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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 Glücklichein), 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



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



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



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.

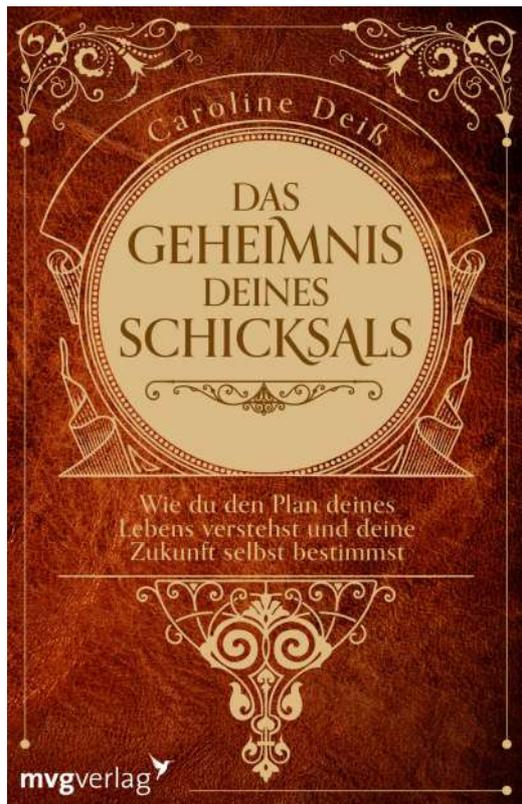
Downhill it's always faster tells many little stories about how this plan is conceived, prepared and ultimately not implemented, but in the end leads to an important realisation: The diversions is the goal. Because no matter whether it's the purchase of the first hiking boots, failed attempts at orientation 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



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



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

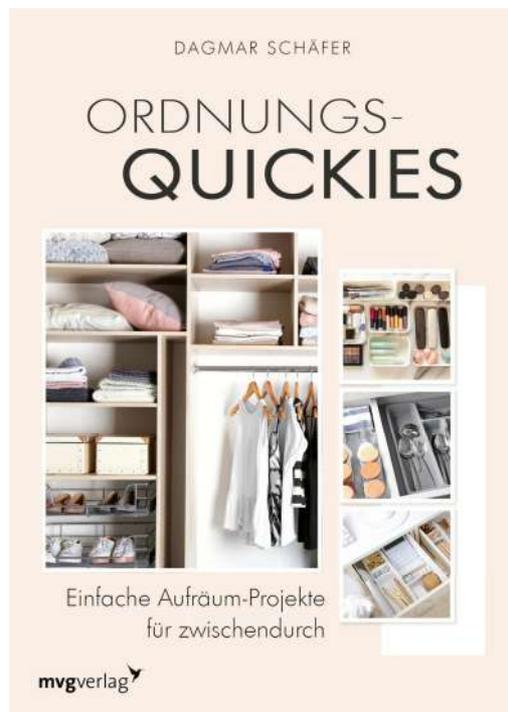
The current times have plunged many of us into a crisis and confronted us with the question of the meaning of life. We realise that material things, career or success only bring limited happiness and that we have to look for real happiness elsewhere.

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



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



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



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

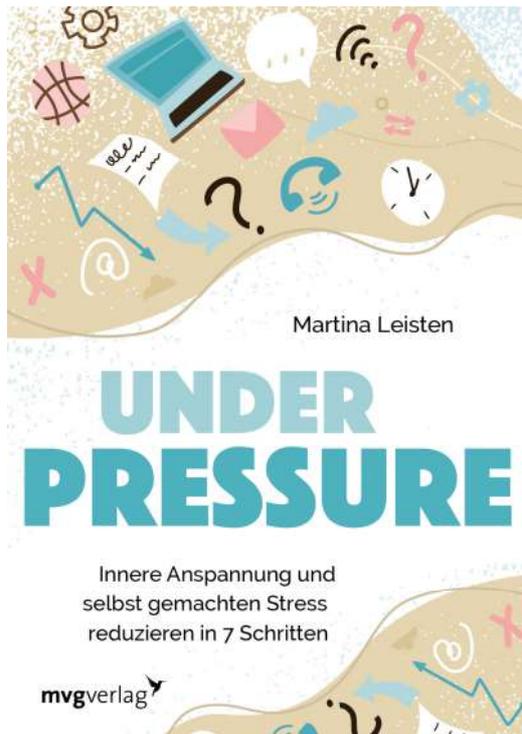
Nonviolent communication is more topical than ever - with a practical 4-step program for everyday life

