

## Spring 2021

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## ★ NEW TITLE FROM OUR BESTSELLER AUTHORS

Daniela Gaigg/Linda Syllaba

### Self-care for Mums

A happy mum means a happy child

#### CONTENT

##### Empowerment for mothers

*'There's nothing wrong with looking after yourself, even if you are a parent. Quite the contrary! It ensures you are giving healthy signals to your children and helps all the members of the family to become strong individuals.'* **Jesper Juul**

Self-care for the mother is the basis for any strong family. It is only when the mother's basic needs, such as self-determination, respect at work and in the family, peace and relaxation, are met that she can develop the calm and serenity that gives children the chance to grow up in a good way.

Whereas these days it is the needs of the children which almost always take centre stage, the authors encourage mothers to turn the order of caring on its head: first the mother, then the partnership, then the children. They provide lots of examples, reminders and exercises to help mothers be open to themselves and their children at the same time. Along with this, they also have to deal with a persistent guilty conscience, crippling feelings of guilt and the enormous fear many mothers have that they will make mistakes bringing up their children.

- **Putting mothers in the spotlight**
- **Chance to do some self-reflection**
- **Jesper Juul's approach to equality aimed at mothers**

#### AUTHORS

Daniela Gaigg is the author of one of the best known German-language blogs for parents: *diekleinebotin.at*. Together with life counsellor and coach Linda Syllaba, she specialises in relationship-oriented parenting and a holistic concept of life. Both have two children and live with their families near Vienna.

#### BACKLIST BY THE AUTHORS



##### **The Grumble Diet: 20.000 copies sold** ([More information](#))

Rights sold to Estonia, Korea, Russia

##### **Family life without grumbling and shouting**

'Highly recommended! This book is like a valuable mirror that we, as parents, look into not nearly often enough in everyday life. It encourages us to break through our old behavioural patterns and try out some concrete, new approaches. It's never too late to try!' *eltern-bildung.at*



March 2021  
256 pages; 18,95 EUR

Susanne Mierau

## Free and Unbent

Supporting children without pressure and giving them unconditional acceptance

### CONTENT

**Trending subject of bringing up children without pressure or force**

Many parents want to support their children on a basis oriented to their needs and deal with them on an equal footing. But in doing that, they always come up against their limits. In this book, the educator Susanne Mierau does a rethink of the concept of needs-based upbringing. Needs orientation is not an educational method, but an educational attitude: it is the art of truly accepting a child unconditionally as he or she is and not having any expectations of how he or she should be. Mierau describes how parents can manage to develop an understanding of children's needs which works in everyday life. She provides parents with support to help them free themselves from their own negative experiences and social perceptions and to find their own way to engage with children with respect and without pressure or force.



February 2021  
272 pages; 18,95 EUR

- **The question of pressure in bringing up children is posed in a radical and comprehensive way**
- **'Bringing kids up without scolding', for parents who have reached their limits**

### AUTHOR

The author Susanne Mierau is an infant teacher and a family support specialist. She worked at the *Free University of Berlin* in research and teaching, before going self-employed in 2011 to work in the field of needs-oriented parent counselling. Susanne Mierau has a blog at *geborgen-wachsen.de*, puts on workshops for parents and specialist staff and speaks at conferences and meetings about parent counselling and child development. She has three children and lives in a small village in Brandenburg.

### BACKLIST: "BEING.MOTHER". MORE INFORMATION SEE PAGE 6

What the press said about her book, **'Being.Mother'** (Mutter.Sein) **over 15.000 copies sold:**  
*'And what makes you a "good" mother? This book takes away all the horror from this unnerving question: there is no such thing as a good mother!'* Brigitte MOM, 1/2020

*'I can't recommend her book enough to mums (and dads): it offers relief from the very first page to the very last...for everyone.'* Emotion, issue 12-2019

*'To avoid driving yourself crazy as a mother, and instead to listen to your instinct – that is what this shrewdly written guidebook encourages you to do.'* Psychology Takes You Further, Nov/Dec 2019

André Stern

## Our Children's Rhythms and Rituals

On the riches that come from within

### CONTENT

#### Children know what is good for them

If we look carefully and realise that everything children do makes sense, then we see that their own particular rhythms and rituals are an expression of their goals and needs. This knowledge is innate in every child and we must protect it so that it is not destroyed.

