

Foreign Rights



NON-FICTION

Spring 2025

VERLAGSGRUPPE
Droemer Knaur*

NON-FICTION

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Yael Adler

Ingeniously nourished. Eat smarter, relax and enjoy, live better

- Clever, comprehensive, entertaining: how to eat healthily and enjoy life
- Total circulation: over 500,000 copies sold
- The new book by bestselling author and media darling Yael Adler



March 2025 · 400 pages

Dr Yael Adler is a specialist in skin diseases, nutritional medicine (DGEM) and anti-ageing. She has worked in clinical research and has been running her own practice in Berlin since 2007. She has a talent for explaining complex medical issues in a clear and understandable way. She demonstrates this in lectures and as a health expert in the media, including in various TV formats, as a sought-after interview partner and columnist for major newspapers and magazines, and as a podcast presenter. Her books published by Droemer: *Haut nah* (2016) (*Skin Deep: The Inside Story of Our Body's Most Frowned-Upon Organ*), *Darüber spricht man nicht* (2018) (*You Should Have Told Me: A Dermatologist Demystifies the Things That Make Us Blush*), *Wir müssen reden, Frau Doktor!* (2020) and *Genial vital!* (2023) were all SPIEGEL bestsellers, often reaching No. 1 on the bestseller list and have been translated into 35 languages.

It's about balance – not perfection!

We are constantly being bombarded with new diets and superfoods that leave many questions unanswered. Paleo, high-protein, low-fat or vegan after all? Are sugar-free or vegetarian substitutes really healthier? How much water do we really need every day? But since the recommendations often contradict each other, it is difficult to change old eating habits. Nutrition expert and multiple number-one bestselling author Dr Yael Adler, MD, finally gives us some insight into the subject of nutrition. She explains in a clear and entertaining way which nutrients, forms of nutrition and supplements are really good for us and what we should avoid. The doctor and popular TV expert provides a wealth of practical tips that can be easily integrated into everyday life. Yael Adler shows us that eating healthily can be fun and doesn't mean having to give up pleasure.

'Healthy eating starts with small, smart choices.' Yael Adler

Further Titles



Moritz Klose

In the realm of the bears. The serene rulers of the forest

- The renowned bear expert on the secret life of our furry friend
- For readers of Andreas Kieling, Elli Radinger and Peter Wohlleben
- Four-colour picture section with impressive photographs



May 2025 · 304 pages

Moritz Klose, born in Magdeburg in 1987, is the executive director of NABU International – Foundation for Nature. He studied biology in Berlin and nature conservation in Potsdam. During his studies, he worked with tropical ecosystems in Panama and forest steppes in Mongolia. He headed wildlife work in Germany and Europe for the WWF and advocated the return of large mammals to Central Europe. In doing so, he worked with livestock owners, hunters and foresters to find ways for humans and wild animals to live together with as little conflict as possible. His projects focus in particular on bears, lynx and wolves.

The fascinating life of gentle giants

Moritz Klose takes us on a journey into the mysterious world of bears. His book is dedicated to questions of the distribution and behaviour of these magnificent creatures. He also examines whether and how coexistence with bears and other large wild animals is possible at all in our densely populated cultural landscape. In doing so, Klose draws on his diverse personal experiences with bears: He tracks brown bears in Romania, talks to grizzly researchers in Alaska and gets caught between animal rights activists and anti-bear campaigners in Bavaria. He talks about Bruno and Gaia and the special challenges of humans and bears living together. Moritz Klose takes a very unique look at the gentle giants of the forest.

David Spencer

Realm of roots. On the joint evolution of plants and humans

- The magnificent story of the co-evolution of humans and plants
- By the well-known biology educator and science communicator Dr David Spencer
- For readers of Peter Wohlleben, Thomas Halliday and Stefano Mancuso



April 2025 · 256 pages

Dr David Spencer, born in 1991, is a plant biologist. As a science slammer, he introduces his audience to the topics of modern plant research. Son of a German mother and an English father, he is a board member of the environmental NGO *Öko-Progressives Netzwerk e.V.* and seeks dialogue with the public, among other things, through his YouTube channel *Krautnah*. In 2022, his work in the field of science communication was honoured with the *SciComm Award* of the German Botanical Society. In the same year, his book *Alles bio-logisch?!* (All logically organic?!) was published by Droemer.

Humans and plants – two supposedly competing mega-organisms

Did you know that the evolutionary history of the plant kingdom is not so dissimilar to that of humans? David Spencer entertainingly recounts the development of plants over millions of years, starting with their nomadic existence in the oceans, followed by a period when the first plants rose out of the oceans to colonise the land and become sedentary. He also makes it clear what potential we are wasting if we do not recognise the intelligence of plants and continue to exploit our ecosystems instead of shaping them together in partnership and with respect.

Further Titles



Klaudia Blasl

No time to talk, the garden's calling. The most surprising facts about moody roses, quick-witted beans and murderous parsley

- Everything about the secrets of our garden plants
- Infotainment: as entertaining as a novel, as informative as a non-fiction book
- For readers of *Der kleine Gartenversager* (The Little Garden Failure) and *111 tödliche Pflanzen, die man kennen muss* (111 deadly plants you need to know)



February 2025 · 272 pages

Klaudia Blasl, a journalist and author from Styria, began growing poisonous plants to learn more about the weapons used in her crime novels. She now cultivates over 200 species in her story garden in Austria's Burgenland region and knows so much about the cultural history of plants that her books have been recommended by *Geo* magazine and she was awarded first place in the 2023 German Garden Book Prize. Klaudia Blasl has one of the largest private libraries on toxic plants and inspires gardening enthusiasts, crime fans and nature lovers in her lectures.

'Klaudia Blasl is the ultimate queen of gardening knowledge.' Meike Winnemuth

Why do pampered cultivated roses react so irritably to the smallest changes? What do the long-established cottage garden flowers have against the newcomers? Is there a secret alliance between legumes and bulbous plants in the underground? And why do inconspicuous herbs often prove to be real all-rounders?

After a nightly tussle with her runner bean, Klaudia Blasl sees the plants in her garden in a new light. She recognises astonishing parallels between the characteristics of her green housemates and human temperaments and gradually learns to recognise the signs by which plants communicate with each other and with their environment. A humorous adventure book for hobby gardeners thirsty for knowledge.

'Plants would read Blasl.' Heike Sicconi, *Gartenradio*

Frank Schneider

The shaken self. Understanding and overcoming trauma

- The standard work on the subject of 'trauma and coping with trauma'
- Frank Schneider is an internationally renowned psychiatrist and psychotherapist
- For readers of Bessel van der Kolk



June 2025 · 400 pages

Prof. Dr. Dr. Frank Schneider is a psychiatrist, psychologist, psychotherapist and neuroscientist. He was a professor of psychiatry, psychotherapy and psychosomatics at RWTH Aachen, director at the Institute of Neuroscience and Medicine at the Jülich Research Centre and medical director at Düsseldorf University Hospital. He is currently working at the University of Düsseldorf. Schneider was president and is an honorary member of the German Society for Psychiatry, Psychotherapy and Psychosomatics (DGPPN) and editor of the journal *Der Nervenarzt*. He has been awarded numerous prizes for his work, including the Griesinger Medal of the Berlin Society for Psychiatry and Neurology and, in 2022, the Federal Cross of Merit.

