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liebe



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Ein außergewöhnliches Tagebuch

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aus Ausfüllen und Verlieben

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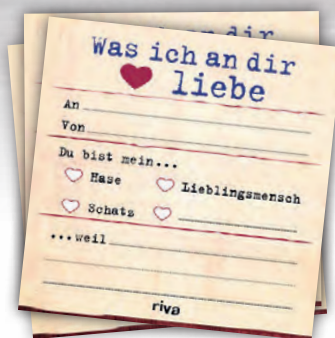


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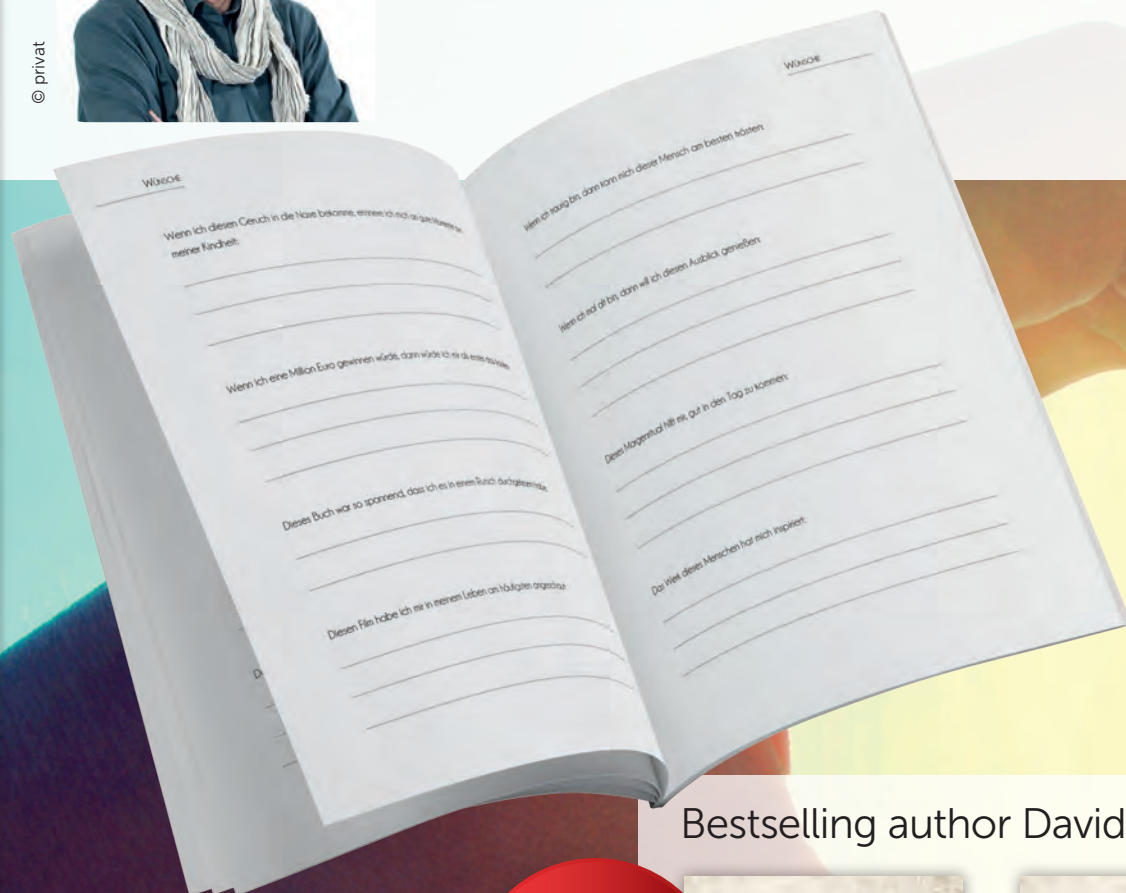
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- ➔ More than 15 different books for every occasion
- ➔ Treasure those special memories for ever



DAVID TRIPOLINA

New York psychologist David Tripolina has been dealing with clever questions for a long time. Answering them is a lot of fun and almost as a by-product provides deep insights into one's own personality. He has published numerous books, including the Spiegel bestseller *Einzigartige Wörter* (Unique Words).



Bestselling author David Tripolina

Overall more
than 150 000
copies sold

Life gives us a great deal worth remembering. So what could be more rewarding than to sit down in a moment of peace and write down what is really important to you? This booklet asks varied questions about personal interests, likes and dislikes, but also deals with more profound topics, such as formative experiences, hopes and desires, love and friendships.

Question after question, "What I Love" leads to the core of what makes life unique and worth living, and helps not only to keep that in mind, but also to align your inner compass now and in the future



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ISBN 978-3-74230-161-1
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David Tripolina's Q&A books have
already been sold over 150 000 times

riva

GIFT BOOK



Tripolina, David

What I love

A Q&A book

96 pages, 13,5 x 21,5 cm

paperback

Original

10,00 € (D)

ISBN 978-3-7423-0668-5

Product group 1191

17.04.2019



- » Beautifully presented, high quality Q&A book
- » The perfect gift for every occasion
- » Versatile questions that help you get to know yourself even better



What could be more beautiful than a very personal declaration of love? With this book you can show your partner 222 reasons why he or she is something very special. Completing the sentences creates a wonderful message.

Filled out, it is an individual gift for the favorite person that treasures beautiful memories, expresses one's own feelings and opens up completely new perspectives on the relationship.

The declaration of love to fill in

222 GRÜNDE, WARUM ICH DICH liebe



Eine Liebeserklärung
zum Ausfüllen

riva

222 reasons why I love you
A declaration of love to fill in

128 pages, 12,0 x 18,7 cm
paperback
Originalausgabe

9,99 € (D)

ISBN 978-3-74230-871-9
Product group 1191

23.01.2019



- » Original way of saying „I love you“ - with 222 individual reasons
- » The perfect gift for anniversaries, Valentine's Day, engagements - or just in between
- » High-quality and lovingly designed



*Building a cave from
a large cardboard box*

A water bomb fight

Shoot a family video

What could be better than to accompany a child into life? Together you can experience so many extraordinary things: baby's first steps, the first day at school, trying out a new hobby, camping in the garden or just jumping on the bed until you no longer can. The Bucket List for parents contains everything mothers and fathers should experience together with their child. The 500 events, adventures and ideas from babyhood to adulthood strengthen the parent-child bond and create wonderful memories. In addition, there is the possibility to enter and tick off your own suggestions.

The first Bucket List for parents and child

**The Bucket List for Parents**

500 things you should experience with your child

160 pages, 13,5 × 21,5 cm

paperback

Original

9,99 € (D)

ISBN 978-3-7423-0854-2

Product group 1191

17.04.2019



- » 500 creative suggestions to tick off
- » Contains suggestions for all ages
- » Room for your own ideas



PETRA CNYRIM

Petra Cnyrim, born 1975, works as an author near Munich. Her books *Complete the Function* and *The Book of Almost Forgotten Words* made it into the Spiegel bestseller list.

WHY DOES WATER FEEL WET?

Children ask a thousand questions. Questions that every adult can answer easily. Or maybe not? Even if you know the answer, how can you give the little ones explanations that they understand? It is often not so easy to express complicated things in simple terms.

This book tries to do just that and provides every adult not only with explanations for intriguing questions, but also shows that even complex things can sometimes be expressed quite simply.

WHY DON'T BIRDS COLLIDE IN FLIGHT?

HOW TO BECOME AN ASTRONAUT



ISBN 978-3-7423-0283-0
9,99 € (D)

**OVER
25 WEEKS
IN THE
TOP 20 OF
THE SPIEGEL
BESTSELLER
LIST**

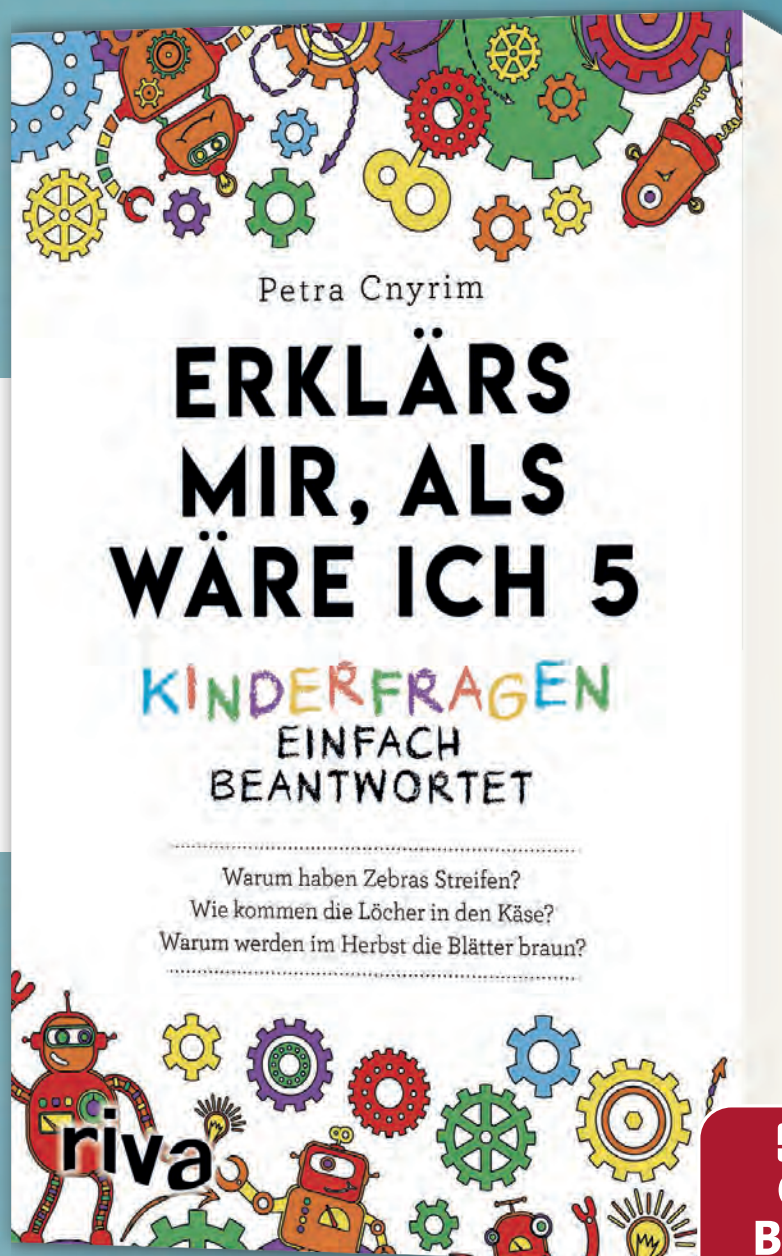
Spiegelreport, express Nr. 37 • 13. September 2018