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



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

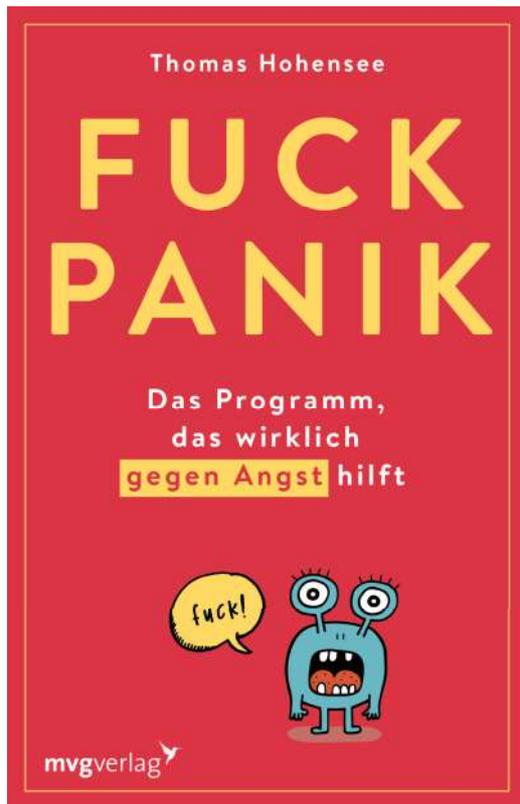
The widespread disease of stress - here it is shown how everyone can reliably protect themselves from pressure

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:	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

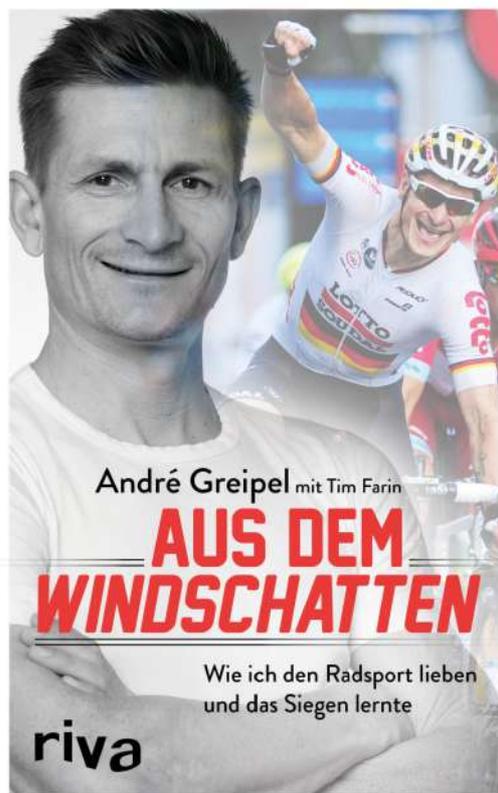
Being afraid is normal, anyone who does not know this feeling has a problem. But those who have too many fears can quickly develop an anxiety disorder and even panic attacks. The danger is great that even situations that one has mastered well so far become an anxiety trap. The author Thomas Hohensee 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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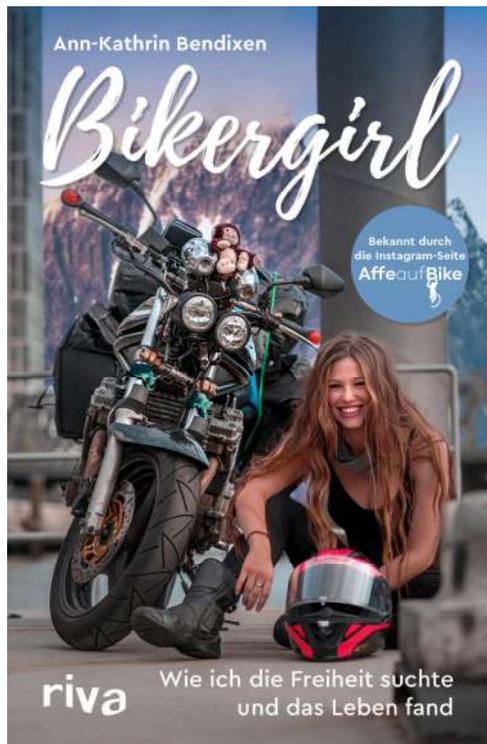
Publication:	12.10.2021
Author:	Greipel, André; Farin, Tim
Title:	Out of the slipstream How I learned to love cycling and how to win
Pages/Cover/Format:	approx. 224 pages, softcover, 135x205mm
ISBN:	978-3-7423-1850-3
Price:	D: 18,00 EUR, A: 18,50 EUR

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.



