

# Reference Autumn 2026



## REFERENCE BOOKS

Autumn 2026

Foreign Rights Guide

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### Personal Development

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 288 | 13,5x21,5 cm  
 Illustrations: 4 b/w illustrations  
 Original title: Future Skills

NIKO KOHLS

## Future Skills

SEVEN KEY COMPETENCIES FOR MORE CLARITY, SERENITY, AND RESPONSIVENESS

Date of publication: November 25, 2026

### Seven ways to productively deal with tension and crises

Our world is characterized by continual crises that trigger uncertainty and anxiety about the future. Models such as VUCA (Volatility, Uncertainty, Complexity, and Ambiguity, which create external complexity) and BANI (Brittle, Anxious, Non-linear, and Incomprehensible, which is internal underlying tension) aptly describe this state. Resilience in the sense of 'bouncing back' provides stability, but it is no longer sufficient for developing future-readiness. What is needed as well are particular skills that can be cultivated, which involve embracing contradictions, harnessing ambivalence, and turning tension into action. Professor Niko Kohls outlines here his seven skills for the future: mindfulness, self-care, tolerance of ambiguity, courage, embodiment, empathy, and a sense of purpose.

An intelligent, inspiring guide for anyone who isn't looking for easy answers, but is willing to make use of tension as a source of action.

- New ways for managing stress in times of multiple crises
- Stress response – the key skill beyond mindfulness and resilience
- The author – a renowned stress researcher and health psychologist
- The latest research findings, presented in an accessible and practical way
- For readers of Volker Busch and Jens Heuchemer

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### AUTHOR

Niko Kohls



© Liliana Merlin Frevel

Prof. Dr. Niko Kohls is a medical psychologist and professor of health sciences and health promotion at Coburg University. For more than two decades, he has been conducting research and providing consulting services on mindfulness, resilience, and self-regulation as resources for health and quality of life. He works with companies, nonprofit organizations, and public institutions as a keynote speaker, coach, and facilitator. Since 2019, he has been a member of the European Academy of Sciences and Arts. His book "More Joy in Life Through Mindfulness and Resilience" was published in 2022.

MARTIN WEHRLE

# Nice People Finish Last – The Workbook

SETTING BOUNDARIES, DEVELOPING SELF-AWARENESS, GAINING  
RECOGNITION, STEP BY STEP  
200 IMPULSES AND EXERCISES

**Date of publication: October 21, 2026**

## The practical workbook to the Spiegel bestseller

Can someone be 'too nice'? Bestselling author Martin Wehrle answers this question with a resounding 'yes'. In the workbook accompanying his Spiegel bestseller "Nice People Finish Last", he shows how kind-hearted people can learn to stand their ground when necessary and acquire greater self-confidence, authenticity, and success. People who set boundaries and stand up for their own needs are not only taken more seriously but also enhance their own self-respect. Here are helpful self-reflection questions and interactive exercises for all nice and pleasant people who want to remain delightful – just not to everybody all the time – while reaching their goals in strong but friendly ways.

- The workbook accompanying Martin Wehrle's major Spiegel bestseller, with over 155,000 copies sold
- A step-by-step program featuring interactive exercises and helpful self-reflection questions
- For those who no longer want to be taken advantage of and want to know how and when to set boundaries



### Personal Development

Publishing House: Mosaik  
Verlag  
Format: Paperback  
Pages & Size: 288 | 15,0x21,5  
cm  
Original title: Den Netten  
beißen die Hunde - Das  
Arbeitsbuch

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### AUTHOR

Martin Wehrle



© André Heeger

Martin Wehrle is considered Germany's best-known career and life coach. His books have been published in twelve languages and have found admiring readers around the globe. He landed celebrated bestsellers with "I'm Working in a Madhouse", and the follow-up book "I'm Still Working in a Madhouse". He most recently published the Spiegel bestsellers "Nice People Finish Last" and "If Everyone Likes You, No One Will Take You Seriously". In his Academy for Career Advisors in Hamburg, he trains career coaches. He is also popular on YouTube, with a rapidly growing reach of 700,000 followers.

EVA-MARIA ZURHORST, ANNALENA ZURHORST

# Self-Determined

SEVEN STEPS TOWARDS LIVING THE LIFE YOU WANT TO LIVE

Date of publication: October 21, 2026

## Become who you want to be – let go of what is holding you back

You long for change, yet nothing in your life is moving forward or getting better. You aren't in the relationship you desire. You don't have the job you would like to have. You don't feel empowered. You feel like you lack the skills to ultimately live a free and self-determined life. Yet you already have within yourself everything you need to make your goals and dreams a reality. What is standing in your way isn't resistance from the outside world: it's your beliefs. These you can change, and when you do, your life will change as well.

With their 7-step process, Eva-Maria and Annalena Zurhorst show you how to break free from old, long-standing limitations and bring love, abundance, growth, and freedom into your life.

- Next-level manifestation – overcoming limitations, becoming the architect of your own life
- A practical 7-step program featuring numerous exercises, tools, and routines
- Bestselling author with 1.5 million copies sold



### Personal Development

Publishing House: Arkana  
Format: Hardcover  
Pages & Size: 240 | 12,5x20,0 cm  
Illustrations: 10 b/w illustrations  
Original title: Selbstbestimmt

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Eva-Maria Zurhorst



© Max Brunnert

Eva-Maria Zurhorst, a coach, meditation teacher, and bestselling author, has been one of Germany's most successful experts on relationships and personal development for the past 20 years. Through her online courses and live workshops, she has guided thousands of women through a process of personal development. Her books have been translated into 17 languages.

### AUTHOR

Annalena Zurhorst



© Max Brunnert

Annalena Zurhorst is a dating and relationship coach. In addition to her work at her practice, she develops online coaching and meditation programs that offer a modern but restorative approach to self-worth and to a contemporary and fulfilling form of partnership. [www.zurhorstundzurhorst.com](http://www.zurhorstundzurhorst.com)



### Personal Development, Psychology

Publishing House: Ariston  
Format: Hardcover  
Pages & Size: 240 | 13,5x21,5 cm  
Illustrations: 15 b/w illustrations  
Original title: Das Offline-Manifest

LINDA MEIXNER

## The Offline Manifest

HOW WE CAN FIND THE WAY BACK TO OURSELVES IN A WORLD THAT CAN NEVER BE TURNED OFF

Date of publication: November 18, 2026

### Put your phone down and reclaim your life!

Smartphones have become an indispensable part of everyday life. For quite some time now, excessive use has been harming not just young people, but the other generations as well.

Linda Meixner, a creator and entrepreneur, knows this problem firsthand. Her daily life is becoming increasingly determined by digital rhythms, and so she must ask herself: Who would I be, really, if all of that were to disappear? Accompanied by systemic psychotherapy, she went offline for months, which led her to radically transform her digital life. In her book, she examines our smartphone-based lives from a scientific perspective, and explores what will happen if we continued as we have been. She shares her personal experiences and offers valuable insights from the work of her company, the Offline Institute, on how to achieve a healthy, balanced relationship with smartphones.

- A compelling case for creating a healthy balance between offline and online life – with plenty of practical tips for your own digital detox

**A modern-day Momo – giving people back their time.**

Vogue

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Linda Meixner



© CarolaMichaelaFotografie

Linda Meixner was born in 1989 and so is in the middle of a generation that experienced the start of the widespread use of smartphones early in adult life. She had become an active, highly successful participant in the world of social media, until she realized that her smartphone was controlling her life. Her decision to go offline changed her life. In 2023, she founded the Offline Institute and has since been organizing offline retreats in the Austrian mountains that help participants have a healthier approach to smartphones and the online world. She is also a speaker and hosts workshops on this topic. Her mission is to help society refocus on what truly matters and, over the long term, establish a balance between the offline and online worlds that fosters happiness, fulfillment, and genuine connection with others.

CLAUDIA CROOS-MÜLLER

# Keep Your Head Up – The Little Survival Book

IMMEDIATE HELP FOR STRESS, FRUSTRATION, AND BAD MOODS  
REVISED AND EXPANDED EDITION

**Date of publication: November 11, 2026**

4-colour throughout

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\*Rights available again

## Tuning into feelings, breaking out of the slump

When facing emotional challenges such as stress or frustration, the best and easiest way to influence your mind is through your body. With her easy and effective physical therapy exercises that can be integrated into daily life, bestselling author Dr. Claudia Croos-Müller, a specialist in neurology and psychotherapy, shows how we can quickly and effectively overcome our low moods and improve our mental well-being.

- A long-standing bestseller with unflagging demand – over 300,000 copies sold
- Croos-Müller's books have sold more than 1.2 million copies so far
- Expanded foundational knowledge and new self-regulation and body therapy exercises for every situation – easy to practice, proven effective, providing relief in seconds



### Health & Alternative Healing, Personal Development

Publishing House: Kösel  
Format: Hardcover  
With illustrations from: Kai Pannen  
Pages & Size: 64 | 17,0x15,5 cm  
Original title: Kopf hoch – das kleine Überlebensbuch

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Claudia Croos-Müller



© Beatrix Heiloway

Claudia Croos-Müller, MD, is a specialist in neurology and psychotherapy, and a European-certified EMDR therapist. The bestselling author offers lectures, workshops, and seminars on the topics of emotional control and mental health as well as training in her BODY 2 BRAIN CCM® method.

[www.croos-mueller.de](http://www.croos-mueller.de)

### ILLUSTRATOR

Kai Pannen



© Frank Siemers

After studying art and film, Kai Pannen became an illustrator, cartoonist and producer of short films. Today, he spends most of his time writing books. In 2017, he won the German Book Trade Association award for his public readings.

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

CLAUDIA CROOS-MÜLLER

# Good Morning – The Little Survival Book

IMMEDIATE HELP FOR ZEST AND ENERGY INSTEAD OF MORNING LOWS

**Date of publication: November 11, 2026**

4-colour throughout



## Health & Alternative Healing, Personal Development

Publishing House: Kösel  
Format: Hardcover  
With illustrations from: Kai Pannen  
Pages & Size: 64 | 17,0x15,5 cm  
Original title: Guten Morgen - Das kleine Überlebensbuch

## A good day starts in the morning

The new book by bestselling author and physician Dr. Claudia Croos-Müller explores the psycho-mental effects of gratitude, meditation, resilience, and self-acceptance. A positive outlook on the day, on yourself, and on life itself promotes overall health and enhances the neural networks in the brain. And morning is the time to begin. Energizing morning exercises and BODY 2 BRAIN CCM® morning rituals will get us started into the day with vigor and energy and will make us happier and more content with our lives and relationships, help us to better cope with crises, reduce depression and stress, and improve sleep. As in previous books, the physical exercises are accompanied by the charming sheep illustrations by Kai Pannen.

