

RIGHTS GUIDE AUTUMN 2024



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Cooking & Baking

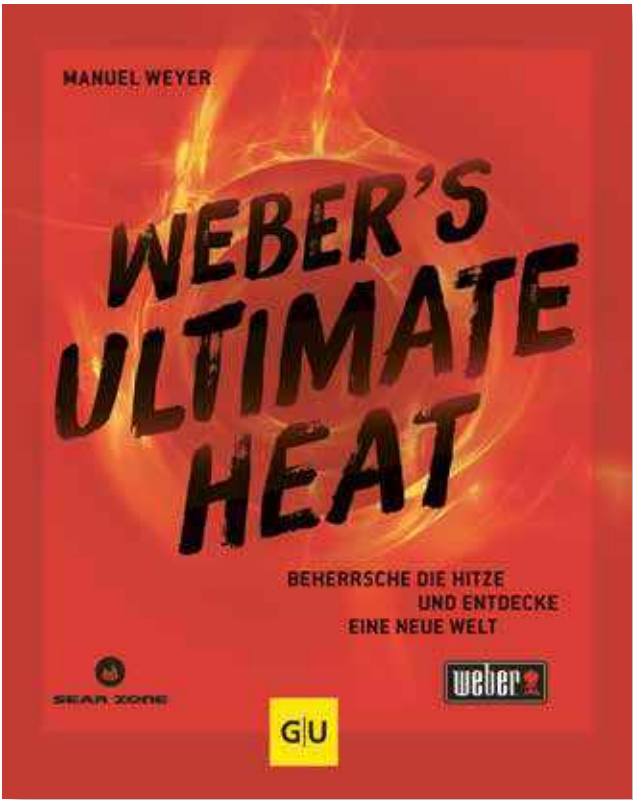


Hardcover

Manuel Weyer
Weber's ULTIMATE HEAT
Play with heat and
discover a new world

Hardcover · 360 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9321-6
€ [D] 39.00
DOP 06 May 2024
All rights available



Extremely hot:
THE number one topic
among BBQ fans

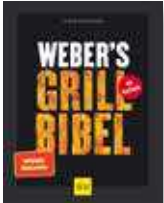
The perfect BBQ experience
thanks to the sear zone,
side and top burner

Facts and myths
around 800 degrees

**Hot, hotter, hottest – the right
temperature for a perfect result!**

Perfect roasting aromas, crisp crusts, a tender and juicy core – it's all possible if you combine precise temperature control with high heat. Manuel Weyer shows you how to do it: Find out at which temperatures you should barbecue different foodstuffs for a perfect result. The optimal BBQ temperature varies depending on the ingredient's structure as well as its water and fat contents. Steaks, for example, usually need to be grilled at a higher temperature than fish or vegetables. Starting your barbecue dish at a moderate temperature and then beefing it to a high heat will bring first-class grilling flavours to all sorts of dishes, from meat and fish via vegetarian creations with fruit and vegetables right to sweets and baked foods!

More than 1.5 million copies sold



Weber's BBQ Bible
€ [D] 32.00
ISBN 978-3-8338-1863-9

More than 69,000 copies sold



Weber's BBQ Bible Vol. 2
€ [D] 32.00
ISBN 978-3-8338-6975-4

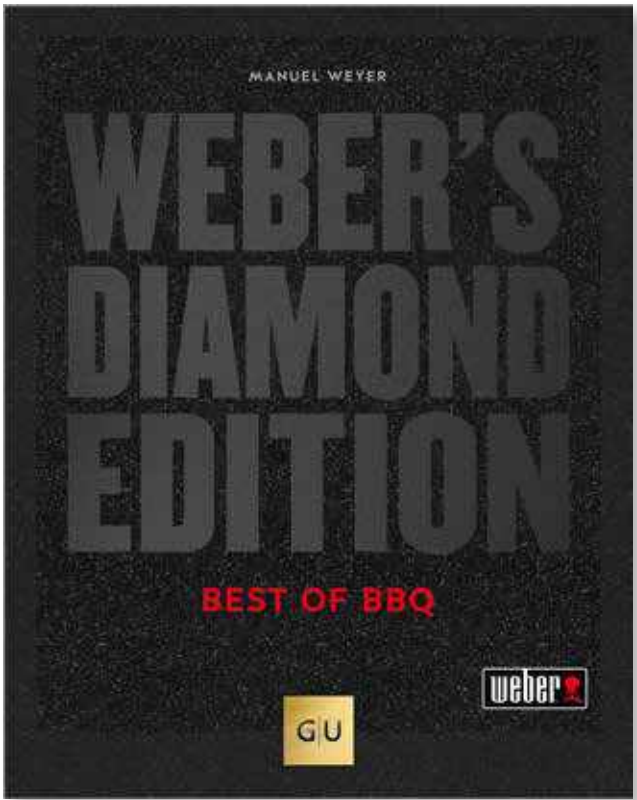


Hardcover

Manuel Weyer
Weber's Diamond Edition
Best of BBQ

Hardcover · 360 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9551-7
€ [D] 38.00
DOP 04 Oct 2024
All rights available



A superb gift book –
Weber's comprehensive
book on grilling in
a quality presentation

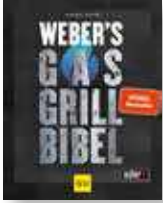
The best of Weber –
the best and most important
information and recipes
for every occasion

More than 3.5 million
Weber BBQ books sold –
the success story continues

**The first-class diamond
among the BBQ books!**

The most important facts on BBQs and grilling techniques plus the best recipes for meat, fish and vegetables – including vegetarian, vegan, sweet, baked, braised and smoked meals, plus the most useful tips and tricks. The Black Diamond of Weber's grilling books offers you all this in a compressed and curated form. An absolute must-have for every BBQ fan – from beginner to semi-professional! In this compendium, you will find all the answers around the topic of grilling plus recipes for a substantial number of magnificent dishes, both classics and new creations, promising the greatest of culinary pleasures. A genuine diamond among the BBQ books.

More than 135,000 copies sold



Weber's Gas BBQ Bible
€ [D] 32.00
ISBN 978-3-8338-7950-0

More than 265,000 copies sold



Weber's Grilling in Winter
€ [D] 19.99
ISBN 978-3-8338-4232-0

Manuel Weyer is a cook, food stylist and cookbook writer with a penchant for grilling. After working at top restaurants in Germany and abroad, he set up on his his own in 2015. His gourmet enterprise comprises a restaurant as well as a cooking and grilling school. Weber fans know Manuel as the author of *Weber's Gas Grill Bible* and *Weber's Pellet Grill Bible* as well as the food stylist for numerous Weber titles such as *Weber's Burgers*.

IT'S OUR ANNIVERSARY 15 YEARS of GU's gold standard

More than 1 MILLION books sold in total –
TRULY FAVOURITE BOOKS!



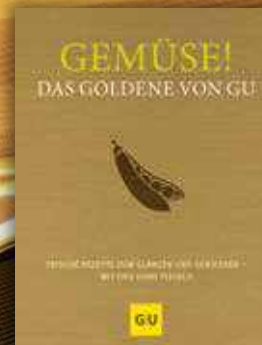
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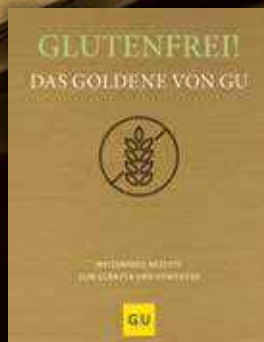
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25.00 € [D]



978-3-8338-2201-8
30.00 € [D]/30.90 € [A]



Hardcover

Food for the Soul!

The golden book from GU
Cook yourself happy and contented

Hardcover · 224 pages
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9528-9
€ [D] 25.00
DOP 05 Aug 2024

A new title in GU's Golden
success series, with more than
1 million books sold

A golden treasure of comforting
recipes for any time of year –
with more than 200 ideas
from fresh-and-healthy salads
to luscious cheese-and-cream
food for the soul

Satisfying know-how –
basic facts about the right
food-for-the-soul ingredients
and why they make us so happy



Endlessly varied food-for-the-soul cuisine with the best of GU in Gold

Shining times for everyone with a huge craving for hot and fatty and sweet and sinful foods – the best recipes and everything you need to know about comfortingly indulgent dishes, now glamorously packaged between two book covers. *Food for the Soul!* The golden book from GU is the recipe bible for all those who want to cook themselves happy and contented. Aside from 200 recipes for the soul ranging from lavishly creamy to super-crunchy, this book also provides lots of tips around simmering and sizzling to create a good mood and a sunny atmosphere. The recipes are absolute highlights of the GU Food-for-the-Soul cuisine – they will always help you when everyday life is packed with failures, bad luck and mishaps. High-quality design, 100% yummy and with a happiness guarantee – you can't get more food-for-the-soul cuisine than this!



Hardcover

Stefan Maiwald

Italy - With Love

A journey of pleasure through time

Hardcover · 240 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9329-2
€ [D] 38.00
DOP 04 June 2024
All rights available



Nostalgia unlimited –
this lavishly designed book
brings back memories of
unforgettable childhood holidays
in Italy and promises
the authentic taste

Serious expertise –
Italian-by-choice and bestselling
author Stefan Maiwald
creates the genuine
Italian feeling

Tradition and innovation –
classics and modern
Italian dishes for all
cookery levels

**Italy as we love(d) it: More than
just a delicious adventure**

Our first pizza, Gianna Nannini, a *bagnino* on the beach and a *gelato* in the evening – for many of us, Italy was one of our first exotic travel destinations and has remained a dream destination to this day. This book is aimed at all those who spent their childhood and teenage holidays in Italy and still revel in the experience today. In lavish images, it promises a journey through time, goosebumps of pleasure guaranteed. The accompanying articles explain our fascination for the country and its cuisine. Numerous classic recipes tempt you to cook, and you'll also find modern re-interpretations of traditional dishes here. Plus, with the right playlist in your ears, you'll instantly conjure up a genuine trattoria ambience in your own kitchen.

