

Daniel Alan

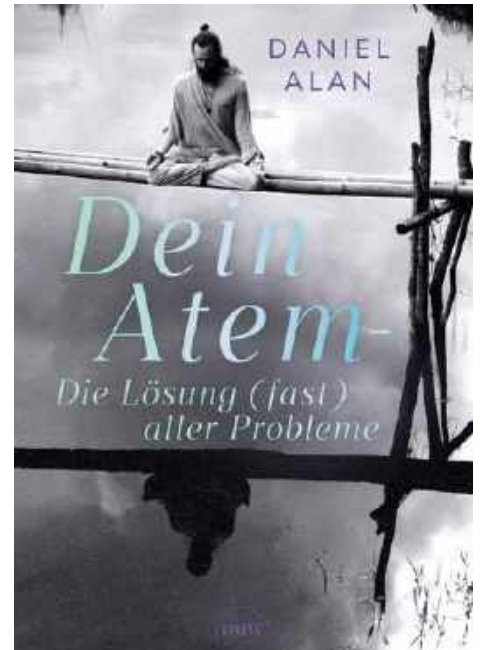
Breathwork

The Solution to (almost) all of Your Problems

ISBN: tba

Release Date: October 7, 2025

192 pages, Paperback



Our breath is more than just a biological function –
it reflects our inner world and can facilitate deep healing.

This book combines scientific insights with practical exercises, demonstrating how Pranayama (breathing in yoga) can reduce stress, release blocking patterns, and heal trauma. Focusing on early childhood conditioning and the connection between breath, the nervous system, and consciousness, it offers pathways to greater vitality, inner freedom, and self-connection.

Your breath can bring you back home!

USPs

- **Scientific and Practical Approach:** The book blends scientific insights with practical exercises, offering a comprehensive understanding of how breathwork can heal stress, trauma, and emotional blockages.
- **Holistic Connection:** Explores the powerful connection between breathing, the nervous system, and consciousness, providing readers with a pathway to greater vitality, self-awareness, and emotional well-being.
- **Simple and Effective for Daily Life:** Breathwork is a trending, easy-to-implement practice that can seamlessly fit into your daily routine.

Daniel is an internationally active consciousness and breath coach, spiritual mentor, and father.

His unwavering optimism and belief in the preciousness of life form the core of his work. He has the rare gift of combining transcendental depth with playful simplicity—a quality highly appreciated by his clients.

Daniel's background is as diverse as it is profound. He has learned from Tibetan monks and Harvard professors, Gabor Maté, undergone long shamanic diets, and deeply engaged with the scientific foundations of life.



Nina Brockmann

Four Words That Will Free Your Soul Forever

ISBN: 978-368969-024-3

Release Date: February 19, 2025

200 pages, Hardcover



There truly are four words that magically align everything within you toward a truly happy life. Words that free you from all the hidden beliefs that keep you small, dull, and dissatisfied.

Four words that catapult positivity into your life – without you having to do anything:

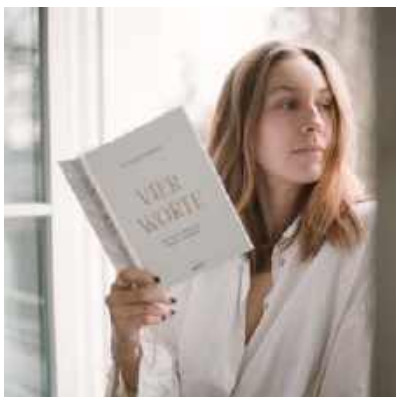
I live in abundance.

Once you internalize this phrase, you no longer need to manifest your desires – because when you live in abundance, everything manifests on its own.

In this fascinating book, Nina Brockmann (@the.gnani) offers you a personal guide to inner realignment. Follow the laws of abundance, take the leap into a new reality, and experience how life effortlessly gives you everything you've ever wished for.

USPs

- **A Simple Yet Powerful Manifestation Method:** Discover the four words that can shift your mindset instantly, helping you attract abundance effortlessly without complex manifestation techniques.
- **A Personal and Transformative Journey:** Written by Nina Brockmann, founder of *the gnani*, this book shares deeply personal insights and practical guidance to help you realign with your true self.
- **More Than Just Theory – A Practical Guide to Abundance:** Packed with real-life examples, exercises, and mindset shifts, this book empowers you to break free from limiting beliefs and embrace a life of fulfillment and ease.



Nina Brockmann is an author and the founder of the gnani—a platform that guides people on their journey back to themselves. The term gnani represents someone who embarks on the path to discovering their inner wisdom. Nina's mission is to inspire and support others in leading an authentic life of abundance. Nina lives in Berlin with her dog and dedicates herself to encouraging people to discover their true essence.

Instagram: @the.gnani | Website: www.thegnani.com

Farina Deutschmann

Kiss Me Toxic

Between Passion and Madness: What It Really Means to Love a Narcissist

ISBN: 978-368969-018-2

Release Date: May 6, 2025

192 Pages, Paperback



Farina Deutschmann experienced the depths of a confusing narcissistic relationship in one of the most beautiful places in the world.

It all began like a scene from a movie: During a dreamlike summer, she arrived in Cape Town, quickly adapted to the vibrant postcard-perfect city, fell in love with a South African, and believed she was on a direct path to an everlasting happy ending. But little by little, behind the façade of their seemingly blissful relationship, things started happening that she couldn't quite understand. Day after day, she found herself caught in a cycle of beautiful moments and unexpected disagreements that couldn't have been more contradictory.

