

Reference Books Autumn 2022



REFERENCE BOOKS

Autumn 2022

Foreign Rights Guide

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How We Grow

WHAT LIFE EVENTS INFLUENCE OUR PERSONALITY AND WHAT REALLY FURTHERS US IN LIFE – THE LATEST FINDINGS FROM PERSONALITY PSYCHOLOGY

Date of publication: August 24, 2022

The personality develops differently from how we thought

It is fortunate that our personality is shaped not only by our genes but by our environment as well. This means that personal growth is possible at every stage of life, even into advanced age. But what exactly spurs this development? How do decisive life events in education and career, partnership and family, and illness and health affect particular facets of our personality? And is it possible or advisable to change our personality in a conscious, goal-oriented way?

The personality psychologist Prof. Dr. Eva Asselmann vividly and humorously presents the latest studies in this field and reveals to us unexpected findings. For example, the birth of a child contributes far less to our maturity than does our first real job. Such insights are useful for all of us. Which experiences have the most impact, and how do they influence our well-being? And how will this knowledge help us to grow when facing new situations and challenges?

- For all readers of Stefanie Stahl



Reference Books, Psychology

Publishing House: Ariston
 Format: Paperback
 Pages: 224
 Original title: Woran wir wachsen

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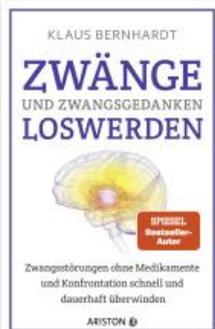


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Prof. Dr. rer. nat. habil. Eva Asselmann, born in 1989, is Professor of Differential and Personality Psychology at the Health and Medical University in Potsdam. She leads various research projects on personality development, health promotion, and prevention. From her research and her many years of practical experience, she develops targeted coaching and training on the topics of personality development, resilience, stress management, and relaxation. She is certified in systemic coaching, change management, and acceptance and commitment therapy.

AUTHOR

Martina Pahr



Reference Books, Psychology

Publishing House: Ariston
Format: Paperback
Pages: 304
Original title: Zwänge und
Zwangsgedanken loswerden

KLAUS BERNHARDT

Freeing Yourself of Obsessions and Compulsions

QUICKLY AND LASTINGLY OVERCOMING OBSESSIVE-COMPULSIVE DISORDERS WITHOUT MEDICATION OR CONFRONTATION

Date of publication: August 31, 2022

Millions of people affected: more widespread since the beginning of the pandemic

Millions of people worldwide suffer from obsessive-compulsive disorders, and the number is increasing. But what is the origin of an obsessive-compulsive disorder? When are washing, re-checking, tidying up, and other such repetitive compulsions more than just harmless tics? And at what point are excessively reoccurring thoughts in need of treatment?

Klaus Bernhardt explains what lies behind obsessions and compulsions, how they develop, and when those affected should seek help. Oriented on the latest scientific findings and with the help of concrete examples, he provides sufferers with tools for self-help suitable for everyday use. In addition, he illustrates many beneficial therapeutic approaches which unfortunately are used far too seldom. With his methods it is possible to quickly get obsessive-compulsive disorders under control and maybe overcome them permanently.

- The Bernhardt Method – a very high success rate and used by many doctors, therapists and clinics
- Spiegel best-selling author: more than 400,000 of his books sold

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Klaus Bernhardt



© Katja Kuhl

Klaus Bernhardt worked for many years as a science and medical journalist before becoming a therapist. Today he heads the Institute for Modern Psychotherapy in Berlin and instructs hundreds of doctors and therapists yearly. He is a member of the Academy of Neuroscientific Education Management (AFNB) and the Initiate New Learning e.V. (INL) and author of the Spiegel bestsellers "The Anxiety Cure" and "Freeing Yourself of Depression and Burnout".
www.panikattacken-loswerden.de



**Reference Books,
Psychology**

Publishing House: Kailash
Format: Hardcover
Pages: 350
Original title: Wer wir sind

STEFANIE STAHL

Who We Are

HOW WE PERCEIVE, FEEL, AND LOVE – EVERYTHING YOU SHOULD KNOW ABOUT PSYCHOLOGY

Date of publication: October 13, 2022

A comprehensive insight into our inner control center by Germany's No. 1 psychologist

How does the human being function? Is there a blueprint for the psyche, a basic mental framework that all humans share? Bestselling author Stefanie Stahl delivers here fascinating insights into the interplay of perception, consciousness, and behavior. In her nimble and knowledgeable manner, she explains why feelings of happiness are our life drug, just how subjective our perception of the world is, and how our self-image is molded by upbringing and experience.

Reports from the therapy practice and many suggestions for resolving emotional conflicts make this foray into our innermost being something that can be both felt and put into practice.

- What makes us tick, what regulates us: psychotherapist Stefanie Stahl sheds light on the workings of the soul
- The interplay of psyche, consciousness and behavior, explained in an absorbing and light-hearted way
- Five-time Spiegel bestselling author, with 3 million copies sold

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Stefanie Stahl



© Susanne Wysocki

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists having sold more than one million copies. In 2021, her book "The Child Within You Must Find a Home" was for the fifth time in a row the bestseller of the year in Germany. www.stefaniestahl.de

BARBARA BERCKHAN

Saying No Authoritatively

THREE STEPS TO SETTING CLEAR BOUNDARIES

Date of publication: September 28, 2022

Getting out of the accommodation trap

The new book by the successful author Barbara Berckhan gives us the permission to free ourselves from foreign control and detrimental influences and distinctly say no in a socially appropriate way. All too often, we fall into the accommodation trap and soon realize we are once again simply doing what others want us to do. As long as this is in line with our own feelings, intentions, and goals, all is well. Often, however, the desires of others do not correspond to our own. If we continue to habitually comply with the wishes of others, we will end up feeling frustrated and angry.

Berckhan shows in three simple steps how we can represent ourselves and our opinions, show poise, and do what is best and appropriate for all concerned. Thus we can remain calm and composed in stressful situations, and distance ourselves from people that sabotage our inner focus. The book offers as well many practical strategies that will help create and maintain a functional and beneficial coexistence with our work colleagues.

- With exercises and many examples from Berkchan's practice, presented in an easygoing way with illustrations, effective tips, and clear explanations and summaries
- Over 1.5 million copies of Berckhan's books sold



Reference Books, Personal Development

Publishing House: Kösel
 Format: Paperback
 Pages: 160
 Illustrations: 18 b/w illustrations
 Original title: Souverän nein sagen

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© Bernd Kaese

Barbara Berckhan is a communication trainer and non-fiction author – and the premier expert for self-confidence and good communication. She has been giving lectures and conducting training seminars for companies, government agencies, and associations for over 30 years. Her successful books have been translated into 12 languages and have a total circulation of over 1.5 million copies.
www.barbara-berckhan.de

LIANE DIRKS

Being and Becoming

NEWLY RECOGNIZING THE TREASURES AND OPPORTUNITIES OF OUR LIFE STORY

Date of publication: November 02, 2022

We are more than the sum of the events that happen to us

We humans are storytellers, and what we tell ourselves is what we experience as our identity. But what is it we focus on? For many centuries now, we have been attempting to assert our uniqueness by setting ourselves apart from others. But the essence of being human is in contact, in connectedness and attachment. And the desire to give expression to this awareness is becoming increasingly felt. With a new approach to life story work, along with stimulating impulses for writing, Liane Dirks offers a way to understand how the "I" can be taken out of the "We" and how to develop a new perspective on one's personal history. The book invites us to comprehend life as a type of consciousness development, in which we can also experience spiritual dimensions of our humanity. Such knowledge provides a sense of support and orientation, as well as space for personal development.

- Discovering a new view of one's own path of life
- With impulses and inspirations for reflection and personality development



Reference Books, Personal Development

Publishing House: Kösel
 Format: Hardcover
 Pages: 272
 Original title: Sein & Werden

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© Bettina Fürst-Fastré

Liane Dirks, born in 1955, is a freelance writer and mediation and Tai Chi teacher, and has completed training in client-centered therapy. She has received numerous awards and honors and has contributed to essential social debates in her novels. She developed the certified training course for Life Script® Coach for creative potential-oriented biographical work, which combines self-development, creativity, and spirituality. www.liane-dirks.de



Reference Books, Personal Development

Publishing House: Goldmann
Format: Paperback
Pages: 336
Original title: Manipuliere dich glücklich!

WLADISLAW JACHTCHENKO

Manipulate Yourself to Happiness!

PSYCHOLOGICAL TECHNIQUES FOR MORE SATISFACTION

Date of publication: August 17, 2022

The Jachtchenko Programme for more satisfaction and joy in life

Rhetoric professional Wladislaw Jachtchenko has mastered the art of convincing others. But it is also possible to successfully steer oneself in the desired direction. With psychological tricks we can maneuver ourselves towards more happiness and contentment. The methods, which include Savoring, Learned Optimism, Flow and Growth Mindset, are simple and effective, yet in part unfamiliar. In his new book, Wladislaw Jachtchenko explains 16 techniques that we can try out for ourselves and weave together to create an individual happiness system that fits our own personality. These techniques are based on scientific studies of the last 40 years, which the author presents in an easily understandable way. His convincing message: Happiness is feasible!

