Literarische Agentur Kossack

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ANNE SIEGEL
CONTRACTOR OF THE PARTY.
Reykjavík Blues
name to a











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MORDERISCH

TEATIME







Uwe Knop: Kiddo, eat... what you like!

Lea Stellmach: Strong in Life,



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Uli T. SwidlerRaw

Breath-taking high tension – a guaranteed page turner Highly explosive topic: Is there such a thing as Christian-motivated terrorism as a backlash against radical Islam?

Content

The police in Cologne gets an anonymous call: an armed robbery in a Turkish ghetto that is considered a no-go area by the police. Patrol officer Carl Gruber follows the young perpetrators and is drawn into a serious ambush: two strangers overpower him and shoot the young boy, a 15-year old Turk, with Carl's service weapon. A setup: the boy was meant to die, and Carl to look like his murderer.

When faith breeds hate – a breathtaking thriller about the consequences of religious fundamentalism; intelligently and atmospherically told.

Bio

Uli T. Swidler makes rock music, studied in Cologne, tried out theatre and worked as an author and presenter of radio and television for many years. He quit his work as a journalist in 1997 and focused on script and novel writing instead. The author lives and works in Berlin with his wife and daughter.

416 pages, Europa Verlag, 17.90 € Publication date: February 2018



Viktor GlassThe Vanishing of the Handmaids

A gripping historical crime novel with an unusual investigator duo.

A haunting manhunt, a fascinating insight of life in Germany in the late 19th century.

Content

Augsburg 1890: The industrialization is in full bloom. As a result a lot of handmaids lose their livelihood. Facing a dire future some of the young women see no other way than to commit suicide, others just vanish without a trace. Assuming all of them took their own lives the police shows no interest to open a case. That is when private investigator Ludwig Schüssler is approached by a desperate man who entrusts Schüssler to find his missing fiancée. Skeptical at first he eventually finds clues pointing to a ring of women traffickers. Schüssler gets support from the extraordinary Caroline Geiger, truly a modern woman. Together they make every possible effort to find the missing handmaids alive.

When body parts are discovered in an old Celtic ruin it seems that all hope is lost ...

Bio

Viktor Glass, (born 1950), studied sinology and journalism at the Ruhr-Universität Bochum. Amongst several short stories and novels he is the author of the successful novel "Diesel", which tells the life story of Rudolf Diesel who invented the diesel engine. Viktor Glass lives in Augsburg and has excellent knowledge of the town's industrial heritage and social history.

296 pages, Pendragon Verlag, 13 € Publication date: April 2018

4 | Crime/Thriller | 5



Roland Spranger

Razor Sharp

New crime novel by the winner of the Friedrich Glauser Prize

A reality characterised by silent, blunt violence and anger

Content

Life is not always fair. Especially when wrong decisions are taken.

Drug dealer Max, who has a Nazi background, throws a drug consignment out of the window during a police check and later wanders through the snow searching for the crystal meth. When he comes across a bottle scavenger, who he believes has taken the package, he takes his anger out on him, even becoming a murderer in order to eliminate a witness.

Video journalist Sascha's life is a lot calmer. He is more concerned with the issue of whether journalism is worth anything anymore in times of social media, where an attack with a water pistol full of urine can make headline news. When he comes across a drug deal, he sees his big opportunity.

It's all about blending out the emptiness. Max and Sascha drink too much, they take too much crystal meth, they get through difficult relationships, know their way round TV series and music, and are driven by the longing for romance, desire and passion, while cars and refugee homes are set alight.

Bio

Roland Spranger, born in 1963, works as an author, presenter of a talk show without cameras, theatre writer and supporter of housing projects for the mentally disabled. He received the Friedrich Glauser Prize in 2013 for his thriller 'Kriegsgebiete' in the section 'Best Crime Novel'. This was followed by his novel 'Elementarschaden' and several short stories that appeared in crime anthologies.

260 pages, Polar Verlag, 18 €
Publication date: February 2018

RAINER LÖFFLER



Rainer Löffler

Blood Summer

The first case for profilers Abel and Christ by bestselling author Rainer Löffler (The Stitcher)

100,000 copies sold

Content

Terror 101

A haze lies over the city. The heat is unbearable. And then the stench, the terrible stench!

The Lerch family's picnic comes to a gruesome end when they encounter a dark pile in the forest covered with flies and maggots: the 'butcher' has struck again.

Martin Abel, the best profiler the crime squad in Stuttgart has, is sent to assist the police in Cologne. Nobody else can put themselves in the mind of serial killers like him: a gift that is isolating. Abel believes he has seen everything bad there is to see. But this – this is another dimension.

Bio

Rainer Löffler lives in Hemmingen near Stuttgart with his wife and three children. BLOOD SUMMER is the debut of a series set around profiler Martin Abel.

490 pages, first publication by Rowohlt, 9.99 € Publication date: June 2012

6 | Crime/Thriller

Anne Siegel

Northern Bride

The first part of the magnificent Iceland trilogy, enthralling, packed with humor, and focused on the themes of homeland, friendship, family, and the alluring power of money.

October 2008: While angry masses gather in Reykjavík to protest the financial plight of their country, elderly Christa finally decides to come clean to her family about her past on the eve of her 90th birthday. Was Christa, who emigrated to Iceland from Germany in 1949, a Nazi sympathizer? And what has Christa's friend Jóhanna, who is of German descent, got to do with it?



Reykjavík Blues

The great Icelandic saga continues: The *Northern Brides* are following the trail of the dirty money.

In the second installment of her Iceland trilogy, Anne Siegel sets the northern brides off in pursuit of the money that was lost during Iceland's bank crisis. Full of narrative charm and wit, their amusing and adventurous search will lead them to Panama and the Caribbean.

"When the northern brides in Anne Siegel's novel make a clean sweep of it, their children and grandchildren are stunned. Fast-paced and well written!" *Iceland Review*

Bio

Anne Siegel is an award-winning filmmaker, author, and TV and radio writer. She divides her time between San Francisco and Cologne, and has worked as a foreign correspondent in Israel and Palestine. She has also produced features in Iceland, Denmark, Great Britain, the United States, and North Africa. She is the co-creator of several German comedy TV shows, and has written, directed and produced numerous documentaries, as well as video installations and radio plays. Her novel Northern Brides was shortlisted for the Hamburg Literary Prize as the best debut novel of 2015.

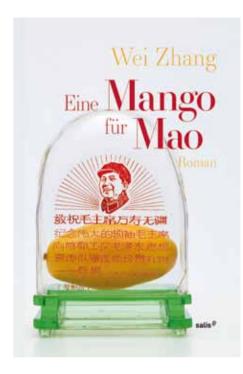
300 pages, Europa Verlag, 18.90 €

Publication date:

Part 1 - July 2017; Part 2 - July 2018

Please contact Kathrin Scheel: This Book

Travels Agency (except Italian and Korean rights)



Wei Zhang

A Mango for Mao

Great novel about a childhood in China during the cultural revolution – a timeless, critical and personal observation of interpersonal relationships in a dictatorship.

