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Foreign Rights Catalogue

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AUTUMN 2021

LIFESTYLE

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Publication:	12.10.2021
Author:	Weidlich, Andrea
Title:	**How to get rid of people who are not good for you without committing murder** On the art of letting go of toxic people and self-doubt
Pages/Cover/ Format:	256 pages, softcover, 135x205mm
ISBN:	978-3-7474-0344-0
Price:	D: 17,00 EUR, A: 17,50 EUR

The new book by the successful author Andrea Weidlich

Who wouldn't sometimes like to calmly send a narcissistic boss, an unhealthy friendship, an exhausting mother-in-law, unfriendly neighbours, an ex-relationship, people from the vale of tears and - in general - all those who don't appreciate us into the beyond? Preferably without killing anyone, because that would be bad for karma. Excitingly, with depth and a lot of black humour, Andrea Weidlich takes us to a mystical lake where a group of friends dares to experiment: What happens when they free themselves from toxic people, and what skeletons are slumbering in their own cellar that they first have to get rid of? About dealing with dark shadows and energy robbers, this book shows how letting go clears the way for us to feel lighter and start living the life we have always dreamed of.

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

Selling points and marketing:

- Author of The Happiness Bible: over 40,000 copies sold of The Hot Shit of Being Happy
- Exciting, mercilessly funny and profound at the same time - the asshole detox method with ease

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Publication:	14.09.2021
Author:	Diehl, Christina
Title:	**Nice Try, Fate** How I was able to fill the inner emptiness after my miscarriages
Pages/Cover/ Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0326-6
Price:	D: 17,00 EUR, A: 17,50 EUR

Taboo subject: Every fourth pregnant woman has a miscarriage – Christina Diehl does not leave them alone with this pain

Christina Diehl is in her mid-30s when she and her partner hope to have children. But the dream of a young family turns into a nightmare: For five years they hope for offspring, but all six pregnancies end in miscarriage.

Despite her otherwise great joie de vivre, Christina Diehl falls into a mental hole, dark emptiness and sadness dominate her everyday life. In order to get over the pain of her miscarriages, her desire to exchange ideas with other sufferers grows, but she only encounters silence. When she is surprised to discover how many women even in her circle of friends have had to experience similar fates, she becomes more and more aware of the scope of the taboo subject. Christina Diehl decides to confront her fate. She tells touchingly how she learned to deal with her loss and found a new meaning in life. And how even the worst setback can become the starting signal for a new beginning.

Christina Diehl, born in 1974, is a trained journalist and headed the fashion section of a women's magazine in Hamburg for several years. Today, she works as a speaker and moderator for a large media group. As a systemic coach and author, she also supports people in overcoming their personal fates and uses her own story as an encouragement for those affected.

Selling points and marketing:

- Happy ending despite an unfulfilled desire to have children - Christina Diehl has found happiness
- The author fights for the visibility of the taboo subject and, as a coach, shows those affected a way out of the crisis

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Publication:	12.10.2021
Author:	Isenberg, Simone
Title:	**I only exist with Mable** How my dog led me back to life. A Borderliner tells her story
Pages/Cover/ Format:	approx. 208 pages, softcover, 135x210mm
ISBN:	978-3-7474-0349-5
Price:	D: 17,00 EUR, A: 17,50 EUR

A moving memoir about the healing relationship between dog and human

Simone Isenberg began hurting herself as a child - with broken glass she found in containers on the street or razor blades. Anorexia and severe depression follow. The young woman simply does not know what is wrong with her. When she was diagnosed with borderline personality disorder in her early 20s, she began lengthy therapies, but when she met her first dog, everything suddenly changed for her: she finally felt herself again, felt needed and understood.

Simone Isenberg talks openly and authentically about her mental illness, how she turned her passion into her profession and how she now leads a balanced and content life as a dog trainer - and is grateful for every day she gets to spend with her dog Mable.

Simone Isenberg is a dog expert with passion. She has been active as a trainer since 1998. She now runs her own dog school, where she shares her many years of training experience with her students and clients. Always at her side: Golden Retriever lady and model employee Mable.

Selling points and marketing:

- Dogs are the most loyal companions to us humans - they also give support to mentally ill people

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Publication:	13.07.2021
Author:	Guadagno, Melissa
Title:	**Downhill it's always faster** How two northern lights learn to hike
Pages/Cover/ Format:	approx. 192 pages, hardcover, 120x187mm
ISBN:	978-3-7474-0335-8
Price:	D: 14,00 EUR, A: 14,40 EUR

Since Corona, everyone's been doing it: hiking is the rediscovered trend sport

Two city kids want to get out! Into the Alps, over the Alps, on foot. A good plan. Maybe.

Downhill it's always faster tells many little stories about how this plan is conceived, prepared and ultimately not implemented, but in the end leads to an important realisation: The diversions is the goal. Because no matter whether it's the purchase of the first hiking boots, failed attempts at orientation on Sardinia or a traditional Alpine snack - if you want to hike, you can do it without crossing the Alps.

Downhill it's always faster is not a novel. And by no means a guidebook. It is a small book that is fun for those who have discovered hiking for themselves, want to discover it or will never discover it.

Melissa Guadagno, born in 1984 as a half-Italian from East Westphalia, lives in Hamburg with her boyfriend and cat. She has always written: for a local newspaper, as a love letter writer, in advertising - and now about hiking.

Selling points and marketing:

- Anyone can hike? Two Northern Germans dare the self-test
- Funny anecdotes and stylish illustrations - an inspiration for all hiking novices

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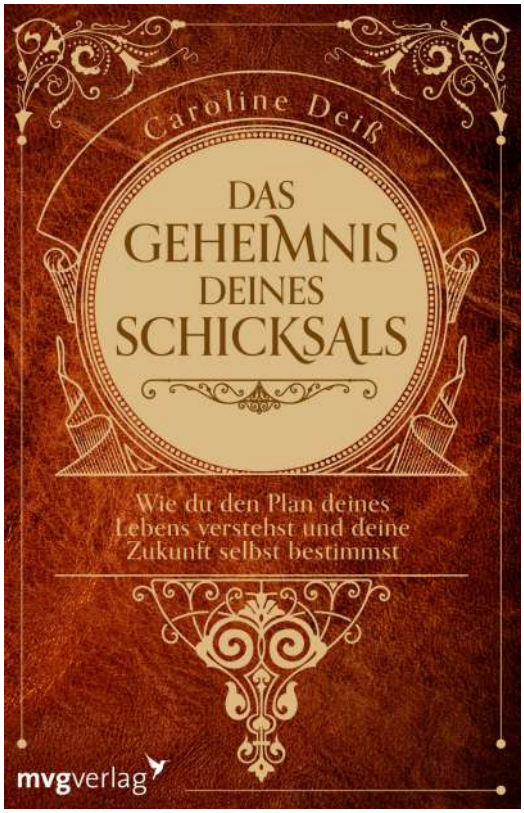

Publication:	04.10.2021
Author:	Deiß, Caroline
Title:	**The secret of your destiny** How to understand the plan of your life and determine your own future
Pages/Cover/ Format:	approx. 208 pages, softcover, 120x187mm
ISBN:	978-3-7474-0323-5
Price:	D: 13,00 EUR, A: 13,40 EUR

Atmospheric, mystical, with a new approach - understanding the laws of life

What does fate have in store for us? Can we influence it? Is there a predetermined plan for our lives? Again and again we encounter fateful signs and miracles that give us an inkling that we are following a cosmic task. With many exercises and exciting examples, Caroline Deiß shows how we can interpret these signs, understand the laws of life and how we can use this knowledge to positively influence the plan of our lives. Thoughts, feelings, experiences and moments show us the way through a magical journey of discovery to ourselves. Those who are willing to step through the gates of knowledge learn the meaning of their existence and look forward to the breathtaking adventure of life.

As a passionate connoisseur of wild plants, Caroline Deiß leads numerous guided tours, cooking courses, seminars and lecture series on the magic of wild herbs or the power of incense in her adopted home on Lake Starnberg. In her private life, the author is also involved in discovering mystical places of power and hiking in the Bavarian mountains.

Selling points and marketing:

With exercises, rituals and mantras to understand the paths of destiny
For readers interested in the laws of fate

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Publication:	16.11.2021
Author:	Heppt, Julian
Title:	**Fulfilment is waiting inside you** How to use stormy times in your life to connect with your true self and soul
Pages/Cover/ Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0361-7
Price:	D: 16,00 EUR, A: 16,50 EUR

The spiritual answer to the current crisis

The current times have plunged many of us into a crisis and confronted us with the question of the meaning of life. We realise that material things, career or success only bring limited happiness and that we have to look for real happiness elsewhere. Transformation expert Julian Heppt helps us find out who we really are and shows us how we can gradually change our lives for the better. The Aquarian Age in which we live supports us through the raising of energy to find back to the connection with our innermost being and to become the creator of our lives. Specific exercises help to expose our ego, to get an overview of our life issues and to transform them. In this way, step by step, we get to where we have always wanted to go: to reconnect with our true self and to live a happy and contented life that easily masters the storms on the outside.

Julian Heppt is an expert in relationships and has served clients in twelve countries. His website Dual Soul Time is one of the leading ones in this field. The vision of helping people to have true relationships drives him day by day. His next goals include holding seminars in the USA.

Selling points and marketing:

- A guide to using the crises on the outside to find inner peace and contentment
- With a large practical component, exercises and guided meditations to download

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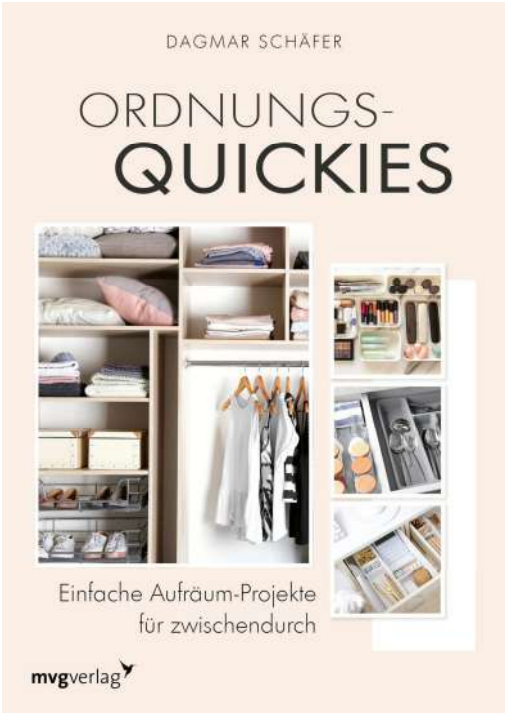

Publication:	12.10.2021
Author:	Schäfer, Dagmar
Title:	**Tidying-Quickies** Simple tidying projects for in between
Pages/Cover/ Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7474-0345-7
Price:	D: 14,00 EUR, A: 14,40 EUR

Even tidying up is fun: the practical book on the megatrend that makes it easy and uncomplicated for everyone to get things done!

Everyone wants a home that feels good. As a certified tidying coach, Dagmar Schäfer knows that tidying has a decisive influence on our well-being. But where to start? And where do we find the time? The Tidying Quickies provide a remedy and solve several problems at once: The brevity and clarity of the tidying projects make it easy to get started. In this way, you can reach your goal effectively and sustainably, especially if you have little time available.

A practical guidebook that takes readers by the hand and leads them step by step to a tidy feel-good home.

Dagmar Schäfer, who lives in Wallisellen in the canton of Zurich, is (still) a full-time veterinarian and has been working successfully as a certified tidying coach/home organiser FO on the side since the beginning of 2019. She is passionate about helping people with a lot of stuff and little time who want less ballast, more clarity and a nicer home. She coaches people 1:1 on site and online. She knows exactly the problems and needs of people seeking order and offers tips and assistance.

Selling points and marketing:

- Tips from the pro: tidying coach Dagmar Schäfer knows where the problems lie and has the best solutions at the ready
- The mini-projects can be easily integrated into everyday life: Step by step, you can get your entire household in order - with long-term effects
- Practical instructions and checklists to tick off motivate readers to start tidying up straight away

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Publication:	12.10.2021
Author:	Engel, Claudia
Title:	**Who needs a fairy godmother? I'll do it myself** How to manifest everything you want with the law of attraction
Pages/Cover/ Format:	approx. 256 pages, softcover, 135x210mm
ISBN:	978-3-7474-0340-2
Price:	D: 17,00 EUR, A: 17,50 EUR

Claudia Engel is a journalist, successful happiness coach and podcaster

Life is okay, but if the fairy godmother were to come along, there would definitely be a few wishes? A relaxed relationship, a job with more pay and less stress, a few more confetti moments in everyday life? It's all possible, because we create our reality with our thoughts. Sounds crazy? But it's so simple that you wonder why everyone doesn't do it. Claudia Engel is a happiness trainer and has been using the law of attraction for more than 13 years. She has already passed on her knowledge to countless people and now shows in her book how we too can get away from nagging and negative thinking and simply take our happiness into our own hands. In a humorous, relaxed and true-to-life way, she explains the most important steps in manifesting and how we can create everything in life for ourselves - from a free parking space to a dream house.

Claudia Engel is a happiness trainer and coach. Her success podcast Glück in Worten (Happiness in Words), with more than two million downloads, gives impulses for a happier everyday life. After she freed herself from the career hamster wheel and quit her job as a TV journalist, she now shows countless people the way to happiness with a lot of positive energy and a handful of confetti. She lives by the Baltic Sea with her husband and three children.

Selling points and marketing:

- The simplest and funniest guide to manifesting your dream life
- The law of attraction modern, suitable for everyday life and with a pinch of humour - with many practical exercises
- Manifesting as easy as never before - after this book nothing is the same anymore

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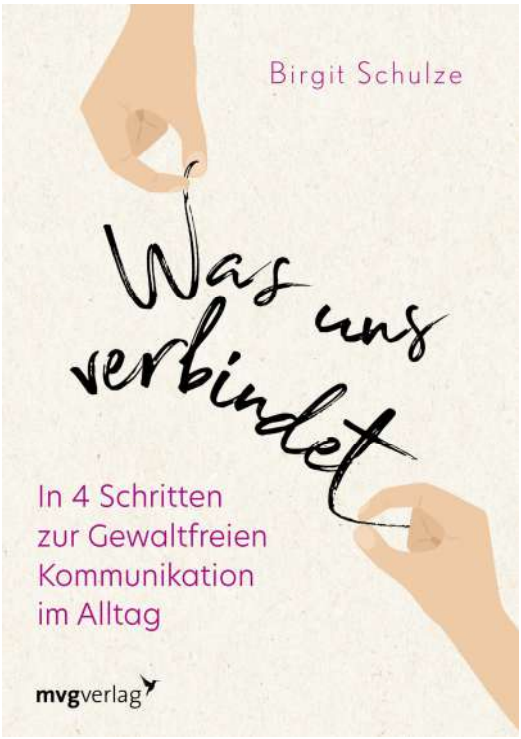

Publication:	12.10.2021
Author:	Schulze, Birgit
Title:	**What connects us** 4 steps to non-violent communication in everyday life
Pages/Cover/ Format:	approx. 192 pages, softcover, 148x210mm
ISBN:	978-3-7474-0336-5
Price:	D: 17,00 EUR, A: 17,50 EUR

Nonviolent communication is more topical than ever - with a practical 4-step program for everyday life

When people come together and communicate with each other - whether professionally or privately - misunderstandings and conflicts often arise. But communication also affects you: Those who speak very harshly to themselves tend to become depressed and anxious. Birgit Schulze is a trainer for non-violent communication and uses numerous exercises and tasks to explain how to apply this method in everyday life. She invites you to become more aware of your own feelings and needs in a practical four-step program in order to establish an appreciative connection with yourself and the other person.

Birgit Schulze, born in 1969, is a trainer for non-violent communication and a business mediator (IHK). She accompanies her clients to go into the office satisfied. In her private life, too, she is convinced of the four steps of NVC to keep in touch with herself and her fellow human beings. Birgit Schulze blogs, podcasts and gives online courses on NVC.

