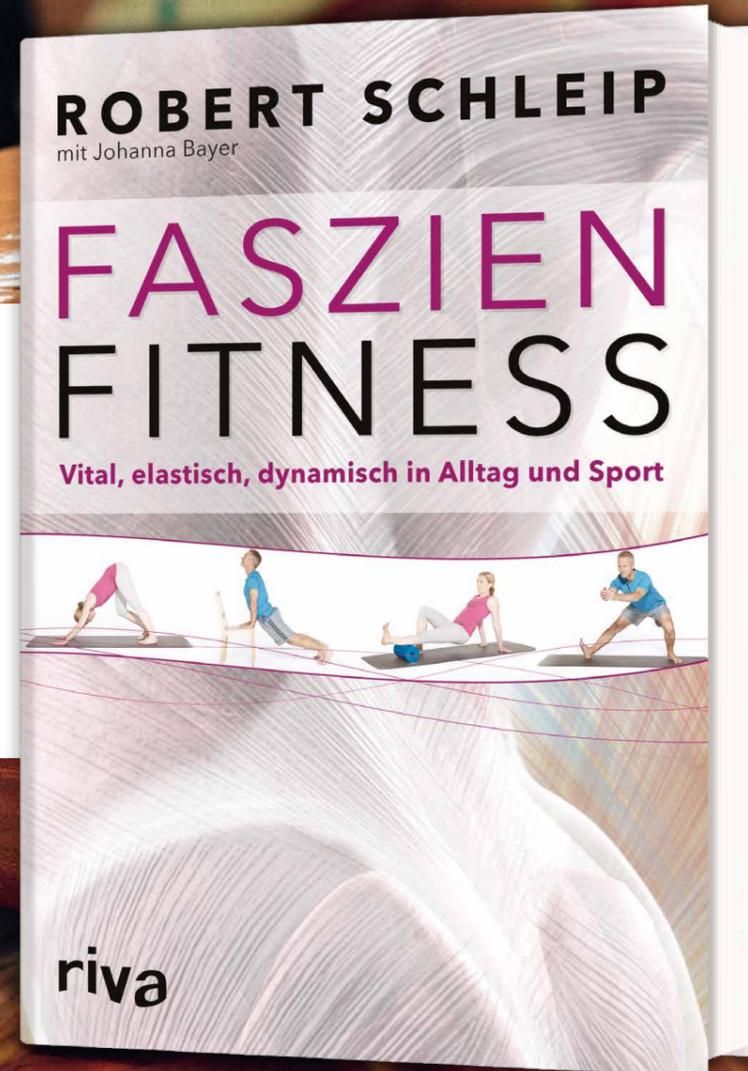
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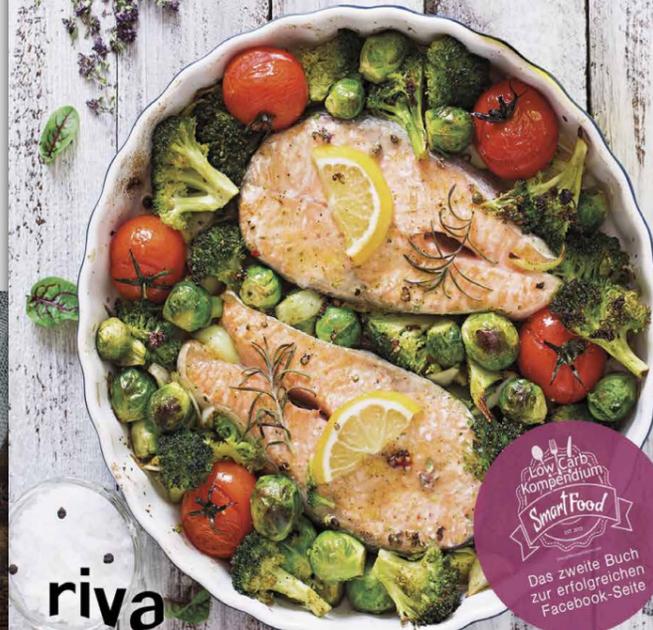
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