

BELTZ

Non-fiction
and guidebooks:
Fall 2026



Specific ideas. Good conversations. Better schools.

Saskia Niechzial

is a primary school teacher, education campaigner, SPIEGEL bestselling author and mother of four. For many years, she has been campaigning for the overhaul of the ageing German education system. Her motto is: 'Heart is key!' Hundreds of thousands of readers follow her blog www.liniert-kariert.de and her Instagram account of the same name.



liniert.kariert
(273,000 followers)

The child doesn't want to go to school – "It's the teacher's fault." Another child still can't read – "No wonder, with parents like that." Instead of working together, parents and teachers waste valuable energy on daily clashes. As an education campaigner, teacher and mother, Saskia Niechzial understands both sides' perspectives. She describes the opportunities offered by a new approach to collaboration which benefits children and also makes school life more enjoyable for parents and teachers. With a practical, committed and empathetic approach, she shows parents and teachers concrete ways to overcome differences.

- Real-life quotes that trigger 'I get it now' moments on both sides
- Communication tips and practical adjustments for crisis discussions
- Practical ideas that make school a little better every day



Over 50.000 copies sold



Over 30.000 copies sold

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Saskia Niechzial

Heart is Key
How parents and teachers can work together to improve schools. Ideas for a new way of working together

Contents: 2-colour softback with flaps, approx. 240 pages | approx. €22

ISBN 978-3-407-86968-5
Publication date: 27 August 2026

TOP TITLE

Working together rather than against each other – new approaches to parent-teacher communication

By the bestselling author, expert and one of the leading voices on the subject of school

The only book that examines the perspectives of both parents and teachers



40 Myths fact-checked



© Delfel Schneider Photography

Prof. Dr Tobias Schuwerk

is a developmental psychologist and psychological psychotherapist for children, adolescents and adults at Ludwig Maximilian University in Munich.

Dr Julia Berkic

is an attachment researcher and developmental psychologist and works as a research officer at the Bavarian State Institute for Early Childhood Education and Media Competence in Amberg (IFP).

Does giving too much comfort spoil a child? Does childcare outside the home harm the parent-child bond? Parents are often unconsciously influenced by false, misleading and insufficiently substantiated claims that are passed on uncritically by those around them. These myths cause anxiety and lead parents to act against their instincts. In this book, developmental psychologists Prof. Dr Tobias Schuwerk and Dr Julia Berkic have interviewed over 20 leading experts to find out what is really true and debunk the most persistent myths surrounding the development and upbringing of children aged 0–6.

- Featuring exclusive contributions from over 20 leading experts in education, developmental psychology, neurobiology and many other fields.
- Scientifically sound, clearly explained and practical
- Relieving the burden and empowering parents to raise their children independently

With contributions from, among others, Dr Herbert Renz-Polster, Dr Nicole Strüber and Prof. Stefanie Höhl



“Children who are not breastfed get sick more often”, “Girls start speaking earlier” – fact-checking these and other myths

Scientific findings from renowned experts presented in an engaging and entertaining way

Encourages parents to listen to their intuition

Tobias Schuwerk / Julia Berkic
Childhood: What's True, What isn't?
Parenting myths checked by experts

Contents: 2-colour softback,
approx. 256 pages | approx. €22

ISBN 978-3-407-86923-4
Publication date: 24 September 2026

5 types of parents, and they can all remain true to themselves



Nina Grimm
is a family psychologist, mother of two and a SPIEGEL bestselling author. She advocates a new approach to couples and parenting counselling that does not sugar-coat things, but honestly addresses what many people experience – and offers specific solutions.
www.ninagrimm.de

Everyone’s talking about attachment parenting – yet many parents find themselves at their wits’ end in everyday life. Family psychologist Nina Grimm encourages parents to tailor this approach to their own needs: using her model of five parenting styles, she outlines practical ways in which different types of parents can effectively support their children. Wild parents can stay wild, creative parents can relax routines, and quiet parents can take time to retreat. Staying true to oneself not only takes the pressure off the parents themselves but is also a key building block for a strong parent-child bond.

