



FOREIGN RIGHTS

Spring 2024

Non-Fiction

DROEMER* KNAUR* O.W.BARTH*

bene!



Pattloch

KNAUR*
MENSSANA

KNAUR*
BALANCE



Content



NON-FICTION

POP-SCIENCE & SOCIETY

PAGE	AUTHOR	TITLE
3	Göring / Müller	The Good Uncle
4	Hesse	Of numbers, people and machines
5	Müller	Who protects our children?
6	Hoffmeister	Future Family
7	Rasfeld	The school drama
8	Jendis	Poverty has a system
9	Müller	Be a Rebel
10	Wittwer	Sorry, but ...
11	Sebastian 23	Everything will be fine
12	Weigand	A little more us
13	Reski	All'italiana
14	Meier-Vieracker	Language is what you make of it

HEALTH

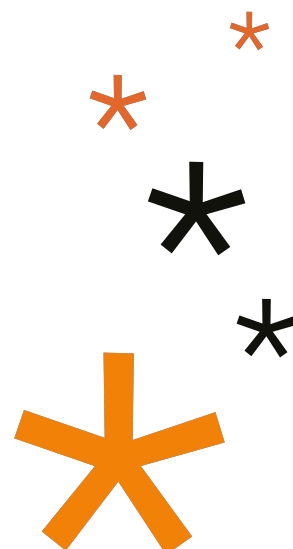
15	Busch	Cheer up!
16	Urner	Radically emotional
17	Hagemeyer	Stop sabotaging yourself
18	Klaschinski	Feel completely

BODY MIND SPIRIT

19	Clementi	Good Vibes Yoga
20	von Cramm	Eat your gut healthy
21	Kitzler	Serenity
22	Tappeiner Ebner	The rose pharmacy
23	Achilles	The thyroid formula
24	Bruckmann / Mörgen	Lump in your throat?
25	Kirchgässner	The witch's wound
26	Scheu	Urban Samurai
27	Heger	Be the wind, not the flag
28	Moestl	Rich like Buddha
29	Pfauth / Kuder	The art of new beginnings
30	Buttgereit / Heidenreich	Let's stop shining and start shining
31	Fuhljahn	Alone among the thin

HUMOUR

32	Jackson	Find out who you are and then do it anyway
33	von Henn	Grandma Hildegard and the playground of horrors



Bettina Göring, Melissa Müller

The Good Uncle. My damned German heritage

- An impressive testimony to the fact that the shadows of the German past still have an impact on today's biographies
- A Life between oppressive family legends and the hippie movement: Bettina Göring's book shows the brokenness of an entire generation



February 2024 · 416 pages

Bettina Göring was born in Wiesbaden in 1956 and has lived in Thailand since 2014. She is a doctor of oriental medicine. She has documented the history of her family in various films. The Good Uncle is her first book.

Melissa Müller, born in Vienna in 1967, has made a name for herself as an author of historical non-fiction. Her books, including *Das Mädchen Anne Frank* and, together with Traudl Junge *Bis zur letzten Stunde - Hitlers Sekretärin erzählt ihr Leben*, are best-sellers that have been translated into more than 20 languages.

The Nazi, the guru and me

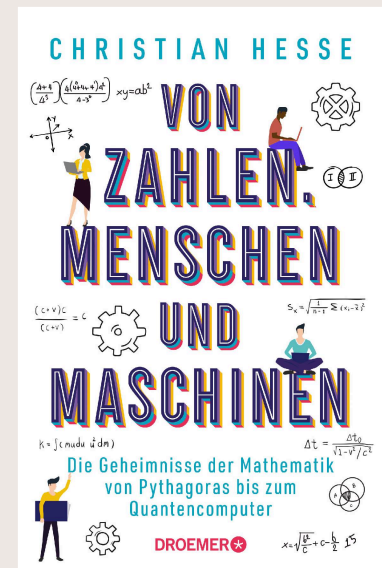
Bettina Göring's name is her destiny. As the grandniece of Reichsmarschall Hermann Göring, she grew up in the shadow of his crimes. She rebelled early on and escaped the oppression of her family into the world of hippies and free spirits. But neither in the left-wing commune nor in the ashram can she escape her past. Only by confronting the dark side of her family history can she free herself. In her autobiography, Bettina Göring provides a deeply personal insight into her life and the family structures of the Görings. Her book is a courageous testimony on how to deal with the difficult German legacy - a contribution to the culture of remembrance that is more relevant than ever against the backdrop of current election polls.

"Hermann Göring was a mass murderer and psychopath who could be very charming. Monsters aren't charming, are they?" Bettina Göring

Christian Hesse

Of numbers, people and machines

- Maths professor and bestselling author Christian Hesse brings us closer to the fascinating world of numbers in an entertaining way



August 2024 · 208 pages

Christian Hesse, born in 1960, is a professor of mathematics in Stuttgart. He has become well-known as an author of popular non-fiction about maths. In 2018, he was a repeat guest on Karsten Schwanke's programme, "SMS - Schwanke meets Science". Karsten Schwanke, born in 1969, is a meteorologist. He has presented the weather on ARD since 1995. He has also become well-known thanks to a knowledge magazine for children and adults. In 2010, he won the Goldene Kamera and was nominated for the Grimme Prize.

Who is smarter, man or machine?

Everyone is talking about artificial intelligence and machine learning thanks to ChatGPT and the like, but the maths behind it is a big mystery to most people. Maths professor and bestselling author Christian Hesse has a fascination for numbers that is infectious. In his new book, he explores the question of what humans have in common with machines in the field of maths and where they differ. In doing so, he makes us see the world with new eyes - because mathematical equations do play a role everywhere. Did you know, for example, that ants share the shortest route to food via pheromone trails, which can be expressed in algorithms? These little animals are so steeped in mathematics that the equations behind their behaviour can even be used to solve logic puzzles. Hesse takes readers into the infinite expanses of variables, vectors and matrices, invites them to join in the puzzling and shows where human intelligence ultimately outwits machine intelligence.

Silke Müller

Who protects our children? How artificial intelligence is changing families and schools and what needs to be done now

- How AI is becoming dangerous for children – what parents need to know now
- Silke Müller is the No. 1 expert on parenting and education in the digital age
- Already sold over 50,000 copies of "We are losing our children"



May 2024 · 224 pages

Silke Müller is a head teacher in Lower Saxony and has been her state's first digital ambassador since 2021. She fights for ethical and democratic values in education - also and above all in the digital world. She is a (step)mum of two daughters and lives in Hatten in the district of Oldenburg. Her book *Wir verlieren unsere Kinder* (Droemer 2023) reached number 1 on the SPIEGEL bestseller list.

Education and Upbringing in the Age of AI - The New Book by the No.1 bestselling author

Eleven-year-olds ask their avatar for advice when they are in love for the first time. Teenagers video chatting with paedophiles - disguised by AI as peers. Cheating with ChatGPT & Co. leads to the criminalisation of children. Headteacher and digital expert Silke Müller warns against leaving children alone with artificial intelligence. In her startling book, she analyses what the AI revolution means for education and parenting and gives practical advice on how parents can protect and competently guide their children.

