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LIFESTYLE

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Publication:	21.06.2022
Author:	Dietz, Hanna
Title:	Finally I don't have to want what I'm free to do anymore How to relax when you no longer want to impress anyone
Pages/Cover/Format:	approx. 192 pages, softcover, 135x210mm
ISBN:	978-3-7474-0429-4
Price:	D: 17,00 EUR, A: 17,50 EUR

No more cool! Bestselling author Hanna Dietz delivers a highly entertaining must-read for all those who want to discover the stuffy person in themselves

At some point, Hanna Dietz became what she never wanted to be: sensible. Conformist. Uncool. But she discovers something amazing: it's not bad at all. It doesn't hurt a bit! Sure, the cool times are over. But do you have to feel bad about it? Not at all! All you have to do is look at the limescale-free shower wall and you know that life is totally fine. With a twinkle in her eye and self-deprecating, but always with a loving eye, she shows readers that despite all the uncoolness, there can still be many exciting first times for adults: for example, getting up extra early to grab the discount store special, or calling the police because of party noise from the neighbourhood.

A book that doesn't take itself too seriously and makes you want to live a spectacularly stuffy adult life.

Hanna Dietz, born in Bonn in 1969, actually wanted to become a sports teacher, but then found out that it is quite complicated to teach children the field swing if you can't do it yourself. So she became a journalist. In 2007 she published her first novel. In the meantime, she has written 20 books. With "Men's Diseases" she made it to the top of the "Spiegel" bestseller list.

Selling points and marketing:

- A clear statement against the coolness compulsion among adults with a lot of tongue-in-cheek and self-irony
- For all readers of Alexandra Reinwarth



Publication:	17.05.2022
Author:	Iding, Doris
Title:	My inner critic can kiss me goodbye Make peace with the critical voices inside you
Pages/Cover/Format:	approx. 144 pages, softcover, 120x187mm
ISBN:	978-3-7474-0421-8
Price:	D: 13,00 EUR, A: 13,40 EUR

With the tips of established mindfulness author Doris Iding, the inner critic no longer stands a chance

No one makes life as difficult for us as we do ourselves. It is the quiet voice in our ears that constantly reminds us of our weaknesses and condemns us at every slightest misstep. The good news: we can turn these negative thoughts into positive ones! Experienced author and meditation teacher Doris Iding shows how we can use simple mindfulness exercises, effective meditations and helpful MBSR exercises to make the origin of the critical voices visible and learn to make peace with them so that they no longer work against us, but with us. With simple tricks, we stop sabotaging ourselves, putting obstacles in our way, and find the courage and strength to live the life that suits us.

Doris Iding is a meditation and mindfulness teacher, author of numerous spiritual books and editorial member of "Yoga aktuell". She trains and educates people and leads seminars worldwide.

Selling points and marketing:

- Doris Iding is a well-known and successful author with over 160,000 books sold in the field of self-help
- Large target group - everyone knows the negative voices in our heads that keep us from our own happiness
- With numerous exercises and tips to stop sabotaging yourself



Publication:	22.03.2022
Author:	Kessler, Julia Maria
Title:	Caught along in the addiction How to free yourself from co-dependency with alcoholism
Pages/Cover/Format:	approx. 224 pages, softcover, 148x210mm
ISBN:	978-3-7474-0402-7
Price:	D: 17,00 EUR, A: 17,50 EUR

Alcohol is a family disease: co-dependents usually suffer more than the alcoholics themselves

As a partner, you are just as affected by addiction as the alcoholics themselves. If you lie for them, report them "sick" to their employer, clean up after them, you inadvertently support the addiction system and thus become co-dependent on alcohol yourself.

Julia Kessler herself lived with an alcoholic for years and knows the struggles one has with one's partner and oneself. Today, as a coach, she helps other co-dependents and shows how those affected can recognise manipulation and redirect their focus to themselves. Those who succeed in dealing with their complex feelings can find a way out of co-dependency.

Julia Kessler, born in 1976, works as a systemic coach after training at the Dr. Bock Coaching Academy. She uses her personal story as an encouragement and shows co-dependents a way out of the addiction system. At the Blue Cross in Munich, she leads a group for relatives of alcoholics. She lives with her two sons at Lake Starnberg.

Selling points and marketing:

- Alcoholism is an addictive system of manipulation, fear, shame, isolation and guilt – this book shows ways out
- The author was herself co-dependent, today she helps others affected as a coach



Publication:	22.02.2022
Author:	Mühlenhof, Mira Christine
Title:	Leave the shadows of your school days behind How your life improves when you recognise and let go of your school trauma
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0343-3
Price:	D: 17,00 EUR, A: 17,50 EUR

School traumatises whole generations: With this book, the psychological problems as consequences are finally defined and tackled

The very idea of having to enter a school again triggers great unease in many people who have long since grown up. Most people have bad experiences in their school years that shape them for life and later manifest as stage fright, presentation anxiety, feelings of inferiority and relationship problems.

Social psychologist and coach Mira Christine Mühlenhof speaks from her own experience and has found a word for this phenomenon: School trauma. In her book, she explains in detail what is meant by school trauma, how to recognise it and how to learn to cope with it and finally leave it behind. For a relaxed life free of old queasy feelings and fears!

Mira Mühlenhof has translated ancient knowledge about the hidden drive of human beings into the present day. With the Key to See® method she developed, she explains the world from a completely new perspective and promotes emotional competence and readiness for empathy - for oneself and others. With her team she coaches and advises executives, teams and private individuals and offers coaching trainings. Mira Mühlenhof is a lecturer at the Technical University of Braunschweig and is in demand as a keynote speaker on the topics of people skills, empathy and burn-out.

Selling points and marketing:

- Highly topical subject that really affects everyone: school years shape the whole of life and have a great influence on self-esteem.
- Social psychologist Mira Mühlenhof is a credible author who has successfully overcome school trauma herself.
- Valuable help for those affected as well as for parents of affected children



Publication:	17.05.2022
Author:	Henchen, Julia
Title:	Pleasure factor How you can really enjoy solo sex
Pages/Cover/Format:	approx. 240 pages, softcover, 135x210mm
ISBN:	978-3-7474-0425-6
Price:	D: 17,00 EUR, A: 17,50 EUR

Current trend topics Female empowerment and sexual identity: Influencer Julia Henchen knows no taboo

You should only have the sex you really want. That sounds simple, but how do you find out what you like? Julia Henchen is a sex therapist and knows how to succeed: by exploring your own body in a light-hearted way and without shame, and learning to satisfy yourself. With easy exercises and uncomplicated instructions, the author helps all women to get to know their needs better - so that they can enjoy every sex, whether alone or with their partner.

