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NON-FICTION

Max Appenroth, Nathalie Marie Pérez Sievers

UNICORN AND UNIFORM – Commitment to Diversity

- Discover the transformative impact of embracing diversity and inclusion!
- The pioneering journey of the first openly transgender woman to command in the Bundeswehr.



March 2024 · 128 pages

Max Appenroth (no pronouns/he) is a non-binary trans activist and diversity consultant. They are pursuing a doctorate at the Institute for Public Health at Charité Universitätsmedizin Berlin. In addition, they serve as a Research & Community Sexual Health Officer for the organization Global Action for Trans Equality (GATE). Max Appenroth is also an internationally recognized expert in HIV prevention within trans communities.

Nathalie Marie Pérez Sievers is the founder of The People Hub and works as a DE&I / Recruiting Consultant and Business Trainer, focusing on sustainable diversity management within companies.

The Bundeswehr is one of the most male-dominated organizations in Germany. A transgender commander brings more diversity!

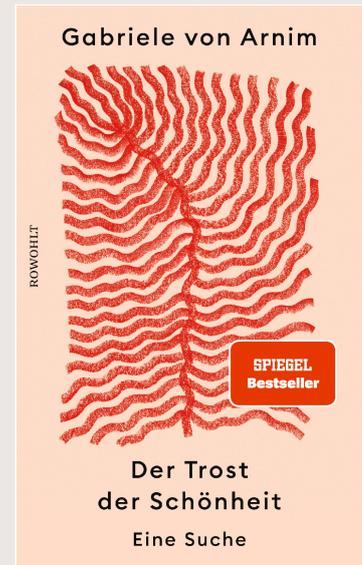
Picture landing your dream job, yet feeling unhappy every single day at work. Anastasia Biefang experienced this firsthand. As a "unicorn in Uniform", she had to hide her true self for years – the first openly transgender woman serving as a commander in the Bundeswehr. In Germany, many who have found their calling can never truly be themselves at work. But for companies, achieving gender equality, installing accessible facilities, or flying a rainbow flag can also be a significant challenge. However, they are realizing the immense gains that come from embracing diversity.

This book tells the story of Anastasia Biefang and her journey within the Bundeswehr. It illustrates why the fight for diversity, equal opportunity, inclusion, and belonging is ultimately a win for everyone.

Gabriele von Arnim

THE CONSOLATION OF BEAUTY – A Quest

- The new poignant literary essay by the bestselling author!
- A moving account from within, expanding our perspective on the world around us and its transience, giving us the courage to endure ambivalence.
- More than 20,000 copies sold within four weeks and more than 60,000 copies sold of her previous *Spiegel* bestseller!
- English sample translation will be available soon.



August 2023 · 224 pages

Gabriele von Arnim was born in Hamburg in 1946. She studied, completed her doctorate and spent ten years working in New York as a freelance journalist. She writes reviews for newspapers and radio, presents readings, has published several books and lives in Berlin.

Embracing the present with open awareness.

Fearlessly accepting what is. Remembering the past as a part of our journey.

Finding comfort. In a world that can be so overwhelming, frightening, and demanding. Finding solace in the experience of beauty because, as Gabriele von Arnim says, it is nothing less than self-preservation. "I need beauty. The consolation of beauty. Because when I see, hear, read, feel beauty, I believe in possibilities. In paths, spaces, somersaults."

Der Trost der Schönheit is a shimmering blend of autobiographical and essayistic storytelling: not a cultural history seeking to confine its subject with theory, but rather a literary search for traces. Gabriele von Arnim explores the forms and effects of what we call beauty, the happiness and dark sides of sensitivity. The search takes us back to childhood, to a girl from a coldly managed home who must first learn to feel in order to perceive beauty in all its finite abundance.

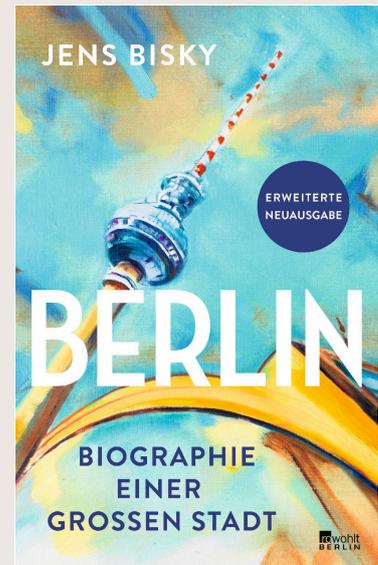
Further Titles



Jens Bisky

BERLIN – Biography of a Great City

- 45,000 copies sold!
- Berlin – its transformation into a global metropolis.
- Jens Bisky's captivating narrative of a world city in an expanded new edition.



September 2023 · 992 pages

Jens Bisky, born in Leipzig in 1966, studied cultural sciences and German language and literature in Berlin. He wrote for the *Berliner Zeitung* and has been a staff writer for *Süddeutsche Zeitung*'s Feuilleton arts and culture section since 2001. He has also authored several well-received books, including *Geboren am 13. August* (2004), *Kleist: Eine Biographie* (2007) and *Unser König: Friedrich der Große und seine Zeit* (2011). In 2017 he was awarded the Johann Heinrich Merck Prize by the German Academy for Language and Poetry for his literary criticism and essays.

Berlin – how it became what it is: the fascinating history of a global city in an expanded new edition.

Parvenu among metropolises, laboratory of modernity, symbol of the tumultuous 20th century: In Berlin, not only German but also European history is concentrated. Both perspectives are in focus for Jens Bisky as he depicts the city's development since its rise to Prussian residence. Berlin was exceedingly adaptable and open: to the persecuted French Huguenots and the Enlightenment thinkers under Hohenzollern rule; later as a metropolis of proletarians and industrialists, artists and journalists, and as the "place to be" during the Golden Twenties. All of this becomes vividly palpable in Bisky's account, but equally so are the destruction during World War II and the tension-filled atmosphere after 1945, when the major power blocs faced off here.

Jens Bisky presents a comprehensive portrayal of Berlin's history, as hasn't been seen for decades, from the Thirty Years' War to the present day. A captivating narrative about rise, fall, and new beginnings – and simultaneously, a gripping panorama of German as well as European history, reflected in the unique metropolis.

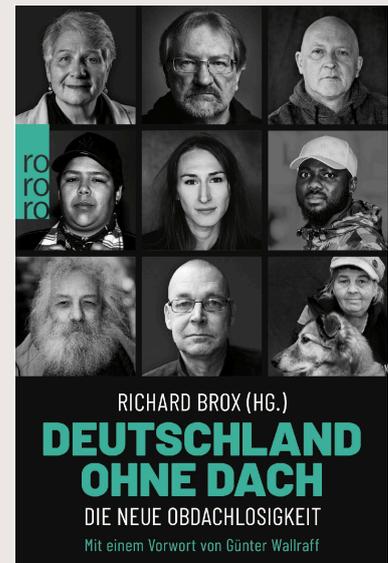
Further Titles



Richard Brox (Hg.), Sylvia Rizvi (Hg.),
Albrecht Kieser (Hg.)

GERMANY WITHOUT A ROOF – Exploring Homelessness

- The new poverty on our streets: narratives and reports.
- A compelling and thought-provoking exploration of homelessness.
- 40,000 copies sold of Richard Brox' previous title!



November 2023 · 256 pages

Richard Brox was born in 1964 in Mannheim, Germany. At the age of five, he entered his first foster home and subsequently experienced a series of placements, escaping from sexual abuse, refusing to attend school, and being labeled as difficult to manage. After undergoing drug rehabilitation in the mid-1980s, he spent 30 years living on the streets. He currently lives in the Ruhr region.

Sylvia Rizvi writes for newspapers, magazines, and specialized publications on cultural and social participation. She is an editor of non-fiction books on social issues and a co-author of the non-fiction book *Mein Schmerz trägt deinen Namen*. She lives in Baden-Württemberg.

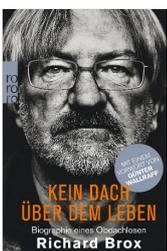
Albrecht Kieser is a freelance author based in Cologne.

Why do we struggle to find solutions for the new homelessness? And what solutions are needed?

They come from Germany, Austria, Switzerland, and Eastern Europe. Men, women, children, whole families with and without migration backgrounds, refugees, the homeless, and the ashamed poor. Many are visible, but many others are not: the old and the new homeless. Their numbers have grown, and their situation is even more pressing than before. Some can only speak about their lives once they have a roof over their heads again.

