

Foreign rights catalogue



AUTUMN 2018

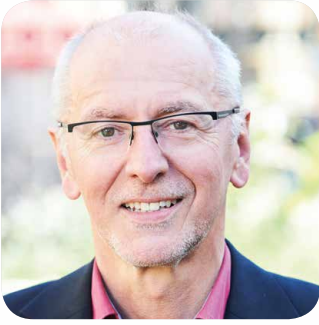
The new premium imprint
for high quality non-fiction books

★
PREMIUM
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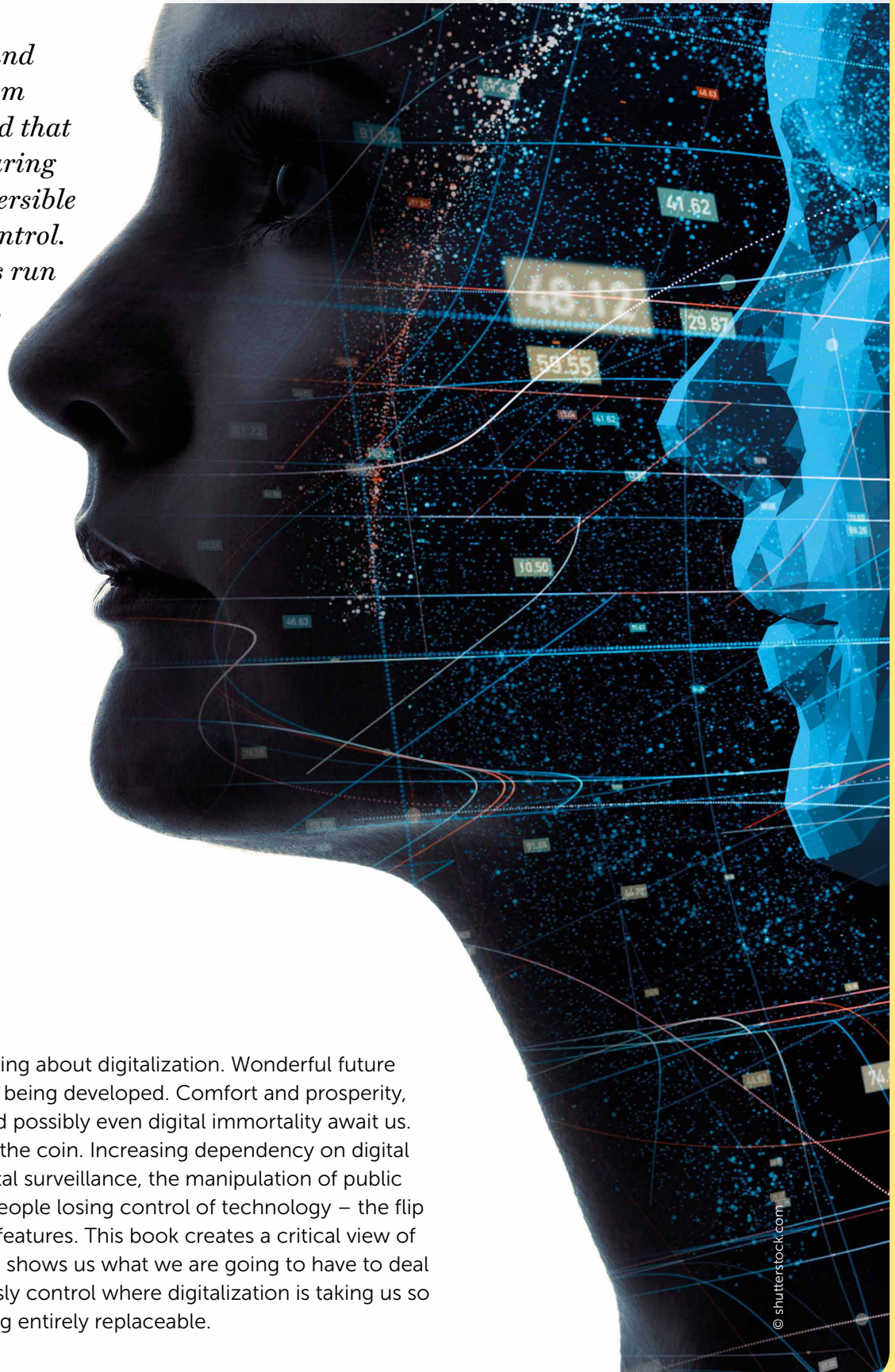


ARMIN GRUNWALD

Prof. Armin Grunwald studied physics, mathematics, and philosophy. He has a doctorate in physics and a degree in philosophy. He has concerned himself with the effects of technical developments, technical philosophy and sustainable development for many years, and he has also written numerous books. Since 2002, he has been an advisor to the German Bundestag (Parliament) for issues relating to the effects of technology.

»Progress is good and important, but I am increasingly concerned that developments are tearing down that are so irreversible that they get out of control. If all we have to do is run after technology, then something is wrong.«

Armin Grunwald



E

veryone is speaking about digitalization. Wonderful future perspectives are being developed. Comfort and prosperity, better health and possibly even digital immortality await us.

But that is only one side of the coin. Increasing dependency on digital technologies, the risk of total surveillance, the manipulation of public opinion, the threat of the people losing control of technology – the flip side has some threatening features. This book creates a critical view of the world of tomorrow and shows us what we are going to have to deal with if we do not consciously control where digitalization is taking us so that we do not end up being entirely replaceable.

DIGITALIZATION

IS THE NO. 1 TOPIC FOR THE FUTURE



Grunwald, Armin
Subordinate Humanity

Are we digitalizing ourselves away with algorithms, artificial intelligence, and robots?

250 pages, 14,8 x 21,0 cm
hardcover
original

19,99 € (D)

ISBN 978-3-7423-0718-7
Product group 1970

03.12.2018



- ➔ The author is the leading technical philosopher in Germany. He has a doctorate in physics
- ➔ Will robots and algorithms soon render us superfluous? For the first time, an expert takes a detailed look at the dark side of digitalization
- ➔ Thoughts about the future occupy our minds: 200,000 copies of Harari's Homo Deus sold



LAILA MIRZO

Laila Mirzo was born in Damascus in 1978. She spent her childhood on the Golan Heights. As the daughter of a German mother and a Syrian Kurdish father, she grew up in a liberal home. Today, she lives in Austria.

*»The question is not whether
Islam changes society,
but when it does so.«*

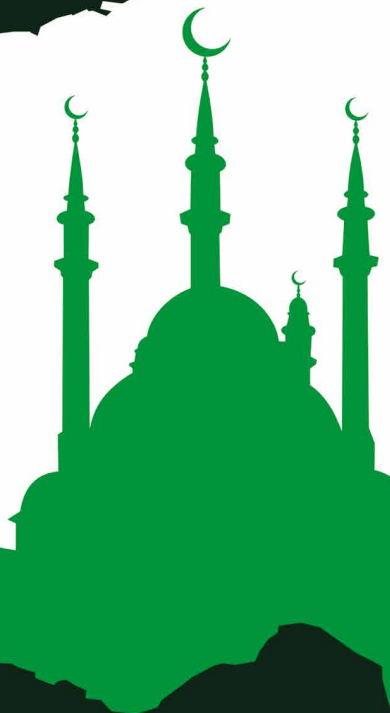
Laila Mirzo

*»The Koran is the
Handbook for Terror
and Intolerance.«*

Laila Mirzo

In this polemic work, Islam critic, Laila Mirzo, who initially comes from Syria, presents a provocative theory: Although there is no liberal Islam, there are undoubtedly liberal Muslims. Orthodox Islam clashes with our concept of equality and self-determination in many ways.

Therefore, the only possible solution is the secularization of Islam; otherwise, Western Europe's culture of freedom is at risk.



A contentious book that reignites
the debate on the compatibility
of Islam with Western culture



LAILA MIRZO

Nur ein schlechter Muslim
ist ein guter Muslim

Über die Unvereinbarkeit
des Islam mit unserer Kultur

PREMIUM
riva

Mirzo, Laila

Only a bad Muslim is a good Muslim

About the incompatibility of Islam with our
culture

256 pages, 14,8 × 21,0 cm

hardcover

original

19,99 € (D)

ISBN 978-3-7423-0586-2

Product group 1973

10.09.2018



- ➔ Born in Syria, Austrian Laila Mirzo knows both worlds – strict Islam, free Europe
- ➔ A book that answers all the burning questions relating to the frightening issue of Islamization
- ➔ Highly topical, concise and courageous



OLIVER WOLSCHKE

Oliver Wolschke was born 1985 in Berlin. He was a member of the Jehovah's Witnesses for over 20 years. Since he left the movement in 2017, he has been committed to raising awareness about the mind control practiced by sects, working in an honorary capacity.



Oliver Wolschke was an exemplary Jehovah's Witness for decades: He lived his faith, prayed every day and raised his children according to the regulations of the movement. But one day, while he was on the Jehovah's Witness online portal, he had a wakeup call when he came across a question: How many children did God allow to enter Noah's Ark? Out of his love for his own children, he began questioning the ideology of the sect for the first time, and his positive image of the movement began to crumble.

The road to his new life was difficult. This gripping book is a report of his life with the Jehovah's Witnesses and the stony path out of it.



A FORMER JEHOVAH'S WITNESS EXPOSES INSIDER INFORMATION ABOUT THE LARGEST SECT IN GERMANY



Wolschke, Oliver

Jehovah's Prison

My life with the Jehovah's Witnesses, and
how I managed to break free

256 pages, 14,8 x 21,0 cm
hardcover
original

19,99 € (D)

ISBN 978-3-7423-0559-6
Product group 1971

10.09.2018



- ➔ Gripping insider report by a former Jehovah's Witness
- ➔ Shocking descriptions of the psychological terror that members of the sect, and those who leave it, are exposed to



TOBIAS HUCH

Tobias Huch is a publicist and journalist who specializes in the Middle East as well as issues relating to security politics. The ex-politician founded the relief organization *Liberale Flüchtlingshilfe e.V.* [Liberal Aid for Refugees] and risks his life bringing essential supplies to the refugees in Iraq as well as Syria. He has provided evidence of numerous war crimes committed by the Turkish army in that region and documented the destruction of the Christian-Kurdish city of Nusaybin on Facebook (300,000 follower).

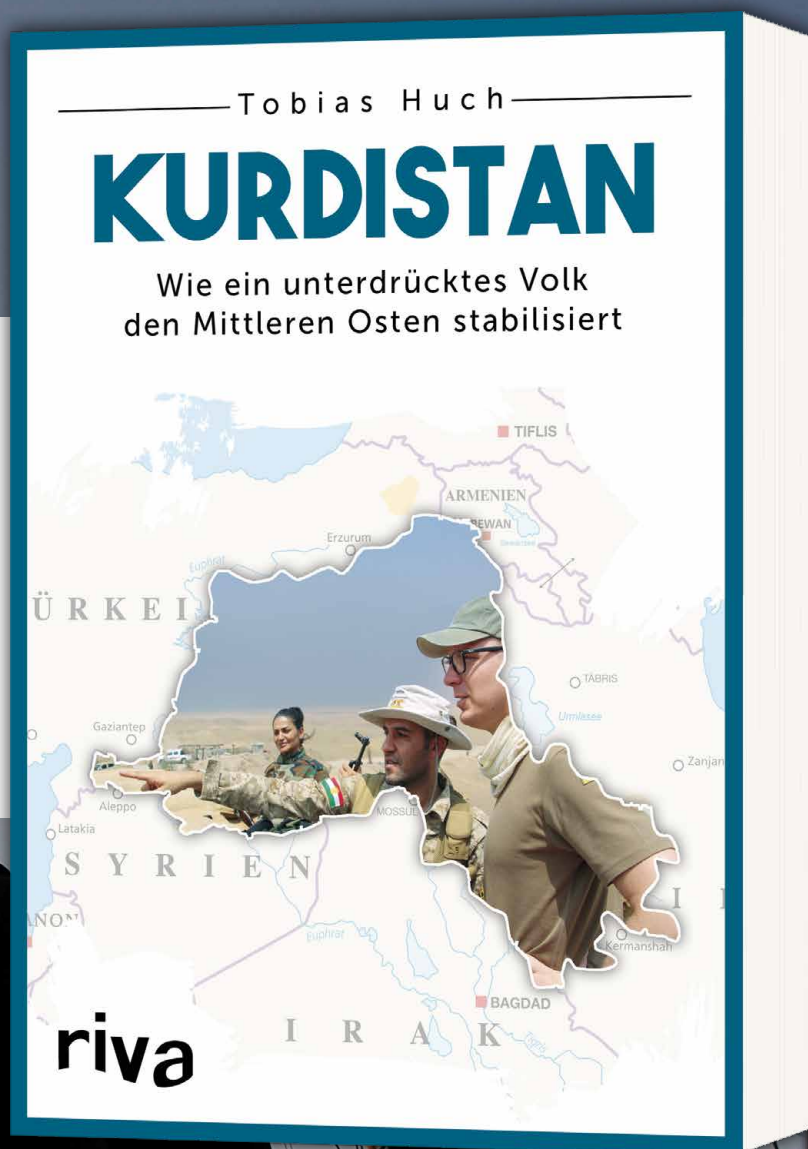
In September 2017, 93 percent of the electorate in the Kurdish Autonomous Region of Northern Iraq voted to separate from Iraq. But the Iraqi government rejected the referendum and occupied the Kurdish Kirkuk. Half a year later, jihadists attacked the Kurdish enclave of Afrîn. It was the end of a stable democratic structure and the West looked on idly. Tobias Huch provides deep insights into the autonomous region of Kurdistan and the Kurdish North Syria - important partners for the West in the fight against IS. He explains what role the Kurds could play in future political life in the Middle East, who has what interests and why the Kurds are so important from a European perspective.



