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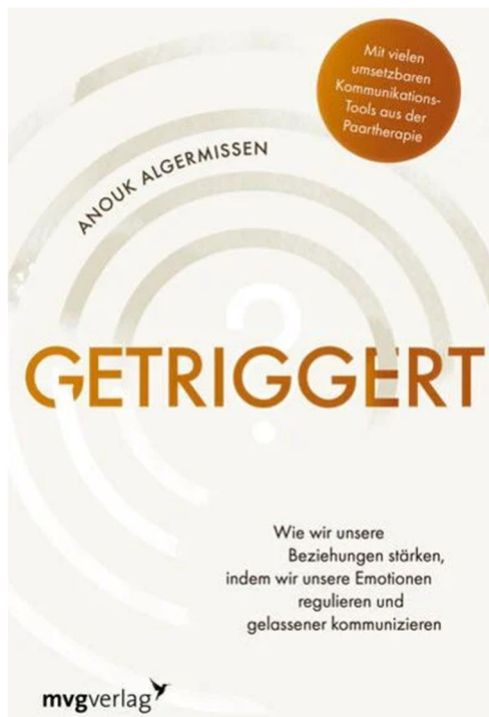
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**LAGO**  
**LAGO**



<b>Publication:</b>	April 2024
<b>Author:</b>	Algermissen, Anouk
<b>Title:</b>	<b>Triggered?</b>  How to strengthen our relationships by regulating our emotions and communicating more calmly
<b>Pages/Cover:</b>	224 pages, softcover
<b>ISBN:</b>	978-3-7474-0594-9
<b>Price:</b>	17,00 EUR

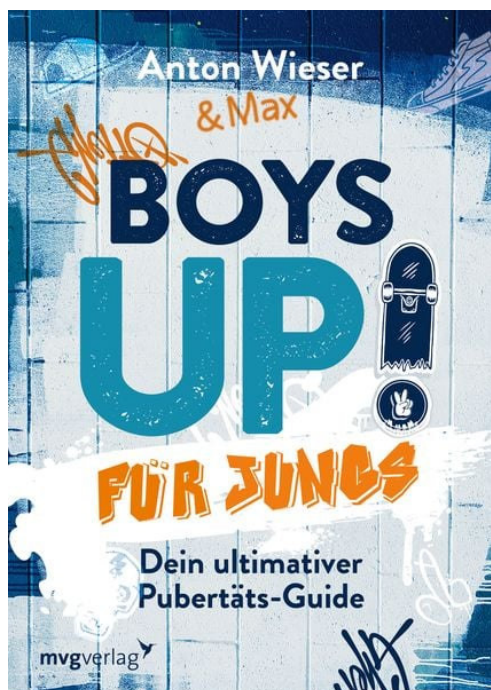
We communicate with others on a daily basis, but we are often suddenly irritated by statements, comments or innuendos, which is also known as being 'triggered'. This affects communication and ultimately the relationship with the other person. Common tips often don't help because they don't go deep enough. Good communication requires that we first find access to ourselves and understand what makes us tick and what triggers us.

In this book, psychologist and couples' therapist Anouk Algermissen shares her expertise and experiences from her counselling practice. Using numerous real examples, she shows how we can explore our own feelings, regulate our emotions and thus create the basis for calm communication that strengthens our relationships in the long term.

Anouk Algermissen is a psychologist (M. Sc.) and couples' therapist. In her practice, she works with couples and individuals to identify their relationship patterns, resolve them and thus lead to happier partnerships. The focus here is on strengthening emotional connection and communicating better with each other. To give more people access to this knowledge, she runs the successful podcast "Paarpsychologie" and shares lots of information and tips via her Instagram channel and her blog.

#### **Selling points and marketing:**

- Psychologist and podcaster Anouk Algermissen ("Paarpsychologie") shows how to achieve good communication in relationships
- The communication guide that really helps - sustainable solutions for strong relationships
- Anouk Algermissen is a recognized expert and provides sound psychological knowledge for lasting good communication



<b>Publication:</b>	June 2024
<b>Author:</b>	Wieser, Anton
<b>Title:</b>	<b>Boys Up! For boys</b>  Your ultimate puberty guide. Everything boys between the ages of 11 and 15 want to know
<b>Pages/Cover:</b>	224 pages, softcover
<b>ISBN:</b>	978-3-7474-0614-4
<b>Price:</b>	14,00 EUR

What happens during puberty? The body changes, things suddenly don't run smoothly with the parents, and everything feels different. Boys face enormous challenges during this developmental phase.

The experienced boys' coach and expert Anton Wieser knows what makes boys tick and what they need. As part of his work, he has already accompanied hundreds of boys in their development and provided them with important tips. In this book, he addresses the boys themselves: In short, reader-friendly and illustrated chapters, he explains to them with a lot of humour what happens in their bodies, how they learn to deal with their sexuality and how they can develop with self-confidence.

Particularly valuable for all adolescents: Anton Wieser also lets his 13-year-old son have his say. In language suitable for young readers, he explains how they can master this exciting time of becoming a man as well as possible.

A valuable guide - entertaining and tailored to the target group of boys. And an exciting read for parents who want to immerse themselves in the world of their sons and understand them better.

Anton Wieser is one of the most sought-after experts for coaching boys. He has been researching the needs of boys for ten years. The qualified mental trainer and children/boys coach accompanies around 500 parents and sons every year with his travel company "Männern". He is the developer of "BoysUp" coaching, which is specially tailored to boys, and lives with his wife and two children in Kitzbühel/Tyrol.

#### **Selling points and marketing:**

- Everything boys between 11 and 15 need and want to know, from hormones and sexuality to self-confidence and responsibility
- Designed with the target group in mind: short chapters, in two colours, with illustrations



<b>Publication:</b>	May 2024
<b>Author:</b>	Tepperwein, Kurt
<b>Title:</b>	<b>Letting go is (not) an art</b>  Free yourself from stressful thoughts and strengthen yourself
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7474-0438-6
<b>Price:</b>	14,00 EUR

In this book, life coach and bestselling author Kurt Tepperwein shows us how we can free ourselves from the stresses of everyday life and emotional heaviness. Through his 52 effective impulses, we learn to be more mindful of ourselves and bring lightness into our lives - week by week, step by step. For anyone who has had enough of self-doubt, dissatisfaction and fear and wants to find a truly strong self through the art of letting go.