- Different parents need different strategies to make everyday life work
- Finding your own individual path rather than parenting dogmas
- Parenting without comparisons and guilt
- Guidance rather than the pursuit of perfection

FEATURED TITLE



The first book on attachment parenting that takes parents’ personalities into account

An important contribution to the current debate on parents suffering from needs-oriented burnout

Bestselling author and one of THE leading voices in the parenting market with a wide reach

Nina Grimm
A Lioness Doesn’t Need to be Able to Chirp
Parenting without compromising

Contents: 2-colour softback with flaps,
approx. 224 pages | approx. € 22

ISBN 978-3-407-86970-8
Publication date: 22 October 2026

The child is growing up – what will the parents become?



© Christian Klein

Nils Pickert

is an author, journalist and feminist. In addition to his columns in *Men's Health*, *Der Standard* and the *Swiss magazine Grosseltern*, he writes for *Die Zeit* and *Eltern*, among others. In 2022, Beltz published his book *Lebenskompliz*innen*, which explores love and equality. Two of his four children moved out last year. He lives in Münster with the rest of his family.

 **pickinese (13,000 followers)**

One moment we were still carrying them in our arms, the next they're setting off to live their own lives. Generation Z is growing up, and we parents, who have guided them with a focus on their needs and on building a bond, are left behind. How do we deal with this? Who are we as parents, caught between closeness and autonomy, without overstepping the mark? And what becomes of us now that we no longer have the 'job of raising children'? In a clever and entertaining way, Nils Pickert invites parents to look into the mirror of self-awareness and celebrate their relationship with their adult child.

- For all parents with Gen Z children aged between 16 and 25
- A relatable book full of self-deprecating humour and anecdotes on how parents can stay calm and connected when their children move out
- Drawing on insights from generational research and psychology



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Nils Pickert

When Parents Spread Their Wings

How to survive our children growing up – and even come to love it in the end

Softback, approx. 224 pages | approx. €22

ISBN 978-3-407-86839-8

Publication date: 24 September 2026

Gen Z is growing up – how can we have good relationships with them?

A supportive source of inspiration for parents of children growing up

Helps parents develop emotional clarity and a positive outlook

Don't panic – practical tips for greater child safety



© Hannah Ruppelt

Larissa Meier has been working as a paramedic and first-aid instructor since 2010. Another area of her work that is in increasingly high demand is safety advice for parents. She shares her expertise with hundreds of thousands of followers on @erstehilfe-kind on Instagram and TikTok, in first-aid courses and in online magazines.

In Germany alone, around 1.9 million children under the age of 15 require medical treatment following accidents every year. As a safety advisor and paramedic, Larissa Meier sees it every day: a great many injuries, serious illnesses and accidents could be prevented. In her new book, she shows parents how to ensure safety at home and on the go. She helps them to recognise hidden dangers and to pass on risk assessment and prevention knowledge to their children in an age-appropriate way.

- Expert advice on housing, sleeping, eating, playgrounds, transport and sport
- Maximum safety even as children become more independent (from infancy to around 15 years of age)

Over 15,00 copies sold



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FEATURED TITLE



Explained simply: recognising hidden dangers, taking preventive action, raising children's awareness in an age-appropriate way

By paramedic, safety consultant and bestselling author Larissa Meier

Easy to understand and clearly laid out, with numerous illustrations

Larissa Meier
The Basics of Child Safety
Protecting your child from dangers and accidents – at home and on the go

Two-colour content with illustrations by Marén Gröschel
Hardback, approx. 240 pages | approx. €24

ISBN 978-3-407-86943-2
Publication date: 24 September 2026

Support in dealing with experiences of racism

Racism leaves its mark. Microaggressions and doubts about belonging take their toll on identity, self-esteem and health. Psychotherapist Sanaa Laabich supports those affected in coming to terms with racist experiences. She combines in-depth knowledge with practical exercises that build resilience, help people distance themselves from distorted external perceptions, reflect on negative beliefs and foster a clear, autonomous self-image. A long-overdue, practical guide that helps readers break free from the prejudiced gaze of others.

- By a psychotherapist and someone who has experienced it, for those affected
- Numerous exercises to strengthen identity, body image and resilience
- Helps you find your own voice, free from the labels imposed by others

“A powerful and empathetic book – an indispensable companion for anyone who wants to learn to live empowered against racism.”

