Autumn 2024

Foreign Rights Guide

NON FICTION



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Catharina Hamm: Save Your Heart! Start Into a Heart-healthy Life

- All the female heart needs in everyday life, during pregnancy and menopause
- For readers of Sheila de Liz and Yael Adler

Healthy hearts beat longer

Our heart beats tirelessly, 100,000 times a day. Women's hearts are smaller than men's hearts and still manage to beat for two during pregnancy. But mental stress, poor nutrition, and lack of exercise are a major problem. One that can end fatally: The number one cause of death in women is cardiovascular disease. With medical facts, personal experiences, and practical tips, Hamm explains what a heart-healthy longevity lifestyle can look like and when to start with heart care. Spoiler: It's never too early. And now would be good.



Catharina Hamm Save Your Heart! Start Into a Heart-healthy Life ca. 256 pages December 2024

Genre: Self-Help / Parenting, Non-Fiction



Catharina Hamm, born in 1981, is a senior physician at a large heart center and has been working as a cardiologist and emergency physician for more than 15 years. She is also an expert in sports medicine as well as gender medicine with a focus on menopause.

Tessa Randau: Courage Begins in the Heart - Let Go of Your Inner Fears

- A book of courage on the topics of fear and panic attacks
- Authentic, emotional, powerful: a wonderful story lovingly illustrated in two colors



Tessa Randau Courage Begins in the Heart - Let Go of Your Inner **Fears**

272 pages January 2025

Genre: Self-Help / Parenting, Non-Fiction

True freedom can only be found within

A woman in her late 30s lives a normal life until she suddenly suffers a panic attack. From then on, fear seems to be omnipresent: in the supermarket, on the highway, at work, and in restaurants. With the help of therapy, the woman uncovers the important decisions she has avoided for far too long: She learns how to break old patterns and stand up for herself and her convictions. She blossoms, learns to be less perfect, to accept help, to simply let go.

A story about a time of change in which the narrator gains a new inner freedom.



Tessa Randau is an author, journalist, and counsellor specialising in stress and burnout. Her first two books were Spiegel bestsellers. She is in her mid-forties, loves her wrinkles and grey hair and lives by one motto: find as much joy in the everyday as possible.

Backlist



Tessa Randau The Forest, Four Questions, Life, 128 pages

May 2020

Licenses sold: Czech Republic, Denmark, France, Republic of Korea, The Netherlands, Norway, Spain



Tessa Randau The Mountains, the Fog, Love and

September 2021

Licenses sold: Czech Republic (Nakladatelství Kazda), France (Hachette)

Lilia Vogelsang: Soul Talk – The Art of Asking Clever Questions

- Fulfills the yearning for real conversations, especially for a younger audience
- Contains practical help with questions about longings, secrets, memories and wishes
- No more boring small talk smart, charming, funny

Better relationships thanks to really good questions

What dreams do my parents actually have? How did my siblings perceive our childhood? What exactly makes my role model so successful? And how does my best friend imagine her retirement? Those who ask good questions are perceived as more clever. Good questions convey appreciation, they build trust, and the resulting conversations help protect against loneliness. Lilia Vogelsang knows how to develop really good questions, how to turn them into deep talk, and why profound conversations and good relationships are so important.



Lilia Vogelsang
Soul Talk - The Art of Asking Clever Questions
240 pages
September 2024

Genre: Self-Help / Parenting, Psychology



Lilia Vogelsang studied political science and sociology in France and Amsterdam. She founded her own company in 2022. The author is a communication consultant and trained conflict mediator, who focuses on language and methodologies that help people understand each other, overcome differences, and forge ties.

