

KOSMOS

GUIDES & NON-FICTION

Rights Catalogue

AUTUMN 2025



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herbig

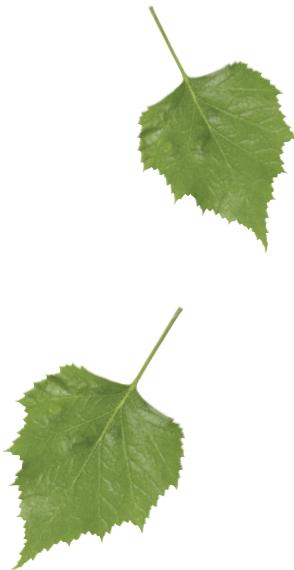
nymphenburger

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 therapist 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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Large Format Beauty

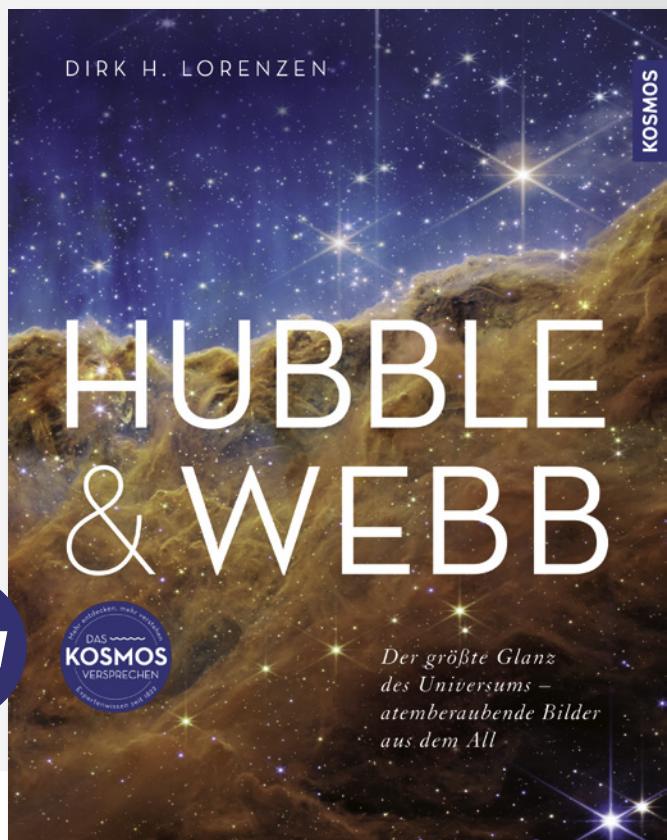
Dirk H. Lorenzen
Hubble & Webb

10/2025; 55.00 €

pages: 240
Hardcover; with dust jacket; 26.00 x 33.00 cm
coloured photos: 200
coloured illustrations: 10
b/w-photos: 20
978-3-440-18266-6

All rights available

NEW

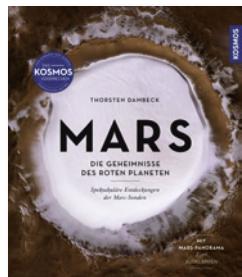


The astrophysicist Dirk H. Lorenzen works as a journalist with a focus on astronomy and space travel, mainly for leading German channels and papers. He has visited practically all the major observatories and spaceports and is very well known in the Astronomy Scene.

► **Amazing images from the famous space telescopes**

► **Breathtaking pictures and the latest research**

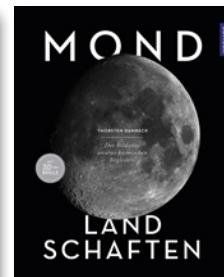
The images taken by the famous Hubble and Webb space telescopes repeatedly fill astronomy fans with awe. They show not only stunning views of the universe, with sparkling star clusters, majestic galaxies and mysterious nebulae, but also provide insights into current research. This illustrated book combines the most spectacular images from both telescopes with easy-to-understand accompanying texts and is a must for every bookshelf.



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



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



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



Michael König
Atlas of the Galaxies
978-3-440-17798-3
All rights available

As Simple as it Gets



Victoria Grinberg
Black Hole, but make it easy

10/2025; 14.00 €

pages: 128
 Paperback with flaps; 13.50 x 21.50 cm
 coloured photos: 10
 coloured illustrations: 20
 978-3-440-18079-2

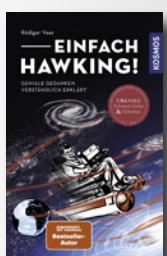
All rights available

- ▶ **Entertaining and informative: everything you need to know about black hole**
- ▶ **Complicated information explained in a simple way**

Are black holes really black? How do they form? And what would happen if there was a black hole in our solar system? Astrophysicist Victoria Grinberg takes a close look at black holes and answers the most frequently asked questions about these mysterious objects. In an entertaining way and full of facts, she explains what black holes are all about and gives an overview of current research.



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



Tim Ruster
Our Stars and We

03/2025; 18.00 €

pages: 224
 Paperback with flaps; 13.60 x 21.50 cm
 coloured photos: 5
 coloured illustrations: 42
 b/w-photos: 3
 978-3-440-18125-6

All rights available

- ▶ **Expedition through our universe and the future of mankind**

The young astronomer Tim Ruster explains the new great moments in space travel. Let's go on an expedition: we have been to the moon and sent probes to distant planets, moons and even to the outermost limits of the solar system. But what will the future hold for mankind in space? What visions and concepts currently exist? And are mankind perhaps even on the brink of new stellar moments of unimagined interstellar breakthroughs? Chapter by chapter, Ruster provides an exciting outline of important milestones of the future – from the colonisation of Mars to interstellar travel. An inspiring look at the promising future of mankind in space!

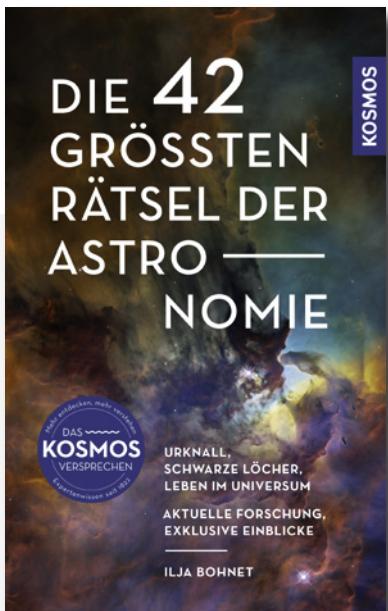


Mark Emmerich
Everything about Astronomy
 978-3-440-18119-5
 Rights sold: PL, RU,



Dr. Werner E. Celnik
Astronomy for Beginners
 978-3-440-16864-6
 Rights sold: CN, CZ, KO, PL, RO,

Learning about Astronomy



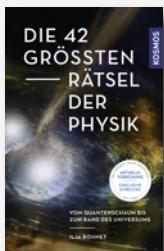
Dr Ilja Bohnet
The 42 biggest mysteries of Astronomy
 03/2025; 20.00 €

pages: 288
 Paperback with flaps; 13.70 x 21.50 cm
 coloured photos: 18
 coloured illustrations: 38
 b/w-photos: 2
 b/w-illustrations: 6
 978-3-440-17913-0

All rights available

► Current research projects in astronomy and space travel

Physicist and journalist Dr Ilja Bohnet gets to the bottom of the latest astronomical issues with a scientific eye for detail and lets the researchers themselves have their say. Topic after topic is illuminated and explained. This is cutting-edge science, presented in an exciting and well-founded way!



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



Michael Vogel
Which Star is this?
 978-3-440-18145-4
 Rights sold: FR



Anne-Dorette Ziems
Take Off Into Space
 10/24; 20.00 €

pages: 224
 Paperback with flaps; 13.70 x 21.50 cm
 coloured photos: 33
 coloured illustrations: 25
 978-3-440-17940-6

All rights available

- **Mission space colonisation – between dreaming and technology**
- **A to-do list for our journey into the cosmos**

Space travellers in search of a second Earth have to prepare themselves very well, because they have to deal with existential questions. Where are we going? Do we even have the means? And once we are there – how will we survive? Science journalist Anne-Dorette Ziems provides exciting, surprising and honest answers to these and many other questions about space travel and the colonisation of space she and puts common science fiction scenarios to the test.



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



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

Gardening — in Small Spaces



Burkhard Bohne
Herbs From Pots and Buckets

01/2021; 15.00 €

pages: 128
Paperback with flaps; 17.20 x 24.10 cm
coloured photos: 195
978-3-440-17093-9

All rights available



Fresh herbs are an absolute must in the kitchen.

Isn't it great that the aromatic little plants are also comfortable on the balcony and terrace? The book explains extensively and simply how to plant them and care for them, with many design ideas for buckets, pots, vertical gardens and more. Plus there are great recipes for using your own harvest in soups, pestos, cocktails or oils. With attractive photos of herbal paradises in the smallest spaces, the volume is also wonderfully suited as a gift.



