



Rights List

Fall 2024

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 Fall 2024 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 and upcoming co-editions.

We hope you enjoy browsing our catalogue and look forward to hearing from you!

With best wishes,
Foreign Rights Department

Luisa Bošnjak
lizenzen@verlagsgruppe-patmos.de
t: +49 711 4406 148
f: +49 711 4406 177

Verlagsgruppe Patmos in der Schwabenverlag AG
Senefelderstr. 12
73760 Ostfildern
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MIRJAM RABE

Living Means Loving What You Can Lose

A Story of Transformation and Farewell

ISBN: 978-3-8436-1540-2 | Patmos | Hardcover | 152 pages | 13 x 21 cm | € 18.00

In the middle of life despite everything

Mirjam Rabe has used a literary approach to process memories of her father's life after his breakdown. In a unique language and linguistic images without clichés, she describes a time of transformation and farewell in her youth. The author takes readers completely into the events of the relationship as she shows more than just her own struggle with her father's mentally changed personality – she reveals that experiences with disability can also be seen as an enrichment and not just a deficit.



ANNE KRIESEL

What Should Remain When I Leave?

ISBN: 978-3-8436-1514-3

Patmos

Anne Kriesel talks about her own life and story of grief, giving many suggestions on how people can prepare for their own death and that of loved ones, starting with the "paperwork" to designing a treasure chest in which they can collect memories for their favorite people.



KAROLINE ROSCHER-LAGZOULI

The Woman Beyond the Veil

ISBN: 978-3-8436-1356-9

After growing up as an atheist, the author converted to Islam in her twenties. In this biography, she tells about her life in the community, the conflicts with her family, her "awakening" and her continuing search for an authentic expression of her faith.



ILKA BRÜHL

Beautiful In a Different Way

ISBN: 978-3-8436-1255-5

Patmos

Ilka Brühl looks different. She was born with a facial cleft. As a child, she was berated as a witch. As a young woman, she withdrew from the world. Her path to more self-confidence was long and rocky, but it was worth it. She has turned her special appearance into a trademark.



DÖRTE MAACK

How to Build a Castle from Ruins

ISBN: 978-3-8436-1260-9

Patmos

Dörte Maack leads the life of a dazzling circus performer until she is diagnosed with an eye disease. She makes two plans: A: Not to become blind. B: If she does, take her own life. After hitting the bottom, she suddenly feels ground beneath her feet. Plan C begins to mature.



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 her son above everything, but sometimes she is discouraged by the difficulties that everyday life entails.

Sold: Korean

SIGRID TSCHÖPE-SCHEFFLER

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

ISBN: 978-3-8436-1233-3

Patmos

The humorous lady this book is about seized the opportunity of living with her caregivers for a personal and cultural exchange. This resulted in wonderful stories that show how even a care situation can be enriching.



NORA-MARIE ELLERYMEYER

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, her world fell apart. But she learns to accept herself and now leads a happy life - even if it means giving up her profession.

From Beethoven to Greta Thunberg

- Entertaining, intriguing and quirky
- Fascinating stories about famous autistic people
- New facts about Asperger's autism



In Why was Beethoven arrested as a vagrant and spy? Why did Empress Sisi take her favourite cow along on all her trips? Why was Karl Lagerfeld never seen without sunglasses? Why can nothing in the world dissuade Greta Thunberg from her mission of climate protection?

All of these personalities have one thing in common: Asperger's syndrome. They are considered solitary, quirky, eccentric or shy misfits. However, their unusual view of the world, their often above-average intelligence and their astonishing talents and special interests enable them to achieve earth-shattering accomplishments. Ulrich Merkl presents an entertaining and knowledgeable account on the lives of world-famous personalities who are or were most likely affected by Asperger's syndrome – a milder form of autism. With the help of astounding anecdotes and never-before-heard facts, he creates a comprehensive picture of autistic ways of thinking and living that have had a decisive influence on the work of many creative geniuses. His book is also an invitation not to define autistic people by their weaknesses, but to learn from their creative and extraordinary solutions.



Also available:

PETER SCHMIDT
A Valentine's Day Cactus

ISBN: 978-3-8436-0211-2

Patmos

He cannot understand others' feelings, nor can he interpret their facial expressions. All this doesn't exactly make him Prince Charming, but he is nevertheless happily married with children.

Sold: German film rights optioned

ULRICH MERKL

**The Incredible World of
Brilliant People with Autism**

ISBN: 978-3-8436-1523-5

Patmos

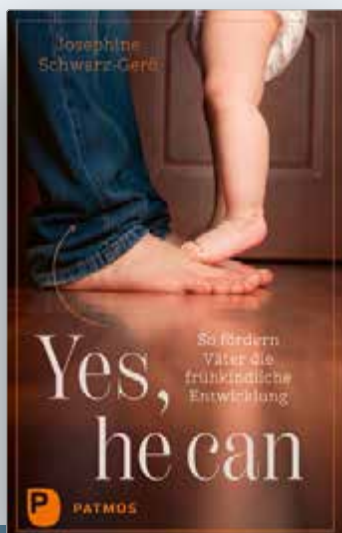
Hardcover

350 pages

14 x 22 cm

€ 25.00

DR. ULRICH MERKL, born in 1965, studied art history, archaeology and Romance philology. As a freelance author and editor, he lives with his wife near Leipzig. He has ten children: two of flesh and blood and eight made of paper. Since 2017, he has known that he is affected by Asperger's autism. Visit the author on his blog:
www.ulrichmerkl.de



JOSEPHINE SCHWARZ-GERÖ

Yes, He Can

How Fathers Promote Early Childhood Development

Updated new edition

ISBN: 978-3-8436-1560-0 | Patmos | Paperback | 200 pages | 14 x 22 cm | € 22.00

You can do it, daddy!

The mother is still considered to be more competent in the first years of a child's life. According to statistics, fathers only take an average of three months parental leave during the first three years. The father's abilities and significance – especially for the child's development – are often underestimated. This is a well-founded and experience-based guide on how mothers and fathers can complement each other in their respective roles for the benefit of their child, as well as a plea to just let daddy do it!

JOSEPHINE SCHWARZ-GERÖ
Baby, Why Aren't You Eating?

ISBN: 978-3-8436-1534-1

Patmos

Josephine Schwarz-Gerö has a solution for every baby and toddler eating problem, which involves perceiving children's signals since the problem draws attention to their needs. Responding to these signals sensitively is the most important step towards normal eating behavior.

CHRISTINE RANKL
How to Calm My Baby

ISBN: 978-3-8436-1533-4

Patmos

Christine Rankl explains with competence how crying problems arise, provides the necessary knowledge about baby development and gives concrete help on how parents can solve a crying problem and achieve a greater sense of calmness. With an additional chapter on self-regulation skills.

CHRISTINE RANKL
Quiet Nights

ISBN: 978-3-8436-0748-3

Patmos

In this bestselling guidebook, psychotherapist Christine Rankl offers parents solutions for every kind of sleeping problem in children, from infants to school-aged kids.

CLAUS KOCH
Children of Separation

ISBN: 978-3-8436-1108-4

Patmos

Based on the latest scientific studies, the author outlines perspectives on how parents and their children can best cope with a separation or divorce. This approach allows the courage and confidence for a new and happy life to develop once again.

ELISABETH RAFFAUF
Just Raise Us!

ISBN: 978-3-8436-1322-4

Patmos

Elisabeth Raffauf shows what parents require so that they can accept their parental role and what children need from their parents. Parents do not always have to do everything right but can they give children what they need to grow up.

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. **Sold: Korean**

FELICITAS RÖMER
Chill Out, Mom!

ISBN: 978-3-8436-0528-1

Patmos

Even if it isn't always "easy", there's no reason to panic about puberty. With lots of practical tips, Felicitas Römer describes how parents can make it through their children's puberty with ease.

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 how they can deal in a helpful way. It is possible to strengthen children's self-esteem! **Sold: Czech**

ADHD – so much for a fashionable diagnosis!

- ▶ Education, understanding and help for families
- ▶ ADHD is the most common mental disorder in children and adolescents
- ▶ First book about ADHD in childhood by an affected mother



ADHD is often trivialised by describing it as a fidget syndrome or fashionable disease. Ursula Frühe knows how stressful and nerve-wracking it is to raise one or more children with ADHD from her everyday life with two affected sons, which has brought her to her own breaking point. She gives a refreshingly direct account of powder kegs on two legs, the daily battle about homework and after-work evenings that don't deserve that name. In the process, she does away with social prejudices and finger-pointing that cause additional problems for the affected families. Despite the despair that comes with ADHD, the ultimate message is that there is help: for the affected children but also for the entire family.

URSULA FRÜHE

Thunderstorm of Neurons

My Child, His ADHD and What Saved Us

With a foreword by ADHD expert Professor Andreas Reif, M.D.

ISBN: 978-3-8436-1507-5

Patmos

Paperback

220 pages

14 x 22 cm

€ 20.00

After studying classical dance and dance pedagogy, **URSULA FRÜHE** taught at institutions such as the Hamburg Ballett John Neumeier's training centre. She is now a freelance cultural educator in the field of dance and drama at schools, museums and theatres, as well as a volunteer grief counsellor in a hospice with further training as a systemic therapist. She lives in Neu-Ulm with her husband and three sons, two of which have the diagnosis of ADHD.