SPIEGEL ONLINE Taschenbuch Sachbuch

Plätze 1-20 auf SPIEGEL ONLINE ab 15.9.2018

1	Das Café am Rande der Welt Strelecky/dtv/8,95/ET2-07	171.W/Top: 1	11	Das Leben ist zu kurz für später Reinwarth/mvg/16,99/ET5-18	10.W/11
2	Eine kurze Geschichte der Menschheit Harari/Pantheon/14,99/ET2-15	98.W/Top: 2	12	Eine kurze Geschichte der Zeit Hawking/Rowohlt/19,99/ET12-11	10.W/11
3	Homo Deus Harari/C.H. Beck/14,95/ET12-18	3.W/Top: 3	13	Ich muss mit auf Klassenfahrt - Cramer & Padberg/Urban/14,99/ET9-18	10.W/11
4	Wunder wirken Wunder von Hirschhausen/Rowohlt/12,00/ET7-18	8.W/Top: 1	14	Integriert doch erst mal um! Koppert/Ch. Links/14,00/ET9-18	10.W/11
5	Wiedersehen im Café am Rande der Welt Strelecky/dtv/9,90/ET9-17	53.W/Top: 3	15	Madame Money Penny: V Wegelin/Rowohlt/10,99/ET12-18	10.W/11
6	Big Five Strelecky/dtv/9,90/ET2-09	129.W/Top: 3	16	Alexander v. Humboldt Wulf/Penguin/15,00/ET9-18	10.W/11
7	Die Gesetze der Gewinner Schäfer/dtv/9,90/ET11-03	37.W/Top: 7	17	Die Macht der Ge Marshall/dtv/12,99/11-18	10.W/11
8	Frisch hapeziert Kerkeling/Piper/11,00/ET7-18	11.W/Top: 5	18	Der Abstieg Escher & Jovan 114.W/Top: 2	10.W/11
9	Am Arsch vorbei geht auch ein Weg Reinwarth/mvg/16,99/ET5-16	12.W/Top: 10	19	Das klein Collard/H 114.W/Top: 2	10.W/11
10	Erklär's mir, als wäre ich 5 Cnyrim/Riva/9,99/ET5-18	96.W/4	20	Post Katz 114.W/Top: 2	10.W/11
21	Schnelles Denken, langsames Denken Kahneman/Penguin/12,00/11-16	5.W/12	31	Rich Dad Poor Dad Kiyosaki/Franzbecker/14,99/11-18	10.W/11
	Was ist nützlich! Kühnmann/10,00/8-18	11.W/11	32	Anne Frank Tagebuch Frank/Fischer/7,99/10-11	10.W/11
			33	Ich dachte, ich wäre Huttenlober & Abol/10-11	10.W/11
			34	Die Freiheit, fre Arendt/dtv/8,00/11-18	10.W/11
				Das Robbins Ulrich	10.W/11

THE SUCCESSOR TO THE SPIEGEL BESTSELLER



Cnyrim, Petra
Explain as if I were 5
Children's questions answered simply

200 pages, 13,5 x 20,5 cm
softcover
Original

9,99 € (D)

ISBN 978-3-7423-0870-2
Product group 1980

17.04.2019



**SPIEGEL
ONLINE
Bestseller-
Autorin**

- » With completely new questions
- » Easy-to-understand answers to the most popular children's questions
- » For parents, teachers and all curious people



JÜRGEN BRATER

Jürgen Brater worked as a dentist for a long time before teaching at vocational schools and the evening school. He is also a successful author and has written the books *Dr. Braters medizinisches Kuriositätenkabinett* and *Pfeif drauf - morgen hast du's eh vergessen*.

Hubertus Humpff is seventy-six and a half years old and has been married to his second wife Hulda for eleven years. And although the two basically get along well, there is a lot of friction between them.

More and more often they find themselves in situations that would not have existed in the past. Hubert has terrible fears when his wife races over the motorway with his old Mercedes, Hulda has got used to always counting the change to the penny when shopping together, Hubert tries to crank up their love life together with pills, and both do not dare to tell the other that they would sleep much better in their own bed.

In this book Jürgen Brater illustrates the pitfalls of being a senior citizen and the wonderfully weird moments of a relationship that is no longer quite young.



Over 1 million books of the Renate-Bergmann series sold



Brater, Jürgen

Honey, have you seen my teeth?

Insights into everyday life of a couple not quite as young

200 pages, 13,5 x 20,5 cm
softcover

Original

12,99 € (D)

ISBN 978-3-7423-0912-9

Product group 1185

22.05.2019



- » Renowned and successful author of over 20 books
- » Humorous anecdotes from the everyday life of a senior couple
- » Funny gift for grandparents and other not quite young ladies and gentlemen



LEO FISCHER

Leo Fischer, born 1981 in Munich, was editor-in-chief of the final satire magazine TITANIC from 2008 to 2013. Among others, he was sued by Pope Benedict XVI, who felt reviled by a title page. In his ample spare time, Fischer writes columns for TITANIC, Taz, Neues Deutschland and Jungle World.

Actually, the stressed man just wanted to rush down his espresso and then return to his anonymous open-plan office, where his boss and numerous approaching deadlines are breathing down his neck. But as if by magic, his rancid coffee grounds suddenly form magical words that lead him to see life through different eyes.

He quits his well-paid job, breaks off relations with his friends and turns his back on the noisy big city. Inspired and enlightened, he withdraws into the forest, feels free as never before and dies of cold and hunger after two weeks.

A scarcely inspiring, hardly profound but very illuminating book about the nonsense of philosophical wisdom.



UNIQUE PARODY OF LIFE COACHING OF ALL KINDS

riva

HUMOUR



Fischer, Leo

The Coffee at the backside of beyond

A narrative about the nonsense of pseudophilosophical wisdom

160 pages, 13,5 x 21,5 cm
paperback
Original

14,99 € (D))

ISBN 978-3-7423-0946-4
Product group 1185

17.04.2019



- » The café on the edge of the world has sold over 1.5 million copies
- » Satirical contemplation of philosophical guidebooks



SUBTLE DILDO

Rodion, Michael, Derek, Alex and Burt are a group of friends from Toronto, Canada who enjoy drinking maple syrup, hunting beavers and apologizing. While trying to use a dildo as a beer tap, they came up with the idea that it could be used in even more places, and started creating the funniest search images on the Internet. Their Instagram account [subtledildo](#) has 135,000 subscribers and is now popular worldwide.

Thanks to five boys from Canada, busy pictures are now also available for adults. Only they are no longer looking for Waldo, but for a dildo.

On Instagram the search pictures are already cult. Whether in the flat, in the garden or in the bar - in each picture there is a hidden dildo, which you have to find. But that's not so easy, because it is always camouflaged into the scenery. Sometimes it is placed in an umbrella, sometimes in a bunk bed, sometimes on the piano. Each picture is staged so funnily that you have to tear yourself away from the many details and funny poses of the five friends before you can search for the dildo.



The hidden object pictures for adults are iconic on Instagram

FINDE DEN DILDO EIN WIMMELBUCH FÜR ERWACHSENE

Subtle Dildo
Find the Dildo
A busy pictures book for adults

96 pages, 16,0 x 16,0 cm
paperback
Original

9,99 € (D))

ISBN 978-3-7423-0839-9
Product group 1185

17.04.2019



- » Hilariously funny
- » Success genre male humor: 25 000 copies sold of How to Live with a Huge Penis and 25 000 copies of Colour my tits



FLORIAN BLÜMM

Florian Blümm, 38, quit his job as a programmer in 2011 and set off on a trip around the world. 300,000 kilometres are now behind him - and he is still on the road. Whether it's beach feeling in Thailand, a road trip through the USA or a mountain bike ride through the Himalayas - when it comes to the question: „Cold rent or a trip around the world“, his answer is: „It's nicer on a sandy beach with a laptop than in the office“.

World travel without a lot of money - a dream? No, Florian Blümm, known from his travel blog flocblog, proves that you don't have to have a big bank account to see the world. Florian has been on the road for over seven years - and needs less than 30 euros a day. How to get cos effectively from A to B, which countries are cheap, which are rather more expensive - and how to get by with as little money as possible even there, he reveals in this practical guidebook, which is filled to the brim with insider tips and expert knowledge. From the first idea to planning to the final realization, it deals with all the important steps, which are to be considered, if the dream of travelling free is finally to become reality.



HOW MUCH MONEY DOES IT TAKE TO TRAVEL THE WORLD? NO MORE THAN 30 EURO PER DAY!



Blümm, Florian

Around the world with little money
Travelling around the world with only
30 Euro a day

200 pages, 14,5 x 21,5 cm
softcover
Original

14,99 € (D)

ISBN 978-3-7423-0866-5
Product group 1369

17.04.2019



- » More and more people set off to world journeys or try the Lifestyle of the digital Nomads
- » Insider knowledge of a German travel blogger who has been travelling the world for seven years
- » Whether for six months, one year or longer, world trip or sabbatical - Florian's tips and tricks are worth their weight in gold

© privat



ALEXIBEXI

AlexiBexi, common name Alex Böhm, is a successful YouTuber with over 1.3 million followers. On his channel he deals with digital technology and the latest gadgets you have to have - or not. He acquired many of his skills during his directing studies, which he completed in 2013, but most of it through Learning by Doing. Alex creates short or long films, is a passionate musician and loves photography - with classic and modern gadgets.

© privat



CAROLIN SCHWARTAU

Carolin Schwartau studied sociology and German language and literature. When she's not working on texts at her desk, she loves to photograph. For many years she has been on the road as a camerawoman with Alex Böhm and has played an important role in his work. Just like Alex, Carolin also learned handling a camera through practice.



Who needs a sinfully expensive SLR camera to take great pictures? The future of photography is in every pocket or handbag - the smartphone! Photography with a mobile phone is so much more than „press the button and done“. Cleverly used, the smartphone makes it possible to realize incredible ideas. This book exposes supposed professionals as amateurs and reveals techniques and finesses to create perfect pictures and videos with the smartphone. It clarifies why the use of mobile gadgets points to the future and what all this still has in common with classical photography. In the end, you will see the tiny camera in your smartphone with completely different eyes. Farewell, sordid Selfie!

ALEXIBEXI INSPIRES 1.3 MILLION SUBSCRIBERS ON YOUTUBE WITH HIS VIDEOS



AlexiBexi; Schwartau, Carolin

Fuck cameras

Perfect photography and filming with your smartphone

200 pages, 17,0 x 24,0 cm
softcover
Original

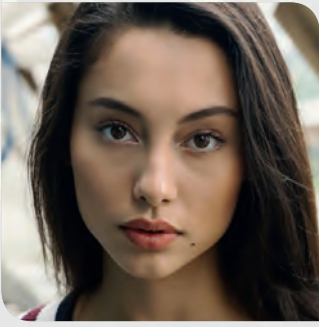
19,99 € (D)

ISBN 978-3-7423-0899-3
Product group 1415

17.04.2019



- » Everyone takes pictures with their mobile phone - and everyone would like to be able to do it better
- » Small devices, great pictures - with the Smartphone you can take the best photos and videos
- » With numerous sample images and detailed descriptions - easy to understand and immediately feasible
- » From portraits to perfect holiday videos - a comprehensive guide



SERENA COADY

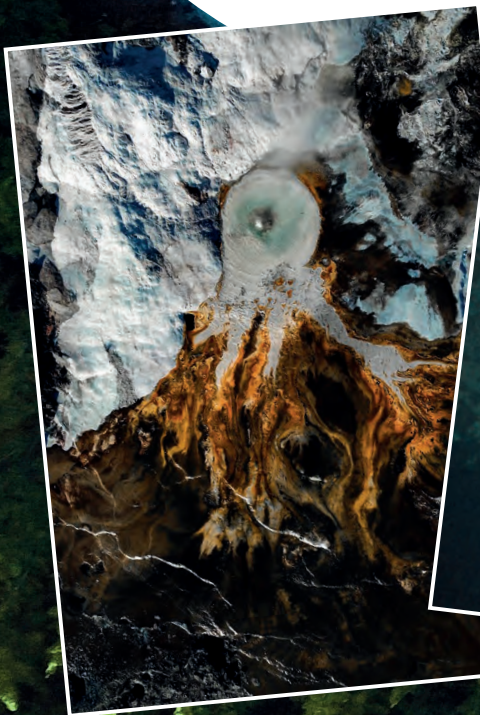
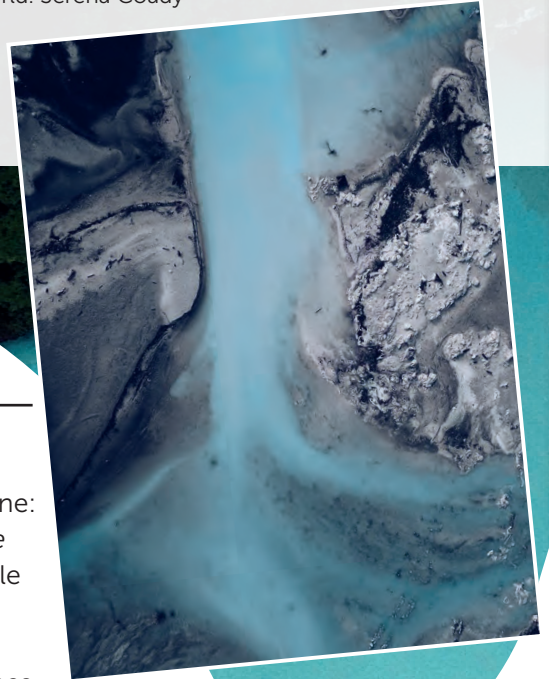
Serena Coady is a journalist and drone photographer whose articles have appeared in the *Cosmopolitan* and the *Canberra Times*. Her passion for drones led her to explore land, sea and cities from a bird's eye view. The 24-year-old is fascinated not only by the new possibilities offered by drones, but also by the creative and inspiring women who guide them. The Instagram account *Drone Girls* ([dronegirls_](https://www.instagram.com/dronegirls_/)), founded by her, gathers spectacular images of drone photographers from all over the world. Serena Coady lives in Canberra, Australia.



