

## Spring 2024

	page
<b>Parenting</b>	<b>1</b>
<b>Psychology / Life</b>	<b>5</b>
Backlist	9
Exclusive Agencies	11

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Susanne Mierau

## The Book of Sleep for the Whole Family

More peace, energy, and balance for babies, children, and parents

### CONTENT

#### Finally sleep in again!

If we are to thrive, sleep is very important throughout human development. This comprehensive sleep book for all ages—from newborns to teenagers and parents—answers all the important questions about sleep: When can and should children start sleeping in their own bed? What can help babies fall asleep, and what is suitable for toddlers? Do all children need an afternoon nap? How does sleep behavior change in later childhood up to puberty and what role does social media play in this?

Educator and family counselor Susanne Mierau not only knows how to help babies and children sleep well. Based on scientific findings, she also describes how adults sleep today and how parents can compensate for a lack of sleep at night, how they can remain sensitive and reconcile everyone's sleep needs. She presents various sleep settings and sleep environments and critically examines social aspects such as the expectations facing mothers, who sleep the least while babies grow up. Numerous ideas and tips, such as rituals for falling asleep for young and old, offer solutions.

- **First book that takes into account the sleep needs of all family members**
- **A purchase with lasting value covering infancy and childhood**
- **With audio files for streaming**

*"There are many sleep books for babies and toddlers. This book also aims to help parents to finally get the sleep they need and at the same time enable their children to sleep according to their needs, from baby to teenager."* Susanne Mierau

### AUTHOR

Susanne Mierau is an early childhood educator, family counselor and alternative practitioner. She researched and taught at the *Free University* of before becoming self-employed in 2011 in the field of needs-oriented parent counseling. Susanne Mierau blogs on *geborgen-wachsen.de*, gives workshops for parents and professionals, and speaks on parenting advice and child development at conferences and seminars. She is the mother of three children and lives in Eberswalde near Berlin.

### TYPE OF BOOK / TARGET GROUP

Self-help book for the whole family.



March 2024  
272 pages; 22.00 EUR

Nora Imlau

## Attachment Parenting Without Burnout

Attentively accompanying children without burning out yourself

### CONTENT

#### It's better to be happy than perfect

Attachment parenting is not only cuddly and beautiful, it's also exhausting. And here, Nora Imlau addresses a taboo that no other author will touch. According to estimates, one in five mothers today is acutely burnt out. In her new book, the bestselling author not only offers solutions for parents who are constantly on the brink in everyday family life, but also for mothers and fathers who don't want to get overwhelmed or even burn out in the first place.

In a practical, solution-oriented manner, Nora Imlau uses many personal examples and information from psychology and science to show how life with children can be organized in a way that is both attachment and needs-oriented as well as relaxed and calm. Because a lack of political and social support also contributes to the exhaustion of parents, Nora Imlau formulates demands for a society that must finally help to reduce the pressure under which so many families suffer.

- **THE book on the subject: Preventing and escaping parental burnout**
- **A major cause of distress dealt with in a solution-oriented and practical way**



February 2024  
224 pages; 20.00 EUR

*“Fortunately, attachment parenting can tolerate a lot of parental imperfection. If we allow ourselves to occasionally make life easier, more relaxed and more beautiful, for example with generous media time, with less encouragement and more hanging around, with less harshness towards ourselves and more self-care in action—then that’s the best thing we can do for a strong, attachment-oriented childhood.” Nora Imlau*

### AUTHOR

Nora Imlau has written several *Spiegel* bestselling books and is a widely published speaker and journalist on parenting and family matters in print and online media, including the “Familientrio” column in *Süddeutsche Zeitung*. Herself a mother of four, she has joined forces with gynecologists and midwives to promote self-determined childbirth. She makes regular appearances in print media and TV, as well as having a strong social media following, numbering around 100,000 across her various channels, making her one of the key voices of a new generation of parents. She lives with her family near Freiburg in south-western Germany.

### TYPE OF BOOK / TARGET GROUP

Self-help book for parents who are already overwhelmed and those who don't want to get into it in the first place.

## Olaolu Fajembola / Tebogo Nimindé-Dundadengar Talking to Children About Discrimination

### CONTENT

#### Empowering children against prejudice and disrespect

In ten engaging, informative and very personal chapters, the Spiegel bestselling authors, together with experts Raoul Krauthausen, Melodie Michelberger, and many others, show how parents can sensitize and educate their children about discrimination—from body shaming, anti-Muslim, anti-Semitic and anti-Asian racism to queerness, disability, and poverty, as well as racism against Black, Romany, and Traveler communities. Parents whose children are affected by exclusion, bullying, and offensive language learn how they can protect and empower their children. With tips on helpful books, media and games.

