

Foreign Rights Catalogue



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Publication:	10.11.2020
Author:	Reinwarth, Alexandra
Title:	The Good Girl's Guide to Being a D*ck - Now More Than Ever Stay relaxed despite massive idiots and other adversities. The sequel to the world bestseller.
Pages/Cover/Format:	approx. 256 pages, softcover, 135x210mm
ISBN:	978-3-7474-0218-4
Price:	D: 16,99 EUR, A: 17,50 EUR

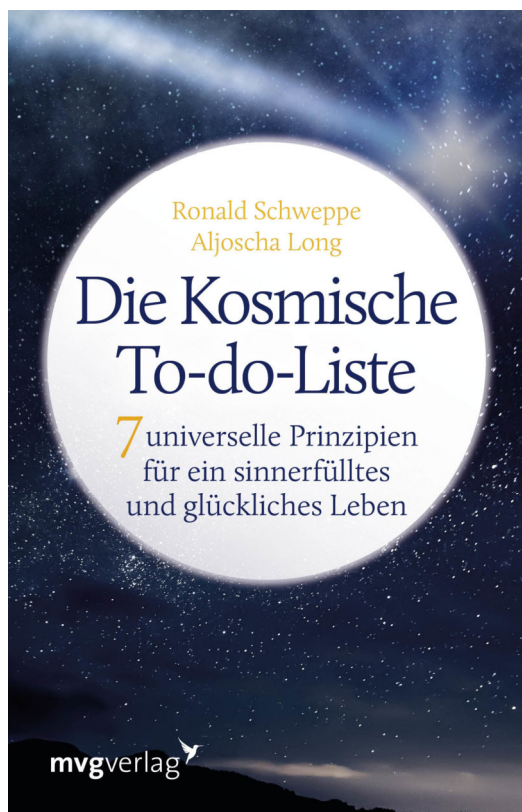
Bestseller guarantee: the sequel of "The Good Girl's Guide to Being a D*ck" with over 750,000 copies sold in Germany alone

Now more than ever! The great insights from the first part of "The Good Girl's Guide to Being a D*ck" have been widely spread. Once you have internalized the principle of not giving a fuck, you will realize that life is full of things, people and circumstances that you should actually let pass you by, but it is not so easy to stay relaxed. Alexandra Reinwarth takes us back into her world and shows us with her usual ease how wonderful life can be when you leave behind all the things you don't want to do and all the people you don't like and relax permanently.

Alexandra Reinwarth is a bestselling author and has written many other successful books for the publishers riva and mvg in addition to the "What I love about you" series. These include the current Spiegel bestsellers „The Good Girl's Guide to Being a D*ck" and "Life is too short for later". She lives with her family in Valencia, where she works as a producer and author.

Selling points and marketing:

- Great success story: a permanent fixture on the Spiegel bestseller list for over four years
- Rights to Part One sold to: UK, US, France, Italy, Portugal, Czech Republic, Slovenia, Korea, the Netherlands, Belgium, Russia, Brazil, Poland, Japan
- Perceptive, clever and funny: Alexandra Reinwarth helps to stay relaxed despite all crises, breakdowns and nerves of steel



Publication:	10.11.2020
Author:	Schweppe, Ronald Pierre; Long, Aljoscha
Title:	The Cosmic To-Do List 7 universal principles for a meaningful and happy life
Pages/ Cover/ Format:	approx. 160 pages, hardcover, 125x187mm
ISBN:	978-3-7474-0229-0
Price:	D: 14,99 EUR, A: 15,50 EUR

New book by the bestselling authors with a total circulation of over 400,000 copies

Is life really something that needs to be "done"? It seems so, because many people are busy doing things from morning till night. But while you're stuck in "get it done" mode, you don't notice how everything is passing you by. Life is finite, everyone has to decide for themselves what really matters. The bestselling authors Ronald Schweppe and Aljoscha Long use the universal principles of the Cosmic To-do List to provide a new view of one's own existence. If you follow its laws, you will be freed from the daily burden, see your own truth clearly and can easily implement your own priorities.

Ronald P. Schweppe is an orchestra musician and author of numerous books in the field of spirituality and the art of living and he is trained in NLP and MBSR (stress management through mindfulness). For over 30 years he has engaged in Far Eastern philosophy, Buddhism and mindfulness practices. He lives in Munich with his wife and three children.

Aljosha A. Long has studied psychology, philosophy and linguistics. He is an author, composer, therapist and Taijiquan and Qigong teacher. Long became known through numerous publications and his seminar activities in the fields of psychology and philosophy. He lives with his wife, the Chinese healer Fei Long, in Munich and Guangzhou.

Selling points and marketing:

- With practical mental exercises, meditations and reflections for all who want to find themselves



Publication:	15.09.2020
Author:	Brosche, Heidemarie; Moskito, Jana
Title:	And Yet I Will Always Love You
Pages/ Cover/ Format:	32 pages, hardcover, 225x245mm
ISBN:	978-3-7474-0231-3
Price:	D: 12,99 EUR, A: 13,40 EUR

Important message: parents love their children, no matter how much they have to scold them

The little beaver comes home much too late, which is why mummy has to scold him a lot - maybe she doesn't love him anymore? Of course not. No matter what the little beaver does, mummy always loves him, and she explains this to him using child-oriented examples, lovingly illustrated, so that every child out there knows that no matter how angry mummy or daddy look or how much they scold you - they always love you. This book is not only a nice reading story for children from three to five years old, but also encourages a conversation with your own children. A must-read for every family!

Heidemarie Brosche is a secondary school teacher and successful author of books for children, young people and non-fiction. She is the mother of three now grown-up sons and lives with her husband in Friedberg near Augsburg. A coexistence based on mutual appreciation is important to her - also at school. In her books she tries to convey serenity and confidence.

Jana Moskito, born in 1964, has two adult children and lives with her husband near the Czech city of Ostrava. She initially studied geology, but her interest in art eventually led her to study advertising art and graphic design. Her best-known illustrations became the German volumes of the Witcher-Saga by the Polish fantasy author Andrzej Sapkowski.

Selling points and marketing:

- Wonderful picture book story about parental love
- Child-friendly language and pictures make the story come alive
- After rabbits and mice: beaver families as fluffy identification figures
- Loving, soft illustrations in the style of Do you know how much I love you
- The easily understandable and beautifully told story encourages conversation with your own children



Publication:	15.09.2020
Author:	Wittwer, Tara-Louise
Title:	You Are Poison to Me How you learn to break out of toxic relationship patterns and love yourself again
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0216-0
Price:	D: 16,99 EUR, A: 17,50 EUR

Current relationship topic no. 1: toxic relationships. Popular influencer shows ways out of the poison trap

Everyone knows at least one couple whose relationship they would consider toxic. But when is a relationship really toxic? How do you recognize the signs? And most importantly, how do you escape this unhealthy relationship? Influencer and coach Tara-Louise Wittwer gives answers to all of those questions in her book. She not only deals with couple relationships, but also explains how to deal with toxic people at work or in the family. She provides the reader with strategies to help them take control of their own life again: I'm good the way I am. And if you don't realize that, you have no place in my life!

Tara Wittwer has lived in Berlin since 2012 and studied literature. In addition to her studies, she has been building up her online presence since 2012, which she lives off today. She writes poems and short stories about life, love and other things that women encounter in the time of growing up and adulthood in today's society.