The entire absurdity of a totalitarian system culminates in the hysteria about a mango.

Content

China 1968. Cultural revolution. Life is characterised by a lack of resources and extreme politicisation. Through the eyes of an initially naïve seeming five-year old, Ying Ying, the author unmasks the absurdities of daily events.

Ying Ying is five when she has to understand that even a bank account with a tiny amount of child savings can be considered high treason: when her grandmother's stilt house is confiscated, she tries to withdraw her money – but does this not send out a signal that might damage her family? After all, personal property is forbidden!

The girl lives in a small apartment with her parents on the grounds of her school. This is where her entire life takes place: rivalling groups in the neighbourhood, dissident teachers, her uncle's death, the mango as a cult object and her first love.

Bio

Wei Zhang was born during the cultural revolution in Chongqing, People's Republic of China. She studied English there. She has been living in Switzerland since 1990. Her book `Zwischen den Stühlen: Geschichten von Chinesinnen und Chinesen in der Schweiz' was published by NZZ Libro in 2007. 'Eine Mango für Mao' is her first novel. She writes for the Feuilleton of the NZZ, works as a university lecturer and gives courses on intercultural topics.

228 pages, Salis, 23 €
Publication date: March 2018

8 | Literature | 9



Literature / General Nonfiction

Christian Hardinghaus

A Hero for Dark Times

A novel about a great romance, humanity, and camaraderie during the Nazi period – based on a true story

A homage to Erich Maria Remarque: A World War II All's Quiet on the Western Front

Winter 1941-42, the German lines in southern Ukraine, Wilhelm Möckel, a low-ranking military doctor, is fighting a desperate battle. He needs to receive the Iron Cross, First Class, to climb up the officer ranks and make a clemency appeal to the Führer himself to have his half-Jewish wife "aryanized". A Nazi exemption clause promises her "German blood", if he becomes a hero...



To Risk One's Life (A documentary history co-authored with Hans Machemer)

An eyewitness historical account - the poignant fate of Dr. Helmut Machemer, who fought in the war to achieve the "aryanization" of his family; A one-of-a-kind history of the war in southern Ukraine from fall 1941 to early summer 1942;

The life and death of soldiers at the Eastern Front – authentically described in over 150 letters and handwritten reports from the frontlines; A study of over 2,000 original photos and numerous hours of film footage

A major Arte documentary to be released in summer 2018

Bio

Dr. Christian Hardinghaus, born in 1978, received his Ph.D. in history, literature, and communication studies with a focus on the propaganda and prejudice that existed during World War II. He works as a historian, author, and journalist. Assisted by the son of the protagonist, Prof. Hans Machemer, Hardinghaus exhaustively and competently researched the true story of the frontline doctor Helmut Machemer, which serves as the basis for both the novel and the historical study.

Novel: 368 pages, 19.90 € Documentary incl. DVD with original film footage: 368 pages, 29.90 € Europa Verlag Publication date: March 2018



Ildar Dadin and Birgit Virnich

Deafening Silence – My Life in the Resistance

A galvanizing political memoir by a leading Kremlin critic For readers of Blain Harden and Raif Badawi

Content

In 2014, Ildar Dadin holds a vigil with placards in front the Kremlin against Russia's aggressive foreign policy and the war in Ukraine. It's a lonely protest, because, under the pressure of the Ukraine crisis, Russia has effectively banned peaceful demonstrations. Dadin is repeatedly arrested and convicted to three years of camp imprisonment in the notorious penal colony K7. After months of systematic torture, he reports about the conditions in the camp in a secret letter to his wife. She publishes his prison notes online, even if it puts his life in danger, and the world press starts covering the Dadin case. Emboldened by the international support, the activist files a lawsuit against his incarceration. In February 2017, the unimaginable happens: not only does Dadin force his own release, but also the revision of the legal clause that got him behind bars in the first place. In his highly anticipated book, Dadin reports for the first time in detail about his martyrdom in the labor camp and offers deep insights into the political situation and harrowing human rights abuses in Russia.

Bio

Ildar Dadin, born 1982 in a poor Moscow suburb, was an electoral observer during the 2011 parliamentary elections and witnessed massive election fraud. Since then, he has been active in the Russian democracy movement and participated in the Ukrainian freedom movement on the Maidan. In 2017, he was awarded the Boris Nemtsov Prize for his extraordinary commitment.

Birgit Virnich, ARD correspondent in Moscow, award-winning journalist and non-fiction author, is among Dadin's closest confidantes and has followed his case since his imprisonment in December 2015. Her work has long been focused on free speech, human rights and corruption.

216 pages, Europa Verlag, 19.90 € Publication date: March 2018 Please contact Kathrin Scheel: This Book Travels Agency (except Italian and Korean rights) Rights sold to: Czech Republic and the

Netherlands

10 | Literature / General Nonfiction General Nonfiction | 11

Dr. Wolfram Weimer

The Conservative Manifesto

The ten commandments of modern middle-class life

Origin of a new debate about conservatism as an answer to questions
and problems of our time

Handbook about the deep power resources of being conservative

Content

This book is poison to the Left and an imposition to the Right. It aims at the heart of all conservatives – and those who wish to become so. Exciting, intelligent and provocative, it drafts the intellectual compendium of modern middle-class life.

Dr. Wolfram Weimer, currently the most prominent social conservative publisher, combines an analysis of the Zeitgeist with a repositioning of old values. This results in an intellectual manufacture, a compendium that says: the good, old values do still exist. Over ten chapters, the big topics of conservatism are formulated along the lines of the ten commandments. The secret of new middle-class life: Conservative is not hanging on to things from the past but making a life from those things that always were.

Bio

Dr. Wolfram Weimer is one of the most prolific writers and commentators of current events. He is publisher of large media publications such as: 'The European', 'Wirtschaftskurier' and 'Börse am Sonntag'. He was editor in chief of the daily newspaper 'Die Welt' as well as the magazine 'Focus'. In 2004, he founded the magazine 'Cicero' and continues to be a founding editor. He is known to a wide audience through numerous book publications as well as television appearances.

100 pages, Plassen Verlag, 9.99 € Publication date: January 2018



Zana Ramadani

Sexism – About Men, Power and #Women The unadorned truth about #MeToo: why we finally have to talk about sexism

The #MeToo campaign, calling upon women to speak openly about sexual harassment and rape, has been whipping up feelings for months now. Countless women from around the world have admitted to being sexually bullied. Best-selling author Zana Ramadani has also experienced obvious propositions and abuse from renowned political figures. She speaks frankly about many men's sexism, but also criticises some #feminists for their campaigning and emphasises that both men and women can be victims of sexism.



The Veiled Danger. The Power of Muslim Mothers and the German Obsession with Tolerance

Zana Ramadani calls for an open and frank debate: "Within their own families, Muslim women reign supreme. They bring up their daughters to be submissive lemmings and their sons to be spoilt macho men. And because this sets them up for failure later in life, these pampered macho men become the next radical Islamists. The next terrorists."

