

Reference Books Autumn 2021



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Autumn 2021

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REINER BARTL

Bone Power

DIAGNOSING, PREVENTING, AND TREATING OSTEOPOROSIS

Date of publication: October 25, 2021

It is estimated that half of all women and one in five men will sustain a bone fracture due to osteoporosis over the course of their lives. This condition does not affect only the elderly. Even for younger people, obesity, poor diet, and lack of exercise can plant the seeds for symptoms later in life. Dr. Bartl shows that osteoporosis is by no means an inevitable consequence of the ageing process or something that has to be simply endured. Thanks to improvements in early-onset surgical treatment and new types of medications, osteoporosis is now an easily treatable disease, even curable if diagnosed early enough. This book shows how you can stabilise and reinforce your bones and thus, most importantly, lower the risk of fractures. It is never too late to fight osteoporosis and to ensure greater mobility and a strong, vigorous skeleton. • Expert knowledge about strengthening and maintaining the multifunctional skeletal structure • With exercises, self-tests and checklists, ideas on prevention, nutritional advice



Reference Books, Health & Alternative Healing

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 192, 6.7x9.4 in.
 Illustrations: 60 color illustrations
 ISBN: 978-3-517-10074-6
 Prices: [DE] 20,00 € [incl. taxes] | [AT] 20,60 € | [CH] 28,90 CHF * (* rec. retail price)
 Original title: Power für die Knochen - Osteoporose vorbeugen, diagnostizieren, behandeln. Mit Ernährungstipps und den neuesten Medikamenten - Vorwort von Dr. med. Marianne Koch - Übungsteil von Johanna Fellner

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Reiner Bartl



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Reiner Bartl, MD, is a professor of internal medicine and a specialist in hematology, oncology, and osteology. He is currently the chief physician of the Osteoporosis Center in Munich. Recognised as a pioneer in osteology, he was the organizer of the World Osteoporosis Day. He is the author of more than 40 books and 400 technical articles on bone marrow diagnostics, osteology, hematology, and oncology.

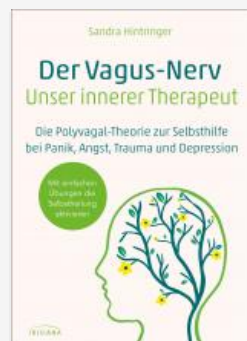
SANDRA HINTRINGER

The Vagus Nerve, Our Inner Therapist

THE POLYVAGAL THEORY FOR SELF-HELP FOR TRAUMA, ANXIETY, PANIC, AND DEPRESSION

Date of publication: November 09, 2021

The autonomic nervous system, and here particularly the vagus nerve, is crucially involved in our psychological well-being. If the vagus nerve is obstructed or disrupted in its function, a multitude of emotional problems can be the consequence. The trauma therapist and osteopath Sandra Hintringer shows how to improve the functioning of the vagus nerve in order to achieve greater psychological well-being. In a straightforward and easy-to-understand manner, she describes the structure and functioning of the autonomic nervous system and examines the origins of depression, trauma, and other emotional disorders. The practical section of the book includes perception, breathing and body exercises that help to adjust the vagus nerve, so that we can recover our psychological equilibrium. • The first book that focuses on the significance of the vagus nerve for psychological well-being. • Original, body-oriented approaches for self-help for emotional and psychological problems • Highly effective practicality through simple exercises



Reference Books, Health & Alternative Healing

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 176, 6.7x9.4 in.
 Illustrations: 39 color illustrations
 ISBN: 978-3-424-15416-0
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 Original title: Der Vagus-Nerv - unser innerer Therapeut

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Sandra Hintringer is an alternative practitioner with a focus on osteopathy and trauma therapy with her own practice in Potsdam. Her work as a therapist is based on the polyvagal theory according to Stephen Porges. She is a certified physiotherapist and a trauma therapist with certification in Somatic Experiencing® according to Peter Levine, and is trained in trauma-sensitive yoga.



Reference Books, Health & Alternative Healing

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 240, 5.9x8.9 in.
 ISBN: 978-3-424-15414-6
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Diagnose Brustkrebs: Selbstbestimmt die Heilungschancen fördern

RICARDA KINNEN, JENS WURSTER

Breast Cancer Diagnosed

INCREASING HEALING PROSPECTS THROUGH YOUR OWN INITIATIVE

Date of publication: September 20, 2021

A diagnosis of breast cancer – a sudden shock, and the start of an emotional, physical, and spiritual rollercoaster ride. Ricarda Kinnen has been through this journey, during which she experienced a transformation of every aspect of her life. The certified alternative practitioner and Ayurveda expert was able to discover, through her own research and with the help of experts from alternative and conventional medicine, a consequential path for looking inward and for altering her lifestyle habits, which ultimately led to the rapid remission of her tumour. In collaboration with one of her doctors, the homeopath Dr. med. Jens Wurster, she explores such issues as conventional forms of therapy, measures to reduce side effects, nutrition and homeopathy, secondary plant substances, and the importance of the spiritual component and the body-mind balance. Here is a holistic advice book to support women suffering from breast cancer, and to offer encouragement for finding an individual path to physical, emotional, and spiritual healing. • For the first time, connecting the crucial elements of herbal medicine, homeopathy, spirituality, and lifestyle for a holistic treatment • The individual guide with valuable information on standard and complementary therapy methods

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Ricarda Kinnen

Ricarda Kinnen is an alternative healing practitioner specialising in Ayurvedic medicine, an author, and social worker in the field of adult education. She is passionate about healthy lifestyle, healing on a holistic level, and the body-mind balance. She lives and works in Munich.

AUTHOR

Jens Wurster

Jens Wurster, MD, is a homeopathic physician in private practice. After studying medicine in Munich, he was motivated by astounding experiences in his medical practice to specialise in the field of homeopathic cancer treatment. He worked for 20 years with cancer patients in the Clinica Spinedi in Ticino and is doing intensive research on phytonutrients related to the activation of the immune system and the treatment of cancer.

HARALD KRAUß

Welcome to the World of Psychological Health

WHY THE PSYCHE SUFFERS – WHAT MAKES IT STRONG

Date of publication: August 09, 2021

When the psyche suffers, the joy of life becomes chilled. Despondency, anxiety, sleeping disorders, and the eternal circling of dark thoughts begin to appear. Despite the fact that we have never lived more freely and securely and have never had more opportunities to shape our personal lives, many people are steadily losing their sense of perspective. It's as if they've lost their personal orientation in life. In his medical practice, Dr. Harald Krauß is confronted with such cases every day. With his experience as a physician and head of a psychiatric clinic, along with his holistic approach, he urges us to assume responsibility for our own health and well-being and to bring body and mind into a harmonic balance. What needs to happen first is as simple as it is obvious: as soon as we accept the reality and resolve to change things for the better, the process of healing begins! This book is filled with encouraging tips and supportive exercises that will noticeably strengthen the psyche within weeks and lead to more balance, joy of life, and a feeling of contentment and well-being. • Taking personal responsibility and having a holistic perspective are the keys to a successful life. • A book for all who have lost confidence



Reference Books, Health & Alternative Healing

Publishing House: Ariston
 Format: Paperback
 Pages & Size: 208, 5,3x8,1 in.
 Illustrations: 1 b/w illustrations
 ISBN: 978-3-424-20249-6
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 Original title: Willkommen in der Welt für seelische Gesundheit

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© Kath. St.-Johannes-Gesellschaft Dortmund

Harald Krauß, MD, completed his studies in Germany, the USA, and Switzerland. As a specialist in neurology, psychiatry, and psychotherapy, he worked at the University Hospital in Bonn and was a senior physician in Krefeld, North Rhine–Westphalia. Since 2004, he has been the chief physician of the Mental Health Clinic at the Marien Hospital in Dortmund. He specialises in behaviour therapy, depth-psychology-based therapy, psychopharmacotherapy, sleep medicine, and test diagnostics.