Selling points and marketing:

- Great insecurity and immense suffering of those affected: How do I end a toxic relationship?
- Growing popularity and reach of the author: over 5000 new followers on Instagram in just one week
- The best strategies on how to surround yourself only with people who are good for you



Publication:	13.10.2020
Author:	Schmidt, Julie
Title:	To All the Boys I've Fucked Before Sex stories from a woman who would rather find love
Pages/Cover/Format:	approx. 192 pages, softcover, 135x210mm
ISBN:	978-3-7474-0207-8
Price:	D: 16,99 EUR, A: 17,50 EUR

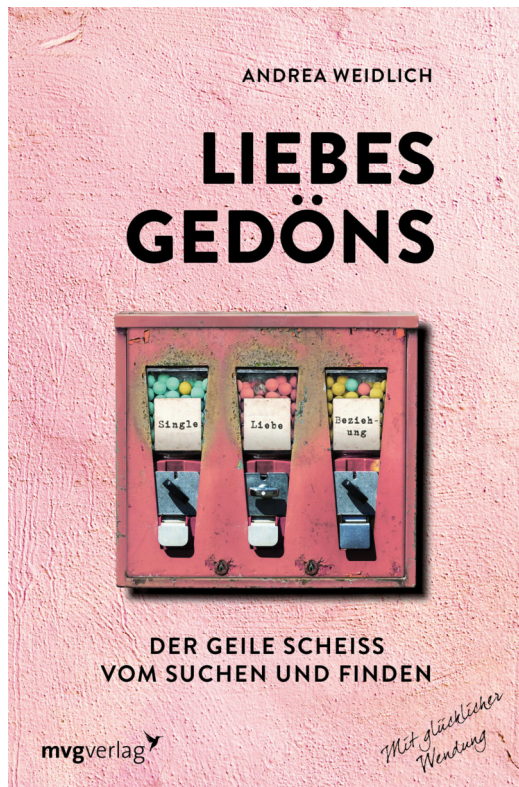
Huge interest: Over eight million readers regularly follow Julie Schmidt's sex life in her column "Sex before nine"

Originally, Julie Schmidt always wanted to write about love, but because she simply has no luck, she prefers to write about what she is really good at: sex. She explains how women achieve multiple orgasms, how vibrators work and how the male psyche ticks. Julie Schmidt humorously tells about her ex-lovers and wonders why she couldn't break out of a toxic relationship. She learns that self-love is theoretically really important, but practically really difficult and which men women should rather keep their hands off. Also how true love could work - with the right man.

Julie Schmidt was born on 6.9.1993 of all days (yes, a Virgo). She studied journalism in Cologne, graduated from the Axel Springer Academy and now works as a journalist for Bild in Berlin. In her NOIZZ.de column "sex before nine" she writes about her preference for blowjobs, fuckboys and cigarettes.

Selling points and marketing:

- Trend topic female sexuality: Julie Schmidt is an inspiring role model for young women
- The perfect book for generation Tinder: modern and without taboos



Publication:	13.10.2020
Author:	Weidlich, Andrea
Title:	Love Stuff The hot shit of searching and finding
Pages/Cover/Format:	approx. 256 pages, softcover, 135x20,5mm
ISBN:	978-3-7474-0226-9
Price:	D: 16,99 EUR, A: 17,50 EUR

Finally: the new book of the author of the bestseller “The Hot Shit of Being Happy”

After the successful Spiegel bestseller “The Hot Shit of Being Happy”, Andrea Weidlich takes us on another unconventional journey to find happiness - this time in love. When her best friend gives her a ticket for a love seminar, she has no idea that she will embark on an inner journey. In doing so, she not only meets special people and stories, but also one of the most important questions in life: What is the secret of love? A panoramic view of love that makes you laugh out loud, touches you and gives answers on how to bring about the happy ending.

Andrea Weidlich works as an author, copywriter and designer in the field of lifestyle and communication. Together with her cousin she runs the successful podcast gusch, baby. It went online in February 2018 with its first episode and already reached number 1 in the iTunes charts in the category Society & Culture in its first week.

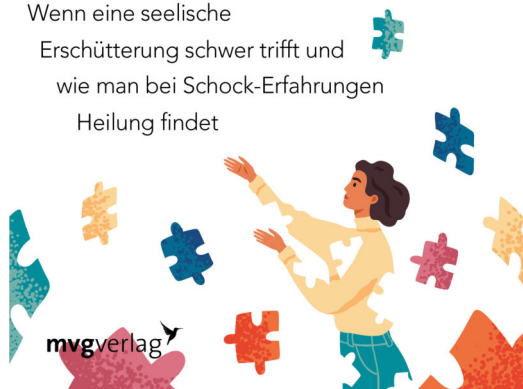
Selling points and marketing:

- The Happiness Bible: over 40,000 copies sold of “The Hot Shit of Being Happy”
- Modern and unconventional - the somewhat different love guide with humour and depth!

Barbara
Günther-Haug

Den Boden unter den Füßen verlieren

Wenn eine seelische
Erschütterung schwer trifft und
wie man bei Schock-Erfahrungen
Heilung findet



Publication:	16.06.2020
Author:	Günther-Haug, Barbara
Title:	Losing Your Footing When a mental shock hits hard and how to find healing in shock experiences
Pages/ Cover/ Format:	approx. 272 pages, softcover, 135x210mm
ISBN:	978-3-7474-0198-9
Price:	D: 16,99 EUR, A: 17,50 EUR

The first book on practical self-help for shock experiences

Anyone who is surprised by bad news or an accident is in shock. The emotional balance, the thinking and the perception are severely shaken. This makes it almost impossible to act purposefully, although it would be important for coping.

The experienced psychotherapist Barbara Günther-Haug explains mental dysfunctions that occur after a shock experience and gives instructions for self-help using practical worksheets. This book helps to let the mental wounds heal as quickly as possible, and in the end even to gain profit from the crisis through a deeper understanding of oneself.

Dr. med. Barbara Günther-Haug, born in 1965, is a doctor and psychotherapist. In her practice she works on a profound psychological basis and is also a therapist for special psychotrauma therapy and EMDR. She has already published five novels and runs the blog Psychoticker with articles on mental health. She lives with her family in the Taunus Mountains.

Selling points and marketing:

- Solution-oriented assistance with many practical instructions and exercises for life-changing experiences
- Author is a recognized expert in the field and helps patients find ways out of the crisis



Publication:	10.11.2020
Author:	Friese, Andrea; Jasper, Bettina
Title:	Maintaining and Strengthening the Power of Memory Holistic weekly program for a healthy brain
Pages/Cover/Format:	approx. 240 pages, softcover, 145x215mm
ISBN:	978-3-7474-0203-0
Price:	D: 14,99 EUR, A: 15,50 EUR

Trend topic with a large target group: innovative combination of memory, exercise and nutrition programme

If you want to keep fit in old age, you should challenge your brain: Targeted memory training is an important prerequisite for this. It has been proven that exercise and a balanced diet are also important for brain performance and well-being in old age. The experts Andrea Friese and Bettina M. Jasper, who have developed a concept with practice-oriented weekly programmes, are also aware of this. Cognitive and motor tasks as well as mindfulness exercises can be easily integrated into everyday life for seniors, so that they become routine for a lasting effect. The perfect book for an active lifestyle and health in old age.

Dr. Andrea Friese, pedagogue and educationalist with a doctorate in education, has been working for many years as a licensed memory trainer and training consultant. In addition to collaborating on scientific studies on Holistic Memory Training, she is an author of books and games and a lecturer for various educational institutions.

Bettina M. Jasper, certified social pedagogue, is a licensed brain trainer and leads courses, seminars and workshops in her Denk-Werkstatt®. The book and game author is a freelance lecturer for various institutions in geriatric care and sports. She also teaches gerontology, activation and rehabilitation as well as psychiatry and German.

Selling points and marketing:

- Holistic brain training with mindfulness exercises and nutrition tips as a practical weekly program
- The authors are experts in demand by the media in the field of holistic brain training for senior citizens



Publication:	11.08.2020
Author:	Spitzer, Manfred
Title:	Digital Discomfort Risks, side effects and dangers of digitisation
Pages/Cover/Format:	approx. 176 pages, hardcover, 135x215mm
ISBN:	978-3-7474-0224-5
Price:	D: 16,99 EUR, A: 17,50 EUR

The new book by bestselling author Manfred Spitzer

Can watching television lead to dementia? Why does a smartphone reduce our ability to think? How do criminals use the Internet for their schemes? And what does the digital infrastructure have to do with global greenhouse emissions? The well-known brain researcher Manfred Spitzer uncovers the dangers of mobile phones, gaming & Co. and explains the impact of digital life on us in his usual understandable and catchy way. An impressive look into our future and an eye-opener that shows how important it is to be aware of the new technology.