This book offers readers something truly unique: On one hand, it tells a cinematic love story, while on the other, reflective flashbacks allow the reader to witness how the web around Farina tightened until she finally realized that the relationship was leading nowhere.

Without being a conventional self-help guide, this book is one of the most powerful resources on the topic of narcissistic relationships available today.

USPs

- **Authentic True Story:** A deeply personal and immersive firsthand account of a narcissistic relationship, offering raw insights that go beyond theoretical explanations.
- **Cinematic Narrative with Psychological Depth:** A compelling blend of storytelling and reflective analysis, allowing readers to experience both the emotional highs and the subtle, creeping toxicity of narcissistic dynamics.
- **Empowering Without Being a Traditional Self-Help Book:** Unlike typical self-help guides, this book provides powerful lessons through lived experience, making it both an engaging read and an eye-opening resource for those navigating similar relationships.

Farina Deutschmann (born 1988) is an internationally renowned portrait and wedding photographer, as well as a business mentor, based in Berlin and Cape Town.

Recognized by Vogue UK as a top service provider, she is also the personal photographer of one of Germany's most influential podcasters, authors, and life coaches, Laura Malina Seiler. Her work features well-known personalities, including actress and author Susan Sideropoulos and yoga YouTuber Mady Morrison.

After leaving a toxic relationship, she has increasingly focused on researching and raising awareness about narcissistic relationship patterns.



Ibrahim & Saliha Evsan

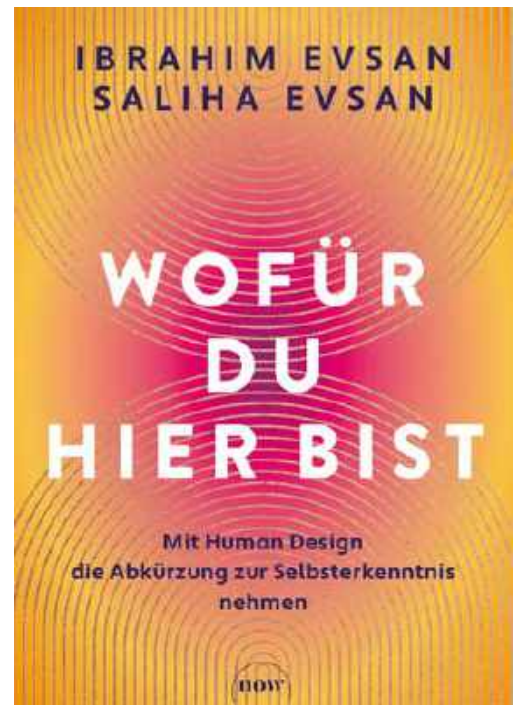
What you're here for

Taking the Shortcut to Self-Discovery with Human Design

ISBN: tba

Release Date: October 2025

480 pages, Hardcover



Human Design is a unique method of self-discovery that integrates ancient systems such as astrology and the I Ching. The author studied directly with the founder of Human Design and is considered the first representative of this method in the German-speaking world. He has developed a one-of-a-kind software that allows anyone to easily generate their profile.

In this book, readers will find a quick and profound path to self-awareness tailored to their unique profile. The precision of this method will amaze anyone trying it for the first time. Readers will learn to think and act according to their inherent traits, setting life goals that align with their true nature. The author provides a concrete path to discovering and embracing your authentic self in this book.

USPs

- **Direct Access to Personalized Self-Discovery:** With the unique software created by the author, readers can easily generate their own Human Design profile and begin their journey of self-awareness immediately.
- **Combines Ancient Wisdom with Modern Insight:** Integrating methods like astrology and the I Ching, Human Design offers a powerful approach to understanding oneself with a blend of traditional and innovative tools.
- **Precise and Life-Changing Guidance:** The method's accuracy provides profound insights, helping readers align their thoughts, actions, and life goals with their inherent traits for a more authentic, fulfilling life.

Ibrahim Evsan is the founder of nine companies and a renowned expert in Human Design, Personal Branding, and Digitalization. He served for eight years as a committee member of UNICEF and as a board member of the Deutschlandstiftung Integration. As a keynote speaker on New Leadership and a specialist in Human Design and Digitalization, he is widely recognized in the business world. With his company Connected Leadership, he specializes in preparing managers and leaders for digital transformation through workshops. His latest venture, Coisar, focuses intensively on Human Design.



NOW Verlag

Martina Fischer and Gerald Dönicke

The Goat, Your Guru

Our Path to the Place Where We Don't Have to Be Anyone

Cover in
progress...

ISBN: tba

Release Date: Beginning of 2026

192 pages, Hardcover

Martina Fischer made a name for herself with her bestseller "The Alpine Meadow, a Place for the Soul" as a person who maintains an extraordinary closeness to nature. **Gerald Dönicke** is a natural writer, nature philosopher, and a passionate researcher of the life of wolves.

When Martina Fischer spent another summer on the alpine meadow, the two authors met and discovered that, although in very different ways, both had learned profound insights about self-awareness from animals – whether pets or wild animals. No one can teach us the unconditional acceptance of being better than animals can. In this book, experience an unconventional path to self-discovery.

USPs

- **Unique Path to Self-Discovery:** The book offers an unconventional journey to self-awareness, drawing profound lessons from animals, especially goats, and their natural wisdom.
- **Nature-Based Philosophy:** It combines nature philosophy with personal development, showing how animals can teach us about acceptance, authenticity, and living in the present moment.
- **Engaging and Reflective Narrative:** A blend of storytelling and deep introspection, this book invites readers to explore a peaceful place where they don't have to live up to any expectations or roles.



