

KOSMOS

GUIDES & NON-FICTION

Rights Catalogue

SPRING 2025



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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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Astronomy for All

Tim Ruster
Our Stars and We
 03/2025; 18.00 €

pages: 208
 Paperback with flaps; 13.50 x 21.50 cm
 coloured photos: 50
 coloured illustrations: 10
 978-3-440-18125-6

All rights available

NEW



Tim Ruster, also known as „Astro-Tim“, is a science YouTuber and presenter who simplifies complex scientific concepts on his social media channels. His engaging videos bring the vastness of space closer to viewers, earning millions of views and demonstrating a widespread thirst for knowledge. In addition to his online presence, he is a successful author of several books about space.

► Expedition through our universe and the future of mankind

The young astronomer Tim Ruster explains the new great moments in space travel. We 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? We learn what fascinating ideas tomorrow's space travel has in store. Chapter by chapter, he provides an exciting outline of important milestones of the future – from the colonisation of Mars to interstellar travel – and the most important basic concepts of astronomy are explained in an easy-to-understand way. An inspiring look at the promising future of mankind in space!

NEW
 edition



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



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



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

Large Format Beauty



Thorsten Dambeck
Mars

10/24; 44.00 €

pages: 216
Hardcover; 25.40 x 29.70 cm
coloured photos: 150
coloured illustrations: 26
b/w-photos: 11
b/w-illustrations: 1
978-3-440-17991-8

All rights available

- ▶ **A large format coffee table book with breathtaking images**
- ▶ **The latest research on the red planet with fold-out Mars panorama**

Mars within your grasp! With this highly topical illustrated book, physicist and science journalist Dr Thorsten Dambeck makes the fascination of the red planet tangible. In addition to the latest scientific findings from the Curiosity and Perseverance missions, this volume shows Mars in splendid photographs and fascinating details.

Dr Thorsten Dambeck is a physicist and science journalist. He has worked for the European Space Agency ESA, the German Aerospace Center DLR, „Bild der Wissenschaft“, „Scientific American“ and „Spiegel Online“, among others.



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



Gerhard Hüdepohl
Very Large Telescope
978-3-440-17803-4
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

Learning about Astronomy



Dr Ilja Bohnet
The 42 Biggest Mysteries of Astronomy

03/2025; 20.00 €

pages: 288
 Paperback with flaps; 13.50 x 21.50 cm
 coloured photos: 30
 coloured illustrations: 20
 b/w-photos: 10
 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!



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



Dr Ilja Bohnet
Physic's 42 Biggest Questions

10/2020; 15.00 €

pages: 256
 Paperback with flaps; 13.80 x 21.50 cm
 coloured illustrations: 1
 b/w-illustrations: 12
 978-3-440-16882-0

Rights sold: CZ

► **Title sums up open questions in physics today**

The big mysteries of our universe are all questions of theoretical Physics. Science journalist Bohnet explains these in short essays – from questions about time travel to the Bozon Higgs Particle, from Quantum mechanics to the Theory of everything ... enjoyable and great to read.

Sold over
25.000 copies



Rüdiger Vaas
Simply Einstein
 978-3-440-15836-4
 Rights sold: NL, PL, SK,
 CZ, CAT, HU, CN, FR, ES



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

Gardening in Small Spaces



NEW



Katharina Linthe
Patio Gardening
978-3-440-18107-2
All rights available

Welcome – to the green living room; It sounds almost too good to be true: a green living room on your own doorstep; a stylish feel-good place that invites you to relax and unwind all year round and is also a paradise for insects; an oasis where tasty herbs, fruit and vegetables grow ... dreamy, isn't it? No more dreaming – with Katharina Linthe, patio dreams become reality! In her book, she shows how to turn your own patio into a harmonious and enjoyable retreat. With valuable tips on planning furniture and planting as well as practical concepts and creative DIY ideas, this book is the ideal companion for anyone who wants to get more out of their patio and fulfil their own patio dreams.



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 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



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
Rights sold: NL



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

Sustainable and Self-Sufficient



Lisa-Maria Trauer
Grow your own food on your balcony

01/2025; 22.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 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.



Otmar Diez
Grow your own food in your garden

01/2025; 26.00 €

pages: 192
Hardcover; 19.00 x 25.30 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.



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



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



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



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

Green and Endurable



NEW

Iris Winkenbach
Enduring Heat: Robust Plants

01/2025; 12.00 €

pages: 96
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 125
coloured illustrations: 15
978-3-440-18121-8

All rights available

► Robust plants for climate change, an extra on resistant snack plants

Our climate is changing noticeably, but which plants can still withstand the heat and increasingly extreme weather conditions? Iris Winkenbach has the answers to these and other questions and provides gardeners with lots of tips and practical sample beds in her guide to make every ornamental garden climate-ready.



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



Simone Kern
Dry Herb Heroes
978-3-440-17088-5
Rights sold: CZ

over **50.000**
copies sold



NEW

Melanie Öhlenbach
Survival on the Balcony

01/2025; 20.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 177
coloured illustrations: 9
978-3-440-17928-4

All rights available

► Urban Gardening in view of climate change

A balcony garden in heat, drought, heavy rain and storms is not that easy. In this book, expert Melanie Öhlenbach shows you how to do it anyway. She presents the best plants for the urban balcony garden, gives valuable tips on resource-saving care and shows how small measures can make a big difference for people and animals.



Dr. Manuela Gaßner
If Not Now, When?
978-3-440-17661-0
All rights available



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

All about your Garden



NEW

Anja Klein
Gardening around the Year

01/2025; 28.00 €

pages: 192
Paperback with flaps; 19.00 x 25.30 cm
coloured photos: 230
coloured illustrations: 8
978-3-440-18075-4

All rights available

► **Harvest in your allotment, garden or on the balcony**

About failure, laughter – and carrying on. The author provides valuable insights into her allotment garden, where things are allowed to go wrong and where passion is paramount. As a bestselling author, she brings a breath of fresh air to the gardening scene and shows that gardening can work without perfectionism. In this book, she takes her readers on a personal walk through her green oasis. She gives practical tips and inspires creative DIY projects and recipes.

over 25.000
copies sold

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



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



NEW

Bärbel Oftring
Enduring Plants

01/2025; 20.00 €

pages: 128
Paperback with flaps; 18.50 x 21.50 cm
coloured photos: 220
978-3-440-17960-4

All rights available

► **Guide on plants with several uses that will endure**

A new title by bestselling author Bärbel Oftring. In this book, the gardening expert focuses on true multi-talents in the plant kingdom and presents all-rounder plants for the home garden that can be used in a wide variety of ways.



