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**SPRING & SUMMER 2025**

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Herfried Münkler

# POWER IN TRANSITION – Germany's Role in Europe and the Challenges of the 21st Century

- A brilliant, insightful analysis on how to reimagine Europe for the 21st century.
- The new book by one of Germany's most important political scientists!
- His previous bestselling titles were sold to 16 countries!
- English sample translation available.



March 2025 · 432 pages

**Herfried Münkler**, born in 1951, is a professor of political science at the Humboldt University in Berlin. Many of his books are considered seminal works, such as *Die Deutschen und ihre Mythen* (2009), which won the Leipzig Book Fair Prize, as well as *Der große Krieg* (2013), *Die neuen Deutschen* (2016), *Der Dreißigjährige Krieg* (2017) and *Marx, Wagner, Nietzsche* (2021). They all spent months on the *Spiegel* bestseller list. Herfried Münkler has received many awards, including the Science prize of the Aby Warburg Foundation and the Carl Friedrich von Siemens Fellowship.

## Europe is in its deepest crisis. What is needed to lead the continent into the future?

Europe is deepening its divisions. As populist movements gain strength and acceptance of the European project wanes, conflicting national interests and a paralyzed EU push the continent to the brink – further intensified by external pressures from countries like Russia and China.

What role does Germany play in this complex situation? Amid escalating crises, this question has never been more urgent. The stability of longstanding partnerships, such as with France – the cornerstone of the European Community – is increasingly undermined by the rise of right-wing politics in Europe, while authoritarian and nationalist governments challenge a Germany-led EU. Conversely, there are calls for Germany to assert clear and bold leadership, even on a geopolitical scale.

In his insightful analysis, Herfried Münkler explores what is required to guide Europe into the future, addressing the associated dangers, challenges, and opportunities. This compelling and pivotal outlook reveals how Europe can be reimaged for the 21st century.

### Further Titles



Werner Plumpe

## DANGEROUS RIVALRIES – From the Conquest of the New World to Cyberspace

- A captivating overview of economic and trade wars from the start of globalization to today's connected world.
- Rights for his previous title was sold to China (Ginkgo).



May 2025 · 272 pages

**Werner Plumpe**, born in 1954 in Bielefeld, is a professor of economics and social history at the Johann Wolfgang von Goethe University in Frankfurt. He was chairman of the German Association of Historians until 2012. In 2010, *Wirtschaftskrisen. Geschichte und Gegenwart* was published, followed by *Wie wir reich wurden* in 2012, *Die Große Depression* in 2014, and *Das kalte Herz* in 2019. Werner Plumpe also received the 2014 Ludwig Erhard Prize awarded for writing on economic issues.

### Discover how economic rivalries shape today's global conflicts!

The end of the existing world order is evident not only in increasing wars and escalations but also in intensifying trade conflicts – most dramatically and extensively between China and the USA, and more recently with Russia. In a compelling panorama, Werner Plumpe illustrates how history has always been shaped by economic rivalries, often leading to open conflict – from the conquest of the New World and the beginnings of globalization to the age of colonialism, the rise of nation-states, and the bipolar world of the Cold War, up to today's hyper-connected world. Whether it is gold, oil, cotton, cocoa, or grain: the search for lucrative resources spans centuries, revealing how economic interests intertwine with issues of national identity, cultural ideas, and power strategies.

*"The most important German economic historian." Die Zeit*

### Further Titles



Sara Sievert

## POWER STRUGGLE – An Inside Look at the Union

- A gripping insight into the power dynamics of the CDU/CSU after Angela Merkel's chancellorship.



January 2025 · 256 pages



© Dominik Butzmann/laif

**Sara Sievert**, born in 1994, has closely followed the key figures of the Christian Democratic Union (CDU)/Christian Social Union (CSU) parties for years, offering an insider's view of the party thriller. She reports as a correspondent on political affairs in Berlin. After studying in Würzburg, she completed her traineeship with a focus on politics and economics at *Focus Magazin*. She then worked as a political editor and eventually as chief political reporter for *Focus* and *Focus Online*. During that time, she covered the Federal Chancellery, the Foreign Ministry, and the CDU/CSU. In 2022, she joined *Der Spiegel's* capital office as a CDU/CSU correspondent. Since September 2023, she has been reporting as chief reporter for t-online, focusing primarily on the Federal Chancellery and the CDU/CSU.

The 2025 German federal election will be pivotal for the country's future, with a particular focus on one faction: what will become of the Christian Union, comprised of the CDU and CSU? After their heavy defeat in 2021 and the loss of the chancellorship, the party has been struggling to revive itself with a figure who seemed long gone: Friedrich Merz. The decision on the chancellor candidate and the 2025 election campaign are key moments in the CDU's dramatic transformation.

Berlin-based journalist Sara Sievert chronicles how the party evolved after Angela Merkel's era, the ongoing power struggles behind the scenes, and what a government under Merz would mean for the country. This sharp analysis provides an up-to-date look behind the scenes of the Union.

Werner Bartens

## BODY AND SOUL – A Journey Through the History of Medicine

- A lively and engaging look at the history of medicine, from its origins to today.
- A universal topic about fundamental questions of our existence.
- Rights to *Emotionale Gewalt* were sold to China (Business Weekly), Korea (Woongjin) and Poland (Literatura Inspiruje).
- Rights to *Lob der langen Liebe* were sold to The Netherlands (Nieuw Amsterdam).



April 2025 · 512 pages

**Dr. med. Werner Bartens** is the Senior Editor of the science section at *Süddeutsche Zeitung*. He is one of Germany's most influential health journalists. His books, including *Was Paare zusammenhält*, *Glücksmedizin*, and *Ärztelasser-Buch*, were *Spiegel* best-sellers. His most recent works are *Emotionale Gewalt* (2018) and *Lob der langen Liebe* (2020).

**From antiquity to the present day: For anyone who wants to view the history of medicine from a new perspective.**

Since its inception, medicine has continually evolved. Yet today, there are still striking continuities and traditions that stretch back centuries or even millennia. How does the soul influence physical well-being? What does illness mean? How do environment, lifestyle, and diet affect health? Werner Bartens expertly guides us through the history of humanity and medicine, vividly recounting the heroes of medicine, unnamed patients, and remarkable discoveries that have shaped the world – from the theory of the four humors and Da Vinci's anatomical drawings to Werner Forssmann's self-administered heart catheter in 1929, from medieval healing spells to the use of AI.

For those who wish to understand modern medicine, Bartens offers a panorama that reveals the ideas, traditions, and worldviews behind medical practice. It is an enlightening and engaging exploration of the science of humanity, with all its fears, needs, desires, and hopes.

### Further Titles



Lorenz Hemicker

# MY GRANDFATHER, THE PERPETRATOR

- A moving book about the question of how one becomes a perpetrator.
- A powerful book on how a crime shapes a family across generations.
- German history and society from the early 20th century to the post-war era through one family's story.
- English sample available.