After many years as a management consultant and alternative practitioner, Kurt Tepperwein devoted himself entirely to the mystery of life. As a consciousness researcher and author of many works, he sees it as his task to share his valuable insights with people. He understands like no other how to connect the material and spiritual view of the world and to view it as a whole.

**Selling points and marketing:**

- Easy-to-implement affirmations for everyday life on the trending topic of letting go by bestselling author Kurt Tepperwein
- A new, powerful impulse for more mindfulness, clarity and a positive mindset every week



<b>Publication:</b>	March 2024
<b>Author:</b>	Urbanneck, Linda
<b>Title:</b>	<b>How to crochet cute amigurumi finger puppets</b>  25 quick and easy animal figures: crochet amigurumi finger puppets for children
<b>Pages/Cover:</b>	128 pages, softcover
<b>ISBN:</b>	978-3-7474-0611-3
<b>Price:</b>	16,00 EUR

Crochet and play: these cute amigurumi are not just something for the eyes, but also for the fingers. From the little fox to the cuddly tiger to the funny llama - the 25 figures and their special features are child's play to crochet, stimulate the imagination and simply put a smile on your face. The detailed basic section with step-by-step crochet instructions makes the book suitable for beginners and advanced crocheters alike. There is plenty of room to give free rein to your own creativity - perfect for giving as a gift to family members or simply to love.

Linda Urbanneck comes from a family full of creativity, but she only discovered her penchant for crochet hooks in 2019 when she saw a video of an amigurumi for the first time. She gradually taught herself to crochet. Initially as a hobby, this passion would later develop more and more into a career. Her first instructions followed in 2020, and a few more shortly afterwards. Linda founded her first own label under the name "Haekellobby". Linda spends her life away from the crochet hook in Saarland. She lives there with her husband and three sons. Linda gives daily insights into her life on her Instagram account @haekellobby, where she gives creative people a glimpse into her life as a designer and author.

#### **Selling points and marketing:**

- Ideal as a gift: 25 cute amigurumi finger puppets for babies and toddlers to play with and marvel at
- Varied selection of figures: Flamingo, crab, llama, raccoon, fox, crocodile and many more
- For both beginners and advanced crocheters thanks to a detailed basic section with illustrations





<b>Publication:</b>	May 2024
<b>Author:</b>	Bieg, Nadine
<b>Title:</b>	<b>Make your own stamps</b>  Carve individual motifs and design creative projects - with simple instructions and templates
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7474-0598-7
<b>Price:</b>	15,00 EUR

Cards and letters, textiles, gift packaging, craft projects, wooden boxes, notebooks or wedding stationery with a personal touch - the possible uses for stamps are almost limitless. In this book, designer Nadine Bieg teaches the basics of using carving tools and rubber stamps as well as practical tricks on how to print on different materials. With clear illustrations, she shows how versatile this technique is and provides wonderful templates that can be transferred directly. Simple motifs for beginners are presented as well as those that require a little patience and skill. Thanks to original project ideas, such as seed bags or gift tags, the stamps can be used straight away. An excellently designed instruction book for creative people and stamp lovers.

Nadine Bieg is an illustrator, hand lettering artist and designer with a penchant for the simple and handmade. She started her stamping career during her studies and printed pizza boxes with concrete poetry by hand for her diploma. Since then, she has not only used self-made stamp motifs in her numerous sketchbooks and for corporate designs, she even designed her own wedding invitations with stamped elements. From her adopted home in The Hague, she sprays her creativity on the "Konfettirausch" channel and inspires with ever new artistic techniques and DIY ideas.

#### **Selling points and marketing:**

- Design and decorate postcards, letters, pictures and much more to your heart's content with homemade stamps for beginners and advanced users
- Designs and motifs from simple to sophisticated for carving and step-by-step instructions for creative stamping projects
- Basics, techniques and motifs: the comprehensive instruction book on the major stamping trend
- For even more stamp love on top: exclusive templates to download



<b>Publication:</b>	April 2024
<b>Title:</b>	<b>The doodle book for little artists aged 1 and over</b>  Over 50 child-friendly motifs for colouring and painting
<b>Pages/Cover:</b>	112 pages, softcover
<b>ISBN:</b>	978-3-7474-0265-8
<b>Price:</b>	5,00 EUR

Even babies and toddlers can and want to express themselves creatively. With this doodle book, little artists are encouraged to practice using coloured pencils or crayons for the first time. They playfully discover how much fun painting can be and can try out colouring for themselves. The book offers over 50 child-friendly motifs to colour and paint on 112 pages of sturdy paper in a handy format. With a wide range of themes, the cheerful colouring pages appeal to boys and girls alike. Simple motifs with a large colouring area help diligent beginners to stay within the lines and thus ensure their first small successes and beautiful results.

#### **Selling points and marketing:**

- Soft cover tested for product safety with selected child-friendly colouring templates on sturdy pages; printed on one side so that nothing shows through
- Colouring books encourage toddlers' motor skills and creativity
- Perfect low-priced surprise for mini Picassos from 1 to 4 years with lots of pages for colourful doodling fun
- Numerous different motifs offer extra-long activities
- Ideal for coloured pencils, fibre-tip pens and wax crayons: sturdy paper allows experimentation with different types of pencils



<b>Publication:</b>	February 2024
<b>Author:</b>	Brosche, Heidemarie; Moskito, Jana
<b>Title:</b>	<b>You aren't my friend anymore!</b>  A story about quarrels, friendship and reconciliation. Empathic picture book for children aged 3 and over
<b>Pages/Cover:</b>	32 pages, hardcover
<b>ISBN:</b>	978-3-7474-0579-6
<b>Price:</b>	12,00 EUR

"You're not my friend anymore" is one of the worst sentences that young children can hear. But it is precisely this sentence that is uttered between the little beaver and the little rabbit. Devastated, the beaver tells his mom about it and together they try to find a solution to the situation. Perhaps the rabbit and the beaver will make up, or perhaps it will take time or the friendship will change. But one thing is certain: the little beaver is not alone and can count on the support of his mom. This empathetic picture book in the successful "Little Beaver" series deals with a crisis situation in the life of a small child and encourages them to deal with it appropriately.

Heidemarie Brosche is a retired secondary school teacher and successful author of children's, middle grade and non-fiction books. She is the mother of three grown-up sons. It is important to her - also at school - to 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. Her illustrations for the volumes of the "Witcher" saga by Polish fantasy author Andrzej Sapkowski are best known.