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



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



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



Melanie Öhnenbach
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



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



Burkhard Bohne
All About Your Herb Garden
978-3-440-17951-2
All rights available



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

For Hobby Gardeners

Tina Ullmann
How to Take Care of Olive Trees
 06/2025; 16.00 €

pages: 96
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 115
 coloured illustrations: 2
 978-3-440-18286-4

All rights available

NEW



Tina Ullmann has a particular fondness for Mediterranean plants, especially olive trees, and is a brand ambassador for the Ager Oliva initiative, which is committed to preserving ancient olive groves in Tuscany.

► Olive tree care from A to Z

► Bonus: a profile of the 10 most popular Mediterranean container plants

In this practical guide, olive tree expert and gardening influencer Tina Ullmann shares her impressive knowledge about buying and caring for olive trees. With a love for detail and beautifully illustrated, she shows how olive trees feel right at home in the garden or on the terrace and what to do in the event of disease or pest infestation.



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



Anja Klein
Gardening around the Year
 978-3-440-18075-4
 All rights available



Anja Klein
Raised Bed Gardening around the Year
 978-3-440-17381-7
 Rights sold: CZ, FR



Tina Ullmann
My Wonderful Potted Plants
 978-3-440-17787-7
 All rights available

Green and Endurable



NEW
edition



Simone Kern
Dry Heroes

01/2026; 20.00 €

pages: 128
Paperback with flaps; 19.00 x 25.30 cm
coloured photos: 170
coloured illustrations: 5
978-3-440-18274-1

Rights sold: IT, CZ

- ▶ **Sustainable garden design in times of climate change**
- ▶ **Beautiful plants that love dry conditions**

The hotter and drier our summers get, the more resource-efficient gardens are in demand, with plants that don't use a lot of water. Simone Kern presents the best hot-weather artists: perennials, bulb flowers, shrubs and trees for stunning natural gardens, accompanied by advice on planning, planting and caring for the plots.



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



Iris Winkenbach
Enduring Heat: Robust Plants
978-3-440-18121-8
All rights available

Simone Kern
Survival Artists

06/23; 20.00 €

pages: 128
Paperback with flaps; 19.30 x 25.40 cm
coloured photos: 185
coloured illustrations: 10
978-3-440-17656-6

Rights sold: NL

- ▶ **Living and gardening with climate change**
- ▶ **Many bedding ideas and plant portraits for the all-weather garden**

Climate change demands adjustments in all areas of life – including gardening. Garden expert and bestselling author Simone Kern shows how this can be achieved and what makes up the garden of the 21st century. Robust plants that withstand weather extremes, clever watering strategies and many other practical tips and suggestions as well as creative gardening ideas make this guidebook a must for hobby gardeners and every garden „fit for the future“.



Melanie Öhlenbach
Cool Harvest
978-3-440-17298-8
Rights sold: HU



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

Sustainable and Self-Sufficient



Lisa-Maria Trauer
**Grow your own food
on your balcony**

01/2025; 22.00 €

pages: 144
 Paperback with flaps; 17.30 x 24.10 cm
 coloured photos: 220
 978-3-440-18058-7

All rights available

► Urban gardening on the balcony for more self sufficiency

Open the balcony door, harvest and your self-catering dinner is ready. Urban gardening expert Lisa-Maria Trauer shows how easy it can be. From A to Z, she presents 50 varieties of vegetables, fruit and herbs that can be cultivated on just 10 square metres and gives practical tips on self-sufficiency from the balcony.



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
 Rights sold: NL



Otmar Diez
**Grow your own food
in your garden**

01/2025; 26.00 €

pages: 192
 Hardcover; 19.70 x 25.90 cm
 coloured photos: 311
 coloured illustrations: 7
 978-3-440-17961-1

All rights available

- **Harvest food around the year from your garden**
- **With courage into self-sufficiency**

Rising food prices are a burden on us all. It helps if you have your own garden for self-sufficiency. However, many hobby gardeners shy away from taking the step of growing their own crops for fear of doing something wrong. They also often lack the courage to start growing their own food from the garden. Otmar Diez shows how to make it simple and how easy it can be to start a self-sufficient garden. His planning, practical and care tips explain how vegetables, herbs, berries and even mushrooms can be harvested all year round – even in a small plot for beginners.



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



Anja Klein
Everything in A Small Garden
 978-3-440-17905-5
 Rights sold: CZ

Attracting Insects



Katrin Hecker
Feed Caterpillars if you love Butterflies

01/2025; 20.00 €

pages: 144
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 220
 978-3-440-18162-1

All rights available

- ▶ **First aid against the decline of species**
- ▶ **the 101 of butterfly gardening**

First aid for butterflies: the author provides exciting insights into the fascinating world of fluttering insects, explains their developmental stages and way of life and shows how we can make a big difference against species extinction with just small measures. This is how insect-friendly gardening works!



Mareike Fedders
My Insect Paradise

01/2025; 12.00 €

pages: 96
 Paperback with flaps; 17.20 x 24.10 cm
 coloured photos: 143
 coloured illustrations: 7
 978-3-440-17825-6

All rights available

- ▶ **Do's and Don'ts for insect friendly gardening**

Your own little oasis where insects live in abundance? Gardening expert Mareike Fedders shows that this is possible and provides insect lovers with lots of exciting information, practical tips and plant portraits as well as creative DIY ideas in this book that will turn your own garden into a true insect paradise.

Attracting Insects

Attracting Birds

**Garden
Helpers**

Flowers for Insects



Bärbel Ofring
Insects for the Garden
 978-3-440-16892-9
 Rights sold: CZ



Bärbel Ofring
Birds in the Garden
 978-3-440-16405-1
 Rights sold: CZ



Bärbel Ofring
Plants Attracting Insects
 978-3-440-17263-6
 Rights sold: NL



Rainer Ulrich
Which Butterfly is this?
 978-3-440-16904-9
 All rights available

Create Your Own Garden



NEW



NEW

Katrin Iskam
Gardening Without the Fuss

09/2025; 20.00 €

pages: 53
Book plus; 9.00 x 12.50 cm
coloured photos: 70
coloured illustrations: 35
978-3-440-18422-6

All rights available

- **Garden planning has never been easier**
- **Make your garden dreams come true**

Gardening influencer Katrin Iskam delights her fans with her wit, charm, and practical gardening know-how. With this handy card set, she guides amateur gardeners through the gardening year week by week, providing useful tips and making bed planning easier than ever.



Katrin Iskam
Substantial Gardening
978-3-440-17822-5
All rights available



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

Michaela Waldl
Flower Paradise

09/2025; 25.00 €

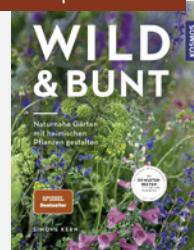
pages: 144
Hardcover; 19.00 x 25.30 cm
coloured photos: 250
978-3-440-18347-2

All rights available

- **Imaginative decoration ideas from the garden and nature**
- **Great as gifts: techniques and inspiration for every occasion**

Deco-love meets nature: in this book, florist and deco-influencer Michaela Waldl shows how to create creative deco objects out of flowers, leaves, branches and other natural materials. The simple DIY instructions are also suitable for crafting with children and inspire with ideas for every season and occasion.

Sold over **30.000** copies



Simone Kern
Wild and Colourful
978-3-440-17336-7
Rights sold: CZ, FR, NL



Simone Kern
The Anti-Authoritarian Garden
978-3-440-17377-0
Rights sold: CZ

Nature Guides

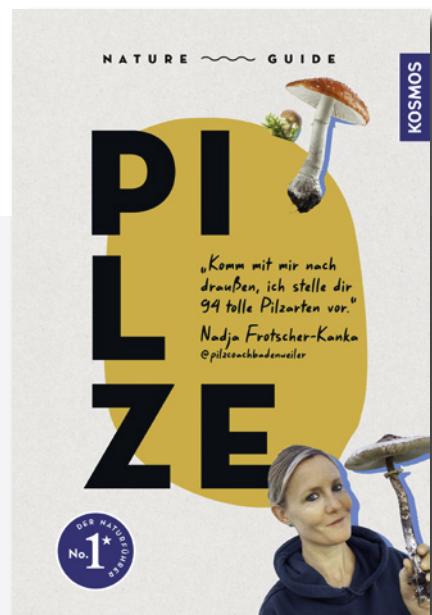


Christine Rauch
Edible Wild Plants

02/2025; 16.00 €

pages: 144
Paperback with flaps; 13.50 x 19.30 cm
coloured illustrations: 200
978-3-440-18246-8

Nominated
for German
„Most Beautiful
Book“ award



Nadja Frotscher-Kanka
Nature Guide Mushrooms

04/2025; 16.00 €

pages: 160
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 270
978-3-440-17895-9

All rights available

- ▶ **Find the plants you can eat**
- ▶ **For a young target group**

Off into the wilderness – Christine Rauch introduces the fascinating world of edible wild plants in a charming and humorous way. Uncomplicated, simple and likeable, she guides us through the wilderness and shows us how: Wild plants are on everyone's lips! She has put her extensive expertise into book form. This guide not only provides tips on finding and collecting the 50 most delicious plants, but also combines exciting background knowledge with creative recipes.



