

KOSMOS

GUIDES & NON-FICTION

Rights Catalogue

SPRING 2026



herbig

nymphenburger

Astronomy

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

Gardening

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



Nature

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

Hunting & Fishing

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

Dog Care & Pets

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

Horses

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

herbig Health

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

nymphenburger

Spiritual & Mental Health

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

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Everybody Can Discover the Stars

NEW

Dr. Werner E. Celnik
Solar Eclipse in Europe

03/2026; 10.00 €

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

All rights available



**Comes
with Glasses
to Watch
Eclipse**



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

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

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



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



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

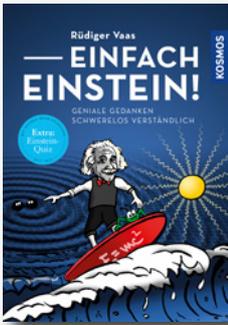


Klaus M. Schittenhelm
Finding Stars Very Easily
978-3-440-17199-8
Rights sold: FR, HU, RO,
CZ, NL

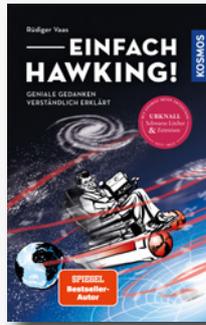


Michael Vogel
Which Star is this?
978-3-440-18145-4
All rights available

Astronomy Non-Fiction and Guides



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



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



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



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



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



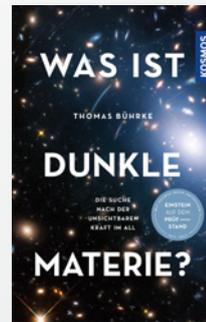
Anne-Dorette Ziems
Take Off Into Space
978-3-440-17940-6
All rights available



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



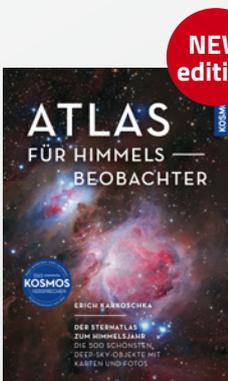
Victoria Grinberg
All about Black Holes
978-3-440-18079-2
All rights available



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



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



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



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



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

Astronomy in Large Format

NEW

Dirk H. Lorenzen
100 Sensations in Space

08/2026; 0,00 €

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

All rights available

International
Co-Edition Fall 26



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

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

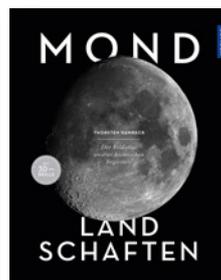
The most beautiful images of the universe – the most exciting discoveries in space. An opulent journey of discovery through space and time. From our solar system through the Milky Way and the realm of galaxies to the edge of space. With breathtaking images from the Hubble and James Webb space telescopes.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



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



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



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



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

NEW

Sigrid Tinz
Patchwork Gardening

01/2026; 18,00 €

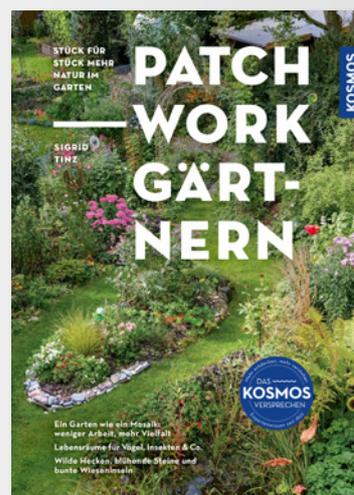
pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 144
coloured illustrations: 13
978-3-440-18297-0

All rights available

► **Easy introduction to natural gardening**

► **Little work, lots of biodiversity**

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



NEW

Simone Kern
Small and Wild

01/2026; 20,00 €

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

All rights available

► **Natural gardens in small spaces**

► **Gardening for species diversity and biodiversity**

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



NEW

Lisana Hartl
Herbs from Your Balcony

01/2026; 20,00 €

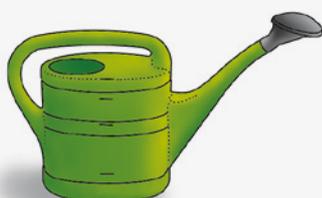
pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 180
978-3-440-18275-8

All rights available

► **Herbs all year round**

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

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



All Year long Flowers ...



