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Publication:	25.04.2023
Author:	Lahme, Sabine
Title:	Overcoming crises with resilience How you learn to get up again and again and draw new strength. Impulses for a resilient life
Pages/Cover/Format:	240 pages, softcover, 135x210mm
ISBN:	978-3-7474-0534-5
Price:	D: 17,00 EUR, A: 17,50 EUR

Topical issue with high reader demand: Corona, war, inflation, fear of the future – how we can still go through life strengthened

Wherever we look: We are surrounded by crises. Whether it's a pandemic, war or inflation – the news situation puts deep worry lines on many people's foreheads. Add to that the personal baggage we all have to carry. Many people ask themselves how they can cope with all this in a healthy (!) way.

But anyone who has fallen down knows that: at first it hurts, but when we manage to get up again, we grow and become stronger each time. We become resilient. Sabine Lahme shows how this works in this book, because she has experienced first-hand what it means to learn to walk anew. She explains what resilience is and shows practical ways and exercises how we learn to take control of our lives.

Sabine Lahme knows what it means to get up again and again and to learn to walk anew. In childhood, adolescence and adulthood, she herself experienced what it means to be resilient through several serious illnesses. Today, as an experienced systemic coach, mediator and resilience trainer, she supports people in regaining their strength to be resilient. Sabine Lahme is a sought-after expert in the media.

Selling points and marketing:

- Crises and no end – rarely have we had to be as resilient as we are today: Sabine Lahme shows how we can remain strong in times like these.
- Comprehensive expertise paired with personal experience – from an author who knows what she is talking about



Publication:	21.02.2023
Author:	Primo, Nadine
Title:	Consent is sexy On personal boundaries and female pleasure
Pages/Cover/Format:	208 pages, softcover, 135x210mm
ISBN:	978-3-7474-0512-3
Price:	D: 17,00 EUR, A: 17,50 EUR

Intimate memoir on the pulse of time: well-known face of the LGBTQI+ scene, Nadine Primo, on alternative models of life and love

Contrary to conservative ideas, Nadine Primo uses her own story to show the diversity of life plans that Generation Y in particular longs for. From family identification to sexual orientation to the individual shaping of alternative relationship concepts, she thereby provides intimate insights into the emotional and dating life of a young bisexual woman. She not only calls for the questioning of old role models, but also addresses mental health and encourages her readers to set their own boundaries and to find the courage and self-confidence to break social boundaries.

Nadine Primo studied romance languages and literature and international modern history at the University of Bonn. She now lives in Berlin and works as a freelance author, speaker and model. On her blog and Instagram, she shares personal experiences from her everyday life as a bisexual woman and talks about alternative relationship concepts, persistent injustices in the patriarchy and mental health. As a representative of the queer community, she wrote the column "bi happy" for beziehungs Magazin, hosted the sex podcast "INTIM" for Eis.de together with Ben and is currently an editor for the WDR sex podcast "Ohjaaa". She also makes frequent TV appearances.

Selling points and marketing:

- Social media trend: interest in and awareness of queer issues now extends far beyond the LGBTQI+ community
- Plea for more self-determination: high identification potential for young people in the discovery phase from 20 to 35



Publication:	21.02.2023
Author:	Willmann, Hans-Georg
Title:	Do it differently! How your life becomes easier when you focus on what really matters
Pages/Cover/Format:	208 pages, softcover, 135x210mm
ISBN:	978-3-7474-0510-9
Price:	D: 15,00 EUR, A: 15,50 EUR

Life is complicated enough: Here's how to make it simpler - with the best focusing tips from the acclaimed psychologist

Life has become complicated. Climate crisis, pandemic, conflicts, energy crisis – many people feel they have lost the lightness in life. In the face of seemingly ever-increasing complexity, powerlessness often sets in. This does not have to be the case.

Psychologist Hans-Georg Willmann has learned something important on his travels through the Australian outback: our lives become easier and more content when we focus on what is really important to us and what makes a difference. This book is about how we can do that. An entertaining read full of concrete and well-founded impulses for more ease and simplicity in life.

Hans-Georg Willmann is a qualified psychologist – and an adventurer at heart. The self-employed HR consultant and certified coach has been travelling the world for decades and emigrated to Australia in 2016. On his tours in the outback, he experiences again and again how vital it is to focus on the essentials. In his coaching practice, he helps people to reduce complexity and become more successful with more ease.

Selling points and marketing:

- The topic hits a nerve: Our world is becoming increasingly complex in times of crises and ever-growing uncertainty.
- Psychological expertise packed into easy-to-implement impulses
- Exciting stories and learnings from the author's experiences in the Australian outback



Publication:	23.05.2023
Author:	Bloom, Chris
Title:	And what if it turns out well? How to face your insecurities and live the life you want
Pages/Cover/Format:	176 pages, softcover, 135x210mm
ISBN:	978-3-7474-0521-5
Price:	D: 17,00 EUR, A: 17,50 EUR

The book for all seekers of meaning

A failed relationship, a job that doesn't make him happy – in Chris Bloom's life, one dream after another shatters. He has the feeling that he is only functioning instead of living. Until he takes flight and asks himself: And what if it turns out all right in the end? Using his own life story and the learnings from his journey to himself, the successful HEARTset coach, therapist and podcaster explains how we can reconnect with our true selves. He gives tips that help to let go of negative beliefs and blocking behaviour patterns and to live a conscious and fulfilled life. Because the most important relationship is the relationship with ourselves – then the rest (almost) works itself out!

Chris Bloom is a successful podcaster, coach and therapist. At the age of 28 and with an MBA in his pocket, he came back from the USA full of anticipation – but then suddenly nothing was as it should be. His long-term relationship ended and Chris found himself at a crossroads: does he follow his heart's path or stay true to his old patterns? Since then, his mission has been: Love yourself and the rest will follow! With his podcast "Realtalk for your soul" he reaches tens of thousands of people. He is also the founder of the "Chris Bloom Academy", which accompanies people into a fulfilled life and trains HEARTset coaches. The core topics of his work: healing old patterns, consciousness development and self-love. His motto: HEARTset on!

Selling points and marketing:

- Entertaining, well-founded and practically experienced: The author is an expert in the field of personality development



Publication:	21.03.2023
Author:	Gärtner, Heiko; Krüger, Tobias
Title:	Get out of the daily grind, into adventure! 50 microadventures that bring fun and fulfilment
Pages/Cover/Format:	288 pages, softcover, 170x240mm
ISBN:	978-3-7474-0499-7
Price:	D: 18,00 EUR, A: 18,60 EUR

From two people who should know: Heiko Gärtner and Tobias Krüger are survival experts and trained wilderness trainers and run a wilderness school

Unfortunately, experiencing adventure is often neglected in our everyday lives, but it doesn't take much: curiosity, a desire for more variety in life and the 50 exciting suggestions in this book are enough. The best thing about it is that when we become an adventurer, we leave our comfort zone and experience more freedom, self-efficacy and personal growth.