These sights are usually not even seen from an airplane:

The bilingual illustrated book *How Women See the World* gathers the most impressive pictures of female drone photographers and shows how beautiful, colourful and fragile the world looks from above.

From the azure blue sea to extensive desert landscapes and lush green forests to small-scale cityscapes - the female view of the earth shows itself in an extraordinary sense of harmony and beauty, impressive motifs, harmonious colour compositions as well as courageous, complex compositions. Accompanied by exciting stories about their creation, the pictures are not only inspiration for the next journey, but bring the whole beauty of our planet into our own homes.



OUR WORLD FROM ABOVE –

over 80 impressive pictures showing
the diversity and beauty of the earth



Coady, Serena

How Women See the World

A collection of aerial art by women
who fly drones

160 pages, 19,0 x 24,0 cm
paperback
Original

19,99 € (D)

ISBN 978-3-7423-0802-3
Product group 1350

17.04.2019



**BILINGUAL IN
GERMAN AND
ENGLISH**

- » Serena Coady runs the successful Instagram account Drone Girls
- » This bilingual pictorial brings together the best international drone photographers, all of whom have a wide reach in social media.

CHRISTIAN KOCH / AXEL KROHN

Christian Koch and Axel Krohn grew up surrounded by the lush meadows of northern Germany. Christian Koch studied biology, Axel Krohn culture and media management. When they're not working in the advertising industry, the two curiosity hunters are usually found exploring the countryside and the web in search of the absurdities of everyday life.

© privat

They are everywhere - on the streets, in gardens and cellars, they look down from trees and through windows into apartments, but we rarely notice them. We humans share the urban habitat with countless bird species, small rodents and predators, but also raccoons, hares, moles, hedgehogs and fireflies. But what do we actually know about these unknown neighbours? Where do they hide and how is their life influenced by the city?

The bestselling authors Christian Koch and Axel Krohn went on a ramble through our cities and met all kinds of animals with amazing abilities. They enterprisingly describe the ingenious ideas and tricks with which the animals have adapted to their habitat.



HIDDEN PARALLEL WORLD IN OUR CITIES



Koch, Christian; Krohn, Axel
Our unknown neighbours
The wondrous life of animals in the city

240 pages, 14,8 x 21,0 cm
paperback
Original

19,99 € (D)

ISBN 978-3-7423-0792-7
Product group 1420

19.06.2019



**SPIEGEL
Bestseller-
Autor**

- » The in-subject animal life as funny infotainment
- » Humorously written and completely illustrated in 4 colours, the book is a real pleasure to read
- » Christian Koch studied biology, both authors are enthusiastic biology fans



DANIEL ULLRICH

Daniel Ullrich is a researcher at the Chair of Media Informatics at the LMU Munich. He wrote his doctoral thesis on intuitive interaction and investigates the interaction between humans and intelligent technologies and social media, in particular their social relevance and aspects such as (excessive) trust and judgement formation. Together with Sarah Diefenbach he wrote the book "Digitale Depression". How new media change our perception of happiness.

The correct term is humans with special needs, not handicapped! Speech prohibitions run through our everyday life. If you resist them, you run the risk of being considered racist, misogynistic or homophobic in the name of political correctness. In his book, media computer scientist Daniel Ullrich impressively describes how this opinion dictation could have come about: He names the interests behind the well-meant, shows what role the old and new media play in this, and uses numerous examples to make it clear: Speech prohibitions create tensions in society that lead to a strong polarization. The result: a division of our society.



A strong plea for freedom of expression



Ullrich, Daniel

Ban on Speech

How political correctness divides our society

208 pages, 13,5 x 20,5 cm
paperback
Original

19,99 € (D)

ISBN 978-3-7423-0984-6
Product group 1973

20.03.2019



*»A publication that one
would like to put in the
hands of those around
one.«
Psychologie heute*

- » This book shows how we are manipulated every day in our formation of opinion
- » One in four Germans believes that you should be „cautious“ when expressing your opinion



RAINER WENDT

Rainer Wendt, born in Duisburg in 1956, worked in the police force for over 40 years. Since 2007 he has been Federal Chairman of the German Police Union (DPoIG). In countless interviews, talk shows and discussions, he has fought for the interests of the police and above all for more authority and power to be given to the state. Rainer Wendt is married and has five adult children. He is the author of the Spiegel bestseller *Deutschland in Gefahr* (Germany in Danger).

Do we have to give up on the future of our country? Give up prosperity, progress and social security? What will become of freedom, democracy and inner peace? How will we shape our lives in the future? Are we resting too much on the laurels of past decades and frivolously gambling away our values? In his new book, Rainer Wendt provides critical answers to these questions and describes how inaction, ignorance and a lack of foresight is endangering Germany's future viability. And how Germany is being left behind in terms of security, society and education. Whether it is already too late to initiate a turnaround depends on all of us. The course must now be set for future generations.

More than
60 000 copies
sold



**SPIEGEL
Bestseller**

ISBN 978-3-7423-0408-7
9,99 € (D)

GERMANY'S SECURITY AND PROSPERITY ARE IN DANGER



Wendt, Rainer
Germany will be left behind
A status report

200 pages, 14,5 x 21,5 cm
paperback
Original

19,99 € (D)

ISBN 978-3-7423-0704-0
Product group 1972

17.04.2019



**SPIEGEL
Bestseller-
Autor**

- » Comprehensive critical analysis of political conditions - from security policy to education policy
- » Rainer Wendt is known to the reader due to many media-effective appearances on radio and television.

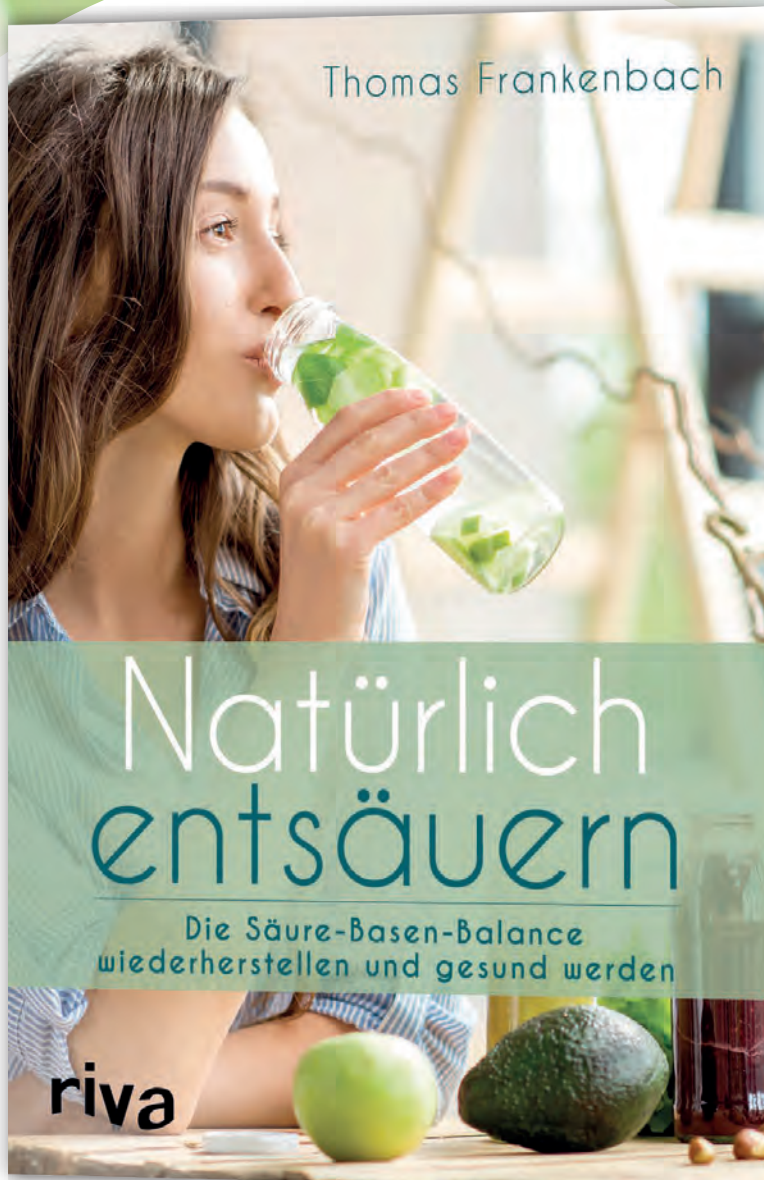


THOMAS FRANKENBACH

Thomas Frankenbach, born in 1973, has been head of the Nutrition and Embodiment Department in a clinic for rehabilitation medicine for more than ten years and is scientific director of the Academy for Somatic Intelligence in Fulda. He studied nutritional sciences as well as psychosocial, integrative and complementary health sciences in Fulda and Graz. He then trained in psychotherapy and body psychotherapy, nutritional counselling, relaxation and stress management.

Even the smallest disturbance of the acid-base balance can have considerable consequences: Exhaustion, pain, concentration and sleep disorders, problems with skin, hair and immune system as well as hormonal disorders are just some of the possible effects of too much acid in the body. Thomas Frankenbach explains how you can recognize the signals of your body with an overacidification and provide for a natural balance. Practical self-tests, deacidifying fitness and breathing training, well-founded knowledge about eating and drinking, recipes, a product and preparation education as well as essential findings for the cautious handling of stress based strain help to deacidify effectively and holistically and thus restore the natural balance of the organ systems.

Stress, sugar, alcohol: WE'RE ALL ACIDIC!



Thomas Frankenbach

Frankenbach, Thomas
Deacidifying naturally
Restoring the acid-base balance and
becoming healthy

224 pages, 17,0 x 24,0 cm
softcover
Original

19,99 € (D)

ISBN 978-3-7423-0915-0
Product group 1461

20.02.2019



- » How to deacidify effectively and with ease by eating, drinking and special preparations.
- » With self-test: How to find out for yourself if you are acidified
- » Concrete ways to deacidify through fitness training, breathing, detox and natural medicine



HEIKE HÖFLER

Heike Höfler is a state-certified sports and gymnastics teacher. For many years she worked as a movement therapist at various clinics and leads back and neck courses for health insurance companies and adult education centres. The mother of three has also written numerous bestsellers on fitness, health and wellness topics. She is known to a wide audience through radio and television broadcasts as well as publications in professional journals.

Due to occupational lack of movement and poor posture, nowadays almost all of us suffer from temporary or chronic neck or shoulder tensions, headaches or back pain. Strong neck muscles can prevent this. The simple but effective exercises of the bestselling author and health expert Heike Höfler specifically train the neck, atlas and shoulder areas and help to counteract postural deformities, loosen and strengthen the muscles and relieve pain. The various programmes can be carried out at home or at work, with exercises being executed sitting and standing, with or without aids. In this way, tension can be actively prevented and overall health improved.

