

Spring 2025

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Susanne Mierau

Emotional Load

How mothers can free themselves from emotional overload

CONTENT

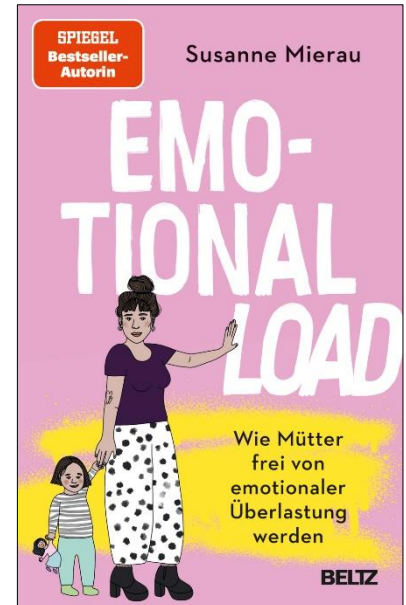
Emotionally strong, not overloaded

Mothers have a particularly heavy emotional burden to carry. They accompany children's feelings while at the same time trying to cope with the stressful feelings from their own childhood. Mothers moderate grandparents' conflicts, regulate the whole family's emotional climate, and listen sympathetically to the daycare manager. In the workplace, they are often the "open ear" for others or responsible for keeping the general mood up. This book's author is an expert on family issues and gets to the bottom of emotional load. It provides mothers with much-needed relief, showing them ways to shed emotional baggage for a more relaxed everyday family life.

Susanne Mierau explains how

- Emotions arise and lead to overload,
- Emotional load can be reduced and distributed, and
- We can strengthen children to deal with emotions in a healthy way.

- **The first book about the emotional load borne by mothers**
- **Shows the extent of the emotional overload of needs-oriented mothers**
- **Solutions for an end to emotional exhaustion**



February 2025

256 pages; 22.00 EUR

ISBN: 978-3-407-86833-6

**Contents in two colors with
illustrations by Johanna
Augustin**

AUTHORS

Susanne Mierau is a qualified teacher, family counselor, and bestselling author. She is the founder of Geborgen Wachsen, offers workshops, and speaks at conferences and meetings for parents and professionals. She is a mother of three and lives in Eberswalde near Berlin.

Dr. Oliver Harney/Nadine Rossa

Do we need a doctor to look at that?

Children's health for all ages. At a glance in 55 sketch notes

CONTENT

Clear and competent answers to parents' urgent questions

"Do we need a doctor to look at that?" is a question all parents ask themselves when their child falls ill, has a minor accident, or behaves unusually. Do we need an antibiotic straight away for an earache, is a plaster enough for that injury, and when is a nosebleed no longer normal? In a unique combination of sketch notes and compact text, pediatrician Oliver Harney and illustrator Nadine Rossa provide quick and well-founded answers to the most important questions about children's health.

- 55 sketch notes, each with 3 pages of information on symptoms and therapies
- 5 parts: Child health—Infants—Children—Adolescents—Special diseases
- Lists all prescribed check-ups with advice for parents

- **A unique reference book on children's health**
- **Clear sketch notes plus additional explanations**
- **For everyone who lives or works with children**



March 2025

256 pages; 25.00 EUR

ISBN: 978-3-407-86814-5

Contents in two colors with illustrations by Nadine Rossa

AUTHORS

Dr. Oliver Harney is a pediatrician with his own practice in Baden-Württemberg. He has been writing the "Kinderdok" (children's doctor) column in the Berlin daily Tagesspiegel since 2019.

Nadine Rossa is a sketch artist, illustrator, and bestselling author based in Berlin. She is an illustrator in the field of health and medicine as well as offering courses on sketch notes.

Isabel Huttarsch

Mom Psychology

Security, support, and love for your everyday life as a mom

The safe space strategy for you and your child

CONTENT

The well-known psychologist, mother, and influencer offers mothers a safe space

Only parents who fulfill their own needs can also fulfill those of their child. Using her tried-and-tested safe space strategy, the “mom psychologist” shows mothers how to recharge their batteries for stressful family life. Isabel Huttarsch is known for her psychologically well-founded and empathetic support for mothers, in which she always considers the children’s needs as well.

