

**KOSMOS**

# GUIDES & NON-FICTION

Rights Catalogue

**AUTUMN 2024**



**herbig**

nymphenburger

## Astronomy

Choose from a large selection of beautiful coffee-table books about our stunning universe. Deep dive into textbooks with special topics on astrophysics, have journalists explain entertainingly the most puzzling questions of astronomy: titles range from beginner's levels to highly advanced readers.

## Cartography

We offer atlases in different formats and price points ranging from compact books as overviews, to the universal atlas for the entire family to large format, high quality titles. You can also acquire the cartographical data for non-book venture, light inflight maps, gaming or other areas.

## Gardening

Our Gardening titles cover easy beginner titles on general tips and tricks around the garden as well as the increasingly important topics like sustainability, and self sufficiency in the garden. Germany's top gardening publisher our titles are produced climate neutral.

## Nature

The core area of Kosmos expertise lies here, ranging from guides on fauna and flora to topics like birding, bee keeping, and many others. Choose from basic series for everyone to titles used at universities. Identification guides, textbooks and coffee-table books, we have something for everybody.

## Hunting & Fishing

Each program we publish a selected number of titles on both topics both for beginners as well as advanced huntsmen and fishers. We also carry guidebooks on the equipment, the necessary exams and strategies for success.

## Dog Care & Pets

Kosmos is Germany's #1 in Dog titles. Our bestselling authors cover general topics of dog care, breeds and introduction to the keeping of pets. We also offer the latest research on canine behaviour, on the proper training and maintaining healthy pets.

## Horses

Our program is well known to equestrians around the world. Our authors are Olympic riders, trained professionals and teachers. Choose from titles for beginners to highly advanced scientifically researched topics.

## herbig Health

This imprint is a program with focus on the human body and its physical well being. Doctors, nurses and therapist have written these titles on male and female health, guidebooks to understand diseases or ailments and how to help.

nymphenburger

## Spiritual & Mental Health

Nymphenburger stands for spiritual and mental health. We offer self help books on personal growth, exercise books and beautiful coffee-table books with a focus on nature and spirituality.

# Content

<b>Astronomy</b> .....	<b>04</b>
<b>Cartography</b> .....	<b>08</b>
<b>Gardening</b> .....	<b>09</b>
<b>Nature</b> .....	<b>13</b>
<b>Fishing &amp; Hunting</b> .....	<b>22</b>
<b>Dogs &amp; Pets</b> .....	<b>24</b>
<b>Horses</b> .....	<b>31</b>
<b>Herbig Health</b> .....	<b>35</b>
<b>Nymphenburger Body &amp; Soul</b> .....	<b>39</b>





# The Beauty of Space

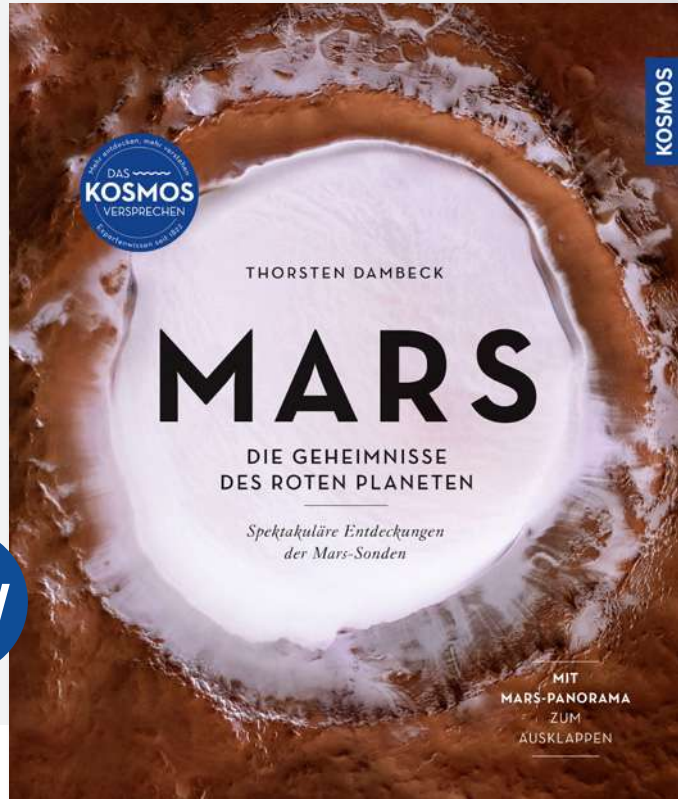
Thorsten Dambeck  
**Mars**

10/24; 44.00 €

pages: 216  
Hardcover; 24.50 x 29.00 cm  
coloured photos: 160  
coloured illustrations: 10  
b/w-photos: 20  
978-3-440-17991-8

All rights available

NEW



*Dr Thorsten Dambeck is a physicist and science journalist. He has worked for the European Space Agency ESA, the German Aerospace Center DLR, „Bild der Wissenschaft“, „Scientific American“ and „Spiegel Online“, among others.*

- ▶ **A large format coffee table book with breathtaking images**
- ▶ **The latest research on the red planet with fold-out Mars panorama**

Mars within your grasp! With this highly topical illustrated book, physicist and science journalist Dr Thorsten Dambeck makes the fascination of the red planet tangible. In addition to the latest scientific findings from the Curiosity and Perseverance missions, this volume shows Mars in splendid photographs and fascinating details.



Dirk H. Lorenzen  
**The Splendor of the Universe**  
978-3-440-17692-4  
All rights available



Thorsten Dambeck  
**Lunar Landscapes**  
978-3-440-17300-8  
Rights sold: CN, FR



Gerhard Hüdepohl  
**Very Large Telescope**  
978-3-440-17803-4  
All rights available



Michael König  
**Atlas of the Galaxies**  
978-3-440-17798-3  
All rights available

# Understanding Stars for Beginners



Klaus M. Schittenhelm  
**Finding Stars Very Easily**

04/2022; 12.00 €

pages: 96  
Hardcover; 19.50 x 26.00 cm  
coloured photos: 50  
coloured illustrations: 61  
978-3-440-17199-8

**Rights sold: FR, HU, RO, CZ, NL**

- ▶ **Easy introduction to the observation of the sky**
- ▶ **Bestselling book in a new edition**

Little and big stargazers enjoy this: With this appealing guide to the stars everyone will reliably find the 25 most beautiful constellations during any season. Especially well-arranged celestial charts show the way to the heavens with your hand as the scale. With fascinating stories and old legends about the constellations, as well as practical tips for observing the moon, planets and satellites.



Michael Büker  
**What Keeps the Moon in the Sky**  
978-3-440-16026-8  
All rights available



Joachim Herrmann  
**Which Star Is That?**  
978-3-440-16275-0  
**Rights sold: CZ, FR, RU**



Dr. Werner E. Celnik  
**Astronomy for Beginners**

10/2020; 20.00 €

pages: 224  
Paperback with flaps; 17.20 x 24.10 cm  
coloured photos: 206  
coloured illustrations: 60  
b/w-photos: 16  
b/w-illustrations: 4  
978-3-440-16864-6

**Rights sold: CN, CZ, KO, PL, RO,**

- ▶ **Step-by-step guide to successful observation of the sky**
- ▶ **Astronomy for everybody**

The classic choice for amateur astronomers with a new layout and up-to-date research, from the first look at the starry sky to the use of a telescope to create your own photos, this book contains information on observations of the moon, planets and stars. In addition, readers can learn all about the structure of the universe. Tips and tricks from experienced amateur astronomers characterize this popular guide.



Dr. Felicitas Mokler  
**The Evolution of the Universe**  
978-3-440-17341-1  
All rights available



Hans-Ulrich Keller  
**Compendium of Astronomy**  
978-3-440-17361-9  
All rights available

# Star Maps Overview

Hermann-Michael Hahn  
**Noctilucent Star Map For  
 Beginners**

03/24; 16.00 €

pages: 2  
 Turnable wheel; 31.20 x 36.80 cm  
 coloured illustrations: 21  
 978-3-440-17701-3

All rights available

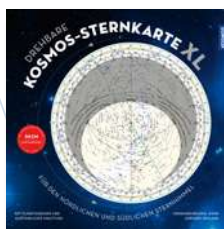


*Hermann-Michael Hahn is a graduate physicist and works as a freelance science journalist on celestial topics. He was chairman of the Cologne Observatory for over 30 years, worked for national newspapers and has written numerous astronomy books and helped design several star charts.*

► **New edition of the turnable star map**

► **Sold over 130.000 copies**

This glow-in-the-dark celestial chart shows beginners all important constellations for their first strolls through the sky. Its handling is child's play, based on the proven principle of the KOSMOS maps for beginners. Briefly shine a flashlight onto the map and it now lights up in the dark. With brief instructions about navigating the starry sky, the position of the planets and data about sun and moon eclipses.



