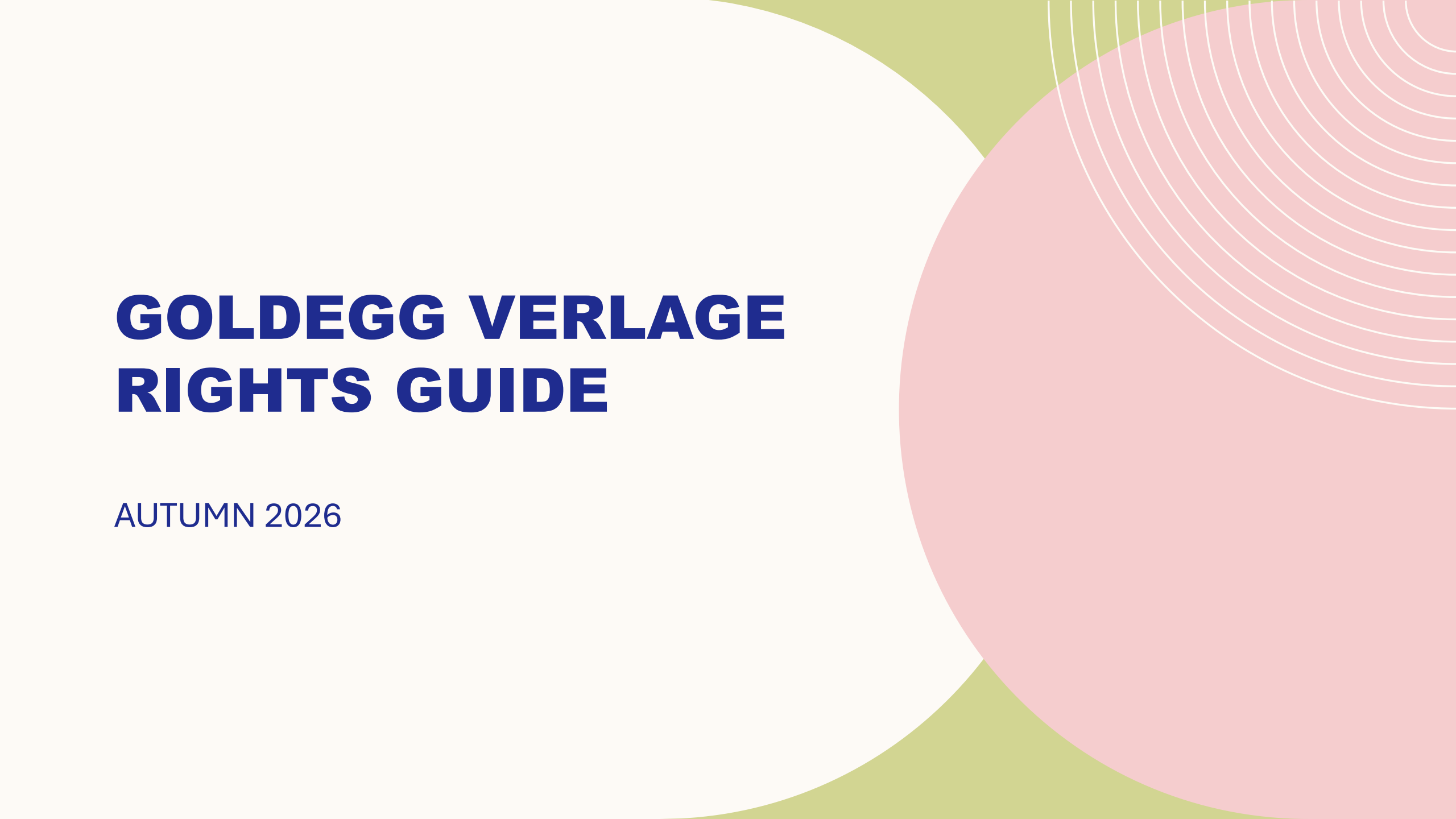




GOLDEGG VERLAGE RIGHTS GUIDE

AUTUMN 2026

Goldegg Verlage

Goldegg Verlage, based in Vienna and Berlin, is an independent non-fiction publisher. We publish books as varied as life itself, ranging from society and politics, career and business, health and wellness, balance and spirituality as well as entertainment.

Our books offer new perspectives and raise awareness. Above all, *Goldegg* books impart knowledge. Titles published under our imprint *neva* focus on a powerful female readership with thought-provoking and inspiring non-fiction books that feel like your very best friends.

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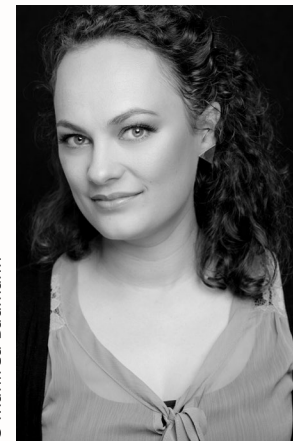


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Content

5	bestsellers
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BESTSELLERS



Publication date:
11.05.2026

Softcover with foldouts
b/w | 256 pp | 215 x 135

inspirational | Italy | self-
help

Rights sold:
Audio (Bonne Voice),
Italian (Luglio Editore)

»»» WHY IT WILL SELL

Happiness tips: Learn to pause, step out of routines, and embrace joy

Dream yourself away: Explore Trieste in northern **Italy** while rediscovering curiosity

Combines **humour, storytelling, and inspiration**

Espresso under the Stars

A Journey in Pursuit of Happiness

Over 8,000 sold copies
in only 4 months

Feeling stuck in the daily grind?

Sometimes we need more than a holiday – we need a chance to explore the unknown, rekindle hidden passions, and reconnect with ourself and others.

In this inspirational, Maiwald blends **travel, self-discovery, and reflection**. We follow the author on his “break” from real life in Trieste and his search for the missing puzzle pieces of our happiness.

- ❖ Reflections on happiness, leisure, and slowing down set in a place that dreams are made of
- ❖ Inspiring encounters with quirky locals, espresso enthusiasts, and unexpected sources of wisdom
- ❖ Practical tips on how to step out of our comfort zones and rediscover the lightness in life

Stefan Maiwald shows how small adventures and mindful pauses can **transform everyday life into a richer, more joyful experience**.



Stefan Maiwald lives where others dream of vacationing: in Italy. When he’s not enjoying a quick espresso or walking along the coast, he writes novels, witty non-fiction, and culinary travel guides.

Combining his knowledge of Italian culture with engaging storytelling, he transports readers into the sights, flavours, and rhythms of Italy.

His books have sold over 400,000 copies.



Publication date:
12.04.2027

Softcover with foldouts
b/w | 224 pp | 215 x 135

fiction | Italy | humour |
beach reads

Don Giovanni and Maria

Trouble on the Adriatic

In the idyllic coastal town of Portobello in northern Italy, two worlds collide.

Don Giovanni, the new priest with a passion for tradition and heavenly peace, has barely arrived when he finds himself at odds with Mayor Maria, spirited and determined to transform the sleepy little town into a thriving tourist destination.

What starts as a petty dispute over church bells and construction plans soon spirals into an uproarious battle of wills.

As tempers flare, plans go awry and the townspeople take sides, Portobello becomes a stage for one wonderfully chaotic episode after another. Between sun-drenched piazzas, strong espresso, summer heat and the ever-present sound of the sea, life in this little corner of Italy unfolds with all the charm and warmth of *dolce vita*.

And while Don Giovanni and Maria are busy trying to outwit each other, neither of them notices that something else may be brewing beneath all those arguments.

Sunny, funny,
and the most
perfect slow burn!

Coming in April 2027

»»» WHY IT WILL SELL

A Fresh Take on **the beloved Italian trope: the church vs city hall**

Perfect holiday read: Escape to beautiful Portobello and fall in love with its charming locals

Bestselling author with a growing international audience



Publication date:
16.03.2026

Hardcover
220 pp | 190 x 140

empowerment |
inspirational | self-help

➤➤➤ WHY IT WILL SELL

Want to follow your dream?

75 % of adults don't hold their
childhood dream job

34 % feel out of balance in life

100 % want to follow their dreams

**Self-help for strong young
women:** bold & empowering

Reconnecting with our **authentic
self** and dreams

Dare to Dream

Imperfect. Unconventional. Unstoppable.

Over 8,000
sold copies

Friendly reminder: No dream is too big

Big dreams are not childish fantasies – they are often the most authentic glimpse of who we could become. But somewhere between expectations, comfort zones and self-doubt, many of us stop believing in them.

With raw honesty and empowering self-reflection, this book shows readers how to reconnect with their boldest dreams and create a life that feels truly their own. It is **about breaking free from limiting beliefs**, social norms and fear and **rediscovering the courage** to follow one's authentic path.

- ❖ **Break obsolete patterns**
- ❖ **Reclaim your dreams**
- ❖ **Live authentically**

An inspiring wake-up call for everyone who feels there has to be more to life and is ready to dream big again.



© Georg Teigl

Karin Teigl, known online as **Constantly K**, is an entrepreneur and creative thought leader with a strong voice in the female empowerment community.

What began as a fashion blog has evolved into a personal brand with her own fashion label, a large and active social media following, and a distinctive style – bold, authentic, and unapologetically herself.

