

# THE NEW PROGRAMME

## Spring 2024

### Guides & Non-fiction Handbooks

**GU**

**GRÄFE  
UND  
UNZER**

**GRÄFE  
UND  
UNZER**

**EDITION**

**unum**  
eins sein. ganz sein.

**BLV**

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Cooking & Indulging



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] 34.00  
 DOP 04.06.2024



### 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, goosepimples 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

**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

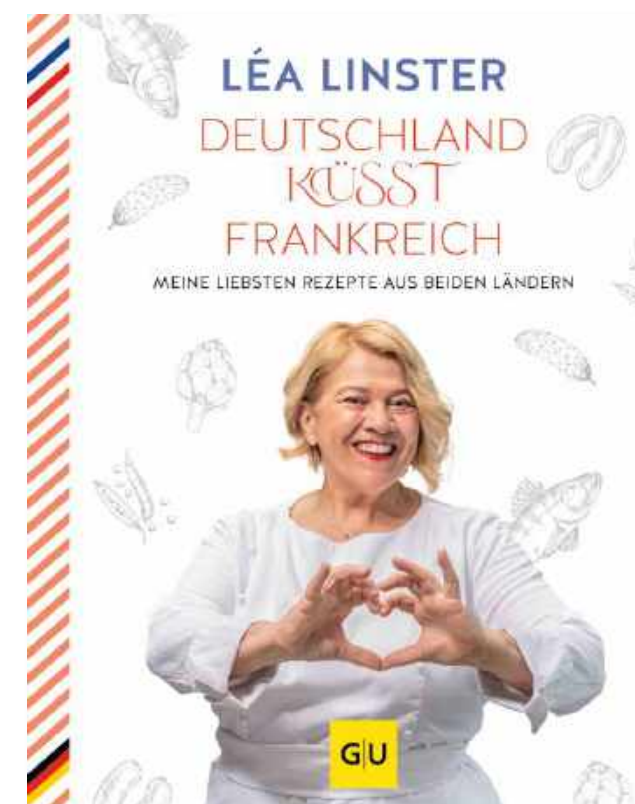
**Tradition and innovation –**  
 classics and modern  
 Italian dishes for all  
 cookery levels



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] 34.00  
 DOP 06.05.2024



**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

**Manuel Weyer**

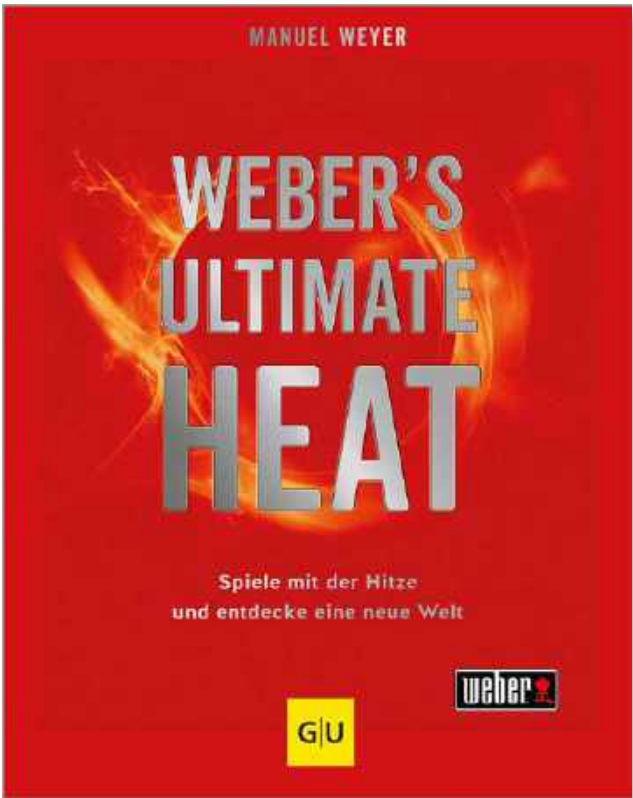
**Weber's ULTIMATE HEAT**

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 06.05.2024



**Extremely hot:**  
THE number one topic  
among BBQ fans

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

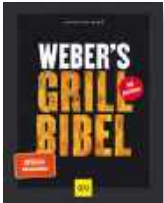
**Facts and myths**  
around 800 degrees

### 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!

**Manuel Weyer** is a cook, food stylist and cookbook writer with a particular passion for barbecued food. After placements with top restaurants in Germany and abroad, he set up on his own in 2015, running a gourmet business including a restaurant and a cookery and BBQ school. To Weber fans he is known as the author of Weber's Gas BBQ Bible and Weber's Pellet BBQ Bible as well as the food stylist of numerous other Weber titles, such as Weber's Burgers.

More than 1.5 million copies sold



Weber's BBQ Bible

€ [D] 32.00  
ISBN 978-3-8338-1863-9

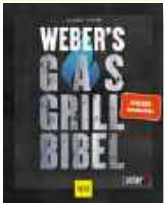
More than 69,000 copies sold



Weber's BBQ Bible Vol. 2

€ [D] 32.00  
ISBN 978-3-8338-6975-4

More than 126,000 copies sold



Weber's Gas BBQ Bible

€ [D] 32.00  
ISBN 978-3-8338-7950-0



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] 39.90

DOP 04.04.2024



**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!

**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.

© Ian Ludwig





Hardcover

Annina Schäflein, Lena Merz

## Free from Sugar for Babies and Toddlers

The best recipes, tips and tricks  
from breifreibaby.de

Hardcover · 160 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9276-9

€ [D] 24.99

DOP 04 April 2024



## The best recipes, tips and tricks from the bestselling SPIEGEL authors

If it's got to be sweet, then better with a clear conscience – because food can be sweetened without adding sugar or sugar substitutes. In the bestselling authors' new book, the sweetness in baby and toddler food comes exclusively from dried fruits, fresh fruit, fruit pulp and fruit juice. Whether porridge or muesli for breakfast, sweet and savoury snacks for in between and to take away, or bread and spreads for supper, plus desserts for little ones with a sweet tooth for their birthdays, Christmas and Easter. The recipes are really easy. They were created with love, they're natural and everything is homemade. It's the only way for parents to know what's inside the foods, and the little ones naturally develop healthy eating habits right from the start.

More than 20,000 copies sold



Sugar-free Snacks for  
Babies and Toddlers  
€ [D] 11.99  
ISBN 978-3-8338-8205-0



Baby-led Weaning Express  
€ [D] 24.00  
ISBN 978-3-8338-9064-2

More than 46,000 copies sold



The Great GU Baby-led  
Weaning Cookbook  
€ [D] 22.00  
ISBN 978-3-8338-7810-7

**Lena Merz** is a cookbook author, food editor and nutritionist. The health value of food is very important to her, which is why she proves in her cookbooks that good, healthy food can also be very easy to prepare.

**Annina Schäflein** is an expert in healthy nutrition. As a trained nurse, expert in baby-led weaning and mother of two, she knows what is important for a stress-free family kitchen.



Other format

Annina Schäflein, Lena Merz

## The Baby-led Weaning Food Box

For a good transition  
to non-purée food

Other format · 122 pages  
Format 9.0 x 15.4 cm

ISBN 978-3-8338-9304-9

€ [D] 24.99

DOP 05 March 2024



The all-round carefree pack  
in a practical card box:  
40 tried-and-tested weaning  
recipes, weekly diet plans to  
hang up, an informative booklet  
and pretty magnets

The faster and more compact  
way to baby-led weaning –  
ideal for on the road  
and as a gift

A plus for young families –  
QR codes take you straight  
to the authors' podcast

## The only baby-led weaning guide in a practical box format

The all-round carefree pack for the easy transition to a no-purée diet: the *Baby-led Weaning Box* is packed with 40 no-purée recipes for beginners on beautifully designed cards. Additional know-how cards explain the main facts around the subject, and quotes on motivation cards help young parents to stay on the ball. Two well thought-out monthly diet plans according to the meal prep concept promise a minimum of effort and stress-free preparation. The *Baby-led Weaning Box* is the perfect complement to existing books. It is perfectly suited for use on the road (for example when you are travelling) and it's also the ideal present for parents-to-be.

More than 101,000 copies sold



Baby-led Weaning

€ [D] 11.99  
ISBN 978-3-8338-7365-2





Hardcover

Clemens Dreyer

**Three**  
Variety in everyday  
cooking at long last

Hardcover · 160 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9325-4

€ [D] 26.00

DOP 05.03.2024



Everyday cooking 2.0 –  
First you choose one  
of 20 ingredients that are  
available everywhere, then  
you cook one of three simply  
ingenious recipe variations

Easy and varied –  
both for beginners and  
experienced cooks

Amazingly straightforward –  
clear graphics will help  
you understand the  
"1 ingredient – 3 variations"  
principle straightaway

## The ideas booster for your everyday cooking!

You want more variety in your everyday cooking? Nothing's easier than that – the ingenious "1 ingredient – 3 variations" principle brings fresh ideas into your kitchen. And this is how it works: choose a favourite ingredient and give it an entirely new taste twist with three exciting, easy-to-prepare and differently flavoured variations! For example, a simple chicken may be Italian today, Arabic tomorrow and really "hot" on Sunday. The great part of it is that you only need to change a few ingredients to magic the most delicious changes from potatoes, stews and such like. Use lemon instead of harissa instead of garlic; or a roast instead of a casserole instead of a fry-up – in no time you'll turn your boring and monotonous cuisine into a yummy, colourful and ever-changing wizard's kitchen!

More than 285,000 copies sold



Henssler's Quick Number

€ [D] 28.00  
ISBN 978-3-8338-7777-3



Hardcover

Cornelia Trischberger, Martin Kintrup  
**Cooking for Lazybones**  
The great cookbook

Hardcover · 288 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9358-2

€ [D] 26.00

DOP 06.05.2024



The best cooking-for-  
lazybones recipes after  
15 years of success

This is how it works:  
**few ingredients,  
easy steps, quick and  
ultra-quick preparation**

There's something  
here for all lazybones –  
vegetarian and vegan meals  
as well as recipes with  
meat and fish

## Welcome to the wonderful world of lazy cooking!

And what exactly do you call lazy? Minimal effort when shopping and preparing – cleverly bought, optimally combined, quickly prepared and then enjoyed in comfort. You're choosing exactly the right foods to make everyday life in the kitchen simply easy with the least amount of effort. You'll select organic mini cucumbers because you can gobble them down without peeling them, just as they are. Or cherry tomatoes and spring onions because there's only little to trim and cut away. Plus eight lazy menus for every occasion and a shopping list with all the ingredients featured in the book that make life even easier. PLUS lots of ultra-quick, lightning fast recipes for times of extreme pressure.

More than 270,000 copies sold



Vegetarian for Lazybones

€ [D] 17.99  
ISBN 978-3-8338-2627-6

More than 158,000 copies sold



€ [D] 17.99  
ISBN 978-3-8338-4039-5

More than 9,500 copies sold



€ [D] 16.99  
ISBN 978-3-8338-6457-5



© Erik Dreyer

**Clemens Dreyer** lives with his family in Munich where he loves experimenting in his kitchen and inventing classic and new flavour combinations. When he's not totally engrossed in culinary creations, he develops communication strategies for customers with a focus on sustainability and 360° degree photography.

**Cornelia Trischberger** is a freelance food journalist and writer living in Munich. She specialises in food for children that is both healthy and delicious – as in the GU titles *Cook it Again, Mum!* and *I'll Cook Today, Mum!* as well as the food pages of *Eltern* (Parents) magazine. By the way, her daughter Theresa (and many of her friends) as well as the food tester kids Augustin and Kaspar examined – and enjoyed – all the dishes.



Hardcover

Martin Kintrup  
**Vegetable Express**  
 Delicious meals  
 from the freezer and the tin

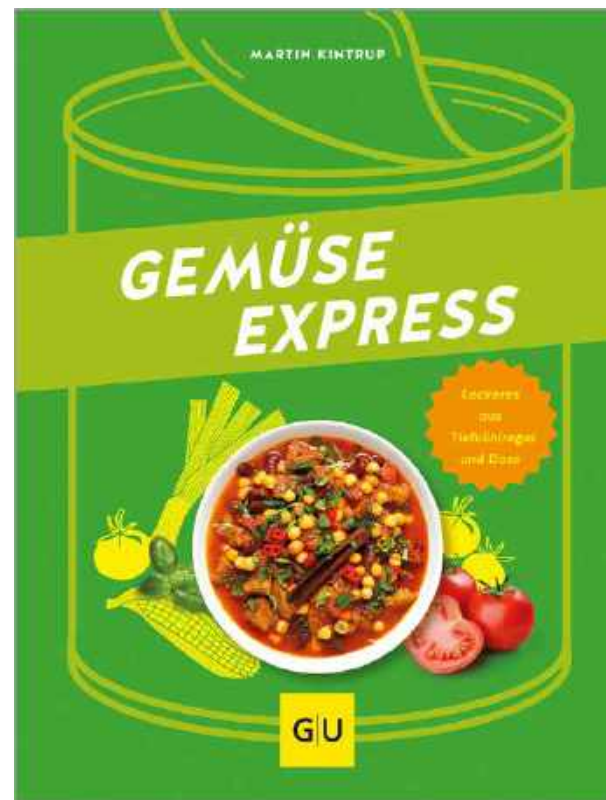
Hardcover · 160 pages  
 Format 18.5 x 24.2 cm

ISBN 978-3-8338-9352-0  
 € [D] 24.99  
 DOP 06.05.2024

Never again trimming  
 and chopping – here are  
 quick vegetable dishes  
 from jar, tin and freezer

Here's how to cook healthy food  
 without using fresh vegetables  
 from the market

The ideal book for all  
 vegetable fans with little time or  
 motivation for cooking



### The perfect solution for your stressful everyday life – healthy and quick vegetable cuisine!

In our fast-paced world there is often little time to eat a balanced and healthy diet. Ready-made products are tempting alternatives – yet in the long run they may be harmful to our health. But what if you combine “healthy” with “fast”? That's what this cookbook is all about. Here you will find numerous recipes for vegetable-rich convenience foods that are quick to prepare and at the same time provide all the necessary nutrients. Whether on the go, in the office or in your stressful everyday life: clever combinations of frozen vegetables, ready-made dough and tinned foods as well as many practical tips show you how you can eat healthy food and enjoy it even when you have little time. Let yourself be inspired and discover vegetable convenience cuisine!