Eckart von Hirschhausen: The Penguin Story – Taking to Life Like a Penguin to Water

- Learning from penguins for life: A touching, enlightening story
- Illustrated with photos: Self-help with an eye to nature
- For readers of Richard Bach and Sergio Bambaren





Eckart von Hirschhausen The Penguin Story – Taking to Life Like a Penguin to Water

ca. 128 pages January 2025 4c photos

Genre: Self-Help / Parenting, Philosophy, Non-Fiction

Find your element and grow

Ever since Eckart von Hirschhausen was able to observe penguins on a cruise, he has known that they sussed it – the right life! What caused his insight? Hirschhausen had looked with pity at one of the small round animals in a chic tailcoat. Somehow, the little penguin appeared unwieldy, slow, and fragile on land. But then it jumped into the water and began to dance, to hunt, to move through the water at the speed of an arrow and in the most agile manner. That was the point when he knew: That animal is in its element. And it's only there that it can fully develop. From that point on Hirschhausen couldn't shake off this idea: What if we just need to find our element? Instead of wasting our energy on fighting our weaknesses and ultimately remaining no more than mediocre, we should find out what we are really good at and work to improve.



Eckart von Hirschhausen, M.D., was born in 1967 and is Germany's best known general practitioner. He is one of the most successful non-fiction authors and works for several charities and foundations. Medical information is brought home effectively through his wonderfully humorous presentation. Eckart von Hirschhausen has his own TV-shows as well as a national health magazine.

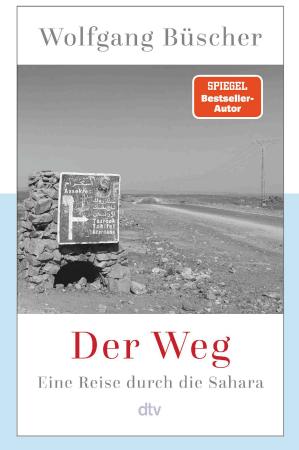
Wolfgang Büscher: The Path. A Journey Through the Sahara

- Travel literature in the tradition of Fermor, Sebald, and Chatwin
- »Büscher's books are among the best that have appeared in the German language in recent years.« Der SPIEGEL
- Previous books by this author were sold into 9 languages



Across the Sahara to the hermit's mountain with a Tuareg

Deep in the Algerian desert there is a house, rough, on a high plateau, it has a single room. A sanctuary, a retreat. The man who built it was happy there. He had been drawn ever deeper into the desert; until he was all alone. At night with the stars, and when he stepped out the door in the early hours of the morning, he looked into an infinite landscape of yellow mountains. This was the image that prompted Wolfgang Büscher's desire to go there. A travelogue about Charles de Foucauld, the man who built his house in the Hoggar Mountains.



Wolfgang Büscher The Path. A Journey through the Sahara ca. 240 pages January 2025

Genre: General Non-Fiction, Philosophy

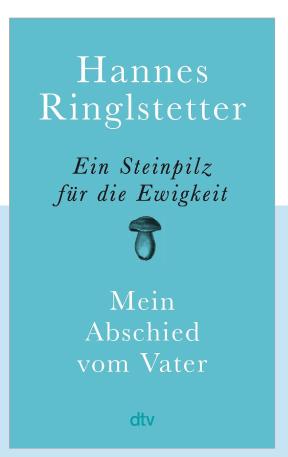


Wolfgang Büscher made his name with his book *Berlin – Moscou. A Journey on Foot* in 2003. 100,000 copies were sold and it was translated into many languages, rebooting German-language travel literature at the time. His books about travels through Germany, America, Jerusalem – and most recently his home country in Hesse were also published to great acclaim.

Hannes Ringlstetter: A Porcini Mushroom for Eternity

- Taking Leave of My Father

- A book about a special father-son relationship, about closeness and strangeness, love and death
- Touching, conciliatory, and thoughtful



Hannes Ringlstetter A Porcini Mushroom for Eternity – Taking Leave of My Father

160 pages October 2024

Genre: Biographies / Memoirs, General Non-Fiction

We need to learn how to deal with finality

When the news that Hannes Ringlstetter has feared for years comes, he knows what to do: He wants to find a porcini mushroom and give it to his father on his 'last journey'.

Thoughtfully and touchingly, the author grapples with the figure of his father, and seeks to deal with the finite nature of human life. Ringlstetter paints a multi-layered picture of his father as a 'humanist Christian world explainer', who also had a dark side. Ringlstetter writes about his father's last will and words, about illness, death, taking leave, and what it feels like to witness the once so eloquent 'old man', hardly being able to express himself anymore. A book full of warmth and affection.



