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Frankfurt Book Fair 2020



Kamphausen.Media

New

Healing As A Creating Process



Publication Date: September, 2020
Author: Dr. med. Klaus-Dieter Platsch
Pages: 220

Where body and mind meet

Klaus-Dieter Platsch shows possibilities of healing that open up when we include our creative role in it. This is based on a new understanding of health or illness, namely that they do not have to be understood as fixed states, but rather manifest themselves from free energy.

The author focuses on the whole human being and his approach encompasses all dimensions of healing, including the spiritual connection to the creative source. Here omnipotence prevails, which is not available to us as human beings, but which can certainly be included and invited into the healing process. The main focus lies on the connection to a healing field, from which the life processes can come back into a harmonious flow.

The doctor and psychotherapist explains this holistic view of healing in a well-founded and understandable way and offers numerous exercises and meditations to explore this yourself.

Klaus-Dieter Platsch is a physician for internal and Chinese medicine, psychotherapist and lecturer for acupuncture at the German Medical Association. As head of the conference series "Medicine and Spirituality" and the Institute for Integral Medicine, he developed the training "Healing Medicine - an integral path of development for people in the healing profession". He gives lectures and organizes seminars on the topics of healing, spirituality and meditation and has written a number of books on medical and healing topics.

Underfucked?



Publication Date: March, 2019

Author: Volker Schmidt

Pages: 168

Does too little (good) sex makes us ugly, sick and stupid?

„Untervögelt“ summarizes in a light chat what the state of science and research can tell us about sexuality in general and about human sexuality in particular.

Based on considerations of sometimes bizarre-seeming sexual and reproduction practices of the animal kingdom, the author describes the effects of our sexuality on health, life expectancy, attractiveness, relationship satisfaction, intelligence, social competence and other topics on the basis of no less than 50 original studies.

The book is rounded off by an essay on the question: "What exactly is "good" sex?"

Provides reliable facts on a topic that concerns everyone and in which many people seek orientation, especially in the enlightened age

The style of the book takes the reader on a humorous and sharp-tongued ride through sexuality

A provocative and completely new look at sexuality

Volker Schmidt, born in 1976, is a systemic coach, partnership and sexual consultant.

www.puma-coaching.de

It Hurts So Much!



Publication Date: March, 2019

Author: Andreas Jelitto

Pages: 240

Solutions for a healing approach to chronic pain

The book offers new perspectives on chronic pain and presents healing approaches that take into account the patient's uniqueness and suffering. Through empathy and looking from different directions, the author encourages us to turn to pain in a new way in order to solve it.

Holistic and individual solutions for dealing with pain explained comprehensibly by a medical specialist.

Andreas Jelitto is a specialist in anaesthesia and has been chief physician at the Clinic for Pain Therapy at the Schleiden Hospital in North Rhine-Westphalia for 18 years. He represents the approach of a multimodal pain therapy, which looks for individual and holistic solutions for the respective patient, and uses for this the entire repertoire of pain medicine.

What Makes Us Sick, What Heals Us



Publication Date: January, 2019

Author: Christian Schubert

Pages: 274

Understand the interaction of body, mind and soul

Flu time, everyone sniffs and coughs. But who spares and who ends up with fever in bed? As the young discipline of psychoneuroimmunology proves, psyche, brain and immune system work together very closely. Our immune system is in constant interaction with our thoughts, our behavior and our emotions. Recent studies show: Chronic stress in relationships or in the job, not only makes us more susceptible to infections, but can significantly shorten our lives, and in the long run lead to serious conditions such as cancer and autoimmune diseases. Conversely, the good news is that positive thoughts as well as mental balance and inner well-being mobilize our self-healing powers, which prevent illnesses. Christian Schubert advocates a new way of thinking in medicine.

"What makes us sick, what heals us" reads easily and excitingly. The author presents holistic principles of action equating the psychic dimensions of illness with the physical. Above all, Christian Schubert advocates working more intensively with the patient and trusting his or her self-perception. www.christian-schubert.at

5th Edition!

Smelling and Feeling



Publication Date: September, 2017

Author: Heuberger, Stappen R. von Rohr

Pages: 288

The relation between smell, fear and depression

Smells accompany us through our whole lives, we cannot even breathe without smelling. But we do not always perceive odors in the same way because they change according our mood.

The authors of this book, three well-known experts, explain the fascinating interplay of smell and emotions in the context of the latest scientific research.

They also show us how anxiety and depression can change the olfactory power and how fragrances can favor the healing of mental illnesses.

Rights sold:

Dutch language (AnkH Hermes)

A Different Way Of Aging



Publication Date: August, 2016

Author: Katharina Ley

Pages: 158

Managing your best years with success

Who do not want to live well, healthy and for a long time? In addition to your personal condition, the art of good aging can only be achieved if you also have in mind your social cohesion.

Apart from a proper inner attitude, good aging also means having a social relationship, with the family as well as with the community and being supportive.

