

Reference Books Spring 2024



REFERENCE BOOKS

Spring 2024

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CHRISTINE DOHLER

22 Questions Addressed to Your Heart That Will Fill Your Life with Love

A COMPASS FOR COURAGE AND TRUST
WITH GUIDED MEDITATIONS TO DOWNLOAD

Date of publication: February 14, 2024

30 b/w illustrations

Discovering the intuitive wisdom of your heart and finding support and serenity

There are so many questions about love and life, fundamental ones being: Exactly what is love? Will I simply be found by love or should I go looking for it? How can I share love?

After Christine Dohler began to consult her heart as her most adept compass, life began opening up from a completely different and more truthful perspective. In this inspiring book, the author explores 22 questions about love – and the answers arrive authentically and intuitively from the heart. They are universal and encouraging, impart confidence, and open up a liberating perspective on true love. Accompanied by many practical exercises and impulses, this book is an invitation to self-reflection.

- With practical tips, tools, and impulses for communicating with your own heart
- For fans of Karin Kuschik and Brianna Wiest




Reference Books, Personal Development

Publishing House: Goldmann
Format: Paperback
Pages & Size: 160 | 12,5x18,7 cm
Illustrations: 30 b/w illustrations
Original title: 22 Fragen an dein Herz, die dein Leben mit Liebe füllen

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AUTHOR

Christine Dohler



© Sebastian Fuchs

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.

TIJEN ONARAN

Be Your Own F*cking Hero – The Workbook

NOW YOU'RE ON!
WITH EXERCISES, TIPS AND CHALLENGES FOR FINDING YOUR
SELF-DETERMINED LIFE

Date of publication: January 11, 2024

ca. 100 colour illustrations, ca. 15 2-colour illustrations

Your workbook for more courage in life

In her inspiring bestseller "Be Your Own F*cking Hero", successful entrepreneur Tijen Onaran tells how she built a successful career from nothing as a child of Turkish parents, how she courageously followed her own path despite all the many setbacks and difficulties, and how she learned to stand up for herself. With this brilliant workbook, we can all learn from Tijen and her successful journey. Here she shares her personal moments of courage, her favourite quotes, and some of her challenges, as well as practical exercises that have helped her to be self-determined and make bold decisions. The perfect companion for those who wants to proactively shape their life in many aspects – from finances, friends, and professional networks to fashion and beauty.

- Do it like Tijen! Self-empowering beliefs, checklists, and exercises for professional and personal happiness
- Tijen Onaran, popular in television and print media, with over 60,000 followers on Instagram and 120,000 on LinkedIn



Reference Books, Personal Development

Publishing House: Goldmann

Format: Paperback


Pages & Size: 176 | 17,0x24,0 cm

Illustrations: 100 color illustrations

Original title: Be Your Own F*cking Hero – das Workbook

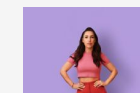
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AUTHOR

Tijen Onaran



© Daniel Sommer

Tijen Onaran, born in 1985, is an entrepreneur, investor, author, and one of Germany's most respected opinion-makers concerning diversity and female empowerment, as well a prominent voice in German business. She was voted among the 100 most influential women in German business by Manager Magazin, as well as a winner of the Made in Baden Award and a foremost influencer on LinkedIn. She recently published the Spiegel bestseller "Only Those Who Are Visible Will Be Seen" ("Nur wer sichtbar ist, findet auch statt"). Her motto is "Diversity is not a trend. Diversity is the cornerstone of a company's success!"

SOPHIA KATSCHINSKI

Discover Your Voice

HOW TO MAKE IT RESONANT, PRESENT, AND RADIANT – THE BEST EXERCISES AND TIPS FROM BREATHING, SPEAKING AND VOICE PRACTICE

Date of publication: May 22, 2024

10 2-colour illustrations

Finding your own tone, discovering yourself, and developing a sonorous voice

The voice is something deeply personal and yet absolutely public. One’s mental outlook resonates in the voice, including such things as stress, composure, sympathy, competence, and insecurity. The voice is a comprehensive expression of a person’s unique and multi-layered personality.

Breath, speech, and voice therapist Sophia Katschinski shows us how to make the voice more resonant, present, and radiant and helps us develop the full range of our own expression. The ‘five elements’ (fire, earth, water, air, and ether) are a landscape map that offers us unique access to the various aspects of our personality and makes the sound of our voice perceptible in all its diverse facets. Supported by our strong voice and based on what is already familiar terrain, we can discover new perspectives with which we can express ourselves even more fully.

- Be heard, be understood, become effective
- With many exercises and practical tips from yoga and voice therapy



Reference Books, Personal Development

Publishing House: Mosaik Verlag

Format: Paperback

Pages & Size: 208 | 13,5x21,5 cm

Original title: Entdecke deine Stimme

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Sophia Katschinski



© Esther Bauer

Sophia Katschinski is a state-certified breathing, speech, and voice therapist and a Kundalini yoga teacher. She has been helping her clients find their authentic voice and harness its potential for over 25 years. Her clients include aspiring actors, teachers, and people from education, business and culture – all of whom face speech-intensive challenges for which a healthy functioning voice is essential for coping with everyday stress. She also gives yoga classes, yoga and chanting workshops, and voice training in various yoga teacher courses in Berlin and Bavaria.

JOCHEN PEICHL

The Red Card for the Inner Critic

HOW TO MAKE THE PERPETUAL NAYSAYER INTO AN ALLY
EXPANDED NEW EDITION

Date of publication: April 03, 2024

Numerous illustrations

Enough of self-criticism

The seasoned psychotherapist and trauma therapist Jochen Peichl profiles typical inner critics: the controller, the perfectionist, the enforcer, the appeaser, and the condemner (the judge). The fault-counters, know-it-alls, and naysayers are all parts of our personality and have often been so since childhood. Through many examples, the author shows how we can put them in their place while at the same time recognize their strengths and potential to ultimately learn to use them as support. The comprehensive self-test 'Your Inner Critics' also helps transform tiresome defeatists into helpful and constructive parts of yourself.

Jochen Peichl has expanded the new edition of this successful long-seller with an additional foreword and new information, such as the voice of the critics and the criticized child within us.

- Easy-to-understand expert knowledge for enhancing self-awareness
- With many exercises and a detailed self-test




Reference Books, Personal Development

Publishing House: Kösel
Format: Paperback
Pages & Size: 160 | 13,5x21,5 cm
Original title: Rote Karte für den inneren Kritiker

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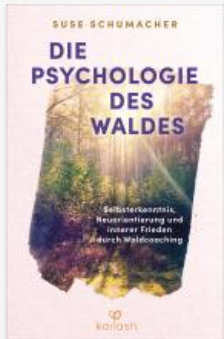
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Jochen Peichl



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Dr. med. Jochen Peichl, born in 1950, is a specialist in neurology, psychiatry, psychotherapeutic medicine, and psychosomatics. He has completed various training courses in psychotherapy, including in ego-state-therapy, and was the senior physician for psychotherapy and psychosomatics at the Nuremberg Hospital until 2011. He is the author of many specialist books and popular publications for laypeople. Today he works in his own practice and heads the Institute for Hypno-analytical Part Work and Ego-State Therapy (InHAT).



Reference Books, Health & Alternative Healing, Reference Books, Personal Development, Reference Books, Psychology

Publishing House: Kailash
 Format: Hardcover
 Pages & Size: 256 | 13,5x21,5 cm
 Illustrations: 54 color illustrations
 Original title: Die Psychologie des Waldes

SUSE SCHUMACHER

The Psychology of the Forest

SELF-KNOWLEDGE, REORIENTATION, AND INNER HARMONY THROUGH FOREST COACHING

Date of publication: April 11, 2024

4-colour illustrations

The forest as therapist – how body, mind and soul come to calm, and are strengthened and connected


The forest is more than just a quantity of trees. Rather, it is a place of longing, a heaven of peace, a green world of its own that teaches us to appreciate nature. Through the plants and animals, the scents and colors of the forest, we come to a state of calm, feel ourselves more intensely, and let go of inner burdens. Such terms as gratitude, resilience, grounding, and connectedness become rooted in our lives with the help of tree meditations, physical, breathing and mindfulness exercises, and nature rituals.

Suse Schumacher connects nature therapy with positive psychology to create a holistic approach to healing. Here she presents instructive case studies to show us how we can make use of the forest as a therapeutic space, a type of co-therapist, and a place of energy for our personal development. She insightfully and empathetically introduces us to the forest as a symbol of the cycle of life in the rhythm of the seasons accompanying us from birth to beyond death, and opens up for us new pathways, encounters, and sources of strength.

- Scientific findings and inspiring tools and methods that can be easily integrated into everyday life.

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AUTHOR

Suse Schumacher



© Monika Zurek Photography

Suse Schumacher is a psychologist and podcaster in Berlin. As a nature therapist, she prefers working with her clients in the forest. In her words, "In nature, people discover their self-efficacy and come into new contact with themselves and the world." As a systemic coach in positive psychology, she specializes in mastering crises, whether personal, professional, or relationship.



Reference Books, Health & Alternative Healing

Publishing House: Irisiana
 Format: Hardcover
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Einfach gesund schlafen

GÜNTHER W. AMANN-JENNSON

Simply Sleeping Well

THE HOLISTIC SLEEP CONCEPT FOR MORE ENERGY, RELAXATION, AND SUCCESS

Date of publication: May 15, 2024

Sleep – The most crucial health factor

Over 80 percent of all people in the work force suffer from sleep disorders. This not only has a negative impact on our productivity and mood, but also endangers our physical and mental health. Sleep psychologist Professor Amann-Jennson shows us how we can once again get restful sleep. After all, sleep remains the best and cheapest natural medicine, one that we can take every night, and without side effects.

