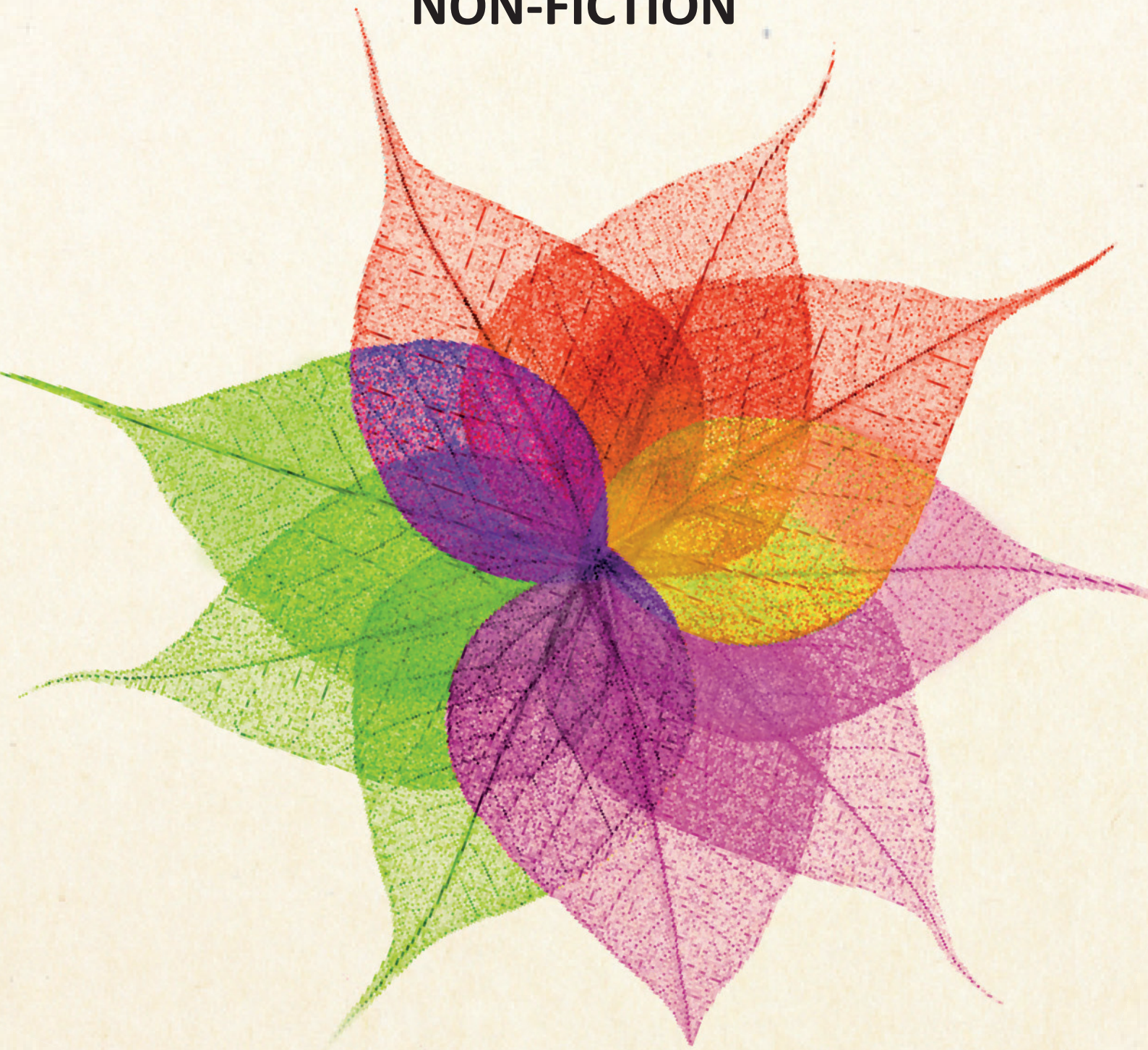


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NON-FICTION



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Autumn 2023**

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Current Affairs



288 pages
August 2023

Annika Joeres, Susanne Götze **Thirsty Land** How we will live when water is scarce

The world is running out of water: Can we save ourselves?

