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Publication:	25.10.2022
Author:	Reinwarth, Alexandra
Title:	At least I can rely on my weaknesses How to relax by loving your flaws
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0472-0
Price:	D: 18,00 EUR, A: 18,60 EUR

With a total circulation of over 4 million books, Alexandra Reinwarth is one of Germany's most successful authors

Fallen for the wrong guy again and again? Spilled a drink in a posh restaurant, bought trousers too small again and other mishaps? There are mistakes that only happen once, others you make again and again with your eyes open, and some you keep for life. Alexandra Reinwarth may not have made all of them, but she has made many and learned one thing in the process: Perfect is boring – our quirks and mistakes are an integral part of us, and somehow they also have a purpose, because they make life more colourful and surprising. Once we learn to love them – like messed-up friends – life immediately becomes so much more relaxed and easier. Witty and highly entertaining, the bestselling author tells of her mistakes and mishaps and shows how everyone can make peace or even become friends with them!

Alexandra Reinwarth is an internationally bestselling author and has written many other books for the publishers riva and mvg in addition to the successful series “What I love about you” and the mega bestseller “The Good Girl’s Guide to Being a D*ck”. She lives in Valencia, where she works as a producer and author.

Selling points and marketing:

- Clever, witty, perceptive: Alexandra Reinwarth once again entertains her countless readers at the highest level
- Perfect can kiss my ass – the most beautiful declaration of love to our quirks by bestselling author Alexandra Reinwarth



Publication:	18.10.2022
Author:	Engel, Claudia
Title:	Screw Cupid, I'll do the love thing myself How to manifest a fulfilled and happy relationship
Pages/Cover/Format:	approx. 256 pages, softcover, 135x210mm
ISBN:	978-3-7474-0464-5
Price:	D: 17,00 EUR, A: 17,50 EUR

After the "SPIEGEL" bestseller "Who needs a fairy godmother? I'll do it myself": the new book by Claudia Engel for more luck in love

Why does love seem to work for everyone else, but not for you? How many more frogs do we have to kiss before we finally find a prince? And why has Disney never told us that the happy ending is not automatically followed by a happy and relaxed relationship?

The SPIEGEL bestselling author and relationship trainer Claudia Engel knows the answer: Instead of searching desperately, we simply manifest the partner of our dreams and let him find us. In her usual humorous and practical way, she explains how we can first change our relationship with ourselves and use the power of manifestation for ourselves to then attract the partnership that makes our heart beat faster.

Claudia Engel is a happiness trainer and coach. Her success podcast Glück in Worten (Happiness in Words), with more than five million downloads, gives impulses for a happier everyday life. After she freed herself from the career hamster wheel and quit her job as a TV journalist, she now shows countless people the way to happiness with a lot of positive energy and a handful of confetti. She lives by the Baltic Sea with her husband and three children.

Selling points and marketing:

- Manifestation as a guarantor of happiness: How to finally find your great love!



Publication:	11.10.2022
Author:	Weidlich, Andrea
Title:	Where there's a fuck it, there's a way How suddenly everything becomes possible when you stop trying to please everyone
Pages/ Cover/ Format:	288 pages, softcover, 135x205mm
ISBN:	978-3-7474-0490-4
Price:	D: 17,00 EUR, A: 17,50 EUR

The new book by "SPIEGEL" bestselling author Andrea Weidlich

Again and again we try to please everyone and meet the expectations of others. In doing so, we place too much value on the judgement of others who have much more opinion than idea about who we really are.

Andrea Weidlich tells the story of nine people who set out together to find answers to the questions: Who are you? Who do you want to be? And what would you do if anything was possible? Amidst the dark depths of the forest, they stumble upon a secret. Nothing is what it seems. Until it is finally revealed how the power of the inner "fuck it" changes something in all of us and suddenly everything becomes possible as soon as we no longer let the expectations of others hold us back.

A book about the magic of possibilities that unfold between the lines when we start to be ourselves.

Andrea Weidlich works as an author ("The hot shit of being happy"), copywriter and designer in the field of lifestyle and communication. Together with her cousin, she runs the successful podcast "gusch, baby". This went online with its first episode in February 2018 and reached number 1 in the iTunes charts in the category Society & Culture.

Selling points and marketing:

- Exciting, mercilessly funny and profound at the same time – the method for no longer wanting to please everyone



Publication:	15.11.2022
Author:	Prof. Dr. Krämer, Svenja; Meyer, Hanna
Title:	Matrescence – When suddenly everything feels different How motherhood changes our body, our personality and our life
Pages/Cover/Format:	256 pages, softcover, 135x210mm
ISBN:	978-3-7474-0485-0
Price:	D: 18,00 EUR, A: 18,00 EUR

Matrescence – a term the whole mommy blogger scene is talking about – now finally as a book

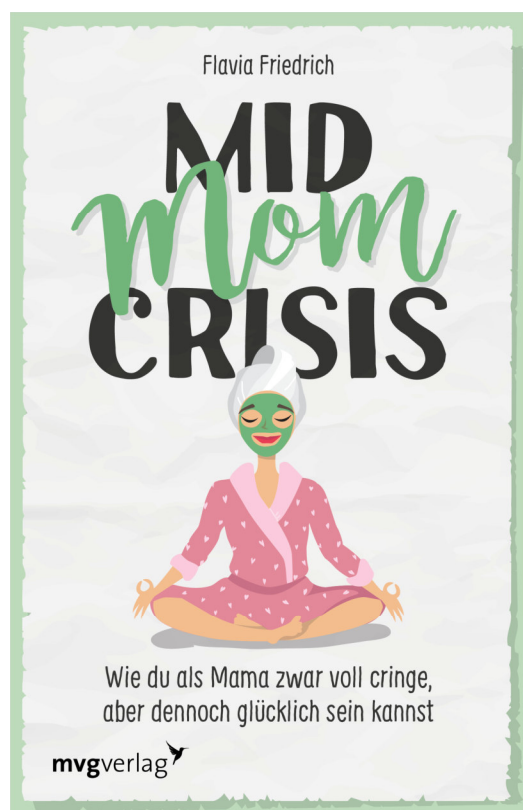
The term "matrescence" (derived from adolescence) refers to the profound transformation of becoming a mother and the massive changes on a physical, psychological, spiritual, professional and interpersonal level, similar to puberty. Many mothers steer through this important stage of life without navigation or a roadmap, which often leads to uncertainty and overburdening. The two authors report in a relentlessly honest way on their own experiences and thoughts, let other mothers have their say and underpin this with the latest scientific findings. They reveal the normality of this chaotic change of identity, answer uncomfortable questions and thus give mothers orientation and support in this important phase of life.

Prof. Dr. Svenja Krämer, born in 1982, lives in Berlin and is an adult educator, trainer and coach. She completed her doctorate in 2018 and has been working as a professor at a private university since 2021. She researches and publishes on the topic of learning across the life course. Her two children are identical twins and were born in 2019.

Hanna Meyer is a criminologist, political scientist and police scientist. Since 2010, she has worked at the intersection of development cooperation and security in the field of police reform. Her life changed radically with her pregnancy. She began to love peace and quiet and embarked on a new journey: her motherhood. She lives in Berlin with her son and boyfriend.

Selling points and marketing:

- Broad core target group: interested moms-to-be, parents, midwives, doulas, birth and pregnancy experts
- The latest scientific findings paired with unsparing accounts of experiences that get under the skin



Publication:	13.12.2022
Author:	Friedrich, Flavia
Title:	Mid Mom Crisis How to be embarrassing as a mom, but still happy
Pages/Cover/Format:	approx. 192 pages, softcover, 135x210mm
ISBN:	978-3-7474-0474-4
Price:	D: 15,00 EUR, A: 15,50 EUR

Everything easy or full cringe? Flavia Friedrich knows the pitfalls of life as a mom of growing children

Yesterday she was the heroine on the sidelines, enthusiastically cheering on her child at the football match, and suddenly the threshold is crossed and she is just one thing: completely embarrassing. Welcome to the Mid Mom Crisis, where kids only answer in 1-word sentences and are seen less often than a solar eclipse. And as if that wasn't enough, the first wrinkles on the face and décolleté and dull and falling out hair become noticeable when looking in the mirror.