The 50 microadventures offer exciting and tried-and-tested suggestions on how to achieve this quite easily, whether alone or together with others. Whether ice bathing, playing city roulette or exploring lost places: The authors show how it can be done, what is needed and what needs to be taken into account. And with the many possible variations, we get plenty of tips to experience more adventures. We just have to start – because every adventure begins with a first step.

Heiko Gärtner is a cave rescuer, national park ranger and survival expert, among other things. His CV reads like a thriller and he has already worked as a consultant and protagonist for countless television formats. He lived in the forest for more than a year, visited various primitive peoples and hiked 3300 kilometres with nothing but Stone Age equipment. Together with Tobias Krüger, he blindly climbed the Zugspitze and hiked 45,500 kilometres around the world on foot and without money.

Tobias Krüger is a wilderness teacher, adventure educator and adventurer. Among other things, he lived with a Mayan tribe in Guatemala and has been working with Heiko Gärtner for many years in the field of wilderness, survival, environmental education and natural medicine. In the process, they both travelled the world without money for more than 8 years and walked through 58 countries. They currently live in Sweden and are building one of the largest expedition vehicles in the world.

Selling points and marketing:

- 50 small and larger adventures and how best to tackle them – with many concrete tips on equipment, costs, duration or individual variation possibilities



Publication:	25.04.2023
Author:	Maas, Anita
Title:	Your Nature Retreat Find inner peace and strength with the four elements
Pages/Cover/Format:	256 pages, softcover, 120x187mm
ISBN:	978-3-7474-0547-5
Price:	D: 16,00 EUR, A: 16,50 EUR

After forest bathing, the new nature trend – drawing strength from the four elements

All too easily we get distracted and are constantly thinking about the future. As a result, we lose access to ourselves and our true nature. If we reflect on the four elements of fire, earth, water and air and connect with them, we can find peace and strength in nature. Nature coach Anita Maas presents the four elements with their respective qualities and relates how these elements make themselves felt in our daily lives. She explains how we can recognise that we are lacking an element and how we can strengthen it, because the balance of all elements, both in nature and in us, promises harmony and contentment. With simple exercises, nature rituals and examples of plants and power places, the book provides practical instructions for connecting with the elements. With the test "Which element type am I?", readers can quickly find out who they are. In this way, the book serves to grasp the basic building blocks of nature and their interaction on a deep level, and enables easy entry into nature connection.

Selling points and marketing:

- Unique spiritual nature guide
- Practical approach: with many exercises, rituals and an element type test
- Anita Maas is an author, editor of a successful spiritual magazine and a nature coach



Publication:	20.06.2023
Author:	Kopp, Maria
Title:	Floral Line Art Blumen einfach selber zeichnen lernen – mit Materialkunde sowie allen Grundlagen und -techniken
Pages/Cover/Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7474-0520-8
Price:	D: 15,00 EUR, A: 15,50 EUR

Line art is the trend that is dominating the whole creative social media world right now

Drawing flowers in line art style is easy! All you need is paper and a fineliner and you're ready to go. In the fundamentals section, all the important basics of the line art technique are taught as well as practical warm-up exercises for the hands. In the project section, many beautiful plant motifs are waiting to be traced. The floral motifs can be used in various areas: greeting cards, posters, walls or shoes – everything is possible!

Maria Kopp did not have much contact with art during her school years. After graduating from high school, she studied business administration for two semesters before starting an apprenticeship as a hearing aid acoustician. After graduating, she directly started her master's degree and successfully completed it in 2017. In the meantime, she works as a specialist business manager. In Lockdown 2020, she started with handlettering, but discovered her passion with line art. She founded her business "Die Wolkenletterei" and has been giving workshops ever since.

Selling points and marketing:

- Detailed basic section for introduction to the line art technique
- Plants and plant compositions can be traced – lilies, anemones, monstera, ferns, peonies and many more
- Absolutely versatile motifs for greeting cards, posters, notebooks – and even for shoes and walls



Publication:	21.03.2023
Author:	Borges, Inga; Conrad, Simone
Title:	Cute Amigurumi – The Basics All techniques and many insider tips
Pages/Cover/Format:	288 pages, hardcover, 190x240mm
ISBN:	978-3-7474-0539-0
Price:	D: 22,00 EUR, A: 22,70 EUR

The basic guide to the big amigurumi trend

The amigurumi trend is unstoppable – the ideas for the cute crochet figures are endless. With the right instructions, anyone can crochet the perfect amigurumi! No matter if you have just started this great hobby or if you have already spent a few hours at the crochet hook: "Cute Amigurumi – The Basics" offers the concentrated amigurumi knowledge in one book, because the classic basic parts in instruction books often only offer the very basics for the beginning. But for a really successful amigurumi, you need the real insider tips and expert tricks.

Inga Borges accompanies the crocheter step by step on the way to perfect amigurumi. You will learn all the important amigurumi techniques and various variations that will make amigurumi crocheting easier. Crocheters will learn how to individually design their own figurines and how to make each amigurumi even better.

Simone Conrad is a crochet and DIY blogger. Alongside her very technical job and life with three children, she needs a creative balance. This is the best way for her to relax and also bring joy to others when she shares her tutorials with them. She has crocheted countless amigurumi so far, which she likes to keep for herself, but has to share with her children from time to time.

Inga Borges is a designer and founder of the label "Frau Line". She learned to crochet before she started school – and hasn't let go of the needle since. She regularly blogs about crochet, handicrafts and sustainability on frau-line.de and works as an author for crochet books. She creates her own designs and instructions, writes for her blog and develops new books. Especially crochet appliqués and amigurumi are among her favourite designs. And the rule is always: the more colourful, the better!

Selling points and marketing:

- Comprehensive reference book for crocheting amigurumis
- Everything included: material and tool knowledge, crochet stitches and techniques as well as effects and embellishments
- All techniques, including different variations, are explained with easy-to-understand step-by-step pictures – for beginners and advanced crocheters alike
- Includes three amigurumi instructions by the well-known amigurumi designer @ms.eni



Publication:	21.03.2023
Author:	Dargel, Jennifer
Title:	Terrazzo decoration ideas – easy to create yourself More than 15 DIY projects with all the basics and techniques
Pages/Cover/Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7474-0536-9
Price:	D: 15,00 EUR, A: 15,50 EUR

The new DIY trend – casting terrazzo projects

Big love for terrazzo! You can see beautiful objects in the tile chip look everywhere right now and now DIY enthusiasts can cast their own terrazzo projects themselves.