The highly topical issue of 'Trauma' – made accessible by Prof. Frank Schneider

Trauma is undoubtedly one of the major problems of our time. The renowned psychotherapist and psychiatrist Frank Schneider provides a comprehensive overview of the various causes and consequences of trauma on the basis of case descriptions and answers the most important questions. What happens in our body before, during and after a traumatisation? What treatment options are there and how can preventive work be done? Who is particularly susceptible to PTSD? Dr Schneider debunks misconceptions and provides an accessible, science-oriented introduction to this complex topic.

Mark Schieritz

Too dumb for democracy. How to protect the liberal order when the will of the people becomes dangerous

- Why the 'will of the electorate' should not be the absolute measure of political action
- Marking the start of the 2025 federal election campaign
- For readers of Ruprecht Polenz and Arne Semsrott



February 2025 · 160 pages

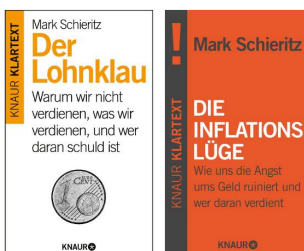
Mark Schieritz is deputy head of the politics department of *DIE ZEIT* in Berlin. After graduating from the London School of Economics, he began his career at the *Financial Times Deutschland*, where he worked for seven years, among other things as head of the financial market editorial team. Mark Schieritz has been awarded the Ernst-Schneider Prize of the Chambers of Industry and Commerce and the Media Prize of the Keynes Society. His books *Die Inflationslüge* (The inflation lie) and *Der Lohnklau* (The wage robbery) were published by Droemer Knaur.

On the responsibility to freedom

The crisis of democracy is often equated with a crisis of politics: people are said to vote for extremist or populist parties because politicians do not address their concerns and fears. But are voters really *always* right? And how can we protect our democracy when the will of the voters is in part anti-democratic? To answer this question, *ZEIT* journalist Mark Schieritz calls in his clever book not only on politicians, but also on voters to take responsibility. A liberal democracy depends on enlightened citizens – otherwise it becomes a facade.

'Those who vote for extremists because the train is cancelled or the baker in the village closes down are contributing to the disruption of political culture. There are alternatives. Democratic ones, too.' Mark Schieritz

Further Titles



Jörg Lau

Words that rule the world. What the phrases of foreign policy really mean

- A ruthless analysis of the geopolitical discussion
- Jörg Lau is a foreign policy expert at *DIE ZEIT*
- For readers of Rüdiger von Fritsch and Carlo Masala



March 2025 · 192 pages

Jörg Lau began his journalistic career in the feature pages of the *TAZ* and *FAS*. In 2000, he was a fellow of the German Marshall Fund in the United States, which led to a greater focus in his journalism on international politics. In autumn 2008, he was a fellow at the Center for European Studies at Harvard, after which he became the foreign affairs correspondent of *ZEIT* in Berlin. This involved numerous trips to Asia, Africa, Latin America and the United States. From 2013 to 2022, he was head of foreign policy at *DIE ZEIT* in Hamburg; since then he has been an international correspondent for *DIE ZEIT* based in Berlin. Most recently, he reported from Taiwan, China, Estonia, Ukraine, Indonesia, India and Poland on several occasions.

Are you fluent in foreign policy? An intelligent look at the commonplaces of geopolitics

Two-state solution, multipolar world, rule-based world order, wildfire, escalation spiral, feminist foreign policy, turning point, negotiated solution: anyone who hears these buzzwords is right in the middle of the geopolitical discourse. But what do they actually mean? Jörg Lau, foreign policy expert at *DIE ZEIT*, takes on the 80 most popular phrases used on the international stage and conducts a linguistic critique. He shows that the 'escalation spiral' is often just a rhetorical trick used by the aggressors to legitimise the violation of international law. And he reveals the anti-liberal narrative behind the concept of a 'multipolar world'. With Jörg Lau's dictionary of foreign policy at hand, you will be able to join the conversation and understand the background of German foreign policy.

'In this book, I aim to translate the main features of German foreign policy from diplomatic language into plain language.' Jörg Lau

Ulrich Speck

The will to global power. How Russia and China are attacking the liberal order

- What Russia and China's quest for supremacy means for the West
- Ulrich Speck is one of Germany's most renowned experts on security and foreign policy
- For readers of Kai Strittmatter and Herfried Münkler



April 2025 · 288 pages

Dr Ulrich Speck has been one of the leading experts and analysts of international politics and geostrategy for many years. He is followed by 60,000 people on social media (X, Bluesky, Facebook, LinkedIn). His articles have appeared in numerous journals and in international and German newspapers. He writes a weekly foreign policy analysis for the *Neue Zürcher Zeitung*. Ulrich Speck is a member of the CDU/CSU Enquete Commission on Peace and Security in Europe and of the Russia expert group at the Zentrum Liberale Moderne.

The autocrat alliance: How dictators Putin and Xi Jinping are threatening freedom

The security situation is like a powder keg. Russia is waging a major war in Ukraine that is also directed against the European security order. In Asia, China is rattling its sabres and threatening to take Taiwan by force. Global peace, which seemed to have returned after the end of the Cold War, is under threat. In his political non-fiction book, the renowned expert on foreign and security policy Ulrich Speck makes it clear that the escalation of the world situation is being deliberately driven forward by two revisionist world powers. He shows that Russia and China are pursuing a common agenda to overcome the Western liberal world order. So far, the West's response to this has been one of uncertainty. If there is no decisive change of course, dark times lie ahead.

'We are seeing changes that we have not seen in 100 years. And we are the ones driving these changes.' Xi Jinping at a joint appearance with Vladimir Putin

Nina Poppel

Understanding politics. How to never be clueless again

- How does our democratic society actually work? Journalist Nina Poppel explains German politics
- Cross-media author with over 236,000 followers on Instagram and 130,000 on TikTok
- For readers interested in the German political system



February 2025 · 272 pages

Nina Poppel is a political scientist, journalist and moderator. On Instagram and TikTok, she explains political events in a simple, objective and humorous way. She has worked for ZDF and SWR, among others, and regularly moderates events, with a thematic focus on foreign and security policy and feminism.

Politics simply explained: Policy Creator Nina Poppel helps to make sense of world events.

What impact does the constitution have on our daily lives? Why are diplomatic relations with authoritarian regimes important? Who decides how high taxes should be? Why is freedom of expression a cornerstone of democracy, and where does it end? Why is abortion not purely a private matter? The answers to these questions are complicated and show that politics is everywhere – whether we like it or not. Nina Poppel, an influential political creator on TikTok and Instagram, provides an introduction to political life and thought in her first book. She makes it clear that politics does not only take place in parliaments and at international summits, but affects everyone – in our rights, our decisions and our future.

Reimer Gronemeyer

The rejected. Why age discrimination harms our society

- A well-founded analysis of the current discussion about the ageing society
- By the renowned sociologist and publicist Reimer Gronemeyer
- For readers of Rüdiger Maas and Bernd Ulrich



April 2025 · 192 pages

Reimer Gronemeyer, who holds a doctorate in theology, initially worked as a pastor in Hamburg before turning to sociology. In 1975, he accepted a professorship in sociology at the Justus-Liebig University in Gießen. His list of publications includes, among others, *Demenz* (Dementia), and *In Ruhe Sterben* (Dying in peace). He focuses on the ageing society, paying particular attention to age discrimination and dementia. Gronemeyer is a much sought-after speaker at conferences and conventions.