THE KURDISH ISSUE ALSO AFFECTS GERMANY AND EUROPE

riva

Nonfiction/Biography



Huch, Tobias

Kurdistan

How an oppressed nation stabilizes the Middle East

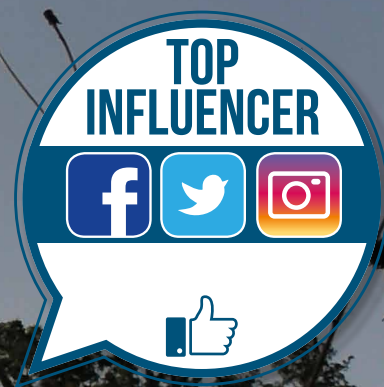
250 pages, 14,8 x 21,0 cm
softcover
original

19,99 € (D)

ISBN 978-3-7423-0427-8

Product group 1972

05.11.2018



- ➔ Kurdistan plays a central role in the fight against the terror militia, ISIS, thereby drawing a lot of attention from the media
- ➔ Insights into a powder keg: which interests are involved for Northern Iraq and Northern Syria?



UTE KRANZ

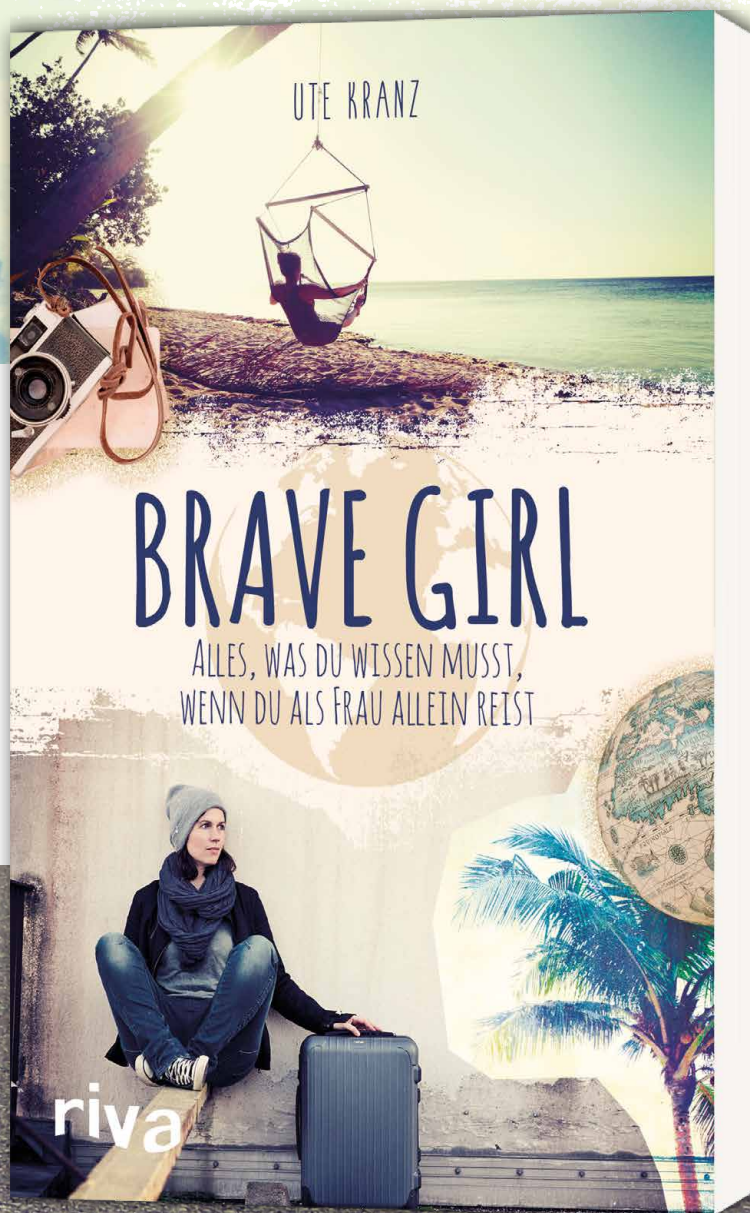
Ute Kranz lives in Cologne. She is well-known, thanks to her popular travel blog, Bravebird. She is also a photographer and author, and has been traveling the world for 15 years, mostly alone.

Traveling alone is an enriching experience. One gains self-confidence, meets many people, and gathers countless unforgettable memories. But traveling alone takes courage. Women, in particular, often let concerns about safety, fears, and doubts prevent them from setting off to explore the world.

Ute Kranz encourages women and clears up the negative myths about traveling alone. She gives practical tips on the best ways to arrange your trips and suggests terrific routes. So, what are you waiting for?



From woman to woman: the best travel destinations and the most essential tips for solo travelers



Kranz, Ute
Brave Girl

Everything a woman needs to know when traveling alone

208 pages, 13,5 x 21,0 cm
softcover, 4-farbig
original

14,99 € (D)

ISBN 978-3-7423-0613-5
Product group 1360

10.09.2018



- ➔ Ute Kranz is one of the most experienced and successful travel bloggers in Germany
- ➔ She has 100,000 blog visits every month, 25,000 Facebook fans, and 34,000 followers on Instagram
- ➔ More and more women are traveling alone – and this book gives them encouragement and security

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

**More than
1 Mio.
copies sold**

Die
erfolgreichen
Ausfüllbücher
für jeden Anlass

Was ich an dir
liebe



riva



Rights sold to: Korea (Daniel´s Stone Publishing), Czech Republic (Beta), Italy (Feltrinelli), Slovenia, France (Marabout), Netherlands (ZNU), Russia and UK (Lagom)



**More than
500000
copies sold**



Bestselling series of fill-in books

Was ich
an dir liebe,
beste Freundin



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und Verschenken

riva

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an dir liebe,
Oma



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und Verschenken

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Was ich
an dir liebe,
Opa



Zum Ausfüllen
und Verschenken

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10,00 € (D)

Was ich
an dir liebe,
Tochter



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und Verschenken

riva

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10,00 € (D)

Was ich
an dir liebe,
Papa



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und Verschenken

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an dir liebe,
Bruder



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und Verschenken

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10,00 € (D)

Was ich
an dir liebe,
Schwester



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und Verschenken

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978-3-86883-961-6
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10,00 € (D)



978-3-86883-712-4
9,99 € (D)

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12,99 € (D)

Calendar

978-3-7423-0553-4
12,99 € (D)

- ➔ More than 15 different books for every occasion
- ➔ Treasure those special memories for ever

Over 1 Mio. copies of the *Was ich an dir liebe* [What I love about you] series sold



Reinwarth, Alexandra
What we love about each other
The 3-year diary for couples

368 pages, 13,5 x 21,0 cm
hardcover
original

14,99 € (D)

ISBN 978-3-7423-0672-2
Product group 1191

05.11.2018



Often, it is those moments, that appear unassuming at the time, that make a relationship so special – little daily rituals, funny remarks while watching TV or surprising answers to questions. But unfortunately, these moments are often forgotten all too quickly.

With this diary, that you can fill out together, all that changes: The profound, funny and emotional questions along with impulses accompany the couple for three years, and help them to capture their relationship and watch it develop in an extraordinary way.

- ➔ An original 3-year memory album for couples
- ➔ To be filled out and designed individually

What I love about you – to fill in together with your partner

Was wir an uns
lieben



*Die Geschichte
unserer Beziehung*

riva

Reinwarth, Alexandra

What we love about each other

The story of our relationship. To fill in together

96 pages, 17,0 × 24,0 cm
hardcover
original

10,00 € (D)

ISBN 978-3-7423-0673-9
Product group 1191

08.10.2018



The first date, the first kiss, the first get-together with friends and family, and the first holiday together – all of those are formative moments in a relationship that we love to be reminded of again and again.

What we love about one another – the story of our relationship is a very special memory album, in which couples can record the happy, surprising, anxious and uniting moments of their lives. By filling out the answers together, the bond grows even stronger, and you find out new things about one another. Once you have finished filling it out, this book becomes a very personal memento.

- ➔ Finally, a book in which couples can record their mutual journey
- ➔ A very special keepsake for couples
- ➔ To fill out and design individually

The first personalized congratulations for every occasion



This lovingly designed fill-out album offers the perfect wishes for every situation: By checking or completing the appropriate statements, congratulations, and gap-fill texts, you can produce a personal and very individual message for your partner, your best friend or a kind colleague in no time at all.

- ➔ The perfect gift for special happenings of all kinds
- ➔ The first personalized book of good wishes for every occasion

The big new fill-in book series after
the mega success of »Was ich an dir liebe«

riva

Giftbook



Uninspired good wishes are a thing of the past: The album is something truly personal that will delight every birthday boy or girl!

What I wish for you

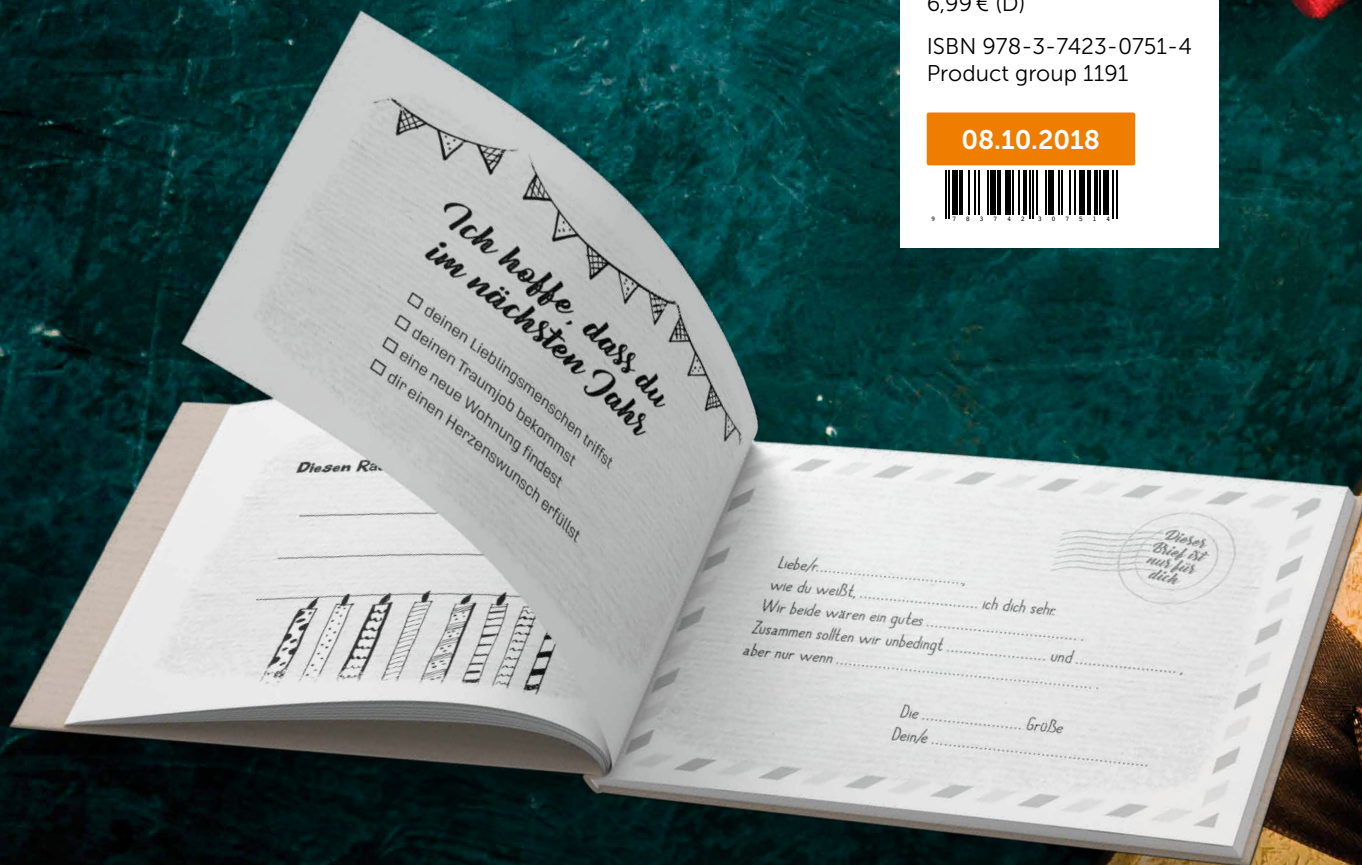
An ideal birthday gift

48 pages, 15,0 x 10,5 cm
hardcover
original

6,99 € (D)

ISBN 978-3-7423-0751-4
Product group 1191

08.10.2018





What I wish for you
For Christmas

48 pages, 15,0 × 10,5 cm
hardcover
original

6,99 € (D))

ISBN 978-3-7423-0760-6
Product group 1191

08.10.2018



For grandparents, great colleagues or a little niece:
this album, filled with loads of individual good
wishes, is the ideal Christmas gift.



