

Reference Books Spring 2025



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Spring 2025

Foreign Rights Guide

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MICHAELA AXT-GADERMANN, BARBARA KLEIN

What's Going On with My Intestines?

THE 150 MOST IMPORTANT QUESTIONS AND ANSWERS ABOUT THE
SUPER-ORGAN

Date of publication: April 16, 2025

With 10 colour illustrations

The personal guide for a healthy intestinal tract

The renowned medical doctor and bestselling author Michaela Axt-Gadermann, in collaboration with TV fitness expert Barbara Klein, presents the 150 most frequent questions about the intestines and presents the simplest solutions for a sustainable healthy weight. In various chapters, such as "Getting to know the microbiome", "How do I create a healthy microbiome?", "Microbiome and sport" or "How the microbiome influences our mood and well-being", the two experts provide simple answers and practical tips.

- Up-to-date information and practical advice on maintaining intestinal health
- All questions over a wide spectrum on the topic answered in a concise and accessible way



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 176 | 17,0x24,0 cm
Illustrations: 10 color illustrations
Original title: Was ist los mit meinem Darm?

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Michaela Axt-Gadermann



© Eva Klink

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

AUTHOR

Barbara Klein



© FLEXI-SPORTS GmbH

Barbara Klein is a state-certified masseuse and sports physiotherapist. She was a personal trainer for German football athletes, offered advanced training courses at major fitness conventions around the world, and had a medical practice in sports physiotherapy.

PETRA BRACHT, ROLAND LIEBSCHER-BRACHT, CHRISTOPH GLASER

Live Well For A Long Time

PAIN-FREE, HEALTHY AND HAPPY

HEALTHY LONGEVITY FOR EVERYONE – FROM THE SPIEGEL BESTSELLING
AUTHORS

Date of publication: May 28, 2025

4c throughout, with ca. 50 colour illustrations

All rights available except World English and Hindi

Exercise, nutrition, mindset – the holistic approach for a healthy and fulfilling long life!

The Spiegel bestselling authors Dr Petra Bracht and Roland Liebscher-Bracht and the successful coach Christoph Glaser pool their collective expertise on the subject of longevity: in "Living Well For A Long Time", they explain the most important cornerstones for a healthy long life – nutrition, exercise and mindset – and show how you can change your habits to stay fit and vital for as long as possible.

The holistic approach with the best exercises and tips according to the Liebscher & Bracht method as well as impulses from mindfulness expert Christoph Glaser.

Everything you need for a long and healthy life!

- Spiegel bestselling authors: over 1.3 million copies sold in the German-speaking markets



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag

Format: Paperback

Pages & Size: 384 | 15,5x21,0 cm

Illustrations: 50 color illustrations

Original title: Lange gut leben

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AUTHOR

Petra Bracht



© Liebscher & Bracht

Petra Bracht is a bestselling author and renowned medical specialist in nutrition and detoxification medicine. Starting with pain prophylaxis and treatment, she founded with her husband Roland Liebscher-Bracht, an industrial engineer, martial artist, and pain specialist, the successful Liebscher & Bracht pain therapy, a new revolutionary form of pain therapy and self-help that does not require surgery, pain relievers, or other medication. This method is now used by over 12,000 therapists in German-speaking countries.

AUTHOR

Roland Liebscher-Bracht



© Liebscher & Bracht

AUTHOR

Christoph Glaser



© GrainLab

Christoph Glaser is Managing Director of the TLEX Institute, which operates worldwide with 200 trainers and has already trained more than 500,000 managers and employees. The management coach and mindfulness expert has developed a method that can significantly reduce stress and also increase performance. He has been teaching this method for serene performance optimisation in over 50 countries for more than 20 years.

ULRICH BAUHOFFER

Actively Rejuvenating

ACTIVATE SELF-HEALING, INCREASE ENERGY LEVELS, FEEL FANTASTIC

Date of publication: April 23, 2025

10 colour illustrations and graphics

Longevity research meets Ayurvedic medicine

The opportunities to keep young have never been greater. International longevity research proves that the aging process is reversible, and that we can be fit, pain-free and mentally clear well into old age.

Dr. Ulrich Bauhofer, MD, provides an easy-to-implement navigation through everyday life with the objective of winding back the biological clock and adding more healthy years to your life. But he takes a decidedly different approach to the Western one: he relies on the oldest medical system in the world, Ayurveda.

It is striking to note the surprising correlation between the latest scientific findings and millennia-old medicine. Holistic Ayurveda is based on the comprehensive natural intelligence of the body, which knows precisely how to keep itself healthy. Dr. Bauhofer explains how to support what keeps the body young – and not with esoteric Indian therapies, but with very simple, everyday health strategies that will lead to an overall sense of well-being and rejuvenation.

- Critical classification of the latest medications and supplements in longevity medicine from a renowned expert
- Turning habits into health strategies: small changes in diet, sleep, exercise, biorhythm, and stress management helping the body to rejuvenate itself



Reference Books, Health & Alternative Healing

Publishing House: Südwest

Format: Hardcover

Pages & Size: 576 | 13,5x21,5 cm

Illustrations: 10 color illustrations

Original title: Aktiv verjüngen

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AUTHOR

Ulrich Bauhofer



© Dominik Rößler/Penguin Random House GmbH

Ulrich Bauhofer is a medical doctor, meditation trainer, keynote speaker and bestselling author, and is regarded as one of the leading Ayurveda specialists outside of India. Over 40 years ago, he was the first Western physician involved in investigating the scientific foundations of the millennia-old Ayurvedic medical practices. Dr. Bauhofer founded and then headed for 10 years the largest Ayurveda clinic in Germany. Currently he runs an Ayurvedic practice, advises businesses on health management, and gives lectures and seminars. He is also a successful health influencer and inspires his fans on YouTube and Instagram with information and tips for a holistically healthy life.



Reference Books, Health & Alternative Healing

Publishing House: Penguin
 Format: Paperback
 Pages & Size: 368 | 13,5x20,6 cm
 Illustrations: 16 b/w illustrations
 Original title: Wir Superheldinnen

DOROTHEE BIENER

We Superheroines

A GYNECOLOGIST REVEALS EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT YOUR BODY

Date of publication: March 12, 2025

What the female body does so exceptionally, and how there is much more to it than we suspect


Gynecologist Dr. Dorothee Biener is always surprised at how little most women, young and old, know about their bodies. Yet every woman's body is a true marvel! In her book, she describes just how the female body operates and what extraordinary powers it has. This includes in short, all of fascinating and unexpected things that makes women superheroes and each woman so special. The author also explains what is important at every age and what women should definitely be aware of according to their stage of life. She also focuses on female diseases – how to identify them and what can be done to prevent them – as well as explaining and dispelling the many myths still out there.

Female sexuality is just as much a topic as are interesting cases from the gynecologist's practice. In an entertaining, accessible and trustworthy way, Dorothee Biener offers deep and comprehensive insights into the miracle of the female body and everything you need to know about it, as well as a guide to a healthy, happy, and mindful life along with it.

- Amazing facts, debunked myths, and fascinating cases from a gynecologist's practice

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AUTHOR

Dorothee Biener



© Annette Koroll Fotos

Dorothee Biener holds a degree in biology and a doctorate in gynecology. She has worked for many years in gynecology in hospitals and practices, and has been conducting research into breast cancer and gene distribution in the cell nucleus. While her scientific mind is dedicated to research into the fantastic female body, her heart belongs to her patients and anyone else who wants to explore the marvelous topic of womanhood. "We Superheroines" is her first non-fiction book.

INGO FROBÖSE, PETER GROßMANN



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 224 | 13,5x21,5 cm
Illustrations: 24 b/w illustrations
Original title: Der Männer-Gesundheitscode – Lebenslang fit und voller Energie

The Health Code for Men

FIT AND VIGOROUS YOUR WHOLE LIFE LONG

EVERYTHING ON BELLY FAT, MUSCLE DEGENERATION, MIDLIFE CRISIS, LIBIDO, ETC.

Date of publication: April 02, 2025

Men's health is not just a matter of chance

Whether it's a bulging belly, hair loss, muscle loss, sleep disorders, decreased libido, or joint problems, most disadvantageous changes do not come about suddenly like some inescapable fate, but rather are self-made. However, there is also a positive message here: if a man can exert influence, he can manage his health, at any age.

In their book, bestselling author and health expert Ingo Froböse and TV presenter Peter Großmann debunk many myths and misconceptions about men's health, humorously recount their own experiences, and share many practical tips that will turn every man into the architect of his own well-being. With their men's health formula, the two authors show what every man can do to be fitter, more capable, and more balanced – and stay that way.