Bio

Zana Ramadani, born in 1984 in Macedonia, is a co-founder of FEMEN Germany. After clashing with her family's Muslim values, she left home at eighteen and went to a women's refuge. Ramadani is living in Berlin, has been a campaigner for human rights and women's rights, and a vocal critic of Islam. She has spoken about these issues in her talk show appearances, reports, documentaries, speeches and workshops.

Sexism

208 pages, Europa Verlag, 18.90 € Publication date: February 2018

The Veiled Danger

264 pages, Europa Verlag, published: 2017 English sample translation available Rights sold to: Latvia and Czech Republic

12 | General Nonfiction



Ulrike Guérot

Why Europe Needs to Become a Republic A Political Utopia

Content

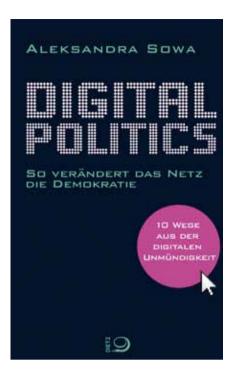
In her new book Guérot outlines the utopia of a radically different Europe, Europe as a republic. It would be based on the principles of the political equality of all citizens and the separation of powers, instead of a non-transparent and technocratic "trilogy" of European institutions: Council, Commission and Parliament. The object would be a common welfare-oriented policy for all, protecting Europeans socially rather than surrendering them economically to the competition of the domestic market.

Bio

Ulrike Guérot, born in 1964, political scientist, is director of the European Democracy Lab (EDL), Berlin and Professor at Donau-University, Krems (Austria). She has been dealing with the future of European democracy for many years and is an expert on EU-Europe, its institutions and weaknesses.

LINK: https://europeandemocracylab.wordpress.com

308 pages, Dietz Verlag, 18 € Publication date: 2016



Aleksandra Sowa

Digital Politics. The Way the Web Changes Democracy

10 ways out of digital powerlessness

The convenient and obscure cyber world gives and takes power at the same time

The author shows us how to fight back!

Content

Digitalisation beats democracy. It influences our lives, politics, economy and (democratic) decisions. In 10 chapters, Aleksandra Sowa, expert for coding technology, explains where the snares lie and how to get around them. Instead of damning technology as the root of all evil, we must understand that we are all responsible for the protection of our own data. We have to learn to defend ourselves! The author shows us how.

Big data, hacktivism, social bots, fake news, robots, artificial intelligence and algorithms can threaten individual liberties, but can also encourage democracy. Just a few dominate the technology and hoard the data. Programme and store first, then think about it or repair is the name of the game. So, what can we do to oppose the expropriation of our hardware and digital powerlessness? How can we continue to ensure informational self-determination? Democracy and the preservation of civil liberties is hard work.

Bio

Together with the German cryptologist Hans Dobbertin, **Dr. Aleksandra Sowa** heads up the Horst Görtz Institute for IT Security. She is the author of various books and professional publications, lecturer, IT compliance manager (ITCM), certified data protection officer and auditor. She is a columnist with the debate magazine *The European* and writes the column 'Online/Offline' in the magazine *Neue Gesell-schaft – Frankfurter Hefte*.

184 pages, Dietz Verlag, 14.90 € Publication date: 2017

14 | General Nonfiction | 15



Michael Ehlers

Welcome to the Data Prison – How We Will be Living, Loving and Shopping

Hot Topic: Big Data
Astonishing examples from our everyday lives
How can I reasonably cope with the flood of big data?

Content

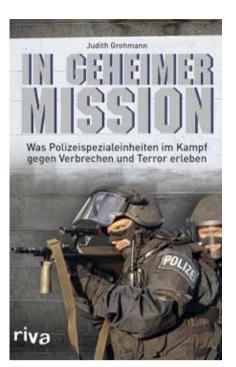
The story behind the revolution of our health system, the intelligent machines used in the industrial sector, and the algorithms that are shaping our love lives: Welcome to the Data Prison provides a comprehensive overview of the topic of Big Data. It highlights vividly the future in which we are already living and offers a fascinating perspective into the data universe that increasingly surrounds us.

Communications expert Michael Ehlers provides compelling examples of how rapidly our patterns of living, loving and shopping are changing, while also concentrating on the dangers inherent to this age of Big Data and the ways that we can profit from today's raw data.

Bio

Michael Ehlers is one of the most well-known communications experts in the German-speaking world. Through his institute, the rhetoric trainer and bestselling author advises companies on various topics, including the greatest communication revolution ever: the big data revolution.

224 pages, Plassen Verlag, 19.99 € Publication date: 2016



Judith Grohmann

On a Secret Mission – What Counter Terrorist Units experience in the fight against Crime and Terrorism

An intimate look at a closed world. First-hand insight into the world of active Counter-Terrorist Units and the courageous men and women behind, who fight every day against terrorism and crime to guarantee with their own lives the security of the citizens.

Content

The German GSG9, the Austrian EKO-Cobra, the British SC&O 19, the French RAID, the US-SWAT-Teams – these elite police units deal with kidnappings, armed operations against organized crime and terrorism. They meet regularly to exchange their various experiences. Judith Grohmann is the first outsider ever allowed to access this fraternity. She reports exclusively from the secret world of 16 worldwide active elite police units, which led her to the USA, Russia, Jordan, Israel and to several countries throughout Europe. In this book, Judith describes not only the most dangerous operations, she gives also an introduction to the selection process, the formation and the psychological training of these elite fighters. How do they go along with every use of their physical and mental limits and how do they deal with traumatic experiences? The author collected exciting and moving reports of the members of the units from various interventions over the past decade, including e.g. recent attacks like the Charlie Hebdo case. Country-specific and current amendments by the author are possible.

Bio

Judith Grohmann is an Austrian investigative journalist and author. She is an alumni of the Private School Lycée Français de Vienne and graduated from the University of Vienna in Political Science, Journalism and Japanese Studies. As managing editor and journalist, Judith has been working for Austrian magazines like *profil*, *Der Standard* or *Die Presse* as well as Foreign Correspondent from Austria for *Münchner Merkur*.

250 pages, riva Verlag, 19.99 €

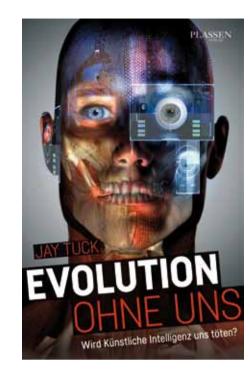
Publication date: 2013

English sample translation & complete

French translation available

Rights sold to: Czech Republic, France/ Belgium & Luxembourg, Poland, Romania, Slovakia and UK

General Nonfiction | 17



Jay Tuck Evolution without us. Will Artificial Intelligence kill us?

Artificial Intelligence is not a science fiction fantasy or the PowerPoint dream of some startup kid. It is here, now, and changing our world at breathtaking speed. We – as individuals and as institutions – must be prepared to redefine ourselves constantly. But when will AI surpass us? It already has - in many sections of our society.