In this book, the author blends the distillation of his 40 years of sleep research, his work with thousands of people with sleep disorders, and his scientifically proven concept Bioenergetic Sleep®. This book of comprehensive practical advice includes tips for shortening the time it takes to fall asleep and prolonging deep sleep, introduces such unique methods as the full-body tilt position in bed, and offers a 4-day health program.

- Healthful sleep for more joy, health, and success in all aspects of life
- Numerous successfully tested methods for falling asleep quickly, the perfect bed system, and much more

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AUTHOR

Günther W. Amann-Jennson



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Günther W. Amann-Jennson, medical doctor and professor, is an expert in the fields of sleep, health, relaxation, and life energy and the founder of the holistic concept Bioenergetic Sleep®. He has 40 years of research and practical experience as a sleep psychologist. Through his company, SAMINA, he puts his revolutionary principles and methods in action in the form of products for healthy sleep.



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

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Illustrations: 10 b/w illustrations
 Original title: Die Kraft der Achtsamkeit für pflegende Angehörige

KATRIN BECKMANN

The Power of Mindfulness for Family Caregivers

SELF-CARE AND PRACTICAL HELP FOR RELATIVES OF DEMENTIA PATIENTS – STAYING HEALTHY WHILE CARING FOR YOURSELF

Date of publication: June 12, 2024

With 10 b/w illustrations

Self-care and practical help for relatives of dementia patients

There are many advice books about dementia sufferers – but there has not yet been one that focuses on the family members who have taken on the difficult and stressful task of caring for them. Katrin Beckmann, who sees herself as a dementia coach for caretakers as well as people with dementia, fulfills this need with her first-aid guide. She combines the benefits of mindfulness with self-care for the family members of dementia patients, and she offers an approach suitable for everyday life, one that is easy to learn through uncomplicated exercises. As Katrin Beckmann says: "It doesn't work without you!" because an exhausted, unwell, and overstressed relative is unable to provide adequate care. In addition to self-care, the knowledgeable advisor gives valuable tips on how relatives can respond to dementia sufferers so that it becomes and remains a good experience for both sides.

- The first guide for family caregivers focusing on their own well-being
- Effective self-care with simple mindfulness exercises convenient for everyday use

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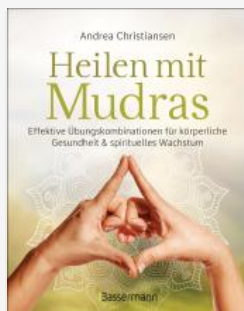
AUTHOR

Katrin Beckmann



© Katrin Beckmann

Katrin Beckmann is a holistic dementia and health coach, and a motivator and solution finder for all affected by this disease complex, including those entrusted with the care of dementia patients. Dementia has fascinated her from the beginning of her health-care training and is now a matter close to her heart. As registered geriatric nurse, she has dedicated herself to the care and support of seniors for the last 20 years. With her coaching and consulting project Dementia-Free Living, she accompanies people with dementia and their relatives and is committed to making information on the prevention of dementia widely available.



Reference Books, Health & Alternative Healing

Publishing House: Bassermann
 Format: Sonderausgabe
 Pages: 15,5x20,1 cm
 Original title: Heilen mit Mudras. Die effektivsten Übungen und Kombinationen aus Fingeryoga, Yoga und Meditationen

ANDREA CHRISTIANSEN

Healing with Mudras

THE MOST EFFECTIVE EXERCISES AND COMBINATIONS FROM YOGA, FINGER YOGA, AND MEDITATIONS

Date of publication: January 24, 2024

46 color illustrations; 8 color photographs

The mudra program for physical health and spiritual development

A mudra is a gesture of the hands, a mystical position or a posture that is called a 'seal' in yoga. In her book, the successful mudra author and alternative practitioner Andrea Christiansen provides many practical programs that can be used to treat physical ailments and spiritual needs. Whether back problems, metabolic disturbances, or sleep disorders, there are effective mudras for every condition, and these can also be combined with other yoga postures and meditation. With the newly developed heart bridge mudra, even deep-seated emotional stresses can be dissolved along the lines of quantum healing.

- Help for physical complaints and emotional burdens: strengthening body, mind, and spirit, and supporting spiritual growth

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AUTHOR

Andrea Christiansen



© privat

Andrea Christiansen is a non-medical practitioner with her own practice since 1997. She has completed training in NLP, Bach flower therapy, hypnosis, psychokinesiology, and ear acupuncture. She has published many health guides on holistic topics.



Reference Books, Health & Alternative Healing

Publishing House: Arkana
 Format: Hardcover
 Pages & Size: 336 | 13,5x21,5 cm
 Original title: Voller Energie statt müde und erschöpft

RUEDIGER DAHLKE

Filled with Energy Instead of Tired and Exhausted

ACTIVATING LIFE ENERGY – RECOVERING VITALITY
 A 7-DAY ENERGY CURE

Date of publication: March 27, 2024


Holistic revitalization for exhaustion and chronic fatigue

Always tired, exhausted, batteries empty. Half of all people are affected by symptoms ranging from light malaise to complete burnout. There are many possible explanations for this: pandemics, wars, the climate crisis, inflation; a hectic, excessively fast-paced lifestyle, being constantly reachable, spending many hours every day online; an unbalanced diet, too little exercise, and a lack of love. Ruediger Dahlke shows how diverse and complex the factors are that sap our energy every day. His comprehensive revitalization program includes recommendations for a vital diet, energizing breathing exercises, impulses for awakening Kundalini energy, and methods for deep relaxation and restful sleep. The key factor in regaining our energy sources is to free ourselves from being controlled externally to achieve self-determination and to reanimate our lives — to ultimately find our path back to power and vitality.

- Best-selling and long-selling author with 3 million copies sold
- Self-determination and spiritual connection as key factors for greater vitality

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AUTHOR

Ruediger Dahlke



© Angelika Silber

Ruediger Dahlke has been a medical doctor, author, and seminar leader for over 40 years. With books such as "Illness as a Path and Illness as a Symbol", he founded his holistic psychosomatics, which includes mythical and spiritual dimensions. The trilogy "The Laws of Fate", "The Shadow Principle", and "The Principles of Life" form the philosophical and practical basis of his work. His Peace Food book series has helped popularize the whole-food, plant-based lifestyle. He uses live and online events to enliven the world of Seelenbilder ('psychic images') and encourage people to adopt responsible living strategies. He offers fasting, detox, and weight loss cures via his platform Dahlke4you. www.dahlke.at



Reference Books, Health & Alternative Healing

Publishing House: C. Bertelsmann
 Format: Hardcover
 Pages & Size: 512 | 13,5x21,5 cm
 Original title: Krankheit als Sprache der Seele

RUEDIGER DAHLKE

Illness as the Language of the Soul

INTERPRETATIONS AND POSSIBILITIES OF SYMPTOMS

REVISED AND UPDATED NEW EDITION

Date of publication: May 22, 2024

The foundational work of psychosomatics – now expanded, revised, and updated according to clinical syndromes

If the messages from the soul are ignored or spiritual and mental growth processes are prevented, the body will become ill and exhibit specific symptoms. What is the body trying to communicate with this? In this comprehensive compendium, Ruediger Dahlke offers informative, easy-to-follow instructions on how to understand this language of the body. From the hair to the feet, he examines clinical syndromes and their intrinsic psychological revelations. The book provides well-founded knowledge as well as inspirations for a conscious engagement with the stages of learning needed as indicated by the illness.

- Illness as an opportunity to bring body and soul back into harmony
- Rights of the original edition sold to: Brazil, Bulgaria, Czech Republic, Croatia, Greece, Hungary, Italy, The Netherlands, Romania, Russia, Serbia, Slovak Republic, Spain

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AUTHOR

Ruediger Dahlke



© Angelika Silber

Ruediger Dahlke has been a medical doctor, author, and seminar leader for over 40 years. With books such as "Illness as a Path and Illness as a Symbol", he founded his holistic psychosomatics, which includes mythical and spiritual dimensions. The trilogy "The Laws of Fate", "The Shadow Principle", and "The Principles of Life" form the philosophical and practical basis of his work. His Peace Food book series has helped popularize the whole-food, plant-based lifestyle. He uses live and online events to enliven the world of Seelenbilder ('psychic images') and encourage people to adopt responsible living strategies. He offers fasting, detox, and weight loss cures via his platform Dahlke4you. www.dahlke.at



Reference Books, Health & Alternative Healing

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 96 | 12,5x18,7 cm
 Illustrations: 25 b/w illustrations
 Original title: Qigong für die Ohren

BERNADETT GERA

Qigong for the Ears

GENTLE HELP FOR EAR COMPLAINTS AND TO STRENGTHEN HEARING FOR TINNITUS, EARACHE, MIDDLE EAR INFECTION, HEARING IMPAIRMENT, AND HEARING LOSS

Date of publication: May 15, 2024

25 b/w illustrations

Better hearing with Qigong

Problems with the ears, such as hearing loss and tinnitus, are on the rise. Stress, lack of sleep, or an erratic lifestyle are often responsible for the symptoms. This is where traditional Chinese medicine comes in. The gentle methods of Qigong can help to bring the energetic equilibrium back into balance. The illustrated exercises presented to strengthen hearing ability and ear health are simple, quick, and can be used at any time.