Julia Henchen is a systemic couple and sex therapist and sex educator. Her current focus is on the topic of sexuality and trauma. She runs the wide-reaching channel lustfaktor (pleasure factor) on Instagram, where she answers questions from the community and debunks myths and common beliefs. She lives near Stuttgart, where she also runs her own practice.

Selling points and marketing:

- Empathic, open and at eye level: practical exercises show how every woman can get to know herself better



Publication:	19.04.2022
Author:	Sinervo, Marco; Reichardt, Philip
Title:	Fame vs. Fake How the business of models and influencers really works. The head of Germany's largest model agency spills the beans
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0413-3
Price:	D: 17,00 EUR, A: 17,50 EUR

Exclusive insights into the model business - from Germany's most successful model agent

The model agency MGM Models, founded by Marco Sinervo, is one of the largest agencies in Europe. His models are booked by Louis Vuitton, Dior, Dolce & Gabbana as well as e-commerce platforms like Zalando, they are on the covers of Vogue and other important fashion magazines. But social media, especially Instagram and influencers, have profoundly changed the modelling business.

Marco Sinervo gives exclusive insights into the industry and explains how modelling careers get going and what can cause them to fail. An eye-opener for everyone who wants to know what makes the modelling world tick - and for those who want to earn big money as a model and influencer.

Marco Sinervo (1975) has been a model agent for 25 years. Before founding MGM Models, he was a successful agent in Milan, Paris and New York. He discovered Kate Upton, significantly promoted the career of Chrissie Teigen and helped several other models to international careers.

Philip Reichardt has worked as a magazine journalist for publishing houses such as Gruner & Jahr, Condé Nast, Holtzbrinck and Süddeutscher Verlag as editor-in-chief, page-maker and head of copy. As a magazine maker as well as a Vogue author, Reichardt has repeatedly worked with models and agencies.

Selling points and marketing:

- The author clarifies and shows what you really need to become successful.
- With interviews and contributions from well-known models and influencers



Publication:	22.03.2022
Author:	Ullmann, Lena
Title:	Wild and Green – Loose Watercolor Plants, cacti, succulents – your botanical watercolour motif in just a few brushstrokes
Pages/Cover/Format:	approx. 144 pages, hardcover, 170x240mm
ISBN:	978-3-7474-0400-3
Price:	D: 10,00 EUR, A: 10,30 EUR

Two trends in one book: painting houseplants with the Loose Watercolour technique

Urban Jungle, the green interior design with houseplants, is very much in vogue. Illustrator Lena Ullmann picks up on this trend and combines it with another: watercolour painting. With great attention to detail, she leads us through a creative workshop. She not only teaches essential basics such as colour theory, the right materials and the various painting techniques, but also provides motif templates and step-by-step instructions for a varied potpourri of cacti, succulents and houseplants. This makes it easy to get started in watercolour painting and all plant lovers can conjure up their own botanical garden on canvas.

Lena Ullmann is the creative face behind the Instagram account [lettering.lena](https://www.instagram.com/lettering.lena). The northern light from Flensburg moved to Aachen in 2015 for professional reasons. She completed her Master of Science in Applied Biotechnology and works in this field full-time as a research assistant. In 2018, she was drawn to bullet journaling as a creative way to structure her everyday life. The topics of Lettering and Loose Watercolor soon followed. The latter is still a subject close to her heart today. Predominantly self-taught, she is constantly expanding her skills and has been passing on her know-how to watercolour lovers and interested parties in workshops and livestreams since 2020.

Selling points and marketing:

- Step by step to simple and fancy watercolour motifs from the world of plants
- Lena Ullmann inspires her fans on Instagram and in her workshops with watercolour greenery pictures
- The perfect introduction for all hobby artists who love plants, flowers and watercolour painting



Publication:	22.03.2022
Author:	Heer, Carina
Title:	Only the crocodile may bite
Pages/Cover/Format:	approx. 32 pages, hardcover, 225x245mm
ISBN:	978-3-7474-0386-0
Price:	D: 12,00 EUR, A: 12,40 EUR

Important message in funny attire: scratching, biting or pinching is not okay

Timo and Hanna are best friends. Except when they fight. When Timo simply takes Hanna's doll's pram away, she has had enough. Out of sheer anger, Hanna bites. As hard as she can, she bites Timo's arm. But is that okay? No! Because only the crocodile is allowed to bite! Is she allowed to scratch him? No, only the tiger is allowed to scratch. But what do children do? Clever children talk to each other!

With the help of this funny illustrated story, children learn playfully not to take their anger out on others, but to solve their problems by talking to each other. An important book for all kindergarten and daycare children.

Carina Heer studied, among other things, developmental psychology in Erlangen and now works as a freelance author. She lives with her husband and two children near Bamberg. When Carina Heer is angry, she goes for a walk and talks to herself. That doesn't always help, but more and more often.

Marilena Friese was born in Dortmund in 1995. After successfully completing her studies in economics, her passion for design and illustration eventually led her to study communication design as well. Today, she works as a freelance graphic designer and makes it her goal to constantly challenge her creativity. She shares her process on Instagram under @mind.of.mary.

Selling points and marketing:

- Talking to each other: Children playfully learn the best way to deal with their anger
- Trouble in kindergarten: not only parents, but also kindergarten teachers as target group



Publication:	22.02.2022
Author:	Brosche, Heidemarie; Moskito, Jana
Title:	As long as we get along again
Pages/Cover/Format:	approx. 32 pages, hardcover, 225x245mm
ISBN:	978-3-7474-0396-9
Price:	D: 12,00 EUR, A: 12,40 EUR

Reunion with the little beaver: Almost 10,000 copies of Und trotzdem hab ich dich immer lieb (And yet I always love you) sold

up too early from a nice dream, his favourite trousers are in the wash and the little rabbit is playing with the hamster, even though they had a fixed date – no wonder the little beaver is angry. When his mum forgets the promised honey dumplings, enough is enough. The anger has to come out. So he shouts at his mummy, stomps and rages until the bad feeling is gone. And that's okay. Because everyone gets angry sometimes. Even Mama Beaver. It's okay to be angry, there's nothing wrong with that. The main thing is that everyone gets along in the end. An important message, not only for children between the ages of three and six.

Heidemarie Brosche is a secondary school teacher and successful author of books for children, young people and non-fiction. She is the mother of three grown-up sons and lives with her husband in Friedberg near Augsburg. It is important to her – also at school – that people live together in a spirit of mutual respect. In her books she tries to convey serenity and confidence.

Jana Moskito, born in 1964, has two grown-up children and lives with her husband near the Czech city of Ostrava. She initially studied geology, but her interest in art eventually led her to study advertising art and graphic design as well. Her illustrations for the volumes of the "Witcher" saga by Polish fantasy author Andrzej Sapkowski became best known.

