

# **Goldegg Verlage**

**Rights Guide Spring 2025**

# Goldegg Verlage

*Goldegg Verlage*, based in Vienna and Berlin, is an independent non-fiction publisher. We publish books as varied as life 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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self development  
wellbeing  
& health



Published:  
13.01.2025

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

Self healing | self help

Rights:  
Worldwide  
*Paperback rights sold*

Material:  
Available

## You are not your wound

How to heal successfully

# Turn wounds into wonders – this is how you heal!

Childhood trauma can haunt you in many ways if you don't come to terms with your past: toxic relationships, mental and physical symptoms and the feeling of not living your life properly – to name just a few.

Katja Hinterleitner has been there herself. Through her work in the field of systemic healing, family constellations and by learning from wise teachers, she has successfully developed a holistic method to regain happiness.

In this book she shares the knowledge you need so that you too can live your life to the fullest and leave the pain behind long term.

**SPIEGEL  
Bestseller**



© privat

**Katja Maria Hinterleitner**, a trained life and social counsellor, kinesiologist and supervisor with a focus on systemic healing, has helped people worldwide to heal for 20 years. She has spent years learning from shamanic and Eastern teachers as well as American greats such as Tony Robbins.

### Why it will sell

- Hot topic: overcoming **transgenerational trauma**
- Self-healing for anxiety, stress, mental and **emotional blockage**
- Expert for systemic healing with clients worldwild



Published:  
24.01.2024

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

Self healing | self help

Rights:  
Worldwide  
*Paperback rights sold*

Material:  
Available

## Why it will sell

- Hot topic: overcoming **transgenerational trauma**
- Strong social media community: 340.000 on Instagram and 280.000 on TikTok @psychologin\_sophie
- **over 12.000 copies sold**

## You are allowed to heal

How your upbringing has shaped you, how to leave the scars of the soul behind and regain trust in yourself

## Come to terms with you past and regain trust in yourself

We all have been influenced by what we experienced in childhood. Small and large traumas often only become noticeable in adult life. But most people do not even realise that these scars on our soul, made up of distorted or suppressed memories, guide and often misguide us in even the most basic everyday situations.

Warmheartedly and with great expertise psychologist Sophie Lauenroth explains that it is 'normal' for almost everyone to carry transgenerational wounds. With her method 'Understand - Change - Trust' she guides us towards longlasting self healing in three easy steps.

## Featured in

DAS NEUE MAGAZIN FÜR FRAUEN  
**look!**

GRAZIA

WELT



**Sophie Lauenroth** is a psychologist (M.Sc. London) specialised in psycho-traumatology, personality development and holistic psychology. Her focus lies on shifting negative emotions by learning to understand them fully and utilizing them to create true happiness and a balanced life.

As @psychologin\_sophie, she inspires around **600,000 people on TikTok and Instagram**.





Published:  
17.02.2020

HB | 184 pp | 215 x 135

Self healing |  
neuroscience

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Neuroscience for everyday: how to **use your mind** to lead a happy and balanced live
- Activate your **self-healing powers**
- Over 15.000 copies sold

## Thoughts as medicine

How to activate mental self-healing with the findings of neuroscience

## Your thoughts can heal you!

Self-healing through mental strength? Can we really use the power of thought to overcome serious illness and alleviate pain? Does positive thinking ensure a long and happy life?

Dr Marcus Täuber, neurobiologist and mental coach, reveals the latest research into the healing power of our mind and has some explosive surprises in store.



**Dr Marcus Täuber** is a neurobiologist, lecturer at several universities and head of the Institute for Mental Success Strategies. As bestselling author and keynote speaker he gets to the core of the newest neuroscientific findings.



Published:  
14.08.2023

HB | 240 pp | 215 x 135

Self healing | neuroscience

Rights:  
Worldwide

Material:  
Available

## Good feelings

Utilise your brain's emotional strength

We are all fed up with crisis mode and horror news. Our brains too. It's time to unleash our brain's emotional strength. Good feelings are the stuff that makes our lives beautiful.

With easy tricks and tools founded in neuroscience we can free ourselves from fears, worries and doubts – and at the same time reach new highs.