- With the help of other experts
- Covers all facets of discrimination that children come into contact with
- With numerous tips on anti-discriminatory language



March 2024  
288 pages; 20.00 EUR

*“The aim of our book is to encourage you to act as a competent companion for children so that they don’t develop certain prejudices and biases in the first place. And they won’t need a book like this later on, because a power-critical attitude comes naturally to them. We don’t know what discrimination our children will be exposed to in the course of their lives. We should therefore become their accomplices in order to empower them from the very beginning.”* Olaolu Fajembola, Tebogo Nimindé-Dundadengar

### AUTHORS

Olaolu Fajembola and Tebogo Nimindé-Dundadengar became known for their first book “Gib mir mal die Hautfarbe. Mit Kindern über Rassismus sprechen” (Beltz, 2021) and as founders of the successful online store Tebalou, which offers toys for children in a diverse society. Olaolu Fajembola is a cultural scientist and was named one of the 100 Women of the Year 2021 by *Focus* magazine.

Tebogo Nimindé-Dundadengar is a psychologist specializing in developmental psychology; both live with their families in Berlin. They are important voices in diversity-sensitive and racism-critical early childhood education and offer anti-racism training for children and adults, which is in particularly high demand in daycare centers.

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents who want to raise their children to be people who recognise and oppose discrimination and racism.

Jesper Juul

## Leading the Pack

Providing loving guidance for your family. With a foreword by Susanne Mierau  
*Updated edition*

### CONTENT

#### The parenting classic in an expanded new edition

Parenting is easier when parents take the lead in the family. But for mothers and fathers who raise their children in a needs-oriented way, developing their own leadership style in the family presents a major challenge. In his standard work for parents, which has now sold over 100,000 copies, the renowned family therapist provides highly topical answers and shows how parenting based on equality and respect can be combined with a clear, loving leadership role. Jesper Juul's creative suggestions help parents to develop a leadership style that brings calm and peace to family life. Parenting is about being flexible rather than rigidly consistent. Above all, it is about developing trust in themselves and their children.

The new foreword by Susanne Mierau and numerous statements by authors and Juul ambassadors look at contemporary childhood and show how much Jesper Juul still means for modern parents.

- The leadership book for parents—over 100,000 copies sold
- Redesigned and with a new foreword by Susanne Mierau
- For parents struggling with their leadership role
- Suitable for parents of babies, children, and teenagers

*"The Danish family expert Jesper Juul helps adults to make the most difficult problem easier: How to deal with children." Die Zeit*



February 2024  
First published 2016  
240 pages; 22.00 EUR

Rights sold to: **Bulgaria, China, Croatian, Czech, Danish, Hungary, Latvian, Norwegian, Polish, Serbian, Slovenian, Spanish**

### AUTHOR

The Danish family therapist and bestselling author Jesper Juul (1948–2019) has influenced people like no other in recent decades with his parenting and relationship principles. His message was that parents don't have to be perfect in order to raise their children well. His respectful, equitable way of dealing with people is at the heart of his books and continues to impress professionals and parents alike. He founded *familylab*, which offers parenting courses and training in Germany, Austria, Switzerland, and nineteen other countries in Europe and overseas. Jesper Juul was married twice and is survived by a son from his first marriage and two grandchildren.

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of toddlers to teenagers.

Patricia Cammarata

## Breaking the Pattern

Surprising solutions for real equality

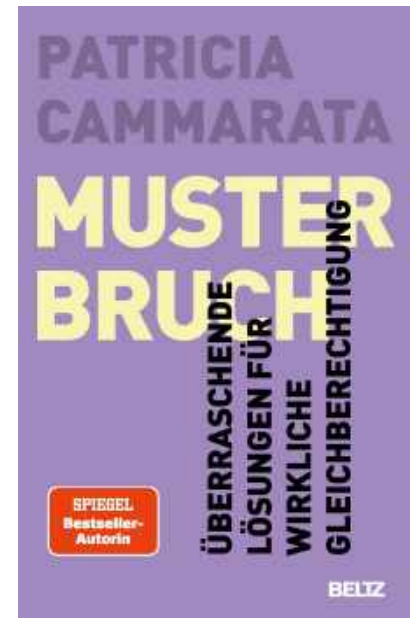
### CONTENT

#### Against the tide is the right direction

If you want to live with equal rights today, you can't wait for tomorrow's politics, you have to take action yourself. But how do you break out of entrenched gender patterns in relationships, care, and the workplace? The author of the Spiegel bestselling book "Raus aus der Mental Load Falle" and qualified psychologist Patricia Cammarata provides the tools to carve out new paths despite an annoyingly inflexible system. She offers practical everyday suggestions on how to find allies, debunk stubborn stereotypes, distribute household tasks fairly, communicate properly, work equally, and think against the grain. It is high time that pattern-breaking took place not only in the mind but also in everyday life.

