



Rights List

Spring 2025

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 2025 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 hope you enjoy browsing our catalogue and look forward to hearing from you!

With best wishes,
Foreign Rights Department

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THOMAS SEITERICH

Late Storm

A Story of Love and Resistance in the Third Reich

ISBN: 978-3-8436-1570-9 | Patmos | Hardcover | 192 pages | 14 x 22 cm | € 20.00

Forbidden love that overcame everything

Charlotte is Jewish and goes into hiding in the Kaiserstuhl area of Germany. Hans ends up as a political prisoner in the Dachau concentration camp. Later, the Wehrmacht takes him to Italy as an interpreter. In 1944, he deserts – to the Vatican! But it is sealed off by the Germans. Hans sends a fervent message of love to his hidden bride via Vatican Radio. Will the forbidden message reach her? Despite great danger (the Nazis deny Vatican neutrality), even Pope Pius XII shows that he has a big heart. Will the two be reunited?



ULRICH MERKL

The Incredible World of Brilliant People with Autism

ISBN: 978-3-8436-1523-5

Patmos

Ulrich Merkl presents an entertaining account on the lives of world-famous personalities who are or were most likely affected by Asperger's syndrome. With the help of never-before-heard facts, he creates a comprehensive picture of autistic ways of living.



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



SIGRID TSCHÖPE-SCHEFFLER

I Used to be a Snazzy Bird

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.



KAROLINE ROSCHER-LAGZOULI

The Woman Beyond the Veil

ISBN: 978-3-8436-1356-9

Patmos

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 self-confidence 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.



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.



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.

The forgotten children

- ▶ True story – personal and an example for other cases
- ▶ Perception and recognition of multiple injustices
- ▶ Sexual abuse in a children's home



At the age of six, Heinz was sent to a Caritas home in 1965. He fell into the hands of a sadistic preschool teacher and a sexually violent priest. He was defencelessly exposed to abuse and mistreatment as an orphan. At the age of 16, he left the home: free at last but without any perspectives. He is now 66 years old. Over the past 50 years, he started a family and worked at an occupation. For a long time, he kept what he suffered as a child to himself. Just a few years ago, he started talking about his memories, writing them down and looking for allies in the struggle for justice. He now fights to ensure that the history of guilt in the church homes is finally dealt with. Because Heinz is not an isolated case. What he has to say speaks for itself – and he speaks for many people.

Christiane Florin tells the story of a man caught between courage, anger and despair. She confronts the institutions with his biography – and only gets lip service. What happened? How was it possible? Who takes responsibility for it? This research is moving.



Also available:

MIRJAM RABE
Living Means Loving What You Can Lose

ISBN: 978-3-8436-1540-2

Patmos

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.

CHRISTIANE FLORIN

Not an Isolated Case

How Heinz Survived a Catholic Children's Home

ISBN: 978-3-8436-1509-9

Patmos

Hardcover

160 pages

13.5 x 21 cm

€ 19.00

DR. CHRISTIANE Florin is head of the Cultural News department at German World Service in Cologne and German World Service Culture in Berlin. Until 2023, she worked as an editor and presenter in the Religion Department of the German World Service. She made a name for herself there primarily through her investigative research on the topic of sexualised violence in churches. Before switching to radio in 2016, she was a print journalist: She headed the editorial office of Christ & Welt (Christ & World) at the Die Zeit newspaper and headed the features section of the Rheinischer Merkur weekly newspaper until 2010. Christiane Florin studied politics, history and musicology in Bonn and Paris. The multi-award-winning journalist and successful book author, including *Der Weiberaufstand* (The Women's Uprising), lives in Bonn with her family.

SEBASTIAN KECK

The Coach from the Children's Room

How My Daughter Taught Me to Lose My Fear and Live in the Moment

ISBN: 978-3-8436-1553-2 | Patmos | Paperback | 160 pages | 14 x 22 cm | € 18.00

Why the smallest people are often the biggest teachers

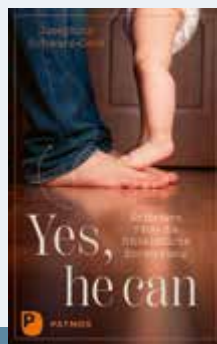
In a hectic and precisely planned world, people often lose sight of what is essential. This is what happened to Sebastian Keck, whose life was caught up in a maelstrom of anxiety and depression – until his little daughter showed him how simple and valuable it can be to live in the moment. The laughter while playing, the joy of a summer's day, the enthusiasm for seemingly simple things became a new source of strength and vitality for him. In the report on his experiences that is full of imagination and clever insights, Sebastian Keck shows how even very dark life crises brighten when people can open up to everyday miracles.

UDO RAUCHFLEISCH
Love Is ColorfulISBN: 978-3-8436-1582-2
Patmos

Udo Rauchfleisch addresses worries and fears revolving around homosexuality. By using many case studies, he discusses the specific problems, shares and explains the current psychological and sexual knowledge about homosexuality and bisexuality. This provides parents of homosexual and bisexual children specific tips.