#### **Selling points and marketing:**

- An important developmental topic told in a child-friendly and loving way: learning to deal with rejection
- Empathic picture book offers a conversation starter for difficult situations in kindergarten or elementary school
- The colourful beaver world also impresses in the third book of the successful series





<b>Publication:</b>	April 2024
<b>Author:</b>	Heer, Carina; Friese, Marilena
<b>Title:</b>	<b>This is (not) mine</b>  A colourful picture book about the difficulties of "mine" and "yours"
<b>Pages/Cover:</b>	32 pages, hardcover
<b>ISBN:</b>	978-3-7474-0621-2
<b>Price:</b>	12,00 EUR

On a sunny day, Berti the bear is walking peacefully through the forest, enjoying the birdsong, until he suddenly trips over a stick. Berti is annoyed and doesn't know what to do with the stupid branch. Flori comes along and immediately has lots of ideas about what he could play with the stick. When Berti sees how much fun Flori is having, he gets angry and wants the stick back. After all, it belonged to him first! But when the grim brown bear Master Petz is hit by the flying stick, it is suddenly not so clear who it actually belongs to...

This funny picture book about the omnipresent question of "mine" or "yours" in children's everyday lives will delight everyone aged 3 and over.

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

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

#### **Selling points and marketing:**

- Whose toy is this? The book humorously takes up typical everyday situations from children's lives
- Lovable and funny characters teach children the value of imagination and the categories "mine" and "yours"
- Unique illustrations bring the setting to life and bring joy to parents and children alike



<b>Publication:</b>	March 2024
<b>Author:</b>	Weis, Marie
<b>Title:</b>	<b>To my Sunflower</b>
<b>Pages/Cover:</b>	320 pages, softcover
<b>ISBN:</b>	978-3-95761-238-0
<b>Price:</b>	15,00 EUR

The successful Ophelia is fully absorbed in her job as an illustrator and has also made a name for herself with her Instagram profile @opheliaungeschönt, where she explains about self-love and mental illness. But she is not at all as self-assured as she seems. She has no experience of love in particular, which makes her increasingly insecure. When Ophelia is asked to design the illustrations for children's author Leo's new book and he awakens unexpected feelings in her, it's time to be brave and leave her comfort zone. But it's not just the fact that Leo is her boss's ex-boyfriend that makes things difficult; her past and her problems with her own body image are also holding her back. Will they still manage to find each other?

An own-voice book that authentically shows how psychological hurdles affect your whole life and encourages you to face your own fears.

Marie Weis was born in 1999, is a trained bookseller and currently lives in Bonn among endless books and houseplants. She has been blogging about books and other topics close to her heart on Instagram under the name @mariesliteratur since 2020. There she also talks openly about her experiences with mental health. She loves books, writing, Marvel, movies and series, Taylor Swift, rainy fall days and avoids any sporting activities.

#### **Selling points and marketing:**

- Own Voice author writes about current topics for her target group such as mental health, self-love and body image
- New adult romance with an authentic small-town setting for fans of Gabriella Santos de Lima, Nena Tramountani and Jennifer Bright



<b>Publication:</b>	April 2024
<b>Author:</b>	Cnyrim, Petra/Kemper, Jonathan
<b>Title:</b>	<b>Explain like I'm 5</b> Artificial intelligence
<b>Pages/Cover:</b>	128 pages, softcover
<b>ISBN:</b>	978-3-7423-2665-2
<b>Price:</b>	10,00 EUR

Artificial intelligence is on everyone's lips. While fears of doom are being stirred up on the one hand, a utopian future is being conjured up on the other. But if we are honest, there are more questions than certainties when it comes to this highly complex topic. So it's high time we got to grips with the most important and interesting ones - and in the easy-to-understand form guaranteed by the popular "Explain like I'm 5" series. After all, who knows exactly what types of AI are already part of everyday life and what other applications companies are researching? Or what a so-called "AI winter" is? With this book, you will no longer share half-knowledge in the next discussion, but will have a well-founded opinion on whether AI will soon replace humans.

Petra Cnyrim, born in 1975, works as an author near Munich. Her books "Vervollständige die Funktion" and "Das Buch der fast vergessenen Wörter" made it onto the "SPIEGEL" bestseller list.

#### **Selling points and marketing:**

- The previous volumes in the "Explain like I'm 5" series have sold over 375,000 copies in total
- Clear explanations of a complex and much-discussed topic
- Clearly structured chapters enable quick knowledge "to go"

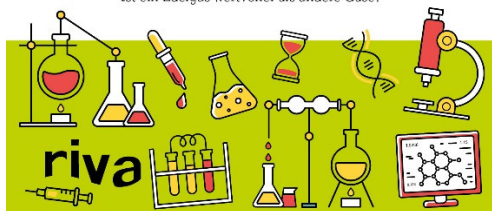


Petra Cnyrim

# ERKLÄRS MIR, ALS WÄRE ICH 5

Chemie

Was passiert eigentlich, wenn etwas rostet?  
Woher kommen die Abkürzungen für chemische Elemente?  
Ist ein Edelgas wertvoller als andere Gase?



<b>Publication:</b>	April 2024
<b>Author:</b>	Cnyrim, Petra
<b>Title:</b>	<b>Explain like I'm 5</b> Chemistry
<b>Pages/Cover:</b>	208 pages, softcover
<b>ISBN:</b>	978-3-7423-2663-8
<b>Price:</b>	10,00 EUR

Why does water become invisible when it evaporates? What is a catalyst? Is noble gas more valuable than other gases? What is the pH value? Where do the abbreviations for chemical elements come from? What happens when something rusts? Children ask 1000 questions. We adults, on the other hand, often don't dare to ask exactly. After all, we should already know. But there are so many exciting and varied questions, especially in the field of chemistry, that are worth explaining in more detail. This book explains complex relationships in chemistry in a clear way - so that everyone can understand them.

Petra Cnyrim, born in 1975, works as an author near Munich. Her books "Vervollständige die Funktion" and "Das Buch der fast vergessenen Wörter" made it onto the "SPIEGEL" bestseller list.