Selling points and marketing:

- Promotes appreciative communication at work, in partnerships and in parenting.
- Birgit Schulze is a successful trainer with a wide-ranging podcast and blog.
- With numerous exercises and easy-to-implement tasks for everyday life

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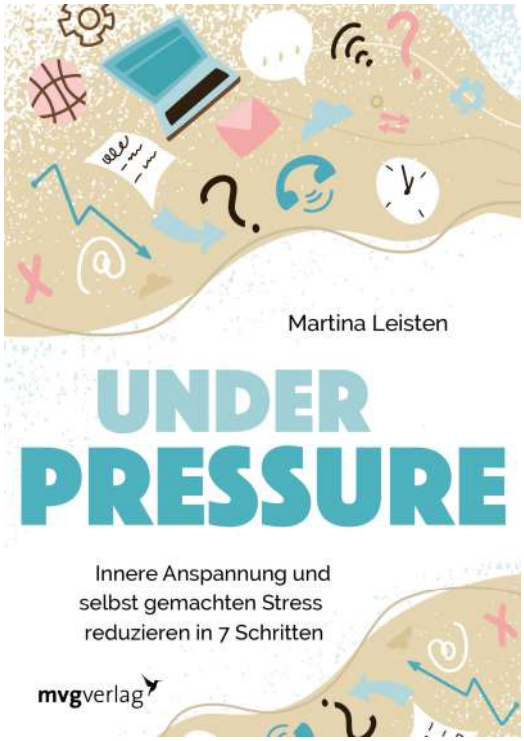

Publication:	12.10.2021
Author:	Leisten, Martina
Title:	**Under Pressure** Reduce inner tension and self-made stress in 7 steps
Pages/Cover/ Format:	256 pages, softcover, 148x210mm
ISBN:	978-3-7474-0356-3
Price:	D: 17,00 EUR, A: 17,50 EUR

The widespread disease of stress - here it is shown how everyone can reliably protect themselves from pressure

We encounter pressure almost everywhere: deadlines have to be met, career, child-rearing and partnership have to be reconciled. While some people can easily cope with the constant pressure, others stumble, feel powerless and even fall ill. But by actively taking personal responsibility for our lives, we learn to deal with pressure consciously and autonomously. Martina Leisten shows how to do this with useful questioning methods, practical exercises and tips.

Martina Leisten, born 1978, is a freelance certified life and job coach. She has known what it's like to be under pressure ever since she had to file for bankruptcy due to her failed dream of owning her own business. She published her first book Voll verkackt! about this phase of her life with mvg. She herself has experienced pressure in all walks of life and knows what it has done to her soul and body. As a solution-oriented doer, she developed a workbook to inspire action and long-term change. The author lives in Berlin.

Selling points and marketing:

- Practical and holistic: the workbook encourages action and gets to the root of the problem
- Don't give pressure a chance: for all those who want to regain control over their lives
- As a certified systemic coach, Martina Leisten knows the best exercises and tips from practice

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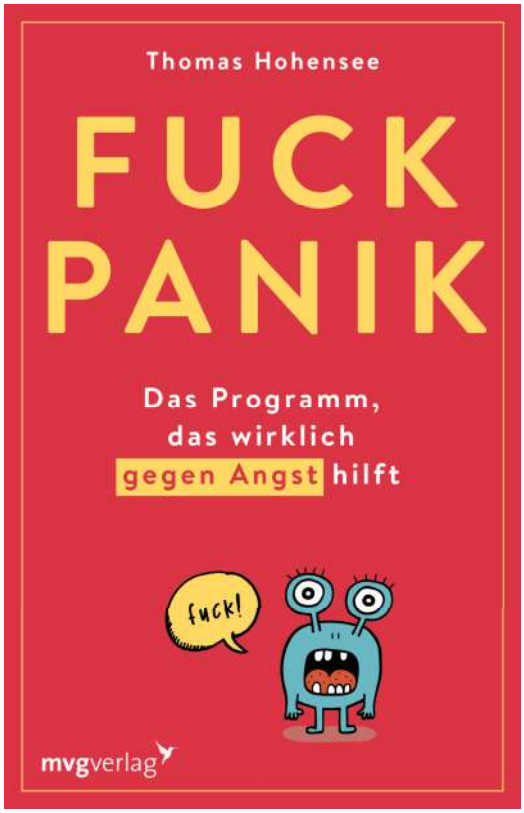

Publication:	16.09.2021
Author:	Hohensee, Thomas
Title:	**Fuck Panic** The program that really helps against anxiety
Pages/Cover/ Format:	approx. 176 pages, softcover, 135x210mm
ISBN:	978-3-7474-0331-0
Price:	D: 17,00 EUR, A: 17,50 EUR

The bestselling author with a total circulation of 500,000 copies is an experienced coach and has been affected himself

Being afraid is normal, anyone who does not know this feeling has a problem. But those who have too many fears can quickly develop an anxiety disorder and even panic attacks. The danger is great that even situations that one has mastered well so far become an anxiety trap. The author Thomas Hohensee is a coach and has suffered from a variety of fears himself. Now, with his effective programme, he helps those affected to face their fears constructively, step by step, and to learn not to avoid these feelings any longer. With the help of numerous exercises and tasks, the author encourages people to endure fears and thus free themselves from them permanently.

Thomas Hohensee is one of the most widely read experts on calmness. His book Gelassenheit beginnt im Kopf has sold 200,000 copies so far. With around half a million books sold, he is one of the most successful German-language authors. In addition to his writing, he offers seminars and coaching.

Selling points and marketing:

- 20 million Germans suffer from an anxiety disorder - this effective programme helps sufferers in every situation
- Large target group: mental illnesses continue to increase, anxiety disorders are particularly widespread

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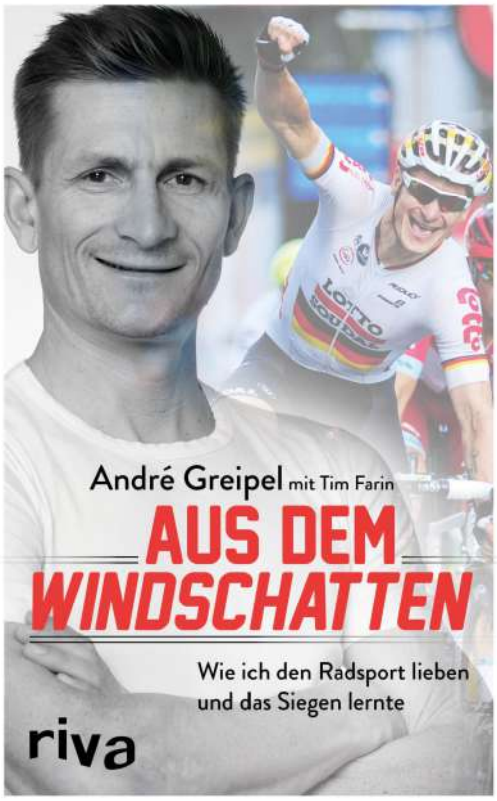

Publication:	12.10.2021
Author:	Greipel, André; Farin, Tim
Title:	**Out of the slipstream** How I learned to love cycling and how to win
Pages/Cover/ Format:	approx. 224 pages, softcover, 135x205mm
ISBN:	978-3-7423-1850-3
Price:	D: 18,00 EUR, A: 18,50 EUR

Testimony to an impressive career - the autobiography of professional cyclist André Greipel

The sports world knows André Greipel as an explosive sprinter who has won numerous races in the final metres. He made his childhood dream come true, became one of the world's best racing cyclists and won many stages in the Tour de France, Giro d'Italia and La Vuelta. Now he is in the final stage of his career. In his book, he reports on his great successes, legendary races, tough competitors and gives exciting insights behind the scenes of professional cycling. He also traces the human side of professional sport and shows how much hard work is behind his success in road cycling and that it takes a great willingness to persevere in pursuing one's own path even against opposition.

André Greipel, born 1982 in Rostock, is a German professional cyclist. He is one of the best road sprinters of his generation. In the past 17 years he has celebrated 158 victories, including 11 stage wins in the Tour de France. Twice (2015 and 2016) he won the prestigious finish on the Champs-Élysées. During the 2021 Tour de France, he announced that he would end his successful career at the end of the year.

Tim Farin, born in Troisdorf in 1976, has been writing about cycling as a freelance journalist since 2005. For the magazine TOUR he provides interviews and reports from professional sport and hobby races. A graduate of the German School of Journalism, he is an active racing cyclist himself and has already published two books about this fascinating sport.

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Publication:	21.09.2021
Author:	Bendixen, Ann-Kathrin
Title:	**Bikergirl** How I sought freedom and found life
Pages/Cover/ Format:	192 pages, softcover, 135x210mm
ISBN:	978-3-7423-1931-9
Price:	D: 13,00 EUR, A: 13,40 EUR

Over 50,000 followers on Instagram follow her exciting adventures. Now exclusively as a book: the entire travelogue and self-discovery story

Pure freedom. An idea that fascinates many, but which remains an unfulfilled dream for most. In her last year at school, Ann-Kathrin Bendixen could think of nothing else. A life-threatening illness had robbed her of two years of her life. While still in hospital, she decided not to take the conventional route and start studying or training after her high school graduation, but to pack up her old Suzuki Bandit and go on a world tour in search of her personal freedom.

Bikergirl tells the adventurous journey of a 19-year-old girl who rides alone and without money across Europe on her motorbike, gets to know new countries and cultures and defies all dangers - because there were plenty of them. Her only companion is her plush monkey, who gives her comfort in lonely moments and shares her happiness during great experiences.

Ann-Kathrin Bendixen is just 19 years old when, after graduating from high school, she sets off on a trip around the world with an old motorbike and a stuffed monkey. After a long illness, she had spontaneously decided to discover the beautiful sides of this world on her own. She documents her journey on the popular Instagram page *AffeaufBike* (MonkeyOnBike).

Selling points and marketing:

- A book that encourages you to live your dreams
- A book not only for motorcyclists: travelogue, adventure story and touching tale of self-discovery

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Publication:	14.09.2021
Author:	Engel, Marcell
Title:	**The 7 principles of the crime scene cleaner** Stories about murder, violence, love and hope
Pages/Cover/ Format:	approx. 240 pages, softcover, 135x205mm
ISBN:	978-3-7423-1051-4
Price:	D: 16,00 EUR, A: 16,50 EUR

Absolutely shocking: Crime Scene Cleaner reveals seven crime scenes that permanently change our view of life

Behind every crime scene is a human fate that leaves traces. Marcell Engel has been a crime scene cleaner for over 25 years and is confronted with these traces every day. What happened at the place he was called to?

Engel describes seven crimescenes in his book - signs of violence and destruction, broken fates, in short: true events. All these stories show how stuck people often are and how unable they are to banish negative influences from their lives. What he discovers and experiences affects him and makes him think - about the meaning of life and himself. His thoughts culminate in seven principles. They are words of wisdom that teach us to live a life far from pain and fear, to manage our everyday lives with discipline, to make the right decisions and to always seek our own path to happiness.

Marcell Engel is a crime scene cleaner and entrepreneur with a passion. With his company AKUT SOS CLEAN, he offers numerous services in the field of hygiene, disinfection and pest control. In his more than 25 years of work, he has been confronted with many tragic fates. His first book, The 7 Principles of the Crime Scene Cleaner, tells of crime scenes that have permanently changed his view of life.

Selling points and marketing:

- Gripping true-crime stories from the everyday life of a crime scene cleaner
- True Crime meets guidebook - all stories culminate in principles for better living

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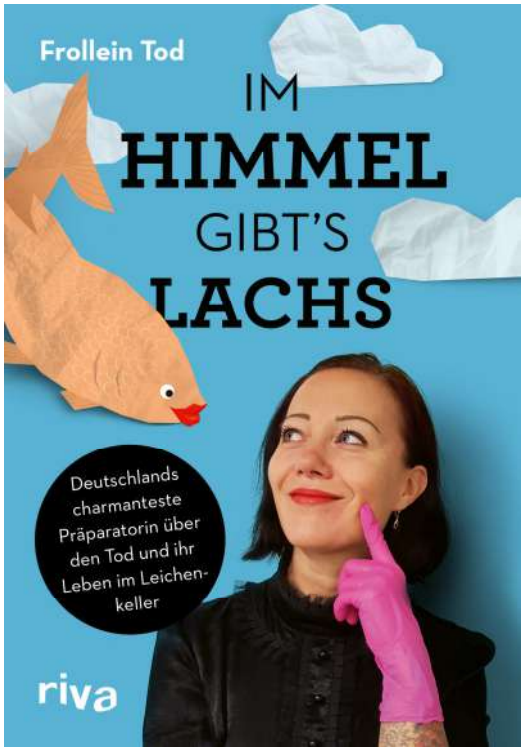


Publication:	12.10.2021
Author:	Frollein Tod
Title:	**There's salmon in heaven** Germany's most charming preparator on death and her life in the mortuary
Pages/Cover/ Format:	224 pages, softcover, 145x215mm
ISBN:	978-3-7423-1748-3
Price:	D: 17,00 EUR, A: 17,50 EUR

Head of pathology at TUM gives insights into working with the dead

Have you ever wondered why some people absolutely want to work with the deceased? How normal can that be - or are these people perhaps crazy or even completely lost? Judith Brauneis was still very young when she decided to become "Frollein Tod" (“Miss Death”). She followed the call of death, which seemed to want to make friends with her, and set herself up in pathology. Professionally, matter-of-factly, but just as casually and with an extra pinch of humour, the mortuary preparator tells of her work with the dead and how she found herself and her true destiny through it. "Frollein Tod" describes openly and sensitively how she became strong enough to look tragedy in the face and gentle enough to offer support and compassion to those who suffer in her accompanying work as an emergency chaplain.

Judith Brauneis is a trained medical dissector and emergency counsellor. Since 1998 she has been head of the dissection section of the pathology department at the Technical University in Munich. Under her pseudonym "Frollein Tod", she talks about her exciting everyday life as a dissection assistant and grief counsellor at numerous events. She lives in Bavaria with her husband and cat.

Selling points and marketing:

- A wise and refreshingly different look at one of our greatest taboos: death.
- Brauneis is a dissector and emergency counsellor and also passes on her knowledge in seminars

riva

Publication:	03.09.2021
Author:	Schweiger, Stefan
Title:	**Plastics. The big deception** On the fabulous rise of plastics and the price we have to pay for it today
Pages/Cover/ Format:	208 pages, hardcover, 145x215mm
ISBN:	978-3-7423-1963-0
Price:	D: 12,00 EUR, A: 12,40 EUR

From modern miracle substance to ticking time bomb for the planet

Many consider plastics to be the biggest environmental problem of our time. For years, plastics were considered to be the promoters of our prosperity and economic growth. Plastics were celebrated as the new gold that could be produced cheaply, shaped in any way and used in many different ways.

In this book, Stefan Schweiger traces the eventful path of plastics in short, pointed episodes. He tells how the invention of celluloid made hunting elephants superfluous, how luxury items in the kitchen and household became affordable for everyone thanks to PET, and how it was believed that foam could even solve the hunger problem in the Third World. Even today, when more and more plastics are being recycled and alternatives to plastic are being sought in many areas, the convenience of many consumers remains a major problem. Plastic products are ubiquitous and practical, as Schweiger illustrates with the plastic bags still popular for transporting groceries despite the impending ban or the thoughtless taking of the coffee-to-go cup.

This book is a fascinating and at the same time stirring journey through a colourful plastic world that will not only shape our everyday lives, but also the future of humanity.

Stefan Schweiger studied political science, folklore and modern and contemporary history. As a research assistant at the Institute for Advanced Study in the Humanities in Essen, he was involved in numerous projects on sustainability. He is currently working on the project "Plastic Budget", funded by the Federal Ministry of Education and Research, at the Ruhr University in Bochum, not only on the cultural history of plastics, but also on the question of how plastic inputs into the environment can be reduced.