URSULA FRÜHE
Thunderstorm of NeuronsISBN: 978-3-8436-1507-5
Patmos

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. She gives a refreshingly direct account of the daily battle about homework and after-work evenings that don't deserve that name.

JOSEPHINE SCHWARZ-GERÖ
Yes, He CanISBN: 978-3-8436-1560-0
Patmos

The mother is still considered to be more competent in the first years of a child's life. 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!

CLAUS KOCH
Children of SeparationISBN: 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.

HEINZ-PETER RÖHR
How I Can Help my Child Gain Strong Self-EsteemISBN: 978-3-8436-0995-1
Patmos

Röhr shows how parents can recognize negative inner workings of their children and how they can deal with it in a helpful way. It is possible to strengthen children's self-esteem!
Sold: Czech

RITA STEININGER
When Little Dragons Spit FireISBN: 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.

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

“Why should you bring children into the world if it’s going to perish?”

- ▶ Current topic: fears in children and adolescents
- ▶ How parents can instill confidence
- ▶ Concrete advice and tips



Current studies agree that children and adolescents are more stressed than previous generations. The global situation with crises, wars and climate change – but also the increasing pressure to perform at school and addictive potential of TikTok & Co. are causing children and adolescents anxiety and triggering a variety of fears. Many children have a general fear of the future and worry that they simply will not be able to cope with life, which is a disturbing new phenomenon.

Elisabeth Raffauf takes the fears of children and adolescents seriously. She explores connections with the current global situation but also how parents deal with their own fears. She gives valuable tips from her practice on how to counteract fears despite the many triggers and how to instill children with confidence in the world.



By the same author:

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

Fear: Growing Up in Uncertain Times and How We Can Help Our Children Face the World with Courage

ISBN: 978-3-8436-1583-9

Patmos

Paperback

168 pages

14 x 22 cm

€ 18.00

ELISABETH RAFFAUF is a qualified psychologist at an educational counselling center and in her own practice in Cologne. She works for the educational series Herzfunk (Heart Radio) on WDR and is part of the advisory team for the children's LOGO news program on ZDF. She is the author of many parenting guides and educational books. Elisabeth Raffauf is the mother of a daughter and a son.

www.elisabethraffauf.de



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

Becoming whole In a conversation with yourself

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.



IRMTRAUD TARR
Humor
 ISBN: 978-3-8436-1586-0
 Patmos

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.



IRMTRAUD TARR
Letting Go
 ISBN: 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.



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 Heart
 ISBN: 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 People
 ISBN: 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 Again
 ISBN: 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 Pieces
 ISBN: 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.



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 since depressive behavior is not pathological but learned.

Simply coming to rest in everyday life

- ▶ With audio download of the exercises
- ▶ Easy to use for everyone



Alpha Relaxing is a very simple and highly effective relaxation method that anyone can easily learn. The relaxing effect can be felt after just a short period of use and improves the overall quality of life with regular training and integration into everyday life. Stress, brooding, anxiety or physical complaints such as pain or high blood pressure can be reduced or completely resolved. The exercises can be downloaded in a very practical way and also used in many everyday situations such as on the train, in the waiting room or during work breaks, to provide brief phases of recovery.

HEINZ-PETER RÖHR **Recuperation Starts in the Mind**

Deep Relaxation through Alpha
Relaxing

With audio download of the
exercises

ISBN: 978-3-8436-1591-4

Patmos

Hardcover

64 pages

14 x 22 cm

€ 18.00

HEINZ-PETER RÖHR is a pedagogue and worked as a psychotherapist for over thirty years at the specialist clinic for addicts in Fredeburg/Sauerland, Germany. He has published many successful guides on the topics of narcissism, self-esteem, self-love, emotional dependence, borderline and addiction. www.hproehr.de



By the same author:

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.

Sold: Complex Chinese, Czech, Polish

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 unconventional thinking and inner vision.



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.

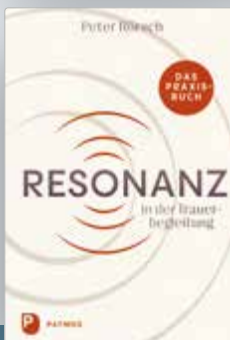


BRIGITTE HAERTEL
The Hour of the Night Wind
 Protocol of a Mourning

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 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.



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.

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.



CHRISTIAN HEIDRICH
Why I Am a Christian

ISBN: 978-3-8436-1537-2 | Patmos | Hardcover | 176 pages | 13.5 x 21 cm | € 20.00

Believe with confidence

Those who remain Christians and do not leave the church must be able to answer questions in our current age. But being a Christian has never been easy. In every era, the followers of Jesus have had to justify their faith. Christian Heidrich takes this tradition and gives it a contemporary color in three essayistic chapters: In “The Gift,” he describes the enthralling sound of the Jesus story in the New Testament; in “Citizens Like Beggars,” he reflects on the reasons why the Christian community is successful; in “The Unfinished,” he develops fragments of a spirituality that draws its strength from the movement and not from possession. This book confidently creates a dialogue about the strengths of being a Christian.