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



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

Attracting Insects



NEW

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!



NEW

Mareike Fedders
My Insect Paradise

01/2025; 12.00 €

pages: 96
 Paperback with flaps; 17.00 x 24.00 cm
 coloured photos: 125
 coloured illustrations: 15
 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

Flowers for Insects

Garden Helpers



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



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



Bärbel Oftring
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

Learning about your Plants

Jutta Over
**Gardening with a System –
 Wild Plants**

01/2025; 16.00 €

pages: 144
 Paperback with flaps; 13.20 x 19.30 cm
 coloured photos: 211
 978-3-440-18051-8

All rights available

NEW



Jutta Over is a certified biologist and has been offering workshops and excursions on the topics of natural gardens and wild herbs for over 30 years. In 18 years as full-time regional manager of NABU Lower Saxony, she has written several extensive brochures, information sheets and press articles to bring people closer to nature. She has been self-employed in the field of nature education since 2020.

► Easy guide to recognize weeds systematically

Is it a weed or can you eat it? Distinguishing between weeds and wild useful plants in the garden is not always so easy. Fortunately, there is Jutta Over's 'weed traffic light', because with her innovative red-yellow-green system, you can quickly see which wild plants deserve a place in the garden and which should be removed.

Seasonal Vegetable Gardening



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

Sustainable gardening



Engelbert Kötter
Simple Sustainable Gardening
 978-3-440-17878-2
 All rights available

Identifying weeds



Bärbel Oftring
Identify desirable and undesirable garden plants
 978-3-440-16785-4
 Rights sold: CZ, FR, NL, PL

Recognizing and removing pests



Bärbel Oftring
Can It Still Be Saved?
 978-3-440-17924-6
 Rights sold: SK, NL

Nature Guide Series



Nadja Frotscher-Kanka
Nature Guide Mushrooms

04/2025; 16.00 €

pages: 160
Paperback with flaps; 13.20 x 19.30 cm
coloured photos: 250
978-3-440-17895-9

All rights available

NEW

► **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-Kanka 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.



This Nature Guide Series is aimed towards a younger readership, the pictures are „instagrammable“, the texts easy to understand and generally invites readers to discover nature for themselves.



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



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



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

NEW

Nature Guides

— Basic

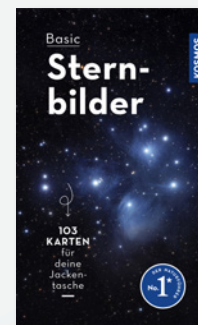
Sold over **1.6 million**
copies since 2006

Bibliographic Information

128 pages, 10.8 x 18.1 cm, Paperback
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.

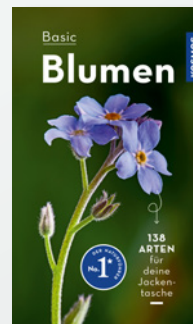
Hermann-Michael Hahn
**Basic –
Star Constellations**
978-3-440-17359-6
Rights sold: NL, CZ



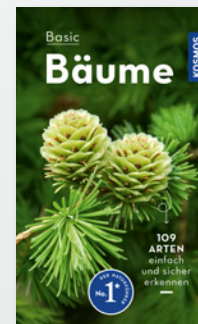
Volker Dierschke
Basic – Owls and Raptors
978-3-440-17689-4
Rights sold: NL



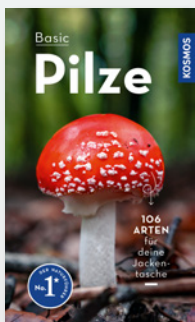
Volker Dierschke
Basic – Birds
978-3-440-17393-0
Rights sold: NL, CZ, SE



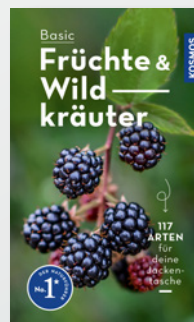
Eva-Maria Dreyer
Basic – Flowers
978-3-440-17389-3
Rights sold: FR, SE, CZ, NL



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



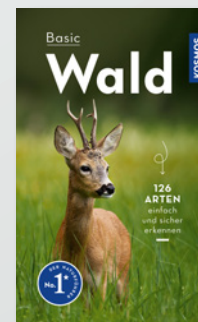
Markus Flück
Basic – Mushrooms
978-3-440-17387-9
Rights sold: SK, NL, CZ, SE



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



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

Classic Nature Guides

Over **150.000** copies sold in 3 years



NEW edition

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

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



Christa Bastgen
What Edible Wild Plant is This?
978-3-440-17999-4



Rupert Hochleitner
Which Mineral is That?
978-3-440-18026-6



Volker Dierschke
Which Bird is That?
978-3-440-18002-0



Large Guides Fauna



Hymenoptera are stunning insects – from the busy honey collectors to the well-organized ant colony. The completely re-edited definitive book offers very interesting insights into the animal states of bee, wasp and ant species. In addition to the detailed identification section, the extensive work conveys fundamental information about physical build, habitats, endangerment and settlement, and scores with large-format photos, as well as useful tips for observation and photography.

Heiko Bellmann
Bees, Wasps, Ants
 978-3-440-17982-6
 Rights sold: FR



Heiko Bellmann
The Kosmos Butterfly Guide
 978-3-440-14618-7
 Rights sold: NL



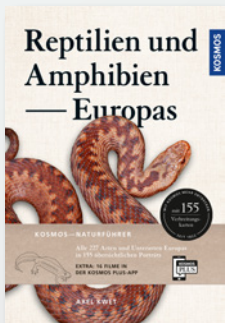
Matthias Helb
The Kosmos Beetle Guide
 978-3-440-16759-5
 Rights sold: NL



Rainer Ulrich
Diurnal Moths
 978-3-440-18069-3
 Rights sold: FR



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



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



Heiko Bellmann
Guide to Crickets and Locusts
 978-3-440-15304-8
 Rights sold: FR, NL, ES, IT



Wolfgang Engelhardt
What Lives in Pool, Creek and Pond?
 978-3-440-15900-2
 All rights available



Heiko Bellmann
The Kosmos Guide to Spiders
 978-3-440-14895-2
 Rights sold: IT, PL

Large Guides Flora

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



NEW edition

Margot Spohn
Which Flower is this?
978-3-440-18088-4
Rights sold: NL, PL, IT, FR, CZ

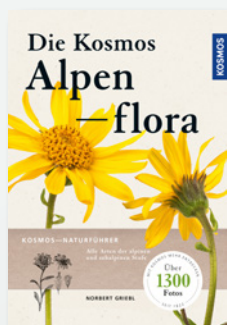
A classic turns 90 – that's how nature guides work today. A nature guide that has been growing in popularity for 90 years instead of being labelled as outdated? Only „Which Flower is this?“ can do that: with over 870 species, more than 2000 hand-drawn illustrations, detailed photographs, easy-to-understand 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.