Jutta Over
Gardening with a System – wild plants
978-3-440-18051-8
All rights available



Theresa Ester-Nacke
Nature Guide Wild Herbs
978-3-440-17748-8
Rights sold: CZ

All rights available

- ▶ **Easy identification**
- ▶ **Practical tips and tricks**

Uniquely easy – the somewhat different nature guides. They are young, they are modern and they bring a breath of fresh air: the „KOSMOS Nature Guides“. In this book, Nadja Frotscher-Kanke provides exciting insights into the multifaceted world of mushrooms and makes you want to discover our natural world. Because you can only sustainably protect what you really know.



Thomas Hörren
Nature Guide Insects
978-3-440-18015-0
All rights available



Kalle Nibbenhagen
Nature Guide Birds
978-3-440-17723-5
Rights sold: CZ

Nature Guides Basic

Sold over **1.6 million**
copies since 2006

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

Bibliographic Information

128 pages, 10.8 x 18.1 cm
Paperback, 10.00 €
18 titles available
Rights sold: CZ, FR, NL, SE, SK, RO

Our bestselling series of basic nature guides now in a modern and playful design. The 128 page guides fit in a jacket pocket and are especially user-friendly. Each presenting roughly the most common species they have ingeniously easy instructions for identification. In three steps the readers will identify nature around them.



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

Hermann-Michael Hahn
Basic – Star Constellations

07/2022; 10.00 €
pages: 128
Paperback with flaps; 10.80 x 18.00 cm
coloured photos: 29
coloured illustrations: 103
978-3-440-17359-6

Rights sold: NL, CZ, FR



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



Katrin Hecker
Basic – Trees
978-3-440-17390-9
Rights sold: FR, CZ, NL



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



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

Classic Nature Guides



Over 150.000
copies sold in 3 years

Margot Spohn
Which Tree Is That?

06/24; 18.00 €

pages: 272
Paperback with flaps; 11.80 x 19.40 cm
coloured photos: 848
coloured illustrations: 872
978-3-440-18001-3

All rights available

Selected titles sold to: CZ,
CAT, ES, FR, NL, PL, RO, RU

- Direct combination of image and text
- Additional information for all species

Is that a spruce or a fir? And what lives in that big oak tree? This comprehensive tree guide provides the answers. Over 350 species from Germany and Europe are presented on 272 pages. Extras: Everything you need to know about tree dwellers and how best to observe them.

Margot Spohn is a biologist with a focus on botany and pharmaceutical biology. She is the author of the bestseller „Which Flower is this?“ and has published several other nature guides with Kosmos.

New edition of our bestselling nature guides for the most common topics. 256 pages, photographic guides. Sold over 150.000 copies and several languages.



Dr Heiko Bellmann
Which Insect Is That?
978-3-440-18000-6
Rights sold: PL



Christa Bastgen
What Edible Wild Plant Is This?
978-3-440-17999-4
All rights available



Rupert Hochleitner
Which Mineral is That?
978-3-440-18026-6
Rights sold: PL



Volker Dierschke
Which Bird is That?
978-3-440-18002-0
Rights sold: PL



Large Guides Fauna



A classic nature guide in proven KOSMOS quality by Heiko Bellmann, the spider expert. An introduction leads into the group of animals with information about biology, way of life and behavior. In the section on species, 2-3 species per double-page spread – with several images per species – are introduced.

**NEW
edition**

Dr Heiko Bellmann
The Kosmos Guide to Spiders

08/2025; 40.00 €

pages: 432
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 850
b/w-illustrations: 60
978-3-440-18172-0

Rights sold: FR, IT, PL



Dr Heiko Bellmann
The Kosmos Butterfly Guide
978-3-440-14618-7
All rights available



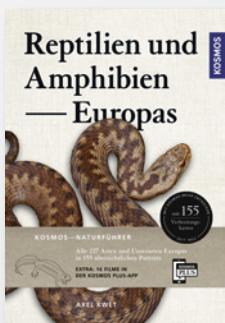
Matthias Helb
The Kosmos Beetle Guide
978-3-440-16759-5
Rights sold: NL



Rainer Ulrich
The Kosmos Guide to Diurnal Moths
978-3-440-18069-3
All rights available



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



Axel Kweit
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

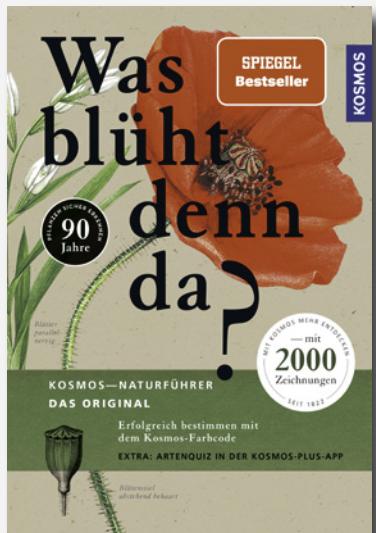
**NEW
edition**



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

Large Guides Flora

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



Margot Spohn
Which Flower is this?

02/2025; 22.00 €

pages: 496
Paperback with flaps; 13.20 x 19.30 cm
coloured illustrations: 2065
b/w-illustrations: 112
978-3-440-18088-4

Rights sold: CN, FR, CZ, PL, NL



A classic turns 90 – that's how nature guides work today. A nature guide that has been growing in popularity for 90 years instead of being labelled as outdated? Only „Which Flower is this?“ can do that: with over 870 species, more than 2000 hand-drawn illustrations, detailed photographs, easy-to-understand descriptive texts – and of course with the unique KOSMOS colour code. To mark its birthday, the long-seller has a fresh new look, updated content and a specially developed plant quiz. This makes every excursion into nature an experience for the whole family.



Margot Spohn
Which Flower is this? (Photos)
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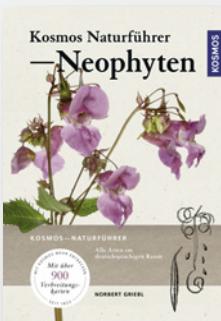
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Fascinating Nature



NEW
edition

The Big Kosmos Field Guide – Animals and Plants

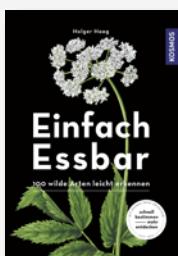
08/2025; 25.00 €

pages: 896
Hardcover; 13.20 x 19.30 cm
coloured photos: 2130
coloured illustrations: 163
b/w-illustrations: 115
978-3-440-18317-5

All rights available

► Unbeatable variety: over 1.900 animals, plants, and fungi profiled

The reference book about nature now completely new: new text, new photos and additional detailed drawings for more than 1.900 animals, plants and fungi – this is pure biodiversity! With more than 2.400 illustrations, plus much worth knowing and information about characteristics and occurrence. Here you'll find everything that can be explored in the home and garden, during walks, hikes and on vacation. The Kosmos colour code guarantees rapid access to the groups of species.



Holger Haag
Simply Edible
978-3-440-17682-5
Rights sold: CZ



Felix Weiß
Simply Birds
978-3-440-17024-3
Rights sold: CZ, NL



NEW

Gamander López Winter Moments – Advent Calendar

09/2025; 20.00 €

pages: 112
Hardcover; 17.00 x 24.00 cm
coloured photos: 140
978-3-440-18335-9

All rights available

- Advent calendar book with photos by Gamander López-Caparrós Jungmann
- Open the „doors“ and be amazed

Thanks to its unique fold-out pages, this Advent calendar in book form is a pre-Christmas highlight: every day, you can open the „doors“ to reveal atmospheric winter animal photos by Gamander López, DIY ideas, and entertaining texts. It gets you in the mood for a creative Christmas season – with a very special connection to nature.



Farina Graßmann
True Crime in Nature
978-3-440-18023-5
Rights sold: KO, CN



Gamander López
Moments in Nature
978-3-440-17876-8
Rights sold: CZ

Watching Animals



Patrick Hundorf
Wild Animals and How to Watch Them

09/2025; 25.00 €

pages: 208
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 250
 978-3-440-18179-9

All rights available

- **Off into nature: how to successfully observe wild animals**
- **Bonus: dating calendar for rutting and mating seasons**

Finally find and observe wild animals – this book shows you how! Whether it's moor frogs, foxes, deer, or cranes, these pages take all outdoor enthusiasts on a journey of discovery into nature and introduces 60 species that even beginners are guaranteed to be able to observe. On top, there are practical tips on equipment, stalking, camouflage, and tracking, and presents the special features of rutting and mating seasons in a dating calendar for wild animals.