André Winkler
Simply Perennials

01/2026; 16.00 €

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

NEW

All rights available

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

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

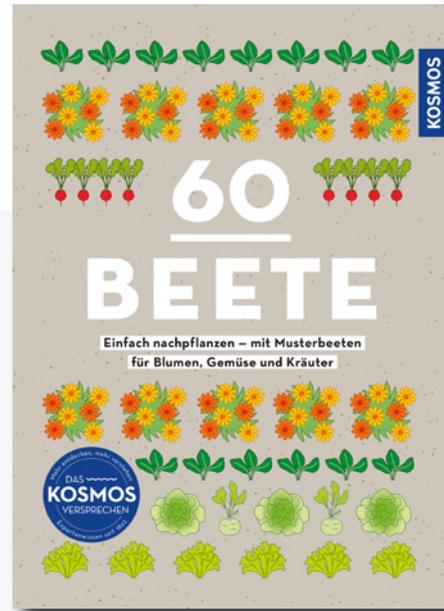
More titles on flower and vegetable gardening



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



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



Otmar Diez
Flower Beds - Easy to Plant

01/2026; 16.00 €

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

NEW

All rights available

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

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

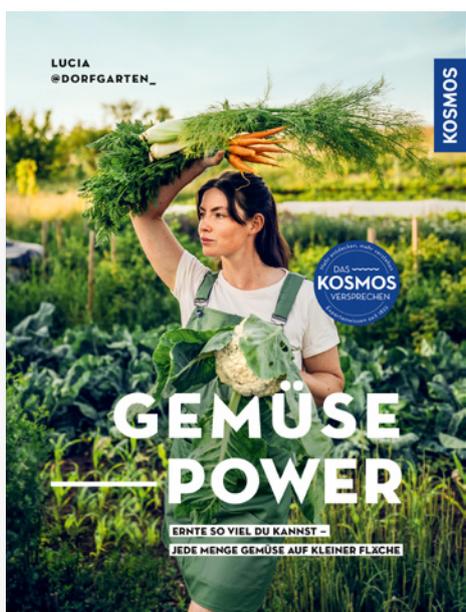


Katharina Funk
Flower Love
978-3-440-17669-6
All rights available



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

... and Vegetables



Lucia Schauerhammer
Vegetable Power

01/2026; 22.00 €

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

NEW

All rights available

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

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



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



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



Ortrud Grieb
Bedding Plants – What Goes Well Together?

01/2026; 15.00 €

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

NEW edition

Rights sold: UK, US

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

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



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



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

Ideas for the Garden



Sonja Sacher
Magic Herbs

01/2026; 22.00 €

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

NEW

All rights available

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

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



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

01/2026; 22.00 €

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

NEW

All rights available

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

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



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



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

Card Set



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



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

Gardening Overview

← Our best titles



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



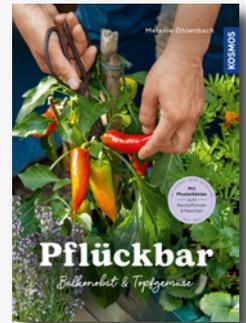
Simone Kern
Wild Buckets
978-3-440-17902-4
Rights sold: CZ