Illustration: © Marianne Golte-Bechtle



NEW edition

Margot Spohn
Which Flower is this? (Photos)
978-3-440-18090-7
All rights available



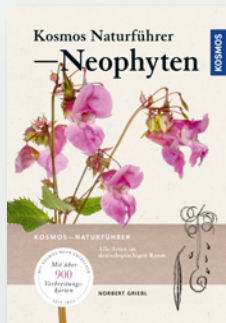
Norbert Griebel
The Kosmos Alpine Flora
978-3-440-17498-2
Rights sold: UK



Peter Schönfelder
The Kosmos Guide to Medicinal Plants
978-3-440-16268-2
Rights sold: ES



Peter Schönfelder
The Kosmos Guide to Mediterranean Plants
978-3-440-17499-9
Rights sold: ES



Norbert Griebel
Neophyten
978-3-440-16874-5
All rights available



Peter Schönfelder
The Kosmos Canary Flora
978-3-440-15407-6
Rights sold: ES



Norbert Griebel
Orchids of Europe
978-3-440-17100-4
All rights available



Margot Spohn
The Big Kosmos Guide to Trees
978-3-440-17094-6
Rights sold: PL, IT

Wellness Through Wild Plants



NEW

Alexis Goertz · Jonas Grube
Fermented Power x 52
 02/2025; 25.00 €

pages: 224
 Hardcover; 17.00 x 24.00 cm
 coloured photos: 200
 coloured illustrations: 46
 b/w-illustrations: 52
 978-3-440-18170-6

*Author is
 Canadian native*

All rights available

► **Combines trend of fermenting with edible wild plant**

Fermentation power, a new approach with plants from nature. Kimchi, kombucha, kefir, yoghurt – fermented foods have become an integral part of modern cuisine. No wonder, because these sour treats are not only tasty, but also very healthy! The use of wild or cultivated bacteria or yeasts preserves food and increases its vitamin and nutrient content enormously. In this book, the authors combine the art of fermentation with the powers of wild nature. A unique guide full of tasty and innovative ideas on how fermentation beginners and experts can add new flavour to their culinary lives.



Ansgar Hoppe
Flowers of the Alps
 978-3-440-18117-1
 Rights sold: FR, SI, UK



Rudi Beiser
Edible Wild herbs and Berries
 978-3-440-18224-6
 Rights sold: CZ, IT, PL



NEW

Phil Käding
Mental Health with Wild Plants
 03/2025; 20.00 €

pages: 144
 Paperback with flaps; 13.20 x 19.30 cm
 coloured photos: 200
 coloured illustrations: 100
 978-3-440-17906-2

All rights available

► **Combining wild plants for mental well being**

„It's not the doctor who heals, it's nature.“ – This also applies to mental health, as native wild plants can have a positive effect here too. That's why nature expert Phil Käding presents 24 wild species in detail in this book, which can help with mental ailments such as nervousness, restlessness or mood swings.



Rudi Beiser
Tea from Fruits and Herbs
 978-3-440-17675-7
 All rights available



NEW

Christine Rauch
Edible Wild Plants
 978-3-440-18246-8
 All rights available

New Books on Birds



NEW

Katrin Hecker
The Book of Gardenbirds
 02/2025; 28.00 €

pages: 224
 Hardcover; 19.00 x 25.30 cm
 coloured photos: 350
 coloured illustrations: 100
 978-3-440-18076-1

All rights available

Frank Hecker is a graduate biologist with a focus on zoology, botany and marine biology. He has made a name for himself as a nature photographer, writes natural history reports for magazines and newspapers, and is the author of several books.

► **A book for the entire family, an ideal gift**

The fascination of garden birds - for the whole family. Lovingly designed and full of exciting background information, 'The Book of Garden Birds' by well-known authors Katrin and Frank Hecker is a colourful journey through the world of garden birds for the whole family. Full of lively details and interesting facts, the book introduces over 100 of the most common native garden birds, provides observation and gardening tips for young and old and uses impressive photos and illustrations to show how beautiful and fascinating the microcosm in your own garden is.



Daniela Strauß
Garden Birds in Life Size
 978-3-440-17861-4
 Rights sold: CZ, NL, FR, ES, HU



Katrin Hecker
Bird Guide for taking along
 978-3-440-18118-8
 All rights available