"Most parents are familiar with social media. When it comes to AI, parents and grandparents often feel left behind. But our world will soon have changed completely."

Silke Müller

Further Titles



Ana Hoffmeister

Future Family. Families at the limit – new impulses for more compatibility

- A new and exciting contribution to the care and reconciliation debate
- How families can help themselves when they are let down by the state
- For readers of Patricia Cammarata, Sophie Mierau and Mareice Kaiser



March 2024 · 288 pages

Ana Hoffmeister is a mother of two and has worked at management level for large and medium-sized companies and non-profit organisations. Influenced by her Iranian roots and the experiences of her everyday family life today, she has long been exploring the question of how compatibility can succeed in traditional and unusual family models. As a counsellor, she supports young parents in the family formation phase and gives workshops and keynotes on reconciliation. Ana Hoffmeister lives with her family in Berlin.

The future begins in the family: a very personal contribution to the reconciliation debate

Families are increasingly taking over what should actually be provided by the welfare state. Whether it's educational equality for children, equal parenthood or ageing with dignity: financial means, origin and family background are already determining life chances. The consequences of staff shortages and educational shortages are minimised by politicians. But with individualised care concepts, modern family structures and the reawakening of the extended family, Ana Hoffmeister shows us ways of meeting these challenges. She takes us on a journey to different life models and designs and proposes concrete and practical solutions for how we could live together in the future.

"The upbringing of a child begins about sixty years or two generations before it is born. Because nothing determines our lives as much as the family we grow up in." Ana Hoffmeister

Further Titles



Margret Rasfeld

The school drama. ... and how we strengthen our children for the future

- Mental stress among children and young people is on the rise.
- How can we strengthen them for the future?
- Current debate book that exposes the weak points of the school system
- An experienced headteacher shows how things could be better
- "I want a good school for my child, without pressure to perform."



May 2024 · 192 pages

Margret Rasfeld, born in 1951, worked for almost 40 years as a teacher, in teacher training and for two decades as a head teacher. As an educational innovator and counsellor, she is still committed to reorienting school education at various levels. The Evangelische Schule Berlin-Zentrum, which she ran for many years, is regarded worldwide as a prototype for the necessary paradigm shift. To support schools in their transformation, Rasfeld founded the "Schule im Aufbruch" initiative with Stephan Breidenbach and Gerald Hüther in 2012. This was awarded the "National Prize - Education for Sustainable Development" by the German UNESCO Commission and the Federal Ministry of Education in 2023.

We need a sustainable form of education!

Margret Rasfeld worked as a teacher for almost 40 years and ran schools for two decades. And there is no question of retirement for the 72-year-old. She fights passionately to change the school system so that all children can fulfil their dormant potential and enjoy learning. From her many years of experience as a teacher and head teacher, she knows about the challenges and structural problems of our education system: many young people experience heteronomy, pressure, competition and fear of making mistakes. Margret Rasfeld is a renowned expert in future education and uses practical examples to show how schools can give children and young people hope, confidence, a sense of efficacy and meaning in times of high psychosocial stress. Only in this way can young people go through life resiliently, deal with serious changes and gain confidence despite all crises. Margret Rasfeld demands: It is important to stand up for fundamental changes now and to act courageously!

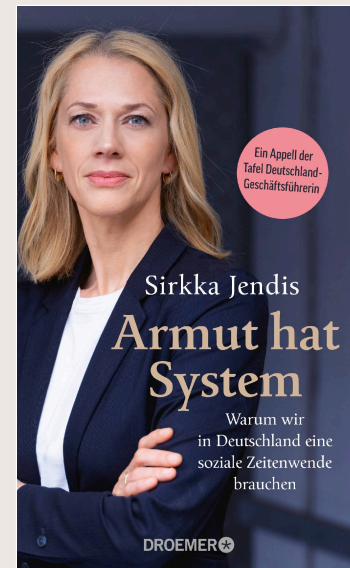
"We need young people to shape the future with a heart: People who have learnt to take responsibility and master challenges. People who stand up for our democracy."

Margret Rasfeld

Sirkka Jendis

Poverty has a system

- The managing director of the food bank on the failure of the welfare state in times of multiple crises
- Sirkka Jendis combines personal commitment with political rigour
- For readers of Jeremias Thiel and Anna Mayr



September 2024 · 256 pages

Sirkka Jendis is Managing Director of Tafel Deutschland e. V., the umbrella organisation of over 970 food banks in Germany. Previously, the communications graduate was Managing Director of the German Protestant Church Congress and worked as a lecturer and in a senior position at the ZEIT publishing group.

"Poverty has a system": Sirkka Jendis, Managing Director of the Tafel, reveals the total failure of the welfare state and calls for a new way of dealing with people affected by poverty.

More and more people in Germany are affected by poverty - this is shown not only by current poverty reports but also by the incredible rush to volunteer aid organisations such as the Tafel in Germany, which provides over two million people with rescued food at over 950 locations every year. With 60,000 helpers, the food banks are one of the largest socio-ecological movements in Germany. But the need of the people is now so great that the volunteers are reaching their limits. Sirkka Jendis, Managing Director of the Tafel umbrella organisation, asks: How can it be that in one of the richest countries in the world, a non-governmental organisation has to shoulder the basic needs of many citizens when this is the responsibility of the state? Her answer is clear and disturbing: Germany has a huge problem in social policy, in dealing with people affected by poverty and in the question of social justice. In her book, Jendis vividly describes what poverty feels like and what it means for everyday life. She then analyses the various forms of social injustice and formulates concrete demands for politicians. The result is an impressive plea for a new approach to poverty and a radical rethink of social justice.

"We need a real turning point in social policy. We need to move away from the idea that poverty is the fault of the individual and can be overcome through hard work and performance." Sirkka Jendis

Victoria Müller

Be A Rebel. Encouragement to disobedience

- A political activist with a loyal fan base: 175,000 followers on Instagram
- The book is a call and guide for more engagement
- The author combines her personal experiences with her expertise as a historian and philologist
- The impulse to buy: "I have the desire to get more involved and Victoria Müller is a role model for me."



June 2024 · 240 pages

Victoria Müller is a (radio) presenter, animal rights activist, philologist and budding historian. She has been active in her own animal welfare organisation ddao Tierschutz e. V. since 2022 and regularly travels to Ukraine to help the animals there. She studied German and English language and literature and is currently back at university to complete her master's degree in history. With her Instagram format The Critical Dictionary, Victoria sheds light on socially relevant topics. Her aim is to name grievances and fight for better coexistence. She and her partner Max bought an old vicarage in the countryside, which they are now renovating. She currently lives in Berlin.

A book for anyone who wants to become politically active!

Victoria Müller knows that "drastic actions are the drivers of all change. She demonstrated for the first time at the age of 10 and was 14 when she came into contact with a police truncheon at an anti-Nazi demonstration. Today, she evacuates animals from the Ukrainian war zone and is a passionate and combative advocate for equal rights. In her book, Victoria Müller talks about her experiences as an activist, during which she repeatedly came up against the limits of what is permitted. Using historical examples such as the women's and civil rights movements, she demonstrates the important role of radical protests and encourages people to resist. After all, social change does not happen in isolation but requires commitment. A manifesto for all those who want to work for a better future.

