

**KOSMOS**

# **GUIDES & NON-FICTION**

Rights Catalogue

**SPRING 2026**



**herbig**

nymphenburger

## Astronomy

Choose from a large selection of beautiful coffee-table books about our stunning universe. Deep dive into textbooks with special topics on astrophysics, have journalists explain entertainingly the most puzzling questions of astronomy: titles range from beginner's levels to highly advanced readers.

## Gardening

Our Gardening titles cover easy beginner titles on general tips and tricks around the garden as well as the increasingly important topics like sustainability, and self-sufficiency in the garden. Germany's top gardening publisher our titles are produced climate neutral.



## Nature

The core area of Kosmos expertise lies here, ranging from guides on fauna and flora to topics like birding, bee keeping, and many others. Choose from basic series for everyone to titles used at universities. Identification guides, textbooks and coffee-table books, we have something for everybody.

## Hunting & Fishing

Each program we publish a selected number of titles on both topics both for beginners as well as advanced huntsmen and fishers. We also carry guidebooks on the equipment, the necessary exams and strategies for success.

## Dog Care & Pets

Kosmos is Germany's #1 in Dog titles. Our bestselling authors cover general topics of dog care, breeds and introduction to the keeping of pets. We also offer the latest research on canine behaviour, on the proper training and maintaining healthy pets.

## Horses

Our program is well known to equestrians around the world. Our authors are Olympic riders, trained professionals and teachers. Choose from titles for beginners to highly advanced scientifically researched topics.

## herbig Health

This imprint is a program with focus on the human body and its physical well-being. Doctors, nurses and therapists have written these titles on male and female health, guidebooks to understand diseases or ailments and how to help.

nymphenburger

## Spiritual & Mental Health

Nymphenburger stands for spiritual and mental health. We offer self-help books on personal growth, exercise books and beautiful coffee-table books with a focus on nature and spirituality.

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# Everybody Can Discover the Stars



Dr. Werner E. Celnik  
**Solar Eclipse in Europe**

03/2026; 10.00 €

pages: 32  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured photos: 14  
 coloured illustrations: 21  
 978-3-440-18484-4

All rights available



**Comes with Glasses to Watch Eclipse**



- ▶ **For the solar eclipse on 12 August 2026**
- ▶ **Includes solar eclipse glasses**

*Werner E. Celnik is an astrophysicist and hobby astronomer. He offers seminars for astronomy beginners and is the author of numerous astronomy books, among them the Kosmos bestseller „Astronomy for Beginners“.*

A total solar eclipse is probably the most spectacular celestial event you can experience. After more than 25 years there will be another ‘black sun’ over Europe on 12 August 2026. But how does a solar eclipse actually happen? What can be seen where, and what equipment is needed to observe and photograph the eclipse? This compact guide answers all the important questions about solar eclipses. Maps show the best locations from which to view the eclipse, and exclusive glasses are included to ensure safe viewing.

Card Set



Lisa Hummel  
**Star Constellations**  
 978-3-440-18504-9  
 All rights available



Tim Ruster  
**Our Stars and We**  
 978-3-440-18125-6  
 All rights available

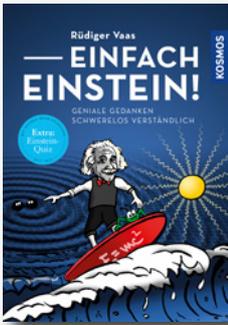


Klaus M. Schittenhelm  
**Finding Stars Very Easily**  
 978-3-440-17199-8  
 Rights sold: FR, HU, RO, CZ, NL

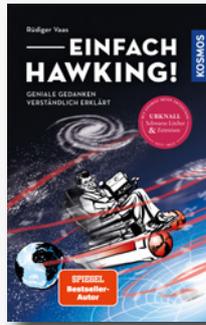


Michael Vogel  
**Which Star is this?**  
 978-3-440-18145-4  
 All rights available

# Astronomy Non-Fiction and Guides



Rüdiger Vaas  
**Simply Einstein!**  
978-3-440-15836-4  
Rights sold: CZ, FR, PL, RU



Rüdiger Vaas  
**Simply Hawking!**  
978-3-440-17269-8  
Rights sold: PL, ES, CN,  
FR, NL, CZ, HU, RU



Mark Emmerich  
**Everything about Astronomy**  
978-3-440-18119-5  
All rights available



Dr Ilja Bohnet  
**The 42 biggest mysteries of Astronomy**  
978-3-440-17913-0  
All rights available



Dr Ilja Bohnet  
**Physics's 42 Biggest Questions**  
978-3-440-16882-0  
Rights sold: CZ



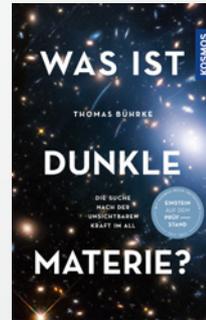
Anne-Dorette Ziems  
**Take Off Into Space**  
978-3-440-17940-6  
All rights available



Dr Erik Bertram  
**Pure Coincidence in Space?**  
978-3-440-17790-7  
All rights available



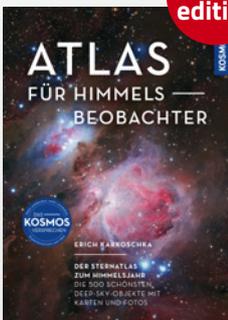
Victoria Grinberg  
**All about Black Holes**  
978-3-440-18079-2  
All rights available



Dr Thomas Bührke  
**What Is Dark Matter?**  
978-3-440-17421-0  
All rights available



Erich Karkoschka  
**Find Stars in the Southern Sky**  
978-3-440-15156-3  
All rights available



Erich Karkoschka  
**The Observers' Sky-Atlas**  
978-3-440-18356-4  
Rights sold: CZ, CA/US



Stefan Seip  
**Astrophotography Made Easy**  
978-3-440-17148-6  
All rights available



Dr Ilja Bohnet  
**The Mysterious Universe**  
978-3-440-17346-6  
All rights available



# Astronomy in Large Format

**NEW**

Dirk H. Lorenzen  
**100 Sensations in Space**

08/2026; 0,00 €

pages: 208  
Hardcover; 19.00 x 25.30 cm  
coloured photos: 100  
b/w-photos: 10  
978-3-440-18438-7

All rights available

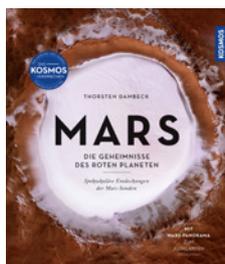
International  
Co-Edition Fall 26



*The astrophysicist Dirk H. Lorenzen works as a journalist with a focus on astronomy and space travel, mainly for leading German channels and papers. He has visited practically all the major observatories and spaceports and is very well known in the Astronomy Scene.*

- ▶ **Enjoy the Beauty of Space**
- ▶ **With New Images from Webb and co.**

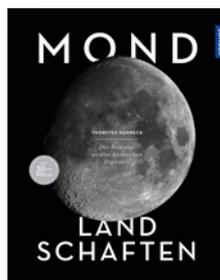
The most beautiful images of the universe – the most exciting discoveries in space. An opulent journey of discovery through space and time. From our solar system through the Milky Way and the realm of galaxies to the edge of space. With breathtaking images from the Hubble and James Webb space telescopes. Short and easy-to-understand texts convey the most important knowledge. A picture book to marvel at, browse through, and enjoy.



Thorsten Dambeck  
**Mars**  
978-3-440-17991-8  
Rights sold: CN



Dirk H. Lorenzen  
**Hubble and Webb**  
978-3-440-18266-6  
All rights available



Thorsten Dambeck  
**Lunar Landscapes**  
978-3-440-17300-8  
Rights sold: CN, FR



Dirk H. Lorenzen  
**The Splendor of the Universe**  
978-3-440-17692-4  
Rights sold: NL

NEW

Sigrid Tinz  
**Patchwork Gardening**

01/2026; 18,00 €

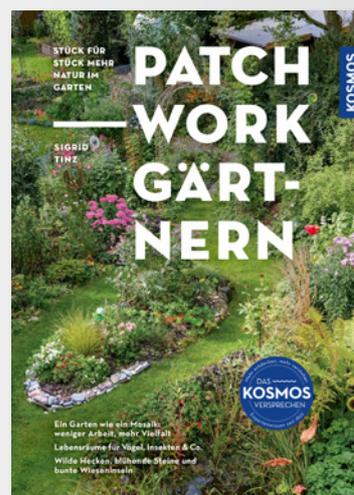
pages: 128  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 144  
coloured illustrations: 13  
978-3-440-18297-0

All rights available

► **Easy introduction to natural gardening**

► **Little work, lots of biodiversity**

With 'patchwork gardening', this book introduces an exciting gardening principle that not only reduces the amount of work involved, but also ensures greater biodiversity: don't cut everything at once, but leave islands and edges standing. This creates places of refuge and feeding grounds – for more life in the garden!



NEW

Simone Kern  
**Small and Wild**

01/2026; 20,00 €

pages: 128  
Paperback with flaps; 19.00 x 25.30 cm  
coloured photos: 190  
coloured illustrations: 6  
978-3-440-17962-8

All rights available

► **Natural gardens in small spaces**

► **Gardening for species diversity and biodiversity**

Does a proper natural garden need a lot of space? Not at all! Even in a small space, you can cultivate a lush plant paradise that also promotes biodiversity. In this practical guide, gardening expert Simone Kern shows how even the smallest garden can help to preserve biodiversity and benefit native flora and fauna.



Bestselling Author

NEW

Lisana Hartl  
**Herbs from Your Balcony**

01/2026; 20,00 €

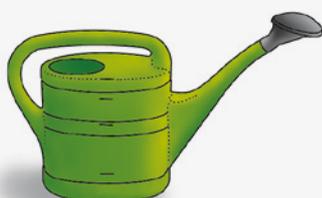
pages: 128  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 180  
978-3-440-18275-8

All rights available

► **Herbs all year round**

► **Planting tips and food pairing inspiration for herbs in the kitchen**

Kitchen herbs are robust and long-lasting – and completely underrated! This guide therefore focuses on growing kitchen herbs on your balcony. This makes it easy for anyone to plant, harvest and creatively use herbs all year round.