Free of neck pain at last – thanks to simple exercises that can be performed anywhere



Höfler, Heike
Self-help for treating neck pain
Tried-and-tested exercises
to release tensions

128 pages, 17,0 x 24,0 cm
softcover
Original

12,99 € (D)

ISBN 978-3-7423-0873-3
Product group 1462

17.04.2019



- » Today more than ever, we suffer from neck pain due to extensive use of the smartphone and office work
- » Effective exercise programs for neck, nape and shoulders and useful background information on anatomical problem areas
- » Updated and expanded edition of the bestseller with over 50,000 copies sold



MICHELLE HILDEBRANDT

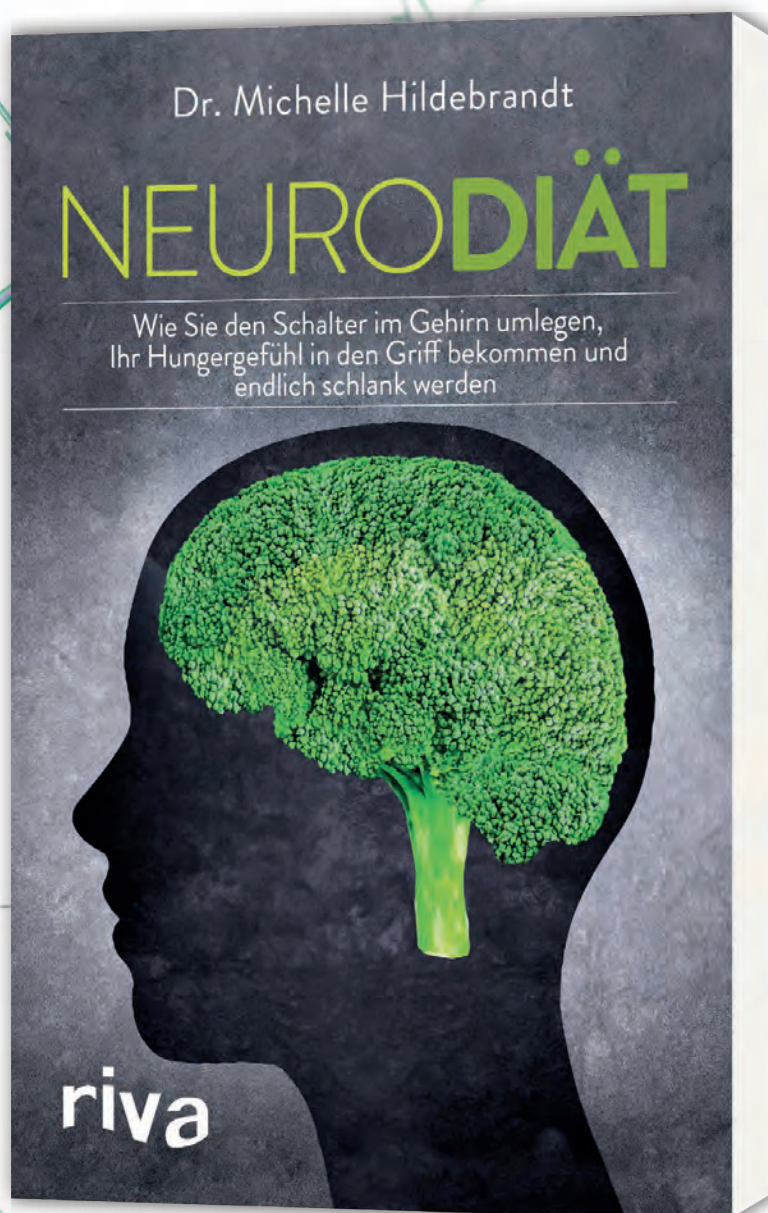
Dr. Michelle Hildebrandt, born 1970 in Lübeck, is a specialist in psychiatry and psychotherapy. She deals in detail with the topic of nutritional behaviour and how it is influenced by the mind, brain and intestines. From this she draws exciting conclusions about diet research. She lives and works in Lübeck and Hamburg.



This diet starts where the eating behaviour has its origin - in the brain! Dr. Michelle Hildebrandt, a specialist in psychiatry and psychotherapy, explains with the help of current research how we can reprogram our brain in such a way that our appetite is restrained and we find our way back to a natural and healthy eating behaviour. With the practical exercises, solid nourishing strategies and the advice in this book hot hunger attacks and the yo-yo effect have no more chance. In this way, you can relax and achieve a lasting feel-good weight!



PROGRAM THE BRAIN TO BECOME SLIM!



Hildebrandt, Dr. Michelle

Neurodiet

How to flip the switch in your brain, control your appetite and finally get slim

192 pages, 13,5 x 20,5 cm
softcover
Original

16,99 € (D)

ISBN 978-3-7423-0841-2
Product group 1461

20.02.2019




- » Unique insights into mind and body that explain the phenomenon of „appetite“
- » Practical exercises, tips and hacks to curb your appetite and achieve a comfortable weight.
- » Dr. Michelle Hildebrandt is a certified specialist in psychiatry and psychotherapy and specialises in brain research



DR. MED. ALEXANDER WUNSCH

Alexander Wunsch is a physician, scientist and lecturer in the fields of light therapy, photobiology and biophysics as well as deputy managing director of the Max Lüscher Foundation. He is the leading light biologist in Germany and researches opportunities and risks of optical radiation on humans and the environment, advises politicians, media representatives and industry on light biological issues and develops concepts and applications for the healthy use of natural and artificial light as well as for light therapy. His numerous publications, lectures and interviews at home and abroad have made the outstanding importance of light and colours for health and well-being accessible to many people.



Like plants and most animals, we humans need light to live. In our increasingly artificial environment, we can only stay healthy and maintain our performance if we use sunlight, artificial light and coloured light correctly. The doctor and leading lighting expert Dr. Alexander Wunsch describes how good light promotes health, keeps the biological rhythm in balance and can be used preventively and healingly. He explains why bad light - from LEDs or monitors, for example - makes us ill, gives instructions on how to illuminate our own four walls and the workplace ideally, and explains what to look out for when using computers, TV sets and smartphones.

The major health issue



Wunsch, Dr. med. Alexander

The Power of Light

Why we need good light and bad light makes us ill

200 pages, 17,0 x 24,0 cm
softcover
Original

19,99 € (D)

ISBN 978-3-7423-0911-2
Product group 1460

22.05.2019



- » The first guide that comprehensively describes the effects of natural and artificial light on the human organism.
- » The right light is just as important for our health as nutrition
- » With numerous tips on how to use light correctly at home and at work
- » Dr. Alexander Wunsch is the leading light biologist in Germany and treats patients in his own practice



ALEXANDRA STROSS

Alexandra Stross is a veterinarian, but likes to call herself a body interpreter. When she became chronically ill herself and found no help in academic medicine, she parted not only privately but also professionally from classical medicine. She is an expert for natural detoxification methods as well as precise symptom interpretation and shows practicable ways how necessary changes can really be implemented permanently in everyday life. Since 2005 she has been giving people with chronic ailments valuable knowledge and practical tools to help themselves effectively in her lectures, books and online programs.

SUCCESSFUL EXPERT WITH WIDE REACH

Numerous diseases and ailments are caused by a damaged intestinal flora - including not only obvious ones such as gastrointestinal problems or food intolerances, but also obesity, skin problems, allergies, headaches and even problems with the musculoskeletal system. Great results and a significant improvement in health can be achieved by naturally cleansing the intestines and re-optimizing the conditions for a healthy microbial. With the right nutrition afterwards, you can achieve long-term health and balance. In this book, bestselling author Alexandra Stross offers a well-founded step-by-step program that anyone can easily perform at home.



WELL-FOUNDED INFORMATION ON AN EXTREMELY POPULAR HEALTH TOPIC



Stross, Alexandra

Natural intestinal rehabilitation

Cleanse and detoxify the intestines, fight ailments and successfully lose weight

256 pages, 14,5 x 21,5 cm
softcover
Original

14,99 € (D)

ISBN 978-3-7423-0965-5
Product group 1465

06.03.2019



- » Comprehensive guide with easy to follow program
- » Bestselling author with 50 000 copies sold



PHILIP REBENSBURG

Philip Rebensburg is a graduate of biology, specialising in microbial ecology and ecotoxicology. His research initially focused on harmful fungi in agriculture before devoting himself to working with medicinal fungi as a mycologist. In the meantime he has his own medicinal mushroom cultivation and gives lectures on healing with mushrooms and mushroom cultivation.



ANDREAS KAPPL

Dr. med. Andreas Kappl is a general practitioner and naturopath. He has had his own practice in Wackersdorf for 20 years. As part of naturopathic medicine, his focus is on working with medicinal mushrooms. The GP and book author conveys his knowledge in numerous publications, training courses and lectures.

Traditional Chinese medicine has been using the amazing healing powers of mushrooms for hundreds of years. In the meantime, science has confirmed what naturopathy has long known: medicinal mushrooms strengthen the immune system, lower blood pressure, improve metabolism and our energy level, combat viruses and bacteria and can even kill tumour cells. As so-called adaptogens, they also increase stress resistance: the body builds up resistance and uses it in acute situations. Whether Cordyceps, Reishi or Shiitake - this book reflects the current state of science and portrays the 20 most important fungi. The authors explain how they are used and prepared and how medicinal mushrooms can also be cultivated at home.

Medicinal mushrooms are on the rise:

they fight cancer, alleviate allergies and
intolerances, strengthen the immune system



Rebusburg, Philip; Kappl, Dr. med. Andreas

Healthy with medicinal mushrooms

Strengthen your immune system, heal diseases and alleviate complaints

These are the 20 most important mushrooms - from Cordyceps to Shiitake

200 pages, 17,0 x 24,0 cm
softcover
Original

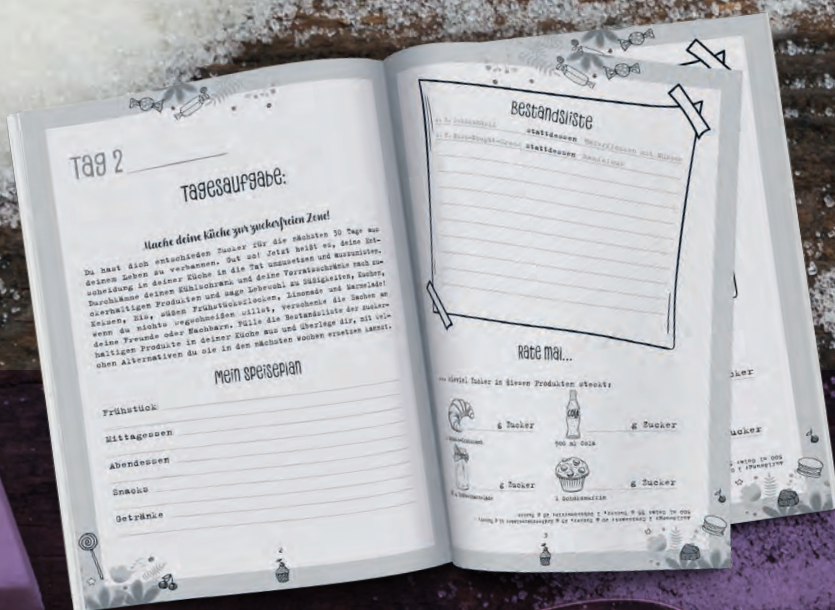
19,99 € (D)

ISBN 978-3-7423-0521-3
Product group 1465

22.05.2019



- » Healing mushroom cultivation for everyone - author Philip Rebusburg shows in this book, how it functions works
- » With current medical background knowledge and case studies from the practice of the physician Dr. Andreas Kappl



You can't walk past cake without digging in? „Eating less sugar“ is one of your New Year's resolutions every year? Then you've come to the right place! This journal will help you to fight and resist sugar: for 30 days you will be given a daily task. For example, you will test different strategies against cravings, try new recipes or do an eating meditation. Step by step, you'll learn to avoid sweets and hidden sugars, regain the natural sweetness of food, and develop long-term strategies for responsible sugar management. And after four weeks you know: Sugar-free does not feel like renunciation, but is a wonderful new way of life!