With all the fundamentals and techniques in the detailed basic section, you'll be a terrazzo pro in no time – with useful tips & tricks!

A multi-faceted selection of projects: Jewellery bowls, coasters, flower pots and vases, candle holders, soap dishes and much more.

Behind the label "Sonntagskreativität", founded in 2017, is the artist Jennifer Dargel, who fulfilled a childhood dream by opening her own creative studio in Düsseldorf in 2022. Here she designs modern embroidery art, repairs clothes, casts terrazzo ceramics, weaves large and small tapestries and much more. But she doesn't do that exclusively; in workshops – online and on site – she teaches others how to be creative (by hand).

On her Instagram profile of the same name (@sonntagskreativitaet), she takes her subscribers with her into her colourful and varied everyday life, which, thanks to the great support, no longer takes place only on the weekends.

Her goal is to pass on her passion and to prove that creative work can also be a balance in adulthood that is great fun.

Selling points and marketing:

- Beautiful DIY projects, perfect for decoration or as a gift
- All the important basics and techniques with numerous illustrations make it easy to get started
- 15 beautiful terrazzo projects with detailed step-by-step instructions – coaster, flowerpot, tray, candlestick, soap dish and much more



Publication:	25.04.2023
Author:	Helten, Andrea
Title:	Counting down to Ommm Relaxed through everyday family life with yoga, mindfulness and self-care. Over 65 exercises and rituals for young and old
Pages/Cover/Format:	160 pages, softcover, 190x240mm
ISBN:	978-3-7423-2321-7
Price:	D: 20,00 EUR, A: 20,60 EUR

The first yoga book for the whole family

The stressful everyday life of modern families is sometimes very stressful for young and old and it is not always easy to reconcile all the appointments and wishes. Yoga can be the perfect balance. It is not only parents who are plagued by home office, household and leisure time stress who benefit from the relaxing effect. Even teenagers in hormonal chaos are supported by balancing asanas or children under pressure to perform at school are relieved. Children's yoga expert and family coach Andrea Helten shows over 65 exercises and rituals for typical everyday situations from morning to evening. True to life and tongue in cheek, she explains how families can meet the different needs of their members and relax together. Lovely illustrations also help children with the implementation. Whether patchwork, extended family or single parent – this is how everyone succeeds in living together mindfully and harmoniously!

Andrea Helten is a yoga teacher for adults and children, blogger and potential development coach. She was a news editor for MTV and VIVA for ten years and started yoga in 2005, shortly before the birth of her daughter. Helten has been running the blog Kinderyogaberlin.com for over ten years and has already published several books with riva Verlag. In her podcast "Familie Ommm" she talks about her experiences in the fields of yoga, mindfulness and working with children and families.

Selling points and marketing:

- Author is an expert for children's yoga and family coach
- Modern illustrations with various family constellations and written in a humorous and true-to-life way
- With over 70 exercises and rituals

riva



Publication:	25.04.2023
Author:	Gross, Dr. med. Katrin
Title:	100 questions for your gynaecologist The most important facts and tips on sexuality, contraception, vaginal flora, the female cycle and common complaints
Pages/Cover/Format:	208 pages, softcover, 148x210mm
ISBN:	978-3-7423-2395-8
Price:	D: 16,00 EUR, A: 16,50 EUR

Women's health is currently a much-discussed topic with great media attention

Finally, women's health is no longer a taboo subject! But some myths persist and many women are still uncomfortable talking openly about topics like sex or menstrual cramps. In her book, gynaecologist Dr Katrin Gross addresses all the unanswered or even unasked questions and offers readers a comprehensive and relaxed consultation hour full of information and practical advice on anatomy, hormone balance, contraceptive methods, sexually transmitted diseases or pain during sex. Evidence-based, easy to understand and completely relaxed, she explains what it takes to protect the health of the female body: How do you keep the vaginal microbiome in balance? Is intimate shaving dangerous? Why should you exercise the pelvic floor? How can you effectively treat PMS? And what helps with vaginal dryness? Answers to questions like these help women make the right decisions for themselves and their unique physiology. Because only knowledge about their own bodies gives them the power to confidently stand up for their health.

Dr Katrin Gross is a specialist in gynaecology and obstetrics. During her medical studies at the University of Tübingen, she led a working group for sexuality education. Today she works in a women's clinic. In her successful podcast "Clitoria's Secrets", she talks about topics related to women's health together with her friend Ronja Hoffmann – for all those who don't have a gynaecologist for a friend.

Selling points and marketing:

- Entertaining reading and reference work in one: clear structure for quick advice on gynaecological questions

riva



Publication:	18.07.2023
Author:	Czech, Jasmin; Brömsen, Julia
Title:	100 questions for your midwife Everything you need to know about pregnancy, birth, postpartum, breastfeeding, postnatal care and the early days with your baby
Pages/Cover/Format:	208 pages, softcover, 148x210mm
ISBN:	978-3-7423-2406-1
Price:	D: 16,00 EUR, A: 16,50 EUR

Compact knowledge on the 100 most important questions about pregnancy and birth

Pregnant women and new mothers have countless questions, from "I am pregnant – what do I have to do now?" to "What birth positions are there?" to "What should I do in case of milk congestion or mastitis?" Midwives Jasmin Czech and Julia Brömsen, known on social media as "Momallie", want to fill this gap with their book. Based on their many years of in-depth experience, they have collected the 100 most burning questions that every (expectant) mother really asks – or should ask. They explain the necessary examinations, nausea, gestational diabetes and other complaints, advise on birth plans and how to find a clinic, and show what to do when weaning, why pelvic floor training is so important and what helps against rectus diastasis. They also accompany the baby's first developmental steps. Paired with many practical tips, to-do lists and exercises, they help women through this exciting, challenging, but also wonderful time.

Jasmin Czech felt called to be a midwife as a teenager. Today she works in the same clinic where she was born. In addition to her work in the hospital, she accompanies women in pregnancy, during birth and in postnatal care on a freelance basis. In addition, she completed further training in taping, is a breastfeeding specialist and is currently taking further training in acupuncture.

Julia Brömsen has been working as a midwife for over 20 years. In addition to her midwifery training, she has completed further training in TCM, taping, Reiki and homeopathy. The mother of three children has already accompanied countless women before, during and after birth – whether in her practice, in courses or in the delivery room. There she also met her colleague Jasmin Czech, with whom she founded the platform "Momallie" in 2021 and now accompanies expectant mothers together – online and offline.