- Psychological tools that give mothers the courage to change
- Emotional safety, security, and support are possible only when mothers give themselves space—a safe space
- With tried and tested exercises from many years of working with mothers
- Features contributions from high-reach influencers: Marlies Johanna, Johanna Dexheimer, Romy Winter

- **By Germany’s best-known mom psychologist**
- **Offers mothers inner security**
- **Helps to reduce high pressure in everyday parenting**



February 2025
255 pages; 22.00 EUR
ISBN: 978-3-407-86883-1

AUTHORS

Isabel Huttarsch is a psychologist, author, sought-after speaker, and influencer. The mother of three is the founder of the mamapsychologie.de maternity advice service and runs an Instagram channel, also called mamapsychologie. She is also host and family expert of *fuehlen_wir*, a mental health format on the German public broadcaster SWR.

Natascha Sagorski

How to Defend Democracy with our Children

Political empowerment for families

CONTENT

A resurgent right, wars, climate change—and what about our children?

If we want to secure a good future for our children, we must first and foremost defend democracy. Natascha Sagorski, a well-known activist and mother of two, shows families how they can work together for a fairer world in their immediate circle, even with little time: take part in demonstrations, support petitions, get involved in the parent-teacher-association. This also includes giving children and young people the tools and an open mindset for politics. This is the right book at the right time!

- Ideas for political activities for children aged 3 to 15 and parents to enjoy
- Media, play, and communication tips
- Conversations and interviews with activists and politicians

- **The first book for parents that shows ways out of political powerlessness**
- **Realistic everyday tips for a conscious understanding of democracy in children**
- **Against democracy fatigue, a shift to the right, and populism**



April 2025

208 pages; 18.00 EUR

ISBN: 978-3-407-86899-2

AUTHORS

Natascha Sagorski, author and PR consultant, is a prominent voice for the defense of family rights, including staggered maternity leave after miscarriages. She has received awards from the *Süddeutsche Zeitung* Institute and the *Wirtschaftsjunioren* for her courage to change. She lives near Munich with her family.

Stefanie Höhl

The Greatest Little Miracle

How babies and toddlers discover the world and what they need for healthy development

CONTENT

Why babies are afraid of grass

Why does a baby cry in the evening, how does it see, smell, hear and taste its environment? The first four years of life are full of fascinating developmental phases, for which there are equally fascinating new findings from child studies worldwide. Professor Stefanie Höhl vividly shows how children learn to bond, feel, perceive, think, and understand connections and thereby are better able to find around in everyday life—and how this knowledge helps parents to calmly accompany their children. For instance, due to their evolutionary protection mechanism against plants, babies have to learn that grass is not dangerous.

- For parents of babies and toddlers aged 0 to 4 years
- The development of bonding, emotions, body & motor skills, perception, thinking, language, social learning, empathy
- Reflects cultural diversity and diverse lifestyles
- **The latest research findings on toddler development**
- **Entertaining answers to classic parenting questions**
- **The new standard work for parents of children aged 0 to 4 years**



February 2025
320 pages; 25.00 EUR
ISBN: 978-3-407-86807-7

AUTHORS

Professor Dr. Stefanie Höhl is head of the “Vienna Child Studies” program at the Institute of Educational and Developmental Psychology at the University of Vienna. The early childhood expert and mother of two presents developmental psychology and neuroscientific findings in an entertaining, clear, and relevant way for parents.

Leandra Vogt

Cycle Breaker: I'll do Things Differently for my Child

Breaking toxic patterns in the family while being gentle with yourself

CONTENT

The buck stops here!

“Break the cycle!” is the aspiration that many parents have for themselves: to free themselves from harmful patterns of thought and behavior from previous generations so that their children grow up in good mental health. This book identifies the 20 most common harmful patterns and shows parents how they can break through them. It is particularly important that parents remain gentle with themselves, because they too will unconsciously pass on patterns. And that’s okay, as long as they give their children the right tools to become cycle breakers themselves later on.

- Celebrate all cycle breakers: “It’s brave to be the beginning of change!”
- With a guide for gentle cycle breaking
- With a foreword by Saskia Niechzial
- **The first parenting guide to focus on the topic of cycle breaking**
- **Lots of everyday exercises for parents and children**
- **From the recognized childhood educator and certified resilience trainer**



February 2025
255 pages; 22.00 EUR
ISBN: 978-3-407-86829-9

AUTHORS

Leandra Vogt studied childhood education and is a resilience trainer. As a parenting coach, lecturer, and podcaster, she makes the findings of resilience research understandable for and relevant to families on familienort.com. She lives near Zurich with her husband and two children.