Also available:

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.



IRMTRAUD TARR

Humor: The Rescue Buoy in the River of Life

ISBN: 978-3-8436-1496-2 | Patmos | Hardcover | 128 pages | 12 x 19 cm | € 16.00

Discovering humor as a life force

“Humor is when you laugh anyway!”, as the saying goes. And this already implies that it means so much more than being witty or a good mood and laughter. This is why renowned author Irmtraud Tarr explores the many facets of humor in this book and comes to an exciting insight: Humor is a gift that helps us to face this world’s shortcomings with cheerful serenity. It refers to a state of mind, an attitude towards life or the world that makes people laugh even when things become difficult. It makes it possible for us to loosen up and relativize whatever is rigid, solidified and earnest – also by not taking ourselves and the circumstances so seriously.

IRMTRAUD TARR
Letting GoISBN: 978-3-8436-1457-3
Patmos

This book encourages us to ask ourselves some questions: Why is it so hard for me to let go? How could I learn to let go of problems in everyday life? At the same time, it also has some unusual, thought-provoking and quite practical Ideas for the answers.

MICHAELA SEUL
Getting Older Is No Reason to WhineISBN: 978-3-8436-1499-3
Patmos

No one is immune to getting older ... but does it really have to be a reason to whine? After observing her dog, the bestselling author realizes: No! In a charming, way, she leads us on the trail of a successful later phase of life and gives readers a new perspective on getting older.

GUY BODENMANN
You Should Quarell!ISBN: 978-3-8436-1433-7
Patmos

Using case studies, experienced couple therapist Guy Bodenmann describes various conflict patterns and their effect on the couple and the children. His book offers many hints and tips on how couples can recognize and change their destructive behavior.

GUY BODENMANN
Love With All Your HeartISBN: 978-3-8436-1306-4
Patmos

With the help of exercises and practical tips, couples therapist Guy Bodenmann shows how couples can strengthen their commitment to survive times of crises. This is a book that helps people sustain love and find their way to a happy relationship.

UDO RAUCHFLEISCH
Understanding Transgender PeopleISBN: 978-3-8436-1484-9
Patmos

Psychotherapist Udo Rauchfleisch helps relatives, friends and colleagues of transgender people to understand the phenomenon of trans identity and encounter these people without fear of contact.

ELLEN SPANGENBERG
Trusting Life AgainISBN: 978-3-8436-1455-9
Patmos

Ellen Spangenberg gives comprehensive information on the consequences of sexual violence, discusses the latest treatment possibilities and shares tested methods of self-help. This book does not replace therapy but helpfully accompanies it.

CHRISTIAN FIRUS
When the World Falls to PiecesISBN: 978-3-8436-1458-0
Patmos

The author describes what helps in everyday life against fear, as well as what we can do to look more confidently towards the future. This book helps in discovering the opportunities of fear and gives advice.

KERSTIN FRIEDRICH
No Sport Also Isn't a SolutionISBN: 978-3-8436-1321-7
Patmos

All of us “actually” want to do more sport, and have a healthier life. But we are often too comfortable. There are just thousands of excuses. Kerstin Friedrich, a couch potato herself, only got into sport at age 60.

Becoming whole in a conversation with yourself

- ▶ Inner dialogue as a path of self-care
- ▶ Helpful concepts for approaching and processing existential issues on your own
- ▶ Finding self-confidence and support in everyday life



In your everyday life, you are almost constantly required to make all kinds of decisions. But especially when you are alone, finding your own positions is often difficult: You don't have a conversation partner with whom you can exchange ideas and who can give you support. As shown by the renowned author Dr. Josef Giger-Bütler in this book, the concepts of inner dialogue and inner space will help you discover a sense of security and safety within yourself so you can play through and practice such situations without pressure and judgment. He clearly describes the creation of inner space and the process of inner dialogue, always using concrete examples to accompany and support it. This allows you to better plan upcoming conversations and encounters, work through fears and traumatic experiences and overcome loneliness.



By the same author:

JOSEF GIGER-BÜTLER
What is Depression Really?

ISBN: 978-3-8436-1374-3

Patmos

In this new book by the renowned author, he takes a clear stand against the picture of depression painted in society and the medical field: We need a holistic perspective on depression and depressed individuals since depressive behavior is not pathological but learned. It can therefore also be unlearned.

JOSEF GIGER-BÜTLER

Finding Support within Yourself

Inner Dialogue and Inner Space

ISBN: 978-3-8436-1500-6

Patmos

Paperback

140 pages

14 x 22 cm

€ 16.00

JOSEF GIGER-BÜTLER is a psychotherapist in private practice in Lucerne, a trainer for psychotherapists and a lecturer at the Lucerne School of Social Work in Switzerland. He is the author of many self-help books.

VERENA KAST

Saying Goodbye as a Beginning

Life Is Change

ISBN: 978-3-8436-1551-8 | Patmos | Hardcover with dust jacket | 160 pages | 12 x 19 cm | € 19.00

The courage to let go

Life is unpredictable and the future is open, not fixed. This enables us humans to be creative, explore possibilities and be in the flow of life. But time and again, we can't start anything new unless we say goodbye to the old by letting it die. And we ourselves are also born and ultimately must die. Birth and death, farewells and new beginnings – these dynamic shapes our lives, as Verena Kast shows in her new book. The renowned Jungian analyst and bestselling author vividly describes how when we let go of what we have outlived, we once again have our hands free to tackle new and necessary things.



CHRISTIANE NEUEN (Ed.)

Verena Kast: Life Is Relationship

ISBN: 978-3-8436-1461-0

Patmos

For Verena Kast's 80th birthday, texts from her extensive works have been compiled and make it clear: Kast's psychology is a psychology of the relationship, which focuses on turning towards other people and the world. It provides essential impulses for a successful life.



WOLFGANG KNÜLL

Near-Death Experiences

ISBN: 978-3-8436-1454-2

Patmos

This book is intended as a type of reference work on the topic near-death experiences. A short and concise, yet sufficiently detailed, scientifically substantiated summary on the status of the research and possibilities of interpreting these experiences.



BRIGITTE DORST

The Knowing of the Heart

ISBN: 978-3-8436-1419-1

Patmos

In this comprehensible introduction, Brigitte Dorst focuses on the spiritual depth dimensions that characterize analytical psychology and differentiate it from other psychologies. The book emphasizes the key significance of spirituality in analytical psychology, which we also understand as a "spiritual psychology."



INGRID RIEDEL

C.G. Jung and Meister Eckhart

ISBN: 978-3-8436-1550-1

Patmos

The renowned Jungian analyst and theologian sheds new light on the encounter between the great depth psychologist and the major Christian mystic. At the same time, her book clearly shows the serenity, joy and art of living that can arise from Meister Eckhart's thinking.



INGRID RIEDEL

Finding a Taste for Life

ISBN: 978-3-8436-1422-1

Patmos

Finding a taste for life – is there anything that we desire more in a person? This book is a journey of discovery through our five senses – and it simultaneously takes us on a path to (once again) finding what gives our life a meaning or a "taste" for life.



INGRID RIEDEL

Discovering the Inner World

ISBN: 978-3-8436-1372-9

Patmos

The world of our lives is becoming more and more complex and challenging. Ingrid Riedel shows how exciting it is to engage with the inner reality as described and explored by the various directions of Depth Psychology.



VERENA KAST

Starting Anew Time and Again

ISBN: 978-3-8436-1280-7

Patmos

In order to cope with fear and desperation, we can develop inner counterforces. We need to focus on hope and confidence – emotions that give us the strength to overcome challenges and risk creative new beginnings.



VERENA KAST

Aging – Always Good for a Surprise

ISBN: 978-3-8436-0736-0

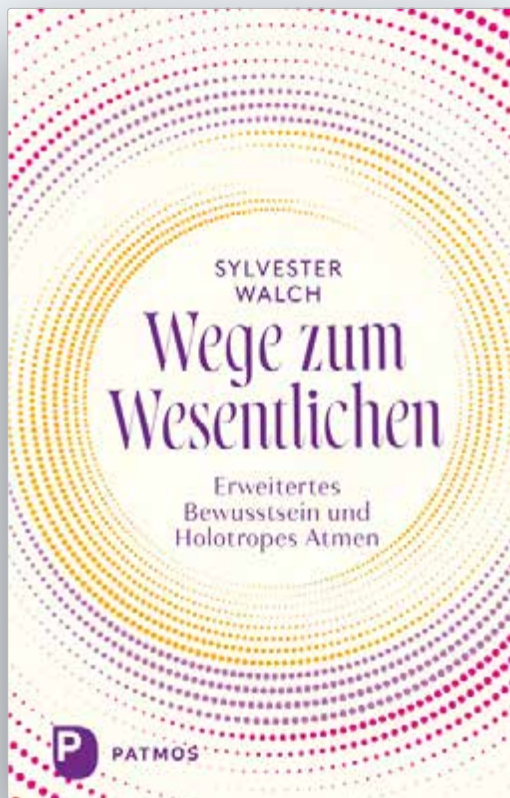
Patmos

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

Living a happy and contented life

- ▶ A path to healing and liberation
- ▶ Holistic growth through an altered consciousness
- ▶ By the well-known psychotherapist Sylvester Walch



Many spiritual paths and psychotherapeutic approaches have helped people time and again to find meaning and contentment in life. Altered states consciousness – especially those activated by holotropic breathing – can make it possible for us to free ourselves from restrictive life patterns and allow us access to what is known as the transpersonal worlds of experience, i.e. spiritual dimensions that extend far beyond our own personality. The renowned psychotherapist Sylvester Walch explains: In these intensive processes of self-exploration, but also through meditation and contemplative exercises, we can experience that we are embedded in something greater that carries us through adversity and allows us to discover opportunities for growth in crises. This book shows how we can treat ourselves and others more lovingly and face life's challenges with increased courage and serenity.