April 2025 · 256 pages

© F.A.Z.-Foto / Lucas Bäuml



**Lorenz Hemicker** was born in 1978 in Gummersbach and grew up in the Sauerland region. He initially studied architecture at Aachen, then pursued communications, political science, and economics. From 2008 to 2014, he was the Editor-in-Chief of the security policy magazine *Loyal*. In 2014, he joined the *Frankfurter Allgemeine Zeitung* and has been writing in the politics department since 2017. Since July 2023, he has been the Online Editor-in-Chief.

## What does guilt do to us and our families?

In late autumn 1941, the SS and their helpers murdered over 27,000 Jews in the Rumbula Forest. The mass graves where the victims were shot were constructed by SS officer Ernst Hemicker, who was never convicted for his crimes. Decades later, Lorenz Hemicker grows up with a vague awareness of his grandfather's atrocities, knowing only a few sentences his father repeated at every opportunity. When both plan to travel to Latvia to learn more about Ernst Hemicker's actions, Lorenz's father suddenly and unexpectedly dies. This turning point marks the beginning of Lorenz Hemicker's years-long search for traces of his grandfather. His journey takes him to the massacre site, to Holocaust survivors in Riga, and into the depths of German World War II archives. The search reveals a man who, like many others, transitions from an ordinary person to a perpetrator, leaving a shadow over his son and grandson long after his death. A moving and gripping investigation into the heart of German guilt and the awareness of it within families.

Markus Albers

## THE OPTIMIZATION LIE – Why We No Longer Have Time to Do Our Jobs

- A timely, critical look at work (self)optimization.
- A book for those overwhelmed by new tools and agile work, and more.



May 2025 · 128 pages

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**Markus Albers** lives in Berlin as an author, consultant, and entrepreneur. As a journalist, he has worked for outlets such as *Brand Eins*, *Monocle*, *Vanity Fair*, *Welt am Sonntag*, and *SZ Magazin*. He is the author of several nonfiction books, including *Morgen komm ich später rein*, *Meconomy*, *Rethinking Luxury*, and *Digitale Erschöpfung*.

### When LinkedIn work tips no longer work.

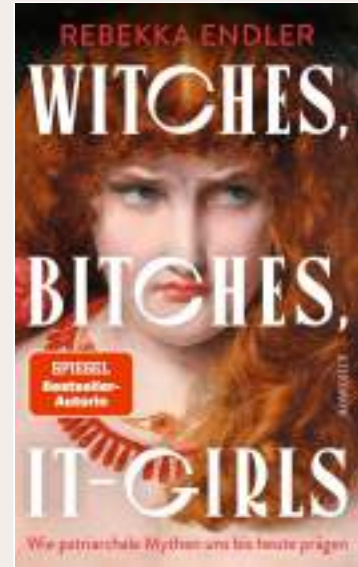
The promise of New Work, which aims to make us more efficient and work less through technology and self-organization, has not been fulfilled. Last year alone, German employees worked around 1.3 billion overtime hours, with more than half of them unpaid. Work is not only becoming more tightly scheduled but also simply: more. Calls pile up, meetings are kept, tickets are pushed, and tasks are documented. All tools are used, all to-dos are checked off, and all meetings are attended. Yet at the end of the day, there often remains a feeling of: What have I actually accomplished? Or even: What have I created? This could be described as rampant processism. But a different narrative is needed for what successful work can look like.

A societal wake-up call and contribution to the debate from the heart of current practices, exploring better ways: from the 4-day workweek to workations, from asynchronous work to the use of AI for planning and processes. This is a draft for a new, contemporary narrative for successful work.

Rebekka Endler

## WITCHES, BITCHES, IT-GIRLS – How Patriarchal Myths Shape Us Today

- An engaging and spirited exploration into the roots of patriarchy that continue to shape our thoughts and actions today.
- 30,000 copies of *Das Patriarchat der Dinge* sold
- Rights to her previous title sold to Egypt (Al Turjman), France (Editions Dalva), Korea (Solbitkil), Poland (Znak), Turkey (İletişim Yayıncılık).
- English sample translation available.



May 2025 · 288 pages

© Andrew Collberg



**Rebekka Endler** is a freelance author, journalist, and podcaster. Her first book, *Das Patriarchat der Dinge*, was published in 2021 and was a bestseller.

In her new book, bestselling author Rebekka Endler delves into the roots of patriarchy and examines misogynistic myths that still shape our thinking and actions today. She argues that the explanation of "men and power" falls short and asks: Why do so many women still dream of a saving prince? What drives the Mommy Blogger wave, and what roles do stereotypes like "bitches", "witches", and "It-Girls" play?

By exploring the canonization in art, the Romantic era, feminist waves, cancel culture, and transphobia, Endler demonstrates that patriarchy is real, how we contribute to its perpetuation daily, and how it can be overcome. *Witches, Bitches, It-Girls* is an anecdotal investigation – sharp, combative, and full of unexpected insights.

*"Rebekka Endler narrates with irony and humor the unquestioned injustices in everyday life between men and women."* NDR Kultur



Rashid Hamid

## FRIENDSHIP KNOWS NO AGE – How Grandma Lotti Changed My Life

- A celebration of life's positives and the power of friendship and trust.



May 2025 · 176 pages

**Rashid Hamid** was born in Hamburg in 1992, with parents of Afghan origin. After completing his training as a geriatric nurse in 2013, he founded his own home care service in 2021. He started sharing videos of himself and his clients on TikTok under the handle @pflege.smile. He now has nearly 100,000 followers on the platform. Rashid Hamid is married and has a daughter.

### Overcoming age and illness through human connections.

Care influencer Rashid Hamid captivated many with his first book, *Ein Herz und eine Pflege*, showcasing what makes his daily life as a caregiver so special. In his second book, the charming Hamburg native shares the stories of the people he respects most: his patients. Grandma Lotti, Heiko, Thorsten, Barbara, Uli – they all matter to him, and their stories deserve to be told. From Rashid's perspective, friendship knows no age.

### Further Titles



Waslat Hasrat-Nazimi

## OUTLANDERS – Our Bags Are Packed

- A timely book.
- Thought-provoking and forward-looking, combining personal stories, solid analysis, and practical solutions.



April 2025 · 272 pages

**Waslat Hasrat-Nazimi**, born 1988, is a German-Afghan journalist and presenter who runs the Afghanistan department at *Deutsche Welle*. She was a child when her family fled Afghanistan and relocated to Germany. As a child, she fled Afghanistan with her family to Germany, where she grew up. Today, she considers both countries her home. Through her journalistic work in both nations and her own integration experience, Waslat Hasrat-Nazimi builds bridges between the two cultures, focusing on the issues faced by Afghan people worldwide. In recognition of her efforts to improve the challenging political situation and foster better understanding between peoples, she was awarded the "Rumi Appreciation Award" in 2015, becoming the first Afghan journalist to receive this honor. She lives with her family in Bonn.