If the 7-year-old boy is a wonderful dancer, but is not yet very good in arithmetic, then we should be capable of realising that he is learning at his own pace, in his own rhythm. And that the 2-year-old girl who wants to eat nothing but pasta is not being stubborn, but is simply following her own ritual. André Stern encourages a serene attitude: children are great inventors and solution finders.

We should stop trying to press them into moulds and instead try to share André Stern's fascination with their 'own minds'.

- **First book about appreciating children's rituals and rhythms**
- **The author is the star of the Attachment Parenting Europe scene**
- **For parents who are seeking alternatives**
- **Positive perspective on inner sense and personal initiative**

### AUTHOR

André Stern is an author, journalist, musician and director of the *Arno Stern Institute*, Paris. His books have appeared in many languages. The best known is '... And I Never Went to School - the story of a happy child'. He is highly in demand as a speaker who is involved on an international stage (Europe, USA, Canada, Africa, India) in the company of people with a future-oriented concept of the educational landscape. Born in Paris in 1971, he is the father of two sons and lives near Poitiers in France. [andrestern.com](http://andrestern.com)

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 0-12 years



March 2021

224 pages; 19,95 EUR

#### World rights

Except for: French (sold),  
Spanish (sold), Polish (sold),  
English

## Udo Baer / Gabriele Frick-Baer **How Children Feel**

Updated and extended new edition

### CONTENT

#### The highly successful title on the emotional world of children

Children have a rich and varied emotional life and knowing more about it and participating in it can be a huge enrichment for parents. This book takes an empathic look at how children feel, how their feelings differ from those of adults and what causes or triggers there are for these feelings. The many feelings which take up a large part in children's lives are described here; feelings such as love, guilt, shame, loneliness and justice.

The authors show how children can be supported in learning how to feel, to enable them to use their feelings to guide them through their lives. And what adults need when they are dealing with children's feelings so that they can take them seriously and understand them better.

- **The authors are experts on feelings, talking about children**
- **34 selected feelings: from Anger to Zeal**
- **Required reading for parents and educators**
- **15.000 copies already sold**



May 2021  
(first published 2008)  
192 pages; 16,95 EUR

**Rights sold to China,  
Serbia (expired)**

### AUTHOR

Dr Udo Baer is a qualified educator and creative body therapist, co-founder of the *Future Workshop for Creative Therapy (Zukunftswerkstatt therapie kreativ)*, scientific director of the *Institute for Social Innovations ISI*, chairman of the *Dignity Foundation* and co-owner of the *Pedagogical Institute Berlin (PIB)*. His publications include 'The Big Book of Emotions'.

Dr Gabriele Frick-Baer is a qualified educator, creative body therapist and trauma therapist, board member at the *Dignity Foundation* and scientific director of the *Creative Trauma Aid* at the *Institute for Social Innovations*. Co-founder of the *Future Workshop for Creative Therapy*. Her publications include 'The Big Book of Emotions'.

### TYPE OF BOOK / TARGET GROUP

Guidebook for mothers and fathers who want to understand their children better.

Carsten Vonnoh

## Up to Dad

Bringing up children in a relaxed way and letting them follow their own paths

### CONTENT

#### Fathers as children need them to be

More and more fathers are getting involved in bringing up their children on an equal basis. But discovering one's own way is an extremely difficult task for almost any father. Carsten Vonnoh, who for many years has been involved in counselling fathers, helps men discover their own needs and limits and, in doing so, provides them with a way to establish or maintain a close relationship with their children. Because fathers are just as important for their children as mothers!