Stop excluding 'the elderly'!

There will be more and more old people in Germany, while the number of people in gainful employment, who finance the pensions, is falling. The pension model is faltering. In the confrontation with the younger generations, the baby boomers are coming into focus, and it is quickly said: the old people cost too much, they consume too much, they have destroyed the climate! Do they still have a place in society at all? Reimer Gronemeyer dissects an often-ignored phenomenon and shows that we simply cannot afford to reject older people and thus relegate them to the sidelines of society. After all, the experiences of older people are more important today than ever before.

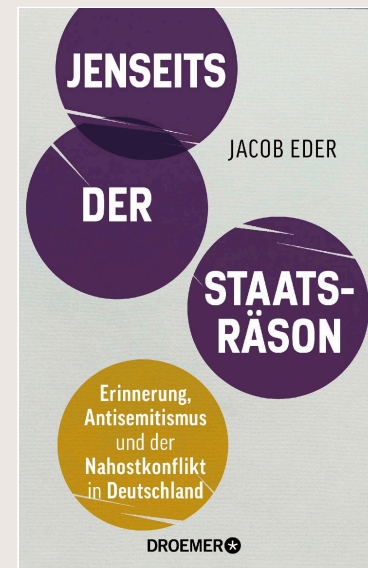
Further Titles



Jacob Eder

Beyond Reason of State. Remembrance, Anti-Semitism and the Middle East Conflict in Germany

- Why Germany is failing in the fight against antisemitism
- 2025: What memories will remain 80 years after the end of the Second World War?



May 2025 · 224 pages

Prof. Dr. Jacob Eder is a contemporary historian and teaches history at the Barenboim-Said Akademie in Berlin. He received his doctorate from the University of Pennsylvania with a thesis on the relation of German and US-American Holocaust memory, which has received multiple awards and was published in 2020 in Germany under the title *Holocaust-Angst*.

80 years after the war: a call for a new culture of remembrance

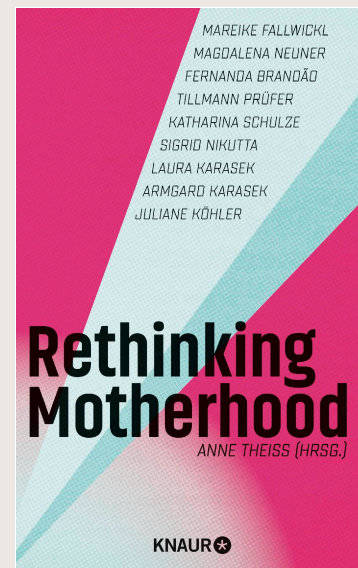
For years, anti-Semitic attitudes have been on the rise, while knowledge about the Nazi era is declining. According to Jacob Eder, the reason for this is that Germany has become complacent in its role as 'world champion of remembrance' and has ignored social changes. He calls for an end to rigid rituals in the politics of remembrance and for an internationalisation of the debate. Only in this way can Germany live up to its responsibility – and redefine its relationship with Israel.

'Anyone who wants to understand this country and its history as a citizen of the Federal Republic of Germany cannot ignore Eder's study.' Frankfurter Rundschau on Jacob Eder's book *Holocaust-Angst*

Anne Theiss

Rethinking Motherhood

- Staff shortages, the daycare crisis, the medication crisis: the tipping point for mothers has been reached. It's time to act
- With contributions from Magdalena Neuner, Tillmann Prüfer, Mareike Fallwickl, among others
- For readers of Mareice Kaiser, Patricia Cammarata and *Unlearn Patriarchy*



March 2025 · 240 pages

Anne Theiss is a journalist and was the personal assistant to Hubert and Jacob Burda for many years. She is the mother of two children and is familiar with the pitfalls of motherhood from her own experience. Anne Theiss lives with her family in Tutzing, near Munich.

Prominent voices debunk the destructive myth of 'motherhood'

Mothers have never had the privileges that they have today. This is what women who are considering whether to have a child are told. But the reality is different – crumbling structures in care, education and health care, persistently difficult prospects on the labour market, and it is still the case that no one does care work as often as women. In this book, prominent and other important voices call for everyone to speak up. Mothers from business and politics, from sports, culture and social media. Single mothers, women who started companies after the birth of their children, mothers who care for others – and men who demand more solidarity.

'Far too little scrutiny is given to how parents, how mothers actually manage it.' Magdalena Neuner

'If you really want to understand a society, the best way to do it is to look at how it treats its children, their mothers and those in need of care.' Fernanda Brandão

Further Titles



Cleo Libro

Equality. Sex between desire and reality: a feminist self-experiment

- This entertaining and educational self-experiment shows what sexual liberation really looks like
- The author is known for her articles in *Der Tagesspiegel* and *DER SPIEGEL*
- For readers of Katja Lewina, Tara-Louise Wittwer and Alexandra Zykunov



March 2025 · 256 pages

Cleo Libro (she/her) was born in 1993 and is a freelance author, feminist and podcast voice. Since 2018, she has been speaking and writing about sexual self-determination, feminisms and everything that contributes to the lust and frustrations of a promiscuous woman on her way into her thirties. She is a regular contributor to the love diary of the *DLF Nova* format *Eine Stunde Liebe* (An hour of love) and she published a series on *SPIEGEL Online* on her search for her desire to have children. Her blog *Cleographie* has been running since 2021. Cleo Libro studied linguistics and German language and literature in Cologne and lives in Berlin.

A feminist sex experiment with a few oohs and many ahs!

How sexually liberated can I be in a society where respect for women is still measured by the smallest possible number of their sexual partners? Do I even like sex between equals? And how do I reconcile my feminist beliefs and my internalised image of gender roles?

In *Equality*, Cleo Libro takes us into her own sex life. She writes about secret fantasies, exciting flirts and failed one-night stands. And about how she is torn between the slut-shaming of millennials and the TikTok enlightenment of Gen Z, between her desire to live lust according to feminist principles and the reflex to take the path of least patriarchal resistance.

Cleo Libro wonders, on behalf of many women, how feminist their sex really is and what still needs to happen for there to finally be more pleasure than frustration in bed.

'Everyone benefits from a feminist approach to sexuality.'

Tahsim Durgun

‘Mum, please learn German’. Our attempt at integration into a closed society

- ‘Dry humour and quick-witted puns as a weapon against extremism.’ NDR
- 443,000 followers on Instagram, 466,000 on TikTok and up to 1 million views of his reels
- Tahsim Durgun is the winner of the 2024 *Grimme Online Award* and 2024 *Blauer Panther* audience awards



March 2025 · 208 pages

Tahsim Durgun was born in Oldenburg in 1995 and is studying to be a teacher of German and history. In January 2024, his satirical clip on the right-wing extremist secret plans revealed by Correctiv went viral and was even quoted in the Bundestag. Not only since then has Tahsim inspired hundreds of thousands of followers with his videos about German society and post-migrant life. In *Tahsims Interview Format* (Funk), cynicism is his instrument of choice when he lets well-known personalities such as Felix Lobrecht or Enissa Amani have their say. In 2024, he was awarded the *Grimme Audience Award* and the *Blauer Panther* for his work. His own podcast will start in early 2025, in which he will philosophise with prominent guests about the whimsical and important things in life.

