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Foreign Rights Guide Spring 2023

NON-FICTION



Andrea Seibert

Rights Director
T: ++49 89 38167-124
F: ++49 89 38167-324
seibert.andrea@dtv.de

English language
Dutch language

Constanze Chory

Deputy Rights Director
T: ++49 89 38167-125
F: ++49 89 38167-325
chory.constanze@dtv.de

Scandinavia
Czech Republic
Slovak Republic
Poland

Sonja Schmidt

Rights Manager
T: ++49 89 38167-128
F: ++49 89 38167-328
schmidt.sonja@dtv.de

France, Italy, Spanish Language,
Portuguese Language,
Romania,
Albania, Bosnia, Bulgaria, Croatia,
Serbia, Slovenia

Luise Hertwig

Rights Manager
T: ++49 89 38167-123
F: ++49 89 38167-323
hertwig.luise@dtv.de

Asia
Russia & Ukraine, Baltic States
Hungary, Greece, Turkey
Arab World, Israel, Africa

China (Mainland)

Bardon Chinese Media Agency
Ms. Yu-Shiuan Chen
yushiuan@bardon.com.tw

Hungary

DS Budapest Kft
Ms. Margit Gruber
margit@dsbudapest.hu

Romania

Simona Kessler International Copyright
Agency
Ms. Simona Kessler
office@kessler-agency.ro

Czech & Slovak Republic

Dr. Ivana Beil Literary Agent
Ms. Ivana Beil
dribeil@aol.com

Israel

The Deborah Harris Agency
Ms. Geula Geurts
geula@dhliterary.com

Russia & Ukraine

Maria Schliesser Literary Agent
Ms. Maria Schliesser
schliesser.maria@gmail.com

Dutch Language

Marianne Schönbach Literary Agency
Ms. Marianne Schönbach
m.schönbach@schönbach.nl

Italy

Berla & Griffini Rights Agency
Ms. Barbara Griffini
griffini@bgagency.it

Scandinavian Countries

schöne agentur
Ms. Anna Richter
anna.richter@schoene-agentur.com

France

Editio Dialog Literary Agency
Dr. Michael Wenzel
dr.wenzel@editio-dialog.com

Japan (non-exclusive)

Meike Marx Literary Agent
Ms. Meike Marx
meike.marx@gol.com

Spanish & Portuguese language

Ute Körner Literary Agent
Ms. Sandra Rodericks
sandra.rodericks@uklitag.com

Greece

Iris Literary Agency
Ms. Catherine Fragou
irislitgr@gmail.com

Korea

Momo Agency
Ms. Geenie Han
geeniehan@mmagency.co.kr

Taiwan

Bardon Chinese Media Agency
Ms. Yu-Shiuan Chen
yushiuan@bardon.com.tw

Poland

AKF Agency
Ms. Anna Kolendarska-Fidyk
akf.agency@hot.pl

Turkey

Kalem Agency
Ms. Merve Diler
rights3@kalemagency.com



Translation by Marielle Sutherland

Layout by Stefanie Würth, dtv

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176 pages
March 2023

Tessa Randau

The Sea and I

How I found myself again



© Ulrike Schacht

TESSA RANDAU is an author, journalist, and counsellor specialising in stress and burnout. Her first two books were Spiegel bestsellers. She is in her mid-forties, loves her wrinkles and grey hair and lives by one motto: find as much joy in the everyday as possible.

A small island in the sea. A stirring message in a bottle. And a woman who finds a treasure

A woman in her mid-forties is having a mid-life crisis. She feels unattractive and worthless, and as if she has achieved nothing important in her life. She and her friend Isa decide to treat themselves to a bit of time out on a small island. She is hoping for some good conversation and wants to use the time to finally lose a few pounds. But unfortunately, Isa cancels at the last minute. Disappointed, she sets off on her own. When walking along the beach, she finds a message in a bottle that really moves her. Is it pure coincidence that shortly after that she meets Lene, the author of the message? Together with Lene, she sets off on a search for happiness, only to find it where she least expected it.