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 *Affe auf Bike* (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



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

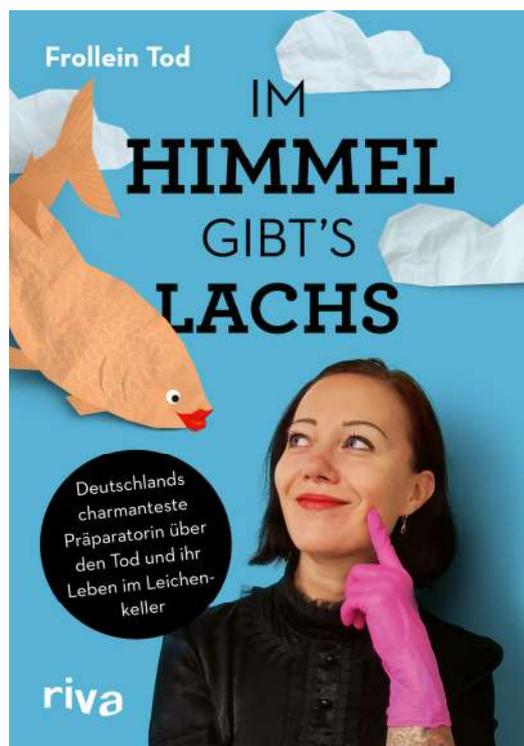
Behind every crime scene is a human fate that leaves traces. Marcell Engel has been a crime scene cleaner for over 25 years and is confronted with these traces every day. What happened at the place he was called to?

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



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

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STEFAN SCHWEIGER



PLASTIK. DER GROSSE IRRTUM

VOM SAGENHAFTEN AUFSTIEG DER
KUNSTSTOFFE UND DEM PREIS, DEN WIR
HEUTE DAFÜR ZAHLEN MÜSSEN

PREMIUM
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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



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.



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



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.

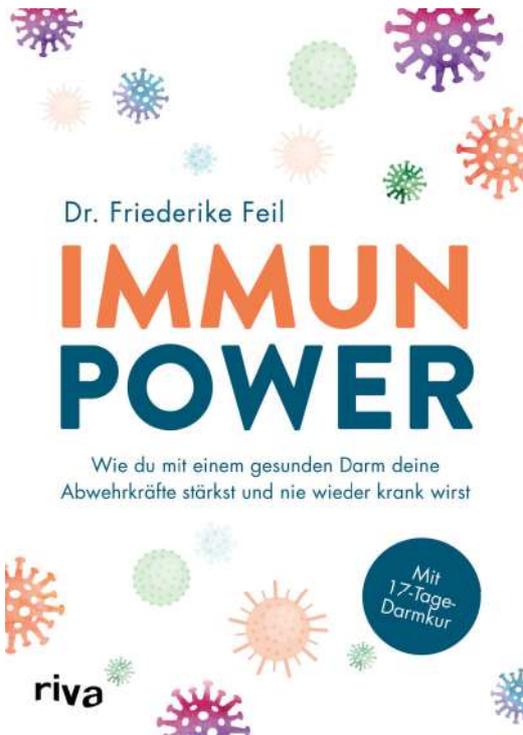
Sonja Schmitzer is a specialist journalist for life sciences and medicine. She trained in food diagnostics and studied molecular biotechnology. After a few years in research, she swapped the pipette for the laptop and now works as a journalist. Diagnosed with HPU herself, she founded the platform HPU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

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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:	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

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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:	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:	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

