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Autumn 2023



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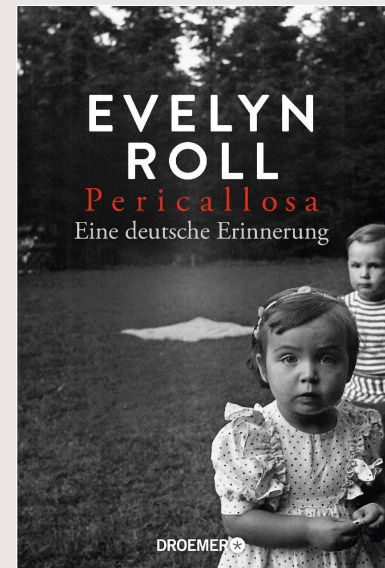
Non-Fiction

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Evelyn Roll

Pericallosa. A German memory

- A unique book about German memory and survival
- The well-known SZ journalist raises the genre of family story to a new level: dramatic and gentle, laconic and grandiose
- For readers of Sabine Bode, Wibke Bruhns, Gabriele von Arnim and Edgar Selge



September 2023 · 432 pages

Evelyn Roll (born in 1952) is a journalist who has worked since 1983 for *Süd-deutsche Zeitung* in various rolls, most recently as editor in chief. The winner of the Theodor Wolff prize has written legendary reportages for *Die Seite Drei* and the *SZ Magazin* and she also authored the first biography of Angela Merkel. She lives with her husband in Berlin.

The price of survival

Evelyn Roll, star reporter for the SZ newspaper, had spent years almost obsessively researching the functioning of the brain and memory, as if she had suspected and prepared herself for the day when an artery in her brain would burst. It is almost a miracle that she survived the following emergency surgery and fought her way back to life. In doing so, she reacquaints herself with her own memory because the monster in her head, a pericallosal artery aneurysm, appears to have released what has long been lost: the repressed memories, blind spots and secrets of her family and her own generation. In her brilliant investigation, Evelyn Roll also discovers a part of herself that she had pushed away. A German story about the power of memory.

"My journey into my brain became a journey into myself - I am new-born and I look through new eyes at my family history, blind spots and the grand delusions of my generation." Evelyn Roll

Matthias Maurer

Cosmic Kiss. Six months on the ISS – A declaration of love for space

- Exclusive insights into everyday life on the ISS
- The Fascination of space: thrilling stories told by the German Astronaut



October 2023 · 432 pages

Matthias Maurer (born 1970) is an astronaut and scientist. After a doctorate in materials science and several years of professional experience as a product developer in the medical industry, he joined the European Space Agency in 2009 and was post-nominated to the ESA astronaut class in 2015. In the course of his Cosmic Kiss mission to the International Space Station (ISS) in 2021 and became the twelfth German to stay in space for around six months.

So close to the stars: six months on the International Space Station

Only twelve Germans have ever left our planet: Matthias Maurer is one of them. But for scientists, the road to the stars is long and rocky. Although he beat thousands of competitors in the ESA selection process in 2009, there is initially no place for him in the astronaut class. But Maurer doesn't give up and years later he gets a second chance: ESA nominates him retrospectively for the European Astronaut Corps and in autumn 2021 he starts with the mission. And in autumn 2021 he will take off for the ISS on the Cosmic Kiss mission. For almost six months, he lives and works on board the International Space Station. 400 kilometres above home and only separated from the hostile vacuum of space by a thin shell, he learns what cohesion means - and how vulnerable our Earth is.

"And here it is, at last, my first free, almost poetically glimpse of this magically wonderful oasis in the midst of the darkest darkness of absolute nothingness. A realisation that startles me a little: the earth is a luminous and vibrant blue. The sky, on the other hand, is always black. Even during the day." Matthias Maurer

Alexandra Popp

Then I just show you on the pitch. How I live my dream

- The authentic, honest and sympathetic autobiography of the icon of German women's soccer
- 2023: Soccer World Cup in Australia and New Zealand
- For readers of Neven Subotić and Dirk Nowitzki



August 2023 · 336 pages

Alexandra Popp (*1991) is captain of the German national soccer team. As an athlete, she won the German championship seven times, the Champions League three times, the DFB Cup eleven times, and was an Olympic champion and European runner-up. She is under contract to VfL Wolfsburg. In 2022, the DFB named her "National Player of the Year" and Kicker named her "Personality of the Year".

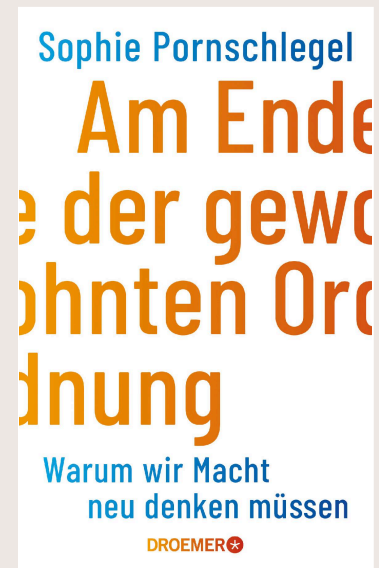
An exceptional athlete overcomes all odds on and off the pitch

Alexandra Popp is the outstanding soccer player of her generation. She won all the major trophies in club soccer with VfL Wolfsburg, was an Olympic champion with the national team, and captained Germany to the 2022 European Championship final. Time and again in her career, the exceptional striker has had to deal with setbacks, yet she has always gone her own way. But it's not only on the pitch that she inspires with her presence but also off it. She never minces words, she points out grievances in women's soccer and stands up against discrimination. In this way, Alexandra Popp shows that it still exists, the authentic soccer that has to do not only with money but with passion for the beautiful game.

"Popp is one of the giants of German soccer." DER SPIEGEL

Sophie Porschlegel

- A trenchant analysis of the permanent political, economic and social crisis
- The political scientist is a sought-after expert on socio-political topics in the media
- For readers of Harald Welzer and Maja Göpel



November 2023 · 272 pages

Sophie Porschlegel works as an analyst at the Brussels think tank "European Policy Centre". She is a fellow at "Das Progressive Zentrum" in Berlin and was a fellow of the Charlemagne Prize Academy in 2020/2021. Her journalistic contributions appear on Deutschlandfunk Kultur, ZEIT Online, FAS and Tagesspiegel. She is a frequent guest on TV and radio, including ZDF Aspekte and Maybrit Illner, and comments in international media (Reuters, BBC and Guardian).

World in upheaval: Why we need a new understanding of power

Why are more and more people voting for authoritarian leaders like Donald Trump? Why do multi-billionaires and pop stars have more say in politics than elected officials? And why are there hardly any consequences for corrupt actions by politicians? To address the weaknesses of the current systems of power, a radical rethink is needed. Political scientist Sophie Porschlegel analyzes on a national and international level how we can achieve a more democratic understanding of power and a society that puts humanity and respect back at the centre. This is the only way to find solutions to the multiple crises of the future and the present.