- Framing, Priming, Visualizing, and more – step by step to your individualised formula for joy

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Wladislaw Jachtchenko



© Xenia Kharmach

Wladislaw Jachtchenko studied political science, law, history, and literature in Munich and New York. After working as a lawyer in a Munich law firm and as a research assistant at the United Nations in New York, he followed the call of his passion and now has been working as a rhetoric trainer, speaker and coach since 2007. He is the founder of the Argumentoric Academy offering lectures, seminars and coaching sessions on all matters concerning communication. He is considered one of the top 10 speakers in Europe.

KAROLIEN NOTEBAERT

Three Days, Two Women, an Ape, and the Meaning of Life

AN INSPIRING JOURNEY TO OUR THOUGHTS, FEELINGS, AND HIDDEN POTENTIALS

Date of publication: July 11, 2022

With 4-colour illustrations

Influencing personal development through the power of thought – explained neuroscientifically

Who am I? What do I actually want to do in life? These are some of the questions Marie asks her mother at the end of her school years on a hike together in Ireland. During their walk through the natural world, a fascinating conversation develops between the two about how everything is connected with and held together somehow by our thoughts. In an easy, understandable way, Notebaert explains how the brain works, where our thoughts originate, how they influence our path in life, and how we can have some control over all this. Against a dreamlike backdrop, simple, understandable images emerge that allow us to comprehend what impels us as human beings, and what so often makes us unhappy in the process – but also what it takes to bravely take control of one’s life and live it to the full.

- For the readers of John Strelecky



Reference Books, Personal Development

Publishing House: Heyne
 Format: Paperback
 Pages: 160
 Original title: Drei Tage, zwei Frauen, ein Affe und der Sinn des Lebens

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Karolien Notebaert



© Nicolas Det

Karolien Notebaert worked as a neuroscientist in research for ten years before setting up her own business. Since then, she has been making known the latest findings from brain research to companies and individuals through her Science and Leadership Academy. She teaches at the Goethe Business School in Frankfurt, where she has received several awards for her work. She is a successful speaker, whether as a keynote speaker, with TEDxTalk, or at Greater, and also holds courses with over 10,000 participants on Insight Timer, the world’s largest free meditation app with around 18 million users.

TATJANA REICHHART, CLAUDIA PUSCH

Self-Determined

HOW TO DEAL WITH EXPECTATIONS AND LEAD AN AUTHENTIC LIFE

Date of publication: November 23, 2022

In balance with ourselves and with others

Many people nowadays are living a life that they believe they are expected to live, even though they know this does them little or no good. Based on findings from science, this book comprehensibly reveals how to free ourselves from these (perceived) fetters through small steps and how to lead an authentic life while avoiding becoming egoistic. It shows us how to reflect on our current situation, to identify our own needs, values and potentials, and to distinguish them from outer and internalized expectations. It will help us to strike a balance between our own needs and those of others, and teach us how to trust in ourselves and practice self-determination. It offers a clearly structured roadmap for implementing the insights obtained in daily life, overcoming obstacles, and rediscovering a zest for life.

- With strategies suitable for everyday use, a variety of exercises, and queries for self-reflection
- Based on the latest scientific findings and everyday consulting practice



Reference Books, Personal Development

Publishing House: Kösel
 Format: Paperback
 Pages: 256
 Original title: Selbstbestimmt

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© Andrea Muehleck

Dr. med. Tatjana Reichhart is a licensed physician and specialist in psychiatry and psychotherapy. Since 2011 she has worked as a trainer in corporations and various agencies with the focus on mental health in the workplace, and since 2015 she has been a coach in the seminar and coaching café Kitchen2Soul in Munich, which she founded.

AUTHOR

Claudia Pusch



© Mena Zoo

Claudia Pusch has a master's in education and is a systemic therapist. She has been supporting individuals and companies with coaching, training, and supervision since 2010 and is also a teaching trainer for systemic coaching. She is a founding team member of the Kitchen2Soul Academy.

BAHAR YILMAZ

The Risk of Being Yourself

HOW TO DARE WHAT YOUR HEART HAS LONG ALREADY DECIDED

Date of publication: September 28, 2022

How to finally bring about true change in our lives and express the essence of our being

We all may wish to follow the call of our heart, confidently live our personal truth, and allow our inner light to shine. Yet this path carries many risks. We sabotage ourselves, for example by preferring to conform and accommodate in order to be liked by others and by apologizing for so much for who we are in our innermost being.

We must stop that. Bahar Yilmaz helps lead us away from entrenched patterns, self-deception, and dependencies, and towards our mysterious innermost core. Based on her own life experiences, and by way of simple exercises and self-reflections, this best-selling author shows us how we can finally free ourselves from what is hindering our self-development – so that we can allow all aspects of our own essence to blossom and flourish in the world.

Honest, eye-opening, uplifting: for all who want to find the courage to break free from self-sabotage cycles and make their lives a wonderful adventure!

- Following the path of your heart honestly, courageously, and authentically – for all who want life to become a wonderful adventure
- With moving testimonials from the author and exercises for self-reflection



Reference Books, Personal Development

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages: 256
Original title: Das Risiko, du
selbst zu sein

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Bahar Yilmaz



© Anna Heupel

Bahar Yilmaz is one of the best-known life coaches in the German-speaking world. Her work focuses on personal development, holistic healing, transformation, and the exploration of energy, consciousness, and spirit. Along with her partner, Jeffrey Kastenmüller, she developed "Empower Yourself", an astonishingly effective concept for a blissful, fulfilled life. Thousands have participated in their event series based on this concept and have enthusiastically recommended it to others. Bahar Yilmaz has authored six successful books to date, including the 2019 Spiegel bestseller "You Were Written in the Stars".



Reference Books, Career & Coaching

Publishing House: Ariston
 Format: Paperback
 Pages: 224
 Original title: „Eines Tages werden sie sehen, wie gut ich bin!“

DOROTHEA ASSIG, DOROTHEE ECHTER

"One Day You Will See How Good I Am!"

HOW CAREER MYTHS ARE HINDERING YOU FROM BEING SUCCESSFUL AND HOW TO ADVANCE IN SPITE OF THEM

Date of publication: October 13, 2022

The secrets of a successful career

You didn't get promoted – again? No matter how good you are, if you do something wrong – or nothing at all! – you will never be recognized. Yet results alone do not lead to success. Top management consultants Dorothea Assig and Dorothee Echter have discovered this from extensive experience. They have since helped countless people uncover the causes of their career stagnation. In most cases, small setbacks have congealed into veritable career myths: the boss is a jerk, the company is ruthless, and to get promoted you must have the right connections.

With many surprises Assig and Echter lead their readers out of the "work more and harder" dead end and show how career myths can become career strategies. This is how you really advance in your career!

- The best from decades of coaching experiences: how to find your own way without having to bend to others or being intimidated

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Dorothea Assig



© Magdalena Jooss Fotografie

Dorothea Assig and Dorothee Echter guide prominent people from business, politics, and the sciences to achieving distinguished careers. They advise organizations on how to motivate their employees, lead seminars, give lectures, and are the authors of several books on management.

AUTHOR

Dorothee Echter



© Magdalena Jooss Fotografie

Dorothea Assig and Dorothee Echter guide prominent people from business, politics, and the sciences to achieving distinguished careers. They advise organizations on how to motivate their employees, lead seminars, give lectures, and are the authors of several books on management.

THORSTEN HOFMANN

The Negotiation Compass

SEEING THROUGH THE DECEPTION, BLUFFS, AND EMOTIONS OF YOUR
NEGOTIATION PARTNER – WITH THE METHODS OF THE FBI

Date of publication: November 16, 2022

The knowledge of the world's shrewdest negotiator

You are negotiating as part of a major project. Much is at stake. All eyes are on you ... but where are you looking? Former BKA investigator Thorsten Hofmann reveals here the techniques of the world's best negotiators from the FBI and Interpol. Here you will learn to analyse and interpret the behavior of your negotiating partners. Who is lying or embellishing the truth? Who is bluffing? Who is trying to deceive you?

You will learn how to recognize the cross-cultural nonverbal code of more than 15 PINs (Points of Interests in Negotiations) and what the corresponding triggers are. "The Negotiation Compass" shows you in simple and practical ways how to use them in a wide variety of negotiations to great effect. Exclusive video examples demonstrate the theory in practice. Through this 10-week perception training you will no longer be fooled by deceptions!

- The exclusive know-how of the FBI, Interpol, and others
- The perfect strategies for difficult negotiations – simple to put into practice through the videos and a 10-week perceptual training



Reference Books, Career & Coaching

Publishing House: Ariston
Format: Paperback
Pages: 256
Original title: Der Verhandlungskompass

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© DIE HOFFOTOGRAFEN

Thorsten Hofmann studied psychology, behaviour and credibility analysis, criminology, and economics and was trained in various negotiation concepts and strategies. He worked for many years as an operational investigator for the Federal Criminal Police Office (BKA) and INTERPOL and was active in the field of organized crime (OC), especially in spectacular cases of extortion and hostage-taking in Germany and abroad. He is presently a negotiator in extortion and hostage cases for an international insurance firm. He is the director of the Centre for Negotiation at the Quadriga Technical College in Berlin, conducts seminars and trainings on strategic negotiation management, and advises organisations on complex negotiation processes.

