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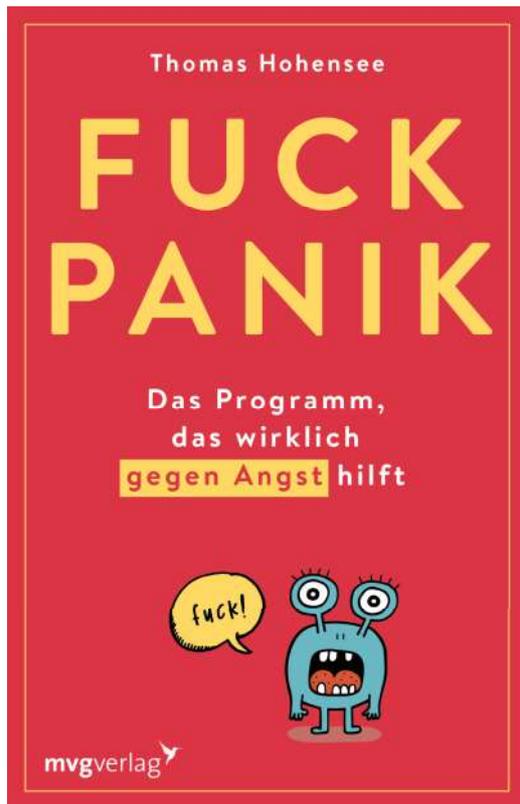


FinanzBuch Verlag

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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

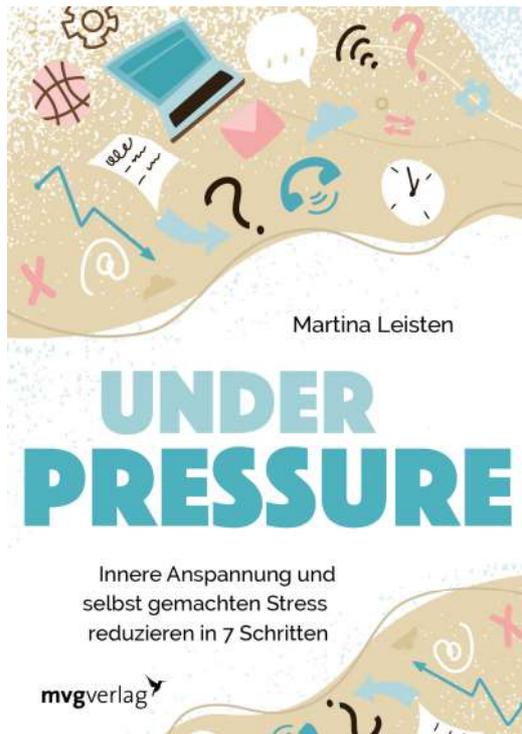
The bestselling author with a total circulation of 500,000 copies is an experienced coach and has been affected himself

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



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



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

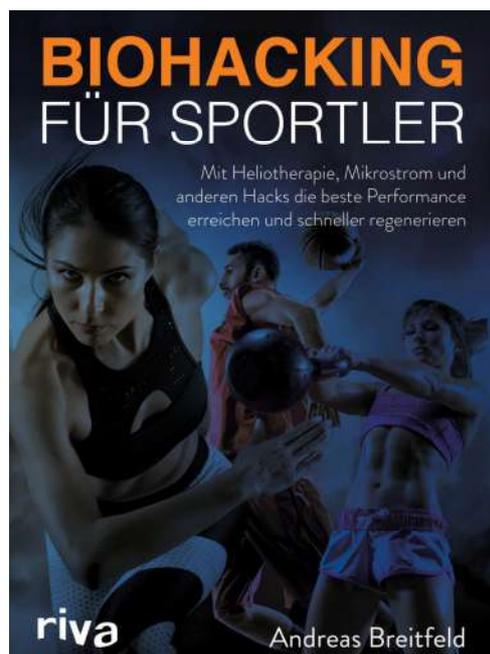
The way to your desired weight without sacrifice and torture

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.



Publication:	25.01.2022
Author:	Breinfeld, 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 Breinfeld 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 Breinfeld 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

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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

Alexandra Broll



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



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's 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

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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.