ANDREA SCHWARZ
Growing Towards Heaven
ISBN: 978-3-8436-1586-0
Patmos

Growing towards heaven like a tree: Andrea Schwarz is inspired by sentences from the Bible's Psalms and finds impulses in them for life today. Her meditations allow readers to step out of the routines and self-evident aspects of everyday life and consciously perceive their own life. Then the perspective can change.



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.



ANDREA SCHWARZ
The Longing Lives On
ISBN: 978-3-8436-1298-2
Patmos

Once, Andrea Schwarz set out on the Way of St. James to Santiago de Compostela. Today she reads her pilgrimage diary and realizes how the fundamental experiences have shaped her life since then. This book is about the longing for life.



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, professional upheaval, 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.

The role model's example: a close-up of Francis of Assisi

- ▶ The life of the most beloved saint
- ▶ Biographical and spiritual exploration
- ▶ Told by using the earliest pictorial representations



St. Francis is undisputedly the most popular of all saints. For over 800 years, he has inspired hundreds of thousands in the various branches of the Franciscan orders and movements. Today, he brings together the world religions that advocate for a more peaceful world in Assisi. He inspires poets and musicians, represents a courageous ecology and emboldens Pope Francis in his commitment to fraternity without exclusion.

What has turned the mystic from the Middle Ages into a prophet in the present? The answer is found in his life. Long before Giotto depicted it in his world-famous fresco cycles, the first pictorial biography of the friar was created in Florence. The Bardi panel with 20 scenes from his life is analysed in detail here for the first time.



By the same author:

NIKLAUS KUSTER
Having Less – Being More

ISBN: 978-3-8436-1547-1

Patmos

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.

NIKLAUS KUSTER/

SARAH KREUTZER

Grounded and Inspired

Francis of Assisi: His Life in the
Oldest Pictorial Biography

ISBN: 978-3-8436-1571-6

Hardcover

184 pages

16.5 x 24 cm

€ 24.00

FRIAR NIKLAUS Kuster is a reformed Franciscan as a Capuchin and lives at the Zum Mitleben Monastery in Rapperswil on Lake Zurich. The Franciscan researcher has a doctorate in the history of spirituality and teaches or taught it at the University of Lucerne and religious colleges in Rome, Venice, Münster and Madrid.

SARAH ELISA Kreutzer is a teacher and chaplain. For two decades, she lived as a Franciscan nun in Southern Germany, working with youth and public relations, as well as in Ulm's city pastoral. She now works as a chaplain at the St. Elisabeth Foundation in Bad Waldsee and continues to be involved in Franciscan activities.



HERMANN WOHLGSCHAFT

Failure

Our Most Loyal Companion on the Path to Happiness

ISBN: 978-3-8436-1576-1 | Patmos | Hardcover | 224 pages | 14 x 22 cm | € 22.00

Fail and get smarter!

Disappointments, setbacks and failures are a part of life. No human being is spared the experience of failure. Hermann Wohlgshaft impressively shows that people – since Adam and Eve to the present day – have always been confronted with failure and have had to overcome it in all areas of life. He is convinced that failure does not have to discourage us. It is part of life, but life itself is ultimately stronger. God can also make something good out of personal failure. This book speaks to everyone who asks about the deeper meaning of life and does not rule out a perspective beyond earthly existence.



ANDREAS MALESSA
And Afterwards, They Were Heroes!

ISBN: 978-3-8436-1522-8

Patmos

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, 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.



ULRICH SCHAFFER
Courage and Love

ISBN: 978-3-8436-1549-5

Patmos

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.



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 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 the New Testament.



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 analyzes various doctrinal statements on trans identity and places them in the context of Jesus' message.



SABINE MEGHARIA
Out of the Shadows

ISBN: 978-3-8436-1432-0

Patmos

Muslim women of various generations and professions invite you to get to know them quite personally beyond the clichés. The articles paint a colorful, diverse picture of the life and faith of modern Muslim women.



PAUL M. ZULEHNER
Passion for the World

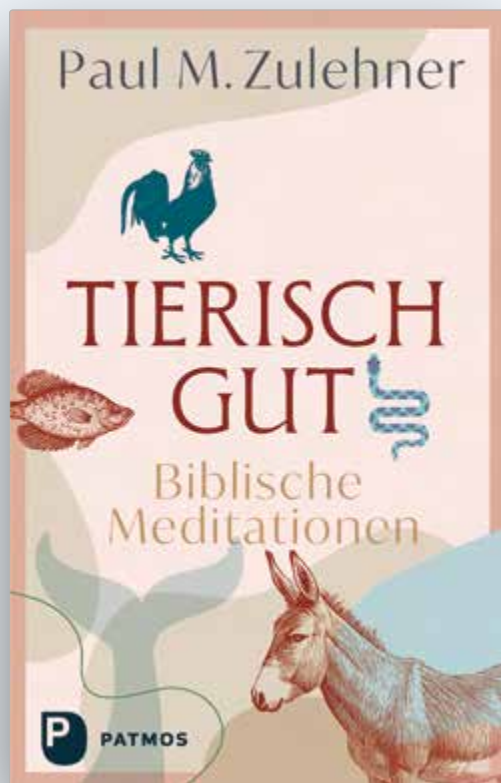
ISBN: 978-3-8436-1492-4

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).

