



www.heel-verlag.de

Foreign Rights Guide

HOBBY & LIFESTYLE

SPRING 2024

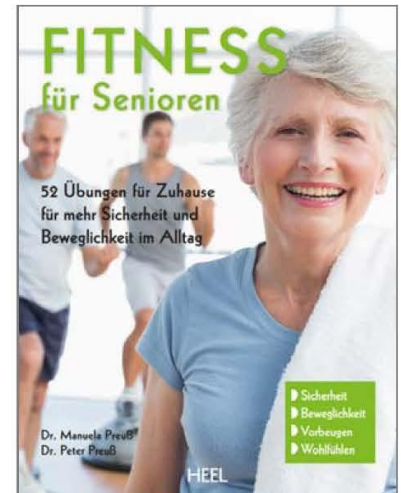
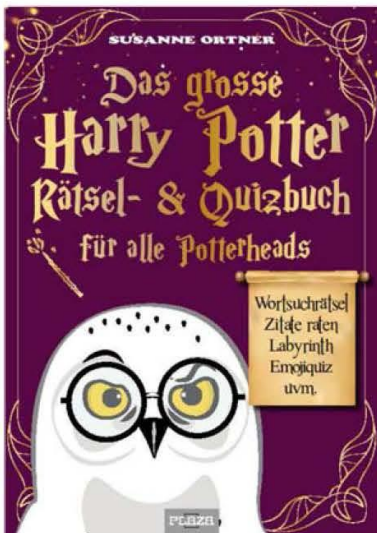


Table of contents

Quiz & Puzzle Book for Potterheads	3
Potterheads: Drown the Dark Lord	4
Overview of our Potterhead titles	5
100 Facts about Till Lindemann	6
The unofficial Rammstein Biography	7
Power Baby! The Jeremy Fragrance Story	8
Guided Bullet Journal by BeautyBenzz	9
Best Friend Bucket List	10
The new Bucket List for Couples	11
Flat-Sharing Survival Guide	12
Home Design made simple - DIY projects and ideas to decorate your space	13
From Caravan to Tiny House	14
Amore per Gusto – My Italian Kitchen	15
Simple, Fresh and Popular Family Meals	16
Best of OptiGrill – the popular contact grill	17
Lads! BBQ!	18
The new BBQ Bible by Sizzlebrothers	19
Histamine Intolerance Guide and Cookbook	20-21
The Bushcraft Bucket List	22
Fitness for Seniors	23

H. ADVANCE TITLE INFORMATION

QUIZ & PUZZLE BOOK FOR POTTERHEADS

by Susanne Ortner

CONTENT:

Dive into the magical world of Harry, Ron and Hermione and puzzle your way through Hogwarts! You think you know your way around the Potterverse, know all the film and book quotes by heart and are a true Potterhead? Then put your skills to the test! Find your way out of the maze to the Triwizard Cup, disenchant syllable twisters and quiz your way to the House Cup victory! From true puzzle classics for real Potterheads to easier puzzles for new students of magic, you can also expect completely new types of puzzles such as an emoji quiz and the absolutely bewitching questions from the online community!

Prove that you are a true Potterhead and master, alone or with friends, over 200 tricky questions about the world's most famous sorcerer's apprentice!

The author is a real potterhead: She has been addicted to the magical world ever since she listened to the English audio book while studying in Scotland in 1998: She is one of the best-known Harry Potter bloggers in Germany and hosts weekly participatory quizzes on Instagram, in which thousands of followers take part. During her *muggle* life, she works as a musical casting director & production associate and lives in Cologne.

Rights all available

SPECIFICATIONS:

- 144 pages
- full colour illustrations throughout
- paperback
- trim size 187 x 264 mm
- retail price: € 12.99
- ISBN 978-3-96664-750-2
- Publication: January 2024



HEEL Verlag GmbH ✦ Foreign Rights ✦ Gut Pottscheidt ✦ 53639 Koenigswinter ✦ Germany
 k.michelberger@heel-verlag.de ✦ s.becker-barth@heel-verlag.de ✦ www.heel-verlag.de

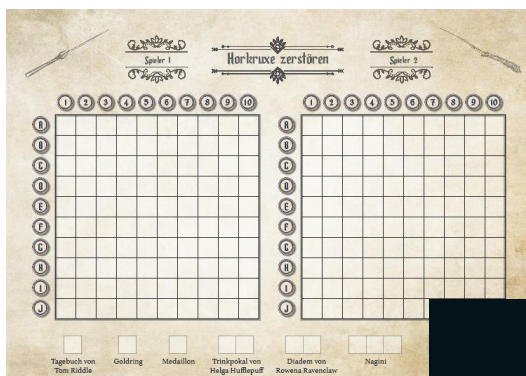
H. ADVANCE TITLE INFORMATION

POTTERHEADS: DROWN THE DARK LORD!

CONTENT:

You've always wanted to stand with Harry, Ron, Hermione & Co. against 'You-know-who'? Then this is your chance – just grab this magical edition of the classic game **Battleship**. Soul-sucking Dementors, ruthless Death Eaters and the most evil wizards and witches from the Potterverse are waiting for you – use the best strategy to find them and compete with your friends in the ultimate magic duel. Find 140 magical objects, terrifying creatures and dark enemies to enchant. Can you destroy the Horcruxes, win the battle for Hogwarts and defeat Lord Voldemort?

All the sheets are perforated, an ideal package for playing at home and on the road! **Battleship** is one of the most exciting games since the invention of pen and paper and will definitely make the perfect gift for any Potterhead!