Published:  
13.03.2025

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

Trauma | psychology |  
self help

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Hot topic: healing **childhood trauma**
- Unique perspective: from bouncer to trauma therapist
- **Expert knowledge:** psychotherapist, trauma therapy, couple therapy, teaching therapist, EMDR supervisor

## Guilt, shame and all that bullshit

My story from bouncer to trauma therapist – how you to rid yourself of all that mental rubbish and finally clear your head

## From feeling powerless to feeling empowerment

In his gripping trauma biography, psychotherapist and former lawyer Philipp Ruland describes his impressive life story and shows us that we can do something about that trauma we all seem to carry around. Shaped by violence, abuse and neglect in his childhood and youth, he lived through dark times full of fights, alcohol and aggression. His journey takes him to becoming a bouncer – but eventually he finds his way to a new life through years of therapy, studying psychology and the help of people, he learned to trust.

His book is an inspiration for all those who are struggling with the effects of childhood trauma. He shows that healing is possible – and that every person has the power to start a new chapter in life.

**@psychotherapieruland – 80.000 follower**



© Sara-Emosivwe

**Philipp Ruland**, born in Saarbrücken in 1979, worked as a lawyer before deciding to study psychology. Already during his studies, he specialized in treatment of complex childhood trauma and the resulting secondary illnesses such as personality disorders, depression, eating disorders and psychosomatic illnesses.

In his psychological practice, Philipp Ruland supports people in coming to terms with their trauma history and guides them towards a stable and happy life.





Published:  
10.10.2024

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

Self healing |  
psychology

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Ongoing pain points:  
escaping **people pleasing**  
and the **mental load trap**
- Scientifically founded  
female empowerment
- **Featured in:**

**BUNTE**

**Brigitte**

Süddeutsche Zeitung

PSYCHOLOGIE  
HEUTE

**ORF**

**carpe diem**

## Not my circus, not my monkeys

How to stop feeling responsible for everything

## Bye-bye people pleasing!

Women are world champions at ‘taking care of everything and everyone’ – even when they don't have to. Nevertheless, taking on various responsibilities is often subliminally expected. While recognition for it stays rare.

Katharina Pommer sheds light on what is currently being discussed on a societal level as mental load and people pleasing, examining the fascinating aspect of where this feeling of ‘feeling responsible for everything’ actually comes from – and how women can shed it.



Published:  
10.10.2022

PB | 292 pp | 215 x 135

Self healing | psychology

Rights:  
Worldwide

Material:  
Available

## The inner child can just give me a break

Don't let your past bully you – you're less complicated than you think

Based on latest scientific findings this book shows that the inner child is given too much importance. The stress of self-discovery comes from false assumptions about ourselves. We think our inner workings are much more complicated than they actually are. In reality, we are much simpler, and we can use this fact to actually find balance.



© privat

**Katharina Pommer**, Master of Science in Applied Psychology, is a family therapist specialising in attachment therapy as well as a speaker and podcaster. She is passionate about empowering parents and breaking taboos.



Published:  
27.09.2023

Softcover with foldouts  
b/w | 236 pp | 215 x 135

Medicine | self healing

Rights: Worldwide

Material: Available

## The pharmacy in you

The best medicine is hidden within ourselves: How to activate your self-healing power!

Many of the medication we are prescribed are also stored in the body's own pharmacy. With the right knowledge and practical tools our body can produce it's own medicine such as painkillers, antidepressants, doping substances or hormones and activate them in a targeted manner.

**Dr Ronny Tekal** is a general practitioner, medical cabaret artist, radio producer (Ö1 'Radiodoktor') and author.



Published:  
05.02.2024

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

Medicine | chronic pain

Rights: Worldwide

Material: Available

## My pain can be cured

The discovery of the fascial organ

- New hope for chronic pain patients – therapy of the fascial organ
- Disorders of the fascial organ trigger multiple conditions, such as migraines, dizzy spells, tinnitus, heel spurs, back or hip pain
- A complex model that reveals medical correlations – Simply put!

**Dr. med. Rolf Eichinger**, Chirotherapist, nutritionist, diving and emergency doctor, and **Kerstin Klink**, physiotherapist, founded an academy focused on continuing medical education in fascial disorders.

## Featured in

DERSTANDARD

Frau  
mit  
Herz

Kronen  
Zeitung

ORF

*“An encouraging book for sufferers of chronic pain conditions, that have not yet found a remedy for their functional disorders.” – Schwäbische Zeitung*



partnership  
& family



Published:  
22.01.2025

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

Self healing | self help |  
psychology

Rights:  
Worldwide

Material:  
Available

## Love hurts, love heals

How to heal your wounds and trust the cycle of love

# How to (re)discover trust and real connection

We are all longing for connection and love – no matter if married almost all our life, head of heels for a new person or just living for ourself right now. The good news? We just need some courage.

