

Personal Development

Good advice on a small budget

They do exist – those little moments when help and advice are needed straightaway. How can I fit back into my old trousers? How can I find true happiness? How will I ever be able to give up those damned fags? How do I make my sex life more exciting? How can I stop myself panicking about old age? And how can I solve some of my problems quite simply on my own?

No matter what your problem is: The mvg minis supply a concentrate of the most important problem-solving strategies for the central problems of everyday life. Written by experts in an easily digestible way, these pocket guides contain everything worth knowing about the most important issues to seek advice on.

KEY SELLING POINTS

- Quality information in a miniature format
- Good advice fitting into your back pocket
- Unbeatable price

You'll find details on the individual volumes on the next double page spread



mvg minis

12.10.2015



> The trending topic of nutrition, in a simple and concise format



Do your old trousers still fit you? Or do you say to yourself every time you look into the mirror: I'll have to start losing weight tomorrow? Has the yoyo effect after every diet only ever made you gain more flab around your hips?

This book helps you find the road to a dream figure for the long term, supported by the three pillars of activity, a healthy diet and psychological motivational tricks.

Finally slim despite chocolate!

12.10.2015

Stiller, Anja | **Slim despite chocolate** | The effective road to a dream figure | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-608-1



> THE handbook for everyone who wants a fulfilled sex life



Sex on top of the washing machine. Sex with a stranger. Hot bondage sex. The variations of lust are inexhaustible. What are your secret dreams?

This little book of big passion will help you find out what you really want and how to make it even better.

And this way, superb, fantastic sex becomes simply the best sex in your life.

12.10.2015

Preisner, Bodo | **Fantastic Sex** | How to drive your partner crazy | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-605-0



> Happiness, the perennial favourite, in a handy format



A bit more happiness would not go amiss? Of course not! But what exactly is happiness? What makes you happy? And what do you have to do to achieve happiness?

This book will help you find the route to more contentment for the long term. Because you can learn to be happy.

With lots of exercises, tips and quiz questions.

12.10.2015

Stiller, Anja | **Paths to happiness** | Strategies for contentment and tranquility | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-606-7



> Stop smoking, in a simple and concise format



Did you just do it again, despite all your good intentions? You smoked yet another cigarette? To aid digestion? To calm you down? Or simply because it fitted the moment?

This book will help you find the road to a life without nicotine for the long term, supported by the three pillars of withdrawal, activity and the right diet.

This way, you'll become a non-smoker and remain one!

12.10.2015

Turn, Edgar | **Becoming a non-smoker ... and remaining one forever** | Strategies for giving up smoking | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-607-4



> Trending topic "serenity in old age"



We get ever older, yet at the same time our society is obsessed by youth and vitality. Everyone wants to reach a ripe old age, but no one wants to be old. How come that something that certainly also has its positive sides got such a bad reputation? And how can you find it, this legendary serenity in old age?

This book will help you challenge prejudices and shows ways of turning older in a relaxed and cheerful way. To do so, simply follow the hypotheses of the author Wilhelm Schmid, as well as the positive living approaches of Sven Kuntze, Erhard F Freitag, Ruediger Dahlke and Louise L Hay.

With practical exercises and positive affirmations.

12.10.2015

Oswald, Susanne | **Getting older with serenity** | Ways of thinking from Wilhelm Schmid to Sven Kuntze, with practical exercises for everyday | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-609-8



> The successful "Healing Code" method in the context of self-healing techniques



Everyone talks about Alex Loyd's Healing Code, an energetic healing therapy that is easy to learn and that everyone can use on their own. This book presents the Healing Code Method, complementing it with related techniques, such as EFT (Emotional Freedom Techniques), Jin Shin Jyutsu finger holds, quantum healing and Reiki. How do they work? When can they provide help? When does it make sense to use which technique?

This guide offers quick and uncomplicated help when pain, anxiety or stress take over in everyday life.

12.10.2015

Oswald, Susanne | **The truth behind the Healing Code** | The famous bestselling method in comparison with other ways of self-healing | 96 pages | 10.5 x 15 cm | softcover | 4.99 € (D) | ISBN 978-3-86882-610-4



This is how to checkmate your verbal opponents! Matthias Pöhm, the "pope of repartee", has gathered the best techniques since time immemorial, which guarantee that you will be able to quick-fire counter any argument and hit bull's eye. Whether you need to defend yourself against stupid comments, score points in serious discus-

sions, or simply wish to give a funnier reply – here are the right strategies for anyone, which will render your opponents speechless!

A book for all those who again thought of a clever reply a little too late.