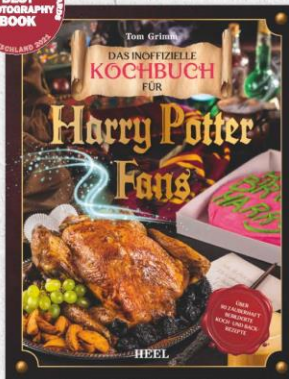


Rights all available

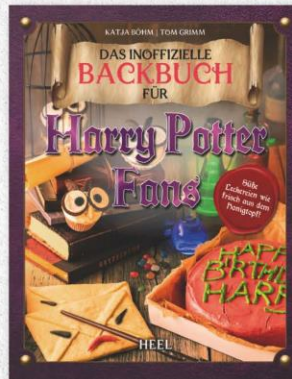
SPECIFICATIONS:

- 128 pages
- illustrated throughout
- paperback
- trim size 187 x 264 mm
- retail price: € 12.99
- ISBN 978-3-96664-751-9
- Publication: November 2023

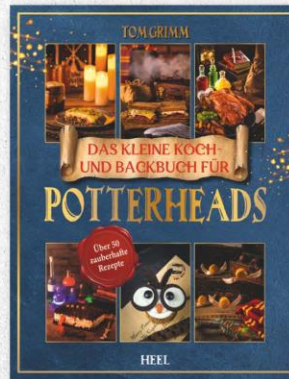
BEST-SELLING BOOKS FOR POTTERHEADS!



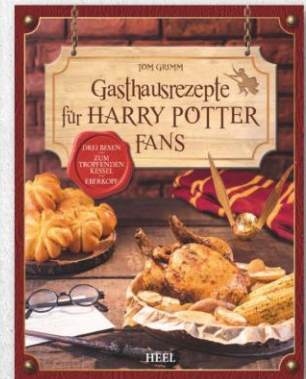
ISBN: 978-3-95843-937-5
 € (D) 19,99
 Rights sold: Dutch, English (USA),
 French (Canada), Russian, Ukrainian



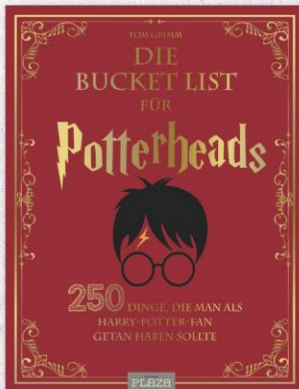
ISBN: 978-3-96664-291-0
 € (D) 19,99
 Rights sold: English (USA), Russian,
 Spanish, Ukrainian



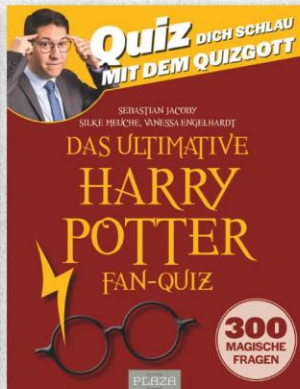
ISBN: 978-3-96664-340-5
 € (D) 9,99
 Rights all available



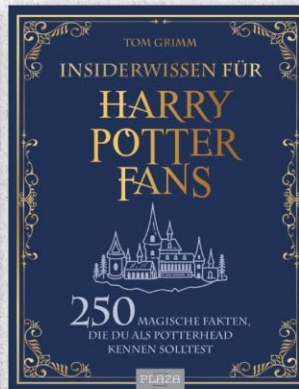
ISBN: 978-3-96664-513-3
 € (D) 19,99
 Rights sold: Russian



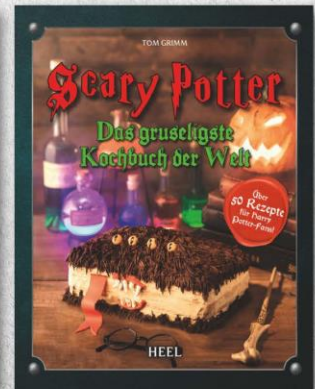
ISBN: 978-3-96664-127-2
 € (D) 9,99
 Rights sold: Portuguese



ISBN: 978-3-96664-294-1
 € (D) 9,99
 Rights sold: Danish, Swedish,
 Russian



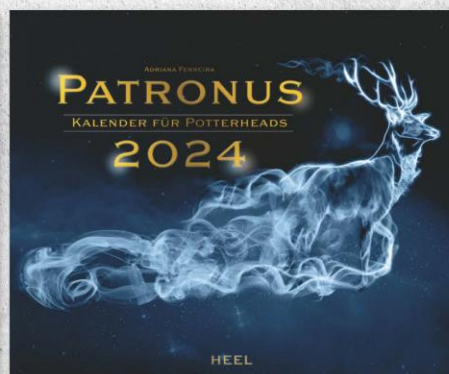
ISBN: 978-3-96664-357-3
 € (D) 14,99
 Rights sold: Portuguese, Russian,
 Spanish



ISBN: 978-3-96664-312-2
 € (D) 14,99
 Rights sold: English World



ISBN: 978-3-96664-641-3
 € (D) 16,99
 Rights all available



ISBN: 978-3-96664-632-1
 € (D) 29,95
 Rights all available

H. TITLE INFORMATION

100 FACTS ABOUT TILL LINDEMANN

by Michael Fuchs-Gamböck & Jens-Uwe Berndt

CONTENT:

Hard rock band *Rammstein*'s frontman Till Lindemann is the talk of the town these days, but despite all his media presence he has remained the great unknown, shielding his private life from the public eye. Michael Fuchs-Gamböck and Jens Uwe Berndt, two renowned music journalists, trace the Lindemann phenomenon - the entertainer who combines so many attributes: enfant terrible, sex maniac, womaniser, anarchist freak and stuffy family man. 100 facts about the Rammstein frontman dispel speculation and rumours and create transparency.

The new series features the latest topics and events from showbiz, politics and current affairs clearly presented in **100 FACTS!** Form your own opinion with detailed information and discuss current topics that move you.