Prof. Dr. Dr. Manfred Spitzer, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Centre for Neuroscience and Learning. He is the author of numerous books, for example the bestseller Digital Dementia. He is one of the most important brain researchers in Germany and knows better than anyone else how to communicate scientific findings in a clear and well-founded way.

Selling points and marketing:

- Germany's most famous brain researcher Manfred Spitzer on the dangers of our digital future
- Total circulation of success guarantor Manfred Spitzer: over 550,000 copies sold in Germany, rights to previous books sold to Italy, Korea and others
- Recognized expert: No one explains the consequences of the digital world as comprehensibly and emphatically as Manfred Spitzer



Publication:	10.11.2020
Author:	Spitzer, Manfred
Title:	The Musical Brain How music affects us
Pages/Cover/Format:	approx. 144 pages, hardcover, 120x187mm
ISBN:	978-3-7474-0246-7
Price:	D: 14,99 EUR, A: 15,50 EUR

Popular and understandable: bestselling author Manfred Spitzer explains what happens in our brain when we listen to music

How does the human brain process music? Was Mozart really a musical genius? Or was he drilled by his father until he was able to play music masterfully as a child? Who better to answer such questions than Germany's best-known brain researcher and bestselling author Manfred Spitzer. With playful ease he demonstrates how and where the brain processes music, why we find love songs beautiful and how music shapes our brain plastically. An amazing look into our brain, which makes us see the world of music with different eyes.

Prof. Dr. Dr. Manfred Spitzer, born in 1958, heads the Psychiatric University Hospital in Ulm and the Transfer Centre for Neuroscience and Learning. He is the author of numerous books, including the bestseller Digital Dementia. He is one of the most important brain researchers in Germany and knows better than anyone else how to communicate scientific findings in a clear and well-founded way.

Selling point and marketing:

- Total circulation of success guarantor Spitzer: over 550,000 copies sold
- Manfred Spitzer is Germany's best-known brain researcher - no one explains neurological connections as well as he does
- With many astonishing examples and exciting facts for all music lovers

Andrea Schütze

WAS FÜHLST DU? WAS FÜHLE ICH?



Publication:	08.12.2020
Author:	Schütze, Andrea
Title:	What Do You Feel? What Do I Feel? Exploring and understanding children's feelings together
Pages/Cover/Format:	approx. 272 pages, softcover, 135x210mm
ISBN:	978-3-7474-0215-3
Price:	D: 16,99 EUR, A: 17,50 EUR

The popular author of children's books with a total circulation of over 400,000 copies explains how children perceive feelings

Emotional chaos, exuberant joy, tantrums - the only thing that helps is to talk about it. The better children can perceive and express their feelings, the more pronounced their emotional intelligence. The successful children's book author Andrea Schütze writes stories about every emotion in which children find themselves. They provide suggestions for conversation, so that emotions can be experienced and shared together. However, this only succeeds when parents are also able to better classify their own feelings, so the psychologist gives them a comprehensive introduction. This entertaining interactive book enriches every family and helps to start a conversation about feelings.

Andrea Schütze has tried out just about every hobby you can imagine in her childhood. At some point she stuck to reading and that is why she loves to write books. She has a journeyman's certificate as a dressmaker and a diploma as a psychologist. The successful author of children's books lives with her two daughters in a pink house in the middle of the Black Forest.

Selling points and marketing:

- Educational books are the success drivers on the advice market and are in greater demand than ever
- Innovative concept: interactive book with many suggestions - for a trustworthy and secure bond
- Exciting for parents and children alike - instructive and entertaining



Publication:	11.08.2020
Author:	Schulz, Christoph
Title:	Sustainable Travel for Beginners Discover the world on eco-friendly holidays
Pages/ Cover/ Format:	approx. 208 pages, softcover, 148x210mm
ISBN:	978-3-7474-0199-6
Price:	D: 14,99 EUR, A: 15,50 EUR

Tourism becomes sustainable - the perfect handbook on the new trend by successful author Christoph Schulz

We want to travel, relax, explore new places. But climate-friendly, ecological, fair, regional, vegan and while avoiding waste - all this sounds very sustainable, but unfortunately it also sounds like a lot of effort and little fun! But environmentalist Christoph Schulz shows that sustainable travel with unique experiences and unforgettable moments is possible without getting bent out of shape. If you take your time, make conscious decisions and observe important basic rules. He gives concrete tips for destinations, accommodation, means of transport and local activities. This way, the next environmentally friendly trip becomes pure pleasure.

Christoph Schulz, born in 1988, is a trained banker and studied multimedia marketer. Since 2017, he has been active in the environmental protection project CareElite, a campaign against plastic waste. Since then he has been living (almost) plastic-free himself. With CareElite, he founded a rapidly growing, worldwide community of environmentally conscious people who work together to avoid plastic waste in everyday life, to educate our society and to clean up existing plastic waste from the environment through clean-up campaigns.

Selling points and marketing:

- Big media response: Christoph Schulz is a successful author and environmentalist and runs the well-known environmental blog CareElite
- Total circulation Christoph Schulz: over 25,000 copies
- The practical guide with tips on environmentally friendly travel means, destinations, activities and exciting facts



Publication:	15.09.2020
Author:	Zweyer, Jan
Title:	The Fourth Sparrow
Pages/ Cover/ Format:	approx. 352 pages, hardcover, 135x210mm
ISBN:	978-3-95761-190-1
Price:	D: 19,99 EUR, A: 20,60 EUR

A tiny sparrow brings the world to the edge of the abyss: dark pandemic scenario as a gripping thriller

An accident in a research laboratory releases a virus into the environment that is highly infectious and deadly to birds. Within a few months, almost all birds on earth die from it. With far-reaching consequences. Because with the disappearance of their predators, insects multiply explosively and endanger the future of mankind. As the virus mutates and spreads to humans, a catastrophe is almost unstoppable.

Jan Zweyer succeeds in a dark thriller with the central questions: How far do we go for profit? Are we prepared to risk millions of lives for it?

Jan Zweyer, born in 1953, studied architecture and social sciences and worked first as a research assistant at the Ruhr University and then for various industrial companies. Today he works as a freelance writer in the Ruhr area. His first eco-thriller is dedicated to an explosive topic that could not be more topical in times of corona and climate protection.

Selling points and marketing:

- Highly topical and socially explosive: climate protection, pandemic and their consequences for mankind
- Events following thick and fast make this book a breathtaking pageturner
- Jan Zweyer writes with a sharp pen: Unexpected turns of events ensure suspense right up to the end



Publication:	15.10.2020
Author:	Haber, Samu; Haber, Samu; Haber, Samu
Title:	Samu My Story
Pages/Cover/ Format:	432 pages, hardcover, 145x215mm
ISBN:	978-3-7423-1570-0
Price:	D: 24,99 EUR, A: 25,70 EUR

Autobiography of the musician and Sunrise Avenue frontman

The life of Samu Haber, the charismatic front man of the Finnish band Sunrise Avenue, is like a rollercoaster ride: When the record companies don't recognize his potential, the son of a German father and a Finnish mother promptly fights for his own place on the music market. But success takes its toll: burn-out, broken relationships, artistic crises and interrogations by the secret service included. The unsparingly honest confession of a boy who set out to make his dreams come true and whose love of music has saved him through all the hard times.

Samu Haber was born in Helsinki in 1976. In the 2000s the sensational rise of his band Sunrise Avenue began with number 1 hits in Germany and many other countries ("Fairytale Gone Bad", "Hollywood Hills"). He is Sunrise Avenue's main songwriter, and the band have sold over 5 million records throughout their career. Since 2014, Haber has returned as a coach on The Voice of Germany four times.

