

KOSMOS

GUIDES & NON-FICTION

Rights Catalogue

AUTUMN 2026



herbig

nymphenburger

Astronomy

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

Gardening

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



Nature

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

Hunting & Fishing

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

Dog Care & Pets

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

Horses

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

herbig Health

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

nymphenburger

Spiritual & Mental Health

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

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Astronomy in Large Format

NEW

Dirk H. Lorenzen
100 Sensations in Space

08/2026; 25.00 €

pages: 216
Hardcover; 21.50 x 27.00 cm
coloured photos: 180
b/w-photos: 10
978-3-440-18438-7

All rights available



The astrophysicist Dirk H. Lorenzen works as a journalist with a focus on astronomy and space travel, mainly for leading German channels and papers. He has visited practically all the major observatories and spaceports and is very well known in the Astronomy Scene.

- ▶ **A collection of selected highlights from Hubble and Webb in a single volume**
- ▶ **An accessible, entertaining guide to the depths of the universe**

An opulent journey of discovery through space and time. From our solar system through the Milky Way and the realm of galaxies to the edge of space. With breathtaking images from the Hubble and James Webb space telescopes. Short and easy-to-understand texts convey the most important knowledge. A picture book to marvel at, browse through, and enjoy.



Thorsten Dambeck
Mars
978-3-440-17991-8
Rights sold: CN



Dirk H. Lorenzen
Hubble and Webb
978-3-440-18266-6
All rights available



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



Dirk H. Lorenzen
The Splendor of the Universe
978-3-440-17692-4
Rights sold: NL

Understanding Our World



NEW

Dr Ilja Bohnet
**The Biggest 42 Mysteries
of Quantum Physics**

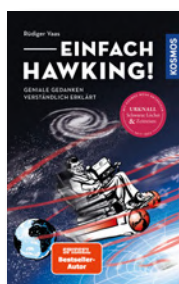
10/2026; 20.00 €

pages: 288
Paperback with flaps; 13.50 x 21.50 cm
b/w-illustrations: 30
978-3-440-18322-9

All rights available

- **How quantum physics is reshaping daily life**
- **A follow-up to the successful series highlighting recent developments in quantum research**

Contrary to the stereotype that quantum physics is only for specialists, Ilja Bohnet's new book reviews the latest research and everyday uses of quantum science. Covering quantum optics, computing and secure communication, it assesses active research areas, expected shifts and timelines. Bohnet, a PhD physicist, interviews prominent scientists to map future developments.



Rüdiger Vaas
Simply Hawking!
978-3-440-17269-8
Rights sold: PL, ES, CN, FR,
NL, CZ, HU, RU



Rüdiger Vaas
Simply Einstein!
978-3-440-15836-4
Rights sold: FR, CZ, RU, PL



Dr Ilja Bohnet
**The 42 Biggest Mysteries
of Physics**
978-3-440-16882-0
Rights sold: CZ



Dr Ilja Bohnet
**The 42 Biggest Mysteries
of Astronomy**
978-3-440-17913-0
All rights available

More to Explore

**NEW
edition**

Klaus M. Schittenhelm
Finding Stars Very Easily
07/2026; 12.00 €

pages: 96
Hardcover; 19.00 x 25.30 cm
coloured photos: 50
coloured illustrations: 61
978-3-440-18385-4

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



- **Now part of the 'Family Experiences Nature' series**
- **A well-established classic, with more than 95.000 copies sold**

Star-finding made easy! This long-seller offers extra-large, easy-to-read star charts, concise accounts of constellation myths, and many practical tips for observing the Moon, planets and satellites, enabling observers of all ages to locate the 25 principal constellations in every season.

Card Set



Lisa Hummel
Star Constellations
978-3-440-18504-9
All rights available



Michael Vogel
Which Star is this?
978-3-440-18145-4
Rights sold: FR, CZ, RU



Mark Emmerich
Everything about Astronomy
978-3-440-18119-5
All rights available



Dr. Werner E. Celnik
Astronomy for Beginners
978-3-440-16864-6
Rights sold: CN, CZ, KO, PL, RO,



Anne-Dorette Ziem
Take Off Into Space
978-3-440-17940-6
All rights available



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



Victoria Grinberg
All About Black Holes
978-3-440-18079-2
All rights available



Dr Thomas Bührke
What Is Dark Matter?
978-3-440-17421-0
All rights available

What's Living in Your Garden?



Alana Keenan
Can You Hear the Grass Grow?
09/2026; 14.00 €

pages: 96
Hardcover; 13.20 x 19.30 cm
coloured illustrations: 45
978-3-440-18667-1

NEW

All rights available

- Fascinating facts about flowers, vegetables, animals
- Gardening ideas you can try right away

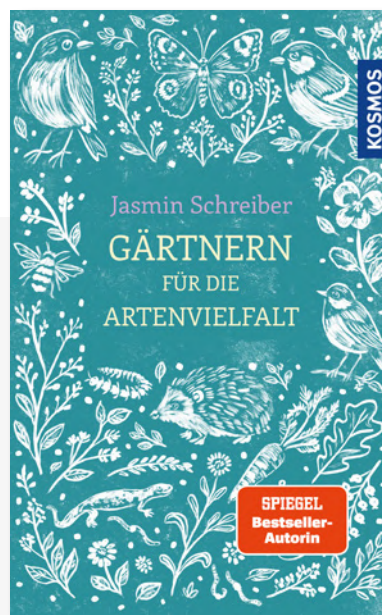
Do tomatoes get sunburn and can earthworms really hear the rain? This book is packed with surprising gardening facts. An atmospheric illustration and a short, entertaining text provide the explanation to unusual questions regarding everyday gardening life. Three practical tips then show how this knowledge can be put into practice in your own garden.



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



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



Jasmin Schreiber
Gardening for Biodiversity
09/2026; 28.00 €

pages: 256
Hardcover; 13.50 x 21.50 cm
coloured photos: 100
coloured illustrations: 100
978-3-440-18491-2

NEW

All rights available

- Small acts for biodiversity: soil care, compost, native plants and insect protection
- The ideal gift for anyone wanting to support garden wildlife

SPIEGEL-bestseller Jasmin Schreiber shows how gardens, large or small, can become a vibrant oasis that supports biodiversity. She combines clear ecological insight with hands-on guidance on forest-garden vegetables, native planting, compost and pollinator-friendly perennials, offering planting plans, maintenance tips and simple actions to help conserve species from your own garden.



Sigrid Tinz
Patchwork Gardening
978-3-440-18297-0
All rights available



Katrin Hecker
Feed Caterpillars if you love Butterflies
978-3-440-18162-1
All rights available

Raised Beds and Balconies

NEW

Anja Klein
Winter-Proof Raised Beds
06/2026; 20.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 183
978-3-440-18269-7

All rights available



- **Plant in summer, harvest in winter – how a raised bed works all year round**
- **Practical advice on hardy varieties, frost defence and fast solutions**

Anja Klein, a SPIEGEL-bestselling author and Instagram gardener, demonstrates how raised beds can produce beyond October. She presents six model bed plans, planted in summer or autumn, that yield fresh winter and early-spring harvests, plus practical advice on winter-hardy varieties, frost protection and quick solutions. A straightforward, smart guide to year-round raised-bed gardening.



