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Publication:	September 2023
Author:	Blumhagen, Vanessa; Funck, Anna
Title:	Healthy, strong, beautiful This is how women's health works today. No more weight problems, digestive disorders, puffy eyes & Co.
Pages/Cover:	288 pages, softcover
ISBN:	978-3-7474-0555-0
Price:	17,00 EUR

Puffy eyes in the morning, a bloated belly after every meal, never a good night's sleep and nerves stretched to breaking point: Many women are far from their best selves. The "SPIEGEL" bestselling authors Anna Funck and Vanessa Blumhagen have gone through exactly that. In search of solutions, the journalists interviewed inspiring doctors, alternative practitioners and health experts and compiled the collected knowledge in their new book. It's not that hard to get back to yourself and your nature, to feel great and look great doing it. Every woman can do it.

In this entertaining as well as well-founded book, the authors show that we don't have to resign ourselves to the problems. And best of all, it's easy to implement. Because just the right order of eating protects against overweight and exhaustion, vital mushrooms without side effects bring us back into balance and a healthy gut provides more serenity in everyday life.

Vanessa Blumhagen, born in 1977, worked as a print editor for newspapers and magazines. During this time, she began commenting on celebrity topics for a wide variety of TV stations. When she was in her early 30s, she was diagnosed with the autoimmune disease Hashimoto's thyroiditis. She wrote the "SPIEGEL" bestsellers "Every Day I Got Fatter and More Tired" and "The Hashimoto Diet" about her experiences with the disease and her way back to a normal life. She is the founder of "Hashimoto Deutschland" and lives in Hamburg with her husband and their French Bulldog Enna.

Anna Funck, TV presenter, producer and author, was born in Lübeck in 1980 and spent many years in front of the camera. Anna Funck was trained as a TV presenter and editor at RTL until she came to the attention of the public broadcasters in 2008. With the birth of her second daughter and the death of her mother, the journalist began

writing. Her nutrition guide "Whatever, I'll eat this" became a "SPIEGEL" bestseller, and her nonfiction book "Enlightenment to go" made it to No. 3 on the "BILD"/Amazon bestseller list. She lives by the Baltic Sea with her Bavarian husband and their three daughters Karlotta, Theresa and Sophia.

Selling points and marketing:

- Well-founded and comprehensive: interviews with experts on all the important topics women need to know
- trend topic gender medicine: current and contemporary book on women's health that makes you want to read and use it



Publication:	October 2023
Author:	Weidlich, Andrea
Title:	I think, therefore I am...in my own way How your thoughts can change your life and you start telling yourself a new story
Pages/Cover:	344 pages, softcover
ISBN:	978-3-7474-0603-8
Price:	17,00 EUR

Time and again, we get in our own way with our thinking, because the mind tells us a story based on old experiences that is often not true at all. Brooding and negative thought loops have long since become a widespread disease. But how do we break free from old thought patterns and habits? It's time to rethink our thinking. In her new book, "SPIEGEL" bestselling author Andrea Weidlich gets to the bottom of how we can trick our brains, free ourselves from old thought patterns and start telling ourselves a whole new story. She tells the story of nine people who set out into the mountains to find out where they are sabotaging themselves with their own thoughts and how they can change their own story. Profound, full of humor and equally exciting, Andrea Weidlich tells of the power of our thoughts, of supposedly fixed realities and of how our thinking can change our lives forever.

Andrea Weidlich is a "SPIEGEL" bestselling author and lives in Vienna. After studying economics, she worked in the management of well-known international corporations. After that, she started her own business as a management consultant, developed various communication concepts for the creative industry and wrote numerous columns as an author. She has been writing books and plays since she was a child and is intensively involved with the question of what drives people, makes them happy and how they can live to their full potential.

Selling points and marketing:

- Topical topic Overthinking the next big topic after the highly successful bestsellers "How to get rid of people who aren't good for you without murdering them" and "Where there's a Fuck It, there's a way"
- Moving, profound and full of humor: Andrea Weidlich looks deep into our thoughts and knows how we can change them and thus also our lives



Publication:	August 2023
Author:	Göcking, Vanessa
Title:	You are the best thing that ever happened to you How to recognise your worth and become happy. Fulfilment and happiness in life through self-love, self-reflection and self-awareness
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7474-0556-7
Price:	17,00 EUR

Everyday stress, negative beliefs, inner blocks and fears often prevent us from finding happiness and fulfilment. But that doesn't have to be the case: In her book, happiness coach and influencer Vanessa Göcking invites us to go on a happiness journey and shows in an empathetic and inspiring way that every person is valuable.

In addition to motivating example stories, the author gives numerous practical tips and exercises from her everyday coaching with clients on how we can recognise our own strengths and discard negative beliefs in order to find our own happiness. Because most well-known methods do not help us if we do not first of all understand what is preventing us from becoming happy – namely mostly only ourselves. Thus, the author offers a positive and motivating perspective on life and helps us to become truly happy.

Vanessa Göcking is a systemic personal, business and team coach. As part of her self-developed coaching programme "The Happiness Journey", she accompanies people in noticeably and sustainably increasing their happiness in life. On her wide-reaching Instagram channel @vanessa.goeking and in her success podcast "Glücklichsein" she shares impulses for a happy and fulfilled life.

Selling points and marketing:

- Finally taking action: Happiness coach, influencer and podcaster Vanessa Göcking reveals our inner blocks to happiness and shows how we can become permanently happy.
- With a comprehensive self-test on eight important areas of life: including mental and physical well-being, relationships and self-realisation
- With great bonus material: inspiring meditation instructions as audio



Publication:	August 2023
Author:	Birgit Jankovic-Steiner
Title:	The healing power of green magic Plants, herbs, mushrooms, incense instructions, oils, rituals and the basics of magic
Pages/Cover:	336 pages, softcover
ISBN:	978-3-7474-0572-7
Price:	18,00 EUR

For centuries, the magical healing knowledge around plants and herbs has been passed on, but only a few possess the records of true herbal witches. Birgit Jankovic-Steiner learned from her grandmother the effects of the magic of nature and created from the collected knowledge a small guide to plants and their uses and active ingredients. Decorated with vivid anecdotes from her childhood, she presents the most important herbs and plants and gives simple tips for oils, ointments, creams, tinctures, teas and much more, which can help with various ailments. In addition, she introduces the world of witches and presents, in addition to background knowledge on the history of magic, everything worth knowing about the phases of the moon, the Celtic cycle of the year, rituals, incense, magic wands, witches' brooms and the Book of Shadows. Thus, both experienced green witches and curious beginners find everything they need to know.

Birgit Jankovic-Steiner completed her Master's degree in Psychosocial Counseling at the private University of Krems. She works in Switzerland with a focus on business training, consults international and national companies and holds workshops and courses. In Styria (Austria), she came into contact with witchcraft, natural arts and magical rituals at an early age. In 2013, she founded the Vienna Witch School and has since been training women and men online as well as in person in the ancient knowledge in a modern way.

