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Publication:	21.06.2022
Author:	Dietz, Hanna
Title:	Finally I don't have to want what I'm free to do anymore How to relax when you no longer want to impress anyone
Pages/Cover/Format:	approx. 192 pages, softcover, 135x210mm
ISBN:	978-3-7474-0429-4
Price:	D: 17,00 EUR, A: 17,50 EUR

No more cool! Bestselling author Hanna Dietz delivers a highly entertaining must-read for all those who want to discover the stuffy person in themselves

At some point, Hanna Dietz became what she never wanted to be: sensible. Conformist. Uncool. But she discovers something amazing: it's not bad at all. It doesn't hurt a bit! Sure, the cool times are over. But do you have to feel bad about it? Not at all! All you have to do is look at the limescale-free shower wall and you know that life is totally fine. With a twinkle in her eye and self-deprecating, but always with a loving eye, she shows readers that despite all the uncoolness, there can still be many exciting first times for adults: for example, getting up extra early to grab the discount store special, or calling the police because of party noise from the neighbourhood.

A book that doesn't take itself too seriously and makes you want to live a spectacularly stuffy adult life.

Hanna Dietz, born in Bonn in 1969, actually wanted to become a sports teacher, but then found out that it is quite complicated to teach children the field swing if you can't do it yourself. So she became a journalist. In 2007 she published her first novel. In the meantime, she has written 20 books. With "Men's Diseases" she made it to the top of the "Spiegel" bestseller list.

Selling points and marketing:

- A clear statement against the coolness compulsion among adults with a lot of tongue-in-cheek and self-irony
- For all readers of Alexandra Reinwarth



Publication:	17.05.2022
Author:	Iding, Doris
Title:	My inner critic can kiss me goodbye Make peace with the critical voices inside you
Pages/Cover/Format:	approx. 144 pages, softcover, 120x187mm
ISBN:	978-3-7474-0421-8
Price:	D: 13,00 EUR, A: 13,40 EUR

With the tips of established mindfulness author Doris Iding, the inner critic no longer stands a chance

No one makes life as difficult for us as we do ourselves. It is the quiet voice in our ears that constantly reminds us of our weaknesses and condemns us at every slightest misstep. The good news: we can turn these negative thoughts into positive ones! Experienced author and meditation teacher Doris Iding shows how we can use simple mindfulness exercises, effective meditations and helpful MBSR exercises to make the origin of the critical voices visible and learn to make peace with them so that they no longer work against us, but with us. With simple tricks, we stop sabotaging ourselves, putting obstacles in our way, and find the courage and strength to live the life that suits us.

Doris Iding is a meditation and mindfulness teacher, author of numerous spiritual books and editorial member of "Yoga aktuell". She trains and educates people and leads seminars worldwide.

Selling points and marketing:

- Doris Iding is a well-known and successful author with over 160,000 books sold in the field of self-help
- Large target group - everyone knows the negative voices in our heads that keep us from our own happiness
- With numerous exercises and tips to stop sabotaging yourself



Publication:	22.02.2022
Author:	Mühlenhof, Mira Christine
Title:	Leave the shadows of your school days behind How your life improves when you recognise and let go of your school trauma
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0343-3
Price:	D: 17,00 EUR, A: 17,50 EUR

School traumatises whole generations: With this book, the psychological problems as consequences are finally defined and tackled

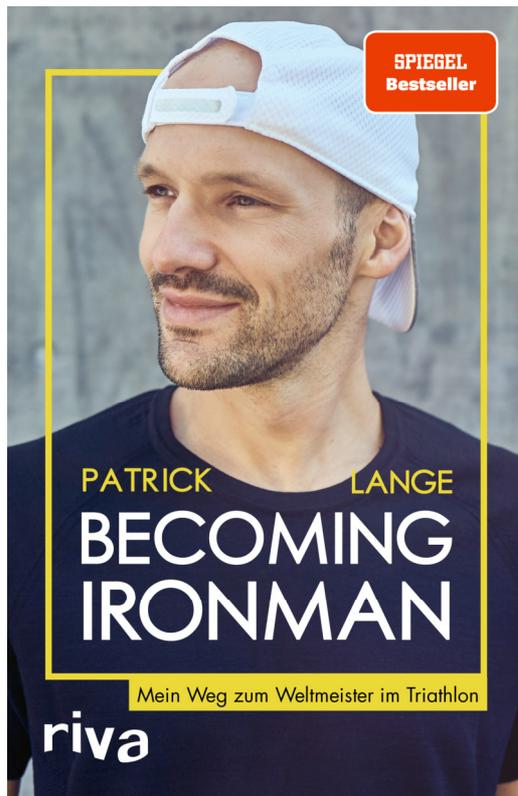
The very idea of having to enter a school again triggers great unease in many people who have long since grown up. Most people have bad experiences in their school years that shape them for life and later manifest as stage fright, presentation anxiety, feelings of inferiority and relationship problems.