More than 100,000 copies sold
since the first editions



The Real Italian Cuisine
€ [D] 29.90
ISBN 978-3-8338-6074-4



Hardcover

Léa Linster

Germany kisses France

My favourite recipes
from both countries

Hardcover · 240 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9201-1
€ [D] 36.00
DOP 06 May 2024
All rights available



A culinary homage
to more than 60 years of
Franco-German friendship

Léa Linster presents her
favourite products and dishes
from both countries, with
a preface by Ulrich Wickert

Plus many personal stories and
anecdotes from Léa Linster's
extraordinary life, with one foot
in each country

Passion meets the culinary arts!

C'est le début d'un grand amour! Léa Linster, the *grande dame* among European top chefs, makes it possible. Born and raised between Germany and France, in the Luxembourg town of Frisange, she knows the cuisines of both countries, their differences and their strengths, their best products and dishes. She's always lived and cooked with one foot in each camp, and with this book she invites us to join her – here are the most tempting delicacies from both worlds served up with outstanding cookery know-how as well as lots of stories and anecdotes from the author's extraordinary life. Let Léa Linster whisk you away into the culinary world of Franco-German friendship, a life without frontiers, with great culinary delights.

Léa Linster, born in Luxembourg and a Michelin-starred chef, spent a lot of time in a restaurant kitchen even when she was a child and so proved her cooking talent at a very early stage. As yet, she was the first and is still the only woman to have won the Bocuse d'Or, the Culinary World Cup.

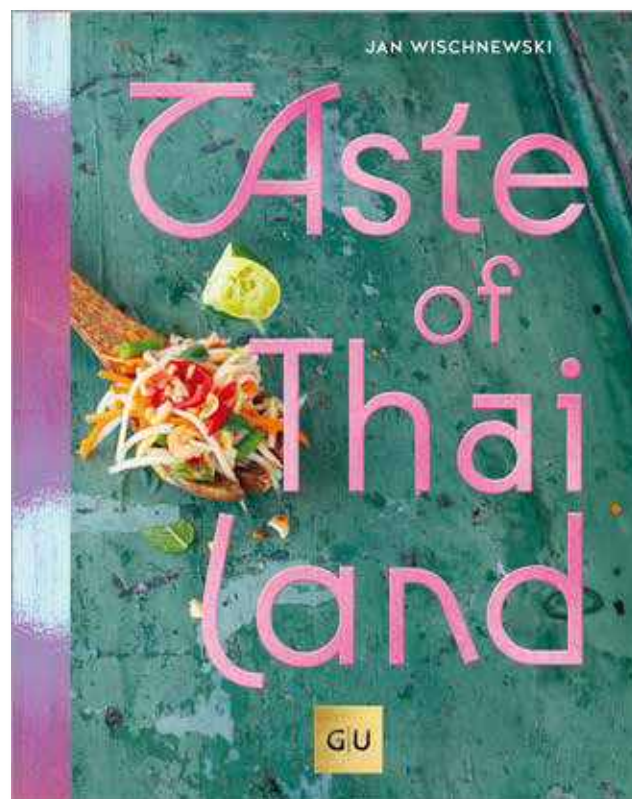


Hardcover

Jan Wischnewski
Taste of Thailand

Hardcover · 240 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9409-1
€ [D] 40.00
DOP 07 Oct 2024
All rights available



Immerse yourself in the art of Thai cuisine with authentic recipes and opulent images

Discover a wealth of nuances in Thai cuisine – with dishes from all the regions as well as entertaining stories and culinary background information

A feast for the eyes – extravagant photography, a beautifully designed cover and a pretty bookmark

Off the beaten track – discovering the highlights of Thai cuisine afresh

Aromatic, sophisticated and colourful – Thai cuisine is so much more than just curries! On his quest for the genuine Thai cuisine, photographer, foodie and Thailand lover Jan Wischnewski has travelled right around the popular holiday destination several times already. In his book, he now presents the full range of this fascinating culinary region whose cuisine is considered one of the most popular around the world. Entertaining stories about the country and its people as well as typical Thai foods, accompanied by impressive photographic essays, provide additional visual and reading pleasure. Allow yourself to be captivated by the fascinating diversity of Thailand!

More than 20,000 copies sold



Cooking as in Thailand
€ [D] 19.99
ISBN 978-3-8338-7081-1

More than 190,000 copies sold



Thailand
€ [D] 11.99
ISBN 978-3-8338-7301-0

Still at school, **Jan Wischnewski** started experimenting with the food that he was supposed to just heat up for himself. After finishing school and abandoning his studies, he trained as a chef in a Michelin-starred restaurant in the Rhineland. After many years of gathering experience in international restaurants, hotels, party and filmset catering services, he decided ten years ago to focus on food photography and to write recipes for cookbooks, magazines, food portals and advertising. Jan lives in Berlin and travels the world for his food and travel photography.



© Ursula Flörke



Softcover

The Coolest Baking Recipes for Teens
Easy & Tasty

Softcover · 96 pages
Format 17.0 x 23.5 cm

ISBN 978-3-8338-9240-0
€ [D] 17.99
DOP 05 Sept 2024
All rights available



Easy recipes, explained step-by-step and tailor-made for teens

The perfect starting point for all young baking beginners, packed with practical tips and tricks

The entire baking range – from classic to creative, from sweet to savoury

Baking fun for talented youngsters – trendy recipes made as easy as child's play!

Let's get baking! From homemade cinnamon rolls and smoothie cupcakes to raspberry and yoghurt whoopies – this teenie baking book makes the hearts of all young baking talents beat faster. Whether you're baking something special for your friends or just a little treat for someone with a sweet tooth – these baked treats will please everyone. Thanks to clear photographs and well-structured and easy-to-understand steps this book is absolutely suitable for teenagers. Even baking beginners can swing a whisk and prepare these sweet and savoury delicacies without any parental help.



Hardcover

Fissler
The World of Fast Cooking

Hardcover · 312 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9213-4
€ [D] 36.00
DOP 05 Dec 2023
All rights available



Hot topic – nutritious
and healthy food, fast and
energy-saving cooking

The professionals show you how
to cook favourite classics and
new creations in the pressure
cooker – for a perfect result

The first comprehensive
pressure cooker book from
Fissler, the market leader

**All about cooking
with a pressure cooker,
by the Fissler professionals and GU**

With good ingredients and modern kitchen technology you can quickly magic up the perfect meal – nutritious and delicious. All thanks to the pressure cooker. It's suited for a variety of dishes from starters via soups and stews, to main courses with fish and meat, vegetarian and vegan dishes, right to desserts and cakes. Plus ingredients can also be perfectly prepared. With a little know-how about how the pressure cooker works and its various uses, as well as some first-class recipes and ingredients, perfect enjoyment is guaranteed.



Hardcover

Tanja Dusy
**Favourite Recipes
from your Airfryer**
Great ideas for deep-frying,
baking, frying and grilling

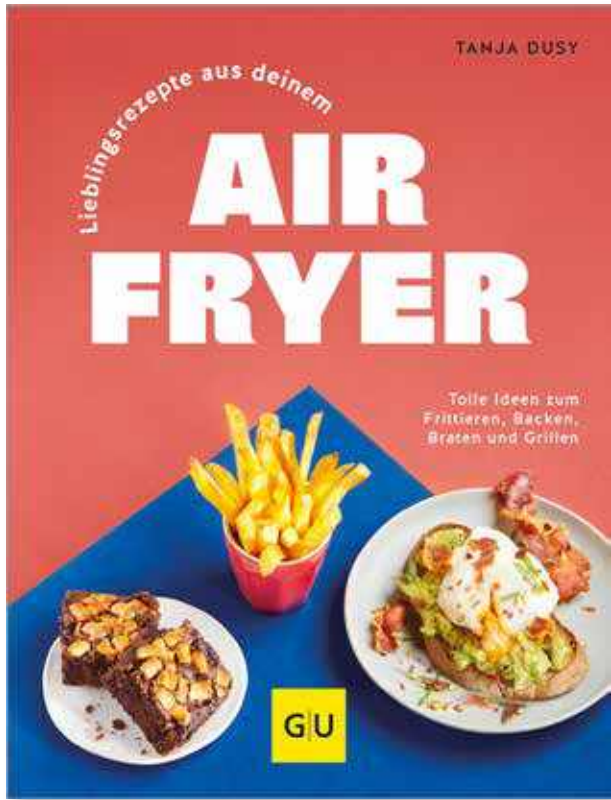
Hardcover · 144 pages
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9491-6
€ [D] 24.99
DOP 05 July 2024
All rights available

The airfryer – an awesome,
trendy kitchen accessory,
sold by the millions and
always available at your
local supermarket

Unique variety thanks
to this all-rounder –
deep-frying, frying, baking,
roasting, grilling and toasting

Save fat, time and energy
with these fantastic
airfryer recipes



**The book for the No. 1
trendy cooking utensil**

Turn on your airfryer! Discover the trendiest recipes for deep-frying, frying, baking, roasting, grilling and toasting. Airfryers are real all-rounders and all the rage. They offer a healthier alternative to conventional cooking techniques, use less energy than an oven and do their job in no time. More than 60 recipes ranging from savoury to sweet, from creative main courses to trendy snacks, leaving nothing to be desired. Enter a world of taste and efficiency – with a few useful tips and tricks thrown in!