Selling points and marketing:

- Ancient witchcraft knowledge in a modern way with short and simple recipes, applications, tinctures and rituals for the most important herbs and plants



Publication:	September 2023
Author:	Laura Geneviève Wacker
Title:	Create your own MAGIC How to find yourself and your own magic again – impulses, rituals and exercises for every day
Pages/Cover:	256 pages, softcover
ISBN:	978-3-7474-0553-6
Price:	17,00 EUR

We all want to enjoy a full life, but usually don't know where to start and what fullness even means to us. Laura Wacker shows how we can become more receptive to miracles, how we can become clear about what we want to achieve and experience in life and what we can let go of so that new things can find their way to us. With the help of various modern spiritual practices such as incense rituals, chakra, crystal and full moon meditations, journaling questions and little helpers such as pendulums, crystals, herbs and oils, we learn to set loving and clear boundaries, make our own decisions and thus realize our dreams. We arrive at our own self and discover our individual spirituality and intuition. A book for all those who want to go deeper, find their very own magic and clarity about what makes their soul dance.

Laura Geneviève Wacker, born near Hamburg in 1988, studied German and cultural studies and became an entrepreneur directly after university. Laura's grandmother initiated her into the world of spirituality as a young child. She learned about crystals, herbs and astrological powers at an early age, and in her late 20s fell in love with magic once again. Today, she combines spirituality with modernity and inspires thousands of people with her brand "youmoon" with an online store, a podcast, in workshops and on Instagram to rediscover their own magic.

Selling points and marketing:

- Modern spirituality is very trendy
- Modern & in-depth: with many contemporary spiritual exercises, meditations, rituals and tips around magic, moon, chakras, crystals & co



Publication:	May 2023
Author:	Spriestersbach, Kai
Title:	Correct text writing with AI – ChatGPT, GPT-4, GPT-3 & Co. Writing texts with the help of artificial intelligence for jobs, universities and websites – faster and better than ever before
Pages/Cover:	272 pages, softcover
ISBN:	978-3-7474-0574-1
Price:	14,00 EUR

ChatGPT, GPT-3, GPT-4, chatbots, OpenAI, AI – we are encountering these terms everywhere at the moment, but what do they actually mean and how can artificial intelligence help us with texting? This book offers an insight into the technology behind these tools, explaining how they work and what their strengths and weaknesses are. From the basics to advanced techniques, experienced AI expert Kai Spriestersbach shows how we can effectively use ChatGPT, Jasper, Frase, Neuroflash and other AI tools based on the GPT family of models to generate text, create blog posts, articles and advertising copy, and even write complex writing tasks such as scientific papers or creative texts. This is the first truly practical book that doesn't just teach theory, but provides tips and concrete prompts to feed AI and get exceptional results. The author takes you by the hand for this and provides in an understandable and entertaining way the necessary knowledge to be able to use Artificial Intelligence efficiently and purposefully for any kind of text work.

Kai Spriestersbach is an entrepreneur with a master's degree in web science as well as editor-in-chief of two online magazines, podcaster and lectures on online, AI and SEO topics. As one of the most experienced search marketing experts, he can already draw on two decades of experience in building and optimizing web-based sales and business models. In recent years, he has been intensively involved with search engines and AI and is considered one of the leading experts for text creation using artificial intelligence.

Selling points and marketing:

- The latest developments around ChatGPT and GPT-3 combined in a beginner's book on texting with artificial intelligence
- For journalists, copywriters, writers, editors, students, pupils and all those who want to make copywriting easier for themselves



Publication:	October 2023
Author:	Mia Pejic
Title:	Instead of saying – Your guide to successful communication No more being speechless, because you know what you want
Pages/Cover:	240 pages, softcover
ISBN:	978-3-7474-0554-3
Price:	18,00 EUR

We want to be quick-witted in our answers and appear self-confident, but we often lack the right words. The successful communication trainer Mia Pejic shows what effect we can achieve with skillful communication and gives us concrete tips and exercises. She explains the most common communication problems in the areas of couple relationships, friends, family and work. But because the spoken word is only the tip of the iceberg, the first thing to do is to change our own mindset. Because only if we are willing to speak differently to ourselves, we can really improve our communication with others. This not only improves our rhetoric, we also learn to approach conflicts in life differently, to achieve goals and to gain a new self-confidence.

Mia Pejic was raised in a religious community and kept small: a repressed childhood, no chance of a good education and experience of violence in marriage. In her mid-20s, she breaks with her old life – and starts from scratch. She recognizes her talent for reading people, communication and the potential that comes with it. From that moment on, she literally walks the path from dishwasher to millionaire. Today, she passes on her knowledge – as an author, speaker and content creator.

Selling points and marketing:

- When the right words are missing again – successful communication trainer and influencer with over 500,000 followers gives the best tips
- Modern communication guidebook that gives concrete examples of better phrased sentences – suitable for everyday use and simple
- Author gives courses for women on communication, self-confidence, charisma and development of potential



Publication:	September 2023
Author:	Rechl, Christine
Title:	Get creative in autumn 30 craft ideas with chestnuts, leaves and other colorful materials
Pages/Cover:	128 pages, hardcover
ISBN:	978-3-7474-0557-4
Price:	15,00 EUR

Shiny chestnuts, colorful leaves, gnarled branches and nuts: The colorful season has so much to offer. After the treasure hunt in nature, the found objects are used for unique creative projects. Practical step-by-step instructions ensure autumnal crafting fun for young and old. Funny noisemakers, colorful postcard holders or cheeky chestnut monsters bring the magic of nature home and put you in a good mood. Thanks to detailed descriptions and templates, even ingenious projects are child's play.

Christine Rechl grew up in Munich and has lived with her family in Coburg for many years, where she shares her large garden with deer, rabbits and other creatures. Creativity and inventiveness have shaped her life from childhood. She is a graphic and textile designer with international clients and author of numerous books.

Selling points and marketing:

- Easy to implement projects with illustrated step-by-step instructions and detailed templates for a relaxed creative time
- Diverse mix of materials: natural materials, everyday objects and classic craft supplies
- Beautiful autumnal craft projects for the whole family



Publication:	October 2023
Author:	Urbanneck, Linda
Title:	Amigurumi - Without sewing together 16 cute crochet animals that don't need sewing together
Pages/Cover:	128 pages, softcover
ISBN:	978-3-7474-0559-8
Price:	15,00 EUR

The most fun is the crochet itself, but sewing the individual pieces together is more of a chore. These 16 cute amigurumi are crocheted in one piece and save the crocheter the extra drudgery. All the important crochet techniques are clearly explained in the basic section with step-by-step pictures. Both beginners and experts can get started straight away and crochet their favourite figure. The cute 16 crochet animals have been crocheted in two variations to show the different creative possibilities as soon as you use different colours and/or yarns. And there is a great variety of animals to crochet: Bee, Ladybird, Dino, Squirrel, Elephant, Goose, Giraffe, Llama, Seagull, Jellyfish, Deer, Seal, Turtle, Platypus, Snail, Whale, Wolf.

Linda Urbanneck comes from a family full of creativity, but she only discovered her penchant for crochet hooks in 2019 when she saw a video of an amigurumi for the first time. Little by little, she taught herself to crochet. Initially as a hobby, this passion would later develop more and more into a professional direction. In 2020, the first own instruction followed, shortly after some more. Linda founded her first own label under the name "Haekellobby". Linda gives daily insights into her life on her Instagram account @haekellobby, where she allows creative people a glimpse into her life as a designer and author.