Karin has **350k followers across platforms** and hosts the podcast *Constantly Changing*.



Publication date:
09.03.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

trauma | psychology |
self-help

Rights sold:
Simplified Chinese
(*Tianjin Staread Cultural*),
Latvian (LINA), Audio
(*Saga Egmont*)

»»» WHY IT WILL SELL

Relevance in today's society:
millions affected globally by
emotional abuse

Straightforward & applicable:
Practical tools for a resilient mind

International author: therapy in
German and French.

Deeply Hurt

The Destructive Power of Psychological Abuse
And lingering Emotional Wounds —
and How You Can Heal



Don't let the past hold you back

Emotional abuse doesn't always leave visible marks. It works quietly, leaving scars on the soul, and affecting feelings and relationships long beyond childhood. Philipp Ruland explains how these injuries form, the ways they continue to influence our lives, and how to overcome them with simple-to-follow practical advice.

- **Name and understand** old wounds without shame
- **Feel emotions fully** without being overwhelmed
- **Release old patterns** and develop new perspectives
- **Build healthy relationships** and allow closeness
- **Discover inner strength** and hope

Philipp Ruland knows from personal experience how deep emotional injuries run and how hard it can be to recognise, accept, and heal them. His own journey from bouncer to therapist taught him that healing is possible and that **every person has the strength to find their way back to themselves.**



© Sara-Emosivwe

Philipp Ruland is a psychologist with a background in law. He specialised in complex childhood trauma and its resulting conditions, such as personality disorders, depression, eating disorders, and psychosomatic illnesses. He supports his clients in working through their trauma history and guides them towards a stable, fulfilling life.

@philipp.ruland has **150k followers across platforms** and offers therapy in German and French.

Cover coming soon

Publication date:
Spring 2027

Softcover
b/w | 240 pp | 215 x 135

trauma | psychology |
self-help

*Understanding
the life stories behind
psychological
symptoms.*

*Coming in
Spring 2027*

It Runs Deep

The Stories behind Depression, Anxiety, Addiction, and Destructive Relationship Patterns

Many people know their diagnosis, but not its origin.

Psychotherapist, trauma specialist and two-time SPIEGEL bestselling author Philipp Ruland deciphers depression, anxiety, addiction and destructive relationship patterns as biographical traces. He shows why lasting change often becomes possible only when the story behind the symptom is understood – and when the reader's own biography becomes a source of clarity rather than shame.

It Runs Deep offers readers recognition and relief: symptoms are redefined as meaningful signals instead of personal failure.



Publication date:
13.03.2025

Softcover with foldouts
b/w | 250 pp | 215 x 135

trauma | psychology |
self-help

Rights sold:
Audio (Saga Egmont)

**SPIEGEL
Bestseller**

Guilt, Shame and All That Bullshit

My Story from Bouncer to Trauma Therapist: How to Get Rid of Your Emotional Clutter and Finally Clear Your Head

- ❖ Philipp Ruland's childhood was marked by violence, abuse, and neglect, yet most people never confront how deeply early trauma shapes their lives.
- ❖ Many try to escape pain through anger, addiction, or chaos, believing recovery is out of reach – when transformation is possible with the right guidance.
- ❖ Drawing on his own journey, Ruland shows how trauma can be faced, understood, and turned into a source of strength and a new beginning.

This book makes the invisible visible and offers understanding for what has often remained unspoken.



Publication date:
22.02.2021 (HC),
24.08.2026 (paperback)

b/w | 272 pp | 187 x 133

self healing | self-help

Rights sold:
Russia (Bombora),
Audio (Yonde)

▶▶▶ WHY IT WILL SELL

Bestseller: over 18,000 copies

Internationally established:
400k books sold in DACH;
rights sold i. a. in Russia,
Netherlands, Croatia, Poland,
Korea, Latvia

**Easy steps to everyday
resilience:** shift perspective,
ease worries and regain
lightness

Light as a feather

How to Let Go and Live a Liberated and Fulfilling
Life

Let go. Breathe out. Feel lighter.

A lighter life begins with releasing what weighs us down:
stress, worries, old pain and limiting beliefs.

Bestselling author **Melanie Pignitter** shares her journey
from heaviness to acceptance, trust and inner strength.
With warmth, lived experience and practical **Be-free tools**,
she shows how letting go can open the door to a freer,
more fulfilled life.

Be free – step by step:

- ❶ **Drop the emotional baggage**
Stress, worries, old patterns and limiting beliefs.
- ❷ **Feel your feelings**
Exercises for more ease, trust and self-acceptance.
- ❸ **Learn to trust hope and yourself**

For everyone ready to feel lighter – one step at a time.



© Martin Juryzo

Melanie Pignitter is a mental coach,
self-love mentor, blogger, podcaster and
author. She is regarded as one of the
most successful mental coaches in the
German-speaking world.

Through her social media, podcast and
blog *Honigperlen*, **she reaches more
than 1 million people each month.**

Her first book, *Als ich lernte, meinen
Hintern zu lieben, war mein Leben eine
runde Sache* (2018) was published by
Goldegg Verlag and sold over 12,000
copies. This was followed by *Federleicht*
in 2021 (Goldegg) and various SPIEGEL
bestsellers since.





HEALTH



Publication date:
18.01.2027

Softcover
b/w | 220 pp | 215 x 160

Natural health | lifestyle

»»» WHY IT WILL SELL

Growing interest in natural medicine: more than 36% of adults worldwide prefer holistic approaches in health care

Healing the underlying cause instead of the symptoms: strengthen the immune system, support gut health and activate self-healing

The Natural Pharmacist For Silent Inflammation

Pharmaceutical science meets traditional healing

Pharmacist Dr. Nelli Klameth translates the ancient wisdom of monastery medicine and wise women such as Hildegard von Bingen and Maria Treben into our modern world. In her first book of a three-part series she examines silent inflammation.

What if recurring fatigue, joint pain or gut problems are not random, but signs of hidden inflammation in the body? In this practical guide we learn how silent inflammation develops and how it can be reduced with natural remedies.

- ❖ **Recognise the signs:** Understand symptoms such as fatigue, pain, gut issues and recurring complaints.
- ❖ **Reduce inflammation naturally:** With anti-inflammatory nutrition, medicinal plants and holistic strategies.
- ❖ **Strengthen your health:** Support the immune system, gut health and the body's self-healing powers.

For everyone who wants to understand their body's signals and take an active, natural approach to long-term health.

Coming soon: Gut health and longevity



© Patrizia-Stabile

As a qualified pharmacist, **Dr. Nelli Klameth** spent many years working in pharmaceutical research. She has long been fascinated by medicinal plants, but the birth of her children showed her just how effective and empowering medicine from nature can be.

Today, Nelli helps other women trust their intuition and use medicinal plants safely, responsibly, and effectively for themselves and their families.

Dr. Nelli Klameth has **70k followers across platforms** and offers 1:1 coaching, online courses and retreats.



Publication date:
11.01.2027

Hardcover
b/w | 256 pp | 215 x 135

Natural science |
neurobiology

WHY IT WILL SELL

From lab to life: complex neurobiology made accessible – full of surprising moments of understanding

Science with WOW-effect: entertaining, well-founded and thought-provoking, for those who want to understand how we humans work

The brain's final mysteries

Consciousness, the Self and Reality –
What Brain Research Tells Us

What makes us humans who we are?

Consciousness, free will, the unconscious, the self: some of the greatest mysteries of human existence begin in the brain.

In *The brain's final mysteries*, neurobiologist Dr Marcus Täuber explores the latest findings in brain research and shows what the most current science knows about awareness, decision-making, identity and extraordinary experiences. From experiments on free will to the changing sense of self, and the brain in the dying process, this book leads readers to the edge of our current worldview.

- ❖ **Consciousness explained:** What neuroscience reveals about the state of awareness and the unconscious.
- ❖ **The mystery of the self:** How our sense of “I” emerges and can change.
- ❖ **Free will and reality:** What brain research tells us about choice, perception and human experience.

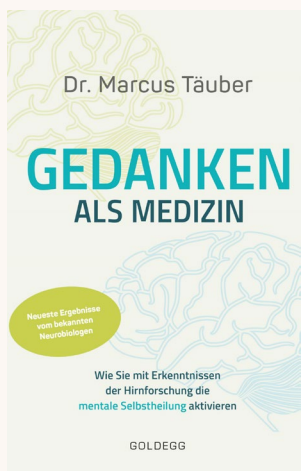
A gripping popular science book helping us understand what truly makes us human.

author with over
55,000 sold copies



© Minitta Kandbauer

Dr. Marcus Täuber is a neurobiologist with a PhD, university lecturer, bestselling author and sought-after keynote speaker. As director of the *Institute for Mental Success Strategies*, he bridges science and practice, making neuroscientific insights useful for everyday life and business. With scientific precision and storytelling passion, he explains topics such as mental strength, change and motivation in an inspiring, accessible and immediately applicable way.