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



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



Joachim Mayer
Raised Beds – The Manual
978-3-440-17130-1
Rights sold: CZ, NL



Lisa-Maria Trauer
My Balcony Raised Bed
978-3-440-17485-2
Rights sold: CZ, ES



Burkhard Bohne
Raised Bed Gardening with Herbs
978-3-440-18245-1
All rights available



Lisa-Maria Trauer
Grow Your Own Food on Your Balcony
978-3-440-18058-7
All rights available



Lisana Hartl
Herbs from Your Balcony
978-3-440-18275-8
All rights available



Burkhard Bohne
Herbs From Pots and Buckets
978-3-440-17093-9
All rights available



Melanie Öhlenbach
As Green as It Gets
978-3-440-17110-3
Rights sold: CZ, NL



Melanie Öhlenbach
Ready to Pick!
978-3-440-17382-4
Rights sold: CZ

Living off the Garden



NEW

Sylwia Gervais
Wild and Fermented

06/2026; 22.00 €

pages: 144
Hardcover; 17.00 x 24.00 cm
coloured photos: 160
978-3-440-18413-4

All rights available

- **Fermentation trend: make your own naturally fermented drinks**
- **A guide to fermenting your own tea herbs**

From garden to palate: fermentation transforms foraged and homegrown herbs into intense flavours. This practical guide explains cultivating your own tea herbs, step-by-step fermentation techniques, and how to enhance kombucha, water kefir and shrub with fermented botanicals. Fermentista Syl Gervais provides beautifully illustrated, accessible recipes and inspiration for creative flavour play.

Fermenting your own tea herbs



Alexis Goertz
Fermented Power x 52
978-3-440-18170-6
All rights available



Otmar Diez
Grow Your Own Food in Your Garden
978-3-440-17961-1
All rights available



Elisabeth Grindmayer
Slow Gardening
978-3-440-17780-8
All rights available



Lucia Schauerhammer
Vegetable Power
978-3-440-18285-7
All rights available

Gardening Books for Everyone



Simone Kern
Dry Heroes
978-3-440-18274-1
Rights sold: CZ



Simone Kern
Survival Artists
978-3-440-17656-6
Rights sold: NL



Jens Maute
Clever Water Management in Your Garden
978-3-440-18411-0
Rights sold: CZ



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



Melanie Öhlenbach
Survival on the Balcony
978-3-440-17928-4
All rights available



Mag. Dipl.-Ing. Markus Meyer
Cool Garden – An Oasis
978-3-440-17409-8
Rights sold: NL,FR



Stefanie Scholz
Planting for More Shade
978-3-440-17984-0
All rights available



André Winkler
Simply Perennials
978-3-440-18324-3
All rights available



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



Simone Kern
Small and Wild
978-3-440-17962-8
All rights available



Otmär Diez
Flower Beds – Easy to Plant
978-3-440-18498-1
All rights available



Iris Winkenbach
Flower Beds
978-3-440-17410-4
Rights sold: CZ, FR



Ortrud Grieb
Companion Planting – What Grows Well Together?
978-3-440-18253-6
Rights sold: UK US



Carolin Engwert
Gardening for the Clueless
978-3-440-17679-5
All rights available



Anja Klein
Raised Beds for the Clueless
978-3-440-18357-1
All rights available

More titles available

Nature in Detail



Hannah Assil
Do You Speak Forest?

07/2026; 22.00 €

pages: 192
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 155
978-3-440-18344-1

NEW

All rights available

- **Forest field guide: nature walks and concise introductions to woodland ecology**
- **Accessible, clear and richly illustrated for nature lovers**

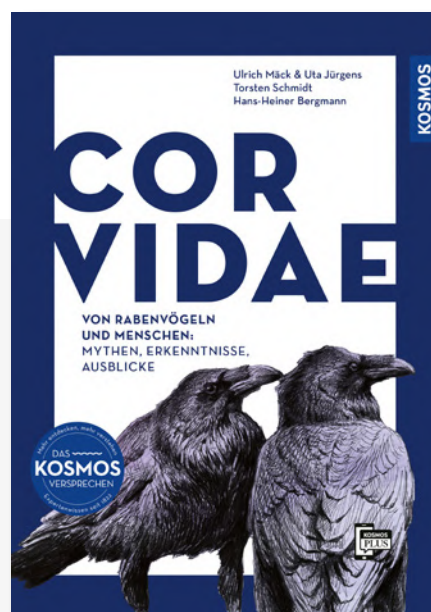
Observant, intimate and regularly surprising, this book is an unfiltered exploration of native woodlands. Hanna Assil, wild-lover and '7 vs. wild' contestant, invites readers to discover the forest personally. With vivid photography and plainspoken insight she surveys flora, fauna and ecological links, and offers ranger-grade knowledge for those who wish to truly experience nature.



Jasmin Schreiber
In the Shadow of Giants
978-3-440-17987-1
All rights available



Patrick Hundorf
Wild Animals and How to Watch Them
978-3-440-18179-9
Rights sold: HU



Dr Ulrich Mäck
Corvidae

09/2026; 32.00 €

pages: 256
Hardcover; 17.00 x 24.00 cm
coloured photos: 80
coloured illustrations: 15
978-3-440-18460-8

NEW

All rights available

- **How coexistence between humans and corvids can be achieved**
- **Corvids between myth and science – understanding preconceptions and uncovering facts**

Corvids are intelligent and playful, yet they also attract human projections of admiration and provoke unwarranted fear or hostility. This book distinguishes myth from science, tracing how folklore and rumours shape attitudes and practical policies, and proposes constructive approaches for coexistence between people and corvids. A nuanced portrait revealing as much about humans as about birds.



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



- **Edible mushrooms and poisonous lookalikes: the 340 key species**
- **Handbook by Germany's leading mycologist**

This mushroom guide inspires foraging while ensuring safety: Key species are presented clearly with a unique identification key. Information on fungus-tree symbioses, practical guidance on harvesting, transport and preservation and simple tasty recipes make it an indispensable companion for mushroom enthusiasts.

Andreas Gminder
Guide to Mushroom Foraging
03/2027; 22.00 €

pages: 400
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 452
coloured illustrations: 169
b/w-illustrations: 79
978-3-440-18581-0

All rights available



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

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

Hans E. Laux
The Big Kosmos Mushroom Guide
06/2025; 24.00 €

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

All rights available



- **New edition of the known guide**
- **Easy guide to take along into the forest**

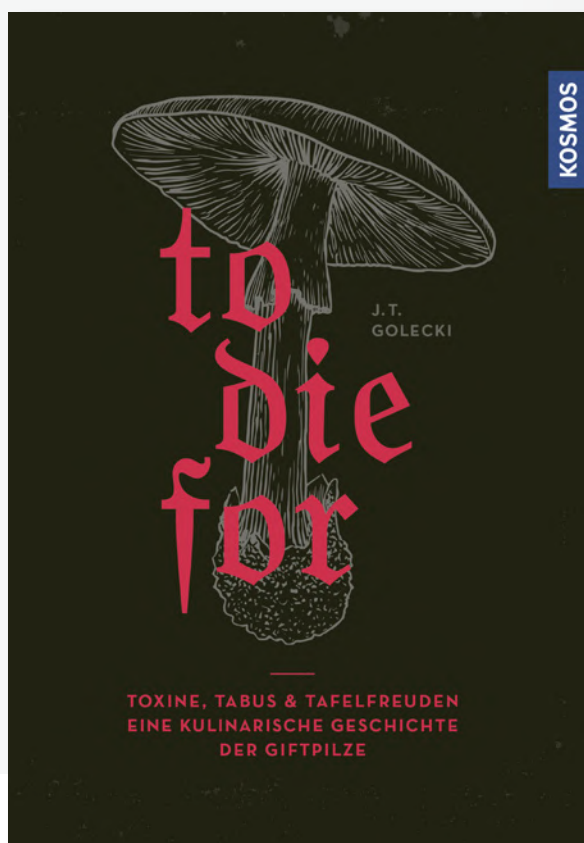
With the practical classification by habitat, the detailed descriptions of 165 species as well as the numerous photos and supplementary drawings, the identification of mushrooms succeeds even without great prior knowledge.

