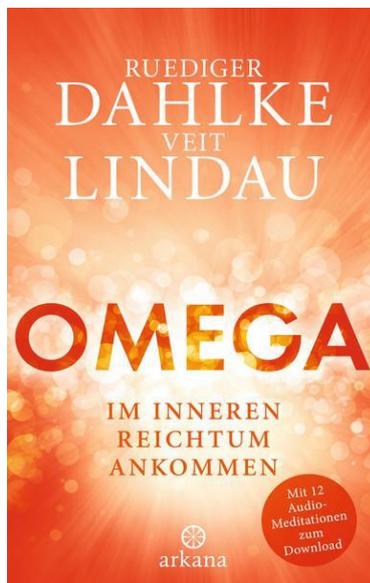


# Foreign Rights Spring 2017

## Reference



Ansata ▪ Ariston ▪ Arkana ▪ Goldmann  
Gütersloher Verlagshaus ▪ Heyne ▪ Kailash  
Kösel ▪ Integral ▪ Mosaik ▪ Südwest

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## Verbal judo for advanced practitioners



Barbara Berckhan  
**What Was That?**  
[Ach was?]  
Humorous strategies against  
verbal slights and other spites

Kösel  
208 pages  
Format 13,5 x 21,5 cm  
June 2017

**Barbara Berckhan**, born in 1957, has a degree in education and works as a freelance communication trainer. She is a successful author and has led self-assertion training programmes for more than 15 years. Her popular books have been translated into 11 languages with sales totalling 1.5 million copies.

[www.barbara-berckhan.de](http://www.barbara-berckhan.de)

This can occur in the best of conversations: a hidden attack, a camouflaged stab, a biting comment, a subliminal wickedness. One stands there struck, crestfallen: all composure has evaporated, the inner balance awry. Brooding begins, the mood sinks.

But this doesn't need to happen. Barbara Berckhan offers simple strategies for rising above all this and getting back on top of things. She teaches us the art of responding to such veiled or not so veiled insults without wounding others – and having fun while doing so. We will discover how we can deflect verbal kicks and stinging remarks – with much humour and without responding aggressively.

An indispensable book for all who want to deal with people in a calm and composed way.

- First aid for conversational casualties
- For everyday situations – witty and violence-free

## The art of making use of your power properly



Ilona Bürgel  
**Why More Is Not Always Right**

[Warum immer mehr nicht immer richtig ist]

New paths to success and well-being

Kösel  
208 pages  
Format 13,5 x 21,5 cm  
April 2017

**Ilona Bürgel** is a psychologist, coach, book author, and lecturer. In her own coaching practice she accompanies business people and private persons in professional and personal transformational processes.

[www.ilonabuergel.de](http://www.ilonabuergel.de)

Accepting challenges is important for our personal development and for our success in life. Yet those who always want to go higher, faster, and farther will quickly become personally depleted and end up lonely.

The successful author and psychologist Ilona Bürgel unmasks such cases of overexertion and invites readers to rethink their lives according to the principle of well-being. In a charming and down-to-earth way, she explains how we can ensure that things go well for us in a complex world. She shows us how we can use particular techniques and strategies, instead of constantly subjecting ourselves to our own demands or those of others. When we are challenged in the right way, we feel good. When we experience well-being, we can accomplish what we want and what we should – without becoming stressed.

- From the expert on the economic factor 'well-being'
- For all who want to be successful *and* happy

## Immediate help in fearful situations and traumatic experiences

Dr. med. Claudia Croos-Müller

### All's Well – The Little Survival Book

[Alles gut – Das kleine Überlebensbuch]  
Immediate help for stress, trauma, and more



Kösel  
48 pages  
4c throughout  
Format 17,0 x 15,5 cm  
May 2017

**Dr. med. Claudia Croos-Müller** is a neurologist, psychotherapist and trauma therapist. She studied body language as well as concentrated physical-exercise therapy. She offers training and coaching on the subjects of body language, conflict resolution and poise.

In her proven way, Claudia Croos-Müller presents simple casual physical exercises, which during stressful events have a calming and strengthening effect on the psycho-mental health – for example 'Shake yourself', 'Move the eyes', and 'Hand on the chest'. These exercises quickly stabilise the nervous system and restore security, confidence, and joy of life. As usual, the exercises are quite fun and can be done anywhere and at any time.

Drawings by Kai Pannen (of the good-mood sheep Oscar, Emily, Willy, and Marie) illustrate the exercises and give this book an attractive, high-quality gift-book character.

- Over 250,000 little survival books by Claudia Croos-Müller sold
- Immediately effective physical exercises

## How to blossom under difficult conditions



Thomas Hohensee  
**The Dandelion Strategy**  
[Die Löwenzahn-Strategie]  
Bloom and flourish: Be wild and dauntless

Integral  
176 pages  
Format 12,5 x 20,0 cm  
May 2017

**Thomas Hohensee**, born in 1955, worked as a jurist and debt advisor before he trained at the German Institute for Rational-Emotive and Cognitive Behavioural Therapy. He is the author of many successful books and a coach for personality development.