Publication date:
06.02.2020

Hardcover
b/w | 184 pp | 215 x 135

self-help | neuroscience

Rights sold:
Audio (Yonde)

12,000 sold copies

Thoughts as Medicine

How to Activate Mental Self-healing with Findings from Brain Research

- ❖ Mental training to activate self-healing and help with the symptoms of chronic illness
- ❖ Positive thinking to rewire the brain and create new neurological pathways
- ❖ Simple tools like meditation to reduce stress and support recovery

Neurobiologist Dr. Marcus Täuber reveals the latest research on the healing power of our minds and offers some startling surprises along the way. He demonstrates that thoughts have a direct impact on our health and can be used as medicine.



Publication date:
11.10.2025

Softcover with foldouts
b/w | 220 pp | 215 x 135

self-help | neuroscience

The End of Anxiety

Where it Arises, How it Works, How You Can Overcome it

Fear impacts the brain. Anxiety and stress exhaust us and disturb our sleep. Few of us know how to handle these emotions.

Neurobiologist Dr. Marcus Täuber introduces the Brain Changer® method: a science-based way to overcome anxiety and regain inner balance.

- ❖ **Understand the roots of anxiety:** Learn how anxiety originates in the brain.
- ❖ **Rewire the brain:** Discover a practical approach to effectively reduce anxiety and regain emotional balance.
- ❖ **Empowerment through neuroscience:** Feel empowered by expert knowledge that shows it's possible to remain calm.



Publication date:
04.05.2026

Softcover with foldouts
b/w | 304 pp | 215 x 135

Health | self-help |
society

Rights sold:
Audio (Saga Egmont)

➤➤➤ WHY IT WILL SELL

Societal relevance & strong media topic

Authentic and trustworthy author: a medical professional as a strong voice for young women

TikTok appeal: each chapter reads like a viral post – concise, bold and made to share

The Unexplored Woman

Knowledge that Empowers Women



Did you know that your uterus can fall out of your body?

Or did you know that menstrual blood is used in Alzheimer's research? That they only recently started testing pads with actual menstrual blood? No? No surprise there.

Women make up half the world's population, yet in medicine and research, they remain largely invisible. For centuries, women's bodies have been dismissed and their pain ignored. The result? Misdiagnoses, myths, and a dangerous lack of knowledge.

Medical professional and science influencer MedSri aims to close the gender gap in healthcare with wit and warmth.

- ❖ **Female health & research** – Why medicine still treats women as “small men”
- ❖ **Body myths & taboos** – From PMS to pelvic floors
- ❖ **Pain & diagnosis** – Why women's symptoms are still taken less seriously
- ❖ **Empowerment & knowledge** – (re)learn to trust your body



© Elena Peters Fotografie

Sriusdiga Manivannan, known as **@MedSri**, is a medical professional and one of the leading voices for women's health and education on social media with **over 1 million followers across platforms**.

With expertise of a medical professional and a relatable voice, she explains complex topics clearly and speaks openly about the female body. Her goal is to empower women to understand themselves and their bodies better.



SELF-DEVELOPMENT & WELLBEING



Publication date:
05.10.2026

Softcover with foldouts
b/w | 192 pp | 215 x 135

psychology | self healing
| self-help

WHY IT WILL SELL

Therapist-led and deeply compassionate

Fresh take on self-love:
therapeutic path from toxic shame to real self-acceptance instead of never-ending self-care rituals

Highly relatable pain point: the feeling of never being good enough

Embrace Your Drama

How to Turn Self-Doubt into Self-Love

Your inner drama is not the enemy.

Crippling self-doubt, toxic shame and the feeling of never being good enough: This book shows how to break the cycle of self-criticism and turn emotional pain into self-acceptance.

Juliane Steffen combines psychological depth with empathy and embodied healing exercises. She explains why shame is powerful, why the inner critic keeps returning and how we can reconnect with our feelings instead of fighting them.

- ❖ Understand toxic shame and negative self-talk
- ❖ Turn difficult feelings into inner strength
- ❖ Tips for healing, self-love and emotional freedom

A tender yet powerful guide for everyone who wants to stop feeling “not good enough” and finally reconnect with their own authentic self.



Juliane Steffen is a systemic therapist and relationship coach. She combines trauma-sensitive work with modern spirituality and, as a trained yoga teacher, incorporates conscious body awareness and meditation. She helps people rediscover their authentic selves, change stressful relationship patterns and free themselves from issues that have been passed on transgenerationally.

Juliane has **200k followers across platforms** and hosts the podcast *beziehungsVoll*.



Publication date:
22.01.2025

Softcover with foldouts
b/w | 250 pp | 215 x 135

self healing | self-help |
psychology | spirituality

Love Hurts, Love Heals

How to Heal Your Wounds and Trust the Cycle of Love

A holistic and psychologically founded journey to ourselves and the people we love. Along **the four seasons** which reflect the **natural cycle of all our relationships** and learn to experience true healing and a love that is deeply fulfilling and long-lasting.





Publication date:
19.10.2026

Softcover with foldouts
b/w | 208 pp | 215 x 135

self-help |
neurodivergence

WHY IT WILL SELL

Growing ADHD awareness:

8 % of all teenagers and 3,5 % of adults worldwide have been diagnosed with ADHD and even more suspect a diagnosis

Made for the ADHD brain:

practical strategies for cleaning and tidying without shame, pressure or “just try harder” advice

Why is My Flat This Messy Again?!

ADHD in the Household – When the Brain is Faster than the Duster

You are not lazy – your brain just works differently!

Why do simple chores feel so overwhelming? And why does tidying up so often end with three new tasks, zero finished laundry and a very inviting sofa?

In *Why is My Flat This Messy Again?!*, Sabrina Müller explains why household routines can be especially hard with ADHD and why it is definitely not caused by a lack of discipline. With lived experience, humour and zero judgement, she offers simple **strategies** to stay motivated, stay on track and create some order **that actually works for ADHD brains**.

- ❖ **Understand your brain:** Why focus, decisions and routines can feel so difficult
- ❖ **Create a sense of order without pressure:** Practical tips for cleaning, tidying and everyday routines

A relatable and empowering guide for **less shame, more self-compassion and a tidy home – ADHD-style**.



© Sabrina Müller

Sabrina Müller was 28 years old when she was diagnosed with ADHD and several co-morbid conditions, including depression. Since then, she has been exploring how her neurodiversity affects her life, particularly in terms of organisation, self-management and mental health.

On social media she shares her experiences with an ever-growing community of over **60k followers across platforms** and shows how creative approaches can ease the burden on people with ADHD.



Publication date:
10.10.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

psychology | society |
empowerment | self-
help

WHY IT WILL SELL

Practical empowerment:

accessible analysis paired with
counter-arguments and tools for
real-life situations

Timely and media-relevant:

how seemingly “harmless”
sexism still shapes the everyday
life of women – at home, at work
and online!

Quite Pretty ... Considering You Are a Feminist.

33 Phrases that Keep Patriarchy Alive

Language isn't just language!

In this sharp, witty and empowering book, Laura Busche exposes 33 seemingly harmless phrases that keep sexist structures alive. Through social analysis, recent studies and historical context, she reveals how language reinforces gender roles and how women can stand up against patriarchy with clarity and confidence.

- ❖ **Decode everyday sexism:** understand the hidden power behind familiar phrases
- ❖ **Find your voice:** smart counter-arguments, reflection questions and practical tools

A bold book for women who are done staying silent!



© Andreas Schlote

Laura Busche is a coach and entrepreneur known online as Ms. Confidence. She combines real-life experience with deep insight into empowerment and leadership.

Her keynotes and workshops teach women how to turn career frustration into confidence and competence, proving that femininity and strength can more than just coexist.



Publication date:
17.02.2025

Softcover with foldouts
b/w | 210 pp | 215 x 135

empowerment | self-help

Don't Be the Nice Girl

Set Boundaries, Say No, and Finally Ask for What You Deserve

This book unlocks the power of inner strength and helps you to set boundaries while confidently embracing your femininity. With the **33 Confidence Codes** you can build lasting confidence by strengthening self-belief through mindset tools.



Publication date:
21.09.2026

Softcover with foldouts
b/w | 220 pp | 215 x 135

psychology | self-help |
humour

▶▶▶ WHY IT WILL SELL

Highly relatable: For everyone overwhelmed by the pressures of self-optimisation and constant productivity

Laziness as self-care: turns “doing nothing” into a mindful, and joyful practice

Feel-good results: slow down, recharge for stress relief and burnout prevention

Relax Mindfully

How to Relax without Feeling Guilty



More breaks, less stress

Doing nothing is not laziness. It is self-care, stress relief and a powerful antidote to a world obsessed with performance. *Relax Mindfully* highlights why conscious idleness can be a surprisingly effective path to more serenity and mental well-being.

This book is for everyone who is tired of “faster, higher, stronger” and longs for more ease and calm in everyday life. Humorous observations, simple exercises and surprising perspective shifts make it an inspiring guide for stress management, burnout prevention and mindful living.

A feel-good self-care book and the perfect gift for anyone who needs permission to take a break – even just for one page.



Publication date:
02.03.2026

Softcover
b/w | 220 pp | 215 x 135

psychology | self-help

Complain Mindfully

How to Be a Charming Complainer and Calm Listener

With humour and psychological insight, the authors explore why whining is such a widespread phenomenon, what purpose it serves and how constant negativity affects our quality of life. Most importantly, they offer practical alternatives for communicating needs more clearly and for more positive connection in everyday life.