Rights available

(illustrated materials excluded)

SPECIFICATIONS:

- 80 pages
- many full colour illustrations
- paperback
- trim size 210 x 297 mm
- retail price: € 9.80
- ISBN 978-3-96664-745-8
- Published September 2023



THE UNOFFICIAL RAMMSTEIN BIOGRAPHY

by Michael Fuchs-Gamböck

CONTENT:

They keep polarising like no other European band - either you love them or you hate them. There seems to be nothing in between when it comes to Rammstein. And no matter where they perform, they are euphorically celebrated, their live productions are spectacular. All over the world.

Their song lyrics break taboos, they provoke, they have their very own, often sarcastic sense of humour - and they are among the most successful bands to bring German-language songs to stages and charts worldwide.

This completely updated unofficial book on Rammstein and their complete works tells from an unbiased point of view from their beginnings in the mid-1990s in Berlin up to the current European tour, which will be continued from May 2024!

Updated version /
Rights sold: Russian

SPECIFICATIONS:

- 248 pages
- paperback
- trim size 151 x 223 mm
- retail price: € 19.99
- ISBN 978-3-96664-765-6
- Publication: November 2023



H. TITLE INFORMATION

POWER, BABY! THE JEREMY FRAGRANCE STORY by Jeremy Fragrance

CONTENT:

Jeremy Fragrance is a social media phenomenon. The flashy man with the white suit inspires millions of fans around the world. More than **six million** followers on TikTok, over **two million** subscribers on YouTube, and almost **one million** on Instagram speak for themselves.

On his way to the top the 34-year-old had to overcome many obstacles, both personally and professionally. With his first book he offers a rare insight into his personal life, speaking frankly about his rigorous upbringing and how discipline, determination and a positive mindset made him what he is today – **the world's #1 perfume influencer!** Many full colour photographs from his private albums accompany his own words.

The author Daniel Schütz alias Jeremy Fragrance was born in 1989 as son of Polish immigrants. He has been active on YouTube since 2014 and became the world's number one perfume influencer with more than **nine million followers**. He further manages his own company and perfume brand called '*Fragrance One*'. He lives in Germany as well as in the United States.

 6.5M

 2.04M

 800K

Rights all available

⇒ *Fully edited English translation available!*

SPECIFICATIONS:

- 224 pages
- many full colour photographs
- hardcover
- trim size: 190 x 245 mm
- retail price € 24.95
- ISBN 978-3-96664-709-0
- Published June 2023



H. TITLE INFORMATION

GUIDED BULLET JOURNAL

by tiktostar BEAUTY_BENZZ

CONTENT:

One of **Germany's biggest influencers**, 23-year old "Beauty Benz" or beauty_benz (aka Isabell), who already has 2.9 million fans on TikTok and 364K followers on Instagram (as of March 2023), posts make-up tutorials, funny lifestyle videos and tips and tricks about make-up and beauty on her accounts. Particularly popular are her transformations into well-known movie or Disney characters.

In order to provide her followers with their own personal agenda she decided to bring out this perfect mix of **calendar** / personal **diary** / practical **planner**! The beautifully designed 52 ready-made weekly overviews provide plenty of space to fill them with to-do-lists, personal notes and individual bucket lists in order to keep safe your most important ideas, your goals and dreams. Gather your best make-up looks, reflect on body positivity and look forward to varied challenges, self-help ideas and numerous mood charts & activities.

Set up as a perpetual journal you will always have your most personal notes at hand. This makes the calendar the most beautiful gift not only for beauty_benz followers but for all teenage girls out there.

 3.1 M

 153 K

 400 K

Rights all available

SPECIFICATIONS:

- 160 pages
- many colour illustrations
- colour-edge with ribbon
- softcover
- trim size: 155 x 215 mm
- retail price € 14.99
- ISBN 978-3-96664-708-3
- Published August 2023



H. ADVANCE TITLE INFORMATION

BEST FRIEND BUCKET LIST

250 THINGS BESTIES MUST EXPERIENCE TOGETHER

CONTENT:

You really do EVERYTHING with your best friend, you can chat for hours, finish each other's sentences and simply know each other inside out? Then this personalised gift book is just the thing! With 250 exciting, funny or crazy ideas for REAL friends: Eat 3 scoops of ice cream (in the sauna), think of an excuse to save each other from a bad date, give each other a make-over or fulfil a long-cherished dream (as a surprise, of course!).

Whether you've known each other for a short time or since playing in the sandbox, discover your friendship in a special way with small everyday tasks and experiences! Celebrate your unique friendship with real quality time and create new memories with these moments to mark off together!

Rights all available

SPECIFICATIONS:

- 128 pages
- many b&w illustrations
- paperback, colour-edge
- trim size 168 x 210 mm
- retail price: € 12.99
- ISBN 978-3-96664-760-1
- Publication: April 2024



H. ADVANCE TITLE INFORMATION

THE NEW BUCKET LIST FOR COUPLES

250 NEW THINGS YOU SHOULD EXPERIENCE TOGETHER

by **Stephanie Fischer**

CONTENT:

This New Bucket List for Couples provides unique and unforgettable moments - so that the feelings of love from the beginning remain strong even after forty years of everyday life! The couples can enjoy being in love and keep the butterflies alive with these 250 funny, dreamy, romantic or even whimsical tasks:

Why don't you show each other your favourite places from your childhood, watch your favourite film open air (with a cuddly blanket, of course!), hide little love messages in your sock drawer, fridge or toothbrush mug, or why not explore your own city by tour bus? Each of the 250 ideas supplied here will remain an unforgettable highlight in their lives!

The author, Stephanie Fischer, runs her own PR agency and has successfully published several other bucket lists!