- The new book by the Spiegel Bestseller author on self-love and lucky stars
- For readers of John Strelecky
- The first book by the author has been licensed in 8 languages: Czech Republic (Kazda), Denmark (Bechs Forlag), France (Hachette), Italy (Piemme), Korea (Book 21 Publishing), Spain (Maeva), The Netherlands (Kosmos), Norway (Panta)

BY THE SAME AUTHOR



The Forest, Four Questions, Life and I

128 pages
May 2020



The Mountains, the Fog, Love and I

160 pages
September 2021



240 pages
June 2023

Tanja Michael, Corinna Hartmann

55 Questions to the Soul

What makes it tick and keeps it grounded



Contentment is a matter of looking after yourself

We've been through one crisis after another for what feels like an eternity, and our worries are constantly increasing. On top of that, everyone has their individual pressures at home and at work. It's enough to stress-test even the most resilient among us. It's high time we asked ourselves what we can do to stay healthy and turn our lives into something we can love living again.

The psychologists Tanja Michael and Corinna Hartmann know that we all possess immense powers of self-healing. They draw on the latest research findings and translate these into advice that can be applied to everyday life, showing us how to develop good habits and regain our psychological equilibrium.

- The book of the moment: how to counterbalance our overstrained minds
- Human resilience is crumbling: in the face of interminable crises, people are continuously looking for sound advice
- For readers of Stefanie Stahl and Christina Berndt



© Manuela Meyer

TANJA MICHAEL, born in 1971, is a Professor of Clinical Psychology and Psychotherapy at Saarland University. Her work involves both academic research and therapeutic practice, and she received several awards in both areas. She is an internationally renowned expert in anxiety disorders, depression and post-traumatic stress disorders.

CORINNA HARTMANN, born 1992, is a psychologist and science journalist. She writes on psychology, neuroscience and mental health for e.g. *ZEIT Wissen*, *Psychologie Heute* and *Quarks*. In 2020, she was awarded the German Journalism Prize in Neurology. Her research has been published in the form of articles and podcasts.



224 pages
February 2023

Self-confidence is feminine. And any woman can achieve it!

Self-confidence means being assured, composed, self-confident and personable, but also determined. The experienced psychologist Eva Wlodarek shows how all women can develop these characteristics, setting out effective strategies she has developed over her many years of practice. The key elements in this comprehensive package for a self-determined life are: free thinking, conscious feeling, courageous actions, spirited language, an assured demeanour, and self-assertion.

Tips, checklists and tests help readers challenge entrenched paradigms of thinking and develop new behaviours.

- Eva Wlodarek worked for 20 years as a consultant psychologist for a major German women's magazine, reaching millions of readers
- Proven theories, with practical tools and enlightening psychological tests

Eva Wlodarek

Confident of Myself

How women gain confidence and strength



© Katrin Saalfrank

EVA WLODAREK, holds a Ph.D. in psychology. As well as maintaining her practice as a psychotherapist and coach, she was the advisory psychologist for *Brigitte* magazine for twenty years. She has published numerous books, also regularly leading lectures and seminars. Her successful self-help book '*Mich übersieht keiner mehr*' ('*Nobody is overlooking me any more*') was translated into six languages.

BY THE SAME AUTHOR



The Power of Esteem

128 pages
May 2020



Seize the Freedom to be Yourself

224 pages
March 2021



208 pages
June 2023

Umut Özdemir

Loving More Easily

Because relationships can be simple, too

Being honest with yourself is the basis of any partnership

We want to be seen and loved just as we are: through and through, from top to toe. But how do we actually love? Where does love come from? How does it express itself, and how do we find it?

Relationship therapist Umut Özdemir illustrates, by means of our body, the basic principles of love and relationships: how to listen to our heart and our needs, how to communicate more easily and effectively, how shared experiences can be eye-opening – and how we can work together with our partner, step by step, to build a long-term relationship.