The first workbook

for the end of sugar addiction

riva

HEALTH/DIET



Sugar-free in 30 days

The Workbook for your start to a healthier life

96 pages, 17,0 x 24,0 cm

softcover

Original

9,99 € (D)

ISBN 978-3-7423-0941-9

Product group 1461

23.01.2019



- » Sugar-free living is still a trend topic
- » With daily tasks, information, recipes and tests
- » Facilitates the reflection of one's own eating behaviour

ANDREA THALHEIMER

Andrea Thalheimer, 52, mother of three grown-up children, has lived with her family in California for more than 20 years. For several years the alternative practitioner and nutritionist has been accompanying women with an unfulfilled desire to have children on their journey of becoming a mother. Many of these women suffer from hormone disorders such as PCOS.



Polycystic ovary syndrome (PCO syndrome) is a common hormone disorder of women. It can cause cysts in the ovaries, an irregular cycle, infertility and chronic complaints such as weight gain, acne and hidden inflammation. It is often associated with insulin resistance, a precursor of diabetes in which the cells respond poorly to the hormone insulin. A conscious diet with low carbohydrates is therefore essential. In this book the more than 80 simple, everyday low carb recipes contain lots of nutrients that inhibit inflammation and help restore hormonal balance. In this way, affected women can actively contribute to alleviating the symptoms.

1 million women in Germany

SUFFER FROM POLYCYSTIC OVARY SYNDROME

riva

HEALTH/DIET



Thalheimer, Andrea
**Eating consciously
with PCO syndrome**
With 80 low carb recipes

160 pages, 14,8 x 21,0 cm
softcover
Original

17,99 € (D)

ISBN 978-3-7423-0804-7
Product group 1465

17.04.2019



- » The first cookbook on proper nutrition for PCO syndrome
- » The right diet can stop and reverse PCO
- » 80 recipes for low-carbohydrate and anti-inflammatory dishes that balance hormone levels



DANA SCHWANDT

Dana Schwandt is a life design coach, expert for Ayurveda and habit training and speaker. With her company "Ichgold", which she runs together with her husband, she wants to help people to live healthier and more relaxed lives and to feel better permanently. She hosts an Ayurveda and Livedesign podcast, writes a blog and publishes a daily wake-up post on Facebook and Instagram. In her online course "Tellergold" she shows how to easily integrate Ayurvedic nutrition into everyday life and make peace with your body. With over 300,000 downloads, her podcast "Da ist Gold drin" is regularly in the top 20 in the health category of the iTunes Charts.



For several years Dana Schwandt has been involved in her online courses and her successful podcast "Da ist Gold drin" with Ayurveda in connection with a modern lifestyle. In her first book she addresses the most urgent questions of her listeners and course participants and reveals how to integrate Ayurveda into everyday life and live a healthy life. In addition to the basics of Ayurvedic nutrition, she explains how to find out your body type, how to feed yourself accordingly and how to balance your metabolism in order to feel good physically, mentally and emotionally. Tips for habit training as well as nutrition templates including recipes that can be implemented quickly also support the adoption of an Ayurvedic lifestyle.

Easy introduction to Ayurveda

riva

HEALTH/DIET



Schwandt, Dana

Your new beginning with Ayurveda

How to optimize your metabolism and rebalance yourself

200 pages, 17,0 x 24,0 cm
softcover
Original

17,99 € (D)

ISBN 978-3-7423-0872-6
Product group 1461

20.03.2019



- » Introduction to the basics of Ayurvedic nutrition for a balanced metabolism and lasting health
- » Nutrition program suitable for everyday use with recipes for every body type
- » Tips for intuition and habit training as well as meditations for self-reflection



VERONIKA PICHL

Veronika Pichl, born in 1980, is a successful author of books on weight loss, nutrition, exercise and happiness. She develops guidebooks for riva Verlag and Happy Fit Food Verlag (www.happyfitfood.de), which she founded herself. She has already published numerous cookbooks for riva Verlag. She lives with her husband and two children in Nuremberg.

THE COOKING TREND ONE POT NOW ESPECIALLY FOR FAMILIES WITH CHILDREN

With a variety of one-pot dishes, it is now very quick and easy to prepare a healthy meal from fresh ingredients that tastes good to the whole family and also inspires children. And the best thing about it: The dishes from a single pot, which are by no means just classic stews, save a lot of cooking stress and make washing up easier than ever. This book shows how the tastiest one-pot recipes for families can be prepared freshly and easily and how the principle can also be transferred to oven or pan recipes.

The recipes for the Thermomix® editions were developed and tested with the Thermomix® TM5. Independently researched, not influenced by the manufacturer



- » 50 recipes that children and the whole family will love
- » Stewing pans and pots like the Dutch Oven are bestsellers

Veronika Pichl

ONE POT für Kinder

50 leckere, schnelle
und günstige Gerichte



riva

Pichl, Veronika

One Pot for children

50 tasty, quick and inexpensive
dishes

96 pages, 17,0 × 24,0 cm

softcover

Original

9,99 € (D)

ISBN 978-3-7423-0955-6

Product group 1455

20.03.2019



Pichl, Veronika
**All in One and One Pot with the
Thermomix for children**

50 tasty, quick and inexpensive
dishes

96 pages, 17,0 × 24,0 cm

softcover

Original

9,99 € (D)

ISBN 978-3-7423-0956-3

Product group 1455

20.03.2019



Veronika Pichl

ALL IN ONE UND ONE POT mit dem Thermomix®

für Kinder

50 leckere, schnelle
und günstige Gerichte



riva

Unabhängig
recherchiert,
nicht vom Hersteller
beeinflusst



ELISA MAZUR

Elisa Mazur is from Hamburg and mother of a small daughter. Despite sports in her youth, the scales were her constant companion. The pressure to achieve the perfect weight only gave way when she discovered for herself that only a balanced diet without prohibitions paired with exercise makes sense. In addition to her career as a businesswoman in various fields, she also trained as a trainer and nutritionist. When daughter Lene was born in 2016, the desire for a sugar-free life took a very special place. At the end of 2017 she founded the blog Fräulein Immersatt together with Loreen Eiffler.



LOREEN EIFFLER

Loreen Eiffler lives in Lünen. As a child and teenager she already suffered from severe overweight and at the age of 13 she managed to lose 35 kilos on her own and achieve a normal, healthy weight that she still holds today. She used to work as an employee and civil servant, and was also trained as a nutritionist. Since the birth of her son Oskar in 2016, she has dedicated herself to her heart's project, the blog Fräulein Immersatt.



More and more people want to reduce their sugar consumption. Politicians are also taking action and are planning, for example, to ban sugar in drinks for small children. Mothers and fathers are particularly interested in a sugar-free diet in order to not get their children used to the unhealthy sweetness in the first place - as are the authors, bloggers and mothers Elisa Täufer and Loreen Eiffler. In their book they offer interesting facts about sugar and sugar substitutes as well as tips and tricks for everyday family life. They also show their 60 favourite recipes, which succeed with ease - from sweet breakfast ideas, cakes, muffins and waffles to hearty main meals, rolls and snacks.

Sugar-free nutrition for children —

practical, child-friendly and family-friendly

riva

HEALTH/DIET



Elisa Mazur



Loreen Eiffler

Zuckerfrei mit Kindern

60 einfache Rezepte für die ganze Familie



riva

Mazur, Elisa; Eiffler, Loreen

Sugar-free with children

60 simple recipes for the whole family

192 pages, 17,0 x 24,0 cm

paperback

Original

19,99 € (D)

ISBN 978-3-7423-0972-3

Product group 1456

20.03.2019



- » The first book on sugar-free cooking and baking for children
- » Breakfast, cakes, biscuits and other desserts that taste good and are also sugar-free.
- » Countless tips on sugar-free lifestyles and how to implement them with children



KATHRIN BURGER

Kathrin Burger studied ecotrophology and is a freelance science journalist. She writes for various newspapers, magazines and online media such as Süddeutsche Zeitung, taz or spektrum.de on nutrition, health and the environment and is the author of several books. She lives in Munich.

Food is becoming more and more important in the lives of many people, and a kind of „food fundamentalism“ can already be observed: Whether vegan, palaeo, clean eating, gluten-free or low carb - we define ourselves more and more over our diet, which often leads to intolerance towards people of other faiths. Who has no incompatibility and does not avoid certain food for health reasons, is not only boring, but ranks also among the regrettable uninitiated. Food has become a kind of substitute for religion! The journalist Kathrin Burger investigates on how things could get so far, what nutritional trends there are today and how the current development is affecting our coexistence.

From superfood to vegan cult: FOOD IS THE NEW RELIGION



Burger, Kathrin
Foodamentalism
How food became our religion

256 pages, 13,5 x 20,5 cm
Klappenbroschur
Original

16,99 € (D)

ISBN 978-3-7423-0944-0
Product group 1461

17.04.2019



- » A renowned science journalist explains the trend around the question of faith Food
- » What is behind the hype about nutrition and why do we need this kind of orientation?
- » Effects on coexistence in our society, from condemnation to religious conflicts to social isolation



SYLWIA ERDMANSKA-KOLANCZYK

The blogger Sylwia (mygoodlifelove.blogspot.com) loves cooking and baking and since her childhood, where she spent time on a farm in the middle of nature, she has loved the simple and healthy cuisine, in which she likes to work with seasonal ingredients. „Eat naturally” is her motto.



Bake biscuits or cakes with only 3 ingredients? Sounds incredible, but it's possible - and it's just as tasty as complicated baking! The 50 recipes in this book show that baking doesn't have to be complicated. Even with just a few ingredients and limited time, tasty pastries can be conjured up quickly if guests have announced themselves spontaneously or if you simply feel like something sweet. Whether Japanese cheesecake made from egg, white chocolate and cream cheese, nut nougat biscuits made from egg, flour and nut nougat cream or coconut macaroons made from egg white, icing sugar and coconut shavings - there is something for every taste, from cakes and biscuits to snacks and hearty pastries. Most of the ingredients you keep at home anyway, so you don't have to go shopping.



Baking has never been so easy!

riva

HEALTH/DIET

Backen mit 3 Zutaten

50 raffinierte Rezepte für Kekse,
Kuchen, Snacks und herzhaftes Gebäck



Erdmanska-Kolanczyk, Sylwia

Baking with 3 ingredients

50 ingenious recipes for cakes, biscuits,
snacks and savoury pastries

96 pages, 14,8 x 21,0 cm
paperback
Original

12,99 € (D)

ISBN 978-3-7423-0856-6
Product group 1457

20.03.2019



- » The first 3-ingredient baking book on the market
- » 50 beautifully illustrated recipes: cakes, biscuits, snacks, hearty pastries
- » With simple ingredients that you usually have at home
- » Trending on Pinterest and Instagram



RONJA PFUHL

Ronja Pfuhl is a food photographer, food stylist and recipe developer. Since 2015 she shares her self-learned knowledge and her passion for delicious and beautiful dishes on Instagram as "miss_gruenkern".



Appearances are everything, yet the reality on our plates is very unlikely to resemble the beautiful recipe pictures from cookbooks and food blogs. Bloggers post artistic creations on social media and one wonders: How do they do it? This book offers the answer: It shows step-by-step instructions on how to turn 30 recipes into delicious dishes and how to perfectly arrange, decorate and create visual highlights. It also explains what is important when photographing with a mobile phone or camera and when editing images. In a small preview the author and successful Foodbloggerin Ronja Pfuhl explains, how the own pictures get more attention on social media.

