

Foreign Rights

Non-Fiction

Spring 2026

VERLAGSGRUPPE
Droemer Knaur*

Manfred Spitzer

Plastic in the Brain. How Microplastics Change Our Thinking and Why It Is a Threat to Us All

- What plastic does to our bodies and brains: The latest scientific findings from bestselling author **Manfred Spitzer**
- For readers of Volker Busch and Bas Kast
- His bestselling book about *Digital Dementia* was published in more than 15 countries



April 2026 · 272 pages

Prof. Dr. Dr. Manfred Spitzer is a neuroscientist and was Chair of Psychiatry at the University of Ulm, where he headed the Psychiatric University Hospital, until his retirement in 2023. Visiting professorships took him twice to Harvard University and once to the University of Oregon. As a non-fiction author, he has published the bestsellers *Digitale Demenz* (*Digital Dementia*) (2012), *Einsamkeit* (*Loneliness*) (2018) and *Künstliche Intelligenz* (*Artificial Intelligence*) (2023) with Droemer Verlag.

Invisible, Ubiquitous – and More Dangerous Than We Think

Microplastics are everywhere. The tiniest residues of plastic bottles, car tyres and textiles are found in the oceans, in food, in mother's milk – and, as new studies show, even in our brains. Bestselling author and neuroscientist **Manfred Spitzer** impressively demonstrates how these invisible particles can influence our health, our thinking and even our behaviour. Scientifically sound, pointed and written with surprising everyday references, his book calls for a more conscious approach to plastic – before an environmental crisis turns into a health catastrophe.

»The small particles end up not only everywhere in the world down to the bottom of the oceans, but also inside us. Here, they accumulate primarily in the brain. You might not want to know what they do there. But perhaps you will read on anyway.«

Further Titles



Jens Foell

My Brain, Thinking, and Me.

How to Better Understand and Use Our Most Complex Organ

- Entertaining and practical brain knowledge from a neuropsychologist and science communicator
- Numerous practical tips to concretely improve brain performance, mental fitness, and mental health
- For readers of popular science authors such as Bent Freiwald and Mai Thi Nguyen-Kim

Dr Jens Foell holds a doctorate in neuropsychology and has worked as a brain researcher in Germany and the USA. Alongside research, his passion lies in science communication. Since 2020, he has been part of Dr Mai Thi Nguyen-Kim's team and appears regularly on the show *MAITHINK X* (ZDFneo); for his work there, he was nominated for the Grimme-Preis (Germany's most prestigious television award) in 2022. His book *Foellig nerdiges Wissen (Foelly Nerdy Knowledge)*, published by Droemer in 2023, spent several weeks on the bestseller list. Together with Christian Scharun, he hosts the podcast *Nerds at Work*.

Things Change When You Think

The brain is the most powerful computer in existence. Nevertheless, it sometimes seems that we and our head are not playing on the same team: although we know better, we cannot get out of bed on Monday mornings. There are situations at work where we should react coolly, yet we become emotional. And in the evening in front of the TV, the bag of crisps tempts us – no matter how much we know about healthy nutrition. So how do we succeed in utilising the full potential of the brain? Dr Jens Foell takes us on a journey into the fascinating world of neurons, the hippocampus, and the amygdala. Using everyday exceptional situations, he describes how the brain works, what constitutes our personality, and how we can bring order to our thoughts.



May 2026 · 240 pages

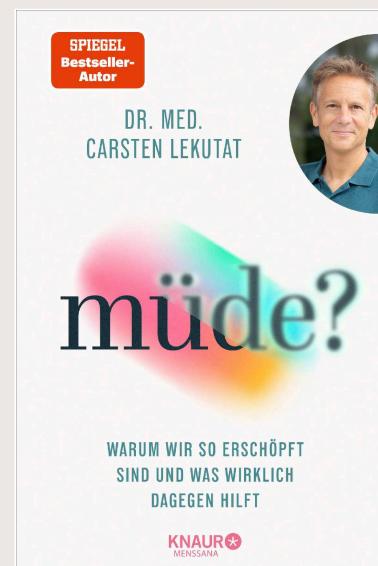
Further Titles



Carsten Lekutat

Tired?. Why We Are So Exhausted and What Really Helps Against It

- The new health guide from the bestselling author: concrete help for exhaustion and chronic fatigue
- More than every second person feels permanently exhausted and tired
- With individualised self-tests and an anti-fatigue programme