Philipp Herrmann
Bird Guide by Ear
 978-3-440-17666-5
 All rights available

NEW

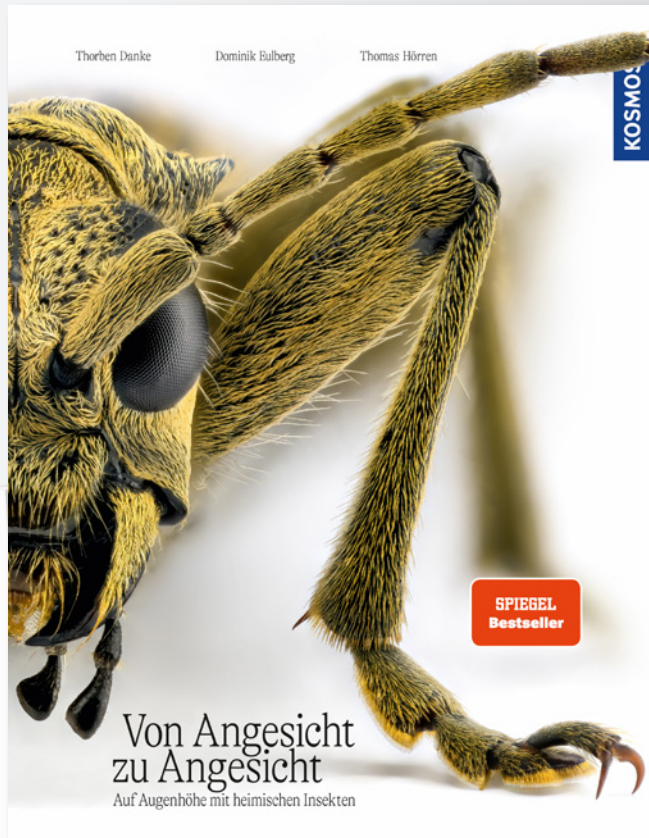
The Beauty of Nature

Dominik Eulberg
Eye to Eye.
The World of Insects

09/24; 38.00 €

pages: 208
 Hardcover; 23.70 x 30.40 cm
 coloured photos: 347
 978-3-440-17900-0

All rights available



Dominik Eulberg has a huge fan base that happily embraces his nature messages. His biodiversity shows are well attended and his book „Mikroorgasmen überall“ won the 2021 Science Book of the Year Award.

Thomas Hörren is a German entomologist and coleopterist. He conducts research on insect diversity and has published numerous papers, with a focus on faunistics.

Thorben Danke is a professional and acclaimed photographer. He has published the Science Photo of the Year 2021 in National Geographic magazine and his photos have recently been featured in the Netflix series „Life on our Planet“. His macro shots give fascinating insights into our nature.

- ▶ **The world of insects in photographs**
- ▶ **Amazing title providing wonderful insights**

In this highly aesthetic title ecologist Dominik Eulberg, together with Thomas Hörren, take their readers into the world of our native insects. Photographs by Thorben Danke, which show the insects in unprecedented detail, reveal the peculiarities and astonishing characteristics of the six-legged creatures and make it clear how important these seemingly insignificant animals are in the grand scheme of things.



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



Ulrich Schmid
Insects
 978-3-440-17608-5
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Gamander López
Moments in Nature
 978-3-440-17876-8
 All rights available



Heinz Krimmer
Aliens of the Oceans
 978-3-440-16664-2
 All rights available

Beekeeping



Dr Friedrich Pohl
Varroa Mite
978-3-440-17565-1
All rights available

Ever since the Eastern honey bee came to Europe from East Asia in the early 1970s, the Varroa mites it brought with it have been one of the greatest threats to our bee colonies. Bee disease expert Dr Friedrich Pohl explains what the mites are all about, why they are so dangerous and what beekeepers can do to prevent infestations.



Dr Matthias Schlörholz
Beeswax and Wax Cycle
978-3-440-17400-5
All rights available



Dr Friedrich Pohl
The ABC of Beekeeping
978-3-440-14945-4
Rights sold: IT, NL, KO, FR,



Kaspar Bienefeld
Bee Keeping Step by Step
978-3-440-14949-2
Rights sold: CZ, CN, NL, PL



Sebastian Faiß
Beekeeping
978-3-440-17334-3
All rights available



Dr Friedrich Pohl
Manual of Bee Diseases
978-3-440-15609-4
Rights sold: CZ, SK



Tobias Miltenberger
Practical Guide to Ecological Beekeeping
978-3-440-16792-2
Rights sold: CZ

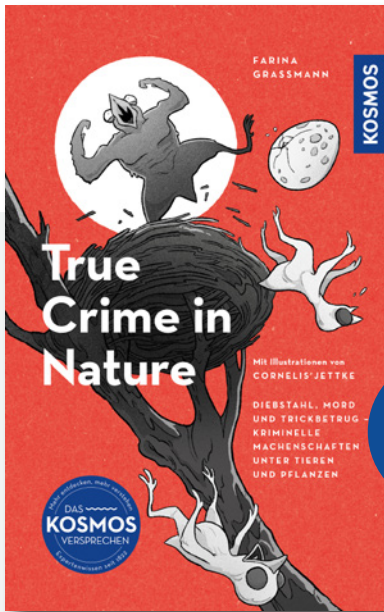


David Gerstmeier
Ecological Beekeeping
978-3-440-15605-6
All rights available



Sarah Bude
Beekeeping for Kids
978-3-440-16791-5
Rights sold: CZ

Nature, Fishing and Hunting



Farina Graßmann
True Crime in Nature

02/2025; 20.00 €

pages: 192
Paperback with flaps; 13.50 x 21.50 cm
coloured photos: 30
coloured illustrations: 30
978-3-440-18023-5

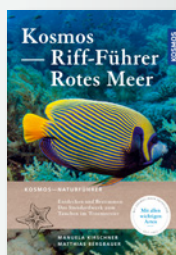
All rights available

► Deceive, steal, murder: criminal instinct in fauna and flora

True crime reports about gruesome criminal cases are extremely popular. Can such 'deeds of evil' also be found in nature? In this guide, Cornelis Jettke gets to the bottom of clever deceptive manoeuvres, cunning traps and brazen thieves in the animal and plant world and shows the strategies behind them.



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



Manuela Kirschner
Kosmos Reef Guide Red Sea
978-3-440-16933-9
All rights available



Moorschmied
Sharpening Knives

08/2025; 26.00 €

pages: 160
Hardcover; 17.00 x 24.00 cm
coloured photos: 110
coloured illustrations: 10
978-3-440-18097-6

All rights available

► Guide for professional self-sharpening of knives and tools

How to keep knives sharp: In this book, the experts from the renowned knife manufacturer Moorschmied show how even laymen can help their knives and tools to become sharp again and present suitable sharpening tools and techniques.



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



Tanja Dautzenberg
Hunting Apport
978-3-440-17841-6
Rights sold: CZ

Hunting



NEW

Isabelle Bulling
Hunt and Care for Your Catch

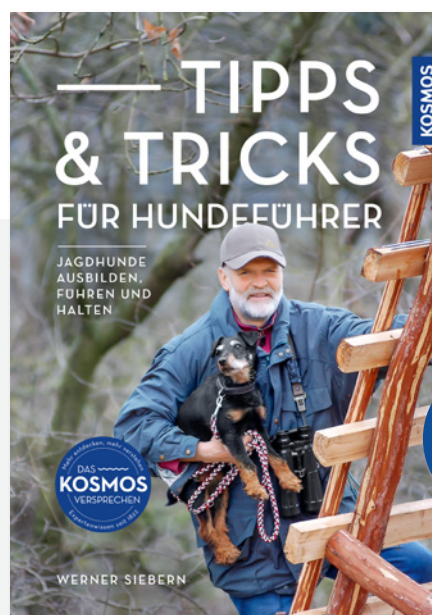
03/2025; 30.00 €

pages: 152
Hardcover; 17.00 x 24.00 cm
coloured photos: 140
coloured illustrations: 5
978-3-440-17923-9

All rights available

- ▶ **From the forest to the plate – animal welfare in hunting**
- ▶ **Trend: animal welfare-friendly food**

In her book, hunter and master butcher Isabelle Bulling provides information on the food-hygienic extraction of game meat under the aspect of animal welfare – from shooting to ready-to-cook portioning and marketing.



