

FOREIGN RIGHTS

Autumn 2020



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CONTENT

Page	Author	Title
Fiction		
6	Kalisa, Karin	Salt of The Mountain
Crime & Thriller		
7	Holbe/Tomasson	Blood Dance
8	Kodiak, Frank	Amissa. The Lost Ones
9	Peter, Isolde	The Half Russ
10	Vega, Lucia de la	Comissaria Fiol and the Dead Man at the Wedding
Commercial Fiction		
11	Birkland, Julie	As Deep as the Sea
12	Birkland, Julia	High as the Sky
13	Bittl, Monika	You Should Declutter More Often
14	Lindberg, Ella	Life Needs More Chocolate Icing
15	Maifeld, Monika	Next Door To Love
Young Romance		
16	Bilinszki, Nina	A Fire Between Us
17	Bilinszki, Nina	An Ocean Between Us
18	Fischer, Tami	Hiding Hurricanes
19	Lucas, Lily	New Horizons
20	Zett, Alicia	Not Your Type

CONTENT

Page	Author	Title
Historical Fiction		
21	Caspian, Hanna	Greifenau Manor – Silver Lining
22	Lorentz, Iny	The Saga of Vinland
23	Lorne, Matt P.	The English Lion
24	Mattis, Paula	The Stud Farm on the Lake – Stormy Years
25	Mattis, Paula	The Stud Farm on the Lake – The Era of Hope
Non-Fiction		
26	Al-Zein, Mahmoud	The Godfather of Berlin
27	Fröhlich / Kleis	Fröhlich At A Distance
28	Knobloch, Ina	Shutdown
29	Sellin, Fred	Only Herrings Have A Soul
30	Kleiner, Marcus S.	Streamland
Politics & Society		
31	Giesa, Christoph	Real Heroes, Fake Heroes
32	Sternburg, Juri	This is Germania
Psychology and Medicine		
33	Adler, Yael	We Have to Talk, Doctor!
34	Bausewein/Simader	99 Questions about Death
35	Vogels, Rebecca	Retell Your Life
Nature & Knowledge		
36	Seul, Michaela	Happiness Has Four Paws

CONTENT

Page	Author	Title
	Biography/Memoir	
37	Baumgartner, Monika	It's All A Question of Attitude
38	Bredow-Werndl, Jessica	Happiness on Earth
39	Koock, Ulrike	„Dr, Since I've Caught You Here“
	Mind, Body, Spirit	
40	Bruckmann, Renate	Below the Belt
41	Jakoby, Bernard	The Child's Immortal Soul
42	Jankovic –Steiner, Birgit	The Witch School
43	Jochum, Inka	Qigong
44	Klemme, Felix	Lose Weight Naturally
45	Rubin, Franziska	7 Minutes a Day
46	Schneider, Maren	Reconnect. How We Reconnect With Nature
47	Seiwert/Sperling	The Intermittent Week
48	Storl, Wolf-Dieter	Our Five Sacred Trees
	Yoga	
49	Broome, Patrick	Yoga For You
	Sex & Partnership	
50	Lamberti, Lena	Dating Sabbatical

CONTENT

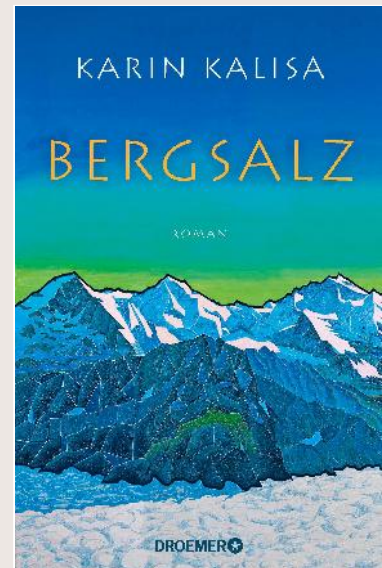
Page	Author	Title
	Family & Education	
51	Witt, Laila Maria	Growing Round Together
	Humor & Satire	
52	Faul/Parsch	The Car Doctors – Two Spin The Wheel
53	Hartmann, Chris	You Can Take the Towel With You But The TV Stays
	bene!	
	Christian Spirituality	
54	Janssen, Bodo	Trust Yourself And You Can Do Almost Everything
55	Müller, Titus	Be in Awe of the Happiness in Small Things
56	Niedernolte/Schneider	Respect!
57	Schroeter-Rupieper	Find Comfort in the Time of Farewell
58	Süßmuth, Rita	Don't Leave the World to the Madmen
59	Wolfers, Melanie	Decide and Live!
	bene! for Kids	
60	Käßmann, Lea	The Little Raccoon Finds New Friends
61	Käßmann, Margot	When Noah Built the Ark
62	Käßmann/Käßmann	Good Night Stories About the Dear Lord
63	Contacts	

Karin Kalisa

Salt of The Mountain

A very tidy land. A rather untidy kitchen. And suddenly a lot of space for new ideas.

Total sales of Karin Kalisa's work: more than 200,000 copies



November 2020 · 208 pages



© Bina Elisabeth Mohn

Karin Kalisa, born in 1965, has lived in the East of Berlin for several years after spending periods in Bremerhaven, Hamburg, Tokyo and Vienna. She researches Asian languages, philosophical ideas and ethnological descriptions from the perspectives of both an academic and a writer. Karin Kalisa's first novel, "Sungs Laden", is now followed by the publication of her winter story, "Magic Moment".

Franziska Heberle has always believed that thinking and cooking on such a small scale as "just for yourself" is simply not an option. Nevertheless, the midday knock on her front door comes unexpectedly, unbidden and inconveniently. It is her neighbour. And then comes another. It's enough and yet it is not enough. For suddenly, the inconvenient feels completely right and above all there is room to scale up. But how on earth can that work? A lunch for many; here in the rural and expansive Alpine upland where remote farms and isolation have penetrated deep into the mindsets over the generations? And it doesn't suit everyone when something changes. Women from three generations are needed: Franzi, Esmā and Sabina. Not all of them are "from here" but they are cut from the same cloth. It takes Ben, who doesn't say much but when he does it is in many languages; it takes Fidel Endres, an ancestor, who left behind something of vital importance, and it takes a half-empty tub of Alpine salt in an abandoned inn kitchen, which shows that spicing up your life is not a question of time.

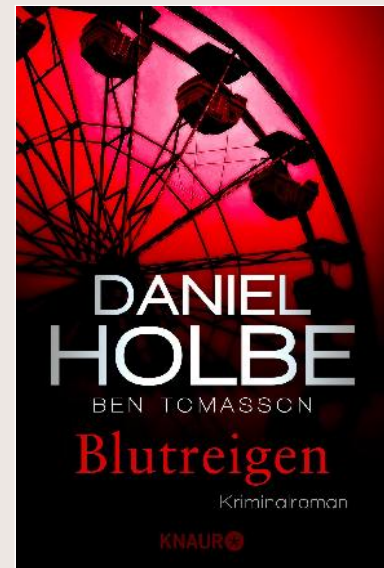
On the 84 vital minerals and the age old question of when a meal becomes a banquet, when a lunch becomes a feast and how "alone" and "friendship zone" actually rhyme.

Daniel Holbe, Ben Tomasson

Blood Dance

Forget rural idyll: horror lurks in the provinces!

Best-selling author Daniel Holbe at his best: his Kaufmann/ Angersbach crime novels have achieved total sales of over 200,000 copies.



December 2020 · 384 pages

Daniel Holbe, born 1976, lives with his family in Wetterau, not far from Frankfurt. Holbe, an avid reader, has been particularly fascinated by mysteries set in and around Frankfurt and the state of Hesse for some time.

Tomasson, born in 1969 in Bremerhaven, is a German philologist and educator with a doctorate in psychology. His passion is stories that are written by life, the multi-layer inner world of humans and the rugged landscape between the North Sea and the Baltic Sea. Tomasson lives and works in Kiel, right next to the ferry upon which you wake up in the morning in the middle of the unique Gothenburg archipelago after a relaxed night's sleep at sea. Ben Tomasson is the author of the Sylt crime series about Kari Blom, and is Daniel Holbe's co-author.

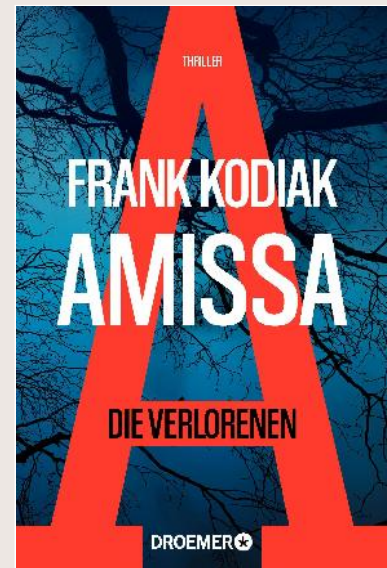
Murder at Bad Vilbel market. The preparations for the annual folk festival are in full swing. And then the police receive a deadly threat: at the folk festival, as the crowning glory so to speak, the law enforcers are to be attacked. Immediately, all forces are put on high alert. In addition to Sabine Kaufmann, Ralph Angersbach is also deployed and he finds mass events simply horrific. At first, it appears to be clearly connected to a case of bribery and corruption regarding the issuing of licences for the showmen. But then the clues suddenly lead them in a completely different direction...

Frank Kodiak

Amissa: The Lost Ones

Gritty thriller about missing teenagers and the dubious dealings of a globally active charity. SPIEGEL best-selling author Andreas Winkelmann writes as Frank Kodiak.

For readers of Sebastian Fitzek and Michael Tsokos



November 2020 · 400 pages



© Gregor Middendorf

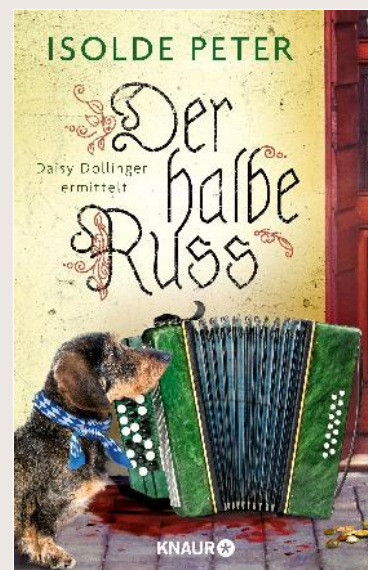
Frank Kodiak is the alias for Andreas Winkelmann, born in 1968, who has published several thrillers with Rowolt (rororo), amongst them the bestseller Death Book, Die Zucht and Kill Game. He developed his passion for thrilling and creepy stories from an early age. Before publishing his first book, he initially worked as a soldier, PE teacher, taxi driver, insurance salesman and freelance editor. He lives near Bremen with his family – in a secluded house on the edge of the forest. More information about Andreas Winkelmann at andreaswinkelmann.com.

One rainy autumn night, private detectives Jan and Rica Kantzius are witnesses to a horrific incident at a motorway service station: a panicked girl runs directly in front of a car and all help comes too late. At the service station the body of a man is found. He had apparently kidnapped the girl and then shot himself. The private detectives start researching and discover that there is another teenager, who disappeared in a similar way just after moving house. A clue leads to “Amissa”, a charity which searches for missing persons around the world and for which Rica works. Suddenly, everything has changed, and Rica and Jan find things out that they would have rather not known.