Publication:	25.04.2023
Author:	Sütfels, Dr. med. Gerrit
Title:	Allergies? Without me! The natural way to a symptom-free life. With programmes against hay fever, asthma, neurodermatitis and food allergies
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-2337-8
Price:	D: 18,00 EUR, A: 18,60 EUR

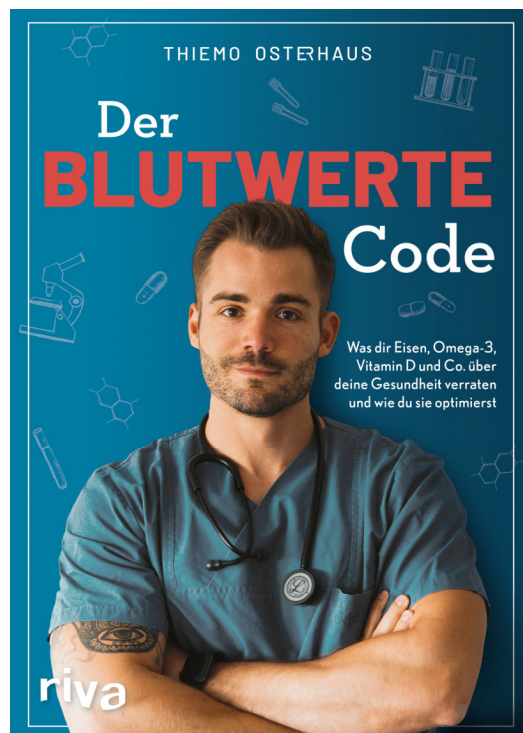
Huge target group: around 30% of people struggle with allergies

About a third of people worldwide suffer from an allergy – whether to pollen, house dust, animal hair or food – and the number of people affected continues to rise as modern lifestyles make people more and more sensitive. In addition, new allergens are emerging as a result of environmental changes. The quality of life of allergy sufferers is often enormously limited: being permanently accompanied by a runny nose, an irritating cough and even shortness of breath, itchy and sore skin or digestive problems is not only exhausting for the body but also for the psyche. The holistic physician and allergy expert Dr. Gerrit Sütfels explains how to alleviate the symptoms of an allergy on the one hand, and how to effectively tackle the cause, which is hidden in an erroneous reaction of the immune system to actually harmless substances, on the other. He presents natural and effective measures – such as the use of medicinal plants, cold baths, acupressure or relaxation methods – to get the misdirected immune system back on track. From this, individual programmes can be designed to provide the right help for every type of allergy. This is an uncomplicated and natural way to alleviate symptoms and increase physical and mental well-being!

Dr. Gerrit Sütfels is a specialist in general medicine with a focus on holistic medicine. After studying medicine, he initially worked in internal medicine before focusing on the natural treatment of ailments by moving to a naturopathy clinic. Since 2010, he has been part of the practice for holistic medicine in Düsseldorf, which he has led since 2013.

Selling points and marketing:

- Measures for acute immediate relief as well as permanent relief
- Natural alternatives to cortisone and antihistamines
- Cause-oriented treatments for long-term regulation of the immune system



Publication:	25.04.2023
Author:	Osterhaus, Thiemo
Title:	The blood level code What iron, omega-3, vitamin D and co. tell you about your health and how you can optimise them
Pages/Cover/Format:	224 pages, softcover, 170x240mm
ISBN:	978-3-7423-2400-9
Price:	D: 22,00 EUR, A: 22,70 EUR

The explanatory book on blood levels

Blood levels reveal essential information about the state of the body – for example, where the causes of lack of energy, concentration difficulties, problems losing weight and many other complaints may lie. But very few doctors are able to interpret the values correctly. The functional physician Thiemo Osterhaus has made it his task to remedy this deficiency and to impart the necessary knowledge not only to doctors but also to those affected. In his first book, he shows how to analyse and use blood values to optimise one's own health. He explains how deficiencies in omega-3, iron, vitamin D, folic acid, magnesium and co. arise, what consequences they have for the body and how to compensate for them with dietary supplements and lifestyle changes. Individual sample therapy plans help with specific symptoms or health goals – be it to gain more energy, reduce weight, achieve a regular cycle or increase athletic performance. This way, everyone can take their health into their own hands!

Thiemo Osterhaus is a doctor, author, speaker and founder of the Medletics Academy. He shares his passion and expertise for health as a content creator on various social platforms. He practices in the [BO]dygraph group practice for functional medicine in Munich.

Selling points and marketing:

- Complex correlations explained simply
- Guidance for self-help through detailed therapy plans for specific complaints

riva



Publication:	21.02.2023
Author:	Dr. med. dent. Neubauer, Alexander
Title:	The secret power of teeth The true cause of chronic diseases and why holistic biological dentistry is the key to a long and healthy life
Pages/Cover/Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-2290-6
Price:	D: 20,00 EUR, A: 20,60 EUR

Futurologists say holistic medicine is one of the biggest growth markets of the future

Chronic diseases are increasing dramatically worldwide, without medicine having found any promising solutions yet. What many people do not know, but experts confirm: 70 percent of all chronic diseases can have their cause in the mouth. Acute inflammations, metals that have a toxic effect, dead teeth that promote bacterial growth, or "holes" in the jawbone that produce dangerous messenger substances – all of these can put a strain on the immune system and lead to chronic diseases. If the dangers and pathogens are not recognised, it can lead to a fatal health breakdown – a development that holistic biological dentistry aims to counteract. These exciting backgrounds and connections are illuminated by the internationally recognised expert Dr. med. dent. Alexander Neubauer in his first book. With the help of numerous practical examples, he shows the possible solutions offered by modern holistic biological dentistry and gives practical tips and recommendations for action. In this way, everyone can take their health into their own hands and live a long and pain-free life.

Dr. med. dent. Alexander Neubauer is one of the first specialists in biological dentistry in Europe and has had his own practice since 2004. He is known through national and international lectures, his own seminars and his work as a mentor for aspiring dentists. In 2019, he founded the holistic centre MEDIDENT BAVARIA, which is now a point of contact for patients from all over the world. In his podcast and on his website medident-bavaria.de, he presents numerous topics related to holistic health.