Selling points and marketing:

- 16 cute crochet animals for young and old to crochet as gifts or to keep for yourself
- The amigurumi trend for all those who don't like to sew: crochet figures without sewing them together at last
- A wide range of Amigurumi: Giraffe, llama, whale, rabbit, seal, turtle and many more
- For crochet beginners and advanced crocheters alike thanks to a detailed basic section with illustrations



Publication:	October 2023
Author:	Ullmann, Lena
Title:	Cosy Watercolor in the Skandi-Look 20 hyggelig motifs to paint – explained step by step
Pages/Cover:	144 pages, hardcover
ISBN:	978-3-7474-0561-1
Price:	17,00 EUR

Everyone loves it cosy. That's the only way to explain the ongoing hype around the hygge lifestyle. Lena Ullmann transfers the relaxed Nordic attitude to life onto drawing paper. After a detailed basic section, she explains step by step how to use brushes and paint to create feel-good motifs such as gifts, hats, jumpers, dala horses and much more using the Watercolor technique. In addition to watercolor, she also uses mixed media and combines watercolour crayon, watercolour marker, coloured pencils, gouache or pastel colours to create harmonious overall compositions. For advanced users, there is a small motif library with numerous other hyggelig templates to paint on top.

Lena Ullmann is the creative face behind the successful Instagram account @pinsel.yoga. She completed her Master of Science in Applied Biotechnology and works in this field full-time as a research assistant. In 2018, she was then drawn to the topic of bullet journaling to creatively structure her everyday life. The topics of Lettering and Loose Watercolor soon followed. The latter is still a subject close to her heart today. Predominantly self-taught, she is constantly expanding her skills and has been passing on her know-how to watercolour lovers and interested parties in workshops and livestreams since 2020.

Selling points and marketing:

- New trend topic in the watercolor world: dreamy motifs in the hygge look
- Detailed basic section with introduction to further techniques: watercolor combined with mixed media such as gouache, pastels, aquarelle marker and much more
- Varied and hyggelig motif world for painting for beginners and advanced: among others, Swedish house, sweater, sofa, armchair, interior objects
- Additional extra: small motif library with further atmospheric templates



Publication:	November 2023
Author:	Reumann, Friederike
Title:	The power of the female body Activate your natural self-healing with yoga and osteopathy and specifically counteract complaints
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2484-9
Price:	22,00 EUR

The female body differs not only anatomically from the male, but also in certain processes and complaints. It is actually logical that he also has different needs and requires different treatment – one would think. But men's health is still taken as the standard. Physiotherapist and alternative practitioner Friederike Reumann counters this way of thinking with her concept, with which women learn to interpret the signals of their body more clearly and to react to them correctly. They learn about the special characteristics of the female organism and how they can activate and use them. The combination of yoga and osteopathy is the ideal tool for this: The programs, guided with step-by-step images, consist of an asana flow that can be modified by osteopathic impulses and adapted to different ailments. In this way, every woman can decide individually what she and her body need at any given moment – regardless of whether she has cycle-related pain, a bladder infection, stress or hormonal chaos. There is also a suitable sequence for particularly challenging life situations, such as premenopause and menopause, an unfulfilled desire to have children or pregnancy. Because one thing is clear: every woman should be able to use her natural feminine powers to support her own health in a self-determined way.

Friederike Reumann is a physiotherapist, osteopath and alternative practitioner with her own practice and yoga studio. She has completed training in traditional Chinese medicine, Ayurvedic medicine and yoga, among other things, and is the editor of her own health magazine. She has already published several books and writes for health magazines.

Selling points and marketing:

- The topic of women's health is increasingly becoming the focus of public attention and is steadily gaining interest
- The author is an expert in natural healing methods and has published several successful books on self-healing
- Yoga has been proven to have a positive effect on physical and mental health



Publication:	January 2024
Author:	Feder, Lea
Title:	Your cycle, your training How to train optimally in the rhythm of your hormones and eat right – for more energy, less stress and increased performance
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2586-0
Price:	20,00 EUR

Numerous recent studies show the importance of women exercising differently than men. Unlike men, women are subject to a four-week cycle in which resilience and hormone, energy and stress levels vary greatly. This can decrease performance, increase the risk of injury and, in the worst case, lead to loss of periods. Lea Feder, a future doctor and former competitive athlete, knows these problems from her own experience. That's why it is her concern to convey how cycle-based training can optimally support the female body in order to achieve more balance and performance in sports and everyday life. Learning to understand the female organism is a top priority. Lea Feder explains in detail and clearly which phases the menstrual cycle is divided into, which hormones play a very special role and how cycle disorders such as amenorrhea, menopause or contraceptives can affect the body. In combination with a balanced diet and adapted training, the body can be brought into balance step by step and supported in the best possible way. Whether endurance or strength athlete, beginner or advanced, young or old – every woman benefits from training in harmony with her own cycle.

Lea Feder is a future doctor, bioinformatician and founder of the company WAY TO WIN, which offers performance diagnostics and coaching. Her goal is to help people improve their performance in everyday life and sports in a holistic and healthy way. As a former competitive cyclist, she knows first-hand what is important in training. Lea Feder is known from numerous TV reports on the topic of "cycle-based training for women" and is considered the expert in this field.

Selling points and marketing:

- Author is a recognized expert in the field of cycle training in competitive sports
- Scientifically proven optimal and effective training method for women including numerous training and nutrition plans



Publication:	September 2023
Author:	Straße von Ridder, Saskia; Rieß, Claudia
Title:	Guide through the menopause Holistic – natural – self-determined. With a foreword by Miriam Stein
Pages/Cover:	272 pages, softcover
ISBN:	978-3-7423-2405-4
Price:	18,00 EUR

The alternative practitioner Saskia Straße von Ridder and the medical journalist Claudia Rieß encountered uncertainty, ignorance and a great deal of misinformation in conversations with patients and friends on the subject of menopause. This was the motivation to write a book that provides information and at the same time easy-to-follow advice. Their guide through the menopause follows a holistic approach that takes into account both physical and mental changes and shows how nutrition, exercise, relaxation and naturopathic treatments can be used to respond to the different needs of women. The practical instructions and the natural remedies presented, which provide relief without massively interfering with the body's natural biological processes, provide lasting help for complaints such as circulatory problems, hot flushes, hair loss, headaches, loss of libido, sleep disorders, bladder weakness or mood swings. The authors meet their readers at eye level, report on their own experiences, do not gloss over them, but encourage them to listen to their own bodies and to go through this phase of life with self-confidence and self-determination.

