

Rights List

Spring 2026

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 2026 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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GERD SCHUSTER / JASMIN GÖHMANN

Stray at Heart

Dogs, Humans and the Longing for Freedom

ISBN: 978-3-8436-1539-6 | Patmos | Hardcover | 224 pages | 14 x 22 cm | € 24.00

The bond between dogs and humans

Gerd Schuster probably owes his life to dogs, just like many dogs were rescued by him. Born into a broken family, he already experienced neglect as a small toddler and fled to the streets as a teenager. The dog Rosco – a retired border guard dog was always by his side. Schuster turned his gift for intuitively understanding dogs and interpreting their emotions and needs into his profession. He is now a highly respected dog expert, known for his success, especially with problematic and aggressive dogs since they have usually had experiences like his own.



THOMAS SEITERICH

Late Storm

ISBN: 978-3-8436-1570-9

Patmos

Ulrich 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?



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

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 ELLERMAYER

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.

Today is already tomorrow's yesterday

- ▶ Church development in two generations
- ▶ Exemplary autobiographical storytelling
- ▶ Awareness of experienced history



When Anton A. Bucher tells his children and grandchildren about how he celebrated Easter when he was a child, they can hardly believe it: The entire family would kneel in front of the television and cross themselves when the pope gave his *Urbi et orbi* blessing. Hundreds sang “Mary, spread out your cloak, make it our protection and shield” at the May devotions and everyone felt safe and secure. At the same time, it was an era in which rigid sexual morality ruled the bedroom and constantly fuelled the fear that people could easily lose their eternal bliss. Such childhoods now seem like something from another world, but millions of men and women personally experienced them.

The fact that things are different today is both a liberation and a loss. Anton A. Bucher tells the story of his Catholic childhood in an exemplary manner that will evoke vivid images for many people because they experienced the same thing to some degree. By interweaving this narrative with contemporary historical contexts, it becomes a piece of church and mental history from the 1950s to the 1980s – with insights up into the present day.



Also available:

CHRISTIANE FLORIN
Not an Isolated Case

ISBN: 978-3-8436-1509-9

Patmos

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.

ANTON A. BUCHER

A Catholic Childhood

Memories of a Disappearing World

ISBN: 978-3-8436-1637-9

Patmos

Hardcover

208 pages

14 x 22 cm

€ 20.00

Doctor of Theology ANTON BUCHER has been a tenured Professor of Religious Education at the University of Salzburg since 1993. His research focuses on the psychology of religiosity, spirituality and happiness. He is concerned with what people believe today, how they learn these beliefs and what makes them (especially children) happy. He has been married since 1981 and is the father of six children.



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

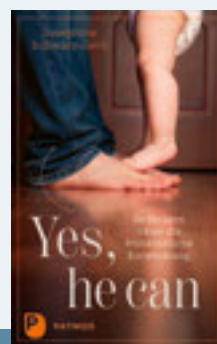
In a hectic and precisely planned world, people often lose sight of what is essential. This is what happened to Sebastian Keck, whose life was caught up in a maelstrom of anxiety and depression – until his little daughter showed him how simple and valuable it can be to live in the moment. The laughter 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

Heinz-Peter 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!

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.

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.

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.

“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



BURKHARD CIUPKA-SCHÖN

When Compulsive Behaviour Becomes a Compulsion

A Self-Help Programme for People with Compulsions

ISBN: 978-3-8436-1655-3 | Patmos | Paperback | 168 pages | 14 x 22 cm | € 18.00

Obsessive-compulsive disorders

Compulsions are considered tenacious and difficult to treat. However, in his new book, psychotherapist and compulsion expert Burkhard Ciupka-Schön presents an innovative self-help programme that affected individuals can use independently, as an accompaniment to therapy or in groups. Drawing on the latest scientific findings and years of practical experience, he has developed simple tests and work resources that offer guidance, hope and tools for active change in equal measure. Impressive case studies encourage readers and show that recovery is possible.



KARIN BONNER
No More Fear of Flying

ISBN: 978-3-8436-1644-7
Patmos

In this book, psychologist and flight attendant Karin Bonner presents a 6-step programme for overcoming a fear of flying that has been successfully tested in Lufthansa seminars. In addition, pilot Friedrich Klaiber explains technology, safety and procedures. Together they show how to deal with fear in everyday flying.



CHRISTIAN FIRUS
Seven Things for the Soul

ISBN: 978-3-8436-1612-6
Patmos

Renowned psychotherapist Christian Firus describes the seven basic needs of our soul and how we can feel and satisfy them. Only when these needs are sufficiently satisfied in everyday life can we be well-prepared to face life and its challenges.



IRMTRAUD TARR
Loneliness

ISBN: 978-3-8436-1588-4
Patmos

Loneliness is still associated with shame. We often find it hard to talk about and admit it. With her book, the renowned psychotherapist Irmtraud Tarr wants to help us understand that this taboo feeling is part of everyday life and not something that we must hide.



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.