Thomas Fuchs

What Children Need Parenting from a Child's Perspective

ISBN: 978-368969-036-6

Release Date: December 3, 2024

304 pages, Hardcover



This book turns everything you know about parenting guides upside down:

It helps us view our parenting through the perspective of children – the very people for whom it is intended. When we understand how our behavior affects them, both in the short term and over the long term, a switch flips inside us, and we begin to think and live differently in how we interact with them. In this unique book, Dr. Fuchs takes us through the entire development of our children. In 9 chapters filled with numerous examples from his decades of clinical experience, Dr. Thomas Fuchs provides a care package for parents and all adults who live or work with children.

How do we raise children who can face all challenges fearlessly and positively, whether it's overcoming everyday hurdles or making planet Earth a better and more humane place?

USPs

- **Parenting from a Child's Perspective:** This book offers a revolutionary approach by encouraging parents to view their parenting through the eyes of children, helping to better understand how our behavior impacts their development.
- **Expert Insights from Decades of Experience:** Dr. Thomas Fuchs, with his extensive background in clinical psychology and child therapy, shares practical advice based on decades of experience, offering real-world examples and solutions.
- **A Comprehensive Guide for Raising Resilient Children:** The book focuses on raising children who can face life's challenges with confidence and positivity, equipping parents with the tools to foster emotional resilience and contribute to a better world.



Dr. Thomas Fuchs, born in 1966, is a clinical psychologist with a focus on clinical and educational psychology. He earned his PhD at the University of Tübingen on attention deficit and hyperactivity disorders. He is trained as a psychological psychotherapist, specializing in behavior therapy and family therapy for children and adolescents. After several years in clinics, he has been running his own practice in child and adolescent psychology since 2000. In addition to his clinical work, Dr. Fuchs trains and supervises psychotherapists and doctors and is an expert witness in family law and criminal cases involving juveniles. He also gives lectures for companies, foundations, and governmental bodies in Germany, Austria, and Switzerland. He is the co-author of the book "Family Happiness" with Jens Corssen. Dr. Fuchs is married and has three daughters.

Chris Halb12

If Only I Had Understood the Game of Life Sooner!

What You Really Need in Life but Don't Learn in School #2

ISBN: 978-368936-050-4

Release Date: April 8, 2025

320 Pages, Paperback



Have you ever felt like school didn't prepare you for real life?

You're not alone.

Most of what you learn in school is never needed later in life. But even more importantly: The things you actually do need, no one teaches you—neither in school nor at home. Why? Maybe because independent thinkers aren't exactly encouraged these days...

To make sure you still learn the truly important rules for a free, self-determined, and fulfilling life, YouTube star, podcaster, and bestselling author Chris Halb12 (first book: "If Only I Had Known Sooner") has written this book. He dives deep into fundamental and everyday aspects of life – mindset, health, relationships, money, and spirituality – connecting them and breaking everything down into simple, easy-to-understand, and universal game rules for a successful and happy life.

Rules that, unfortunately, no one else is teaching us.

USPs

- **The Life Guide You Never Got in School:** This book teaches the essential life skills—mindset, health, relationships, money, and spirituality—that traditional education never covered but are crucial for success and happiness.
- **Written by a YouTube Star, Podcaster, and Bestseller Author:** Chris Halb12, known for his bestselling book "If Only I Had Known Sooner", distills his insights into practical, easy-to-apply rules for a self-determined and fulfilling life.
- **Simple, Universal Rules for Success and Happiness:** Instead of overwhelming theories, this book breaks life down into clear, easy-to-follow “game rules” that anyone can apply to navigate life with confidence and freedom.

Chris Halb12 is an author, YouTuber, and podcaster. Together with Joyce Ilg, he co-wrote the bestseller "If Only I Had Known Sooner."



Reinhard Haller

Toxic Silence

Recognizing and Defusing the Psychological Weapon

ISBN: tba

Release Date: January 2026

240 pages, Hardcover



When Silence Becomes a Weapon:

Silence can be healing, but it can also be used as a powerful weapon of psychological warfare.

Bestselling author and psychiatrist Reinhard Haller shows how toxic silence humiliates people, plunges them into helplessness, and often serves as the origin of inexplicable violence.

This book unveils the psychodynamics of silence, helps uncover manipulative patterns, and offers strategies to free oneself from the paralysis of non-communication. Those who tend to use destructive silence themselves will find suggestions for healthier alternatives.

USPs

- **Deep Psychological Insights:** The book explores the hidden dynamics of toxic silence, offering a thorough understanding of how it affects individuals emotionally and psychologically.
- **Practical Strategies for Change:** Provides actionable techniques to break free from destructive silence and offers healthier communication alternatives for personal and professional relationships.
- **Empathy and Healing Focus:** Not only helps identify and defuse manipulative silence but also offers guidance for those who use silence destructively, encouraging self-awareness and promoting healing in communication patterns.

Reinhard Haller is a psychiatrist, psychotherapist and bestselling author of multiple books from Austria. He is a sought-after expert and forensic expert witness. In this role, he has encountered some of the most notorious criminals.