Simply beastly good!

- ▶ Spiritual and suitable for everyday life
- ▶ Ecologically sensitive
- ▶ Instructive and entertaining



Animals always play a significant role in ancient myths, fables such as those of Aesop, fairy tales and legends by the Brothers Grimm. Many animals also appear in the Bible: A supposedly stubborn donkey speaks to the prophet Balaam, Noah saves all species from the great flood in his ark at God's bidding and the world owes the dove of peace with an olive branch in its beak to this event. Apocalyptic horsemen – messengers of famine, war and death – announce the end of times. They are animals that convey messages to people that have a lasting impact on their lives. In 25 biblical meditations, Paul M. Zulehner invites us to discover the beauty of these animals and their message to us – for our everyday life and our spiritual life, which is interwoven with it.

PAUL M. ZULEHNER
**Beastly Good: Biblical
 Meditations**

ISBN: 978-3-8436-1595-2
 Patmos
 Paperback
 216 pages
 14 x 22 cm
 € 19.00

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.



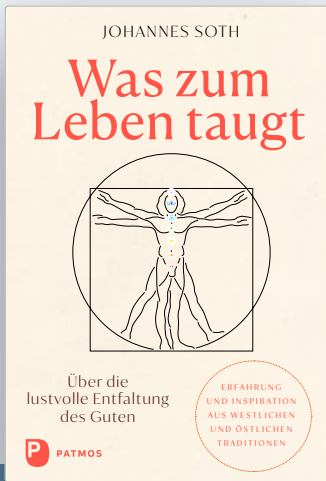
By the same author:

PAUL M. ZULEHNER
Kindness In a Heartless World

ISBN: 978-3-8436-1517-4

Patmos

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.



JOHANNES SOTH

What Is Good for Life

The Pleasurable Unfolding of the Good: Experience and Inspiration from Western and Eastern Traditions

ISBN: 978-3-8436-1572-3 | Patmos | Hardcover | 240 pages | 16.5 x 24 cm | € 24.00

What connects West and East

Greek philosophy and Christian tradition have known the “cardinal virtues” of prudence, justice, courage and moderation, as well as the “theological virtues” of love, hope and faith since time immemorial. As Johannes Soth demonstrates step by step, the seven main virtues correspond strikingly with the seven main chakras: the energy and consciousness centers of Indian yoga. The analytical comparison reveals many similarities that point to an anthropological constant: There are apparently cross-cultural, universal ethical principles that are deeply rooted in human nature. Being good has always meant living better – everywhere in the world.



DORIS ZÖLLS

Resting In Yourself

ISBN: 978-3-8436-1565-5

Patmos

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.



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.



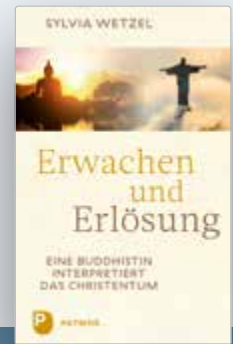
NINA-MARIA MIXTACKI

Yoga et Labora

ISBN: 978-3-8436-1538-9

Patmos

Nina-Maria Mixtacki is a pastor and a yoga teacher. 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

Awakening and Redemption

ISBN: 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.



SYLVIA WETZEL

High as the Sky, Deep as the Earth

ISBN: 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.



HELMUT SCHLEGEL

In the Silence I Hear Your Steps

ISBN: 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 Me

ISBN: 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 Searching

ISBN: 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.

How we can stay calm

- ▶ Calmness: an important attitude towards life that gives us confidence and courage in difficult times
- ▶ Renowned author
- ▶ With more than 50 helpful exercises for everyday life



Life is not a wellness holiday and hardly anyone is spared of crises and upheavals. They disrupt our plans and sometimes rob us of all our strength and enjoyment of life. In such situations, it can be very helpful to maintain constructive calmness in the sense of balance and confidence amid and despite any crisis. We can assume this attitude by assessing ourselves and the world in a reasonably realistic way. From a Buddhist perspective, this includes recognising and accepting suffering and pain since both are a part of our lives. However, we can learn to deal with them in a wise and constructive, compassionate and patient way that allows us to make the best of the situation. With an exciting and helpful approach, Sylvia Wetzel's book shows how to practice calmness as an attitude and develop trust in the big picture of life as a result.

SYLVIA WETZEL

Calmness

Finding Courage and Confidence
Amid Crises

ISBN: 978-3-8436-1581-5

Patmos

Hardcover with dust jacket

128 pages

12 x 19 cm

€ 16.00

SYLVIA WETZEL is publicist and Buddhist meditation teacher. She trained in the Tibetan tradition and was a Buddhist nun. Since 2000 she works in continuing education for psychotherapists together with Luise Reddemann. She has published several books.



By the same author:

SYLVIA WETZEL

Pillars of Life

ISBN: 978-3-8436-1565-5

Patmos

The well-known Buddhist meditation teacher shows how we can build and promote these pillars so that they sustain us – not only in difficult times. This book demonstrates how we can deal constructively with small and large changes, as well as how we can better cope with crises in our immediate environment and the world.