- Easy-to-implement exercises and expert interviews on the most important topics such as high blood pressure, muscle loss, sleep disorders, and prostate problems
- Scientifically sound facts humorously mixed with reports of personal experience

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Ingo Froböse



© Stephanie Wolff Photography

Prof. Dr. Ingo Froböse, former German vice-champion in sprint, is a professor of prevention and rehabilitation at the German Sports College in Cologne, where he also directs the Centre for Health. The bestselling author is an expert for the German parliament on the subject of prevention, and is one Germany's most popular health experts in the media.

AUTHOR

Peter Großmann



© Sebastian Bahr

Peter Großmann is a journalist and radio and television presenter. He has been a member of the editorial team, a sports presenter, and commentator for the ARD network for the past 28 years. He has published over ten books on sports topics, a children's book series, and biographies of various athletes.

DIETRICH GRÖNEMEYER

Health for the Back

THE GENTLE PROGRAM FOR A STRONG BACK – THE GRÖNEMEYER FORMULA

Date of publication: April 16, 2025

With ca. 50 colour illustrations

Finally getting through the day without back pain

Along with headaches, back pain is one of the most common causes of pain. It is often chronic and considerably reduces quality of life. Lower back pain is about twice as common as upper back pain, and women are more frequently afflicted by all types of pain than are men. Around half of people surveyed rate their back and neck pain as being moderately severe; older people report significantly more pain attacks per month than younger people.

Prof. Grönemeyer, considered the German "Back Pope", is consistently shining new light on this clinical picture, currently with his video program "Meine Rückenliebe" (My Back Love), where he advocates paying much more attention to the back and spine. In this book, Prof. Grönemeyer makes it simple to begin training by outlining the most pertinent medical findings relating to the back and presenting the most effective exercises.

- The major health topic "back pain" from a holistic medical perspective
- Large practical section with numerous effective exercises



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 160 | 16,2x21,5 cm
Original title: Gesundheit für den Rücken

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Dietrich Grönemeyer



© Laura Möllemann

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into some 20 languages.



Reference Books, Health & Alternative Healing

Publishing House: Mosaik Verlag
 Format: Hardcover
 Pages & Size: 400 | 13,5x21,5 cm
 Original title: Krebs - Das Ende einer Angst

HANNA HEIKENWÄLDER

Cancer – The End of Fear

WHAT MEDICAL SCIENCE IS WORKING ON TODAY THAT CAN HELP US TO LIVE CANCER FREE TOMORROW

Date of publication: February 19, 2025

Vision Zero – A world without cancer

Cancer has always been considered an incurable disease. For countless people, the diagnosis has meant fear, suffering and, in most cases, death. But groundbreaking research findings in recent years are ushering in the end of this era.


Dr. Hanna Heikenwälder, a molecular biologist researching the development of cancer, explains why we need to understand how cancer develops in order to prevent its onset, what small lifestyle changes have great effects against cancer, and how the future of cancer research will extend lives.

A comprehensive look at the spectre of cancer that delivers confidence, clarity, and knowledge to those affected and their relatives.

- Dr. Hanna Heikenwälder, Germany's best-known microbiologist: "We will conquer cancer!"
- The new standard work on the number one cause of death – how cancer develops and how we can prevent it
- A strong immune system and effective habit changes – the key to a cancer-free life

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Hanna Heikenwälder



© Dominik Rößler / Penguin Random House GmbH

Dr. Hanna Heikenwälder studied molecular biology in Lübeck and the US before completing her doctorate at the Technical University of Munich on the relationships between inflammation and the development of intestinal cancer. She is currently researching cancer and aging at the University of Tübingen.



Reference Books, Health & Alternative Healing

Publishing House: C. Bertelsmann
 Format: Hardcover
 Pages & Size: 112 | 12,5x20,0 cm
 Illustrations: 1 b/w illustrations
 Original title: Warum ich keinen Alkohol mehr trinke

BAS KAST

Why I No Longer Drink Alcohol

DECISION-MAKING HELP ON THE BASIS OF THE LATEST SCIENTIFIC STUDIES

Date of publication: December 11, 2024

1 b/w illustration

Living better with Bas Kast – Why it's worth it to not drink alcohol

There is no such thing as a "healthy glass of wine". In recent years, research has been increasingly proving the damage that alcohol does to our bodies. These findings prompted bestselling author Bas Kast to rethink his alcohol consumption – and ultimately to stop altogether.

In his new book, filled with details and based on the latest scientific findings, he explains how alcohol affects the body, the connection between the consumption of alcoholic beverages and cancer, and just how much you might allow yourself to drink if you would like to minimize the risk of damage to your health. The good news is that those who drink less or not at all are not only fitter and healthier, but are also slowing down the aging process.

- There is no such thing as a "healthy glass of wine" – myths dispelled and explanations of what alcohol does and how it harms health
- The author has analyzed the latest scientific studies on alcohol consumption and health – and has not drunk alcohol himself for two years
- Abstaining from alcohol – an absolute trend topic

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AUTHOR

Bas Kast



© Mike Meyer

Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author. His "Diet Compass" (2018, awarded the Knowledge Book of the Year), in which he compiled the proven findings on a healthy diet, was hugely successful, with more than one million copies sold and translations into over 20 languages. In "The Nutrition Compass: The Cookbook" (together with Michaela Baur, 2019) he shows how the scientific findings can be implemented in everyday life. He recently published the Spiegel bestseller "The Soul Compass". He hosts the podcast "Der Wissenskompass: Gesünder leben mit Bas Kast" ("The Knowledge Compass: Healthier Living with Bas Kast"), with guests from science and practice, and runs his own YouTube channel. baskast.hellohealth.de



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

Publishing House: Südwest
Format: Paperback
Pages & Size: 224 | 13,5x21,5
cm
Illustrations: 2 b/w
illustrations
Original title: Intuitiv essen,
gesünder werden, besser
leben

ANTONIE POST

Eat Intuitively, Become Healthier, Live Better

INTUITIVE NUTRITION FOR HIGH-BLOOD PRESSURE, INSULIN RESISTANCE,
DIABETES TYPE 2, PCOS, ALLERGIES, AND MORE

Date of publication: April 02, 2025

Nourishing yourself collectedly during chronic illness

The diagnosis of a chronic illness often creates uncertainty. And because the most common recommendation for managing chronic illness often involves a dietary change and weight reduction, there is a concern that a "false" diet could make the illness worse.

The nutritionist Dr. Antonie Post clarifies the many misconceptions and demonstrates how, despite having a chronic illness, you can eat in a relaxed and pleasurable way without dieting or avoiding particular foods. She explains the connections between diets, bodily weight, and such metabolic diseases as high blood pressure, lipometabolic disorders, type 2 diabetes, and allergies and intolerances, and she offers easy-to-implement advice from her everyday practice that has been proven to have a positive and, above all, lasting effect on health. Her recipe for a successful diet: develop an understanding of your own body in spite of the chronic illness and (re)trust your own intuition about your own eating habits, thereby allowing you to pursue a healthy and enjoyable diet that has a lasting positive effect on your health.

- The first guide to intuitive nutrition for chronic illnesses
- With numerous practical tips from the day-to-day work of a nutritionist

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AUTHOR

Antonie Post



© Nina Wellstein

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

KERSTIN ROSENBERG

Ayurveda for Everyone

HOLISTIC LIVING WITH THE INDIAN HEALING ART
OVER 80 RECIPES FOR MORE COMPOSURE AND ENERGY

Date of publication: May 21, 2025

With 40 colour photos

The standard work on the Indian healing art in a completely revised new edition

The renowned and internationally recognized Ayurveda expert Kerstin Rosenberg reveals here the ancient Indian healing system Ayurveda, "the knowledge of long life". The nutritional and healing teachings of Ayurveda are presented in their holistic sense for body, mind, and soul, along with the preventative and therapeutic possibilities of Ayurvedic nutrition. Clear, detailed, and well-structured, this standard work of this millennia-old healing tradition is indispensable in helping us to remain healthy and to cope with the pressures of the Western world.

Here are valuable recommendations for a daily diet with easy, tempting recipes that will help bring the doshas into a beneficial balance. Included are instructions on Ayurvedic light diet days, fasting cures, and treatments that cleanse and purify the body. A reference book for all Ayurveda novices who want to take care of their body and nourish it well.

- 80 wholesome recipes, many case studies, and an extensive type assessment



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

Publishing House: Südwest
Format: Paperback
Pages & Size: 272 | 16,2x21,5
cm
Illustrations: 40 color
illustrations
Original title: Ayurveda für alle

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Kerstin Rosenberg



© Kaya Lou Wolfinger

Kerstin Rosenberg is an internationally known specialist and book author on Ayurveda nutrition, psychology, and therapy. She has had a practice for over 25 years, and has been training people to become Ayurveda nutritionists and health coaches since 1996. She is involved in integrative research and teaching projects in collaboration with leading Ayurvedic universities in India. She is a member and manager of the European Academy for Ayurveda, which she directs along with her husband. She is the founder and chairperson of the Organization of European Ayurveda Therapists.