"What is certain is that democracy, liberalism and the free market economy are on the defensive and losing power worldwide. The question that now arises is accordingly simple: what comes next?" Sophie Porschlegel

Franziska Schutzbach

The Exhaustion of Women. Against the female availability

- Sustained media interest: the bestseller now in paperback
- Why everyone loses if care work remains a women's issue
- Mental load, gender pay gap, caring: why our society overwhelms women
- One of Germany's leading feminist voices



October 2021 · 304 pages

Franziska Schutzbach, born in 1978, is a sociologist, publicist, speaker, feminist activist and mother of two children. In 2017, she initiated the #SchweizerAufschrei (Swiss outcry), and since then she has been a well-known and sought-after feminist voice, including beyond Switzerland. Her research focuses on gender topics, such as misogyny and sexism. Furthermore, she addresses the communication strategy of right-wing populists. Franziska Schutzbach lives in Basel.

"A pamphlet of struggle in the best sense." Süddeutsche Zeitung

"Women are not regarded as simply human. They are expected to be giving humans."

It is still taken for granted that women owe their attention and care to others - children, men, and the community. Be it as a mental load in the family or as poorly paid care work in nursing professions.

Franziska Schutzbach, sociologist and feminist activist, puts her finger in the wound of a system that clings to an outdated image of women and thus puts everyone's well-being at risk.

"Schutzbach's book could not be more timely." Tagesspiegel

"This book is a wonderful basis for discussion and a meticulous summary of the most important scientific findings, a breakdown of the problem." Ö1

Daniel Moßbrucker

Right before our eyes. How pedo-criminals operate on the Internet – and how we protect children from them

- Investigative insights into the networks of the pedo-criminal scene
- An alarming book that simultaneously shows parents options for action
- Daniel Moßbrucker is one of the leading experts in the German-speaking world for research on the Darknet



September 2023 · 304 pages

Daniel Moßbrucker, born 1990, works as a journalist on the topics of surveillance, data protection and Internet regulation. His articles are regularly published by national media and TV political magazines. In 2022, he received the Otto Brenner Award for Critical Journalism with a team from NDR and DER SPIEGEL for his research and data preparation on the topic of child abuse. Daniel Moßbrucker lives in Berlin.

How parents can protect their children from sexualized violence on the Internet

Hardly any other topic shocks people as much as sexualized violence against children - and hardly any other topic is so often suppressed. Yet the UN estimated as early as 2009 that 750,000 pedo-criminals are online every second worldwide, and the number is rising. With his book, investigative journalist Daniel Moßbrucker presents systematic and data-based analyses of pedo-criminal circles in the Darknet for the first time in the German-speaking world. He explains how pedo criminals operate and how parents can best protect their children with this knowledge. At the same time, his book is an alarming appeal to politicians and society to finally give the topic the attention and urgency it deserves.

"We are all called upon to free ourselves from the shock of individual cases in order to finally deal with the structures of this pedo-criminal net culture." Daniel Moßbrucker

Anne Theiss

The devaluation of mothers. How outdated family policies are costing us prosperity

- A persistently important and topical debate topic
- Why we cannot afford our antiquated image of motherhood much longer
- For readers of Franziska Schutzbach



September 2023 · 224 pages

Anne Theiss is a journalist and works for the Burda Media Group. As the mother of two children, one of them with special needs, she knows the strain of motherhood multitasking from her own experience. Anne Theiss lives with her family in Tutzing near Munich.

Disconnected and devalued - the consequences of the treatment of mothers for the future of our country

As soon as women become mothers, everything changes: they are disenfranchised and ignored, and promises made are not kept. Above all, however, they are the unpaid labour force on which an entire system relies. In times of crisis and beyond. But the poor treatment of mothers has fatal consequences for the economy of this country. Because care work is increasingly becoming a political issue in view of the growing shortage of skilled workers. Anne Theiss sheds light on how a disastrous family policy threatens our prosperity and what needs to change to prevent it.

"Having children triggers an imbalance in terms of quality of life - especially compared to the older generation. But what future is there for a country where families, and mothers in particular, feel increasingly disconnected?" Anne Theiss

Arthur Landwehr

The Torn States of America. Old myths and new values – a country struggles for its identity

- The USA before the presidential elections: Issues, Heads, Controversies
- Arthur Landwehr is one of the public media's most distinguished experts on the USA
- For readers of Ingo Zamperoni, George Packer and J. D. Vance



January 2024 · 280 pages

Arthur Landwehr, born in 1958, was ARD radio correspondent in Washington, D.C., from 1999 to 2006 and from 2018 to 2022. From 2006 to 2018, he was chief radio editor of Südwestrundfunk. During his stays in the U.S., he provided intensive journalistic coverage of the social development of the U.S. during the terms of Clinton, Bush, Trump and Biden.

Culture war over the "real" America

The world is eagerly awaiting the outcome of the U.S. presidential elections in the fall of 2024. Will the Democrats once again succeed in defending their ideas of responsibility and social justice against Republican populism à la Trump? USA expert Arthur Landwehr traces the moods of voters at the beginning of the primaries and describes the election campaign as a culture war and concern about one's identity as an American. At the centre: the white middle class's fear of decline and the increasing self-confidence of blacks and Hispanics, the myth of the cowboy and the influence of the "woken" intellectuals in the liberal coastal cities. And above all, the question: What does this have to do with us Germans?

"We understand Americans less than we think we do." Arthur Landwehr

Achim Gruber

Maltreated companions. About aberrations in breed breeding and our responsibility for dogs and cats

- Shocking developments in breed breeding: Why Our Dogs and Cats Got Sicker and Sicker
- Achim Gruber is Germany's most distinguished animal pathologist –
- Large target group: a dog or cat lives in almost every second German household – "
- Shrill dogs were bred even shriller, naked cats even more naked – extravagance at the expense of the animals." Achim Gruber



October 2023 · 288 pages

Prof. Dr. Achim Gruber, born in 1966, is director of the Institute of Animal Pathology at Freie Universität Berlin and the only veterinarian to be a full member of the Berlin-Brandenburg Academy of Sciences. His first popular nonfiction book *Das Kuscheltierdrama* (Droemer, 2019) was enthusiastically received by readers* and critics. Achim Gruber is married and the father of three children. The family also includes a mongrel dog.

Beautiful and extravagant - but sick: How our pet breeding disregards animal welfare

Over thousands of years, man has adapted the anatomies, behaviour and nature of dogs and cats to his needs and created an amazing variety of breeds. But now it is apparent that some principles and ideals of this breeding in recent decades led on the wrong path. Because more and more animals suffer from cultivated characteristics and genetic impoverishment. "Breeding successes" not infrequently manifest themselves in painful orthopaedic diseases, agonizing allergies, life-shortening cancers, sad sensory disorders and frightening behavioural impoverishment. The Berlin animal pathologist Prof. Dr. Achim Gruber puts his finger in the wound and states: It is high time to abandon our breed concept and to take responsibility again for what really counts - the health and welfare of our animals.

Michael Niedrig, Sara Niedrig

- Self-sufficiency, sustainability and minimalism are trending topics
- For readers of Our Farm in Brittany and First Time Forever
- For people who long for a decelerated and natural life for themselves and their families



September 2023 · 200 pages

Michael Niedrig, born 1980, is a former professional soccer player (1. FC Köln, Holstein Kiel). He studied business administration and took up a management position at FC Cologne after his sports career. Sara Niedrig, born 1984, participated in the Olympic Games as a beach volleyball player and won the European championship twice. She studied literature and media science and became a sports journalist. The extended family lives on Gut Neuwerk in the Eifel.