Selling points and marketing:

- The first well-founded non-fiction book on the subject
- With many curious and exciting examples from 150 years of plastics history

riva

Publication:	12.10.2021
Author:	Schleh, Carsten
Title:	**Caution, there's poison in it!** Where pollutants are hidden in our everyday life, how they make us sick and how we can protect ourselves
Pages/Cover/ Format:	304 pages, softcover, 135x205mm
ISBN:	978-3-7423-1684-4
Price:	D: 18,00 EUR, A: 18,60 EUR

An expert checks 35 everyday things that everyone uses for their toxicity level

We don't see them, we don't hear them. And yet we are constantly surrounded by them. We introduce them into our bodies with our food, smear them on our skin or breathe them in. Toxic chemicals are omnipresent and sometimes have serious consequences for our health: sunscreen softens our brains, nutmeg gives us hallucinations and cinnamon stars destroy our livers. But is that really true?

In this book, toxicologist Dr Carsten Schleh enlightens us about the dangers of real poisons in the things we use every day. He reveals how we can classify them correctly, where hidden toxins are contained and which widespread health wisdom is simply toxicological fake news.

Dr Carsten Schleh studied biology in Karlsruhe and Stockholm. After a toxicologically oriented doctorate at the Fraunhofer Institute in Hanover and at the University of Bern, he first worked in basic toxicological research. Subsequently, he was employed as a study manager in industry at a medium-sized company. For several years, he has been working for a professional association with a focus on occupational safety, hazardous and biological substances.

Selling points and marketing:

- Which poison is in what? What is its mode of action? And what should be done if it becomes dangerous? A toxicologist explains
- The scientific basics of toxicology applied to everyday life - written in a way that is exciting and understandable for everyone.

riva

Publication:	16.11.2021
Author:	Brater, Jürgen
Title:	**Aha-tomy** Astounding insights into our amazing bodies
Pages/Cover/ Format:	240 pages, softcover, 135x210mm
ISBN:	978-3-7423-1964-7
Price:	D: 8,00 EUR, A: 8,30 EUR

Strange medical body functions and reactions: explained in a funny and understandable way

Why do we perceive red cars louder than identically constructed blue ones? Why do we get cold shivers down our backs, but never in our stomachs? Why do we automatically hold our breath before we pee? In a rehabilitation clinic, a country doctor, a teacher, a student and the first-person narrator meet and talk animatedly, the conversation returning again and again to the human body and its amazing phenomena.

The medical doctor Jürgen Brater cleverly and competently enlightens us about our amazing body and its peculiarities. A cheerful book for everyone who wants to understand their body better.

Dr. Jürgen Brater studied medicine and dentistry and worked for many years in his own practice before teaching at vocational schools and evening classes. He is a successful author and has written books such as "Dr. Brater's Medical Cabinet of Curiosities", "The Encyclopaedia of Mysterious Body Processes" and " Don't worry - you'll have forgotten it by tomorrow".

Selling points and marketing:

- Body functions that we experience every day but have never understood, explained simply

riva

Publication:	12.10.2021
Author:	Schmitzer, Sonja; Dr. Ostermann, Karsten
Title:	**Why am I so tired?** Metabolic disorder HPU - What you can do about chronic fatigue, digestive problems, joint pain and other complaints
Pages/Cover/ Format:	224 pages, softcover, 135x210mm
ISBN:	978-3-7423-1798-8
Price:	D: 18,00 EUR, A: 18,60 EUR

About 10% of people are affected by HPU

Constant exhaustion, low stress tolerance, muscle pain, migraines or intolerances, accompanied by digestive problems - the metabolic disease HPU, in which the molecule haem is produced incorrectly and cannot work properly, has wide-ranging consequences. If it is not treated, it can lead to chronic diseases and a massive impairment of the quality of life. However, due to the numerous symptoms, diagnosis is difficult and sufferers often suffer for years without doctors identifying the trigger. Sonja Schmitzer and Dr Karsten Ostermann not only reveal how to identify HPU, but also present a therapy that goes far beyond mere symptom treatment. Through detoxification, an adapted diet and the intake of micronutrients, the causes are specifically combated and haem production corrected.

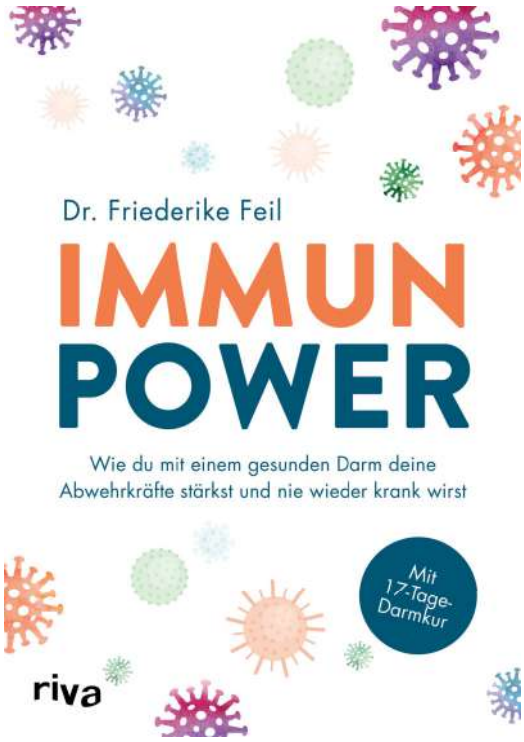
Sonja Schmitzer is a specialist journalist for life sciences and medicine. She trained in food diagnostics and studied molecular biotechnology. After a few years in research, she swapped the pipette for the laptop and now works as a journalist. Diagnosed with HPU herself, she founded the platform HPU AND YOU to help others affected.

Dr Karsten Ostermann is a specialist in general medicine and naturopathy with a focus on integrative, biological and orthomolecular medicine. He has expanded his expertise with studies in complementary medicine and training in TCM. With his approach of causal medicine, he specialises in diseases that cannot be clearly assigned, such as HPU.

Selling points and marketing:

- HPU disease has an immense impact on quality of life and enjoyment of life
- The authors examine HPU both from the point of view of those affected and from a medical perspective - the ideal team of experts
- Complex correlations are explained in a simple and understandable way

riva



Publication:	14.09.2021
Author:	Feil, Dr. Friederike
Title:	**Immune power** How to strengthen your defences with a healthy digestive system and never get sick again. With 17-day intestinal cure
Pages/Cover/ Format:	224 pages, softcover, 170x240mm
ISBN:	978-3-7423-1831-2
Price:	D: 20,00 EUR, A: 20,60 EUR

A strong immune system is essential to fight off (corona) viruses and other pathogens

Based on the latest findings from cell biology, nutrition and neuroscience, Dr. Friederike Feil shows how to keep your immune system healthy and strengthen it. The secret lies in a healthy intestine, which is home to over 70 percent of the immune cells. With the right diet, a mindful lifestyle and care for other organs such as the liver and thyroid, its function can be supported. A 17-day intestinal cure promises quick and, above all, lasting success. This way, everyone can arm themselves with a strong immune system for the next flu season or pandemic and preserve their own health.

Dr. Friederike Feil is known as a specialist for intestinal health and multiple bestselling author. She completed a bachelor's and master's degree in sports and health promotion at Florida Atlantic University, wrote her doctoral thesis on inflammation-reducing nutrition for rheumatism and is now a guest lecturer at Heilbronn University. From 2012 to 2014, she was one of the best obstacle runners in the world and won the Tough Guy race twice and the StrongmanRun six times. Friederike Feil has set herself the goal of helping people achieve better intestinal health with the "Dr. Friederike Feil Intestinal Cure".

Selling points and marketing:

- Friederike Feil is a best-selling author and recognised expert on intestinal health.
- Over 70 percent of immune cells are located in the intestine
- 17-day intestinal cure to strengthen the immune system

riva

Publication:	16.11.2021
Author:	Döll, Prof. Dr. Michaela
Title:	**Cure joint pain naturally** The best natural remedies to relieve inflammation, treat osteoarthritis and other rheumatic conditions and improve mobility
Pages/Cover/ Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-1846-6
Price:	D: 16,00 EUR, A: 16,50 EUR

Many people are affected by arthrosis, arthritis, etc.

Joint pain and discomfort are among the most common health problems worldwide, considerably limiting sufferers in their everyday lives and impairing their quality of life. Treatment is usually based on common painkillers. However, these carry a lot of risks - especially for older people - and are not a long-term solution. Natural remedies, on the other hand, are not only better tolerated, but also have a lasting effect. Best-selling author and healing expert Prof. Dr. Michaela Döll presents the most important medicinal plants, essential oils and micronutrients that counteract swelling, promote blood circulation, inhibit inflammation and stop cartilage wear. She describes in detail how the substances work and are used specifically to naturally strengthen the joints, improve mobility, relieve pain and treat osteoarthritis and other rheumatic diseases.

Prof. Dr. rer. nat. Michaela Döll is known as a nutritional medicine expert. She is a professor at the University of Braunschweig and her work focuses on vital substance medicine, nutrition, diseases caused by civilisation and the environment. Her expert knowledge is not only in demand in numerous lecturing activities, but also on radio and TV.

Selling points and marketing:

- Natural remedies are better tolerated and have a more lasting effect than common painkillers
- With portraits and recommendations for use of the most important substances

riva

Publication:	14.09.2021
Author:	Broll, Alexandra
Title:	**The end of tiredness** Cause adrenal insufficiency: How to overcome exhaustion, reduce stress and rebalance your hormones. Back to power in 7 steps
Pages/Cover/ Format:	208 pages, softcover, 170x240mm
ISBN:	978-3-7423-1830-5
Price:	D: 20,00 EUR, A: 20,60 EUR

A large percentage of people feel stressed

According to a recent statistic, 80 percent of Germans feel stressed - whether at work or in everyday life. Permanent stress can have a variety of effects on body, mind and soul and, in addition to fatigue and exhaustion, can lead to sleep disorders, mood swings, loss of libido, weight gain, cycle problems and chronic pain. Naturopath Alexandra Broll shows what the - often unrecognised - trigger for these numerous complaints is: an exhaustion of the adrenal glands, which cannot withstand this constant strain and cause hormonal chaos. With the help of a questionnaire, people can first find out for themselves how likely adrenal insufficiency is. In seven steps, those affected then learn how they can recharge the batteries of the adrenal glands and get a lasting and effective grip on chronic stress so that the body finds its way back into hormonal balance.

Alexandra Broll is an alternative practitioner with her own practice. For more than 15 years she has focused on holistic gynaecology and accompanies women on their way back to hormonal balance. She has taken numerous further training courses in naturopathic hormone therapy as well as hypno- and trauma therapy.

Selling points and marketing:

- With questionnaire to determine possible adrenal insufficiency
- Easy to use 7-step programme for home use

riva

Publication:	28.12.2021
Author:	Diefenbach, Dirk
Title:	**Anyone can lose weight** How to lose weight without sacrifice and reach your desired weight
Pages/Cover/ Format:	192 pages, softcover, 145x215mm
ISBN:	978-3-7423-1832-9
Price:	D: 18,00 EUR, A: 18,60 EUR

The way to your desired weight without sacrifice and torture

Anyone can lose weight without having to give up anything - that's what podcaster Dirk Diefenbach promises in his guidebook and shows how it's done. Diefenbach is a weight loss coach and expert in nutrition and weight management and motivates the reader to formulate realistic weight loss goals and to achieve them. In doing so, he focuses on satisfaction as a success factor and relies on a holistic approach with the most important factors of nutrition, exercise, mindset and sleep. This is how lasting and healthy weight loss works!

Since 2013, Dirk Diefenbach has been accompanying people on their way to their desired weight in lectures and coaching sessions. Parallel to group and individual coaching sessions, the website abspecken-kann-jeder.de was created, which is accompanied by the podcast of the same name. Through his own weight loss success, the author can speak from experience and thus help, motivate and inform. The Abspecken-kann-jeder podcast is so popular that Dirk Diefenbach has now written his first book to pass on his expert knowledge to even more people.

Selling points and marketing:

- The author's outstanding success story: He lost 20 kg and has maintained his weight for over 4 years.
- True to life, authentic, direct - this is how the author imparts knowledge and accompanies the reader on the path to the desired weight.

riva

Publication:	16.11.2021
Author:	Ehlers, Dr. Martin
Title:	**A fresh start for the lungs** How to cleanse, strengthen and rejuvenate the vital organ. With the best methods for healthy and resilient lungs
Pages/Cover/ Format:	224 pages, softcover, 170×240mm
ISBN:	978-3-7423-1906-7
Price:	D: 20,00 EUR, A: 20,60 EUR

Lung infections are the third most common cause of death worldwide

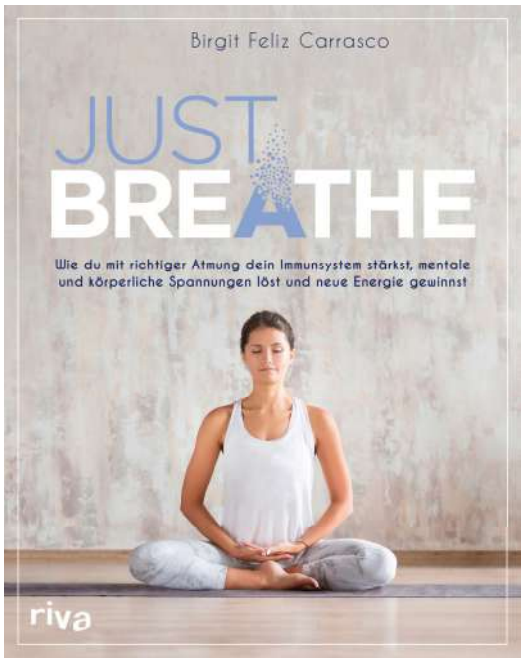
Never before has the topic of lung health been so much in the spotlight. But it is not only the coronary pandemic that is causing problems for this vital organ - the lungs are exposed to dangers almost permanently and everywhere. Increased CO2 and particulate matter emissions or an unhealthy lifestyle weaken its defence system, so that chronic, viral and bacterial lung diseases have an easy target. Because once the lungs are polluted or even damaged, no optimal gas exchange can take place and the organism cannot be sufficiently supplied with necessary substances and gases. This has an effect on the heart, intestines and brain, because contrary to what was assumed for a long time, we now know that the lungs are not to be regarded as an isolated organ. The pulmonologist Dr. Martin Ehlers explains how one can activate the removal of harmful substances and slow down the ageing process of the lungs with the right diet and natural measures such as sauna sessions and breathing techniques. Additional exercises for improved posture help to increase lung function. With these and other easy-to-implement applications, everyone can make their lungs stronger and more resilient to ward off viruses and protect their health in the best possible way.

Dr Martin Ehlers is a specialist in pulmonary and bronchial medicine and allergology. In addition to his own practice, he heads the Clinical Respiratory Research study centre in Hamburg, which researches and develops new treatment methods for people with lung diseases. For many years he provided medical advice to the German Swimming Association and the Olympic Training Centre in Hamburg.