MICHAELA AXT-GADERMANN

südwest

The Weight Loss Compass

OVERCOMING DIETING HURDLES TO LOSE WEIGHT SUSTAINABLY

Date of publication: December 14, 2022

With 60 colour illustrations

Everyone loses weight differently

Losing weight is a science in itself, and very few of us are experts at it. It's easy to get hopelessly lost in the dieting jungle. But there is in fact an individual path for each person to the weight they feel good with. Only a nutrition program that takes into account various individual aspects can be successful in the long term. There isn't one particular diet that is good for everyone, but this simple realization has not yet found its way into diet regimens.

"The Weight Loss Compass" is your personal guide out of the dieting chaos. With its help, you can determine your personal weight profile and discover what might be preventing you from losing weight. Tests, checklists, and recommendations for laboratory tests, as well as individual recommendations for nutrition, dietary supplements, and lifestyle, will assist you in identifying your personal dietary stumbling blocks and show you the way to a healthy weight.

- Overcoming individual weight loss hurdles and losing weight lastingly
- With tests, checklists, recommendations for laboratory examinations, nutrition, food supplements, and lifestyle
- From the renowned intestinal specialist with over 250,000 books sold



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages: 304
Illustrations: 60 colour illustrations
Original title: Der Abnehmkompass - Diäthürden überwinden und dauerhaft abnehmen

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© Bildschön / Dietzel

Prof. Dr. Michaela Axt-Gademmann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.

MICHAELA AXT-GADERMANN

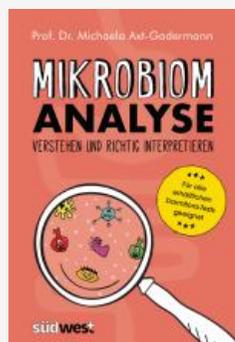
Understanding and Correctly Interpreting a Microbiome Analysis

Date of publication: July 25, 2022

The results of microbiome analysis explained for the lay person

It is now a fact that the intestinal flora has an enormous influence on both our physical and our mental health – if our intestines are happy, so are we. A microbiome analysis can provide information about whether everything is functioning well in the intestines. More and more people are thus having their intestinal flora tested, something that can now be done conveniently by mail. However, the results of such analyses are often not easy to interpret. This reference book explains comprehensively and in an easy-to-understand way all the possible results and terminology used in microbiome analysis and more especially the significance for health. Many tips for a long-lasting healthy intestinal flora are included.

- Appropriate for all available intestinal flora tests
- Everything about microbiome diagnostics, microbiome-based disorders, and intestinal bacteria and its role in maintaining health



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages: 240

Original title:

Mikrobiomanalyse verstehen und richtig interpretieren - Für alle erhältlichen

Darmflora-Tests geeignet

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Michaela Axt-Gadernmann



© Bildschön / Dietzel

Prof. Dr. Michaela Axt-Gadernmann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.

WERNER BARTENS

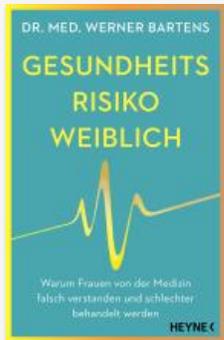
Being Female Is a Health Risk

WHY THE MEDICAL WORLD HAS LONG MISUNDERSTOOD WOMEN, AND DOESN'T TREAT THEM AS WELL AS MEN

Date of publication: October 26, 2022

There is no gender equality in medicine

Does illness affect women and men equally? We think that we are all equal when it comes to viruses, cancer, broken bones and inflammations – but this is a grave error, and one which the medical world has only just woken up to. Women experience illness differently from men, their sensations are different, their symptoms are different, and they need different kinds of treatment. The fact that this hasn't yet become part of everyday practice has serious consequences for female patients: they are frequently treated much later than they should be, are given less intrusive treatment, and their afflictions are diagnosed less quickly and less accurately. This book reveals the extent to which the medical world has neglected women, why this is the case in almost every single specialism, and the patterns of thought that have created this attitude – and the danger this spells for women's bodies and lives. Here, the medic Werner Bartens describes an array of real-life cases, draws on the latest scientific discoveries, and explores the first steps that are being taken by medics to improve the treatment of women.



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages: 304
 Original title:
 Gesundheitsrisiko: weiblich

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AUTHOR

Werner Bartens



© Alessandra Schellnegger

Werner Bartens was born in 1966 and studied medicine, history and German literature and language in Freiburg, Montpellier and Washington. After working as a doctor and doing research, he is now the senior science editor at the Süddeutsche Zeitung. He has been awarded several renowned prizes for his work as a journalist and was chosen "Science Journalist of the Year" in 2009. His many non-fiction books have all been bestsellers and translated into fourteen languages.

PETRA BRACHT, ROLAND LIEBSCHER-BRACHT

Pain Free and Flexible into Advanced Age

STAYING FIT AND ACTIVE YOUR WHOLE LIFE WITH THE LIEBSCHER & BRACHT METHOD

Date of publication: October 13, 2022

4-colour, with ca. 150 colour photographs and illustrations

Movement, sleep, and nutrition – everything important for a long, pain-free life

Stay fit and vibrant into advanced age with the latest, major standard work from Liebscher & Bracht! With the help of their innovative method, the medical doctors, pain specialists and bestselling authors Petra Bracht and Roland Liebscher-Bracht illustrate how we can keep active day after day and guard against pain. Scientific findings on pain therapy, exercise, nutrition, and relaxation are complemented by practical tips and the best self-help exercises for doing at home. This is how to turn back the biological clock and help ensure that you remain pain free, active, and limber well into your later years.

- The new standard work from the Spiegel best-selling authors with over 890,000 books sold
- With greatly simple and effective exercises for doing at home



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag

Format: Paperback

Pages: 320

Original title: Schmerzfrei und beweglich bis ins hohe Alter

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Petra Bracht



© Katharina Werner

Dr. med. Petra Bracht and Roland Liebscher-Bracht jointly developed the successful Liebscher & Bracht pain therapy, with a network of over 4,000 therapists in the German-speaking world. With the goal of pain prophylaxis and treatment, Dr. med. Bracht, a specialist in nutrition and detoxification medicine, and her husband, who is a passionate combat sportsman and movement energetics practitioner, also collaborated in developing a new revolutionary form of the fascia yoga.

AUTHOR

Roland Liebscher-Bracht



© Liebscher & Bracht



Reference Books, Health & Alternative Healing

Publishing House: Arkana
 Format: Hardcover
 Pages: 320
 Original title: Gesund und glücklich älter werden

RUEDIGER DAHLKE

Become Old with Health and Joy

MY HOLISTIC LIFE-STYLE MEDICINE

Date of publication: September 21, 2022

There is nothing left to lose, but many important things to gain

Everybody wants to live to a ripe old age, but nobody wants to get old. For a long time old age was a synonym for the loss of mental and physical vitality, accompanied by weight gain, aches and pains, and a deteriorating capacity for memory. In his very personal approach, the holistic physician Ruediger Dahlke demonstrates how we can recover vitality, slow down the aging process, and remedy supposedly chronic diseases such as high blood pressure and age-onset diabetes. Based on the essence of his laws of destiny and life principles, he presents a highly effective "Fountain of Youth" program, including exercise, breathing techniques, cell detox, and a mini-plan with 27 plus points to noticeably increase the quality of life and bring you back to a full life while you are still alive and to calmly master the tasks in life that still need to be done.

- Holistic life principles for Golden Agers
- With an audio meditation to download, spoken by the author
- The highly effective long-life program for a longer life expectancy, better health, and more quality of life

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AUTHOR

Ruediger Dahlke



© Angelika Silber

Ruediger Dahlke, born in 1951, studied medicine and pursued extended training in natural healing and psychotherapy. In 1989 he and his wife founded a natural healing centre in Germany. From 1978 to 2003 he worked as a psychotherapist. Since then he has been active as a medical advisor for fasting, a seminar leader, and a lecturer. He focuses on training in "archetypal medicine", breath therapy and psychotherapy, fasting, guided meditation and extended medical instruction.
www.dahlke.at

DIETRICH GRÖNEMEYER

Changing Medicine

HEALING REQUIRES TRUST AND ATTENTIVENESS

Date of publication: October 13, 2022

The future of healing

When you visit your GP, do they really see and hear you? Is the advice they give solid and comprehensive, and can you fully rely on the fact that the measures they recommend are tailored to your individual medical needs? Is it safe to assume that they are taking into account the whole spectrum of medical options, to help you achieve long-term health? Or do you instead feel misunderstood and fobbed off?

In his most personal book yet, the practising medic Dietrich Grönemeyer tells the reader about the moving experiences that have made him the doctor he is today – and what we need to do to ensure the health of everyone in society: we require a tailored approach to medicine that includes the whole of a patient, an approach that prioritizes prevention, education and responsible living; where individual specialists work in unison and medics act as a fully committed, trustworthy team; and where the doctor-patient relationship means a real encounter of equals. There's no doubt in Grönemeyer's mind that change is possible. His motto "Giving life to life" sums up his belief in a healthcare system that puts us and our well-being at the centre.



