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Autumn 2023  
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EDITION

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## Cooking & Indulging

2 – 25

Cooking & Indulging

## Health

26 – 37

Health

## Life Coaching

38 – 52

Life Coaching

## Spirituality

53 – 58

Spirituality

## Family

59 – 62

Family

## Nature

63 – 74

Nature

## General

75 – 82

General

## Travel

83 – 85

Travel

# Cooking & Indulging



Hardcover

**Petra Bracht, Johann Lafer, Roland Liebscher-Bracht**  
**Eating Against Pain**  
 90 delicious recipes to keep your locomotive system healthy and enjoy greater flexibility  
 Hardcover - approx. 240 pages  
 Format 21 x 26.5 cm

ISBN 978-3-8338-9079-6  
 € [D] 34,00  
 DOP 02 Aug 2023

More than 80,000 copies sold of *Eating Against Osteoarthritis*

Fit and free from pain into a ripe, old age just by following the right diet

Enjoy delicious vegan food with top chef Johann Lafer



**The new book by the bestselling trio of Bracht, Liebscher-Bracht and Lafer**

How can you enjoy a pain-free life? The top team of experts – nutritionist Petra Bracht, pain specialist Roland Liebscher-Bracht and star chef Johann Lafer – have found the answer! Together they have developed a holistic anti-pain programme that supports the body and relieves pain with little effort but to great effect. This book has nearly 100 sophisticated plant-based recipes containing valuable proteins, healthy fatty acids and plenty of fibre to boost the body's healing capacity. Combined with seven effective mobility exercises for all the major body parts – the head, abdomen, back and legs – the pain will go away immediately and be defeated for the long term. For more mobility into old age.

With his revolutionary new method, bestselling author **Roland Liebscher-Bracht** accompanies countless patients on the path to a pain-free life.

**Dr Petra Bracht** has focused on nutrition and pain therapy for more than 30 years. She is one of the most successful guidebook authors of recent years.



**Johann Lafer** looks back on a culinary career of more than 40 years. Numerous books attest that he is a master of his trade.

More than 88,000 copies sold



Eating Against Osteoarthritis

€ [D] 34,00  
 ISBN 978-3-8338-8912-7

More than 52,000 copies sold



Medical Cuisine

€ [D] 28,00  
 ISBN 978-3-8338-7776-6

More than 24,000 copies sold



Medical Cuisine - the Anti-Inflammation Cookbook  
 € [D] 30,00  
 ISBN 978-3-8338-8389-7



Softcover

**Weight Watchers**  
**Weight Watchers - The New 4-Week Power Plan**  
 Getting and staying slim the tasty way  
 Softcover - 160 pages - WG 1456  
 Format 17.0 x 23.5 cm

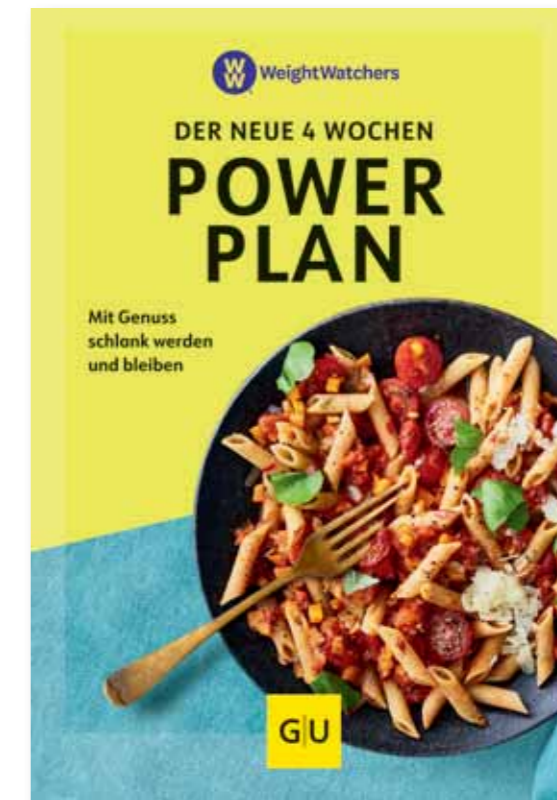
ISBN 978-3-8338-9257-8  
 € [D] 19,99  
 DOP 16 Dec 2023



The completely new million-selling book

The tried-and-tested Weight Watchers points system combined with a zero-waste strategy

**More flexibility thanks** to freely selectable breakfasts and snacks



A success story between the covers of a book – the Weight Watchers 4-Week Power Plan was first published 20 years ago and sold more than 1 million copies within seven years. Finally the time has come and the follow-up is here! Start a slimmer life with the new 4-Week Power Plan. Every day offers three healthy recipes that fill you up and at the same time help you shed weight – up to 1 kilogram per week. In this way, step by step you can get closer to your target weight without making any sacrifices. An extra chapter presents snacks and desserts that you can enjoy. In this book you will also learn the basics of the Weight Watchers success concept and find numerous tips for how to persevere with and stick to a healthy lifestyle.



Hardcover

Steffen Henssler  
100 Classic Recipes  
Your favourite recipes - made easy!  
Hardcover - approx. 240 pages  
Format 21 x 26.5 cm

ISBN 978-3-8338-9078-9  
€ [D] 29.90  
DOP 05 Oct 2023

More than 270,000 copies sold  
of *Henssler's Quick Number*

Guaranteed reach via  
Instagram and social media

A tried-and-tested  
concept – few ingredients  
cooked in no time



### The new book by TV celebrity and bestselling author Steffen Henssler

In his latest book in the Henssler's Quick Number series, Steffen Henssler proves once again that cooking doesn't have to be complicated and gets ready to attack some real classics. The result is a modern go-to cookbook for anyone who loves the classics such as spaghetti bolognese, Wiener schnitzel and cheesecake, and a must-have reference for anyone who wants to know how to prepare these dishes the easy way. With his cookbook, Steffen Henssler takes away the fear of cooking and explains how even more involved dishes, such as goulash, sauerbraten and stuffed cabbage rolls, are easy to make. Tips and tricks for every recipe guarantee multiple successes at the stove – because cooking can be so easy!

More than 270,000 copies sold



Henssler's Quick Number

€ [D] 26.00  
ISBN 978-3-8338-7777-3



Cookie Monster Foodie Truck  
With Steffen Henssler  
€ [D] 17.99  
ISBN 978-3-8338-9045-1



Hardcover

Mario Kotaska  
Cooking Hard At Work  
No time – but tasty food nevertheless  
Hardcover - approx. 160 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-8823-6  
€ [D] 24.00  
DOP 04 Sept 2023



### Casual and delicious food in the middle of the desk-kitchen struggle

Mario Kotaska provides answers to the question "What am I going to cook today?" – with charm and cleverness

The chef's best tips for really making everyday cooking easy

The right recipe for every situation – from take-aways and extra-fast food to the clever use of leftovers

We all know about the struggle between desk and kitchen – meals are supposed to be fresh and tasty, varied and quick. Juggling with your saucepans can be a real challenge in everyday life, but the professional chef Mario Kotaska has found a solution to this daily madness. With a weekly menu plan and the clever use of leftovers nothing can faze him. He reveals his craziest hacks that not only make everyday cooking easier, but also give food the right twist. And at the weekend? Then you can really get cooking. Sound too easy? Well, it is!

**Mario Kotaska's** great role model when it comes to delicious home cooking was his grandmother Anni, herself a trained cook. Inspired by his nan, he trained first as a hotel manager, then as a cook. After he'd cooked himself a Michelin star in the Cologne restaurant La Société, he focused more on television. A father of two children, Mario likes to cook food to make people happy – and he usually cooks dishes without meat for his daughter Paula.



**Steffen Henssler**, one of Germany's most-popular TV chefs, runs several restaurants all over the country as well as a cookery school. His "Grill the Henssler" TV show has received multiple awards and is present on all the social media channels, together with Henssler's Quick Number. The bestselling author also regularly tours the country with his live programmes and has even achieved a listing in the *Guinness Book of Records* as having the largest audience for a cooking show.



Hardcover

Sarah Wiener  
Sarah's Small Cuisine

The cookbook for one or two  
who love their food  
Hardcover · approx. 192 pages  
Format 21 x 26.5 cm

ISBN 978-3-8338-8837-3  
€ [D] 26.00  
DOP 04 Sept 2023



Cooking tasty dishes  
for one or two

Balanced, seasonal and regional  
dishes that provide plenty  
of energy for the day

Simple recipes with  
a clever twist ensure that every  
meal becomes a treat

### Cooking clever and delicious food in a small household

A stressful day of work, a lot on your mind, hours on the road – all you really want when you get home is a good, simple and quickly cooked meal. An active MEP and businesswoman, Sarah Wiener knows the problem – if you work long hours and want to cook for yourself at home, you need the right recipes. She knows that you can enjoy cooking for just one or two people with only little effort if you cleverly combine the right ingredients. Her pastry ring recipes are particularly clever – cook once, enjoy several times. Sarah Wiener's sustainable, sophisticated, regional recipes turn every meal into a highlight.

**Sarah Wiener** was born in Halle and grew up in Vienna, and she has been a member of the European Parliament since 2019. At the same time, she is one of Germany's best-known chefs, with more than 40 years experience. Sarah is committed to healthy eating, quality in food production, species-appropriate animal husbandry and against genetically modified food. In 2007 she set up the Sarah Wiener Foundation, which teaches young children how to cook healthy food.



Hardcover

Bettina Matthaei  
BORA 365 Days

Everyday recipes - healthy and easy  
Hardcover · approx. 224 pages  
Format 23 x 26 cm

ISBN 978-3-8338-9082-6  
€ [D] 29.00  
DOP 05 Oct 2023



Everyday cooking the modern  
and healthy way: 90 recipes that  
guarantee daily enjoyment and  
that are easy and quick to prepare

European classics reinterpreted,  
plus tips and alternatives  
**for seasonal, flexitarian**  
cooking for every taste

Interesting facts about healthy  
cooking and practical know-how  
around the hob and oven

### The most exciting book for everyday cooking with a special twist

Healthy and delicious every day – these 90 everyday recipes from Germany, Spain, France, Italy, England and the Netherlands are as special as they are easy to cook. Here, international classics are reinvented to produce exciting flavour combinations that whet your appetite for European cooking. Whether breakfast, starter, main course or dessert, with the varied dishes and the professional tips from the BORA experts, daily cooking becomes child's play. Pimentos with pistachio pepper, pizza bianca, Black Forest cake as ice cream for a change – here you'll find delicious recipes and inspiration for every taste from morning to night. A cookbook that's a pleasure to read every day.

**Bettina Matthaei** is creative in multiple roles: as cookbook author, food journalist, designer and cartoonist. Her passion for cooking has already resulted in numerous cookbooks, including *Vegetables Can Be Different* and *Vegetarian At Its Finest*. She's also a columnist for magazines and internet portals, lecturer and workshop organiser with a focus on clever and healthy seasoning.



Hardcover

**Annina Schäflein, Lena Merz**  
**No-More-Mash Express**  
 The quickest recipes  
 from the experts at breifreibaby  
 Hardcover · approx. 160 pages · WG 1455  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9064-2  
 € [D] 24.00  
 DOP 05 Oct 2023



The follow-up to the successful  
*The Great GU No-More-Mash  
 Cookbook*, with brand  
 new recipes

Bestselling authors  
**with in-depth expertise, plus**  
 a successful blog and a large,  
 continually growing community

Easy and healthy recipes,  
 enjoyed not only by babies

### Eagerly awaited by the community and all parents

Simply stopping the clock – many parents would love to do that, especially when their little ones are still babies. Every moment is precious and the need for safety is paramount. The authors of this book are mums and nutrition experts, cookbook writers and successful bloggers. They know that the switchover to a purée-free diet raises many questions. And this is exactly where *No-More-Mash Express* comes in – tips and quick recipes that will remove stress and time pressure in your hectic everyday life. Varied dishes cooked in 30 minutes max – the kids' bowls will contain food that young children like and that is also healthy, seasonal, balanced and easy to prepare. This finally gives you more time for the best moments in the first phase of baby's life – a gift!

More than 39,000 copies sold



The Great GU  
 No-More-Mash Cookbook  
 € [D] 22.00  
 ISBN 978-3-8338-7810-7

More than 90,000 copies sold



No-More-Mash for Babies  
 € [D] 11.99  
 ISBN 978-3-8338-7365-2

**Lena Merz and Annina Schäflein** are cookbook authors and experts on healthy nutrition. For their blog [www.breifreibaby.de](http://www.breifreibaby.de), they develop everyday recipes that are appreciated not only by babies but also by the rest of the family, and that will supply everyone with the optimum nutrients. Through a constant exchange with their community, they know what's important for a varied and delicious family diet.

**Annina Schäflein** is an expert on healthy food. A trained nurse and specialist in baby-led solid foods, as well as a mum of two, she knows what's important in a varied and delicious family diet. For her blog, [breifreibaby.de](http://breifreibaby.de), she develops recipes that are suitable for everyday use and which are enjoyed not only by the babies but are also loved by the rest of the family and which provide everyone with the best possible nutrients.

© Simon Koy

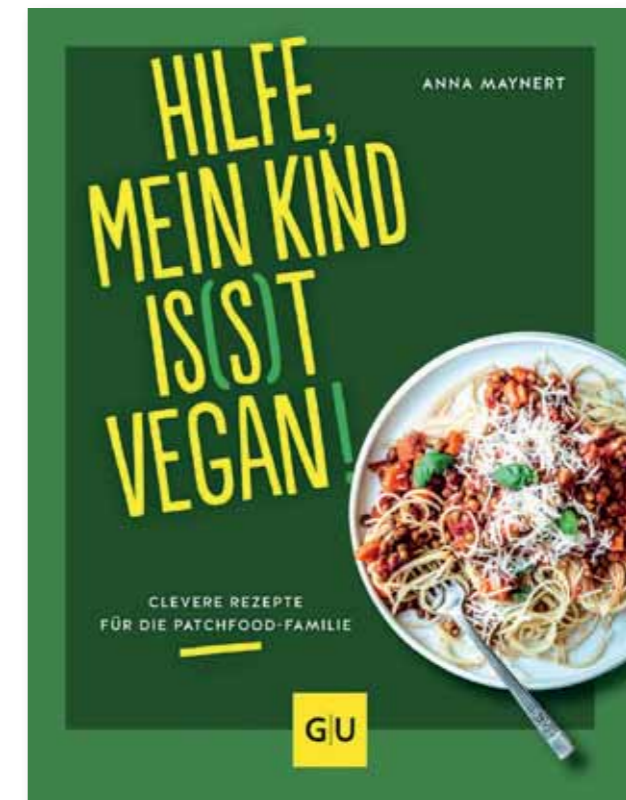
© Sabrina Sue Daniels



Hardcover

**Anna Maynert**  
**Help, My Child Is A Vegan!**  
 Clever recipes for the patchfood family  
 Hardcover · approx. 192 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9083-3  
 € [D] 24.00  
 DOP 05 Oct 2023



Guide and cookbook:  
 how to cook vegan,  
 vegetarian and animal-based  
 meals all at once

Easy, uncomplicated and tasty:  
 recipes that make  
 the entire family happy

### The first cookbook for the "patchfood" family

All for one: promoting family cohesion and finding solutions together – these are the soft skills that families need at a time of change. If your offspring have become vegan and the rest of the family likes "normal" food - no problem, says nutrition expert Anna Maynert, mum of three and successful [family.de](http://family.de) blogger. *Help, My Child Is A Vegan!* is her tried-and-tested, carefree package for the whole family, with tips for healthy plant-based ingredients and lots of recipes for every time of day and occasion, from the I've-always-been-vegan classics like the much-loved vegetable soup, to vegan dishes to which you can quickly add cheese, meat or fish, to plant-based everyday recipes that are varied, simple and easy. One for all!!!



Vegan for Family  
 € [D] 22.00  
 ISBN 978-3-8338-8044-5



Taste of Life  
 € [D] 25.00  
 ISBN 978-3-8338-7785-8

**Anna Maynert** is a nutritionist, successful nutrition coach, blogger for families living a vegan/vegetarian lifestyle, yoga teacher and mother of three. She eats vegan in an omnivore family, currently (2023) consisting of two vegetarians, one flexitarian, one omnivore and one vegan.