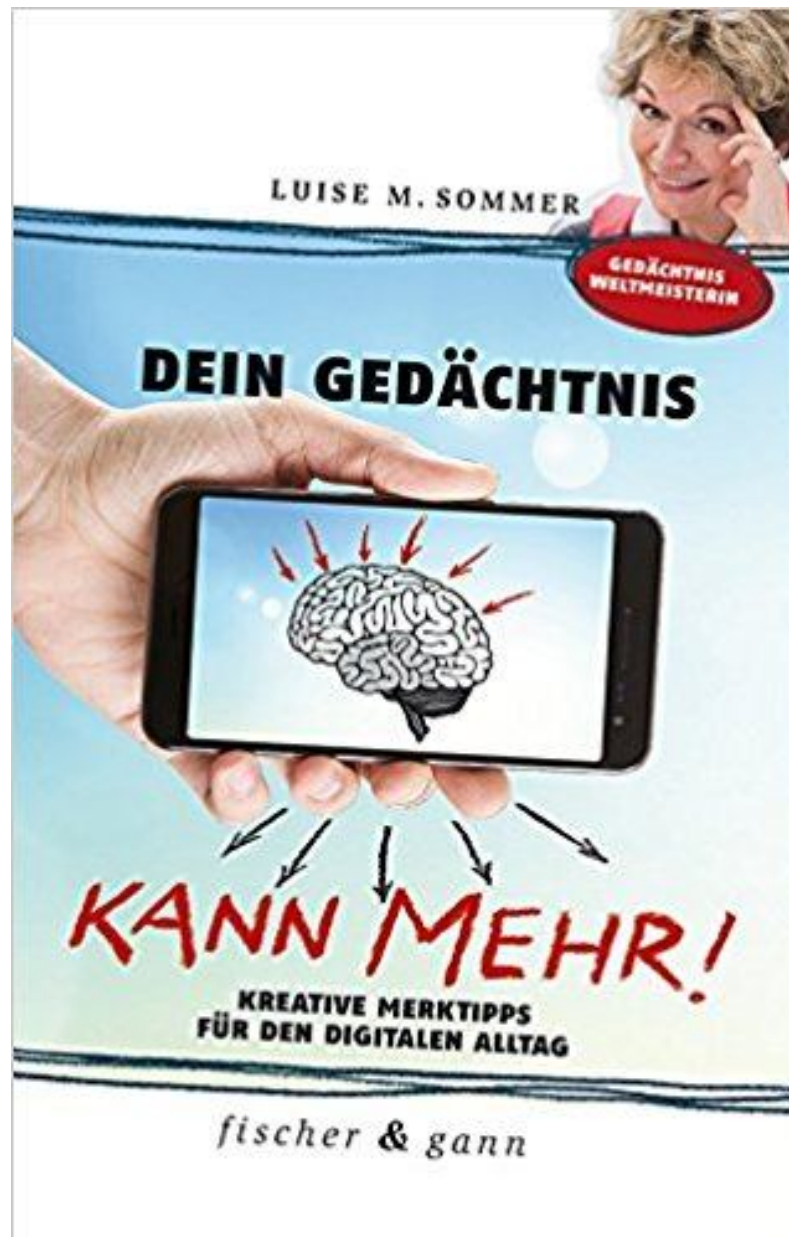
You need to be tolerance and to dialogue, but also saying "no" is allowed when you are aging.

Through touching case stories, the author Katharina Ley explains in her book how to age successfully feeling satisfaction, love and closeness.

Rights sold:

French language (Editions Socialinfo)

Your Memory Can Do More!



Publication Date: August, 2017

Author: Luise Maria Sommer

Pages: 230

Creative memory tips for our digital everyday life

Our memory can do more than we believe. It is like a muscle that wants to be challenged. However, if Smartphone & Co. is taking over the brain's work, our memory is stunted - like any other function we no longer use.

The good news is that there are very simple, effective tools to make our memory - especially in our digital world - a reliable partner again.

Luise Maria Sommer, Memory World Champion 60+, shows us in her book through creative ticks, tips and techniques how to use the true potential of our memory.
www.luisemariasommer.at

2nd Edition!

The Skin And The Language Of The Soul



Publication Date: September, 2015

Author: Gieler, Taube, Seikowski

Pages: 200

How to understand and cure skin diseases

The skin as a mirror of the soul: allergies and neurodermitis are popular diseases. However, the skin is not only our largest organ, it is also the site of many inner-spiritual conflicts. One-third of all skin diseases are accompanied by psychological suffering. This book describes the complex interplay of skin and soul.

Based on many impressive case stories and latest investigations, the authors explain in this book different diseases such as acne, white spots or skin cancer.

A comprehensive overview about the skin, about different forms of treatment and medication as well different forms of healing.

2nd Edition!

Dementia – When Life Slips Away



Publication Date: September, 2018

Author: Gabriela Stoppe

Pages: 250

Understand a mysterious illness and deal with it without fear

Hardly any illness causes so many fears as dementia. Life gets out of control and can not handle independently anymore. But how justified is the fear? Prof. Dr. Gabriela Stoppe describes in this book everything worth knowing about the disease. She presents the latest therapies, clarifies risk factors, early diagnosis - and possible prevention. How can a life with dementia be well organized? What do victims and relatives need? Which new life models and care structures should exist? But most of all, we need a different inner attitude, in order to accept fateful blows and serious illnesses.

Prof. Dr. Gabriela Stoppe is a specialist in psychiatry and psychotherapy. She has been teaching at the University of Basel since 2003, and for many years she was the medical director of the Department of General Psychiatry at the University Psychiatric Clinic Basel. In 2013, she founded MentAge, a counseling and further education institute, with a cross-curricular range of medical, psychiatry and gerontology courses on mental health in the second half of life. She has published numerous books.

www.gabriela-stoppe.com

High Sensitivity



Publication Date: September, 2018

Author: Jutta Böttcher (Ed.)

Pages: 450

Guidelines accompanying highly sensitive persons

High sensitivity - this is not just an issue for those affected, but it needs to be understood. Relatives and companions also need information on how to deal with this psychological phenomenon.

From a multidisciplinary perspective on the subject of high sensitivity, six authors pose in this book a currently controversial term with an inaccurate definition. Their common goal: Determination of a more detailed profile and a differentiated view. Based on observation, scientific elements as well as mutual and personal reflection by the authors, the book shows different facets of high sensitivity. The considerations lead to assigning to the highly sensitive a position in society that corresponds to their personal purpose.