"I firmly believe that fighting spirit and emotions are the key to change, and I hope that this book will help to make the world a little bit better." Victoria Müller

Tara-Louise Wittwer

Sorry, but A declaration of renunciation to the constant apologising

- The new book by the top 3 SPIEGEL bestselling author
- The author reaches over 590,000 followers with education on feminism
- For readers of Sophie Passmann, Alexandra Zykunov and Şeyda Kurt
- impulse to buy: "I want to react more confidently and be entertained at the same time"



May 2024 · 208 pages

Tara-Louise Wittwer, born in 1990, studied cultural studies and lives in Berlin. Here she works as an author and content creator. In 2019, she founded her company wastarasagt with the fast-growing Instagram account of the same name. On her social media channels, she talks about feminism and the influence of pop culture and media on her own identity, internalised misogyny and how old role models are constantly being reproduced. Her most recent bestseller Dramaqueen.

When are apologies appropriate? And when should we rather refrain from saying "sorry"?

Do women apologise more than men? Has the act of apologising changed over time? What influence does our life on social networks have on our culture of apologising?

We all apologise all the time: "Sorry, but I didn't mean to offend you", "Sorry, I need to get through", "Sorry, but ..." Tara-Louise Wittwer finds it annoying that a quick apology often comes so much more easily to her than "I disagree". And that she so often feels guilty even though there is no reason to.

In her new book, Tara-Louise Wittwer analyses our culture of apology astutely and humorously. Sorry, but... it's time we apologised less and stood by our opinions with confidence!

"Wittwer shows ways in which we can all treat each other more fairly." SR 1

Sebastian 23

Everything will be fine. Save the world in 5712 easy steps

- The question of what the future holds for us in the face of the climate crisis is on many people's minds
- Sebastian 23 writes optimistically and motivationally about simple ways to transform the world into a better place
- As mondschaf23, Sebastian 23 has over 100,000 followers on social media
- "I'm intrigued by the positive approach to the climate crisis."



March 2024 · 176 pages

Sebastian 23, real name Sebastian Rab-sahl, born in 1979, is a slam poet, author and comedian. He has over 100,000 followers on social media as @mondschaf23. His book "Hinfallen ist wie Anlehnen, nur später" reached number 13 on the SPIEGEL bestseller list, he wrote songs for artists such as Deichkind and Clueso and won the Alfred Müller-Felsenburg Prize for Committed Literature in 2023. He lives in Bochum with his wife and two children. www.sebastian23.org

"Maybe the world won't come to an end, but will actually rise."

On stage and on the internet, Sebastian 23 speaks as a poetry slammer and comedian in front of thousands of people about everything that concerns him. For many years, he has been working intensively on the topics of "environmental protection", "transport transition" and "climate crisis". It is not only as a father of two children that he is concerned about the future. But despite his justified concerns, he is certain that everything will be fine! Or rather: it can be good if we take action. For Sebastian 23, there are also positive tipping points: the moments when we decide to jump "through the darkness into the light". When hope drives us, when we take action.

In his new book, Sebastian 23 writes with a twinkle in his eye about 5712 simple ways to save the world. Very concrete, practical, determined - and above all optimistic and with humour. Because it's important to laugh at yourself once in a while and not take everything deadly seriously. After all, it's all about the future of humanity.

Leah Weigand

A little more us. Texts about humanity

- The first book by the popular poetry slammer, whose video Ungepflegt has been clicked around 7 million times
- Leah Weigand's poetry exposes social ills and touches the heart
- For readers of Julia Engelmann, Rupi Kaur and Sarah Bosetti
- Impulse to buy: "Leah Weigand's poems touch me and encourage me to become more socially engaged."



March 2024 · 160 pages

Leah Weigand, born in 1996, grew up in a village in central Hesse as the child of two carers. From an early age, she was particularly interested in two things: medicine and writing. After leaving school, she spent a year volunteering in Uganda and then trained as a healthcare and nursing assistant. Her poetry slam video Ungepflegt (Unkempt), which deals with both the beauties and ills of the nursing profession, touched millions of people. Today, Leah Weigand is studying medicine and lives in Marburg.

"Leah Weigand has shaken up the soul of the of the internet with her texts." - Poetry Slam TV

In her poems, poetry slammer Leah Weigand searches for this 'we', this place where we treat each other with respect, charity and trust. She takes a comprehensive look at our society, at beautiful everyday moments and major grievances. Be it the "declaration of love to mothers", for whom "the shower is a holiday destination", the friend who always comes at the wrong and yet at the right moment. Or the "much-loved fireplace cocoa" that "can contain traces of children's hands".

Leah Weigand's texts are touching and thought-provoking. With extraordinary eloquence and empathy, she takes us on a journey through the facets of humanity. A journey that ultimately leads us to ourselves and to what makes us human.

"I have never heard such a beautiful, touching and to-the-point text in my entire life." - Prof Dr Dietrich Grönemeyer

Petra Reski

All'italiana

- Laconic, witty and politically accurate: a brilliant portrait of the country of longing
- Italy: Guest of Honour at the Frankfurt Book Fair 2024
- Petra Reski is considered the best expert on Italy in German journalism



September 2024 · 272 pages

Petra Reski was born in the Ruhr area. After graduating, she attended the Henri Nannen School and worked as an editor at Stern magazine before losing her heart in Venice. Since 1991, she has been writing from there for magazines such as GEO, DIE ZEIT, Merian and Brigitte, as well as for radio. Her most recent books published by Droemer are *Als ich einmal in den Canal Grande fiel* (2020) and *Mafia. Von Paten, Pizzerien und falschen Priestern* (2008). She was awarded the Ricarda Huch Prize in 2021. Petra Reski lives with her husband in Vendig.

The new book on Italy by bestselling author Petra Reski paints a political, social and cultural portrait of a country that is more familiar and foreign to us than any other.

"I describe Italy from the perspective of a non-Italian - a German who experiences Italy's seemingly confusing political development not from a distance, but up close." In her book, Petra Reski tells the story of Italy's development since 1989 and her own. She has lived half her life in Italy and, following the great success of her Venice book, is now continuing the series with a cheerful, melancholic and enlightening book about Italy. She reports from courtrooms, prisons and petrochemical plants, from palazzi, withered olive groves and ancient ruins, from railway compartments, sacristies, from the sofas of escorts - and not least from the dining tables. Like a few Germans, she took her love for Italy seriously and married an Italian. She experienced and shared Italy's struggles, she wanted to be more than just a spectator and became Italian, partly so that she could vote in Italy. The years-long battle with the Italian bureaucracy over citizenship is representative of the struggle with a nation whose history and stories are linked to those of Germany in so many different ways.

Simon Meier-Vieracker

Language is what you make of it

- A book for all language lovers and language enthusiasts
- The only linguistics professor on TikTok
- For readers of Bastian Sick and Roland Kaehlbrandt



May 2024 · 240 pages

Prof Dr Simon Meier-Vieracker

holds the Chair of Applied Linguistics at TU Dresden. His research interests include the connections between language and politics, football and football fan cultures and language and medicine. He was honoured with the Golden Blogger Award in 2023 for his TikTok channel on linguistics.