He uses many personal examples and stories from his coaching sessions to show how it is possible to overcome the conflict many fathers have between family, job and our rigid role models. Coming to terms with their own childhood, their own inner child and emotional world enables them to develop the strength to find their own path. The author also emphasises the importance of finding role models which go beyond gender stereotypes and what is expected by society in general or by the mother of the child in particular.

- **First attachment-oriented book for fathers**
- **Examines the area of tension between a father's own aspirations and what role models demand**
- **The author is a well-known counsellor for fathers**
- **With lots of tips on how to deal with a double burden**

### AUTHORS

Carsten Vonnoh is a coach, systemic therapist and consultant for fathers, families and organisations. He runs seminars and workshops on self-reflection, conflict management and further development for fathers throughout Germany and Switzerland. Carsten Vonnoh has two children and lives near Weimar.

### TYPE OF BOOK / TARGET GROUP

Guidebook for fathers who are looking for their own way and know that being a father is a process of development and learning.



June 2021  
256 pages; 18,95 EUR



Thomas Bruhn / Jessica Böhme

## Be More, Need Less

What sustainability has to do with our relationships

### CONTENT

#### Our relationships as the key to a sustainable way of life

Reduce waste, shop locally, eat vegan: the pursuit of greater sustainability has become a contest of convictions. Anyone who fails, feels guilty. Indeed, our planet is not doing well. And on top of that, according to the authors' thesis, the state of our world holds up a mirror to the state of our society. The way we exploit the planet is a reflection of the way we often behave in our relationships with ourselves and with each other: selfish and benefit-oriented. In this way, we destroy not only our own vitality, but also that of the planet, inasmuch as both are directly related. A plea for posing some critical questions towards our behaviour regarding the earth and our fellow human beings and to change them vitally for the better.

- **Dynamic relationships as the key to responsible ecological action**
- **Makes you want to live a sustainable lifestyle that can be enjoyable**



February 2021  
256 pages; 19,95 EUR

### AUTHORS

Dr Thomas Bruhn is a physicist and is head of the 'Mindsets for the Anthropocene' research group at the *IASS Potsdam*. He is passionate about helping people to discover the good in themselves and to live out their destiny. He is a member of the *German Association Club of Rome* and the *Association of German Scientists*.

Jessica Böhme does research and writes about sustainable lifestyles. At present, she is a doctoral candidate at the *Leuphana University of Lüneburg* and works at the *IASS Potsdam* in the research group, 'Mindsets for the Anthropocene'. Through her work, she aims to show that personal, social and environmental well-being can be achieved with ease.

### TYPE OF BOOK

Great non-fiction book that explains how an inner transformation to a sustainable lifestyle is possible and fun at the same time.

Friederike von Aderkas

## Anger Power

Extract energy. Revitalise relationships. Set limits

### CONTENT

#### Anger is your power to change

Since our childhood days we have all learned to suppress our anger as it is considered a destructive characteristic. This is a fatal step; anger is a yardstick for our sense of well-being. If we do not heed it, we run the risk of denying ourselves access to our own needs, becoming ill and developing depression.

Anger Power invites us to become acquainted with our anger and to live with it in a responsible way. It shows us how to achieve a more solid presence and vitality. With the help of numerous exercises, Friederike von Aderkas shows us how to use our anger in a positive way. We learn to set limits, make decisions with a new clarity and to reconfigure our relationships. We can rely on anger to fuel our sense of personal responsibility and well-being.

- **Clear, challenging and lastingly liberating**
- **Self-test for different types of anger**
- **Strategies for learning to use our anger for positive results**



February 2021  
256 pages; 17,95 EUR

'Friederike von Aderkas shows every one of us how to unleash this inner monster and focus it in order to put this anger to work on important tasks in our lives. Her tools and exercises enable us to live more completely and more joyfully. Thank you, Friederike!'