What I wish for you
For retirement

48 pages, 15,0 × 10,5 cm
hardcover
original

6,99 € (D)

ISBN 978-3-7423-0753-8
Product group 1191

08.10.2018



A lovely parting gift for colleagues who are reti-
ring: Whether from an office neighbor or the
whole team – this individual gift is absolutely perfect.



This album makes it easy to say "I love you," and convey your best wishes, straight from the heart, to your favorite people.

What I wish for you
For Valentine's day

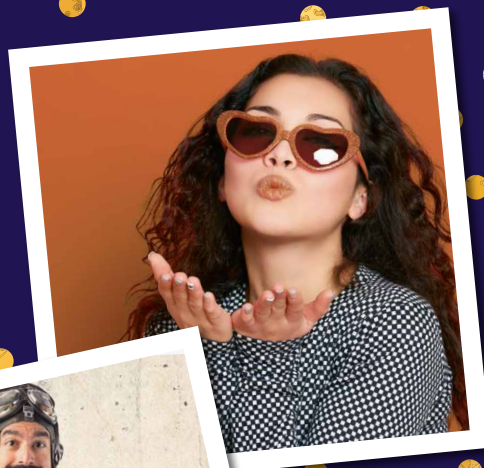
48 pages, 15,0 × 10,5 cm
hardcover
original

6,99 € (D)

ISBN 978-3-7423-0752-1
Product group 1191

21.01.2019





Here comes the ultimate gift book for your favorite people! No wishy-washy picture book full of pseudophilosophical proverbs, but a really cool volume, filled with fresh pictures and very individual wishes for the recipient. You can check why you would like to spend today with the recipient, which embarrassing fails you have braved in the past or what you wish the other person for the future. This way, you can create a gift that is unique in every way. For birthdays, graduations, and more.



FINALLY, A YOUNG, MODERN GIFT BOOK!



I celebrate you!

64 pages, 15,0 × 10,5 cm
hardcover
original

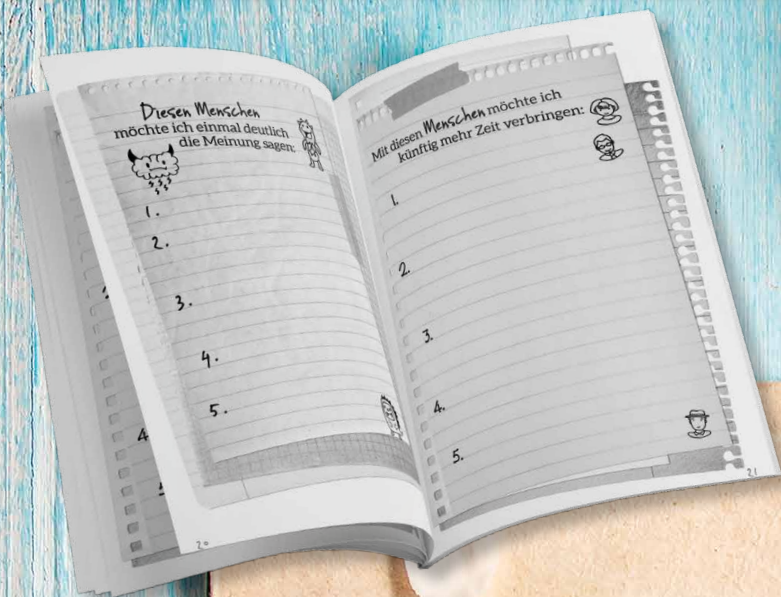
6,99 € (D)

ISBN 978-3-7423-0662-3
Product group 1191

06.08.2018



- ➔ Perfectly geared to a young target group: Cool pictures, little text, personal stuff to fill out
- ➔ Fill-in books are mega bestsellers
- ➔ Not just limited to birthdays: This book works for many occasions such as high school graduation, passed exams or anniversaries



The books make it possible to deal intensively with one's own wishes and one's relationship with the partner. How do you imagine the future, which values are particularly important, what do you want to learn and where do you want to travel next?

The questions will reveal exciting, surprising and funny results. It becomes particularly interesting to take the completed books in hand later on and to check whether one still has the same ideas of a content life, a happy relationship and one's own plans for the future and to what extent one has realized them.

Thanks to the well-structured list form, these books are easy to fill in and thus become unique souvenirs.

→ My first thoughts
when I saw you

→ What I'd do if I could be
you for one day

→ This is what I learned
from you about happiness

→ These are the things I want
to try this year

→ What I expect
from my life

35,000 copies of *Mein Leben in 100 Listen* [My life in 100 lists] and *Mein Glück in 100* *Listen* [My happiness in 100 lists] sold

riva

Giftbook



What I hope for in life An original fill-in book

96 pages, 12,5 x 18,7 cm
hardcover
original

8,99 € (D), 8,99 € (A)

ISBN 978-3-7423-0639-5
Product group 1191

11.06.2018



The two of us in 100 lists An original fill-in book for couples

96 pages, 12,5 x 18,7 cm
hardcover
original

8,99 € (D), 8,99 € (A)

ISBN 978-3-7423-0640-1
Product group 1191

11.06.2018



- ➔ A unique keepsake for every relationship
- ➔ Fill-in books are currently all the trend
- ➔ Serious, funny, illuminating and weird lists that enable you to find out a whole lot about yourself and your relationship

Diese fünf Lebensmittel sind einfach eklig:

1. _____
2. _____
3. _____
4. _____
5. _____

Wenn ich könnte, würde ich diese Sache sofort verbieten:

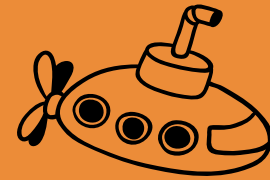
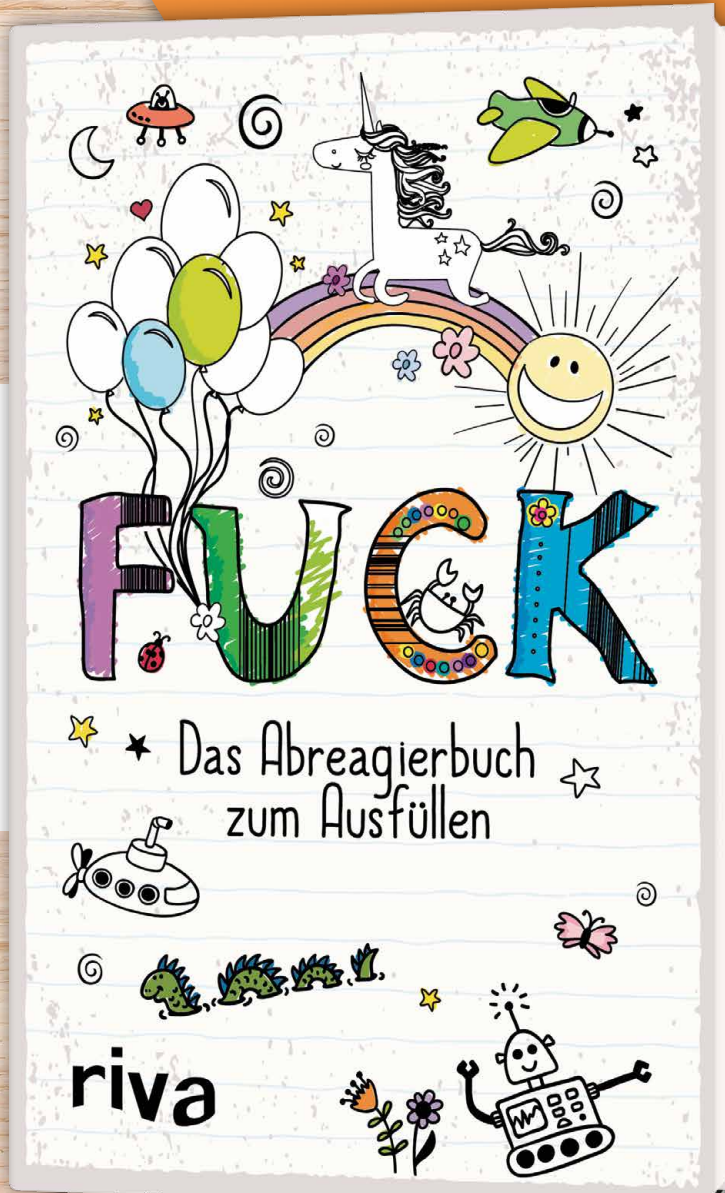
Ich hasse:

Was nervt mehr?

- ☐ Job | Langeweile ☐
- ☐ Männer | Frauen ☐
- ☐ Putzen | Abwasch ☐
- ☐ Hip-Hop | Schlager ☐
- ☐ Regen | Hitze ☐
- ☐ Winter | Sommer ☐
- ☐ Katzen | Hunde ☐
- ☐ Chef | Helene Fischer ☐
- ☐ Hipster | Nerds ☐
- ☐ Dummheit | Arroganz ☐

We have all experienced it: you are really angry or irritated, and simply have to let off steam. But there is no punching bag within reach and you do not want to scratch the neighbor's car (again). Well, here is the perfect solution: the first fill-in album for your own mental health. 48 pages full of lovingly thought-out questions, such as "Whom do you hate more? Your boss or your life?" and varied exercises that help you to grind your teeth creatively. A different approach – and successful, at last!

200,000 copies of
the curse colouring books sold



FUCK

The letting-off-steam book to fill in

48 pages, 13,5 × 21,0 cm
hardcover
original

7,99 € (D)

ISBN 978-3-7423-0690-6
Product group 1191

05.11.2018



- ➔ The fill-in album to accompany the bestseller: let off steam creatively
- ➔ The unique, successful concept of the curse coloring books combined with the popular fill-in trend
- ➔ Finally, a fill-in book for everyone who is frustrated, irritated or stressed

PEMERITY EAGLE

Pemerity Eagle was born 1971 in a little town in Scotland, close to Ben Nevis. She began studying the world of magic and its traditions at an early age.

This book opens the door to magical knowledge! It reveals the hidden secrets of the World of Hogwarts and gives the reader brand new perspectives of Harry Potter.

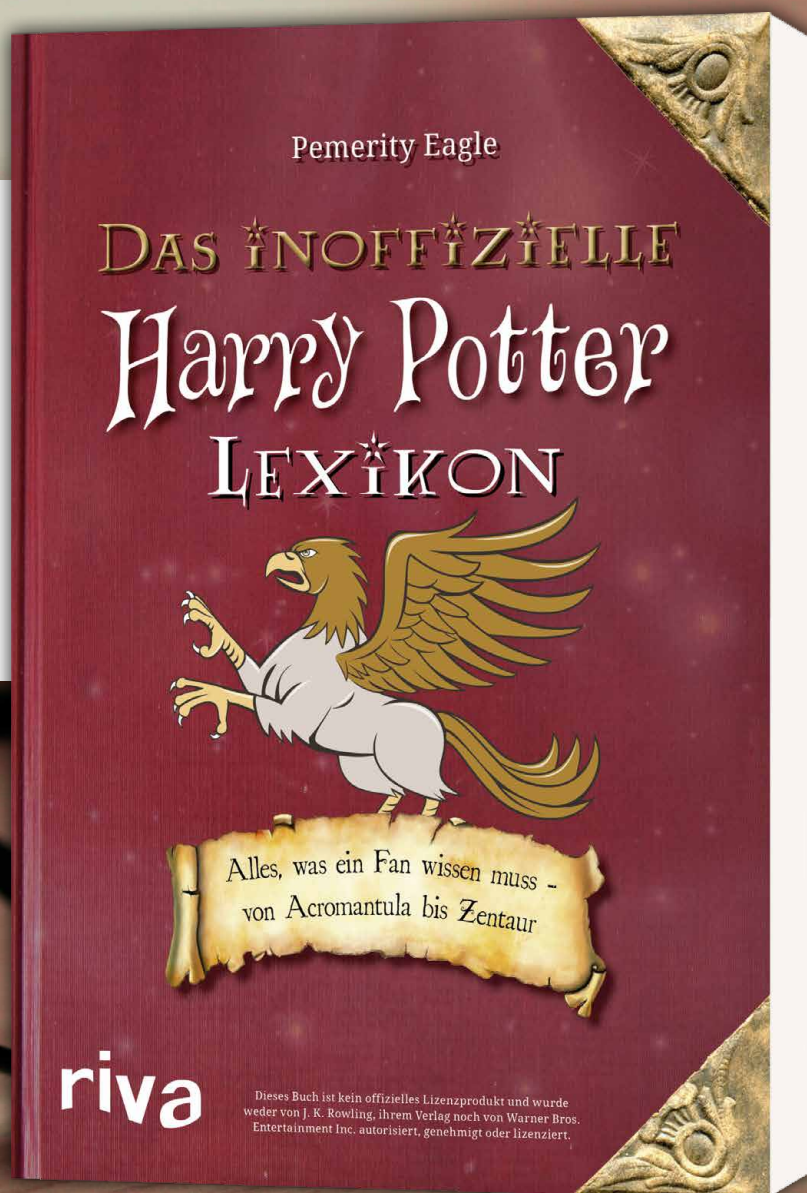
A lexicon for all fans of J.K. Rowling's famous wizard in training, that not only invites one to indulge in memories but is also guaranteed to contain background information that will be new to many a muggle.