A linguistics professor on TikTok inspires new and vivid enthusiasm for the German language.

Language surrounds us every day. We speak and listen, read and write almost constantly, whether at school, university, at work or in our free time. We use language to establish relationships with other people and we use language to define ourselves. And even modern technologies such as artificial intelligence are often language technologies. Language is not only the subject of research in linguistics, it is also a popular topic of conversation in everyday life: why are there different expressions and so many different names for the same things depending on the region or age group? Who decides what is correct and what is not? Are we unlearning standardised writing in social media? And what is it like in other languages and cultures? In his first non-fiction book, linguistics professor Simon Meier-Vieracker summarises interesting, astonishing and exciting facts about German in a modern form. He explains them in an understandable and accessible way - and will delight language lovers of all ages.

Volker Busch

Chin up. Mentally healthy and strong in challenging times

- Mental strength: the renowned neurologist and psychiatrist with the successor to the bestseller *Kopf frei!*
- Media-savvy and telegenic author with over 50 appearances and several thousand listeners per year
- For readers of Eckart von Hirschhausen and Yael Adler



March 2024 · 352 pages

Prof Dr Volker Busch has been working as a neuroscientist, doctor and speaker for around 15 years. As head of a working group at the University of Regensburg, he researches the psychophysiological connections between stress, pain and emotions. He works therapeutically with people who are under stress, depression, exhaustion or other burdens and accompanies them on their way to mental health, satisfaction and more inspiration for work and everyday life. His first book *Kopf frei!* (Droemer 2021) topped the SPIEGEL bestseller list for months. He is also the host of the podcast *Gehirn gehört*.

Staying confident in times of uncertainty

Permacrisis, lack of direction, pessimism, overheating and outrage are causing feelings of anxiety and despondency in these uncertain times. But what can I do as an individual to gain security and confidence in the face of distressing experiences? The renowned psychiatrist and neuroscientist Volker Busch answers these questions in his new book. He explains how our mental immune system works and shows which self-care strategies work. These range from dealing confidently with stressful news to the fundamental role that humour and cheerfulness play in leading a successful life. Scientifically sound and empathetic, Busch describes how we can recharge our mental batteries - and regain solid ground under our feet.

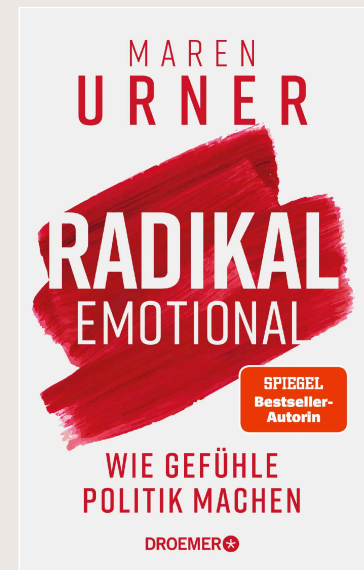
Further Titles



Maren Urner

Radically emotional. How feelings make politics

- Over 50,000 books sold by Droemer
- Maren Urner is one of the most sought-after neuroscientists and media scientists in Germany
- For the readers of Maja Göpel, Rutger Bregman and Şeyda Kurt



May 2024 · 288 pages

Prof Dr Maren Urner is a neuroscientist and Professor of Media Psychology at the HMKW University of Applied Sciences for Media, Communication and Business in Cologne. After studying cognitive and neuroscience in Germany, Canada and the Netherlands, she completed her doctorate at University College London. In 2016, she co-founded the online magazine for constructive journalism Perspective Daily and was editor-in-chief and managing director until 2019. Since her bestsellers published by Droemer Verlag *Schluss mit dem täglichen Weltuntergang* (2019) and *Raus aus der ewigen Dauerkrise* (2021), she has been a much sought-after keynote speaker and interview partner.

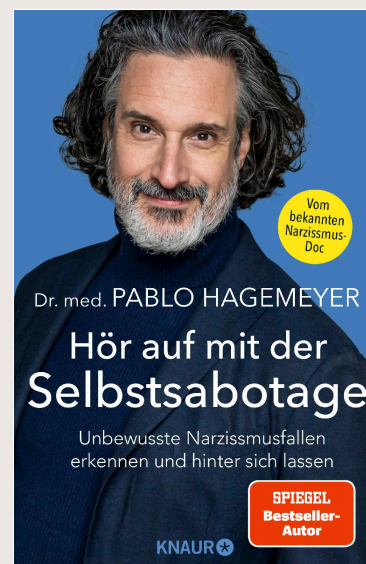
Why politics and society must dare to be more sensitive

When it comes to politics, there is one basic rule: discussions should be conducted as objectively and rationally as possible and any emotionality is out of place. In her new book, neuroscientist and best-selling author Maren Urner shows why this devaluation of emotions is a fundamental mistake and why we need to overcome the separation of emotions and reason in order to be sustainable as a society. On a scientifically sound basis, Urner makes it clear that we as humans can only live well as individuals and survive as a species by recognising our radical emotionality. Last but not least, she shows a way in which emotions can enrich political debates and social discourse.

Pablo Hagemeyer

Stop sabotaging yourself. Recognising unconscious narcissism traps and leaving them behind

- Dr Pablo Hagemeyer is Germany's best-known narcissism expert: his books have sold over 90,000 copies
- The topic of self-sabotage affects us all
- Bestselling author Pablo Hagemeyer is both a sufferer and an expert
- Buying impulse: "I no longer want to stand in my own way and free myself from pathological, narcissistic structures."



May 2024 · 240 pages

Dr Thomas Pablo Hagemeyer, born in Bonn in 1970, is a doctor, specialist in psychiatry and psychotherapy and has his own psychotherapeutic practice. He is a specialist author and supervisor, screenwriter, script consultant and lecturer in personality psychology. His books *Gestatten, ich bin ein Arschloch* and *Die perfiden Spiele der Narzissten* were on the SPIEGEL bestseller list for many weeks. He is married to a lawyer, has two children and a dog.

What's so bad about doing something good for yourself?

We've all been there: the girlfriend who keeps getting the wrong partner, the bar of chocolate that cancels out a week of fasting or the desire to save and still spend money. But why do we get ourselves into situations that are not good for us?

Pablo Hagemeyer knows the conflict between the impulsive, selfish fulfilment of needs and the fear of criticism, rejection and failure, which inevitably leads to self-sabotage. And he knows that the cause is deeply rooted in narcissistic characteristics in all of us: We want to please, be seen and be rewarded. The psychiatrist shows how self-sabotage spreads unnoticed in our lives and what effects it has. And he gives hope that it is never too late to free ourselves from self-damaging structures and to recognise and resolve negative narcissistic patterns.