© Gaby Gerster



© Marion Koell

Heike Abidi is a trained linguist and has been an author for over 20 years. She writes humorous non-fiction, novels, romance and young adult. She serves as the president of DELIA, the association of German-speaking romance authors.

Daniela Nagel is a bestselling author, writing coach, and podcaster. With over a decade of experience, she combines expertise in storytelling with a passion for helping others bring their own books to life.



Publication date:
02.11.2026

Softcover with foldouts
b/w | 220 pp | 215 x 135

coaching | personal
development

»»» WHY IT WILL SELL

Fresh take on female self-defence: Focuses on mental strength, body language and early recognition

Martial art meets coaching: Psychological and physical tools to confidently and safely confront intimidation and abuse

The Power of the Lioness

Self-Defence Starts in the Mind: How to Defend Yourself Against Intimidation Tactics and Abusive Behaviour

Confidence is your first defence

The strongest protection begins long before anything goes down: with presence, clarity and the ability to act.

In this empowering guide, former kickboxing world champion and self-defence expert Eric Gold translates martial arts principles into practical strategies for women's everyday safety. He shows how to recognise intimidation, inappropriate behaviour and dangerous situations early and how to respond with confidence instead of fear.

- ❖ **Mental self-defence:** build confidence, resilience and inner readiness
- ❖ **Boundaries and body language:** respond clearly to intimidation and pressure
- ❖ **Everyday safety tools:** practical strategies for work, relationships and public spaces

A powerful guide for women who want to feel safer, appear stronger and trust themselves in decisive moments.



Eric Gold is a sports scientist, entrepreneur and former kickboxing world champion. He combines scientific expertise with practical experience in self-defence, mental strength and personal development.

Drawing on first-hand knowledge of dominance, intimidation and non-verbal communication, he translates his expertise into practical everyday strategies to appear confident, set boundaries and stay calm in challenging situations.



Publication date:
23.11.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

psychology | society

»»» WHY IT WILL SELL

New topic in popular psychology:
silent self-loss in relationships

Gives words to a hidden experience: for readers who feel they have lost themselves in love

Strong target-group appeal: self-worth, emotional independence and healthier relationships

Too Much Heart, Not Enough Me

The Quiet Loss of Self and How to Find Yourself Again in Your Relationship

Love without losing yourself

What if you didn't lose yourself all at once, but quietly, in every moment of giving in, staying silent or putting your own needs aside?

In *Too Much Heart, Not Enough Me*, Katharina Pommer illuminates an experience that many people know but rarely name: the silent loss of self in relationships. With emotional clarity and psychological depth, she shows why **we abandon our needs and boundaries to protect connection**, and how we can find our way back.

- ❖ **Name the pattern:** Understand self-loss, emotional dependence and fear of conflict
- ❖ **Return to yourself:** Reconnect with your needs, boundaries and inner truth
- ❖ **Love with clarity:** Build closeness without losing yourself

A moving and insightful guide for anyone who wants healthier love and a stronger sense of self.



Katharina Pommer, Master of Science in Applied Psychology, is an expert in attachment therapy, a sought-after speaker, podcaster, and mother of five.

She offers clear, practical solutions for emotional and interpersonal challenges. Regularly featured in leading media, this versatile author captivates with empathy and broad expertise.



Publication date:
10.10.2024

Softcover with foldouts
b/w | 220 pp | 215 x 135

Self-healing | psychology

Rights sold: **Russian** (Alpina)

8,000 sold copies

Not My Circus, Not My Monkeys

How to Stop Feeling Responsible for Everything

- ❖ This book reveals how women carry the invisible burden of organising, caring, and managing it all without receiving any gratitude and often without choice.
- ❖ Many feel responsible for everyone and everything, balancing family, work, and emotional labour while quietly nearing the edge of burnout.
- ❖ Backed by psychological insights this book challenges old patterns and shows women how to step back, let go, and reclaim their time and energy.

Katharina Pommer sheds light on what is currently being discussed on a societal level as mental load and people pleasing – and how women can shed it.



Publication date:
17.10.2022

Softcover
b/w | 292 pp | 215 x 135

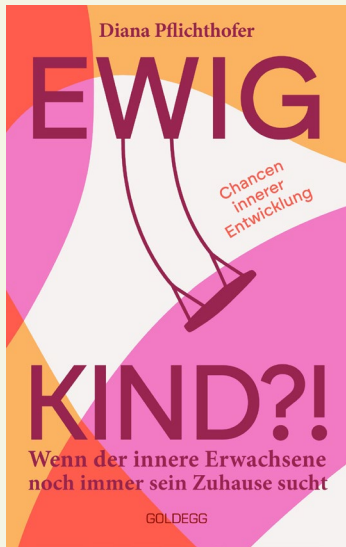
Self-healing | psychology

My Inner Child Can Just Give Me a Break

Don't Let Your Past Bully You – You Are Less Complicated than You Think

- ❖ Bold thesis that the inner child is overrated and that the stress of self-discovery often stems from misguided beliefs.
- ❖ Many try to “finally feel better” by endlessly searching the past, believing hidden motives control their lives, when things are often much simpler.
- ❖ This book goes against the mainstream, showing how we can let go of burdens and approach life with more grace, ease and clarity.

Katharina Pommer knows: The inner child is not that important. Instead of digging endlessly into the past, she shows us how to find balance by embracing our true selves.



Publication date:
20.04.2026

Softcover with foldouts
b/w | 256 pp | 215 x 135

psychology | society

Rights sold:
Latvian (LINA)

»»» WHY IT WILL SELL

Insightful guidance: Explains what adulthood really means

Not another guide for the inner child, but rather for your **inner adult!**

Empowered living: Encourages conscious choices and personal freedom

Always Child?!

When your Inner Adult is Still in Need of a Home

Why we should reconsider the bad reputation of adulthood

This book explores what it really means to grow up: how to navigate emotional independence, self-reflection, and the balance between freedom and responsibility.

- ❖ **Understanding adulthood** – Discover what “being grown-up” truly entails beyond bills and decisions
- ❖ **Navigating challenges** – How to face frustration, complex emotions, and personal growth with resilience
- ❖ **Developing self-awareness** – for a strong identity, willing responsibility, and more empowered choices
- ❖ **Balancing freedom and connection** – How to embrace independence while fostering meaningful relationships

Diana Pflichthofer shares psychological insights from research and personal reflection guiding readers through the process of finding joy in real adulthood and helping them to grow, thrive, and embrace the life we all are meant to live, instead of chasing eternal youth.



© Roman Matejov

Dr. Diana Pflichthofer is a leading psychoanalyst specialising in psychosomatic medicine and psychotherapy. With a career spanning clinical practice, academic teaching in Hamburg and Göttingen, and editorial leadership in psychoanalytic journals, she combines hands-on experience with deep insight into psychological development and mental health.

Pflichthofer works with patients and professionals alike to explore how mental growth can thrive, addressing the hurdles that often stand in the way of emotional and psychological well-being.



Publication date:
23.03.2026

Softcover with foldouts
220 pp | 215 x 135

self-help | hypnosis |
nature bonded

»»»» WHY IT WILL SELL

Somatic techniques to release stress and anxiety (including audio bonus content)

Science meets mindfulness

Reconnecting with the self:
How to find emotional safety, trust, and stability from within

When It's All Too Much

Gift Your Mind and Body Some Rest

Regulate your nervous system in 7 days

The path to feeling safe and calm begins right there in your body. If you feel overburdened, trapped in your thoughts, and disconnected from yourself, it's time to pause, rest and regulate yourself. Jennifer Subke shows how stability and safety aren't found in the outside world but within your own body.

Using body-centred hypnosis (an evolved guided meditation), you will gently release stress patterns, regulate your nervous system, and reconnect with your inner trust.



© Tina Fleur Photography

Jennifer Subke is a psychologist and founder of trauma-focused, body-centred hypnosis. She helps people overcome anxiety, release tension, and find inner calm through therapy, retreats, and her podcast *Fühlen anstatt Funktionieren!*



Publication date:
20.10.2024

Softcover with foldouts
250 pp | 215 x 135

self-help | hypnosis |
nature bonded

Cloudy Minds

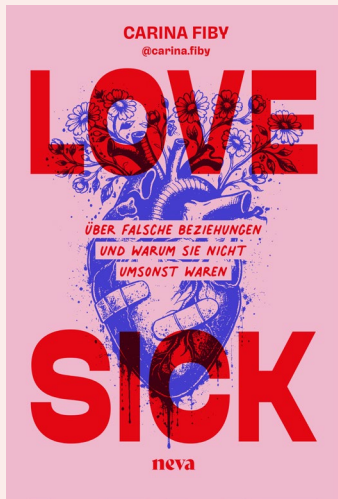
Letting Go of Anxiety and Overwhelm

The human mind and body are deeply intertwined, constantly influencing each other in ways we often overlook. Many of these mechanisms remain hidden from our everyday awareness.

This book reveals the subtle signals, untapped strengths, and overlooked pathways that help restore balance, calm, and resilience in daily life.