# All Year long Flowers ...



André Winkler  
**Simply Perennials**

01/2026; 16.00 €

pages: 96  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 140  
978-3-440-18324-3

**NEW**

All rights available

- ▶ **Perennials as perfect response to climate change**
- ▶ **Indestructible, versatile and robust for hot summers**

Perennials are simple and robust, yet beautiful – thus the perfect answer to extreme weather and climate change. This guide shows what needs to be considered when planting and caring for perennials and gives anyone new to working with them lots of practical tips on how to give their garden that special something.

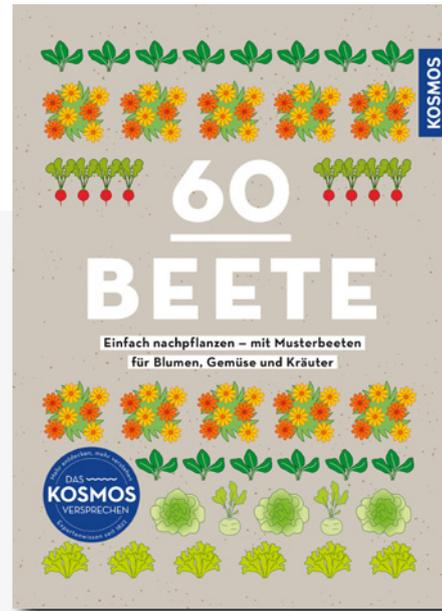
*More titles on flower and vegetable gardening*



Elisabeth Grindmayer  
**Slow Gardening**  
978-3-440-17780-8  
All rights available



Iris Winkenbach  
**Flower Beds**  
978-3-440-17410-4  
Rights sold: CZ, FR



Otmar Diez  
**Flower Beds - Easy to Plant**

01/2026; 16.00 €

pages: 128  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 80  
coloured illustrations: 120  
978-3-440-18498-1

**NEW**

All rights available

- ▶ **With plant information and shopping lists**
- ▶ **Including 60 sample beds to replicate**

Don't talk, just get planting! With its practical shopping lists, popular sample beds, plant information and easy-to-understand to-do lists, this compact guide is the ideal companion for gardening novices who want to plant their first vegetable, herb or flower beds with minimal effort.

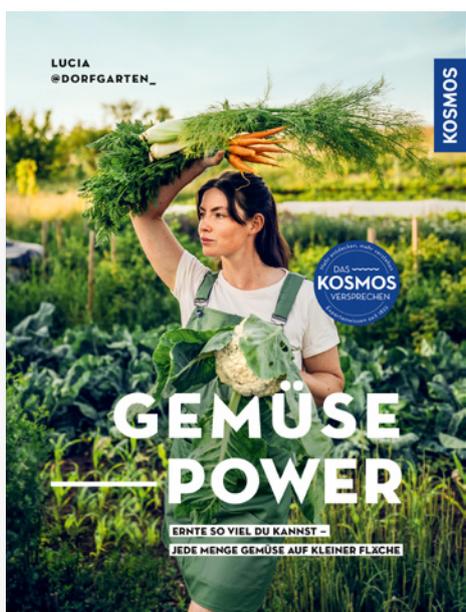


Katharina Funk  
**Flower Love**  
978-3-440-17669-6  
All rights available



Burkhard Bohne  
**Herbs – They Can Be So Easy!**  
978-3-440-16404-4  
All rights available

# ... and Vegetables



Lucia Schauerhammer  
**Vegetable Power**

01/2026; 22.00 €

pages: 144  
Paperback with flaps; 19.00 x 25.30 cm  
coloured photos: 180  
978-3-440-18285-7

**NEW**

All rights available

- ▶ **Sustainable & ecological: growing vegetables all year round**
- ▶ **Goodbye imported vegetables – how to grow your own**

Imported products from the supermarket often not only taste bland, but also have a worryingly large ecological footprint. Harvesting vegetables from your own garden all year round that not only taste good but are also grown sustainably is thus a real win-win situation. This guide shows how the increasingly mild winters and hotter summers can be cleverly used to extend the gardening season and grow vegetables for your own consumption.



Lisa-Maria Trauer  
**Grow your own food on your balcony**  
978-3-440-18058-7  
All rights available



Otmar Diez  
**Grow your own food in your garden**  
978-3-440-17961-1  
All rights available



Ortrud Grieb  
**Bedding Plants – What Goes Well Together?**

01/2026; 15.00 €

pages: 96  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 80  
coloured illustrations: 35  
978-3-440-18253-6

**NEW edition**

Rights sold: UK, US

- ▶ **Which plants benefit from being in the same bed?**
- ▶ **Explaining the interaction between plants and animals**

Companion planting is the ideal cultivation method for anyone who wants to have a healthy and simultaneously low-maintenance garden. Garden expert Ortrud Grieb explains which plants have beneficial influences in the same bed on each other and which companions protect each other from pests and diseases. For quick execution, she puts together about 30 examples of beds – with popular vegetables, for any available space, for easy planting yourself.



Ortrud Grieb  
**Vegetables for Dry Weather**  
978-3-440-17880-5  
Rights sold: CZ, UK, IT



Otmar Diez  
**What to do in My Vegetable Garden And When**  
978-3-440-17123-3  
Rights sold: CZ

# Ideas for the Garden



Sonja Sacher  
**Magic Herbs**

01/2026; 22.00 €

pages: 144  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 93  
coloured illustrations: 70  
978-3-440-18412-7

**NEW**

All rights available

- ▶ All about herbal traditions in Europe
- ▶ Extra: with herb harvesting calendar

Ancient wisdom and rituals of herbal magic have been an integral part of natural medicine for thousands of years, and with its mindful, holistic approach, 'green magic' is becoming increasingly popular. The medicinal plants can be easily cultivated and used yourself. This book shows how to do it.



Jens Maute  
**Clever Water Management  
in Your Garden**

01/2026; 22.00 €

pages: 128  
Paperback with flaps; 19.00 x 25.30 cm  
coloured photos: 124  
coloured illustrations: 27  
978-3-440-18411-0

**NEW**

All rights available

- ▶ A green oasis despite continuous rain or drought
- ▶ Tips for designing, creating and maintaining your garden

First drought, then continuous rain: such extreme weather conditions cause stress for plants. But this does not have to be the case, as a few clever measures can help to manage rainwater in the garden optimally. Our author is landscape architect and provides valuable practical tips and shows how the right choice of plants and skilful planning can make the garden resistant to too much or too little water.



Christa Weinrich, OSB  
**Secrets of The Monastery  
Gardens**  
978-3-440-17994-9  
All rights available



Katrin Iskam  
**Gardening Without the Fuss**  
978-3-440-18422-6  
All rights available

**Card Set**



Stefanie Scholz  
**Planting for More Shade**  
978-3-440-17984-0  
All rights available



Mag Dipl.-Ing. Markus Meyer  
**Cool Garden – An Oasis**  
978-3-440-17409-8  
Rights sold: NL,FR

# Gardening Overview

← Our best titles



Lisa-Maria Trauer  
**My Balcony Raised Bed**  
978-3-440-17485-2  
Rights sold: CZ, ES



Simone Kern  
**Wild Buckets**  
978-3-440-17902-4  
Rights sold: CZ



Mareike Fedders  
**A Buzzing Balcony**  
978-3-440-17823-2  
All rights available



Melanie Öhlenbach  
**As Green as It Gets**  
978-3-440-17110-3  
Rights sold: CZ, NL



Melanie Öhlenbach  
**Ready to Pick!**  
978-3-440-17382-4  
Rights sold: CZ



Bärbel Oftring  
**Balcony Paradise for Animals**  
978-3-440-17411-1  
Rights sold: HU



Simone Kern  
**Dry Heroes**  
978-3-440-18274-1  
Rights sold: CZ, IT



Simone Kern  
**Survival Artists**  
978-3-440-17656-6  
Rights sold: NL



Katrin Hecker  
**Feed Caterpillars if you love Butterflies**  
978-3-440-18162-1  
All rights available



Melanie Öhlenbach  
**Survival on the Balcony**  
978-3-440-17928-4  
All rights available



Joachim Mayer  
**Raised Beds – The Manual**  
978-3-440-17130-1  
Rights sold: CZ, NL



Burkhard Böhne  
**Raised Bed Gardening with Herbs**  
978-3-440-18245-1  
All rights available



Mechthild Hubl  
**My Gardening With Seeds**  
978-3-440-17414-2  
Rights sold: CZ



Burkhard Böhne  
**Herbs From Pots and Buckets**  
978-3-440-17093-9  
All rights available



Sibylle Maag  
**No Room and Still a Garden**  
978-3-440-16321-4  
All rights available

# Illustrated Guides for the Clueless

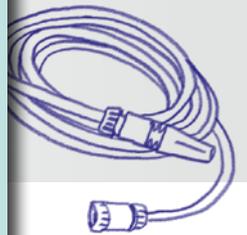
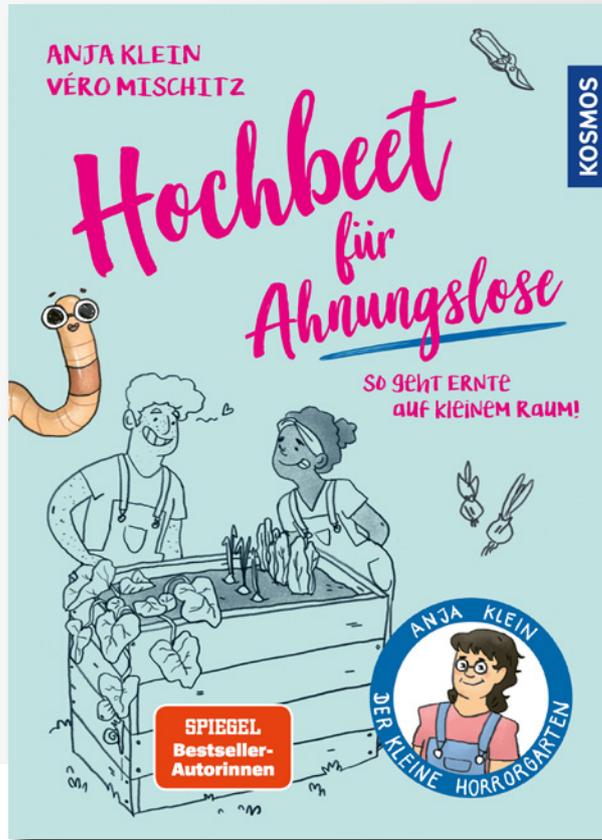
**NEW**