Social psychologist and coach Mira Christine Mühlenhof speaks from her own experience and has found a word for this phenomenon: School trauma. In her book, she explains in detail what is meant by school trauma, how to recognise it and how to learn to cope with it and finally leave it behind. For a relaxed life free of old queasy feelings and fears!

Mira Mühlenhof has translated ancient knowledge about the hidden drive of human beings into the present day. With the Key to See® method she developed, she explains the world from a completely new perspective and promotes emotional competence and readiness for empathy - for oneself and others. With her team she coaches and advises executives, teams and private individuals and offers coaching trainings. Mira Mühlenhof is a lecturer at the Technical University of Braunschweig and is in demand as a keynote speaker on the topics of people skills, empathy and burn-out.

Selling points and marketing:

- Highly topical subject that really affects everyone: school years shape the whole of life and have a great influence on self-esteem.
- Social psychologist Mira Mühlenhof is a credible author who has successfully overcome school trauma herself.
- Valuable help for those affected as well as for parents of affected children



Publication:	22.02.2022
Author:	Lange, Patrick
Title:	Becoming Ironman My way to becoming a world champion in triathlon
Pages/Cover/Format:	approx. 256 pages, hardcover, 135x210mm
ISBN:	978-3-7423-1741-4
Price:	D: 18,00 EUR, A: 18,60 EUR

An inspiring book for all endurance athletes

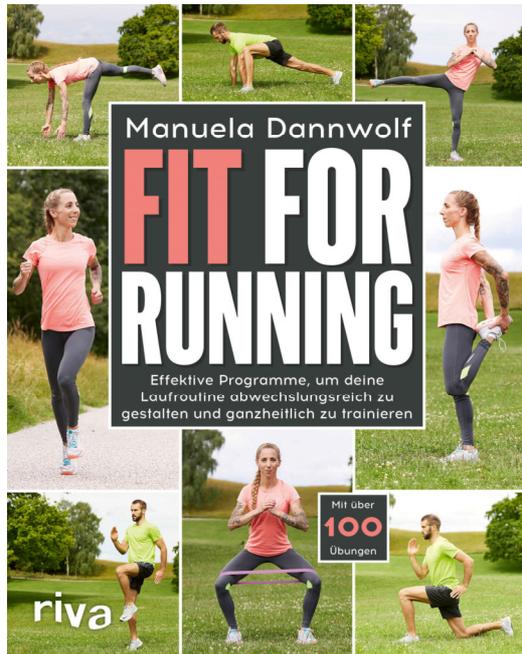
Triathlon is the toughest endurance sport in the world. The Ironman Hawaii is the most important competition, the winner can call himself world champion. 3.8 km swimming, 180 km on the bike, 42 km running distance - what an effort! Patrick Lange has already won the race twice, he is one of the absolute top triathletes in the world. His autobiographical account tells of his athletic career, of his dream of participating in Hawaii, of his first successes, but also of his setbacks. At the same time, he provides valuable insights into his daily training routine and shows how we develop the necessary motivation and mental strength to achieve our goals.

Patrick Lange, born in Bad Wildungen in 1986, is a two-time winner of Ironman Hawaii (2017 and 2018). In 2018, he was named Germany's Sportsman of the Year. He comes from a sports-mad family and has been doing triathlon since 2002. Lange has been living near Salzburg since 2019.