Dr Emilia Roig, political scientist and bestselling author



Sanaa Laabich is a psychological psychotherapist. As an empowerment trainer, she runs workshops in clubs and universities across Germany. For the *Barmer Campus Coach*, she creates platform content on mental health for students. www.sanaalaabich.de

FEATURED TITLE



The first guide for people affected by racism, written by an expert and a survivor

A practical guide with numerous exercises

22% of people in Germany have already experienced racism

Sanaa Laabich
Empowered Against Racism

Processing experiences of discrimination, strengthening self-image, developing resilience

Two-colour interior with illustrations; softback with flaps, 224 pages | approx. €22

ISBN 978-3-407-86931-9
Publication date: 27 August 2026

“If only I could do everything as well as I doubt myself”



© Carolin Brandt

Anna Pietzka is a psychologist, systemic counsellor, coach and sought-after speaker on the topic of imposter syndrome. In addition to her practical experience working with clients and hundreds of workshop participants, she also draws on her own personal experience of living with imposter syndrome. Anna Pietzka lives in Thuringia with her family.

The feeling of not being good enough, of having deceived others about one’s own competence, and of having simply been lucky when things went well: Impostor syndrome, also known as the impostor phenomenon, affects around 70 per cent of people at some point in their lives, not just not only at work, but also in friendships, relationships or family life – often without them realising it. Psychologist Anna Pietzka exposes the inner impostor as a fundamental obstacle to happiness and success, as well as a risk factor for mental health issues. Drawing on practical examples, she shows how it is possible to overcome it.

- Distinguishing constructive self-criticism from destructive self-sabotage
- Reflection questions, self-tests and exercises from psychotherapy and positive psychology
- Strategies for personal and professional life to build self-confidence

“In this book, Anna Pietzka answers all the questions that, as someone affected by imposter syndrome, I’ve always felt rather than consciously asked.”

Anna Mendel, author and speaker



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copies sold

FEATURED TITLE



The first book on the subject of imposter syndrome that addresses work, family and personal life

The guide offers practical tips and exercises drawn from psychotherapy

Light-hearted in tone and full of eye-opening moments

Anna Pietzka
Don’t Believe Everything Your Self-Doubt Tells You
How imposter syndrome sabotages your life and how to say goodbye to it

Contents: 2-colour folded booklet,
approx. 256 pages | approx. €22.00

ISBN 978-3-407-86927-2
Publication date: 24 September 2026

Well-founded relaxation tips presented in an entertaining way



Dr Sebastian Altfeld

(M.Sc.) is a psychological psychotherapist, sports psychologist and expert in burnout prevention. In addition to working in his practice, he gives lectures and runs workshops in companies and organisations on stress reduction and recovery. He lives with his family near Iserlohn.

In this unique guide to relaxation and stress reduction, psychologist Sebastian Altfeld tells the story of Leopold, a weary lion in the African savannah. From the wise animals there, he learns that only those who deliberately build breaks into their daily routine and know the right relaxation strategies can avoid stress and exhaustion – and even burnout. This book offers light-hearted yet practical support to finally take relaxation in everyday life seriously and, for example, to shed any feelings of guilt or the worry of being seen as lazy. What's more, this book itself is pure relief and relaxation.

- Helps you easily identify and reduce stressors
- The best recovery strategies, such as physical activity instead of screen time, breathing instead of brooding, and socialising instead of being alone
- Like brushing your teeth: proactive relaxation as part of your daily routine

“For those who know the right relaxation techniques, a weekend can be more restful than a three-week holiday.”

Dr Sebastian Altfeld



**An unusual approach:
strategies for stress relief
and relaxation woven into
an entertaining story**

**The author is an expert in
burnout prevention**

**Helps boost energy for
work, daily life and family**

Dr Sebastian Altfeld

The Tired Lion and the Art of Recovery

How to achieve stress relief, inner peace and serenity
in everyday life

Contents in two colours with illustrations by Dzevad Karic.
Hardback, 240 pages | approx. €20

ISBN 978-3-407-86967-8

Publication date: 27 August 2026

Closeness versus forgetfulness



Hildegard Nachum (right)

is a political scientist and communications expert, and a certified teacher of validation. With many years of experience in training, further education and creative formats, she inspires nursing staff and relatives both at home and abroad. www.nachum.at