Isolde Peter

The Half Russ: Daisy Dollinger investigates

The start of a refreshing new Bavarian crime series centred on investigating secretary Daisy Dollinger. The Bavarian “Miss Marple” solves her first case on the street music scene.



August 2020 · 352 pages



© Mila Lausch

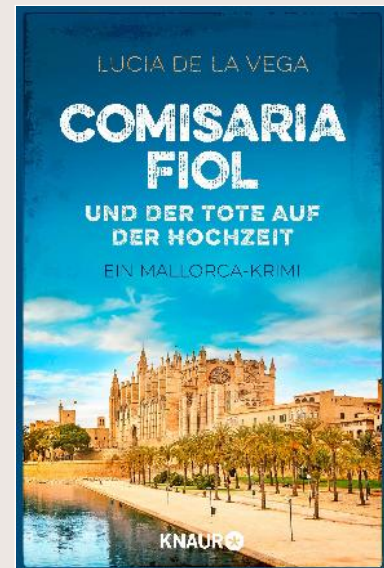
In Munich there is a brewpub and in front of it lies a man, who appears to be drunk... But he is not, as a resolute passer-by discovers when she gives him a friendly prod. The street musician Oleg Wodka is dead, and he did not die a natural death. Unfortunately, Oleg's fellow street artists are extremely uncommunicative towards the police. And then Daisy Dollinger gets involved. She is the secretary of the Munich public prosecutor. A woman with the gift of the gab that wasn't born yesterday. Daisy plays the accordion, and she also owns a Dirndl, a Bavarian traditional dress. Before she knows it, Daisy and Wastl the sausage dog are on their first undercover assignment.

Isolde Peter lives as an exiled Bavarian in Berlin with her husband and daughter. She is a psychologist and writer. When she immerses herself in the world of Daisy Dollinger and writes, she wears a Dirndl. Now and again, she plays Bavarian and Russian melodies on the accordion. She has already planned to get a sausage dog.

Lucia de la Vega

Comisaria Fiol and the Dead Man at the Wedding: A Majorca crime novel

A dream wedding in Palma cathedral – and a murder!



March 2021 · 320 pages



© privat

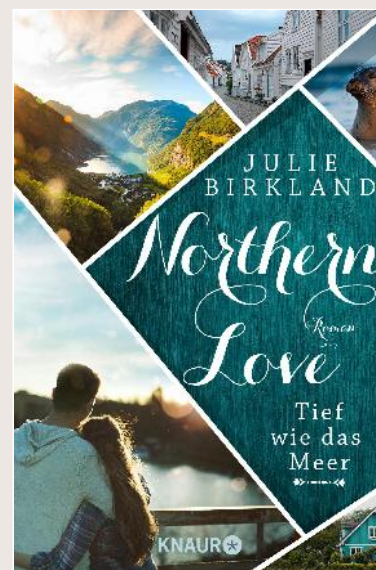
With great pomp, Victor, the son of one of the most important Majorcan families, is getting married in Palma cathedral. Although his relatives are not particularly thrilled that he is marrying Lilly, a single mother from Germany, they won't let this minor detail spoil the celebrations. Or will they? While they are still enjoying the food, wine and dancing on the family's estate, Lilly's brother is found murdered. Former inspector Marie Linder, who as Lilly's best friend is among the guests, immediately calls Comisaria Silvia Fiol to the scene of the crime.

Lucia de la Vega studied law at the University of the Balearic Islands and then worked as a lawyer in Palma de Mallorca and Felanitx until she decided to make diving, her greatest passion (apart from literature), her career. "Comisaria Fiol and Death in the Tramuntana Mountains" is her first crime novel.

Julie Birkland

As Deep As the Sea

Part 2 of the “Northern Love” romantic novel series set on the picturesque Norwegian coast
Perfect reading for fans of Kelly Moran’s Redwood Love



December 2020 · 368 pages



© Nicole Burzlor

Espen Solberg is working hard to cultivate his reputation as the heartbreaker of Lillehamn. For two years, he has maintained a casual friendship with beautiful lab assistant Svea, and only his siblings know the real reason that Espen avoids any serious relationships. However, Svea has her own baggage. She came to Lillehamn in order to escape her ambitious parents in Oslo. In the untamed nature between waterfalls and winter forests, she finds her peace and the realisation that Espen and her are long since connected by more than friendship...

Julie Birkland accidentally studied architecture instead of theatre studies before she started writing. She has had many jobs: carpenter, architect, journalist - and now she has finally arrived where she always wanted to be: writing exciting and romantic stories about people who overcome difficulties. Together with four colleagues, Julie established the author label Ink Rebels. When she is not at her desk, she is out in nature with the wind in her hair, be it in Canada, Norway or on the Baltic coast. She lives with her family on a dike near to Hamburg.

Julie Birkland

High As The Sky

Powerful emotions against a picturesque backdrop:
Part 1 of a lovable series centring on a doctors' surgery in
the Norwegian coastal town of Lillehamn



September 2020 · 368 pages



© Nicole Burzior

To work as a doctor on the Norwegian coast - this dream is all that is left for Annik after her husband dies in an accident. In the tranquil town of Lillehamn she ventures a new start with her young son, Theo. Between the dense forests, the rough sea and a seemingly unending sky, Annik's pain becomes a little more bearable each day. If only it wasn't for Krister Solberg, her taciturn boss. Annik is certain that the attractive surgeon does not like her. But he doesn't leave her cold. However, Krister has his very own reasons for initially avoiding the new doctor in his practice.

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Monika Bittl

You Should Declutter More Often: A tragicomic novel about the value of marriage and family

Total sales of Monika Bittl's work: more than 700,000 copies



December 2020 · 272 pages



© Thomas Dasthuber

After 27 years of marriage, the shine has gone and it's time to go their separate ways. Franziska and Bastian Schweighöfer have agreed this without so much as a cross word. But when Granny Mathilde finds out that the couple want to separate, she develops a cunning plan with her grandchildren: Granny pretends to have a minor heart attack; in order to not worry her any further, Franziska and Bastian dutifully play "happy families". As granny and her grandchildren planned, the act is so exhausting that the still-married couple soon start arguing. And those who argue still love each other! But then Mathilde suffers a real heart attack...

Monika Bittl is happily married to her husband. In addition to her novels, she also writes successful non-fiction, including "Alleinerziehend mit Mann" and "Ich hatte mich jünger in Erinnerung", which was in the Spiegel best seller charts for over 100 weeks. "Ich will so bleiben, wie ich war" is her most recent publication. Monika Bittl lives with her family in Munich.

Ella Lindberg

Life Needs More Chocolate Icing

Powerful feelings, a dash of humour and great atmosphere: an irresistible combination

Chocolate indulgence without counting the calories

Atmospheric and romantic like Jenny Colgan; humorous and entertaining like Petra Hülsmann



February 2021 · 400 pages

© studio satoloka



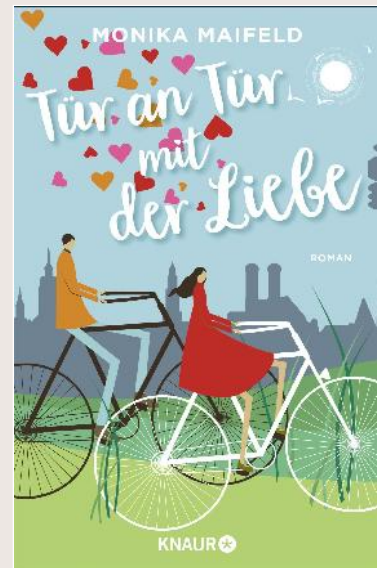
Ella Lindberg attended acting school for two years and studied to be a German teacher before dedicating herself to literature. Under the name Mara Winter, she has published some easy-reading novels in smaller publishing houses. Although she now has two children, she spends more time daydreaming than she cares to admit and occasionally forgets mundane things, such as parents evenings or vacuuming. Instead, she has a lot of books, coffee and also an understanding for human shortcomings. She lives with her family in Nuremberg and spends a lot of time in bookshops and the library, and very little time in the gym.

Chocolate, as much as she wants! Mia is really looking forward to her work experience in a Swiss chocolate factory. But the reality is different: The manufacturer is in financial difficulties, nobody feels responsible for Mia and then she has to pretend to the junior manager's dying grandmother that she is Isabella, his fiancée. Reluctantly, Mia agrees. And she soon realises that she has fallen in love with the Swiss mountains, the strange employees of the chocolate factory - and her boss Fabian. But then Isabella suddenly returns and makes the chaos complete. But who said that chocolate can't solve any problems?

Monika Maifeld

Next Door To Love

Wonderful comfort reading with enchanting characters and the message that love finds a way in the end
The author's first novel "Morgen ist es Liebe" (Tomorrow it will be love) became a public favourite



January 2021 · 352 pages



© Schelke Bonnetsmüller

Monika Maifeld studied in Mainz and Bonn and holds a PhD in Natural Sciences. Today she lives in Luxemburg together with her husband. Monika Maifeld loves to spend her holidays between the island Sylt in the North and Provence in the South.

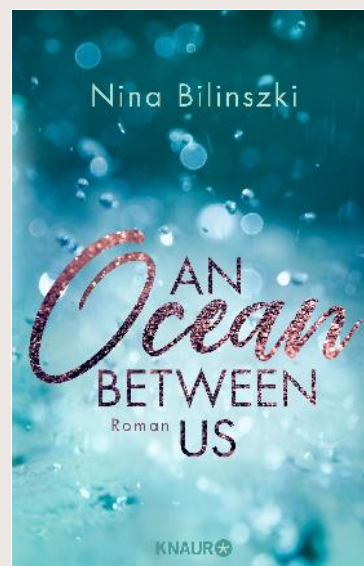
Nineteen years ago, Lena's heart was broken. Lena, who constantly doubts herself despite just opening a successful Atelier for bridal fashion, thinks her heart will never mend. On the other hand, Jonas, Lena's new flatmate and a dedicated vet, thinks love is nothing more than an excess of hormones. Even their first meeting ends in a fiasco and that is not the only reason that they regularly argue. Until a small accident in the kitchen makes Jonas realise that he has misjudged Lena. But when Jonas and Lena finally get closer, the man who she thinks she still loves suddenly appears on the doorstep ...

Nina Bilinszki

An Ocean Between Us

What does life amount to when your biggest dream has been destroyed?

College romance in a sports environment
Heart-breaking, romantic and fresh: the start of the
Between Us series



September 2020 · 352 pages



© Rahel Schul

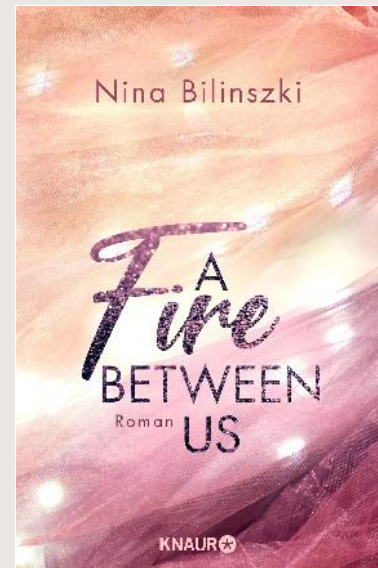
Nina Bilinszki can't think of living without books. They have always accompanied her and she wouldn't want to think of a life without writing. When not inventing new stories, she can mostly be found outside in the nature, together with her Labrador.