Selling points and marketing:

- Numerous simple tips to protect yourself from air pollution and viral diseases like COVID-19

riva



Publication:	14.09.2021
Author:	Feliz Carrasco, Birgit
Title:	**Just breathe** How to strengthen your immune system, release mental and physical tensions and gain new energy with the right breathing technique
Pages/Cover/ Format:	192 pages, softcover, 190x240mm
ISBN:	978-3-7423-1847-3
Price:	D: 18,00 EUR, A: 18,60 EUR

The practical book on the trend topic of breathing

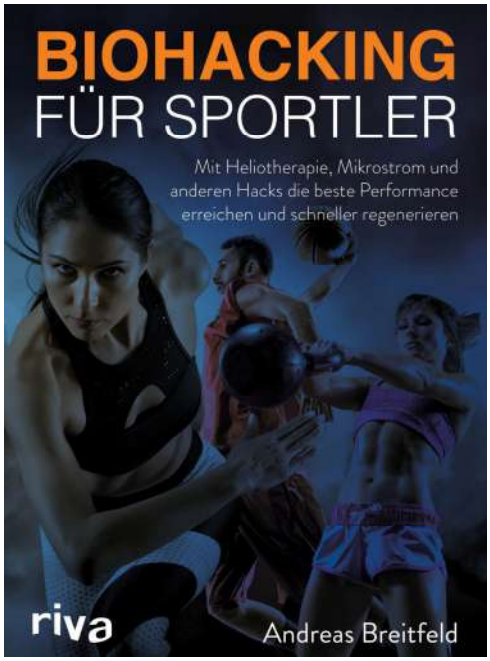
We all breathe - automatically and unconsciously. But breathing is more than just catching your breath. Breathing too shallowly can cause headaches, tension and fatigue. Conscious breathing, on the other hand, can positively influence the psyche and relieve pain by stimulating the self-healing powers. Yoga teacher and alternative practitioner Birgit Feliz Carrasco explains why correct breathing is so important and also healing and how to learn and use it. She explains the processes that take place in the body during breathing and the role oxygen plays in this process, and shows which techniques and exercises help to combat mental and physical complaints - from tiredness, stress and dejection to tension and digestive problems to a weakened hormone or immune system. Meditations, affirmations and recommendations for essential oils accompany the instructions. In this way, simple breathing can support the healing process and improve health.

Birgit Feliz Carrasco is the author of numerous books in the field of yoga and conscious living. After 20 years of professional life, she left the marketing industry with the goal of a new and sustainable direction in life. She trained as a yoga therapist and alternative practitioner and founded a yoga centre and a naturopathic practice in 2001. Today she is considered an expert for an individual, body-appropriate yoga practice that is suitable for all people.

Selling points and marketing:

- Incorrect breathing has been proven to damage health
- Activate the self-healing powers and strengthen the immune system with breathing exercises
- Numerous instructions against physical and mental complaints

riva



Publication:	25.01.2022
Author:	Breitfeld, Andreas
Title:	**Biohacking for athletes** Achieve the best performance and regenerate faster with heliotherapy, microcurrent and other hacks
Pages/Cover/ Format:	200 pages, softcover, 170x240mm
ISBN:	978-3-7423-1804-6
Price:	D: 20,00 EUR, A: 20,60 EUR

Biohacking specially tailored to athletes

Further, higher, faster - the hunt for better performance turns many athletes into "training world champions". But between work and sport, there is often little time for regeneration and preparation. Those who want to help their bodies recover faster and improve their performance beyond the usual methods such as meditation and sauna sessions will find many interesting possibilities of biohacking in the health sector in new technologies. After five years of research and more than three years of self-experimentation, Andreas Breitfeld presents the best biohacks and technological solutions for athletes and explains how to combine them optimally - both before and after training as well as for competition preparation. From easy-to-use tips for sleep optimisation to high-end solutions such as heliotherapy, hyperbaric oxygen or frequency-specific microcurrent, every athlete can put together the best methods for their athletic goal to get the most out of themselves.

Andreas Breitfeld is a journalist and owner of a communications agency. A burn-out caused him to give his life a new turn at the age of 42. He took responsibility for his health into his own hands and managed, through sport among other things, to become a completely different person within nine months. Today, this low point is his drive to test new technologies and approaches in the health sector outside the mainstream. He develops new tech together with companies and runs Germany's first biohacking lab, where these technologies are used and also applied to customers.

Selling points and marketing:

- With the latest technological methods such as frequency-based microcurrent or heliotherapy
- With numerous practical tips for training and competition preparation as well as for home use

riva

Publication:	16.11.2021
Author:	Albert, Alexandra; Droste, Dr. Susanne
Title:	**Mental training for athletes** Using neuroscientific strategies to control emotions, promote motivation and concentration and achieve best performance
Pages/Cover/ Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-1773-5
Price:	D: 20,00 EUR, A: 20,60 EUR

The first book on neuro-centred mental training

Mental strength is essential for every athlete - it can decide the outcome when unexpected difficulties arise in competition, a game is on the line, the body is on strike or the pressure is too great. Targeted mental training prepares athletes for such situations and teaches them to relax, motivate, concentrate or regulate emotions at the right moment. As the control centre of thoughts, emotions and movement, the brain plays an important role. The mental trainers Alexandra Albert and Susanne Droste explain these connections and present neuroscientific strategies with which mental processes can be controlled - from progressive muscle relaxation to meditation and breathing techniques to exercises for the vagus nerve. The understanding of the processes in the body in combination with practical exercises facilitates athletes' access to mental training and helps them to apply it in practice.

Alexandra Albert is a mental trainer in the sports and health sector, coordination trainer and relaxation pedagogue, with her own practice since 2015. She also works as a lecturer and examiner for sports mental training at the IST Study Institute, in the national teaching team of the German Alpine Club, in the Hessian Triathlon Association, at the Trier Sports Academy and at the YMCA University of Kassel, and in the professional association of relaxation educators.

Dr. Susanne Droste is a neuroscientist, consciousness researcher, mental trainer, hypnosis and psychotherapist as well as a trainer and lecturer in brain understanding. After ten years of active research at home and abroad and a one-year trip around the world, she decided to transfer her knowledge from theory into practice. Through her expertise, she uses techniques attuned to neurophysiological processes to accompany people in their professional and personal lives. A special focus is on mental training and the optimal use of physical as well as psychological possibilities in a sporting context.

riva

Selling points and marketing:

- Comprehensive expertise thanks to author duo of neuroscientist and mental coach
- For individual and team athletes as well as coaches
- With exercises to promote concentration, motivation, coordination and emotion regulation

riva

Publication:	12.10.2021
Author:	Lienhard, Lars
Title:	**Speed begins in the brain** Improve reaction time and optimise speed performance with neuroathletics
Pages/Cover/ Format:	288 pages, softcover, 190x240mm
ISBN:	978-3-7423-1844-2
Price:	D: 25,00 EUR, A: 25,80 EUR

The revolution of speed training

Speed is often the decisive factor that determines victory or defeat in sport. The extent to which speed is perceived by the brain and implemented by the body is linked to central nervous and technical-coordinative control processes. Only when the brain classifies a situation as safe does it allow for optimal speed development. In his third book on neuroathletic training, Lars Lienhard, the leading German expert on neuro-centred training, shows how athletes can raise their speed training to a new level via the neuronal foundations. To this end, he explains not only the most important technical prerequisites but also the most efficient methods for using the full potential of this specific approach and significantly improving perceptual speed, reaction ability and running speed. The more than 70 illustrated exercises are presented in an understandable way and are easy to implement. Specific plans help to optimise training and achieve peak performance.

Lars Lienhard, pioneer of neuroathletics training, works as a trainer, consultant and instructor in elite sport. The sports scientist and former competitive athlete is the leading expert on neuro-centred training in Europe. He has prepared numerous athletes for the Olympic Games and supports clubs and associations as a trainer and consultant at major sporting events and in conceptual questions. Among other things, he was a coach at the FIFA World Cup in Brazil in 2014 and at the Olympic Games in Rio in 2016.

Selling points and marketing:

- The third book on neuro-centred training by the leading German expert.
- The first book on neuro-centred speed training - with over 70 exercises

riva

Publication:	26.10.2021
Author:	Wittig, Julia
Title:	**Ice swimming** How to prepare yourself physically and mentally, train safely and overcome your limits. With training plans and the best methods from a world champion
Pages/Cover/ Format:	208 pages, softcover, 170x240mm
ISBN:	978-3-7423-1914-2
Price:	D: 22,00 EUR, A: 22,70 EUR

The best training strategies from the world champion ice swimmer

Ice swimming is the latest fitness trend. Numerous videos on social media show that more and more people are enthusiastically jumping into cold lakes, rivers or other bodies of water. All too often, however, this extreme sport is presented there as a fun sport or a fun hobby. However, ice swimming poses many dangers and can sometimes be fatal if you are not prepared. So what is the right way to proceed? World champion Julia Wittig gives a detailed insight into this new trend sport. She describes in detail which temperatures and waters are suitable for it, how the ice water affects the body during and after exposure to the cold, and why mental components have a positive influence on breathing. With suitable methods and training plans tested by her for different levels - from beginner to advanced to professional - everyone can practice ice swimming safely, healthily and enjoyably, taking into account their personal limits.

Julia Wittig is one of the world' most successful ice swimmers. At the Ice Swimming World Championships 2017 in Burghausen, she won the world title over 1000 metres. She set several world records and holds the record for the ice mile with 21:33 minutes. This puts her in the Guinness Book of Records 2021. She won seven gold medals at the last Winter Swimming World Championships 2020 in Slovenia.

Selling points and marketing:

- The first book on the new trend sport
- Tips and tricks for the right training and competition preparation
- Training plans for beginners, advanced and professionals

riva

Publication:	19.08.2021
Author:	Reicheneder, Bernd; Müller, Daniel
Title:	**Fit and healthy with Natural Movement** The natural movement training for a strong and healthy body
Pages/Cover/ Format:	208 pages, softcover, 190×240mm
ISBN:	978-3-7423-1706-3
Price:	D: 20,00 EUR, A: 20,60 EUR

The successful Natural Movement specialists with their unique training concept

While on the one hand many people do not exercise enough, on the other hand the body is often exposed to unnatural and extreme stress. Both can result in physical problems such as back pain or metabolic disorders, but also mental illnesses. Sufficient and correct exercise is essential to prevent complaints and to keep body and mind fit. Instead of relying on expensive sports equipment and modern fitness trends, it is easier and more effective to return to natural movement patterns. The natural movement specialists Bernd Reicheneder and Daniel Müller present a training concept that teaches you how to make ideal use of your own innate movement potential. With crawling, jumping, balancing, hanging, running, throwing and catching, everyone can improve their strength, mobility and stability and thus keep the body supple and healthy. A 10-week programme for beginners and advanced learners helps to effectively integrate natural movements into everyday life.

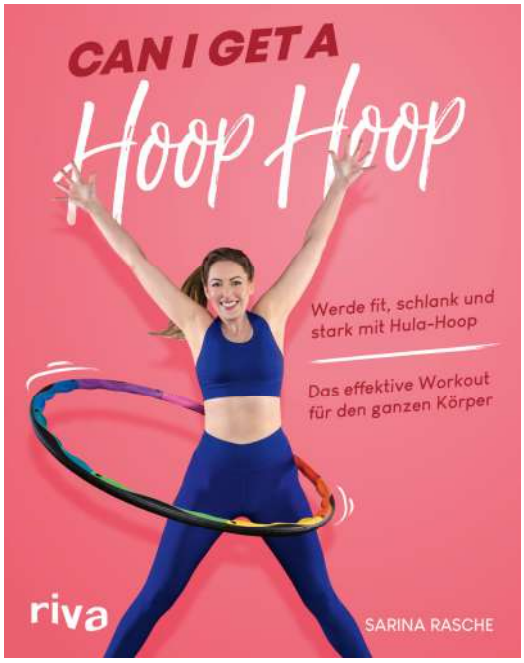
Bernd Reicheneder is a sports and fitness scientist. As a physio-diagnostician and trainer, his goal is to free people from pain through functional and natural training and to help them achieve more mobility and health. He was the first to offer and establish the globally known and successful MovNat movement concept in Europe.

Daniel Müller is a sports scientist and therapist. He focuses on neuro-based sports and movement therapy, neurokinetic therapy, natural forms of movement and relaxation training.

Selling points and marketing:

- Natural Movement can be practised at any time and in any place - without a gym or equipment.
- According to the WHO, lack of exercise has serious effects on physical and mental health

riva



Publication:	05.08.2021
Author:	Rasche, Sarina
Title:	**Can I Get A Hoop Hoop** Get fit, slim and strong with Hula-Hoop. The effective workout for the whole body
Pages/Cover/ Format:	192 pages, softcover, 190×240mm
ISBN:	978-3-7423-1919-7
Price:	D: 18,00 EUR, A: 18,60 EUR

Hula-Hoop is the new trend sport 2021

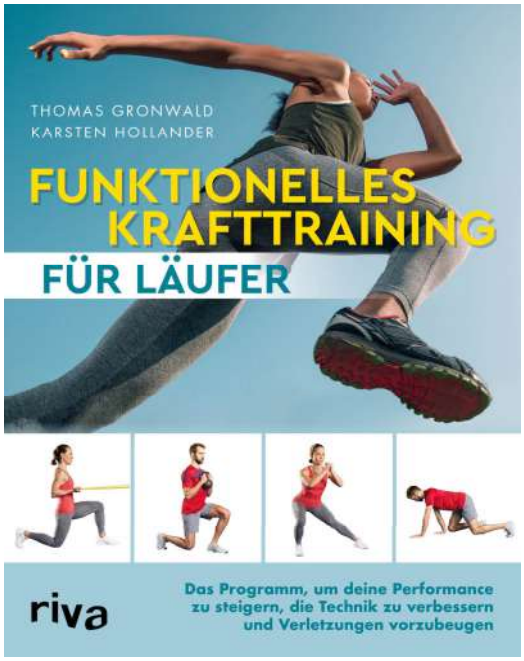
Hula hoop is back and has become the new trend sport for adults in a short time. The reason is not only the uncomplicated and versatile use, hula hoop is much more than just hoop swinging: With this fitness equipment, both cardio workout and strength training is possible. It promotes balance and stability, strengthens the core muscles and can even relieve back pain. Hula expert Sarina Rasche explains the basic steps, gives tips and tricks on how to use the hoop and presents numerous exercises and training programmes with different focuses. This way, mobility, HIIT or bodyweight workouts can also be designed with the hoop. A hula hoop workout not only ensures a shapely waist, toned arms and legs and an improved cardiovascular system, but also keeps you fit and healthy while having fun.

Sarina Rasche is not only a licensed fitness trainer, fascia and spinal gymnastics trainer and pelvic floor training coach, but also officially a power hoop instructor. She leads bodyfit, legs, bums and tums and mobility courses and is the first in the Hanover area to offer online courses for hula hoop fitness.

Selling points and marketing:

- The author is a licensed Powerhoop instructor
- With colour illustrated step-by-step instructions
- Suitable for all ages and with workouts for every fitness level

riva



Publication:	16.11.2021
Author:	Dr. Gronwald, Thomas; Hollander, Karsten
Title:	**Functional strength training for runners** The program to increase your performance, improve technique and prevent injuries
Pages/Cover/ Format:	224 pages, softcover, 190x240mm
ISBN:	978-3-7423-1845-9
Price:	D: 20,00 EUR, A: 20,60 EUR

Running is among the top five most popular sports

Running is one of the most popular sports. But as in any other sport, only specific training leads to a measurable increase in performance. With Functional Strength Training for Runners, the authors have developed such a program, which is aimed at both amateur and competitive athletes. Through targeted exercises, runners can not only optimise their performance, but also prevent running-related injuries, improve their posture and strengthen the immune system. The authors also explain the importance of energy metabolism, how strength training prevents muscle fatigue, and introduce the basics of biomechanics, which are used to measure and assess running technique. With implementation tips and training plans for beginners and professionals.

Thomas Gronwald is a training scientist with a focus on strain and stress control. In particular, he deals with the effects of fatigue processes on the autonomic and central nervous system and consequently with neuroenhancement and injury prevention strategies in sports training. He is a co-founder of Senmotion GmbH, which focuses on the prevention and therapy of injuries and damage to the musculoskeletal system in the digital health sector.

Prof. Dr. Dr. Karsten Hollander is Professor of Sports Medicine at the MSH Medical School Hamburg. His scientific focus is on biomechanics and injury prevention in running. He himself was an active middle-distance runner for a long time and today works as a team doctor for the Hamburg Athletics Association and for the German national cross-country skiing team.