Content

General Nonfiction

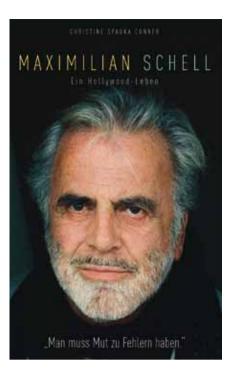
From airline tickets to agricultural fertilizers, AI can help us digest big data, macromanage global resources, define unseen challenges and secure our food chain, our environment and a sustainable future. In the industrial world of 4.0, billions of global indicators can be analysed in microseconds. Today, it is no longer just menial muscle and sweat jobs that are threatened. We are relinquishing highly skilled positions in our society to intelligent computers. Slowly, steadily, we are passing control in top management and marketing, in high finance and federal government, in medical research and military combat to the superior cognitive capabilities of Artificial Intelligence. While the advantages are enormous, many of the greatest thinkers in Silicon Valley believe will soon threaten human existence. "I don't understand why more people aren't worried", says Microsoft founder Bill Gates. If we turn over too much responsibility too soon, we can lose control to a super intelligence which is learning at lightning speed. There is no guarantee that we will always be Darwin's Darling.

Bio

US defense expert **Jay Tuck** was executive news director of the daily network program Tagesthemen on ARD Television. He also served twice as combat correspondent in Iraq. His investigative reports on security policy, espionage activities and weapons technology appear in leading publications in Europe, including Focus, Le Point, Stern, Welt and ZEITmagazin.

336 pages, Plassen Verlag, 19.99 € Publication date: 2016 English sample translation available

Rights sold to: China



Christine Spauka Conner

Maximilian Schell. A Hollywood-Life "The Courage to Make Mistakes"

Spauka Conner resurrects the grand seigneur of Hollywood unfettered by his own turmoil, placed somewhere between genius and madness, between Hollywood-Glamour and Alpenglow.

Content

Few German speaking actors make it in Hollywood, only one became a legend: Maximilian Schell. He was born 1930 in Vienna and died 2014 in Innsbruck. He was a role model for a whole generation of actors. He is the last German speaking artist to this day to garner the Oscar for Best Actor in a Leading Role, followed by further Oscar nominations, as well as numerous international awards. Christine Spauka Conner, a German journalist in Los Angeles and longtime friend of Maximilian Schell, presents the first biography of this great actor. Focusing on his career in Hollywood, she gives an inside look into his life and work. Legendary his roles in The Judgement at Nuremberg, The Man in the Glass Booth and Stalin as well as his affair with Soraya, the ex-wife of the last Shah of Persia. Not as publicized, his work on Broadway, his professorship at UCLA as well as directing at the LA Opera. He always chased after what was next, in his private as well as professional life. Asking the same question over and over again: To be or not to be?

Bio

Christine Spauka Conner studied German Literature and Communication at LMU and the Academy of the Bavarian Press in Munich, went to Spain for her internship and created her first magazine shortly after her arrival. In Los Angeles she studied broadcasting at UCLA and wrote for German television. She published the first German/American magazine in the US, through which she met Maximilian Schell. Christine regularly writes poems and short stories for The American Literary Journals, On the Bus and I'll Have Wednesday. She resides in Los Angeles and Durango, Colorado.

204 pages, teNeues Media, 25 € Publication date: October 2018

18 | General Nonfiction Biographies | 19



Volker Koop

Hans-Heinrich Lammers. Head of Hitler's Reich Chancellery

Submissive, efficient and silent: The organiser of the Nazi regime There was no way past Lammers.

Content

Hans-Heinrich Lammers was one of the most important and influential leaders of the Nazi system. The little-known senior Nazi exerted his power almost silently. He organised Hitler's government business submissively and provided legal corroboration for 'state necessities'. He also arranged for the persecution of Jews and euthanasia to appear legitimate.

"The Führer's will and commands are the only source of all right" – this conviction determined Lammer's actions. He selected information from the ministries at his own discretion, added his own features and then presented them to Hitler. His cabinet colleagues had no directed access to the Führer. There was no way of getting past Lammers when it came to bills or appointments. He testified at the Nuremberg Trials and got away with just a few years in prison – even though he was responsible for the death of thousands of people.

Bio

Volker Koop, born in 1945, used to be spokesperson in the Ministry of Defence and has been living in Berlin as a freelance journalist with a special focus on the historical reappraisal of National Socialism since 1995. Some of his other titles have been sold to Japan, Poland and the Czech Republic.

320 pages, Dietz Verlag, 24.90 €
Publication date: 2017

Die Namen der Nummern Wie es gelang, die 86 Opfer eines NS-Verbrechens zu identifizieren

Hans-Joachim Lang

The Names of the Numbers. How it worked to identify the 86 victims of a Nazi-crime

How can we keep the memories of those who lost their lives in Nazi crimes? In giving them back their identity, like 86 Jewish victims, who are followed until their last station.

Content

German anatomical institutes always had problems obtaining sufficient cadavers for research and training. In the NS period, universities could count on "extraordinary opportunities for cadaver delivery". Mostly tacitly, many bodies were those of victims of NS crimes. Scientists exploited the political situation to supplement their institutional collections. Their endeavors to fill the "lamentable gaps" took on truly bizarre forms. In Austria, Jewish cemeteries were plundered for racial-political expansion of anatomical collections. A change in paradigm followed: intentional murder for the benefit of NS-oriented science. August Hirt, director of the anatomical institute at the Reichsuniversität Strasbourg, was to develop guidelines under the name "Ahnenerbe". The university was considered a center of excellence for Nazi ideology. The anthropologists Bruno Beger and Hans Fleischhacker selected 86 Jewish prisoners in Auschwitz in June 1943 and deported them to the concentration camp at Struthof near Natzweiler, where they were murdered. The bodies were delivered to the anatomy department in Strasbourg for preparation and used as anatomical specimen.

Bio

Hans-Joachim Lang is a journalist from Tübingen and has been awarded with several prizes for his work, one of them the highly renowned CMATH "Champions Award".

303 pages, Hoffmann und Campe Verlag, 19.90 €

Publication date: 2004 English extra material available Rights sold to: France

20 | Biographies | 21



Hans-Joachim Lang

The Women of Block 10. Medical Research in Auschwitz

A moral portrait of Block 10 in Auschwitz where Nazi doctors used Jewish women as subjects for cruel and barbaric experiments.

Content

A number of publications has carried out what has happened in Block 10. But Lang adds another dimension by following some of the young women, all Jewish, from their arrival at the ramp where they were chosen to become the subjects of sterilization experiments. Most of them had been deported from Greece, Belgium, the Netherlands and France. The women were brought to a building which looked somewhat like a hospital though they were young and healthy. Their confusion soon turned to despair and terror as they realized that they were there to be tortured by brutal, inhumane procedures.

Lang also paints a moral portrait of the nurses and prisoner-doctors in Block 10, using survivors' testimonies. Most of the nurses had no medical training. Some would even hit the women who screamed with pain. The exact number of women who were experimented on in Block 10 remains unknown. It is probably around 800. Similarly, the number of deaths due to the experiments carried out there cannot be determined. Many survivors who had been experimented on were later unable to have children.