Selling points and marketing:

- Ironman Hawaii winner Patrick Lange gives insights into his physical and mental training

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Publication:	22.02.2022
Author:	Dannwolf, Manuela
Title:	Fit for Running Effective programmes to diversify your running routine and train holistically. With over 100 exercises
Pages/Cover/Format:	368 pages, softcover, 190x240mm
ISBN:	978-3-7423-1820-6
Price:	D: 24,00 EUR, A: 24,70 EUR

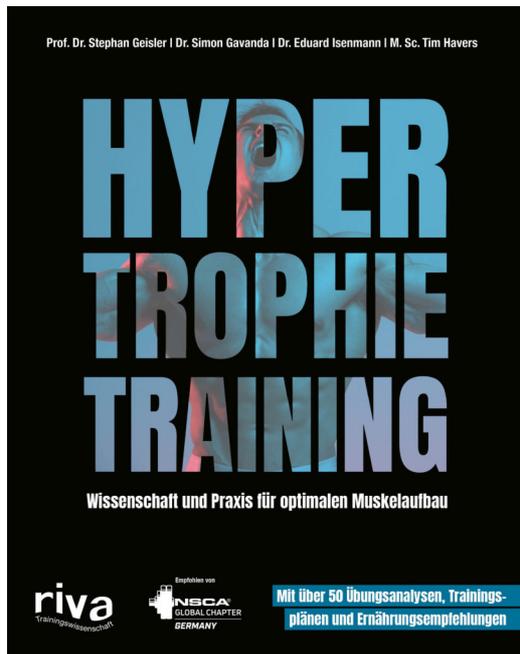
Million of people jog regularly, but the injury rate is very high due to one-sided training

Manuela Dannwolf goes running regularly – even though her doctor once diagnosed her that her body was not made for running. What happened to her is what many runners experience when they train too much, too fast and, above all, too one-sidedly: They struggle with injuries, develop chronic complaints like runner's knee or stagnate at a performance plateau. To counteract these problems, Manuela Dannwolf began to develop a holistic training approach that combines running units with fitness workouts and thus puts a balanced strain on the body. In her first book, she presents her best programmes with which athletes can expand their running units according to their needs, correct weak points or set new training stimuli – whether to increase speed, quickness and endurance, relieve tension and improve mobility, push fat burning or master the re-entry after a training break. Over 100 exercises ensure a varied running routine, sustainable and efficient training - and lots of fun.

Manuela Dannwolf has a degree in communication science, is a sports nutrition coach, functional fitness trainer and passionate marathon runner. She has been sharing her love of running with her almost 50,000 followers on Facebook and Instagram since 2016. Her goal is to combine her two passions, fitness and running, in a meaningful way, not only to increase performance, but to be able to do sport in general in the long term and without health restrictions.

Selling points and marketing:

- The perfect training supplement to the globally popular hobby of running
- Over 100 illustrated exercises and varied workouts for holistic training



Publication:	17.05.2022
Author:	Prof. Dr. Geisler, Stephan; Dr. Gavanda, Simon; Dr. Isenmann, Eduard; Havers, Tim
Title:	Hypertrophy training Science and practice for optimal muscle building. With over 50 exercise analyses, training plans and nutrition recommendations.
Pages/Cover/Format:	272 pages, softcover, 190x240mm
ISBN:	978-3-7423-2059-9
Price:	D: 25,00 EUR, A: 25,80 EUR

Studies prove: Muscle building is crucial for fat reduction

More mass for visually defined muscles is the primary goal for most exercisers when it comes to lifting weights. But there are other reasons for building muscle, so-called hypertrophy: Studies have long proven that more muscles improve general health and fitness and contribute decisively to fat reduction. But how is optimal hypertrophy achieved? Which exercises are useful for which goal? What is the ideal training plan? How often should training be done? What should be considered when choosing the weights? These and many other questions are answered in detail by the authors, renowned scientists in the fields of muscle building, strength training and nutrition for strength athletes. They illuminate hypertrophy from all sides, provide well-founded insights into training theory and thus provide the necessary understanding to apply training plans in a goal-oriented manner. One focus is the scientific analysis of common exercises in fitness and weight training, which illustrates that aspects such as different grip widths or foot positions, but also the right nutrition, often decide on better and faster achievement of the training goal. With this know-how, the authors set new standards in hypertrophy training – so that every athlete achieves their best possible performance.

Prof. Dr Stephan Geisler is Professor of Fitness and Health at the IST University in Düsseldorf, heads the fitness trainer training at the German Sport University Cologne and is co-founder of the German Fitness Science Council and President-elect of the National Strength and Conditioning Association (NSCA) for Germany. His focus in both teaching and research is on strength training and hypertrophy. As an author and reviewer, he has already published numerous international papers. He also runs the educational channel "The Fitness Professor" on YouTube.