"Pablo Hagemeyer is Germany's best-known narcissism doc." STERN

Lukas Klaschinski

Feel completely. What we gain when we understand and allow our emotions

- Feeling as a superpower: how to transform difficult feelings into lasting joie de vivre
- With their podcast and their live tour, Stefanie Stahl and Lukas Klaschinski are known to known to an audience of millions
- For readers of Leon Windscheid and Bas Kast



February 2024 · 256 pages

Lukas Klaschinski is a real all-rounder as a psychologist, podcaster, presenter, reporter and director. In 2014, Klaschinski launched his first podcast Beste Freundinnen (Best Friends) - today the relationship podcast with the widest reach in Germany. This was followed in 2018 by the founding of the audio production company Auf die Ohren GmbH. There he realises his own formats as well as commissioned productions for well-known streaming platforms, personalities and brands. Together with Stefanie Stahl, he also launched their joint psychology podcast So bin ich eben, which is consistently high up in the podcast charts. Lukas Klaschinski has a master's degree in psychology and lives in Berlin.

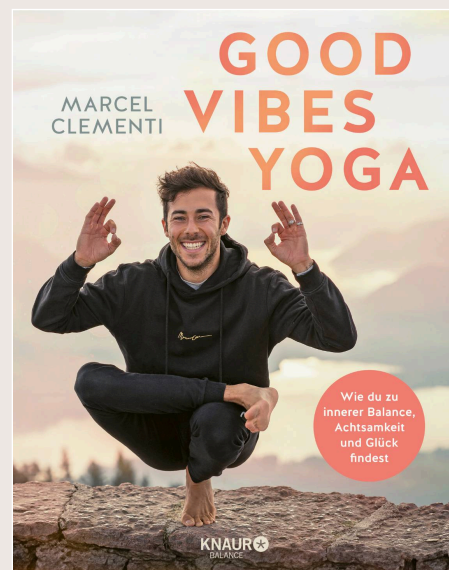
Why every feeling is valuable so that we feel really good

Lukas Klaschinski is the most successful psychology podcaster in Germany. In his long-awaited first book, he reveals the complex processes behind difficult feelings. Fears, self-doubt and jealousy are often suppressed - yet they are valuable signals to the brain and soul. Lukas Klaschinski uses Acceptance and Commitment Therapy (ACT) to show in an innovative and playful way that every feeling is valuable. If we accept them instead of putting up with them, shape them instead of surrendering to them. This is the only way to find the most important thing we call our own: our inner compass. Gefühlsbereit imparts therapeutic knowledge for a life without constraints and repression - with the superpower of true emotional readiness.

Marcel Clementi

Good Vibes Yoga. How to find inner balance, mindfulness and happiness

- For the mobile and immobile: The practice book by the most successful yoga influencer in the German-speaking world
- Large fan base: over 200,000 followers practise with Marcel Clementi every day
- With over 150 exercise photos – including QR codes with meditations recorded by the author



April 2024 · 240 pages

Marcel Clementi is an internationally renowned yoga teacher, speaker and coach from Tyrol. He decided against taking over his parents' business and completed a yoga training programme in India and other countries. His YouTube videos inspire thousands and he receives a lot of attention in the press. In 2020, he made the cover of Yoga Journal. He is also the advertising face of many brands such as Nike and Zalando. Since 2022, he has been running his successful podcast Good Vibes, in which he talks about personal development.

Yoga and wellbeing with coach and influencer Marcel Clementi

Marcel Clementi is the most successful yoga influencer in the German-speaking world. He enriches the yoga world with teacher training, workshops, events and yoga retreats throughout Europe. In his first book, he shows how yoga gives us strength and why it is possible to start at any time. He explains in a well-founded and approachable way how to achieve a happier life step by step thanks to asanas. QR codes with meditations recorded by the author make this book something very special among yoga guides. Good Vibes Yoga shows: With yoga, we can create our own personalised routine for greater health, happiness and success.

Dagmar von Cramm

Eat your gut healthily. Strengthen the microbiome with the right diet

- The great nutrition guide from the well-known nutrition expert and bestselling author
- With 60 new and tried and tested recipes,
- 80 photos and 2 weekly programmes for immediate help
- Total German-language circulation Dagmar von Cramm: over 4 million copies sold



February 2024 · 224 pages

Dagmar von Cramm is one of Germany's best-known food journalists. After studying ecotrophology, she initially worked as an editor before setting up her own business in 1984. In her Freiburg editorial office with its own test kitchen, she develops recipes and articles for her cookery books and many magazines. Her books have achieved a circulation of over 4 million. As one of the most prominent nutrition experts, she regularly appears on television programmes and gives numerous lectures on the subject.

Das beste Futter für den Darm – das neue Buch der Bestsellerautorin

In her new health guide, well-known nutrition expert and bestselling author Dagmar von Cramm explains what you need to know for optimum gut health. Based on the latest research, she shows what unbalances the gut and what strengthens it. How and what we eat plays a decisive role in this. Special gut superfoods are presented and tables show how we can skilfully change our diet if we have intolerances. The second part contains 60 recipes for better intestinal health - with special programmes for prevention and intestinal rehabilitation, e.g. after antibiotic treatment.

Albert Kitzler

Serenity. A philosophical school of life

- Philosophical orientation in troubled times
- The ancient philosophy of serenity as a compass for the present and future
- For readers of Wilhelm Schmid, Massimo Pigliucci and Ryan Holiday



April 2024 · 304 pages

Dr Albert Kitzler, born in 1955, studied philosophy and law in Freiburg and worked successfully for many years as a media lawyer and film producer in Berlin. Since 2000, he has once again been intensively involved with philosophy in ancient Greece, China and India and founded MASS UND MITTE - Schule für antike Lebenswelt (www.massundmitte.de) in 2012, where he leads seminars, coaching sessions, philosophical matinees and holidays and gives lectures. His books *Wie lebe ich ein gutes Leben?*, *Philosophie to go*, *Denken heilt* and *Vom Glück des Wanderns* have generated enthusiasm among readers and critics alike. Most recently, Droemer published *Die Weisheit der Liebe* (2023). Albert Kitzler lives near Munich and runs a "House of Wisdom" in Reit im Winkl.

More sovereignty, happiness and peace of mind in everyday life

How can we deal with ourselves, others and the world in a more relaxed way? This fundamental human question is more relevant than ever. Especially in times of modern crises, ancient philosophy opens up perspectives that often remain hidden in our present-day society. The successful philosophy consultant and bestselling author Albert Kitzler introduces us to the Stoic Seneca as a teacher who finds clear answers to the practical questions of everyday life. The result is a clever book that helps us to cope with the small and existential challenges of life.

Further Titles



Jutta Tappeiner Ebner

The Rose Pharmacy. Traditional healing recipes with the queen of flowers

- Rose knowledge compact – Information on Healing power, beauty and nutrition
- Traditional healing knowledge rediscovered
- With bibliophile interior design and over 50 DIY applications



April 2024 · 208 pages

South Tyrolean **Jutta Tappeiner Ebner** is a herbalist, Kneipp health trainer and specialist speaker specialising in folk medicine, natural cosmetics, incense and customs. Since 2017, she has been running the organic fruit farm "KRÄUTER ERBE Bacherhof" in Nals in the Adige Valley with a farm spa, farm products and a herbal academy.

