

Fall 2025

	page
Parenting	1
Life	6
Backlist	10
Exclusive Agencies	12

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Nora Imlau

What Makes Family Life Easier

Inspiration for a close-knit everyday life

CONTENT

Cookies for dinner

Many parents have internalised rigid ideas about parenting – a set of ‘rules’: screen time is bad for children. So is eating spaghetti five times a week. Their own high ideals cause uncertainty and stress. Using concrete situations, bestselling author Nora Imlau shows ways to guide children in everyday life in a way that fosters strong bonds, but without dogmatism and without the pressure that places an endless burden on families. For Imlau, many everyday decisions are ‘morally neutral’ – a concept that relieves parents and children alike and creates new freedom, quickly becoming one of her trademarks.

- **Pragmatic ideas on nutrition, sleep, media literacy, relationships, nursery, school etc.**
- **Morally neutral: a secure attachment and biscuits for dinner are not a contradiction.**
- **For parents of children from babies to around twelve years old**



October 2025

Contents 2-colour

Paperback, approx. 208 pages

Format: 13.7 × 21.5 cm

approx. €20

AUTHOR

Nora Imlau is considered one of the most important voices for parents. She is the author of several Spiegel bestsellers, a sought-after speaker and journalist on family issues in print and online media, including the Süddeutsche Zeitung, ARD's Mittagsmagazin and the MDR programme 'Hier um 4'.

www.nora-implau.de

USP

- For pragmatic, needs-oriented parenting.
- With numerous life hacks that make family life easier.
- Highly connected bestselling author and sought-after interview partner.



Over 60.000 sold

over 55.000 sold

rights sold: Russia, China

Marlies Johanna Heckner

Perfectly Imperfect

Being a parent with more self-confidence and optimism

CONTENT

A role model can be flawed

Marlies Johanna Heckner, known to millions as @marliesjohanna, has written the first book on one of the central challenges facing young parents: finding their own way to be a role model for their children without the perfectionism that drives so many millennial parents. Using real-life situations from everyday family life, she helps parents reflect on their own family journey and live their role with more self-confidence, authenticity and relaxation. Take the pressure off, make mistakes – this way of thinking also takes the strain off the children.

- Rethinking parenting
- Become aware of your own values and live them with more self-confidence and optimism
- With the latest insights and tips from other parenting experts



September 2025
Contents 2-colour
Paperback, approx. 224 pages
Format: 13.7 × 21.5 cm
approx. €20

AUTHOR

Marlies Johanna Heckner, born in 1996, became known for her exploration of social issues from the perspective of a new generation of parents. She has over 1.6 million followers on social media. Together with her husband Martin, she runs the successful podcast 'Mutti ist die Beste' (Mum is the best). She is the mother of two children and lives with her family in Berlin.

USP

- The first book by the Gen Z's top mummy influencer.
- Marlies Johanna resonates with the new generation of parents.
- Helps young parents who want to raise their children in a needs-oriented and stress-free way.

Ramona Noll

Topless

Breastfeeding in a way that suits you and your baby

CONTENT

There are as many ways to breastfeed as there are breasts

Breastfeeding is wonderful – but it's not all sunshine and rainbows. The beautiful, cosy moments give us so much, but at the same time, breast pumps, sore nipples and night-time cluster feeding can take their toll. This book is a reality check that educates and empowers breastfeeding mothers to shape their breastfeeding journey on their own terms. Breastfeeding expert Ramona Noll provides in-depth knowledge on getting started with breastfeeding, helps with classic breastfeeding problems, but also with specific questions, such as: How do neurodivergent people breastfeed? How do queer families breastfeed? And how does tandem nursing work? With real breastfeeding stories and unposed photos, she dispels uncertainties and encourages.

- **The contemporary breastfeeding guide with diverse illustrations and authentic photos**
- **With real breastfeeding stories from different family constellations**
- **Reduces uncertainty and leaves no questions unanswered**



September 2025

With four-colour

illustrations by Daniela Becker and
photographs by Angelina Mathae

Hardcover, approx. 304 pages

Format: 16.8 × 24.5 cm

approx. €26

AUTHOR

As a lactation consultant and systemic family therapist, **Ramona Noll** has already helped over 1,000 families find their own, self-determined path through breastfeeding. She is a mother of four children and breastfed for a total of 85 months. She lives with her family in Lahnstein, Germany.

USP

- Breaks with outdated norms, educates and encourages.
- With realistic photos and real breastfeeding stories.
- Scientifically based answers to all questions on the topic.

Lou Elvarsdóttir/Julia Dibbern

Let's Talk

The family meeting – where young and old grow together

CONTENT

For a new way of communicating and closer family ties

Many families want respectful, successful communication, but fail every day. In this book, experts Elvarsdóttir and Dibbern show how family meetings can help establish equality and dialogue on equal terms within the family. They inspire change: children learn to express their opinions confidently without reacting defiantly or remaining silent. Parents contribute their ideas without being authoritarian or patronising. A win-win for the whole family!