### Selling points and marketing:

- The previous volumes in the "Explain like I'm 5" series have sold a total of over 375,000 copies
- The popular series concept applied to the field of chemistry
- Comprehensible answers to chemistry questions that we all ask ourselves in everyday life
- Good division of the chapters for quick knowledge "to go"



<b>Publication:</b>	June 2024
<b>Author:</b>	Wiechmann, Daniel
<b>Title:</b>	<b>The craziest travel guide to Europe</b>  Hidden places, bizarre buildings and mysterious landscapes
<b>Pages/Cover:</b>	176 pages, softcover
<b>ISBN:</b>	978-3-7423-2044-5
<b>Price:</b>	15,00 EUR

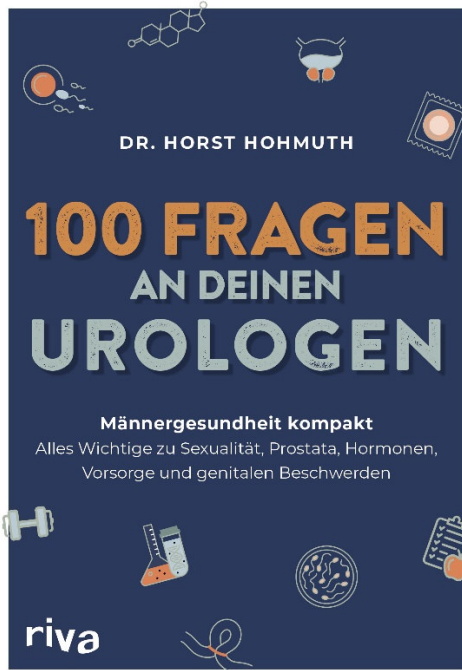
The journey to the craziest places continues and this time takes you all over Europe! Marvel at pink salt lagoons and blood-red rivers in Spain and find out why cars roll uphill on the magical hill at Trollvägen in Sweden with the engine switched off. Count the bones and skulls in the Sedlec ossuary in the Czech Republic, climb the gigantic Visoko pyramid in Bosnia and Herzegovina and experience desert feelings on the Dune du Pilat, Europe's largest shifting dune in France. "The craziest travel guide to Europe" shows you breathtaking natural wonders, incredible architectural monuments, spooky lost places, curious museums and much more. Real insider tips for all adventurers, far away from mass tourism.

Daniel Wiechmann, born in 1974, grew up in Berlin. He attended journalism school in Munich and trained as an editor there. He has already published numerous books with riva Verlag, including the mega bestseller "Der verrückteste Reiseführer Deutschlands" ("The craziest travel guide to Germany", 2022). He lives and works in Munich.

#### **Selling points and marketing:**

- Over 45,000 copies sold of the previous title "The craziest travel guide to Germany"
- More than 100 new and unusual destinations throughout Europe
- The continent's most exciting travel destinations – from natural wonders and bizarre architecture to spooky lost places





<b>Publication:</b>	May 2024
<b>Author:</b>	Homuth, Dr. Horst
<b>Title:</b>	<b>100 questions for your urologist</b>  Men's health in a nutshell. Everything you need to know about sexuality, prostate, hormones, prevention and genital complaints
<b>Pages/Cover:</b>	208 pages, softcover
<b>ISBN:</b>	978-3-7423-2626-3
<b>Price:</b>	16,00 EUR

Men go to their annual urological check-up far too rarely, which can lead to serious illnesses. In the fifth volume of the "100 Questions" series, andrologist and urologist Dr. Horst Hohmuth therefore addresses all the topics that many men often put aside: hormone balance, necessary check-ups, sex and potency or various complaints and pain patterns. In a relaxed and competent manner, he clears up any uncertainties and answers questions such as: Can erectile dysfunction indicate a blood pressure disorder? Do men also go through the menopause? Do heated seats and hot tubs really harm sperm? And how can prostate enlargement be prevented? He not only explains how important it is for men to look after their own bodies, but also provides practical advice and instructions on how to integrate better health into their everyday lives.

Dr. Horst Hohmuth is a urologist, andrologist and sports physician. For some time he worked as a military doctor in the US army. He has been running a men's health practice in Ulm for 30 years now, where he and his team take a holistic approach to helping their patients

**Selling points and marketing:**

- Every year, 55,000 men in Germany are diagnosed with prostate cancer
- After cardiovascular diseases, prostate cancer and prostatitis syndrome are the most common diseases in men over the age of 50
- No question remains unanswered: the latest title in the established "100 Questions" series



<b>Publication:</b>	June 2024
<b>Author:</b>	Wittich, Melanie
<b>Title:</b>	<b>Healthy hands in no time</b>  Prevent, treat, heal, and strengthen. The best exercises for osteoarthritis, carpal tunnel syndrome, snapping fingers and other complaints
<b>Pages/Cover:</b>	224 pages, hardcover
<b>ISBN:</b>	978-3-7423-2634-8
<b>Price:</b>	25,00 EUR

The hand is one of the most complex anatomical structures in the human body. It is one of the most stressed in everyday life – but at the same time it is far too often neglected, which can lead to pain and discomfort that can be enormously limiting and cost quality of life. To avoid this and get back to strong, healthy hands, hand therapist Melanie Wittich has put together the best exercises that anyone can use to train the mobility, grip strength, motor skills and coordination of their own hands and keep joints, muscles, nerves and tendons supple. Tailor-made programs also offer valuable help to specifically and effectively counteract certain symptoms such as tendinitis, gout or rheumatic diseases. So everyone can tackle their own hand health!

Melanie Wittich is a certified occupational and hand therapist specializing in hand rehabilitation. She runs "Hand-Aktiv GmbH" at the Nikolaizentrum Leipzig and Zwickau Planitz. Her aim is to help those affected to become and remain pain-free. To this end, she has also developed the "Wittich hand function test", a standardized holistic test procedure for the functionality of the hands.

**Selling points and marketing:**

- 40 percent of all accidents at work in Germany involve the hands
- The author is a sought-after expert on the subject of hand health
- Hand pain is becoming increasingly common due to one-sided and incorrect strain at work on the computer or during sport, injuries or illnesses
- Step-by-step instructions with photos for easy imitation and participation



<b>Publication:</b>	March 2024
<b>Author:</b>	Walther, Luise
<b>Title:</b>	<b>Better vision in 21 days</b> Optimize your vision with neuro-focused exercises
<b>Pages/Cover:</b>	160 pages, softcover
<b>ISBN:</b>	978-3-7423-2516-7
<b>Price:</b>	18,00 EUR

Better vision in 21 days? What sounds like wishful thinking is actually possible. It is based on the fascinating insight that vision originates in the brain and that the ability to see can be changed and trained. Staring at computer and TV screens, displays and cell phones means that our eyes increasingly lack movement. As a result, numerous complaints arise earlier than intended and possibly completely unnecessarily. Neuro-focused training can demonstrably counteract this development, as expert Luise Walther shows. She has put together a simple but effective 21-day program for everyday use from 21 neuro-focused eye exercises, for which no special aids are required. Just a few minutes a day are enough to strengthen tense and tired eyes, sharpen the gaze, optimize eye mobility, delay the ageing process and improve vision in the long term.