More than 42,200 copies sold



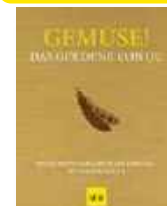
A New Take on Vegetables  
 € [D] 29.90  
 ISBN 978-3-8338-8568-6

More than 4,800 copies sold



Celebrating Vegetables!  
 € [D] 26.00  
 ISBN 978-3-8338-7985-2

More than 13,800 copies sold



Vegetables! The Golden Book from GU  
 € [D] 25.00  
 ISBN 978-3-8338-7914-2

**Martin Kintrup** was already a passionate cook during his studies, and he has since made his love of cooking, eating and enjoying food his life's work. For some years he cooked at the Prütt-Café in Münster. Martin has lots of ideas and constantly develops new and varied dishes, both at home and for guests. He's already sold more than 1.3 million copies of his books, including GU titles *The Best of Vegan*, *Vegetarian for Lazybones* and *Homemade Pesto, Salsa & More*.



New and exciting every day –  
 rediscovering and enjoying  
 the world of everyday cooking  
 with entirely new pasta  
 sauce recipes

Pasta makes you happy –  
 even while you're cooking.  
 Get into the cooking swing with  
 fascinating extra features

It's magic! Amazing tips  
 and facts to go with each recipe  
 for greater wow effects in the  
 pasta sauce kitchen



Hardcover

Hildegard Möller  
**Magically Creative Pasta Sauces**  
 Hardcover · 64 pages  
 Format 16.5 x 20.0 cm

ISBN 978-3-8338-9366-7  
 € [D] 14.99  
 DOP 04.04.2024



Hot topic – French apéro  
 culture is arriving here

Get togethers instead  
 of lockdowns – time spent  
 with friends over a nice drink  
 and delicious snacks.  
 It's something we all need  
 after the Covid pandemic

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 · WG 1458  
 Format 16,5 x 20,0 cm

ISBN 978-3-8338-9365-0  
 € [D] 14,99 · € [A] 15,90  
 ET 04.04.2024





Plant-based – the trend for vegetarian and vegan food is unstoppable, and tofu is one of the main ingredients in both cuisines

A broad target group – vegans and vegetarians, but also flexitarians and the simply curious

An easy start – facts, tips and tricks for preparing, storing, marinating and more



Softcover

GRÄFE UND UNZER Verlag  
**1 Tofu – 30 Recipes**  
Find out how delicious it can be!

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9354-4  
€ [D] 11.99  
DOP 03.02.2024



Whether you have surprise visitors or enjoy supper with the family – lots of taste but little effort

Something for everyone – vegetarian, vegan, with meat or fish

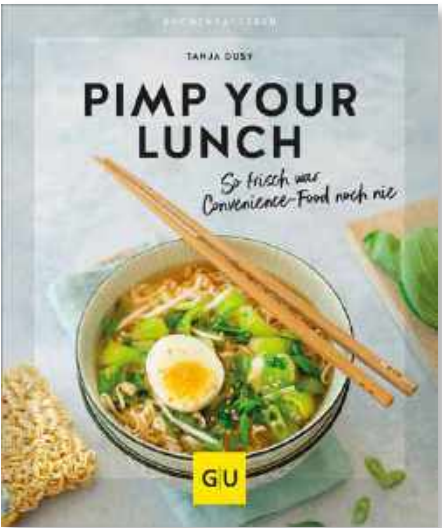


Softcover

Tanja Dusy  
**Let's Have Some Canapés!**  
Relaxed snacks with family and friends

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9238-7  
€ [D] 11.99  
DOP 03.02.2024



Fresh and nutritious food with minimal effort

Perfect for everyday work and study – it couldn't be easier

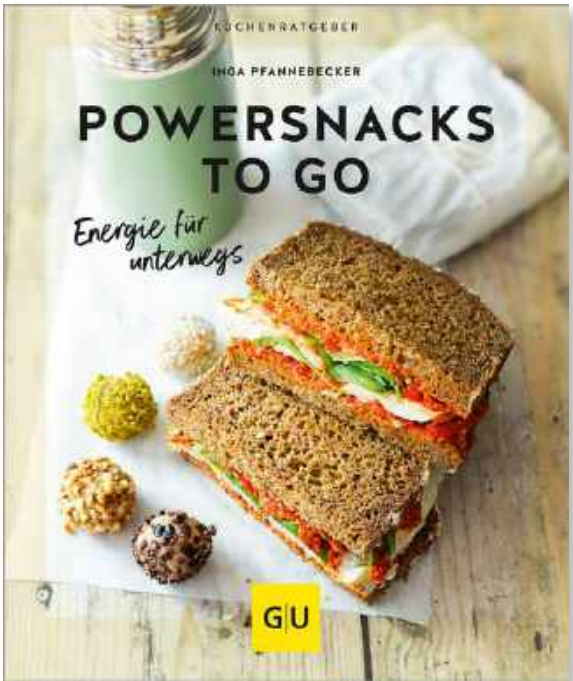


Softcover

Tanja Dusy  
**Pimp your Lunch**  
Convenience food has never been this fresh

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9241-7  
€ [D] 11.99  
DOP 03.02.2024



Lots of variety – versatile, healthy snack recipes for the road, from savoury to sweet

Easy and uncomplicated – quick recipes using few ingredients and prepared without much fuss

Climate protection included – snacks from your own kitchen save a lot of packaging waste!

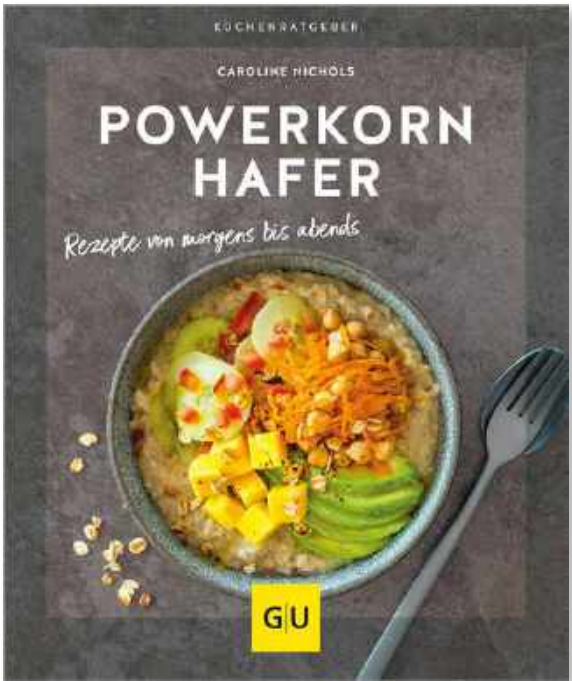


Softcover

Inga Pfannebecker  
**Power Snacks To Go**  
Energy to take away

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9305-6  
€ [D] 11.99  
DOP 03.02.2024



Brand-new recipes from oat expert Caroline Nichols, founder of the successful 3Bears porridge company

Lots of variety – from breakfast and hearty, creative meals to delicate pastries



Softcover

Caroline Nichols  
**Oats – the Power Grain**  
Varied recipes from morning to evening

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9029-1  
€ [D] 11.99  
DOP 03.02.2024



Baking bread couldn't be easier or quicker – how to make crispy wholemeal bread, fluffy pot bread or a sweet banana bread in a flash

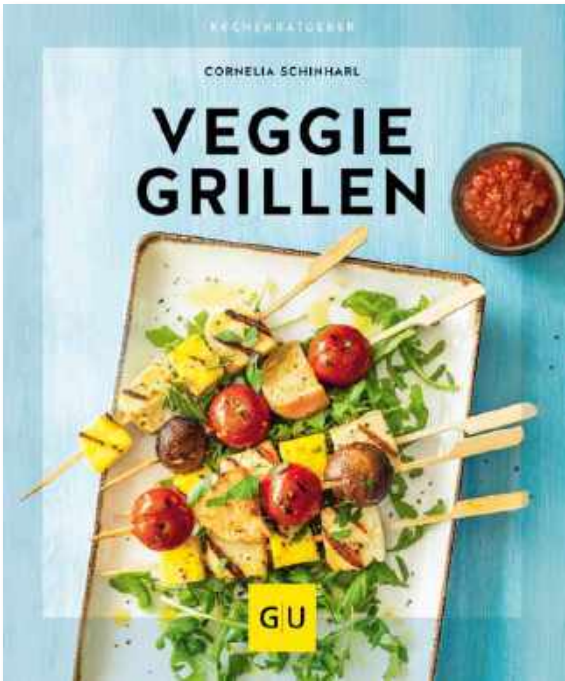
Suitable for beginners – breads that can be prepared in 5 or 10 minutes, no-knead breads, doughs that need no or short rising times



Softcover

Anna Walz  
**Fast Breads**  
... which everyone can bake  
Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9245-5  
€ [D] 11.99  
DOP 03.02.2024



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 Schinhardt  
**Veggie Grilling**

Softcover · 64 pages  
Format 16.5 x 20.0 cm

ISBN 978-3-8338-9288-2  
€ [D] 11.99  
DOP 03.02.2024

Health



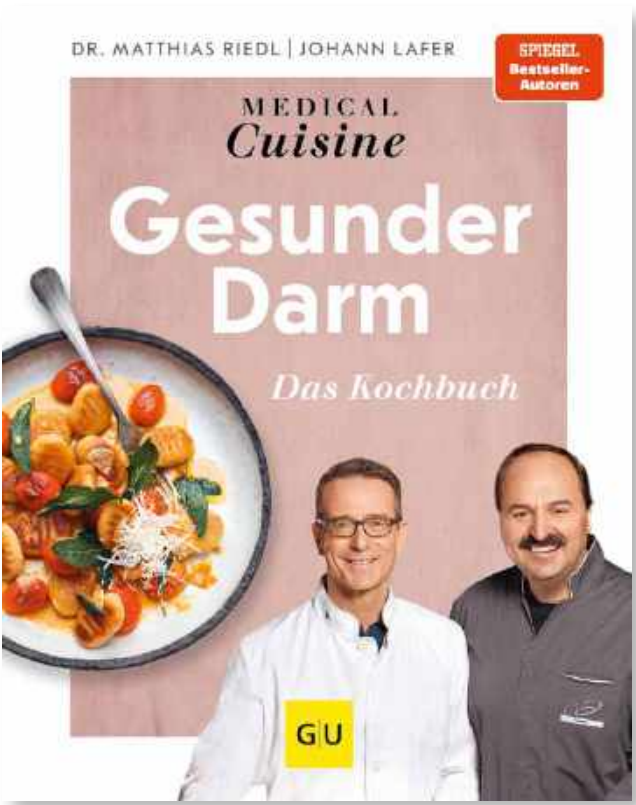


Hardcover

Johann Lafer, Matthias Riedl  
**Medical Cuisine –  
A Healthy Gut**  
The cookbook

Hardcover · 264 pages  
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9235-6  
**€ [D] 32.00**  
DOP 03.02.2024



The expert duo's revolutionary  
nutritional programme  
convinces without demanding  
sacrifices or imposing radical  
bans, but instead with  
a lot of enjoyment

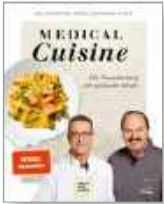
100 recipes demonstrate  
that a healthy diet  
does not mean  
compromising on taste

The bestselling authors' great  
nutritional strategies for  
a strong and healthy gut

### The bundled competence of experts for a healthy gut

Our gut is much more than a digestive organ: the "brain in your gut" wriggles through your body, controlling your psyche, immune system, body weight and diseases. It's high time we paid it more attention and provided it with fibre and probiotics. Many of us know the feeling: the gut pinches and aches, the stomach causes problems and feels bloated. This is not only unpleasant, it also affects your overall well-being. In this book, Germany's top nutritionist Dr Matthias Riedl and star chef Johann Lafer demonstrate in 100 recipes, which foods help against intestinal inflammation, for digestive problems and irritable bowel syndrome. Proof that health and enjoyment are not a contradiction and how to make favourite dishes a booster for your intestines and digestion!

More than 54,000 copies sold



Medical Cuisine  
**€ [D] 28.00**  
ISBN 978-3-8338-7776-6

More than 30,000 copies sold



Medical Cuisine - the  
Anti-Inflammatory Cookbook  
**€ [D] 30.00**  
ISBN 978-3-8338-8389-7

From the fastest  
vegetable soup in the world  
via the ultimate craving  
stoppers to ingenious tips  
for a low blood sugar level:  
Here's something for everyone!