The authors describe the dramatic development and capture characteristic stories about aging on the streets, life with dogs, experiences of women, and the paths into homelessness.

Further Titles



Martin Frank

I'LL BRING THE WHEELCHAIR ROUND, GRANDMA! – How I Went From a Grandchild to a Carer

- A young man takes responsibility: caring for a family member is a very topical subject which affects many people.
- Written with heart and humour.



September 2023 · 224 pages



© Andreas Kussy

Martin Frank was born in Hutthurm near Passau in 1992. He grew up on his parents' farm and trained as a registrar. At 21 he quit his job, auditioned for the Zerboni School of Acting in Munich and got a place on a three-year acting course. In 2015 he performed his first solo cabaret programme. In 2018 he performed his second solo programme and won the Bavarian Cabaret Prize, the Prix Pantheon and the Jury and Audience Prize at the Big Cabaret festival hosted by Berlin's Wühlmäuse cabaret.

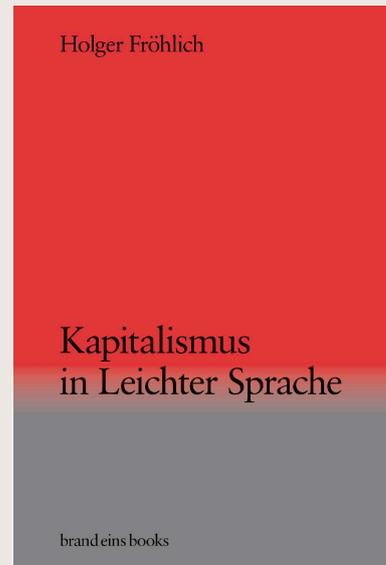
“Have you ever thought about caring for someone who's dying? Me neither.”

Cabaret artist Martin Frank grows up on a farm in Lower Bavaria, and his grandmother is the most important person in his life. When he is just 19, she suffers a stroke and needs constant care. After discussing it with his family, Martin decides that he will look after his Grandma. He cares for her for five years, until her death, and in this book he writes about that time – which was not just sad but also bizarrely funny, full of love, and very important to him. A tragicomic book about family, pulling together, and coping with death – full of Bavarian charm, warmth and optimism.

Holger Fröhlich

CAPITALISM IN EASY LANGUAGE

- Complex economic language for everyone to understand in an entertaining way.



October 2023 · 128 pages

© Julia Hansen



Holger Fröhlich comes from a Swabian residential area built in the 1980s. He studied General Rhetoric and Comparative Religious Studies in Tübingen and attended the Zeitspiegel Reportage School. After working at the *taz* and the feature section of the *Stuttgarter Zeitung*, he wrote for *Die Zeit*.

Understanding capitalism without a business degree or Marx's writings.

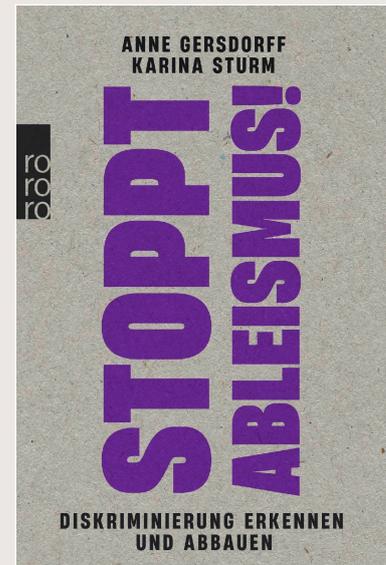
Understanding capitalism is a challenge. Often, the most explosive facts hide behind particularly cumbersome terms. This book finally puts an end to that. Simple language is a clearly regulated, straightforward language that serves barrier-free communication. Author Holger Fröhlich entertainingly makes complex matters understandable for everyone. In the process, he also defuses conceptual smoke bombs and linguistic deceptions.

This way, the mechanisms and fundamentals of capitalism become clear for all those who live and work within this system: citizens, managers, critics, founders, teachers, and students. Both business professionals and newcomers will find value in this book.

Anne Gersdorff, Karina Sturm

STOP ABLEISM! – Identifying and Dismantling Discrimination

- Ableism: What is that actually?
- A handbook to understand ableism and effectively dismantle barriers.



January 2024 · 256 pages

Anne Gersdorff is a trained social worker and speaker for the non-profit organization "Social Heroes." She also conducts freelance workshops on inclusive practices and disability awareness. Anne Gersdorff is actively involved in the disability rights movement, including her participation in AbilityWatch. As a wheelchair user, she encounters discrimination in both her professional and personal life.

Karina Sturm is a journalist who combines her professional expertise with personal experiences in chronic illness and disability. She writes for national and international publications, covering a wide range of topics in this field.

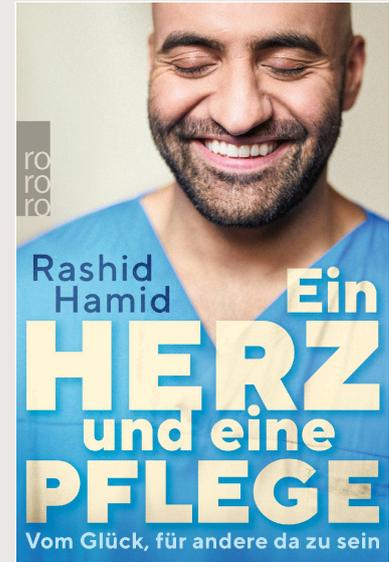
The discrimination against people with disabilities is the reason why not everyone can participate equally in life even today. Fear of contact still prevents a dialogue about ableism. As a result, nearly 15 percent of the global population remains excluded from society. Without pointing fingers, the authors provide specific knowledge about barriers and mechanisms of exclusion in dominant societies, using simple explanations and vivid examples.

This handbook offers the ideal starting point for recognizing and questioning one's own privileges as a non-disabled person, and ultimately dismantles discrimination and barriers once and for all.

Rashid Hamid

ONE HEART AND ONE CARE – The Joy of Being There for Others

- A compassionate book about the importance of empathy and passion in caregiving.



January 2024 · 208 pages



© Yvonne Schmedemann

Rashid Hamid was born in Hamburg in 1992, with parents of Afghan origin. After completing his training as a geriatric nurse in 2013, he founded his own home care service in 2021. He started sharing videos of himself and his clients on TikTok under the handle @pflege.smile. He now has nearly 100,000 followers on the platform. Rashid Hamid is married and has a daughter.

"Salam alaikum, Erwin! How can I help?" Rashid Hamid leads his home care service in Hamburg with dedication and love. The encounters with elderly individuals bring a smile to his face, even though the daily challenges of caregiving can be demanding.

In his book, Rashid shares why he chose this profession and why he would do it again without hesitation. He puts a face to the many caregivers with a migrant background and their often German clients. Everyone loves Rashid, and Rashid loves his job.

"Touching: It is undeniable that the two have become best friends by now."
Bild

Christiane von Hardenberg

MAKE THE MOST OUT OF YOUR MONEY – Everything You Need to Know About Building Wealth

- With practical tips and tricks to achieve financial goals and build wealth.



December 2023 · 224 pages

Christiane von Hardenberg is an economist, journalist, investor, daughter of an entrepreneur, heiress and mother of four sons. After working for *Zeit* and *Süddeutsche Zeitung*, she spent 10 years working as a finance journalist for the *Financial Times Deutschland*. After inheriting a substantial amount in her youth, she took charge of her finances. Today, she manages her wealth with great enthusiasm while balancing family life and the stock market, successfully building a fortune over the years. Since 2021, her column "money matters" has been published weekly on *Zeit Online*.

Get competent answers to all your money-related questions.

What can I do with 1,000 euros? How do I teach my children about financial literacy? What are common mistakes in the stock market? And how do I invest in a "green" way?

Christiane von Hardenberg, a renowned business journalist and successful investor, has answers to all these questions, which she shares in her weekly column on *Zeit Online*. In her new book, she gathers her tips and tricks on money and financial planning, addressing topics that concern us all, including financial crises, retirement, investments, and real estate.

Further Titles



Asha Hedayati

SILENT VIOLENCE – How the State Abandons Women

- Femicide and violence against women: The lonely path out of it.
- An uncompromising analysis of societal failure.