Saskia Straße von Ridder, born in 1974, is a naturopath with a focus on holistic healing methods in women's health. She has been running her own practice for women and naturopathy in Munich since 2019. As an expert in hormonal complaints, she offers phytotherapy, acupuncture and homeopathic treatments, among others. She is particularly interested in local medicinal plants and their traditional uses. It is important to her to openly discuss women's topics such as menstruation, female sexuality, menopause and the unfulfilled desire to have children, as these are still too often taboo subjects. In addition to her practice, she also speaks about this in interviews, workshops and lectures. She writes articles and contributions, among others, for the women's magazine ELLE and various professional journals. Claudia Rieß has been a journalist, columnist and author with heart and soul for 20 years, among others for Apotheken Umschau, Baby und Familie, Brigitte Balance and FOCUS Gesundheit. She was deputy editor-in-chief of Psychologies magazine and

editor-in-chief of the naturopathy magazine Natur & Heilen. She conceived the health magazine Professor Dietrich Grönemeyer and has authored and ghostwritten several health guides. One of her thematic focuses is nutrition. Therefore, she trained as a certified nutritionist and has been advising women on individual topics ever since. Born in 1973, she is in the midst of menopause and has noticed in conversations with friends that there is still a lot of confusion and misinformation about menopause. This was the motivation to write the book Guide through the Menopause together with the alternative practitioner Saskia Straße von Ridder.

Selling points and marketing:

- Eight out of ten women suffer from complaints during the menopause
- The author is close to the target group through her practice specialising in gynaecology and gives tried and tested tips



Publication:	January 2024
Author:	Burkhardt; Katharina Maria; Neubauer, Sylvia
Title:	Happiness is a hormone matter The natural way to bring body and soul into balance and to counteract psychological suffering in a targeted manner. Holistic help with AD(H)S, anxiety, sleep disorders, burn-out and depression
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2514-3
Price:	18,00 EUR

More and more people suffer from AD(H)S, burn-out, depression, anxiety or stress disorders – often caused by a hormonal imbalance. If the hormones are out of balance, this has far-reaching effects on the entire organism. Because the fact is: the human being cannot be analyzed in individual parts – hormone balance, nervous system and intestine are in close exchange of information. They regulate each other and influence countless processes in the human body. If their sensitive balance is disturbed, this affects thinking, feeling and the psyche. Psychologist and health expert Dr. Katharina Maria Burkhardt shows how a disturbance at just one point in this complex network can bring the entire happiness system to a standstill and lead to mental illness. She presents ways to get to the bottom of the causes of such ailments and gives an overview of possible natural treatment approaches – from bioidentical hormone therapy to micronutrients and phytotherapy to intestinal rebalancing – that can be used to bring the body back into balance. Programs tailored to specific ailments provide practical help to sustainably improve mental health and enhance quality of life.

Dr. Katharina Maria Burkhardt studied psychology and sociology and today works as a teacher and supervisor. She is particularly fascinated by the world of hormones and the microbiome, which is why she is constantly educating herself on these topics. Primarily, she is concerned with the effects of lifestyle on health and the immune system. Sylvia Neubauer is a freelance journalist. Her main focus is on medicine, health, family and sustainability. Within these subject areas she writes popular science articles as well as technical texts.

Selling points and marketing:

- offers individual treatment options for complaints like depression or sleep disorders
- Clear and understandable presentation of all hormones and neurotransmitters as well as complex processes of the body makes the book an ideal reference book
- Clear checklists offer readers optimal orientation



Publication:	February 2024
Author:	Baake, Michaela
Title:	Healthy teeth for your child Properly caring for, strengthening and protecting children's teeth – from the first to the last baby tooth
Pages/Cover:	176 pages, softcover
ISBN:	978-3-7423-2549-5
Price:	16,00 EUR

Healthy teeth are the basis for a healthy life. Dental problems not only lead to pain in the mouth, but can also be the cause of diabetes, cardiovascular problems or osteoarthritis. That's why it's important for parents to take care of their children's dental health right from the start. Michaela Baake knows how to lay the right foundations and provide their children with optimum support in dental care. The pediatric dentist explains what can be done even before the first tooth to positively influence development. Once the baby teeth are there, a lot of new questions arise: Which toothpaste is the right one? What should you pay attention to in your diet so that your child's teeth are not only protected, but also have strong enamel? How can caries be prevented and what should be done if it does occur? And what is the right way to deal with loose teeth? Parents are provided with all the important information on oral health and prophylaxis in a clear and practical manner, so that they can pave the way for their children to have strong teeth in the long term.

As a pediatric dentist, Michaela Baake combines her passion for dentistry and love of children in her profession. After completing her dental studies, she first worked for several years at the university in the department of prosthodontics. Today, she is part of a group practice where she helps her young patients not only to have healthy teeth, but also a radiant smile. On social media, she gives parents important tips on optimal care and how to best promote their children's dental health.

Selling points and marketing:

- Caries is considered the most common chronic disease in preschool children
- Healthy teeth are essential for health: 70 percent of all chronic diseases can originate in the mouth



Publication:	September 2023
Author:	Peters, Nele Marie
Title:	100 questions for your pediatrician Everything you need to know to treat illnesses properly and protect your child's health
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2462-7
Price:	16,00 EUR

Whether tummy ache, pseudocroup, toothache, hand-foot-and-mouth or lice – plagued parents have experience with these children's illnesses. A visit to the often overcrowded pediatrician's office costs additional time and nerves. So that they know how to deal with small aches and pains, but also with larger complaints in the future, pediatrician Dr. Nele Marie Peters provides comprehensive assistance with her book. With clear and precise answers, she addresses 100 common questions such as "Is fever dangerous?" or "What helps with earaches?" and gives valuable advice on treatment and support for the immune system. Parents receive quick and effective practical tips in a clear and comprehensible manner and are informed about numerous myths. In this way, mothers and fathers can help their children up to the age of ten without visiting a doctor and ensure that they are well!

Dr. Nele Marie Peters is a pediatrician with a passion. After completing her medical studies, she worked in pediatric clinics and practices. Based on this experience, she knows exactly the questions that parents have about the health of their little ones. In addition to her work in the child and youth health service of the city of Berlin, "Dr. Nele" also advises parents and other interested parties with sound pediatric knowledge via YouTube and Instagram.

Selling points and marketing:

- Practical and natural help so that parents can act quickly and correctly
- Easier than ever: clear questions, direct answers – everything about the most common childhood illnesses



Publication:	November 2023
Author:	Wiechers, Verena
Title:	Prevent and treat rectus diastasis The best exercises for pregnant women and mothers to sustainably strengthen the body's core
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2497-9
Price:	18,00 EUR

Pregnancy not only turns the familiar daily routine upside down, but also strains the entire body, especially the core muscles. One consequence of this can be rectus diastasis, which more than 60 percent of young mothers still suffer from six weeks after giving birth, and one year later it is still more than 30 percent. On the one hand, this splitting of the straight abdominal muscles is an aesthetic flaw, on the other hand, it leads to numerous other complaints such as back pain, poor posture, pelvic floor weakness or incontinence. Pre- and postnatal training expert Verena Wiechers shows how the midline hernia can be effectively prevented and how it can be treated. The anatomical basics and different therapy approaches are first presented in a detailed and easy-to-understand manner. In the detailed training programmes, which are divided into the phases before, during and after pregnancy, Wiechers presents the best exercises to effectively strengthen the midline and support the regression of muscles and tissue. Adapted to the stressful everyday life of an expectant or new mum, the training takes little time and can be easily integrated into the daily routine. Success and a stable core are guaranteed!