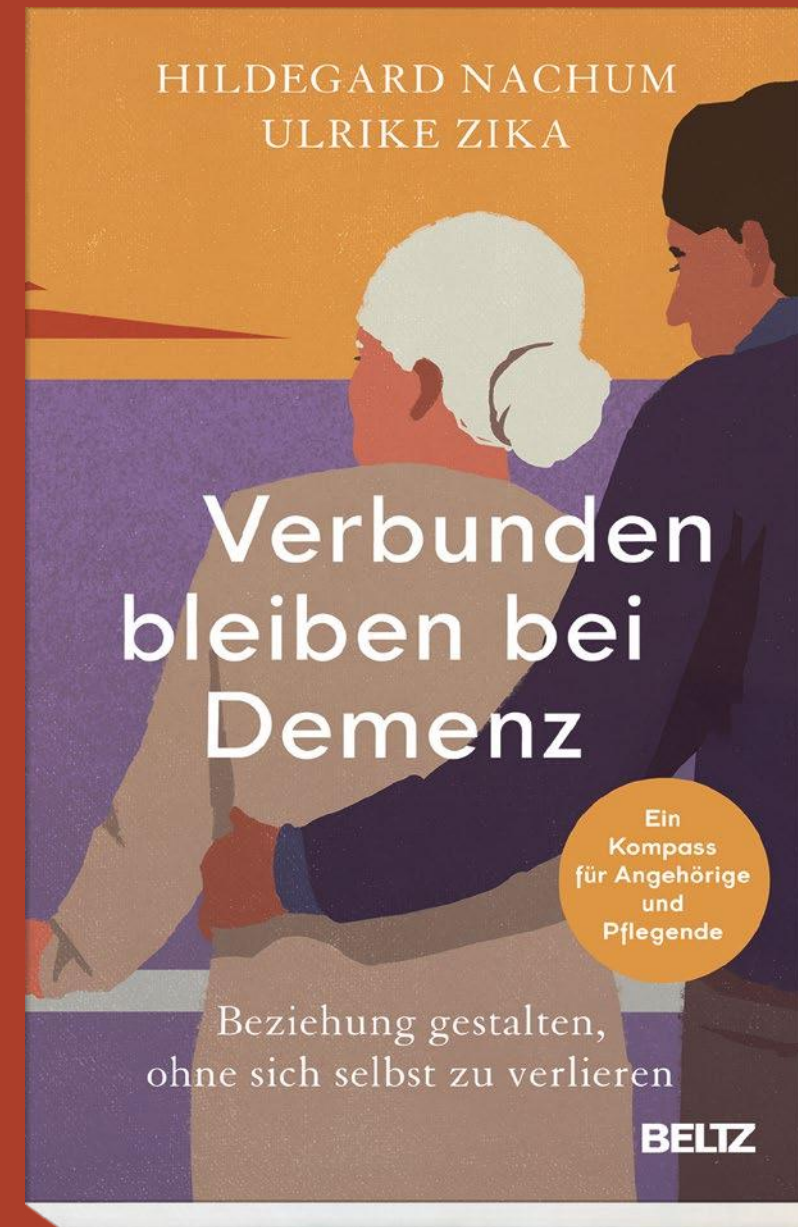
Ulrike Zika (left),

MSc, is an author, social worker, social pedagogue and trainer. With a master's degree in mindfulness, she offers seminars, training courses and talks on mindful self-care, resilience, mindful communication and social-emotional skills. www.ulrikezika.com

How do we stay connected when words fail, memories become fragile and familiar roles fade away? This book offers practical guidance on how to build a positive relationship with people living with dementia in everyday life: through responses rather than corrections, through rituals, music, touch and shared silence. At the same time, it highlights why self-care is essential for this: to maintain patience, release feelings of guilt and be able to offer closeness without becoming exhausted. Case studies, exercises and reflections provide guidance, new ideas and genuine relief.

- For anyone who wants to build relationships with people living with dementia in a way that respects their dignity
- Self-care as a fundamental basis
- 14 qualities of mindfulness, such as non-judgement, patience and compassion

“Dementia changes relationships. With this book, we aim to show how relatives and carers can acknowledge different realities and remain connected with compassion, without losing themselves.” Ulrike Zika and Hildegard Nachum



A compassionate Guide for relatives, showing how closeness and relationships with people with dementia can be maintained

Over 2 million people with dementia in German-speaking countries, 70% of whom are cared for at home

With rituals for mindfulness and self-care

Hildegard Nachum / Ulrike Zika Staying Connected When Dementia Strikes
Shaping Relationships Without Losing Oneself. A guide for relatives and carers

Contents: 2-colour softback,
approx. 256 pages | approx. €24

ISBN 978-3-407-86956-2
Publication date: 27 August 2026

Strong against obsessive-compulsive disorders



Rafaela Stranz
is a psychologist (M.Sc.), a trainee psychotherapist and a PhD candidate in clinical psychology and psychotherapy at the University of Konstanz. She is deeply involved in research into obsessive-compulsive disorders.