SYLVESTER WALCH

Paths to What Is Essential

Expanded Consciousness and
Holotropic Breathing

ISBN: 978-3-8436-1354-5

Patmos

Hardcover

240 pages

14 x 22 cm

€ 26.00

Dr. phil. SYLVESTER WALCH is an instructor for psychotherapy, transpersonal psychology and holotropic breathing. In addition, he is a lecturer at various universities in the German-speaking countries and book author. For more than 35 years, he has combined psychotherapy and spirituality in his work. Following his training by Stanislav Grof, Sylvester Walch developed his own cross-cultural psychospiritual path that integrates emotional healing, working with altered states of consciousness and a spiritual practice.



Also available:

UDO RAUCHFLEISCH

Loneliness: The Challenge of our Time

ISBN: 978-3-8436-1526-6

Patmos

Psychoanalyst and psychotherapist Udo Rauchfleisch describes the causes, as well as the health and social consequences of loneliness. He uses many examples to illustrate a constructive approach in dealing with feelings of loneliness. In conclusion, he points out which social strategies and political activities are necessary to effectively combat loneliness.



BRIGITTE HAERTEL

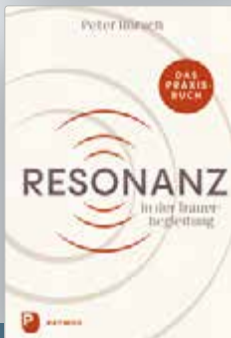
The Hour of the Night Wind

Protocol of a Mourning

ISBN: 978-3-8436-1508-2 | Patmos | Hardcover with ribbon | 208 pages | 13 x 21 cm | € 22.00

Life in the land mourning

Three-and-a-half weeks lie between the diagnosis of incurable liver cancer and Günter's death. But Brigitte Haertel not only talks about this time of fear and hope: She describes their first meeting on the stairs of a Düsseldorf residential building, the eight years of their late happiness together and then his absence – to which her life still refuses to become accustomed. In a very personal and literary way, Brigitte Haertel tells her moving story of finding and losing, of a time that is no more and yet remains forever.



PETER RÖRSCH

Resonance in Grief Counselling

ISBN: 978-3-8436-1481-8

Patmos

Grief often causes people to withdraw and fall silent. Grief counselling is intended to help people find their lost resonance and tune back into life. The book includes a theoretical section and a practical part with 60 grief sessions with various focal points.



ANTJE WENZEL-KASSMER

The World Suddenly Stands Still

ISBN: 978-3-8436-1477-1

Patmos

This book offers helpful rituals, texts and symbols for accompanying grieving parents, especially those of Star Children. The experienced grief counselor gives suggestions and assistance for the first contact with the parents, the funeral and further accompaniment.



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.



THOMAS ACHENBACH

The ABCs of Grief

ISBN: 978-3-8436-1462-7

Patmos

Anyone who has lost a loved one is in turmoil since it's difficult to sort out what is happening inside. The 77 keywords and impulses that grief counselor Thomas Achenbach has compiled in this book provide support and security for this rough terrain.



PETRA SUTOR

Grieving for a Star Child

ISBN: 978-3-8436-1323-1

Patmos

When a child dies, it's a decisive turning point that accompanies most parents throughout their lives and has effects on the entire family system. This book accompanies parents of star children in an informative and warm-hearted way.



PETRA SUTOR

Mourning at the Workplace

ISBN: 978-3-8436-1212-8

Patmos

Death and mourning are part of life, so they do not stop at the company doors. 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.



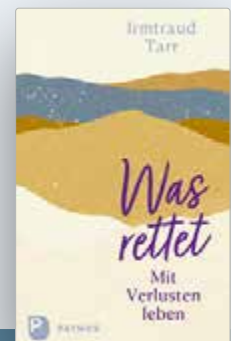
FLOR SCHMIDT

Getting Through Grief with Medicinal Plants

ISBN: 978-3-8436-1377-4

Patmos

Medical plants that can simultaneously strengthen the body and touch the soul in times of grief. We learn about the message and significance of these plants, as well as experience their beneficial effects in the grieving process.



IRMTRAUD TARR

What Rescues Us

ISBN: 978-3-8436-1317-0

Patmos

When we must cope with loss, we need the sources of strength that are always available to us. Irmtraud Tarr concentrates on the value of rituals and habits. These are pragmatic, primal human survival strategies that strengthen us in times of pain.

Practising dying – is that possible?

- ▶ With exercises, questionnaires, expertise and diagrams
- ▶ Includes touching stories about how to successfully say farewell
- ▶ For clinics, palliative care units, hospices and families



If you accompany dying and mourning people professionally, voluntarily or privately, it is important to know how you personally feel about death and dying. Only when you know your own feelings can you distinguish between what concerns you and what concerns the person who you are accompanying. Do you feel their grief or is it your own? Do you feel their helplessness or are you being touched by something that makes you feel helpless? This book invites you to explore your own stance with exercises: How has your attitude towards death and dying developed from your own life experiences? Do you want to change it (and how)? It offers comprehensible knowledge about death and dying, as well as end-of-life and grief counselling. “Practising Dying” can transform your fears and lead you deeper into your aliveness.

SABINE RACHL

Practising Dying to Let Life Unfold

Basic Principles, Case Histories and Self-Reflection for End-of-Life and Grief Counselling

ISBN: 978-3-8436-1513-6

Patmos

Paperback

228 pages

14 x 22 cm

€ 22.00

SABINE RACHL works as music therapist in the Children's Hospice in Wuppertal, as lecturer and educational consultant for the dealing with loss and grieving. Among other things, she has founded a school with her husband.



Also available:

NATALIE KATIA GREVE

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.



ANDREAS MALESSA

And Afterwards, They Were Heroes!

Men Who Were Ahead of Their Times

ISBN: 978-3-8436-1522-8 | Patmos | Hardcover with ribbon | 160 pages | 14 x 22 cm | € 20.00

Encouragement for men

This book will be appreciated by men who are still groping in the dark or who see a light but don't know whether it's at the end of the tunnel or that of an oncoming train. Andreas Malessa tells stories about men who became more effective posthumously than they were during their lifetimes. He shows that even geniuses had to go through dry spells and dead ends, had to survive crises of meaning and even seemingly failed. They only proved to be right and demonstrated their importance later.



ROLAND BREITENBACH
Meditations of the Heart

ISBN: 978-3-8436-1370-5
Patmos

Jesus for all people. He invites us to follow in his footsteps. As his legacy, priest and writer Roland Breitenbach has left us meditations of the heart on the path of Jesus of Nazareth. The book includes reflections, practical meditation exercises and prayers, which are being published for the first time.



ANDREA SCHWARZ
Let You Touch Me Tenderly

ISBN: 978-3-8436-1520-4
Patmos

Andrea Schwarz wants to encourage us to trust in the experience of love. Her poems are a "poetry of love" and inspire us to consciously perceive and live our own feelings, moods and experiences of love. This is a very special erotic-spiritual reading experience.



KATRIN BROCKMÜLLER
A Sign from Heaven

ISBN: 978-3-8436-1482-5
Patmos

To discover the potential of Christmas, it helps to look at the promises of the Old Testament: great signs, justice and righteousness, healing, homecoming and peace. Christians have always placed Jesus and his birth within the horizon of these hopes.



JOSEF EPP
When Everything Turns Out Differently

ISBN: 978-3-8436-1444-3
Patmos

Crises are part of every individual and social life experience: Loss, illness, disability, mental illness, separation – all of these are experienced in vastly diverse ways. As a result, the focus of this book is on personal life crises as the starting point for various perspectives.



SOPHIA WEIXLER
I Breathe Hope

ISBN: 978-3-8436-1438-2
Patmos

Sister Sophia has had her language restored to her by the Psalms after she experienced spiritualized and sexualized abuse of power. She has rewritten the Psalms of the Bible in her own words. By writing and praying, she felt her way back to God.



MARIE KORTENBUSCH
How God Made Me

ISBN: 978-3-8436-1447-4
Patmos

Lesbian and a committed Catholic? Still a struggle today, this was especially true in the 1980s when there were hardly any words for queer identity and no acceptance whatsoever. Despite everything, Marie Kortenbusch refuses to give up her Church.



SARAH VECERA
How Did Jesus Become White?

ISBN: 978-3-8436-1352-1
Patmos

Church was intended for all people. But it still also has racist structures, which white people usually don't even notice. Sarah Vecera draws attention to these structures and explains how we can do something against them.



STEFAN HEROK
Bless Our Nerves

ISBN: 978-3-8436-1479-5
Patmos

People who participate in the Church despite all of the scandals need resilient nerves. This book is aware of the embarrassment that the Church does not get exhausted in all of this.