Two-thirds of the Earth are covered with water – but only three percent of this is fresh water, and the water supply is shrinking rapidly in many parts of the world. In this book, Annika Joeres and Susanne Götze accompany fictitious protagonists into a hypothetical near future and exemplarily show how we can live if we adjust to the consequences of the lack of water in time – or how we will suffer if we do not. The dramatic stories are drawn from reality and based on numerous studies and interviews with scientists. How we deal with the water crisis will have a decisive impact on our everyday lives.

- Told in an exciting and frighteningly realistic fashion: Our future as worst or best case scenario
- Susanne Götze and Annika Joeres are award-winning authors and journalists
- For readers of: Frank Schätzing and James L. Powell ('2084')



©Rebecca Marshall

ANNIKA JOERES works as a climate reporter for the investigative editorial office correctiv.org and reports for *DIE ZEIT* from France. She specializes in cross-border research about Europe, energy policy, and climate change, and she has received numerous awards for her work.



©Sascha Hilgers

SUSANNE GÖTZE holds a doctorate in history. She is an author and journalist and works as an editor for *DER SPIEGEL*. For her articles, she researches the consequences of climate change and international climate as well as energy policy in Europe, Africa, and North and South America. Her book '*Land unter im Paradies*' ('*Waterlevels rise in the paradise*') won the *ITB Award* in 2019.



244 pages
September 2023

Florence Gaub The Future An instruction manual



© Debora Mittelstaedt

FLORENCE GAUB is a political scientist, military strategist, futurologist, and the director of the research department at the NATO Defense College in Rome. Gaub advises governments and international organizations using future scenarios and trend analyses. In this book, she explains why people have the ability to think into the future, how they use it, and what it is good for, especially in times of extreme uncertainty.

A book that takes away fears and brings our future into focus

»People are creatures who have the ability to imagine the future in such detail that they can create it«, writes Florence Gaub, which is a message of hope in these times. For rarely has the future been as fraught with so many and such great uncertainties as it is today: War, climate change, inflation ... Using research results from neuroscience, psychology, and philosophy, Florence Gaub demonstrates how people imagine, construct, and create the 'future' in real life. This is crucial because right now, we are at risk of losing faith in our own power to shape our future lives. With Florence Gaub, we examine and understand how we can utilize our room to maneuver.

- Everyone shapes their life and future – Florence Gaub shows how to do it
- A 'big idea' book based on neuroscience, psychology, and philosophy
- For readers of Maja Göpel ('*Rethinking Our World*'), Hans Rosling ('*Factfulness*'), and Markus Gabriel



Kira Vinke

Storm Nomads

How climate change is robbing us of our homeland



320 pages
September 2022

Kira Vinke's ground-breaking book, backed by research and global investigation, gives a face and a voice to the people at risk. She clarifies which changes in our climate are already irreversible – and what options we have left to counter the climate crisis and enable those affected to stay or migrate in safety and with dignity.

- One of the foremost experts on climate migration
- A global overview of the social impacts of climate change
- Climate change is the defining social issue of the 21st century



© Manolo Ty

KIRA VINKE, born in 1988, is the director of Center for Climate and Foreign Policy at the German Council on Foreign Relations (DGAP), a scientist at the Potsdam Institute for Climate Impact Research (PIK), and co-chair for the German Government's Advisory Council on Civilian Crisis Prevention and Peacebuilding.



Franziska Tanneberger, Vera Schroeder

The Marsh

On a fascinating world between water and land, and why it is so important for our climate

256 pages
March 2023

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.

- 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



© Marlene Pfau

FRANZISKA TANNEBERGER grew up in the 1980s and studied landscape ecology and conservation when 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.

Popular Science



224 pages
October 2023
With 25 2c-illustrations by David Klaus

Insa Thiele-Eich Really Important Knowledge – From Clear to Cloudy Heat, wormholes, and world events: What the weather is doing to us



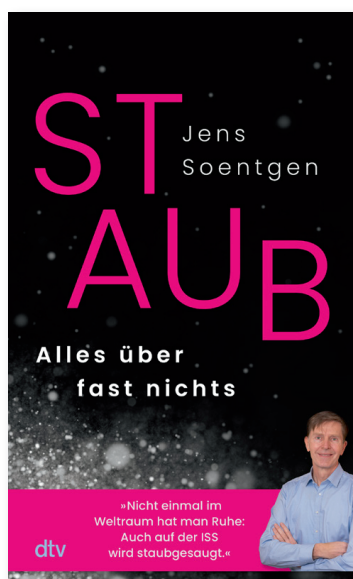
© Pauline Bosdorf

INSA THIELE-EICH, born in Heidelberg in 1983, is a meteorologist, prospective astronaut, and knowledge broker. She coordinates the University Partnership for Atmospheric Sciences at the University of Bonn and conducts research on climate change and health. At the same time, she is preparing for her first flight into space. Thiele-Eich lives in Königswinter with her family.