Rights all available

SPECIFICATIONS:

- 128 pages
- many b&w illustrations
- paperback
- trim size 168 x 210 mm
- retail price: € 12.99
- ISBN 978-3-96664-749-6
- Publication: January 2024



H. TITLE INFORMATION

FLAT-SHARING SURVIVAL GUIDE

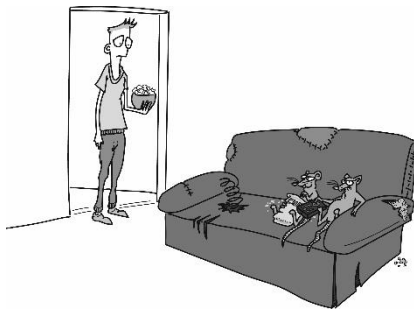
by Norbert Golluch, illustrations by Ralph Handmann

CONTENT:

Here comes the first survival guide for flat-sharing communities! It contains everything you need to know when you move out of 'hotel mama' and share your first apartment. You've just survived the natural selection process at the flat-sharing casting, and now the battle for the edible food in the fridge, the shower times and the budget for the next groceries shopping trip are looming.

This survival guide prepares you for all possible worst-case scenarios and is equally relevant for students, trainees, single parents or early retirees. It prepares you to avoid critical phases like the dreaded cleaning schedule, spot the most dangerous roommate types or win the battle over the best spaces in the fridge – no need to panic, this book will have all the answers for you!

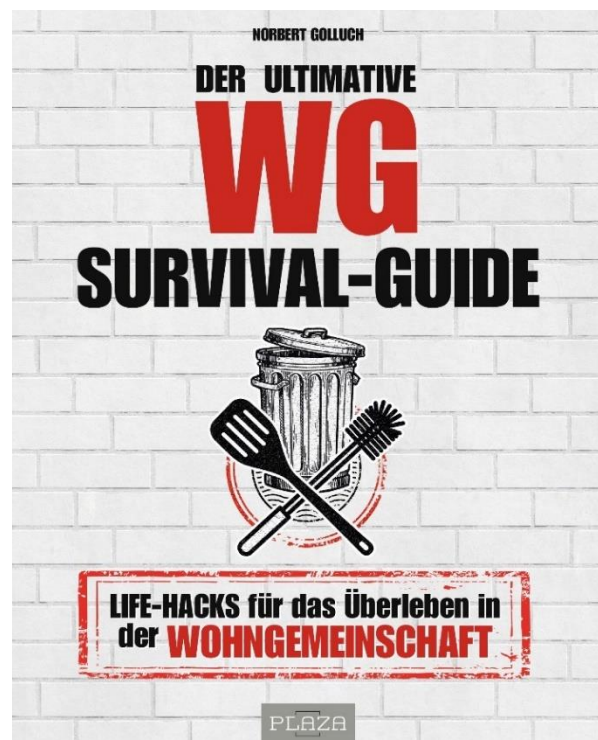
The author Norbert Golluch worked as primary school teacher before he started his career in publishing as editor of a well-known satire magazine. His decision to become a fulltime author of humorous books brought him great success and many bestsellers are still available today.



Rights all available

SPECIFICATIONS:

- 112 pages
- many b&w illustrations
- softcover
- trim size 145 x 190 mm
- retail price: € 9.99
- ISBN 978-3-96664-687-1
- Published October 2023



HEEL Verlag GmbH + Foreign Rights + Gut Pottscheidt + 53639 Koenigswinter + Germany
k.michelberger@heel-verlag.de + s.becker-barth@heel-verlag.de + www.heel-verlag.de

H. ADVANCE TITLE INFORMATION

HOME DESIGN MADE SIMPLE

DIY PROJECTS AND IDEAS TO DECORATE YOUR SPACE

by Ann-Kathrin Otto

CONTENT:

Ann-Kathrin Otto shares her ideas how to easily change the look and style of your home. Whatever it is you like to achieve first of all, you need to tidy up! No need to worry, Ann-Kathrin offers the right advice. She further presents a comprehensive range of skills and materials that provide a great overview for beginners and advanced do-it-yourselfers alike.

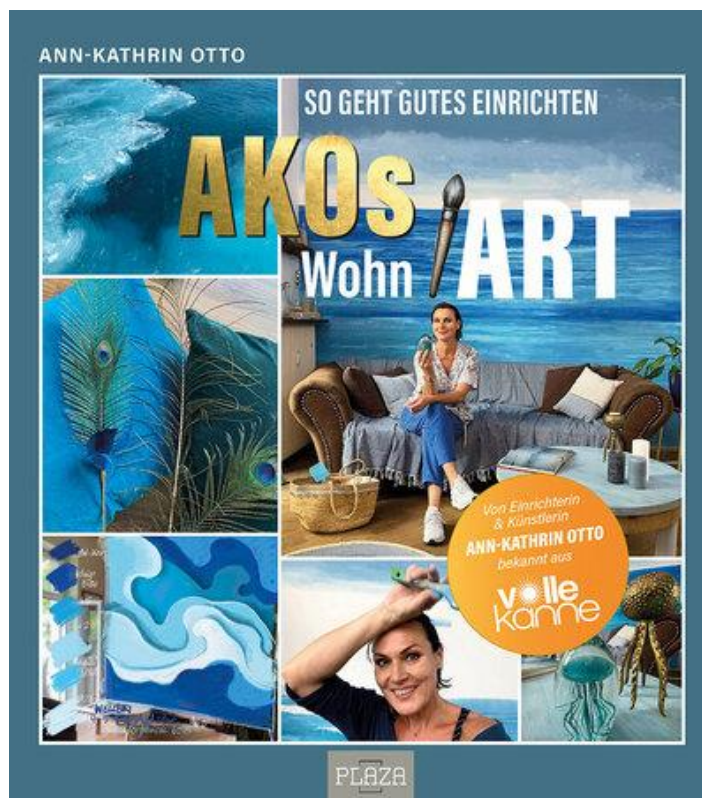
As you continue through the book Ann-Kathrin explains how to choose the appropriate wall color for every room, illustrates how to make a room seem more spacious and outlines how both furniture and pictures may contribute to creating a special atmosphere, reflecting the resident's personality. In addition, she provides examples of how pieces of furniture and small objects can be restyled and upcycled.