Detlef Singer
Birds Around the Bird Feeder
 978-3-440-16968-1
 Rights sold: DK, HU



Katrin Hecker
The Book of Gardenbirds
 978-3-440-18076-1
 Rights sold: CZ, NL



Jasmin Schreiber
In the Shadow of Giants

07/2025; 28.00 €

pages: 176
 Hardcover; 19.00 x 25.30 cm
 coloured photos: 137
 coloured illustrations: 7
 978-3-440-17987-1

All rights available

- **Perfect match: bestselling author Jasmin Schreiber at Kosmos**
- **Fascinating insight into the world's tiniest ecosystems**

Known for novels such as „Marianengraben“, bestselling author and biologist Jasmin Schreiber explores a whole new world in this book: she looks into cracks in walls, under moss cushions, and behind trash cans and discovers tiny ecosystems and their fascinating organisms. As an expert in her field, the biologist provides fascinating facts and transports readers to strange – and very small – worlds with exciting texts and unique photos.



Dominik Eulberg
Eye to Eye.
The World of Insects
 978-3-440-17900-0
 Rights sold: FR



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

Beautiful Nature

Paschalis Dougalis
Through the Eyes of
a Bird Illustrator

10/2025; 35.00 €

pages: 208
Hardcover; 19.00 x 25.30 cm
coloured illustrations: 240
b/w-illustrations: 120
978-3-440-18080-8

All rights available

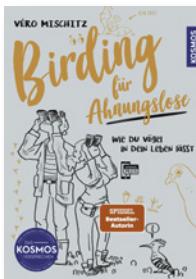
NEW



Detailed Drawings

- Personal and highly aesthetic: fascinating insights from the bird illustrator
- The ideal gift for amateur ornithologists and fans of Paschalis Dougalis

Where nature meets art: Paschalis Dougalis is one of the world's most renowned bird and nature illustrators and in this book, he invites all amateur ornithologists and fans of his work to accompany him to his outdoor studio and provides exciting insights into his work. In a personal and captivating style, he recounts unique encounters with birds, shares ornithological anecdotes, and offers a unique glimpse into his sketchbooks.



Véro Mischitz
Birding for The Clueless
978-3-440-17832-4
Rights sold: FR

NEW



Lisa Hummel
Cottagecore – Birds in the Garden
978-3-440-18330-4
All rights available

NEW



Lisa Hummel
Cottagecore – Plants
978-3-440-18329-8
All rights available



Card boxes

All about Mushrooms



NEW

Véro Mischitz
Mushrooms for the Clueless

06/2025; 20.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured illustrations: 250
978-3-440-18115-7

All rights available

- ▶ The successful graphic novel format is now also available for mushroom fans
- ▶ Complex relationships explained in simple terms

In this latest title of the „...for the Clueless“ series, biologist and illustrator Veronika Mischitz now turns her attention to the fascinating world of fungi. With wit, expertise and entertaining drawings, she provides a comprehensive overview of the field of mycology and shows that mushrooms are anything but boring!



NEW

Nadja Frotscher-Kanka
Mushroom Book for Children

06/2025; 16.00 €

pages: 96
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 170
coloured illustrations: 30
978-3-440-18261-1

All rights available

- ▶ The mushroom book for the whole family
- ▶ Out and about in nature: actively and curiously discovering the world of mushrooms

„Come on kids, let's go mushrooming!“ – This activity book for the whole family guarantees a fun-filled foray into the forest. In addition to lots of exciting information about the world of mushrooms, it contains creative excursion and craft ideas, playfully introducing children to the fascinating world of mushrooms.



Hans E. Laux
The Big Kosmos Mushroom Guide
978-3-440-17674-0
Rights sold: PL



Andreas Gminder
Handbook for Mushroom Collectors
978-3-440-17037-3
All rights available

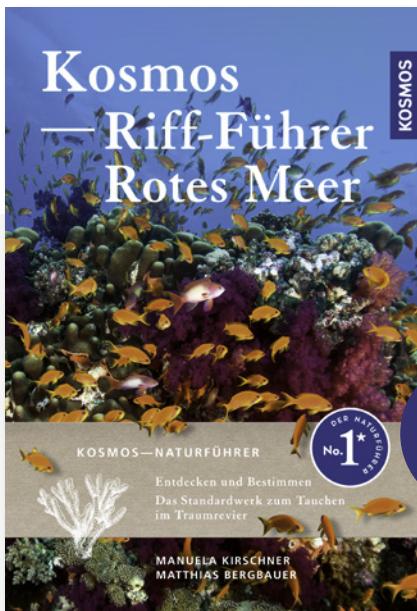


Moritz Schmid
Mushroom Fever
978-3-440-17926-0
All rights available



Hans E. Laux
A Take Along Guide – Mushrooms
978-3-440-17662-7
Rights sold: PL, CZ

Fascinating Wildlife



NEW
edition

Manuela Kirschner
Kosmos Reef Guide Red Sea

06/2025; 40.00 €

pages: 320
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 972
b/w-illustrations: 5
978-3-440-18316-8

All rights available

► **The number one travel destination for divers from around the world**

The Red Sea with its biological diversity is unique on this planet. At no other place can you experience such a wealth of different species and blaze of colours. Divers from all over the world visit the coasts of the Red Sea to be enchanted by its underwater world. This book introduces you to more than 1.000 species with stunning photos by the renowned underwater photographer Manuela Kirschner which will also help you identify each single species when you come across it.



Markus Bötefür
**Learning to Fish
Step by Step**
978-3-440-17577-4
Rights sold: CZ



Matthias Bergbauer
Which Fish Is This?
978-3-440-17979-6
Rights sold: CZ



NEW

Dr Sven Herzog
Wolves Today – the Right Way to Deal with Them

11/2025; 30.00 €

pages: 352
Hardcover; 13.50 x 21.50 cm
coloured photos: 85
coloured illustrations: 5
978-3-440-18098-3

All rights available

- **The wolf in Germany: an overview of current developments**
- **Strategies and recommendations – how to successfully deal with this predator**

The wolf is back! And with it, the number of sheep, wild animals and cattle being savaged is increasing. In many places, the wolf is seen as a threat. In this book, Prof Sven Herzog addresses the topic of wolves from a neutral position, imparts easy-to-understand knowledge and shows ways in which the wolf population in Germany can be managed successfully.



Werner Siebern
500 Practical Tips for Keeping Hunting Dog
978-3-440-18030-3
Rights sold: CZ
All rights available



Inga Haase
The Hunting Book for Kids
978-3-440-17570-5
Rights sold: CZ

Hunting



NEW

Hannah Mittner
Hunting with Search Hounds

09/2025; 28.00 €

pages: 168
Hardcover; 17.00 x 24.00 cm
coloured photos: 80
coloured illustrations: 10
978-3-440-18323-6

All rights available

- ▶ **Everything you need to know about hunting with quail dogs, bracken, terriers and more**
- ▶ **The practical guide to training flushing dogs for exams**

Driven hunts are becoming increasingly popular and with them the use of search hounds as hunting helpers. In this practical book, the authors provide valuable insights into their everyday life as search dog handlers, summarize the characteristics and peculiarities of driven hunts with dogs and provide comprehensive and competent information about the training and familiarization of the animals.



Hans-Jürgen Markmann
From Puppy to Hunting Companion
978-3-440-17447-0
All rights available



Isabelle Bulling
Hunt and Care for Your Catch
978-3-440-17923-9
All rights available



NEW

Hartwig Görtler
Stalking Through the Hunting Season

09/2025; 26.00 €

pages: 144
Hardcover; 17.00 x 24.00 cm
coloured photos: 150
978-3-440-18228-4

All rights available

- ▶ **The yearbook for hunters: hunting ground work and hunts presented chronologically**
- ▶ **Ideal for planning the hunting year in your own hunting ground**

During the hunting year (April 1 to March 31), hunters have to perform a variety of tasks and duties. The hunting opportunities also differ considerably at different times. This book provides a comprehensive and chronologically organized overview of all the work to be done in the hunting grounds and the hunting opportunities throughout the hunting year. It is the ideal gift for hunting beginners and hunters with their own hunting grounds.



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



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

NEW

Martin Rütter — Dog Expert

Martin Rütter
Fetching With Martin Rütter

10/2025; 22.00 €

pages: 160
 Hardcover; 19.00 x 25.30 cm
 coloured photos: 200
 978-3-440-18147-8

All rights available

NEW



Martin Rütter is Germany's leading Dog expert. As a reknown animal psychologist and trainer, his books alone sold over 1 million copies. He features in his own popular TV shows. He has his own dog obedience school since 1995.

Andrea Buisman is a breeder and dog trainer. At DOGs she handles the training of coaches and support for dog training schools.

- **Dog activities with Germany's most famous dog trainer**
- **From food bags to dummies, at home or on the go: fetch training for all dogs**

A dog that chases cyclists, seeks out other dogs independently and cannot be called off? That doesn't have to be the case, because with the right activity, a walk can be an exciting experience. In this guide, Germany's best-known dog trainer Martin Rütter focuses on retrieving and shows how targeted throws and searching for and directing dogs to objects can not only keep dogs occupied, but also help them put their owner back at the center of attention. Whether it's a quick exercise for in between at home or an outdoor training session, fun is guaranteed!



