

Rights List Spring 2020

PATMOS
ESCHBACH
GRÜNEWALD
THORBECKE
SCHWABEN
VER SACRUM

The publishing group that
captures the spirit of life

Dear friends and colleagues,

We are delighted to present to you our new rights list for Spring 2020 and would like to invite you to find out more about the latest titles as well as strong backlist titles of our imprints

Patmos – Thorbecke – Grünewald – Eschbach – Schwaben – Ver Sacrum

Our list offers a wide range of titles, covering psychology, self-help, memoirs, parenting, spirituality, religion and theology, as well as gift books and children's books for First Communion.

Our imprint Thorbecke specializes in books on cookery, lifestyle and gardening, on the one hand, as well as books on history and cultural history, on the other hand.

To find out more about our authors, titles and agents, please visit our new foreign rights website at <https://www.verlagsgruppe-patmos.de/rights>. In the Foreign Rights section you can browse our rights list online or select individual titles from different categories. A click on the category will show you all the titles available. With a click on the title you will be able to view English summaries, key selling points, up-to-date information on rights sold as well as biographies of our authors, illustrators and photographers. Also, there are information sheets, synopses and sample translations available for download.

Please don't hesitate to contact us if you would like to receive advance materials, reading copies or any further information on our titles.

We look forward to hearing from you!

With best wishes,
Foreign Rights Department

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CHRISTINA HECKE

Let's Be Honest

My Glimpse Behind Our Lives

ISBN: 978-3-8436-1218-0 | Patmos | Hardcover with dust jacket | 272 pages | 14 x 22 cm | € 24.00

A look behind the scenes

The actress Christina Hecke impresses with her sensitive, caring and simultaneously intensive approach, which she also teaches by means of the Hecke Method: Truth in Acting. The background of this attitude is the conviction that we human beings already know from a very young age how we are connected with each other and with all of life. This is an intuition that we often lose, yet it is an indispensable condition for really being able to encounter each other.



NORA-MARIE ELLERMEYER

Life Fog

ISBN: 978-3-8436-1063-6

Patmos

Burnout and depression can affect anyone. For psychotherapist Nora-Marie Ellermeyer, suddenly, nothing works anymore. She plunged into a deep dark depression that lasted for more than a year.

Sold: Korean

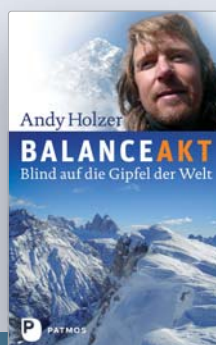
BIRGIT SAALFRANK

I, Birgit, Autist and Psychotherapist

ISBN: 978-3-8436-1117-6

Patmos

An autistic psychotherapist? When Birgit Saalfrank was diagnosed with Asperger's syndrome, her world fell apart. But she learns to accept herself and can ultimately lead a happy life – even if it means giving up her profession.

Sold: Korean

ANDY HOLZER

Balancing Act

ISBN: 978-3-8436-0043-9

Patmos

Blind mountaineer Andy Holzer has climbed the world's highest mountain peaks. His optimism and mental strength are inspiring.

Sold: German audio rights

ANDY HOLZER

My Everest

ISBN: 978-3-8436-1093-3

Patmos

In May 2017, mountain climber Andy Holzer – who has been blind since birth caused a sensation: He reached the summit of Mount Everest, which meant fulfilling his greatest dream. In this book, he describes his spectacular expedition to the Roof of the World.



ELENA PIRIN

My Lion Cub

ISBN: 978-3-8436-0767-4

Patmos

Leo does just fine, just not at the pace that development tests and society expect. Elena Pirin loves son above everything else, but sometimes she is discouraged by the difficulties that everyday life with a disabled child entails.

Sold: Korean

NICOLE KNÖRR

Lean Years

ISBN: 978-3-8436-0988-3

Patmos

When Nicole was 13 years old she started eating less and less. With the progression of her anorexia, she only consumed 300ml of non-fat broth and is rushed to the hospital. Just one day later would have meant too late. But Nicole is a fighter...



MAX RINNEBERG

You Wake Up and Your Life is Gone

ISBN: 978-3-8436-0873-2

Patmos

When Max Rinneberg woke up in hospital after a fall, he didn't recognize his parents and friends anymore. He had to reconquer everything forgotten and reinvent himself, which is not possible without an existential crisis.



BRIGITTE BIERMANN

Murdered or: The Terror In My Marriage

ISBN: 978-3-8436-0974-6

Patmos

Andrea's marriage is full of humiliation and violence. Her attempts to flee fail. She sees no way out and kills her husband. In prison, she writes letters to her daughter which encourage a discussion on guilt and justice.

Sea rescuer in the Mediterranean

- First extensive personal report on sea rescue in the Mediterranean
- A young woman fights for humanity
- Enthralling story



After passing her university-entrance exam and during her training as a boat builder, the 20-year-old Zoe joined the German Jugend rettet (Youth Rescues) organisation to save the lives of refugees by working on a ship in the Mediterranean. Her mission on the Iuventa became an existential borderline experience for which Zoe was not prepared: Confronted with panic, disease and the death of refugees, she primarily had to struggle with her own anger and helplessness in view of this tragedy in the Mediterranean. The situation became even worse when she and the other crew members were investigated for aiding and abetting illegal entry.

This is a moving and highly topical story of a young woman fighting for justice and humanity – even if she endangers herself in doing so.

ZOE KATHARINA

Zoe Means Life

I Risked 20 Years of Prison for Rescuing Hundreds of People at Sea – And Would Do It Again

ISBN 978-3-8436-1230-2

Patmos

Hardcover

220 pages

14 x 22 cm

€ 18.00

ZOE KATHARINA, born in 1996 in southern Germany, is a boat builder and voluntary rescue helper in the Mediterranean. In 2017, she saved the lives of hundreds of refugees as a motorboat operator and Iuventa crew member.



Also available:

GUDRUN PFLÜGER

Wolfspirit

ISBN: 978-3-8436-0141-2

Patmos

When diagnosed with an aggressive brain tumor, Pflüger was told she had 18 months left to live. Taking the wolf as model, she trusts in her own powers of self-healing and overcomes her illness.

Sold: English (World)



SIGRID TSCHÖPE-SCHEFFLER

I Used to be a Snazzy Bird, But Now I'm a Lame Duck

My Old Mother, Her Eastern European Caregivers and I

ISBN: 978-3-8436-1233-3 | Patmos | Softcover with flaps | 180 pages | 14 x 22 cm | € 18.00

Mother needs help!

More than four million elderly people in need of care live in the German-speaking regions. The author and her mother have decided on support by around-the-clock caregivers from Eastern Europe. This has allowed the mother to live at home for a long time, even when the "Black Monkey" – which is what she called the progressive dementia – later developed. The smart, open-minded and humorous lady seized the opportunity of living with her caregivers for a personal and cultural exchange. This allowed the creation of strange and wonderful, but also sad, stories that show how even a care situation can be lively and enriching.

PETER SCHMIDT

A Valentine's Day Cactus

Autism and Love

ISBN: 978-3-8436-0211-2 | Patmos | Hardcover with dust jacket | 224 pages | 14 x 22 cm | € 19.99

Sold: Polish**The story of a lived contradiction**

He prefers to observe people from behind, because trouser seams are more interesting than faces. Presumably, he would not recognize his wife if he saw her on the street. Peter Schmidt is a person with autism. An invisible wall separates him from other people. He cannot understand others' feelings, nor can he interpret their facial expressions. For him, small talk represents a balancing act, a choice of which foot to put in his mouth. All this doesn't exactly make him Prince Charming, but he is nevertheless happily married with children.



PETER SCHMIDT

The Street Collector

The Incredible Adventures of an Autistic World Traveler

ISBN: 978-3-8436-0832-9 | Patmos | Softcover with flaps | 288 pages | 14 x 22 cm | € 19.99

An autistic globetrotter

Travel is by nature unpredictable. And autistic people hate unpredictability. That makes it all the more surprising that Peter Schmidt, diagnosed with Asperger's syndrome, wants to collect all the roads of the world, but his longing and passion for collecting are stronger than the fear of the unknown. Peter Schmidt crosses ice deserts, experiences distress at sea, and travels through Syria during the impending civil war. He doesn't start to panic until the McDonald's on highway 95 runs out of soda... because that was not expected. Peter Schmidt takes us with him on his bizarre trip around the globe.

Differently different, but how?

- Understanding autism
- A non-fiction book about autism from the inner and outer perspective
- With recommendations for autism-friendly schools and workplaces



There are many prejudices about autistic people, as conveyed by films like “Rain Man” that still shape the prevailing view of them to this day. But what is autism really and how can we better understand the people who have it? Dr. Peter Schmidt, himself an Asperger autist and highly talented geophysicist, explains the typical types of autistic behaviour and how these may be perceived from the inside and outside viewpoint. Misunderstandings are pre-programmed in living with others and at the workplace if non-autistic people do not take into consideration the autists’ different way of perceiving things and special needs. This book provides a well-founded professional and yet entertaining contribution on this topic.



By the same author:

PETER SCHMIDT
This Connection Is Not in Service

ISBN: 978-3-8436-0517-5

Patmos

He doesn't recognize his colleagues' faces, and he is so honest with clients that he undermines his boss's marketing strategy. This is because Peter Schmidt has autism. He doesn't let this stop him and builds a career in the field of IT.

PETER SCHMIDT

Out of the Ordinary

Practical Autism Information by
Someone Who Knows About It

ISBN: 978-3-8436-1175-6

Patmos

Hardcover with dust jacket

256 pages

14 x 22 cm

€ 22.00

DR. PETER SCHMIDT has a Ph.D. in geophysics, and is an expert in information technology. His passions include volcanoes, deserts and streets of all kinds. At the age of 41, a coincidence led him to realize that he has Asperger's syndrome. He has a rare talent for mathematics and the natural sciences, but human communication is often a riddle for him. He lives with his wife and two children in northern Germany.

CLAUS KOCH

Children of Separation

How Parents and Their Children Become Happy Again After Separation and Divorce

ISBN: 978-3-8436-1108-4 | Patmos | Hardcover with dust jacket | 240 pages | 14 x 22 cm | € 20.00

Separation and divorce – what makes parents and children strong

What happens within children and adolescents whose parents separate? And how do the adults cope with their own feelings, which are often difficult? Based on the latest scientific studies, the psychologist and attachment expert Claus Koch outlines perspectives on how parents and their children can best cope with a separation or divorce. After a separation, this approach allows the courage and confidence for a new and happy life to develop once again.



RITA STEININGER
When Little Dragons Spit Fire

ISBN: 978-3-8436-1188-6
Patmos

When children turn into little dragons it costs parents a lot of energy and nerves. By using games, exercises and tips that apply to everyday situations, the author shows how parents can intercept their children's fits of rage and steer them into more constructive channels.



JOSEPHINE SCHWARZ-GERÖ
A Dad Is Not a Mom

ISBN: 978-3-8436-1092-6
Patmos

While the role of the new mother is clear, there are many questions in the part of the father. Josephine Schwarz-Gerö explains how a father can fulfil his role in a way that is good for everyone. This makes it possible to resolve conflicts and dissatisfaction.