Avery Cole only wants to ballet dance, but a serious car accident destroys her lifelong dream. She will never be able to dance again. Devastated, she starts a course at LaGuardia Community College even though she doesn't really know what she wants to do with her life. And then at her first lecture she encounters an arrogant guy, who makes disparaging remarks about her injuries. His name is Theo Jemison, the celebrated star of the college swimming team. It's too bad that swimming is one of the only sports that Avery is still able to do with her injured back. And of course, it is Theo, of all people, who is the trainer of her course.

Nina Bilinszki

A Fire Between Us

For readers of Mona Kasten and Tami Fischer
You are beautiful the way you are – the topic of “body positivity” moves the readers



November 2020 · 368 pages



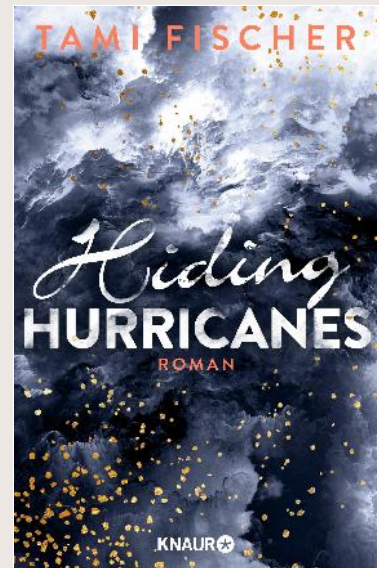
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Lizzy Carmicheal is popular with her friends, quick-witted and funny. Just one thing bothers her: her figure. Her entire life she has never felt comfortable in her body. She could never believe that the toned and handsome basketball player, Kayson Washington, would seriously be interested in her. Consequently, she doesn't take his attempts to flirt seriously. Lizzy's doubts grow bigger the closer she gets to Kayson and she does everything she can to finally get her dream figure. But in doing so, it is not only her relationship to Kayson that she endangers...

Tami Fischer

Hiding Hurricanes

Part 3 of the dramatic young romance series



October 2020 · 416 pages

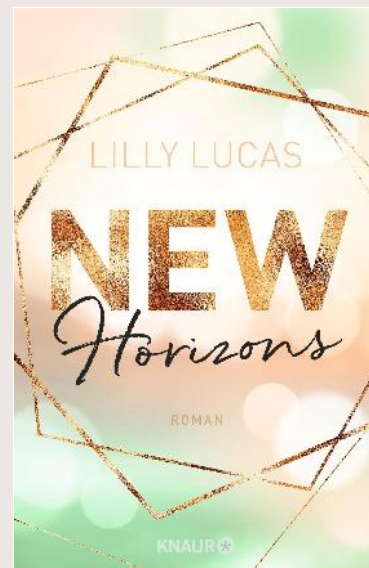


By day, Lenny James studies at the Fletcher University and by night, she is “Daisy” the dancer, the star of a nightclub. So that her double life remains a secret, Lenny keeps everyone at arm’s length, in particular Creed Parker, with whom despite her best intentions she has fallen in love. Unfortunately, Creed falls in love with “Daisy” of all people and tries everything to find out more about her. While Creed unknowingly gets increasingly close to Lenny in disguise, a catastrophe is looming that could destroy Lenny’s life.

Tami Fischer is in her early twenties, is a trained bookseller and book blogger on YouTube and Instagram (@tamifischerr). She has a weakness for ukuleles as well as romantic and fantasy literature. Her favourite thing is writing by candlelight with a large cup of tea next to her or filling up a notebook with new ideas. The author lives and works close to Frankfurt am Main.

Lilly Lucas

Fleet-footed young romance about a young woman who has to find her way back to life and a Netflix star on the run. The romantic Green Valley Love series from SPIEGEL best-selling author Lilly Lucas continues!



March 2021 · 352 pages



© Wunderroll Fotografie

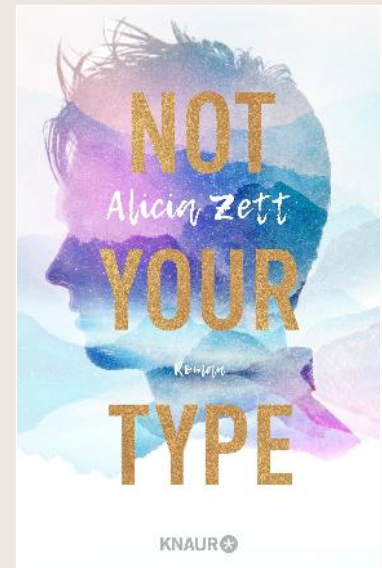
Lilly Lucas was born in 1987 in Ansbach and studied German studies in Bamberg. Today, she lives with her husband and an endless amount of books in Würzburg. When she is not writing novels about love and life, she likes to watch the world, stick her nose in a book or give in to her addiction to films and series on the couch at home.

As if life had sent her back to the start - this is how Annie feels when she awakes from a coma after a serious accident and has to relearn everything. Yet she wants to return to her job as a car mechanic in Green Valley as soon as possible. That is where Netflix star, Cole Jacobs, is hiding after an embarrassing mistake in front of the press, and he is bored to death. He reluctantly takes on the staging of the annual amateur dramatics show. At rehearsals he meets Annie, who is very different to all the women who adore him. It is inevitable: Annie and Cole fight each other - and then romance is in the air...

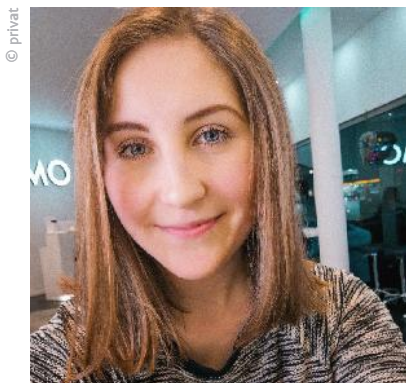
Alicia Zett

Not Your Type

Touching young romance with a queer protagonist
Alicia Zett has a large community on social media and is close to her readers
For fans of the best-seller “Someone New”



February 2021 · 352 pages



20-year-old Marie is in love with her university friend Fynn, and Fynn also feels more for Marie than he cares to admit. In fact, Fynn doesn't let anybody get close to him for he doesn't want anybody to know that he is trans. He thinks nobody could love someone like him. But then Fynn and Marie end up on a road trip to Italy with some friends. Slowly the pair grow closer while heading for the Mediterranean. Now, Fynn must decide how much he can tell Marie without losing her forever...

Alicia Zett studied film. She is currently working for a local TV station and talks about books, series and LGBT topics on her YouTube channel (AliciaZett). The author lives with her fiancée and two cats in Frankfurt am Main. She loves writing while standing up, and without her muesli in the morning and sound-reducing headphones this novel would have certainly not been finished.

Hanna Caspian

Greifenau Manor – Silver Lining

The German Downton Abbey

More than 250,000 copies of the Greifenau Manor Saga have been sold



December 2020 · 544 pages



© Privat

Autumn 1923: Germany is experiencing the peak of hyperinflation. Money quickly loses its value, existences are being destroyed and the people are desperate. It also leaves its mark on the servants of Greifenau Manor. Of all things the inflation comes to the help of Konstantin, enabling him to pay his debts. The endangered family manor is saved, for the time being. For the agricultural crisis is already on the horizon. To get by, they take in summer guests - a move that has its consequences. Katharina makes peace with Julius and at last, she may study medicine. She continues to live in two worlds: that of the poorest and that of the richest. Somebody discovers Alexander's secret, which leads to a catastrophe.

Hanna Caspian is the pseudonym of a successful German author. With her sensitive and suspenseful family sagas, she shines a light on almost forgotten chapters of German history. Hanna Caspian studied literature, languages and politics in Aachen, after which she worked for several years in the PR and marketing sector. Today, she is a freelance author and when she is not globetrotting, she lives with her husband in Cologne.

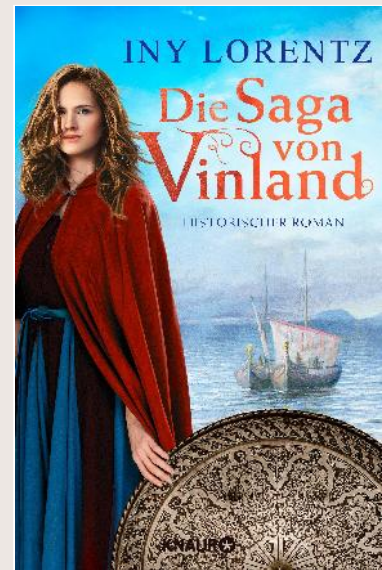
Iny Lorentz

The Saga of Vinland

A valiant plan, a forbidden love and a dangerous journey over the rough North Sea to an unknown land

Iny Lorentz is the most successful German author brand in the field of historical fiction

More than 900 weeks on the SPIEGEL best-seller charts and more than 14 million books sold



September 2020 · 576 pages



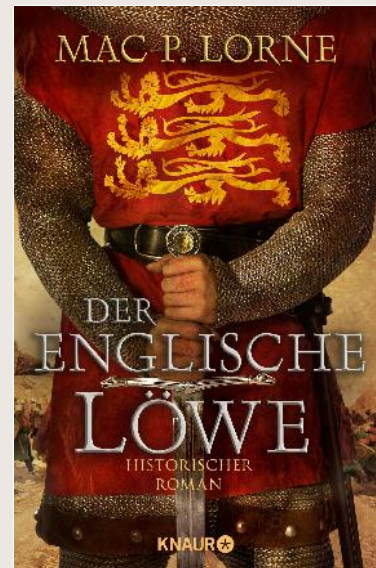
© FinePic / Helmut Henkensiefken

Two authors from Munich are behind the pseudonym Iny Lorentz, whose first historical novel 'Die Kastratin' delighted readers straightaway. With 'Die Wanderhure' they had their breakthrough; the novel attained more than a million readers. Since then, bestseller has followed bestseller. Iny Lorentz's novels have been sold in numerous countries. The film adaptations of their 'Wanderhure'- novels and more recently the 'Pilgerin' have delighted millions of television viewers. In the spring of 2014, Iny Lorentz was awarded the 'Ehrehomerpreis' for their special merits in the sector historical novel. The stage version of the 'Wanderhure' enthralled thousands of visitors at the open-air festival in Bad Hersfeld in the summer of 2014. Visit the authors' homepage: [Declared a traitor, Jarl Eyvind captures the beautiful Sigrid, whose father, Ulfar, had refused to give her to him in marriage, and then flees with the unwilling bride. During his attack, the two friends Andreas and Ailmar also fall into his hands. After the attempt to seize the Norwegian throne ends badly, Eyvind wants to lead his followers to a new homeland. And so they travel far over the sea and beyond Iceland's glaciers to a country, where there is everything they ever dreamed of. However, people are already living there and they are not prepared to become Eyvind's subjects. Even Sigrid and the young Greenlander, Ingridur, together with Andreas and Ailmar are trying to regain their freedom.](http://www.iny-</p>
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Mac P. Lorne

The English Lion

The epic novel about one of the most famous rulers of the Middle Ages – with surprising new findings concerning Richard’s death thanks to the author’s on-location research. For readers of Bernard Cornwell, David Gilman and Simon Scarrow, but also Rebecca Gablé



December 2020 · 608 pages



© Hintermann GmbH, Waldkirchen

Richard I who they call “Lionheart”, is only afforded a short amount of time in his English homeland. After quelling the rebellion by his brother, Richard sets sail for France with a small army because the King of France has occupied Normandy and Aquitaine, which rightly belong to Richard. Despite their inferiority in numbers, the English Lion’s army beats its opposition time and again, but Richard’s war chest is almost empty. And even more than the powerful French opposition, the worry of producing a successor gnaws at him. Or does he have a successor already?