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



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



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



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



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



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



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



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



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



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



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



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



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

Illustrated Guides for the Clueless

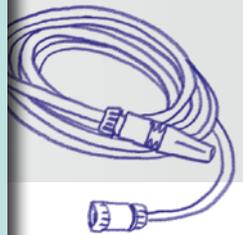
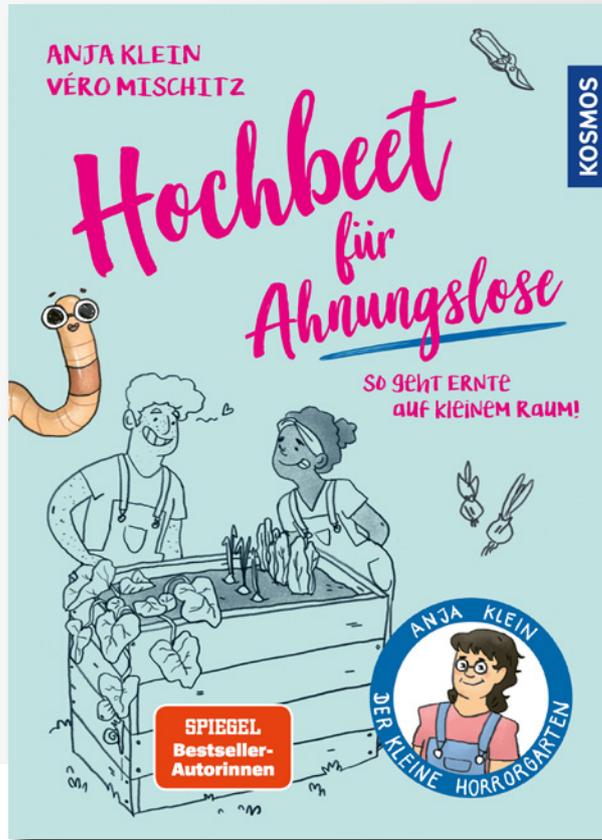
NEW

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

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

All rights available

**Inquire for
 co-printings**



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

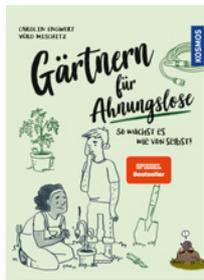
This book is perfect for anyone who would like to have a raised bed but has no idea how to go about it: entertaining, vividly illustrated and informative, it shows what really matters when it comes to raised beds. In the casual comic style of the series, gardening novices learn what they need for a successful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

Gardening

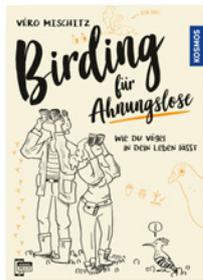
Birding

Insects

Mushrooms



Carolin Engwert
 Véro Mischitz
Gardening for the Clueless
 978-3-440-17679-5
 All rights available



Véro Mischitz
Birding for the Clueless
 978-3-440-16264-4
 All rights available



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



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



Nature Guides Basic for Families

Sold over **1.6 million** copies since 2006

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

NEW edition

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

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

Rights sold: FR, SK, CZ, NL



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

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

Bibliographic Information

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



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



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



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



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



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



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



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



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



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



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

Large Guides Fauna



NEW

Dr Hannes Petrischak
The Kosmos Guide to Bumblebees

02/2026; 42.00 €

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

All rights available



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

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

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



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



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

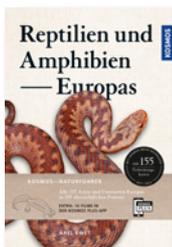


Rainer Ulrich
The Kosmos Guide to Diurnal Moths
 978-3-440-18069-3
Rights sold: FR



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

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



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



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



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



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

NEW

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

02/2026; 16.00 €

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

All rights available



► **40 cards with recipes and tips**

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

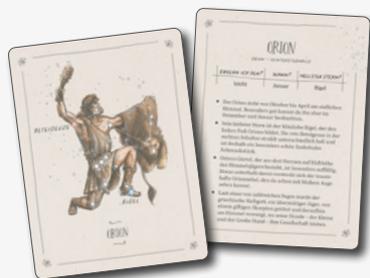
NEW

**Lisa Hummel
Star Constellations**

02/2026; 16.00 €

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

All rights available



► **30 constellations in a handy format**

► **Get to know the night sky**

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



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

08/2025; 16.00 €

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

All rights available

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

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

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



**Inquire for
co-printings**



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

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

Daniela Strauß
Animals and Plants in Life Size

02/2026; 20.00 €

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

All rights available

NEW



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

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

Katharina Hedder
Kosmos Family Nature Guide

02/2026; 22.00 €

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

Rights sold: CZ

NEW edition



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

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

Katrin Hecker
Wild Plants for your Well-Being

02/2026; 20.00 €

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

All rights available

NEW

**NEW
edition**

Peter H. Barthel
Paschalis Dougalis
Which Bird is That?