RUTH MÄCHLER
Freedom and Trust

The Learning for Life from Older Members of Monasteries

ISBN: 978-3-8436-1545-7 | Patmos | Hardcover | 192 pages | 14 x 22 cm | € 24.00

Pure life experience

Older female and male members of monasteries tell of their difficult decisions, crises and moments of happiness and their personal path to inner freedom. Their experiences hint at answers to life's major questions. As a sociologist and Protestant pastor, Ruth Mächler reports and reflects on her conversations with older padres, friars and nuns. What does freedom mean? How do you make good decisions? What is worth giving everything for? What sustains you in old age when health and strength are dwindling? This book about the lives that have been lived can provide more wisdom than any theories.



JAN FRERICHS
Wild Church

ISBN: 978-3-8436-1511-2
Patmos

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.



JAN FRERICHS
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 from many people's lives. 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 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.

Find your own path

- ▶ Finally available once again
- ▶ Offers orientation in uncertain times
- ▶ Mysticism and everyday spirituality



While the influence of the churches in modern life is waning, many people have an increased desire for their own spiritual experience. Jörg Zink's book offers an introduction to the centuries-old tradition of Christian mysticism as a guide to finding a personal path. The author gives step-by-step suggestions – often connected with examples from his life – for readers to go on their own search: practice mindfulness, concentration and silence in order to develop an awareness of how deeply everything is unified in God.

JÖRG ZINK

The Golden Cord

A Guide to an Inner Path

ISBN: 978-3-8436-1594-5

Patmos

Hardcover

264 pages

13 x 21.3 cm

€ 24.00

DR. JÖRG ZINK (1922–2016) was a Protestant pastor and publicist whose translations of biblical texts and many books on questions of Christian faith and life have been read by a wide audience. He was the television commissioner of the Württemberg State Church for twenty years, held the Wort zum Sonntag (Sunday commentary) hundreds of times and became an important voice of the German peace and ecology movement in the 1980s.



Also available:

PIERRE STUTZ

I Will Be a Seeker All My Life

ISBN: 978-3-8436-1357-6

Patmos

Pierre Stutz presents 150 meditations that have evolved over a longer time period from the daily moments of reflection in a life book of a very personal nature. It encourages readers to consider the expansiveness and depths of life.



MARTIN KÄMPCHEN

The Scent of the Divine

India In Everyday Life: 50 Years of Experiencee

ISBN: 978-3-8436-1574-7 | Patmos | Hardcover | 176 pages | 14 x 22 cm | € 20.00

Understanding India from the Inside

India is increasingly becoming the focus of public attention. But far too little is known in the West about how this country ticks, about its people, mentalities and attitude(s) towards life.

Martin Kämpchen fills this gap. In an approach that is both understanding and critical, he places the role of the family, religious practice, education system, sense of time, clothing and gestures of greeting within a larger context that helps readers grasp this gigantic and complex country.



MICHAEL BLUME
Conspiracy Myths

ISBN: 978-3-8436-1573-0
Patmos

Michael Blume analyses the cultural-historical and psychological background, the reason why such myths exist, how they “work” and what role artificial intelligence now plays in these situations. He gives advice on how readers can deal with people who believe in conspiracies – and still keep a cool head.



KARL-JOSEF KUSCHEL
World Conscience

ISBN: 978-3-8436-1589-1
Patmos

Thomas Mann described the decline of religion, as well as the indestructible “idea of Christianity” and its lasting potential for securing free democracy. Karl-Josef Kuschel combines the writer of the century’s search movements into an overall picture and shows how his strong relevance continues today.



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

ISBN: 978-3-8436-1501-3
Patmos

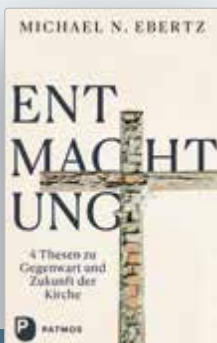
For the first time in Stefan Zweig Research, this is a comprehensive and compellingly written study by Karl-Josef Kuschel of a poet whose work is well-known, but whose understanding of Judaism is virtually unfamiliar to most people.



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.



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
The Immortality of Animals: Kinship of All Life

ISBN: 978-3-8436-1379-8
Patmos

According to traditional Christian teachings, the human being takes precedence over the animal. Does this mean that animals are just transitory useful beings that are intended to serve humans?



