

## Spring 2022

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Susanne Mierau

## New Moms for Rebel Girls

Strengthening our daughters for a life with equality

### CONTENT

#### Mom, what is a patriarchy?

The educator and feminist Susanne Mierau is one of many 'new moms' who want to educate and strengthen their daughters against the patriarchy and its consequences: devaluation of femininity, discrimination, gender stereotypical role behaviour and even sexual violence. In her new book, she explains what that means in relation to a feminist and needs-oriented upbringing.

Based on educational and psychological findings as well as many examples of mother-daughter relationships, Mierau describes how girls can be specifically supported and empowered. She explains what mothers need to know about topics such as porn, cyberbullying, contraception, self-esteem & self-love, a good body image, education & career and much more, and how they can support their daughters. Last but not least, the author encourages mothers to recognise their own stereotypical ways of thinking and behaving so as not to pass them on to their 'rebel girls'.

- **New, top hit book by this bestselling author**
- **Bang up to date featuring the role of women in the Corona crisis**
- **On the track of girls' upbringing, then and now**
- **How mothers deal with issues that affect and concern girls today**

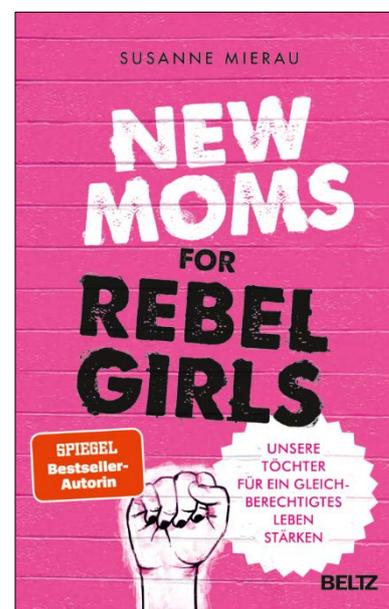
### AUTHOR

Susanne Mierau is an infant teacher and family support specialist. She worked at the *Freie Universität Berlin* in research and teaching, before she went self-employed to work in the field of needs-oriented parent counselling in 2011.

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 3 children and moved to Berlin in 2020 before moving to a small village in Brandenburg. Beltz has already published her books: 'Being.Mother' (2019) and 'Free and Unbent' (2021). **Backlist:** [see page 9](#)

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of daughters between infancy and puberty.



March 2022  
320 pages; 19.00 EUR

Ulrike Döpfner

## The Treasure that is Self-esteem

What supports children for a lifetime

### CONTENT

#### What really matters in bringing up children

It is not only since the pandemic that we have seen how great the danger is for our children. The child and adolescent therapist Ulrike Döpfner is confronted with it time and again: problems with social contacts, difficulty separating from the parents, conflicts at school - all of them are caused by self-esteem disorders and a lack of self-love.

With the help of a lot of background information, practical tips and exercises, Döpfner takes on this up-to-now largely overlooked element of a healthy upbringing and shows that strong self-esteem is THE protective factor that helps children develop stable personalities. Does praise really boost self-esteem? How do parents encourage their children to be intrinsically motivated instead of being dependent on getting good marks at school? Promoting their self-esteem is the greatest gift parents can give their children. Some short stories to help access difficult topics with the child in a playful way complete this book for parents with children of kindergarten and primary school age (3 to 12).

*'Truly fortunate children are those who accept themselves for who they are. This is the basis for a strong self-esteem and thus a healthy psychological development'* - Ulrike Döpfner

- To date, well over 16,000 copies of 'The Magic of Good Conversations' have been sold
- Self-esteem is THE key factor in personal development

### AUTHOR

Ulrike Döpfner studied psychology and is a child and adolescent psychotherapist who focuses on coaching parents. She has three sons and is the author of 'The Magic of Good Conversations' (Beltz, 2019), which received a lot of attention in print and online media, radio and TV and has been translated into many languages. **Backlist:** [see page 9](#)

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 3-12 years.