'Love is more than mere heart palpitations, and you as a person have within you everything you need for a happy relationship'. Astute and authentic, Umut Özdemir uses examples from his years of experience as a therapist to show us how we can love more easily.

- Uniquely written: astute, funny, authentic and eye-opening
- How to *read* love: a professional shows how non-verbal and verbal communication works
- For readers of Leon Windscheid and Brianna Wiest



©Mehran Djolan

UMUT ÖZDEMİR, born 1986, is a qualified psychologist, psychotherapist and group psychotherapist, as well as a relationship and sexual therapist. By the end of 2020, he had spent six years at the Charité University Hospital in Berlin, running both individual and couples' therapies and supervising studies on sexuality. He lectures on sexuality as part of the medical degree course and the master's degree in psychology.



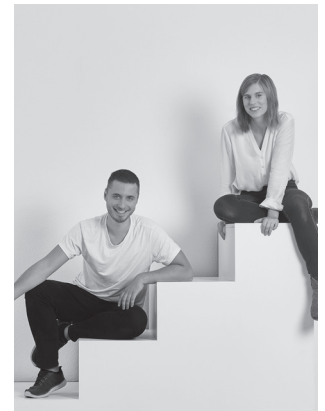
384 pages
February 2023

From the first kiss to the first million

Money matters are one of the most frequent sources of conflict in relationships. Whether it's the first date, moving in together, marriage and children, divorce or death – money plays a role in every relationship. The relationship investors Marielle and Mike believe we can manage this through targeted wealth accumulation and structured financial planning. They set out the principles for us: from communication advice to money and life planning through to concrete financial management and investment strategies, this book covers everything couples need. They illuminate the typical milestones within a relationship from a financial perspective and offer practical tips on how to make it easier to talk about money and how we can work together as equals to build our wealth.

- The first financial advisors for couples and families: handling finances as equals
- With concrete guidance on how to talk about money, and tips on account models and prenuptial agreements

Marielle & Mike Schäfer Love & Money Future-Proofing Your Finances Together



© Moritz Reich

MARIELLE and MIKE

SCHÄFER, are Germany's go-to experts on how to work together as equals and to handle finances in a relationship. Since 2016, they have been working as the 'Beziehungsinvestor*innen' (Relationship Investors), devoting themselves to these matters in their blog, their podcast, and as part of a growing online community. Marielle Schäfer is a business management expert who worked for a consultancy in the financial sector. Mike Schäfer is a psychologist and ran projects to support children in a primary school until 2021.



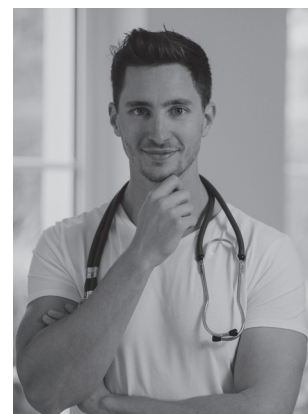
240 pages
May 2023

Getting healthy and staying healthy

Doc Felix treats his patients before they get ill – on YouTube, Instagram, TikTok, and his successful podcast DocTalk. This is where his fans pick up tips on nutrition, find out how they can prevent backache, what migraines and earwax are all about, and above all, that doctors always arrive on the scene too late: when we're already ill. So, we have to attend to our health and fitness prior to that. But isn't that too laborious? Constantly exercising and eating our greens? No, not with Doc Felix. He shows us how to get healthy without having to battle with ourselves every day – because a healthy life is a happy life.

- Health is fun with Doc Felix!
- Prevention instead of after-care: it's not hard to lead a healthy life
- For readers of Anne Fleck

Felix M. Berndt **Doc Felix – Feel Good** **Healthy, relaxed and** **happy – I'll show you how** **to get there**



©Johannes Kraftforst

FELIX M. BERNDT, born 1992 in Hagen, started blogging as Doc Felix about health, nutrition and exercise after his degree in medicine in Heidelberg and Düsseldorf – and with tremendous success. Since then, he has reached hundreds of thousands of avid fans through his social media channels. His videos – which already have millions of clicks – are both entertaining and informative, and he certainly delivers on his promise.