### Understanding the migrant experience: from opportunity to exclusion.

People singing "Foreigners Out" at parties, politicians dismissing the national team as "not German enough," and parents too afraid of racist attacks to let their children walk to school alone – the rise of the far-right and their inhumane propaganda is evident not just in election results. What is life like for those directly affected by this hate?

Waslat Hasrat-Nazimi illustrates how daily life in a country once seen as a land of opportunity is now marked by fear and exclusion. She explores the resulting alienation, which leads to thoughts of emigration and even radicalization within parts of the migrant community. What measures can be taken to prevent further escalation? Waslat Hasrat-Nazimi collaborates with her interviewees – including Enissa Amani, Tupoka Ogette, Aileen Puhlmann, Said Etris Hashemi, Ferda Ataman, Lamyia Kaddor, Kübra Gümüşay, Karim Fereidooni, Sawsan Chebli, and Emilia Roig – to address these questions.

### Further Titles



Stephan A. Jansen, Fabiola H. Gerpott

## WORK – Reinventing with AI and What Remains for Us

- Practical and forward-thinking: How can AI improve the world of work?
- Worried about jobs? What will the human-AI labor division look like, and what does it mean for the future of work?



February 2025 · 128 pages

**Stephan A. Jansen** is a professor of management, innovation, and finance, as well as the director of the Center for Philanthropy & Civil Society (PhiCS) at Karlsruhochschule in Karlsruhe. He is the founding coordinator of the Digital Urban Center for Health & Aging (DUCAH) and has been appointed to the endowed chair in Urban Innovation at UdK in Berlin. Since 2008, he has been writing the column *Questions for Stephan A. Jansen* for *brand eins* magazine and is the author of more than 20 books.

**Fabiola H. Gerpott** is a professor of human resource management at WHU – Otto Beisheim School of Management in Düsseldorf and serves on the editorial board of the internationally renowned journal *The Leadership Quarterly*. She frequently comments on current leadership topics in podcasts and HR magazines and has been recognized as one of the 40 leading HR experts for her work.

### What needs to be done to improve the workplace with AI.

How will the world of work change in the age of artificial intelligence? Who works, what, why, how, and with whom? How do we educate ourselves to adapt and grow? How do we lead in this new division of labor? Will we become cyborgs, centaurs, or humanistic artists?

This book offers deep and provocative insights into the relationship between humans and their new machines, addressing new work models, divisions of labor, leadership, and education. Alongside scientific studies, it provides concrete recommendations for a new "Human Machine Resource Management" that can make not just HR practices but also our work more engaging and meaningful. It invites readers to actively participate in shaping the future of work. Key topics include the ethical implications of delegating decisions to machines, the impact on workforce diversity and performance, and the redesign of workspaces and HR processes.

Anabelle Körbel, Katja Ploch

# BETTER LIVING IN NUMBERS – 199 Visions, Hopes, and Harsh Realities

- Expert knowledge in essential, entertaining facts: perfect for impressing at parties.
- Verified facts that stand up to social media debates!



April 2025 · 128 pages

**Anabelle Körbel** discovered her passion for numbers and economics during her studies. She majored in economics, politics, and philosophy, and she has been working at the *brand eins* editorial team since 2019. Researching astonishing pairs of numbers for the column "Die Welt in Zahlen" is one of her favorite tasks as an author.

**Katja Ploch**, a graduate in business administration, learned the craft of documentary journalism at *Spiegel Verlag*. She has been with *brand eins* from day one in this role, emphasizing the magazine's commitment to accuracy. To this day, no article leaves the publication without a thorough fact-check by the *brand eins* documentation team.

## Real facts, not fake news!

Everything you have always wanted to know about the promises of the beauty industry, medical successes, and all the future improvements in our lives that you sometimes, rightly, find hard to believe. How closely do claims and reality align when it comes to sustainability in business? How much do contractual working hours differ from actual hours worked, including overtime, and in which jobs is the discrepancy greatest? Does the promised reduction of bureaucracy by politicians match actual developments, or where does reality fall short? Is the importance of further education reflected in the actual training days per employee compared to how businesses perceive themselves?

Normally, numbers, facts, and statistics can be dull and hard to grasp. But when presented skillfully, they can reveal more about our society and the world we live in than lengthy analyses ever could.

## Further Titles



Peter Lau, Clara Vuillemin

## TOO YOUNG? TOO OLD? WHATEVER! – For a Workplace Without Age Limits

- Timely in the debate on demographics, skilled labor shortages, and Generation Z's demands.
- A comprehensive solution that ends the generational debate.



January 2025 · 128 pages

**Peter Lau** is an editor and author for the monthly magazine *brand eins*, its special editions, issues, and corporate publishing. His topics include social, scientific, and cultural developments, new media and forms of communication, people, food, the future, and emotional knowledge. He lives in Hamburg.

**Clara Vuillemin** studied electrical engineering at ETH Lausanne and in Moscow. She is a co-founder of the digital magazine *Republik*, where she managed technology, product, business, campaigns, and strategy between 2016 and 2022, and also served as chairwoman of the board.

### Old. Young. Whatever.

Ageism, the discrimination against age groups, remains an issue that does not receive the attention it deserves. The consequences are far-reaching: skills shortages, conflicts over work-life balance, struggles to attract new talent, and leadership challenges are all closely linked to this topic – yet there is little awareness around it. One reason for this is that age discrimination is often only seen as an issue for older people. In reality, age-related biases affect us throughout our lives, from childhood to old age.

This book, written by two people from vastly different age groups, offers a comprehensive look at how current conflicts and challenges are interconnected. It highlights new approaches, models, and existing solutions, providing much-needed insights for a long-overdue debate.

The central thesis is simple: our concept of age is outdated, as it ignores societal, technological, medical, and economic developments from the industrial era. By updating this concept, we lay the foundation for progress that benefits everyone, as every person experiences age discrimination in some form at different stages of life.

Martyna Linartas

## UNEARNED INEQUALITY – How to Escape the Inheritance Society

- On how untaxed wealth drives dissatisfaction and threatens democracy.



April 2025 · 320 pages

© Tim Kraehnke



**Martyna Berenika Linartas** is a political scientist and trained press officer. She completed her press officer training with the Green Party during the 2017 German federal election campaign and earned her PhD with summa cum laude in 2023. She founded and leads the knowledge platform [ungleichheit.info](https://ungleichheit.info) and is a member of the Inequality Steering Group at Forum New Economy. Martyna Linartas is currently working on her habilitation thesis on wealth reproduction in Germany and teaches at Freie Universität Berlin and at the University of Social Design in Koblenz.

**Will we cement inequality and jeopardize our democracy, or will we take action? Martyna Linartas advocates for a radical tax reform.**

In few Western countries is wealth as unevenly distributed as in Germany. The gap continues to widen due to rising rents and food prices, the fact that delivery workers contribute a larger percentage of their income in taxes than billionaires, and the continuous reduction in wealth taxes while the rich keep getting richer. This injustice is societal dynamite. Wealth through hard work? Almost impossible. The idea that everyone is the architect of their own fortune? Only in fairy tales. Germany has become a society where wealth remains within families.