Selling points and marketing:

- With the latest scientific findings on performance enhancement and injury prevention in running
- With an exercise section and training plans for beginners and professionals

riva

Publication:	16.11.2021
Author:	Pürzel, Alexander
Title:	**Squat, bench press, deadlift** To peak performance with functional movement analysis
Pages/Cover/ Format:	272 pages, softcover, 215x280mm
ISBN:	978-3-7423-1809-1
Price:	D: 25,00 EUR, A: 25,80 EUR

European champion in cross lifting Alexander Pürzel shares his knowledge

Squat, bench press and deadlift are the supreme disciplines of strength training and essential movement patterns for most sports. However, the ideal execution of movements with heavy weights is a great challenge for most athletes. In this book, Alexander Pürzel, sports scientist and European powerlifting champion, presents the best methods for technically analysing these three exercises and improving them in practice. The athlete thus has the opportunity to really understand the movement sequences, to recognise his or her own weaknesses and to work on them in a targeted manner. 50 exercises help to address individual problem areas, improve mobility, compensate for imbalances and utilise the full strength potential.

Alexander Pürzel is a sports scientist and European Championship gold medallist. He conducts research in the field of movement science and biomechanics at the University of Vienna. The drive of his athletic and scientific questions is to make humanity incredibly strong. He shares this passion and knowledge from the limitless cosmos of strength training in his books, seminars and lectures - peppered with a humorous touch of madness. Imparting knowledge about human strength is crucial in all his fields of activity. His decades of experience as a coach, athlete and lecturer make him a formative mind with biceps in the field of strength training.

Selling points and marketing:

- First book to analyse the three most important exercises in weight training
- Extensively illustrated and with instructional videos via QR code
- With 50 illustrated and detailed exercises

riva

Publication:	12.10.2021
Author:	Möller, Tine
Title:	**Slim and fit through the menopause** The training program against hormonal chaos, muscle loss, hot flushes and weight gain
Pages/Cover/ Format:	224 pages, softcover, 190x240mm
ISBN:	978-3-7423-1826-8
Price:	D: 20,00 EUR, A: 20,60 EUR

Eight out of ten women experience discomfort during the menopause

Hormonal chaos, muscle loss, hot flushes, weight fluctuations - the menopause is different for every woman, but for all of them it means physical changes that also take place on a mental and emotional level. It is important not to watch this change inactively, but to remain active. Exercise helps to counteract the ageing process and prevent complaints. With the fitness programme of Tine Möller, expert for training in the menopause, it is possible to react specifically to the new needs of the body: Fat burner workouts support the fight against hormone-induced weight gain, strength training counteracts bone loss, endurance training promotes blood circulation and thus reduces the risk of cardiovascular diseases. Last but not least, with over 90 exercises, you can really work out and recharge your batteries to get through the menopause fit, slim and relaxed.

Tine Möller is a group fitness instructor and personal trainer, nutrition coach and pelvic floor trainer. Exercise is her passion and long before she entered midlife herself, she specialised in menopausal women, whom she supports with a training programme tailored to them. She lives with her family in the southwest of Berlin, where she offers pre- and postnatal outdoor training as well as menopause training.

Selling points and marketing:

- Studies prove that exercise helps with hormonal, muscular and other physical changes
- Exercise also has a positive effect on an emotional and mental level
- Over 90 exercises and training programmes for everyday life

riva

Publication:	10.08.2021
Author:	Höfler, Heike
Title:	**Strong pelvic floor** Prevent discomfort, promote regression, improve posture, enjoy sex more
Pages/Cover/ Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-1705-6
Price:	D: 15,00 EUR, A: 15,50 EUR

Pelvic floor exercises are the best option for prevention and therapy

The pelvic floor is one of the most important parts of the human body. It is responsible for good posture and a functioning bladder; it also ensures intense sexual experience and is considered an energy centre. However, science estimates that one in three women has a pelvic floor weakness, which can lead to urinary tract infections and incontinence. Therefore, it is essential to strengthen the pelvic floor at an early stage. Heike Höfler shows the best exercises for muscle building, prevention and rehabilitation and specifically addresses training during pregnancy and after birth. The simple and varied exercise programmes can be ideally integrated into everyday life. In this way, the pelvic floor can be trained in a targeted way, the centre of the body can be strengthened, complaints can be prevented and the general well-being can be improved.

Heike Höfler is a state-certified sports and gymnastics teacher. For many years she worked as an exercise therapist at various clinics and leads back and neck courses for health insurance companies and at adult education centres. She is the author of numerous bestsellers on fitness and health topics and is known to a wide audience through radio and television programmes as well as publications in trade magazines.

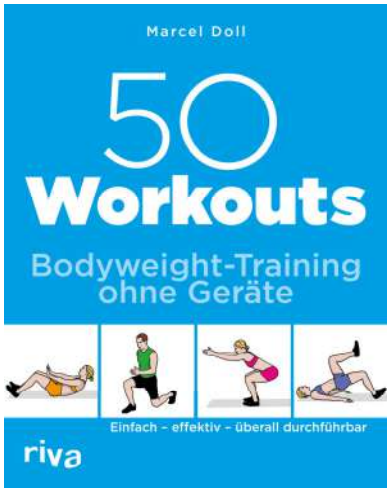
Selling points and marketing:

- Helps with gynaecological, urological and sexual problems
- With short exercise programmes that can be integrated into everyday life

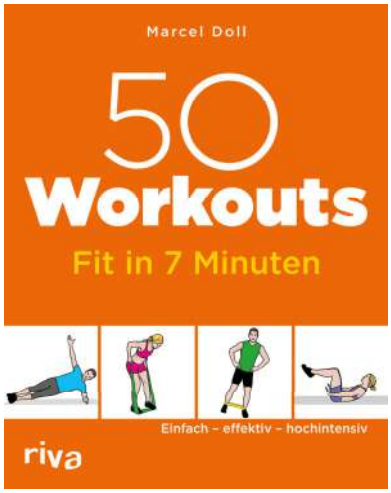
riva

50 Workouts – The successful DIY gym books

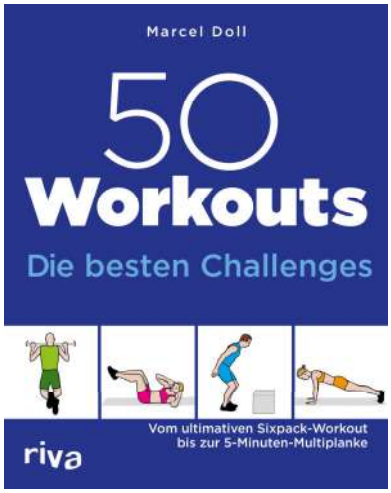
Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail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



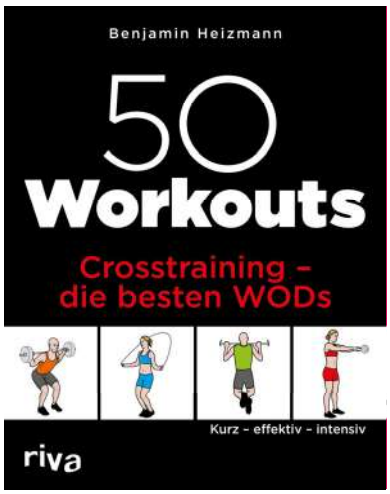
Published 10.04.2017 144 pages



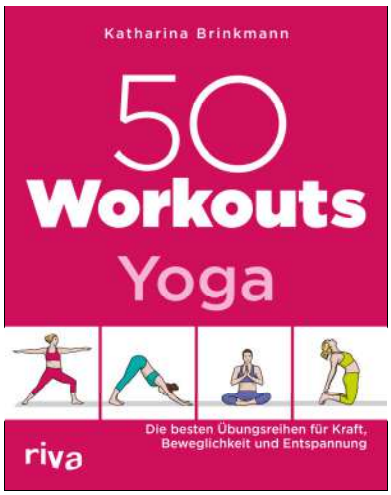
Published 10.04.2017 144 pages



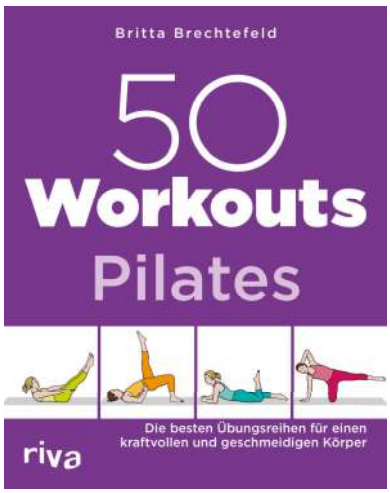
Published 13.11.2017 128 pages



Published 11.06.2018 128 pages

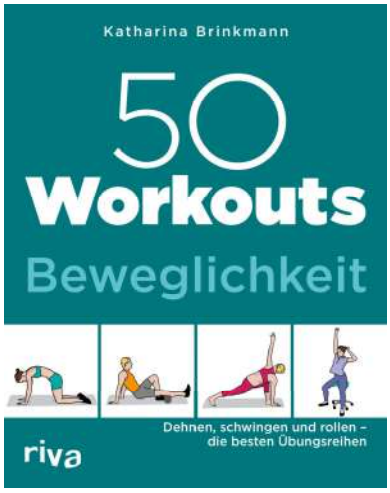


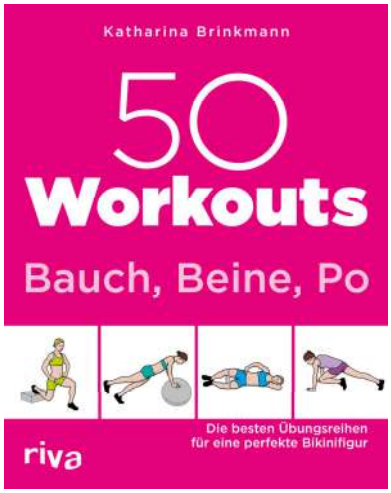
Published 08.10.2018 144 pages

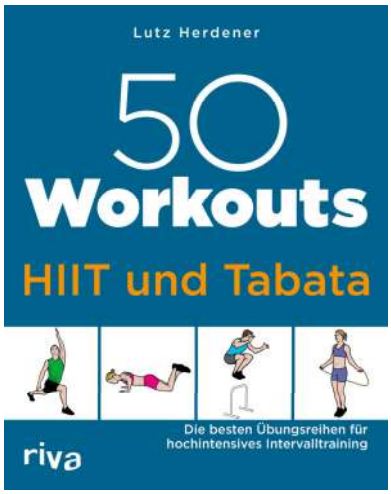


Published 22.05.2019 144 pages

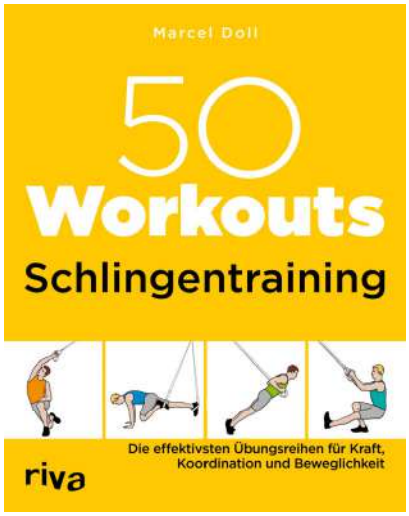
riva

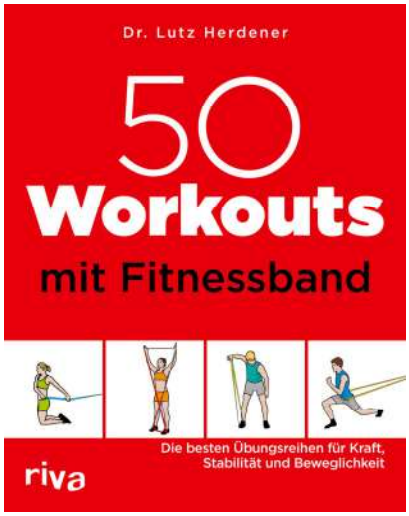






Published 11.09.2019 144 pages	Published 17.03.2020 128 pages	Published 17.03.2020 144 pages



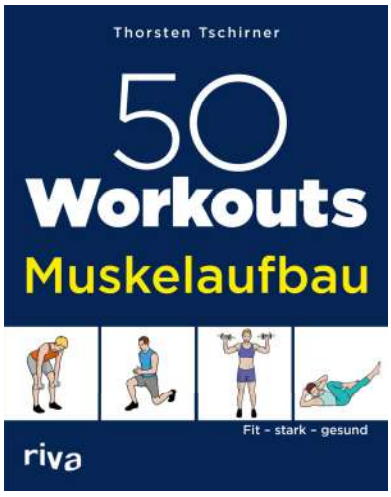


Published 29.12.2020 128 pages	Published 20.04.2021 144 pages	Published 20.04.2021 144 pages

riva

Publication:	20.04.2021
Author:	Brinkmann, Katharina; Doll, Marcel
Title:	**50 Workouts – for at home** Fit, strong and agile without a gym
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1862-6
Price:	D: 10,00 EUR, A: 10,30 EUR

Publication:	25.10.2021
Author:	Thomschke, Ronald
Title:	**50 Workouts – Against Back Pain** Release tension, build muscles, improve posture
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1865-7
Price:	D: 10,00 EUR, A: 10,30 EUR



Publication:	25.10.2021
Author:	Tschirner, Thorsten
Title:	**50 Workouts – Muscle building** Fit, strong, healthy
Pages/Cover/ Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1867-1
Price:	D: 10,00 EUR, A: 10,30 EUR

riva

Publication:	14.09.2021
Author:	Muliar, Doris
Title:	**Eat right with diverticulitis** The optimal diet for a symptom-free life
Pages/Cover/ Format:	approx. 192 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1800-8
Price:	D: 17,00 EUR, A: 17,50 EUR

Publication:	23.03.2021
Author:	Pichl, Veronika
Title:	**The Work from Home Cook Book** 80 quick, easy and healthy recipes
Pages/Cover/ Format:	144 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1828-2
Price:	D: 10,00 EUR, A: 10,30 EUR

Publication:	25.10.2021
Author:	Till, Charly
Title:	**Cooking for Guys** 60 simple recipes for every day
Pages/Cover/ Format:	96 pages, softcover, 170x240mm
ISBN:	978-3-7423-1835-0
Price:	D: 10,00 EUR, A: 10,30 EUR

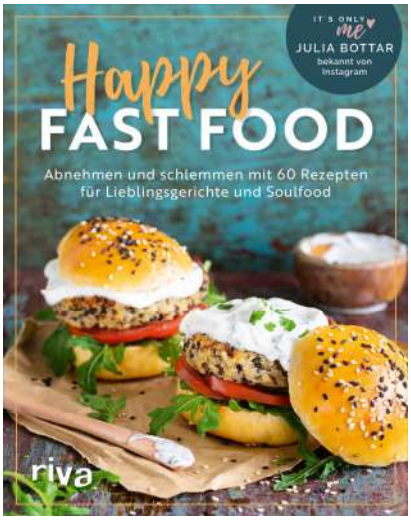
riva

Publication:	25.10.2021
Author:	Muliar, Doris
Title:	**Simple alkaline cooking** 100 quick recipes for deacidification, weight loss and enjoyment
Pages/Cover/ Format:	192 pages, hardcover, 148x210mm
ISBN:	978-3-7423-1857-2
Price:	D: 15,00 EUR, A: 15,50 EUR

Publication:	25.10.2021
Author:	Rosenthal, Patrick
Title:	**Teenie Cook Book** Simple, quick and super tasty
Pages/Cover/ Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-1870-1
Price:	D: 15,00 EUR, A: 15,50 EUR

Publication:	16.11.2021
Author:	Leesker, Christiane; Jansen, Vanessa
Title:	**Read & Eat – The Cook Book** Over 50 recipes from favourite novels
Pages/Cover/ Format:	176 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1899-2
Price:	D: 20,00 EUR, A: 20,60 EUR

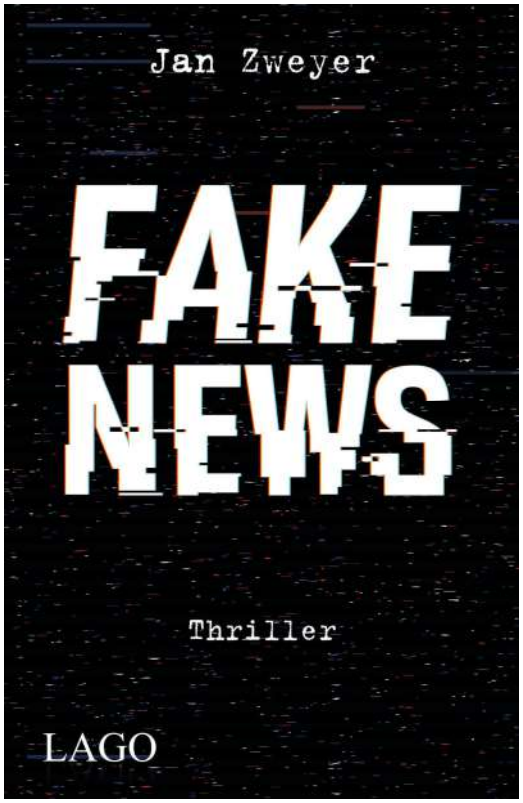
riva



Publication:	16.11.2021
Author:	Bottar, Julia
Title:	**Happy Fast Food** Lose weight and indulge with 60 recipes for favourite dishes and soul food
Pages/Cover/ Format:	160 pages, hardcover, 190x240mm
ISBN:	978-3-7423-1900-5
Price:	D: 20,00 EUR, A: 20,60 EUR

Publication:	10.08.2021
Author:	Rosenthal, Patrick; Ruhland, Sandra
Title:	**The Ultimate Dating Cookbook** Your place or mine? 50 recipes to impress your date
Pages/Cover/ Format:	128 pages, hardcover, 170x240mm
ISBN:	978-3-7423-1911-1
Price:	D: 10,00 EUR, A: 10,30 EUR

LAGO



Publication:	14.09.2021
Author:	Zweyer, Jan
Title:	**Fake News** Thriller
Pages/Cover/ Format:	approx. 304 pages, softcover, 135x210mm
ISBN:	978-3-95761-206-9
Price:	D: 14,00 EUR, A: 14,40 EUR

Cutting-edge topic meets gripping plot - in *Fake News* you ask yourself until the end: What is fact, what is fake?