Sold: Romanian



STEFAN WEIGAND
Great, Dad!

ISBN: 978-3-8436-1060-5
Patmos

Children change life and turn men into fathers. Many things are completely new, others disappear from view. With a straightforward and relaxed and approach, the author gets to the bottom of everyday life of a father and brings back many moments of calmness and serenity.



ELISABETH RAFFAUF
They Don't Just Do Nothing: They Lie There and Grow

ISBN: 978-3-8436-1019-3
Patmos

This book reminds readers of their own chaos years and helps understanding today's young people in their conflict between need for affection and rebellion, as well as exploring the role of the parent in a new way.

Sold: Korean



RITA STEININGER
The Basics of Fighting Fairly

ISBN: 978-3-8436-0468-0
Patmos

The author uses typical examples and concrete tips to demonstrate how parents can guide their families toward respectful coexistence. You can master conflict with your children without yelling or punishments.



HEINZ-PETER RÖHR
How I Can Help my Child Gain Strong Self-Esteem

ISBN: 978-3-8436-0995-1
Patmos

Röhr shows how parents can recognize negative inner workings of their children and deal with it in a helpful way. It's possible to strengthen their self-esteem to cope with life while growing up!

Sold: Czech



JOSEPHINE SCHWARZ-GERÖ
Baby, Why Won't You Eat?

ISBN: 978-3-8436-0033-0
Patmos

When a baby doesn't want to eat, parents worry about the well-being of their child. Their desperate attempts to get their baby to eat often trap them in a vicious cycle, although the baby knows what the solution is!

Sold: Italian



CHRISTINE RANKL
How to Soothe Your Baby

ISBN: 978-3-8436-0060-6
Patmos

Babies who cry a lot often leave their parents feeling helpless and frustrated. Christine Rankl explains the various causes for severe crying in babies and provides useful advice to parents.

Sold: Chinese (simplified)

Religion that enriches family life

- Basics, experiences and tips
- Age-appropriate and descriptive
- From the practice and for the practice



More attention is being paid once again to the idea that children's personality development should also include contact with religion. Children already bring a religious openness with them: Even the little ones ask the big questions about where they came from, where they are going and why.

This guide supports mothers and fathers, grandparents and educators in being age-appropriate and religion-sensitive companions for children. The author imparts basic and experiential knowledge on religious development. She encourages the mutual discussion of questions that will arise sooner or later. And she provides practical suggestions for shaping everyday life, as well as the highlights of family life and over the course of the year.

HEIKE HELMCHEN-MENKE
Accompaniment Into Life
 Religious Sensitivity Through
 Everyday Family Life

ISBN: 978-3-8436-1159-6
 Patmos
 Softcover with flaps
 192 pages
 14 x 22 cm
 € 19.00

HEIKE HELMCHEN-MENKE, graduate theologian and pastoral advisor, is head of the Elementary Pedagogy Department at the Archdiocese of Freiburg's Institute for Religious Education. She is a sought-after speaker and author of many publications on religious education. The mother of two adult daughters lives with her husband in Freiburg i.Br., Germany.



Also available:

ALBERT BIESINGER/JULIA BIESINGER
Giving Children Fundamental Trust and Guidance

ISBN: 978-3-8436-0775-9

Patmos

What can parents do for their children to help them master a life in which they will inevitably have to deal with stress, fears, and pressure to achieve? This is a guidebook for parents through everyday life with kids.



CHRISTOPH AUGNER
Self-Optimization Is Also Not the Solution
 An End to Perfection Mania

ISBN: 978-3-8436-1232-6 | Patmos | Hardcover | 160 pages | 12 x 19 cm | € 16.00

Getting out of the optimization trap

Faster, better and more efficient – more from life in less time. We live in the age of self-optimization: Apps take our body measurements and tell us how many steps we should walk or what we are allowed to eat. In the past, medications were prescribed when we were sick but now we swallow pills to function better, which is called biohacking or neuro-enhancement. But the more we strive for optimization, the greater our discontent becomes. The psychologist Christoph Augner explains why this situation arose and shows that there is a way out: de-optimization.



HANS MORSCHITZKY
When Fear Determines Life

ISBN: 978-3-8436-1189-3
 Patmos

In this book, experienced behavioral therapist Hans Morschitzky describes the latest developments in the diagnosis and treatment of the known five anxiety disorders: claustrophobia, social phobia, specific phobia, panic disorders and generalized anxiety disorder.



HANS MORSCHITZKY/
 THOMAS HARTL
Understanding and Overcoming Fear of Illness

ISBN: 978-3-8436-0153-5
 Patmos

A guidebook for people suffering from excessive fear of illness featuring a self-help program in seven steps for those affected.

Sold: Complex Chinese, Italian, Romanian



CHRISTOPH AUGNER
Soul in Search of Substance

ISBN: 978-3-8436-0844-2
 Patmos

Mobbing, burnout and depression are taking on epidemic proportions. Psychology has never been in such great demand as it is today, and it has never provided so little help. The author is in search of a psychology that gives a sense of purpose in life.



UDO RAUCHFLEISCH
Living (and Loving) with Borderline Personality Disorder

ISBN: 978-3-8436-0636-3
 Patmos

Psychotherapist Udo Rauchfleisch helps friends and partners of people with borderline disorder to understand this serious psychological illness and gives concrete suggestions.

Sold: Korean



UDO RAUCHFLEISCH
Narcissists are Only Human as Well

ISBN: 978-3-8436-0994-4
 Patmos

Narcissism is the disorder of our time. The author explains this phenomenon and provides understanding for narcissistic personalities. We can learn how to handle them without demonizing them.

Sold: Korean



URSULA TIRIER
Confronting the Giant of Fear

ISBN: 978-3-8436-1113-8
 Patmos

Fears can be so distressing and can become an anxiety disorder. In this book, an expert for logotherapy sums up briefly and succinctly how people with anxiety disorders can succeed in better understanding their lives in view of threats and suffering.



ROSA RECHTSTEINER
Family Baggage

ISBN: 978-3-8436-0656-1
 Patmos

Our family of origin affects us far more than we are aware of. In this book, Rosa Rechtsteiner conveys us how we can consciously unearth the rules in our own families and use that insight to promote powerful process of change.



CHRISTIAN FIRUS
Finding Land Again

ISBN: 978-3-8436-0742-1
 Patmos

Depression is on the rise and can happen to anyone! But there is effective help. The author highlights the most important strategies. His approach: the most important step is to take good care of yourself, and to recognize where you have freedom to act.

Overcoming wounds and allowing closeness

- ▶ How couples can grow through crises
- ▶ Trendy topic of the inner child
- ▶ With many tips and exercises



The first experiences that we have in childhood with our parents help to determine whether and how our own relationships succeed. If we lacked support, appreciation and love as a child, these emotional wounds will probably also interfere in our couple relationships. Within this context, the authors speak about the narcissistic wounds that become apparent in relationship crises when conflict scenarios repeat and are dominated by feelings such as pain, anger or shame. The authors, who are also a couple in private life, show how people can leave the negative spiral of inadequate self-love, shame and insecurity to find true communication and deeper closeness.

BARBARA RÖSER/UDO RÖSER
The Wounded Inner Child and Love

How to Achieve Deep Closeness in Couple Relationships

ISBN: 978-3-8436-1237-1

Patmos

Softcover with flaps

200 pages

14 x 22 cm

€ 18.00

UDO RÖSER is a couple and sex therapist, teaching therapist for couple therapy and couple synthesis, as well as for Gestalt Therapy. He also heads a specialized clinic for addiction therapy. He lives with his family in Wiesbaden.

BARBARA RÖSER is a couple and sex therapist, as well as teaching therapist for couple synthesis. She is also a lecturer at the Academy for Psychosomatic Medicine and Psychotherapy (APPM) Wiesbaden. She lives with her family in Wiesbaden.



Also available:

CHRISTIAN FIRUS
The Long Shadow of Childhood

ISBN: 978-3-8436-1015-5

Patmos

Emotional injuries and traumatic experiences in childhood can have an impact on a person's entire life. The author provides tips on how adults can cope with their "difficult childhood" and gain a greater enjoyment of life.



FELICITAS RÖMER

Grow In Love and Become Happy

Using Relationship Conflicts as an Opportunity

ISBN: 978-3-8436-1180-0 | Patmos | Paperback | 176 pages | 14 x 22 cm | € 18.00

Sold: Romanian**Strengthening love**

Every couple argues – and this is also good since every conflict offers developmental opportunities for the individual partners and the couple. This approach also applies to conflicts that constantly recur, sometimes escalate or appear meaningless. In this book, couple therapist Felicitas Römer illustrates how even diffuse or absurd conflict patterns have a deeper meaning. Using many practical examples from her therapeutic practice, the author shows how couples succeed in resolving their reciprocal entanglements.



JO ECKARDT

Talking is Gold – How Conversation Strengthens Love

ISBN: 978-3-8436-0746-9

Patmos

This book provides practical instructions for how couples can become closer again through intensive conversations. Focused questionnaires to open up and get to know each other anew.

Sold: Italian

MARASCHA DANIELA HEISIG

Love Nevertheless

ISBN: 978-3-8436-0840-4

Patmos

Marascha Daniela Heisig demonstrates that we have to continually learn to transform what has not been reconciled, in order to master the everyday challenges of love. Using a 10-step process, couples can rediscover a loving and forgiving relationship.



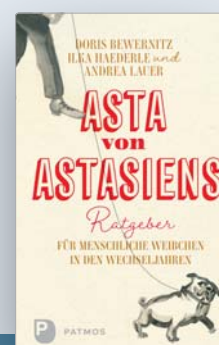
TOM DIESBROCK

Hermann!

ISBN: 978-3-8436-1186-2

Patmos

Hermann is our inner critic. He picks us to pieces and nags at us. We want to run away, but Hermann runs with us. Because he is part of our personality that “actually” just wants to help us. The author knows how Hermann ticks and reveals how we can defuse his criticism.



DORIS BEWERNITZ/ILKA HAEDERLE/ANDREA LAUER

Asta of Astasia's Guide

ISBN: 978-3-8436-1172-5

Patmos

Hot flashes? Sleep disorders? There's finally an expert who can answer all of the questions related to the so-called change of life with humor and wisdom: Asta of Astasia. The self-confident lady pug shares the results of her research findings.



DORIS BEWERNITZ

The Secret of Slowness

ISBN: 978-3-8436-1046-9

Patmos

People train their “functioning” throughout their entire life, but stopping, dreaming and inner calm are not obviously part of the practice plan. The author tells us about how she has discovered the secret of slowness for her own life.



RITA STEININGER

The Little Be-Good-to-Yourself-Book

ISBN: 978-3-8436-0642-4

Patmos

Stop constantly criticizing yourself! Many women between 40 and 50 would like to be kinder to themselves. But for many, it isn't easy to do something for their own benefit but Rita Steininger shows that it is possible!



HEINZ-PETER RÖHR

The Art of Appreciating Yourself

ISBN: 978-3-8436-0391-1

Patmos

Heinz-Peter Röhr shows how it is possible to develop appreciation for oneself and find a way to create a happy and successful life. Over 10,000 copies sold.