PETER DR. MED. POECKH, VOLKER MEHL

Healthy Joints for a Healthy Body

ALLEVIATING AND PREVENTING AILMENTS THROUGH AYURVEDA AND FOCUSED MOVEMENT

Date of publication: August 23, 2021

Dr. Peter Poeckh, a renowned physician and yoga therapist from Vienna, and Volker Mehl, the foremost German Ayurvedic chef, have collaborated on this book to pass on their extensive knowledge. The physician and the yoga therapist have designed simple and effective exercises that provide targeted relief for 15 specific medical conditions. Volker Mehl supplements this exercise program by demonstrating how nutrition according to Ayurvedic principles can have a positive influence on joint conditions. Both principles in combination provide not only relief, but also prophylaxis for disorders ranging from osteoarthritis, gout, and rheumatism to heel spurs and tennis elbows. • New concept from two acclaimed experts of standard medicine and Ayurveda • Prevention and relief from joint ailments with movement exercises and Ayurvedic recipes • Extensively illustrated with easy exercises for joint conditions such as arthrosis and frozen shoulder



Reference Books, Health & Alternative Healing

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 160, 6.7x9.4 in.
 Illustrations: 65 color illustrations
 ISBN: 978-3-517-09976-7
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Gelenke gut, alles gut

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Peter Dr. med. Poeckh



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Peter Poeckh is a physician, movement specialist, and yoga therapist. He is a welcome guest on the ORF and OE3 networks, where he imparts his knowledge, including exercises, to a wide audience. As a doctor, he attaches great importance to conservative orthopaedic treatment with the help of the fascia distortion model.

AUTHOR

Volker Mehl



© Stephanie Wolff Photography

Volker Mehl, born in 1976, is an Ayurveda chef and health counsellor. For over ten years he has been involved with holistic healing methods. In 2007 he founded the label Koch dich glücklich, studied with master chef Harald Wohlfahrt, and moderated a live Ayurveda cooking show. He is a freelance writer for periodicals, including the Yoga Journal, and manages his own cooking school.



Reference Books, Health & Alternative Healing

Publishing House: Irisiana
 Format: Hardcover
 Pages & Size: 384, 7.5x10.2 in.
 ISBN: 978-3-424-15394-1
 Prices: [DE] 45,00 € [incl. taxes] | [AT] 46,30 € | [CH] 61,00 CHF * (* rec. retail price)
 Original title: Die Original Bachblütentherapie – Neue Einblicke und Erfahrungswerte

MECHTHILD SCHEFFER

The Original Bach Flower Therapy

NEW INSIGHTS AND EMPIRICAL VALUES

Date of publication: November 09, 2021

Edward Bach's concept has never been more relevant and beneficial. Mechthild Scheffer, the expert in this field, presents the second volume of her comprehensive manual. In it, she highlights the importance of Bach Flower Therapy for mental health care and for regaining emotional balance in these times of great transition. With a wealth of invaluable detailed information, she has updated the entire theoretical and practical Bach Flower knowledge. Hitherto unpublished developments, such as the work with the Bach flower spirals, and author's personal experiences with the individual flowers provide even experienced users with a new, deeper access to the Bach flowers. Beginners will also enjoy reading this well-structured and entertaining work. • The collected knowledge from the many decades of comprehensive experiential treasure chest of the Bach Flower master Mechthild Scheffer • A required read for all who want to intensively learn more about Bach Flower Therapy

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AUTHOR

Mechthild Scheffer

Mechthild Scheffer, an international authority on Original Bach Flower Therapy, introduced the work of Dr. Edward Bach to the German-speaking world in 1981. Since then, she has systematically expanded and developed the application of the Original Bach Flower Therapy. For decades she was the representative of the English Bach Centre in the German-speaking world. She founded the Institute for Bach Flower Therapy, Research and Teaching, located in Hamburg, Vienna, and Zurich. Her training seminars are still enthusiastically attended by users and therapists.

SARAH STRAUB

How My Grandmother Lost Her Self

DEMENTIA – WHAT FAMILY MEMBERS NEED TO KNOW

Date of publication: September 20, 2021

When her grandmother started showing signs of dementia, Sarah Straub, then 20 years old, was deeply affected. Alongside of becoming a successful musician, she studied psychology, earned a doctorate on the subject of dementia, and now educates people about this condition. It is a topic that is becoming increasingly urgent. In Germany alone, there are 1.6 million dementia patients. Every day, 900 more are deemed to be experiencing dementia. By way of many examples, Sarah Straub describes what it means when forgetfulness turns into dementia, and she discusses what responsibilities there will be, what kinds of help and resources are available, how everyday life with a dementia patient can be organised, and how the final stage of this disease can be managed with dignity. • Background information and practical advice for all who want to know more about dementia




Reference Books, Health & Alternative Healing

Publishing House: Kösel
Format: Paperback
Pages & Size: 256, 5.3x8.5 in.
ISBN: 978-3-466-34772-8
Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
Original title: Wie meine Großmutter ihr Ich verlor

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Sarah Straub



© Peter Neher www.picslocation.de

Sarah Straub, born in 1986, holds a doctorate in psychology and works as a research assistant at Ulm University Hospital. She frequently holds lectures for various organisations on the topic of frontotemporal dementia. She is also a passionate musician and successful songwriter.

ULRICH STRUNZ

77 Tips for the Back and Joints

STAYING FLEXIBLE – OVERCOMING PAIN – BEING FREE LIFE-LONG FROM ARTHROSIS, RHEUMATISM, TORN LIGAMENTS, AND MORE

Date of publication: August 09, 2021

Why do we suffer from shoulder and neck pain, joint problems, knee pain, arthrosis, rheumatism, or tendonitis? Why does every third person suffer from back pain, and why are two out of three affected by osteoarthritis in old age? The surprising thing is that all these seemingly different diseases are related and are symptoms of the same complex of problems. Ulrich Strunz explains which bones, muscles, tendons, and especially ligaments need to become and remain healthy throughout one's life. He shows how common musculoskeletal disorders develop and how they can be healed through the proper diet, exercise, and relaxation. Here are many unique tips for preventing disorders of the bones, muscles, and joints, and for finally living again without pain. With insightful findings, practical instructions, and motivational ideas for changing your lifestyle! • Diseases of the musculoskeletal system are among the most prevalent physical disorders. • With the most effective strategies for activating self-healing • Includes self-tests and checklists for an individual risk analysis



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224, 5.3x8.1 in.
 ISBN: 978-3-453-60577-0
 Prices: [DE] 12,99 € [incl. taxes] | [AT] 13,40 € | [CH] 18,90 CHF * (* rec. retail price)
 Original title: 77 Tipps für Rücken und Gelenke

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, a gastroenterologist, and a prophet in the area of nutrition research. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life. His books on dieting and fitness are all bestsellers. www.strunz.com