September 2023 · 192 pages



© Sapna Richter

Asha Hedayati, born in 1984 in Tehran, is a lawyer specializing in family law. For almost 10 years, she has been dedicated to representing women affected by violence in separation, divorce, and protection cases. In addition to her legal practice, she trains social workers from women's shelters and counseling centers across Germany. She also serves as a guest lecturer on family law and child and youth welfare law at Alice-Salomon University and the Paritätische Akademie. As a passionate advocate, she frequently speaks out publicly as a panelist and speaker on the topics of domestic violence and violence against women. Her work aims to expose injustices and inequalities faced by marginalized groups and shed light on the systemic issues surrounding violence against women.

Violence against women is one of the most urgent problems of our time, and it has significantly intensified in recent years. One in four women experiences violence in their intimate relationships at least once in their lives, and it is highly likely that we all have both victims and perpetrators among our acquaintances and friends.

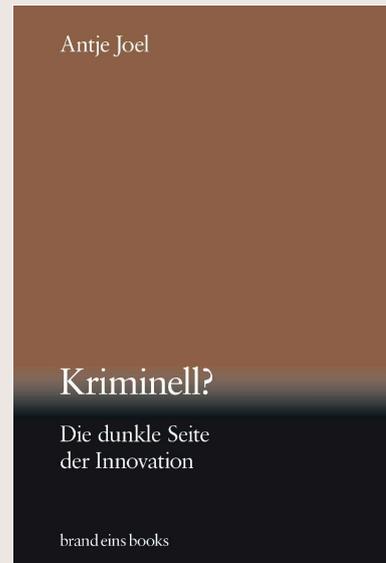
Asha Hedayati, a family law attorney, consistently observes that the state structures not only inadequately protect women from violence but are also complicit in a system of violence. Domestic violence is treated as a blind spot in family courts, police departments, and child welfare agencies, as well as in custody and visitation proceedings.

In her book, Hedayati exposes how this practice functions, leaving affected women on their own, and she highlights the necessary changes that must be made for these institutions to truly provide the protection they should.

Antje Joel

CRIMINAL? – The Dark Side of Innovation

- Learning business from the underworld: consistently implementing innovations, anticipating mistakes and acting dynamically.
- A companion book for crime and true crime readers.
- Tips and tricks for conducting business under challenging conditions.



March 2024 · 128 pages



© Marta Faye

Antje Joel, born in 1966, Antje Joel has been working since 1994 as a freelance journalist and author. Her writing has appeared in, among others, Süddeutsche Zeitung, Brigitte, Tagesspiegel and Der Spiegel. She has won many awards, including the Axel Springer Prize and the Egon Erwin Kisch Prize. She is a lecturer in criminology and criminal justice.

The strategies of successful criminals as a source of innovation!

Stories of successful criminals have always fascinated and alarmed us. Whether it's "Scarface" as the alter ego of organized crime or "Mr. Nice" Howard Marks, the real-life major cannabis dealer and best-selling author. They all share the image of the criminal genius. Their resourcefulness and spirit of innovation, above all, can serve as inspiration even for legal businesses. There are numerous parallels between criminals and successful entrepreneurs, with the boundaries of legality often blurred.

Can we learn from the underworld without becoming criminals ourselves? Antje Joel exposes the patterns and success factors of criminal careers, revealing how we can harness them for our lawful purposes.

Jean-Philippe Kindler

FORGET SELF-LOVE, GIVE ME CLASS STRUGGLE – A New Critique Of Capitalism

- An angry and inspiring book that challenges conventional thinking.



October 2023 · 160 pages

© Marvin Ruppert



Jean-Philippe Kindler, born in 1996 in Duisburg, is an award-winning satirist and presenter. Known for his loud, humorous, and touching solo programs, he has received prestigious honors such as the Prix Pantheon in 2020 and the Förderpreis of the Deutscher Kabarettpreis in 2022. He also delivers lectures and workshops for various organizations including the Bundeszentrale für Politische Bildung, the Goethe Institute, Attac, and Fridays for Future.

Self-love? Why bother?

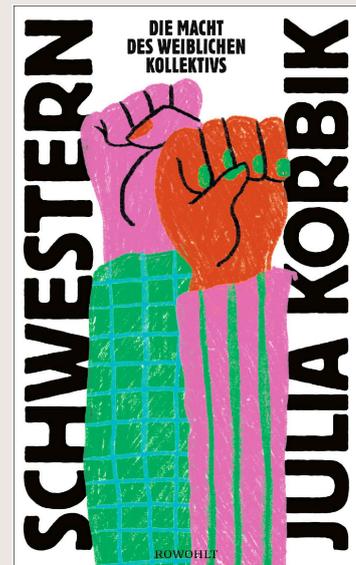
Everything revolves around personal advantage, never considering the greater good.

Jean-Philippe Kindler, a comedian and provocateur, explores new political battlegrounds in his debut work. What makes a society strong, and what does a good life for all look like? The author is on a quest for new concepts – radical yet relatable.

Julia Korbik

SISTERS – The Power of the Female Collective

- What truly defines female solidarity? A wise and reflective book at the right time.
- 20,000 copies sold of her previous biography *Oh, Simone!* on Simone de Beauvoir.



January 2024 · 256 pages

Julia Korbik is a freelance journalist and author living in Berlin. Her most recent book published by Rowohlt was *Simone de Beauvoir – Ich möchte vom Leben alles*, which helped many readers to rediscover de Beauvoir's life and work. Her journalism focuses on politics and pop culture from a feminist perspective. She has been awarded the Luise Büchner Prize for Journalism.

Sisterhood is powerful! Exploring a political principle.

Whether it's #MeToo or the protests in Iran, there have been numerous occasions in recent years where women stood up for each other. This principle was already advocated by feminists in the 1970s. It's no wonder that one of their most famous slogans was "Sisterhood is powerful!" But what does sisterhood as a principle actually mean? The feminist movement is a good example that sisterhood and solidarity among women are not simply given. Social movements are inherently diverse, and even when there is a common goal, there are different views on how to achieve it. Sisterhood is more than just networking, more than female solidarity. It is a political practice.

Julia Korbik explores the principle of sisterhood, aiming to understand what it can look like and what hinders it. She questions the feminism of recent years and delves into this topic through personal anecdotes, examples from literature, popular culture, history, and society in an inspiring, nuanced, and curious manner.

Further Titles



Wolf Lotter

THE DISTURBED – Learning to Live with Creative People

- How do we better engage creative people and their innovative power?
- Discover the power of creative knowledge work!



November 2023 · 128 pages

© Katharina Lotter



Wolf Lotter, born in 1962 in Mürz-zuschlag, Austria, has been an author and journalist since the 1980s, specializing in transformation and innovation. In 1999, he co-founded the business magazine *brand eins* and wrote influential introductions for 23 years. He also regularly contributes columns to *Wirtschaftswoche*, the Austrian magazine *profil*, *Spiegel.de*, and *Tazfutura*. Lotter is a program director for the Austrian Broadcasting Corporation (ORF) and a founding member of Pen-Berlin. Learn more about him at www.wolflotter.de.

"Who disrupts, is right."

The relationship with creative knowledge work in Germany is complex. Yet, it is precisely the Creative Economy that significantly influences innovation and transformative capabilities in international competition. We often struggle to make the most of creative individuals, prompting prominent managers to suggest that these capable employees in terms of innovation and transformation should operate within "protected spaces of the organization", so they do not get ground down by the grind of routine.

However, this is not acceptable. It is not the "disturbed" that hinder progress, but the "inhibited" who want to stick with what they have. The consequences are evident: today, we lack skilled professionals who do not just follow routines but can apply independent, individual knowledge to solve problems.

Wolf Lotter tells us where the old and the new work worlds clash and what creative knowledge work actually is – the standard form of work in the future. What do the "disturbed" need? What are the common patterns of exclusion? Which organizations help us overcome this exclusion? Wolf Lotter discovers promising models for this all around the world.

Jens Mollenhauer

VIOLENCE OF THE HEART – Why We Shouldn't Abandon Juvenile Offenders

- Time, tenderness, affection: How we save juvenile offenders.



October 2023 · 288 pages



© Eva Häberle

Jens Mollenhauer has been working as a police officer for almost forty years. After serving in the riot police and as an undercover officer, he has been leading the unique youth protection unit of the Hamburg Police for several years now. He volunteers at schools and kindergartens, conducting workshops on violence prevention and anti-bullying. Jens Mollenhauer resides near Hamburg with his wife and eight children.

Two eleven-year-olds who rob an 88-year-old woman. A twelve-year-old selling Tilidine and MDMA. Fourteen-year-old girls arranging fights. Headlines like these are becoming more frequent.