The author is a well-known artist, design expert and TV presenter who shares her comprehensive knowledge on how to design and redecorate rooms and objects in a popular weekly television show.

Rights all available

SPECIFICATIONS:

- 160 pages
- many full colour photographs
- hardcover
- trim size: 210 x 240 mm
- retail price € 24.95
- ISBN 978-3-95843-989-4
- Publication: October 2023



H. TITLE INFORMATION

FROM CARAVAN TO TINY HOUSE

by Stella Boda

CONTENT:

Due to the special challenges caused by the pandemic situation of the recent years people started to look for special retreats they could afford nonetheless, and for many of them a caravan on a campsite meant a perfect hideaway.

This book offers great instructions on how to convert and redesign a caravan into a cosy and functional place. The author has been converting these vehicles for quite a few years, her ideas are easy to follow while comprehensively explained. An efficient scheduling with a reasonable evaluation of work and time expenditure forms the basis for it plus finding the required materials, use the proper tools and all other necessary equipment.

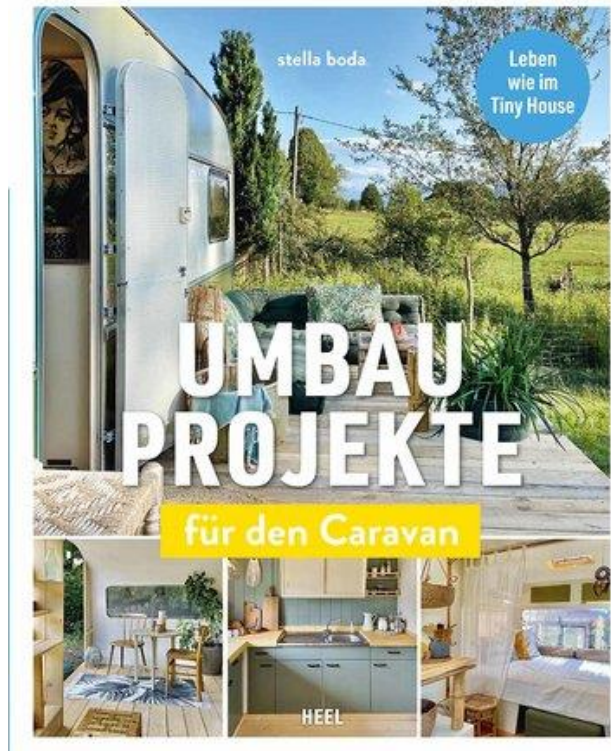
The author is a professional photographer who discovered her enthusiasm for old caravans at her friends' camping site during the first lockdown due to Covid. Today she runs her own company, converting and refurbishing old camper vans, wagons and caravans equipping them with a new and individual charm and atmosphere.



Rights all available

SPECIFICATIONS:

- 160 pages
- many full colour photographs
- 21,334 words
- hardcover
- trim size 203 x 254 mm
- retail price: € 26
- ISBN 978-3-96664-546-1
- Published March 2023



H. ADVANCE TITLE INFORMATION

AMORE PER GUSTO MY ITALIAN KITCHEN

by Stefania Lettini

CONTENT:

For all lovers of true Italian cooking, this beautiful new volume is not to be missed! Stefania Lettini, whose family originates from Puglia, spreads out an atmospheric selection of delicious traditional dishes and desserts originating from the various 20 Italian regions. Starting with an overview on the different provinces and a depiction of their typical dishes and ingredients, the book offers a fine selection of recipes reflecting these respective special features.

With every region, she also highlights some typical products in the form of a product guide, stepping a bit deeper into textures, flavours and preparation, along with portraits of producers which make us feel their passion for what they do.

The author Stefania Lettini, not only well-known through regular TV appearances, runs her own shop offering Italian food, delicacies and wines carefully selected from suppliers along with online tastings to be individually arranged. Furthermore, she is also in charge of the introduction of Italian products to the German market on behalf of the Italian Chamber of Commerce. Her refined recipes and numerous ideas inspired by Italian lifestyle can also be found on her blog <https://lettinis.de> and her YouTube channel.

Gourmand Award Germany 2023
Best in "Italian food"

Rights all available

SPECIFICATIONS:

- 208 pages
- full colour throughout
- hardcover
- trim size: 220 x 280 mm
- retail price € 35.00
- ISBN 978-3-96664-715-1
- Publication: October 2023



HEEL Verlag GmbH + Foreign Rights + Gut Pottscheidt + 53639 Koenigswinter + Germany
k.michelberger@heel-verlag.de + s.becker-barth@heel-verlag.de + www.heel-verlag.de

H. TITLE INFORMATION

MORE QUICK, FRESH & POPULAR FAMILY MEALS

by Sandra Frantza

CONTENT:

After landing an instant *SPIEGEL BESTSELLER* with her first cookbook featuring tasty quick dishes based only on natural and fresh ingredients without any artificial additives, there was massive demand for new and equally easy to prepare family recipes.

So here you go: 50 new and quick mouth-watering recipes, suitable for family dinners as well as students, after-work meals or children's birthday parties. Even unexperienced cooks will be able to prepare these yummy dishes in no time!

The author, Sandra Frantza, started her own blog at <https://sandraskochblog.de> in 2014. She also presents her wonderful recipes to more than 200,000 followers on Instagram on a daily basis. Her first book "Fix ohne Fix" won the Gourmand Cookbook Award 2022 as "the best German cookbook / social media".