- The resource for appreciative communication and better togetherness
- Practical tips on preparing, choosing a location and running family meetings
- Beautifully designed, clearly laid-out materials



August 2025
Content 2-colour with illustrations
by Julia Dibbern
Paperback, approx. 176 pages
Format: 13.4 × 20.7 cm
approx. €18

AUTHOR

Lou Elvarsdóttir is a qualified psychologist who studied under Friedemann Schulz von Thun and trained with Jesper Juul. This book is the result of her many years of working with parents and her enthusiasm as a mother of three for the concept of family conferences.

Julia Dibbern is an author of parenting guides, a trained journalist specialising in family and sustainability, and mother of a son. Her publications include *Slow Family*, co-authored with Nicola Schmidt, published by Beltz. Julia Dibbern lives just outside Hamburg. juliadibbern.de

USP

- The successful and proven concept updated for the young generation of parents.
- A resource for successful communication as equals.
- For needs-oriented parents who want to strengthen the culture of communication in their family.

Dr. Eva Strnad

No Child is Safe

How to stay vigilant and protect our children from sexual abuse

CONTENT

It happens everywhere, unexpectedly and quietly

One to two children per school class are affected by sexual abuse. Parents, guardians and trusted adults must remain vigilant, because child abuse happens constantly and everywhere. In clubs, on the internet and – most commonly – within the family. The perpetrators: caregivers, relatives, fathers. This book explains how parenting, education and our attitudes need to change to keep children safe. It raises awareness of warning signs and prejudices and shows specifically what we can all do to protect our children from abuse.

- **Dual perspective of a family court judge and a survivor**
- **Advice on prevention and the legal situation in cases of suspicion**
- **Insights into the manipulative strategies of perpetrators**



September 2025
Hardcover, 256 pages
Format: 13.8 × 22 cm
approx. €22

AUTHOR

Dr. Eva Strnad is a judge at the Family Court in Cologne, an expert on child protection and has been involved in the research project *Parenting after sexual violence in childhood and adolescence* by the Independent Commission for the Investigation of Child Sexual Abuse. She herself experienced sexual violence in a family context during her childhood and adolescence.

USP

- A thought-provoking and important book that calls for action.
- With helpful prevention tips for parents and professionals.
- Sheds light on social injustices and empowers readers to become articulate and approachable.

Dr. Martin Bartenberger

What to do When There is Nothing You Can Do?

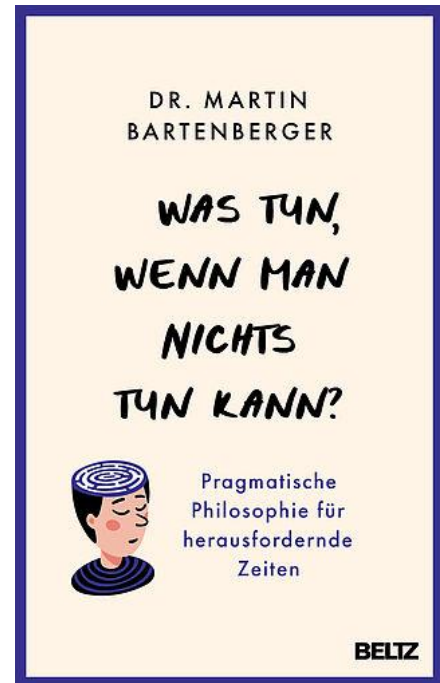
Pragmatic philosophy for challenging times

CONTENT

Optimistic action instead of paralysing powerlessness

The major crises of the present day are causing fundamental uncertainty for many people. What can you do when you feel there is nothing left to do? Philosopher Martin Bartenberger describes in an intelligent and entertaining way how philosophical pragmatism can help us get through difficult times. Using questions such as the climate crisis and whether we should still fly, whether we should eat meat, and whether we should support Ukraine against Russia, he shows what distinguishes the pragmatic method: a four-step way of thinking that is open to course corrections and helps us to remain capable of acting with meaning and optimism. Not only to improve our own lives, but also the world.

- **Clearly describes the four steps of the pragmatic method:**
 1. **Develop beliefs, make decisions.**
 2. **Try things out.**
 3. **Identify mistakes based on consequences, if necessary.**
 4. **Improve beliefs/decisions.**
- **A philosophical approach to life for more optimism and confidence**
- **Philosophical eye-opening moments that sharpen your thinking in an entertaining way**



September 2025
Paperback, approx. 240 pages
Format: 13.7 × 21.5 cm
approx. €20

AUTHOR

Dr. Martin Bartenberger studied political philosophy and crisis management in Vienna, the Netherlands and the USA. After teaching and researching at the universities of Vienna and Berkeley, he worked for several years in the communications and IT industry. He lives with his family near Passau, Germany, where he works as an author and consultant.

USP

- Philosophical pragmatism as genuine guidance for life.
- For every responsible citizen in times of collective helplessness.
- For readers of Dobelli and Kahneman.