NOW Verlag

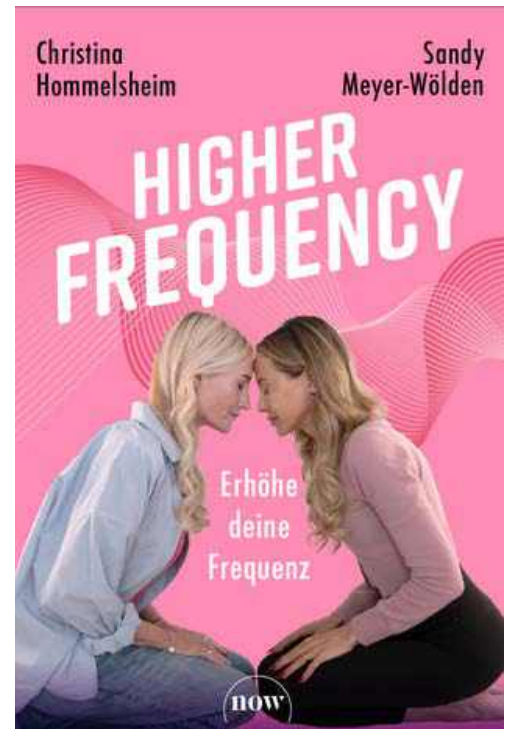
Alessandra Meyer-Wölden |
Christina Hommelsheim

High Frequency The Path to Self-Liberation

ISBN: tba

Release Date: October 2025

192 pages, Hardcover



High Frequency tells the powerful story of an unlikely friendship between two women who seem completely different at first glance: Alessandra Meyer-Wölden, known as a model, podcaster, and TV personality, meets Christina Hommelsheim, one of the most renowned coaches for personal development in Germany.

Alessandra is struggling through a deep life crisis, but after a consultation with Christina and a joint trip to Fuerteventura, they realize that they share a profound soul connection rooted in similar traumatic experiences from their past. Gradually, they begin to trust each other and open up about their experiences with abuse, violence, emotional blackmail, illness, and suffering.

This book is a testament to their deep friendship and their shared journey toward healing. This book is about the opportunity to break free from deeply ingrained limiting beliefs, the power of self-love, and the path to finally living a fulfilling and happy life.

USPs

- **Deep Emotional Healing:** The book focuses on the transformative power of addressing past trauma and deeply ingrained beliefs, guiding readers through a journey of emotional recovery and self-discovery.
- **Authentic Friendship & Shared Experience:** By sharing the personal story of two women with different backgrounds, the book highlights the strength of authentic connection and the power of mutual support in overcoming life challenges.
- **Practical Guide to Self-Love and Fulfillment:** Offering actionable insights, the book emphasizes the importance of self-love and provides a clear path to achieving a more fulfilled and empowered life by breaking free from limiting beliefs.

Sandy Meyer-Wölden is a German model, podcaster, and TV personality, known for her work in fashion and media. She shares insights on lifestyle, health, and personal development through her podcasts and social media.

Christina Hommelsheim is a top German personal development coach, specializing in emotional healing and empowering others to break free from limiting beliefs and trauma.



Joyce Ilg

If Only I Had Felt This Earlier! The Code for a Loving Relationship with Yourself and Others

ISBN: 978-3-68969-033-5

Release Date: March 11, 2025

336 Pages, Paperback



Although connecting with our emotions and our deepest inner selves is essential for life, we learn nothing about it in school.

It's time for a little extra lesson – one that's fun and truly benefits you. Because: Those who are in touch with their inner selves, who can appreciate and express their emotional world, have **happier relationships** – whether with others or themselves. The key is learning **the art of positive self-talk**: We can train ourselves to perceive our emotions, put them into words, and communicate them – whether to ourselves or to others. And we can do this without feeling vulnerable but rather confident and full of self-love. Once we master this, we unlock the relationship code, and **our lives magically align** for the better. No joke – your life will transform in the most wonderful way!

This book is **packed with examples** that help you truly understand how to feel both protected and free – especially when you finally let your guard down in front of yourself and others! It's reminiscent of her first book *If Only I Had Known This Earlier*, a **bestseller** that has already sold over **100,000 copies**.

USPs

- **Authentic & Relatable Writing Style:** The book is written in a conversational, real, and imperfectly perfect way, making deep emotional topics easy to understand and truly engaging.
- **Practical Self-Talk Techniques for Emotional Strength:** Teaches readers how to develop positive self-talk, express their emotions with confidence, and build healthier relationships—with themselves and others.
- **Life-Changing Insights That Actually Work:** Packed with real-life examples and actionable strategies that empower readers to embrace their true selves, feel emotionally free, and transform their lives for the better.



Joyce Ilg is a well-known author, actress and social media personality with a strong following. She is one of the biggest German YouTubers and admired for her humor and her ability to address deep and emotional topics in an authentic way.

@joyceilg (Instagram 2M, YouTube 1,2M)

Lara Jund

Medi-Tails

Your Daily Dose of Mindful Paws

365 Days of Animal-Inspired Deep Relaxation



Cover not
final yet

ISBN: tba

Release Date: June 2025

180 pages, Paperback

With this yearly calendar, become as relaxed as the animals!

This calendar will delight every person that loves to meditate and relax.

Charming, humorous, and touching photos of relaxed animals serve as a weekly reminder to keep up with meditation.

- Space to write down a daily moment of mindfulness
- Numbered from 1-366 , reusable every year
- 3 pages per week + 1 photo per week (52 animal images in total)

USPs

- **The Most Charming Mindfulness Companion:** Adorable and heartwarming animal photos to inspire your daily practice.
- **Irresistibly Cute & Captivating:** Sweet, meditative animal moments that bring joy and relaxation.
- **Timeless & Reusable:** Numbered from 1 to 366, making it perfect for any year!

