

Fall 2024

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Saskia Niechzial

A head full of gold

What neurodivergent children need and how we can empower them

CONTENT

An encouraging book for everyone, who supports a neurodivergent child

One in five children is diagnosed with or suspected to have autism, ADHD, learning difficulties like dyslexia and dyscalculia or are highly gifted. The renowned elementary school pedagogue Saskia Niechzial focusses on the strengths of neurodivergent children, without losing sight of their difficulties. In doing so she unburdens the whole family.

Competent, sympathetically and very personal (two of her own children are neurodivergent too as well as herself) Niechzial recommends every day live assistances and coping strategies. She shows parents how to encourage self-image and independence in their children. Likewise, networks and contacts are pointed out that help with questions regarding different therapies, medications and funding options. Teachers and educators will find advice and guidance as well.

- **Bestselling author does away with the deficit-oriented view on neurodivergence**
- **unburdens families by focussing on strengths**
- **For the first time: the most common forms of neurodivergence in one book**



September 2024
288 pages; 22.00 EUR
ISBN: 978-3-407-86825-1
Over 19,000 copies sold!

AUTHORS

Saskia Niechzial is an elementary school pedagogue, author and mother of three. She gained recognition through her blog www.linier-kariert.de and her Instagram account by the same name with over 200.000 followers, as well as being an expert on education for several media outlets. Many parents already know her as a children's books author, too. She lives in Hannover with her family.

Melanie Hubermann

Teenage Blues

What parents can do when their children show signs of dysthymia

CONTENT

Are they “just” sad or already depressed?

Dysthymia has increased among young people. Among the symptoms are fatigue, melancholy, anger, concentration or sleep problems. This psychologically and pedagogically self-help book by systemic family therapist Melanie Hubermann educates parents on causes for fear of performance requirements, being overwhelmed, loneliness or conflicts within the family. Parents will learn how to determine whether their child needs professional help and how being a “light house parent” can provide orientation, closeness, support and confidence.

Apart from many tips, exercises and tools from the emergency kit Hubermann explains why parents and teenagers need a support system comprised of other family members, school, clubs and friends, so that dysthymia can be overcome or even better isn't developed in the first place. On top of that the author shows how parents don't lose sight of their self-care during difficult periods.

- **Guiding young people through dysthymia and depression with the “new authority” approach**
- **Includes mental changes caused by social media**
- **Everyday living compatible answers for families and how to include schools**



July 2024

222 pages; 22.00 EUR

ISBN: 978-3-407-86813-8

AUTHORS

Melanie Hubermann is a systemic therapist, New Authority Trainer and CEO of the “balagan-Therapy Centre”. In her practice she provides support for many parents and their teenaged children with dysthymia and also holds workshops for schools. Hubermann is the host of the “light house parents” podcast and lives in Berlin with her family.

Elisabeth Knoblauch

Single happiness

Empowerment for single Parents

CONTENT

Single parent and happy – a realistic view

Being a single parent isn't all negative as some make it out to be. It can be the greatest joy. Elisabeth Knoblauch highlights the positive aspects of living that single parent life in a moving and open way, without keeping silent about the financial, mental and social burdens and risks. She introduces us to people who learned to value their independence, who's children are mostly free from arguments and conflicts stemming from an unhappy relationship of the parents. One whole extra chapter is dedicated to single Dads and their point of view.

At the same time Elisabeth Knoblauch tries to determine under which conditions a single-parent-family can be successful. By doing so she addresses those who are contemplating separation on the one hand and those who wonder about the reasoning for a single-parent-family on the other hand.

- **Highlights the positive aspects of single parenthood**
- **Empowerment for single parents**
- **20% of all children grow up with only one parent**

“Elisabeth Knoblauch tells her story relentlessly, proud and above all clever. She strongly criticises how our society views single parents and how they are treated without being sentimental. A great book, which those living in a relationship should read as well, because at the end one will have learned a lot: about relationships, parenthood and, yes, even feminism.” Anna Mayr, DIE ZEIT

AUTHORS

Dipl.-Pol. (graduate political scientist) Elisabeth Knoblauch works as a free writer and assistance for the politic department of DIE ZEIT. She is a single mother of three for many years now. Before settling down in Hamburg she lived in the USA, Switzerland and Chemnitz.