From Life Plan To Relational Space



Publication Date: September, 2017
Author: Sejkora & Schulze
Pages: 274

How to use the transactional analysis to overcome constraining patterns

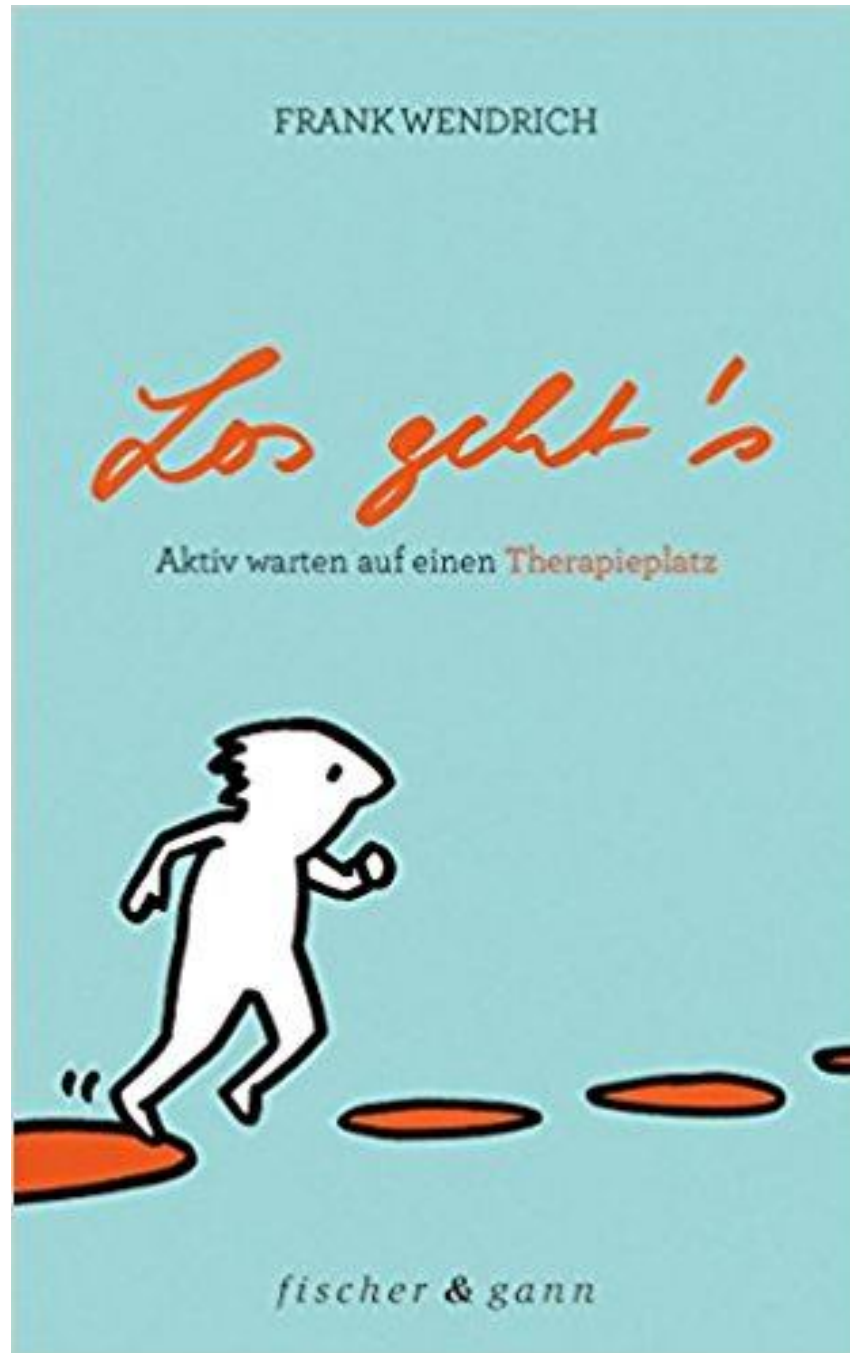
In transactional analysis, the unconscious plan of life is a kind of thread that runs through our lives without being aware of it. It sometimes leads us to events that appear like fatal rehearsals of past experience, such as a "déjà-vu". We think then think that our life is "our destiny".

But, we are the ones who shape our lives, our personality and our relationships.

Through helpful exercises, this book shows us how our personal life plan can be experienced and designed consciously by ourselves.

The book also includes eight stories which explain in a symbolic way the dynamics of the unconscious life plan.

Let's Go



Publication Date: September, 2017

Author: Frank Wendrich

Pages: 64

Be active while you are waiting for a therapy place

Many patients are frustrated by the long wait they have to face for a therapy place.

The the moment they decide to ask for professional help, until getting a therapy place is often too long.

As also Dr. Frank Wendrich knows this problem quite well, he started offering to his waiting patient some kind of exercises and practices, helping them to while they were waiting for a therapy place.

These easy-to-use exercises are summarized in this small guide for those who have decided to open up a happier future.

Educating With Leisure and Courage



Publication Date March, 2017

Author: Ingrid Löbner

Pages: 240

All what babies, toddlers and preschool children really need

The day by day, the small and big moments in our life with children sometimes uncertain and desperate parents. What do children really need? How consistently should we be when sleeping or drinking becomes a problem for our baby? What to do when the expensive smart phone becomes the most loved toy for our child?

In an inimitable, refreshingly cordial and sovereign way the author Ingrid Löbner answers to all your doubts. "Education needs courage and leisure", this is her message. Courage for intuition, for slowness, and also the leisure to accept childlike boredom or endless play.

www.gelassene-eltern.de

Give Your Soul Space



Publication Date: March, 2017

Author: Helmut Kuntz

Pages: 240

Healing paths to self-love and inner peace

There are so many reasons why we often don't find our inner peace: we are stuck in the chaos of emotions, suffering from anxiety, self-doubt, or conflicts with ourselves and our lives. How can we live a good life?

According to the author, the healing of possible emotional wounds can only go through the way of self-love, and in this book, psychotherapist Helmut Kuntz offers exercises, meditation and body travel as ways of practical self-help.

With the help of salutary pictures, he demonstrates how to open our heart to the path of self-compassion and inner reconciliation.

Nike And Us



Publication Date: March, 2017

Author: Hans Jellouschek & Bettina Jellouschek-Otto

Pages: 140

What we learned from our dog about life and love

Dogs bring love into our life, and they are not only loyal companions, but also give us some lessons about life and even about love.

Their fellowship can be so inspiring and heart-warming as the authors and therapists Hans and Bettina Jellouschek teach us in their book about everyday life with their dog Nike.

Dogs are doing what people would need: they know how to live the moment, they are always unmistakable to their needs and teach us the "proper" way to deal with ourselves. They demand a lot of closeness, sometimes also a respectful distance, jealousy, and they need rituals.