With humour and self-mockery, Flavia Friedrich declares war on ageing and explains how a mother can let go when her children no longer need her and find her totally cringeworthy.

Flavia Friedrich lives near Munich with her family. After completing her studies and working as a self-employed entrepreneur for some time, she now devotes herself to her turbulent everyday family life alongside her work as an author. She takes great pleasure in writing about her experiences as a wife and mother in her entertaining texts. She is currently working extensively on the topic of self-discovery in middle age and shares her survival strategy with us in this book.

Selling points and marketing:

- For all women who want to be more than just a mother: about self-discovery and survival strategies in everyday life with pubescent children.
- How to let go as a mom: entertaining guide to a mom's midlife crisis



Publication:	15.11.2022
Author:	Mars, Lara
Title:	A wonderfully different life How my daughter with Down's syndrome changed my view of the world. An encouraging book full of thought-provoking ideas and initiatives for an inclusive society
Pages/Cover/Format:	224 pages, softcover, 135x205mm
ISBN:	978-3-7474-0477-5
Price:	D: 18,00 EUR, A: 18,60 EUR

Important, highly topical subject: Lara Mars tells a moving and encouraging story about inclusive living

When she received the diagnosis, Lara Mars had the ground pulled out from under her feet– before her life changed fundamentally. When her daughter was unexpectedly born with Down's syndrome, Lara and her husband had no idea what was in store for them and how their lives would change: it turned out to be wonderfully different than they thought.

Lara Mars loves life with her daughter and today supports other mothers of disabled children with her project "From Mother to Mother". In this book, she tells us how she found her happiness in life and her vocation in a sensitive and accessible way. Guest contributions from other parents and experts give encouragement and concrete support for an inclusive life.

Lara Mars grew up in the Rhineland and ended up in the Allgäu region, where she first worked in the film industry and then in marketing. In 2015 she married her husband Pio, and in 2018 her daughter Tilda was born with Down's syndrome, bringing the three of them back to NRW. Lara Mars processes her experiences in her project "From Mother to Mother" and has already helped numerous families to accept the diagnosis.

Selling points and marketing:

- A powerful personal story full of practical help for parents – authentic, empathetic, competent



Publication:	15.11.2022
Author:	Behr, Bjoern
Title:	Dreams don't fit into boxes How we learned that courage makes happiness possible
Pages/ Cover/ Format:	224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0492-8
Price:	D: 17,00 EUR, A: 17,50 EUR

Family influencer Bjoern reveals the secret of how dreams can become reality

Dreams can come true. But not just like that. No, it takes courage and the certainty that this is exactly what you want to achieve. That's what Bjoern and Christian have learned on their way between all the uncertainties of life. Although many wanted to pigeonhole them, here they are: Both have fought for dream careers, proved themselves over and over again, only to realise in the end that they are missing something crucial to their very great happiness: a small family of their own, which they now have with their son. Since they themselves could not use a family model as a role model, they now want to serve as role models for future parents, no matter in which constellation, and pave the way – because queer paths are also right paths.

Honestly and authentically, Bjoern tells Christian about the obstacles they had to overcome and what it was that helped them realise their life dreams: Love and a large portion of courage.

After his civilian service in the emergency services, Bjoern Behr represented German culture in lederhosen at Walt Disney World in Florida until he began his career in television. There he rose from young editor, to editorial director with teams in Copenhagen, Brussels and Budapest, to producer. After 25 years in the TV industry, he is now a sought-after speaker who fights for the acceptance of diversity and accompanies people in finding their happiness in life with courage.

Selling points and marketing:

- The courage to dream: Bjoern and his husband Christian report first-hand on the hurdles to happiness



Publication:	18.10.2022
Author:	Wieser, Anton
Title:	Boys Up! The parenting book What makes boys tick and what they want from their parents
Pages/Cover/Format:	224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0439-3
Price:	D: 17,00 EUR, A: 17,50 EUR

The first guidebook for parents that lets the boys themselves have their say

Boys are difficult, only sit in front of the computer and often get into conflict with social systems such as family, school or leisure. Sounds like an enormous image problem that boys have. The reason is that they are not asked. What they need, what moves them, what gives them pleasure is therefore often not recognised. People talk about boys instead of with them.

Anton Wieser, boys' coach, lets boys themselves have their say. Instead of asking what is wrong with them, he shows his readers what is going on inside the boys. With humour and in plain language, he explains what boys actually need. In this way, he creates understanding and parents learn how to accompany their sons in life in the best possible way.

Anton Wieser is one of the most sought-after experts for coaching boys. He has been researching the needs of boys for ten years. The qualified mental trainer and children's/boy's coach accompanies around 500 parents and sons every year with his travel company Männern. He is the developer of BoysUp Coaching, which is specifically geared towards boys, and lives in Kitzbühel/Tyrol with his wife and their two children.

Selling points and marketing:

- By one of the most sought-after experts on good father-son relationships in the German-speaking world
- More than 40 interviews with sons and their parents authentically portray everyday family life



Publication:	15.11.2022
Author:	Behrmann, Dorothea
Title:	The 7 phases of letting go How to emerge stronger from break-ups
Pages/Cover/Format:	approx. 224 pages, softcover, 135x210mm
ISBN:	978-3-7474-0482-9
Price:	D: 17,00 EUR, A: 17,50 EUR

Ending relationships without smashing any porcelain – the best tips from an experienced break-up coach, not only for couples

Ending relationships is a strong emotional challenge. Anyone who has decided to let go of a long-term relationship or has been left goes through a rollercoaster of emotions: from pain, fear of loss and sadness to gratitude and confidence. In this chaos of emotions, it is often difficult to look forward with confidence and to recharge one's batteries.

Dorothea Behrmann describes a way to let go of the old and create a new beginning that makes you happy and satisfied in the long run. In 7 phases and with the help of numerous examples from her practice, the experienced separation coach shows step by step how a good separation succeeds.

Dorothea Behrmann is a Gestalt therapist, systemic couple and family therapist and coach. She specialises in the topic of "good separation" and accompanies people through painful separation processes. She is regularly seen and heard in the media as a separation expert. She has now put her wealth of practical experience on how to emerge strengthened from separation crises into a book.

Selling points and marketing:

- Tangible support for every phase of separation and a positive new start
- Competent and empathetic: practical tips from many years of counselling practice by separation coach Dorothea Behrmann



Publication:	20.09.2022
Author:	During, Ralf; During, Ralf
Title:	Making and keeping friends How to connect with and stay in people's minds
Pages/ Cover/ Format:	304 pages, softcover, 135x210mm
ISBN:	978-3-7474-0484-3
Price:	D: 17,00 EUR, A: 17,50 EUR

Bye-bye, loneliness! The motivational book for all those who want to make good friends

The mobile phone remains silent, the letterbox is empty and the only thing on the agenda for the weekend is another date with the couch. Many of us know this. Often acquaintances lead to nothing, even though the first contact was so promising. And even with some good friends there is suddenly radio silence. Then we feel lonely and, in the worst case, blame ourselves.

In this book, Ralf During shows how to make friends – and how to keep them in the long run. Readers learn what makes people tick, when we are attracted to others and when we are not, and what you can do yourself to make others remember you fondly.

After studying law, Ralf During turned more and more to the conflicts behind his clients' problems and realised that most people are concerned with connecting rather than arguing. As a trained mediator and expert in communication, he has therefore specialised in conflict-free interaction between the people entrusted to his care over the past 20 years.