A series of terrorist attacks shakes Germany. Confessions confirm what is already suspected: Islamists are to blame for the crimes. While the LKA investigates, chaos breaks out in the country - politicians are unsettled, the media spread baseless speculation, right-wing populists fuel the mood with xenophobic slogans. But are Islamist terrorists really responsible for the attacks? Or are they cleverly staged fake news and there is something else behind it altogether?

After his novel The Fourth Sparrow, Jan Zweyer delivers another multi-layered thriller that keeps readers enthralled until the very last page.

Jan Zweyer was born in 1953. After studying architecture and social sciences, he first worked as a research assistant at the Ruhr University, then for various industrial companies. Today he works as a freelance writer in the Ruhr region. After his eco-thriller Der vierte Spatz (The Fourth Sparrow), the political thriller Fake News is once again dedicated to a cutting-edge social issue.

Selling points and marketing:

- Topics such as fake news, terrorism and right-wing populism are guaranteed to keep you on the edge of your seat
- As gripping as if you were right in the middle of it: page by page, the reader gets to the bottom of the truth...But is it really the truth?

LAGO

Publication:	14.12.2021
Author:	Doehnert, Rodica
Title:	**Friedrichstadt-Palace**
Pages/Cover/ Format:	approx. 352 pages, hardcover, 135x215mm
ISBN:	978-3-95761-209-0
Price:	D: 24,00 EUR, A: 24,70 EUR

The novel for the start of the large-scale TV series: Friedrichstadt-Palace takes readers into the revue theatre of the late 1980s

Berlin, capital of the GDR, in the spring of 1989. The country is still in a political slumber - the old comrades rule and believe in an invincible socialism. At the Friedrichstadt-Palace they don't care about the morbid state politics. Here, a big show is being prepared as the climax of the GDR's 40th anniversary. It's all about top performances for the dancers, the musicians, the direction and the technology. Christine Steffen will finally get her long-awaited first solo dance. During these exciting hours, which are to give Christine's career a decisive turn, she suddenly comes face to face with her doppelganger. It soon turns out: Marlene is Chris' unknown twin sister from Bavaria. What happened that separated the sisters? Why didn't they know about each other? Chris and Marlene decide to get to the bottom of their East-West German family history.

Two women in search of their roots, against the backdrop of German division and reunification. Touching, stirring and reconciling.

Rodica Doehnert grew up in the GDR and is an acclaimed screenwriter. Her major public successes include "Das Adlon. A Family Saga" and "Hotel Sacher" with millions of viewers worldwide. She wrote successful novels for both series. "Hotel Sacher" is an international bestseller.

Selling points and marketing:

- Dazzling backdrop: the Friedrichstadt-Palace as the glamorous setting for this contemporary historical novel
- Socialism meets capitalism, GDR meets FRG, sister meets sister in this masterpiece of German-German history

LAGO

Publication:	12.10.2021
Author:	Saxx, Sarah
Title:	**My Christmas Wish**
Pages/Cover/ Format:	approx. 400 pages, softcover, 135x210mm
ISBN:	978-3-95761-208-3
Price:	D: 12,00 EUR, A: 12,40 EUR

Over 400,000 books sold: bestselling author Sarah Saxx grants us a Christmas wish

An encounter with a lonely old lady leaves psychology student Lydia shaken on Thanksgiving. She matures a desire to help people who have to spend the holidays alone. Back at college, she throws herself into work and, with the help of her fellow students, launches a charity project: she wants to bring together people living alone for a Christmas feast with families who still have a place at her table.

She receives special support from her fellow student Shawn. The empathetic man seems to have a special connection to lonely people and inspires Lydia with his commitment.

But there's one thing Lydia doesn't know about Shawn - and it causes her to completely question her growing feelings for him.

An enchanting feel-good romance for the cold days that will warm anyone's heart.

Her love of romantic novels brought Sarah Saxx to writing years ago. Since then, the daydreamer born in 1982 has successfully published a variety of stories that touch your heart and cause that certain tingling sensation. Sarah writes, loves and lives in Upper Austria and loves to spend her free time with her husband, their two daughters and Labrador Buddy.

Selling points and marketing:

- On the power of community: heart-warming new-adult novel for the most wonderful time of the year

mvgverlag

Publication:	14.09.2021
Author:	Gruber, Irina; Weser, Susanne
Title:	**Hab Mut, kleiner Drache Tarakona** Eine bezaubernde Mutmachgeschichte für Kinder ab 2 Jahren
Pages/Cover/ Format:	64 pages, hardcover, 240x170mm
ISBN:	978-3-7474-0352-5
Price:	D: 10,00 EUR, A: 10,30 EUR

Never be afraid of the dark again: The cute dragon Tarakona helps you fall asleep

All dragons are big and strong and not afraid of anything! All dragons? No, the little dragon Tarakona is very afraid: he is afraid of the dark. As soon as night falls, he sees eerie shadows and ghostly sparkles and just can't fall asleep. But there is nothing scary about the dark! The creepy shadow is just a hedgehog and the glow comes from the fireflies that are active at night. So in the end, not only Tarakona learns that there is no reason to be afraid of the dark, but all the children do too. With this book, there will never be problems falling asleep again!

Irina Gruber was born in 1983 and works as a deputy director in a day-care centre. Since childhood, she has devoured every book she can get her hands on and loves to dive into strange worlds. Besides her main job, she is writing her first novel, numerous short stories and professional articles for a kindergarten magazine.

Susanne Weser was born in 1982. She taught herself to paint and draw from an early age. The self-taught artist does not use any templates, but lets everything spring from her imagination. Besides illustrations, in which she likes to bring unique and cute characters to life, canvas painting is her passion.

Selling points and marketing:

- Simple and memorable for 2 to 5 year olds : recurring rhymes invite children to sing along
- Unique illustrations of the dragon and his friends give the book its unmistakable charm
- Heroes of the night: children learn more about spiders, bats, fireflies and co.

Publication:	10.08.2021
Author:	Farnung, Miriam
Title:	**In the forest, where the Bullerlux lives**
Pages/Cover/ Format:	approx. 32 pages, hardcover, 216x216mm
ISBN:	978-3-7474-0374-7
Price:	D: 10,00 EUR, A: 10,30 EUR

Bullerlux conquers the hearts of children

He's not a cat and he's not a lynx. Who is he, the Bullerlux?

Like his friend Murks the rabbit, the Bullerlux lives in the forest. Everything could be fine, but he has a problem: people are afraid of the goblin. When one day a girl gets lost in the forest, it's her chance to show everyone that the Bullerlux is one thing above all: a wonderful friend.

Through this story, children learn not only to look at appearances, but to look into people's hearts. This distinctive book is wonderful for reading aloud because of its catchy rhyming form, but it is also great fun to leaf through by yourself.

Miriam Farnung grew up in a small village in the beautiful Rhön region with her parents, five sisters, a dear grandma and several pets.

She studied graphic design at Dortmund University of Applied Sciences and Arts and has worked in agencies and as a freelance graphic designer since graduating.

The Bullerlux book is inspired by her father and dedicated to him. She lives in Cologne with her husband, two daughters, a cat and a dog.

Selling points and marketing:

- Children will love the forest sprite with his endearing nature and funny appearance
- A catchy story about the value of friendship and tolerance
- Lingers in the memory: funny, easy-to-remember rhymes invite the children to speak along

mvgverlag

Publication:	14.09.2021
Author:	Fehling, Jonas ; Friese, Marilena
Title:	**Oskar looks for love**
Pages/Cover/ Format:	32 pages, hardcover, 200x200mm
ISBN:	978-3-7474-0376-1
Price:	D: 10,00 EUR, A: 10,30 EUR

The question of all questions: Where do you find love? The little mouse Oskar sets out on his search

When the question of what love actually is comes up in mouse class, the teacher says, "You won't learn that in the classroom. You have to look for love outside." So Oskar the mouse boy sets off on his search. He looks under stones and behind bushes, but he doesn't find love. His grandpa thinks love looks like his grandma. But that's not possible, is it? When Oskar is about to give up, he finds love after all: at home with his family.

A moving picture book about the one feeling that connects us all: love.

Jonas Fehling has been telling stories since he could talk. Ever since he could read, he has dreamed of writing a book. Oskar looks for love now makes this dream come true. With the story of the little mouse, he wants to invite children and adults to talk about love. Jonas' main job is in product development at a start-up.

Marilena Friese was born in Dortmund in 1995. After successfully completing her studies in economics, her passion for design and illustration eventually led her to study communication design as well. Today, she works as a freelance graphic designer and makes it her goal to constantly challenge her creativity. She shares her process on Instagram under @mind.of.mary.

Selling points and marketing:

- Enchanting story: the search for love makes children curious until the end
- Child-friendly: playful introduction to the most beautiful feeling in the world
- Beautiful: the enchanting illustrations also inspire the adult readers

mvgverlag

Publication:	12.10.2021
Author:	Brosche, Heidemarie; Moskito, Jana
Title:	**Sing with the reindeer** A winterly interactive adventure
Pages/Cover/ Format:	64 pages, hardcover, 225x245mm
ISBN:	978-3-7474-0328-0
Price:	D: 9,00 EUR, A: 9,30 EUR

Twist, nudge, shake: The successful join-in books now also conquer Christmas

The reindeer dreams of the most beautiful Christmas tree in his sleep. Of course, it wants to find it after waking up! This lovingly illustrated picture book lets both adult readers and little listeners take part in the search for the prettiest tree. On each page there is a new task that the children can complete to help the reindeer in his search. So not only does this book provide fun winter storytelling, it also helps children build their motor skills and stimulates their imagination. Merry Christmas!

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 grown-up sons and lives with her husband in Friedberg near Augsburg. It is important to her - also at school - that people live together with mutual respect. In her books she tries to convey serenity and confidence.

Jana Moskito, born in 1964, has two grown-up 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 as well. Her best-known work is her illustrations for the volumes of the Witcher saga by Polish fantasy author Andrzej Sapkowski.

Selling points and marketing:

- The reindeer is looking for the right Christmas tree: a participatory story from children's everyday lives
- To improve motor skills: Lovingly illustrated, the book encourages children from the age of three to participate

riva

Publication:	18.12.2021
Author:	Wriedt, Verena; Pewy
Title:	**The Quirky Seven**
Pages/Cover/ Format:	64 pages, hardcover, 225x245mm
ISBN:	978-3-7423-1962-3
Price:	D: 9,00 EUR, A: 9,30 EUR

Seven enchanting stories about seven different childlike characters

Not all children are the same! Some are bursting with energy, wild and loud. Others are quiet and timid. The message of this colourful picture book is: everyone is different, everyone is good! The quirky seven have one thing in common - a lovable quirk. There is Flipsi, the little fish, who is lazy and dreamy. Or Lio, the lion. He is timid and reserved - in contrast to Karlchen, the fidgety crocodile. They all meet someone who helps them to overcome their weaknesses, to feel unique and at ease. These are seven inspiring stories about friendship and the challenges of life.

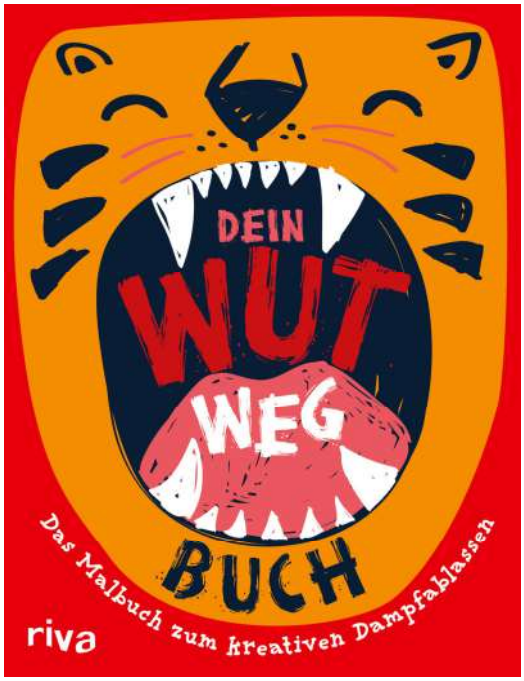
Verena Wriedt grew up in the Philippines and studied media studies and journalism in England and the USA. She worked for ProSieben, Sat.1. and n-tv, among others. Today, the motorsport expert presents the broadcasts of the DTM racing series. Wriedt is the mother of a son and lives in Berlin. In 2020, she completed training as an evolutionary educator.

Pewy has been working as a freelance comic artist since 2017. She regularly streams her doodles on the internet on Twitch, where she inspires young and old viewers to take up the pen themselves. In her private life, the trained media designer loves pen & paper, plants and reptiles.

Selling points and marketing:

- With adorable drawings
- With helpful exercises that parents can do with their children

riva



Publication:	16.11.2021
Author:	Graf, Carolina
Title:	**Your Anger Away Book** The colouring book to let off steam creatively - For children aged 6 and over
Pages/Cover/ Format:	approx. 64 pages, softcover, 215x280mm
ISBN:	978-3-7423-1876-3
Price:	D: 7,00 EUR, A: 7,20 EUR

A participatory book for children's emotional development

One of the most difficult emotions for children is anger. They get lost in it and often don't know what to do with their emotions. In this colouring book for children from the age of six, they can learn to deal with their anger and thus understand their feelings better. On each page there are suggestions that encourage the children to deal with their own anger. Playfully and with lots of variety, Your Anger Away Book offers children an outlet to really let off steam creatively.

Carolina Graf studied psychology and literature in Erlangen, among other things, and now works as a freelance author. She lives with her husband and two children near Bamberg.