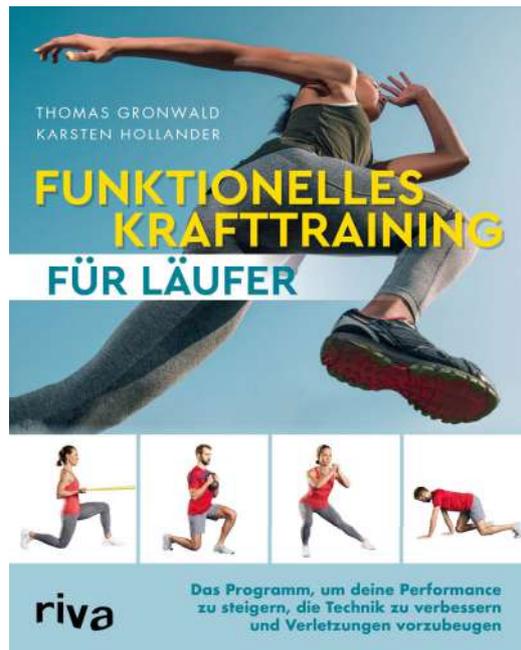
Bernd Reicheneder is a sports and fitness scientist. As a physio-diagnostician and trainer, his goal is to free people from pain through functional and natural training and to help them achieve more mobility and health. He was the first to offer and establish the globally known and successful MovNat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



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.

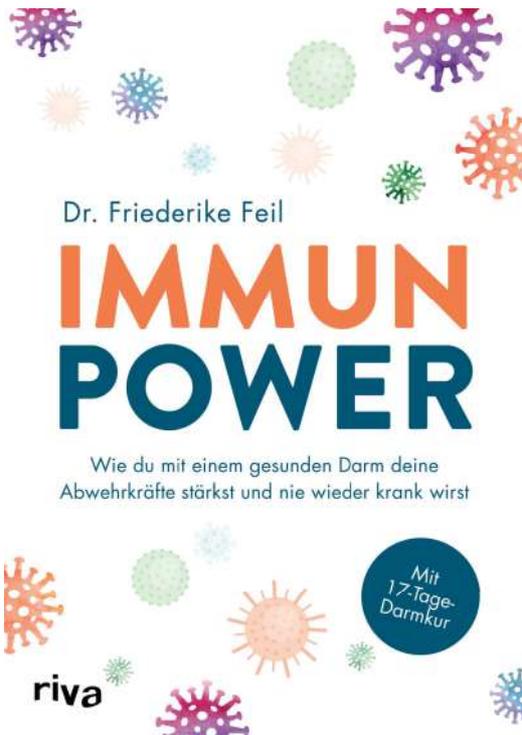
Joint pain and discomfort are among the most common health problems worldwide, considerably limiting sufferers in their everyday lives and impairing their quality of life. Treatment is usually based on common painkillers. However, these carry a lot of risks - especially for older people - and are not 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:	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

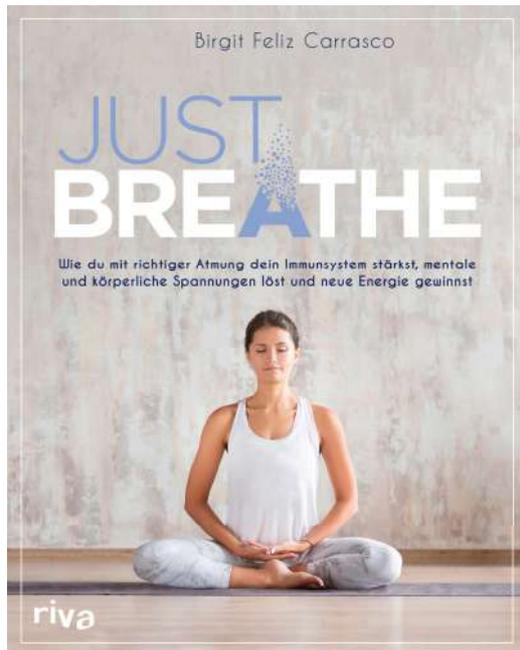
A strong immune system is essential to fight off (corona) viruses and other pathogens