Hans E. Laux
A Take Along Guide – Mushrooms
06/2023; 12.00 €

pages: 176
Paperback with flaps; 10.90 x 18.10 cm
coloured photos: 174
coloured illustrations: 86
978-3-440-17662-7

Rights sold: PL

The World of Mushrooms



NEW

Jedrzej Golecki
To die for

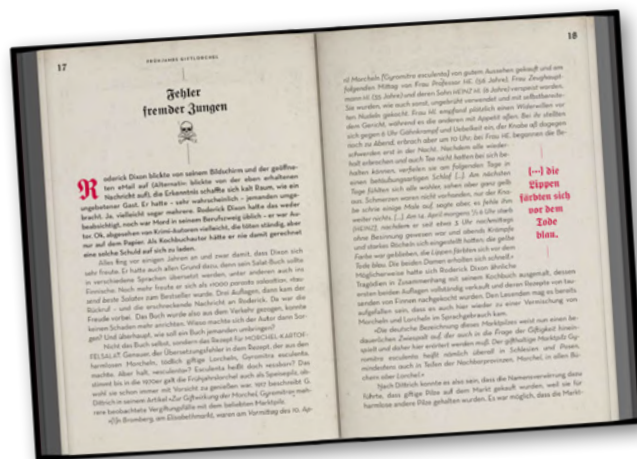
07/2026; 26,00 €

pages: 302
Hardcover; 13.20 x 19.30 cm
coloured photos: 50
coloured illustrations: 20
b/w-photos: 50
b/w-illustrations: 20
978-3-440-18321-2

All rights available

- **A distinctive book on poisonous fungi, blending myth, science and sombre imagery**
- **On poisonous indulgences and forgotten delicacies**

Poisonous mushrooms tell stories of life and death: this book pairs authoritative facts with myth, cultural history and real criminal cases – even culinary anecdotes. It appeals to true-crime readers, amateur cooks and mycophiles alike, offering an unusual, original perspective on the mushroom phenomenon that blends science, narrative and forensic intrigue.



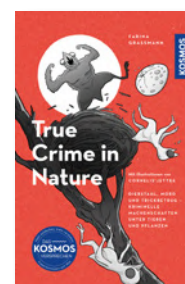
Nadja Frotscher-Kanka
Mushroom Book for Children
978-3-440-18261-1
Rights sold: HU



Moritz Schmid
Mushroom Fever
978-3-440-17926-0
All rights available



Véro (Veronika) Mischitz
Mushrooms for the Clueless
978-3-440-18115-7
All rights available



Farina Graßmann
True Crime in Nature
978-3-440-18023-5
Rights sold: KO, CN

Discover Nature as a Family



Frank Hecker
Animal Tracks in Lifestize

02/2026; 14.00 €

pages: 112
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 160
b/w-illustrations: 60
978-3-440-18564-3

**NEW
edition**

Rights sold: CZ

- **The first life-size animal tracks guide, now issued in an updated edition**
- **Recognise 60 wild animals by their characteristic field signs**

Many animals remain hidden in woods and meadows, yet their tracks tell compelling stories. This innovative life-size tracks book invites families to explore local nature together: prints of 65 species are shown at actual size and paired with their makers. Added signs – feeding traces, nests and bark marks – clarify identification and make every walk a small nature adventure.



Daniela Strauß
Animals and Plants in Life Size
978-3-440-18448-6
Rights sold: CZ



Katharina Hedder
Family Nature Guide
978-3-440-18553-7
Rights sold: CZ



*Former
„Basic“ Series*

Markus Flück
Mushrooms Family

06/2026; 10.00 €

pages: 136
Paperback with flaps; 10.70 x 18.00 cm
coloured photos: 245
coloured illustrations: 14
b/w-illustrations: 7
978-3-440-18583-4

**NEW
edition**

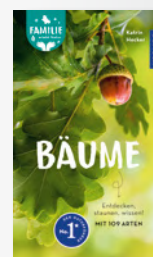
Rights sold: SK, NL, CZ, SE, FR

- **A compact mushroom guide for the whole family**
- **Quickly and reliably identify 100 species using three easy steps**

Turn mushroom hunting into a true family expedition with this child-friendly field guide. The intuitive three-step method enables swift, confident identification of the 100 most familiar native mushrooms. At-a-glance entries list essential features and lookalikes; the compact, sturdy format is ideal for woodland outings and makes shared collecting and learning safe and enjoyable. NABU recommended.



Volker Dierschke
Garden Birds
978-3-440-18554-4
Rights sold: FR, SK, CZ, NL



Katrin Hecker
Trees
978-3-440-18555-1
Rights sold: FR, CZ, NL

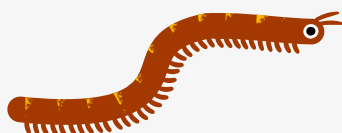
NEW

Ernestine Donnerberg
Look Down! Insects

08/2026; 12.00 €

pages: 96
Hardcover; 13.60 x 19.50 cm
coloured illustrations: 40
978-3-440-18401-1

All rights available



- **Charming intro to insects: identify species with three simple features**

- **Suitable for the whole family**

This insect guide reduces identification to three decisive traits, so that novices can recognise species swiftly. The book pairs colourful illustrations with plentiful beginner tips and observation prompts, offering a lighthearted yet effective introduction to insect identification for families.



Ernestine Donnerberg
Look Up! Birds

02/2026; 12.00 €

pages: 96
Hardcover; 13.60 x 19.50 cm
coloured illustrations: 40
978-3-440-18398-4

All rights available

*On the Longlist
for the Prettiest
German Books 2026!*

- **Identifying birds with wit and charm**
- **40 species in amusing illustrations**

It can be that simple: three characteristics – one bird. That's all you need to reliably identify the most common native birds. The illustrations in this book highlight the three most important characteristics of birds. In addition to charming species portraits this makes it easy to identify the different birds with confidence.



Christine Rauch
Eating Wild Plants

02/2025; 16.00 €

pages: 144
Paperback with flaps; 13.50 x 19.30 cm
coloured illustrations: 200
978-3-440-18246-8

All rights available

- **Find the plants you can eat**
- **For a young target group**

Off into the wilderness – Christine Rauch introduces the fascinating world of edible wild plants in a charming and humorous way. This guide not only provides tips on finding and collecting the 50 most delicious plants, but also combines exciting background knowledge with creative recipes.



Crafting and Cooking



Anne Rogge
Nature Advent Calendar 2026

09/2026; 14.00 €

pages: 112
Japanese binding (closed pages); 18.50 x 21.50 cm
coloured photos: 60
978-3-440-18395-3

NEW

All rights available

- Includes 24 + 2 sealed pages full of inspiration for decoration and gifts
- Fresh, nature-based ideas for the festive season

Opening an Advent door each day still delights adults. Here, sealed pages replace doors: tear one open daily to find recipes, simple crafts and gift ideas for the season, all made from natural materials and needing little preparation. Designed for shared delight, this book supplies 26 small, nature-based surprises.



Katrin Hecker
Wild Plants for Your Well-Being
978-3-440-18552-0
All rights available



Mischa-Amadeus Olma
Woodcuisine

07/2026; 32.00 €

pages: 176
Hardcover; 17.00 x 24.00 cm
coloured photos: 120
978-3-440-18244-4

NEW

All rights available

- We cook what nature serves us – bringing together flavour, visual appeal and culinary practice
- Simple recipes: forage, refine and cook your finds

Go out, gather, cook and savour: 'We cook what nature serves us' – Woodcuisine stands for stylish natural cooking. Mischa Olma renews the appreciation of wild food in an exquisitely designed cookbook that maps seasonal foraging and transforms finds into modern, achievable dishes, drinks and desserts. Whether at the home stove or over open flame, it pairs culinary skill with respect for nature.