KEY SELLING POINTS

- > More than 45,000 copies sold so far
- > Matthias Pöhm is a bestselling author, the "pope of repartee" and also a sought-after speaker and coach
- > The right tactics and strategies for better repartee
- > The translation rights of the former edition have been sold to Republic Korea and the Czech Republic

More than 100,000 copies sold

by Matthias Pöhm



ISBN 978-3-86882-439-1
8.99 €



ISBN 978-3-86882-520-6
9.99 €

Translations rights sold to Korea, Russia, Estonia, Japan, Slovenia



MATTHIAS PÖHM is considered a professional in the area of repartee. He published several books, and more

than 40,000 copies of his title *Nicht auf den Mund gefallen!* [Not short of an answer] have so far been sold.



- > The standard reference work – now as a paperback from mvg

13.07.2015

Pöhm, Matthias | **The ultimate in repartee** | The best techniques of all times | 208 pages | 12.5 x 20.5 cm | softcover | 9.99 € (D) | ISBN 978-3-86882-618-0



Profiling and criminal psychology are used as new investigative approaches in serious crimes. They attempt not only to create a profile of the criminal but also to shed light on the crime from a number of different perspectives in order to establish a hypothesis about the reasons for the crime, thus permitting us to reveal the truth. The renowned criminal psychologist Dr Jens Hoffmann has analysed these professional techniques and worked out how they can be made useful for our everyday lives. With the help of these techniques, you can

- Who is telling the truth and who is lying?
- Who is trying to manipulate me?
- What are my partner's/colleague's/friend's real intentions?
- Who wants to hurt me?

Illustrated by many examples from his professional life, Jens Hoffmann presents his knowledge in a manner that benefits us all in our everyday lives. The time of deception is now over once and for all.

IMPORTANT FOR YOUR SALES SUCCESS

- Seeing through people, uncovering lies – an inexhaustible topic, generating undiminished, strong interest
- By an experienced criminal psychologist and profiling expert
- The author is in great demand from the media, for example in *Tietjen und Hirschhausen* as well as *Beckmann*

More than 100,000 copies of Joe Navarro sold!



ISBN 978-3-86882-213-7 16.95 €
ISBN 978-3-86882-239-7 16.99 €



ISBN 978-3-86882-431-5 4.99 €

Well-known author with a great media presence: Jens Hoffmann on *Beckmann*



- Insight gained from profiling translated for everyday life for the first time



DR. JENS HOFFMANN is a criminal psychologist and an expert on profiling. He heads the Institute for Psychology & Threat Management (I:P:Bm) and is one of the directors of "Team Psychology & Security", a network of criminal and former police psychologists who advise companies, government agencies and public figures on security. In June 2002, he was listed by Europol in their expert database for European police forces.

Jens Hoffmann | **Decrypting people** | A criminal psychologist explains how to use specialist analysis and profiling techniques in everyday life | 200 pages | 13.5 x 21 cm
Softcover | Original edition | 16.99 € (D), 17.50 € (A), sFr. 23.90 | ISBN 978-3-86882-564-0
Commodity group 1933

08.05.2015



"I ♥ Mum" or rather a tribal tattoo

for the biceps after all? Greyhound or chihuahua? Chocolate or mango ice-cream? Pink-and-green striped knitted tie or a plain silk tie? As different as people are on this planet, as different are their likes and dislikes – and these reveal so much about their personalities. Presumably, the "Mum" tattoo wearer actually does love his mother very much ... or is he perhaps trying to hide something here?

Everything has a meaning, nothing simply exists – Aristotle already knew that. This is why the psychiatrist Dr Sebastian Friedrich and the successful author Anna Müller began to gather what seemingly everyday likes can tell us about our personalities. A veritable treasure trove for all those who want to get to know themselves and others better.

Be prepared to be surprised!

IMPORTANT FOR YOUR SALES SUCCESS

- > The psychoanalysis of everyday life
- > Hot topic personality tests

What quirks do whiskey drinkers have?



What does a favourite animal indicate about a personality?



Was verrät diese Krawatte über Ihren Charakter?



What kind of person wears this sort of beard?



SEBASTIAN FRIEDRICH was born in Munich in 1976. After studying human medicine, he specialized in in psychiatry and psychotherapy, being awarded doctorates from Munich and Frankfurt/Main universities. Friedrich lives in Munich where he is an established psychiatrist and psychotherapist. He is married and has two daughters.

ANNA MÜLLER, born in 1975, studied education and psychology. She has a son and works as an author in Munich.