Anja Klein  
**Raised Beds for the Clueless**  
 01/2026; 18.00 €

pages: 128  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured illustrations: 370  
 978-3-440-18357-1

All rights available

**Inquire for  
 co-printings**



- ▶ The new book in the successful 'for the Clueless' series
- ▶ Trendy topic raised beds: from start to successful harvest

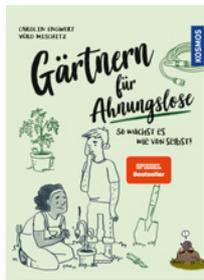
This book is perfect for anyone who would like to have a raised bed but has no idea how to go about it: entertaining, vividly illustrated and informative, it shows what really matters when it comes to raised beds. In the casual comic style of the series, gardening novices learn what they need for a successful start and how to turn their own raised bed into a green oasis.

*Gardening*

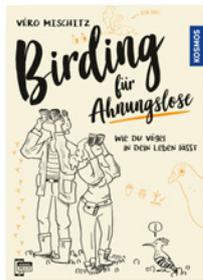
*Birding*

*Insects*

*Mushrooms*



Carolin Engwert  
 Véro Mischitz  
**Gardening for the Clueless**  
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Véro Mischitz  
**Birding for the Clueless**  
 978-3-440-16264-4  
 All rights available



Véro Mischitz  
**World of Insects for the Clueless**  
 978-3-440-17099-1  
 All rights available



Véro Mischitz  
**Mushrooms for the Clueless**  
 978-3-440-18115-7  
 All rights available



# Nature Guides Basic for Families

Sold over **1.6 million** copies since 2006

Further titles in this series:  
Healing Plants, Spiders, Animal Traces,  
Alpine Flowers, Coast Line, Wild Herbs

**NEW  
edition**

Volker Dierschke  
**Garden Birds**  
02/2026; 10,00 €

pages: 136  
Paperback with flaps; 10.70 x 18.00 cm  
coloured photos: 230  
coloured illustrations: 30  
b/w-illustrations: 22  
978-3-440-18554-4

**Rights sold: FR, SK, CZ, NL**



- ▶ **Practical and informative nature guide for on the go**
- ▶ **Updated version with creative activity pages for the whole family**

Perfect for the whole family: this nature guide turns bird identification into a shared experience. Three simple steps to identifying the right species – clearly explained, with vivid pictures and great activity pages that make nature excursions even more exciting.

## Bibliographic Information

128 pages, 10.8 x 18.1 cm  
Paperback, 10,00 €  
18 titles available  
Rights sold: CZ, FR, NL, SE, SK, RO



Katrin Hecker  
**Trees**  
978-3-440-18555-1  
**Rights sold: FR, CZ, NL**



Ute Wilhelmson  
**Basic – Forest**  
978-3-440-17684-9  
**Rights sold: CZ**



Volker Dierschke  
**Basic – Owls and Raptors**  
978-3-440-17689-4  
**Rights sold: NL**



Volker Dierschke  
**Basic – Birds**  
978-3-440-17393-0  
**Rights sold: NL, CZ, SE**



Eva-Maria Dreyer  
**Basic – Flowers**  
978-3-440-17389-3  
**Rights sold: FR, SE, CZ, NL, RO**



Markus Flück  
**Basic – Mushrooms**  
978-3-440-17387-9  
**Rights sold: SK, NL, CZ, SE, FR**



Eva-Maria Dreyer  
**Basic – Berries and Wild Herbs**  
978-3-440-17392-3  
**Rights sold: NL**



Dr. Roland Gerstmeier  
**Basic – Insects**  
978-3-440-17391-6  
**Rights sold: CZ, NL, FR**



Hermann-Michael Hahn  
**Basic – Star Constellations**  
978-3-440-17359-6  
**Rights sold: NL, CZ, FR, RU**



Eva-Maria Dreyer  
**Basic – Butterflies**  
978-3-440-17398-5  
**Rights sold: NL, RO**

# Large Guides Fauna



**NEW**

Dr Hannes Petrischak  
**The Kosmos Guide to Bumblebees**

02/2026; 42.00 €

pages: 240  
 Paperback with flaps; 19.30 x 13.20 cm  
 coloured photos: 340  
 978-3-440-18180-5

**All rights available**



► **All European bumblebees in one nature guide**

► **Portraits of more than 60 bumblebee species**

This nature guide is dedicated solely to bumblebees, these rather underrated insects. It describes the biology and behaviour of bumblebees and presents the bumblebees of Europe in detailed portraits with unique photos and illustrations.



Dr Heiko Bellmann  
**The Kosmos Butterfly Guide**  
 978-3-440-18071-6  
**Rights sold: NL**



Matthias Helb  
**The Kosmos Beetle Guide**  
 978-3-440-16759-5  
**Rights sold: NL**

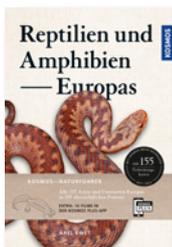


Rainer Ulrich  
**The Kosmos Guide to Diurnal Moths**  
 978-3-440-18069-3  
**Rights sold: FR**



Dr Heiko Bellmann  
**The Kosmos Guide to Dragonflies**  
 978-3-440-16762-5  
**All rights available**

All titles between 248 and 498 pages, specific guides, covering middle Europe and beyond.



Axel Kwet  
**The Kosmos Guide to Reptiles and Amphibians of Europe**  
 978-3-440-16755-7  
**Rights sold: FR, IT**



Dr Heiko Bellmann  
**The Kosmos Guide to Grasshoppers**  
 978-3-440-15304-8  
**Rights sold: FR, IT, NL, S**



Dr Heiko Bellmann  
**The Kosmos Guide to Insects**  
 978-3-440-18171-3  
**All rights available**



Dr Heiko Bellmann  
**The Kosmos Guide to Bees, Wasps, Ants**  
 978-3-440-17982-6  
**Rights sold: FR**

**NEW**

**Christine Rauch  
Eating Wild Plants  
– Card Set**

02/2026; 16.00 €

pages: 84  
Book plus; 9,80 x 13,30 cm  
coloured illustrations: 40  
978-3-440-18399-1

All rights available



► **40 cards with recipes and tips**

You'd like to know more about wild plants? Nothing could be easier – with this 40-piece card set. While the front sides feature beautifully illustrated wild plant species, the back sides contain matching recipes and personal tips from wild plant expert Christine Rauch.

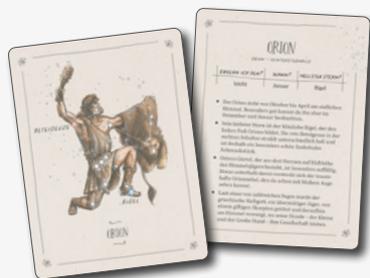
**NEW**

**Lisa Hummel  
Star Constellations**

02/2026; 16.00 €

pages: 42  
Book plus; 9,80 x 13,30 cm  
coloured illustrations: 40  
978-3-440-18504-9

All rights available



► **30 constellations in a handy format**

► **Get to know the night sky**

This set presents the most beautiful constellations in the popular cottagecore style on 30 practical cards. Twelve additional cards also show the starry sky month by month, and thanks to the accompanying booklet, astrology novices can learn all the important basics for observing the sky.



**Lisa Hummel  
Cottagecore  
– Birds in the Garden**

08/2025; 16.00 €

pages: 84  
Book plus; 10,10 x 13,60 cm  
coloured illustrations: 40  
978-3-440-18330-4

All rights available

► **Bird identification with a difference – in a handy card format**

► **Practical ideas to support birds in your own cottagecore garden**

Grain mix, fat balls, fruit, nest boxes, or nesting bags: handy, practical, and beautifully designed, this card set in the popular cottagecore aesthetic not only shows feeding and nesting aids for garden birds, but also helps with identification thanks to short species profiles.



**Inquire for  
co-printings**



- ▶ **Identifying animals and plants all year round**
- ▶ **With the popular life-size concept and creative hands-on ideas**

Identifying animals and plants can be so easy! Thanks to the popular 'life-size' concept, nature explorers of all ages can use this book to quickly identify what's flying, singing, crawling and blooming. Clear and easy to understand, it guides the whole family through the four seasons, introduces the 80 most common species and inspires you to get outdoors with creative ideas, recipes and quick DIY projects.

Daniela Strauß  
**Animals and Plants in Life Size**

02/2026; 20.00 €

pages: 160  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 150  
coloured illustrations: 50  
978-3-440-18448-6

**All rights available**

NEW



- ▶ **Combines identification with interactive elements**
- ▶ **The whole family profits**

The Kosmos nature guide for the whole family is more than just an identification book! It combines knowledge and fascinating facts about the local flora and fauna with exciting activity ideas for the whole family. Entertaining and easy to understand, the proven Kosmos expertise of the species portraits of different species groups is complemented by a DIY section with countless suggestions. This way, the next short trip into nature will be an unforgettable experience for the whole family!

