



RIGHTS GUIDE

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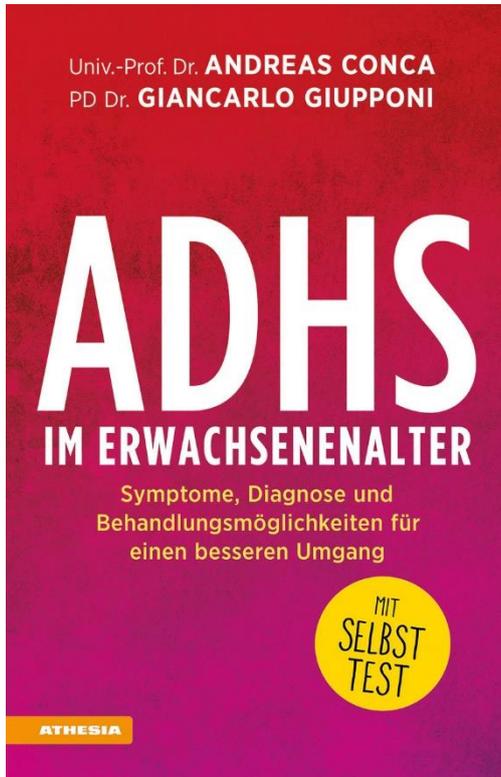


SPRING 2026



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ADHD in adulthood

Symptoms, diagnosis and treatment options for better management

Although Attention Deficit Hyperactivity Disorder is now more or less recognized by society, there is still surprisingly little knowledge about ADHD in adulthood, which often leads to lengthy diagnostic processes. What can I do if I suspect ADHD in myself or others? When and why should ADHD be treated? After an initial self-test helps with the first diagnosis, those affected and their relatives will find all their questions—and the answers—in this guide, which informs, offers tips, and makes everyday life with ADHD easier.

**1st ed. 2024, 240 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-755-5 - 22,00€**



Andreas Conca

Univ. Prof. Dr. ANDREAS CONCA is a psychiatrist and psychotherapist, Chairman of the Italian Society of Psychiatry (SIP), and lecturer at the Universities of Innsbruck, Brixen, and Bolzano. He serves as Secretary of the Italian National Association of Psychiatric Departments and has completed numerous training programs in Italy, Austria, Germany, and the USA, as well as published specialized materials. For many years, he was the coordinator of the nationwide service for child and adolescent psychiatry and psychotherapy in the Bolzano health district and a member of the South Tyrolean Ethics Committee.

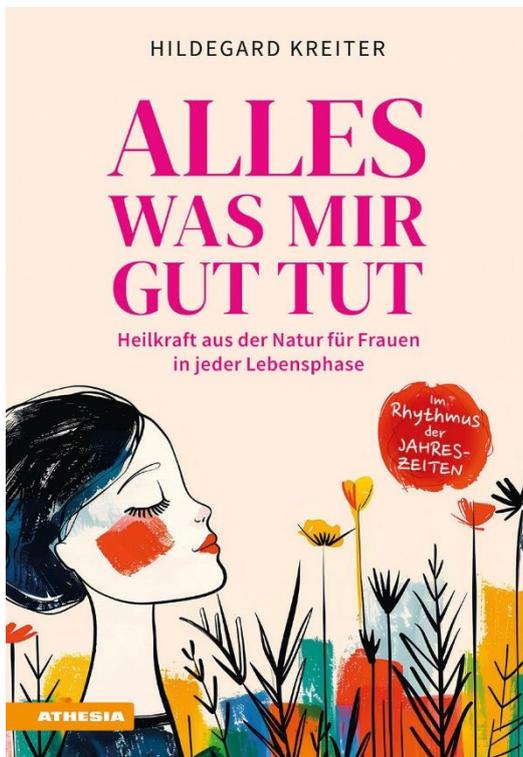


Giancarlo Giupponi

Dr. GIANCARLO GIUPPONI, psychiatrist and psychotherapist, Deputy Head of the psychiatric service of the Bolzano health district. After gaining clinical experience at the Department of Psychiatry and Psychotherapy at LMU University Hospital in Munich, Dr. Giupponi spent several years as a lecturer at the University of Graz. He obtained habilitation as Associate Professor from MIUR in Rome. Currently, he delivers various lectures, particularly on topics such as ADHD and suicide prevention, at several universities and serves as the regional chairman of the Italian Society of Psychiatry (SIP). He is the author of numerous scientific publications, primarily in the field of suicide prevention.

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Health & Advice



Everything that does me good

Healing power from nature for women in every phase of life

Hildegard Kreiter compares the cycle of the seasons in nature with the changing life phases of women at every age. Personal experiences of the herbal educator and Kneipp health trainer alternate with practical suggestions and general tips from nature's pharmacy. Topics such as premenstrual syndrome, pregnancy, menopausal complaints, bone health, vitality, and meditation for physical and emotional balance are addressed.

**1st ed. 2025, 192 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-839-2 - 22,00€**



Hildegard Kreiter

Hildegard Kreiter lives in Perdonig/Eppan and is a retired primary school teacher. She has completed training as a Kneipp health coach, herbal educator, garden, landscape and nature guide, as well as a family support trainer. She has documented her knowledge in several books and continues to be active through lectures, workshops, and courses on natural health care, herbs, and gardening topics.

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Health & Advice



Farm pharmacy

How healthy life and holidays on the farm can be

Living and vacationing on a farm is healthy – and science backs it up. Studies show that microbes from barns reduce allergy risks, chickens have surprising benefits even for older people, and sheep’s wool is more than just warm – it’s a natural remedy. Renowned nutrition and complementary medicine expert Dr. Christian Thuile summarizes the latest research and explains why farms are true sources of vitality. Whether you visit as a consumer or as a guest seeking a unique holiday, it’s worth stopping by.

**1st ed. 2018, 176 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-366-3 - 19,90€**

Christian Thuile, born in 1967 in Bolzano, South Tyrol

- Studied medicine at the universities of Innsbruck, Vienna (Austria), Maastricht (Netherlands), and Bologna (Italy)
- Additional training in nutritional medicine, orthomolecular medicine, acupuncture, sports medicine, phytotherapy, emergency medicine, integrative oncology, among others
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- 2014: Awarded the Wolfgang Kubelka Prize by the Austrian Society for Phytotherapy at the University of Vienna
- Lecturer for diploma training of the Austrian Medical Association in phytotherapy and acupuncture



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Health & Advice



Get up, move on, live

Strengthen resilience, overcome life's blows

Few people are spared from life's blows – but how do you find your way back to happiness?

This book is for those who have been hit hard by life.

The author knows suffering firsthand: the loss of her children and parents, and her own serious illness.

Yet it was precisely this diagnosis that helped her find a way out of the darkness.

With psychological insights and practical strategies, she shows how to rediscover joy after deep crises.

A guide back to life.

**1st ed. 2025, 128 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-884-2 - 19,90€**



Helga Seebacher

HELGA SEEBACHER, born in 1973, holds a degree in psychology and is trained as a neuromental coach. She has worked at a women's shelter, is a mother, and a person with a truly unique life story. After several devastating blows of fate, the diagnosis of multiple sclerosis shook her out of paralysis and motivated her to do everything possible to live a happy life again. Since achieving that, she has been sharing her insights with others and successfully helping people overcome a wide range of crises.

Among other things, she founded the Facebook group "*Angel Baby Moms: Finding New Joy for a Fulfilling Pregnancy*" and conducts workshops on coping with life's blows and the loss of a baby around birth.

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Health & Advice



Healing with the help of bees

Apitherapy – Rediscovering an ancient healing art

Without bees, life would not exist. Why bees are so vital for nature, the environment—in short, for all life on Earth—and why humans benefit in multiple ways from these industrious little creatures is explained in this book by complementary and nutritional medicine expert Dr. Christian Thuile. Whether honey, propolis, royal jelly, or even bee air: bee products keep us healthy and can even heal. That's why apitherapy is one of the oldest natural healing methods—and it's enjoying growing popularity.

**1st ed. 2019, 144 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-367-0 - 19,90€**

Christian Thuile, born in 1967 in Bolzano, South Tyrol

- Studied medicine at the universities of Innsbruck, Vienna (Austria), Maastricht (Netherlands), and Bologna (Italy)
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Growing up today

A practical guide to understanding children and adolescents

What should you do if a teenager spends too much time glued to their phone? How can you handle a child's tantrums? How do you deal with aggressive behavior or bullying? And what if a child refuses to eat?

This book explores the emotional and psychological needs of young children, the turmoil of adolescence, and family dynamics, helping you interpret the often enigmatic signals of children and teens. *Growing Up Today* is more than just a manual for educators; it is a practical guide that supports you in finding answers and provides the foundation for creating a personalized educational approach. Because, ultimately, the essence of the art of parenting lies in adapting possible solutions to specific situations.

**1st ed. 2023, 144 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-731-9 - 12,90€**

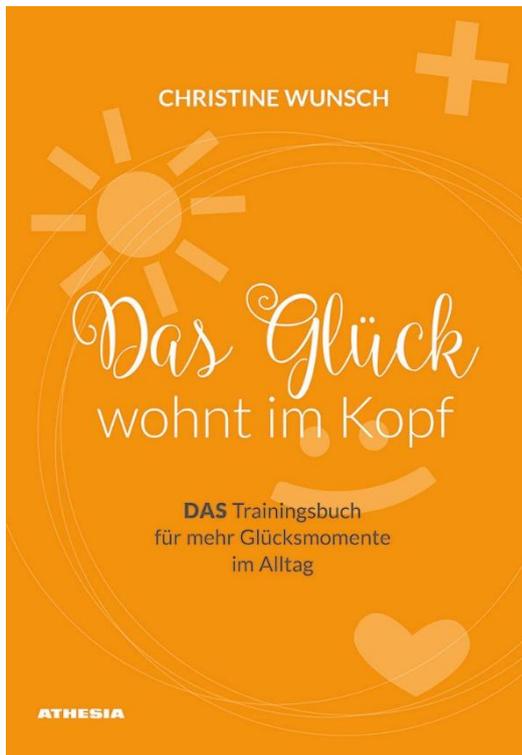


Giuseppe Pino Maiolo

Giuseppe Pino Maiolo, psychologist and psychoanalyst with a Jungian orientation, is a specialist in adolescent clinical psychology. He lives between Bolzano and Desenzano del Garda and works in training and the prevention of psychological distress. He has taught at various universities and has been a contract professor of Life-Span Psychology at the University of Trento for many years. He writes for several publications and has published numerous books, including: *Adolescenze spinose*, *Basta stress*, *Genitori 2.0*, *Ciripò bulli e bulle*, *Mio figlio tra bullismo e cyberbullismo*.

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Health & Advice



Happiness lives in your mind

The training book for more happy moments in everyday life

Everyone can be happy! In her 30-day training program, the author shows how to gradually replace negative attitudes and behaviors with positive ones, silence the inner critic, and use practical exercises to shift your focus—and ultimately transform your life. Readers learn how to be happy regardless of external circumstances, because happiness lives in the mind.

**4th ed. 2025, 192 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-336-6 - 24,00€**



Christine Wunsch

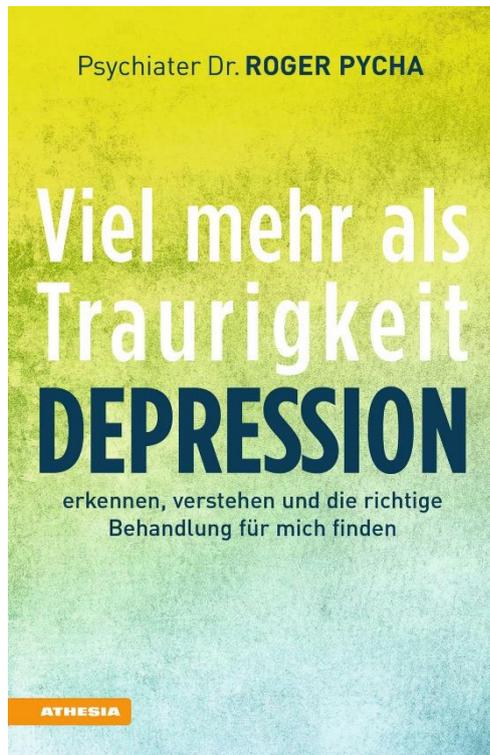
The author studied law in Germany and later married a farmer in South Tyrol. After developing a personal connection to agriculture, she also entered the professional field as Managing Director of the South Tyrolean Farmers' Association.

Further training: NLP Master and Communication Trainer. A mother of four, she is a sought-after speaker and trainer in South Tyrol, Germany, and Austria.

**4 editions
since 2018**

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Health & Advice



Much more than sadness

How to recognize and understand depression – and find the right treatment

Around 350 million people worldwide suffer from depression, with women affected twice as often as men. Many do not seek help due to shame, denial, or lack of awareness, leaving them uncertain about their condition. Depression remains a taboo subject, often misunderstood. Are sleep disorders early warning signs?

This book offers clear answers for those affected, at risk, or simply interested in psychology. Depression is one of the most significant yet underestimated illnesses of our time. Psychiatrist Dr. Roger Pycha shares his expertise—from the origins of the disorder to symptoms, treatment options, and prevention. Complex terms like schizophrenia, burnout, panic attacks, bipolar disorder, and psychosomatics are explained in an accessible way, helping readers work toward a depression-free and fulfilling life.

**2th ed. 2025, 320 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-638-1 - 25,00€**



Roger Pycha

Roger Pycha earned his doctorate in Innsbruck in 1985 and worked as an assistant physician in Chur and as senior physician at the University Clinic in Innsbruck. From 1999 to 2018, he was Director of the Psychiatric Service in Bruneck and, since 2018, has headed the Psychiatric Service in Brixen. He is the coordinator of the European Alliance Against Depression in South Tyrol, scientific director of the South Tyrolean Working Group for Suicide Prevention, vice president and teaching therapist at the South Tyrolean Institute for Systemic Research and Therapy, and a board member of the South Tyrolean self-help organization for people with mental illness, "Lichtung/Girasole." Dr. Pycha brings decades of experience as a practicing psychiatrist.