More than 200,000 copies of the unofficial Harry- Potter books sold

riva

Children's books



Eagle, Pemerity
The unofficial Harry Potter lexicon
Everything fans need to know, from
Acromantula to Centaur

224 pages, 14,8 × 21,0 cm
softcover
original

16,99 € (D)

ISBN 978-3-7423-0643-2
Product group 1281

31.08.2018



- ➔ The perfect gift for every fan of the World of Harry Potter
- ➔ A unique collection of exciting facts about J. K. Rowling's characters

TOM GRIMM

Tom Grimm was born in 1972. Author, translator, proofreader, editor, and producer for various German entertainment companies. He lives with his family in Lübbecke.

KATJA BÖHM

Katja Böhm was born in 1975, in Leipzig, where she grew up. She studied clinical linguistics in Bielefeld. Her favorite hobbies are baking, photography and fantasy literature.

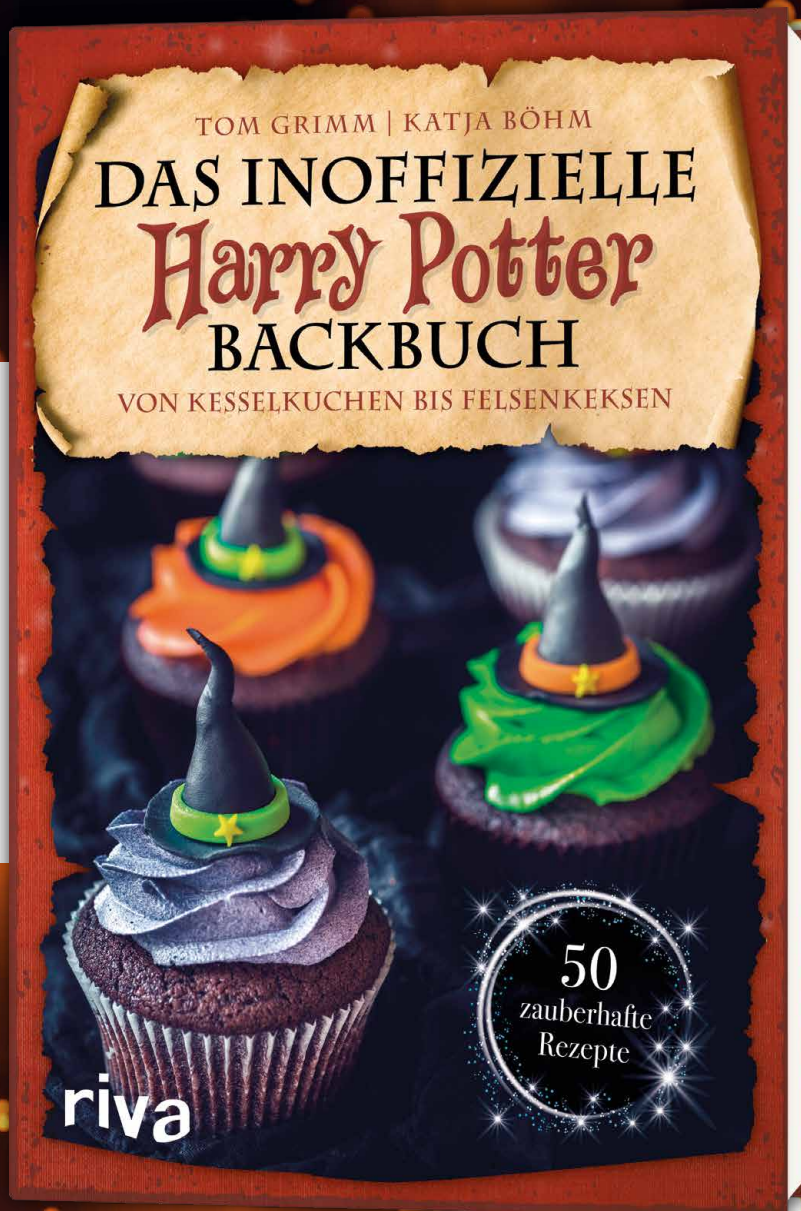


The sorcerer Harry Potter still enjoys great popularity, as the good sales figures of Das unofficial Harry Potter cookbook prove. Now there is a wonderfully illustrated book with magically good baking recipes from the world of Harry, Hermione and Ron - e.g. squeaking sugar mice, butterbeer tart, cauldron cake, hissing whissbies or spice tongue toffees. And of course, Harry's favourite dessert, the syrup cake, should not be missing. The recipe pictures are lovingly photographed and make the heart of every fan beat faster. Framed by appealing illustrations and atmospheric texts that relate to Harry Potter, this book becomes a culinary journey through the world of J. K. Rowling for Potter fans.

MORE THAN 100,000 COPIES OF *DAS INOFFIZIELLE HARRY POTTER* *KOCHBUCH* [THE UNOFFICIAL HARRY POTTER COOKBOOK] SOLD

riva

Children's books



Grimm, Tom; Böhm, Katja

The unofficial Harry Potter baking book

From cauldron cakes to rock cookies. 50 magical recipes

128 pages, 17,0 x 24,0 cm

hardcover

original

16,99 € (D)

ISBN 978-3-7423-0627-2

Product group 1457

31.08.2018



- ➔ Tasty cakes, tarts and other baked goods from the world of Harry Potter
- ➔ Easy step-by-step instructions for Harry, Hermione and Ron's favorite recipes
- ➔ Entirely four-colored and beautifully illustrated in Harry Potter style
- ➔ The perfect gift for all fans



CHRISTINE RECHL

Christine Rechl was born 1963 in Munich. She has lived in Coburg with her family for 10 years. She is a designer and juggles several different jobs simultaneously – and is (mostly) pretty relaxed about it.

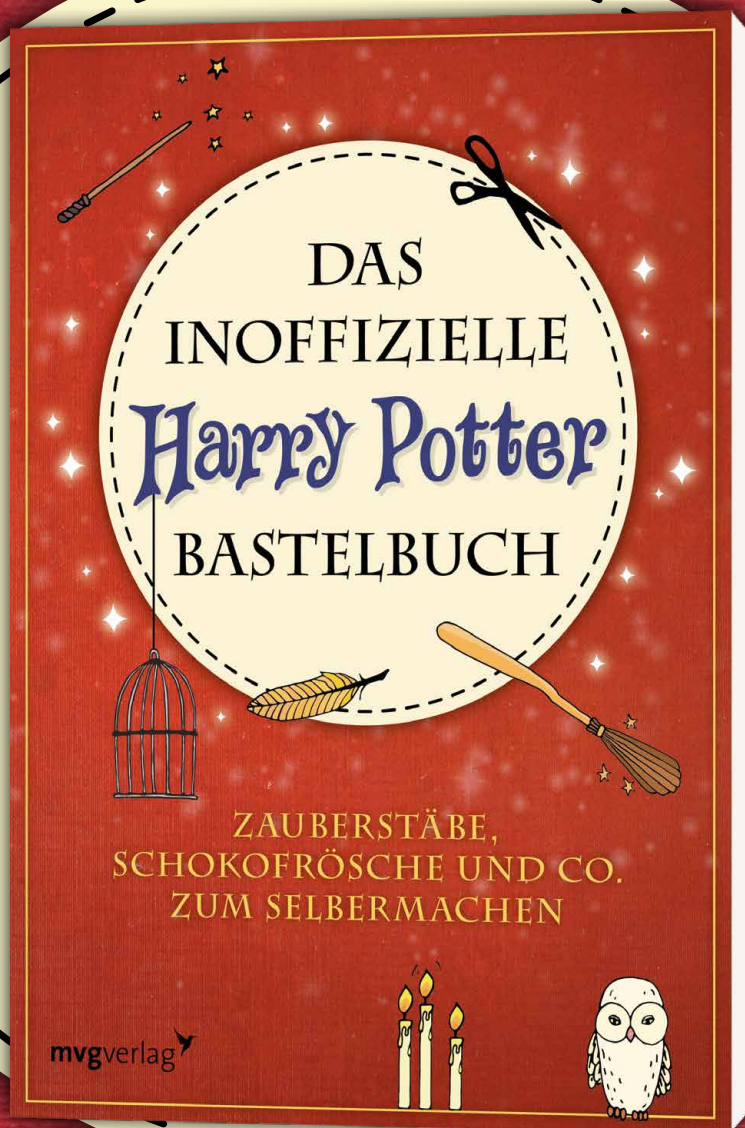
Since the appearance of the first book, twenty years ago, the Harry Potter series has inspired millions of fans. If you want to bring some of that magic into your home, this handcraft book is a must! It is all there – from magic wands and snitches to the floating candles in the Great Hall! The magical DIY projects, with their straightforward, step-by-step instructions and easy to understand photos will transform any home into your little Hogwarts. The ideal gift for every Harry Potter fan.



FINALLY: HANDCRAFT HARRY POTTER

mvg Verlag

Children's book



Rechl, Christine
The unofficial Harry Potter handcraft book
DIY wands, chocolate frogs, etc.

160 pages, 17,0 x 24,0 cm
softcover
original

19,99 € (D)

ISBN 978-3-86882-968-6
Product group 1295

31.08.2018



- ➔ The perfect gift for wizards, witches, and muggles
- ➔ More than 20 magical DIY projects
- ➔ With easy to understand illustrations and straightforward, step-by-step instructions
- ➔ This long-awaited handcraft book supplements every Potterhead's collection
- ➔ New film: Crimes of Grindelwald to be released in November

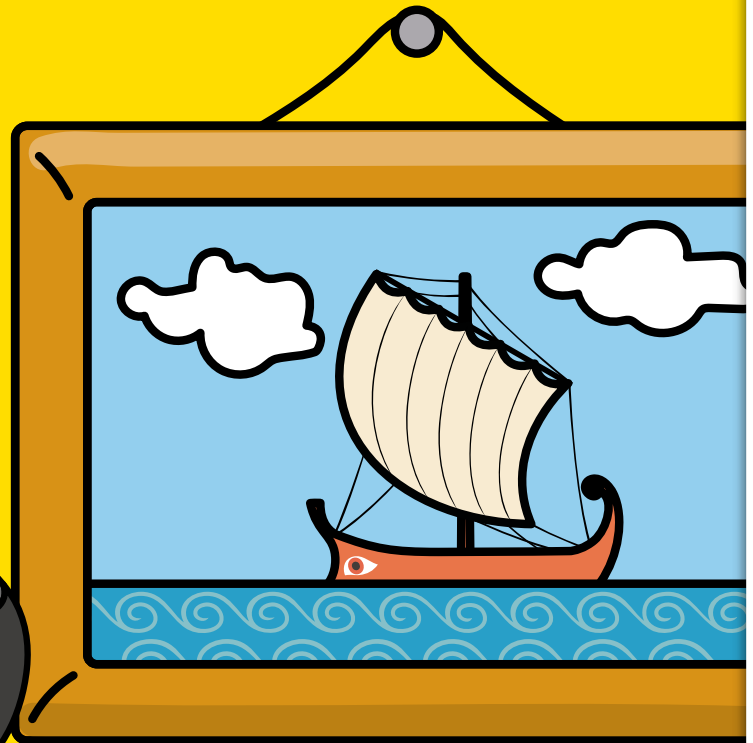


MATHIAS HANSEN

Mathias Hansen was born 1990 in Berlin. He has a degree in literature and works as an author and freelance editor today. He lives in Paderborn.