KERSTIN ROSENBERG, TANUJA NASARI

Ayurveda Healing

ALLEVIATING OVER 30 CONDITIONS WITH TRADITIONAL MEDICINE

Date of publication: May 21, 2025

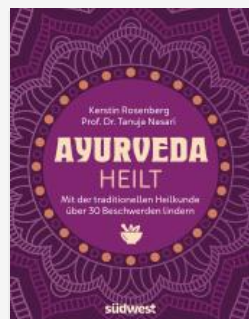
With 30 colour photos

The standard work on Ayurvedic nutritional therapy

Only when body and soul are in balance can a person be healthy, happy, and productive. The renowned and internationally recognized Ayurveda expert Kerstin Rosenberg and Ayurveda medical specialist Prof. Dr. Nasari explain which herbs and recipes can be used to treat common illnesses, such as intestinal problems, cardiovascular diseases, and skin complaints.

This completely revised and expanded new edition includes updated nutritional information ("What effect does which food have?") and includes many practical examples and true life experiences.

- The entire Ayurvedic nutritional therapy, practically sorted according to symptoms and doshas



Reference Books, Health & Alternative Healing

Publishing House: Südwest
Format: Paperback
Pages & Size: 224 | 16,2x21,5 cm
Illustrations: 30 color illustrations
Original title: Ayurveda heilt

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© Kaya Lou Wolfinger

Kerstin Rosenberg is an internationally known specialist and book author on Ayurveda nutrition, psychology, and therapy. She has had a practice for over 25 years, and has been training people to become Ayurveda nutritionists and health coaches since 1996. She is involved in integrative research and teaching projects in collaboration with leading Ayurvedic universities in India. She is a member and manager of the European Academy for Ayurveda, which she directs along with her husband. She is the founder and chairperson of the Organization of European Ayurveda Therapists.

AUTHOR

Tanuja Nasari



© Europäischen Akademie für Ayurveda

Prof. Dr. Tanuja Nasari, Ayurveda physician (Ayu) and professor of Ayurveda dietetics and phytotherapy, has for more than 15 years treated, taught, and done research on Ayurvedic nutrition therapy and herbal pharmacology with a focus on mental illness. Together with Kerstin Rosenberg, she teaches Ayurveda nutrition therapy at the European Academy for Ayurveda in Germany.

NINA RUGE

Younger – Starting Tomorrow

HOW TO STAY YOUNGER AND HEALTHIER FOR LONGER: ALL YOU NEED TO KNOW ABOUT LONGEVITY

Date of publication: March 26, 2025

4c throughout

How we can get older, but stay younger – effective protections against the ageing process

Do we simply have to accept that things go downhill as you get older? Bestselling author Nina Ruge, for one, refuses to – and scientists have shown that she is right. "Younger – Starting Tomorrow" reveals the latest scientific findings regarding how to stay healthy for longer. With the help of medical experts, scientists and researchers, Ruge provides insights into the future of healthy ageing: from supplements and medicines that will, over the next few years, fundamentally change how society views ageing, to revolutionary new therapies including mitochondria transplantation and epigenetic rejuvenation. The ways in which we can stop ageing are remarkable – and some of them already exist, or will exist in just a few years.




Reference Books, Health & Alternative Healing

Publishing House: Heyne
Format: Hardcover
Pages & Size: 400 | 13,5x21,5 cm
Original title: Ab morgen jünger!

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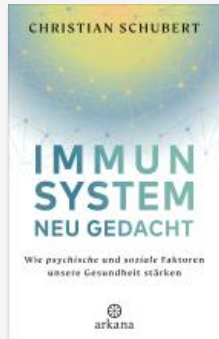
AUTHOR

Nina Ruge



© Markus Hintzen

Nina Ruge has a degree in biology and is a popular TV journalist and presenter at ZDF, ARD, phoenix and 3sat. She regularly talks about the latest findings in the field of healthy ageing at conventions and panel discussions. Her four bestsellers and social media presence have won her fame as a popular science communicator.



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

Publishing House: Arkana
Format: Hardcover
Pages & Size: 224 | 13,5x21,5 cm
Original title: Immunsystem neu gedacht

CHRISTIAN SCHUBERT

The Immune System Reconsidered

HOW PSYCHOLOGICAL AND SOCIAL FACTORS STRENGTHEN HEALTH

Date of publication: October 01, 2025

Holistically healthy through a bio-psycho-sociological look at the immune system

Our immune system protects us from viruses and bacteria, heals wounds, and guards us against cancer and autoimmune diseases. What is usually overlooked is that it involves far more than just the biological system, as psychological and social aspects also play a crucial role.


Psychoneuroimmunologist Christian Schubert presents a holistic view of the immune system, a system not only crucial for health, but also for social coexistence and interaction. He explains how we can rely on our natural and holistic immune system to enable us to act more prudently, sustainably, and healthily in everyday life.

A revolutionary perspective for a healthier life – in the everyday lives of individuals and society overall.

- Our immune system is more comprehensive and complex than previously assumed – a wake-up call for an urgently needed, radical reconsideration of this area of medicine.
- The abstract conventional medical concept of the immune system brought into everyday life – with practical tips for sustainably strengthening health

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Christian Schubert



© Siri Schrott-Schubert

Christian Schubert is a psychoneuroimmunologist and professor in the Department of Medical Psychology at the Medical University of Innsbruck. From 2005 to 2021, he was head of the working group for psychoneuroimmunology at the German College of Psychosomatic Medicine (DKPM). From 2013 to 2020, he was a board member of the Thure von Uexküll Academy for Integrated Medicine (AIM). His scientific focus in psychosomatics is the development of a research approach for analyzing complexity. The Integrative Individual Case Studies method he has designed and tested offers a fresh approach to people's everyday reality and opens up new ways of comprehending illness and healing.

ULRICH STRUNZ



Reference Books, Health & Alternative Healing

Publishing House: Heyne
 Format: Paperback
 Pages & Size: 224 | 13,5x20,6 cm
 Original title: Der Gen-Trick

The Gene Trick

SWITCHING ON GOOD GENES, PREVENTING AND HEALING ILLNESSES, LIVING LONG AND HEALTHILY
 THE SECRET BOOK OF EPIGENETICS

Date of publication: May 01, 2025

2-colour throughout

Flipping the gene switch – the revolution for a healthy and long life

Developing cancer, diabetes, or depression, living to a ripe old age, being extroverted or reserved – are these all predetermined by our genes? Research on epigenetics, though still in its early stages, has made some revolutionary discoveries. Genes are not fate: we can exert a certain amount of control over how they operate and thus over our own lives.

Bestselling author Dr. Ulrich Strunz, a pioneer of epigenetics, illustrates how we can turn on the gene switch. With the proper diet, regular exercise, sufficient sleep, and reduced stress, specific genes can be switched on and off. By implementing targeted lifestyle changes, we can easily mobilize our self-healing powers and make maximum use of our genetic potentials.

- Illuminating facts, practical tips, and self-checks: activating the right genes for a long and healthy life

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, and a gastroenterologist. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life.
www.strunz.com



Reference Books, Health & Alternative Healing

Publishing House: Goldmann
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Original title: Unwetter im Kopf – Mein Leben mit Migräne

SABRINA WOLF

A Storm in the Head

MY LIFE WITH MIGRAINE: WHAT REALLY HELPED ME TO UNDERSTAND, ACCEPT IT, AND LIVE WITH IT

Date of publication: February 19, 2025


Alleviating migraines with pain management and resilience training

According to the WHO, migraine is one of the world's most debilitating illnesses and a condition still not taken seriously in many areas of society. "Only a headache? Everyone has them sometimes!" Having lived with chronic migraine attacks for over 10 years, Sabrina Wolf has developed her own method of coping with this condition, including relief for symptoms, strategies for acute cases, and for overall prevention. Her holistic approach offers help and is a strong encouragement for sufferers.

- Long-lasting help with resilience and pain management

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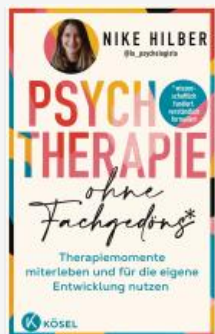
AUTHOR

Sabrina Wolf



© Dominik Ent

Sabrina Wolf, born in 1994, has had migraines since puberty. The condition has accompanied her throughout her life, and become chronic at the age of 26. In 2018, she founded the first German migraine podcast, "Unwetter im Kopf", and in 2019 the associated Instagram account @unwetterimkopf, which is now one of the largest migraine accounts in the German-speaking world. She works as a personnel officer and gives part-time courses as a relaxation trainer and yoga teacher. Since 2022, she has been vice-president of MigräneLiga Germany.