448 pages
February 2023

Staying cool in the fever curve

Is it normal for a child to pick up every virus going round nursery? At what point does fever become dangerous? Which vaccinations really have an effect? And what exactly is 'nest protection'? These are just some of the many questions raised by parents of young children and answered here by paediatricians Florian Babor and Nibras Naami. In so doing, they convey the five essential pillars of children's health: avoiding serious illnesses, supporting and promoting the immune system, a healthy diet, exercise, and mental health.

'High Five' is a comprehensive manual for anyone raising children and aiming to give their offspring a healthy start in life.

- Accessible, practical, sound – experienced paediatric doctors explain children's health
- A holistic approach: five steps to a healthy childhood
- For readers of Nora Imlau and Anna Wahlgren

Nibras Naami, Florian Babor High Five The five pillars of a healthy, happy childhood



© Hanna Witte

NIBRAS NAAMI, born in 1988 in Aachen, studied human medicine at Heinrich Heine University in Düsseldorf. After graduating in 2015, he worked in a large paediatric clinic until moving to University Hospital Düsseldorf in 2019. He is a specialist in paediatric and adolescent medicine and currently devotes most of his working life to paediatric haematology, oncology, and immunology.

FLORIAN BABOR, born in 1978 in Steyr in Austria, began his medical career at University Hospital Düsseldorf after studying human medicine at the University of Vienna. He is a paediatrician, paediatric oncologist, and paediatric haematologist. Since 2015, he has worked as a senior physician at the Children's Cancer Clinic and has been a professor of paediatric and adolescent medicine since 2019.



192 pages
March 2023

Woman in a state of emergency

Having children and bringing them up is a blessing, but it's just non-stop. There are stress traps lurking everywhere: Whom to tell, and when to tell them, that you're pregnant? How to get your body to be as bloody radiant and blissful as the world expects it to be? How to master the first year, alternating between feeling overwhelmed and sinking into monotonous boredom? What to do about the nursery's merciless drop-off and pick-up times? And does personal responsibility work for the kids' homework, too?

Eva Karl Faltermeier writes humorously and self-deprecatingly about the limits to what we can take. Setting out her radically pragmatic solutions to the typical situations she finds herself in as a mother – an approach usually based on gut instinct or sparing one's nerves. Because ultimately, every hurdle can be overcome in wonderful and imperfect ways!

- Enough of this ubiquitous parental perfectionism!
- Brash, direct, witty – an experienced mother tells it how it is

Eva Karl Faltermeier **Mama Fatale** Confessions of a parent



© Ingo Pertramer

EVA KARL FALTERMEIER

(born 1983) is a trained journalist and successful stand-up comedian. From the very beginning, her shows have won numerous awards. Faltermeier also writes for the podcast 'Eltern ohne Filter' ('Parents Unfiltered') and for the radio station Bayern2. She is passionate about telling great, entertaining stories.



228 pages
April 2023

Stefanie Babst Eyes Wide Open Finding the courage to change our strategic course



The West under pressure

Despite all its efforts, NATO was not able to prevent Russia's brutal assault on Ukraine: the consequences and disruption of this war will continue to be felt throughout Europe and the world for years to come. Not only Russia but also its close partner China will pose enormous strategic challenges for the West – and NATO must not repeat its mistakes.

The strategy expert Dr. Stefanie Babst takes us inside the workings of the transatlantic alliance. Her fascinating analysis shows not only how we headed into the disaster with eyes wide open, but also why a change of course is necessary.