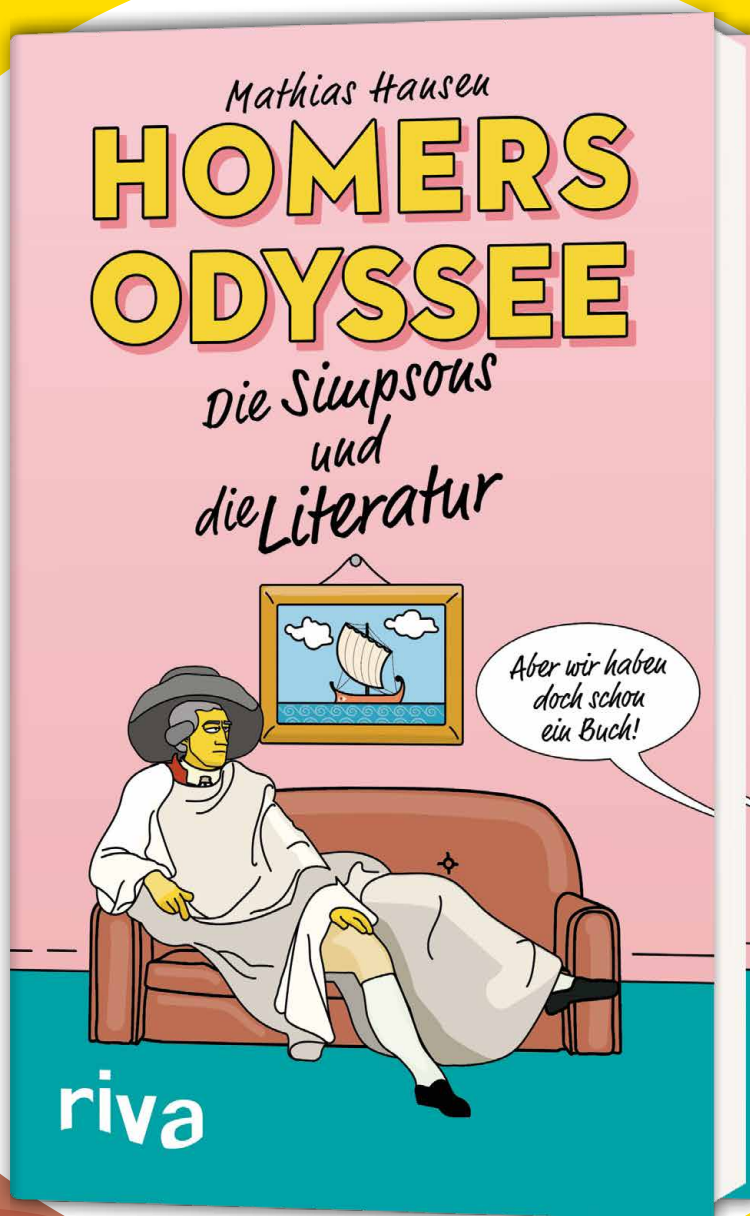
With over 600 episodes, the Simpsons have developed into something of a cult. Entire generations have grown up with the yellow family.

This book highlights an extraordinary aspect – the literary innuendos of the series. And there are plenty of them. Shakespeare plays a role, as do Poe's Raven, Mark Twain, Ernest Hemingway and Joanne K. Rowling – and, of course, the name of the leading figure, Homer, speaks for itself. A book for all fans who want to find out more about the stories behind the series.



HUGE FAN BASE:

MORE THAN 2 MILLION VIEWERS WATCH
THE WEEKLY SERIES REGULARLY



Hansen, Mathias
Homer's Odyssey
The Simpsons and Literature

200 pages, 13,5 × 21,0 cm
hardcover
original

14,99 € (D)

ISBN 978-3-7423-0634-0
Product group 1180

10.09.2018



- ➔ Background literature on famous series have never been more successful: *Die Welt der Drei Fragezeichen* [The world of the three investigators] was a Spiegel bestseller
- ➔ The author has a degree in literature



NOIS7

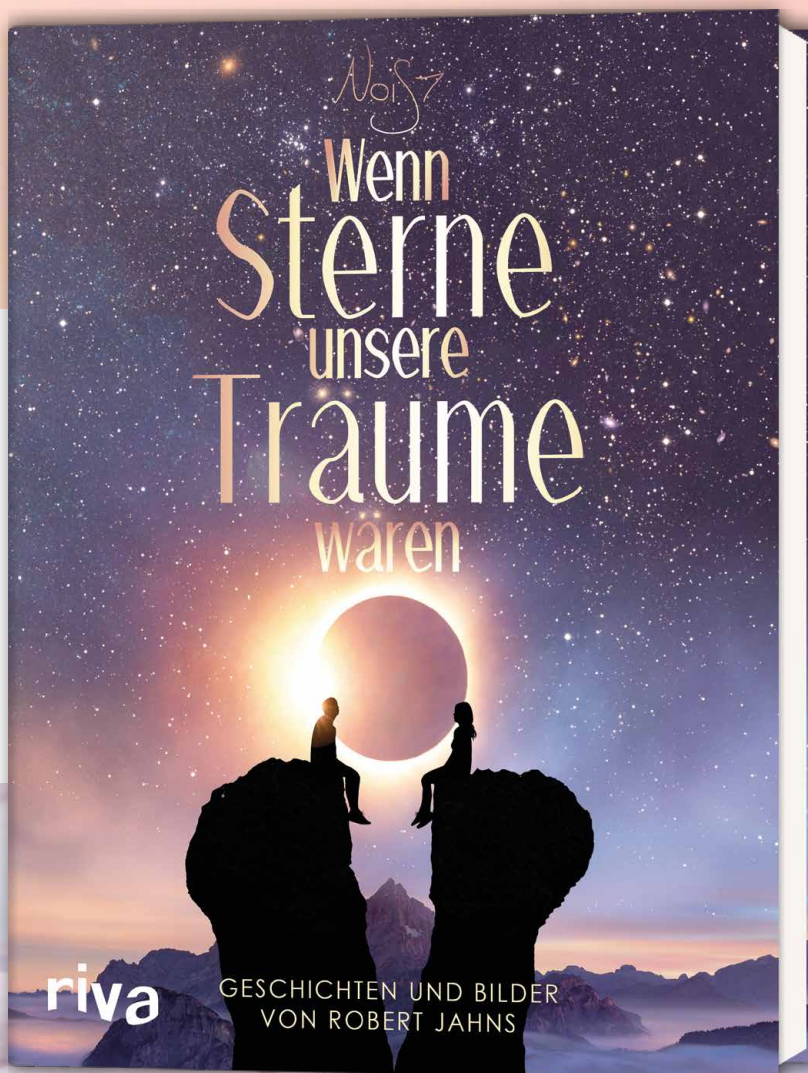
Robert Jahns, better known as Nois7, is one of the world's leading digital artists, and with 1.2 million followers, he is the most famous German photo artists on Instagram. The Hamburger does his own digital editing of his photos, to create magical images that are the stuff dreams are made of. In 2016, he was a finalist in the Instagrammer of the Year category at the Shorty Awards, where he won 13th Place in the International Top 100 web photos – and 1st Place in Germany.

His images are magical, surreal. Wild zebras gallop towards rainbow mountains. A thick layer of ice covers the canals of Venice. A woman drifts over an erupting volcano in a hot air balloon. He combines people, environment, and motion in a unique way.

In Robert Jahn's pictures, fantasy merges with reality, to create stunning, colorful fantasy worlds. The digital artist is involved in photo art at the highest level and is among the most famous modern artists in the world. In his first book, he takes the readers on a dreamy journey around the world. With his impressive pictures and stories, he proves that whatever we believe in can come true.



His pictures are an inspiration to 1.2 million fans: Robert Jahns is the most popular Instagram photographer in Germany



Nois7

If stars were our dreams

Stories and pictures by Robert Jahns

144 pages, 19,0 x 24,0 cm

hardcover

original

19,99 € (D), 20,60 € (A)

ISBN 978-3-7423-0671-5

Product group 1191

10.09.2018



- ➔ He is one of the 50 best Instagram photographers in the world
- ➔ In 2016, the author won 1st Place in Germany for the Top 100 web photos
- ➔ Spectacular photos in which fantasy and reality merge with one another
- ➔ New and unique: There has never been another book like it on the market



LARS LIENHARD

Sports scientist, and former professional sportsman Lars Lienhard works as a coach, educator, and consultant in the area of top-class sport. He has been coaching world-class athletes from various genres of sport for many years. He was part of the support group for the German soccer team at the 2014 World Cup in Brazil. In 2016, he traveled to the Summer Olympics in Rio de Janeiro, with the German track and field athletes.

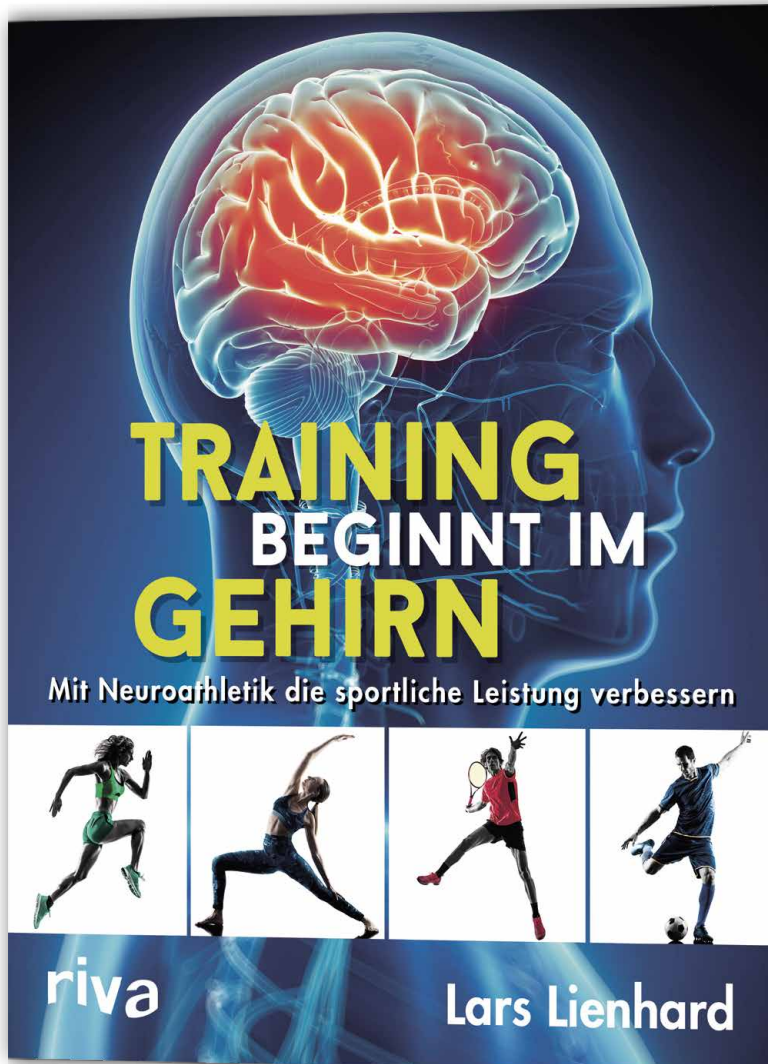
Optimum physical performance is only possible if your brain receives high-quality information from your eyes, your center of equilibrium and your body. With this revolutionary neuro athletics approach, you can practice the intake and processing of information in a targeted manner, thereby improving your sporting performance considerably. In this book, the leading German expert, Lars Lienhard, explains how neuro athletics can be incorporated into any physical workout. The exercises are explained comprehensibly, and they can easily be done anywhere. Whether you are a professional or hobby sportsman or woman, you will improve in leaps and bounds with this new method.