Reference Books, Health & Alternative Healing

Publishing House: Ludwig
 Format: Hardcover
 Pages: 304
 Original title: Medizin verändern

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AUTHOR

Dietrich Grönemeyer



© Laura Möllemann

Prof. Dr. Dietrich Grönemeyer, born in 1952, is a practising medic and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. As a medic, scientist, author and editor of the Dietrich Grönemeyer Magazin, he champions prevention, new thinking and an undogmatic, interdisciplinary approach to treatment – involving frontier tech and academia as well as naturopathy – that has only the patient's well-being in mind.

NADIA HARBECK, LUDGER WAHLERS

Breast Cancer – Everything That Is Now Important

DIAGNOSES, TREATMENT, AND SUPPORT FOR PATIENTS AND THEIR LOVED ONES – THE LATEST SCIENTIFIC FINDINGS

Date of publication: November 16, 2022

4-colour, with ca. 35 colour photographs and illustrations

The comprehensive standard work on the most common form of cancer

With some 70,000 new cases every year, breast cancer is by far the most common cancer in women. The good news is that 8 out of 10 women with breast cancer can now be successfully treated. With this book, women will be comprehensively informed so that they can make the right decisions with their treating physician.

- Information, advice, and support for acute and aftercare patients and their relatives
- A new standard work by a leading breast cancer researcher



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag
 Format: Hardcover
 Pages: 400
 Original title: Brustkrebs - Alles, was jetzt wichtig ist

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Nadia Harbeck



© Stephan Beißner, LMU Klinikum

Prof. Dr. med. Nadia Harbeck heads the Breast Center and the Oncology Day Clinic of the University Hospital Women's Clinic in Munich. She is one of the most renowned experts internationally in medication-based breast cancer therapy. In 2020 she became the first German researcher to be honored with the ESMO Lifetime Achievement Award.

AUTHOR

Ludger Wahlers

Ludger Wahlers has been a journalist and publisher specialising in medicine for over 20 years. On the subject of oncology, he is particularly interested in the necessity for interdisciplinary cooperation and communication between doctors and patients.

THOMAS HÄUSLER, CHRISTIAN KÜHN



Bacteriophages

WHEN ANTIBIOTICS NO LONGER HELP – USING VIRUSES AGAINST RESISTANT BACTERIAL INFECTIONS

Date of publication: September 14, 2022

20 colour illustrations

Healthy through viruses

Multi-resistant pathogens have become a major problem in the healthcare sector, as many antibiotics are no longer effective. Medical science is now rediscovering a healing method that can help in the fight against such bacteria: bacteriophages. These are viruses that are harmless to humans but are able to successfully destroy particular kinds of bacteria. Though the treatment is not yet officially approved in Germany, certain types of treatment are already available. Based on the latest research, this book provides detailed information for anyone at risk from resistant pathogens, such as diabetes and heart patients, people with cystic fibrosis, and women with recurrent bladder infections. A invaluable guide for anyone afflicted and an absorbing book for those with an interest in medicine.

- Bacteriophages – the solutions to an urgent health problem of our time by fighting multi-resistant bacteria

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Thomas Häusler

Dr. Thomas Häusler works as a science journalist for Swiss Radio and Television SRF, where he heads the science editorial section. As a biochemist, he has long been researching bacteriophages and has written a book on the history of bacteriophage research.

AUTHOR

Christian Kühn



© medJUNGE

Prof. Dr. med. Christian Kühn is a cardiac surgeon and senior physician at the Hannover Medical College. He uses bacteriophages in the therapy of heart patients.

Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages: 208

Illustrations: 20 color illustrations

Original title: Bakteriophagen

CHRISTIAN LUNOW, MARCEL DÖRSING

The Hashimoto Guide – Your Way to a Successful Therapy

RECOGNISING, UNDERSTANDING, LIVING WITH SYMPTOMS – EVERYTHING ABOUT THE NEW COMMON ILLNESS

Date of publication: August 10, 2022

With colour illustrations

Escaping from the Hashimoto dead end!

Many people are not even aware of this disease in which the thyroid gland gradually destroys itself – and the number is growing. It is time to change that! Christian Lunow, an MD and specialist in thyroid diseases who has successfully treated thousands of Hashimoto’s patients, provides the definitive guide for finally taking your health into your own hands. How is Hashimoto’s recognized? At what point does it require treatment? Which methods lead out of the “Hashimoto impasse” and on to successful therapy? Can I continue to exercise and lose weight with Hashimoto’s? What do I have to consider if I am pregnant or wish to have children? Am I particularly at risk with a Covid infection? These questions and many more are answered here competently and clearly.

- The comprehensive guide to therapeutic success for all (long-term) patients
- Everything you need to know about the new widespread disease: disease pattern, diagnostics, treatment, integration into everyday life, special cases



Reference Books, Health & Alternative Healing

Publishing House: Südwest
 Format: Paperback
 Pages: 256
 Original title: Der Hashimoto-Guide - Ihr Weg zum Therapie-Erfolg

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Christian Lunow



© privat

Dr. Christian Lunow is a specialist in internal medicine and general medicine. He manages the Lunow Clinic for Diagnostics in Bornheim, which is one of the most successful diagnostic check-up centers in Germany, and also heads the Center for Thyroid Diseases, which has specialised in the treatment of Hashimoto’s thyroiditis for over 25 years.

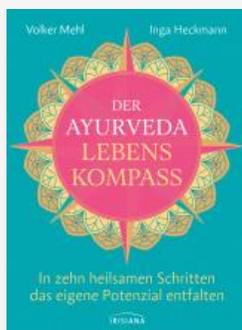
AUTHOR

Marcel Dörsing



© privat

Marcel Dörsing studied history and philosophy and is now a freelance journalist and author.



Reference Books, Health & Alternative Healing, Reference Books, Mindfulness

Publishing House: Irisiana
 Format: Paperback
 Pages: 192
 Illustrations: 20 b/w illustrations
 Original title: Der Ayurveda-Lebenskompass

VOLKER MEHL, INGA HECKMANN

The Ayurveda Life Compass

UNFOLDING YOUR OWN POTENTIAL IN TEN BENEFICIAL STEPS – TIPS ON EXERCISE, MINDSET, BREATH, MINDFULNESS, NUTRITION, LIFESTYLE

Date of publication: October 19, 2022

With 20 b/w illustrations

The essence of Ayurveda for modern times

This manual succinctly and practically presents the quintessence of Ayurveda and illustrates the ten core Ayurvedic aspects for a successful life. It shows us how to lead a contemporary healthy lifestyle based on the ancient Indian healing method: from diet, exercise, and relaxation to fulfilling relationships. Volker Mehl and Inga Heckmann offer here a toolkit filled with practical applications for a life in balance on the physical, mental, and spiritual levels.

- The ten central aspects of the ancient Indian healing art for contemporary humanity
- With numerous practical nutrition tips, yoga exercises, meditations and mantras

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Volker Mehl



© Stephanie Wolff Photography

Volker Mehl works as a nutritionist in his Ayurveda health center and runs an Ayurveda cooking school. The two-time winner of the Gourmand World Cookbook Award is considered Germany's most popular Ayurvedic chef. He has published twelve books on Ayurveda and a variety of related topics.

AUTHOR

Inga Heckmann



© Marcella Merk Photography, München

Inga Heckmann is a yoga teacher, author, musician, and editor. She has been involved with spirituality, yoga, Ayurveda, and meditation since her earliest youth. She has been teaching chanting and yoga in private lessons, workshops, and retreats for over 25 years. She lives and works in Munich.

STEFANIE NÜßLEIN, CORNELIA OTT

Living with Long Covid

A GUIDE FOR REGAINING ENERGY, OVERALL HEALTH, AND QUALITY OF LIFE

Date of publication: June 27, 2022

With 35 colour illustrations

Self-help for Long Covid: informed by a psychologist, patients, and their doctors

Although there is still much research to be done, some treatments can already be identified. Stefanie Nüßlein, a psychologist and herself afflicted, along with her treating physician, acquaintance, and co-author Dr. med. Cornelia Ott have dealt intensively with Long Covid. They provide here a deep personal insight into the complex and diffuse range of symptoms, as well as a comprehensive guide to mental and physical self-help. The self-coaching program presented here is directed to Long Covid sufferers who want to get back into life – without overtaxing themselves.

- With a self-coaching program, tips for physical rehabilitation, a health diary and checklist for doctor visits, a sleep checklist, personal reports, and expert interviews
- Long Covid – a dominant issue in our society even after the pandemic is over



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

With illustrations from: Ronja Overländer

Pages: 208

Illustrations: 35 color illustrations

Original title: Mit Long Covid zurück ins Leben

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Stefanie Nüßlein



© Christian M. Weiss

Stefanie Nüßlein is a psychologist (M. Sc.), certified trainer, and coach. She still suffers from the long-term consequences of her Covid-19 infection, and has had to fight not only against the severe symptoms of Long Covid, but also against false diagnoses and the problem of not being taken seriously. The self-coaching program she developed has helped her back to life.

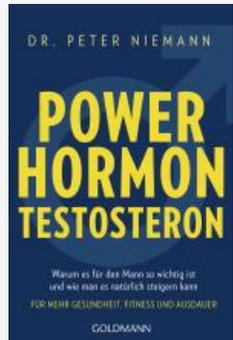
AUTHOR

Cornelia Ott



© Christian M. Weiss

Cornelia Ott, MD, is a specialist in internal and nutritional medicine. For her, an anti-inflammatory diet that supports our body's self-healing powers and the targeted use of nutritional supplements and fortification of intestinal health, comprise the foundation in deterring Long Covid.