02/2026; 18.00 €

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

Rights sold: ES



► **Our most successful illustrated bird guide**

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



Over **1.3 million** copies sold

**NEW
edition**

Detlef Singer
Which Bird is That? – Photo Guide

02/2026; 20.00 €

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

Rights sold: CZ



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

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



Leander Khil
Bird Observation Manual

03/2021; 34.00 €

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

Rights sold: CZ; NL

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

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



Illustrated Guides



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

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

All rights available

**Co-Edition
 Summer 2026**



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

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

Fall 26



Ernestine Donnerberg
Look Down! Insects
 978-3-440-18401-1
 All rights available



Daniela Strauß
Our Favourite Birds
 978-3-440-17660-3
 Rights sold: CZ



Ewald Weber
Our Favourite Flowers
 978-3-440-17586-6
 Rights sold: CZ



Ewald Weber
Our Favourite Trees
 978-3-440-17587-3
 Rights sold: CZ

Our most successful Nature Titles

Fall 26



Elena Gossmann
Orca
978-3-440-18547-6
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Jasmin Schreiber
In the Shadow of Giants
978-3-440-17987-1
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Gamander López
Moments in Nature
978-3-440-17876-8
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Gamander López
**Winter Moments
Advent Calendar**
978-3-440-18335-9
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Dominik Eulberg
**Eye to Eye
The World of Insects**
978-3-440-17900-0
All rights available

International Bestseller



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Insects – Secret Rulers
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The Ant Collective
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of a Bird Illustrator**
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Fermented Power x 52
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Series with 4 titles



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Mental Health with Wild Plants
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Tea from Fruits and Herbs
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Christine Rauch
Edible Wild Plants
978-3-440-18246-8
All rights available

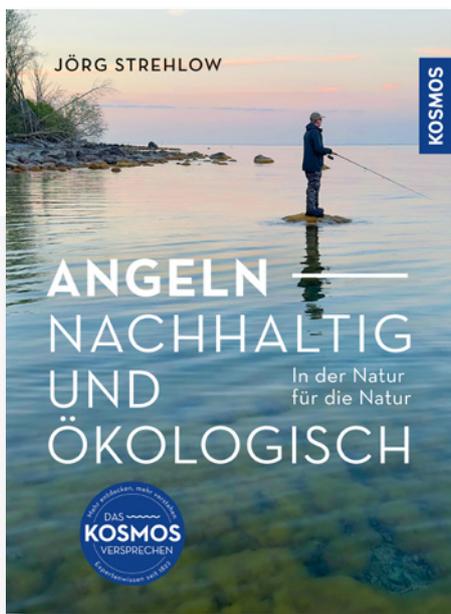


Nadja Frotscher-Kanka
Nature Guide Mushrooms
978-3-440-17895-9
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Thomas Hörren
Nature Guide Insects
978-3-440-18015-0
Rights sold: CZ

Fishing titles



Jörg Strehlow
Ecological Fishing

02/2026; 20.00 €

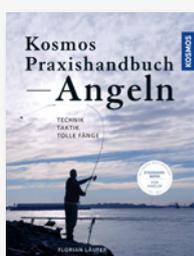
pages: 160
Paperback with flaps; 24.00 x 17.00 cm
coloured photos: 120
coloured illustrations: 20
978-3-440-18185-0

