

Foreign Rights



NON-FICTION

Autumn 2025

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Non-Fiction

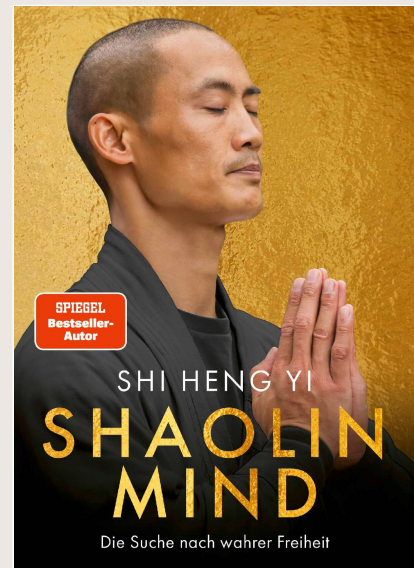
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4	Wittwer	Nemesis' Daughters	SOCIETY
5	Llanque	Diversity	
6	Busch	Good Night, Brain	PSYCHOLOGY
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Shi Heng Yi

Shaolin Mind. The Quest for True Freedom

- Lavishly illustrated with numerous photos and calligraphy: the new bestseller from Shaolin Master Shi Heng Yi
- His most personally challenging life moments and most important spiritual insights
- More than 100,000 copies sold of *Shaolin Spirit*

Rights sold to: Portugal/Portuguese: Lua de Papel; Holland: Kosmos; Spain: Temas de Hoy/Planeta; UK/English: in negotiation



November 2025 · 240 pages

Shi Heng Yi is the founder of the Shaolin Temple Europe, a Zen-based community located in Germany. His goal is to impart ancient Eastern teachings in a practical way for modern life. Thanks to his profound teaching methods, he enjoys an international reputation. His free social media posts have been viewed billions of times and the online program »The Way to Self-Mastery« is gaining recognition worldwide.

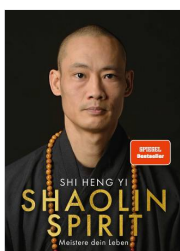
www.shihengyi.online

The Key to True Freedom Lies in a Strong Mind

His videos on YouTube have garnered several billion views, and over a million people follow him on social media. Shi Heng Yi is one of the most renowned masters of the 21st century. He travels the world with his teachings and training sessions, has a massive fanbase and, seen from the outside, a rich and fulfilled life. »But that is not the truth,« he says. »Success, fame, money, power, and glory are illusions created by the ego that must be dissolved. Only then can we find true freedom.« Shi Heng Yi reveals with moving and great clarity how, at the height of his popularity, he experienced a profound inner emptiness – and which nine steps that helped him, and can help us, to overcome crises and find the path to true freedom.

»I read it enthusiastically.« Matze Hielscher, *Hotel Matze* on *Shaolin Spirit*

Further Titles



Tara-Louise Wittwer

Nemesis' Daughters. 3000 Years Between Female Rage and Solidarity

- *Female Rage*: historically rooted and more relevant than ever
- The author reaches over 950,000 followers via her handle @wastarasagt (573,000 on Instagram, 378,000 on TikTok)
- The new book from the No. 1 *SPIEGEL* bestselling author
- Foreign rights for *Sorry, but...* sold to Italy: Giunti



October 2025 · 240 pages

Tara-Louise Wittwer has a degree in cultural studies and lives in Berlin, where she works as an author and content creator. In 2019, she founded her company *wastarasagt*, along with the fast-growing Instagram account of the same name. On her social media channels, she discusses feminism, the influence of pop culture and media on identity, internalised misogyny, and how outdated gender roles are constantly reproduced. Her weekly column, *Was Tara meint* (What Tara Thinks), is published in *SPIEGEL*. Most recently, she published her bestseller *Sorry, aber ...* (Sorry, but...).

SPIEGEL Bestselling Author Tara-Louise Wittwer Shows Why We Will Never Achieve Equality Without Female Rage

For centuries, women have been oppressed. Women who have exuded strength in any form, empowered themselves, and fought back have been ridiculed, condemned, and demonised. And all these women live on in us – their fear, their joy, their love. And their rage. All these mothers, grandmothers, and great-grandmothers. All the women throughout history who had to make great sacrifices on the rocky road to equality.