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The art of taking things lightly

Decluttering the subconscious for a happy, balanced life

In this guide, psychologist Lisa Gamper addresses the most common thinking errors, misconceptions, and misinterpretations that make everyday life difficult and prevent us from living happily and successfully. With compelling arguments, she dismantles limiting beliefs, clears up misunderstandings, offers new perspectives, and builds bridges to healthy alternatives. Her authentic approach puts her on equal footing with the reader, making complex issues increasingly tangible. To reinforce what has been learned and integrate it into daily life, each chapter is rounded off with practical exercises, tips, and tricks.

**3th ed. 2025, 208 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-600-8 - 19,90€**



Lisa Gamper

Dr. Lisa Gamper, born in 1989 in Merano/South Tyrol, is a freelance psychologist and mental coach specializing in psychological counseling and coaching, stress management and relaxation, burnout prevention, sports psychology and mental training, positive psychology and motivation, as well as clinical hypnosis based on Milton Erickson's approach. She completed her degree in Innsbruck, passed the state examination in Italy, and has been a member of the Chamber of Psychologists of the Province of Bolzano/South Tyrol since 2017.

In addition, she is a speaker for educational institutions, associations, hotels, and companies, and runs a blog focused on psychology, well-being, resilience, resources and potential, relaxation, recovery, and more.

**3 editions
since 2022**

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The most important questions about intermittent fasting

All methods and what you should know

Dr. Christian Thuile, specialist in complementary and nutritional medicine, answers the most common questions about intermittent fasting. He explains the different methods, their pros and cons, and clarifies doubts such as: Which approach suits whom? Who should avoid fasting? What can you eat and when? How does fasting fit with exercise? Using real-life examples, this guide shows how to successfully integrate intermittent fasting into everyday life. Whether beginner or experienced, everyone will find practical tips and the right method for their lifestyle.

**2nd ed. 2020, 176 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-472-1 - 16,90€**

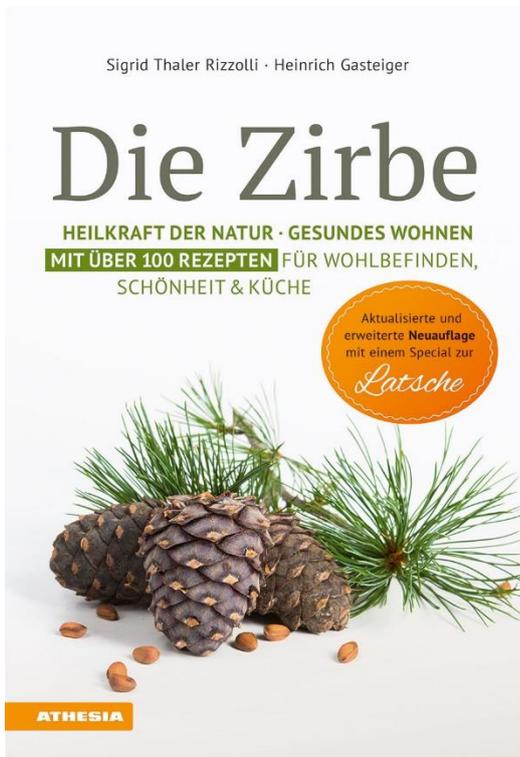
Christian Thuile, born in 1967 in Bolzano, South Tyrol

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Health & Advice



The swiss pine

Healing power of nature – healthy living
With over 100 recipes for well-being,
beauty & the kitchen

“Queen of the Alps” – The Swiss Pine has been treasured for its unique qualities for thousands of years. This book combines traditional knowledge and modern research with practical tips for using Swiss pine in the home, natural cosmetics, and wellness. Discover its health benefits, folk medicine roots, and over 100 recipes—from soothing balms and tinctures to honey, schnapps, tea, and creative dishes—illustrated with stunning images and easy-to-follow instructions.

**1st ed. 2019, 256 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-441-7 - 19,90€**



Sigrid Thaler Rizzolli

Studied biology with a focus on botany in Innsbruck. Since 2008, she has worked full-time in plant and herbal knowledge transfer through nature tours, seminars, lectures, and workshops. Lecturer at various herbal academies in Germany and Austria. Since 2015, head of the FNL Herbal Academy branch in Montan/South Tyrol. In 2017, she founded her own STR Herbal Academy and now teaches aspiring herbal experts across the country.



Heinrich Gasteiger

The author is originally from Luttach in the Ahrntal Valley and now lives with his family in Lana near Merano (South Tyrol). A master chef and long-time culinary instructor at the Kaiserhof Hotel Management School in Merano, he is regarded as a leading mind in all aspects of cooking. He gained valuable experience early on in renowned kitchens of Europe's top hotels, including Gstaad, Lugano, Seefeld, and Munich. For many years, he devoted himself wholeheartedly to teaching, passing on his love and passion for the culinary profession to young people. Today, Gasteiger organizes events and works as a creative product developer and innovative food designer in the gourmet and food industry. He is also a tireless author of acclaimed cookbooks, all of which have become bestsellers.

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Health & Advice



Break free from yourself

Inner healing: how to start changing now and become your best self

Sometimes we feel trapped in our daily routines—doing, eating, saying, and thinking the same things over and over. The result? Deep dissatisfaction and the sense that life has more to offer. In this book, Silvi shares insights and experiences that lead to a happier, more fulfilled life. Change is what makes life complete—a transformation that lets it truly blossom!

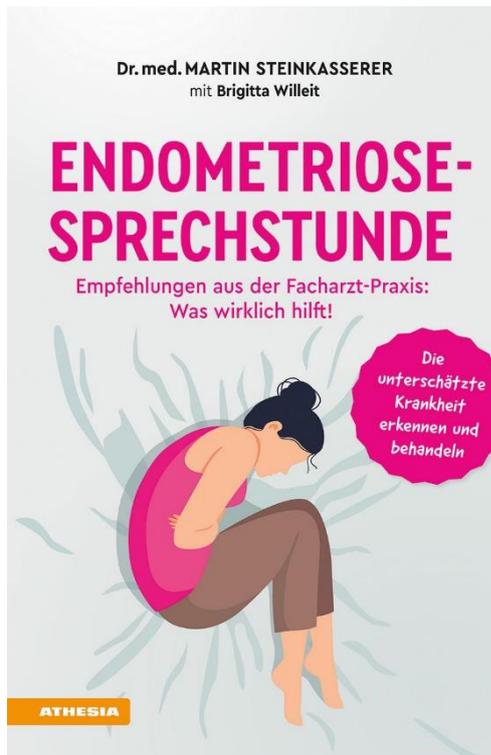
1st ed. 2024, 192 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-771-5 - 22,00€



Silvia Gasser

Blogger Silvia Gasser is passionate about feeling good inside and out. Nearly 30,000 followers read her daily posts on social media about healthy living. Since publishing her bestsellers *Silvi's Low Carb Kitchen* and *Silvi's Light Everyday Cooking*, her focus has evolved—especially on Instagram—beyond nutrition to topics like self-love, mindfulness, health, sustainability, and living a truly happy life. Drawing from her own story, the mother of three has now developed a program (including an online course and podcast) that makes “Inner Healing” accessible to everyone.

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Endometriosis consultation

Expert recommendations: what really helps!

Period pain? Normal? Not always! Severe cramps, heavy bleeding, bowel and bladder issues—often endometriosis is the cause, a widespread yet underestimated condition. Diagnosis takes an average of ten years. Experienced gynecologist Dr. Martin Steinkasserer explains symptoms, causes, and treatment options. With practical tips and answers to common questions, this book offers valuable support for those affected.

**1st ed. 2025, 224 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-882-8 - 22,00€**



Martin Steinkasserer

Dr. Martin Steinkasserer is originally from Bruneck and serves as Head of the Department of Gynecology and Obstetrics at Bolzano Hospital. He is a gynecologic oncological surgeon, a lecturer at Hannover Medical School, and head of the regional training center for minimally invasive surgery, making him South Tyrol's leading expert in the treatment of gynecological cancers. A specialist in gynecology, he is recognized as an authority in endometriosis treatment and surgery and is a member of the scientific advisory board of the Endometriosis Research Foundation (SEF).

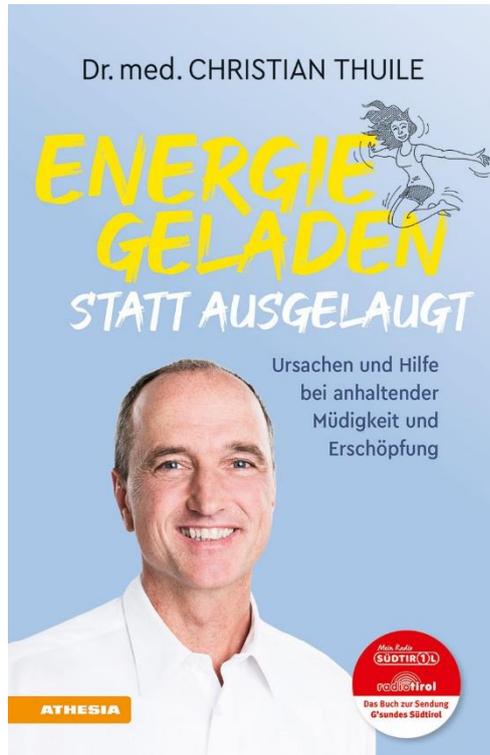


Brigitta Willeit

Brigitta Willeit is originally from Olang and has been a journalist at the South Tyrolean daily newspaper *Dolomiten* since 2001. In addition to daily reporting, she is responsible for the weekly health section. She has also contributed to numerous books and guides on health and well-being.

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Health & Advice



Energized instead of exhausted

Causes and solutions for persistent fatigue and exhaustion

Constant fatigue and exhaustion are increasingly common—driven by fast-paced lifestyles, stress, and even physical factors like infections. Dr. Christian Thuile explains how to restore energy by understanding the interplay of diet, hormones, sleep, and more. With practical tips to eliminate major energy drains, this book helps readers of all ages regain vitality and overcome common fatigue triggers.

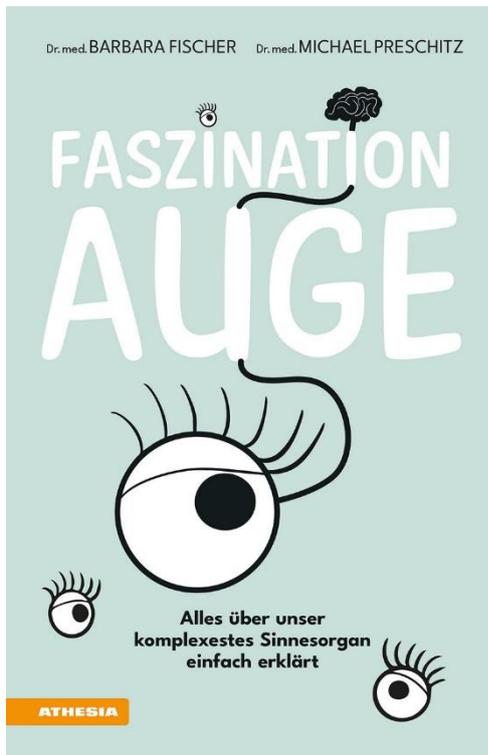
2nd ed. 2022, 192 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-564-3 - 19,90€

Christian Thuile, born in 1967 in Bolzano, South Tyrol

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The fascination of the eye

Everything about our most complex sense organ – simply explained

Vision is vital, and eye health affects everyone. From childhood issues like strabismus and rising nearsightedness to age-related presbyopia and cataracts, the eye undergoes constant change. This book explains how the eye works, common conditions, and answers questions like *What are diopters? Glasses, contacts, or laser?* It combines research, treatment options, and the impact of systemic diseases with engaging stories and vivid illustrations.

**2nd ed. 2025, 224 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-546-9 - 22,00€**



Barbara Fischer

Dr. med. univ. Barbara Fischer was born in Merano, South Tyrol, Italy, and studied medicine at the Medical University of Vienna. After obtaining her license at the University of Bologna, she completed her specialist training in Switzerland and earned a degree in scientific illustration at the Zurich University of the Arts. She worked as a physician and freelance medical illustrator in Merano. Her passion was transforming complex medical concepts into clear, accessible images to support learning and patient education.



Michael Preschitz

Dr. med. univ. Michael Preschitz was born and raised in Vienna, Austria. He studied medicine at the Medical University of Vienna before completing his ophthalmology training at the University Clinic in Basel, the Pallas Clinic in Zurich, and Merano Hospital. Dr. Preschitz finalized his specialization with the European Board of Ophthalmology exam (FEBO) in Paris. He then headed the retina clinic at the Eye Center Zurich. Since 2020, he has been running his own ophthalmology practice in Merano.

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Health & Advice



Trust your instincts

Find your feel-good body through mindfulness and confidence

Why do we eat when we don't really want to? This book explores the hidden triggers behind overeating in today's world of abundance – a major cause of lifestyle diseases like obesity, diabetes, and high blood pressure. Most people know how to live healthier, yet struggle to put it into practice. Nutrition scientist and mental coach Johanna Fischer shows why strict diet plans and external control aren't the answer. Instead, lasting change begins with taking responsibility for your own eating habits.

This interactive guide helps you reconnect with your body's true needs – using solid knowledge, practical tools, and no rigid meal plans. Learn to become your own coach and create a life where you feel truly comfortable in your skin.

1st ed. 2020, 192 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-512-4 - 22,00€



Johanna Fischer

Johanna Fischer is a young nutrition scientist, diet therapist, and mental coach from South Tyrol. She completed her studies at the University of Vienna, the University of Applied Sciences in St. Pölten, as well as in Innsbruck and Munich. In her freelance work as a nutrition coach – including as part of the ProActive South Tyrol team – she helps people lead healthier and more active lives. Through individual sessions, workshops, and lectures, she aims to inspire her clients to take responsibility for their own health and happiness. Early on, she realized that most people do not lack knowledge. That's why Johanna Fischer has made it her mission to act as a filter in an overwhelming flood of conflicting information and to help people help themselves.

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Health & Advice



Boost your immunity

Activate your body`s natural healing power

Two pharmacists and experts in natural and conventional medicine share practical knowledge to strengthen your immune system and activate self-healing. With clear explanations and tips, this guide covers key nutrients, plant remedies, and topics like Vitamin D, phytothotics, silent inflammation, and vaccinations. Learn how your immune system works and what you can do to boost your defenses.