 **psychologie.wissen**
(40,000 followers)

Women and girls with Obsessive-Compulsive Disorder (OCD) often find that their symptoms are dismissed as simply being ‘hard-working’ or ‘responsible’. Yet the distress they experience is immense: recurring fears, doubts or aggressive thoughts lead to agonising anxiety, feelings of shame and compulsive behaviours. Psychologist and OCD expert Rafaela Stranz helps those affected to understand the symptoms of OCD and explains how to stop compulsive spirals. She provides specific exercises that empower them to combat their compulsions and help prevent relapses.

- Comprehensive information for affected women and girls aged 10 and above
- Overcoming obsessive thoughts and behaviours
- With self-help exercises

“In public discourse, obsessive-compulsive disorder is often reduced to stereotypes. Much of what those affected actually experience remains unseen. Rafaela Stranz has been publicly campaigning for awareness and destigmatisation for years. This book is an important contribution to raising awareness.”

Martin Niebuhr, founder of OCD Land

Over 50,000 copies sold



Christine Carl
Isabene Ditrich
Christa Koentges
Swantje Matthias

Die Welt der Frauen und Mädchen mit AD(H)S

Warum sie so besonders sind und was sie stark macht

ISBN 978-3-407-86704-9

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Manon Mannherz
Isabene Ditrich
Christa Koentges

Die Welt autistischer Frauen und Mädchen

Warum sie anders genau richtig sind

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Swantje Matthias
Wibke Jansarik

Die Welt der Frauen und Mädchen mit Borderline

Wie sie Halt finden in einem Leben zwischen Extremen

ISBN 978-3-407-86835-0

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Drawing on the latest research findings, this guide sheds light on the symptoms and experiences of women with OCD

Psychologically grounded self-help for affected women and parents of affected girls

Over 2 million people affected in Germany



Rafaela Stranz
The World of Women and Girls with OCD
How they overcome distressing thoughts and compulsive behaviours

Contents: 2-colour softback,
approx. 240 pages | approx. €22

ISBN 978-3-407-86964-7
Publication date: 24 September 2026

Our double standards cement the alcohol problem



© Claudia Hehnert

Prof. Dr Georg Schomerus

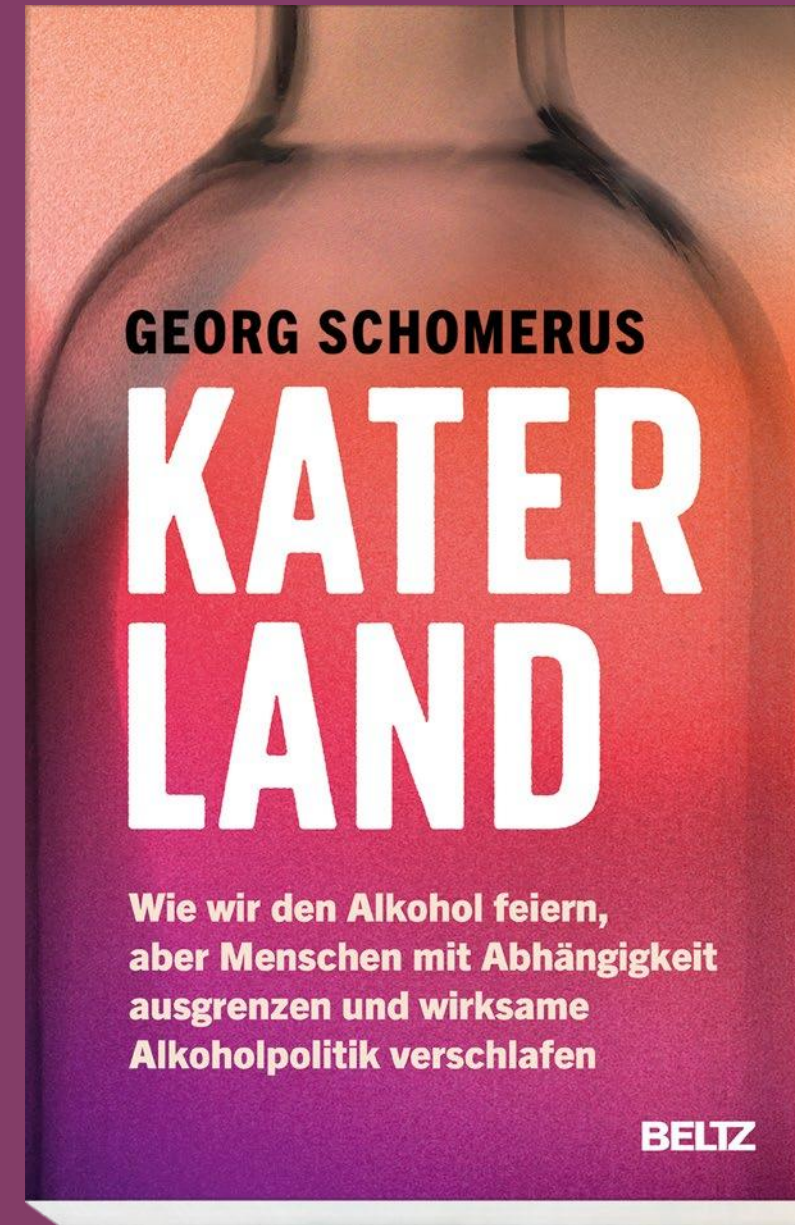
is a specialist in psychiatry and psychotherapy and has been Director of the Department of Psychiatry at Leipzig University Hospital since 2019. He has been conducting research for over 15 years the stigma surrounding addiction and is regarded in Germany as a leading expert in this field.