ARRANGE, DECORATE AND PHOTOGRAPH LIKE THE PROFESSIONALS



Pfuhl, Ronja

#Foodporn Basics

How to arrange and photograph your food perfectly. With 30 recipes

200 pages, 17,0 x 24,0 cm
softcover
Original

17,99 € (D)

ISBN 978-3-7423-0943-3
Product group 1455

17.04.2019



- » The author is foodstylist, photographer and Influencer with 135,000 follower on Instagram
- » Trendtopic of the social media: #foodstyling (almost 6 million contributions) and #foodphotography (30 million contributions)
- » With step-by-step instructions and beautiful illustrations



CHRISTIANE LEESKER

After studying graphic design at the Münster University of Applied Sciences and the École des Beaux-Arts in Nancy, Christiane Leesker worked in an advertising agency, a bookstore and a cookbook publishing house before becoming self-employed in 2003. Since then she has been an inherent part of the studio community Hafenstraße 64 in Münster. There she met Vanessa Jansen in 2010, with whom she has been working intensively ever since.



VANESSA JANSEN

After completing her training and working in an advertising agency in Alicante for a few months, Vanessa Jansen settled as a freelance photographer in the Hafenstraße 64 studio community in Münster. At first she was mainly engaged in product and portrait photography until she switched to food and mood photography and together with Christiane Leesker started to realize ideas for cookbooks and baking books.



The way to a man's and in this case also a woman's heart is through his/her stomach. - this book is especially for newly married couples and offers recipes and menus for various occasions in married life. From breakfast in bed to romantic menus to treats for mini breaks or feasts on the sofa, all recipes bring an extra dose of affection and sensuality to the table. Beautifully decorated snacks and desserts as well as lovingly prepared main courses are a very special declaration of love to your partner. The book is of high quality, contains beautiful recipe and mood photographs, which immediately make you want to recook, and is therefore perfect as a wedding gift.

THE FIRST Wedding-cookbook ON THE GERMAN MARKET



Leesker, Christiane; Jansen, Vanessa
Just married – The cookbook for newlyweds

192 pages, 19,0 x 24,0 cm
paperback
Original

19,99 € (D)

ISBN 978-3-7423-0957-0
Product group 1455

17.04.2019



- » Beautiful and original gift for married couples
- » High-quality designs and elaborately illustrated
- » 50 recipes for various occasions: Breakfast in bed, special menus, feasts on the sofa and much more

The ketogenic diet, which is characterised by a lot of fat and a very little amount of carbohydrates, is very up to date because it not only helps lose weight but also counteracts many diseases such as Alzheimer's, cancer and diabetes.

In this book, the team of four keto experts explains why keto is beneficial to health and which foods promote the formation of ketones. Scientists and doctors from all over the world report on how and when they use ketosis therapeutically. 30 easy to follow recipes from the modern keto kitchen show how good ketogenic dishes can taste. The Keto Compass is the basic work for everyone who wants to try keto nutrition for themselves or use ketones in therapy.

Bestselling
author
Dr. Nicolai
Worm

Worm, Nicolai

LOGI method. Happy and slim

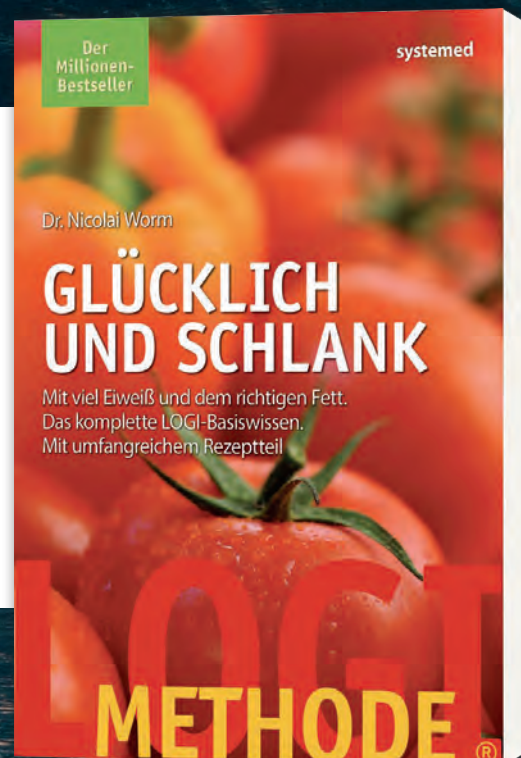
With lots of protein and the right fat. The complete LOGI basic knowledge. With extensive recipe section

192 pages, 17,0 x 24,0 cm
softcover
Original

19,99 € (D)

ISBN 978-3-95814-227-5
Product group 1461

23.01.2019



LOGI. The book.

The best of 20 years of LOGI. 300 recipes, theory and tips

448 pages, 17,0 x 24,0 cm
paperback
Original

24,99 € (D)

ISBN 978-3-95814-221-3
Product group 1461

23.01.2019



THE STANDARD WORK ON NUTRITION TREND NO. 1



Gonder, Ulrike; Tulipan, Julia;
Lommel, Marina; Karner, Brigitte

The Keto Compass

Current knowledge about ketogenic nutrition, ketones and ketosis
- modes of effect, applications and opportunities

288 pages, 17,0 x 24,0 cm
softcover
Original

24,99 € (D)

ISBN 978-3-7423-0988-4
Product group 1461

23.01.2019



- » From the Keto Nutrition Specialist Team
- » Ketogenic nutrition helps with obesity, Alzheimer, cancer, migraine, diabetes and many other illnesses
- » Detailed knowledge, clinical experience and expert interviews – plus 30 recipes



TORSTEN PFITZER

Dr. Torsten Pfitzer is an alternative practitioner, certified Blackroll® training master and expert for the holistic treatment of pain in the musculoskeletal system. In his practice in Munich he combines various approaches such as osteopathy, myofascial kinematics, nutrition therapy and psychoemotional kinesiology. He also passes on his experience and knowledge in lectures, workshops and books. As a former sufferer of chronic back pain himself, he sees it as his calling to provide his patients with instructions for self-treatment in order to relieve their pain causally and sustainably. The book *Jaw good, all good* was published by riva Verlag in 2018, and he is also co-author of the guide *Functional Fascia Training with BLACKROLL®*.



Almost every third adult in Germany is affected by back pain. In other cases, headaches, tennis elbow, sciatica, lumbago or heel spur are on the rise. The holistic pain expert Dr. Torsten Pfitzer has developed a simple method and over 60 exercises with which patients can successfully treat the most common symptoms themselves with BLACKROLL® and other fascial tools. The causes as well as frequent questions from patients are clarified and answered. Case studies from the author's practice illustrate how self-treatment has a positive influence on the course of therapy. This book is a must for anyone who wants to take the initiative and put an end to their pain.



More than
80.000 copies
sold

ISBN 978-3-86883-982-1
19,99 € (D)



60 000 COPIES OF FUNCTIONAL FASCIA TRAINING WITH BLACKROLL® SOLD



Pfitzer, Torsten

Treat pain yourself with BLACKROLL®

The most effective exercises for over 50 common Ailments from neck pain to heel spur

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

19,99 € (D)

ISBN 978-3-7423-0837-5
Product group 1465

22.05.2019



- » The first guidebook with which the most common pain causes can be treated successfully with BLACKROLL® and other tools.
- » Besides neck tension and tinnitus, back pain is one of the most common complaints in Germany: almost every third adult suffers from it
- » With interesting case studies from the author's practice



DR. RONALD STEINER

Dr. Ronald Steiner is a yoga teacher, sports physician and scientist. He conducts research in the fields of prevention and rehabilitation at the University Hospital in Ulm. He is one of the few teachers authorised by both Sri K. Pattabhi Jois and BNS Iyengar. He is one of the best-known and most renowned Ashtanga yoga teachers worldwide and also trains yoga teachers himself. The AYI® method, founded by him, conveys an individual, very personal yoga practice.



Whether you suffer from chronic complaints, injuries or acute musculoskeletal problems, it is scientifically proven that yoga can help with many ailments. The combination of comprehensive movement, deep breathing, muscular strengthening, balanced stretching, soothing sweating and final relaxation promotes and permanently heals the body. The doctor and yoga teacher Dr. Ronald Steiner combines the traditional teachings of yoga with findings from medicine and research. This results in a yoga practice that has a preventive effect on the one hand and can be used for self-treatment on the other. From back and neck pain to knee and hip problems to herniated discs, impingement syndrome and arthrosis - the therapeutic exercises support you in releasing physical blockades, improving mobility, strengthening weakened muscles, relieving pain and restoring your health.

YOGA AS MEDICINE:

therapeutic self-help
from the Yoga-Doc



Steiner, Dr. Ronald.

The Yoga Doc

Healing with Yoga - the Best Exercises
for Many Ailments

160 pages, 19,0 x 24,0 cm
softcover
Original

19,99 € (D)

ISBN 978-3-7423-0822-1
Product group 1462

20.02.2019



- » Exercise program by one of the world's most renowned Ashtanga yoga teachers in collaboration with the Yoga Journal
- » Yoga sequences for common complaints such as back pain, tension or herniated discs
- » More than 70 exercises to improve mobility and stability, to strengthen, loosen and relax



ANDREAS KRANIOTAKES

Andreas Kraniotakes, born in 1981, is an MMA fighter, social educationist and children's book author. Martial Arts are his calling. After starting judo at the age of twelve, he became enthusiastic about Wing Chun, Muay Thai and MMA during his studies. Kraniotakes, whose fighting name is „Big Daddy“, is regarded as the best heavyweight in the German MMA and is reigning champion of the German Mixed Martial Arts Championships. He also works as a trainer for non-violent communication.



Assaults, brawls, robberies - the number of violent crimes is high and with that the probability of becoming the victim of an attack yourself. There's only one thing that can help and that is to be prepared. MMA fighter and social educationist Andreas Kraniotakes knows from his own experience what is important when you have to defend yourself because both on the street and in the ring it's all about the same thing: what makes the opponent tick? How do you fight off an attack and gain control? In this illustrated manual, the heavyweight champion of the German MMA Championships explains step by step and in real terms how to get through life safely, and introduces the decisive techniques that prevent you from becoming a helpless victim.

How can I defend myself when attacked?



Kraniotakes, Andreas

Streetfighter

How to assert yourself on the streets and defend yourself against attacks

224 pages, 17,0 x 24,0 cm
softcover
Original

19,99 € (D)

ISBN 978-3-7423-0270-0
Product group 1447

22.05.2019



Big German
MMA star

- » Compact street fighter knowledge, explained step by step by the reigning champion of the German MMA Championships
- » Mental and physical training to identify dangerous situations and successfully ward off attacks
- » Over 30 exercises for self-defense techniques