"What means living in here and now, this is what we can learn convincingly from dogs. Nike is always close to what is right now: when she is hungry, she eats. When she is tired, she sleeps. When she is happy, she is immensely happy ... "

My Voice, My Success



Publication Date: March, 2017

Author: Ingrid Ammon

Pages: 207

A guide about effective voice and speaking techniques

Our voice is a key in our daily communication, because only the voice makes our message believable and convincing.

Voice specialist Ingrid Amon explains in her work very vividly and in a practical way how we can use our voice more consciously and improve our speaking techniques in order to have success in our career, job and life.

This guide includes many tips, exercises and application examples about how to train and use properly our voice.

www.iamon.at

How To Manage Cultural Diversity



Publication Date: March, 2017

Author: Karin Schreiner

Pages: 300

New challenges in a globalized world of work

For a long time, international teams are quite usual in business, science, education and health care. But this diversity often places great challenges on executives, especially when it is important to communicate smoothly every day. When is a "yes" a yes or really a "no"? How do employees approach new tasks when asking a question is considered a taboo? How to resolve conflicts face-to-face?

Karin Schreiner explains in this book how to deal with this and many other issues that are arising from the cultural diversity of our globalized working world. Through interviews with executives and examples from business, she indicates how cultural diversity can be used as a resource for your work and how qualitatively better results can be achieved managing cultural diversity in the correct way.

Love and Other Ventures



Publication Date: September, 2016

Author: Eva Jaeggi

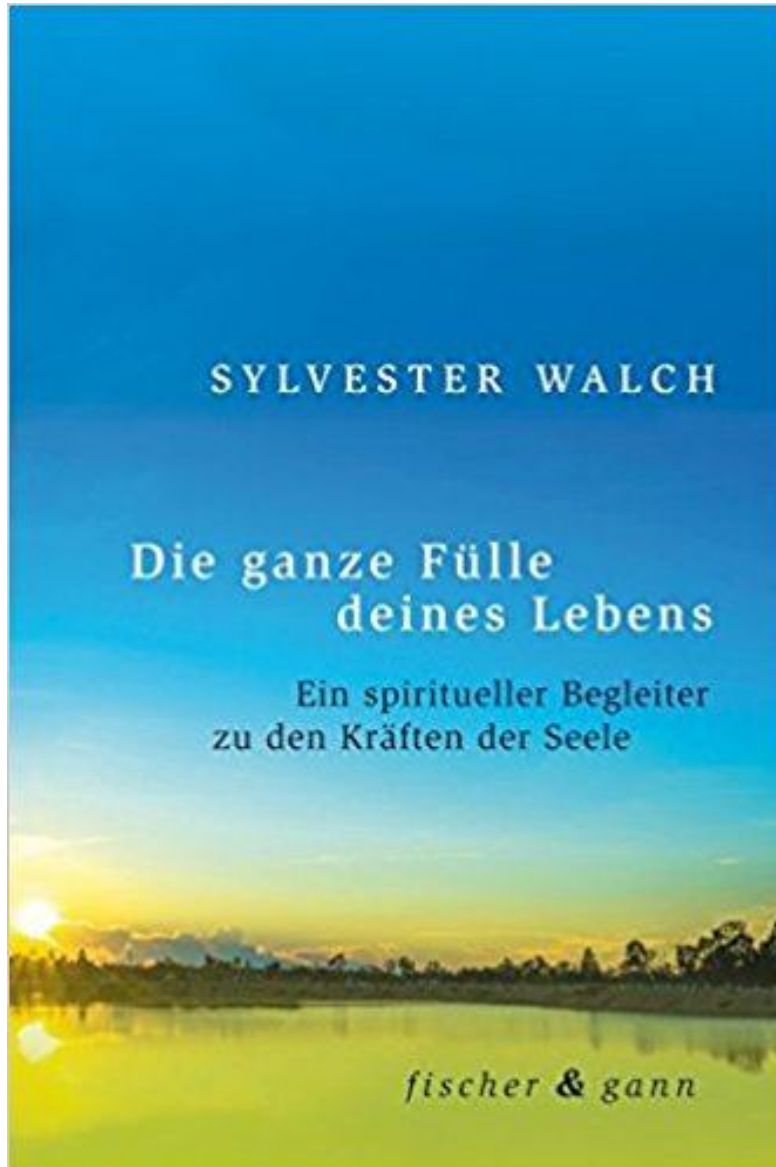
Pages: 282

Living in a relationship

For many of us, a happy relationship is one of the most important things in life. But in times of increasing separations, love becomes a risk and a challenge. Relationship is a process that is constantly changing and has to be redesigned - and relations also need some kind of creativity. Which desires and longings do influence a relationship?

The author invites us in her book through fascinating stories of young and older couples to share the rich treasure of her years of experience, responding to many fundamental questions: the failure and success of love, false ideals, old and new relationship models, and the importance of psychotherapy in relation to relationships.