Ulrich Schaffer encourages us to be ourselves

- ▶ Condensed life experience
- ▶ Short prose, exercises and poems
- ▶ Lovingly designed



We live in challenging times, and many people are worried. How can we still have a fulfilled life? But whether we succeed in having a self-determined life is also in our hands. In 17 decisions, Ulrich Schaffer shows how we can transform vague feelings into attitudes and mindsets that allow us to have fulfilled lives once again.

With courage and love, we can succeed in seeing the world differently and regain hope for our lives. Then it becomes possible for us to take creative and liberating paths, even in these difficult times. With the perspective offered by this book, we can change everything: our attitude towards ourselves and our relationships, our view of society and politics, as well as our approach to nature. With every decision we make, we live more consciously – and we will succeed in developing hope again.



By the same author:

ULRICH SCHAFFER
With You, Without You

ISBN: 978-3-8436-1439-9

Patmos

Ulrich Schaffer tells the story of a great love – despite his partner's dementia – in thoughtful prose, poems and sensitive black-and-white photos. He describes their happy days and concludes with ageing, as well as a creative approach to dementia and dying.

ULRICH SCHAFFER

Courage and Love

17 Decisions That Allow Us to Live Better

ISBN: 978-3-8436-1549-5

Patmos

Hardcover with ribbon bookmark

160 pages

13 x 21.3 cm

€ 19.00

ULRICH SCHAFFER emigrated to Canada with his parents 70 years ago when he was ten years old. For the past 25 years, he has lived in Gibsons on the Pacific Coast – a town that can only be reached by ferry. He has published more than 200 books and large photo calendars. Through social media and more than 55 book tours over the last 45 years, he has remained loyal to his German-speaking community of readers. As a writer and photographer, he focuses on the major topics of spirituality (life), relationship (love) and beauty (creation) at home and while travelling around the world.

NINA-MARIA MIXTACKI

Yoga et Labora

Praying with Body and Soul: Christian Yoga for Beginners and Advanced Practitioners

ISBN: 978-3-8436-1538-9 | Patmos | Flexcover | 112 pages | 14 x 21 cm | € 15.00

Meeting God on the mat

Nina-Maria Mixtacki is a pastor and a yoga teacher – and often also a yoga teacher during her work as a pastor. With her offer of Christian yoga, she wants to make the Christian faith and Christian spirituality a sensual and physical experience: beyond the typical smell of the church walls, incense and uncomfortable pews. She invites readers to experience the Christian faith holistically by addressing body, soul and spirit so they can meet God in movement or silence. This workbook has many step-by-step instructions for those who desire a deeper, more physical level in their spirituality.

SYLVIA WETZEL
Pillars of LifeISBN: 978-3-8436-1524-2
Patmos

The well-known Buddhist meditation teacher shows how we can build and promote five pillars of life so that they sustain us - not only in difficult times. This book demonstrates how we can deal constructively with small and large changes and better cope with crises.

SYLVIA WETZEL
Pearls of Buddhist WisdomISBN: 978-3-8436-1440-5
Patmos

After a short and incisive introduction to Buddhism, the well-known Buddhist teacher Sylvia Wetzel interprets 45 key Buddhist wisdom texts for today. This is a book of timeless wisdom.

SYLVIA WETZEL
High as the Sky, Deep as the EarthISBN: 978-3-8436-1369-9
Patmos

This book shows us that when we turn inwards and discover our own inner wealth, holistic growth can happen. Many exercises make it possible to gain clarity about ourselves and develop abilities that can help us to cope with difficult parts of our path in life.

SYLVIA WETZEL
Awakening and RedemptionISBN: 978-3-8436-1075-9
Patmos

Sylvia Wetzel interprets Christian symbols, images and terms from a Buddhist perspective. Her respectful and unconventional view of Christianity encourages readers to rediscover what is familiar and be touched by the deep dimensions of both religions.

HELMUT SCHLEGEL
In the Silence I Hear Your StepsISBN: 978-3-8436-1334-7
Patmos

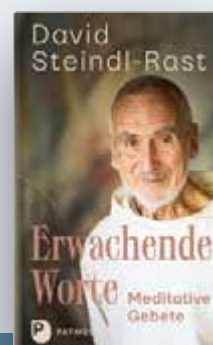
This book describes encounters with God in a person's everyday life. These are encounters where we only see who we were dealing with in retrospect. It tells of situations and occasions where great things happen in a small space.

KATHARINA SCHRIDDE
You Have Afflicted MeISBN: 978-3-8436-1228-9
Patmos

In trauma therapy, Katharina Schridde experienced peace and expansiveness behind all of her brokenness. Based on her own experiences, she answers the question if traumatic experiences are related to faith to other affected people and therapists.

BRIGITTE DORST
Everything Begins with Longing and SearchingISBN: 978-3-8436-0922-7
Patmos

Sufism is often referred to as Islamic mysticism. Brigitte Dorst 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.

DAVID STEINDL-RAST
Awakening WordsISBN: 978-3-8436-1427-6
Patmos

David Steindl-Rast is a world-renowned spiritual teacher who draws on both Christian sources and the practice of Zen. In his new book, he presents 55 short meditations on individual words such as "breath" and "time," "spectre" and "magic power."

Reality and truth

- Master Rinzai: one of the most important Zen masters of Chan Buddhism
- The Zen master's texts made accessible for modern times
- Practical and direct experience of Buddhism



Especially at a time when it is difficult to find out what is true and what is false, we need to be firmly anchored in our own spirituality. Staying true to ourselves and stepping out of the fog of confusion so that we can recognize reality and act correctly is the order of the day.

The texts by the Zen master Rinzai are the basis of Rinzai Zen, which has developed into one of the most important Zen schools. Doris Zölls shows that these texts are always about how truth is found beyond the commandments and concepts, ideologies and teachings. The decisive factor is direct experience, as is possible in Zen. Unobstructed access to our own sources gives us the security of being able to respond appropriately to everything that we encounter and develop the resulting solutions, which are always characterized by compassion.

DORIS ZÖLLS

Resting in Yourself

The Wisdom and Life Knowledge of Zen Master Rinzai: Recognising the Reality of Life and Acting Accordingly

ISBN: 978-3-8436-1565-5

Patmos

Hardcover

144 pages

12 x 19 cm

€ 18.00

DORIS MYÖEN ZÖLLS is a retired Protestant pastor, Zen Master of the “Empty Cloud” Zen lineage (Willigis Jäger) and a member of the West-Eastern Wisdom Willigis Jäger Foundation Board. She is a lecturer at the Benediktushof – Centre for Spiritual Paths in Holzkirchen near Würzburg, for which she served as its Spiritual Director from 2003 to 2020. She is the author of many books on Zen.



By the same author:

DORIS ZÖLLS

Like a Bird In Flight

ISBN: 978-3-8436-1478-8

Patmos

The well-known Zen master Doris Zölls explores everyday reality in detail and discovers: Trust is what always guides and supports us in everything that we do as a matter of course. Once we become aware of this trust, nurture and cultivate it, we can draw on it in times of need.



JAN FRERICH'S

Wild Church

How We Can Reclaim Our Spiritual Home

ISBN: 978-3-8436-1511-2 | Patmos | Hardcover with ribbon | 184 pages |
14 x 22 cm | € 20.00

The book for spiritual homelessness

Many people no longer feel at home in the institutional church. Most of them are looking for other forms and places to create a relationship between their lives and the divine. In his own search, Jan Frerichs has rediscovered the wild church – because the wild church has always existed. Its cathedrals are forests, mountains, valleys, riverbanks, deserts and the ocean. The first Bible of the wild church is the Creation itself with its living beings, phenomena and cycles – and it is an ancient art to read this Bible, which is the mirror for our souls.



JAN FRERICH'S

Barefoot and Wild

ISBN: 978-3-8436-1032-2

Patmos

Nature is the first Bible. The willingness to accept an inner path is decisive. On this path, the living tradition knows other signposts: a life in the balance of contemplation and action, of dedication to God and the resulting dedication to life. Jan Frerichs invites his readers on an exciting path to a spirituality.



MARKUS GRÜNLING

The Art of Celebrating New Rituals

ISBN: 978-3-8436-1512-9

Patmos

With the decline in church affiliation, familiar rituals have disappeared. But parallel to that, there is a growing longing for new rituals. Markus Grünling shares his experiences since his book is based on collegial dialogue with other speakers, rite masters and ritual designers.



MARIA ANNA LEENEN

Being Alone: Lifestyle – Challenge – Opportunity

ISBN: 978-3-8436-1396-5

Patmos

More than 27 years ago, Maria Anna Leenen made the decision to be alone. Since then, she has lived as a recluse and become familiar with many facets of seclusion. She discusses her experiences in this book, in the form of a diary.



LUKAS KIEMELE

I, the World and the Meaning of Everything

ISBN: 978-3-8436-1394-1

Patmos

Lukas Kiemele succeeds in showing us the significance of philosophical considerations for our everyday actions. This is an easy-to-read examination of (not only) the youthful search for individuality, identity and self-realization.



STEFAN JÜRGENS

On Familiar Terms

ISBN: 978-3-8436-1367-5

Patmos

This little school of prayer was created through requests by many people who have not yet been able to or could no longer pray, with whom Stefan Jürgens was allowed to search for ways to pray.