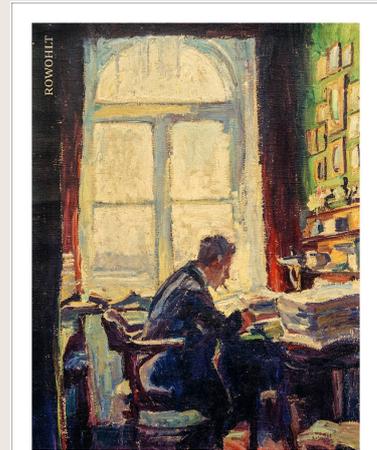
For Jens Mollenhauer, a police officer and leader of a youth protection unit, they are part of everyday life. What is happening with these young people? Where is empathy, respect, and compassion? What went wrong?

Mollenhauer delves into all layers of our society, visiting migrant families and speaking with parents of affluent but neglected "rich kids" to show that violence is not the answer. Violence, which almost always originates from wounded emotions and neglect: "violence of the heart" indeed.

Michael Maar

LEOPARDS IN THE TEMPLE – Portraits of Great Writers

- Michael Maar's insightful writer portraits, now in a redesigned edition.
- 50,000 copies of *Die Schlange im Wolfspelz* were sold!



Michael Maar
Leoparden im Tempel
Porträts großer Schriftsteller

December 2023 · 144 pages

Michael Maar, born in 1960, is a Germanist, author and literary critic. He gained recognition with his work *Geister und Kunst. Neuigkeiten aus dem Zauberberg* (1995), for which he received the Johann Heinrich Merck Prize. In 2002 he was accepted by the German Academy for Language and Literature, in 2008 by the Bavarian Academy of Fine Arts, and in 2010 he was awarded the Heinrich Mann Prize. In 2020 he published the bestseller *Die Schlange im Wolfspelz*, followed by *Fliegenpapier* in 2022. Michael Maar has two children and lives in Berlin.

Uncover great writers' secrets!

Each great work of literature holds mysteries and secrets, often finding the key to unravel them where the lives of the authors intersect with their writing.

In twelve masterful portraits, from Hans Christian Andersen to Jorge Luis Borges, Michael Maar uncovers these delicate points, revealing unexpected and sometimes amusing revelations, as well as internal tensions and abysses. What did it mean for these writers, all driven individuals, when, as Kafka enigmatically said, "leopards break into the temple and drink from the sacrificial jars"? To discover how closely Thomas Mann danced with the devil, why Marcel Proust rejected New Year's gifts, why Virginia Woolf was influenced by two moons, and why Nabokov's *Lolita* wears boys' clothing, as well as what caused Kafka's beetles to perish and the connection between Robert Musil and the venomous dwarf Canetti.

Welcome to a journey through world literature filled with subtle irony and surprising insights!

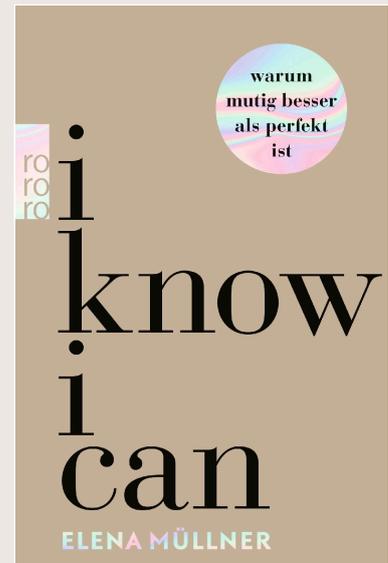
Further Titles



Elena Müllner

I KNOW I CAN

- About the courage to let go of old baggage and bravely embark on new paths.
- Great mix of useful factual information and empowerment.



October 2023 · 304 pages

© privat

**Nobody is perfect!**

Elena Müllner is a doctor, woman, mother, and entrepreneur. On Instagram, she shares reliable information about health and self-empowerment, aiming to inspire women to have the confidence to follow their own path without getting discouraged. She is really making a mark: Her positive posts now reach 150,000 followers. With a friendly and straightforward approach, she helps women who feel stuck to start fresh, steer their lives in the right direction, and not let anything hold them back. Throughout all of this, she keeps things light: Nobody is perfect, and that is totally fine!

Elena Müllner, born in 1989, studied medicine after completing high school. Disillusioned by her early years as a trauma surgeon, she decided during her parental leave to use social media as a platform to provide young mothers and women with general medical knowledge on an equal footing. With a firm belief that she could reach and help more people by focusing her time and energy on social media work, she departed from the traditional career path, left her job as a trauma surgeon, and founded her own company. Since then, she has founded additional businesses and lives in Paris with her daughter.

Herfried Münkler

WORLD IN TURMOIL – The Order of Powers in the 21st Century

- A sharp geopolitical analysis on the emerging developments, fractures and transformations we are currently facing.
- English sample translation will be available soon.
- Rights for previous titles by bestselling author Herfried Münkler were sold to 19 countries.



October 2023 · 528 pages

Herfried Münkler, born in 1951, is a professor of political science at the Humboldt University in Berlin. Many of his books are considered seminal works, such as *Die Deutschen und ihre Mythen* (2009), which won the Leipzig Book Fair Prize, as well as *Der große Krieg* (2013), *Die neuen Deutschen* (2016), *Der Dreißigjährige Krieg* (2017) and *Marx, Wagner, Nietzsche* (2021). They all spent months on the *Spiegel* best-seller list. Herfried Münkler has received many awards, including the Science prize of the Aby Warburg Foundation and the Carl Friedrich von Siemens Fellowship.

How will the world order of the 21st century look like?

Since the withdrawal of Western forces from Afghanistan and the Russian invasion of Ukraine, it has become clear that the existing order has come to an end. How will the world reorganize itself, and what will it look like in the 21st century?

Enforcing a world order based on values and norms exceeds the capabilities of the West. The United States, once considered the "world police," is retreating despite international engagements; the United Nations, which was also expected to play this role, is hindered by self-blockades. And Europeans are simply not capable of guarding a world order. This creates a precarious and risky situation.

In this thought-provoking geopolitical analysis, Herfried Münkler reveals where the future conflict lines will be drawn. There is much to suggest that a new system of regional spheres of influence will emerge, dominated by five major powers. What are the dangers and opportunities of this new order? Will it be a balanced power equilibrium or chaos? And how should Europe and Germany behave in the expected global conflicts? This is an exciting and groundbreaking outlook on power constellations in the 21st century.

Further Titles



Peter R. Neumann

LOGIC OF FEAR – The Extreme Right-Wing Threat and Its Roots

- What does right-wing extremist groups and movements unite, what are they essentially and how we can effectively confront this threat?
- A captivating psychogram of right-wing extremism and an urgent warning by international expert Neumann.
- Rights to his previous book *Die neue Weltunordnung* were sold to UK (Scribe).



September 2023 · 208 pages

Peter R. Neumann, born in Würzburg in 1974, is Professor of Security Studies at King's College London, where he directed the International Centre for the Study of Radicalisation (ICSR) for many years. As an internationally sought-after expert, Neumann served as advisor to the USA at the United Nations in 2014. In 2017 he was special representative to the Organisation for Security and Co-operation in Europe (OSCE). He also writes for *Der Spiegel* and *The New York Times*, among others. His book *Die neuen Dschihadisten* was a bestseller.

A psychogram of right-wing extremism – which is also an urgent warning.

Right-wing extremist violence has been a concern for a long time and has been particularly massive in recent years. With the electoral successes of radical parties, as recently in Sweden and Italy, right-wing extremism threatens to become capable of winning a majority; in the wake of social protests, extreme groups could come together to form a comprehensive movement.

Peter R. Neumann, one of the world's most distinguished experts, shows how real this danger is and where its deeper, ideological roots lie. Instead of just describing individual groups, he exposes the essence, the logic of right-wing extremism that unites all these groups. Using numerous examples, from the Völkisch movement in the 19th century to the populism of the present day, Neumann shows: In the beginning, there is not hate, but fear. It is a sense of superiority that unites all right-wing extremists, but one that is always already accompanied by a sense of threat, whether it is foreigners, social elites, or even the liberal mainstream that embodies this perceived threat.

Further Titles



Madita Oeming

PORN – An Audacious Analysis

- Everyone is watching, but no one is speaking: a book about a topic that deeply interests people but is rarely brought to the table.
- A well-written invitation to deal with the subject in a non-judgemental way.