Dr. Gitta Jacob

Too Much Emotion

How we control our emotions and not the other way around

CONTENT

For a calm approach to emotions

A minor annoyance can ruin your day, and self-doubt can lead to endless brooding. Instead of letting these feelings pass, we analyse and process them in the hope that we will feel better. However, psychotherapist Gitta Jacob warns that this often achieves the opposite. Thinking too much about emotions such as anger, fear or doubt can intensify them or even create them in the first place. This book shows ways out of over-emotionalisation: anyone who understands how feelings work can deal with them more calmly.

- Strategies for better emotion regulation, e.g. for anger, stress and anxiety
- Help in emotionally difficult situations such as relationship conflicts and everyday encounters
- With exercises suitable for everyday use



August 2025
Paperback, 240 pages
Format: 13.7 × 21.5 cm
approx. €20

AUTHOR

Dr. Gitta Jacob is a psychologist, psychotherapist and supervisor for behavioural therapy and schema therapy, and works as a senior psychotherapist at GAIA in Hamburg. The books by the Spiegel best-selling author have been translated into dozens of languages. gitta-jacob.de

USP

- Use your feelings instead of losing yourself in them.
- Renowned psychotherapist redefines how we deal with feelings.
- Helpful mix of insights, reflections and exercises.



Over 35000 sold
Rights sold:
Rumania, Turkey
Taiwan, Russia,
China

Over 10000 sold
Rights sold:
Rumania, Netherlands

Dr. Anne Juliane Körner

Relieve Pain With the Power of Emotions

Self-help strategies for chronic conditions

CONTENT

Why hugs relieve pain

It's incredible what emotions can trigger in the body. Fear, sadness or joy significantly influence how we experience pain. Studies show the fascinating ways in which our emotions can relieve chronic pain. Psychologist and pain therapist Dr Anne Juliane Körner explains for the first time how we can actively and specifically use our emotions for pain therapy. Numerous exercises and self-help tips strengthen self-confidence and emotional competence to effectively relieve chronic pain.

- Combines experience from psychological pain therapy with the latest findings from pain research
- New and holistic approach with lots of exercises and tools for use at home, plus ten audio exercises to stream
- For back, joint and muscle pain, migraines, irritable bowel syndrome and fibromyalgia



August 2025

Contents Two-colour with illustrations by Marie Wirbals

Paperback, 208 pages

Format: 13.7 × 21.5 cm
approx. €20

AUTHOR

Dr. rer. medic. Anne Juliane Körner is a psychologist, psychological psychotherapist and pain therapist. Her focus is on the competent handling of emotions to alleviate pain. She works in a day clinic for people with chronic pain and lives in Dresden, Germany.

USP

- The only emotion-focused psychological book on dealing with pain.
- Approx. 20% of the world's population suffer from chronic pain.
- A new approach to pain management that is easy to understand and can be applied immediately.

Tabea Farnbacher

Being Loud and Proud

Find your own voice through creative self-expression

CONTENT

Self-expression instead of self-silencing

Those who suppress their needs and feelings and remain silent lose touch with themselves and become lonely. Because if you don't show yourself, you can't be heard. It is therefore high time to rediscover opinions and desires – and to raise your own voice powerfully! And what better way to do that than with creativity? Psychologist Tabea Farnbacher encourages loud self-expression with inspiring ideas. This not only boosts your own well-being, but also strengthens relationships and your presence in the world.

- With 36 ideas and exercises for more creative self-expression
- From painting and journaling to rituals, fashion and political activism
- Inspiring personal stories and the latest research



September 2025
Paperback, 232 pages
Format: 13.7 × 21.5 cm
approx. €20

AUTHOR

Tabea Farnbacher born in 1996, is a psychologist and writer. She has received several awards for her writing. Since 2023, she has been writing the online column 'Psychotherapist in Training' for *Psychologie Heute*. In 2024, her first poetry collection, 'überwintern' (hibernate), was published by Wehrhahn-Verlag.

USP

- Creative self-expression is essential for mental health.
- An inspiring and insightful read.
- Lots of concrete ideas for greater self-expression and empowerment.

BACKLIST

A Head Full of Gold



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Rights sold to Italy

Over 35,000 copies sold

Do We Need a Doctor to Look at That?



[More information](#)

Mom Psychology



[More information](#)

Rights sold to China

The Book of Sleep for the Whole Family



[More information](#)

Over 7,000 copies sold

Teenage Blues



[More information](#)

Rights sold to Turkey, Czech Republic

The Power of Words with ADHD



[More information](#)

Rights sold to Turkey

The Magic of Good Conversation



[More information](#)

Rights sold to China, Korea, Poland

Over 20,000 copies sold, in China over 30,000 copies sold

Cycle Breaker: I'll do Things Differently for My Child



[More information](#)

Psychology

Trigger, Trauma, Toxic



[More information](#)

Rights sold to Poland

Over 6,000 copies sold

Psychology

Embracing Hope

On Freedom, Responsibility & the Meaning of Life



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The Female Terror



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All That's in Between



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Psychology

Who We Think We Are



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Over 12,000 copies sold

Life

The Power of Uncertainty



[More information](#)

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