PARTNERSHIP & FAMILY



Publication date:
11.01.2027

Softcover with foldouts
200 pp | 215 x 135

self-help | inspirational

WHY IT WILL SELL

YA-romance vibes meet self-help: Nine real relationship experiences with clear takeaways

Turning negatives into positives: discovering how to use the bad in past relationships to protect your worth in future ones

Lovesick

On Failed Relationships and Why They Weren't in Vain

Nine relationships. Nine heartbreaks. One life-changing realisation.

In *Lovesick*, relationship coach Carina Fiby shares the lessons she learned from nine failed relationships, from toxic dynamics and emotional dependency to painful break-ups and new beginnings. She shows how recurring relationship patterns are often linked to self-worth and how they can be broken.

- ❖ Overcome heartbreak
- ❖ let go of emotional dependency
- ❖ strengthen self-worth

Let go. Heal. Move on. And make room for something better.



© Carina-Kandler

Carina Fiby is a relationship coach and a qualified psychological counsellor. With her positive energy and clear words, she helps people break free from negative thought patterns, get over heartbreak and develop new perspectives.

Carina has **over 100k followers on Instagram** and hosts the podcast *Bussi Baba*.



Publication date:
10.09.2025

Hardcover
b/w | 207 pp | 19,5 x 14

wellness | inspirational | self-help

So True.

365 Thoughts for Every Chapter of Your Life – Your Daily Inspiration for Greater Clarity, Courage and Ease

A daily companion featuring 365 short reflections for every chapter of life – exploring life from the highs and lows to beginnings and endings, and all the quiet moments in between. Fresh perspectives, encouragement or a moment to pause, reconnect with oneself and navigate everyday life with ease.



Publication date:
07.09.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

Family | society | self-
help

»»» WHY IT WILL SELL

“Firm parenting”: The antidote to the misinterpretation of gentle parenting

Help for everyday conflicts
handled with clarity and love

Children need parents, not best friends: messages that challenge current parenting insecurities

You Aren’t My Mum Anymore

Why Children Don’t Need Best Friends but Reliable Parents

Clear boundaries, less guilt, more connection.

What if setting boundaries is not “mean” but rather one of the most loving things parents can do? In *You Aren’t My Mum Anymore*, Laila Docekal and Dorit Hejze introduce “Firm Parenting”: a clear, loving approach for parents tired of guilt, doubt and constant negotiations.

From tantrums, media use, and sleep to food, lying, and power struggles, the book shows how to stay consistent without becoming overly harsh.

- ❖ **Confidence instead of guilt:** Reclaim your role as a parent
- ❖ **Boundaries as safety:** Give children orientation and inner strength
- ❖ **Practical family tools:** Less arguing, more clarity and real connection

An empowering guide for parents who want to lead with confident love.



© Dorit Hejze

Dorit Hejze is a child and adolescent psychotherapist, whose work focuses on developmental and behavioural issues. She has been working with families in a practical capacity for many years, offering scientifically sound strategies that can be put into practice immediately. Her advice helps parents act confidently, consistently and lovingly, without uncertainty or feelings of guilt.



© Docekal Reinhard

Laila Docekal is a seasoned journalist and columnist specialised in the topics of parenting, psychology and science.



Publication date:
02.03.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

empowerment | child
rearing

Rights sold: **Turkish**
(Kültür Yayınları İş Türk
A.Ş.)

»»» WHY IT WILL SELL

Developmental clarity:

Understand what your child
truly needs

Parenting with confidence:

Reduce stress and trust your
instincts

Evidence-based guidance

with heart instead of rigid
charts

At What Age Can a Child ...

100 Reliable Answers to 100 Questions on Developmental
Psychology from Birth to Starting School

What parents need to know

Feeling uncertain about your child's development? Worries
about this are common, but straightforward answers are rare.
The advice of peers often leaves parents more anxious than
before.

This book provides evidence-based answers that reassure
parents and honour each child's individual pace. Instead of rigid
charts or schedules, this book gives practical guidance that
builds confidence, reduces stress, and helps parents support
their children's natural growth.

- ❖ **100 clear answers** to the most common developmental
questions
- ❖ **Guidance without pressure or comparisons:** every child is
exactly right as they are
- ❖ **Practical, reliable tools** for confident parenting

Dr. Anke Ballmann helps parents navigate early childhood with
confidence, empathy, and clarity.



© Björn Friedrich

Dr. Anke Ballmann is a
psychologist, educator,
bestselling author, and one of
the leading voices for child-
centred, developmentally
supportive education in DACH.

Combining scientific expertise
with decades of practical
experience in psychology and
pedagogy, she translates
complex knowledge about child
development into clear
guidance that strengthens
families and professionals alike.



Publication date:
09.04.2024

Softcover with foldouts
b/w | 256 pp | 215 x 135

female empowerment | resilience | psychology

Rights sold:
Audio (Audible)

Empower Girls

Encourage Strengths, Increase Self-esteem and Guide Girls through Crises.

How to give our daughters what they need and deserve

- ❖ For the self-assured and confident women of tomorrow
- ❖ **The essential guide for mums, dads and anyone caring for girls:** a better future for girls and everyone else!

© Sabine Maisenhälder



Dr. Annette Oschmann has helped thousands of people as a coach for relationship and family topics and works for ZONTA International to promote the rights of girls and women worldwide.



Publication date:
25.02.2025

Softcover with foldouts
b/w | 224 pp | 215 x 135

Social media | child rearing

Rights sold:
Audio (Avocado)

Generation TikTok

Don't be Afraid of Social Media and AI

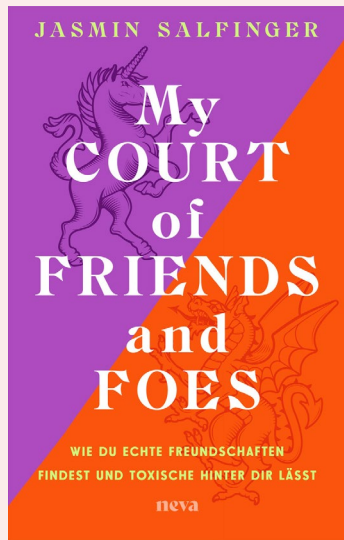
Guiding our children into the digital future

- ❖ Societal insights and **practical parenting advice for dealing with social media and AI**
- ❖ Teacher and education technologist Niko Kappe challenges us to rethink education and upbringing in a time of rapid digitalisation

© Lewis-Jones



Niko Kappe knows: Growing up without technology is impossible. Rather than avoiding it, he shows us how to make the use of social media and AI safe for our children.



Publication date:
16.03.2026

Softcover with foldouts
b/w | 220 pp | 215 x 135

friendship | self-help

WHY IT WILL SELL

Friendship as self-care
combining mental health and
the longing for community

YA meets self-help:
comprehensive guide to
friendship for young adults
with romantasy vibes

My Court of Friends and Foes

How to Find True Friends and Leave Toxic Ones Behind

Enemies to Friends – What romantasy can teach us about friendship

Friendships should feel easy, lift us up when we are down and give us an opportunity to share all of life's highlights.

But what if they don't? Maybe a best friend suddenly “broke up” with you? Maybe you moved, and now you are all alone on a Friday night? Or maybe you have always struggled to find people with whom you can develop a real connection?

My Court of Friends and Foes blends familiar romantic tropes with practical, down-to-earth advice to reveal three powerful ways to build lasting connections:

- ❖ recognise trustworthy friends,
- ❖ intentionally nurture relationships
- ❖ show up as a reliable friend yourself