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



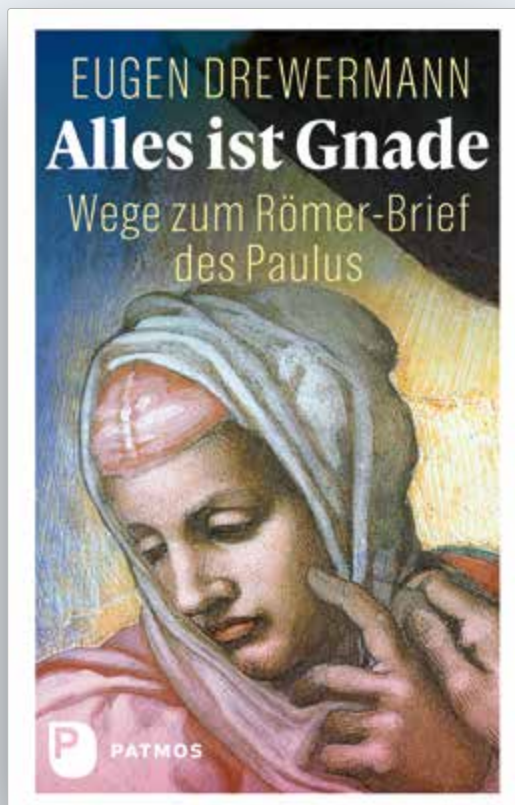
EUGEN DREWERMANN/
MARTIN FREYTAG
God, Where Are You?

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.

God rejects no one

- ▶ Kindness and humanity: important socially relevant topics
- ▶ Prominent author
- ▶ Author's first book on the Apostle Paul



Like no other text in the New Testament, the Epistle to the Romans highlights the core themes of Christianity: Only when we feel fundamentally entitled to our existence are we capable of doing good. Laws and commandments dictate to us what we should regard as “good” and “evil,” but they cannot overcome our fear of rejection. Only Jesus’ message about a God of goodness – who absolutely affirms human beings and unconditionally forgives our guilt – can redeem us from these fears and allow us to experience the fullness of being.

With this interpretation of the Epistle to the Romans that includes frequent references to psychology, politics and existential philosophy, Eugen Drewermann wants to firmly convey to readers how right Paul was about his faith: Only through Jesus’ trust in the grace of God can we overcome our distance from God and be resurrected to true existence.



By the same author:

EUGEN DREWERMANN/HERIBERT KÖRLINGS

Living Out of Love

ISBN: 978-3-8436-1385-9

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.

EUGEN DREWERMANN

Everything Is Grace

Paths to Paul’s Epistle to the Romans

ISBN: 978-3-8436-1593-8

Patmos

Hardcover

352 pages

14 x 22 cm

€ 36.00

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.



JÜRGEN WERBICK

Kneeling Before the Spirit of the Times?

How Christianity Is Changing

ISBN: 978-3-7867-3396-6 | Grünewald | Hardcover | 296 pages | 14 x 22 cm | € 28.00

The transformation of Christianity

The identity of Christianity is currently undergoing a variety of transformation processes. Jürgen Werbick addresses and analyses these changes in the understanding of faith – something that distresses, alienates or inspires many people. He wants to help readers in critically assessing such changes in concrete beliefs and asking how Christianity can be expressed in a new yet authentic Christian way within the present challenges. Based on this approach, Jürgen Werbick argues against a fear of losing faith that is drawn to a traditionalist strategy of clinging to an outdated understanding of it.



ANDREAS R. BATLOGG

Believing JesusISBN: 978-3-7867-3389-8
Grünewald

Those who trust Jesus also learn to believe in Him. So that is possible: Believe Him and therefore (want to and can) believe in Him! We confess this in the Creed. But do we believe what we say? In his essay, Andreas R. Batlogg SJ addresses these issues of a contemporary, responsible faith in Jesus Christ today.



JOHANNES WARMBRUNN

Thinking of God as Unfathomably HugeISBN: 978-3-7867-3370-6
Grünewald

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.



STEFAN KNOBLOCH

Where Are We Heading?ISBN: 978-3-7867-3376-8
Grünewald

Stefan Knobloch allows himself to be challenged by tendencies towards trans- and post-humanism. He enters into a dialogue with these developments as part of today's digital world – with a theologically open and critically positive approach.



NORBERT RECK

No Other ShoreISBN: 978-3-7867-3357-7
Grünewald

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
Grünewald

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.



BERND JOCHEN HILBERATH

Spiritless? Spirit, Let's Go!ISBN: 978-3-7867-3330-0
Grünewald

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



HANS KESSLER

Resurrection?ISBN: 978-3-7867-3252-5
Grünewald

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
Grünewald

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 could lead the Church out of its dilemma.



PAUL M. ZULEHNER

Turning Point

The Tasks and Opportunities of
Church Structural Reforms

ISBN: 978-3-7867-3382-9

Grünwald

Paperback

204 pages

14 x 22 cm

€ 25.00

The churches are not finished but stuck at a turning point: They are called upon to undergo profound and painful reforms. In this process, they are not betraying their tradition but seeking an appropriate church form for remembering the Gospel entrusted to them within the changing cultures. This dramatic development is the subject of a study that focuses on the Catholic Church's structural reforms and evaluates them. The main result is sobering yet simultaneously looks forward far beyond the Catholic realm in ecumenical terms. The issue is whether those responsible will succeed in turning a comfortable "priestly church" – which caters to its members like a service organization – into a church form in which the baptism bestows an equality of dignity and calling on all of its members: in other words, a "church of the baptismal calling." This is not a service organization, but it provides good services. In addition to presenting the survey results in simple language, this book also suggests challenges that the churches must master on this path in the coming years.