In search of the origins of female rage, Tara-Louise Wittwer delves into European history and tells the untold stories of women who resisted the male narrative of weakness and passivity. She questions the moral justifiability of revenge and resistance in a world that systematically wrongs women. In doing so, she brings deep-seated narratives, passed down through generations, to light and shows what women can achieve when they stand together, so that this rage can eventually heal.

»I feel a deep-seated, shattering, and all-consuming rage. A blazing fire

Further Titles



Morgane Llanque

Diversity. A Different History of Humanity

- An exciting global and cultural history from a fresh perspective
- Morgane Llanque is an award-winning historian and journalist
- For readers of Leonie Schöler, Janina Ramirez, and Caroline Criado-Perez



November 2025 · 304 pages



© Morgane Llanque

A New Perspective on the History of Humanity: From Shaved Men's Legs to Unexpected Alliances

What history is has long been decided by Western men. This is where Morgane Llanque steps in, offering a new perspective on the history of the world. What is labeled today as »foreign« and »woke« has, in reality, always been present: She tells of Roman emperors who shaved their legs, Muslim scholars at the court of Frederick II, alliances between white Southerners and the Black Panthers, and women in the Andes who hunted during the Stone Age. Thus, a different history of power, sexuality, skin color, faith, class, and justice emerges from a global perspective. Llanque, in her grand panorama of world history, highlights commonalities rather than differences and shows how diversity has always propelled us forward.

Morgane Llanque, born in 1994 in Berlin, comes from a German-Latin American family. She studied history, political science, and cultural journalism, and was a scholarship holder at the Catholic School of Journalism in Munich. She writes for Zeit Online, taz, and Good Impact Magazin, where her column *Histourismus* on the history of diversity appears. In 2022, she was nominated for the Peter Binderer Media Award and won the Journalists' Award of the Consumer Advice Centre NRW in the »Newcomer« category in 2024. Morgane Llanque lives in Berlin.

Volker Busch

Good Night, Brain. Thoughts to Calm the Mind

- Compact knowledge for reflection and smiles: Professor Dr Volker Busch offers advice on how to end each day with serenity
- A media-savvy and telegenic author with over 100 radio and TV appearances and 70,000 regular podcast listeners
- The new book by the *SPIEGEL* bestselling author with over 150,000 copies sold
- Foreign rights of his previous books sold to Hungary: Edesviz; Russia: Eksmo; Poland: Otwarte; Lithuania: Eugrimas; Korea: Business Books



October 2025 · 256 pages

Professor Dr **Volker Busch** has been working as a doctor, scientist, author, and multiple award-winning speaker for about 20 years. As the head of a neuroscience working group at the University of Regensburg, he researches the psychophysiological connections between stress, pain, and emotions. Therapeutically, he works with people suffering from stress, depression, exhaustion, or other burdens, guiding them to mental health, satisfaction, and greater inspiration for work and everyday life. His books *Kopf frei!* (Clear Your Mind!) released in 2021, and *Kopf hoch!* (Keep Your Head Up!), released in 2024, topped the *SPIEGEL* bestseller list for months. He is also the host of the well-known podcast *Gehirn gehört* (The Brain Listens).

Psychological Impulses for Serenity and Joy of Living

Our brain carries into sleep what we feed it during the day. But how do we ensure that all these pieces of information turn into strength, enthusiasm, and a new zest for life instead of worries and fears? Inspired by his successful podcast *Gehirn gehört*, bestselling author Prof. Dr. Volker Busch presents positive thoughts before sleeping in his new book and offers practical guidance on how we can nurture our brains in the evening – based on the latest findings in psychology and neuroscience. *Gute Nacht, Gehirn* (Good Night, Brain) is a treasure trove full of scientifically grounded, yet easily implementable and humorous recommendations. These recommendations help us enjoy silence, develop imagination, listen better to our inner voice, discover little joys, accept the unchangeable, and find the most stable peace there is – the peace within ourselves.