© Maynert



Hardcover

Verena Hirsch  
Yes, You Can – Cooking Sustainably!  
The cookbook for more respect  
and less waste  
Hardcover · approx. 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-96747-123-6  
€ [D] 24.00  
DOP 05 Oct 2023



Preserving in no time – more  
than 80 zero-waste recipes

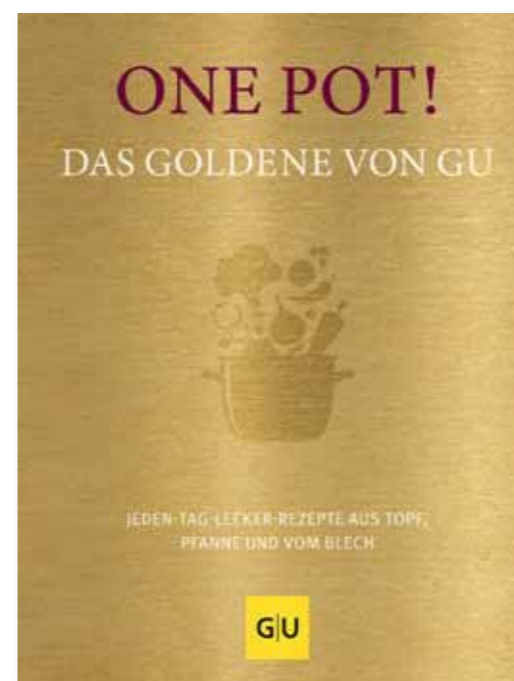
Clever organisation – the best  
tips for cooking, shopping  
and storing food

**Cooking flexibly and  
sustainably – quickly finding  
substitutes for many  
ingredients thanks to the big  
ingredient-swap list**

### Cooking sustainably - for the environment and your purse!

More than one-third of the food that is produced worldwide ends up in the rubbish bin, even though it has not gone off. Sustainability blogger Verena Hirsch says we have lost the right way to deal with food – maybe we never even learned how to do it. We are driven by advertising and special offers. We go shopping – then we throw food away. In this book, Verena presents numerous recipes for making "old" groceries fresh again and preparing them in delicious meals, but above all she gives advice on how you can better organise your kitchen, shopping and supplies by following simple routines – even if you have little time. A real kitchen guide, bringing big eureka moments to keep your groceries out of the bin.

**Verena Hirsch** loves homemade hummus and shriveled apples. Growing up on an organic farm in Lower Bavaria, she learned from an early age where food comes from and how to value it. However, she wasn't that interested in getting involved with everyday life on the farm and moved to Munich to study law and later to work in Hamburg. After a few years in shared flats, Verena realised that our society simply lacks so much knowledge about how to consciously deal with food. That's exactly what she wanted to change, and on her blog [allmydeer.com](https://allmydeer.com) she started writing about how to make shriveled carrots crunchy again, how to cleverly use leftovers and how to make old bread rolls crispy once more. She has now made a name for herself as an expert in sustainable cooking and nutrition. A certified nutritionist, she writes articles, gives lectures and inspires more than 22,000 readers every day on her Instagram account [@allmydeer](https://www.instagram.com/allmydeer) with recipes, tips and knowledge from her kitchen. She is currently enjoying city life in Regensburg.



*THE* number one topic, now a new title  
in GU's successful golden series

A golden treasury of one-pot recipes  
from saucepan, frying pan and baking  
tray – more than 250 ideas from hearty  
stews to creamy pasta creations  
and crispy oven dishes

Ladles of know-how – basic facts  
about clever one-pot cooking plus  
plenty of kitchen practice



Hardcover

**One Pot! The Golden Book from GU**  
Delicious recipes every day,  
from saucepan, frying pan and baking tray  
Hardcover · approx. 288 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9069-7  
€ [D] 25.00  
DOP 04 Sept 2023



Making it yourself saves you lots of cash  
– homemade jams and such like are much  
cheaper than the equivalent products  
from the supermarket

**Knowing what's in it – pure flavours  
instead of artificial colourings  
and flavourings**

Always a present at hand – jams,  
compotes and their companions  
make for a very personal gift  
for all occasions



Hardcover

**Homemade! The Golden Book from GU**  
Recipes for preserving and homemade food  
Hardcover · approx. 352 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9185-4  
€ [D] 25.00  
DOP 05 July 2023

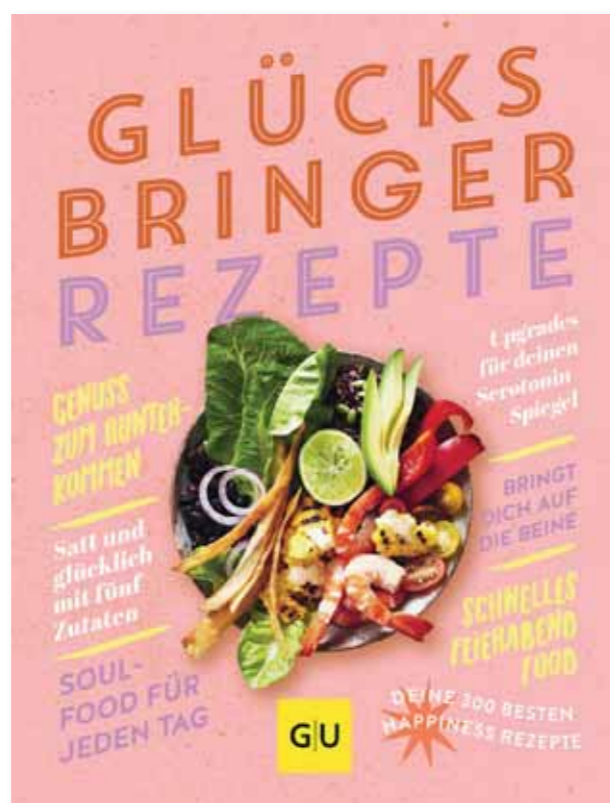




Hardcover

**Cora Wetzstein**  
**Lucky Charm Recipes**  
 Hardcover · approx. 224 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9173-1  
 € [D] 22.00  
 DOP 04 Sept 2023



### Pure bliss in every situation thanks to many happy-making ingredients

Pure happiness in every situation! GU's 300 best happiness recipes include everything that's good for you – a power breakfast to start the day full of energy, a warming comforting soup to relax with, a healthy snack before doing some exercise, an easy one-pot meal after work and a recovery bowl after a long night out. Whether you're in a bad mood, full of the spirit of optimism, eager to experiment, feel a cold coming on, buzzing with sporty energy or longing for a romantic dinner - these happiness recipes will make you smile! Packed with numerous happiness tips and explanations of ingredients that make you happy, the recipes are not only a boost for your well-being, but also varied and sure to succeed.

Curated GU quality with a modern target group approach

From sweet to savoury, the perfect lucky charm recipe for every situation in life

For you and your loved ones – the perfect gift



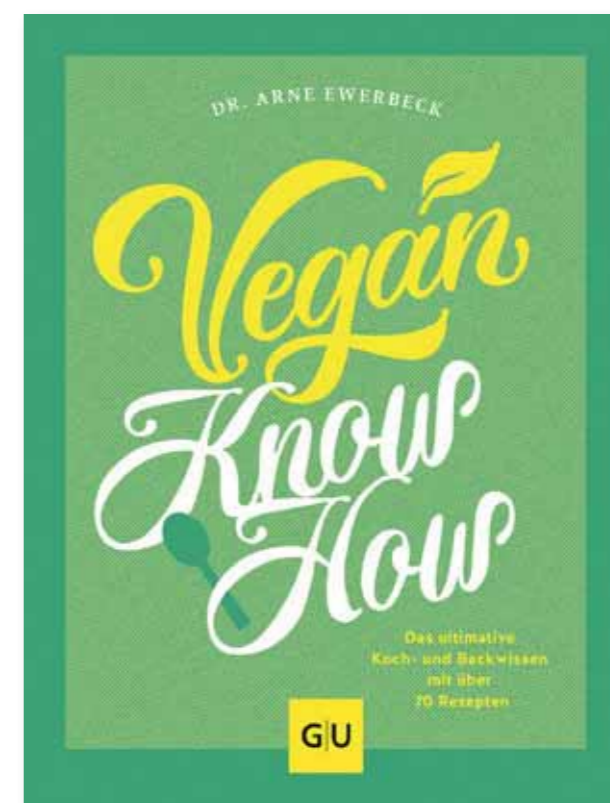
© Heiko Grandel  
**Cora Wetzstein** is a qualified nutritionist and loves to experiment in her kitchen. She has a penchant for quick, varied and imaginative recipes.



Hardcover

**Arne Ewerbeck**  
**Vegan Know-how**  
 The ultimate in cooking and baking know-how with more than 70 recipes  
 Hardcover · approx. 224 pages  
 Format 16.5 x 20 cm

ISBN 978-3-8338-8420-7  
 € [D] 24.00  
 DOP 05 July 2023



The ultimate in edutainment – Dr Arne Ewerbeck presents the world of kitchen physics and chemistry in an entertaining way

Understanding vegan cuisine – useful know-how about ingredients and cooking techniques from the co-founder of Germany's **first vegan cooking school**

Delicious vegan recipes – basics, classics and new discoveries



© Niko Buntjen  
**Dr Arne Ewerbeck** is a doctor of physics and co-owner of Germany's first vegan cookery school Kurkuma (maning turmeric) in Hamburg. On his blog The Veg[etari]an Diaries he regularly publishes recipes and articles about (vegan) nutrition. A special Food Science section on his blog proves that even if science and cooking don't have much in common at a first glance, there are phenomena in the kitchen that involve more physics and chemistry than you would expect.

### Dead-easy vegan cooking – to make you smile, surprises included

Creamy, light chocolate mousse, fluffy omelette, delicious mayo, hearty, spicy roasted flavours and great pastries – all without any animal products. You don't need magic to cook vegan, but a lot of useful and exciting cooking know-how. Dr Arne Ewerbeck, a PhD in physics, expert in vegan food and owner of a cooking school, uses vegan expertise to bring the general know-how of purely plant-based nutrition up to date. In this book, you'll find answers to the most important questions about vegan cuisine, plus tips, tricks and practical background knowledge, served with entertaining special effects in a light and tongue-in-cheek manner. Vegan with fun – it means that even inexperienced people can cook and bake recipes such as spaghetti carbonara, burgers and biscuits. Knowledge is yummy!

More than 156,000 copies sold



Vegan for Lazybones  
 € [D] 17.99  
 ISBN 978-3-8338-4039-5

More than 3,500 copies sold



Rosa Cooks Vegan  
 € [D] 24.00  
 ISBN 978-3-8338-8402-3



Hardcover

**Manuel Weyer**  
**Weber's Casserole & Plancha**  
 Classics and surprising dishes  
 Hardcover · approx. 192 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9128-1  
 € [D] 24.00  
 DOP 05 Oct 2023



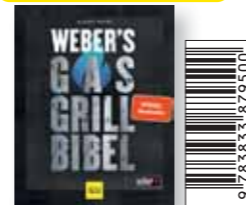
**Even better grilled flavours –**  
 classics and surprising  
 new creations in a casserole  
 and on the plancha

The successful GU and Weber  
 concept for casseroles and  
 planchas – Weber fans  
 have been waiting for  
 this book for far too long

### Specially developed recipes from the professionals – Weber and GU

Goulash as you would enjoy with the riders on the puszta, chilli con carne as made for American cowboys and grilled fish just like at a beach bar on the Mediterranean - everything tastes twice as good with a pinch of freedom. And if possible, all year round! *Weber's Casserole & Plancha* completes the outdoor grilling and cooking pleasures with its tips, tricks, dos and don'ts and many classic and newly created recipes – at last including all the dishes that warm the heart and stomach even in cooler temperatures! Whether fish, meat and vegetables from the plancha or soups, casseroles, braised dishes and pot roasts from a casserole - here, both inexperienced and experienced cooks are guaranteed to find the right recipe for cooking fun in the open air!

More than 112,000 copies sold



Weber's Gas Grill Bible  
 € [D] 29.99  
 ISBN 978-3-8338-7950-0

More than 67,500 copies sold



Weber's Grill Bible Vol. 2  
 € [D] 29.99  
 ISBN 978-3-8338-6975-4

More than 120,000 copies sold



Weber's Classics  
 € [D] 24.99  
 ISBN 978-3-8338-3778-4

**Manuel Weyer** is a cook, food stylist and cookbook author with a penchant for grilling. After internships in top restaurants at home and abroad, he set up as an independent business in 2015. His gourmet enterprise comprises a restaurant as well as a cooking and grilling school. Weber fans know him already as the author of *Weber's Gas Grill Bible* and *Weber's Pellet Grill Bible* as well as food stylist for numerous Weber books such as *Weber's Burgers*.

© Matthias Neubauer



Hardcover

**Christian Teppe, Kai Kochmann,  
 Yasmin Kochmann**  
**The Taste of Game**  
 The easy cooking school for  
 all hunters and game lovers  
 Hardcover · approx. 208 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-96747-120-5  
 € [D] 34.00  
 DOP 04 Sept 2023



The most important basics  
 for game cuisine –  
**more than 50 recipes for**  
 beginners and game lovers

**Detailed expert knowledge**  
 on all the important  
 game topics, including  
 carving and storing

**Exciting adventures**  
 in the everyday life of  
 a hunter – with reports by  
 Christian Teppe

**Christian Teppe** is not only a renowned lawyer and legal expert specialising in the fields of agricultural law and hunting, he has been a hunter for over 25 years and has contributed articles to hunting magazines for many years. For some time now he has also been the editor-in-chief of the BLV book *Cancer – Before And After The Hunting Test*. You can listen to his podcast "Teppe und Schwenen op Jagd" (Teppe and Schwenen on the Hunt) on all major music platforms.

**Kai Kochmann** is a communications consultant and has worked as a coach, moderator and intercultural trainer for more than 20 years. Together with his wife Yasmin, he has developed the concept of Liberal Salons across Germany since 2015, as a special kind of culinary and cultural networking evenings. On these occasions, game specialties are usually served with a cold beer or selected wines. In his free time, Kai indulges in his great hobby, hunting, and he trains his Labrador retriever for hunting competitions in the German Retriever Club.

**Yasmin Kochmann's** passion for cooking began in her childhood. On her stays in Asia, Africa, Europe and the USA, she learned about different spices and cooking techniques. She studied architecture and was awarded a diploma by the Swiss Hotel Management School in Lucerne, but then decided to turn her hobby into her career. Yasmin cooked vegetarian food for a long time, but through her friendship with Christian Teppe and contacts in the hunting community, she discovered the fascinating game cuisine.

### Recipes suitable for everyday use – from shooting to enjoying the game!

Are game dishes only for special occasions? Not if the passionate hunters Christian Teppe and Kai Kochmann have their way. This book offers an introduction to the diversity of game cuisine with exciting hunting stories and information about the animals and their habitat. The recipes focus on roe deer and wild boar as they are the most common types of game. Yasmin Kochmann, trained at a Swiss hotel management school and has lived on almost every continent. In her 50 recipes, she explains how you can cook varied and everyday dishes with game and gives practical advice about what is important when preparing game. According to the "nose to tail" concept, if you use as much of the hunted animal as possible, you are cooking sustainably.



Cooking Game  
 € [D] 26.00  
 ISBN 978-3-8338-7102-3



Simply Game  
 € [D] 24.00  
 ISBN 978-3-96747-061-1

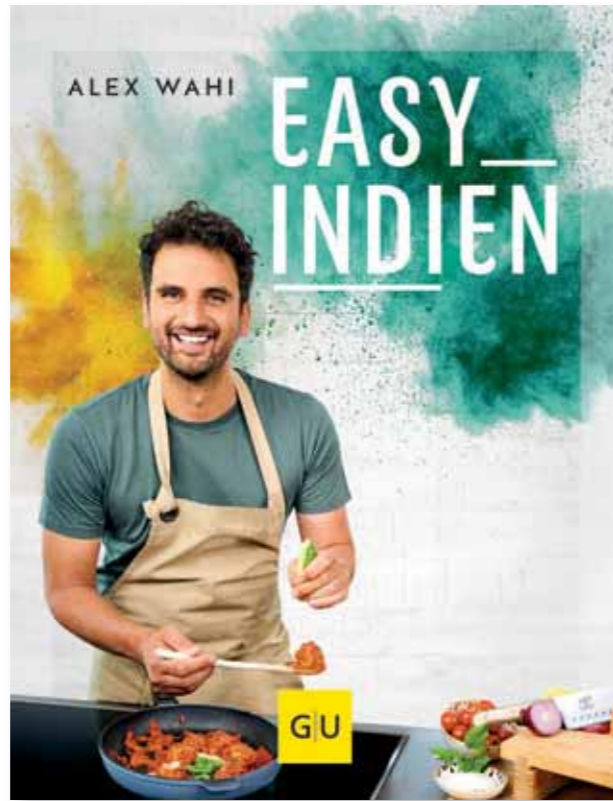


Hardcover

Alex Wahi  
Easy Indian

Favourite Recipes  
From My Second Home  
Hardcover · approx. 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9175-5  
€ [D] 28,00  
DOP 02 Nov 2023



At last, easy Indian cooking – using few ingredients and little effort but everything that really matters

The outstanding expertise and experience of TV chef, restaurateur and brand ambassador Alex Wahi

Absolutely authentic, from starter to dessert

### Alex Wahi reveals what really matters in Indian cooking!

Hot naan bread and crispy pakora, melt-in-the-mouth butter chicken and garam masala with the aromas of the street food stalls in New Delhi – sounds fantastic, but isn't it difficult to prepare? Not if you do it like top chef Alex Wahi. In his recipes – from starters and snacks to main courses, desserts and drinks – the TV chef and restaurateur shows what is really important in Indian cooking and that it actually can all be done very easily. Now nothing stands in the way of homemade ghee, mango lassi, samosas and aubergine curry any more. Namaste!