Selling points and marketing:

- singer of the successful band Sunrise Avenue ("Hollywood Hills", "Lifesaver", „Forever Yours“)
- Two number 1 albums in Germany, over five million records sold, 69 gold and platinum records
- Top influencer with over half a million subscribers on Instagram



Publication:	13.10.2020
Author:	Spiff, Tonye
Title:	The Woman Who Was Hit By a Meteorite ... and 55 other stories from people who definitely had more bad luck than you
Pages/Cover/Format:	approx. 200 pages, softcover, 135x205mm
ISBN:	978-3-7423-1516-8
Price:	D: 9,99 EUR, A: 10,30 EUR

Gripping stories that only life writes like this - with a foreword by comedian Oliver Kalkofe

A Canadian who misses a million dollar jackpot because the ticket printer is too slow. A sleeping woman injured by a meteorite from outer space. A Bundesliga professional who forgets his jersey in the dressing room – and causes his team’s loss. And a paltry 68 dollars, which are to blame for the fact that the most famous jeans in the world are called "Levi's" and not "Jacob's".

This book tells in a gripping and entertaining way the stories of more than 50 unlucky people who were simply in the wrong place at the wrong time.

Tonye André Spiff is a journalist, presenter and media manager. He works as executive producer at TELE 5 for the programmes "Mattscheibe" and "SchleFaZ". Prior to that, he worked for the Hamburger Morgenpost, SKY, RTL and ProSiebenSat.1 among others and is producer of the award-winning sports documentary "04 Minutes in May - 04 Years After". Spiff lives in Munich.

Selling points and marketing:

- Entertaining mixture of dramatic and humorous events

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Christoph Spöcker

Michail Gorbatschow

Kleine Anekdoten aus dem
Leben eines großen Politikers



Publication:	10.11.2020
Author:	Spöcker, Christoph
Title:	Michail Gorbatschow Small anecdotes from the life of a great politician
Pages/Cover/ Format:	96 pages, hardcover, 105x150mm
ISBN:	978-3-7423-1440-6
Price:	D: 7,99 EUR, A: 8,30 EUR

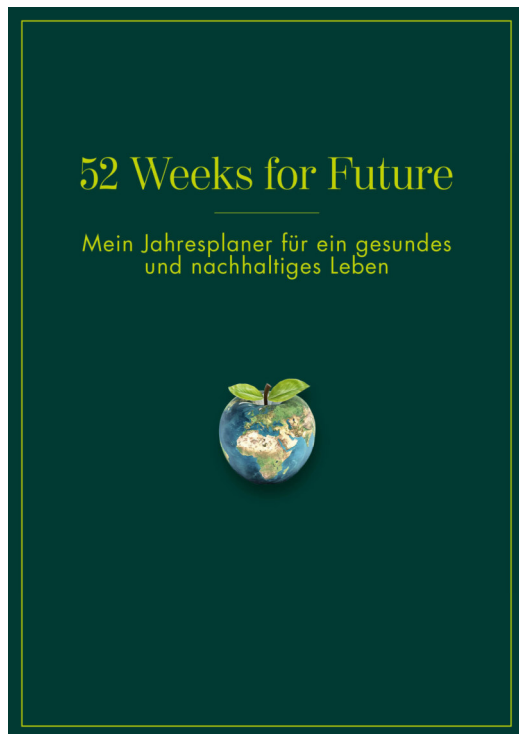
For the 90th birthday of the political legend on 2 March 2021

"Those who are late will be punished by life," Michail Gorbatschow reminded GDR boss Erich Honecker. A short time later the Berlin Wall fell. The former Soviet president changed the course of history. Without him, the German reunification would never have been possible. Without him, the Cold War would never have ended. For his policy of glasnost and perestroika, "Gorbi", as the Germans affectionately call him, was awarded the Nobel Peace Prize in 1990. This book tracks down the man behind the great statesman and provides insights into the eventful life of this politician of the century in small anecdotes.

Christoph Spöcker was born in the Black Forest in 1984. After graduating from high school, he studied German in Freiburg and American literature in Innsbruck. Today he lives as a freelance author in Kempten.

Selling points and marketing:

- from being a farmer's son to the head of the Kremlin: the eventful life of the Nobel Peace Prize winner in small anecdotes
- 60,000 books sold in the successful series "Small Anecdotes"



Publication:	10.11.2020
Author:	
Title:	52 Weeks for Future My annual planner for a healthy and sustainable life
Pages/Cover/Format:	approx. 240 Seiten, hardcover, 148x210mm
ISBN:	978-3-7423-1555-7
Price:	D: 14,99 EUR, A: 14,99 EUR

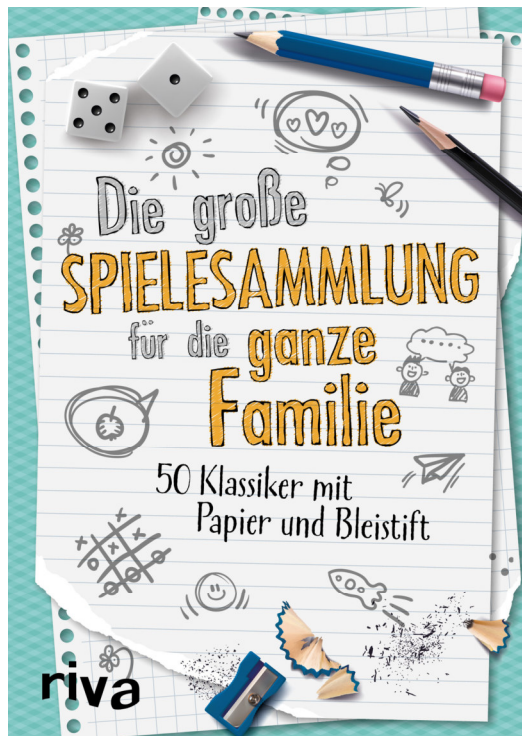
The topics of sustainability and health are more topical than ever in times of climate crisis and corona

Our personal future and the future of our planet are inseparably linked. It is therefore essential to adopt a lifestyle that benefits both our own well-being and the environment. But living healthier and more sustainable lives requires planning - this annual planner helps you to implement it. Information, DIY ideas, recipes and tips provide suggestions for a conscious everyday life. The weekly overviews leave room for individual design and use – whether it's to-do lists or a nutrition diary. Thanks to the undated calendar, you can start "living for the future" at any time.

Selling points and marketing:

- Undated weekly calendar - you can start at any time
- Climate neutral printing on sustainable paper
- With DIY ideas and many practical tips and suggestions that are easy to implement in everyday life

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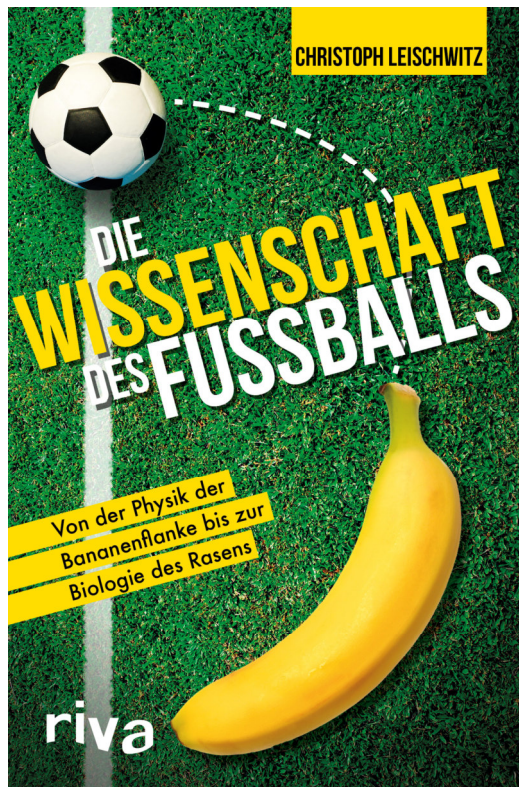
Publication:	10.11.2020
Author:	
Title:	The Large Game Collection for the Whole Family 50 classics with paper and pencil
Pages/Cover/Format:	approx. 192 Seiten, Softcover, 148x210mm
ISBN:	978-3-7423-1438-3
Price:	D: 14,99 EUR, A: 15,50 EUR

The game collection in practical book form with 50 tricky and entertaining games

The next games night is coming up, but the perfect game is still missing? The large game collection for the whole family is full of games that bring family and friends together for hours of fun. With a total of 50 original, exciting and fun games, players are challenged to read each other's minds, bluff, develop strategies, think fast or collaborate with the other players. A variety of game fun for the whole family or a games evening with friends. All games require a maximum of paper and pencil as material.