Easy, healthy and  
your dream weight  
for the long term

Packed with recipes  
sto try out and get started

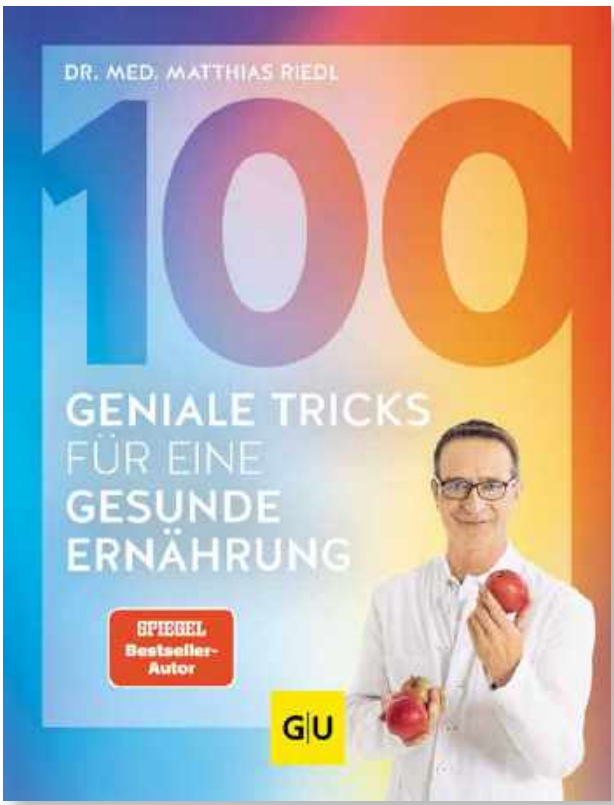
Matthias Riedl  
**100 Ingenious Tricks  
for a Healthy Diet**  
The easiest start to  
a lasting slim life

Hardcover · 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9215-8  
**€ [D] 28.00**  
DOP 05.03.2024



Hardcover



### Small changes, big success – Dr Matthias Riedl's promise!

Change your diet, live healthier, and at the same time achieve and maintain your personal dream weight – the renowned nutritionist and bestselling author Dr Matthias Riedl shows you how to do it! With 100 tried and tested tips and tricks plus numerous recipe examples, he gives you an effective impulse for a slimmer and healthier life. He explains what really works in order to defeat cravings, to avoid blood sugar spikes, to melt away the belly fat and to do something beneficial for your liver. Packed with recipe examples and background facts, this book invites you to get going and try it all out!

More than 69,000 copies sold



Eat Yourself Healthy  
with Dr Riedl  
**€ [D] 32.00**  
ISBN 978-3-8338-6430-8



Dr Riedl: My 100 best recipes  
**€ [D] 28.00**  
ISBN 978-3-8338-8930-1



Our Food - Killer and Healer  
**€ [D] 22.00**  
ISBN 978-3-8338-8303-3

**Dr Matthias Riedl** is one of the most highly respected German nutritionists. A diabetologist and internal medicine expert, he is also the founder of medicum Hamburg, Europe's largest centre for nutrition and diabetes, as well as an advisor for health insurance funds and TV programmes. His various activities, projects and lectures arise from the overarching goal to make the benefits and possibilities of an optimised diet accessible to a wide audience.





Softcover

Lara Opfermann

**Hello Psyche,  
It's Your Gut Calling**

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

Softcover · 224 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9180-9  
**€ [D] 19.99**  
DOP 04.04.2024



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

**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 changess.



© Nina Seidler

**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

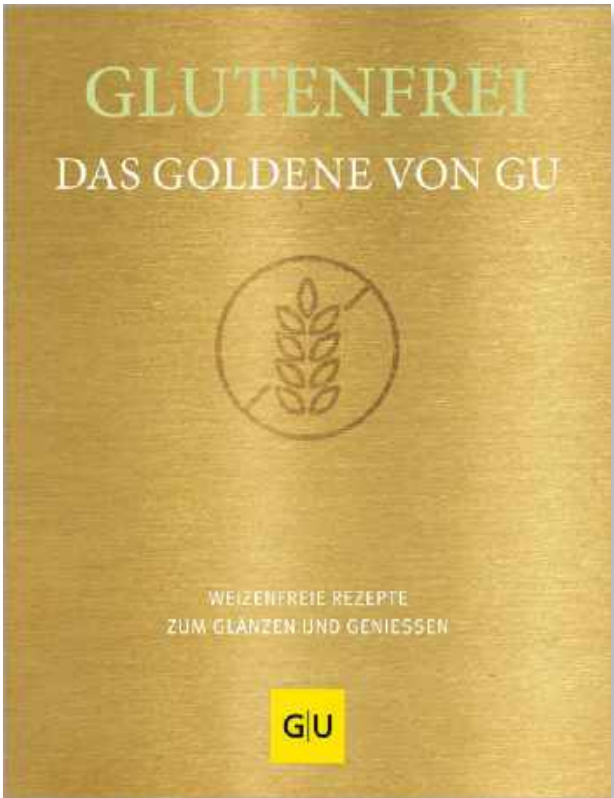
GRÄFE UND UNZER Verlag

**Gluten-free!  
The Golden Book from GU**

Wheat-free recipes to glow and enjoy

Hardcover · 224 pages  
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ISBN 978-3-8338-9289-9  
**€ [D] 25.00**  
DOP 06.05.2024



The new book in GU's  
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more than 900,000 sold copies

More than 200 ideas  
for the whole day – whether  
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a big meal to fill you up

Full of know-how – large  
introductory section with all  
the important information  
about gluten-free  
cooking and baking

**A golden treasure of  
favourite gluten-free recipes!**

Bright times for everyone whose stomach says "no" to gluten – the best recipes and all you need to know about a gluten-free diet has been glamorously packaged between two book covers. Gluten-free! The Golden Book from GU is the new reference book for all those who want or have to do without wheat. In addition to 200 recipes, the introduction explains all you need to know about this subject – from suitable foods to an ABC of gluten-free meal alternatives. The recipes are highlights of GU's gluten-free mastery: nothing's missing here, from gourmet pancakes for breakfast via an Italian pasta salad to go to an orange tart in the afternoon. High-quality design, super delicious food and suitable for your everyday life – it couldn't be more gluten-free!



Gluten-free Mood Food  
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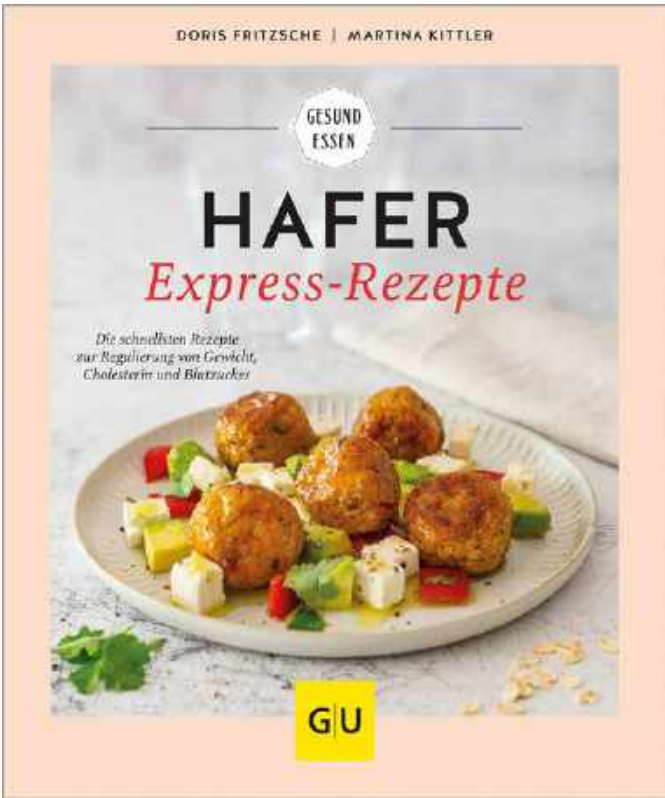
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Quick and healthy – delicious oat  
dishes for all tastes and every  
opportunity, with a high content  
of efficient beta glucans

Myths and facts – interesting  
know-how around the local  
superfood, brief and to the point

**Doris Fritzsche** is an ecotrophologist, nutritional therapy consultant (with her own practice since 2000), author as well as being active in further education. As a member of various professional associations and quality circles, she is always well-informed on new findings in nutritional research.

**Martina Kittler** is an ecotrophologist and one of the most successful cookbook authors in the German-speaking area. She knows how to pack flavour and healthy nutrition into everyday and uncomplicated recipes.



### The sequel to the SPIEGEL bestseller *Healing Oats*

Oats are a true miracle food – they're not only delicious but also have a lot of health benefits. The sequel to the bestseller *Healing Oats* makes the hot topic even faster and even easier to use in everyday life – for all those who have little time for cooking yet still wish to benefit from the positive effects of oats! Including colourful lightning-fast dishes such as smoothies, bowls, salads, soups, casseroles, fast vegetable fry-ups and many more ideas for creatively and deliciously integrating the local superfood into your everyday life. As well as myths and facts around oats and their uses for your wellbeing and health, the authors reveal their best tips for fast cooking.

More than 14,000 copies sold



Healing Oats  
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Hardcover

Melanie Hümmelgen, Helge Riepenhof et al.  
**The Movement Docs –  
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7-minute exercises, lightning-fast  
recipes and relaxation tricks

Hardcover · 192 pages  
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Sensational –  
the movement docs  
reveal their key therapy  
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7 days, 7 guiding factors –  
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and mental wellbeing

Experience implemented –  
the 7-day programme takes you  
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Significantly improving symptoms and even curing illness with targeted movement strategies – that's what the movement docs stand for. The team consists of three experienced physicians:

**Dr Melanie Hümmelgen** is medical director and chief physician of cardiology at the Mühlenberg Clinic in Bad Malente. A cardiologist and internal medicine specialist, she combines her extensive experience in high-tech medicine at university heart centres with a holistic medical approach.

**Dr Helge Riepenhof** is a specialist in rehabilitation medicine, orthopaedics and trauma surgery as well as a sports doctor and chief physician at the BG Klinikum Hamburg. He has accompanied top athletes at the Olympic Games and numerous world championships. He currently manages soccer teams in the Champions League as well as NBA basketball players from North America.

**Dr Christian Sturm** is head of physical and rehabilitation medicine at the Hannover Medical School. He specialises in chronic pain and functional disorders of the musculoskeletal system. For him, the focus is on holistic medicine in which doctor and patient act on equal terms.



### A week that changes everything!

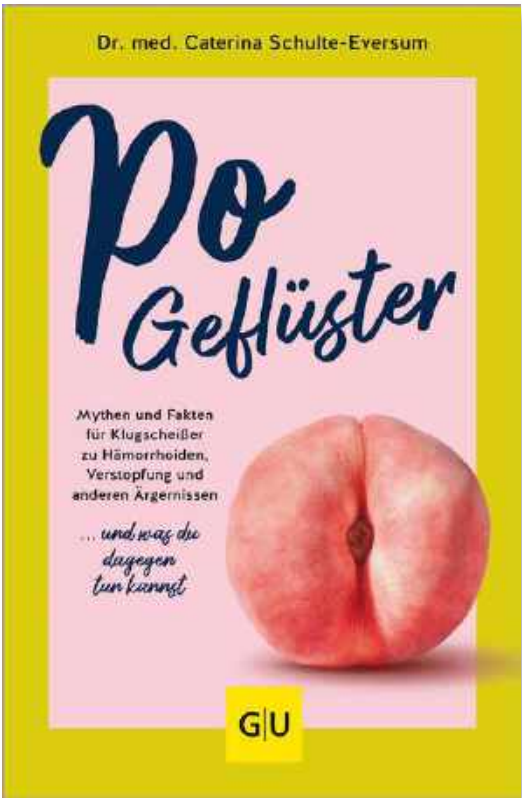
The secret of a balanced life is the harmonious interplay of body and mind. Based on the seven guiding principles, this 7-day programme, is the ultimate guide – strong muscles act as gamechangers (1), while stamina training revives the cardiovascular system and the psyche (2). The journey takes you through the balance of body and mind (3), the transformative power of diet as medicine (4), the calming effect of conscious breathing (5) and the holistic support of alternative healing systems (6) right through to a good sleep (7) as the crowning conclusion. A guide to health based on the movement docs' experience.





Softcover

Caterina Schulte-Eversum  
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Facts and myths for smartasses  
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Softcover · 240 pages  
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€ [D] 19.99  
DOP 04.06.2024



**There's no way around the ass**

Let's make the bottom and its hole more socially acceptable! It is a really interesting region of the body of major importance for our well-being, says proctologist Dr Caterina Schulte Eversum. The colorectal specialist addresses the topic with wit, charm and the necessary sensitivity. What's behind it when the backside hurts or itches? What is the best way to clean the opening? Is anal sex harmful to the sphincter? And what should you do if you have problems with your digestive tract? Last but not least, the bottom is a mirror of the soul, of our worries and fears. So, you have to ask yourself, is it just the hemorrhoids that are annoying, or the proverbial ass full of problems? An eye-opening guide to everything about the health of your behind.

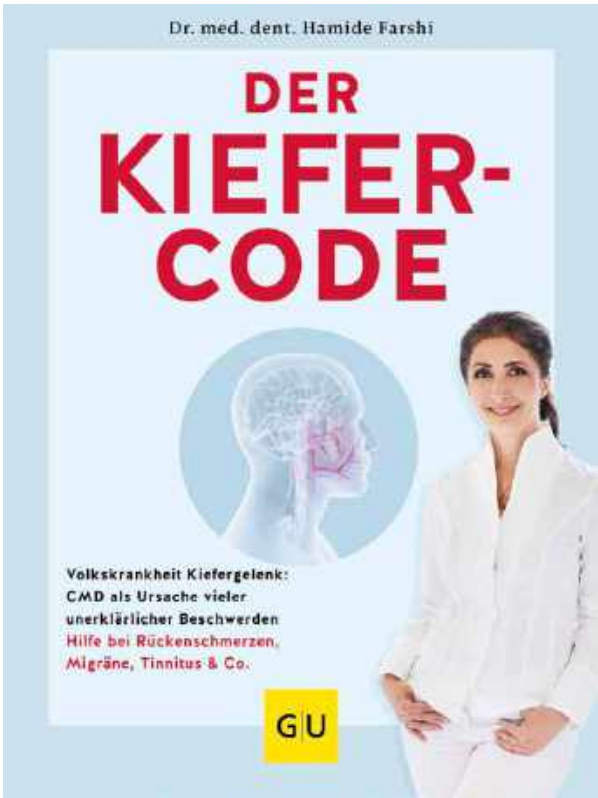


**Dr Caterina Schulte-Eversum** is a colorectal surgeon, proctologist and the head of a proctology hospital department. So professionally she has dedicated herself to the bottom, its hole and everything to do with it. And she knows from experience: the bottom is the mirror of the soul.