Reference Books, Psychology

Publishing House: Kösel
Format: Paperback
Pages & Size: 192 | 13,5x21,5 cm
Original title: Psychotherapie ohne Fachgedöns*

NIKE HILBER

Psychotherapy without the Jargon

SCIENTIFICALLY SOUND, CLEARLY FORMULATED – EXPERIENCING THERAPY MOMENTS AND UTILIZING THEM FOR YOUR PERSONAL DEVELOPMENT

Date of publication: April 02, 2025

What actually happens during therapy?


The psychologist and psychotherapist Nike Hilber offers a look behind the otherwise closed doors of therapy. In her book she uses fictionalized typical everyday therapeutic situations to provide authentic insights into the world of psychodynamic psychotherapy. The realistic and narrative view of universal themes such as anxiety, shame, loneliness, and anger creates an understanding of the intimate and emotional processes that psychotherapy entails and broadens knowledge about mental health and the possibilities for personal development, including both social and individual perspectives.

The stories about key therapeutic moments are supplemented by explanations of psychological concepts and methods. This book serves as inspiration for head and heart as well as for a deep understanding of the relationship to oneself and one's fellow human beings.

- Expert knowledge explained in an accessible way, and underpinned with impulses for reflection

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Nike Hilber



© concept-steiner

Nike Hilber, born in 1991, is a psychologist and psychotherapist with an orientation on depth-psychology. She is a proponent of psychodynamic psychotherapy with its potential to effectively treat mental illnesses and – with its proximity to psychoanalysis – to analyze socio-political processes. She has also been a science journalist on Instagram under @la_psychologista since 2018, where she makes her fascinating content accessible to a wide audience under the hashtag #ohnefachgedöns. nike-hilber.de/

MATTHIAS KREIENBRINK

Shame

HOW A POWERFUL EMOTION IS REDEFINING OUR LIVES

Date of publication: February 26, 2025

A new look at a powerful emotion – informative, journalistic, highly topical

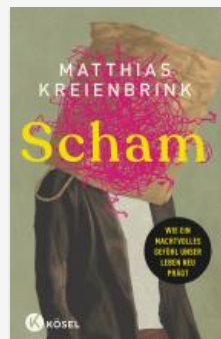
We all know the feeling of shame – and nobody enjoys it. Shame is nearly impossible to control, and so it can be easily exploited and instrumentalized. This is the case today more than ever. Shame has made a huge comeback because of social media and has again become a weapon.

The author explains how shame comes about and in what kind of situations it is likely to occur. And he allows people whose lives have been shaped by shame to have their say, especially those who have suffered intensely. He helps us understand this basic human emotion and how we can learn to handle it better.

- Includes many examples, including childhood experiences of shame and shitstorms on social media
- Guidelines and suggestions for avoiding and disarming shame

Everyone is ashamed sometimes, but no one talks about it – out of shame, of course. Kreienbrink penetrates this intense, discomforting emotional reaction analytically but also empathetically, revealing the political, economic, psychological, and sociological dimensions of shame.

Samira El Ouassil, author, actress, and podcaster




Reference Books, Psychology

Publishing House: Kösel
Format: Hardcover
Pages & Size: 224 | 13,5x21,5 cm
Original title: Scham

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Matthias Kreienbrink



© Ole Witt

Matthias Kreienbrink studied literature and history at the Free University of Berlin. He is a social and digital journalist in Berlin, writing for Die Zeit, Spiegel, Süddeutsche Zeitung, and Frankfurter Allgemeine Sonntagszeitung. He is also the managing editor for t3n magazine.



Reference Books, Psychology

Publishing House: Kailash
Format: Hardcover
Pages & Size: 368 | 13,5x21,5
cm
Illustrations: 4 b/w
illustrations
Original title: Vererbtes Glück

SABINE LÜCK

Inherited Happiness

HOW PARENTS AND CHILDREN CAN HEAL FAMILY TRAUMA BY WORKING
TOGETHER
THE GENERATION CODE METHOD

Date of publication: May 01, 2025

Breaking the chains of the past and giving children an unencumbered future

Fateful occurrences and the survival programs of our ancestors are still influencing us today. One far-reaching consequence is how they affect how we interact with our children. In this book, the renowned psychotherapist Sabine Lück shows how parents can become aware of longstanding dysfunctional family patterns and resolve them together with their children so that they can free themselves from their misplaced, encumbering sense of loyalty to the misfortunes of their ancestors.

The Generation Code® method developed by the author provides family members, ones even as young as two years old, with simple and effective tools to strengthen the bonding and relationship skills that had been lacking over the generations and to learn how to handle emotions and needs in a healthy way. Through this it will then be possible to prevent passing on transgenerational trauma and to open up an unburdened and joy-filled future for our children.

- Revolutionary new approach – stopping the transmission of transgenerational trauma once and for all
- Renowned, widely quoted expert with her own training institute and decades of practical experience

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AUTHOR

Sabine Lück



© Julien Bataillet

Sabine Lück is a psychological psychotherapist, child and adolescent psychotherapist, and systemic family therapist in private practice. Together with Ingrid Alexander, she developed the Generation Code® in 1994, an innovative therapy concept for the treatment of transgenerational trauma. In 2010, the two therapists founded the Institut für Transgenerative Prozesse (ITP). She is the author of "Ahnen auf der Couch" ('Ancestors on the Couch') and imparts her extensive knowledge through lectures, seminars, and trainings.
www.itp-wendeburg.de/



Reference Books, Love & Relationships, Reference Books, Personal Development, Reference Books, Psychology

Publishing House: Kailash
Format: Paperback
Pages & Size: 288 | 13,5x21,5 cm
Original title: Radikale Freundlichkeit

NORA BLUM

Radical Kindness

HOW KINDNESS CAN REVOLUTIONIZE OUR LIVES

Date of publication: March 12, 2025

Kindness, a powerful force – how we can change ourselves and the world


We live in a time defined by social crises, alienation through digitalization, and a strong focus on efficiency and profit. The overall mood is more aggressive and emotionally colder – leading to loneliness, depression, and stress.

The psychologist and entrepreneur Nora Blum explains how we can reclaim genuine connection and more togetherness through kindness. We will recognize how vital kindness is for our own life satisfaction, our physical health and our financial success. We will learn how to treat each other more respectfully even in difficult situations, whether under extreme stress, in political dialogue or at work. By choosing to live with kindness, we achieve self-efficacy and are able to be happier, calmer and more hopeful even in difficult times.

- With case histories, exercises, and practical tools for a respectful togetherness and appreciative cooperation

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AUTHOR

Nora Blum



© Lina Retzlaff

Nora Blum studied psychology in York and Cambridge. She has received several awards as the founder of the online therapy platform Selfapy. She conducts research into kindness and stress management and is a sought-after expert and speaker.



Reference Books, Personal Development

Publishing House: Kailash
Format: Paperback
Pages & Size: 240 | 13,5x21,5 cm
Original title: Hallo Angst, ich mach's jetzt doch!

JASMIN BÖHM

Hello Fear, I'm Going to Do It!

HOW ON AN ADVENTURE TRIP TO NORTH CAPE I FOUND THE COURAGE TO LIVE

Date of publication: May 01, 2025

Even more natural, even more courageous: conquering your own fears with Jasmin Böhm

The Spiegel bestselling author Jasmin Böhm embarks on an adventurous bicycle trip with her six-year-old son, this time northwards, to North Cape. Here, in the stark remoteness of the rugged wilderness, she confronts her fears every day and develops an exceptional strength and determination. With the empowering conviction that there's nothing that can stop her, she ultimately reaches decisions that will utterly change her life. Whether it's wild camping, a whale's birthday party, extreme experiences in the Lofoten Islands, or the magical Northern Lights – we experience up close how Jasmin overcomes her fears through being in harmony with nature and how she arrives at her true self.

Through her personal story she hopes to motivate everyone to see life as an adventure and to use every new challenge as an opportunity for personal growth leading towards a fulfilled life. In keeping with the motto: Life is an adventure that is just waiting to be lived.

- The inspiring and courageous journey of a single mother who, after several misfortunes, takes control of her life in a powerful and self-determined way
- For all adventure-seekers, bicycle travelers, and those who want to give their lives a new direction

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AUTHOR

Jasmin Böhm



© Raffaela Fehrekampf

Jasmin Böhm, born in 1990, is a single mother, sociology lecturer, and reading for a PhD in art history. In recent years, she has become a pioneer of bicycle travel with children, having covered 12,000 km across Europe by bike with her young son. They are currently on an overland trip to Australia, where they will set out on another bike tour.



Reference Books, Personal Development

Publishing House: Ariston
 Format: Paperback
 Pages & Size: 272 | 13,5x20,6 cm
 Original title:
 Laut.Stark.Leben.

SABINA CLASSEN, NICO ROSE

Loud. Strong. Alive.

THE HELL WITH SELF DOUBT!