From sports shoes to rubber boots: a new start as a family

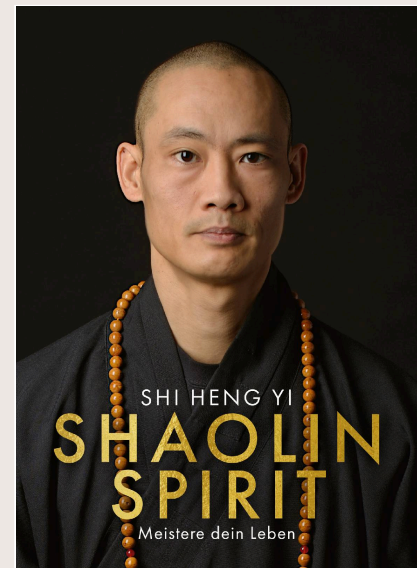
When Sara and Michael end their careers as competitive athletes, they have no idea they'll soon be knee-deep in mud. They decided to move from the city to the countryside with their children when they fall in love with an old estate - in need of renovation and six hectares of land. Soon they have a great idea. The family dares the adventure of self-sufficiency. A life according to the seasons, between work and fulfillment. How do you live next door to animals? What happens when the flood threatens the farm and the harvest?

"We wanted to go out into the countryside, but that far? As is the case when you're in love, all the arguments against it no longer counted. Too much work, too far away, too little infrastructure, too lonely. We are very happy that we dared to take the step into this little paradise and are now looking forward to sharing it with others." - Sara and Michael Niedrig

Shi Heng Yi

Shaolin Spirit. Master your life

- How we can use the teachings and practice of Shaolin for our own personal development
- From the only authorized Shaolin Master in the German-speaking world
- Perfect networking via social media and YouTube: over 15 million views of his TED Talk
- The impulse to buy: "I am fascinated by the world of Shaolin and its mastery of body and mind."



October 2023 · 288 pages

Shi Heng Yi is the headmaster of Shaolin Temple Europe, a Buddhist monastery located in Otterberg, Rhineland-Palatinate. Representing the 35th generation of Shaolin, he is responsible for the physical and mental training of novices, master students and disciples of the Shaolin Order. Thanks to his teaching methods, he has an international reputation. His YouTube videos have millions of views, the monastery's offerings are more in demand than ever, and the online learning program is noticed across borders and around the world. The book was written in collaboration with Düsseldorf author Stefanie Koch.

Shaolin Spirit - your path to self-realization

Shi Heng Yi opens with this book insights into previously unpublished knowledge of the Shaolin tradition - applicable practices for everyday life, underpinned with perspectives to recognize the familiar in a new way. The result: to become stronger, to learn to meet life's challenges, to cultivate willpower, courage, endurance, discipline, and loyalty, and to perceive mind and body as one. Shi Heng Yi officiates as the senior master of Shaolin Temple Europe, a Buddhist monastery based in Germany. Representing the 35th generation of Shaolin, he represents and teaches an ancient tradition whose added value is already embraced and practised by millions worldwide.

Franziska Rubin

7 Minutes a Day – Finally Powerful and Calm. What makes the soul strong!

- The new bestseller: the 7-minute program to sustainably improve mental well-being
- With 50 simple self-applications & emergency helpers for difficult moments
- Total circulation Franziska Rubin: 780,000 copies sold
- Buying impulse: *"I feel exhausted and want to finally regain my strength."*



September 2023 · 176 pages

Franziska Rubin, MD, is a holistic physician, TV presenter and bestselling author. From 1998 to 2015, the doctor moderated the weekly health magazine of MDR Hauptsache Gesund. She is a Kneipp Health Award winner and a sought-after speaker. Her special concern is to offer competent advice and help to as many people as possible and to inform them about the fascinating possibilities of naturopathy and complementary medicine.

The successful 7-minute program - now for a strong psyche, more serenity and energy.

"Discover what gives you energy and what robs you of strength - then you have the key in your hand for a content life," says Franziska Rubin, MD. She is now applying the recipe for success of just 7 minutes daily to a stable mental balance. The best-selling author names a 7-minute tip for each day of the week, which helps to reduce stress, recharge the batteries, let go of stressful things and strengthen resilience with healthy Mood-Food. At the end of each week, personal powerhouses are identified to develop a long-term healthy lifestyle for a strong psyche.

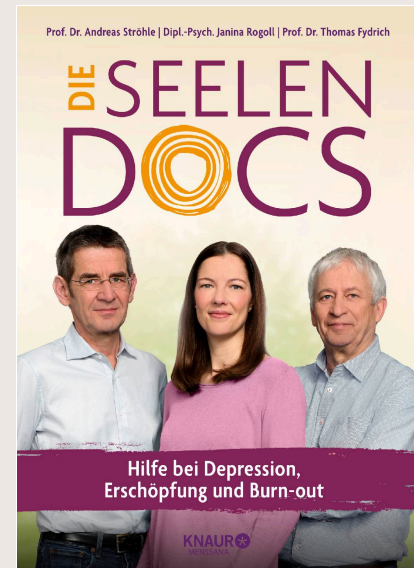
Further Titles



Andreas Ströhle, Janina Rogoll, Thomas Fydrich

The Soul Docs. Help with depression, exhaustion and burnout

- Leading experts explain simply and understandably what you need to know about depression and burnout
- The only standard work with assistance for those affected, relatives and those interested in prevention
- With a special program for a stable psyche



November 2023 · 192 pages

Univ.-Prof. Dr. med. Ströhle, Andreas studied human medicine in Erlangen and Berlin. Doctorate in 1995, specialist training in psychiatry and psychotherapy, Max Planck Institute for Psychiatry in Munich. Habilitation 2003 at the LMU Munich. Since 2002 at the Charité - Universitätsmedizin Berlin, since 2008 university professor.

Janina Rogoll studied psychology in Klagenfurt and Berlin. She works as a psychological psychotherapist (VT) and supervisor in psychotherapeutic practice, teaches at various institutions, and is currently studying periportal sciences and research on the topic of anxiety, animal-assisted therapy and orphaned parents.

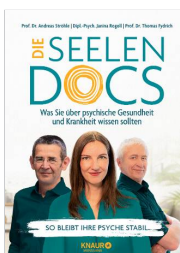
Prof. Dr Thomas Fydrich is a graduate psychologist with a doctorate in Marburg and a habilitation in Heidelberg. After clinical and research work in Pittsburgh and Philadelphia from 1987 to 1990, he was a university assistant at the Institute of Psychology at the Uni-

"Depression is the No. 1 widespread mental illness" The Soul Docs.

Lack of drive, the feeling of inner emptiness or no more joy in life, who hasn't experienced that? But what is still normal, and when should I seek professional help? What therapy options are there? What can I do for myself to be able to master my everyday life again or to avoid getting sick in the first place?

The Seelen-Docs, the competence team for psychology, psychiatry and psychotherapy, impart all the necessary basic knowledge about depression in an easy-to-understand way in their new guidebook. Possible causes, therapy methods and tried-and-tested assistance for those affected and their relatives are presented. The compact program for a stable psyche is just as suitable for accompanying treatment as it is for prevention.

Further Titles



Dominik Barkow

Immobile was Yesterday. Mobility Training from Head to Toe

- Quickly implementable and simple exercises – with photos and step-by-step instructions
- Dominik Barkow is a mobility and health coach as well as a breathing and meditation trainer
- Impulse to buy: "My time as a couch potato is over, I want to become more mobile again."