Softcover

Hamide Farshi  
**The Jaw Code**  
The common disease of jaw pain,  
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DOP 03.02.2024



Highly relevant –  
the unrecognised but  
widespread disease CMD  
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in two people at some  
point in their life

Practical – understanding  
connections, help with  
self-diagnosis & effective  
exercises for a relaxed jaw

Experienced – Dr Farshi  
is one of few doctors in Germany  
to specialise in functional  
diagnostics



**Dr Hamide Farshi** has worked as a dentist in Hamburg for more than 20 years. As one of few doctors in Germany, she specialised particularly in functional diagnostics and additionally studied this area at the Universität Innsbruck to obtain her master's degree. In her surgery, she pursues a holistic approach to dental medicine – she focuses on the entire human being, regarding teeth and jaw a part of the overall system of humans. In her practice she has already helped many people some of whom had been suffering for years from vague pains. Her diagnosis: craniomandibular dysfunction, or CMD in short.

**Healing the whole body  
from the mouth**

A hundredth of a millimeter of misalignment in the mouth can lead to problems throughout the body. In her practice, Dr Hamide Farshi encounters patients who have been suffering from undefined pain for years. Often, the origin is the the mouth or more precisely, a misalignment of the jaw joints. This is called craniomandibular dysfunction, or CMD for short. It is estimated that at least one in two people will have to deal with this at some point in their life. Symptoms include back, shoulder, neck, muscle and joint pain, migraines and tinnitus, dizziness, and even heart and intestinal problems. This book explains the connections, points out typical CMD features in the face, helps with self-diagnosis and offers the best exercises for a relaxed jaw.

More than 11,000 copies sold



Jaw & Teeth Grinding  
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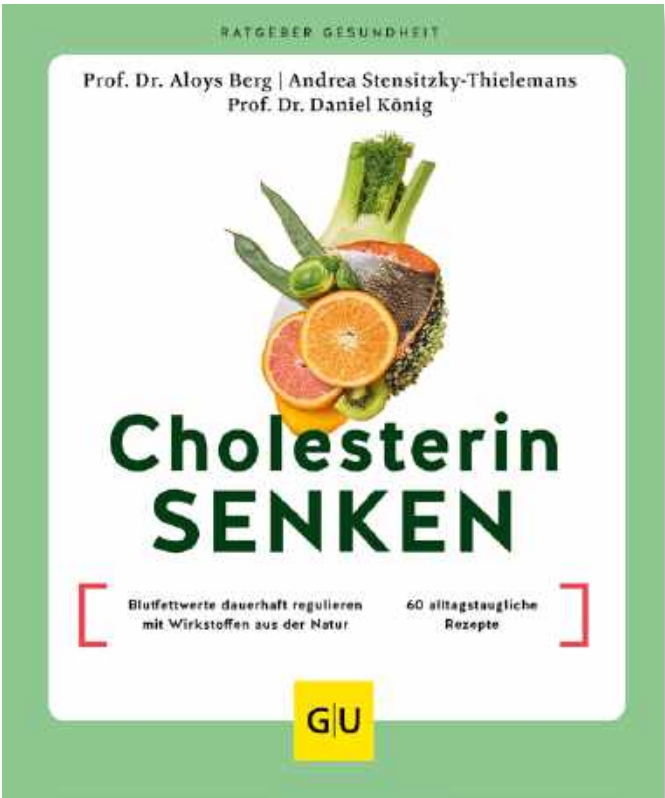
Professor Aloys Berg  
Professor Daniel König  
Andrea Stensitzky-Thielemans

**Lowering Cholesterol**

Permanently regulate cholesterol levels  
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60 recipes suitable for everyday use

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suitable for family use  
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for every day.

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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!



Softcover

Judith Bildau

**Use the Cycle  
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Immediate help for PMS,  
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Finally a book about a topic  
which receives little medical  
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women between 35 and 45

Treatment options for  
a wide range of complaints,  
based on the latest  
scientific findings

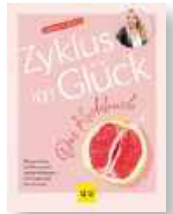
Judith Bildau is  
a gynaecologist and hormone  
expert who has already helped  
thousands of women

**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.

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Hardcover

Helena Himmelsbach

**Ayurveda Routines  
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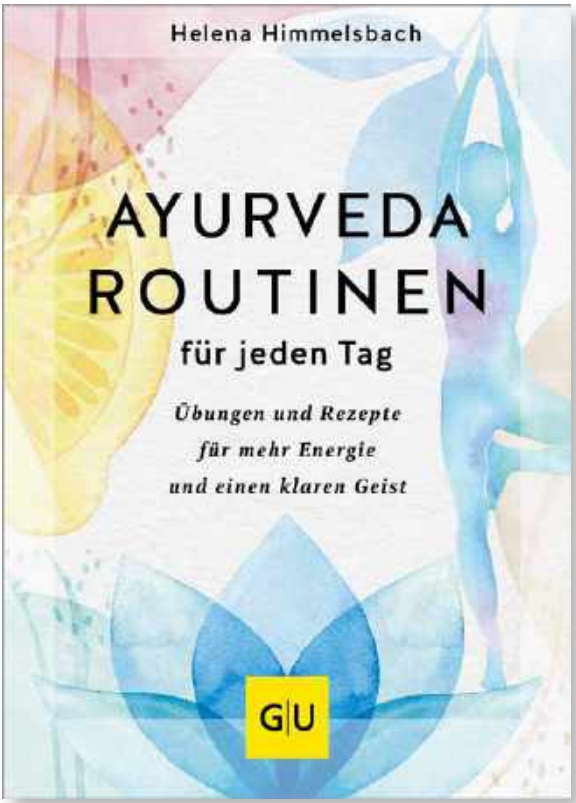
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€ [D] 17.99

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**Well-founded – the author  
is an absolute Ayurveda expert  
and runs one of the largest  
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accounts on the subject:  
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**Relieving – with many  
everyday routines, recipes and  
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and stressed people**

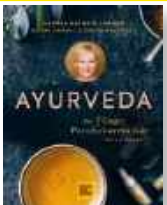
**Superbly illustrated  
and ideal as a gift!**

**Helena Himmelsbach** is an Ayurveda specialist with her own practice where she offers massages, nutritional advice and long-term support. She guides people holistically back to their body centre and strength – with the help of nutrition, health, stress management and supportive routines. She developed an early fascination with Asia. After pursuing Asian studies, she completed training as an Ayurveda therapist in Berlin at the Sonne & Mond health centre, which works in cooperation with the Charité University Hospital. She continued with advanced Ayurveda training courses, and has also deepened her knowledge during regular stays in India. With @ayurvedawissen she also runs one of the largest German-speaking Instagram accounts.

**Ayurvedic hacks for a balanced soul**

Are you feeling restless, exhausted, stressed and can't really switch off? Even small routines that don't require a lot of time or effort can help you turn things around – and restore your mental balance. Ayurveda expert and popular Instagrammer Helena Himmelsbach shows you how to do it. With the imbalance test she developed, you can find out where you need to take countermeasures. Then you will receive simple routines that meet your individual needs: diet hacks and recipes, yoga and breathing exercises, Ayurvedic Clock routines and much more, to make your life more relaxed. Plus SOS tips for the worried, anxious and stressed.

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Ayurveda

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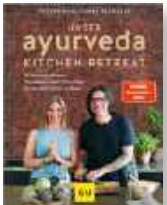
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# Life Coaching



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Top author Melanie Pignitter  
is one of the most successful  
influencers, boasting already  
three SPIEGEL bestsellers at  
GU and a constantly growing  
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A unique approach –  
reparenting, the most powerful  
healing tool for the inner child,  
can be experienced directly  
with this book



### Catching up on parental love while reading

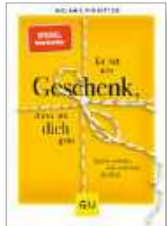
A unique and completely novel approach to healing the Inner Child. Well-known mental trainer and bestselling author Melanie Pignitter not only creates the scientific and psychological basis for understanding mental wounds from childhood, she also shows effective exercises and tools for healing work. 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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Encouraging – for all those  
who want to learn to be happy  
again despite the pain



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In his book, bestselling author Christian Krömer shares his most personal moments of saying goodbye to his beloved Grandma Lissi and how he dealt with his difficult loss. He offers an honest and direct view of grief and how to overcome it, combining emotional narratives with practical tips and advice for anyone who has lost a loved one. The author stresses that despite the pain, it is possible to find joy and lightness in life again. Using his own experiences, he shows ways in which we can process loss and reshape everyday life. A realistic guide for anyone looking for ways to deal with their grief and to find joy in life again.

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What Do I Care!  
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**Christian Krömer**, 29, is a successful video creator with well over 1.5 million followers on TikTok and Instagram. On his social media channels he shows what is really important in life: to appreciate and enjoy the time you spend together with your family and loved ones. Cohesion and togetherness are the top priority for this family man.





Softcover

Marcel Mayr

**What Oldies Have Got  
Sorted and Now I Do Too**

My life as a geriatric nurse

Softcover · 224 pages  
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**A call for better understanding  
and more appreciation  
between the generations**

From our elders we can learn all about resilience, the subtle joys of life, and the importance of patience and understanding. In their stories and experiences we can find a reflection of life itself, with all its ups and downs. Marcel Mayr began his training as a geriatric nurse at the tender age of 16 years, and he not only learned how to do his job, but also gained life experience through dealing with older people. In his book, Marcel talks honestly and openly about the challenges in elderly care, but also shows what beautiful and priceless moments he was able to experience as a geriatric nurse. He lets us share in the wisdom and advice he was given along the way.



© Adrian Schätz

**Marcel Mayr**, 28 years young, is a successful content creator on TikTok and Instagram with well over 1.5 million followers as well as a sought-after radio presenter at Absolut Radio in Munich with his own personality radio show. Before he became a social media star and celebrated radio presenter in 2020, Marcel was a geriatric nurse, and he still works as a volunteer in nursing today. In his first book, Marcel talks about his time as a geriatric nurse, and the sunny and stormy times that made him the person he is today.



Hardcover

Veit Lindau

**Get Married to Yourself**

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this is how everyone  
can become truly free!**

**Completely revised new edition  
(90,000 copies sold), expanded  
to include core themes**



© Paul Käniger

**Veit Lindau**, born in 1969, is regarded as an expert for integral self-realisation. With his books, lectures, seminars, podcasts and videos, he reaches a large and very mixed audience. Together with his wife, he has built up a large network for the real development of your potential – homodea.com – which currently has around 120,000 members.

**The central key for fulfilment  
AND success is called self-love**

In this book, Veit Lindau shows how radical self-love will revolutionise your life. Make peace with yourself. Accept yourself. Welcome your shadow. Embrace your weaknesses. Heal your wounds. Free your mind. Let go of what is harming you. Choose what strengthens you. Learn to accept yourself in all facets, respect your needs and affirm your true greatness. Get married to yourself and you will be free! This book is about self-love and explains how it will transform the essential areas of your life – calling, career, relationships, finance – shaping them positively and from the inside out. Revised and expanded new edition of the bestseller.



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PRESS FOCUS★



Hardcover

Tim Schlenzig

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There is no solid roof out there

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A difficult topic formulated into brief reflections so that browsing the book encourages you to think about your own psyche

For young people with feelings of self-doubt and rootlessness

Learn from Tim Schlenzig, the successful founder of myMONK how to actively deal with mental health problems

**A lyrical path to more self-love**

Tim Schlenzig, founder of myMONK, guides us through the seasons of life with more than 200 short lyrical texts. With ruthless openness, vulnerability and humor, he describes how much everything is simply a part of being human – what's easy and what's difficult; euphoria and crises; falling in love and losing; darkness and always the shimmer of new hope. Tim shows how he deals with his depression, fears, compulsions and losses. And how you can find self-love, healing and your own path in a world without solid roots. The lyrics are at times a hug, at times a reminder of your strength, and the message is that whatever the storm around you, you can always be your own home.

**Tim Schlenzig** is the founder of the self-help platform myMONK. On social media (Instagram: 102,000 followers, Facebook: 230,000 followers), his blog and his podcast (4 million downloads), he creates a comfort zone for hundreds of thousands of followers thanks to his own lucidity. A place where you feel understood and find inspiration to deal with your psyche and your life – beyond self-optimisation and superficial positivity. Tim was one of the best in his year in business administration at the Ludwig Maximilian University of Munich. After a short time as a management consultant, he had to admit to himself how wrong this path was for him and his mind. "Tim, negative stress always arises when the inner and outer worlds don't fit together," a coach told him. So he gave up his job, hung up his suit and started his own business – which doesn't always mean that there's less pressure, but definitely more passion.



Softcover

Judith Wilms

**Marie and the Three Secrets**

About an encounter that healed a broken heart

Softcover · 168 pages

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ISBN 978-3-8338-9330-8

€ [D] 14.99

DOP 06.05.2024



Hot topic – the demand for narrative life support is unbroken

A magical, touching story about the path to emotional healing that feels like a summer holiday in Greece

Lovingly designed with gold foil stamping and illustrations

**This book has the power to heal broken hearts**

We all want to avoid pain – or to cure it as quickly as possible. Marie has to realise that after breaking up with Tim, she would love to do anything just to be happy again. What she finds is more like a quick fix for her broken heart, although it needs to be treated with the same patience as a broken arm. On a Greek island she finds at last what she never knew she was looking for but what she so urgently needed: an old, wise man who lovingly showed her the way. He not only provided her with medicinal herbs, but also told her the secrets of his own life. This unique encounter gave Marie profound insights that changed her own life forever.