Mac P. Lorne was born in 1957. He grew up in the former East Germany, for political reasons he chose to study veterinary medicine rather than history and literature and later horse breeding and sport. In the spring of 1988, he managed to flee to West Germany. Together with his wife and daughter he established a riding and breeding farm in Bavaria, from which riders from the Olympic team secured their young blood. Today he lives at the foot of a medieval castle in one of the largest forest regions in Europe. English history is the author’s great passion.

Paula Mattis

The Stud Farm On The Lake: Stormy Years

The story of a noble family of horse breeders between the two world wars and a piece of women's liberation history. For everyone's indulgence and immersion, not just for horse lovers.



October 2020 · 368 pages

Paula Mattis is the pseudonym of a German author who has made a name for herself as the author of children and young adult books as well as horse novels for adults.

North Germany in the 1920s. At their stud farm on the lake, close to the Baltic Sea, Carl von Edzards is a successful racing thoroughbred breeder. He has passed on his great love of horses to his daughter, Charlotte, who dreams of one day continuing the work of her father. However, such desires are not considered proper for a daughter of a good family and instead their son, Hans, is intended to take on the management of the stable. Nevertheless, Charlotte's mother is eyeing up a good match for her: Richard, the only son of a respected and rich ship-owning family. Only one thought occupies Charlotte's mind: how can she avoid marrying this man who she does not love? Then by chance she discovers why her parents are so emphatically insisting on this marriage.

Paula Mattis

The Stud Farm On The Lake: The Era of Hope

On a stud farm close to the German Baltic Sea a great family saga combines with an empathetically drawn piece of contemporary history.

For fans of Ulrike Renk and Anna Jacobs



March 2021 · 448 pages

Paula Mattis is the pseudonym of a German author who has made a name for herself as the author of children and young adult books as well as horse novels for adults.

Schleswig Holstein in the late 1920s. Helene is not as horse-mad as her sister Charlotte. She is happily married and now has two small daughters. But appearances can be deceptive, and soon she discovers that her husband has cheated on her. Inconsolable and deeply hurt, she seeks the safe warmth of her family at the stud farm that she previously couldn't leave fast enough. On the very same day, her enraged husband arrives at the stud farm and demands that Helene immediately returns to Hamburg with him. What will people think if they find out that his wife has simply left him? Fritz gets angrier but Charlotte refuses to let him into the house and advises her sister to stay strong.

Mahmoud Al-Zein

The Godfather of Berlin: My way, my family, my rules

“4 Blocks” in real life: The first true insider report on the life of the Arab clans

Mahmoud Al-Zein is the head of the Al-Zein clan, one of the most influential large families in Germany

Stark, controversial, unsanitised: the brutal truth about violence, power and honour



October 2020 · 256 pages



Arab clans rule Germany’s inner cities and are often in the headlines. One of the most influential of these large families is the Al-Zeins. Their family head, Mahmoud Al-Zein, is known as the notorious Godfather of Berlin. Now, he is the first to break his silence and to give a no-holds-barred account of the inner working of his family organisation: his journey to the top, conflicts with law, time in prison, feuds with rivals, the law of the family and the brutal fight for supremacy on the streets. An incomparable insight into Arab clans and a report on German day-to-day reality.

Mahmoud Al-Zein came to Germany in the early 1980s as a war refugee from Beirut. Once there, he quickly rose to the top of the Al-Zein clan and was in the headlines as the “Godfather of Berlin”. After several prison sentences, he is now campaigning so that the younger generation learns from his mistakes.

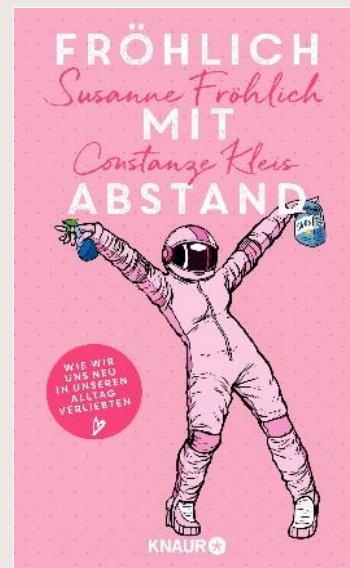
Susanne Fröhlich, Constanze Kleis

Fröhlich At A Distance: How we can fall in love with our daily lives again

The successful duo: Best-selling authors Susanne Fröhlich and Constanze Kleis

Anything but grey: entertaining reading for everyone who wrangles with their daily lives, even in normal times

A declaration of love to the small things of daily life, which also lift us through the Corona crisis and show what is truly important in life



December 2020 · 224 pages

Susanne Fröhlich is one of the best-known authors in Germany. The writer, journalist and presenter works for Hessischer Rundfunk among other places. Since 2005, she has presented the MDR literature programme “Fröhlich lesen” (Fröhlich reads). Both her non-fiction titles like “Fröhlich fasten” (Fröhlich Fasts) and her novels, most recently, “Verzogen” (Address Unknown), have all become best-sellers including “Moppel-Ich” (Pudgy Me) with over 1 million copies sold. Susanne Fröhlich lives close to Frankfurt am Main.

Journalist and best-selling author Constanze Kleis lives in Frankfurt. Her books - many of which she has written together with Susanne Fröhlich - have achieved total sales of more than 600,000 copies. Her book, “Jeder Fisch ist schön, wenn er an der Angel hängt” (Every fish is beautiful when it is hanging on a hook) was nominated for the Deutscher Buchpreis. Constanze Kleis has worked for many years for daily papers like Frankfurter

When our day-to-day life is anything but ordinary: in extraordinary situations and crises we start to reflect on ourselves. Suddenly, it is as if our lives have been put under a magnifying glass and we ask ourselves the questions for which we normally don't have the time: Is the man in my life the right one? Were the children always like this? Why are so many women back in the kitchen? And since when did I turn into my mother? For what remains when everything changes? When you can't do anything but carry on? One thing becomes clear: our day-to-day lives are anything but the boredom that we always thought they were. They more glamorous than we thought and provide us with stability when in the wider world everything is falling apart. They are full of sensations and the sum of all the small things that make us us - we are the heroes of our lives. The successful duo of Susanne Fröhlich and Constanze Kleis show us their diaries and recount how they put their daily lives to the test in order to fall in love with them again: in love with what their lives were and what they can be for us - the best part of the day. They make us unique, are fantastic comforters and are full of moments of happiness. We can say with certainty that without it, it all amounts to nothing.

Ina Knobloch

Shutdown: From the corona crisis to the pandemic of the century

Dr Ina Knobloch has a PhD in biology and is an award-winning journalist and best-selling author.

The coronavirus pandemic and its consequences are the most important topic of 2020

Emergency plans, biological weapons and uncontrollable outbreaks: why the era of killer-virus pandemics is here



July 2020 · 256 pages

© Hans Scherhauser



Dr Ina Knobloch is a journalist, author and film producer. She studied in Frankfurt, Paris, Cologne, Basel and Costa Rica, gained a PhD in biology, and researches viruses. For her film “Die Akte Oppenheimer” (The Oppenheimer File) she won the Hessischer Filmpreis. Her latest book “Aufschrei der Meere” (The Cry of the Oceans) became a Spiegel best-seller. She lives in Frankfurt am Main and Costa Rica.

The outbreak of the new coronavirus has turned the world upside down. Like a wildfire, the virus has spread around the globe and plunged economies into the abyss, sent the stock exchanges into freefall and caused the collapse of medical services in many countries. Yet, it is clear: corona is just the beginning. For a look at history shows how regularly there are virus outbreaks that medicine can't fight. And the conditions for a pandemic were never as good as in our globalised and over-populated world, which has overheated as a result of climate change. Therefore, the question is not whether another pandemic of the century is coming, but when? Enthralling and full of knowledge, Dr Ina Knobloch describes the dramatic race in the fight against the coronavirus crisis. She also reports on the consequences that threaten society, economy and politics if there is a real pandemic of the century and a shutdown of our civilisation: a scenario that is as terrifying as it is realistic.

Fred Sellin

Only Herrings Have A Soul

Rudolf Pleil's spectacular killing spree is one of Germany's biggest post-war scandals.
True crime told in the first person



November 2020 · 320 pages

Fred Sellin, born in 1964, studied journalism and worked as an editor for various daily and weekly newspapers. As a freelance author he has written, among others, autobiographies of Maria Höfl-Riesch, the Klitschko brothers, Dagur Sigurdsson and Ben Becker, as well as biographies of Heinz Rühmann and Boris Becker. Most recently, "Der Riss" (The Crack) was published by Droemer.

Waiter Rudolf Pleil was 23 years old when he was arrested in 1947 for battering a salesman to death. Pleil was sentenced to twelve years in jail. In prison, he boasted about several other murders and described the crime scenes. The investigators checked his claims and were able to link him to a further eleven murders and one attempted murder - all victims were women. The following trial in autumn 1950 is considered to be the most spectacular trial in post-war Germany. Pleil was sentenced to lifelong imprisonment. Fred Sellin has viewed thousands of pages of investigation and court files, including written accounts by Rudolf Pleil himself. In his fact-based novel, he links the psychogram of a serial killer with the multi-faceted portrait of the German post-war society.

Marcus S. Kleiner

Streamland: How Netflix and Amazon Prime etc. are threatening our democracy

The algorithms from Netflix etc. have long since determined what we watch.

When will they determine what we know?

The analysis of now by the “expert for popular media culture” (FAZ)



October 2020 · 304 pages



Just a few years ago, streaming services were a niche market but today they dominate the media landscape. The public service broadcasters are teetering on the brink and the private broadcasters are ailing. For nobody has anything bad to say about the tempting offerings from Netflix and Amazon Prime etc., which are so impressively matched to our needs. In doing so, we are swapping varied content for a provision which is controlled by algorithms which only suggest things that promise clicks. And while the providers increase their profit this way, we sink into our increasingly narrow filter bubble. Leading media researcher Prof. Marcus S. Kleiner shows how the streaming boom has the potential to shake up our democracy.

Marcus S. Kleiner, born in 1973, is a professor of media and communication studies at the SRH School of Popular Arts in Berlin, where he is the head of the Master's programme “Erlebniskommunikation” (experience communication). The media consultant, project and event manager, event promoter, copywriter, audiobook author and media expert has a contract with Universal for all his Youtube channels. Since September 2015, he has worked for SWR as a radio presenter.

Christoph Giesa

Real Heroes, Fake Heroes: What makes democrats strong against the populists

How populists exploit our desire for leaders
A reckoning with the emotionless politics of the major parties



September 2020 · 224 pages



© Picturepeople

Whether we admit it or not: we all want heroes, whether we seek them in sport, in music or on social media. And increasingly also in politics. But that is not without its consequences. For the rise of the new right shows how easy it is today to style yourself as a hero under a fake agenda. In doing so the populists use what established parties have ignored for too long – our desire for real emotion. Christoph Giesa shows that in order to save democracy, people are needed who give democratic values a voice and a face. Those, who unmask fake heroes and who dare to be real: democratic heroes.