Verena Wiechers holds a degree in sports science, is a fitness and gymnastics instructor and a specialist in pre- and postnatal training. In her role as head of the Academy for Pre- and Postnatal Training, she trains hundreds of midwives, physiotherapists and trainers in this field every year. She is also the founder of MamaWORKOUT, a training concept specially tailored to the physical and mental needs of mothers and pregnant women.

Selling points and marketing:

- More than 60 percent of women suffer from rectus diastasis after childbirth
- Detailed illustrated step-by-step instructions and programmes for before, during and after pregnancy



Publication:	December 2023
Author:	Froböse, Ingo
Title:	Anti-belly fat formula How to get rid of the dangerous disease-maker and improve your health in the long term. The 30-day fitness program
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2429-0
Price:	20,00 EUR

In his new book, best-selling author Prof. Dr. Ingo Froböse tackles a very common but often hidden cause of illness: belly fat. This is not always noticeable in the form of flab, but can also be present in slim people and cause serious health problems. In addition to subcutaneous fat, i.e. the fatty tissue under the skin that serves as an energy store, visceral fat, which sits deeper in the abdominal cavity and surrounds the organs, is particularly dangerous because it is responsible for an overproduction of messenger substances and promotes diseases such as high blood pressure or diabetes. To get rid of this inner fat, too, exercise is essential. That is why Ingo Froböse has developed a 30-day fitness program that boosts the metabolism, builds muscle mass and reduces fat mass. He focuses on simple exercises that can also be done by beginners and that increase in intensity day by day. Accompanying this, he gives recommendations on how to stimulate the body to burn energy with the right diet. With this simple concept, anyone can lose belly fat and slim down, but above all become fitter and healthier.

Prof. Dr. Ingo Froböse, professor at the German Sport University Cologne and former top athlete, has made it his mission to stand up for the topic of health in society, education and politics. He acts as an advisor to the German Bundestag on prevention issues and is a successful speaker and best-selling author of numerous health and fitness guides.

Selling points and marketing:

- Belly fat is a health topic in high demand
- The "fitness pope" reveals what really helps: exercise instead of diet
- Easy-to-follow 30-day program with the best exercises and sensible dietary recommendations



Publication:	August 2023
Author:	Frank, Florian; Frank, Martina
Title:	After (Gut) Hour – your consultation with the proctologist Everything you need to know about constipation, hemorrhoids, anal fissure, HPV, colon cancer and proper hygiene
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2428-3
Price:	18,00 EUR

The rectum is one of the most important organs for humans: If it comes to discomfort, it is not only extremely painful – the functionality of the entire body is restricted. Nevertheless, problems in this area are often burdened with shame. But that's over now! Proctologist Dr Florian Frank talks openly and frankly about abscesses, coccygeal fistulas, prolapse, haemorrhoids, genital warts, etc. and wants to take away the fear of visiting a doctor. In addition to the classic treatment options, he shows how a balanced diet, proper anal hygiene and a smooth bowel movement optimally support the bowel and keep the anal area healthy and functional. Sexuality also plays an important role, because the transmission of venereal diseases as well as the incorrect practice of anal intercourse can cause serious suffering. Dr Florian Frank provides comprehensive and clear information about taboo topics and practical tips and tricks that can be easily integrated into everyday life.

Florian Frank, MD, is a specialist in visceral surgery at München Klinik Neuperlach. He completed his medical studies in Innsbruck in 2013 and completed his residency training as a general and visceral surgeon in Bad Tölz. Along the way, he gained additional qualifications as a proctologist and nutritionist. Florian Frank has been a senior physician for visceral surgery with specialisation in coloproctology since 2023.

Martina Frank is a graphic designer and illustrator. Born in Munich, she has been working for various offices since 2007, creating book covers for fiction and non-fiction. On the side, she works as a freelance illustrator.

Selling points and marketing:

- Anal complaints are common: for example, about 70 percent of people suffer from haemorrhoids in the course of their lives.
- The author illuminates the subject with a lot of expert knowledge, practical experience, and an entertaining style of writing
- Illustrated with charming and explanatory illustrations



Publication:	December 2023
Author:	Könings, Andreas; Könings, Lisa
Title:	Pain is a mind matter Self-treatment of problems in the joints, digestive tract and chronic pain with neuro-centred exercises
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2448-1
Price:	22,00 EUR

Many people have joint pain, suffer from prolonged or recurring complaints, or even chronic pain. But very few people know that pain originates in the brain. To achieve optimal and sustainable success in treatment, it is therefore essential to focus on the nervous system. Neuro-centred training – mainly known from top-level sport – is ideally suited for this, as it specifically reduces the pain output of the brain. The neuroathletics trainers Lisa and Andreas Könings explain how the perception and development of pain are connected to the nervous system and how those affected can help themselves. More than 80 detailed and illustrated exercises from neuro-centred training are assigned to different types of complaints: from joint pain in the hip, knee or shoulder to head, neck and back pain to visceral and chronic pain. The authors also show how nutrition influences the brain and thus also pain, and which foods provide more energy and healthy joints, muscles, fascia and ligaments. This holistic approach enables everyone to break out of the pain spiral and improve their own quality of life.

Andreas Könings is a neuroathletics trainer and the first German Z-Health® Master Practitioner. He was himself active in competitive sports as a basketball player and has now been coaching top athletes and pain patients for over ten years. In his German Academy for Neuro-Performance, he trains trainers and therapists in neuro-centred training and passes on his practical experience in seminars, workshops and lectures. Lisa Könings is an ecotrophologist with a focus on neuro-centred nutritional counselling. This individual approach is based on her training at Z-Health. Her goal is to offer people holistic help that enables them to regain a better quality of life. She is convinced that there can be no universally valid nutritional recommendations, but that everyone is their own expert. She runs the German Academy for Neuro-Performance with Andreas Könings.

Selling points and marketing:

- Over 80 illustrated and detailed exercises for the most common pain patterns
- With special nutrition tips based on the neuro-centred approach



Publication:	February 2024
Author:	Lienhard, Lars
Title:	Mobility starts in the brain With neuroathletics to more mobility and better athletic performance
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2463-4
Price:	25,00 EUR

Good mobility is needed in almost all sports – whether in strength training, athletics, dancing or yoga. Regardless of individual conditions, it is primarily regulated and determined by the brain and the central nervous system. The fact that the brain receives the necessary information to tolerate large ranges of motion and to perceive them as safe can be specifically trained. In his fourth book, Lars Lienhard, the leading expert in neuroathletics training, shows which methods and principles can be used to target the different brain areas and significantly improve mobility and agility. The more than 50 illustrated exercises are presented in an understandable way and can be performed without prior knowledge. Special plans help athletes to optimize their own training and to increase not only their mobility, but also their overall athletic performance.

Lars Lienhard, pioneer of neuroathletic training, works as a trainer, consultant and instructor in elite sports. In his Neuro Athletic Training Institute (neuro-athletic-training-institute.com) he offers training for coaches, therapists and athletes. The sports scientist and former competitive athlete is the leading expert on neuro-centered training in Europe. He has prepared numerous athletes for the Olympic Games and supports clubs and federations as a trainer and consultant at major sporting events and in conceptual issues. Among other things, he was a coach at the FIFA World Cup in Brazil in 2014 and at the Olympic Games in Rio in 2016. He is also the author of several successful books on neuroathletic training published by riva Verlag.