© Jana Reichert

**Judith Wilms** lives with her family on Lake Constance. She is a writer and coach for creatives. Her own path to recovering after a separation has taken her to the most diverse places in the world. As a child, she had already read all the books on personality development she could find in her parents' library. Judith is a TEDx speaker on "creativity during a crisis".

More than 56,000 copies sold



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Softcover

Marie Brunner

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Why actually you don't really "have to" do anything at all

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€ [D] 17.99

DOP 05.03.2024



### Humorous answers to the big questions of being a woman

Always expectations! Unfortunately, they are not only imposed on us women from the outside – they also come from within. How a woman should look, behave and what she should do, plus of course what she shouldn't do! Anne is a stressed-out woman in her mid-forties and she is fed up with all the good advice that starts with "you should". Together with her feminist friend Simone ("men are to blame") and with Maja, who lives in a conventional marriage ("I'm sparing my husband"), she discusses the big questions of being a woman in a head-on and humorous way. Marie Brunner's ultimate comforting book calls out to her readers: you're not alone with this expectation nonsense. The solution: grab a should-smasher and make light of the constraints!

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Don't Give a Damn  
€ [D] 17.99  
ISBN 978-3-8338-8321-7



Waste Your Remaining Youth  
€ [D] 19.99  
ISBN 978-3-8338-9017-8

**Marie Brunner**, born in Karlsruhe in 1977, works as an online editor for a big daily newspaper in Cologne. She wants to wait until her two late-pubescent children are out of the house before getting a dog. There are, however, currently no plans to get her husband out of the house.



Hardcover

Dinah-Kristin Berger

### The 7 Lies Depression Tells You

Get out of the distorted perception  
and find new courage  
Hardcover · 144 pages  
Format 13.3 x 18.8 cm

ISBN 978-3-8338-9285-1

€ [D] 17.99

DOP 04.06.2024



Get out of the  
downward spiral with competent  
advice and easy-to-understand  
information

Recognition and support  
for mental illness – both  
for those affected and for  
friends and relatives

A passionate mission – on her  
@erklärungsnot account  
(more than 77,000 followers)  
Dinah-Kristin Berger explains  
mental suffering

### Low-threshold immediate help for depressive phases

The lies that depression tells you may isolate and discourage you. One such perception-distorting lie is, for example: "You'll never ever get better." What is urgently needed, therefore, is a book that counters this negative downward spiral, a compassionate guide which demystifies mental illness and makes speaking about it easier. Those who are affected will be better understood and realise that they're not alone. Friends and relatives, too, can find help and concrete tips for dealing sensitively with sufferers. This book encourages understanding and provides acute relief through the use of sensitive words and loving recognition of what is currently happening.

© Picture People GmbH



**Dinah-Kristin Berger** is a psychologist (M.Sc.), training as a psychotherapist. On her channel @erklärungsnot (77,000 followers), she presents mental health issues in such an empowering and encouraging way that anyone who's affected will immediately feel understood and supported. As an interested person, you will get a clear understanding of mental illnesses as well as really useful tips on how to deal sensitively with sick friends or relatives, such as what you can say, how you can support them and what you could do better.





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 04.06.2024



**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.



Softcover

Lamiya Pitussi  
**Am I Sabotaging Myself?**

How you can finally resolve  
recurring problem loops

Softcover · 160 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9302-5  
€ [D] 17.99 · € [A] 18.90  
DOP 04.06.2024



**The book against  
(un)consciously  
self-sabotaging  
behaviour for beginners**

**Low-key, practical guide to  
freeing yourself from conscious  
and unconscious inner obstacles**

**The key to self-liberation  
and the development  
of your own potential**

**Finally overcoming inner  
obstacles!**

Why do you often block your own success and happiness? How can you recognise and resolve negative thought patterns? In her book, Lamiya Pitussi, psychological consultant and psychology influencer (@werdegluecklich) highlights the different forms of self-sabotage and shows how they can be recognised, understood and overcome. With a practical section to fill in and thanks to insightful case stories and inspiring prompts for reflection, you can begin to understand and break through your self-sabotage patterns. An indispensable companion for anyone who wants to advance their personal development.

More than 58,000 copies sold



The Enemy Inside My Head  
€ [D] 16.99  
ISBN 978-3-8338-4268-9



© Richard Werner

**Lamiya Pitussi** is a psychological consultant and coach. She shares her knowledge of psychology and personal development on her Instagram channel @werdegluecklich\_ (61,000 followers) and in online courses. Her mission is to help others to better understand themselves and to take control of their own lives using the power of self-reflection.



Hardcover

Lena Sonnenmüller

**Listen to Your Inner Song**

The little book of self-care

Hardcover · 96 pages

Format 13.3 x 18.8 cm

ISBN 978-3-8338-9315-5

€ [D] 12.99

DOP 04.04.2024



**Doable – brief, easily  
digested impulses for mental  
and emotional health**

**Effective – lists, tips  
and exercises which really  
make a difference**

**Playful and tongue-in-cheek –  
a wonderful gift and a helpful  
and light-footed companion  
for a more fulfilling life**

**Gain more lightness and  
dance through your life**

Life dances to its own tune. Often we are so busy with merely functioning that we forget to listen to our own song – namely, the needs, desires and dreams of our heart. This little book aims to remind its readers in a loving and at the same time lasting way: what is it that really ignites our inner fire? How can mindfulness and self-care be successful in everyday life? And what can we do to allow ourselves to be happy again? Beautifully illustrated, with brief impulses that remind you of the essentials, loving exercises for everyday life and original tips, this book will make a precious gift for your best friend or for yourself.

**Lena Sonnenmüller** is a successful coach and mindfulness teacher. In her first book, *Self-Care for Yourself*, she goes heart to heart with her readers to share her knowledge and her many years of experience.



Softcover

Mayla Wedekind

**The Sea, the Wave  
and Myself**

What I learned from surfing  
about courage, trust and letting go

Softcover · 176 pages

Format 13.5 x 21.0 cm

ISBN 978-3-8338-9286-8

€ [D] 17.99

DOP 04.04.2024



**Inspiring and personal –  
unique life coaching from  
surfer and psychologist  
Mayla Wedekind**

**For the perfect flow  
in everyday life, without  
self-doubt, anxiety  
and frustration**

**A highly likeable and  
authentic author  
with a loyal community**

**Learning for life through surfing**

Water, waves and wind. When Mayla stood on the surfboard for the first time, it was the beginning of a special love story between her and the sea. From that moment she has spent every free minute on the board. Whether in the Atlantic Ocean or the Baltic Sea – Mayla is talented, quickly made progress and held her own in a male-dominated world. Nevertheless, doubts kept coming back to haunt her: Am I good enough? What if I fail? But wave after wave, Mayla learns to swim herself free from feelings of entitlement and anxieties, from wanting to control everything and the desire for perfectionism. In her inspiring and insightful autobiography, Mayla shows what we can learn from the sea – all about courage, trust and the right flow in life.



© Henning von Jagow

**Mayla Wedekind** studied psychology. She works as a Peloton fitness trainer and just loves surfing. Straight after school she went from northern Germany to Bali, where she lived for more than six years. Mayla inspires her clients and social media community with her smart, uncomplicated nature and her passion for surfing and the sea. The author lives with her husband in London.





Hardcover

Franziska Muri

## The Way Out Of The Snail's Shell Is Not Straightforward

10 small steps to take you back among others

Hardcover · approx. 128 pages  
Format 13.3 x 18.8 cm

ISBN 978-3-8338-9073-4

€ [D] 14.99

DOP 04 Jan 2024



Hot topic – after Covid,  
the problem of loneliness is  
more important than ever

Encouraging and  
strengthening – 10 everyday  
lessons to find a way  
out of loneliness

Competent and empathetic –  
by bestselling author  
and loneliness coach  
Franziska Muri

### Finding the way back to a "we"

Loneliness can affect anyone – you may feel empty inside, rejected and abandoned. But how can you overcome social isolation and find your way back to contact with others? This is exactly the question that Franziska Muri answers in her 10 encouraging lessons. First of all, it's important to treat yourself with the greatest possible acceptance, because only then will you be open to meeting others. With the help of suitable exercises, you will learn to strengthen your self-esteem and by following her motivating everyday nudges you can shake off the fear of rejection, gain in confidence and become curious once more about the treasures that wait for you outside and in the people around you. This is how you will find our place in the midst of others – without bending over backwards.

# Spirituality



**Franziska Muri** is a bestselling author and coach for Byron Katie's *The Work*. She has been dealing with the topics of loneliness and being alone for many years and dedicated her book *21 Reasons to Love Being Alone* to this deeply felt topic. With her online course "Never Lonely," she has supported numerous people and helped them to live a life of connection with themselves and others. Franziska Muri lives near Schwäbisch Hall.



Hardcover

Leni Glapa, Felix Eidner

**Cacao Ritual**

Ceremonies that open your heart

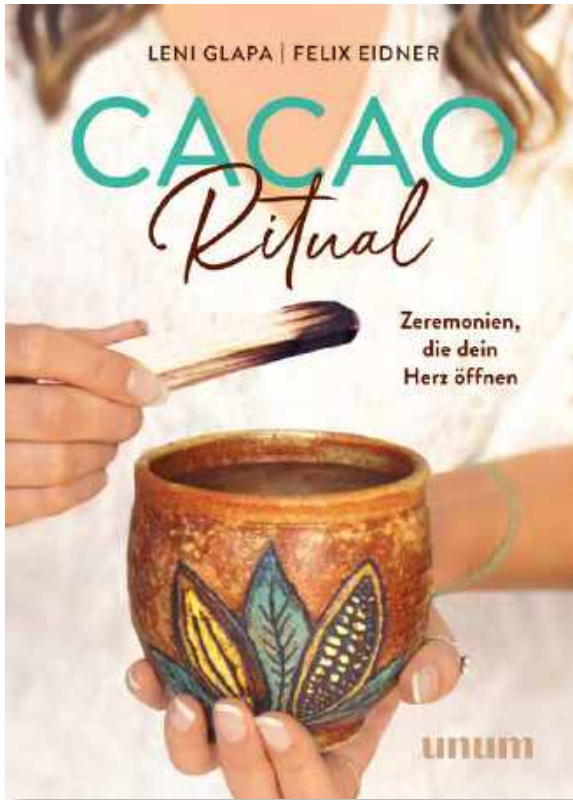
Hardcover · 192 pages

Format 13.3 x 18.8 cm

ISBN 978-3-8338-9299-8

€ [D] 19.99

DOP 03.02.2024



**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](https://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](https://cacaoloves.me).



Softcover

Ralph Riedel

**The Gifts of the 4 Power Animals**

Let deer, bear, hummingbird and eagle take you to your higher power

Softcover · 192 pages

Format 13.5 x 21.0 cm

ISBN 978-3-8338-9287-5

€ [D] 19.99

DOP 04.04.2024



The four most important power animals gift readers with their unique qualities and strongest tools for transformation

**Magic storytelling – each power animal tells a fabulous story about its messages and abilities**

**Ralph Riedel is the German-speaking shaman with the widest reach**

**Ralph Riedel** is a coach, trainer and Qi Gong teacher. He studied with teachers and shamans from different cultures in order to gain new knowledge and find himself more profoundly. They taught him about deep experiences such as the vision search and how to guide and heal people as a medicine bundle carrier. Today Ralph works as a shaman himself. He has already helped many people free themselves from their crises and heal holistically. Since 2012, he has been offering spiritual trips to Peru and the Amazon jungle.

**Develop your own creative power with the four power animals**

Shaman Ralph Riedel introduces the four most important power animals we need for our higher development. The journey begins with the deer, which represents letting go of the old, mindfulness and transformation. The bear shows us how to unleash our inner power and realign our lives according to our own rules. The energy of the hummingbird is based on these lessons, preparing us for the fullness of life. The eagle, the crowning glory, shows how we rise high into the air to fly with the Great Spirit and develop our full creative power. Each power animal is introduced with a magical story and gives us a shamanic tool to heal, strengthen and guide us on our path.





Hardcover

Christian Meyer

**Enlightenment is  
for Everyone**

Instructions for your  
true transformation

Hardcover · approx. 272 pages  
Format 13.5 x 21 cm

ISBN 978-3-8338-8737-6

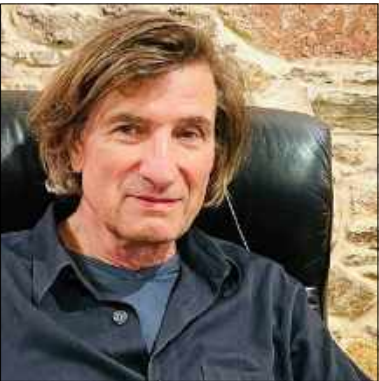
€ [D] 22.00

DOP 28 Sep 2024



**New and unique – the comprehensive  
roadmap to spiritual awakening**

Christian Meyer's good news for all those who are seeking it is that enlightenment can actually happen. But first you must attain the correct knowledge and do the right inner work. In this book he presents his new, unique and comprehensive roadmap to awakening. He shows all the necessary steps that you must go through – mentally, emotionally and physically. The well-known psychologist and spiritual teacher places the results of his research and experiences in a larger context: the four dimensions of the personality. Many new and advanced exercises also help you to finally walk the path from your ego to liberation.