Hermann-Michael Hahn  
**KOSMOS Star Map XXL**  
 978-3-440-16884-4  
 All rights available



Hermann-Michael Hahn  
**KOSMOS Star Map**  
 978-3-440-15451-9  
 All rights available



Hermann-Michael Hahn  
**Star Chart for Beginners**  
 978-3-440-17068-7  
 All rights available



Justina Engelmann  
**My First Star Map**  
 978-3-440-17795-2  
 All rights available

for  
 kids 8+



# Space and Physics Explained



NEW

Anne-Dorette Ziems  
**Take Off Into Space**

10/24; 20.00 €

pages: 256  
Paperback with flaps; 13.50 x 21.50 cm  
coloured illustrations: 30  
978-3-440-17940-6

All rights available

ASTRONOMY

- ▶ **How will we conquer space**
- ▶ **A to-do list for our journey into the cosmos**

Mission space colonisation – between dreaming and technology; Who hasn't experienced it: you leave the house and check again whether you've packed everything? Keys, mobile phone, wallet? Then you're ready to go. Unfortunately, it's not quite that easy for space travellers in search of a second Earth, because they have to deal with completely different – existential – questions. Where are we going? Do we even have the means? And once we are there – how will we survive? Science journalist Anne-Dorette Ziems (@annesnerdnight) provides exciting, surprising and honest answers to these and many other questions about space travel and the colonisation of space. In an easy-to-understand and entertaining way, she collects everything on the to-do list for our departure into space, shows the current status of space travel and puts common science fiction scenarios to the test.

*Anne-Dorette Ziems is a freelance journalist and physicist. She has been working as a freelance science journalist since April 2021 – mainly as a writer for various YouTube formats. Her absolute favorite topic is space.*



Rüdiger Vaas  
**Simply Einstein**  
978-3-440-15836-4  
Rights sold: CAT, CZ, PL, SK, FR, NL, CN, HU, IT, ES



Dr. Ilja Bohnet  
**Physic's 42 Biggest Questions**  
978-3-440-16882-0  
Rights sold: CZ



Dr. Erik Bertram  
**Pure Coincidence in Space**  
978-3-440-17790-7  
All rights available



Dirk H. Lorenzen  
**The New Race into Outer Space**  
978-3-440-17271-1  
All rights available



# Creating — Maps

## MAPS @ KOSMOS

Looking for cartographical map data?  
We at Kosmos have geographic and topographical vector data for the creation of international mapping systems available.

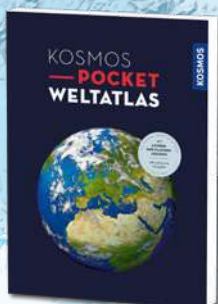
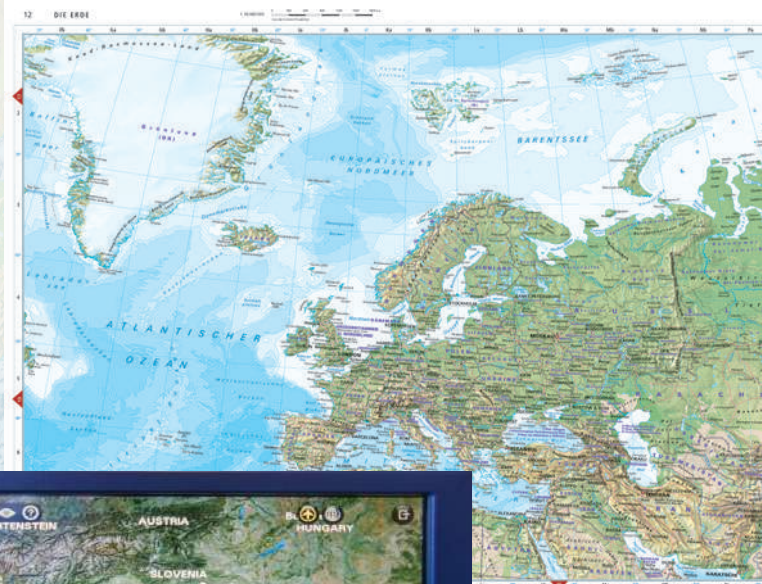
We can provide worldwide:

- ▶ cities with more than 5k inhabitants,
- ▶ borders (including disputes),
- ▶ rivers,
- ▶ and mountain names
- ▶ in over 14 languages.

Examples for the use of this information:

- **inflight systems**
- **video games with live maps**
- **geographical maps**

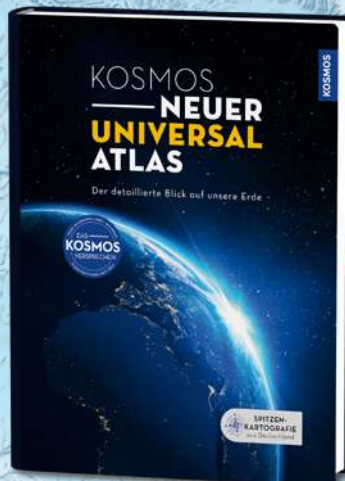
Please inquire for more information.



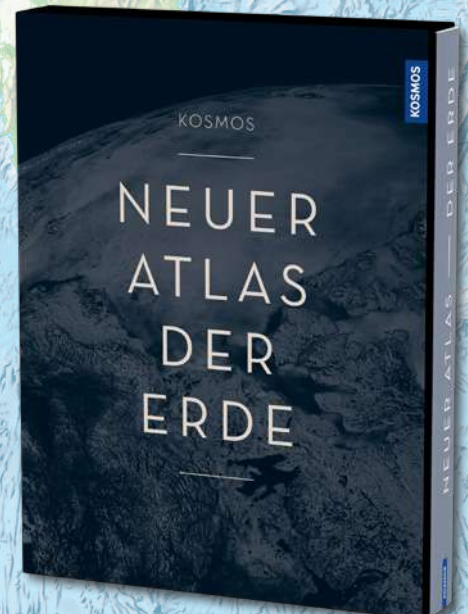
**KOSMOS Pocket World Atlas**  
978-3-98904-013-7  
€ 15,00 (D)  
All rights available



**KOSMOS World Atlas Compact**  
978-3-98904-014-4  
€ 24,00 (D)  
All rights available



**KOSMOS Universal Atlas**  
978-3-98904-023-6  
€ 34,00 (D)  
Rights sold: SK



**KOSMOS New Atlas of the World**  
978-3-98904-017-5  
€ 160,00 (D)  
All rights available



# Indoor Gardening



KOSMOS

NEW

Antonia Hartwich  
**Loving House Plants**  
06/24; 26.00 €

pages: 160  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 180  
978-3-440-17953-6

All rights available

- ▶ **Cultivating and helping houseplants**
- ▶ **How to turn your home into a green jungle**

House Plants – it's a lifestyle. Our author lives it with passion, which she shares in this guide. With practical tips and highly aesthetic imagery, she shows how anyone can turn their home into a green jungle - without any drama. Which plants are easy to cultivate, which need more care? What to do against pests and disease.

*Antonia Hartwich is a plant mom, plant enthusiast, full-time aesthete, nature lover – and trained landscape gardener! She is also an enthusiastic amateur photographer/videographer.*



Horst Stahl  
**Cultivate Your Own Bonsai**  
978-3-440-17008-3  
All rights available



Melanie Öhlenbach  
**Cool Harvest**  
978-3-440-17298-8  
Rights sold: HU



Dr. Folko Kullmann  
**Orchids**  
978-3-440-17574-3  
All rights available



Carolin Engwert  
**Indoor Harvest**  
978-3-440-17071-7  
Rights sold: HU

# The Lifestyle of Gardening



NEW

Elisabeth Grindmayer  
**Slow Gardening**

09/24; 30.00 €

pages: 192  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 250  
978-3-440-17780-8

All rights available

- ▶ **Trend topic of natural gardening with mixed cultivation**
- ▶ **Inspiring and practical – the perfect gift for gardening fans**

A traditional cottage garden has always provided flower arrangements, medicinal plants and tasty crops – so it's no wonder that natural gardening is becoming increasingly popular. In this gift guide, sisters Steffi and Lisa show what is important and provide lots of inspiration for gardening fans with easy-to-understand instructions and beautiful photos.



Ortrud Grieb  
**Vegetables for Dry Weather**  
978-3-440-17880-5  
Rights sold: UK



Simone Kern  
**Dry Herb Heroes**  
978-3-440-17088-5  
Rights sold: CZ

over **45.000**  
copies sold



Anja Klein  
**Everything in A Small Garden**

01/24; 20.00 €

pages: 144  
Paperback with flaps; 17.30 x 24.10 cm  
coloured photos: 206  
coloured illustrations: 3  
978-3-440-17905-5

Rights sold: CZ

- ▶ **Grow your own food supply**
- ▶ **Effective use of small garden**

Instead of lawns and flowers, more and more allotment garden owners wish to transform their green oasis with fruit, vegetables and herbs into a self-sufficient and useful garden. In this book, Anja Klein shows how this can be achieved even in the smallest of spaces, with many useful tips, ideas and solutions.