Selling points and marketing:

- Winning and maintaining friendships in today's world
- Specific behavioural analyses and tips from the author's many years of coaching practice
- Recognising one's own stumbling blocks and hurdles and courageously taking new steps



Publication:	18.10.2022
Author:	Hoff, Miriam
Title:	Mind is magic Change your thoughts and you change your life – simple solutions for (almost) every problem
Pages/ Cover/ Format:	224 pages, softcover, 148x210mm
ISBN:	978-3-7474-0475-1
Price:	D: 15,00 EUR, A: 15,50 EUR

Magic tools with a big effect: solve (almost) every problem on the way to adulthood with the power of thought

With the end of school, the start of an apprenticeship or a degree and perhaps also moving away from home, adolescents and young adults enter a time of upheaval that can often be overwhelming. In addition to this, many struggle with complexes from comparisons on social media or feel quickly drained by social situations.

Miriam Hoff offers help in the form of so-called "magic tools" in the areas of inner mindset, one's own body image, relationships with others and plans for the future. With these concise and memorable exercises, young people have the chance to create a positive mindset for themselves and thus create a more carefree life for themselves with their thoughts.

Miriam Hoff is a licensed child and youth psychotherapist with her own practice. In addition to her therapeutic work, she has been working for years as a psychological expert in the media and is frequently in front of the camera for various TV stations and she has developed several weekly series about the psyche of young people. As "die_therapeutin" she runs her own TikTok channel. Miriam Hoff was Miss Germany and used to work as a model - so she knows a lot about young girls' dreams.

Selling points and marketing:

- Understandable and easy-to-use techniques against everyday fears
- Pointed and practical: clear illustrations and easy-to-use techniques help to implement the tools easily
- Guidebook with expertise: The author is a licensed child and youth therapist with 15 years of professional experience



Publication:	15.11.2022
Author:	Deiß, Caroline
Title:	Your mystical year Follow the rhythm of the year with magic, rituals and customs
Pages/ Cover/ Format:	208 pages, softcover, 120x187mm
ISBN:	978-3-7474-0451-5
Price:	D: 15,00 EUR, A: 15,50 EUR

Big trend: the fascination for mysticism and magic as a spiritual nature guide

Caroline Deiß takes us on a journey through the year full of magic and mysticism. In the natural rhythm of the seasons, she guides us through each month and explains the meaning of the magic numbers from one to twelve, the prevailing forces of nature and the gods. She introduces the magic plants and herbs, metals, trees, power animals and celestial bodies typical of each month and tells us about legendary places, natural beings, incense, customs and magical objects. Simple rituals help to connect with nature and serve to clarify the present and the future. We experience the magic of the seasons and draw energy and strength from the invisible powers that accompany us every day.

Born and raised in a small village, Caroline Deiß came into contact with nature and rural customs at an early age. As a passionate connoisseur of wild plants, she teaches about the magic of wild herbs in numerous guided tours, cooking courses and seminars in her adopted home by Lake Starnberg.

In her private life, the author is engaged in the discovery of mystical places of power, the secret of incense of oriental and Celtic plants and hikes in the Bavarian mountains.

Selling points and marketing:

- With inspiring exercises, rituals, incense instructions, mystical stories and ancient traditions through the year
- A wonderful gift for nature and mysticism lovers



Publication:	20.09.2022
Author:	Schelle, Miriam
Title:	Your creative year A small exercise every day to boost your creativity
Pages/Cover/Format:	256 pages, softcover, 190x240mm
ISBN:	978-3-7474-0486-7
Price:	D: 18,00 EUR, A: 18,00 EUR

Unusual exercises and stylish design – the versatile creative workshop for 365 days a year

Creativity is something you either have or you don't? Not at all – creativity is a skill that can be trained like a muscle. With the help of Miriam Schelle's daily, varied exercises, our creative abilities are discovered and steadily increased over the course of a whole year. This book can be scribbled, pasted, labelled, smeared and painted in to your heart's content. The five categories of intuition, idea machine, tinkering, inventing and rethinking help us to put perfectionism aside and live out our own creativity without having to think about right or wrong. This is how we bring colour into this book and into our lives.

For artist and designer Miriam Schelle, creativity is not just a hobby, but a passion. She shares her enthusiasm for art and creativity as the founder of "COLOR YOUR LIFE". Her vision is to use creativity to bring colour back into people's everyday lives and to support people in their creative process. You can find out more about Miriam on her Instagram account [miriam.schelle.art](https://www.instagram.com/miriam.schelle.art).

Selling points and marketing:

- Promotes out-of-the-box thinking, which is becoming increasingly important in work and everyday life
- The author gives creative courses and has a large following on Instagram
- With hand-illustrated puzzles, mini-workouts, painting, crafting, colouring and drawing exercises



Publication:	20.09.2022
Author:	Englmüller, Lisa
Title:	Plotting made easy with Cricut How to craft creative DIY projects with your hobby plotter
Pages/Cover/Format:	208 pages, hardcover, 190x240mm
ISBN:	978-3-7474-0462-1
Price:	D: 16,00 EUR, A: 16,50 EUR

The ultimate guide to the new craft trend: everything about plotting from theory to practice

Anyone who does a lot of handicrafts and wants to design creatively can't get around the current plotter trend. No wonder, because designing cards, cups, clothes and much more is child's play with the cutting devices and there are no limits to creativity. Lisa Englmüller explains in her comprehensive handicraft guide everything – from the important basics to the correct operation of the plotter software to the right tools and accessories – that is necessary to get started with plotting. With the varied projects and the corresponding templates, the newly acquired knowledge can be put into practice immediately. So there's something for everyone – both beginners and advanced plotterheads!

Lisa Englmüller was born in 1996. As a trained media designer, she currently works as a marketing manager, DIY blogger and content creator. She has always been a big fan of crafting and spent a lot of time creating versatile creative ideas at an early age. In 2019, with the needed expertise as a graphic designer in her pocket, she got her first hobby plotter through her wedding. Since then she successfully publishes her creative ideas around crafting, DIY and plotting as "Fraeulein DIY" on her social media channels and her blog.

Selling points and marketing:

- Colourful selection of exciting DIY projects: diverse decoration and gift ideas for every occasion
- Including free plotter files for download: lovingly designed motifs for decorating cards, mugs and much more



Publication:	20.09.2022
Author:	Isenberg, Simone
Title:	Dog Consultation Everything about diseases, coat care and nutrition. How to keep your dog healthy
Pages/ Cover/ Format:	224 pages, softcover, 190x240mm
ISBN:	978-3-7474-0426-3
Price:	D: 17,00 EUR, A: 17,50 EUR

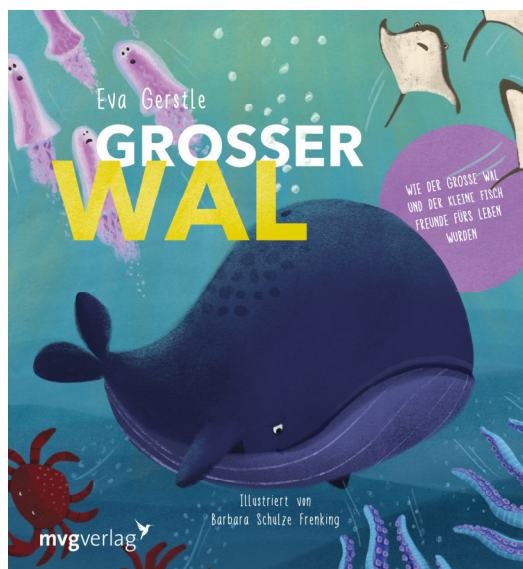
From nose to tail: everything worth knowing about the health of our four-legged friends

Together with a veterinarian, dog trainer Simone Isenberg takes a comprehensive look at the health of dogs – from nose to tail tip. In a humorous, informative and well-founded way, she explains how a dogs' external and internal organs function and which breed-specific characteristics need to be taken into account. In this way, dog owners can get to know their dog in a relaxed way, accompany its development step by step and know how best to react in emergencies, for example if the dog has eaten poisonous bait.