Selling points and marketing:

- As a book, the game collection can be taken along on trips or to friends to save space
- With great illustrations the book is ideal as a gift



Publication:	15.09.2020
Author:	Leischwitz, Christoph
Title:	The Science of Football From the physics of the curl to the biology of the lawn
Pages/Cover/Format:	approx. 240 pages, softcover, 135×205mm
ISBN:	978-3-7423-1341-6
Price:	D: 16,99 EUR, A: 17,50 EUR

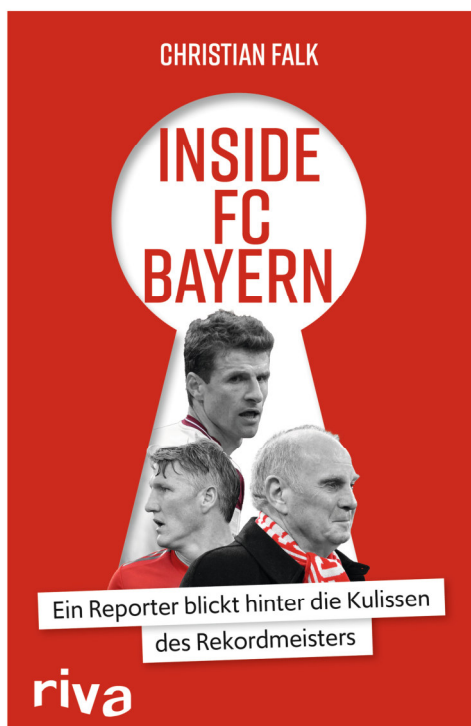
The science behind the world's most popular sport – from the natural sciences to the psychology of football

How to calculate the curve of a curl? Where was football played for the first time in human history? Which microorganisms are found in stadium turf? What influence does football have on politics and on the economy, i.e. world history? And what is actually the most common end result? From macro to micro: This book provides scientific answers to all questions about the world's most popular sport and will not only give aha-moments to the die-hard fan. But don't worry: The question of how things will look after 90 minutes will remain unpredictable forever.

Christoph Leischwitz has been a football fan his whole life. Since 1995 he has been writing about football itself, about sports politics and all that is left of culture in football, from the first to the seventh German league, mainly for the "Süddeutsche Zeitung", "Spiegel Online" and "11Freunde".

Selling points and marketing:

- Football has never been seen like this before - surprising and refreshing insights into the cosmos of football, from a scientific point of view
- Top author, who has been following football for years as a journalist and reporter for the most renowned media



Publication:	28.07.2020
Author:	Falk, Christian
Title:	Inside FC Bayern A reporter looks behind the scenes of the record champion
Pages/Cover/Format:	approx. 352 pages, hardcover, 145×215mm
ISBN:	978-3-7423-1377-5
Price:	D: 22,00 EUR, A: 22,70 EUR

With never before published revelations and insider stories

Christian Falk is a journalist. He is a football reporter. He's an insider as far as the FC Bayern is concerned. For the first time, he takes readers behind the scenes of the world of football and reporting. He accompanied the generation around Schweinsteiger, Lahm and Podolski more closely than anyone else. From the first steps as professionals to the world championship title - and beyond. Falk gives an insight through the keyhole and lets you feel what it's like to be yelled at by Uli Hoeneß, to be the victim of Franck Ribéry's jokes or to drink red wine with Louis van Gaal. Besides new revelations and insider stories, the stars also have their say.

Christian Falk (born 1978) loves tabloid journalism and football. He combines both in his function as head of football at the Bild Group. He has been reporting on FC Bayern for over 20 years. He has accompanied the German national team to all tournaments since the 2004 European Championship. In his book, he takes readers behind the scenes of the world of soccer and reporting for the first time.

Selling points and marketing:

- A book for fans of FC Bayern and the German national team, who can get closer to their stars than ever before
- As cfbayern the author has a wide reach on social media and a close relationship to the fans of FC Bayern



Publication:	10.11.2020
Author:	Meinart, Patrick
Title:	The New Strength Training How neuro-centered training can help you stimulate your brain and muscles to improve your performance
Pages/Cover/Format:	approx. 200 pages, softcover, 190×240mm
ISBN:	978-3-7423-1549-6
Price:	D: 19,99 EUR, A: 20,60 EUR

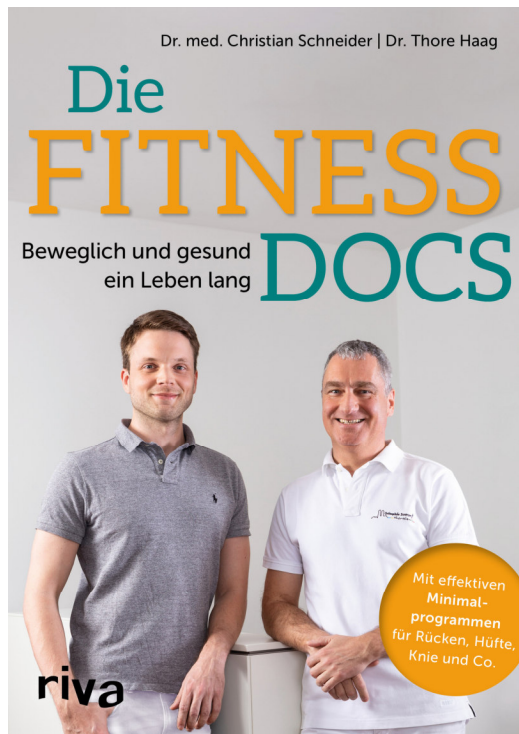
This training method is revolutionary in weight training

How power is best generated depends on several factors, such as the speed at which a weight is lifted or the endurance of a muscle. It is not only the muscle mass that plays a decisive role, but also how the muscles are controlled and coordinated. Patrick Meinart describes how the interaction of brain and nerves influences the development of strength and shows numerous exercises that on the one hand support regular strength training and on the other hand help to build up more strength on a neuro-centric level. This approach will revolutionize classical training planning.

Patrick Meinart studied psychology and sports in Cologne. Since 2012 he has been managing the Release Fitness training institute, which focuses on further training in the field of mobility and neuro-centred training. Every year he trains up to 1000 trainers in seminars and lectures. He is active throughout Europe as a speaker and lecturer.

Selling points and marketing:

- Strength training is consistently one of the most popular sports worldwide
- The neuro-centered approach is becoming increasingly well known worldwide and has been used by professional athletes for a long time
- The author is a sought-after coach in weight training



Publication:	10.11.2020
Author:	Schneider, Dr. med. Christian; Haag, Dr. Thore
Title:	The Fitness Docs Mobile and healthy for a lifetime. With effective minimum programs for back, hip, knee & Co.
Pages/Cover/Format:	approx. 250 pages, softcover, 190x240mm
ISBN:	978-3-7423-1510-6
Price:	D: 19,99 EUR, A: 20,60 EUR

Exercise instead of medication: the aging process can be stopped so easily

Lack of exercise and poor nutrition are widespread in our society. What the body can still compensate for at a young age takes its revenge the older you get. This makes it all the more important to take the right measures early on and to take countermeasures. The fitness docs explain how to keep yourself healthy throughout your life. To this end, they shed light on age- and lifestyle-related changes and show how to counteract the aging process and stay mentally and physically fit by taking a minimum amount of exercise. With over 70 exercises and simple short programs, complaints can be prevented and basic fitness can be supported.