Martin Rütter
Puppy Training With Martin Rütter
 978-3-440-17170-7
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Martin Rütter
Occupying Dogs With Martin Rütter
 978-3-440-17457-9
 All rights available



Martin Rütter
Dog Training with Martin Rütter
 978-3-440-17458-6
 Rights sold: ES



Martin Rütter
Language Course With Martin Rütter
 978-3-440-17456-2
 All rights available

Over 1 million sold Rütter titles

Getting a Feeling for Your Dog

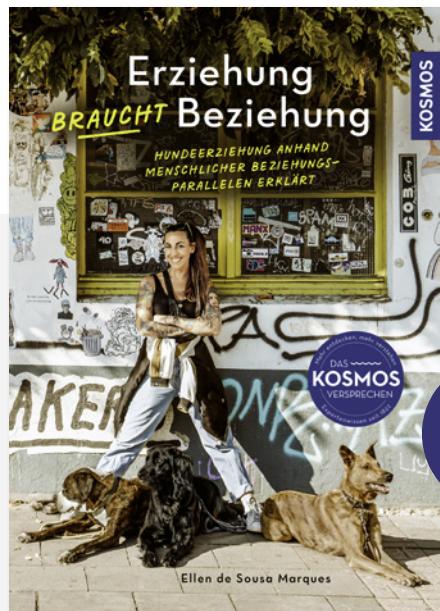


Dr Janey May
Reduce Stress for Your Dog

09/2025; 25.00 €

pages: 192
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 200
978-3-440-18287-1

NEW



Ellen de Sousa Marques
Education Requires Relationship

09/2025; 22.00 €

pages: 160
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 142
978-3-440-18135-5

NEW

All rights available

- ▶ **Prevent misunderstandings – reduce stress**
- ▶ **The practical guide: recognizing stress in dogs**

When a dog displays stubborn behavior, it is often advised to be more assertive and set boundaries. But the problem usually lies elsewhere: instead of stricter boundaries, the dog needs to be handled calmly and at eye level. This practical guide therefore addresses dog owners whose animals are supposedly stubborn or nervous. The author's expert explanations and practical exercises provide a better understanding and help to reduce stress in dogs by making them more self-reliant.



Sold over
20.000
copies

Maren Grote
Frustrations, good bye
978-3-440-18123-2
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Ursula Löckenhoff
Shelter Dog, Favorite Dog
978-3-440-17339-8
All rights available

NEW



Maren Grote
Leading and Feeling Dogs
978-3-440-17917-8
Rights sold: IT



Maren Grote
Learning to Read Dogs
978-3-440-17558-3
Rights sold: NL, CZ

Bestselling
Author

Teaching and Understanding Dogs



NEW

Charly Arzberger
People-oriented Dogs

06/2026; 26.00 €

pages: 192
Hardcover; 17.00 x 24.00 cm
coloured photos: 200
978-3-440-18165-2

All rights available

- ▶ **The successful path to a people-oriented dog**
- ▶ **Communicate clearly – strengthen relationships**

Many dog owners are familiar with the situation: Despite intensive work, their dog is often not responsive, pulls on the leash or is easily distracted. In this book, the authors show what the reasons for this may be, what is going on in the dog's mind and what measures can be taken to remedy the situation, helping to resolve conflicts and strengthen the relationship between dog and owner.



Sami El Ayachi
Leash Handling
978-3-440-17851-5
All rights available



Linda Tellington-Jones
Tellington Training for Dogs
978-3-440-18040-2
All rights available



NEW

Ute Heberer
Problem: Dog

09/2025; 34.00 €

pages: 256
Hardcover; 17.90 x 24.70 cm
coloured photos: 150
978-3-440-18334-2

All rights available

- ▶ **Sad trend: more and more dogs with behavioral problems**
- ▶ **Recognize, understand, react – with practical case studies**

„Is my dog's behavior pathologically abnormal, or is that just my human perception?“ – This book provides dog owners with the necessary know-how to answer this question reliably and to counteract actual problem behavior, with expertise from research and practice, as well as many case studies and measures.



Ute Heberer
Fear in Dogs
978-3-440-16300-9
All rights available



Robert Mehl
The Dog's Psyche
978-3-440-16701-4
All rights available

Health for Your Dog



Dr Christian Nees
Consultation Hour for Your Dog

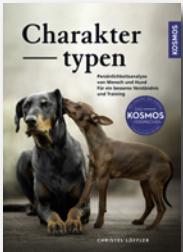
09/2025; 28.00 €

pages: 216
 Hardcover; 17.00 x 24.00 cm
 coloured photos: 330
 coloured illustrations: 47
 978-3-440-18100-3

All rights available

- ▶ **Quick decision-making guide:
 Emergency – Visit to the vet – Self-help**
- ▶ **Medical knowledge for competence and
 safety in dog ownership**

In this book, veterinarian Christian Nees combines his expertise from many years of veterinary practice with valuable advice and tips on how to avoid mistakes and take preventive measures. The book's clear structure makes it easy for dog owners to find answers to medical questions and develop the confidence and knowledge they need to make the right decision.



Christel Löffler
Character Types
 978-3-440-17920-8
 All rights available



Sonja Pfaff
Walking Dogs Without a Leash
 978-3-440-16918-6
 All rights available



Dr Peter Spork
The Epigenetics of Dogs

06/2025; 25.00 €

pages: 152
 Hardcover; 13.50 x 21.50 cm
 b/w-photos: 4
 b/w-illustrations: 8
 978-3-440-18039-6

All rights available

- ▶ **Epigenetics: how the environment
 influences dogs' genes**
- ▶ **Explained by bestselling author and
 neurobiologist Dr. Peter Spork**

„Genes are destiny“ – really? We now know that genetic predispositions can be modified by external influences. But this is not only possible in humans – it also applies to dogs! Neurobiologist and bestselling author Dr Peter Spork explains the basics of epigenetics and shows how stress, trauma, but also security and safety can influence a dog's genetic makeup.



Dana Thimel
Curving®
 978-3-440-18126-3
 All rights available



Sonja Meiburg
Walk the Dog-Training
 978-3-440-17897-3
 All rights available

Keeping Pets



Dr Andrea Böttjer
The Cat Book for Children

08/2025; 15.00 €

pages: 96
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 120
 978-3-440-18132-4

All rights available

- ▶ **Learn how to handle cats safely through play and fun**
- ▶ **The interactive book for cat tasters aged 8 to 12**

In this hands-on book, veterinarian Andrea Böttjer shows children how to interact safely with cats in a playful way. The easy-to-understand explanations and ideas for getting started are fun and introduce children between the ages of 8 and 12 to the responsibility of being a cat owner – while also promoting harmonious coexistence and strengthening the bond between the child and the animal.



Dr Sandra Bruns
The Dog Book for Children
 978-3-440-18130-0
 All rights available



Sonja Meiburg
Puppy School
 978-3-440-17567-5
 Rights sold: CZ



Viola Schillinger
Dwarf Rabbits

01/23; 12.00 €

pages: 104
 Paperback with flaps; 17.20 x 24.10 cm
 coloured photos: 153
 coloured illustrations: 19
 978-3-440-17562-0

Rights sold: CZ

- ▶ **The perfect guide to a rabbit's happiness**
- ▶ **Clear structure and easy to understand instructions**

Your very first rabbit comes with a lot of questions: Which animals are suitable for each other, what should the enclosure look like, and what do rabbits like to eat most? This book offers all the important information for the first steps in a clear and concise way. Topics like selection, an enclosure with lots of variety, species-appropriate diet, health, behaviour, and socialisation give first-time pet owners a sense of certainty. The structure with double pages offers clear orientation and lists of dos and don'ts help to avoid mistakes. Tips for DIY and pages for kids invite to craft and help.



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



Viola Schillinger
Guinea Pigs
 978-3-440-17566-8
 All rights available

NEW

Training through Communication



Stephan Fischer
Riding Is Communicating

07/2025; 36.00 €

pages: 208
Hardcover; 19.00 x 25.30 cm
coloured photos: 80
coloured illustrations: 40
b/w-illustrations: 50
978-3-440-18081-5

All rights available

NEW

- ▶ **Subtle aids for subtle communication**
- ▶ **Riding with feeling, knowledge, intuition, and understanding**

This guide provides riders with the tools they need to recognize, resolve, and avoid mistakes in communication with their horses. The focus is on the rider's seat and the rider's influence on the horse on the ground and in the saddle. With these tips, riders can reduce their use of aids to a minimum and improve their riding in the long term.

Stephan Fischer provides riders with the tools they need to independently improve themselves and their horses. He not only has a large fan base on social media, but his courses and lectures are also in high demand.