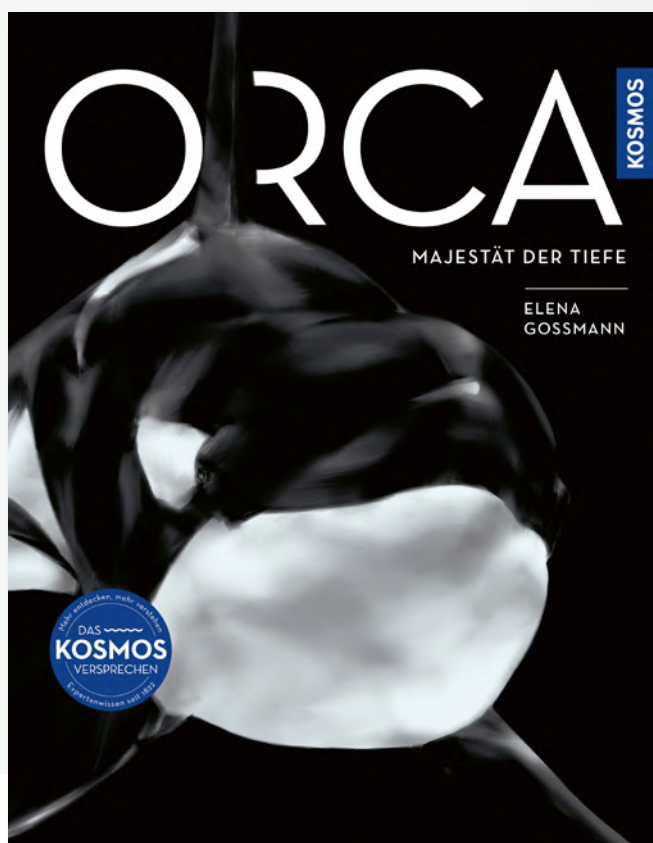
Christine Rauch
Eating Wild Plants – Card Set
978-3-440-18399-1
All rights available



Lisa Hummel
Cottagecore – Plants
978-3-440-18329-8
All rights available

Card set
↙

Deep Dive into Nature



NEW

Elena Gossmann
Orca

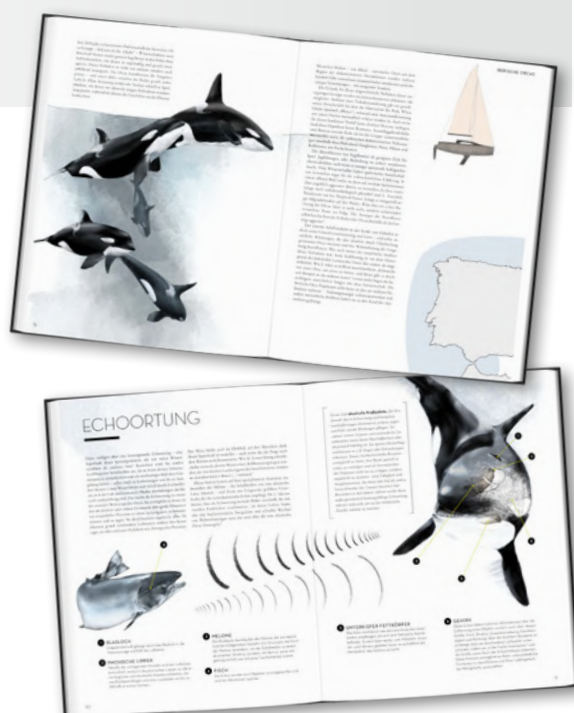
09/2026; 38.00 €

pages: 144
Hardcover; 23.00 x 29.70 cm
coloured illustrations: 80
978-3-440-18547-6

Rights sold: English (worldwide)

- **Detailed illustrations and double-page spreads on human-orca relations**
- **Profiles of well-known orcas, retold in an aesthetically presented format**

Rich in empathy and insight, this book chronicles orcas –the planet's largest marine predators – and the ambivalent human ties that shape their fate. Elena Gossmann blends scientific explanation with the poignant biographies of Keiko, Tilikum, Talequah and Wicki to explore captivity, mourning, adaptation and hope. Dramatic artwork and striking factual comparisons ensure the narrative's emotional power.



Paschalis Dougalis
**Through the Eyes of a Bird
Illustrator**
978-3-440-18080-8
All rights available



Dominik Eulberg
**Eye to Eye.
The World of Insects**
978-3-440-17900-0
All rights available



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



Gamander López
Moments in Nature
978-3-440-17876-8
Rights sold: CZ

Large Guides Fauna



Dr Hannes Petrischak
The Kosmos Guide to Bumblebees
 02/2026; 42.00 €

pages: 240
 Paperback with flaps; 19.30 x 13.20 cm
 coloured photos: 340
 978-3-440-18180-5

All rights available

All titles between 248
 and 498 pages, specific
 guides, covering middle
 Europe and beyond.



- **All European bumblebees in one nature guide**
- **Portraits of more than 60 bumblebee species**

This nature guide is dedicated solely to bumblebees, these rather underrated insects. It describes the biology and behaviour of bumblebees and presents the bumblebees of Europe in detailed portraits with unique photos and illustrations.



Dr Heiko Bellmann
The Kosmos Guide to Butterflies
 978-3-440-18071-6
 Rights sold: NL



Matthias Helb
The Kosmos Guide to Beetles
 978-3-440-16759-5
 Rights sold: NL



Rainer Ulrich
The Kosmos Guide to Diurnal Moths
 978-3-440-18069-3
 Rights sold: FR



Dr Heiko Bellmann
The Kosmos Guide to Dragonflies
 978-3-440-16762-5
 All rights available



Axel Kwet
The Kosmos Guide to Reptiles and Amphibians of Europe
 978-3-440-16755-7
 Rights sold: FR, IT



Dr Heiko Bellmann
The Kosmos Guide to Grasshoppers
 978-3-440-15304-8
 Rights sold: FR, IT, NL, S



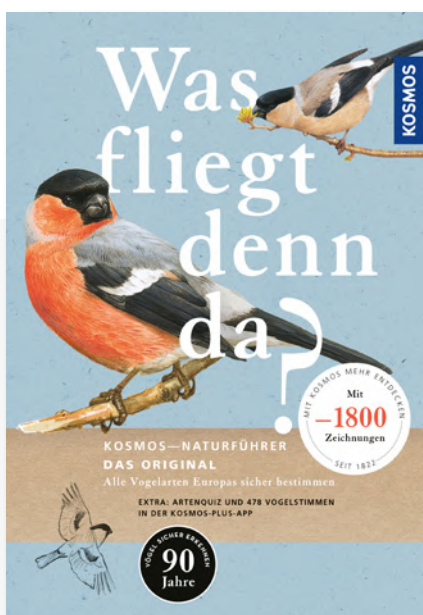
Dr Heiko Bellmann
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 978-3-440-17982-6
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Identifying Birds and Flowers



Peter H. Barthel, Paschalis Dougalis
Which Bird Is This?

02/2026; 18.00 €

pages: 200
Paperback with flaps; 13.20 x 19.30 cm
coloured illustrations: 1829
978-3-440-18319-9

Rights sold: ES

► New edition – now 1.800 drawings

One of our successful long sellers: 540 portrayed European bird species, over 1800 coloured drawings by Paschalis Dougalis and 188 bird voices. The new edition is adapted to new systematics and has been updated.



Detlef Singer
Which Bird Is This?
Photo Guide
978-3-440-18350-2
Rights sold: CZ



Leander Khil
Bird Observation Manual
978-3-440-16990-2
Rights sold: CZ; NL



Margot Spohn
Which Flower Is This?

02/2025; 22.00 €

pages: 496
Paperback with flaps; 13.20 x 19.30 cm
coloured illustrations: 2065
b/w-illustrations: 112
978-3-440-18088-4

Rights sold: IT, NL, CN, CZ

► Beautiful lifelike illustrations

► Identifying flowering plants made easy

A classic turns 90 – that's how nature guides work today. A nature guide that has been growing in popularity for 90 years instead of being labelled as outdated? Only 'Which Flower Is This?' can do that: with over 870 species, more than 2000 hand-drawn illustrations, detailed photographs, easy-to-understand descriptive texts - and of course with the unique KOSMOS colour code. To mark its birthday, the long-seller has a fresh new look, updated content and a specially developed plant quiz. This makes every excursion into nature an experience for the whole family.