February 2026 · 240 pages

Dr med. Carsten Lekutat is a specialist in general medicine, a sports doctor, book author and TV doctor. He is the head of the HIT General Practitioner Centre in Berlin-Tegel. As a TV doctor, he presented *Der Gesundmacher (The Health Maker)* on Sat.1 at lunchtime, as well as the weekly prime-time shows *Aus dem Stress (Out of Stress)* and *Der Gesundmacher* on WDR television. As early as 2012, **Dr med. Carsten Lekutat** took over the presentation of the weekly health programmes *Fit und gesund (Fit and Healthy)* and *In good shape* on DW. From 2015 to 2023, he presented the show *Hauptsache gesund (Health First)* on MDR. Since January 2024, he can be seen once a month as a health expert on the *ARD-Mittagsmagazin (ARD Lunchtime Magazine)*. **Dr Carsten Lekutat** is the author of several books and lives in Berlin.

Constantly Tired – Despite Getting Plenty of Sleep?

Do you feel constantly tired and drained – no matter how long you sleep or how often you attempt to recover? This fatigue is a signal from the body that we must not ignore. It often stems from a deeper cause: an imbalance in the hormonal system, silent inflammation, psychological strain or a metabolic issue. The new health guide by bestselling author Dr med. Carsten Lekutat offers not only fascinating medical insights into the true causes but also a practical self-test to help you categorise your personal level of fatigue. It also includes an anti-fatigue programme that can be tailored to the individual, featuring targeted strategies to sustainably recharge your batteries.

Further Titles



Jael Bosman

Crazy Days. Understanding the Psychology of the Female Cycle

- An empathetic guide for sufferers and relatives
- Dr Jael Bosman is a gynaecologist and PMDD specialist
- With helpful tips for everyday life and a guideline for personal consultations with doctors



May 2026 · 208 pages

© Milena Krammer



Dr med. **Jael Bosman** is a German gynaecologist who has lived and worked in Austria for almost 20 years. After her specialist training at two perinatal centres, she gained clinical experience at the AKH Vienna (Vienna General Hospital) and as a senior physician at the Women's Clinic of the Mistelbach State Hospital. Since 2018, she has been practicing exclusively in her own surgery. Dr Bosman is a sought-after PMDD expert and has been listed as a PMDD specialist for Austria since 2023.

Doreen Brumme is a political scientist, freelance journalist, author and blogger. She lives and works in Hamburg.

Understanding and Managing PMS and PMDD Better

When women hardly recognise themselves in the days leading up to their period, find themselves unbearable during this time, or simply no longer feel like who they really are – then this is a sign of PMDD. Dr Jael Bosman's book is for women who want to understand how their cycle influences them not only physically, but also psychologically. She aims to help women who are tired of enduring their premenstrual days and exhausted by the effort of reconciling them with their everyday lives. In doing so, the expert presents current and proven medical approaches, particularly for the treatment of PMS and PMDD (Premenstrual Dysphoric Disorder), thereby empowering those affected and turning them into experts on all phases of their cycle.

Steffi Tauber

Flying Would Be an Option. My Life Turned Upside Down with MS

- Moving stories and good thoughts for everyone suffering from chronic illness
- Written with empathy – encouraging and hopeful, featuring numerous black-and-white photos



April 2026 · 224 pages

© Torsten Kuehne



A Positive Outlook on Life

Steffi Tauber has Multiple Sclerosis (MS). And she is making the best of it. The fact that she had to largely bury her dream of being an actress, singer and consultant hurts. But she does not remain stuck in the pain. In her book, she tells of the paths she takes to be happy despite all limitations. And the language in which she writes is incredibly moving. A helpful book for everyone who suffers from illness and blows of fate themselves, or whose loved ones do.

Steffi Tauber, born in 1979, studied American studies and acting. With her master's thesis on Elvis Presley and during her studies, the songs of the King of Rock 'n' Roll became like the air she breathed. As a flight controller guiding planes over Ukraine, she lent his songs her very own voice. Upon completing her training as an actress and starting her career, she received the diagnosis of MS. As an actress and musician, she now gives expression to the illness and was honoured for this by the German Multiple Sclerosis Society. Together with her brother Peter Tauber, she has already been a guest on the *NDR Talk Show*.