THE NEURO-CENTERED WORKOUT HAS REVOLUTIONIZED TOP-CLASS SPORT – WITH THIS BOOK, IT BECOMES ACCESSIBLE TO ALL SPORTSMEN AND WOMEN

riva

Sport/Fitness



Lienhard, Lars

Your workout begins in the brain

Improve your sporting performance with
neuro athletics

200 pages, 19,0 × 24,0 cm
softcover
original

24,99 € (D)

ISBN 978-3-7423-0762-0
Product group 1464

08.10.2018

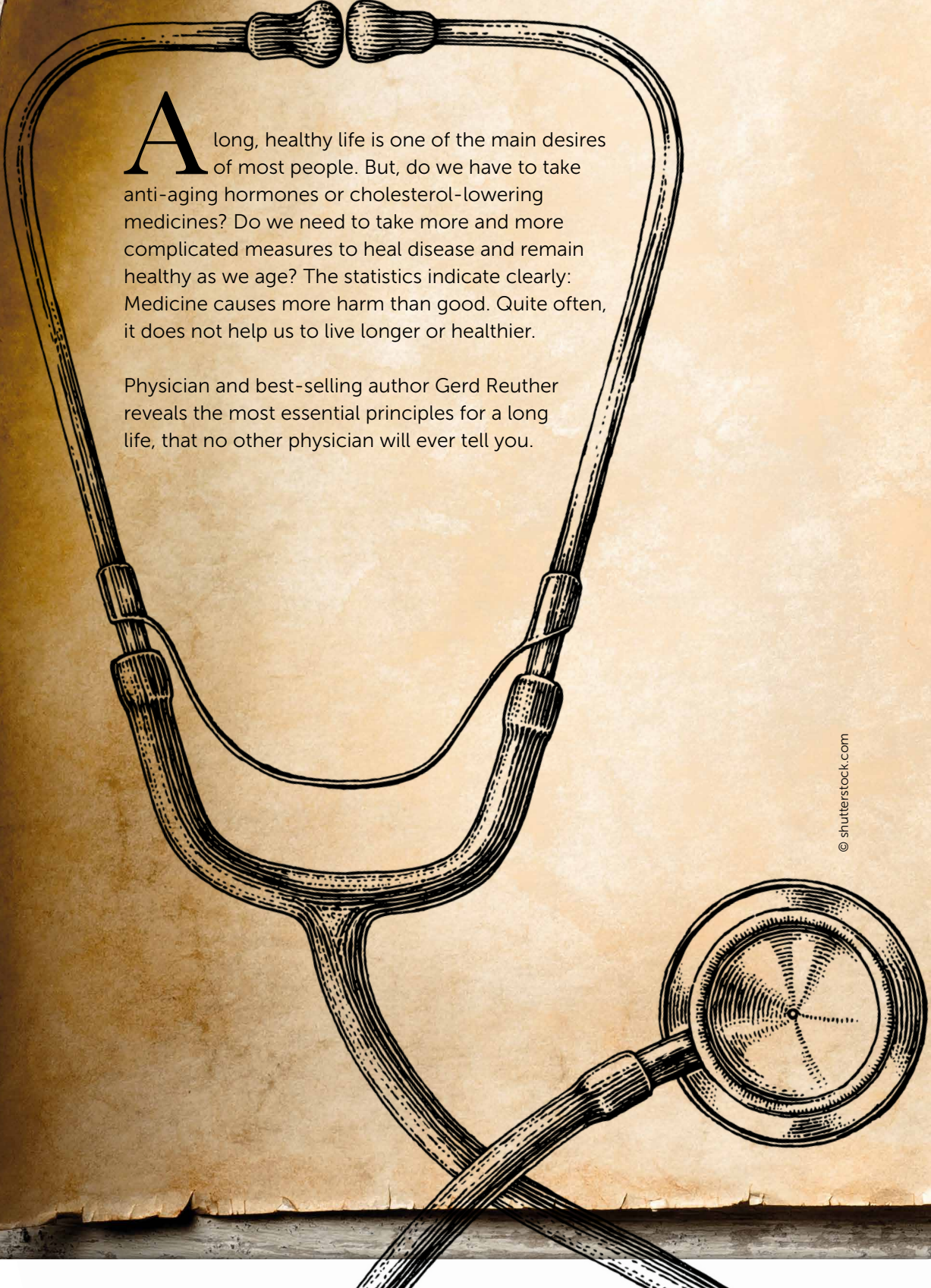


- ➔ Lars Lienhard is the leading neuro athletics coach in Germany
- ➔ Neuroscientific findings and interrelationships explained in a way that anyone can understand. Can be implemented immediately during your workout
- ➔ With this method, every athlete can improve his/her performance



GERD REUTHER

Dr. med. Gerd Reuther, born in 1959, is a medical specialist who also lectures in radiology. He can look back on 30 years of practical experience, during which he had leading positions in three separate clinics. His first book, *Der betrogene Patient* [The deceived patient] is a *Spiegel* bestseller.



A long, healthy life is one of the main desires of most people. But, do we have to take anti-aging hormones or cholesterol-lowering medicines? Do we need to take more and more complicated measures to heal disease and remain healthy as we age? The statistics indicate clearly: Medicine causes more harm than good. Quite often, it does not help us to live longer or healthier.

Physician and best-selling author Gerd Reuther reveals the most essential principles for a long life, that no other physician will ever tell you.

What physicians and pharmacists
do not tell you, because they
cannot earn any money with it

Dr. med. Gerd Reuther

Die Kunst, möglichst lange zu leben



*Ein Arzt verrät,
worauf es wirklich ankommt*

riva

Reuther, Gerd

The art of living as long as possible

A physician reveals what really makes the difference

160 pages, 13,5 × 21,0 cm

hardcover

original

14,99 € (D)

ISBN 978-3-7423-0633-3

Product group 1690

10.09.2018



- ➔ Beware of too much medicine! Those who keep a safe distance, live longer
- ➔ A physician with 30 years of practical experience analyzes the most effective strategies to avoid premature death



GABRIELE KIESLING

Gabriele Kiesling is a physiotherapist who has her own practice. She is also the CEO of the German Institute for Quality in Physiotherapy in Berlin. For many years, she has been involved in fascia therapy and is a member of the Fascia Therapy Research Group at Ulm University, under the leadership of Robert Schleip.

Since the latest research results have shown the central role of the fascia in the development of pain, it has also become a fundamental aspect of physiotherapy. If you want to spare yourself physio appointments, Gabriele Kiesling's concept of fascia physio can help you to become your own physiotherapist and treat your own pain. Over 90 exercises for various parts of the body reduce pain and support mobility, stretching, strengthening and coordination.



TREAT PAIN AND TENSION YOURSELF: PHYSIOTHERAPY AT HOME



PHYSIOTHERAPIE FÜR ZU HAUSE

Häufige Beschwerden selbst behandeln –
mit über 90 Übungen aus der Faszien-Physiotherapie



riva



GABRIELE KIESLING

Kiesling, Gabriele

Physiotherapy at home

Treat common symptoms yourself – with
over 90 fascia physio exercises

200 pages, 19,0 x 24,0 cm
softcover
original

19,99 € (D)

ISBN 978-3-7423-0615-9

Product group 1464

10.09.2018



- ➔ The latest research confirms the central role of the fascia in the development of pain
- ➔ Self-treatment methods for common symptoms such as backache, tension, incorrect posture, and hip or knee problems
- ➔ Over 90 exercises for pain reduction, mobility, stretching, building strength and improving the coordination



JENS ILLGNER

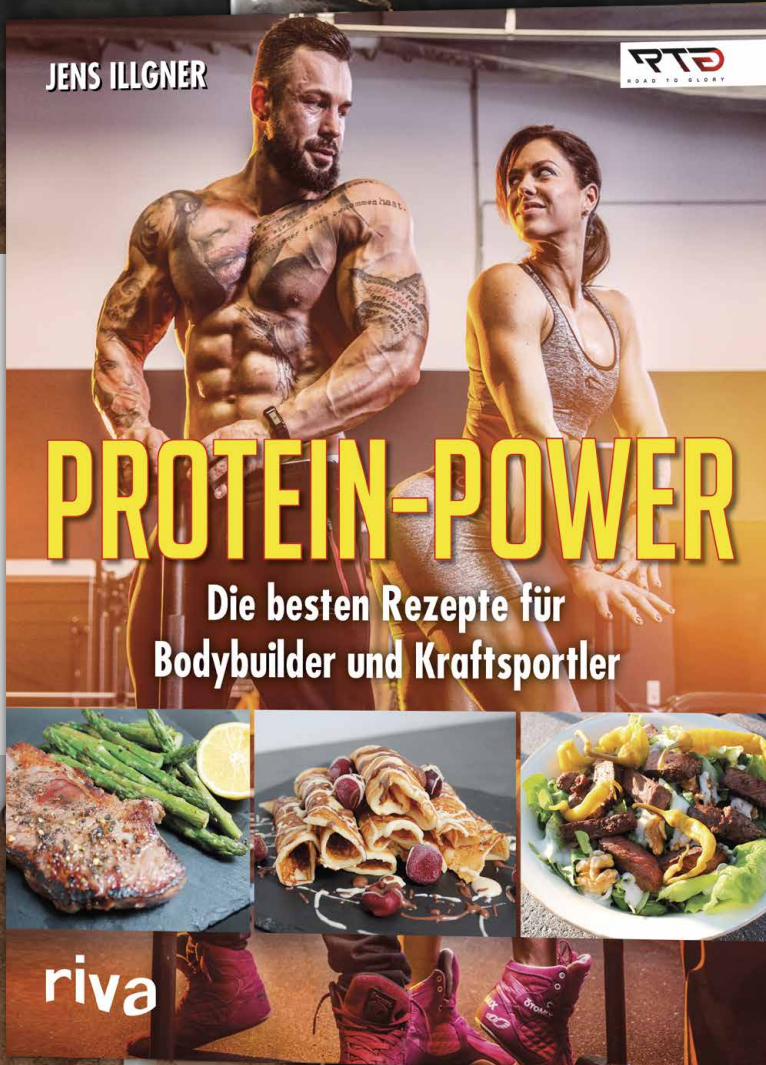
In 2012, Jens Illgner launched his Facebook page "Road To Glory By JIL." Shortly after that, he also launched a YouTube channel, an Instagram account, and his own website, on which he offers the Jil Workout and Nutrition Programs and personal coaching. Meanwhile, Road to Glory has gathered over 1.5 million fans, and his fitness recipe page on Facebook has over 100,000 followers.

Road to Glory has become a cult on the internet. Within just a few years, Jil's fitness and nutrition program for bodybuilders has gathered over 1.5 million fans on YouTube, Instagram, and Facebook. Jil himself fought a long, hard battle before he found the right way to achieve the perfect bodybuilder's physique. He now presents his 150 best recipes for breakfast, lunch, dinner, and post-workout in book form. Clear nutritional information and easy step-by-step instructions help you to choose recipes and prepare the dishes. The dishes, most of which are protein-rich, are ideal for muscle-building, and therefore the perfect workout supplement for bodybuilders.



ALL
NATURAL
BROT

WITH OVER 1.5 MILLION FANS, JIL OF "ROAD TO GLORY" IS ONE OF THE MOST FAMOUS BODYBUILDERS ON THE NET



Illgner, Jens
Protein Power

The best recipes for bodybuilders and power sportsmen

200 pages, 19,0 x 24,0 cm
softcover
original

19,99 € (D)

ISBN 978-3-7423-0708-8
Product group 1461

08.10.2018



- ➔ Few calories, lots of protein: the right nutrition as the ideal accompaniment to the workout routines of bodybuilders and power sportsmen
- ➔ Around 100 recipes for breakfast, lunch, dinner, and post-workout
- ➔ Includes vegan and vegetarian variations



VERONIKA PICHL

Veronika Pichl, born in 1980, is a successful author on the topics of weight loss, nutrition, exercise and happiness. Numerous of her cookbooks have already been published by riva Verlag.



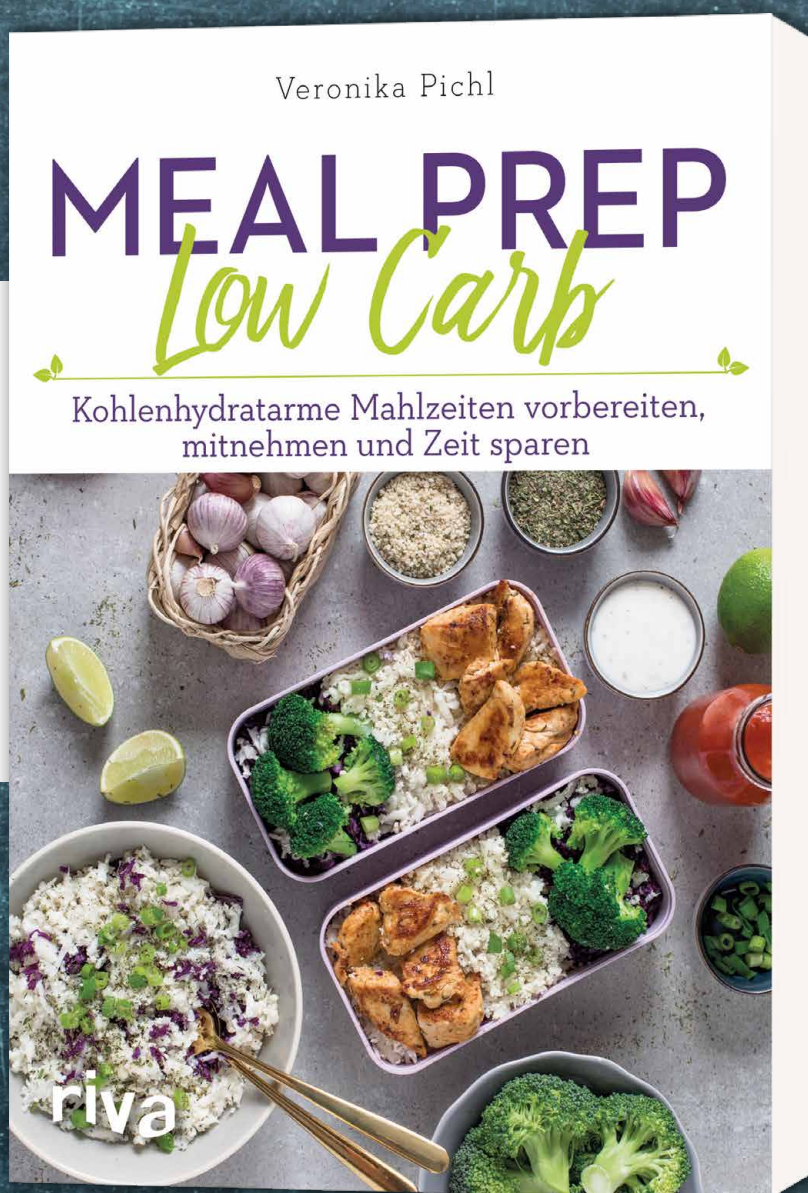
Our stressful daily routines often leave very little time for healthy nutrition. Canteen-meals, snacks, and fast foods are often loaded with carbs. The new Meal Prep trend can help you because it also makes low carb possible: with intelligent planning, low carb meals can be cooked or prepared in advance, so you can either enjoy them when underway or at home in the evenings.