- > By a psychiatrist and psychotherapist – and yet extremely entertaining

08.05.2015

Sebastian Friedrich, Anna Müller | Tell me what you like and I'll tell you who you are
What our preferences tell us about our personalities | 200 pages | 12.5 x 18.7 cm
Softcover | Original edition | 9.99 € (D), 10.30 € (A), sFr. 14.50 | ISBN 978-3-86882-550-3
Commodity group 1481



Often it is the terminally ill who move, impress and inspire us with their thoughts and their wisdom. Priorities change in the face of death; one sees everything more clearly and concentrates on the essential. Dagmar Larini followed in the footsteps of those who inspired so many people with their thoughts, for example Randy Pausch, Steve Jobs and Sam Berns, who released a video on YouTube just before his death, which received more than 5 million clicks within a short time. Dagmar Larini has gathered what connects them all and what we can learn from them in order to lead a happier life and to see what is amiss and what we might regret before we face death.

IMPORTANT FOR YOUR SALES SUCCESS

- > The collected wisdoms
- > Thoughts and messages from famous personalities
- > Strong press response

From the contents:



Christoph Schlingensiefel: Enjoy it – it is not automatic
This side of the afterlife

Randy Pausch: Really achieving your childhood dreams
Our true desires

Tom Attwater und Mark Weber: To want is to succeed
Living is to learn



Steve Jobs: Stay hungry, stay mad
Connecting the threads

Janis Joplin and Club 27: You're everything you need
I am me – and others

Albert Schweitzer: Life in the midst of life
More than me



DAGMAR LARINI is a journalist and has been heavily involved with the topics of hospice and palliative care. She lives in Hamburg.



> More than 200,000 copies sold of *Five things the dying most regret*

13.02.2015

Dagmar Larini | **Ten messages from the dying** | What we can learn from Randy Pausch, Sam Berns, Steve Jobs and others | 200 pages | 13,5 x 21 cm | Softcover
Original edition | 14,99 € (D), 15,50 € (A), sFr. 21,40 | ISBN 978-3-86882-545-9
Commodity group 1933



The menopause – dreaded and stubbornly denied. However, every woman will have to face it sooner or later. Bestselling author Monika von Ramin also suffers from it. With good humour, she tells of hot flushes, self-doubt and mood swings, of little wrinkles and flabby parts that greet her in the mirror each morning, and of many other situations that every menopausal woman will recognize.

She also gives tips for what to do to make you feel better, how to deal with the new situation and how perhaps even to benefit from it. But the best way to cope with the menopause is to laugh about it, together with Monika von Ramin and all other women – for you are not alone!

IMPORTANT FOR YOUR SALES SUCCESS

- Humorous guide to the menopause
- Great press coverage about the author in *ZEIT* and other media

“With clever recommendations and many facts, the author wants to give all ‘girls’ self-confidence in this delicate situation, and she succeeds thanks to her refreshingly direct writing style.”

dpa

“And so, reading this book, may well turn 50-year-olds into desirable dream women ...”

Die Welt

250,000 copies sold!
The bestsellers of the successful author Nika Lubitsch aka Monika von Ramin:



ISBN 978-3-86882-447-6
7,99 €

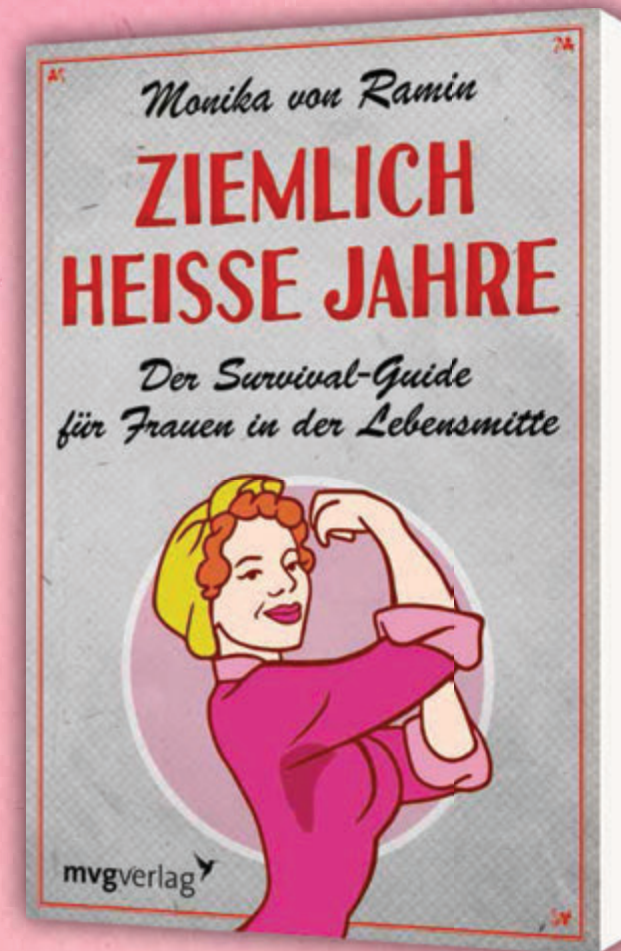


ISBN 978-3-86882-465-0
9,99 €



MONIKA VON RAMIN is an author based in Berlin. She writes as she speaks: authentically and refreshingly different. And in doing so, she hits exactly the right tone for her readers' feelings.