Anja Klein  
**Raised Bed Gardening around the Year**  
978-3-440-17381-7  
Rights sold: CZ, FR



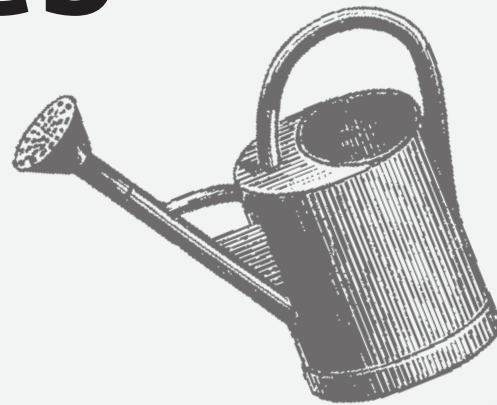
Simone Kern  
**Wild and Colourful**  
978-3-440-17336-7  
Rights sold: CZ, FR, NL

over **24.000**  
copies sold

over **15.000**  
copies sold



# Gardening in small — Spaces



Lisa-Maria Trauer  
**Raised Beds for the Balcony**  
978-3-440-17485-2  
Rights sold: CZ, ES

The raised bed is simply ideal for the balcony! Garden blogger Lisa-Maria Trauer provides a complete guide to raised bed gardening in a small space and presents sample plantings for vegetables, herbs, fruit and flowers. A unique guide for a beautiful and fruitful balcony at any time of year.



Ortrud Grieb  
**Wild Herbs in Pots and Tubs**  
978-3-440-17380-0  
All rights available



Bärbel Oftring  
**Balcony Paradise for Animals**  
978-3-440-17411-1  
Rights sold: HU



Sibylle Maag  
**No Room and Still a Garden**  
978-3-440-16321-4  
All rights available



Simone Kern  
**Wild Buckets**  
978-3-440-17902-4  
Rights sold: CZ



Tina Ullmann  
**My Wonderful Potted Plants**  
978-3-440-17787-7  
All rights available



Christa Weinrich, OSB  
**Secrets of The Monastery Gardens**  
978-3-440-17994-9  
All rights available



Burkhard Bohne  
**All About Your Herb Garden**  
978-3-440-17951-2  
All rights available



Mareike Fedders  
**A Buzzing Balcony**  
978-3-440-17823-2  
All rights available

# Garden Helpers

Bärbel Oftring  
**Can It Still Be Saved?**

06/24; 18.00 €

pages: 144  
Paperback with flaps; 21.50 x 18.50 cm  
coloured photos: 338  
coloured illustrations: 6  
978-3-440-17924-6

All rights available

NEW  
edition

*Recognizing and removing pests*



*Bärbel Oftring is a well-known non-fiction book author. She studied biology at the universities of Mainz and Tübingen focusing on zoology, palaeontology and botany. The author lives near Stuttgart. Like no other she can teach nature to children and in the process convey excitement and fun. She has already written several non-fiction books for Kosmos; some of these won awards.*

- ▶ **New edition of the garden helper**
- ▶ **Awarded the 'German Garden Book Prize 2018'**

Is it the enemy in your own bed or the friendly beneficial insect next door? Should the leaf look like this or does something need to be done? Looking at the garden sometimes raises many questions – Bärbel Oftring provides answers. With expert knowledge and detailed photos, she helps you to recognise and successfully solve the 100 most common garden problems.

*Sustainable gardening*



Engelbert Kötter  
**Simple Sustainable Gardening**  
978-3-440-17878-2  
All rights available

*Gardening tips*



Thomas Heß  
**Does This Grow by Itself - Or Do I Need to Do Something Now?**  
978-3-440-17445-6  
Rights sold: CZ, NL, SK

*Seasonal Vegetable Gardening*



Otmar Diez  
**What to do in My Vegetable Garden And When**  
978-3-440-17123-3  
Rights sold: CZ

*Identifying weeds*



Bärbel Oftring  
**Identify desirable and undesirable garden plants**  
978-3-440-16785-4  
Rights sold: CZ, FR, NL, PL



# Understanding Your Garden



Carolin Engwert  
**Gardening for the Clueless**  
 02/23; 18.00 €

pages: 128  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured illustrations: 250  
 978-3-440-17679-5

All rights available

## ► The fascination of gardening as a hobby

Harvesting your own vegetables, taking fruit snacks from the balcony or having a field for bees outside your doorstep – if you are dreaming of gardening, this book will provide you with an easy introduction. Bestselling author Carolin Engwert and illustrator Véro Mischitz unconventionally tackle the topic: with a sense of humour and an easy-going drawing pencil. Which gardening type am I? Which basic rules are there for successfully starting a garden? What are the typical mistakes and how can I avoid them? These and many other questions are amusingly, knowledgeably, and clearly answered – so that garden dreams quickly come true.

*Carolin Engwert is a graphic designer, hobby photographer and gardener in her allotment garden in Berlin since 2016. She holds the camera in one hand and the secateurs in the other, as both show her green passion.*

*Veronika „Véro“ Mischitz is a graduate biologist, freelance illustrator and comic artist. She discovered her heart for birds during her studies, when she spent a lot of time with bird-loving friends and colleagues at a field station in Norway. She discovered her fascination for insects in her childhood.*

### Garden Helpers

Attracting Insects



Bärbel Oftring  
**Insects for the Garden**  
 978-3-440-16892-9  
 Rights sold: CZ

Attracting Birds



Bärbel Oftring  
**Birds in the Garden**  
 978-3-440-16405-1  
 Rights sold: CZ

Flowers for Insects



Bärbel Oftring  
**Plants Attracting Insects**  
 978-3-440-17263-6  
 Rights sold: NL



Rainer Ulrich  
**Which Butterfly is this?**  
 978-3-440-16904-9  
 All rights available

# Nature Guides — Basic

Sold over **1.6 million**  
copies since 2006

NATURE

Further titles in this series: Healing Plants, Spiders, Butterflies, Animal Traces, Alpine Flowers, Coast Line, Wild Herbs, Gardenbirds

Series sold to:  
CZ, FR, NL, SE, SK, RO

Our bestselling series of basic nature guides now in a modern and playful design. The 128 page guides fit in a jacket pocket and are especially user-friendly. Each presenting roughly the most common species they have ingeniously easy instructions for identification. In three steps the readers will identify nature around them.

Hermann-Michael Hahn  
**Basic – Star Constellations**  
978-3-440-17359-6  
Rights sold: NL, CZ, FR



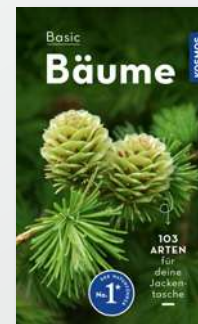
Volker Dierschke  
**Basic – Owls and Raptors**  
978-3-440-17689-4  
Rights sold: NL



Volker Dierschke  
**Basic – Birds**  
978-3-440-17393-0  
Rights sold: NL, CZ, SE



Eva-Maria Dreyer  
**Basic – Flowers**  
978-3-440-17389-3  
Rights sold: FR, SE, CZ, NL



Katrin Hecker  
**Basic – Trees**  
978-3-440-17390-9  
Rights sold: FR, CZ, NL



Markus Flück  
**Basic – Mushrooms**  
978-3-440-17387-9  
Rights sold: SK, NL, CZ, SE, FR



Eva-Maria Dreyer  
**Basic – Berries and Wild Herbs**  
978-3-440-17392-3  
Rights sold: NL



Dr. Roland Gerstmeier  
**Basic – Insects**  
978-3-440-17391-6  
Rights sold: CZ, NL, FR



Ute Wilhelmssen  
**Basic – Forest**  
978-3-440-17684-9  
Rights sold: CZ



# Classic Nature Guides

Over **150.000** copies sold in 3 years



**NEW edition**

Margot Spohn  
**Which Tree Is That?**

06/24; 18.00 €

pages: 272  
Paperback with flaps; 11.80 x 19.40 cm  
coloured photos: 848  
coloured illustrations: 872  
978-3-440-18001-3

Rights sold: CAT, CZ, ES, FR, NL, RO

- ▶ **Direct combination of image and text**
- ▶ **Additional information for all species**

Is that a spruce or a fir? And what lives in that big oak tree? This comprehensive tree guide provides the answers. Over 350 species from Germany and Europe are presented on 272 pages. Extras: Everything you need to know about tree dwellers and how best to observe them.

*Margot Spohn is a biologist with a focus on botany and pharmaceutical biology. She is the author of the bestseller „Which Flower is that?“ and has published several other nature guides with Kosmos.*

New edition of our bestselling nature guides for the most common topics. 256 pages, photographic guides. Sold over 150.000 copies and several languages.



Dr. Heiko Bellmann  
**Which Insect Is That?**  
978-3-440-18000-6  
All rights available



Christa Bastgen  
**What Edible Wild Plant is This?**  
978-3-440-17999-4  
All rights available



Rupert Hochleitner  
**Which Mineral is That?**  
978-3-440-18026-6  
Rights sold: PL



Volker Dierschke  
**Which Bird is That?**  
978-3-440-18002-0  
All rights available



**NATURE**

# Large Guides



**NEW  
edition**

Rainer Ulrich  
**Diurnal Moths**

08/24; 34.00 €

pages: 312  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 600  
978-3-440-18069-3

Rights sold: FR

- ▶ **Identify 200 diurnal moths of Central Europe**
- ▶ **New edition with over 600 photographs**

Often overlooked, they are given their very own stage in this identification book: diurnal moths. In over 200 portraits, butterfly expert Rainer Ulrich presents the often inconspicuous butterflies, explains where they can be found and makes identification particularly easy by directly comparing similar species.