In her insightful and well-founded analysis, Martyna Linartas tackles the political taboo of our time: our failure to tax the rich jeopardizes our prosperity, environment, and democracy. Drawing from exclusive interviews with powerful economic elites about inequality and the interplay between economics and politics, she outlines how taxing the ultra-wealthy could work and provides all the arguments we need to take action now.

Ole Nymoen

## WHY I WOULD NEVER FIGHT FOR MY COUNTRY – Against War Readiness

- A compelling case against war by bestselling author Ole Nymoen – practical, not idealistic.



March 2025 · 144 pages



© Mark Büschel

**Ole Nymoen** is a freelance journalist, podcaster, and author. Since 2019, he has co-hosted the podcast "Wohlstand für Alle" with Wolfgang M. Schmitt, discussing money, economic thought, and political economy. In 2021, he co-authored the book *Influencer. Die Ideologie der Werbekörper*, which attracted significant media attention and became a *Spiegel* bestseller.

The ability to defend is being redefined as "war readiness", the Bundeswehr is being equipped with 100 billion euros, and discussions about reinstating compulsory military service are underway: the signs point to mobilization, even mentally. The nation is glorified as a great community of solidarity, to which everyone is expected to happily serve. This comes after decades of disintegration, during which the impoverishment of broad sections of the population was deemed unavoidable by neoliberal politicians.

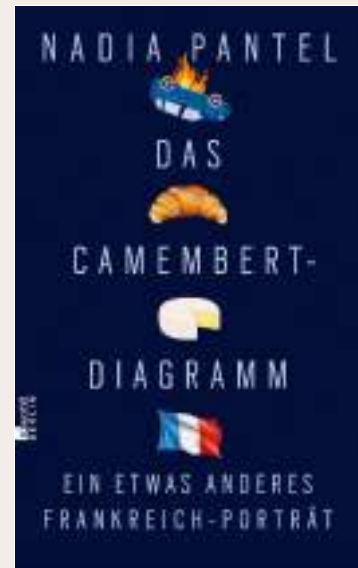
Ole Nymoen raises an objection: the claim that a state's security interests necessarily align with those of its subjects seems absurd. After all, it is young men like him who are forced to stay in the country and risk their lives in the event of war, whether they want to or not. Not to mention that "serving with a weapon" also means killing others with that weapon. And who actually decides about going to war? Is it really the demos, the people?

Not wanting to fight for a state, in this context, is more than just an individual refusal – it is an act of humanity and protest for greater collective self-determination.

Nadia Pantel

## THE CAMEMBERT DIAGRAM – A Different Portrait of France

- An original, sensory journey and a delightful invitation to discover France anew.



May 2025 · 208 pages



© Anne Backhaus

**Nadia Pantel**, born in 1982, studied history and German studies in Freiburg, Berlin, and Krakow. From 2018 to 2022, she was a correspondent in France for the *Süddeutsche Zeitung*, living in Paris and traveling across the country. During this time, she wrote her successful column *La Boum* about her Parisian life. Since 2022, she has been a reporter for *Der Spiegel*, continuing her coverage of France and also writing about Central and Eastern Europe. She has received several awards for her journalistic work.

**A fresh look at French life, culture, and society through its most popular cultural export: food.**

Few countries attract us like France, but how well do we really know the country? Nadia Pantel offers a fresh perspective on French life, culture, and society through its most popular export: food. With charm and wit, she shows how deeply food is intertwined with politics, society, and history in France. Pantel takes us to familiar and unfamiliar places, from a hedonistic yoga retreat in Brittany balancing Crémant glasses on our heads, to reflections on motherhood and colonialism over Pain au Chocolat and Cannalé cakes. She explores societal decline with lobster in Houellebecq's favorite Paris restaurant and discusses ongoing unrest with the Merguez, the Yellow Vest sausage, and the nuances of political culinary nationalism.



Stefan Ruppenner, Anke Willers

## A NEW STANDARD FOR SCHOOLS – How One Educator is Revolutionizing Education

- A groundbreaking book for the future of education that calls for a complete rethinking of our societal mindset.
- With a positive approach to education by focusing on practical, solution-oriented alternatives rather than critiquing the current system.



February 2025 · 240 pages

Since 2005, **Stefan Ruppenner** has been the principal of Alemannenschule Wutöschingen, one of the most innovative schools globally. The school won the German School Prize in 2019 and 2021. Under his leadership, the concept of learning detached from time and space has been largely implemented. Ruppenner is a co-founder of Butterfly Pedagogy, which supports "self-organized learning" through digital tools, freeing up time for experiential learning. Since 2017, he has been the chairman of the non-profit cooperative Materialnetzwerk eG, which provides high-quality OER learning materials for self-organized learning, free of charge for everyone.

Anke Willers is a journalist and author. She was a senior editor at *Eltern family*, where she wrote a column about her family life. She now also writes for *Brigitte*. In 2019, she published the book *Geht's dir gut oder hast du Kinder in der Schule?*, which recounts her experience as an unwitting volunteer teacher. Willers is married, has two adult daughters, and lives in Munich.

Stefan Ruppenner has developed the school of the future: an innovative space concept without traditional classrooms, assessments only when students are ready, a learning environment built on trust, no frontal teaching, mutual support and respect, iPads as standard tools, and a stress-free, fear-free school experience. What sounds like a utopia is already a successful reality in Ruppenner's school and is highly appreciated by students.

In his book, Stefan Ruppenner shares how he conceived and implemented this new school concept, what makes his school unique today, and what is needed to modernize education everywhere. He aims to lay the groundwork for a revolution in education, contributing significantly to the ongoing debate about a system that is creaking and groaning at every corner, offering an enlightening and engaging read.

Magdalena Gössling

## REBECOME – A Story of Loss and Renewal

- A poetic account of life after a stroke, the loss of language, and the search for one's identity.
- An inspiring narrative that touches deeply and offers hope.



April 2025 · 192 pages

© Stefan Klüter



**Magdalena Gössling**, born in 1986 in Berlin, studied medicine in Tübingen and earned her doctorate at the Hertie Institute for Clinical Brain Research. Most recently – and until her stroke – she worked as a doctor in the Department of Plastic, Reconstructive, and Aesthetic Surgery, as well as Hand Surgery. Today, she lives in Berlin with her husband and two children, working as a freelance author.

### Exploring identity when life changes in an instant.

Magdalena Gössling is 32 years old and pregnant with her second child when she suffers a stroke, losing her ability to speak and control over the right side of her body. In the wake of this major change, days pass as if behind a closed door. Everything that once seemed secure begins to crumble. Who am I without language? Who am I without the ability to fulfill my roles as I used to: that of a surgeon, a friend, a partner, a mother? Through writing and exploring her own language, the author embarks on a journey of discovery.