*Clinton Callahan, founder of Possibility Management*

### AUTHORS

Friederike von Aderkas, born in 1981, is a qualified educator and systemic coach. In her anger seminars, she helps people to get to know their anger better and to use it in a positive way. She is enthusiastic about her research into emotions and uses Nonviolent Communication Methods and Possibility Management. She sees her brother's suicide as having a close connection to suppressed anger and has subsequently grappled intensively with anger and its power. [wutkraft.de](http://wutkraft.de) and [friederikevonaderkas.com](http://friederikevonaderkas.com)

### TYPE OF BOOK / TARGET GROUP

A guidebook for all those who no longer want to suppress their anger or first want to find it to perceive and represent their own point of view.



## Katharina Grünewald **Happy Patchwork Couples**

How love can succeed with a new family

### CONTENT

#### Love with baggage

Patchwork couples often find it difficult to concentrate fully on their love for one another, because there are others involved in their relationship right from the start: separating from the ex-partners puts a drain on their energy and the children are also in need of a lot of love and attention at that same moment. Patchwork family therapist Katharina Grünewald encourages patchwork couples to create space for their love and to love each other with confidence. Staying focused on everyday life, she explains in a sensitive way how couples can set boundaries and strengthen their relationship with her six phases for dealing with turbulent daily family life.

- **First guidebook focusing on couples' relationships within patchwork families**
- **6 phases to achieving a fulfilling partnership**
- **With exercises, suggestions and case studies**

*The 6 phases of patchwork love:*

1. In love in your own space
2. First imbalances
3. The second acquaintance
4. The mutual 'we' concept
5. Establishing the new day-to-day life
6. Loving with confidence

### AUTHORS

Katharina Grünewald is a qualified psychologist and patchwork family therapist. She has experienced the happiness and challenges of patchwork life first hand in her own life - since 2001 she has lived in Cologne with her husband, the children from his first marriage and their own subsequent two children.

### TYPE OF BOOK / TARGET GROUP

Guidebook for couples who are ideally at the beginning of a relationship with patchwork family.



March 2021  
224 pages; 17,95 EUR

Udo Baer / Gabriele Frick-Baer

## The ABC of Emotions

*New layouted edition*

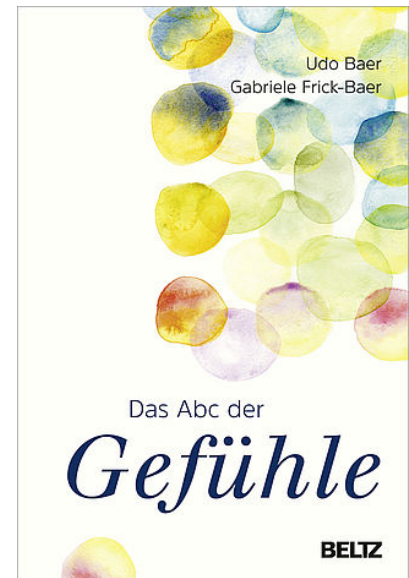
### CONTENT

#### Entertaining insights into our emotional world

'Every single feeling changes the whole world' - this sentence, by Jean-Paul Sartre, aptly describes the importance of feelings and emotions in our lives and for the course of the world. In this book, the authors present around sixty emotions, ranging from fear, jealousy, boredom, envy, shame and sadness to trust and confidence. To do this they create the illusion that each one of these feelings and emotions is an individual person whom they can question. Questions like, 'Who are you and what are your hidden aspects?', 'What are you good for, what is the point of you, what can you be used for?' And, in addition, 'What are you afraid of - what causes emotions and feelings to fade or disappear entirely?'

The authors explain the importance of emotions for our health and describe the relationships we have between us to deepen our understanding of the human emotional world.

- **Over 25,000 copies already sold**
- **An original approach to the subject of emotions which provides some entertaining insights**
- **Helps us get a better understanding of our emotions**



February 2021  
208 pages; 16,95 EUR

**Rights sold to France,  
Romania**

### AUTHORS

Dr Udo Baer is a qualified educator and creative body therapist, co-founder of the *Future Workshop for Creative Therapy (Zukunftswerkstatt therapie kreativ)*, scientific director of the *Institute for Social Innovations ISI*, chairman of the *Dignity Foundation* and co-owner of the *Pedagogical Institute Berlin (PIB)*. His publications include 'The Big Book of Emotions'.