- Over 60,000 copies of Bernadett Gera's Qigong titles sold
- With numerous illustrated Qigong exercises that can be done quickly and easily

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AUTHOR

Bernadett Gera



© Christian M. Weiss

Bernadett Gera, a Qigong teacher, was introduced by her father to the art of acupressure, Eastern martial arts, and the foundations of traditional Chinese medicine (TCM). Later, she expanded her knowledge of other supportive self-healing methods through training in various Qigong techniques, breath healing, herbal medicine, and meditation. Since 2010 she has been holding seminars and giving lectures, and working with doctors, natural healers, and counselling centres. She is the author of numerous Qigong books.

ANNA KRAFT

My Life with Multiple Sclerosis

QUESTIONS, ANSWERS, EXPERIENCES AND TIPS ON THE CHRONIC ILLNESS

Date of publication: May 22, 2024

Now more than ever: dealing with the chronic illness

Anna Kraft, former sprinter and one of the premier sports moderators on German television, in 2015 was diagnosed with multiple sclerosis, a neurological autoimmune disease with very different courses, and one of the most common neurological diseases in young adults. Multiple sclerosis, two words that changed her life forever. Just giving up was not an option for her, and she chose to be optimistic: "Don't look back, just move forward." Kraft didn't go public with her illness until August 2021.

Together with her treating physician Prof. Dr. Bernhard Hemmer, she has written this book to provide encouragement for those affected and for their relatives. In addition to her personal story, the varied symptoms are explained in detail and treatment options are presented.

- 2.8 million people are affected worldwide
- Specific information on this complex disease for sufferers and relatives



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 192 | 16,2x21,5 cm

Original title: Kraftakt: Mein Leben mit Multipler Sklerose

YOUR CONTACT

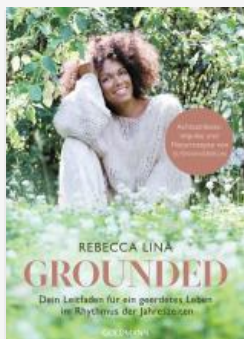
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Anna Kraft

Anna Kraft was a track and field athlete at TSV Bayer 04 Leverkusen from 2000 to 2008, and was a many-time German champion with the sprint relay team. In 2005, she began studies in sports science at the German Sport University Cologne, specializing in media and communication. After retiring from competitive sport in her early 20s, she devoted all her energy to media coverage of the sport that has accompanied her family all her life: soccer. Her career took off quickly and today it is impossible to imagine the world of soccer without her. She has been in front of the camera for Sat.1, Sky, Sport1, ZDF, Eurosport and RTL, where she has presented numerous matches.



Reference Books, Health & Alternative Healing

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 376 | 17,0x24,0 cm
 Illustrations: 20 b/w illustrations
 Original title: Grounded

REBECCA LINA

Grounded

YOUR GUIDE TO A GROUNDED LIFE IN RHYTHM WITH THE SEASONS
 MINDFULNESS IMPULSES AND NATURE RECIPES FROM ELFENKIND BERLIN

Date of publication: February 21, 2024

20 b/w illustrations, 4 colour illustrations

The guide for a mindful and connected life through the changes of the seasons


Do you hear the chirping of the birds? Can you feel the wild wind in your hair and the refreshing raindrops? Are you observing the dance of the snowflakes? This book invites us on a healing journey through the seasons, one on which we can reconnect with the rhythms of nature, experience a deep sense of grounding, and become re-energized. In the spirit of slow living, the book is oriented towards the seasonal changes, with mindfulness impulses, rituals, meditations, and healing plant knowledge specially tailored to the energy of each month.

Rebecca Lina combines her knowledge as a naturopath, astrologer, and healer of the new age in an accessible and contemporary way. We learn to lead a more balanced life with the yearly cycles and to ground ourselves with the help of monthly affirmations, impulses for intensive encounters with nature, and botanical recipes. Complete with enchanting illustrations and photographs by the author.

- Eagerly awaited by followers – the book for the successful Instagram channel Elfenkind Berlin (55 thousand followers)
- For fans of Peter Beer, Madeleine Alizadeh (dariadaria), and Bahar Yilmaz

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Rebecca Lina



© penguinrandomhouse/Miriam Ellerbrake

Rebecca Lina is a spiritual soul, actress, author, artist, and mother. She lives in sustainable harmony with the moon and nature with her family in Brandenburg. On her blog Elfenkind Berlin, she shares the enchantment of small, simple things with her followers and anyone she meets.

ASTRID NEUY-LOBKOWICZ

Feminine AD(H)S

HOW WOMEN WITH AD(H)S CAN LIVE SUCCESSFULLY, CONFIDENTLY, AND WITH STABILITY

WOMEN WITH AD(H)S: VALUABLE INFORMATION ABOUT AN OVERLOOKED CONDITION

Date of publication: March 27, 2024

Women learn how they can live with AD(H)S in a stable, successful and self-confident way.

Dr. med. Astrid Neuy-Lobkowitz describes just what characterizes a female AD(H)S and explains how affected women can lead a successful and fulfilling life in family, work, and relationships, and find serenity while avoiding exhaustion, despite an often delayed diagnosis or incorrect treatment. This book provides answers to how to live well with female AD(H)S in everyday life, what it means to be an AD(H)S woman, and how to find more strength and organizational skills.

Readers will acquire valuable information about the neurological characteristics of AD(H)S, associated disorders, the emotional world of AD(H)S women – including such areas as self-esteem, impulsivity, and stress management – as well as the latest developments in guideline-based therapy and medication. The author also provides concrete tips for everyday life she acquired from her many years of working with AD(H)S women.

- Trending topic: ADHD in adult women – 2 million women affected in Germany alone
- #neurodivergent, with over 635k posts on Instagram
- With illustrative and everyday case studies



Reference Books, Health & Alternative Healing

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Weibliche AD(H)S

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AUTHOR

Astrid Neuy-Lobkowitz



© privat

Astrid Neuy-Lobkowitz is a doctor of medicine specializing in psychosomatics and psychotherapy, and a member of the board of the German ADHD Association. After studying medicine in Mainz and Heidelberg, she completed her specialist training at the Central Institute for Mental Health at Mannheim University Hospital. She co-founded the ADHD Center in Munich in 2007. She has had a private practice since 1988 in Aschaffenburg and has been managing one in Munich since 2007 that specializes in AD(H)S in adults. With 25 years of experience, she appears frequently in the media as an expert on AD(H)S. She has published numerous articles and books and is a lecturer for medical specialists and psychotherapists on this topic.

KARSTEN SCHELLENBERG, ANDREAS STEFFEN

Just Get Moving!

FOR LESS STRESS AND MORE WELL-BEING, FITNESS, AND ENERGY IN EVERYDAY LIFE

Date of publication: April 03, 2024

With a foreword by Rea Garvey

Discovering the joy of movement and transforming your life

With his new book, Karsten Schellenberg, one of Germany's most sought-after personal trainers, has created the ultimate motivational guide for anyone who says something like "Sport isn't really for me, but I want to feel better, be fitter, have more energy in daily life, and do something to reduce stress." It is in fact possible to do that without sweaty, time-consuming workouts! He shows us what many of us have forgotten, which is to incorporate physical movement into everyday life. Here are answers to such questions as: How do I reassess habits that have been holding me back? What are the basic things I really need for a healthy life? How can I ensure that I will still be motivated tomorrow? What are the way I can finally take personal responsibility. With everyday, easily applicable routines, it is possible to make lasting personal changes – with a bit more satisfaction, health, and balance every day and an overall increase in well-being in all areas of life.

- The guide to a better life through more movement in everyday life – without exhausting training regimens
- Motivation and help for reassessing behavior patterns – incorporating new movement routines into everyday life for reduced stress and more well-being



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

Publishing House: Südwest
Format: Paperback
Pages & Size: 176 | 17,0x24,0 cm
Original title: Mensch, beweg dich einfach!

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AUTHOR

Karsten Schellenberg



© Pascal Bünning

Karsten Schellenberg, a human for some 60 years, athlete for over 45 years, trainer for more than 35 years – with body, head, heart, and soul. The father of three and bestselling author is a coach and mentor for actors, musicians, and executives, as well as in many volunteer projects, to accompany people on their way to fitness and, above all, to health and satisfaction.

AUTHOR

Andreas Steffen

Andreas Steffen, the business economist and former competitive athlete (including basketball, karate, and triathlon), works as a business coach, strategic consultant, moderator, and lecturer for large and medium-sized companies, start-ups, and public authorities. In addition to specialist articles and studies on leadership, values and visions, agile methods, dealing with fear, and cultural change in organizations, he has published three specialist and non-fiction books.



Reference Books, Family & Parenting

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 304 | 12,5x18,7 cm
 Illustrations: 10 b/w illustrations
 Original title: Das Geheimnis bewusster Mütter

SUSANNE DRÖBER

The Secrets of Aware Mothers

MANIFESTING YOUR DREAM IN A RELAXED FAMILY LIFE

Date of publication: April 17, 2024


The way to greater joy, true serenity, and profound love in the family

For many mothers, everyday life is characterized by stress and the feeling of being trapped in a hamster wheel. Sadly, this is commonly considered the normal state of affairs – and raising children is generally portrayed as an exhausting task. But if we manage to change this narrative and our underlying beliefs, we can make the family a place of connection and love again. The key to this lies in our minds and our level of awareness. Like everything else, family life is formed depending on how we think about it. This book shows how through the law of attraction and the power of manifestation, every mother can bring about a harmonious, peaceful, and fulfilling family life. Escape the hamster wheel of stress and become the heroine of your most beautiful family vision.