ROCCO EICHHOLZ

Staying Fit While Working from Home

STAYING RELAXED IN THE NECK AND BACK – WITH QUICK EXERCISES FOR SELF-TREATMENT – CONFIGURING YOUR WORK PLACE ERGO-DYNAMICALLY

Date of publication: June 28, 2021

At the kitchen table, on the sofa, in a café, or at a shared desk – mobile working offers many opportunities when one's work can be done on a screen, but rarely is the suitable arrangement for spending several hours a day sitting down. Neck and back pain are inevitable. The problems start with a stiffening of the neck, which then progress to dizziness, lack of concentration, and a deep pain along the spine. This is exactly where this book comes into play, as it offers the perfect combination of combating the causes and treating the symptoms. With its practical approach and numerous tips, the book demonstrates clearly how various workplaces, from home offices to desk sharing, can be ergonomically configured using simple techniques and designs, in a back and neck friendly way. With a self-test to determine the status quo, easy 7-minute programs, 50 exercises with immediate effect that can be easily integrated into everyday work, and a specific treatment program for dealing with fascia and the trigger points of acute pain, working from home can be both relaxed and efficient. • In these times of home office, neck and back pains are the most common physical complaint. • With advice on ergo-dynamics, tips for an uncomplicated workplace design, and 50 immediately effective exercises for quick self-treatment



Reference Books, Fitness & Workout

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 128, 4.9x7.4 in.
 Illustrations: 90 color illustrations
 ISBN: 978-3-517-10078-4
 Prices: [DE] 12,00 € [incl. taxes] | [AT] 12,40 € | [CH] 17,90 CHF * (* rec. retail price)
 Original title: Bleib fit im Homeoffice

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Rocco Eichholz



© Steffen Herbrechtsmeier-Kauffmann/Foto Studio Kauffmann

Rocco Eichholz, with a degree in sports science, works as a lecturer in coaching education at various sports and health academies. As a speaker, seminar leader, and ergonomics consultant, he advises prominent companies throughout Germany, such as Mercedes Benz, BMW, and the Süddeutsche Zeitung, in corporate health management.

ISA GRÜBER

Resilience – Your Body Shows You the Way

EFFECTIVE EXERCISES FOR INNER STRENGTH AND GOOD NERVES –
SELF-HELP WITH SOMATIC EXPERIENCING (SE)[®] ACCORDING TO DR. PETER
LEVINE

Date of publication: October 18, 2021

Resilience refers to an inner strength that enables us not only to take on challenges, but even to learn and grow from them as well. Dr. Isa Grüber is trained in Somatic Experiencing (SE)[®] according to Peter Levine, a body-oriented approach to overcoming and transforming traumas of all kinds. In her new book, she presents simple, vividly illustrated exercises that, following the principles of SE, help support the self-regulation of the body – and ultimately the psyche as well – during emotionally stressful situations, because the quickest access to our emotions and our experiences is through the body. When practiced regularly, these exercises help us develop more inner resilience and ensure that we no longer get thrown off course so easily. • Vividly illustrated exercises for supporting psychic self-regulation • The techniques of Somatic Experiencing[®] according to Peter Levine, made clearly applicable for use in everyday life



Reference Books, Personal Development

Publishing House: Irisiana
Format: Paperback
Pages & Size: 144, 6.8x8.0 in.
Illustrations: 35 color illustrations
ISBN: 978-3-424-15409-2
Prices: [DE] 15,00 € [incl. taxes] | [AT] 15,50 € | [CH] 21,90 CHF * (* rec. retail price)
Original title: Resilienz - dein Körper zeigt dir den Weg

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Isa Grüber



© Ulrich Dohle

Isa Grüber, Ph.D., is a natural healer and coach with her own practice. She studied sinology and lived for five years in China. In her work she combines traditional Chinese medicine and modern Western psychology. She also specialises in psychological counseling and coaching using kinesiology, NLP, and tapping acupuncture. With Somatic Experiencing[®] (SE) according to Dr. Peter Levine, a holistic approach for resolving trauma and stress conditions, she supports clients through focussed and attentive perception in freeing up locked stress energies in the body to experience renewed life energy.

MARTIN SCHLOTT

Sleep: The Element for Success

INCREASING PERFORMANCE, ATTAINING THE RESULTS OF YOUR DREAMS –
THE FASCINATING FINDINGS OF AN ANAESTHESIOLOGIST AND SLEEP COACH

Date of publication: September 27, 2021

We are more successful when we sleep well, because a good night's rest makes us more concentrated, more positive, more confident, and generally happier. We make better decisions, and are also more productive. Dr. Martin Schlott, chief physician for anaesthesiology and professional sleep coach, helps people sleep, certainly, but more specifically shows competitive athletes and executives how they can sleep more peacefully and better in order to achieve peak performance more reliably. He explains the connection between sleep and performance, clarifies the causes for lack of sleep or poor sleep, and describes which small changes in our daily routine can optimise our nightly rest. In addition to this well-rested expert, various celebrities speak of their experiences. Practical, spiced with humour, and incredibly helpful! • When we are well rested, we generate a higher level of performance, improve results, and achieve higher productivity. • As an anaesthesiologist and sleep coach, Martin Schlott is knowledgeable of all facets of sleep to achieve better health, more happiness and the best performance. • Includes downloadable sleep meditations and wake-up exercises guided by the author




Reference Books, Personal Development

Publishing House: Ariston
Format: Paperback
Pages & Size: 224, 5,3x8.1 in.
ISBN: 978-3-424-20252-6
Prices: [DE] 20,00 € [incl. taxes] | [AT] 20,60 € | [CH] 28,90 CHF * (* rec. retail price)
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Martin Schlott



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Martin Schlott is chief physician for anaesthesia and intensive-care medicine, as well as a sleep coach. For many years he has been showing executives, professional athletes, and high-ranking politicians how to sleep well and how this can make them fitter and more successful. In this he brings together medical knowledge and proven mental techniques complemented by his many years of experience in hypnosis and change processes.

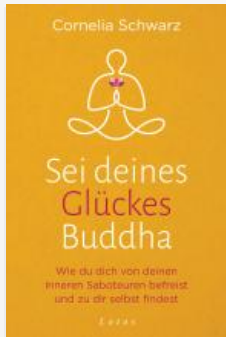
CORNELIA SCHWARZ, SHIRLEY MICHAELA SEUL

Be the Buddha of Your Happiness

FREING YOURSELF FROM YOUR INNER SABOTEURS AND FINDING YOURSELF

Date of publication: November 01, 2021

"Actually, I would ...", "Shouldn't I rather ...". We would like to put so many good ideas and resolutions into practice. But then those inner saboteurs thwart us yet again, sowing doubts and hampering our personal development. We suddenly no longer have the confidence to do many things, we no longer even care much about ourselves, and we question our abilities. The cruel thing about it is that we are mostly not even conscious of the fact that it is these inner, continually annoying voices inside that are causing us to feel inadequate. Buddhist psychology is a true treasure chest for exposing such inner saboteurs and coming to terms with them. The popular seminar leader and bestselling author Cornelia Schwarz accesses this treasure and applies ancient Buddhist knowledge to our modern life. She describes how we can integrate new, positive patterns of thought and behaviour – so that we will finally be able to say with the utmost conviction: "I am happy the way I am." • A coherent mix of Buddhist wisdom and modern psychology • Dissolving spiritual blockages and living in harmony with yourself and your emotions • With 5 audio meditations for gratis download



Reference Books, Personal Development

Publishing House: Ansata - Integral - Lotos
Format: Paperback
Pages & Size: 240, 5,3x8.1 in.
ISBN: 978-3-7787-8304-7
Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
Original title: Sei deines Glückes Buddha

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Cornelia Schwarz is a well-regarded trainer and bestselling co-author (with Stephan Schwarz). For 30 years she has been giving developmental trainings with a focus on communication and personality development in business, and coaching business people in leadership strategies. The foundations of her trainings are based both on proven, traditional Asian teachings and scientifically recognised psychological methods. As a practicing Buddhist with many years of meditation experience, she is currently focusing more on the connections between counselling and Buddhism, which she also teaches in her seminars.
<https://www.schwarzschwarz.com>

AUTHOR

Shirley Michaela Seul



© Christoph A. Hellhake

Shirley Seul, an independent author and co-author, has had many of her books published.