**1st ed. 2021, 160 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-573-5 - 19,90€**



Marialuise Maier

Dr. Marialuise Maier studied pharmacy in Innsbruck and later specialized in herbal medicine at the University of Siena. She has been working as a pharmacist since 2007, including seven years as a pharmacy manager. Alongside her profession, she continues to pursue further education in complementary medicine. On this topic, she gives lectures and writes articles for both laypeople and professionals. Her first book, *The Home Pharmacy for Children*, was published in 2011. Today, Marialuise Maier works at the Burgstall Pharmacy (BZ) and lives by her philosophy of a healthy lifestyle in her private life as well.



Tanja Nart

Dr. Tanja Nart studied pharmacy at the Leopold-Franzens University in Innsbruck and has been working at the Burgstall Pharmacy since taking it over in 2004. Through numerous advanced trainings, she continuously expands her knowledge, particularly in complementary medicine. For many years, she has been a lecturer for AIMF (Italian Association of Functional Medicine) and conducts training sessions for pharmacists on functional medicine, Schüßler salts, and spagyric remedies. In recent years, she has focused increasingly on orthomolecular medicine to provide her clients with holistic advice.

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Health & Advice



Healthy?

We are what we eat – and what our body makes of it

This book is for anyone ready to take charge of their health and lifestyle – whether to overcome excess weight, diabetes, fatigue, digestive issues, or simply live better. Tomasi invites readers to critically reflect on their eating habits and debunks long-standing nutrition myths about carbs, fats, proteins, and sugar. Learn what really matters when reading labels and how to make informed choices for lasting health. With 80 recipes for a truly balanced diet, this guide shows how healthy eating can transform your life.

**1st ed. 2017, 208 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-251-2 - 5,00€**



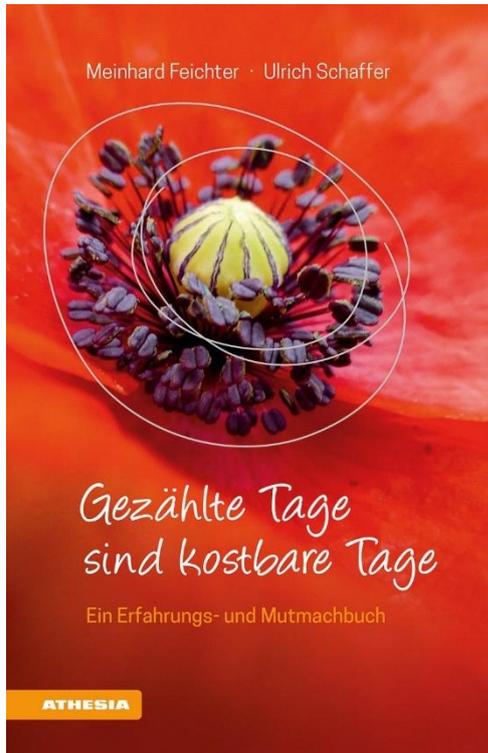
Cristina Tomasi

Dr. Cristina Tomasi has been a specialist in internal medicine and angiology for over 30 years. She first worked at the hospital in Bolzano and has been practicing independently since 2003, always driven by her passion for science. She advocates an “integrated medicine” approach that focuses on the patient rather than just the symptoms, combining pharmacological treatments with lifestyle, circadian rhythms, and nutrition. Her early onset of menopause due to a tumor gave her the opportunity to discover hormone therapy with bioidentical hormones and its benefits.

In recent years, Dr. Tomasi has strengthened her online presence and offers lectures, seminars, and courses. Having completed much of her training in German-speaking regions, she speaks German fluently.

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Health & Advice



Every day counts

Finding strength in the face of illness

This book is for those whose lives have been shaken by serious illness or unexpected hardship – like South Tyrolean Meinhard Feichter, who was diagnosed with bone marrow cancer five years ago, out of the blue and in excruciating pain. Together with his friend Ulrich Schaffer, he shows that even in extreme situations, side paths can become ways forward. It's worth giving hope a voice and wresting meaning from life until the very last breath.

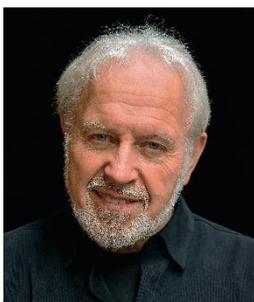
- An empowering guide for coping with life's toughest challenges
- For readers seeking mindfulness and awareness

**1st ed. 2018, 160 pages, paperback, 120 x 185 mm
ISBN 978-88-6839-330-4 - 14,90€**



Meinhard Feichter

One of South Tyrol's most renowned booksellers. Long-time manager of the Athesia bookstore in Bruneck and internal company trainer for several years. Graduate of the German Booksellers School in Frankfurt, participant in the Brixen theological courses, and holder of a diploma in Theme-Centered Interaction (TCI).



Ulrich Schaffer

Freelance photographer and writer. One of the most successful spiritual authors of our time, with a total circulation of more than five million books and calendars.

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Health & Advice



Home remedies that really work

Healing with the power of nature

Despite the undeniable success of conventional medicine, more and more people long for gentle alternatives. Natural remedies are gaining popularity because they can relieve and heal many everyday ailments in a natural way. This book describes over 60 common conditions, their causes and symptoms, and explains home remedies that truly help adults and children. It also shows when self-care is not enough and a doctor's visit is necessary. A reference guide that belongs in every home pharmacy.

**4th ed. 2024, 256 pages, paperback, 165 x 240 mm
ISBN 978-88-8266-819-8 - 24,00€**

Christian Thuile, born in 1967 in Bolzano, South Tyrol

- Studied medicine at the universities of Innsbruck, Vienna (Austria), Maastricht (Netherlands), and Bologna (Italy)
- Additional training in nutritional medicine, orthomolecular medicine, acupuncture, sports medicine, phytotherapy, emergency medicine, integrative oncology, among others
- Since April 2020: Private practice for naturopathy, preventive care, and nutritional medicine in Bolzano
- 2017 to February 2020: Medical Center Quellenhof, St. Martin in Passeier near Merano
- 2009 to 2017: Medical director of the Department of Complementary Medicine at Merano Hospital, specializing in oncology
- 2003 to 2009: Private practice in Lana focusing on nutritional and holistic medicine
- Until 2002: Scientific director of the Center for Energy Medicine in Vienna
- Since 2007: "Radio Doctor" on *Südtirol 1* and *Radio Tirol* with a weekly health segment
- Since 1995: International lecturer and author of numerous studies and professional books
- 1995 to 2002: President of the International Medical Society for Energy Medicine
- Since 2013: Medical director of the Yamamoto Scalp Acupuncture training circle in Italy
- 2014: Awarded the Wolfgang Kubelka Prize by the Austrian Society for Phytotherapy at the University of Vienna
- Lecturer for diploma training of the Austrian Medical Association in phytotherapy and acupuncture



**4 EDITIONS
SINCE 2016**

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Heart-healthy living

Prevent heart disease, detect risk factors early and keep your heart strong

The heart – the small muscle that keeps us alive. Most people know little about this vital organ and take its steady beat for granted. Heart disease is the leading cause of death, often triggered by lifestyle choices. Modern medicine can save lives, but prevention is better: exercise, less stress, and balanced nutrition. Understanding how your heart works is just as important.

Cardiologist Dr. Felix Pescoller takes readers on an engaging journey into the wonders of the heart. With humor and clarity, he explains its structure, circulation, diseases, risk factors, and prevention, supported by real-life examples and practical tips. After reading, you'll want to care for your heart – and gift yourself more healthy years.

**1st ed. 2021, 176 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-483-7 - 19,90€**



Felix Pescoller

The author was born in 1973 and grew up in St. Martin in Thurn in South Tyrol's Gadertal valley. After completing compulsory schooling and high school in South Tyrol, he moved to Innsbruck, where he began studying medicine more by chance than by plan. Muscles, bones, and joints soon fascinated him, but one organ captured his attention most: the heart. He dedicated himself to it during his specialist training as a cardiologist. Since 2002, Pescoller has worked as a cardiologist at Bolzano Hospital, focusing on hemodynamics and pacemaker implantation. Driving home in the evening, knowing that blocked arteries have been reopened, a heart beats in rhythm again, and a patient has been encouraged toward a heart-healthy lifestyle fills his own heart with joy and satisfaction. Privately, his heart belongs to his family—his wife and two children—and to nature and the mountains, where he pushes his heart to peak performance whenever his profession allows.

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Health & Advice



Inspire! The power of enthusiasm

Passion changes us and the world

Everyone wants a happy, successful life—but the key lies in passion and enthusiasm. This book shows how to unlock that power, regain it when needed, and share it with others. Speaker and coach Manfred Schweigkofler offers practical tips to create inspiring environments at home, work, and beyond.

Those who embrace curiosity and enthusiasm dare to leave their comfort zone and follow their passion. The world needs people who inspire. The world needs enthusiasm!

**1st ed. 2022, 160 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-598-8 - 19,90€**



Manfred Schweigkofler

Manfred Schweigkofler inspires thousands of people worldwide every year through his productions, seminars and keynotes, audiobooks and columns, ideas and impulses. The freelance artist is an expert in culture, art, and communication, described by Peter Spiegel as a “multi-creative problem solver.” Increasingly, he is invited into the business world to make topics like innovation, creativity, antifragility, culture, and team spirit practical and easy to grasp.

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Health & Advice



Being a child without pressure

How I help my child cope with stress, performance pressure and crises

Performance pressure makes many children unhappy and even ill. What do children really need to thrive and grow happily? Beyond their basic needs, not much—but sometimes more of the right things. Above all, they need parents who:

- Care for their well-being, love them unconditionally, and provide security and stability.
- Occasionally dare to look in the mirror, rethink their lifestyle and expectations.
- Spark their children's enthusiasm and potential while protecting them from harmful pressure or unhealthy boundaries.
- Convey confidence and model how to overcome challenges, setbacks, and crises.

**1st ed. 2022, 160 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-596-4 - 19,90€**



Heike Torggler

The psychologist, with practices in Bolzano and Merano, specializes in stress and burnout prevention, trauma treatment (SE®), sports psychology, and learning counseling. For many years, she has also worked as a freelance trainer for the Forum Prevention and other institutions, conducting seminars and training courses both in Italy and abroad. She lives close to nature with her family in one of South Tyrol's most beautiful regions, loves athletic challenges, and spends much of her free time outdoors. Loving people and nature are her greatest sources of strength and inspiration.

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Health & Advice



**3 EDITIONS
SINCE 2022**

Sewing with Claudia

Everything about machines, materials & troubleshooting

How do you thread a sewing machine? What features should it have? Which fabrics work best—and what types are there? Beginners face many questions before starting, and even experienced sewists run into challenges. What if chalk won't mark your fabric? More and more people of all ages are rediscovering the joy of sewing. Claudia Witticke, founder of the successful ALPINSCHNULLER brand (online courses, blog, shop), knows these struggles firsthand—and has solutions. This book offers step-by-step guides, troubleshooting tips, videos, and expert insights. Perfect for beginners and advanced sewists alike, it covers all the basics plus easy projects like tote bags, cosmetic pouches, and baby rompers—with downloadable patterns. With this book, anyone can start sewing!

**3th ed. 2024, 160 pages, paperback, 220 x 260 mm
ISBN 978-88-6839-502-5 - 30,00€**



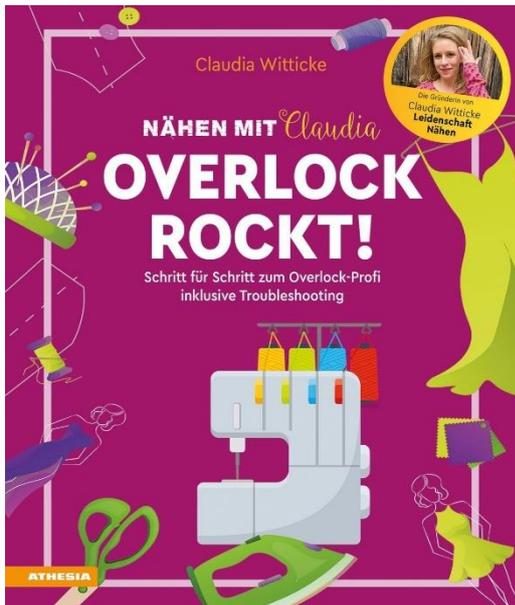
Claudia Witticke

Claudia Witticke's first sewing book, *Sewing with Claudia*, was a huge success. Thousands joined her workshops and continued sewing at home with guidance from her debut. Due to high demand for Overlock techniques, her follow-up book is now here.

Born in Leipzig and living in South Tyrol since 2005, Claudia shifted from running a fabric shop to focusing on workshops and online courses after her brand ALPINSCHNULLER took off. She has taught sewing for years—covering beginners, kids, advanced techniques, bags, and clothing. From 2016 to 2018, she organized the South Tyrolean Sewing Festival at the Bolzano Creative Fair and continues to host multi-day workshops with experts like Inge Szoltysik-Sparrer, judge on VOX's *Geschick eingefädelt*.

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Health & Advice



Sewing with Claudia – Overlock rockt!

Step by step to becoming an overlock pro, including troubleshooting

Following the basics book “*Sewing with Claudia*”, this guide introduces beginners and advanced sewists to the world of overlock. Claudia explains the essentials: machine setup, accessories, presser feet, threads, and maintenance.

Clear step-by-step instructions with photos teach threading, tension adjustment, and your first seam. Advanced users get pro tips plus 16 stitches and specialty threads.

Thread breaking? Skipped stitches? Fabric puckering? Claudia’s troubleshooting section solves every problem. Once you’ve mastered the basics, dive into beautiful sewing projects!