Marie Heger
Think free
978-3-440-17347-3
All rights available



Ingrid Klimke
Riding For Fun – My way of schooling horses
978-3-440-16364-1
Rights sold: US/UK, CZ, RU



Katja Schnabel
Horse Training with Katja Schnabel
978-3-440-17858-4
All rights available



Silke Behling
Horses
978-3-440-17167-7
All rights available

NEW
edition

Understanding Horses



NEW

Anne Krüger-Degener
In Sync with your Horse

01/2027; 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**
- ▶ **The HarmoniLogie method for young horses**

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.



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



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



NEW

Marlitt Wendt
Resilience in Horses

08/2025; 22.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 136
978-3-440-16889-9

All rights available

- ▶ **The latest knowledge on resilience in horses**
- ▶ **How riders can learn to improve their posture and handling**

„Resilience means the freedom to choose how to respond to the environment.“ Following this motto, behavioral biologist Marlitt Wendt presents important fundamentals of resilience research and shows its influence on horse husbandry and handling in everyday life. With tips from the latest scientific findings, she also provides practical ideas on how horse owners can deal with fear, insecurity, and the flight instinct of their animals.



Catherine Seib
The Space in Between
978-3-440-17750-1
All rights available



Catherine Seib
Conversations with Your Horse
978-3-440-17744-0
All rights available

Working with Horses



Marvin Vroomen
Playing with Energy

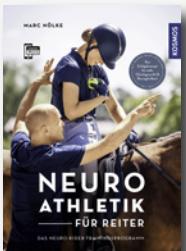
06/2025; 30.00 €

pages: 144
Hardcover; 17.00 x 24.00 cm
coloured photos: 134
coloured illustrations: 13
978-3-440-17975-8

All rights available

- ▶ **Correctly channeling the energies of humans and horses**
- ▶ **How horse owners unleash the energy potential of their animals**

Phlegmatic, spirited, adventurous, or harmony-seeking – just like us humans, horses also have very different character traits. In his book, horse trainer Marvin Vroomen attributes these to the energy levels in living beings. Based on this, he shows how horse owners can discover their own energy potential and that of their horses, and provides guidance on how this can be channeled to increase motivation and willingness to perform.



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



Prof Dr Konstanze Krüger
Laterality in Horses
978-3-440-17658-0
Rights sold: US



Antonie Ebbesmeyer
Of Heroic Horses and Extraordinary Children

06/2025; 20.00 €

pages: 176
Paperback with flaps; 13.50 x 21.50 cm
978-3-440-18082-2

All rights available

- ▶ **Insight into the work of an equine therapist**
- ▶ **Everyday life in equine therapy with autistic children**

In her autobiographical non-fiction book, equine therapist Antonie Ebbesmeyer describes how she balances her family life, horses, and work. Using touching case studies, she shows the healing effect horses have on autistic people and explains in a sensitive and knowledgeable way why horses are particularly well suited as therapy animals.

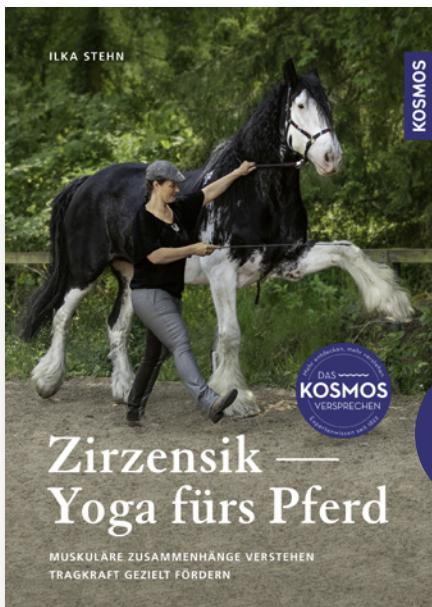


Jane Savoie
Think Positiv – Ride Better
978-3-440-16712-0
All rights available



Ingrid Klimke
Basic Training of Young Riding Horses
978-3-440-15924-8
Rights sold: US/UK, CZ

Different Ways of Instruction



NEW

Ilka Stehn
Circensic Lessons

08/2025; 20.00 €

pages: 96
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 100
978-3-440-18221-5

All rights available

- ▶ **More variety in ground work with circus tricks**
- ▶ **Train specific muscle groups with circus lessons**

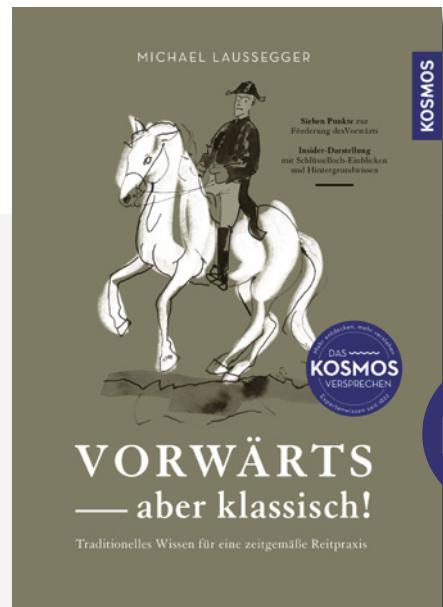
Circus riding, or riding circus lessons, is particularly popular among recreational riders because it strengthens the bond between horse and rider and also targets specific muscle groups in the horse. In this book, riders who want to add variety to their ground work with circus skills will find everything they need to know to get started. The exercises and lessons shown combine fun and benefit for the horse in an ideal way.



Sigrid Schöpe
Circus Tricks With Horses
978-3-440-17067-0
Rights sold: FR, US



Marius Schneider
Gymnastics Free Work
978-3-440-17426-5
All rights available



NEW

Michael Laußegger
Moving forward, but classic

08/2025; 32.00 €

pages: 168
Hardcover; 17.00 x 24.00 cm
b/w-photos: 20
b/w-illustrations: 16
978-3-440-18181-2

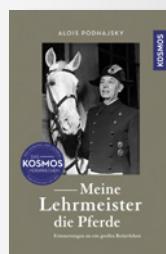
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- ▶ **Old knowledge still up to date**
- ▶ **Exclusive insights into the traditions and principles of the world's oldest riding school**

The flow forward – this is what Michael Laußegger sees as the common thread running through the famous Viennese horse training method. In this book, he describes the historically developed training principles of the Vienna School of Equestrian Art and focuses on the flowing, fresh forward movement using seven key points that play a special role in promoting forward movement.

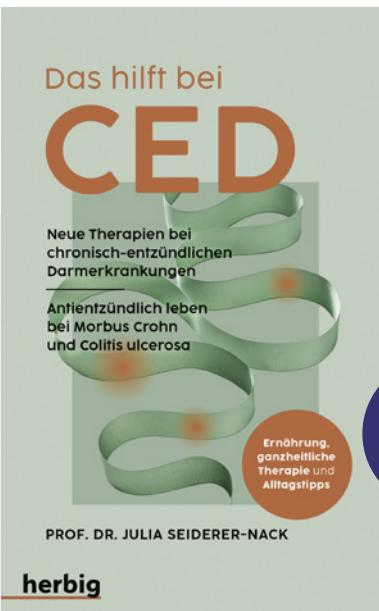


Alois Podhajsky
The Classic Art of Riding
978-3-440-17416-6
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My Horses, My Teachers
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Easing Problems



NEW

Prof Dr Julia Seiderer-Nack
Self-help for Chronic Intestinal Inflammation

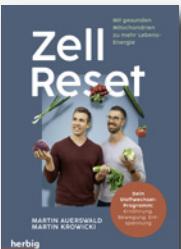
06/2025; 22.00 €

pages: 208
 Paperback with flaps; 13.50 x 21.50 cm
 b/w-illustrations: 10
 978-3-96859-092-9

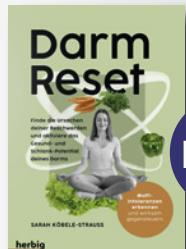
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- ▶ **The comprehensive patient guide to chronic inflammatory bowel disease**
- ▶ **Help for self-help with the latest medical findings**

More and more people suffer from chronic inflammatory bowel disease and the associated loss of quality of life. This in-depth patient guide not only provides an overview of the latest scientific findings, but also presents holistic approaches that can help those affected to regain more ease in their daily lives.



Martin Auerswald
Cell Reset
 978-3-96859-057-8
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Sarah Köble-Strauss
Gut Reset
 978-3-96859-086-8
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NEW



NEW

Nadja Dörner
My Pelvic Floor, Menopause, and I

08/2025; 22.00 €

pages: 160
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 140
 coloured illustrations: 10
 978-3-96859-088-2

All rights available

- ▶ **The comprehensive guide to more power in everyday life**
- ▶ **Understanding and specifically training the pelvic floor during menopause**

The pelvic floor is one of the unsung heroes of our body: it supports the network of muscles and tendons, carries the internal organs, ensures an upright posture and plays an important role in healthy sexuality. In order to keep the pelvic floor fit even during the menopausal transition, Nadja Dörner presents the most important basics in this book and helps to prevent pelvic floor complaints with numerous exercises.