Dr Simon Gavanda studied at the German Sport University Cologne. Since 2015, he has worked as a research assistant at the IST University of Applied Sciences in Düsseldorf and primarily conducts research on the effectiveness of various strength training methods. In addition, the former European football champion works as a licensed athletic trainer for various associations of different sports.

Dr Eduard Isenmann studied sport at the German Sport University Cologne and chemistry at the University of Cologne. He then completed his doctorate at the Institute for Circulatory Research and Sports Medicine, Department of Molecular and Cellular Sports Medicine, at the DSHS Cologne. As a natural scientist, his research focuses on the influence of nutrition and dietary supplements on the promotion of regeneration and performance enhancement in competitive sport. He is a research associate at the IST University in Düsseldorf and at the Sport University Cologne.

Tim Havers has a Master's degree in Applied Neuroscience in Sports & Exercise and a Bachelor's degree in Fitness Science. Besides his academic career, he gained experience as a coach and supported the coaching team at the Men's Health Camp in 2018 and 2019. He is a research assistant at the IST University of Management in Düsseldorf in the Fitness & Health department and supports it in applied research activities. His sporting passion is powerlifting. This allows him to combine his theoretical scientific skills with practical experience.

Selling points and marketing:

- Scientifically sound and at the same time understandable for anyone who does strength training

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Publication:	22.02.2022
Author:	Fastner, Gabi
Title:	50 Workouts for Late Starters Fit, healthy and agile into old age
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1992-0
Preis:	D: 10,00 EUR, A: 10,30 EUR

Successful 50 Workouts series with over 100,000 copies sold

Muscle mass, flexibility and coordination naturally decrease with age. However, this process can be counteracted with targeted training, because it is never too late for fitness. Studies even show that it is possible to build muscle at any age. The gymnastics teacher and "Tele-Gym" trainer Gabi Fastner presents the 50 best exercise series to build up strength, promote coordination and endurance and relieve muscle tension. This not only improves mobility and supports the cardiovascular system, but also prevents or even alleviates typical pain in the back and joints. The exercises are described in detail and the workouts are clearly presented and illustrated, making it easy to get started. Even late starters will become fitter, healthier and feel younger.

Gabi Fastner is a state-certified gymnastics teacher and author of numerous fitness guides. She is known to a wide audience through her appearances on the popular TV series "Tele-Gym" and her videos on YouTube, which have been viewed millions of times. She also trains future gymnastics teachers in Munich and develops new training concepts such as TIEMU, Functional Figure Training and Brasil Workout.

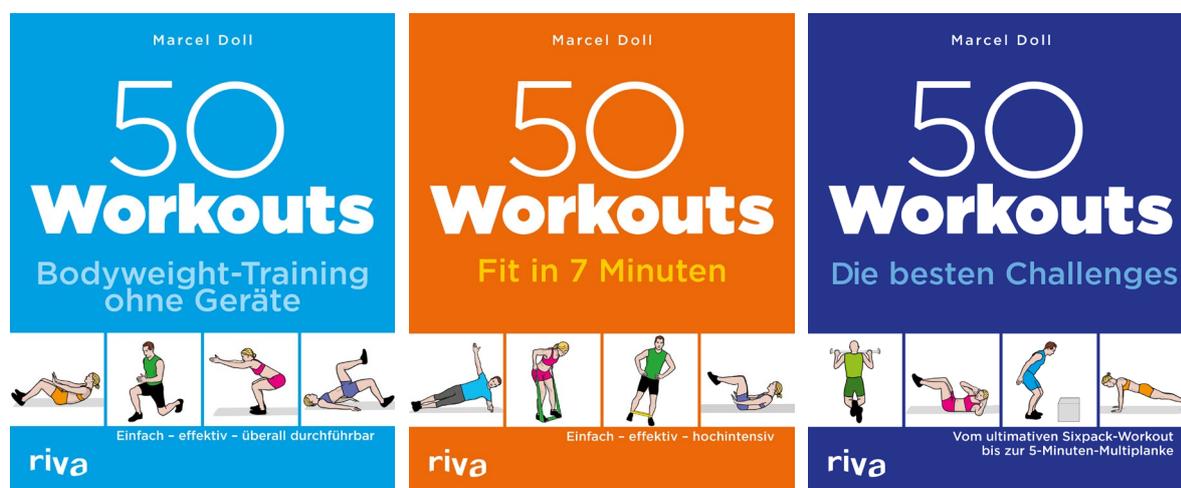
Selling points and marketing:

- 50 exercise series for flexibility, coordination and muscle building
- Fully illustrated and clearly presented

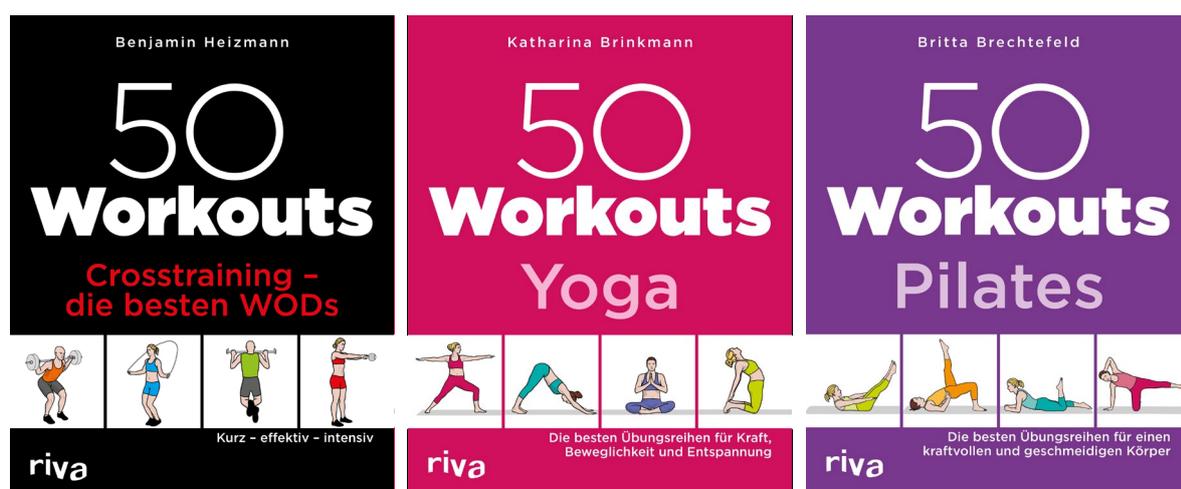
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50 Workouts - The successful DIY gym books

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.

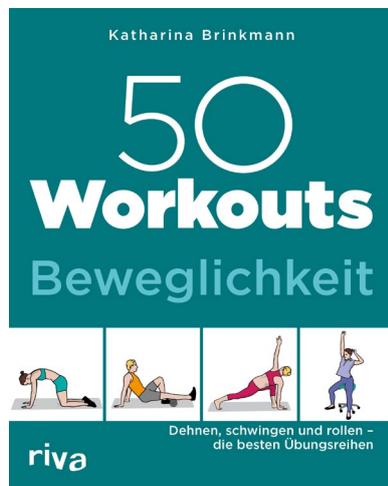


Published 10.04.2017 144 pages	Published 10.04.2017 144 pages	Published 13.11.2017 128 pages
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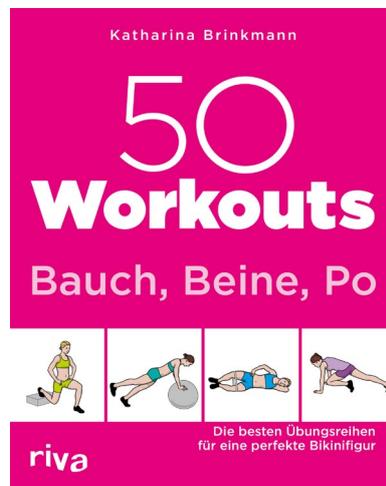


Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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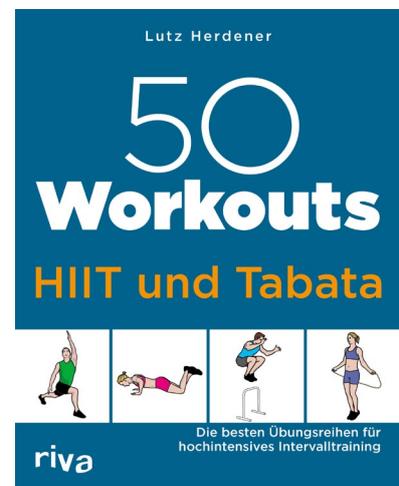
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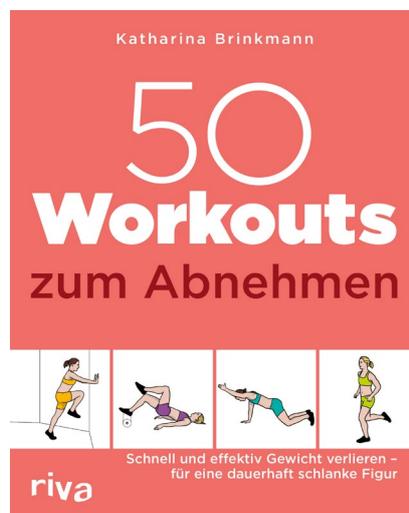
Published 11.09.2019
144 pages



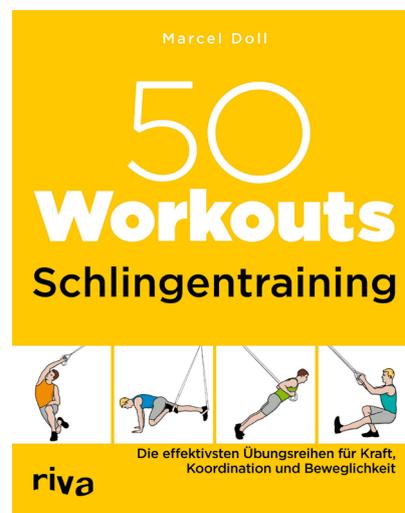
Published 17.03.2020
128 pages



Published 17.03.2020
144 pages



Published 29.12.2020
128 pages



Published 20.04.2021
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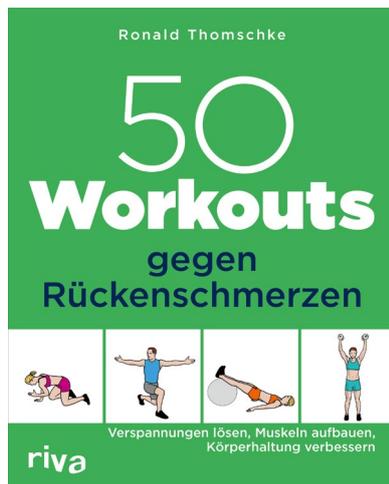


Published 20.04.2021
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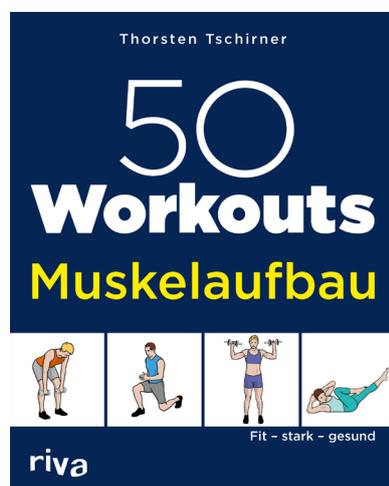
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Publication:	20.04.2021
Author:	Brinkmann, Katharina; Doll, Marcel
Title:	50 Workouts - for at home Fit, strong and agile without a gym
Pages/Cover/Format:	144 pages, softcover, 190x240mm
ISBN:	978-3-7423-1862-6
Price:	D: 10,00 EUR, A: 10,30 EUR



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

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RÜCKEN SCHMERZFREI IN 30 TAGEN

Mit über 100 Übungen gegen akute und chronische Beschwerden



riva

Gabriele Kiesling

Publication:	22.03.2022
Author:	Kiesling, Gabriele
Title:	Back - pain-free in 30 days With over 100 exercises against acute and chronic complaints
Pages/Cover/Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-1972-2
Price:	D: 20,00 EUR, A: 20,60 EUR

The new book in the **Physiotherapy at Home** series

Increased by unergonomic workplaces in the home office and lack of exercise during lockdown, postural defects, slipped discs, vertebral blockages and other back ailments have continued to rise in 2021. Almost one in three adults now complains of frequent or constant back pain. Quick self-help for acute as well as chronic conditions is therefore in demand! With the easy-to-implement 30-day programme by physiotherapist Gabriele Kiesling, those affected can treat their complaints themselves and strengthen their backs in the long term. On the one hand, they learn to recognise the causal problems in order to optimise their habits and everyday movements. On the other hand, they receive simple exercise units for every day, with which they can free themselves step by step from the pain trap. From first aid measures for when you can barely make it out of bed to relieving postures to mobilisation, stretching and strengthening exercises – the holistic treatment guarantees a mobile, pain-free and healthy body.