The book contains numerous recipes, 10 weekly menu plans, and shopping lists. It shows you how to prepare tasty meals for several days, with minimal effort.



At last!

THE POPULAR MEAL PREP SERIES IN LOW CARB



Veronika Pichl

MEAL PREP *Low Carb*

Kohlenhydratarme Mahlzeiten vorbereiten,
mitnehmen und Zeit sparen

Pichl, Veronika

Meal Prep Low Carb

Time-saving preparation of take-along, low-carb meals

160 pages, 17,0 x 24,0 cm
softcover
original

12,99 € (D)

ISBN 978-3-7423-0655-5
Product group 1455

06.08.2018



- ➔ Tasty low carb meals to prepare and take along with you
- ➔ Over 50 recipes with colorful illustrations and 10 weekly menu plans



VERONIKA PICHL

Veronika Pichl, born in 1980, is a successful author on the topics of weight loss, nutrition, exercise and happiness. Numerous of her cookbooks have already been published by riva Verlag.



This book shows that it is possible to live sugar-free without having to waive the pleasures of eating. It explains what sugar triggers within our bodies, in which foods it hides and why we should avoid it for the sake of good health. Over 60 recipes – entirely without industrial sugar, honey, maple syrup, and other sweeteners that contain sugar – help you to sensitize your sense of taste to natural sweetness again, for example, from fruit. The book includes recipes for breakfasts, and desserts, main meals, and snacks – all delicious, even without sugar.

Sugar has earned a bad reputation:
more and more people want to switch
to a sugar-free diet



Veronika Pichl

ESSEN *ohne Zucker*

50 süße und herzhafte Rezepte



Pichl, Veronika

A sugar-free diet

Over 60 recipes, both sweet and savory

96 pages, 17,0 x 24,0 cm

softcover, 4-farbig

original

9,99 € (D)

ISBN 978-3-86883-573-1

Product group 1455

09.07.2018



- ➔ 50 tasty, healthy, balanced dishes for breakfast, main meals, snacks, and desserts
- ➔ Entirely without industrial sugar, honey, maple syrup, and other sweeteners that contain sugar

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 €

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



ALEXANDRA REINWARTH

Alexandra Reinwarth was born in Nuremberg. 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. During this time she began to write satirical and comical books for various publishers, as well as guides and biographies.



PROF. DR. MED. JAEI BACKE

Prof. Dr. med. Jael Backe, was born in 1965. She has an established medical practice for gynecology, medical genetics, and psychotherapy in Würzburg. She has also been lecturing at Würzburg University since 1999.

Everyone knows those guidebooks that promise you healing – as long as you firmly believe in it. But most people simply turn up their noses at the mere thought of miraculous esoteric healing. However, it is undisputed, and now for the first time, also scientifically proven, that the human organism really does carry enormous potential to keep itself healthy, and even to contribute towards healing – all without any help from drugs. Now, Alexandra Reinwarth and physician Jael Backe have gathered all the latest scientific findings as well as their relevance to everyday life, to produce a substantiated guide on the most recent scientific research. The lessons learned from this book reveal our relationship to our own bodies in an entirely new light.

Substantiated medical conclusions on the self-healing potential of our own bodies

PROF. DR. MED. JAELE BACKE
ALEXANDRA REINWARTH

Am Arzt vorbei geht auch ein Weg

Die Kraft der Selbstheilung -
eine medizinisch fundierte Anleitung



mvgverlag 

Reinwarth, Alexandra; Backe, Jael Dr. med.
There's another way, besides the Doctor
The power of self-healing – a medically
substantiated guide

208 pages, 13,5 × 21,0 cm
softcover
original

14,99 € (D)

ISBN 978-3-86882-965-5
Product group 1481

06.08.2018



- ➔ Includes a self-test questionnaire, according to Prof. Christoph Bamberger of the Medizinischen Präventionszentrum [Preventive Medical Center] Hamburg
- ➔ By bestselling author Alexandra Reinwarth
- ➔ Practically oriented, highly relevant to everyday life



HANNA DIETZ

Journalist Hanna Dietz was born 1969 in Bonn. In 2007, she published her first novel and has written 20 books since then. With *Männerkrankheiten* [Man flu], she made it to the top of the Spiegel bestseller list.

Ullstein

More than 200,000 copies sold



M

en are masters of deception, and women are masters of disappointment: they unmask themselves constantly, although nobody asks them to. Instead of ignoring things nonchalantly, they try to justify everything and are stricter with themselves than anybody else is. Bestselling author Hanna Dietz knows all about it! She catches herself doing it all the time, although she knows just how much simpler life would be if we were better at ignoring our faults and pretending that we have everything under control. She takes us through feminine self-castigation in a most amusing way and shows us, which little deceptive maneuvers we can use to make ourselves not only more prosperous but also happier and more relaxed!

The latest, very entertaining
book by bestselling author,
Hanna Dietz

mvg Verlag

Personal development



Dietz, Hanna
Fake it

Just act as if life is easy

192 pages, 13,5 x 21,0 cm
softcover
original

16,99 € (D)

ISBN 978-3-86882-950-1
Product group 1481

08.10.2018



- ➔ The successful author has made it onto the Spiegel bestseller list more than once
- ➔ For readers of Alexandra Reinwarth and Monika Bittl
- ➔ Funny, authentic, and pleasing: why we don't need to be perfect to appear perfect!



CAROLINE STÜRMER

The qualified kindergarten-teacher, Caroline Stürmer, finds it brilliant that girls are receiving so much attention at the moment. But, to ensure that the boys are not forgotten, and so that they can also orient themselves on unusual role models, she has written this book of stories for boys who want to be different.

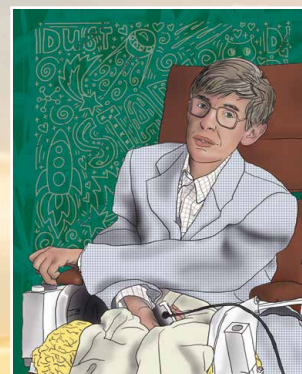
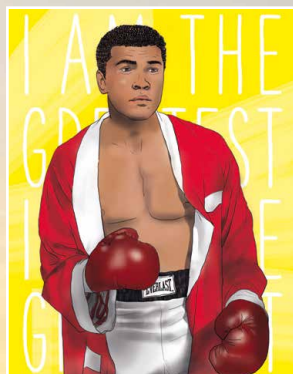
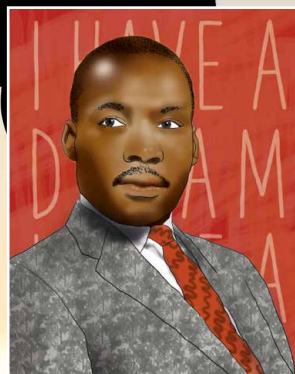
Eminem

Albert Einstein

Charlie Chaplin

What do Albert Einstein, Cristiano Ronaldo, and Freddy Mercury have in common? All of them were, or are, unusual men who can serve as role models for courageous boys. It has nothing to do with physical strength or heroic knights in shining armor – it is all about having the courage to follow your dreams. Be it science, entertainment, sports, or art – within these pages, every boy will find the role model he needs to find his way. With modern illustrations, the brief portraits offer an exciting overview of the distinctive features of the lives of these personalities – alive or dead – and encourage boys to be courageous as well as unique themselves.

Martin Luther King



Michael Schumacher

Wolfgang Amadeus Mozart

*The boys counterpart to the bestseller
Good Night Stories for Rebel Girls*

Mahatma Ghandi

Prinz Harry



Bill Gates

Cristiano Ronaldo

Stürmer, Caroline
Stories for boys who want to be different
50 unusual men who changed the world

112 pages, 19,0 x 24,0 cm
hardcover
original

14,99 € (D)

ISBN 978-3-86882-967-9
Product group 1116

06.08.2018



Sitting Bull

Muhammad Ali

Michael Jackson

Stephen Hawking

Arnold Schwarzenegger

- ➔ 50 unusual role models for boys who dare to go their own way
- ➔ Four-color illustrations – a lovingly compiled gift
- ➔ Strengthening and encouragement for boys who don't fit into classical roles



SYBILLE BECK

Dr. Sybille Beck studied in Munich and Sydney. She did her doctorate in Bioethics before working as an editor in various publishing houses. For many years, her most significant and beautiful task has been raising her two daughters – and hoping that they grow up to be powerful, independent women.

Every mother hopes that her daughter will grow up to be a strong, free, independent woman. She tries to protect them from mistakes and to give them sound advice for a good life. This book gathers experiences and tips from a mother that you can pass on to your daughters to help them through life – that they should fight for their dreams, and that they do not merely have to put up with everything. And that there is one sentence that they absolutely do not have to accept from anybody: "That's not for girls!"



Beck, Sybille
**The world needs more
 rebellious daughters**
 24 postcards for my Rebel
 Girl

24 pages, 14,8 x 10,5 cm
 Nonbook
 original

6,99 € (D)

ISBN 978-3-86882-982-2
 Product group 9191

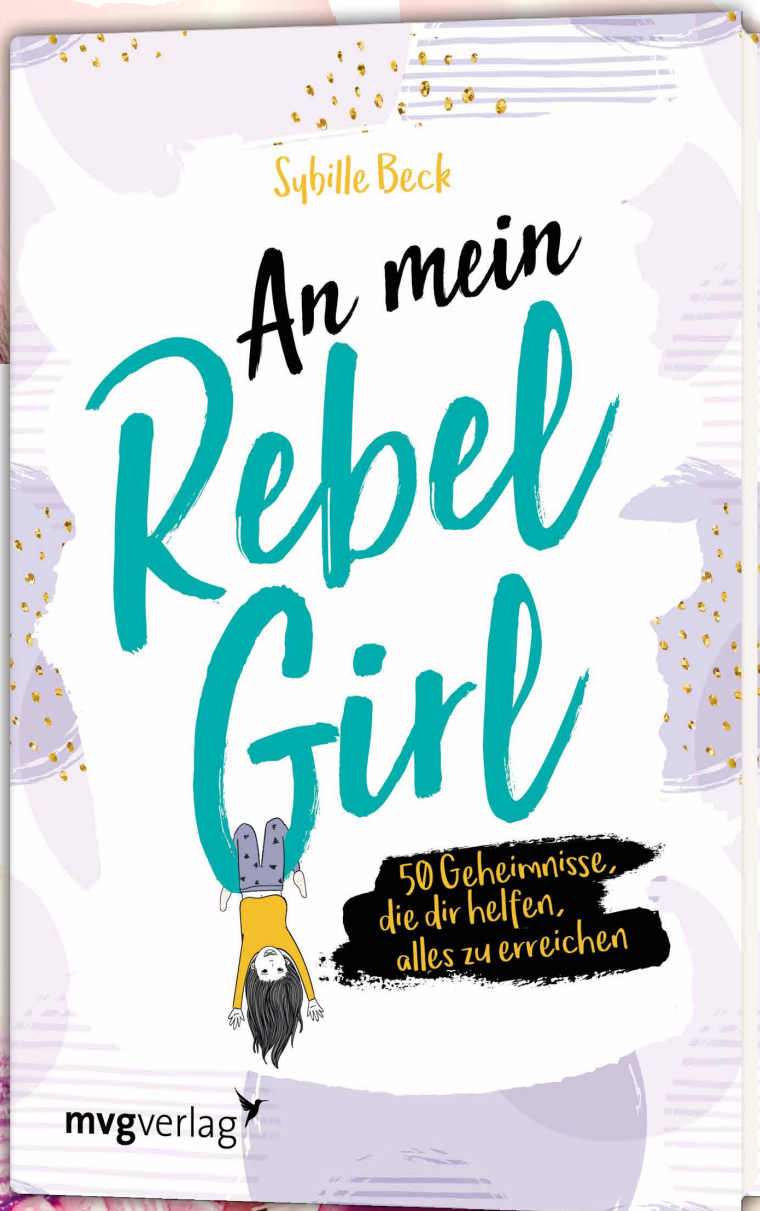
06.08.2018



Every mother hopes that her daughter will become a free, independent woman. To support them, there is now a postcard book with 24 powerful messages and proverbs that every girl should take to heart.