· Modern and pragmatic approach to spirituality in relation to family life

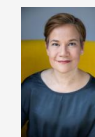
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AUTHOR

Susanne Dröber



© Beatrice Kröl

Susanne Dröber, a mother of three, is the founder of 'Happy Little Souls – Awareness with Children' (over 150,000 downloads) and a successful podcaster, as well as a coach and mentor. Her goal is to create a modern spiritual awareness for families so that mothers can confidently shape their own vision for their family.

BIRGIT HAUS

The Unfulfilled Desire for a Child in the Mirror of the Soul

UNDERSTANDING DEEP LONGINGS, RELEASING BLOCKAGES, AND FINDING NEW COMPOSURE WITH EXERCISES AND MEDITATIONS

Date of publication: April 03, 2024

2-colour throughout

Why has it been unsuccessful?

An unfulfilled desire to have children is a major and burdensome issue that is for the most part dealt with medically. But numerous fertility treatments are unsuccessful, and couples who wish to have children are left feeling desperate and hopeless. Birgit Haus, an experienced psychosynthesis therapist, provides the much needed psychological support that has been neglected in previous books. Using clear examples from therapy, she provides an insight into the interactions between the psyche and the autonomic nervous system and their influence on hormones, conception, and pregnancy. A journey of discovery into one's own childhood can help in understanding what lies behind the desire to have children and what dysfunctional beliefs that might be blocking its realization. Through this, people with an unfulfilled desire to have children can regain their self-efficacy, which has often suffered from the many medical procedures. Working with oneself and one's own inner child makes possible something that seems paradoxical: an acceptance and reconciliation with the unfulfilled desire to have children, which will then possibly result in a happy pregnancy after all.




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Original title: Der unerfüllte Kinderwunsch im Spiegel der Seele

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Birgit Haus



© Sabine Schwierz

Birgit Haus is a psychosynthesis therapist, resilience trainer, and alternative practitioner/psychotherapist and head of the Institute for Psychosynthesis in Cologne. She has completed numerous training and further education courses, including with Peter Levine, Diane Poole Heller, and Lawrence Heller. She has over thirty years of experience in individual therapy and working with seminar groups focusing on inner child work, resilience training, and crisis support.

KERSTIN LÜKING

The Queen of Postpartum

WHY SELF-CARE AND SUPPORT ARE SO IMPORTANT FOR YOUR HEALTH
MIDWIFE TIPS FOR REGENERATION

Date of publication: May 15, 2024

20 colour illustrations

The companion for the special time following the birth

Why do we usually prepare only for the birth, but almost never for the first few weeks afterwards? After all, once the baby is born, everything really begins in earnest. Life quickly becomes different from before. There's this little miracle you've awaited for so long, and now demands to be looked after around the clock. At the same time, as a mother you have just accomplished an incredible feat, and now need to rest from the exertions, cope with the milk coming in, deal the emotional turbulence, recover from birth injuries and pelvic floor pains. After giving birth, it takes a few weeks of regeneration, adjustment, and healing to regain physical and emotional balance. That's why this guide focuses on the mother, because mothers need to focus on themselves during this time. In this postpartum guide, the mother-of-seven and experienced midwife Kerstin Lüking demonstrates how to prepare for the new situation, how to involve family and friends as support, and how to make the most of this special time. Included here are plenty tips from holistic healing for self-care.

· A focus on women's health – A postpartum advice book focusing on the mother



Reference Books, Family & Parenting

Publishing House: Südwest
Format: Paperback
Pages & Size: 176 | 13,5x21,5 cm
Illustrations: 20 color illustrations
Original title: Königin im Wochenbett

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AUTHOR

Kerstin Lüking



© Anne Seeliger

Kerstin Lüking is a midwife who has attended over 4000 pregnancies over 20 years of professional experience. With an additional qualification in naturopathic gynecology, this mother of seven trains midwifery students and has published several books on the subject of pregnancy and motherhood. She also writes regularly for magazines and advises companies in the mother-child arrangements.

CAROLINE MÄRKI, KNUT KRÜGER

Children Need Imperfect Parents

HOW CHILD-RAISING LIVES FROM MISTAKES

WITH A TALK WITH JESPER JUUL

Date of publication: April 03, 2024

What really matters in parenting

Perfect parenting results in perfect children? If only it were that easy. Many parents are exceedingly ambitious and want to do their job as 'flawlessly' as possible. But in doing so, they miss out on how much families can benefit when parents do NOT raise their children according to some standard textbook. In their book, Caroline Märki and Knut Krüger, two close confidants and companions of Jesper Juul, get to the bottom of assumedly golden parenting rules, exposing the deeply rooted but erroneous axioms and parenting myths that are hidden underneath. Notions such as 'Parents must be consistent!' are refuted and discarded once and for all, not only because such ideas make our lives needlessly more difficult, but also because they frequently produce misunderstandings and self-doubt.

Well-founded, entertaining, and with many examples from everyday family life, this advice book proclaims this to all mothers and fathers: You have a right to make mistakes, and children don't need parents who are perfect. Instead, they need parents who are willing to develop along with them. Make mistakes! Dare to be imperfect. Only then will you be just right for your children: approachable, empathetic, and authentic.




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Kinder brauchen unperfekte Eltern

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Caroline Märki



© Anaïs Märki

Caroline Märki, born in 1971, is the founder and director of familylab Switzerland, an offshoot of the international counseling network in leadership and relationship skills based on Jesper Juul. She works as a certified psychosocial counselor SGfB, and is a parent and adult educator, as well as head of the 4-year course Experience-oriented Family Counseling.

AUTHOR

Knut Krüger



© Paula Krüger

Knut Krüger has a degree in German Studies, and has worked in bookselling and publishing. Today he is a translator, editor and freelance writer, but his heart belongs to football. He claims that, at the mini World Cup in 1974, he (Italy) scored two goals against his opponent (Argentina), but unfortunately no one can confirm it...

He has translated some of Jesper Juul's most significant books into German, including "My Competent Child", "What Supports Families", and "Saying No Out of Love".

CHRISTIAN PRÖLS-GEIGER

Stop Fighting!

WHAT HELPS CHILDREN WHEN THERE ARE ARGUMENTS AT HOME

Date of publication: May 30, 2024

2-colour throughout

How parents can argue in a ‘family-acceptable’ way

Irritable moods, constant crises, repeated arguments, even in front of the children – what many parents find disagreeable can happen in the best families. The pressures of everyday life, a myriad of diverse needs, personal triggers ... It doesn’t take much to turn once harmonious couples into frustrated and reproachful parents. When quarreling becomes an ongoing occurrence, it puts a strain not only on adults, but also particularly on children. They can often sense very acutely when things are going wrong at home, but they still have no strategies for dealing with the situation in a healthy way.

Christian Pröls-Geiger, Deputy Director of the Munich Child Protection Center, has been advising families with minor and major problems for years. With his book, he aims to help parents analyze their own personal conflict situation and provide them with effective tools to free themselves from energy-draining, demoralizing conflicts. In this way, we as parents can avoid being driven apart, recognize when boundaries are being overstepped, and learn what we can do to safeguard our children from detrimental consequences.

- Practical toolbox full of possibilities for reflection and other helpful methods
- A good investment in the future – How we argue today shapes our children’s ability to argue later on.




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 224 | 13,5x21,5 cm
 Original title: Hört auf zu streiten!

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AUTHOR

Christian Pröls-Geiger



© PicturePeople GmbH

Christian Pröls-Geiger, with a doctorate in psychology, is an educator and a trainer for couple communication, a systemic therapist for individuals, couples, and families, and a systemic supervisor. He runs Kinder-im-Blick courses for parents going through separation and divorce and has been working at the Munich Child Protection Center since 2011, as its deputy director and as the technical head of the ‘Early Help’ project since 2019. His focus is on counseling and therapy for families affected by violence in parenting, domestic violence in general, neglect, or sexualized violence.

CAROLIN RÜCKERT, MATTHIAS KERR

Learning Naturally: Rethinking school

WHAT PARENTS CAN DO FOR A CHILD-FRIENDLY AND CLOSE-TO-LIFE TIME AT SCHOOL

IMPULSES FROM THE OUT-OF-DOORS SCHOOL

Date of publication: June 26, 2024

4-colour throughout

How we can design our children's environment to further their inborn love of learning and discovery

Parents want their children to have a place to learn that stimulates their curiosity and encourages them to explore and ask questions and to have fun learning. In their book, Carolin Rückert, engaged founder and principal of the outdoor school, and Matthias Kerr, a species-appropriate coach, scientist, and father of a child at the outdoor school, show how learning and school overall can be reimagined – with the natural world as both educational space and 'teacher'.

Children are naturally good learners as the world around them has been their learning and development space from birth. It has been proven that the outdoors promotes mental and social development, creativity, the joy of discovery, and the ability to concentrate. Focusing on everyday life and the needs of children, the book shows how child-friendly learning can function and how the framework conditions for life with schoolchildren can be structured in such a way that children learn easily and with enjoyment – because the school system must work for children, not the other way around.




Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Hardcover
 Pages & Size: 256 | 15,5x21,0 cm
 Original title: Natürlich lernen

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© Hanna Fuchs-Brecht

Carolin Rückert is a teacher, founder and head of the outdoor school. She is a state-certified forest educator, a member of the Education for Sustainable Development school network, and a member of the Outdoor Learning network, which was recently created by the Technical University of Munich and the Association for the Protection of German Forests (SGDW).

AUTHOR

Matthias Kerr



© Hanna Fuchs-Brecht

Matthias Kerr is a doctoral student at the Christian Albrechts University in Kiel, wilderness educator, species-appropriate coach and lecturer.