The Full Wealth Of Your Life



Publication Date: September, 2016
Author: Sylvester Walch
Pages: 267

A spiritual companion to the power of soul

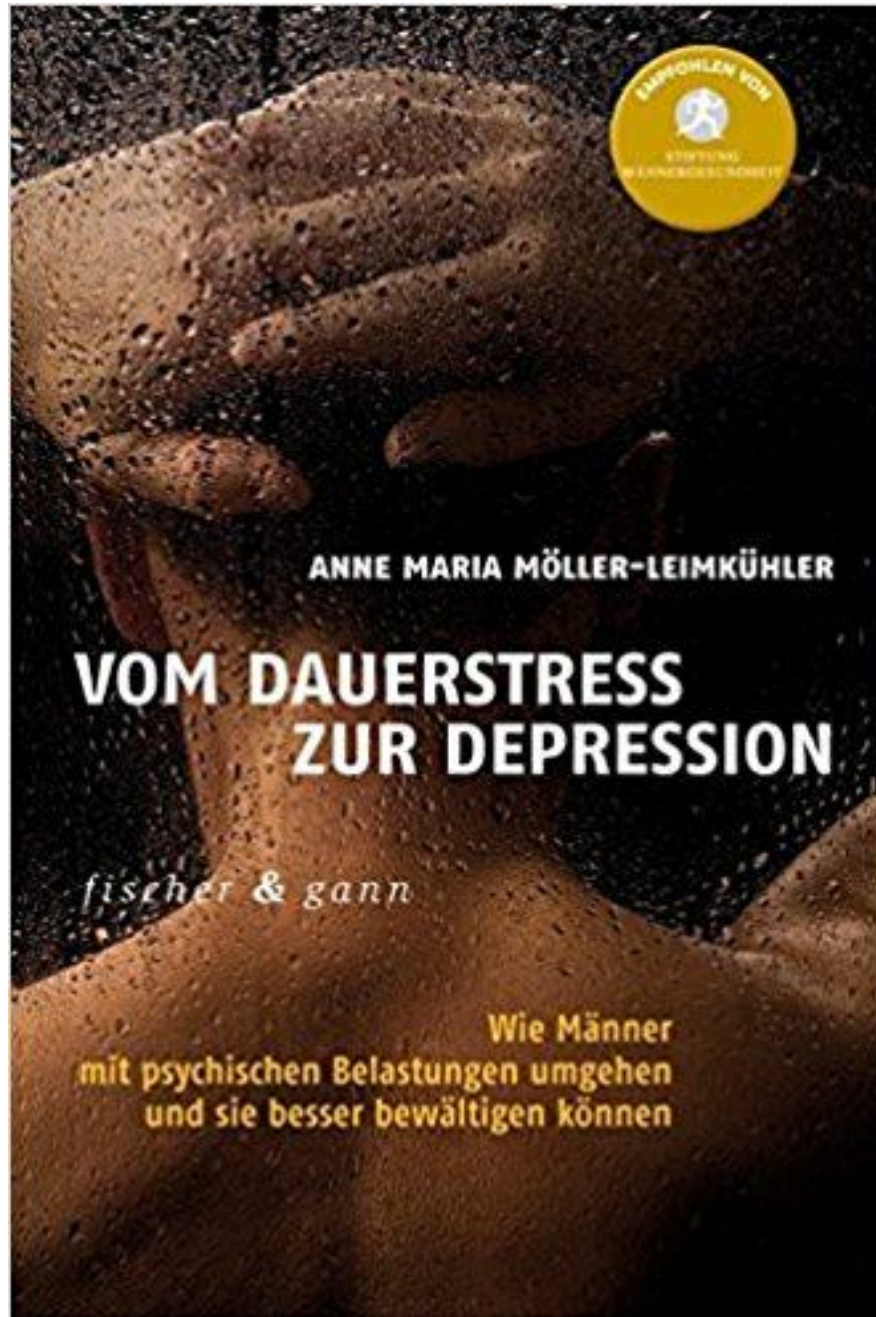
How can we achieve satisfaction and happiness in life? Inner growth and real change require access to deeper layers of our soul.

Using his decades-long work with altered states of consciousness, the author, who teaches a new combination of psychotherapy and spirituality, shows in his book how to solve emotional blockages and find access to inner resources.

A variety of spiritual impulses and meditation exercises open us the way to a more conscious life, sharing mindfulness and compassion with ourselves and with other people.

www.walchnet.de

From Chronic Stress To Depression



Publication Date: August, 2016

Author: A.M. Möller-Leimkühler

Pages: 279

How men can deal with mental stress

Operate and work everyday and at any time, preserve the façade when work does not run so well, isolate themselves, this is the maxim of many men. But when stress at work is too strong or the relationship is in crisis, everything can become too much. What often follows is a depression.

Why are men more vulnerable than commonly thought? Against the background of current depression and men's research, the author describes the hidden manifestations of male depression, their causes and how to cope with it.

Anne Maria Möller-Leimkühler pleads with her work for an open approach to this disease and shows ways of stress and depression prevention and therapies.

Mastering Exams, Overcoming Anxiety



Publication Date: August, 2016

Author: Hans Morschitzky

Pages: 175

Ten Steps To Success

For some of us, it throws its shadows a long time ahead, for some of us it does not appear until the exam starts. All knowledge seems to be swept away and we go into panic. What exactly is auditory anxiety and what are the deeper causes? Hans Morschitzky explains in this book the different forms of this widespread phenomenon.

If the anxiety remains untreated, then it can be a cause of chronic mental illness. With help of the exercises of this practical book, you can learn to recognize your negative patterns of thinking and to solve them in blocks, in order to develop better working and learning strategies and to apply new relaxation techniques.

A mental training programm provides practical help for an optimal preparation to pass an exam without fear and anxiety.