August 2023 · 256 pages



© Anna Peschke

Madita Oeming, born in 1986, is an independent porn researcher. She conducts research, teaches, lectures, discusses, and publishes on the subject of pornography from a cultural studies perspective. As a sex-positive feminist and advocate for sexual pleasure, she acts as a bridge between academia, the porn industry, and the general public. Through her fearless communication, she has become an established expert on porn in the German media landscape. Her mission is to promote knowledge over stigma.

What we gain when we talk about pornography.

In the minute it takes you to read this text, approximately 100,000 people worldwide visit the website pornhub.com. About 85 percent of men and over a third of women in Germany consume pornography. They have become a part of our everyday culture while remaining a taboo subject. Fear, shame, and lack of knowledge hinder open dialogue, whether in private or public discussions.

This book aims to change that. It creates a space where talking and reflecting on pornography becomes possible. Without resorting to panic or sensationalism, but without holding back, it answers questions about what we do with pornography, what it does to us, and its place in our society.

Madita Oeming's long-awaited analysis of the present shows that we can approach pornography with both reflection and ease, and reveals what we gain when we finally talk about it – a political and personal, audacious book.

"Madita Oeming possesses a strong political determination and a convincing, captivating eloquence." Ijoma Mangold

"One of Germany's most prominent voices advocating for a more relaxed approach to pornography." Der Spiegel

"Madita Oeming's work changes the perspective on pornography." Die Zeit

Nils Pickert

HE/HIM – An Invitation to Rethink Masculinity

- A long-overdue contribution to the debate by a leading expert on gender roles and masculinity.
- A moving and profound analysis.



January 2024 · 224 pages

© Benne Octis



Nils Pickert was born in East Berlin in 1979. He studied literature and politics, and since then he has worked as a freelance journalist contributing to *Die Zeit*, *taz*, *Schweizer Tagesanzeiger* and the *Austrian Standard*, in which he has a monthly feminist column. In 2012 he put on a skirt in solidarity with his five-year-old son, and attracted international attention. Since 2013 he has been campaigning against sexism and homophobia for the organisation Pinkstinks. He lives in Münster with his life partner and their four children.

Men are more likely to commit suicide than women, they are more likely to end up in prison, and they die on average five years earlier. But beyond these shocking figures, (middle-aged) white men have come under fire.

Nils Pickert uses his own biography to explore how social conditioning, education, role models, and expectations contribute to the creation of an image of masculinity that leads boys and men to adopt harmful behaviors, hurting themselves and others. This exploration sheds light on the pressure they put on themselves, the entitlement they demand, the natural rights they perceive as privileges, and their failure to articulate their needs. He explores these experiences with reference to literature and science, and the result is a powerful book that will resonate with many readers.

Till Raether

DO I STILL HAVE HOPE, OR DO I NEED TO CREATE IT FOR MYSELF?

- A light book on a weighty subject that is more relevant than ever in today's world.



December 2023 · 128 pages

Till Raether grew up in Berlin, attended the German School of Journalism in Munich and studied American literature and history in Berlin and New Orleans. Today he works as a journalist in Hamburg, among others for *Brigitte*, *Brigitte Woman* and the *SZ* magazine.

On confidence in unusual times.

In the face of the current global situation – war, climate, and COVID-19 – it becomes increasingly difficult to maintain hope for the future. However, how can we cultivate confidence for ourselves and our children during these challenging times? How do we navigate through the dark perspectives and keep our heads above water? And is it really so bad if we occasionally falter in the process?

Till Raether delves into these questions, striking a chord with the zeitgeist. In his signature style – deeply personal, reflective, and humorous – he offers thought-provoking encouragement and urges us to find optimism even through unconventional paths.

Further Titles



Milo Rau

RECLAIMING THE FUTURE – An Essay

- A visionary, significant book on the power of art and the will to make a difference.
- The essay is based on the highly debated Zurich Poetics Lecture of 2022.



September 2023 · 176 pages



© Bea Borgers

Milo Rau studied sociology, German and Romance studies in Paris, Zurich and Berlin. His theater productions and films have been invited to the most important national and international festivals and have received many awards, most recently the Bernese Prize for Literature.

The future is bleak. What can, what must we do? Milo Rau on stagnation, protest, and engagement.

When Milo Rau directs, theater and activism become intertwined. For instance, he reinterprets the story of Jesus with African farm workers in southern Italy while simultaneously establishing a solidarity distribution center for tomatoes, challenging the mafia's dominance. In Brazil's Amazonas region, he brings a police massacre to the streets, highlighting the struggles of the landless. From performing with the World Parliament, where even plants and animals have a voice, to leading a tribunal against Swiss gold mining companies in the Congo, and reenacting the Moscow trials with Pussy Riot, Milo Rau has gained global recognition as perhaps the most influential theater director of our time.

In the fall of 2022, Milo Rau was set to deliver the Zürich Poetics Lecture, where he intended to discuss his creative process. However, the lecture transcended its original purpose, becoming a reflection on our current reality – a "total present" system that is often criticized but rarely accompanied by genuine desire or belief in real change.

In his essay, based on the lecture, Rau offers a powerful sociological-philosophical analysis. It not only ponders the situation but also provides guidance on how to resist the overwhelming injustices of reality. Rau urges us to break free from decades of stagnation and reignite utopian movements for a better future.

"Milo Rau is a genius." Die Welt

"Milo Rau is one of the most relentless and astute critics of our time: a visionary." Jean Ziegler

Caroline von St. Ange

MY LEARNING JOURNAL

- This makes learning fun: beautifully illustrated booklet with learning tips, cool learning methods and motivational boosters!
- Jumped directly on #10 of the Spiegel bestseller list!
- The optimal complement to *Alles ist schwer, bevor es leicht ist* by the author.
- 40,000 copies of her previous title were sold within four weeks! – and rights sold to Korea (Haksan).



August 2023 · 160 pages

Caroline von St. Ange is a learning coach, education activist and influencer. She studied philosophy, language, literature and culture in Munich and set up her first coaching school at the age of 15. For 18 years she has been learning with children in various forms. Today, thousands of people are fans of her Instagram account @learnlearningwithcaroline, which is all about school, learning and homework. Caroline von St. Ange lives with her family in Berlin.

Who doesn't remember those times from their school days? Those phases when everything just feels overwhelming: homework awaits completion, exams are looming, a vocabulary test needs to be written, and a project needs to be finished. The study material accumulates into what seems like an insurmountable mountain, and the to-do list keeps growing. Overwhelm, frustration, and resignation are not far behind.

This is where Caroline von St. Ange's Learning Journal comes to the rescue. It is based on traditional homework notebooks and goes beyond, offering child-friendly study tips, motivational aids, checklists, worksheets, and suggestions for promoting a growth mindset ("I can't do this!" vs. "You can't do this YET").

Further Titles



Ursula Weidenfeld

DUAL GERMANY – A Comparative History from 1949 to 1990

- A multifaceted portrait of the two Germanys.
- A unique parallel history and a new look from 1949 to today by bestselling author Ursula Weidenfeld.
- 65,000 copies of *Die Kanzlerin* were sold – and translated into 7 languages!



January 2024 · 320 pages

Ursula Weidenfeld, born in 1962, studied economic history, German and political economics in Bonn and Munich. Among other roles, she was the Berlin correspondent of the *Wirtschaftswoche* as well as head of the business desk and deputy editor-in-chief of the Berlin *Tagesspiegel*. Today she works as a freelance business journalist, as well as a presenter and commentator on television and radio. In 2007, Ursula Weidenfeld was awarded the Ludwig Erhard Prize for Economic Journalism. *Regierung ohne Volk* was published in 2017, followed by *Die Kanzlerin*, a biography of Angela Merkel, in 2021, which remained on the *Spiegel* bestseller list for several months.

With a comparative perspective and a constant shift of viewpoints, this book offers a fresh and unique understanding of both West Germany and the German Democratic Republic (GDR). Weidenfeld describes how various aspects developed differently in both states, such as the role of women in work and family, child-rearing practices, education in schools, workplace affiliations, consumer behavior, and the peculiarities of daily life – after all, there were two separate countries. Surprisingly, commonalities also emerge, including the idea of the "typical German." In both blocs, "the Germans" were regarded as hardworking model citizens. Could there be a shared national culture, a shared mentality?

Weidenfeld examines not only diverse aspects that shaped life in both states – from West Germany's economic miracle to the family model in the GDR – but also influential figures such as Willy Brandt and Udo Lindenberg. The latter struggled for a long time to be allowed to perform in the GDR and eventually gave a single concert on East German soil in 1983, under strict surveillance by the Stasi.