Further Titles



Kati Bohnet

Resiliently Connected. Strengthening Children's Self-Regulation – For a Greater Sense of Security, Growth, and a More Relaxed Family Life

- A reassuring approach for all parents: the scientifically based, hands-on book on the parenting secret of co-regulation
- A book to help you understand yourself and your children better – featuring personal examples from the author and insights from her therapeutic work
- For readers of Nora Imlau and Nicola Schmidt



October 2025 · 288 pages

© Sascha Radke/Leventpress



Kati Bohnet is a Gestalt and trauma therapist (Somatic Experiencing®), a qualified mathematician, and a single mother. She works with children, adolescents, and adults. In 2020, she founded *helpers circle*, an educational centre where she offers workshops and training sessions focusing on trauma prevention and stress regulation. Kati Bohnet developed the well-known S-O-S-Übungen® (Somatically Oriented Security), a set of well-known exercises for emotional first aid and stress regulation, and also trains S-O-S instructors. In her podcast *Mit Trauma wachsen – Kinder somatisch begleiten* (Growing With Trauma – Supporting Children Somatically), she regularly talks with experts on the topics of trauma and co-regulation.

The Power of Co-Regulation: A New Perspective on Needs-Oriented Parenting

Parents and educational professionals know it all too well: the baby cries for hours, the four-year-old throws a tantrum, the teenager slams the door. Staying calm and collected? Often, it seems impossible. Trauma therapist Kati Bohnet shows how understanding the workings of the nervous system can make everyday life easier. Because behind both the challenging behaviour of children and the sometimes-impatient reactions of adults, there is no malicious intent. For example, when children are afraid, their nervous system switches to high alert. They then need our co-regulation and a feeling of security to self-regulate and return to a calm and cooperative state. Those who understand why challenging behaviour occurs can remain calmer and better support their children.

This book provides professionally sound, practical strategies and encourages parents to let go of excessively high expectations. For a greater sense of security, growth, and ease in the relationship with children.

»I want you to put on your »nervous system glasses«. Because when we understand what truly lies behind our children's behavior, we can guide them more confidently – and remain calmer ourselves.«

Janina Rogoll, Andreas Ströhle

Different Is Also Normal. Understanding and Strengthening Our Children's Psychological Development

- The comprehensive guide for parents on their children's mental health
- Janina Rogoll and Dr Andreas Ströhle are leading psychological experts and parents of two children themselves
- Packed with real-life examples and customisable self-help tips



November 2025 · 272 pages

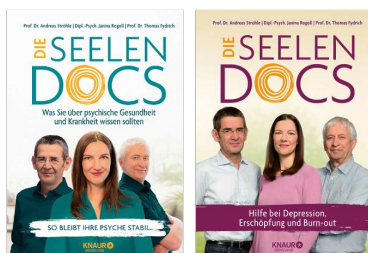
Janina Rogoll is a certified psychologist who studied psychology in Klagenfurt and Berlin. She works as a psychological psychotherapist (Cognitive Behavioural Therapy) and supervisor in her own psychotherapeutic practice, teaches at various institutions, holds a master's degree in Perinatal Science, and conducts research on anxiety, animal-assisted therapy, and bereaved parents.

Dr **Andreas Ströhle** studied human medicine in Berlin and Erlangen. In 1995, he earned his medical doctorate and completed specialist training in psychiatry and psychotherapy at the Max Planck Institute of Psychiatry in Munich. He completed his habilitation in 2003 at LMU Munich. Since 2002, he has been at Charité – Berlin University of Medicine and has been a university professor since 2008.

What Is Going On in Our Children's Minds?

Do you ever wonder if your child's behaviour is still normal and age-appropriate? Do you feel the need to justify your child's actions? Do you sometimes feel insecure in dealing with your child? In this psychological guide, experts Janina Rogoll and Andreas Ströhle provide clear insights into the normal development of children and adolescents. Behavioural issues and mental illnesses are explained in simple terms, outlining potential support strategies. The book clarifies what parents can do themselves and when professional help becomes necessary – a guide book for parents who want to understand what is going on in their children's minds.