NEW

All rights available

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

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



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



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



Ole Rogowski
Fly Fishing Today

02/2026; 25.00 €

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

NEW

All rights available

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

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



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



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

Hunting



Daniel Bastian
**Practical Handbook
on Lure Hunting**

01/2026; 26.00 €

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

NEW

All rights available

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

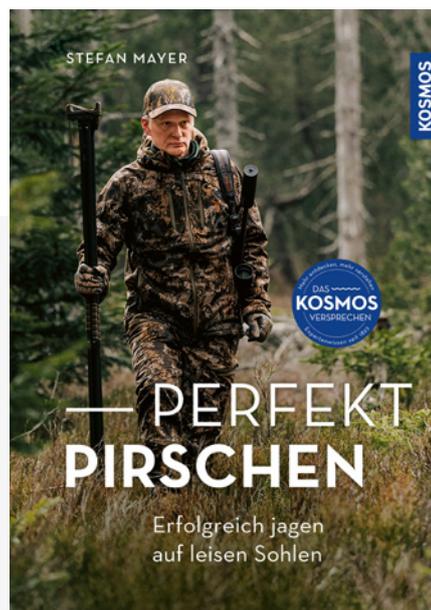
Rutting season – hunting roe deer bucks, whereby hunters imitate the calls of female roe deer using a rutting call – is considered by many hunters to be the most fascinating type of hunting. In this practical guide, a professional hunter provides valuable tips and tricks for a successful rutting season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



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



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



Stefan Mayer
Perfect Stalking

04/2026; 28.00 €

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

NEW

All rights available

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

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



Dr Konstantin Börner
Hunting Wild Boar – Modern Hunting
978-3-440-18086-0
All rights available



Moorschmied
Sharpening Knives
978-3-440-18097-6
All rights available



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

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

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

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

All rights available

NEW



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

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

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

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

All rights available

NEW



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

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

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

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

All rights available

NEW

NEW

Kate Kitchenham
Toy Box for Dogs

02/2026; 18.00 €

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

All rights available



NEW

Robert Mehl
**Behavioural Therapy
for Dogs**

04/2026; 26.00 €

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

All rights available

Robert Mehl
The Dog's Psyche

04/2021; 25.00 €

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

All rights available

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

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



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

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



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

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



Overview Dogs



Over **1 million** sold Rütter titles



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

Over **25.000** copies sold

Over **35.000** copies sold

All about Puppies

Over **60.000** copies sold



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

NEW

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

All rights available

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

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



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

NEW edition

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

All rights available

► **The successful Fichtlmeier method completely revised**

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



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



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



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



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

Fall 26



► How and why dogs behave the way they do

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

Dr Udo Gansloßer
A Dog's Environment and Inner World

08/2026; 50.00 €

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

All rights available



► Optimize dog training by knowing behavioural biology

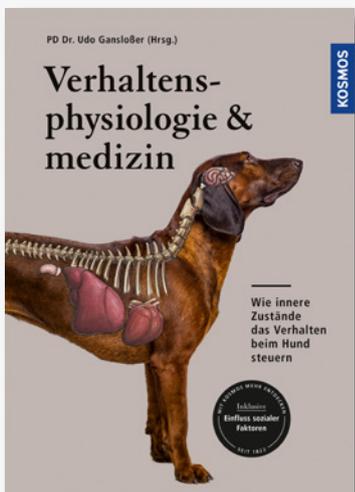
Bond, dominance, imprinting, hierarchy – what do these terms really mean and on which behaviours are they based? Zoologist PD Dr Udo Gansloßer offers insights into the fascinating world of behavioural research. In easily understood text he explains behavioural biology connections based on the latest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

Dr Udo Gansloßer
Behavioural Biology for Dog Trainers

04/2020; 45.00 €

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

All rights available



► Expert knowledge from zoology and veterinary medicine, comprehensibly presented

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

Dr Udo Gansloßer
Behavioural Physiology and Medicine

04/23; 50.00 €

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

All rights available

Pet Care



**NEW
edition**

Ralf-Wigand Usbeck
Keeping Chicken Made Easy

01/2026; 16.00 €

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

Rights sold: NL



► **Countryside feeling even in the city**

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

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

*Short Guides to
pet keeping*



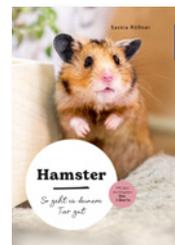
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Viola Schillinger
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Rights sold: CZ



Viola Schillinger
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Saskia Rößner
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978-3-440-17854-6
Rights sold: CZ