[www.thomas-hohensee.com](http://www.thomas-hohensee.com)

Resistance force, self-confidence, inner strength – with its bright flowers and its ability to thrive even on difficult ground, the dandelion embodies all these qualities we so often wish for ourselves in everyday life.

In an amusing and intelligible way, Thomas Hohensee understands how to convey in ten specific strategies the valuable knowledge of the calm and composed life-artist. Whoever takes these to heart will successfully master difficult situations and allow his or her life to flourish. According to the motto of the dandelion: 'If a crack in a wall is all you have, make the best out of it. But if you have a whole meadow, spread yourself out fully!'

- An amusing life advice book – with the dandelion as a sympathetic teacher
- Bestselling author with over 300,000 books sold

## The therapy couch to fold open and take with you



Andrea Jolander  
**Everybody Is Crazy  
Except Me**  
[Alle verrückt außer ich]  
The pocket therapist for the  
daily insanity

Heyne  
240 pages  
Format 13,5 x 20,6 cm  
April 2017

**Andrea Jolander**, born in 1952, is the pseudonym of a well-known psychotherapist who has been working in this field for over thirty years. Apart from the work in her own practice, she has also been involved in training psychotherapists and establishing a counselling centre.

How do I overcome bad habits? What can I do when it is always the same situations that drive me mad or hurt me? How to deal with a world that is becoming increasingly crazy? Am I highly sensitive or just hypersensitive?

Much of what we deal with in our everyday life does not need to be processed in long-term therapy, but it can be much easier understood with some professional advice. In her usual entertaining style, the psychotherapist Andrea Jolander provides simple and quick survival tips about everything that affects us – those things which damage us and those which can heal us.

- Fast help for unpleasant situations in everyday life, from small doubts to large panic
- Informative, surprising, witty – the best psychological tips from the expert
- With a test for self-evaluation

## Discovering the joy of being there for yourself



Franziska Muri  
**21 Reasons to Love Being Alone**  
[21 Gründe, das Alleinsein zu lieben]

Integral  
272 pages  
Format 12,5 x 20,0 cm  
April 2017

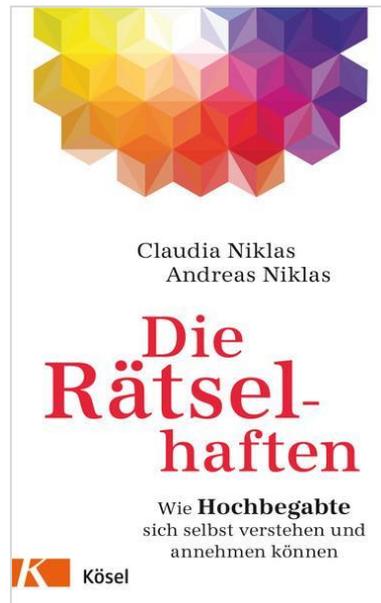
**Franziska Muri** is a culture scholar and journalist. Ever since her early youth, she has been fascinated by holistic and mystical themes, which have increasingly become her focus.

Solitude can be an impetus to encounter yourself intensely and to look at life in a whole new and freer way – and thus is a real source of power. Once you have learned to get along well with yourself, you will no longer feel lonely, as you will find deeper forms of attachment: with yourself, with other people, with nature, and with the spiritual world.

This book is a declaration of love for being alone. With many practical inspirations and valuable impulses, Franziska Muri shares 21 hidden treasures of a life for yourself, to discover and enjoy life in a completely new way.

- Being alone is a source of power and joy
- The long overdue image upgrade for a very natural state of being

## Life strategies for highly gifted adults



Claudia Niklas /  
Andreas Niklas

### **Puzzling People**

[Die Rätselhaften]

How highly gifted people can understand and accept themselves

Kösel

208 pages

With 4, b/w illustrations

Format 13,5 x 21,5 cm

April 2017

**Andreas Niklas**, a degreed psychologist, has worked in private practice since 1998. He is a member of the group of experts on high aptitude of the Professional Association of German Psychologists, and focusses on high-aptitude diagnostics in children and adults.

**Claudia Niklas** worked in art history as a journalist. In addition to specialist publications, the couple have written two successful books on kinesiology. They are parents of two highly gifted children.

Highly talented people with an IQ of more than 130 think faster and have a very powerful imagination. Yet their difference also brings problems in dealing with other people. They bore quickly, they hide their talents and isolate themselves, and suffer from such circumstances.

The authors show how highly talented people can finally feel comfortable in their own skin, find their own way, be true to themselves and their environment, and discover the world with a thirst for knowledge.