With Juliane Steffen we take 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 – from contemplation in winter to the time of harvest in autumn – we learn to let go of fears, break old patterns, understand crises as valuable phases of growth and inner trust.

Experience true healing and a love that is deeply fulfilling and long-lasting.

**SPIEGEL  
Bestseller**



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

As @juilanesteffen.beziehungsvoll, she inspires around **160.000 people on Instagram, Tik Tok and with her podcast beziehungsVoll.**



## Why it will sell

- Hot topic: overcoming transgenerational trauma to **find love**
- New approach: celebrate the **four seasons of relationships**
- Strong social media community with 160.000 followers



Published:  
17.03.2025

Softcover with  
illustrated foldouts  
b/w | 200 pp | 215 x 135

self help | NLP |  
Self healing

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Hot topic: how to reverse the **heartbreaking effect of over-analysing** in relationships
- Practical advice founded in **neuro-linguistic programming**
- Strong social media community: 170.000 followers on Tiktok and Instagram

## Overthinking Love

When too much brooding strains your relationship

## Stop worrying, start loving

Constantly pondering every little detail in your relationship?  
Overanalysing every message, every pause in the conversation  
and always imagining worst-case scenarios?

With this book we escape endlessly racing thoughts and finally find ease in love. But how?

- **Understand why you overanalyse** – Recognise the causes of your ruminations and self-doubt.
- **Let go of negative thought spirals** – Learn how to deal with fears and worst-case scenarios.
- **33 easy ways to stop brooding** – Practical tips and techniques to clear your head.
- **Boost your confidence** – Learn how to develop trust in yourself and your partner to overcome insecurities.
- **Less worry, more love** – Find out how to bring more ease and happiness into your relationship through worrying less.

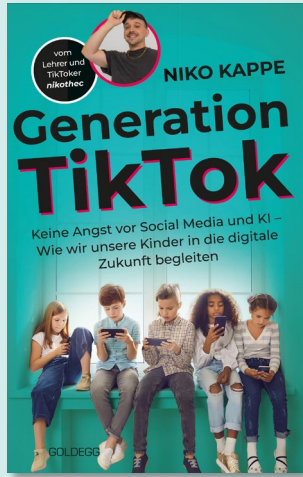
Phil Bolanz will help you shed self-doubt and find the key to true emotional freedom.



**Phil Bolanz** is an experienced mentor and coach specialised in healthy and fulfilling relationships for women. With in-depth training in NLP, hypnosis, EMW/EMDR and his own method CORE, he offers a wide range of expert knowledge. Phil supports his clients through issues such as **people pleasing, overthinking, depression, gaslighting, loss of control and addiction, manipulation, fear of loss** and more. @philbloanz helps around **170.000 people on Instagram and TikTok** to live their life with more confidence and happiness.







Published:  
25.02.2025

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

Social media | child  
rearing | future

Rights: Worldwide

Material: Available

## Why it will sell

- Hot topic: social media and it's **effect on our children**
- Strong social media community: 1,1 Million followers on Tiktok and Instagram
- A **guide for parents** to navigate the fast-paced digital space

## Generation TikTok

Don't be afraid of social media and AI – how we can guide our children into the digital future

# How to make Social Media safe for our children

The rapid development of digitalisation presents us with the challenge of rethinking education and upbringing! Teacher and education technologist Niko Kappe analyses the connections between digital media and our society in a pointed and fact-based way. In doing so, he dispels deep-seated prejudices and makes differentiated reference to the latest developments.

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

## Featured in



© Lewis-Jones

**Niko Kappe** is a teacher and has been on TikTok for over 5 years. He knows the platform like no other and has used his expertise as an interview partner for Tagesschau, Deutschlandfunk and numerous other news formats. Niko is a single father of two teenagers and currently teaches at a school in Berlin.



**@nikohecc**  
**1,1 Mio followers**





Published:  
09.04.2024

Softcover with foldouts  
b/w | 230 pp | 215 x 135

Female empowerment |  
resilience | psychology

Rights: Worldwide

Material: Available

## Empower girls

Encourage strengths, increase self-esteem and guide girls through crises. How we give our daughters what they need.

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

**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.



Published:  
06.02.2025

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

Patch work family | child  
rearing | relationships

Rights: Worldwide

Material: Available

## But you knew I had children!

How to set self-determined boundaries in your patchwork family and remain a couple in love

Patchwork families are complex and demand a lot from everyone involved - but the emotional challenges of stepparents often go unnoticed and their needs are forgotten. This book encourages patchwork couples to show their feelings openly and to stand up for their own needs. Because unresolved tension can lead to many conflicts – affecting the entire family. Practical tips on everything from parenting and romantic love to financial burdens.