Selling points and marketing:

- Mobility is one of the top topics in fitness and elite sports
- The fourth book by Germany's leading expert on neuro-centered training
- Revolutionary training approach for better performance in sports



Publication:	October 2023
Author:	Spörk, Michéle
Title:	Chakras in balance with Yin Yoga Activate your self-healing powers and find more energy, health and joy of life. With audio instructions for 8 guided meditations
Pages/Cover:	256 pages, softcover
ISBN:	978-3-7423-2313-2
Price:	22,00 EUR

In turbulent times like these, everyone needs a calm counterpole to regenerate, recharge their batteries and stay healthy. Activating the seven chakras, the energy centres of the body, in combination with yin yoga and meditation can help. Yoga teacher Michéle Spörk explains how a deeper awareness can be created on a physical, mental, emotional and spiritual level to stimulate self-healing. With the help of a self-test, one can determine which chakra is particularly active at the moment, in order to then start the practice with a Yin Yoga sequence tailored to it. In addition, guided short meditations and deep relaxation, which can be accessed as audio instructions via QR codes, support the self-healing process. With this holistic approach, among other things, dizziness, headaches, digestive problems or sleeping problems can be alleviated, but also listlessness, anxiety or forgetfulness can be treated. In this way, everyone can find their way back to physical and mental balance – whether with or without yoga experience.

Michéle Spörk is a yoga teacher, lecturer and founder of ViennaYoga. She teaches and leads trainings for Yin Yoga, Aerial Yoga and Energy Yoga, a combination of different yoga styles focused on energy awareness and guidance. She passes on her passion, experience and fascination for the conscious interaction of body and mind and the associated activation of self-healing powers in courses, workshops and lectures.

Selling points and marketing:

- For the first time in a book: Chakra activation through yin yoga sequences for the relief of physical and mental complaints.
- With chakra self-test and quick finder for common complaints
- Eight guided meditations available with QR code



Publication:	November 2023
Author:	Hyrox
Title:	Hyrox - the fitness race for everyone Background - Training - Preparation - Professional tips
Pages/Cover:	224 pages, softcover
ISBN:	978-3-7423-2510-5
Price:	22,00 EUR

From Hamburg to Stockholm and London to Hong Kong and Miami Beach – Hyrox has become one of the world's most successful fitness sporting events in just a few years, with over 50,000 participants and a constantly growing community. The competition combines eight disciplines, from ski ergometer to burpees, sandbag lunges and wall balls, with 1-kilometre runs – a real challenge for every athlete! The combination of strength and endurance in rapid alternation is a novelty in fitness sports. All the more important is sound preparation, which the first official Hyrox book supports with comprehensive information and advice. In addition to background information on the origins of the concept, the founding of Hyrox, the competition process and the conditions of participation, the focus is on training science and practice. Anyone who wants to prepare for participation will find numerous sample training sessions and tips from top athletes, as well as a detailed description of the exercises and help on how to tailor the training to their own fitness level. Nutrition tips for the preparation phase and competition day as well as numerous videos from the competition, which can be accessed via a QR code, make the book the ultimate Hyrox manual.

Selling points and marketing:

- Hyrox is one of the world's largest fitness sporting events.
- Over 40 events on three continents, in six countries and with over 50,000 participants
- The official and first book on Hyrox – with professional tips for perfect preparation
- With exclusive pictures and videos from numerous events, which can be accessed via a QR code

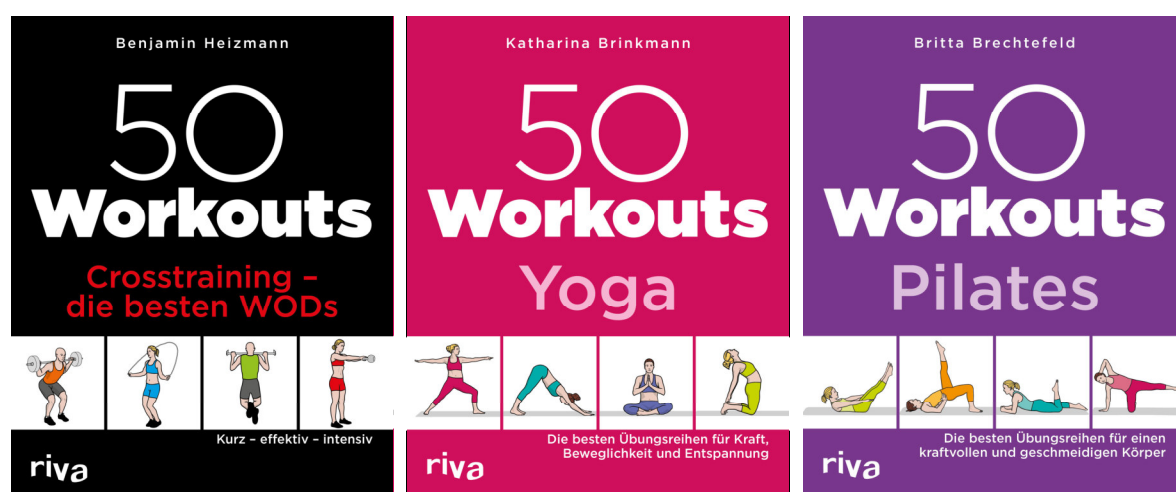
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50 Workouts - The successful DIY gym books

Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail in an extra chapter.



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Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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Published 11.09.2019
144 pages



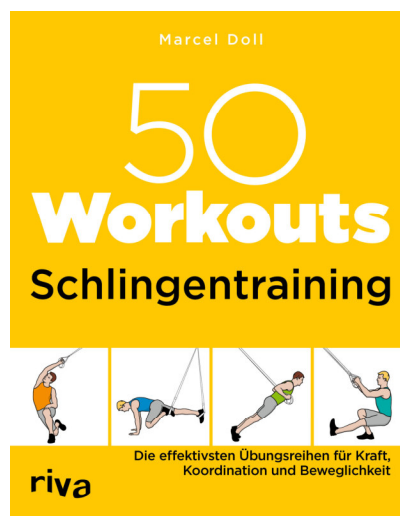
Published 17.03.2020
128 pages



Published 17.03.2020
144 pages



Published 29.12.2020
128 pages



Published 20.04.2021
144 pages



Published 20.04.2021
144 pages

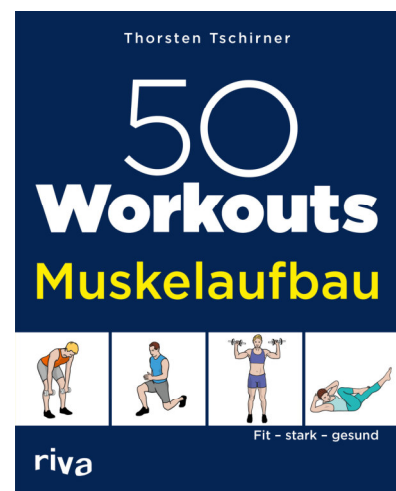
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Published 20.04.2021
144 pages