"A highly compelling analysis of an era poised between the present and history that is truly worth reading." *Deutschlandfunk Kultur* on *Die Kanzlerin*

Further Titles



Christian Weymayr

FORGET MEAT – Smart Ways to Feed the World

- A close look at the near future of meatless eating.
- Discover why vegetarian and vegan products are gaining so much success!



October 2023 · 128 pages



Christian Weymayr, a doctor of biology, has been a freelance science and medical journalist since 1987. He has worked for companies like Bayer and is a contributing author to *brand eins* business magazine. He has written books on cancer prevention and alternative medicine, and he is also a member of the Science Council for the Society for the Investigation of Parasciences. He taught medical journalism at the Westphalian University of Applied Sciences in Gelsenkirchen.

Meat alternatives: from supermarkets to global nutrition.

Just a decade ago, meat substitutes were seen as niche products in health stores. Today, they are mainstream. The traditional sausage maker, Rügenwalder Mühle, played a significant role in this shift. Despite initial skepticism from their staff, the move towards vegetarian products paid off for the entire industry. Now, supermarkets offer a wide array of meatless options, with even more expansion ahead. As we face population growth and climate challenges, new food solutions are essential. Christian Weymayr tells the success story of Rügenwalder Mühle and explores ongoing innovations in meatless food from around the world.

Marisa Burger

ALWAYS REMEMBER HOW YOUR HEART WAS AT THE BEGINNING – Forge Your Own Path

- An unconventional life story that gives courage to go one's own way.
- With humor, charm, positive energy, and refreshing honesty.



October 2023 · 224 pages



© Adrian Schaeetz

Marisa Burger, born in 1973, is a German actress and audiobook narrator. She resides in both Munich and Basel.

My time is now!

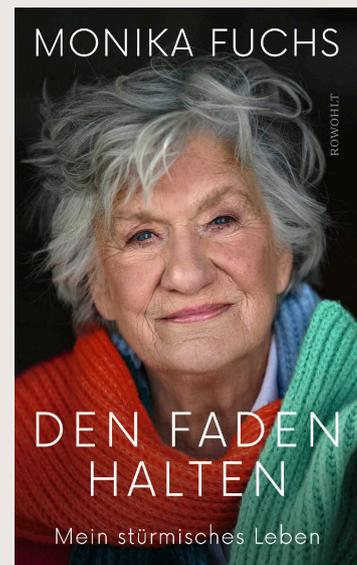
Miriam Stockl is a musician, mother, fitness enthusiast, art lover, and resilient spirit. She leads an active lifestyle, enjoys surfing, is married for the second time, lives in Munich but regularly commutes to Basel to be with her husband. As a teenager, she loved New Wave and Punk music, escaped from the deeply Catholic Altötting and her conservative surroundings, defied her family's wishes by pursuing an artistic career, became a mother in her early twenties, and lived in a wild shared apartment.

Countless times, Marisa Burger faced a choice: should she follow societal norms or break free and pursue what she was passionate about, what made her happy? She (almost) always chose her own path. Not out of rebellion, but because she deeply felt it was right for her. In her book, she aims to share this mindset and encourage others to pursue their own desires and dreams.

Monika Fuchs

HOLDING THE THREAD – My Stormy Life

- What really matters in life? A wonderful inspiration for women of all ages: wise, cool, and full of wisdom.



October 2023 · 224 pages



Monika Fuchs, born in 1938 in Hannover, has lived in the USA, the Philippines, and currently resides in Hamburg. She has four children, several foster children, and nine grandchildren. Monika Fuchs has worked as a journalist, author, and chef.

A life like a novel – filled with twists and new beginnings.

Monika Fuchs lived a turbulent life: she fled a difficult marriage with her son, started anew in Germany, found true love, moved to the Philippines, then to New Zealand, and had three more children. Her attempt to settle in Germany after years abroad failed, leading to the end of her marriage. In Hamburg, she dared to rebuild her life once again, experienced another brief and great love, worked as a journalist, and cooked for TV productions. At the age of 76, she started a supper club, gathering 30 guests around her dining table every Friday. When the COVID-19 pandemic disrupted her plans, she simply set up a camera on her balcony and began posting videos on YouTube. Last year, she fulfilled her dream of cooking at the North Pole.

Today, at 85 years old, Monika knows what truly matters in life. She is awake, self-assured, and wise, reminiscing in her book about her colorful life, love, pain, happiness, crises, farewells, and new beginnings, sometimes through anecdotes, sometimes emotionally, sometimes briefly and concisely.

"What a rich life." Die Zeit

Tobias Lehmkuhl

THE DUAL ERICH – Kästner in the Third Reich

- Tobias Lehmkuhl reveals the enigmatic chapter of the renowned German author's life – 1933 to 1945 – never before explored in such detail.
- An engaging biography featuring illustrious figures, captivating encounters and revealing anecdotes, depicting a life both vibrant and perilous.



October 2023 · 304 pages

Tobias Lehmkuhl, born in 1976, studied in Bonn, Barcelona, and Berlin. Since 2002, he has worked as a freelance journalist, writing for *Die Zeit*, *Deutschlandfunk*, and the *Frankfurter Allgemeine Zeitung*. In 2017, Tobias Lehmkuhl received the Berlin Prize for Literary Criticism. His biography of pop icon *Nico* (2018) was highly acclaimed by the press.

One man, many faces: Erich Kästner's life and survival in the Third Reich.

Berlin, in the early 1930s. Erich Kästner is at the height of his success: *Pünktchen und Anton* and *Das fliegende Klassenzimmer* are international successes. In 1931, *Emil und die Detektive* is adapted into a film (screenplay by Billy Wilder). Then the turning point: as the Nazis seize power, Kästner chooses to remain in Germany. He, who shortly before had written a satirical poem about Hitler, has to witness the burning of his books; soon after that he faces a publishing ban. However, he manages to get by, even thriving. He writes under pseudonyms, takes on commissioned work, including for UFA, which has long been politically instrumentalized by Goebbels. All of this raises questions: How much did Kästner adapt to the Third Reich, and when did he declare his stance? How delicate was the balancing act he performed?

Tobias Lehmkuhl delves into this chapter of the acclaimed German author's life, revealing Kästner's city wanderings, his literary masquerade, and offering a fresh perspective on the moralist, poet, and creator of beloved children's books and novels.

Further Titles



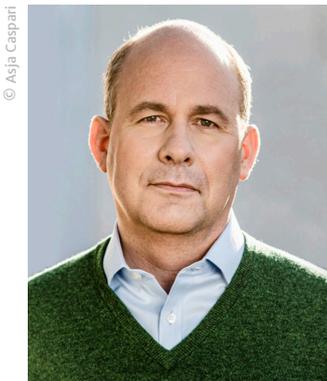
Peer Aries

RHEUMATISM – Knowledge Instead of Myths. Understanding and Managing Rheumatic Diseases.

- The great rheumatism book by one of Germany's top physicians.
- The book dispels myths and shows what really helps.
- An important topic for the millions of people affected worldwide.



August 2023 · 256 pages



© Asja Caspari

Peer Aries, MD, is an internist, rheumatologist and immunologist, member of various commissions and working groups of the German Society of Rheumatology and co-author of several guidelines. He is one of the top physicians in Germany according to the *Focus Health List* and heads the Immunologikum Hamburg, a supraregional center for rheumatology and clinical immunology.

*Young people cannot have rheumatism.
Those who have rheumatism should take it easy.
It was certainly triggered by a vaccination.
Something can be done about the diet.*

No other disease is the subject of as many myths as rheumatism: a collective term for over 400 diseases that can occur at any age. Millions of people suffer from rheumatism all over the world. After headaches and back pain, it ranks third in the list of ailments for which people regularly take medication. At the same time, rheumatism is still considered a black box – myths circulate not only about the causes, but also about possible therapies.

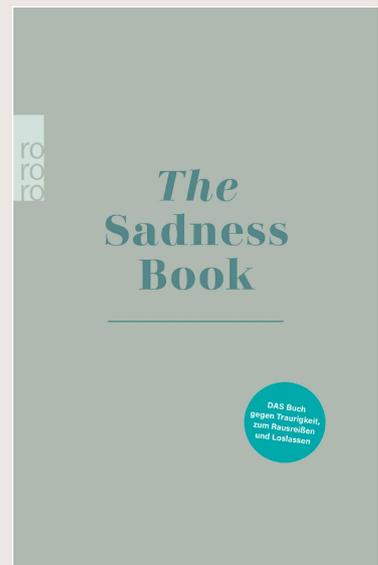
Dr. Peer Aries is a scientist, works as a practicing rheumatologist and is known for his lively lectures. Here he clears up false assumptions, misunderstandings and (dangerous) half-knowledge: In easy-to-follow chapters, he talks about one myth at a time, subjects it to a medical fact check, and gives tips and advice on what really helps.