Date of publication: May 01, 2025

With a foreword by 'Metal Queen' Doro Pesch

With an illustrated section

Metal heals – Self-confident living with your own rough edges


As a child, you had the wildest dreams of how you would one day live – until reality finally caught up with you. Doubts instead of dreams, dull routines instead of rock 'n' roll. Rather than living your own values, you lived those of others. But why should it have to stay that way?

The metal icon and alternative practitioner for psychotherapy Sabina Classen has been there: whenever other people wanted to tell her which direction she should take, she harnessed the energy of the moment to forge her own path all the more forcefully. Together with metal influencer and psychologist Nico Rose, Sabina recounts her life story here for the first time and reveals how you too can conquer self-doubt, allow inspiration into your life, and live a self-determined life. And you don't necessarily have to scream in order to lead a life full of energy and power – but sometimes it helps!

ARISTON 

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AUTHOR

Sabina Classen



© Sabina Classen

Sabina Classen was one of the first female frontwomen in the global Metal Circus in the early 80s. With her band Holy Moses, she was a pioneer of the burgeoning thrash metal scene. In 2009, she passed her alternative medical practitioner exam and has since completed additional therapeutic training courses. In 2016, she published the book "Der Messie in uns" ("The Hoarder in Us") with Carsten Tergast. In her practice, she provides coaching and therapy for people with burnout, depression, anxiety, obsessive-compulsive disorders, and hoarding disorders.

AUTHOR

Nico Rose



© Heinz Feußner, Hamm

In real life, Dr Nico Rose was Professor for economic psychology at a top business school until the beginning of 2022. He worked in business for fifteen years, and was most recently HR vice-president for a media corporation. In his other real life, Rose is a passionate heavy metal fan and has been to hundreds of concerts since the age of fifteen. He has an alternative persona on Facebook, where he heads up the Ministerium für Schwermetall ('Ministry of Heavy Metal'), a forum with c. 46k fans. His 2022 book "Hard, Heavy & Happy" immediately became a Spiegel bestseller.



Reference Books, Personal Development

Publishing House: Arkana
 Format: Paperback
 Pages & Size: 240 | 13,5x21,5 cm
 Illustrations: 10 b/w illustrations
 Original title: Radikale Akzeptanz

MARIE EHLERS

Radical Acceptance

THE KEY TO INNER STRENGTH AND SELF-HEALING

Date of publication: April 23, 2025

Always remember this: you are stronger than you think


In a world full of challenges, this book provides a space for inner strength and healing. The psychologist Marie Ehlers shares her invaluable experiences and tools for finding your own power. Through radical acceptance – the conscious acceptance of reality – we are able to discard powerlessness and recover our ability to act. The book encourages us to actively design our lives and provides insights for changing our mindsets and transforming our beliefs. In the midst of many challenges, this book presents the possibilities of finding hope and unfolding our own strength.

Marie Ehler's journey after her breast cancer diagnosis and her mantra "Don't compare your own healing to that of others" demonstrate that everybody should walk their own individual path in the face of challenges – during illness or loss. Radical acceptance is the key for not only overcoming crises but also emerging from them stronger and at peace.

- Reducing stress and anxiety and increasing well-being with practical tools such as the Emotional Freedom Technique (EFT)

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AUTHOR

Marie Ehlers



© privat

Marie Ehlers has a Master of Science in psychology, she is also an author, and EFT practitioner. She has administered the popular Instagram account @mind.corner since 2020, with a focus on self-worth and mindset. She has her own self-love store in Hamburg.



Reference Books, Lifestyle, Reference Books, Personal Development

Publishing House: Irisiana
Format: Paperback
Pages & Size: 272 | 13,5x21,5
cm
Illustrations: 4 b/w
illustrations
Original title: Erfüllter leben
mit Minimalismus

ADINA MARKOWZ

Living the Fulfilled Life through Minimalism

40 EXERCISES FOR GREATER CLARITY, SATISFACTION, AND LIGHTNESS

Date of publication: April 23, 2025

With 4 b/w illustrations

From a full life to a fulfilled life – rethinking minimalism – self-awareness instead of renunciation

Adina Markowz does not do with giving things up, but the only things she has are those that suit her life. To find out what really works for you and your life, the 'Minimalism Muse', as she calls herself, has created a 40-step program that can be implemented in everyday life.

The author does not advocate any kind of extremism: you don't have to throw away, give away, or sell 90 percent of your possessions the very next day. Adina's playful minimalism will lend you more energy, lightness, and clarity rather than the stresses of optimization, abstention, or a guilty conscience. She is more focused on the happy medium of less, with a deep self-knowledge and personal fulfillment – and the questions: What makes you happy? What do you need? And what is simply unnecessary ballast hindering you in your life?

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AUTHOR

Adina Markowz



© Dominik Rößler/Penguin Random House

Adina Markowz is known and loved on Instagram as the "Minimalism Muse". As a coach, she helps people free themselves from material and mental baggage, thereby helping them find more joy, lightness, and energy.

KEN STORNES, HEIDI FRIEDRICH



Reference Books, Personal Development

Publishing House: Mosaik Verlag
 Format: Hardcover
 Pages & Size: 192 | 15,5x21,0 cm
 Original title: Mein Leben als letzter Wikinger

My Life as the Last Viking

HOW I FOUND MY WAY TO MAXIMUM ENDURANCE, COURAGE, AND DETERMINATION

Date of publication: April 23, 2025

4-colour photos

Nine virtues from a long time past

"Do whatever you are most afraid of" – this is the life motto of Ken Stornes, a Norwegian extreme athlete who has repeatedly managed to redefine the limits of what is humanly possible. Inspired by the enduring virtues of the Vikings – honor, courage, perseverance, self-reliance, discipline, hospitality, loyalty, honesty, and dedication – he has become one of the fittest people on the planet. Stornes is a two-time national taekwondo champion and elite soldier, as well as the world record holder in "death diving" with his sensational dive from a height of 40.5 meters into the frigid depths of a Norwegian fjord. He draws his power and vitality from the archaic legacy of the Vikings, which he can sense in the wild natural world of Norway.

"My Life as the Last Viking" is the fascinating story of a man who finds his satisfaction and fortune in the art of simple living.

- The first book by the world-famous Viking with a million followers on social media
- Watch the YouTube video "Straight Talk" by Damian Porter in English: "Ken Stornes - Unleashing the Inner Viking: Death Diving, World Records, Cultivating Mental Health"

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Ken Stornes



© privat

Ken Stornes is a true phenomenon. Born in Harstad, Norway, in 1988, he was a soldier in an elite infantry unit from 2008 to 2012 and was stationed in Afghanistan twice. He trained as a paramedic and now works as a healthcare worker. In 2023, he set the world record in death diving. His life is an inspiration to many people, with over a million people following him on social media.

AUTHOR

Heidi Friedrich



© Mareike Keiper

Heidi Friedrich is a journalist and the author of numerous books. Her articles have appeared in, among others, Welt am Sonntag, Spiegel Online, and Zeit Online. She has lived in New York, London, Aix-en-Provence, Dublin and Zürich.

JUDITH WERNER

Pondering Better

PHILOSOPHICAL HELP WITH THOUGHT LOOPS AND OVERTHINKING

Date of publication: June 25, 2025

Finally away from out of extended mulling and brooding: what really helps against overthinking

Thought loops not only drain your energy but are also unhealthy. "Just stop thinking" is the miracle remedy that personal coaches and the self-help industry would prescribe. But if we could stop thinking in circles by turning it off like a switch, wouldn't we simply do it? And what's more, should we do it even if we could?

The philosopher Judith Werner says no, because muting the things that make our thoughts spin only prevents us from solving our problems. We should learn to think better rather than less – and it is precisely through this that we can keep from overthinking. Here is an illuminating journey through the conglomerated thinking and pondering tips from the history of philosophy demonstrating how we can transform ourselves from overthinkers into deep thinkers – because those who think better can free themselves from unnecessary rounds on the carousels of thought.

- Deep thinking instead of overthinking – philosophical life coaching at its best
- Thinking less is not the solution – avoid brooding attacks through stoic composure
- For readers of Laurence Devillairs and Gwendoline Smith




Reference Books, Personal Development

Publishing House: Kösel
Format: Hardcover
Pages & Size: 208 | 13,5x21,5 cm
Original title: Besser grübeln

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AUTHOR

Judith Werner



© Alexander Urban

Dr. Judith Werner is a publicist and podcaster, and a philosopher as well, and thus knows all about thinking, overthinking, thought loops, and everything associated with them. As a freelance journalist and content creator, as well as in her private life, she confronts the issue of overthinking. Her articles have appeared such periodicals as Süddeutsche Zeitung, Jüdische Allgemeine, and Missy Magazine.