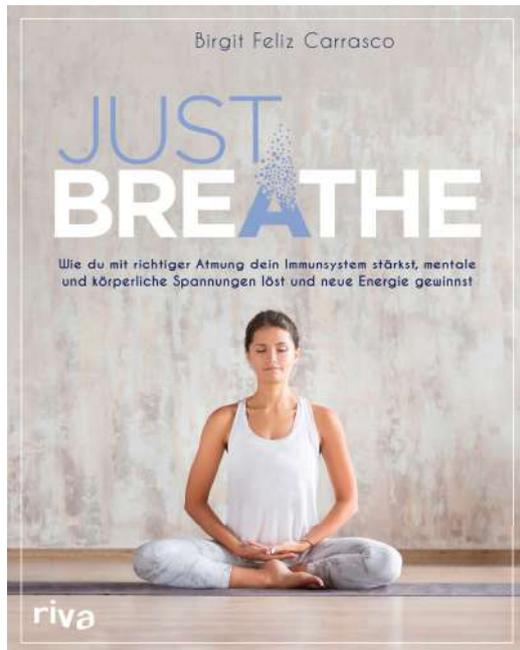
Lung infections are the third most common cause of death worldwide

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:	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

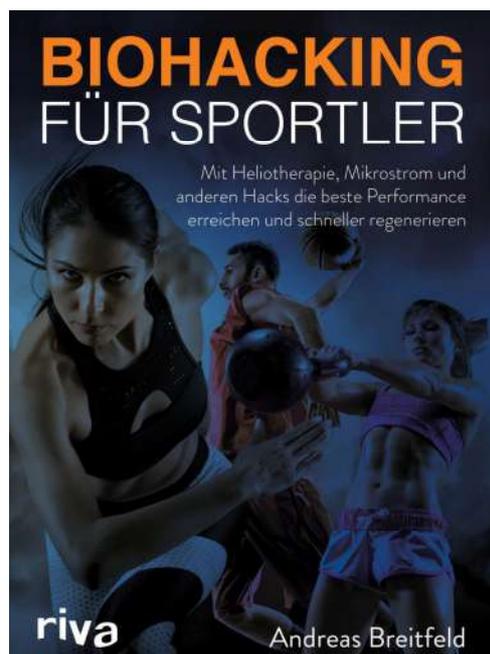
The practical book on the trend topic of breathing

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:	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

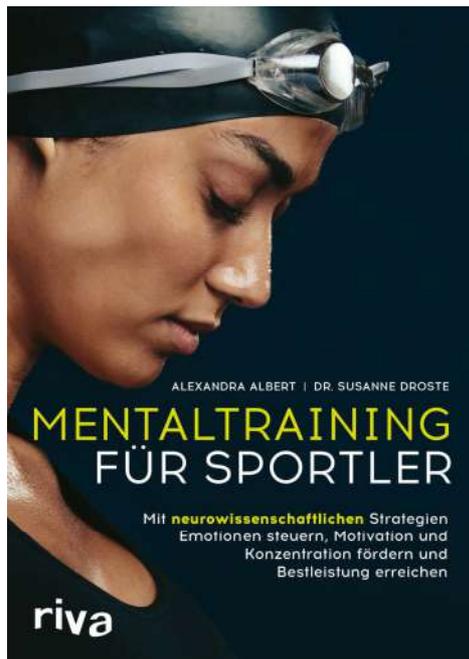
Further, higher, faster - the hunt for better performance turns many athletes into "training world champions". But between work and sport, there is often little time for regeneration and preparation. Those who want to help their bodies recover faster and improve their performance beyond the usual methods 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 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:	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.

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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:	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:	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

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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

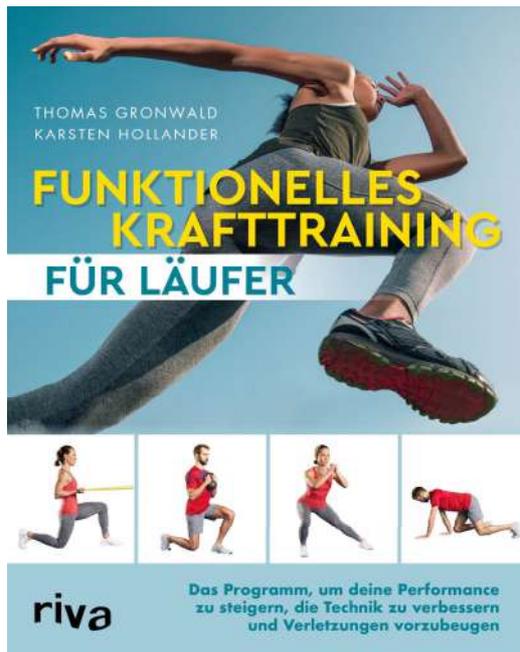
Hula hoop is back and has become the new trend sport for adults in a short time. The reason is not only the uncomplicated and versatile use, hula hoop is much more than just hoop swinging: With this fitness equipment, both cardio workout and strength training is possible. It promotes balance and stability, 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