Sold: Italian

STEFAN JÜRGENS

From Magic to Mysticism

ISBN: 978-3-8436-1036-0

Patmos

Stefan Jürgens describes how he found his way to an adult faith: not because he is good but because God is good. The author follows the tracks of ministerial development, as it is also expressed in the Bible.

Sold: Italian

ANNETTE HEIZMANN

The Hildegard Code

ISBN: 978-3-8436-1209-8

Patmos

Based on the deep knowledge of the original writings, 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.



PETER MÜLLER

Pilgrimage In Everyday Life

ISBN: 978-3-8436-1389-7

Patmos

For all of us who can't or don't want to go on a pilgrimage, this at-home guide offers enriching alternatives. Experience ten weekly themes with rituals, spiritual impulses and encouraging stories. This book makes it possible to have pilgrimage days at home.

Indispensable – the book about eliminating things

- ▶ New freedom by having less
- ▶ Happier through conscious renunciation
- ▶ Niklaus Kuster is a Capuchin with more than 40 years of spiritual experience



Fewer things create more room to move, less baggage makes us more light-footed, fewer appointments leave more time, fewer distractions make us more mindful and fewer contacts benefit deeper relationships. However, it doesn't help much to reduce an excess of things or appointments if we begin to get bored with less stress. Only when emptiness becomes a free space for something does renunciation have an inspiring effect and makes us creative. Conscious and decisive elimination is an art that can be practiced. Something less wants to be connected with something more: more space and time for something else, better health and more vitality that benefit us and others. The goal of every act of omission is a greater or deeper happiness – whether individually or mutually.

NIKLAUS KUSTER

Having Less – Being More

More Freedom for a Fulfilling Life

ISBN: 978-3-8436-1547-1

Patmos

Hardcover with ribbon bookmark

168 pages

13 x 21.3 cm

€ 22.00

NIKLAUS KUSTER has been a Capuchin for the past 40 years and understands travelling light as a privilege. He shares his experiences, showing readers the opportunities that they offer and how to succeed with this approach.



By the same author:

NIKLAUS KUSTER / MARTINA KREIDLER-KOS

Brother Fire and Sister Light

ISBN: 978-3-8436-1301-9

Patmos

Francis and Clare of Assisi gave Christian spirituality impulses that are still strong today. Written by a Francis researcher and a Clare researcher, this double biography takes us to the lives of a woman and a man from the 13th century.

GIDEON BÖSS

Christmas: A Holiday Tells All

The Autobiography

ISBN: 978-3-8436-1504-4 | Patmos | Hardcover with ribbon | 160 pages | 13 x 21.3 cm | € 20.00

Every year – but different this year

“All of you know me: I’m the reason for the festive lights at the end of the year and gingerbread and chocolate Santas in the supermarket starting in August. For almost two thousand years, people have been intensely working on me as a holiday. Mostly raving and pining, sometimes critical and satirical and occasionally malicious and spiteful. That’s all fine with me. After all, I’ve reached the top – the top of the Christmas tree, so to speak. And yet, many secrets still surround me. Yes, I almost dare to stay that most people don’t know my story.”. Who could tell the story of the Christmas celebration better than Christmas itself? After almost 2,000 years of silence, it is now ready to speak. It has a lot to tell and just as many misunderstandings to clear up. In fact, this celebration that we all think we know is more mysterious than expected.



BRITTA GROTHUES / DETLEF KUHN / JÜRGEN KUHN

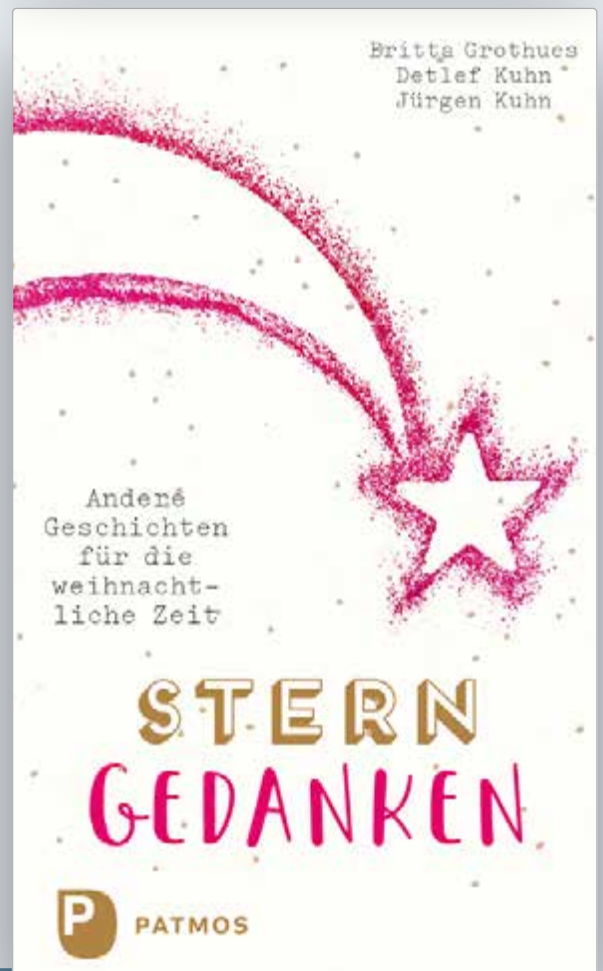
Starry Thoughts

Different Stories for the Christmas Season

ISBN: 978-3-8436-1397-2 | Patmos | Hardcover with ribbon | 120 pages | 13 x 21.3 cm | € 20.00

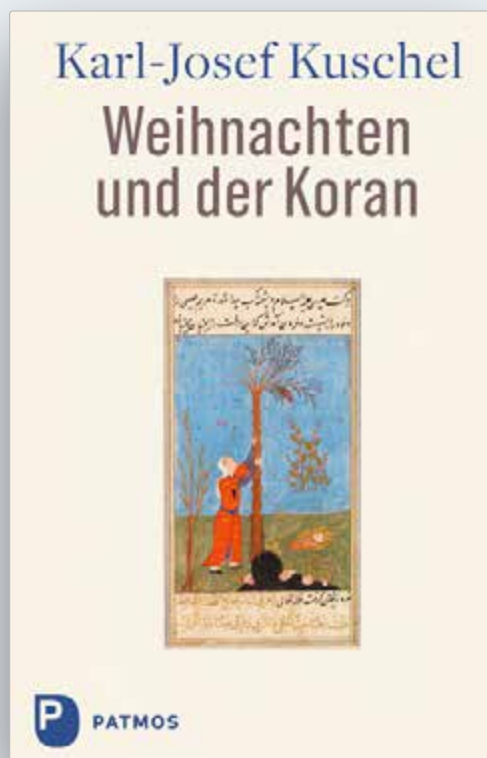
A different view of Christmas

This book describes a birth during the maiden voyage of a new tour bus, the whispered secret of the old carafe and St. Michael’s finger on the heads of two squabblers. The meaning of Advent and Christmas for today is always presented in a different, surprising and astonishing way. The stories and poems to reflect on and contemplate in the time before and around Christmas sensitively offer impulses for a more humane way of living together. The lovingly designed book with its careful selection of images gently takes readers on a different path to the nativity scene.



The birth of Jesus in the Bible and the Qu'ran

- ▶ A chance for interreligious dialogue in the interest of world peace
- ▶ New perspectives on the biblical Christmas story
- ▶ A comparative study of the accounts of Jesus'



KARL-JOSEF KUSCHEL
Christmas and the Qur'an

ISBN: 978-3-8436-1437-5

Patmos

Hardcover with ribbon

224 pages

14 x 22 cm

€ 24.00

It is far too little known that an astonishing range of biblical tradition is incorporated in the Qur'an. That includes the Christmas story, found in Sura 19. Nowhere do the biblical and Qur'anic traditions overlap more significantly than in the story of the birth of Jesus.

In addition to marked differences, there are surprising parallels in their interpretation of the person of Jesus, for Muslims also understand his birth is a "sign of God" for humanity. Through his observations on the stories of Jesus's birth in the Bible and the Qur'an, Karl-Josef Kuschel encourages discussion between Muslims and Christians about the fundamental questions of their faiths. Both can give the Christmas message of peace new power and relevance.

KARL-JOSEF KUSCHEL, born in 1948, is a professor of Catholic Theology at the University of Tübingen, Germany, where he teaches theology of culture and interreligious dialogue. Through his numerous books he has become familiar to a wide public. His works have also been translated into several languages



By the same author:

KARL-JOSEF KUSCHEL
"Our Spirit Is the Spirit of the World"

ISBN: 978-3-8436-1501-3

Patmos

Based on Stefan Zweig's works and autobiographical testimonies, Karl-Josef Kuschel describes the author's drama in times of growing anti-Semitism that ultimately came to a head in tragedy. At the same time, he shows that universalist thinking in Zweig's footsteps has remained alive in today's Judaism even after the Shoah.



EUGEN DREWERMANN / HERIBERT KÖRLINGS

Living Out of Love – A Conversation with Heribert Körlings about Life and Death

Eugen Drewermann Responds to Young People

ISBN: 978-3-8436-1385-9 | Patmos | Paperback | 120 pages | 14 x 22 cm | € 12.00

Suitable for religious education

“Doesn’t God restrict me in my life?”