Heiko Bellmann  
**Bees, Wasps, Ants**  
978-3-440-17982-6  
Rights sold: FR



Matthias Helb  
**The Kosmos Beetle Guide**  
978-3-440-16759-5  
Rights sold: NL



Peter Schönfelder  
**Mediterranean Plants**

06/2022; 36.00 €

pages: 480  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 1598  
coloured illustrations: 11  
978-3-440-17499-9

Rights sold: ES

- ▶ **Unrivalled: the most comprehensive book on Mediterranean vegetation**
- ▶ **More than 1.300 species and over 1.600 colour photos**

This nature guide shows the variety and beauty of plants around the Mediterranean Sea. Over 1.300 species are depicted colour photos and detailed texts. 930 distribution maps show where you can find the respective plant. An overview of families and an easy identification key provide easy access. The authors are well-known specialists for the Mediterranean vegetation.



Peter Schönfelder  
**The Kosmos Guide to Medicinal Plants**  
978-3-440-17694-8  
All rights available



Margot Spohn  
**The Big Kosmos Guide to Trees**  
978-3-440-17094-6  
Rights sold: PL, IT



# Nature Mini Series



Kalle Nibbenhagen  
**Nature Guide Birds**

02/24; 16.00 €

pages: 160  
Paperback with flaps; 13.50 x 19.40 cm  
coloured photos: 250  
978-3-440-17723-5

All rights available

- ▶ **Young author offers easy approach to bird watching**
- ▶ **A new series for beginners**

The new KOSMOS series „Nature Guide“ introduces newcomers to various topics. Individually and personally designed as well as practice-oriented and easy to understand, Kalle Nibbenhagen introduces native birds and describes them accurately in lovingly compiled portraits. This nature guide promises the new generation a quick sense of achievement in identifying native bird species, makes them want to discover and protect nature, and in the process helps to preserve biodiversity. Because only what you really know can be sustainably protected.



Theresa Ester-Nacke  
**Nature Guide Wild Herbs**  
978-3-440-17748-8  
All rights available



Ewald Weber  
**Our Favourite Trees**  
978-3-440-17587-3  
Rights sold: CZ



Holger Haag  
**Simply Edible**

02/23; 14.00 €

pages: 128  
Paperback with flaps; 13.50 x 19.40 cm  
coloured illustrations: 150  
978-3-440-17682-5

Rights sold: CZ

- ▶ **100 edible wild plants everyone wants to know**

This nature guide offers an especially easy and beautiful introduction to the world of edible wild herbs. This book introduces you to 100 species of wild herbs and healing plants – very clearly presented with one plant per page and illustrated with wonderful colour illustrations by Marianne Golte-Bechtle and Roland Spohn. All important features are explained with the help of the drawing. The additional texts provide astonishing special knowledge for any small talk situation. An affectionately designed identification book in a large format.

5 Titles  
in Series

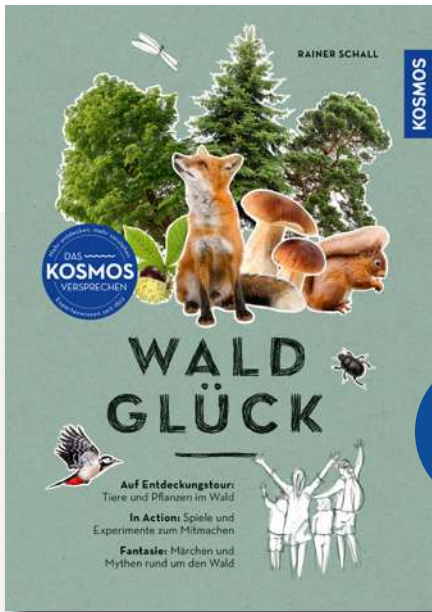


Felix Weiß  
**Simply Garden Birds**  
978-3-440-17444-9  
Rights sold: CZ, FR



Holger Haag  
**Simply Trees**  
978-3-440-17386-2  
Rights sold: CZ

# Herbs and Trees



Rainer Schall  
**Find Happiness in the Forest**

07/24; 16.00 €

pages: 128  
Paperback with flaps; 24.00 x 17.00 cm  
coloured photos: 200  
978-3-440-17934-5

All rights available

- ▶ **Rediscover the fascination of the forest**
- ▶ **With creative outdoor ideas and interactive pages**

The forest - a place to relax, experience nature and an adventure playground all in one. If you want to experience all this and more with the whole family, this hands-on guide is the perfect companion. Organized by season, it contains lots of exciting information and creative outdoor ideas to try out straight away and will whet your appetite for the great outdoors.



Katharina Hedder  
**Family Nature Guide**  
978-3-440-17835-5  
All rights available



Meike Bosch  
**Recognizing Trees From the Leaf**  
978-3-440-17980-2  
Rights sold: HU, FR, CZ, SK, SL, PL



Ursula Stumpf  
**Our Medicinal Herbs**

09/24; 18.00 €

pages: 256  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 308  
coloured illustrations: 302  
978-3-440-17677-1

All rights available

- ▶ **The power of nature: everything about medicinal plants in everyday life**
- ▶ **160 medicinal plants in over 600 photos and drawings**

This belongs in every medicine cabinet! In 160 extensively illustrated portraits, medicinal plant expert Dr Ursula Stumpf presents the most important local medicinal plants and their uses. From field horsetail for memory to cinquefoil for cramps, there is something for everyone. Extra: detailed section on poisonous plants with an index of symptoms.



Isabel Fischer  
**Wild Herbs around the Year**  
978-3-440-17759-4  
All rights available



Ursula Stumpf  
**Creative Plant Projects**  
978-3-440-14520-3  
All rights available



# All About Mushrooms



**NEW**

Moritz Schmid  
**Mushroom Fever**

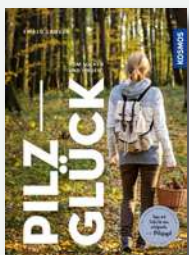
06/24; 22.00 €

pages: 208  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 250  
978-3-440-17926-0

All rights available

- ▶ **Harvesting mushrooms as a lifestyle**
- ▶ **With original recipes and applications**

Anyone who likes mushrooms will love this book! In a uniquely personal journey through the fascinating world of mushrooms, photographer and mushroom coach Moritz Schmid shows just how beautiful, useful and tasty the mycological 'mushrooms' can be. In addition to the basics of mushroom picking, the book provides original tips on how to use them and makes you want to go out and pick them.



Prof. Dr. Ewald Langer  
**Mushroom Happiness**  
978-3-440-17049-6  
All rights available



Andreas Gminder  
**Handbook for Mushroom Collectors**  
978-3-440-17037-3  
All rights available



**NEW edition**

**The Big Kosmos Mushroom Guide**

06/2025; 22.00 €

pages: 720  
Paperback with flaps; 10.70 x 18.00 cm  
coloured photos: 1200  
978-3-440-17674-0

Rights sold: PL

- ▶ **Updated new edition for mushroom experts**
- ▶ **Reliable identification with key and colour code**

It couldn't be more detailed! The Big KOSMOS Mushroom Guide lives up to its name and presents more than 1200 species on 720 pages. In addition to more than 1200 high-quality photos, detailed portraits of the mushrooms and a simple identification key, the new edition of this standard work impresses with an extensive expansion of content and a modern layout.