More than 150,000 copies sold



Cook Indian  
€ [D] 11,99  
ISBN 978-3-8338-5331-9

More than 10,500 copies sold



Vegetarian Indian  
€ [D] 11,99  
ISBN 978-3-8338-7814-5

More than 9,500 copies sold



Cooking As In India  
€ [D] 17,99  
ISBN 978-3-8338-7572-4

Alex Wahi is a TV chef, restaurateur and brand ambassador. His father taught him to cook in his own restaurant Maharani in Hamm - with great success. Alex has been running the restaurant alone since 2018. Like his cooking classes, it is fully booked for months. If you don't have time to go to Hamm, Alex also shows you online how to cook Indian. On [www.7hooden.com](http://www.7hooden.com) he is one of the top chefs who offers online cooking courses. Until 2021, he travelled the world for Kaufland as a "taste traveller," to introduce customers to different country cuisines in entertaining videos ([www.youtube.com/results?search\\_query=Taste+traveler](http://www.youtube.com/results?search_query=Taste+traveler)). Alex has cooked for Sat.1 breakfast TV every Friday since 2019. He has sold his own range of spices at Ankerkraut for years, and starting this year, some of his menus will be available for online delivery via Getvoila ([www.getvoila.com](http://www.getvoila.com)). He will open a new restaurant in Palma de Mallorca.

© Jennifer Lohoff



Hardcover

Risa Nagahama, Walter Britz, Joerg Lehmann

Japan

和食 - The 5 Secrets Of Japanese Cuisine  
Hardcover · approx. 216 pages  
Format 21 x 26.5 cm

ISBN 978-3-8338-9146-5  
€ [D] 39,90  
DOP 02 Nov 2023



Immerse yourself in the art of Japanese cuisine with authentic recipes and lavish images

Understand and experience Japanese cuisine – exciting insights into its philosophy and background

Features and interesting background facts about traditional ingredients and typical preparation techniques

### Pure enjoyment – a unique culinary journey of discovery

Healthy, pure and light – Japanese cuisine offers everything that connoisseurs appreciate today: fresh seasonal ingredients, simply prepared and beautiful to look at on the plate! In *Japan*, the magnificent illustrated feature and cookbook by the expert trio from Berlin – Walter Britz, Joerg Lehmann and the latter's Japanese wife Lisa Nagahama – the flair of Japanese food now wafts into our local kitchens as naturally and easily as cherry blossom in the wind. Thanks to its authentic recipes, well-researched features and lots of insider knowledge, even beginners can create tempting delicacies such as chanterelles with onsen eggs, onigiri, udon and matcha desserts with adzuki beans – this book will satisfy your wanderlust for the mindful, healthy trendy cuisine from the Far East!

An expert on Japan, **Walter Britz** lived in the country for 17 years and studied at the elite Keio University, Tokyo. An enthusiastic amateur cook and importer of Japanese food, he lectures on Japanese cuisine.

Star photographer **Joerg Lehmann** has been travelling around the globe for 40 years and now lives in Berlin. You can now find his photos in 96 cookbooks.

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More than 4,600 copies sold

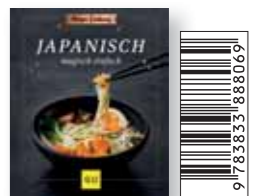


Tohrus Japan  
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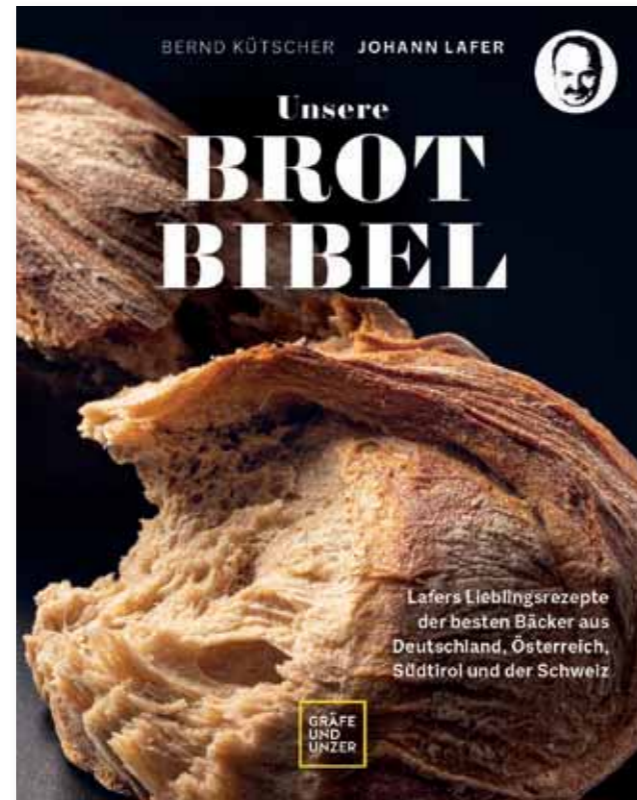


Hardcover

Johann Lafer, Bernd Kütscher  
Our Bread Bible

Lafer's favourite recipes from the best bakers  
in Germany, Austria and Switzerland  
Hardcover · approx. 192 pages  
Format 21 x 26.5 cm

ISBN 978-3-8338-9144-1  
€ [D] 29,90  
DOP 05 Oct 2023



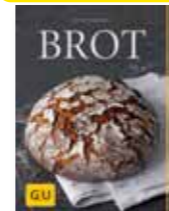
Lafer's Lieblingsrezepte  
der besten Bäcker aus  
Deutschland, Österreich,  
Südtirol und der Schweiz



### These breads open every mouth - with and without a topping

A declaration of love to the bakers' trade by the bread lover Johann Lafer! In Germany alone, more than 3,500 types of bread are known, and each region has its own specialties. Whether yeast, sourdough or sweet pastries, the specialties always taste best when baked by professionals. That's why you'll find 35 favourite bread recipes from the best bakers in German-speaking countries in this book. To ensure that your bread will be a success when you bake it at home, the professionals reveal everything about their best ingredients, the perfect preparation and the ideal baking climate. All the recipes are easy to bake at home and leave you wanting more. Johann also contributes many clever tips and tricks, including the best baking utensils and the right toppings to guarantee an enjoyable bread feast.

More than 78,000 copies sold



Bread

€ [D] 18,99  
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Wild Bakers

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Baking Bread!  
The Golden Book From GU

€ [D] 20,00  
ISBN 978-3-8338-7367-6

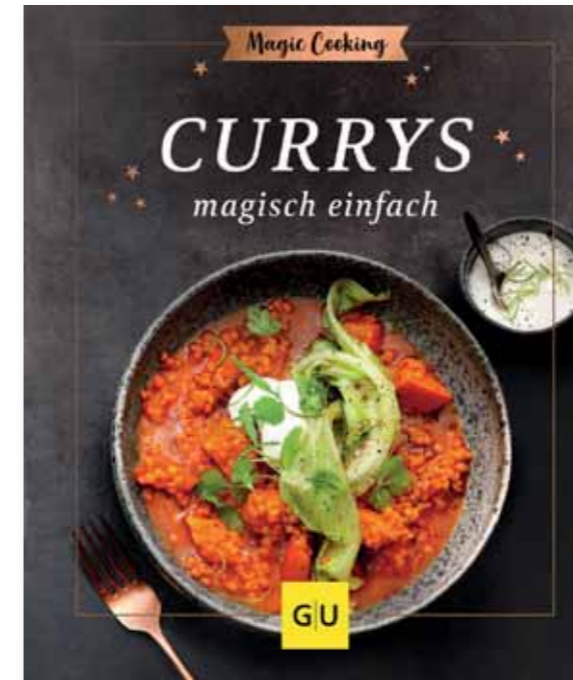
Whether sweet or savoury –  
the best bread recipes from the  
most successful bakers and bread  
sommeliers from German-speaking  
countries, all in one book

Baking the perfect bread at home  
like professionals – the easy way

A declaration of love  
to the bakers' trade  
with remarkable biographies  
and tempting recipes

Johann Lafer looks back on a culinary career spanning more than  
40 years. In numerous TV shows, books and magazines he has proven  
that he is a master of his craft.

Bernd Kütscher is a bread expert through and through – the director of  
the Federal Academy of the German Baking Trade, coach of the national  
baking team and president of the jury wherever bread is being judged.  
He examines and evaluates more than 20,000 loaves of bread every year.



**It's magic! Surprising tips and exciting  
facts for every recipe – for more wow  
and better flow in the kitchen**

Tasty curries are incredibly easy  
to cook – how to create something  
magical with just a few ingredients

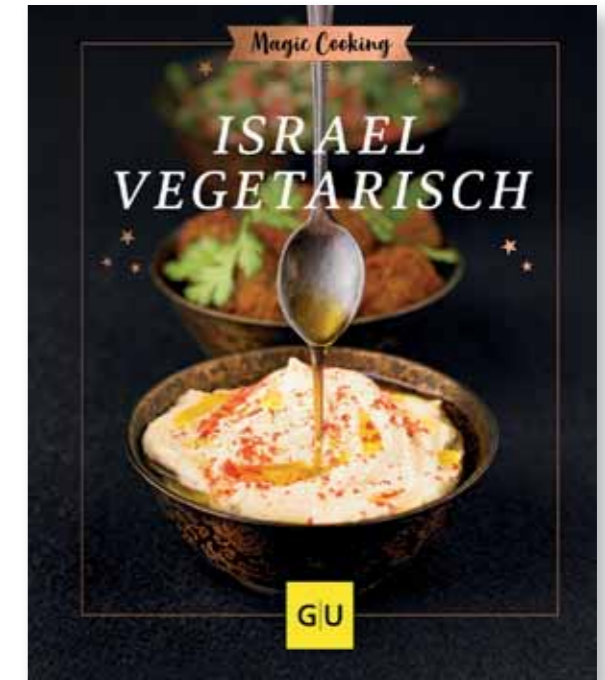
From authentic to very creative –  
**exciting recipe ideas to get you started**  
in the colourful world of curries



Hardcover

Hildegard Möller  
Curries Magically Easy  
Hardcover · approx. 64 pages  
Format 16.5 x 20 cm

ISBN 978-3-8338-9086-4  
€ [D] 14,99  
DOP 04 Sept 2023



Rediscover one of the trendy cuisines –  
entirely without meat

**It's magic! Surprising tips and exciting  
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Colorful diversity – Israel's veggie  
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to creatively sophisticated



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DOP 04 Sept 2023



Hardcover

**Fatmanur Kilic**  
**50 Little Christmas Miracles**  
 Heavenly recipes for the most beautiful time of the year  
 Hardcover · approx. 168 pages  
 Format 21 x 26.5 cm

ISBN 978-3-8338-9167-0  
 € [D] 29,90  
 DOP 06 Oct 2023



Brand new recipes from social media star Fatmanur Kilic, with 320,000 followers on Instagram and almost 1 million on TikTok

From classics to extravagant cookies and mega-easy recipes for those in a hurry

Includes great life hacks, for example four different types of cookies made from one dough, three-ingredient cookies and crafting ideas

### The new Christmas bakery – creative ideas from Fatmanur Kilic, the baking fairy

Last Christmas ... Christmas baking was the same as always – lots of anticipation, but also a lot of work. This year ... everything will finally be easier and faster with 50 little Christmas miracles! From biscuit classics to surprisingly new crunchy creations, from cookies to crescents, from biscuits made from just three ingredients to recipes that can be varied and transformed four times with just one dough, to festive treats without any baking – pastry chef and Instagram star Fatmanur Kilic knows how even baking beginners can achieve top Christmas hits with her easy-to-follow recipes. You'll get all excited as you're stirring, baking and decorating and your creations are sure to become Christmas classics!

**Fatmanur Kilic** is a trained pastry chef and successful Tiktoker. As a child, she enjoyed baking with her grandmother, and that's why she trained as a pastry chef after she left school. Since 2020, Fatamanur has often developed new cooking and baking recipes, which she shares in her videos. She now has 319,000 followers on Instagram and almost 1 million followers on Tiktok.

More than 62.500 copies sold



Christmas - The Golden Book  
 From GU  
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Fatmanur's Fabulous World of Baking  
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Softcover



**Marco Seifried**  
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 Format 16.5 x 20 cm

ISBN 978-3-8338-9046-8  
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 DOP 02 Aug 2023



Softcover



**Matthias Riedl**  
**Express Diabetes Recipes**  
 Easy, fast and irresistible  
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ISBN 978-3-8338-9054-3  
 € [D] 11,99  
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Softcover



**Bettina Matthaer**  
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ISBN 978-3-8338-9074-1  
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Softcover



**Annina Schäflein, Lena Merz**  
**Healthy Lunchboxes**  
 Wonderful ideas for nursery and school  
 Softcover · approx. 64 pages  
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 DOP 02 Aug 2023



Softcover



**Italian Classics**  
La dolce vita made easy for you at home  
Softcover · approx. 64 pages  
Format 16.5 x 20 cm

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€ [D] 11.99  
DOP 02 Aug 2023



Softcover



**Natascha Storch**  
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Easy and tasty desserts and bakes  
Softcover · approx. 64 pages  
Format 16.5 x 20 cm

ISBN 978-3-8338-9070-3  
€ [D] 11.99  
DOP 02 Aug 2023



Softcover



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Fresh and crispy from the oven  
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€ [D] 11.99  
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Softcover



**Cornelia Schinharl**  
**Stews**  
Much-loved food for the soul  
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Softcover



**Annina Schäflein, Lena Merz**  
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Format 16.5 x 20 cm

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DOP 02 Aug 2023



Softcover



**Tanja Dusy**  
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Delicious appetizers, fantastic starters  
Softcover · approx. 64 pages  
Format 16.5 x 20 cm

ISBN 978-3-8338-9058-1  
€ [D] 11.99  
DOP 02 Aug 2023

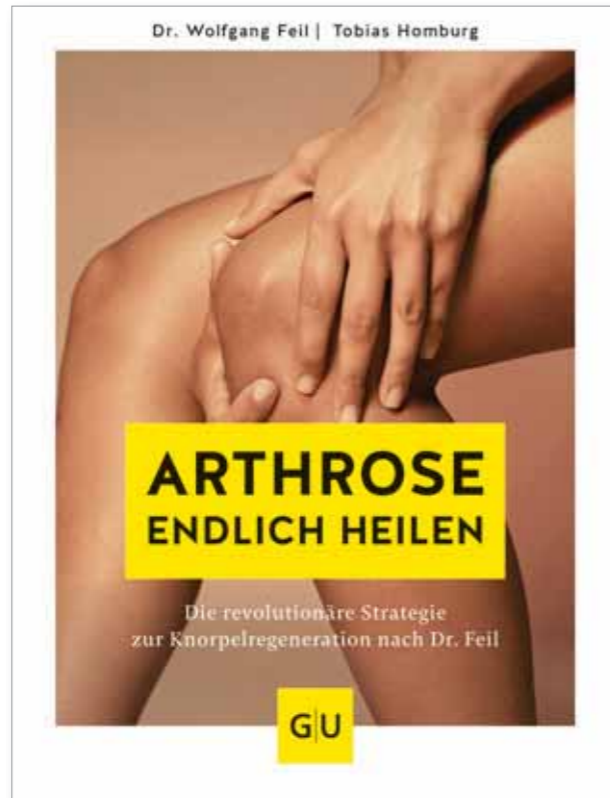




Hardcover

**Wolfgang Feil, Tobias Homburg**  
**Finally A Cure For Osteoarthritis**  
 The revolutionary strategy for cartilage regeneration according to Dr Feil  
 Hardcover · 256 pages · WG 1465  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9184-7  
 € [D] 26.00  
 DOP 04 Jan 2024



The new paradigm in osteoarthritis medicine – damaged cartilage can be regenerated!

**With the latest scientific findings in cell biology** for cartilage repair and joint building

The ingenious healing combination of diet, nutrients **and exercise from best-selling author and nutritionist Dr Wolfgang Feil**

### Finally relief and freedom from pain for millions of sufferers

"What's gone is gone" and "there is no such thing as cartilage regeneration" – that's what osteoarthritis patients are told by their doctors every day. Yet this belief has been refuted for years. Dr Feil's research group is deeply convinced that cartilage regeneration is possible. For more than 10 years, Dr Feil and his team have collected MRI evidence which proves that cartilage can be rebuilt with the consistent use of the Dr Feil method – a finding that was finally scientifically confirmed in 2016 by a research group on cartilage growth at the cellular level. This book shows how everyone can cure themselves of osteoarthritis by rebuilding cartilage.