Claude Romney Lewin (University Calgary): "A very important piece of research which deals with a particularly dark and revolting aspect of the Auschwitz history. Moreover, in light of the recent apology issued by the German Medical Association (Bundesärztekammer) to the victims of the crimes perpetrated by Nazi doctors as well as to their families, the book deserves to be widely read."

Bio

Hans-Joachim Lang is a journalist from Tübingen and has been awarded with several prizes for his work, one of them the highly renowned CMATH "Champions Award".

320 pages, Hoffmann und Campe Verlag, 22.99 €

Publication date: 2011 Rights sold to: Greece, Poland



Jana Haas

The Mystery of the Trees – Self-Awareness, Love, Healing

Huge Hot Topic
Introduction to Forest Bathing
A Successful and Popular Spiritual Author

Content

We humans now wield unprecedented influence over our own lifestyle and career paths, which is why it is more important than ever to rededicate ourselves to our essential values in states of silence. Since antiquity, trees have functioned as symbols for growth, strength and stability. More than that: They possess souls and consciousness. They are our friends and spiritual teachers.

Jana Haas will show us how to mindfully come in contact with trees, attuning ourselves to them and absorbing their power. She will introduce us to the energy-charged healing effects of different tree species, and through various exercise, she will provide practical instruction on how we can experiences trees as sites of strength through which we can find our way back to our own essential core of love. Each tree has an important message for us, and this book will teach us how to understand it.

Bio

Jana Haas has Russian roots and has lived in Germany since 1992. She has been a gifted clairvoyant since childhood, and is able to see spiritual dimensions just as clearly as the material world. With her preternatural gifts, she makes the intersections between the two worlds more tangible to people. Through her clear, caring aura and her books, Jana Haas has won over a large fan base. She passes on her knowledge in lectures, seminars and training sessions.

240 pages, Trinity Verlag, 18 €

Publication date: May 2018

Please contact Kathrin Scheel: This Book

Travels Agency (except Italian and Korean rights)

Previously published by Jana Haas:

Following Your Heart – Answers to the Questions that Move Us

The Soul Plan – What Our Fate Dictates

Healing With Divine Power – Activate Your Inner Healing Strength with Cosmogetic Healing

Self-Help / Health & Medicine | 23



Bettina Lemke

The Little Book of Forest Bathing

In balance through the force of nature

Forest bathing: The new trend from Japan

Lovingly put together gift book with numerous practical exercises

Content

What if there was a place where we could find healing, relaxation, strength, longevity and a great deal more? Science has proven what nature lovers have known for a long time: The forest is good for us. When we spend time among trees, our body and immune system is strengthened, stress hormones are decreased, optimism and positive feelings are encouraged.

Japanese doctors have developed the classic forest walk into a recognised stress management method, which wonderfully combines enjoyment and therapy: Shinrin Yoku, known as forest bathing in English, is now taking the West by storm as well.

Using many practical exercises that range from mindfulness to aromatherapy and barefoot walking, right up to searching for a power place, Bettina Lemke shows us how we can open ourselves up to the healing force of nature. The Little Book of Forest Bathing belongs in every forest walker's backpack and is a beautiful gift to give all those we wish good health and happiness.

Bio

Bettina Lemke is an author, publisher, editor and translator. She has been engaged with eastern wisdom teaching for many years and has written successful books such as 'Der kleine Taschenbuddhist' and 'Ikigai. Den Sinn des Lebens im Alltag finden'. Bettina Lemke lives in southern Munich and regularly takes timeout in the Bavarian forests or in Ireland.

144 pages, Scorpio Verlag, 12 €
Publication date: April 2018



Christine Merzeder

Remedy. Conquering Narcissistic Abuse

With case examples, explanations of narcissistic strategies and solution approaches

Narcissistic abuse is a form of emotional violence that can be just as catastrophic as physical violence. Many victims barely recognise that they are being abused nor how it is taking place, as the offenders are very skilled in attributing all responsibility for the suffering to the victim. Best-selling author Merzeder supports the affected and those around them by revealing the common narcissistic strategies and presenting the best methods to ending specific forms of abuse.



Like an Insidious Poison. How to survive and heal after narcissistic abuse in a relationship

Urgently needed explanation of one of the most painful phenomena in romantic relationships

Critical assistance and potential recovery methods for abuse victims

How to rediscover your faith and trust in yourself

Long seller!

Bio

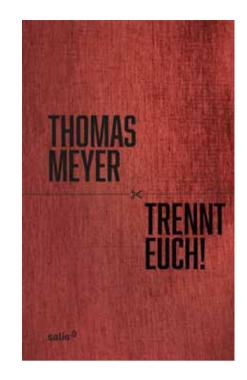
Christine Merzeder is an instructor for gerontology and the health sciences at Kalaidos College in Zurich. She has been active at an international level as a lecturer, advisor and instructor in the fields of aging and health care.

Remedy:

256 pages, Scorpio Verlag, 19.90 € Publication date: May 2018

Like an Insidious Poison: 192 pages, Scorpio Verlag, 5th edition, 17.99 €, published: 2015

24 | Self-Help / Health & Medicine | 25



Thomas MeyerBreak Up!

Four out of five relationships don't work and should be ended immediately

Meyer dissects futile constellations with perception and a strong talent for evaluation and emboldens those affected to break up with their unsuitable partner.

Content

Books that deal with relationships and partnerships are ten a penny. They often encourage you to fight, to hold on and to persevere in existing constellations. But when a relationship does not work, they are not much help.

Thomas Meyer's literary essay deals with the three enemies of separation – fear, hope and sense – as well as the only tool that really helps: willpower. The book describes all phases of breaking up: the time before the separation with its torturous questions, the separation itself and the time afterwards. He provides the necessary answers and solutions required for a successful separation. Not least because 'Break Up!' is a calling to be mindful with oneself and one's emotions.

Rio

Thomas Meyer, born in 1974, worked as a copywriter and freelance author. He has been a writer since 2012 and delights in this every single day. 'Break Up!' has been an unexpected success with more than 11,000 copies sold.

120 pages, Salis, 18 € Publication date: 2017



Judith Orloff

When Everything Gets Under Your Skin

- The Survival Book for Empaths and the
Highly Sensitive

New trend topic: the empaths

The empaths are the new highly sensitive

»Groundbreaking book« Joe Dispenza

Content

The companion for all highly empathetic people – with many practical exercises.

Empathy is a wonderful gift, as it allows us to make deep connections with other people. But what if it is so pronounced that one almost feels other people's unfiltered emotions and physical reactions? When one seems to absorb everything – happiness as well as pain?

In this book, Julia Orloff, herself an empath, provides extensive support for all those 'people without skin' to energetically protect themselves, to set boundaries, to reduce stress and to develop one's own strengths. Empaths can finally experience their particularity for what it is: a great gift.