Margot Spohn
Which Flower Is This?
Photo Guide
978-3-440-18090-7
All rights available

Fishing Titles

Ben Boden
Which Fish Is This?
 02/2026; 12.00 €

pages: 112
 Paperback with flaps; 10.70 x 18.00 cm
 coloured photos: 53
 coloured illustrations: 50
 978-3-440-18477-6

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**NEW
 edition**



- **Identify 50 common fresh-water and marine angling species**
- **Featuring quality photographs and illustrations**

This concise angling field guide describes the 50 most frequent fish in freshwater and marine zones. Each entry pairs a photo with a detailed illustration to separate similar species and provides compact facts on identification, ecology, distribution and capture techniques. The portable format fits any angler's kit for immediate, dependable on-site identification.

**NEW
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Ben Boden
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 978-3-440-17852-2
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Daniel Bastian
Practical Handbook on Lure Hunting

01/2026; 26.00 €

pages: 144
 Hardcover; 17.80 x 24.70 cm
 coloured photos: 150
 978-3-440-18034-1

All rights available

► **Successful lure hunting through imitation**

► **With practical tips on preparing your hunting ground**

Rutting season – hunting roe deer bucks, whereby hunters imitate the calls of female roe deer using a rutting call – is considered by many hunters to be the most fascinating type of hunting. In this practical guide, a professional hunter provides valuable tips and tricks for a successful rutting season.



Stefan Mayer
Perfect Stalking

04/2026; 28.00 €

pages: 176
 Hardcover; 17.80 x 24.60 cm
 coloured photos: 120
 coloured illustrations: 10
 978-3-440-18397-7

All rights available

► **How active and successful hunting works**

► **Guide to preparation and equipment**

Stalking game and approaching it almost silently during the hunt is extremely challenging. In this guide, forester Stefan Mayer explains what is important for successful stalking and how, when and where stalking works for different types of game.



NEW

Markus Hofmann
Making Game Sausage

11/2026; 24.00 €

pages: 160
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 110
 coloured illustrations: 10
 978-3-440-18101-0

All rights available

► **Includes numerous recipes for sausage, ham and meatloaf**

► **For appealing dishes at your next barbecue**

Home cook and game-sausage specialist Markus Hofmann demonstrates the versatility of venison, offering practical advice on equipment, processing and useful ways to salvage imperfect cuts. He shares tested recipes for sausages, ham and meatloaf, plus preservation tips and step-by-step methods to ensure reliably successful game charcuterie that shines at the next barbecue.



Hunting with Success



Dr Konstantin Börner
From Wildlife Biology to Hunting Expertise

08/2026; 32.00 €

pages: 184
Hardcover; 17.00 x 24.00 cm
coloured photos: 160
978-3-440-18276-5

NEW

All rights available

- **Up-to-date wildlife biology clearly explained for field use**
- **Apply modern research to support sustainable, ethically and effective hunting**

Wildlife biologist Dr. Konstantin Börner shows how contemporary research in wildlife biology improves understanding of wild species and supports more responsible, effective hunting. From probing biological questions to concrete field cases such as spring drives, the book links scientific insight with daily estate practice and pragmatic hunting techniques.



Dr Konstantin Börner
Hunting Predatory Game
978-3-440-18342-7
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Dr Konstantin Börner
Hunting Deer
978-3-440-17887-4
Rights sold: FR



Tanja Dautzenberg
Search and Point

10/2026; 26.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 120
coloured illustrations: 25
978-3-440-18278-9

NEW

All rights available

- **Modern training approaches for search and pointing work in hunting with dogs**
- **Small-game hunting with dogs without pressure or force**

Tanja Dautzenberg, a forest engineer, addresses hunters who regard their pointing dog as a partner and wish to train it for small-game hunting in a contemporary, individualised and humane way. Competent and accessible, she sets out modern, trust-based training methods to develop reliable search behaviour and steady pointing, with detailed, practical and fair guidance for field use.



Dr Konstantin Börner
Hunting Wild Boar — Modern Hunting
978-3-440-18086-0
All rights available



Hannah Mittner
Hunting with Search Hounds
978-3-440-18323-6
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Dog Expert Martin Rütter



NEW

Martin Rütter
My Top 500 Tips

09/2026; 22.00 €

pages: 208
Hardcover; 19.00 x 25.30 cm
coloured photos: 150
978-3-440-18442-4

All rights available



- **Best of Martin Rütter: the key content from 20 years at Kosmos**
- **Practical, hands-on knowledge for a relaxed coexistence between humans and dogs**

Martin Rütter has defined modern, accessible dog training for twenty years. This best-of volume compiles his most effective guidance on selecting a dog, everyday upbringing, practical training routines, purposeful enrichment and handling problem behaviours. Grounded in two decades of field experience, the book offers clear, practical methods to build a trusting human–dog bond.

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

Over **1.6 million**
sold Rütter titles



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Martin Rütter
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978-3-440-18147-8
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Training Dogs



Steve Kaye
Stress-Free Dog Encounters

09/2026; 26.00 €

pages: 208
Hardcover; 17.00 x 24.00 cm
coloured photos: 227
coloured illustrations: 2
978-3-440-18388-5

NEW

All rights available

- **Insights into dog interactions: identify stressors for dogs and owners**
- **Step-by-step help for safe encounters**

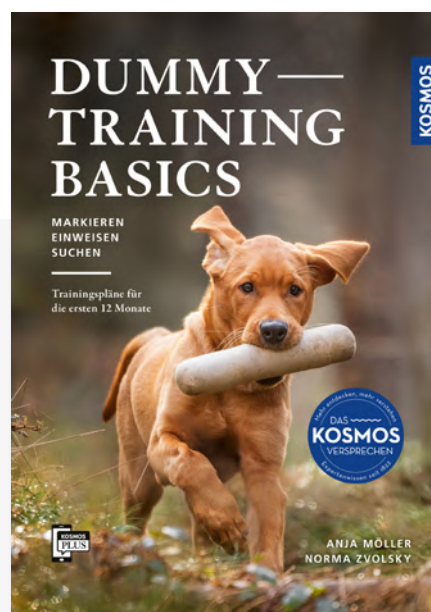
Steve Kaye analyses why dog encounters often become fraught: uncertainty in dog or handler causes pulling, barking or lunging, often amplified by owner nervousness. He provides clear, graded training: secure basics – attention, leadership, rewards, boundaries – then controlled drills such as 'keep distance' and calm withdrawal. With practical case studies, checklists and step-by-step explanations.



Sami El Ayachi
Leash Handling
978-3-440-17851-5
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Dr. Janey May
Reduce Stress for Your Dog
978-3-440-18287-1
All rights available



Anja Möller
Dummytraining – Basics

10/2026; 26.00 €

pages: 208
Hardcover; 17.00 x 24.00 cm
coloured photos: 200
978-3-440-18327-4

NEW

All rights available

- **All the dummy-work fundamentals, compact and progressive**
- **Training plan by level and week with progressive exercises to build a solid foundation**

All dummy-training essentials – heel at the foot, stopping on cue, search signal, send-on, back, right/left, marking and lost-retrieve – are taught step by step and built progressively. For puppy, young and adult dogs each weekly level supplies cumulative exercises so that after about twelve months core dummy skills are reliably consolidated. Ideal for retrievers and any dog that enjoys retrieving.