Reference Books, Health & Alternative Healing

Publishing House: Goldmann
Format: Paperback
Pages: 192
Original title: Powerhormon Testosteron

PETER NIEMANN

The Power Hormone Testosterone

WHY IT IS SO IMPORTANT FOR MEN, AND HOW TO INCREASE IT NATURALLY
– FOR BETTER HEALTH, FITNESS, AND STAMINA

Date of publication: August 17, 2022

Greater fitness and faster muscle building – without testosterone supplements

Testosterone is the most important male sex hormone. A normal level is crucial for male health. It enables optimal performance, high concentration, and a fulfilling sex life. Dr. Peter Niemann explains in an informative and easy to understand manner exactly why testosterone is essential for men and how it can be boosted naturally.

- Over 50 practical tips to support testosterone production naturally
- Recognizing testosterone deficiency and preventing physical and mental illnesses

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Peter Niemann



© Privat

Peter Niemann, MD, grew up in America and Germany. He is a specialist in internal medicine, geriatrics, and integrative medicine. He regularly writes articles for medical journals and presents information about his work on the websites drpeterniemann.de and arztinusa.de. Since 2009 he has been living and working in the USA.
www.drpeterniemann.de

PETRA SCHLEIFER, ANTONIE POST

Health Knows No Weight – The Anti-Diet Book

WITH A SELF-COACHING PROGRAM FOR BODY ACCEPTANCE, INTUITIVE EATING, AND JOY IN MOVEMENT

Date of publication: September 28, 2022

With 35 colour illustrations and graphics

The healthy alternative to the endless dieting cycles

Diets fail with a probability of well over 90 percent. Two out of three people weigh more after a diet than before. It is certainly time for a paradigm shift! After struggling for many years with their own body weights, the certified nutrition expert Dr. Antonie Post and the alternative healing practitioner and trauma therapist Petra Schleifer came to the realisation that health knows no weight! In their guidebook they convey this weight-neutral approach based on the principles of Health at Every Size®, which includes instructions for self-coaching. Their formula for success for physical and mental health: body acceptance + intuitive nutrition + fun with exercise. With scientific support, concrete impulses for self-reflection, exercises, and meditations, we can leave diets behind and really do something for our health and well-being.

- Self-help program for body acceptance, intuitive nutrition, and joy of movement
- With numerous exercises, self-reflections, and meditations



Reference Books, Cooking, Reference Books, Health & Alternative Healing, Reference Books, Fitness & Workout

Publishing House: Südwest
 Format: Paperback
 Pages: 224
 Original title: Gesundheit kennt kein Gewicht. Das Anti-Diät-Buch.

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AUTHOR

Petra Schleifer



© Jule Kantim

After studying nutritional science and working in the food industry, Petra Schleifer, born in 1969, became an alternative healing practitioner. She works with various therapeutic methods, including classical homeopathy, trauma therapy, and systemic family therapy. She developed the online coaching program "Belly & Mind", which focuses on intuitive nutrition.

AUTHOR

Antonie Post



© Jule Kantim

Dr. Antonie Post, born in 1982, has a degree in nutritional science and is certified in diet and nutrition counseling, with a focus on intuitive nutrition. She recently established her own practice for weight-neutral nutrition counseling and therapy. Since 2020, she has been running an anti-diet podcast with 25,000 listeners.

ULRICH STRUNZ

Experiencing Healing – Recognising and Overcoming Hidden Illnesses

WHAT IS REALLY BEHIND RIDDLING SYMPTOMS

Date of publication: August 31, 2022

2-colour throughout

Return to a healthy, pain-free life through the power of molecular medicine

Chronically fatigued, constantly catching a cold, plagued by recurring aches and pains? Many people suffer for years from a range of diffuse complaints and a feeling of malaise that won't go away. Doctors are faced with a predicament: they can't explain the symptoms and so they can't help the patients.

In his latest book, Dr. Ulrich Strunz gets to the root of these hidden ailments. He explains how obscure symptoms can be explained and how unrecognized autoimmune diseases, heart conditions, infections, and mental illnesses can be detected and combated at an early stage. Through a few simple nutritional techniques and a healthy lifestyle, we can regain our strength and find our way back to a life full of vitality and joy.

- A bestselling author for 20 years, with more than 11 million books sold
- With many tips for a healthy diet and lifestyle



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages: 224
 Original title: Heilung erfahren. Verborgene Krankheiten erkennen und besiegen

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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



Reference Books, Health & Alternative Healing

Publishing House: Goldmann
 Format: Paperback
 Pages: 256
 Original title: Porsche, Pommies, Prostata - Gesundheitsvorsorge für den unverwundbaren Mann (und alle anderen)

FLORIAN STURM

Porsche, Pizza, and Prostate – Basic Prevention for the Invincible Man (and the Other Men as Well)

THE TOP EIGHT EARLY DIAGNOSES

Date of publication: July 18, 2022

Getting to the heart of the matter in early diagnoses – everything a man needs to know

Men are notoriously inept at taking care of their health. Especially preventive care – the idea that you must do things before it's too late – has little appeal to them. But even those who don't care for jogging, green tea, or goji berries can take the future of their health into their own hands by taking advantage of a surprisingly uncomplicated techniques for early detection. These simple but effective tools uncover many malicious, hard-to-detect conditions well before they become apparent. High blood pressure, skin cancer, aneurysms, heart attacks, diabetes and prostate cancer – prevention can be a simple process and is certainly well worth it. So, here's to your health, men!

- Ruthlessly honest, highly entertaining: tackle the issue instead of shying away from it!
- Modern, scientifically based early detection methods for men – explained convincingly and with humour by a young family doctor

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Florian Sturm



© Sophie Sturm

Florian Sturm is a practicing MD with a doctorate in philosophy. He has studied, researched, and worked in Oxford, Berlin, Boston, Tokyo, and Dar es Salaam. After working in Berlin for many years, he has been running a general practice near Lake Constance since 2021.

OLIVER DIERSSEN

When Your Own Child Is a Stranger to You (and You to Your Child)

HOW NEW TRUST ARISES FROM REJECTION

Date of publication: October 13, 2022

How to overcome disappointment and discover anew your love for your child

When a child comes into the world, parents have the great opportunity to start a whole new relationship. Most want to raise the happiest child in the world. They are ready to do everything to make childhood the best time in this child's life. At the same time, this desire creates extraordinary expectations on the part of the parents. Feelings of not being understood, rejection, or disappointment can give rise to large conflicts in the parent-child relationship. For many parents it is the most devastating emotional trauma when their children do not love them the way they had hoped. Many people suffer both physically and mentally. Parents – and their children.

The renowned child and adolescent psychiatrist Oliver Dierssen uses numerous practical examples to highlight ways of achieving a successful relationship: overcoming feelings of helplessness, perceiving, understanding and coping with emotional pain, and daring to trust again.

- The comprehensive popular reference book on the taboo topic in the parent-child relationship, from a renowned child and adolescence psychiatrist
- Understanding and accepting the different ways of being of your own child



Reference Books, Family & Parenting

Publishing House: Mosaik Verlag

Format: Hardcover

Pages: 250

Original title: Wenn dir dein eigenes Kind fremd ist (und es deinem Kind mit dir genauso geht)

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Oliver Dierssen



© Mario Wezel

Oliver Dierssen, MD, born in Hanover in 1980, is a practicing specialist in child and adolescent psychiatry. He is involved in patient work and social media for child protection and non-violent, attachment-oriented parenting. He is a regular guest on high-profile podcasts, reveals his ideas in his ZEIT Leo column, and provides information on current topics on his widely read Twitter account. He received the German Fantasy Prize in 2010 for his first novel, "Fledermausland". This is his first nonfiction book.

CHRISTIANE KOLB

Sex Education from the Very Beginning

TALKING TO CHILDREN ABOUT THEIR BODIES, THEIR FEELINGS, AND SEXUALITY

Date of publication: August 24, 2022

Explaining things early in an easy, relaxed manner

Why does my child always have his hand down his pants? What do I say when my child asks me how her little brother got into Mum's tummy? Do I need to talk about it all now? Isn't it way too early for that? Parents are often caught off guard when it comes to explaining sexuality. Especially for younger children, the topic might seem far in the future. Yet children are so at ease with their bodies that they know no feelings of shame: Why doesn't Daddy have breasts? What is a tampon for? And what is that "down there" called?

Children need honest answers to delicate questions. This book offers the best orientation by describing sexual development from infants to about the age of ten, explaining typical types of behavior, and showing how to react age-appropriately to children's curiosity. In this way, children can develop a natural relationship with their own bodies, see trustworthy caregivers in their parents, and be safeguarded from negative experiences.

- For more composure and certainty when confronted with uncomfortable questions
- Reducing the fear and risk of early sexualization or inappropriate behavior



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages: 256
 Original title: Aufklärung von Anfang an

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AUTHOR

Christiane Kolb



© Dirk Uhlenbrock

Christiane Kolb has been writing about love, partnership, health, and society as a magazine author for 20 years, including for Women's Health, Eltern family, and Reader's Digest. Fascinated by the subject of sexuality, she completed her master's degree in Applied Sexology at Merseburg University in 2018 and has since worked in sexual health education and counselling.