»Flying would be an option,« I think to myself. In future, I will leave the cane behind more often when I wake up at night to do something. Sometimes I dream of walking through the forest. Strolling along comfortably somewhere. After these nights, I always feel good somehow. »Somehow fresh, hopeful. ›Steffi, keep dreaming!‹ a quiet little voice whispers to me. ... Yes, no one can stop me. I think I will definitely do that, even if I continue to spread my wings only in my dreams.« Steffi Tauber

Nina Hagen

Confessions

- She is back: the updated and expanded autobiography of Nina Hagen
- Surprising, captivating and spiritual; with many photos, including ones from the artist's private archive
- A new gospel album by Nina Hagen will be released in March 2026



March 2026 · 336 pages

© Sebastian Vogt



Nina Hagen, born in 1955 in East Berlin. After completing her vocal training with distinction, she achieved her first successes in the GDR (*Du hast den Farbfilm vergessen* (*You Forgot the Colour Film*)). In 1976 she moved to the West, where she founded the Nina Hagen Band and had huge success with her unmistakable voice between punk and new wave. Soon Nina Hagen was giving concerts between Amsterdam, Paris, Rio and Los Angeles. Melody Maker calls her »Germany's most significant contribution to pop culture since Brecht«. Oscillating between punk lady and provocateur, the brilliant singer established herself as Germany's shillest pop star.

New Confessions of a Legend

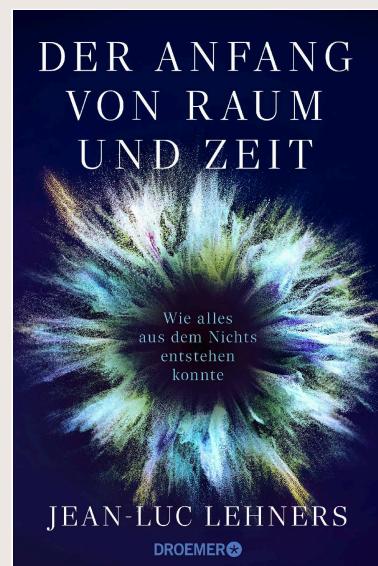
For many, Nina Hagen is »the Queen of Punk«; at the beginning of her career as a musician, she was the »ultimate provocateur«. In her autobiography, which she now presents in an updated and significantly expanded edition, Nina Hagen writes exactly as she sings: without a safety net, thrilling, provocative, and ruthlessly authentic. She speaks unadorned about herself and her fast-paced life on the border between genius and madness. Nina Hagen tells of her childhood in East Berlin, her stepfather Wolf Biermann, and how she discovered punk for herself in London. Her history is a wild road movie in which she encounters love, drugs, and loneliness. But it is also a spiritual journey, the most exciting experience of which lies not in excess and rock 'n' roll, but in her encounter with God.

»Nina's life story is a history of near-death experiences, of tears of despair in which she almost drowns. She recounts the wrong turns and the angels poetically or in a brash tone. (...) A journey between sense and madness, with love and hate, lust for life and the pull of death; it would have sufficed for at least 23 lives. The fact that Nina survived can pass as proof of God's existence. That is how she sees it.« Matthias Neumann, Die ZEIT (on the original edition)

Jean-Luc Lehners

The Beginning of Space and Time. How Everything Could Emerge from Nothing

- State-of-the-art research findings explained in an entertaining way
- The author is a leading expert in cosmology and astrophysics
- For readers of Stephen Hawking, Carlo Rovelli and Harald Lesch



April 2026 · 248 pages

© Linda Gieres



Dr Jean-Luc Lefèvre studied Physics and Mathematics in London and Cambridge. In 2005, he received his doctorate in quantum cosmology. He was part of the cosmology research group at Imperial College London led by Stephen Hawking. From 2018 to 2024, he headed the Theoretical Cosmology working group at the Max Planck Institute for Gravitational Physics in Potsdam.