Christoph Giesa is a journalist, author and speaker, who organises political education for adults, students and pupils. He lives and works in Lüneburg.

Juri Sternburg

This is Germania

German hip hop is filling both concert venues and the arts pages

20 of the most successful rap artists explain our society from a migration perspective

Based on the successful YouTube Channel “Germania” with over 40 million views



September 2020 · 256 pages



Capital Bra, Kool Savas and Dr. Bitch Ray: The stars of German rap do not only characterise the sound of our times but stand for much more than that. They represent a post-migration society that has finally found its voice in hip-hop. Based on personal interviews, renowned music journalist Juri Sternburg now tells their stories: about homesickness and arrival, about beats and hooks, about belonging and racism. And so “Germania” turns the term ‘home’ on its head, takes it apart and puts it back together again in a new way. Louder, more colourful and more complex. If you want to understand Germany in 2020, then you must read this book.

Juri Sternburg, born in 1983, is a music journalist, author and playwright. He regularly writes for TAZ, Vice and Juice, and in 2018, he won the “International Music Journalism Award”. His plays have been staged among others at the Deutsche Theater in Berlin and Thalia Theater in Hamburg. Together with Kida Ramadan, he wrote the script for the ARD TV film “In Berlin wächst kein Orangenbaum” (Orange trees don’t grow in Berlin).

Yael Adler

We Have To Talk, Doctor: How doctors think and what patients need

The new book by the best-selling author and patient-whisperer Dr med. Yael Adler

Print run of all books around the world: more than 500,000 copies!

Yael Adler shows how communication with your doctor can succeed!

Rights sold to: Russia: Eksmo



September 2020 · 368 pages



Yael Adler is a dermatologist with a passion for skin and hair. She worked in clinical research for many years and since 2007, she has headed her own practice in Grunewald (Berlin). She has shown her talent and passion for communicating complex medical information about skin in a clear and very entertaining manner in numerous presentations and as a health expert in the media. Her first popular non-fiction title, “Haut nah”, was a Spiegel no. 1 best seller and was translated into 25 languages.

Doctors and patients - this relationship is important, and often lives even depend on it. Unfortunately, it is frequently in crisis. “You don’t understand me”, “You never have time for me”, “I don’t trust you anymore”. Negative feelings as well as lacking empathy and devotion turn doctors from healers into problems. The consequences are frustration, doubt and ultimately the lack of good therapy outcomes.

Yael Adler shows pointedly and with many case studies what types of doctors and patients there are, how they both think and what part they respectively play in doctor-patient relationships. She reveals how we can get the doctor to really listen to us and also how we can better understand what they are trying to tell us. As a result, doctor and patient become a really strong team in order to successfully endure small and serious illnesses - and to do so in a trusting way.

Claudia Bausewein, Rainer Simader

99 Questions about Death

What really counts at the end

Prof. Dr Claudia Bausewein is one of the leading palliative care experts of our time

For readers of Gian Domenico Borasio, Michael de Ridder and Sven Gottschling



October 2020 · 288 pages

Prof. Dr Claudia Bausewein is the director of the Klinik und Poliklinik für Palliativmedizin am Klinikum der Universität München (clinic and polyclinic for palliative care at the Medical Centre of the University of Munich) and holds the chair for palliative care. She is one of the leading palliative care experts in Germany and is a member of the executive board of the Deutsche Gesellschaft für Palliativmedizin (German Association for Palliative Medicine).

Rainer Simader is head of the training department of Hospiz Österreich, the umbrella organisation for all hospices and palliative care institutions in Austria. The physiotherapist worked for many years in the home environment of patients and also in one of the best-known hospices in the world, St Christopher's Hospice in London.

Everyone has questions about death and dying. However, the majority of us find it difficult to talk to each other about the unavoidable – for reasons of fear, feeling overwhelmed, impotence, guilt or loneliness. Germany's leading palliative care expert, Prof. Dr Claudia Bausewein, and hospice expert and physiotherapist, Rainer Simader, are aware of many such cases from their day-to-day work and know about the fears, needs and hopes of the dying and their relatives. Therefore, they give very clear answers to very specific questions on this sensitive topic – and in doing so, they provide encouragement to address the topic of death and dying, and also to think and speak about it before it is too late.

Quote: "Our most important job is to talk."
Prof. Dr Claudia Bausewein on palliative care

"If you know how to die, then you can conquer the fear of death."
Prof. Dr Claudia Bausewein

From the contents:

- How do I cope with the news that I am going to die?
- When is it sensible to stay at a hospice?
- How can dying at home work?
- Can you delay or even prolong death?
- How do I know when death is imminent?
- Does dying hurt?
- Can I laugh with someone who is dying – or cry in front of them?
- Do dying people wait for their relatives to say goodbye to them?
- Can I touch a dead person?
- How long does mourning last?

Rebecca Vogels

Retell Your Life: How story-telling shows who you really are

High points, low points and turning points: that is how we reorder the chapters of our lives

A modern and completely new life coaching approach

Rebecca Vogels is an internationally renowned expert for storytelling



November 2020 · 272 pages



© Daniel Willinger | dwpfoto.at

My job, my family, my hobbies - we mainly list facts when we talk about our lives. But that is not how we tell our story: the reasons, why we do what we do, what drives us on and what motivates us to get up each morning. But only once we have recognised our own story, do we know how we really want to live. Rebecca Vogels is a storytelling expert and has developed a method so that everyone can use this technique themselves in order to retell their personal story as the author of their own life story.

Rebecca Vogels, born in 1984, worked for some time in Silicon Valley at the Salesforce Incubator and while there, she intensively studied the methods of storytelling. She eventually asked herself what the story of her life should look like and discovered that she no longer wanted to be part of a company's story. She founded her own company called "All of the Above" in Vienna, which helps international companies to tell their own story. In addition, Rebecca Vogels publishes in Huffington Post, Forbes and Woman. Rebecca Vogels lives in Vienna.

Michaela Seul

Happiness Has Four Paws: The wisdom of our dogs

Best-selling author Michaela Seul on dogs and the life lessons that they teach us

Why dogs are entirely happy – and why we should imitate them

The perfect gift for all dog lovers



September 2020 · 208 pages

Michaela Seul is a successful fiction and non-fiction author. She lives in Fünfseenland close to Munich. She became known as the author of dog books with “Luna, Seelengefährtin” (Luna, soul mate).

When dog-lover Michaela Seul is out with her best friends, she discovers again and again that they have so much worldly wisdom. In short stories and observations, she tells us what we can learn from the behaviour of our dogs that can be implemented in our lives. How they doggedly chew on a bone for hours, enthusiastically dig the garden oblivious to everything else, or doze away in complete relaxation. “Happiness Has Four Paws” is a charming puppy school for their two-legged friends, in which we learn to look after ourselves, to maintain composure even in difficult situations, to set limits, to follow goals and at the same time, to always live in the here and now. Michaela Seul opens our eyes to the small and big joys and to what matters in life - not just for our four-legged friends.

Monika Baumgartner

It's All A Question of Attitude: My life between the mountain and the valley.



October 2020 · 320 pages



© Stefanie Leo

After studying at the Otto Falckenberg Schule and working in stage management at the Nationaltheater Mannheim and Thalia Theater in Hamburg, Monika Baumgartner's career began in film and TV, appearing in many roles. Since 2008, she has played Elisabeth Gruber in the ZDF TV series, "Der Bergdoktor". In addition, she regularly stars in theatre productions. She is considered as one of the last great "Volk" actresses. Monika Baumgartner lives close to Munich.

What happens when an actress has a rendezvous with her characters? For example, if she met Lisbeth Gruber, the mother from "Der Bergdoktor"? In her touching book, popular actress Monika Baumgartner gets under the skin of her characters and playfully recounts her exciting life. Amusingly and with humour, she recounts her childhood with five people in living quarters of just 42 square metres, the swinging sixties in Munich, her great and small loves, her decision to become an actress that at the time was unconventional and all the roles and encounters that it brought with it. And naturally she talks about DIY. For if Monika Baumgartner had not become an actress, then she should have liked to become a car mechanic. At the end of the day, what is a woman without a drill and a Leatherman?

"Monika Baumgartner: an institution, a wonderful actress, a magnificent person. The best film mother of all time and the most cordial colleague to boot. Fortunately, she has written this book. Otherwise someone else would have to write it. Read it!"

Hans Sigl

Jessica von Bredow-Werndl

Happiness on Earth: What I learn each day from my wonderful horses

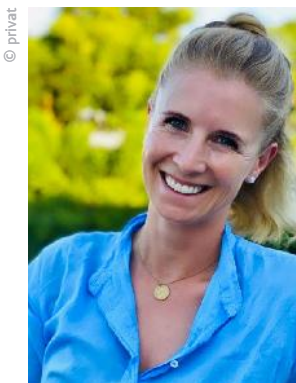
Connection, intuition, trust: Jessica von Bredow-Werndl on her unique relationship with her horses

The author is currently one of the world's best dressage riders and is the team dressage world and European champion. She is currently preparing to participate in the Olympics in Tokyo.

For readers of Timo Ameruoso, Isabell Werth and Juli Zeh



October 2020 · 240 pages



Jessica von Bredow-Werndl is one of the best dressage riders in the world and to date, she has spent her entire life on a horse. Early on she learnt to accept the horses as personalities, to grow with them and to learn from them. In her book she shows us her holistic and animal-friendly philosophy, which is based on the clear principle: you have to engage with the horse, not the horse with you! This book takes us on her journey to becoming the woman she is today and shows us ways to implement the wisdom learnt from the horses in our lives.

Jessica von Bredow-Werndl is one of the most successful dressage riders in Germany and in the world. Together with her brother Benjamin, she runs the internationally renowned Aubenhausen Dressage Centre where she trains horses and riders. She is training to participate in the Olympics in Tokyo in 2021 and Paris in 2024.

Ulrike Koock

“Dr, Since I’ve Caught You Here...”: Why I love being a rural doctor

The heart-warming, bizarre and dramatic experiences of a rural doctor

Told in a wonderfully entertaining manner



February 2021 · 256 pages



Dr med. Ulrike Koock is a doctor and mother of two children, near to Frankfurt am Main on the edge of the Wetterau district. There in the countryside, the committed general practitioner works in an established surgery and on her dream of starting her own practice. In addition to medicine, writing is her great passion. You can find samples of her writing on her blog: schwesterfraudoktor.de

My aunt’s back is bad or the results of the colonoscopy are back - be it at the supermarket checkout or at the surgery, Dr Koock finds out the news immediately. For she is a rural doctor and therefore everything in one: best friend, local celebrity, figure of authority and a scarce commodity. Koock’s daily life could not be more colourful. She bravely withstands the onslaught of patients at the start of the quarter. In a heartbeat she deals with emergencies from psychosis to heart attacks, comforts lonely grandmas, overcomes legal hurdles that have little to do with reality, deflects unabashed flirt attempts and corrects bizarre medical beliefs. As a thank you, she sometimes gets fresh eggs from the farm. A candid declaration of love to the best job in the world - with all its lovely eccentric and totally normal patients, to whom she is happy to pay an extra home visit.