**2nd ed. 2025, 160 pages, paperback, 220 x 260 mm
ISBN 978-88-6839-760-9 - 30,00€**



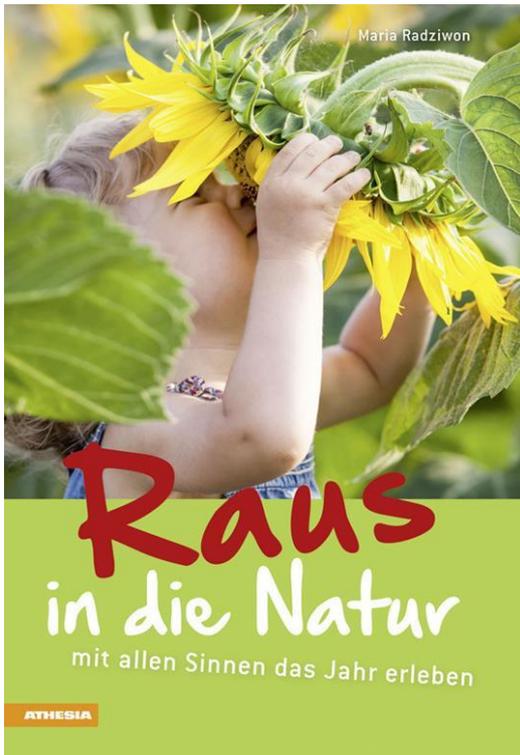
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Health & Advice



Out into nature

A year of sensory experiences

Playing outdoors gives kids the chance to develop their emotional, physical, and mental potential. Building mud structures, discovering root creatures and wooden figures, creating a snail-shell mobile, a leaf lantern, and colorful ice balls.

1st ed. 2014, 120 pages, paperback

ISBN 978-88-8266-958-4 - 19,90€



Maria Radziwon

Born in 1982, married and mother of four children. She lives with her family on a small farm in Austria. She is an educator, theologian, pastoral assistant, journalist, mountain farmer, and works as a speaker and author.

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Angel Baby

Understanding and consolation

About one in six pregnancies ends in loss. Yet despite how common miscarriage or stillbirth is, it remains a taboo subject. Silence creates gaps in knowledge, leading to insecurity and loneliness for those affected. Dr. Barbara Plagg, researcher and lecturer in prevention and health promotion, wants to change this—together with experts and those who have experienced loss. Her book offers both guidance and comfort, providing clear answers on pregnancy loss, women's health, and coping with grief. Medical and psychological professionals, midwives, bereavement counselors, and a remembrance photographer share their expertise, complemented by personal stories and the sensitive imagery of Jörg Oschmann.

**1st ed. 2023, 320 pages, paperback, 165 x 240 mm
ISBN 978-88-6839-704-3 - 25,00€**

Barbara Plagg

Dr. rer. biol. hum. Barbara Plagg is a researcher at the Institute of General Medicine at the Claudiana Provincial College of Health Professions in Bolzano, a lecturer at the Free University of Bozen, and an activist. In addition to her academic work, she writes regularly for the South Tyrolean weekly magazine *ff* and the online magazine *barfuss*. A native of South Tyrol, she openly addresses taboo topics—also at conferences, panel discussions, and congresses. She founded the Facebook group “SUSIs – Südtirol's Sisters” as a networking platform for women. The mother of three and committed feminist also writes plays. Her play *72 Hours – An Indictment* was published by Deutscher Theaterverlag and has been performed on various German-speaking stages since its premiere in 2022.

As a playwright and speaker, she regularly tackles issues that are rarely discussed: violence against women, femicides, miscarriage and stillbirth, dementia care, and palliative support.

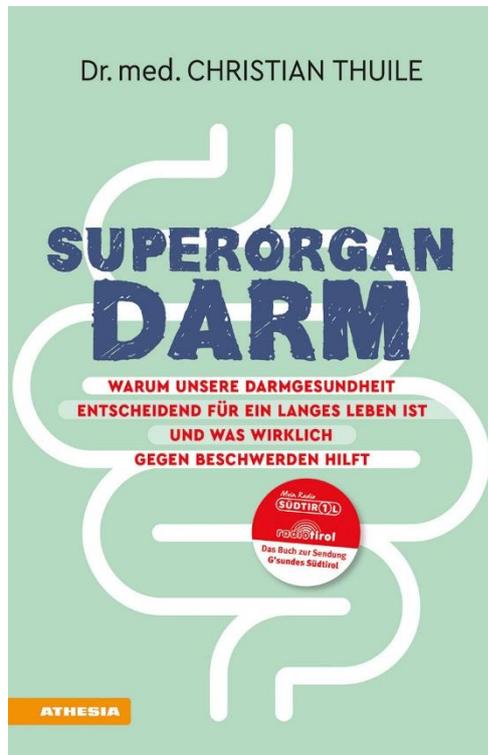
Jörg Oschmann

Jörg Oschmann was born and raised in Berlin. His studies in film production took him to the Film Academy in Vienna, where he began photographing extensively while working on numerous film sets. He later studied cultural and social anthropology in Vienna and Munich, completing a master's degree with a focus on visual anthropology.

Until the birth of his son, Jörg worked at the University of Vienna's Institute of Cultural and Social Anthropology. Since 2017, he has lived in South Tyrol with his family, working as a photographer and anthropologist, as well as a filmmaker and teacher on socio-political and cultural-philosophical topics such as masculinity, memory culture, grief, and human-environment relationships. Most recently, he co-produced the documentary *On Miscarriage and Stillbirth* with Barbara Plagg, which aired in 2022 during the multi-month exhibition “FrauenFeste” and on Rai Südtirol. In his free time, he volunteers as a paramedic with the White Cross South Tyrol.



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Superorganism gut

Why gut health is key to a long life and what really helps against discomfort

Although rarely discussed, gut problems are very common. Many of us know digestive issues like heartburn, bloating, or diarrhea. These complaints are not only widespread—they often cause significant distress. What most people don't realize: Many health problems originate in the gut. Even our thoughts, emotions, and weight are influenced by our digestive organs.

**2nd ed. 2023, 224 pages, paperback, 135 x 210 mm
ISBN 978-88-6839-682-4 - 22,00€**

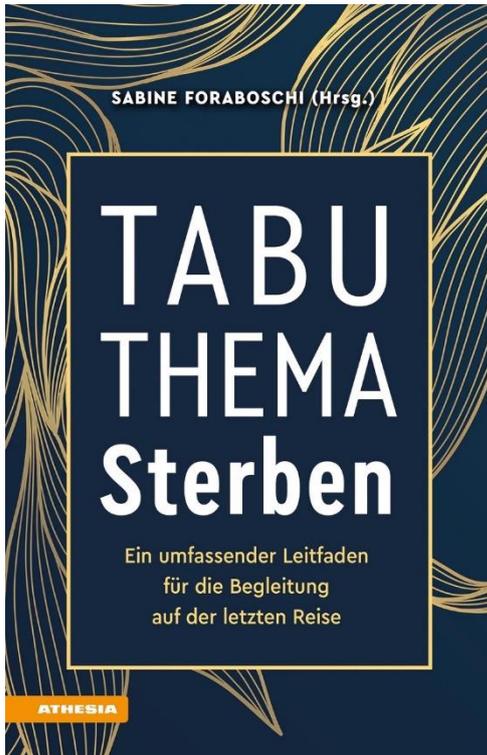
Christian Thuile, born in 1967 in Bolzano, South Tyrol

- Studied medicine at the universities of Innsbruck, Vienna (Austria), Maastricht (Netherlands), and Bologna (Italy)
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- Since 1995: International lecturer and author of numerous studies and professional books
- 1995 to 2002: President of the International Medical Society for Energy Medicine
- Since 2013: Medical director of the Yamamoto Scalp Acupuncture training circle in Italy
- 2014: Awarded the Wolfgang Kubelka Prize by the Austrian Society for Phytotherapy at the University of Vienna
- Lecturer for diploma training of the Austrian Medical Association in phytotherapy and acupuncture



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Health & Advice



The last journey

A practical guide to end-of-life care

Life is finite, yet death remains a taboo. Few talk about dying, and it's often linked to fear and negativity. For the author, a nurse in internal medicine, death is part of daily work—yet families often feel overwhelmed when facing it. This guide offers insight, comfort, and connection for patients, relatives, and anyone reflecting on their own mortality. Experts from South Tyrol explain why death scares us, outline the stages of dying, and describe the journey from diagnosis to the last breath. They share rituals, the role of spirituality, and what to arrange before passing. This book makes confronting the inevitable easier.

**1st ed. 2025, 144 pages, paperback 135 x 210 mm
ISBN 978-88-6839-757-9 - 22,00€**



Sabine Foraboschi

Sabine Foraboschi, born in 1978 in Bruneck, is a nurse and author of several books on health and social topics, sharing her many years of experience in the healthcare sector with her readers.

Further contributions from:

Massimo Bernardo

Daniela Moroder

Ulrich Seitz

Katarina Sunova

Renate Torggler

Irene Theresia Volgger

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Health & Advice



Unspoken

The taboos we need to talk about

Taboo topics from every aspect of a woman's life—things we rarely talk about. From mental health issues like depression and alcoholism, to questions about the female body such as breast reduction or PMS, and even intimate challenges behind closed doors or universal taboos like death. Health coach Ruth Niederkofler speaks openly and without filters. Known for her authentic videos on Facebook and her website *Healthy Aging*, she now brings her candid voice to book form. With clear, detailed insights and a warm, approachable style, this guide removes the stigma from difficult subjects and offers readers valuable answers and eye-opening moments.

**2nd ed. 2020, 184 pages, paperback 135 x 210 mm
ISBN 978-88-6839-471-4 - 16,90€**



Ruth Niederkofler

Ruth Niederkofler, born in 1970 in Bruneck, is a certified social care worker, health coach, fitness instructor, and EX-IN recovery companion. Through her website *gesundaltwerden.eu*, lectures, and radio contributions, she shares her knowledge and personal experiences. Since publicly acknowledging her struggle with alcohol addiction, countless people have sought her advice on various topics. Follow her on Facebook for informative videos and tips for a healthier, happier life in later years.

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Health & Advice



Show me baby!

Wholefood weaning made simple

Every baby shows signs when ready for solid foods. Parents can learn to recognize these cues and start confidently. As a midwife and mother of four, Maria Lobis promotes a joyful approach to key developmental stages. Her book offers a modern, flexible guide: baby-led weaning, responsive feeding, finger foods, and openness to plant-based diets. Backed by international research, it focuses on the baby's perspective and essential nutrients. Practical, tasty wholefood recipes—from breakfast to dinner—include allergy considerations for the first year, making healthy eating easy for both parents and baby.

**1st ed. 2023, 272 pages, paperback 165 x 240 mm
ISBN 978-88-6839-725-8 - 28,00€**

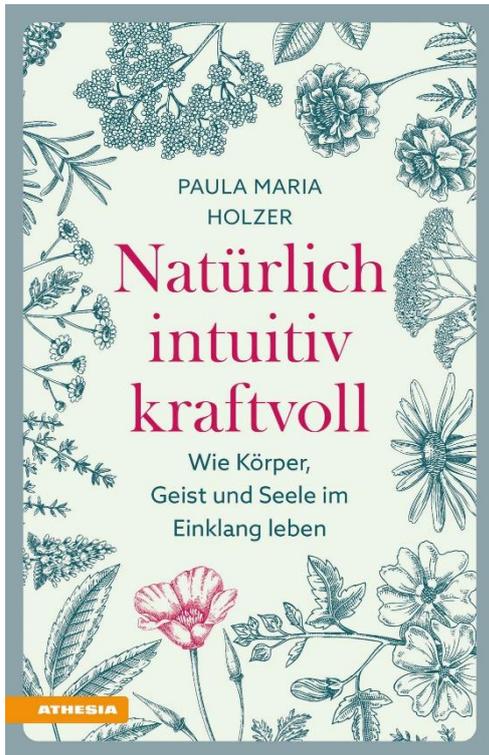


Maria Lobis

Maria Lobis is a midwife, mother of four, and environmental advocate. After working in hospitals, her passion for natural medicine, connection to nature, and holistic care grew. She trained extensively in alternative health and began offering courses in natural pregnancy, birth, and parenting. In 2017, she and her husband founded *Novo – bio und lose*, a zero-waste organic supermarket with two locations. Today, Maria shares her expertise through workshops and online courses on topics such as baby-led weaning, natural remedies for children, birth preparation, and sustainable living.

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Health & Advice



Natural, intuitive, powerful

How body, mind and soul live in harmony

An inspiring guide for anyone seeking harmony between body, mind and soul. Based on solid research, the book presents simple ways to improve health, joy and inner balance – without deprivation, but with common sense, naturalness and trust in one’s intuition. It blends spiritual insights with practical advice on nutrition, fasting, mindfulness and emotional well-being. Topics such as acid–base balance, gentle medicine, breathing techniques, fasting methods and the power of thought are explained clearly and encouragingly – for all who long for a holistic, natural lifestyle.

**1st ed. 2026, 208 pages, paperback 135 x 210 mm
ISBN 978-88-6839-889-7 - 19,90€**



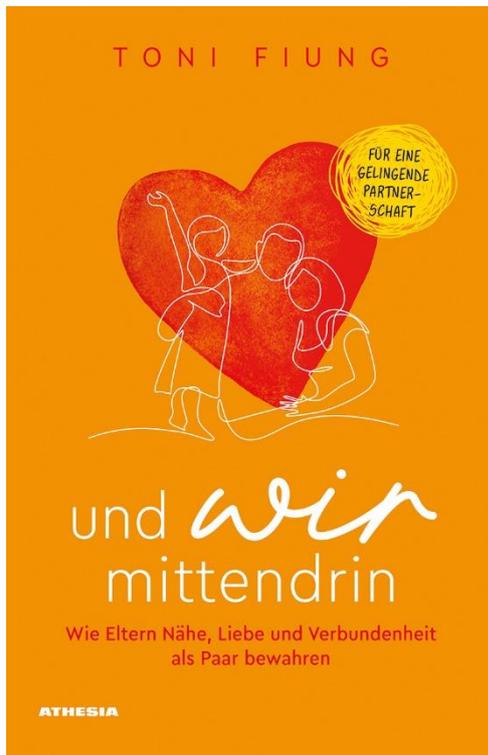
Paula Maria Holzer

Paula Maria Holzer, born in 1957, holds a degree in religious education and is a medically certified fasting group leader according to Dr. Buchinger. She is also a qualified nature and hiking guide, a meditation and mindfulness instructor (Paracelsus Institute), and has completed holistic massage training at the Yoni Academy as well as health gymnastics training based on Dr. Mößler in Vienna. Through many years of leading seminars on health-related topics and her continuous education in nutrition, movement and meditation, these subjects have become her true passion.



