

Fall 2019

	page
Parenting	1
Self-Help	4
Psychology	6
Health	7
Backlist	8

Foreign Rights Homepage:
https://www.beltz.de/foreign_rights.html

Daniela Gaigg, Linda Syllaba

The Grumble Diet

A Relaxed Parent-Child Relationship in 7 Steps

CONTENT

Family life without grumbling and shouting

No one wants it, but everyone does it: grumbling. It damages the relationship between parent and child and, on top of that, is just a complete waste of energy. This book shows that there is a different way: in 7 steps, it provides a lasting solution for families to treat each other with respect and on equal terms. As the weeks go by, it gets easier to discard old behaviour patterns and achieve a relationship-oriented, more loving coexistence in which the needs of both parents and children are satisfied.

The book contains background knowledge and expert opinions from psychology and family research, personal reports from the daily lives of the authors and other families, along with plenty of space for noting down your own insights and thoughts.

- **Instructions on how to stop grumbling**
- **For readers of Jesper Juul**
- **Overcoming perfectionism**
- **With space to write down your own thoughts and ideas**

"Jesper Juul encourages us to provide our children with clarity and stability. This works best when we are at peace with ourselves."

Daniela Gaigg and Linda Syllaba

AUTHOR

Daniela Gaigg is the author of one of the most popular German-language parent blogs: *diekleinebotin.at*.

Linda Syllaba is a graduate systemic coach, a graduate psychological advisor and became well-known for her family coaching according to Jesper Juul.

Both are mothers of two, specialise in relationship-oriented parenting and holistic living and live with their families near Vienna.

TYPE OF BOOK

Guidebook



August 2019
256 pages; 16,95 EUR

Ulrike Döpfner

The Magic of Good Conversation

Communications With Children Which Create Feelings of Closeness

CONTENT

Giving them the gift of your undivided attention

Everyday life is hectic, sharing time together is getting rarer - it's hard for parents to find out what is going on inside their children's heads, what fears they have and what makes them happy. This book provides 100 original, off-beat questions to open up some real communication, keeping well away the 'how was school today?' question. This is an opportunity for parents to convey values, build bonds and closeness – and, last but not least, make sure the family has some fun.

On each question, there is space to write things down: ideas for further questions, the children's answers, original things the children say, your own personal reflections. Before the questions, there is an overview which looks at active listening and other conversation techniques. Suitable for parents with children aged between 4 and 12.

100 questions to open up good parent-child conversations, e.g.:

“If you were a wizard, what would you conjure up?”

“What would you most like to invent?”

“If you could fly, where would you fly to?”

“What do you like about your friend?”

- **Conversation aid for families**
- **Thematic ideas also for grandparents and parents who are separated**
- **With lots of sample questions for needs-oriented listening and talking**

AUTHOR

Ulrike Döpfner studied psychology and is a child and adolescent psychotherapist with a focus on behavioural therapy in private practice in Potsdam. She is the mother of three sons.

TYPE OF BOOK

Guidebook

TARGET GROUP

Parents of Children between 4 and 12



October 2019
160 pages; 15,95 EUR

Reinhard Winter

Boys Need Clear Messages

A Guidebook for Childhood, School and the Wild Years

Updated edition

CONTENT

Clear-speaking parents - relaxed boys

Clear messages help boys to get a good start in life. Many of their perceived weaknesses, such as aggression or 'can't-be-bothered' attitude turn into strengths when parents meet them clearly head on. The well-known expert on the psychology of boys offers many solutions and a number of tips for dealing with family life, school, sports and leisure. He has updated and expanded his notes for the 5th edition, among other things, on the topics of mental development, role conflicts, sexuality, body cult, dealing with smartphones and so on.

- **The long time bestseller has been revised, expanded and redesigned**
- **The author is an expert on the issues boys have**
- **Tried-and-tested solutions to subjects which challenge parents who have boys**



September 2019
288 pages; 17,95 EUR

First published 2014
Over 18.000 copies sold
Rights sold to China

AUTHOR

Dr. Reinhard Winter is the most prominent expert on boys' issues in the German-speaking world. He has a Higher Diploma in Education and specialises in counselling boys and men, research on boys as well as instructing teachers and experts in social work about boys' issues. He has written several successful books and has held a series of exhibitions, seminars, coaching sessions and consultations for parents and individuals who work with children, young people and families.