www.panikattacken.at

New Understanding Of Autism



Publication Date: August, 2016

Author: Klaus Kokemoor

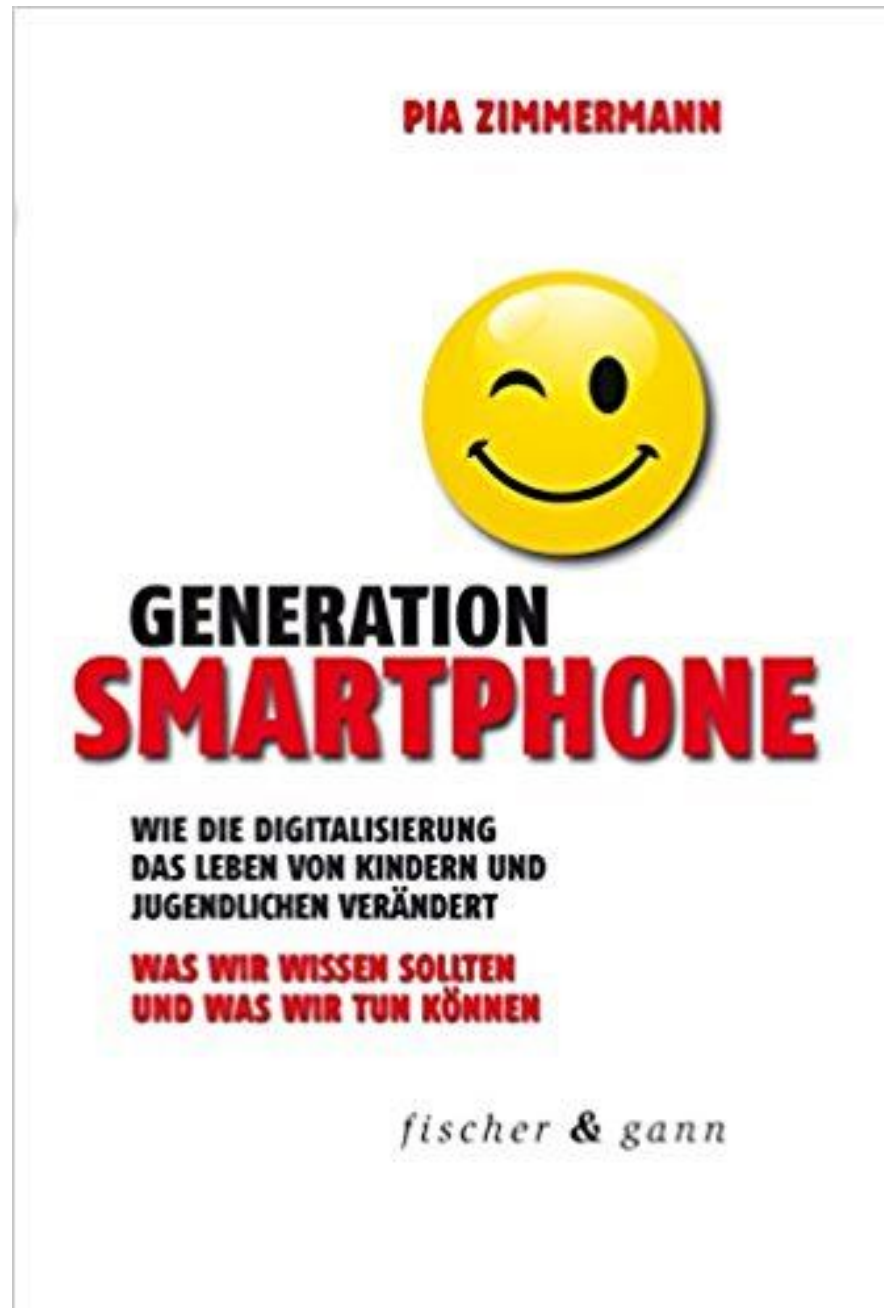
Pages: 354

Encounter with a different culture

They are a bit different, they behave differently, they live in their own world - people with autism.

What is autism actually? Klaus Kokemoor provides in his work a new perspective with the background of his decades of experience. His thesis is that people with autism are people with a different culture, their idea of reality and their feelings are fundamentally different. Only in this way the special ways of thinking and acting of people with autism can be understood, and only in this way a real encounter is possible.

Smartphone Generation



Publication Date: August, 2016

Author: Pia Zimmermann

Pages: 266

How digitalization changes the lives of children and adolescents

What we should know and what we can do

They grow up with their fingers on the display, play in the kindergarten with the tablet and get no later than at ten years without internet withdrawal - a new generation of children grows up: the smartphone generation. The digital revolution has captured our lives, and it presents enormous challenges for parents and educators. What is the right deal with smartphone, tablet and computer?

The author provides with this guide an comprehensive overview of the most important trends of digitalization in the children 's room: from social networks, computer games, game design, digital learning, data security to cyber mobbing.

The Art Of Powerful Leadership



Publication Date: August, 2016

Author: Klaus Sejkora & Henning Schulze

Pages: 350

How to use the potential of your employees and increase their resources

What makes a great leader? According to the authors of this book, a great leader must be conscious to handle with our inner resources.

Based on the concept of the transactional analysis, Klaus Sejkora and Henning Schulze have developed their own management model: The pivotal points of strong, esteeming leadership which are five decisive parameters: autonomy, roll-out, dealing with boundaries, motivation and resilience.

This practical guide shows you how to implement their concept in your everyday management .

Single Parenting



Publication Date: March 2016

Author: Matthias Franz

Pages: 160

A helpful guide you need to be a confident and strong single parent

With the left hand swinging her baby, with her right hand, she is happily tinkering with her career: This image of modern mothers has nothing to do with real life. Teaching children as single parent is an enormous challenge.

The training program explained in this book is specially designed for single parents and offers expert support. For many years now, these exercises have offered a lot of help to reactivate the inner strengths and resources of mothers and to build a stable mother-child bond.

In ten case stories, the typical and difficult everyday scenarios or problems and their solutions are explained in this guide.