A Non-Fiction Book That Reads Like a Novel: The Origin of Our Universe by an Internationally Renowned Cosmology Expert

Since time immemorial, we have pondered the origin of our world. How did our universe come into being? What actually came before the Big Bang? How can we understand space and time? Why do we still not have a self-explanatory lightsaber? Dr Jean-Luc Lefèvre, one of the leading researchers in the field of cosmology, shows in his book how much we already know about our universe and its origins. He explains clearly and concretely how the great theories of Einstein, Hawking and Co. are connected and what can be derived from them. He supplements sober stars, massive galaxies and black holes with energy – and understands like hardly anyone else how to illuminate the patterns of the universe with current scientific findings.

Sarah Desai

Today I Stop Doubting. Overcoming Imposter Syndrome and Believing in Yourself

- Escaping the imposter trap: from self-doubt to self-empowerment
- Sarah Desai is a successful mindfulness coach, podcaster and bestselling author
- Includes a practical self-test and numerous exercises



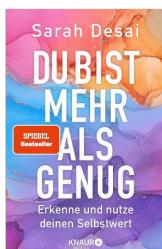
June 2026 · 224 pages

Sarah Desai stands for modern spirituality, mindful personal development and genuine life guidance. As a trained coach for meditation and transformation, she gives lectures nationwide, offers online seminars and live meditations. Her podcast *The Mindful Sessions* has already reached 5 million listeners and counts among the most successful in its category. Through her work, **Sarah Desai** helps people to recognise and dissolve their limiting beliefs – allowing them to find a mindful way of treating themselves and lead a happier life. The author lives with her family in Berlin.

Overcoming Imposter Syndrome and Making Self-Confident Decisions

Imposter syndrome persists in our everyday lives – despite external successes, many people suffer from the feeling of being imposters, which burdens not only professional but also private life. The joy of life fades while our nervous system remains under constant stress. Using appropriate methods, Sarah Desai demonstrates how we can transform our self-doubt into dignity, appreciate our own achievements and evolve from subconscious self-deprecation to healthy self-confidence. Self-tests, case studies, meditations, exercises and questions for reflection turn Sarah Desai's new book into a practical guide to escaping the imposter trap and finally taking pride in oneself.

Further Titles



Marie Joan

Fatherless Behavior for Beginners. Sex, Lust, Empowerment

- Sexual self-empowerment – the guide for Gen Z and Millennials
- Marie Joan is a German content creator with a rapidly growing following (2.5 million)



April 2026 · 224 pages

© Marie Joan



Marie Joan Schmidt is a German content creator with a massive reach on social media. On TikTok, Instagram and YouTube she talks about sex, relationships and, above all: self-determination. Her fans love her for her funny sketches about contraception, sex mishaps and orgasm tips as well as for her empowering videos about sexual freedom and eye-level relationships.

Taboo-Free and Authentic – Sex Education with »Dr. Rambazamba«

Kinks, fetishes, edging, unicorn sex – when Marie Joan talks on social media about everything happening inside and outside the bedroom, millions of fans watch. The content creator shatters the chains of dusty sex education and clarifies where a fetish begins and consensual sex ends. In her first book, *Fatherless behavior for beginners*, Marie Joan writes unabashedly and humorously about sex, heartbreak and relationships, but also speaks in serious tones about topics such as sexual assault, self-determination and boundaries. This lavishly illustrated guide by Dr. Rambazamba is tailor-made for Generation Z and Millennials who are hungry for taboo-free and contemporary sexual education.

»I talk about things that are normal in the sack, but which nobody mentions because our society has a stick up its arse.« Marie-Joan Schmidt

Anna Cavelius

Healthy and Beautiful with Oils. Detox, Cleanse and Care for the Body – with Oil Pulling Therapy

- The holistic health guide to detoxing and cleansing the body with natural oils
- Oil pulling is the new TikTok trend
- With DIY applications and many health tips on the healing power of oils



February 2026 · 192 pages

© privat



Beautiful Inside and Out with Natural Oils

Oil pulling is on trend – and not just on TikTok! Many are turning to the millennia-old tradition of oil pulling to detoxify their bodies. Healthy teeth, no plaque, an end to bad breath and healthy gums are just a few of the proven positive effects. Oil pulling has been handed down from Ayurveda to strengthen and activate the body's self-healing powers. Health author Julie Green shows various options for simple detoxing. The most important plant oils are also introduced, with detailed explanations on how to use them for healthy skin, beautiful hair and in your diet.