What every mother wishes for her daughter –
packaged in a beautiful book



Beck, Sybille

To my Rebel Girl

50 secrets that will help you to achieve anything

96 pages, 12,0 × 18,7 cm
hardcover
original

10,00 € (D)

ISBN 978-3-86882-977-8
Product group 1484

06.08.2018



- ➔ Individually designed, duochrome book, as an ideal gift
- ➔ Guaranteed free of girly clichés and role-types

Do you still remember the first time we saw one another? Everyone knows them – those unique moments in which words seem superfluous. Moments we never want to forget. 60 individual cards enable us to celebrate mutual moments and create personal memories. A unique treasure chest of love, with inspiring quotes, little words of wisdom as well as messages that facilitate your relationship. Because happiness is when your mind dances, your heart breathes, and your eyes love.



Nothing is as precious as time together



I want, miss, need, love you

Little cards for great moments. 60 cards to inscribe and give away

60 folding cards in a box, 15 x 9 x 7 cm

Nonbook

original

14,99 € (D)

ISBN 978-3-86882-975-4

Product group 9483

05.11.2018



- ➔ A creative card box for the loveliest mutual experiences and the happiest moments in our relationship
- ➔ The perfect gift for your favorite people and better halves

A wonderful gift for all parents and a special souvenir of childhood: small wisdoms, inspiring quotes, influential insights and the best wishes for your own little miracle. Each of the 60 cards is a work of art, collected in a personal treasure box, because every day small and sometimes also big things happen in the life of a child, which one would like to hold on to. With little expenditure of time, the design of the pillow card becomes a fixed ritual that promotes the parent-child relationship and gives the child a very easy feeling of appreciation. The best way to capture moments, be creative together and show your love.



Loving messages for precious moments with your child

mvg Verlag

Nonbook



The world is beautiful, because you are in it
Little cards for great moments. 60 pillow cards to write on and give away

60 folding cards in a box, 15 x 9 x 7 cm
Nonbook
original

14,99 € (D)

ISBN 978-3-86882-963-1

Product group 9191

05.11.2018



- ➔ With inspiring questions and impulses for immortalizing extraordinary memories
- ➔ The box of do-it-yourself cards for all parents of children aged 2 to 12
- ➔ The creative way to encourage children, strengthen bonds, initiate conversations, and convey appreciation

More than 1.5 Million copies sold by bestselling author Kurt Tepperwein



© Kurt Tepperwein / IAW

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 new book by bestselling author and life coach Kurt Tepperwein



Tepperwein, Kurt
The little book of letting go
365 exercises to help you finally find happiness

128 pages, 12,5 x 18,7 cm
softcover
original

9,99 € (D)

ISBN 978-3-86882-895-5
Product group 1481

08.10.2018



Everybody wants to be satisfied with themselves and to live a harmonious life – especially in these fast-moving, stressful times, that are characterized by more and more new challenges as well as continuous expectations. The new, timeless calendar by the successful life coach, Kurt Tepperwein, helps one to let go of the burdens of everyday life. 365 exercises to guide you through the year, day by day. Practical impulses for self-reflection, so that we can recognize our own goals and desires. Attentive affirmations help us to internalize what we have practiced and cast off unnecessary ballast; this enables anybody to get to grips with life as well as to be happy and healthy.

- ➔ The practical and timeless calendar with 365 exercises to compliment the long-selling book *Loslassen, was nicht glücklich macht* [Letting go of what does not make you happy]
- ➔ With helpful affirmations and numerous meditations for attentive reflection, inner harmony, and satisfaction

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

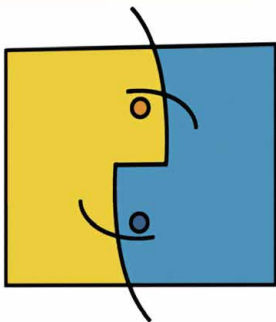


Vera F. Birkenbihl ran the institute for brain-friendly work and was one of the biggest names in the seminar scene. She worked most closely with brain management, or more precisely thinking, teaching, learning and sustainability for the future. She was a respected coach, not least because she developed 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.

More than
1 Mio.
copies sold

VERA F. BIRKENBIHL

More than
100 000
copies sold



KOMMUNIKATIONS- TRAINING

Zwischenmenschliche
Beziehungen
erfolgreich gestalten

mvgverlag

978-3-86882-446-9
9,99 € (D)

VERA F. BIRKENBIHL



Der
Klassiker
in **55.**
Auflage

STROH IM KOPF?

Vom Gehirn-Besitzer
zum Gehirn-Benutzer

mvgverlag

978-3-86882-445-2
8,99 € (D)

More than
150 000
copies sold

By the bestselling author and seminar pro Vera F. Birkenbihl

VERA F. BIRKENBIHL



RHETORIK

REDETRAINING FÜR JEDEN ANLASS

Besser reden, verhandeln, diskutieren

mvgverlag

Birkenbihl, Vera F.

Rhetoric. Speech training for all occasions

Better speaking, negotiation, and arguing skills

192 pages, 14,8 x 21,0 cm
softcover
original

16,99 € (D)

ISBN 978-3-86882-943-3
Product group 1498

08.10.2018



In her long-selling book, coaching authority Vera F. Birkenbihl, explains how you can become a confident, convincing speaker. Numerous tips and a diverse combination of theory, practical exercises, as well as practical tasks, lead you to rhetorical freedom and self-confidence in a brain-friendly manner. The A-Z index, for quick reference, which ensures that the right answers are always close at hand, is particularly practical.

- ➔ Get information, quickly and in a targeted manner, with over 50-keywords
- ➔ Practice your rhetoric speedily and efficiently with this successful longseller



BANKEI SOGYU

Bankei Sogyu was born in Fukuoka in 1960 and trained as a landscape gardener in Kyoto before turning his back on the outside world in 1980 and becoming a monk. Since then he has been engaged in the search for the essence of life. Even though he is aware that this search has not yet been completed, with *Die Kunst einfach zu leben* he now wants to give people a first aid to a better, more minimalist life.



Many people feel lost, insecure, stressed. Therefore, they are always in search of new experiences, to escape from the hum-drum of everyday life. But this only helps to a certain extent, and as soon as we get back into the daily routine again, the stress returns afresh. All it takes is some small changes to your habits and the way you look at things, to find your way into a better life. In this book, the Japanese monk, Bankei Sogyu, gives us tips as well as simple instructions for a simple, satisfied life, and supports us, with his life-experiences, so that we are able to find our inner being.

The traditional Zen method for a better life

mvg Verlag

Personal development

Vom japanischen Mönch
BANKEI SOGYU

Die Kunst einfach zu leben

mvgverlag 

Sogyu, Bankei
The art of living simply

144 pages, 12,0 x 18,7 cm
hardcover
original

14,99 € (D)

ISBN 978-3-86882-981-5
Product group 1481

05.11.2018



- ➔ The new trend of linking the wisdom of Zen and minimalism
- ➔ Mindful snippets of wisdom from a genuine expert
- ➔ Ancient knowledge helps us to better manage today's stressful lifestyle

BERNDT RIEGER

Dr. med. Berndt Rieger has been practicing as an internist and naturopath in Bamberg since 2002. In 2005, he founded the Zentrum für Traditionelle Europäische Medizin [Center for Traditional European Medicine], a training center which also offers further training for holistic treatment of the thyroid.

Dr. Rieger is the successful author of several successful health guides, including the bestsellers Die Schilddrüse, Hashimoto und Basedow [The Thyroid, Hashimoto and Grave's Disease], as well as Hashimoto Healing.

The actual center of power within our bodies is not situated in our heads – nor in our bellies. They are small and inconspicuous, but hormones are a significant determining factor in our lives. If their interaction is impaired, the entire organism falls out of balance.

In an entertaining and comprehensible manner, Dr. med. Berndt Rieger tells us about the various messenger substances that have such an impact on our entire bodies. Interesting facts on alternative healing methods, to support the endocrine system when it is not functioning as it should, and even show, how to get it back into balance.

After the million-seller *Darm mit Charme* [Giulia Enders, Gut], this time it is all about the wonderful world of hormones



Rieger, Berndt Dr. med

The secret bosses in our bodies

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05.11.2018



- ➔ Little messenger substances, substantial effect: hormones regulate critical functions such as the supply of oxygen and our heartbeat
- ➔ One-third of the population is affected by dysfunctions of the thyroid, and in people over 45, almost 50 % are affected
- ➔ If the hormone production is impaired, the entire organism is out of balance, and our spiritual well-being suffers

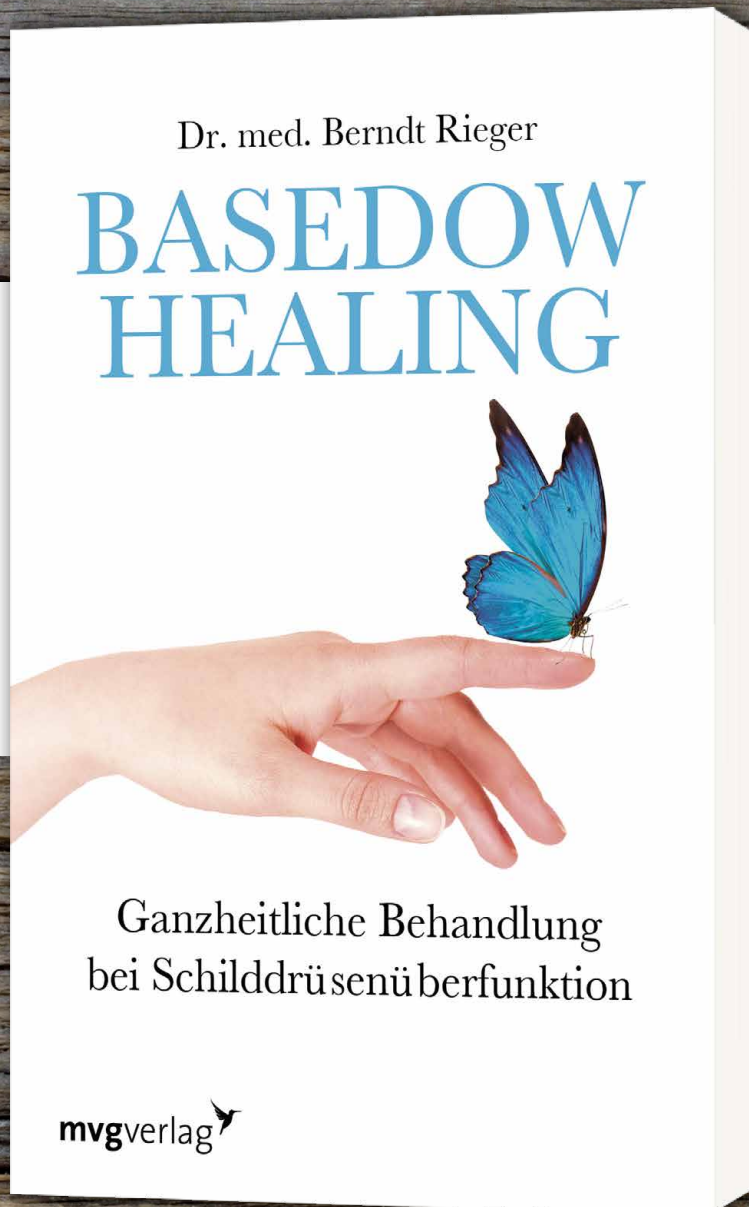


BERNDT RIEGER

Dr. med. Berndt Rieger worked in numerous hospitals for 11 years. Since 2002, he has had his own internist and naturopath's practice in Bamberg. In 2005, he founded the Center for Traditional European Medicine. Dr. Rieger is the author of several successful health guides, including the bestsellers *Die Schilddrüse* [The Thyroid], as well as *Hashimoto und Basedow* [Hashimoto and Grave's Disease].

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Rieger, Berndt Dr. med
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