February 2022  
304 pages; 20.00 EUR

Rights sold to **China**

Ravna Marin Siever

## Is it a boy or a girl? It's a child!

How to succeed with a gender-open upbringing

### CONTENT

#### Letting children grow up free from gender constraints

For parents who are bringing up their children with a bonding and needs-oriented approach, the child's freedom to self-determination is an important value. That means doing away with gender stereotypes and enabling the child's (gender) identity to develop freely. This happens mainly during the first 10 years of the child's life.

Using findings out of gender studies as well as numerous reports of parents' own experiences and everyday situations, Ravna Marin Siever clearly and sensitively describes the fact that gender is a social construction and is not just binary, but diverse. There are children who are neither male nor female, regardless of the pressures mothers, fathers or society exert to standardise things. Siever explains how children learn who they are and why it is important for them to be able to assign to themselves their own gender identity. The book offers relief for parents, irrespective of whether their child is living out all the pink-blue clichés, is gender non-conforming, non-binary or trans.

- **The first book on gender-open parenting**
- **Written in a very accessible and open way**
- **With explanations of all the terms, from asexual to transgender**

### AUTHOR

Ravna Marin Siever studied philosophy, German studies and international management and has been working for many years on gender and queer theoretical approaches, among other places, in education. They are the parent of three children and live with their family on the outskirts of Berlin. Ravna Siever has a blog (*queErziehung*), is active on Instagram and tweets about gender-open parenting. They give lectures in kindergartens and at family congresses such as the *FEBuB - Family Conference for Parenthood, Bonding and Relationship*.

### TYPE OF BOOK / TARGET GROUP

For parents with children aged 0-12 who want to deal with their children beyond gender roles.



March 2022

288 pages; 20.00 EUR

Katharina Lühring

## **Awesome, Direct, Helpful, Daring**

The AD(H)D encouragement book for parents

### CONTENT

#### **Potential in place of problems!**

Parents of children and adolescents with AD(H)D know this situation well: whether it comes from a teacher, doctor or other families - your child is always labelled as a 'problem case'. Children who have been diagnosed with AD(H)D need one thing above all else: loving support from someone who lets their strengths - and there are many of them – come to the fore.

In this book, Katharina Lühring provides parents with numerous resource-oriented and comprehensive exercises which give children the best possible support in their everyday lives at home, but also in kindergarten and school. With its case histories of families who are in this situation, ideas for strengthening the parent-child bond as well as tips on what options there are for therapy and counselling, this book is the ideal companion for families who have to deal with AD(H)D on a daily basis.

- **AD(H)D in a different light, finding the potential**
- **With lots of exercises for at home and in school**
- **Entertaining with case studies taken from real life**



March 2022  
214 pages; 19.00 EUR

### AUTHOR

Dr Katharina Lühring is the founder and director of the *VIGESCO Institute for Psychological-Pedagogical Education and Development* with a nationwide training programme and a practice for learning therapy. She is a psychological consultant, teaching therapist, relaxation therapist, hypnotherapist and chairwoman of the professional association for holistic development and therapy *4Kids 2GET*. She did her doctorate on AD(H)D.

### TYPE OF BOOK / TARGET GROUP

For parents with children and adolescents with AD(H)D.

## Karin Bergstermann / Anna Hofer 'I'll Do It Differently with My Child'

Talking to the parents (and in-laws) about parenting and going your own way

### CONTENT

#### Go your own way, together

Many young parents today consciously bring up their children differently to the way they were brought up themselves. On issues such as needs orientation, the family bed, long-term breastfeeding or not giving out punishment, they face disbelief from their own parents. This causes stress and can lead to conflict between the generations.

In this book, Karin Bergstermann and Anna Hofer provide a remedy: they provide support for young parents to improve communication with their parents (and in-laws), reducing worries and expectations on both sides and strengthening mutual understanding. Using case histories and in-depth practical knowledge, they also help parents to come to terms with their own upbringing and to better understand their own inner child. Their goal is to encourage parents to find their own way and calmly bring up their children.