NICOLA SCHMIDT

Species Appropriate – The Other Book for School Children

ENCOURAGING INDEPENDENCE – MAKING IT THROUGH THE SCHOOL DAY – THE EXCITING YEARS BETWEEN 6 AND 12

Date of publication: April 24, 2024

numerous illustrations, 4-colour throughout

The new volume of the successful ‘species-appropriate’ series

Children of primary school age. The time between young child and puberty is often disregarded, yet this is time period parents can set an important course. Even though they are now increasingly establishing their own space, schoolchildren still need our clear and conscientious support.

In her humorous, well-founded, and inspiring way, parenting expert and bestselling author Nicola Schmidt explains how we can structure this phase of life in such a way that the body and brain develop optimally while everyday life can flow smoothly. With her unique ‘species-appropriate’ perspective, she explains the needs our children have always had – and how we can address them in today’s world. We will discover stress-free solutions to such issues as learning, friends, independence, media, sleeping, nutrition, and much more. An indispensable companion and a must for all fans of the ‘species appropriate’ (‘artgerecht’) series!

- More than 500,000 books sold by bestselling author Nicola Schmidt
- With numerous lists, info boxes, and ideas, such as for resolving conflicts in everyday life and promoting independence




Reference Books, Family & Parenting

Publishing House: Kösel
Format: Hardcover
With illustrations from:
Claudia Meitert
Pages & Size: 320 | 17,0x24,0 cm
Original title: artgerecht – Das andere Schulkinder-Buch

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AUTHOR

Nicola Schmidt



© Diptica.com

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

ILLUSTRATOR

Claudia Meitert

MAYA ONKEN



Reference Books, Love & Relationships

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 192 | 13,5x21,5 cm
 Original title:
 Beziehungsstatus unzufrieden

Relationship Status: Unsatisfying

YOU HAVE THE CHOICE TO SHAPE YOUR LOVE LIFE IN A WAY THAT IS RIGHT FOR YOU

Date of publication: June 26, 2024


Open up the horizons of your possibilities

Many women have the feeling that they are locked into partnership patterns that they are far from happy about. They are quite often unaware that this situation has not been imposed on them, but rather that they have unconsciously chosen it themselves – and that it is up to them to change it. The systemic coach Maya Onken sheds light on this relationship dynamic in a lively, psychology-based way and delves into the causes behind it. She offers a range of affirmations, self-tests, and impulses to encourage people to take a non-judgmental look at themselves, to understand themselves better, to say farewell to feelings of guilt and old thought patterns, to make decisions, and finally to initiate change. This will make it possible to live a fulfilled life in the relationship status that you have truly freely chosen for yourself.

- Impulses for new perspectives in your love life – finally understanding your own partnership patterns
- Psychologically sound, accessible, and encouraging
- With numerous exercises, affirmations, case studies, and self-tests
- Modern, morality-free, fresh, and activating

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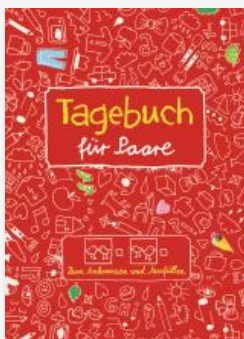
AUTHOR

Maya Onken



© Sacha Di Camillo

Maya Onken, born in 1968, is an author, lecturer, speaker, and Managing Director of the Onken Academy. The daughter of world-renowned psychotherapist Julia Onken, she is committed to helping people develop and expand their own potential and skills. This dedication is expressed in her coaching sessions, seminars, and numerous lectures in German-speaking countries. As a systemic coach, friend, and even as someone affected, she is quite familiar with all partnership patterns.



Reference Books, Love & Relationships

Publishing House: Bassermann
 Format: Paperback
 Pages & Size: 240 | 11,5x16,0 cm
 Illustrations: 19 b/w illustrations
 Original title: Tagebuch für Paare. Zum Ankreuzen und Ausfüllen und Malen

DORO OTTERMANN

The Diary for Couples: Checking Off, Filling Out, and Colouring In

FOR GETTING TO KNOW ONE ANOTHER, FALLING IN LOVE, STAYING TOGETHER, AND REMEMBERING

Date of publication: February 14, 2024

All rights available except English

Everything is better as two! Even doing a diary

Doro Ottermann provides affectionate, enigmatic, and amusing diary pages that you can fill in together or alone. This allows you to record the good and less than good times in words and drawings, thus creating fond memories. At the same time, the diary offers impulses and spaces for declarations of love, outbursts of anger, and secret wishes for your partner. This just might bring to light some things that would otherwise have remained unspoken ...

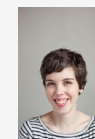
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AUTHOR

Doro Ottermann



© Lisa Notzke

Doro Ottermann has kept a daily journal since her ninth birthday. Because she often lacks time, she has created a book (along with other such things as calendars and postcards) that is oriented towards people who are in a hurry. She is a graphic artist and illustrator.



BIRGIT FISCHER

Starseeds – Love

THE HIGHER PLANES OF LOVE

Date of publication: April 24, 2024

Love, sexuality, and partnership from a cosmic perspective – new Starseeds tidings from the Spiegel bestselling author

True love and the deepest connection, devotion, and fulfilling sexuality are among the deepest desires of every human being. But how can we actualize them? The bestselling author Birgit Fischer presents an entirely new cosmic perspective on these topics, as love is the focus not only for us, but also for the Starseeds, star peoples from remote galaxies who communicate with her through mediumistic means. Many Starseeds reveal themselves as loving couples, and even have children and live in family arrangements similar to ours. Their universal knowledge about physical and spiritual connections can also be of great value for us humans. Here is a remarkable journey to our star companions that provides transformative insights into the true nature of love and opens up opportunities for our own lives to develop.

- 150,000 Followers on social media: Birgit Fischer is the best-known Starseeds authority in the German-speaking world.
- With practical tools to connect with the love energy of the galactic intelligences

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AUTHOR

Birgit Fischer



© Michael Liebert

Birgit Fischer is a medium, spiritual teacher, and prophet. Since her childhood she has been sensing and seeing energies, talking with angels, listening to her spirit guides, and making use of her profound clairvoyance. In the course of her life, she went through a deep transformation process that made her recognize these extrasensory abilities as a great gift and allowed her to use them in her career. The Austrian is known from her numerous YouTube videos about the current time-qualities and collective opportunities. She conducts intensive research on the "Starseeds" (galactic intelligences) and is a sought-after speaker at major channeling congresses. She also offers trainings, including individual mediumistic training, as well as workshops.

Reference Books, Love & Relationships, Reference Books, Sexuality, Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 256 | 13,5x21,5
cm
Original title: Starseeds-Love



Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 256 | 13,5x21,5
cm
Original title: Im Reich der
magischen Wesen

CLAIRE

In the Realm of Magic Beings

CONNECT YOURSELF WITH YOUR COMPANION FROM THE INVISIBLE WORLD

Date of publication: May 30, 2024

8-page 4-color illustration section

Tree spirits, deities, and fairies – Discovering the hidden world of magical beings

Goddesses and gods, fairies, elves, tree spirits, dwarves, and water spirits – in many cultures since time immemorial, these have been helpful guides. Their universal knowledge and inspiring wisdom give us orientation and help us find answers to many of life's questions large and small.

In this enchanting handbook, Witch Claire accompanies us to the engrossing world of magical beings. With practical lessons and rituals, she reveals how we can connect with the potent energies of these invisible companions and thereby enhance our spiritual development and magical experience with newly encountered dimensions.

- From Germany's most successful writer on witchcraft: over 200,000 books sold
- With magical rituals and instructions for communicating with our invisible attendants

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AUTHOR

Claire

Claire, brought up on the fullness of ancient, esoteric customs, became interested in the spiritual power of white magic very early on in life. Today, this life counsellor and practising witch is one of the most successful authors on the theme of magic. Numerous television appearances have made her known beyond the borders of Germany.



Reference Books, Spirituality & New Age

Publishing House: Heyne

Format: Paperback

Pages & Size: 224 | 13,5x20,6 cm

Original title: Der Blick hinter den Horizont

JANA HAAS

The View Beyond the Horizon

WHY OUR SOUL IS IMMORTAL

Date of publication: February 14, 2024

Why we need not fear death: The eminent medium reveals a new perspective on what awaits us in the afterlife

Few people have had as much involvement with the afterlife as the bestselling author and medium Jana Haas. Even from an early age, she has made many contacts with the souls of the deceased using her extraordinary clairvoyance. Over many decades, she has learned everything about life after death from those she contacted. She is now able to tell us about the various stages of death and the astral planes the soul passes through on its journey into the light.

Now, for the first time, Jana Haas has connected her invaluable knowledge with many case histories of souls in the afterlife and their messages for those they left behind. She provides us a moving glimpse behind the curtain of earthly life – and conveys the life-transforming certainty in a loving and empathetic way: our soul is immortal.

- Bestselling author, with over 350,000 copies sold
- With many practical exercises, guided meditations, and moving testimonials

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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



Reference Books, Spirituality & New Age

Publishing House: Ansata -

Integral - Lotos

Format: Hardcover

Pages & Size: 368 | 13,5x21,5
cm

Illustrations: 17 b/w
illustrations

Original title: Neues

Wachstum für eine Neue Zeit

GÜNTER KERSCHBAUMMAYR

New Growth for a New Time

THE PATH TO INNER FREEDOM AND TRUE SELF-DETERMINATION

Date of publication: May 15, 2024

The guide for personal transformation in a time of upheavals

Our times are characterized by major changes and upheavals. What are the emerging developments, and what is the best way to encounter them? Günter Kerschbaummayr's astrological and spiritual analyses make it possible to perceive the current situations from an overarching, holistic perspective, and to view them as opportunities and approach them creatively. This popular astrologer and YouTuber explains how to awaken and promote the enormous power of inner freedom and true self-determination within oneself – and thus unfold hidden potentials that serve the good of all and create a future worth living.

