

Fall 2020

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✦ NEW TITLE FROM OUR BESTSELLER AUTHORS ✦

Danielle Graf / Katja Seide

The Child I Wished to Have So Badly is Driving Me Crazy

The sibling book

CONTENT

The Child I Wished to Have So Badly gets Reinforcements

Siblings fight with each other, they love each other, they want attention - and bring wrinkles of concern to their parents' brows. As usual, these best-selling authors turn their attention to a topic that many of their readers have requested: how parents can be fair to each of their offspring. They describe how parents with multiple children can open up the free spaces necessary to be able to get to know each of their children individually. The focus is on the family bond, but the authors also shed light on why the sibling relationship provides us with important opportunities in testing what constitutes successful social behaviour. This results from the fact that within the sibling relationship, apart from arguments, there is a large amount of love and trust. Danielle Graf and Katja Seide describe what parents can do to make sure that each child feels visible in the family without them losing sight of themselves in the chaos of everyday life.

- **Three years on the Spiegel magazine bestseller list**
- **Over 400,000 copies of the first two titles 'The Child I Wished to Have So Badly is Driving me crazy' sold and published in 13 countries**



August 2020
288 pages; 17,95 EUR

AUTHOR

Danielle Graf and Katja Seide are two of the best-known authors of books on children's upbringing. Together they write the blog, 'The child I wished to have so badly is driving me crazy' (www.gewuenshtesteswunschkind.de), which has had over 35 million hits. The legal economist Danielle Graf has two children and works in organisational development in her home town of Wandlitz. Katja Seide has three children, is a special needs teacher and works at a primary school in Brandenburg. She lives with her family in Berlin.

TYPE OF BOOK / TARGET GROUP

Guidebook for all parents with more multiple children age 0-12.

MORE INFORMATION ABOUT THE OTHER TITLES ON PAGE 6 "BACKLIST"

Reinhard Winter

Boys & Puberty

Staying in touch when everything changes

CONTENT

Closed for reconstruction

The journey from boyhood to manhood is not an easy one and it's hard for parents too. It's almost too late to rely on upbringing – but what else is there? The most important thing for parents to do is maintain the relationship with their almost grown-up son and recalibrate it. Germany's best-known expert on boys' issues shows how best to get the right balance between holding on and letting go using many examples and tips. Reinhard Winter helps parents experience their son's puberty as a dynamic phase of life itself: making itself felt on all levels of life - physically, psychologically and socially - but ultimately it gives the adolescent boy (and his parents) the strength to manage the growing up process.

- Author of 'Boys Need Clear Messages'
- Puberty as a great challenge for parents



September 2020
320 pages; 19,95 EUR

AUTHOR

Reinhard Winter is one of the most prominent experts on boys' issues in the German-speaking world. In preparing for this book, he spoke to large numbers of young people, parents and scientists. He is a graduate educator and is one of the heads of the *Social Science Institute* in Tübingen. The researcher into boy psychology has written several successful books on the subject and is himself the father of two grown-up children. He lives in Tübingen. The author is available for events.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of puperating boys, professionals who work with boys

ALSO AVAILABLE



Reinhard Winter: **Boys Need Clear Messages**

[More information about the title](#)

Rights sold to **China**

Longseller: over **20.000 copies** sold

Lieselotte Ahnert

How Much Mother Does a Child Need?

A book about bonding, upbringing and care in the first years of life

CONTENT

Findings from attachment research which help to quell the fears parents have

'How Much Mother Does a Child Need' is a question which concerns most families. Thrown back into the confines of their own four walls thanks to the home office, it has become as clear as day that some rethinking about the roles and tasks in the family and beyond needs to be done. Is mother really responsible for everything that has to do with the children? Or have we not finally reached the point where we should start taking seriously the age-old idea of sharing the enormous efforts involved in childcare? And what about child development, which is so rapid particularly in the first years of life and crucial for the rest of the child's life? What do we know about the child's awakening mental processes and early education? What influence does care have on it?

The attachment researcher Lieselotte Ahnert provides an in depth look at precisely these and many other questions in the first years of a child's life, and in particular includes the child's perspective. The book provides support for parents who are looking to reorientate how they live together with their children. But it also has a lot of information on child psychology for all those who are involved in attachment, education and care of children in the first years of their lives.

- **Excellent, well-known book in a completely revised and expanded new edition**
- **The author is a well-known attachment researcher**
- **Central questions are thoroughly examined**

AUTHOR

Professor Lieselotte Ahnert is an internationally renowned attachment researcher. For almost 40 years she has been doing research on children's early intellectual and social development and on how care conditions affect them. In the early 1980s, she was already carrying out investigations on nurseries in East Germany; this she later continued in the USA and Austria and her work subsequently shaped the quality standards for public childcare services.

TYPE OF BOOK / TARGET GROUP

For mothers who are worried whether outside care will harm their child or about the type of care



August 2020
336 pages; 22,00 EUR

**Englisch sample
translation available**

Mona Kino

Time for Empathy

Five ways of achieving inner balance and a relaxed coexistence in the family

CONTENT

'We learn empathy the same way we learn a language – use it or lose it!' Jesper Juul

Germany's children are under stress and so are their parents. What is the reason for that and what can parents do about it? For Mona Kino, the answer is empathy: inner balance is a result of empathy, for yourself and for others. Only those who are in tune with themselves and who listen to their own needs can be open to others. The good news: empathy can be encouraged. Many examples, based on scientific studies and personal experience, can inspire parents to enhance relaxation, creativity and dialogue within the family.