Elias Baar

THE SADNESS BOOK

- The international TikTok bestseller!
- The book against sadness and melancholy, to tear out and let go.
- French edition is in planning.
- English-language manuscript available.

Rights sold to: Italy – Newton Compton



June 2023 · 192 pages



Elias Baar, born in 2002 in Göppingen, completed high school in 2021 and has been devoted to writing ever since. In 2022, he published his first book, *The Sadness Book*, which quickly became an international hit after gaining popularity on TikTok. Now, it is finally available in bookstores. Through his works, he has already reached and inspired millions of people online.

You don't always have to be happy. Sadness, anger, disappointment, worries – all these feelings are valid and important for us. What went wrong today or in the past? What still lingers and makes you sad? It's perfectly okay to feel unhappy, overwhelmed, to face fears, or to have unresolved experiences.

The Sadness Book is for everyone who wants to vent their frustrations and problems through writing. Your own worries can be easily put down on paper, then torn out, burned, or thrown away. In the second half of the book, after releasing negative emotions, there's space for beautiful thoughts. Young TikToker Elias Baar sparked an international trend online with his *Sadness Book*. And now it's available in bookstores.

Tom Bobsien

DATE NIGHT – Time For You

- The new book by bestselling author Tom Bobsien!
- In ten dates through your own love story and into a shared future.
- 150,000 copies of *Das Date mit dir selbst* sold! Rights were sold to Korea (The Korea Economic Daily & Business Publications), Norway (Frisk Forlag), The Netherlands (Kosmos) and Taiwan (Business Weekly).



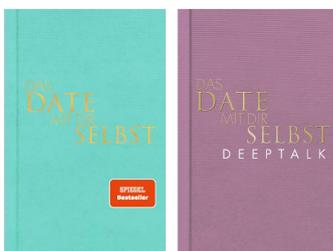
November 2023 · 176

Tom Bobsien, born in 2000, is a young entrepreneur from Hamburg with a passion for football and travel. He toured Germany at the age of 18, gave workshops and successfully created his own exercises on the topic of self-discovery. After extensive travels and the realisation that the important answers to life can only be found within yourself, he decided to record these exercises in a book, *Das Date mit dir selbst*, which became a huge bestselling book.

The ultimate awareness book for couples.

Indulge in memories, rediscover each other, strengthen your bond, and craft future plans together: Through inspiring, analytical, and witty questions and exercises, this book guides couples on ten dates through their own love story and into a shared future. Inspiring questions and playful exercises inspire a desire to get to know each other from entirely new perspectives and strengthen the bond as a couple: What is important to each of you as individuals and as a couple? What moves you in your daily lives? What do you particularly value in each other? This book offers couples ten extraordinary encounters that are enjoyable and hold several surprises.

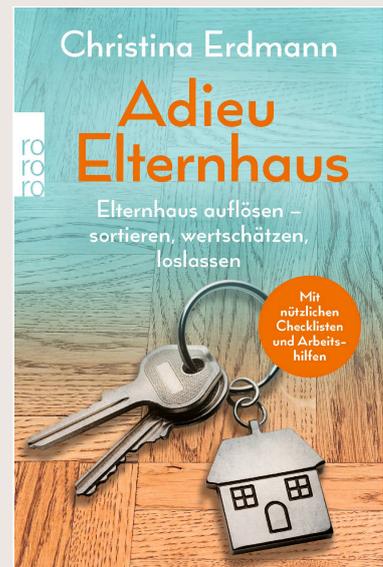
Further Titles



Christina Erdmann

GOODBYE FAMILY HOME – Dissolve, Sort, Appreciate, Let Go

- The first book addressing the emotional, organizational, financial, and legal aspects of dissolving the family home.
- With practical checklists and task lists.



August 2023 · 240 pages



Dr. Christina Erdmann, born in 1965 in Berlin, is a certified educator and has been working as a leadership coach and organizational developer for over twenty years. She specializes in assisting individuals from the baby boomer generation with the process of selling their family homes. The author currently resides in Bochum.

Dissolving the apartment or house of one's parents, mother, or father is a task that many find challenging and sometimes even daunting. Where do I begin? How can I manage it? What am I allowed to do? And what if I get into disputes with siblings? What should be discarded, what can be kept – and how do I make those decisions?

Christina Erdmann provides twelve essential steps to successfully and stress-free dissolve the family home. Thoughtfully coordinated, immediately actionable recommendations, accompanied by helpful checklists, complement the psychological advice.

"Parents can do their children no greater labour of love than to sort things out." Christina Erdmann

Francesco Giammarco

NOT MY DOING! – The Challenge of Fathering a Son

- An equally witty and intelligent book about fatherhood, highly relatable and engaging.



December 2023 · 192 pages



Francesco Giammarco, born in 1986, has worked for publications such as the *Frankfurter Allgemeine Sonntagszeitung* and *Spiegel Online* before joining the *Zeit*.

Starting over again?

When Francesco Giammarco learns that he and his wife are expecting a son, he breaks down in tears – but not out of sheer emotion. His first thought: Do we have to go through it all over again? Toy guns, bad grades, failed relationships, and excessive drinking. Growing up as a boy wasn't all that great!

With the birth of his son as a catalyst, Francesco Giammarco reflects on the pivotal moments of his own upbringing. With humor and relatability, he intertwines his experiences as a father with memories of his own childhood and adolescence – and to his relief, he realizes that one can indeed be a good father, even if they were a lousy teenager.

Marlene Hellene

I LOVE MY CHILDREN, THEY DRIVE ME CRAZY – Motherly Emotions From Joy to Frustration

- A topic for mothers who are looking for relief and diversion.
- Written with a lot of humor and lightness!
- Her previous titles were bestsellers.



January 2024 · 208 pages

Marlene Hellene was born in 1979. She writes on her blog “Tollabea” and via her Twitter profile MarleneHellene. Her books *Man bekommt ja so viel zurück* and *Zu groß für die Babyklappe* were bestsellers. She lives with her family in Karlsruhe.

In her new book, successful blogger Marlene Hellene takes readers into the complex universe of motherly emotions. With her trademark self-irony, the mother of two describes moral pitfalls in the midst of everyday madness. Her stories from real life show how closely tears of joy and despair can sometimes intertwine. And let's not forget the ever-present guilty conscience that affects every mother almost daily.

Marlene Hellene says, let go of it and embrace serenity. If only it were that easy. However, reading her book is definitely a good starting point.

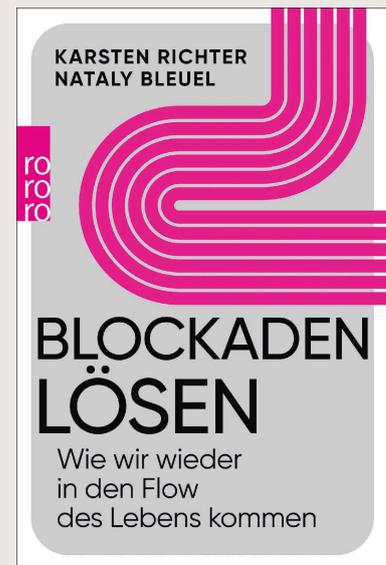
Further Titles



Karsten Richter, Nataly Bleuel

SOLVING BLOCKADES – How We Reconnect with the Flow of Life

- The trending topic of embodiment – for the harmony of body and soul, for healing and resilience.



December 2023 · 288 pages

The osteopath **Karsten Richter**, born in 1966, trained as a physiotherapist and natural health professional and in Chinese medicine. He practises Zen and has a Belgian osteopathic diploma and Master of Science from the University of Krems. He has been running a group practice with colleagues for 20 years, is a lecturer at various schools and Head at Little John College in Hannover in the fields of craniosacral osteopathy, paediatrics and scientific methodology. In addition, he is on the board of the science commission of the Bundesarbeitsgemeinschaft Osteopathie BAO.

Nataly Bleuel, a journalist and author, writes for esteemed publications such as *Die Zeit*, *Geo*, and *Süddeutsche Zeitung*. She specializes in exploring the human dimension of medicine and has been recognized with multiple awards for her reportages and interviews.