Selling points and marketing:

- Dr. med. dent. Alexander Neubauer is one of the first specialists for biological dentistry in Europe
- With numerous practical tips on dental and oral hygiene as well as nutrition and detoxification



Publication:	21.03.2023
Author:	Dr. med. Pfau, Anja
Title:	Kidney stones – recognise causes, correct treatment, prevent relapses
Pages/ Cover/ Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-2268-5
Price:	D: 18,00 EUR, A: 18,60 EUR

Many of those affected by kidney stones end up needing surgery – even though there are numerous ways to effectively prevent them. Dr. med. Anja Pfau shows in detail what causes kidney stones can have and what one can do oneself to prevent the occurrence of new stones. The reader learns which medicines help with persistent kidney stone disease, how relapses can be prevented naturally, what needs to be taken into account in the diet and when it should be clarified whether a serious disease is hiding behind it. The author takes the reader with her into her consultation hours, in the truest sense of the word: in a fictitious doctor-patient conversation, the most frequently asked questions about kidney stones are answered – clear, close to the patient and professionally sound.

Dr. med. Anja Pfau is a specialist in internal medicine and nephrology. For several years, she cared for patients with chronic kidney stone disease in a special consultation at the Charité in Berlin. She is co-author of numerous articles on the topic of kidney stones in national and international journals. She is currently working as a nephrologist back in her home in Bavaria.

Selling points and marketing:

- Author cared for patients with chronic kidney stone disease at the Charité Hospital in Berlin for several years.
- Written in an entertaining way based on a fictitious doctor-patient consultation



Publication:	21.02.2023
Author:	Kohlhof, Matthias
Title:	Less is more – recognising and avoiding medication risks Why too many medications cause serious complaints in older people and what those affected and their caregivers can do
Pages/Cover/Format:	176 pages, Softcover, 170x240mm
ISBN:	978-3-7423-2254-8
Price:	D: 20,00 EUR, A: 20,60 EUR

More than half of people over 65 swallow five or more pills every day

More and more patients are being exposed to increasing overmedication and thus unnecessary risks. This is because the more diagnoses are made, especially among older people, the more medication doctors prescribe without first asking about existing medication use. This means that the doctor cannot determine whether any new symptoms or complaints have already arisen as an adverse reaction from the current medication – and whether the treatment approach is effective. In order to sensitise those affected and their caregivers to this important topic, the geriatric pharmacist Matthias Kohlhof advises them to take a closer look at the risks. Over many years, he has entered the expert information on medicines into a database and developed a tool for medication risk presentation, which he presents in this book. He describes in detail the most common indications such as dementia, cardiovascular complaints, depression, urinary incontinence or renal insufficiency and their medication risks. With this knowledge, it is easier and more targeted to classify symptoms that are triggered by medication, to make a doctor's discussion more constructive and to avoid overmedication and its negative consequences in the future.

Matthias Kohlhof is a geriatric pharmacist and has specialised in the presentation of medication risk situations. To this end, he has, over the course of many years, incorporated the legally prescribed specialist information on medicines into an extensive database in order to be able to evaluate medication risks for patients. In addition, there are commissioned analyses for doctors, pharmacists, health insurance companies and caregivers.

Selling points and marketing:

- The first guidebook to address the widespread but unnecessary practice of overmedication
- The author has developed a unique database tool for evaluating polymedications
- A guide for those affected and their carers to ask their doctor the right questions



Publication:	21.02.2023
Author:	Misfeld, Tuula
Title:	Aromatherapy for seniors How to relieve joint pain, stabilise blood pressure, strengthen the immune system and support memory with essential oils. With over 100 oil blends
Pages/Cover/Format:	192 pages, Softcover, 170x240mm
ISBN:	978-3-7423-2296-8
Price:	D: 16,00 EUR, A: 16,50 EUR

Without risks and side effects: the purely herbal and natural alternative to chemical medicines

The trend towards natural medicine is growing steadily. Older people are also increasingly turning to natural remedies, as they are a gentle alternative to sometimes aggressive medicines. Aromatherapy is the right approach for this, because essential oils not only smell fantastic and are easy to use, they also have antiviral and anti-inflammatory properties. All this makes them the ideal helpers for numerous classic ailments of old age – whether aching muscles and joints, chapped, sore skin, high blood pressure, nail bed or gum inflammation, irritable cough or heartburn. Aroma expert Tuula Misfeld has gathered her knowledge from decades of experience to offer as many seniors as possible access to quick help. The more than 100 recipes ensure a relaxed and pain-free musculoskeletal system, inhibit inflammation and promote wound healing. The fragrance oils also have a positive effect on mental well-being. They improve sleep, ensure inner peace and even train the memory. The perfect remedy for more freedom from complaints and joy of life, even in old age!

Tuula Misfeld is a trained nurse, alternative practitioner and medically certified aroma expert. For more than 20 years, she has been dealing with the effects of essential oils and, as a self-employed aromatherapist, she passes on her knowledge in lectures, training courses and workshops. She works with hospitals and pharmacies, among others.

Selling points and marketing:

- The author works closely with hospitals, senior residences and hospices.
- Scented oils can be used to train not only the sense of smell, but also memory and cognitive skills
- Over 100 simple recipes for oil mixtures for topical application, for the fragrance lamp or as a bath additive

riva



Publication:	23.05.2023
Author:	Wolter, Veronika Dr. med.; Weidemann, Mario
Title:	I hear you How I, as a deaf ear doctor, help hearing-impaired and deaf people to hear again
Pages/Cover/ Format:	208 pages, softcover, 145x215mm
ISBN:	978-3-7423-2305-7
Price:	D: 17,00 EUR, A: 17,50 EUR

Hearing loss – the new widespread disease: one in eight of the iPhone generation is already affected, and the trend is rising

Hardly anyone can imagine what it feels like to lose their hearing from one day to the next. Veronika Wolter can. Meningitis had ended her life as a normal child. The world around her became quieter and quieter and finally mute. But she did not. She was not ready to accept this fate. So she fought. She became an ear doctor. And she got her hearing back by means of a cochlear implant.

Today, Dr. med. Veronika Wolter heads the Helios Hearing Clinic in Munich. She is Germany's first deaf chief physician in an acute hospital. And she has made it her mission to help other people to hear as well as possible and get out of silence.

In "I hear you", Veronika Wolter describes how she turned her supposed weakness into her greatest strength. And she shows that it is worth never giving up.

Dr. med. Veronika Wolter is the head physician at the Helios Hearing Clinic in Munich, a surgeon and specialist in ear, nose and throat medicine. She is married and the mother of two children.

Mario Weidemann, born in 1977, is a writer and copy editor. The freelance editor lives with his family in Wörth am Rhein.