Hannes Ringlstetter, born in 1970, grew up in Lower Bavaria, studied German and history, and toured with a band, first through the countryside, then throughout German-speaking Europe. He has his own TV show, works as an author and cabaret artist and appears as an actor. Hannes Ringlstetter lives far out in the countryside.

Cordula Stratmann: Where Was I? Ponderings and Flashes of Inspiration

- Sharp, profound, serious, and humorous
- Explosive social topics and entertaining everyday observations

The trivial and human, the political and personal – pointedly dissected

When should you think through all the questions that life raises? As soon as you believe that you've finished, the next question comes up. Cordula Stratmann is still trying nevertheless. She considers the things of our existence, ants and parental love, diversity and wokeness, sports and glasses. Astutely and sometimes very seriously, she pokes around where it hurts and makes us laugh where only cheerfulness helps. The reader gets up close and personal to the author, as well as with her experience as a therapist, mother, and comedian.



Cordula Stratmann Where Was I? Ponderings and Flashes of Inspiration 240 pages September 2024

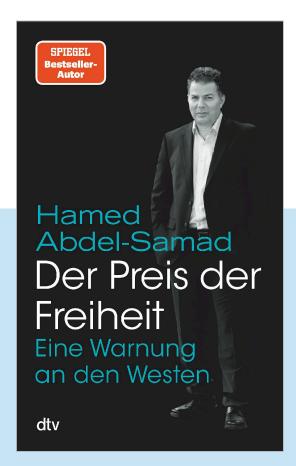
Genre: General Non-Fiction



Cordula Stratmann, born in Düsseldorf, is considered one of the funniest women in Germany. Being an award-winning comedian, she also impresses as an actress in numerous television and movie productions. Last but not least, she is a successful author. For several years, she has also been working in her main profession as a systemic family therapist.

Hamed Abdel-Samad: The Price of Freedom – A Warning to the West

- »He is an Egyptian Salman Rushdie.« Süddeutsche Zeitung
- his book is a very personal text and a warning to all of us: Fight for freedom!
- Author internationally published in 15 territories



Hamed Abdel-Samad
The Price of Freedom – A Warning to the West
288 pages
October 2024

Genre: Current Affairs, Politics / Economics

Those who question freedom are attacking the basis of our lives

The open societies of the West are threatened by authoritarian, external opponents and by right-wing, left-wing and religious fundamentalists from the inside. For decades, countries have underestimated radical minorities and allowed them to enter through migration. But they do not tolerate either freedom of expression or equality for all. Identitarians from the right and left are poisoning the public climate, anti-Semites and enemies of the state have flung off their masks.

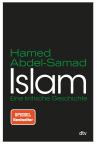


Hamed Abdel-Samad studied English, French, Japanese, and Political Science. He has worked for UNESCO and held a professorship in Islamic Studies at the University of Erfurt and at the Institute for Jewish History and Culture at the University of Munich. Abdel-Samad is one of the most profiled Islamic intellectuals in the German-speaking world. As a result of his taboo-breaking autobiography an official fatwa was placed on him in 2013. Since then, he has lived under permanent police protection.

Backlist



Hamed Abdel-Samad For the Love of Germany - A Warning Call 224 pages September 2020



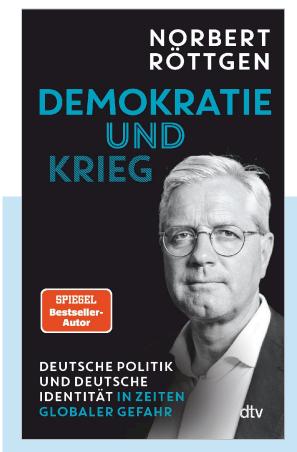
Hamed Abdel-Samad Islam – A Critical History 320 pages January 2023

Norbert Röttgen: Democracy and War – German Politics and Identity in Times of Global Danger

- Germany's leading foreign policy expert analyzes current existential threats and formulates clear solutions
- Trump's reelection would be a fiasco for Europe, but even without it, our security must become a European matter
- Complete English translation available

Outside and inside: Germany and Europe must be able to defend themselves

Russia's war, the Hamas' war and Israels military response, China's aggression against Taiwan, and the conflict with the West. America is being pushed to the limits of its foreign policy and is divided internally. In Europe, traditional parties on the middle of the political spectrum are shrinking or disappearing, while populist rejection of the system is gaining ground. Norbert Röttgen analyzes how the wars that threaten Europe cause an aggravation of social conflicts and, at the same time, problems of legitimation in Western democracies. Foreign policy and the state of democracy have become inseparable. Notwithstanding all of this, the good news is: Politics can make a difference.