- Offers gifted adults many inspirations for getting along well with their talent in this life

## Narcissism as a survival strategy



Jochen Peichl  
**Why it Is Also Good  
to Be a Narcissist**  
[Warum es auch gut ist,  
Narzisst zu sein]

Kösel  
160 pages  
With 7 b/w illustrations  
Format 13,5 x 21,5 cm  
April 2017

**Jochen Peichl**, born in 1950, is a consultant neurologist and psychiatrist who also specialises in psycho-therapeutic and psycho-somatic medicine, with an emphasis on ego-state therapy. Since 1992 he has been assistant medical director of the psychotherapy and psychosomatics department at the Nuremberg clinical centre, as well as running his own practice.

[www.jochen-peichl.de](http://www.jochen-peichl.de)

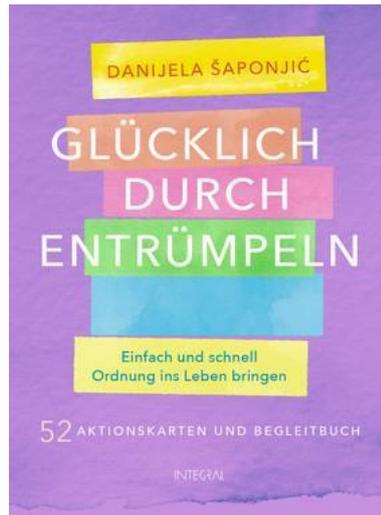
No one is voluntarily a narcissist. Jochen Peichl shows why many people still develop narcissistic traits. From what he has learned in his years of therapeutic practice, he views narcissism as a sort of survival strategy to deal with painful feelings from childhood.

Jochen Peichl recognises two general forms of narcissism. There are the 'classical' up-front narcissists, who want to raise themselves above others, humiliate others, and lead a very egocentric life. Less known is the form of narcissism in which such people keep in the background, make themselves unnoticed, and appear humble and selfless.

Jochen Peichl helps such people better understand themselves and others. They can then better assess the roles the particular narcissist elements play within their personality and what caused these elements to come into being. This book also helps people heal narcissistic wounds they received in the past and to take responsibility for life in the present.

- The modern interpretation of an unpopular characteristic
- With many examples from the psychological practice, and a self-test

## Every day another piece of freedom



Danijela Šaponjić  
**Happiness through  
Decluttering**  
[Glücklich durch Entrümpeln]  
Bringing order into life simply  
and quickly  
52 action cards and booklet

Integral  
112 pages  
Format 8,9 x 12,7 cm  
April 2017

**Danijela Šaponjić** is a renowned Feng Shui expert and life counsellor. After studying marketing and management in Munich she discovered her passion for Feng Shui, which she made into her profession in 2004.

In the closet, on the living room table, in the storage room, on the kitchen shelves – things we no longer need tend to collect everywhere. Such clutter is burdensome and takes up space in our lives, and not just spatially.

But there is a solution: with the unique card set from Feng Shui teacher Danijela Šaponjić, clearing out clutter is made easy. Each card prompts a very definite activity, which will have immediate visible results. Room by room, order and clarity is achieved in a matter of minutes – in one's home and just as much in one's life.

- The first card set for the trend topic 'decluttering'
- Immediate visible results – only 5 to 10 minutes per day
- Inspiring, practical, quick: becoming free of ballast and junk

## Playful exercises for working with the inner child

The practice book to the bestseller



### Stefanie Stahl The Child in You Must Find a Home – The Workbook

[Das Kind in dir muss Heimat finden – Das Arbeitsbuch]  
Three steps to a stronger self

Kailash  
128 pages  
With 30 colour illustrations,  
6 detachable templates  
Format 21,0 x 29,7 cm  
March 2017

**Stefanie Stahl** is a psychotherapist with a degree in psychology and a book author. Throughout the German-speaking countries she holds seminars about fear of connection and closeness. She is a sought-after expert on this topic in the press and other media.

[www.stefaniestahl.de](http://www.stefaniestahl.de)

With her bestseller *The Child in You Must Find a Home* Stefanie Stahl has helped hundreds of thousands of people discover for themselves the enormous power that comes through personal work with the inner child. Now, this practice book that complements her bestseller provides a comprehensive program for a strong self.

With many new exercises, we will discover how to heal old wounds, develop protection strategies, and strengthen ourselves through positive beliefs. Especially practical are the six detachable templates for individual work with the sun child and the shadow child.

- The quick and easy step-by-step guide for work with the inner child
- Over 200,000 copies sold of the #1 *Spiegel* bestseller *The Child in You Must Find a Home*

## How reserved people can trust themselves and play their strengths adeptly



Martin Wehrle  
**Clever People Deliberate**  
[Der Klügere denkt nach]  
The art of being successful in a calm way

Mosaik  
432 pages  
Format 13,5 x 20,6 cm  
April 2017

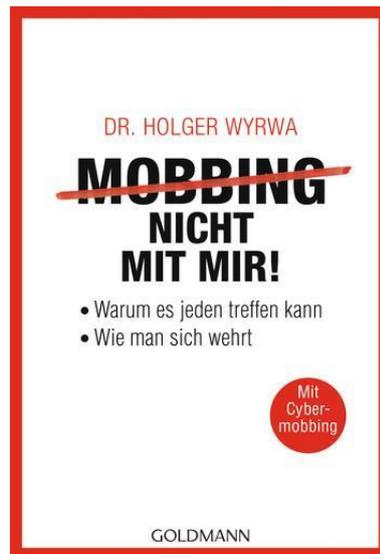
**Martin Wehrle**, considered Germany's best-known career and salary coach, writes for such periodicals as *Die Zeit* and *Spiegel online*. His books have been translated into 12 languages and have an enthusiastic international readership. In his Academy for Career Advisors in Hamburg, he trains career coaches.