Selling points and marketing:

- A poignant account of the fate of a woman who has conquered her deafness, and at the same time a gripping professional memoir of a doctor who helps hearing-impaired people to hear again

riva



NACKEN & SCHULTERN SCHMERZFREI IN 30 TAGEN

Über 90 Übungen gegen Verspannungen,
Blockaden und andere Beschwerden



riva

Gabriele Kiesling

Publication:	21.03.2023
Author:	Kiesling, Gabriele
Title:	Neck & shoulders – pain-free in 30 days Over 90 exercises against tension, blockages and other complaints
Pages/Cover/Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-2295-1
Price:	D: 20,00 EUR, A: 20,60 EUR

Over 90 exercises and programmes against neck and shoulder pain for everyday life

A stiff neck, cramped muscles, restricted movement – over 45 percent of Germans suffer from neck pain at least once a year, one of the most common orthopaedic complaints. Overstraining the upper spine and myofascial structures – often caused by desk work, excessive mobile phone use or incorrect strength training – leads not only to discomfort in the neck, but also in the shoulders and arms. Often, the initially acute pain turns into chronic medical conditions such as migraine, CMD, frozen shoulder or carpal tunnel syndrome. To counteract this negative development, physiotherapist Gabriele Kiesling has created a programme against neck pain based on her proven 30-day concept. With exercises suitable for everyday use, those affected can release tension and blockages step by step, restore their mobility and live pain-free!

Gabriele Kiesling is a physiotherapist with her own practice in Berlin, managing director of the German Institute for Quality in Physiotherapy (Berlin) and co-founder of the Federal Association of Independent Physiotherapists (IFK). She is credited with numerous innovative concepts for quality assurance in neuro-orthopaedic physiotherapy. For decades she has been involved in the empirical assessment and treatment of body fascia, also in cooperation with the Fascia Research Group of the Technical University of Munich under the direction of Dr. Robert Schleip. This expertise underpins the fascia physiotherapy she has named. Randomised studies have confirmed the effectiveness of her exercise methodology. With her successful books in the "Physiotherapy for the Home" series, Gabriele Kiesling provides understandable exercise literature for patients and lay people.



Publication:	21.03.2023
Author:	Prof. Dr. Wackerhage, Henning; Heiber, Marie
Title:	Strong muscles in old age How to prevent sarcopenia, avoid falls and stay mobile for a long time. With effective training programmes against muscle atrophy
Pages/Cover/Format:	240 pages, softcover, 190x240mm
ISBN:	978-3-7423-2245-6
Price:	D: 22,00 EUR, A: 22,70 EUR

One in two people over the age of 80 is affected by sarcopenia, the age-related deterioration of the muscles

Between the ages of 30 and 50, muscle mass and function begin to decline, and from the age of 60 this process accelerates. The lack of muscles reduces strength and responsiveness, which in turn increases the risk of falling. For men over 70, the probability of such accidents is 50 percent, for women of the same age even more than 60 percent per year. Studies and research have shown that with fitness training, the fall rate in homes could be reduced by 40 percent. This proves that it is essential to keep muscles fit for as long as possible. Prof. Dr. Henning Wackerhage, Head of Sports Biology at the Technical University of Munich, and Marie Heiber, sports scientist specialising in sports physiology, show how best agers and seniors between 60 and 80 can build up strength again with suitable exercises to counteract sarcopenia, the loss of muscles in old age. In addition to detailed information on sarcopenia, prevention and possible consequences, as well as simple nutrition tips, over 50 exercises are described in detail and illustrated. This guidebook helps all seniors to stay mobile in everyday life for a long time!

Prof. Dr. Henning Wackerhage heads the Chair of Sports Biology at the Technical University of Munich. His field of research is molecular sports physiology, which deals with adaptation mechanisms to sports training, including genetics. His focus is on the musculature. He has also conducted several studies on sarcopenia, muscle atrophy in old age. As a middleager, he keeps fit with strength training, cycling and cross-country skiing.

Marie Heiber is a sports scientist specialising in sports physiology at the Technical University of Munich. Her main interest lies in the molecular adaptation of the human body stimulated by strength and endurance training. Her personal passion is weight training – since 2018 she has been training powerlifting at the state base in Munich.

Selling points and marketing:

- First fitness book on the subject of sarcopenia
- Over 50 illustrated exercises and training plans for three age groups



Publication:	21.03.2023
Author:	Kraft, Susanne
Title:	Fit for the mountains The training programme to help you climb every peak
Pages/Cover/Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-2301-9
Price:	D: 20,00 EUR, A: 20,60 EUR

Mountain sports are becoming more and more popular

Whether hiking, mountaineering or climbing – mountain sports are more popular than ever! But in order to climb summits successfully and without injury, the right preparation is essential. Sports scientist and mountain blogger Susanne Kraft provides the perfect training programme. In addition to 40 illustrated exercises to train strength and endurance, she shows ways to stabilise the body and thus avoid injuries to the ankle or knee. The training plans for injury prevention and preparation for tours with different altitudes are suitable for beginners as well as for advanced people, and promise quick success. This is how everyone gets through the mountain season fit and having fun!

Susanne Kraft is a sports scientist, training therapist and enthusiastic mountain sportswoman. In her studies at the University of Salzburg, she specialised in prevention and training in mountain and endurance sports. Since then, she has been helping athletes to move healthily in the mountains and to become more efficient. On her blog "Berghasen.com" and on social media, she inspires her readers with tour tips and sports science contributions.

Selling points and marketing:

- The first fitness book for hikers and mountain athletes
- 40 exercises and 6 training plans for beginners and advanced hikers

riva



Publication:	21.02.2023
Author:	Tschirner, Thorsten
Title:	50 workouts for runners Improve running performance, set new training stimuli, prevent injuries
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-2300-2
Price:	D: 12,00 EUR, A: 12,40 EUR

Successful "50 Workouts" series with over 200,000 copies sold

Running is an immensely popular sport. To avoid common runner problems such as one-sided strain, injuries, lack of variety or stagnating performance, additional workouts are the perfect complement for a balanced training. Sports journalist and personal trainer Thorsten Tschirner shows the 50 best exercise series to improve performance, set new training stimuli and prevent complaints. Strength and endurance are built up as well as flexibility and stabilisation are promoted. The illustrated exercises and clearly designed workouts make implementation easy. Whether beginner or marathon runner – with the effective exercise sequences, everyone can make their training versatile, improve their running style and run faster or longer.

Thorsten Tschirner studied sports science and journalism before working for many years as a personal trainer, health and sports consultant and manager for well-known fitness studios and hotels. Today he works throughout Europe to contribute his broad expert knowledge in the tourism and health sector. He has already written several successful guidebooks on the topics of fitness and muscle building.