Calm Parents, Happy Kids



Publication Date: March, 2016

Author: Ingrid Löbner

Pages: 270

**How to get gentle an relaxed
through the first six years of life**

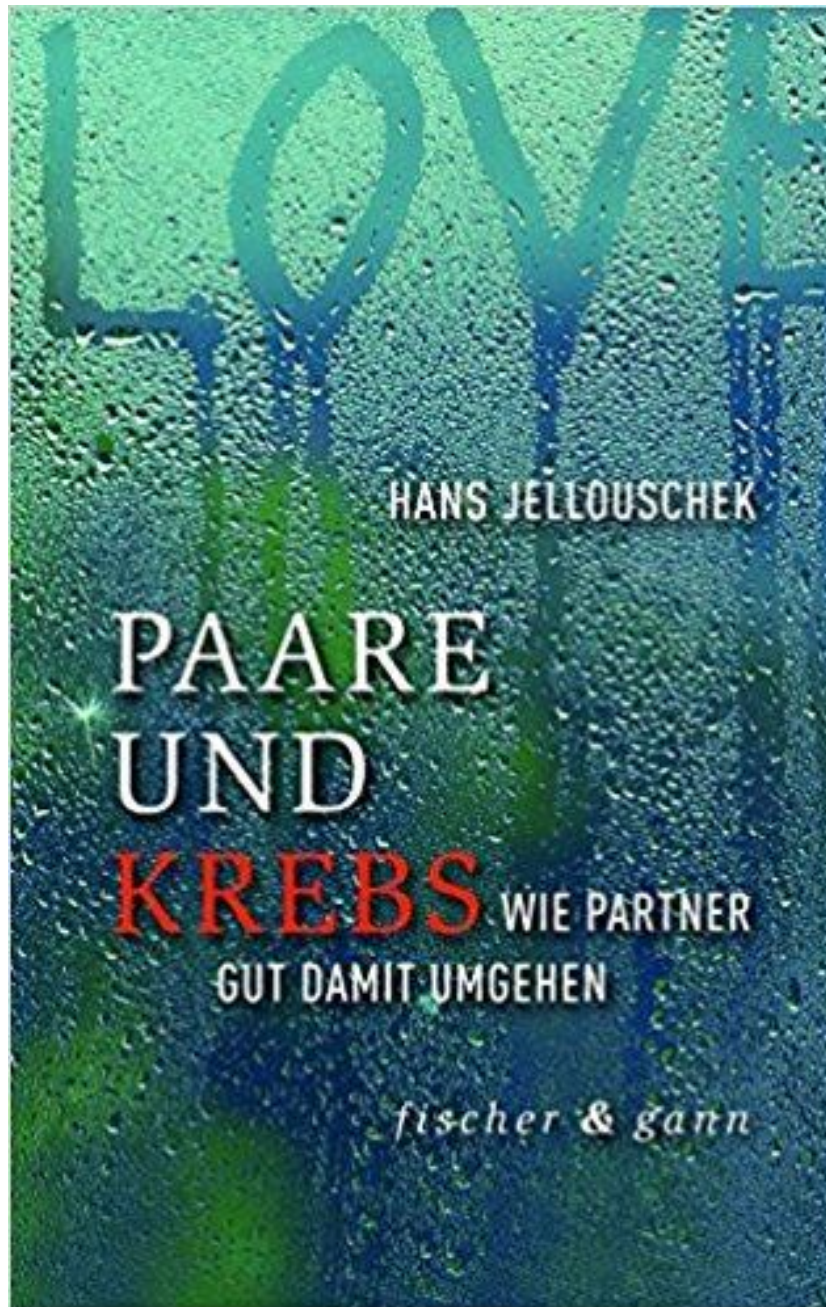
Modern life demands a lot from young parents and their children: A largely organized every day life, even the day of the youngest usually takes place according to calendar dates. But, ... What happens when the baby does not sleep anymore, or when little children no longer want to play, and when chaos reigns and the family has lost any peace?

With decades of experience, the author of this book shows how to make life with children smoother and why respect, dignity and good boundaries are the key to a better family climate.

She explains how parents can react more sensitively to their babies, why toddlers need more space and more leisure. And why they need more serenity from their parents: also this keep little children happy!

www.gelassene-eltern.de

Couples And Cancer



Publication Date: February, 2016

Author: Hans Jellouschek

Pages: 180

How partners can cope with it

No message is as shocking as a cancer diagnosis. Within seconds, the life of those who are ill derails, but this also happens to their loved ones. For more than a decade and a half the author has accompanied his beloved wife Margaret until the bitter end. In this book, he speaks with great frankness about the struggle with this disease, the fears, the hope and their relationship. Hans Jellouschek declares in his book that illness is also a path that offers the opportunity for a couple.

He writes: "Cancer has prompted us to deal with life, which has enriched us and brought us into a depth of love that we otherwise would not have achieved."

Donor Children



Publication Date: February, 2016

Author: Wolfgang Oelsner

Pages: 240

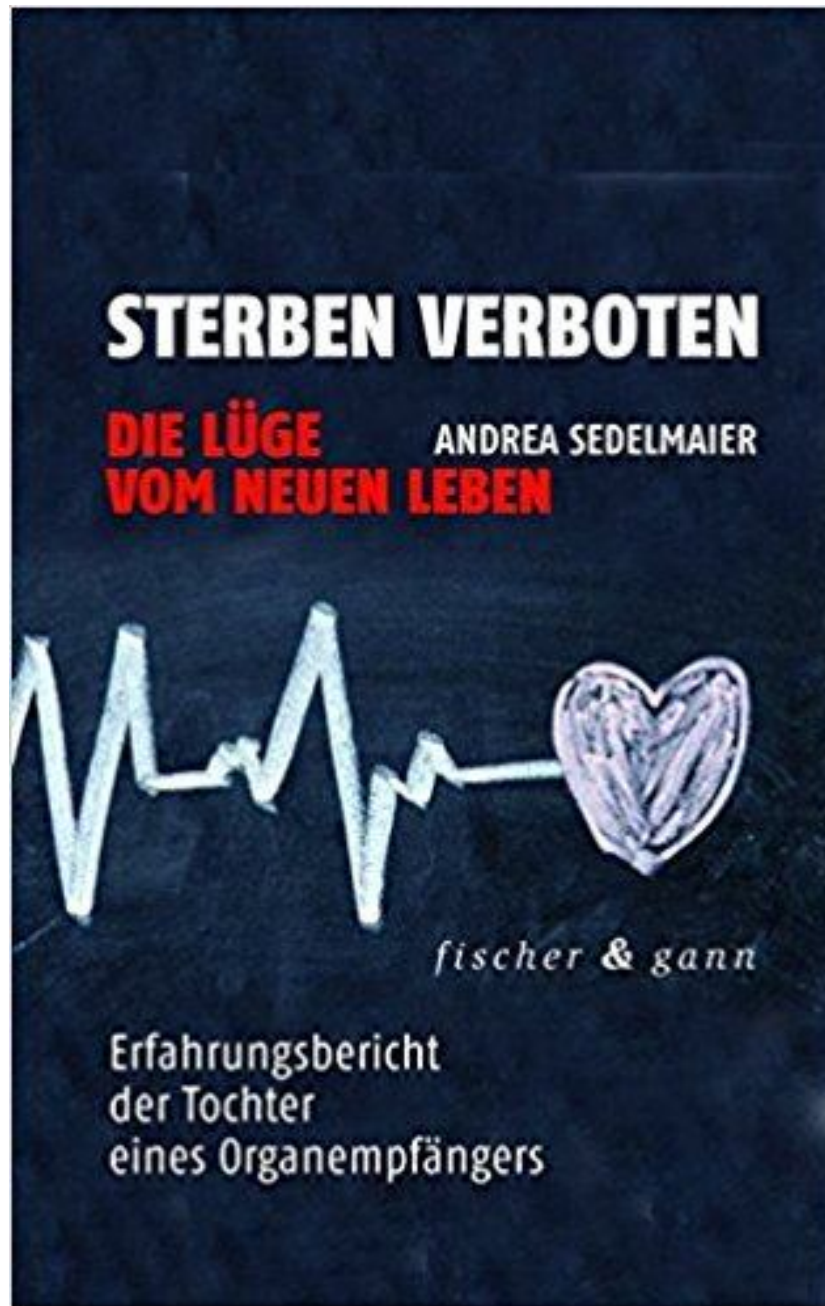
Artificial insemination, sperm donation, surrogate motherhood and the consequences