Rights all available

SPECIFICATIONS:

- 112 pages
- full colour photographs throughout
- softcover
- trim size: 165 x 200 mm
- retail price € 12.99
- ISBN 978-3-96664-713-7
- Published August 2023



HEEL Verlag GmbH + Foreign Rights + Gut Pottscheidt + 53639 Koenigswinter + Germany
 k.michelberger@heel-verlag.de + s.becker-barth@heel-verlag.de + www.heel-verlag.de

H. ADVANCE TITLE INFORMATION

BEST OF OptiGrill

120 BEST RECIPES

by Benjamin Hetterich

CONTENT:

The hype around the *OptiGrill*, the market leader among contact grills produced by Tefal, is unbroken. The author of this comprehensive new recipe book, Benjamin Hetterich, is "Der OptiGriller" and regularly inspires over **182,000 followers on Instagram** and over **169,000 followers on Facebook** with his recipes, tips and tricks about the *OptiGrill*.

From juicy meat dishes to hearty vegetarian delicacies, perfectly cooked fish, creative skewers, irresistible burgers and sandwiches to tempting desserts and recipes for the baking tray and the brand new OptiGrill "4 in 1" – here is something for everyone. Whether already an *OptiGrill* master or a beginner, these recipes will work on any model of the OptiGrill!

The author: When Benjamin Hetterich received an OptiGrill as a gift from his wife in 2016, his passion for contact grilling was ignited. The full-time civil engineer loves to grill and smoke for a living and, with his large fan base, is an official "OptiGriller" under the Tefal flag. Benjamin Hetterich lives in Frankfurt with his wife and three sons.

Rights all available

SPECIFICATIONS:

- 256 pages
- full colour photographs throughout
- hardcover
- trim size: 210 x 260 mm
- retail price € 19.99
- ISBN 978-3-96664-771-7
- Publication: November 2023



H. TITLE INFORMATION

LADS! BBQ!

by Oliver Sievers

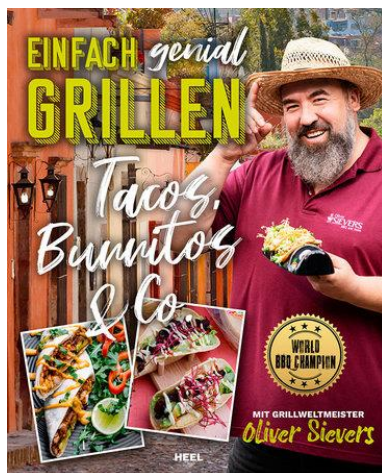
CONTENT:

The ultimate men's barbecue book for real men! Straightforward, authentic, a touch archaic, without frippery and with a single protagonist: meat. Garnished with a lot of passion, shirt-sleeved, easy to prepare and without lavish vitamin-contaminated side dishes. Oliver Sievers knows that men like exactly that and hits the mark with his great recipes.

The author and his team, the BBQ Wiesels, had won the WBQA World BBQ Championship in 2018, the first German team to win this prestigious award. They regularly compete in grilling contests worldwide. **His book series "Simply brilliant BBQ" has sold more than 60k copies** in Germany over the last years and has been translated in various languages.

Recently published

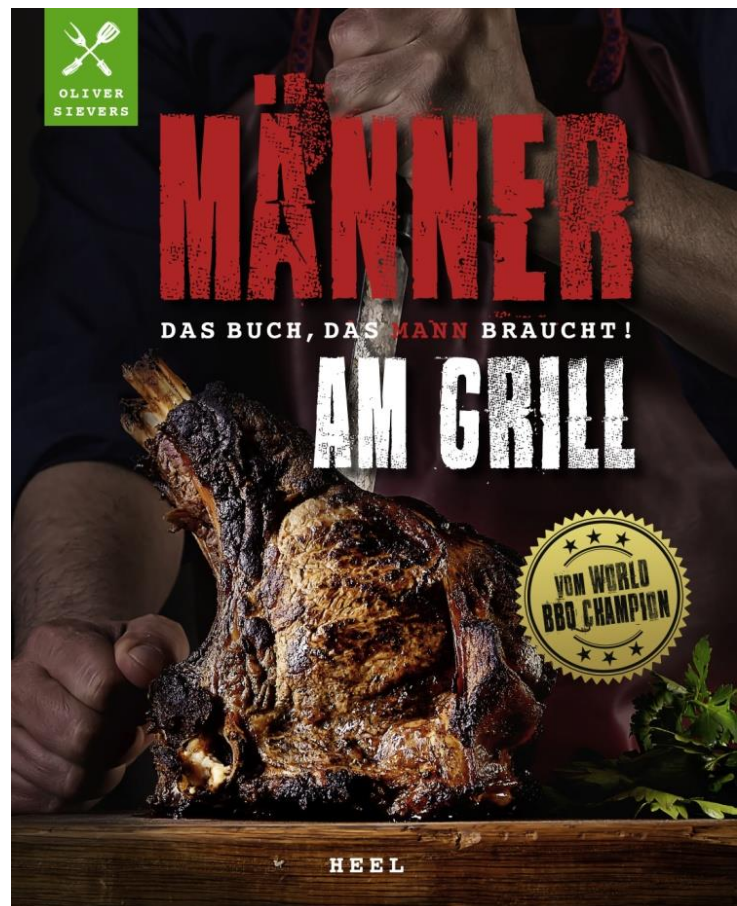
Simply brilliant BBQ: TACOS, BURRITOS & Co.



Rights sold: Dutch

SPECIFICATIONS:

- 128 pages
- many full colour photographs
- softcover
- trim size 165 x 210 mm
- retail price: € 9.99
- ISBN 978-3-96664-747-2
- Published September 2023



H. TITLE INFORMATION

THE NEW BBQ BIBLE

EVERYTHING GRILLERS NEED TO KNOW

by SizzleBrothers

CONTENT:

The SizzleBrothers - Hannes, Julian, Corbinian und Alex - are four full-blooded grillers who personify fire and passion on the barbecue, as everyone can see on their YouTube channels and podcasts regularly reaching many thousands of barbecue enthusiasts. Their special combination of concentrated knowledge and humour make them as likeable as popular among their large community of followers.