Reference Books, Career & Coaching, Reference Books, Personal Development

Publishing House: Penguin
 Format: Paperback
 Pages & Size: 208 | 17,0x24,0 cm
 Original title: Mach, was du kannst – Workbook

ALJOSCHA NEUBAUER, BARBARA WEIßENBACHER

Do What You Can – The Workbook

DISCOVER YOUR ABILITIES AND FIND THE JOB THAT WILL MAKE YOU HAPPY AND SUCCESSFUL

Date of publication: April 16, 2025

2-colour throughout


Discovering your abilities and finding the job that will make you happy and successful

Prof. Dr. Aljoscha Neubauer and Dr. Barbara Weissenbacher are professionals in the field of career counseling. In this practical workbook for career starters and career changers, they have combined valuable tips and advice with practical self-tests for discovering individual talents, choosing the right career, and becoming happy and successful in your job.

When deciding on a career, it is important to consider your own talents and not just your personal interests. The "Do What You Can" workbook will guide you in finding the career path that suits you best. The large-format workbook can be used along with the book "Do What You Can" or as a stand-alone workbook.

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Aljoscha Neubauer



© Christian Wind

Prof. Dr. Aljoscha Neubauer, born in 1960, is a professor of psychology at the University of Graz. He is the head of the department of differential psychology and his particular field of interest is cognitive, social and creative talents and their neurophysiologic foundations. In addition to his research activities, he offers a career guidance program, regularly gives lectures to educationalists, and has published numerous self-test and advice books.

AUTHOR

Barbara Weißenbacher



© privat

Dr. Barbara Weißenbacher is a research associate at the Institute of Psychology at the University of Graz. Her research focuses on pedagogical education and the development of psychological test procedures.



Reference Books, Career & Coaching

Publishing House: Ariston
 Format: Hardcover
 Pages & Size: 288 | 13,5x21,5 cm
 Original title: Das Ende der Dominanz

BRIGITTE WITZER

The End of Dominance

WHY POWER PLAYS AND HIERARCHIES ARE OUTMODED
 NEW PERSPECTIVES FOR CONTEMPORARY LEADERSHIP

Date of publication: May 01, 2025

Dominance wins games, but resonance wins championships


Corporate power is still a taboo topic today. Everyone knows that it is needed in order to make things happen, yet few people know how this organizational power can be acquired. Women in general are just as reluctant to search for it as is Generation Z. They prefer to focus on content instead of playing games. But they needn't be, because there are effective alternatives to the narcissistic mentality of winning, force of will, and trickery.

Brigitte Witzer's new book is a compelling plea to managers at all levels to be socially astute and effective at eye level. They can do this by listening and ensuring resonance in their teams through empathy. The demise of dominance shows the way to a new personal strength that will genuinely advance careers, businesses, and our economy.

- Personal strength instead of personality disorder – visionary new authority instead of narcissism and overbearing dominance at the top of a corporation
- Empathic style – exclusive examples from the author's everyday coaching life, a book that appeals to the mind and emotions and makes complex topics easy to understand

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Brigitte Witzer



© Annette Koroll

Prof. Brigitte Witzer, born in 1958, is an executive coach, author, and painter living in Berlin. She started out as a publishing director, a corporate manager, and then a professor. She has now been working as an executive coach for a good twenty years. She discussed the old authority, the "authority of heroes", in 2005 in her first book, "The Time of Heroes is Over," presenting post-heroic management as an alternative in attitudes and action. In "The Dictatorship of the Mindless" (Heyne, 2015), she analyzed dictatorship as a covert form of authority that has a firm grip on our society. In her new book, she brings these strands together in developing a contemporary concept of leadership.



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 128 | 11,8x18,7 cm
Original title: Erziehung war gestern

RUTH ABRAHAM

Leaving Standard Child-Raising Behind

THE RADICAL ABOUT-FACE FOR PARENTS, WHERE EVERYONE BENEFITS

Date of publication: March 26, 2025


The greatest misunderstandings about having children

"Can't you just ... Do you always have to ... Haven't I already told you at least ten times ...?" What makes us behave with children in ways we would never do with other adults? Is parenting a continual pushing and pulling, punishing and rewarding, scolding and demanding? Could it be that something has gone fundamentally wrong in the relationship between adults and children? Many of the discussions we have about children end where Ruth Abraham's book starts. With her intense honesty and astute observations, she holds a mirror up to us, exposing how inconsistent and conflicted we are with regard to our own roles. At the same time, she also reveals how easy it is for societies to simply declare parenthood a private matter. Abraham takes up the cause of our children and reconsiders how we can best make a life with them. With her strong pedagogical analysis, she demonstrates that we have no choice but to leave the standard idea of parenting behind if we want an improved family life and a fairer, better society.

- A penetrating essayistic approach that will stimulate debate
- A vital contribution to the subject of 'adulthood'
- The author has been a controversial beacon of the hands-off, non-authoritarian parenting scene for over 10 years

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AUTHOR

Ruth Abraham



© privat

Ruth Abraham is a cultural scientist with a master's degree in sociology and ethics. Her focus on parenting is influenced by gender, migration, discrimination, and system sociology. She is a central figure of the hands-off, non-authoritarian parenting movement. Her courses, workshops, and her platform community "Der Kompass" have been helping mothers and fathers towards a peaceful parenthood.



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 240 | 13,5x21,5 cm
 Original title: Jungs von heute, Männer von morgen

ANNE DITTMANN

Boys of Today, Men of Tomorrow

WHAT OUR SONS NEED FROM US FOR AN EQUITABLE FUTURE

Date of publication: May 01, 2025

2 colour throughout, with numerous illustrations

Protect your daughter? Educate your son!


People who have sons today face special challenges. We desire happy boys who grow up without toxic concepts of masculinity. But there still seems to be a lack of role models and structures for their upbringing. In her new book, Spiegel bestselling author Anne Dittmann, herself the mother of a son, examines the major questions of our time in terms of actual family life: What is inherent in boys' nature? Which role models have a positive influence on them? What role models are we able to set for them? How do we raise them to be empathetic, respectful, and caring? And where do we sometimes become entangled in our own stereotypes? This book not only organizes the relevant evidence, but also provides us with many practical instructions for everyday life. A must for all those who want to courageously accompany their men of tomorrow.

Featuring interviews with renowned experts on such topics as friendship and feelings, violence and aggression, health and crises, computer games and media, roles and role models, porn and sexuality, and leisure and commitment.

- Empowering approach in the field of counseling boys
- Contributing to the ongoing debate around sexism, #MeToo, and toxic masculinity

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Anne Dittmann



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Anne Dittmann is an author, podcaster, and journalist who writes about family policy issues, including for ZEIT Online, Süddeutsche Zeitung, and Brigitte. With her Spiegel bestseller "solo, selbst & ständig" and as the host of her podcast 'Solo Moms', she has become a prominent voice for single parents.

ANJANA GILL

The Bird That Trusted Its Wings

25 STORIES TO HELP MAKE CHILDREN EMPOWERED AND JOYFUL FOR A LIFETIME

Date of publication: March 26, 2025

2-colour throughout, with numerous illustrations

Happiness for our children

We all wish our children happiness and self-confidence. But what is it they need to develop these? The inspiring happiness expert and bestselling author Anjana Gill is absolutely convinced that happiness is as simple to learn as a language or a skill – you only need to know how to do it. And the earlier children are introduced to this "happiness knowledge", the stronger and deeper it takes root in them. It will remain an intrinsic treasure for a lifetime.

In her book for both parents and children, Gill takes us on a voyage to the wellsprings of confidence. In 25 enchanting and colourful stories, each with a read-aloud part, this book will teach us how to become ambassadors of happiness for our children.

- The first parenting guide from the bestselling author and happiness expert, for children aged 5 to 10
- Ancient wisdom and storytelling tradition to impart courage and happiness to children
- Each chapter with guidance and background knowledge for parents, and a section for reading aloud or retelling




Reference Books, Family & Parenting

Publishing House: Kösel
Format: Hardcover
Pages & Size: 176 | 12,5x20,0 cm
Original title: Der Vogel, der seinen Flügeln vertraute

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Anjana Gill



© © Selda Photography, Selda Schretzmann

Anjana Gill, a bestselling author with German-Indian roots, has been an online coach and an expert in modern spirituality and manifestation for over 20 years. Her passion is to show that there are indeed connections between heaven and earth which can enrich life in unexpected ways. Her motto is: "Anything is possible if you capably make use of the power of your thoughts and work closely with the universe."
www.anjanagill.de



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 160 | 13,5x21,5 cm
 Original title: Sag zum Abschied leise ... yippie!

NATHALIE KLÜVER

Say Goodbye With A Quiet ... Hurray!