Selling points and marketing:

- Am I allowed to be angry? Dealing with anger as a central theme in the picture book.
- Balanced treatment of anger and reconciliation: parents are relieved of the burden of never being allowed to be angry
- Colourful world of beavers: the usual loving illustrations delight both children and parents



Publication:	21.06.2022
Author:	Steidl, Andrea; Sarac, Emanuela; Seifert, Katja
Title:	Around the world in 8 days with Alma and Nasian Hungry for adventure
Pages/Cover/Format:	approx. 48 pages, hardcover, 190x240mm
ISBN:	978-3-7474-0430-0
Price:	D: 12,00 EUR, A: 12,40 EUR

Colourfully illustrated travel stories with delicious recipes bring children closer to distant countries, both culturally and culinarily

Other countries, other customs: What for many children is an empty saying can be made tangible with the help of Alma and Nasian. Alma, a bright and adventurous girl, and Nasian, her cosy stuffed animal rhinoceros and best friend, take readers on a wild journey across the globe. From America to Japan to Denmark, whether travelling by hot air balloon, donkey or fishing boat - the adventurous stories of the two are not only fun, but also inspiring.

Together with the recipe ideas for each story, they give children a feeling for other countries and encourage them to try their hand at cooking. This playfully awakens the desire for new things and shows how exciting varied nutrition can be.

Andrea Steidl grew up in Linz. After studying business administration, her career took her to London, Barcelona, Skopje and Vienna, where she worked as a project manager for well-known advertising agencies and brands for the last 18 years. Today she lives in Linz again with her family and enjoys dreaming of faraway countries with her daughters.

Emanuela Sarac has lived in Vienna since 2001. She is the mother of a six-year-old daughter and has worked in the communications industry for over 20 years as a designer and art director in agencies. Since 2007 she has been a partner in a design and communications agency that has won numerous national and international awards.

Katja Seifert is the mother of two children aged 3 and 6. After completing her studies in architecture, she rediscovered her love of drawing and now works as a freelance illustrator in Linz.

Selling points and marketing:

- Promotes healthy eating: children develop an appetite for new things and lose their scepticism about unfamiliar food
- Easy to understand and entertaining: children learn about other countries, their cultures and new dishes in a playful way
- Lovingly designed illustrations breathe life into the two main characters



Publication:	17.05.2022
Author:	Heer, Carina
Title:	Join in - we'll find a treasure
Pages/Cover/Format:	approx. 48 pages, hardcover, 200x200mm
ISBN:	978-3-7474-0398-3
Price:	D: 12,00 EUR, A: 12,40 EUR

Off on a treasure hunt - a unique participatory story full of adventure and fun

Nils wants to find a treasure, but he needs help! Together with him, the children set off on their search. They have to overcome walls, find the right way and even quickly paint a bridge! Phew, quite exciting. But it's worth the effort for the treasure!

The direct approach and the participation are great fun for children and develop their abstract thinking skills as well as their motor skills. This adventurous story brings joy to every child's room!

Carina Heer studied, among other things, developmental psychology in Erlangen and now works as a freelance author. She lives with her husband and two children near Bamberg. When Carina Heer is angry, she goes for a walk and talks to herself. That doesn't always help, but more and more often.

Selling points and marketing:

- Riddling, painting, knocking down (paper) walls: children are actively involved in the action
- Not only fun, but also improves motor skills and abstract thinking
- Lovingly illustrated, the book encourages children from three to six years to get involved



Publication:	22.02.2022
Author:	Lange, Patrick
Title:	Becoming Ironman My way to becoming a world champion in triathlon
Pages/Cover/Format:	approx. 256 pages, hardcover, 135x210mm
ISBN:	978-3-7423-1741-4
Price:	D: 18,00 EUR, A: 18,60 EUR

An inspiring book for all endurance athletes

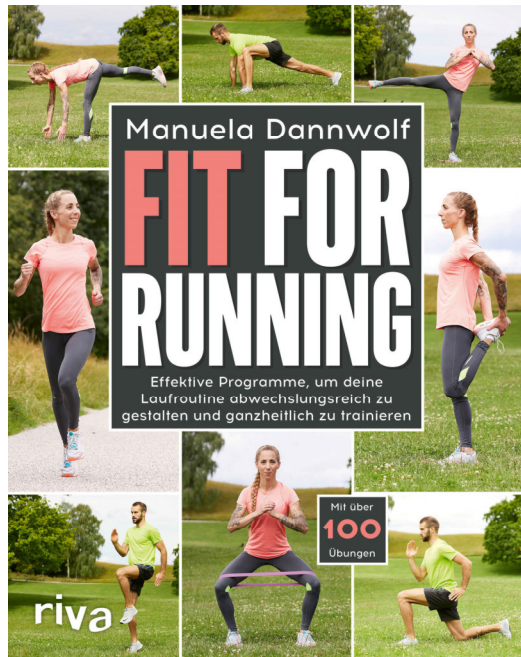
Triathlon is the toughest endurance sport in the world. The Ironman Hawaii is the most important competition, the winner can call himself world champion. 3.8 km swimming, 180 km on the bike, 42 km running distance - what an effort! Patrick Lange has already won the race twice, he is one of the absolute top triathletes in the world. His autobiographical account tells of his athletic career, of his dream of participating in Hawaii, of his first successes, but also of his setbacks. At the same time, he provides valuable insights into his daily training routine and shows how we develop the necessary motivation and mental strength to achieve our goals.

Patrick Lange, born in Bad Wildungen in 1986, is a two-time winner of Ironman Hawaii (2017 and 2018). In 2018, he was named Germany's Sportsman of the Year. He comes from a sports-mad family and has been doing triathlon since 2002. Lange has been living near Salzburg since 2019.

Selling points and marketing:

- Ironman Hawaii winner Patrick Lange gives insights into his physical and mental training

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Publication:	22.02.2022
Author:	Dannwolf, Manuela
Title:	Fit for Running Effective programmes to diversify your running routine and train holistically. With over 100 exercises
Pages/Cover/Format:	368 pages, softcover, 190x240mm
ISBN:	978-3-7423-1820-6
Price:	D: 24,00 EUR, A: 24,70 EUR

Million of people jog regularly, but the injury rate is very high due to one-sided training

Manuela Dannwolf goes running regularly – even though her doctor once diagnosed her that her body was not made for running. What happened to her is what many runners experience when they train too much, too fast and, above all, too one-sidedly: They struggle with injuries, develop chronic complaints like runner's knee or stagnate at a performance plateau. To counteract these problems, Manuela Dannwolf began to develop a holistic training approach that combines running units with fitness workouts and thus puts a balanced strain on the body. In her first book, she presents her best programmes with which athletes can expand their running units according to their needs, correct weak points or set new training stimuli – whether to increase speed, quickness and endurance, relieve tension and improve mobility, push fat burning or master the re-entry after a training break. Over 100 exercises ensure a varied running routine, sustainable and efficient training - and lots of fun.