ERICH SCHECHNER

Live Your Possibilities

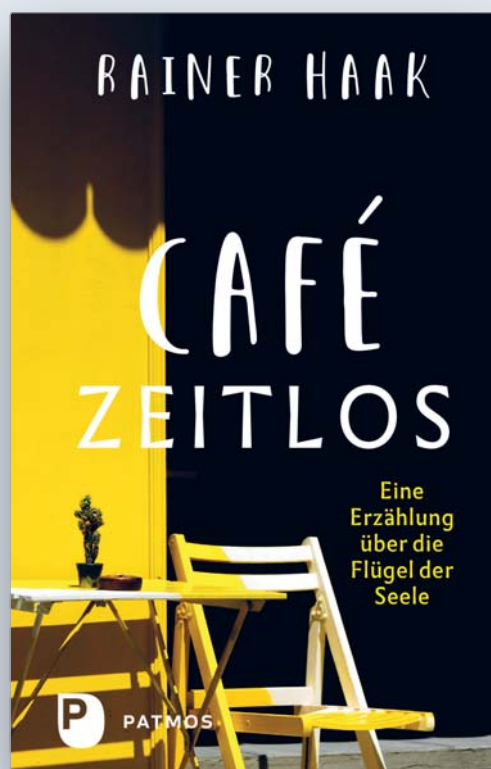
ISBN: 978-3-8436-1043-2

Patmos

The life journey of Viktor Frankl led to the foundation of a form of psychotherapy, guided by the meaning of existence which helps to say Yes to life even in abysmal situations. Viktor Frankl's impulses explained for all purpose-seekers of our time.

About the strength of friendship and power of dreams

- ▶ Ideal for reading, giving as a gift and dreaming
- ▶ Lessons for modern life



This is a book about friendship, the power of dreams and the invisible forces that accompany us. In his mid-thirties, Michael is in a crisis: His girlfriend left him two years ago, and he no longer enjoys his job or sports. If it weren't for his friends!

The first one is Chris, an artist and bon vivant who lives in an old construction trailer. Then there is the "round table," four completely different people who are very close to him: Bonnie, Joy, Theo and Dr. Zweifel. They meet with him on a regular basis at a place that exists outside of time: Café Timeless. This is where he learns how dreams can change his life and an angel becomes a companion for his life.

This book is like wings for the soul.

RAINER HAAK

Café Timeless

A Tale About the Wings of the Soul

ISBN: 978-3-8436-1206-7

Patmos

Hardcover with book ribbon

128 pages

12 x 19 cm

€ 14.00

RAINER HAAK worked as a waiter, book dealer, pastor, concert organizer and tour operator before he became one of the most successful book authors in the German-language region with more than 9 million books sold.



Also available:

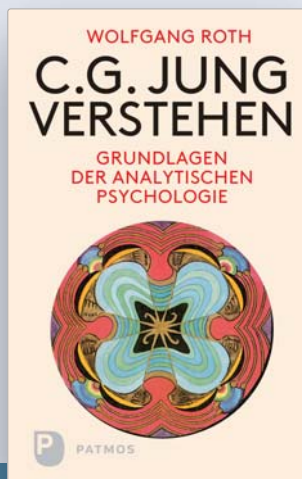
ANDREA SCHWARZ

About Chaos, Order and the True Life

ISBN: 978-3-8436-1165-7

Patmos

Opposites are what keep us lively if we put them into the right relationship with each other. How we deal with opposites and find a greater liveliness: Andrea Schwarz writes about this issue based on her own experience. This is one of the most requested topics for lectures and workshops by the popular speaker.



WOLFGANG ROTH
Understanding C.G. Jung
 Basics to Analytical Psychology

ISBN: 978-3-8436-1231-9 | Patmos | Hardcover | 264 pages | 12 x 19 cm | € 28.00

Introduction to the Analytical Psychology of C. G. Jung

In clear, comprehensible language this book gives access to the often thought of as "difficult" works of Jung with his important basic concepts – those of the shadow, the archetype, the individual and collective unconscious, the complex, the ego and the self. Most importantly, using the interpretation of dreams – the core of Jung's psychology – Roth vividly explains specifics of Jung's thinking and in doing so systematically dissociating it from that of Sigmund Freud. The biographical background also conveys a lively and vivid picture of analytical psychology which is enjoying increasing attention.



VERENA KAST
Couples
 ISBN: 978-3-8436-1191-6
 Patmos

When we love, we develop relationship fantasies. For example, the partner is idealized. Verena Kast describes the relationship fantasies lived by modern couples and how our love relationships can be better understood with the help of a glance in the mirror of myths.



VERENA KAST
Dreams
 ISBN: 978-3-8436-0373-7
 Patmos

Renowned psychologist and Jungian analyst Verena Kast explores the fascinating language of our subconscious and demonstrates that our dreams can help to better understand ourselves.
Sold: Italian, Spanish (EU), Russian



INGRID RIEDEL
The Symbolism of Colors
 ISBN: 978-3-8436-1193-0
 Patmos

Even our everyday language makes it clear that colors express emotions and have a positive or negative effect on us. Ingrid Riedel describes the psychological effect of the colors red, blue, yellow, green, orange, violet, brown, black, white, silver, gold, pink and grey.



INGRID RIEDEL
The Wise Woman
 ISBN: 978-3-8436-0752-0
 Patmos

Riedel explains how meaningful it is to get in touch with the archetypal image of the wise woman. She shows that experiencing various aspects of feminine wisdom can contribute to imbuing old age with new meaning dignity.



INGRID RIEDEL/
 CHRISTA HENZLER
Painting Therapy
 ISBN: 978-3-8436-0849-7
 Patmos

Jungian painting therapy is to enable the soul to express itself and to initiate healing. The authors argue that the colors and shapes of a painting can clarify psychological problems.
Sold: English (World)



RUTH AMMANN/VERENA KAST/INGRID RIEDEL (Ed.)
The Book of Pictures
 ISBN: 978-3-8436-1017-9
 Patmos

Never before seen pictures by C.G. Jung's patients are now accessible in this book. Explanatory texts provide help in understanding the picture series.
Sold: Czech, Italian, Korean, Romanian



VERENA KAST
Aging – Always Good for a Surprise
 ISBN: 978-3-8436-0736-0
 Patmos

The sometimes difficult changes of aging provide lots of new challenges. How to go about during this aging process is what the renowned Jungian analyst Verena Kast describes in this book.
Sold: Russian



MATTHIAS SCHARER
Courageous In the Midst of Fear
 ISBN: 978-3-8436-1176-3
 Patmos

A politically controlled game revolves around the exclusion of others, especially foreigners. German-Jewish therapist Ruth C. Cohn opposes this game of excluding fear with an art of loving that connects everything.

Taking power away from complexes

- ▶ How to deal with recurring conflicts
- ▶ The classic on the topic of complexes
- ▶ By bestselling author Verena Kast



“I always miss out” or “nobody likes me!” – there are conflicts that keep recurring. These complexes, which conceal our individual life themes, are connected with strong emotions. They determine our experiencing and behaviour in the here and now, even though they originate in conflicts of the past: For example, people who were constantly devalued by their father may suffer from a debilitating inferiority complex as adults.

In this classic on the topic of complexes, the renowned Jungian analyst and psychotherapist Verena Kast shows the following: When we uncover our life themes, we can more easily free ourselves of the constantly recurring conflicts and discover new, enriching aspects of life.

VERENA KAST

Seeing Conflicts Differently

Discovering Your Own Life Themes

ISBN: 978-3-8436-1236-4

Patmos

Hardcover

208 pages

12 x 19 cm

€ 18.00

VERENA KAST is a former Professor of Psychology at the University of Zurich, Switzerland. Today she is a lecturer and teaching analyst at the C. G. Jung Institute in Zurich, as well as a psychoanalyst in private practice. She has published numerous books on subjects including emotional psychology, principles of psychotherapy, and the interpretation of fairy tales and dreams. Her works – many of them long-sellers – have been translated into numerous languages.



By the same author:

VERENA KAST

Sisyphos

ISBN: 978-3-8436-1142-8

Patmos

Many people recognize themselves in the Greek myth of Sisyphos, especially in their everyday working lives. Verena Kast encourages readers to take a closer look at hope and hopelessness, expectations and disappointment, meaning and meaninglessness. She makes it clear: If something cannot succeed, we must let go of it.



PETRA SUTOR

Mourning at the Workplace

Overcoming Speechlessness – Fulfilling the Duty of Care – Developing a Grief Culture

ISBN: 978-3-8436-1212-8 | Patmos | Paperback | 176 pages | 14 x 22 cm | € 18.00

Mourning is not a private matter

Death and mourning are part of life, so they do not stop at the company doors. However, crises of this type do not need to be a catastrophe at the workplace if executives and fellow employees know how to deal with them in a good way.

This book provides HR managers with the necessary basics for how to take appropriate action in acute cases and establish the topic of grief as part of the company culture in the long term.



STEPHAN SIGG

Saying Goodbye to My Grandma

ISBN: 978-3-8436-1164-0

Patmos

This book about saying goodbye to his grandmother is the author's inner conversation with the woman who influenced his life like hardly anyone else – an experience that many young people have with regard to their grandparents.



NATALIE KATIA GREVE/
JEANINE REBLE

The Little Grief Companion

ISBN: 978-3-8436-1130-5

Patmos

When people find themselves in a situation of loss and are confronted with grief, very few know what is happening to them. Easy to read and compact, this book answers the most important questions on the topic of grief and offers support for self-help.



JULE KIENECKER/MECHTHILD
SCHROETER-RUPIEPER

Help Me When I Am Sad

ISBN: 978-3-8436-1154-1

Patmos

This book helps children and adults in mourning situations to playfully express feelings in a creative way. The gentle and stimulating illustrations appeal to children and adults alike, leaving space for their own creativity.



THOMAS ACHENBACH

Men Grieve Differently: What Helps and Benefits Them

ISBN: 978-3-8436-1131-2

Patmos

With the help of many examples from practice, the author Thomas Achenbach communicates comprehensive knowledge and practical tips for how grieving men can be appropriately supported in their needs.



CHRISTINE FLECK-BOHAUMILITZKY

When Children Grieve

ISBN: 978-3-8436-0792-6

Patmos

Children grieve not only when a person or a pet dies, but also the loss of a stuffed animal or when a friend moves away. The author describes in a sensitive, competent and helpful way how to help children deal with such losses.



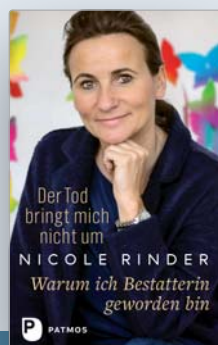
CLAUDIA CARDINAL

Anything but Child's Play

ISBN: 978-3-8436-0223-5

Patmos

When children and teenagers grieve, sensitivity from adults is necessary. The author reveals ways to offer support, giving parents advice on how to respond. She distinguishes between different age groups and encourages adults to think about death and dying.



NICOLE RINDER

Death Doesn't Kill Me

ISBN: 978-3-8436-0944-9

Patmos

Her son lived only four days. The experience changed Nicole Rinder's life and led her to her calling. She talks about her journey and gives authentic insights in her daily work as mortician. She shows that it can be possible to give your life a new direction.