Katharina Hedder  
**Kosmos Family Nature Guide**

02/2026; 22.00 €

pages: 352  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 600  
978-3-440-18553-7

**Rights sold: CZ**

NEW edition



- ▶ **Identifying, collecting and using wild plants**
- ▶ **With lots of recipes and instructions**

This guide teaches the reader what can be found in the forest, in the meadow and by the water to naturally enrich our diet and home medicine cabinet. A practical companion for anyone who wants to rediscover and experience nature.

Katrin Hecker  
**Wild Plants for your Well-Being**

02/2026; 20.00 €

pages: 160  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 245  
coloured illustrations: 27  
978-3-440-18552-0

**All rights available**

NEW

NEW  
edition

Peter H. Barthel  
Paschalis Dougalis  
**Which Bird is That?**

02/2026; 18.00 €

pages: 200  
Paperback with flaps; 13.20 x 19.30 cm  
coloured illustrations: 1829  
978-3-440-18319-9

**Rights sold: ES**



► **Our most successful illustrated bird guide**

540 portrayed European bird species, over 1800 coloured drawings by Paschalis Dougalis and 188 bird voices, „Was fliegt denn da?“ is the most successful bird guide of all time. The new edition is adapted to the new systematics and has been updated.



Over **1.3 million** copies sold

NEW  
edition

Detlef Singer  
**Which Bird is That?**  
– Photo Guide

02/2026; 20.00 €

pages: 400  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 766  
coloured illustrations: 743  
978-3-440-18350-2

**Rights sold: CZ**



► **The classic amongst our guides to birds for beginners**

This identification guide is perfect for beginners as the color photos depict the birds in their natural habitat. Classified by a special color code and divided into larger groups, the individual species are easy to identify. The book includes one additional picture of the bird in flight, a distribution map and a drawing. Sequence in-flight photos, identification markers highlighted in the pictures.



Leander Khil  
**Bird Observation Manual**

03/2021; 34.00 €

pages: 304  
Hardcover; 17.80 x 24.60 cm  
coloured photos: 650  
coloured illustrations: 30  
978-3-440-16990-2

**Rights sold: CZ; NL**

► **The perfect handbook for the trendy topic birding**

This manual for observing birds extensively covers all aspects of the topic – from optical aids to tips for identification and observation, as well as the identification of particularly tricky species. A practical reference book for beginners and experienced birders.



# Illustrated Guides



Ernestine Donnerberg  
**Look Up! Birds**  
 02/2026; 12.00 €

pages: 96  
 Hardcover; 13.60 x 19.50 cm  
 coloured illustrations: 40  
 978-3-440-18398-4

All rights available

**Co-Edition  
 Summer 2026**



- ▶ **Identifying birds with wit and charm**
- ▶ **40 species in entertaining portraits and amusing illustrations**

It can be that simple: three characteristics – one bird. That's all you need to reliably identify the most common native birds. How does it work? With illustrations that highlight the three most important characteristics of the birds in an entertaining way, and charming species portraits that make it easy to identify the little birds with confidence.

**Fall 26**



Ernestine Donnerberg  
**Look Down! Insects**  
 978-3-440-18401-1  
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Daniela Strauß  
**Our Favourite Birds**  
 978-3-440-17660-3  
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Ewald Weber  
**Our Favourite Flowers**  
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 Rights sold: CZ



Ewald Weber  
**Our Favourite Trees**  
 978-3-440-17587-3  
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# Our most successful Nature Titles

Fall 26



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**Orca**  
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978-3-440-17987-1  
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978-3-440-17876-8  
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Gamander López  
**Winter Moments  
Advent Calendar**  
978-3-440-18335-9  
All rights available



Dominik Eulberg  
**Eye to Eye  
The World of Insects**  
978-3-440-17900-0  
All rights available

International Bestseller



Ulrich Schmid  
**Insects – Secret Rulers**  
978-3-440-17608-5  
All rights available



Armin Schieb  
**The Ant Collective**  
978-3-440-17602-3  
Rights sold: CZ, FI, ES, FR, US, IT



Paschalis Dougalis  
**Through the Eyes  
of a Bird Illustrator**  
978-3-440-18080-8  
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Detlef Singer  
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Alexis Goertz  
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Series with 4 titles



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**Edible Wild Plants**  
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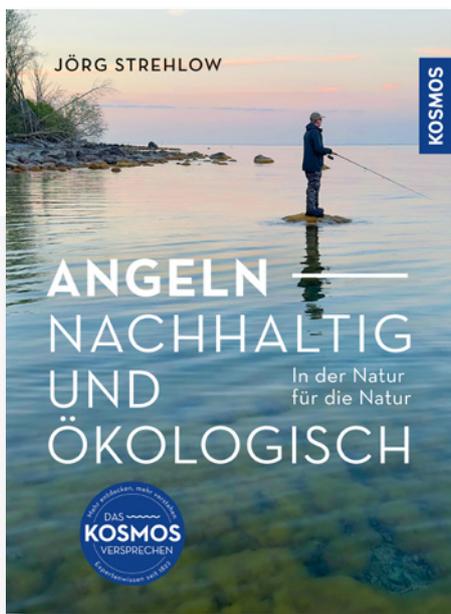


Nadja Frotscher-Kanka  
**Nature Guide Mushrooms**  
978-3-440-17895-9  
Rights sold: CZ



Thomas Hörren  
**Nature Guide Insects**  
978-3-440-18015-0  
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# Fishing titles



Jörg Strehlow  
**Ecological Fishing**

02/2026; 20.00 €

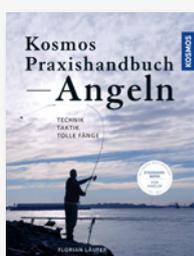
pages: 160  
Paperback with flaps; 24.00 x 17.00 cm  
coloured photos: 120  
coloured illustrations: 20  
978-3-440-18185-0

**NEW**

All rights available

- ▶ **Modern fishing in harmony with nature**
- ▶ **Ideal for beginners**

This book explains how ecological fishing works in harmony with nature: with its practical tips, beginners and advanced anglers alike can successfully fish for the most popular target fish without using lead or artificial lures containing microplastics, while also preserving natural stocks and waters. This is fishing in the age of climate change!



Florian Läufer  
**The Great Kosmos Book of Fishing**  
978-3-440-17309-1  
Rights sold: CZ



Matthias Bergbauer  
**Dangerous Marine Animals**  
978-3-440-15831-9  
Rights sold: CN



Ole Rogowski  
**Fly Fishing Today**

02/2026; 25.00 €

pages: 160  
Paperback with flaps; 24.00 x 17.00 cm  
coloured photos: 172  
b/w-photos: 10  
978-3-440-18463-9

**NEW**

All rights available

- ▶ **Focus on modern fly fishing**
- ▶ **Step by step to success**

In his book, the co-founder of Germany's largest fly fishing school focuses on precisely this topic. From the correct casting technique and entomology to choosing the right spot and the best fishing equipment, this title offers all the important information and step-by-step instructions you need for successful fly fishing.



Manuela Kirschner  
**Kosmos Reef Guide Red Sea**  
978-3-440-18316-8  
All rights available



Ben Boden  
**Fly Fishing Knots Step by Step**  
978-3-440-17852-2  
Rights sold: CZ

# Hunting



Daniel Bastian  
**Practical Handbook  
on Lure Hunting**

01/2026; 26.00 €

pages: 144  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 150  
978-3-440-18034-1

**NEW**

All rights available

- ▶ **Successful lure hunting through imitation**
- ▶ **With practical tips on preparing your hunting ground**

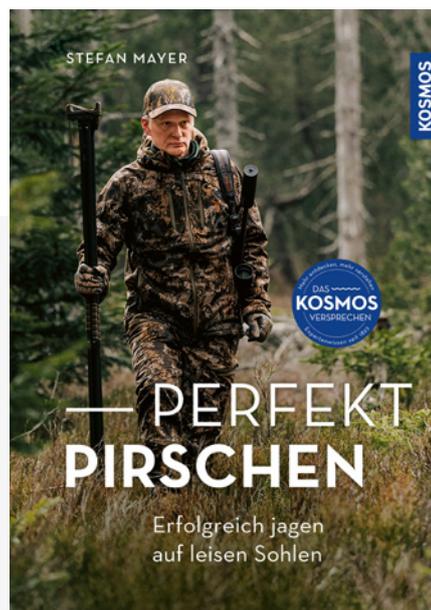
Rutting season – hunting roe deer bucks, whereby hunters imitate the calls of female roe deer using a rutting call – is considered by many hunters to be the most fascinating type of hunting. In this practical guide, a professional hunter provides valuable tips and tricks for a successful rutting season and shows how the right preparation of the hunting ground can help to make it a success.



Dr Konstantin Börner  
**Hunting Predatory Game**  
978-3-440-18342-7  
All rights available



Dr Konstantin Börner  
**Hunting Deer**  
978-3-440-17887-4  
Rights sold: FR



Stefan Mayer  
**Perfect Stalking**

04/2026; 28.00 €

pages: 160  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 120  
coloured illustrations: 10  
978-3-440-18397-7

**NEW**

All rights available

- ▶ **How active and successful hunting works**
- ▶ **Guide to preparation and equipment**

Stalking game and approaching it almost silently during the hunt is extremely challenging. In this guide, forester Stefan Mayer explains what is important for successful stalking and how, when and where stalking works for different types of game.



Dr Konstantin Börner  
**Hunting Wild Boar – Modern Hunting**  
978-3-440-18086-0  
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Moorschmied  
**Sharpening Knives**  
978-3-440-18097-6  
All rights available



- ▶ **More clarity in dog training, less frustration**
- ▶ **Playful bonding exercises for more trust, respect and affection**

As a rule, 95% of dog training is successful. However, most dog owners focus on the 5% where problems arise. In their book, the authors show how to shift the focus and concentrate on your own strengths and those of your dog – on the wonderful moments when everything feels easy.