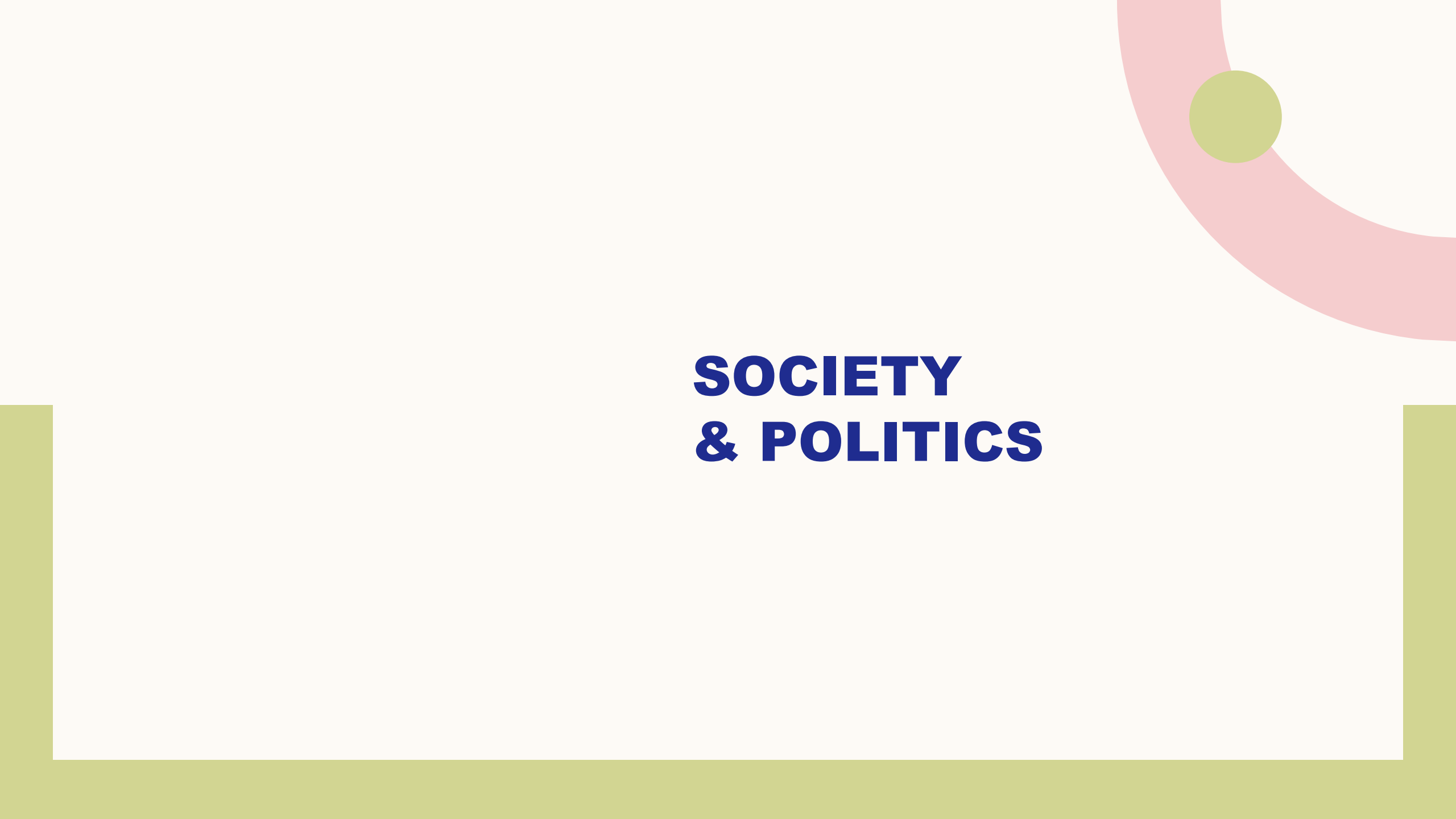
Friendship is not just luck or fate, but an empowering choice – one that can bring real magic into our lives.



© Jasmin Salfinger

Jasmin Salfinger is a bookfluencer, TV-host, and actress. She studied communication and business administration and trained internationally as an actress and presenter, including at the London Academy of Music & Dramatic Arts.

Jasmin was raised with multiple languages (German, Turkish, English) and hosts international events such as the *MTV EMAs*, *TikTok Awards*, and *1Live Krone*.



SOCIETY & POLITICS



Publication date:
12.10.2026

Hardcover
b/w | 240 pp | 215 x 135

politics | society

»»» WHY IT WILL SELL

Topical geopolitics: Trumpism, authoritarianism and the future of Western countries

Expert voice: leading expert on US politics with a wide international network

Provocative thesis: Trump is not the exception but the start of a dangerous new normal

USA: The New Enemy

Trump Was Just the Beginning

Trump is not the exception – His politics are just the beginning

Donald Trump is not a political accident, but the prototype of a new, unpredictable America, one that challenges democracy, global order and Europe's security.

In *US: The New Enemy* Tobias Endler shows how Trumpism, America First and democratic erosion are turning the United States of America into a strategic, ideological and military risk for Europe.

- ❖ **America redefined:** Why the USA can no longer be seen one of Europe's closest ally
- ❖ **Trumpism as warning:** How a new political normality is reshaping power and democracy
- ❖ **Europe at a crossroads:** Why Europe must rethink security, dependence and its global role

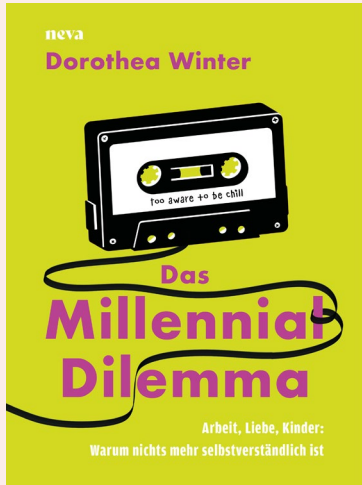
An urgent geopolitical wake-up call about the future of all countries in the West.



© Karin Maigut

Dr Tobias Endler is a political scientist specialised in the politics of the USA and global political developments. After completing his PhD on political debate culture in the USA, he taught and researched at institutions including the Heidelberg Centre for American Studies and Yale University.

As a media expert and interviewer of leading thinkers such as Noam Chomsky and Francis Fukuyama, he makes complex issues accessible and offers sharp insights into the major questions of our time.



Publication date:
24.08.2026

Hardcover
b/w | 200 pp | 190 x 140

psychology | society |
self-help

»»» WHY IT WILL SELL

Highly relevant generational topic: explains “Millennial Sadness” and the feeling of being stuck despite “having it all”

Analysis of millennial life combines current studies, psychology and philosophy

The Millennial Dilemma

Work, Love, Children: Why Nothing Can Be Taken for Granted Anymore

For the generation that is successful, exhausted and still searching for more

Millennials were told they could become anything, have anything and choose everything. Yet many feel empty, overwhelmed or stuck. In *The Millennial Dilemma* Dorothea Winter explores “Millennial Sadness” through current studies, psychology and social trends. She examines burnout, identity crises, relationship stress and the pressure of constant self-optimisation.

- ❖ **Generation burnout:** Why so-called success and perceived freedom often lead to exhaustion
- ❖ **Choices under pressure:** How work, love, children and identity have become this complex

A timely book for everyone who wants to understand why a generation with so many options is still left feeling just a bit lost.



© Konstantin Börner

Dorothea Winter, a millennial, philosopher, author and keynote speaker is a key figure in the German-speaking debate on democracy, ethics and AI. She publishes regularly in academic books and in media outlets such as ARD, WELT and FAZ.

Her podcast *Philosofun* dares to bridge the gap between pop culture and philosophy.



Publication date:
07.11.2026

Softcover with foldouts
b/w | 260 pp | 215 x 135

politics | society

»»» WHY IT WILL SELL

Zeitgeist topics: democracy fatigue, social division, climate crisis, and future anxiety

Solution-oriented and empowering: a future-facing book making hope feel realistic again

A new version of revolution: connective, cooperative and truly transformative

Soft Revolution

A New Path for Humanity. Soft Thoughts – Radical Change.

A revolution that brings us closer – to a better future and each other

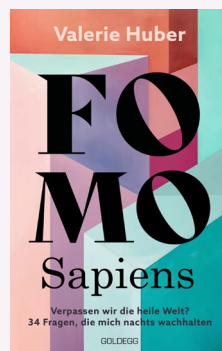
15 hopeful visions for a fairer, more sustainable future – from regenerative economy and degrowth to community, circular thinking and the common good. Activist and actress Valerie Huber shows that alternatives to our societal downward spiral already exist, and we only need to go for it! Rather than focusing on fear or division, the book encourages cooperation, participation and shared responsibility as tools for meaningful change.

- ❖ From crisis fatigue to action
- ❖ Cooperation over competition
- ❖ Practical hope for social transformation



Valerie Huber is an actress, singer and activist. Born in Vienna, she spent her childhood in Uganda and the Ivory Coast.

As a UNICEF Honorary Ambassador and activist, she campaigns against social inequality and for climate protection.



Publication date:
27.01.2025

Softcover with foldouts
b/w | 304 pp | 215 x 135

Society | times of crisis

Rights sold: *Audio (Avocado)*

FOMO Sapiens

*Are We Missing Out on the Perfect World?
34 Questions That Keep Me Awake at Night*

With satirical realism and cautious optimism, Valerie Huber explores the fears and contradictions shaping younger generations today. In short essays, she tackles questions about relationships, climate, responsibility and personal happiness, showing why hope and engagement still matter.



Publication date:
05.10.2026

Hardcover
b/w | 250 pp | 215 x 135

Business | Careers

»»» WHY IT WILL SELL

Clarity Compass: orientation for leadership – clear strategy, better decisions, stronger teams

Powerful leadership approach: motivation through empathy and clarity

Crystal Clear

Lead with Clarity. Take Responsibility. Build Trust.

Clear communication is the foundation of effective leadership.

Leadership rarely fails because of a lack of motivation – it fails because expectations are vague, conversations are avoided and decisions lack impact. Burkhard Hanke shows how clarity can become a powerful leadership tool. His practical approach helps managers communicate expectations, make confident decisions and strengthen trust within their teams.

- ❖ Lead difficult conversations without losing connection
- ❖ Use clear language to reduce conflict and improve collaboration
- ❖ Lead with strength and compassion



Publication date:
01.10.2025

Hardcover
b/w | 220 pp |
215 x 135

Business | Careers

Tough Compassion

Leading with Heart and Mind – The Key to Trust, Motivation and Success

Tough Compassion shows why empathy is a decisive success factor in modern leadership. The book explains how leaders can combine clarity and consistency with trust, appreciation and genuine understanding to strengthen motivation, resolve conflicts and build high-performing teams.



© Justin Bockey

Burkhard Hanke combines over 30 years of international experience in HR, leadership and sustainability with a strong focus on ethics and human values.

As co-founder of the *German Network for Business Ethics* and a protestant theologian specialising in business and social ethics, he connects strategic thinking with practical, value-based leadership.