Hans E. Laux  
**A Take Along Guide - Mushrooms**  
978-3-440-17662-7  
Rights sold: CZ, PL



Andreas Gminder  
**The Kosmos Handbook of Mushrooms**  
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# New Aspects of Nature

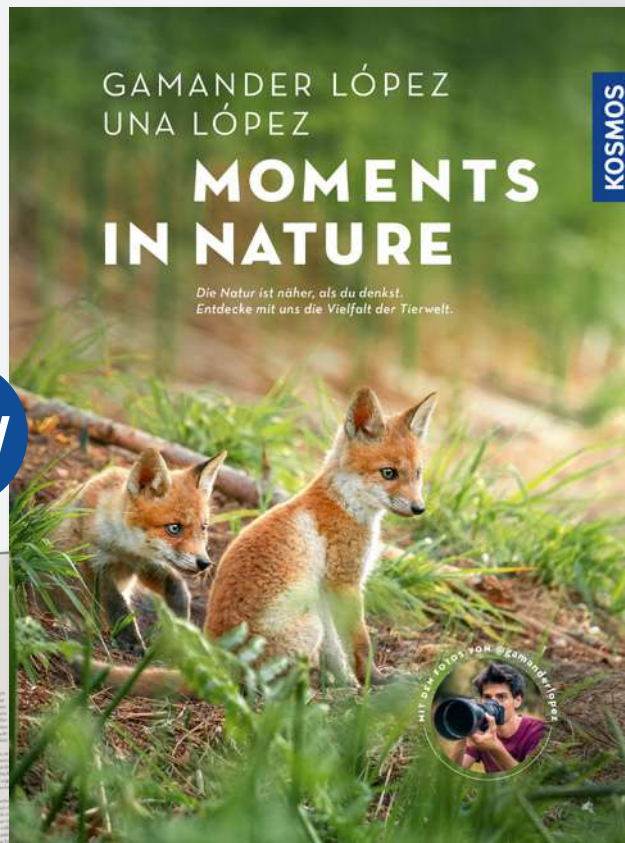
Gamander López  
**Moments in Nature**

09/24; 30.00 €

pages: 240  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 250  
978-3-440-17876-8

All rights available

**NEW**



- ▶ **Beautiful title by exceptional nature photographer**
- ▶ **Discover the splendor of the moment**

*The young animal filmmaker and photographer Gamander López has received numerous awards for his films at national and international film festivals. On Tiktok and Instagram, he very successfully gives his growing number of followers an insight into his experiences.*

*Una López is studying English and German language and literature in Cologne. She has published short stories and poems in various anthologies and has won several literary prizes.*

Photography expert and 20-year-old exceptional talent Gamander López presents his unique view of nature in this visually stunning book. His fascinating nature photographs and exciting stories from the field and forest make it clear that the extraordinary is right in front of our eyes - we just have to see it!



Ulrich Schmid  
**Which Garden Bird Is This?**  
978-3-440-18006-8  
Rights sold: CZ



Dr. Alexandra-Maria Klein  
**This Grows in Your City**  
978-3-440-17671-9  
Rights sold: UK, FR, CZ, NL



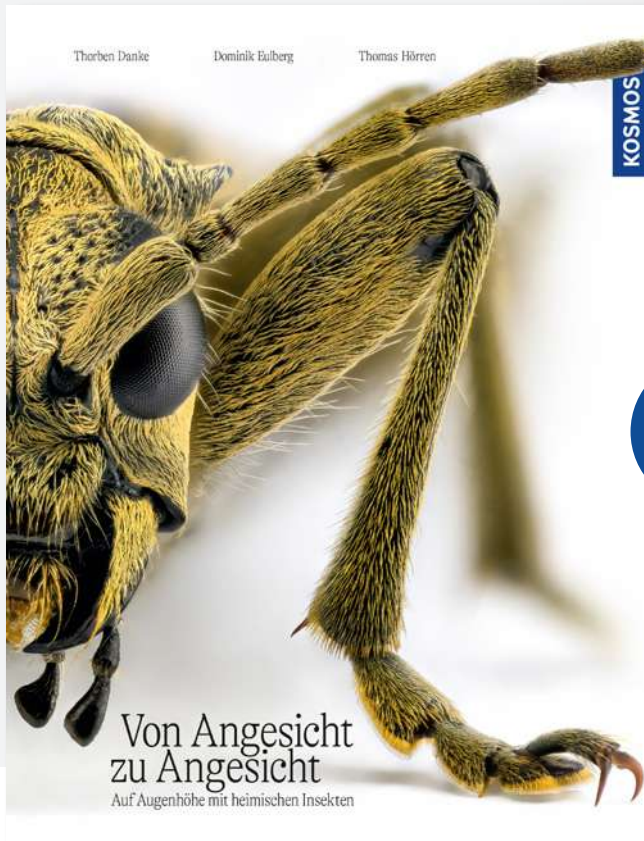
Dr. Hannes Petrischak  
**Garden Animals in Life Size**  
978-3-440-17776-1  
Rights sold: FR



Katrin Hecker  
**Make Something of It**  
978-3-440-17105-9  
Rights sold: NL



# What A Wonderful World ...



**NEW**

Dominik Eulberg  
**Eye to Eye.  
 The World of Insects**  
 09/24; Thorben Danke 38.00 €

pages: 208  
 Hardcover; 23.00 x 29.70 cm  
 coloured photos: 250  
 978-3-440-17900-0

All rights available



**NATURE**

- ▶ **The world of insects in photographs**
- ▶ **Amazing title providing wonderful insights**

In this highly aesthetic title ecologist Dominik Eulberg, together with Thorben Danke, take their readers into the world of our native insects. Photographs by Thorben Danke, which show the insects in unprecedented detail, reveal the peculiarities and astonishing characteristics of the six-legged creatures and make it clear how important these seemingly insignificant animals are in the grand scheme of things.

*Dominik Eulberg has a huge fan base that happily embraces his nature messages. His biodiversity shows are well attended and his book „Mikroorgasmen überall“ won the 2021 Science Book of the Year Award.*

*Thomas Hörren is a German entomologist and coleopterist. He conducts research on insect diversity and has published numerous papers, with a focus on faunistics.*

*Among other things, Thorben Danke has published the photo of the year in Geo magazine and his photos have recently been featured in the Netflix series „Life on our planet“. His macro shots are not only brilliant, but absolutely fascinating.*



Heinz Strebler  
**Life in a Water Drop**  
 978-3-440-15694-0  
 Rights sold: IT



Frank Hecker  
**What's Buzzing Here?**  
**Summer of Insects**  
 978-3-440-17548-4  
 Rights sold: CZ, FR



Armin Schieb  
**The Ant Collective**  
 978-3-440-17602-3  
 Rights sold: CZ, FI, ES,  
 FR, US, IT



Ulrich Schmid  
**Insects**  
 978-3-440-17608-5  
 All rights available

# Fishing



**NEW edition**

Ben Boden  
**Fly Fishing Knots Step by Step**  
 06/24; 12.00 €

pages: 96  
 Paperback with flaps; 10.80 x 18.00 cm  
 b/w-illustrations: 100  
 978-3-440-17852-2

Rights sold: FR, CZ

- ▶ **The compact guide on the go**
- ▶ **With over 100 fishing knot instructions**

Step by step to the perfect fishing knot in every situation – this compact guide for the fishing backpack makes it possible. With detailed illustrated step-by-step instructions for over 100 fishing knots, it is the ideal companion for anglers and anyone who wants to become one.



**NEW edition**

Florian Läufer  
**Kosmos Practical Guide to Fishing**  
 08/24; 32.00 €

pages: 208  
 Hardcover; 19.00 x 25.30 cm  
 coloured photos: 306  
 b/w-illustrations: 31  
 978-3-440-17983-3

All rights available

- ▶ **Handbook for beginners and fishing professionals**
- ▶ **With over 300 photos and comprehensive knowledge**

Fishing professional Florian Läufer provides anglers of all levels with the ideal companion to deepen their own knowledge and refine their practices. This book should be on every angler's bookshelf!



Markus Bötöf  
**Learning to Fish Step by Step**  
 978-3-440-17577-4  
 Rights sold: CZ



Thomas Gretler  
**The Rod Fishing Book for Kids**  
 978-3-440-16937-7  
 Rights sold: CZ, HU



Ralf Kiefner  
**Whales and Dolphins**  
 978-3-440-16339-9  
 All rights available



Bernd Humberg  
**Bubble Maker – Diving for Kids**  
 978-3-440-17057-1  
 All rights available



# Hunting



**NEW**

Michael Gast  
**The Perfect Rifle Shot**

09/24; 28.00 €

pages: 160  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 80  
coloured illustrations: 30  
978-3-440-18043-3

All rights available

► **From aiming to target acquisition:  
Rifle shooting from A-Z**

Whether static shooting on a hide or stalk or shooting at moving targets on a driven hunt – safe shooting is a basic requirement for hunters. In this book, shooting instructor Michael Gast teaches the correct techniques of hunting rifle shooting.



Inga Haase  
**The Hunting Book  
for Kids**  
978-3-440-17570-5  
Rights sold: CZ



**NEW**

Dr. Christian Hackenbroich  
**First Aid for Hunting Dogs**  
978-3-440-17883-6  
All rights available



**NEW**

Frank Rakow  
**Tracking Legends**

08/24; 24.00 €

pages: 168  
Hardcover; 13.50 x 21.50 cm  
b/w-photos: 28  
978-3-440-18029-7

All rights available

► **Real-life hunting thrillers on  
the red trail**

► **About exciting and bizarre  
experiences on the hunt**

The law of secrecy applies on the Red Scent Trail; those not involved in the hunt don't actually find out anything about what happens. Actually ... But they do in this book. Because in this book, tracking guides spill the beans and talk about their most exciting and bizarre experiences on the hunt.