Kai Hartmann  
**Don't Fall for the 5% Trap**  
 02/2026; 16.00 €

pages: 128  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured photos: 155  
 978-3-440-18229-1

**All rights available**

NEW



- ▶ **How and why dogs behave the way they do**
- ▶ **With exercises to promote sensory and social intelligence**

How does the world feel to a dog – and what does science say about it? This book takes you on a fascinating journey into the environment and inner world of dogs – scientifically sound, up-to-date and yet practical. Numerous exercises enable you to apply your new knowledge directly and develop a deeper understanding of how dogs perceive the world.

Claudia Pauliks  
**Dog Education Made Easy**  
 03/2026; 24.00 €

pages: 224  
 Paperback with flaps; 17.00 x 24.00 cm  
 coloured photos: 267  
 coloured illustrations: 3  
 978-3-440-18166-9

**All rights available**

NEW



- ▶ **Guide on how to give dogs guidance and building trust**

Dog researcher Katrin Scholz shows how to build trust, provide guidance and lead dogs. She talks about life with her pack of over 30 dogs and explains how these findings can be transferred to the coexistence of dogs and humans.

Katrin Scholz  
**Hi, I am talking to You**  
 03/2026; 25.00 €

pages: 208  
 Hardcover; 17.00 x 24.00 cm  
 coloured photos: 284  
 978-3-440-18025-9

**All rights available**

NEW

NEW

Kate Kitchenham  
**Toy Box for Dogs**

02/2026; 18.00 €

pages: 144  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 220  
978-3-440-18159-1

All rights available



NEW

Robert Mehl  
**Behavioural Therapy  
for Dogs**

04/2026; 26.00 €

pages: 224  
Hardcover; 13.50 x 21.50 cm  
b/w-illustrations: 8  
978-3-440-17520-0

All rights available

Robert Mehl  
**The Dog's Psyche**

04/2021; 25.00 €

pages: 256  
Hardcover; 14.20 x 22.00 cm  
b/w-illustrations: 20  
978-3-440-16701-4

All rights available

- ▶ **5 to 10 toys, 50 play ideas**
- ▶ **For more fun in the life of a dog or cat**

Toy box open – ideas for play out! 50 games based on skill, hiding, thinking, searching and the nose can be designed with a few toys. Whether inside or outside, young or old, agile or clumsy: There is something for every animal, and the colourful ideas provide for new momentum in the dog and cat's daily life.



- ▶ **Basics and therapeutic approaches for mental illnesses**
- ▶ **Behavioural therapy methods for dogs**

Post-traumatic stress disorder, anxiety, excessive aggression – dogs also suffer from mental illnesses that can be resolved through behavioural therapy. In this book, certified psychologist and behavioural therapist Robert Mehl describes how to conduct a behavioural analysis, the different types of illness models, diagnoses and the corresponding therapeutic approaches.



- ▶ **With many practical examples and vivid explanations**
- ▶ **How processes in the brain control dog behaviour**

Everything starts in the head – not just in humans. Psychologist Robert Mehl manages to explain neurobiology in an incredibly captivating manner and carefully transfers this to the dog. His fascinating approach helps to holistically understand the dog's behaviour, motivation and awareness.



# Overview Dogs



Over **1 million** sold Rütter titles



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978-3-440-16300-9  
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Over **20.000** copies sold

Over **25.000** copies sold

Over **35.000** copies sold

# All about Puppies

Over **60.000**  
copies sold



Désirée Scheller  
**Educating Puppies with Success**  
03/2026; 22.00 €

pages: 168  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 205  
coloured illustrations: 1  
978-3-440-18488-2

**NEW**

All rights available

► **The best start: from making your choice to basic rules and training**

Puppies are rough diamonds that can be integrated into your life with patience, love, clear rules, training and education. From choosing the right sleeping place, house training and feeding to getting used to travelling by car, training tips and signal training, this guide provides puppy owners with everything they need to know.



Dr Christian Nees  
**Consultation Hour for Your Dog**  
978-3-440-18100-3  
All rights available



Anne Krüger-Degener  
**Puppy Diary**  
978-3-440-17537-8  
All rights available



Anton Fichtlmeier  
**Basic Training for Puppies**  
04/2026; 28.00 €

pages: 240  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 200  
978-3-440-17896-6

**NEW  
edition**

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► **The successful Fichtlmeier method completely revised**

Affection, trust, guidance – that's what puppies need. In this book, Author Anton Fichtlmeier explains his unique training method, enabling every dog owner to communicate with their puppy in a dog-friendly way right from the start and build a close, trusting bond. Commands like down, stay, and heel are no longer a challenge, but are carried out with motivation and joy.



Dr Udo Ganslößer  
**Modern Puppy Training**  
978-3-440-17376-3  
Rights sold: **RUS**



Dr Sandra Bruns  
**The Dog Book for Children**  
978-3-440-18130-0  
Rights sold: **CZ, KO**

Fall 26



► **How and why dogs behave the way they do**

How does the world feel to a dog – and what does science say about it? This book takes you on a fascinating journey into the environment and inner world of dogs – scientifically sound, up-to-date and yet practical. Numerous exercises enable you to apply your new knowledge directly and develop a deeper understanding of how dogs perceive the world.

Dr Udo Gansloßer  
**A Dog's Environment and Inner World**

08/2026; 50.00 €

pages: 400  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 250  
coloured illustrations: 50  
978-3-440-18153-9

**All rights available**



► **Optimize dog training by knowing behavioural biology**

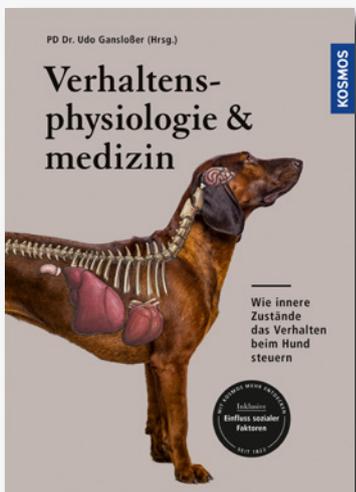
Bond, dominance, imprinting, hierarchy – what do these terms really mean and on which behaviours are they based? Zoologist PD Dr Udo Gansloßer offers insights into the fascinating world of behavioural research. In easily understood text he explains behavioural biology connections based on the latest research in monkeys, elephants or guinea pigs, and shows that much of this also applies to dogs. An indispensable manual for dog trainers and a reference book for dog owners.

Dr Udo Gansloßer  
**Behavioural Biology for Dog Trainers**

04/2020; 45.00 €

pages: 400  
Hardcover; 18.00 x 24.70 cm  
coloured photos: 235  
coloured illustrations: 13  
b/w-illustrations: 10  
978-3-440-16299-6

**All rights available**



► **Expert knowledge from zoology and veterinary medicine, comprehensibly presented**

Many dog owners and trainers ask themselves what the processes within their dogs are when their behaviour is a little off. Why is the dog hyperactive? What are the effects of stress on the personality? What are the influences of diseases or hormonal changes, for example because of neutering? Based on expert knowledge, Dr. Udo Gansloßer and his team comprehensibly describe the inner causes for unusual dog behaviour and show how diet, stress management, and therapies can be ways out of the crisis.

Dr Udo Gansloßer  
**Behavioural Physiology and Medicine**

04/23; 50.00 €

pages: 384  
Hardcover; 18.00 x 24.60 cm  
coloured photos: 111  
coloured illustrations: 48  
978-3-440-17236-0

**All rights available**

# Pet Care



**NEW  
edition**

Ralf-Wigand Usbeck  
**Keeping Chicken Made Easy**

01/2026; 16.00 €

pages: 128  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 134  
978-3-440-18497-4

**Rights sold: NL**



► **Countryside feeling even in the city**

► **Everything to know about keeping chickens for beginners**

Keeping chickens continues to be popular – not only in the countryside, but also in the city. Chickens are curious, easy to care for and trusting, and they also provide fresh eggs every day. This guide offers comprehensive, practical information for all chicken enthusiasts and introduces suitable breeds.

*Short Guides to  
pet keeping*



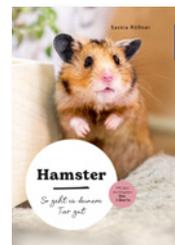
Dr. Eva-Maria Casteel  
**Chickens**  
978-3-440-17866-9  
**All rights available**



Viola Schillinger  
**Dwarf Rabbits**  
978-3-440-17562-0  
**Rights sold: CZ**



Viola Schillinger  
**Guinea Pigs**  
978-3-440-17566-8  
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Saskia Rößner  
**Hamsters**  
978-3-440-17854-6  
**Rights sold: CZ**

## Bibliographic Information

96 pages,  
17.00 x 24.00 cm,  
Paperback with flaps,  
12.00 €  
Series rights sold: CZ



Svenja Wilms  
**Tortoises**  
978-3-440-17848-5  
**Rights sold: CZ**



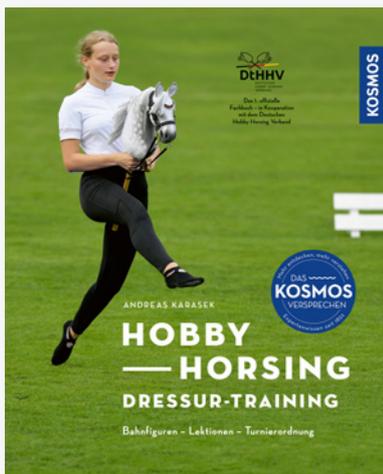
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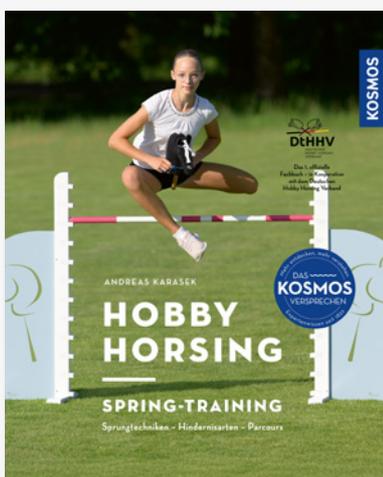
► **Trend sport: jumping course and dressage exercises without a horse**

The new trend sport 'Hobby Horsing' is no longer unknown. It is more than just hobby horse riding and includes challenging running and jumping techniques as well as the construction of courses that have to be ridden as elegantly and correctly as possible. In this book, interested readers will find everything they need to know about the basics and rules as well as creative ideas for courses of varying degrees of difficulty. For children, young people and other interested parties.