## Featured in

PSYCHOLOGIE  
HEUTE

FOCUS

WELT

DIE ZEIT



**Torsten Geiling** is a strategy and communications consultant and systemic coach. **Lisa Jahns** studied journalism, psychology and sociology and works as a counsellor for patchwork families. The co-authors know the struggles of patchwork families from the own home life and how important it is to set boundaries and take good care of the love relationship.



Published:  
12.02.2025

Hardcover  
b/w | 250 pp | 215 x 135

sexuality | science

Rights: Worldwide

Material: Available

## 10 answers to the 10 biggest questions of polyamory

The scientific facts on the emotional topic of having multiple relationships

Dr Stefan F. Ossmann teaches and researches sexuality, love, identities and alternative relationship models at the University of Vienna. In his new book he answers the most pressing question about the polarizing topic of polyamory: What types and models are there? Can polys get married? What if children are added? Are you polyamorous for life? And how many are there anyway?



Published:  
29.01.2025

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

sexuality | self help

Rights: Worldwide

Material: Available

## Flow of life – The healing power of pleasure

Use your sexual pleasure as a source of success, health and fulfilling relationships

- Self healing and transformation through the power of sexuality – on you own or with your partner
- Release blockages, activate your creativity and restore the flow of energy by channeling the effect of touch and intimacy
- Rediscover your femininity and self love

## Society asks – Science answers!

Featured in

**KURIER** **DER SPIEGEL**

© Beat-Mumenthaler



**Corinne E. Sutter** is a love coach, trauma healer and a physiotherapist dedicated to celebrating love in relationships.



animals  
& us



Published:  
31.03.2025

HC | 40+ pictures  
288 pp | 215 x 135

science | history

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Hen fever worldwide – The perfect gift for chick fans & homesteaders
- Newest scientific findings on the history and the significance of poultry
- **Featured in:**

GEO

ORF

Kronen  
Zeitung

## Once upon a time there was a chicken

An expedition through the history of humans and chickens

## The chicken craze lives on!

For thousands of years, the chicken has been the faithful companion and secret hero of our cultural history. But how did this extraordinary connection with the once so shy jungle fowl come into being? Astrid Drapela takes us on a humorous journey of discovery and takes us from the early rice farmers of Southeast Asia to ancient Rome, from the long-gone Avar Empire via cockfights and banquets to the chicken coop of the future.

A captivating expedition through the astonishing relationship of humans and chickens.



Published:  
28.03.2023

PB | 256 pp | 215 x 135

science | animal keeping

Rights:  
Worldwide

Material:  
Available

## I wish I had a chicken

Newest scientific findings on the relationship between humans and chickens

Chickens – wild and tame – are social, sentient individuals with amazing abilities. Many of which are still unknown to most of us.

This book uncovers the hidden skills, the unheard needs and the overlooked wants of our feathered friends.



© Martin Wacht

**Astrid Drapela** is a passionate chicken keeper, biologist and expert in animal-assisted therapy. Her work focuses on the human-chicken relationship, the behaviour of chickens and their use in education and therapy.





Published:  
07.07.2025

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

science | self healing

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- The **perfect gift** for every cat lover – cats are the #1 pet worldwide
- Practical tips and scientific findings
- Over 18.000 copies sold – **extended new edition**, including a new chapter on comfort & grief

## The healing power of cats

The cat as a mirror of your soul – understanding cats and learning from them

## 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!

## Featured in

Welt der **Frauen** **KURIER** **maxima**



© Julia Scharinger-Schöttel

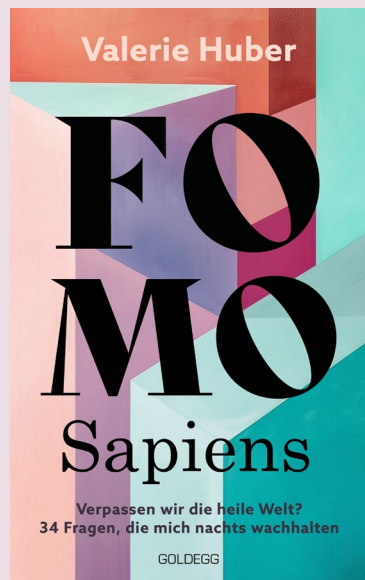
**Elke Söllner** is a certified animal psychologist who has been surrounded by animals since she was a child. Her work at the University of Veterinary Medicine in Vienna helped her to gain important experience in the veterinary and psychosomatic fields, which she also passes on in her consultations.