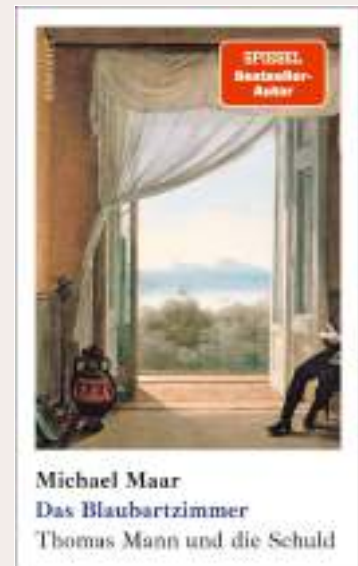
In this at times unsettling and touching text, Magdalena Gössling recounts what happens when a life-altering event divides existence into a before and an after, and how one gradually reassembles their identity after profound physical and mental losses.

*"Delicately precise, both fierce and tender, Magdalena Gössling tells the story of her return to language and life."* Gabriele von Arnim

Michael Maar

## THE BLUEBEARD ROOM – Thomas Mann and Guilt

- Uncover a groundbreaking revelation about Thomas Mann's life and work that transforms your understanding of both.
- 40,000 copies of *Die Schlange im Wolfspelz* sold!



March 2025 · 128 pages

**Michael Maar**, born in 1960, is a Germanist, author and literary critic. He gained recognition with his work *Geister und Kunst. Neuigkeiten aus dem Zauberberg* (1995), for which he received the Johann Heinrich Merck Prize. In 2002 he was accepted by the German Academy for Language and Literature, in 2008 by the Bavarian Academy of Fine Arts, and in 2010 he was awarded the Heinrich Mann Prize. *Die Schlange im Wolfspelz* was a *Spiegel* bestseller, and the latest publication is a new edition of *Leoparden im Tempel*. Michael Maar has two children and lives in Berlin.

In a state of deep despair, Thomas Mann noted in April 1933: "*My fears are now primarily and almost exclusively focused on this assault against the secrets of my life. They are heavy and profound. Terrible, even deadly things could happen.*" While Mann was initially safe in Swiss exile, his early diaries had fallen into Nazi hands. What "*heavy and profound secrets*" was Thomas Mann referring to? Were they his already well-known homoerotic inclinations, or was it something else entirely – a personal guilt that could render the "*terrible, even deadly*" more than just rhetorical, but genuinely life-threatening?

Michael Maar traces a long-overlooked trail of blood from Mann's earliest stories through *Doktor Faustus* and *Der Erwählte* – and biographically back to a traumatic experience of young Thomas Mann in Naples, where the motif of life's guilt may have had its painfully real origin. This not only casts new light on Mann's monumental work but also on its creator, for whom guilt was the foundation of all intellectual endeavor.

### Further Titles



Michael Töteberg, Alexandra Vasa

## INTO ANOTHER BLUE – A Biography of Rolf Dieter Brinkmann

- Literature and rebellion: a vibrant and insightful portrayal of a tumultuous life and era.
- Based on unpublished and unexamined works and letters from the estate.



February 2025 · 400 pages

**Michael Töteberg**, born in 1951, led the Media Rights Agency at Rowohlt Verlag for many years, overseeing literary adaptations such as *Babylon Berlin* and *Tschick*. He writes film critiques and is the editor of works by Rainer Werner Fassbinder and Tom Tykwer, as well as the *Metzler Film Lexikon*. He is also the author of numerous books, with his most recent publication being the novel *Falladas letzte Liebe* (2021).

**Alexandra Vasa** studied literature and philosophy at Humboldt University of Berlin, where she earned her doctorate with a focus on the speculator as a literary figure. Together with Michael Töteberg, she has edited several volumes of the literary journal *Text + Kritik*.

### The first biography of the cult author – commemorating the 50th anniversary of Rolf Dieter Brinkmann's death.

Rolf Dieter Brinkmann was the enfant terrible of German literature and is now considered almost cult. Until now, no one had attempted to capture this restless and tragically short life in a biography – until Michael Töteberg and Alexandra Vasa took on the challenge. They trace Brinkmann's life from his early years in the middle-class Catholic town of Vechta to his time in Cologne, where he witnessed the tremors of the 1968 upheaval and wrote poems that struck like a blow to German poetry; from his stay at Villa Massimo, which produced the fiercely angry book *Rom, Blicke*, and several trips to the USA, to his magnum opus *Westwärts 1 & 2* and his tragic death in London in 1974.

Literary scholars Michael Töteberg and Alexandra Vasa had access to previously sealed archives, unpublished literary works, and letters. Through conversations with contemporaries and close friends, a portrait of Brinkmann emerges: uncomfortable, radical, uncompromising, yet also sensitive and empathetic. A wild provocateur, tender family man – and perhaps the most significant German poet since Brecht and Benn.

Vera Weidenbach

## ADA LOVELACE – Visionary and Genius

- Ada Lovelace – the visionary mathematician who pioneered computing ahead of her time.
- The first biography of the inventor of programming language.



June 2025 · 256 pages

**Vera Weidenbach**, born in 1990, studied philosophy, biology and politics and attended the German School of Journalism. She is a freelance journalist and columnist. As a reporter, she has covered federal politics on radio and television from the ARD capital studio in Berlin. She has also spoken news and does podcasts. Together with her colleagues from the production company ikone media, she was awarded the Reporter Prize in 2020 for the podcast "Affäre Deutschland".

Ada Lovelace was a brilliant mathematician who conceived technologies that would transform the world a century later. Born into an era of rigid societal conventions, she set new standards for women in science. Despite the constraints placed on women of her time, Ada's extensive education allowed her to take a leading role in the development of the "Analytical Engine" – an achievement that anticipated fundamental principles of programming and computer science. Her life reflects an extraordinary balancing act between societal expectations of women and scientific genius, making her accomplishments even more remarkable. While some of her insights endure, many of her achievements have been forgotten.

Would her legacy be different if she had been a man? Vera Weidenbach explores this question, recounting the exciting life of this exceptional researcher while deconstructing the traditional image of male geniuses.

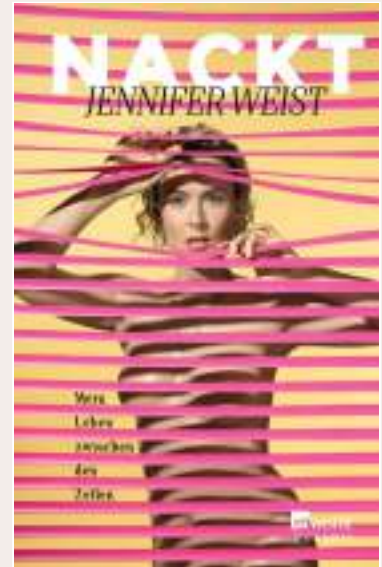
### Further Titles



Jennifer Weist

## NAKED – My Life Between the Lines

- Bold, honest, and unafraid.