Under the pseudonym of Nika Lubitsch she has published a number of crime bestsellers.



- Bestselling author with a huge fan base

10. 04. 2015

Monika von Ramin | **Pretty Hot Years** | A survival guide for women in the best years of their lives | 224 pages | 12,5 x 18,7 cm | Softcover | Original edition | 9,99 € (D), 10,30 € (A), sFr. 14,50 | ISBN 978-3-86882-571-8 | Commodity group 1481



WHO ISN'T FED UP AT LEAST SOME OF THE TIME

with the everyday monotony of the office? If you dream of winning the lottery so you can chuck it all in, perhaps it's time to make your dream of a fulfilling job come true and do something completely different.

Change Everything helps you recognise where your real talents are, develop a clear vision and take the next steps. In this book, with the aid of select Denkzeuge® (think tools), job experts Oliver Fritsch and Michaela Lang help anyone who is looking for new directions in their professional and private lives to answer questions such as:

- What drives me?
- What am I confident I can do and where do I want to go?
- What obstacles do I have to overcome?
- How do I make the first move?

You can live your dream – you just have to grab hold of it!

Oliver Fritsch and Michaela Lang have successfully used their coaching programmes for many years.

www.denkzeuge.com



KEY SELLING POINTS

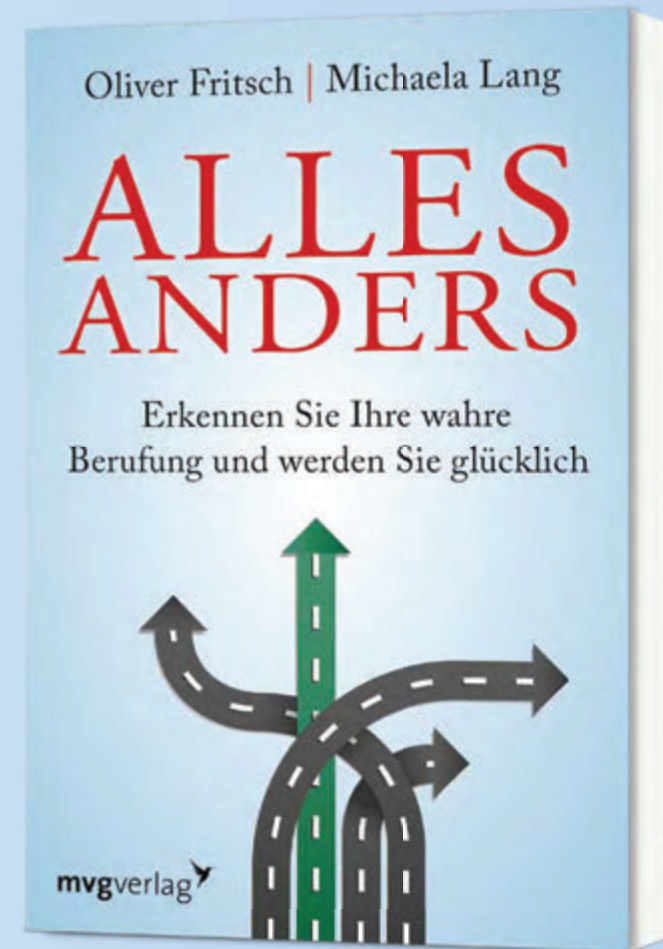
- > The classic title completely revised and available once more in a new edition
- > More than 7,000 copies sold so far



OLIVER FRITSCH studied European Business Studies in Reutlingen and London and worked in seven different countries for global enterprises such as Hewlett Packard, Nestlé, zanox, Unilever and werbemax. Today, the bestselling German-American author, together with Michaela Lang, develops "Denkzeuge" (think tools) in order to give effective support to people and companies during periods of change and restructuring.

In 1991, MICHAELA LANG founded one of the largest advertising agencies between Salzburg and Munich. Author, columnist and mother of three, she is the cofounder of Chiemsee Denkzeuge.

Both live and work in the Chiemgau.



- > The tried-and-tested guide to turning your life around

10.10.2014

Oliver Fritsch / Michaela Lang | **Change Everything** | Recognise your true calling and get happy | 240 pages | 12.5x18.7cm | Paperback | 12.99 € (D), 13,40 € (A), sFr. 18,70
ISBN 978-3-86882-178-9