December 2023 · 192 pages

Dominik Barkow, born in 1986, is a holistic health coach, certified personal trainer, expert in biomechanical body analysis and natural movement, mobility and bodyweight coach, breathing and meditation coach, and nutrition and gut health expert. He talks about holistic health in his podcast Ganz gesund. He lives with his family in Wolfenbüttel.

The successful mobility training program by the successful health coach

Sufficient exercise and good body mobility are essential for our health. But most of us are so immobile these days that physical problems arise as a result. Dominik Barkow, once a pain patient and now a successful health coach, shows the best exercises for more mobility and how they can be easily integrated into everyday life. Even with small adjustments in lifestyle and targeted training sessions, we become more mobile and improve our posture, so that tension and pain can be alleviated. With many exercises, photos and practical tips.

Helga Pohl, Birgit Kaemper

Naturally Sitting!. Resolve discomfort caused by incorrect sitting with Pohl therapy

- The exercise program for healthy sitting – with complaints from head to toe caused by sitting incorrectly
- Over 60 photos, clear step-by-step instructions, QR codes to YouTube exercise videos.
- www.pohltherapie.de over 800,000 views a month
- Impulse to buy: "I sit a lot and can imagine that's where my shoulder pain comes from."



November 2023 · 256 pages

Dr. Helga Pohl is a trained psychological psychotherapist who developed Sensorimotoric Body Therapy herself due to her own chronic back pain. Since 1994, Dr. Helga Pohl has been running the Body Therapy Center in Starnberg near Munich and giving seminars. Her book Unexplained Complaints became a bestseller.

Birgit Kaemper has been a physiotherapist since 1992, and an alternative practitioner in her own practice in Aschaffenburg since 2011. Since 2016, she has been working primarily as a body therapist with Pohl Therapy and is largely responsible for the YouTube exercise videos on Pohl Therapy.

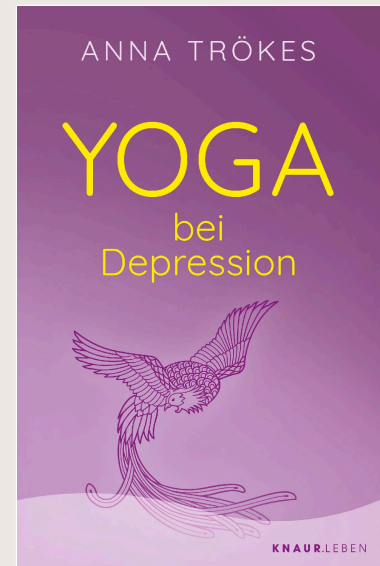
**"Most unexplained complaints are caused by sitting incorrectly."
- Dr. Helga Pohl**

We all sit - every day. But sitting correctly is never harmful, it is only our wrong sitting habits, which we are usually not even aware of, that cause long-term complaints such as shoulder pain, headaches, dizziness or foot complaints. In this practical health guide, the founder of Pohl Therapy, Dr. Helga Pohl, and Pohl and physiotherapist Birgit Kaemper explain complaints from head to toe and from which incorrect postures they can arise. With many exercises one can become active oneself and also preventively avoid that complaints develop. The key to our health lies in sitting correctly!

Anna Trökes

Yoga for Depression

- The healing potential of yoga in the popular disease No.1
- Paperback new edition of the standard work
- total circulation Anna Trökes: over 800,00 copies sold.



August 2023 · 304 pages

Anna Trökes is a pioneer of German yoga. She has been teaching since 1974 and has been an institution in the yoga teacher training of the Professional Association of Yoga Teachers in Germany (BDYoga) for almost 40 years, teaching yoga philosophy, pranayama, meditation and the advanced aspects of Hatha yoga practice throughout Europe. The well-known author has published more than 30 books.

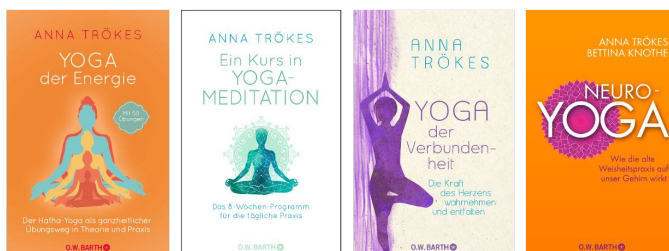
Out of emotional constriction and darkness with yoga

Yoga is now a scientifically recognized method in the treatment of depression. In this context, yoga for depression offers perfect help for practice at home. In addition to the mood-lifting asanas, the experienced yoga teacher and alternative practitioner Anna Trökes places particular emphasis on practising mindfulness and meditation. Together with sound background knowledge, the guidebook is a valuable companion out of the crisis.

Improve self-awareness with yoga

Yoga improves the ability to perceive oneself and to recognise physical and emotional needs earlier and in a more differentiated way. This makes yoga one of the most effective accompanying therapies for depression. Anna Trökes offers mental exercises in the sense of cognitive restructuring as well as physical and breathing exercises that have a direct effect on the autonomic nervous system. In the practice of the exercises, special emphasis is placed on practising mindfulness and meditation, because research in modern neuroscience clearly shows that this is where the greatest and most sustainable healing potential

Further Titles



Eva Weinmann

When your body remembers. Feel the body as a safe space again with trauma-sensitive yoga

- Gentle yoga practice to dissolve physical blockages
- Eva Weinmann is a trained yoga teacher, lecturer in yoga therapy as well as a psychologist.
- Designed in four colors throughout with step-by-step instructions and numerous practice photos
- She trains yoga teachers in trauma sensitivity



October 2023 · 208 pages

Eva Weinmann has a degree in psychology, is a systemic therapist and trained in Somatic Experiencing and EMDR. She has been continuously training as a yoga teacher since 2005. She has her own practice as a therapist and works at Wildwasser e.V., a specialized counseling center for women who have experienced sexualized violence. She also teaches yoga therapy and trains yoga teachers in trauma sensitivity. She lives in Chiemgau.

Find trust in your own body with mindful asanas

Time and again, people experience themselves as strangers in their own bodies. Some almost don't feel it anymore, while others encounter inner blockages or are flooded with bodily sensations. This can be a sign of a past traumatic experience. The healing effect of a yoga practice tailored to this helps to experience the body as a safe place again and to build a positive relationship with it. Experienced therapist and yoga teacher Eva Weinmann shows how those affected can gently adapt the postures for themselves in regular yoga classes, practice yoga mindfully at home, and find their way back to the natural regulation of the nervous system.

Lisa Federle

About the happiness of listening. How good relationships make us strong

- The doctor-patient encounters of the wonderful Lisa Federle
- More than 40,000 copies of *Auf krummen Wegen geradeaus* sold
- Great media response expected
- buying impulse: *I admire Lisa Federle for speaking plainly and wish for more such close and courageous doctors like her.*



October 2023 · 320 pages

Lisa Federle, born in Tübingen in 1961, has worked there as an emergency physician since 2001 and as a senior emergency physician since 2004. In 2015, she developed a "rolling medical practice" to provide medical care to refugees. During the Corona pandemic, the rolling medical practice became a mobile testing station. Lisa Federle thus made the decisive contribution to the Tübingen model. In 2020, she was awarded the Order of Merit of the Federal Republic of Germany, and in 2021, together with Jan Josef Liefers and Michael Antwerpes, she founded the #BewegtEuch initiative to enable disadvantaged children and young people to engage in sports activities.