May 2025 · 384 pages

© Mitch Stöhning



**Jennifer Weist**, born in 1986 on the German Baltic coast, sought a change of scenery right after finishing high school, moving to Berlin in 2006, where she became the voice of the rock band Jennifer Rostock. With the first record deal and debut album, the band enjoyed 10 years of major success and sold-out tours. Beyond her band career, Jennifer also pursues a solo path. In February 2022, she released her first solo album *Nackt* under the name YAENNIVER. In addition to being an artist, she is also a presenter and entrepreneur, actively advocating for freedom, equality, and tolerance as a committed feminist.

Jennifer Weist: a powerful voice against racism, misogyny, and queerphobia, a force of energy on stage, and in every sense, a woman of strong conviction. But where does she come from, and how did she become the confident and bold person she is today?

In her memoir, Jennifer holds nothing back: she candidly shares stories of her fatherless childhood, experiences with drugs, and encounters with sexual violence. She also opens up about the challenging journey to success with her band, Jennifer Rostock – a path fraught with power abuse and sexism in the music industry. Yet, it is also a story of rebellion and resilience, as Jennifer Rostock shaped the youth culture of an entire generation. When the band took an indefinite hiatus, Jennifer embarked on her solo career as Yaenniver. And now? Many milestones have been achieved, but Jennifer's journey is just beginning. She stands poised as a role model for female empowerment and political activism, challenging pop culture norms.

Laura Fröhlich

## FAMILY AS A TEAM – Strong Together! Efficient and Loving Family Life

- A solution-oriented guide for more joy in family life, tackling mental load and stress.
- With practical tips and guidance for minimalist family organization.



March 2025 · 192 pages



© privat

**Laura Fröhlich** is an author and expert on mental load. As an editor, she ran the popular blog *Heute ist Musik*, focusing on feminist issues and the mental burdens of family life. She conducts workshops, online seminars, and lectures on these topics. Her book *Die Frau fürs Leben ist nicht das Mädchen für alles* is a long-standing bestseller. The practical guide *Familie als Team* is published in 2025. Laura Fröhlich lives in southern Germany, is married, and has three children.

How can family life succeed when equal division of labor often takes a back seat? How can parents foster a sense of teamwork in family organization and involve their children from an early age? This engaging guide offers proven methods and a step-by-step approach for achieving a fair and efficient division of tasks, leading to a conflict-free and relaxed family life.

Bestselling author and Equal Care expert Laura Fröhlich provides strategies for organizing, prioritizing, and sharing daily tasks fairly. Learn how to avoid pitfalls, have effective conversations about family life with children, and find practical tips for streamlined family management.

Maxi Gstettenbauer

## 11.5 RULES FOR YOUR BEST LIFE – Self-Help from a Clueless Guy

- Packed with humor, engaging entertainment, and a dash of provocation!
- Taking mental coaching to task – a relatable read you can identify with!



May 2025 · 256 pages

**Maxi Gstettenbauer**, born in 1988, is an award-winning stand-up comedian, moderator and podcaster. His fifth solo programme *Gute Zeit* takes him on tour through Germany, Austria and Switzerland. He is also a regular guest on all relevant comedy show formats. In 2022, his first book, *Meine Depression ist deine Depression*, was published.

*"Self-help is like a lightsaber battle. It looks great in the movies, but in reality, you are bound to lose a limb."*

Self-help is booming! Whether it is overcoming depression or heart issues, building a career or self-confidence, dealing with childhood trauma, or managing family disasters – there is always a mental coach book promising to solve all your problems.

Maxi Gstettenbauer has read hundreds of these books. He knows how to win friends and influence people, how to get rich, and how to reframe your beliefs. In his new book, he takes a witty look at our (social media-fueled) urge to tackle every issue by changing our mindset and becoming the best version of ourselves while trying to create magic. But surprise! It often ends in disaster.

### Further Titles





Nicole Jäger

## YOU HAVE A RIGHT TO BE HAPPY

- Combining self-help with humor, this book empowers women to embrace their happiness.



March 2025 · 208 pages

**Nicole Jäger**, based in Hamburg, is an author and stand-up comedian. Her debut book, *Die Fettlöserin*, became a bestseller and led to her first stand-up comedy program, *Ich darf das, ich bin selber dick*. Her second book, *Nicht direkt perfekt*, was published in 2017 and inspired a comedy tour across Germany, Austria, and Switzerland. In early 2020, she premiered her third stage show, *Prinzessin arschloch*. Her third book, *Unkaputtbar*, addresses the topic of domestic violence.

Nicole Jäger's journey from surprise bestseller *Die Fettlöserin* to a prominent figure in German comedy and TV is nothing short of remarkable. Over the years, she has become a mainstay on comedy stages and has a successful podcast, touring sold-out venues with her third solo show while her fanbase continues to grow. Nicole's performances are not just about laughter. The topics she addresses resonate deeply and can be both moving and thought-provoking.

In her new book, Nicole Jäger combines humor with self-help, encouraging women to embrace their happiness, claim their space, and say yes to life. Nicole shares her own story – full of challenges and triumphs – in her signature style: bold, funny, and unique.

*“Not only hilariously funny, but she also often moves her audience to tears and delves deep.” NDR*

*“Funny and touching at the same time.” DLF Kultur*

### Further Titles



Jinok Kim, Dirk Eicken

## TOYANG – Call of the Earth

- A guide to greater appreciation and mindfulness – an impassioned response to the call of the Earth.
- Experience cross-cultural wisdom through the remarkable journey of an inspiring woman.



March 2025 · 256 pages

**Jinok Kim** is a restaurant owner, chef, and artist. Born in 1952 in South Korea, she trained in classical singing at Seoul National University and the University of the Arts Berlin, performing as an opera singer on stages worldwide. In 2009, inspired by both European and Korean ceramic traditions, she began creating art from clay. In 2018, at the age of 66, she opened the ceramic gallery restaurant "NaNum" in Berlin, which is now listed in the Michelin Guide.

**Dirk Eicken**, born in 1959 in Hagen, is a visual artist who studied at the University of the Arts Berlin at the same time as Jinok Kim. He works with videos, objects, and installations, but has primarily focused on painting since the beginning. For the past 30 years, he has written texts that are sometimes part of his works and has reflected on aesthetics, ethics, and art. Additionally, he has supported Jinok Kim since the initial concept of "NaNum" as a backup for the restaurant.

Before opening "Berlin's hippest restaurant" (*Stern*) at the age of 66, Jinok Kim, born in Seoul, was an opera singer on international stages and created art from clay. She embodies a vibrant enthusiasm through all her endeavors, weaving a cultural tapestry between Korea and Germany, which she unfolds impressively in this book alongside her husband, Dirk Eicken. In their journey, we meet German bio-activists and Korean shamans, savor natural wines, and listen to the epic Pansori singing.

Jinok Kim and Dirk Eicken take us to the bustling metropolis of Seoul and their garden in Sacrow by the Havel. The book explores kimchi and the art of fermentation, a centuries-old cultural practice that nurtures creativity, patience, and humility in the face of nature's essence and workings. This book reminds us that "a life-sustaining nature, which provides humanity with the means to live, is rooted in the realm of the Earth. In an Earth that is rich, our lives are measured by its abundance."