- An insider's report by NATO's former Chief Strategic Policy Analyst and expert on security policy
- Astute examination of the international context of threat and strategies for the future
- For readers of Herfried Münkler and Catherine Belton ('*Putin's People*')



© Christine Fenzl

STEFANIE BABST, born 1964 in Kiel, held different leadership positions within NATO over the course of 22 years. In her final role, she was responsible for global communication and crisis forecasting for the Western alliance. She has experienced political crises, military interventions and the expansion of NATO at first hand. Since March 2020, she has been working as a strategic advisor, supporting the European Leadership Network in London.



224 pages
April 2023

Helene Bubrowski

The Fallibles

Politicians between arrogance, lies and obstinacy



© private

The credibility of politics is at stake

Cover-ups. Denials. Kicking the can down the road. Salami tactics. This is how politicians deal with political errors of judgement and personal blunders. Recently, politicians have started vigorously owning up to their mistakes, but only once these are already out in the open and criticism is mounting. And that is when it is not the mistakes themselves that are politically explosive, but how they are dealt with. The consequences are political unrest and mistrust. The political correspondent Helene Bubrowski analyses politicians' misdemeanours, scandals and resignations. She paints a clear picture of the often aggravating role the media play in this, sketching out what a better culture of failure could look like.

- Precise analysis and fascinating inside view of the political system
- A highly topical issue: the credibility of politicians

HELENE BUBROWSKI,

born 1981, has been a political correspondent in Berlin for the *Frankfurter Allgemeine Zeitung* since 2018, responsible for coverage of the Green Party, home affairs, and legal policy. Ever since Andreas Scheuer (Angela Merkel's Transport Minister, who was accused of mishandling autobahn tolls and then covering this up) explained to her on a talk show in 2020 how he had done nothing wrong, she has focused on how politicians deal with their mistakes and errors of judgement.



269 pages
March 2023

Roda Verheyen, Alexandra Endres **We All Have a Right to a Future** An encouragement

Efficient climate protection is a human right

Droughts, melting ice caps and floods are destroying many people's habitats and livelihoods. Yet governments and corporations often turn out to be somewhere between sluggish and ignorant when it comes to taking climate protection measures. So, what can the individual – the climate victim – do? The lawyer Roda Verheyen argues decisively that we need to use existing law and the courts. We are all under threat, but we can hold those responsible to account through lawsuits. Using her own experiences and important international legal cases, she shows that the judiciary is an often underestimated force in matters of climate change. Free from undue influence and within the bounds of what is lawful, the courts can secure justice for those who are otherwise powerless – or at least listen to what they have to say. This is a book that encourages readers not to be afraid to use legal means in the fight against big climate offenders. Roda Verheyen puts a strong case for tackling the issues on a legal basis, as they are, ultimately also about human dignity, both now and in the future.

- Roda Verheyen is an internationally renowned lawyer
- Highly topical: how jurisdiction defends climate victims
- With case examples from all over the world



© Andreas Podbevsek

RODA VERHEYEN born in 1972, is a lawyer and judge at the Hamburg Constitutional Court. She founded Green Legal Impact Germany e.V. and is a member of its executive board. She advises environmental organizations and was a part of the German delegation at the United Nations Framework Convention on Climate Change.

ALEXANDRA ENDRES, born in 1974, is a freelance journalist on climate and environmental issues. Prior to this, she was the politics, economics and society editor for *Zeit Online*.



240 pages
March 2023

Maurice Höfgen

Expensive!

The truth about inflation, its profiteers, and the failure of politics



© private

MAURICE HÖFGEN studied economics and business administration. He works as a research associate in fiscal policy at the German Parliament. He also conducts independent research on macroeconomics and sustainability, and regularly publishes in academic and popular science journals. Höfgen is the author of 'Mythos Geldknappheit' [The Myth of Scarce Money], a YouTuber at 'Geld für die Welt' [Money for the World] and 'Jung und Naiv' [Young and Naive], and a columnist for the *Berliner Zeitung*.