Dr. Jörg Mangold  
**In the Here and Now**  
978-3-440-17939-0  
All rights available



Uwe Tabel  
**Tracking Work**  
978-3-440-17806-5  
Rights sold: HU

# Martin Rütter — Dog Expert

Over **1 million** copies sold

Martin Rütter  
**Hunting Behavior in Dogs**

10/24; 22.00 €

pages: 176  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 200  
978-3-440-17700-6

All rights available



*Martin Rütter is Germany's leading Dog expert. As a reknown animal psychologist and trainer, his books alone sold over 1 million copies. He features in his own popular TV shows. He has his own dog obedience school since 1995.*

*Andrea Buisman is a breeder and dog trainer. At DOGS she handles the training of coaches and support for dog training schools.*

- ▶ **Finally achieve relaxed dog walking**
- ▶ **Understanding and managing the hunting behaviour**

It is the dream of many dog owners: relaxed walks, no long waits at the edge of the forest because the dog has disappeared to chase game, no worries about uncontrolled chasing after joggers or cyclists ... And yet the reality is often quite different. Andrea Buisman and dog professional Martin Rütter explain in easy-to-understand terms where the hunting instinct in dogs comes from and show how it can be controlled. With their valuable tips, they support dog owners in tricky situations, present alternative activities and how to use a drag lead, and show how hunting behavior in puppies can be controlled from the very beginning.



*Martin Rütter is Germany's leading Dog expert. As a reknown animal psychologist and trainer, his books alone sold over 1 million copies. He features in his own popular TV shows. He has his own dog obedience school since 1995.*

**Top-Seller**



Martin Rütter  
**Puppy Training**  
With Martin Rütter  
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Martin Rütter  
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With Martin Rütter  
978-3-440-17457-9  
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Martin Rütter  
**Dog Training**  
With Martin Rütter  
978-3-440-17458-6  
Rights sold: ES



Martin Rütter  
**Language Course**  
With Martin Rütter  
978-3-440-17456-2  
All rights available



# Training and Understanding Dogs



Linda Tellington-Jones  
**Tellington Training for Dogs**  
 10/24; 26.00 €

pages: 144  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured photos: 200  
 coloured illustrations: 20  
 978-3-440-18040-2

All rights available

**NEW  
 edition**

- ▶ **The unique TTouch concept for dogs**
- ▶ **Bestselling author Linda Tellington**

In this guide, the inventor of the unique bodywork and training method gives valuable tips on how to use TTouches in everyday life and shows how gentle communication in daily training can strengthen trust and well-being for dogs and humans.

*Linda Tellington-Jones is recognized worldwide as an expert in body training and communication with animals. The Tellington TTouch and Tellington Training developed by her are used successfully by countless animal lovers. The successful author's books have been translated into over 28 languages.*



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José Arce  
**Humans and Dogs**  
 978-3-440-17333-6  
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Martina Flocken  
**Physiotherapy for the Dog**  
 978-3-440-17425-8  
 All rights available



Maren Grote  
**Leading and Feeling Dogs**  
 978-3-440-17917-8  
 All rights available



Maren Grote  
**Learning to Read Dogs**  
 978-3-440-17558-3  
 Rights sold: NL, CZ

Over **9.000**  
 copies sold

# Behaviour and Training



Sonja Pfaff  
**Walking Dogs Without a Leash**

03/2025; 26.00 €

pages: 192  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 220  
978-3-440-16918-6

All rights available

► **Leash-free relaxed life for Dogs and humans**

Clear communication, reliability and deep serenity – what dog trainer Sonja Pfaff lives with her own dogs, she now passes on to other dog owners in this book. Her training methods for a leash-free life quickly lead to success and enable dogs and their owners to live together in the greatest possible freedom thanks to the deepest trust



Nancy Wendler  
**Play with the Whistle**  
978-3-440-17816-4  
All rights available



Sonja Meiburg  
**„Don’t!“**  
978-3-440-16915-5  
All rights available



Thomas Bursch  
**Abort Signals for Dogs**

10/24; Lars Thiemann 30.00 €

pages: 232  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 200  
978-3-440-16301-6

All rights available

► **Abort signals as an important communication channel for dogs**

Abort signals are an important form of communication for dogs. Many dog owners perceive abort signals as aggression or provocation. But is this impression correct? The „Dogwatcher“ team from Berlin has observed and videotaped various abort signals in mixed groups of dogs. In their analysis in text, images and film, the team pursued the question of whether the different termination signals also have different meanings. Their results represent an important contribution to behavioral research that helps us to better understand our own four-legged friends.



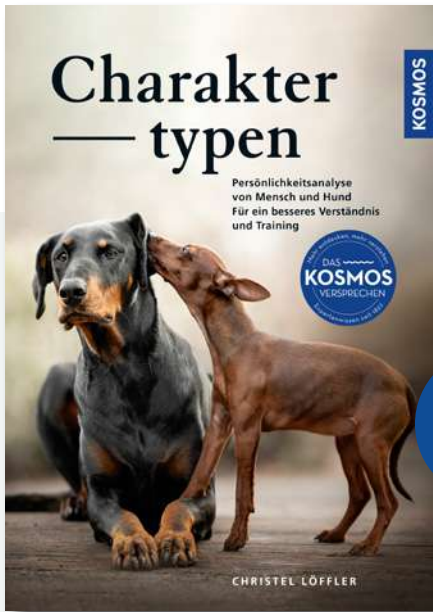
Nicole Lützenkirchen  
**Are you still Calling your Dog?**  
978-3-440-16804-2  
All rights available



Jeanette Przygoda  
**Improve Your Relationship with Your Dog**  
978-3-440-16297-2  
All rights available



# You and Your Dog



NEW

Christel Löffler  
**Character Types**

10/24; 26.00 €

pages: 208  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 200  
coloured illustrations: 15  
978-3-440-17920-8

All rights available

- ▶ **Character analysis for dogs**
- ▶ **Understanding dog behavior**

Shy, cheeky or relaxed - dogs are real character animals. In this guide, animal trainer Christel Löffler provides valuable tips and many practical examples to help dog owners recognize their pet's character in order to personalize their daily training. This creates trust and strengthens the bond in the dog-human team.



Vanessa Engelstädter  
**Resilience in Dogs**  
978-3-440-17293-3  
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Anne Krüger-Degener  
**If Dogs Trust Us**  
978-3-440-17112-7  
All rights available



NEW

Vanessa Engelstädter  
**Let The Others Talk**

08/24; 20.00 €

pages: 224  
Hardcover; 13.50 x 21.50 cm  
978-3-440-17846-1

All rights available

- ▶ **Resilience training for dogs and humans**
- ▶ **For more serenity in everyday life**

Dogs are masters of empathy. That's why human resilience is the be-all and end-all for a relaxed dog. In this book, Vanessa Engelstädter shows how dog owners can improve their own impulse control in order to master everyday life confidently and calmly and improve their relationship with their dog.



Thomas Baumann  
**Slowing Down for Humans and Dogs**  
978-3-440-16797-7  
All rights available



Sami El Ayachi  
**Turning Towards Dogs**  
978-3-440-16919-3  
All rights available

# The Science of Play

Dr. Udo Gansloßer  
**They Play After All**  
 09/2022; 34.00 €

pages: 288  
 Hardcover; 17.80 x 24.70 cm  
 coloured photos: 246  
 coloured illustrations: 8  
 978-3-440-17186-8

All rights available



*Dr. Udo Gansloßer is a private lecturer in zoology teaching courses in behavioral biology and zoo biology. The Canidae (canine species) is one of the focal points of his research covering interdisciplinary topics from zoological and veterinary issues to questions of human-dog relationships, animal welfare ethics, social sciences and law.*

*Mechtild Käufer is a qualified social worker and trained dog trainer. She writes many specialist articles about dog behavior and in particular about play behavior between dogs and between people and dogs.*

- ▶ **Play as the key strategy in interaction between dogs and humans**
- ▶ **New scientific findings explained**

It is regularly a matter of debate what playing is, what its influence on the dog's development could be, and when playing turns into bullying. Often, distinguishing between playing and being serious is difficult, and boundaries are constantly shifting. Udo Gansloßer and Mechtild Käufer detail the different forms of playing and describe their contexts and consequences.



Kate Kitchenham  
**Playful Ways to a Clever Dog**  
 978-3-440-17513-2  
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Kate Kitchenham  
**Stray Dogs**  
 978-3-440-16003-9  
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Heike Schmidt-Röger  
**What Does My Dog Think?**  
 978-3-440-16787-8  
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Robert Mehl  
**The Dog's Psyche**  
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 All rights available



# Tracking and Feeding



Sandra Vonderstein  
**Rally Obedience**

09/24; 30.00 €

pages: 256  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 180  
coloured illustrations: 140  
978-3-440-18013-6

All rights available

► **Everything about the popular dog sport**

Invented in the USA at the end of the 1990s, the dog sport of Rally Obedience is extremely popular. With her easy-to-understand instructions, creative ideas for training and course plans, expert Sandra Vonderstein provides beginners and advanced users with the right tools to successfully start rally obedience and take part in competitions.



Christiane Beulen  
**Bowl Ideas**

09/24; 25.00 €

pages: 192  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 235  
978-3-440-17919-2

All rights available

► **The reference book for high-quality dog feeding**

► **Sensible, colorful and healthier feeding**

Whether it's puppyhood or tartar: with over 100 suggestions for a more colorful, healthier and high-quality dog diet, this reference book is the ideal companion to support dogs in a variety of situations. There is guaranteed to be the right thing for every dog.