Germany is a country that loves alcohol. At the same time, we despise those who become dependent on it. Stigma researcher Georg Schomerus shows how this double standard renders those affected invisible, prevents them from seeking help and blocks effective alcohol policy. He explains in an accessible way why it is not personal weakness, but rather social structures and economic interests that make people ill. A fact-based reality check that shifts the responsibility for dealing with alcohol to where it belongs: at the heart of society.

- Stigmatisation has been shown to lead to secondary conditions
- Relief for relatives and those affected
- specific measures for support, prevention and change

“Georg Schomerus is a godsend for science and society. Like few others, he knows how to combine professional expertise with a human touch.”
Nathalie Stüben, podcaster and author

“This book was long overdue. A passionate manifesto for recovery.”
Mia Gatow, journalist and author



The first comprehensive guide to the stigma surrounding alcohol, by an expert

Highlights the failure of policy and how the industry profits from alcohol consumption

In the DACH region there are around 2.2 million alcoholics plus their families

Georg Schomerus Hangover Land

How we celebrate alcohol, yet exclude people with addiction and fail to implement effective alcohol policies

Softback, 208 pages | approx. €22

ISBN 978-3-407-86939-5

Publication date: 27 August 2026

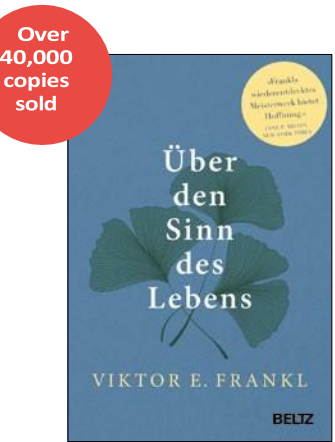
Viktor E. Frankl and the Power of Meaning

What prevents people in modern society from living a good life that they perceive as meaningful? Is it alienation due to a lack of resonance, as socially critical voices claim? Or alienation, because people have lost their sense of meaning, as Viktor E. Frankl puts it? **Meaning in Spite of Everything** brings together five texts by Frankl that demonstrate how an individual's responsive relationship with the world, and meaning in spite of everything, are possible – even under the fast-paced and alienating conditions of the commodification of humanity and the world.

- An introduction by the editor, René Salomon, to key concepts such as alienation, resonance and unavailability
- Placing Frankl's meaning-centred approach in the context of resonance theory
- Frankl always considers meaning to be possible, even in times of crisis

“Frankl’s writings are of immense power and astonishing relevance. They encapsulate, in condensed form, the entire body of thought of this great doctor and psychotherapist.”