More than 35,000 copies sold

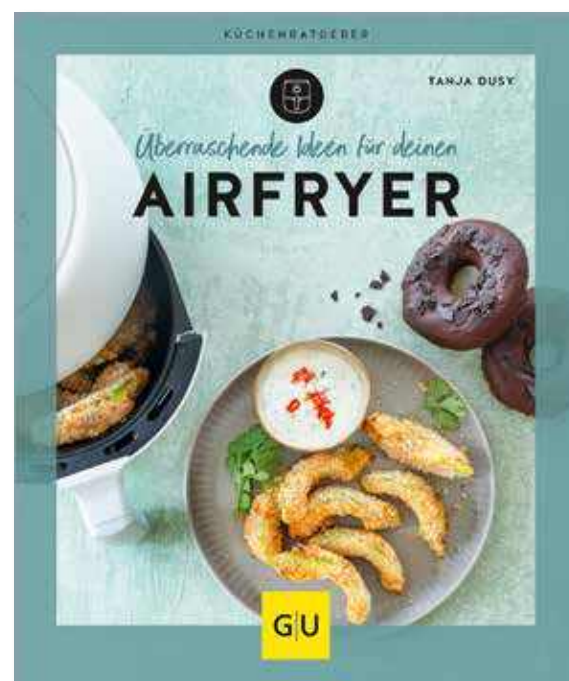


Hot Air Deep-Fryer
€ [D] 11.99
ISBN 978-3-8338-6799-6

© PicturePeople München



Tanja Dusy is a freelance food journalist. She keeps her finger on the pulse of the times and is an expert when it comes to nutritional trends. Tanja has published numerous books and her recipes have always excelled thank to their creativity and perfect reliability.



Millions of books sold and also always on sale at low-cost supermarkets – airfryer, the trendy all-rounder

Fun with a clear conscience – creative recipes from sweet to savoury with significantly less fat than in the deep fryer



Softcover

Tanja Dusy
**Surprising Ideas
for your Airfryer**

Softcover · 64 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9489-3
€ [D] 11.99
DOP 06 Aug 2024
All rights available



The trendy pastry for all those who like it sweet

Great variety of recipes, from classic to creative, for every taste



Softcover

Tanja Dusy
**Heavenly
Cinnamon Rolls**

Softcover · 64 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9500-5
€ [D] 11.99
DOP 06 Aug 2024
All rights available



Colourful variety, from skewers and stuffed vegetables to burgers, foccacia and grilled cheese sandwiches

How to grill seasonal vegetables and fruit, cheese and tofu – with many new recipes for sauces, marinades and dips



Softcover

Cornelia Schinharl
Veggie Grilling

Softcover · 64 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9288-2
€ [D] 11.99
DOP 03 Feb 2024
All rights available



Hot topic – French apéro culture is booming

Get togethers instead of lockdowns – time spent with friends over a nice drink and delicious snacks.

More to make us happy and get into the swing of things, with surprising tips and fascinating facts



Hardcover

Tanja Dusy
Come Round for an Apéro

Hardcover · 64 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9365-0
€ [D] 14.99
DOP 04 April 2024
All rights available



Hardcover

Oliver Schwarzwald
High Level Zero
The fascinating world
of alcohol-free drinks

Hardcover · 192 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9326-1
€ [D] 40.00
DOP 04 April 2024
All rights available



**Very trendy – increasing
numbers of people want
to live without alcohol,
but not without tasty drinks**

**High-end zero alcohol –
amazing drink creations
which you can serve with
a meal instead of wine**

**Ravishingly beautiful –
thanks to Oliver Schwarzwald's
superb photographs**

100% delicious – 0% alcohol!

What to drink if you don't want to drink?
More and more people ask themselves this question.
They quite like a drink or two but they'd rather
forego the hangover the next day. Among others,
photographer and hobby cook Oliver Schwarzwald.
The arrival of alcohol-free spirits opened up an
entirely new perspective for him – they taste different,
but that doesn't mean they taste bad! Quite the
contrary – they allow us to create not only delicious
alternatives to fruit juice spritzers and such like
but also offer a range of elegant drinks to serve
with a meal. On his *High Level Zero* blog, Oliver
Schwarzwald has been showing since 2021 how
to succeed with superb non-alcoholic drinks, and here
he presents his ideas in a book of the same name!

Health



Three years ago, Oliver Schwarzwald, a renowned food photographer from Hamburg, rethought his relationship with alcohol and set off on a remarkable journey. On his blog highlevelzero.com, he explores a fascinating alcohol-free culinary world – from mocktails via zero-alcohol meal accompaniment to outstanding alcohol-free products. Schwarzwald's creative talent and profound understanding of the culinary arts produce innovative non-alcoholic treats which leave a lasting impression and raise awareness of healthy enjoyment.



Softcover

Lara Opfermann

Hello Psyche, It's Your Gut Calling

Tackling burnout, depression and
other mental illnesses with the
nutritional neuroscience method

Softcover · 256 pages
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9180-9

€ [D] 19.99

DOP 04 April 2024

All rights available



Happy thanks to nerve food

Our gut and our brain communicate with each other, and because of this so-called "gut-brain axis", psychological troubles are often accompanied by physical disorders, such as stomach and gut problems, or vice versa. The intestinal bacteria also have a significant influence on our body's stress system. Lara Opfermann, nutritionist and aspiring psychologist, explains, based on the latest scientific findings, how we can take advantage of these connections to destress our psyche and not give burnout and depression a chance. With the nutritional neuroscience method she developed, you can positively and naturally influence your mental health through diet and lifestyle changes.

Highly topical – the keyword
"gut-brain axis" is currently
electrifying medical research

Practical – how to make and
keep your psyche healthy with
food and lifestyle choices

Competent – as a nutritionist
and aspiring psychologist,
Lara Opfermann is right at the
professional interface



Lara Opfermann is a qualified nutritionist and an aspiring psychologist and neuronutrition expert. Driven by her own problems, she began to look into the connections between nutrition, psyche and intestines. Throughout her youth, she suffered from a variety of symptoms such as heartburn and constant stomach pain, and her mental health quickly deteriorated. By changing her diet and lifestyle, she managed to get back into shape both physically and mentally, even reaching her best form ever. Based on her own experience and scientific findings, Lara Opfermann developed the nutritional neuroscience method. Lara's aim is to help others bring their stress systems back under control and into balance naturally and strengthen their psyche.



Hardcover

Matthias Riedl

Eat your Psyche Healthy

My nutritional knowledge plus
100 recipes to combat stress,
anxiety and depression

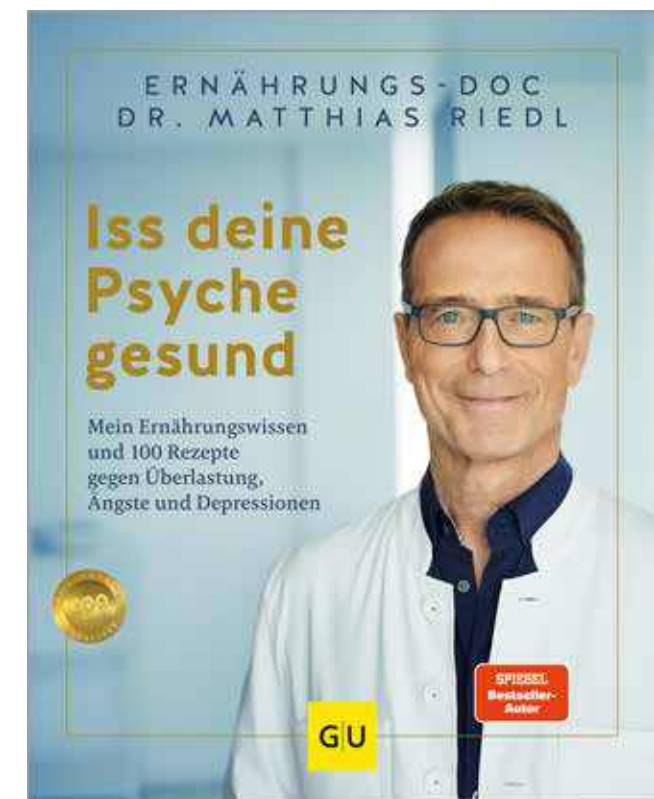
Hardcover · 192 pages
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9250-9

€ [D] 29.99

DOP 05 Sep 2024

All rights available



The right foods are the key
to mental health

For millions of people
affected by stress,
burn-out and depression

By the extremely successful
best-selling author and media
darling with his own podcast
and successful nutrition app

Nutrition is the key to a healthy soul – by nutrition doc Riedl

Wouldn't it be fantastic if mental health problems could be treated in the gut rather than in the brain! What may sound a little bold turns out to be reality, thanks to recent studies in neurogastroenterology – the right foods are the key to mental health. In his new reference work, nutritionist Matthias Riedl presents the essential building blocks of a mind-friendly diet. Instead of antidepressants, he relies on broccoli and nuts, and instead of mood enhancers, he opts for omega-3 fatty acids and zinc. At the same time, he warns of the great dangers for our mental well-being posed by convenience foods and ultra-processed foods. His nutritional hacks and 100 delicious recipes make healthy enjoyment really easy for your brain!

More than 69,800 copies sold



Eat Yourself Healthy with Dr Riedl

€ [D] 32.00

ISBN 978-3-8338-6430-8

More than 15,000 copies sold



Dr Riedl: My 100 Best Recipes

€ [D] 28.00

ISBN 978-3-8338-8930-1

Dr Matthias Riedl is a nutritional doctor, diabetologist and the founder and medical director of medicum Hamburg, Europe's largest interdisciplinary centre for diabetology, nutritional medicine and related disciplines. The author is also known as the TV nutrition doctor for the NDR station and as the author of numerous bestsellers, including *Eat Yourself Healthy with Dr Riedl*. With his Top 50 podcast "This is how a healthy diet works", he inspires tens of thousands of people and accompanies them step by step into a healthier life. MyFoodDoctor, the first German nutritional therapy app, was developed by Dr Riedl.



Softcover

Egor Egorov

Six Breaths and No More Stress

The training programme for more serenity

Softcover · 192 pages
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9520-3

€ [D] 18,99

DOP 21 Dec 2024

All rights available



Progressive – optimising
energy and stress resistance
with the most up to date
breathing methods

Adaptable – individually tailored
breathing exercises for every
health and fitness level

Relaxing – better sleep and
protection from old age diseases
from breathing exercises

The first guidebook that allows you to literally breathe away any stress

Less is often more – and that is also true for respiration. Did you know that breathing less can considerably improve your wellbeing? Thanks to this new type of breath training you can literally enjoy a new breath of life. The exercises simulate a lack of oxygen and optimise your energy balance so that any stress simply puffs away. Controlled and reduced breathing lowers your cortisone level which results in a deep relaxation, calms your nervous system and even improves the quality of your sleep. This guidebook shows you how easy and effective breath training can be. Whether you are healthy, ill or an active sportsperson – there are suitable exercises for everyone. Discover how conscious breathing can improve your life and make you calmer, more relaxed and also more resilient.