A guide for these times of change that will encourage inner awareness and provide unshakeable courage to be authentic and to work for the good.

- The author is a well-known astrologer, sought-after speaker, and matrix life coach with over 70,000 followers

- For people who wants to shape their lives and their future in a self-determined way based on astrological and findings of quantum science

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AUTHOR

Günter Kerschbaummayr



© privat

Günter Kerschbaummayr, a noted astrologer, underwent a major transformation after many years in corporate management towards a completely new life model, both professionally and personally. He has liberated himself to do what interests him most: decode the divine matrix and live and work with this guidance from the essence. In this ongoing journey of research and experience, he makes use of neuroscience and various scientific-spiritual approaches. With his YouTube videos and matrix coaching sessions, he has inspired tens of thousands of people to live a free and conscious life.



Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 320 | 13,5x21,5
cm
Original title: Das große
Mysterium

MARKO C. LORENZ

The Great Mysterium

AWAKENING IN THE DIVINE CONSCIOUSNESS

Date of publication: April 24, 2024

The companion for inner transformation and spiritual growth

Where do we come from? Where are we going? Why are we here? How can we lead a happy life?

The long-awaited first book by the renowned consciousness researcher and YouTuber Marko C. Lorenz provides fascinating answers to these fundamental human questions. In channeled conversations with the 'Great Mysterium' and based on his own extraordinary experiences, Lorenz reveals the hidden interplay between the universe, reality, all-encompassing love, and human existence – and thereby sets in motion a process of self-knowledge that results in an awakening to divine consciousness.

A powerful spiritual guide that provides far-reaching insights and reveals intriguing opportunities to become the conscious creator of your own life.

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AUTHOR

Marko C. Lorenz



© privat

Marko C. Lorenz is a prominent YouTuber (over 160,000 subscribers), consciousness researcher, entrepreneur, and founder of the Brainwave Entertainment Research Institute. Even at a young age, he was fascinated by the power of the mind and meditation. He began to engage intensively with subjects such as astral travel, soul travel, and consciousness expansion, and developed a particular passion for investigating frequencies and their effects on the mind and body. In addition to his work as a researcher and entrepreneur, he leads seminars and workshops on the topics of out-of-body experiences and consciousness expansion, where he imparts his knowledge to others and helps them expand their mental abilities and develop their full potential.

JOHANNA PAUNGER, THOMAS POPPE



Reference Books, Spirituality & New Age

Publishing House: Goldmann
Format: Calendar
Pages & Size: 224 | 12,5x18,7 cm
Original title: Das Mond-Jahrbuch 2025

The Moon Yearbook 2025

Date of publication: June 05, 2024

365 times moon knowledge – the indispensable instrument for living in harmony with the moon

In response to many reader requests, the lunar calendar is now available every year also in a practical book format – always ready at hand, in your handbag or on your bedside table.


"The Moon Yearbook" includes all the symbols and provides basic principles of moon knowledge as well as ageless wisdom. Short stories and texts illustrate and elucidate the workings of the lunar rhythms. Here is an enjoyable and informative companion throughout the year, including miniature lunar calendars for an overview of the most important activities.

For over 30 years, Johanna Paungger and Thomas Poppe's bestsellers have been imparting ancient knowledge about the rhythms of nature and of the moon.

- The successful authors – 300,000 moon calendars sold every year
- 365 basic principles and tips for health, garden, and household

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AUTHOR

Johanna Paungger



© Edwin Krieg

Johanna Paungger grew up knowing about the rhythms of the moon and nature, and with her grandfather, who shared with her his huge knowledge of a healthy life style and vitality up into old age.

AUTHOR

Thomas Poppe



© Edwin Krieg

Thomas Poppe, author and translator, has been studying the influence of lunar rhythms on everyday life for many years.



Reference Books, Spirituality & New Age

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 256 | 13,5x21,5 cm
 Illustrations: 15 b/w illustrations
 Original title: Intuition

ALEXANDRA SORGENICHT

Intuition

HOW TO STRENGTHEN THE VOICE OF YOUR SOUL AND MAKE USE OF IT FOR A SELF-CONFIDENT AND FREEDOM-FILLED LIFE


Date of publication: April 17, 2024

Your intuition is your inner compass that will never fail you: decoding the power of intuition to be applicable in everyday life

Every single person is intuitive. Your intuition allows you to live to your fullest potential (your soul, or spirit) in a self-determined way. Free. And quite real. This book provides an introduction to intuition work. This unique intuition training combines the soul and everyday life in both theory and in practice. Exercises and the resulting first-hand experiences will help you build trust and confidence in your own intuition. An intuitive perspective of the fundamental elements of human existence reveals that a strongly intuitive life is a powerful and harmonious response to the current global developments looming over humanity. Here is a book for anyone who is open to spirituality and change but wants to stay grounded and practical.

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AUTHOR

Alexandra Sorgenicht



© Nina Poppe

Alexandra Sorgenicht is a filmmaker, intuition coach, academic, and entrepreneur. Her ability to perceive situations intuitively has been strong since childhood. This gift enabled her to survive the traumatic experiences of a violent and toxic home. It has also enabled her to use her insights to create a profound and simple method that enables people to use their intuition to freely and reliably perceive the connection to the highest self, the soul, and above all to live. The Institute for Intuition Training, which she founded in Cologne in 2007, attracts people who perceive a higher goal for themselves.

ALJOSCHA LONG, RONALD SCHWEPPE

The Panda and the Treasure of Mindfulness

HOW TO RECOGNIZE BEAUTY IN THE LITTLE THINGS AND FIND CONTENTMENT

THE SEQUEL TO THE BESTSELLER THE PANDA AND THE SECRET OF SERENITY

Date of publication: June 12, 2024

b/w illustrations

Perceiving the enchantment of the moment – On his new adventure, Panda Bao discovers the wonder of mindfulness

“Is that all?” Bao, the little panda, asks himself one day. Though he is actually quite content, he has the feeling something important is still missing in his life. It needs to be discovered! And so Bao sets off on a search ...

The adventurous journey of the little panda is full of surprising encounters. He meets a butterfly, for example, who introduces him to the art of listening and observing, and dancing fireflies, at the sight of which Bao realizes how unique and wondrous every single little moment is. Even the ancient river has a lesson for him: Change is a natural part of life, and that he should allow himself to be carried by life’s natural flow instead of struggling against it.

· An inspiring reading experience full of wit and wisdom – with simple exercises for a mindful, fulfilled, and serene life




**Reference Books,
Mindfulness, Reference
Books, Narrative Self-Help**

Publishing House: Heyne
Format: Paperback
Pages & Size: 176 | 11,8x18,7 cm
Original title: Der Panda und der Schatz der Achtsamkeit

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AUTHOR

Aljoscha Long



© Dominik Rößler/Penguin Random House GmbH

Aljoscha Long and Ronald Schweppe are internationally renowned bestselling authors, who know how to competently convey the holistic art of living in an easily understandable way. Modern psychology, contemporary philosophy, and Eastern spirituality flow harmoniously together in their works. Aljoscha Long is a psychologist, therapist, and martial arts teacher.

AUTHOR

Ronald Schweppe



© Dominik Rößler/Penguin Random House GmbH

Aljoscha Long and Ronald Schweppe are internationally renowned bestselling authors, who know how to competently convey the holistic art of living in an easily understandable way. Ronald Schweppe is an orchestral musician and meditation teacher.

JENS CORSSEN, STEPHANIE EHRENSCHWENDNER

Joy of Life

HOW TO SAY YES TO LIFE IN SPITE OF ALL DIFFICULTIES

Date of publication: March 27, 2024



Reference Books, Personal Development, Reference Books, Psychology

Publishing House: Kailash
 Format: Hardcover
 Pages & Size: 240 | 12,5x20,0 cm
 Illustrations: 5 b/w illustrations
 Original title: Lebensfreude

The art of simply being happy without any reason

People who obsessively pursue happiness are depriving themselves of joy of life. This is because our ego, which is oriented towards physical survival and being in control, often gets in the way of experiencing happiness. But the more we simply engage in life-affirming and joyful moments, the more buoyant our mood becomes, which means that many problems effortlessly resolve themselves or don't even arise in the first place.


Jens Corssen and Stephanie Ehrenscheidner have developed a mood therapy that allows you to maintain your zest for life – even when things aren't going as well as you'd like. They tell the story of five people who set out together on the path to greater contentment. Their dynamic interactions create a sort of sounding board through which their spirits gradually improve. They embark on new life adventures and expand their own wealth of experience through fearless and joyful endeavors. Here is an entertaining and transformative book with a clear message: everyone can create their own personal zest for life.

· An innovative development concept for intense experiences of being and for a confident, life-affirming attitude

I delight in Corssen's ingenious humor, his invigorating psychological and philosophical reflections, and the singular way in which he conveys them in a down-to-earth, practicable

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AUTHOR

Jens Corssen



© Frank Bauer

Jens Corssen has been working as a certified psychologist, a behavioural therapist, and a psychological consultant for personal development and successful relationships. He has been advising people for half a century on how to solve their personal and professional difficulties. His Der Selbst-Entwickler® method whose philosophy and practice became Corssen's trademark is among the most successful coaching concepts in the German-speaking world.
www.der-selbstentwickler.com

way.

Stefanie Stahl

I'm always fascinated by the grand lord of self-development's worldly-wise intellectual realm.