Andreas Karasek  
**Hobby Horsing**  
02/2025; 20.00 €

pages: 96  
Paperback with flaps; 17.00 x 21.30 cm  
coloured photos: 120  
coloured illustrations: 10  
978-3-440-18083-9

**Rights sold: CZ**



► **First official reference book on hobby horsing jumping**

This guide is the first to offer a comprehensive overview of the basics of hobby horse jumping, explaining jumping techniques and different types of obstacles in detail. Readers are guided through the completion of a full course in accordance with competition rules, including detailed descriptions and clear photos.

Andreas Karasek  
**Hobby Horsing – Jumping**  
04/2026; 20.00 €

pages: 96  
Paperback with flaps; 17.00 x 21.30 cm  
coloured photos: 120  
coloured illustrations: 20  
978-3-440-18351-9

**All rights available**



► **Addressing behavioural problems by refining communication with the horse**

Every horse has its own peculiarities, which can put a strain on the time spent together. Using real-life problem cases, horse experts Bernd Hackl and Kersten Rester show what causes conspicuous behaviour and how it can be remedied.

Bernd Hackl  
**Problems are Solvable**  
01/2026; 26.00 €

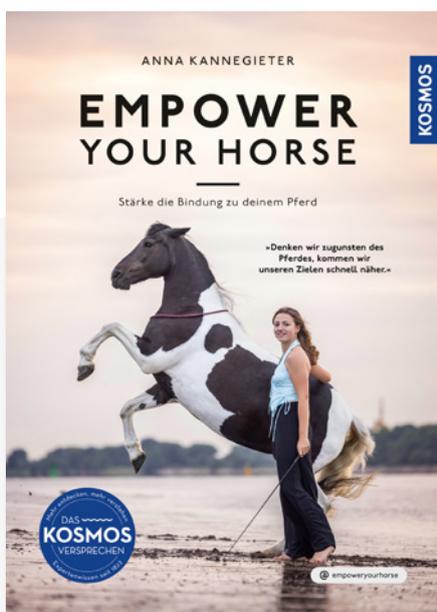
pages: 144  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 100  
978-3-440-17751-8

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**NEW**

**NEW**

# Caring for your Horse



Anna Kannegieter  
**Empower Your Horse**

01/2026; 22.00 €

pages: 128  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 70  
coloured illustrations: 5  
978-3-440-18084-6

**NEW**

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- ▶ **Respecting horses' right to have a say and strengthening bonds**
- ▶ **Tips and experiences for everyday interaction**

With her unique philosophy, which focuses on giving horses a say and encouraging people to act with confidence, horse trainer Anna Kannegieter facilitates a mindful bond between humans and horses. In this book, she presents her work and uses numerous examples and experiences to show how the relationship can be improved without frustration.



Marc Nölke  
**Neuroathletics for Riders**  
978-3-440-17225-4  
Rights sold: US/UK, PL



Beatrix Schulte Wien  
**Practical Osteopathy for Horses**  
978-3-440-17659-7  
All rights available



Michael Zanger  
**Helping Hooves**

03/2026; 28.00 €

pages: 160  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 196  
coloured illustrations: 29  
978-3-440-18409-7

**NEW**

All rights available

- ▶ **Competently identifying and treating hoof problems**

The title dives into the subject of hoof problems and their treatment, going into detail about simple hoof care, practical hoof hygiene and hoof protection.



Iris Charles  
**Fit on Horseback**  
978-3-440-17061-8  
All rights available



Michael Zanger  
**Reading Hooves**  
978-3-440-17938-3  
Rights sold: PL

# Horses Overview

**NEW**

Anne Krüger-Degener  
**In Synch with your Horse**

02/2028; 32.00 €

pages: 160  
Hardcover; 17.00 x 24.00 cm  
coloured photos: 180  
978-3-440-17667-2

**All rights available**



## ► Author of the **HarmoniLogie training**

As a horse expert, the author provides a valuable guide to training young horses with this book. She explains in easy-to-understand terms how age-appropriate learning works and how problems can be solved; pages for filling in yourself make documentation easier.



Marlitt Wendt  
**Resilience in Horses**  
978-3-440-16889-9  
**All rights available**



Ilka Stehn  
**Circensic Lessons**  
978-3-440-18221-5  
**All rights available**

**Second  
edition**



Sigrid Schöpe  
**Circus Tricks With Horses**  
978-3-440-17067-0  
**All rights available**

**Equestrian  
classic**



Alois Podhajsky  
**The Classic Art of Riding**  
978-3-440-17416-6  
**All rights available**

**Bestselling  
Author**



Linda Tellington-Jones  
**Practical Guide Tellington  
Training for Horses**  
978-3-440-17532-3  
**All rights available**



Linda Tellington-Jones  
**TTouch for Horses  
compact**  
978-3-440-17197-4  
**All rights available**

**Bestseller**



Catherin Seib  
**Conversations with  
Your Horse**  
978-3-440-17744-0  
**Rights sold: IT**



Stephan Fischer  
**Riding Is Communicating**  
978-3-440-18081-5  
**All rights available**

# Working with Horses



Manuela Handke  
**Never Sell Your Saddle  
or Your Dream**

03/2026; 22.00 €

pages: 208  
Paperback with flaps; 13.50 x 21.50 cm  
coloured photos: 90  
978-3-440-18425-7

**NEW**

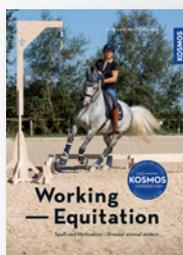
All rights available

- ▶ **Life story of horse influencer  
Manuela Handke**
- ▶ **A book to dream, relax and enjoy**

Living in the countryside on a small farm with horses is probably every horse lover's dream. Horse influencer Manuela Handke is living this dream and, in this book, she recounts the reality, which often differs greatly from the dream.



Marius Schneider  
**Groundwork Training  
Manual**  
978-3-440-16977-3  
All rights available



Mirjam Wittmann  
**Working Equitation**  
978-3-440-17760-0  
Rights sold: CZ



Marius Schneider  
**Gymnastics Free Work**

02/2025; 30.00 €

pages: 160  
Hardcover; 17.80 x 24.60 cm  
coloured photos: 232  
978-3-440-17426-5

All rights available

- ▶ **Horse training without rope  
and halter by expert**

With the help of free work, trust and motivation can be built up in the horse and it is gymnasticised at the same time. Marius Schneider demonstrates this step by step, in partnership-based communication and without a rope or reins.



Ingrid Klimke  
**Cavaletti: Configurations  
and Dimensions**  
978-3-440-17015-1  
All rights available



Ingrid Klimke  
**Cross-Country Riding**  
978-3-440-16698-7  
Rights sold: US, CZ



► **Unbeatably practical: the Physio Card Set**

► **50 handy mini workouts for at home**

Staying fit and healthy in order to prevent ailments: with this set of physio cards and accompanying book, it's easier than ever. Thanks to QR codes with videos and easy-to-understand photo instructions, the 50 mini workouts in handy card format are particularly easy to follow and motivate you to exercise more in everyday life.

NEW

Vanessa Lämmle  
**Physio@Home – Card Set**  
01/2026; 25.00 €

pages: 50  
Book plus; 9.80 x 13.50 cm  
coloured photos: 89  
978-3-96859-096-7

All rights available

**Card Sets:  
inquire for  
co-printings**



► **Cure and prevent ailments at home**

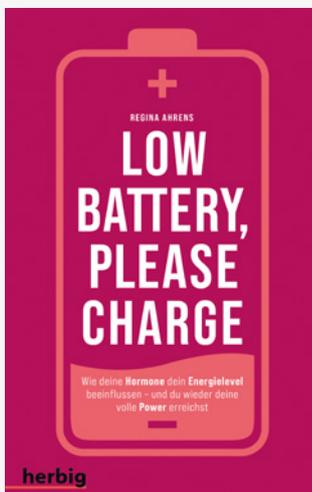
► **A 30 day training plan from successful physical therapist**

The successful physiotherapist Vanessa Lämmle wants to help people to actively shape their everyday lives with her guidebook. In doing so, she relies on sound knowledge and concrete exercises that can not only be implemented in a few minutes every day, but also help to stay motivated and determined. A 30-day training plan also provides exclusive tips and exercises.

Vanessa Lämmle  
**Physical Therapy @home**  
03/24; 22.00 €

pages: 160  
Paperback with flaps; 17.20 x 24.10 cm  
coloured photos: 100  
coloured illustrations: 5  
978-3-96859-068-4

Rights sold: CZ



► **Anti-burnout formula for women**

► **Checklists, recipes and a 5-point roadmap back to hormonal balance**

This book is dedicated to the hormonal causes of exhaustion and burnout in women. In addition to providing important background information, the author offers specific measures, recipes, checklists and a proven 5-point roadmap for avoiding exhaustion and increasing energy levels.