More than 90,000 copies sold



Eating Against Osteoarthritis  
 € [D] 34.00  
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More than 9,500 copies sold



Free From Pain With Osteoarthritis  
 € [D] 15.99  
 ISBN 978-3-8338-7973-9



Hardcover

**Winfried Keuthage**  
**Fabulous Oats - The Cookbook**  
 The revolution in healthy gourmet cooking / Effective for diabetes, obesity and high cholesterol / 60 unique recipes containing WHOLE oat grains  
 Hardcover · approx. 176 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9116-8  
 € [D] 24.00  
 DOP 05 July 2023

Almost forgotten but now **rediscovered** – 60 innovative gourmet dishes with the miracle grain

All-round healthy – the long-underestimated slimming ingredient which regulates blood sugar, lowers cholesterol and strengthens the intestines

Set to become a bestseller – the new book by the master of oats



### A star is born – the oat grain!

We all know oatmeal. But oat grains? They've almost been forgotten, but wrongly so, says Dr Winfried Keuthage. The renowned diabetologist and bestselling author can't help but rave about this extraordinarily tasty and health-boosting all-round food. It's versatile in the kitchen – it can be used from savoury to sweet in main courses, side dishes and desserts - and it regulates blood sugar and lowers cholesterol. Oat grains transform any dish into a healthy, indulgent meal. Whether it's a salmon and oat bowl, a Gorgonzola, pear and walnut oat grain risotto, or a carrot and oat grain cake – here are 60 unique recipes which will help you to take your diet to a whole new level.

More than 12,000 copies sold since December 2022



Losing Weight With The HAWEI Method  
 € [D] 19.99  
 ISBN 978-3-8338-8828-1

More than 5,500 copies sold since January 2023



Healing Oats  
 € [D] 17.99  
 ISBN 978-3-8338-8718-5



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**Dr Winfried Keuthage** is a nutritional doctor and diabetologist. In his specialist diabetes and nutritional medicine practice in Münster (Westphalia/Germany), he deals on a daily basis with patients who suffer from metabolic disorders. Together with his team of nutritionists, dietitians, physiotherapists, a sports teacher and a psychologist, he specialises in the treatment of people who are overweight or obese. Dr Keuthage has featured as a top doctor on the *Focus* magazine doctor list for many years. He also teaches ecotrophology (nutrition) at the Münster University of Applied Sciences. As a board member of the Federal Association of German Nutritional Medicine Doctors (BDEM), he is committed to promoting the standing of nutritional medicine in medical training. He is also a member of the Nutrition Committee of the German Diabetes Society (DDG) and co-author of the current practical nutritional recommendations for people with type 2 diabetes mellitus. This is his third book after his bestsellers *The Oat Cure for a Healthy Metabolism* and *Lose Weight with the HAWEI Method*.





Hardcover

Michael Despeghele, Karsten Krüger  
**The Metabolism Trick**  
 Why our stomach prevents us from losing weight and what will dissolve the blockage  
 Hardcover · approx. 192 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9042-0  
 € [D] 24.00  
 DOP 05 Dec 2023



Eye-opening – why you haven't been able to lose weight so far and how you can now do so by following an **anti-inflammatory diet**

Competent – based on the latest **research of the expert team of Dr Despeghele and Prof Krüger**

Easy to pursue – with an 8-week programme **including 50 recipes and effective exercises**

### The first book on how to lose weight with an anti-inflammatory diet

Obesity is associated with silent inflammatory processes in the body, which affect the visceral fat and the fatty tissue between the organs in particular. We now know that belly fat poses a high health risk. But that's not all – new studies have shown that inflammation in the body further promotes weight gain due to risky fat and inhibits fat metabolism. The result is that losing weight becomes more difficult and failure is virtually inevitable! Dr Despeghele and Prof Krüger show the way out of this vicious circle. Their eight-week programme of diet and exercise inhibits inflammatory processes in the body, allowing the metabolism to get going again – so that you can finally lose weight!



Losing Weight Around Your Waist  
 € [D] 14.99  
 ISBN 978-3-8338-7622-6



Yoga For A Flat Stomach  
 € [D] 14.99  
 ISBN 978-3-8338-6885-6



The Turbo-Metabolism Principle  
 € [D] 19.99  
 ISBN 978-3-8338-3498-1



**Dr Michael Despeghele** is one of Germany's most renowned research scientists in the area of prevention. He has been a sought-after speaker and bestselling author on health and fitness topics for around 30 years.

**Prof Karsten Krüger**, a former competitive athlete, is professor of performance physiology and sports therapy at the University of Giessen and a renowned expert on the connection between lifestyle factors and health.



Hardcover

Jessica Roch  
**The Cycle Of Bliss - The Cookbook**  
 Hardcover · approx. 160 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9044-4  
 € [D] 22.00  
 DOP 02 Nov 2023



The trending topic of cycle food – **50 easy and delicious** feel-good dishes for a harmonious cycle

Relief-bringing – help for PMS, stomach cramps, migraines, fatigue and mood swings

Competent – Jessica Roch is a **certified nutritionist and** successful Instagrammer and *the* counsellor on the topic of cycle food

### Cycle food recipes for a better hormone balance

Every month, the female body goes through four hormonal phases which affect energy, mood and weight. In addition, many women suffer from period pain or PMS. Jessica Roch, qualified nutritionist and cycle coach, shows that you don't have to accept this. The answer is cycle food! With a cyclical diet you can take action to relieve your symptoms and bring your hormones back into balance. Just get started with the easy-to-implement and super-tasty recipes in this book. Here you'll find everything about the top foods for each cycle phase, practical meal prep tips, Jessica's favourite cycle teas and much more. This is how you can achieve inner well-being with fun and enjoy your food too!



The Cycle Of Bliss  
 € [D] 18.99  
 ISBN 978-3-8338-8535-8

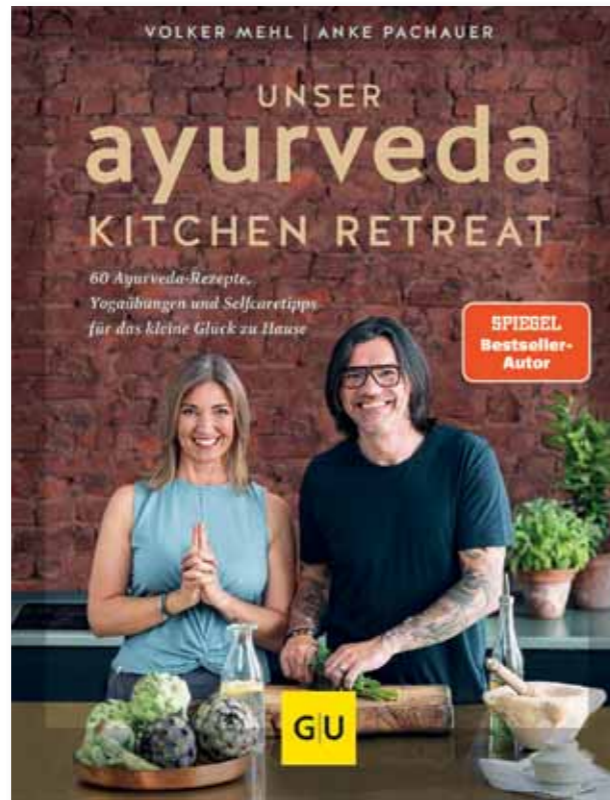
Because of her own troubles, **Jessica Roch** began to look into the female cycle and the causes of hormonal problems. She completed her training as a certified nutritionist and hormone health coach as well as further education in the field of gynaecology. Today she coaches women with hormonal problems. On her bodysynchron Instagram channel and on the blog of the same name, she shares her experience with 70,000 subscribers.



Hardcover

**Volker Mehl, Anke Pachauer**  
**Our Ayurveda Kitchen Retreat**  
 40 Ayurveda recipes, yoga exercises and  
 self-care tips for a little happiness at home  
 Hardcover · approx. 192 pages · WG 1466  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-8841-0  
 € [D] 24.00  
 DOP 02 Nov 2023



The seven-day Ayurvedic cure  
 with easy vegan recipes,  
**yin yoga exercises**  
 and self-care instructions

Decelerate – leave the stress  
 of everyday life behind you  
**and find peace**

The well-known Ayurveda chef  
**Volker Mehl and his partner**  
 Anke Pachauer take you  
 to the retreat, every day

### The unique one-week Ayurvedic therapy with a stress-free guarantee

An Ayurveda retreat at home – sounds too good to be true? The popular Ayurveda chef Volker Mehl and his partner Anke Pachauer show how you can implement a soothing self-care retreat in everyday life the easy way. A day of preparation is followed by a seven-day therapy programme including vegan recipes, meditations and yin yoga exercises, as well as suggestions for reshaping your living environment and Ayurvedic self-care tips to perform for yourself. The place for you to experience all this is the kitchen, which you will rediscover as a space for self-care during this retreat because it is designed to be suitable for everyday use – and the daily stress of cooking is banished. These are days for you to unwind and relax!

More than 22,000 copies sold



Healing Cooking With Ayurveda

€ [D] 29.99  
 ISBN 978-3-8338-7315-7

**Volker Mehl** works as a nutritionist and yoga teacher in his Ayurveda health centre and runs an Ayurveda cooking school in Heppenheim. He is considered Germany's hottest Ayurveda chef and has been working with holistic healing methods for more than 20 years.

**Anke Pachauer** is a management consultant and university lecturer, Ayurveda identity coach, integrative colour and type stylist and a yin yoga teacher.



Softcover

**Nicolai Worm, Christine Theiss**  
**Easier Love**  
 The amazing connection between  
 lifestyle and libido - and what  
 you can do for yourself  
 Softcover · approx. 192 pages  
 Format 16 x 21.5 cm

ISBN 978-3-8338-8979-0  
 € [D] 22.00  
 DOP 02 Nov 2023

Offering straightforward  
**explanations and relief** –  
 some 30% of those  
 suffering from high levels  
 of performance pressure  
**will find help here at last**

Well-founded and empathetic –  
 by the well-known nutritionist  
**Dr Nicolai Worm and**  
**ex-professional kickboxer**  
 and “Biggest Loser” host  
 Dr Christine Theiss

**Dr Nicolai Worm**, the nutritionist and bestselling author known for his LOGI method and “liver fasting,” has been researching lifestyle and related diseases for years. His findings on sexual dysfunction demanded this guide.

Former kickboxer and host of “The Biggest Loser” **Dr Christine Theiss** has been supporting overweight people for years and accompanies them with expertise and empathy.



### The first guide on the major taboo topic of "Sexual Dysfunction"

Sexual disorders are not uncommon: 30–40% of women and 20–30% of men suffer from them. At the same time, the topic is a major taboo and those affected do not dare to seek help. Yet science is increasingly able to prove that sexual dysfunction and infertility in men and women are often directly related to lifestyle, obesity and lack of exercise. This also means that you can intervene preventively and therapeutically by making certain lifestyle changes. Dr Nicolai Worm and Dr Christine Theiss address this taboo topic with great sensitivity and easy-to-understand language. They provide information and concrete assistance to those concerned. The first guide on this important topic!



Softcover

Astrid Neuy-Lobkowicz  
Do I Have ADHD/ADS?  
... and if so, how can I make the best of it?  
Softcover · approx. 224 pages  
Format 13.5 x 21 cm  
  
ISBN 978-3-8338-9011-6  
€ [D] 19.99  
DOP 04 Sept 2023



At last understanding and relief for adults suffering from ADHD/ADS

**Attention deficit, impulsivity and inner restlessness – how to counteract them with effective strategies and toolkits**

**First-hand experience – the sought-after expert**  
Dr Astrid Neuy-Lobkowicz is herself affected by ADHD/ADS

### Self-help for adults with ADHD or ADS

ADHD/ADS in adults? As yet, this has hardly been recognised, even less often diagnosed and, above all, its importance has been completely underestimated. In fact, 50–60% of those who were affected by ADHD/ADS as children continue to suffer from typical or less typical symptoms in adulthood, and sometimes this has a significant impact on their ability to live their lives. Many people cannot focus their attention for long and are easily distracted. There are also symptoms such as hyperactivity, being distracted and lack of impulse control. This guide finally takes ADHD/ADS out of its niche which has become much too small. For a long time now it has been known that many people are affected, and with this book they will receive effective instructions for self-therapy.



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**Dr Astrid Neuy-Lobkowicz** is a doctor specialising in psychosomatics and psychotherapy. She has worked intensively with ADHD/ADS-affected adults for 25 years and suffers from ADHD/ADS herself. A sought-after expert, she runs a specialist ADHD/ADS practice in Munich and Aschaffenburg. She is the mother of five children, three of whom suffer from ADHD. In addition to the medical-scientific perspective, she knows first-hand what everyday life with ADHD is like.



Hardcover

Bernd Kleine-Gunk, Bernhard Hobelsberger  
Rejuvenate Your Genes!  
How to use the latest findings in epigenetics for your rejuvenation  
Hardcover · approx. 256 pages  
Format 13.5 x 21 cm  
  
ISBN 978-3-8338-8970-7  
€ [D] 22.00  
DOP 04 Sept 2023



**Science fiction becomes reality –** epigenetics can now provide tangible starting points for anti-ageing and preventative health

**More precisely find out** what you can do to turn back your own biological clock with **Germany's anti-ageing expert Prof Kleine-Gunk** in collaboration with medical journalist **Bernhard Hobelsberger**

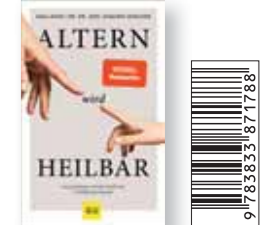
### The anti-ageing toolkit

A fascinating idea: what if we could stop the biological clock that ticks inside each of us, or even turn it back a bit? And not just in terms of the way we feel but so it is actually measurable? This idea has recently become a reality. The young research field of epigenetics has lifted the lid off the biological clock – and in current studies it has even made the leap into practical application. That's exactly what this book is about: what specifically can you do to turn back your own biological clock? By how many months or even years can you set the hands back? And how can the right lifestyle improve your supposedly fixed genetic inheritance and make you healthier?

**Prof Bernd Kleine-Gunk** is one of the world's leading anti-ageing doctors. He is the editor of the first German book specialising in anti-ageing medicine and the president of the German Society of Anti-Ageing Medicine.

**Bernhard Hobelsberger** worked as an editor for various daily newspapers and popular magazines for more than 20 years. Today he writes for the magazine *Focus Gesundheit*, specialising in features on medicine.

More than 32,000 copies sold



Ageing Becomes Curable  
€ [D] 22.00  
ISBN 978-3-8338-7178-8

More than 27,000 copies sold

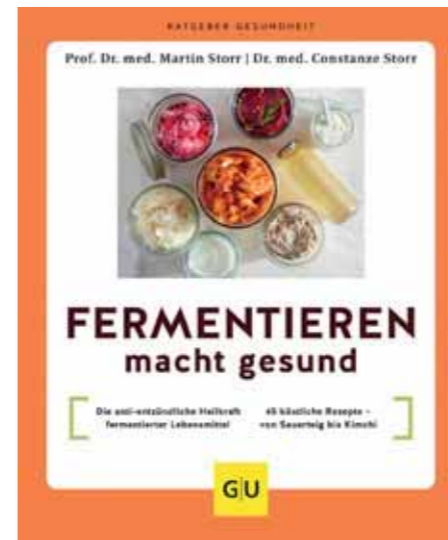
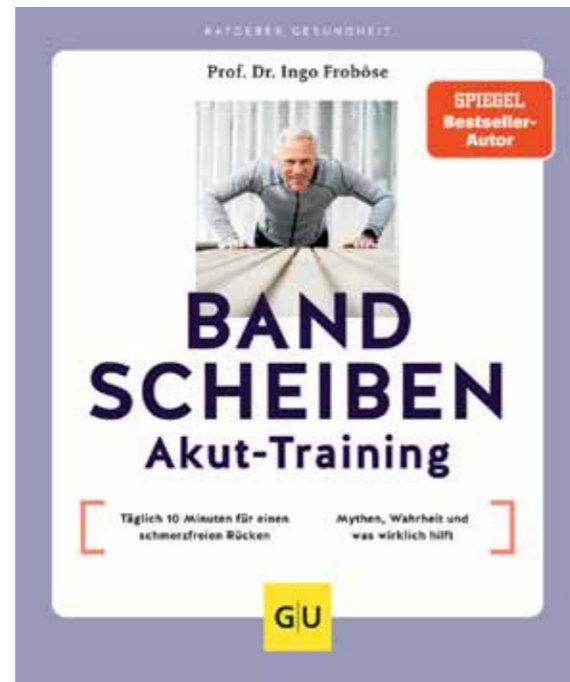


Rejuvenation Is Possible  
€ [D] 26.00  
ISBN 978-3-8338-7956-2

More than 12,000 copies sold



The Rejuvenation Cookbook  
€ [D] 29.99  
ISBN 978-3-8338-8361-3



Softcover



Softcover

**Just get started – 50 delicious** fountain-of-youth recipes, nutrition plans and meal prep tips

A great promise – **look and feel 10 to 20 years** younger than your peers

Many extras, including a **“How young and fit do your eating habits make you?”** test, top foods, exercise circuits, etc.