- Croos-Müller's books have sold more than 1.2 million copies so far
- Self-regulation and body therapy for every situation – easy to practice, proven effective, providing relief in seconds

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Claudia Croos-Müller



© Beatrix Heiloway

Claudia Croos-Müller, MD, is a specialist in neurology and psychotherapy, and a European-certified EMDR therapist. The bestselling author offers lectures, workshops, and seminars on the topics of emotional control and mental health as well as training in her BODY 2 BRAIN CCM® method.

[www.croos-mueller.de](http://www.croos-mueller.de)

## ILLUSTRATOR

Kai Pannen



© Frank Siemers

After studying art and film, Kai Pannen became an illustrator, cartoonist and producer of short films. Today, he spends most of his time writing books. In 2017, he won the German Book Trade Association award for his public readings.

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

LAURA HARMONIZE

# You Don't Need a New Diet, You Need New Thoughts

REACH YOUR IDEAL WEIGHT IN 6 STEPS WITH THE SWITCH METHOD

**Date of publication: December 16, 2026**

With 17 colour photographs

## Health & Alternative Healing, Personal Development

Publishing House: Irisiana  
Format: Paperback  
Pages & Size: 256 | 15,5x21,0  
cm  
Illustrations: 17 color  
illustrations  
Original title: Du brauchst  
keine neue Diät, du brauchst  
neue Gedanken

## Being slim starts in the mind

Finally lose weight for good, without crash diets, without self-punishment, and without the constant effort to force yourself even more. The key lies not in ever-new methods, but in our thinking. As long as we judge ourselves and cling to old beliefs, we remain trapped in the diet cycle. The central tool is the SWITCH Method:

**S – Stop:** Recognize the sabotaging thought

**W – Witness:** Become aware that you are not this thought

**I – Identify:** Name the old pattern

**T – Transform:** Change your perspective

**C – Choose:** Consciously select a new thought

**H – Hold:** Anchor the new thought in your daily life

This makes it possible to mentally switch in the very moments when you would otherwise sabotage yourself, give up, or fall back into old patterns. Step by step, a new sense of your body emerges. Ultimately, the way becomes clear to sustainably reach your desired weight.

- Bonus: with everyday-friendly recipes for an easy start
- For readers of Julia Sahm, Melanie Pignitter and Maria Sanchez

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Laura Harmonize



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Laura Harmonize is a health coach with training in psychology, a nutrition and fitness expert, and the founder of her own coaching company. For many years, she herself struggled with binge eating, self-doubt, and the constant feeling of never being disciplined enough. In search of a sustainable solution, she developed her own method, with which she has now guided more than a thousand women through coaching sessions and online courses. With her content, she reaches a community of 180,000 followers on Instagram. Laura Harmonize is the host of the podcast 'Happy and Healthy', has published a journal, and developed her own meal-prep app. [harmonize-coaching.de/](https://harmonize-coaching.de/)



#### Health & Alternative Healing, Personal Development

Publishing House:  
Yuna-Publishing  
Format: Paperback  
Pages & Size: 288 | 15,5x21,0  
cm  
Original title: Endlich ganz  
gesund – dein Leben lang

ULRIKE SCHEUERMANN

## Finally Completely Healthy – For Your Entire Life

THE 4-D HEALTH COMPASS FOR BODY, SOUL, RELATIONSHIPS, AND  
FULFILLMENT

Date of publication: May 13, 2026

### How full health develops

Why do so many people feel drained, exhausted, or constantly stressed despite medical advances, fitness programs, and comprehensive health information? And how can we regain our inner balance? This book shows how health comes about, expands, and stabilizes – and how we can discover a fulfilling, healthy life for ourselves. It is based on the 4D Health Compass, developed by the clinical psychologist Ulrike Scheuermann, which is a scientifically grounded model that connects body, mind, relationships, and fulfillment as equal dimensions of full health.

In its accessible, down-to-earth way that offers plenty of food for thought, we learn how these levels interact – and how we can develop and nurture our own health with clarity, inner stability, and renewed energy. Health here is not an optimization project, but a living process that goes far beyond the body and something that we can learn to consciously generate.

- A unique, holistic 4D health model – body, mind, relationships, and fulfillment
- Scientifically supported by psychology, medicine, and neuroscience
- Highly practical for everyday life through exercises and reflection
- A clear health compass, instead of contradictory rules



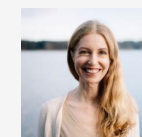
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Ulrike Scheuermann



© Lucca Scheuermann

Ulrike Scheuermann, a licensed psychologist with a background in medicine, worked for ten years in crisis counseling, an experience that helped her develop the 4D Health Compass, a scientifically grounded model for sustainable, integrative health, based on the interplay of body, mind, relationships, and fulfillment. As the author of numerous successful non-fiction books and the host of the podcast 'Ein gutes Gefühl' (A Good Feeling) on Sinnsucher, she makes complex concepts easy to understand and applicable to everyday life. She also develops online courses on holistic health, including the comprehensive annual course on the 4D Health Compass. She regularly appears as an expert in print, online, radio, and TV media.  
[www.ulrike-scheuermann.de](http://www.ulrike-scheuermann.de)

JOHANNA PAUNGGER, THOMAS POPPE

# The Tyrolean Number Wheel for Parents

WHAT THE BIRTHDAY NUMBERS REVEAL ABOUT THE PERSONALITY OF YOUR CHILD

**Date of publication: November 25, 2026**

With 4-colour illustrations

## The Number Wheel, the key to inner peace – at every stage of life

Following the huge success of "The Tyrolean Number Wheel", the well-known author duo Paungger and Poppe present the third volume on the topic. In it, the 31 'signatures' – the number combinations in the number wheel determined by the date of birth – are interpreted in detail, with specific interpretations for babies, young children, and teenagers.

With this knowledge, parents can lovingly guide and support their children from the very beginning of life. Through explanations tailored specifically to each age group – which are addressed directly to the children – they learn to better understand themselves and to become aware of their talents and their life's purpose. What special gifts does my child have? What health issues are especially important? What might be holding my child back? What inspires my child? Which colours have a strengthening or inhibiting effect? What specific challenges lie ahead?

An invaluable resource for parents, grandparents, and educators to help children get off to a successful start in a happy life.



**Family & Parenting, Personal Development, Spirituality & New Age**

Publishing House: Mosaik Verlag  
Format: Hardcover  
Pages & Size: 352 | 15,5x21,0 cm  
Original title: Das Tiroler Zahlenrad für Eltern

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Johanna Paungger



© Edwin Krieg

Johanna Paungger grew up knowing about the rhythms of the moon and nature, and with her grandfather, who shared with her his huge knowledge of a healthy life style and vitality up into old age.

### AUTHOR

Thomas Poppe



© Edwin Krieg

Thomas Poppe, author and translator, has been studying the influence of lunar rhythms on everyday life for many years.

NICOLE ENGEL, TINA EPKING

## Woman 'Out of Service'

WHY EMOTIONAL CRISES ARE A PART OF MIDDLE AGE – AND HOW YOU CAN  
REDISCOVER YOUR BALANCE AND COMPOSURE

Date of publication: August 26, 2026

### A fresh start Instead of continued crises – midlife as a mental reboot

Why do so many women in their middle years lose their composure and equilibrium? Why do panic attacks, depressive moods, and burnouts become more common? And why is it that menopause is not the only trigger for this?

It is between our late 30s and mid-50s that we also often start taking stock of our lives and realize that we can live differently – and, above all, be happier than we have ever been. The clinical psychologist Nicole Engel knows what every woman can do to avoid ending up in therapy, even in times of crisis. She has seen countless times how her patients' inner selves cry 'Stop!' as a plea to pause, become self-aware, set boundaries, and figure out what they truly want. In her book, she offers a look behind the scenes of a psychotherapist's personal and professional life and shows, through prominent models, interventions, and cases from her psychotherapy practice, how we can bring more lightness and joy back into our middle of life.

- More than merely hormones – a psychological guide to the inner upheaval of midlife
- Finding greater ease through self-compassion, reflection and practical exercises



#### Psychology

Publishing House: Mosaik  
Verlag

Format: Paperback

Pages & Size: 256 | 13,5x21,5  
cm

Illustrations: 17 b/w  
illustrations

Original title: Woman Out of  
Service

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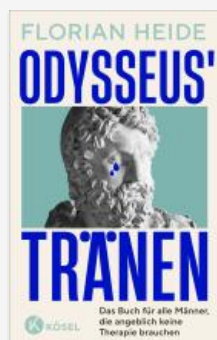
© Lenny Rothenberg

Nicole Engel, born in 1979, is a licensed psychologist, a certified psychological psychotherapist specializing in cognitive behavioral therapy, and a couples and sex therapist. After a career in executive positions in the business world, in 2013 she decided to devote herself to helping people unlock their potential and live more fulfilling lives. She is the founder of PSYCHOLOGICUM Berlin, an institute for mental health, and is in demand as an expert by numerous media outlets, including the ZDF network, Vogue, and the Berliner Morgenpost.

#### AUTHOR

Tina Epking

Tina Epking studied German literature and media studies as well as Spanish in Düsseldorf and Hamburg, and is a graduate of the Axel Springer Academy in Berlin. She has been working as an editor, journalist and author for more than 20 years. She lives in Hamburg.



## Psychology

Publishing House: Kösel  
Format: Paperback  
Pages & Size: 240 | 13,5x21,5 cm  
Original title: Odysseus' Tränen

FLORIAN HEIDE

# Odysseus' Tears

THE BOOK FOR ALL THE MEN WHO SUPPOSEDLY DON'T NEED THERAPY

Date of publication: October 14, 2026

"How does masculinity get in the way of mental well-being?  
And what exactly needs to change in our society?"

Men are often less inclined to recognize mental health problems and to seek professional help in the form of therapy. They turn to psychological support less frequently and are often diagnosed later than women. Men are more likely to struggle with alcohol and drug abuse and to exhibit violent or criminal behavior. This is often interpreted as a coping mechanism for unrecognized mental health issues. Not infrequently, this leads to suicide, which occurs in men four times more often than in women. Traditional gender roles and norms often prevent men from openly expressing their emotions and seeking help. There is strong cultural pressure to be 'strong' and 'independent', which hinders access to therapy and support.