FRAUKE LUDWIG, DIANA SCHWARZ

Simply Carry

THE CARRYING GUIDE – FOR MORE CLOSENESS AND GOOD BONDING

Date of publication: August 24, 2022

4-colour throughout, with numerous illustrations

With a foreword by Herbert Renz-Polster

For closeness, bonding, and free hands for everyday life in the family

Humans are baby carriers. Two-thirds of the world's population carries their children in a baby sling or special baby carriers. However, the great variety of products available often creates confusion among parents. In addition, a baby carrier must fit well and securely in order to feel comfortable for the child and the person wearing it, and it certainly must not cause any back pain.

Frauke Ludwig and Diana Schwarz, directors of the Hamburg Baby Carrying School are experts when it comes to baby-carrying. With the help of sketches, photos and videos (through QR codes), they quickly and clearly show how to properly bind babies for carrying. They explain how to recognize a good baby carrier, when you can start carrying your child on your back, and why you shouldn't carry babies facing forward. Basic aspects, advantages for emotional bonding, anatomical requirements, and additional benefits for parents round off this practical help book.

- A fresh and contemporary approach, easy troubleshooting and lots of life-hacks – quick help for everyday carrying
- Numerous illustrations and video links



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages: 160
 Original title: Einfach tragen

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AUTHOR

Frauke Ludwig



© Peter Unsinn

Diana Schwarz and Frauke Ludwig are directors of a babywearing school that provides professional training for baby-carrying consultants and advises well-known manufacturers. They also developed the bonding-oriented course BabySteps® and organise the Attachment Parenting Congress in Hamburg.

AUTHOR

Diana Schwarz



© Peter Unsinn

Diana Schwarz and Frauke Ludwig are directors of a babywearing school that provides professional training for baby-carrying consultants and advises well-known manufacturers. They also developed the bonding-oriented course BabySteps® and organise the Attachment Parenting Congress in Hamburg.

NICOLA SCHMIDT



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages: 240
 Original title: artgerecht durch den Familienalltag

Species-Appropriate through Everyday Family Life

... BECAUSE REAL LIFE NEEDS REAL SOLUTIONS!
 ANSWERS TO THE MOST COMMON PARENTING QUESTIONS

Date of publication: August 31, 2022

Find your very personal species-appropriate way!

Species-appropriate is a wonderful approach to raising children – if only it weren't for the day after day irritations! Morning stress, constant bickering between siblings, the mother-in-law who keeps making pointed remarks ... In so many situations, needs-oriented parents ask themselves anxiously: How can we deal with all of this? What is the best for the child and our family?

In this guidebook, Nicola Schmidt draws on the most frequently asked questions on parenting to present very specific tips that can quickly and easily be put into practice. At the same time, she considers the questions behind the questions: What is it that is actually causing us trouble? Where do our desires conflict with reality? Where can we make compromises, and where do we need to stay true to our ideals? She invites parents to uncover false beliefs and thus to find their own species-appropriate path forward. Thus we will remain composed in everyday life and alongside our children!

- Bestselling author with over 500,000 copies sold
- Quick help combined with in-depth, thought-provoking ideas, easy to implement and unburdening

YOUR CONTACT

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AUTHOR

Nicola Schmidt



© Natalie Menke

Nicola Schmidt is a mother of two, bestselling author, political scientist, science journalist, trained coach, and founder and managing director of the "artgerecht" project. She offers education and training for professionals and wilderness camps for families. www.nicolaschmidt.de

REINHARD K. SPRENGER

Parenting Years

HOW TO LIVE WITH CHILDREN WITHOUT LOSING TRACK OF OURSELVES

Date of publication: October 19, 2022

The book for all parents who don't want to give up on themselves in everyday family life

"Every child has a right to happy parents!" This is what bestselling author and father of four Reinhard K. Sprenger maintains, as he challenges the expectations that are burdening parents today: children are to be nurtured as young as possible, fathers and mothers are to be perfect parents, be best friends to their children, work as family managers, and be successful in their careers. But those who get mired in the search for the supposedly "right" way of upbringing run the risk of neglecting not only their own well-being, but that of their children as well. In his book, Sprenger focuses on the parents, appealing to them as mothers or fathers to take their own needs seriously. After all, we can take good care of our children only if we take care of ourselves. His book poses the most vital questions that life with children entails and helps us find answers that will make family life easier for ourselves and our children.

- A book about parenting that talks openly about the fears and desires of parents
- For all those who want to be more than "just parents" in everyday family life



Reference Books, Family & Parenting

Publishing House: DVA

Format: Hardcover

Pages: 240

Original title: Elternjahre

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AUTHOR

Reinhard K. Sprenger



© Robin Sprenger

Reinhard K. Sprenger, born in 1953, studied history, philosophy, psychology, business management and sport. As Germany's most prominent management consultant and one of the most important thought leaders in the business world, he is a consultant to all the important Dax-100 companies. All his books have been bestsellers, thus fundamentally changing reality in the business world in the course of 30 years. They have been translated into many languages.
www.sprenger.com

MARGRIT STAMM

Compliant, Ambitious and Unhappy

WHAT THE PRESSURE TO PERFORM DOES TO OUR KIDS

Date of publication: August 31, 2022

Do we expect too much from our children?

A child who works hard, gets good grades and is popular supposedly has a bright future in store. Our high-performance society values high-achievers, top degrees and fathers and mothers who do everything to encourage their children and help them succeed.

This puts great stress on parents, and especially on children. Often, the results are deeply sad, as over-achieving kids constantly deliver more than we should by rights expect. They are compliant, inconspicuous and successful – but their successes are not down to their IQ or their innate talent, but primarily the result of sheer hard work, parental support and pressure. This pressure isn't necessarily explicitly exerted by parents – kids sense our expectations, and even young schoolchildren are putting themselves under a lot of pressure.

Our culture values over-achievers, and we underestimate the gravity of the situation. It's the reason that our kids don't enjoy learning, and why we are seeing an increase in emotional problems in children. In this book, Margrit Stamm aims to increase our awareness of the crisis, taking an in-depth look at the little examined problem of childhood over-achievement, and showing parents as well as education experts how to do things differently.



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages: 192
 Original title: Angepasst, strebsam, unglücklich

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AUTHOR

Margrit Stamm



© Iris Krebs

Margrit Stamm is Emeritus Professor of educational psychology and pedagogy at the University of Fribourg in Switzerland, and director of the Swiss Education research institute. She has been a visiting professor at universities in Switzerland and abroad, and sat on the advisory board of several national and international organisations. She specialises in early years education and families, talent development in children and adults, equal opportunities and vocational training.

NINA WEIMANN-SANDIG

Because Children Need Both Parents

MAKING USE OF NEW PERSPECTIVES – FINDING FAIR CUSTODY MODELS –
HELP FOR FAMILIES OF DIVORCE

Date of publication: July 25, 2022

Successful nurturing after the divorce

Parents are free to choose to separate – but children have to live with that decision. This makes it all the more essential to provide support that enables them to continue to have dependable relationships with each parent. This is a sizable challenge for mothers and fathers, who are often at odds with each other, lack adequate counseling, and have to deal with practical issues such as financial child support and custody.

The sociologist Nina Weimann-Sandig provides advice from a dual perspective. She herself is a patchwork mother and is familiar with the concerns about the children, the usual role conflicts, and upsetting accusations in the course of a separation. At the same time, she conducts research on the aspects of divorce and is able to demonstrate, based on current studies, the extent to which children benefit when separated parents care for them in common. She describes the residence, alternating, and nesting models, clearly identifies the various risks and opportunities, and allows parents and children to have their share of the discussion. She encourages couples to adopt “shared parenting”, especially if they engaged in parenting on an equal basis when together. Thus the most important thing for children of separation is maintained: a safe haven with both mom and dad.

- Special focus on fathers and equal parenting



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages: 208
Illustrations: 1 b/w illustrations
Original title: Weil Kinder beide Eltern brauchen

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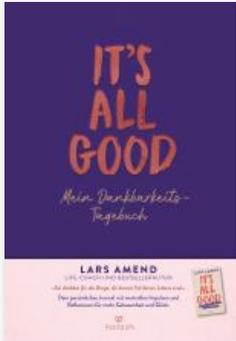
AUTHOR

Nina Weimann-Sandig



© privat

Nina Weimann-Sandig is a professor of empirical social research and sociology in Dresden, where she conducts research on such topics as separation, care, and family models. She herself lives in a patchwork family with two biological and two bonus children.



Reference Books, Mindfulness

Publishing House: Kailash
Format: Hardcover
Pages: 296
Illustrations: 20 color
illustrations
Original title: It's All Good

LARS AMEND

It's All Good

MY DIARY OF GRATITUDE

Date of publication: August 24, 2022

With 20 4-colour illustrations

My diary of gratitude

This gratitude diary is a declaration of love to the moment. Through this diary you will remind yourself each day of all that is good in your life – even though it might seem at times to be very little. Here you will record special events, significant encounters, and even short but fascinating moments – the major and minor things you can be grateful for and are beneficial to you. Use it as well to collect your favorite quotations and record personal reflections. Pick up a pen or pencil and spend a few minutes. Then you'll realize: It's all good!