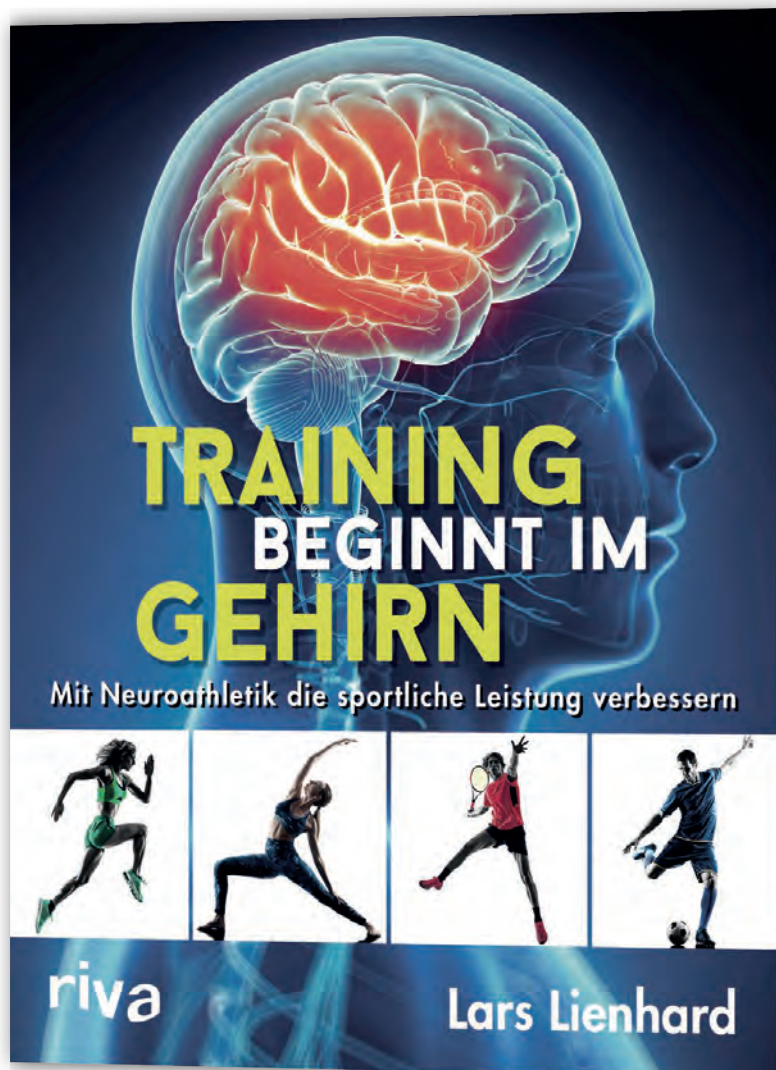
LARS LIENHARD

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



Lienhard, Lars

Your workout begins in the brain

Improve your sporting performance with
neuro athletics

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

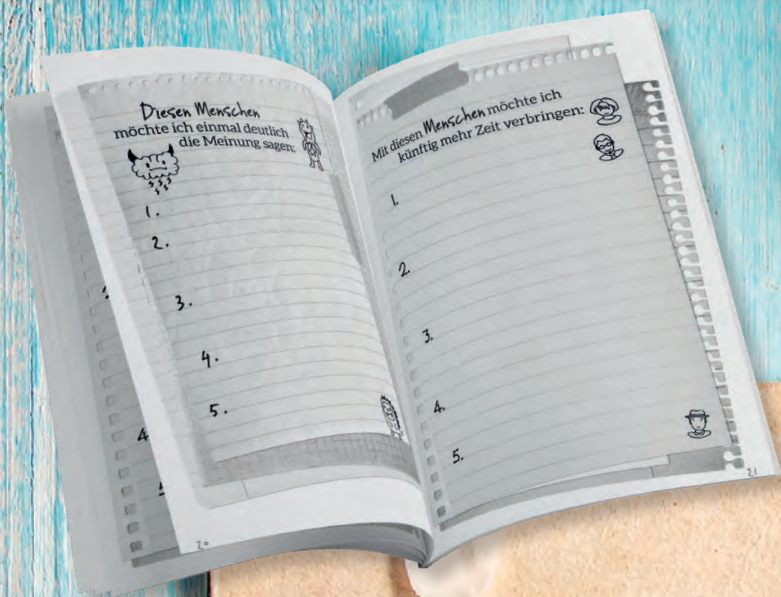
24,99 € (D)

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

08.10.2018



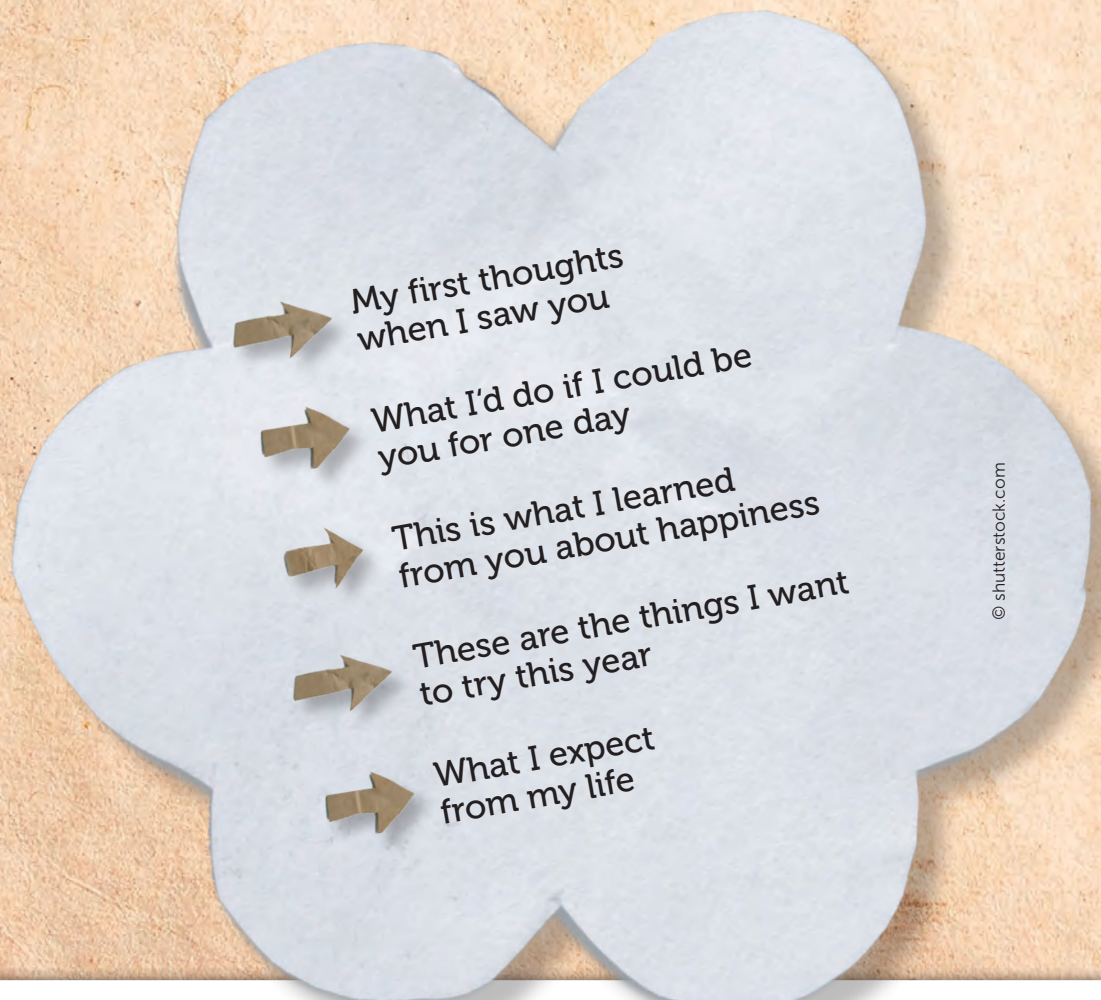
- ➔ Lars Lienhard is the leading neuro athletics coach in Germany
- ➔ Neuroscientific findings and interrelationships explained in a way that anyone can understand. Can be implemented immediately during your workout
- ➔ With this method, every athlete can improve his/her performance



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.



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



ALEXANDRA REINWARTH

Alexandra Reinwarth is a bestselling author and, in addition to the series *Was ich an dir liebe* (What I love about you), has written many other successful books for publishers riva and mvg. These include the current Spiegel bestsellers *Am Arsch vorbei geht auch ein Weg* (Not giving a shit is one way to do it) and *Das Leben ist zu kurz für später* (Life is too short to put off for later). She lives with her family in Valencia, where she works as a producer and author.

AFTER THE BESTSELLER IS BEFORE THE BESTSELLER

»Never talk about money« or »modesty is becoming« – pearls of wisdom that immensely influence the way women think and often lead them to making wrong decisions. As a bestselling author, Alexandra Reinwarth pinpoints the patterns of behaviour she's picked up which repeatedly lead her into being taken in as well as the misconceptions that regularly point her in the wrong direction, making her question what actually influences her decision-making the most. As always, she wittily takes apart one error after another in her way of thinking and shows how we can free ourselves mentally for wiser decisions if we abandon our habitual thoughts as quickly as possible. Sharp-witted, highly entertaining and an absolute eye-opener: Alexandra Reinwarth at her best!



THIS BOOK WILL REVOLUTIONISE YOUR WAY OF THINKING

PERSONAL
DEVELOPMENT

mvg Verlag



Reinwarth, Alexandra
Don't always believe your each and every thought

How you can uncover faults in your way of thinking and make the right decisions

224 pages, 13,5 × 21,0 cm
softcover
Original

16,99 € (D)

ISBN 978-3-7474-0043-2
Product group 1481

19.06.2019



**SPIEGEL
Bestseller-
Autorin**

- » Sharp-witted and clever, Alexandra Reinwarth unmasks the most treacherous thought traps that we repeatedly fall into
- » The success continues: More than 550,000 copies of Am Arsch vorbei and more than 95,000 copies of Das Leben ist zu kurz sold.
- » The guide that changes the way we think: How we can make free choices when we know what guides us



CHRISTOPH SCHULZ

Christoph Schulz, born in 1988, is a trained banker and multimedia marketer. Since 2017 he has been involved in his environmental protection project CareElite as an activist against plastic waste in the environment. He himself has lived (almost) plastic-free ever since and has already overcome all the hurdles of our modern lifestyle. With CareElite, he founded a rapidly growing worldwide community of environmentally-conscious people who work together to avoid plastic waste in everyday life, educate society and clean up existing plastic waste from the environment.

Foil wrapped vegetables, shower gel packs and plastic spatulas - we encounter plastic every where in everyday life and in most cases it's completely unnecessary. To do without plastic for the sake of our planet, however, often appears to be very complex and complicated. But as a committed environmental activist, Christoph Schulz proves that a plastic-free life is much easier than many believe. In 3 steps, he shows how we can easily find feasible alternatives and provides innovative ideas for an environmentally-friendly lifestyle - and without great effort! There are practical tips for shopping in the supermarket, plastic alternatives when travelling or tips for making homemade deodorant.

Christoph Schulz

PLASTIK FREI

für Einsteiger



mvgverlag

- » The littering of our earth with micro and macro plastic is a highly topical issue and at present everyone is talking about it
- » Effective 4-step program for plastic waste avoidance that can be implemented by anyone
- » The author has lived plastic-free for several years and runs the successful CareElite.de blog on the subject of plastic waste



KÄTHE LACHMANN

Käthe Lachmann (born 1971 in Hamburg) is an award-winning comedienne (including NDR Comedy Prize, German Cabaret Prize) and book author. She has been touring Germany with her own comedy shows since 1995 and has already published three novels and one non-fiction book.

When women enter menopause, nothing is the same as it once was: at least seven blouses a day, drenched in sweat; tears because of the smallest mishaps and restless nights. And then when the children slowly flee the nest, a stupid feeling of uselessness. But, as always, the way we deal with all of this makes the difference: comedienne Käthe Lachmann has decided to treat hormones with humour - and, lo and behold, suddenly everything is much easier. They no longer tell her when it's time for a crying fit. The award-winning comedienne tells us humorously and with a lot of self-irony about the critical phases and offers comfort to all afflicted women who also have to struggle with their crazy hormones.



The female counterpart to the bestseller *Es ist nur ein Phase, Hase* (*It's Only a Phase, Dear*)



Lachmann, Käthe

If anyone asks for me, I'm undergoing a change

A book offering comfort along the hormone roller coaster

160 pages, 12,0 x 18,7 cm
paperback

Original

14,99 € (D)

ISBN 978-3-7474-0067-8

Product group 1481

22.05.2019



- » All women go through menopause – around eight million women are experiencing it right now
- » The award-winning comedian Käthe Lachmann tells the story of the menopause humorously and with a twinkle in her eye.
- » The best consolation for the hot phase - so the menopause can do us nothing!
- » The perfect gift for all women over 45



MARTINA PAHR

Before Martina Pahr became a freelance author for various magazines at home and abroad, she strained her nerves as a TV editor, carted people halfway around the world as a tour guide, earned her money with PR and learned to take care of herself on the side.

Do we look after ourselves properly? Or are we just waiting in the comfort zone for others to take care of us? Instead of giving up responsibility for our own happiness, we should begin to finally take care of ourselves and live a fulfilled life. Martina Pahr shows with a lot of humour and self-irony how we can overcome inner obstacles and give those who make our lives difficult a good kick in the butt. In this way we get to know our own needs better and recognise why it is important to say no. Because we are the most important in our lives and if we are doing well, we can make sure that others are also doing well.