Things that you want to know

When did it rain for the very first time? How can I predict the weather myself? Did a sunbeam make Monet famous? And are swallows actually just better frogs? The meteorologist Insa Thiele-Eich knows everything about the weather and much more. In her book, she takes us on an entertaining, yet instructive, journey through the world of clouds, winds, and wormholes – she shows us why trees do not change colour everywhere during autumn, why we become aggressive in the heat, and what those old farmers' sayings are all about. Thiele-Eich not only conveys the basics of research in a witty and original manner, she also presents some bizarre facts. Conversations about the weather will never be boring again.

- Pop science: Surprising and entertaining
- Fascinating facts from the world of weather by the famous scientist known from TV
- For readers of Mai Thi Nguyen-Kim ('*Chemistry For Breakfast*') and Niklas Kolorz



192 pages
October 2022
With 20 illustrations by Katja Spitzer

Jens Soentgen **DUST** Unbelievable facts and stories



© Marin Hangen

JENS SOENTGEN, born in 1967, leads the environmental research department at the University of Augsburg. His various research projects investigate coarse, fine and – most recently – ultrafine dust. The chemist and philosopher has also devoted himself to the topic of house lint. Since then, the subject has continued to follow and fascinate him and, since Soentgen realises that resistance is futile, he learned to love dust.

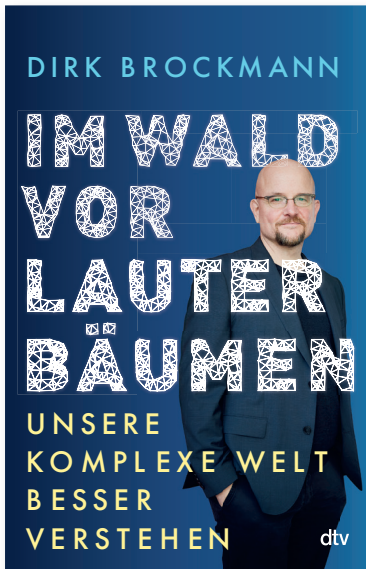
The big wide world of tiny particles

When we talk about dust, it's usually because there's a problem: house dust triggering allergies, fine dust polluting city air, or aerosols transporting dangerous viruses like COVID-19. But these small particles can do so much more. Dusty soil, for example, is very fertile – the Amazon rainforest depends on fertilisation by dust from the Sahara Desert, and without dust in the air, it would be much darker on Earth because it reflects sunlight into the remotest corners of the globe.

Even meteorological phenomena such as rain or snow couldn't exist without small particles in the air. Clever, witty and eloquent, dust expert Soentgen's book explores these useful irritants that float around us every day – you won't want to leave this one gathering dust.

- A declaration of love for a very special substance
- Wonderfully illustrated by Katja Spitzer
- For readers of Mai Thi Nguyen Kim's '*Chemistry for Breakfast*': and Randall Munroe's '*How To: Absurd Scientific Advice for Common Real-World Problems*'

Rights sold: PR China

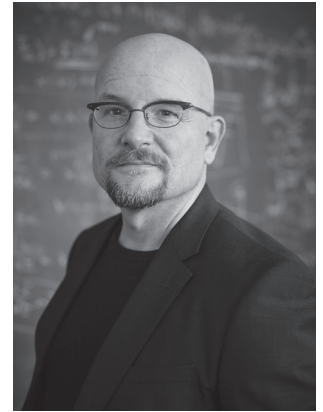


240 pages
September 2021
With 80 b/w-illustrations

Dirk Brockmann

Do You See the Forest or the Trees?