Luise Walther is an expert in the field of neuro-centered training and a certified Z-Health® Master Practitioner. She has many years of experience in working with patients and specializes in helping her clients to alleviate musculoskeletal complaints and improve their physical abilities with exercises from neuro-focused training. She passes on her extensive knowledge in the field of applied neuroscience in workshops and training sessions.

**Selling Points und marketing:**

- Over 40 million Germans wear glasses - and the trend is rising
- The author is a sought-after expert in the media
- Screen work and a static posture are among the main causes of poor vision
- Neuro-focused eye training has been proven to improve visual acuity



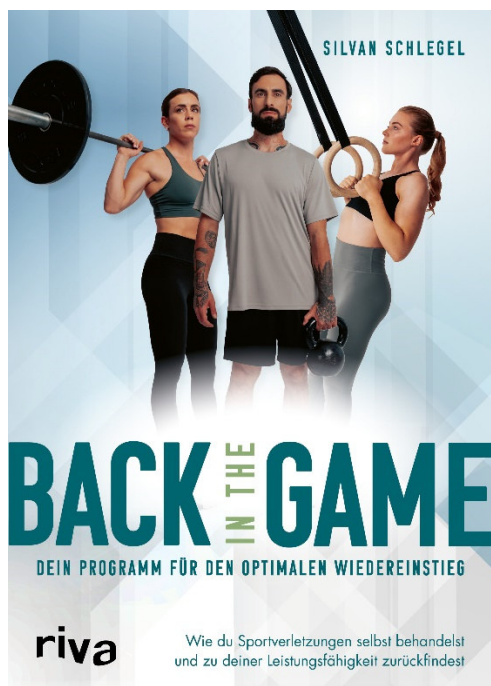
<b>Publication:</b>	May 2024
<b>Author:</b>	Tschirner, Thorsten
<b>Title:</b>	<b>Get fit – stay young</b>  How to turn back your biological clock by up to 10 years in 8 weeks.  The study-based training program
<b>Pages/Cover:</b>	224 pages, softcover
<b>ISBN:</b>	978-3-7423-2502-0
<b>Price:</b>	20,00 EUR

Numerous studies have shown that strong muscles keep you young! This is because muscle tissue has the special ability to remove waste and harmful substances from body cells. This makes the cells cleaner and more resistant, which slows down the ageing process. Active muscles are needed for this process to work as efficiently as possible. The 8-week program from trainer and health expert Thorsten Tschirner aims to do just that: Based on scientific findings, he explains how the entire musculature can be brought into shape in just two months, thus reducing your biological age by up to ten years. In the training plans, which are divided into two phases, the main muscle groups are first addressed through moderate strength training and a basic level of fitness is built up. The workouts are then adapted to further boost the metabolism and reprogram it to a certain extent. This training routine not only supports cell maintenance, but also ensures greater mobility and a good body feeling. The program is rounded off with additional tips on proper nutrition and recovery to further slow down the ageing process.

Thorsten Tschirner studied sports science and journalism before working for many years as a personal trainer, health and sports consultant and manager for well-known fitness studios and hotels. Today he works all over Europe, contributing his broad expert knowledge in the tourism and health sector. He has already written several successful guides on fitness and muscle building.

**Selling points and marketing:**

- latest scientific studies prove the positive influence of muscle training on genetics
- It's never too late for fitness: even those who start exercising at an advanced age benefit from the rejuvenating effect of the 8-week program
- Simple and clear concept with illustrated exercises and step-by-step instructions for easy training at home, without previous knowledge or equipment
- Clean, strong cells not only keep you young, but also healthy and prevent illnesses and age-related complaints



<b>Publication:</b>	May 2024
<b>Author:</b>	Schlegel, Silvan
<b>Title:</b>	<b>Back in the Game</b> Your program for the optimal re-start
<b>Pages/Cover:</b>	256 pages, softcover
<b>ISBN:</b>	978-3-7423-2623-2
<b>Price:</b>	24,00 EUR

Every ambitious athlete - whether professional or amateur – has most likely already had to deal with an injury. And it doesn't matter whether it's a simple sprain or a serious cruciate ligament tear: Every lesion means a drop in performance and requires appropriate rehabilitation. Sports physiotherapist Silvan Schlegel shows how you can treat physical complaints yourself, prevent injuries in the best possible way and get back to full performance. Based on the principles of physiotherapy, the aim is to understand how typical sports injuries – from knee pain to torn ligaments or a frozen shoulder to a slipped disc – arise in the first place and what the underlying patterns are. His "Rehab is about you" therapy approach focuses on the person behind the injury and offers individual treatment methods: with a total of 75 exercises, the four-week training programs focus on different regions of the body such as the knee, shoulder, hip, ankle and spine as well as muscle and tendon complaints. This way, the healing process is promoted in the long term and those affected are optimally supported in their return to their former best performance!

Silvan Schlegel is a physiotherapist in Berlin and is part of the medical team of the German men's national gymnastics team. With his approach, which is based on active rehabilitation and preventative training, he has already helped numerous professional athletes return to top form after injury. Since 2020, he and his co-host Hendrik Senf have been talking about topics such as training, fitness and physiotherapy on a weekly basis in their podcast "Training ohne Limit".