Florian Heide, investigative reporter, presenter, and himself a long-time therapy refuser, shares his experiences with honesty and authenticity. With a critical eye on traditional notions of masculinity, he explores why so many men avoid therapy despite facing obvious difficulties. Supported by expert insights, the book shows how essential a shift in societal thinking is. It offers an accessible first step into psychotherapy and equips men with tools to overcome fear and begin the path toward healing.

• For readers of Kurt Krömer and JJ Bola

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Florian Heide



© Pascal Bähr

Florian Heide is a journalist and presenter, known from various ARD formats such as FYI, where he shed light on the shortage of therapy places in Germany. Originally working for Die Zeit and OMR, he studied sociology and politics in Konstanz and Budapest. On TikTok, he reaches around 12,000 followers with content on mental health topics. Since childhood, Florian has struggled with intrusive thoughts and depression, eventually finding his personal challenge within the media industry. At the age of 28, he discovered therapy as a life-changing support, and now passionately works to help men overcome their fear of seeking therapy, while informing them about its possibilities and risks.



## Psychology

Publishing House: Kösel  
Format: Hardcover  
Pages & Size: 224 | 13,5x21,5 cm  
Original title: Churchills Augen

MANFRED LÜTZ

# Churchill's Eyes

PSYCHOLOGICAL GLIMMERS OF HOPE IN CRAZY TIMES

Date of publication: September 16, 2026

**The world seems like a madhouse. Is this the new normal?  
What can we do?**

The renowned psychiatrist and psychotherapist Manfred Lütz is convinced that psychology will have a strong impact in forming the future. In his trademark entertaining and accessible style – with lighthearted stories and surprising observations – he offers ways out of this general madness, including:

- Clever methods – Masterpieces of psychotherapy
- Unusual patients – Stories from the madhouse
- Psychology for everyday life – Self-help in the first person
- Information and self-help at its best – engaging and entertaining

With an extensive backlist totaling over 1.3 million copies sold, Manfred Lütz provides invaluable psychological guidance for challenging times.

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## AUTHOR

Manfred Lütz



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Manfred Lütz, born in 1954 is a psychiatrist, psychotherapist, doctor of theology, and cabaret artist. He studied medicine, philosophy, and Catholic theology in Bonn and Rome. From 1997 to 2019, he was chief medical officer at the Alexian Hospital in Cologne. In 2003, he founded the Alexian Therapy Forum with renowned international speakers, which he continues to coordinate. He is the author of numerous bestsellers and regularly comments on current issues in columns and articles. He is a welcome guest on talk shows and is a sought-after speaker, and also makes an occasional appearance in cabaret.



### Psychology

Publishing House: Mosaik Verlag  
 Format: Hardcover  
 Pages & Size: 368 | 13,5x21,5 cm  
 Illustrations: 40 b/w illustrations  
 Original title: Heilung aus der Tiefe

MAIKE MAJA NOWAK

# Healing from the Depths

DISCOVER YOUR PRIMAL RESOURCES FOR OVERCOMING TRAUMAS

Date of publication: September 09, 2026

With 40 illustrations

## Heal the trauma within you

The consequences of attachment trauma from early childhood affect almost everyone to some degree today. Because such traumas can have critical consequences, we need to identify them. In "Healing from the Depths", bestselling author Maike Maja Nowak presents many effective healing tools she has discovered during her therapeutic work. She guides readers through her book with fascinating stories from her own life, and makes use of case studies to illustrate key principles and complex concepts, explained in a clear and accessible way. A book about how to integrate trauma and to find your way back to your own inner path as a source of stability, even when your outer journey continues to take unexpected turns.

- Maike Maja Nowak's success – over 360,000 copies sold
- The definitive guide for processing trauma and emotional blocks
- How our early childhood experiences are the source of deep-seated behavioral and relationship patterns

**mosaik**

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### AUTHOR

Maike Maja Nowak



© Susanne Borde

Maike Maja Nowak, born in Leipzig in 1961, is an inspiring trauma therapist for people as well. The multi-award-winning former singer-songwriter has authored numerous Spiegel bestsellers on the human-dog relationship and, in the ZDF series "Die Hundeflüsterin" ('The Dog Whisperer'), has offered a broad audience insights into the world of dogs and humans. Thousands of people have sought her advice since 2007. As a state-licensed alternative practitioner for psychotherapy and a certified animal therapist, she supports her clients in healing their traumas and other emotional wounds. [maike-maja-nowak.de](http://maike-maja-nowak.de) and [@MajaNowakHeilung](https://www.youtube.com/@MajaNowakHeilung) on YouTube



## Psychology

Publishing House: Kailash  
 Format: Paperback  
 Pages & Size: 240 | 13,5x21,5 cm  
 Original title: Ich erkläre das jetzt mal psychologisch

STEFANIE STAHL

# I'll Explain This Now Psychologically

ON FEELINGS, RELATIONSHIPS, AND SOCIAL ISSUES

Date of publication: September 16, 2026

## How self-reflection changes our lives – psychological reflections on the self, the society, and the world

Why do little things get us so upset? Why do we fall in love with the wrong people?

And why does a lack of self-reflection divide entire societies?

In her new book, Stefanie Stahl – Germany's most renowned psychotherapist and bestselling author – examines the human psyche with her characteristic depth and a healthy dose of humor. In insightful and relatable essays, she explores the mechanisms that shape our thoughts, feelings, and actions.

With psychological insight and gentle irony, Stefanie Stahl describes how self-reflection is different from self-optimization, why it sometimes takes courage to do nothing, and why we're all a little 'normally crazy'. A book for those who want to understand why they are the way they are – and how life can nevertheless still be a little easier.

- The new book by bestselling author Stefanie Stahl – insightful, down-to-earth essays on life's larger questions
- Examples of the various themes addressed:
  - From ecstatic intoxication to calm and peace: how hormones influence our emotions and how life changes as we age
  - What's all the hype about mental health?
  - Are 'situationships' the new relationships?
  - Can ChatGPT be a therapist or is something missing?

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## AUTHOR

Stefanie Stahl



© Susanne Wysocki

Stefanie Stahl is a degreed psychologist with her own practice. She is Germany's best-known psychotherapist and holds seminars about fear of commitment, love and self-esteem on a regular basis. Her method for working with the inner child is a particularly imaginative and practical one, which has been resonating internationally as well. For years her bestselling books have been listed on the top ranks of the bestseller lists. In 2023, her book "The Child Within You Must Find a Home" was for the seventh time in a row the bestseller of the year in Germany.  
[www.stefaniestahl.de](http://www.stefaniestahl.de)

- When you want to feel again instead of losing yourself
- How does self-reflection make us better people?
- Numerous essays exploring personal growth alongside societal trends and revealing how everything is psychologically interconnected
- Perfect for newcomers to the field, without prior knowledge of psychology – accessible to anyone who wants to get to know Stefanie Stahl's work



### Psychology

Publishing House: Goldmann

Format: Paperback

Pages & Size: 224 | 13,5x21,5 cm

Original title: Liebeserklärung an chaotische Frauen

LISA VOGEL

## Love Letter to Chaotic Women

ON THE FREEDOM TO BE MESSY

Date of publication: November 18, 2026

### Scatterbrained, forgetful, fantastic: why chaos is a superpower

Chaotic women are quickly seen as 'too much': too loud, too scatterbrained, too messy. This book is a love letter to exactly that 'too much': humorous, honest, and empowering.

Lisa Vogel draws on her personal experiences with ADHD and a feminist critique of the pressure to be perfect. She celebrates the beauty of the unfinished, and shows how chaos can become a strength. With pop culture references, relationship hacks, and playful, non-dogmatic tips, her book offers practical ways to live beyond mere to-do lists. For anyone who has ever felt 'too much', and for the people who love them.

 GOLDMANN

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Lisa Vogel



© Tim Liss

Lisa Vogel is a Spiegel bestselling author and influencer who focuses intensively on the topics of mental health and ADHD in adults. After being diagnosed at the age of 27, she began sharing her personal experiences and knowledge about ADHD in order to help other affected individuals and raise awareness of the condition. On her Instagram channel @the.unnormal.brain, she reaches more than 117,000 followers, regularly posting content about mental health, ADHD, and everyday life with this diagnosis. Her dedication and authentic manner have earned her a loyal following.

PETER FALKAI, JEANNE RUBNER

# Staying Mentally Healthy

THE RESULTS OF THE LATEST STUDIES ON PREVENTING MENTAL ILLNESSES

Date of publication: October 14, 2026

## The prevention compass for the mind

Prevention is everything. We run to keep our hearts healthy, take supplements, and get medical check-ups. Yet most of us don't do enough for our mental health. This is an error, because studies reveal that prevention is essential to avoid developing depression, addiction, anxiety disorders, or even psychosis – conditions that affect one in four people over the course of their lives.

This book especially addresses the stress that damages our neural networks, and helps in identifying risks and taking better and more effective preventive measures. Instead of oversimplified solutions that focus solely on diet or exercise, this guide has compiled the latest scientific evidence to illustrate how and when particular measures are effective against mental illness, and what each of us can do specifically to stay mentally and emotionally healthy.

- Taking action against mental illness – effectively, scientifically sound, and accessible
- A practical and holistic approach with straightforward strategies
- The new definitive guide based on the latest research – from nutritional psychology to resilience



### Health & Alternative Healing, Psychology

Publishing House: Kösel  
Format: Hardcover  
Pages & Size: 272 | 13,5x21,5 cm  
Illustrations: 6 b/w illustrations  
Original title: Mental gesund bleiben

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Peter Falkai



© privat

Prof. Dr. Peter Falkai, a psychiatrist and psychotherapist, is a director at the Max Planck Institute of Psychiatry and heads the Department of Psychiatry at LMU. He is a member of the Bavarian Academy of Sciences and has served on the executive boards of leading national and European psychiatric associations. He has received numerous awards for his research into the causes, treatment, and prevention of mental illness.

### AUTHOR

Jeanne Rubner



© Astrid Eckert

Prof. Dr. Jeanne Rubner is a science journalist and vice president of Global Communications and Public Engagement at TUM. She has authored several bestselling books on the human brain and received numerous prestigious awards for her work in science.

communication.