Norbert Röttgen
Democracy and War – German Politics and Identity in
Times of Global Danger
240 pages
September 2024

Genre: Current Affairs, Politics / Economics





Dr. Norbert Röttgen, born in 1965, is a lawyer and has been a member of the German Bundestag since 1994. He was parliamentary director of the CDU/CSU parliamentary group, Federal Environment Minister and chairman of the Foreign Affairs Committee, of which he is also a member during the current parliamentary term.

Eckart Lohse: The Deception – Angela Merkel and Her Germans

- Sobering but fair: For those who want more than Merkel's autobiography
- Exclusive interviews: Merkels political environment talks more openly than ever before
- The investigative report on the Merkel power apparatus





Eckart Lohse
The Deception - Angela Merkel and Her Germans
336 pages
September 2024

Genre: Current Affairs, Politics / Economics

Failures from Merkel's 16 years in office raise questions. Here's the answer.

Germany is disappointed and Merkel's policies have failed in many fields: Russia, energy, defense, integration. The climate-friendly reconstruction of the fourth-largest economy has stalled. What looked like stability and what Germany was envied for internationally was frequently patched together.

While writing this book, Eckart Lohse talked to numerous politicians about what drove Merkel and what slowed her down. His insight: Adaptation for the sake of maintaining power shaped her government's action. She lacked the ideas to lead the country into the future.



Eckart Lohse, born in 1962, studied Political Science, Modern History, and Romance Philology in Bonn. He wrote his dissertation in Paris and Munich about France and the division of Germany in the 1950s. He was an editor at the *FAZ*; and from 2003 to 2014, a leading political correspondent for the *Frankfurter Allgemeine Sonnagszeitung*. Afterwards he returned to the parliamentary editorial office of the FAZ, which he has been leading since 2018.

Judith Kohlenberger: Against the New Harshness

- A bold plea that bridges the gap between European asylum policy and social coexistence for all
- »A clever and important book that will hopefully turn the debates upside down.« Jagoda Marinić

A strong appeal for a society of openness and empathy

A new harshness in words and in actions has emerged since Europe's great 'refugee crisis' in 2015. The normalization of the suffering and misery at our borders made us more indifferent, apathetic, and colder toward minorities and marginalized people. The strategy of trying to undermine 'the right' by taking over their positions and discourses has had a fatal effect. The author impressively shows the high price we pay for our isolation from our fellow beings – and opposes this with openness and empathy.



Judith Kohlenberger Against the New Harshness 256 pages June 2024

Genre: Current Affairs, Politics / Economics

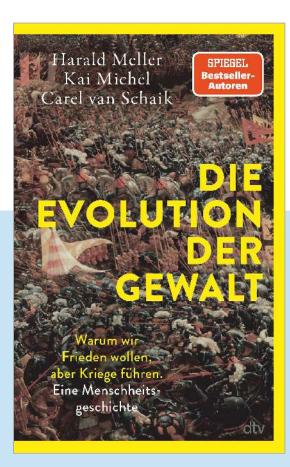


Judith Kohlenberger is a cultural scientist and migration researcher. Since autumn 2015, she has been researching and teaching about refugees, asylum, and belonging, among other places at the Vienna University of Economics and Business, the Austrian Institute for International Politics, and the Jacques Delors Center of the Hertie School in Berlin. Her work has been published in international journals and has received many awards.