Anna Kupka

NOW Verlag

Molly's Marvelous Journey

The Trilogy

Collected Edition of the SPIEGEL Bestsellers
as a Special Anniversary Edition

ISBN: 978-368936-018-4

Release Date: October 8, 2024

184 Pages, Hardcover



The SPIEGEL Yearly Bestsellers as a Collection
Over a quarter of a million readers have already been enchanted by Molly!

What if a bedtime reading session turned into a journey of self-discovery? That's exactly what happens to Molly when she suddenly finds herself not in her bed, but deep within herself. In this touching trilogy, she embarks on an extraordinary quest to find answers to three timeless questions:

- Who am I really, and how can I learn to love myself?
- How do deep, fulfilling relationships with others form?
- What does it take to make our dreams come true?

A story in which every symbol carries a deeper meaning – from snowy landscapes to sparkling lemonade – all accompanied by the enchanting illustrations of Carole Isler. A journey that captivates readers and leads them to a new understanding of happiness and love.

This high-quality collection brings together all three Molly bestsellers in a beautifully designed hardcover with 184 color-illustrated pages, a ribbon marker, and great attention to detail. Perfect for adults who want to rediscover their inner child, and for children and teenagers seeking to better understand themselves and the world.

“A healing journey to the heart for the inner child” – Robert Betz, psychologist, coach, and seminar leader

"Some people have a diary next to their bed. Others have a self-help book. I have Molly."

– Chris Corbett, bestselling author

USPs

- **A Deep and Transformative Journey:** The trilogy answers timeless life questions about self-love, relationships, and realizing dreams, offering readers a path to personal growth and deeper understanding.
- **Enchanting Illustrations and Symbolism:** The collection is enriched with beautiful illustrations, where every symbol holds a profound meaning, making the story a visual and emotional experience.
- **Ideal for All Ages:** This beautifully designed hardcover collection is perfect for adults rediscovering their inner child and for children and teens seeking to understand themselves and the world more deeply.

Dr. Anna Kupka is one of the most successful authors in the German-speaking world for spiritual narratives. Her “Molly” books (e.g., *Molly's Wondrous Journey*) have topped bestseller lists and sold in the seven-figure range. Originally a Doctor of Law, Anna also studied at the prestigious Stanford Business School in California. However, academic achievements matter less to her than the search for true life.



Anna Kupka

Self

The Quest Comes to an End

ISBN: 978-368936-015-3

Release Date: September 17, 2024

128 Pages, Paperback



A Small Book with a Big Impact: The Happy Ending to Your Spiritual Journey! By SPIEGEL bestselling author Anna Kupka.

With this lighthearted yet profound book, bestselling author Anna Kupka has created a work that offers both spiritual newcomers and seasoned seekers a clear path to the place within where life's storms can do no harm – the Self.

In the first part, we embark on a journey of self-discovery and realize, to our amazement, that we can indeed overcome the obstacles still standing in our way. In the second part, we dive deep into the timeless dimension of the Self to experience its universal wisdom firsthand. Finally, practical suggestions help us integrate this inner knowledge into our daily lives.

USPs

- **Bestselling Author of Spiritual Narratives:** Dr. Anna Kupka's *Molly* books have captivated readers, topping bestseller lists and selling over a million copies.
- **A Unique Blend of Logic and Spirituality:** With her analytical background, she translates deep spiritual wisdom into accessible and relatable stories.
- **A Journey to True Fulfillment:** Her books offer readers a heartfelt and transformative path to self-discovery and a more meaningful life.

Dr. Anna Kupka is one of the most successful authors in the German-speaking world for spiritual narratives. Her “Molly” books (e.g., *Molly's Marvelous Journey*) have topped bestseller lists and sold in the seven-figure range. Originally a Doctor of Law, Anna also studied at the prestigious Stanford Business School in California. However, academic achievements matter less to her than the search for true life. In her new book, she lovingly invites readers to join her on this path to deeper understanding.



Write It Off Your Soul

How to Let Go of What Makes You Small

ISBN: tba

Release Date: August 2025

192 pages, Paperback



This book invites you on a deep inner journey – a walk through the hidden parts of our soul, where old grudges and limiting beliefs lie dormant. Often unconsciously, we carry these emotional burdens with us, subtly but destructively affecting our lives.

Through targeted questioning techniques and effective writing exercises, **the book helps give form to these suppressed emotions, bring them into consciousness, and ultimately release them.** It serves as a guide to emotional liberation, enabling the reader to break old patterns and navigate life with greater ease and clarity.

USPs

- **Emotional Liberation Through Journaling:** The book taps into the trending practice of journaling and shadow work, providing powerful exercises to help readers process and release suppressed emotions, leading to emotional freedom.
- **Breaking Limiting Beliefs:** Drawing on psychological knowledge, the book helps readers identify and let go of old grudges and limiting beliefs that hold them back, empowering them to embrace a more authentic and fulfilling life.
- **Practical and Transformative:** Offering practical tools for personal growth, this book encourages readers to break free from negative patterns and navigate life with greater ease, clarity, and confidence.

Sophie Lauenroth holds a degree in psychology with a focus on psychotraumatology, personality development, and holistic psychology. As @psychologin_sophie, she inspires around 600k people on TikTok and Instagram, where she openly shares her own therapy experiences with her large community. Her podcast and online courses support people in dealing with everyday challenges and worries, helping them navigate daily life more effectively and stand up for themselves. In her third book she explores the power of Journaling.