**Well-known expert – the most effective exercises** from bestselling author and back expert Prof Ingo Froböse

Relief – the daily 10-minute training routine for acute and chronic **complaints, for a flexible** back in the long term

Across all media – **with links to exercise videos**



Softcover



Softcover

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DOP 05 Dec 2023

Ingo Froböse  
Acute Disc Training  
10 minutes a day for a pain-free back /  
intervertebral discs – the myths, truth  
and what really helps  
Softcover · approx. 128 pages  
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Martin Storr, Constanze Storr  
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The anti-inflammatory healing power of fermented  
foods / 45 delicious recipes, from sourdough to kimchi  
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DOP 05 Oct 2023

Dagmar Hemm, Andreas Noll  
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Healthy and in harmony with our natural rhythms /  
The correct timing for treating complaints  
Softcover · approx. 192 pages  
Format 16.5 x 20 cm  
ISBN 978-3-8338-8969-1  
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DOP 04 Sept 2023

**Life Coaching**

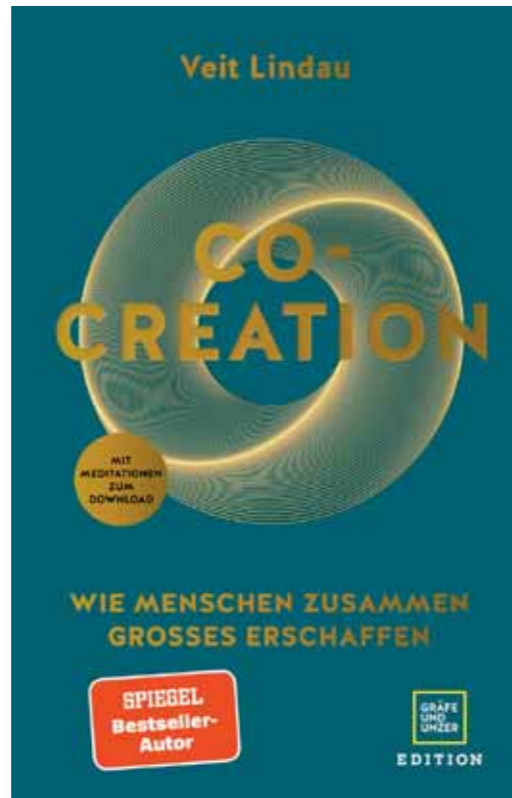


Hardcover

Veit Lindau  
Co-Creation

How people can create great things together  
Hardcover · approx. 272 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-9156-4  
€ [D] 23.00  
DOP 05 Oct 2023



### Veit Lindau's inspiring plea for future ways of coexistence

This book is bestselling author Veit Lindau's sequel to his successful title *Genesis*. Relationships are now being raised to a new, higher level, in our private lives as well as at work. We experience exploitation, competition and cooperation in all areas of our lives; they have produced impressive progress, but also immense suffering. But the future of interpersonal relationships and humanity is called co-creation. This book not only contains a strongly encouraging vision, but also concrete step-by-step instructions on how we can transform friendships, families, teams and companies into genuine spaces of potential development through the process of co-creation.

More than 25,000 copies sold



Genesis  
€ [D] 19.99  
ISBN 978-3-8338-7717-9

More than 20,500 copies sold



Silent Soul, Wild Heart  
€ [D] 22.00  
ISBN 978-3-8338-8153-4



Softcover

Veit Lindau  
Future Work 2024

The Workbook  
Softcover · approx. 224 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9155-7  
€ [D] 22.00  
DOP 05.07.2023



The diary for successfully shaping the future

Brief impulses from Veit Lindau and others accompany you through every month of the year

Inspiration and motivation for visionary work

### The workbook to accompany the bestselling author's successful book *Future Work*

The workbook for Veit Lindau's successful book *Future Work* accompanies you through the best year of your life. Divided into twelve life areas that are essential for personal growth, bestselling author Lindau shows you how you can find, capture and transform your very personal visions into reality within one year. Keep this diary and let yourself be inspired and motivated to transform your visions into reality.

More than 8,000 copies sold since December 2022



Future Work  
€ [D] 30.00  
ISBN 978-3-8338-8853-3



© Leona Lindau

**Veit Lindau**, born in 1969, is considered an expert in integral human self-realisation. He reaches a large, diverse audience with his books, lectures, seminars, podcasts and videos. Together with his wife, Lindau has built up a large network for real potential development with homodea.com, currently counting some 120,000 members.



Softcover

Sandra Teml, Martin Wall  
De-Parent Yourself!

How to overcome emotional dependence on our parents and finally live for yourself  
Softcover - approx. 240 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-9014-7  
€ [D] 19.99  
DOP 04 Sept 2023



### It's never too late to grow up

When dealing with our own parents, many of us feel like children again. The parent-child relationship still determines our behaviour and emotional experience. "De-parenting" becomes necessary; that is, removing yourself from unhealthy emotional dependencies. It's all about no longer confronting your parents with the same adaptation strategies that were necessary when you were a child in order to find a place in your family. In their book, Sandra Teml-Jetter and Martin Wall show you how it is possible to break away from family entanglements and old behaviour patterns and to think about who you want to be in the here and now. They also help you to think about how you want to shape your relationships, with your parents, as well as your partner and your own children.

Undo any outdated behaviour patterns and an unhealthy dependence on your parents

**Learn how to finally lead** a self-determined life according to your own ideas

A team of authors with **many years of experience** as psychological counsellors and family therapists, as well as their own online course on this topic

**Sandra Teml-Jetter** is a bestselling *SPIEGEL* author, mother of three and psychological counsellor as well as parent and family coach. Sandra works in her own consulting practice, the Appreciation Zone, and is the founder of the Entelterung® (de-parenting) online seminars.

**Martin Wall** is a psychological consultant, systemic constellation leader, hypno coach, meditation and mindfulness trainer, and the co-founder of the Entelterung® online seminar series.



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Hardcover

Melanie Pignitter  
When A Single Sentence Changes Your Life  
The most powerful affirmations for your positive self  
Hardcover - approx. 240 pages  
Format 13.3 x 18.8 cm

ISBN 978-3-8338-9005-5  
€ [D] 19.99  
DOP 05 July 2023



All you need to know **about using affirmations** – What works? What doesn't?

**Unique – with an extensive lexicon of encouraging sentences** on all the important life topics

By a bestselling author who is one of Austria's most successful bloggers

### Put your own happiness into words

Words can cause great pain, but also endless joy. Even as a child everyone probably experienced this. Particularly negative comments that we hear about ourselves burn themselves into our consciousness just as much as positive ones. Fortunately, we can overwrite old negative beliefs and establish new ones at any time. The tools for doing this are called affirmations. They can change our entire lives simply through the power of words. Melanie Pignitter, one of Austria's most successful bloggers, dispels common myths about affirmations. She will show you step by step how the reinforcing phrases work and how exactly you need to work with them in order to become happier, healthier and more successful forever.

More than 24,000 copies sold



Pearls Of Honey  
€ [D] 16.99  
ISBN 978-3-8338-7202-0

More than 24,000 copies sold



It's A Gift That You Exist  
€ [D] 17.99  
ISBN 978-3-8338-8233-3



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**Melanie Pignitter** is a qualified mental and self-love trainer, and she has worked as a business coach and communication trainer for five years. In 2015 she experienced the biggest crisis of her life, which she overcame with the help of mental and self-love training. Since then, she has inspired hundreds of thousands of people with her successful blog and "Honigperlen" (honey pearls) podcast as well with as her books.



Softcover

Alexander Hartmann, Vanessa Buchner  
DEEP OCEAN –  
The Ingenious Personality Model  
How you can finally and deeply understand  
and accept yourself and others  
Softcover · approx. 304 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-8879-3  
€ [D] 19.99  
DOP 02 Nov 2023



Practical – with impulses  
for action and strategies  
you can apply immediately

Entertaining – packed with  
**exciting case stories**

Great reach –  
an author team with  
a large number of followers

### At last! The new book from the bestselling author

From time to time, we all ask ourselves the question: "What's wrong with him!?" or "What's wrong with me!?" This book has the answer! The authors unlock the secrets of personality using the scientifically proven and profoundly researched Deep O.C.E.A.N. model to show how everyone can succeed in becoming their own best self and understand others. A book for everyone who wants fulfilling relationships, greater success in their career, and more happiness and satisfaction in their private life. The new standard work on personality development!



**Alexander Hartmann** is an international speaker, bestselling author, high-performance coach and successful therapeutic hypnosis instructor. He has established himself as the expert on the subject of the subconscious.



**Vanessa Buchner** is a communications scientist, seminar leader and coach. Together, Vanessa and Alexander are *the* power couple of the German personal development industry. They regularly appear on stage in front of several thousand people.



Softcover

Simone Niemann  
Waste Your Remaining Youth  
How I found myself through  
overdosing on dates and da doo run run  
Softcover · approx. 240 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-9017-8  
€ [D] 19.99  
DOP 05 July 2023



For all the women who've  
read *The Awesome Shit About  
Being Happy, Without A Man  
I Would Be Happily Married* and  
**Getting Older Is Really Sexy, You  
Don't Moan Any Longer**

Sharp-tongued lady-cracker  
literature for women who know  
what they no longer want

**Practical examples**  
of how you can elegantly  
ride the wave of your  
second puberty

### Face-lifting by book for 40+ hotties looking for attachment

Book-lifting for something+ hotties on the route to themselves. Simone is an expert in the nervous courtship behaviour of troubled singles during their midlife crisis. Unfortunately, when she dates someone, she always falls for some suburban casanova. In her search, she sheds light on everything: toxic masculinity, life-long something+ eroticism, hot nights, dating platforms and new forms of relationships. At some point she wakes up from hibernation like Sleeping Beauty and realises how stupid she was to dream of a Prince Charming. She cleans up – in her bed and in the disjointed chambers of her heart. The inspiration behind this book is the message, "Love yourself, then it doesn't matter whether you've already crossed the Rubicon."



**Simone Niemann** is a freelance journalist. For two decades she wrote countless features for city magazines in Hannover; mostly about men and women. Despite her advanced age, her articles deal vividly with popular topics such as toy boys, tarts and techno. The trained bookseller and qualified social scientist has studied the complicated love lives of adults in detail (and not just through personal experience).





Softcover

Agatha Bieschke, Aliana Bieschke, Ralf Heske

**UNSTOPPABLE**

Transform fear and doubt  
into courage and confidence  
Softcover · approx. 192 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-9068-0

€ [D] 18.99

DOP 05 Oct 2023



Unique concept – becoming  
**self-confident and successful**  
thanks to a clear focus and  
increased energy levels

Up-to-date – combines  
the well-known self-coaching  
method *The Work of Byron Katie*  
with original challenges to put  
new insights into practice

Authors with a strong online  
presence and community

**Agatha Bieschke**, former police commissioner, is the managing director of several companies, personality development coach and management consultant for the creation of women-run companies. Together with her daughter Aliana Bieschke, who contributed to this book, she founded the online Made for More Club for women on the topic of self-confidence and other successful topics.

**Aliana Bieschke** started her own business when she was 16 and became financially independent at 18. She runs a YouTube channel with several million views a year. Aliana studies communication psychology and, together with her mother Agatha, runs an online club to build self-confidence and courage in young women.

**Ralf Heske** has been a life coach, seminar leader and trainer of coaches for 19 years. He works primarily with The Work of Byron Katie, but also uses highly effective mediations and powerful exercises to increase energy levels. In his seminars, Ralf has helped thousands to free themselves from their limiting beliefs. His successful practical book, *4 Questions That Change Everything* was also published by GU.

### Foot off the brakes and step on the gas, girls!

Even today, unwavering self-confidence is not a given for women. Three pillars show how to take courage and create the life you want. (1) Clarity – finding out who you really are and what you really want, regardless of your environment. The world-famous self-coaching method, The Work of Byron Katie, helps you to remove limiting beliefs and confidently take your place in life. (2) Energy – little power exercises increase your energy levels and thus have a positive effect on your demeanour, charisma and presence. (3) Challenges: take what you have learned into everyday life in an exciting way and train yourself to have the courage to live your own truth. This is how women become UNSTOPPABLE!



Hardcover

Klara Hanstein  
**My Dear Fear, Just Shut Up!**  
24 tools for overcoming fear and panic  
Hardcover · approx. 144 pages  
Format 13.3 x 18.8 cm

ISBN 978-3-8338-9066-6

€ [D] 17.99

DOP 04 Sept 2023



It couldn't be simpler or more  
**effective – real help for anxiety**  
and panic, brain-friendly and  
suitable for everyone

Strong author – originally  
**affected by anxiety herself**,  
she is now a successful  
Instagrammer with more  
than 100,000 followers

**Important topic – anxiety**  
**disorders have significantly**  
increased due to the crises  
of the last few years,

### Step by step to overcoming fear and panic attacks

Fear is not a good guide – but this book is an excellent and, above all, effective guide against fear and panic attacks. In uncertain times, the psyche is at times no longer able to regulate itself. The psychologist Klara Hanstein, once affected herself, shows that it is possible to help yourself. First of all, we need to know about our brains and nervous systems so that we understand how fears arise and how we can break the cycle of fear and panic. As a second step, she provides loving, original, simple and brain-friendly exercises to help bring peace back into your body and mind. A self-help book, with tried-and-tested exercises that will once more brighten up your everyday life.

**Klara Hanstein** is a clinical psychologist, health psychologist and systemic psychotherapist. She worked in her own practice in Upper Austria for 12 years and continued her training, mainly in child, adolescent and family psychology. When she herself suffered from an anxiety disorder and panic attacks and was unable to find long-term effective help, she developed her own therapy concept. Today she helps thousands of people on Instagram.



© Anna Alcher



Softcover

Heinz-Wilhelm Esser  
**The Principle Of Courage**  
 How to come out of crises stronger  
 Softcover · approx. 256 pages  
 Format 13.5 x 21 cm

ISBN 978-3-8338-8740-6  
 € [D] 17.99  
 DOP 02 Nov 2023



### Giving up is not an option!

In his everyday life as a physician, Doc Esser frequently encounters patients who simply refuse to be defeated despite a serious diagnosis or illness – who continue to enjoy every day and shape their own lives. But there are also always people who don't have that much confidence, who are destroyed by illness, life situations or just everyday life. With this book, those affected can draw fresh optimism and not only accept their special situation, but in fact consider it an opportunity. But it is not only the fates of his patients that are designed to give you strength, but also Doc Esser's personal stories – he tells us when he had to defeat his inner bastard and how he did it.

How to (re)learn being optimistic and take your life into your own hands after a stroke or a chronic illness

Learning from others – stories from the everyday lives of those affected are conveyed in a sensitive and scientifically sound manner

**Dr Heinz-Wilhelm Esser** has been a professional swimmer, rock star and app developer. As a senior physician in Remscheid, his areas of expertise are cardiology, pulmonology, angiology and intensive care medicine. He also stands in front of the cameras at the WDR TV station for the series "Doc Esser – The Health Check" and "Doc Esser – The Health Magazine". He explains complex connections so that everyone can understand them and is popular for his unconventional style.



Hardcover

Franziska Muri  
**The Way Out Of The Snail's Shell Is Not Straightforward**  
 10 small steps to take you back among others  
 Hardcover · approx. 128 pages  
 Format 13.3 x 18.8 cm

ISBN 978-3-8338-9073-4  
 € [D] 14.99  
 DOP 04 Jan 2024



Hot topic – after Covid, the problem of loneliness is more important than ever

Encouraging and strengthening – 10 everyday lessons for the way out of loneliness

Competent and empathetic – by bestselling author and loneliness coach Franziska Muri



**Franziska Muri** is a bestselling author and coach for Byron Katie's *The Work*. She has been dealing with the topics of loneliness and being alone for many years and dedicated her book *21 Reasons to Love Being Alone* to this deeply felt topic. With her online course "Never Lonely," she has supported numerous people and helped them to live a life of connection with themselves and others. Franziska Muri lives near Schwäbisch Hall.

### Finding the way back to "we"

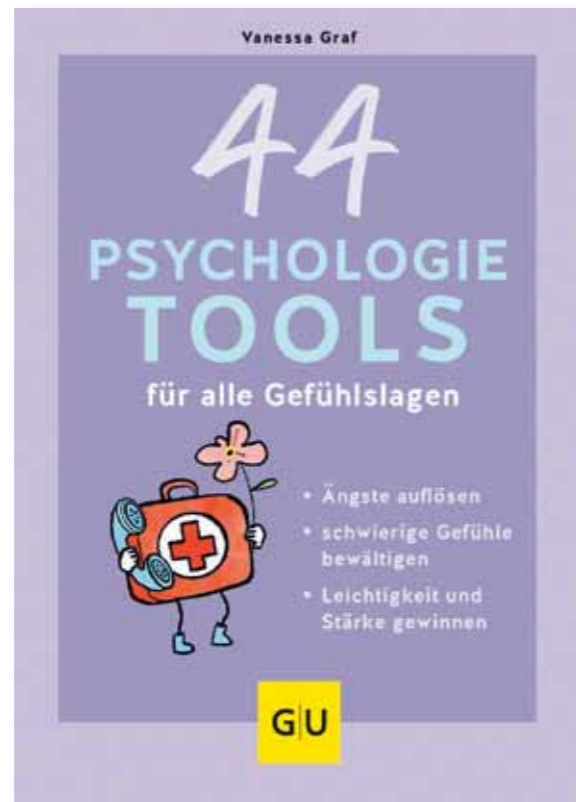
Loneliness can affect anyone – we may feel empty inside, rejected and abandoned. But how can we overcome social isolation and find our way back into contact with others? This is exactly the question that Franziska Muri answers in 10 encouraging lessons. First of all, it is important to treat ourselves with the greatest possible acceptance, because only then will we be open to meeting others. With the help of suitable exercises – learning to strengthen our self-esteem and following her motivating everyday nudges we can shake off the fear of rejection, gain confidence and become curious once more about the treasures that are awaiting us outside and in the people around us. This is how we find our place in the midst of others – without bending over backwards.