Ute C. Fallscheer  
**Trainingbook: Tracking Work**  
978-3-440-16358-0  
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Ulrike Seumel  
**Marker Training for Dogs**  
978-3-440-16719-9  
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**Veggie Feeding**  
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Dr. med. vet. Charlotte Kolodzey  
**Preventing Inflammation by Healthy Feeding**  
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Basic Pet Care Series,  
8 titles, 96 pages each

Expert Maria Höppner provides a compact and clear overview of what is important when buying and keeping kittens. From the initial equipment to ideas for occupation and mistakes that should be avoided, she gives first-time cat owners all the important dos and don'ts to ensure that their new roommate feels completely at home.

Maria Höppner  
**Kittens**  
978-3-440-17588-0  
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**NEW**



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**Hamsters**  
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Rights sold: CZ



Svenja Wilms  
**Tortoises**  
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Wencke Sabrina Schacht  
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978-3-440-17566-8  
All rights available



Dr. Eva-Maria Casteel  
**Chickens**  
978-3-440-17866-9  
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**NEW**





# You and Your Horse



Eckart Meyners  
**Improve Your Riding Technique**  
 02/24; Roswitha Schreiber-  
 Jetzinger 26.00 €

pages: 128  
 Paperback with flaps; 17.20 x 24.10 cm  
 coloured photos: 185  
 coloured illustrations: 13  
 b/w-illustrations: 1  
 978-3-440-17829-4

All rights available

- ▶ **Learn riding like a professional with tips from European championship trainers**
- ▶ **Equestrian experts give valuable instructions**

In this book, sports educator Eckard Meyners and his colleagues Katrin Eschenhorst and Rosi Schreiber-Jetzinger show what modern learning methodology is all about. Competently and easily understandable, they show how a more action-oriented and empathetic teaching language leads to visible success in riding training.



Sigrid Schöpe  
**Groundwork for Horses**  
 978-3-440-17734-1  
 All rights available



Marius Schneider  
**Groundwork Training Manual**  
 978-3-440-16977-3  
 All rights available



Michael Zanger  
**Reading Hooves**  
 06/24; 28.00 €

pages: 144  
 Paperback with flaps; 171.00 x 240.00 cm  
 coloured photos: 147  
 coloured illustrations: 42  
 b/w-illustrations: 5  
 978-3-440-17938-3

All rights available

- ▶ **How to read a horse's hoof**
- ▶ **Veterinarian Dr Zanger explains what to discover**

Every horse's hooves are as individual as the horse itself. They tell us a lot about the horse's attitude, health and behavior. In this book, hoof expert Dr Michael Zanger explains his unique concept of hoof reading in a competent and easy-to-understand way and gives many practical tips on the ideal hoof shape for every horse.



Prof. Dr. Konstanze Krüger  
**Laterality in Horses**  
 978-3-440-17658-0  
 Rights sold: US



Marc Nölke  
**Neuroathletics for Riders**  
 978-3-440-17225-4  
 Rights sold: US/UK, PL

# Olympic Qualities

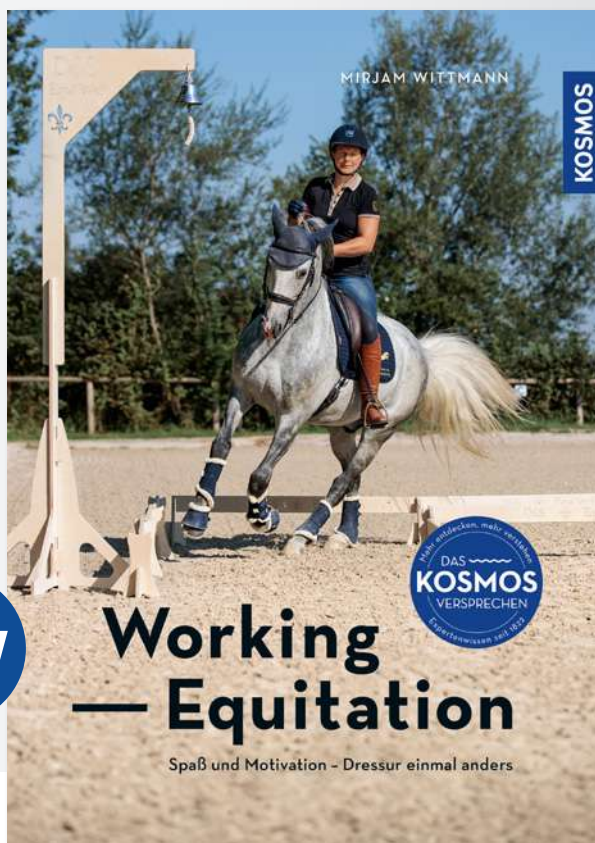
Mirjam Wittmann  
**Working Equitation**

08/24; 22.00 €

pages: 112  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 150  
978-3-440-17760-0

All rights available

NEW



*Mirjam Wittmann was born into an equestrian family of several generations and was already in the saddle before she could walk. She has been a trainer and instructor at the Jakobsberg riding facility since 2013, where she looks after the training of horses and riders in full and part riding.*

- ▶ **Trend topic Working Equitation**
- ▶ **Dressage work to form the horse-human team**

Working Equitation is based on traditional working riding methods, challenges and encourages both horse and rider and brings variety to dressage work. This is why many horse owners are now discovering this competition discipline for themselves. Mirjam Wittmann shows how Working Equitation helps to train in a targeted and precise manner and gives exciting tips on how to implement it in everyday life.



Ingrid Klimke  
**Cross-Country Riding**  
978-3-440-16698-7  
Rights sold: US, CZ



Ingrid Klimke  
**Riding For Fun – My way of schooling horses**  
978-3-440-16364-1  
Rights sold: US/UK, CZ, RU



Ingrid Klimke  
**Basic Training of Young Riding Horses**  
978-3-440-15924-8  
Rights sold: US/UK, CZ,



Ingrid Klimke  
**Cavaletti: Configurations and Dimensions**  
978-3-440-17015-1  
All rights available



# Classic Instruction



KOSMOS

Alois Podhajsky  
**The Classic Art of Riding**

06/24; 58.00 €

pages: 304  
 Hardcover; 17.00 x 24.00 cm  
 b/w-photos: 32  
 b/w-illustrations: 73  
 978-3-440-17416-6

All rights available

**NEW  
 edition**

**HORSES**

- ▶ **Updated new edition of the equestrian classic**
- ▶ **The principles of riding by riding master Alois Podhajsky**

This is classical and horse-friendly riding at the highest level: in this classic of equestrian literature, the legendary riding master Alois Podhajsky passes on his knowledge and the experience of a lifetime of riding to all dressage riders in a comprehensive, comprehensible and systematic way.

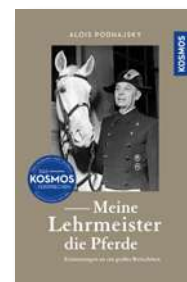
*Alois Podhajsky (1898 - 1973) was a horseman and officer in the Austrian army and head of the Spanish Riding School. Podhajsky received his first riding lessons at the age of twelve. He was later an officer in an infantry regiment.*



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*Catherin Seib has been a full-time animal communicator since 2009, specializing in horses since 2016. In 2021, she won the prestigious „Equestrian professional of the year“ award.*

- ▶ **Horse communication on a holistic basis**
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Top-Seller



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Dr. Tassilo König  
**At The Doctor's: Osteoporosis**  
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As one of the most common diseases of the musculoskeletal system, osteoporosis is a widespread ailment. Orthopaedic specialist and osteoporosis specialist Dr. med. Tassilo König answers the most frequently asked patient questions about the causes and risk factors, diagnosis and treatment of this metabolic bone disorder in this book from the successful Herbig series „In der Sprechstunde“. He passes on his specialist knowledge to patients in an easy-to-understand and clear manner, focusing on everyday life with the disease. Because he knows that thanks to an adapted diet, medication and an individualized exercise concept, a self-determined life is possible despite the disease.



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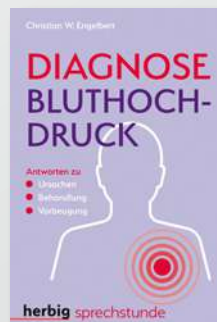
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# Women's Health

HERBIG HEALTH



NEW

Dr Vanessa Tessmann  
**Diagnosis Breast Cancer**

09/24; 15.00 €

pages: 128  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 20  
coloured illustrations: 30  
978-3-96859-081-3

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- ▶ **Reviewing all aspects of breast cancer**
- ▶ **How to make patients feel comfortable again**

Breast cancer diagnosis: a shock – and countless questions. What happens in the body with breast cancer? What treatment options are there? And what does life look like after cancer? Dr Vanessa Tessmann provides the answers and, in addition to her expert knowledge, also conveys the confidence of a self-determined, beautiful life after cancer.