NOW Verlag

Sophie Lauenroth

Time to Feel My Feelings

A must-read for every people-pleaser

ISBN: 978-368969-015-1

Release Date: April 1, 2025

180 Pages, Paperback



An inspiring story about overcoming people-pleasing, self-discovery, and the courage to allow and follow your own feelings.

After breaking up with her boyfriend, Melanie feels the need for a change of scenery. She books a flight to Barcelona, without any real idea of what she's going to do there alone. She packs barely any luggage, just the things that were in her way at home, but she carries plenty of emotional baggage – fears of being alone, the pressure to please everyone, the feeling of having no sense of direction in life.

Completely unexpectedly, she is shaken out of her overthinking in Barcelona. She meets people who seem to have been waiting for her: a little girl full of wisdom, a shoemaker full of insight, and an old couple full of love.

And almost by itself, almost without her doing anything, everything in her life begins to change.

USPs

- **Psychological Insights and Expertise:** Written by a psychologist, the story integrates professional knowledge about emotional well-being, people-pleasing, and self-discovery, offering readers both an engaging narrative and valuable psychological insights.
- **Relatable and Empowering Story:** Follows a protagonist who faces universal struggles such as loneliness, pressure to please others, and a lack of direction, offering readers a deeply relatable and inspiring journey toward self-acceptance.
- **Meaningful Encounters with Wise Characters:** The story features encounters with unique, wise characters who guide the protagonist toward life-changing insights, offering readers not only a story of change but also valuable lessons about love, wisdom, and emotional freedom.

Sophie Lauenroth holds a degree in psychology with a focus on psychotraumatology, personality development, and holistic psychology. As @psychologin_sophie, she inspires around 600k people on TikTok and Instagram, where she openly shares her own therapy experiences with her large community. Her podcast and online courses support people in dealing with everyday challenges and worries, helping them navigate daily life more effectively and stand up for themselves. In her second book she explores the topic of people-pleasing. Having experienced it firsthand, she weaves her insights into a compassionate and deeply emotional story.



Prof. Dr. Oliver Lazar

Manifesting for Skeptics

Myth and Truth from a Scientist's Perspective

ISBN: tba

Release Date: October 2025

280 pages, Paperback



Can the Power of Our Thoughts Truly Change Our Lives?
Is manifestation just an esoteric hype – or is there scientific evidence for its effects?

This book takes you on a fascinating journey into the world of manifestation. Based on the latest findings from quantum physics, psychology, and neuroscience, renowned scientist Prof. Dr. Oliver Lazar explores the hidden mechanisms behind our thoughts. Discover how frequencies, the placebo effect, and epigenetic processes can shape our reality – and the potential pitfalls to be aware of.

With a critical perspective on spiritual concepts, personal experiences, and practical exercises, this book offers a unique blend of solid science and real-world application. Whether you want to unlock your full potential, improve your health, or attract more happiness into your life – here, you'll find valuable insights that go beyond mere theory.

USPs

- **First Scientist to Critically Explore Manifestation:** A balanced, evidence-based perspective
- Author of the **SPIEGEL Bestseller** "Beyond Matter": A groundbreaking book on near-death experiences
- Manifestation = The Next Big Thing: Alongside Bitcoin & AI, Manifestation is **THE trend of 2025!**

Prof. Dr. rer. medic. Oliver Lazar studied human medicine and computer science. In 2008, he earned his doctorate at the Faculty of Medicine of the University of Duisburg-Essen. As a scientist and project manager at the Fraunhofer IMS in Duisburg, he gained extensive experience in applied research. Since 2012, he has been a professor of computer science at FOM University in Düsseldorf. Following a profound spiritual experience in 2017, he has been actively engaged in afterlife research and sees himself as a bridge between science and spirituality.



Clara Lösel

Don't You Dare Give Up 101 Poems That Change Your Mindset

ISBN: 978-3-68969-021-2

Release Date: April 8, 2025

192 Pages, Hardcover



Clara Lösel presents 101 brutally honest and deeply vulnerable texts covering themes such as (self-)love, growing up in times of crisis, beauty standards, heartbreak, loneliness, and hope. With her direct and unfiltered approach, she voices what many feel but rarely dare to say, encouraging readers to embrace their true selves.

This book invites readers to feel, reflect, and grow.

USPs

- **Authentic Voice:** Clara Lösel's raw and honest writing connects deeply with readers, offering high identification potential.
- **Relevant Themes:** Tackles contemporary topics that strongly resonate with today's youth.
- **Strong Presence:** With a massive social media following and a broad media presence, Clara Lösel is already well-known to a large audience.

Clara Lösel is a powerful voice of the younger generation. She reaches millions on platforms like TikTok and Instagram, has won literary awards, appears in German cinemas, and speaks at major corporate events and political congresses. Her combination of deep vulnerability and unbreakable strength leaves a lasting impact on her audience.

@claraloesel



Lukas Neumeier

Why Everything Will Be Okay

How a Quantum Physicist Explains the World

ISBN: 978-368969-027-4

Release Date: June 24, 2025

304 pages, Paperback



The world is going to hell. And there's nothing you can do about it. All that's left is helplessness and pessimism—and you're not alone with these feelings. But did you know that you don't see reality as it truly is? That you're living in a simulation created by your own brain? And did you know that you can become the architect of this simulation?

In this book, **quantum physicist Dr. Lukas Neumeier explains why your pessimism is unfounded and how much greater your influence on your world is than you ever imagined.** With rational arguments, shameless honesty, and a touch of self-irony, he creates a vision of hope that will literally turn your life – and many others – upside down.