They now have summarised all their experience and knowledge in this comprehensive and ultimate BBQ bible: with more than 170 pages of barbecue knowledge, techniques and tutorials on barbecue types, many practical instructions on how to clean properly, burn in cast iron, on steak cuts and much more.

On the other hand, you will find a great collection of tried-and-tested recipes from meat and poultry to burgers, veggies and desserts with great recipe instructions for the "Holy Trinity of BBQ": ribs, pulled pork and brisket.

Last but not least: with most recipes there is a link to the corresponding YouTube video in order to watch the procedure first and see how it works best for you.

 210 K

 83 K

Rights all available

SPECIFICATIONS:

- 336 pages
- full colour throughout
- hardcover
- trim size 227 x 287 mm
- retail price: € 30,-
- ISBN 978-3-96664-583-6
- Published March 2023

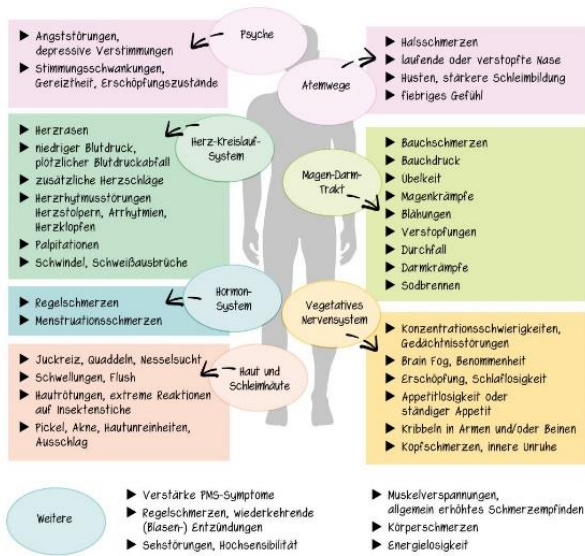


HEEL Verlag GmbH ✦ Foreign Rights ✦ Gut Pottscheidt ✦ 53639 Koenigswinter ✦ Germany
 k.michelberger@heel-verlag.de ✦ s.becker-barth@heel-verlag.de ✦ www.heel-verlag.de

Ein Symptom kommt selten allein

Die Symptome einer Histamin-Intoleranz können in ihrer Art und Intensität sehr unterschiedlich sein.

Folgende Symptome können z. B. einzeln oder kombiniert auftreten:



Die aufgeführten psychischen Beschwerdebilder können auch andere oder zusätzliche Ursachen haben. Suche dir hier bitte ärztlichen oder therapeutischen Rat.

6 DO'S AND DON'TS in deiner histaminarmen Küche

Da wir histaminarme und histaminreiche Lebensmittel nicht einfach einer Lebensmittel-Kategorie, wie sagen wir z. B. „Milchprodukten“ zuordnen können, ist die histaminarme Ernährung etwas komplexer. Hierbei spielen eher Merkmale wie Frische, Ver-

arbeitung und Qualität eine Rolle. Aber keine Sorge, du bekommst das hin!

Zunächst musst du wissen: **Es gibt vier Lebensmittelkategorien, die du meiden solltest.**

1. Histaminreiche Lebensmittel:

Diese enthalten von Natur aus oder durch Verarbeitungsprozesse viel Histamin.
Beispiele: Auberginen, Chili, Linsen, Spinat, Tomaten, Sauerkraut, Soja, lange gereifter Käse, Wurstwaren oder Rotwein.

2. Histamin-Liberatoren:

Diese können Histamin enthalten und zusätzlich noch die Freisetzung von Histamin aus den Mastzellen anregen.
Beispiele: Kakao, Zitrusfrüchte, Avocados, Erdbeeren, Algen oder Kiwis.

3. Biogene Amine:

Lebensmittel mit anderen biogenen Aminen werden über das gleiche Enzym (Diaminoxidase, kurz DAO) wie Histamin abgebaut. Dadurch kann es zu einer „Konkurrenz-Situation“ und zu einer Abbaustörung sowie einer „Überlastung“ der DAO kommen.
Beispiele: Pilze, Bananen oder Ananas.

4. DAO-Blocker:

Diese Lebensmittel können Histamin enthalten, als Liberator fungieren und zusätzlich noch die DAO in ihrer natürlichen Funktion hemmen, sodass weniger Histamin abgebaut werden kann.
Beispiele: Alkohol, Energy-Drinks oder Schwarztee.



FRÜHLINGSHAFTER KARTOFFEL-SPARGEL-SALAT

2 Port. 30 Min.

Zutaten

- 300 g Kartoffeln
- 4-6 Stangen weißer Spargel
- 2-3 Frühlingszwiebeln (1)
- 4 mittelgroße Spitzpaprika
- ½ Bund Radieschen
- 1 Handvoll Radieschenblätter
- 3-4 EL Acerolasaft
- Olivenöl
- Histaminarmes Kräutersalz oder frische Küchenkräuter (z. B. Basilikum, Thymian, Oregano ...)
- Paprikapulver, edelsüß

Dieser histaminarme frühlingshafte Kartoffel-Spargel-Salat eignet sich perfekt als Beilage zu Frikadellen, als Mitbringsel für die nächste Grillparty oder als Meal Prep fürs Büro!

Zubereitung

Die Kartoffeln kochen, schälen und in mundgroße Stücke schneiden. Den Spargel schälen, das untere Ende abschneiden und ebenfalls in mundgroße Stücke schneiden. In Salzwasser ca. 4-5 Min köcheln lassen und dann mit kaltem Wasser abschrecken.