Sonja Meiburg
Walk the Dog-Training
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Linda Tellington-Jones
Tellington Training for Dogs
978-3-440-18040-2
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Maren Grote



NEW

Maren Grote
Clear Boundaries in Dog Training

08/2026; 25.00 €

pages: 240
Hardcover; 17.00 x 24.00 cm
coloured photos: 175
978-3-440-18524-7

All rights available

- **Setting limits in dog training: the current topic under discussion among dog owners**
- **Features tests and self-assessment questionnaires**

Maren Grote explains how much leadership a dog needs and how to set boundaries fairly and understandably. The book offers essential guidance, outlines theoretical principles and answers how to apply limits so dogs comprehend and comply. It includes tests and self-reflection worksheets and is essential reading for everyone living or working with dogs.

Maren Grote is a certified dog trainer and CANIS graduate. She holds seminars for dog owners and develops further education and concepts for dog trainers on conversation management, didactics and dog behaviour.



Maren Grote
Learning to Read Dogs
978-3-440-17558-3
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Maren Grote
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978-3-440-17917-8
Rights sold: IT



Maren Grote
Frustrations, good bye
978-3-440-18123-2
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Vanessa Engelstädter

NEW

Vanessa Engelstädter
Stronger Together

09/2026; 24.00 €

pages: 192
Hardcover; 17.00 x 24.00 cm
coloured photos: 200
978-3-440-18471-4

All rights available



Vanessa Engelstädter is a full-time dog trainer with her own dog school. She is a certified expert in stress and resilience management. She offers training and coaching, gives workshops and lectures.

- **The path to an effective human–dog partnership**
- **Suited to dog owners with prior experience who want to make genuine progress**

Practical manual on forming a dependable human–dog team through fitting activities, consistent training and mutual understanding. Which pursuits suit your pair, which teaching style fits, and what shared activities strengthen the bond? For readers who have reflected on themselves and their dogs, it offers stepwise exercises to turn insight into reliable everyday behaviour.



Vanessa Engelstädter
Resilience in Dogs
978-3-440-17293-3
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Vanessa Engelstädter
Let The Others Talk
978-3-440-17846-1
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Dog Titles for Every Need

NEW

Dr Iris Mackensen-Friedrichs
Why We Click

10/2026; 28.00 €

pages: 208
Hardcover; 17.00 x 24.00 cm
coloured photos: 150
978-3-440-18328-1

All rights available



- **Clear explanation of the biology behind the human–dog bond**
- **Training approaches critically evaluated from a biological perspective**

Although dogs naturally form social bonds, humans often fail to build clear, trusting relationships. Dr Iris Mackensen-Friedrichs focuses on human-dog communication and canine learning capacity, reviews common training methods and assesses their biological plausibility, offering evidence-based recommendations to promote mutual understanding, trust and durable training results.



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The Epigenetics of Dogs
978-3-440-18039-6
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Scientific Approach to Dogs



Dr Udo Gansloßer
**A Dog's Environment
and Inner World**

08/2026; 50.00 €

pages: 416
Hardcover; 17.00 x 24.00 cm
coloured photos: 211
coloured illustrations: 69
978-3-440-18153-9

All rights available

- **How and why dogs behave the way they do**
- **With exercises to promote sensory and social intelligence**

How does the world feel to a dog – and what does science say about it? This book takes you on a fascinating journey into the environment and inner world of dogs – scientifically sound, up-to-date and yet practical. Numerous exercises enable you to apply your new knowledge directly and develop a deeper understanding of how dogs perceive the world.



Dr Udo Gansloßer
**Behavioural Biology for
Dog Trainers**
978-3-440-16299-6
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Dr Udo Gansloßer
**Behavioural Physiology
and Medicine**
978-3-440-17236-0
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Thomas Bursch
Abort Signals for Dogs

08/2026; 30.00 €

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

All rights available

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

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



Robert Mehl
**Behavioural Therapy
for Dogs**
978-3-440-17520-0
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Robert Mehl
The Dog's Psyche
978-3-440-16701-4
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Pet Care



Ralf-Wigand Usbeck
Keeping Chicken Made Easy
01/2026; 16.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 134
978-3-440-18497-4

Rights sold: NL



- **Countryside feeling even in the city**
- **Everything to know about keeping chickens for beginners**

Keeping chickens continues to be popular – not only in the countryside, but also in the city. Chickens are curious, easy to care for and trusting, and they also provide fresh eggs every day. This guide offers comprehensive, practical information for all chicken enthusiasts and introduces suitable breeds.



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Your Horse and You

**NEW
edition**

Ulrike Amler
Everything About Horses

06/2026; 14.00 €

pages: 144
Hardcover; 19.50 x 27.00 cm
coloured photos: 245
coloured illustrations: 6
978-3-440-18556-8

Rights sold: CZ



Ulrike Amler has an agricultural degree and writes freelance articles for various journals. She is an avid equestrian.

- ▶ **Classic bestseller for equestrians, newly revised**
- ▶ **Compact and easy to understand horse knowledge for junior and adult beginner riders**

Comprehensive horse guide with everything equine enthusiasts want. Clear two-page spreads allow quick orientation on care, riding and breeds. From equine communication and behaviour to grooming, health and tack, each topic is explained accessibly with step-by-step tips. Detailed photographs and practical checklists show crucial points. Perfect for novice riders of all ages.



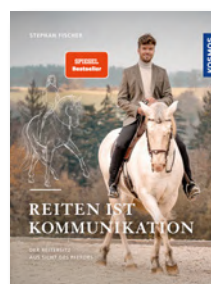
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Stephan Fischer
Riding Is Communicating
978-3-440-18081-5
Rights sold: PL

Bodywork for and with Horses



Gloria Grothe
The Horse's Myofascial Meridians

06/2026; 22.00 €

pages: 112
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 116
coloured illustrations: 18
978-3-440-18520-9

All rights available

- **Myofascial lines: the physical link between rider and horse**
- **Learn subtle communication with scientific analyses, self-assessments and exercises**

Rider and horse are linked by myofascial lines – a network of muscles, fascia and tendons that transmits movement and tension. Manual therapist Gloria Grothe shows how rider posture faults alter a horse's movement and how many seat problems can be corrected. With analyses, self-tests, targeted exercises and case studies she makes this complex communication tangible and offers practical guidance.



Linda Tellington-Jones
Practical Guide Tellington Training for Horses
978-3-440-17532-3
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Linda Tellington-Jones
TTouch for Horses – compact
978-3-440-17197-4
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Corina Trippe
Activate the Power of the Vagus Nerve

06/2026; 22.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 80
coloured illustrations: 2
978-3-440-18429-5

All rights available

- **Learn more: how stress and trauma develop in horses**
- **Using Polyvagal theory and trauma-sensitive somatic work to reduce stress and anxiety**

When stress governs the horse–rider bond, this book offers practical, trauma-aware tools to address fear, flight and defensive behaviour in horses. Corina Trippe uses Polyvagal Theory and somatic, trauma-sensitive bodywork to explain how stress and trauma arise and how body and mind interact in horse and human. Clear exercises and actionable options guide calm, confident handling.



Marc Nölke
Neuroathletics for Riders
978-3-440-17225-4
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Beatrix Schulte Wien
Practical Osteopathy for Horses
978-3-440-17659-7
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Special Topics



Christiane Gohl
Secrets of the Stablemaster

06/2026; 14.00 €

pages: 160
Paperback with flaps; 15.80 x 21.30 cm
coloured photos: 117
coloured illustrations: 23
b/w-illustrations: 33
978-3-440-17877-5

**NEW
edition**

All rights available

- **Proven expertise of traditional stablemasters – revised**
- **Unconventional ideas for stable and pasture management, with riding solutions**

The accumulated wisdom of old stablemasters remains compelling today, offering unconventional advice, practical ideas and clever solutions for riding issues as well as stable and pasture management. Inviting experimentation, this resource is useful and hands-on, laced with a hearty touch of humour, and presents the collected know-how of past stablemasters.