- Food for thought for partnership, family life, and the workplace
- Full of suggestions for an equal everyday life
- The author is a widely connected mental load pioneer
- With humorous illustrations by @frolleinmotte

*"Whether part-time, mental load, external care, or behavioral patterns: Behind everything, there are patterns that make it difficult for us to live equally, because when we break these patterns, we are swimming against the tide. This book should be your companion so that you don't feel like an outsider because you want to live differently from the way most people still live today."* Patricia Cammarata



March 2024  
256 pages; 21.00 EUR

### AUTHOR

Patricia Cammarata is a qualified psychologist and sought-after keynote speaker on the subject of compatibility and equality. With her *Spiegel* bestselling book "Raus aus der Mental Load Falle", she made the term "mental load" known in German-speaking countries and has initiated a broad social debate on the topic of equality. She has won numerous awards for her blog *dasnuf.de* and her podcasts are listened to by several thousand people. She lives in Berlin with her children and her partner.

### TYPE OF BOOK / TARGET GROUP

Concrete Guidebook for mainly women who suffer from the double burden of family and career.

Pasqualina Perrig-Chiello

## Own Your Age

Strong and self-determined in the second half of life. Using the psychology of life transitions

### CONTENT

#### On the power and happiness of getting older

The transition into the second half of life is characterized by challenges but is also full of opportunities. We all want the ageing process to be self-determined, exciting, and enjoyable—Prof. Dr. Pasqualina Perrig-Chiello, a life-span psychologist, has been researching what this depends on for decades. She shows what opportunities and strengths lie in challenges and changes such as a crisis of meaning, children leaving home, or personal and partnership reorientation. All this calls our identity into question and we have to reinvent ourselves, and character strengths such as stubbornness, curiosity, a desire for change, but also self-knowledge, education, and social commitment help us accomplish it. The author encourages individual decisions against any form of ageism and makes it clear that, if we know what is important, how we age is up to us.

- **What psychological research knows about happiness in the second half of life**
- **Self-determination and well-being at every stage of life**
- **Great interest in ageing among baby boomers and Gen X**



February 2024  
304 pages; 25.00 EUR

*“The book is not simply about midlife, aging, and old age, but quite specifically about the phases in between, the transitions. This is new and I show what makes the difference in getting older—whether you are self-determined and satisfied or not.” Prof. Dr. Pasqualina Perrig-Chiello*

### AUTHOR

Prof. em. Dr. Pasqualina Perrig-Chiello holds a doctorate in developmental psychology and systemic family therapy. She completed her Habilitation in 1996 at the *University of Berne*, Switzerland, where she researched and taught as Professor of Psychology from 2003 until her retirement. Perrig-Chiello is much in demand in TV and print media as an expert on the topics of midlife and aging.

### TYPE OF BOOK / TARGET GROUP

Psychological non-fiction book for readers aged between 50 and 55.

Sylvia Schmidt

## The Psychological Medicine Chest

Thirty skills for less stress and more well-being

### CONTENT

#### Aspirin for the soul

The psychological medicine chest provides thirty everyday skills for dealing with six major challenges: Self-worth, partnership, stress, crisis, pain and sleep. Based on her experience with over five hundred clients and on scientific findings, cognitive behavioral therapist Sylvia Schmidt provides effective tips and ideas on what everyone can do for themselves. Whether it's a lack of closeness in a relationship instead of loving embraces, too much stress at work instead of a relaxed work environment, or a movie in your head at night instead of restful sleep: the psychological medicine chest has the right remedy.

Sylvia Schmidt shows how people can improve their mental health and deal competently with daily challenges—thereby, for example, strengthening their resilience, cultivating a loving view of themselves, discovering headache triggers, and much more. The psychological medicine chest offers helpful food for thought, illuminating short stories, small interventions and easy-to-implement reflections, exercises, and tasks.