Christian Bischoff

AUTHOR

Stephanie Ehrenschwendner



© Frank Bauer

Stephanie Ehrenschwendner is a science journalist and author of many non-fiction books. She has co-authored several books with Jens Corssen. As co-author, she has helped many books by celebrities to find their way onto the bestseller lists.

SINA HAGHIRI

Compassion

EMPATHY CAN CHANGE US – AND MAYBE EVEN THE WORLD

Date of publication: March 20, 2024

An inspiring book that helps you see yourself and others in a new light

It's tempting to mistrust other people and see the world as a cold place. Unfortunately, this is especially true if you have mental health issues or are facing a crisis of some kind, and need closeness and intimacy more than ever. This has significant consequences. People tend to accept prejudices without thinking, and draw conclusions from single instances about entire groups of people. In individual encounters, this can cause irritation; on a social level, it deepens divisions further and further.

Psychotherapist and podcaster Sina Haghiri has noticed that our mistrust of others has very serious consequences: our mental health and relationships suffer, and we may experience depression and deep loneliness. Our negative attitude towards others is often the result of simple human error, negative portrayals in the media or even science. But there is something we can do about it: we can be more cautious about jumping to conclusions and try to be more sympathetic. What is required most of all is compassion. It can help us not only understand others better, but be kinder to ourselves – and to recognise all the good there is in the world, instead of always assuming the worst.




Reference Books, Psychology

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 272 | 13,5x21,5 cm
 Original title: Mit Nachsicht

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Sina Haghiri



© Auen60 Photography / Julia Schärdel

Sina Haghiri, born in 1987, is a psychotherapist who works with individuals, couples and groups, both at his clinic and externally. Together with journalist Verena Fiebiger, he is co-presenter of Die Lösung, which is one of Germany's most popular psychology podcasts and has more than 150k Spotify subscribers. He was nominated for the Grimme Prize for his script for the comedy series Fett und Fett. He also teaches at the School of Life and has published several specialist books on the subject.

KAROLIEN NOTEBAERT

ARISTON 



The Pleasure of Proper Thoughts

WHAT REALLY MAKES US HAPPY – AN EXTRAORDINARY JOURNEY INTO THE MIND

Date of publication: May 30, 2024

4-colour throughout

Everything under control – using your brain, of course!


Our brains are overwhelmed. We have too many goals to achieve, need to deal with complexity on a daily basis, and are continually online. The result is that we feel perpetually stressed and frustrated. Well-intentioned advice on self-optimization and self-care is very timely. But when are we going to have time for that?

Dr. Karolien Notebaert takes a look at awareness, time management, and many other common methods of self-optimization from the perspective of neuroscience. This bestselling author shows which techniques have been proven to work, which haven't – and what we can do to lead a self-determined life and experience a high level of self-efficacy. At the end of this entertaining book with its numerous real-life examples, readers will know how to increase their life satisfaction – by using their brains.

- The practical book by the personable bestselling author of "Three Days, Two Women, a Monkey and the Meaning of Life" with over 50,000 copies sold
- A humorous nod to human weaknesses and amusing stories from real life

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AUTHOR

Karolien Notebaert

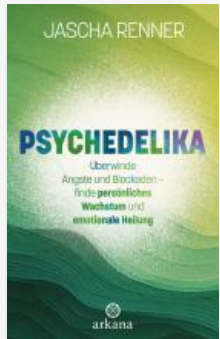


© Nicolas Det

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. She also holds courses with over 10,000 participants on Insight Timer, the world's largest free meditation app with around 18 million users.

Reference Books, Psychology

Publishing House: Ariston
Format: Paperback
Pages & Size: 272 | 13,5x20,6
cm
Original title: Vom Glück der
richtigen Gedanken



Reference Books, Psychology

Publishing House: Arkana
 Format: Paperback
 Pages & Size: 320 | 13,5x21,5
 cm
 Illustrations: 8 b/w
 illustrations
 Original title: Psychedelika

JASCHA RENNER

Psychedelica

OVERCOME ANXIETIES AND BLOCKAGES – DISCOVER PERSONAL GROWTH
 AND EMOTIONAL HEALING

Date of publication: May 22, 2024

The shortcut to yourself


Psychedelics are purported to expand consciousness, enhance creativity, and even provide lasting relief from severe depression. It's not a surprise that psychedelics are making a dramatic comeback. But how can they be applied safely? What effects might they have on the brain? What pre-existing health conditions can make them detrimental? And in what ways can they support personal development and healing?

In his comprehensive guide, psychedelics expert Jascha Renner reveals what we need to know about the subject. He explains how we can use LSD, ketamine, and the others as a sort of shortcut to more enjoyment of life, freedom, and authenticity. He is unsparingly honest about his own psychedelic experiences and how they rapidly transformed his life for the better. He has the conviction that psychedelics can be truly transformational for leading a fulfilled and joyful life.

- A fascinating biography of transformation, combined with intelligent presentation of the available knowledge on the subject
- The trending topic of the psychedelic renaissance – Bas Kast, Sting, and numerous Netflix documentaries testify to its increasing popularity
- For readers of Michael Pollan, "How to Change Your Mind"

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AUTHOR

Jascha Renner



© Jascha Renner

Jascha Renner is one of Germany's leading experts on psychedelics. After experiencing the positive, life-changing effects of psychedelic substances himself, he resigned from his job as a software product manager. He then founded the company Set & Setting with the aim to make psychedelics more accessible to society and to educate people about their applications and benefits. He offers retreats, maintains a successful YouTube channel, and hosts a podcast.



**Reference Books,
Psychology**

Publishing House: Kailash
 Format: Paperback
 Pages & Size: 144 | 15,5x21,0 cm
 Original title: Wer wir sind. Das Arbeitsbuch

STEFANIE STAHL

Who We Are – The Workbook

GETTING TO KNOW YOURSELF BETTER AND LIVING HAPPIER
 THE 3-STEP PROGRAM

Date of publication: May 22, 2024

The workbook to the foundational work

Is there a secret to emotional stability? Yes, says psychotherapist and bestselling author Stefanie Stahl. If you understand who you are, know your authentic self, and accept your uniqueness, you are quite close to finding inner satisfaction and being able to better realize your potential. In her workbook on her bestseller "Who We Are", she demonstrates in concrete terms how this can be achieved. This very practical program will help you solve your problems step by step. The first thing to do is to become familiar with the blueprint of your psyche and discover what makes you function the way you do. There are three fundamental steps:

- Step 1: Do some fact-checking to distinguish and separate the past from current reality
- Step 2: Gain access to your emotions and learn to regulate them
- Step 3: Free yourself from past entanglements and give your life some meaning

- Bestselling author Stefanie Stahl: over 4.3 million copies sold.
- Tried and tested exercises for self-reflection and self-therapy

Stefanie Stahl has a talent like no other for presenting complex psychological issues in a vivid and accessible way.

Jens Corssen, qualified psychologist, business coach and author

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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. In 2023, her book "The Child Within You Must Find a Home" was for the seventh time in a row the bestseller of the year in Germany.
www.stefaniestahl.de



Reference Books, Psychology

Publishing House: Kailash
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5
 cm
 Illustrations: 10 b/w
 illustrations
 Original title: Unfiltered. Social
 Media und unser Körperbild

JULIA TANCK

Unfiltered: Social Media and Body Image

HOW TO FIND OUR WAY TO BODY ACCEPTANCE AND A HEALTHY
 SELF-PERCEPTION

Date of publication: May 15, 2024

A better understanding of your own body image as well as family and social factors

Over two thirds of women in the Western world are not content with their physical appearance. Body shaming, unrealistic ideals of beauty, and the continual judging of one's own figure have a critical impact on eating habits, overall mood, and mental health for many of those affected. How is it that we are often still defined by our appearance, especially considering the fact that bodies are so diverse? How do eating disorders develop and what role do society and the individual play in this? What influences do social media and the social environment exert? In what ways is body image passed on from one generation to the next, and how can we provide more positive role models for our children?

As an expert on this issue, Dr. Julia Tanck combines scientific findings with her practical experience as a psychotherapist. Through scientific approaches, directed questions, and exercises for self-reflection, women are encouraged to distance themselves from unhealthy influences and to develop a deeper understanding of their own body image.

- The first comprehensive work on eating disorders, body dissatisfaction, and the transgenerational significance of body image

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Julia Tanck



© Constanze Wenig

Julia Tanck, with a doctorate in psychology, works as a psychological psychotherapist and researcher. In her profession, she examines the body images of women with and without eating disorders and the interconnections between social media and body image. She presents her scientific findings at specialist conferences, in further training courses, and in her university teaching. In addition to her work as a researcher, she treats patients with various psychological disorders in her psychotherapy practice. She is socially active in the field of education and provides information on her Instagram channel about current body image research, weight stigmatization, diet culture, and eating disorders.



BENITA CANTIENI

CANTIENICA® Body in Evolution – The Original

LIFELONG AGILITY AND STRENGTH WITH TIGER FEELING

Date of publication: March 27, 2024

ca. 100 colour illustrations

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AUTHOR

Benita Cantieni



© Christian M. Weiss

Benita Cantieni developed the CANTIENICA® method for body forming and posture, the world's first therapeutic fitness method. In the CANTIENICA AG in Zurich, she trains physiotherapists, midwives, and fitness instructors. She is the author of the successful books "Tigerfeeling".