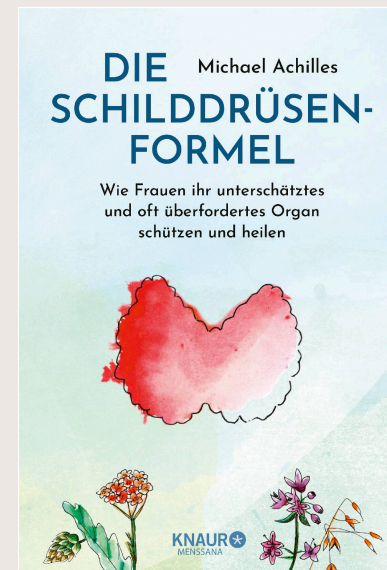
The practical guide to the healing power of roses

Roses are much more than a garden ornament. They are a remedy, a beauty secret and a balm for the soul all in one! How can the rose be used for physical and mental well-being? What healing powers does it possess? Herbalist Jutta Tappeiner Ebner offers instructive information as well as recipes and instructions for a DIY pharmacy from the garden. The Rose Pharmacy is a beautifully illustrated, lovingly compiled handbook about the queen of flowers and her healing potential.

Michael Achilles

The thyroid formula. How women protect and heal their underestimated and often overburdened organ

- The first holistic thyroid guide just for women
- Around 90 per cent of thyroid operations performed in Germany are unnecessary (Bertelsmann Foundation study, 2019)
- A new therapeutic approach that takes the whole body and life circumstances into account



March 2024 · 208 pages

Michael Achilles, born in Munich and raised in Oberammergau, is a thyroid therapist with his own practice in Ludwigsburg. From 2010 to 2016, he completed his training as a state-certified alternative practitioner specialising in the thyroid gland, including with Dr Berndt Rieger, internist and pioneer of holistic thyroid therapy in Bamberg, as well as in his father's thyroid practice in Garmisch-Partenkirchen. He also has a degree in nutritional medicine, specialising in nutrition for thyroid disorders.

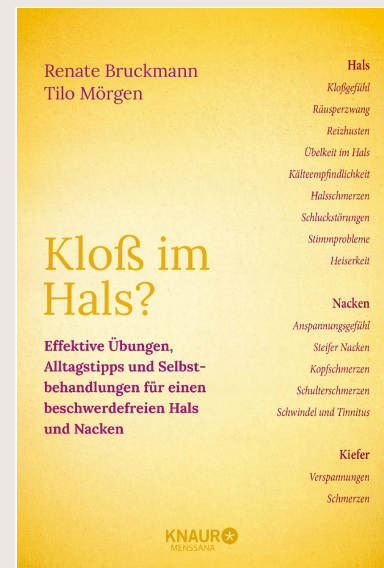
Everything women should know about the thyroid gland - scientifically sound and holistic

The thyroid gland's job is to balance body and soul and regulate hormones, metabolism and the nervous system. The thyroid gland is also a warning sign that indicates excessive stress. The consequences can be exhaustion, weight gain, concentration problems, lack of energy, unfulfilled desire to have children and much more. Holistic thyroid expert Michael Achilles explains which substances the organ needs to function optimally and what can be done as an alternative in the event of malfunctions. His main focus is on the different ages of women and the associated (hormonal) challenges.

Renate Bruckmann, Tilo Mörgen

Lump in your throat. Effective exercises, everyday tips and self-treatment for a pain-free throat and neck

- The only health guide on the subject of unexplained complaints in the neck area
- Precisely explained and easy to use with over 100 colour photos and drawings
- www.pohltherapie.de over 800,000 visitors per month



February 2024 · 176 pages

Renate Bruckmann is an alternative practitioner, Pohl therapist and author. She founded the practice for alternative pain treatment in Saarbrücken in 2012 and a second practice in Ludwigshafen in 2019. She has been the second chairwoman of the professional association for Pohl therapists and head of training in Pohltherapie® since 2015.

Tilo Mörgen completed his training in Pohltherapie in 2016 and has been working in the practice for alternative pain treatment ever since. As a qualified sociologist and coach, he worked for many years in counselling and adult education. He is a board member of the Pohl Therapy Foundation and is married to Renate Bruckmann.

Finally, help for throat complaints without medical findings!

Lump in the throat, frequent clearing of the throat, problems swallowing and chewing ... Many people suffer from unexplained complaints in the throat area. In the new health guide by experienced Pohl therapists Renate Bruckmann and Tilo Mörgen, you will learn how these complaints can often be caused by permanently tense muscles and incorrect everyday habits, as well as how tension in the neck or jaw can lead to throat problems. The body therapy exercises, self-massage, relaxation tools and simple hand movements enable effective self-help. So you no longer have any throat problems to worry about.

Melissa Kirchgässner

The witch's wound. Heal your ancestral lineage and return to your full potential

- Powerful healing for women
- Social media trend with a rapidly growing community
- Historian Melissa Kirchgässner offers seminars on healing the witchcraft wound



June 2024 · 272 pages

Melissa Kirchgässner is a historian. On her Instagram channel and in her podcast, she provides input on witchcraft knowledge and magic in everyday life. She runs her own online business as a witch and offers seminars on healing the witchcraft wound. Melissa Kirchgässner lives in Berlin.

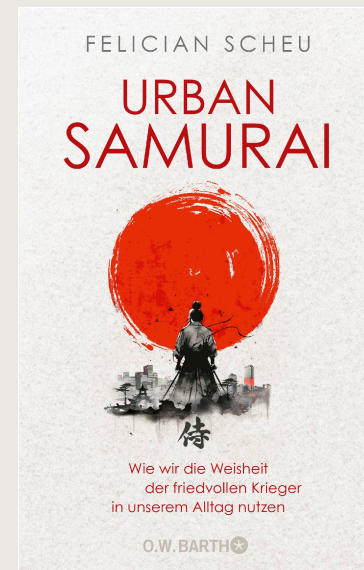
The witch's wound as a collective trauma

The witch wound is a collective trauma caused by the witch hunts. The resulting fear was passed down through generations so that the scars of the witch hunt still inhibit and block us today. The practising witch Melissa Kirchgässner explains the historical background, and shows how we can recognise the witch wound within us and heal it through journaling, meditation, rituals and ancestor work in order to regain our full power.

Felician Scheu

Urban Samurai. How we utilise the wisdom of peaceful warriors in our everyday lives

- Martial arts meets life coaching: using the knowledge of the samurai for modern life
- Felician Scheu is well-versed in numerous Japanese martial arts
- Equipped with b/w drawings, exercises and reflection questions



March 2024 · 240 pages

Felician Scheu works as a lawyer and specialist lawyer in Nuremberg. He lived in Japan for several years and studied at the Imperial Gakushuin University in Tokyo. He is interested in the culture and history of Japan and developed a fascination for the samurai at an early age. In Japan, the "Fighting Lawyer" had the opportunity to learn the martial art of Aikido under the last student of the founder Morihei Ueshiba. In his spare time, he practices many other martial arts, including the Israeli self-defence system Krav Maga. He has also appeared as an amateur actor in Japanese TV programmes and in several Japanese commercials.

Act like a samurai - focussed and self-determined

Samurai were gifted sword artists because they lived completely in the here and now. We can learn from them to focus our lives on the essentials and regain our inner strength. Japan specialist Felician Scheu introduces us to the mentality and knowledge of the ancient samurai and explains what we can still learn from the Japanese warriors today. With the help of his three-stage Shingitai method - the harmony of mind (Shin), technique (Gi) and body (Tai) - and many questions for reflection, meditations and exercises, we become an Urban Samurai: a person who is present and powerful at all times and in all places.