H. Meller, K. Michel, C. v. Schaik: The Evolution ofViolence – Why We Want Peace But Are Waging Wars

- Provides orientation on the current topics of war and violence in the world
- Written by three successful non-fiction authors with extensive expertise





Harald Meller, Kai Michel, Carel van Schaik The Evolution of Violence – Why We Want Peace But Are Waging Wars

368 pages October 2024

Genre: Politics / Economics, Current Affairs, History

Licenses sold: Dutch rights under option

Why war is not fate

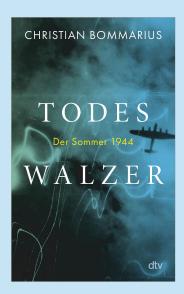
The unimaginable has occurred: War is back – and it is threatening us all. Was the long peace in Europe just a brief interlude? Are we doomed because we simply cannot counteract our warlike nature? It's high time to trace the evolutionary roots of violence. These three best-selling authors set off to tell a different kind of history of humanity. They present current research on chimpanzees and bonobos, trace the archeology of murder and manslaughter, and show how war has made despots and states, but also great gods. Their message: We are not condemned to war, but if we are not careful, we can easily fall victim to it.

Harald Meller is one of the most prominent archaeologists in the world. As a state archaeologist for Saxony-Anhalt, he saved the Nebra Sky Disk from criminal circles despite considerable personal risks. Meller wrote the bestsellers, The Sky Disk of Nebra, Reach for the Stars, and The Mystery of the Shaman with Kai Michel.

Kai Michel is a historian and literary scholar. Working with Carel van Schaik, he read the Bible as a Diary of Humanity; together they presented an award-winning analysis of the invention of gender inequality in The Truth About Eve, and explained why we are living in a state of emergency in Being Man.

Carel van Schaik is a behavioral scientist and evolutionary biologist. He researches the roots of human culture, cooperation, and intelligence in apes and spent many years observing orangutans in the jungles of Indonesia. He was professor at Duke University in the USA and professor of biological anthropology at the University of Zurich, where he was director of the Anthropological Institute and Museum as wel

20th Century History Titles from the Backlist



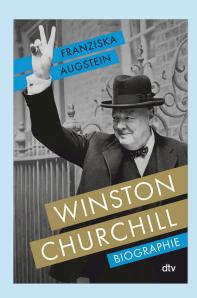
Christian Bommarius Death Waltz – The Summer of 1944 320 pages January 2024

Genre: History, Non-Fiction



Christian Bommarius The Fever of Unrest – Germany 1923 352 pages February 2023

Genre: Non-Fiction, History



Franziska Augstein Winston Churchill – A Biography 624 pages March 2024 b/w photographs

Genre: Biographies / Memoirs, Non-Fiction

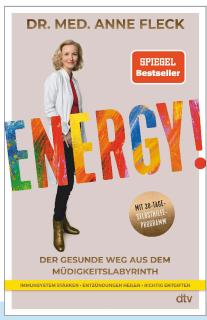


Hauke Friederichs
The Sign of the Flame – Stalingrad, the
White Rose and a Foredoomed Love
336 pages
August 2022

Genre: History, Non-Fiction

Anne Fleck: Energy! – Escaping Fatigue in a Healthy Way

Marianne Koch: Healthy Ageing – How to Remain Mentally Fit and Active



Anne Fleck
Energy! – Escaping Fatigue in a Healthy Way
432 pages
March 2021

Genre: Non-Fiction, Self-Help / Parenting, Bestseller Non-Fiction

Licenses sold: Albania, Bulgaria, PR China, Czech Republic, France, Italy, Latvia, The Netherlands, Spain



Marianne Koch Healthy Ageing – How to Remain Mentally Fit and Active 144 pages May 2024

Genre: Self-Help / Parenting, Non-Fiction

A fresh start, new energy and a healthier life!

Lack of energy, just like hunger and thirst, is a bodily function which keeps us alive and safe from fatigue and exhaustion. But when sleep is no longer restorative, we experience a different kind of tiredness. One that makes us feel ill and the roots of which we are often unable to identify. Anne Fleck is here to help with her invaluable self-tests, recipes, stories from her practice, and checklists for your GP visits. With this being the first ever comprehensive book on fatigue, she gets to the bottom of the matter, doing so clearly and engagingly.

Let's talk about how we can protect our brains from ageing

We have been taught how to look after our bodies (for the most part). But what is missing is a conversation about our brains – how can we preserve our mental abilities as we age?