FLOR SCHMIDT

Further Than the End

ISBN: 978-3-8436-1024-7

Patmos

When her son dies in a car accident, the author realizes that the extremes of life are often unbelievably close. On her path through the grief, she searches for answers that cannot exist and finds something much more valuable: an inner connection to her son.

The path through grief

- ▶ A compact and unusual description of the mourning period
- ▶ Provides support in consciously walking the personal path of mourning
- ▶ A new type of grief guide



This extraordinary travel guide describes the six typical mourning phases as landscapes full of special characteristics. In a compact form, it offers information on what is worth perceiving and what is good for the soul, as well as tips for travel companions and the necessary “luggage.” No one voluntarily books a trip through grief. But if you are abandoned by the loss of a loved one in this foreign country, it is good to have a travel guide like this with you.



Also available:

SILKE SZYMURA

A Part of Me

ISBN: 978-3-8436-1083-4

Patmos

What happens to grief after one, two or three years and how can it get the space it needs? The author describes how people can succeed in giving up the battle against undesired feelings, embrace their own grief and find their way back into a new life.

KATRIN BRUNNER/PETRA PAUL

Grief

Travel Guide Through a Foreign Country

ISBN: 978-3-8436-1213-5

Patmos

Softcover with flaps

88 pages

10,5 x 19 cm

€ 12.00

KATRIN BAUER, freelance typographer and photographer; her partner died of cancer in the summer of 2013.

PETRA PAUL, funeral advisor for the City of Zurich and translator. Both completed the training as grief counsellors with Antoinette Brem and Barbara Lehner of Lebensgrund



KATHARINA SCHRIDDE

You Have Afflicted Me

Experiences with Trauma and Spirituality

ISBN: 978-3-8436-1228-9 | Patmos | Hardcover with dust jacket | 192 pages | 13 x 21.5 cm | € 19.00

Trauma and spirituality

After breaking off her studies and her training as a nurse, Katharina's life became focused on her faith: She joined a Christian women's community and studied theology. However, the Lutheran pastor once again found herself in a clinic in 2000: In the course of trauma therapy, she experienced peace and expansiveness behind all of her brokenness. Are traumatic experiences somehow related to "faith"? Based on her own experiences, Katharina Schridde addresses this question to herself, other affected people and therapists, as well as the poets and sages of Israel and the Bible.



KLAUS-WERNER STANGIER
The Master Issues a Certificate on Achieved Enlightenment

ISBN: 978-3-8436-1158-9

Patmos

This book brings Meister Eckhart, an original representative of Christianity, into a fictitious conversation with Hakuin, a well-known Japanese Zen Master. This book provides information and inspires us.



FRANZ KAMPHAUS
The Treasure in the Clay Pot

ISBN: 978-3-8436-1161-9

Patmos

Like no other author, Franz Kamphaus knows how to get to the point of even unwieldy contents of faith. Within the scope of religious exercises, he has made the "Second Epistle of the Corinthians" more accessible. This letter is the most personal text written by the Apostle Paul.



FRANZ KAMPHAUS
When Faith Becomes Concrete

ISBN: 978-3-8436-1034-6

Patmos

This book contains the interpretations of Franz Kamphaus of the most important sections of the Prayer on the Mount. The author explores the unreasonable demands in his own special way.

Sold: Italian



FRANZ KAMPHAUS
Golden Veins of Hope

ISBN: 978-3-8436-1122-0

Patmos

Texts by Franz Kamphaus make us listen attentively and think about them. They make sense to us or cause us to shake our heads and question them. They inspire us to have a conversation with ourselves and with God – a valuable gift for ourselves, for dear people and special moments.



LUISA REDDEMANN/SYLVIA WETZEL
May all Beings be Happy

ISBN: 978-3-8436-0996-8

Patmos

What is the significance of sympathy and justice for the development of the individual and the international community? This book shows how important sympathy and justice are for being human and for humanity.



SYLVIA WETZEL
Awakening and Redemption

ISBN: 978-3-8436-1075-9

Patmos

Sylvia Wetzel interprets Christian symbols, images and terms – such as God or redemption – from a Buddhist perspective. This encourages readers to rediscover what is familiar and allow themselves to be touched by the deep dimensions of both religions.



BRIGITTE DORST
Everything Begins with Longing and Searching

ISBN: 978-3-8436-0922-7

Patmos

Sufism is older than Islam and transconfessional. The author describes a contemporary Sufi path in which insights and methods of C.G. Jung's Analytical Psychology are connected with the rich legacy of Sufism.



MARTIN KÄMPCHEN
Being Authentic

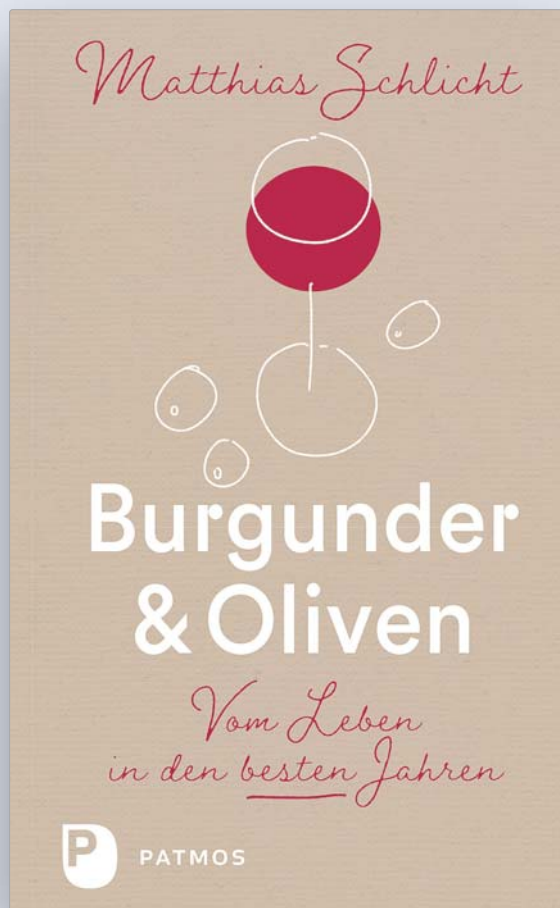
ISBN: 978-3-8436-0821-3

Patmos

The author, whose life straddles Christian beliefs and Indian philosophy, has developed seven steps to the art of living that draw equally from Christian faith and his experiences of life in India. From these experiences arise refreshingly new perspectives.

The best is yet to come

- Stories for best agers
- Profound worldly wisdom
- Reader-friendly design



What should we do when we realise that we have fewer years ahead than behind us? Carry on as if nothing is happening? Dream about the past and regret the sins not committed? This is not the solution for a reflective pleasure-seeker with a strong passion for life like Matthias Schlicht! Thoughtful and witty, he looks at time as it passes and is simultaneously created: He thinks of his grandma's kitchen in the countryside, encounters and farewells, as well as the sobering class reunions. His incisive miniatures full of subtle worldly wisdom are a declaration of love for the time that we have been given.

MATTHIAS SCHLICHT
Burgundy and Olives
 Life in the Best Years

ISBN: 978-3-8436-1198-5
 Patmos
 Hardcover with book ribbon
 144 pages
 13 x 21,5 cm
 € 18.00

MATTHIAS SCHLICHT, Dr. of Theology, has been a church pastor in Buxtehude, Germany, since 2011. After completing his studies, he became a pastor, university chaplain and Director of Studies at the theological seminary in Loccum, Germany (responsible for the training of future pastors) and guest researcher at the Technical University of Clausthal-Zellerfeld. The father of three has attracted attention as a cabaret artist and author of successful books. He likes to cook and lives with his wife in Buxtehude.



Also available:

NIKLAUS KUSTER
The Father of Us All
 ISBN: 978-3-8436-1219-7
 Patmos

No text has shaped Christian prayer like the Lord's Prayer. Francis of Assisi prayed it many times every day and wrote a contemplation on it. Niklaus Kuster has translated the historical texts into an easily readable, modern language. His interpretation offers surprising inspirations for our age.



FRANZ ALT

Our Only Earth

A Declaration of Love to the Future

ISBN: 978-3-8436-1140-4 | Patmos | Hardcover with dust jacket | 128 pages | 23 x 27 cm | € 28.00

The Creation is precious!

The Earth is beautiful and worth every effort to preserve It for future generations. This is the message of the book by Franz Alt and the breathtaking photos by Helfried Weyer. Franz Alt does not stop at the alarming facts but encourages us to take action: "Our future is not a blind destiny. It can be shaped." His book is a declaration of love for the Earth and our future.



MANFRED BÖHM
Growing Into Heavens

ISBN: 978-3-8436-1129-9

Patmos

In all cultures, trees are life companions of human beings and symbols for life itself. The Bible has a rather dense stock of trees that starts with the Tree of Life. Whether oak or cedar, cypress or terebinth, fig or olive tree – the trees of the Bible carry a message from God for human beings.



PIERRE STUTZ
The Spiritual Wisdom of Trees

ISBN: 978-3-8436-0875-6

Patmos

The texts in this volume were created in dialogue with trees. They tell of the divine life force that animates all things. Pierre Stutz's poems and thoughts engage in a deep dialogue with the life force of the trees.



JAN FRERICHS
Barefoot and Wild

ISBN: 978-3-8436-1032-2

Patmos

It is a challenge to rediscover nature as a spiritual guide. Nature is the first Bible. People have always gone into nature to read this book and get to the bottom of everything. Jan Frerichs invites his readers on an exciting path to a spirituality of their own that will support them.

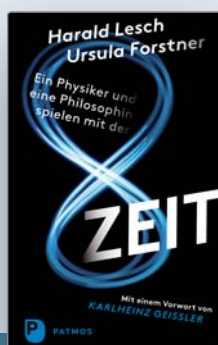


GISBERT GRESHAKE
Walking

ISBN: 978-3-8436-1041-4

Patmos

Walking is vital, not only in regard to physical health. This book is a spiritual invitation to walking. Gisbert Greshake, theologian and passionate hiker, encourages the reader to take the first step, with which every path begins.

Sold: Italian

HARALD LESCH/
URSULA FORSTNER
A Physicist and a Philosopher Play with Time

ISBN: 978-3-8436-1125-1

Patmos

In this book, questions related to the mysterious phenomenon "time" are explored by astrophysicist Harald Lesch, time researcher Karlheinz Geissler and philosopher Ursula Forstner.



HARALD LESCH/
CHRISTIAN KUMMER
How Amazement Came Into Being

ISBN: 978-3-8436-0723-0

Patmos

With humor and an eye for detail, the scientists explain the development from the Big Bang to a small flower in an impressive overview and make their readers aware of evolutionary processes.



CLAUDIA NIETSCH-OCHS/
ROBERT OCHS
Happiness Has Two Wheels

ISBN: 978-3-8436-0892-3

Patmos

The authors ride their bikes daily. In short texts they describe their observations along the way, their encounters with people and animals, their experiences in every kind of weather and season, also with themselves.