Annie Heger

Be the wind, not the flag. And if not: set course, set sail!

- Annie Heger is one of the best-known entertainers in the North
- Life help in the best sense – sometimes tragic, sometimes funny, but always optimistic
- Encouraging for everyone who encounters life as an icy wind and longs for support, comfort, confidence and security
- "My life is not always easy, I long for encouragement."



April 2024 · 192 pages

Annie Heger, born in 1983, was born in East Frisia. She grew up as one of seven children in a patchwork family, travelled the world, briefly lost her heart in the USA, now lives in Berlin and is a successful singer, presenter and actress in High and Low German. She is one of the best-known entertainers in the North. Often described as a jack-of-all-trades, she gets involved everywhere: as a radio columnist for the NDR cult column "Hör mal 'n beten to", book author, or on stage with socially critical cabaret. www.annieheger.de

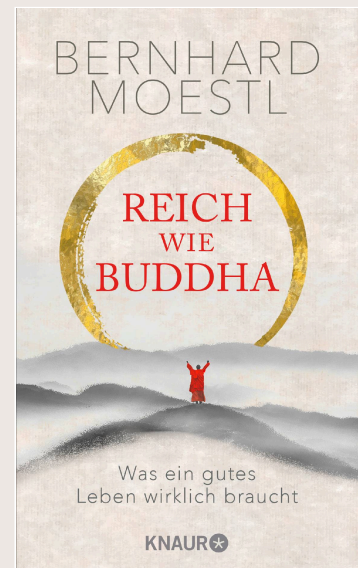
The bird of paradise among the seagulls

Annie Heger is an artist with heart and soul, involved in many areas: as an NDR radio columnist, presenter, author or on stage with socially critical cabaret. The fact that the 40-year-old has had to experience numerous dramatic low blows in her life is not apparent to this strong woman today: At the age of 13, she was diagnosed with type 1 diabetes mellitus. As a young woman, Annie was later hospitalised 17 times, developed an eating disorder and severe depression, and eventually fell into a coma. It was only after her last hospitalisation that she is now able to cope with her illness in a stronger way. And to the fact that she describes her Christian faith as her source of strength. Even or especially when new low blows such as the devastating cancer diagnosis of her partner come along, Annie Heger certainly doesn't let life's stiff breezes blow her off the dyke. On the North Sea, where she comes from, she has learnt one thing above all: the weather is what it is. You can't change it, but you have to dress warmly. She also encourages others to face up to their personal situation when she says: "Be the wind, not the flag."

Bernhard Moestl

Rich like Buddha. What you really need for a good life

- Easy-to-implement narrative life coaching with Buddhist wisdom
- For self-coaching and as a gift
- Bernhard Moestl Total circulation over 650,000 copies



March 2024 · 160 pages

Bernhard Moestl, born in Vienna in 1970, is a speaker and business coach specialising in consciousness and leadership. He is the author of successful non-fiction books in which he makes accessible the experiences he has gathered during his stays in Asia, where he learnt the martial arts of the monks at the Shaolin Monastery. Where he learnt the martial arts of the monks at the Shaolin Monastery. He uses this knowledge in his books and seminars.

A guide full of Buddhist wisdom for everyday life by bestselling author Bernhard Moestl

Be where you are, with what you have and the people you meet." Bernhard Moestl shows that it is the everyday experiences that can open our eyes to the true richness in our lives: a reunion with friends, for example, where sushi is eaten late into the evening and the rice wine flows. Where the mood is tense in view of the everyday situation and yet the heart can still be light, because when you say goodbye you realise how valuable the encounter was.

In his new book, the celebrated bestselling author and experienced business coach Bernhard Moestl enriches us with practical insights into Asian philosophy and Zen Buddhism. Because we recognise that we gain when we let go. The less we pay attention to material things, the more we possess. And that we change more with our view of things than through our actions. Then you too can be the Buddha and lead a really good life.

Further Titles



Sarina Pfauth, Debora Kuder

The art of new beginnings. About the courage to go other ways

- How we find the strength to let go of the old and start something new
- An encouraging book, not just for difficult phases of life
- The two authors know how to use inspiring stories to show new perspectives
- "I find it exciting how other people deal with breaks in life and start anew."



March 2024 · 192 pages

Sarina Pfauth studied communication science, politics and intercultural communication and worked as an online editor at sueddeutsche.de. She now works as a freelance journalist and author. She volunteers on the board of the Munich YMCA and in a cooperative housing project where she lives with her husband and three daughters.

Debora Kuder studied communication science, Japanese studies and sinology. After working in the European office of a US state, she currently works as a consultant in the higher education sector and writes regularly for various magazines. She is a founding and leading member of CityChurch Munich and lives in Munich with her husband and two daughters.

It doesn't have to stay the way it is

The relationship breaks down. The landlord applies for personal use. The doctor gives us an unexpected diagnosis. Who hasn't experienced those moments when everything suddenly starts to totter? How do you then move on?

In this book, people talk about an upheaval in their lives and their longing for change. Where they found the courage to break new ground. How the old begins to shine in the new - and what role Christian faith can play in this? Markus and his family leave their everyday lives in Munich behind to realise an unusual business idea in Hawaii. Sara is chronically ill and discovers the life she really wants to live. Alina tells how she descends into dark depths as a cave explorer and how it feels to enter a previously unknown place. The personal experiences are flanked by interviews with experts. They explain how to make good decisions and arouse curiosity about what is yet to come. This book encourages you to take life into your own hands and gain new freedom!

Michael Buttgereit, Wolfram Heidenreich

Let's stop shining and start shining. About the courage to be real and how trust develops!

- Two marketing and design specialists write about the meaning of life and the experience of what there is to discover when we look behind the facades
- Quite incidentally: a fascinating insight into the world of advertising
- Special equipment, two-colour design throughout, with many illustrations.
- Purchase pulse: *"I want to learn from two experienced advertisers what it means to live truly authentically."*



March 2024 · 192 pages

Wolfram Heidenreich, born in 1958, graduate communication designer.

Michael Buttgereit, born in 1961, graduate communications designer, top consultant, author, and speaker.

The two authors and top creatives are founders of the agency "Gute Botschafter". Numerous design projects of the agency received national and international awards. Buttgereit and Heidenreich are members of the Christian artists' association DAS RAD and live with their families in Haltern am See.

Giving life more depth

We are surrounded by a world of garish, colourful images. They gleam, flash, and greed for our attention: posters, ads, commercial trailers, and social media postings suggest to us what we supposedly need for life and for more success. But a lot of it is just a facade, and whole armies of marketing specialists help to build it up. Michael Buttgereit and Wolfram Heidenreich know the tricks of marketing professionals only too well. They themselves have been "advertisers" for more than 30 years and now call themselves positioning designers. But they also know: Life is not about glamour, but about shining on the inside. What am I here for? What makes me a person? What is the core of my being - and what drives me? Only by recognizing this can we follow our personal destiny and find happiness. In their book, the two authors share their insights from three decades of working together - good stories, entertaining and profound at the same time.