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144 pages



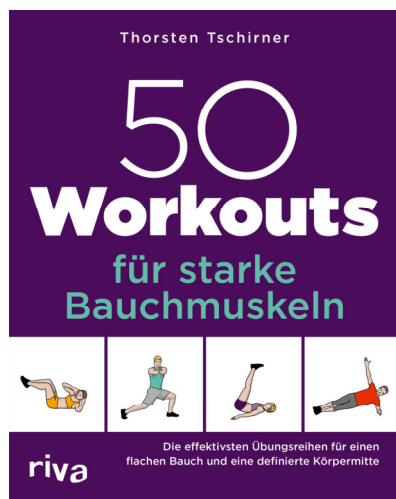
Published 25.10.2021
144 pages



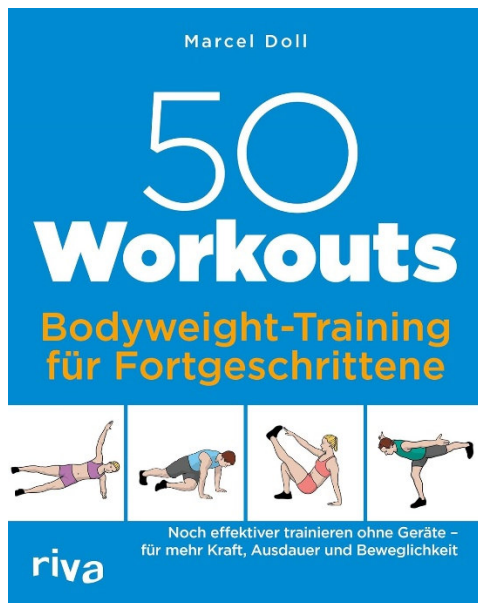
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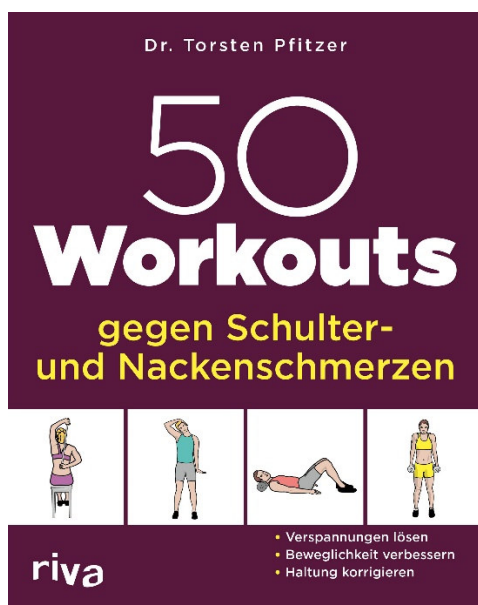
Published 16.08.2022
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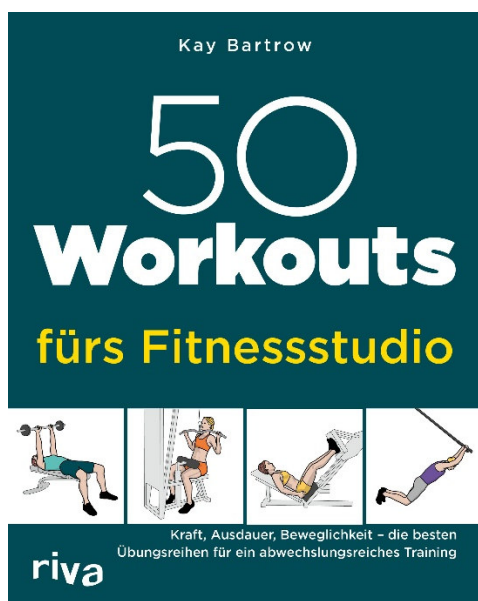
Published 20.09.2022
144 pages



Publication:	January 2024
Author:	Doll, Marcel
Title:	50 Workouts – Advanced Bodyweight Training
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2554-9
Price:	12,00 EUR

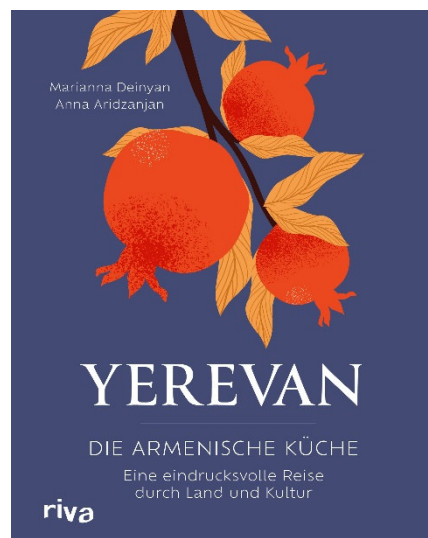


Publication:	September 2023
Author:	Pfitzer, Torsten
Title:	50 Workouts against shoulder and neck pain
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2474-0
Price:	12,00 EUR

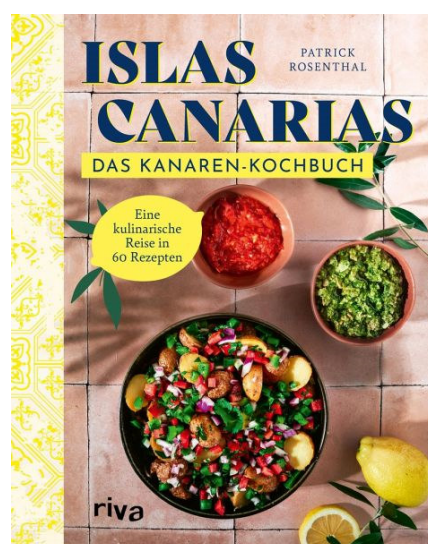


Publication:	December 2023
Author:	Bartrow, Kay
Title:	50 Workouts for the gym
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2461-0
Price:	12,00 EUR

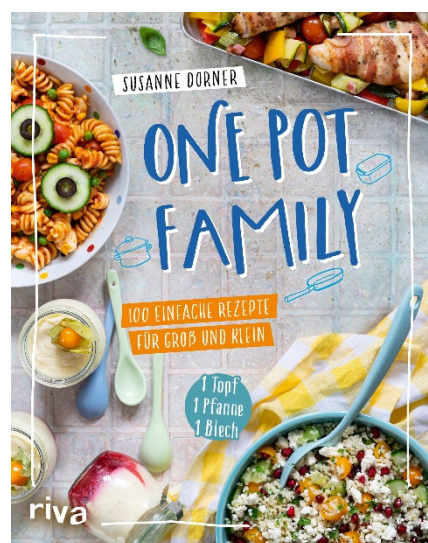
Publication:	October 2023
Author:	Deinyan, Marianna; Aridzanjan, Anna
Title:	Yerevan Armenian cuisine. An evocative journey through country and culture
Pages/Cover:	208 pages, softcover
ISBN:	978-3-7423-2475-7
Price:	25,00 EUR



Publication:	November 2023
Author:	Rosenthal, Patrick
Title:	Islas Canarias: The Canary Islands Cookbook A culinary journey in 60 recipes
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2610-2
Price:	22,00 EUR