Manuela Dannwolf has a degree in communication science, is a sports nutrition coach, functional fitness trainer and passionate marathon runner. She has been sharing her love of running with her almost 50,000 followers on Facebook and Instagram since 2016. Her goal is to combine her two passions, fitness and running, in a meaningful way, not only to increase performance, but to be able to do sport in general in the long term and without health restrictions.

Selling points and marketing:

- The perfect training supplement to the globally popular hobby of running
- Over 100 illustrated exercises and varied workouts for holistic training



Publication:	17.05.2022
Author:	Prof. Dr. Geisler, Stephan; Dr. Gavanda, Simon; Dr. Isenmann, Eduard; Havers, Tim
Title:	Hypertrophy training Science and practice for optimal muscle building. With over 50 exercise analyses, training plans and nutrition recommendations.
Pages/Cover/Format:	272 pages, softcover, 190x240mm
ISBN:	978-3-7423-2059-9
Price:	D: 25,00 EUR, A: 25,80 EUR

Studies prove: Muscle building is crucial for fat reduction

More mass for visually defined muscles is the primary goal for most exercisers when it comes to lifting weights. But there are other reasons for building muscle, so-called hypertrophy: Studies have long proven that more muscles improve general health and fitness and contribute decisively to fat reduction. But how is optimal hypertrophy achieved? Which exercises are useful for which goal? What is the ideal training plan? How often should training be done? What should be considered when choosing the weights? These and many other questions are answered in detail by the authors, renowned scientists in the fields of muscle building, strength training and nutrition for strength athletes. They illuminate hypertrophy from all sides, provide well-founded insights into training theory and thus provide the necessary understanding to apply training plans in a goal-oriented manner. One focus is the scientific analysis of common exercises in fitness and weight training, which illustrates that aspects such as different grip widths or foot positions, but also the right nutrition, often decide on better and faster achievement of the training goal. With this know-how, the authors set new standards in hypertrophy training – so that every athlete achieves their best possible performance.

Prof. Dr Stephan Geisler is Professor of Fitness and Health at the IST University in Düsseldorf, heads the fitness trainer training at the German Sport University Cologne and is co-founder of the German Fitness Science Council and President-elect of the National Strength and Conditioning Association (NSCA) for Germany. His focus in both teaching and research is on strength training and hypertrophy. As an author and reviewer, he has already published numerous international papers. He also runs the educational channel "The Fitness Professor" on YouTube.



Dr Simon Gavanda studied at the German Sport University Cologne. Since 2015, he has worked as a research assistant at the IST University of Applied Sciences in Düsseldorf and primarily conducts research on the effectiveness of various strength training methods. In addition, the former European football champion works as a licensed athletic trainer for various associations of different sports.

Dr Eduard Isenmann studied sport at the German Sport University Cologne and chemistry at the University of Cologne. He then completed his doctorate at the Institute for Circulatory Research and Sports Medicine, Department of Molecular and Cellular Sports Medicine, at the DSHS Cologne. As a natural scientist, his research focuses on the influence of nutrition and dietary supplements on the promotion of regeneration and performance enhancement in competitive sport. He is a research associate at the IST University in Düsseldorf and at the Sport University Cologne.

Tim Havers has a Master's degree in Applied Neuroscience in Sports & Exercise and a Bachelor's degree in Fitness Science. Besides his academic career, he gained experience as a coach and supported the coaching team at the Men's Health Camp in 2018 and 2019. He is a research assistant at the IST University of Management in Düsseldorf in the Fitness & Health department and supports it in applied research activities. His sporting passion is powerlifting. This allows him to combine his theoretical scientific skills with practical experience.

Selling points and marketing:

- Scientifically sound and at the same time understandable for anyone who does strength training



Publication:	22.02.2022
Author:	Fastner, Gabi
Title:	50 Workouts for Late Starters Fit, healthy and agile into old age
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1992-0
Preis:	D: 10,00 EUR, A: 10,30 EUR

Successful 50 Workouts series with over 100,000 copies sold

Muscle mass, flexibility and coordination naturally decrease with age. However, this process can be counteracted with targeted training, because it is never too late for fitness. Studies even show that it is possible to build muscle at any age. The gymnastics teacher and "Tele-Gym" trainer Gabi Fastner presents the 50 best exercise series to build up strength, promote coordination and endurance and relieve muscle tension. This not only improves mobility and supports the cardiovascular system, but also prevents or even alleviates typical pain in the back and joints. The exercises are described in detail and the workouts are clearly presented and illustrated, making it easy to get started. Even late starters will become fitter, healthier and feel younger.

Gabi Fastner is a state-certified gymnastics teacher and author of numerous fitness guides. She is known to a wide audience through her appearances on the popular TV series "Tele-Gym" and her videos on YouTube, which have been viewed millions of times. She also trains future gymnastics teachers in Munich and develops new training concepts such as TIEMU, Functional Figure Training and Brasil Workout.

Selling points and marketing:

- 50 exercise series for flexibility, coordination and muscle building
- Fully illustrated and clearly presented

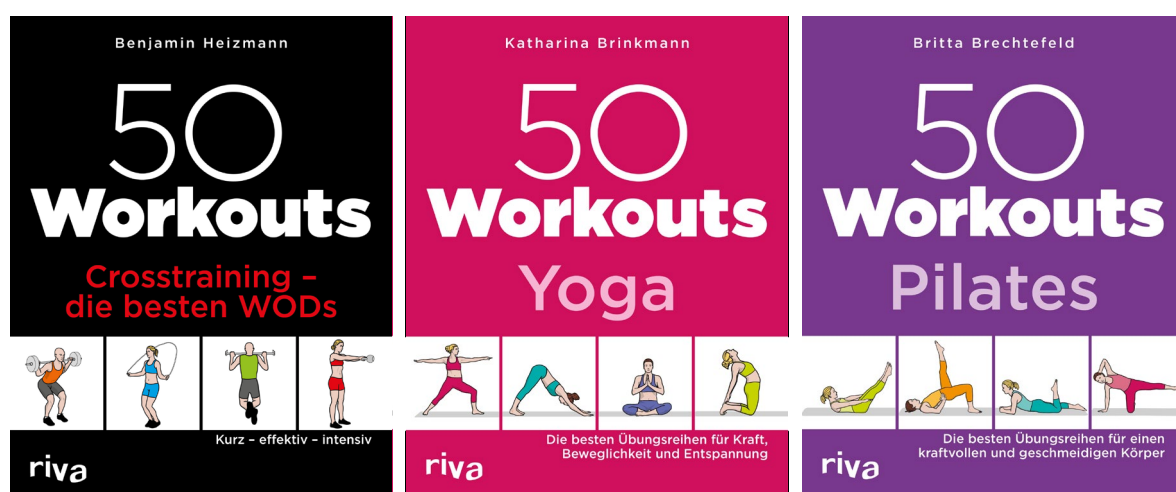
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50 Workouts - The successful DIY gym books

Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail in an extra chapter.