Are you ready for a fireworks display of aha moments, childlike wonder, hearty laughter, and a fresh, positive outlook on the world? In "Why Everything Will Be Okay," you'll discover how to understand your world and yourself on a deeper level, and how to shape your experience more actively.

Grab it now and begin your most ambitious scientific experiment: Taking control of your own simulation.

USPs

- **A Fresh Perspective on Reality:** Dr. Lukas Neumeier combines quantum physics and self-awareness to show you how the reality you perceive is a simulation created by your brain, and how you can change it to create a more positive and empowering life.
- **Rational and Relatable Insights:** With a blend of scientific reasoning, honest storytelling, and humor, the book offers profound insights in an easy-to-understand and engaging way, making complex concepts accessible to everyone.
- **A Transformational Guide to Taking Control:** This book empowers you to become the architect of your own life, helping you recognize the vast influence you have over your world and offering practical tools to reshape your experiences.

Dr. Lukas Neumeier is a theoretical physicist and conducts research in the field of quantum physics at the University of Vienna. Born in Germany in 1985, he was fascinated by the big questions from an early age: What is reality? What is life? What is consciousness? In the hope of finding answers, he studied physics at the Technical University of Munich and completed his PhD in 2018 at ICFO in Barcelona. His travels through Africa, South America, and Australia shaped his view of the nature of reality. In addition to quantum physics, he is interested in artificial intelligence, neurobiology, psychology, music, and nature. In his books "Quantum Physics for Hippies" and "Why Everything Will Be Okay", he humorously shares his perspective on the world.

Susan Sideropoulos

NOW Verlag

Light and Shadow The Gift of Simultaneity



ISBN: 978-3-68969-042-7

Release Date: June 25, 2025

160 pages, Hardcover

Have you ever experienced the feeling of being both sad and happy at the same time?

Susan Sideropoulos, actress, presenter, and bestselling author is best known for her positive outlook on life. However, after the profound loss of her beloved father, she was forced to confront her grief for the first time – a grief she couldn't process as a teenager when she lost her mother too early – and gained a profound realization:

That the lightness of being and the heaviness of life are not opposites, but form a healthy balance. And this happens the moment we recognize the gift of simultaneity.

Light shines brighter through shadow, and shadow loses its paralyzing power through light. Life becomes more intense, authentic, and present through simultaneity.

In this book & journal, Susan invites you on a three-month journey to uncover where simultaneities hide and how they can help us better understand the world, our fellow human beings, and ourselves. You'll discover how to create moments of happiness at any time.

**"They say: Where there is light, there is also shadow. But what's even more important is:
Where there is shadow, there is always light somewhere."**

USPs

- **Embracing the Gift of Simultaneity:** The book explores how lightness and heaviness, happiness and sadness, can coexist, offering a powerful perspective that transforms how we view life's challenges and joys.
- **Personal Journey and Insight:** Through Susan Sideropoulos' personal story of grief and healing, readers are guided to confront and embrace their own emotional complexity, learning to find balance and strength.
- **Interactive Journal for Growth:** Combining narrative with a journal format, the book provides a hands-on, three-month journey for readers to explore their emotions, uncover simultaneities in their own lives, and create moments of happiness and understanding.

Susan Sideropoulos is a successful actress and presenter and has hosted various TV shows. She is a popular guest on entertainment programs. After a life crisis, she focused on personal development, and today, in addition to her TV career, she hosts Coaching events, writes screenplays, and supports social projects.



Tania Söllner

NOW Verlag

F*** Yoga

Learn to Fly Without Om

ISBN: tba

Release Date: October 2025

192 pages, Paperback



In a world that constantly demands self-optimization, this book reminds you that you are already enough – just as you are.

Instead of searching for answers in psychology seminars, yoga rituals, or external labels, it shifts the focus to what truly matters: believing in yourself. With humorous anecdotes, deep insights, and a refreshingly honest perspective, the author guides you back to your true essence—without lofty concepts or spiritual pressure, but with lightness and a wink.

Reconnect with your inner strength, trust your own path, and discover how simple spirituality can be.

USPs

- **Embraces Authenticity:** This book focuses on the empowering message that you are already enough, helping you shift away from external pressures and embrace your true self.
- **Practical and Light-hearted Approach:** With humor, deep insights, and an honest perspective, it provides real-life lessons on self-belief and personal growth without complicated theories or spiritual jargon.
- **Accessible Spirituality:** The book offers a simple, grounded approach to spirituality, encouraging readers to reconnect with their inner strength and trust their unique path in life.

Tania Söllner is a German podcaster, speaker, and coach specializing in personal development, self-realization, and spiritual growth. She helps people overcome their inner blocks and lead fulfilling lives. Tania is known for her authentic, funny and powerful approach to initiating profound transformations. With her coaching method, she combines spiritual wisdom with practical tools to help individuals unlock their full potential.

@dieclementa

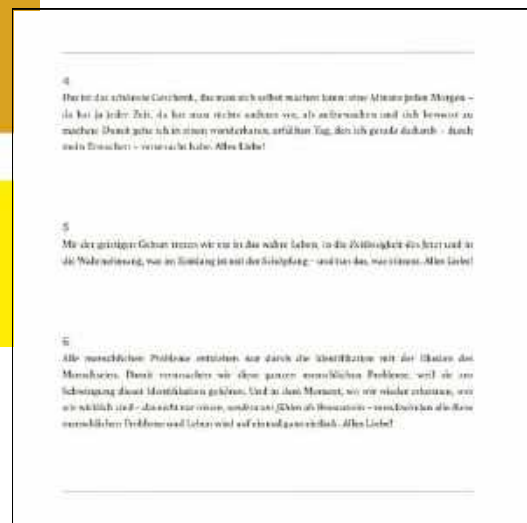
Kurt Tepperwein

Last Words of Love

ISBN: 978-3-68969-039-7

Release Date: June, 2025

240 pages, Hardcover



ESSENCE OF A LIFE

This exclusive annual program contains **365 unique statements from Kurt Tepperwein**, drawn from his deepest knowledge **at the end of his long, fulfilled life** – as his legacy and gift to you!