**Christian Meyer** is one of the best-known spiritual teachers in the German-speaking world. Born in 1952, he studied psychology and found out about the different psychological paths of growth: in-depth psychology, bodywork, trance and Gestalt therapy. He has supported people therapeutically for many years. His own spiritual quest ended when he met his last teacher, Eli Jaxon-Bear, in 1998 and realised his true nature.

Family



Softcover

Vitor Gatinho

**When the Louse Itches  
and the Tooth Wobbles**

Pediatric medicine from 4 to 12 years

Softcover · 256 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9072-7  
€ [D] 19.99  
DOP 05.03.2024



The long-awaited sequel  
to the bestseller

Medically correct, easy to  
understand and tongue  
in cheek – KidsDoc has  
the best advice

From potty-training  
to puberty – all the answers  
on child health and development

**And the snot is still running –  
the KidsDoc explains paediatric  
medicine from 4-12 years**

This long-awaited follow-up to the bestseller *When the Snot is Running and the Windy Pop is Pressing* is all about the health of our little ones aged 4 to 12 years. In his own unique way, the KidsDoc answers many new questions on the topics of potty training, vaccinations, common childhood diseases and child development up to puberty. Of course, as always, the information is medically correct AND easy to understand for parents.

More than 54,000 copies sold



When the Snot is Running  
and the Windy Pop is Pressing  
€ [D] 19.99  
ISBN 978-3-8338-8363-7

© Karolin Rögner



**Désirée Ratay** is a paediatrician with her own practice. She is a mother of three and takes a holistic approach to her work. She became known through her blog ([www.doktormami.de](http://www.doktormami.de)) as well as on Instagram (@doktormami) and Facebook. Désirée has also inspired and touched many parents with her podcast "Healthy and Happy with Dr Mummy".



Hardcover

Désirée Ratay

**Child Health  
Begins at Home**

How parents lay the foundation  
for a happy and healthy childhood

Hardcover · 288 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-8208-1  
€ [D] 22.00  
DOP 03.02.2024

A unique book that looks  
at health issues in a holistic  
and needs-oriented way

A visionary paediatrician  
with a very strong community

Plus a simple 12-week plan  
to create a stable foundation  
of holistic child health

**How connectedness can  
strengthen and heal children**

A happy and healthy life – that's what parents want for their children. At the same time they're afraid they might overlook something important or do it wrong. A mother of three and a holistic paediatrician, Désirée Ratay understands this and knows what is most important for children's health. In her book she combines paediatric medicine, neuroscience and psychology to provide a holistic picture of health and explain what children really need from their parents. A 12-week plan helps you to implement what you have read into your everyday life using simple steps. Désirée knows that health does not begin in the paediatrician's surgery, but is nurtured through the connection within the family – it begins at home.



More than 54,000 copies sold



When the Snot is Running  
and the Windy Pop is Pressing  
€ [D] 19.99  
ISBN 978-3-8338-8363-7

More than 38,000 copies sold



The Child Health Book  
€ [D] 29.99  
ISBN 978-3-8338-3619-0



Treating Childhood  
Illnesses Naturally  
€ [D] 15.99  
ISBN 978-3-8338-3795-1

Family





Softcover

Anja Stern, Marie Kuon  
**Hello Midwife**

Loving and honest advice for  
postnatal life and the first time  
with your newborn

Softcover · 304 pages  
Format 17.0 x 23.5 cm

ISBN 978-3-8338-8825-0  
**€ [D] 28.00**  
DOP 06.05.2024

Proven midwifery knowledge  
for the young generation  
of parents, packaged  
in a contemporary way  
and clearly illustrated

Honest answers to all  
questions – a reliable guide  
free from taboos and ideology

Anja Stern & Marie Kuon  
are the experienced young  
midwives with a wide range  
from "hellohebamme"  
(Hello Midwife)

**Anja Stern**, was born in Leipzig in 1988. After finishing high school, she trained for three years as a midwife and passed the state exam. Since then, she has worked as a midwife in the delivery room of a clinic in Heidelberg and as a freelance aftercare midwife. She also offers birth preparation and postnatal courses. In 2015 she gave birth to a daughter. In 2019, Marie Kuon and Anja Stern launched their joint project "hellohebamme" (Hello Midwife). On platforms such as Instagram (110,000 followers), YouTube (15,500 subscribers), TikTok (75,500 followers), their blog of the same name and their podcast, they pass on their well-founded knowledge and experience as midwives to a younger generation of parents in an easy-to-understand and practical way.

**Marie Kuon** was born in Mainz in 1994. After training as a midwife and graduating with a dual bachelor's degree in midwifery in Heidelberg, she has been working as a midwife in the delivery room of a Heidelberg clinic. Since 2018 she has also offered freelance preventative and aftercare midwife support as well as various parenting courses. Marie has one child.



### Everything you really need to know about the postnatal period and the first time with your baby

With their project "hellohebamme" (Hello Midwife), Marie Kuon and Anja Stern make traditional midwifery knowledge accessible to a younger generation – easy to understand, to the point, with lots of substance. They now continue this approach in their book. The focus is on questions that you ask yourself in this exciting time: How does breastfeeding work – and what if I don't want to? Which natural remedies have proven effective? Pee, poop, earwax – what should you check for colour, consistency and quantity in newborns? Practical, with clear texts and pictures, free from taboos and ideology, they tell new parents everything they need to know about the postnatal period and the first time with their baby.

More than 45,000 copies sold



Midwifery Health Knowledge  
**€ [D] 24.99**  
ISBN 978-3-8338-1408-2



Softcover

Nina Grimm

### How not to Kill Each Other When you Become Parents

10 mistakes that couples make –  
and how you can avoid them

Softcover · 224 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-8856-4  
**€ [D] 19.99**  
DOP 05.03.2024

Family psychologist and  
couples therapist Nina Grimm  
accompanies couples  
through the challenging  
first years as parents

Concrete solutions for  
relationship problems, parenting  
disagreements and help for  
successful communication

Thanks to the author's  
personal experience, affected  
couples feel particularly  
well understood



### The blimmin' first years with a child . . . ways out of the relationship crisis

The dream of having a family turns out to be a nightmare for many parents. Suddenly you're arguing about different educational goals and your own unequal needs. Family psychologist and couples therapist Nina Grimm experienced this first-hand: she and her partner lived apart for a year between the births of their first and second child. Authentically and with a sense of humour, she describes the 10 biggest mistakes on their way to separation and how they managed to get back to a happy relationship today. Supported by examples from her counselling practice, Nina shows you how to use psychotherapeutic hacks to avoid making the same mistake. A companion book to help you survive the challenging years as parents and form a long-term, loving relationship.



© Nicole Tie

**Nina Grimm** is a mother of two, cognitive behavioural therapist, family psychologist and couples therapist. Through her training and professional experience, she has amassed a mountain of knowledge about how a couple's relationship works – only to realise that it was of very little use to her in the chaos of her own everyday family life. Today she writes about how we can practise what has long been clear to us in theory. She also advises couples and families, gives courses and is active as a speaker. Her book *Would Have, Ought to, Should* was a SPIEGEL bestseller. Instagram channel: nina.familienpsychologie (30,000 followers).



Softcover

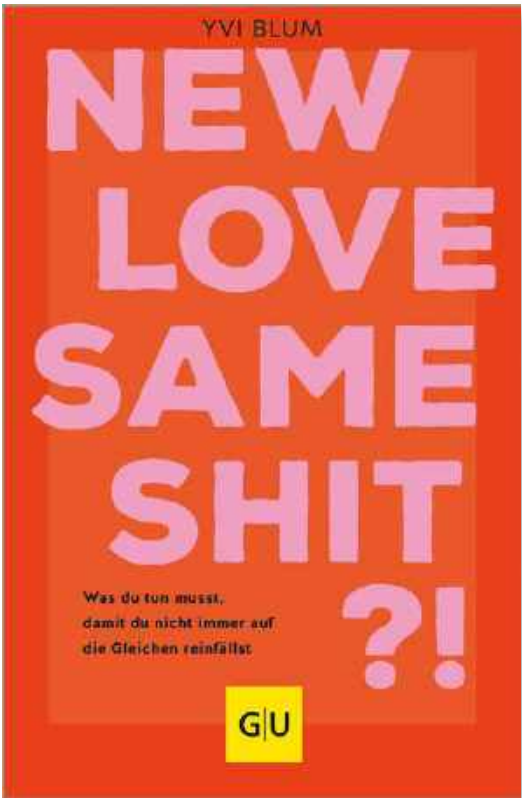
Yvi Blum

**New Love, Same Crap?!**

What you need to do so that  
you don't always fall for the same type

Softcover · 240 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9207-3  
€ [D] 18.99  
DOP 06.05.2024



With tools,  
tests and  
exercises

Understanding your current  
attachment style, undoing  
triggers and leaving negative  
relationship patterns and wrong  
partners behind with the help  
of tests and exercises

Finally a new way – tools for  
a fulfilling partner search and  
relationship maintenance

A strong author – authentic  
and wonderfully honest,  
with a large following and  
an active community

**Rewrite your own love story**

Many of us are tired of our relationships  
resembling an endless TV series – always the same  
plot, just with different actors! In our relationships,  
we often unconsciously repeat the same patterns  
and attract the wrong partners because we are  
caught up in our own attachment style – be it anxious  
or avoidant. But here comes the good news: we can  
change this ourselves! Yvi Blum, couples therapist  
and lovefluencer, is here to show us the way.  
Using tools, tests and exercises, we identify our  
current attachment style, understand our triggers  
and break the old patterns.

**Yvi Blum** is an experienced journalist, radio presenter and couples therapist. She works  
with singles and couples and produces psycho-t(r)ainment content on social networks.  
You can listen to her as an expert on couples therapy topics on Radio Energy Berlin, Radio  
Gong Munich, baden.fm Freiburg or read her articles in the *inside starnews* magazine.



© Paul Wagner paulmachtfotos



Softcover

Sarah Valentina Winkhaus

**I'm Going to be Parents**

My path to late single mother happiness

Softcover · 256 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9307-0  
€ [D] 19.99  
DOP 06.05.2024



Accompany the successful,  
likeable presenter  
up close on her path to  
(late) motherhood happiness

The German-Italian woman  
shares with us all the ups and  
downs, obstacles and prejudices  
as well as many a surprise

How to become a mother  
as a single woman  
without a husband

**From longing to miracle -  
Winkhaus' path to a dream child**

Sarah Valentina Winkhaus takes us on her path to  
(late) motherhood – without a husband or egg cells,  
but under time pressure and armed with great  
willpower! The likeable German-Italian woman allows  
us to share her ups and downs, the clichés and the  
surprises, her encounters and experiences, the  
hurdles and prejudices. Without pointing a finger,  
but with great (self-)irony and warmth. Why choose  
the easy way when you can just do it alone?

German-Italian **Sarah Valentina Winkhaus** was born in Düsseldorf and studied business administration and cultural  
economics in Passau with a focus on art history and macroeconomics. After graduating, she became a trainee at the  
ZDF TV station, which opened the door to the PHOENIX station where she presented the "On Location" news series.  
Further presenter jobs followed until she moved into motorsport, working for Sky Italia, Sky Sport News and Sport1,  
among others. In 2019, she successfully started presenting entertainment programmes, taking on shows such as  
"Dinner Party" and "Celebrity Boxing" (SAT1). Sarah most recently presented her own show "Top News" (RTL), and in the  
same year took part in the "RTL Summer Games". In addition to her TV career, she produces her own podcast called  
"Oh boy, us women!" On Instagram she shares her life with 90,000 followers. In her private life, Sarah is committed  
to animal protection. She owns a little dog called Manfred.





Hardcover

Annette Nolden, Stephan Heinrich Nolte

**The Big Book For  
Baby's First Year**

The standard reference book  
for the first 12 months

Hardcover · approx. 512 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-8702-4  
**€ [D] 36.00**  
DOP 05 Oct 2023

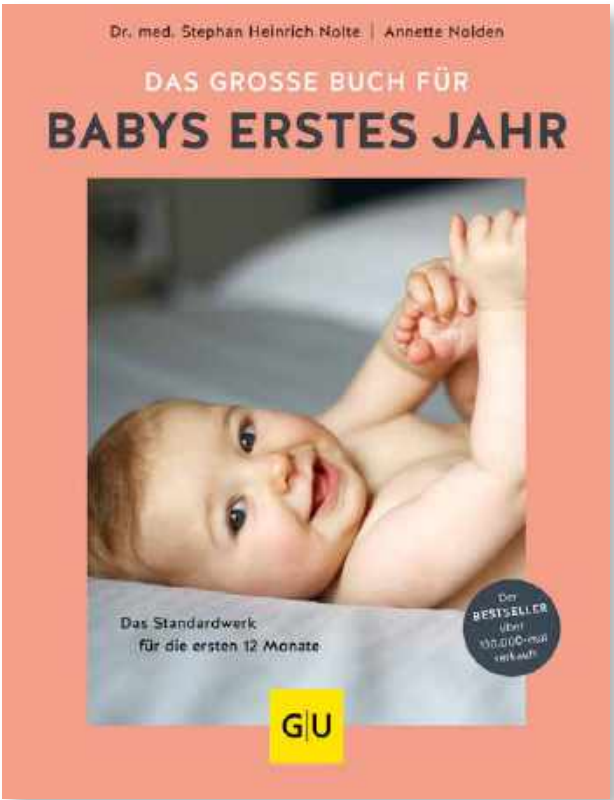
Indispensable – everything it's  
vital to know for baby's first year  
with comprehensive answers to  
the most important questions

Unique – combining medical  
knowledge and practical  
midwifery experience

Month by month – the most  
important developmental stages  
and many suggestions for  
age-appropriate support

**Annette Nolden** has been working as a freelance author in the field of health and life support for many years. In cooperation with doctors and midwives, she successfully presents knowledge in an easy-to-understand way.