Further Titles



Wanda Badwal

Soulful Mama. Yoga and Spirituality for a Fulfilling Pregnancy

- The practical and spiritual yoga book for all (expectant) mothers
- Internationally renowned yoga instructor and SPIEGEL bestselling author
- Total circulation of Wanda Badwal: 100,000 copies sold



December 2025 · 256 pages

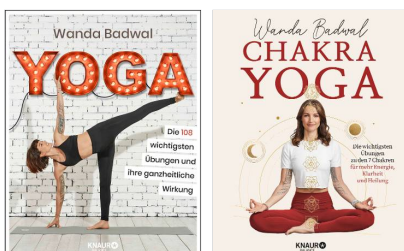
Wanda Badwal is an internationally renowned yoga and meditation instructor, speaker, and bestselling author. After years of media presence, the former *Germany's Next Top Model* contestant has turned her attention inward. She studied the practices of traditional tantric Hatha yoga, completing numerous trainings and thousands of teaching hours. In her successful podcast *Remember Who You Are*, she shares her holistic perspective on yoga. With her authentic personality, she helps her students connect with their highest selves and embodies a fresh, young voice in the modern spiritual movement.

www.wandabadwal.com

Yoga Star Wanda Badwal on Mindful Pregnancy and the Postpartum Period

With *Soulful Mama*, renowned yoga instructor Wanda Badwal offers a valuable guide for pregnant women and new mothers. Yoga exercises selected for each trimester help align body and mind, promoting a mindful pregnancy. The beautifully designed book goes beyond traditional yoga instructions by including personal experiences from the author, tips for the postpartum period, and midwifery knowledge. This holistic approach promotes a deep connection to your own pregnancy and enriches this special phase of your life with practical guidance and spiritual insights.

Further Titles



Marcel Clementi

My Yoga for the Inflexible. 53 Yoga Cards with Booklet

- Inflexibility is a thing of the past – 58 yoga cards with step-by-step instructions
- Large fanbase: over 250,000 followers
- High-quality card box in four-colour design



December 2025 · 128 pages

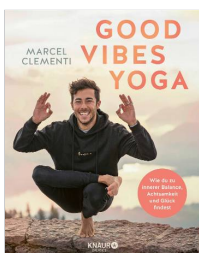
Marcel Clementi is an internationally renowned yoga teacher, YouTuber, and speaker from Tyrol. He decided against taking over the family business and completed several yoga training courses in India and other countries. His YouTube videos inspire thousands and he garners significant media attention. In 2020, he was featured on the cover of Yoga Journal. Additionally, he is the face of many brands, such as Nike and Zalando. Since 2022, he has been hosting his successful podcast *Good Vibes*, in which he explores personal development. In 2024, Marcel Clementi was awarded the Austrian Podcast Award.

www.marcelclementiyoga.com

Overcoming Inflexibility with the Popular Yoga Teacher

»Completely stiff and inflexible? No problem!« says yoga influencer Marcel Clementi. His simple yoga practice helps prevent injuries, reduce pain, and improve posture. Good flexibility can reduce stress and strengthen mental health by promoting relaxation. Marcel Clementi's card set is specifically aimed at beginners and offers an easily accessible approach to yoga for those who are inflexible. With categories like stretching, strength, and relaxation, as well as SOS cards for acute complaints such as lower back pain, this box allows everyone to tailor their yoga practice to their needs.

Further Titles



Franziska Rubin

11 Natural Remedies to Replace a Pharmacy. 200 Applications for Almost All Ailments

- The bestselling author's natural remedy apothecary: help yourself, save money, and stay healthy
- DIY health: over 200 applications with just 11 natural remedies
- Total circulation of Franziska Rubin: over 800,000 copies sold
- Foreign rights of her previous books sold to Italy: Sperling & Kupfer; Korea: Max Education; Spain: Planeta



July 2025 · 320 pages

Dr **Franziska Rubin** is a holistic doctor, TV presenter, and bestselling author. From 1998 to 2015, she hosted the weekly health magazine *Hauptsache Gesund* (Health First) on the MDR channel. She is a recipient of the Kneipp Health Award and a sought-after speaker. She is particularly committed to providing competent advice and help to as many people as possible and to inform them about the fascinating possibilities of naturopathy and complementary medicine.