Renate Bruckmann

Below The Belt: Understand and treat unexplained conditions in the urogenital area using body therapy

The holistic health self-help book: the successful Pohltherapie® for conditions of the pelvis
Precise step-by-step instructions for treating yourself with approximately 50 photos and 30 drawings



September 2020 · 320 pages



© A. Klein, Walter-Gieseck Str.10, 66123 Saarbrücken

Experienced Pohl® therapist Renate Bruckmann gives specific self-help advice in the case of taboo body malfunctions for both men and women. These conditions are often considered to be psychosomatic. They are often caused by tension, which arises from common habits. From a medical point of view, everything is fine but the life of the sufferer is extremely impaired. For many years, Renate Bruckmann has worked with Pohltherapie® in the specialist area of pelvic conditions / conditions in the urogenital area and has helped many people to become pain-free again. In her health self-help book she explains the causes of the individual conditions, and shows exercises and applications to reduce pain and improve function.

Renate Bruckmann is a natural health professional and body therapist. She has been treating patients since 2012 according to the method of Pohltherapie®. The treatment of pelvic conditions is a field of Pohltherapie®. Due to the big demand (also in the relevant patients' forums) the author has chosen this area as her focus.
www.alternative-schmerzbehandlung.de YouTube: die.Schmerzexperten

Bernard Jakoby

The Child's Immortal Soul: The adventure of the human soul's journey

The reincarnation of children's souls and current findings from thanatology

The well-known thanatologist gives lectures and seminars, in which he allays people's fear of death

Total sales of Bernard Jakoby's work: more than 500,000 copies



September 2020 · 224 pages



© Volker Wohlgemuth

For parents, the death of a child can hardly be expressed in words, and the deep pain and grief often stays with them their whole life. The awareness of an immortal soul can help them to find comfort and to develop new hope again. In his sensitive self-help book, the well-known thanatologist collects interesting evidence of reincarnation and children's memories of rebirth that have been scientifically tested. The adventure of the human soul's journey does not only give a completely new perspective on reality but also shows the broader context of our lives in a new light.

Bernard Jakoby is considered an expert in thanatology throughout the German-speaking world. He organises acclaimed presentations and seminars, and lives in Berlin. Many of his books are best sellers and have been translated into numerous languages.

Birgit Jankovic-Steiner

The Witch School: Magic, mysticism and ancient wisdom for modern witches

Everything that women today need to know for a magical day-to-day life

By the most famous witch in the German speaking region
The book on the current yearning for magic, ancient knowledge and magical rituals



August 2020 · 224 pages

© Sebastian Kraner



What will the future bring? How can I connect with nature? What strengthens my womanly power? Birgit Jankovic-Steiner is a modern witch, who gives us an easy introduction into the world of magic. In her witch school, she provides a comprehensive insight into the basics of white magic, from reading tarot cards and tea leaves, through smudging, natural and herbal wisdom to the seasonal festivals. The objective is to reintegrate the energies of nature into daily life, to get to know secret witch rituals and to embrace yourself.

Birgit Jankovic-Steiner took a master's degree in psychosocial counselling at the private Danube University Krems. She works in Vienna as a coach with a focus on business training, advises international and national companies, and gives workshops and courses. In her earliest childhood in Syria she came into contact with witchcraft, natural arts and magical rituals. In 2013, she founded her own witch school in Vienna and since then has trained women to become magic consultants 2.0 www.hexenschule-wien.at

Inka Jochum

Qigong: Practical exercises for health and self-healing

Health self-help book on the healing power of Qigong – with a special healing programme for organs
Best-selling author and experienced body therapist, with exercises from real life for real life
Total sales of Inka Jochum: 450,000 copies



August 2020 · 96 pages

© Frieder Müller-Seevald



Inka Jochum has been teaching breathing therapy, yoga and qigong for over 40 years. Many of her health self-help books have become bestsellers. For 35 years, she taught at a state gymnastics school and continues to give courses at adult education centres. In addition, she organises seminar trips to power places on Crete or in India. Inka Jochum is the founder of DANA e.V., the society for the preservation of Tibetan culture and medicine.

The holistic health self-help book looks at the healing aspects of Qigong: the daily energy workout and exercise practice, the targeted application of healing sounds for organ healing and the experience of deep inner peace, in which self-healing can occur. Well-known exercise and body therapist Inka Jochum details an exercise programme which can be immediately used by a broad target group. It is particularly suitable for people who feel exhausted and want to finally relax. Clear instructions and precise photos make the exercises easy and effective to do at home.

Felix Klemme

Lose Weight Naturally: How to release ourselves from the negative emotions that which dominate our eating behaviour

Recognise emotional causes for being overweight – with lots of exercises and self-tests

Felix Klemme is Germany's most well-known life coach and is a qualified psycho-neuro immunologist

Total sales by Felix Klemme in German: 100,000 copies



December 2020 · 192 pages



© Hans Herbig – Jack Wolfskin

Fully qualified in Sports Science, Felix Klemme is a life-coach and founder of the Outdoor Gym in Bonn. His clients include the overweight, professional sports people, those suffering from burn-out, from autoimmune disorders as well as simply the health conscious. Since 2013 he has been the TV coach for a documentary series on RTL called 'Extrem schwer' ('Heavy Stuff') in which he works alongside the grossly overweight for a full year to help them change their way of life and lose weight. Felix Klemme is winner of the 2015 personal trainer of the year Neos Award.

Lose weight permanently, healthily and naturally. Best-selling author Felix Klemme shows us how important it is to understand the connection between psyche, emotions and eating behaviour. Instead of torturing yourself for hours by doing sport or denying yourself pleasure when eating, the well-known life coach explains the psychological causes of being overweight, which have often been with us since our childhood and still influence our eating habits today. His holistic approach is based on the findings of psycho-neuro immunology. In a unique way, he links losing weight to finding yourself, and with numerous self-tests and exercises he makes it accessible to everyone.

Franziska Rubin

7 Minutes A Day: At last, live a healthier life. The book that will improve your health forever.

Develop healthy habits in just 7 minutes a day. Quick guides and exercises

Health tips from the expert, best-selling author and well-known TV doctor

Total German language sales of Dr Rubin's work: 500,000 copies



November 2020 · 176 pages



Well-known doctor, Dr Franziska Rubin, is convinced that by spending just 7 minutes a day, everyone can succeed in living a better and healthier life. This trendsetting exercise book not only covers the recognition of behavioural patterns that stop us living healthily or getting healthy, but the doctor also gives us help to implement the desired changes as quickly and simply as possible and develop healthy habits. Her tips come from the fields of: prevention, mind and body medicine, social interaction, self-care, nutrition, exercise, relaxation and stress management. Includes many recipes, instructions, exercises and suggestions for a healthier lifestyle.

Dr med. Franziska Rubin is a holistic doctor, TV presenter and best-selling author. She was born in Hanover in 1968, and as a doctor of neurology she presented the weekly MDR TV health show "Hauptsache gesund" from 1998 to 2015. Her speciality is to provide as many people as possible with competent advice and help, and to inform them about preventative measures as well as alternative treatments. She also writes regular columns and answers readers' questions in numerous print publications. She has lived in Munich since mid 2019. www.franziska-rubin.de

Maren Schneider

Reconnect. How We Reconnect With Nature: A season-by-season accompaniment with magical rituals and mindfulness exercises

The innovative season-by-season accompaniment with magical rituals and mindfulness exercises
From the mindfulness teacher and expert on old customs
Total sales by Maren Schneider in German: 250,000 copies



October 2020 · 224 pages

© Maren Schneider



There is a big need for an authentic connection with nature and traditional medical knowledge. “Reconnect” is a season by season exercise book for inner recovery and more mindfulness in life according to the season and annual festivals. Well-known author Maren Schneider accompanies us with numerous meditations and she offers multifaceted modern rituals for the “wild” woman of today. All exercises can also be listened to and downloaded on the book’s homepage.

Maren Schneider is an alternative practitioner and a trainer for Mindfulness based Stress Reduction (MBSR) and Mindfulness-based Cognitive Therapy (MBCT), which she has been practising for decades. Since 2004 she has been teaching MBSR and MBCT and leading meditation and mindfulness retreats. Having studied Buddhist concepts comprehensively, she pleads for their implementation in daily life.

Lothar Seiwert, Silvia Sperling

The Intermittent Week: Are you still working or are you already living? The simplest way to NEW WORK

A universal concept for more freedom and self-determination with practical exercises and case studies

The answer to extremely topical trends: the four day week, flexible working and new work

Total sales of work by leading time management expert

Lothar Seiwert: 5 million copies sold



October 2020 · 288 pages

Prof. Dr Lothar J. Seiwert is Europe's leading and most well-known expert for the new time and life management. The prominent keynote speaker and internationally successful best-selling author has specialised in topics such as time management, Life-Leadership® and work life balance.

Silvia Sperling, MBA, is an economics journalist, author and an acquisitions editor for topics around personal development, life balance or health. After her study trip to Silicon Valley, she has focused on innovation management and now runs the platform www.intervall-woche.de.

Intervals are everywhere. They structure our daily routine and schedule our lives. However, we have forgotten how to live in tune without biorhythm making us feel stressed and exhausted. The well-known time management expert, Lothar Seiwert, and economics journalist, Silvia Sperling, do more than just show the importance of intervals for our lives. Their exercise book also functions as a recipe to resynchronise our daily routine with our natural biology. By using the BOSS method everyone can learn to shape their daily life more efficiently, to work more productively and creatively, and in doing so develop themselves. At the same time, "The Interval Week" also comments on the current societal discourse around shorter working hours and new working time models.

Wolf-Dieter Storl

Our Five Sacred Trees: Meditate and heal in nature

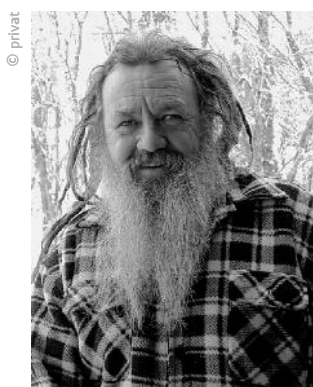
Experience the healing power of nature through meditation with the best-selling author

Exercise book with explanations on medical effectiveness, mythology, customs and magical applications

Total sales by Wolf-Dieter Storl: 750,000 copies



December 2020 · 192 pages



Meditating in nature and with trees can be a very healing experience. For the first time, the well-known cultural anthropologist and ethnobotanist reveals the secret of how meditation enables us to connect with the healing energies of the five sacred trees. Each tree stands for an important theme of life. We open ourselves to a greater dimension through meditation. To do so, a special sitting position is not always necessary; you can also hug the tree, feel its bark, smell it or taste a leaf. What is important is to always direct your awareness towards the tree, which brings its presence in harmony with our souls. Precise explanations on mythology, healing power and customs illustrate the being of the tree and the effect of meditation.