Michael Laußegger
Moving forward, but classic
978-3-440-18181-2
All rights available



Alois Podhajsky
The Classic Art of Riding
978-3-440-17416-6
All rights available



Ilka Stehn
Circensic Lessons

08/2025; 20.00 €

pages: 96
Paperback with flaps; 17.20 x 24.10 cm
coloured photos: 132
coloured illustrations: 10
978-3-440-18221-5

All rights available

- **More variety in ground work with circus tricks**
- **Train specific muscle groups with circus lessons**

Circus riding, or riding circus lessons, is particularly popular among recreational riders because it strengthens the bond between horse and rider and also targets specific muscle groups in the horse. In this book, riders who want to add variety to their ground work with circus skills will find everything they need to know to get started. The exercises and lessons shown combine fun and benefit for the horse in an ideal way.



Marius Schneider
Gymnastics Free Work
978-3-440-17426-5
All rights available



Sigrid Schöpe
Circus Tricks with Horses
978-3-440-17067-0
All rights available

Backlist Horses

Anne Krüger-Degener
In Synch with Your Horse
 02/2028; 32.00 €

pages: 160
 Hardcover; 17.00 x 24.00 cm
 coloured photos: 180
 978-3-440-17667-2

All rights available



- **Author of the HarmoniLogie training**
- **The HarmoniLogie method for young horses**

As a horse expert, the author provides a valuable guide to training young horses with this book. She explains in easy-to-understand terms how age-appropriate learning works and how problems can be solved; pages for filling in yourself make documentation easier.



Marlitt Wendt
Resilience in Horses
 978-3-440-16889-9
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 978-3-440-17744-0
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 978-3-440-18083-9
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Andreas Karasek
Hobby Horsing – Jumping
 978-3-440-18351-9
All rights available

Reading the Signs of Your Body



Marianne Jouanneaux
Brain on Fire – Neurodivergent at Work

10/2026; 24.00 €

pages: 160
Paperback with flaps; 9.00 x 12.50 cm
coloured illustrations: 30
978-3-96859-110-0

NEW

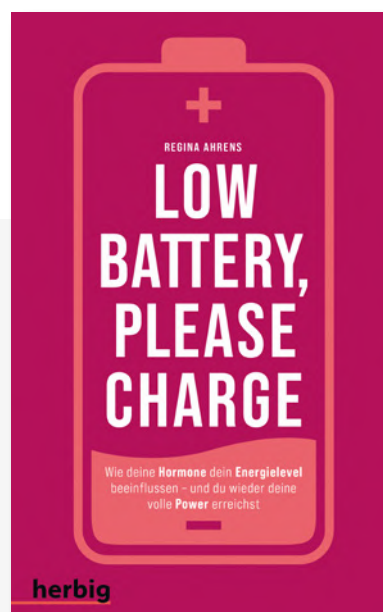
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- **Practical workbook to understand neurodivergence and handle everyday work**
- **Strategies and tools for urgent situations offering quick stress relief**

Ten open tabs and Tetris music playing – this often describes the neurodivergent workday. This compact SOS kit helps when noise, demands, stress and sensory overload overwhelm. Instead of long texts it provides clear tools, 30-second aids, hacks and exercises, colour-coded and visually tidy, with digital quicktools to protect creativity, energy and focus.



Prof Sven Benson
Your Body Believes Everything You Say
978-3-96859-098-1
All rights available



Dr Regina Ahrens
Low Battery, Please Charge

03/2026; 22.00 €

pages: 200
Paperback with flaps; 13.60 x 21.60 cm
b/w-illustrations: 8
978-3-96859-097-4

All rights available

- **Anti-burnout formula for women**
- **Checklists, recipes and a 5-point roadmap back to hormonal balance**

This book is dedicated to the hormonal causes of exhaustion and burnout in women. In addition to providing important background information, the author offers specific measures, recipes, checklists and a proven 5-point roadmap for avoiding exhaustion and increasing energy levels.



Dr Bernhard Dickreiter
Leave Chronic Fatigue Behind
978-3-96859-062-2
All rights available

Understanding Medical Conditions



Martin Auerswald
Cell Reset

06/2026; 22.00 €

pages: 160
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 45
coloured illustrations: 35
978-3-96859-112-4

**NEW
edition**

All rights available

- **Updated edition: nutrient protocols and mitochondrial focus in long COVID**
- **The established three-pillar programme for chronic fatigue**

Persistent fatigue does not have to define your life. Focusing on mitochondria, the cell's energy centres, this book explains their role in vitality and endurance and prescribes a structured three-part approach: diet, movement and practical life-style adjustments. With evidence-based guidance, exercises, recipes and checklists, it activates cellular energy to restore strength, clarity and vigour.



Martin Auerswald
The Epigenetics Code
978-3-96859-085-1
All rights available



Martin Auerswald
Fact Check: Nutritional Supplements
978-3-96859-046-2
All rights available



Prof Dr Michael Sticherling
Understanding Neurodermatitis

09/2026; 22.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
b/w-illustrations: 30
978-3-96859-084-4

NEW

All rights available

- **Foundational guide to atopic dermatitis for confident self-management**
- **With checklists, questionnaires, info boxes and everyday tips**

Combining clinical expertise and practical self-care, this guide empowers people with atopic dermatitis to take control of treatment. Professors Michael Sticherling and Lukas Sollfrank explain disease mechanisms, outline therapeutic goals and evidence-based options, and provide decision aids, personalised action plans and lifestyle measures to improve symptoms and everyday quality of life.



Sarah Köbele-Strauss
Gut Reset
978-3-96859-086-8
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Prof Dr Julia Seiderer-Nack
Self-help for Chronic Intestinal Inflammation
978-3-96859-092-9
All rights available

Backlist Health

**NEW
edition**

Dr. Heide Fischer
My Compass for Menopause

02/2026; 22.00 €

pages: 256
Paperback with flaps; 13.70 x 21.50 cm
coloured illustrations: 7
978-3-96859-109-4

All rights available



- **Relieving menopausal symptoms: conventional and natural options**
- **Herbal self-care for hormones: making tinctures, infusions and baths**

Physician Heide Fischer explains how combining conventional treatments and natural therapies can activate self-healing and correct hormonal imbalances during menopause. She clarifies hot flushes, vaginal complaints, libido changes and contraception, describes HRT and plant-based options, and provides self-care advice including soothing teas and relaxation practices.



Nadja Dörner
My Pelvic Floor, Menopause, and I
978-3-96859-088-2
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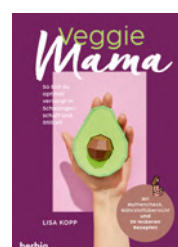
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Emotionally Free with Lipodema
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Physio@Home – Card Set
978-3-96859-096-7
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978-3-96859-068-4
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Doreen Aldugan
ADHD Meets Family Life
978-3-96859-089-9
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Strength from Within



Josephine Teske
Strength Through the Storm

07/2026; 20.00 €

pages: 144
Paperback with flaps; 15.20 x 21.50 cm
coloured photos: 50
978-3-96860-128-1

NEW

All rights available

- **Christian faith as support in times of hardship**
- **Includes case studies, prayers and Bible verses to foster meaning and resilience**

Josephine Teske reflects on how faith in God can become a vital source of hope when life fractures. Through candid personal testimony and moving accounts from her pastoral work, she guides readers step by step toward renewed trust. Combining theological reflection, practical counsel and pastoral sensitivity, the book offers realistic pathways to restore confidence, resilience and hope.