Die Frühlingszwiebeln und die Radieschenblätter waschen und in feine Streifen schneiden. Die Spitzpaprika und die Radieschen waschen und in feine Ringe schneiden.

Das kleingeschnittene Gemüse zusammen mit den Kartoffeln und dem Spargel in eine Schüssel geben und mit Paprikapulver, histaminarmem Kräutersalz, Olivenöl und Acerolasaft abschmecken. Nach Belieben mit frischen Küchenkräutern servieren.

Unser Tipp

Für eine leckere fruchtige Note kannst du dem Salat auch noch einen halben kleingeschnittenen Apfel hinzufügen.

H. TITLE INFORMATION

HISTAMINE INTOLERANCE GUIDE AND COOKBOOK

by Ana Hansel & Melina Neumann

CONTENT:

In their first book the authors, themselves affected by histamine intolerance and founders of an online company supporting likewise affected people, explain how people can find ways to lead an almost normal life in terms of nutrition. They show how easy it is to prepare tasty meals throughout the day which pay attention to their special requirements.

The book starts with explaining the origins and indications of histamine intolerance and gives further advice on how to find the individual causes. A first-aid checklist provides quick advice on various symptoms which may occur. The authors further supply an overview on numerous foods, qualifying them according to their level of histamine, and a respective shopping list. The main part of the book features a beautiful range of delicious recipes to be prepared effortlessly, based on seasonal availabilities.

The authors have decided to take their fate into their own hands after many years of fruitless medical consultations and wrong diagnosis. Their company **HistaFit** (www.histafit.de) supports people also affected on their way to new health and wellbeing through online workshops and nutritional counselling. Melina has a university degree in health management, and Ana is a state-approved nutritionist.

Gourmand Award Germany 2023:
Best in *Diet and Seasonal Food*

Rights sold: CZ

SPECIFICATIONS:

- 224 pages
- full colour photographs throughout
- word count: 25,068
- hardback
- trim size 203 x 254 mm
- retail price: € 29.95
- ISBN 978-3-96664-585-0
- Published April 2023



HEEL Verlag GmbH ✦ Foreign Rights ✦ Gut Pottscheidt ✦ 53639 Koenigswinter ✦ Germany
k.michelberger@heel-verlag.de ✦ s.becker-barth@heel-verlag.de ✦ www.heel-verlag.de

H. TITLE INFORMATION

BUSHCRAFT BUCKET LIST

155 SKILLS YOU NEED TO KNOW

by Carsten Bothe

CONTENT:

In this new bucket list, hunter, biologist, outdoor enthusiast and former trapper Carsten Bothe presents 155 skills that a true bushcrafter and wilderness lover should know or should have at least tried once.

The various tasks are structured in chapters focussing on equipment, skills, carving, recipes and monthly tasks (each with an overnight stay!) and sorted according to importance. So the reader can expect some profound knowledge to be imparted here, sometimes a bit quirky, but never boring, with lasting memories guaranteed. Because bushcraft is more than just a hobby, it is excitement and relaxation in equal measure, office escape, trapper romance, crafts, nature knowledge and much more.

The author: Carsten Bothe's CV hardly seems to fit into one life: First a hunting licence, A-levels, then two years of officer training, biology studies, hunting, lecture and research trips to Canada, America and New Zealand. With almost 30 books to his name and more than 300,000 copies sold, he is one of the most widely read contemporary German outdoor writers.

Rights all available

SPECIFICATIONS:

- 128 pages
- coloured throughout
- paperback
- trim size 168 x 210 mm
- retail price: € 12.99
- ISBN 978-3-96664-566-9
- Published May 2023



HEEL Verlag GmbH ✦ Foreign Rights ✦ Gut Pottscheidt ✦ 53639 Koenigswinter ✦ Germany
 k.michelberger@heel-verlag.de ✦ s.becker-barth@heel-verlag.de ✦ www.heel-verlag.de

H. ADVANCE TITLE INFORMATION

FITNESS FOR SENIORS

by Manuela & Peter Preuß, MDs

CONTENT:

It is never too late to take care of your own health and fitness. "Fitness for Seniors" offers a tailor-made programme by two fitness and health experts, MDs Manuela and Peter Preuß.

Discover 52 carefully selected exercises from the areas of endurance, strength, speed and functionality. This indispensable guide has been specially developed for older people who want to stay fit and mobile. Whether you are just starting to exercise or want to expand your fitness routine, this book provides clear instructions for easy-to-implement exercises and motivating tips to help you achieve your goals.

This book is the key to better health and well-being as you age!

The authors: Peter Preuß works at the sports department of the University of Bonn, he and his wife Manuela both have many years of experience in working especially with older adults. They have published a book on power training for 50+ agers at HEEL and participated in numerous studies on sports science topics.

Rights all available

SPECIFICATIONS:

- 144 pages
- full colour photographs throughout
- softcover
- trim size: 210 x 274 mm
- retail price € 18,-
- ISBN 978-3-96664-774-8
- Publication: February 2024



HEEL Verlag GmbH † Foreign Rights † Gut Pottscheidt † 53639 Koenigswinter † Germany
 k.michelberger@heel-verlag.de † s.becker-barth@heel-verlag.de † www.heel-verlag.de



HEEL VERLAG GMBH

Please also ask for our current rights guide on

TRANSPORT & COLLECTIBLES

If you like to receive our regular newsletter please send us an e-mail to get on our mailing list.

Karin Michelberger
k.michelberger@heel-verlag.de

Stephanie Becker-Barth
s.becker-barth@heel-verlag.de

Corinna Roeger
c.roeger@heel-verlag.de

If you need any other information, brochures, pdf files or sample copies please don't hesitate to ask.