‘Why I always win at Scrabble, even though I’m Kurdish.’

Even before Tahsim Durgun could ride a bike, he had to decipher the electricity bill for his mother, accompanied her to doctor's appointments as an interpreter and read ALDI catalogues at the kitchen table. His later career as a German teacher was already mapped out. How convenient that he can now hide well camouflaged from the AfD's deportation fantasies at the university, between business-school students and iced-coffee-wielding Claudias. A privilege that is denied to his Kurdish mother, at whose kitchen table Tahsim returns every evening.

Tahsim's situation is shared by many young people with migrant roots who have to take responsibility for their parents at an early age while also finding their place in an often hostile country. With razor-sharp intelligence, great eloquence and cynical humour, Tahsim Durgun reflects on how we all want to live together – with and without a history of migration.

‘The more lovingly and funny Tahsim talks about his mother, the more I miss my own. But in a good way.’ Felix Lobrecht

Melina Hoischen

Mystery with Miss History. The Great Mysteries of World History

- 15 unsolved mysteries of history and why they still occupy us to this day
- 300,000 followers on Instagram and 465,000 followers on TikTok
- Melina Hoischen is the history and art expert of the TV format *Das ist also Kunst* (So that's art) on German public broadcaster ZDF Kultur



April 2025 · 288 pages

Melina Hoischen aka Miss History is a successful influencer, mother of three children and, above all, a history enthusiast. On platforms such as TikTok, Instagram, Facebook and YouTube, she inspires hundreds of thousands of fans with her videos about history and historical personalities. As the host of the ZDFKultur format *Das ist also Kunst* (So that's art), she explains the secrets of art history and actively promotes historical education by working with ministries, foundations, museums and associations. As a passionate history nerd and LARPer, she has made it her mission to impart historical knowledge in a playful and enjoyable way. She is also the author of two children's books about historical royal England.

TikToker Melina Hoischen takes a closer look at the 15 biggest secrets in history

What secret does the Mona Lisa guard? Did the Pope Joan really exist or is she just a legend? And what do the Moai statues tell us about the forgotten civilisation on Easter Island? On social media, Melina Hoischen, aka Miss History, reaches hundreds of thousands of fans and inspires them with reports on historical topics, exciting facts from the past and entertaining anecdotes from the world of art and history. Now she is getting to the bottom of the greatest mysteries in world history. Whether it's missing persons, unsolved murders or seemingly supernatural events, Miss History knows why these unresolved historical events continue to fascinate us today. And why it is so difficult to find clear answers.

Ronja Forcher

Forever by my side. A very special friendship and the path to myself

- The first book by the popular actress, known for her role in the hit ZDF series *Der Bergdoktor* (The mountain doctor)
- 162,000 followers on Instagram, 110,000 on TikTok and up to 1 million views of her reels
- Ronja Forcher has never spoken about this part of her biography before



March 2025 · 224 pages

Ronja Forcher is an actress and singer from Innsbruck in Austria. She has been in front of the camera and on stage since she was five years old. Since 2008, she has played the role of Lilli Gruber in the ZDF primetime series *Der Bergdoktor* (The mountain doctor) and has been a successful folk singer for several years. Ronja Forcher lives with her husband Felix Briegel near Berlin and in Tyrol.

ZDF primetime series star Ronja Forcher on a fate that changed her life

Since she was 10 years old, Ronja Forcher has been playing her way into the hearts of viewers as Lilli Gruber in *Der Bergdoktor* (The mountain doctor). While the audience watches her grow up, behind the radiant smile is a story that she has kept to herself until today.

Ronja Forcher talks for the first time about a formative part of her childhood, which she spent in a rural idyll with her best friend. They shared everything: their toys, their secrets, their big dreams. But Ronja's friend is ill, and she has to learn early on that no happiness is forever.

In her book, the actress gives previously unknown insights into her life, writes about true friendship, the big crash, deep sorrow, anger, love and endless gratitude.

Marie Trappen

Together through the flames. My life in the volunteer fire brigade

- The first book by a female volunteer firefighter
- Marie Trappen has over 100,000 followers on Instagram, TikTok and Facebook



April 2025 · 208 pages

Marie Trappen has been a volunteer firefighter for thirteen years. During that time, she has moved several times, raised two (now adult) children, set up several social media profiles, appeared in film and television, and helped design firefighter clothing specifically for women. Germany's best-known female firefighter currently lives in Kirchhain, Hesse.

Always ready for action with the volunteer fire brigade

When Marie Trappen is called out, she drops everything and heads to the station. From there, it's off into the unknown. Sometimes someone in a retirement home has forgotten food on the stove. Sometimes a burst water pipe has filled the basement with water. Sometimes there are fires in three locations in the city at once.

In her book, Marie Trappen talks about her first tentative steps at the fire brigade, the numerous training courses she had to go through, and her most spectacular missions. Her life story shows how much societal cohesion depends on the commitment of individuals.

'I came back to the fire station, I was dirty and sweaty, so I took a shower first. That felt good. But it felt even better not to go straight home afterwards, but to sit with my colleagues for a while. It takes time for the brain to calm down and return to everyday life.'

Carsten Lekutat

The vitality code. Decode your body's signals for a long and healthy life

- The new health guide from the bestselling author: preventive medicine as key to vitality and longevity
- Effective tools that can be easily integrated into everyday life
- Dr Carsten Lekutat's total circulation: over 140,000 copies sold



February 2025 · 256 pages

Dr Carsten Lekutat is a specialist in general medicine, a sports physician, author, TV doctor, and director of a Berlin family practice. He presented the TV show *Der Gesundmacher* (The healer) on *Sat.1* and the weekly prime-time shows *Raus aus dem Stress* (Escape stress) and *Der Gesundmacher* on *WDR Fernsehen*. As early as 2012, Dr Lekutat took over the moderation of the weekly health programmes *Fit und gesund* (Fit and healthy) and *In good shape* on *DW*. From 2015 to 2023, he moderated the *MDR* programme *Hauptsache gesund* (The main thing is health). Since January 2024, he has been a monthly health expert on the *ARD-Mittagsmagazin*. Dr Carsten Lekutat is the author of several books and lives in Berlin.

Decoding the body's early warning system for a long and healthy life

Growing older does not necessarily lead to frailty and illness. Complaints such as silent inflammation, circulatory problems, neurodegenerative decline, exhaustion, sleep disorders or a lack of micronutrients are obstacles on the way to a long, healthy life. However, preventive medicine offers a variety of methods to recognise the body's early warning signs and to act accordingly. Dr Carsten Lekutat explains everyday symptoms and their significance in an expert and entertaining way: Which ones are harmless and when do I need to take action? He shows what each of us can do to lead a vital life and prevent age-related ailments.

Further Titles



Volker Mehl

Healthy monastery cuisine for the Thermomix

- Traditional medicine meets modern technology: the comprehensive nutrition guide
- Best-selling author Volker Mehl is a chef and health consultant with a cooking school of his own
- Including 100 recipes in appealing design



March 2025 · 224 pages

Volker Mehl is an Ayurvedic chef, yoga teacher, health consultant and successful author. He passes on his knowledge of native monastic medicine, herbal and natural healing and the ancient teachings of Ayurveda in his cooking courses. He offers workshops and yoga retreats, advises companies and is well known for his appearances on German television. Volker Mehl received the *Gourmand World Cookbook Award* in 2015 and 2016. He runs a cooking school and creative workshop in Heppenheim (South Hesse) with his wife.