Dr Ingo Rudolf
Your Mind Heals (Almost) Everything
978-3-96860-056-7
All rights available



Lelia Kühne de Haan
Yes, but...
978-3-96860-111-3
All rights available



Nicole Stoehr
Ayurveda for Mental Resilience

06/2026; 24.00 €

pages: 176
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 86
978-3-96860-120-5

NEW

All rights available

- **Everyday self-help practices for stress, exhaustion, anxiety or anger**
- **Includes a test to assess physical and mental constitution**

Nicole Stoehr blends Ayurvedic wisdom with psychological practice in a pragmatic guide to balance, clarity and inner strength. She shows how resilience grows from attending to individual constitution, managing thoughts and inner wisdom, and offers field-tested methods, including techniques from an Indian master, plus exercises, meditations and routines to ease stress, fatigue and sleep loss.



Ellen Ertner
Ayurvedic Fasting
978-3-96860-070-3
Rights sold: CZ

The Twelve Nights of Christmas

NEW

Christine Fuchs
**The Twelve Days of Christmas
and the Power of the Feminine**

08/2026; 20.00 €

pages: 144
Paperback with flaps; 15.20 x 21.50 cm
coloured photos: 63
b/w-illustrations: 1
978-3-96860-133-5

All rights available



Christine Fuchs completed several trainings in incense burning and medicinal herb practices. She prepares high-quality incense materials and mixtures in her own cottage industry.

- **Combining the festive season with embodied femininity**
- **An invitation to pause and reflect**

The author links the Twelve Days of Christmas smudging rituals with embodied femininity. The book presents these traditional practices as prompts for intuition, reflection and inward retreat, inviting readers to pause and apply the calm yet resilient qualities of femininity in everyday life.



Myriam Veit
**The Healing Power of the
Twelve Days of Christmas**
978-3-96860-125-0
All rights available



Günter Kerschbaummayr
**Starting a New Era with the
Twelve Days of Christmas**
978-3-96860-100-7
All rights available



NEW

Andrea Farnung
Incense Rituals and the Twelve Days of Christmas – Sharing the Traditions with Your Child

07/2026; 16.00 €

pages: 128
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 30
coloured illustrations: 10
978-3-96860-129-8

All rights available

► **Activities and rituals for children aged 3 to 10**

► **Mindful ways to embrace the darker months**

With this book, families discover smudging rituals and the Twelve Days of Christmas, presented accessibly for children. Traditions are explained in child-friendly terms, while exercises and meditations offer practical spiritual tools to strengthen inner stability, resilience and self-compassion. Stories and instructions encourage a mindful, ritualised approach to the dark season.



Ksenija Rodos
Mindful Bedtime Rituals for Your Child

09/2025; 16.00 €

pages: 128
Paperback with flaps; 13.40 x 19.40 cm
coloured photos: 50
coloured illustrations: 10
978-3-96860-113-7

All rights available

► **From an early age: healthy sleep and mindfulness**

► **Exercises and rituals for children up to 10 years**

More and more children are suffering from problems falling and staying asleep: a threat to healthy development. This book shows how mindfulness in everyday life can lead to more calm and security in children. Based on the latest scientific findings, the exercises and rituals strengthen children's personalities and resilience and help establish healthy sleep rituals.



Nina Keßler
Experiencing the Annual Festivities with Your Child

01/2026; 16.00 €

pages: 128
Paperback with flaps; 13.40 x 19.30 cm
coloured photos: 50
coloured illustrations: 10
978-3-96860-112-0

All rights available

► **Mindful experiences of nature from an early age**

► **Exercises and meditations for mental strength and self-love**

Mindfulness, spirituality and bonding are important in our increasingly hectic world. While most advice books in this area only focus on adults, this book specifically addresses parents who want to support their children's development through nature-based experiences and rituals and promote trust, self-love and emotional strength.



Heal Yourself



Silja Mahlow
Menopause – Years of Liberation
03/2026; 26.00 €

pages: 192
Paperback with flaps; 19.20 x 25.30 cm
coloured photos: 60
coloured illustrations: 2
978-3-96860-122-9

All rights available

- **Experiencing menopause as a time of change**
- **Inspiration, rituals and exercises for a gentle transition into older age**

The menopause is not just a time of hormonal change: more and more women want to experience this time consciously, both emotionally and spiritually. This guide provides women with advice and helps them to experience the menopause as a time of rediscovery and conscious intentions with effective exercises and rituals.



Doreen Hüscher-Wächter
The 5 Elements of TCM
978-3-96860-116-8
All rights available



Angela Wucher
Development with Healing Plants
978-3-96860-088-8
All rights available



Maria Hoch
Healing with Essential Oils
01/2026; 25.00 €

pages: 176
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 79
978-3-96860-083-3

Rights sold: CN

- **20 essential oils and hydrolates profiled**
- **With 60 applications for use at home**

Aromatherapy with essential oils is becoming increasingly popular, but which oil should be used when? This guide provides a valuable overview of the diverse benefits of healing oils and helps to improve everyday well-being.



Myriam Veit
Essences for the Soul
978-3-96860-023-9
All rights available



Michael Gienger
Healing Stone Therapy (Practical guide)
978-3-96860-114-4
All rights available

Healing Through Movement



Melanie Ibrahim
Somatic Yoga

03/2026; 22.00 €

pages: 144
Paperback with flaps; 17.20 x 24.10 cm
coloured photos: 70
coloured illustrations: 3
978-3-96860-121-2

All rights available

- **Healthy body – strong soul: the best of Yoga and Qi Gong**
- **Conscious and mindful ways to achieve calm and concentration**

Far from performance pressure and the 'perfect posture': somatic yoga is characterised by intuitive, mindful movements that train your own perception. The author shows how the teachings of Yoga and Qi Gong can be transferred from practice into everyday life and can provide more inner peace and resilience.



Dr. med. Dieter Awender
Self-healing with Your Hands

08/2025; 28.00 €

pages: 272
Paperback with flaps; 17.20 x 24.10 cm
coloured photos: 773
coloured illustrations: 1
978-3-96860-098-7

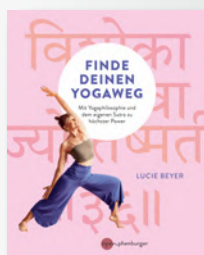
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- **Healing currents, mudras, and acupressure – the practical guide to self-help**
- **150 applications with photo instructions for all healing techniques**

This book explains clearly, concisely, and vividly how you can improve your health using proven and effective healing techniques. Easy-to-understand descriptions and comprehensive photo instructions help you integrate these proven healing techniques into your everyday life, promoting health and well-being.



Lucia Schmidt
Detox Yoga
978-3-96860-110-6
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Lucie Beyer
Find Your Yoga Way
978-3-96860-099-4
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Lucia Schmidt
Facia Yoga
978-3-96860-079-6
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Lucia Schmidt
Facia Yoga for Wrists, Neck and Shoulders
978-3-96860-024-6
Rights sold: PL

Body and Soul Overview

**NEW
edition**

Susanne Fischer-Rizzi
The Secret of Your Place
04/2026; 36.00 €

pages: 208
Hardcover; 23.70 x 24.70 cm
coloured photos: 120
b/w-illustrations: 100
978-3-96860-107-6

All rights available



- Includes a range of exercises and a self-designed 'Connection Map'
- 10 ways to reconnect with your roots

Psychogeography and nature sketching encourage a conscious bond with the places we inhabit and a deeper sense of belonging. Susanne Fischer-Rizzi, a pioneer in aromatherapy, smudging and hydrosols, reflects current trends and invites mindful awareness of everyday environments. Her exercises offer ten practical ways to root oneself and rediscover home.



Jennie Appel
The Sacred Space of Your Soul
978-3-96860-054-3
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Antonia Langsdorf
The Soul of the Planets
978-3-96860-038-3
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Sam Hess
The World of Nature Spirits – The Very Personal Practice Book
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Celia Schönstedt
Heal your Female Energy
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The Illusion of Self-Love
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Socrato – A Hero's Journey
978-3-96860-096-3
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Caroline Maxelon
Shamanic Power Objects
978-3-96860-026-0
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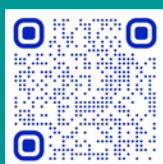
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