NEW

Werner Siebern
500 Practical Tips for Keeping Hunting Dog

01/2025; 24.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 157
978-3-440-18030-3

All rights available

- ▶ **Practical tips on keeping and training for beginners**

What should you look out for when choosing a puppy? What basic equipment is required and what needs to be considered when caring for your new hunting companion and family member? This book answers these and many other questions briefly and competently and provides valuable tips for puppyhood and training as well as nutrition and socialisation.



NEW

Michael Petrak
Recognizing Game Damage
978-3-440-18092-1
All rights available



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



Dr. Christian Hackenbroich
First Aid for Hunting Dogs
978-3-440-17883-6
All rights available



Hans-Jürgen Markmann
Hound Dog Puppies
978-3-440-18177-5
All rights available

Martin Rütter — Dog Expert

Over **1 million** copies sold

Martin Rütter
Hunting Behavior in Dogs

10/24; 22.00 €

pages: 176
Hardcover; 19.00 x 25.30 cm
coloured photos: 200
978-3-440-17700-6

All rights available



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.

► **Finally achieve relaxed dog walking**

► **Understanding and managing the hunting behaviour**

It is the dream of many dog owners: relaxed walks, no long waits at the edge of the forest because the dog has disappeared to chase game, no worries about uncontrolled chasing after joggers or cyclists ... And yet the reality is often quite different. Andrea Buisman and dog professional Martin Rütter explain in easy-to-understand terms where the hunting instinct in dogs comes from and show how it can be controlled. With their valuable tips, they support dog owners in tricky situations, present alternative activities and how to use a drag lead, and show how hunting behavior in puppies can be controlled from the very beginning.



Top-Seller



Martin Rütter
Puppy Training With Martin Rütter
978-3-440-17170-7
All rights available



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

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.

Feel Your Dog



NEW

Maren Grote
Frustrations, good bye

04/2025; 25.00 €

pages: 232
Hardcover; 17.00 x 24.00 cm
coloured photos: 273
978-3-440-18123-2

All rights available

► **Step by step guide to learn frustration tolerance and self-regulation**

Here dog owners will find everything they need to know about frustration tolerance and impulse control: Extensively illustrated, with lots of exciting background knowledge and practical exercises for everyday life, this book is ideal for anyone who wants to help their dog become more confident and frustration-tolerant in difficult situations.



NEW

Sami El Ayachi
Leash Handling

04/2025; 22.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 225
coloured illustrations: 18
978-3-440-17851-5

All rights available

► **Unique method: Successful leash training with body language**

Sami El Ayachi shows how body language can be used to guide the dog. In detailed exercises, the dog expert shows how human body language can be used in communication with the dog to build orientation, security and trust.



Maren Grote
Leading and Feeling Dogs
978-3-440-17917-8
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Maren Grote
Learning to Read Dogs
978-3-440-17558-3
Rights sold: NL, CZ

Sold over **25.000** copies



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



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

NEW edition

Teaching Dogs



NEW

Sonja Meiburg
Walk the Dog-Training

03/2025; 16.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 130
978-3-440-17897-3

All rights available

► **Relaxed dog walking with marker training course**

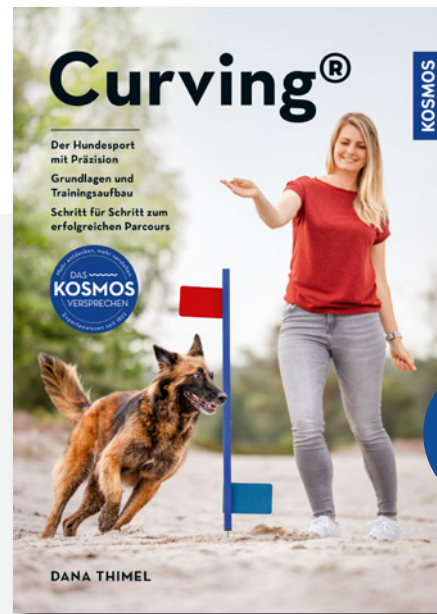
Dog expert Sonja Meiburg shows that going for a walk doesn't have to be stressful and difficult because too many stimuli distract the dog. With marker training, dogs can learn to go about their business in peace. Step-by-step training units that build on each other can be easily implemented in everyday life and make walks together a positive experience with your dog again.



Sonja Meiburg
Improve Your Relationship With Your Dog
978-3-440-16915-5
All rights available



Nicole Lützenkirchen
Are you still Calling your Dog?
978-3-440-16804-2
All rights available



NEW

Dana Thimel
Curving

04/2025; 28.00 €

pages: 176
Hardcover; 17.00 x 24.00 cm
coloured photos: 180
coloured illustrations: 30
978-3-440-18126-3

All rights available

► **Innovation in the dog sport, for team work and better communication**

The innovative concept of curving strengthens the communication skills of dog owners and provides physical and mental exercise for dogs in a playful way. Having fun together, training the dog sensitively and strengthening the relationship – Curving® offers all of this. What you need: four poles and possibly some sports equipment. Eight colors mark the route, while the dog is guided through the course at a distance using body language signals.



Sandra Vonderstein
Rally Obedience
978-3-440-18013-6
All rights available



Ulrike Seumel
Marker Training for Dogs
978-3-440-16719-9
All rights available

Learning about Dogs



NEW

Katrin Scholz
Hi, I am talking to You

04/2025; 25.00 €

pages: 208
Hardcover; 17.00 x 24.00 cm
coloured photos: 200
978-3-440-18025-9

All rights available

► **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.