#### **Selling points and marketing:**

- More than two million people in Germany are injured in sport every year
- Physiotherapy at home especially for athletes
- With 75 exercises and 14 training plans for rehabilitation and prevention





<b>Publication:</b>	April 2024
<b>Author:</b>	Knapp, Dr. med. Markus/Krug, Thomas
<b>Title:</b>	<b>Health is a matter of the heart</b>  Why the heart works differently at every age and how to keep it strong and efficient
<b>Pages/Cover:</b>	224 pages, softcover
<b>ISBN:</b>	978-3-7423-2585-3
<b>Price:</b>	18,00 EUR

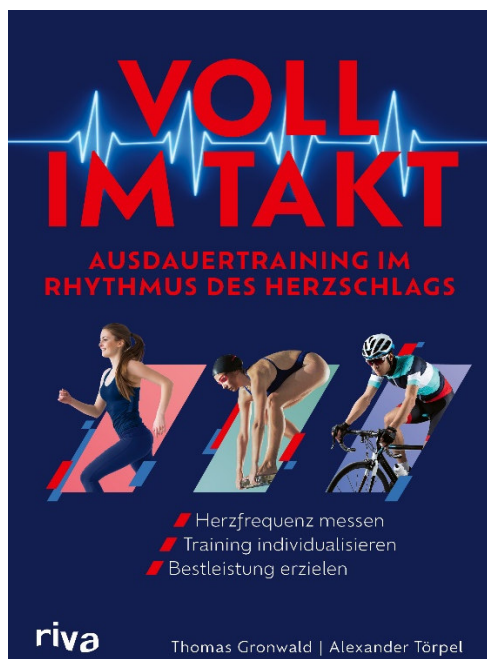
The heart is undisputedly the most vital organ in the human body. It is therefore extremely important to keep it healthy for as long as possible. However, the sheer endless amount of advice on this topic often fails to recognize the important role that age plays. "The heart of an 82-year-old person has completely different needs to that of a 37-year-old," says cardiologist Dr. Markus Knapp. "It works differently at every age and presents different generations with different challenges." That's why Dr. Knapp not only offers valuable insights into how the heart works, but above all provides practical and straightforward measures that he has tailored precisely to three age groups - up to 40 years, up to 60 years and over. As in their successful podcast "Hand on Heart", the "layman of the nation" Thomas Krug repeatedly asks questions that reflect the concerns of many people. These are answered by the expert at eye level. In an entertaining way, you learn what the heart really needs to stay fit for a long time and how you can protect it from arrhythmia, heart palpitations, heart attacks and other diseases. An enrichment for everyone who cares about their own health!

Dr. Markus Knapp, cardiologist and psychocardiologist, is a doctor with a heart in every respect. In his practice for cardiology and internal medicine, he attaches great importance to the holistic approach and treatment of his patients. Together with Thomas Krug, he answers questions about heart health in the "Hand on Heart" podcast and conveys complex knowledge in an understandable and comprehensible way.

Thomas Krug holds a degree in industrial engineering and has a wide range of entrepreneurial activities. Among other things, the passionate sportsman runs a recording studio for music and voice productions and, as the "layman of the nation", hosts the successful podcast series "Hand aufs Herz", in which he and Dr. Markus Knapp leave no question about heart health unanswered.

#### **Selling points and marketing:**

- Almost 30,000 subscribers listen to the authors' successful podcast, "Hand aufs Herz", every week - and the number is growing all the time
- The number one cause of death in Germany is still cardiovascular disease
- A guide to the topic of heart health at different stages of life
- With a 6-week program for a heart-healthy lifestyle - simple, effective, sustainable



<b>Publication:</b>	April 2024
<b>Author:</b>	Gronwald, Thomas; Törpel, Dr. phil. Alexander
<b>Title:</b>	<b>Always on Beat</b> Endurance training in rhythm with the heartbeat
<b>Pages/Cover:</b>	176 pages, softcover
<b>ISBN:</b>	978-3-7423-2564-8
<b>Price:</b>	22,00 EUR

Heart rate and heart rate variability (HRV) are currently on everyone's lips when it comes to optimizing performance in endurance sports. Greater resilience and performance through individually tailored training benefits health and increases athletic performance. The specific strain on the cardiovascular system can be determined by the heart rate and the associated HRV as objective measurement and control variables. Athletes can make use of these values by defining intensity ranges on this basis and adapting their training accordingly. Based on the latest scientific findings, sports and training scientists Prof. Dr. Thomas Gronwald and Dr. Alexander Törpel provide a detailed overview of how the body reacts during endurance exercise, what influence the environment and other factors have on performance and how heart rate and HRV can be determined and interpreted in the context of training and everyday life. Whether you are a recreational athlete or a professional - measuring heart rate and HRV is a simple tool that every endurance athlete can use without much effort to individualize their training and optimize their athletic performance.

Thomas Gronwald heads the "Department of Performance, Neuroscience, Therapy and Health" in the field of sports science at MSH Medical School Hamburg and is a training scientist and methodologist specialising in stress and strain control. He has written several books and many scientific articles.

Dr. phil. Alexander Törpel is a sports scientist and has been working for the German Swimming Association (DSV) as national coach for diagnostics since the end of 2019. He previously worked as a research assistant at the University of Magdeburg and as a visiting researcher at the University of Canberra, Research Institute for Sport and Exercise, in Australia.

#### **Selling points and marketing:**

- Heart rate variability is becoming increasingly important in sport
- The latest scientific findings on measurable performance enhancement in endurance sports
- Authors are sports scientists and respected experts in the field of training load, control and methodology
- With tips on the optimal use of heart rate monitors



# KNIE

## SCHMERZFREI IN 30 TAGEN

Mit über 100 Übungen gegen akute und chronische Beschwerden



**riva**

Gabriele Kiesling

<b>Publication:</b>	March 2024
<b>Author:</b>	Kiesling, Gabriele
<b>Title:</b>	<b>Knee – pain-free in 30 days</b> With over 100 exercises against acute and chronic pain
<b>Pages/Cover:</b>	208 pages, softcover
<b>ISBN:</b>	978-3-7423-2589-1
<b>Price:</b>	20,00 EUR

After the back and neck, Gabriele Kiesling turns her attention to the knee in the third volume of her "Pain-free in 30 days" series. Why? Because knee pain is one of the most common joint diseases, and one that increases significantly from the age of 50. Obesity, sports injuries, osteoarthritis, but also poor posture and back problems are triggers for this widespread disease. This is accompanied by reduced mobility, restrictions in everyday life, recurring or persistent pain and ultimately a considerable loss of quality of life. Gabriele Kiesling's good news: acute knee diagnoses have a very high chance of recovery. With her 30-day program, sufferers can stop the vicious circle of pain and loss of movement themselves. From simple relieving postures, trigger point treatments and self-massage to short fitness workouts: over 100 exercises lead step by step back to full stability, strength and mobility.