TYPE OF BOOK

Guidebook

TARGET GROUP

Parents of Boys, Professionals who work with boys

Gitta Jacob, Alexandra Widmer

Guide to Happy Loving

Breaking out of the Wrong Relationship Patterns and Finally Finding the Right Ones

CONTENT

Strengthening your relationship skills

Say goodbye to catastrophic relationships: knowing what makes you tick and what makes others tick gives you a much greater chance of achieving a successful relationship. Time after time we end up in the same destructive patterns that lead to dates from hell or disappointments after the first few weeks when everything seems rosy. Based on three protagonists, Gitta Jacob and Alexandra Widmer explain the three basic types of relationship and raise your awareness about difficult two-person constellations and deadly prey patterns. They help you discover your own strengths and point out which type of relationship suits you best.

There are lots of exercises to help you understand what has shaped you, the roots of which often reach right back to early childhood. In the end, if you can categorise your own behaviour and that of your opposite number, you have a better chance of achieving a stable and happy partnership.

- **First book on relationships which decodes the three basic relationship traps**
- **Relaxed tone, appealing introduction to the schematic therapeutic approach**
- **With tests to determine what type you are**

AUTHOR

Gitta Jacob is one of the most influential German psychologists. Her books have been translated into more than ten languages and have helped establish schema therapy worldwide. Her successful self-help guides *'Breaking the Schematic Mould'* (2011, with Hannie van Genderen and Laura Seebauer) and *'Goodbye to Your Humble Servant'* (2015, with Laura Seebauer) have been published by Beltz. Dr. Gitta Jacob is an Associate Professor, a psychological psychotherapist and supervisor for behavioural therapy and schema therapy, out-patient research, clinical psychology and psychotherapy. She works at GAIA AG Hamburg.

Alexandra Widmer is a specialist in neurology and medical psychotherapy. As an author, she received the 2017 Emotion Award as 'Woman of the Year' for social values. She is responsible for innovative care concepts at GAIA, such as the Veovita project. Alexandra Widmer lives in Hamburg.

TYPE OF BOOK

Guidebook

TARGET GROUP

People who are unhappy in their relationship and/or who search for a new working relationship; Readers interested in psychology



September 2019
240 pages; 16,95 EUR

Susanne Mierau

Being. A. Mother.

The Burden of Living up to an Ideal and the Joy of Finding Your Own Way

CONTENT

What is a good mother? There is no such thing as THE good mother

Many women who have children constantly have the feeling that they are not being good mothers. Susanne Mierau identifies four major areas of conflict which cause life to be so difficult for mothers today and offers support to reduce the burden of finding their own, satisfying path as a mother. She looks at the following:

1. An image of the mother which is outdated and the demands of a bonding-based upbringing
2. The uncertainty resulting from your own childhood
3. The pressure from other mothers
4. A negative image of women along with social expectations such as career and lifestyle, which conflict with the needs children have

The book is personal, passionate and, based on studies, surveys and the experiences many women have had, Susanne Mierau has designed criteria to help you develop an individual self-image as a mother that suits your own situation, gives you some relief and makes you happy. Because there is just no such thing as THE good mother.

- **A rejection of the traditional image of the mother and the pressure of trying to be perfect**
- **A big, polarising topic**
- **Feminist and bonding-based**

AUTHOR

Susanne Mierau is an infant teacher and, among other things, is a qualified family support specialist. She worked at the *Free University* of Berlin in research and teaching, before turning self-employed to work in the field of needs-oriented parent counselling. Susanne Mierau blogs almost daily on her very successful German-language blog *geborgen-wachs.de*.

She puts on workshops for parents and specialist staff and speaks at conferences and meetings about parent counselling and child development. She is a mother of three and lives in Berlin.