EUGEN DREWERMANN
Living in Harmony

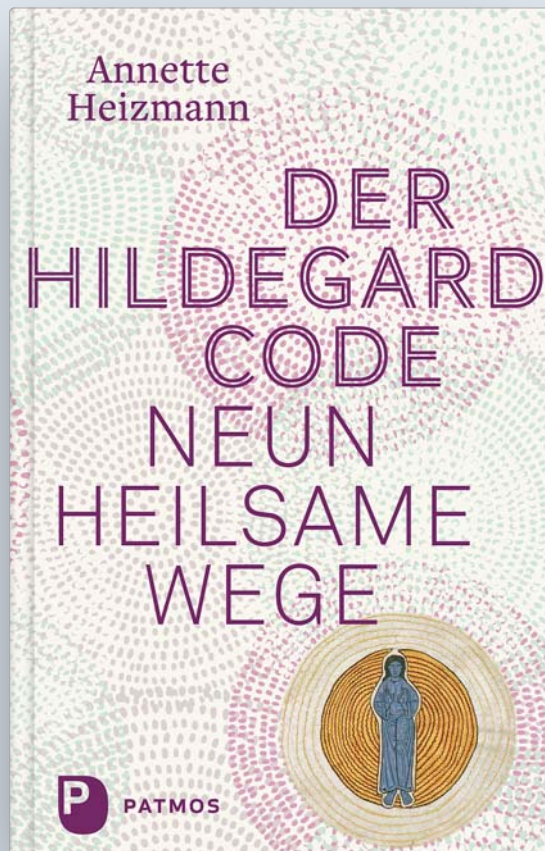
ISBN: 978-3-8436-0883-1

Patmos

This book is a collection of treasures drawn from Eugen Drewermann's comprehensive writings that all touch on the theme of Creation. The perspectives in the texts encourage readers to further their own thoughts.

The Hildegard Code for a conscious life

- ▶ Living holistically from proven worldly wisdom
- ▶ For Hildegard newcomers and Hildegard fans
- ▶ Easy to understand; four-color design



Experiencing the body and a healthy diet, self-acceptance and life in harmony with nature: Those asking for a holistic lifestyle will find tried and tested answers that have been proven over the centuries in the life and teachings of Hildegard of Bingen.

Based on the deep knowledge of the original writings and in a contemporary language, Annette Heizmann makes Hildegard of Bingen's worldly wisdom accessible for modern people: She presents nine paths for renewing and strengthening the body, soul and mind.

This is an inspirational book for individual reading and a workbook for groups, upon which the author bases her events.

ANNETTE HEIZMANN

The Hildegard Code

Nine Healthful Paths

ISBN: 978-3-8436-1209-8

Patmos

Hardcover with book ribbon

186 pages

14 x 22 cm

€ 24.00

ANNETTE HEIZMANN is a theologian and religious educator, author and trained therapist. The mother of three children lives near the German city of Tübingen and is a proven Hildegard expert who offers many events.

www.annetteheizmann.de



Also available:

BEATE & OLAF HOFMANN

Just Get Out!

ISBN: 978-3-8436-1054-4

Patmos

This book shows how »green resilience« makes it possible to live more fully, to act more mindfully and to revitalize your creativity. It will help you take your life into the »green zone« for good!

Sold: Korean



HUBERTUS HALBFAS

Can an Atheist Be a Christian?

A Fundamental and Necessary Consideration

ISBN: 978-3-8436-1227-2 | Patmos | Softcover with flaps | 288 pages | 14 x 22 cm | € 25.00

For (Non-) Christians

The traditional Church doctrinal system increasingly arouses contradictions and rejection among modern people. The criticism comes from both the outside and the inside. It is bundled into an atheism that proclaims on the one hand: "God is dead"; on the other hand, it says: "A God that exists cannot exist." Is it possible that both the religion critic Friedrich Nietzsche and the theologian Dietrich Bonhoeffer are right?



HUBERTUS HALBFAS

The Future of Our Church Buildings

ISBN: 978-3-8436-1112-1

Patmos

The existence of churches is endangered: there is a threat of reconstruction, conversion and demolition. This book is a plea to preserve the church buildings even in a post-church era: as places that challenge us to go beyond everyday life.

PAUL M. ZULEHNER
Inspiring Europe

ISBN: 978-3-8436-1171-8

Patmos

After a period of dominance that lasted a century, the situation of the churches in the European continent is once again approaching the Biblical norm. This book shows how the Christian Church could be the advocate of freedom, justice and truth in the Europe of today.



PAUL M. ZULEHNER

Will the Priest Shortage End Soon?

ISBN: 978-3-8436-1181-7

Patmos

Lack of priests in the World Church is not new. Pope Francis quoted the model for a solution by Fritz Lobinger. Everything indicates that an end to this is near: not by abolishing celibacy but through creating new kinds of priests in viable congregations.



PAUL M. ZULEHNER

"I Dream of a Church That is a Mother and a Shepherdess"

ISBN: 978-3-8436-1029-2

Patmos

Zulehner follows Pope Francis in his attempt to strengthen the pastoral culture of the Church by going to the roots and orienting the actions of the Church upon God's mercy.

Sold: Czech

KURT KARDINAL KOCH

The People of Christmas

ISBN: 978-3-8436-1183-1

Patmos

Cardinal Koch focuses on the characters in the nativity scene in this extraordinary Christmas book. It invites readers to see themselves not only as spectators but also get involved in the events as if they were "part of the play".

Sold: ItalianBRITTA GROTHUES/DETLEF
AND JÜRGEN KUHN
The Cat at the Manger

ISBN: 978-3-8436-1166-4

Patmos

In stories and poems, the secret of God's incarnation is held up to the light. Always different, always surprising, always astonishing – the significance of Advent and Christmas shines out for today.



JOSEF IMBACH

Intrigues, Sex and Homicide in the Bible

ISBN: 978-3-8436-0969-2

Patmos

Who reads the bible can surprisingly encounter intriguers, murderers and imposters. Although the bible is constantly talking about God, nothing human is foreign. Insights into the most suspenseful side of the Bible.



EUGEN DREWERMANN

The Mystery of Jesus of Nazareth

ISBN: 978-3-8436-1080-3

Patmos

The questions Eugen Drewermann answers in this book have been asked by teenaged students in religion class. Their teacher has collected their questions and interviewed the well-known author on their behalf.

Crucial for our life together

- An astonishing analysis of basic mechanisms in human society
- Ways out of inhuman juridification
- Lively lectures by the well-known author



The definition of good and evil is determined by laws established by God, a historical ruler or the will of the people. Whoever violates the laws becomes guilty, is held liable and then punished. The message from Jesus of Nazareth about the benevolent God and trust in His absolute willingness to forgive is completely different.

Eugen Drewermann conducts a cultural-historical survey of the concepts of punishment and law from the early cultures in Mesopotamia to the Germanic, Carolingian and Stauffer peoples in the European Middle Ages. And he shows how the cross is the memorial of Jesus against this violence, both internally and externally.



By the same author:

EUGEN DREWERMANN
At the Source of Life

ISBN: 978-3-8436-1247-0
Patmos

"And whenever we feel that we have been spoken to in such a way that our own self is addressed and supported, we feel ourselves connected to the origin of our existence, to the source of life." With an easily accessible approach, this reader brings together some of the most important thoughts and loveliest texts from Eugen Drewermann's inexhaustible work.

EUGEN DREWERMANN

Do Not Judge!

Criminal Law and Christianity,
Volume 1

ISBN: 978-3-8436-1214-2

Patmos

Hardcover with dust jacket

576 pages

14 x 22 cm

€ 39.00

EUGEN DREWERMANN, born in 1940, has a doctorate in theology. When he was suspended from the priesthood and the teaching profession, he began a career as a psychotherapist and writer. To date he has written more than eighty books and his works have been translated into more than a dozen languages.



NICOLETTE BOHN
Florence Nightingale
 Only Deeds Change the World

ISBN: 978-3-8436-1225-8 | Patmos | Hardcover with book ribbon | 208 pages | 14 x 22 cm | € 19.00

Florence Nightingale – against all constraints

Florence Nightingale (1820–1910) is world-famous, but little is actually known about her. Above all, her name is associated with legends and stereotypes. But who was this woman to whom countless people owe their lives? This biography vividly portrays her outer and inner development: How she recognized her calling and learned to stand up for it. And despite setbacks, how she found the strength – especially as a woman – to burst the corset of social expectations and live her calling. Florence Nightingale is quoted directly in many source texts.



ANDREAS DOHMEN
How Digital Do We Want to Live?

ISBN: 978-3-8436-1151-0
 Patmos

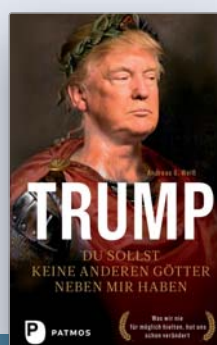
The digital transformation is changing not only the life of every individual, but also society, economy and the worldview. In this book, the author communicates the many complex aspects, basics, backgrounds and correlations of this development.



KARL-JOSEF KUSCHEL
Anti-Semitism and German Democracy

ISBN: 978-3-8436-1168-8
 Patmos

The defense against all anti-Semitism and the commitment to the State of Israel's right to exist: both are part of the reason of state for Germany. This book is a study on the German culture of remembrance and a plea against every form of anti-Semitism.



ANDREAS G. WEISS
Trump: You Shall Have No Other Gods Before Me

ISBN: 978-3-8436-1139-8
 Patmos

The author shows the background that made the phenomenon of Donald Trump as president possible. This includes the American "civil religion" with its virtually religious patriotism and the role of economic success stories for American society.



ULRICH LUZ
The New Testament for Beginners

ISBN: 978-3-8436-1095-7
 Patmos

"Normal" men and women, Catholics and Protestants read the New Testament, asked critical questions and had objections. The result: a "reader-proof" book with information on Jesus, early Christianity and writings of the New Testament.



WALTER KARDINAL KASPER
Maria: Sign of Hope

ISBN: 978-3-8436-1070-4
 Patmos

Kardinal Kasper explores the Biblical picture of Mary as a sister in faith for Christians of all denominations. He interprets the Catholic teachings about Mary in keeping with the guidelines of the Biblical Message.

Sold: Korean



WALTER KARDINAL KASPER
The Christian's Joy

ISBN: 978-3-8436-1052-0
 Patmos

Kasper's book contains a small school of prayer and a vision of a church that follows Pope Francis' call for renewal. He draws on the Bible and writings by mystics, theologians, poets and philosophers.

Sold: French



RENATE SCHOOF
Secrets of Christianity

ISBN: 978-3-8436-0545-8
 Patmos

A wealth of buried and long-forgotten knowledge about God, people and the world is incorporated in Christian images, packaged in parables and symbols. Renate Schoof brings to light unexpected and astonishing perspectives.



ANDREA SCHWARZ
Wild Christmas

ISBN: 978-3-8436-1073-5
 Patmos

Being "wild" is the opposite of conforming and being tamed, and Christmas isn't tame for Andrea Schwarz. For her, Christmas points to something unprecedented. Her new book is a plea against the taming of Christmas.

Sold: Hungarian, Slovenian

For women's rights in the Church

- ▶ A polemic paper – spiritual and passionate
- ▶ Experiences, information and pleas
- ▶ Current thoughts on Mary 2.0 and the Synodal Path dialogue process



The abuse and cover-up scandal has shaken the Catholic Church to its foundations. It has become clear that the causes for this are not only in the personal transgressions of individuals but that there are structures encouraging this abuse of power. The Synodal Path is intended to change something about this. As applies to thousands of committed women, this much is clear for Maria Hagenschneider: A renewal can only succeed when women in the Church are given their rightful place. They can no longer be fobbed off with theological formulas. For many women from the middle of church life, this question arises: Will I finally be taken seriously or will I leave? The future of the Church depends on this.