**Dr Stephan Heinrich Nolte** is a paediatrician. He was a senior physician at the Marburg University Children's Hospital before setting up his own practice in 1992, which he ran until 2022. He is a sought-after speaker and the author of numerous books and articles.



**The successful reference work has  
now been completely revised**

The indispensable reference book for the first year with your baby – now in a completely revised and expanded new edition. The book focuses on infant development based on the latest scientific findings, from the first to the twelfth month. The guidebook provides comprehensive, practical and clearly illustrated answers to all the important questions. Modern concepts such as kinaesthetics, as well as the latest findings on brain and sleep research, are all incorporated. Instructions for baby massages, helpful tips from midwifery practice, as well as templates for keeping a diary or protocol of your baby's eating, sleeping and crying habits complete this comprehensive guide.

More than 91,500 copies sold



**Our Baby. The First Year**  
**€ [D] 26.00**  
ISBN 978-3-8338-6195-6

More than 86,000 copies sold



**Baby's First Year**  
**€ [D] 19.99**  
ISBN 978-3-8338-4455-3

More than 85,000 copies sold



**The Big GU Baby Book**  
**€ [D] 26.00**  
ISBN: 978-3-8338-7219-8

Nature

PRESS FOCUS ★



Hardcover

Eva Brenner, Davit Arican, Folko Kullmann  
**Living in Your Garden**  
Living, enjoying and relaxing  
50 design tips from Eva Brenner  
& garden ideas from Davit Arican

Hardcover · 192 pages  
Format 21.0 x 26.5 cm

ISBN 978-3-8338-9317-9  
**€ [D] 25.00**  
DOP 03.02.2024



**The dream of your garden as living space comes true: the professionals tell you how**

Eva Brenner, well known from the ZDF documentary series "Duel of the Garden Professionals", "My Home Really Beautiful" and other programmes, has teamed up with the garden and landscape designer Davit Arican from Moers and SPIEGEL best-selling author Folko Kullmann to prove that everyone can plan, create and build a beautiful garden that will be part of their home. The authors explain what is important when planning, how to go about realising it and which mistakes you should avoid. Gardening professional Davit Arican uses ten practical examples to show you what you can do yourself, what is better left to the professionals and how to save money. Ten steps to your dream garden with Eva, Davit and Folko.

The first book by  
Eva Brenner, Davit Arican  
and Folko Kullmann

Garden planning like  
the professionals – easy to  
understand and do yourself

With Eva Brenner's insider  
tips your garden will become  
your outdoor home

**Eva Brenner** is an interior designer and design expert. In TV shows such as "Duel of the Garden Professionals" (ZDF), "House of the Year" (HGTV) and "My Home Really Beautiful" (ZDF), she explains how you can turn your home and garden into the perfect feel-good place.

**Davit Arican** runs a garden design office. He is known from TV, YouTube and Instagram, and together with Eva Brenner, he presents the ZDF programme "Duel of the Garden Professionals", which at peak times is watched by well over two million viewers every Sunday from spring to autumn.

**Folko Kullmann** is a horticulturalist who passes on what he has learned in lectures and gardening magazines and books. Several of his books are SPIEGEL bestsellers and have been awarded the German Garden Book Prize in the "Best Guide" category.

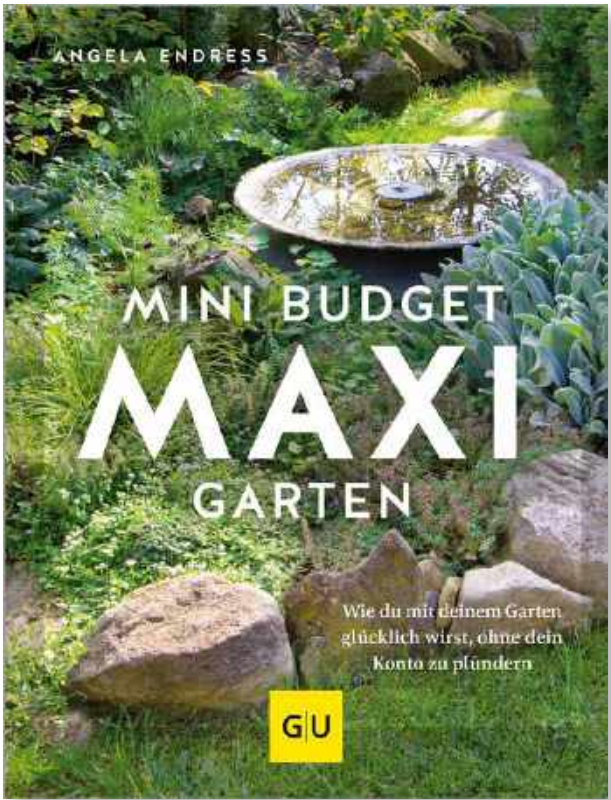


Hardcover

Angela Francisca Endress  
**Mini Budget – Maxi Garden**  
How to be happy with your garden  
without raiding your bank account

Hardcover · 160 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-9198-4  
**€ [D] 19.99**  
DOP 04.04.2024



The garden budget is tight after  
building your house? Here's how  
to turn the construction site  
into a dream garden

Varied ideas and inspiration  
on how to turn your garden  
into an oasis of well-being  
through upcycling

Correctly allocating budget  
and resources – with the right  
planning you're halfway there

**Stop your dream garden turning into a budget nightmare!**

The house has been built and now it's time to create the garden. But how do you go about it when the budget is tight and how do you turn a building site into nutritious garden soil? Angela Endress did it! She magicked a garden paradise out of a barren, wild meadow around the house. Here she shows you how just a few steps and a tiny budget allow you to transform your garden into a paradise.



© Angela Endress

**Angela Francisca Endress** is a photographer and writer. After building her own house, she planned and laid out her garden herself. Angela lives in North Franconia.





Hardcover

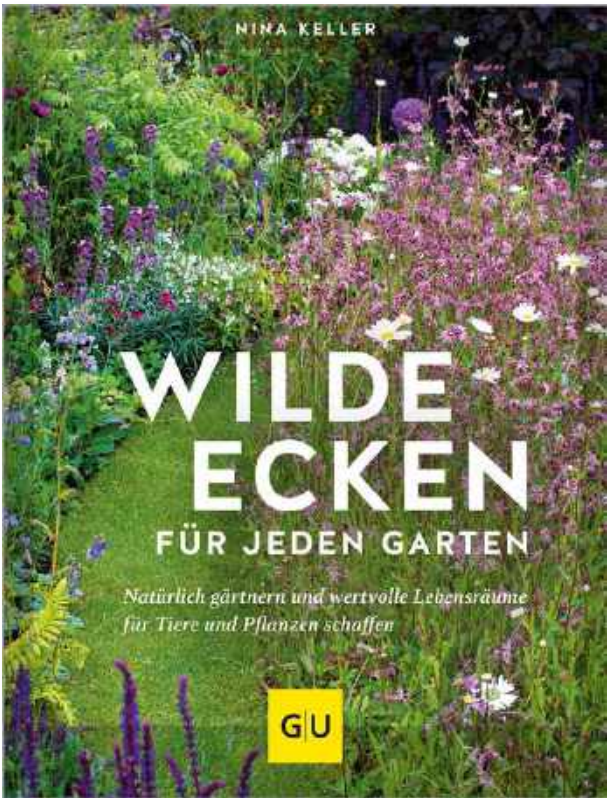
Nina Keller

### Wild Corners for Every Garden

How to garden naturally and create  
valuable habitats for animals and plants

Hardcover · 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-8971-4  
€ [D] 22.99  
DOP 03.02.2024



An easy introduction to  
natural gardening – it's possible  
even with little previous  
experience, space and time

A variety of ideas for every  
garden – wild corners, ranging  
from (wild)flower meadow  
to natural herb and vegetable  
beds and water habitats

Expert knowledge – biologist  
Nina Keller is committed to  
wildflowers and biodiversity

### Small corner – great effect

*Wild Corners for Every Garden* shows all interested gardeners how with little effort they can transform their gardens into a blooming oasis for animals and plants. Biologist and wildflower saviour Nina Keller gives tips and instructions for creating and maintaining natural spaces in your garden that offer both beautiful flowers and a habitat for insects and birds. Thanks to her detailed instructions and plans for lawns, beds, ponds, hedges and paths, even inexperienced gardeners can now integrate natural elements into their gardens. The book is packed with all the important information you need to create your own green oasis.

More than 7,000 copies sold



Designing Easy-Care Natural  
Gardens  
€ [D] 24.00  
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Wild Flowers for Balcony  
and Terrace  
€ [D] 19.99  
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Every Flower Counts!  
€ [D] 8.00  
ISBN 978-3-8338-7549-6



© Frank Eidel

Biologist **Nina Keller** is entirely dedicated to the protection and propagation of native wild plants. She collects wildflower seeds in nature spots and sows them on her own land. She later harvests their seeds by hand or with an old tractor and offers them as seed mixtures in her online shop, so everyone can create their own wildflower strips on the edge of fields, renature an area and of course grow them in gardens and on balconies and terraces.



Hardcover

Katrin Lugerbauer

### Everflowering Beds

Varied plant combinations that can  
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The practical book with clear  
illustrations and concrete  
planting plans for an attractive  
all-year-round bed design

Revised edition –  
robust perennials that can  
defy climate change

Practical tips and planting  
combinations from garden expert  
Katrin Lugerbauer



© Katrin Lugerbauer

**Katrin Lugerbauer** has been writing articles and books on garden design for years. The Austrian woman teaches German and geography, and "on the side" she is a hobby gardener, who has been passionate about nature and photography since early childhood. Katrin trained to become a versatile garden specialist. Thanks to her work for the Sarastro gardening company as well as maintaining and designing several of her own gardens, going on garden tours, studying and exchanging with gardening friends, she has acquired an extensive knowledge of professional and natural garden design featuring perennials, bulbs and more. She develops and photographs what she plants in the gardens of Upper Austria for her publications with great attention to detail and to the unusual, without shying away from horticultural challenges.

### Beautiful beds all year round – guaranteed!

The comprehensive practical book with attractive bed designs for year-round flowering and easy-to-follow suggestions plus planting lists for different garden situations. Garden basics, plant selection for particular locations, ideal plant combinations and all about plant care. Here's how to make each bed bloom throughout the course of the year.

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Robust Beauties  
for the Garden  
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Simply Beautiful Beds!  
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Hardcover

Stefanie Hertel

**The Wonderful World of Herbs**  
My family recipes for healing and  
savouring from nature's garden

Hardcover · 192 pages  
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ISBN 978-3-8338-8973-8  
€ [D] 22.99  
DOP 03.02.2024



Pop star Stefanie Hertel  
close up – insights into  
her family's story and  
traditions of using herbs

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enter the world of herbs  
with the Hertel family's  
sure-fire recipes

Use the power of  
nature for a conscious  
and healthy life

**Invigorating, renewing, calming –  
the fascinating power of herbs**

A star on the stage and a herbal witch at heart – Stefanie Hertel conquered the hearts of an audience of millions with her charm and her music, without ever forgetting her roots. She inherited her love of nature and herbs from her grandmother Erna. In this very personal herbal book, the singer, entertainer and presenter reveals her best herbal recipes for healing and cooking, recipes that have been passed down from generation to generation in her family. From grandma's marigold ointment to clam skin rashes to an elderberry soup for flu-like infections or wild garlic gnocchi. A must-have for all fans and herb lovers!

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Our Green Power – the Stori  
Family's Healing Knowledge  
€ [D] 22.00  
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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.



Paperback

Natalie Kirchbaumer, Wanda Ganders et al.

**Quickfinder Raised Bed  
and Vegetable Garden**

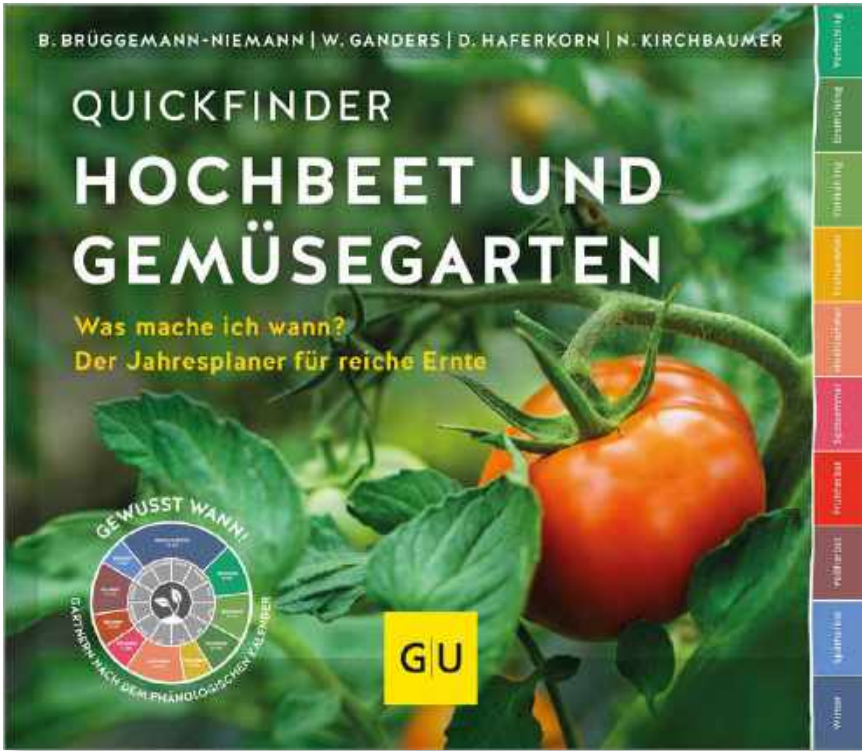
What do I need to do when?  
The annual planner for a rich harvest  
Paperback · 216 pages  
Format 21.0 x 18.5 cm

ISBN 978-3-8338-9251-6  
€ [D] 22.00  
DOP 05.03.2024

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

Helpful tips and tricks  
from the daily practice of  
the GU vegetable experts



**Harvest happiness  
thanks to the right timings!**

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!