The path to freedom

- ▶ New book by bestselling author Heinz-Peter Röhr
- ▶ With numerous illustrative case studies
- ▶ Many practical suggestions for resolving acute conflicts with siblings



HEINZ-PETER RÖHR
**Difficult Sibling Relationships
 and How to Cope with Them**

ISBN: 978-3-8436-1651-5

Patmos

Paperback

160 pages

14 x 22 cm

€ 19.00

Sibling rivalry has existed throughout history, as already shown in the biblical story of Cain and Abel. Even today, difficult sibling relationships are very common. Even people who haven't experienced them know friends or acquaintances who remain entangled in sibling conflicts throughout their lives. Difficult sibling relationships are usually based on unresolved childhood wounds – a reason why the intensity of the emotions is often so great. These wounds need to be healed. Using illustrative case studies, Heinz-Peter Röhr describes the typical sibling conflicts and offers concrete suggestions for resolving them, such as what to do when a brother or sister has a narcissistic personality disorder. Drawing on his many years of psychotherapeutic work, he shows ways to break free from the early bonds of sibling conflicts and find more joy and ease in life.

HEINZ-PETER RÖHR was a psychotherapist at the Fredeburg clinic for sufferers of substance abuse in Bad Fredeburg, Germany, for more than thirty years. He is the author of numerous long-selling self-help titles, and his books have been translated into numerous languages.



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.

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 und 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.



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.

The art of self-esteem

- ▶ New: the topic of self-esteem from Jung's perspective
- ▶ An abundance of practical advice
- ▶ Important current topic



The topic of self-esteem plays a key role in modern life. Many people suffer from a lack of self-confidence or feelings of inferiority. Some mental illnesses such as anxiety or depression are also related to this problem. However, C. G. Jung's analytical psychology makes it possible to strengthen it in a particularly profound way, as analyst Isabelle Meier shows in this book. She initially uses the concept of the self-esteem complex and explanation of unconscious biographical backgrounds to identify the causes of self-esteem issues. In the second part, she vividly illustrates how depth psychological work with fairy tales and symbols can strengthen self-esteem and activate resources. This book enables readers to get in touch with their innermost core, the self, and develop a stable and confident sense of self-worth in this way.

ISABELLE MEIER

Good Enough

Strengthening Your Self-Esteem

ISBN: 978-3-8436-1567-9

Patmos

Hardcover

176 pages

12 x 19 cm

€ 18.00

ISABELLE MEIER, Dr. phil., completed advanced training in the Analytical Psychology of C. G. Jung and Catathymic Imaginative Psychotherapy (CIP). After many years as a journalist, she earned her doctorate in psychology and psychopathology at the University of Zurich. She is now a teaching analyst, lecturer and supervisor at the C. J. Jung Institute Zurich in Küsnacht. She is also the author of several publications and editorial board member of the *Analytische Psychologie* journal.



Also available:

SYLVESTER WALCH

paths to What Is Essential

ISBN: 978-3-8436-1354-3

Patmos

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.



THOMAS ACHENBACH

Men Grieve Differently: What Helps and Benefits Them

ISBN: 978-3-8436-1647-8 | Patmos | Paperback | 176 pages | 14 x 22 cm | € 20.00

When men cry

The male approach in coping with grief and overcoming the pain is clearly different from that of the female, according to the experienced grief counsellor Thomas Achenbach. So if it is not a conversation with the best friend, what benefits grieving men? How can relatives, friends or colleagues support a man in his grief?

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



BRIGITTE HAERTEL
The Hour of the Night Wind

ISBN: 978-3-8436-1508-2

Patmos

Three-and-a-half weeks lie between the diagnosis of incurable liver cancer and Günter's death. 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.

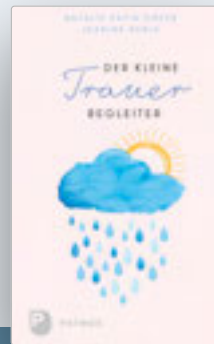


PETER RÖRSCH
Resonance in Grief Counselling

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.



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.



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.

What inspires parents of star children

- ▶ Beautiful, poetic texts
- ▶ Helps readers understand and express their own feelings
- ▶ Also suitable for use in self-help and grief support groups



Parents of star children (who died before or shortly after their birth) are often confronted with a lack of words. This applies not only to the people around them, but also to themselves. In view of the incomprehensible – the death of a child – all words seem inappropriate and foreign. In this book, parents of star children will find gentle, poetic texts that give a voice to their thoughts and feelings. They express grief and bewilderment, as well as feelings of guilt, but also hope and deep love. This can help parents feel understood, relieved and less alone, enabling them to accept even difficult thoughts. It may also make it possible for them to find their own words for what seems to be unspeakable.

ANTJE WENZEL-KASSMER

A Star Fell into My Heart

Thoughts and Insights for Parents of Star Children

ISBN 978-3-8436-1643-0

Patmos

Hardcover

128 pages

12 x 19 cm

€ 14.00

ANTJE WENZEL-KASSMER was a pastor and spent many years working in hospital pastoral care, including at a mother-child centre. She now lives and works as a grief counsellor in Krefeld.