Gabriele Kiesling is a physiotherapist with her own practice in Berlin, Managing Director of the German Institute for Quality in Physiotherapy (digp, Berlin) and co-founder of the Federal Association of Independent Physiotherapists (IFK). She is responsible for numerous innovative concepts for quality assurance in neuro-orthopaedic physiotherapy. She has been involved in the empirical assessment and treatment of body fascia for decades, also in collaboration with the Fascia Research Group at the Technical University of Munich under the direction of Dr. Robert Schleip. This expertise is the basis for the fascia physiotherapy she has named after herself. The effectiveness of her exercise methodology has been confirmed in randomized studies. With her successful books in the "Physiotherapy at home" series, Gabriele Kiesling provides easy-to-understand exercise literature for patients and laypeople alike.

### **Selling Points und marketing:**

- The new book in the successful physiotherapy series
- From osteoarthritis to meniscus damage: The causes of knee problems are varied and the number of people affected is correspondingly high
- Simple self-help at home with over 100 exercises



<b>Publication:</b>	July 2024
<b>Author:</b>	Reumann, Friederike
<b>Title:</b>	<b>Yoga for the inflexible</b> Step by step to a supple and relaxed body
<b>Pages/Cover:</b>	160 pages, softcover
<b>ISBN:</b>	978-3-7423-2680-5
<b>Price:</b>	18,00 EUR

Yoga is one of the most popular sports worldwide - but many people still think they are too immobile for it. Or they feel so rusty and tense due to their everyday life that they don't dare to do the exercises. Yet yoga is exactly the right tool to counteract this supposed inflexibility: The versatile poses effectively help to relieve tension, keep joints and muscles supple and improve range of motion. Friederike Reumann, yoga teacher and physiotherapist, has put together the 15 most effective asanas that really anyone can use to practise yoga. Illustrated and easy-to-understand step-by-step instructions make it very simple to put them into practice. The variations presented also make it possible to adapt the posture to your own level and at the same time bring variety to your yoga practice. The perfect program to achieve not only a flexible body but also one that feels good - for everyone!

Friederike Reumann is a physiotherapist, osteopath and alternative practitioner with her own practice and yoga studio. She has completed training in traditional Chinese medicine, Ayurvedic medicine and yoga, among other things, and is the editor of her own health magazine. She has already published several books and writes for health magazines.

#### **Selling points and marketing:**

- Anyone can do yoga – no matter how inflexible
- Studies show that many people regularly suffer from muscle tension – and that yoga can help against it
- Friederike Reumann is the author of several successful books on yoga and health
- With tests to pinpoint blockages and short sequences for shoulders, neck, back, hips, arms and legs

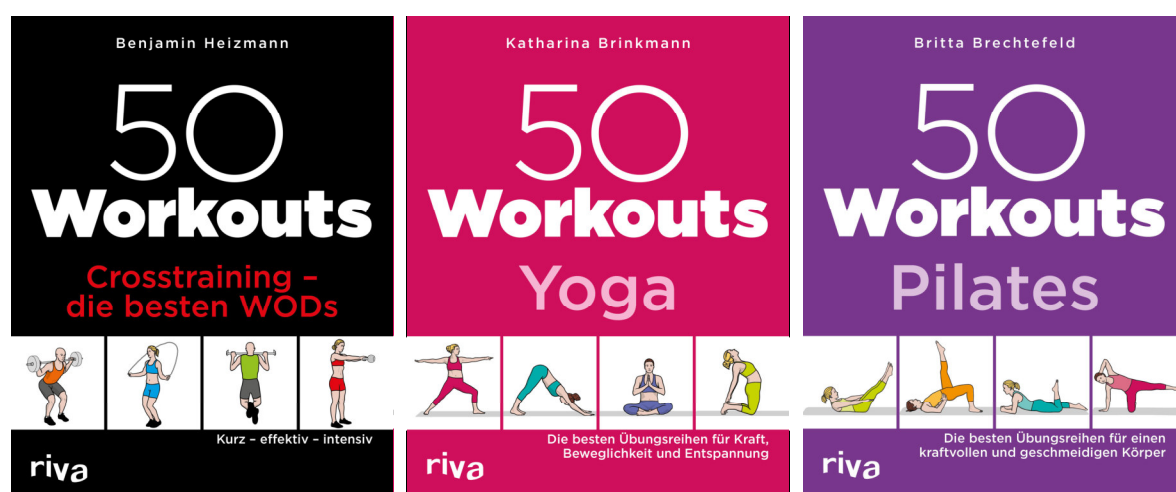
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## 50 Workouts - The successful DIY gym books

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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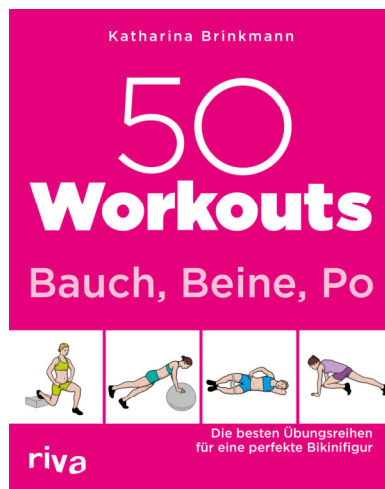
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144 pages



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128 pages



Published 17.03.2020  
144 pages



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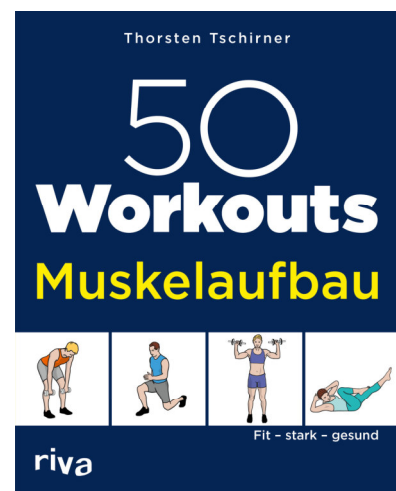