Lukas Maher

Trigger, Trauma, Toxic

The 45 biggest misconceptions about mental health. A psychotherapist clears things up

CONTENT

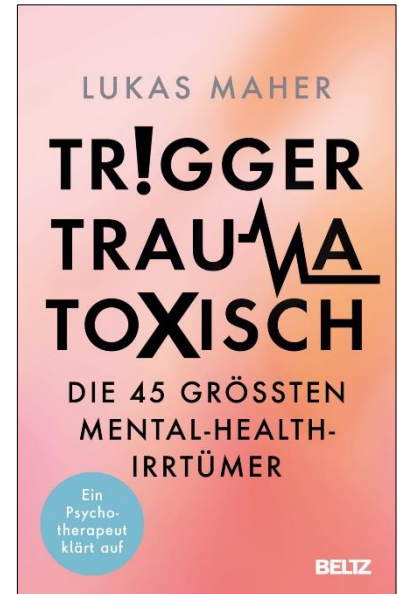
The psychological anti-bullshit compass

A “toxic” boyfriend, a “triggering” neighbor: today, we all believe ourselves to be experts on our psyche. Unfortunately, we’re often just wrong. The well-known psychotherapist Lukas Maher brings clarity to our psychological half-knowledge. In his usual relaxed manner and clear stance, he shows which popular concepts and theories are scientifically tenable and debunks common, sometimes dangerous misconceptions. This book makes us smarter and more critical in dealing with psychological trends and strengthens our most important resource: our mental health.

Topics include:

Attachment Types • Body Positivity • Daddy Issues • Gut-Brain Barrier • Gaslighting • Glimmer • High Sensitivity • Inner Child • Love Bombing • Manifesting • Narcissism • NLP • People Pleaser • Polyvagal Theory • Red Flags • Self-Diagnosis

- **High-reach author entertainingly straightens out our psychological half-knowledge**
- **The 45 biggest misconceptions of pop psychology**
- **Enables an empowered and knowledgeable approach to mental health**



March 2025

272 pages; 20.00 EUR

ISBN: 978-3-407-86885-5

AUTHORS

Lukas Maher is a psychologist and psychotherapist for systemic therapy. He works at the Systemic Institute Tübingen and educates his social media followers about the many misconceptions of so-called pop psychology under the handle [@systemischegesundheit](https://www.instagram.com/systemischegesundheit)

Katharina Linnepe

The Patriarchy on the Therapist's Couch

Sessions with our sick social system

CONTENT

Shocking confessions, cleverly dissected

Imagine the patriarchy undergoing psychotherapy. Sounds crazy? Perhaps. But it would save us all many hours of therapy. Sociologist and comedienne Katharina Linnepe exposes the most absurd behavioral disorders, beliefs, and thought patterns of our social system. Critical, instructive, and hilarious—this book reveals the true causes of our mental problems and shows how we can counteract a patriarchy resurgent in times of crisis.

Imagine what our psyche would be spared if the patriarchy went into therapy:

- Female obsession with perfection and male pressure to perform
- Structures of violence, health gaps, and transgenerational trauma
- The backlash to equality, wars, climate crisis and discrimination

- **A satirical, critical, and feminist view**
- **Shows psychological and social problems and pressure situations of all genders**
- **A unique thought experiment provides relief in troubled times**



February 2025
256 pages; 20.00 EUR
ISBN: 978-3-407-86889-3

AUTHORS

Katharina Linnepe studied political science, sociology, and philosophy. As a presenter, podcaster, and comedienne, she talks about democracy, feminism, and diversity. She became known for her satirical Instagram series “The Patriarchy on the Therapist’s Couch.”

katharinalinnepe.com

Lisa Holtmeier

Word Medicine

Break through unhealthy communication patterns and strengthen mental health

CONTENT

How we can talk to each other in a healthier way

We are exposed to bad communication patterns every day. Non-apology apologies (“You know what I’m like!”), gaslighting (“You got that wrong”), or toxic positivity (“Cheer up!”) are harmful to our mental health and can also make us physically ill. Based on the latest findings in psychology and neuroscience, communication coach Lisa Holtmeier has developed a “word medicine” that we can use to protect ourselves from harmful language and help us communicate in a healthy way ourselves.