#### Health & Alternative Healing, Psychology

Publishing House: Ansata -  
Integral - Lotos  
Format: Paperback  
Pages & Size: 352 | 13,5x20,6  
cm  
Illustrations: 5 b/w  
illustrations  
Original title: Zeig mir deine  
Zähne – und ich sage dir, was  
dich bewegt

ANNE KARL

## Show Me Your Teeth – And I'll Tell You What Moves You

WHAT THE MOUTH REVEALS ABOUT THE BODY, THE PSYCHE AND HEALTH

**Date of publication: September 23, 2026**

With 5 b/w illustrations

### Teeth as a mirror of body and soul

Our teeth are much more than just structures for chewing; they reflect our physical and emotional well-being, our experiences, and even our deepest beliefs. The holistic dentist Dr. Anne Karl offers a new perspective on health: through the mouth. She demonstrates how dental problems, chronic fatigue, and unexplained pain can be indicators of unresolved emotional conflicts, stress patterns, or biochemical imbalances. With her integrated approach, she explains how teeth are part of a mind–body network, connected to the nervous system, and involved in hormonal balance and our emotional memory. Through revealing case studies, we will learn how inner conflicts manifest in the mouth – and how we can interpret and respond to these signs.

- Resolve emotional conflicts, overcome hidden stress patterns, and restore physical balance through holistic dental health
- With illustrative case studies and practical tips for self-reflection

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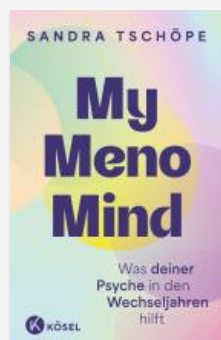
#### AUTHOR

Anne Karl



© Stephan Pick

Dr. Anne Karl, D.D.S., is a specialist in integrative biological dentistry and regulatory medicine. In her private practice in Cologne, she combines modern dental procedures with findings from psychoneuroimmunology, epigenetics, and body therapy. An advocate for a new form of dentistry that prioritizes individuality and causal analysis, she shares this expertise in her practice and at the Dr. Karl Academy, where she offers interdisciplinary online courses for fellow professionals, and on social media, where she has 50,000 followers on Instagram.



## Health & Alternative Healing, Psychology

Publishing House: Kösel  
Format: Paperback  
Pages & Size: 224 | 13,5x21,5  
cm  
Original title: My Meno Mind

SANDRA TSCHÖPE

# My Meno Mind

WHAT HELPS YOUR PSYCHE DURING MENOPAUSE

Date of publication: September 30, 2026

## Finally understanding the meno-psyche

Menopause is not only a challenge hormonally but also emotionally. The psychotherapist and menopause counselor Sandra Tschöpe addresses these issues with her MyMenoMind program. With this she offers helpful psychological tools to improve one's well-being before and after menopause and to reduce inconvenient and distressing symptoms – both in personal life and in the workplace. With the help of clear explanations, practical tips, exercises, and case studies, the psychotherapist and menopause counselor Sandra Tschöpe helps women going through menopause to finally leave behind the feeling of 'I don't recognize myself anymore' and navigate this important phase of life with mental stability. With her psychotherapeutic strategies for maintaining emotional balance, improving one's well-being before and after menopause, and reducing inconvenient and distressing symptoms, she shows women how to become experts on their own personal journey through menopause.

- Psychological self-help for all women experiencing menopausal symptoms
- Increasing media and research interest in the topic of menopause
- Psychotherapy and menopause counseling

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## AUTHOR

Sandra Tschöpe



© Meike Kuether

Sandra Tschöpe is a psychologist, psychotherapist, coach, and menopause counselor with a particular interest in gender medicine and feminist issues. Since 2017, she has been working as a psychological psychotherapist in her private practice in Hamburg, where she counsels and supports many women going through midlife. Making use of her experience and research, and driven by the question of how hormonal changes affect the female psyche and what truly helps those affected, she developed her MyMenoMind program. [mymenomind.de/](http://mymenomind.de/)



#### Psychology, Fitness & Workout

Publishing House: Goldmann  
Format: Paperback  
Pages & Size: 256 | 13,5x21,5 cm  
Original title: Mind over Mountain

SUKKHADAS INGO AUER

## Mind over Mountain

HOW I CONQUERED THE HIGHEST PEAKS OF THE ALPS AND FOUND MENTAL STRENGTH THROUGH EXTREME COLD

Date of publication: October 21, 2026

### "In the cold, I find myself"

Dressed only in the bare essentials, shoes, shorts, and hats, with no protection against snow and ice, fully exposed to cold and storms at over 4,000 meters, Berlin native Sukkhadas Ingo Auer sets out to conquer the seven highest peaks of the Alps in this way. Together with a close-knit group of adventurers, including football world champion Andre Schürrle, the mission repeatedly turns into a tour de force where fear and euphoria, failure and success lie dramatically close together. In his book, Wim Hof instructor Sukkhadas shows what the human body and mind are capable of when we are willing to push ourselves to our limits and beyond. This absolute cold exposure, when done correctly, is not only a boost for the immune system but also a path out of stress, burnout, and depression. An exciting account of lived experience, an inspiring story, and a guide to mindful care for our physical and mental health.

 GOLDMANN

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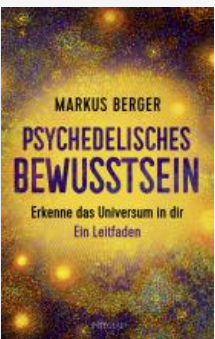
#### AUTHOR

Sukkhadas Ingo Auer



© Maximilian Gierl

Sukkhadas Ingo Auer worked as an advertising manager until burnout led him to discover ice bathing in 2018, finding his way to a new life through the extreme experience of cold. Today, he is a licensed Wim Hof Method instructor and teaches how meditation and breathing techniques can help people achieve exceptional results and reconnect with themselves.



#### Psychology, Spirituality & New Age

Publishing House: Ansata - Integral - Lotos  
Format: Hardcover  
Pages & Size: 336 | 13,5x21,5 cm  
Illustrations: 27 color illustrations  
Original title: Psychedelisches Bewusstsein

MARKUS BERGER

## Psychedelic Consciousness

A GUIDE TO DISCOVER THE UNIVERSE WITHIN YOU

**Date of publication: September 30, 2026**

With 20 colour illustrations, a 12-page colour insert

### Discover the transformative power of psychedelics on mind and consciousness

Since ancient times, mystics and shamans have used consciousness-expanding substances to journey into their inner worlds. Today, these psychedelics are experiencing a true renaissance: the latest scientific studies confirm their remarkable therapeutic potential. Numerous artists and innovators speak enthusiastically about the visionary power that can be found in LSD, psilocybin, ayahuasca, MDMA, and other substances.

Markus Berger, an internationally renowned expert on psychoactive substances, has been studying their effects on mind and consciousness for over 30 years. In this book, he brings together all his experiences and shows how they can be used safely and responsibly to access hidden realms of consciousness, thereby shaping one's life from a completely new perspective, rooted in the power of inner stillness and mental wholeness. His comprehensive work illuminates the central aspects of psychedelic experience and explains how these profound journeys can be interpreted and integrated into daily life with the help of spiritual teachings and shamanic cosmologies. Whether beginner or experienced psychonaut, this guide is a trusted companion on the path to deep self-knowledge and spiritual growth.

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Markus Berger



© Elfriede Liebenow

Markus Berger is a consciousness researcher and ethnobotanist, an internationally renowned expert on psychoactive plants, and one of the most prominent figures in the psychedelic movement in Germany. He has authored over 40 books published in several languages, including "The Encyclopedia of Psychoactive Plants" (co-authored with Dr. Christian Rätsch), as well as standard works on microdosing and the psychedelic substances DMT and ketamine. As a speaker, he is regularly invited to give lectures, seminars, and workshops. In 2012, Markus Berger launched the first YouTube channels dedicated to psychedelic education, which have had a formative influence on subsequent generations of YouTubers. He is also a lecturer at the renowned Storl Academy, editor-in-chief of the magazine Lucys Rausch, a founding and board member of the non-profit Psychedelia Foundation, as well as the initiator and organizer of conferences and conventions. [www.markusberger.info](http://www.markusberger.info)



#### Psychology, Spirituality & New Age

Publishing House: Ansata - Integral - Lotos  
Format: Hardcover  
Pages & Size: 240 | 15,0x21,5 cm  
Original title: Echt im Leben.  
Autismus und ADHS aus spiritueller Sicht

MONIKA DEZLHOFER

## Real in Life: Autism and ADHD from a Spiritual Perspective

A GUIDE FOR UNIQUE INDIVIDUALS, PARENTS, AND COMPANIONS

Date of publication: September 30, 2026

### A new perspective on autism and ADHD, a deep understanding of unique people and their gifts

"Real in Life" is a unique guide for those living within the spectrum of autism and ADHD. It opens the door to seeing neurodivergence not as a disorder, but as an expression of special soul missions. With a deep connection to the spiritual world and drawing on her own experience, autism and ADHD coach Monika Dezlhofer shows that these individuals carry a unique essence and a special light. Their difference is not a deficiency, but an expression of a subtler language and an ancient intelligence.

This book invites you to see the soul behind the behaviour and the gifts behind the overload. With answers to fundamental questions, practical suggestions, and valuable behavioural tips, "Real in Life" is a must-read for anyone open to a deeper understanding of neurodivergence.

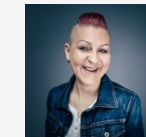
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Monika Dezlhofer



© Andreas Wenkert

Monika Dezlhofer, born in 1978 in Switzerland, is a medium and certified autism and ADHD coach. She herself lives with Asperger's autism and ADHD, and her son is also on the spectrum. Through her unique way of perceiving, she began to understand consciousness, energy, and spirit on a deeper level and discovered her calling to build bridges between the visible and invisible worlds. Today, she supports children, parents, and highly sensitive individuals on emotional, energetic, and practical levels. In seminars, lectures, and one-on-one sessions, she combines spiritual connectedness with genuine presence. With her work, she awakens awareness for the spiritual dimension of neurodivergence and invites people to see autism and ADHD in a new, dignified light.