Martin Wehrle has discovered that the era of the reserved person has begun. Being reserved can open up unprecedented opportunities for life and for career – but only if the introverted person makes use of specific strengths: discretion, discernment, good judgment.

With amusing anecdotes and surprising tips, Martin Wehrle shows how quiet people can effectively play their trump cards in a noisy world. A convincing plea for more integrity and less loudness, simultaneously bright and with depth.

- Why reserved people cannot change, yet can successfully use their strengths in their careers
- With anti-prattling training, numerous anecdotes, tips, and exercises
- 160,000 copies by this *Spiegel* bestselling author sold

## Mobbing is an issue that affects all of us!



Dr. Holger Wyrwa  
**Mobbing – Not with Me!**

[Mobbing – nicht mit mir!]

- Why it can affect anyone
- How to protect yourself

Goldmann  
352 pages  
Format 12,5 x 18,3 cm  
December 2016

**Dr. Holger Wyrwa** is an educationist, psychotherapist, and lecturer in adult education. He is the head of the Institute for Systematic Counselling and Pedagogy in Gelsenkirchen, Germany. His specialty areas include coaching, personality development, employee management, and mobbing counselling. The author was himself the victim of mobbing and learned to effectively defend himself.

Many people are or have been victims of mobbing or bullying – whether at work, at school, or in social media.

The psychotherapist and mobbing expert Dr. Holger Wyrwa explains why this can affect anyone and why anyone can fall into being a mobber or bully. He contends that only by truly understanding the background of a particular harassment can we actively do something about it. The author also provides concrete strategies for helping victims dissolve mental blocks and defend themselves.

- Psychological backgrounds and practical solutions
- Also deals with cybermobbing
- With case studies and interviews with victims

## Bonding – the best that parents can give their children



Fabienne Becker-Stoll /  
Kathrin Beckh / Julia Berkic  
**Bonding –  
A Secure Basis for Life**  
[Bindung – eine sichere Basis  
fürs Leben]  
The parenting book for the  
first six years

Kösel  
352 pages  
With many photographs and illustrations  
Format 17,0 x 24,0 cm  
June 2017

**Fabienne Becker-Stoll** is the most renowned expert for early childhood in Germany. She is a degreed psychologist and director of the State Institute for Early Education (IFP) in Munich, where she ensures that scientific findings on the rearing and care of our children can be translated into practice. After more than 20 years of research, she is the most important voice on the quality of early childcare.

**Julia Berkic** and **Kathrin Beckh** are degreed psychologists and researchers at the State Institute for Early Education (IFP) in Munich, focusing on bonding development.

Secure bonding – why is this really so important for children? Breakthrough research shows that it is the foundation for the development of health, resilience, success, and happiness.

A top expert in the research and practice of education shows what parents can do to create a stable basis for a fulfilling life for their children. Sleep, screaming fits, stubbornness, sibling conflicts, setting limits – for all of the major family topics parents will learn specifically how they can act in a bonding-supportive way. This strengthens children more than anything else, as proven by many long-term scientific studies.

- Includes new scientific findings, made comprehensible and workable in everyday life
- A book for helping parents accompany their children in life

## With more composure to better child-raising competence



### Simone Kriebs **The Calm and Composed Family**

[Die entspannte Familie]  
How to avoid making a mountain out of a molehill

Gütersloher Verlagshaus  
224 pages  
Format 13,5 x 21,5 cm  
February 2017

**Simone Kriebs**, born in 1974, has a degree in education and is an anti-aggression trainer, systemic family therapist (IFS/DGSF), CTW® hypnosis therapist, and naturopathic psychotherapist. She has worked with aggressive, violence-prone youths and adults, and is active as a consultant and trainer of educators and teachers. She is also the director of an institute for continued education, interaction, therapy, and training.

In recent decades there have been many models and views on how child-raising should be done correctly. Such models have always been a reflection of the social structures of the time. Yet in the family it really simply comes down to a matter of authentic encounters and of living together.

The family therapist Simone Kriebs helps stressed parents to find a calm attitude and, through a better understanding of the processes of development, to gain trust in biological abilities and natural maturity processes.