Dr phil. Wolf-Dieter Storl, born in 1942, is a cultural anthropologist and ethnobotanist. As an eleven-year-old he emigrated with his parents to the USA (Ohio), where he spent the majority of his time in the forest wilderness. After completing his degree, he studied at several universities. Numerous research trips took him to meet, among others, the medicine men in Northern Cheyenne, the Shiva Sadhus in Nepal and India and traditional farmers in Emmental. Since 1988, Wolf-Dieter Storl has lived with his family on an isolated farm in Allgäu. He gives seminars and presentations in Germany, Austria and Switzerland.
www.storl.de

Patrick Broome

Yoga For You: It is so easy to do yoga every day

Everyone can get yoga into their daily lives
15-minute practice for beginners and advanced practitioners

Patrick Broome is the yoga teacher of the German national football team and entuses people to do yoga at festivals, retreats and in his studios
Simple step-by-step explanations with photos and illustrations



October 2020 · 176 pages



© Grit Siwonja

Yoga teacher Patrick Broome shows in his new self-help book that just 15 minutes a day are enough to make yoga a fixed part of your life. Its special feature: the choice, which allows every practitioner to quickly arrive at the deep phase. In doing so, the goal is not the perfect body position but the good feeling that comes about. The sequences can be individually combined from elements of meditation, breathing exercises, yoga exercise sequences and relaxation, and therefore help establish a healthy body, a clear mind and an open heart.

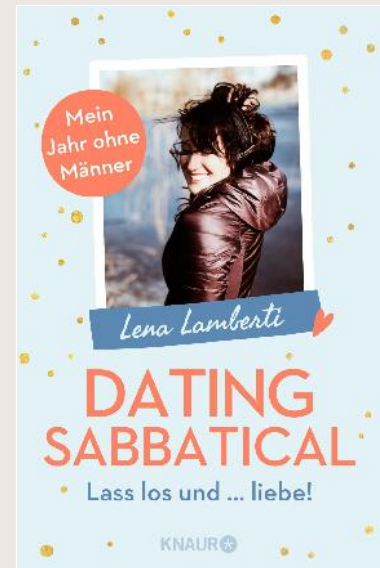
Patrick Broome has a PhD in psychology and is a yoga teacher. He also trains yoga teachers and heads up several yoga schools in Munich. He has been a yoga teacher since 1998, and since May 2005 he has been the yoga teacher of the German football team. www.patrickbroome.de

Lena Lamberti

Dating Sabbatical: Let go and ... love!

A radical new counselling approach to finding a real love of self.

The author gave up dates and sex for a year and wrote a blog about her experiences.



February 2021 · 256 pages



© Nina Wifite Foto

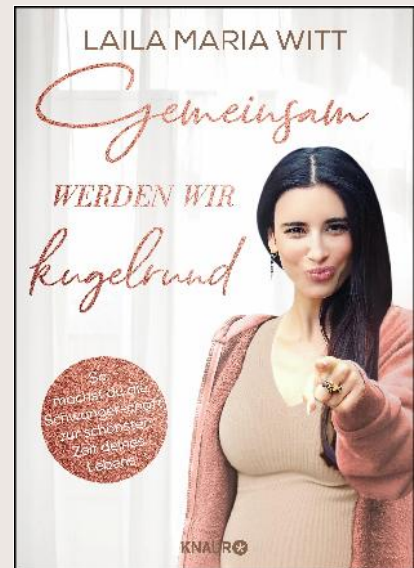
After an unsuccessful search for Mr Right, Lena Lamberti decided to do a self-test. She gave up dates and sex for a year in order to find the true reason why she was unlucky in love. She wrote about her experiences on her blog, oneyearnoguy.org. She works as a doctor and psychotherapist.

“If I had known how easy love can be, I would have saved myself a lot of heartbreak. For a long time, I didn’t understand why I could not attain happiness in a relationship. Then I recognised that aside from dating there is another way to find the right partner: the way to yourself. Consequently, I gave up men and sex for a year and during this dating sabbatical, I discovered what was standing between me and a happy relationship. I now want to tell others about my journey and my findings.” Lena Lamberti’s self-test shows how it can work: identificational self-help for women who struggle with a fear of commitment when looking for Mr Right.

Laila Maria Witt

Growing Round Together: Make pregnancy the most beautiful time of your life

Laila Maria Witt is one of the most successful family influencers – her large fan community on Instagram and YouTube have been waiting a long time for her book *From wanting children to confinement: Laila’s personal tips and information* For readers of Sarah and Dominic Harrison



October 2020 · 272 pages



Laila Maria Witt is a famous actress and successful influencer. On her YouTube channels and on Instagram, she shares her knowledge about being pregnant and a new mum. What helps when you want to have children? How big is the baby? Is it ok to dye your hair when pregnant? And what should you pay attention to in terms of nutrition? In this book, Laila Maria Witt takes her readers by the hand and like a good friend supports them through the forty most wonderful weeks of their lives.

Laila Maria Witt is an actress (“Verbotene Liebe”), influencer and mother of four children. She shared much of her pregnancy and her first year with her youngest child with her fans on Instagram and YouTube (100,000 subscribers). Each week, she provides tips and information on her channels about pregnancy and the first months with a baby. Laila Maria Witt lives in Berlin.

Hans-Jürgen Faul, Holger Parsch

The Car Doctors – Two Spin The Wheel: The best stories from the garage

They are well-known from “auto mobil” (on VOX) and their successful YouTube channel with over 420,000 followers
 Checklist as add-on: What do I tell the garage so that they can repair it?



September 2020 · 240 pages

Hans-Jürgen Faul, born in 1955, is a qualified car electrician and has been self-employed since 1980. After further training as a Bosch system technician, he qualified in 1989 as a car mechanic and has run his own business since 1997. Since 1998, he has been on the board of Kfz-Innung (the motor vehicle guild) in Cologne. Holger Parsch completed his training as a car electrician in 1989, opened a garage in 1990, and is on the board of Kfz-Innung (the motor vehicle guild) in Cologne. Since 2007, he has appeared on TV (Vox) together with Hans-Jürgen Faul as “Die Autodoktoren” (the Car Doctors). Since 2017, they and producer Lars Faust have run a Youtube channel with millions of loyal subscribers.

The two car doctors have their hearts in the right place and never lose their sense of humour, even when it rattles under the bonnet. For Hans-Jürgen Faul and Holger Parsch, the two car doctors, maintaining a car is more important than just a quick repair. Therefore, their book is not just a present for fans of the car doctors and their streaming series but also an account of tinkering with cars and their owners. This is where screwdrivers meet passion and people with the wildest stories and the craziest vehicles, and so the two car doctors also spin the wheel themselves. Their stories strain your laughing nerves like an off-roading session strains a car’s shock absorber.

Chris Hartmann

You Can Take The Towel With You But The TV Stays!: The strangest tales from the life of a night porter

Nothing is more absurd than the experiences of a night porter

Behind the scenes at a luxury hotel

Very amusingly and hilariously told



October 2020 · 240 pages

Chris Hartmann previously worked as a night porter at a luxury hotel, and learned that life writes its best stories at night. Today, Hartmann is a successful manager and likes to emphasise how his insight into human nature, which he gained at the hotel, has helped him in his later career. He lives in Austria.

If you work as a night porter in a luxury hotel, there is one golden rule: never talk about what you have seen. Never! However, Chris Hartmann is talking. For what he has experienced goes beyond even your wildest fantasies. There was a Russian guest who ordered a hitman from him in order to wreak revenge on those who stole from his wife and the Chinese guests who set off the fire alarm by using cupping glasses and ended up stark naked in the hotel corridor. And Chris had to get a group of punch-drunk arms dealers into a taxi to the airport at the crack of dawn – a simply impossible task. A look behind the scenes at the ostensibly well-ordered world of a luxury hotel and a firework of absurdity, which could not be stranger – simply the everyday life of a night porter.

Bodo Janssen

Trust Yourself And You Can Do (Almost) Anything: A book of hope for everyone who has self-doubt

What is possible when we let ourselves be challenged and call on our full potential?

Bodo Janssen is a SPIEGEL best-selling author
Moving stories of breathtaking tours



September 2020 · 224 pages

© Julia Baumgart Photography



Bodo Janssen was born in 1974 and is married with three children. Already during his time at uni, he founded a company in the sport and leisure sector. Later, he joined his parents' company Upstalsboom (hotels and holiday rentals), doubling its turnover and number of employees. He has received numerous awards for his management awareness. His vision of happy people inspired him to share the experiences of his success, but also of his failures, with many people. His work covers the area of tension between spiritualism, science and the economy.

Children and teenagers are told everything that they can't do thousands of times before their eighteenth birthday. Many of them are made to feel small and failure is reinforced, but not daring and success. Later on, these children and teenagers often do not have the courage to have confidence in themselves. As adults they hesitate to take on new challenges or to do what they feel passionate about. And so many of them do not achieve their potential. What are your talents, what can you do? And what do you really want from life? Everyone needs to find an answer to these questions because "the time in your life is a gift". The successful entrepreneur has made it his goal to enable people to achieve their full potential. It is a matter close to his heart that people go in search of a fulfilled life and find their purpose. In particular, he wants to give teenagers and young adults the chance for inner growth and to discover what makes them strong and the chance to prove and expand their own skills in order to feel what makes for a meaningful life. To do so, he takes them on a special tour. To Spitsbergen. To Kilimanjaro. To Iceland. On the tour of their lives. The stories about the preparation and execution of these tours form the framework of a brilliant analysis of our times and the conclusions that Bodo Janssen draws from it all. It becomes clear what we can achieve when we dare to have more confidence in ourselves. And so his new book is an invitation to freedom - and therefore something akin to the spiritual practice section for his two SPIEGEL best-sellers "Die stille Revolution: Führen mit Sinn und Menschlichkeit" (The silent revolution: leading with purpose and humanity) and "Stark in stürmischen Zeiten" (Strong in stormy times)(together with Anselm Grün).

Mechthild Schroeter-Rupieper

Find comfort in the time of farewell

A self-help book for everyone who supports the terminally ill and the grieving, or has lost a loved one themselves
With many case examples and stories of grieving families.



September 2020 · 192 pages



© Angelika Wiesner

Mechthild Schroeter-Rupieper, born in 1964, lives with her husband and three sons in Gelsenkirchen. As the founder of Familientrauerarbeit (family grieving) in Germany and its co-founder in Austria and Switzerland, she works throughout Europe as a trainer. In presentations and seminars the family grief support worker, who has worked in the field since 1992, offers help in situations of mourning and separation.

When a family member or a friend becomes ill, many people feel overwhelmed. In particular, when it becomes clear that the time still left together is limited. What should, can or may you say to the person who is dying? What should be considered and done, what has to be sorted out now? How can you maybe make it easier for the dying person to understand the unavoidable? Is it right to talk about the approaching end?

The new book by Mechthild Schroeter-Rupieper is a “companion” for the terminally ill and their relatives, as well as for those in mourning after a death. In her sensitive writing, it becomes clear why it is so important that we openly and honestly face the arising questions and give grief space in us in order to find comfort. The author is the founder of Familientrauerarbeit (family grieving) in Germany and she includes many examples and stories from her work.

Titus Müller

Be in awe of the happiness in small things

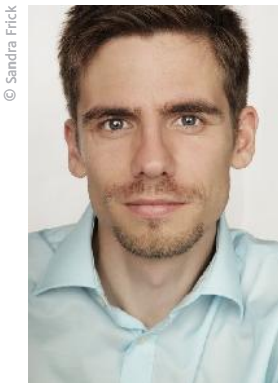
Gratefulness for every moment

Best-selling author Titus Müller stuns us with the everyday miracles

A beautiful gift for many occasions



September 2020 · 128 pages



© Sandra Frick

Titus Müller was born in Leipzig in 1977. He studied literature, history of the Middle Ages, journalism and communication studies in Berlin. At the age of 21, he founded the literary magazine "Federwelt". Today, Titus Müller lives with his family close to Munich, is a member of the PEN club and has received awards for his novels including the C.S. Lewis-Preis and the Sir-Walter-Scott-Preis. In Autumn 2016, he received the HOMER Literaturpreis.