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



Dr. Udo Gansloßer
They Play After All
978-3-440-17186-8
All rights available



Vanessa Engelstädter
Let The Others Talk

08/24; 20.00 €

pages: 224
Hardcover; 14.20 x 22.10 cm
b/w-photos: 2
b/w-illustrations: 4
978-3-440-17846-1

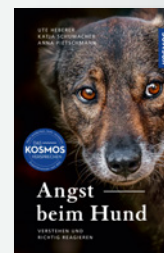
All rights available

► **Resilience training for dogs and humans**
► **For more serenity in everyday life**

Dogs are masters of empathy. That's why human resilience is the be-all and end-all for a relaxed dog. In this book, Vanessa Engelstädter shows how dog owners can improve their own impulse control in order to master everyday life confidently and calmly and improve their relationship with their dog.



Heike Schmidt-Röger
What Does My Dog Think?
978-3-440-16787-8
Rights sold: FR, CZ, SK



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

My Pet

— Series



Short Guides to pet keeping

Bibliographic Information

96 pages, 24.1 x 17.3 cm,
Paperpack with flaps, 12.00 €
Series rights sold: CZ



Cat expert Kerstin Höfkes provides a compact overview of everything first-time pet owners and families need to know about communicating with their cats. Creative DIY projects invite the whole family to make and help out. For beginners and families with cats.

NEW edition

Kerstin Höfkes
Cat Speak
978-3-440-18089-1
All rights available



Saskia Rößner
Hamsters
978-3-440-17854-6
All rights available



Svenja Wilms
Tortoises
978-3-440-17848-5
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978-3-440-17562-0
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978-3-440-17588-0
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Wencke Sabrina Schacht
Parakeets
978-3-440-17563-7
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Sonja Meiburg
Puppy School
978-3-440-17567-5
Rights sold: CZ



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



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

Horses for Beginners



Carola von Kessel
What is my Horse Thinking

06/23; 16.00 €

pages: 96
Paperback with flaps; 17.10 x 21.40 cm
coloured photos: 152
978-3-440-17435-7

Rights sold: FR

- ▶ **In the successful photo-guide concept**
- ▶ **Through mutual understanding to more harmony in the horse-human relationship**

This extensively illustrated photo guide uses short, concise texts to explain how horses communicate with each other and with humans. It provides assistance in interpreting even the most subtle signals and shows horse owners how to react correctly to their horse's messages.

Carola von Kessel is the author of many read-aloud and first reader books and has written several Starlet, The Secret Unicorn stories.



Silke Behling
Horse Breeds
978-3-440-17649-8
All rights available



Sibylle Luise Binder
Which Horse Suits Me?
978-3-440-14940-9
Rights sold: CZ

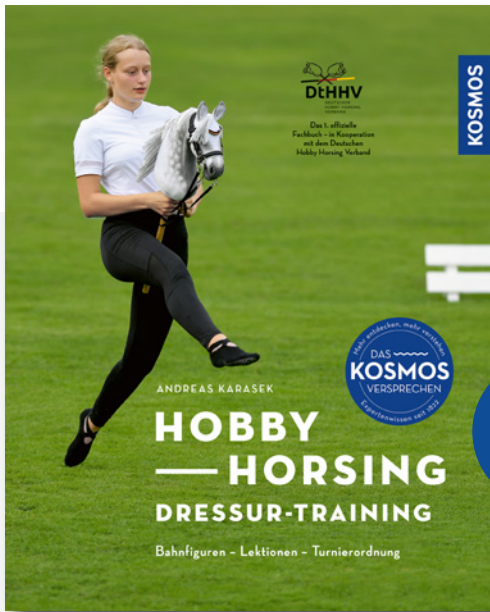


Ulrike Amler
Everything About Horses
978-3-440-17198-1
Rights sold: CZ



Ulrike Amler
Horseback Riding 101
978-3-440-17060-1
Rights sold: CZ

Fit on a Horse



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

All rights available

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

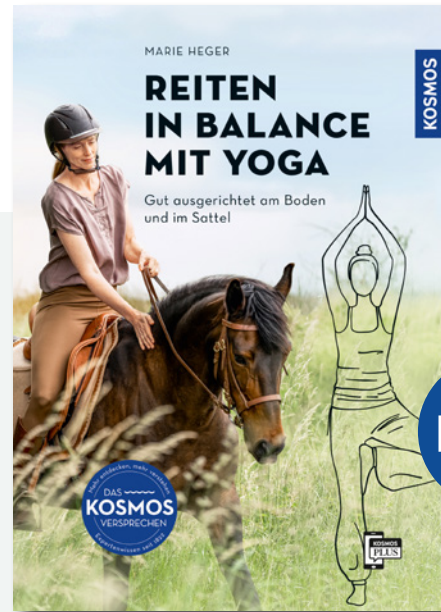
The new trend sport 'Hobby Horsing' is no longer unknown. It is more than just hobby horse riding and includes challenging running and jumping techniques as well as the construction of courses that have to be ridden as elegantly and correctly as possible. In this book, interested readers will find everything 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.



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



Katrin Obst
Training with Obst
978-3-440-16744-1
All rights available



Marie Heger
Riding in Balance with Yoga

01/2025; 24.00 €

pages: 128
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 100
978-3-440-17992-5

All rights available

► **The unique combination of riding and yoga**

Horse and rider as one – this book shows how this can be achieved. Thanks to special yoga exercises, horse owners achieve more balance and awareness of their own body and can thus dose the signals to the horse in a finer and more coordinated way when riding.



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

Working with Horses



NEW

Marius Schneider
Gymnastics Free Work

02/2025; 30.00 €

pages: 160
Hardcover; 17.00 x 24.00 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.



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



Waltraud Böhmke
Groundwork for Horses
978-3-440-17438-8
Rights sold: US



NEW

Katja Schnabel
Horse Training with Katja Schnabel

03/2025; 30.00 €

pages: 160
Hardcover; 17.00 x 24.00 cm
coloured photos: 150
978-3-440-17858-4

All rights available

► **Practical exercises for fine communication through body language**

Empathetic, fair, consistent – this is how Katja Schnabel's training method can be described. However, her approach to horses not only includes riding, but also keeping, grooming, occupation and training on the ground and under the saddle. In this book, she presents her entire training philosophy with many practical exercises for the first time.