By the same author:

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 counsellor gives suggestions and assistance for the first contact with the parents, the funeral and further accompaniment



JOSEF EPP
Courage and Confidence
 A Positive Approach to Fear

ISBN: 978-3-8436-1645-4 | Patmos | Hardcover | 192 pages | 14 x 22 cm | € 20.00

Do not surrender to fear

In a time defined by crises, changes and inner exhaustion, Josef Epp reminds us that courage and confidence are not random occurrences but attitudes that we can cultivate. With great clarity and personal warmth, he shows ways in which our trust, serenity and inner strength can grow – even in difficult phases of life. He combines biblical wisdom with everyday practice. His writing inspires us to pause, turn our gaze inward and rediscover the sources of our own strength.



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.



CHRISTIAN HEIDRICH
Why I Am a Christian

ISBN: 978-3-8436-1537-2
 Patmos

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. This book confidently creates a dialogue about the strengths of being a Christian.



PAUL M. ZULEHNER
Beastly Good: Biblical Meditations

ISBN: 978-3-8436-1595-2
 Patmos

Many animals appear in the Bible. In 25 biblical meditations, Paul M. Zulehner invites us to discover the beauty of animals and their message to us - for our everyday life and our spiritual life, which is interwoven with it.



ANDREA SCHWARZ
Give Life a Chance

ISBN: 978-3-8436-1629-4
 Patmos

“Give life a chance!” is the message of this annual reader with short, concise texts for each day: a poem, a short story or an impulse. It offers inspiration to make every day special: to be fully alive.



ANDREA SCHWARZ
Growing Towards Heaven

ISBN: 978-3-8436-1586-0
 Patmos

Andrea Schwarz is inspired by sentences from the 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.



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.



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.



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.

How to stop suffering from overwhelming us

- ▶ Openness to meaning can be learned
- ▶ A healing shift in perspective
- ▶ Meaning is revealed even in difficult situations



Distressing situations cannot be glossed over with cheap consolation. But painful situations can also have positive effects: They awaken our compassion and solidarity for fellow human beings and nature; they serve as signals and wake-up calls for changes that may have been long overdue; they sensitise us to structures that cause suffering; and they allow us to discover our life tasks that we would have either not discovered – or would have discovered much later – without this difficult experience. In such distressing situations, meaning can alight upon us unexpectedly like a butterfly, especially when we are not frantically searching for meaning in our suffering. This book takes us to the places in life where we least expect to find meaning and significance: boredom and powerlessness, fear and worry, poverty and injustice, conflict and envy, breakups and separations, disappointments and loneliness, criticism and a lack of freedom, failure and stress, guilt and grief, as well as illness, old age and death.



By the same author:

LUKAS NIEDERBERGER
From Achieving to Living
 ISBN: 978-3-8436-1604-1
 Patmos

This book raises awareness of how performance-oriented thinking puts us under pressure. It sheds a new light on supposed vices such as pleasure and enjoyment, slowness and boredom, leisure and idleness, as well as laziness and inaction. And it encourages us to live self-determined and creative lives.

LUKAS NIEDERBERGER

Meaning Finds Us Where We Don't Seek It

How Suffering Can Move Us Forwards Instead of Overwhelming Us

ISBN: 978-3-8436-1636-2

Patmos

Hardcover

144 pages

13 x 21.3 cm

€ 20.00

LUKAS NIEDERBERGER, born in St. Gallen, Switzerland, in 1964, has headed the well-known educational center »Lassalle Haus« in Switzerland until 2007. Today the theologian and philosopher is executive director of the »SGG, the Swiss Society for Charitable Works«. A former Jesuit, he also advises organizations, individuals and couples in decision processes and devises rituals for transitions. As a publicist and seminar leader, he is involved with themes including volunteer work, leadership, ethics, decision making, dialogue between religions, spirituality and rituals.



UWE WOLFF
Journey to the Centre
 In the Labyrinth of Life

ISBN: 978-3-8436-1633-1 | Patmos | Hardcover | 160 pages | 13 x 21.3 cm | € 19.00

Understanding a symbol of humanity – and yourself

The labyrinth is an ancient symbol of humanity. Unlike a maze, the labyrinth has a centre to which a single path inevitably leads. Uwe Wolff explores the labyrinth as a metaphor for human life in this insightful and engaging non-fiction book. His cultural interpretation is also a spiritual exploration since he shows the labyrinth as a symbol that is both timeless and strikingly relevant today: It is a hopeful and encouraging mirror of our existence and the human path through life.



UWE WOLFF
A Thousand Nights Deep

ISBN: 978-3-8436-1531-0
 Patmos

It is astonishing that a biography about Rilke and his angels has not been written up to now. Angels apparently fly under the radar of perception. However, Rilke's female friends took angels as his life theme seriously. Uwe Wolff explores the topic in this spiritual biography.