Dr. med. Christian Schneider is a specialist in orthopaedics with his own practice in Munich. He works together with major sports organisations such as the IOC, FIFA and the German Football League, is head physician of the German Bobsleigh and Sled Association and looks after numerous cadre athletes from a wide range of sports. Sports scientist **Dr. Thore Haag** is head of sports therapy at the Orthopaedic Centre Theresie. The focus of his work is on the scientifically based therapy of complaints of the musculoskeletal system. As a former top athlete, he is very familiar with training methods of all levels and passes on this knowledge as a personal trainer, in lectures and seminars.

Selling points and marketing:

- More than 70 exercises to prevent widespread diseases such as postural deformities and overweight
- Hot topic: Diseases caused by lack of exercise continue to increase

riva



Publication:	29.12.2020
Author:	Brinkmann, Katharina
Title:	50 Workouts for Weight Loss Lose weight quickly and effectively - for a permanently slim figure
Pages/Cover/Format:	approx. 128 pages, softcover, 190x240mm
ISBN:	978-3-7423-1451-2
Price:	D: 19,99 EUR, A: 20,60 EUR

Over 45,000 copies sold in the 50 Workouts series

Losing weight and being more active are regularly at the top of the list of good intentions at the beginning of the year. Katharina Brinkmann shows how easy it is to lose annoying pounds with short but highly effective workouts in the new volume of the 50-Workouts series. In the programs for typical problem zones such as the abdomen or buttocks, different training methods are used to boost fat burning in the shortest possible time. Whether with strength training, high-intensity interval training or the new trend High Intensive/Low Impact - with these workouts the kilos are guaranteed to melt away.

Katharina Brinkmann is founder of YOU Yoga & More, yoga teacher and personal trainer. As a health scientist, she specializes in fasciae and mobility and passes on her knowledge in trainings, consultations and lectures. She has already written several successful books for riva Verlag.

Selling points and marketing:

- Successful workout concept with great price-performance ratio
- 50 exercise series for effective training to get rid of annoying kilos permanently
- Simple and clear presentation of the exercises, illustrated throughout

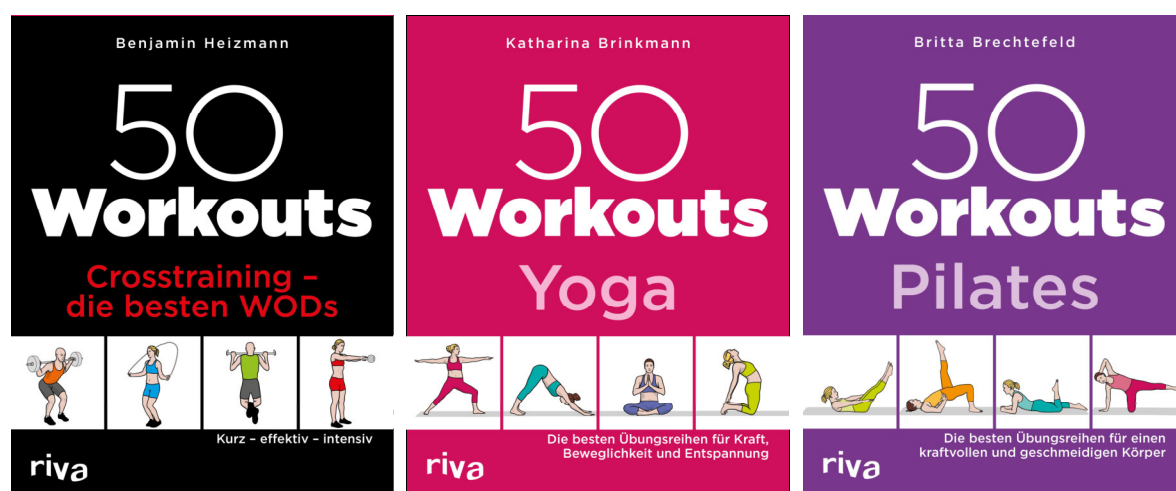
riva

50 Workouts - The successful DIY gym books

Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail in an extra chapter.



Published 10.04.2017 144 pages	Published 10.04.2017 144 pages	Published 13.11.2017 128 pages
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Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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Publication:	11.09.2019
Author:	Brinkmann, Katharina
Title:	50 Workouts - Mobility Stretching, swinging and rolling - the best exercises
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1026-2
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	17.03.2020
Author:	Brinkmann, Katharina
Title:	50 Workouts - Legs, Bums and Tums The best exercises for the perfect bikini body
Pages/Cover/ Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7423-1300-3
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	17.03.2020
Author:	Brinkmann, Katharina
Title:	50 Workouts - HIIT and Tabata The best exercises for high- intensity interval training
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1301-0
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	11.08.2020
Author:	Knoll, Stefanie; Wachholz, Felix
Title:	E-Sports Fitness Train reaction speed, coordination and concentration to maximize your gaming skills. With over 90 exercises
Pages/Cover/Format:	256 pages, softcover, 190x240mm
ISBN:	978-3-7423-1346-1
Price:	D: 19,99 EUR, A: 20,60 EUR

The first fitness guide for more than three million e-athletes in Germany alone

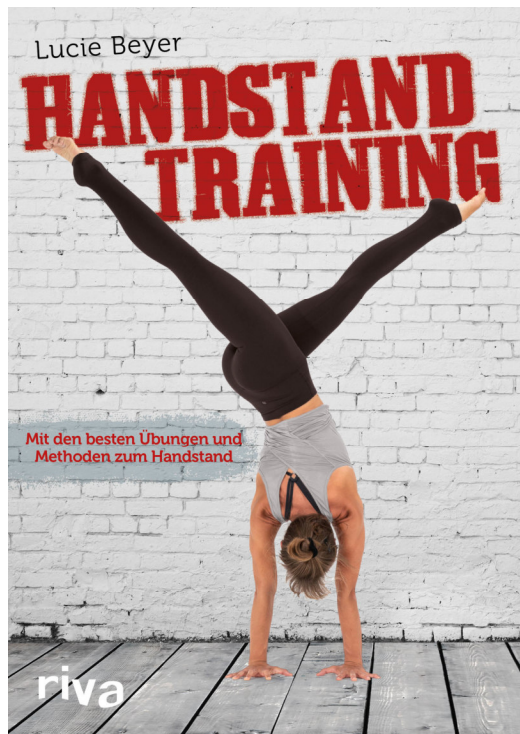
The e-sports scene is growing rapidly – and so are the demands on athletes. They need special motor skills and mental strength in order to be able to play focused games over several hours. The e-sports experts Stefanie Knoll and Felix Wachholz deliver the first well-founded training concept that focuses on both performance improvement and regeneration of e-athletes. With over 90 strength, reaction, mobility, coordination and cardio exercises, gamers can improve their skills, prevent injuries and stay successful for longer.

Stefanie Knoll is a sports and economics expert. She works as a project and training coordinator for an Austrian sports umbrella organisation, is head of the NatWork sports club and works as a trainer in youth and company sports. Together with Felix Wachholz, she founded the Digital Fitness platform, which offers training programmes specially developed for e-athletes.

The sports scientist **Felix Wachholz** is doing his doctorate at the Institute for Sports Science at the University of Innsbruck in the field of neurophysiology. Since 2012 he has been working as a trainer in youth and company sports and is on the board of the NatWork sports club. He is co-founder of Digital Fitness and regularly works as a lecturer for the University of Innsbruck, the Sportunion Tirol and the Bundessportakademie.