One that gives courage: Germany's well-known emergency physician on the value of listening

With her hands-on manner, she charmed the entire country during the summer of flight in 2015 and during the pandemic. Her patients, meanwhile, have long known what they have in Lisa Federle: a doctor who looks when others turn away, who asks questions when the other person is at a loss for words. In her new book, Lisa Federle tackles the major social problems that she encounters daily in her decades as a doctor: loneliness, addiction, dementia, anxiety, depression, and burnout, not to mention the psychosomatic consequences of personal crises. All of these ailments are interrelated and can often only be alleviated by medication, not cured. But by learning to listen to each other again and building good relationships, we can get to the root of the problems. Based on her own turbulent professional and life experience, Lisa Federle shows what such considerate togetherness could look like.

"People like her form the cement in our society - and not only in times of crisis." Office of the Federal President

"You can learn a lot from Lisa Federle." Judith Rakers

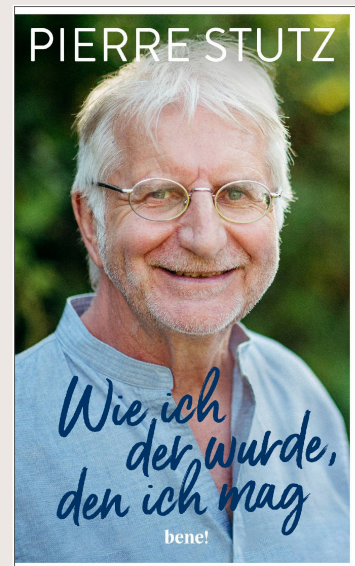
Further Titles



Pierre Stutz

How I became the one I like

- The long-awaited autobiography of one of the most sought-after spiritual teachers of our time
- with many previously unpublished photos
- Encouragement for all who are themselves in search of their own path in life
- On Pierre Stutz's 70th birthday; the total circulation of his books is over one million copies
- PURCHASE PULSE: "I am looking for impulses that help me to deal differently with the fractures in my life."



October 2023 · 192 pages

Pierre Stutz, born in 1953, is one of the most sought-after spiritual teachers of our time. In lectures and courses he inspires people to a grounded and liberating spirituality. He draws the power of his texts from Christian mysticism, biblical sources, motion pictures and, as a spiritual guide, from many conversations with searching people. He is convinced that spirituality is there to liberate and not to restrict. Together with his husband, the Swiss lives in Osnabrück. In 2020, he was awarded the prestigious Herbert Haag Prize.

A story that won't let you go

Pierre Stutz is one of the best-known spiritual teachers in the entire German-speaking world. His lectures, seminars and more than 40 books deal with topics such as mindfulness, the conscious confrontation with psychological wounds, inner reconciliation and the search for one's own spiritual path.

On his 70th birthday on November 7, 2023, Pierre Stutz now presents his moving autobiography, in which he describes how he gradually became the person he is: "For years my life was a struggle for self-acceptance, outwardly very successful, inwardly torn, caught in the fear of rejection." At 20, he entered a Catholic order, studied theology, became a priest, and worked as a youth pastor and university lecturer. He remains a seeker. At the age of 49, he resigns from the priesthood; a year later, he meets his life partner, whom he marries in 2018. Today he is finally the one he likes.

"I have had the painful yet healing experience that ruptures in life can become a breakthrough to greater aliveness." Pierre Stutz

Andreas Knapp, Melanie Wolfers

Faith that tastes of freedom. An invitation to doubters and skeptics

- The basic statements of the Christian faith explained in a witty and entertaining way
- Equally suitable for Christians and for people who are searching for spiritually
- A hopeful, forward-looking book in times of uncertainty; updated and expanded new edition of the long-seller
- PURCHASE IMPULSE: "I want to know how Christian spirituality and freedom fit together."



August 2023 · 360 pages

Melanie Wolfers, born in 1971, is a philosopher and encourager who studied philosophy and theology and has since worked as a consultant, speaker and author. Since 2004, the German bestselling author has lived in a Christian religious community in Vienna. She writes for magazines such as BRIGITTE and runs the podcast GANZ SCHÖN MUTIG.

Andreas Knapp, born in 1958, is a priest and successful author. In 2000, he joined the order of the "Little Brothers of the Gospel." Today he lives in a pre-fabricated building in Leipzig and is involved in prison chaplaincy and refugee work. His work has been awarded the prestigious Herbert Haag Prize (2018), among others.

An invitation to doubters and sceptics

Christian spirituality gives freedom, self-confidence and serenity - Melanie Wolfers and Andreas Knapp are convinced of this. Entertaining, fresh and undogmatic, the two theologians describe the core of contemporary religiosity and do not avoid critical questions about Christianity. They reflect on faith in creation and the theory of evolution, on religion and violence, - but also on the image of God of Jews, Christians and Muslims, on Jesus and the church. All this led to the crucial question: How can the millennia-old faith in God be understood and lived today in such a way that it gives people freedom and enables them to take responsibility for themselves and others? Against the backdrop of a scientific view of the world, a modern attitude to life and their pastoral experiences, the authors draw a lively picture of contemporary Christianity.

Further Titles



Alexander Bayer

Fathers are something wonderful, you just have to tell the mothers again and again

- 16 uproariously funny episodes by Postillon author Alexander Bayer
- Perfect gift: With this book, his anticipation grows even faster than her belly
- For readers of Jan Weiler, Kester Schlenz and all (expectant) parents
- BUY IMPULSE: "My best friend is going to be a father and I want to give him a humorous introduction to the subject."



October 2023 · 208 pages

Alexander Bayer, born in 1981, has been a father (of three children in the following) since 2013 and a professional satirist since the same year, even though he still doesn't believe it's a coincidence. Among other things, he has written numerous texts for the satirical site Der Postillon, played a leading role in developing the twelve-part persiflage Das Neubert-Experiment (2020-2021) and created the video formats Postillon Kultur and Postillon im Gespräch, in which he also performs as an actor in addition to his authorial work. Since the beginning of 2023, he has been running the comedy portal Kreidekiste on TikTok, among others. In his abundant free time, Alexander Bayer goes to the bathroom in the morning and in the evening. He lives, writes and showers in Koblenz.

The book your husband should read before you have children with him

You are seven months pregnant and the father-to-be is not yet in Mexico? Then you are lucky and he has what it takes to be a father. But be warned, both of you - it won't be easy. Because from the first fertilization attempt to the retirement of your children, such fatherhood is associated with efforts.

Deep insights into the (highly fragile) soul life of fathers are now given by someone who should know: Longtime Postillon author and father of three Alexander Bayer tells the funniest stories from his wondrous everyday life with wife and sons, reveals how couples agree on a child-friendly sports car and a fair division of labour when breastfeeding, and reveals where men can cry quietly and unnoticed.

"During the ultrasound examination, we were able to identify all the important organs that had developed so far. The heart was beating rhythmically, and all the arms, legs and noses were in place. I also imagined that I saw cute frizzy curls - like my own - on the sonogram. However, this could also have been my wife's colon. So I preferred not to dig into it."

Alexander Bayer

Benjamin Maier

Am I an old soul?. Where do we come from, where are we going, what is our soul's task?