TYPE OF BOOK

Guidebook

TARGET GROUP

Mothers between 25 and 50



October 2019
256 pages; 18,95 EUR

Viktor E. Frankl

On the Meaning of Life

With a Foreword by Joachim Bauer

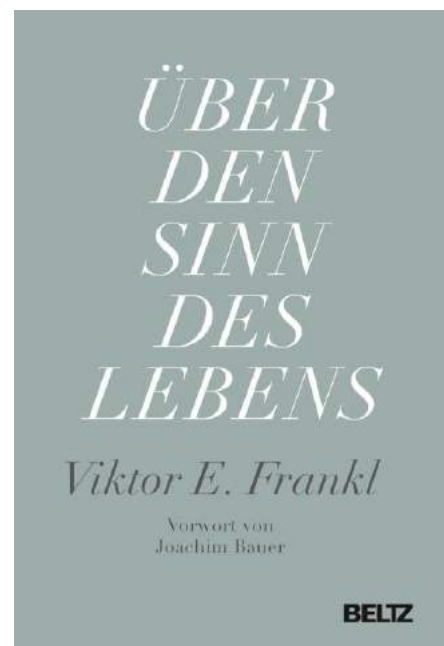
CONTENT

New courage to face life after traumatic experiences

In March 1946, eleven months after being released from a concentration camp, Viktor E. Frankl held a series of lectures at the adult education centre in the Vienna workers' district Ottakring. The psychologist, who went on to become world famous, explained his central thoughts on the meaning of life and resilience. Based on his own maxim, 'Live as if you were living for the second time', Frankl revealed his basic conviction that being human means 'being able to be different' in any situation.

Strong evidence for this is provided by his own painful experiences of loss, hunger and fear of death, which nevertheless allowed hope, friendship and a sense of purpose to exist in the concentration camp. This theme of Frankl's life continues to be relevant: every crisis also contains an opportunity - namely to put one's own humanity to the test.

- Frankl, the 'pope of resilience' has a large fan base
- Gripping contemporary document



September 2019
128 pages; 12,95 EUR
Rights sold to UK/US

AUTHOR

Viktor E. Frankl (1905-1997) was born in Vienna. His parents, his brother and his first wife all died in concentration camps; he narrowly escaped death after his odyssey through four concentration camps. After his return, he became a professor of neurology and psychiatry at the *University of Vienna* and held professorships in the USA. The books by this founder of logotherapy have been published in 24 languages.

TYPE OF BOOK

Lectures

TARGET GROUP

Readers of Frankl Books. People interested in psychology and/or NS-history. People who have to deal with traumatic experiences.

Udo Baer/Gabi Schotte-Lange
The Heart Does Not Suffer from Dementia
Advice for Carers and Dependents
Updated edition

CONTENT

Udo Baer and Gabi Schotte-Lange describe the inner world of dementia sufferers in a considerate, warm-hearted and understanding way. Although they seem to slip away from us, there are ways to get back in touch with them. And these are ways that allow the sufferers to retain their dignity and continue to experience moments of beauty. In the final chapter the authors turn their attention to carers and what they need for their own support.

- **A different way to understand the illness**
- **The number of people with dementia is increasing annually**
- **With two new chapters and lots of new tips**



November 2019
176 pages; 14,95 EUR

Over 50.000 copies sold

AUTHOR

Dr Udo Baer is an educator, a body psychotherapist, founding member and managing director of 'therapie kreativ', chairman of the *Foundation for Human Dignity*, the research director of the *Institute for Gerontological Psychiatry* (IGP) and the co-founder of the *Berlin Pedagogical Institute* (PIB).

Gabi Schotte-Lange is an art therapist, creative body therapist, lecturer for creative-therapeutic and gerontopsychiatric education and training in creative therapy at the creative therapy workshop 'Zukunftwerkstatt'. Together with Udo Baer, director of the *Institute for Gerontological Psychiatry*.

TYPE OF BOOK

Guidebook

TARGET GROUP

Family members or caretaker of people with dementia

BACKLIST

Parenting

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

Book 1



<https://bit.ly/2T7XtHl>

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

Over 250.000 copies sold

Parenting

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

Book 2



<https://bit.ly/2SVCrN6>

Rights sold to China, Estonia, Slovakia, Ukraine

47.000 copies sold

Parenting

Staying Lovers



<http://bit.ly/2H7vAse>

Rights sold to Croatia (Croatian & Serbian), Poland, Portugal, Slovenia

20.000 copies sold

Psychology

Breaking the Schematic Mold



<http://bit.ly/2Lo0Zdm>

Rights sold to Rumania
6.000 copies sold

Parenting

Slow Family



<https://bit.ly/2G1beHg>

Rights sold to Slovenia
Over 15.000 copies sold

Self-Help / Health

The Self-Healing-Code



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

Rights sold to Czech Republic
Over 25.000 copies sold