Bringing body and soul into harmony with embodiment.

Blockades – both physical and emotional – are often interconnected, affecting various aspects of our lives. They manifest in our lower back, knees, breathing, relationships, sexuality, and thoughts. Despite their clear impact, there is surprisingly little scientific understanding in this area.

In their book, Karsten Richter and Nataly Bleuel explore the nature of blockades, their origins, and provide guidance on how to resolve them. They highlight the intricate connection between body and mind, offering insights on self-healing, resilience, and achieving a state of flow.

Further Titles



Dominik Spenst

THE 6 MINUTE SLEEP JOURNAL

- Finally a good night's sleep!
- Millions of people are already making their days happier with the 6-Minute-Principle® – now it also ensures relaxed nights.
- 2 MIO copies of Dominik Spenst's journals sold world-wide!
- Rights to *Das 6-Minuten-Tagebuch* were sold to 20 countries!



October 2023 · 304 pages

Rights sold to: the Netherlands – Unieboek/Het Spectrum | Russland – Alpina

Dominik Spenst, born in 1988, is a bestselling author, entrepreneur, and habit expert. After a serious accident, he spent four months in the hospital and, from this transformative experience, developed the world's most successful gratitude journal, *Das 6-Minuten-Tagebuch*. Together with his team, he specializes in scientifically based and easily applicable journals that help users bring more mindfulness and personal development into their lives. His 6-Minute Books now enrich the lives of over 1.5 million people in 20 languages. Dominik lives in Berlin with his wife and son.

Studies show that good sleep makes us healthier, happier, and is even more important than nutrition and exercise! However, in Germany, 80% of working adults sleep poorly. Those who use this book will join the other 20%. Using the proven 6 Minutes Principle®, millions of people are already making their days happier. Now, the same success principle ensures restful nights.

The book combines current findings from sleep research with a journaling section for filling in and reflecting. We discover what hinders our good sleep and adjust the factors that will finally let us sleep well again! Six minutes a day for small changes with a big impact.

Further Titles



Axel Beyer

CONSTANTLY GETTING UPSET IS NOT A SOLUTION – Staying Cheerful Through Life's Challenges

- Calm, winking texts about life in retirement.
- Humorous Christmas gift for the seniors in the family.



November 2023 · 176 pages



Axel Beyer, former Head of Entertainment at German tv channels, now in his mid-70s, ponders whether the tendency to get upset increases with age or if he simply has more time to notice irritating things. From phone waiting queues and spam messages to bureaucratic language, fitness gurus, messy staircases, and politicians, he finds ample reasons to get worked up. However, he acknowledges that constant anger harms health and appearance. Instead, he invites readers to laugh at the challenges of everyday life.

Prof. Axel Beyer is an acclaimed author and media consultant with extensive connections in the media industry. He held prominent positions throughout his career. His contributions have earned him prestigious awards such as the German Television Award and the Grimme Award in Gold. Additionally, he serves as the Deputy Chairperson of the Medien Management Institute in Cologne since 2017 and has been a jury member for the AWO Journalist Award since 2015.

Dietmar Bittrich

YOUR MOTHER NEEDS MORE PUNCH! – Christmas With the Hunchbacked Relatives

- More than 500,000 copies sold of the series.
- The perfect Christmas gift – not only for mothers!



September 2023 · 256 pages

Dietmar Bittrich was born in 1958 and lives in Hamburg. He won the Hamburg prize for satire as well as the Hamburg Senate Prize. Several of his paperbacks have been published by Rowohlt, including the bestseller *99 deutsche Orte, die man knicken kann*. Since 2012 he has released several successful Christmas-themed books about the trials and tribulations of family life. Find out more at: www.dietmar-bittrich.de.

It gets even better with the hunchbacked relatives. Right on time, friends and family members switch to disaster mode. Mother-in-law takes control of the grandchildren's upbringing. Dad tries to escape abroad. And the youngest one stylishly regurgitates the Christmas pudding under the Christmas tree, which has become a recurring event. Mother endures it all with composure. And with punch. Once again, the stories compiled by Dietmar Bittrich provide further relief.

Further Titles



AUTUMN 2023 & WINTER 2024

TOP BACKLIST TITLES

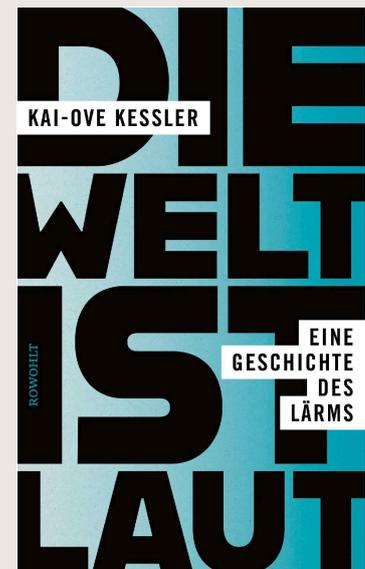
Kai-Ove Kessler

THE WORLD IS LOUD – A History of Noise

- With QR Codes to sound samples inside!
- Rights sold to Hungary and Russia.
- English sample translation available.
- Recommended by *New Books In German* (Goethe Institute translation funding)!

Always loud, never quiet: the history of noise from the Big Bang to today.

How has noise developed in our civilisation over the centuries? The book begins long before human history, with the Big Bang – which wasn't actually a bang at all. Only later, with the invention of tools, did noise become human. The first major building sites in history, 4,500 years ago in Ancient Egypt, were not only an incredible sight but also a deafening aural experience. The message that early humans took from nature was that noise is divine. And in Greek, Roman and Norse mythology, there is always at least one god responsible for thunder and noise. In the Middle Ages, the Church conquered the acoustic airspace of the whole of Christian Europe with the holy triad of bell, organ and cathedral. Kai-Ove Kessler's cultural history shows the past wasn't always quieter. Noise could be enjoyable and even refreshing.



April 2023 · 432 pages

Julia Korbik, Julia Bernhard

SIMONE DE BEAUVOIR. I Want Everything From Life

- **Ages: 16+**
- The first graphic novel about the life and thoughts of one of the most influential intellectuals of the 20th century.
- Wonderfully told by bestselling author Julia Korbik and illustrated by award-winning Julia Bernhard!

Simone de Beauvoir was a philosopher, writer and existentialist. Today, she is a feminist icon.

Generations have been fascinated and inspired by the way she lived and loved. Having grown up in a time when women were not allowed to study, vote or choose their own profession, she became one of the most influential intellectuals of the 20th century. Simone de Beauvoir wanted everything from life, and with her pioneering approach she courageously paved the way for those who came after her. This graphic novel is a multifaceted portrait of a woman who was always driven by her curiosity about people, about herself, about her own thinking and about every aspect of the world.



June 2023 · 224 pages

Rights sold to: Spain – Lumen Gráfica | Frankreich – Steinkis

Karin Kuschik

50 SENTENCES THAT MAKE LIFE EASIER – A Compass for More Self-Confidence

- Small sentences with a big effect!
- 300,000 copies sold!
- Rights sold to Korea, Poland, Portugal, Russia, Slovakia and Turkey.

Coaching to go: finding calm at work and at home and setting boundaries.

Sometimes a single sentence can very easily resolve a situation – at work or at home. In this book Karin Kuschik has gathered together 50 such small sentences with a big impact, drawing on her wealth of experience as a business and life coach. With vivid language and numerous practical examples, she shows us how powerful words can have a freeing effect, how they make us strong, confident and self-determining. A treasure trove of fascinating, clear and realistic tips.



March 2022 · 320 pages

Stefan Kreuzberger

THE GERMAN-RUSSIAN CENTURY – History of a Special Relationship

- Recommended by *New Books in German* (Goethe Institute).
- Rights sold to China and Japan; English World rights in negotiation.
- English sample translation available.

Cold proximity: how German-Russian relations shaped the 20th century.

Germany and Russia – there are almost no other states in the world whose relations have been shaped anywhere near as profoundly by revolution and turmoil, by terror and violence, as well as isolation and rapprochement during the last 100 years. Time and again, these three mutual realities dictate world events and have an effect to this day. This is all the more true now, at a time when bilateral relations are not at their best. And this raises the question: what will the current century bring for German-Russian relations? Stefan Kreuzberger writes about the tension-filled history of an epoch chequered with dramatic ruptures, reconciliations and changes. His analysis helps history enthusiasts understand the complex relationship between Germans and Russians.



March 2022 · 672 pages

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