More than 15,000 copies sold



10 Breaths and Never Again Tired

€ [D] 14,99

ISBN 978-3-8338-8004-9



Dr Egor Egorov is an expert in interval hypoxic training. After studying medicine in Russia, he did his specialist medical training in Germany. Egor has been active in research and teaching for 20 years and is a sought-after speaker on the international stage



Hardcover

Claus Leitzmann, Hilka de Groot

Living to be Over 90 in Good Health

Our insider tip for successful ageing –
diet, movement, mental fitness, sexuality,
social life and joie de vivre

Hardcover · 320 pages

Format 17.0 x 23.5 cm

ISBN 978-3-8338-9482-4

€ [D] 29,99

DOP 08 Dec 2024 All rights available

In this book, Prof Leitzmann (91),
nutrition guru and best-selling
author, and the scientific journalist
Hilka de Groot (80) share their
secrets of success

A vast and growing target group
– some 24.4 per cent of the UK
population are aged 60 and over,
and 5 per cent between 80 and 100

With an over-90s fitness
programme plus 20 delicious fit-
making recipes



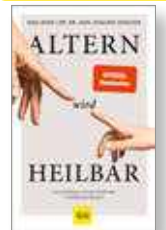
Claus Leitzmann is a biochemist and nutritional scientist. After his studies in the United States, he worked at the University of California in Los Angeles with the Nobel prize winner Paul Boyer. The focus of his research is on international nutrition, whole food diets, plant-based diets, nutritional ecology and nutrition education. He has published more than 40 books on the subject of nutrition, including the SPIEGELbestseller *Klartext Ernährung* (Nutrition in Plain Text), together with Petra Bracht



We all get older, but what matters is *how*

Going on a hike aged 80, standing on a yoga mat aged 90, full of joie de vivre and energy – doesn't that sound fabulous? The fact is that humans get older and older, but these additional years can only be a source of real happiness if no health-related restrictions cloud your everyday life. Your lifestyle is key. Research confirms that it is never too late to make some simple adjustments, even at an advanced age. Nobody knows this better than nutrition guru Prof Leitzmann (91) and movement advocate Hilka de Groot (80). In this book, the authors share their secret for successful ageing with us – a very personal story, based on decades of scientific experience and containing plenty of exercises and practical tips.

More than 33,000 copies sold



Ageing Becomes Curable

€ [D] 22,00

ISBN 978-3-8338-7178-8

More than 31,000 copies sold



Rejuvenation is Possible

€ [D] 26,00

ISBN 978-3-8338-7956-2

More than 12,000 copies sold



Fit in Old Age

€ [D] 16,99

ISBN 978-3-8338-6330-1



Take a holistic view of high blood pressure and finally get it under control

The highly effective 3-type concept – tailor-made reset programmes including nutrition, exercise and mental coaching

The successful health guide in a new and modern layout



Softcover

Annette Bopp, Thomas Breitzkreuz
Lowering Blood Pressure
The successful 3-type concept / With many tips and practical applications from both conventional and natural medicine

Softcover · 128 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9578-4
€ [D] 15.99
DOP 04 Sep 2024
All rights available



The successful health guide comprehensively updated and in a new and modern layout

Significantly improve your wellbeing with the holistic Hashimoto treatment therapy

More energy thanks to a modified diet, relaxation techniques and micronutrient supplements

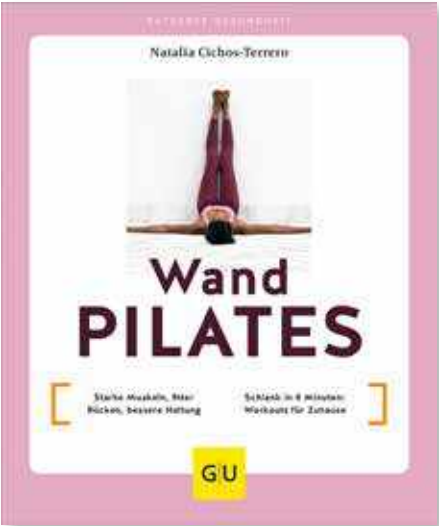


Softcover

Nicole Schaezler, Markus Breitenberger
Treating Hashimoto Holistically
Alleviating symptoms, improving quality of life / Getting back into balance with 20 delicious dishes

Softcover · 160 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9573-9
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Fitness hype meets expertise – "Pilates Pure" on the wall with Pilates trainer Natalia Cichos-Terrero

Minimum effort, maximum benefit – easily staying fit and healthy with 5 effective micro-workouts that are guaranteed to be suitable for everyday use



Softcover

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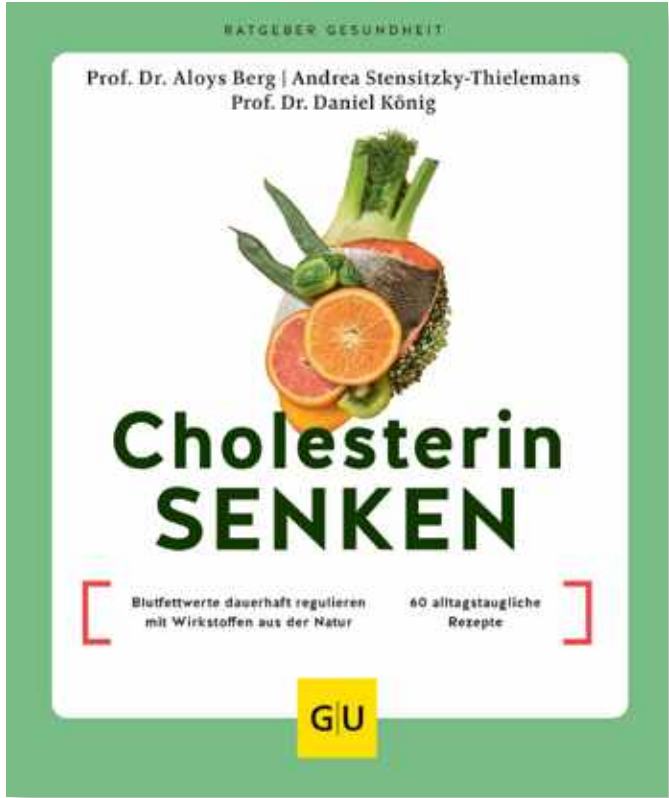
Professor Aloys Berg
Professor Daniel König
Andrea Stensitzky-Thielemans
Lowering Cholesterol
Permanently regulate cholesterol levels with active ingredients from nature / 60 recipes suitable for everyday use

Softcover · 160 pages
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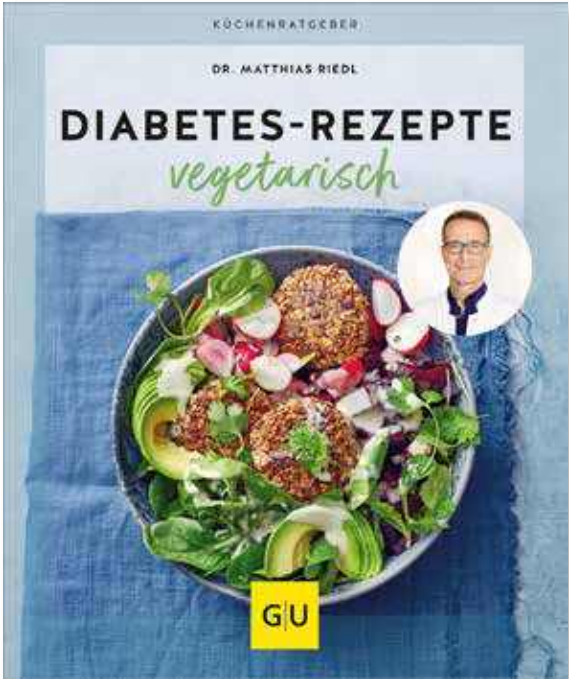
A new edition of the bestseller with more than 100,000 copies sold

Lowering cholesterol without medication thanks to the unique combination diet suitable for family use and with 60 recipes for every day.



Regulate cholesterol levels for the long term with active ingredients from nature

Almost two-thirds of the population in the UK is affected by elevated cholesterol levels. Having too much LDL cholesterol in your blood increases the risk of heart attack, arteriosclerosis and stroke. But what really helps to reduce cholesterol levels to a healthy level for the long term? In this book, the team of experts provides general basic facts on the subject and explains which foods are completely natural cholesterol-lowering agents. With the help of a unique combination diet, this targeted positive effect on cholesterol levels can be increased even further. The 60 recipes in the book are low in cholesterol, delicious and easy to prepare. And best of all: they work without you havng to take any medication!