Whatever you want done to you,
you better do to yourself!



Pahr, Martina
**Look after yourself,
otherwise no-one else will**
Making yourself your no.1 priority

224 pages, 13,5 x 20,5 cm
softcover
Original

16,99 € (D)

ISBN 978-3-7474-0069-2
Product group 1481

22.05.2019



- » Through more personal responsibility to a new joie de vivre: how to escape the role of victim and find a fulfilling life
- » Humorous and entertaining life guides are very much in vogue
- » For readers of Alexandra Reinwarth



ANDREA WEIDLICH

Andrea Weidlich was born in Vienna. She works as an author, copywriter and designer in the field of lifestyle and communication. Together with Anna Maria Rubas, she leads the podcast gusch, baby – just be happy. The podcast went online with its first episode in February 2018 and already reached 1st place in the iTunes Charts in the category Society & Culture in the first week and is currently almost every week in the top 15 in the Spotify Charts.

How can I find the path to happiness? And: being single, is there a cure? The two cousins, Anna and Andrea, are dedicated to these and other questions in their successful podcast gusch, baby. Together they deal with the daily problems between men and women, problems we face ourselves, the completely normal madness of everyday life and how one can still find happiness in the middle of it all- even if it's sometimes well-hidden. The two of them talk humorously about their lives and give unconventional tips on how to go through life positively, even in the case of annoying heartache, clogged drain pipes and a week of constant rain; true to their motto: just be happy because everything will be fine - maybe even better.

A DIFFERENT KIND OF GUIDEBOOK TO HAPPINESS: KOOKY, WITTY AND WONDERFULLY UNCONVENTIONAL



Weidlich, Andrea

The bleeding good thing about happiness

How when not searching for happiness, you can still find it

224 pages, 13,5 x 20,5 cm
softcover

Original

16,99 € (D)

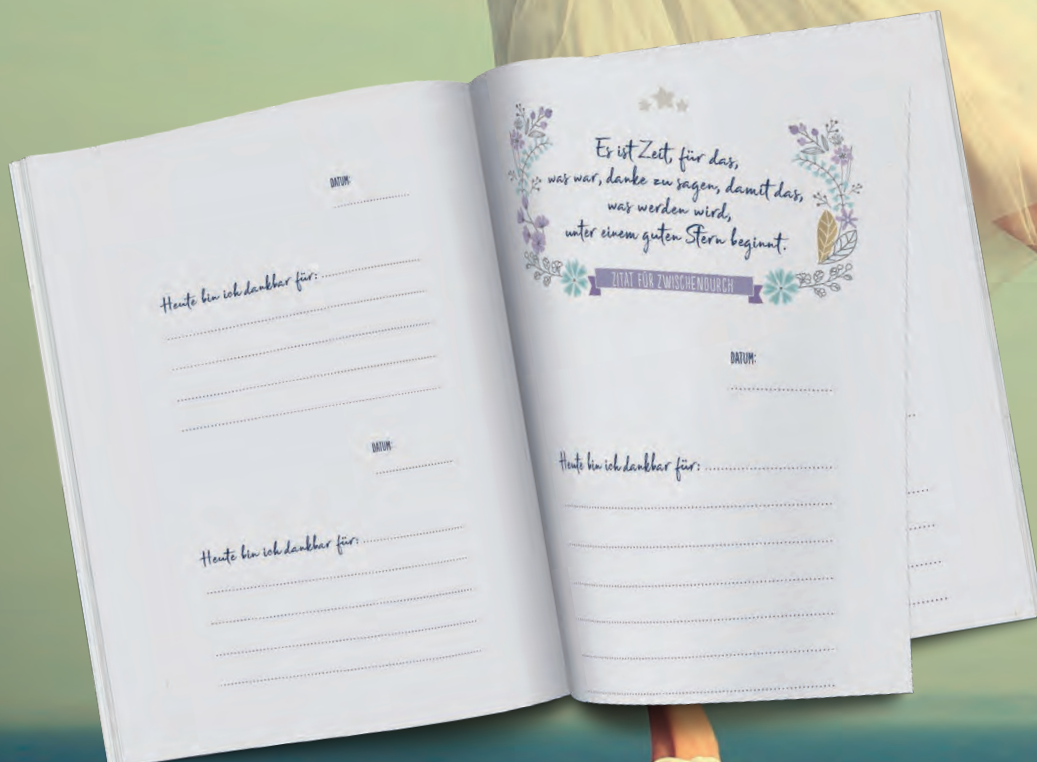
ISBN 978-3-7474-0053-1
Product group 1481

22.05.2019



- » The book to the successful podcast: a regular position among the Top 15 on Spotify
- » Popular anecdotes from the lives of two unusual women, paired with positive quotations and instructions for happiness
- » Humorous, honest and worth reading for all who want to find happiness without having to search for it

Being thankful for the smile of a stranger on the subway, for the helpful hand of your neighbour or simply for your cosy home - everyday stress means we often forget how lucky we can count ourselves. If you love what you have, you have everything you need helps us to recognise how much good comes our way every day so that we can appreciate and enjoy life anew.



WITH THIS WONDERFULLY ILLUSTRATED DIARY,
BEING HAPPY WILL BE QUITE SIMPLE



If you love what you have, you have everything you need

A diary to remember gratitude

160 pages, 12,0 x 18,7 cm
paperback
Original

14,99 € (D)

ISBN 978-3-7474-0004-3

Product group 1481

20.03.2019




- » There are many things for which we can be grateful: daily incentives to become aware of how lucky we can count ourselves
- » The lavishly designed interior layout with high-quality illustrations motivates you to fill in and reflect on the pages every day



GABRIELA BUNZ-SCHLÖSSER

Gabriela Bunz-Schlösser is a certified psychologist, behavioural therapist, clinical psychologist and lecturer at various institutes. In addition to her own psychotherapeutic practice, she gives lectures and seminars on various psychological topics and is a supervisor. She lives on Lake Constance.



To go through life with self-confidence, to trust in one's own abilities and to radiate that to the outside world – it's what almost everyone wants. With this practical exercise book, you learn in a simple and playful way how to train self-confidence. Behaviour therapist and psychologist Gabriela Bunz-Schlösser presents simple exercises, questionnaires for self-reflection and practical instructions for body language which help you to be more relaxed during presentations and to have the courage to stand up for yourself more often. Since self-confidence is not innate, everyone can learn it and finally develop its true potential.

SELF-CONFIDENCE CAN BE LEARNED –

interactive training for inner strength!



Bunz-Schlösser, Gabriela

Discover Self-Confidence

How you can develop your own self-confidence step by step. Question and answer book for inner strength

96 pages, 14,5 × 21,5 cm

softcover

Original

8,99 € (D))

ISBN 978-3-7474-0068-5

Product group 1481

17.04.2019



- » The question and answer and exercise work book on a top issue in counselling
- » The practical Life Coach with many exercises and suggestions suitable for everyday use
- » The most effective exercises of the experienced psychologist and behavioural therapist Gabriela Bunz-Schlösser



KATIA TROST

Katia Trost has been an alternative practitioner and therapist for many years and specialises in treating hormonal imbalance. Due to her own experience, she was forced to take her once serious hormonal problem into her own hands. She has developed a treatment concept that is holistic and aims at the self-regulation of the body regarding hormones. She runs a cause-based treatment centre in Hamburg in which hormonal disorders are understood and treated as a complex and systemic topic.

Tiredness, hair loss, underweight or overweight and PMS - hormonal disorders have many faces and are often difficult to diagnose as such. In most cases, the symptoms are then treated with traditional hormone therapy, often resulting in dependence on hormonal medication. Katia Trost, a recognised alternative practitioner, fell into this hormone trap herself and was searching for an alternative to conventional medical therapy for a long time until she recognised the causes of hormonal imbalance. In her book she gives exciting insights into how hormones function, informs us about concrete alternative medical treatment options and gives tips on how to get back into harmony with your own hormones.



A STANDARD WORK ON THE HOLISTIC TREATMENT AND REGULATION OF METABOLISM AND HORMONES



Trost, Katia

Ways out of the Hormone Trap

Hormone balance instead of hormone therapy

560 pages, 19,0 x 24,0 cm
softcover
Original

29,99 € (D)

ISBN 978-3-86882-989-1
Product group 1466

17.04.2019



- » A comprehensive overview of hormonal imbalance, its causes and alternative therapy options.
- » Broad target group: Suitable for patients, but also for doctors and alternative practitioners
- » With many helpful tips on proper nutrition and a healthy lifestyle instead of medicinal hormone therapy



JANA FRIEDRICH

Jana Friedrich has been working as a midwife since 1998. Both self-employed and in a clinic, she cares for families every day in antenatal or birth preparation courses, through the birth as well as the days following delivery. Since 2012 she has been blogging very successfully on *Hebammenblog.de*. Her first book *Das Geheimnis einer schönen Geburt* (*The Key to Beautiful Child-Birth*) was published in 2017. She lives with her family in Berlin.

Every birth is different – sometimes it takes an infinite amount of time, at other times it's much too fast; some have incredible pain, others can even enjoy it. Midwife Jana Friedrich has experienced just about everything and has been able to accompany a wide variety of birth experiences. In this book she collects the most moving reports of child-birth and helps pregnant women with her empathetic comments and explanations on how to adjust to the unique experience and to get involved in its unpredictability: calmly and in joyful expectation.

A book on Germany's most successful midwifery blog

mvg Verlag

FAMILY



Friedrich, Jana

The Unique Experience of Child-Birth

50 stories about the most basic experience in life

240 pages, 17,0 x 24,0 cm
softcover
Original

16,99 € (D)

ISBN 978-3-86882-992-1
Product group 1484

20.03.2019



- » At home or in the delivery room, spontaneous or as a Cesarean section, midwife Jana Friedrich shows the beautiful variety of child-birth
- » Emotional birth reports, well-founded comments - this helps you to better understand and process births
- » With beautifully aesthetic birth photographs

Effective learning with great success in a short time!



Grüning, Christian

Guaranteed Success for Learning

How to improve your reading and learning ability

176 pages, 14,8 x 21,0 cm

paperback

Original

9,99 € (D)

ISBN 978-3-7474-0064-7

Product group 2481

20.02.2019



Life is a constant learning process. Whether for exams, professional training or everyday life: everyone is confronted almost every day with the need to acquire knowledge. After working with this book, learning immediately becomes easier, more effective and time-saving, making even complex information accessible by breaking it down into manageable parts and integrating it into what we already know. What makes this work special: this kind of acquired knowledge is very easy to „reconstruct“ so that we can recall it at a later date and at the decisive moment. Christian Grüning's *Garantiert erfolgreich lernen* (Guaranteed Success for Learning) helps you to improve your ability to concentrate and to develop a strong motivation for your tasks -all of this without stress.

- » Optimal learning aid for improved concentration and good time management
- » Completely without stress and pressure: That's how successful learning works!
- » The best techniques such as „speed reading“ and „memo technique“ as well as other memory strategies

Never fall into rhetoric traps again!



García, Isabel

My turn to talk

Communication traps and how to avoid them

160 pages, 14,8 x 21,0 cm
paperback
Original

9,99 € (D)

ISBN 978-3-7474-0071-5
Product group 2498

20.02.2019



Only very few people are good speakers by nature. Only 7 percent of what we say is convincing compared to 93 percent which depends on how we say it. We can thus only be convincing if we use the tools of communication consciously. Experienced language specialist Isabel García explains step by step the most important basis and techniques of rhetoric: talking calmly and breathing, speaking objectively, a relaxed posture and a confident aura. In the audio download, she deals specifically with typical everyday communication traps and vividly explains how to avoid them.

- » The best communication tips from Germany's most sought-after language specialist
- » All the basics of communication at a single glance

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

How hormones determine our lives and behavior

224 pages, 13,5 x 21,0 cm

hardcover

original

19,99 € (D)

ISBN 978-3-86882-959-4

Product group 1690

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