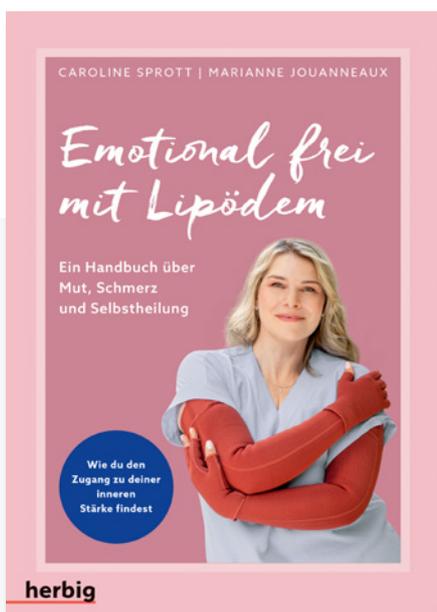
NEW

Dr. Regina Ahrens  
**Low Battery, Please Charge**  
03/2026; 22.00 €

pages: 200  
Paperback with flaps; 13.60 x 21.50 cm  
b/w-illustrations: 8  
978-3-96859-097-4

All rights available

# The Female Condition



Caroline Sprött  
**Emotionally Free  
with Lipoedema**

02/2026; 24.00 €

pages: 208  
Paperback with flaps; 17.20 x 24.10 cm  
coloured illustrations: 80  
978-3-96859-094-3

**NEW**

All rights available

- ▶ **For greater self-esteem and ease with lipoedema**
- ▶ **With tips and exercises**

Breaking out of the negative spiral of thoughts and embracing a loving relationship with your own body might not be that easy, as lipoedema patient and motivational speaker Caroline Sprött knows. With this book, she provides those affected with an emotional companion that helps them to live positively and easily with lipoedema, offering lots of practical tips, exercises and questionnaires.

## Card Set



Caroline Sprött  
**Rays of Hope for  
Lipoedema**  
978-3-96859-083-7  
All rights available



Manuela Kloibhofer  
**Women's Blood**  
978-3-96859-022-6  
All rights available



Dr Heide Fischer  
**Healing Plants for  
Female Discomforts**

02/2026; 22.00 €

pages: 256  
Paperback with flaps; 15.80 x 22.00 cm  
coloured photos: 35  
978-3-96859-106-3

**NEW  
edition**

All rights available

- ▶ **Herbal cures for all indispositions**
- ▶ **Easy to follow and good to know**

In this proven reference work, expert Heide Fischer discusses the special healing powers of selected plants for typical women's ailments. In addition to extensive botanical information, she also addresses the mythological significance of these plants and shows how they can be successfully used in self-therapy in numerous recipes for teas, ointments, and compresses.

**NEW  
edition**



Dr Heide Fischer  
**My Compass for  
Menopause**  
978-3-96859-109-4  
All rights available

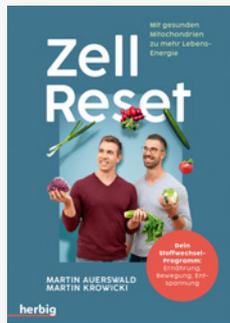


Nadja Dörner  
**My Pelvic Floor,  
Menopause, and I**  
978-3-96859-088-2  
All rights available

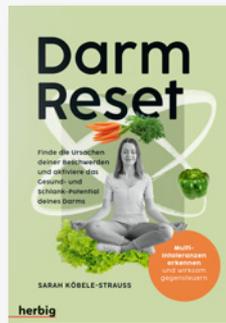
# Health Overview



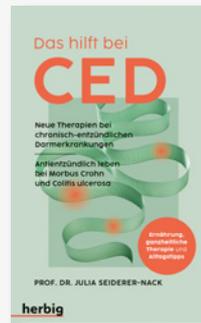
Prof Sven Benson  
**Your Body Believes Everything You Say**  
978-3-96859-098-1  
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Martin Auerswald  
**Cell Reset**  
978-3-96859-057-8  
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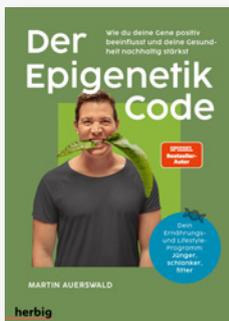
Sarah Köbele-Strauss  
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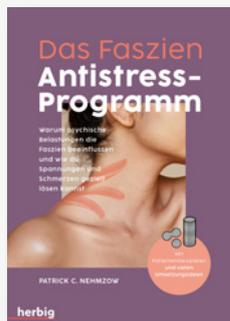
Prof Dr Julia Seiderer-Nack  
**Self-help for Chronic Intestinal Inflammation**  
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Martin Auerswald  
**Fact Check: Nutritional Supplements**  
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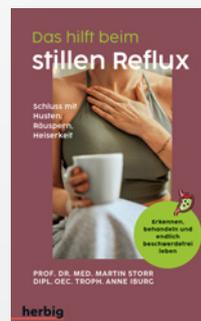
Martin Auerswald  
**The Epigenetics Code**  
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Patrick C. Nehmzow  
**The Fascia Anti-Stress Program**  
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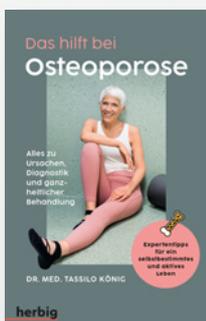
Dr Bernhard Dickreiter  
**Leave Chronic Fatigue Behind**  
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Prof Dr Martin Storr  
**Help with the Silent Reflux**  
978-3-96859-037-0  
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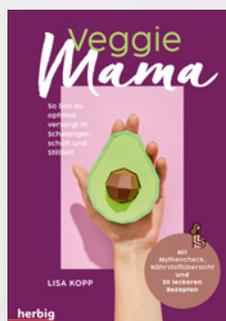
Dr Christoph Pies  
**Do not Fear Your Urologist**  
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Dr Tassilo König  
**Help with Osteoporosis**  
978-3-96859-066-0  
All rights available



Prof Dr Martin Storr  
**Leaky Gut**  
978-3-96859-087-5  
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Lisa Maria Kopp  
**Veggie Mum**  
978-3-96859-082-0  
All rights available



Dr Mirjam Wagner  
**How Contraception Works Today**  
978-3-96859-052-3  
All rights available



Ingo Froböse  
**The Great Guide to Working from Home**  
978-3-96859-030-1  
All rights available

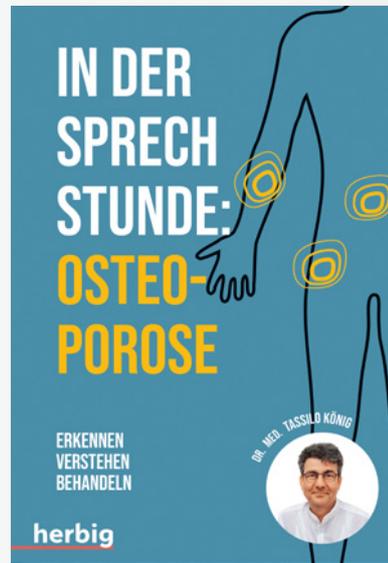
# The Doctor is In

FAQ  
answered by  
doctors

Dr. Tassilo König  
**At The Doctor's: Osteoporosis**  
07/24; 15.00 €

pages: 128  
Paperback with flaps; 13.40 x 19.40 cm  
coloured illustrations: 3  
b/w-photos: 5  
978-3-96859-067-7

**All rights available**



## ► Series on the most frequently asked questions answered by real doctors

As one of the most common diseases of the musculoskeletal system, osteoporosis is a widespread ailment. The author is orthopaedic specialist and osteoporosis specialist and answers the most frequently asked questions about causes and risk factors, diagnosis and treatment of this metabolic bone disorder in this book. He passes on his specialist knowledge to patients in an easy-to-understand and clear manner, focusing on everyday life with the disease. Because he knows that thanks to an adapted diet, medication and an individualized exercise concept, a self-determined life is possible despite the disease.



Dr Carsten Grohmann  
**At the Doctor's: Cataract**  
978-3-96859-050-9  
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Dr Eva Christina Schwaneck  
**At the Doctor's: Rheuma**  
978-3-96859-055-4  
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Prof Dr Sylvia Mechsner  
**At the Doctor's: Endometriosis**  
978-3-96859-034-9  
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Dr Christoph Pies  
**At the Doctor's: The Bladder**  
978-3-96859-019-6  
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Prof Dr Dagny Holle-Lee  
**Diagnosis Headache and Migraine**  
978-3-96859-021-9  
**All rights available**



Prof Dr Christian Mozet  
**Diagnosis Hearing Loss**  
978-3-96859-029-5  
**All rights available**



Dr Christian W. Engelbert  
**Diagnosis Hypertension**  
978-3-7766-2872-2  
**All rights available**



Dr Christoph Pies  
**Focus Prostate**  
978-3-96859-027-1  
**All rights available**

# Healthy with Home Remedies

Jörg Ullmann  
**Healthy With Algae**

09/24; 14.00 €

pages: 120  
 Paperback with flaps; 13.50 x 19.30 cm  
 coloured photos: 30  
 978-3-96859-054-7

**All rights available**



► **Algae – Superfood from the sea**

► **The best recipes and uses of the trending vegetables**

Algae become more and more popular as a food item. They are rich in protein and other nutrients, strengthen the immune system, and provide us with vitamins and the rare dietary element iodine, among other things. Spirulina, wakame, chlorella, ulva, and dulse: what different kinds of algae are there and what are their health effects? Which algae are suited for detox and which support weight loss? The algae experts Kirstin Knufmann and Jörg Ullmann share delicious power food recipes and many tips for using sea vegetables.