Bibliographic Information

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



Svenja Wilms
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978-3-440-17848-5
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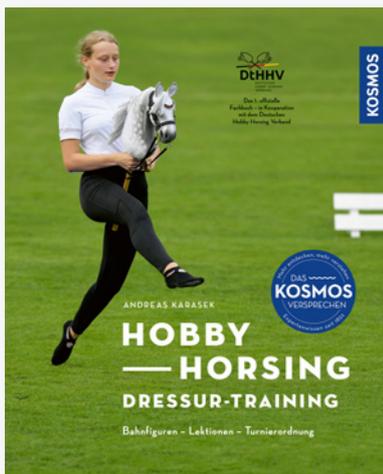
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978-3-440-18089-1
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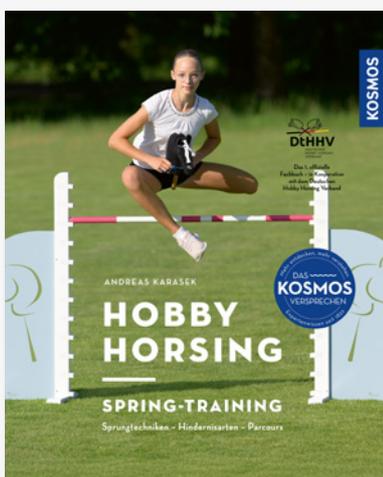
► **Trend sport: jumping course and dressage exercises without a horse**

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

Andreas Karasek
Hobby Horsing
02/2025; 20.00 €

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

Rights sold: CZ



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

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

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

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

All rights available



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

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

Bernd Hackl
Problems are Solvable
01/2026; 26.00 €

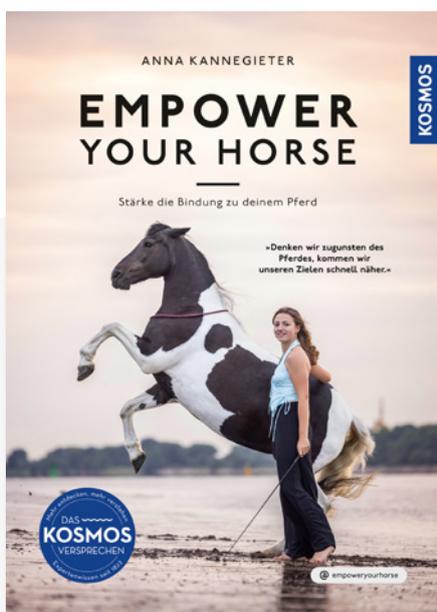
pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 100
978-3-440-17751-8

All rights available

NEW

NEW

Caring for your Horse



Anna Kannegieter
Empower Your Horse

01/2026; 22.00 €

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

NEW

All rights available

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

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



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



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



Michael Zanger
Helping Hooves

03/2026; 28.00 €

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

NEW

All rights available

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

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



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



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

Horses Overview

NEW

Anne Krüger-Degener
In Synch with your Horse

02/2028; 32.00 €

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

All rights available



► Author of the HarmoniLogie training

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



Marliitt Wendt
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978-3-440-16889-9
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Author**



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Linda Tellington-Jones
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Stephan Fischer
Riding Is Communicating
978-3-440-18081-5
All rights available

Working with Horses



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

03/2026; 22.00 €

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

NEW

All rights available

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

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



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



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



Marius Schneider
Gymnastics Free Work

02/2025; 30.00 €

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

All rights available

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

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



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



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



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

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

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

NEW

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

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

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



► **Cure and prevent ailments at home**

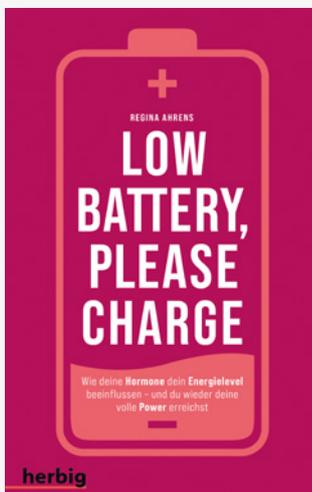
► **A 30 day training plan from successful physical therapist**