### Psychology, Spirituality & New Age

Publishing House: Kösel  
 Format: Hardcover  
 Pages & Size: 320 | 13,5x21,5 cm  
 Illustrations: 15 b/w illustrations  
 Original title: Die Seele des Psychotherapeuten

JOACHIM GALUSKA

# The Soul of the Psychotherapist

HOW IT IS A PART OF THERAPY AND CONTRIBUTES TO A SUCCESSFUL TREATMENT

Date of publication: August 26, 2026

## Qualities a therapist must possess to ensure a successful therapeutic process

The therapist is an often-overlooked element in psychotherapy. Instead of a holistic approach, there is usually a strong adherence to various psychotherapeutic schools of thought. In the worst-case scenario, an almost ideological conformity to one's own therapeutic concept can result in missed opportunities for the patient's recovery and a lack of focus on the patient's needs.

With his approach to 'Soul-Centered Psychotherapy', the experienced and distinguished psychiatrist and psychotherapist Dr. Joachim Galuska offers all practitioners in this field an opportunity to look inward to gain fresh perspectives and orientations of consciousness. By engaging with their own souls, continually developing their own personalities, and exploring their inner space, therapists will be able to move beyond methodological concepts and return psychotherapy to what it should truly be: a science of change within the realm of humane medical science. Galuska outlines both theoretical and practical paths away from thinking and toward feeling thorough practical exercises, contemplative poetry, and mindful observation to gain access to one's own inner space and to create deeper connections with patients and clients.

- With illustrative graphics, reflective exercises, and contemplative poetry

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Joachim Galuska



© Ulrich Schaffner

Dr. Joachim Galuska is a specialist in psychosomatic medicine, psychotherapy, and psychiatry, as well as an entrepreneur. In the 1980s he developed a psychosomatic clinical concept that incorporates spirituality while focusing on the holistic nature of humanity. Until his retirement, he served as Chairman of the Board and a manager of the Heiligenfeld Clinics for Psychosomatic Medicine in Bavaria and Berlin. Today, he is active as an entrepreneur in the healthcare sector, including as a partner in the Heiligenfeld Clinics. He is also the editor of various books and articles on the topics of consciousness in psychotherapy and economics.

MICHAELA AXT-GADERMANN

# The Skin Microbiome

THE FORMULA FOR A HEALTHY AND GLOWING SKIN

Date of publication: September 23, 2026

## From acne to anti-aging – information on enhancing the skin microbiome, and the latest findings on skin bacteria

A healthy intestinal microbiome is foundational of our health. Likewise, the skin microbiome – the billions of bacteria, fungi, and other microorganisms that colonize our skin – is crucial to skin health.

In her new book, this dermatologist and bestselling author explains the importance of the skin microbiome by drawing on the latest studies to explain, for example, that many traditional skincare products can be damaging to the skin microbiome, that the skin microbiome influences the degree mosquitoes are attracted to us, and that there is a skin-brain axis, meaning that a healthy skin microbiome can also influence our mental well-being.

Building on this, she offers a holistic approach to various skin conditions, such as acne, eczema, psoriasis, and aging, with specific steps to take to improve the skin and gut microbiomes. Nutrition ('skin food'), skincare, probiotics and prebiotics, dietary supplements, and knowing what to avoid are all part of this approach.

A holistic approach essential to treating skin problems – how the skin and intestinal microbiomes slow skin aging and help heal acne, eczema, psoriasis, and other conditions

- The bestselling author, with over 380,000 books sold, exploring the trending topic of skin health

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Michaela Axt-Gadermann



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Prof. Dr. Michaela Axt-Gadermann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.  
[www.gesund-mit-darm.de](http://www.gesund-mit-darm.de)



### Health & Alternative Healing

Publishing House: Südwest

Format: Paperback

Pages & Size: 208 | 17,0x24,0 cm

Illustrations: 20 color illustrations

Original title: Das Hautmikrobiom

NANA-YAW BIMPONG-BUTA



### Health & Alternative Healing

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 272 | 13,5x20,6 cm  
 Illustrations: 5 b/w illustrations  
 Original title: Strong Heart

## Strong Heart

HOW TO LET GO OF STRESS AND STRENGTHEN OUR HEART SUSTAINABLY  
 THE HAPPY HEART METHOD FOR A STRONG AND HEALTHY HEART

Date of publication: September 23, 2026

### Heart-healthy – living life to the fullest

Chronic stress has a subtle yet persistent impact on the heart. In his new book, cardiologist and stress management coach Dr. Nana Bimpong Buta shows how we can create heart-healthy habits that sustain us with greater peace, serenity, and inner balance even during hectic and demanding daily life. His Happy Heart Method combines modern cardiology with practical daily routines and clear, simple guidance. In his accessible and knowledgeable way, Dr. Nana explains the medical foundations of true heart health: how stress burdens the heart, how ease and simplicity have a healing effect, and how heart function can be continually strengthened.

A book that will support your heart, day after day – your path to lasting health, right in the midst of real life.

- The new book by the bestselling author of "Happy Heart", cardiologist, and stress management coach Dr. Nana Bimpong-Buta, on how we can actively avoid heart-damaging stress
- Less worry, reduced anxiety, fewer overly excessive demands, and more energy for what really matters – your guide to a heart-healthy life

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### AUTHOR

Nana-Yaw Bimpong-Buta



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Dr Nana-Yaw Bimpong-Buta, after completing his medical studies and doctorate in his native city of Bonn, worked as a resident doctor and specialist in Bern and Düsseldorf. He has been a senior physician for interventional cardiology since 2018. As a cardiologist, author and keynote speaker, popularly known as the 'Heart Doc', he makes cardiac medicine tangible, understandable, and inspiring. He has been involved in social projects in Ghana and Guatemala for over two decades. With his podcast 'Leben auf Pump' and his presence on Instagram and TikTok, he reaches over 100,000 people who are interested in a healthy, strong, and happy heart.



### Health & Alternative Healing

Publishing House: Irisiana  
 Format: Paperback  
 Pages & Size: 208 | 17,0x24,0 cm  
 Illustrations: 100 color illustrations  
 Original title: Self Love Rebel

SINAH DIEPOLD

## Self Love Rebel

YOGA FOR A LIFE BEYOND PERFECTION AND OBSESSION WITH  
 SELF-IMPROVEMENT

**Date of publication: November 18, 2026**

With 40 colour photographs

### A 21-day course to true self-love

Sinah Diepold's guidebook is an invitation to your soul, not to optimize yourself, but to remind you that you are already perfect. It takes you on a 21-day journey through three phases – Grounding, Healing, and Growing – to help you rediscover self-love: Relove Yourself. Through yoga, breathwork, meditation, and journaling, you will receive powerful tools to create a life full of inner and outer connection. The author weaves together the ancient wisdom of yoga philosophy with the challenges of today's performance-driven society.

Self-love is not a trend or a consumer product, but an inner revolution, a radical choice against the obsession with optimization and the mechanisms that alienate us from ourselves.

- With 37,000 followers on Instagram and 11,300 subscribers on YouTube
- Includes numerous full-colour exercise photos and a QR code linking to exclusive flow videos.

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### AUTHOR

Sinah Diepold



© Susanne Schramke

Since the age of 15, Sinah Diepold has been inspiring people to move, teaching with great love, curiosity, and enthusiasm. After earning a Bachelor's degree in sports science and a diploma in dance education, she discovered yoga during a series of injuries. Since 2018, she has been running Kale & Cake, her own BodyMindTherapy studio in Munich, and training yoga teachers. Her goal is to empower people through yoga and movement to lead a self-determined and balanced life.

DIETRICH GRÖNEMEYER

# Pain

Date of publication: September 23, 2026

## Escaping the pain trap

In his new book, Prof. Dietrich Grönemeyer delivers a powerful message. As one of Germany's most renowned physicians, and with his decades of experience, he demonstrates just how revolutionized the area of pain medicine has become and how novel state-of-the-art therapeutic approaches are opening up new possibilities of treatment. Explained in an accessible way and close to the human experience, he describes new medications and many innovative therapeutic approaches of both conventional and traditional therapeutic approaches from around the world, including effective psychological methods. In particular, he emphasizes that each person is able find his or her own unique path out of pain. He presents individual options and offers concrete guidance for strengthening both body and mind, including mental and physical relaxation, massage, exercise, a healing diet, and clear, practical steps for daily life.

- Bestselling author Dietrich Grönemeyer, with over 1 million copies sold, sharing the latest scientific findings and solutions for a primary medical issue
- Understanding, treating, supporting – active steps to take for combating pain, and how we can foster greater understanding for those affected
- A book that shows the way back to a better quality of life, joy, and a sense of self-assurance that can change everything

**Today, we can do more to combat pain than ever before.**

Prof. Dietrich Grönemeyer



### Health & Alternative Healing

Publishing House: Heyne  
Format: Hardcover  
Pages & Size: 272 | 13,5x21,5 cm  
Illustrations: 8 b/w illustrations  
Original title: Schmerzen

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Dietrich Grönemeyer



© Christian Martin Weiß

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into around 20 languages.



### Health & Alternative Healing

Publishing House: Irisiana  
 Format: Paperback  
 Pages & Size: 320 | 13,5x21,5 cm  
 Illustrations: 41 b/w illustrations  
 Original title: Nervenstark!

KARIN JANKA

## Strong Nerves!

QUICK HELP IN ANY CRISIS

Date of publication: September 23, 2026

### Effective exercises and fascinating insights into your nervous system

You manage your daily life, but you're exhausted, irritable, and plagued by anxiety and pain. Discipline, to-do lists, or mental strategies don't help. You are, quite literally, on edge. The key lies in the autonomic nervous system: Karin Janka has developed Neurobalance, an innovative practice for regulating the nervous system that combines the latest neurobiological knowledge with time-tested methods. The occupational therapist not only introduces the much-discussed vagus nerve, but also the other eleven cranial nerves, which can be quickly activated through simple exercises to bring relaxation. You can look forward to fascinating insights from self-tests that will help you create an individual toolbox of tailored exercises. Neurobalance helps you feel more balanced and alive, not least because the exercises are also genuinely fun to do.

- A fast-growing Instagram presence, with over 72,000 followers

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Karin Janka



© privat

Karin Janka has been supporting people with physical and emotional pain for over 20 years. After studying to become a teacher and training as an occupational therapist, she began specializing in holistic work with the nervous system - prompted by her own mental crisis. In her daily practice, she encounters more and more people who manage to function in everyday life, yet are physically and mentally exhausted. As an experienced occupational therapist with a wide range of additional qualifications, she has focused for several years on the nervous system and its regulation. She has a talent for explaining complex interrelationships in a way that is both clear and relatable. Her approach is innovative, scientifically grounded, body-oriented, and, above all, easy to integrate into daily life.