Every heartbeat, every thought, and every feeling is determined by our nerves. But how do they age? How does the brain actually age? And what can we do to keep it working, to keep ourselves young and healthy on the inside? Marianne Koch delves into the science of what protects us against Alzheimer's and dementia. She explores why it is so important for our cognitive reserves to continue learning throughout our lives, why we should pay attention to good sleep, and what we can do to avoid loneliness in old age.

Tanja Michael & Corinna Hartmann: 55 Questions To The Soul

Vince Ebert: Keep Calm and Talk about Climate Change



Tanja Michael, Corinna Hartmann 55 Questions To The Soul 304 pages June 2023

Genre: Self-Help / Parenting, Non-Fiction



Vince Ebert Keep Calm and Talk about Climate Change 224 pages September 2022

Genre: General Non-Fiction, Current Affairs, Non-Fiction

Licenses sold: Italy (Liberi Libri)

Contentment is a matter of looking after yourself

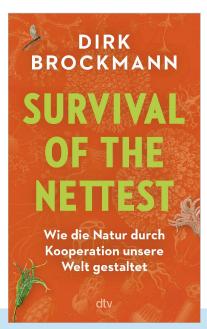
We've been through one crisis after another for what feels like an eternity, and our worries are constantly increasing. On top of that, everyone has their individual pressures at home and at work. It's enough to stress-test even the most resilient among us. It's high time we asked ourselves what we can do to stay healthy and turn our lives into something we can love living again. The psychologists Tanja Michael and Corinna Hartmann know that we all possess immense powers of self-healing. They draw on the latest research findings and translate these into advice that can be applied to everyday life, showing us how to develop good habits and regain our psychological equilibrium.

Don't panic – there are flashes of inspiration to be found

Can a nation overwhelmed by the task of building an airport really save the world from the climate crisis? And can global warming really be brought under control by leaving the freezer door open? In his own humorous style, physicist and cabaret artist Vince Ebert questions our ambition to save the planet. Climate research is an objective science. Climate policy, on the other hand, is up for negotiation. We may be doing the wrong things for the right reasons. It's clear that our planet is warming – what's questionable are the actions we take. Could adapting to climate change be more effective than trying to prevent it? What do we do if the 1.5-degree target can't be met? Do we need to rethink nuclear energy? Ebert makes a long overdue plea for a debate with eyes wide open.

Preview

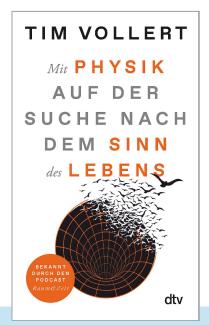
Dirk Brockmann: Survival of the Nicest – How Nature Shapes Our World Through Cooperation Tim Vollert: Searching for the Meaning of Life with Physics



Dirk Brockmann
Survival of the Nicest – How Nature Shapes Our World Through
Cooperation

ca. 240 pages June 2025

Genre: Popular Science, General Non-Fiction



Tim Vollert Searching for the Meaning of Life with Physics ca. 240 pages February 2025

Genre: Popular Science

Cooperation and diversity will be the solution to overcoming the crises of our age

Violence and brutality are splashed across the news day after day, making it hard to think of ourselves as team players. While it's true that 'survival of the fittest' is central to the development of life, it is only one side of the coin. Equally important are the remarkably stable 'design' principles such as symbiosis - no animal and no plant can survive without it. Moreover, competition and cooperation complement each other. While competition and rivalry ensure gradual optimisation, cooperation leads to innovation and entirely new structures. Dirk Brockmann argues that cooperation and diversity will be the solution to overcoming the crises of our age.

Life can't be a mistake

You won't be able to sleep for nights on end once you realise how infinitesimally small you are in the infinite vastness of the universe. Our world has existed for eons, but humanity has only existed for two million years. So what is the meaning of life? There is an answer to this, says science influencer Tim Vollert, and it lies in physics. The sum of our particles is a logical sequence of natural laws. He takes us on a journey from the Big Bang to cold death by hypothermia and explains the findings of physics and biological processes to get to the bottom of the meaning of life.

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