How to better understand our complex world



© Monika Keller

DIRK BROCKMANN, born in 1969, is a professor at the Institute of Biology at Berlin's Humboldt University. He is also the head of a research group at the Robert Koch Institute. Previously, he was a professor of applied mathematics at Northwestern University in the US and a researcher at the Northwestern Institute on Complex Systems. He is particularly interested in the structures inherent to complex biological and social networks, and how these structures affect those processes that operate within them.

Stop looking at the trees and see the forest!

Discover hidden patterns in nature and society and what this will tell you about global crisis management: In an interconnected world, we need to think in a networked way and to examine complex phenomena, such as pandemics, climate crises and the destabilization of ecosystems, as parts of a larger whole. Complexity scientist Dirk Brockmann takes a look at the crises of our time, searching for patterns, regularities and similarities between them and the complex processes in nature. In doing so, he draws highly insightful connections – for example, between forest fires and epidemics, or between populism and fish in search of food – and reveals what we can learn from them. Can we save humanity, that is, ourselves? There is hope - if we have the courage to embrace reductionism, think in an anti-disciplinary way, and focus on cooperation.

- An internationally renowned researcher
- A highly topical subject, a novel approach to thinking
- Fascinatingly illustrated
- For readers of Yuval Noah Harari and Hans Rosling

Rights sold: PR China, Korea, Taiwan

Self-Help



256 pages
November 2023

Christina Berndt

The Formula for Optimal Health

Bolstering the interaction of the psyche, nerves, and immune system



© Gerald von Forst

CHRISTINA BERNDT studied biochemistry and earned her doctorate with honours in immunology. She is an author, speaker on topics about psychology, medicine, and science, and the science editor of the *Süddeutsche Zeitung*. She has won numerous awards, including the 2013 *Wächterpreis der deutschen Tagespresse* (Guard Prize of the German Daily Press), and 2019 honorary prize of the German Society for Psychiatry and Psychotherapy. She has been voted one of the science journalists of the year several times.

How feelings affect our immune system

Psychoneuroimmunology: This is the science that is crucial for our health and well-being. In a sound and very vivid manner, Christina Berndt shows how feelings and beliefs affect our immune system and, conversely, how our immune systems influence our thoughts and behavior. Whether psyche, brain, or nerves: If just one of them slips out of balance, this has consequences for the other two. If, for example, stress attacks your nerves, your immune system is no longer able to fight diseases well. However, we can do a lot to stabilize this network. Christina Berndt shows us which strategies increase our self-healing powers and resilience, and how we can promote our health holistically.

- **Psychoneuroimmunology:** The fascinating science of the connection of thoughts, the psyche, nerves, and the immune system
- Cutting-edge topic, clearly explained with the latest studies and surprising findings
- Berndt print run at dtv: More than 300,000 copies
- Previous books by the author have been sold to: Brazil, Italy, Latvia, Norway, Poland, Russia, Serbia, Spain and Taiwan



280 pages
June 2013

Christina Berndt Resilience

Why does a misplaced remark gnaw away at someone for days when others can simply shrug it off?

Stress, burnout and depression are the afflictions of our time. Many of us seem unable to handle the ever-increasing speed and complexity of life. What we need more than ever is a coping strategy – an inner strength we can rely on in times of crisis. Resilience: That's what psychologists call the mysterious force that keeps us from falling apart and brings us back from the brink in the wake of adversity. Christina Berndt explains what it is that makes us strong and reveals the secrets of harnessing the power of resilience, offering strategies to help steer our way through the jungle of everyday life.

Rights sold: Brazil, Italy, Latvia, Norway, Poland, Russia, Serbia, Spain (Cast.), Taiwan



256 pages
May 2016

Christina Berndt Contentment

Contentment is a pretty reliable emotion. It may be less thrilling than the euphoria of happiness, but it has the advantage of being a great deal more stable and enduring. Rooted in in a basically positive mindset – a fundamentally life-affirming attitude – contentment is governed more by the mind than the heart; it is the result of cognitive processes. This gives it an unbeatable edge: We can influence our sense of contentment far more than the inherently transient feeling of happiness. What's more, contentment is a wellspring of creativity – and it is a strategy we can learn. The central question is: What really matters to ME?