- A book for writing in and using every day – included in the book are stimulating ideas, exercises, and lists of questions to help lead a mindful, conscious, and fulfilled life
- Spiegel best-selling author, with over 180,000 books sold

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AUTHOR

Lars Amend



© Melanie Koravitsch

Lars Amend, born in 1978, is a journalist and author. He has worked for MTV and VIVA, Jetzt magazine and the Berlin Tagesspiegel. 2008 saw the publication of his first book which was a #1 Spiegel bestseller and one of the most successful titles of the year. Other books followed, including those with Rudolf Schenker (guitarist of The Scorpions) and Paulo Coelho. The filming of his bestseller "This Crazy Heart" has been seen by over 2 million movie goers.

PETER BEER

Mindfulness Instead of Anxiety and Panic

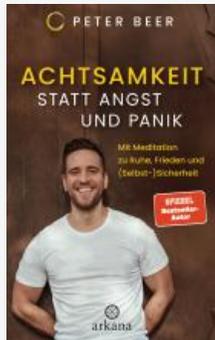
CALM, PEACEFULNESS, AND (SELF-) SECURITY

Date of publication: September 14, 2022

How we can deal with anxieties and panic attacks and bring about growth and healing

People who suffer from panic attacks and anxiety disorders feel at the mercy of others, powerless and shamed. Peter Beer, bestselling author and mindfulness teacher, is all too familiar with these traumatic states of mind. For years, he suffered from rapid heartbeat, shortness of breath, and insomnia – until he discovered that simply ignoring anxiety doesn't make it go away. On the contrary, accepting it lovingly is the first step toward healing. Drawing from his successful solutions, Peter has developed a highly effective anti-anxiety mindfulness program, in which he reveals how specific meditations and breathing techniques can guide us safely through anxiety and how we can truly relax deeply and find inner peace. We can then calmly enter the present moment and transform our anxieties into a valuable resource for self-confidence, growth, and healing.

- Practicable mindfulness tools, easily integrated into everyday life, plus an exclusive audio meditation download



Reference Books, Mindfulness

Publishing House: Arkana
 Format: Paperback
 Pages: 256
 Illustrations: 2 b/w illustrations
 Original title: Achtsamkeit statt Angst und Panik

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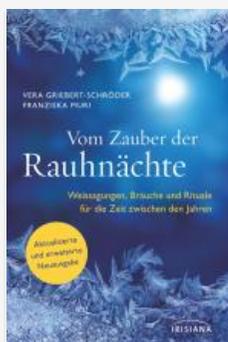
AUTHOR

Peter Beer



© Sandra Eichenseher

Peter Beer, born in 1987, is a meditation coach and psychologist. After university, he worked as an engineer in the automobile industry, where he experienced first-hand what detrimental effects stress and overwork can have on health. He made it his personal goal to help people learn to deal with such situations. He studied psychology and then founded his Academy of Mindfulness in 2015. Since then he has supported countless people in leading more composed and joyful lives, reaching over a hundred thousand people through his podcast and YouTube.



Reference Books, Spirituality & New Age

Publishing House: Irisiana
 Format: Hardcover
 Pages: 144
 Illustrations: 19 b/w illustrations
 Original title: Vom Zauber der Rauhnächte

VERA GRIEBERT-SCHRÖDER, FRANZISKA MURI

The Magic of Twelve Nights of Christmas

WISE SAYINGS, RITUALS AND CUSTOMS FOR THE TIME BETWEEN THE YEARS
 UPDATED AND EXPANDED NEW EDITION

Date of publication: September 14, 2022

With 19 b/w illustrations

Newly experiencing old customs and rituals

It is a magical time, the twelve days between Christmas and Epiphany, known as the "Rauhnächte". Many customs and stories have grown up around them. This updated and expanded new edition of the "Rauhnächte" classic offers, in addition to much traditional knowledge and fascinating stories, practical guidance for the interpretation and personal application of the ancient customs. Oracles, a variety of creative rituals, and delightful activities for children are also included in this enchantingly illustrated guide to the time between the old and new years. Here is how to know and experience each of the twelve "Rauhnächte" with its very special potentials. Prepare the way for a powerful, happy new year!

- The updated and expanded new edition of the classic work, with 75,000 copies sold
- Making use of the power of the Twelve Nights for one's personal development, with many exercises, oracles, and rituals

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AUTHOR

Vera Griebert-Schröder



© Andrea Altemüller

Vera Griebert-Schröder has had her own practice as a natural healer, classical homeopath, and therapist for the past thirty years. Her extensive training with shamans of various cultures and humanistic and transpersonal psychology combine harmonically as support for her work.

AUTHOR

Franziska Muri



© privat

Franziska Muri is a culture scholar and journalist. Ever since her early youth, she has been fascinated by holistic and mystical themes, which have increasingly become her focus.

MARION KÜSTENMACHER

Where the Soul Can Catch Its Breath

52 IMPULSES AND INSPIRATIONS FROM MYSTIC TRADITIONS FOR MORE PEACE AND COMPOSURE

Date of publication: October 05, 2022

Finding your own path with the spiritual guide through the year

In the 21st century, we are fortunate to be able to draw from the rich spiritual resources of the world's religions to find the most suitable path that is sustainable for us personally. But how do you discover your own path? Which figures of spiritual thought – from Buddhism, Hinduism, nature religions, Islam, Judaism or Christianity – are relevant to your own individual life? Which ones can you make meaningful for your own personal life?

Through 52 inspirations and their corresponding exercises for everyday life, the theologian and mysticism expert Marion Küstenmacher helps us navigate through the mystical and spiritual traditions of the centuries. She gently leads us through mystical experiences which will dissolve rigid borders of experience and dualistic habits of thought, and thus make spiritual awakening possible. This process will open up a perception for the hidden reality behind material things and make us more sensitive for the miracles in everyday life.

An interspiritual and interdenominational offering for all who want to discover their own path in life.

- Informative background knowledge of the mystical traditions



Reference Books, Spirituality & New Age

Publishing House: Kösel
 Format: Hardcover
 Pages: 160
 Original title: Wo die Seele Atem holt

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AUTHOR

Marion Küstenmacher



© privat

Marion Küstenmacher, born in 1956, is a Protestant theologian who studied German language and literature. For many years an editor at a publishing house, she now works as a freelance coach for spiritual self-development with a focus on the Enneagram, symbol work, value imagination and mysticism. In 2010 she received the Argula von Grumbach Award of the Lutheran Church in Bavaria. She is one of the most innovative spiritual authors of our time.

ALJOSCHA LONG, RONALD SCHWEPPE

The Secret of the Buddha Cat

TO INNER FREEDOM AND DEEPER CONTENTMENT ON SILENT PAWS

Date of publication: August 31, 2022

With 27 b/w illustrations

A cat on the search for enlightenment – Realisations filled with humour and wisdom

The little cat Maya has life good with the rich widow Alma – if only wasn't her constantly gnawing sense of discontentment and inner emptiness. Maya leaves her cosy velvet cushion and sets off in search of meaning and fulfillment. But she doesn't find what she is looking for, not among the strict "holy cats", and not among the wild street cats with their predilection for all manner of sensual pleasures. Soon she is at the end of her strength, but her luck change finally when she is taken in by the old painter Eugen. Through meditation Maya discovers the power of silence. Now a Buddha cat, she sets out to carry the secrets of inner freedom and deep contentment into the world ...

An uncommon reading experience, entertaining and inspiring. Maya's story conveys the wisdom of Buddhism for our own lives. Included in the book are small exercises and guided meditations.

- Buddhistic life wisdom – charmingly presented and oriented towards everyday life, with practical exercises and meditations



Reference Books, Narrative Self-Help, Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages: 272
Illustrations: 27 b/w
illustrations
Original title: Das Geheimnis
der Buddha-Katze

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Aljoscha Long



© privat

Aljoscha Long is a psychologist, therapist, and martial arts teacher. He and Ronald Schweppe are internationally renowned bestselling authors. Modern psychology, contemporary philosophy, and Eastern spirituality flow harmoniously together in their works.

AUTHOR

Ronald Schweppe



© Ronald Schweppe

Ronald Schweppe is an orchestral musician and meditation teacher. He and Aljoscha Long are internationally renowned bestselling authors. Modern psychology, contemporary philosophy, and Eastern spirituality flow harmoniously together in their works.



Reference Books, Spirituality & New Age

Publishing House: Heyne
 Format: Paperback
 Pages: 256
 Illustrations: 78 b/w illustrations
 Original title: Intuitives Tarot – Folge deinem inneren Licht

EVA MURGES

Intuitive Tarot – Follow Your Inner Light

HOW TO INTERPRET THE CARDS AND FIND ANSWERS TO YOUR LIFE QUESTIONS

Date of publication: August 10, 2022

With 78 b/w illustrations

The trending theme of Tarot – the new, intuitive approach

Finding answers to our most crucial life questions, reaching the right decisions, consciously shaping our future – the Tarot offers invaluable assistance and orientation. The renowned Tarot expert Eva Murges illustrates how to decipher the cards. Her innovative, intuitive approach to the Tarot unlocks hidden doors that open to our unconscious desires, longings, and our innermost wisdom. In this way, we recognize precisely where we stand at the moment and how we can adjust ourselves in a way that we are able to care for ourselves capably and successfully manage the challenges of everyday life.