July 2024

223 pages; 20.00 EUR

ISBN: 978-3-407-86818-3

Lea Beck-Hiestermann

Treat yourself well during the postpartum period

Your psychological companion through the highs and lows after giving birth

CONTENT

Emotional rollercoaster postpartum

The body isn't the only one that needs time to heal after giving birth, the mind needs it as well. Psychotherapist Lea Beck Hiestermann counsels new moms through all emotional states that can occur during this sensitive period. She helps to prepare for birth and provides comprehensive emotional support from tears of joy and baby blues to self-doubt and postpartum depression.

This book is full of valuable information to understand oneself better and discover this new identity as a mother. It also provides tips for a strong parent-child bond, romantic partnership and a fulfilled sex life. Small self-care exercises will help not to lose sight of personal needs. A book to prepare and accompany women who are looking for support and competent guidance during a time full of expectations.

- **The first psychological companion through the postpartum period**
- **Talks of off-limits topics such as feeling overwhelmed, sexuality and complicated emotions**
- **Specific help and psychological knowledge by a Psychotherapist for young mothers**

"The period after giving birth can be just as formative as the birth itself. Let's see to it, you can head into parenthood emotionally empowered. Your mental health is equally important as your physical health." – Lea Beck Hiestermann



July 2024

208 pages; 22.00 EUR
ISBN: 978-3-407-86822-0

AUTHORS

Lea Beck Hiestermann is a psychologist, psychological psychotherapist and trauma therapist. She researches troubling birth experiences and postpartum mental illnesses at the psychological university berlin (PHB). Using the handle @psyche.und.geburt she uses social media to educate her followers on mental crises postpartum. Together with her husband and their three children she lives near berlin.

Sabrina Sandfuchs/Birthe Müller-Rosenau

The Power of words with ADHD

Empowering children and adolescents with nonviolent communication

CONTENT

Appreciation for children with ADHD

Children and adolescents with ADHD need to be addressed in an especially clear, appreciative language since they have a short attention span and often suffer from low self-esteem. The nonviolent communication approach generates the necessary closeness, security and bond children with ADHD so desperately need.

This self-help book with force of practical experience shows parents and caregivers how to incorporate nonviolent communication into their day to day living and by doing so meeting the needs of children and adolescents. This results in doing easily without judgement and prejudice, giving children the courage to listen to their inner voice.

- **The only self-help book regarding nonviolent communication with children and adolescents with ADHD**
- **Practical help for parents**
- **Strengthens the child's self-esteem**

"Self-esteem suffers under the constant realisation "I am not good, the way I am". In this context choosing the right words can make or break it! Because words can hurt you child but they can just as well empower them for life." – Sabrina Sandfuchs and Birthe Müller-Rosenau.



July 2024

238 pages; 20.00 EUR

ISBN: 978-3-407-86820-6

AUTHORS

Sabrina Sandfuchs is a psychologist as well as a child and adolescent psychotherapist in training. With her company »Timo Therapiefuchs« she accompanies families on their individual journeys from suspected ADHD to diagnosis and beyond since 2021.

Birthe Müller-Rosena is a journalist, trainer von nonviolent communication (NVC) according to Marshall B. Rosenberg, psychological counsellor and mother of three (one of them being diagnosed with ADHD). With her company "Leuchtturm-Eltern" she accompanies people on their way to a peaceful family life and offers coachings, curses and products on the basis of NVC.

Nesibe Kahraman

All that's in between

The art of enduring inner contradictions and ambiguities

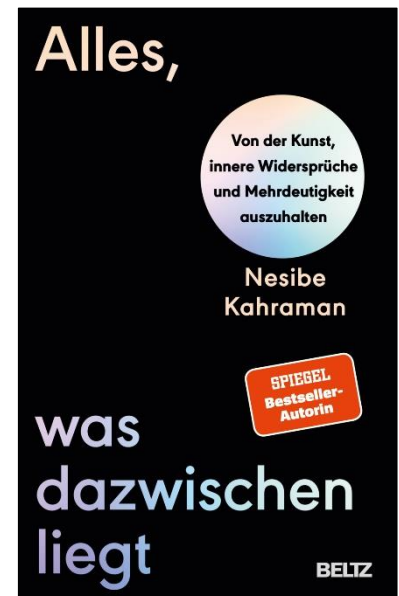
CONTENT

Endure uncertainty – the key to better life

Whether its conflict in a relationship, political point of views or how to raise children: allowing for nuances and different perspectives in our thinking, actions and feelings demands a lot of us. Psychotherapist Nesibe Kahraman explains in her book why ambiguity tolerance essential for our own wellbeing as well as for a good community and how we can learn to endure those many contradictions in our lives.