Publication date:
13.07.2026

Paperback
b/w | 240 pp | 215 x 135

Society | culture |
mental health

»»» WHY IT WILL SELL

Cultural awareness:

Understand the inherited cultural patterns shaping your thoughts

Mental liberation: Build confidence to question assumptions

Mental Prisons

A Fresh Perspective on Culture, Life, and What Is Possible

Zeitgeist researcher takes on the invisible cultural shackles holding us back

Feeling constrained, limited, or as if your thoughts aren't your own anymore?

Germany's first *zeitgeist* researcher, Kirstine Fratz, explores traditional thought patterns and how they limit our actions and decision-making. Fratz questions the relevance of established norms and concepts of morality by examining some of the most common "prisons of thought", such as

- ❖ the promise of love
- ❖ the sanctity of marriage
- ❖ the perceived security of religion
- ❖ the sway of power.

Do these concepts still serve us in today's fast-paced world or do we finally need to break free of these preconceived cultural norms?

Kirstine Fratz guides readers through the invisible architectures of everyday thought, leading us to more independent and creative thinking.



© Jan Northof

Kirstine Fratz is Germany's leading *zeitgeist* researcher, author, and cultural analyst. Combining international experience with expertise in historical, psychological, and sociocultural patterns, she uncovers the invisible rules that shape how we think and act.

As an author and speaker, she guides readers, organisations, and curious minds to see cultural patterns clearly, expand perspectives, and think more freely, creatively, and consciously.



Publication date:
21.02.2026

Softcover with foldouts
b/w | 208 pp | 215 x 135

entertainment | society
| politics

»»» WHY IT WILL SELL

Satirical insight: irony, expertise, and humour to educate and entertain

Sharp analysis: The hidden mechanics of populism and propaganda

How to Become a Dictator in 30 Days

A Satirical Self-help Course for Aspiring Tyrants

Fighting far-right extremism through satire

Fed up with being confronted on a daily basis with right-wing propaganda? Curious about the absurdities of politics?

@einblauerelefant, a **board-certified psychiatrist and incisive satirist**, provides sharp, evidence-based satire that entertains, exposes political tricks, and helps readers recognise manipulation before it takes hold.

- ❖ Clear, humorous explanations of **political manipulation**
- ❖ Analysis of how social media, propaganda, and **personality cults** influence perception
- ❖ Exposing the strategies behind rhetoric, nationalism, and **fear-based politics**

How to Become a Dictator in 30 Days is a satirical guide that supports readers in navigating the absurdities of right-wing populism and dismantling the mechanisms of extremists' influence through humour, irony, and psychological insight.

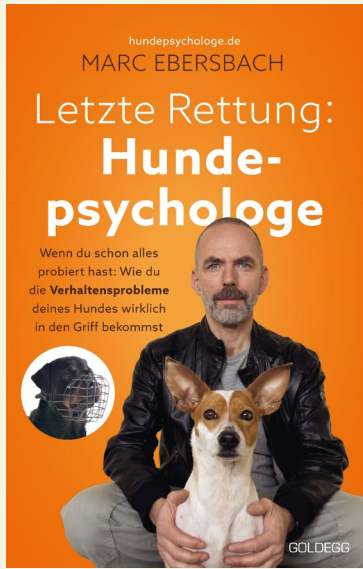


© Blauer Elefant

@einblauerelefant is the pseudonym of a board-certified psychiatrist and psychotherapeutic physician who exposes the dark depths of political power with sharp wit and unflinching clarity.

Combining psychological expertise with incisive satire, he translates the psychological dynamics behind authoritarianism into accessible, eye-opening insights for a wide audience.

ANIMALS & SCIENCE



Publication date:
23.09.2026

Softcover with foldouts
b/w | 380 pp | 215 x 135

dogs | pet keeping

»»» WHY IT WILL SELL

Tackling behavioural issues at their root for a calmer relationship and deeper bond

Expert for “hopeless cases” shares training tips and insights from **canine neurobiology**

Last Resort: The Dog Therapist

For When You’ve Already Tried Everything: How to Finally Get Your Dog’s Behavioural Issues Under Control – Fear, Aggression, Stress

When dog training fails, dog psychology begins

Your dog’s behaviour may not be pointless stubbornness, dominance or bad training, but something that starts much deeper: in the brain.

For everyone who has tried treats, corrections, dog schools and online courses without lasting success, Marc Ebersbach offers a new perspective. He explains why common methods often fail when faced with serious behavioural issues and how we can help even “hopeless cases” to a calmer and more relaxed life.

- ❖ **Understand the root cause:** How fear, stress, reactivity and aggression develops in you dog
- ❖ **Beyond training myths:** Why popular methods often fail and what we can do instead
- ❖ **Practical support:** Videos, online plans and strategies for ongoing struggles

An eye-opening guide for dog owners who feel stuck and want real progress, relief and a deeper connection with their dog.



© Sophie De Saedeleer

Marc Ebersbach is one of the best-known dog psychologists in the German-speaking world and works with dogs exhibiting severe behavioural issues – many of whom were considered ‘hopeless cases’.

He turns traditional methods on their head and incorporates insights from canine neurobiology into his work.

As @Hundepsychologe he has **over 280k followers across platforms**



Publication date:
25.11.2025

Softcover with foldouts
b/w | 220 pp | 215 x 135

science | self healing

Rights sold:
English (Rockpool),
Audio (Yonde)

»»» WHY IT WILL SELL

The **perfect gift** for every cat lover – cats are the #1 pet worldwide

Practical tips and scientific findings

Extended new edition
including a chapter on comfort and grief

The Healing Power of Cats

The Cat as a Mirror of Your Soul – Understanding Cats and Learning From Them

Over 19,000 sold copies

The purring therapists!

As highly sensitive creatures, cats are able to perceive our deepest feelings such as joy and fear. They pick up on our emotions and often alert us to inner turmoil or illness. They act as **loving danger detectors** that help us develop a better awareness of ourselves.

Cats are not only one of the most popular pets, they also have healing powers – both in the conventional medical sense and spiritually.

This bestseller offers fascinating new insights and approaches for our life with cats. Discover how you can strengthen the deep bond with your furry friends and build an even more fulfilling relationship with them!



Elke Söllner is a certified animal psychologist who has been surrounded by animals since she was a child. Her work at the University of Veterinary Medicine in Vienna helped her to gain important experience in the veterinary and psychosomatic fields, which she also passes on in her consultations.



Publication date:
14.03.2026

Hardcover
130+ pictures
272 pp | 215 x 135

nature | garden | science

WHY IT WILL SELL

Expert insights: Science-backed discoveries on butterfly abilities and adaptations

Practical tips for nature lovers: Create habitats in your garden, balcony or park

Over 130 pictures in colour

The Fabulous World of Butterflies

Discover the Abilities of the Amazing Shape-shifters

Butterflies are so much more than just pretty

Butterflies may seem fragile, but in reality, they have superpowers. Their antennae register the faintest scents, their wings camouflage, deter predators, and regulate heat. Some species travel thousands of kilometers, others live only a few days, but they all have one thing in common: they are an irreplaceable part of biological diversity.

This book invites us into the world of these masters of transformation and shows us how fascinating their abilities are, from egg to butterfly. It explains why we need butterflies and how we can protect them.

- ❖ Understand why butterflies matter
- ❖ Explore the incredible abilities of butterflies
- ❖ Witness their full transformation
- ❖ Learn how to protect them with hands-on tips

Marion Jaros will guide you through the wonder of butterflies, showing their genius, beauty, and vital role in keeping nature in balance.



Marion Jaros fell in love with butterflies at the age of three, after a magical encounter with a peacock butterfly. She began breeding and studying local species at nine and later developed the award-winning environmental education project VANESSA in Vienna, introducing thousands of children to the world of butterflies.

Online and at her workshops Marion inspires people to connect with nature, discover butterfly life cycles, and support biodiversity in their own gardens.



Publication date:
18.04.2026

Softcover with foldouts
b/w | 240 pp | 215 x 135

entertainment | science
| MINT

WHY IT WILL SELL

Cosmic curiosity and playful science: Discover the universe through quirky facts, myths, and wild theories

Women in STEM: More than just your typical book on space – discover the impact women have and had on astronomy

Let's Get Coffee in Space

Celestial Knowledge To Go: Asteroids, Atoms and Aliens

**Forget science fiction ...
real science is far more
exciting!**

Curious about what the universe has to do with a visit to a coffeehouse? Well, here's the twist: the universe isn't black – it's actually the colour of a milky coffee. The official name: cosmic latte!

Eva Freistetter, Jana Steuer and Elka Xharo take us on a galactic journey to the furthest corners of space and through time. They take us to planets where iron falls from the sky like rain. We uncover the myths that feed our fantasies about astrology and dive into the fascinating lives of the women and men who discovered the secrets of our skies.

With a mix of wit and scientific insight this book spans the entire universe from supernovas and exoplanets to planetary defense and alien life.