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



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



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

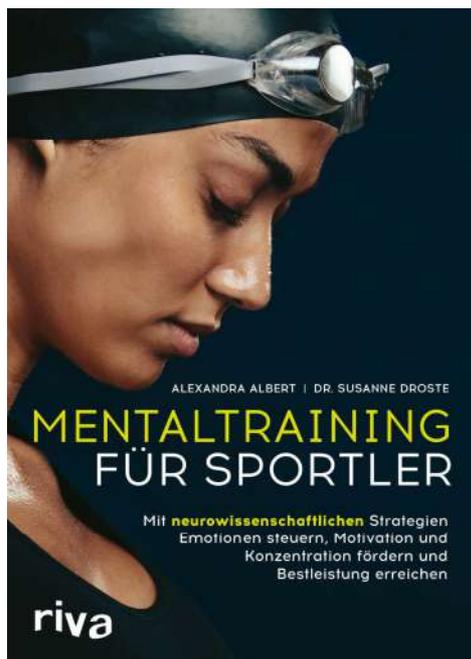
Squat, bench press and deadlift are the supreme disciplines of strength training and essential movement patterns for most sports. However, the ideal execution of movements with heavy weights is a great challenge for most athletes. In this book, Alexander Pürzel, sports scientist and European powerlifting 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

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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



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



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



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



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



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.



STOFFWECHSELSTÖRUNG HPU
Was du gegen chronische Erschöpfung,
Verdauungsprobleme, Gelenkschmerzen
und andere Beschwerden tun kannst