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Health & Advice



Staying close

How parents protect their love while raising children

A child changes everything — daily life and the relationship. Roles shift, time shrinks, and the ‘us’ often fades. This book supports parents through the many transitions of family life, from the early years to the moment children grow independent. With real stories and practical guidance, Toni Fiung encourages couples to move out of survival mode and back into connection. He shows how trust can grow, conflict can ease and love can stay alive — in chaos, in quiet moments, and throughout all stages of parenthood.

**1st ed. 2026, 224 pages, paperback 135 x 210 mm
ISBN 978-88-6839-925-2 - 22,00€**



Toni Fiung

Toni Fiung, born in 1955, is a theologian and family pastoral counselor of the Diocese of Bolzano-Bressanone. For 25 years he has also worked as a couples, family and life counselor, communication trainer, VHT coach, systemic supervisor (SG) and adult educator. He gives lectures and seminars on various partnership and family topics and serves as spiritual director at the education center ‘Haus der Familie’ on the Ritten. For more than 20 years, he has shaped the Sunday column ‘Nachgedacht’ on Südtirol 1 and Radio Tirol.



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Cooking



Wholefood kitchen

Healthy. Simple. Delicious.
300 quick vegetarian recipes

In this book, wholefood expert and bestselling cookbook author Rita Bernardi shows how colorful and varied wholefood cuisine can be. As more people seek conscious, healthy eating for a long and vibrant life, this comprehensive guide delivers everything you need: practical tips, health advice, and 300 delicious vegetarian recipes—free from sugar, refined flour, and processed fats. Easy to prepare and perfect for everyday meals, these dishes promote vitality and well-being for the whole family.

**3th ed. 2025, 272 pages, paperback 195 x 260 mm
ISBN 978-88-6839-519-3 - 34,00€**



Rita Bernardi

Born in 1965 in Bruneck, Rita Bernardi lives in Marling, is married, and a mother of three. She has taught at the vocational school in Merano since 1989 and has been passionate about wholefood nutrition for over 20 years. A trained wholefood cook and health consultant, she has built extensive expertise and collected hundreds of recipes over the years. Rita completed her health advisor training at the Dr. Max Otto Bruker House in Germany and has chaired the South Tyrolean Society for Health Promotion since 2006. She regularly teaches cooking classes, gives lectures, and offers nutritional counseling focused on wholefood cuisine.

**9 SUCCESSFUL
EDITIONS**

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Cooking



Passion Risotto

Over 70 delicious variations of the Italian classic

This cookbook from the renowned *So kocht Südtirol* team opens the door to the refined world of risotto—a true all-rounder that pairs with endless ingredients. From vegetable, herb, and mushroom risottos to seafood, meat, and even sweet variations, these creamy rice dishes deliver pure flavor. With step-by-step instructions and expert tips on preparation and rice selection, success is guaranteed. Whether for everyday meals or festive occasions, risotto fits every table.

**2nd ed. 2025, 208 pages, paperback 190 x 245 mm
ISBN 978-88-6839-753-1 - 25,00€**

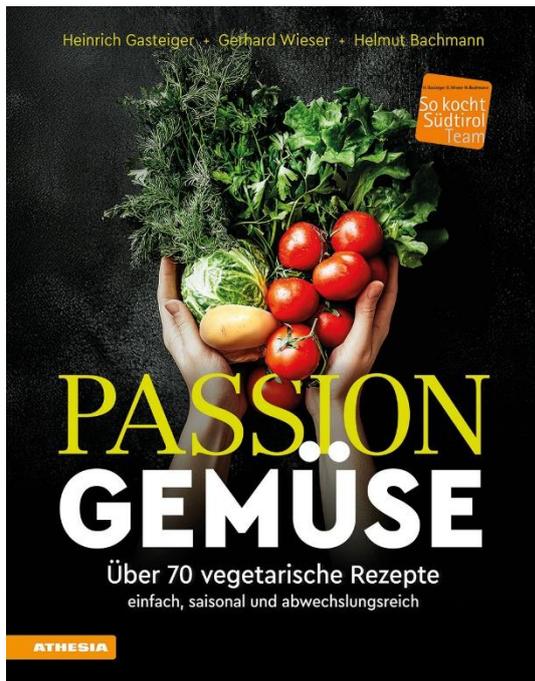


Heinrich Gasteiger – Helmut Bachmann – Gerhard Wieser

Three master chefs, one mission: Gerhard Wieser, Heinrich Gasteiger, and Helmut Bachmann aim to give traditional South Tyrolean cuisine a modern, creative twist—and make it accessible to everyone who loves cooking with easy-to-follow, foolproof recipes. With over 90 published cookbooks and more than 1.3 million copies sold in the past 25 years, Gasteiger, Wieser, and Bachmann have become bestselling authors across the Alpine region.

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Cooking



Veggie Passion

Over 70 vegetarian recipes – simple, seasonal and delicious

This new cookbook from the “So kocht Südtirol” team celebrates the vibrant world of vegetables!

Discover over 70 creative vegetarian recipes that make the most of every seasonal ingredient—from Mediterranean classics to exciting new flavor combinations. Clear step-by-step instructions ensure success, even for beginners.

Enjoy fresh spring dishes, autumn pumpkin creations, and hearty winter soups—all using the best regional produce. Includes plenty of vegan options, plus ideas for adding meat or fish as sides.

With practical tips, detailed guides to vegetable preparation, and inspiring photography, this book delivers healthy, delicious meals for every season. Perfect for anyone who wants to cook creatively with fresh vegetables!

**1st ed. 2025, 224 pages, paperback 190 x 245 mm
ISBN 978-88-6839-879-8 - 25,00€**



Heinrich Gasteiger – Helmut Bachmann – Gerhard Wieser

Three master chefs, one mission: Gerhard Wieser, Heinrich Gasteiger, and Helmut Bachmann aim to give traditional South Tyrolean cuisine a modern, creative twist—and make it accessible to everyone who loves cooking with easy-to-follow, foolproof recipes. With over 90 published cookbooks and more than 1.3 million copies sold in the past 25 years, Gasteiger, Wieser, and Bachmann have become bestselling authors across the Alpine region.

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Cooking



Simply healthy cooking

Wholesome recipes with vegetables, grains and legumes

The third book by the bestselling whole-foods expert makes healthy eating easy for the whole family. Packed with seasonal, regional ingredients, these vegetarian and vegan-friendly recipes focus on vegetables, grains, and legumes—often overlooked in other cookbooks.

Quick, wholesome meals with everyday ingredients, perfect for lunch or a stress-free dinner. From Mediterranean lentil salad to colorful veggie tarts, many dishes can be prepped ahead and enjoyed on the go.

Balanced, natural whole-food cooking for every day—simple, creative, and guaranteed to succeed.

**3th ed. 2024, 160 pages, paperback 165 x 240 mm
ISBN 978-88-6839-476-9 - 19,90€**

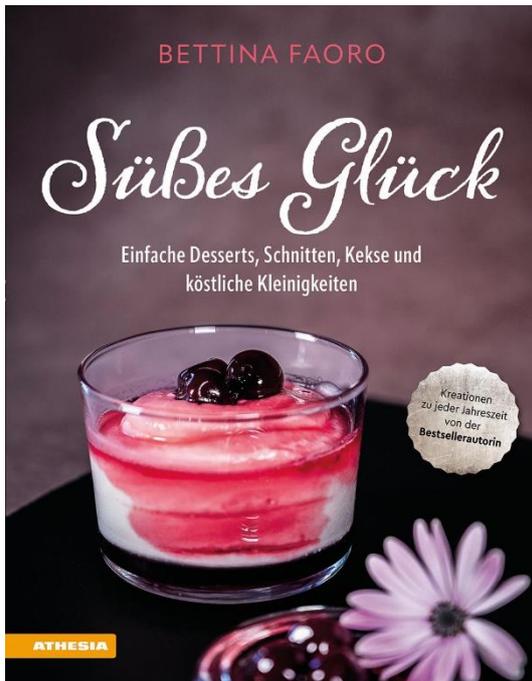


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Cooking



Sweet happiness

Easy desserts, bars, cookies and delicious treats

Rhubarb slices in spring, raspberry hearts in summer, persimmon cream in autumn, and chocolate boots in winter—Bettina Faoro’s second baking book offers sweet recipes for every season!

Easy treats for everyone: from hobby pâtissiers to beginners. Creative ideas with fresh summer fruits, cozy autumn flavors, and winter spices—plus chocolate, coffee, and creamy delights all year round. Perfect desserts for festive meals, tasty snacks, and irresistible cakes for coffee time. Sweet teeth, welcome to paradise!

1st ed. 2024, 112 pages, paperback 190 x 245 mm
ISBN 978-88-6839-714-2 - 24,00€

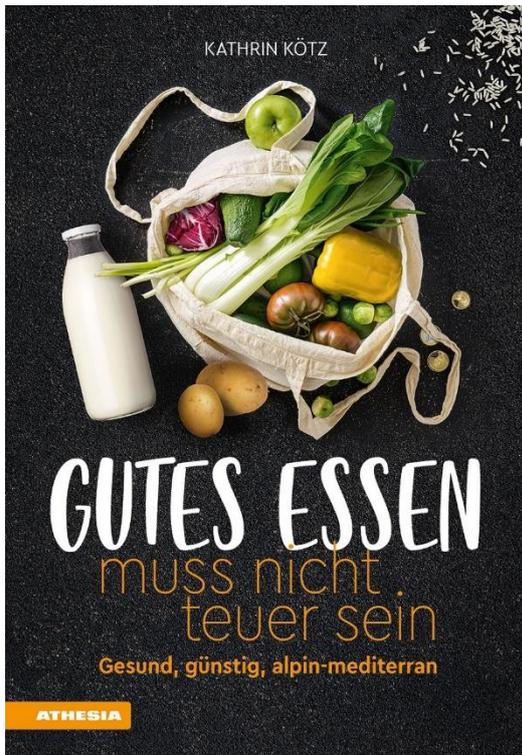


Bettina Faoro

Bettina Faoro is a passionate home baker who loves trying new things. Creative since childhood, she now channels her imagination into stunning cakes and simple bakes alike. She enjoys baking most for family, friends, and special occasions. Many of her recipes are shared on Facebook—especially in the popular group “Rezepte aus Südtirol”, where her creations are highly praised. With her baking books, the social care worker fulfills a lifelong dream: “A dream is only a dream until you decide to make it come true.”

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Cooking



Delicious doesn't have to mean expensive

Healthy, affordable, alpine-mediterranean

Food prices are rising, yet many young people want to eat healthy. This book proves that both goals can go hand in hand: healthy, sustainable eating doesn't have to be expensive—if you know what to buy and how to cook. It focuses on regional, seasonal, and fair products, prepared as sustainably as possible. Occasionally, meat and fish appear on the menu without breaking the budget. Inside: 90 Alpine-Mediterranean recipes—from pasta, grains, rice, and vegetables to meat, fish, sweets, and homemade bread—using few, carefully chosen ingredients. Plus, smart shopping tips and meal prep ideas, because cooking ahead is always cheaper (and healthier) than eating out.

**1st ed. 2023, 160 pages, paperback 165 x 240 mm
ISBN 978-88-6839-723-4 - 19,90€**

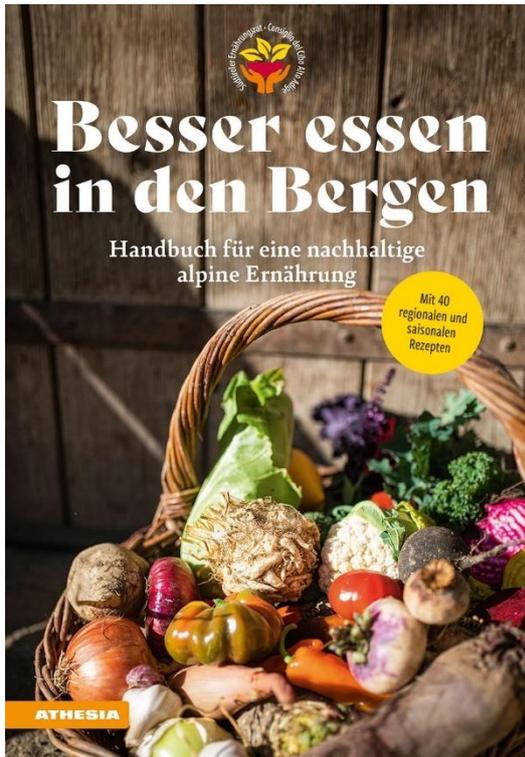


Kathrin Kötz

The author, born in 1967 in Magdeburg (Germany), now lives in Auer, South Tyrol. She is married and the mother of two adult daughters, and works as a freelance publishing editor. For nearly 20 years, the PhD in literary studies has specialized in editing cookbooks—a passion rooted in her long-standing love of good food and cooking. A dedicated home cook, she has refined her skills through numerous courses with one- and two-star chefs. Her culinary interests extend beyond Alpine and Mediterranean cuisine to Japanese flavors. Inspired by her daughters—who often asked for quick, everyday recipes with short, simple, and affordable ingredient lists—she created this cookbook. At its heart lies the question: 'How can I cook well without spending a fortune?' The goal is not to buy the cheapest products, but to prepare regional, seasonal, and fairly produced foods as sustainably as possible.

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Cooking



Eat better in the alps

Your guide to regional, seasonal cooking – with 40 recipes

Sustainability is more than a trend—it's essential. The South Tyrolean Food Council focuses on one key area: how we eat. This book offers practical ways to make your diet more sustainable, with insights rooted in Alpine food culture. It includes tips for healthy, eco-conscious eating and 40 seasonal recipes organized by the four seasons—featuring grains, legumes, vegetables, herbs, fruits, and sweets. From mountain lentil salad with goat cheese to pear-filled pasta pockets and trout burgers with herb sour cream, discover how regional, seasonal cooking can be delicious, affordable, and planet-friendly.

**1st ed. 2023, 192 pages, paperback 165 x 240 mm
ISBN 978-88-6839-709-8 - 25,00€**



Published from: Südtiroler Ernährungsrat

Different contributions from:

**Christian Fischer
Silke Raffener
Brigitte Foppa
Heini Grandi
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Gudrun Ladurner
Juliane Laimer
Ulrike Laimer
Bettina Schmid
Veronika Seiwald
Julia Dariz
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Cooking



The italian way of cooking

Antipasti, risottos, pasta, desserts...