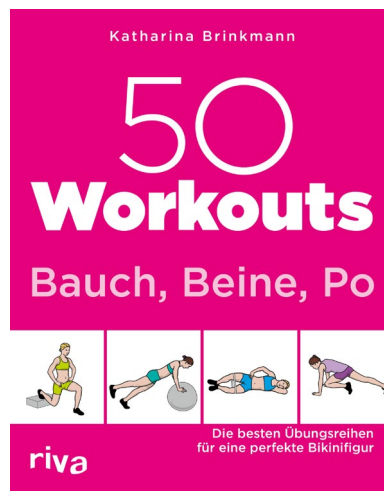


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Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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Published 11.09.2019
144 pages

Published 17.03.2020
128 pages

Published 17.03.2020
144 pages



Published 29.12.2020
128 pages

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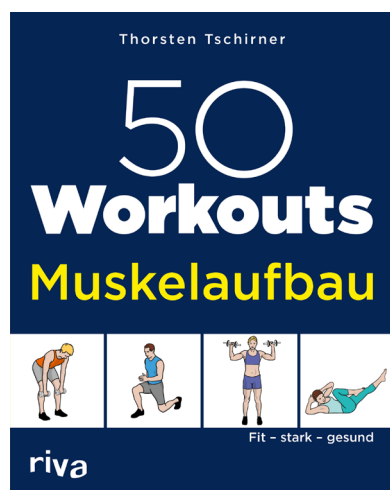
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Publication:	20.04.2021
Author:	Brinkmann, Katharina; Doll, Marcel
Title:	50 Workouts - for at home Fit, strong and agile without a gym
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1862-6
Price:	D: 10,00 EUR, A: 10,30 EUR



Publication:	25.10.2021
Author:	Thomschke, Ronald
Title:	50 Workouts - Against Back Pain Release tension, build muscles, improve posture
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1865-7
Price:	D: 10,00 EUR, A: 10,30 EUR



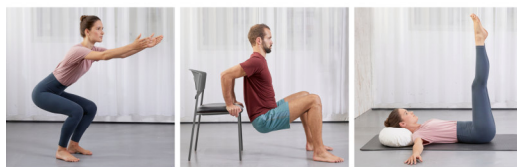
Publication:	25.10.2021
Author:	Tschirner, Thorsten
Title:	50 Workouts - Muscle building Fit, strong, healthy
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1867-1
Price:	D: 10,00 EUR, A: 10,30 EUR

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RÜCKEN SCHMERZFREI IN 30 TAGEN

Mit über 100 Übungen gegen akute und chronische Beschwerden



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Gabriele Kiesling

Publication:	22.03.2022
Author:	Kiesling, Gabriele
Title:	Back - pain-free in 30 days With over 100 exercises against acute and chronic complaints
Pages/Cover/Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-1972-2
Price:	D: 20,00 EUR, A: 20,60 EUR

The new book in the **Physiotherapy at Home** series

Increased by unergonomic workplaces in the home office and lack of exercise during lockdown, postural defects, slipped discs, vertebral blockages and other back ailments have continued to rise in 2021. Almost one in three adults now complains of frequent or constant back pain. Quick self-help for acute as well as chronic conditions is therefore in demand! With the easy-to-implement 30-day programme by physiotherapist Gabriele Kiesling, those affected can treat their complaints themselves and strengthen their backs in the long term. On the one hand, they learn to recognise the causal problems in order to optimise their habits and everyday movements. On the other hand, they receive simple exercise units for every day, with which they can free themselves step by step from the pain trap. From first aid measures for when you can barely make it out of bed to relieving postures to mobilisation, stretching and strengthening exercises – the holistic treatment guarantees a mobile, pain-free and healthy body.

Gabriele Kiesling is a physiotherapist with her own practice and managing director of the German Institute for Quality in Physiotherapy. She regularly publishes in patient journals and specialist media and holds further training courses for doctors and physiotherapists. She has been involved in fascia therapy for many years and is a member of the Fascia Research Group at the University of Munich. She is the author of the successful series Physiotherapy at Home, which already includes several volumes.

Selling points and marketing:

- With a 30-day programme to eliminate pain and strengthen the back in the long term
- Over 100 exercises compiled by physiotherapy expert Gabriele Kiesling



Publication:	17.05.2022
Author:	Arndt, Stella; Dr. med. Bleuel, Sabine
Title:	Greetings from the foot The big book on foot health. Prevention, treatment, healing and care. With exercises, new therapies and help before and after operations.
Pages/Cover/Format:	272 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2065-0
Price:	D: 25,00 EUR, A: 25,80 EUR

The feet are a miracle of nature. Every day they have to perform at their best. We take it for granted that they will always work. We only become aware of them when they start to hurt. The complaints can be manifold and range from corns and foot malpositions to plantar fasciitis and hallux valgus. Foot problems can also affect the whole body. That is why it is important to take a holistic approach, as provided by physiotherapist Stella Arndt and foot surgeon Dr. Sabine Bleuel in this standard work. The authors first go into detail about the physiology and anatomy of the foot and explain how to walk properly, which footwear is suitable and how to take ideal care of the feet. In the next step, they describe all complaints, diseases and conventional therapies, but also what to consider before and after operations. Finally, little-known therapy methods are presented that use the connection between body and soul for healing the feet. Easily understandable, the book explains what our feet are made of, why they deserve a lot of attention and what conditions must be met for them to carry us through life without pain.

Stella Arndt is a physiotherapist with numerous additional qualifications. Her focus is foot health, to which she has dedicated herself for many years in her own practice in the Lüneburg Heath. As the owner of the Lüneburg Foot School, she regularly gives lectures and advises companies. She has already published several books on the subject of foot health.

Dr. med. Sabine Bleuel is an orthopaedist and certified foot surgeon. She works as a senior physician in the joint practice Orthopaedics & Surgery Elbchaussee in Hamburg. She has been working on the topic of fascia for many years and has been a lecturer in this area since 2010.