“Will people who love each find each other again after death?”

“What do you say to people who want to believe in God but don’t feel a connection to him?”

“Jesus is supposed to ‘transform’ us. Should he control us so that we become like him?”

“Is love a proof of eternity?”

“Can faith make us happy?”



JULIA SCHÖNBECK

Only with Us

ISBN: 978-3-8436-1490-0

Patmos

With the background of her own experiences as a disabled Christian and theology student, Julia Schönbeck writes about how German churches deal with the topic of Inclusion and gives Impetus for engaging with the various levels of an Inclusive church.



URSULA WOLLASCH

Trans and Catholic

ISBN: 978-3-8436-1536-5

Patmos

Based on the three steps of seeing - judging - acting, this book describes the lifeworld experiences of trans people as It analyses various doctrinal statements on trans Identity and places them In the context of Jesus' message.



FRANZ KAMPHAUS

The Stranger from Nazareth

ISBN: 978-3-8436-1472-6

Patmos

Former bishop Franz Kamphaus invites readers to a stimulating examination of the Gospel of St. Mark's provocations, which are challenging but rewarding for a living faith throughout the year.



AHMAD MILAD KARIMI

Maradona and the Divine Game

ISBN: 978-3-8436-1412-2

Patmos

In times of many crises, both the longing for security and experience of perpetual change are increasing. The author Ahmad Milad Karimi takes a radically serious stance on the experience that life remains elusive and reveals what is good about this.



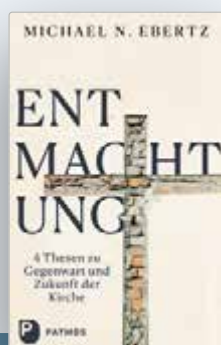
ULRICH LUZ

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.



MICHAEL N. EBERTZ

Disempowerment

ISBN: 978-3-8436-1266-1

Patmos

In this book, Michael N. Ebertz describes existential caesuras and analyses the background and context of the Church's disempowerment – and outlines the direction of possible paths into a future in four theses.



EUGEN DREWERMANN /

MARTIN FREYTAG

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 students in religion class. Their teacher interviewed the well-known author.

Sold: French



EUGEN DREWERMANN /

MARTIN FREYTAG

God, Where Are You?

ISBN: 978-3-8436-1210-4

Patmos

Eugen Drewermann responds to questions asked by students in religion class. Their teacher collected the young people's questions, which were answered in an understandable way by the well-known author.

For a new “world heart”

- ▶ Plea for more courage
- ▶ Inspirations for more kindness towards each other
- ▶ Well-known and established author



Many have a heart for animals or even for children. People are kind to each other, but there is also a heartless side to our world. Karl Marx complained about this in view of the misery suffered by the industrial proletariat: For him, religion was “the sigh of the oppressed creature, the mind of a heartless world”. Is it possible -- biblically speaking – to give the world a new heart? How can this “new” world heart permeate personal and political action? How can people be touched in such a way that they live and work “courageously”, meaning that their hearts take action? The author’s look at what makes the world heartless today is followed by “courageous meditations” – inspirations for a way of thinking and acting that can bring warmth to the heartless world.

PAUL M. ZULEHNER

Kindness in a Heartless World

Courageous Meditations

ISBN: 978-3-8436-1517-4

Patmos

Paperback

88 pages

12 x 19 cm

€ 12.00

PAUL M. ZULEHNER holds doctorates in both philosophy and theology and is one of the most renowned scholars in religious sociology in Europe. From 1984 until his retirement in 2008 he was a professor of pastoral theology in Vienna, Austria. His numerous publications focus especially on the sociology of religion and the church, and pastoral theology.



By the same author:

PAUL M. ZULEHNER

Passion for the World

ISBN: 978-3-8436-1492-4

Patmos

How much space do people allow God? What images do they have of God? The answers are contemplated in small texts that are profound spiritual miniatures. God’s passion for His world is awakening in an age that smells of the Apocalypse (Roland Schwab). The author invites readers to perceive this melody and tune into it with their own involvement.



JOHANNES WARMBRUNN

Thinking of God as Unfathomably Huge

A Sense of Security in a Holistic Faith

ISBN: 978-3-7867-3370-6 | Grunewald | Hardcover | 160 pages | 12 x 19 cm | € 19.00

Faith in God is increasingly dwindling in the Western world. God's creative work is being replaced by science and technology, which seem to ultimately make everything possible. In contrast, God as a being in human form appears weak, incapable and sometimes even cruel – which is one of the reasons for many people to turn away from faith and the churches. In his very personal book, Johannes Warmbrunn promotes the idea of God's all-encompassing work of Creation by examining the scientific findings. This allows him to present a broad view of the Christian image of God, revealing how it is a new and inspiring foundation for the Christian faith and life.

HOLGER ZABOROWSKI
Questions of MeaningISBN: 978-3-7867-3360-7
Grunewald

Holger Zaborowski has compiled small attempts at reflecting on a successful life in this volume. This book helps us ask questions about meaning in a new way. It shows us viable paths in concrete life de-spite the uncertain times. Reflection reveals perspectives that give us hope.

NORBERT RECK
No Other ShoreISBN: 978-3-7867-3357-7
Grunewald

After studying the Bible, history, psychoanalysis and sexology, Norbert Reck has come to this conclusion: Humanity cannot be divided into different types of desire: There is no such thing as one shore and the other shore. This book offers debates and enlightenment.

NORBERT RECK
Jesus the Jew and the Future of ChristianityISBN: 978-3-7867-3180-1
Grunewald

Ever since the Enlightenment, there has been a deep rift between church doctrine and critical studies of the Bible. The author proposes how the discovery of Jesus the Jew can lead to a new future of Christianity.

HANS-JOACHIM SANDER
After Patience and Beyond WhateverISBN: 978-3-7867-3347-8
Grunewald

Hans-Joachim Sander is committed to revealing this situation and expressing his solidarity with those who are harassed within and outside of the Church: What can people use as a guide? How do they get out of the deplorable mélange of horror, anger and rage?

BERND JOCHEN HILBERATH
Spiritless? Spirit, Let's Go!ISBN: 978-3-7867-3330-0
Grunewald

People associate many different things with "spirit." The author explores these connections and focuses on them in view of spirit as the "Holy Spirit": How do spirit and institution, charisma and ministry, spirituality and hierarchy relate to each other?

OTTMAR FUCHS
Moments of Mysticism in LimboISBN: 978-3-7867-3336-2
Grunewald

Many people experienced what limbo means during Covid: Ottmar Fuchs takes such experiences and shows how they reinforce similar states in faith and spirituality.

HANS KESSLER
Resurrection?ISBN: 978-3-7867-3252-5
Grunewald

Hans Kessler examines the sources and foundations of the belief in resurrection and traces it back to a fundamental question for the Christian understanding of God: Who is this God, who wants all-encompassing life for every human being?

MAGNUS STRIET
Priests (M/F/X) WantedISBN: 978-3-7867-3275-4
Grunewald

Magnus Striet examines the question of how it was possible for the image of the priest to become exaggerated and whether the conditions for the papal ban on discussion are even given. This proposal for discussion could lead the Church out of its dilemma.



STEFAN KNOBLOCH

Where Are We Heading?

Theological Aspects of the Digital World

ISBN: 978-3-7867-3376-8

Grünwald

Hardcover

128 pages

12 x 19 cm

€ 16.00

Our age is defined by digitalization. Especially the development of AI has become almost incalculable. Chatbots like ChatGPT are blurring the performance curves between human and artificial intelligence. Does artificial intelligence have consciousness? It gives itself an appearance of intentionality, but up to now has moved along the paths of algorithms that have no innate intentionality.

Stefan Knobloch allows himself to be challenged by tendencies towards trans- and post-humanism. Inspired by the thinking of Michel de Certeau and Bruno Latour, Knobloch enters into a dialogue with these developments as part of today's digital world – with a theologically open and critically positive approach.

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.



By the same author:

STEFAN KNOBLOCH

Ambiguous Faith

ISBN: 978-3-7867-3296-9

Grünwald

Faith is related to life, the life of individuals with their everyday worries, doubts and uncertainties. This results in ambiguous diversity, which isn't a sign of deficiency but of a search. This book encourages to engage with this ambiguity of faith and regain their trust.



RAINER HAAK

The Bookstore by the Sea

A Story

ISBN: 978-3-98700-043-0 | Eschbach | Hardcover with ribbon | 112 pages |
12 x 19 cm | € 12.50

A summer by the sea

Lissy is looking forward to an exciting future: The children are out of the house, and she is open to new challenges. Then she gets a phone call that completely upsets her plans: A small bookstore by the sea needs her help. This is the start of Lissy's adventurous journey to herself...



ANDREA SCHWARZ

The Easter Bunny that helped St. Nicholas

ISBN: 978-3-98700-038-6
Eschbach

What happens when the Easter Bunny wakes up too early from its winter break and St. Nicholas urgently needs help and new ideas? Andrea Schwarz tells this magical tale of Christmas with a twinkle in her eye.



RAINER HAAK

A Thousand Stars in the Night Sky

ISBN: 978-3-86917-958-2
Eschbach

Rainer Haak's Christmas stories are set in our time, among people as we know them. The stories tell about how even today at Christmas people see the light, a star can become a gift and a friendly encounter can turn into an angel...