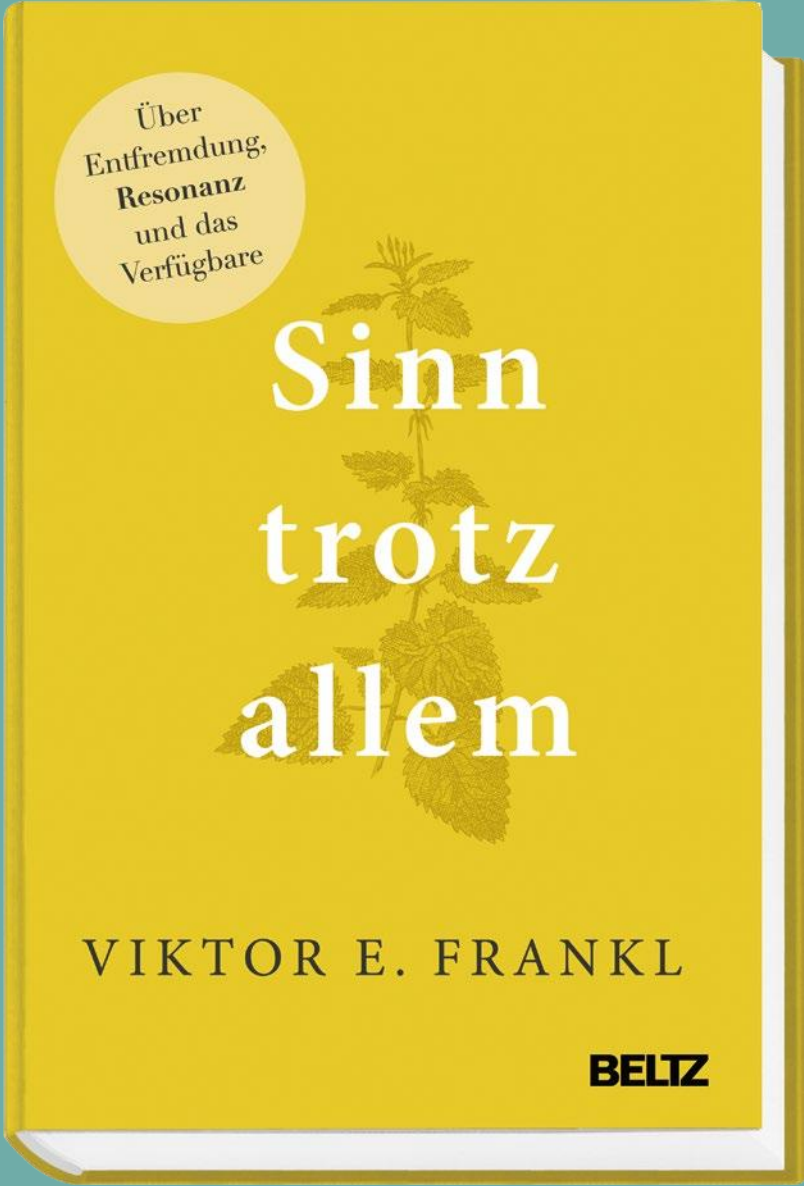
Professor Dr Joachim Bauer on **Man’s Search for Meaning**



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A fresh perspective on Frankl’s purpose-centred approach

The question of purpose and orientation in times of crisis is more relevant than ever

Including two previously unpublished texts from his estate

Viktor E. Frankl

Purpose in Spite of Everything

On alienation, resonance and the Availability
Edited and with an introduction by René Salomon