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.



RUTH MÄCHLER
Freedom and Trust

ISBN: 978-3-8436-1545-7
 Patmos

Older female and male members of monasteries tell of their difficult decisions, crises and moments of happiness and their personal path to inner freedom. This book about the lives that have been lived can provide more wisdom than any theories.



MARKUS GRÜNLING
The Art of Celebrating New Rituals

ISBN: 978-3-8436-1512-9
 Patmos

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.



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 - whether in seminars or as spiritual guidance.



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.



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.

Finding your place in life

- ▶ Spirituality for everyday life
- ▶ Clear and authentic
- ▶ Relevant issues: self-care, inner peace and developing consciousness



This book is an invitation to truly get in touch with the flow of everyday life, experiencing presence and mindfulness in the here and now. Margrit Irgang shows that spiritual awakening is not something detached from reality but that it happens right in the middle of life: in breathing, walking, listening and encountering ourselves and others. Based on her personal experiences, she combines Eastern wisdom with Western life practices. The result is a book that touches both the heart and the mind. Instead of teaching a method, it opens spaces for silence, direct insight and trust in what is. Awakening in the Here and Now is a quiet yet powerful book for those of us who seek depth in a noisy world. It offers guidance in a time of turmoil and reminds us that peace is not found on the outside but within ourselves. This is an inspiring companion on the path to consciousness, simplicity and inner freedom – poetic, clear and authentic.



Also available:

BRIGITTE ROMANKIEWICZ

The Soul of Things

ISBN: 978-3-8436-1626-3

Patmos

Brigitte Romankiewicz writes about the deep connections between humans and nature in an entertaining and witty way. She presents stories about the soul of nature, the wisdom of things and the magic of landscapes.

MARGRIT IRGANG

Awaking in the Here and Now

Paths to Inner Peace and

Connection

ISBN: 978-3-8436-1614-0

Patmos

Hardcover

196 pages

12 x 19 cm

€ 18.00

MARGRIT IRGANG studied for eight years with the Rinzai Zen masters, as well as with Thich Nhat Hanh from 1992 until his death. She leads meditation retreats in Germany and abroad, as well as writing books and radio features on Zen and mindfulness. She has received many literary awards for her stories, novels and poems for adults and children. She lives in Freiburg im Breisgau. See www.margrit-irgang.de



SARAH GAFFURI

We Praise You

Through Lent with the “Canticle of the Sun”

ISBN: 978-3-8436-1641-6 | Patmos | Hardback | 160 pages | 15 x 21 cm | € 20.00

For the love of life: following St. Francis on the path to Easter

Shortly before his death 800 years ago, St. Francis of Assisi created the “Canticle of the Sun” in which he praises God with all creatures – as well as through them. For each of the stanzas, Sarah Gaffuri has written spiritual reflections to accompany us for one week at a time. This is possible even if we do not know the “Canticle of the Sun.” For every day of Lent from Ash Wednesday to Easter and beyond, this spiritual companion offers inspirations for reflecting on our existence among the fellow creatures and sparking our love of life.

JAN FRERICHS

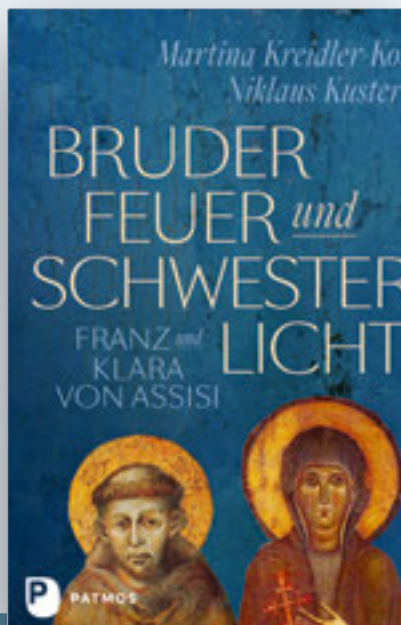
Barefoot and Wild

Paths to Your Own Spirituality

ISBN: 978-3-8436-1032-2 | Patmos | Hardcover | 200 pages | 14 x 22 cm | € 20.00

Spirituality for men

A book for people who risk the adventure of seeking God in the middle of life and find themselves as a result. The human being wanders through inner “seasons” of spiritual development on the path of life. It is therefore a challenge to rediscover nature as a spiritual guide. Nature is the first Bible. This book also leads to many exercises in nature. However, it is not about wilderness or survival training. The willingness to accept an inner path is decisive. Jan Frerichs invites his readers on an exciting path to a spirituality of their own that will support them.



MARTINA KREIDLER-KOS/NIKLAUS KUSTER

Brother Fire and Sister Light

Francis and Clare of Assisi: Two Life Stories in a Dialogue

ISBN: 978-3-8436-1646-1 | Patmos | Paperback | 376 pages | 17 x 24 cm | € 22.00

Francis and Clare: The spiritual double biography

Francis and Clare of Assisi gave Christian spirituality impulses that are still strong today. Written by a Francis researcher and a Clare researcher, both the medieval world and the inner paths of the two are illuminated by this narrative. The book incorporates all sources and international specialized literature about both of these saints to bring their stories into a historically reliable, spiritually encouraging and entertainingly readable synopsis.