There is much that craves our attention, but we have long since moved on to the next thing... colourful, more colourful, garish – that is how the packets on the shelves light up. The range is not only extensive, it is often barely comprehensible. So many possibilities that are offered to us. On the street, people approach us saying we should sign up at once to try out something new and exciting. Or someone wants to encourage us to join their party. Striking speeches are delivered with vehemence. Loud, unrelenting and demanding. The message: we should take what is rightfully ours. Or they focus on beautiful images and emotionally moving statements. Yes, we know it already: it could always be a little cheaper, faster, simpler and easier. But does that make it better?

In the new book by Titus Müller, we discover the strength of the quiet notes, of slowness, of stillness and of gratefulness. For happiness can often be found in the small things: in the beauty of a dewdrop, which refracts the sunlight; in the beaming smile of a child; in the taste of a ripe raspberry, fresh from the bush; when we look in awe at a delicate white butterfly that is breakfasting on a flower; a visit to a chapel in the mountains and a view of the valley in the first days of spring; the scent of a homemade cake; or the joyful moment that we put this book to the side and realise, "Yes, it could be like that. There is so much to discover!" That also goes for the beauty of the Christian faith. Many people literally try to capture the charm of the sea of lights at the Nuremberg Christmas market with a snapshot using a simple mobile phone camera and then wonder why the image is out of focus and appears dark. Others wait for years for the suitable moment and never take the time to stop and listen to the silence.

Tim Niedernolte

Respekt!: The power that changes everything, even myself

Many people suffer from the lack of respect that surrounds them

A book with a great potential for debate



October 2020 · 192 pages



Tim Niedernolte, born in 1978, studied communication studies in Munich. Today, he is a book author and a TV presenter on ZDF, for example on programmes such as LOGO, Hallo Deutschland or heute news bulletin.

Queue jumping and cutting in. Interrupting people when they are speaking to us. Tirades of hate and rude insults. Not a day goes by in which we don't make each other's life more difficult and get annoyed with each other. In doing so, one thing is increasingly being lost: respect. Tim Niedernolte shows the reality of our society: it's disrespectful, how we exploit nature and keep animals in undignified conditions; how large companies trample over the well-being of their employees and real estate sharks endanger our social peace; how politicians vilify, and emergency workers, doctors or police are attacked; and how our own soul is suffering because of all this. How do we find our way back to a good society? And what can each individual do so that the situation changes? Tim Niedernolte tries to lead by positive example and shows the power of treating each other with respect.

Rita Süßmuth

Don't Leave the World to the Madmen: A letter to the grandchildren

The most personal book by Rita Süßmuth
The popular former family affairs minister and Bundestag President (retired) shows how we can master the crises of our times
An appeal to the next generation



September 2020 · 112 pages



Rita Süßmuth, born in 1937, is one of the most respected German politicians and is a member of the CDU. From 1985 to 1988, she was the German federal minister for youth, family, and health (from 1986 for youth, family, women and health) and from 1988 to 1998, she was the President of the German Bundestag. At nearly ten years, her time in office was the third longest in German history.

Rita Süßmuth's politics stand for humanity and respect, for dignity and courage. As a minister she used these values to prevent inhumane decisions, fought against the powerful and revealed narrow-mindedness and prejudices - and in doing so, she never lost her faith in the capability of humans to remain humane. "Get up one more time than you fall down," is her personal motto. Rita Süßmuth's book is an appeal to the next generation not to leave their fate in the hands of imposters, megalomaniacs and cynics, but to make humanity possible because "this world is too beautiful to be left to madmen".

From the contents:

1. Don't forget where you come from
2. Look for the person, not his weaknesses
3. Be old-fashioned
4. Protect yourself from rat-catchers
5. Have no fear
6. If you are silent, you are agreeing
7. Go your own way

Melanie Wolfers

Decide and Live!: On the art of making wise decisions

Many people find it difficult to make decisions. This book shows how it can be made easier. Innovative book concept: the reader has the choice between a general self-help book and individual assistance with decisions
The new book by the best-selling author: full of practical tips and methods



October 2020 · 256 pages

© Alexandra Grill



Melanie Wolfers, Dr. theol., Mag. Phil., studied theology and philosophy in Freiburg and Munich. After studying, she worked as a university chaplain in Munich. In 2004, she joined the order of the Sisters of the Divine Saviour in Austria. Since then, she has been living in Vienna and is involved in many ways in counselling and educational work. Melanie Wolfers draws upon her many years of experience as a chaplain; she is a best-selling author and sought-after speaker.

If we want to make wise decisions, it is necessary that we make the process of deciding clear and prudent. Melanie Wolfers addresses the central aspects of a wise decision: - How do we create a good framework for the decision-making process? - How do we use our inner potential, which allows us to make a good decision? - How do we discover our own decision-avoidance manoeuvres? - What decision-making fears can block us? - How can I use criteria to help me weigh up what a clever decision is? - What are the typical decision-making traps? - How do I evaluate decisions and correct them if necessary? Practical examples, clever tips, strategies, methods and exercises to help make well-founded decisions in the future.

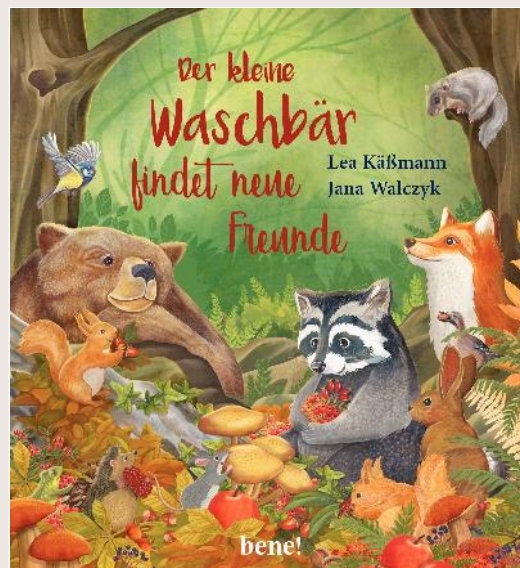
Lea Käßmann

The Little Raccoon Finds New Friends

The third volume of the successful children's series

A story to be read aloud to children aged two and over

Wonderfully illustrated



September 2020 · 20 pages

Lea Käßmann, born in 1982, studied German studies and philosophy and then worked as an editor at a renowned children's publishers. Developing books for children is her great passion. She lives with her husband and small son in Hannover.

Jana Walczyk, born in 1989, studied design and illustration at Münster University of Applied Sciences, the Accademia di Belle Arti in Bologna and HAW Hamburg, where in 2017 she successfully gained a masters in illustration. As a freelance graphic designer and illustrator, she illustrates books and editorials in equal measure. She contributes to several design projects and runs workshops on the topic of book illustration. Her work has already been shown in several group and individual exhibitions and has also been exhibited internationally.

How nice it is to share - that is at the heart of the Little Raccoon's new adventure. Lea Käßmann tells the story of the Little Raccoon who helps a small mouse store provisions for the winter. The pair become friends. Suitable for reading aloud to children aged two and over to playfully give them an understanding of sharing and helpfulness. Enchantingly illustrated by Jana Walczyk. The autumn leaves rustle. All around animals are nibbling and chomping while birds are singing. The animals of the forest are getting ready for winter and are industriously storing provisions. For when the first snow lies and the ground is frozen, there will only be a small amount of food to be found. Even the Little Raccoon has started looking. Then he hears a sad squeak and discovers a mouse under a bush. She is completely desperate because she keeps getting chased away by the other animals and so she has no chance of collecting her own provisions. The Little Raccoon is happy to help and the pair of them make their way to secret feeding grounds in the forest.

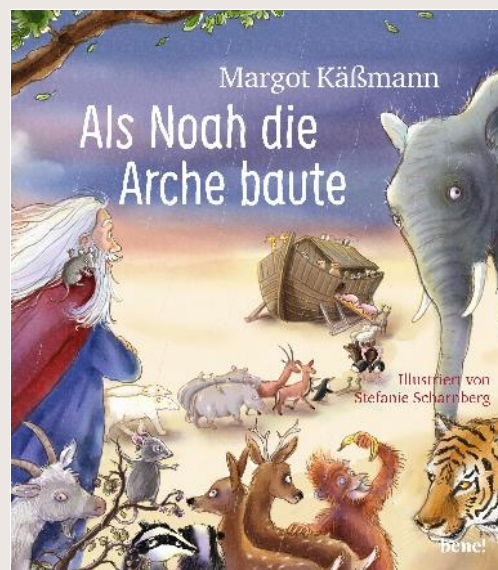
Margot Käßmann

When Noah Built the Ark: The most exciting rescue mission in the Bible – told in an easy-to- understand manner by Margot Käßmann

The Bible story of Noah's Ark in modern and child-orientated language

To be read (aloud) for children aged 5 and over

Expressive illustrations by Stefanie Scharnberg



September 2020 · 32 pages



© Julia Baumgart Photography

Margot Käßmann, born in 1958, is one of the most well-known church personalities in Germany. During and after her period as the chair of the Council of the Protestant Church in Germany, she gained the esteem and sympathy of many people thanks to her open and straightforward manner. The minister and mother of four daughters is in the prime of her life and is not afraid of change. She finds a balance to her duties by jogging and spending time with her grandchildren.

The story of Noah's Ark is one of the most fascinating stories in the Bible, especially for children. The popular author and grandmother of seven recounts the exciting rescue mission from the perspective of a mouse in this beautifully illustrated book for children aged 5 and over.

At first, Noah can't believe what God has told him: that a great flood will come and submerge all of the world. That is why he needs to quickly build an ark – a huge wooden boat in order to save himself and his family. And not just them, for he should also get the animals on board the ark in order to save them.

Although it sounds like madness, Noah does what God tells him and builds a huge ship on dry land. Even when his neighbours laugh at him, he doesn't stop. And so, the biggest adventure of his life begins!

The story of Noah and the ark is one of the most fascinating stories in the Bible. Margot Käßmann, the popular author and grandmother of seven, tells it in this beautifully illustrated book for children aged 5 and over. Easy-to-understand and always age appropriate for the young readers.

Margot Käßmann, Lea Käßmann

Good night stories about the dear Lord

The loveliest bedtime stories for children aged four and over

Empathetically told

Lovingly illustrated by Melanie Brockamp



September 2020 · 80 pages

Margot Käßmann, born in 1958, is one of the most well-known church personalities in Germany. During and after her period as the chair of the Council of the Protestant Church in Germany, she gained the esteem and sympathy of many people thanks to her open and straightforward manner. She finds a balance to her duties by jogging and spending time with her grandchildren.

Lea Käßmann, born in 1982, studied German studies and philosophy and then worked as an editor at a renowned children's publishers. Developing books for children is her great passion. She lives with her husband and small son in Hanover.

Melanie Brockamp, born in 1973, studied graphic design in Hanover, and worked for several advertising agencies. Since her first children's book was published in 2002, she has illustrated almost 60 children's books that have been translated into more than 10 languages.

The bedtime story book by best-selling author, Margot Käßmann, and her daughter, Lea Käßmann, - with a short introduction for parents. For children aged four and over, lovingly illustrated by Melanie Brockamp.

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