He is deeply committed to passing on pure goodwill and reminding you to take responsibility in every moment for everything you think, feel, do, and experience.

Experience the great enlightener and life teacher in his purest and most private form. The spiritual power behind his words is absolutely unique and transformative. Like no one else, he conveys universal truths in a way that is easily digestible and every thought should be savored like a praline on your tongue – it will instantly change your life!

“Over the decades, Kurt Tepperwein has continuously refined, sharpened, and pinpointed his teachings. His teachings are about awakening – awakening from the illusion of being a human.”

Klaus Jürgen Becker

USPs

- **Lifetime of Wisdom:** With over 50 years of experience, Kurt Tepperwein offers profound life teachings, distilled from decades of personal growth and spiritual exploration, making his insights timeless and transformative. This book is the last one before his death.
- **Global Impact:** His voice and writings reach tens of thousands of people worldwide every day, creating a widespread impact and connection through his teachings.
- **Practical Spirituality:** Tepperwein conveys deep spiritual truths in an accessible, down-to-earth manner, allowing individuals to easily integrate his teachings into their everyday lives.

Kurt Tepperwein (*1932) is a trainer, lecturer, and author. For over 50 years, he has been working as a life coach in the German-speaking world and internationally. His voice and writings reach and touch tens of thousands of people every day around the world.

Eva-Maria Zurhorst

NOW Verlag

12 Nights That Will Change Your Life Forever

Use the Power of the Twelve Nights to Finally Bring Your Wishes into the World

ISBN: 978-368969-008-3

Release Date: October 22, 2024

304 Pages, Hardcover



This book not only guides you through the Twelve Nights around Christmas and New Years Eve but accompanies you for an entire year. **Discover the transformative power of the Twelve Nights and experience lasting changes in your life!**

- Do you long for a quiet time at the turn of the year, just for yourself, to leave behind old limitations and discover what you truly wish for in the new year?
- Do you yearn to finally find your own path and inner guidance?
- Would you like to feel more connected to the world around you and sense that you are not alone, but supported by positive forces?

Let Eva-Maria Zurhorst inspire you, as she herself was enchanted by the timeless wisdom and great transformational power of the Twelve Nights. With **touching stories, creative rituals, and healing meditations**, she shows you how to initiate healing encounters with yourself during the twelve sacred nights and throughout the entire year, activating your heart's desires.

This lovingly designed book offers space for your thoughts and reflections to **change your life now and make your greatest wishes come true!**

USPs

- **Year-Round Transformation:** This book doesn't just guide you through the Twelve Nights but offers continuous support for an entire year, fostering lasting personal growth and transformation.
- **Holistic Approach to Self-Discovery:** Through touching stories, creative rituals, and healing meditations, the book helps you reconnect with yourself and activate your heart's desires, creating deep, meaningful changes in your life.
- **Space for Personal Reflection:** The book provides dedicated space for your thoughts and reflections, allowing you to actively engage with the material and track your own transformation throughout the year.



Eva-Maria Zurhorst is one of the most successful authors in the German-speaking world on topics of personal development. She published the million-seller "Love Yourself, and It Doesn't Matter Who You Marry" and has also captivated hearts and bestseller lists with many other books. Online, she is successful with a woman-empowerment community and the podcast "Love Can Do Anything." Offline, she is undoubtedly Germany's most well-known coach for successful romantic relationships.

Everything you need to know in life,
you already learned in kindergarten

How to regain your lost skills



Description:

YOU USED TO BE BRAVE. CURIOUS. FREE.

As a child, you asked without fear of the answer. You built, destroyed, started again. You played, argued, made peace - without resentment. You learned everything you needed for life back then. But then came growing up. Suddenly you asked yourself: “What if I'm not good enough?” Performance suddenly counted more than curiosity. Mistakes became embarrassing. Thinking was more important than experiencing. And so you unlearned what you once took for granted.

In an era where artificial intelligence is pushing our boundaries, this book reminds us of what makes us irreplaceable. Because you learned the most important lessons in life long ago - time to get them back.

About the Author:

Christian Wehner is Senior Director and creative mind at SAP, Europe's most valuable tech company and guest lecturer at the “Brand Academy” at EBS University in Oestrich-Winkel, which is ranked among the top 50 business schools worldwide by the *Financial Times*. He is also a celebrated TedX keynote speaker and inspires companies such as Siemens, BCG and Volkswagen by helping them to rediscover their innovative strength and creative openness again and again through a childlike perspective.

USPs:

- This book is an antidote to overthinking, people pleasing and fear of AI.
- How to regain your lost skills and lead a happier life
- With lots of practical tips, exercises and the latest scientific and psychological findings

“An invitation to bring back childlike curiosity and the courage to be naive.”

- Tim Pollheide, Vice President of Marketing at RED BULL

“For everyone who longs for a better tomorrow and a new perspective on life”

- Dr. Frederik G. Pferdt, Google's former and first Chief Innovation Evangelist | author of “Radically Better”