- The new Tarot interpretation, with surprising insights and many eye-opening insights for beginners as well as experienced diviners
- Suitable to all varieties of Tarot decks
- How Tarot cards can become the key to a self-determined and fulfilled life

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AUTHOR

Eva Murges

Eva Murges, born in 1988, had published her first books of fiction before discovering her love for the Tarot and the spiritual world. She offers card readings and continues her explorations on many paths of inner growth and self-discovery.

www.hej-tarot.de



Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages: 240
Illustrations: 15 b/w
illustrations
Original title: WitchPower –
Entdecke deine magischen
Kräfte

SHISHA RAINBOW

WitchPower – Discover Your Magic Abilities

THE HANDBOOK OF WITCH ARTS

Date of publication: November 02, 2022

With 15 b/w illustrations

Young and self-confident, colourful and enchanting

Here is the basic book of modern witchcraft by the most popular young witch in the German-speaking world. In a uniquely fresh and enchanting way, Shisha Rainbow guides us through the mysterious world of magic and reveals the ancient knowledge of witches and mages applicable to our lives today. Whether for protecting ourselves from negative energies, being more successful at work, or ultimately finding true love, Shisha reveals her best tips and devices to help us discover our magical powers and apply them in everyday life. With numerous recipes, rituals and instructions for working with herbs, candles, crystals, and much more to enchant and charm our lives and make our wishes come true.

- Magical knowledge from A to Z: charmingly designed, with numerous recipes, rituals, and procedures
- An author with a rapidly growing community: over 3.5 million likes on TikTok

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AUTHOR

Shisha Rainbow



© Thomas Bernecker

Shisha Rainbow is one of the most popular witches in the German-speaking world. With her captivating energy and fresh approaches and perspectives, she appeals especially to the new generation of modern witches. In 2020 she founded (T)Witch Talk, the first streaming format in Germany on the subjects of witchcraft, heathendom, and spirituality. She gives courses in the magic of witchcraft and provides advice and support to anyone interested in magic.

BRUDER OTTO STAHL, DANIEL OLIVER BACHMANN

Far from the World, and Yet Right in the Middle of It – My Life as a Hermit

GUIDING IMPULSES FOR ALL LIFE SITUATIONS

Date of publication: October 26, 2022

8-page illustration section

From punk to hermit – the deeply moving story of a searcher

A hermitage in the middle of the Black Forest, far from the commotion of our time: Brother Otto is a contemporary hermit who has made a commitment to quiet and seclusion. In this book he tells his eventful life, first as a punk and then a Zen monk in a Japanese monastery, and how he finally found what he had always been looking for as a hermit: harmony, serenity, and inner contemplation. Brother Otto is anything but detached from the world, however: as a monk and committed philanthropist, his door is open to all. Pilgrims and people seeking advice often knock at his door. Brother Otto is always ready to listen, and has a surprising anecdote ready for every situation in life. He puts a smile on everyone's face – no matter how difficult any situation seems to be.

An inspiring book that provides guidance and orientation and instills confidence in life. With many exercises and small meditations for discovering latent sources of strength.

- Spiritual advice and orientation: Brother Otto has an open, empathetic ear for all
- Simple exercises, meditations, and inspiring wisdom to help readers put his insights into practice – cross-denominational and in touch with everyday life



Reference Books, Spirituality & New Age

Publishing House: Ansata - Integral - Lotos
Format: Hardcover
Pages: 208
Original title: Fern der Welt und doch mittendrin – Mein Leben als Eremit

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AUTHOR

Bruder Otto Stahl



© Sonja Herpich

Brother Otto Stahl lives as a hermit in the Black Forest where he tends to the pilgrimage site of the Saint James Chapel. The trained letterpress printer and typesetter was part of the punk scene in the 1970s and 80s, after which he lived as a Zen monk in a Japanese monastery before finding his way through the Franciscan order to the Congregation of Hermits in Frauenbründl. He is now vice-president of the monastery, earns his living as a caregiver for the elderly and volunteers as an end-of-life carer and addiction counsellor.

AUTHOR

Daniel Oliver Bachmann

Born in 1965, Daniel Oliver Bachmann is the author of numerous memoirs. He has received many prizes and international scholarships for his work.

CARINA WOHLLEBEN

Relax and Go Vegan – The Recipes

77 EVERYDAY DISHES FOR FAMILY AND FRIENDS

Date of publication: October 26, 2022

4c illustrations throughout

Vegan is easy: my favourite everyday recipes

Vegan meals are unbelievably diverse – and needn't be complicated. In this cookery book, food blogger Carina Wohlleben has collected the best recipes for an easy everyday vegan diet, for you and your family. Whether it's salads, soups, breakfast, main courses, desserts, snacks or drinks: with these easy step-by-step instructions using simple ingredients, you're guaranteed delicious results, every time.

Wohlleben is an expert guide, and this book is based on her wealth of experience preparing everyday dishes and drinks for her family – pure pleasure, stress-free. . The perfect companion to "Relax and Go Vegan".

- With lots of tips and tricks around vegan basics, including what to buy, and where to buy it
- Includes @vegan.wohl.leben's most popular recipes, as well as lots of fresh ideas for a vegan diet



Reference Books, Cooking

Publishing House: Heyne
Format: Paperback
Pages: 128
Original title: Ganz entspannt
vegan – Das Kochbuch

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AUTHOR

Carina Wohlleben



© Gaby Gerster

Carina Wohlleben, born in 1991, studied geography, nature conservation and landscape ecology in Bonn. In 2017 she became a partner and scientific advisor at the Waldakademie (a 'forest academy') founded by her father, where she organises forest-related events for children and adults. In 2021, she qualified as a vegan nutritionist, and now runs vegan cookery courses alongside giving nutrition advice. She shares her experiences and recipes with her growing number of followers on Instagram (@vegan.wohl.leben).



Reference Books, Hobbies & Crafts

Publishing House: Ludwig
 Format: Hardcover
 Pages: 192
 Original title: Ein Mann, ein Werk

CHRISTOPH MERKER

One Man, One Work

A LITTLE GUIDE TO MAKING THINGS

Date of publication: November 16, 2022

With b/w illustrations throughout

Happiness is creating something with your own hands

There is nothing more wonderful than the smell of bread you've freshly baked yourself. Making something with your own two hands is pure bliss, and patiently, carefully carving a piece of wood is a deeply human experience. In this wonderful and inspiring book, Christoph Merker – woodcarver, sculptor and all-round Renaissance Man – reveals how working with your hands can make you happy. He explains how to use various tools, how our hands work, how to turn your workshop into a place of refuge, how to cope with failure as well as success, that time is everything, and the art of precision and patience. This richly illustrated book includes step-by-step guides, ideas to inspire you, and practical tips and tricks for making all sorts of things with your own hands, from the simple to the elaborate, from baking bread to carpentry and gilding.

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AUTHOR

Christoph Merker



© Rita Niehus

Christoph Merker, born in 1969, studied at the Academy for Woodcarving and Carpentry in Berchtesgaden. Having fallen in love with the Alpine landscape, he decided to stay in the area after graduating, and studied philosophy and art history in Salzburg, just across the Austrian border. Today he lives in Schönau am Königssee, where he works as an author and artist.



ANNE PAMPERIN, MARTIN OSTER

Photovoltaics for Beginners

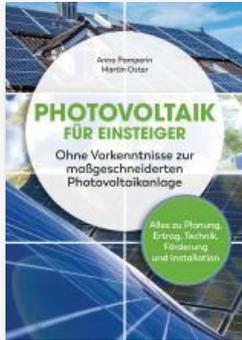
EVERYTHING YOU NEED TO KNOW ABOUT PLANNING, YIELD, TECHNOLOGY, SUBSIDIES AND INSTALLATION

Date of publication: September 28, 2022

Energy self-sufficient from March to October – it's easier than you think!

Do you want to generate your own energy in a climate-neutral way, become more independent of your electricity supplier or earn sustainable returns by using solar energy? In this step-by-step guide, photovoltaic experts Anne Pamperin and Martin Oster show you the basic principles of photovoltaics and battery storage and how to use them optimally for your individual needs.

- For beginners: Everything you need to know about planning, subsidies and remuneration, installation, operation, yield monitoring, maintenance and disposal of photovoltaic systems
- When is a photovoltaic system worthwhile? How to plan your needs, calculate your yield and evaluate the profitability of your individually planned system.
- Practical tips: The right modules for roof, balcony, garage or house wall, photovoltaics in the shade, photovoltaics with and without battery storage or feed-in
- Information on general conditions: What formalities, tax rules and special insurance features need to be taken into account?



Reference Books, Hobbies & Crafts

Publishing House:
Yuna-Publishing
Format: Paperback
Pages: 176
Original title: Photovoltaik für Einsteiger

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AUTHOR

Anne Pamperin



© Martin Oster

Anne Pamperin, born in 1966, works as a freelance journalist. In 2018, she and her husband installed the first photovoltaic system on their roof. Since 2020, the two have jointly run the YouTube channel "gewaltig nachhaltig", where they explain the step-by-step path to a private photovoltaic system.

AUTHOR

Martin Oster



© Anne Pamperin

Martin Oster, born in 1973, is a project coordinator in the field of digitalisation. In 2018, he and his wife installed the first photovoltaic system on their roof. Since 2020, the two have jointly run the YouTube channel "gewaltig nachhaltig", where they explain the step-by-step path to a private photovoltaic system.