- A plea against social pressure
- Close to life, rich in experience, and authentically written

## Learning media – without hysteria and with good judgement



### Katja Reim **Into the Net?!**

[Ab ins Netz?!]  
How children can enter the digital world safely while parents relax

Kösel  
160 pages  
With 17 colour illustrations  
Format 13,5 x 21,5 cm  
April 2017

**Katja Reim**, born in 1974, is a journalist and mother of a daughter in primary school age, and is naturally curious. For years she has been blogging about shared excursions into the virtual world and her pleasant experiences using digital media in child-raising. She is included in numerous discussions, conferences, and congresses on the subject of media competence.

Help! My child wants to spend time in front of the computer screen! Eventually it will happen that the son or daughter will find a way into the digital world. Parents fear the hazards they think are lurking there – the real and less real ones. To either stay out of it completely or to try to control everything often seem to be the only alternatives.

Katja Reim knows that this can be done differently. With a lot of know-how and some self-irony, she explains how to accompany children, even of kindergarten age, into these virtual playgrounds. In this way, children can be there safely, especially when later they won't have parents there with them.

- Accompanying the first steps into the Internet competently and calmly

## The art of asking your children good questions



Christine Weiner  
**"Tell me about yourself!"**

["Erzähl doch mal von dir!"]  
How your child will open up –  
Child-coaching for everyday  
life

75 motivational cards and  
booklet

Ariston  
144 pages  
Format 12,1 x 18,1 cm  
May 2017

**Christine Weiner**, born in 1960, is a certified remedial therapist. She studied business administration and health and social services management and worked as a moderator and editor before she became independent as a trainer, supervisor and advisor. She is now a lecturer and coach at Mannheim University of Applied Sciences.

[www.christine-weiner.de](http://www.christine-weiner.de)

Children often get into situations that they feel to be too burdening and challenging. Many then withdraw and won't talk about it. This can be a difficult time for parents as well. When can I talk to a child about such problems, and when should I not? What are the signals, and how can I recognise them? What words should I use?

Children's coaching is appropriate for all people who would like to support their children through talking but who need to recognise the right times and situations for doing this. Christine Weiner offers just such a guide for coming into conversation with children, providing tips on how to structure, deepen, and optimise such talks. Included are lovingly illustrated inspirations cards for motivation and support.

- How to help children who experience insecurity, anxieties, changing schools, separation or divorce, and much more
- 75 motivational cards with accompanying book for 3- to 10-year-olds

## Give children back their childhood



### Michael Winterhoff **The Rediscovery of Childhood**

[Die Wiederentdeckung der  
Kindheit]

How we can make our children  
happy and fit for life

Gütersloher Verlagshaus  
192 pages  
Format 13,5 x 21,5 cm  
June 2017

**Michael Winterhoff**, born in 1955, is a child and adolescent psychiatrist, psychotherapist and writer. His books *Why Our Children are Turning into Tyrants*, *Children Don't Have to be Tyrants*, *Personalities Instead of Tyrants* and *Let the Kids be Kids Again* were all bestsellers and have been translated into 17 languages.

[www.michael-winterhoff.com](http://www.michael-winterhoff.com)

The world has changed, but the needs of our children have not. Based on the example of the daily life of Alexander, born in 1995, and Luis, born in 2016, Michael Winterhoff demonstrates how our children have almost unnoticed lost their childhood and as a result changed tremendously – and not always for the good. Parents and teachers see it every day, with all that entails – its outgrowths, its anxieties, its uncertainties.

Children need a childhood deserving the name. Winterhoff explains what that means. His astute analysis points to ways how parents can in a digital world create those safe havens that are indispensable for personality development. With his well-founded criticism of the education system, Winterhoff echoes the thoughts of teachers and educators and urges them not to stray from the ideal of togetherness with the focus on relationships.

## Good bowels – smart mind



**Prof. Dr. Michaela Axt-Gademmann**, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer.



Prof. Dr. Michaela Axt-Gademmann

### Being Clever with Intestines

[Schlau mit Darm]

Happy and vital through a healthy intestinal brain

Südwest

192 pages

With ca. 100 colour photographs and illustrations

Format 17,2 x 23,5 cm

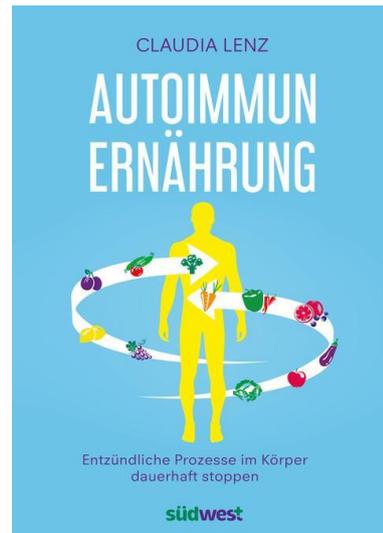
November 2016

The more we involve our intestines, our "second brain", in mental and physical purification processes, the better the psyche will be detoxified as well.

The latest findings show that the intestinal tract and the brain exist in a close relationship, mutually affecting each other. A proper diet thus provides equally well for a good environment in our intestines and for our mental and psychological health.