More than a cookbook, *How Italy Cooks* explores the essence of Italian food culture—its traditions, products, and culinary heritage. Created by three renowned South Tyrolean chefs, this comprehensive guide combines over 800 easy-to-follow recipes with expert tips and in-depth knowledge. From antipasti and pasta to fish, meat, and irresistible desserts, stunning photography and clear instructions make Italian cooking a joy for beginners and professionals alike.

**6th ed. 2023, 224 pages, paperback 190 x 233 mm
ISBN 978-88-8266-202-8 - 39,90€**



Heinrich Gasteiger – Helmut Bachmann – Gerhard Wieser

Three master chefs, one mission: Gerhard Wieser, Heinrich Gasteiger, and Helmut Bachmann aim to give traditional South Tyrolean cuisine a modern, creative twist—and make it accessible to everyone who loves cooking with easy-to-follow, foolproof recipes. With over 90 published cookbooks and more than 1.3 million copies sold in the past 25 years, Gasteiger, Wieser, and Bachmann have become bestselling authors across the Alpine region.

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PUBLISHED
IN ITALIAN**



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Cooking



Passion Pasta

Every day pasta pleasure: perfect dough & creative sauces for every day

Nothing represents Italian cuisine like pasta—and nothing is as versatile. From fresh to dried, filled or plain, paired with vegetable, meat, or seafood sauces, pasta never gets boring! This new cookbook from the legendary *So kocht Südtirol* team introduces beginners and seasoned cooks to the world of noodles. Inside: foolproof recipes for homemade pasta, creative sauces, and step-by-step guides for tortellini, ravioli, and more. Organized by ingredient—vegetables, mushrooms, fish, seafood, meat, poultry, and classic sauces—this book is your ultimate guide to perfect pasta every day.

**2nd ed. 2023, 208 pages, paperback 190 x 245 mm
ISBN 978-88-6839-675-6 – 25,00€**

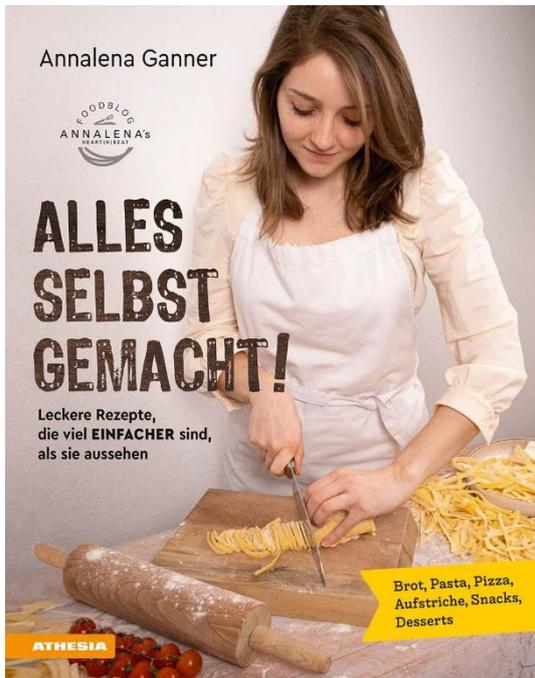


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Cooking



All homemade!

Delicious recipes, easier than you think

Do it yourself isn't just for knitting—it works in the kitchen too! The benefits are obvious: taste, freshness, sustainability—and most of all, fun. Tagliatelle in 30 minutes? No need to be a star chef! Food blogger Annalea Ganner shows how to make homemade chocolate-hazelnut spread for breakfast, quick piadina for lunch, and hand-shaped farfalle with raspberry sorbet for dessert. Plus: breads, grissini, pesto, muesli, and edible gifts like pralines. With stylish photos, step-by-step instructions, and guaranteed success, this book proves that homemade means no additives, less waste, and incredible flavor—with a big dose of fun.

**1st ed. 2022, 128 pages, paperback 190 x 245 mm
ISBN 978-88-6839-631-2 - 25,00€**



Annalena Ganner

Annalena Ganner (1997) studied Communication Science in Verona and earned a Master's degree in Oenogastronomy and Cultural Heritage in Rome. After several years in Hamburg, she returned to her home in South Tyrol, Italy. Since 2015, she has shared her passion for cooking, baking, and writing with thousands of readers each month on her food blog Annalena's Heart(h)beat. Her online cooking and baking courses have also inspired countless participants. Annalena's Heart(h)beat stands for South Tyrolean and Italian recipes with a modern twist and global influences—always fresh and made with natural ingredients. She loves photographing her creations and sharing them with the world.

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Cooking



The joy of baking

Irresistible recipes for cakes, tarts & cookies

Thousands of fans recreate Bettina’s stunning cakes and tarts from her Facebook posts—and now her most popular recipes are in one book. Step-by-step instructions and photos make baking easy for beginners and inspiring for pros. Discover creative twists on classics like apple strudel and Black Forest cake, plus fun ideas for birthdays and quick everyday treats. Learn decorating tips for marzipan, meringue, and fresh fruit while mastering tools like palette knives and scrapers. From strawberry slices to gingerbread mousse cake and adorable teddy bear cakes—Bettina’s creations are unforgettable and guaranteed to impress.

**3th ed. 2022, 144 pages, paperback 190 x 245 mm
ISBN 978-88-6839-604-6 - 22,00€**

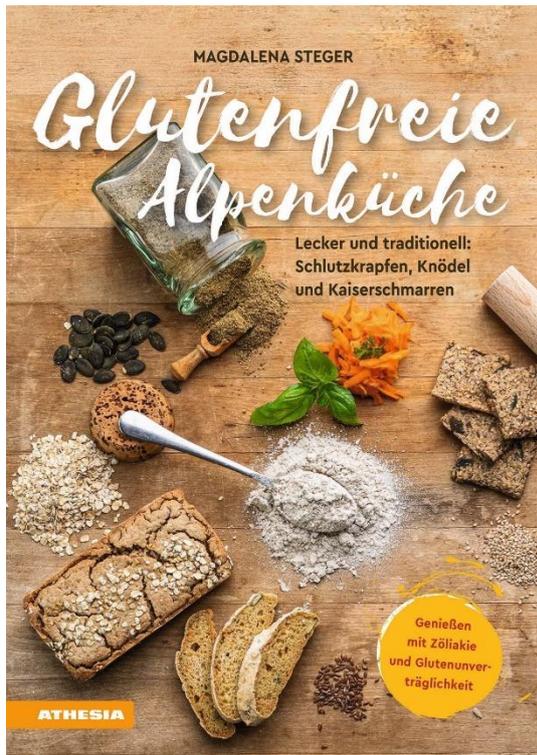


Bettina Faoro

Bettina Faoro is a passionate home baker who loves trying new things. Creative since childhood, she now channels her imagination into stunning cakes and simple bakes alike. She enjoys baking most for family, friends, and special occasions. Many of her recipes are shared on Facebook—especially in the popular group “Rezepte aus Südtirol”, where her creations are highly praised. With her baking books, the social care worker fulfills a lifelong dream: “A dream is only a dream until you decide to make it come true.”

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Cooking



Glutenfree alpine cuisine

Delicious and traditional

Magdalena Steger was diagnosed with celiac disease and had to completely change her diet overnight. However, the South Tyrolean was determined not to give up traditional home-style cooking and experimented with numerous dishes. The result is a collection of delicious recipes for typical Alpine-Mediterranean dishes, bread, cakes, and cookies. Plenty of tips and tricks make it easier for beginners or those unfamiliar with gluten-free foods to handle the ingredients correctly. Above all, this cookbook serves as an inspiration for people with celiac disease who want to expand their recipe collection with a wide variety of new dishes.

**1st ed. 2022, 192 pages, paperback 165 x 235 mm
ISBN 978-88-6839-636-7 - 22,00€**



Magdalena Steger

Magdalena Steger was born in Bruneck, South Tyrol. After finishing school, she completed an apprenticeship as a pastry chef, which she finished in 1997. In 2006, she was diagnosed with celiac disease, which made it impossible for her to continue working in her profession. Because of this diagnosis, she decided to delve into the subject of gluten-free nutrition and began developing various recipes for people with celiac disease. Over time, she created a large collection of recipes. In 2008, the author started organizing cooking and baking courses for people affected by celiac disease, as well as their relatives and friends. Since many people expressed the wish to have access to these recipes, the idea of writing a cookbook grew, which was published in 2013 and has been successfully sold ever since.

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Cooking



Four and a half ingredients

75 simple recipes for gourmet food lovers

The “So kocht Südtirol” team shows that great taste doesn’t require endless ingredients. With just four main components plus a few basics like spices and oil, these recipes make it simple to prepare healthy, flavorful meals for the whole family.

Over 70 tried-and-true dishes—from light salads and creative vegetarian options to hearty meat and fish recipes—are presented with clear instructions, helpful tips, and beautiful photos. Quick, uncomplicated, and full of Alpine-Mediterranean flair—perfect for every day!

**1st ed. 2021, 192 pages, paperback 165 x 240 mm
ISBN 978-88-6839-549-0 – 22,00€**



Heinrich Gasteiger – Helmut Bachmann – Gerhard Wieser

Three master chefs, one mission: Gerhard Wieser, Heinrich Gasteiger, and Helmut Bachmann aim to give traditional South Tyrolean cuisine a modern, creative twist—and make it accessible to everyone who loves cooking with easy-to-follow, foolproof recipes. With over 90 published cookbooks and more than 1.3 million copies sold in the past 25 years, Gasteiger, Wieser, and Bachmann have become bestselling authors across the Alpine region.

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Cooking



Sweet joy

Quick & easy south tyrolean cakes

Passionate cake baker and successful café owner Wally shares her sweetest secrets. From reinvented classics like buckwheat, carrot, and Sachertorte to unique creations such as molehill cake, chocolate-chili, and apricot-vanilla – these quick and easy recipes promise pure joy in baking and tasting. Along the way, Wally sprinkles in charming anecdotes from her carefree South Tyrolean childhood. Photographer Sara Italiano captures each cake in a beautifully styled setting.

**5th ed. 2021, 208 pages, paperback 195 x 260 mm
ISBN 978-88-6839-173-7 - 19,90€**



Waltraud Tschurtschenthaler

Waltraud Tschurtschenthaler was born in 1961. She spent a carefree childhood with her parents, four siblings, and grandparents on a farm in Sexten, where she also had her first encounters with tourists, as her mother rented out guest rooms. After attending business school in Innichen, she worked for 11 years as a hotel secretary at the Sport and Spa Hotel Bad Moos in Sexten.

In 1989, together with her husband, she opened the Pyramid Café in their own home in Percha. Despite having little baking experience, she baked all the cakes for the café herself from the very beginning—and rightly so, as today her cakes and tortes are one of the main reasons for the café's success.

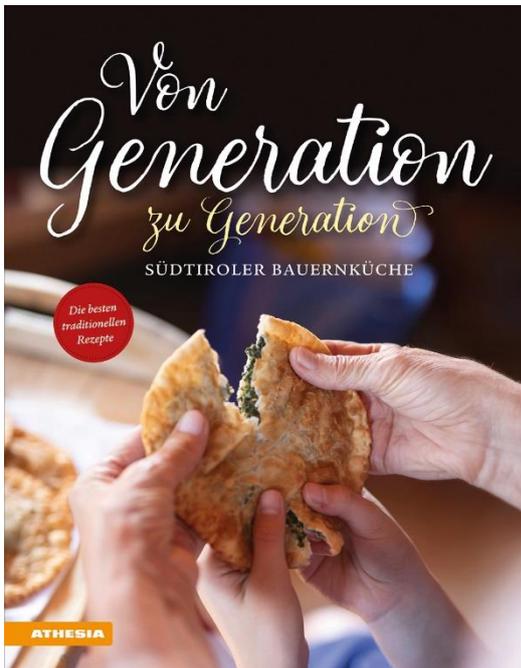
Originally, she planned to share her recipes only after retirement, but the constant demand from guests inspired her to publish her first baking book in 2016.

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IN ITALIAN**



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Cooking



From generation to generation

South tyrolean farmhouse cuisine

“When South Tyrol’s Farmers’ Women’s Association and the Seniors’ Association collect recipes, the result is more than a cookbook – it becomes a piece of culinary heritage. Over 40 traditional dishes from across the region, some over a century old, showcase how simple ingredients shaped South Tyrolean farmhouse cuisine. Seven chapters – from soups and dumplings to sweets and bread – offer easy step-by-step recipes and evocative photos. Insights into rural life, typical ingredients and cultural traditions complete this collection, making it a treasure for anyone who loves South Tyrol and its authentic flavors.

**1st ed. 2026, 144 pages, paperback 190 x 245 mm
ISBN 978-88-6839-922-1 – 25,00€**



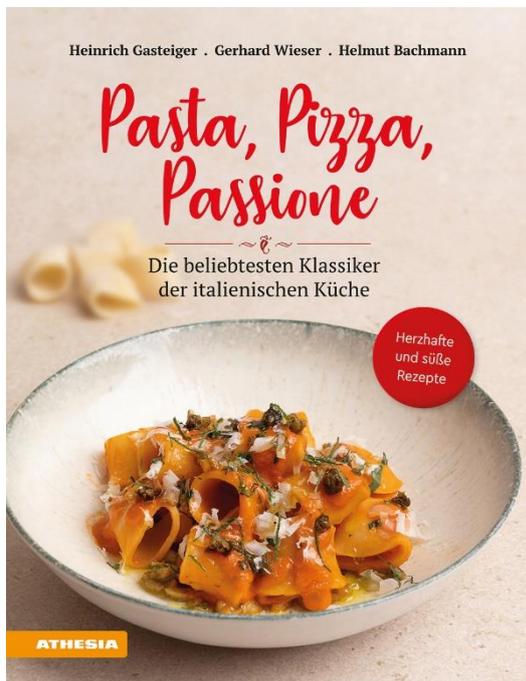
**Südtiroler
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Published from:
Südtiroler Bäuerinnenorganisation
Seniorenvereinigung im Südtiroler Bauernbund



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Cooking



Pasta, Pizza, Passion

Italy's most beloved classics

Italian cuisine is authentic, aromatic and full of joy. This book brings together 40 traditional recipes from across Italy — from hearty antipasti and fragrant pasta dishes to classics like tiramisu and panna cotta. Selected by the So kocht Südtirol team, each recipe is well-tested, easy to follow and enriched with tips for perfect results. With seasonal ingredients, regional flair and a touch of Italian art of living, every meal becomes a celebration. A book for everyone who wants to taste the real Italy.