The big fear of currency devaluation – and the political measures urgently needed

Petrol, heating, groceries – everything is more expensive, and the inflation rate is at a record high. Will we be worrying more about our money in future? Will life become unaffordable? Economic analyst Maurice Höfgen studies the situation on a daily basis and warns us not to panic, because the current astronomical prices are a result of the war in Ukraine and the Covid pandemic. But the current German government must act now if daily life is to become affordable again. If it makes the wrong decisions, the price shock could lead to an economic crisis. 'Expensive!' is an incisive analysis that shows us how to correctly interpret the current news flow – and clears up misunderstandings about inflation.

- Everything about inflation: what does the future of our money look like?
- » Inflation is not a black hole into which all our money is disappearing – it's actually a distribution conflict.« Maurice Höfgen



352 pages
May 2023

A volatile history: from the Nazi past to Putin

The Bundeswehr – the German Federal Armed Forces – is the child of the Cold War and the stepchild of the Federal Republic. It was set up under pressure from the Americans, and ever since the Bundeswehr and the German people are struggling to find common ground. The roots of this lie Germany's in Nazi past as much as in political uncertainty and short-sightedness. The armed forces have been starved of investment for decades, while the political demands have escalated beyond measure: the failed operation in Afghanistan is just one example of this.

Hauke Friederichs sheds light on the shifting duties of the Bundeswehr, reveals a whole host of scandals and disputes, and makes clear what it will take to build Germany's defensive capabilities so that it can make a substantial contribution to the NATO alliance.

- The armed forces have repeatedly served the government as an instrument of foreign policy
- Hauke Friederichs is one of the most high-profile journalists in the field of security policy

Hauke Friederichs

The Pawn of Politics

A short history of the Bundeswehr



© Anne Mayntz

HAUKE FRIEDERICHS

is a journalist, historian and best-selling author, writing for *ZEIT*, *SPIEGEL History* and *P. M. History*, among others. He writes passionately about contemporary history for a broad audience. His best-seller '*Funkenflug*' ('*Flying Sparks*') was loved by readers and critics alike.

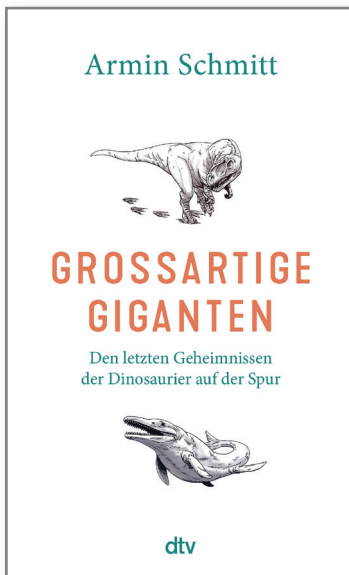
BY THE SAME AUTHOR



The Sign of the Flame

336 pages
August 2022





352 pages

May 2023

With b/w illustrations by Benjamin Rennan

Travelling back in time to the world of primeval giants

Dinosaurs. Quite rightly, no other class of animals captures the imagination of both children and adults in the same way. In this book, the palaeontologist Armin Schmitt gives a first-hand account of the latest research on these primeval giants, of spectacular expeditions and surprising finds. He tells us about popular dinosaurs such as *Tyrannosaurus rex* – every dino-fan's favourite – but also about lesser-known giants such as *Borealopelta*, who is nicknamed "Sleeping Beauty" because the fossil is so well preserved that the animal merely appears to be asleep.

An enjoyable read for anyone interested in the largest land creatures that ever inhabited our earth.