- **The first book on conflicts between young parents and their own parents on how to bring up children**
- **Strengthening the parents' position**
- **Improving the relationship between parents and grandparents**



February 2022  
288 pages; 19.00 EUR

### AUTHORS

Karin Bergstermann is a historian, blogger and speaker on the topics of generation conflicts and the history of infant care. She is a co-founder of the *DAIS (German institute for breastfeeding support)* and was the first chairwoman of the *AFS (working community for independent breastfeeding groups)* for two years. She lives with her family in England.

Anna Hofer is an alternative practitioner for psychotherapy with her own practice. Trained in cognitive behavioural therapy and counselling psychotherapy following Rogers, she lectures at various institutions on topics such as parenting and mental health. Anna Hofer lives with her family in Cologne.

### TYPE OF BOOK / TARGET GROUP

Parents who have problems or conflicts with parents/parents-in-law that are ignited by their interactions with the grandchild.

Nils Pickert

## Life Accomplices

Love on an equal basis

### CONTENT

#### Look me in the eye, equal being!

Love on an unequal basis is possible, but it has no future. In this thesis, author and feminist Nils Pickert picks apart the connection between love and equality. But what exactly does it mean to love on an equal basis? Is romance the key to eternal love or is it the nail in the coffin for every long-term relationship?

At the core of many books, films, songs or statements in social networks, the image of romantic love is still based on inequality. Against this inequality Nils Pickert comes up with the concept of life complicity on an equal footing, thereby allowing a romance which is free of clichés. He scrutinises the roles which sex, money, children, careers and various different needs play in this. A radical and open-minded book which will help you determine your own position and which provides unadorned and touching insights into the everyday life of the relationship between two people, showing how love on an equal footing can succeed.

- Places radical focus on the importance of equality in relationships
- Determining where your own relationship is at
- A book about love on an equal basis by the well-known feminist Nils Pickert



February 2022  
288 pages; 19.00 EUR

### AUTHOR

Nils Pickert was born in East Berlin in 1979. He studied literature and politics and has written as a freelance journalist in newspapers such as, *Die Zeit*, *taz*, *Schweizer Tagesanzeiger* and in the *Austrian Standard* where he has a monthly column on feminism. Since 2013, he has been involved in word and deed for the association *Pinkstinks* against sexism and homophobia. He lives near Kiel with his life companion and four children.

### TYPE OF BOOK / TARGET GROUP

For those who are looking for a set of instructions for a modern relationship that works.

Katharina Ohana

## Narcissists Like Us

Striving for Appreciation - an honest look at us humans

### CONTENT

#### Accepting your inner narcissist

It hurts to look in the mirror: narcissists - that includes all of us. Everyone wants to feel valuable and wanted. But so often we look to gain recognition via status symbols and self-optimisation - at the expense of others. The personal consequences are psychosomatic problems; the global ones are the climate crisis and pandemics.

Katharina Ohana provides a surprise by presenting a new perspective on Homo sapiens and throwing many of the principles of the Enlightenment overboard: we don't think rationally. We strive for appreciation. So our image of humans must become more appropriate to the species. In order to make fair and sustainable decisions, we need a healthy psychosomatic balance, social involvement and recognition in our upbringing, education, work and private life. This book is an invitation to look at ourselves more honestly and to treat one another in a more appreciative way. This is the only way we will be able to deal with future challenges – in society and individually.

- **Targets society's psychological imbalance**
- **Settles accounts with the craze for self-optimisation**
- **A passionate plea for real recognition and involvement**
- **How to escape from the crisis of narcissism**

### AUTHOR

Dr Katharina Ohana is a psychologist, psychoanalyst and philosopher. She has been doing consulting work with companies and private individuals on psychological issues for over twenty years and frequently does interviews with the press and on TV. In her consultations, social background is also important to her, because human conflicts always take place within a social value culture. She lives in Frankfurt and Munich.

### TYPE OF BOOK / TARGET GROUP

For all who want to transform their everyday narcissism into a more self-responsible behavior.