Bio

Judith Orloff studied medicine and psychology and was an assistant lecturer at UCLA (University of California Los Angeles). In her surgery in Los Angeles, she had focused on the treatment and guidance of those with high levels of empathy and sensibility. Dr. Orloff is the author of several successful books, which deal with the methods of energy medicine.

300 pages, Trinity Verlag, 24 €
Publication date: May 2018

26 | Self-Help / Health & Medicine Self-Help / Health & Medicine

Otto & Eva Bong Self-Healing with Your Own Hands

Detecting and eliminating emotional blockages Easy self-treatments for the body and spirit User-friendly manual with numerous photos Treat yourself with mindfulness, gratitude, and appreciation

Content

Sayings such as "That practically broke my heart" and "That really turned my stomach" are widely known. They indicate how the emotional aspects of our lives can affect us in a concrete, physical sense. Inversely, we can easily influence our own emotions through physical touch. This practical user's manual reveals how we can positively activate the information stored in our cells to help us dissolve emotional blockages. We can do this by placing both hands on certain parts of our body, allowing the healing power of our hands to dissolve stress, disappointment, anger, shock, sadness, and even physical pain. In this richly illustrated volume, the experienced physio- and craniosacral therapist Otto Bong explains how, even without prior experience, you can help yourself get through difficult times in your life: selfhealing through hand placement - no side effects, simple, sustainable.

Eva Bong supported the work pursued by her husband Otto Bong (a physio- and craniosacral therapist, who ran his own practice for 20 years and established the Center for Integrative Manual Therapy in Munich) for many years. Following his death in June 2017, she took over the final editing of this book, which Otto had completed before his passing.

160 pages, Scorpio Verlag, 18 € Publication date: March 2018



Jana Iger

My Secret Russian Recipe for Natural Detox

Secret knowledge from Russia's vast expanses Trendy topic: natural detox *Introduction by Lumira* Includes a 40-day detox plan

Content

We carry within us everything we need to remain young, healthy, and vibrant into old age. In order to achieve this, we need a nutritional plan and lifestyle that assures that we are continuously getting rid of excess substances and toxins. We can easily say of our modern lifestyle that "we are eating ourselves to death." We are consuming more toxins than nutrients. As a result, our resources are being increasingly drained, and we are developing a wide range of illnesses.

In this book, Jana Iger shares the secret recipe of her Russian homeland: a vegan raw food diet that not only provides our bodies with everything they need, but is also extremely delicious. The book is packed full of practical recipes, instructions, and tips for natural detox.

"Jana Iger - very attuned to nature, sensitive, refreshing and authentic, with a big Russian soul." Lumira

Bio

Jana Iger, born in Ukraine, has lived in Germany since 1999. For many years, she has devoted herself to the task of passing on the Vedic Russian knowledge of her ancestors. In her seminars and lectures, she teaches self-healing methods that help to restore wholeness and harmony to all of the bodily systems, and to increase spiritual growth.

240 pages, Trinity Verlag, 18 € Publication date: April 2018

Self-Help / Health & Medicine | 29 28 | Self-Help / Health & Medicine



Detlef Brendel

No More Banned Foods!

Why you should no longer let the pharmaceutical lobby dictate your nutrition

Content

In his latest book, bestselling author Detlef Brendel explains why everyone cuts straight to the quick when nutrition is the topic at hand - and why we make decisions about what we eat based on the opinions of various "experts" and organizations about what we should not be eating. He provides proof that most of these food bans conceal economic interests. Using the World Health Organization (WHO) and other entities as examples, Brendel demonstrates how completely outdated studies (such as ones from World War II, in WHO's case) are misused as the basis for present-day recommendations.

If you want to make and enjoy your future food decisions with a clear conscience, unbiased by the revenue interests of the pharmaceutical industry, then this book will be the perfect appetizer for you. Bon appetite!

Bio

Detlef Brendel is the author of books such as 'The Economic Stranglehold: How the Antitrust Division is Stifling Entrepreneurship' and 'The Sugar Lie'. In his books, he tackles controversial topics, the shaping of public opinion, and the limits of governmental regulation. His new book faces head-on the manipulative backstory behind the anti-sugar campaign, and Brendel is the first researcher to reveal that a flawed study from 1947 is being used as the basis for contemporary nutritional recommendations.

192 pages, Plassen Verlag, 17.99 € Publication date: February 2018

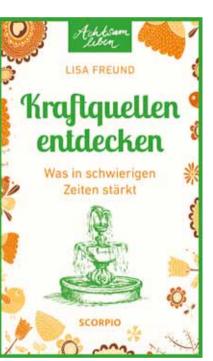


Susanne Seethaler

Escape Your Fear – How to Overcome Your Fears Mindfully

An established author who overcame her own panic attacks through mindful engagement.

Includes numerous breathing exercises, simple meditation exercises, and encouraging stories.



Lisa Freund

Discover Your Sources of Strength – Empowerment during Hard Times

The renowned crisis therapist shows us that there are always sources of strength out there when we need them. Includes numerous simple exercises, visualizations, and empowerment examples to help with exhaustion, despondency, and trauma.

Living Mindfully - Scorpio's Most Successful Series

Total print run: 200,000 copies

22 titles available

Experienced authors and renowned mindfulness teachers

Practical ideas to be implemented with ease in everyday life, and
plenty of exercises for immediate start

Attractive, stimulating bicolor design

Handy, portable format

Escape Your Fear:

128 pages, Scorpio Verlag, 7.99 € Publication date: March 2018

Discover Your Sources of Strength: 112 pages, Scorpio Verlag, 7.99 € Publication date: March 2018

Rights sold

Self Compassion - Treating Yourself with Loving Care by Christiane Brähler – China

30 | Self-Help / Health & Medicine

Other Available Titles

Fiction

Literature



Jan Ilhan Kizilhan: The Song of Endless Drought – A Novel from the Kurdish Mountains Kizilhan's debut novel provides deep insights into the culture of a persecuted religious community and the challenges they face. The moving story of a thirteen-year-old boy searching for his roots.

304 pages, Europa Verlag, published: 2017, English sample translation available

Crime/Thriller



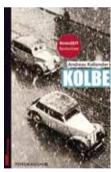
Sandra Brökel: The Hungry Crocodile

A touching family novel about identity, resistance, and forgiveness.

The novel is based on the memories of Dr. Pavel Vodák (1920-2002).

The story opens in 1939, when Pavel was still living in Budweis, and ends in 1970 with his escape from Prague. Sandra Brökel was born in 1972, and this is her debut novel. She works as a writing and grief therapist, and is particularly intrigued by the process of coming to terms with individual life stories.

320 pages, Pendragon, published: February 2018



Andreas Kollender: Kolbe

Literary crime novel on one of the most important spies of World War II. Summer 1943: Fritz Kolbe, a civil servant in the German Foreign Ministry is leading a double life. His love Marlene gives him the strength to carry on. But she is married, and then suddenly her husband returns from the front ...