Selling points and marketing:

- With new, hardly known therapy methods



Publication:	17.05.2022
Author:	Martin, Dr. med. Alice; Lang, Dr. med. Estefanía
Title:	Naturally free of acne The most effective methods to successfully treat pimples, inflammation and other blemishes – for clear and healthy skin
Pages/Cover/Format:	175 pages, softcover, 170×240mm
ISBN:	978-3-7423-1372-0
Price:	D: 18,00 EUR, A: 18,60 EUR

Tangible and easy-to-implement advice to finally get acne under control

Acne is one of the most common inflammatory skin diseases. Both teenagers and adults are affected by the disease, which not only leaves scars on the skin, but often also has an impact on the psyche and reduces self-confidence. Dermatologists Dr. Estefanía Lang and Dr. Alice Martin show what exactly is hidden behind acne and what you can do against it yourself. They first provide basic knowledge about the different skin types, the types of blemishes and the causes of acne and then present their treatment strategy, which gets to the root of the problem and fights the centres of inflammation – these are not on the skin, but under it. With the right diet and an optimised lifestyle, the skin can thus be healed from the inside. Individual care supports the healing process. In addition to practical advice for everyday life and instructions for making your own care products, food overviews and cooking recipes in particular help with implementation.

Dr Alice Martin is a dermatologist in training and co-founder of the app dermanostic as well as the platform medilogin, which offers online courses for medical professionals. Because she knows how to communicate the topic of skin health in a fresh and understandable way, she is a welcome guest in various media, and writes articles for magazines such as Glamour and Maxi. She is also a lecturer at the FOM University.

Dr Estefanía Lang is a dermatologist and venereologist who developed the app dermanostic. On the online platform medilogin, of which she is a co-founder, she and her colleagues educate other medical professionals on the topic of skin health.

Selling points and marketing:

- Acne can have a huge impact on mental health and can even cause depression

riva



Publication:	22.03.2022
Author:	Markovic, Zorica; Stoxreiter, Ursula
Title:	Radiantly beautiful with Natural Facelifting Tighten the face, reduce wrinkles and look years younger – the 7-week programme
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-1993-7
Price:	D: 18,00 EUR, A: 18,60 EUR

Facial training is a sustainable and natural anti-ageing remedy without side effects

Beautiful, firm, youthful – in order to live up to the ideal of beauty, many spend a lot of money on cosmetic surgery and cosmetic products. But both often do not achieve the desired result. It is much more effective and sustainable to rely instead on our body's own instrument for a youthful appearance: our facial muscles. This is exactly what the authors had in mind when they developed Face-Shine Training – a method that trains the facial muscles with targeted exercises and thus restores the face's natural resilience. In their first book, they explain how exactly this works and how easy it is to apply the method. In addition to important background information on how the skin is built, why it ages and how muscles give the face contour, they present over 40 exercises that naturally rejuvenate the face by years. In a 7-week programme, the facial muscles are gradually built up and "blemishes" such as wrinkles, double chin, sagging cheeks and puffy eyelids are effectively combated. Only a few minutes of training a day lead to a radiant, healthy complexion and youthful freshness without any side effects.

Zorica Markovic is an executive in an international medical technology company. Together with her colleague and friend Uschi Stoxreiter, she founded Face-Shine Training – a simple programme to train the facial muscles and achieve a youthful appearance naturally. She is the mother of a daughter and lives in Vienna.

Uschi Stoxreiter is a marketing manager, yoga teacher and co-founder of Face-Shine Training. With this successful online programme for facial muscle training, she has already helped numerous women achieve a radiant and naturally youthful appearance. She is a mother of two children and lives in Vienna.

Selling points and marketing:

- The authors have a successful online programme for facial training and are sought-after experts in the media



Publication:	22.03.2022
Author:	Pape-Hoffmann, Nuria
Title:	Mindfully slim How to get off the diet carousel and start a new life with ease
Pages/Cover/Format:	272 pages, softcover, 145x215mm
ISBN:	978-3-7423-1827-5
Price:	D: 20,00 EUR, A: 20,60 EUR

Practical 6-week programme for a low-threshold start

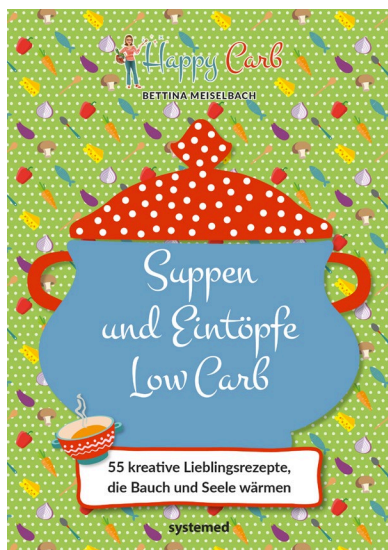
It's not diets that help you lose weight, but mindfulness that is the key to a feel-good weight. Because diets put you in a bad mood, lead to an exaggerated food focus and ruin your metabolism. If you want to lose weight permanently, you have to be mindful of yourself: Mindful of your own body and its need for beneficial nourishment. And mindful of our own feelings such as stress, sadness or boredom, which otherwise always drive us to the fridge. This healthy attitude can be achieved by following the author's proven 6-week programme, which is broken down in this guidebook with exercises and explanations for each day of the week.

Nuria Pape-Hoffmann is a nutritionist and mindfulness coach. With her podcast Achtsam Schlank ("Mindfully slim") and her coaching sessions, she helps people to feel really fit and comfortable in their own skin again - without the stress of dieting and the yo-yo effect. Her podcast Achtsam Schlank and links to her social media channels can be found at achtsamschlank.de.

Selling points and marketing:

- The author is a state-certified nutritionist with many years of experience
- Detailed basic section with a rejection of diets and introduction to the topic of mindfulness

riva



Publication:	25.01.2022
Author:	Meiselbach, Bettina
Title:	Happy Carb: Low Carb Soups and Stews 55 creative favourite recipes that warm the belly and soul
Pages/Cover/Format:	approx. 144 pages, hardcover, 148x210mm
ISBN:	978-3-95814-322-7
Price:	D: 12,00 EUR, A: 12,40 EUR



Publication:	17.05.2022
Author:	Wiese, Milena
Title:	Eat smarter, not less 60 healthy and simple recipes for weight loss and well-being
Pages/Cover/Format:	176 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2026-1
Price:	D: 24,00 EUR, A: 24,70 EUR



Publication:	18.01.2022
Author:	Soost, Detlef
Title:	Slim with cakes, pies and pastries Lose weight with pleasure with sweet and savoury treats
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-2040-7
Price:	D: 20,00 EUR, A: 20,60 EUR

riva



Publication:	21.06.2022
Author:	Kuhn, Clara D.
Title:	Once upon a time - The fairytale cookery and baking book 50 magical recipes and stories
Pages/Cover/ Format:	160 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2054-4
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	19.04.2022
Author:	Yeşiltaş, Esra
Title:	The Party Cookbook Fingerfood, Buffet, Candy Bar, Brunch, BBQ and more for the perfect party
Pages/Cover/ Format:	176 pages, softcover, 190x240mm
ISBN:	978-3-7423-2056-8
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	22.03.2022
Author:	Ophüls, Mirjam
Title:	The touring cookbook Meal Prep for hiking, cycling, canoeing and more
Pages/Cover/ Format:	96 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1997-5
Price:	D: 15,00 EUR, A: 15,50 EUR