MARTIN WEHRLE

Nice People Finish Last

HOW TO BUILD RESPECT, SET BORDERS, AND ACHIEVE DESERVED SUCCESS
– WITH THE 'AM I TOO NICE?' TEST

Date of publication: September 13, 2021

Is it possible to be too nice? Bestselling author Martin Wehrle answers this question with a resounding "Yes". He shows why nice people are so often undervalued and taken advantage of – and how they can set clear boundaries and lay the groundwork for success. He guides nice people on the path to greater self-confidence, increased authenticity, and success. Those who are able to set boundaries and stand up for their own needs will not only be taken more seriously by others, but will also increase their self-respect. For all nice people who want to continue to be nice, but no longer to simply everyone, this is how to achieve your goals – the friendly way! • For all who want to set boundaries and no longer be taken advantage of • Martin Wehrle shows how one can become successful in a friendly way.



Reference Books, Personal Development

Publishing House: Mosaik Verlag
 Format: Paperback
 Pages & Size: 300, 5,3x8.1 in.
 ISBN: 978-3-442-39377-0
 Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
 Original title: Den Netten beißen die Hunde

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AUTHOR

Martin Wehrle



© André Heeger

Martin Wehrle, considered Germany's best-known career and salary coach, writes for such periodicals as Die Zeit and Spiegel online. In his Academy for Career Advisors in Hamburg, he trains career coaches. His books have been published in twelve languages and have found admiring readers around the globe. His most recent book is the Spiegel bestseller "I Could Strangle Him!"

TITA KERN

When Life Starts to Crumble

A HELPFUL COMPASS FOR PARENTS IN CRISIS SITUATIONS

Date of publication: November 01, 2021

Many parents have to assume an assortment of roles in times of duress: being caregivers for children and other adults, dealing with the family's financial issues, taking on a crisis management role, and, if necessary, organising homeschooling. If this crisis condition continues for too long, many previous problem-solving approaches may no longer be very effective. Parents will start to feel helpless and desperate. If they get dragged down too far by such a crisis, there is danger of a collapse. Yet parents are capable of extraordinary things. With the help of their 'inner compass' (self-reliance + connectedness and composure + determination), parents are able to navigate their way through the darkest times and can become a pillar of support – for each other as well as for their children. • Orientation for parents in crisis situations • Tested methods in child-crisis interventions and telephone hotline • Easy to put into practice – effective steps out of the crisis



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 176, 5,3x8.5 in.
 ISBN: 978-3-466-37280-5
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Wenn das Leben kippt

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Tita Kern



© Christian Vogel.com

Tita Kern is a psycho-traumatologist and systemic family therapist. After years of working as a paramedic, she took over the KIT Academy and KIT Aftercare (Crisis Intervention Team Munich). She developed the much-awarded concept "Probing Psychosocial-Systemic Emergency Care" and heads the pilot project KIDS, which supports children after stressful situations, as well as the "Emergency Help for Traumatized Children and Families" of the Trauma Help Centre Munich.

KATRIN MICHEL

I'll Be There Soon!

40 LETTERS FOR A LOVING SIBLING RELATIONSHIP

Date of publication: October 04, 2021

When a new brother or sister is born, turmoil in the family is pre-programmed. For the older brothers and sisters, this means a major adjustment, and siblings frequently come to view each other as competitors. In this parenting guide, Katrin Michel, herself a mother of three, explains how the relationship between siblings can be harmonious and caring from the beginning – even before the birth. The idea is that every week the baby writes a letter to his or her siblings from the womb, telling them how he or she is growing and developing. The content is described in a very gentle and child-friendly way and presented appealingly and with great fantasy. Through this, children can examine their own bodies and playful connect with their youngest sibling. And for mothers and fathers, the book offers an optimal opportunity to experience the time of pregnancy more intensively and to prepare for the baby together as a family. Included is an introduction on the topic of love among siblings. • The optimal basis for loving sibling relationships – even before birth • Child-appropriate explanations on how babies develop during pregnancy • Attentive and intensive experience of the pregnancy period for the whole family



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 184, 6.1x8.3 in.
 Recommended age group: 3+
 ISBN: 978-3-466-31165-1
 Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
 Original title: Bald bin ich da!

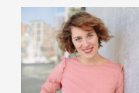
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Katrin Michel



© Romy Geßner

Katrin Michel, born in 1983, studied biology and has worked as a teacher. She is now a meditation instructor, prenatal yoga teacher and hypnobirthing course instructor, and regularly gives courses in these areas. She is one of the founders of the network 'Wombs' and is active on Facebook and Instagram. Her "Meditations for Mamas" has been published by Kösel.

NKECHI MADUBUKO

Upbringing Towards Diversity

HOW CHILDREN LEARN TO INTERACT WITH DIFFERENCES RESPECTFULLY AND APPROPRIATELY

Date of publication: October 11, 2021

Everyday life has long since become multicultural, with children coming into contact with different family models, religions, skin colours, and languages through their peers. But even among kindergarten and elementary school children, this diversity does not necessarily mean that all are perceived and treated 'equally'. With this book, the diversity expert Nkechi Madubuko shows parents ways in which they can raise their children to be free of prejudice and sensitise them to diversity. Parents create the environment that forms their children's perceptions of others and their receptiveness to differences – in thought, in language, and in action. With case studies and practical tips, this practical guidebook will help parents counter exclusion, everyday racism, and discrimination in their children. • Contemporary theme with social relevance • Practical tips for a diversity-sensitive and antiracist child-raising • With many situational examples from family, school, and childcare



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 176, 5,3x8.5 in.
 ISBN: 978-3-466-31166-8
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Erziehung zur Vielfalt

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© Kerstin Achenbach

Nkechi Madubuko has a doctorate in sociology and is a diversity trainer, television journalist (ZDF), and lecturer at the universities of Kassel and Koblenz. She has published various articles and books. She gives trainings for parents, educators, and teaching staff on empowerment, processing experiences of racism, racism-critical education, diversity-sensitive behaviour, and empowerment orientation in school. For over 20 years she worked as a freelance moderator for Viva zwei, DSF, ZDF, the Federal Office for Family Affairs, and the Federal Anti-Discrimination Agency, among others.