472 pages, Pendragon, published: 2015, complete English translation available Rights sold to: China (Simplified), Czech Republic, USA (English World)

Please contact Kathrin Scheel: This Book Travels Agency (except Italian and Korean rights)

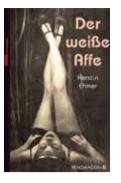


Andreas Kollender: Out of Mind

KRIMIZEIT Bestenliste (The Zeit's monthly list of its top ten crime novels)

Andreas Kollender's latest book, Out of Mind, is a compelling piece of historical fiction featuring vibrant characters and a highly original plot. It's the story of an obsession of a fierce psychiatrist, who actually lived and was ahead of the times. Ludwig Meyer fought for a better world in times of troubles due to the German revolutions of 1848–49.

464 pages, Pendragon, published: 2017, English sample translation available
Please contact Kathrin Scheel: This Book Travels Agency (except Italian and Korean rights)



DER TOTE IM

Kerstin Ehmer: The White Monkey

Young police officer Ariel Spiro just moved from his provincial hometown to the vibrant capital and investigates his first murder case straight away...

Kerstin Ehmer evokes the Golden Twenties era in Berlin in all its facets. The capital of the Weimarer Republic was characterized by opulent bars and sexual freedom as much as antisemitism and the smouldering signs ultimately leading to the rise of the National Socialists.

264 pages, Pendragon, published: 2017

Ivy A. Paul – Ireland Mysteries



The Body in the Whiskey Barrel

Old family secrets, expensive whiskey, and a murderer willing to do anything

240 pages, Dryas Verlag, published: 2017



Murderous Teatime

A murder – and the dead woman is a friend from years ago. Can Mae prove her innocence?

246 pages, Dryas Verlag, published: February 2018

At home in lovely Augsburg and shaped by her great love for Ireland and all things Irish, Ivy Paul's ideas for her Ireland mysteries usually come to her while enjoying a cup of tea or a glass of Tullamore Dew. The inspiration for her books in other genres typically comes from cooking soap or watching her flock of chickens.

Rebecca Michéle – Cornwall Mysteries



The Body from Higher Barton

The first case for Miss Mabel Clarence – a vanishing corpse, a quirky veterinarian, and a journey into the past.

356 pages, Dryas Verlag, published: 2011 – 5 additional titles available

A Homage to Agatha Christie's Miss Marple



Die Tote von

Higher Barton

Put on Ice

The first case for Sandra Flemming - a continuation of the Cornwall Series: the young hotel manager takes over a private murder investigation at the Higher Barton Romantic Hotel from Miss Mabel.

352 pages, Dryas Verlag, published: 2017 – more titles forthcoming

Rebecca Michéle, born in 1963, lives close to Stuttgart with her husband. Since 2000, she has devoted herself exclusively to writing and has already published numerous historical novels and mysteries. She also takes tour groups to Cornwall.

32 | Literature & Crime/Thriller

new

Robert C. Marley – Victorian Mysteries – Baker Street Library





Inspector Swanson and the Curse of the Hope Diamond

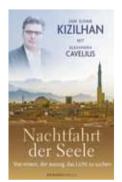
A mystery set in 1893 - the opening novel to the Baker Street series. Chief Inspector Donald Sutherland Swanson handles the investigation, and meets Oscar Wilde and Arthur Conan Doyle along the way.

304 pages, Dryas Verlag, published: 2014 – English sample translation available – 3 additional titles available, more forthcoming

Robert C. Marley, born in 1971, is author, historian specialised in crime history, goldsmith and member of the Syndikat - an association of German-speaking crime writers. Since his youth, he has loved Sherlock Holmes and Agatha Christie, and owns a private crime museum.

Nonfiction

General Nonfiction



Jan Ilhan Kizilhan with Alexandra Cavelius: Night Journey of the Soul

- By Someone who Set Out to Search for the Light



The latest book from the internationally renowned trauma therapist – a moving journey into his personal past and a deep look into his soul.

Kizilhan is the media expert for matters related to the treatment of IS and war victims, as well as the analysis of

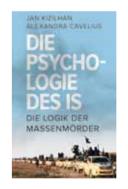
German cinemas will be running the major BBC documentary about Prof. Kizilhan and his work in Dohuk in 2018. 320 pages, Europa Verlag, published: April 2018



Shirin with Jan Ilhan Kizilhan and Alexandra Cavelius (Co-author): I Remain a Daughter of the Light

Shirin is the voice of the unspeakable: a young girl's experiences at the hands of IS terrorists, her escape from this living hell, brought to a close by the support of a German relief project for trauma victims. This book illustrates her nightmares as powerfully as it does her hopes.

368 pages, Europa Verlag, published: 2016, English sample translation available Rights sold to: Poland and the Netherlands



Jan Ilhan Kizilhan and Alexandra Cavelius (Co-author): Inside the Mind of IS: The Logic of the Mass Murderers

"The acts of dehumanization [...] by IS terrorists are unprecedented: men murdered [...], women and girls raped and enslaved, [...] young boys forcibly converted and trained as child soldiers." Jan Ilhan Kizilhan A glimpse into the horror: How the IS terror machine works.

424 pages, Europa Verlag, published: 2016, English sample translation available



Michael Ehlers: Rhetoric - The Art of Communication in the Digital Era

A top management title - varied, practical, and effective

The new standard text by Europe's leading rhetoric trainer

Rhetoric in the age of fake news, social media, and internet culture

Michael Ehlers is a rhetoric trainer, bestselling author, and major speaker. The Bamberg entrepreneur lives and loves marketing and sales. Ehlers is vice president of Club 55 - the European Community of Experts in Marketing and Sales. 500 pages, Books4Success (Plassen Verlag), published: February 2018



Dr. Mario Herger: The Last Rookie Driver - has already been born - How Google, Tesla, Apple, Uber & Co. are changing our automobile society and destroying jobs. And why that is a good thing.

Insider account straight from Silicon Valley Socially volatile, the perfect debate book Our topical cluster: Disruption

When Siri contacts Tesla via Uber...

512 pages, Plassen Verlag, published: 2017, Rights sold to: China



Kai Psotta: Myth Real Madrid

"Real is more than just a football club. Real is a worldwide religion." Carlo Ancelotti

Real Madrid is the ultimate in the football scene. Players and coaches adore the most popular club in the world. What is it that makes Real bigger than any other club? How come that almost every football fan is under their spell? Kai Psotta, sport journalist, has the key to their fascination. He has been talking to players, colleagues, insiders and stars such as Mesut Özil, Arjen Robben, coach legend Carlo Ancelotti ... and many more. This book is

271 pages, Plassen Verlag, published: 2017

General Nonfiction | 35 34 | Crime/Thriller & General Nonfiction

Poetry for Everyday Life

The things that surround us tell stories about ourselves, our lives, our needs, and the way we shape our daily lives.



Here is **the match**, which, in the era in which machines and enlightenment began to bring more light to our minds, made this light available to everyone.



The paper clip, which creates order, but whose presence is not limited to the office, since it provides our fingers and our imaginations with constant enjoyment.