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

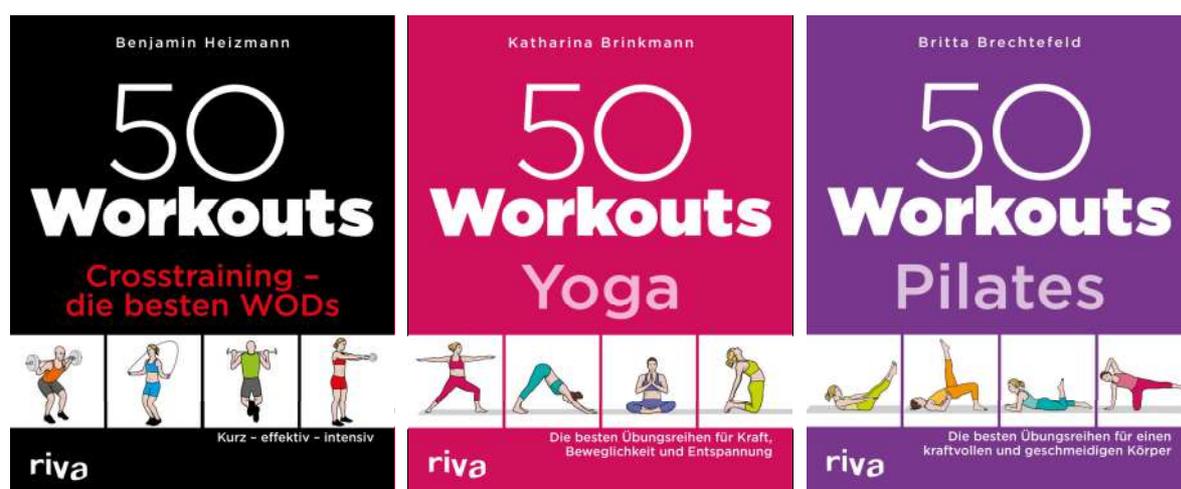
riva

50 Workouts - The successful DIY gym books

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

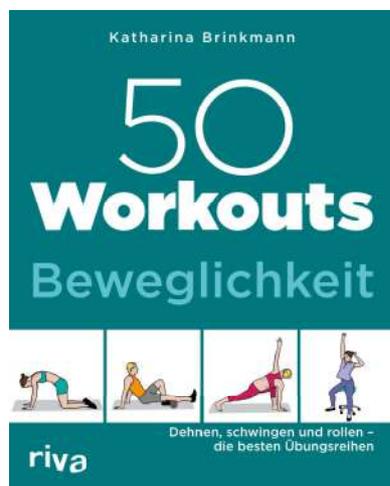


Published 10.04.2017 144 pages	Published 10.04.2017 144 pages	Published 13.11.2017 128 pages
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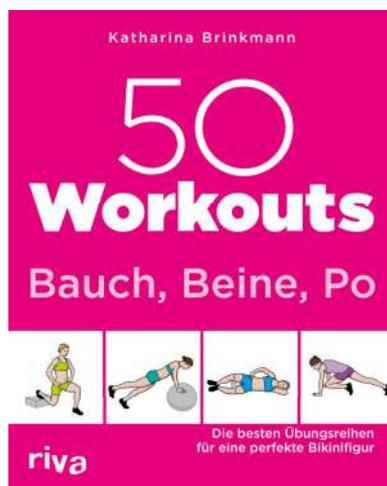


Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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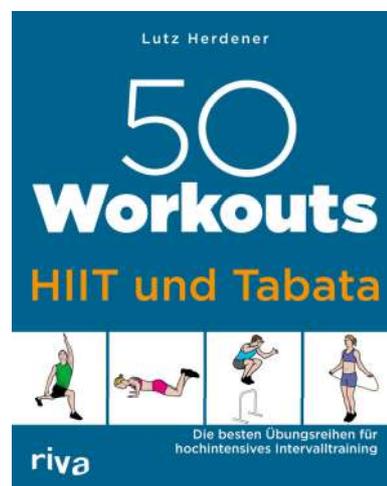
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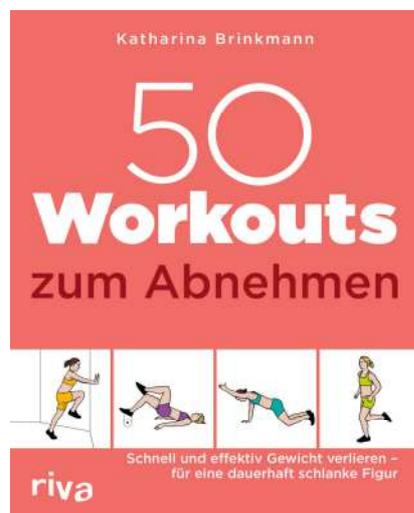
Published 11.09.2019
144 pages



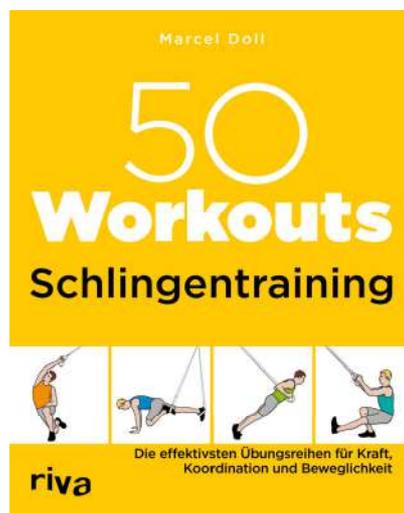
Published 17.03.2020
128 pages



Published 17.03.2020
144 pages



Published 29.12.2020
128 pages



Published 20.04.2021
144 pages



Published 20.04.2021
144 pages

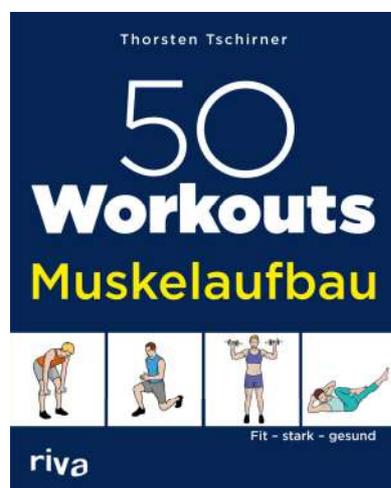
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Publication:	20.04.2021
Author:	Brinkmann, Katharina; Doll, Marcel
Title:	50 Workouts - for at home Fit, strong and agile without a gym
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1862-6
Price:	D: 10,00 EUR, A: 10,30 EUR



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