WHAT WE CAN CELEBRATE WHEN OUR CHILDREN BEGIN TO GROW UP
 FOR PARENTS OF CHILDREN AGE 9 AND OVER

Date of publication: June 25, 2025

2-colour throughout

What we need when we are no longer needed


It's almost absurd: for years, we do everything we can to ensure that our children will be able at some point to fend for themselves. But when the time comes, our hearts sink. While we fully celebrate all the firsts, the final ones often catch us off guard. Children's birthdays, games together, snuggling – things that were so important for so long are now simply things of the past. It all starts at the age of 9 – from then on, our children gradually start separating from us until, at the start of puberty, we stand in front of the closed door of their room and are pleased if we at least see our teenagers at dinner. What do we do now?

"Get your own life", journalist and mother-of-three Nathalie Klüver encourages us. Courage instead of sorrow, opportunity instead of crisis! With her amusing, warm-hearted book, peppered with clever ideas and facts, she leads us away from the playroom and presents us with the rooms that belong to us once again. We are still needed, just in different ways. Enjoying our children growing up while practising letting go — this is a book that really helps!

- Inspiring specialist knowledge from a wide range of disciplines, including psychology, medicine, and coaching

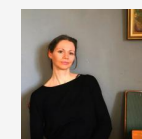
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Nathalie Klüver



© privat Nathalie Klüver

Nathalie Klüver knows the changes that growing up brings with it from experiences with her three children. As a freelance journalist, she writes about compatibility and family for Spiegel, Brigitte, and Süddeutsche Zeitung. She is the author of several successful books on family issues, including "Die Kunst, keine perfekte Mutter zu sein" ("The Art of Not Being a Perfect Mother").

WOLF LÜTJE

Your Birth Coach

HOW TO PREPARE FOR YOUR BABY'S ARRIVAL IN A PERSONAL, SELF-DETERMINED, AND CONFIDENT WAY

Date of publication: May 14, 2025

4-colour throughout

What is truly indispensable for pregnancy and birth

After 40 years and some 60,000 attended births, the renowned obstetrician Dr. Wolf Lütje knows that nothing is more individual than birth preparation. For a secure and fulfilling birthing experience, pregnant women require advice that is specifically tailored to them. Questions women might have are: Where do I want to give birth? What am I maybe unconsciously afraid of? What should not be allowed to happen, under any circumstances? And what will I be able to deal with even under difficult conditions?

His unique coaching concept, which comprises various aspects such as mindset, biography, resources, and stress, provides women with invaluable answers to the fundamental questions surrounding their forthcoming birth and enables them to develop self-awareness and self-determination once the baby arrives. A book that pregnant women have been wishing for.

- Combined expertise in both obstetrics and psychotherapy
- Questionnaires, flowcharts, and specific recommendations for what to do
- Based on an award-winning coaching concept




Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 160 | 13,5x21,5 cm
Original title: Dein Geburtscoach

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Wolf Lütje



© Kerstin Pukall

Dr. med. Wolf Lütje, born in 1957, has gained a wealth of experience from 60,000 births over his 40 years as an obstetrician. Being a psychotherapist and urogynaecologist as well, he thus covers the entire spectrum of health care for women in pregnancy. He was senior consultant for gynecology and obstetrics at the Dritter Orden Hospital in Munich and most recently chief medical officer in the Gynaecology Clinic in Hamburg, which was awarded by WHO and Unicef with the certificate 'Baby-Friendly Hospital'. He is President of the German Society for Psychosomatic Gynaecology and Obstetrics and is also a sought-after speaker, supervisor, lecturer, consultant, and personal birth coach with an award-winning coaching concept.

LEONIE LUTZ, MAREIKE BREDE



Reference Books, Family & Parenting

Publishing House: Kösel
Format: Paperback
Pages & Size: 256 | 13,5x21,5 cm
Original title: Verstehen statt verlieren

Understanding Instead of Despairing

FIRST-AID FOR SMART-PHONE PUBERTY

Date of publication: March 26, 2025

2-colour throughout


Educating teenagers and supporting their digital needs securely and calmly

Today's teenagers and their parents are experiencing a kind of puberty vastly different from that of the generation before them. In puberty the brain is in a major development stage during which the smartphone with all its challenges for the parent-child relationship is rearing its way into family life. Devices cracked out of frustration? Porn in the class chat? Constant contention about media time? The renowned digital expert and Spiegel bestselling author Leonie Lutz along with the highly regarded sex educator Mareike Brede specifically address puberty and media use. They provide insights for parents and young people and offer constructive solutions for confidently navigating this challenging time together. With insightful interviews and input from experts on the topics of gaming, addiction, anxiety, and sexuality and a foreword by Spiegel bestselling author Nicola Schmidt.

- Constructive and encouraging approach to an emotionally charged and often illogically discussed issue
- Realistic – input from young people themselves and authentic questions from parents

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Leonie Lutz



© Philipp Behrendt

Leonie Lutz is an editor and social media expert. Her Spiegel bestseller "Helping Instead of Forbidding" ("Begleiten statt verbieten") was published in 2022. She also gives online presentations to prepare parents for their children's digital lives. Her Instagram channel @kinderdigitalbegleiten has over 33,000 followers.

AUTHOR

Mareike Brede



© privat

Mareike Brede studied education and sociology at Kiel University with a focus on sex education. After completing her studies, she worked for a counseling center and held presentations in school classes and daycare centers. Today, she educates parents about puberty and its sexual aspects. Her Instagram channel (@die.mamareike) has over 96,000 followers.



Reference Books, Family & Parenting

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 224 | 13,5x21,5 cm
 Original title: Kindheit ohne Gepäck

CARINA THIEMANN

Childhood without Emotional Baggage

HOW TO BREAK OUT OF OLD PATTERNS AND FORGE NEW PATHS WITH YOUR CHILD
 INSTRUCTIONS FOR CYCLE-BREAKING

Date of publication: June 25, 2025

2-colour throughout

Lightness begins with you – How parents can transcend negative family patterns

Especially in stressful situations, nothing confronts us with the conflicts of our family background more suddenly and intensely than raising our children. Carina Thiemann, a systemic family therapist and the founder of the Instagram channel and company "Weltvonunten", supports parents in breaking these cycles and creating a carefree and loving childhood for their children.

Threatening, scolding, punishing, shaming, ignoring – this guide for breaking cycles enables families to identify and resolve the often unconscious disruptive behavior patterns and imprints. The many case studies, impulses, exercises, and stories will encourage parents to search for and understand the sources for their own and their children's behavior and to discover new ways of living together with more empathy for all family members.

- Case studies, exercises, and practical tips for directly applying in everyday family life
- A holistic view of parenting issues, beyond superficial solutions

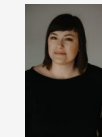
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Carina Thiemann



© Feyzan-Gazel Güner

Carina Thiemann is an educator, social and trauma-informed worker, and systemic family therapist in training. She has worked as an educator, social pedagogue, and facility manager, including in daycares and kindergartens, after-school care, child and adolescent psychiatry, and youth welfare departments. In 2021, she founded Weltvonunten, which has nearly 100,000 followers on Instagram. As a consultant, she accompanies families and educational professionals.

CHRISTIANE YAVUZ

The Daughter on Equal Terms

HOW AN ADULT RELATIONSHIP WITH YOUR MOTHER STRENGTHENS YOUR LIFE

Date of publication: May 14, 2025

Mothers and daughters – a special relationship

After a conflict with their mother or other emotionally stressful triggers, adult daughters realize that the relationship can't continue on as it is. In her present life, a daughter is still encountering difficulties impacted by her daughter-identity, such as in maintaining a relationship, in raising children, or in professional life. Yet one key to a self-determined life is in coming to terms with being a daughter. Recognizing this is the first step on a journey of self-discovery and personal development.

This book helps with

- understanding why the relationship to the mother is still burdensome and stressful
- exploring what influence the role as a daughter has on her own decisions
- recognizing where mother and daughter are stuck in hurtful and destructive dynamics
- reflecting on where personal scope for action lies (and where not)
- testing where your own boundaries lie and how you can communicate them

In this way, every woman can find a balance between distancing and connection and develop an inner strength that will enable her to live as a daughter on an equal footing with her mother.

- Exercises, self-tests, questionnaires, reflections, and case histories




Reference Books, Family & Parenting, Reference Books, Psychology

Publishing House: Kösel
 Format: Paperback
 Pages & Size: 208 | 13,5x21,5 cm
 Illustrations: 10 b/w illustrations
 Original title: Tochter sein auf Augenhöhe

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Christiane Yavuz



© Tanja Hammel

After 10 years as a social worker in youth protection, Christiane Yavuz is now a freelance author, coach, certified mediator, and family counselor (Familylab). She confronts the dynamics between adult daughters and their mothers in her mediation, family, and conflict counseling sessions. From her experiences, she developed her online course on molding independent, calm, and clear daughter-mother relationships.

RAINER UND REGINA FRANKE

Carefree in Minutes

Date of publication: February 26, 2025

Tapping therapy with 60 MET consciousness cards

The card set as the easiest approach to the most effective method of tapping therapy by Rainer and Regina Franke: holistic help for anxiety and stress, depression, addictions, blockages, smoking withdrawal, and activating self-healing powers. Or simply for relaxation.