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

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

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

Rights sold: CZ



► **Anti-burnout formula for women**

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

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

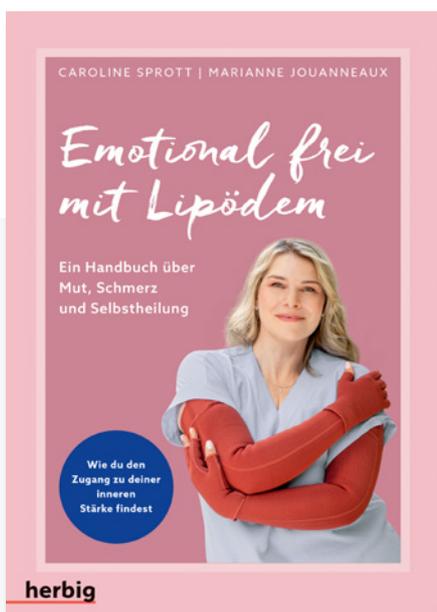
NEW

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

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

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The Female Condition



Caroline Sprött
**Emotionally Free
with Lipoedema**

02/2026; 24.00 €

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

NEW

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

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

Card Set



Caroline Sprött
**Rays of Hope for
Lipoedema**
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Manuela Kloibhofer
Women's Blood
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Dr Heide Fischer
**Healing Plants for
Female Discomforts**

02/2026; 22.00 €

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

**NEW
edition**

All rights available

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

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

**NEW
edition**

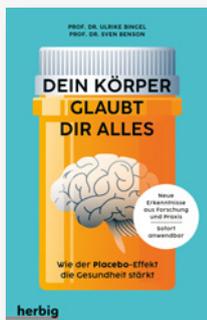


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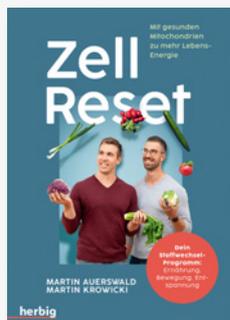


Nadja Dörner
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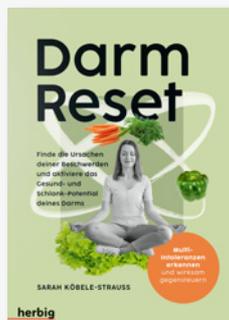
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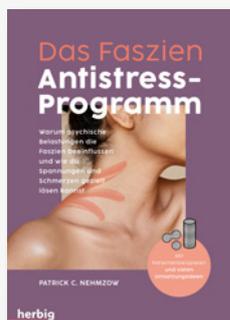
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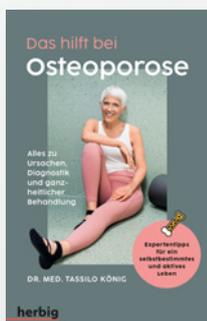
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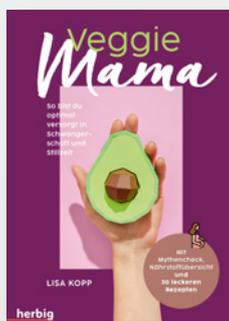
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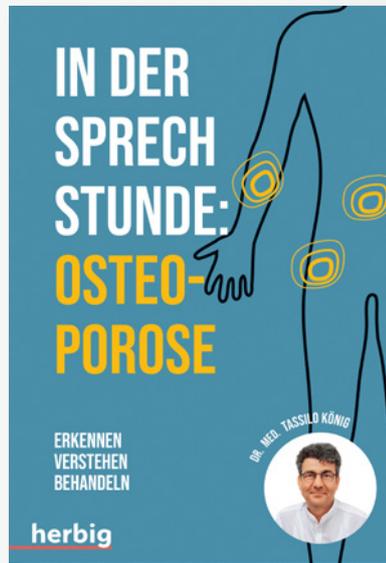
The Doctor is In

FAQ
answered by
doctors

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

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

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

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



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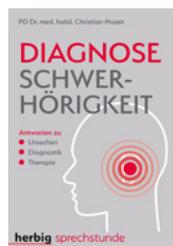
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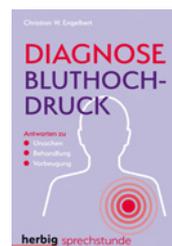
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Healthy with Home Remedies