"When we advise companies, we look for the core, for what gives meaning to the whole. We can also apply this principle to ourselves. Ultimately, it's about turning away from a superficial life."

Michael Buttgereit & Wolfram Heidenreich

Heide Fuhljahn

Alone among thin people. A daring journey through a world of slimming mania

- Heide Fuhljahn writes from the soul of other overweight women
- Very personal, with fine humour and self-irony
- An important book about unconscious prejudices – and how we can free ourselves from them
- The impulse to buy: "I want to feel good in my body and am looking for confirmation and new solutions."



March 2024 · 304 pages

Heide Fuhljahn, born in Kiel in 1974, is a freelance journalist and author and lives in Hamburg. After completing a bank apprenticeship, she studied Scandinavian Studies, Criminal Law and Criminology, graduating with a Master's degree. This was followed by a PR traineeship and a journalistic traineeship. She has been writing for Brigitte for over 15 years and is the author of the bestseller Kalt erwischt.

Weight and prejudice: A plea for a relaxed body image

This book is a test of courage. Although she should know better, Heide Fuhljahn is often uncomfortable with her weight. Despite her feminist world view and body positivity, she doesn't love every kilo of herself. What needs to change in our minds so that we can accept our bodies? Her journey through a world in a slimming frenzy takes the author to the rich and beautiful on Sylt, to the nudist beach, the martial arts dojo and to her own desires. Will it be a glamorous heroine's journey? Certainly not. But undoubtedly an adventure!

"Everything used to be easier. Me, for example! Today I'm fat. And I'm often ashamed of it. What can we do so that acceptance, rather than self-hatred, finally wins the day? Why do we discriminate against obese people, especially women? And are we quick to label even those whose weight is healthy as too fat?" Heide Fuhljahn

Taylor Jackson

Find out who you are and then do it anyway. Dolly Parton for every situation

- Self-deprecating, unpretentious and humorously fatalistic: Dolly Parton is cult 60 years after she started her career
- For everyone who likes Good Night Stories for Rebel Girls
- Published in time for International Women's Day on 8 March
- Buying impulse: "I think Dolly Parton is great and would like to have her best sayings in a book."



March 2024 · 128 pages

Taylor "Apple" Jackson writes books about unusual cultural phenomena, such as Johnny Depp, the Dutch and Mark Twain. As a Southern original, Taylor is as genuine as Dolly Parton's long eyelashes and blonde hair, but the two are deeply connected, especially when it comes to humour.

A humorous encouragement for the age of permanent crises

With wit, charm and false fingernails, Dolly Parton has made it from the hillbilly hinterland to the world's biggest stages, where she has remained for 60 years. Countless people can sing along to songs like 9 to 5, Jolene and I Will Always Love You, her opulent blonde wigs are recognised the world over, and even Gen Z enjoys Dolly's snappy wisdom on social media. So who better to learn from than her how to overcome life's big challenges? Put on a smile, don't take yourself too seriously and remember that hardships are sometimes part of the game. This book brings together the country icon's most inspiring sayings and surprising life twists.

"If people still remember me in a hundred years' time, I hope it will be because of my books and not because of my looks." Dolly Parton

Hildi von Henn

Grandma Hilde and the playground of horrors. Germany's coolest granny takes over childcare

- Hildi von Henn speaks from the soul of all harried parents
- A book for every grandma
- For readers of Renate Bergmann and Sabine Bode
- Buying impulse: "I want to amuse myself with how a modern grandma copes with everyday life with grandchildren."



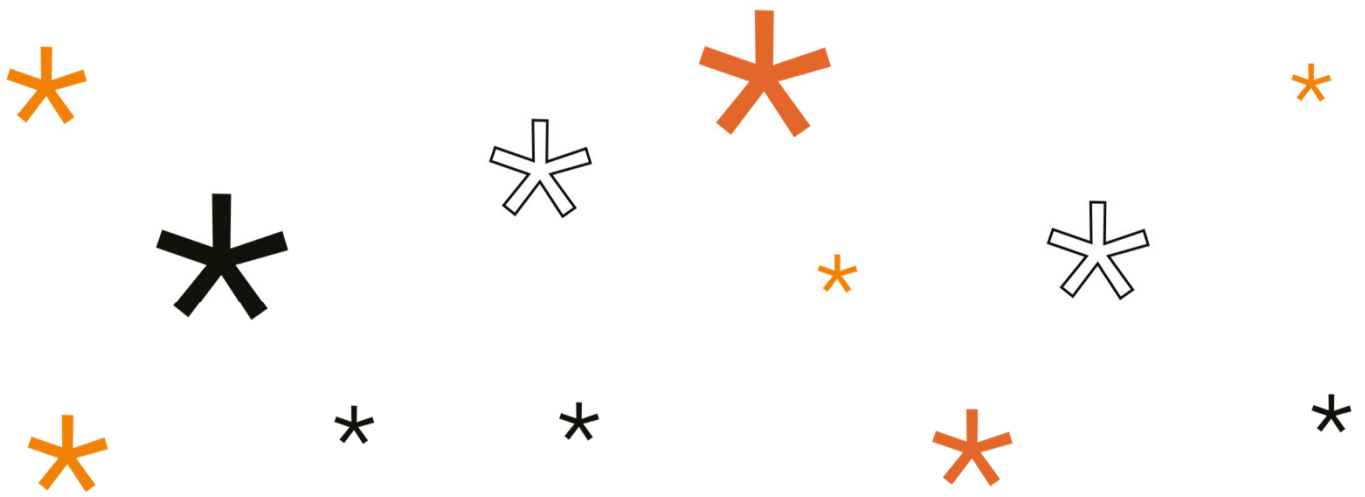
June 2024 · 240 pages

Hildi von Henn is a passionate sandpit feminist and full-time grandma. She belongs to the impoverished aristocracy and is 70+, but you wouldn't know it by looking at her. Grandma Hildegard is happily divorced and has put off traveling the world for the time being so that she can look after her two grandchildren.

The coolest grandma on the playground reveals

Hildi von Henn is on her way to a well-earned yoga retreat when her mobile phone rings. Her desperate daughter begs Hildi to please stay here and help out with the childcare. There are no childcare places for miles around and the children's father has to get his craft beer start-up out of the red once again. And because Hildegard loves her self-realisation, but also her daughter, she gives in. Instead of meeting yogis in Tokyo, she now meets grannies in Tchibo. But it doesn't matter, because there's more to experience in playgrounds than you realise. And when Fritz-Ferdinand finally gets his nursery place, Hildi feels a bit alone ... because being a granny is a way of life.

"I wink. God, how can you be so in love. You love your children to the moon and back, but what a monkey love it becomes when the grandchildren come - and go again. It's great fun. Only the good times, I can tell you. Most of the time, anyway." Grandma Hildegard



Thank you for your interest in our titles.

If you have any questions or need further material, don't hesitate to reach out. You can easily contact us via email. We're more than happy to assist and look forward to potential collaborations.

Best regards

MAURICE BAARS | FOREIGN RIGHTS

foreignrights@droemer-knaur.de