- **Thirty psychological skills for everyday life**
- **Reducing stress and increasing well-being**
- **Help with sleep disorders, chronic pain, and other problems**
- **Improves mental health and resilience**

*“My psychological medicine chest provides you with effective tools to shape or rebuild your life in a way that makes you feel good. Many behaviors and attitudes that bother you may have been with you for quite some time. Always choose the skills you need at the moment and implement them with the help of the tools.”*

Sylvia Schmidt

### AUTHOR

Sylvia Schmidt is a cognitive behavioral therapist and pain therapist with her own practice in Dortmund. Her experience with over five hundred clients and her knowledge of the most important psychological skills for six key problem areas have led her to create this psychological first-aid kit. She lives with her family in Dortmund.

### TARGET GROUP

For all those who are always looking for review, food for thought, encouragement, exercises and solutions for everyday life in challenging or overwhelming times.



March 2024  
272 pages; 22.00 EUR



Gitta Jacob

## Life Only Goes Forward

When it's time to leave your inner child alone and take off

### CONTENT

#### A happier life without psycho-hype

"You can only be happy if you spend enough time dealing with your psyche!" is a widespread assumption. The renowned schema therapist Gitta Jacob disagrees. It is good and important for people to understand their behavioral patterns, injuries, and difficult feelings. In the long term, however, introspection can prevent people from taking responsibility for their own actions. In her new book, Jacob identifies the limits of psychotherapy and the dangers that can arise from constantly circling around the inner child. With many concrete challenges, the psychologist vividly shows what it really takes to master decisions, mood swings, and problems with confidence.

- A critical look at the on-trend topic of psychology hype
- Dealing pragmatically with your inner child
- From the successful author of "Raus aus Schema F"



February 2024  
208 pages; 20.00 EUR

*"At some point, enough analysis is enough! This book gives your inner child a nudge and encourages it to take a chance on life. An important book at a time when everyday psychologizing can drift so far afield that you lose sight of your direction."* Felizitas Ambauen, psychotherapist, author and podcaster

### AUTHOR

Dr. Gitta Jacob is a psychotherapist and supervisor for behavioral therapy and schema therapy. After many years at the *University Hospital* and the *University of Freiburg*, she has been working as a senior psychotherapist at *GAIA* in Hamburg since 2013. She is the author of numerous internationally successful specialist and general books on schema therapy, including "Raus aus Schema F" and "Andere Wege gehen".

### TYPE OF BOOK / TARGET GROUP

Guidebook for all those who want to take responsibility for their own lives and take action.

**BACKLIST**

*Parenting*

**The Superpower of Loving Leadership**



[More information](#)

Rights sold to **CZ, Korea**

**Over 25,000 copies sold**

*Parenting*

**My Boundary is Where You Stop**



[More information](#)

Rights sold to **China, Russia**

**Almost 40,000 copies sold**

*Parenting*

**First Aid for Your Child**



[More information](#)

Rights sold to **Bulgaria, Slovakia**

**13,000 copies sold**

*Psychology*

**Embracing Hope  
On Freedom, Responsibility &  
the Meaning of Life**



[More information](#)

Rights sold to **China, Croatia, Czech Republic, Italy, UK/US**

**Over 5,000 copies sold**

*Life*

**People Pleasing**



[More information](#)

Rights sold to **Turkey**

**Over 13,000 copies sold**

*Health*

**The World of Women and  
Girls with AD(H)D**



[More information](#)

Rights sold to **Korea**

**Over 15,000 copies sold**

*Psychology*

**Who We Think We Are**



[More information](#)

Rights sold to **Korea, Poland, Russia**

**Over 12,000 copies sold**

*Life*

**Get Out of the Mental Load Trap**



[More information](#)

Rights sold to **Hungary**

**Over 31,000 copies sold**

*Psychology*

**Breaking the Schematic Mold**



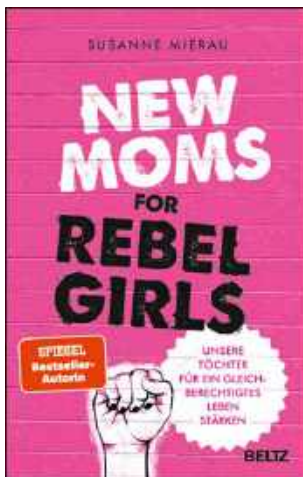
[More information](#)

Rights sold to **China, Romania, Russia, Taiwan, Turkey**

**Over 26,000 copies sold**

*Parenting*

**New Moms for Rebel Girls**



[More information](#)

Rights sold to **Czech Republic, China**

**Over 15,000 copies sold**

*Parenting*

**The Magic of Good Conversation**



[More information](#)

Rights sold to **China, Korea, Poland**

**Over 18,000 copies sold, in China over 30,000 copies sold**

*Parenting*

**Boys Need Clear Messages**



[More information](#)

Rights sold to **Korea, China**

**Over 25,000 copies sold**