This book was written in collaboration with the family therapists Jesper Juul and Helle Jensen and the writer, teacher and dancer Peter Høeg. Exercises to encourage resilience, mindfulness and the zest for life in the family are fun and easy to do: in everyday life, at the traffic lights or for 5 minutes under a tree in the park.

- **Based on interviews with Jesper Juul and Peter Høeg**
- **Exercises to encourage resilience, mindfulness and the zest for life in the family**

AUTHOR

Mona Kino studied under Jesper Juul to become a family consultant and empathy trainer. She is part of the Danish empathy movement which arose from the work of Juul, Helle Jensen and the writer Peter Høeg. She lives with her two children and her husband in Berlin.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents who are looking for a calmer and more attentive life for their family. Also for followers of the empathy movement originating in Denmark.



October 2020
224 pages; 18,95 EUR

Patricia Cammarata

Get Out of the Mental Load Trap

How to achieve a fair division of work within the family

CONTENT

Thinking about it is also on the to-do list

In most cases, women take on the role of family manager. Whether they want to or not. They think of everything, plan the daily life, keep in mind every little to-do list for the children and their partners. This kind of project management is a recognised and well-paid full-time job in business, but at home it is work which somehow just magically 'gets done'.

Mental load is the expression for what puts women under endless stress. In her new book, Patricia Cammarata demonstrates some concrete ways out of this situation, for women and for men, which she has tried out herself and in her workshops: sharing out responsibilities fairly, letting go of some tasks, creating free space and, above all, applying energy to be there for each other as a couple - this will solve the problem in the long term. A book for mothers and fathers who finally want to live on an equal footing.

- **The author introduced the term mental load into Germany**
- **Bestselling author with Spiegel magazine, psychologist and blogger: www.dasnuf.de**
- **A book for mothers and fathers who finally want to live on an equal footing**



June 2020

224 pages; 17,95 EUR

AUTHORS

Patricia Cammarata is a graduate psychologist and project manager. Her workshops and lectures are highly in demand, her articles in newspapers and magazines like the *Süddeutsche Zeitung*, *Brigitte* and *Emotion* receive high numbers of comments. Her blog 'dasnuf.de' gets around 850,000 clicks a year. Patricia Cammarata lives with her children and her partner in Berlin.

TYPE OF BOOK / TARGET GROUP

Guidebook for mothers who like and need to change the family management and fathers who want to help on their own.

BACKLIST

Parenting

The Child I Wished to Have So Badly is Driving Me Crazy
Book 1



<http://bit.ly/2RFZckH>

Rights sold to China, Czech Republic, Estonia, France, Hungary, Japan, Korea, Poland, Russia, Slovakia, Taiwan, Turkey, Ukraine

Over 300.000 copies sold

Parenting

The Child I Wished to Have So Badly is Driving Me Crazy
Book 2



<http://bit.ly/2Rghl5>

Rights sold to China, Estonia, Hungary, Slovakia, Turkey (under neg.) Ukraine

Almost 70.000 copies sold

Parenting

The Grumble Diet



<http://bit.ly/2JY7KQL>

Rights sold to Korea, Russia

Over 17.000 copies sold

Parenting

Respect, Trust and Love



<https://bit.ly/2WOMYdw>

Rights sold to China, Croatia/Serbia, Poland

Over 7.000 copies sold

Health

Depression. Helping without losing yourself



<https://bit.ly/2VvqNXL>

Rights sold to Czech Republic

Over 20.000 copies sold

Self-Help

Being. A. Mother



<http://bit.ly/2CsCtBi>

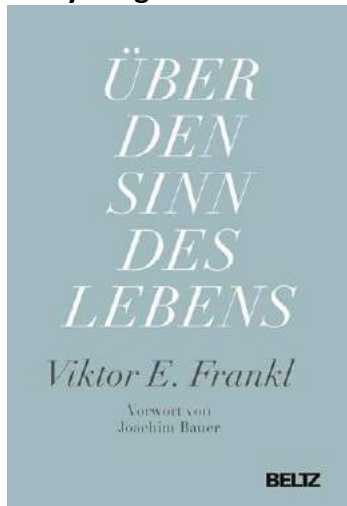
Rights sold to Russia
Spiegel Bestseller

12.000 copies sold

BACKLIST

Psychology

Yes to Life in Spite of Everything



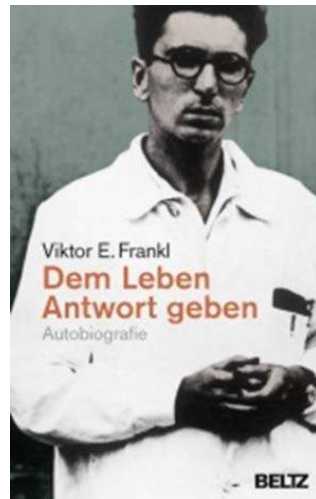
<http://bit.ly/2GfKRGt>

Rights sold to Brazil, Canada (French rights world), China, Hungary, Israel, Korea, Norway, Poland, Portugal, Russia, UK/US

Over 5.000 copies sold

Autobiography

Giving Life an Answer



<http://bit.ly/2TLiAd>

Rights sold to Brazil, China, Czech Rep. (exp.), Croatia, France, Italy, Japan, Korea (exp.), Lithuania (exp.), Macedonia, Russia, Spain, USA

Over 17.000 copies sold

Self-help

Being a Highly Sensitive Mother



<https://bit.ly/2VyX06a>

Over 3.000 copies sold

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