For more information, visit
www.franziska-rubin.de

Just 11 Natural Remedies – and Your Health Is Taken Care Of!

Bestselling author Dr Franziska Rubin presents an effective natural remedy apothecary in her new health guide, showing how all common health ailments can be treated with just 11 natural remedies. Each of the 11 remedies, such as lemon, salt, water, and thyme, is explained along with its healing properties. The book then presents 200 applications, showing how these 11 natural remedies can be used as home remedies. Teas and tinctures, wraps and syrups, ointments, compresses, and oils can all be easily made at home. All the remedies are inexpensive, widely available, and have a long shelf life. Having them at home means you're well-prepared for any health complaint.

Further Titles



Judith Bildau

Body in Balance. Understanding Hormones and Resolving Unexplained Symptoms

- Uncovering hidden connections: at last, hormonal support for women of all ages
- The author is a gynaecologist and an expert in longevity and hormone consulting
- Since 2025, she has had her own online hormone consultation hour on www.wexxeljahre.de



October 2025 · 288 pages

© Manuel Taquini



Dr **Judith Bildau** is a gynaecologist and an expert in women's health, gender medicine, longevity, and hormone consulting. A specialist in gynaecology and obstetrics, she has practices in Rome and Tuscany. She also works as a medical advisor for the knowledge platform www.wexxeljahre.de, where she holds her own online hormone consultation hour. Since 2025, she has been part of the expert team at Women's Health. She has more than 78,000 followers on her Instagram account.

What Heart Palpitations, Digestive Problems, and Tinnitus Have to Do with Our Hormones

Hormones play a major role in every woman's life. Yet when symptoms arise, many women do not receive adequate medical support, nor can they help themselves due to a lack of knowledge. This is because a surprising number of illnesses have hormonal origins – a connection that is all too often overlooked. Gynaecologist and hormone expert Dr Judith Bildau provides women of all ages with medically sound information about their hormonal health and answers the most important questions she has received from thousands of patients on the subject. She sheds light on all the important phases of hormonal change in an adult woman's life, explains symptoms, and offers valuable advice on how they can help themselves.

Dagmar von Cramm

Beating Inflammation. Alleviate and Heal Arthrosis, Chronic Conditions, and More with the Right Diet

- The bestselling author's comprehensive guide to an anti-inflammatory diet
- Features 70 photos, 55 recipes, DIY superfoods, and a complete anti-inflammatory programme
- Total German-language circulation: over 4 million copies sold



September 2025 · 224 pages

Dagmar von Cramm is one of Germany's most well-known food journalists. After studying nutritional science, she initially worked as an editor before going freelance in 1984. In her Freiburg-based editorial office in, which includes a test kitchen, she develops recipes and articles for her cookbooks and many magazines. Her books have sold over 4 million copies. As one of Germany's most prominent experts, she is a regular guest on television shows and gives numerous lectures on the subject. Dagmar von Cramm has three adult sons and lives with her husband in Freiburg.

www.dagmarvoncramm.de

»With the Right Nutrition, We Can Do a Great Deal to Combat Inflammatory Processes in the Body.« Dagmar von Cramm

In her new health guide, renowned nutrition expert Dagmar von Cramm explains everything you need to know about an anti-inflammatory diet. From omega-3 fatty acids to antioxidant herbs, spices, and vegetables, as well as fish and algae, she explains on a scientifically sound basis how the right diet can alleviate and heal joint inflammation, chronic inflammation, arthrosis, and similar conditions.

Special DIY superfoods are presented alongside over 55 delicious and simple recipes. As a bonus, the book includes an anti-inflammatory diet regimen. This comprehensive health guide provides a step-by-step companion to a long and healthy life without harmful inflammation.

Further Titles





Thank you for your interest in our titles.

If you have any questions or need further material, don't hesitate to reach out. You can easily contact us via email. We're more than happy to assist and look forward to potential collaborations.

Best regards

ELISABETH WIEDEMANN | FOREIGN RIGHTS

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