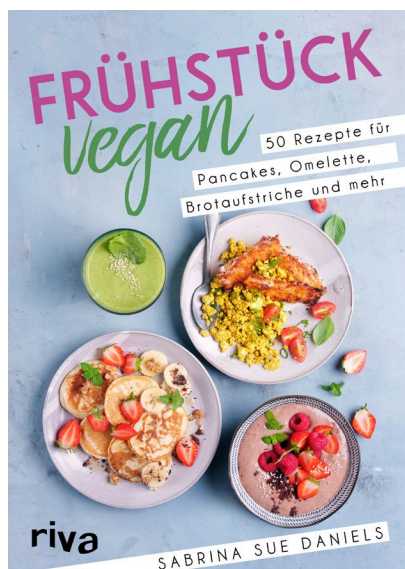
riva



Publication:	19.04.2022
Author:	Pichl, Veronika
Title:	Sauces, dips and marinades for barbecuing 50 recipes for ketchup, rubs, chutneys, pesto and more
Pages/Cover/Format:	96 pages, softcover, 170x240mm
ISBN:	978-3-7423-2027-8
Price:	D: 12,00 EUR, A: 12,40 EUR



Publication:	22.02.2022
Author:	Pichl, Veronika
Title:	Organic for my baby Healthy and wholesome meals right from the start
Pages/Cover/Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-2028-5
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	21.06.2022
Author:	Daniels, Sabrina Sue
Title:	Vegan breakfast 50 recipes for pancakes, omelettes, spreads and more
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2058-2
Price:	D: 15,00 EUR, A: 15,50 EUR

riva



Publication:	17.05.2022
Author:	Rosenthal, Patrick
Title:	Empress Sisi – The Cookbook Wiener Schnitzel, Goulash, Apple Strudel, Pancakes and more
Pages/Cover/ Format:	128 pages, hardcover, 170x240mm
ISBN:	978-3-7423-2106-0
Price:	D: 17,00 EUR, A: 17,50 EUR



Publication:	17.05.2022
Author:	Pichl, Veronika
Title:	Fitness-Shakes and Smoothies 50 protein-rich recipes for muscle building and fat burning
Pages/Cover/ Format:	96 pages, softcover, 148x210mm
ISBN:	978-3-7423-2107-7
Price:	D: 12,00 EUR, A: 12,40 EUR

riva



Publication:	17.05.2022
Author:	Witzel, Julian
Title:	Young white men What I as a man have to say about the new masculinity
Pages/Cover/Format:	approx. 200 pages, softcover, 135x210mm
ISBN:	978-3-7423-2083-4
Price:	D: 12,00 EUR, A: 12,40 EUR

Finally, a book on the subject of "new masculinity" from a man's point of view

"I want to be a good, modern, young – and later old – white man. I want to face what generations before me have done grotesquely wrong, and what I have to blame myself for. I want to listen, understand, change – without being asked to, I want to do it because it matters to myself."

How did I become the man I am? What does it mean to be a man in times of wokeness? Is masculinity still salvageable? The author seeks answers in personal, entertaining stories in which the Millennial straight man and all those who surround him can find themselves.

Julian Witzel was born in Fulda in 1982. After studying German, he worked as a songwriter, musician and creative director in the advertising industry. He also writes as a journalist for the "WELT AM SONNTAG".

Selling point and marketing:

- Not a radical populist approach, but curious, interested and entertaining
- A book for men and women alike



Publication:	22.03.2022
Author:	Kohlmaier, Hannes
Title:	The power of the secret societies Freemasons, Rosicrucians, Kabbalists - who they are, what goals they pursue and what influence they have
Pages/Cover/Format:	256 pages, softcover, 135x210mm
ISBN:	978-3-7423-2013-1
Price:	D: 15,00 EUR, A: 15,50 EUR

This insider report proves how powerful secret lodges are

They meet secretly in circles, practise strange rituals and adorn themselves with mysterious symbols. Secret societies such as Freemasons, Rosicrucians or Kabbalists count tens of thousands of members. Hannes Kohlmaier succeeded in gaining the trust of influential lodges and thus gained exclusive access to areas that otherwise remain closed to the uninitiated. In this extensively researched insider report, Kohlmaier traces the workings of secret societies, explains the fascination they exert on us, and shows the power they still have on politics and business today.

Hannes Kohlmaier, born in 1970, is an author and journalist. He has been writing for BILD for almost 30 years. Since 2014, he has been the responsible editor and page-maker at BILD Süd. The online documentary he researched on the power of secret societies received widespread attention. He lives with his wife and daughter near Munich.

Selling points and marketing:

- Latest first-hand knowledge: the author had exclusive access to the most influential lodges



Publication:	17.05.2022
Author:	Sporrer, Conny; Sanders, Anna Maria
Title:	That's a good boy! From the lives of desperate people and their dogs
Pages/Cover/Format:	approx. 224 pages, softcover, 135x215mm
ISBN:	978-3-7423-2140-4
Price:	D: 15,00 EUR, A: 15,50 EUR

Dog story and dog training guide in one

Mixed-breed dog Benji has developed into quite a terror. Jumping at people, barking at passers-by, pulling on the leash, acting deaf – he masters all this to perfection. When his mistress, despite an odyssey through questionable training theories, is at the end of her dog wisdom, she finally gets to the heart of the matter in her relationship with Benji. This book dispels a number of myths and misconceptions about dog training. From the perspective of the dogs and their humans, the reader is introduced to the secrets of a relaxed human-dog relationship.

Conny Sporrer has been running her own dog school in Vienna since 2013, is an expert author, TV dog trainer, lecturer for the DOGS course, founder of her own online dog school and now also a successful podcaster. She mainly trains people in the right way to handle dogs – understanding and the relationship between dog and owner play the most important role.

Anna Maria Sanders has dedicated herself to the entertaining communication of factual knowledge in a narrative style. So isser brav!, co-authored with dog expert Conny Sporrer, is her second book. In addition to her work as an author, Sanders gives lectures on the topics of "parenting" and "difficult children".

Selling points and marketing:

- Conny Sporrer is one of the most distinguished dog experts and trainers from Austria
- With many tips for everyday dog training, including interactive tips, and a foreword by Martin Rütter

LAGO



Publication:	22.03.2022
Author:	Spellmeier, Kai
Title:	Sun king, plague doctor
Pages/Cover/Format:	300 pages, softcover, 135x210mm
ISBN:	978-3-95761-214-4
Price:	D: 14,00 EUR, A: 14,40 EUR

Bridgerton but gay! A queer love story in a royal setting

Edward Arden not only loves men, but also works for them - in bed - and thus faces constant danger in 19th century London. When Lord Frederick Francis Melville suspects him of having stolen valuable pearls, the situation seems hopeless. But the two soon discover that they can help each other.