Selling points and marketing:

- 50 varied exercise series for beginners and advanced runners
- Tried and tested workout concept with great value for money

riva



Publication:	18.07.2023
Author:	Fastner, Gabi
Title:	50 Workouts - Morning Exercise Fit, agile and full of energy into the day
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-2410-8
Price:	D: 12,00 EUR, A: 12,40 EUR

Successful "50 Workouts" series with over 200,000 copies sold

Exercising in the morning is a real challenge for most people. Yet early morning exercise lifts the mood, provides more energy for the day and can boost fat burning by more than 20 percent, as studies show. The popular "Tele-Gym" trainer and gymnastics teacher Gabi Fastner presents the 50 best exercise series that motivate even bad-tempered morning grouches. Whether relaxed stretches, light gymnastics, gentle yoga or exhausting cardio units – there is a suitable workout for every mood and fitness level. The training improves mobility, promotes the cardiovascular system, gets the metabolism going and strengthens muscles and joints to stay mobile and fit for a long time. The training units, which are described in detail and fully illustrated, can be easily integrated into the morning routine. This guarantees a balanced start to the day!

Gabi Fastner is a state-certified gymnastics teacher and author of numerous fitness guides. She is known to a wide audience through her appearances on the popular TV series "Tele-Gym" and her videos on YouTube, which have been viewed millions of times. She also trains future gymnastics teachers in Munich and develops new training concepts such as TIEMU, Functional Figure Training and Brasil Workout.

Selling points and marketing:

- Videos by the author on the topic of "morning exercises" in high demand with over 800,000 views
- 50 exercise series for more energy, concentration, mobility and less stress in everyday life

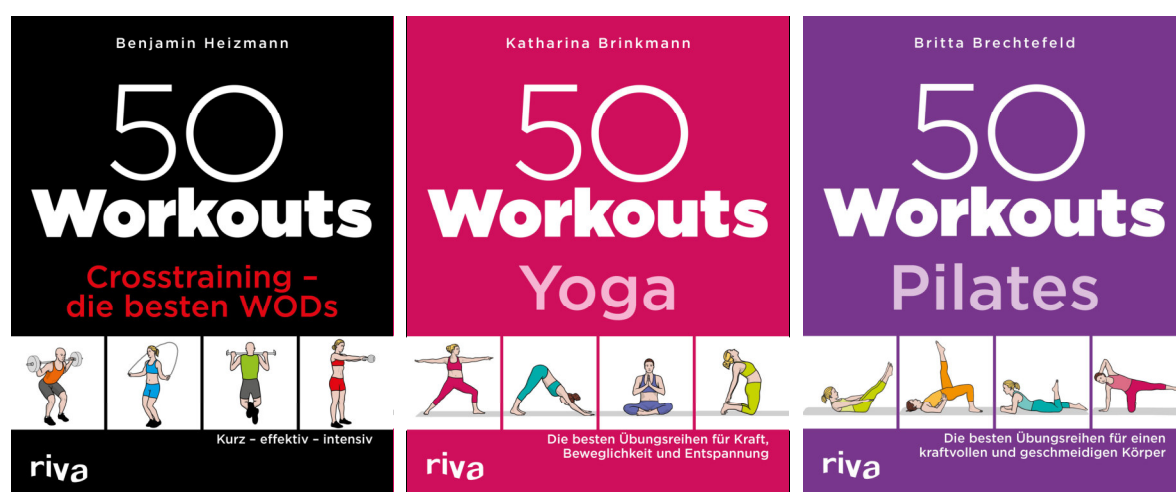
riva

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.



Published 10.04.2017 144 pages	Published 10.04.2017 144 pages	Published 13.11.2017 128 pages
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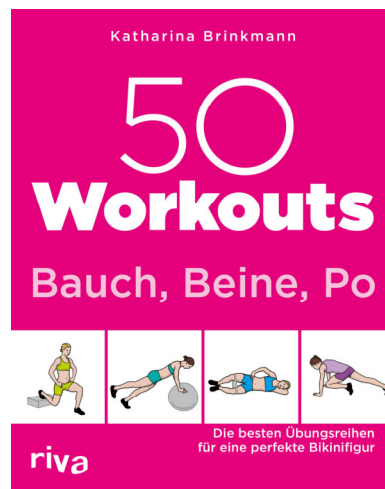


Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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Published 11.09.2019
144 pages



Published 17.03.2020
128 pages



Published 17.03.2020
144 pages



Published 29.12.2020
128 pages

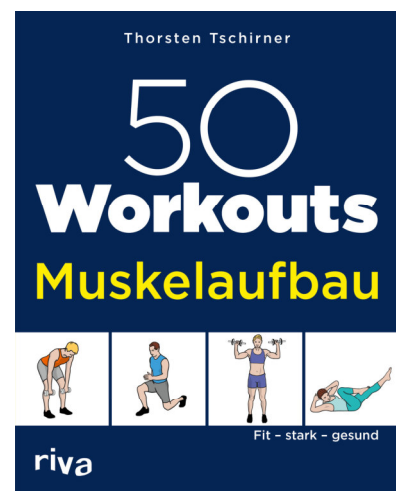


Published 20.04.2021
144 pages



Published 20.04.2021
144 pages

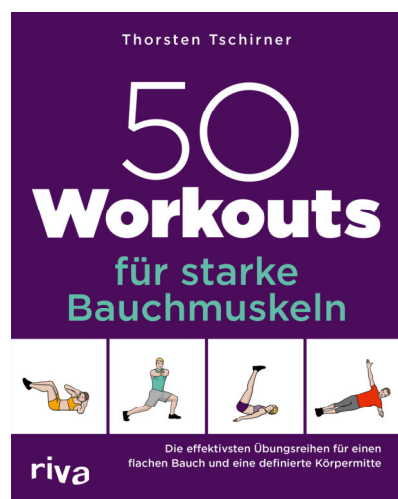
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Published 20.04.2021
144 pages