March 2022  
256 pages; 20.00 EUR

Udo Baer and Gabriele Frick-Baer

## The Big Book of Emotions

*Updated edition*

### CONTENT

In today's world, it is hard to make time or find room to experience our emotions – and yet they determine every aspect of our actions. These two renowned experts in the field of emotional knowledge give you the courage to explore your inner feelings, and make it fun and interesting. Emotions can be wonderful, they can be dangerous, they might be suppressed - but if you accept them for what they are, you gain a valuable insight into your own personality, your history, and your development.

Both experts present the range of important emotions that we experience, explain why we have them, what purpose they serve, and how we can live a life in which we consciously experience them. The authors provide tips and advice, and encourage the reader to actively pursue self-knowledge and to find inspiration in passages collected from literature and philosophy.

**From the content:** Desire • Blame • Fear • Security • Frustration and Anger • Loneliness • Dignity • Stubbornness • Grief • Belonging and alienation • Empathy • Loyalty and betrayal • Joy and happiness • Curiosity • Interest and passion • How can we love?

- **Over 17.000 copies sold since first publication 2014**
- **inspiring ideas for the pursuit of self-knowledge**
- **Updated edition extended by two more entries**

### AUTHORS

Dr. Udo Baer is an educator, a body psychotherapist, founding member and managing director of "therapie kreativ" and chairman of the *Foundation for Human Dignity*.

Dr. Gabriele Frick-Baer is an educator, a body and trauma psychotherapist, a practitioner of alternate medicine (psychotherapy), and founding member and director of *therapie kreativ*.

### TYPE OF BOOK / TARGET GROUP

Informative title for all who want to have a better understanding of their emotions.



February 2022  
384 pages, 25.00 EUR

Rights sold to:  
**China, Korea, Turkey**

## BACKLIST

*Parenting*

**Free and Unbent**



[More information](#)

Rights sold to **Russia**

**23,000 copies sold**

*Parenting*

**The Magic of Good Conversation**



[More information](#)

Rights sold to **China, Korea, Poland**

**16,000 copies sold**

*Parenting*

**The Path to a Happy Parent-Child Relationship**



[More information](#)

Rights sold to **China, Poland**

**19,000 copies sold**

*Life*

**Get Out of the Mental Load Trap**



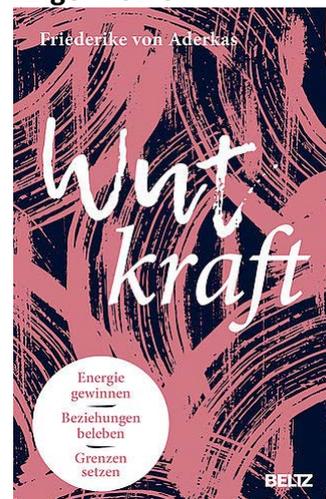
[More information](#)

Rights sold to **Hungary**

**22,000 copies sold**

*Life*

**Anger Power**



[More information](#)

Rights sold to **China, Czech Republic**

**6,000 copies sold**

*Self-help*

**Being a Highly Sensitive Mom**



[More information](#)

Rights sold to **Korea**

**Over 8,000 copies sold**

*Parenting*

**We Won't Let Anything Knock Us Down**



[More information](#)

Rights sold to China

**Almost 5,000 copies sold**

*Parenting*

**Baby.lite**



[More information](#)

**14,000 copies sold**

*Health*

**Depression. Helping without losing yourself**



[More information](#)

Rights sold to **Czech Republic, Poland**

**Over 20,000 copies sold**

*Parenting*

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



[More information](#)

**Sold in 15 languages**

**Over 350,000 copies sold**

**Available in English**

*Parenting*

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



[More information](#)

Rights sold to **China, Estonia, Hungary, Poland, Slovakia**

**80,000 copies sold**

*Parenting*

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



[More information](#)

Rights sold to **China, Poland**

**Over 40,000 copies sold**

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