Simone Isenberg is a dog expert with passion. She has been active as a trainer since 1998. She now runs her own dog school in East Westphalia, where she shares her many years of training experience with her students and clients. Always at her side: Golden Retriever lady and model employee Mable.

Selling points and marketing:

- Dogs are the Germans' most popular pets – 300,000 dogs are placed every year, and the trend is growing
- Simone Isenberg is a successful dog trainer and, together with a veterinarian, explains in a clear and well-founded manner



Publication:	18.10.2022
Author:	Gerstle, Eva; Schulze Frenking, Barbara
Title:	Big whale and small fish
Pages/Cover/Format:	approx. 32 pages, hardcover, 225x245mm
ISBN:	978-3-7474-0437-9
Price:	D: 14,00 EUR, A: 14,40 EUR

Big whale meets little fish: a highly topical picture book about diversity and acceptance

The whale is big and magnificent, but unfortunately its appearance frightens many other animals and it is therefore often alone. The fish, on the other hand, is small and unimposing and is therefore often overlooked by others. When the two get into emergency situations and are forced to help each other, they realize that they are just right the way they are and that it is not the size of the body that matters, but only the size of the heart.

An encouraging picture book for all small and older children in search of really good friends.

Eva Gerstle was born in 1979, is married and has worked as an educator for many years. She has published a variety of professional literature, practical aids for pedagogical work with children, and various creative books. She also writes children's and picture books and has developed a game. In her free time, she herself is a passionate reader, enjoys walks in nature and getting to know the world while traveling.

Selling points and marketing:

- Catchy, child-friendly rhymes convey the value of friendship and tolerance in a loving way
- High identification potential: the whale and the fish also want one thing above all – to make friends



Publication:	20.09.2022
Author:	Flick, Hansi; Sierck, Jonathan
Title:	Right this moment On success, the beauty of the game and what really counts in life
Pages/ Cover/ Format:	224 pages, hardcover, 135x215mm
ISBN:	978-3-7423-2126-8
Price:	D: 20,00 EUR, A: 20,60 EUR

THE sports book of the year – Hansi Flick talks about the foundations of his success

Hansi Flick is writing a book? Indeed – the reading dream of all football fans is coming true! Because Flick not only holds the highest office in German football. The soft-spoken man from Baden, who likes to counter journalists' questions with a smile and subtle irony, has revealed very little about himself so far. Now the world-class coach himself opens the black box of Hansi Flick. Using numerous stories from his life and career as examples, he shows what football has taught him, how to emerge stronger from setbacks and what is most important in life: family and friendship. At the centre of the book is his leadership philosophy, which forms the basis of his work on the pitch and the foundation of his success.

Hansi Flick is Europe's Coach of the Year 2020 and coach of FC Bayern Munich's most successful season with six titles in one year. As co-coach of the German national football team, he became world champion in 2014. He has been the national coach since August 2021. As a player, Flick played for FC Bayern and 1. FC Köln in the Bundesliga.

Jonathan Sierck is an author and founder. Born in South Africa, he is doing his doctorate on the interaction of man and machine, works with his team on innovative learning concepts and speaks at conferences on topics of the future. He is also the organiser of the successful "Pallas Gathering" event, podcast host of the Talks of Tomorrow and initiator of the Leaders of Tomorrow Learning Relays. Sierck lives and works in Munich.

Selling points and marketing:

- With contributions from David Alaba, Oliver Bierhoff, Hermann Gerland, Manuel Neuer and many more
- Published in the run-up to the World Cup in Qatar, where Hansi Flick and his team are going for the title



Publication:	15.11.2022
Author:	Grasser, Johannes; Cöln, Christoph
Title:	Nobody slows me down How I lead a life full of sport and adventure despite my disability
Pages/ Cover/ Format:	208 pages, softcover, 135x210mm
ISBN:	978-3-7423-2007-0
Price:	D: 16,00 EUR, A: 16,50 EUR

An incredibly inspiring story of courage, motivation and perseverance

"And if I fall on my face, that's just the way it is. Then I get up and keep going!" is Johannes "Johnny" Grasser's motto. Since birth, he has suffered from a severe form of tetraspasticity and should not actually be able to sit, stand or walk independently. But Johnny does more sports than most of his contemporaries. Whether it's cycling, swimming, skating or climbing – Johnny is living proof that with discipline, hard training and an indestructible will, anyone can achieve their personal goals. It's high time he told us about his adventures: how he mastered black ski slopes as a child or ran 16 kilometres in the "Mud Masters" as a student. These are stories brimming with affirmation of life and told by Johnny with his characteristic dark humour – even when they concern critical topics such as the lack of inclusion.

Johannes Grasser, born in Bamberg in 1989, has suffered from cerebral palsy since birth – a leg-accentuated tetraspastic. He studied sports at the Technical University of Munich and completed a master's degree at the German Sport University in Cologne. Grasser practices various sports and trains several hours a day.

Christoph Cöln studied literature, film and political science. For "WELT", he reported on the Olympic Games and the World Cup as a sports reporter. He currently works as chief of staff at the news portal t-online.

Selling points and marketing:

- Johannes Grasser is the first sports student in Europe with such a severe disability



Publication:	21.02.2023
Author:	Rodriguez-Santos, Asier
Title:	The AMG Gang How I made millions with robberies as the head of one of the most wanted criminal gangs
Pages/ Cover/ Format:	272 pages, hardcover, 135x215mm
ISBN:	978-3-7423-2110-7
Price:	D: 20,00 EUR, A: 20,60 EUR

Robberies with record loot: How a gang of criminals scammed millions with audacious money transport robberies

It is the most audacious coup of the 2010s! Two men disguised themselves as couriers of a cash-in-transit company, entered a business building in cold blood and stole the Christmas revenue – amounting to 1.8 million euros. Only by chance do the police catch the gangsters. Now, ex-gang leader Asier Rodriguez-Santos tells how they got away with a spectacular series of robberies amounting to almost 3 million euros in only two years. The gangsters used the structures of Arab clans for their raids and employed insider knowledge and meticulous planning for their elaborate coups. In addition, they relied on high-horsepower bolides as getaway cars and also drove luxury cars privately, which earned them their name in the press: the AMG gang.

Asier Rodriguez-Santos was born in the Dominican Republic in 1993. As a child, he emigrated to Germany with his mother and came into contact with Arab clans there. At a young age, he started committing thefts and gradually built up a criminal network. As head of the AMG gang, he looted almost 3 million euros through robberies in just two years. In December 2018, he was arrested and sentenced to twelve years in prison.

Selling points and marketing:

- An insider reports from the centre of organised crime
- For all True Crime fans
- From gangster to author: Rodriguez-Santos wrote his book straight from prison cell



Publication:	19.07.2022
Author:	Brater, Jürgen
Title:	I'm old, I'm allowed to do this On the wonderful freedom of no longer having to be young
Pages/ Cover/ Format:	208 pages, softcover, 135x210mm
ISBN:	978-3-7423-2101-5
Price:	D: 13,00 EUR, A: 13,40 EUR

Older is like young, only better!

What is the best thing about being old? Finally having time to do what you should have done long ago! When Jürgen Brater meets with his friends in their local pub and they ponder life in retirement, they can think of many things to do: for example, reviving an old friendship, finally thanking someone who more than deserves it, or finally sending an annoying guy to the ditch. When, if not now? And above all, to stop putting up with all kinds of crap: Mobile phone mania, anglicisms, genderism? Unnecessary nonsense! This book tells of the wonderful freedoms of being a senior citizen in entertaining and humorous episodes. According to the motto: "I'm old, I'm allowed to do that!"

Jürgen Brater, born in 1948, worked as a dentist for a long time before teaching at vocational schools and evening classes. He is also a successful author.