1st ed. 2026, 96 pages, paperback 170 x 223 mm
ISBN 978-88-6839-899-6 – 16,90€



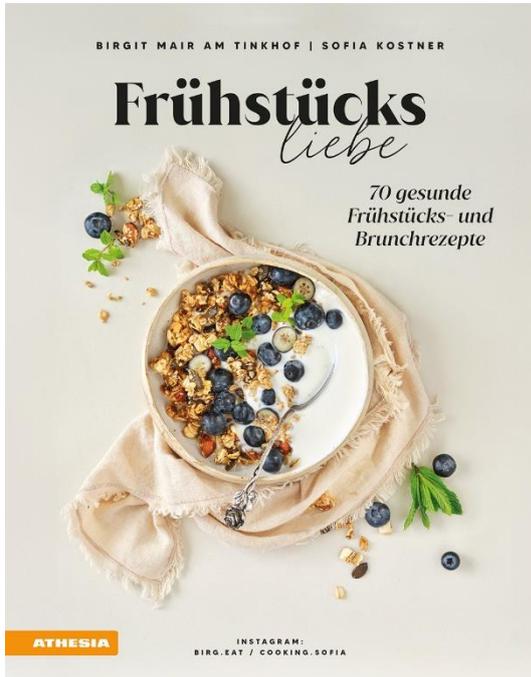
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NEW

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Cooking



Breakfast love

70 healthy breakfast and brunch recipes

A joyful, nourishing start to the day. *Breakfast Love* is more than a cookbook — it's an invitation to a beautifully set table with granola, porridge, whole-grain breads, spreads and more. All recipes are vegetarian and gluten-free, with 70 healthy, protein-rich ideas for breakfast and brunch, each with step-by-step instructions for preparing them with or without a Thermomix. Seasonal dishes for guests, for children and for everyday life. Whether a slow morning or a quick bite, this book brings fresh inspiration into the kitchen and turns breakfast into the favorite meal of the day.

**1st ed. 2026, 176 pages, paperback 190 x 245 mm
ISBN 978-88-6839-936-8 – 25,00€**



Sofia Kostner

Sofia Kostner loves good food, simple recipes and a really good coffee in the morning. For her, breakfast is the best way to start the day — whether quick during the week or slow and cozy on the weekend. She likes having things prepared in advance so that in the morning everything just needs to be assembled or served — uncomplicated, delicious and practical. Between family life, daily routines and new recipe ideas, the trained pastry chef finds her balance in the kitchen, where she experiments, combines and cooks with joy. Together with Birgit Mair am Tinkhof, she created *Breakfast Love* — a cookbook full of favorite ideas that show how colorful, versatile and genuine breakfast can be.

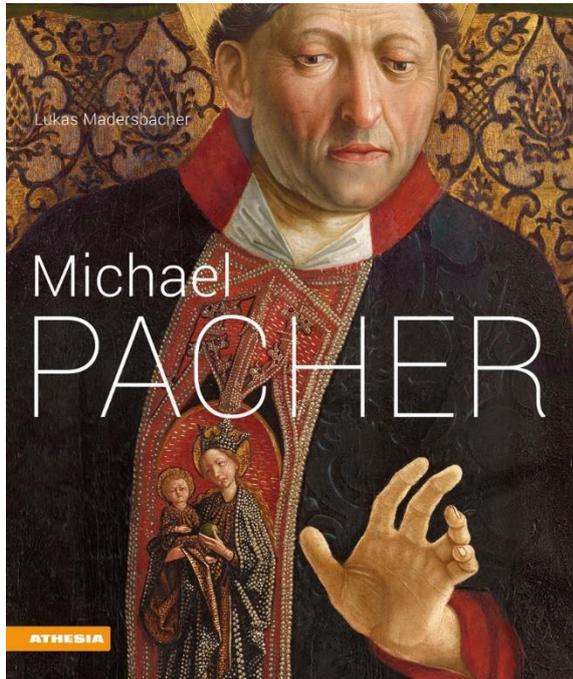


Birgit Mair am Tinkhof

Birgit Mair am Tinkhof is a passionate cook, a lover of good food and the mother of three children. She discovered her love of cooking early on — watching, tasting and helping in the lively kitchen of her childhood. After studying educational sciences, she completed professional chef training. Today she creates fresh, everyday-friendly recipes — often with the help of her Thermomix — focusing on natural ingredients and the joy of eating. With *Breakfast Love*, she and Sofia Kostner have brought their heartfelt project to life: a cookbook that celebrates breakfast in all its warmth and variety.



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Michael Pacher

The South Tyrolean painter and woodcarver Michael Pacher (c. 1435–1498) occupies a unique place in the history of European art. On the one hand, his monumental winged altarpieces—such as the one in St. Wolfgang on Lake Wolfgang in Upper Austria—are considered masterpieces of the Late Gothic period. On the other hand, Pacher is regarded as one of the first Northern Renaissance artists. The tension between these two poles gives his works their distinctive appeal, while also presenting challenges that the artist met with astonishingly innovative solutions. This volume presents Michael Pacher’s complete works in words and images and summarizes the current state of research.

**1st ed. 2015, 360 pages, paperback 260 x 310 mm
ISBN 978-88-6839-039-6 - 69,00€**

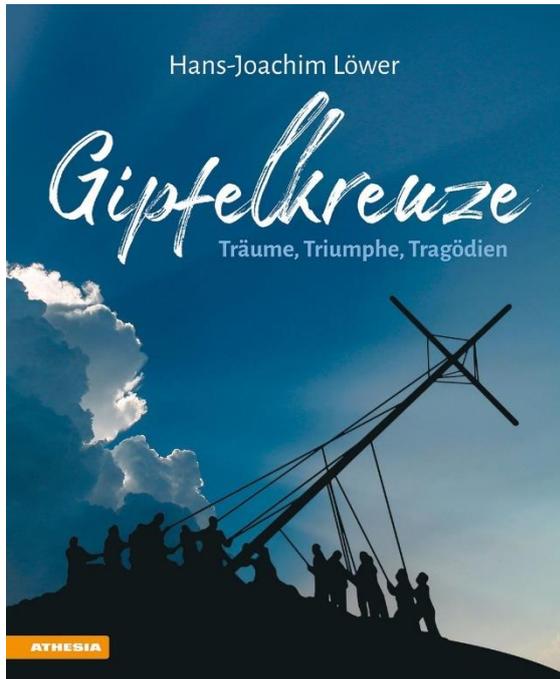


Lukas Madersbacher

Born in 1966, he is a professor at the Institute of Art History at the Leopold-Franzens University of Innsbruck. His publications focus primarily on European art of the 15th and 16th centuries. Co-editor (together with Paul Naredi-Rainer) of the two-volume work *Art in Tyrol* (Innsbruck/Bozen, 2007).

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Places and people



Crosses on the peaks

Dreams, triumphs, tragedies

The reader feels right in the middle of the action as the author takes them on summit tours, meeting extraordinary people.

From Giovanni Pellizzari's memorial cross of iron rods and barbed wire on Corno di Cavento—where a mountain war raged 100 years ago—to Anton Thuswaldner's Pietà replica on Austria's Schöfeldspitze, and Ivan Lardschneider's bold break with tradition in South Tyrol, these stories reveal passion and conflict behind Alpine summit crosses. Each chapter uncovers human dramas: daring attempts, tragic accidents, and powerful symbols—from Nazi-era monuments to papal gestures and reformist pilgrimages.

In 100 vivid chapters written in the present tense, Hans-Joachim Löwer brings 200 years of European history to life, showing how dreams, triumphs, and tragedies are etched into the crosses of the Alps.

**2nd ed. 2021, 352 pages, paperback 210 x 260 mm
ISBN 978-88-6839-383-0 - 34,00€**

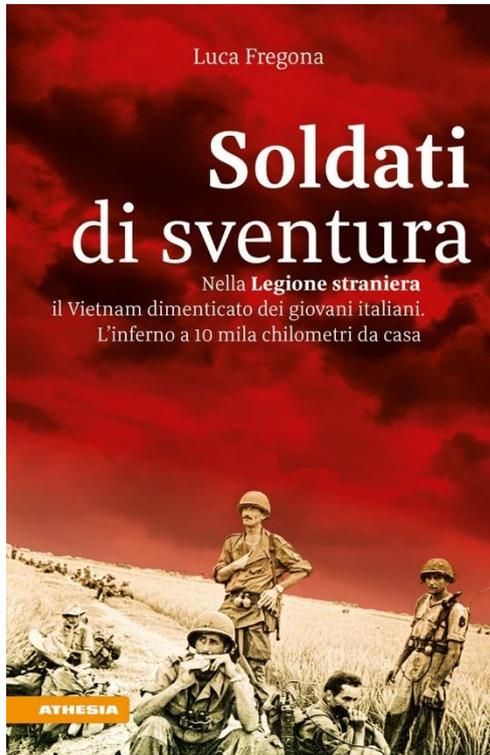


Hans-Joachim Löwer

Hans-Joachim Löwer, born in 1948, spent 16 years as a foreign correspondent for *Stern* and 13 years as a contributor to *National Geographic*. Since 2001, he has worked as a freelance author. For his books, he prefers to travel with a backpack, often taking on risky tours through political crisis regions in the Middle East, southern Africa, and Latin America. Most of all, however, he loves roaming the mountains on foot.

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History/war



Soldiers of misfortune

In the foreign legion: the forgotten vietnam of young italians

Three Men, One Fate: Dien Bien Phu—the 56-day battle that ended on May 7, 1954, marking France’s defeat, Ho Chi Minh’s triumph, and the collapse of European colonialism in the Far East.

Before America’s war in Vietnam, there was another brutal conflict: the First Indochina War between France and the Viet Minh. From 1946 to 1954, over 5,000 Italians fought in the French Foreign Legion; more than 1,000 died in combat or prison camps. Many were broken by WWII—ex-fascists, ex-partisans, fugitives, and desperate young men with no future.

This book tells the story of three young South Tyroleans who volunteered for different reasons, only to see their lives sink into the mud of Dien Bien Phu, 10,000 kilometers from home, in a war that wasn’t theirs.

**3th ed. 2025, 280 pages, paperback 135 x 210 mm
ISBN 978-88-6839-580-3 - 12,90€**



Luca Fregona

Born in 1966, journalist and editor-in-chief of the daily newspaper *Alto Adige*. He has a special interest in compelling life stories, which he regularly publishes in the paper. For RAI South Tyrol, he curated a series of radio programs on criminal cases from the post-war period to the present. He also collaborates with the national broadcaster *Popolare Network* and with Radio Tandem in Bolzano.



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History/war

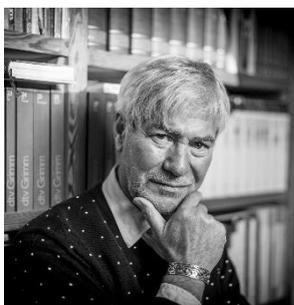


Time locked in ice

Glaciers tell our history

The glaciers of the Ortler massif are melting at an alarming rate. War relics are emerging into the light of day. They speak of the unimaginable daily life on the highest front of the First World War. The hut on the Königspitze, once placed in the summit crevice of the glacier that is now dying and dissolving, opens like a time capsule. Frozen time comes alive. It confirms what an empathetic and gripping text tells of the harsh conditions endured by ordinary soldiers. The suffering brought by war becomes tangible. Spectacular photographs and excerpts from war diaries illuminate the almost surreal events. The report on the elaborate recovery of the summit hut on the “King” impressively connects the present with the past.

1st ed. 2024, 176 pages, paperback 200 x 260 mm
ISBN 978-88-6839-763-0 - 30,00€



Sebastian Marseiler

Sebastian Marseiler, born in Schluderns, South Tyrol; studied literature in Verona. He works in a wide range of fields as a cultural publicist, book author, curator of permanent exhibitions, and screenwriter for documentary films for Bayerischer Rundfunk and RAI South Tyrol. A key focus of his work is on topics related to art, history, everyday culture, and the regional studies of South Tyrol.



Franz Josef Haller

Franz Josef Haller was born in Merano in 1948. In 1974, he was one of the co-founders of the Agricultural Museum Brunnenburg in Dorf Tirol and earned his doctorate in ethnology and art history at the University of Vienna. For almost 40 years, he has worked as an independent filmmaker, alongside teaching at various universities and secondary schools. In 2012, he launched the free online portal with an image and film archive on the cultural history of South Tyrol: tirolerland.tv.

And: Rupert Gietl, Catrin Marzoli, Hubert Steiner


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IN ITALIAN**

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History/war



Where death awaits

Young Italians in the foreign legion`s Vietnam

The book will open with the long and detailed testimony of Giorgio Cargioli, a former legionnaire from La Spezia (still living), who deserted at the end of the conflict in Indochina to escape the remaining three years of his enlistment. Captured by the French, he was sentenced to six years in prison. With him was Luciano Saggese from Bolzano, aged 23. Both were at the center of an escape that made headlines worldwide at the time. Together with other comrades, they rebelled on the steamer that was taking them back to Algeria, throwing themselves into the sea at Port Said, in the Suez Canal. Only about thirty managed to reach the shore and survive. Cargioli and Saggese succeeded. They were taken in by their respective consulates and repatriated.