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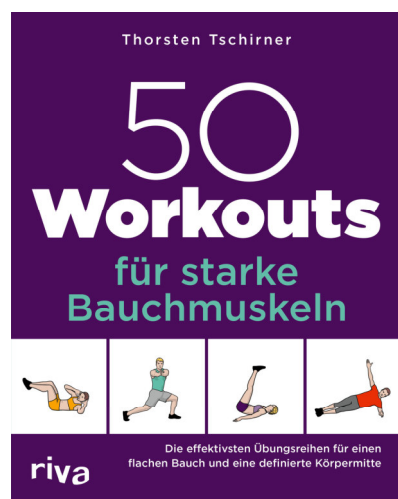
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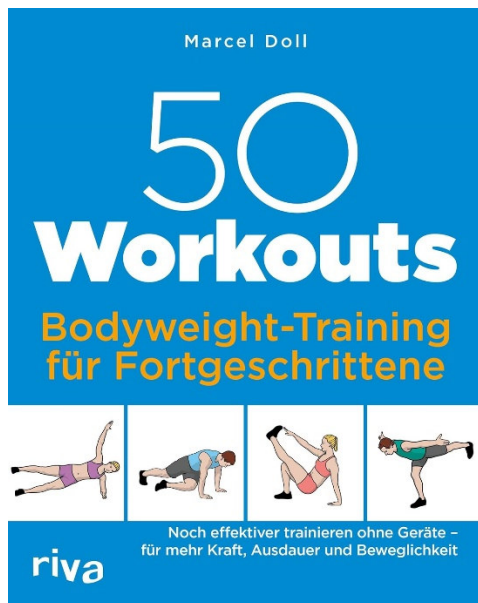
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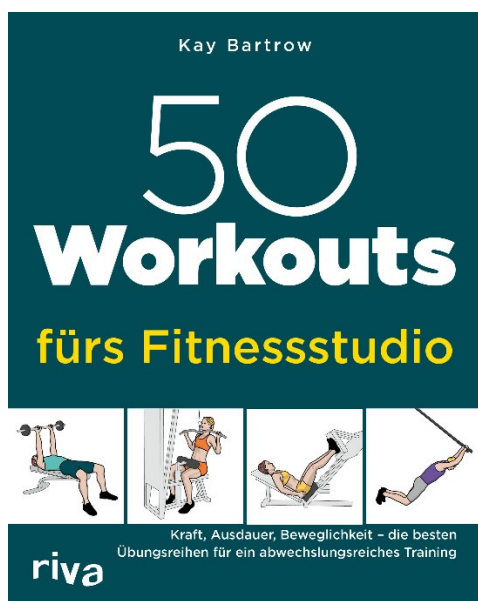
Published 20.09.2022  
144 pages



<b>Publication:</b>	January 2024
<b>Author:</b>	Doll, Marcel
<b>Title:</b>	<b>50 Workouts – Advanced Bodyweight Training</b>
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7423-2554-9
<b>Price:</b>	12,00 EUR



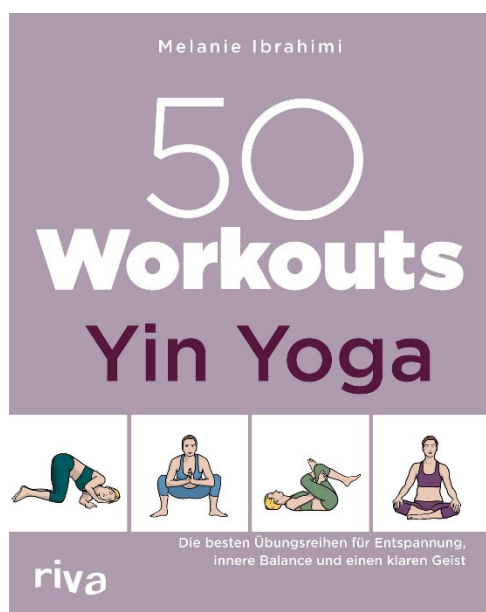
<b>Publication:</b>	September 2023
<b>Author:</b>	Pfitzer, Torsten
<b>Title:</b>	<b>50 Workouts against shoulder and neck pain</b>
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7423-2474-0
<b>Price:</b>	12,00 EUR



<b>Publication:</b>	December 2023
<b>Author:</b>	Bartrow, Kay
<b>Title:</b>	<b>50 Workouts for the gym</b>
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7423-2461-0
<b>Price:</b>	12,00 EUR



<b>Publication:</b>	April 2024
<b>Author:</b>	Bartrow, Kay
<b>Title:</b>	<b>50 workouts - mobility training for seniors</b>
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7423-2531-0
<b>Price:</b>	12,00 EUR



<b>Publication:</b>	April 2024
<b>Author:</b>	Ibrahimi, Melanie
<b>Title:</b>	<b>50 Workouts - Yin Yoga</b>
<b>Pages/Cover:</b>	144 pages, softcover
<b>ISBN:</b>	978-3-7423-2517-4
<b>Price:</b>	12,00 EUR

<b>Publication:</b>	November 2023
<b>Author:</b>	Oecal, Achim (@kitchenachim)
<b>Title:</b>	<b>In the oven, get set, go!</b> 50 ingeniously simple express recipes
<b>Pages/Cover:</b>	128 pages, hardcover
<b>ISBN:</b>	978-3-7423-2616-4
<b>Price:</b>	19,00 EUR



<b>Publication:</b>	June 2024
<b>Author:</b>	Löppert, Sophia
<b>Title:</b>	<b>Vegetables taste so good!</b> 60 ingenious vegetarian feel-good recipes for every season
<b>Pages/Cover:</b>	160 pages, softcover
<b>ISBN:</b>	978-3-7423-2673-7
<b>Price:</b>	22,00 EUR



<b>Publication:</b>	June 2024
<b>Author:</b>	CALLEkocht
<b>Title:</b>	<b>Grandma's potato cuisine</b> Favourite dishes from the good old days
<b>Pages/Cover:</b>	128 pages, hardcover
<b>ISBN:</b>	978-3-7423-2640-9
<b>Price:</b>	19,00 EUR





<b>Publication:</b>	July 2024
<b>Author:</b>	Ruppert, Daniela
<b>Title:</b>	<b>The vegan high-protein cookbook</b> 60 plant-based and protein-rich recipes for building muscle and losing weight
<b>Pages/Cover:</b>	144 pages, hardcover
<b>ISBN:</b>	978-3-7423-2709-3
<b>Price:</b>	20,00 EUR



<b>Publication:</b>	August 2024
<b>Author:</b>	Muliar, Doris
<b>Title:</b>	<b>The right diet for high cholesterol</b> 100 healthy recipes to lower cholesterol naturally
<b>Pages/Cover:</b>	208 pages, softcover
<b>ISBN:</b>	978-3-7423-2671-3
<b>Price:</b>	20,00 EUR



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