Gabriele Kiesling is a physiotherapist with her own practice and managing director of the German Institute for Quality in Physiotherapy. She regularly publishes in patient journals and specialist media and holds further training courses for doctors and physiotherapists. She has been involved in fascia therapy for many years and is a member of the Fascia Research Group at the University of Munich. She is the author of the successful series Physiotherapy at Home, which already includes several volumes.

Selling points and marketing:

- With a 30-day programme to eliminate pain and strengthen the back in the long term
- Over 100 exercises compiled by physiotherapy expert Gabriele Kiesling



Publication:	17.05.2022
Author:	Arndt, Stella; Dr. med. Bleuel, Sabine
Title:	Greetings from the foot The big book on foot health. Prevention, treatment, healing and care. With exercises, new therapies and help before and after operations.
Pages/Cover/Format:	272 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2065-0
Price:	D: 25,00 EUR, A: 25,80 EUR

The feet are a miracle of nature. Every day they have to perform at their best. We take it for granted that they will always work. We only become aware of them when they start to hurt. The complaints can be manifold and range from corns and foot malpositions to plantar fasciitis and hallux valgus. Foot problems can also affect the whole body. That is why it is important to take a holistic approach, as provided by physiotherapist Stella Arndt and foot surgeon Dr. Sabine Bleuel in this standard work. The authors first go into detail about the physiology and anatomy of the foot and explain how to walk properly, which footwear is suitable and how to take ideal care of the feet. In the next step, they describe all complaints, diseases and conventional therapies, but also what to consider before and after operations. Finally, little-known therapy methods are presented that use the connection between body and soul for healing the feet. Easily understandable, the book explains what our feet are made of, why they deserve a lot of attention and what conditions must be met for them to carry us through life without pain.

Stella Arndt is a physiotherapist with numerous additional qualifications. Her focus is foot health, to which she has dedicated herself for many years in her own practice in the Lüneburg Heath. As the owner of the Lüneburg Foot School, she regularly gives lectures and advises companies. She has already published several books on the subject of foot health.

Dr. med. Sabine Bleuel is an orthopaedist and certified foot surgeon. She works as a senior physician in the joint practice Orthopaedics & Surgery Elbchaussee in Hamburg. She has been working on the topic of fascia for many years and has been a lecturer in this area since 2010.

Selling points and marketing:

- With new, hardly known therapy methods



Publication:	17.05.2022
Author:	Martin, Dr. med. Alice; Lang, Dr. med. Estefanía
Title:	Naturally free of acne The most effective methods to successfully treat pimples, inflammation and other blemishes – for clear and healthy skin
Pages/Cover/Format:	175 pages, softcover, 170×240mm
ISBN:	978-3-7423-1372-0
Price:	D: 18,00 EUR, A: 18,60 EUR

Tangible and easy-to-implement advice to finally get acne under control

Acne is one of the most common inflammatory skin diseases. Both teenagers and adults are affected by the disease, which not only leaves scars on the skin, but often also has an impact on the psyche and reduces self-confidence. Dermatologists Dr. Estefanía Lang and Dr. Alice Martin show what exactly is hidden behind acne and what you can do against it yourself. They first provide basic knowledge about the different skin types, the types of blemishes and the causes of acne and then present their treatment strategy, which gets to the root of the problem and fights the centres of inflammation – these are not on the skin, but under it. With the right diet and an optimised lifestyle, the skin can thus be healed from the inside. Individual care supports the healing process. In addition to practical advice for everyday life and instructions for making your own care products, food overviews and cooking recipes in particular help with implementation.