Reference Books, Fitness & Workout

Publishing House: Südwest

Format: Hardcover

Pages & Size: 192 | 17,0x24,0 cm

Illustrations: 240 color illustrations

Original title: Lebenslang beweglich und kraftvoll mit Tigerfeeling

The fitness bible for the second half of life – for lifelong mobility

In her new book, Benita Cantieni shows us how we can do good things for our posture and flexibility, and liberate us from pain to enjoy movement even at an advanced age. Her advanced program, CANTIENICA® Body in Evolution, is the 'basic care' for a powerful and vital body, offering a maintenance program through which weaknesses can be targeted and restored to vitality. As the body is capable of learning throughout its entire life, training can begin at any age. Bones and cartilage can be shaped and regenerated throughout life, and ligaments, tendons, muscles, and fascia can be reconditioned easily if they are specifically challenged. Benita Cantieni's program is designed particularly for anyone who does not want to feel old and desires to keep their body supple and resilient. She uses herself as a model in the book for all of her successfully tested exercises to ensure their effectiveness.

EVA-MARIA HOFFLEIT, PHILIPP LAWITSCHKA

Cooking Like in Former Times

FROM FARM TO FORK – SUSTAINABLE AND SEASONAL RECIPES FOR THE
WHOLE YEAR

PRESERVING FOOD – AVOIDING AND UTILIZING LEFTOVERS

Date of publication: April 11, 2024

ca. 110 colour illustrations

Rediscovering tried and true cooking knowledge

Take some of grandmother's well-kept kitchen secrets, add a pinch of modern gourmet passion and a sustainable shopping concept. What results is over 70 recipes and a plethora of ways to make everyday cooking climate-friendly and delicious. Traditional knowledge about seasonal and regional shopping, preserving, storing, avoiding waste, and cooking without additives provide the basis for uncomplicated recipe ideas, sustainable everyday tips, and instructions for small garden projects on the windowsill, balcony, or garden. A book for all connoisseurs who want to make a small contribution to a better cooking future without expending too much effort.



Reference Books, Cooking

Publishing House: Bassermann

Format: Sonderausgabe

Pages: 17,0x24,0 cm

Original title: Kochen wie früher - Vom Anbau bis zum Teller - Nachhaltige & saisonale Rezepte für das ganze Jahr

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Eva-Maria Hoffleit

Eva-Maria Hoffleit, who works in service in the gastronomy field, is a passionate hobby cook and enjoys growing her own fruits and vegetables. Since 2015, she and Philipp Lawitschka have had the blog "Ye Olde Kitchen", where they write about seasonal cooking, gardening, and sustainability. Their blog has already received many awards.

AUTHOR

Philipp Lawitschka

Philipp Lawitschka is a freelance software developer, a career he balances with cooking and gardening. Since 2015, he and Eva-Maria Hoffleit have had the blog "Ye Olde Kitchen", where they write about seasonal cooking, gardening, and sustainability. Their blog has already received many awards.



BEN KINDLER, ANTONIA WIEN

Seasonal Cooking

SIMPLE, QUICK, AND INEXPENSIVE

Date of publication: May 30, 2024

ca. 100 colour illustrations

Reference Books, Cooking

Publishing House: Südwest
 Format: Hardcover
 Pages & Size: 192 | 19,5x24,0
 cm
 Original title:
 Jahreszeitenküche

Sustainable meals don't have to be expensive

Who would not want healthy, simple, and family-friendly recipes every day? When Ben Kindler plans his meals, he goes to the market and gets inspired by the local fruits and vegetables while still not losing sight of the budget. In his seasonal cuisine, he presents recipes that focus on the essentials and that are based on what is currently growing – meat and fish are an extra if it's to be something special. What results are meals for the home that are easy to prepare when there's a bit of spare time, for every budget and every season, and that everyone at the table likes.

- Climate and budget friendly – conjuring up tasty, sustainable dishes with inexpensive ingredients
- Over 70 healthy recipes – quick and easy for the whole family

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AUTHOR

Ben Kindler



© Joss Andres

Ben Kindler, after more than 10 years in Michelin-starred cuisine, has been running a culinary school in Freiburg since 2010. Only the best products are used, which for the chef means regional, seasonal, and whenever possible organically grown. He has written three cookbooks and regularly writes recipes for food magazines.

AUTHOR

Antonia Wien

Antonia Wien has been working as a freelance author, food journalist, and food critic for many years. She is the co-author of renowned chefs such as Viki Fuchs, Johannes King, and Jan-Philipp Berner.

NIKOLA KLÜN

The Children's Nutrition Compass

HEALTHY AND WELL NOURISHED AT EVERY AGE
 RECIPES AND TIPS FOR THE DAILY CHALLENGES OF BEING NOURISHED –
 ALSO FOR VEGETARIANS AND VEGANS, AND FOR FOOD INTOLERANCES
 AND ALLERGIES

Date of publication: April 24, 2024

60 color photos, illustrations, and graphics

Easy and relaxed healthy meals for children

Parents in Germany are still being given a typical German plan for the introduction of complementary foods. But often by a child's first birthday at the latest, the focus becomes the family diet, and parents find themselves largely on their own with questions. This is also often when the first problems arise. Children develop into fussy eaters and spurn healthy food, and soon they want to be the ones to decide what goes on their plate. Thus the daily power struggles and frustration all around.

With her nutritional compass for children, paediatrician and nutritionist Dr. Nikola Klün helps parents implement healthy eating in everyday life while allowing themselves to be relaxed and composed. Making use of the latest research and adapting this to the reality of life, she considers every stage of life, from babies to toddlers and kindergarten through to older schoolchildren. Theoretical background knowledge, practical tips, and simple recipes make this guide an indispensable companion for parents through their children's younger years.



Reference Books, Cooking

Publishing House: Südwest
 Format: Paperback
 Pages & Size: 224 | 17,0x24,0
 cm
 Illustrations: 25 color
 illustrations
 Original title: Kompass
 Kinderernährung

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Nikola Klün



© Susanne Krauss

Nikola Klün is a pediatrician and mother of two children. She produces the blog, podcast, and Instagram channel KINDERLEIBUNDSEELE, with the purpose of educating and informing parents so they can make confident decisions for their children's health. First-time parents in particular have many questions and doubts, and this is where she helps competently and sensitively.

DOROTHEA PORTIUS, THOMAS KARTELMAYER

The Collagen Formula

RADIANT YOUNG SKIN WITH SKINFOOD FOR EVERY SEASON
OVER 50 RECIPES FOR A NATURAL GLOW

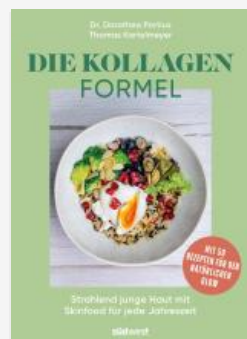
Date of publication: April 11, 2024

ca. 80 colour photographs

Beautiful skin knows no age

To slow down or even halt skin aging processes? Get a fresh radiance without having to invest in the questionable creams of the beauty industry? This natural rejuvenation program has been proven to work. The nutritional therapist Dr. Dorothea Portius knows which vital substances in food are essential for reducing inflammation, healing the intestines, and making the skin glow. Anti-aging nutrition stimulates the body's own production of collagen, while a healthy lifestyle preserves and regenerates the skin. Over 50 recipes for spring, summer, autumn, and winter provide the body with all the nutrients it needs, according to season, to block harmful environmental influences, rejuvenate cells, and permanently tauten wrinkles.

- The natural rejuvenation program: healthier, less expensive, and more effective than artificial collagen creams
- From the age of 25, the skin begins aging – How to slow this with a targeted diet, exercise, sun protection



**Reference Books, Cooking,
Reference Books, Health &
Alternative Healing**

Publishing House: Südwest
Format: Paperback
Pages & Size: 192 | 17,0x24,0
cm
Original title: Die
Kollagen-Formel

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Dorothea Portius



© Petra Leitte

Dorothea Portius is a nutrition expert and professor of nutrition therapy. She teaches and researches as a professor at the SRH University of Applied Sciences for Health and as a research assistant at Martin Luther University Halle-Wittenberg. She combines her knowledge from current research with practical guidance on how to prevent diet- and lifestyle-related illnesses. She is also a medical advisor at FitForMe and co-founder of the startup F-50, which customizes digital self-help programs for people with eating disorder symptoms. After completing her PhD at the University of Geneva, she worked at the Salk Institute for Biological Sciences and the Sanford Burnham Prebys Medical Discovery Institute in California and trained as a holistic nutritionist.

AUTHOR

Thomas Kartelmeyer

EVA GORIS, CLAUS-PETER HUTTER

The Wonderland of Organic Gardening

JOYFUL AND SUSTAINABLE GARDENING, MONTH BY MONTH
 OLD GARDENING KNOWLEDGE, VALUABLE TIPS, NATURAL HISTORY
 OBSERVATIONS, IDEAS, APHORISMS AND MUCH MORE

Date of publication: February 21, 2024

b/w illustrations throughout

Traditional gardening knowledge – sustainable, ecological, and more relevant than ever

Those who cultivate their own garden in a natural way would like to know more about the rhythms of nature and the living requirements of plants. "The Wonderland of Organic Gardening" brings together old and new knowledge in an engaging and entertaining way with insightful anecdotes as well as practical advice and methods. Well-founded and with nostalgic charm, this treasure trove of knowledge is also a wonderful gift for all passionate gardeners to guide them through the months.

- A lovely and valuable gift for all hobby gardeners
- A book of diversity – Your own vegetable and herb store, a fitness studio in nature, an education for the senses, a place to unwind
- A unique garden book combining practical gardening tips with philosophical ponderings, seasonal poetry, proverbs, atmospheric pictures, natural history observations, and thoughts about the natural world



Reference Books, Hobbies & Crafts

Publishing House: Bassermann
 Format: Sonderausgabe
 Pages: 12,5x20,0 cm
 Original title: Wunderwelt Biogarten. Glücklich und nachhaltig gärtnern - Monat für Monat

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