Meat-free and delicious –
the best recipes by diabetes expert
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your blood sugar in check

Recipes for every occasion: soups,
omelettes, salads and vegetable
stir-fries ensure variety on the plate

Knowledge in a nutshell –
useful tips and tricks on how to avoid
blood sugar spikes in everyday life

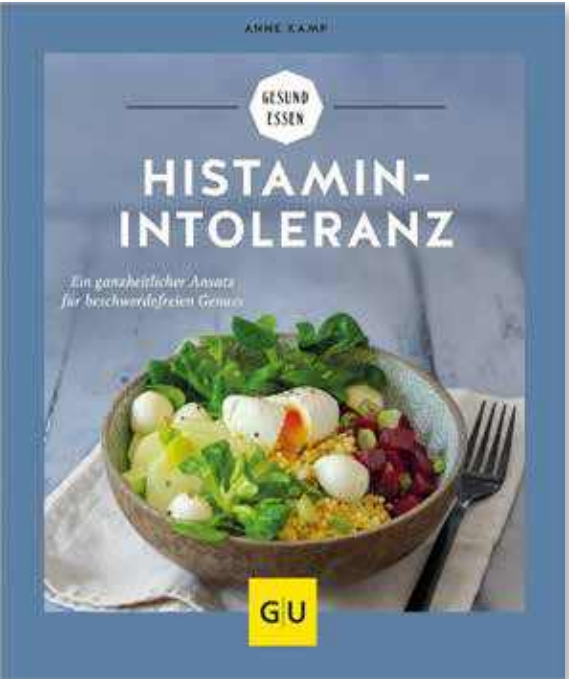


Softcover

Matthias Riedl
**Diabetic-Friendly
Vegetarian Recipes**

Softcover · 64 pages
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9442-8
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Market guaranteed –
it is estimated that at least
1–3 per cent of the population
suffer from histamine
intolerance

Better understanding – the
latest findings in the completely
revised fact section

Healthy eating can be so
delicious – around half of the
yummy recipes are new



Softcover

Anne Kamp
Histamine Intolerance
A holistic approach
for pain-free enjoyment

Softcover · 192 pages
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Hardcover

Peggy Reichelt
Women in Balance
The 10 most common symptoms of the
menopause and what you can do about them

Hardcover · 192 pages
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9486-2
€ [D] 29.99
DOP 06 Aug 2024
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For women by women –
tips and facts from the
successful XbyX portal

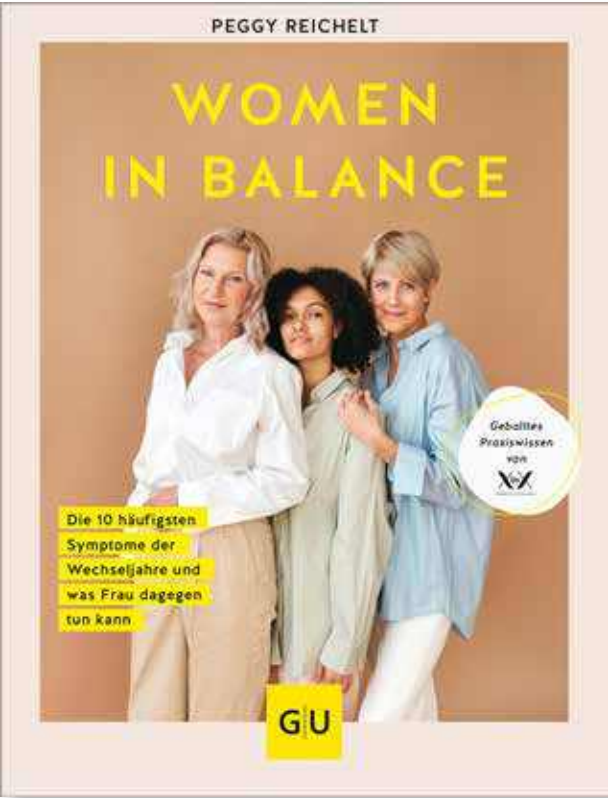
Whether you suffer from sleep
disorders, joint problems,
hot flushes or brain fog –
this book offers scientifically
based solutions for every
menopause-related problem

Holistic – including recipes
as well as relaxation and
mobility exercises plus
lots of practical tips

© Johannes C. Hüsch



Peggy Reichelt is a menopause expert, certified food coach, graduate engineer and experienced businesswoman. Faced with the challenges of her own perimenopause, she realised that there was a lack of sound information and practical solutions, and so she put her passion for women's health into action and founded XbyX Women in Balance. Together with her co-founder and renowned experts, she accompanies women from midlife through the menopause and into old age.



The menopause has a real image problem. If there were a prize for the most unpopular phase in life, the menopause would win it. Instead of talking about it, you just grin and bear it. If you go to the doctor, there is little support other than medication or hormone therapy. It's high time to find a better solution! This book gives you what you need – condensed knowledge about what is happening in your body and practical solutions for the 10 most common symptoms of menopause. Everyday tips, exercises and recipes guide you through this heady phase of your life like a compass, enabling you to maintain an energetic attitude to life well into old age.

More than 64,000 copies sold
since first publication



Regulating Hormones Naturally
€ [D] 16.99
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Eat Your Hormones Happy
€ [D] 16.99
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Softcover

Judith Bildau

Raus aus dem Hormonkarussell

Immediate help for PMS,
period pain, psychological lows,
sleep disorders and weight gain

Softcover · 256 pages

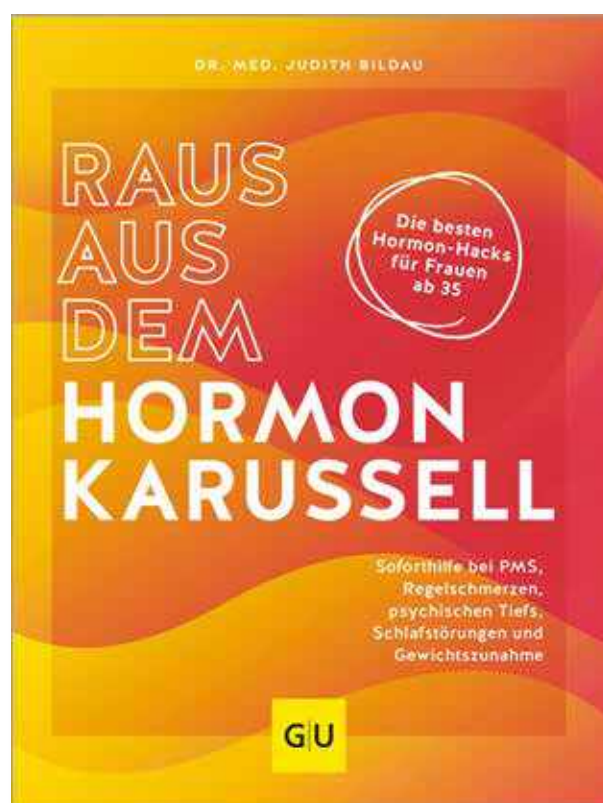
Format 16.0 x 21.5 cm

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DOP 04 April 2024

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All you need to know about the cycle from your mid-30s

Dr Judith Bildau is a gynaecologist, hormone expert, model and columnist. In her book, she addresses a group that is largely ignored in medical terms: the 4.5 million women aged between 35 and 45, who may already have given birth to one or more children, and who live alone or in a steady relationship. That is, all the women who realise that after from the age of 35 periods become (even more) difficult, mentally throw them off track or physically lead them to the edge of the pain threshold. Based on the latest scientific findings and a lot of experience from her practice, she explains what changes occur naturally well before the menopause and what women can do to feel better.

More than 10,000 copies sold



Cycle of Happiness
€ [D] 18.99
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Cycle of Happiness -
The Cookbook
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ISBN 978-3-8338-9044-4

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Regulating Hormones
Naturally
€ [D] 16.99
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Dr Judith Bildau lives with her family in Rome where she works as a gynaecologist as well as at a women's health centre in Tuscany. She is part of a team at Europe's first online hormone clinic, founded by Dr. Sheila de Liz, and she wrote the books *Strong Girls Need Relaxed Parents*, *Helping My Daughter Through Puberty* and *Your Girls' Surgery Hour*. Her easy-to-understand way of explaining facts inspires many women – and men. Dr Judith Bildau is now one of Germany's most successful medical influencers. She is a health expert at RTL News, where she writes her own column and appears on TV.

Life Coaching



Hardcover

Melanie Pignitter
**When the Child Inside You
 is Still Crying**
 How to heal old wounds at last

Hardcover · 192 pages
 Format 13.3 x 18.8 cm

ISBN 978-3-8338-9195-3
 € [D] 19.99
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Top author Melanie Pignitter
 is one of the most successful
 influencers, with three SPIEGEL
 bestsellers at GU already
 under her belt and a constantly
 growing number of followers

A unique approach –
 reparenting, the most powerful
 healing tool for the inner child,
 can be directly experienced
 with this book



Catching up on parental love while reading

A unique and completely novel approach to healing the Inner Child. Well-known mental trainer and bestselling author Melanie Pignitter not only creates the scientific and psychological basis for understanding mental wounds from childhood, she also shows effective exercises and tools for healing work. And she goes a great deal further – Melanie builds a very special connection with her readers and so speaks directly emotionally to their inner child. Reparenting – that is, healing postparenting – can actually happen. The parental love that has so badly been lacking can now be experienced directly while reading. A profoundly changing book!

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Bestselling author **Heike Abidi** is a trained linguist. She has inspired hundreds of thousands of readers with humorous books such as *A True Friend is Like a Bra* and *Grandparents are Like Parents, but with Sugar Coating*. Heike lives with her family in the Palatinate near Kaiserslautern, where she works as a freelance copywriter and author. She mostly writes easy novels, children's and young adult books as well as entertaining non-fiction – the latter often together with Lucinde Hutzenlaub and Ursi Breidenbach.



Paperback

Heike Abidi
**From today
 I'll please myself**
 Why us people pleasers
 should think more about ourselves

Paperback · 240 pages
 Format 13.5 x 21.0 cm

ISBN 978-3-8338-9468-8
 € [D] 16.99
 DOP 07 Nov 2024
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Life advice meets humour –
 entertaining and enlightening
 facts around the subject of
 people-pleasing by bestselling
 author Heike Abidi

A pinch of healthy egoism
 for all those who cannot say
 "no" and who are too keen
 to bend over backwards

Tips and tricks that help
 you to charmingly put others
 in their place without
 offending them



No more "I have to"!

The book for all those who'd love to be everybody's favourite, but usually end up being the fool – astutely observed and humorously told by bestselling author Heike Abidi. People pleasers learn why they are so eager to bend over backwards; how others can so easily see through what they're doing (and – of course – take advantage of it); and how a dash of healthy egoism can make life much easier for them. No matter whether it's about saying no or charmingly putting others in their place without offending them.