Selling points and marketing:

- Your Anger Away Book creatively motivates children to participate, occupy themselves and relax
- Children learn how to deal with their anger and difficult feelings in a playful way
- With lovingly designed content suitable for children
- For children from the age of six

Foreign Rights Catalogue

MÜNCHNER VERLAGSGRUPPE

AUTUMN 2021

FinanzBuch Verlag

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FinanzBuch Verlag

Publication:	13.07.2021
Author:	Backhaus, Julien
Title:	**Bullshit Rules** 50 Rules You Have to Break to Succeed
Pages/Cover/ Format:	128 pages, softcover, 125x205mm
ISBN:	978-3-95972-489-0
Price:	D: 15,00 EUR, A: 15,50 EUR

Julien Backhaus is the youngest magazine publisher in Germany and knows the principles of success of the super-successful like no one else

The most important rule: There are no rules. There are only rules we believe in. But we have seen the greatest progress in the world when someone broke the rules. Sometimes that even meant breaking laws. In apartheid Africa, laws were in place that oppressed black people. It was only when a few brave people like Nelson Mandela broke these laws that a change was initiated that infected the whole world. This principle also applies to the economy. It was only when Elon Musk unflinchingly, and to the laughter of the German car industry, built electric cars that eclipsed anything seen before in terms of range, elegance and speed, that other corporations began, almost in a panic, to follow suit. What had been considered "unworkable" for decades was suddenly acceptable.

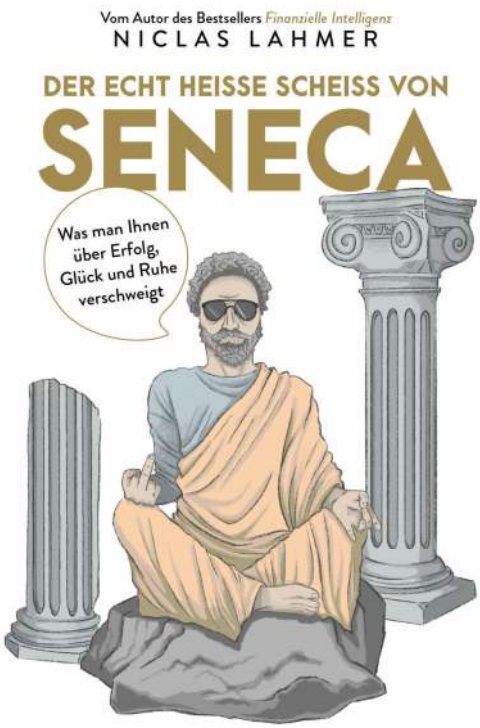
In 50 striking examples, Julien Backhaus shows why it is not worth sticking to familiar beliefs and that the key to success lies in having the courage to go beyond these limits and break new ground.

Julien Backhaus has been a media maker since he came of age. At 24, he was considered the youngest magazine publisher in Germany and began talking to the super-successful of the republic about their secrets and principles. These include billionaires, show stars and the most famous top athletes. Backhaus is a serial entrepreneur.

Selling points and marketing:

- Decode the secrets of success of famous people like Thomas Edison, Albert Einstein or Elon Musk and apply them to your own life.
- 50 examples of why it's not worth sticking to habitual beliefs
- Only those who break the rules will really succeed

FinanzBuch Verlag



Publication:	13.07.2021
Author:	Lahmer, Niclas
Title:	**The latest shit from Seneca** What they don't tell you about success, happiness and tranquillity
Pages/Cover/ Format:	304 pages, hardcover, 125x187mm
ISBN:	978-3-95972-444-9
Price:	D: 18,00 EUR, A: 18,60 EUR

The greatest Stoic philosopher Seneca as a mentor for personality growth

We are all lied to! Modern society explains to us how to become rich, sexy, fit, loved and serene. Gurus, coaches and self-proclaimed experts flock to the market with their programmes and explain the alleged secret.

Self-doubt, insecurity and the urge to optimise oneself in a world that is so full of change that there is hardly any security any more, drive many into the arms of these phonies. It is not only the younger generation that is affected by this. Best-selling author Niclas Lahmer shows why, even 2300 years after the emergence of Stoicism, its teachings still mean a way out, without pressure, stress, social norm and lies, and can help to master our lives.

So how can we live a successful life and how can we free ourselves from disappointments, doubts and fears, as it were? In the conversations with Seneca, Lahmer shows how each of us can change our lives forever with the help of the spiritual mentor Seneca.

Niclas Lahmer is a German speaker, author and entrepreneur. Through his publications, he presents a counter-position to the economic, security and social cosy philosophy and strikes a chord with the times when he advocates lateral thinking. In doing so, Niclas Lahmer promotes a stoic approach to the challenges of our time.

Selling points and marketing:

- The teachings of the Stoics - vividly presented in conversations with Seneca

FinanzBuch Verlag

Publication:	10.08.2021
Author:	Massenbauer, Gerhard
Title:	**The coming Roaring Twenties** The concept for stock market success in the new investment boom
Pages/Cover/ Format:	208 pages, hardcover, 135x215mm
ISBN:	978-3-95972-508-8
Price:	D: 20,00 EUR, A: 20,60 EUR

Positive market visions instead of crash prophecies

In recent years, the central banks have printed more money than ever before. Interest rates worldwide are at absurdly low levels, negative yields are a reality. Many fear hyperinflation and the total collapse of the system. But currency expert Gerhard Massenbauer sees things completely differently: the downfall of the financial system is not imminent. On the contrary, a surprisingly promising time lies ahead! The epochal conflict between China and the West will result in an economic arms race that will increase debt and growth as well as innovation at any price. Infrastructure and green economy and the advancing digitalisation are further driving factors that will shape the markets in the coming years.

Against this backdrop, the book shows the path for the next three to five years and answers practical questions that every investor should ask themself now: How can returns be achieved despite minus interest rates? How do you identify growth markets? How will the most important currencies develop over the next few years? How can you achieve typical equity returns with significantly lower risk? How do you use a broad spectrum of asset classes to your advantage? And in the end, how do you identify the right time to realise profits?

Gerhard Massenbauer is Austria's most successful currency expert and has more than 15 years of experience in observing and analysing currency and capital market trends. He focuses on trend breaks that cause major price changes. In the German-speaking countries, the Viennese asset manager is one of the few foreign exchange trend experts.

Selling points and marketing:

- A concrete investment roadmap for the next three to five years

FinanzBuch Verlag

Publication:	01.02.2021
Author:	Dr. Otte, Max
Title:	**The crisis does not play by the rules** 99 answers to the most important questions after the Corona crash
Pages/Cover/ Format:	256 pages, hardcover, 135x215mm
ISBN:	978-3-95972-460-9
Price:	D: 20,00 EUR, A: 20,60 EUR

The most pressing questions about the Corona crisis from one of Germany's most distinguished economists

For years, the world economy has been in a permanent crisis. Now the Corona crisis could finally overwhelm the system. Star economist and fund manager Max Otte, who accurately predicted the 2008 financial crisis and announced a world systemic crisis at the end of 2019, provides a ruthless stocktaking of an over-indebted world that is on the brink not only due to Corona but also to social and geopolitical problems. What do economists expect now and where do the real problems lie? What needs to be done to prevent the worst? Who would have the power to change things? How safe is the euro? Is inflation coming? What happens after Corona? Max Otte points out the dangers threatening people's financial reserves and gives investors numerous practical tips on how to protect their assets and get them safely through the crisis.

Max Otte is the founder of the Institute for Wealth Development and a fund manager. In 2006 he succeeded with Der Crash kommt (The Crash is Coming), a bestseller with over 500,000 copies sold. He earned his doctorate at Princeton University and has taught at Boston University, Worms University of Applied Sciences and Karl Franzens University in Graz.

Selling points and marketing:

- With numerous practical tips on how investors can protect their assets and get safely through the crisis

FinanzBuch Verlag

Publication:	07.09.2021
Author:	Maschmeyer, Carsten
Title:	**The six elements of success** How to change your life
Pages/Cover/ Format:	304 pages, hardcover, 145x215mm
ISBN:	978-3-95972-478-4
Price:	D: 22,00 EUR, A: 22,70 EUR

Carsten Maschmeyer is a multiple bestselling author with more than 100,000 copies sold

Most people strive for success. But how do you achieve personal happiness, energetic health, financial independence and a fulfilled life in a world undergoing radical change? The answer is simple: by embracing the change. And becoming part of it!

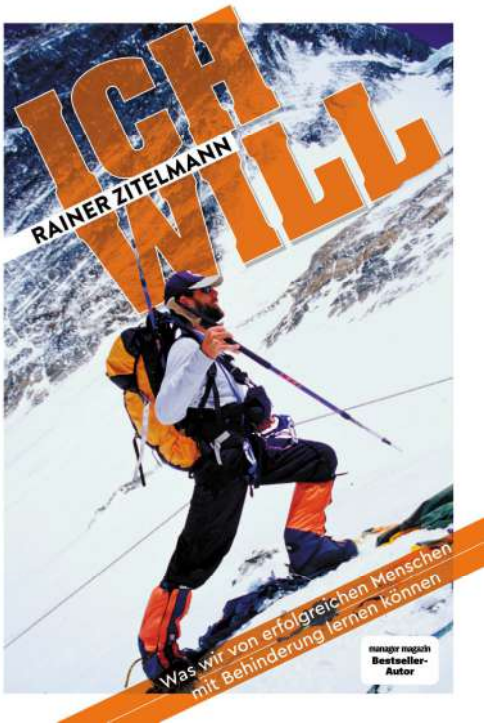
Carsten Maschmeyer is a television star, best-selling author, success advisor and one of Germany's best-known entrepreneurs and investors. He has made it from the simplest of backgrounds to a billionaire. In his new book, he shows how everyone can finally realise their dreams with the help of the "philosophy of change". How every crisis can also become an opportunity. In the process, Maschmeyer also provides deep insights into his own life and for the first time makes public the severe setbacks and strokes of fate he himself had to struggle with. He shows how anyone can change everything.

Carsten Maschmeyer, born in Bremen in 1959, is an entrepreneur and investor. With his Maschmeyer Group, he invests in promising start-ups and passes on his entrepreneurial experience from over three decades to founders and managers. As a juror on the successful TV show Die Höhle der Löwen, he reaches an audience of millions every week. Maschmeyer lives in Munich, has two sons and is married to the actress Veronica Ferres.

Selling points and marketing:

- Carsten Maschmeyer is one of the best-known financial experts in Germany

FinanzBuch Verlag



Publication:	15.06.2021
Author:	Zitelmann, Rainer
Title:	**I Want** What we can learn from successful people with disabilities
Pages/Cover/ Format:	384 pages, hardcover, 148x210mm
ISBN:	978-3-95972-469-2
Price:	D: 25,00 EUR, A: 25,80 EUR

Over 60,000 books by Rainer Zitelmann sold in the Münchner Verlagsgruppe

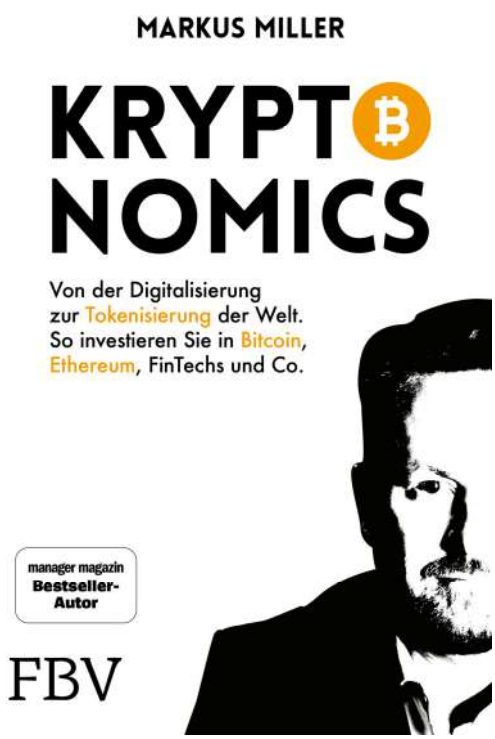
After his bestseller Set Yourself Bigger Goals, Rainer Zitelmann's new book once again sheds light on very unusually successful people: personalities who have achieved almost superhuman things despite their disabilities. A blind man who has climbed the seven highest peaks in the world, a world traveller who covered 400,000 kilometres 200 years ago, a motivational speaker without arms or legs, a successful entrepreneur in a wheelchair, a writer, deaf-mute and blind, and a world-famous actor with Parkinson's disease. 20 fascinating portraits that reveal what you can learn from these successful people!

Dr. Dr. Rainer Zitelmann is a historian and sociologist. He has written and edited 25 books, many of which are international bestsellers. His book "Set yourself bigger goals!" has been published in eight editions and eleven languages. He became known through numerous television appearances, media reports and his lectures in Europe, Asia and the USA. He writes regularly for Focus, DIE WELT, Neue Zürcher Zeitung and numerous other media in the USA, Great Britain, Italy, Spain, France, Sweden, China and Vietnam.

Selling points and marketing:

- How people with disabilities like Stephen Hawking or Stevie Wonder managed to become successful and famous
- Rainer Zitelmann is a multi-award-winning bestselling author whose books have been translated into numerous languages around the world

FinanzBuch Verlag



Publication:	10.08.2021
Author:	Miller, Markus
Title:	**Kryptonomics** From digitalisation to tokenisation of the world! How to invest in Bitcoin, Ethereum, Fintechs and Co.
Pages/Cover/ Format:	approx. 352 pages, hardcover, 145x215mm
ISBN:	978-3-95972-471-5
Price:	D: 20,00 EUR, A: 20,60 EUR

Internet of Things, artificial intelligence, cloud applications and cybersecurity - a whole new era is dawning, that of cryptonomics

Crypto expert Markus Miller is convinced that a new era is dawning: Cryptonomics.

But it is not only a completely new financial sector and payment traffic that is emerging. Our entire world is in upheaval: the Internet of Things, artificial intelligence, cloud applications and cybersecurity are only the most important areas from which crypto technology will soon be indispensable. As an addition to the overall portfolio, cryptocurrencies are thus becoming one of the central pillars for every forward-looking, future-oriented investor.

Markus Miller has been editor-in-chief of a renowned investment magazine since 2007 and is managing director of the media company GEOPOLITICAL.BIZ. He is a trained banker and studied wealth management at the University of Freiburg. As an established economic expert, his recommendations and strategies have a unique practical relevance. In his seminars and lectures, Markus Miller familiarises private investors, entrepreneurs, private individuals and pensioners with the entire spectrum of cross-border wealth management and uses concrete examples to show what solutions can look like. His company operates the internet platforms geopolitical.biz and krypto-x.biz.

Selling points and marketing:

- Amid digitisation, government bailouts, central bank intervention and record debt, a new asset class is emerging: crypto assets
- Cryptocurrencies are one of the central pillars for any forward-looking, future-oriented capital investor

FinanzBuch Verlag

Publication:	15.06.2021
Author:	Wagner, Ronny
Title:	**Profit from the gold boom** Lifeline for millennia – The simplest investment in the world
Pages/Cover/ Format:	176 pages, softcover, 135x21mm
ISBN:	978-3-95972-492-0
Price:	D: 15,00 EUR, A: 15,50 EUR

Gold is the most solid and simplest investment source in uncertain times

Especially in times of crises such as the Corona pandemic, impending inflation or the next debt crisis, gold is the safest haven of all for many investors. For those who buy gold are actually pursuing the goal of having a genuine, real store of value in their safe. Gold is nature's most solid and simple asset.

Money coach and gold fan Ronny Wagner explains in an entertaining way everything investors need to know about the precious metal and the simplest investment. Where does it come from and how is the price formed? What practical role does gold play in the age of cryptocurrencies and how does gold perform compared to other forms of investment and in different market scenarios?

In addition, he gives practical and concrete tips on buying, investment strategy and storage. The ideal book for anyone who is interested in gold and also silver, is looking for a safe form of investment or wants to diversify their portfolio in a crisis-proof way.