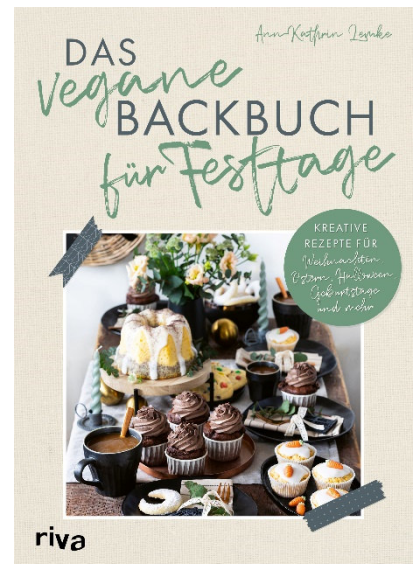
Publication:	October 2023
Author:	Dorner, Susanne; Prof. Bankhofer, Hademar
Title:	One Pot Family 100 simple recipes for young and old - 1 pot, 1 pan, 1 tray
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2485-6
Price:	20,00 EUR



Publication:	October 2023
Author:	Rosenthal, Patrick
Title:	Vegan for Teens: The Cookbook Simple, fast and super delicious
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2493-1
Price:	15,00 EUR



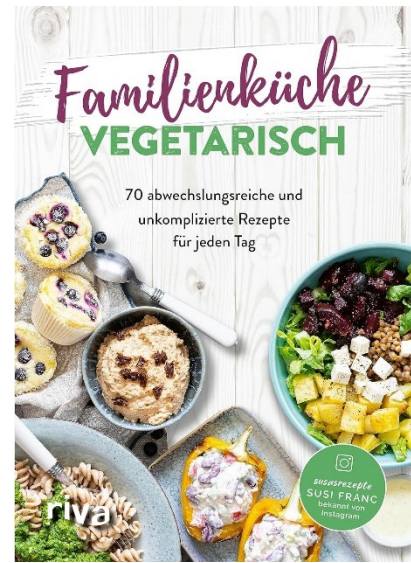
Publication:	October 2023
Author:	Lemke, Ann-Kathrin
Title:	The vegan baking book for the holidays Creative recipes for Christmas, Easter, Halloween, birthdays and more
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2473-3
Price:	20,00 EUR



Publication:	October 2023
Author:	Kovalski, Nadja
Title:	The vegan cookbook for the holidays Festive recipes and menus for birthdays, Christmas, Easter and more
Pages/Cover:	144 pages, softcover
ISBN:	978-3-7423-2477-1
Price:	20,00 EUR



Publication:	October 2023
Author:	Franc, Susi
Title:	Vegetarian family cuisine 70 varied and uncomplicated recipes for every day. Quick, easy and delicious for children and parents - also without meat
Pages/Cover:	160 pages, softcover
ISBN:	978-3-7423-2560-0
Price:	20,00 EUR



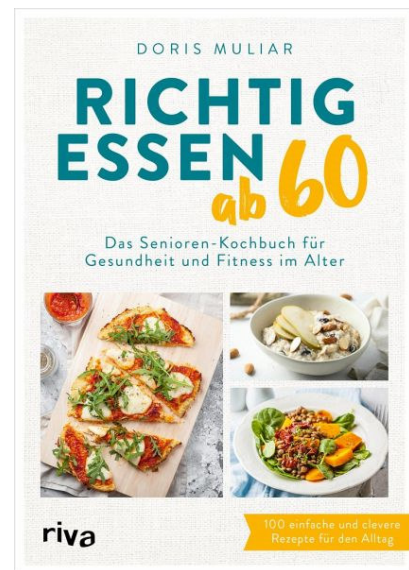
Publication:	December 2023
Author:	Meiselbach, Bettina
Title:	Happy Carb: My Low-Carb Family Kitchen 55 recipes suitable for everyday use that taste good for young and old alike
Pages/Cover:	128 pages, softcover
ISBN:	978-3-9581-4350-0
Price:	14,00 EUR



Publication:	November 2023
Author:	Muliar, Doris
Title:	Eating right with a fatty liver How to detoxify and strengthen the vital organ naturally with the optimal diet
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2559-4
Price:	18,00 EUR



Publication:	December 2023
Author:	Muliar, Doris
Title:	Eating right from the age of 60 The senior cookbook for health and fitness in old age. 100 simple and clever recipes for everyday life
Pages/Cover:	192 pages, softcover
ISBN:	978-3-7423-2591-4
Price:	18,00 EUR





Publication:	September 2023
Author:	Schaefer, Marius
Title:	The missing words of our hearts
Pages/Cover:	400 pages, softcover
ISBN:	978-3-95761-235-9
Price:	14,00 EUR

Ric's second chance seems to have come when his former best friend moves back to his native Scotland to dance at the theater in Glasgow. He made a terrible mistake back then and now hopes to make amends and ask for her forgiveness. This includes finally confessing his love to Eliza. Although Ric is now outed as trans* and lives as a man, he has no idea how to face her, because his casual-cool manner is merely put on. In the charming Davie he finds the perfect wingman to help him with the dreamed-of love story. From then on, the two spend a lot of time together and suddenly Ric hardly recognizes himself and no longer knows for whom his heart actually beats – for Eliza, the ballerina, or the budding writer Davie...

Marius Schaefer, born in 1995, is an author, blogger and sensitivity reader. He self-published his debut novel at the age of 18, followed by further self-publishing successes and publishing releases. In his romantic and fantastical stories, he writes about the search for happiness and the courage to be yourself. Marius also talks openly about his trans identity and queerness and advocates for more diversity in entertainment literature.

Selling points and marketing:

- Credible own-voice author: Marius Schaefer publicly appears as an ambassador for trans* issues.
- Exciting plot with love triangle: three young people searching for the truth about their identity and for (professional) fulfillment
- New-adult novel set against the popular small-town backdrop of rugged Scotland



Publication:	August 2023
Author:	Waye, Annie
Title:	IN-GAME So close to your voice
Pages/Cover:	400 pages, softcover
ISBN:	978-3-95761-231-1
Price:	14,00 EUR

Anne loves to immerse herself in the online world of the fantasy game MoM, where she fights epic battles with players from all over the world. But every time it comes out that she is a woman, the fun comes to an end: she is ridiculed, excluded, picked on. At some point, she has had enough. She starts a new account, pretends to be a man with all the technical tools at her disposal, and games her way up to the highest ranks. Even when she meets the charming gamer Linus, she wants to go through with her plan without mercy. But there's no off button for feelings – and the further Anne moves towards her first big competition, the more difficult it becomes for her to keep her true identity a secret...

Annie Waye is a young author with an old soul. She is at home all over the world and has always been addicted to the magic of books. She writes to create worlds both strange and familiar, to breathe life into sympathetic and conflicted characters, and to banish darkness and silence from people's hearts. When she's not working on novels, she publishes short stories and travels the world in search of her next place of longing.

Selling points and marketing:

- Reaches a huge target group of female gamers
- Trend topic gaming meets romance with strong female protagonist
- Contemporary coming-of-age novel: sexism in gaming and STEM subjects as an important theme of the novel