The Rosary – the Christian mantra

- ▶ Spiegel bestseller author
- ▶ Franciscan Year 2026
- ▶ Rosary months of May and October



In The Rosary is not the prayer of the “better” Catholics. It has always been the simple prayer of ordinary people, a quiet contemplation of reality as we encounter it every day: with all the joy, delight and enthusiasm of life, and with all the suffering, pain and abysses that can arise. As a “medicine wheel” or “wheel of life,” the Rosary is deeply rooted in human history and connects eras, cultures and spiritual traditions.

Jan Frerichs illuminates the astonishing depths of this ancient prayer and symbol, revealing how we can attune ourselves to the rhythm of life with it. For the 800th anniversary of St. Francis of Assisi’s death, he presents a “Franciscan” Rosary with seven mysteries instead of the usual five.

JAN FRERICHS

Seven Mysteries

A Franciscan Rosary

ISBN: 978-3-8436-1635-5

Patmos

Hardcover

144 pages

14 x 22 cm

€ 19.00

JAN FRERICHS OFS is the founder and director of the Franciscan School of Life; as a theologian, he accompanies people in spiritual breaks and rites of passage. He is trained in the tradition of the School of Lost Borders and strongly influenced by Franciscan spirituality (Richard Rohr: Men’s Rites of Passage). After five years as a Franciscan brother, he now belongs to the Third Order of the Franciscan Family. He work as an editor for ZDF television and lives with his wife and two sons in Bingen am Rhein.



By the same author:

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.



ULRICH MERKL
Total Strangers

Autism in Pop Culture: Media, Myths and People

ISBN: 978-3-8436-1611-9 | Patmos | Hardcover | 352 pages | 14 x 22 cm | € 25.00

From Sherlock to Sheldon

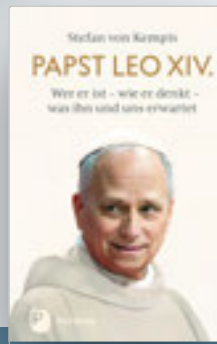
Ever since Rain Man arrived at theatres in 1988, autism has become a pop-cultural phenomenon in novels, films and TV series. Ulrich Merkl, himself autistic, explores the portrayal of autistic people in pop culture in his new work. With well-founded knowledge, humor and empathy, he analyzes more than 100 feature films and TV series. In the process, he examines the crucial questions: How do these characters shape our image of autism? And how do people on the autism spectrum perceive these portrayals? This is a clever, exciting and entertaining book about myth and reality – and the art of understanding those who are different.



ANDREAS G. WEISS
The End of a Dream

ISBN: 978-3-8436-1642-3
Patmos

Andreas G. Weiss tells the story of the “American Dream” as the religious-political myth of a “holy nation” and how this dream is shattering before our eyes. “Donald Trump did not destroy the America of illusions – he exposed it.”



STEFAN VON KEMPIS
Pope Leo XIV

ISBN: 978-3-8436-1625-6
Patmos

He is the first American to lead the 1.4 billion Catholics throughout the world: Robert Francis Prevost. Stefan von Kempis, who knows the Roman actors like no other, introduces the new pope: the man behind the office, what awaits him and what we can expect.



WINFRIED KRETSCHMANN
The Meaning of Politics Is Freedom

ISBN: 978-3-8436-1603-4
Patmos

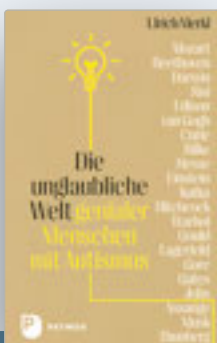
Winfried Kretschmann describes how he discovered Hannah Arendt as a young man, how her understanding of politics changed his view of the world and has shaped his political actions ever since.



BRIGITTE FENNER
Trying to Somehow Be Human

ISBN: 978-3-8436-1569-3
Patmos

Hannah Arendt and Ruth C. Cohn never met, but it could have happened so easily. This novel creates a fictional encounter, connecting the life stories and thoughts of the great philosopher and important therapist.



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.



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.



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.

Eugen Drewermann interprets St. Paul

- ▶ Prominent author with web presence
- ▶ St. Paul explained in an understandable and meaningful way
- ▶ Current significance of Christianity



Jesus brought God back to us as a fatherly power that we do not need to fear but in whose unconditional love we can trust. Eugen Drewermann sees St. Paul as perhaps the first person to fully grasp this message from Jesus and its actual meaning. When we believe in it, our entire existence is transformed: from the anguish of fear to the experience of being loved, from the craving for power to compassion and community. As a theologian and psychoanalyst, the author interprets St. Paul's Letter to the Galatians as a message to rediscover ourselves as human beings and live freely, truthfully and very confidently in love.