Ronny Wagner founded the Schule des Geldes e. V. It deals with financial education of people. Wagner gives lectures at schools, technical colleges and universities on the topic of wealth and teaches people how to deal with money. He is chairman of the board of the Deutsche Edelmetallgesellschaft (DEG e. V.) and has been owner and managing director of the precious metal trader Noble Metal Factory - NMF OHG since 2013.

Selling points and marketing:

- Everything investors need to know about the precious metal and the world's simplest investment
- Concrete tips on buying, investment strategy and storage for gold and also silver

FinanzBuch Verlag

Publication:	15.06.2021
Author:	Lochner, Mario
Title:	**Why didn't anyone tell me this about money before?** How to become financially invincible
Pages/Cover/ Format:	272 pages, softcover, 135x210mm
ISBN:	978-3-95972-461-6
Price:	D: 18,00 EUR, A: 18,60 EUR

Mario Lochner is head of the successful YouTube channel Mission Money with more than 200,000 subscribers

Money rules the world. But why does no one tell us at school or in training and studies how to deal with it? And why is it so important to find the balance between financial discipline and happiness in life at an early age?

In his new book, Mario Lochner shows how everyone can take the path towards "financial invincibility". He provides insight into the mechanisms of the financial world, reveals why the emotions of fear and greed dominate the way we deal with money and helps to understand the true nature of the stock market and risk. And he gives a concrete investment strategy to build a financial foundation as well as tools for a happy and self-determined life - free from financial worries.

Mario Lochner holds a degree in business administration, is a journalist and one of Germany's most high-profile financial bloggers. He is the editor of the business magazine Focus-Money and the face of the successful YouTube channel "Mission Money" with more than 220,000 subscribers.

Selling points and marketing:

- Achieving financial freedom - with one of the most successful German YouTube channels about money, motivation and success
- What school doesn't do: Learning to deal with money and setting the course for happiness and success

FinanzBuch Verlag

Publication:	13.07.2021
Author:	Schwarzer, Jessica
Title:	**How absolutely anyone can become rich in a relaxed way** 15 excuses that no longer count
Pages/Cover/ Format:	288 pages, softcover, 135x210mm
ISBN:	978-3-95972-458-6
Price:	D: 18,00 EUR, A: 18,60 EUR

Bestselling author Jessica Schwarzer is one of the most renowned financial journalists in Germany

No time, no money and no idea - put an end to all the excuses and prejudices surrounding the topics of finance, asset accumulation and old-age provision. Shares are the devil's stuff? Money doesn't make you happy? Capitalism destroys the environment? Gold is a safe haven? But also: People don't talk about money.

Jessica shows how easy it is to refute these typical excuses and how quickly anyone can familiarise themselves with the topics of the stock market and finances - with almost immediate positive effects on their own financial investments. It helps to bring order into your finances, to optimise your long-term asset accumulation and thus to be able to provide for old age. In times of zero and low interest rates, it is hardly possible to build up wealth without shares. However, with the help of the right strategy, it can be done with very small sums.

Jessica Schwarzer is one of the most renowned financial journalists in Germany. The long-time chief correspondent and stock market expert of the Handelsblatt (2008 to 2018) now works independently as a journalist and presenter. She is the author of several books on investment and finance. The German stock culture is a matter close to the heart of the passionate stock market expert, for which she also campaigns with lectures and seminars and with the initiative Finanz-Heldinnen (Financial Heroines).

Selling points and marketing:

- Simple but effective: quickly familiarised with finance topics with this book

REDLINE | VERLAG

Publication:	13.07.2021
Author:	Wilkening, Thekla; Haring, Robin
Title:	**The organic pizza dilemma** The surprising guide to more sustainability
Pages/Cover/ Format:	272 pages, softcover, 135x210mm
ISBN:	978-3-86881-848-2
Price:	D: 18,00 EUR, A: 18,60 EUR

Put an end to consumerism and moralising - what individuals can really do to save the world

All too often it seems that all individuals can do to save the world, polar bears, whales and the rainforest is to buy sustainable and fair products. But is it really enough if the pizza is organic? No matter how much green growth, green technology or mobility we develop, there can be no more of the same. The question remains: What's next?

This book dispels the misconception that the individual consumer is simultaneously responsible for the downfall AND the salvation of the world - because this is not the case. This only leads to excessive demands, much confusion and frustration. Instead, it wants to give courage and show that a different, genuine sustainability is possible. After all, it is also an attitude - and an enriching one at that. This book is therefore the best remedy against frustration with the future and the entry into a more pleasurable, meaningful and sustainable life.

Robin Haring is Professor of Health Sciences. He is passionate about digitalisation, global health and sustainable development. Haring is an author and editor and serves as a health expert in Die Zeit, ZDF, ARTE and many others.

Thekla Wilkening is a sustainability activist and Princess of Sustainability (FACES 10/2020). She founded the "Kleiderei" at the age of 25. Her vision: a circular fashion industry. As an expert on circular economy in fashion, she advises companies on sustainability.

Selling points and marketing:

- How to live a good and truly sustainable life
- An encouraging book with many practical tips for a desirable future

REDLINE | VERLAG

Publication:	10.08.2021
Author:	Dr. Wenzel, Eike
Title:	**The New Green Age** How the Green New Deal will radically change the way we live
Pages/Cover/ Format:	320 pages, hardcover, 145x215mm
ISBN:	978-3-86881-851-2
Price:	D: 22,00 EUR, A: 22,70 EUR

The Green New Deal and what it really means

The Green New Deal, the new green age, is casting its shadows ahead and the ecological demands are preparing to become more and more concrete. One thing is certain: in the face of climate catastrophe and species extinction, nothing less is at stake today than the preservation of our livelihoods. But many people do not realise what serious changes we are facing.

Futurologist Eike Wenzel uses the twelve most important topics to explain what a Green New Deal and its concepts mean concretely for us, our markets and society. And he shows that the fundamental ecological transformation of society, politics and the economy is not only a challenge, but also a historic opportunity. Only if we seize this opportunity will we survive in the green age.

Dr. Eike Wenzel is considered one of the most renowned trend and futurologists in Germany. He is the founder and director of the Institute for Trend and Future Research (GmbH) and editor-in-chief of the newsletter Megatrends. Wenzel is a columnist for Wirtschaftswoche and teaches at Nürtingen-Geislingen University.

Selling points and marketing:

- The climate-compatible redesign of our world
- The most important changes for society, the economy and our lives

REDLINE | VERLAG

Publication:	15.06.2021
Author:	Ahlfeld, Benedikt
Title:	**The five success principles of self-management** Taking responsibility for yourself and achieving goals more easily
Pages/Cover/ Format:	240 pages, softcover, 145x215mm
ISBN:	978-3-86881-850-5
Price:	D: 20,00 EUR, A: 20,60 EUR

No more excuses - more success and happiness in life

No time, bad weather, too much stress - every day we find countless excuses for not putting planned projects into action. And it is precisely these that stand between the person we want to be and the person we actually are. Benedikt Ahlfeld knows what successful people do differently: they don't allow excuses, they overcome their weaker selves and consciously take responsibility for their lives.

His five maxims of successful self-management - such as observing instead of judging, facing challenges courageously and being honest with oneself - show the way to finally tackle projects with motivation, to decide more confidently and thus to achieve results faster.

Benedikt Ahlfeld is a multiple bestselling author, a state-certified management consultant and lectures at universities, for governments and top 100 companies in Germany, Austria and Switzerland. For more than ten years he has headed the internationally active ZHI Consulting GmbH.

Selling points and marketing:

- Taking responsibility for your life in five steps
- Motivation and success principles for all who want to be more successful

REDLINE | VERLAG

Publication:	14.09.2021
Author:	Dr. Lucas, Jana
Title:	**The secret female pioneers of the economy** Extraordinary women who have left a lasting mark on our economic world
Pages/Cover/ Format:	336 pages, hardcover, 145x215mm
ISBN:	978-3-86881-849-9
Price:	D: 20,00 EUR, A: 20,60 EUR

Inspiring biographies of more than 20 women doers, from the Middle Ages to the present day

Since time immemorial, women have successfully led companies, advised governments or developed technical inventions - even in times when this was still considered a purely "male domain". However, very few of these female economic pioneers are as well known for their outstanding achievements as their male counterparts.

Jana Lucas finally shines the spotlight on these inspiring biographies of 20 mostly unknown female inventors, entrepreneurs and doers and gives them the importance they deserve. In doing so, she shows once again that women have played a decisive role in shaping our present-day economy and society for centuries.

Her book offers an astonishing picture of female entrepreneurship as many had not yet known it - and is thus at the same time an appeal to all women to continue these success stories.

Dr Jana Lucas studied art history, media and communication studies and philosophy in Leipzig and Bologna. She advises companies on innovation and strategy by harnessing principles of the visual arts for new perspectives in management. She is also an author and popular speaker on visual competence and creativity.

Selling points and marketing:

- The first book to memorialise these secret heroines
- The unknown pioneering women who shaped our economy

REDLINE | VERLAG

Publication:	18.05.2021
Author:	Runge, Christopher A.; Grap, Allan
Title:	**Brand Ambassador No. 1** Why managers today need to communicate in a completely new way and become brands
Pages/Cover/ Format:	224 pages, hardcover, 145x215mm
ISBN:	978-3-86881-723-2
Price:	D: 25,00 EUR, A: 25,80 EUR

What Steve Jobs was for Apple, you can be for your company. The successful CEOs Runge and Grap show you how

In times of social media, branding is becoming more and more important for entrepreneurs and managers. Whether Steve Jobs for Apple, Wolfgang Grupp for Trigema, Elon Musk for Tesla - they are or were all the best-known brands and thus ambassadors for their companies.

Christopher A. Runge and Allan Grap show how it is possible to turn a boss into an authentic figurehead of the company. They address the crucial aspects that this new understanding of the role entails, from the new areas of responsibility in the internet age to the importance of quick and correct communication. Interviews with successful managers such as Dr Stefan Wolf from ElringKlinger, Alexander Weber from N26, Anna Banicevic from Zizoo, Jakob Mähren from Mähren AG and others provide the necessary tools and best practice examples.

Christopher A. Runge is Managing Director of BETTERTRUST GmbH. He looks after clients from politics, international companies as well as numerous businesses in the areas of corporate communication, branding as well as CEO communication.

Allan Grap is Managing Director of BETTERTRUST GmbH and a passionate communicator. He looks after numerous clients from the financial and digital industries.

Selling points and marketing:

- Increasing corporate value with good communication
- Why CEO branding is essential today

REDLINE | VERLAG

Publication:	14.09.2021
Author:	Tschirch, Beate
Title:	**My business is gone** How to reinvent yourself when everything is online only
Pages/Cover/ Format:	192 pages, softcover, 145x215mm
ISBN:	978-3-86881-861-1
Price:	D: 17,00 EUR, A: 17,50 EUR

Business models in crisis mode. How to successfully run an online business

Art and culture? Not open. Music concerts? Mute. Sports and yoga studios? Shut. The Corona crisis put the brakes on many business models - business was literally only possible online from one day to the next. Beate Tschirch shows that you don't have to stand motionless and frustrated in front of the shambles of your own business model.

In a humorous way, the yoga teacher tells of her own involuntary path into the digital world and shows the challenges she had to overcome along the way. She quickly found out that change also brings many opportunities. With the help of many tips and experiences, she shows how anyone can get started in online business - regardless of pandemics.

Beate Tschirch, who studied communication design, is an entrepreneur, speaker, yoga teacher, event manager, has her own yoga studio and is the founder of Yogalover. Due to her curiosity and diverse interests, she finds it easy to adapt to constant change. As an executive coach, she inspires people and empowers them to go their own way. To this end, she is a problem solver and creative source of inspiration for many executives and entrepreneurs.

Selling points and marketing:

- The field report of a successful entrepreneur and yoga teacher
- With tips and creative ideas

REDLINE | VERLAG

Publication:	12.10.2021
Author:	Pflügler, Sebastian
Title:	**Leading employees in the digital era** How to combine digital efficiency and humanity in times of home office and new work
Pages/Cover/ Format:	240 pages, softcover, 145x215mm
ISBN:	978-3-86881-853-6
Price:	D: 20,00 EUR, A: 20,60 EUR

The practical leadership handbook for the digital era

Home office, online meetings and new work are conquering the world of work. Digitalised processes are changing corporate structures. Managers are faced with completely new questions: How do I organise my scattered team? How do I reach employees? How can I keep motivation high from a distance? Those who want to continue to lead efficiently in the digital age must not neglect the human side, for example, because many employees often lack security and the necessary orientation in this VUCA world.

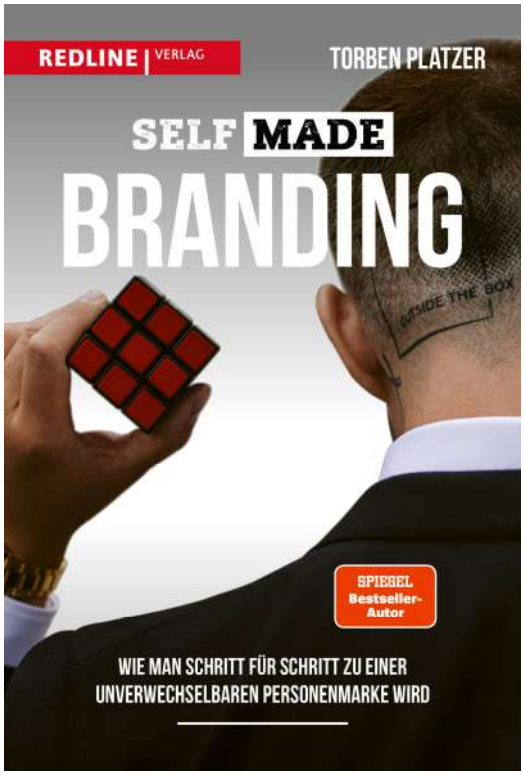
Sebastian Pflügler shows how managers can do justice to the "new normal" in the working world - from tips on communication, decision-making and delegation to virtual challenges. He provides the practical leadership handbook for everyday leadership in the digital era.

The communication scientist and business psychologist Sebastian Pflügler works as a consultant, coach and speaker on the topics of communication, leadership and collaboration in the digital era and the new world of work. For many years, he has been supporting national and international organisations in meeting the challenges of the new world of work and assisting executives at all hierarchical levels as Future Fit Leaders to make a positive impact on their thinking, feeling, speaking and acting. He is known from Handelsblatt, Wirtschaftswoche or Business Punk and host of the "No Leadershit" podcast.

Selling points and marketing:

- How to combine efficiency and humanity in the digital age
- Proven models, tips and concrete assistance

REDLINE | VERLAG



Publication:	14.12.2021
Author:	Platzer, Torben
Title:	**SELFMADE Branding** How to become a distinctive personal brand step by step
Pages/Cover/ Format:	approx. 224 pages, softcover, 145x215mm
ISBN:	978-3-86881-785-0
Price:	D: 20,00 EUR, A: 10,30 EUR

170,000 Instagram fans: Torben Platzer is already a brand himself

If you are active on social media, want to be seen and heard as an expert and thus promote your business, you can't avoid personal branding. Only a recognisable personal brand creates trust, inspires people and binds them to you in the long term. This requires not only the right positioning, but also a social media strategy that is adaptable and made up of the building blocks of trust, added value, community and authority.

Author and entrepreneur Torben Platzer himself has an online community of more than half a million people. In his guidebook, he describes in detail what really matters and which mistakes should be avoided. He shows people and companies how they can build a meaningful personal brand step by step.

Torben Platzer is a social media and branding expert and co-founder of the media agency TPA Media GmbH. On social media he has a community of over 300,000 followers, a business podcast (SELFMADE) that is regularly listed in the top ten on iTunes and Spotify, and his eponymous fashion label. His book Living a Selfmade Life was published by FBV.

Selling points and marketing:

- The step-by-step guide to take off as a social media brand.
- The new book by top author and branding expert Torben Platzer