The broom, which enables us to keep both dirt and the world's chaos far from our bodies and our living rooms



Chewing gum, which accompanied the rise of leisure. It is an inexpensive expression of a certain attitude toward life. We don't chew to stop our hunger. A product of affluence and fantasy.

Poetry for Everyday Life was composed by the Bookmakers, a group of young graphic designers who sought to engage in something playful to balance out their regular jobs: Jule Claudia Mahn, Torsten Illner, Helmut Stabe. The volumes are being released by a new imprint under the Swiss AT Verlag: **Edition Zeitblende**.

All Titles: 32 pages, Format 10.5 x 15 cm, published: March 2018

Nature

Peter Wohlleben

International nonfiction bestselling author in 2015 and 2016

His book The Hidden Life of Trees is translated in more than 30 languages



Crane Flight and Floral Clock

Observing, Understanding and Using Phenomena of Nature in the Garden

(OT: Kranichflug und Blumenuhr. Naturphänomene im Garten beobachten, verstehen und nutzen)
Expeditions into nature begin right outside our front door. Thousands of small and large processes occur here
that are fascinating and revealing – if you should notice them. In his book, Peter Wohlleben invites the reader to
train their senses in order to observe the signals sent out by the winds, clouds, plants and animals.

160 pages, Pala Verlag, published: 2012, English sample translation available

Rights sold to: France, Italy, Poland, Taiwan and UK



Understanding Trees

What Trees Tell Us, and How We Should Care for Them Naturally

(OT: Bäume verstehen. Was uns Bäume erzählen, wie wir sie naturgemäß pflegen)

Peter Wohlleben invites the reader to participate in a very special language course. He demonstrates very impressively: Trees only seemingly stand still and silent in our gardens. Beech, apple and co. not only communicate with one another, but also with us – if we learn their language.

 $200\ pages, Pala\ Verlag,\ published:\ 2011,\ English\ sample\ translation\ available$

Rights sold to: China (Simplified), Czech Republic, France, Italy, Korea, Poland, Spain and Taiwan



Feelings of Animals

Clear empathic and humorous: Peter Wohlleben's pleading for a good and fair contact to animals shows with how many prejudices we see our pets. Do they really like their mistress? Or is this just a big misunderstanding – and they need to? The must have book for every animal lover.

160 pages, Pala Verlag, published: 2014, English sample translation available Rights sold to: China (Simplified), France and Italy



Uwe Westphal: The Big Book of Garden Birds

Experience, support and protect our birds in the garden

Those who love birds should own this book. Anyone with a garden can turn their green living room into a small 'bird sanctuary'.

Uwe Westphal, one of Germany's most renowned ornithologists, and Christopher Schmidt, nature artist and illustrator, got together on this project. They introduce the reader to more than 50 different types of bird with their typical features and behaviour patterns and give advice on bird protection.

288 pages, Pala Verlag, published: April 2018



Nature | 37 36 | General Nonfiction

Biographies



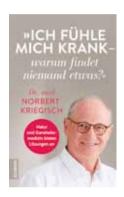
Jens Rosteck: Marguerite Duras - Sister of the Seas

new

In his biography, Jens Rosteck follows Marguerite Duras along the coasts and beaches where she found her inspiration and introduces new highlights of her colourful life. Duras was fascinated by the wild power of the oceans ever since her childhood on the Gulf of Siam; they became the settings for her novels, the literary symbols of her passion and the inspiration for her films.

240 pages, mare, published: March 2018

Self-Help / Health & Medicine



Dr. med. Norbert Kriegisch: I Feel Sick – Why Can't Anyone Tell Me Why? Nature and Holistic Medicine Offer Solutions



Ways out of the dilemma of chronic ailments

Encouragement for sick people faced with negative results

Numerous practical tips and patient recovery examples from an experienced holistic doctor

Dr. Norbert Kriegisch manages a medical practice for holistic medicine, natural remedies, and interference field detection in Munich. Among other publications, he is the author of the bestseller *The Best Home Remedies, A to Z*. 224 pages, Scorpio Verlag, published: February 2018



Dr. med Michael Spitzbart: Cancer Protection – Strengthening



the Immune System and Direct Prevention

Developing natural defence mechanisms against cancer – how to prevent it and support healing through nutrition, exercise and mental hygiene. For prevention and during recovery.

Written by one of the most sought after medical specialists in Germany, Austria and Switzerland.

Dr. med. Michael Spitzbart is a specialist in preventative and orthomolecular medicine as well as acupuncture.

He has developed an intensive training programme for companies, executives and (competitive) sportsmen and gives lectures for audiences up to 1,000. He lives in Salzburg and Triesensberg/Lichtenstein.

176 pages, Scorpio Verlag, published: March 2018



38 | Biographies / Health & Medicine

Carina Stöwe and Mandy Jochmann: Get Ready to Run –



The Motivation Book for Beginner Runners

Trend sport running – Includes a free training plan

'It doesn't matter how quick or slow you run – you'll be outstripping everyone still sitting on the sofa.'

Carina Stöwe and Mandy Jochmann have been blogging about their favourite sport for years. In this book, they show you how to leave your comfort zone using their self-tested motivation strategies.

176 pages, LEO Verlag, published: March 2018



Andrea Ballschuh with Fabienne Bill: No More Sugar! Our 90-Day

new

Challenge with 75 Ingenious Industrial Sugar-Free Recipes

The sugar-free mega trend – Say goodbye to short-lived diets and embrace a new, healthy mindset

Andrea Ballschuh, TV moderator for ZDF, hr-TV, and mdr, as well as radio moderator for SWR1, in a self-attempt, aided by nutritional experts. She finds balance, peace, and relaxation in gardening.

Fabienne Bill is a facilitator, mental and team coach with 14 years of experience in sales and strategic development in the international arena.

220 pages, Books4Success (Plassen Verlag), published: February 2018



Uwe Knop: Kiddo, eat... what you like!

Bucking the trend: a nutritionist comes clean

A testing of nutritional advice for children, provocative and enlightening

Based on the latest research findings

This is the first advice book that delivers straight talk - totally free of ideologies, lobby platforms, and authoritarian claims to presenting the "final word on healthy eating."

176 pages, Plassen Verlag, published: 2017



Lea Stellmach: Strong in Life, Secure in One's Being – Discovering



Ourselves Through Our Bodies

Life can be easier

The grounded spiritual path in our time; ending the struggle for survival and finding security: the 4-minute strength formula – a simple method to immediately find one's own strength and stability – any place, any time. Dr. med. Lea Stellmach, orthodontist, specialised in physical psychotherapy and energy healing, developed her own holistic system, which she has been teaching as a spiritual teacher at her own institute since 2001. 240 pages, Trinity Verlag, published: February 2018



Adrian Schulte: Know Your Shit! What It Says About Your Gut

Understanding the causes of intestinal problems and making the right choices: Adrian Schulte shows that more than anything else it is us, who are responsible for the damage done to our bowels and, ultimately, to our health. His easy-to-follow bowel fitness programme is based on thousands of successfully treated real-life cases from a clinic that specialises in bowel rehabilitation.

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