Ellen Heidböhmer  
**My Medicinal Plants**  
 978-3-96859-005-9  
**Rights sold: HU**



Ellen Heidböhmer  
**Healthy with Sprouts and Microgreens**  
 978-3-7766-2877-7  
**All rights available**



Prof. Dr. Michaela Döll  
**Healthy With Pomegranate**  
 978-3-7766-2883-8  
**All rights available**



Prof. Dr. Michaela Döll  
**Healthy With Vital Mushrooms**  
 978-3-7766-2833-3  
**Rights sold: HU**

## Bibliographic Information

120 pages, 13.5 x 19.3 cm,  
 Paperback with flaps, 14.00 €



Gabriele Zimmermann  
**Healing With Water And Salt**  
 978-3-7766-2844-9  
**All rights available**



Ellen Heidböhmer  
**Healthy with Supergrains**  
 978-3-7766-2835-7  
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Irene Dalchow  
**Healthy With Curcuma**  
 978-3-7766-2863-0  
**All rights available**



Ellen Heidböhmer  
**Healthy With Elderberry**  
 978-3-7766-2862-3  
**Rights sold: HU**

# Healing Through Movement



Melanie Ibrahim  
**Somatic Yoga**

03/2026; 22.00 €

pages: 176  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 70  
coloured illustrations: 3  
978-3-96860-121-2



All rights available

- ▶ **Healthy body – strong soul: the best of Yoga and Qi Gong**
- ▶ **Conscious and mindful ways to achieve calm and concentration**

Far from performance pressure and the 'perfect posture': somatic yoga is characterised by intuitive, mindful movements that train your own perception. The author shows how the teachings of Yoga and Qi Gong can be transferred from practice into everyday life and can provide more inner peace and resilience.



Lucia Schmidt  
**Detox Yoga**  
978-3-96860-110-6  
All rights available



Lucie Beyer  
**Find Your Yoga Way**  
978-3-96860-099-4  
All rights available



Dr. Dieter Awender  
**Self-healing With Your Hands**

08/2025; 28.00 €

pages: 272  
Paperback with flaps; 17.20 x 24.10 cm  
coloured photos: 773  
coloured illustrations: 1  
978-3-96860-098-7

All rights available

- ▶ **Healing currents, mudras, and acupressure – the practical guide to self-help**
- ▶ **150 applications with photo instructions for all healing techniques**

This book explains clearly, concisely, and vividly how you can improve your health using proven and effective healing techniques. Easy-to-understand descriptions and comprehensive photo instructions help you integrate these proven healing techniques into your everyday life, promoting health and well-being.



Lucia Schmidt  
**Facia Yoga**  
978-3-96860-079-6  
All rights available



Lucia Schmidt  
**Facia Yoga for Wrists, Neck and Shoulders**  
978-3-96860-024-6  
Rights sold: PL

# Mystic Healing



**Maria Hoch**  
**Healing with Essential Oils**

01/2026; 25.00 €

pages: 176  
Paperback with flaps; 17.00 x 24.00 cm  
coloured photos: 79  
978-3-96860-083-3



**Rights sold: CN**

- ▶ **20 essential oils and hydrolates profiled**
- ▶ **With 60 applications for use at home**

Aromatherapy with essential oils is becoming increasingly popular, but which oil should be used when? This guide provides a valuable overview of the diverse benefits of healing oils and helps to improve everyday well-being.



**Myriam Veit**  
**Essences for the Soul**  
978-3-96860-023-9  
**All rights available**



**Michael Gienger**  
**Healing Stone Therapy (Practical guide)**  
978-3-96860-114-4  
**All rights available**



**Jennie Appel**  
**The Sacred Space of Your Soul**

03/2026; 24.00 €

pages: 200  
Hardcover; 13.50 x 21.50 cm  
coloured illustrations: 9  
978-3-96860-054-3



**All rights available**

- ▶ **Achieving stability, grounding and resilience through mysticism and nature meditations**
- ▶ **With exercises to strengthen the soul**

This book uncovers a hidden treasure of our own culture: the lost knowledge of Hildegard von Bingen and Meister Eckhart. Like few others, these two representatives of European mysticism stand for the sacred connection to nature, and their knowledge can still help us today to establish more stability, grounding and resilience in our everyday lives.



**Doreen Hüssler-Wächter**  
**The 5 Elements of TCM**  
978-3-96860-116-8  
**All rights available**



**Christine Fuchs**  
**Burning Indigenous Herbs**  
978-3-96860-008-6  
**All rights available**

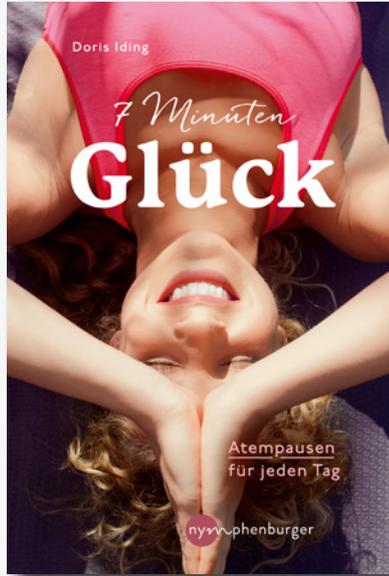
# 7 Minutes for You



Doris Iding  
**7 Minutes Happiness**  
 06/24; 12.00 €

pages: 64  
 Paperback with flaps; 12.70 x 18.60 cm  
 coloured illustrations: 20  
 978-3-96860-017-8

**All rights available**



- ▶ **Happiness in 7 minutes**
- ▶ **Effective rituals for a happy life**

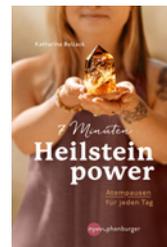
7 minutes a day – that's all it takes to be happy! Doris Iding shows you how: her exercises and rituals help to focus attention on the positive, provide relaxing moments and, if practiced regularly, lead to more peace and serenity in everyday life.



*Series for young women, taking 7 minutes per day in their lives for self-empowerment*



Tina Rosenkranz  
**7 Minutes Healing Herb Power**  
 978-3-96860-071-0  
**All rights available**



Katharina Bollack  
**7 Minutes of Healing Stone Power**  
 978-3-96860-065-9  
**All rights available**



Ellen Heidböhrer  
**7 Minutes of Self Care**  
 978-3-96860-002-4  
**All rights available**



Nina Pfau  
**7 Minutes Star Power**  
 978-3-96860-058-1  
**All rights available**



Christine Fuchs  
**7 Minutes of Enjoying Incense**  
 978-3-96860-015-4  
**All rights available**



Doris Iding  
**7 Minutes of Chakra Power**  
 978-3-96860-035-2  
**All rights available**

## Bibliographic Information

64 pages, 12.7 x 18.6 cm,  
 Paperback with flaps, 12.00 €

# Feel and Develop Yourself

**NEW**

Silja Mahlow  
**Menopause  
– Years of Liberation**

03/2026; 26.00 €

pages: 176  
Paperback with flaps; 19.20 x 25.30 cm  
coloured photos: 60  
coloured illustrations: 2  
978-3-96860-122-9

**All rights available**



- ▶ **Experiencing menopause as a time of change**
- ▶ **Inspiration, rituals and exercises for a gentle transition into older age**

The menopause is not just a time of hormonal change: more and more women want to experience this time consciously, both emotionally and spiritually. This guide provides women with advice and helps them to experience the menopause as a time of rediscovery and conscious intentions with effective exercises and rituals.



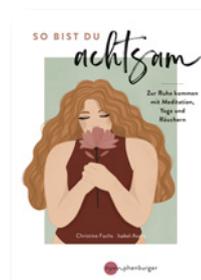
Celia Schönstedt  
**Be Yourself – Live Your Female Energy**  
978-3-96860-057-4  
**All rights available**



Diana Zenz  
**Be Yourself – Develop Your Personality**  
978-3-96860-049-9  
**All rights available**



Natalie van Ratingen  
**Everything is Energy**  
978-3-96860-097-0  
**All rights available**



Christine Fuchs  
**How to be Mindful**  
978-3-96860-048-2  
**All rights available**

NEW

Nina Keßler  
**Experiencing the Annual  
Festivities with Your Child**

01/2026; 16.00 €

pages: 128  
Paperback with flaps; 13.20 x 19.30 cm  
coloured photos: 50  
coloured illustrations: 10  
978-3-96860-112-0

**All rights available**

► **Mindful experiences of  
nature from an early age**

Mindfulness, spirituality and bonding are becoming increasingly important in our increasingly hectic world. However, most advice books in this area only focus on adults. This book therefore specifically addresses parents who want to support their children's development through nature-based experiences and rituals and promote trust, self-love and emotional strength.



Ksenija Rodos  
**Mindful Bedtime Rituals  
for Your Child**

09/2025; 16.00 €

pages: 128  
Paperback with flaps; 13.40 x 19.40 cm  
coloured photos: 50  
coloured illustrations: 10  
978-3-96860-113-7

**All rights available**

► **Exercises and rituals for  
calm, stability, and security  
for children up to 10 years**

In our increasingly hectic world, more and more children are suffering from problems falling asleep and staying asleep: a threat to healthy development. This book shows how mindfulness in everyday life can lead to more calm and security in children. Based on the latest scientific findings, the exercises and rituals strengthen children's personalities and resilience and help establish healthy sleep rituals.



Folke Tegetthoff  
**New Herb Tales**

09/2025; 14.00 €

pages: 128  
Hardcover; 13.50 x 21.50 cm  
b/w-illustrations: 17  
978-3-96860-108-3

**All rights available**

► **17 unique tales from  
the world of herbs**

Herbs, juices, ointments, and tinctures – with their diverse effects, they have always been associated with beliefs in fairies, elves, and even devils. In this book, herbalist and storyteller Folke Tegetthoff recounts the ancient tales of 17 herbs that have been passed down through generations, sharing the knowledge of many generations in a uniquely insightful way.



# Body and Soul Overview



Antonia Langsdorf  
**The Soul of the Planets**  
978-3-96860-038-3  
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Myriam Veit  
**The Healing Power of the Twelve Days of Christmas**  
978-3-96860-125-0  
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Sam Hess  
**The World of Nature Spirits – The Very Personal Practice Book**  
978-3-96860-053-6  
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## Bestselling Author



Susana Garcia Ferreira  
**The Power of Nature**  
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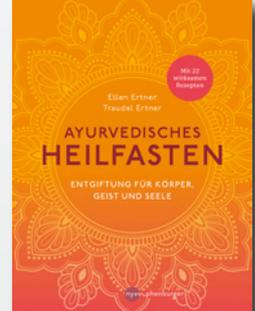
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