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 Don't Give a Damn
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Hardcover

Dr. Jörg Bernardy
**The Power of Simplicity
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22 philosophical insights

Hardcover · 192 pages

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€ [D] 18.99

DOP 07 Oct 2024

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**Inspiring – Dr Jörg Bernardy's
 22 impulses reveal hidden
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 simplicity of being**

**Illuminating – a guide that
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Rediscovering a meaningful quality

"Hand on heart, when was the last time you wished for a simpler life?" This question is the start of a journey of discovery that takes us into the world of simplicity. It shows us that simplicity is more than just the renunciation of material values – it is an inner attitude, a state of being that miraculously reflects our outer life. Practical exercises in gratitude, acceptance and love show us how to bring our inner and outer worlds into harmony. An invitation to allow yourself to be enchanted and transformed by the magic of simplicity.

Dr Jörg Bernardy, philosopher and author, writes for *DIE ZEIT*. He philosophises on the radio and in podcasts on "Mauslive" (mouse live) and "Die Maus zum Hören" (The mouse for listening) for the WDR radio station. Jörg is a dog lover and the spokesperson for the BALLOON mindfulness app. He has developed the School of Life Berlin public programmes throughout Germany. He works with Leon Windscheid, among others, and is an expert in stoic philosophy and the important questions of life. He has been living in Hamburg for 10 years where he writes successful books for children, teenagers and adults.



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Hardcover

Magdalena Fournillier
Safe
 The little penguin's journey
 to his innermost home

Hardcover · 128 pages

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ISBN 978-3-8338-9484-8

€ [D] 18.99

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**Universal messages about
 security with beautiful,
 heartwarming illustrations**

**For the fans of Charles
 Mackesy, Kobi Yamada
 and James Norbury**

**The books transports people
 of all ages on a journey packed
 with emotional depth**

A gift book that's like a loving hug

The little penguin feels lost and longs for security. To find it, he embarks on a long journey. Over the course of the seasons, he meets many other animals and makes new friends. In pleasant conversations, while eating ice cream and enjoying every moment, in accepting and letting go, he finds the security he was so desperately looking for. This enchantingly illustrated story is a heartwarming invitation to find yourself at home in the beauty and diversity of life and to discover your innermost home in big and little steps.

Magdalena Fournillier studied at the University of Art and Design (hfg) in Offenbach and since 2012 has been working as a freelance illustrator, designer and photographer for various agencies and publishers. On her @madgen.fou (15k) Instagram channel she touchingly and very openly presents herself and her drawings. In beautiful words she describes the often painful feeling of being an outsider, the search for a place in life and in society, and how she discovered her own strength and the unexpected beauty hidden in being different.



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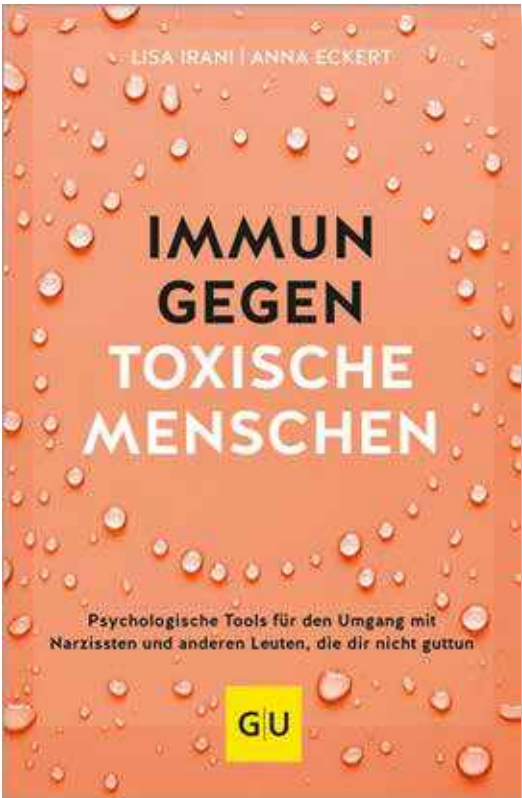


Softcover

Lisa Irani, Anna Eckert
Immune to Toxic People
Psychological tools for dealing
with narcissists and other people
who are no good for you

Softcover · 288 pages
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9266-0
€ [D] 18.99
DOP 04 June 2024
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Recognising toxic relationship
patterns thanks to profound
insights into the underlying
mechanisms

Psychologically proven tools
to help you defend yourself
against aggressive behaviour
and free yourself from
manipulative bonds

Arm yourself against toxic
people for the long term
by strengthening the
“psychological immune system”

Long-term self-protection from manipulation, debasement and more

In toxic relationship constellations, threats, debasements, lies and manipulation dominate everyday life. The underlying mechanisms are the same, whether it's the relationship with your partner, friends, parents, colleagues or superiors. Psychologists Anna Eckert and Lisa Irani show you how to recognise dysfunctional relationships, how to use psychologically sound tools to defend yourself against invasive behaviour for now and in the long term, how to evade manipulation and how to break away from entanglement. The goal is to build a kind of “psychological immune system” in order to continue to be resistant to toxic relationships in the future.

More than 11,000 copies sold



The Tricks of the Narcissists
€ [D] 17.99
ISBN 978-3-8338-7745-2

Lisa Irani studied applied psychology (B.Sc.) and clinical psychology, graduating with an M.Sc. in 2021. The research focus of her study was “Narcissism in connection with love styles and attachment types”. Since 2021 she has completed further training as a child and adolescent psychotherapist. Lisa also has certificates in systematic coaching, the current S3 guidelines for schizophrenia and the diagnosis of autism spectrum disorder. Today she is working in a child and adolescent psychiatric practice and as a clinical psychologist in a general and emergency medicine practice. Together with her colleague Anna Eckert, she founded the psychological podcast (450,000 downloads) and TikTok account “Cute but Psycho” in 2020, which currently has 91,000 followers with a psychological training.

Anna Eckert studied applied psychology (B.Sc.) and clinical psychology, graduating with an M.Sc. in 2021. The research focus of her study was “Variants of narcissism in the regulation of behaviour and experiences in romantic relationships”. Anna also has certificates in systematic coaching, the current S3 guidelines for schizophrenia and the diagnosis of autism spectrum disorder. She works in her own practice and offers psychological, couples and group counselling. The focus of her work is on relationships and relationship management. Together with her colleague Lisa Irani, she founded the psychological podcast (450,000 downloads) and TikTok account “Cute but Psycho” in 2020, which today has 91,000 followers with a psychological training.



Hardcover

Katharina Tempel
**Enough pondering,
my dear head!**
How to free yourself from tormenting
thoughts and gain more lightness

Hardcover · 192 pages
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Simple yet effective
strategies to free yourself from
worries, brooding and energy-
sapping thought loops

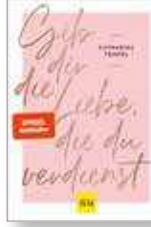
Well-founded – written by an
expert in positive psychology
and two-time bestselling author

Designed to be easy
to implement and
with love and magic

Don't listen to everything you're thinking!

Thoughts are powerful, but they don't always help us live the life we want. When worries, brooding and self-doubt take over, it is time to regain control and bring more lightness back into your life. Katharina Tempel, bestselling author and expert in positive psychology, very clearly explains how our mind works and why we shouldn't always listen to it. She reveals how we can free ourselves from recurring, stressful thoughts using practical strategies. An indispensable guide for all those who long for inner peace and more joy in life.

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Dr Katharina Tempel is an expert in positive psychology and a bestselling author. As a coach, she helps people become happier and lead a more fulfilling life. She wrote her doctoral thesis in psychology about exercises to improve well-being. Her website and her “Glücksdetektiv” (happiness detective) YouTube channel are among the most successful German-language offerings on the subject of happiness. Her books *Give Yourself the Love You Deserve* and *Give Yourself the Life You Dream of* both became SPIEGEL bestsellers.



It couldn't be simpler or more effective
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Get out of the downward spiral with
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Recognition and support for mental
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Dinah-Kristin Berger explains
mental suffering



Hardcover

Dinah-Kristin Berger
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Get out of the distorted perception
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Softcover

Lars Amend
Why not?
Inspiration for a life without
ifs and buts

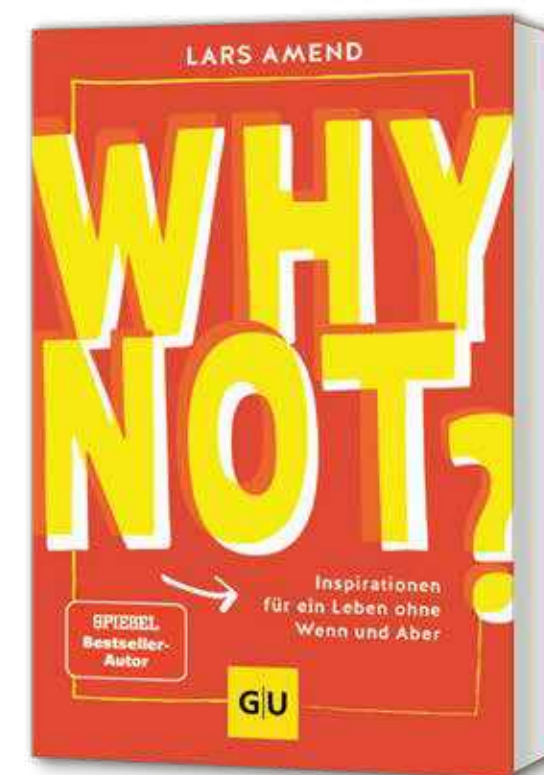
Softcover · 288 pages
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DOP 21 Dec 2024
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The coolest instruction manual
for life – how to transform it
into an exciting journey full of
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Inspirations, instructions,
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With a new preface and an
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**A successful long-seller from
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We constantly compare ourselves to others – the most
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Lars Amend shows us how to make our dreams and
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never want to exchange with anyone else. As a coach,
he accompanies us on this path with inspirational
thought experiments, profound questions and little
exercises to make us grow inwardly and to change
our own inner attitudes. We often set ourselves limits
due to anxiety or a lack of courage and confidence in
ourselves when, instead, we should ask ourselves, why
not? In the end, readers will find their own answers –
and there will be no more ifs and buts!