Marion Ponelies

## UNDERSTANDING DEMENTIA – Support and Answers for Caregivers

- Transform your approach to dementia care with practical insights.
- Empathetic and full of useful tips.



May 2025 · 256 pages



© Tobias Rukabert

**Marion Ponelies**, born in 1976, is a nurse with extensive experience in psychiatry and elder care. After completing her state examination in health and nursing at the University Hospital Frankfurt/Main, she pursued dementia training at the University of Newcastle, Birmingham, and London. Her expertise in caring for dementia patients was further enhanced through training in Interpersonal Therapy for Depression and Aggression Management. As the director of a day care facility in a senior home, Marion had many conversations with the families of dementia patients. Through these discussions, she realized how isolated they often felt when dealing with this complex illness, and she decided to change that.

### Enhancing quality of life for dementia patients and their caregivers.

Dementia can be overwhelming, exhausting, and disempowering. Registered nurse Marion Ponelies understands the struggles of both patients and their families, knowing the information, advice, and encouragement they need. She begins by outlining the essential foundations for nurturing a loving relationship with someone with dementia. This includes not only acquiring basic knowledge about the condition but also learning new behavioral strategies – and, sadly, saying goodbye to the person as they once were.

The main part of the book addresses the questions of caregivers, organized by topic for easy navigation. These topics cover challenging behaviors, eating and drinking, clothing and personal care, sleep and restlessness, relationships, and handling accusations or thoughts of escape.

Ina Schmidt

## THOUGHTS WORTH HAVING – A Philosophical Guide for Uncertain Times

- Philosophical guidance for navigating crises, offering practical approaches to everyday challenges.
- Learning to think with all senses to find stability and happiness in challenging times.



June 2025 · 256 pages



© Melanie Zwihehoff-Bremicker

**Ina Schmidt**, born in 1973, studied Applied Cultural Studies at the University of Lüneburg and earned her doctorate at its Institute of Philosophy. In 2005, she founded "denkraeume," an initiative dedicated to promoting philosophical practice. Since 2010, she has been publishing philosophical non-fiction books for both adults and children. Additionally, she works as a speaker for various educational institutions. Ina Schmidt is married, a mother of three, and lives with her family in Reinbek near Hamburg.

Crises, fears, and worries define our times. With multiple crises and catastrophic forecasts looming, it is hard to know what can still inspire optimism. The result is often confusion, resignation, or even bitter despair. How can we organize our thoughts and develop perspectives, stances, and attitudes to guide us?

Philosopher Ina Schmidt believes the answer lies in learning to think anew. According to her, the key is in what we experience – what we see, feel, and hear. She shows us that we don't need to despair over the world or attempt to explain every last detail. Instead, we should understand it as a living, interconnected whole. Philosophy provides tools to evaluate and expand our thinking, which can be challenging but also keeps inspiration and hope alive, fosters connections, and expresses solidarity. In the midst of these turbulent times, this approach can even become a source of happiness.

Dominik Spenst, Sevnur Acar-Spenst

## THE 6-MINUTE DIARY FOR MOTHERS

- Tailored for family life, this book offers practical tips from experienced mothers!
- 2 million copies of Dominik Spenst's journals sold worldwide!
- Rights to *Das 6-Minuten-Tagebuch* were sold to 20 countries!

**Rights sold to:** the Netherlands – Unieboek/Het Spectrum



April 2025 · 288 pages

**Dominik Spenst**, born in 1988, is a bestselling author, entrepreneur, and habit expert. After a serious accident, he spent four months in the hospital and, from this transformative experience, developed the world's most successful gratitude journal, *Das 6-Minuten-Tagebuch*. Together with his team, he specializes in scientifically based and easily applicable journals that help users bring more mindfulness and personal development into their lives. His 6-Minute Books now enrich the lives of 2 million people in 20 languages. Dominik lives in Berlin with his wife and son.

### More ease and calm in the busy life of parenting.

Every mother can relate: never-ending to-do lists, sleep deprivation, exhaustion, constant stress, worries, and the feeling of always running behind instead of shaping everyday life. Many mothers are only familiar with "me-time" or "self-care" from pretty social media posts while scrolling through Instagram right before bed. This is where the proven, scientifically backed concept of the *6-Minuten-Tagebuch* comes in: in just a few minutes a day, it helps reduce stress, banish negative thoughts, increase resilience, and boost self-esteem – benefits that not only improve the mother's well-being but also positively impact the entire family.

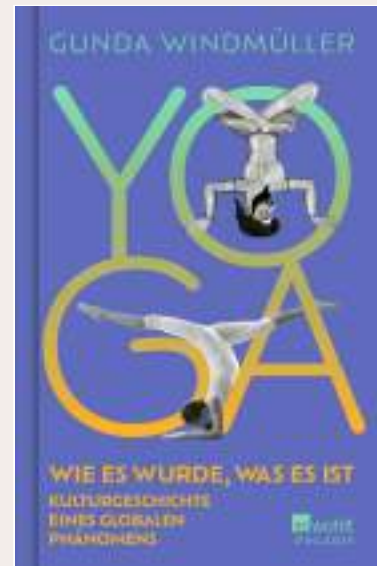
### Further Titles



Gunda Windmüller

## YOGA : HOW IT BECAME WHAT IT IS – A Cultural History of a Global Phenomenon

- A captivating cultural history that traces the evolution of yoga from ancient practice to global phenomenon.
- Explore how yoga evolved and conquered the world!



June 2025 · 352 pages

**Gunda Windmüller**, born in 1980, is a PhD in literary studies and has worked as a journalist for publications including *Zeit Online* and *Welt kompakt*. She co-hosted and produced the podcast "Fix&Vierzig" with Katja Berlin. Her first non-fiction book, *Weiblich, ledig, glücklich – sucht nicht*, was published in 2019 by Rowohlt. She completed her training as a yoga teacher and has been teaching yoga in Berlin since 2021.

**A story of spirituality, colonialism, modernity, and capitalism – a story about us.**

Yoga is now practiced everywhere – from Mumbai to Los Angeles and even in alpine huts. There is Yin Yoga, Power Yoga, Aerial Yoga, and even Beer and Wine Yoga. Yoga has long transcended its roots as a niche practice. It has evolved into a life philosophy, a healing journey, a form of exercise for some, and a highly lucrative industry. How did we get here? Does what we now call “yoga” – a series of poses, movement patterns, breathing techniques, and relaxation practices – still have anything in common with the yoga that originated thousands of years ago on the Indian subcontinent?

Cultural scientist and yoga teacher Gunda Windmüller traces the millennia-old history of yoga, detailing its transformation from a spiritual technique to a global phenomenon. It is a fascinating and surprising tale that encompasses distant lands, religion, politics, and money, along with the stories of individuals, charisma, suffering, and eventual liberation.