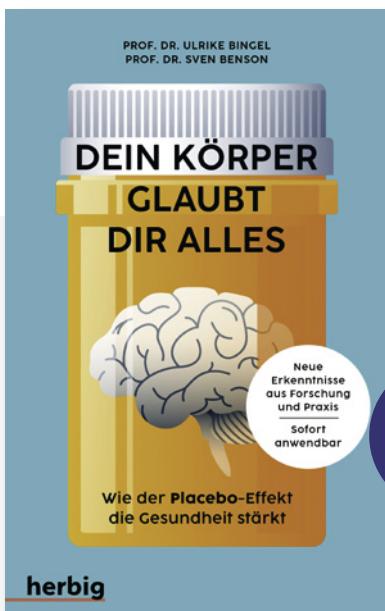


Dr Heide Fischer
My Compass for Menopause
 978-3-96859-043-1
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Manuela Kloibhofer
Women's Blood
 978-3-96859-022-6
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How to Help Oneself



Prof. Sven Benson
Your Body Believes Everything You Say

07/2025; 22.00 €

pages: 200
 Paperback with flaps; 13.50 x 21.50 cm
 b/w-illustrations: 20
 978-3-96859-098-1

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- ▶ **Making strategic use of the placebo effect**
- ▶ **Practical knowledge with lots of tips, checklists, and recipes**

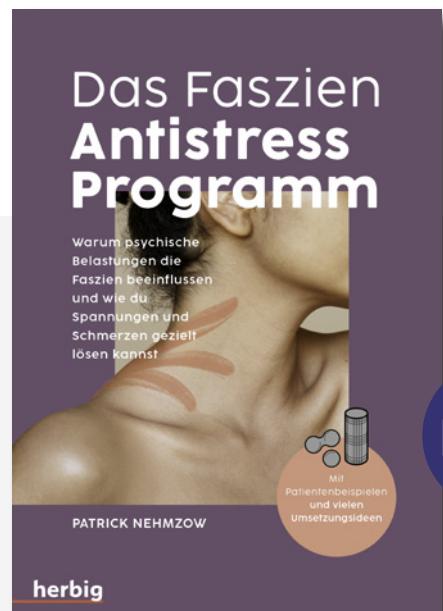
Medicine either works or it doesn't – but it's not that simple! The expectations and attitudes of patients play just as important a role in determining whether a treatment is successful or not. This book explains in easy-to-understand terms how the placebo effect can be harnessed and uses numerous examples to demonstrate the untapped potential of the power of thought.



Martin Auerswald
Fact Check: Nutritional Supplements
 978-3-96859-046-2
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Martin Auerswald
The Epigenetics Code
 978-3-96859-085-1
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Patrick Nehmzow
The Fascia Anti-Stress Program

10/2025; 22.00 €

pages: 144
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 120
 coloured illustrations: 10
 978-3-96859-090-5

All rights available

- ▶ **Latest findings from fascia research**
- ▶ **With extensive exercises, training plans, and self-checks**

Reduce stress with fascia? We now know that it is possible! This is because the fine network of tissue is not only susceptible to mechanical stimuli, but also reacts sensitively to hormone releases under stress and tension. This practical guide not only presents the latest research findings on the subject, but also includes a detailed section on exercises that show how the fascia system can be trained to become more elastic and supple.



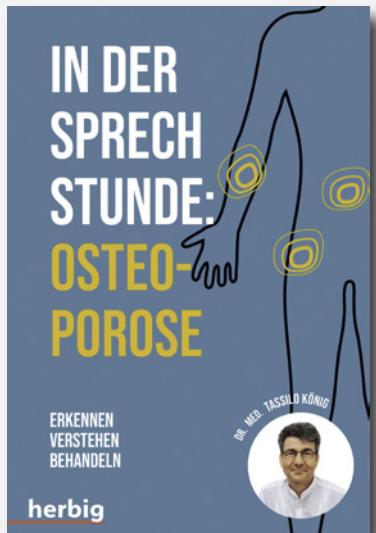
Dr Bernhard Dickreiter
Leave Chronic Fatigue Behind
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Help with the Silent Reflux
 978-3-96859-037-0
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The Doctor is In

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
All rights available

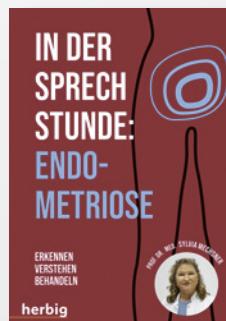
As one of the most common diseases of the musculoskeletal system, osteoporosis is a widespread ailment. Orthopaedic specialist and osteoporosis specialist Dr med Tassilo König answers the most frequently asked patient questions about the causes and risk factors, diagnosis and treatment of this metabolic bone disorder in this book from the successful Herbig series „In der Sprechstunde“. He passes on his specialist knowledge to patients in an easy-to-understand and clear manner, focusing on everyday life with the disease. Because he knows that thanks to an adapted diet, medication and an individualized exercise concept, a self-determined life is possible despite the disease.



Dr Carsten Grohmann
At the Doctor's: Cataract
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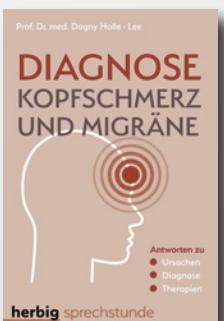
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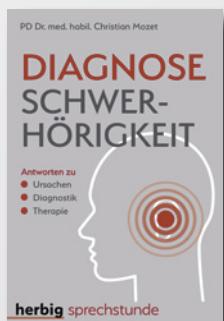
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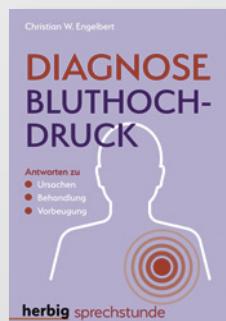
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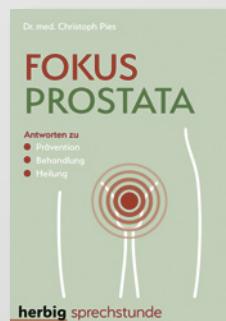
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Dr Christoph Pies
Focus Prostate
978-3-96859-027-1
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Family Life



Lisa Maria Kopp
Veggie Mum

09/2025; 22.00 €

pages: 160
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 120
coloured illustrations: 10
978-3-96859-082-0

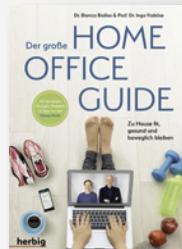
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- ▶ **Vegetarian and healthy during pregnancy and breastfeeding**
- ▶ **With 30 delicious recipes for optimal nutrition**

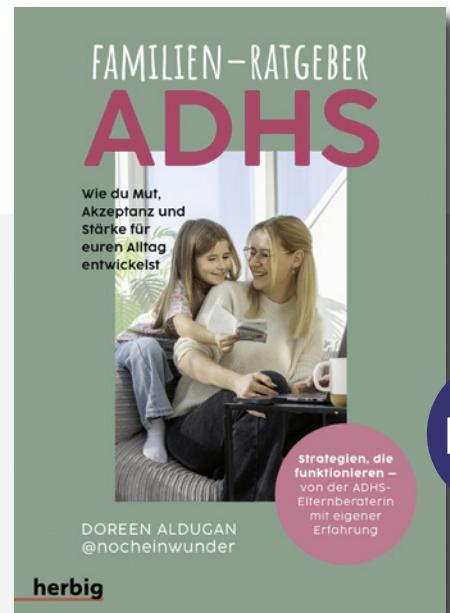
Veggie is trendy! But does an animal-free diet also work during pregnancy and while breastfeeding? Nutritionist Lisa Kopp knows: Yes, it does! In this guide, she shows how and dispels uncertainties with the help of the latest scientific findings.



Dr Mirjam Wagner
How Contraception Works Today
978-3-96859-052-3
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Ingo Froböse
The Great Guide to Working from Home
978-3-96859-030-1
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Doreen Aldugan
ADHD Meets Family Life

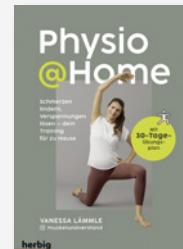
08/2025; 24.00 €

pages: 176
Paperback with flaps; 17.00 x 24.00 cm
coloured illustrations: 15
978-3-96859-089-9

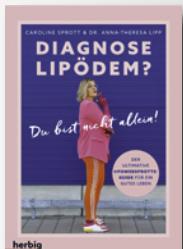
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- ▶ **Personal and competent: expert knowledge from a parent coach**
- ▶ **ADHD as a strength: tips, tricks, and experiences for everyday life**

For some ADHD is still a mere fashionable diagnosis used to explain unpleasant behavior in children. But for those affected and their families, it is often a major challenge that overshadows everyday life. The author, a parent counselor who has been diagnosed with ADHD, not only shares her personal story, but also provides expert and easy-to-understand information on the topic of ADHD in children.