**1st ed. 2023, 360 pages, paperback 135 x 210 mm
ISBN 978-88-6839-619-0 - 14,90€**



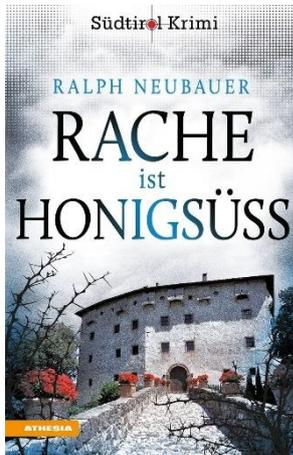
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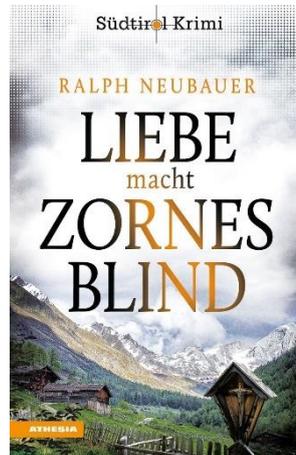
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Fiction

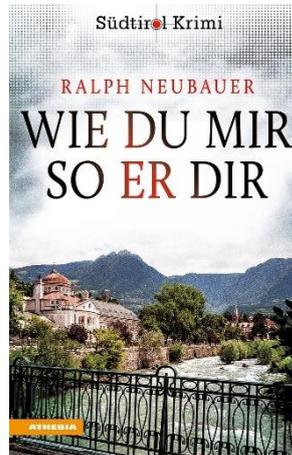
Crime stories from South Tyrol: 12 volumes



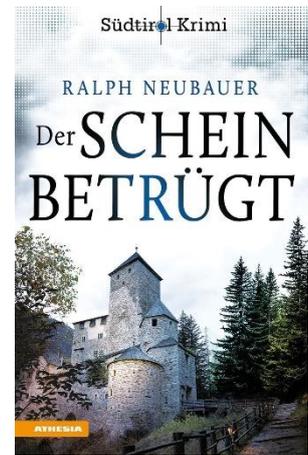
Revenge is sweet
as honey
9788868397180
€ 14,90



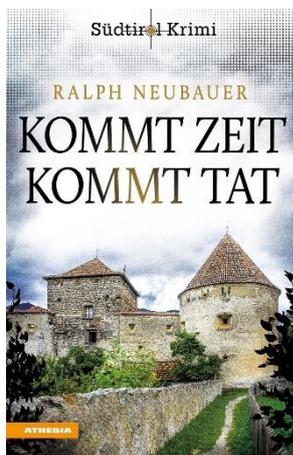
Love turns blind
with fury
9788868399054
€ 14,90



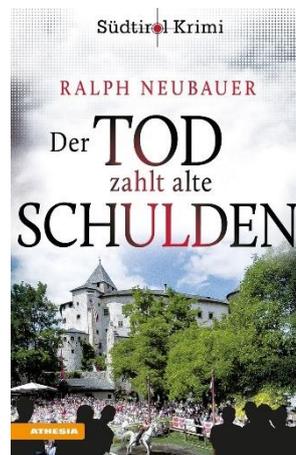
What you give,
you get
9788868396527
€ 14,90



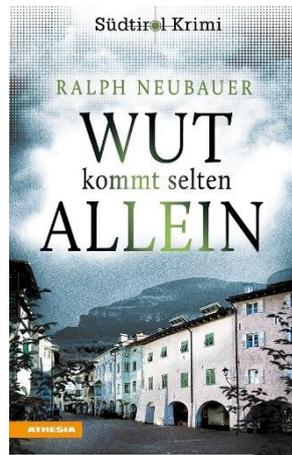
Deceptive
appearances
9788868397746
€ 14,90



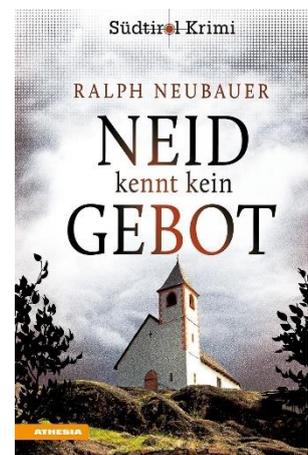
Time brings the
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€ 14,90



Death pays old
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Rage never comes
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€ 14,90



Envy knows no
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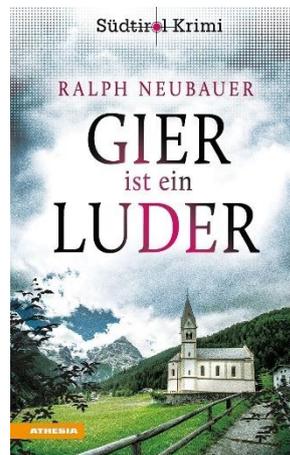
Crime stories from South Tyrol



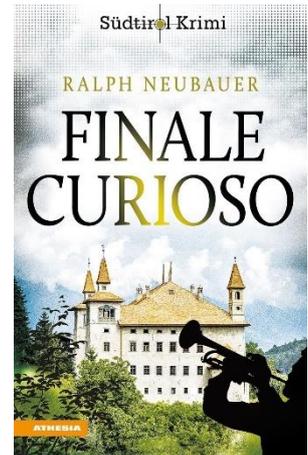
Dead women
don't stay silent
9788868395711
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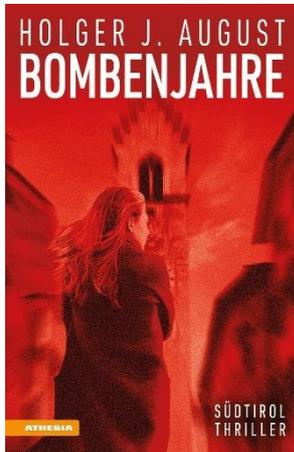
Ralph Neubauer

Ralph Neubauer, born in Düsseldorf in 1960, has lived in Haan in the Rhineland since 1987. He is married and has two adult children. Before his retirement, he worked for four years at district courts and for 36 years at the Ministry of Justice in Düsseldorf in various positions. Since 2010, he has been writing the successful *South Tyrol Crime* series for Athesia-Tappeiner Verlag, through which he explores the history, traditions, customs, and ways of life and thinking in South Tyrol.

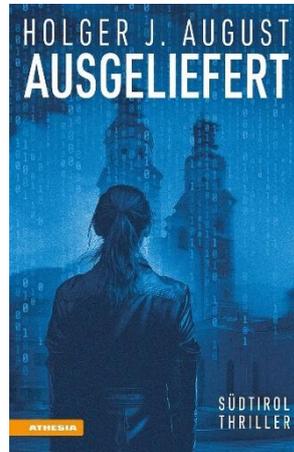
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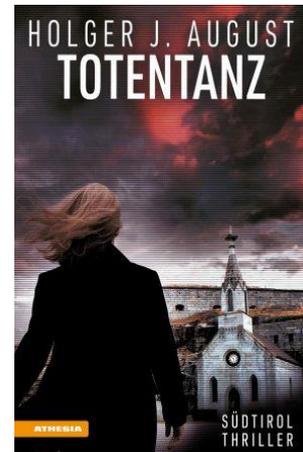
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Holger J. August

Holger J. August (born 1971) lives and works in Munich—unless he's traveling through South Tyrol. By now, he calls South Tyrol his second home, where he maintains many acquaintances and friendships. He also works there as a consultant and coach for the news team at Südtirol 1. For more than 30 years, he has worked as a journalist: first for daily newspapers and the AP news agency, later as a radio journalist for stations in North Rhine-Westphalia, Hesse, and Bavaria. Since 2017, he has presented the early morning news on BAYERN3 at Bayerischer Rundfunk. Readers can find him on Facebook and Instagram, where he always takes time for them.

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Nature



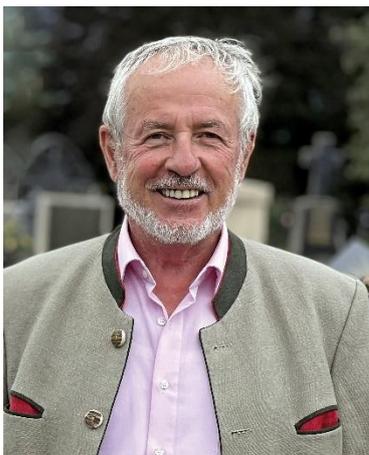
Targeting the wolf

Conflicts and solutions

In focus: The wolf in the alps

For centuries, wolves were part of reality—until they were eradicated. Today, after their return, opinions are divided: many admire this fascinating species, while farmers and rural communities view its spread across the Alps critically. This book answers key questions about wolves, posed by experts and affected stakeholders, with clear, up-to-date insights. Topics range from history and biology to management, law, and the tension between fascination and fear. A practical reference and an engaging read, it presents diverse perspectives without judgment and expands knowledge about wolves in the Alpine region.

**2nd ed. 2023, 352 pages, paperback 135 x 210 mm
ISBN 978-88-6839-569-8 - 25,00€**



Heinrich Aukenthaler

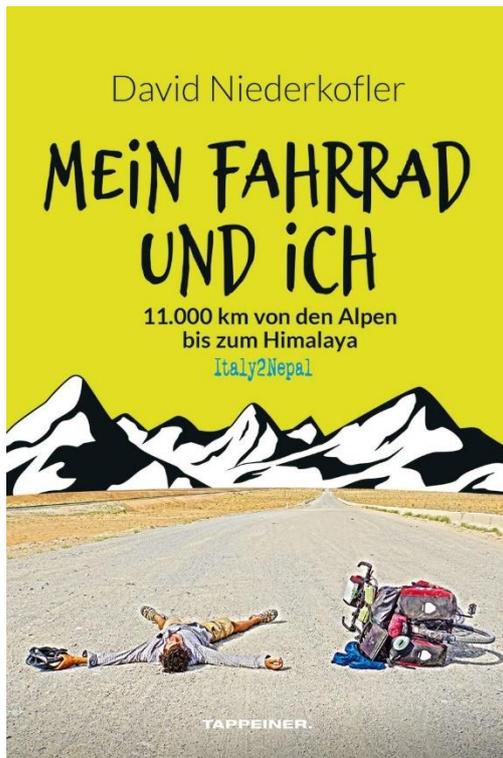
Heinrich Aukenthaler, born in 1952, served as Director of the South Tyrolean Hunting Association from 1982 to 2019. He was appointed to various commissions, including the Wildlife Observation Office and the Scientific Advisory Board of the Museum of Folklore. He contributed to the creation of the book *Wild-Wissen*. Aukenthaler continues to publish, focusing on topics such as wildlife, nature, culture, and hunting.

Further contributions from:

Wolfgang Schröder, Luigi Boitani, Alessandro Brugnoli, Armin Deutz, Matthias Gauly, Helmuth Gufler, Klaus Hackländer, Sven Herzog, Leo Hilpold, Alberich Hofer, John D.C. Linnell, Daniel Metler, Christine Miller, Markus Moling, Roland Norer, Walter Obwexer, Franco Perco, Hans-Dieter Pfannenstiel, Ulrike Präbstl-Haider, Friedrich Reimoser, Wolfgang Schröder, Aldin Selimovic, Anton Staudacher, Benedikt Terzer, Ettore Zanon, Marcel Züger

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Travel/adventure



My bike and me

11.000 km from the Alps to the Himalayas

David Niederkofler cycled from Italy to Nepal. After months of preparation, his journey began on March 11, 2019, in Luttach, South Tyrol, and ended 256 days and 10,921 kilometers later at Everest Base Camp. With only his bike and a few bags, he camped in tents, cooked over fires, and crossed 18 countries. Along the way, he experienced unforgettable moments, forged friendships, and faced his limits. In this book, David shares his fears, hopes, setbacks, and triumphs, offering vivid insights into the landscapes, cultures, and people he encountered.

**1st ed. 2021, 360 pages, paperback 150 x 225 mm
ISBN 978-88-7073-962-6 - 24,90€**



David Niederkofler

David Niederkofler was born in South Tyrol in 1994 and grew up there. He studied Telematics for five years in Graz, Austria. During his studies, he visited several European countries and embarked on adventures with friends: a bike trip from Graz to South Tyrol, the rally from Munich to Barcelona, and a journey to the North Cape in a €500 car. Toward the end of his studies, he decided to take an extended break and spent 18 months preparing for his cycling expedition from South Tyrol (Italy) to the Mount Everest Base Camp in Nepal—a challenge that shaped him both mentally and physically.

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Travel/adventure



Eiger – the longest night of my life

A young mountaineer and her fight for survival

Six young climbers from South Tyrol, Bavaria, and Belgium set out on the Ostegg Ridge toward the Eiger. Just a few hundred meters from their goal, a sudden storm turns rain into hail, snow, and hurricane-force winds. Visibility drops, the ridge ices over, and night falls. With rescue impossible, they dig in for an emergency bivouac—the longest, hardest night of their lives. Andrea, the youngest and only woman in the group, shares her fight for survival, her fears, and her hopes.

**2nd ed. 2024, 192 pages, paperback 150 x 225 mm
ISBN 979-12-80864-20-8 - 25,00€**



Andrea Wishtaler

Andrea Wishtaler, born in 1994 in St. Lorenzen (Puster Valley), has worked as a graphic designer in Bolzano since 2015. Her passion for mountaineering began early and grew steadily—from her first 3,000-meter peaks in the Ahrntal to renowned 4,000ers in the Alps. From local climbing crags, she moved on to classic Dolomite routes. In July 2019, her passion nearly became fatal when a sudden storm forced her to bivouac on the Eiger's ridge.

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Garden



Subustainable gardening for beginners

Balcony, raised beds and garden – ecofriendly gardening in harmony with nature

This practical guide covers all the basics of gardening for beginners—clear, concise, and packed with photos. Garden expert Andreas Modery recommends vegetables, herbs, fruits, flowers, and perennials for raised beds, garden plots, and balconies, with tips for soil prep, planting, care, and harvest. Sustainability is key: from eco-friendly tools to supporting bees and adapting to climate change. Includes planting and harvest calendars plus simple recipes for natural plant boosters. With this book, every thumb turns green!

**1st ed. 2023, 224 pages, paperback 165 x 240 mm
ISBN 978-88-6839-680-0 - 25,00€**



Andreas Modery

Andreas Modery, a certified forestry engineer, studied natural sciences at the universities of Paris, Ghent, and Munich. For many years, he has been a well-known nature and gardening expert on German-speaking radio and television. Since 2004, he has appeared on BR's TV show *Wir in Bayern* and produces his own program *Mo's Green World* for local stations. On radio, he is regularly heard on Südtirol 1, Radio Tirol, and BR Schlager. Andreas Modery is the author of numerous publications on gardening.

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