More and more, couples do use the help from reproductive medicine and childhood centers are booming. When it finally works, parents are happy, but what also their children? What does it mean for them to be a donor child?

Ten children speak in this book tenaciously about their search for the father, their fantasies, the impotence and rage, but also the attempts at reconciliation with the society, and sometimes also with the biological fathers and mothers.

How can parents handle this? These children will ask questions and it requires a lot of intuition to dialogue with them successfully. The authors of this book shows us what children will ask, and that parents should know.

Forbidden To Die



Publication Date: February 2016

Author: Andrea Sedelmaier

Pages: 240

**The lie about the new life:
Experience report by the
daughter of an organ receiver**

It all started with a hip operation: At hospital Robert Sedelmaier is infected with hepatitis C and the result is liver cancer. An organ transplant appears as the only way out - a fatal decision. Because he was implanted with a sick and inferior liver. Unfortunately, this is not an isolated case.

From a daughter's point of view, Andrea Sedelmaier tells in this book the unprecedented story of her father's suffering, who blindly trusted in transplantation medicine. A treatment that is supposed to bring healing, becomes a trauma for the whole family. What does it really mean to have an organ implanted? Without taboos, the author reconstructs her father's medical history.

The New Masculinity



Publication Date: September, 2015

Author: Eduard Waidhofer

Pages: 220

Ways to live a fulfilling life

Many men feel under pressure: their profession, the partner and their children - they all require an utmost commitment and almost is never enough.

Those who are too busy at work risk conflicts in their partnership, they disappoint their children and ruin their health. How to overcome these growing challenges?

On the basis of current men's research, Eduard Waidhofer gives an insight into today's men's investigation and shows new life concepts. How do men deal with the settlement problem? If they balance the profession, family and own necessities, they can gain better life quality.

Whoever learns to work out his relations more consciously and more carefully, can be more successful in partnership and fatherhood. And who ever has the courage to find access to his own needs will also be more responsible for his life.

Stages of Life, Opportunities of Life



Publication Date: September, 2015

Author: Ingrid Riedel

Pages: 180

Coping calmly with aging

How to find satisfaction and sovereignty in life? According to the psychotherapist Ingrid Riedel, our life is shaped by sections and phases. And every phase brings us challenges, but also opportunities.

In this book she shares with us her rich personal life experience, she describes the individual stages of life and our inner feelings from childhood and adolescence, up to the different stages of adulthood and to the early and later age. What does it mean for women and for men to live 'according your stage of life'? What psychic powers do we have to master crises and transitions? What opportunities does the second half of life offers us, and how can we approach the end of our life?

No More Stage Fright



Publication Date: September, 2015

Author: Sigrid Sator

Pages: 220

Relaxed and confident speaking and presenting

Famous actors, singers, musicians, even politicians and television professionals deal with it and hardly anyone is protected from it: stage fright.

What is stage fright, where does it come from, why do we suffer it? When is it really stage fright or a different form of fear?

In this book, Sigrid Sator offers basic knowledge, tests and questionnaires which provide support for self-diagnosis. In addition to comprehensible tips on how to deal with the problem, this practical guide includes a "stage-fright-diary."

www.satormedia.com

One Couple, Two Cultures



Publication Date: September, 2015

Author: Karin Schreiner

Pages: 180

Successful love in a globalized world

Thanks to globalization, bicultural couples are no longer a rarity. Which is the fascination and magic of such a relationship? What are the requirements to succeed? When partners come from two different cultures, two different realities encounter: two ways of life with their own traditions and values.

Normally, a lot of empathy and ability of compromise are needed in order to live everyday life together. How to deal with contrary points of view of parenting or how to cope with the influence of the extended family?

Based on interviews and case stories, the author Karin Schreiner explains in her book the peculiarities of bi-cultural partnerships. She shows ways of resolving conflicts and gives many tips on how to create a good climate of conversation which is the key to a successful relationship.

Separation Or New Start



Publication Date: September, 2015

Author: Klaus Sejkora

Pages: 320

Help for couples in crisis

What to do when reconciliations fail again and again, and conflicts and injuries determine the every day life in a couple? Is a separation the only way or is there a chance for a new beginning?

The experienced couple therapist helps to recognize the conflict patterns in a relationship and to define the experiences from the past which affect the present of a couple. Relation checklists and questionnaires help couples sift through their long history of love and injury.

Using specially designed exercises, they learn step by step to explore the scope for deeper changes. Only then, a viable decision on the common future can be taken: a separation in respect and dignity or forgiveness, reconciliation and a real new beginning.

Living Without Panic



Publication Date: September, 2015

Author: Hans Morschitzky

Pages: 278

The best aid for panic attacks

It all comes together: shortness of breath, dizziness, tachycardia, and suddenly only panic! And as these attacks are so unpredictable, the fear of panic begins to dominate our life.

With the background of his decades of experience as psychotherapist, Hans Morschitzky explains all that we should know about panic attacks and how to break the vicious circle of fear. Using checklists and questionaris, the reader learns to analyze causes and triggers for his special and individual panic attacks.

An extensive self-help program offers exercises in seven key areas: exercises for mindfulness and acceptance, mental training, as well as motion, breathing and relaxation techniques.

www.panikattacken.at



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