Hardcover

Vanessa Graf  
**44 Psychology Tools For All Emotional States**  
 Coping with difficult feelings, overcoming fears, gaining lightness and strength  
 Hardcover · approx. 192 pages  
 Format 13.3 x 18.8 cm

ISBN 978-3-8338-9008-6  
 € [D] 18.99  
 DOP 04 Sept 2023



Be no longer at the mercy of your emotions – effective and fast help for fear, anger and sadness

For more lightness, strength and emotional control in everyday life

From the successful psychologist and **Instagrammer Vanessa Graf**

### Immediate therapeutic help to use at home

Help! Feelings! Everyone has them, but no one wants the so-called difficult feelings such as fear, anger or sadness. Because we don't want them, they often become particularly powerful inside us and, in the worst case, can ruin our lives. The origin of recurring problems is often found in emotions that we stubbornly avoided. This highly effective home first aid kit contains 44 quick-to-use psychology tools for all emotional states. The emotions expert and psychological psychotherapist Vanessa Graf helps us to understand and regulate our emotions and to perceive the needs behind them. Immediate help for more strength and lightness!



© privat

**Vanessa Graf** is a psychologist and psychological psychotherapist in training. As a student she became interested in the topic of dealing with unpleasant feelings, and then noticed in her work as a psychologist how certain topics, for example unwanted feelings, are taboo. This is when she started her Instagram channel @stigmafrei to share her knowledge of psychology and emotions.



Softcover

Cordula Nussbaum  
**Head Full, Brain Empty**  
 How to stay focused and efficient despite permanent sensory overload  
 Softcover · approx. 208 pages  
 Format 13.5 x 21 cm

ISBN 978-3-8338-9007-9  
 € [D] 17.99  
 DOP 05 Oct 2023



Hot topic – practical advice on one of the big problems of the digital age

Relearning to distinguish what is essential from what is unimportant and thus relieve the strain on the brain

For more self-determination – gain time for the things that are really important to us

### The way out for our overstrained brains

The digitisation of the working world and of our everyday lives means that we often feel like we are unravelling. Multitasking, constant interruptions and the superficial completion of tasks lead to stress and brain overload. Based on new findings in brain research, Cordula Nussbaum shows us how it is possible to refocus on what is essential – in each particular moment, but also fundamentally in our own lives. The goal is to become more self-determined when dealing with our own time and resources. Thanks to new, positive habits, we can give our minds a real break, gain more time for the things that are important to us and, in the long term, improve our relationships with others.

**Cordula Nussbaum**, coach and author of 21 books, inspires millions of people worldwide with her impulses for personal success. *SPIEGEL Wissen* describes her as "Germany's leading expert on time management." Her podcast "Creative Time Management" is one of the TOP success podcasts in the Business & Career section on iTunes. Her books have so far been published in eight languages and have been included in the Lufthansa in-flight programme.



Hardcover

MarmeladenOma

*My Life Is (Not) A Fairy Tale*

Hardcover · approx. 168 pages

Format 13.3 x 18.8 cm

ISBN 978-3-8338-8919-6

€ [D] 17.99

DOP 04 Sept 2023



Beautifully crafted stories told with a lot of warmth

Inspiration for a happy life and a positive and grateful view of things

Long awaited by fans young and old of the oldest **YouTubeur in Europe**

### The first story book by Europe's oldest YouTubeur

The oldest YouTubeur in Europe and winner of the Golden Pea award from the German Centre for Fairy Tale Culture is known and much-loved as MarmeladenOma (Jammy Nanny). More than 90 years old, she has now written her first book. *My Life Is (Not) A Fairy Tale* gives deep insights into the eventful life of a strong woman who did not allow even the hardest blows of fate to get her down. In her stories, childhood memories and fairy tales are magically mixed to create a book that embraces young and old with its warmth and love. This is the perfect Christmas gift for all fans, fairy tale lovers and all those who want to escape dreary reality for a little while.



WHAT DO I CARE!

€ [D] 16.99  
ISBN 978-3-8338-8213-5

**MarmeladenOma** (born 1931 in Karlsruhe) founded the channel MarmeladenOma (Jammy Nanny) five years ago at the suggestion of her grandson Janik. On Twitch, she streams fairy tales and childhood stories every Saturday night and regularly posts videos on YouTube (around 14 million views so far). MarmeladenOma has around 70,000 followers on Twitch. She is the oldest live streamer in Europe and has, among other things, been awarded the Golden Pea.

# Spirituality



Other  
book products

Maxim Mankevich  
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Miscellaneous book product · approx. 104 pages  
ISBN 978-3-8338-9161-8  
€ [D] 24.95  
DOP 06 Oct 2023



The galactically beautiful  
card set - high-quality design  
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get the universe behind you**

The ideal gift for fans  
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personal excellence. His thesis is that the universe  
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harmony with our soul's main purpose. Magically  
and cosmically designed, these cards were created  
to match his bestseller and bring the essence of his  
teachings to the point. A must-have for all fans of  
*Soul Master*!!

More than 76,500 copies sold



Soul Master  
€ [D] 19.99  
ISBN 978-3-8338-8319-4



**Maxim Mankevich** is an expert in success knowledge. He joined the industry leader Greater as head of studies and was the youngest teacher to train experts and managers. During his lectures, the audience experiences targeted inspiration and in-depth content. Maxim has received several awards, including in *ERFOLG* magazine's Top 10 of the most successful trainers in the whole of DACH. His first book, *Soul Master*, was an instant bestseller.



Hardcover

Shisha Rainbow  
F\*ck The Universe  
Screw wishing, manifest your  
best life for yourself  
Hardcover · approx. 192 pages  
Format 13.3 x 18.8 cm

ISBN 978-3-8338-8827-4  
€ [D] 19.99  
DOP 05 Oct 2023



Emotions as a source  
of strength - the ingenious new  
manifesting method

Manifesting goals  
quickly and successfully  
through channelling

By the well-known WitchToker  
and TikToker Shisha Rainbow

### Manifesting re-imagined!

Thinking positive thoughts and then putting your  
trust in the universe? Not anymore! Shisha Rainbow's  
ingenious new method of emotional manifesting  
taps into the powerful energies contained in feelings  
such as anger, hatred, sadness and despair. Through  
so-called channelling, our emotions are focused and  
aligned as sources of new energy. The online witch  
with a great following also shows us how to adapt  
manifesting to ourselves, instead of the other way  
around. In this way, everyone can really achieve their  
goals and realise their wishes - without the help of  
the universe. F\*ck the Universe!



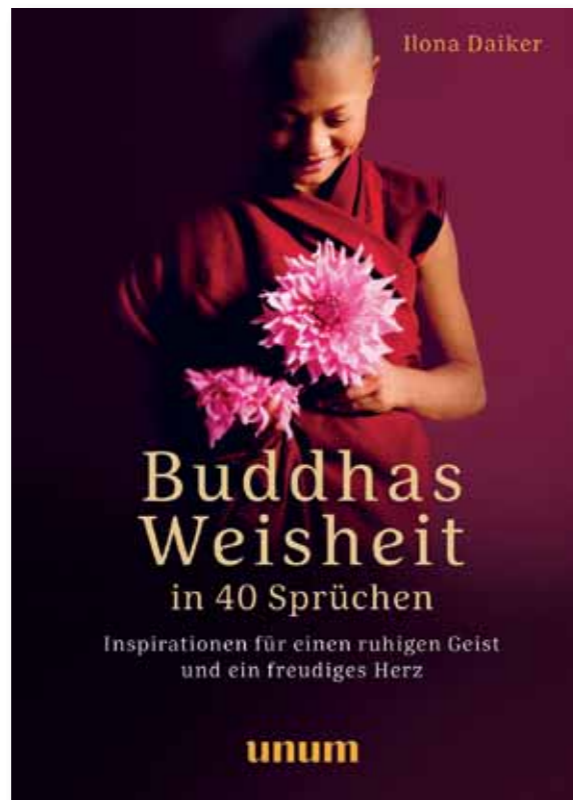
**Shisha Rainbow** is one of the witches with the widest reach in Germany. A sixth-generation  
mystic, she has German and Australian roots, and because of her family background, she grew  
up surrounded by a wide variety of spiritual practices and magical practitioners of all kinds.  
Her first book, *WitchPower*, became an instant bestseller in 2022. In 2020 she founded a witch  
school and her witch talk show. She also does educational work on witchcraft in the press.



Hardcover

**Ilona Daiker**  
**Buddha's Wisdom In 40 Sayings**  
 Inspirations for a calm mind  
 and a joyful heart  
 Hardcover · approx. 192 pages  
 Format 13.3 x 18.8 cm

ISBN 978-3-8338-9009-3  
 € [D] 17.99  
 DOP 02 Aug 2023



**Easy access – 40 important**  
 quotes by Buddha and Buddhist  
 teachers show the entire  
 spectrum of Buddhist wisdom

**Skillful – every quote**  
**is explained in a lively, exciting**  
 and everyday way

**Suitable for daily use –**  
 with many clever tips and ideas  
 on using Buddhist wisdom to  
 improve your own life

### Buddhist philosophy made easy

The wisdom of Buddha represents timeless, deep inspiration that can transform our lives. With the help of 40 quotes, bestselling author Ilona Daiker explains the most important aspects of Buddhist teachings. Every saying is examined for its practical meaning in our everyday lives. The central aspects are the power of thoughts, the causes of suffering and the great pillars of happiness, such as joy, gratitude and generosity. It's also about the healing effects of mindfulness and compassionate treatment of ourselves and others. Vivid examples and memorable, often humorous, wisdom stories make browsing fun. A beautifully designed book that touches heart and soul!



© Johannes Rodach

**Ilona Daiker**, literary scholar and naturopath, has been working as an author, copy-editor and editor in the field of natural health, self-help, yoga and mindfulness for many years. She practices meditation and has familiarised herself with Buddhism on her trips to Asia and to Buddhist retreats. It is important to her to convey the teachings of Buddha as closely as possible to everyday life. GU previously published her bestseller *Lean As A Buddha*.



Hardcover

**Stefan Limmer**  
**40 Shamanic Wisdoms**  
**For Challenging Times**  
 Hardcover · approx. 192 pages  
 Format 13.3 x 18.8 cm

ISBN 978-3-8338-9016-1  
 € [D] 19.99  
 DOP 04 Sept 2023



Inspiring and helpful –  
 guiding wisdom from  
 the world of Shamanism

Shamanic rituals as  
 a practical tool for dealing  
**with difficult feelings, such**  
 as fears and worries, and for  
**finding new confidence in life**

Lovingly told stories offer  
 illumination and security

### (Re)introducing more light into everyday life

The wisdom of Shamanism is timeless, profound and unshakable. In turbulent times, it can provide support and comfort because crises and chaos in our personal environment or in the larger social context trigger feelings of fear and insecurity in many people. With the help of 40 shamanic wisdoms and inspiring stories, the experienced shaman and alternative practitioner Stefan Limmer helps you regain your courage and find confidence in yourself once more. Simple rituals encourage you to let go of negativity and worries and to entrust yourself to Mother Earth, Father Sky and the good spirits. In doing so, you can rediscover the inner wisdom of your soul, and joie de vivre and confidence will return to your life.



© privat

**Stefan Limmer** has been a naturopath and coach since 2005 and works with shamanic healing methods, which he has studied for over 20 years, adapting and applying them to the requirements of our Western way of life. He trains in shamanic healing methods, runs seminars and is the author of a large number of non-fiction books.



Softcover

Andrea Lutzenberger  
Lunar Calendar 2024  
Softcover · approx. 160 pages  
Format 9 x 15.4 cm

ISBN 978-3-8338-8991-2  
€ [D] 8.99  
DOP 05 July 2023



Beautifully presented  
knowledge –  
the perfect gift

Interactive – the only  
lunar calendar with  
a hotline for readers

A handy companion –  
compact, easy to understand  
and durable like no  
other lunar calendar

### A popular longseller – living by the moon with Andrea Lutzenberger

Which day is perfect for a haircut? And when should you start a weight-loss regime for best success? Andrea Lutzenberger's handy pocket calendar contains over 30 symbols which tell you at a glance when is the best time to pamper your body and soul or to do household chores and gardening. As a daily companion, it contains enough space for your own notes on one double page per week and quickly provides the desired information thanks to coloured symbols. For quick access, a practical note flap explains all the symbols. If you still have important questions about the lunar calendar, the telephone hotline will provide competent answers.

**Andrea Lutzenberger** lives on a farm in the Allgäu. She has been occupied with the topic of the moon and its influences on nature for more than 20 years. Here, Andrea puts the knowledge she has acquired into practice for your everyday life. "Lutzi" is very well known in the lunar scene and also advises her readers on the phone.

# Family



Hardcover

Annette Nolden, Stephan Heinrich Nolte  
**The Big Book For Baby's First Year**  
 The standard reference book  
 for the first 12 months  
 Hardcover · approx. 512 pages  
 Format 18.5 x 24.2 cm  
  
 ISBN 978-3-8338-8702-4  
 € [D] 36.00  
 DOP 05 Oct 2023



Indispensable – everything it's  
**vital to know for baby's first year**  
 with comprehensive answers to  
 the most important questions

Unique – combining medical  
 knowledge and practical  
**midwifery experience**

Month by month – the most  
 important developmental stages  
 and many suggestions for  
 age-appropriate support

### The successful reference work has now been completely revised

The indispensable reference book for the first year  
 with your baby – now in a completely revised and  
 expanded new edition. The book focuses on infant  
 development based on the latest scientific findings,  
 from the first to the twelfth month. The guidebook  
 provides comprehensive, practical and clearly  
 illustrated answers to all the important questions.  
 Modern concepts such as kinaesthetics are  
 incorporated, as well as the latest findings on brain  
 and sleep research. Instructions for baby massages,  
 helpful tips from midwifery practices, as well as  
 templates for keeping a diary or protocol of your  
 baby's eating, sleeping and crying habits complete  
 this comprehensive guide.

More than 91,500 copies sold



Our Baby. The First Year  
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 ISBN 978-3-8338-6195-6

More than 86,000 copies sold



Baby's First Year  
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 ISBN 978-3-8338-4455-3

More than 85,000 copies sold



The Big GU Baby Book  
 € [D] 26.00  
 ISBN: 978-3-8338-7219-8

**Annette Nolden** has been working as a freelance author in the field of health and life  
 support for many years. In cooperation with doctors and midwives, she successfully  
 presents knowledge in an easy-to-understand way.

**Dr Stephan Heinrich Nolte** is a pediatrician. He was a senior physician at the Marburg  
 University Children's Hospital before setting up his own practice in 1992, which he ran until  
 2022. He is a sought-after speaker and the author of numerous books and articles.



Softcover

Johanna Fröhlich Zapata  
**The Book You Should Read Before  
 Becoming A Mother**  
 Softcover · approx. 160 pages  
 Format 13.5 x 21 cm  
  
 ISBN 978-3-8338-9109-0  
 € [D] 17.99  
 DOP 04 Sept 2023



Hot topic “feminist parenting” –  
 the need for this book is huge as  
 many mothers are overwhelmed  
 with work, parenting and  
 household chores

**Johanna Fröhlich Zapata**  
 is a media personality and  
 a likeable role model

No man bashing,  
 just practical, helpful solutions  
 for everyday life

### A vision of the future with equal parenting

Is the laundry done yet? Did he remember that we  
 cannot do our our part in looking after our friends'  
 children on Friday? It would be a good idea to check  
 the WhatsApp group again. And crumbs, today is his  
 men's night out – and I wanted to sleep in tomorrow.  
 Are such thoughts alien to you? Then you are probably  
 not a mother (yet). But if you decide to become one,  
 then this book is essential for the survival of your  
 body and your psyche. In it you will find the utopia of  
 what it might be like if you were to wake up well rested  
 every other day and how, by taking many small steps,  
 you can make this fantasy of an equal partnership  
 become a reality. With concrete case studies and  
 practical solutions.



© Elias Danner

**Johanna Fröhlich Zapata** is an alternative practitioner for psychotherapy, medical  
 anthropologist and Gestalt therapist. She coaches women and couples in a twelve-month  
 programme "towards an equal partnership without separation" (Alltagsfeminismus.de).  
 With the CareCalculator app, she raises awareness of the monetary value of unpaid care  
 work. She also co-hosts the rbb culture podcast The Everyday Feminists.