Rights sold: Brazil, Italy, Taiwan



272 pages
December 2021

Christina Berndt Individuation

Christina Berndt has dedicated herself to the big, intriguing question of how we become what we are. She focuses on the creation and development of our personalities, and on the classic turning points in our lives. Which mental tools help to shield us from negative influences and enable us to better employ the positive ones? Our personalities exist in a constant feedback loop with our lives. Major life decisions and even minor experiences have a strong impact on our identities.

Berndt provides fascinating insights into recent scientific studies, reflects on our constantly changing identity, and gives recommendations on how you can stay in touch with yourself throughout your lifetime.

Rights sold: Brazil, Italy, Taiwan



249 pages
November 2023

Bye bye broken flowerpots and scratched-up sofas

Anika Moritz is one of the most sought-after behavioural therapists for animals. The passionate cat trainer demonstrates exactly how easy it is to make your cat's social behaviour compatible with humans and with cats. This does not actually take much: A little time, patience, and the willingness to familiarize yourself with the basics of animal psychology and animal training. With Anika, apathetic lying around, tattered couch covers, and spurned litter boxes are a thing of the past. You will work with her to determine the true character of your feline roommates, who are cuddly, idiosyncratic, independent, and who love to play – and this way, you will develop a relationship for life.

- Custom-tailored cat training: Make your cat truly love you
- Finally understand cats: How they tick and how we can train them
- Your cat will become a loving companion in your life

Anika Moritz **The Cat Trainer** **Strengthening cat-human** **relationships with custom-** **tailored training**



© Jürgen Pletterbauer

ANIKA MORITZ was born in 2000. At the age of 17, she began a distance learning course in 'animal psychology, with a focus on cats', which she successfully completed in 2019. Since then, she has been working professionally with cats. Her own cat, Alexis, even set a Guinness World record by doing more than 26 different tricks in just one minute (!). Moritz regularly advises film productions as an expert on animal and cat behaviour, and she writes for various magazines. She shares her knowledge about cats in short videos on her TikTok channel @katzentrainer, which has more than 200,000 subscribers.



288 pages
September 2023

Louisa Maria Schmidt The Wine Book – Without Blabla!



© Nadine Saupper

LOUISA MARIA SCHMIDT

writes about wine in her blog and explains what's really important when it comes to wine in reels on Instagram. She grew up in the restaurant business and studied International Wine Business at Geisenheim University. Today, she works as a wine consultant and content creator for online and print magazines, and for wineries.

Young wine expert tells wine like it is

Another book about wine? Yes, but this one's different – it's smart, cool, and up to date! Fresh, energetic and with a great sense of fun, Lou clears the air and shows young wine fans that you don't have to fear wine. The wine expert and blogger leads readers through the world of wine and gives them expert advice. She doesn't take herself too seriously, and she shares anecdotes and wine knowledge for her readers' benefit: From B for bubbles to N for natural wine and T for tannins. Concentrated wine knowledge, but without blabla! Because at the end of the day, wine should be fun and bring people together at the table.

- Infotainment for a good sip of fun in a glass
- With many practical tips, cheat sheets, and tasting recommendations!
- Wine knowledge for beginners and experts

Inspiration



240 pages
September 2023
With 10 2c-illustrations

Michaela Wiebusch

The Mosaic of My Life

On the joy of understanding oneself and others



© Alan Ovraska

MICHAELA WIEBUSCH, born in 1971, is an actress, psychological consultant, and couples' counsellor. She lives in Berlin with her family.

The wonderful world inside of you

Lisa is stuck: She often quarrels with her husband and children, she's not advancing professionally, and she feels exhausted and misunderstood. On the spur of the moment, she puts her life on hold. While out on a walk, she discovers the remains of a mosaic featuring twelve female figures and begins a conversation with an old farmer's wife. This woman introduces Lisa to the mystery of the mosaic and what it means for seekers. In a magical night, Lisa realises that she can only become the heroine of her life if she understands herself and takes control of her life. The closer she gets to herself, the better she can understand herself and others.

- A stimulating narrative and invitation to self-reflection for middle-aged women
- Entertaining, empathetic and full of warmth
- Beautifully illustrated in two colours
- For readers of Tessa Randau and John Strelecky

BY THE SAME AUTHOR



In the Village of Butterflies – A tale of setting out into my best life

224 pages
March 2022



176 pages
March 2023

Tessa Randau

The Sea and Me

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 a friend want to treat themselves on a small island, but her friend cancels at the last minute. Disappointed, she sets off on her own. During a walk 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.