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Lars Amend, born 1978 in Giessen, is an author, speaker and podcaster. His first book shot straight to the
No. 1 slot in the *SPIEGEL* bestseller list and was made into a film with a star cast by the Oscar-nominated cult
director Bernd Eichinger. It was to become the beginning of a very special journey into the world of words.
Twelve further books followed, including one co-authored by Prof Sven Gottschling, Europe's most renowned
pain therapist, as well as a remarkable life-coaching biography co-written with Rudolf Schenker, the founder
and guitarist of the legendary rock band The Scorpions, to which Paulo Coelho contributed an exclusive
preface. Lars' books *Why Not?*, *Where is the Love?*, *Rock Your Life* and *Imagine* all made it to No. 1 in the
bestseller lists and changed the lives of hundreds of thousands of people. Thanks to his honest and authentic
approach, Lars Amend is one of the most popular speakers and authors in the German-speaking area.



Softcover

Gopal Norbert Klein
**The Vagus Nerve –
 Key to Overcoming Trauma**
 How our nerve system is regulated
 by honest communication

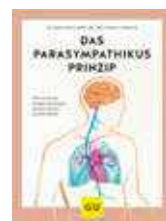
Softcover · c. 192 pages
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ISBN 978-3-8338-8032-2
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 DOP 05 Oct 2021
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The first book on the well-known trauma therapist's successful method

Almost everyone today is affected by attachment and developmental trauma. This shocking realisation led the well-known trauma therapist Gopal Norbert Klein to come up with a simple, yet highly effective healing method: 'honest communication'. We share with others what we perceive within ourselves unfiltered in a safe environment. Why is this healing? We suffer a trauma because, in our childhood, in contact with our parents, we experienced that we are not okay. Our nervous system went into a state of alarm which continues to this day. As soon as we perceive contact with others as safe, we can finally start to heal. The vagus nerve becomes active, we feel relaxed and are ready for life. This book shows us the way – informative, practical and encouraging.



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Gopal Norbert Klein is a natural health practitioner for psychotherapy and one of the most renowned trauma therapists in German-speaking countries. After training in various methods of trauma therapy, he began to develop his own method. Today this is practiced by local groups throughout Germany. Gopal also organises seminars and training courses to teach his method.

Spirituality



Hardcover

Leni Glapa, Felix Eidner

Cacao Ritual

Ceremonies that open your heart

Hardcover · 192 pages

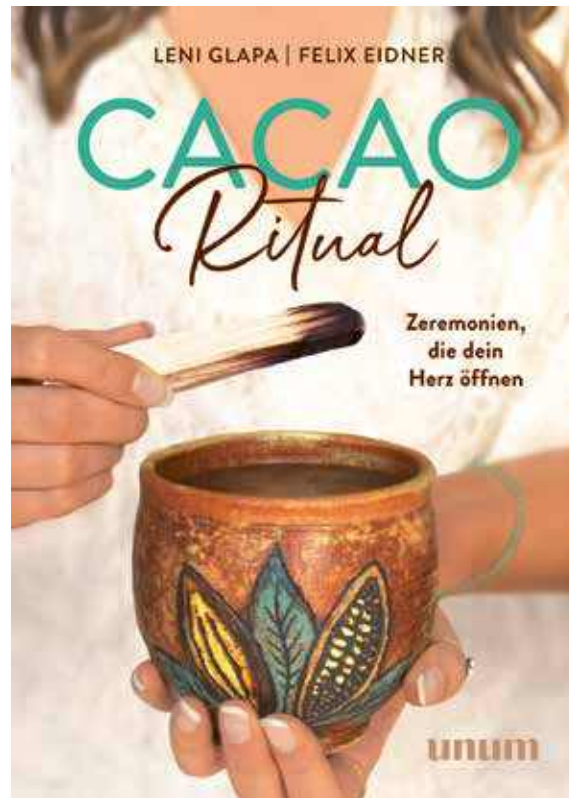
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DOP 03 Feb 2024

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Cacao ceremonies for the whole year and every occasion – from New Year to birthdays, from cleansing to manifestation

With recipes to prepare and all you need to know about cacao

A wonderful gift – perfect for personal use, with high-quality illustrations

The first book on the big trend!

The spirit of cacao is calling you! A millennia-old ritual returns . . . Cacao in its original form and the ceremonies associated with it have become very popular in recent years. It's no wonder because cacao opens your heart. The focus of this book are twelve cacao ceremonies for the whole year, including the start of the year, Walpurgis Night, Thanksgiving and the winter solstice. Twelve additional rituals are proposed for special occasions such as birthdays or manifestation. The authors, who have been conducting cacao ceremonies for years, also offer recipes for the preparation of cacao and detailed information about the cacao bean. A beautifully illustrated book which allows you to bring the power and magic of cacao into your own life.

Leni Glapa has been combining deep healing and motivational work with the transformational effects of the cacao plant for eight years. Her aim is to build bridges between head and heart. Together with Felix Eidner she founded the cacao label cacaoloves.me.

Felix Eidner has been practising meditation and mindfulness for 20 years. He learned about the magical effects of ceremonial cacao on a trip to Venezuela. Together with Leni Glapa he founded the label cacaoloves.me.



Hardcover

Daniela Poppe

Bloom with the Moon 2025

Using the moon's energetic qualities every day

Hardcover · 272 pages

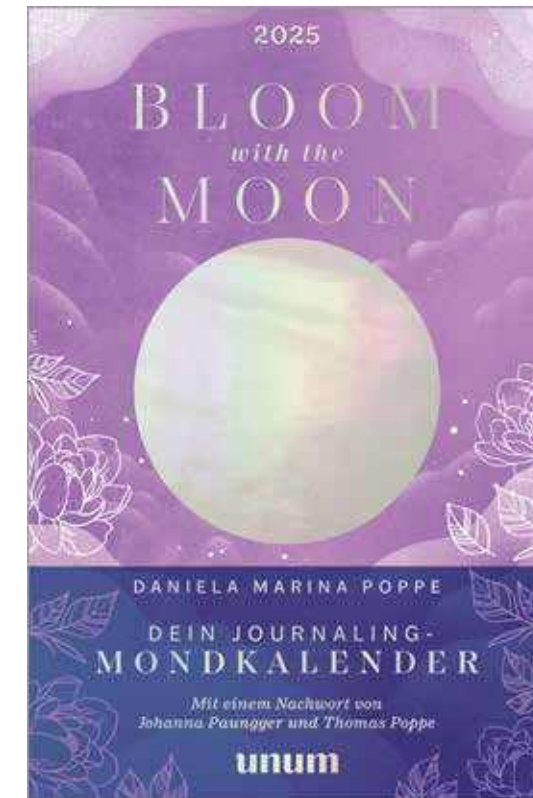
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DOP 05 July 2024

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In focus – each day's energetic qualities and how to use them for body, mind and soul

Clear – how do I plan my day, week and month in harmony with the moon? Quality design, with plenty of space for your own notes

The author is the daughter of the lunar experts Paungger and Poppe. Here she transfers ancient knowledge to the modern times

The first holistic lunar calendar!

A contemporary lunar calendar for more mindfulness and happiness in your life! This high-quality annual planner combines ancient lunar knowledge with modern spirituality and authentic astrology. In addition, it provides basic knowledge about the influence of the current position of the moon on our emotions, mental powers, health and a variety of practical everyday aspects. Inspiring impulses illuminate the specific energies of the new moon and the full moon. What can you tune in to emotionally, spiritually and also practically? How does each respective quality of time support or hinder you? With clever journal prompts, loving design and space for personal notes, this lunar calendar will become your holistic companion throughout the year.

Daniela Marina Poppe, the daughter of Johanna Paungger and Thomas Poppe, grew up with the old Tyrolean knowledge of the moon shared by the bestselling authors in their extensive works. Daniela lives in Munich. She is a certified astrologer, alternative practitioner and developer of potential. Her main concern is to combine her knowledge of the moon with spirituality and holistic coaching approaches and to make it applicable to modern city life. The belief in a more beautiful world in which people live in harmony with nature and their unique destiny is at the very heart of Daniela's work.

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Hardcover

Maxim Mankevich

Soul Master

How to awaken your ingenious potential
with the help of your soul powers

Hardcover · approx. 240 pages
Format 13.5 x 21 cm

ISBN 978-3-8338-8319-4

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DOP 2 March 2022

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Unique soul coaching from the well-known knowledge success expert

Imagine you cannot fail and the universe supports your mission 100 per cent. You live in harmony with your creative soul and suddenly all the cosmic forces resonate with you. What does that feel like? Speaker and consultant Maxim Mankevich has already inspired thousands of people and accompanied them on the path to their personal excellence. He knows the laws of the universe and, in *Soul Master*, he makes sure everyone can use them. His thesis is that the universe will be fully on our side as soon as we bring ourselves in line with our soul's purpose. We discover our luminous core and unleash our inner genius step by step.

The first book by the social
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success with spiritual wisdom

Radiance – the author has
already inspired thousands of
people and accompanied them
on the path to excellence



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Maxim Mankevich is an expert in knowledge SUCCESS (Strengthening Use, Capacity, Collaboration, Exchange, Synthesis and Sharing). He joined Greator (GEDANKENTanken), the industry leader, as the head of studies and its youngest trainer. Within a very short time, Maxim was training experts and managers. During his lectures, the audience experiences direct inspiration and profound content. Maxim has received several awards, including being ranked as one of the top 10 most successful trainers in the German-speaking area by *ERFOLG* (Success) magazine.