Cooking healing monastery recipes with the Thermomix

If you have a stressful lifestyle but still want to take advantage of the healing powers of traditional monastic cuisine, Volker Mehl's book is the perfect guide for you. Thanks to the Thermomix, healthy cooking for body and soul is now much easier. In the introductory section, readers will learn interesting facts about the power of monastic healing and also get suggestions for healing routines. Hildegard von Bingen and Walahfrid Strabo, in particular, have shaped traditional European medicine, and their healing knowledge is a treasure trove for holistic, healthy nutrition. The 100 recipes specially developed for the Thermomix offer a variety of delicious dishes, whether savoury or sweet!

Further Titles



Steffen Barth

The rehabilitation revolution. Understanding pain and relieving it yourself

- Treat pain and injuries yourself with the most effective exercises
- Steffen Barth is a physiotherapist with 40 years of experience
- Huge social media reach: over 450,000 followers on YouTube and TikTok



May 2025 · 192 pages

Steffen Barth is a physiotherapist and the developer of the medical device Sanotape. The expert in the field of physical rehabilitation has been working in this field for over 40 years. His main objective is to consider people as a whole and to help them improve, restore and maintain their health. Barth has been self-employed since 1983 and works with his interdisciplinary team of specialist doctors and specially trained therapists according to the SB-01 concept that he developed. As an inventor, author and scientist, Barth has been collaborating with universities in Germany and abroad since 1984.

The popular rehabilitation expert demonstrates what you can do immediately to relieve pain

Whether you are suffering from acute discomfort, chronic pain, injuries or have had an operation, the right rehabilitation and effective exercises are crucial for a speedy recovery and long-term pain relief. Rehabilitation expert Steffen Barth has developed an innovative self-help method to support people on their journey to better health. He combines proven rehabilitation practices with traditional Chinese medicine and meridian therapy to provide holistic and rapid treatment that can be done at home. This allows you to effectively alleviate discomfort yourself and actively support the healing process. Special emergency measures provide practical instructions for first aid in the event of injury.

Martin Hirte

Vaccination for seniors aged 60 and over. Guidance for informed decision-making

- The comprehensive guide with all the information on vaccinations for individuals over 60
- Total sales of Dr Martin Hirte's books: over 230,000 copies sold



February 2025 · 224 pages

Dr Martin Hirte, born in 1954, is THE leading vaccination expert and was a paediatrician in private practice in Munich for 30 years. His vaccination guide *Impfen Pro und Contra* (Vaccination – Pros and Cons) became a standard work and bestseller. It was followed by the titles *HPV-Impfung* (HPV Vaccination) and *Impfen kurz und praktisch* (Vaccination: Concise and Practical). Martin Hirte lives by Lake Ammer near Munich.

Vaccination navigator for senior citizens: what you need to know!

Which vaccinations are really useful? What are the risks and side effects? These are questions that many people over the age of 60 ask themselves, as they are recommended to receive additional vaccinations due to their ageing immune systems: whooping cough, shingles, pneumococci, influenza, coronavirus, etc. In this book, vaccination expert Dr Martin Hirte provides a scientifically sound explanation of the pros and cons of each individual vaccination – a practical guide to help people decide which vaccinations are right for them.

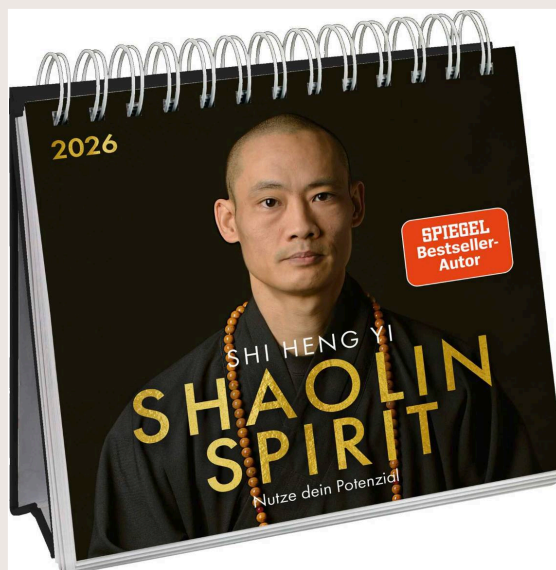
Further Titles



Shi Heng Yi

Postcard calendar 2026: Shaolin Spirit. Realise your potential

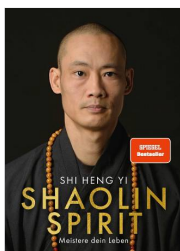
- Fan merch: the Shaolin master and best-selling author's desk calendar
- Social media: over 1.5 million followers
- Over 80,000 copies of the bestseller Shaolin Spirit sold, licenced in 11 countries



May 2025 · 54 Karten

Shi Heng Yi is the leading master of the Shaolin Temple Europe, a Buddhist monastery based in Otterberg, Rhineland-Palatinate. As a representative of the 35th generation of Shaolin, he is responsible for the physical and mental training of the Shaolin order there. His aim is to make an ancient Eastern tradition, the value of which is being embraced by an increasing number of people, useful for people in their everyday lives in a practical and understandable way. Thanks to his teaching methods, he has an international reputation and his YouTube videos have been viewed more than a billion times. The monastery's services are more in demand than ever and the online learning programme is being taken up across borders and worldwide.
www.shaolintemple.eu

Further Titles



Peter Tauber

Start running. No matter where you stand in life: you can always start anew

- About the experience and art of living, constantly setting out anew
- Peter Tauber experienced it himself: When life gets really tough, his motto is *start running!*
- An encouragement to believe in yourself, to have confidence in yourself and sometimes to challenge yourself



March 2025 · 192 pages

Peter Tauber, born in 1974. Historian, reserve officer, Christian – these are the three words he uses to describe himself. Born in Hesse, he studied history and has had a rapid political rise, which was only interrupted when a serious illness threw him off track. He was a member of the German Bundestag from 2009 to 2021. He ended his political career in April 2021 and now works as an independent consultant.

www.petertauber.de

The run of your life

Life must be lived forwards, as the Danish philosopher Søren Kierkegaard put it. That's exactly what this book is about. Of course, we occasionally fall or stumble. But the more important question is: What gets you back on your feet? What makes you want to run again? We humans are not made to stand still. Running is in us. And once you get going, you quickly realise: When you're running, you're in the here and now. It feels good!

I myself have found that running has helped me through many crises and challenges. Thanks to running, I was able to focus on the essentials, to recognise what is important. Or just forget what is bothering me at the moment: crises, self-doubt, failure, loss. When we lace up our running shoes, we have a whole new strength. We trust in life. That's what it's about. In the Gospel of Mark, it says, 'All things are possible for those who believe.'
Peter Tauber

Further Titles



Susanne Fröhlich, Constanze Kleis

Growing older is like being young, only more extreme

- Unsparing, funny and encouraging – the book for all women in the third quarter of life
- For all Fröhlich-Kleis fans who want to know how to stay young and age beautifully at the same time
- Total circulation of the bestselling duo: over 1 million copies



April 2025 · 256 pages

Susanne Fröhlich is one of Germany's most well-known authors. She also works as a journalist and presenter, for example for public broadcaster MDR's literature programme since 2005. Both her non-fiction and fiction books, most recently *Geparkt* (Parked), have become bestsellers, including *Moppel-Ich* (Chubby me), with over 1 million copies sold. Susanne Fröhlich lives near Frankfurt am Main.