RAINER HAAK

Monsieur Jaque's Gift

ISBN: 978-3-86917-600-0
Eschbach

Rainer Haak introduces us to Monsieur Jacques, a loveable bon vivant. He 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.



DORIS BEWERNITZ

Little Mr Lu Chi in Paradise

ISBN: 978-3-86917-913-1
Eschbach

You simply have to like little Mr Lu Chi. He's 70 years old, modest and well-versed in life. As curious as a child, he has his very own view of the world and human existence: How much wisdom fits into a sack? What does a heart have in common with a piece of cheese? How do people get rich? Where is paradise?

**Doris Bewernitz Little Mr Lu Chi**

ISBN: 978-3-86917-841-7
Eschbach

Little Mr Lu Chi, 70 years old and modest, with plenty of life experience and curious as a child, has his very own view of the world. His everyday and astonishing, whimsical and loving wisdom, not only helps you to see beyond the horizon.



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.



EVA MUTSCHER

Visit from the Little Queen

ISBN: 978-3-86917-912-4
Eschbach

The Little Queen knows how to turn the days into friends. She simply gives them names, which allows her to become the ruler of her own realm. She also has a few tricks on how to succeed in life. This story is full of worldly wisdom and happiness.



EVA MUTSCHER

Konrad in the Land of Seven States of Mind

ISBN: 978-3-86917-837-0
Eschbach

Konrad sets off on a quest: to find a special state of mind so that he can succeed in living his dream. This is a poetic tale about setting off and arriving – about contentment and happiness.

Live your dream

- ▶ A new story by Rainer Haak
- ▶ Inspirations for the journey of life



The most important journey does not have a timetable. It often comes completely unexpectedly and turns your life upside down – and suddenly everything is possible. This inspiring story encourages you to live your dream instead of dreaming your life.

RAINER HAAK

Time to Dream

A Story About the Journey into Life

ISBN: 978-3-98700-108-6

Eschbach

Hardcover

48 pages

12 x 19 cm

€ 10.00

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

Living with All That I AM

ISBN: 978-3-98700-069-0

Eschbach

Rainer Haak's story describes a big celebration. Its special highlight is that the various aspects of our lives encounter each other here as guests: joy, courage, and creativity – but also fear and pain.



CAROLIN JAHN

Wonderful Vegetarian Wintertime

Cooking, Baking and Giving Gifts During the Festive Season

ISBN: 978-3-7995-2062-1 | Thorbecke | Hardcover with ribbon | 168 pages | 19 x 23.5 cm | € 28.00

The successor to our bestseller

It's getting cold outside! This is the time to enjoy the rich bounty of winter and let yourself be enchanted by its unique flavours: The vegetarian recipes by Carolin Jahn will accompany you through the winter and warm your soul as they range from festive soups to delicious cheese dumplings to heavenly cinnamon bun pancakes. This book covers all occasions of the cold season: Recipe ideas for the Advent brunch and festive season to gift ideas from the kitchen.



CAROLIN JAHN

Wonderful Wintertime

ISBN: 978-3-7995-1580-1

Thorbecke

In the colder season with its shorter hours of daylight, we feel a stronger desire for feel-good food: dishes that warm from the inside, taste like winter spices and convey a sense of security. We can take our time and simply start with a big cup of spiced chocolate milk to enjoy the wonderful wintertime.



CAROLIN JAHN

From the Garden to the Plate

ISBN: 978-3-7995-1545-0

Thorbecke

In her book, the author shares tips on how readers can easily grow their own vegetables, and which plants make good neighbors in the bed. Her recipes show how to get through the year with a variety of seasonal fruit and vegetables and how to prepare tasty preserves.



BELINDA HAUSNER

Wonderful Winter Cakes

ISBN: 978-3-8436-1560-3

Thorbecke

These wonderful cakes and torts are meant to be little islands in everyday life that pamper us even when just look at them: creamy torts, little nibbles and dreams made of chocolate. In equally fantastic photographs, Belinda shows us her favorite recipes that are easy to bake with little effort.



BELINDA HAUSNER

Wonderful Christmas Cakes and More

ISBN: 978-3-7995-1991-5

Thorbecke

Belinda has put together a deliciously sweet survival package with this enchanting book. She presents us with her best recipe ideas for wonderful cakes, tarts and cookies, warm winter drinks and sweet ideas for Christmas desserts.



JANA EISERT

Ayurveda

ISBN: 978-3-7995-1590-0

Thorbecke

Jana Eisert has first-hand experience of how stress can affect health. But thanks to Ayurveda, her health problems are now a thing of the past. The trained Ayurveda nutritionist now shares her knowledge about healthy eating and dealing with stress.



CAROLINE PRITSCHET

Happy & Healthy

ISBN: 978-3-7995-1546-7

Thorbecke

Instead of stress and career, the author focused on mindfulness, yoga and meditation, combined with a purely plant-based diet. In this book, she shares her best everyday recipes and provides background knowledge on how we can have healthier lives.



JULIA RADTKE

My Vegetarian Family Meals

ISBN: 978-3-7995-1575-7

Thorbecke

Everyday family life is full of hustle and bustle – and sometimes even stressful. Keeping track of a healthy and balanced diet is not always easy. Julia Radtke shows how easy it is to serve uncomplicated, quick and varied meals with less than 7 ingredients.



At the Table in Paris

ISBN: 978-3-7995-1574-0

Thorbecke

Imagine strolling in Paris along the Seine while taking little breaks at street cafés. Boeuf Bourguignon and Crème Brûlée awaken memories of these beautiful days. With typical recipes, our cookbook invites readers to take a culinary stroll through Paris.

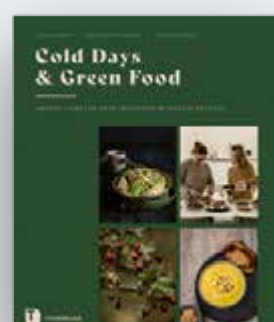
Sold: English (World)

The unique magic of the Christmas season!

- ▶ Delicious recipes for cookies, cakes and gifts from the kitchen
- ▶ Modern recipe ideas
- ▶ Evocative winter photos from the far north



Advent and Christmas are inseparably linked with wintry aromas: a hint of cinnamon, the tart freshness of oranges and the floral scent of vanilla – all of this makes us want to bake and awakens the anticipation of the festive season and its delicacies. Discover the special magic of the Christmas season with this lovingly designed baking book: from candied oranges and speculoos biscuits to honey cakes and clementine madeleines. These special recipes with the fragrance of spices and winter fruits for Christmasy cakes and treats invite readers to bake and enjoy them.



By the same authors:

JULIA CAWLEY / VERA SCHÄPER / SASKIA VAN DEELEN
Cold Days & Green Food

ISBN: 978-3-7995-1532-0

Thorbecke

Being outside on chilly winter days, enjoying the natural world – and then coming home to a warm soup already waiting on the cooker. Pure happiness! This book tells of these special moments in the cold season and the joys of good, vegetarian food that lets us feel warm and cosy.

JULIA CAWLEY / VERA SCHÄPER /
SASKIA VAN DEELEN

Scent of the Christmas Season

Sweet Recipes for Advent and
Christmas

ISBN: 978-3-7995-2088-1

Thorbecke

Hardcover

168 pages

23 x 27 cm

€ 28.00

JULIA CAWLEY is a freelance photographer. After spending five years in New York, her adopted home is now Hamburg. Her photos can be found in various cookbooks and food magazines. Furthermore, she has run the »Liz & Jewels« food blog for many years.

VERA SCHÄPER is a graphic designer and lecturer from Cologne, where she develops book and magazine concepts. Together with Jens Rehling, she operates the design office of vrej. Vera loves yoga and is currently studying to become a consciousness trainer.

SASKIA VAN DEELEN lives in Hamburg. She holds a degree in business administration, works as a nutritionist and passionately cooks, bakes, writes, styles and photographs for her »Dee's Küche« (Dee's Kitchen) food blog.



EILEEN PESARINI

Simple and Vegan – Naturally Healthy Enjoyment with Eileen

Quick Gluten-Free Recipes for Every Day

ISBN: 978-3-7995-2035-5 | Thorbecke | Hardcover | 184 pages | 19 x 23.5 cm | € 26.00

Death is not the end

When her 17-year-old son dies in a traffic accident, Flor Schmidt realizes that the extremes of life are often unbelievably close to each other: Death, horror and pain on the one hand – grace, happiness and love on the other. On her path through the grief, she searches for answers that cannot exist and ultimately finds something that is much more valuable: an intensive inner connection to her deceased son, which helps her to accept life and love it as it is. And the trust that death is not just an end but can also be a new start.

LYNN HOEFER

Simply Heavenly Healthy

Natural, Quick Recipes for Real Life

ISBN: 978-3-7995-1442-2 | Thorbecke | Hardcover | 248 pages | 19 x 24 cm | € 28.00

Quick, easy and healthy

In her new book, the successful blogger and author Lynn Hoefer shows how healthy food can be simply and quickly integrated into everyday life. With some preparation but a minimal amount of effort, it is easy to have a healthy diet. And quite incidentally, it is also possible to save the world a little bit in the process. Lynn not only cooks extremely delicious, plant-based foods but also makes sure that she consciously has a sustainable lifestyle and does not waste any food. But the most important thing for her is: Healthy nutrition MUST be fun!