Published 25.10.2021
144 pages

Published 25.10.2021
144 pages



Published 22.02.2021
144 pages

Published 16.08.2022
144 pages

Published 20.09.2022
144 pages

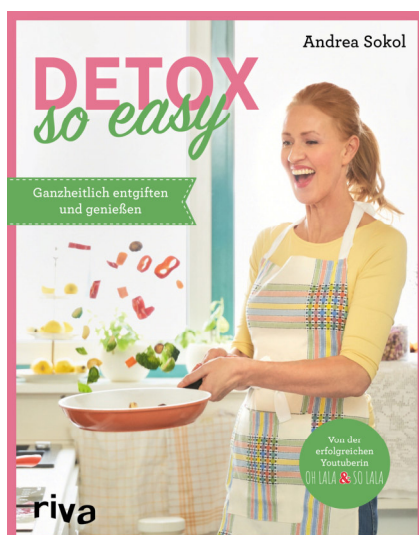
riva



Publication:	21.03.2023
Author:	Sokol, Andrea
Title:	Clean Food Eat pure – enjoy balanced – live healthy
Pages/Cover/Format:	176 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2259-3
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	24.01.2023
Author:	Sokol, Andrea
Title:	Easy Alkaline Fasting How to activate the self-healing powers of your body
Pages/Cover/Format:	160 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2260-9
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	24.01.2023
Author:	Sokol, Andrea
Title:	Detox – so easy Detoxify holistically and enjoy
Pages/Cover/Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7423-2261-6
Price:	D: 20,00 EUR, A: 20,60 EUR

riva



Publication:	25.04.2023
Author:	Pichl, Veronika
Title:	Perfect pizza The best recipes for the Italian classic
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-2270-8
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	25.04.2023
Author:	Pichl, Veronika
Title:	Crazy pizza Fancy recipe ideas: Pizza wreath, pizza donuts, pizza popcorn and more
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-2272-2
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	21.03.2023
Author:	CALLEkocht
Title:	Grandma's fast cuisine Favourite dishes without frills
Pages/Cover/ Format:	128 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2320-0
Price:	D: 19,00 EUR, A: 19,60 EUR

riva



Publication:	25.04.2023
Author:	Pichl, Veronika
Title:	The barbecue book for women The best recipes for the BBQ
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-2394-1
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	23.05.2023
Author:	Peneder, Julia
Title:	Montessori Ideas for the Kitchen – Cooking with Children Basics, impulses and recipes to promote your child's independence
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2205-0
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	25.04.2023
Author:	Gerhardy, Michael
Title:	Barbecue for Dudes The best BBQ recipes for men
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2325-5
Price:	D: 20,00 EUR, A: 20,60 EUR

riva



Publication:	20.06.2023
Author:	Pichl, Veronika
Title:	The Clever Kitchen: 100 % flavour – 0 % food waste Smart tips and over 100 sustainable recipes
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2379-8
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	18.07.2023
Author:	Rosenthal, Patrick
Title:	Easy Vegan Barbecue
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2416-0
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	22.08.2023
Author:	Kovalski, Nadja
Title:	Vegan – hearty and savoury 70 healthy and sugar-free recipes
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2409-2
Price:	D: 20,00 EUR, A: 20,60 EUR

riva



Publication:	23.05.2023
Author:	Pichl, Veronika
Title:	Barbecue: The perfect side dishes 70 Recipes for the Ultimate BBQ
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2413-9
Price:	D: 15,00 EUR, A: 15,50 EUR



Publication:	22.08.2023
Author:	Dr. Petersen, Dunja
Title:	The Fertility Cookbook Cycle-appropriate nutrition as preparation for a healthy pregnancy
Pages/Cover/Format:	160 pages, softcover, 190x240mm
ISBN:	978-3-7423-2418-4
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	22.08.2023
Author:	Pichl, Veronika
Title:	No desire to cook: The Cookbook Simple and creative express recipes for every day
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2425-2
Price:	D: 20,00 EUR, A: 20,60 EUR

riva



Publication:	23.05.2023
Author:	Wiechmann, Daniel
Title:	Sous Vide 75 recipes for incomparable taste
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2427-6
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	23.05.2023
Author:	Pichl, Veronika
Title:	The Glucose Formula: The Cookbook The best tips, tricks and recipes for regulating blood sugar levels
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-2435-1
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	19.09.2023
Author:	Pichl, Veronika
Title:	Simply pap free The Cookbook for Baby Led Weaning and Starting Baby Food
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2436-8
Price:	D: 18,00 EUR, A: 18,60 EUR



Publication:	21.03.2023
Author:	Neubauer, Franka
Title:	Drowning Shadows Lincoln Ballet Group
Pages/Cover/Format:	352 pages, softcover, 135x210mm
ISBN:	978-3-95761-224-3
Price:	D: 14,00 EUR, A: 14,40 EUR

A new star in the New Adult sky: breathtaking debut by Franka Neubauer

Grace has one goal: to find her place as a ballet dancer in New York. But life in the shining metropolis is not what she had hoped for. Despite panic attacks and nightmares, she manages to get by until she meets the choreographer Eliot at an audition for the Lincoln Ballet Group. Eliot, who clearly shows her that he doesn't want her to be there.

All the while, Eliot struggles with his own unique concerns: his first own performance is coming up in the winter, and it not only has to be perfect, but it throws him back to a time he wants to forget forever. He really could do without the confusing distraction in the form of the dancer Grace.

But the more time the two spend together, the closer they become. Only Eliot is not the only one struggling with his past, Grace also seems to be hiding something from him. Something that not only puts their hearts in danger, but also their lives...

Franka Neubauer was born in 2001 in Aachen, where she is currently still doing her Bachelor's degree. Since 2017, she has been blogging about books and her life on "@blogginwithfranka".

Selling points and marketing:

- Romantic suspense in the ballet milieu: two highly sought-after ingredients for a successful reading experience
- New York as a popular setting – especially authentic due to the author's own experiences



Publication:	23.05.2023
Author:	Pötzsch, Oliver
Title:	The Black Musketeers The Book of the Night
Pages/Cover/Format:	320 pages, hardcover, 145x215mm
ISBN:	978-3-95761-227-4
Price:	D: 14,00 EUR, A: 14,40 EUR

One for all and all for one:

When Lukas' mother is accused of being a witch and his father dies trying to save her, everything changes. While Lukas is able to flee from the inquisitor Waldemar von Schönborn, his little sister Elsa is left behind. Left to his own devices, the young count's son has only one goal: to find his sister and bring Schönborn to justice.

But what can a single boy do against a powerful Inquisitor?

On his way through a Germany devastated by the Thirty Years' War, Lukas finds good friends and a new goal: perhaps his father's legendary fencing troupe can help him – the Black Musketeers. But to find Wallenstein's bravest fighting force, they have to go straight to the front line of the war...

Oliver Pötzsch, born in 1970, first worked as a journalist and film author at Bayerischer Rundfunk after completing his studies. Today he lives as an author with his family in Munich. His historical novels have made him famous far beyond the borders of Germany: the volumes of the "Hangman's Daughter" series are international bestsellers and have been translated into more than 20 languages.

Selling points and marketing:

- Oliver Pötzsch convinces his young readers with a fantastic adventure novel set against the backdrop of the Thirty Years' War
- Successful blend of fantasy and history: exciting historical facts meet white witches and terrifying dream characters

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