Constanze Kleis lives and works in Frankfurt am Main. When she is not writing bestsellers with her best friend Susanne Fröhlich – most recently *Halte den Kopf hoch und den Mittelfinger höher* (Keep your head up and your middle finger higher) – she also writes solo works such as *Das Leben ist zu kurz für Mimimi* (Life is too short for whining). She also works as a journalist, for publications including the *Frankfurter Allgemeine Zeitung*, *Freundin* and *Myself*.

Everyone talks about ageing, we're doing it!

More exercise in our daily lives, losing weight, maintaining friendships, rediscovering ourselves, the world, maybe even love – in theory, we women have countless wonderful plans for the happy hours of our lives. In practice, however, not only chin hair grows with age, but also inertia and fatalism.

Susanne Fröhlich and Constanze Kleis have many suggestions on how to stand up to the impositions of aging. All of them, of course, tried and tested in self-experimentation. They try out the longevity hype, don't shy away from ice bathing or tattoo parlours or old people's discos, learn how to do sums again for their pension and show how both being single and being with an older man can be a source of joy for a long time to come. Their credo: we can still change if we want to.

'Our motto: Be stronger than your strongest excuse – small steps are better than no steps!'

Further Titles



Lars Amend

Coming home. Find your destiny and recognise what really matters in life

- The bestselling author writes about what is really important in life
- Author with a large community, his own podcast, live shows and a strong social media presence
- Total circulation of Lars Amend: over 400,000 copies sold



July 2025 · 256 pages

Lars Amend, born in Gießen in 1978, is a German bestselling author, life coach and podcaster. After graduating from high school and spending some time in London, he worked at the radio station XXL in Frankfurt am Main, where he conducted interviews with Amy Winehouse, P!nk, Pharrell Williams and others.

His debut *Bushido* became one of the most successful books of 2008 right away and is still one of the best-selling musician biographies in Germany today. Many other bestsellers followed. The film adaptation of *This Crazy Heart* attracted over two million people to the cinemas. In his podcast, *Auf einen Espresso mit Lars Amend* (*Espresso with Lars Amend*), he talks to his guests about mindfulness, happiness and personal development. Lars Amend lives with his family near Frankfurt am Main.

In three words, I can tell you everything that life has taught me: It keeps going!

After living the life of a rock star in his twenties, Lars Amend found his safe haven in family life – as a partner and father, he finally felt loved and secure. But only a short time later, his mother became seriously ill and he accompanied her on her last journey. These intense weeks shared by mother and son are the starting point of Lars Amend's new book about what really makes life valuable. It is an encouragement for all those who have not yet reached the end of their journey of happiness. It is only by stumbling, doubting and hoping that we can find ourselves and feel at home. And that is what really counts.

Stina Zieseemer

‘Don't make such a fuss’. Trigger phrases that you can let go of

- An encouraging book for people who want to listen more to their gut and their heart
- A trending psychological topic – specifically for a younger target group
- Wide reach on Instagram with over 110,000 followers



March 2025 · 192 pages

Stina Zieseemer (b. 1992) lives with her family in a village near Flensburg. She studied German, biology and German as a second language to become a teacher and then began a doctorate, which she abandoned after a serious illness and instead intensified her activity on Instagram. She likes to write profound and philosophical posts about life and mindfulness. She has been running her Instagram account 'kopfloserzvoll' (over 110,000 followers) with a lot of love and dedication for many years. In her stories, she shows authentic snippets of her everyday life and also talks about (her own) mental health, among other things.

'We can only find happiness if we explore and discover who we really are.'
Stina Zieseemer

Many people find themselves confronted with their own trigger phrases, which others give them as supposedly well-intentioned advice. The successful influencer Stina Zieseemer wants to encourage others not to let themselves be made to feel insecure anymore, but to go their own way in a self-determined way and let go of trigger phrases. The trained teacher is tired of conforming to the opinions of others: She no longer wants to have to lose weight because it apparently suits her better, be told that she is not resilient, have her approach to parenting prescribed, or be told that ADHD is just a fashionable diagnosis. She provides valuable insights and support for dealing with trigger phrases.

Liv Bergstrand

The solitary house by the sea and the power of letting go. How I finally found myself

- A captivating and encouraging story about rebuilding your life after a break-up
- For those seeking meaning with feeling
- A bibliophile's edition with 15 beautiful illustrations



April 2025 · 192 pages

Liv Bergstrand is an author and ghost-writer who writes novels and non-fiction books for herself and for others. As a digital nomad, she changes her place of residence every few months – sometimes she spends the summers in Sweden, sometimes the winters in Italy. The only constants in her life are her two dogs, who accompany her everywhere, and her loved ones, who often just tag along when Liv packs her bags again. She has had plenty of practice in letting go, because a restless life calls for light luggage. She is now really good at limiting herself to what she really needs and what makes her happy. She is happily divorced and prefers to write with a view of the sea.

Only those who can let go have room for a new beginning

Maren's husband wants a divorce. She feels paralysed, because actually she doesn't want neither the separation nor a different life. But Lennard asks her to clear out their holiday home in the Gothenburg archipelago so that they can sell it... Maren almost despairs of it. The house is full of objects with memories attached to them. Where should she start? In the midst of the chaos, Maren meets Ole, a sensitive man with a wealth of worldly wisdom. He becomes a mentor to her, showing her the importance of letting go in order to truly start over. Maren realises how much energy her frantic clinging has cost her. And without fear in her mind, a completely different life suddenly becomes conceivable for her.

Yngra Wieland

The mysterious garden and the wonder of reconciliation. How I rediscovered my love for my mother

- A story of self-discovery that shows the path to reconciliation
- Trend topic 'Healing Stories'
- The perfect gift for mothers and daughters



March 2025 · 208 pages

Yngra Wieland studied classical dance and dance education, had engagements at various state theatres and in independent modern dance and show dance companies, ran an art gallery, worked as a communications assistant and as a manager at various music television stations, and raised two children. She writes novels and self-help books on psychological topics. She is pursuing her vocation as an author, alternative practitioner for psychotherapy, astrologer and lecturer.

How mothers and daughters find their way back to one another

At the funeral of her beloved grandmother, Julia meets Charlotte, her grandmother's best friend. Julia is drawn to Charlotte's zest for life. Charlotte lives alone with her cat Frigga in an old house surrounded by an enchanted garden. Charlotte invites Julia to visit her there. After some initial hesitation, Julia ventures to Charlotte's house. The two talk about life, the expectations of mothers towards their daughters and vice versa. Julia has suffered for a long time from a difficult relationship with her own mother. Charlotte gives her concrete tools to help her face the difficulties, and through her wisdom, Julia gradually finds a path to healing and reconciliation.