LYNN HOEFER

Divinely Healthy Christmas Baking

Natural Recipes for Advent and Christmas

ISBN: 978-3-7995-1528-3 | Thorbecke | Hardcover | 136 pages | 19 x 24 cm | € 22.00

Not enough to live

When Nicole Knörr was 13 years old she started eating less and less. With the progression of her anorexia, she only consumed 300ml of non-fat broth with which you cannot survive. When her body temperature fell to under 34° Celsius and she felt nothing more than inner bone-chilling coldness, she is rushed to hospital. Just one day later would probably have meant too late. But the now 20 year-old is a fighter ...

Enjoy the unique abundance of autumn!

- ▶ Enjoy the abundance of autumn
- ▶ Seasonal recipes for the colorful time of the year
- ▶ Recipes for mushrooms, pumpkin, chestnuts, apples, quinces, cabbage and much more
- ▶ With evocative autumn photos



Autumn is harvest time! Our gardens provide a rich abundance of fruit and vegetables that offer us very special moments of enjoyment: The delicious autumn flavours range from warm baked apple porridge for breakfast to kale bread salad with carrots, pumpkin and apple to spicy sweet potato stew with spinach and lentils.

Even when she was very young, Saskia van Deelen was influenced by seasonal and regional cuisine due to her grandmother's vegetable garden. She has always kept her preference for simple but varied local dishes. Her cookbook provides delicious recipe ideas for seasonal feel-good cuisine: steaming casseroles, stews and soups, warming breakfast ideas, heavenly desserts and crisp autumn salads. This book is sheer seasonal enjoyment!

SASKIA VAN DEELEN

Autumn Cuisine: Freshly Harvested to the Table!

The Best Recipes with the Treasures of the Season

ISBN: 978-3-7995-2067-6

Thorbecke

Hardcover

152 pages

19 x 26 cm

€ 28.00

IA VAN DEELEN lives and works in Hamburg. She develops recipes, cooks and styles food for her favorite clients, writes and photographs for her Dee's Kitchen blog. Growing up with her grandparent's large vegetable garden, she was already influenced by seasonal and regional cuisine at a very young age. She later dedicated the beginnings of her blog to her adult children during their time at the university so that they could have meals that were as tasty and healthy as at home. Saskia van Deelen has always kept her preference for simple but varied home cooking – feel-good cuisine without complicated kitchen jargon or fancy ingredients.



Also available :

CHRISTINA HESS

Autumn Love

ISBN: 978-3-7995-1473-6

Thorbecke

When the days get shorter and it gets colder outside, we can make ourselves comfortable inside! We invite guests for brunch, have cozy evenings on the sofa with delicious soul food, celebrate Halloween with spooky party appetizers or enjoy the last warm rays of sunshine outside on a hike with snacks in our backpack.



ANDREAS BARLAGE

In Search of the Green Gold

How Plants from Distant Countries Came to Our Gardens

ISBN: 978-3-7995-1562-7 | Thorbecke | Hardcover with ribbon | 184 pages |
13 x 21 cm | € 24.00

Exciting stories about our garden plants!

There are fascinating stories behind many of our familiar garden flowers, fruit and vegetable plants. This book is about the courageous plant discoverers in search of "green gold", long ship journeys with delicate plant treasures, strange errors and horticultural success.

Plant expert Andreas Barlage has compiled many exciting stories behind the plants that now have a permanent place in our gardens after their adventurous journeys.



ANDREAS BARLAGE

How Do Roots Know Where Down Is?

ISBN: 978-3-7995-1330-2
Thorbecke

Andreas Barlage answers many questions around the garden, disproving old wives' tales and myths from the plant world in an engaging and entertaining way thanks to knowledge from his own garden.

Sold: Korean



ANDREAS BARLAGE

How Does the Louse Get on the Leaf?

ISBN: 978-3-7995-1479-8
Thorbecke

Andreas Barlage answers many questions around the garden, disproving old wives' tales and myths from the plant world in an engaging and entertaining way thanks to knowledge from his own garden.

Sold: Korean



PAUL WERNICKE /
KATHRIN BUM

Understanding Birds

ISBN: 978-3-7995-1978-6
Thorbecke

Wilderness educator Paul Wernicke takes us on his forays through the local world of nature. He reports on how observing and experiencing birds has taught him to understand them better and gives tips on how we can do the same.

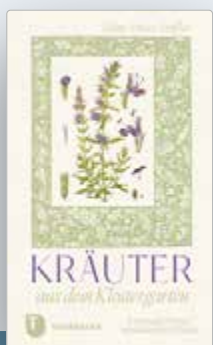


BENJAMIN HALLER

Gassy Herrings and Chilli-Fearing Elephants

ISBN: 978-3-7995-1597-9
Thorbecke

Animal lover Benjamin Haller answers many fascinating questions about birds, fish, reptiles and mammals from all parts of the world, as well as our favorite pets. He has collected the most interesting and strangest questions for this book.



HANS-DIETER STOFFLER

Herbs from the Monastery Garden

ISBN: 978-3-7995-2060-7
Thorbecke

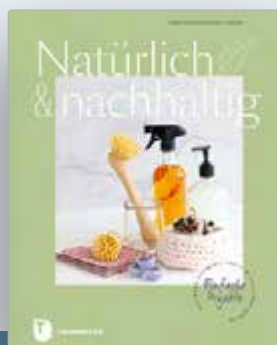
Hans-Dieter Stoffler invites us to take a walk through the medieval monastery garden. Colorful woodcuts and nostalgic illustrations from various eras show the herbs in all their splendor.



Kitchen Herbs with Enjoyment

ISBN: 978-3-7995-1563-4
Thorbecke

Kitchen herbs add their unique aromas to many. In herb portraits, gardening expert Andreas Barlage shows what you need to know about the green spice wonders. The modern recipes will whet your appetite for trying out new things.



Natural & Sustainable

ISBN: 978-3-7995-1531-1
Thorbecke

We all know how important it is to live sustainably, avoid plastic and produce less waste. Silke Rothenburger shows us how we can do this in an uncomplicated way with her small, creative projects for the bathroom, kitchen, living room and garden.



ULRIKE SCHWAB

The Dream of a Farmer's Garden

ISBN: 978-3-7995-0796-7
Thorbecke

A farmer's garden is varied and beautiful: flowers, herbs, fruit and vegetables all grow together in orderly confusion. The plants support and encourage each other in their growth, providing shelter for beneficial creatures.

Plants of the Christmas season and their history

- ▶ Ideal gift for gardeners and plant lovers
- ▶ Reading book with a loving design and historical illustrations



During the colder season, we especially appreciate every bit of living greenery: In addition to the fir tree, mistletoe and holly, apples, nuts and almond kernels – as well as the delicate blossoms of the Barbara branch – also definitely play a special role during the Christmas season. And what would Christmas be without the wonderful scent of oranges and tangerines, without the surprising splendor of poinsettias from Mexico and amaryllis from South Africa? It is interesting and enjoyable to read how these plants have made it into our winter living rooms, as well as how they shape our customs and traditions to this day. The stories are accompanied by historical illustrations with a nostalgic charm that takes us back to Christmas times of the past.



Also available:

KATHRIN BLUM
The Twelve Nights After Christmas

ISBN: 978-3-7995-2083-6

Thorbecke

Celebrating the Twelve Nights After Christmas (Raunächte) has become increasingly popular in the past few years. In an age that is becoming increasingly faster and more confusing, they stand for retreat and the longing to withdraw from the hectic pace of modern everyday life.

ANNETTE DIEKMANN-MÜLLER

Fir Tree and Mistletoe

The History of Our Christmas Plants

ISBN: 978-3-7995-2084-3

Thorbecke

Hardcover with dust jacket

172 pages

13 x 21 cm

€ 22.00

DR. ANNETTE DIEKMANN-MÜLLER

completed her doctorate with a thesis on the history of botany and pharmacy in the 18th and 19th centuries. She has been giving voluntary guided tours of the Würzburg Botanical Garden for many years and writes about botanical history topics.

Our Agents:

China:

Hercules Business & Culture GmbH
Hongjun Cai
t: +49 6101 407 921
f: +49 6101 407 922
cai@hercules-book.de

Israel:

The Book Publishers Association of Israel
Beverley Levit
t: +972 3 561 41 21
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t: +39 339 254 1650
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Korea:

As we are working with several agencies in Korea,
please contact us directly for further information.

Romania:

Simona Kessler International Copyright Agency Ltd.
Simona Kessler
t: +40 21 316 48 06
f: +40 21 316 47 94
simona@kessler-agency.ro

Taiwan:

jia-xi books co., ltd.
Hsin-Hua Liu
t: +886 2 2321 45 45
f: +886 2 2321 69 14
eu@jiaxibooks.com.tw

Turkey:

ONK Agency Ltd.
Nora Zurnaci
t: +90 212 241 77 00
f: +90 212 241 77 31
norazurnaci@onkagency.com

Contact:

Luisa Bošnjak
Foreign Rights Department
t: +49 711 4406 148
f: +49 711 4406 177
lizenzen@verlagsgruppe-patmos.de

Verlagsgruppe Patmos in der Schwabenverlag AG
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