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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:	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



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:	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

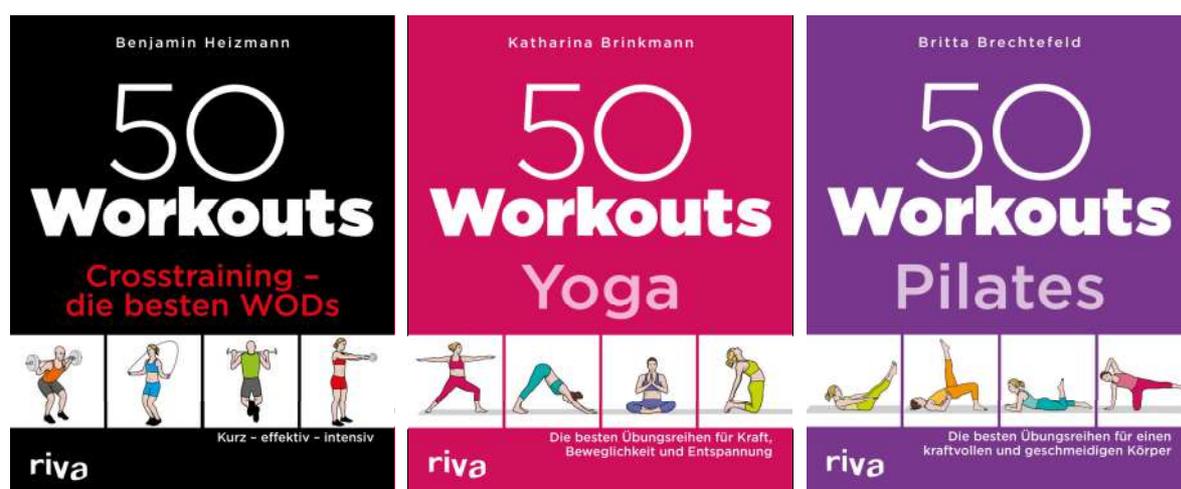
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50 Workouts - The successful DIY gym books

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.

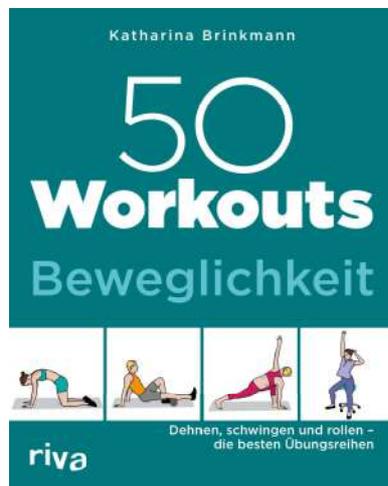


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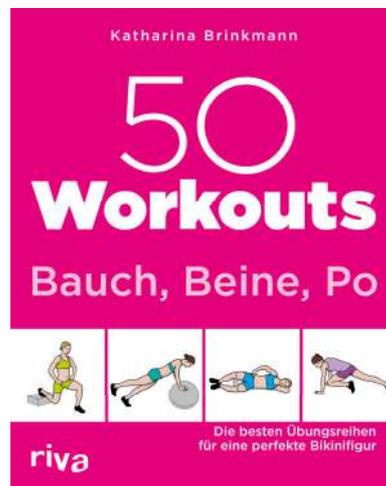