- A practical guide to the trendy topic of "old souls" with self-test
- Benjamin Maier is a shamanic teacher and healer
- His YouTube videos achieve high click numbers and many interactions
- Buying impulse: *"I wonder if I am an old soul and what that means for my life."*



October 2023 · 192 pages

Benjamin Maier is a shamanic teacher and healing practitioner. He is trained in medicinal herbalism, naturopathic procedures as well as relaxation therapy and teacher of shamanic spiritual healing, Reiki and martial arts. He has been offering individual sessions for over 15 years and seminars and trainings since 2011.

All that is known today about old souls

Can a soul have an age? What distinguishes young souls from old souls? And what makes old souls so unique? The shamanic teacher Benjamin Maier illuminates this exciting topic in-depth and explains why our concept of time does not play a role here, but the experience of the soul in its many incarnations. Enriched with many examples from his practice and his own experience, the path of the soul is explained and what tasks it can have in different lives. With a test, everyone can determine for themselves whether he or she is an old soul.

Margot Käßmann

Precious time. The book for grandparents

- More than 20 million people in Germany are grandparents
- Many good suggestions and practical tips for precious time with grandchildren
- The new book by bestselling author Margot Käßmann
- Buying impulse: "I have grandchildren of my own and Margot Käßmann's thoughts on this interest me."



September 2023 · 192 pages

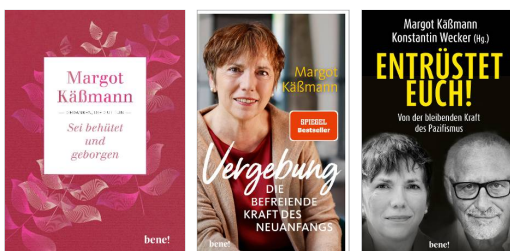
Margot Käßmann, born in 1958, is one of Germany's best-known church personalities. During and after her time as chairwoman of the Council of the Evangelical Church in Germany, she won the esteem and sympathy of many people with her open and straightforward manner. She is the mother of four grown daughters and grandmother of seven grandchildren.

With grandchildren, life puts a crown on our heads

Margot Käßmann is a mother of four and grandmother of seven. In her new book, she writes about the precious time we spend with our grandchildren. About the happiness of giving these young people the most important things in life: Roots and wings. The bestselling author sensitively formulates texts on all the topics and questions that move grandparents. The enormous gratitude one feels for one's grandchildren. But also a slight worry about how the young family will cope with the new situation. Can one help? Is it okay to get involved? And what is the best way to settle into the new role? How do you strike the right balance between closeness and distance to children and grandchildren? Where might tensions and conflicts be hidden? There is also room for religious topics: rituals, and good traditions. How to bestow blessings on the grandchildren.

"'The crown of the aged are the children's children,' says the Bible. And yes, with grandchildren, life puts a crown on us; we are, in a sense, crowned with the blessing that these children represent. In grandchildren, you see virtually how your own life leaves living traces." Margot Käßmann

Further Titles



Frank Berzbach

The art of believing. A mysticism of everyday life

- Frank Berzbach writes about the art of believing, making fascinating discoveries in the world of music, literature, art, and architecture
- His best-selling book, "The Art of Living a Creative Life," has sold more than 60,000 copies –
- Special features: hardcover in a shimmering gold cover
- a wonderful gift
- PURCHASE PULSE: *"How can I find support in faith and in life?"*



October 2023 · 224 pages

Frank Berzbach, born in 1971, teaches literature education and philosophy at the Technical University of Cologne. After training as a technical draftsman, he studied education, psychology and literature. He kept his head above water as an educational researcher, science journalist, bicycle courier and book-seller. He has a penchant for writing instruments, records and books, tattoos and monasteries. Berzbach lives in Cologne and on St. Pauli.

"Freedom and beauty - in faith we can find them".

As a science journalist, Frank Berzbach knows how to interpret complex spiritual, philosophical, psychological and historical contexts in an entertaining and profound way. In his new book, the bestselling author writes about the "art of believing". And that is truly an art in the face of global upheavals, increasing secularization and a profound church crisis. In his reflections, Berzbach follows the traces of Christian faith in pop culture, whether in Patti Smith's song lyrics about the Psalms, Nick Cave's everyday mysticism, Bob Dylan's wise stories or in Johnny Cash's gracious voice. And there is also much to discover in works of visual art, architecture and literature. An invitation to look deeper, far beneath the surface of all that we see.

"Faith proves itself by allowing questions that cannot be answered, by evading complete understanding and yet becoming audible: 'God is in the house,' as Nick Cave sings it in a ballad, sharing with us his way of praying."

Frank Berzbach

Michael Buttgereit, Wolfram Heidenreich

Let's stop shining and start shining. About the courage to be real and how trust is created!

- Two marketing and design specialists write about the meaning of life and the experience of what there is to discover when we look behind the facades
- Quite incidentally: a fascinating insight into the world of advertising
- Special equipment, two-colour design throughout, with many illustrations.
- Purchase pulse: *"I want to learn from two experienced advertisers what it means to live truly authentically."*



October 2023 · 192 pages

Wolfram Heidenreich, born in 1958, graduate communication designer. Michael Buttgereit, born in 1961, graduate communications designer, top consultant, author, and speaker.

The two authors and top creatives are founders of the agency "Gute Botschafter". Numerous design projects of the agency received national and international awards. Buttgereit and Heidenreich are members of the Christian artists' association DAS RAD and live with their families in Haltern am See.

Giving life more depth

We are surrounded by a world of garish, colourful images. They gleam, flash, and greed for our attention: posters, ads, commercial trailers, and social media postings suggest to us what we supposedly need for life and for more success. But a lot of it is just a facade, and whole armies of marketing specialists help to build it up. Michael Buttgereit and Wolfram Heidenreich know the tricks of marketing professionals only too well. They themselves have been "advertisers" for more than 30 years and now call themselves positioning designers. But they also know: Life is not about glamour, but about shining on the inside. What am I here for? What makes me a person? What is the core of my being - and what drives me? Only by recognizing this can we follow our personal destiny and find happiness. In their book, the two authors share their insights from three decades of working together - good stories, entertaining and profound at the same time.

"When we advise companies, we look for the core, for what gives meaning to the whole. We can also apply this principle to ourselves. Ultimately, it's about turning away from a superficial life."

Michael Buttgereit & Wolfram Heidenreich

Lea Blumenthal

Life is too short for this shit. Easy to reach your goal without self-optimization

- From the author of the bestseller *Mach's wie die Möwe, scheiß drauf!* –
- This is how your life improves when you stop constantly improving yourself
- For readers of *Am Arsch vorbei geht auch ein Weg und Ich bleib so scheiße, wie ich bin*
- Purchase pulse: *"I have no desire to be perfect and want to be allowed to be lazy."*



December 2023 · 240 pages

Lea Blumenthal was born in 1983. She put off writing a book about her comfort for a long time. But when she finally stopped constantly chasing after every new self-optimization trend, she suddenly had the leisure to sit down at a desk again. Lea lived in hectic Hamburg for a few years, but now enjoys the peace and quiet of the countryside with her boyfriend and the dogs they share.

It's never too late to do nothing: The anti-guidebook for Opponents of constant self-optimization

When Lea Blumenthal realizes a few weeks after the New Year that she hasn't made a single resolution on her admittedly very short list, she asks herself: Why is it so much harder to get up to exercise than to start a new series? With the help of her psychologist friend Tina (who is currently training for a half marathon, but is otherwise very nice), Lea investigates what's going on in her and many other people's upper minds. She tries out some motivational tricks from the coaching box and even manages for a while to consistently implement the things she sets her mind to. Until one day she realizes that a lifetime of self-optimization simply can't be the key to happiness.