MARIA HAGENSCHNEIDER

Enough Is Enough!

Women in the Catholic Church
Stand Up

ISBN: 978-3-8436-1224-1

Patmos

Softcover with flaps

128 pages

12 x 19 cm

€ 15.00

MARIA HAGENSCHNEIDER comes from the Catholic milieu of a village in the Sauerland region of Germany. Her first profession was religion teacher. After her marriage to a priest, she spent more than 20 years working in early curative education. She is committed to intercultural encounters and has once again become active as a volunteer in the Catholic Church. In Hamm, where she lives, she has co-founded the local group of the Mary 2.0 reform movement.



Also available:

JACQUELINE STRAUB

Kicks the Church Out of the Coma

ISBN: 978-3-8436-1099-5

Patmos

As a committed young Catholic woman, the author would like to be Christian in a living Church and demands the Church to change radically, to appeal to young people and pass the message about Jesus to the coming generations.

Sold: Dutch



NORBERT SCHOLL

God: The Great Unknown

Things Worth Being Amazed About and Things to Question

ISBN: 978-3-7867-3229-7 | Grünewald | Hardcover | 192 pages | 12 x 19 cm | € 19.00

Wonder is the beginning of philosophy

Are there still good reasons to believe in the existence of "God"? Or in "something divine"? Or in a transcendent and comprehensive force and energy that is the basis for everything? This book by the well-known religious educator Norbert Scholl begins with these questions – and with wonder at the world in all of its small and large aspects: snow crystals and mountains, plants and animals, human thought and actions, genius and inspiration. In an original way, it challenges readers to reflect on the ultimate cause, the source of everything, the nameless fellow wanderers, the craftsman from Nazareth and what people call "God."



RUDOLF ENGLERT
What Will Become of Religion?

ISBN: 978-3-7867-3151-1

Grünewald

Will religions one day only be interesting from the aesthetic or even folkloric perspective? Based on observations and case histories, this book discusses the various possibilities in this development. So what will become of religion?



KNUT WENZEL
Poetry of the Given Word

ISBN: 978-3-7867-3153-5

Grünewald

Faith is related to imagination and theology. They are references to literature: to poetry, which extracts the word from what has not been said. In exemplary studies of writers the author traces the common sources of religion and literature.



CHRISTIAN KUMMER
Believe in God as a Person?

ISBN: 978-3-7867-3178-8

Grünewald

God is a person. But what does this statement mean? In this forensics study, the author Christian Kummer develops an approach to a personal conception of God that allows believers to confidentially use the word "you" when speaking with God.



HUBERT PHILIPP WEBER
Credo

ISBN: 978-3-7867-3100-9

Grünewald

Believers in conversation with atheists must know the ins and outs of Christianity. This book explains the Apostles' Creed, which contains the central testimonies of the faith, step by step, making it interesting not only for Christians.

Sold: Czech

HUBERT PHILIPP WEBER
And God Blesses Them

ISBN: 978-3-7867-3182-5

Grünewald

In a generally understandable language, this introduction on the Book of Genesis offers an overview of the important topics, developments and aspects of one of the most exciting areas of theology from the beginnings of faith in God today.



PETER KOHLGRAF
Forgiveness and Reconciliation

ISBN: 978-3-7867-3133-7

Grünewald

This book wants to encourage people in learning to deal more competently with the topic of reconciliation and forgiveness, asks about the role of the church and shows perspectives in the various pastoral fields of action.



JULIA ENXING
Guilt and Sins of and in the Church

ISBN: 978-3-7867-3158-0

Grünewald

This study analyses the Church's understanding of the Second Vatican Council with regard to whether it offers approaches for an ecclesiological recognition and integration of systemic guilt.



BRUNO KERN
"No Higher Power Will Save Us?"

ISBN: 978-3-7867-4034-6

Grünewald

How many of us are familiar with Karl Marx critique of religion? Kern demonstrates how Marx must be understood today; re-reading his texts has direct implications for debate about religion and debate about God

Trinity: The Big Misunderstanding?

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- Understandable, catchy language
- Encourages a faith that does not piously avoid modern challenges



The keywords of digitalization, artificial intelligence and climate change are used to describe current dangers to our society. Where is this development heading? It seems more than absurd to want to use these challenges as a starting point for a new understanding of belief in the Trinity of God. But this is precisely what Stefan Knobloch does! In an exciting yet informative search for clues in the stories of the faith through the centuries, it illuminates the experiences that people have had with Jesus and, through Jesus, with God.

In a fascinating way, the author reveals how these experiences convey something important that has a very decisive connection with life: Even in today's life experiences, in the dangers and challenges, there can be flashing moments that point beyond what is ordinary and customary to what faith calls God – and allows us to see life as a whole in a new light.



By the same author:

STEFAN KNOBLOCH
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 ISBN: 978-3-7867-3131-3
 Grünewald

In an emphatic way, Stefan Knobloch demonstrates that only when the church and theology understand how to read the tradition of faith in the horizon of contemporary experience and life will they become truly essential and relevant where life actually takes place.

STEFAN KNOBLOCH

Trinity

Digitalisation, Artificial Intelligence,
 Climate Change and Faith in the
 Triune God

ISBN: 978-3-7867-3215-0

Grünewald

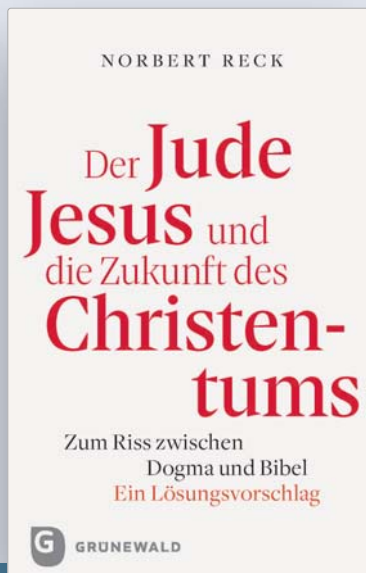
Hardcover

160 pages

12 x 19 cm

€ 17.00

STEFAN KNOBLOCH, a doctorate of theology and Capuchin, is a professor emeritus of pastoral theology in the Catholic Theology department of the University of Mainz, Germany.



NORBERT RECK

Jesus the Jew and the Future of Christianity

The Rift Between Dogma and the Bible: A Proposed Solution

ISBN: 978-3-7867-3180-1 | Grunewald | Hardcover with dust jacket | 192 pages | 14 x 22 cm | € 22.00

Christianity will (have to) change

While the number of Christians in the southern hemisphere is increasing, the churches in the north are losing hundreds of thousands of their members. Norbert Reck assumes that the causes lie deeper than the effects of the various attempts at reform. Ever since the Enlightenment, there has been a deep rift between church doctrine (dogma) and critical studies of the Bible (exegesis), which has led to the deep-seated loss in the credibility of Christianity. The author proposes how the discovery of Jesus as a Jew can lead to a new future of Christianity.



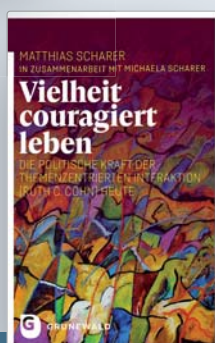
KATRIN BEDERNA

Every Day for Future

ISBN: 978-3-7867-3191-7

Grunewald

Sustainability is urgent. But what can religious education accomplish here? The author turns to this question and develops a form of religious education for sustainable development. This book is for everyone who does not want to leave the coming generation alone with this future!



MATTHIAS SCHÄRER

Living a Courageous Life of Plurality

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Grunewald

This textbook on Theme-Centered Interaction (TCI) meets the current social challenges. The author draws on forgotten sources of the German-Jewish immigrant Ruth C. Cohn and illuminates the basic understanding of a "political" TCI on this basis.



ROLF ZERFASS

First, the Kingdom of God

ISBN: 978-3-7867-3017-0

Grunewald

These texts correct the Church priorities: the Kingdom of God comes first and with it the promise of a fulfilled and solidary life for all people! This is an encouraging book for everyone who believes that the Gospel still has a life-liberating power.



IVO FÜRER

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ISBN: 978-3-7867-3164-1

Grunewald

Ivo Fürer documents 25 years of European Church history. From the Implementation of the Second Vatican Council to the wars in the Balkans, this contemporary history is also a contribution to Pope Francis' efforts to decentralize the World Church.

JÖRG BREMER (ED.)
A Goblet for Two

ISBN: 978-3-7867-3187-0

Grunewald

This dedicated book looks at and analyses the open questions concerning the debate on communion for interdenominational couples. It takes up important ecumenical impulses and pleads for constructive solutions to real and apparent problems.

EDWARD FRÖHLING
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Grunewald

Fundamental theology is a dialogue project with mysticism and spirituality. Edward Fröhling makes this spiritual path of longing for God and the knowledge of God on the path of life fruitful for the rational effort of approaching the mystery of God.

TIEMO RAINER PETERS
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Grunewald

In this keen reckoning with faith, Tiemo Rainer Peters grapples with key Christian mysteries including salvation, resurrection, and mercy. Without adapting them, he follows them to the point where they surpass our comprehension.

THOMAS EGGENSBERGER/
ULRICH ENGEL/
THOMAS DIENBERG**Time Without Eternity**

ISBN: 978-3-7867-3093-4

Grunewald

Time management, work-life balance and leisure time are topics that are trotted out to counter stress. In theology and spirituality, there is a tradition of debate about free time and leisure.

How can we continue to believe in view of abuse?



For years now, Catholics have been shaken time and again due to the new unbelievable revelations about sexual abuse by priests in their church. Furthermore, the perception of the spiritual abuse behind this issue is also intensifying. But the focus has just recently shifted to how, who and what can be believed at all.

So far only what and who can no longer be believed is clear: the systemic innocence of the Catholic Church and its decision-makers who cover things up. This also involves how people can no longer believe in the beautiful appearance of a faith that is above ugly abuse. This situation triggers fear for the future of the Catholic faith. Is there any way to reverse what makes us speechless? With defiance? Or with the insight of believing differently than before? This book enters into the open space of these questions, but also explores ways that believers can move within it.

The Catholic faith will not emerge anew in this space, but it can change. The clarification of how the Catholic faith can actually be practiced differently than the customary way is the central theme of this courageous and striking interjection.

HANS-JOACHIM SANDER

Believing Differently, Not In Spite of It

The Catholic Church's Sexual Abuse and Its Theological Consequences

ISBN: 978-3-7867-3230-3

Grünwald

Hardcover

96 pages

12 x 19 cm

€ 14.00

HANS-JOACHIM SANDER holds a doctorate in theology and is a professor of dogma at the University of Salzburg, Austria.



By the same author:

HANS-JOACHIM SANDER

Topological Dogma

ISBN: 978-3-7867-3021-7

Grünwald

The function of dogma is to give deeper expression to the words of God in light of tradition and contemporary signs of the time. Hans-Joachim Sander presents a new version of dogma that rises to these challenges. This is an innovative, sustainable, new approach to systematic theology.