### Further Titles



Judith Luig

## YOU WANTED TO GO TO THE PONY FARM

- A light-hearted summer reading.
- When moms manage to read a book on vacation, let it be this one!



June 2025 · 192 pages



© Marlene Gawrisch

**Judith Luig**, born in 1974, began her journalism career covering events like shooting king coronations, carnival princesses, and golden weddings. She wrote for *taz* about women, men, and parallel universes, and taught literary studies at Freie Universität and Humboldt-Universität Berlin. For *Welt am Sonntag*, she reported on royal weddings, heavy metal festivals, and protest cultures. Currently, she is an editor in the politics section of "*Zeit Online*" focusing on family, school, and education.

The idea is always to leave early, only to get stuck in traffic anyway. But what are ideas worth when you have small children? And when Honey is nowhere to be found? And the passports? How can you relax when children's disco musician Volker Rosin blares on repeat from the Creative Tonie, and your daughter announces she is about to be sick – and then actually is?

Vacationing with kids is not really a vacation. Especially for parents who want to get everything right in their upbringing. They long for their children's childhood to be just like their own, but better. Judith Luig, author and mother of two, bravely attempts various holiday models, only to repeatedly fail at achieving the "perfect" vacation: the one with friends who itemize every ice cream, the pony farm trip with horse-crazy moms and endless mucking out, the family hotel where the kids take over, or the one with grandparents who aren't keen on babysitting.

This book offers liberating humor and heartfelt honesty for parents who do not have time for therapy sessions because they are too busy searching for Honey. And the passports.

**SPRING & SUMMER 2025**

# **TOP BACKLIST TITLES**

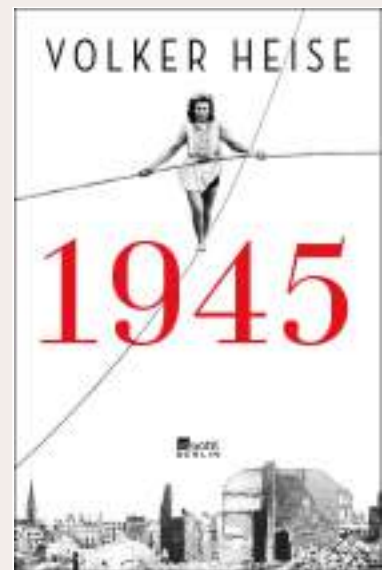


Volker Heise

## 1945

- A gripping panorama, which condenses different voices, stories and fates into a grand narrative.
- 20,000 copies sold!
- Recommended by *New Books In German* (Goethe Institute).
- English sample translation available.

1945: A year of catastrophe and new beginnings. As the Allies close in and the war ends, civilians emerge from the ruins, facing an uncertain future. On the 80th anniversary, Volker Heise offers a gripping account of this pivotal year, drawing on diaries, letters, and firsthand accounts to weave a narrative that captures the diverse experiences of those who lived through it. A powerful portrait of a year that changed the world.



November 2024 · 464 pages

Jens Bisky

## THE DECISION – Germany 1929 to 1934

- What options were there on the road to fascism? Best-selling author Bisky captures the decisive years that shaped Germany's future.
- 20,000 copies sold!
- English sample translation available.
- Recommended by *New Books in German* (Goethe Institute).

In October 1929, the death of foreign minister Gustav Stresemann sparked doubts about the future of the Weimar Republic. By 1933, a fascist coalition took power as bombs were thrown, finances collapsed, and the parliamentary system faltered. The choice was clear: democracy or fascism. Radical forces rose, the middle class rebelled, and conservatives misjudged Hitler, leading to the rise of one of history's most brutal dictatorships.

Jens Bisky explores the fall of the Weimar Republic through the eyes of politicians, journalists, and officers, offering a sweeping look at a turbulent time that still impacts us today.

*"The historical dynamics are reflected in the narrative dynamics ... clever and vivid." DIE ZEIT*



October 2024 · 640 pages

Luisa Neubauer

## WHAT IF WE ARE BRAVE?

- A clever and inspiring analysis.
- Neubauer's books have sold over 20,000 copies each.
- One of her previous books was sold to the US (Brandeis University Press).
- English sample translation available.

### How can we bravely confront the climate crisis? A plea for hope.

For years, people have been fighting for the future habitability of our planet. Luisa Neubauer is one of them. Yet, to this day, the world fails to democratically organize the necessary climate protection. Why is not more happening, even though the scientific facts have long been known? Where does the anti-climate aggression from the right come from? Why do even the visible climate catastrophes not lead to a societal shift in thinking? In her book, she also asks what climate change means for our democratic society and puts her finger on the wounds of our time.

Luisa Neubauer analyzes the power struggles behind the climate crisis, uncovers the fossil roots of our democracy, and illustrates what a realistic utopia on our planet could look like.

*"Luisa Neubauer is not only rhetorically and strategically strong and versatile, not only charismatic, but she is also an intellectual." taz*



January 2025 · 144 pages

Annette Kehnel

## THE SEVEN DEADLY SINS – Human Knowledge for the Age of Crisis

- Historiography as it should be: innovative, thrilling, urgent and relevant.
- Rights for Kehnel's previous bestselling title were sold to Korea, the Netherlands, Turkey, the UK and the US.
- English sample translation available.

In a time of crisis, we struggle with the "more and more" mindset, yet ancient wisdom offers a way out. Annette Kehnel takes us back to the Middle Ages, where the teachings of the seven deadly sins reveal timeless lessons still relevant today. Each sin reflects aspects of human life: lust, greed, anger, envy, and pride – all showing paths to balance and harmony. Kehnel uncovers how this wisdom can guide us in transforming both ourselves and the world.



September 2024 · 400 pages

Maggie Schauer

## THE WORLD'S EASIEST PSYCHOTHERAPY – Treating Stress and Illness, Breaking Trauma and Violence

- An innovative, well-founded and easy-to-use method for understanding and healing trauma from a top expert in the field.
- English sample translation available.

Dr. Maggie Schauer, a leading psychotraumatologist, explains that trauma can stem from domestic violence, abuse, illness, and other life challenges. Often, those who cause harm have experienced violence themselves. Trauma impacts relationships and can be passed down through generations. Schauer co-developed "Narrative Exposure Therapy", an evidence-based method using autobiographical storytelling to help individuals resolve trauma and break the cycle of suffering.



August 2024 · 320 pages

Dominik Spent

## THE 6 MINUTE SLEEP JOURNAL

- Finally a good night's sleep!
- 2 MIO copies of Dominik Spent's journals sold world-wide!
- Rights to *Das 6-Minuten-Tagebuch* were sold to 20 countries!

Studies show that good sleep is key to health and happiness, even more important than diet and exercise. Yet 80% of working adults sleep poorly. This book, using the proven 6 Minutes Principle®, helps you join the 20% who sleep well. It blends sleep research with journaling to identify and adjust the factors hindering your rest. Just six minutes a day can lead to better sleep and happier days.



October 2023 · 304 pages

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