ROMY WINTER

Crisis Proof – The Book of Resilience for Families

WHAT MAKES PARENTS AND CHILDREN STRONG FOR LIFE – BASED ON THE LATEST SCIENTIFIC FINDINGS

Date of publication: August 16, 2021

Falling into a crisis as a family does not take much – be it overwhelming challenges or unforeseen misfortunes such as financial worries, being bullied at school, problematic patchwork-family constellations, or a protracted illness. Different individuals and families will have different reactions. According to research on resilience, people who possess particular qualities – for example, who consider themselves to be self-effective and who are strongly optimistic – are more resilient and thus better able to cope with crises. The good news is that these qualities can be cultivated. Romy Winter provides families with many essential and practical tools and incorporates relevant findings from resilience research and approaches of needs-oriented parenting. A family atmosphere is thus created that keeps crises from arising and at the same time creates the preconditions for successfully coping with challenging and difficult situations. • Resilience factors for adults and children • With many practical exercises and tools for overcoming crises • Suggestions for prevention, and for a conscious life design



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 320, 5,3x8.5 in.
 Illustrations: 18 color illustrations
 ISBN: 978-3-466-31163-7
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Krisenfest - Das Resilienzbuch für Familien

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Romy Winter



© Birgit Döring

Romy Winter is a psychological counsellor, systemic family therapist, and founder of the Familienz® concept. She specialises in themes around parenting, personal development, and resilience, and works with individuals, children, couples, families, and teams. She is an instructor for the online counselling platform 'Bindungsorientiert' and an author and co-editor of the magazine The Mothering Journey.

ROBERT BETZ

Happiness in Love Is Not a Matter of Luck

HOW TRUE LOVE SUCCEEDS

Date of publication: November 09, 2021

How does love succeed between two people? Is it possible to maintain genuine affection, deep feelings and a fresh, positive tension in the partnership over many years? Or is that just romantic dreaming? Robert Betz says: "Happiness in love is not a matter of luck!" and shows how we can find true love, preserve it and renew it again and again. In this enchantingly designed book, the bestselling author and psychologist gathers an inspiring firework of valuable thoughts, practical suggestions and touching insights from his more than 25 years of work with thousands of women and men. His powerful impulses offer surprising insights and open the heart for the love of ourselves and of our partner. His book gives us courage to turn towards our own longings and feelings, to let go of old convictions and to make freedom, honesty and true love the basis of partnership. • A book to completely rediscover yourself, your partner and love. • The relationship guide for singles and couples - with powerful impulses, practical suggestions, touching testimonials and guided audio meditation for free download. • Lovingly designed, four-coloured throughout



Reference Books, Love & Relationships

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 208, 4.9x7.4 in.
 ISBN: 978-3-453-70328-5
 Prices: [DE] 12,00 € [incl. taxes] | [AT] 12,40 € | [CH] 17,90 CHF * (* rec. retail price)
 Original title: Liebesglück ist keine Glücksache

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Robert Betz



© Robert Betz Transformations GmbH

Robert Betz is among Germany's most successful speakers and seminar leaders. This holistic life teacher and psychologist follows his own particular path of therapy and healing. He gives numerous seminars internationally and trains therapists. He is personally known by a large public through his lively lecturing activities. www.robert-betz.com

RIKE PÄTZOLD

On Uncertain Ground

HOW WE CAN BETTER DEAL WITH UNCERTAINTY AND WHY WE NEED IT

Date of publication: October 11, 2021

This book is both a declaration of love to uncertainty and a guide for handling it more openly and constructively. Based on scientific evidence and her experiences in her consulting and coaching practice, as well as a three-year sailing trip with her patchwork family, Rike Pätzold shows how we can overcome anxieties about the future and regard uncertainty as a range of possibilities instead of as a danger. Here she describes how we can become aware of our inner barriers, remove blockages through simple physical exercises, become open to outcomes, and construct a reliable safety net for ourselves. In this way, we will be able to act courageously and face the challenges of an uncertain life. • Practical, close to life, and very understandable strategies for action • Captivating life experiences as the background for competent life help



Reference Books, Psychology

Publishing House: Kösel
Format: Paperback
Pages & Size: 256, 5.3x8.5 in.
ISBN: 978-3-466-34776-6
Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
Original title: Ohne festen Boden

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Rike Pätzold



© Lea Novi

Rike Pätzold, born in 1982, became qualified in international leadership and body-oriented coaching following her graduation in sinology, Japanese studies, and philosophy of language. She has become an expert in how to endure situations of uncertainty, to manage complexity, and to organise the future. She advises companies, gives courses at universities, gives talks (including TEDx 2021) and is a sought-after interview subject. In addition, she is co-founder of "navigate by fiction" – the process for collaborative future design. www.rikepaetzold.de // www.navigatebyfiction.com

MARKUS SCHOLLMMEYER

Don't Lie to Me!

HOW TO UNCOVER WHAT OTHERS ARE HIDING

Date of publication: July 26, 2021

Often the sense of justice is as different as people themselves. And yet there are facts that can add more truth to our daily interpersonal life. To solicitor and justice researcher Markus Schollmeyer truth is the essential foundation to be able to act socially intelligent at all, no matter whether in partnerships, family, friendships or at work. In this book, he introduces us to his self-developed BACON® method which unveils truthfulness by recognizing human behavior. In addition to his descriptions of what motivates a person to lie, Schollmeyer presents how truth and self-honesty create trust and ensure that relationships of any kind can work without lies at all. With the included test we easily learn to distinguish between lies and truth. • Exciting guide towards self-awareness and the understanding of others • With an insightful test and numerous case examples




Reference Books, Psychology

Publishing House: Kösel
Format: Paperback
Pages & Size: 160, 5.3x8.5 in.
ISBN: 978-3-466-34759-9
Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
Original title: Lüg mich nicht an!

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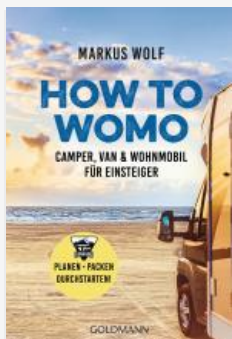
AUTHOR

Markus Schollmeyer



© Orhidea Briegel

Markus Schollmeyer, born in 1969, studied jurisprudence and psychology. He has been working as a lawyer since 1998 and, since 2007, as a coach. He is deeply involved in the psychology of testimony, a branch of forensic psychology, and makes use of it in his work. He is a specialist in self-assertion in situations of confrontation and crisis. www.markusschollmeyer.com



Reference Books, Lifestyle

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 224, 4.9x7.4 in.
 Illustrations: 31 color illustrations
 ISBN: 978-3-442-17935-0
 Prices: [DE] 14,00 € [incl. taxes] | [AT] 14,40 € | [CH] 20,50 CHF * (* rec. retail price)
 Original title: HOW TO WOMO

MARKUS WOLF

How to Motorhome It

CAMPER VANS AND MOTORHOMES FOR BEGINNERS – PLANNING, PACKING, SETTING OFF

Date of publication: August 09, 2021

Millions of people are now experiencing what it is like to travel in a camper or motorhome. Whether in the triple X-sized motorhome with garage for the compact car, or a cool and cleverly converted van, here you will find everything you need to know about mobile travel. Professionally or privately, alone or as a couple, with friends or as a family – a motorhome journey offers endless possibilities but also presents many challenges. To rent or buy? To camp in the summer or winter? What do I need to consider before heading out in my transportable home? What are the rules to be heeded when camping off-road in nature? How can I be mobile on site, and how do I get internet access? The popular van-life blogger Markus Wolf leaves no question unanswered. Here is camping vehicle knowledge to go! • The compact instruction guide for camping vehicles • With useful checklists and plenty of advice and tips • The most important do's and don'ts at a glance

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Markus Wolf



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Markus Wolf is the author of the popular YouTube blog 'fan4van', one of the largest German-language information portals for motorhome owners. There the enthusiastic 'business camper' and family man shares his latest motorhome experiences with on-the-road trial runs and ingenious tips and tricks.