Dr Gabriele Frick-Baer is a qualified educator, creative body therapist and trauma therapist, board member at the *Dignity Foundation* and scientific director of the *Creative Trauma Aid* at the *Institute for Social Innovations*. Co-founder of the *Future Workshop for Creative Therapy*. Her publications include 'The Big Book of Emotions'.

### TYPE OF BOOK / TARGET GROUP

Informative title for all who want to take a look at the unknown sides of emotions.

## BACKLIST

Parenting

**The Child I Wished to Have So Badly is Driving Me Crazy**  
Book 1: Age 0-4



[More information](#)

Sold in **14 languages**

Over **300.000 copies sold**  
Available in English

Parenting

**The Child I Wished to Have So Badly is Driving Me Crazy**  
Book 2: Age 5-10



[More information](#)

Rights sold to China, Estonia,  
Hungary, Slovakia

**70.000 copies sold**

Parenting

**The Child I Wished to Have So Badly is Driving Me Crazy**  
The Sibling Book



[More information](#)

Over **30.000 copies sold**

Life

**Get Out of the Mental Load Trap**



[More information](#)

Rights sold to Hungary

Almost **20.000 copies sold**

Parenting

**Respect, Trust and Love**



[More information](#)

Rights sold to China, Croatia,  
Hungary, Poland, Serbia, Slovenia

Over **10.000 copies sold**

Parenting

**Boys & Puberty**

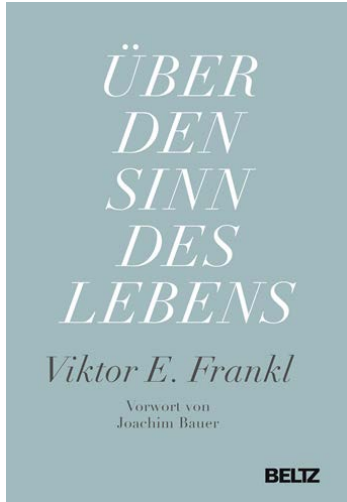


[More information](#)

**4.000 copies sold**



*Psychology*  
**Yes to Life in Spite of Everything**

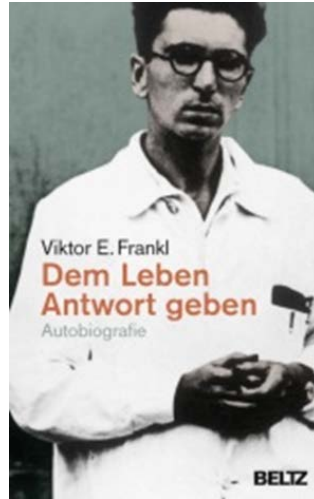


[More information](#)

**Sold in 23 languages**

**Almost 9.000 copies sold**

*Autobiography*  
**Giving Life an Answer**



[More information](#)

Rights sold to Brazil, Bulgaria, China, Czech Rep. (expired), Croatia, France, Italy, Japan, Korea (expired), Lithuania (expired), Macedonia, Romania, Russia, Spain, Taiwan, USA

**Over 17.000 copies sold**

*Health*  
**Depression. Helping without losing yourself**



[More information](#)

Rights sold to Czech Republic, Poland

**Over 20.000 copies sold**

*Self-Help*  
**Being. A. Mother**



[More information](#)

Rights sold to Russia  
**Spiegel Bestseller**

**Over 15.000 copies sold**

*Parenting*  
**Staying Lovers**



[More information](#)

Rights sold to: Croatia, Estonia, Hungary, Poland, Portugal, Serbia, Slovenia

**Over 26.000 copies sold**

*Self-help*  
**Being a Highly Sensitive Mother**



[More information](#)

**Over 5.000 copies sold**

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