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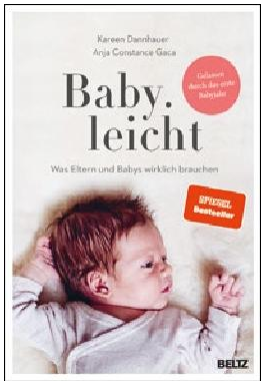
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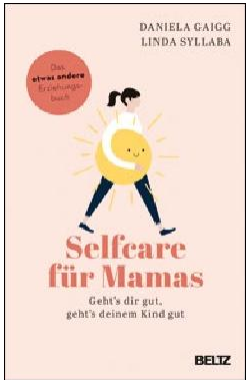
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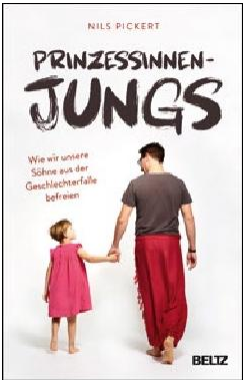
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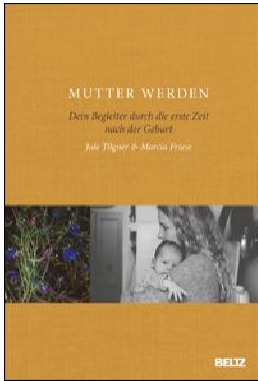
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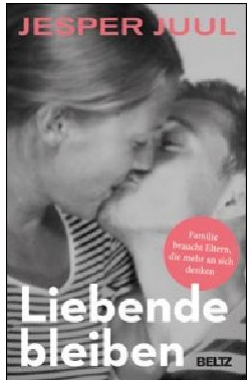
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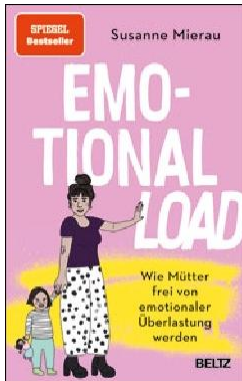
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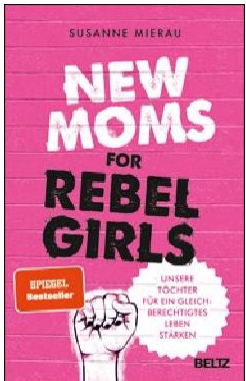
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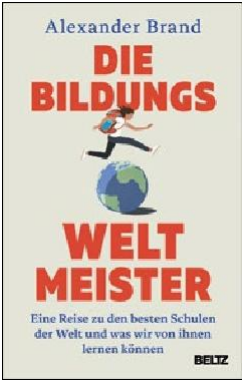
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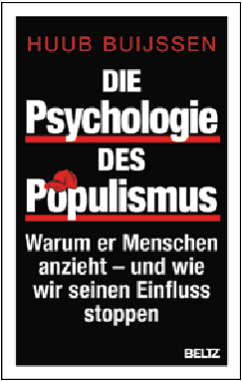
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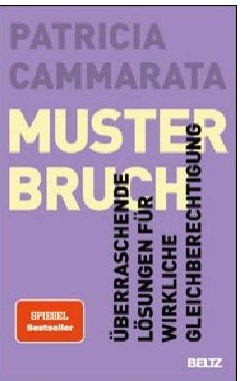
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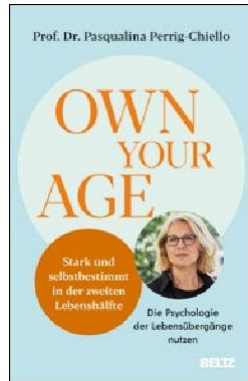
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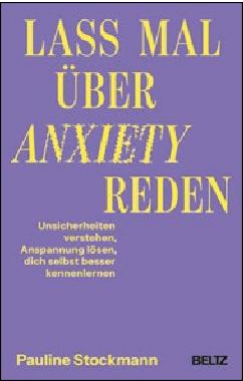
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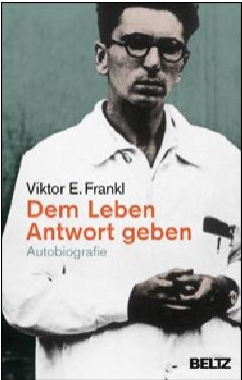
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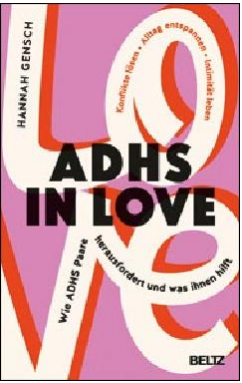


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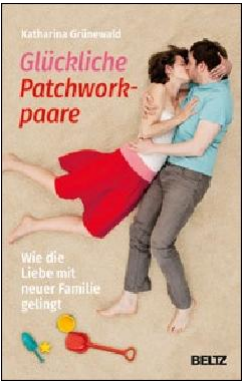


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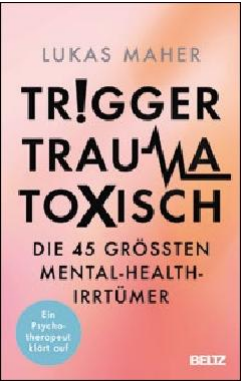
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