SABINE STADTMÜLLER

# You Perimenopause Guide

RECOGNIZING AND READJUSTING EARLY HORMONAL IMBALANCES  
FINALLY FEELING LIKE YOURSELF AGAIN

**Date of publication: November 11, 2026**

With 15 b/w illustrations

## Many women are affected – yet perimenopause as a distinct life stage is often underestimated or overlooked

What's going on with me? Many women in their 40s will ask themselves this question, and some do so as soon as their early 30s. They notice they have irregular periods, sleep problems, mood swings, or the feeling of being exhausted, but don't realize that these are the initial signs of the hormonal changes every woman goes through at some point. Perimenopause, the transition between the fertility and menopause, often begins quite unnoticed. When symptoms become burdensome, however, women frequently feel helpless and abandoned. When not taken seriously by gynecologists because of the patient's sometimes young age, or simply misdiagnosed, the actual cause of the changing hormones is often overlooked.

In this guide, gynecologist Dr. Sabine Stadtmüller finally examines perimenopause as a distinct phase of life. She provides guidance, sound information, and practical, everyday strategies for self-assuredly navigating this time – to help women get their hormonal fluctuations under control and feel like themselves again.

- Among the topics:
  - How to deal with the number one hormone-enemy: stress



### Health & Alternative Healing

Publishing House: Südwest  
Format: Hardcover  
Pages & Size: 336 | 13,5x21,5 cm  
Illustrations: 12 b/w illustrations  
Original title: Dein Perimenopause-Guide

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Sabine Stadtmüller



© Sabine Stadtmüller

Dr. Sabine Stadtmüller is a board-certified specialist in obstetrics and gynecology, an authority on hormones, and the founder of the Happy Hormones Intensive Course. She integrates her in-depth knowledge and expertise in her practical, everyday approach. Via Instagram she has built a large community of women going through hormonal changes, helping women understand hormonal changes and manage them on their own terms.

- More energy, restful sleep, emotional stability, and a clear mind
- The best diet for perimenopause: blood sugar-balancing, nutrient-rich, and supplemented with appropriate herbal remedies and supplements
- Special considerations for neurodivergent women: ADHD and autism can exacerbate hormonal fluctuations
- When should I see my doctor, and how can I get the help I need?
- Checklists, routines, nutrition tips, and plenty of empowerment for everyday life
- In-depth gynecological expertise and practical tools for managing the multifaceted symptoms
- Bonus: support for neurodivergent women who are particularly affected by hormonal fluctuations



#### Health & Alternative Healing

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 224 | 13,5x20,6 cm  
 Illustrations: 88 b/w illustrations  
 Original title: Der Hormon-Schlüssel

ULRICH STRUNZ

## The Hormone Code

IMPROVING YOUR HEALTH, METABOLISM, AND SLEEP  
 THE POWER OF HORMONES FOR MEN AND WOMEN

Date of publication: October 28, 2026

### Hormone tips for men and women – getting rid of hormone-related symptoms that affect all genders

Weight gain, sleep disorders, thyroid problems, joint pain, migraines, and depressive moods – a variety of health issues are triggered by our hormones. They regulate energy, moods, sleep, and metabolism, and can easily become out of balance in daily life, especially as we age.

Dr. Ulrich Strunz uses the latest scientific findings to explain how hormones function, why they are so significant for our well-being, and how we can restore their balance through proper nutrition, effective exercise, sufficient sleep, and mental strategies. By making specific lifestyle changes, we can simply and easily activate the self-healing power of our hormones – for greater health, performance, and joy of life every day.

- Bestseller guarantee for over 20 years – over 11 million books sold
- Restoring hormonal balance with effective strategies, practical tips, and self-assessments

HEYNE

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Ulrich Strunz



© Helmut Bauer

Dr. med. Ulrich Strunz is a specialist in molecular medicine, a practicing internist, and a gastroenterologist. The focus of his medical and journalistic activities is preventive medicine. His lectures, seminars and TV appearances have inspired tens of thousands of people – and led them to a new, healthy life.  
[www.strunz.com](http://www.strunz.com)

MICHAELA AXT-GADERMANN

# Trim through the Gut – The Intestinal Diet

TO THE DESIRED WEIGHT THROUGH THE PROPER INTESTINAL FLORA  
NEW EDITION

**Date of publication: September 23, 2026**

Rights of the original edition sold to: Belgium/Dutch\*, China (China Light Industry Press), Italy\*, Spain\*, Taiwan\*

\*Rights available again

## Becoming trim with the help of your intestines

Gut bacteria and their diverse functions are a perennial topic in the health field. Research into this ecosystem within us has made enormous strides in recent years. We know now that weight and well-being are also strongly influenced by the intestinal flora. Scientific findings reveal that gut bacteria and the digestive tract – and thus body weight – can be influenced through diet.

This completely revised new edition of the bestseller explains these connections in clear, everyday language. With practical advice and many new recipes, here is a book to help you reprogram your gut flora to support weight loss.

- The completely revised new edition of the bestseller, with over 120,000 copies sold – featuring many new scientific findings
- Combining the top health topics of gut health and diet, with many new recipes – a sustainable, gentle, scientifically sound approach to your ideal weight
- Programming your gut flora towards a 'trimmer' body – achieving your ideal weight sustainably and gently, without any weight-loss injections



### Cooking, Health & Alternative Healing

Publishing House: Südwest  
Format: Paperback  
Pages & Size: 208 | 17,0x24,0 cm  
Illustrations: 40 color illustrations  
Original title: Schlank mit Darm - Die Darm-Diät - Aktualisierte Neuauflage

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Michaela Axt-Gadermann



© Dominik Rößler / Penguin Random House Verlagsgruppe

Prof. Dr. Michaela Axt-Gadermann, a medical doctor and professor, has worked as a sport physician and a dermatologist. Since 2007 she has been a professor for health promotion and medical wellness at a German university, where she holds the chair for health enhancement. She is the author of successful health guides and is in demand as a lecturer. Her books on the intestinal diet are bestsellers and have been translated into several languages.  
[www.gesund-mit-darm.de](http://www.gesund-mit-darm.de)



### Cooking, Health & Alternative Healing

Publishing House: Südwest  
Format: Hardcover  
Pages & Size: 256 | 17,0x24,0 cm  
Original title: Natürlich genießen!

DIETRICH GRÖNEMEYER

## Enjoy Naturally!

THE GRÖNEMEYER FORMULA FOR HEALTHY EATING, LIVING FREE FROM DISCOMFORT THROUGH THE NUTRITIONAL KNOWLEDGE OF THE WELL-KNOWN PHYSICIAN AND SPIEGEL BESTSELLING AUTHOR

**Date of publication: September 23, 2026**

With c. 60 illustrations, 4-colour throughout

### Eat Your Way to Health!

Professor Dietrich Grönemeyer sees good nutrition as one of the main keys to a healthy life and is well-versed in the latest findings from nutritional science and medical research. He explains in clear, accessible terms what vital organs such as the liver, heart and kidneys need, what benefits the gut flora, and which vitamins and nutrients are essential for the brain and muscles. He vividly describes the harmful effects of excessive sugar consumption and the positive impact of eating fresh fruit and vegetables.

In this book, he addresses the topic of healthy eating with the individual needs of all age groups in mind, from children to seniors, because it is of great importance across generations. Professor Grönemeyer's recommendations always follow his guiding principle: enjoyment is a must. If food does not taste good, even the best nutrition advice will be of little value.

- Practical nutrition tips for everyday life that are quick to apply and budget-friendly, such as using anti-inflammatory spices, cutting back on sugar, or choosing the right portion sizes

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### AUTHOR

Dietrich Grönemeyer



© Christian Martin Weiß

Dietrich Grönemeyer, born in 1952, is one of the best-known physicians in Germany and Emeritus Professor of radiology and microtherapy at the University of Witten/Herdecke. For decades he has been committed to education and prevention and is a proponent of the integration of natural and conventional medicine, as well as of psychosomatic, high-tech, and environmental medicine. In 1997, he founded the Grönemeyer Institute for Microtherapy in Bochum, and later in Berlin and other cities. He is the author of many bestsellers, and his books have been translated into around 20 languages.

PETER SCHWIND

# The Psoas Revolution

FOR A PAIN-FREE BACK, STABLE CORE, AND MORE FLEXIBILITY  
CORRECT TRAINING WITH THE 360-DEGREE EXERCISE

**Date of publication: December 10, 2026**

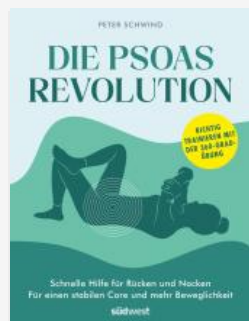
With c. 60 colour illustrations

## The Miracle Exercise for the Psoas

The psoas (lumbar-iliac) muscle, one of the largest and most important muscles in the human body, is the singular muscular connection between the spine and the femur. Many medical professionals and sports scientists have already emphasized the crucial importance of the psoas, but according to the renowned Rolting specialist Peter Schwind there is still much room for improvement in training guidelines. Until now, many exercises have failed to account for the fact that the muscle fibers of the psoas run in a variety of directions. This requires a type of training different from what is currently done.

Drawing on years of practical experience, this notable Rolting specialist has developed a 'miracle exercise' that is particularly well-suited to the psoas, and one that provides relief especially for back pain and posture problems.

- Effective pain management and prevention – the miracle exercise for the psoas muscle
- A fresh perspective on the psoas and its role in posture and mobility
- Featuring clear exercise instructions and numerous case studies drawn from the extensive clinical experience of a prominent manual therapist



### Health & Alternative Healing, Fitness & Workout

Publishing House: Südwest  
Format: Paperback  
Pages & Size: 160 | 17,0x24,0  
cm  
Original title: Die  
Psoas-Revolution

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Peter Schwind



© Sylwia Makris

Peter Schwind, a rolfer and natural healer, received his training at the institute founded by Ida Rolf, in Boulder, Colorado. Along with his practice, he teaches at the international training program of the Rolf Institute and the European Rolting e.V. in Munich. His book "Fascia and Membrane Techniques" was translated into English.