NATHALIE STÜBEN

No Alcohol: The Best Decision of My Life

REALISATIONS THAT I WOULD GLADLY HAVE HAD EARLIER

Date of publication: October 04, 2021

Nathalie Stüben is in her early 30s and a successful journalist when she has to admit to herself that she is addicted to alcohol, and that she can't go on like this. On her own initiative, she joins a rehab program. She also begins doing research and comes across unclarity and many inconsistencies: Why do we make a distinction between alcohol and other drugs? How can I be addicted even though I don't drink every day? Why do I still have to call myself an alcoholic after I stop drinking? Is abstinence really not about stopping drinking? Based on her own story, the author dispels the most common misconceptions about alcohol addiction. With her fresh, unbiased view, she is able to make us comprehend what we have only suspected up to now: the problem is widespread in the midst of our society. • How a journalist became the role model in the struggle against alcohol and helps others today. • A modern, fresh view of the problem that has arrived in the middle of society. • Mistakes, misunderstandings, and self-delusion: the sobering truth about alcohol



Reference Books, Lifestyle

Publishing House: Kailash
 Format: Paperback
 Pages & Size: 250, 5.3x8.5 in.
 ISBN: 978-3-424-63223-1
 Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
 Original title: Ohne Alkohol: Die beste Entscheidung meines Lebens

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Nathalie Stüben



© Puria Rahavi, Beech Studios

Nathalie Stüben, born in 1985, studied at the German School of Journalism in Munich. She has written and done photography for the Süddeutsche Zeitung, dpa, and various women's magazines. Most recently she worked as a radio and television journalist for Bavarian Broadcasting. In 2019, she launched her podcast 'Ohne Alkohol mit Nathalie' (No Alcohol but Nathalie), which has had very positive feedback. <https://oamn.jetzt/>

CHRISTOF KESSLER, ROSE MARIE DONHAUSER

Food for a Long Life

STAYING YOUNG AND HEALTHY WITH THE PROPER NUTRITION

Date of publication: August 09, 2021

Most everyone would like to live a long life. But genes cannot make this happen, as reaching a ripe old age is not something inherited. What is decisive here is lifestyle: our diet, how often we exercise, whether we abuse nicotine or alcohol, and whether we are part of a stable social network. The most crucial element, however, is diet. What we eat in effect determines our life expectancy and our health. At an advanced age, there is a general deterioration of the body's organs, which manifests in a variety of age-related diseases. In this book, Prof. Kessler shows how we can counteract this deterioration through a focused change in diet. He explains the significance of nutrients, hormones, fasting, and nutrition in the Blue Zones, those regions of the world where people live particularly long lives. And with the best recipes suited to everyday life, nourishing ourselves for a long life can also be a genuine delight. • Keeping fit while getting older: avoiding dementia, arthrosis, and the other age-related conditions • Diet transformation, made easy with over 60 vitalising recipes • A growing target demographic: people are living longer and want to remain mentally fit and physically mobile



Reference Books, Cooking

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 160, 6.7x9.4 in.
 ISBN: 978-3-517-09984-2
 Prices: [DE] 20,00 € [incl. taxes] | [AT] 20,60 € | [CH] 28,90 CHF * (* rec. retail price)
 Original title: Essen für ein langes Leben

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AUTHOR

Christof Kessler

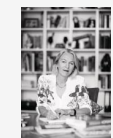


© van ryck fotografie

Prof. Dr. Christof Kessler, born in 1950, is a neurologist in his own practice. He used to be professor of neurology and the director of the Neurological Clinic at the University Clinic in Greifswald. Part of his research concerns neuroplasticity. He is the author of Delirium and Men Sitting in Cupboards.

AUTHOR

Rose Marie Donhauser



© Ricarda Spiegel Photography

Rose Marie Donhauser has worked since 1988 as a food and travel journalist, restaurant evaluator, and a very successful cookbook author. She has published over 150 life-enjoyment and cooking books, for which she has received many awards. She finds inspirations while on her gourmet travels throughout the whole world, realising her ideas and discoveries in her books and articles.

INGE DANKE

The Abandoned Twin

THE TRAUMA OF LOSING A TWIN SIBLING BEFORE BIRTH – PATHS TO EMOTIONAL AND SPIRITUAL HEALING

Date of publication: October 25, 2021

High sensitivity, loneliness, and non-specific feelings of guilt – whoever experiences these symptoms has very likely suffered the trauma of a prenatal loss of a sibling. In embryo research, it is thought that 30 to 60 percent of all pregnancies are originally multiple pregnancies. Not all such pregnancies result in trauma, but for many surviving twins, it is only by coming to terms with this loss and reconnecting with the lost sibling soul that healing can occur. Inge Danke, a psychotherapist and herself an abandoned twin, has supported innumerable sufferers. With the help of many case studies, she discusses the signs of trauma in the womb and the therapeutic paths that lead to healing. • The trauma of losing a sibling in the womb, explained from a psychological and spiritual perspective • Many practical impulses for dealing with and healing the trauma • With empathetically described case examples and self-tests: Am I an abandoned twin?



Reference Books, Spirituality & New Age

Publishing House: Kailash
 Format: Hardcover
 Pages & Size: 224, 5,3x8.5 in.
 ISBN: 978-3-424-63207-1
 Prices: [DE] 20,00 € [incl. taxes] | [AT] 20,60 € | [CH] 28,90 CHF * (* rec. retail price)
 Original title: Der verlassene Zwilling

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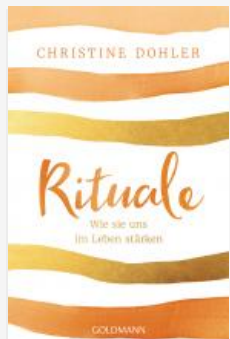
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Inge Danke



© privat

Inge Danke, born in 1952 in Jülich, Germany, holds a degree in social pedagogy. She is a systemic family and trauma therapist (SE and NARM practitioner), and a certified grief counsellor with her own practice in Switzerland. One of her interests is the healing of early developmental trauma. In addition to individual therapy sessions, she leads seminars in the areas of systemic family constellations, personal development, and grief counselling. www.lebenshilfe-danke.ch // www.danke-kunz.ch



**Reference Books, Spirituality
& New Age**

Publishing House: Goldmann
Format: Paperback
Pages & Size: 224, 5,3x8.1 in.
ISBN: 978-3-442-22320-6
Prices: [DE] 14,00 € [incl. taxes] | [AT] 14,40 € | [CH] 20,50 CHF * (* rec. retail price)
Original title: Rituale

CHRISTINE DOHLER

Rituals


HOW THEY SUPPORT US IN LIFE

Date of publication: September 20, 2021

Rituals are as old as humankind and still are a part of our daily lives. They sustain us and lend us a feeling of stability – especially at a time when life is becoming increasingly hectic and many people are turning away from traditional religion. Rituals provide orientation and a feeling of security. They satisfy our longing for community, provide us a sense of belonging and tranquility. • Rituals are ancient and modern at the same time: in a time of longing beyond religions, we are experiencing a revival of rituals • Relaxation rituals, going to sleep rituals, family rituals, transition rituals, etc.