More than 72,000 copies sold



Quickfinder Garden Year  
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More than 9,500 copies sold



12 Months of Vegetable Harvest  
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More than 50,000 copies sold



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Climate change is an important topic. It already influences the way we garden now and will continue to do so in the future

Prepare your own garden for change, by choosing suitable plants and adopting clever gardening practices

The only book that covers all aspects of the subject, for both the ornamental AND the kitchen garden

Joachim Mayer

**Making your Garden Fit for the Climate**

The new gardening practices – for heat, wind and heavy rain. The best plants for both ornamental and kitchen garden

Hardcover · 240 pages  
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€ [D] 26.00  
DOP 06.05.2024



Hardcover



Hot topic bees – bee-friendly beekeeping month by month, step by step

An exceptional author – Günter Friedmann is a pioneer of organic beekeeping, successful author and the world's largest Demeter beekeeper

Sustainable beekeeping for everyone – beginners as well as experienced and professional beekeepers

Günter Friedmann

**Bee-Friendly Beekeeping Throughout the Year**

The practical book of natural beekeeping  
Hardcover · 224 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-96747-045-1  
€ [D] 26.00  
DOP 03.02.2024



Hardcover



Hardcover

Fabian Regnery, Tobias Wastle  
**Forest Adventure**  
Feel and experience wilderness, discover wild herbs and mushrooms.  
The 15 best forest tips for your outdoor weekend

Hardcover · 192 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-8338-8984-4  
€ [D] 19.99  
DOP 04.04.2024

Mega-trend forest and nature – the first guide to combine all the important outdoor topics, from mushrooms, herbs and berries to forest knowledge and survival

Expert practical knowledge – Wildschytz is the largest provider of forest experiences in Germany

Simple and reliable identification with the Wildschytz method – based on only a few features

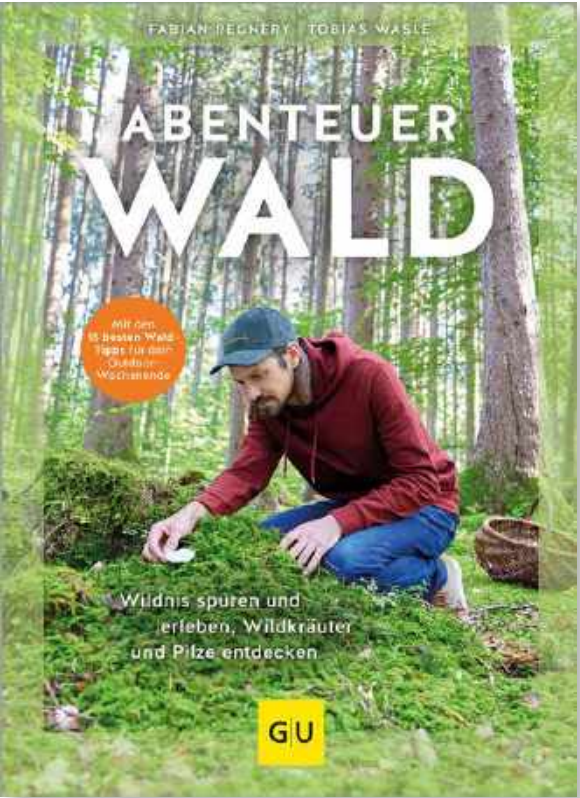


© Wildschytz



© Wildschytz

It all began with two friends and their respective passions – **Fabian Regnery** and his love of nature and **Tobias Wastle** and his passion for good food. The idea of Wildschytz was born. The young founders wanted to introduce the (young) city population to the treasures of the forest and the forest itself. But over time it became clear that bringing the forest to their home was not going to be that easy because nature and its colours, smells and tastes – the experience with all your senses – cannot easily be packaged. So they decided not to bring the forest to the people, but to bring the people to the forest. The idea for their first mushroom tour was born, and it wouldn't be the last! They are now constantly developing new formats together with their start-up team – from a classic herb or mushroom walk to forest bathing and a survival experience. On their website you can book all these near many major cities (Augsburg, Munich, Nuremberg, Karlsruhe, Stuttgart, Heidelberg, Freiburg, Berlin, Frankfurt, Hamburg, Mainz, Düsseldorf, Duisburg, Dortmund, Münster, Cologne, Essen, Aachen, Saarbrücken, Erfurt).



**Dare the forest adventure!**

Discover the ultimate outdoor guide for adventures in nature! Learn how to identify the most common mushrooms, which wild herbs you can use directly in the forest and even how to survive in the wilderness for several days. Fabian and Tobias have been offering mushroom and herb walks with Wildschytz for years. Here they share their knowledge and show you how to find your way around the forest and become one with nature. Look forward to practical tips, simple instructions and delicious recipes which allow you to enjoy the treasures of the forest to the fullest. Whether you're a city child or a nature lover – with this guide you'll experience the forest like never before.





Hardcover

Kristina Ziemer-Falke, Jörg Ziemer

### Finally I Can Understand my Dog

Decoding dog behaviour  
from barking to tail-wagging  
With 20 explanatory videos

Hardcover · 288 pages  
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ISBN 978-3-8338-9142-7

€ [D] 42.00  
DOP 05.03.2024



Learn to interpret your  
dog's behaviour, personality and  
emotions, and strengthen  
your relationship

The specialist knowledge  
of Germany's leading  
dog-training experts -  
clear and easy to understand

With graphic videos about  
behavioural processes and  
everyday situations

### Learn to understand your dog at last!

What is my dog trying to tell me with his behaviour? Dog experts and successful dog trainers Kristina Ziemer-Falke and Jörg Ziemer explain in easy terms how behaviour, communication, personality and emotions in dogs can influence each other and how you can draw the right conclusions in each respective situation and avoid misunderstandings. This guide is an indispensable companion for everyday life with your dog. It explains typical dog behaviour across all the phases of your four-legged friend's life, supports you in developing a harmonious human-dog relationship and defuses any conflicts, thus ultimately helping you to achieve close cooperation. Videos vividly complement the articles.

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Be Polite to Your Dog!  
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City Wolves  
€ [D] 19.99  
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My 5 Secrets for a Happy  
Human-Dog Relationship  
€ [D] 19.99  
ISBN 978-3-8338-3681-7

**Kristina Ziemer-Falke** and **Jörg Falke** are officially certified dog trainers with a number of additional qualifications in the field of dog training and behaviour advice. They instruct dog trainers and dog behaviour consultants in their training centre for dog trainers at several locations in Germany. They have also written many books and magazine articles ([www.ziemer-falke.de](http://www.ziemer-falke.de)).



© Anna Auerbach



Hardcover

Carmen Schell

### How to Make Cats Happy

Understand what your cat needs  
and how to talk to it

Hardcover · 256 pages  
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ISBN 978-3-8338-8974-5

€ [D] 25.00  
DOP 05.03.2024



A successful cat psychologist  
and behaviour consultant  
known from TV and YouTube

Current scientific findings  
on the needs of cats and  
tried-and-tested tips  
that are easy to implement  
in everyday life

Understanding the signals  
your cat uses to show  
you what it wants

### How to make your darling purr

Correctly understanding the needs of your cat at long last – few other pets are misunderstood as often as the cat. Using the latest scientific knowledge, cat psychologist and behaviour consultant Carmen Schell manages to make cat behaviour understandable. Her book is aimed at everyone who not only wants their animal to be well looked after but also wishes to give it an all-round happy life. You learn what is important for successful communication and a harmonious coexistence – from the cat moving in to saying goodbye. Often even tiny changes in everyday life can have a positive effect. And if you interpret the signals correctly, kitty can show you what it really wants and you can build a trusting partnership.

More than 11,900 copies sold



Cat Talk  
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What is My Cat Trying  
to Tell Me?  
€ [D] 22.00  
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More than 88,500 copies sold  
since first edition



Cat Talk  
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**Carmen Schell** is a certified animal psychologist and behaviour consultant with qualifications and experience in training and quality management. She began her career as a volunteer “cat cuddler” in an animal shelter and, on a voluntary basis, has been advising owners of problem cats since 2015 and animal shelter employees and managers since 2016. Carmen completed her training as an animal psychologist for cats at the renowned Academy for Applied Animal Psychology and Animal Behaviour Training (ATN) in Switzerland. After graduating in 2014, she set up her own CatTalk business, where she offers personal advice and online coaching animal keeping and problems. Carmen has been a renowned TV expert for many years. From 2015, she has given lectures and training seminars for specialists. In 2017 she started acting as a speaker for the state animal protection association with her own training series “Cat Science”, and since 2019 she has also lectured at the ATN AG.





Hardcover

Matthias Meyer

**Small Game Handbook**  
Conservation, management and species

Hardcover · 224 pages  
Format 18.5 x 24.2 cm

ISBN 978-3-96747-142-7  
**€ [D] 30.00**  
**DOP 04.06.2024**

The first book  
on the subject

A hot topic  
for young hunters

All small game and predatory  
game species in portrait



**All you need to know about  
small game management**

Red deer, roe deer and wild boar are increasingly at risk from intensive land use and drastic forest conversion measures, but small game management is experiencing a renaissance. Above all, it's young hunters who are dedicated to habitat improvement and predator hunting - the two most important pillars of small game conservation. The older hunters, on the other hand, long for past times when hare, pheasant and partridge were not uncommon in our cultural landscape. Small game management is complex. This book is the first to deal profoundly with the topic and to offer the help and advice of passionate experts.



© Matthias Meyer

Game master **Matthias Meyer** is a well-known expert who explains connections in a plausible way to young and old. He also regularly presents ideas and solutions in the specialist press which demonstrate to a broad target group concrete ways to make small game areas once more attractive for game and hunters.

General



Hardcover

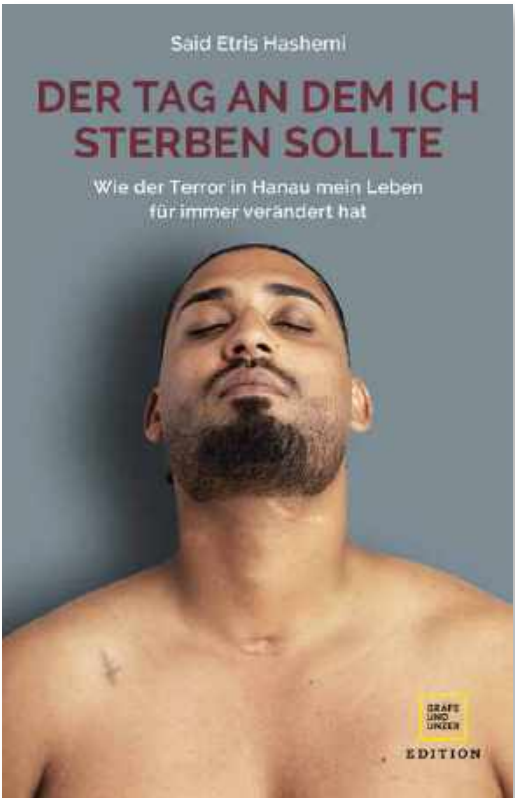
Said Etris Hashemi

**The day I was  
supposed to die**

How the Hanau terror attack  
changed my life forever

Hardcover · 192 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9306-3  
**€ [D] 22.00**  
DOP 03.02.2024



**The story of a terror victim –  
for a better society**

19th February 2020 – a right-wing extremist first stormed the city, then a bar in the town of Hanau. He shot nine people and seriously injured others for racist reasons. Among the victims were the then 23-year-old Said Etris Hashemi and his 21-year-old brother Said Nesar, as well as some of their friends. Etris was hit in the neck and barely survived. His brother died on site; any help came too late. A few seconds that change everything – not just in the lives of those affected, but also in society as a whole. Hanau triggered an important debate about discrimination, right-wing terrorism in Germany, our police force and new opportunities for our country. A plea from a survivor on the attack's fourth anniversary for a more inclusive society.



© Etris Hashemi

**Said Etris Hashemi**, born on 1 September 1996, is the son of Afghan refugees. Said Etris was directly affected by the right-wing extremist terrorist attack on 19 February 2020 in Hanau – he lost his younger brother Said Nesar and many of his childhood friends in the attack. He himself survived the racially motivated attack with several gunshot wounds; he was "only" seriously injured, including in the neck. Since then, Said Etris has become an ambassador for better justice in Germany, actively using his voice and campaigns against racism and discrimination.



Hardcover

Julia Steppat

**Why Children  
Don't Eat Properly**

The invisible causes  
of eating disorders

Hardcover · 208 pages  
Format 13.5 x 21.0 cm

ISBN 978-3-8338-9133-5  
**€ [D] 22.00**  
DOP 05.03.2024



**Hot news: increasing numbers  
are affected – one in five  
children and adolescents  
suffer from an eating disorder**

**Recognising and understanding  
the causes in order to finally  
finding ways out of the  
problem – for young sufferers  
and their parents**

**The author is an expert and  
herself a former sufferer**

**The truth about the causes  
of eating disorders**

Is my child eating normally, or is there an eating disorder? Many parents are worried when their children eat a lot or very little, withdraw or skip meals. Julia Steppat herself suffered for seven years with anorexia, and so she made eating disorders her life's mission – initially to get back to health herself, and then to counsel and support others who are affected and their relatives. A psychologist, nutritionist and volunteer consultant at the Care Centre for Eating Disorders (ANAD e. V.), Julia knows that eating disorders – whether binge eating, anorexia or bulimia – always result from the family background. Sensitively and armed with a lot of expertise, she explains the typical causes and shows ways out of the disorder to those affected and their relatives.