### Love & Relationships, Mindfulness

Publishing House: Arkana  
Format: Paperback  
Pages & Size: 336 | 13,5x21,5  
cm  
Illustrations: 60 b/w  
illustrations  
Original title: Achtsamkeit und  
Beziehungen

PETER BEER

# Mindfulness and Relationships

HOW HEALING SUCCEEDS IN CONNECTION WITH YOURSELF AND OTHERS

Date of publication: October 21, 2026

## The deep longing for strong relationships

Relationships are what make up our lives. They are the essence of our being, the cause and foundation of a healthy, happy, and fulfilling life. Yet it is often not easy to keep our connections healthy and peaceful, whether with romantic partners, friends, family, or most importantly with ourselves.

This book helps you recognize which old wounds, prejudices, and beliefs prevent you from seeing yourself and allowing others to get close to you. It also shows you how to overcome these difficulties in order to build lasting, functional relationships. Through the regulation of your nervous system, for example with breathing and meditation exercises, bestselling author and meditation coach Peter Beer shows you how to reconnect with yourself and lay the foundation for a fulfilling and emotionally stable life.

- The long-awaited new work from the bestselling author with 140,000 copies sold and over 400,000 followers on social media
- For fans of Stefanie Stahl and Verena König

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### AUTHOR

Peter Beer



© Sandra Eichenseher

Peter Beer, born in 1987, is a meditation coach and psychologist. After university, he worked as an engineer in the automobile industry, where he experienced first-hand what detrimental effects stress and overwork can have on health. He made it his personal goal to help people learn to deal with such situations. He studied psychology and then founded his Academy of Mindfulness in 2015. Since then he has supported countless people in leading more composed and joyful lives, reaching over a hundred thousand people through his podcast and YouTube. His first two books, "Meditation" and "Mindfulness Instead of Anxiety and Panic", each debuted straight on the Spiegel bestseller list.  
[www.peter-beer.de/](http://www.peter-beer.de/)



## Love & Relationships

Publishing House: Kailash  
Format: Hardcover  
Pages & Size: 384 | 13,5x21,5 cm  
Original title: Toxische Beziehungen

TURID MÜLLER

# Toxic Relationships

BREAKING INJURIOUS PATTERNS – LEARNING HEALTHY COMMUNICATION  
A SELF-COACHING HANDBOOK ACCORDING TO FRIEDEMANN SCHULZ VON THUN

**Date of publication: October 14, 2026**

With 25 b/w illustrations

## Building healthy relationships through communication psychology

Toxic relationships drain energy and self-confidence. When love is injurious, we need more than the courage to walk away; this also requires an understanding of what is happening between us. The psychologist and bestselling author Turid Müller studied under Friedemann Schulz von Thun, the leading authority in communication psychology. Drawing on this specialized knowledge, she applies for the first time Schulz von Thun's established communication models to the phenomenon of toxic relationships. Using vivid case studies and self-coaching exercises, readers learn – for example, through the Communication Square, the Inner Team, or the Values and Development Square – to gain new clarity, set boundaries, break vicious cycles, and communicate authentically.

- Communication as a path to self-clarity – recognizing, understanding, and changing toxic relationship patterns
- Self-coaching instead of blaming – how to take responsibility, set boundaries, and stay true to ourselves

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Turid Müller



© Turid Müller, Fotograf: Torge Niemann

Turid Müller is a degreed psychologist and an experienced actress. She works as a coach, speaker, and trainer at the interface between communication and creativity. In addition, she performs her own cabaret acts and writes lyrics and musicals. She is committed to sensitizing society to uncomfortable topics, such as dementia. As she herself experienced the disturbing effects of a toxic relationship, she deals professionally with this previously unrecognised form of narcissism. [www.turid-mueller.de](http://www.turid-mueller.de)



#### Love & Relationships, Family & Parenting

Publishing House: Kösel  
Format: Paperback  
Pages & Size: 160 | 11,8x18,7 cm  
Original title: Genug erklärt!

SUSANNE MIERAU

## Why I No Longer Talk with Men about Child Raising

A LIBERATION

Date of publication: October 14, 2026

### When fathers explain the world to me

This book gives vent to the anger and frustration of countless women, mothers, and educators, and it reveals what women can achieve when they stop waiting for men and fathers to catch up with them.

Susanne Mierau is one of the leading voices in the field of needs- and attachment-oriented psychology. This certified educator and author of Spiegel bestsellers has been advocating for equality and the protection of marginalized groups for years and has had a lasting impact on public discourse. This work is an essential contribution to the debate on equality, feminism, and gender bias, and an invitation to engage in dialogue as equals.

- A powerful call for greater equality in caregiving and parenting
- A polemic by an outspoken feminist and Spiegel bestselling author – impulses for female resistance
- Crucial perspectives on the issue of gender bias in education

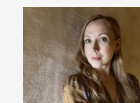
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Susanne Mierau



© leitmedium

Susanne Mierau, born in 1980, is one of Germany's best-known experts in the field of attachment- and needs-oriented family life. As a degreed educationalist, she studied and taught at the Free University of Berlin before opening her own family support practice. Since 2012, her blog 'Geborgen Wachsen' (Growing Safely), along with its associated social media channels and the Geborgen Wachsen forum, has been a resource for families on all questions related to everyday family life. She leads online workshops, gives lectures for parents and professionals, and has published several successful parenting guides.

MIRRIAM PRIEß



### Family & Parenting, Psychology

Publishing House: Südwest  
Format: Paperback  
Pages & Size: 336 | 13,5x21,5  
cm  
Original title: Familie ohne  
Burn-out

## Family without Burnout

HOW PARENTS CAN AVOID BECOMING EXHAUSTED SO THAT THEIR  
CHILDREN WON'T BECOME THE BURNED-OUT ADULTS OF THE FUTURE

Date of publication: July 29, 2026

### A theme of great social relevance – preventing burnout within the family

Many parents feel overwhelmed and exhausted, finding themselves trapped in a state of uncertainty concerning parenting and torn between high expectations and the realities of daily life. They want the best for their children while they are not at all at peace with themselves. This can have a variety of causes: family issues, differing views on parenting between partners and unresolved issues from their own childhood. In a family context, this can lead to symptoms of burnout and thus more strain on parents.

The veteran psychologist Dr. Miriam Prieß has written this book for people who feel overwhelmed by family life at home, and based on her work with parents who, without realizing it, became exhausted and disoriented in the onerous daily routines and who had lost the sense of knowing their true self.

Here she shows parents how to successfully balance individuality, partnership, and parenthood and find their way back to themselves. She conveys what constitutes a healthy life, and that is the ability to build healthy relationships – with one's own children, with one's partner, and above all, with oneself.

- The new book by the psychology coach and bestselling author, with over 170,000 copies sold
- Actual case studies and practical tips for living in an active dialogue with yourself

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### AUTHOR

Miriam Prieß



© Benne Ochs

Dr. Miriam Prieß studied medicine at the University of Hamburg, earning her doctorate in psychosomatics. She worked as a physician at a specialized psychosomatic clinic for eight years, where her responsibilities included treating anxiety, depression, and burnout. Since 2005, she has been providing consulting services in the business sector, offering one-on-one coaching to executives in the areas of conflict and stress management. Her foundation 'Dialogstark!', created in 2019, is dedicated to developing the communication abilities of people between the ages of 17 and 25.

and your family

SEBASTIAN REISINGER

# Parental Survival Guide

THE SEVEN HABITS OF STRONG PARENTS FOR MORE COMPOSURE AND CLARITY

Date of publication: September 23, 2026

## Children follow your composure, not your rules!

There's no perfect way to raise children, but there are helpful approaches that provide parents peace of mind, confidence, and clarity. Sebastian Reisinger, a family therapist and founder of the popular Instagram channel 'Eltern Survival Guide', knows how exhausting and yet fulfilling life with young children can be. His practical guide helps parents survive when chaos breaks out around them. He explains the basic routines of clear parenting through examples of typical frustrating situations and offers solutions he has discovered as both a therapist and a father. Making amends also has its place in the book – because it's not always possible to react to situations the best way possible. Parents receive clearly structured, easily accessible help – and the encouraging reminder that 'good enough' is in fact quite a lot!

- An accessible foundational work with long-seller potential, addressing key parent-child topics such as autonomy, boundaries, anger, defiance, and consolation
- A guide that offers in-depth knowledge and clear, encouraging messages



### Family & Parenting

Publishing House: Kösel  
Format: Paperback  
Pages & Size: 240 | 13,5x21,5 cm  
Original title: Eltern Survival Guide

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Sebastian Reisinger



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Sebastian Reisinger is a social worker, couples and family therapist, and supervisor. As a therapist at the Munich Child Protection Center, he has been supporting parents and children for over ten years with personalized, resource-oriented services. On his Instagram channel 'Eltern Survival Guide', he supports over 90,000 followers with practical tips for challenging parenting situations. He lives in Munich with his wife and child.



### Family & Parenting

Publishing House: Kösel  
 Format: Paperback  
 Pages & Size: 272 | 13,5x21,5 cm  
 Original title:  
 Mutterschuldgefühle

MAREI THEUNERT

# Maternal (Guilt) Feelings

BECOMING THE MOTHERS THAT WE WANT TO BE – FREE OF TOXIC EXPECTATIONS

Date of publication: February 24, 2027

## Your path to motherhood minus the toxic expectations

Motherhood often pushes women to their limits – especially when they’ve never learned to deal with emotions such as anger or shame in a healthy way. Family therapist Marei Theunert supports mothers who feel lost between the people-pleasing self, the ‘power woman’ facade, and the ‘good girl’ syndrome. She maintains that exhaustion is not a personal failure, but a response to socialization, attachment trauma, and societal ideals. Her book reveals how these factors influence the nervous system, and her methods help us feel and then transform suppressed emotions from ‘mom rage’ into ‘mom courage.’ Through bodywork, exercises, and rituals, mothers will be able to recognize with their own needs – for a deeper connection to themselves and their children, and as a quiet rebellion against a system that trains mothers to merely keep functioning.

- Trending topics – people-pleasing and toxic femininity, with a focus on mothers as the target audience
- A strength-based approach – maternal exhaustion as a reaction to societal norms, not a personal failure
- Support for mothers experiencing strain and distress brought about by fear of failure, stress, and feelings of guilt

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Marei Theunert



© Sara Magdalena Walz

Marei Theunert is a certified educator, systemic therapist, and alternative health practitioner specializing in psychotherapy, with advanced training in trauma therapy and hypnosis. As a lecturer, she often collaborates with prominent experts in the field. She is also a trainer for family counselors and has years of experience supporting women and mothers and uses a variety of methods in her practice, making use of a broad spectrum of scientifically grounded counseling approaches from systemic therapy, bodywork, inner child work, and imagery work. Nearly 50,000 people follow her Instagram channel.