Engaging stories from therapy sessions, day today observations along with research results shows: only if we accept the "as-well-as" will we as a society have a chance to counter act hatred, discrimination and populism. A book that is both wise and hopeful.

- **Cleverly and entertainingly explained how we can stay mentally flexible**
- **The first popular psychological non-fictional book about ambiguity tolerance**



September 2024
236 pages; 22.00 EUR
ISBN: 978-3-407-86783-4

AUTHORS

Nesibe Kahraman (formally Özdemir) is a Spiegel best-selling Autor, psychologist and works as a psychological psychotherapist in her own practice. Via social media she reaches 50 thousand followers as @psychologin_nesibe along with 70 thousand followers with the collaboration @fuehlen_wir all while being interviewed on a regular basis by varying media outlets. In 2022 she received the ambassador of scientific communications sponsorship award endowed by the German society of psychology. She lives in Berlin.

Who We Think We Are



[More information](#)

Rights sold to **Korea, Poland, Russia**
Over 12,000 copies sold

Verena Fiebiger/Sina Haghiri

The solution to all your problems: doesn't exist

What you can do for your mental health regardless

CONTENT

What helps our psyche and what does not

Wouldn't it be nice if we could find the solution for an emotional stable life?

This book is a disappointment and a promise at the same time. Though not delivering a cure-all, it displays how life can get better in a realistic and personal way. Whether sleep problems, high expectations, endless pondering, envy, anger, or overstepping boundaries: In co-operation with psychotherapist Sina Haghiri, journalist Verena Fiebinger uncovers which strategies aren't just a short-term remedy but will actually help us in the long run to live life with more composure. A brilliantly honest and self-deprecating evaluation of what we should do more in our lives and what we can leave behind in the pursuit of establishing order to our emotional chaos and our supposed short comings.

- **An enjoyable, sound and self-deprecating read**
- **Written by the hosts of the successful podcast "Die Lösung"**
- **Calls to action and recommended approaches**



October 2024

240 pages; 22.00 EUR

ISBN: 978-3-407-86797-1

AUTHORS

Verena Fiebiger has studied developmental psychology and speech therapy and did a traineeship at the Bavarian broadcaster (BR). She works as writer, host and speaker. 2018 she conceived "Die Lösung" one of the most successful German psychology podcast.

Sina Haghiri is a psychological psychotherapist, as which he works with ambulatory and patially hospitalised patients as well as holding lectures at "The school of life". He was nominated for the Grimme Price for his work on the script of the TV show "Fett und Fett". He wrote several text- and non-fiction books.

Barbara Voigt/Beate Wagner

The Female Terror

How women and girls experience and overcome fears

CONTENT

Less testosterone - more fright

We can't survive without fear. Sadly, many women and girls are so fearful it is harmful to them. What is the cause of that?

Psychologist Barbara Voigt together with physician and journalist Beate Wagner venture into a world formed by experiences made by women and girls with anxieties using studies, research and interviews with both experts and those affected. They educate on biological, mental, social, cultural and feministic aspects of the female fear. Among others they consider the influence hormones, the mind, sexism, prejudice or precarious situations such as old-age poverty have on their findings. The book offers lots of practical insights how fears can be accepted, relieved and overcome by self-help approaches such as moving the body or meditation as well as societal changes and not least medical and therapeutic help.