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© Sebastian Fuchs Fotografie

Christine Dohler studied journalism and communication science at the University of Hamburg and trained at the Henri Nannen School of Journalism. She is the managing director of copywriting at Emotion Slow and writes for FAS, Die Zeit, SZ-Magazin, Emotion, Brigitte, and Flow. She is also a trained systemic coach and meditation trainer.



Reference Books, Spirituality & New Age

Publishing House: Irisiana
 Format: Hardcover
 Pages & Size: 160, 5,3x8.5 in.
 Illustrations: 7 color illustrations
 ISBN: 978-3-424-15419-1
 Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
 Original title: Das Geheimnis der 7 Lotosblüten

KALASHATRA GOVINDA

The Secret of the Seven Lotus Blossoms

STORIES OF SPIRITUAL AWAKENING – WITH MEDITATIONS FOR ACTIVATING THE CHAKRAS

Date of publication: October 04, 2021

By way of seven stories, the renowned author Kalashatra Govinda reveals to us to the knowledge of ancient Indian chakra teachings and how they influence our lives. In keeping with the theme, the stories are set in ancient India. Here we encounter characters who represent the various qualities of the chakras. Each character possess the strengths and talents of a specific chakra, which at the beginning of the story are not yet able to be expressed. The characters must also struggle with particular weaknesses, which cause internal and external conflicts. In each story there is an encounter, experience, or realisation, and then ultimately a resolution and transformation towards the positive aspects of the respective chakra. A concluding chapter on chakra teachings deepens the insights gained through the stories. • The ancient Indian chakra teaching presented for the first time in affectionate and instructive stories • Personal development through practical exercises and the realisations gained from the stories

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AUTHOR

Kalashatra Govinda

Kalashatra Govinda is a master of ancient Indian yoga philosophy and a successful author. He has made a name for himself as an author through his well-received books Tantra: Secrets of Eastern Erotic Arts and Chakras: Spiritual Exercises for Health, Harmony, and Inner Energy.



Reference Books, Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 252, 5,3x8.1 in.
 ISBN: 978-3-442-22340-4
 Prices: [DE] 16,00 € [incl. taxes] | [AT] 16,50 € | [CH] 22,90 CHF * (* rec. retail price)
 Original title: Das astrologische Luftzeitalter – eine neue Ära der Verbindung

ALEXANDER GRAF VON SCHLIEFFEN

The Astrological Age of Air

A NEW ERA OF CONNECTION

Date of publication: October 18, 2021

On the 21st of December, 2020, a new age began. After 200 years the earth kingdom is being replaced by the air kingdom. The planets Jupiter and Saturn form a conjunction, a striking turning point that marks the end of linear thinking and its primarily notions of 'more, higher, faster, further'. That idea of progress has outlived its usefulness. The old king departs, the new arrives. Connecting with ourselves and others and exchanging ideas will be formative for us in the new era of the air kingdom. The time of clinging to material things is past. The Covid crisis has shown us that we can and must find new paths. The future will be one of networking. The distinguished astrologer Alexander Graf von Schlieffen explains in an engaging way what we can anticipate in the new era, what challenges we will be confronted with, and what opportunities will present themselves. • What the present Jupiter–Saturn conjunction will mean for our lives over the next 20 years • With an astrological tool chest for astrological novices

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AUTHOR

Alexander Graf von Schlieffen



© Eva Zocher

Alexander Graf von Schlieffen is an astrologer, painter, and jazz musician. After completing his studies in art, he began training as an astrologer in 1991. In the following years he was active worldwide as a lecturer and a speaker at international congresses and educational institutes. His first book, "When Chimpanzees Dream Astrology", was published in England, his second, "In the Web of Relationships", in Germany. For a time he wrote the astrology column for the German edition of Vanity Fair and is a regular contributor to Freundin, Gala, and Grazia.

JANA HAAS

An Angel for You

52 LIGHT CARDS FOR PROTECTION, HEALING, AND A LOVING HEART
INTUITION

Date of publication: September 27, 2021

The most wondrous prayers and affirmations by Jana Haas in a beautifully illustrated, inspiring card set. Powerful, soothing words provide hope and comfort in painful times, strengthen the heart bond with our personal guardian angel, and guide us lovingly and securely along our path. By entrusting ourselves to the angels, darkness is transformed into luminous reassurance, and we sense the true essence of our being and the all-encompassing love around us which henceforth carries us through life. • Inspiring and soothing – light-filled angel prayers to provide protection through a heavenly presence in everyday life • Powerful angel-words which will guide us along our soul path while bestowing on us hope and healing.




Reference Books, Spirituality & New Age

Publishing House: Arkana
Format: Geschenkartikel
With illustrations from: Jopie Bopp
Size: 3.5x5.0 in.
Illustrations: 52 color illustrations
ISBN: 4250938600001
Prices: [DE] 16,00 € [incl. taxes] * | [AT] 16,00 € * | [CH] 24,50 CHF * (* rec. retail price)
Original title: Ein Engel für dich

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AUTHOR

Jana Haas



© Katharina Kraus

Jana Haas has Russian roots and has lived in Germany since 1992. She has possessed the gift of clairvoyance since childhood, and is able to perceive spiritual dimensions as clearly as the material world. With her affectionate, lucid charisma she has built up a large following while imparting her knowledge through her books and numerous lectures and seminars.
www.jana-haas.com

ILLUSTRATOR

Jopie Bopp



© Dominika Bopp

SYLVIA HARKE

The Power of Loving Oneself

ARRIVING FULLY AT YOURSELF – FINDING TRUST IN LIFE – HAVING LOVING RELATIONSHIPS

Date of publication: September 27, 2021

On the path to a more fulfilled life, to viable relationships, and to meaning and purpose, it is one thing in particular that obstructs the way: a lack of self-love. But even persistent self-sabotage programs and emotional blocks can be turned off and dissolved if we can establish contact on all levels with our spiritual intelligence. Using transpersonal psychology as a basis, Sylvia Harke has developed a multi-stage program to this purpose. With many rituals and meditations, this practical program helps highly sensitive people in particular to free themselves from negative self-images, to express themselves creatively, to distance themselves from energy vampires, to love and nourish the body, and to cultivate sex and sensuality as a source of strength. Through this process, the heart will open little by little and become receptive to unconditional self-acceptance. • Reinforcing acceptance of oneself – dismantling the inner self-sabotage program • With affirmations, meditations, and self-tests • Especially for highly sensitive people and those in phases of transition and crises



Reference Books, Spirituality & New Age

Publishing House: Kailash
 Format: Hardcover
 Pages & Size: 320, 5,3x8.5 in.
 ISBN: 978-3-424-63221-7
 Prices: [DE] 20,00 € [incl. taxes] | [AT] 20,60 € | [CH] 28,90 CHF * (* rec. retail price)
 Original title: Die Kraft der Selbstliebe

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Sylvia Harke, born in 1978, is a graduate psychologist specialising in high sensitivity and spiritual psychology. She founded with her husband the "hsp academy", a coaching and training center for highly sensitive people. She imparts her strongly intuitive approach through books and her many seminars and presentations.