Softcover

Lila Sauerschnig, Stefanie Scharaweger  
**Stark Naked**  
 Become vulnerable and ready for love  
 Softcover · approx. 240 pages  
 Format 13.5 x 21 cm

ISBN 978-3-8338-9006-2  
 € [D] 17.99  
 DOP 05 Oct 2023



How to make yourself vulnerable and therefore "touchable" again  
**- and find the right partner at last!**

The popular singles coaches and podcasters from Pudelnackert (Stark Naked) convey their topic **with plenty of expertise, heart and humour**

Tools for the best way to deal with disappointments, ghosting, single loneliness and unrequited love

### A game-changer for singles, without Tinder, Bumble and the like

In this singles guide of a slightly different kind, Lila Sauerschnig and Stefanie Scharaweger show how you can make yourself ready for love once more. You'll learn how to deal with disappointment, unrequited love and single loneliness. Above all, however, your path to a fulfilling partnership takes you through self-acceptance and vulnerability, which makes real closeness possible in the first place – you basically "have to do your work" for love. You will learn to remove inner blockages, dissolve old patterns and discover the goddess in yourself, who can neither be charmed by those dishing out breadcrumbs nor texted by WhatsApp pals, but who confidently opens her heart to the right one.



If I Don't Love Myself, How Can Anyone Else Love Me?  
 € [D] 16.99  
 ISBN 978-3-8338-7852-7



Find Your Soul Mate  
 € [D] 17.99  
 ISBN 978-3-8338-7792-6



© Andrea Sejka

**Stefanie Scharaweger** is a relationship coach and podcaster. The qualified psychological counsellor, who also works as a therapist for body work and as a sexual and couples counsellor, is a co-founder of the "LoveSisters" project.

**Lila Sauerschnig**, co-founder of the LoveSisters project and the podcast Pudelnackert (Stark Naked), works as a relationship and love coach. She is a qualified psychological and psychosocial counsellor and systemic therapist.

# Nature



Hardcover

**Folko Kullmann**  
**Garden Fun Instead Of Frustration**  
 99 answers to the most common gardening problems for beginners. Easy, sustainable, lasting  
 Hardcover · approx. 192 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-8966-0  
 € [D] 22.00  
 DOP 05 Oct 2023



Hardcover

**Hansjörg Haas**  
**The Big GU Practice Manual Of Plant Pruning**  
 Hardcover · approx. 336 pages  
 Format 21 x 26.5 cm

ISBN 978-3-8338-8963-9  
 € [D] 34.00  
 DOP 05 Oct 2023

★ More than 55,000 copies sold since the first edition!



Starts where other guides leave off – when things go wrong

Insider tips on how to solve gardening problems

Easy solutions which you can apply in your own garden

**99 answers that really lead to success in the garden!**

Does your lawn have more weeds and moss than grass? Are voles and snails driving you crazy? And do you find that dangerous half-knowledge from the internet does not help? Then you will find what you need here! Countless enquiries in specialist magazines and internet forums show that gardening newbies often feel left alone with their problems. This book closes the gap. It offers imaginative solutions for tricky layouts as well as actions to take for a healthy lawn and balance in the pond. It explains how to troubleshoot difficult locations where nothing seems to grow properly, how to improve the harvest yield in your orchard and vegetable garden, and how to shows off flowers to their very best. 99 answers that really lead to success!

More than 120,000 copies sold



**Quickfinder**  
 The Gardening Year  
 € [D] 19.99  
 ISBN 978-3-8338-5398-2



**Simple Beautiful Beds!**  
 € [D] 22.99  
 ISBN 978-3-8338-5580-1

More than 45,000 copies sold



**Garden Basics**  
 € [D] 16.99  
 ISBN 978-3-8338-2907-9

The award-winning standard work on pruning plants, now **fully updated and expanded**

The right way to prune over **250 ornamental and fruit trees** as well as potted plants, perennials plus now also houseplants

The ideal gift for all (new) garden owners

**The standard reference book: award-winning, updated and expanded**

The standard work on plant pruning, which won two awards in 2013 – Best Guide, German Garden Book Prize and Garden Book Prize of the German Horticultural Society – has now been fully updated and expanded. Pruning is an important issue for every gardener. Every year the same questions arise. How do I prune roses so they bloom profusely? How do I prune an apple tree so that I get a rich bounty of fruit? This guide provides practical instructions on how to prune more than 250 ornamental and fruit trees, potted plants, perennials and now – brand new – even houseplants! Illustrations show exactly what is important. The book explains how to prune each plant and highlights special aspects.

More than 37,600 copies sold



**Pruning**  
 € [D] 9.99  
 ISBN 978-3-8338-6352-3

**Hansjörg Haas** trained as a gardener and then studied horticultural science at the Technical University of Munich-Weihenstephan. Since 1992 he has been a specialist consultant for fruit, horticulture and land conservation. He runs practical courses and lectures. He also opens his garden to visitors, organises garden trips and is the author of several pruning handbooks. For more information visit: [www.herrenmuehle-bleichheim.de](http://www.herrenmuehle-bleichheim.de)



© Kristijan Matić

**Folko Kullmann** has been fascinated by plants since childhood. He studied horticulture in Weihenstephan and made a name for himself as editor, author, translator and developer of gardening books. He is also the editor of *Staudengarten* magazine. His books *Square Foot Gardening* (BLV Verlag) and *Gardening with Raised Beds* (GU) received the German Garden Book Prize in the Best Guide category.



Hardcover

Anke Clark  
Natural Prairie Gardens

The garden for the future: easy to care for,  
drought-resistant and diverse  
Hardcover · approx. 192 pages  
Format 21 x 26.5 cm

ISBN 978-3-96747-124-3  
€ [D] 26.00  
DOP 05 Oct 2023



### The garden of the future – gardening at a time of climate change

A colourful, wildflower mixture of native plants and long-lasting perennials from Europe and the North American prairie – that is what a prairie garden looks like. It is also extremely easy to care for and, thanks to its diversity, can make a major contribution to species protection. After working for more than 15 years as a garden planner, Anke Clark is passing on her wealth of experience in a comprehensive design book that everyone can understand. From planning to planting, choosing the right plants to proper care – whether you have small front garden in the city or a huge rural cottage garden, this book will tell you everything you need to know to transform your own green patch into a magical natural prairie garden.



Designing Easy-Care Natural Gardens  
€ [D] 24.00  
ISBN 978-3-96747-062-8



Designing Resilient Dream Beds  
€ [D] 22.00  
ISBN 978-3-96747-064-2

**Anke Clark** has been committed to nature conservation for many years and plans and maintains gardens in her own natural prairie garden style, which combines the long flowering period of robust prairie shrubs and grasses with native plants and so provides food and habitat for more insects and animal species than normal gardens. Anke lectures for the Nature and Biodiversity Conservation Union and gardening societies, and is well connected in the nature conservation and gardening scene.



© Marion Nickig



Hardcover

Cristine Bendix, Matthias Wasserschaff  
A Year In Our Country Garden

Fantastic natural garden inspiration  
and valuable gardening knowledge  
Hardcover · approx. 288 pages  
Format 21 x 26.5 cm

ISBN 978-3-96747-113-7  
€ [D] 36.00  
DOP 05 Oct 2023



Inspirational – how a Christmas tree plantation became a magnificent country garden with diverse garden areas

Enjoy – unique and beautiful garden photography by the author's husband

An ideal gift – fascinating insights into a natural garden paradise in the country, combined with profound gardening knowledge

### The ideal gift for all garden lovers with even more inspiration

In this book, Cristine Bendix guides us through her fabulous natural garden, month by month. We find out how fulfilling it is to garden, the great diversity of species the garden is home to and how fascinating the change of seasons can be. We learn how the garden has grown over the years and which animals have settled there. From home gardens, terrace gardens and vegetable gardens to orchards, park gardens and forest gardens – there is so much to discover and tell! The fantastically beautiful images allow us to truly immerse ourselves in this unique countryside garden paradise. Cristine shares her many years of experience and gives numerous tips on biodiversity and gardening practices.

As the daughter of passionate gardeners, **Cristine Bendix** was born with green fingers. At the age of ten she got to know and love British garden culture from her English relatives. Shortly before retiring, she and her husband bought a large farm in Münsterland. Since then, they have both realised their dream of creating a unique natural retreat that is as close as possible to an English garden.

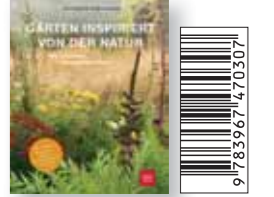
**Matthias Wasserschaff** completed an apprenticeship as a gardener specialising in growing fruit. He then studied medicine, received his doctorate and became a successful ophthalmologist. His wife rekindled his interest in gardens on their numerous gardening trips. On their farm in Münsterland he takes care of all the trees, especially the orchard. The magnificent garden also offers him a variety of subjects for his second great passion, photography.

More than 8,200 copies sold



My Buzzy Paradise  
€ [D] 29.99  
ISBN 978-3-8338-6870-2

More than 8,800 copies sold



Gardens Inspired By Nature  
€ [D] 28.00  
ISBN 978-3-96747-030-7



A Year In My Garden  
€ [D] 15.00  
ISBN 978-3-8338-7590-8

Nature



**Knowing exactly what takes how long**  
– precise planting plans help you save time growing and harvesting your **own vegetables after just 30 days** of gardening work a year

**Plus detailed profiles of the 10 easiest-to-grow vegetables**

The vegetables grow almost by **themselves! Lots of tips for efficient and time-saving growing** in the ground, pots and raised beds



Hardcover

**Ina Rimmel**  
**Little Time But Self-sufficient**

Growing vegetables has never been easier – a rich harvest after just 30 days of work a year  
Hardcover · approx. 176 pages  
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DOP 04 Sept 2023



Hot topic bees – bee-friendly beekeeping, month by month, step by step

Special author: Günter Friedmann is a pioneer of organic beekeeping, a successful author and the world's greatest Demeter beekeeper

Sustainable beekeeping for everyone – for beginners, professional and **experienced hobby beekeepers**



Hardcover

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**Bee-friendly Beekeeping Through The Year**

The practical book of natural beekeeping  
Hardcover · approx. 224 pages  
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DOP 05 Oct 2023



Hardcover

**Helke Brandt**  
**What Is My Cat Trying To Tell Me?**  
Understanding our cats better thanks to new insights into animal communication

Hardcover · approx. 192 pages  
Format 17 x 23.5 cm

ISBN 978-3-8338-8789-5  
€ [D] 22.00  
DOP 05 Oct 2023

Find out how cats see our world with the successful animal communicator Helke Brandt – it's a real eye-opener!

Strengthening the human-cat relationship and intuitively creating a close bond with deep insight into the cat's soul

Recognising the causes of unusual behaviour in cats **and finding a cat-friendly remedy**

© Julia Steingeweg



**Helke Brandt** was born with the ability to communicate intuitively with animals – the daughter of a veterinarian, she grew up in the middle of Hannover Zoo. Helke is a communication designer, psychoanalytic art therapist and animal communicator. She has continuously honed her intuitive, sensitive and media skills with further training. She is now a sought-after coach for animal owners and also runs workshops on the subject of animal communication.



**Seeing the world through your cat's eyes and understanding its behaviour**

The behaviour of cats is always an expression of the interaction of different energetic influences from animal and human companions, experiences, influences and genetics. Many of these influences can be explained by natural laws or laws of quantum physics. In this guide, animal communicator Helke Brandt shows us the world through the eyes of our cats – it's a real eye-opener! Like Dr Doolittle, she knows the range of causes for unusual behaviour and reports on exciting and almost unbelievable examples from her practice. Her profound insight into the cat's soul finally provides answers that really help and shows us how to use our intuition to create deep connections.

More than 88,000 copies sold



Cat Language  
€ [D] 9.99  
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More than 172,000 copies sold



Cat Clicker Box  
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Cat Language  
€ [D] 14.99  
ISBN 978-3-8338-5221-3

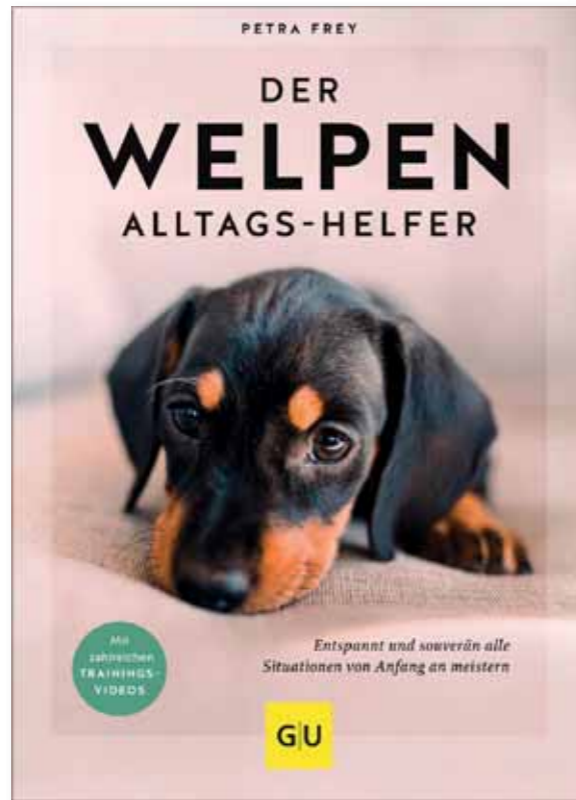


Hardcover

Petra Frey

**The Puppy's Everyday Helper**  
Mastering all situations in a relaxed and confident way right from the start (with numerous training videos)  
Hardcover · approx. 192 pages  
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€ [D] 22.00  
DOP 05 Oct 2023



Modern, relationship-boosting, non-violent and effective puppy training – based on the latest research

Uncomplicated to-the-point solution strategies for all everyday puppy problems

With supportive training videos for the exciting but often challenging days with your puppy

### How to live a relaxed everyday life with the little four-legged explorers

A veritable puppy trouble shooter! This guide is not about learning the basic commands, but rather the perfect guide for a relaxed everyday life with the new four-legged family member – from its first night in a new home to concrete problem-solving strategies for unwanted behaviour. Successful dog trainer Petra Frey knows exactly when a dog's masters struggle, especially in the early days with their puppy. Uncomplicated, easy to understand and up to date with the latest scientific information, it helps owners to master the daily challenges of life with a puppy and quickly find the solution to each respective problem. With step-by-step photos and supporting online practice videos.

**Petra Frey** is a state-certified, animal-welfare qualified dog trainer and operator of the Welpenkanal (puppy channel), the most popular German-language YouTube channel for puppy and dog training. After years of working with problem dogs in animal welfare, it is very important to her to optimise puppy training and prevent behavioural problems from day one. Petra Frey lives and works in Vienna, where she has run the DogDialog dog school since 2012.



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Species-Appropriate  
Puppy Training  
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Hardcover

Andreas Ohligschläger  
**My Dog Soul Mate**

What I learned from dogs and would like to share with you  
Hardcover · approx. 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-8985-1  
€ [D] 24.00  
DOP 04 Sept 2023



An author with reach – popular as the presenter of the TV series "Hunde verstehen!" (Understanding Dogs), his own live programme "Weggefährten" (Companions), as well as his books

A personal story – with exciting insights into the life journey of the "Paulo Coelho" among dog trainers

Practical instructions – taking your relationship with your dog to a new level for the long term

**Andreas Ohligschläger** grew up in the countryside and so came into contact with animals at an early age. The sensitive dog trainer has been committed to animal protection for years and has coped with dogs with behavioural problems. In his TV show "Understanding Dogs!", he gives advice on a wide variety of problems. Since 2007 Andreas has run the Revier für Hunde, since 2007, one of the largest dog daycare centres in Germany with mixed dog groups.

### The emotional journey of a dog professional with tips for dealing with our four-legged friends

In *My Dog Soul Mate*, the well-known dog expert Andreas Ohligschläger takes his readers on an emotional journey through his own life. As a child he was already fascinated by animals and he later turned his passion into a career. His time in Portugal was particularly formative – there he dealt with street dogs and gained important insights into their behaviour. Ohligschläger shares his personal experiences and thoughts he has gathered along the way and shows how these have helped him become a better dog trainer and person. *My Dog Soul Mate* is an inspiring and entertaining read for anyone who wants to take their relationship with their dog to a new level for the long term.

More than 20,500 copies sold



Be Polite To Your Dog!

€ [D] 19.99  
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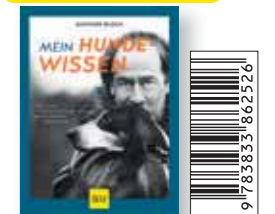
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My Dog Knowledge

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Hardcover

Angelika Glock

**The Hunting Dog – The Perfect Companion  
For The Hunt And Everyday Life**

Choose the right dog, educate it the modern way  
and integrate it into your daily life  
Hardcover · approx. 192 pages · WG 1426  
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ISBN 978-3-96747-118-2  
€ [D] 28.00  
DOP 05 Oct 2023



Everything you need to know  
to keep hunting dogs, train  
them and integrate them into  
everyday family life

Portraits of numerous breeds  
**help you find the right hunting  
dog and perfect companion**  
to suit your own life

Easy-to-follow video and  
audio support for educating  
and training your dog

### Raising and keeping hunting dogs the modern way for everyday family life

It won't work without a hunting dog: a well-trained dog is indispensable for hunting that respects the forest and animal welfare. More and more hunters therefore decide to have their own hunting dog. It is a long journey with many potential pitfalls from choosing and buying, to examinations and everyday hunting. Today, people want to integrate hunting dogs into their everyday family life. This well-founded practical guide shows how it's done and how to exercise the dogs even on days when there is no hunt. It also includes information on all the options and requirements for training and examinations, and is therefore an indispensable companion that offers help and orientation in every important phase.