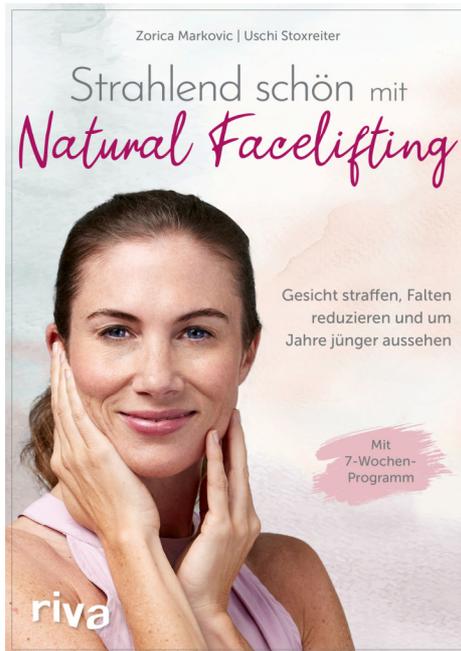
Dr Alice Martin is a dermatologist in training and co-founder of the app dermanostic as well as the platform medilogin, which offers online courses for medical professionals. Because she knows how to communicate the topic of skin health in a fresh and understandable way, she is a welcome guest in various media, and writes articles for magazines such as Glamour and Maxi. She is also a lecturer at the FOM University.

Dr Estefanía Lang is a dermatologist and venereologist who developed the app dermanostic. On the online platform medilogin, of which she is a co-founder, she and her colleagues educate other medical professionals on the topic of skin health.

Selling points and marketing:

- Acne can have a huge impact on mental health and can even cause depression

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Publication:	22.03.2022
Author:	Markovic, Zorica; Stoxreiter, Ursula
Title:	Radiantly beautiful with Natural Facelifting Tighten the face, reduce wrinkles and look years younger – the 7-week programme
Pages/Cover/Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-1993-7
Price:	D: 18,00 EUR, A: 18,60 EUR

Facial training is a sustainable and natural anti-ageing remedy without side effects

Beautiful, firm, youthful – in order to live up to the ideal of beauty, many spend a lot of money on cosmetic surgery and cosmetic products. But both often do not achieve the desired result. It is much more effective and sustainable to rely instead on our body's own instrument for a youthful appearance: our facial muscles. This is exactly what the authors had in mind when they developed Face-Shine Training – a method that trains the facial muscles with targeted exercises and thus restores the face's natural resilience. In their first book, they explain how exactly this works and how easy it is to apply the method. In addition to important background information on how the skin is built, why it ages and how muscles give the face contour, they present over 40 exercises that naturally rejuvenate the face by years. In a 7-week programme, the facial muscles are gradually built up and "blemishes" such as wrinkles, double chin, sagging cheeks and puffy eyelids are effectively combated. Only a few minutes of training a day lead to a radiant, healthy complexion and youthful freshness without any side effects.

Zorica Markovic is an executive in an international medical technology company. Together with her colleague and friend Uschi Stoxreiter, she founded Face-Shine Training – a simple programme to train the facial muscles and achieve a youthful appearance naturally. She is the mother of a daughter and lives in Vienna.

Uschi Stoxreiter is a marketing manager, yoga teacher and co-founder of Face-Shine Training. With this successful online programme for facial muscle training, she has already helped numerous women achieve a radiant and naturally youthful appearance. She is a mother of two children and lives in Vienna.

Selling points and marketing:

- The authors have a successful online programme for facial training and are sought-after experts in the media



Publication:	22.03.2022
Author:	Pape-Hoffmann, Nuria
Title:	Mindfully slim How to get off the diet carousel and start a new life with ease
Pages/Cover/Format:	272 pages, softcover, 145x215mm
ISBN:	978-3-7423-1827-5
Price:	D: 20,00 EUR, A: 20,60 EUR

Practical 6-week programme for a low-threshold start

It's not diets that help you lose weight, but mindfulness that is the key to a feel-good weight. Because diets put you in a bad mood, lead to an exaggerated food focus and ruin your metabolism. If you want to lose weight permanently, you have to be mindful of yourself: Mindful of your own body and its need for beneficial nourishment. And mindful of our own feelings such as stress, sadness or boredom, which otherwise always drive us to the fridge. This healthy attitude can be achieved by following the author's proven 6-week programme, which is broken down in this guidebook with exercises and explanations for each day of the week.

Nuria Pape-Hoffmann is a nutritionist and mindfulness coach. With her podcast Achtsam Schlank ("Mindfully slim") and her coaching sessions, she helps people to feel really fit and comfortable in their own skin again - without the stress of dieting and the yo-yo effect. Her podcast Achtsam Schlank and links to her social media channels can be found at achtsamschlank.de.

Selling points and marketing:

- The author is a state-certified nutritionist with many years of experience
- Detailed basic section with a rejection of diets and introduction to the topic of mindfulness

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