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

Hope for a Floundering World

ISBN: 978-3-7867-3345-4

Grünwald

Europe is considered the "Christian West". But how Christian is the continent today? Is Christianity dying, as some people suspect?

Or is it undergoing a profound transition? And finally: How can the Gospel be a source of hope in today's floundering world?



JÖRN HELLER
Instead of Flowers

Poems for Everyone and Special Days

ISBN: 978-3-98700-152-9 | Eschbach | Hardcover | 48 pages | 12 x 19 cm | € 10.00

This is what I give you

You can always make the right choice for birthdays, holidays, as an invitation or just because: The poems by Jörn Heller are an original alternative to the usual flower gifts. In poetic words, with a great deal of wit and even more charm, they express wishes, cheerfulness or encouragement that will bring a smile to every recipient's face. Colourfully illustrated with pictures by Lilo Fromm.



RAINER HAAK
The Bookstore by the Sea
ISBN: 978-3-98700-043-0
Eschbach

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.



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

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.



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.



DORIS BEWERNITZ
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.

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.

HILDEGARD MÖLLER

Spritz

Alcoholic and Non-Alcoholic Cocktails

ISBN: 978-3-7995-2091-1 | Thorbecke | Hardcover | 64 pages | 19 x 19 cm | € 16.00

**Sparkling cocktail enjoyment with and without alcohol!**

Immerse yourself in the colorful and tantalizing world of spritz cocktails, which not only look magical but also create unforgettable moments with friends. In this book, the classic Aperol Spritz gets a new twist with cider and cinnamon. Or you can enjoy a fresh Lillet Strawberry Spritz that is as light and sparkling as a warm summer night or the seductively aromatic Amaretto Plum Spritz for cooler days. If you are looking for non-alcoholic enjoyment, the Pineapple Ginger Lime Spritz with its shine and shimmer offers a sparkling taste experience without alcohol, for example.



EILEEN PESARINI
Simple and Vegan

ISBN: 978-3-7995-2035-5
Thorbecke

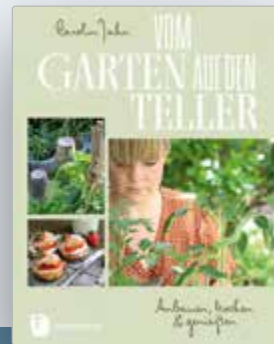
Eileen Pesarini shows us that preparing delicious dishes without gluten and industrial sugar is child's play. Her creative and quick recipes are suitable for everyday use. With much love, the founder of Lini's Bites has compiled her best and least complicated recipes for breakfast, lunch, dinner and desserts.



SASKIA VAN DEELEN
Autumn Cuisine

ISBN: 978-3-7995-2067-6
Thorbecke

Autumn is harvest time! This 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!



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 looking 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.



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

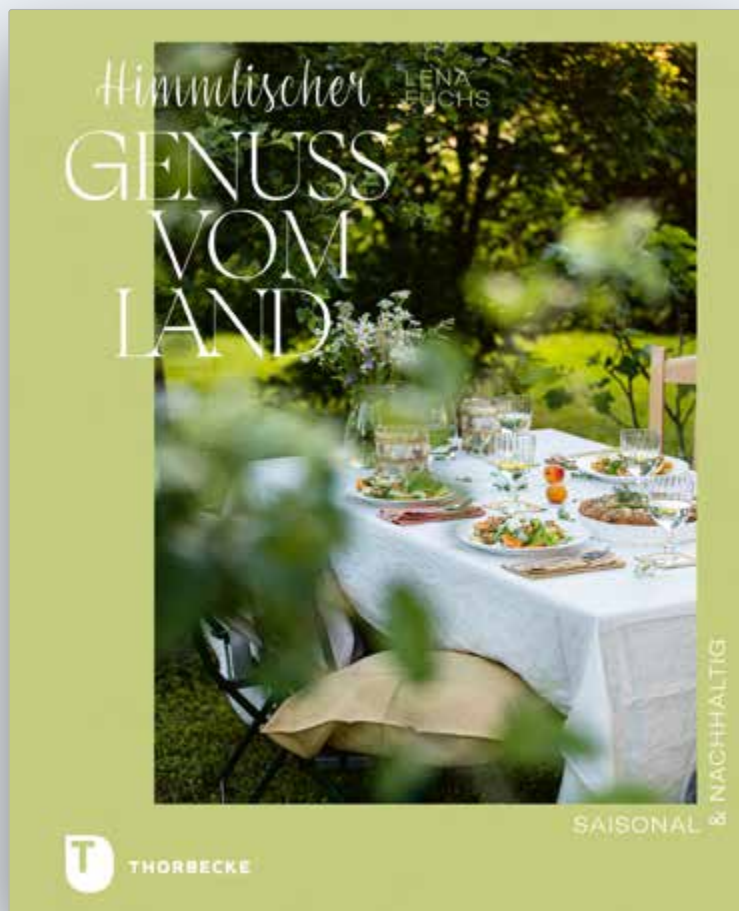
ISBN: 978-3-7995-1574-0
Thorbecke

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)

My Delicious Life

- ▶ Zero waste and seasonal
- ▶ For everybody: vegetarian, vegan but also recipes with meat and fish on special days