- The new book from the bestselling author, with intestinal and mental detox
- Positively influencing the psyche with the proper nutrition

## For a strong immune system



Claudia Lenz  
**Autoimmune Nutrition**  
[Autoimmun-Ernährung]  
Effectively stopping  
inflammatory processes in the  
body

Südwest  
160 pages  
Format 17,0 x 24,0 cm  
May 2017

**Claudia Lenz** is an ecotrophologist and has for many years dealt with alternative forms of nutrition and eating habits. She edits and authors books on nutrition and health topics.

The connection between chronic inflammations and a weak immune system resembles a vicious circle: An already weakened immune system cannot properly counteract an acute inflammatory reaction, so that chronic inflammation develops gradually. In turn, the chronic inflammation then massively affects the immune system. This results in a slow response to pathogens or malignant cell changes and autoimmune diseases such as coeliac disease, psoriasis, Hashimoto's thyroiditis, and more.

According to Claudia Lenz, along with a generally healthy lifestyle, diet is an important aspect for coping with chronic inflammation and for treating pre-existing functional disorders of the immune system.

- The nutrition concept for treating autoimmune illnesses
- With 40 delicious recipes including anti-inflammatory foods, e.g. ginger, leek and onions, sea fish and seafood

## The 10-point program for revitalising the liver



Prof. Dr. med. Julia  
Seiderer-Nack  
**How the Liver Gets Rid of  
Fat**

[So kriegt die Leber ihr Fett  
weg!]

Südwest  
160 pages  
With 100 colour photographs and  
illustrations  
Format 17,0 x 24,0 cm  
December 2016

**Prof. Dr. med. Julia Seiderer-Nack** is a physician and professor of internal medicine. Her main focuses are the detection of bacteria in the human gut and the basics of chronic inflammatory bowel diseases.

Every third to fourth adult over 40 years of age in the Western industrial nations is currently afflicted with a fatty liver condition – and the trend is growing. Excessive fat deposits are not harmless: they can cause inflammation and have effects on metabolic processes, which will in turn affect the whole organism (with such conditions as liver cirrhosis, liver cancer, diabetes, and cardiovascular disease).

Yet the liver can regenerate through a change in diet and lifestyle. The liver-healthy recipe ideas and a 10-point program presented here will help the liver return to its former vigorous form.

- Protecting the liver and reducing the risks for fatty liver, an illness of civilisation



## Knowledge to help the body heal itself



Dr. med. Ulrich Strunz  
**New Paths to Healing**  
[Neue Wege der Heilung]  
Health happens from within

Heyne  
224 pages  
With 20 b/w illustrations, 2c throughout  
Format 13,5 x 21,5 cm  
May 2017

**Dr. med. Ulrich Strunz** is a specialist in molecular medicine, a practicing internist, a gastro-enterologist, and a prophet in the area of nutrition research. His books on dieting and fitness are all bestsellers.

[www.strunz.com](http://www.strunz.com)

Health or disease is determined at the cellular level – this is the fundamental finding of molecular medicine. Understanding the building blocks of life and what roles they play in the body is thus of great importance. This is the basis of the success of Dr. med. Ulrich Strunz, whose therapy includes restoring natural balance with the appropriate building substances supported by nutrition, exercise and mental balance, the three pillars of a healthy lifestyle.

In *New Paths to Healing* the author explains this convincing health concept, and includes numerous reports of patients' experiences and concrete tips that can be easily implemented. Simply give the body what it really needs!

- Working directly at the cellular level with the power of vital substances, and restrengthening the immune system
- Healing without pharmaceuticals or senselessly extreme cures

## The longer one sits in life, the earlier one dies!



Vivien Suchert  
**Sitting Is for the Ass**  
[Sitzen ist fürn Arsch]  
How a sitting lifestyle is endangering our health, and what we can do about this

Heyne  
208 pages  
With 30 b/w illustrations  
Format 11,8 x 18,7 cm  
June 2017

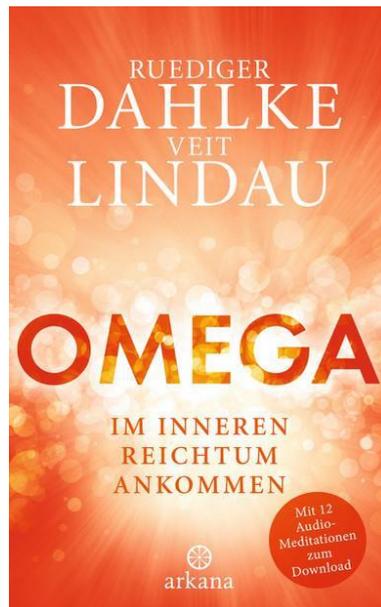
**Vivien Suchert**, born in 1990, is a degreed psychologist. During her doctorate studies she focussed intensively on the risks our sitting behaviours have for our health.

Evolutionarily, humans are meant to walk. What do we do instead? Be it our car, office, or sofa – we are merely moving from one seat to the next. With our sedentary lifestyle, we do ourselves all kinds of harm, from back problems, obesity, and diabetes, to depression, heart disease, and cancer.