Jörg Ullmann
Healthy With Algae

09/24; 14.00 €

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

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► **Algae – Superfood from the sea**

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

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



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My Medicinal Plants
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 978-3-7766-2833-3
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120 pages, 13.5 x 19.3 cm,
 Paperback with flaps, 14.00 €



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Healing With Water And Salt
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Melanie Ibrahim
Somatic Yoga

03/2026; 22.00 €

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



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

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



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Lucie Beyer
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Dr. Dieter Awender
Self-healing With Your Hands

08/2025; 28.00 €

pages: 272
Paperback with flaps; 17.20 x 24.10 cm
coloured photos: 773
coloured illustrations: 1
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- ▶ **Healing currents, mudras, and acupressure – the practical guide to self-help**
- ▶ **150 applications with photo instructions for all healing techniques**

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



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Mystic Healing



Maria Hoch
Healing with Essential Oils

01/2026; 25.00 €

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



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

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



Myriam Veit
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Michael Gienger
Healing Stone Therapy (Practical guide)
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Jennie Appel
The Sacred Space of Your Soul

03/2026; 24.00 €

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



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

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



Doreen Hüssler-Wächter
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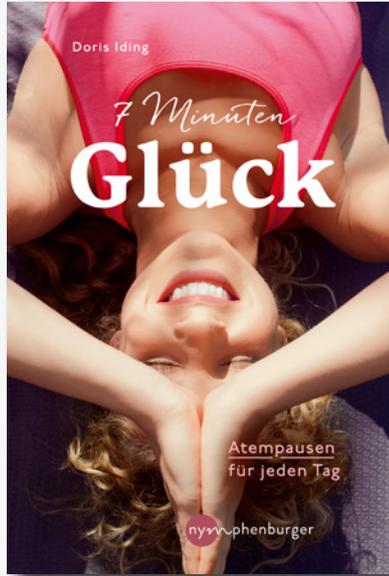
7 Minutes for You



Doris Iding
7 Minutes Happiness
 06/24; 12.00 €

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

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► **Happiness in 7 minutes**

► **Effective rituals for a happy life**

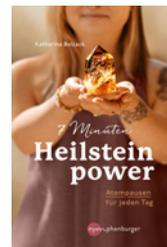
7 minutes a day – that's all it takes to be happy! Doris Iding shows you how: her exercises and rituals help to focus attention on the positive, provide relaxing moments and, if practiced regularly, lead to more peace and serenity in everyday life.



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



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

Feel and Develop Yourself



Silja Mahlow
Menopause
– Years of Liberation

03/2026; 26.00 €

pages: 176
 Paperback with flaps; 19.20 x 25.30 cm
 coloured photos: 60
 coloured illustrations: 2
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- ▶ **Experiencing menopause as a time of change**
- ▶ **Inspiration, rituals and exercises for a gentle transition into older age**

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



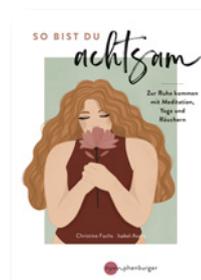
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Nina Keßler
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01/2026; 16.00 €

pages: 128
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coloured photos: 50
coloured illustrations: 10
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► **Mindful experiences of
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Mindfulness, spirituality and bonding are becoming increasingly important in our increasingly hectic world. However, most advice books in this area only focus on adults. This book therefore specifically addresses parents who want to support their children's development through nature-based experiences and rituals and promote trust, self-love and emotional strength.



Ksenija Rodos
**Mindful Bedtime Rituals
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09/2025; 16.00 €

pages: 128
Paperback with flaps; 13.40 x 19.40 cm
coloured photos: 50
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► **Exercises and rituals for
calm, stability, and security
for children up to 10 years**

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



Folke Tegetthoff
New Herb Tales

09/2025; 14.00 €

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

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

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



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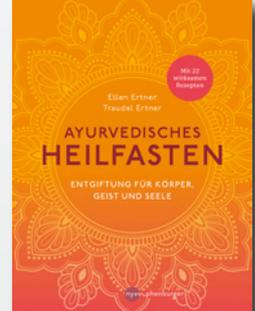
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