Selling points and marketing:

- Humorous anecdotes from the everyday life of a senior citizen and his friends
- Funny gift book for grandparents and other ladies and gentlemen who are no longer very young
- Renowned and successful author of over 20 books

riva



Petra Cnyrim
Sebastian Goddemeier

ERKLÄRS MIR, ALS WÄRE ICH 5

Gender, Diversity
und LGBTQIA*



Publication:	20.09.2022
Author:	Cnyrim, Petra; Goddemeier, Sebastian
Title:	Explain like I'm 5 Gender, Diversity and LGBTQIA*
Pages/ Cover/ Format:	128 pages, softcover, 135x205mm
ISBN:	978-3-7423-2197-8
Price:	D: 10,00 EUR, A: 10,30 EUR

The previous volumes have sold over 225,000 copies in total

Who among us can explain exactly what LGBTQIA+ stands for? How do you deal with the coming out of a good friend or how do you make sure not to exclude anyone?

In our everyday lives, we find ourselves again and again in situations where we don't know exactly how to react appropriately. Whether at a parent-teacher evening, among friends or during an important presentation – especially around such sensitive topics as diversity, identity or gender roles, many things seem complicated. But it doesn't have to be!

This book takes away our fears and explains complex interrelationships around the topics of gender and diversity in a clear way – so that everyone understands.

Petra Cnyrim, born 1975, works as an author near Munich. Several of her books have made it onto the SPIEGEL bestseller list.

Sebastian Goddemeier works as an author, copywriter and journalist for media such as VICE, Fluter and the Tagesspiegel. His first book Coming Out was published by riva Verlag in 2021. He grew up in Münsterland. He now lives in Berlin. You can find him on Instagram under @sebastiangoddemeier.

Selling points and marketing:

- Exciting questions about a sensitive and topical issue, explained in a way that is guaranteed to be understandable
- Good subdivision of the chapters for quick "to go" knowledge

riva



Publication:	15.11.2022
Author:	Cnyrim, Petra
Title:	Explain like I'm 5 History
Pages/ Cover/ Format:	200 pages, softcover, 135x205mm
ISBN:	978-3-7423-2145-9
Price:	D: 10,00 EUR, A: 10,30 EUR

The previous volumes have sold a total of over 225,000 copies

Who of us still knows what was decided at the Council of Constance? What the defenestration of Prague was all about? Or that eau de cologne was originally a remedy?

Children ask a thousand questions. We adults, on the other hand, often don't dare to ask any more. After all, we should have known by now. But there are so many exciting things in world history, unusual entanglements and interesting facts that are worth understanding in more detail.

This book explains the complex interrelationships of historical events in a clear way – so that everyone can understand them.

Petra Cnyrim, born in 1975, works as an author near Munich. Several of her books have made it onto the SPIEGEL bestseller list.

Selling points and marketing:

- Historical facts and contexts explained simply and comprehensibly
- Good subdivision of the chapters for quick "to go" knowledge



Georg Stadler

Landkarten aus aller Welt

Mein Rätselbuch



Publication:	15.11.2022
Author:	Stadler, Georg
Title:	Maps from all over the world – My quiz book Solve over 100 quizzes and discover the diversity of the continents
Pages/ Cover/ Format:	144 pages, softcover, 170x240mm
ISBN:	978-3-7423-2226-5
Price:	D: 13,00 EUR, A: 13,00 EUR

Brain jogging paired with puzzle fun – the playful combination of learning and entertainment

Our planet is incredibly fascinating! The maps and quizzes in this puzzle book take us to cities, oceans, railway lines and nature reserves, and in this way bring us closer to the diverse nature of the earth. In more than 100 puzzles, you travel once around the globe and puzzle your way through tricky tasks: How many intersections in Oslo are controlled by traffic lights? Which street name in Rio de Janeiro reminds us of a popular national dish? And which sights do you pass when you walk from the Frauenkirche to the Hofgarten in Munich? Each chapter also provides an extra portion of knowledge about the respective place – the perfect book for all curious puzzle fans.

Georg Stadler is 42 years old and has been passionate about maps for 23 years. He studies them for hours on end, always discovering new information and thus being able to explore the world and its diversity piece by piece. He works as a system administrator and media designer.

Selling points and marketing:

- Large variety of maps: countries, cities, lakes and railway routes

riva



Publication:	18.10.2022
Author:	Dr. Jasper, Annette
Title:	100 questions for your dentist The most important facts about dental care, tooth decay, pain, periodontal disease, bleaching and much more
Pages/ Cover/ Format:	192 pages, softcover, 145x215mm
ISBN:	978-3-7423-2236-4
Price:	D: 15,00 EUR, A: 15,50 EUR

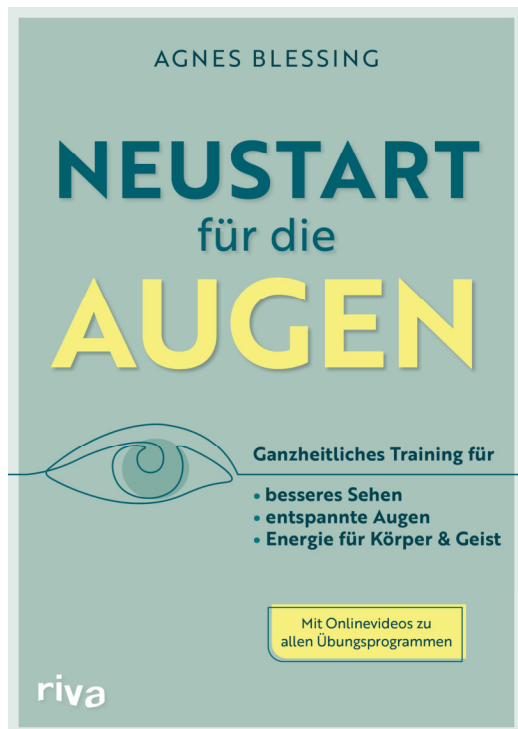
The 100 most frequently asked questions easily answered

Whether it's a toothache, a budding cavity or the replacement of a filling – often it doesn't stop at the two obligatory routine dental check-ups per year. For most people, additional visits to the dentist are a horror and they want to leave the practice as soon as possible. Only afterwards do you realise that there were actually a few basic questions you always wanted to ask your dentist. Is brushing your teeth in the evening more important than in the morning? What can be done about bad breath? Is whitening teeth harmful? Can tooth decay be contagious or is it hereditary? Holistic dentist Dr. Annette Jasper knows the answers to these and many other questions. In a well-founded and easy-to-understand manner, she explains everything worth knowing about dental and oral care, complaints, treatments and costs. Patients can perhaps save themselves one or two additional appointments if they heed the tips and tricks on oral hygiene and take preventive action. Then the next visit to the practice may not end with an escape, but with a conversation with the dentist at eye level.

The dentist Dr. Annette Jasper has been working in her practice for holistic metal-free dentistry in Munich for over 20 years. Her specialties are implantology and the treatment of craniomandibular dysfunction (CMD). She is particularly concerned with the effect of dental diseases on the organism. Her patients also include top athletes.

Selling points and marketing:

- With lots of information and tips on the correct care of teeth and the oral cavity and on treatment options – from caries and tooth and jaw pain to dental fillings and implants.
- Easy to understand and entertainingly written
- The author is an expert in holistic dentistry



Publication:	15.11.2022
Author:	Blessing, Agnes
Title:	A fresh start for the eyes Holistic training for better vision, relaxed eyes and energy for body and mind. With online videos for all exercise programmes
Pages/ Cover/ Format:	176 pages, softcover, 170x240mm
ISBN:	978-3-7423-2228-9
Price:	D: 16,00 EUR, A: 16,50 EUR

Huge target group: 68 percent of 20 to 30-year-olds suffer from digital eye stress

Today, our eye muscles are no longer challenged in the same way as they were by our ancestors. Thousands of years ago, keeping everything in sight was essential for survival. Modern lifestyles, characterised by artificial light, lack of exercise and stress, increasingly lead to some visual functions being overused while others atrophy. This imbalance stresses the eyes, resulting in headaches, fatigue, lack of concentration and poor sleep. Optician and vision coach Agnes Blessing shows how great results can be achieved with simple routines. Through her many years of work, she has an extensive repertoire of tried and tested methods to keep the eyes healthy. In addition to numerous visual exercises, these include an adapted diet, breathing and meditation sessions as well as relaxation exercises for the back and soothing facial massages to relieve strained, irritated and dry eyes. Video instructions for the compiled exercise programmes make vision training even easier. With this holistic approach, not only vision but above all well-being is improved, because the health of eyes, mind and body are closely connected!