EUGEN DREWERMANN

What Sustains Human Beings

Approaches to St. Paul's Letter to the Galatians

ISBN: 978-3-8436-1638-6

Patmos

Hardcover

364 pages

14 x 22 cm

€ 38.00

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.



By the same author:

EUGEN DREWERMANN Everything Is Grace

ISBN: 978-3-8436-1593-8

Patmos

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.



PAUL M. ZULEHNER

Turning Point

The Tasks and Opportunities of Church Structural Reforms

ISBN: 978-3-7867-3382-9 | Grünewald | Paperback | 204 pages | 14 x 22 cm | € 25.00

challenges that the churches must master

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.



JÜRGEN WERBICK Kneeling Before the Spirit of the Times?

ISBN: 978-3-7867-3396-6
Grünewald

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



ANDREAS R. BATLOGG Believing Jesus

ISBN: 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 Huge

ISBN: 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.



NORBERT RECK No Other Shore

ISBN: 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 Christianity

ISBN: 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

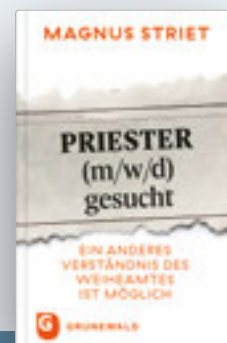
People associate many different things with "spirit." The author explores these connections and focuses on them in view of spirit as the "Holy Spirit" in Christian churches: How do spirit and institution, charisma and ministry, spirituality and hierarchy relate to each other?



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) Wanted

ISBN: 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 for discussion could lead the Church out of its dilemma.

Who is God – and if God exists, how many are there?



No one can explain God. We can only explain what believers imagine when they say “God.” There is a wide range of ideas, but not all of them are convincing.

This “doctrine of God” starts with modern secular doubts about God and the arguments of atheists, who strictly deny that God exists. What can be said about “nonetheless” believing in God – even a specific single God, attributing qualities to him and even relying on him?

The second part develops a concise biblical doctrine of God, offering an overview of controversies and commonalities in God’s images in the Bible. The third section is devoted to an exploration of the Trinity: A God in three persons is a challenging concept – even for believers. In conclusion, the book discusses the places where God may be experienced, which can become new narrative locations for the doctrine of God.



By the same author:

HUBERT PHILIPP WEBER
And God Blessed Them
 ISBN: 978-3-7867-3182-5
 Grünewald

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

HUBERT PHILIPP WEBER

Trinity

Understanding the Christian Belief
 in God

ISBN: 978-3-7867-3328-7

Grünewald

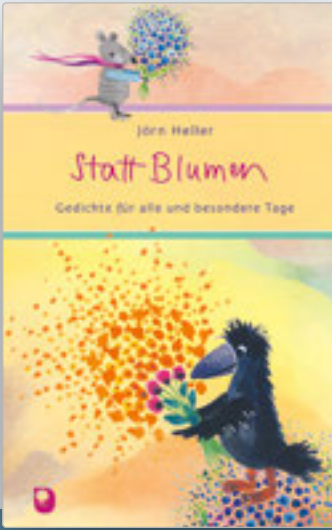
Hardcover

176 pages

14 x 22 cm

€ 22.00

DR. HUBERT PHILIPP WEBER is visiting lecturer at the University of Vienna (Dogmatic Theology), Archbishopal Secretary and staff member of Cardinal Christoph Schönborn.



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 every day and astonishing, whimsical and loving wisdom, not only helps you to see beyond the horizon.



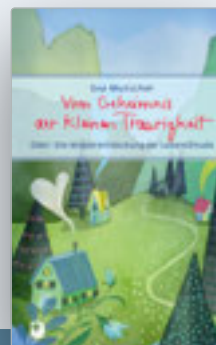
DORIS BEWERNITZ

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.



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.

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.

CHRISTINA HESS

Quick Evening Cuisine

The Best Vegetarian Recipes

ISBN: 978-3-7995-2130-7 | Thorbecke | Hardcover |
64 pages | 19 x 19 cm | € 16.00

A quick and delicious start to your evening!

You can certainly relate: The workday was long and the to-do list even longer. You want something tasty to eat in minutes. In this book, blogger and author Christina Hess has compiled her best vegetarian weekday dinner meals from around the world. It offers something for every situation: How about Mexican One-Pot Pasta, Spinach and Quinoa Patties, Artichoke Risotto or Italian White Bean Soup tonight?



CHRISTINA HESS

Superfast Cake Happiness

Cakes and More without Any Fuss: Ready in Less than An Hour

ISBN: 978-3-7995-1558-0 | Thorbecke | Hardcover |
88 pages | 19 x 19 cm | € 18.00

Cakes, cookies and more for spontaneous people – on the coffee table in an hour at most

When things must really go fast once again: friends have announced a spontaneous visit, more guests than expected are coming for a birthday or you suddenly want to have a picnic with cake on a balmy summer day. Then this book is the perfect inspiration because blogger Christina Hess knows the best recipes for superfast sheet or yeast cakes, cookies and muffins. Incidentally, the sweet delicacies require little effort since most recipes just need a mixing bowl for the dough and a baking tin. In addition, there are recipes without flour or butter – in case one or the other ingredient is missing in the pantry.