"I'm lying on the couch watching an animal documentary. The narrator says, 'Some sloths shut down their circulatory systems to the point where they accidentally die.' Hastily, I sit up straight. After all, it's been proven that most accidents happen in the home." Lea Blumenthal

Karoline Nuckel, Samad Berdjas

He who laughs in the now lives best. Our wish list for the time we have left

- A couple fulfills long-held wishes after a harrowing diagnosis
- An encouraging book that combines sufferer and family perspectives
- For readers of *Find a Beautiful Star in the Sky*, *Give the Boys Two Kisses*, and *This Stupid Heart*
- BUY IMPULSE: *"I don't want to put off fulfilling my dreams anymore, and I want to hear from the authors about how they fulfilled the items on their bucket list."*



August 2023 · 240 pages

Karoline Nuckel was born in Schleswig-Holstein in 1985.

She studied literature and cultural studies in Göttingen and France. Meanwhile, she worked at the German-French TV station ARTE in Strasbourg. Today she writes regularly for the ARTE magazine in Berlin, where she lives with her partner Samad Berdjas and his daughter.

Samad Berdjas, born in 1981, studied communication sciences in Berlin and Mexico. Today, he is involved in the Berlin competence centre BQN for more diversity in the administration. He lives in Berlin with his daughter and his partner.

A profound answer to the question of what really matters in the end

"You will die. Not today, not tomorrow, but you don't have more than five years left!" When Karoline Nuckel's doctor says this sentence, all seems lost. But what does it mean to be confronted with your own finiteness in your mid-thirties? How should she lead her life from now on? Her partnership? What about her dreams and plans? Karoline Nuckel and her life partner Samad Berdjas decide to live intensively and put check marks on their wish list: they buy a house because they have fallen in love with the hovel. They confront never having children together and rejoice in their intimate relationship with Samad's daughter from a previous relationship. They eat goose legs with dumplings and finally take their dream trip. And they talk about the inevitable questions: Can we stand it? What comes next? The book is a plea for life and provides answers to questions we all have to face.

"I can do that later, too." Samad and I strike this sentence from our thoughts, because what are we actually waiting for? Karoline Nuckel

Laura Karasek, Armgard Karasek

The conversation of our lives. A sincere mother–daughter book

- A unique dialogue between mother and daughter about life's existential questions
- Two prominent women show how to enrich the mother–daughter relationship through frank conversation
- For readers* of Philippa Perry and Elma van Vliet
- Buying Pulse: *"I'm looking for guidance and inspiration for a more intense relationship with my mother or daughter."*



October 2023 · 304 pages

Laura Karasek, born in Hamburg in 1982, studied law in Berlin, Paris and Frankfurt am Main and worked as a lawyer in an international business law firm before switching to television and the media. She has hosted the NDR quiz show since 2022. In 2012, her bestseller *Verspielte Jahre* was published, followed in 2019 by the nonfiction book *Ja, die sind echt* and the novel *Three Wishes*.

Armgard Karasek, born in Bonn in 1953, studied theatre, journalism, German and English in Berlin and Hamburg. After graduating, she worked as an assistant director, press officer, and literary and theatre critic, among other things. She has translated works by Woody Allen, Richard Burton and James M. Cain, among others.

A conversation all daughters and mothers should have with each other before it's too late!

What is important in life? Which wishes have been fulfilled? And how much of ourselves do we want to reveal at all?

The relationship with the mother is formative. We turn away from her, long for her, need her. In this book, Laura Karasek and her mother, Armgard Karasek, speak from the perspective of two different generations about life as a woman, as a mother, as a daughter, as a lover, as a friend, as a lawyer, as a journalist, as a teenager, as a widow. Touchingly open, sometimes unsparing, but always loving, the two women confront those questions that move us all in an entertaining and intimate dialogue.

The result is a conversation about the meaning of family, friendship, love, farewell and loss that all mothers and daughters should have!

"There's not a person in the whole world who has ever lashed out at me the way you have."

"That's just because I have feelings. That's my proof of love, Mom."

Stefan Labas

Ready for Reset. How to avoid overload and focus on what's important. The 3-step program

- Never again overwhelmed: the practical guide to be mentally Strong and resilient
- Stefan Labas is a former karate professional and has been a health and mental coach for over 30 years –
- Exercises and impulses are easy to implement in everyday life, with QR codes to exercise videos
- Buying impulse: "I want to live without pressure and stress."



October 2023 · 224 pages

Stefan Labas is a two-time European Vice-Champion and holder of the 1st Dan in Karate. He has worked for 35 years as an executive health coach and mental trainer for managers and as a keynote speaker. His private clients are mainly young people who suffer from stress and excessive demands. He combines Eastern and Western training and treatment methods in his coaching programs.

Stefan Labas has completed numerous further training courses in the USA, India, England and Germany in traditional Chinese medicine, Qi Gong, yoga, Pilates, hypnosis and metabolism. He lives in Switzerland.

The stress expert and karate master shows the way to the personal realization

Many young people are exhausted, under pressure and feel burnt out. The experienced mental coach Stefan Labas shows a mindful, practical and individual way to deal with stress and anxiety. Proper nutrition and exercise play just as important a role as breathing exercises, meditation and Qigong. His mental clarity and body mastery as a karate master make him especially competent to guide people out of life crises in a very individual way. The author will also produce short training videos to accompany the book. Ready for Reset helps us regain our inner peace and strength.

Verena König

Am I traumatized?. How we leave the same problem loops over and over again

- The trauma book for beginners: relieving and helpful for successful realignment
- Verena König is a trauma therapist and non-medical practitioner of psychotherapy
- Nearly 26,000 copies sold: the bestseller now in paperback
- Buying impulse: *"I want to know more about healing from trauma."*



October 2023 · 256 pages

Verena König is a successful trauma therapist, coach, seminar leader and alternative practitioner for psychotherapy in her own practice. She supports people to profitably change themselves and their world and to live truthfully. Through her own blend of solid, professional expertise and deeply connected sensitivity, she enables anyone to achieve sustainable transformation. In her podcast Kreative Transformation, she aims to promote, empower, gift awareness.

Understanding and resolving trauma: expert Verena König explains how it works

Most people experience a traumatic event at least once in their lives. Especially negative imprints in childhood often mark us for a lifetime and lead to unresolved problems. The trauma therapist Verena König has accompanied numerous clients in her practice, who finally found relief with the understanding of unprocessed traumatization. With numerous case studies, scientific explanations from psychology and neurobiology, and concrete impulses, the expert helps in a mindful way to understand the origins and effects of trauma and supports the healing path.

Susanne Fröhlich, Constanze Kleis

Hold the head high and the middle finger higher

- The bestselling authors show the emergency exit from the despondency of the stressed woman
- An honest, funny exchange of two friends between harmony, longing and self-assertion
- For all Fröhlich-Kleis fans
- Buying pulse: *"I want to learn how other women assert themselves in the second half of life, become braver and take what's rightfully theirs."*



October 2023 · 256 pages

Susanne Fröhlich is one of Germany's best-known authors. She also works as a journalist and presenter, since 2005 for the MDR literature program Fröhlich lesen, for example. Both her nonfiction books and her novels, most recently Heimvorteil, have all become bestsellers, including Moppel-Ich with over 1 million copies sold. Susanne Fröhlich lives near Frankfurt am Main.