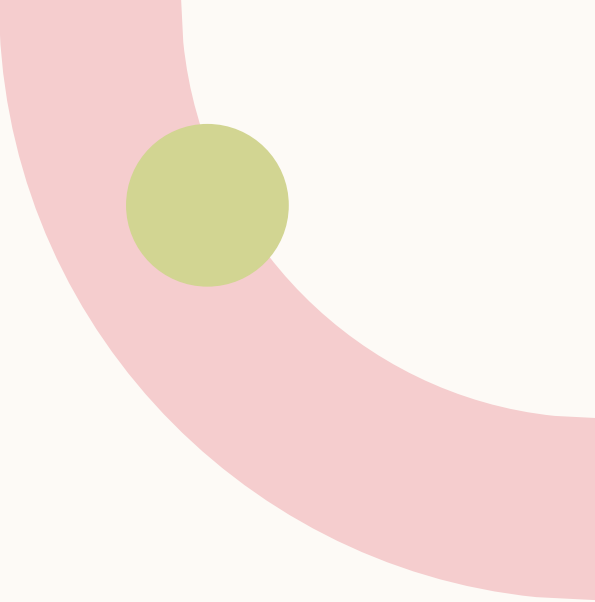
Approachable and fun for everyone regardless of age, sex or home planet.



Eva Freistetter talks about the cosmos with infectious enthusiasm. When she's not recording her podcast *Cosmic Latte*, she combines her studies in science communication and astronomy to explore the universe.

Jana Steuer, a trained astronomer and science journalist, translates scientific discoveries into compelling stories for *Terra X* (ZDF). She loves to dive into the realities of outer space that for most still seem so otherworldly.

Elka Xharo combines computer science, medical physics, and stardust into one universe. In the lecture hall she teaches bits and bytes and on social media (@thesciency-feminist) she shares feminist science facts.



FICTION & NARRATIVE NON-FICTION





Publication date:
09.11.2026

Softcover
b/w | 220 pp | 215 x 135

fairytales for adults |
spirituality | self-help

»»» WHY IT WILL SELL

Fairytales for adults: magical stories that offer inspiration, comfort and inner renewal

Wealth redefined: abundance as joy, meaning, love, and trust

Spiritual storytelling with feel-good appeal combining self-discovery and life wisdom

Fairy Tales to Make You Rich

Magical Adventures Exploring True Wealth, Happiness of the Heart and Inner Fulfillment

A magical break for everyone longing for more meaning, joy and inner riches.

True wealth is more than money: it can mean joy, love, meaning, trust and inner peace.

In these magical tales for adults, Isabella Farkasch opens the door to worlds full of wonder, wisdom and emotional depth. Her stories invite readers to slow down, reconnect with themselves and rediscover abundance in all its forms from inner strength and fulfilled relationships to courage, gratitude and openness to life.

- ❖ **Inner abundance:** Reconnect with your inner joy
- ❖ **Magical reflection:** Fairy tales that offer comfort, inspiration and new perspectives
- ❖ **True wealth:** A poetic journey into love, meaning, fulfilment and wealth in all its forms



© Claudio Farkasch

Isabella Farkasch writes the most beautiful fairy tales, which enchant readers and transport them into worlds of imagination. As a set designer, creative life and career coach, and ‘thought recycler’, she knows how to use a variety of methods to clear overloaded minds.

“Fairy tales are the most beautiful way to give free rein to the imagination and leave everyday life behind.”



Publication date:
05.02.2024

Softcover with foldouts
b/w | 168 pp | 190 x 120

fairytale for adults | self-help |
spirituality | stress relief

Fairy Tales for More Serenity

3 Minutes for Yourself to Let Go of the Day

A magical break from everyday stress to end the day with more peace, softness and confidence.

- ❖ **Quick moments of calm:** Short fairy tales that help readers unwind, let go of the day and find calm quickly
- ❖ **Timeless wisdom:** Stories about love, friendship and trust
- ❖ **Emotional ease:** courage, intuition, and hope

Enchanting stories that offer an escape that brings more serenity into everyday life.



Publication date:
27.10.2019

Softcover
b/w | 152 pp | 190 x 150

fairytale for adults | spirituality |
reflection | Christmas

Over 12,000 sold copies

The Twelve Days of Christmas

Fairy Tales for Adults

The Twelve Days of Christmas turn the holiday season into a magical 12-day countdown, with each day bringing a new gift, tradition, or reason to celebrate.

- ❖ **Magical storytelling:** Atmospheric fairy tales for adults full of mystery, wisdom and wonder
- ❖ **Rituals and tradition:** Insights into the twelve days of Christmas traditions, numerology and energetic meaning
- ❖ **Reflection and renewal:** A companion for looking back, letting go and setting intentions for the year ahead



Publication date:
27.09.2025

Hardcover
b/w | 208 pp | 200 x 115

fiction | love | Vienna

WHY IT WILL SELL

Set in one of **Europe's most beautiful capitals** with **over 8 million visitors** each year

Discover Vienna from imperial awe to charming Viennese quirks

Emotional resonance: poetic journey of self-discovery – disappearing, drifting, and rediscovering

The Fluttering Wings of the Paired-up Butterfly

On Disappearance and Rediscovery

The literary reinvention of the nineties movie gem *Before Sunrise*

Instead of boarding a plane to the U.S. for a business trip, Jonas makes a spontaneous decision: he turns around and disappears into the streets of Vienna. No one realises he's gone – only Jonas senses the absence of a version of himself he's never fully known but still hopes to become.

What follows is a wandering journey through Vienna's winding alleys, coffeehouses, parks, riverbanks, and mountains – filled with melancholy, humour, and chance meetings. Along the way, Jonas encounters people full of stories: strange, beautiful, grumpy, and unforgettable. Each encounter nudges him closer to the quiet realisation that life's meaning may not be found in grand plans, but in small moments.

A touching novel about everyday moments, unexpected encounters, and what truly matters in life.

author with over
35,000 sold copies



© Andreas-Hofer

Andreas Rainer is a Viennese writer and creator of the popular project *Wiener Alltagspoet*. After leaving behind a successful marketing career in the USA and Vienna, he dedicated himself fully to writing. As an author, he captures the poetry of everyday life on social media, in magazines and his bestselling books.

With humour, heart, and sharp social observation, Rainer brings to life the small moments that define a city and the people who call it home.

**COMING
SOON**



Publication date:
08.03.2027

Softcover with foldouts
b/w | approx. 220 pp | 215 x 135

self-help | inspirational | mental
health

*Bring a little
Parisian sparkle
into your life.*

*Coming in
March 2027*

Paris Is a Feeling

The French Way to More Joy in Life

What if Paris isn't a place, but a way of life? An enchanting inspirational that invites readers to discover their own Parisian magic in everyday life.

Vio dreams of Montmartre, chanson, and café au lait, while her daily life is ruled by appointments, obligations, and to-do lists. When she begins to invite the little magical moments of Paris into her life, something changes: not only does her own daily life become brighter, lighter, and more enjoyable, but the people around her are also swept up in the magic.

A love letter to the Parisian art of living – with ease, style and a touch of romance.



Publication date:
Spring 2027

Softcover with foldouts
b/w | approx. 220 pp | 215 x 135

Health | self-help

*The importance of
the oral microbiome*

*Coming in
Spring 2027*

It All Starts in the Mouth

How the Oral Microbiome Affects Overall Health

One of our body's most important health hubs is located right where we mechanically brush our teeth every morning and evening and most don't even know it!

Stefan Fickl shows why the oral microbiome has far more to do with our health than just cavities and gums. He draws a clear line from our mouth through the entire body along which we can influence our overall health. Dr. Fickl distills the essentials into five concrete tips for oral hygiene, fluoride, nutrition, preventive care, and harmful habits.

Dr. Stefan Fickl is a dentist, researcher, and internationally recognised specialist in periodontology. His books combine scientific authority with a humorous explanatory style.



Publication date:
Spring 2027

Softcover with foldouts
b/w | approx. 220 pp |
215 x 135

psychology | self-help

WHY IT WILL SELL

Fills a gap in the market: Prenatal programming is a well-established field of research, but is rarely presented in popular nonfiction

Fresh take on the trend of “self-development through one’s origins”: scientifically founded with narrative elements for high identification potential

Your First Ever Home

How Life in the Womb Affects You Even Today

A trauma self-help book that focuses on where life begins: the womb.

Why do certain patterns repeat themselves in life, in relationships, in fears, and in the feeling of never quite belonging? Leonie Raube traces these patterns back to their true origin: the time before, during, and shortly after birth.

Drawing on **prenatal psychology, epigenetics, and attachment research**, she shows how the earliest experiences — even before the first glimmer of consciousness — leave lifelong imprints. Unlike traditional trauma literature, this book focuses on understanding and transformation instead of pathologisation: Integrated exercises such as EFT tapping techniques, breathwork, and journalling make it immediately applicable.

A book for anyone who truly wants to understand themselves: from the very beginning.

*New findings on
prenatal psychology
for trauma healing*

*Coming in
Spring 2027*

Leonie Raube holds a Bachelor of Science in Osteopathy, an alternative practitioner qualification and a D.P.O. in paediatric osteopathy. She has worked as an independent osteopath since 2022, specialising in paediatric and adolescent osteopathy and women’s health.

She is also known for her social media videos (**in English with over 70k followers**) on tapping techniques and volunteers with *Osteopathy Without Borders*, including as an osteopath in Rwanda.

GOT INSPIRED?

Please don't hesitate to contact us at
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