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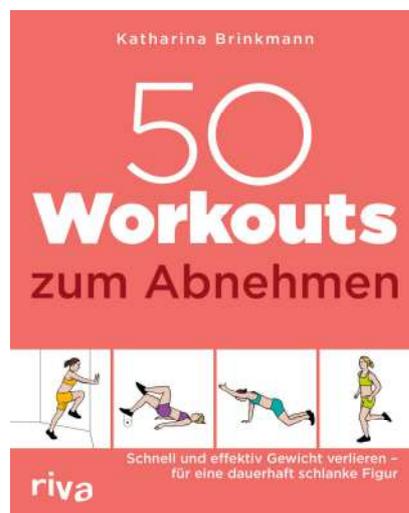
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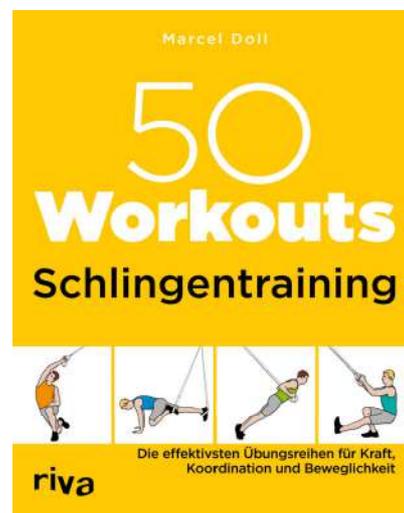
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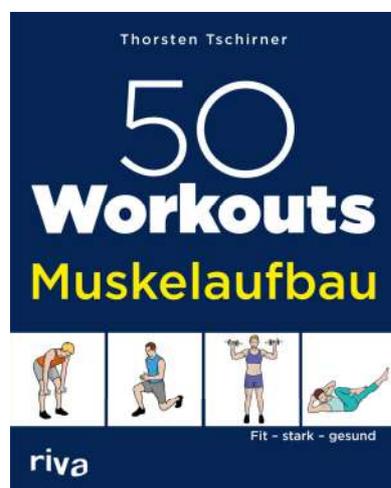
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Publication:	20.04.2021
Author:	Brinkmann, Katharina; Doll, Marcel
Title:	50 Workouts - for at home Fit, strong and agile without a gym
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Price:	D: 10,00 EUR, A: 10,30 EUR



Publication:	25.10.2021
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Author:	Tschirner, Thorsten
Title:	50 Workouts - Muscle building Fit, strong, healthy
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Price:	D: 10,00 EUR, A: 10,30 EUR

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Publication:	14.09.2021
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Title:	Eat right with diverticulitis The optimal diet for a symptom-free life
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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

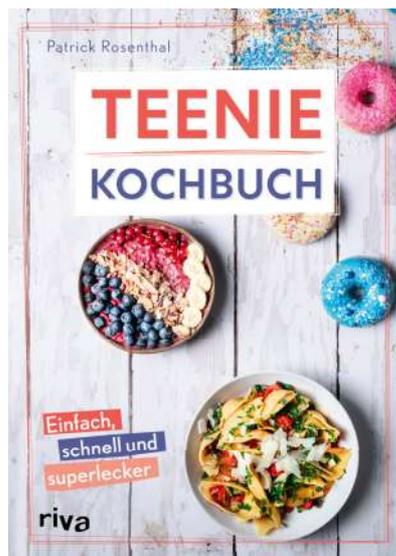


Publication:	25.10.2021
Author:	Till, Charly
Title:	Cooking for Guys 60 simple recipes for every day
Pages/Cover/Format:	96 pages, softcover, 170x240mm
ISBN:	978-3-7423-1835-0
Price:	D: 10,00 EUR, A: 10,30 EUR

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Publication:	25.10.2021
Author:	Mular, Doris
Title:	Simple alkaline cooking 100 quick recipes for deacidification, weight loss and enjoyment
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Price:	D: 15,00 EUR, A: 15,50 EUR

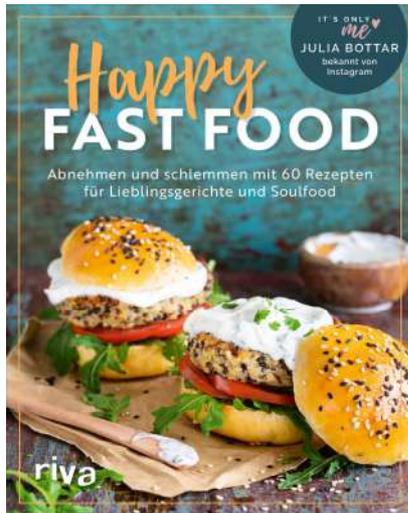


Publication:	25.10.2021
Author:	Rosenthal, Patrick
Title:	Teenie Cook Book Simple, quick and super tasty
Pages/Cover/Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-1870-1
Price:	D: 15,00 EUR, A: 15,50 EUR



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