Constanze Kleis lives and works in Frankfurt am Main. When she is not writing top sellers with her best friend Susanne Fröhlich, most recently Fröhlich mit Abstand, she also writes solo works such as Das Leben ist zu kurz für Mimimi. She also works as a journalist, including for the Frankfurter Allgemeine Zeitung, Freundin, and Myself.

The new book of the bestselling duo: Superfood for female self-assertion!

How to react when the father of the child disappears to the office, although he wanted to give his wife free hours for her job? First crying, and then unceremoniously bringing the infant to the company! Susanne Fröhlich did that once. After that, the arrangements worked out. Or when the women's parking space in the parking garage was just occupied by a man? A) Hoping that looks can kill? B) Get out like Constanze Kleis and ask if you can help - after all, vision problems should not be taken lightly ...

Yes, we women can choose: Either quietly and mostly in vain hope for understanding and burden sharing. Or claim what we are entitled to. Of course, there is still some inner and outer resistance to overcome. No problem, with the emotional superfood for female self-assertion that Susanne Fröhlich and Constanze Kleis deliver with their new book. Written with the middle finger, of course.

"If you always want to be really sweet, sooner or later you will be badly disappointed." Susanne Fröhlich and Constanze Kleis

Monika Schmiderer

Find your destiny. For more confidence and strength in a chaotic world

- Find Clarity was in the top 5 of the Austrian bestseller list
- Monika Schmiderer is a leading expert in contemporary life support
- For readers of Stefanie Stahl and Laura Malina Seiler
- Buying pulse: *"I want a book that shows me how to set and achieve my own personal goals in times of crisis and uncertainty."*



February 2024 · 272 pages

Monika Schmiderer is an author, speaker and "one of the leading experts on digital detox" (ORF1) and modern personal development. She shares her knowledge in her guidebooks, gives lectures, offers various online programs and runs a podcast as well as a YouTube channel with practical tips for personal development. Monika Schmiderer lives with her family in Tyrol.

How do we find orientation in times of crisis?

War, pandemics, climate change - global crises are increasingly shaking our sense of security and stability, putting old certainties and supposedly guaranteed prosperity at risk. The result: fears, worries about the future, and disorientation.

Monika Schmiderer has developed a practical five-step plan that leads us to our destiny - by learning, for example, to deal constructively with strong feelings or to develop basic trust and inner peace. A groundbreaking book for everyone who wants to reflect on their own strengths in the face of great upheavals.

"You already carry both within you: the guiding force and the true answer to your questions. They are waiting in your destiny." Monika Schmiderer

Karin Simon

There was never any talk of staying. A dying nurse talks about the big goodbye and how it goes well without fear

- The Sterbebeamme Karin Simon gives a kind manual for handling dying and death
- the author accompanies humans at the end of their life for decades
- with its music cabaret to dying beautifully it tours by Germany
- purchase impulse: "I look for advice and concrete suggestions for a loving dying company."



September 2023 · 240 pages

Karin Simon, born in 1959, is a mother of three children, a registered nurse, a certified death officer, a grief counselor, a freelance grief speaker and a songwriter, and is on the road with the musical cabaret Zum Sterben schön. She is also a lecturer, among others at the Paracelsus School in Regensburg. Her work always incorporates the shamanic way of thinking that everyone is connected to everyone else and that everything is possible. As a death attendant, she accompanies people at the end of their lives competently and empathically, so that they can die in dignity and peace. As a mourning midwife, she supports people in lovingly transforming their grief.

How to say goodbye with dignity

Karin Simon was a nurse for 35 years before she trained as a death attendant. She accompanies dying people and their relatives, provides advice and support, and also knows when it is time to let go and accompany the transition. Her book is a kind of instruction manual for dealing with dying and death. Through decades of experience and many case histories, she approaches the subject from different directions: medically, psychologically, and spiritually, with a pinch of humour and a lot of warmth. Sensitive and touchingly, Karin Simon describes what really counts in the end and gives practical instructions on how to prepare as well as possible for the final journey.

Jo Lücke

For care. How Equal Care saves your family life

- The first solution-oriented guidebook on the controversial topics of compatibility, care work and mental load
- Jo Lücke is a member of the management team of the "Equal Care Day Initiative" and a regular expert in the media
- Purchase Pulse: *"We are expecting our first child and would like to organize family and partnership equally."*



January 2024 · 208 pages

Jo Lücke, born in 1983, is a freelance trainer and speaker in the field of mental load and equal care. She is a leading member of the "Equal Care Day Initiative", which campaigns for a fairer distribution of care work. In collaboration with the initiative, the first Mental Load Self-Test, which she developed, was published in 2019. Previously, Jo Lücke studied political science and economics in Mannheim and Baltimore and has already worked as a research assistant, copywriter and science editor, among other things. She is the mother of two children and lives with her family in Berlin. Read more about her work at www.joluecke.de.

Equal Care: The recipe for success to remain a team even after birth

No sooner has the first child arrived than the relationship of the new parents is put to the test?

Who takes parental leave and for how long? How do we want to divide up the household tasks? How can we make provisions in good time?

To prevent these questions from becoming contentious issues, and to ensure that no one in the partnership feels left alone with the care work or financially cut off, the solution is to draw up a joint roadmap even before the birth. Jo Lücke, an expert and activist for Equal Care, takes a look at the social and structural context and helps parents-to-be set the individual course for equal parenthood, happy partnership and modern family life. Her guidebook covers all relevant topics: from parental leave to pension provision and partner contracts, to parenting ideas and wage and care work.

"It's not your fault and it's not your partner's fault if this phase of life is incredibly draining and exhausting. Until there's a care infrastructure beyond a few hours of daycare or a reduced work week for everyone, families will have to bear the burdens alone." Jo Lücke

Andrea Sokol

Well-Aging – you can always be young. My all-round program for cell renewal and energy balance

- Everything on the trendy topic of healthy ageing: the practical well-being guide
- Andrea Sokol is a nutrition expert, herbalist and charismatic YouTuber: more than 200,000 followers
- Throughout four-colour design with exercises, recipes and impulses for everyday life
- Buying impulse: *"I'm a fan of Andrea's DIY applications and want to benefit from her tips."*



December 2023 · 192 pages

Andrea Sokol is a true multi-talent: nutritionist, TV presenter and director, business coach and blogger - and she also runs her popular YouTube channel OH LALA & SO LALA on the side. Her heart's desire is sustainability, holistically speaking: a cultivated ecological lifestyle for people, animals and the environment. She is a trained actress, studied political science at the Hochschule für Politik in Munich, ran her own restaurant for 12 years, trained in herbal medicine and writes cook-books and guidebooks. She lives in Munich.

Live yourself young! Grow older beautiful and healthy with the famous YouTuber

Everyone wants to grow old - but no one wants to be old. Andrea Sokol's new book gets to the bottom of this phenomenon. How can we age healthily and fitly - and even enjoy it? In her usual approachable and humorous way, the author explains traditional knowledge as well as new studies and achievements concerning the aging process. The mental aspect of aging plays a major role here. This beautifully illustrated guide includes many practical self-experiments: from cold treatments, facial yoga, organ gymnastics to homemade natural cosmetics, delicious recipes and lifestyle tips. This book contains many anecdotes and personal stories about well aging!