FABIAN WOLLSCHLÄGER

The Return to Yourself

A NEW EVOLUTION OF BEING HUMAN

Date of publication: August 30, 2021

What possibilities do we have to break free from the collective recycling of our recurrent problems? Where is the true nature of being to be found? How can we reach a state of prosperity, freedom, peace, and love? Fabian Wollschläger approaches the major questions surrounding spirituality by illuminating the essence of the most prominent and relevant teachings of wisdom. With his powerful imagery and profound clarity, he strives to capture in language the inexpressible mystery of life, and by doing so opens a pathway to the most profound transformation of human development for all who seek it. Here is a guidebook to the realisation of our true nature and a precise roadmap back into life – for all who are seeking to cease their endless search and to finally arrive at the true self. • An author with a gift for empathetically capturing in words the essence of wisdom and the mystery of life • Clear, moving insights in the style of Eckhart Tolle



Reference Books, Spirituality & New Age

Publishing House: Arkana
 Format: Paperback
 Pages & Size: 240, 5.3x8.5 in.
 ISBN: 978-3-442-34279-2
 Prices: [DE] 17,00 € [incl. taxes] | [AT] 17,50 € | [CH] 24,50 CHF * (* rec. retail price)
 Original title: Die Rückkehr zu dir

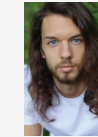
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Fabian Wollschläger



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Fabian Wollschläger, born in 1993, is a rising star among young authors on spirituality. With his ability to interpret traditional spirituality vividly and from a modern perspective, he has quickly attracted a large following. After finishing high school he worked as an insurance agent and was successful in online marketing. Health issues ended his career, but he soon discovered his calling as an author. His books, such as "The Source in You" and "The Seven Spiritual Laws", have been well received. <https://www.fabianwollschlaeger.com/>

THOMAS BASCHAB

A Longing, the Boy, and the Sea

A MAGICAL STORY ABOUT LEAVING AND ARRIVING

Date of publication: November 09, 2021

Ever since he was a little boy, Pablo has dreamt of being an explorer. Yet he's still stuck here, in the same old village, and on top of everything is about to get married. But is this what he really wants – to be tied to this place for the rest of his life? True, his life would be pleasant and safe – but isn't there more to life than that? One morning, on his way to go fishing, he meets an old man, who asks him, 'What's preventing you from fulfilling your dream?' Pablo can't stop thinking about the old man's question. But things aren't that simple. Can he really give up this safe life, disappoint his parents as well his future wife, and embark on an uncertain future – just because of a silly dream? A Longing, the Boy, and the Sea is a parable about how to turn your dreams into reality. As if by magic, this book will make you yearn to take the first step on the road to discovering your purpose in life, and finding happiness.



Reference Books, Narrative Self-Help

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 128, 4.6x7.4 in.
 ISBN: 978-3-453-63018-5
 Prices: [DE] 10,00 € [incl. taxes] | [AT] 10,30 € | [CH] 14,50 CHF * (* rec. retail price)
 Original title: Die Sehnsucht, der Junge und das Meer

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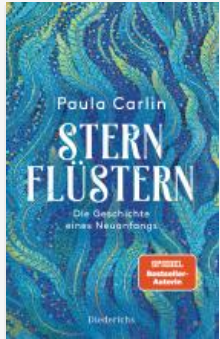
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Thomas Baschab



© Marek Beier (marekbeier.de)

Thomas Baschab, born in 1960, is a mental coach for several well-known companies (among others Mercedes, Audi, BMW and Lufthansa) as well as top athletes (including VfB Stuttgart, Hamburger SV, Karlsruher SC, Olympic medallists and world champions in various sports). Each year, tens of thousands of people find success and fulfilment in life by taking part in his seminars.



Reference Books, Spirituality & New Age

Publishing House: Diederichs
Format: Hardcover
Pages & Size: 288, 4.9x7.9 in.
ISBN: 978-3-424-35116-3
Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
Original title: Sternflüstern

PAULA CARLIN

Whispering Stars


A NEW BEGINNING

Date of publication: August 30, 2021

It's summertime, and 56-year-old artist Irith is grieving for her friend Lunis. She tries to take her mind off things by throwing herself into her job at a hotel – when suddenly young Sophie shows up. Sophie is also an artist, and sells unusual picture frames. The two women find inspiration in each other, and decide there and then to create a wall mosaic together. Yet there's something else Irith still has to do: Lunis left her a sealed parcel, and asked her to give it to a woman called Alix. But who is this woman, and what part did she play in his life? When these three women, whose fates are inextricably linked by Lunis, meet, their lives change. Together, they go on a journey that leads them to the sea, themselves and ultimately to a new home. A beautifully imagined story about how it feels to find yourself at a crossroads in life, and how special encounters – and a willingness to take a good look at yourself – can help put you back on the right path.

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Paula Carlin



© Sascha-Alexander Müller

Paula Carlin is the pen name of the bestselling German author Patricia Koelle. She was born in Alabama, USA, in 1964 and has lived in Berlin since 1965. Writing is her greatest passion, and her books convey her continuous amazement at life, people and our phenomenal planet.



Reference Books, Narrative Self-Help

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Format: Hardcover
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ISBN: 978-3-424-35105-7
Prices: [DE] 18,00 € [incl. taxes] | [AT] 18,50 € | [CH] 25,90 CHF * (* rec. retail price)
Original title: Singe, Mädchen

ARINA MOLCHAN

Singe, Girl

A FAIRY TALE

Date of publication: October 18, 2021

"Raena had done three things: made moonlight cry, gazed into the eyes of the depths of the world, and started a fire with a song." The villagers think there's something eerie about Raena. They think that the girl is a portent of doom, because every time she sings something terrible happens. When a fire breaks out and a young woman dies, they think that Raena is responsible and banish her from the village. Raena doesn't know what to believe. Filled with self-doubt, she sets out on a path that will eventually help her to discover her true self – and the power inside her. This beautifully told fairy tale tells the story of a young woman finding her way through loneliness, alienation and life's paradoxes.

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© Hannah Kerscher

Arina Molchan was born in Vitebsk, Belarus, in 1989. She has lived in Leeds and Melbourne, and studied German and English in Munich. She is a co-founder of the literary website Prosathek, has won several literary competitions and performed countless public readings. Her short story 'Single Player' appeared in the anthology Spielen, published by the Swabian Literature Prize.

ILLUSTRATOR

Ulrike Möltgen



Reference Books, Narrative Self-Help

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Original title: Die Kunst, einen Elefanten zu reiten

RONALD SCHWEPPE, ALJOSCHA LONG

The Art of Riding Elephants

COFFEE-HOUSE CONVERSATIONS ABOUT LOVE, LIFE AND HAPPINESS

Date of publication: August 23, 2021

While sitting in a coffee house, Max and Balduin decide to discover the secret to happiness. Yet the more they look into it, the more they realise that happiness is in everything, even the little things that surround them. Lili, the mad dancer, teaches them that forgetting can be bliss; the morose bore Ferdinand teaches them the true meaning of freedom; and an elephant teaches them the unrivalled joy of anticipation. They write their more than 100 discoveries down in their 'Book of Happiness', and in the process discover that happiness is something you can get good at. An entertaining and inspiring book about happiness in its many glittering facets, and how to make it an inextricable part of our lives.



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© Ronald Schweppe

Ronald Schweppe is a psychotherapist, meditation teacher and freelance author. He is known to a wide audience as an expert in alternative healing methods and authored numerous bestsellers together with Aljoscha Long.

AUTHOR

Aljoscha Long



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Aljoscha Long studied psychology, philosophy and linguistics. He is active as author, composer, therapist, Taijiquan and Qigong teacher. Aljoscha Long has become known through numerous publications and his seminar activities in the fields of psychology and philosophy. Together with Ronald Schweppe he is the author of numerous bestsellers.