Edward's queer life with affairs, suitors and colourful parties at Molly House fascinates Freddy, but although the young aristocrat develops feelings for Edward, he becomes engaged to Lady Elizabeth Ailesbury. The social boundaries of the 19th century trouble the lovers and even threaten their lives. Will their love nevertheless endure or will it shatter in the face of reality?

A behind-the-scenes look at queer, aristocratic 19th century London with an electrifying plot that will keep readers gripped until the very end.

Kai Spellmeier studied Literature and English in Berlin and Edinburgh. When his head isn't stuck in a book, you can find him online, where he blogs about books and co-hosts the queer & German book club "Das Pinke Sofa". He writes unapologetically queer literature.

Selling points and marketing:

- Well-connected author in the community with over 15,000 international followers
- Danger, affairs, secrets - Bridgerton fans will get their money's worth
- Captivating plot with likeable characters - thrills guaranteed!

LAGO



Publication:	17.05.2022
Author:	Schaefer, Marius
Title:	In the brightest of colours
Pages/Cover/Format:	approx. 400 pages, softcover, 135x210mm
ISBN:	978-3-95761-215-1
Price:	D: 14,00 EUR, A: 14,40 EUR

Moving Own Voices story against a picturesque German backdrop

Philipp's heart is broken, yet again. He just doesn't seem to have a knack for love – or does it just never work out because he is trans*? Or maybe it's Ali, the boy he's been thinking about for years. Without further ado, Philipp decides to finally put the story with his mysterious internet friend from back then behind him. All he has to do is find out why he suddenly disappeared off the face of the earth. During his search in Pirna, Saxony, Philipp meets the rebellious Timon with the colourful hair, who not only immediately casts a spell over him, but also seems to have a connection to Ali...

Marius Schaefer was born in 1995 and self-published his debut novel at the age of 18, followed by further self-publishing successes and publishing releases. In his romantic-dramatic and fantastic stories, he writes about the search for happiness and the courage to be yourself. On Instagram, Marius @derunbekannteheld shares exciting insider information about his books, and he also talks openly about his trans identity and queerness. Since coming out, the author has been living as a man. Marius is very happy about the exchange with his readers.

Selling points and marketing:

- Credible author: Marius Schaefer publicly acts as an ambassador for trans* issues
- Captivating plot with likeable characters - sympathy guaranteed!

LAGO



Publication:	19.04.2022
Author:	Stopp, Emily
Title:	You are the light in my world Starfall Love 1
Pages/Cover/Format:	approx. 352 pages, softcover, 135x210mm
ISBN:	978-3-95761-211-3
Price:	D: 14,00 EUR, A: 14,40 EUR

The new star in the new-adult sky: heart-touching debut by Emily Stopp

Enna is looking forward to her new life as a student and enjoys walking through the winding alleys in her new home, idyllic Starfall. But when Finn suddenly comes face to face with her, Enna doesn't know what hit her: Enna and Finn were an inseparable pair in their school days. He was the boy who was there for her in the dark hours, and she was the girl who shone like the stars for him. But after a tragic accident in which Enna lost her mother, the two were torn apart.

After five years of radio silence, they now meet again and are overwhelmed by the feelings that flood in. Despite the joy of their reunion, the question remains why Finn disappeared from her life back then, when she needed him most. Is there something Enna doesn't know?

Emily Stopp lives in beautiful Dresden, where she is studying German language and literature and philosophy for her Bachelor's degree. She has been blogging about books and life on Instagram (@woertermaedchen) since 2014. In addition to reading, she loves long walks, writing her own stories and thereby dreaming herself into other worlds. She is addicted to coffee, strawberries and always on the lookout for good literature.

Selling points and marketing:

- Already highly praised: recommended by high-ranking authors and book bloggers such as Sophie Bichon or Josi Wismar



Publication:	22.02.2022
Author:	Sarah Marie
Title:	sky-high jubilant deep in thought Poems and texts
Pages/Cover/Format:	approx. 208 pages, hardcover, 135x215mm
ISBN:	978-3-95761-213-7
Price:	D: 14,00 EUR, A: 14,40 EUR

About being, the world and love: successful poetry slammer Sarah Marie inspires Gen Z

When poetry slammer Sarah Marie posts a video online about the effect of Instagram on people's self-image or a plea for love, hundreds of thousands watch. The young spoken word artist knows what moves young Generation Z: in the world, in love and in their personal being. In her book "sky-high jubilant deep in thought" she takes up all these topics and dresses them in artful words. A modern book full of moving poetry for a generation that wants more.

Sarah Marie, born in 1999, is studying German and Media Studies in Bonn. The artist discovered her love of poetry at a young age through the poetry slam scene. Her probably best-known text "Dear Instagram" received almost one million views on the platform of the same name in January 2021. In addition to Instagram, the author also shares her poems and thoughts on YouTube as well as on her first audio book, which was released in 2019.

Selling points and marketing:

- Modern topics in a lyrical guise: Sarah Marie knows what moves her target group.
- For fans of Rupi Kaur and Atticus: poetry with aspiration and message
- Minimalist look with One Line Drawings underlines the value of the word



Publication:	17.05.2022
Author:	Brühl, Ilka
Title:	The Nuisances and the White Lion
Pages/Cover/Format:	approx. 144 pages, hardcover, 135x215mm
ISBN:	978-3-95761-212-0
Price:	D: 12,00 EUR, A: 12,40 EUR

Best entertainment for children aged ten and up: The new detective gang The Nuisances solves any case, no matter how tricky

The excitable YouTuber Mel, the grumpy sportsman Ben, the paranoid blabbermouth Johanna and the quick-witted Kilian have absolutely nothing to do with each other. But then there is a fire alarm at the integrated comprehensive school in Spachthausen. The four, who happen to be the only ones still in the building, discover something strange. The door to the headmistress' office is wide open and papers are scattered on the floor. When they also find a rucksack with spirit and matches, it is clear that a crime is in progress. But who does the rucksack belong to? And what were they looking for in the office? The motley group wants to get to the bottom of the matter. Will the nuisances be able to solve their first case?

Ilka Brühl was born with a cleft nose and lips and took a while to accept herself as she is. After working as a mechanical engineer for two years, she followed her heart to inspire people about our diversity. Today she writes and illustrates books for young and old, gives talks and has her own podcast.

Selling points and marketing:

- Breaking into the headmistress's office: the case is close to the lives of young readers
- Ilka Brühl as an authentic author with an important message: There is no such thing as "normal" and every "different" is okay
- Dealing with important issues of the 21st century that concern many children, such as xenophobia and mental illnesses

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