GU New Adult

THE NEW Romance GENERATION

GU MEETS NEW ADULT

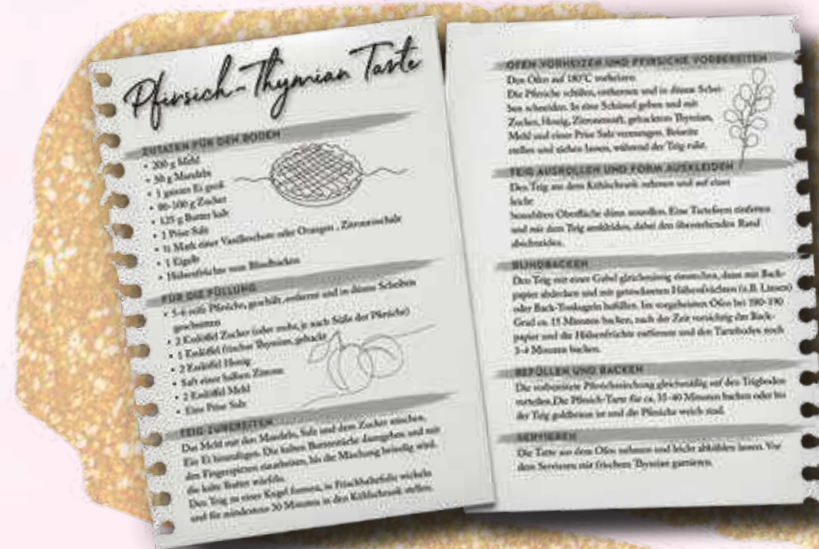
We asked ourselves as guidebook publishers, which USP can we bring to the overwhelmingly large New Adult group in the book market? And we found a convincing answer – our authors narrate thrilling romances whose protagonists have to deal with mental health issues. Expert advice thus becomes a part of an entertaining narrative. In these romances, we completely avoid lengthy treatises, step-by-step explanations and even tip boxes. The advice is clearly subordinate to the narrative and appears, for example, in the form of coaching or therapy sessions within the story itself. In our New Adult novels, readers learn important facts along the way while watching the

stories' heroes grow with their problems and ultimately overcome them. And to do so we use the expertise of psychologists in whom we trust. We at GU are all completely thrilled by this new genre and especially, of course, by our four new releases with which we are hoping to conquer the market this autumn!

Eva Dotterweich
Publishing Director

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More than 54,000 copies sold



When the Snot is Running
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Hardcover

Juliane Jakubek

I Can Do That Myself

Lovingly accompanying children –
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Hardcover · 192 pages
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Parents learn how best to
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independence –
for a self-confident child

Montessori-inspired ideas
make everyday activities such
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teeth and tidying up child's play

The widely read author
is a kindergarten teacher,
a child protection officer
and mother of three

**Lovingly accompanying young
explorers as they grow up**

Children are born with an insatiable desire to become independent and to experience themselves as competent. The best way we as parents can support them is to let them occasionally “just do it themselves”. To have confidence in them and to create spaces of opportunity where there is no pressure for everything to always be perfect. Using numerous Montessori-inspired ideas, elementary school teacher Juliane Jakubek shows how we can best accompany our children on their path to greater autonomy in different areas of their lives and thus strengthen their self-confidence. In a playful way, children learn everyday practical skills such as brushing their teeth, tidying up the room or tying their shoe laces, and thus internalise basic social skills.

Juliane Jakubek lives in Vienna. She is an elementary school teacher, sleep consultant and child protection officer. For several years she has been sharing her ideas for play and education and for basic impulses on educational topics on her blog. She has a wide readership and helps parents to support their child in the best possible way and to build on their child's strengths. Her focus is on bringing up and dealing with your child with love and as an equal. A mother of three, Juliane accompanied each of her children individually through the various stages of their development. In the process, she has collected a number of solutions and interesting tips that will also enable other parents to have a relaxed everyday life with their child.

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Hardcover

Béa Beste, Silke R. Plagge

Parenting Without Guilt

Calmly together through everyday family life

Hardcover · 192 pages
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ISBN 978-3-8338-8548-8

€ [D] 22.99

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Instead of reinforcing
parents' feelings of guilt,
this book shows
you that parenting can
be much easier

The right tip for every family–
a colourful bouquet of
relieving, creative solutions
for the most common "guilt
traps" in everyday family life

Written with a sense
of humour, honesty and
profound understanding

A more relaxed method of needs-oriented education

Parents only want the best for their child. Many believe that this means they have to try so hard as to sacrifice everything in their own lives. If they don't, they are however not more relaxed, but plagued by pangs of conscience. How can mothers and fathers be parents who are simply "good enough" – in the spirit of the Danish educationalist Jesper Juul? This book aims to help you find your own path to parenthood without a guilty conscience. It's packed with many pragmatic and practical tips from everyday parenting; tips that don't require much effort, make everyday parenting easier and don't put a secure bond or a happy childhood at risk. Many subchapters, lists and concrete ideas allow you to read the book in small chunks and in between other activities.

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The Parenting Compass
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Béa Beste, mother of an adult daughter, is a communications specialist and a school and daycare founder. She writes as Tollabea on her blog of the same name, regarded as one of the most popular mummy blogs in Germany.

Nature



Hardcover

Stefanie Hertel

The Wonderful World of Herbs

My family recipes for healing and
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Use the power of
nature for a conscious
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Our Green Power – the Stori
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Stefanie Hertel, born in the Vogtland region of Germany in 1979, is a pop and folk music singer as well as presenting her own TV shows. Aged 12 years, she won the Grand Prix of Folk Music with her song "Über jedes Bacherl geht a Brücke!" (There's a Bridge Across Every Brook). In 2024, she will celebrate her 40th anniversary on the stage. Stefanie is committed to social issues, including working with her association Stefanie Hertel hilft e.V., and is an ambassador for the German Animal Welfare Association. Stefanie Hertel is married and lives with her family in the Chiemgau area of Bavaria.



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Hardcover

Wolf-Dieter Storl

The Magic of Solstices

Our plants and their significance
for customs, symbolism and rituals

Hardcover · 224 pages
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In his exciting stories,
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The return to natural rituals
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Fascinating nature – returning
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Wolf-Dieter Storl's fans have been waiting for this for a long time

Where are our roots? Knowledge of our origins is fading in our fast-paced modern world. Now the renowned ethnobotanist Wolf-Dieter Storl takes us by the hand and shows us our origins in nature. Because hidden behind our seemingly rigid culture lies the natural rhythm of plants in the annual cycle. Wolf-Dieter Storl helps us rediscover the original meaning of our rituals by tracing them back to the symbolic and actual power of our plants. Allow yourself to be captivated by his exciting stories and find a new connection with nature.



© Ingrid Lisa Stori

Dr Wolf-Dieter Storl studied cultural anthropology and ethnobotany and taught at various universities, undertook numerous study trips and published articles and books on his ethnobotanical field research. In 1988, he and his family retired to a remote farm in the Allgäu in southern Germany, where he gardens and investigates the secrets of medicinal herbs and wild plants. He regularly gives lectures and seminars and has published many books, including several bestsellers.



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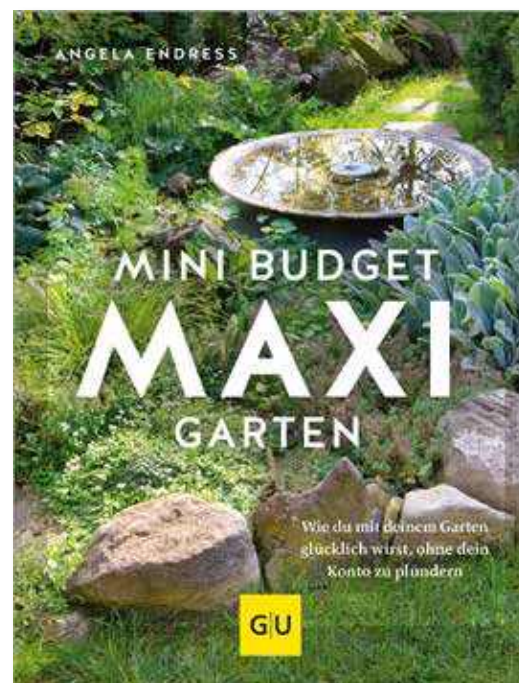
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The garden budget is tight after
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Britta Telahr

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Inspiration for everyone –
100 concrete design suggestions
for every garden location



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middle of greenery now!

Britta Telahr is an expert in unusual planting and creative garden design ideas. After training as a perennial gardener with a focus on plant use and design with plants, she set up her own design office Pflanz-Konzept (planting concept) in 2013. Since then, Britta has used her creativity, her love of plants and her joy in gardening and design to the full in her career.



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Step by step to a rich harvest



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Nina Keller
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Paperback

Natalie Kirchbaumer, Wanda Ganders et al.

Quickfinder Raised Bed and Vegetable Garden

What do I need to do when?

The annual planner for a rich harvest

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Hot topic: self-sufficiency and raised beds. Start growing vegetables with this easy practical guide

The Quickfinder principle – by orientating yourself on the phenological calendar you'll optimise the timings for your gardening work

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When growing vegetables, good results are mainly a question of the right timing. Since this can vary greatly from region to region, our guide is based on the phenological seasons. Whether sowing, planting, propagating or harvesting – it shows you at a glance which gardening jobs need to be done when in the vegetable garden throughout the year. What's special here is that the focus is on growing vegetables in raised beds. The experts from the "meine Ernte" (My Harvest) project answer all frequently asked questions and show in clear picture steps how best to carry out each task. Plus practical tables give advice as to the best varieties to choose and calendars indicate the best time for sowing and harvesting. The perfect annual planner for your vegetable garden!

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Dr Thomas Hagen is a biologist with a focus on botany who obtained his doctorate in vegetation and soil science. Passionate about plants, gardens and nature, Thomas is particularly fond of roses, perennials and the world of garden design. For nearly 20 years, he was responsible for the gardening book list at BLV Buchverlag as an editor and list manager, and he is now in charge of the gardening, building and living areas at DVA-Verlag as programme manager. It is his aim to create innovative, informative and easy-to-understand books with a high aesthetic value that are conceived according to the spirit of the times in terms of their content and design.



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