- A thrilling read for fans of Randall Munroe and Sy Montgomery
- The perfect gift for all dino-nerds
- With plenty of illustrations

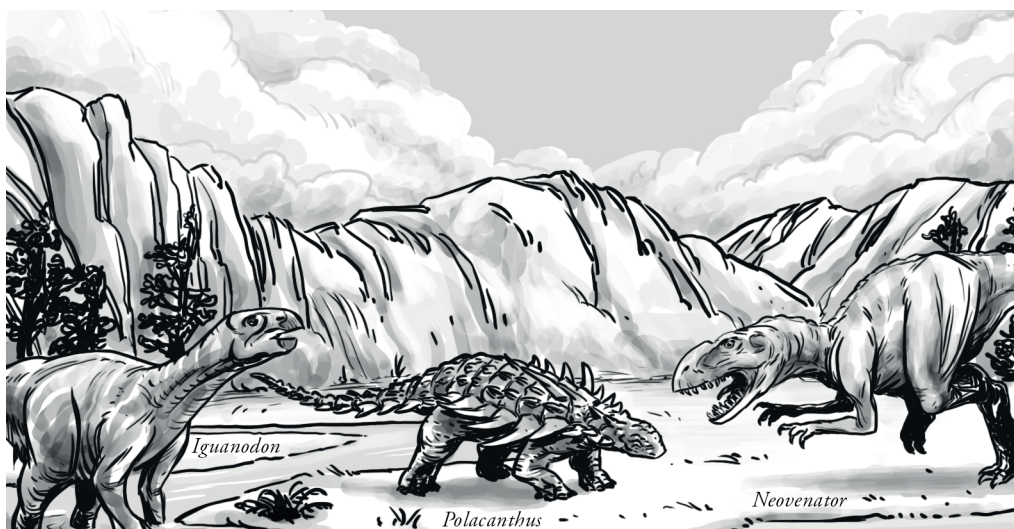
Armin Schmitt Magnificent Giants On the Trail of the Dinosaurs' Final Secrets



© Georg Oleschinski

ARMIN SCHMITT, born 1972, has been fascinated by dinosaurs since he was five years old. So, one of the subjects he chose to study in Bonn was palaeontology. During his studies, he also rose to the position of collection manager at the university's Goldfußmuseum. Today, he is a vertebrate palaeontologist and research assistant at the Department of Earth Sciences at Oxford University, as well as a PhD student at Cambridge University.

BENJAMIN RENNAN has studied illustration and works as an illustrator, designer and illustrator. He lives in Hamburg.





256 pages
March 2023

Nature unadulterated – a glimpse into living on and with the marsh

The marsh: guzzling, wet swamp landscapes where birds nest and reed plants, peat mosses and grasses grow. A habitat that is home to a very particular variety of species. Franziska Tanneberger, one of Germany's best-known marsh researchers, takes us on a journey to marshes all over the world. We camp on sinking ground, follow the aquatic warbler all the way to Senegal, and discover the crucial role marshes must play in saving the climate.

A poignant read about love of nature and a marsh expert who became a climate protector.

- Accomplished nature writing on the unbelievably diverse ecosystem of the marsh
- Franziska Tanneberger is a renowned expert in the field and a well-known ambassador for marshes
- For readers of Jan Haft and Helen Macdonald

Franziska Tanneberger, Vera Schroeder **The Marsh** **On a fascinating world between water and land, and why it is so important for our climate**



© Marlene Pfau

FRANZISKA TANNEBERGER

grew up in the 1980s in Berlin-Pankow and spent her childhood holidays on the wet and dry marsh of the island of Usedom. After leaving school, she studied landscape ecology and conservation at Greifswald University. She decided to specialize in marsh ecology. After working as a consultant for conservation projects in Poland and Belarus, and as a lecturer at the Helmholtz Centre for Environmental Research in Leipzig, she returned to Greifswald University in 2012. Since 2015, she has been Director of the Greifswald Marsh Centre.

VERA SCHROEDER is a journalist and worked for *Süddeutsche Zeitung*. She studied politics and communication and loves to tell stories about people who want to secure our future.



272 pages
March 2023

Karoline Klemke **Dead Man's Switch*** Encounters with criminals



© Sabine Hillbrand

KAROLINE KLEMKE, born 1973, studied psychology and has been working in forensic psychiatry since 2002. As a psychologist and qualified psychotherapist, she spent many years attending to homeless adolescents and treating serious offenders in secure mental health units, prisons, and an offenders' clinic. Since 2016, she has been an assessor in criminal prognosis, running her own psychotherapy practice in Berlin.