- Reveals pathogenic language patterns that influence us all in everyday life and that we also use unconsciously ourselves
- Helps us to protect our psyche and communicate in a healthier way—with ourselves as well as with others
- With a foreword by *Spiegel* bestselling author Alexander Kugelstadt, M.D.
- **Reveals over 20 communication patterns that cause illness**
- **Shows demonstrably effective phrasing aids**
- **The first guide that establishes a direct link between communication patterns and our (mental) health**



February 2025
256 pages; 22.00 EUR
ISBN: 978-3-407-86887-9

AUTHORS

Lisa Holtmeier studied therapy and health sciences, is a communication coach specializing in healthy communication, an occupational therapist, and founder of Wordseed. With her podcast of that name, she currently reaches around 50,000 listeners.

Manon Mannherz/Ismene Ditrich/Christa Koentges

The World of Autistic Women and Girls

Why they are different and just right

CONTENT

Autistic, female, strong

Autistic women and girls are often diagnosed at a very late stage because their symptoms are inconspicuous at first glance and are often misinterpreted. “I’m different, I’m wrong”—many autistic women internalize this painful belief early on. They struggle against strong self-doubt with potential knock-on effects for their mental health. This book helps them to understand themselves better and to deal with stress. It also shows that although they are different, they are just right—because autism comes with many special strengths.

- Based on the successful concept of *The world of Women and Girls with ADHD*
- Based on the latest research in gender psychology
- Written in a positive, empathetic, empowering tone
- **From the makers of the “Jung und Freudlos” podcast**
- **For those affected and their caregivers**
- **Offers insights, relieves burdens, and shows new approaches to everyday life**



February 2025
 256 pages; 22.00 EUR
 ISBN: 978-3-407-86183-2
Contents in two colors with illustrations by Karina Bolte

AUTHORS

The “Autism in Women” authors’ group at the Department of Psychiatry and Psychotherapy at the Freiburg University Medical Center:

Manon Mannherz (r.) is a non-medical practitioner in psychotherapy specializing in autism in adults and works in autism research. She is autistic and the mother of two autistic children.

Dr. Ismene Ditrich is a specialist in psychiatry and psychotherapy and medical director of the special clinic for autism spectrum disorders. She co-presents the psychiatry podcast “Jung und Freudlos.”

Dr. Christa Koentges (l.) is a psychotherapist specializing in developmental disorders and emotional instability. She co-presents the psychiatry podcast “Jung und Freudlos.”



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

- **On the symptoms of AD(H)D in women and how they differ from those in men**
- **Social relevance: medical research is often geared only towards men**

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Rights sold to Korea

Over 35,000 copies sold

BACKLIST

PARENTING

A Head Full of Gold



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Rights sold to Italy
Over 31,000 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 56,000 copies sold

The Book of Sleep for the Whole Family



[More information](#)

Over 7,000 copies sold

Teenage Blues



[More information](#)

The Power of Words with ADHD



[More information](#)

Rights sold to Turkey

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

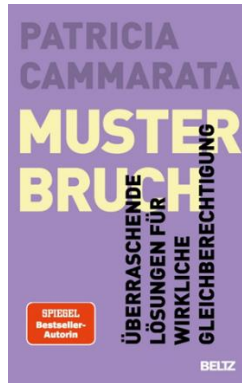


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Over 6,000 copies sold

Psychology/Life

Breaking the Pattern



[More information](#)

Almost 8,000 copies sold

Psychology

The Solution to All Your Problems: Doesn't Exist



[More information](#)

Psychology

Life Only Goes Forward



[More information](#)

Rights sold to Romania, Netherlands

Over 10,000 copies sold

Psychology

Who We Think We Are

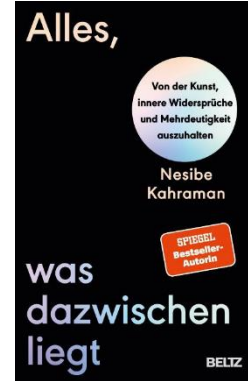


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Rights sold to Korea, Poland, Russia, Latvia
Over 12,000 copies sold

Psychology

All that's in between



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Rights sold to Korea
Over 6,000 copies sold

Psychology

Breaking the Schematic Mold



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The Female Terror



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