It has never been so easy to dissolve blockages and unleash your creative energy potential. The MET cards provide the quickest method for using tapping therapy. Resistances and blockages are identified so that they can then be tapped on and lastingly cleared. The cards connect us to higher levels of consciousness so that we are able to tap on concerns, anger, and despair in a focused way.

Four categories of cards for a daily happiness barometer and reliable help:

- "Emotion cards" for the various feelings
- "Consciousness cards", presenting levels of consciousness, and help with clarifying choices
- "Forgiveness cards" to initiate the psychological dynamics of letting go and reconciliation
- "Thymus cards" for tapping to restore the thymus gland, the central organ of the meridian system



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

Publishing House: Bassermann
Format: card set
Pages: 9,5x9,5 cm
Original title: Sorgenfrei in Minuten (Karten)

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Rainer und Regina Franke

Rainer Franke, a PhD in psychology, has been a psychotherapist since 1986. He and his wife, Regina, a natural healer and a dance and yoga teacher, are founders of the Franke2 Academy, which offers a comprehensive training in Meridian Energy Techniques (MET) and Energetic Psychology throughout Europe.



**Reference Books,
Mindfulness, Reference
Books, Personal
Development**

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 256 | 13,5x21,5
cm
Original title: Die Kunst, das
Glück zu fühlen

SAFI NIDIAYE

The Art of Feeling Happiness

HOW TO RELEASE THE POWER OF GOOD FEELINGS IN YOURSELF – IN BOTH
EASY AND HARD TIMES

Date of publication: May 28, 2025

Get out of the negativity trap – how to discover the hidden treasure of good feelings within

Positive feelings are the driving force behind our lives. But despite our striving for happiness, we often focus more on problems and worries than on the positive things that life has to offer us. However, we have far more positive feelings than we are aware of – not just in brief moments of happiness, but precisely where we don't expect them: in anger, in ugliness and negativity, in the fundamental causes of our problems, at the extremes of our desires, even underneath our pain.

Safi Nidiaye shows us how we can discover the treasure trove of good feelings within us and then express them to the world. Through her popular "body-centered heart work" method, we can tap into an inexhaustible source of inner strength that can transform our lives in positive and unexpected ways.

- The guide to greater inner freedom, vitality, and joy of life – with many practical tools, exercises, and illustrative case studies

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Safi Nidiaye, born in 1951, is a bestselling author in the realm of psycho-spiritual life-help. From the practice of meditation, she developed her "body-centred heart work" in the early 1990s, a method of self-perception situated somewhere between non-professional and therapist circles that has now become well established. She conveys this body-centred aspect in seminars in several languages, and trains interested laypeople and therapists in this method.
www.safi-nidiaye.de



Reference Books, Mindfulness

Publishing House: Irisiana
 Format: Paperback
 Pages & Size: 224 | 15,0x21,5 cm
 Illustrations: 6 b/w illustrations
 Original title: Meine Reise zur Achtsamkeit

RONALD SCHWEPPE, ALJOSCHA LONG

My Journey to Mindfulness

THE 7-WEEK PROGRAM FOR A COMPOSED, STRESS-FREE LIFE
 WITH PLENTY OF ROOM FOR PERSONAL NOTES


Date of publication: April 16, 2025

Your mindfulness workbook with supportive exercise programs

Mindfulness is the most effective way to reduce stress and experience more serenity and joy in life. This book offers the perfect introduction to making it an essential part of your life. With the help of the easy-to-implement, step-by-step 7-week program, you will learn the basics of mindfulness and how to apply them in everyday life. Along with the constructive techniques, meditations, and experimentation, the workbook provides plenty of space for your own notes and reflections to document your progress and personal experiences.

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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.

AUTHOR

Aljoscha Long



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Modern psychology, contemporary philosophy, and Eastern spirituality flow harmoniously together in Aljoscha Long and Ronald Schweppe's works. Aljoscha Long is a psychologist, therapist, and martial arts teacher.

RONALD SCHWEPPE, ALJOSCHA LONG

Butterflies Don't Need a Passing Lane

ON THE ART OF MAKING LIVING LIGHT AND EASY

Date of publication: May 01, 2025

With 125 b/w illustrations

Impulses for more serenity in life

Ronald Schweppe and Aljoscha Long reveal how we can find more composure and light-heartedness in our everyday lives. Since we are surrounded by stressful things that we have no control over, it is essential to keep in touch with our inner zest for life. But how can we let go of negative thoughts and feelings and find more serenity?

In short texts, the authors provide in-depth and illustrative inspiration on how we can rid ourselves of burdensome emotional baggage and generate new energy. They address such issues as what sorts of thoughts are preventing one from developing greater confidence and how it is possible to rediscover childlike joy. A butterfly accompanies us on our journey to greater lightness and serenity. Affirmations, aphorisms, dialogs, and charming illustrations enliven each chapter and offer new inspirations.

- A treasure trove of impulses, reflections, and meditations




Reference Books, Mindfulness, Reference Books, Personal Development

Publishing House: Kösel
Format: Hardcover
Pages & Size: 176 | 13,5x21,5 cm
Illustrations: 20 b/w illustrations
Original title: Schmetterlinge brauchen keine Überholspur

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ALJOSCHA LONG, RONALD SCHWEPPE

As Calm and Collected as a Panda

44 MINDFULNESS CARDS FOR EVERY DAY FOR A RELAXED, FULFILLED LIFE

Date of publication: May 01, 2025

44 cards set with booklet

A light heart and a clear mind – the little panda shows the way to a serene life

Finding a serene and mindful life in a playful and intuitive way is easy with the wise and popular Panda Bao and his enchanting cards. The inspiring impulses on each card reveal essences of Far Eastern wisdom and assist us in finding inner peace and in cultivating joy, trust, and self-regard. Whether as a morning ritual, between meals, or when faced with a particular challenge – simply draw a card and allow the words and images have their effect. Panda Bao will open our eyes to the secret wonders of the present moment, showing how we can move through life every day with a light heart and a clear mind.


Reference Books, Mindfulness

Publishing House: Ansata -
Integral - Lotos
Format: card set
Pages: 8,9x12,8 cm
Original title: Gelassen wie ein
Panda. 44
Achtsamkeits-Karten für jeden
Tag



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AUTHOR

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Reference Books, Spirituality & New Age

Publishing House: Ansata -
Integral - Lotos
Format: Hardcover
Pages & Size: 272 | 13,5x21,5
cm
Original title: Seelenkraft –
Entdecke dich selbst

SANDRA WEBER

Soul Power – Discover Yourself

A GUIDE FOR UNFOLDING YOUR MULTIDIMENSIONAL POTENTIAL

Date of publication: May 28, 2025

How to find inner strength and true purpose in harmony with our highest self

What is the origin of our soul and what potentials have we brought with us from that place into this incarnation? Why are we really here?

Sandra Weber guides us through the hidden dimensions of the soul, showing us how, through conscious connection with our true origins, we can discard old pains, injuries, and disappointments and realize our spiritual plan. By learning to increasingly adopt the higher perspective of our soul, we will discover our innermost power and will be able to openly navigate through life free from fear: with focused clarity and in full harmony with our inexhaustible potential.

The comprehensive, spiritual eye-opener for all who want to connect with the wisdom of the soul and delve deep into the secrets of being.

- Extra: Three guided soul meditations for downloading

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© Farina Deutschmann

Sandra Weber is an author, consciousness trainer, and spiritual teacher in her Center for Health & Happiness on Lake Constance. Through her own life challenges and years of experience, she developed her THEKI method in 2005. In seminars and individual sessions, as well as through her books, lectures, and interviews (YouTube channel "THEKI"), she has helped thousands of people to set out on new, more fulfilling paths.



Reference Books, Spirituality & New Age

Publishing House: Bassermann
Format: Hardcover
Pages & Size: 256 | 13,5x21,5
cm
Original title: Dunkle
Chroniken

LARS A. FISCHINGER

Dark Chronicles

THE HIDDEN MYSTERIES AND SECRETS OF HUMANITY

Date of publication: April 23, 2025


16-page color illustration section

On the trail of mysteries around the world

The renowned mystery author and researcher Lars A. Fischinger is now back with new leads on the incredible. In an expertly captivating, factual, and controversial manner, he sets off on obscure paths around the globe – always in search of the large and small mysteries, puzzling occurrences, odd discoveries, and phenomena of humankind that are not to be found in our history books.

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© Iwonka Komuda

Lars A. Fischinger has been dealing with the greatest riddles of humanity for over thirty years. He is the author of numerous successful non-fiction books, which have been translated into many languages, and is one of the best-known journalists on the subject of mysterious phenomena. He lives as a writer, blogger, and successful YouTuber in the state of North Rhine–Westphalia
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