LENA FUCHS
Heavenly Foods from the Countryside

Seasonal & Sustainable

ISBN: 978-3-7995-2112-3

Thorbecke

Hardcover

248 pages

19 x 24 cm

€ 29.00

Natural ingredients and the natural cycles determine what goes into Lena Fuchs' cooking pot and on her plate. For Lena Fuchs, food prepared with love and care is what nourishes our souls and connects us as human beings. She believes that self-love starts with good food and using it mindfully: This involves where we shop and what we buy, as well as how we eat it. In her book, the trained nutrition educator tells us how to live in a healthy and conscious way with simple, seasonal and natural recipes. Favorite dishes suitable for the everyday routine provide the perfect balance between good and delicious – almost all recipes are vegan or vegetarian, plus some selected meat and fish recipes for special days.

LENA FUCHS has been a passionate food blogger – www.meinleckerlesleben.com – and a trained nutrition educator for many years. The joy of cooking and baking has accompanied her since early childhood.

Also available:

ELENA KLINK
Spring Enjoyment and Summer Love

ISBN: 978-3-7995-1596-2

Thorbecke

Spring, summer and sun: Just thinking about it makes us long for warmth and light, swimming in the river, blossoming flowers and summer picnics. How the wind blows through the linen tablecloth. Or how we prepare a delicious vegetable pizza with freshly picked zucchini. Elena Klink describes bright spring and warm summer days, Easter brunch and summer picnics.





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

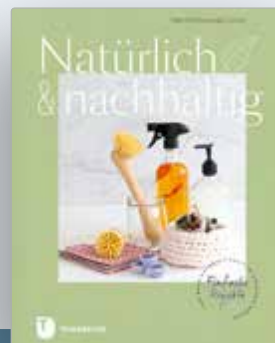
Hans-Dieter Stoffler invites us to take a walk through the medieval monastery garden. Colorful woodcuts and nostalgic illustrations from various eras show the herbs in all their splendor.



Kitchen Herbs with Enjoyment

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

Kitchen herbs add their unique aromas to many dishes, and usually also have curative effects. 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 with herbs.



SILKE ROTHENBURGER-ZERRER

Natural & Sustainable

ISBN: 978-3-7995-1531-3
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

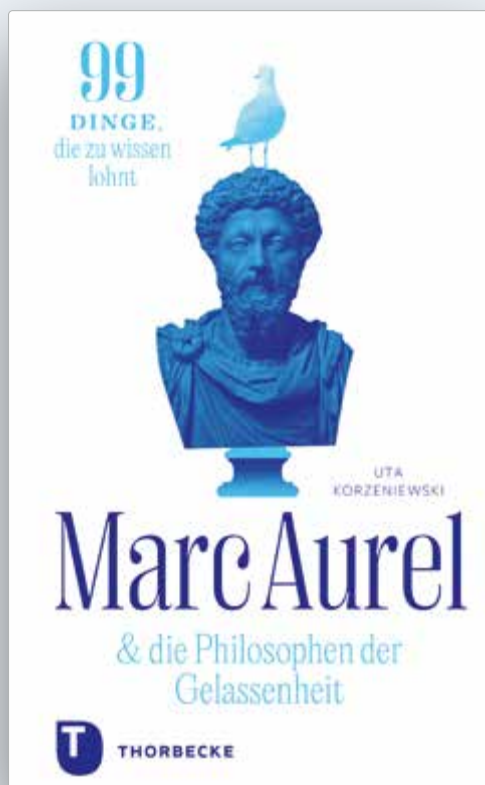
The Dream of a Farmer's Garden

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.

What can men who never wore trousers teach us about serenity?

- ▶ Background knowledge on one of the most important philosophical movements
- ▶ Surprising facts about philosophy
- ▶ Entertaining and easy to understand



Discover the timeless wisdom of the Stoics – and why their teachings are now more relevant than ever! In this fascinating book, you will learn not only how philosophers such as Marcus Aurelius, Seneca and Epictetus found their inner strength and serenity but also what exciting life stories and curious anecdotes are behind the great names of ancient philosophy. For example, did you know that Epictetus was once a slave while Marcus Aurelius ruled over the Roman Empire? Or that the Stoics took their name from a simple market hall in Athens? And what does it mean to really love your fate – amor fati?

Easy to understand, entertaining and with surprising insights, this book offers a modern approach to the advice of the Stoics. It is perfect for readers seeking more serenity and inner strength!



Also available:

ANNETTE DIEKMANN-MÜLLER
Fir Tree and Mistletoe

ISBN: 978-3-7995-2084-3

Thorbecke

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.

UTA KORZENIEWSKI

**Marcus Aurelius and the
Philosophers of Serenity**

99 Things Worth Knowing

ISBN: 978-3-7995-2107-9

Thorbecke

Hardcover

120 pages

13 x 21 cm

€ 19.00

UTA KORZENIEWSKI studied classical philology, as well as Romance languages and literature, in Cologne and Seville. She wrote her doctoral thesis at the French National Library and in Cologne. She now lives near Stuttgart with her two children and works as a publishing editor.

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