Self-care starts with the stomach

- ▶ Easy way to cook and enjoy consciously
- ▶ Meditations, yoga and mindfulness exercises
- ▶ Vegetarian and vegan recipes



JANA EISERT

Mindful Cooking for the Soul

Recipes, Exercises and Inspiration
for Conscious Enjoyment

ISBN: 978-3-7995-2105-5

Thorbecke

Hardcover

184 pages

19 x 23.5 cm

€ 29.00

Most people want to have a healthy diet and devote a great deal of energy to what they eat but not to how they eat it. They see cooking and eating as a tedious chore that needs to be done as quickly as possible. They think that they don't have the time to take good care of themselves. But if we really want to have a healthy diet, provide our bodies with all of the nutrients that they need, as well as feeling alert and energetic after eating, we should focus on how we prepare and consume our meals: Mindfulness while cooking and eating lays the foundation for good digestion.

Ayurvedic nutrition and health consultant Jana Eisert uses delicious and uncomplicated recipes, mindfulness tips, rituals and yoga exercises to show us how easy it is to integrate mindful cooking into our everyday lives and do something good for ourselves as a result.

JANA EISERT is a holistic Ayurvedic nutrition and health consultant, Ayurvedic chef, and food photographer. Her food blog, "Apple and Ginger," focuses on healthy, feel-good food and Ayurveda. After Ayurveda entered her life, her health improved dramatically. Jana experienced firsthand the impact a healthy diet can have on daily well-being. She now shares her knowledge through personal coaching, cooking classes, retreats, and her new cookbook. The author lives in Berlin.



By the same author:

JANA EISERT
Ayurveda

ISBN: 978-3-7995-1590-0

Thorbecke

Jana Eisert has first-hand experience of how stress can affect a person's 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 in her book.



CAROLIN JAHN

The Joy of Preserving

Canning and Pickling: My Best Recipes

ISBN: 978-3-7995-2118-5 | Thorbecke | Hardcover with dust jacket | 184 pages | 19 x 23.5 cm | € 28.00

Delicacies from the pantry

“Sweet jams, savoury spreads, spicy barbecue sauces, syrups, liqueurs and even bread and cakes find their way into my jars and bottles. A quick trip to the pantry or cellar – and I already have homemade sauces or preserved salad dressing at my fingertips without having to spend hours in the kitchen every time. I cook and preserve because I enjoy seeing all of the delicious things that can be created from a handful of the simplest ingredients and a preserving jar.” Carolin Jahn



CAROLIN JAHN

From the Garden to the Plate

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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.

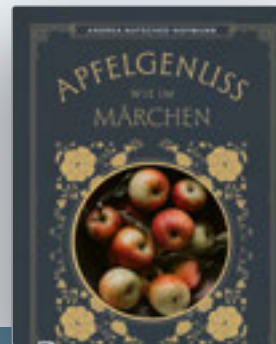


ELENA KLINK

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, blossoming flowers and summer picnics. 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.



ANDREA NATSCHKE-HOFMANN

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ISBN: 978-3-7995-2111-6
Thorbecke

These delicious apple recipes for cakes, cheesecakes, brownies, muffins, tarts and more provide enchanting baking ideas for cozy afternoons with family and friends. Immerse yourself in the sweet and fantastic world of apples!

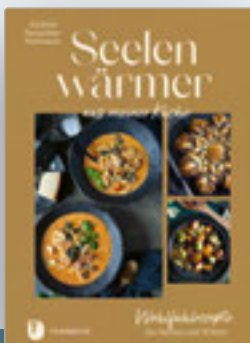


SASKIA VAN DEELEN

Pumpkin Love

ISBN: 978-3-7995-2063-8
Thorbecke

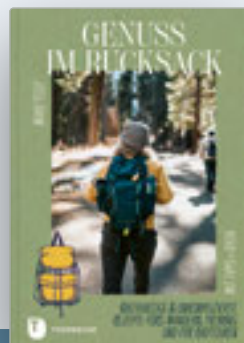
With its slight sweetness, creamy consistency and delicious autumn aroma, pumpkin is the perfect all-rounder for the cold season! Savory and sweet pumpkin recipes from around the world invite you to try them and bring the variety of this healthy autumn vegetable to your plate.



Heartwarming Food from My Kitchen

ISBN: 978-3-7995-2098-0
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Delicious recipes for dishes from the oven and saucepan provide the right idea for every occasion, from winter brunch to cozy afternoons. This book is a declaration of love to a cuisine that warms the heart and embraces the soul.



MARIE FELDT

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Thorbecke

Simple, quick recipes for trips and hikes with packing lists, hiking tips and hints for environmentally friendly trekking tours – plus interesting facts about wild herbs, berries and zero waste in the mountains.