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NEW

Dr Mirjam Wagner  
**How Contraception Works Today**

11/24; 20.00 €

pages: 208  
Paperback with flaps; 13.50 x 21.50 cm  
coloured illustrations: 40  
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- ▶ **All contraceptive methods at a glance**
- ▶ **Make self-determined decisions**

There are many different methods of contraception and the decision should be carefully considered. Gynecologist Dr Mirjam Wagner explains and focuses on contraception in this guide. In a competent and easy-to-understand manner, she presents all the common methods of hormonal and natural contraception, lists their benefits and risks and, with many practical examples and a contraceptive quiz, provides all people of fertile age with a comprehensive tool to help them decide on the right contraceptive method for their individual needs.



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# Men's Health



**NEW**

Michael Rogall  
**The Men's Hair Formula**

08/24; 16.00 €

pages: 144  
 Paperback with flaps; 13.20 x 19.30 cm  
 coloured photos: 120  
 coloured illustrations: 15  
 978-3-96859-071-4

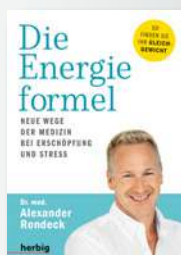
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- ▶ **Expert author gives tips**
- ▶ **More self-confidence and healthy hair**

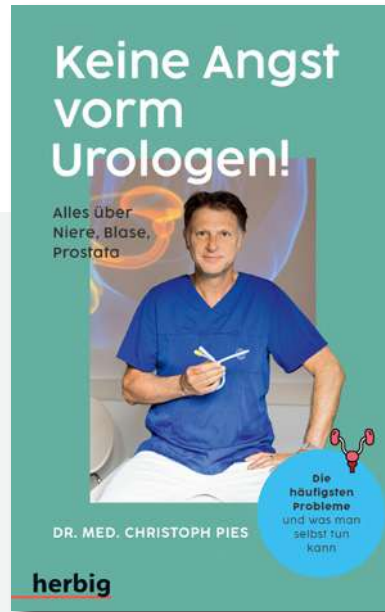
As an expert in men's hair, „hair practitioner“ Michael Rogall devotes this comprehensive guide to a subject that is often associated with shame: hair problems in men. He reveals the causes of hair loss, a flaky scalp or dull hair and helps those affected to improve their hair health with over 100 expert tips. Special chapter: Hair transplantation.



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**Talking About Hair**  
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Prof Dr Alexander Rendeck  
**The Energy Formula**  
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Dr Christoph Pies  
**Do not Fear Your Urologist**

08/23; 22.00 €

pages: 208  
 Paperback with flaps; 13.70 x 21.60 cm  
 978-3-96859-017-2

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- ▶ **Focus on cancer prevention**
- ▶ **Getting away from the taboo topic of „down below“**

Awkward silence and rather quickly away from the topic... People don't like to talk about „down below“. Dr Christoph Pies has experienced this all too often in his practice. He knows: that has to change! With this book he declares war on silence. In a humorous and sympathetic way, easy to understand and with the greatest competence, he not only reports on his daily practice, but also explains to the reader how medical treatments are carried out by a urologist. Because: No one has to be afraid of the urologist.



Dr Christoph Pies  
**Men Over 50**  
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Dr Christoph Pies  
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# Healthy with — Home Remedies

Algae become more and more popular as a food item. They are rich in protein and other nutrients, strengthen the immune system, and provide us with vitamins and the rare dietary element iodine, among other things. Spirulina, wakame, chlorella, ulva, and dulce: what different kinds of algae are there and what are their health effects? Which algae are suited for detox and which support weight loss? The algae experts Kirstin Knufmann and Jörg Ullmann share delicious power food recipes and many tips for using sea vegetables.

NEW



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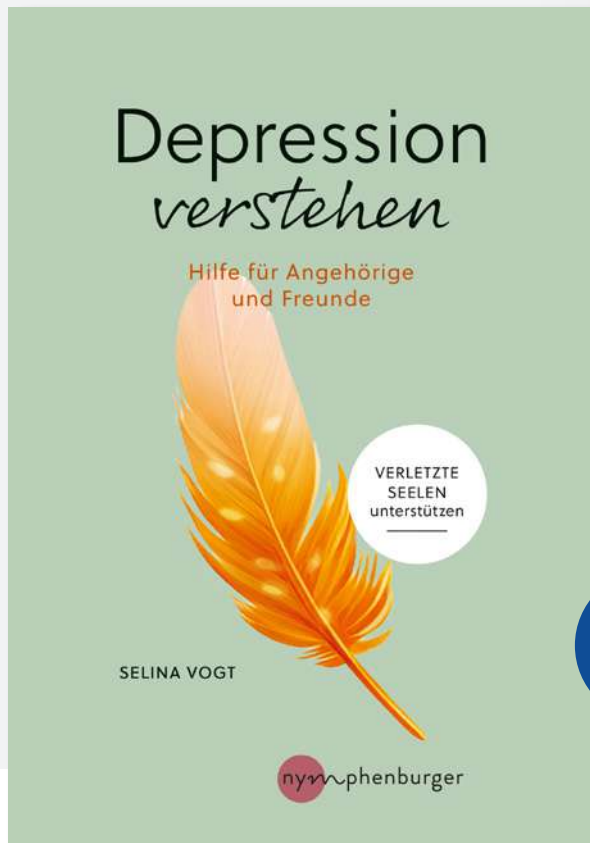
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**NEW  
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Selina Vogt  
**Understanding Depression**  
06/24; 14.00 €

pages: 128  
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coloured illustrations: 1  
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► **Basic help for friends and family**

► **How to be helpful and how to understand the disease**

Helpful and holistic tips from experts, for relatives and friends of people with psychological issues. Psychological problems and disorders have become more and more relevant in the past ten years. The number of patients is rising. Relatives, partners, and close friends of people with psychological problems are often strongly affected by the topic, too. The struggle changes their lives and routines, and they often also need professional support. This new series offers accessible, yet well-founded information on these topics.

*This mini-series is addressed to the people nearest those with challenging life circumstances. It provides help and guidance through issues like depression, burn-out or anxiety that afflict the people near to you, including addresses, checklists and reports.*

**NEW  
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- ▶ **Happiness in 7 minutes**
- ▶ **Effective rituals for a happy life**

7 minutes a day – that's all it takes to be happy! Doris Iding shows you how: her exercises and rituals help to focus attention on the positive, provide relaxing moments and, if practiced regularly, lead to more peace and serenity in everyday life.

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Christoph Pollak  
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pages: 176  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 90  
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- ▶ **Experience the power of the planets through herbs**
- ▶ **Recipes for body, soul and spirit**

Even the famous travelling physician and nature mystic Paracelsus referred to the active powers of the planets in his writings and recognized the connection between the earth, man and the stars. Christoph Pollak passes on this ancient knowledge in his book and uses numerous recipes from spiritual botany to help you achieve physical, mental and spiritual well-being.

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# Relationships



Caroline Hehenberger  
**From Dating Frustration To  
 Happy Relationship**

08/24; 20.00 €

pages: 144  
 Paperback with flaps; 14.80 x 21.00 cm  
 coloured photos: 50  
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 978-3-96860-094-9

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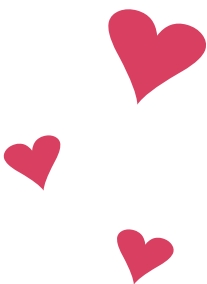


- ▶ **Love in the age of dating apps**
- ▶ **Transforming your love life sustainably with self-acceptance**

Tinder, Bumble, Hinge – the list of dating apps is long and love happiness is just a swipe away. Finding the right partner should be child's play. But many seekers know that the reality is often very different. They go from date to date, get their hopes up and yet remain alone. Why is that? And how do you get out of this frustrating dating spiral and find a happy relationship? The keyword is 'self-love', say psychologists Caroline Hehenberger and Alexander Tiesenhausen. In their guidebook, they show the positive effects that working on yourself can have on your love life, provide valuable tips and exercises for self-reflection and help dating sufferers to finally find the relationship they want.

*Caroline Hehenberger is a psychologist and dating coach. She offers 1:1 coaching, online courses and dating events.*

*Alexander Tiesenhausen is a psychologist and sports and exercise scientist. He offers a holistic health concept in a psychological practice in Graz.*



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**NEW**



*Iris Panhans is one of the most successful witch Youtubers. She also has her own witch store on Etsy (incense, incense chalices, candles, healing stones, pendulums, rune sets etc.). In normal life she works as a post production editor in the games industry.*

**Chaos  
 Witchcraft**

- ▶ **Magical rituals and spirituality**
- ▶ **Ancient knowledge in a modern life**

Modern witches live out their spirituality with the help of ancient knowledge from herbalism, rituals and tarot. In this book, Iris Panhans presents her favorite rituals, explains magical symbolism and provides concrete tips and exercises that anyone can use to magically charge their own everyday life.



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# Your Path through — Life

**NEW  
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Visions of death, in which the deceased guide the soul of the dying into another world, have been documented many times and are increasingly fascinating researchers. In this book, grief expert Bernhard Jakoby gets to the bottom of the phenomenon and shows how it can help us to accept death with hope.



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