Tanja Pfister

When mourning does not end. How to release pain through simple movements

- The first comprehensive self-help guide to body-based grief work
- Tanja Pfister is an embodiment specialist and grief counsellor
- With simple exercises for all those affected



February 2025 · 320 pages

Dr Tanja Pfister is a personal development coach and grief counsellor with a unique body-oriented approach. Her grief counselling is based primarily on her skills as a yoga and Pilates teacher. She is also a Soul Motion Teacher (conscious movement) and Chakra Balancing and breathing coach with an expanding social media presence. Her husband was seriously ill for seven years before he died. Technically, she was prepared. And yet she fell into an unimaginably deep hole. Suddenly she felt as helpless and alone as she did when her father died suddenly in an accident when she was ten years old. Her mission is to support people in their experience of grief and loss.

www.dr-tanja-pfister.de

Releasing prolonged grief with healing movements

Many people are stuck in never-ending mourning after suffering severe losses. For those affected, there is now a new approach to mourning: through certain exercises from yoga and Pilates, or with the help of the liberating movements of meditative soul-motion dance, the 'mourning lump' can be released directly in the body. This has amazing consequences for the psyche, which can finally engage in a sustainable healing process. The grief counsellor Tanja Pfister has suffered a severe loss herself. As a result, she has developed this increasingly successful body-based approach over the years, which is additionally flanked by targeted reflection exercises. With a tangible 12-week exercise programme.

Ralph Skuban

Breathing correctly. The practical guide to better health

- Breathing exercises that can sustainably change your life for the better
- Simple and suitable for everyday use
- Bibliophile design with an integrated workbook



May 2025 · 190 pages

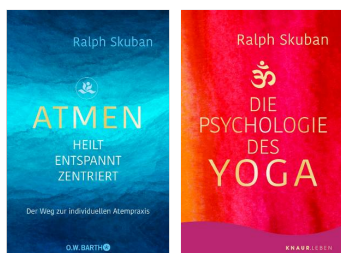
Dr Ralph Skuban has a doctorate in political science and initially worked in the social sector for many years. He founded the *Skuban-Academie* with his wife Nella and leads training courses on topics related to breathing and body work. His main focus is on the practice of conscious breathing and the philosophy of yoga. Many of his books have become standard works. In his successful breathing coaching sessions, he passes on his diverse and tried and tested knowledge of breathing work to an international audience. Ralph Skuban lives with his wife in the south of Munich.

www.skuban-akademie.de

The new practical book from Germany's No. 1 breathing expert

In his new guide, Dr Ralph Skuban shares his ten most effective breathing exercises. With just 10–20 minutes once or twice a day, you can literally change your life for the better. All the techniques are easy to learn and have been tried and tested by the author over many years. Ralph Skuban has had enormous success as a breathing coach, even with symptoms such as asthma, long Covid and anxiety attacks. The second part of the book is a breathing workbook in which you can systematically record certain processes and experiences. It is structured according to daily guiding questions and a weekly self-assessment. The beautiful design also makes this guide a suitable gift.

Further Titles



Melanie Wolfers, Andreas Knapp

Atlas of untrodden paths. A journey to your inner self

- For anyone seeking the meaning of their life
- Melanie Wolfers and Andreas Knapp have written this book based on their many years of counselling experience
- 300,000 copies of Melanie Wolfers and Andreas Knapp's books sold; new programme with Melanie Wolfers on German public broadcaster ZDF



March 2025 · 224 pages

Melanie Wolfers, born in 1971, is a philosopher and motivator. She studied philosophy and theology and has since worked as a consultant, speaker and author. Since 2004, the German best-selling author has been living in a Christian religious order in Vienna. She writes for magazines such as *Brigitte* and runs the podcast *Ganz schön mutig* (Pretty brave).

Andreas Knapp, born in 1958, is a priest and successful author. In 2000, he joined the order of the *Little Brothers of the Gospel*. Today he lives in a high-rise building in Leipzig and is involved in refugee work. His work has been awarded the renowned *Herbert Haag Prize* (2018), among others.

Understanding life as a journey of self-discovery

Life lies before us like an unknown landscape that we need to traverse. In the midst of our daily lives, we dream of a different, better life; we feel a calling for change. Time and again, we have to set out anew, overcome difficulties and face challenges. To ensure that the transformation is a success and that we also grow and mature internally, it is important to be aware of what really matters. Melanie Wolfers and Andreas Knapp invite you to do so with their book. They themselves have experienced major upheavals in their lives, combining their own experiences with fundamental considerations and questions for self-reflection. They provide their readers with an inner map to help them better navigate life's upheavals.

Travel warning from the Ministry of the Interior: Those who embark on this book's journey return changed.

'There are moments when we feel that the old has become fragile. It is time to set out. On the threshold between the old and the new world, we decide: can I leave behind me that which paralyzes me? Do I trust my longing for a brighter life?' Melanie Wolfers & Andreas Knapp

Further Titles



Muho

Everything you think are just thoughts. Shedding ballast and arriving in the here and now

- The well-known German Zen monk on the art of letting go of old ballast
- Buddhist psychology for everyone
- Large fanbase of his daily *Zen snacks* on YouTube



May 2025 · 240 pages

Muhō was the abbot of Antaiji, a Zen monastery deep in the Japanese mountains, for many years. Born in Berlin in 1968, Muhō first encountered zazen at the age of 16. He was ordained as a monk in 1993 and recognised by his teacher as an independent Zen master in 2001. He chose to live as a homeless person in Osaka, where he led a zen group. On 14 February 2002, he received the news of his teacher's death and was appointed to succeed him as abbot of Antaiji. In 2020, he passed on his office as abbot to his Japanese student Eko Nakamura and moved back to Osaka with his family. He teaches daily *Zen snacks* on YouTube, among other things.

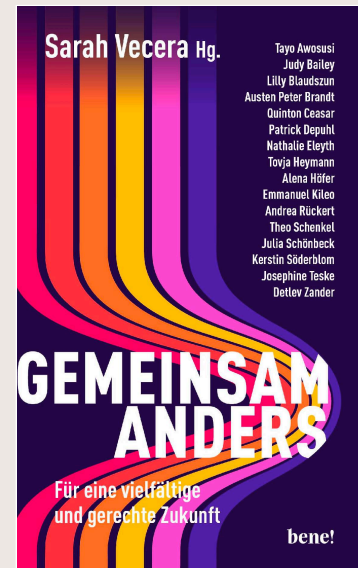
It's never too late for a happy past

The Japanese-based Zen master Muho shows ways to free yourself from the burden of the past. With a mixture of Buddhist psychology and personal insights, the work offers practical guidance for overcoming distressing memories and difficult emotions. Muho teaches us that letting go can only succeed if we face the often repressed inner demons. He illustrates how the liberation from unnecessary ballast begins with a process of acceptance. With guided meditations and exercises, he provides concrete support for dealing with the shadows of the past. By letting go, we create space to arrive in the here and now.

Sarah Vecera (Hg.)

Different together. For a diverse and just future

- Hopeful debate book, for more diversity and justice in church and society
- With numerous contributions on different perspectives on discrimination and exclusion



April 2025 · 224 pages

Sarah Vecera, born in 1983, studied theology, religious and social education in Kassel and Bochum and works in the international education team of the United Evangelical Mission. In her podcast *Stachel und Herz* (Sting and heart), she and her colleague Thea Hummel regularly raise awareness of discrimination in the church and you can follow her daily anti-racism and empowerment work in the church on her Instagram account @moyo.me. She initiated the diversity-sensitive 'All Children's Bible', in which Bible stories for children were made accessible in a discrimination-critical way for the first time in German-speaking countries.