In this self-illustrated book, the scientist Vivien Suchert entertainingly explains how we have forgotten how to walk, where sitting traps are lurking, and why doing sport is only half the battle.

- Sitting is more dangerous to health than smoking, as proven by the latest studies
- A very current topic, presented entertainingly and competently

## Abundance consciousness training for a truly joyful life



Ruediger Dahlke /  
Veit Lindau  
**OMEGA**  
[OMEGA]  
Arriving at inner richness

Arkana  
352 pages  
With 3 colour illustrations  
Format 13,5 x 21,5 cm  
March 2017

**Ruediger Dahlke** has worked for 37 years as a medical doctor, author, and seminar leader. Through his books he describes holistic psychosomatic conditions that extend into the mythical and spiritual dimensions.

**Veit Lindau**, born in 1969, is a teacher, lecturer, and author. He is co-founder of the Life Trust Akademie and is a professional member of the German Speakers Association. Lindau sees himself as a loving business-punk and modern mystic. His articles and books are precise, uncompromising, and humorous wake-up calls.

Ruediger Dahlke and Veit Lindau, two of the best-known spiritual teachers in Germany, have written on an important and highly topical issue: deficiency consciousness. This mindset is such a severe burden to our lives and one with such powerful negativity that it can make us poor and needy both inwardly and outwardly, destroy relationships, and even make us physically ill.

The authors show the way to abundance consciousness, a transformative process that begins in the heart and has the power to deeply transform life and make it into a place of love and generosity. This is OMEGA: a revolution in our thinking and feeling, in our consciousness, and in our actions. A shift from deficiency towards a fullness of being. From fear to trust. From greed to generosity. From separation towards connection.

- The first collaborative book from these top authors
- Overcoming deficiency consciousness, and letting go of illness, fear, and self-denial

## Finding your way out of the guilt trap



Monika Herz /  
Roland Rottenfuß  
**Clearing Away Guilt**  
[Schuld-Entrümpelung]  
How we can free ourselves of a  
crushing burden

Goldmann  
256 pages  
Format 12,5 x 18,3 cm  
December 2016

**Monika Herz** grew up in a religious Christian family. Already as a child she became witness to healings that were accomplished by faith healing. She works as an author and healer with an emphasis on spiritual therapy.

**Roland Rottenfuß**, born in 1963, after studying German language and literature worked as a book editor and a journalist for various publishing houses, and from 2001 to 2005 as an editor at the spiritual magazine *Connection*.

Along with anxiety, depression, and fatigue, feelings of guilt are among the most common burdens of our culture. Guilt lames us, erodes our sense of self worth, and can lead to a sort of self-sabotage. In a comprehensive guilt cleaning, we must learn how to distinguish between real and false guilt.

Wherever we have loaded unnecessary guilt onto ourselves, or allowed others to do this, we need to understand the deeper interrelationships involved.

The authors provide techniques, rituals, and prayers that will aid in freeing ourselves of guilt, even in our subconscious. Where we have guilt from the damage we have done to other people, they show paths that can lead to reconciliation and liberation.

- Recognising and dissolving manipulative accusations of guilt

## New messages from the best-loved ascended master

**Full English translation available**

**Rights sold to:**  
Poland (Bialy Wiatr),  
Hungary (Unio Mystica)

**Geoffrey Hoppe** worked for a time at the NASA Ames Research Center in California. He went on to found a consulting firm catering to an international clientele from industry and high technology, which he still successfully manages. In 1999, together with his wife, **Linda Hoppe**, he founded the Crimson Circle, an association for the development of consciousness on the Earth, presently involving hundreds of local groups and receiving over 30,000 international website visits every month.

[www.crimsoncircle.com](http://www.crimsoncircle.com)



Geoffrey and Linda Hoppe  
**Adamus Saint-Germain – Discover the Master in You**

[Adamus Saint-Germain – Entdecke den Meister in dir]  
20 decisive impulses for structuring of your own reality

Ansata  
256 pages  
Format 12,5 x 18,7 cm  
May 2017

Just what is reality, and how can it be changed? How can we overcome self-imposed restrictions and open our consciousness? How can we make use of the spiritual energies of the New Age?

The messages of Adamus Saint-Germain – channeled by Geoffrey and Linda Hoppe – excite and inspire hundreds of thousands of people around the world. For the first time, the celebrated ascended master presents his pioneering teachings in the form of 19 entertaining, true-to-life stories that will open a completely new, intuitive access to Saint-Germain's core message: In every human being there is both the seeker and the already enlightened. Conscious interaction between these two poles makes it possible to develop your full inner potential and become the master of your own life.