Selling points and marketing:

- The authors are well connected in the scene through their company Digital Fitness
- Over 90 exercises for better coordination, concentration and reaction speed



Publication:	13.10.2020
Author:	Beyer, Lucie
Title:	Handstand Training With the best exercises and methods for the free handstand
Pages/Cover/Format:	approx. 160 pages, softcover, 170x240mm
ISBN:	978-3-7423-1546-5
Price:	D: 16,99 EUR, A: 17,50 EUR

Handstand training is the fitness trend of the year

Whether at Yoga or CrossFit, in the gym or at home - handstand training is trendy! And not without reason: The supreme discipline among bodyweight exercises is not only a perfect training for arms, shoulders and core, the handstand also improves coordination, balance and stabilization. Handstand expert Lucie Beyer shows in detailed and illustrated step-by-step instructions how everyone can learn the handstand with different methods and exercises. If you are looking for a challenge, you can try more difficult variations like pike handstand, one-armed handstand or press-up handstand.

Lucie Beyer is a handstand coach, yoga and acroyoga teacher. She passes on her years of experience in workshops and coaching sessions throughout Europe. On Instagram and Facebook she is known as Lucie in the Sky.

Selling points and marketing:

- Big topic on social media: over 6.5 million posts under the hashtag #handstand and 80,000 searches per month on Google
- Well-connected author with reach on social media
- Fully illustrated step-by-step instructions



Publication:	10.11.2020
Author:	Dr. Pfitzer, Torsten; Lechner, Marion
Title:	Osteopathy at Home Effectively treat complaints and pain in the neck, back and joints yourself. With exercises for craniosacral osteopathy
Pages/Cover/Format:	approx. 224 pages, softcover, 190x240mm
ISBN:	978-3-7423-1452-9
Price:	D: 19,99 EUR, A: 20,60 EUR

Osteopathy: Millions of people suffer from chronic pain

More and more people rely on osteopathy for the treatment of pain, tension and joint blockages. Through a holistic view of all body systems, it activates self-healing powers. The osteopaths Dr. Torsten Pfitzer and Marion Lechner have developed a simple method with which sufferers can treat themselves at home and provide effective and long-term relief from chronic or recurring pain in the head, neck, shoulder, back, hip, knee and foot. Self-tests help to find the causes of the complaints, and special exercise plans can be used to regulate nerves and release blockages.

Dr. Torsten Pfitzer is an alternative practitioner, osteopath and expert for the holistic treatment of pain in the musculoskeletal system. He combines various approaches, including osteopathy, myofascial kinematics and psychoemotional kinesiology. He also shares his knowledge in workshops, books and online programs. He is the author of several successful books for riva Verlag.

Marion Lechner is an osteopath, alternative practitioner and Qigong trainer with her own practice in Munich. Further focal points are hormone therapy, intestinal diagnostics, allergy treatment and nutritional advice. With individual exercises for at home, she additionally helps her patients to relieve discomfort or pain in the long term.

Selling points and marketing:

- Osteopathic treatments have been very popular for years
- The authors are experts in the holistic treatment of pain
- With self-tests to find the causes and special exercise plans

riva



Publication:	15.09.2020
Author:	Dr. Webering, Nadine
Title:	Treat migraine naturally with Ayurveda Holistic methods and rituals to prevent and relieve pain
Pages/Cover/Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-1382-9
Price:	D: 16,99 EUR, A: 17,50 EUR

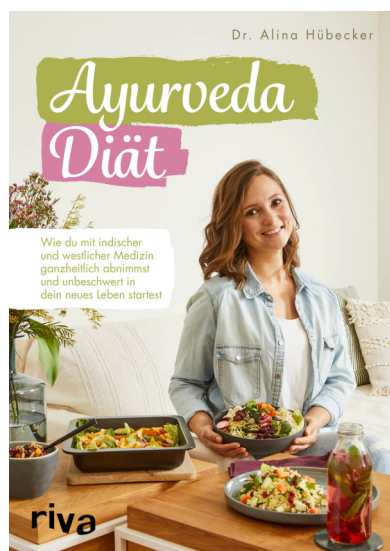


Publication:	13.10.2020
Author:	Dr. Hübecker, Alina
Title:	Ayurveda for the whole family With a healthy diet, relaxing rituals and natural remedies to a balanced family life
Pages/Cover/Format:	approx. 200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1445-1
Price:	D: 19,99 EUR, A: 20,60 EUR

riva



Publication:	08.12.2020
Author:	Krüger, Laura
Title:	Ayurveda nutrition for working people How to apply the traditional teachings in your everyday life in a modern way and balance yourself
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-1535-9
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	08.12.2020
Author:	Dr. Hübecker, Alina
Title:	Ayurveda Diet How to lose weight holistically with Indian and Western medicine and start your new life carefree
Pages/Cover/Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-1533-5
Price:	D: 19,99 EUR, A: 20,60 EUR



Publication:	13.10.2020
Author:	Dr. Jasper, Annette
Title:	Health Begins in the Mouth How to strengthen your oral flora, fight periodontitis and prevent diseases. With a 30-day programme from Ayurveda
Pages/Cover/Format:	approx. 200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1475-8
Price:	D: 19,99 EUR, A: 20,60 EUR

A disturbed oral flora can affect your general health

Periodontitis is a common illness among adults, a bacterial inflammation of the tooth bed. The treatment is difficult and the disease usually returns again and again. The reason for this is a disturbed microbiome in the mouth. The holistic dentist Dr. Annette Jasper explains why stress or an unhealthy lifestyle can affect the oral flora, which endangers not only dental health, but the whole body. A 30-day programme based on the Ayurvedic art of healing, as well as dental care tips and relaxation techniques, help to bring the disturbed oral flora back into balance.

The dentist **Dr. Annette Jasper** has been working in her practice for holistic metal-free dentistry in Munich for over 20 years. Her specialties are implantology and the treatment of craniomandibular dysfunction (CMD). She is particularly concerned with the effects of dental diseases on the organism. Her patients also include top athletes.

Selling points and marketing:

- The first holistic guide to dental and oral health
- Written in a scientifically sound and easily understandable way: the connections between microbiome, teeth and body
- With a 30-day programme for a healthy oral flora based on Ayurveda with recipes, relaxation techniques and dental care tips



Publication:	29.12.2020
Author:	Dietrich, Sebastian
Title:	Functional Nutrition Regulate your hormones, cleanse your bowels, detoxify your body - for optimal health and lasting success in losing weight
Pages/Cover/Format:	approx. 200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1562-5
Price:	D: 19,99 EUR, A: 20,60 EUR

The first book on functional nutrition

Overweight, digestive problems, mood swings - many people suffer from complaints caused by malfunctions in the hormonal, digestive and detoxification systems.

Functional nutrition can be the solution: it does not focus on calorie reduction and a blanket diet for everyone, but on eliminating individual imbalances in the body. With the help of self-tests, you create your own physiological profile and learn how to optimize it by means of a type-appropriate nutritional strategy. Intestinal cleansing, hormone regulation and detoxification help you to become slimmer, more efficient and healthier.

Sebastian Dietrich is a sports scientist and economist with additional qualifications in the areas of movement optimisation, pain reduction and functional supplementation and nutritional strategy. As a trainer at Perform Better Europe and developer of the training concept for Functional Nutrition Coach, he passes on his knowledge to fitness trainers, coaches and nutrition consultants.

Selling points and marketing:

- Intestines, hormones, detox - three trend themes in one book
- Self-tests to create an individual physiological profile
- Lose weight and improve health with a type-appropriate nutrition strategy



Publication:	13.10.2020
Author:	Bauer, Charoline
Title:	Vegan to Peak Performance How a plant-based diet affects athletic performance
Pages/Cover/Format:	approx. 200 pages, softcover, 135x205mm
ISBN:	978-3-7423-1529-8
Price:	D: 16,99 EUR, A: 17,50 EUR

Trend topic "vegan in professional sports" - The Netflix documentary The Game Changers divides the sports world and is hotly discussed

"You're a vegan? But how do you get your protein?" For a long time, athletes on purely plant-based diets had to answer these and other questions. The revolutionary Netflix documentary The Game Changers changed this fundamentally and has been dividing the sports world ever since. Basic statement: Those who eat a purely plant-based diet are stronger, healthier and better at achieving their athletic goals. Is that really true? Fitness expert Charoline Bauer gets to the bottom of this question and explains what is really behind the documentary and its statements. In doing so, she lets many well-known nutritionists and consultants have their say.