Anna Cavelius (born 1964) studied philosophy, history and literature (M.A.) in Munich, Siena and Salamanca, wrote for the largest German non-fiction publishers and supervised numerous book productions. Over 500 titles were published with her collaboration, including numerous *SPIEGEL* Bestsellers (major German bestseller list). As an author, she has sold over three million guidebooks and non-fiction books herself, and just as many again as a ghostwriter for doctors, university professors, actresses and TV chefs. Today, she prefers writing memoirs and biographical novels under a pseudonym.

Vanessa Spaleck

Simply Psychic. How to Strengthen Your Psychic Abilities and Communicate with the Spirit World

- The practical guide to discovering one's own psychic abilities
- Vanessa Spaleck is an experienced medium with a strong media presence
- The book contains many practical impulses and exercises



February 2026 · 224 pages

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Vanessa Spaleck is a German medium with over 20 years of experience. She acquired her comprehensive knowledge at the renowned Arthur Findlay College for mediumship and paranormal sciences in Essex. She works with people on their spiritual development and trains students at her Spirit Akademie. In addition, she offers past-life regressions and works as a speaker, spiritual coach, end-of-life doula and grief counsellor. **Vanessa Spaleck** lives near Ingolstadt.

<https://vanessa-spaleck.de/>

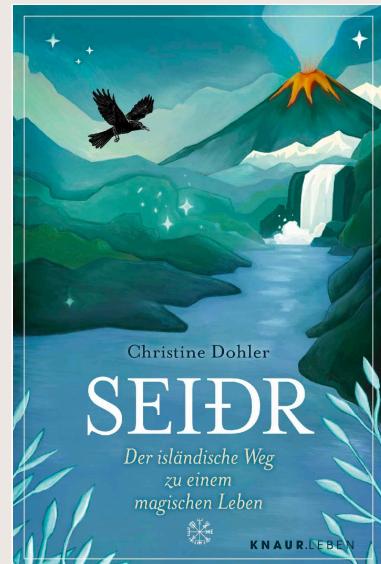
Mediumship and Spirituality Can Be Fun

The fascination with contacting the beyond is and remains unbroken. Well-known medium Vanessa Spaleck aims to demonstrate that mediumship represents a completely normal part of our human potential. Drawing on her many years of experience, the author provides a simple and grounded introduction and answers the most important questions. For instance, she explains step by step how to assemble a spiritual team that can accompany us on our path and assist with decision-making. The multitude of testimonials and techniques make this book a valuable resource for those curious about the spiritual world.

Christine Dohler

Seiðr. The Icelandic Way to a Magical Life

- All about the magic, places of power and nature spirits of Iceland and what we can learn from them for our lives
- With exercises, meditations and rituals
- Total sales for Christine Dohler: over 95,000 copies sold



June 2026 · 224 pages

© privat



Christine Dohler lives in Hamburg. She studied journalism and communication science as well as history with a focus on antiquity at the University of Hamburg. She was trained at the Henri Nannen School of Journalism and has completed further training as a meditation teacher and systemic coach. As an author, she has written for media such as *FAS*, *Die Zeit*, *SZ-Magazin*, *Emotion*, *Stern*, *Brigitte* and *Flow*. She is currently the editorial director of the magazine *Emotion Slow*. Her books on the *Rauhnächte* (The Twelve Holy Nights) are SPIEGEL Bestsellers. Christine has been travelling to Iceland for many years and also lived there for a few months, including on a scholarship from the German Federal Foreign Office, to write about Iceland's culture and nature. www.christinedohler.de

The Icelandic Way to Connect with Nature

Iceland is known for its magnificent nature, but also for the belief in nature spirits and forces. Christine Dohler has travelled many times to her spiritual home, where the supernatural is deeply anchored. She tells of Icelandic magic as practiced from the Vikings to the modern age, and shows how we can bring these rituals into our own lives. We learn about magical practices such as *Seiðr*, magic chants, the significance of elves and trolls, as well as Icelandic places of power. Even without travelling to the country, we receive inspiration, exercises, meditations and rituals to explore our own connection to nature and the supernatural.

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

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