People in church and society who want to deal constructively with all forms of discrimination.

Much of what we experience every day, what we have been taught since childhood, is so familiar to us that we do not question it. We exclude others through the language we use, follow traditional images and lose the humanity that is so necessary for successful coexistence in a complex world. The contributing authors of this book invite us to say goodbye to fatal thought patterns and dare to make new beginnings so that a better life is possible for everyone. It is about developing more understanding for one another so that a more peaceful future can be shaped in a spirit of solidarity.

Margot Käßmann

Be brave and strong. It's time to take a stand

- Encourages all those who long for a stronger sense of community
- This book invites you to get involved yourself
- A high-profile book that engages in the most important debates on the most important issues of our time



April 2025 · 128 pages

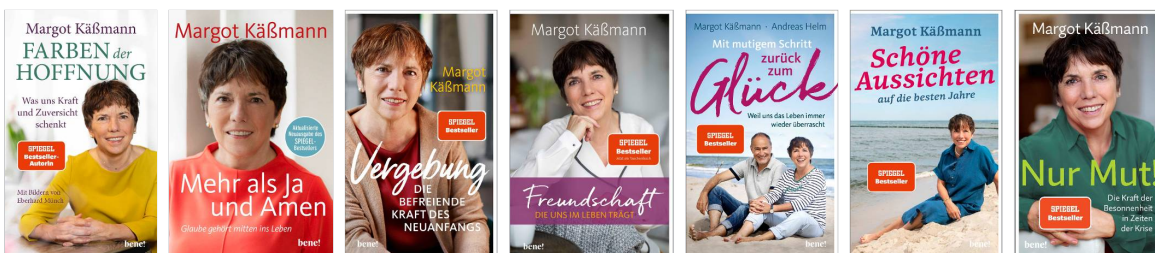
Margot Käßmann, born in 1958, is one of the most well-known ecclesiastical figures in Germany. During and after her time as Bishop of the Lutheran Church of Hannover and Chairwoman of the Council of the Evangelical Church in Germany, she won the appreciation and sympathy of many people with her open and straightforward manner. She is the mother of four adult daughters and grandmother of seven grandchildren. www.mar-gotkaessmann.de

It's time to show your true colours for democracy

The German Protestant Kirchentag (church congress) will take place in Hannover from 30 April to 4 May 2025 under the motto 'courageous – strong – spirited'. On this occasion, Margot Käßmann, former Bishop of Hannover, is presenting her new book. Time and again Christians have set an example. They have shown their attitude. Margot Käßmann is one of them and for many she is something like the voice of this movement. Yes, today it takes 'courage, commitment and heart' for all of us to stand up for democracy and humanity. It is necessary to take a stand: against hatred and agitation, right-wing ideas, injustice, environmental destruction, warmongering. Margot Käßmann writes about the freedom that the gospel promises, about the core of Christianity: about faith, love, hope. But she also looks back at the history of Protestant resistance and at special people who have shaped the Kirchentag.

'It is time for Christians to take a clear stand!' Margot Käßmann

Further Titles



Monika Herz

The seven healing gestures. The original language of humanity for personal development

- The traditional gestures for protection and healing available in book form for the first time
- Including clear illustrations for each gesture
- Total print run of Monika Herz: over 100,000 copies sold



May 2025 · 160 pages

Monika Herz grew up in a family with prayer healers among her relatives and friends. Her uncle and a healer friend taught her prayers and methods that she has since passed on in her books and seminars. Monika Herz is a healing practitioner for psychotherapy and a certified healer in the German umbrella association for spiritual healing. At her practice in Peißenberg, she offers, among other things, talk therapy, Reiki, energy work and prayer healing. She learned the healing gestures in 1992 from her Zen master, Rin-un-An.

Heilen-mit-herz.de

Seven gestures to heal body and soul

The well-known author Monika Herz presents the seven healing gestures to the general public for the first time. She explains step by step how these simple, easy-to-learn gestures can bring about profound, healing inner processes. Despite their simplicity, the seven characteristic movements offer countless possibilities for expressing thoughts, feelings and inner movement. Each of the seven gestures connects us with our mind through our body and allows us to fully arrive in the present. This opens up a path to a deep realisation of our innermost being and at the same time a remedy in the holistic sense that is suitable for everyday use.

Frank Berzbach

Alphabet of the art of living. Adding depth to everyday life

- Surprisingly different: fascinating, literary and exciting texts about the art of living
- From mindfulness exercises to friendship and zen
- Particularly high-quality features with special colours, embossing and ribbon markers – a beautiful gift



March 2025 · 448 pages

Frank Berzbach, born in 1971, teaches literature and philosophy at the Cologne University of Applied Sciences. After training as a technical draftsman, he studied education, philosophy and literature. He writes for the *Jesuit magazine*, *Max* and *Playboy*. His writing focuses on religion, philosophy, aesthetics and popular culture. Berzbach lives in Cologne and in the St. Pauli district of Hamburg.

www.frankberzbach.com

Surprisingly different

Since ancient times, we have been concerned with the *ars vivendi* – ‘the art of living’. What is it that makes up the art of living? This book aims to provide inspiration on this topic: from A to Z, in 69 miniatures; sometimes factual or poetic, aesthetic or culturally critical – depending on the keyword. What all the texts have in common is that they are intended to give more depth to everyday life. This is also connected with the hope that it will become clear what constitutes the unspeakable; there is more to life than pure reason.

*‘Since ancient times, we have been concerned with the *ars vivendi* – “the art of living”. What constitutes it? This book aims to provide some suggestions: from A to Z, in 69 miniatures. The texts are intended to give everyday life more depth.’* Frank Berzbach

Further Titles



Felix Leibrock

Feeling the divine. Emotional experience as a path to happiness

- For anyone seeking a new approach to Christian spirituality
- An inspiring way to discover the emotional side of faith
- Beautiful design, cover material that feels good in the hands



March 2025 · 208 pages

Felix Leibrock, born in 1960, studied German language and literature, musicology and history and completed a doctorate in modern German literature. After further studies in Protestant theology, he initially worked as a pastor, later becoming the city culture director in Weimar and director of studies at the *Protestant Academy in Wittenberg*. Today, he works as a police chaplain, for the editorial team of popular radio station *Antenne Bayern* and heads the *Protestant Educational Institute* in Munich. Felix Leibrock has already published 25 novels, crime novels and self-help books. In his free time, he volunteers his time to help the homeless.

Less head, more heart

Sometimes we are moved to the core, but we don't always understand why right away. When we are moved, we lose control of our emotions. These moments are often associated with shame: mourners apologise for their tears at the grave, wedding couples fight against their emotions breaking out in front of the altar. But we lose so much if we refuse to be moved, if we suppress our emotions instead of accepting them and even seeking them out. Theologian Felix Leibrock is certain: our spirituality, too, needs greater openness to emotional closeness.

Jesus was a man who touched. He embraced many people he met, shook hands with lepers and blessed those who lived on the fringes of society. His words touched people deeply in their hearts. And because he knew about the healing power of touch, he also allowed himself to be touched.

'Sometimes it seems as if a crack in the gate of paradise is briefly open. We listen, sniff, feel our way in... Did the divine itself touch us there for a moment?' Felix Leibrock