society, politics  
& career





Published:  
27.01.2025

Softcover with  
illustrated foldouts  
and coloured edge  
b/w | 210 pp | 215 x 135

Society | times of crisis

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Trend: A book for the lost generation
- Hands on: **get inspired** to act today!
- Unique perspective: Actress, **UNICEF honorary representative** with an engaged community of over 50.000 followers

## FOMO Sapiens

Are we missing out on the perfect world? – 34 questions that keep me awake at night

## How to find happiness in times of crisis

Overthinking, mental stressors and world-weariness dominate our lives and raise the question: How do we maintain our personal happiness in times like these?

This book understands the burden that lies on our shoulders. With a mixture of satirical realism and cautious optimism, Valerie Huber illuminates our bleak present in short essays. She shows why it is still worth remaining hopeful and committed.

**Discover why it is worth remaining hopeful despite everything!**

Featured in



DIE ZEIT

Die Presse



© Chris-Violette

**Valerie Huber** is an actress, singer and activist. Born in Vienna, she spent her childhood in Uganda, the Ivory Coast and the USA, where she graduated from the Krauss drama school. She has been releasing music since 2023, stars in feature films as well as Netflix-series and was named a UNICEF honorary representative, for her activism against social inequality and for climate protection.



Published:  
08.05.2024

Hardcover  
b/w | 240 pp | 215 x 135

success | psychology

Rights: Worldwide

Material: Available

## Treat yourself to a crisis!

Unexpected paths to success – why you should be grateful for every crisis and even actively provoke them

- Deliberately creating moments of crises and using them strategically for success
- Preventing established patterns, boredom and a lack of innovation

**Teresa Adler** is a speaker on the topics of mental strength, leadership and personality development, a coach for rhetoric and a mental trainer in a business context.



Published:  
25.10.2023

Softcover with foldouts  
b/w | 288 pp | 215 x 135

motivation | sport

Rights: Worldwide

Material: Available

## I can. I want.

How to achieve all your goals through self-motivation

In this book the motivation expert Norman Bücher talks about his exciting adventures, running 1200 km through the Australian outback, and explains how to surpass your limits again and again. Learn how to utilize your willpower correctly and trust in your own inner strength.

**Norman Bücher** is a passionate extreme runner and has taken part in more than 120 marathons and ultramarathons. He faces the most extreme sporting challenges all over the world.

## Featured in

woman

ORF

DERSTANDARD

**Bestselling author –  
over 25.000 copies sold**



Published:  
25.09.2024

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

career | self care

Rights:  
Worldwide

Material:  
Available

## Why it will sell

- Hot topic: **self-care at work**
- Hands on: easy tools and clear solutions for **escaping excessive workload**
- Expert knowledge and practical experience combined

## Quitting is not the solution

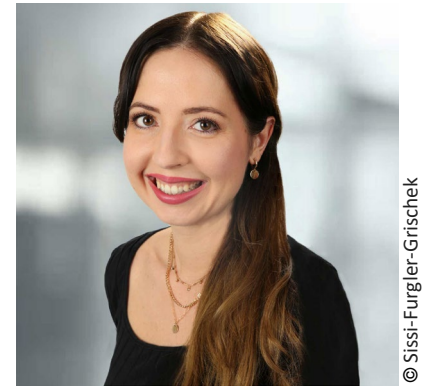
How to get rid of work that's not good for you ... without quitting your job!

# Escape excessive workload – enjoy much needed change without changing jobs!

Whether it's about reducing mental overload, dealing with managers or difficult colleagues, turning off the racing thoughts or being able to sleep better and 'switch off' – this book helps you to create a more relaxed future!

- How to overcome difficult situations with ease
- Tools for self-care in the workplace
- No need for to the additional stress of resigning and looking for a new job

Discover simple steps, easy tools and clear solutions on how to effectively escape stress at work – without quitting!



**Anna Warga-Hosseini**, an occupational psychologist and management consultant, combines her passion for occupational psychology with a clear commitment to the protection and promotion of employees. Her consulting activities include counselling overworked employees as well as advising companies on employee satisfaction and employer attractiveness.

# Got inspired?

Please don't hesitate to contact us at [rights@goldegg-verlage.com](mailto:rights@goldegg-verlage.com)