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



Anne Krüger-Degener
Forging Happiness for Horses
978-3-440-17188-2
Rights sold: US

Advanced Techniques

Ingrid Klimke
Cavaletti

03/2025; 32.00 €

pages: 160
Hardcover; 17.60 x 24.60 cm
coloured photos: 200
coloured illustrations: 30
978-3-440-17190-5

Rights sold: PL, CZ, IT, US

NEW
edition



Eventing professional Ingrid Klimke has won Olympic team gold, the team world championships and the team European championships. For her outstanding achievements as a trainer and rider, she was awarded the title Reitmeister (riding master).

- ▶ **Cavaletti training with the Klimkes – learning from the best**
- ▶ **Standard work in new edition**

Every horse benefits from working with cavaletti and Olympic champion Ingrid Klimke shows how to achieve this. In her book, she explains the basics, gives important tips from her own everyday training and helps horse owners to promote their horse's rhythm, suppleness, motivation and fitness by means of numerous sketches.



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



Alois Podhajsky
The Classic Art of Riding
978-3-440-17416-6
Rights sold: US



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



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

Influences on Our Bodies



NEW

Martin Auerswald The Epigenetics Code

03/2025; 22.00 €

pages: 152
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 50
coloured illustrations: 15
978-3-96859-085-1

All rights available

► Bestselling author on genetics

It was long thought that a person's genes were immutably fixed. But today we know that we can very well influence the activation or deactivation of genes. Epigenetics gets to the bottom of this and investigates which factors can be consciously used to regulate our genes. What effects do our lifestyle, our diet or the diseases we suffer have on our genes? Which habits have a positive effect on our genes and which have a negative effect? And how can we consciously influence our own genes in order to live a healthier life? Biochemist Martin Auerswald addresses all these questions. He presents the current state of research in an understandable way and gives practical tips for everyday life.



Martin Auerswald
Cell Reset
978-3-96859-057-8
Rights sold: PL



Martin Auerswald
Fact Check: Nutritional Supplements
978-3-96859-046-2
All rights available



Dr Mirjam Wagner How Contraception Works Today

11/24; 22.00 €

pages: 240
Paperback with flaps; 13.60 x 21.50 cm
coloured illustrations: 40
978-3-96859-052-3

All rights available

► Make self-determined decisions

There are many different methods of contraception and the decision should be carefully considered. At the same time, there are many preconceptions in the world, which can quickly unsettle young people in particular. Gynecologist Dr Mirjam Wagner explains and focuses on contraception in this guide. In a competent and easy-to-understand manner, she presents all the common methods of hormonal and natural contraception, lists their benefits and risks and, with many practical examples and a contraceptive quiz, provides all people of fertile age with a comprehensive tool to help them decide on the right contraceptive method for their individual needs.



Dr Heide Fischer
My Compass for Menopause
978-3-96859-043-1
All rights available



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

Understanding the Problem

Prof. Dr. Martin Storr
Leaky Gut

03/2025; 22.00 €

pages: 240
Paperback with flaps; 13.50 x 21.50 cm
b/w-illustrations: 10
978-3-96859-087-5

All rights available

NEW



Prof Dr Martin Storr is a specialist in internal medicine and gastroenterology in Starnberg. He is one of Germany's leading experts on functional gastrointestinal disorders, reflux, irritable bowel syndrome and irritable stomach syndrome and a successful non-fiction author.

- ▶ **Explains the syndrom**
- ▶ **Comes with a 4 week treatment plan**

In leaky gut syndrome, the barrier function of the intestinal mucosa is disrupted and allergies, hormonal problems and many other illnesses can follow. In this book, Prof Dr Martin Storr provides comprehensive information about leaky gut and helps to improve intestinal health and vitality with his 4-week acute cure and many healthy recipes.

More
Helpful Guides



Dr Christoph Pies
Do not Fear Your Urologist
978-3-96859-017-2
All rights available



Dr Bernhard Dickreiter
Leave Chronic Fatigue Behind
978-3-96859-062-2
All rights available



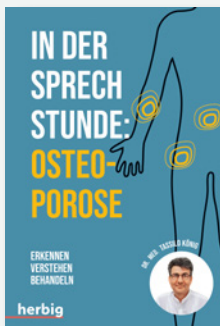
Prof Dr Martin Storr
Help with the Silent Reflux
978-3-96859-037-0
All rights available



Dr Tassilo König
Help with Osteoporosis
978-3-96859-066-0
All rights available

The Doctor — is In

FAQ
answered by
doctors



Dr Tassilo König
At The Doctor's:
Osteoporosis
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
978-3-96859-050-9
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Dr Eva Christina Schwaneck
At the Doctor's: Rheuma
978-3-96859-055-4
All rights available



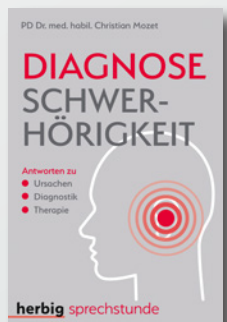
Prof Dr Sylvia Mechsner
Consultation on Endometriosis
978-3-96859-034-9
All rights available



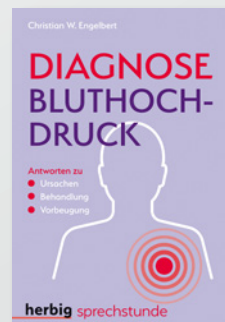
Dr Christoph Pies
In Consultation: The Bladder
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Taking Control of Your Body



Dr Bernhard Dickreiter
Escape the Insulin Trap

02/2025; 18.00 €

pages: 168
Paperback with flaps; 13.50 x 21.50 cm
coloured illustrations: 8
978-3-96859-080-6

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► Fight the insulin resistance; exercises for a sustainable healthy life

What is insulin resistance – something like diabetes? Wrong, because while the latter has been documented since ancient times and is now one of the most widespread common ailments in Western civilisation, insulin resistance is even less well known and often goes undetected. In this book, Dr Bernhard Dickreiter sets out a very conscious impulse to holistically counteract the precursor disease of diabetes, obesity and the like. He answers the most important questions about cause and effect of insulin resistance and shows ways out of the insulin trap through diet, more exercise and conscious relaxation - for a healthier lifestyle.