- For all who are seeking deep insights and practical help from higher dimensions
- Over 50,000 books by Geoffrey and Linda Hoppe sold

## Gardens are places for encounters with oneself and with God.



Marion Küstenmacher  
**Giving the Soul a Garden**  
[Der Seele einen Garten  
schenken]

On the charm of flowers and  
simple things

Gütersloher Verlagshaus  
224 pages  
Format 12,5 x 20,0 cm  
April 2017

**Marion Küstenmacher**, born in 1956, is a Protestant theologian who studied German language and literature. For many years an editor at a publishing house, she now works as a freelance coach for spiritual self-development with a focus on the Enneagram, symbol work, value imagination and mysticism.

This is a very special kind of garden book, one to open all one's senses for the wonders of everything that is alive.

Marion Küstenmacher invites us to join her on 70 excursions to discover the divine secret behind plants, animals and simple things. She makes gardens become a place for meditation and a source of mystic thoughts – thoughts to give wings to our joy of existence and a positive awareness of life.

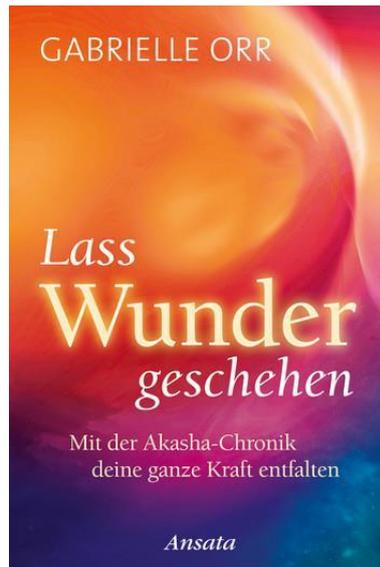
## Anyone can work wonders!

**Full English translation available**

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**Gabrielle Orr** studied social pedagogy, after which she worked for several years with mentally disabled children and coma patients. Among her responsibilities was offering consultation for her clients and their families. She is trained in various spiritual methods (Healing Touch, EFT, Reiki, and Feng Shui). Since 2002 this certified Akasha Chronicle teacher has held retreats in ways to read the Akasha Chronicle.

[www.gabrielleorr.com](http://www.gabrielleorr.com)



Gabrielle Orr  
**Akashic Records – You are the Miracle**  
[Lass Wunder geschehen]

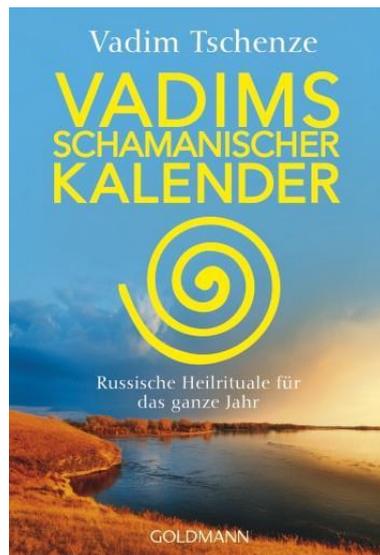
Ansata  
176 pages  
Format 12,5 x 18,7 cm  
April 2017

Our true calling is inscribed in the Akasha Chronicle, the immaterial, cosmic fount of knowledge. Whoever understands this secret book of life will be able to recognise and unfold his or her own deeply personal and individual abilities.

Gabrielle Orr has developed a method for identifying every pattern that is energetically blocking the realisation of our personal purpose in life. Through focussed reprogramming, old patterns and thoughts can be transformed into marvels that can redesign our life towards the positive. Here is a rich source of inspiration from the Akasha Chronicle and practical guidelines for personally, emotional, and spiritually developing ourselves further and arriving at our own unlimited power of creation.

- The magical guide to the true state of joy
- Dissolving inner blockages, discovering hidden energies, realising one's own purpose – with the Akasha Chronicle
- From the leading expert on the subject

## Russian shamanic impetuses and protection for every day



Vadim Tschenze  
**Vadim's Shamanic Calendar**  
[Vadims schamanischer Kalender]  
Russian healing rituals throughout the year

Goldmann  
400 pages  
Format 13,5 x 20,6 cm  
December 2016

**Vadim Tschenze**, born in Uzbekistan, has for many years been the head of an institute for spiritual healing, shamanism, and mediumism in Switzerland. He is the author of many books. His spiritual wisdom of parapsychology, natural healing, and spirituality has been passed down in his family for generations.

[www.vadimtschenze.ch](http://www.vadimtschenze.ch)

Each day we are exposed to a wide variety of energies emanating from people, plants, animals, the natural elements, and even houses and rooms. Some of these energies can adversely affect us. It is thus imperative that we know how to sufficiently protect ourselves from them.

For this almanac Vadim Tschenze has assembled the most effective protection ceremonies and practices deriving from the age-old traditional knowledge of the Siberian shamans. With this you will discover what planetary energies are happening on a particular day, what day-energy your birthday has, what your shamanic protective number is, and more. Through ritual-based energy healing work, you will learn to dissolve blockages and allow energies to flow again.

- An indispensable guide with invaluable inspirations and motivations for every day
- How to use specific qualities (negative – positive – neutral) immanent in each day, and how to avoid maleficent energies

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