**Angelika Glock** is a passionate hunter and hunting dog handler. She hunts with her two English Pointer dogs right in the heart of Germany's Bergisches Land region where she lives and works. As often as time permits, she is out in nature with her dogs – hunting, doing conservation work, and also stalking game with her camera. Her closeness to nature, her love of game hunting, her special affection for hunting dogs and her passion for a lively use of the German language are also reflected in her profession. The freelance editor, journalist and writer is primarily focused on the topics of hunting, hunting dogs and nature, as in her book contribution to *Lust auf Jagd* and numerous specialist articles about the fascinating “essence of hunting dogs”.



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Hardcover

Uwe Tabel

**The Hunting Dog Yearling**

Safely passing the Natural Ability tests  
Hardcover · approx. 144 pages  
Format 16,7 x 22 cm

ISBN 978-3-96747-095-6  
€ [D] 19.99  
DOP 27 Sept 2023



Get through the ability  
tests safely – *The Hunting Dog  
Yearling* accompanies hunters  
**and their dog in the first year**

Up to date – the book has been  
updated and revised according  
to current guidelines

Well prepared –  
***The Hunting Dog Yearling***  
provides the ideal preparation  
for the hunting dog tests

**Uwe Tabel** is a retired head of the forestry and research departments at the Rhineland-Palatinate Forestry Research Institute. He has worked as a hunter with various breeds of dogs such as pointers, hunting terriers and dachshunds since the age of 16, and has in-depth experience of hunting in field, forest, water and dens.



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Hardcover

Beatrice Jäger

Hunting And Forestry

How forestry and hunting  
protect the forest of tomorrow  
Hardcover · approx. 208 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-96747-116-8

€ [D] 39.00

DOP 05 Oct 2023



Perfectly prepared  
for the silviculture section  
**of the hunting exam and  
for experienced hunters –**  
understanding the connections  
between hunting and forestry

Recognising wildlife damage  
and the consequences  
of climate change in the  
forest and how to act correctly

Plus – identifying tree  
species in all growth phases with  
**the help of tree species profiles  
and identification aids**

### Concentrated knowledge on the important topic of silviculture in the hunting licence exam

Hunting fairness is an obligation for hunters. This means considering the environment in its entirety in thought and action. Therefore, a thorough knowledge of silviculture is essential in order to successfully pass the oral part of the hunting licence exam. The topic is sometimes neglected in hunting training, although cooperation between hunters and foresters is essential because without hunting there is no healthy forest. In this book, Beatrice Jäger offers an easy approach to the topic. Beginner hunters learn how to recognise damage in the forest caused by game and how to act correctly, and established hunters learn how they can protect the forest of tomorrow. Plus profiles of tree species and identification aids for the various growth stages.



Before And After The Hunting  
Licence Test  
€ [D] 42.00  
ISBN 978-3-96747-081-9



The Forest Woman's Secret  
Knowledge - pocket book  
€ [D] 12.00  
ISBN 978-3-8354-1636-9



Habitat Tree  
€ [D] 10.00  
ISBN 978-3-8354-1968-1



© Reiner Wagner

**Beatrice Jäger**, the forestry and wood scientist, passionate hunter and hunting instructor, is best known as "mrswildboar" on Instagram. As a hunting influencer, she shares her experience as a forester and hunter with her subscribers. Her vision is to educate as many people as possible about how important it is to preserve the forest ecosystem for people and animals, and what hunting and forestry can do together to achieve this.

General



Hardcover

**Manu and Konny Reimann:**  
**Just Do It!**How our dreams become reality  
and our lives become an adventure  
Hardcover · approx. 272 pages  
Format 18.5 x 24.2 cmISBN 978-3-8338-9036-9  
€ [D] 24.00  
DOP 05 Oct 2023

The Reimanns close-up –  
**exclusive new insights**  
into the life of the Reimanns  
and their move to Hawaii

Pure entertainment –  
the wisdom and life hacks  
of Manu and Konny Reimann

Do it yourself – how to simply  
pursue your own projects with  
the help of tried-and-tested  
instructions and tips

### The ultimate problem-solving book by THE cult emigrants from Germany

Probably the most famous emigrants from Germany, Konny and Manu Reimann still reinvent their own lives every day, even after 15 years in the USA. He's a northern light, she's the girl from Hessen, and together they moved to Hawaii. They call their new home "Konny Island III" and they allow cameras as well as hundreds of thousands of fans to watch them in their everyday lives. THE ultimate problem-solving book for all fans of "Welcome to the Reimanns". With funny stories, (not always entirely) realistic life hacks and do-it-yourself information boxes.



Hardcover

**Felix Neureuther**  
**Our Alpine Heritage**The threats our mountains face and  
why we have to save them  
Hardcover · approx. 368 pages  
Format 13.5 x 21 cmISBN 978-3-8338-8733-8  
€ [D] 25.00  
DOP 03 Oct 2023

**Felix Neureuther meets forward  
thinkers and pioneers and  
sets out to find ideas for  
a better future for the Alps**

He shows us why the Alps  
are important to us and how  
**they influence our lives**

### Between climate crisis and holidays – the voice of our Alps

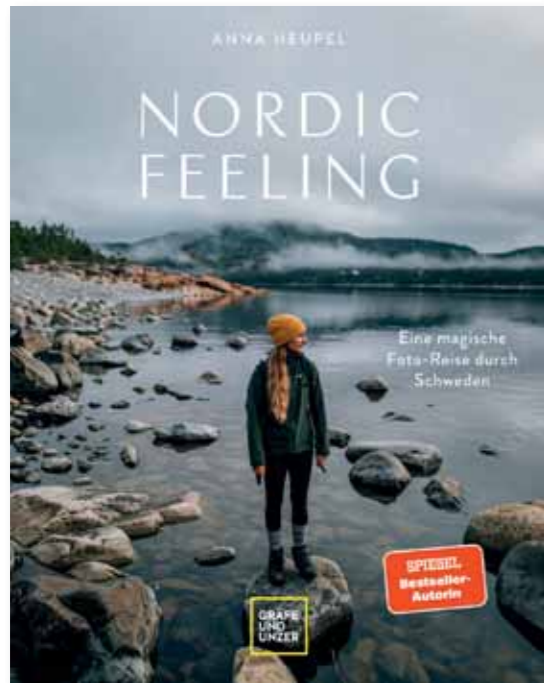
Understanding the cultural region of the Alps, feeling the unique mountain nature and preserving it for the future – that is the cause close to the heart of former world-class skier Felix Neureuther, because the Alps are rapidly changing. The climate crisis is eating away at the glaciers, biodiversity is in danger and rock falls are threatening human settlements. Of course, the mountains are not just a recreational area for millions of holidaymakers, they have been shaped by alpine farmers over thousands of years, with a great variety of crafts, music and cuisine. As an ambassador for the mountains, Felix Neureuther, together with experts such as Sven Plöger and alpinist Simon Messner, traces the secret knowledge of the Alps and shows innovative, future-proof solutions that will enable all coming generations also to live a good life here.



© Schoeffel

**Felix Neureuther** is Germany's most successful alpine ski racer in World Cup history. His popularity is based not only on his great racing successes, but also on his commitments off the slopes. As a family man, he is particularly committed to healthy exercise for children, and for many years he has also dedicated himself to protecting the mountains and preserving the wonders of nature through specific projects – a matter close to his heart.





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The neuroscientist and bestselling author is revolutionising medical healthcare and advocates a fourth pillar of medicine

Connectedness as the key to health



**“Health needs more than our health system,” Professor Esch**

What is missing in today's medical care in order to produce sustainable health and healing? The neuroscientist, doctor and health researcher Professor Tobias Esch looked into this question. His conclusion? We are missing an awareness of a new, fourth dimension of health: meaningfulness. Together with his patients, he tracks down any unexplained symptoms and finds the causes – going all the way to help them to restore meaning in their lives. Because only when there is significance in our actions and a connectedness between being and living, when we know what we get up for in the morning (and why), only then can healing occur. The book is groundbreaking for all those who want to stay healthy, recover from illness and lead a happy life.

**Professor Tobias Esch** is a neuroscientist, health researcher and general practitioner. Since 2016, he has been head of the institute and professor for integrative health care and promotion at the University of Witten/Herdecke, where he also founded the university outpatient clinic in the spirit of “tomorrow's medicine”. He has written over 300 academic papers and his books have reached top positions on bestseller lists.



Hardcover



**Wigald Boning**

**Mister Boning Goes For A Swim**

One year, 365 days in the water and what I learned about swimming, life and cool guys

Hardcover · approx. 224 pages

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The new book by *SPIEGEL* bestselling author and cult comedian Wigald Boning

Wild swimming is very trendy

Wonderfully wacky and incredibly funny

### A wonderfully amusing story for all fans of Mister Boning and swimming

How do you drown your own bastard day after day? As a self-confessed landlubber, Wigald Boning feels anything but at home in the water. Did this change thanks to his self-prescribed swimming programme, braving the water every day for 365 days? Mister Boning picks a quarrel with hissing swans, finds unexpected treasures in muddy ground, and starts an argument with the captain of a cargo ship. One day he ends up at Hannover airport - and there isn't a swimming lake anywhere nearby. But an employee whispers to him that there is a rainwater retention basin by the tower, which has probably never been used by anyone. Is that the solution? You bet! A wonderfully amusing story for all fans of Mister Boning and swimming.



Run, Wigald, Run

€ [D] 19.99  
ISBN 978-3-8338-8183-1



The Pedestrian

€ [D] 20.00  
ISBN 978-3-8338-8201-2



© Jürg Koch

**Wigald Boning**, born in Wildeshausen in 1967, is one of the greatest German TV multi-talents. He became known for the RTL Saturday Night comedy show "Die Doofen" (The Idiots) and through singing with Olli Dittrich. An integral part of the media landscape, he has hosted, among others, the "WIB-Schaukel" and "Clever", he's a permanent panel member on "Genial" and a guest on numerous successful shows. He has been awarded with several prizes. His most recent publication, published by GRÄFE UND UNZER, was *The Pedestrian* and his *SPIEGEL* bestseller *Run, Wigald, Run!*



Hardcover



**Julia Steppat**

**Why Children Don't Eat Properly**

The invisible causes of eating disorders

Hardcover · approx. 208 pages

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ISBN 978-3-8338-9133-5

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Hot topic – the number of those affected is increasing. **One in five children/adolescents** suffers from an eating disorder

Recognising the causes **in order to find ways** out of the disease

**The author is an expert** and is a former sufferer herself

### Eating disorders in children, the causes and what really helps

Is my child eating normally? Or is this the beginning of an eating disorder? Many parents are unsettled when their children eat a lot or little, withdraw or skip meals. Julia Steppat suffered from anorexia for seven years, and she made the topic of eating disorders her life's work - initially to get healthy herself, and then to advise and support those who are affected and their relatives. The psychologist, nutritionist and volunteer consultant at the ANAD care centre for eating disorders knows that eating disorders, whether binge eating, anorexia or bulimia, are always the result of the family system. Using plenty of information she expertly and sensitively explains the causes and shows those affected and their relatives ways out of the illness.



© Gregor Tremmel

**Julia Steppat** is a psychologist, nutritionist and volunteer consultant at the ANAD care centre for eating disorders. She was anorexic herself for seven years and today coaches those affected and their relatives to finding ways out of the eating disorder, which she sees as a systemic illness. Her field of activity includes binge eating, grazing, bulimia and anorexia, as well as all mixed forms of eating disorders.



Hardcover

Nils Hansson

**How Not To Win A Nobel Prize**

The unsung geniuses of medical history

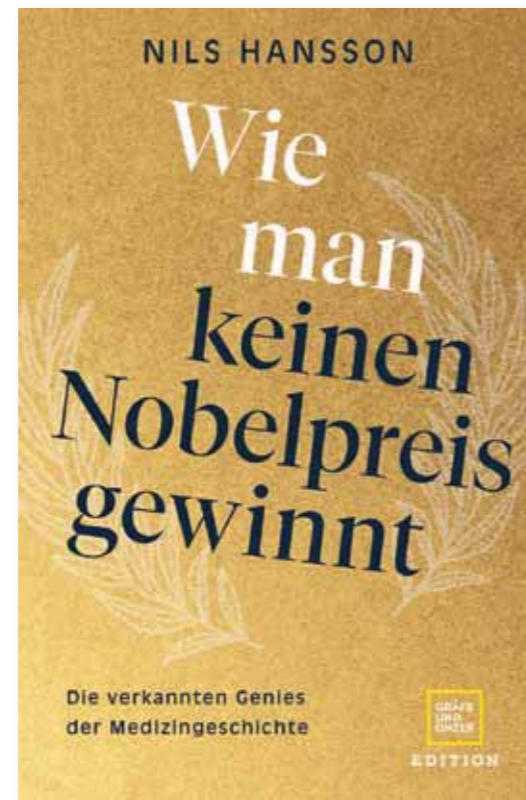
Hardcover · approx. 288 pages

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DOP 05 Oct 2023



Medical historian and researcher  
Nils Hansson on hidden losers –  
brilliant researchers and their  
inventions, once overlooked,  
celebrated today

**Exciting and previously**  
unknown facts about the most  
ingenious medical inventions,  
from anesthesia and dialysis to  
ultrasound

An alternative history of medicine,  
beyond the Nobel Prize

### Unknown facts about ingenious medical inventions

Anesthesia, dialysis and ultrasound – these achievements of modern medicine save millions of lives around the world every day. And yet, at the time of their invention, they were dismissed as strange and the inventors received no recognition for their work. Medical historian Nils Hansson wants to change all that! He takes a look behind the scenes of the Nobel Prize ceremony and examines the phenomenon of the hidden champions of healthcare, who, for the strangest of reasons, were left empty-handed at the award ceremonies – for example, because the inventions were too revolutionary, or the researchers were female, or because they simply didn't look good enough. An alternative history of medicine about inventions that are indispensable today.



**Nils Hansson** is a medical historian who has been researching recognition in the sciences for more than ten years. He currently works at the Institute for History, Theory and Ethics of Medicine at the Heinrich Heine University in Düsseldorf. In his publications, he is particularly enthusiastic about researchers whose discoveries were ignored during their lifetime. A native of Sweden, he comments on the Nobel Prize awards every year in international media.

# Travel

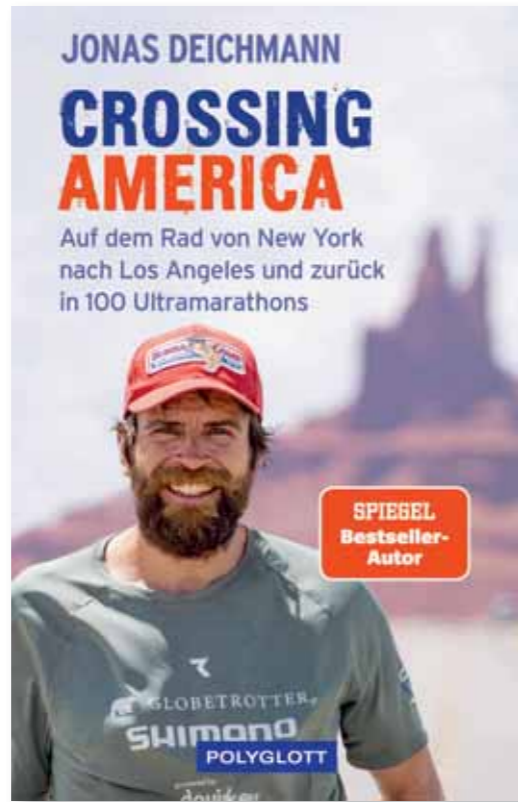


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Jonas Deichmann, Martin Waller  
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On the bike from New York to Los Angeles  
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as a brilliant final stage

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For all those who have  
enthusiastically read *The Limit  
Is Just Me* by Jonas Deichmann

The adventure was  
**accompanied by filmmakers –  
the film will be premiered  
in the autumn**

**Savas Coban** was born in Bremen in 1992  
and his complete focus is on extreme  
sports. Sport has been the central  
element in his life for as long as he can  
remember. In 2020, Savas cycled from  
Hamburg to Seville in southern Spain,  
and in 2021, he ran a daily ultramarathon  
of 2,250 km from Munich to Istanbul.

### A man who runs to grow beyond himself

Peru is a land of extremes, from the rough Pacific coast, across the high Andes mountains to the tropical Amazon rainforest. The Incas once ruled here and left behind magnificent buildings, myths and traditions. And the extreme runner Savas Coban chose this country to surpass himself. He covered 5,200 kilometers all on his own and ran an ultramarathon every single day. What did he experience? The beauty and the power of nature, the rich history of Peru and the dramatic present between heartwarming hospitality and burning barricades. What did he learn from his experience? That you have to follow your heart's desire as it will ultimately allow you to grow beyond yourself.

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