- **Women and girls are distinctly more affected by anxiety disorders and everyday fears**
- **Findings of sex differences in medicine, psychology, biology and culture**
- **Everything about causes, symptoms, self-help and therapy**



October 2024

256 pages; 22.00 EUR
ISBN: 978-3-407-86802-2

AUTHORS

Barbara Voigt is a psychological psychotherapist, group therapist and supervisor. She works as chief psychologist at the medical clinic for psychosomatics of teaching hospital Charité in Berlin. Her main focus is on eating disorders, gynaecological illnesses and emergency psychology among others.

Beate Wagner is a physician, STEM-Journalist and author. For over 20 years she has been writing about health, psychology, medicine and sports. She worked for magazines such as Der Stern, Focus, SZ as well as for scientific institutes. As MBSR certified mindfulness coach she offers meditation sessions to companies.
www.beatewagner.net

Anne Otto

The power of uncertainty

How we can overcome our fear of being judged and learn to accept ourselves

CONTENT

Embracing the uncertainty

We have become more insecure. Within the last few years the number of people who feel uncomfortable among other people has risen. Responsible is not just the pandemic but also factors like harsh critique culture of social media or our optimising society.

Socially insecure people feel a deep-rooted fear to be judged and a constant need to assert themselves against that. We don't need to overcome our uncertainties and insecurities, psychologist Anne Otto reassures. We are allowed to embrace them and discover, they are the very thing that connects us all. This can be a powerful source of encouragement. This book is filled with enlightening insights, asserting stories and solid advice how to navigate difficult social encounters self-assured without bending over backwards.

- **Covers current societal and psychological causes of increased social insecurity**
- **Encourages and advices how to embrace oneself and feel comfortable in spite of uncertainty**
- **An entertaining and educating self-help book, filled with facts and insights**



September 2024
236 pages; 21.00 EUR
ISBN: 978-3-407-86809-1

AUTHORS

Anne Otto is a psychologist, psychodrama therapist and author. For years she has written for Spiegel Wissen, Psychologie Heute and Brigitte conceptualises teaching formats around psychological topics and writes non-fiction books. She counsels and guides people in crises or processes of change, is a lecturer and speaker in high demand. She lives in Hamburg together with her husband and son.

BACKLIST

PARENTING

The Superpower of Loving Leadership



[More information](#)

Rights sold to **CZ, Korea**
Almost 30,000 copies sold

My Boundary is Where You Stop



[More information](#)

Rights sold to **China, Russia**
Over 52,000 copies sold

Attachment Parenting Without Burnout



[More information](#)

Over 55,000 copies sold

The Book of Sleep for the Whole Family



[More information](#)

Over 7,000 copies sold

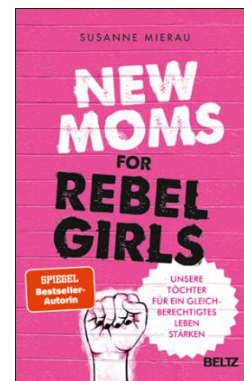
Talking to Children About Discrimination



[More information](#)

Over 4,000 copies sold

New Moms for Rebel Girls



[More information](#)

Rights sold to **Czech Republic, China**
Over 20,000 copies sold

The Magic of Good Conversation



[More information](#)

Rights sold to **China, Korea, Poland**
Over 20,000 copies sold, in China over 30,000 copies sold

Psychology
**Embracing Hope
 On Freedom, Responsibility & the
 Meaning of Life**

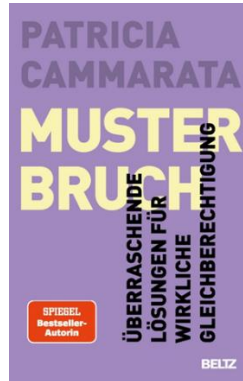


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Rights sold to **China, Croatia, Czech Republic, Italy, UK/US**

Over 6,000 copies sold

Psychology/Life
Breaking the Pattern



[More information](#)

Almost 8,000 copies sold

Psychology
The Psychological Medicine Chest



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Almost 3,000 copies sold

Psychology
Life Only Goes Forward



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Rights sold to, **Romania, Netherlands**

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Psychology
Breaking the Schematic Mold



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Rights sold to **China, Romania, Russia, Taiwan, Turkey**

Almost 30,000 copies sold

Health
The World of Women and Girls with AD(H)D



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Rights sold to **Korea**

Over 35,000 copies sold

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