Charoline Bauer studied literature and works full-time as a journalist and author in Berlin. She has been a certified nutritionist since 2017 and runs the vegan fitness and nutrition blog The e/c way with her sister Dr. Elena Bauer. There, athletes can find workout videos, vegan recipes and other tips for a healthy and sporty life.

Selling points and marketing:

- Lewis Hamilton, Novak Djokovic, Dirk Nowitzki, Serge Gnabry - more and more top athletes go vegan
- What is really behind the documentary and the plant-based diet
- With quotes from renowned nutritional scientists and consultants from the scene



Publication:	14.04.2020
Author:	Muliar, Doris
Title:	Losing Weight with the Sirtfood Diet Boost your metabolism, burn fat and slim with the power of sirtuins
Pages/Cover/Format:	144 pages, softcover, 148x210mm
ISBN:	978-3-7423-1473-4
Price:	D: 9,99 EUR, A: 10,30 EUR

Known through singer Adele, who has lost over 45 kilograms with the Sirtfood diet

Sirtuins are true all-rounders! These enzymes formed in the human body ensure a functioning immune system and help you lose weight. There are many foods that activate the sirtuins in our organism. Sirtfoods are for example soft fruits, green vegetables, nuts, grapes, turmeric and cocoa. In this guide, successful author Doris Muliar explains how sirtuins boost metabolism and fat burning and shows more than 60 simple recipes with sirtuin-enhancing ingredients. This diet does not require a complicated change of diet and you can lose weight without starving by integrating many sirtuin-enhancing foods into your meals.

Doris Muliar is a successful cookbook author with a focus on healthy eating. At riva Verlag she has contributed to bestsellers such as Low Carb (with Dr. Nicolai Worm) and has published numerous books of her own.

Selling points and marketing:

- The weight loss concept without hunger and sacrifice
- With 3 weekly plans and over 60 recipes

riva



Publication:	08.12.2020
Author:	Muliar, Doris
Title:	The Metabolic Diet Boost fat burning and successfully lose weight
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-1480-2
Price:	D: 14,99 EUR, A: 15,50 EUR

The diet trend with bestseller rates

How does our metabolism work? How can we boost it? And above all: How can we make good use of these findings when losing weight?

Successful author Doris Muliar has dealt with this topic and in this guide shares interesting facts about the various metabolic diets. This includes primarily how to activate your metabolism in order to burn more fat. There is no need for a time-consuming sports programme or a strict diet – you simply have to eat the right foods to get your bowels and metabolism going. Entry plans and a 14-day program make it easier to reach your desired weight.

Doris Muliar is a successful cookbook author with a focus on healthy eating. At riva Verlag she has contributed to bestsellers such as Low Carb (with Dr. Nicolai Worm) and has published numerous books of her own.

Selling points and marketing:

- With starting aids and a plan for a 14-day metabolic program
- best-selling author and nutrition expert Doris Muliar reveals the best tips for achieving your desired weight
- Over 70 illustrated recipes that activate the metabolism

riva



Veronika Pichl

Schlank ins neue Jahr

Die 31-Tage-Challenge
zum Abnehmen



Mit über
50 Rezepten

Publication:	08.12.2020
Author:	Pichl, Veronika
Title:	Lean Into the New Year The 31-day challenge to lose weight
Pages/Cover/ Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-1498-7
Price:	D: 14,99 EUR, A: 15,50 EUR

The book for everyone with the New Year's resolution to Lose weight

The 31-Day Weight Loss Challenge is made for all those who start the new year with the good intention of burning as much fat as possible and losing weight in one month. Because especially after the many gourmet treats of the Christmas season, it's the perfect opportunity to start the New Year slim.

In this book, in addition to daily motivational tasks and insider tips, there are a large number of low-calorie and varied recipes for every day, for example sweet bowls, salads in a glass or high-protein spreads.

The challenge can be implemented in everyday life for everyone and requires neither previous knowledge nor special food.

Veronika Pichl is a successful author of books on nutrition, weight loss, exercise and happiness. She develops guidebooks for riva Verlag and the Happy Fit Food Verlag (happyfitfood.de), which she founded herself. Numerous successful cookbooks by her have already been published by riva Verlag. She lives with her husband and her two children in the Nürnberger Land.

Selling points and marketing:

- With motivational tasks, tips and meal plans for every day
- Easy to implement and suitable for everyday use
- With over 50 delicious recipes

riva



Publication:	13.10.2020
Author:	Meiselbach, Bettina
Title:	Happy Carb: Low Carb from the oven 55 recipes for steaming dishes from your oven
Pages/Cover/Format:	approx. 128 pages, hardcover, 148x210mm
ISBN:	978-3-95814-141-4
Price:	D: 12,00 EUR, A: 12,40 EUR



Publication:	15.09.2020
Author:	Prolic, Christiane Emma
Title:	Emmi cooks simply 75 clever recipes for every day
Pages/Cover/Format:	208 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1296-9
Price:	D: 19,99 EUR, A: 20,60 EUR

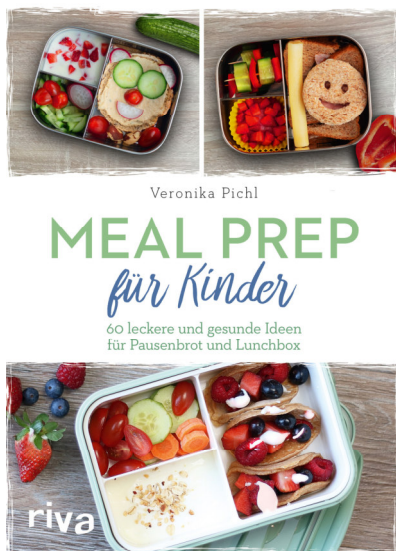


Publication:	16.06.2020
Author:	Taygur, Seyda
Title:	Sissys Kitchen Delicious cooking for your favourite people
Pages/Cover/Format:	176 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1456-7
Price:	D: 19,99 EUR, A: 20,60 EUR

riva



Publication:	15.09.2020
Author:	Leesker, Christiane; Jansen, Vanessa
Title:	I'm cooking for us! 25 favourite recipes for my dog and me
Pages/Cover/Format:	approx. 64 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1481-9
Price:	D: 9,99 EUR, A: 10,30 EUR



Publication:	14.07.2020
Author:	Pichl, Veronika
Title:	Meal Prep for Kids 60 tasty and healthy ideas for lunch boxes
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-1514-4
Price:	D: 14,99 EUR, A: 15,50 EUR



Publication:	19.12.2020
Author:	Schulz, Christoph; Hölzer, Julian
Title:	Cooking for the Climate How to eat sustainably and environmentally consciously
Pages/Cover/Format:	192 pages, softcover, 148x210mm
ISBN:	978-3-7423-1509-0
Price:	D: 16,99 EUR, A: 17,50 EUR

riva



Publication:	15.09.2020
Author:	Weidenbach, Lina
Title:	Lose weight with cookies, gingerbread and co. 35 sugar-free recipes for the Christmas season
Pages/Cover/Format:	approx. 96 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1489-5
Price:	D: 12,99 EUR, A: 13,40 EUR



Publication:	20.04.2020
Author:	Keck, Paula
Title:	Delicious cooking in an emergency Which foods you should always have at home and how to conjure up varied dishes from them in the event of a disaster, even without electricity
Pages/Cover/Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7423-1550-2
Price:	D: 14,99 EUR, A: 15,50 EUR