Vanessa Lämmler
Physical Therapy @home
978-3-96859-068-4
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Caroline Sprott
Diagnosis Lipoedema
978-3-96859-063-9
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Healthy with Home Remedies



Bibliographic Information

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

Jörg Ullmann
Healthy With Algae

09/24; 14.00 €

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

All rights available

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



Ellen Heidböhmer
My Medicinal Plants
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Ellen Heidböhmer
Healthy with Sprouts and Microgreens
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Prof Dr Michaela Döll
Healthy With Pomegranate
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Healthy With Elderberry
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Simple Changes to a Better Life



NEW

Doreen Hüsser-Wächter
The 5 Elements of TCM

06/2025; 20.00 €

pages: 176
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 130
 coloured illustrations: 20
 978-3-96860-116-8

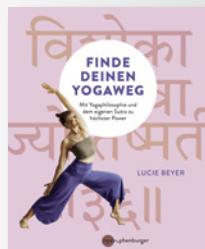
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- ▶ **Traditional Chinese medicine and local herbalism**
- ▶ **Help for self-help – with self-tests and recipes**

TCM, traditional Chinese medicine, has become an integral part of European healthcare. In this book, expert Doreen Hüsser-Wächter presents the five elements of Far Eastern medicine in combination with local herbs, explores the root causes of illnesses, and provides valuable applications and ideas for self-help.



Lucia Schmidt
Detox Yoga
 978-3-96860-110-6
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Lucie Beyer
Find Your Yoga Way
 978-3-96860-099-4
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NEW

Lelia Kühne de Haan
Yes, but ...

08/2025; 18.00 €

pages: 192
 Hardcover; 12.50 x 20.50 cm
 978-3-96860-111-3

All rights available

- ▶ **Finding yourself through language**
- ▶ **Understanding and unlocking the hidden power of 15 everyday words**

Words, as small and insignificant as they may seem, have a powerful influence on our consciousness and thus on our lives. Therapist Lelia Kühne de Haan uses 15 everyday terms to show the effects their hidden powers can have on ourselves and other people, and how we can consciously apply and use them.

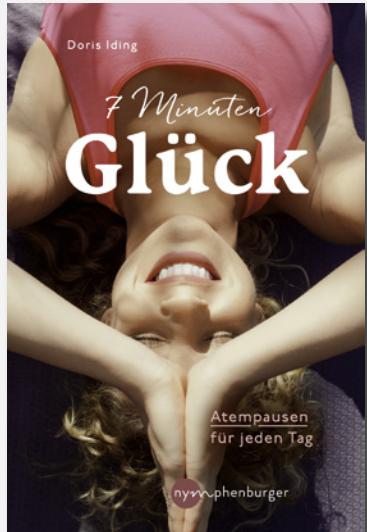


Lucia Schmidt
Fascia Yoga
 978-3-96860-079-6
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Lucia Schmidt
Fascia Yoga for Wrists, Neck and Shoulders
 978-3-96860-024-6
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7 Minutes for You



Bibliographic Information

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

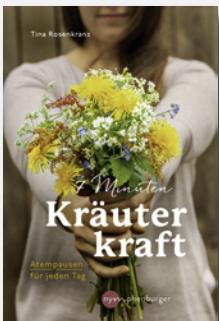
Doris Iding
7 Minutes Happiness

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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Break free from the daily rut and start taking care of yourself. A series for the busy women of our time – to start a 7 minutes per day program of self-care and well-being, choosing from different areas of holistic life approaches.



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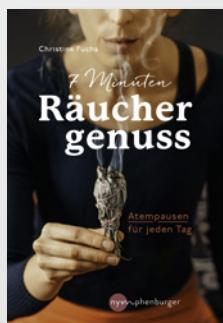


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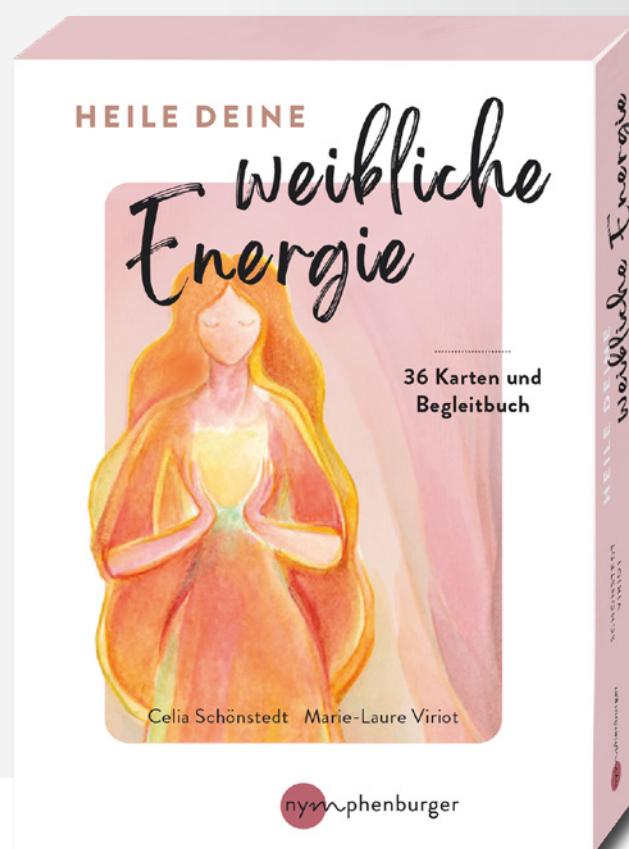
Feel and Develop Yourself

Celia Schönstedt
Heal your Female Energy

04/2025; 25.00 €

pages: 128
 Book plus; 9.00 x 12.50 cm
 coloured illustrations: 36
 b/w-illustrations: 36
 978-3-96860-118-2

All rights available



Celia Schönstedt studied business administration and journalism and worked for several years in the pharmaceuticals department at WALA Heilmittel GmbH. She has been working as a naturopath in her own practice since 2017. Her focus is on holistic and spiritual women's health (Holistic Female Health), which unites body, soul and spirit. She also incorporates past traumas, especially from the female ancestral line, and works sensitively and gently with suppressed emotions and the psychosomatic background of symptoms or illnesses.

► Unique card set

► 36 powerful impulses celebrating feminine energy

The very special card set: 36 impulse cards help you to explore and live out your own femininity in a new way. In addition to the most important women's medicinal plants, the female archetypes, healing gemstones, aromatic oils and rituals for everyday life are presented.



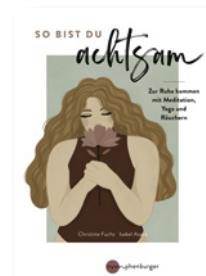
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How to be Mindful
 978-3-96860-048-2
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Healing from Within



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

NEW



Dr Dieter Awender
Self-healing With Your Hands

08/2025; 28.00 €

pages: 272
Paperback with flaps; 17.00 x 24.00 cm
978-3-96860-098-7

NEW

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- ▶ **17 unique stories from the world of herbs**
- ▶ **From mugwort to hyssop: with recipe suggestions and use**

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.



Miriam Veit
The Healing Power of the Twelve Days of Christmas
978-3-96860-125-0
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Sam Hess
The World of Nature Spirits – The Very Personal Practice Book
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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.



Michael Gienger
Healing Stone Therapy (Practical guide)
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978-3-96860-023-9
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Mindfulness



NEW

Ksenija Rodos
Mindful Bedtime Rituals for Your Child

09/2025; 16.00 €

pages: 128
 Paperback with flaps; 13.20 x 19.30 cm
 coloured photos: 50
 coloured illustrations: 10
 978-3-96860-113-7

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- ▶ **From an early age: healthy sleep and mindfulness**
- ▶ **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. In this book, educator Ksenija Rodos shows how mindfulness in everyday life can lead to more calm, stability, and security in children. Based on the latest scientific findings, her exercises and rituals strengthen children's personalities and resilience and help establish healthy sleep rituals.



Verena Krutak
Forest Yoga at Places of Power
 978-3-96860-052-9
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Andreas Hase
The Healing Power of Trees According to Hildegard von Bingen
 978-3-96860-102-1
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NEW

Antonia Langsdorf
The Soul of the Planets

08/2025; 25.00 €

pages: 208
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 10
 coloured illustrations: 5
 978-3-96860-038-3

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- ▶ **This is modern astrology: the power of the 13 planets**
- ▶ **The practical guide with valuable tips for personal development**

In this book, astrologer Antonia Langsdorf offers a completely new approach to astrology: instead of focusing on the 12 signs of the zodiac, she draws on the power of the sun, moon, planets, and Pluto, supplementing these with Chiron, the inner goddess Lilith, and the lunar nodes. This unique holistic view enables a comprehensive analysis from which individual tips for personal development can be derived.



Christoph Pollak
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