Vanessa Lämmle
Physical Therapy @home
978-3-96859-068-4
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The Great Guide to Working from Home
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Caroline Sprott
Rays of Hope for Lipoedema

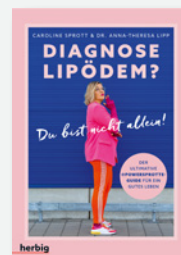
04/2025; 22.00 €

pages: 52
Book plus; 9,00 x 12,50 cm
coloured illustrations: 52
b/w-illustrations: 52
978-3-96859-083-7

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► Card Set to help and exercises for more self confidence

A unique card set for lipoedema sufferers that helps them develop more self-esteem week by week through positive affirmations, mind games, questions and exercises. For more light-heartedness, despite lipoedema!



Caroline Sprott
Diagnosis Lipoedema
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Thomas Rogall
Strong Body Center, Step by Step
978-3-96859-039-4
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Healthy with — Home Remedies



Jörg Ullmann
Healthy With Algae
978-3-96859-054-7
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Bibliographic Information

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

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 Ullman share delicious power food recipes and many tips for using sea vegetables.



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Yoga and More



NEW

Lucia Schmidt
Detox Yoga

01/2025; 20.00 €

pages: 160
Paperback with flaps; 17.00 x 21.30 cm
coloured photos: 80
978-3-96860-110-6

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► **Yoga exercises as a healing strategy for detoxing**

Detox is on everyone's lips. Cleansing the body and mind ensures greater well-being and inner satisfaction. With her effective 10-day programme, yoga teacher Lucia Nirmala Schmidt teaches the basics of detox nutrition and explains step by step how targeted yoga exercises support detoxification.



NEW

Lucie Beyer
Find Your Yoga Way

03/2025; 22.00 €

pages: 160
Paperback with flaps; 17.00 x 21.30 cm
coloured photos: 50
978-3-96860-099-4

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► **Understanding the ancient wisdom of Yoga in a modern fashion**

With this book, yoga teacher Lucie Beyer helps yoga enthusiasts to find their own personal path – suitable for everyday life and modern. Rituals, reflections and awareness-raising exercises as well as pictorial support help you to get to know your own shadow and light your inner light.



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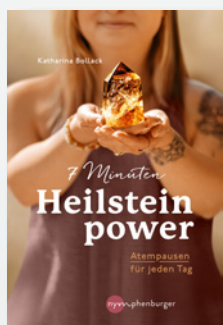
Bibliographic Information

64 pages, 12.7 x 18.6 cm,
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Feel and Develop Yourself

Celia Schönstedt
Heal your Female Energy
 03/2025; 25.00 €

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

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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**
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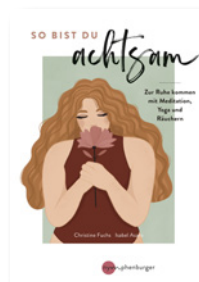
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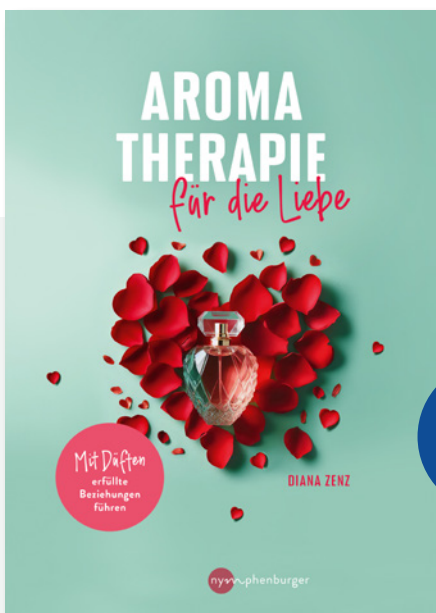


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Practise Healing Through Nature



NEW

Diana Zenz
Aromatherapy for Love

03/2025; 18.00 €

pages: 144
Paperback with flaps; 17.00 x 24.00 cm
coloured photos: 123
978-3-96860-101-4

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- ▶ **Practical guide with recipes**
- ▶ **personality exercises**

It's not always easy with love, as a wide range of emotions play a major role depending on the relationship situation. With her special coaching strategies, meditations and finely tuned fragrance recipes, aroma practitioner Diana Zenz guides you through emotionally difficult situations relating to love and brings clarity to your emotional world.



NEW

Michael Gienger
Healing Stone Therapy (Practical guide)

01/2025; 16.00 €

pages: 104
Paperback with flaps; 17.00 x 21.30 cm
coloured photos: 94
coloured illustrations: 7
978-3-96860-114-4

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- ▶ **36 healing stones for physical and mental well-being**

In this book, healing stone expert Michael Gienger presents the 36 most important healing stones and their modes of action, explains their areas of application and provides valuable impulses for holistic healing. Whether rock crystal for fever, malachite for detoxification or healing ointments made from amber: no medicine cabinet should be without them!



Iris Panhans
The Art of Witchcraft
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Understanding the World and Yourself



NEW

Susanne Krämer
Connected to the Germanic Gods

04/2025; 20.00 €

pages: 160
 Paperback with flaps; 17.00 x 21.30 cm
 coloured photos: 80
 coloured illustrations: 18
 978-3-96860-086-4

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► **Shamanism in everyday life and throughout the year**

Shamanism and the power of the gods are attracting more and more attention from the general public. In this book, Susanne Krämer provides the ideal guide for those interested, presents the messages of 18 gods and nature beings throughout the year and shows how they can be integrated into everyday life with small rituals.



NEW

Nina Brach
Praised Be your Sensitivity!

03/2025; 20.00 €

pages: 144
 Paperback with flaps; 15.20 x 21.50 cm
 coloured photos: 30
 coloured illustrations: 3
 978-3-96860-117-5

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► **Dealing with high sensitivity; ending sensory overload**

Being highly sensitive is a challenge, but the author celebrates these abilities to feel and see. Highly sensitive people suffer particularly from the everyday sensory overload. This title encourages highly sensitive people to recognise their sensitivity and see it as a strength, to have the courage to stand up for their own limits and the courage to accept themselves. With specific questions and exercises, it provides those affected with the ideal companion to a self-determined life.



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Our Recommendations



„Great accessibility to difficult subjects, entertaining as well as informative. A very young and active author, who really knows and loves his stuff.“



„Which aroma has love? What is the best scent for which undertaking? A title that makes you want to immediately create these scents yourself, you can practically smell them while reading.“



„Hobby Horsing – not only a new and fun hobby for everyone, but quite an economic way as an introduction to the equine sports.“

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