KARL-JOSEF KUSCHEL

“That We Are All Children of Abraham ...”

Helmut Schmidt Meets Anwar as-Sadat: A Religious Conversation on the Nile

ISBN: 978-3-8436-1096-4 | Patmos | Hardcover with dust jacket | 240 pages | 14 x 22 cm | € 25.00

Sold: Arabic**A historical meeting continues to have an impact**

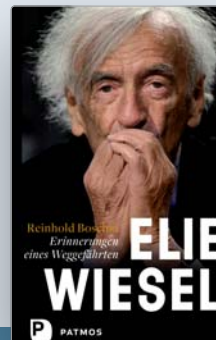
Two world-renowned statesmen, Helmut Schmidt and Anwar as-Sadat, meet in December 1977. In the conversation with the Egyptian statesman, the rational pragmatist Helmut Schmidt explores the importance of the world religions for peace. Karl-Josef Kuschel recorded their night-time conversation on the Nile and reveals that it was a magic moment of religious dialogue. Its message is still valid today.

KARL-JOSEF KUSCHEL
The Bible in the QuranISBN: 978-3-8436-0726-1
Patmos

This book is a scholarly and personal summation of Karl-Josef Kuschel's two decades of study of the Bible and the Quran, newly revised and expanded to include the results of the latest scholarly research. This book gives the foundations for interreligious dialogue.

KARL-JOSEF KUSCHEL
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PAUL PETZEL (ED.)/
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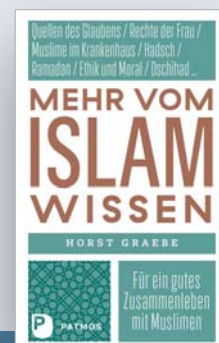
Walter Homolka comments on contemporary happenings in terms of the Jewish worldview. Concrete events become opportunities to reveal ethical questioning, religious background, and political positions.

HERMANN-JOSEF FRISCH
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This book demonstrates how people from different religions specifically express their faith. Every religion has procedures, rituals and symbols. Religion is what all cultures have in common – and getting to know each other is a fascinating journey.

KARDINAL KASPER/
MOUHANAD KHORCHIDE
God's First NameISBN: 978-3-8436-0906-7
Patmos

This book documents the Islamic-Christian discussion the authors had about what unites Christians and Muslims in terms of mercy. It has been edited by experienced Vatican journalist Jürgen Erbacher.

HORST GRAEBE
Knowing More About IslamISBN: 978-3-8436-1022-3
Patmos

The topics and texts of this volume have been developed in events of encounter and discussion. They answer the “genuine” questions as they arise in the daily coexistence of Muslims and society. Includes basic knowledge about Islam.

Old myths in the new media

- ▶ How feelings determine history
- ▶ Highly current in times of fake news



According to the Jewish heritage, Shem – one of Noah's sons – founded the tradition of the "Semitic" written religion from which Judaism and Christianity, as well as Islam, arose. Counter-myths that interpreted the solidarity, success of education and abundance of children by the Jews and other Semites as a threatening conspiracy were opposed by this world-changing power of the written religions. Through the emergence of media such as book printing, radio, films, the Internet and social media, anti-Semitism has developed an enormous counter-movement that is capable of shaking the basis of civilisation.

In his new book, Michael Blume describes how the interaction of media, myths and demography has imprinted human history for the past thousands of years. Furthermore, according to Blume, the battle between book-oriented Semitism and the digitally reinvigorated anti-Semitism will determine the coming decades. Some democratic constitutional states have already reverted into populist autocracies. The media struggle for the future of humanity and the role of the religions within it has actually just begun.



By the same author:

MICHAEL BLUME
Islam in Crisis

ISBN: 978-3-8436-0956-2

Patmos

Islam seems confident of expanding. The opposite is the case. Religious scholar Michael Blume explains this scenario as a symptom of a deep worldwide crisis in Islam and offers a chance of better understanding of the conflict between cultures.

MICHAEL BLUME

**Why Anti-Semitism Threatens
All of Us**

How New Media Fires Up Old
Conspiracy Myths

ISBN: 978-3-8436-1123-7

Patmos

Hardcover with dust jacket

200 pages

14 x 22 cm

€ 19.00

MICHAEL BLUME, PhD, is a religious scholar and political scientist. The protestant Christian is married to a Muslim and Head of the »Non-Christian Religions, Values, Minorities and Northern Iraq Projects« Unit in the Baden-Württemberg State Department. In 2015/16 he assumed responsibility for the state's special quota project for vulnerable women and children from Northern Iraq. His doctoral thesis was on religion and neuro-theology. In 2009 leading scientific bloggers awarded his blog the Scilogs Prize; he was the first German to be appointed to the international research network for Evolutionary Religious Studies.



SABINE WALDMANN-BRUN

Jojo Rosepetal and the Trip in the Balloon

A Story for First Communion Children

ISBN: 978-3-8436-1138-1 | Patmos | Hardcover | 96 pages | 14 x 22 cm | € 16.00

First communion: The story of an unforgettable journey

The parents of Felix and Mia go out in the evening, but instead of Lena – who usually looks after the two – quirky Jojo Rosepetal keeps them company. He wears a red sock on his left foot and a green one on his right foot. Jojo knows stories from the Bible and invites the children to a night-time trip in his balloon, which is parked above the apple tree! This is a night full of adventures, in which Felix and Mia learn something about reconciliation and friendship, peace and diversity and why God is with every person who has sorrow.



JÖRN, UTA HAUF, EMMA & FRIDO HAUF
Heavens!

ISBN: 978-3-8436-1104-6
Patmos

Meet the children from strenuous 3rd grade of the common school in Mittelstadt. This is an insightful, realistic, adventurous and fascinating story that makes clear that the experiences at First Communion are related with the everyday life of the children.



ALBERT BIESINGER & SARAH
My Children's Bible

ISBN: 978-3-8436-0954-8
Albert Biesinger tells the stories of the Bible in a new way, along with his granddaughter, Sarah. They both discover: God is always with us, every day. This is a wonderful gift for big and little people from six years and up.

Sold: German audio rights



MARTINA STEINKÜHLER
You Are Welcome!

ISBN: 978-3-8436-0896-1
Patmos

This baptismal Bible therefore gently leads children into the world of Christian faith. It illustrates opportunities to speak about God, and introduces more than 20 Biblical stories. This book is like a seed from which faith can grow!



MARTINA STEINKÜHLER/
ANNE FRÖHLKE
The Story of the Good King

ISBN: 978-3-8436-0671-4
Patmos

Many children are not familiar with the Lord's Prayer, or they don't understand what they mean. This picture book tells the story of God the good king in an entirely new way – and very simply.



JOCHEN WEEBER
What on Earth Is Wrong with Gisbert?

ISBN: 978-3-8436-0701-8
Patmos

Gisbert feels very comfortable in his giraffe skin. One day he hears two hyenas whispering behind his back and suddenly feels smaller! This continues until Gisbert finally knows what..

Sold: English (World)



JOCHEN WEEBER
Henrietta Feels the Wind

ISBN: 978-3-8436-0881-7
Patmos

Henrietta has three favorite things in life: computer games, computer games, and computer games. Until one day a ball flies through her window, and as a result she meets Ollie, Paul, and Louise. They take Henrietta along to a fascinating place...outside!



PETRA FIETZEK
Everything Is Different for Lulu Now

ISBN: 978-3-8436-0521-2
Patmos

Everything is just fine in Lulu's world. But suddenly, nothing is the way it used to be. That makes Lulu sad and very angry. This book helps children cope with radical changes in their lives, such as death or divorce.



ANNETT STÜTZE/
BRITTA VORBACH
Grandpa, What Color is Death?

ISBN: 978-3-8436-0953-1
Patmos

Grandpa rabbit feels that it will be his last spring. That's why he decides to talk about death with the little rabbit. In the end, the little rabbit knows that grandpa will always be in his heart.

How can I explain the disease of cancer in a child-friendly way?

- ▶ Cancer explained in a way that children understand
- ▶ Realistic and encouraging
- ▶ Young, committed author



Almost every second family in Germany is affected by some form of cancer. About 1,800 children are diagnosed with cancer every year in this country. These are 1,800 affected families with parents, siblings, grandparents, relatives, friends, neighbors, colleagues, classmates and children in the same preschool. This book of encouragement is written and drawn for all of them. The young author of this sensitively illustrated family book draws on advice from experts at several university hospitals on how to explain to children starting at four years about what happens in a case of cancer, what courses it may take and how it can be treated.



SONJA MARSCHALL
**Lotte and the Little Chemo
 Manikins**

ISBN: 978-3-8436-1182-4

Patmos

Hardcover with dust jacket

36 pages

19 x 23.5 cm

€ 14.00

SONJA MARSCHALL, born in 2002, qualified for university entrance in the spring of 2019. When one of her babysitter children became ill and the author sensed the inability of the people around her to talk about it, she decided to write a cancer book for families so they can explain the disease to the children. She went to doctors for information, did internships and contacted the respective organisations. She is a volunteer employee of Hilfe für krebskranke Kinder Frankfurt e. V. (Aid for Child Cancer Patients in Frankfurt), scholarship holder and guest member of the Society of German Natural Scientists and Physicians, active children's representative on the advisory board of the Deutsche Kinderhilfe e.V. (German Children's Aid) and winner of the Young Women in Public Affairs Award Zonta 2019. She lives near Frankfurt/Main.

SONJA KURZBACH is a freelance illustrator and media designer. She has already illustrated a number of children's books and written one herself. She has received several awards for her work. She lives in Berlin.



RAINER HAAK
Bird's-Eye Views
 Good Wishes for Inspiration

ISBN: 978-3-86917-683-3 | Eschbach | Hardcover | 48 pages | 12 x 19 cm | € 9.00

Inspiring wishes

Listen to a bird and imagine that it sings only for you! Rainer Haak's inspiring wishes invite you to take a new look at your own life. His poems encourage you have open eyes for life's diversity and an open heart for all the friendship and love that is given to you.



EVA MUTSCHER
The Secret of the Little Sadness

ISBN: 978-3-86917-601-7
 Eschbach

In a humorous way, this little story tells about an unexpected discovery and a special kind of worldly wisdom: Those who do not turn sadness away from their doorstep leave the door open for joy in life, cheerfulness and courage to also return soon.



MAX BOLLIGER
Miracles Happen Very Quickly

ISBN: 978-3-86917-566-9
 Eschbach

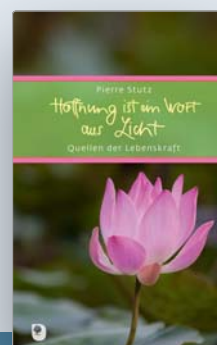
In twenty-four short stories, the well-known Swiss author Max Bolliger witnesses Christmas from the perspective of the shepherds, the animals, the small and the weak, allowing us to experience the miracle at the heart of Christmas more truly.



PIERRE STUTZ
Life is in the Moment

ISBN: 978-3-86917-639-0
 Eschbach

Inspired by the play of water and stones, Pierre Stutz finds inviting words that don't postpone the rendezvous with a fulfilled life. Life Is in the moment means: breathing a deep sigh of relief, enjoying the creation and staying true to yourself in all of the changes.