Agnes Blessing is an optician and certified visual trainer, following a holistic approach. She is also an iridologist, eye kinesiologist and nutrition and health consultant. As the owner of "Augen-Konzept", she helps people throughout Germany to support their eye health and correct defective vision. She is also a lecturer at universities and academies.

Selling points and marketing:

- More than just eye training: holistic methods for better vision, an upright posture and relaxed eyes.
- With simple exercises that can be done anywhere – no equipment needed
- Five programmes with different focuses and additional video instructions via QR code

riva



Publication:	18.10.2022
Author:	Reumann, Friederike
Title:	Yoga for the organs Support organ function with the most effective asanas, breathing techniques, meditations and tips from natural medicine. Eight programmes for relief, regulation and vitalisation
Pages/ Cover/ Format:	224 pages, softcover, 190x240mm
ISBN:	978-3-7423-2165-7
Format:	D: 24,00 EUR, A: 24,70 EUR

Unique: back to healthy organ function with yoga, breathing techniques and naturopathic methods

In the modern age, the human organ system is confronted with ever new challenges: Lack of exercise, constant stress, antibiotic and plastic residues in food, environmental toxins and an unhealthy diet put a strain on the natural metabolism and thus also on the detoxification and supply processes of the body. These tasks, which were not intended by nature, overtax the organs, and as a result, the emotional state also gets out of balance. The breeding ground for food allergies, diabetes, cardiovascular diseases and cancer is created.

Osteopath and yoga teacher Friederike Reumann adapts traditional yoga pillars such as asanas, pranayama breathing techniques and meditation to modern everyday life. With selected simple yoga postures in combination with naturopathic methods, the organs – from the liver to the heart to the brain – are cleansed and strengthened. The original vital and self-healing powers are reactivated, the organism is brought back into balance and serious illnesses are nipped in the bud. In this way, everyone can help their own body to protect itself and keep healthy!

Friederike Reumann is a physiotherapist, osteopath and alternative practitioner with her own practice and yoga studio. She has completed training in traditional Chinese medicine, Ayurvedic medicine and yoga, among other things, and is the editor of her own health magazine. She has already published several books and writes for health magazines.

Selling points and marketing:

- All yoga flows and methods can be easily integrated into everyday life and require little time
- With numerous illustrated step-by-step instructions
- No previous knowledge required – all programmes are also suitable for beginners

riva



Publication:	18.10.2022
Author:	Reese, Nicole; Winkelmann, Mirja
Title:	Yin Yoga – switch off, loosen up, relax Super Sessions for the soul
Pages/ Cover/ Format:	128 pages, hardcover, 170x240mm
ISBN:	978-3-7423-2237-1
Price:	D: 18,00 EUR, A: 18,60 EUR

The most extraordinary and colourful yoga book ever

Constant mental carousel, inner turmoil and emotional chaos are major stress factors in the modern world. Yin yoga is the perfect balance: in this yoga style, the asanas are held for several minutes, allowing the body to release tension and calm the mind. In this colourful and originally designed book, Mirja Winkelmann and Nicole Reese show over 30 simple exercises to switch off and relax. The postures are each assigned to an emotion and help to scare away fears, tame anger, stop brooding, give joy and give courage. According to the 5 element teachings of TCM, each emotion is based on a pair of organs and the corresponding meridian pathways, which can bring feelings, mind and body back into balance. The modern illustrations and tongue-in-cheek language convey the lightness and fun of yoga, which also invites beginners to join in.

Nicole Reese is a self-employed author and yoga teacher with her own studio in Hamburg. She writes about nutrition, yoga and health, for multiple magazines and websites. She has already published several successful yoga books.

Mirja Winkelmann is a freelance graphic designer, illustrator and book author who lives in Hamburg and Spain. She has been passionately practising yoga since 2010. She has worked in editorial design, art direction and graphics for several magazines.

Selling points and marketing:

- Modern, lovingly and richly illustrated in detail
- Over 30 exercises for relaxation and inner peace according to the 5 element teachings of TCM
- Written in a humorous and easy to understand way



Publication:	15.11.2022
Author:	Rohr, Stefanie; Kert, Maximilian
Title:	Power meets Balance – Yoga for advanced yogis With over 40 difficult asanas
Pages/ Cover/ Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-2177-0
Price:	D: 20,00 EUR, A: 20,60 EUR

The first book on advanced asanas

Yoga has more to offer than dog, cobra or tree! If you are looking for a new challenge in addition to your usual yoga practice, you can also venture into the difficult asanas to take your training to a new level. Yoga instructors Stefanie Rohr and Maximilian Kert demonstrate over 40 aesthetic postures in various levels of difficulty. Whether powerful hand balances such as the grasshopper and the handstand or stretch-intensive floor postures such as the splits and the one-legged king pigeon – with the right mix of power, flexibility and balance, even the most difficult posture will succeed. Preparatory exercises for strengthening and stretching as well as step-by-step instructions facilitate implementation. For additional challenges, the newly learned asanas can be practised in dynamic flows. In this way, yoga never gets boring, even for experienced yogis!

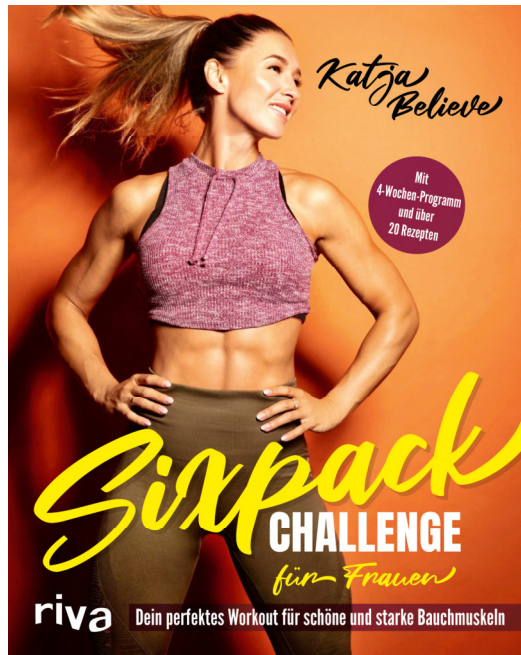
Stefanie Rohr is a yoga teacher, fitness economist and inventor of BODEGA moves® & BODEGA reflow®. She has created numerous yoga programmes, among others for Fit for Fun, Women's Health, Brigitte and Tchibo. She shares her extensive knowledge not only in yoga trainings, but also at retreats, yoga festivals and Robinson events, as well as on social media.

Maximilian Kert is a certified Vinyasa yoga teacher and specialises in particular in the practice of arm balances. As a group fitness instructor and yoga teacher, he has been teaching in renowned fitness and wellness facilities since 2017 and organises fitness and yoga events with well-known club resorts. Maximilian is internationally active and leads various advanced trainings as well as workshops in the field of yoga. On Instagram, he enriches the yoga community with his account (@maxi.yoga) with high-quality posts on numerous yoga poses.