#### Family & Parenting

Publishing House: Goldmann  
 Format: Paperback  
 Pages & Size: 272 | 13,5x21,5 cm  
 Illustrations: 17 b/w illustrations  
 Original title: 101 Dinge, die deinem Kind das Leben retten können

CELINE WAGNER, LEOPOLD WAGNER

## 101 Things That Can Save Your Child's Life

FROM SHORTNESS OF BREATH TO TICK BITES – WHAT REALLY MATTERS IN AN EMERGENCY

Date of publication: October 21, 2026

### Knowledge, not panic – children's health on the go

When a child suddenly develops a fever, gets a finger badly pinched on the playground, or complains of a stomachache at night, parents are often at a loss: Is this something relatively harmless, or is it serious? Paramedic @Lini.doc explains how parents can respond calmly and competently to minor and major childhood illnesses and emergencies.

"101 Things That Can Save Your Child's Life" is a comprehensive reference guide that is easy to understand and practical for everyday use – free of any drama or hysteria. With its clear, easy to apply instructions, it is a must-have for all parents who want to know what really matters in an emergency – and how to stay calm in everyday life when it becomes unsettling or turbulent.

- The essential children's first aid and health guide from Medfluencers @lini.doc and @alarmstufeleo, with 1.5 million followers on social media
- Knowledgeable advice without alarmism – everything essential to know about common childhood illnesses, typical emergencies, and prevention

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#### AUTHOR

Celine Wagner



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Celine Wagner, born in 1997, is a paramedic and is studying medicine. As @Lini.doc, she shares reliable health information on social media in an accessible and humorous way. She lives in Leipzig.

#### AUTHOR

Leopold Wagner



© privat

Leopold Wagner, born in Leipzig in 1996, works as a firefighter and paramedic with the professional fire service. On his social media channels, under the username @alarmstufeleo, he shares insights into his day-to-day work and explains medical topics and debunks myths in an entertaining and accessible way.



## Family & Parenting

Publishing House: Südwest

Format: Paperback

Pages & Size: 272 | 13,5x21,5 cm

Illustrations: 9 b/w illustrations

Original title: Starke Gefühle in der Familie sicher begleiten

MELANIE WUNDERLING

# Safely Navigating Strong Emotions in the Family

SELF-REGULATION FOR CHILDREN AND PARENTS, WITH EXERCISES FROM OCCUPATIONAL THERAPY

Date of publication: August 19, 2026

With 9 b/w illustrations

## Regulating emotions with exercises from occupational therapy

Family life is often shaped by emotional challenges: temper tantrums in children, quarrels between siblings, or parents feeling overwhelmed. These conflicts leave traces not only in daily life but also in the emotional development of everyone involved. The solution does not begin with punishments or rules, but with the ability to regulate emotions, and this skill can be learned.

Therapist Melanie Wunderling explores the close connection between our biological foundations, especially the nervous system, and our emotional behaviour. Drawing on scientific insights into the vagus nerve and the polyvagal theory, she shows parents how to defuse stressful situations and create a more relaxed family life over the long term. Co-regulation is the key: parents learn to regulate their own emotions and be role models for their children, and children are supported in expressing their emotions in healthy ways and resolving conflicts.

- From a true expert: Melanie Wunderling is the best-known occupational therapist in the German-speaking world and has 485,000 followers on Instagram
- With practical strategies for everyday life that are easy to apply even in stressful moments

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## AUTHOR

Melanie Wunderling



© Nina Kutschera

Melanie Wunderling is a pediatric occupational therapist. She runs two occupational therapy practices in Magdeburg. Through the continuing education and information platform Ergoling, she pursues the mission of empowering and inspiring pediatric professionals as well as parents with high-quality training. The content, courses, and materials she has developed combine scientific foundations with practical applicability in both therapeutic and family settings. She also runs @ergoling, the largest German-language occupational therapy account on Instagram.



#### Narrative Self-Help

Publishing House: Heyne  
 Format: Paperback  
 Pages & Size: 272 | 11,8x18,7 cm  
 Illustrations: 18 b/w illustrations  
 Original title: Anna und der Zauber des Neuanfangs

ANJANA GILL

## Anna and the Magic of New Beginnings

A TALE ABOUT THE POWER THAT LIVES WITHIN US

**Date of publication: October 14, 2026**

With 10 b/w illustrations

### A magical tale about the unfolding of our boundless inner potential

Anna is actually quite content with her life. Yet deep inside she feels there must be something more. When she sets off for a short holiday at Lake Garda, she has no idea that this is only the beginning of a wondrous journey that will take her across several continents. From an enchanted little house in Italy to a fairytale oasis in Oman to an ancient temple of happiness in India, Anna meets remarkable people everywhere who share with her the secrets of a truly fulfilling life. Amid elephants, open doors, and the law of attraction, Anna discovers her true strength and gives her life an entirely new direction she had never dared to dream of before.

- Anjana Gill's books have sold over 200,000 copies so far
- Inspiring and entertaining for all fans of narrative self-help, packed with practical exercises and affirmations

HEYNE <

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Anjana Gill



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Anjana Gill is a bestselling author with German-Indian roots, an online coach, and one of Germany's best-known happiness experts. In her books, she uniquely combines modern spirituality with inspiring knowledge about happiness that can enrich life in unexpected ways. Her motto is: "Anything is possible if you capably make use of the power of your thoughts and work closely with the universe."  
[www.anjanagill.de](http://www.anjanagill.de)



#### Spirituality & New Age

Publishing House: Goldmann  
 Format: Paperback  
 Pages & Size: 240 | 12,5x18,7 cm  
 Original title: Die Rauhnächte - die magische Energie deiner Kraftorte

CHRISTINE DOHLER

## The Twelve Nights of Christmas – The Magic Energy of Your Places of Power

BONDING WITH NATURE, FILLING UP WITH ENERGY, AND FINDING CLARITY

**Date of publication: August 26, 2026**

With c. 15 4-colour illustrations

### The Twelve Days and Nights of Christmas for recharging energy and receiving inspiration from places of power

During the Twelve Days and Nights of Christmas, the time between the old and the new year, a magical space opens up for inner reflection and spiritual growth. In her new book, Christine Dohler invites us to experience this special time deeply through places of power in our environments. These special places, emanating supernatural energy, are known in many cultures, and are considered energetic 'charging stations'. They offer support and inspiration to those willing to engage with the mystical meanings of such places. Sites of power are found not only in wild nature, but also in urban environments, where there are opportunities to sense this energy.

Christine Dohler describes how to find places of power and energy and explains how they are connected to the Twelve Days. In addition, she provides practical guidance on how to transform one's own home into a place of power. In the second part of the book, she guides readers through each of the Twelve Nights. Each night has its own theme which offers deeper insights and practical exercises.

 GOLDMANN

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#### AUTHOR

Christine Dohler



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Christine Dohler studied journalism and communication science at the University of Hamburg and trained at the Henri Nannen School of Journalism. She is the managing director of copywriting at Emotion Slow and writes for FAS, Die Zeit, SZ-Magazin, Emotion, Brigitte, and Flow. She is also a trained systemic coach and meditation trainer.

This book is not only a practical guide, it is also an invitation to connect with nature and deepen one's own spirituality.

- More from the Queen of the Twelve Nights of Christmas, with 140,000 copies sold
- Finding secret places of power in nature and at home for recharging your energy
- Practical exercises and a variety of rituals, guided meditations, and coaching prompts for each of the Twelve Nights

VERA GRIEBERT-SCHRÖDER, FRANZISKA MURI

# Enchanting Twelve Nights of Christmas

49 MAGICAL CARDS WITH INSPIRATIONS, CUSTOMS AND RITUALS

**Date of publication: September 16, 2026**

With 49 colour illustrations

## Spirituality & New Age

Publishing House: Irisiana  
Format: card set  
Pages: 10,0x13,2x3,2 cm  
Illustrations: 49 color illustrations  
Original title: Vom Zauber der Ruhnächte Kartenset

## The most beautiful ideas for each day of the Twelve Nights

When time seems to stand still and we finally find space to focus on ourselves and our loved ones, these beautiful cards are like a good friend, a powerful companion for this special period between the years. This card set offers you everything you need during the Twelve Nights of Christmas:

- Small inspirations, thoughts and tasks that encourage you to pause, reflect and manifest during the Twelve Days and Nights
- The most beautiful practices and customs to help you consciously shape your inner journey
- The opportunity to immerse yourself in the otherworld of the Twelve Nights, discovering supportive forces that highlight the connection between humans, nature and the spiritual realm, at a time when the veil between worlds is especially thin
- One of the most recognized author brands in the world of the Twelve Nights, with 360,000 products sold

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## AUTHOR

Vera Griebert-Schröder



© Andrea Altemüller

Vera Griebert-Schröder has been working as an alternative health practitioner, therapist, consultant, and author for over 30 years. Her knowledge of traditional shamanism and humanistic psychology blends together harmoniously in her work.

## AUTHOR

Franziska Muri



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For more than twenty years, Franziska Muri has worked as an editor in the publishing industry and, in recent years, has devoted more time to her own writing. As a certified coach for "The Work of Byron Katie", she combines her profound interest and expanding expertise in spirituality and healing to guide others on their personal journeys.



### Lifestyle

Publishing House: Bassermann  
Format: Hardcover  
Pages & Size: 224 | 17,0x17,0 cm  
Original title: Winzig

SANDRA LEITTE

# Tiny

INNOVATIVE HOUSES IN MINIATURE FORMAT

**Date of publication: September 23, 2026**

With 230 colour photographs and 40 floor plans

## 40 tiny houses

There are many good reasons to keep our living space small. For some, environmental considerations are the deciding factor. Others intend to reduce their living space to the essentials. And then for others, a small house is merely a financial necessity. Many also appreciate the ability to transport their home to a different location. A futuristic log cabin in the woods, a triangular vacation home, or a full-scale house in mini format – Sandra Leitte presents around 40 imaginative, whimsical, and inspiring projects from the U.S., Europe, and Asia.

- A book to flip through, marvel at, and gather inspiration from

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Sandra Leitte is an architect and author of numerous publications on architecture, design, and art. She divides her time between North Dakota and Munich, Germany.