The unsound mind and the burden of guilt

Mr Matzke has raped five women. He has been in prison for 30 years, but he doesn't feel guilty. Mr Knieriemen abused his ten-year-old niece. He enjoyed it – this moment when he finally felt free from fear himself. Ms Krüger, who killed her baby, her little 'titch', never wants to be a victim again – during the therapy session, she pulls out a knife and stabs her therapist.

The psychotherapist Karoline Klemke recounts harrowing cases from therapy sessions in secure mental health units. These bring home the depths of human abysses and the motives of the perpetrators. But they also reflect the therapist's struggle for control and composure – in her determination to help. An intense glimpse into a world behind closed doors.

- How people turn in perpetrators
- Powerfully told – intense, unsparing, empathetic
- For readers of Ferdinand von Schirach

*Dead man's switch:

A device that checks whether a person has become incapacitated and triggers a warning signal.



256 pages
April 2023

Playing – Killing – Loving: Good and Evil in Virtual Worlds

Computers are changing everything, even the way people play. Sebastian Ostritsch takes an ethical look at the new cultural form of computer gaming, questioning its relation to morality and happiness, as well as the opportunities and dangers it poses. He illustrates what is new and unique about computer gaming. Drawing on the history of philosophy, Ostritsch explains what precisely the ethical challenges consist in, and how games can have an impact on the reality beyond the screen.

This book not only does justice to the gamers' experience but also takes into account empirical research on the subject. In so doing, however, it rejects trivialization and alarmism in equal measure.

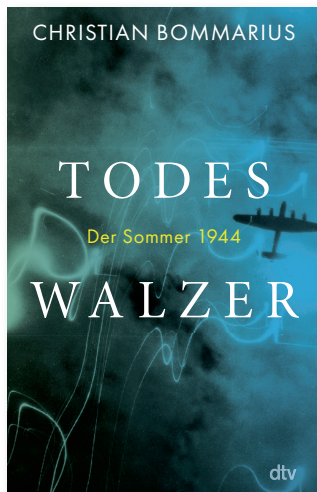
- The first ethics of computer games and gamers
- The author is a philosopher, researcher AND passionate gamer
- For gamers of all ages worldwide

Sebastian Ostritsch **Let's Play or Game Over?** **An ethics of computer gaming**



© Marc Alter

SEBASTIAN OSTRITSCH, born 1983, has a PhD in philosophy. He teaches and researches at the Institute of Philosophy at Stuttgart University. Sebastian Ostritsch is also a passionate computer gamer. As a philosopher, gamer and father, he engages with the subject both intellectually and emotionally.



Christian Bommarius Death Waltz

416 pages
February 2024

The beginning of the end

By 1st June 1944, German troops had spread over most of Europe. By 1st September 1944, the Allied Forces built up on the border of the Reich. The end of one of the bloodiest wars in history seemed imminent. But the Reich took another eight months to collapse, during which as many people were killed as had been in the previous five years. In these eight months a 'death waltz' began to play at a speed nobody had ever before thought possible. But, somewhat shockingly, life flourished at the same time – the concurrence of death and zest for life, is grippingly portrayed here, leaving readers stunned.

+ DTV PREVIEW + DTV PREVIEW + DTV PREVIEW + DTV PREVIEW + DTV PREVIEW + DTV PREVIEW +



Florence Gaub Future – A Manual

288 pages
September 2023

"Man is the only being with the ability to imagine the future in such detail that they can actually create it ..."

In these fraught times of war, climate change and economic crises, Florence Gaub is spreading a message of hope drawing on new research in various fields such as neuroscience, psychology, history and philosophy.

At the moment, we are in danger of losing the belief in our power to shape our future lives. With the help of Florence Gaub, we explore the true scope of our options.