Selling points and marketing:

- 40 impressive exercises and 15 aesthetic flows
- Fully illustrated, with step-by-step instructions and videos accessible via QR codes

riva



Publication:	27.12.2022
Author:	Believe, Katja
Title:	Sixpack Challenge for women Your perfect workout for beautiful and strong abs. With 4-week programme and over 20 recipes
Pages/Cover/Format:	176 pages, softcover, 190x240mm
ISBN:	978-3-7423-2147-3
Price:	D: 22,00 EUR, A: 22,70 EUR

The first six-pack book for women

A six-pack is only for men? No way! Fitness coach Katja Believe shows how women can also train for a defined washboard stomach. The TikTok star clearly explains how the abdominal muscles are built up and what functions they fulfil for the body. The 4-week challenge contains training plans for beginners and advanced users with the best exercises for the entire abdominal musculature. Katja uses High Intensity Interval Training to really fire up the fat burning process. But training alone is not enough, because: Abs are made in the kitchen! A nutrition plan with over 20 recipes helps to reduce body fat and make the hard-trained muscles visible. Thanks to Katja's tips and tricks on the optimal mindset for workouts and everyday life, it's easy to stay focused and make the dream of a six-pack come true!

Katja Believe is the fitness sensation on TikTok. The licensed personal trainer provides her rapidly growing community with home workouts and nutrition tips in a friendly way. Her goal is to motivate people to exercise and eat a balanced diet, and to inspire them to live healthy and active lives instead of being thin and hungry.

Selling points and marketing:

- Fully illustrated and modern design
- The best exercises, training plans and recipes

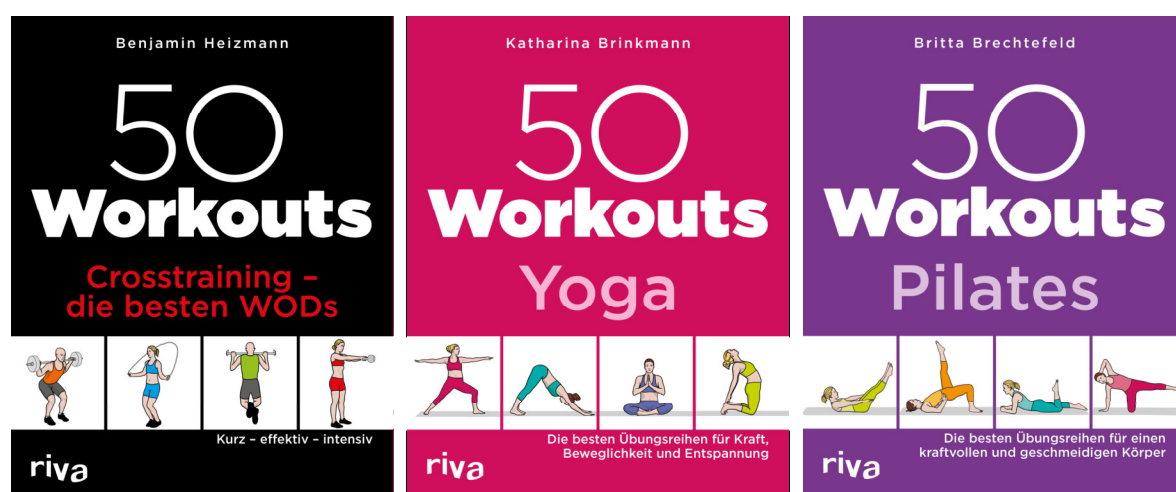
riva

50 Workouts - The successful DIY gym books

Each book in this series offers short workouts for different sports or areas of the body. All workouts are clearly presented and completely illustrated and thanks to different levels of difficulty suitable for beginners as well as for advanced users. Furthermore, all exercises are described in detail in an extra chapter.

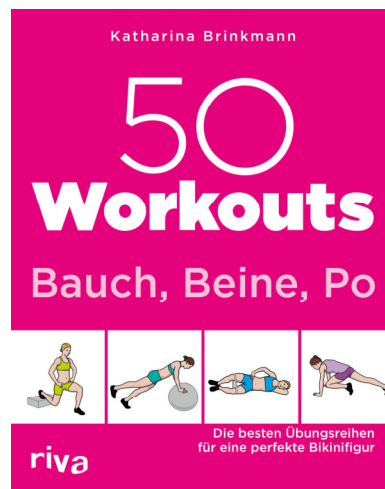


Published 10.04.2017 144 pages	Published 10.04.2017 144 pages	Published 13.11.2017 128 pages
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Published 11.06.2018 128 pages	Published 08.10.2018 144 pages	Published 22.05.2019 144 pages
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riva



Published 11.09.2019
144 pages

Published 17.03.2020
128 pages

Published 17.03.2020
144 pages

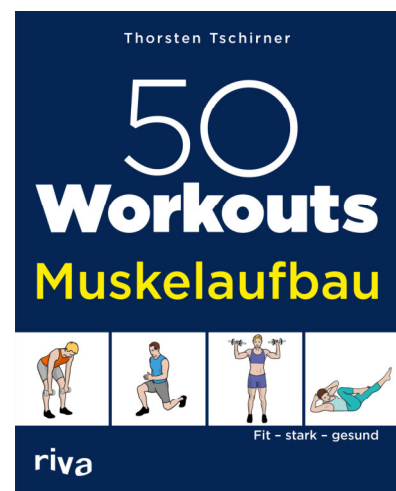


Published 29.12.2020
128 pages

Published 20.04.2021
144 pages

Published 20.04.2021
144 pages

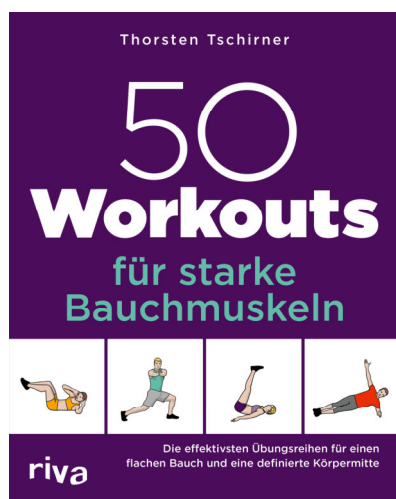
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Published 20.04.2021
144 pages

Published 25.10.2021
144 pages

Published 25.10.2021
144 pages



Published 22.02.2021
144 pages

Published 16.08.2022
144 pages

Published 20.09.2022
144 pages

riva



Publication:	16.08.2022
Author:	Burgdorf, Madita
Title:	Easy cooking Really fast, really easy, really tasty
Pages/Cover/Format:	160 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2003-2
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	13.12.2022
Author:	Rosenthal, Patrick
Title:	German vegan cuisine 60 dishes from cheese spaetzle to apple pie
Pages/Cover/Format:	160 pages, hardcover, 190x240mm
ISBN:	978-3-7423-2055-1
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	18.10.2022
Author:	Prolic, Christiane Emma
Title:	Emmi cooks simply: 85 recipes for the whole year
Pages/Cover/Format:	2244 pages, softcover, 190x240mm
ISBN:	978-3-7423-2089-6
Price:	D: 22,00 EUR, A: 22,70 EUR

riva



Publication:	16.08.2022
Author:	Rosenthal, Patrick
Title:	Dog cookies from the baking mat Delicious recipes for dog treats
Pages/Cover/ Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2161-9
Price:	D: 12,00 EUR, A: 12,40 EUR



Publication:	19.07.2022
Author:	Buchholz, Katy
Title:	Easy pickling Homemade delicacies from the pantry
Pages/Cover/ Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2162-6
Price:	D: 17,00 EUR, A: 17,50 EUR

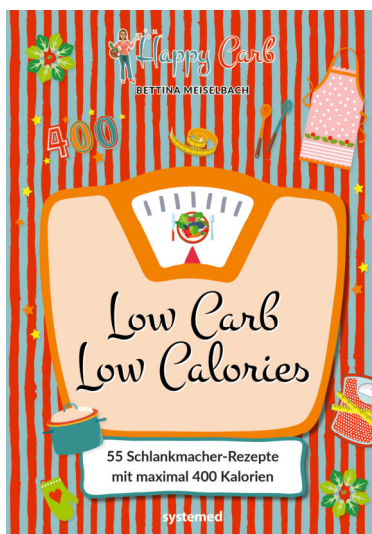


Publication:	21.06.2022
Author:	Pichl, Veronika
Title:	The High Protein Cookbook Over 60 protein-rich recipes for muscle building and fat burning
Pages/Cover/ Format:	128 pages, hardcover, 170x240mm
ISBN:	978-3-7423-2178-7
Price:	D: 16,00 EUR, A: 16,50 EUR

riva



Publication:	20.09.2022
Author:	Erdmanska-Kolanczyk, Sylwia
Title:	Vegan breakfast 50 baking recipes: simple, fast and creative
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2191-6
Price:	D: 16,00 EUR, A: 16,50 EUR