PIERRE STUTZ
Hope is a Word of Light

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MARGOT BICKEL
Go Your Own Path – and find your destination

978-3-86917-516-4
 Eschbach

The wind and the ocean, the light and the dark, the house and the path: in her spectacularly poetic texts, Margot Bickel captures moods and images that inspire us to take our lives into our own hands.



CORNELIA ELKE SCHRAY
I Will Be Back, Whispers the Light

ISBN: 978-3-86917-489-1
 Eschbach

When a beloved person dies, they leave behind a deep hole. For those who grieve, the darkness seems to have no end. The words of Cornelia Elke Schray are a comforting hand to lighten the burden of sadness.

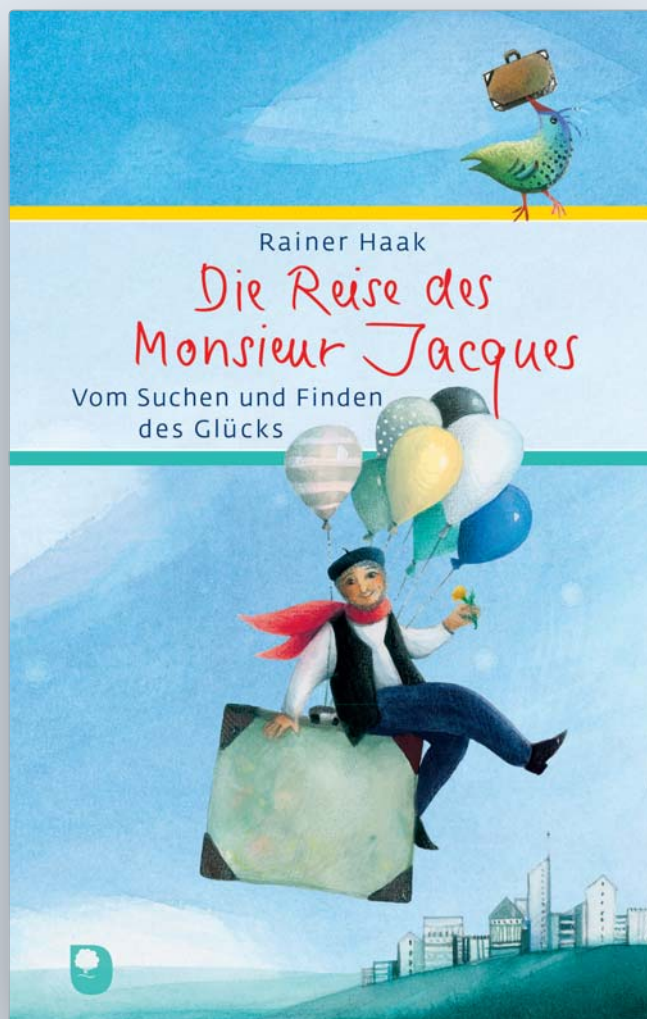


EVA MUTSCHER
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 Eschbach

What is the secret of the special hat that the basket maker's wife wears every day? The couple from the hills seems to be always in a good mood, never really complain and seem happy. There must be magic involved here. Or a magical secret.

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Rainer Haak tells stories about Monsieur Jacques: The loveable bon vivant goes on journeys – and takes a lot of curiosity about life with him. Every encounter that he experiences in foreign places is related to seeking and finding happiness. His worldly wisdom: Happiness is when you experience that life is waiting for you with open arms...

RAINER HAAK

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Stories of Seeking and Finding Happiness

ISBN: 978-3-86917-767-0

Eschbach

Hardcover

48 pages

12 x 19 cm

€ 9.00

RAINER HAAK worked as a waiter, book dealer, pastor, concert organizer and tour operator before he became one of the most successful book authors in the German-language region with more than 9 million books sold.



By the same author:

RAINER HAAK

Monsieur Jacques's Gift

ISBN: 978-3-86917-600-0

Eschbach

Rainer Haak introduces us to Monsieur Jacques, a loveable bon vivant. Jacques tells short stories from everyday life or unusual encounters in his diary. They all express a special worldly wisdom that involves the love of life.



JULIA CAWLEY/VERA SCHÄPER/SASKIA VAN DEELEN

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Cooking – Reading – Spending Time as a Couple

ISBN: 978-3-7995-1444-6 | Thorbecke | Hardcover | 168 pages | 19 x 26 cm | € 26.00

“Where love sets the table, food tastes the best.” (French proverb)

Hello Love: Two people find each other, fall in love, move into their first home together and spend time as a couple. And since we know that love also goes through the stomach, all of this can only be topped by the unbeatably simple and delicious recipes for two in this book. Whether breakfast in bed with airy mascarpone crêpes, wonderfully romantic menus for a candlelight dinner or the pan cookie to share: There's no better way to celebrate love than with this book!

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Thorbecke

The recipes and stories in this book are inspired by the culinary diversity of Central America, the beaches of the Caribbean and the impressive Latin American lifestyle – because not just life but also the cooking pots bubble here.

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SASKIA VAN DEELEN
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Thorbecke

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ENIKŐ GRUBER
Food, Friends & LoveISBN: 978-3-7995-1412-5
Thorbecke

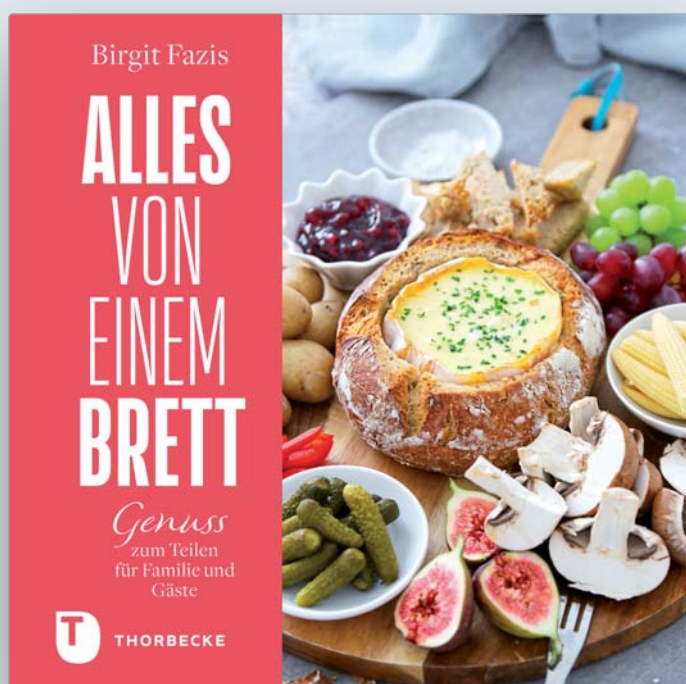
For an all-round successful meal with friends and family, you only need three things: good preparation, a few sure-fire recipes and a bit of improvisation talent. This is no problem with Eni's all-round package!

KATHARINA SAHEICHA/
SOPHIA MAUREEN SAHEICHA
Celebrations the Vegetarian WayISBN: 978-3-7995-0620-5
Thorbecke

What to do when vegetarians and non-vegetarians are eating at the same table on special occasions? No problem, here you'll find fabulous vegetarian recipes for every occasion!

Snack, light meal or tea break – everything from one platter

- ▶ Prepared in a flash – whether for two or twenty!
- ▶ The ideal platter for every event: breakfast or brunch, snacks at a football game, children's birthday party, wine-tasting or dessert
- ▶ Under the keyword of "grazing tables," snack platters are now trending on Instagram & Pinterest



Sumptuous cheese platters, colourful antipasti, tapas and mezze boards, brunch trays, sugar-sweet dessert platters and many other delicacies from the platter are conquering the culinary world. The modernly interpreted snack platters with a wow effect are totally uncomplicated and can be made in a flash.

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Everything from One Platter

Enjoyment to Share for Family and Guests

ISBN: 978-3-7995-1435-4

Thorbecke

Hardcover

88 pages

19 x 19 cm

€ 16.00

BIRGIT FAZIS discovered her love of cooking and baking during a two-year stay on the East Coast of the USA. She returned to Germany with 158 pounds of cook books and many ideas in her baggage. She now lives with her family on a little farm next to Lake Ammersee. She is a food and lifestyle blogger, editor, beekeeper and author.



By the same author:

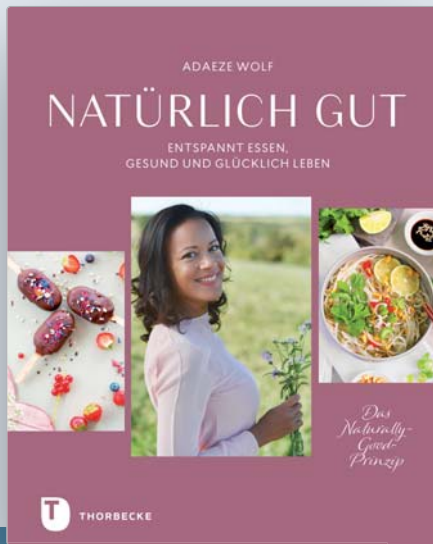
BIRGIT FAZIS

My Little Kitchen by the Lake

ISBN: 978-3-7995-1181-0

Thorbecke

For Birgit, her husband and their daughters Emma, Frieda and Heidi, a small house by the lake is the centre of their lives. In this book, the author surprises readers with fantastic feel-good recipes without frills but lots of good taste and the desire for an enjoyable life. A feel-good book – as simple and lovely as life itself – with many atmospheric images.



ADAEEZE WOLF

Naturally Good

Relaxed Meals and a Healthy, Happy Life

ISBN: 978-3-7995-1443-9 | Thorbecke | Hardcover | 232 pages | 19 x 24 cm | € 30.00

A holistic healthy lifestyle

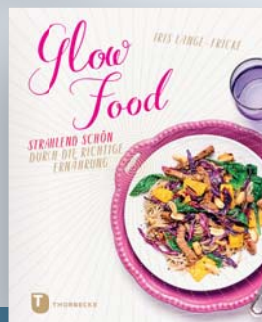
Never before has there been so much differing information about healthy eating, making it harder to have a good overview and stay relaxed about it. But you only need two things for a healthy and happy life: the right attitude towards yourself and your body, as well as a series of incredibly tasty recipes. Adaeze Wolf, a holistic nutritionist and health & life coach, provides tips on how you can eat in a more relaxed, healthy and happy way.



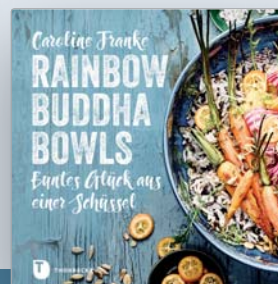
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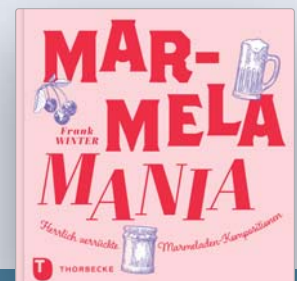
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LYNN HOEFER

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LYNN HOEFER is a food blogger, holistic nutritionist, food stylist and columnist. Through her diagnosis of hypertension, Lynn found her way to healthy nutrition and began to publish her passion for natural recipes on her “Heavenlynn Healthy” blog. It has become one of the most successful German blogs in the area of healthy and balanced nutrition.

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