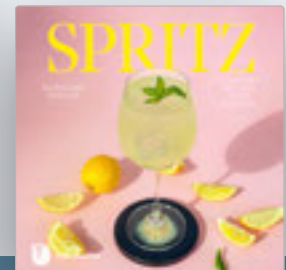


LENA FUCHS

Heavenly Foods from the Countryside

ISBN: 978-3-7995-2112-3
Thorbecke

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.



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Rediscovering wild herbs for enjoyment, well-being and an experience of nature

- ▶ Portraits of the 32 most important wild herbs
- ▶ Knowledge for identifying and using herbs
- ▶ Inspiring and new recipe ideas



This book invites us to rediscover the fascinating world of wild herbs – especially in modern and creative cuisine. Whether as a colorful topping, an effective herbal remedy or sophisticated seasoning: Wild herbs enrich our menus, boost our health and connect us to nature in a special way. This is a guide for everyone who wants to discover and enjoy the wild beauty of nature with open senses and an awakened heart. It is full of inspiration from the world of wild herbs.

VERA MÜCKE/
ALEXANDRA GRÖBER
Wild Herbs in Diversity
Discover, Identify and Enjoy
Wild Herbs

ISBN: 978-3-7995-2117-8
Thobcke
Hardcover
184 pages
19 x 26 cm
€ 32.00

VERA MÜCKE and ALEXANDRA GRÖBER are sisters from Waldshut who offer workshops as educators and experts on wild herbs. More information (in German) at <https://herba2.de>.



Also available:

Kitchen Herbs with Enjoyment

ISBN: 978-3-7995-1563-4

Thorbecke

Kitchen herbs add their unique aromas to many dishes, look decorative and usually also have curative effects. In herb portraits, garden-ing 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.



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KATHRIN BLUM

Witches: The Secrets and Fates of Wise Women

99 Things Worth Knowing

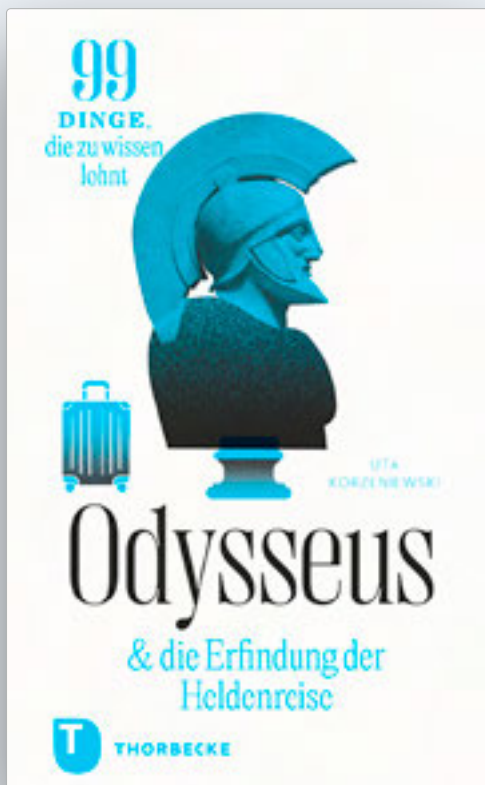
ISBN: 978-3-7995-2128-4 | Thorbecke | Hardcover | 120 pages |
13 x 21.3 cm | € 19.00

Pyres and hocus-pocus: myths, magic and reality

The witches are back – from fairy tales like “Hansel and Gretel” and gruesome reports of witch hunts, they have wandered back into our modern world. They can now be found as masters of witchcraft or Wicca on book tables and Instagram. In 99 entertaining chapters, Kathrin Blum tells the stories of women from history, literature and legends who were called witches. This book includes the roots of the belief in witches, the rituals associated with them and the modern rediscovered witchcraft.

Tell me, Muse, the story of that resourceful man...

- ▶ Entertaining writing
- ▶ The first hero's journey of the Western world, interpreted for today



Hardly any other figure in world literature has shaped our idea of adventure and heroism as much as Odysseus. With the *Odyssee*, Homer created not only a captivating story full of cunning, courage and trials, but also the first literary version of the “hero’s journey.” It continues to shape our storytelling to this day – from myths to novels to modern films.

This book takes us on a search for clues: How was the character of Odysseus created? Which episodes of his wanderings made him the epitome of the hero? And why is this ancient storytelling pattern still relevant and effective today, even in modern psychology? In connecting antiquity and the present, this work is intended for anyone who wants to understand why great stories never lose their power.

UTA KORZENIEWSKI
**Odysseus and the Invention
 of the Hero's Journey**
 99 Things Worth Knowing

ISBN: 978-3-7995-2185-7
 Thorbecke
 Hardcover
 120 pages
 13 x 21.3 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.



By the same author:

UTA KORZENIEWSKI
Marcus Aurelius
 ISBN: 978-3-7995-2107-9
 Thorbecke

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 but also what exciting life stories and curious anecdotes are behind these great names.

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