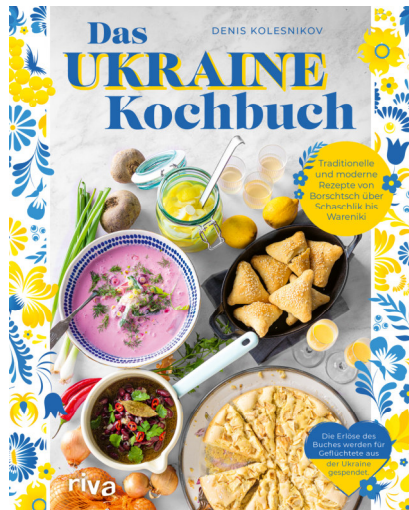


Publication:	27.12.2022
Author:	Meiselbach, Bettina
Title:	Happy Carb: Low Carb – Low Calories 55 slimming recipes with a maximum of 400 calories
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-95814-338-8
Price:	D: 14,00 EUR, A: 14,40 EUR



Publication:	15.11.2022
Author:	Dursun, Lama; Aslan, Maria; Gabriel, Saliba
Title:	Mesopotamien: Cooking Aramaic Recipes and stories of an almost forgotten culture
Pages/Cover/Format:	208 pages, softcover, 190x240mm
ISBN:	978-3-7423-2209-8
Price:	D: 25,00 EUR, A: 25,80 EUR

riva



Publication:	19.07.2022
Author:	Kolesnikov, Denis
Title:	The Ukraine Cookbook Traditional and modern recipes from borsch to shashlik to varenyky
Pages/Cover/Format:	128 pages, softcover, 190x240mm
ISBN:	978-3-7423-2253-1
Price:	D: 19,00 EUR, A: 19,60 EUR



Publication:	18.10.2022
Author:	Vollpension; Wittmann, Michael; Edelbacher, Lisa
Title:	Grandma's Christmas Bakery
Pages/Cover/Format:	128 pages, softcover, 190x245mm
ISBN:	978-3-7423-2299-9
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	18.10.2022
Author:	Kurzius, Alicja
Title:	Treat insulin resistance naturally - The cookbook 70 healthy and sugar-free recipes
Pages/Cover/Format:	192 pages, softcover, 170x240mm
ISBN:	978-3-7423-2215-9
Price:	D: 22,00 EUR, A: 22,70 EUR

riva



Publication:	18.10.2022
Author:	Pichl, Veronika
Title:	Sugar-free snacks for kids From sweet to savoury: bars, energy balls, vegetable waffles, muffins and more
Pages/Cover/Format:	96 pages, softcover, 170x240mm
ISBN:	978-3-7423-2219-7
Price:	D: 13,00 EUR, A: 13,40 EUR



Publication:	18.10.2022
Author:	Lemke, Ann-Kathrin
Title:	The vegan baking book 70 popular classics: cakes, pies and pastries
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2239-5
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	13.12.2022
Author:	Pichl, Veronika
Title:	Lunch box for kids Creative and healthy recipes to go
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2242-5
Price:	D: 19,00 EUR, A: 19,60 EUR

riva



Publication:	15.11.2022
Author:	Rosenthal, Patrick
Title:	Easy after-work cooking 70 clever recipe ideas with little effort
Pages/Cover/Format:	160 pages, softcover, 170x240mm
ISBN:	978-3-7423-2243-2
Price:	D: 20,00 EUR, A: 20,60 EUR



Publication:	16.08.2022
Author:	Dorner, Susanne
Title:	Simple healthy cooking for children Tasty, fast and affordable
Pages/Cover/Format:	240 pages, softcover, 190x240mm
ISBN:	978-3-7423-2246-3
Price:	D: 22,00 EUR, A: 22,70 EUR



Publication:	27.12.2022
Author:	Daniels, Sabrina Sue
Title:	Oats: The cooking and baking book Enjoy sweet and savoury with porridge, cakes, bowls, bread and more
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2248-7
Price:	D: 16,00 EUR, A: 16,50 EUR

riva



Publication:	27.12.2022
Author:	Pichl, Veronika
Title:	Fasting mimicking diet: The cookbook Healthy weight loss in 5 days
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2284-5
Price:	D: 16,00 EUR, A: 16,50 EUR



Publication:	27.12.2022
Author:	Mular, Doris
Title:	Slim with oats Enjoyable and easy weight loss with 50 high-fibre recipes
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2285-2
Price:	D: 16,00 EUR, A: 16,50 EUR



Publication:	15.11.2022
Author:	Pichl, Veronika
Title:	Easy cooking with the pressure cooker 50 delicious recipes with little effort
Pages/Cover/Format:	128 pages, softcover, 170x240mm
ISBN:	978-3-7423-2241-8
Price:	D: 16,00 EUR, A: 16,50 EUR



Publication:	15.11.2022
Author:	Stopp, Emily
Title:	You are the storm in my heart Starfall Love Volume 2
Pages/Cover/Format:	approx. 420 pages, softcover, 135x210mm
ISBN:	978-3-95761-216-8
Price:	D: 14,00 EUR, A: 14,40 EUR

Successful new adult debut author Emily Stopp also conquers all hearts with the second part of the "Starfall Love" series

Mira, who works in the Starfall café while studying, has been secretly in love with Zac for many months. She'd love to talk to her twin brother Jase about her feelings, but he and Mira's crush share a troubled past and the last thing she wants is to hurt Jase.

Zac is known for his rough ways – but Mira knows him better: as a boy who was broken before he became the man he is today. He supports his depressed mother and coaches troubled kids in boxing. For him, the Starfalls observatory is his only place of retreat, which he shares with no one except Mira. She falls more and more in love with Zac and finally gives in to her feelings. She can only confide in her best friend Enna, until her brother finds out her secret...

Emily Stopp lives in beautiful Dresden, where she is studying German language and literature and philosophy for her Bachelor's degree. She has been blogging about books and life on Instagram (@woertermaedchen) since 2014. In addition to reading, she loves long walks, writing her own stories and thereby dreaming herself into other worlds. She is addicted to coffee, strawberries and always on the lookout for good literature.

Selling points and marketing:

- Heartfelt and sensitive



Publication:	15.11.2022
Author:	Weis, Marie
Title:	Thunderclouds and Summer Nights Poems and texts
Pages/Cover/Format:	160 pages, softcover, 135x215mm
ISBN:	978-3-95761-222-9
Price:	D: 14,00 EUR, A: 14,40 EUR

About identity and disorientation, fear of the future and hope: the successful Instagram poet Marie Weis inspires Gen Z

Marie knows what she is writing about. The difficulties of mental illnesses such as anxiety disorders and depression find just as much a place in her uniquely personal book as the hope of discovering meaning and all the colourful facets of life. With her texts she is close to her target group and picks up the readers with their longing for more exactly where they are – between this 'Who am I?' and 'Who do I want to be?' *Thunderclouds and Summer Nights* is an honest book full of moving texts.

Marie Weis was born in 1999, is a trained bookseller and currently lives in Bonn among endless books and houseplants. She has been blogging about books and other topics of the heart on Instagram under the name @mariesliteratur since 2020. There she also talks openly about her experiences with mental health. She loves books, writing, Marvel, films and series, Taylor Swift, rainy autumn days and avoids any kind of sporting activity.

Selling points and marketing:

- Modern themes in a lyrical style: Marie knows what moves her target group.
- For fans of Rupi Kaur and Atticus: poetry with aspiration and message

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