Rights sold: Turkey



160 pages
September 2021

Tessa Randau

The Mountains, the Fog, Love and I

This is the story of a woman in her early 40s. What had once begun as a great love story often has lost its charm, and turned into a feeling of great emptiness. Hoping to recapture the closeness that once connected her and her husband, the woman books a weekend at a remote cabin in the mountains. But the plan does not work out; a quarrel ensues, and she sets off alone, disappointed and hurt. At an ancient stone circle, the woman meets an old man and ends up embarking on a hike that will change her view of love forever.

Rights sold: France



128 pages
May 2020

Tessa Randau

The Forest, Four Questions, Life, and I

She actually has everything she has ever dreamed of, but the young woman is, nonetheless, increasingly discontent. She frequently has no idea how to manage the daily balancing act between career and family. One day, while strolling through the woods, she encounters an old woman, who shares with her the four questions of life that can change everything.

Rights sold: Czech Republic, Denmark,
France, Italy, Korea, The Netherlands,
Norway, Spain



Memoir & Opinion



320 pages
October 2023

When a long relationship becomes literature

It is Franz Xaver Kroetz's desire to spend another few weeks with his ex-wife in Tenerife, where they lived together for a long time. Marie Theres Relin is on board. And they agree to writing down separately what is going through their minds in those two months.

Scarred wounds begin to itch again, old affection is rekindled. She struggles with setbacks as an actress and has existential worries, he is concerned about ageing and toils as a dramatist, but manages to develop a grandiose figure: "I".

There hasn't been any thinking and writing about couples' relationships that is as strong, oppressive and entertaining as this book. We don't know how things go for these two, but their notes will remain connected forever.

- Outstanding author duo: Famous writer, popular actress
- Original concept: Two perspectives on the same journey, on the one relationship
- Hope and creativity, fear of poverty, and ageing: Big issues, treated truthfully, yet lightheartedly
- A relationship of 35 years condensed in the two months of a long holiday

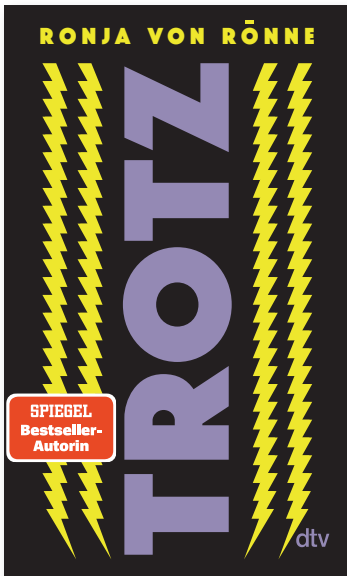
Franz Xaver Kroetz, Marie Theres Relin Scenes of No Marriage



©privat

FRANZ XAVER KROETZ, who has received numerous awards as a dramatist and actor, is one of the most important German writers today. Kroetz has written 60 dramas, as well as prose and poetry. As *'Baby Schimmerlos'*, he left his mark on the cult series *'Kir Royal'*. Kroetz lives in Munich and in the Chiemgau.

MARIE THERES RELIN is a multi-talented actress, best-selling author, founder of the *'Housewives' Revolution'*, tour operator, and cultural organizer. Born into a family of illustrious artists, she is the daughter of Maria Schell. Marie Theres Relin lives in Wasserburg am Inn and in Tenerife.



112 pages
August 2023

Ronja von Rönne DEFIANCE



© Carolin Saage

RONJA VON RÖNNE, born in 1992, is a writer, journalist, and host. In 2015, she read at the Ingeborg Bachmann Prize ceremony. Since 2017 she has hosted the 'Streetphilosophy' program on Arte. She writes for the *DIE ZEIT* and *ZEIT Online*. Her novel 'End in Sight' ('Ende in Sicht') became a critically acclaimed bestseller.

A manifesto for life – in spite of everything

Defiance has an image problem. Anyone who hears 'defiance' thinks of screaming children throwing tantrums on dirty supermarket floors. At the same time, defiance is also a form of positive resistance. It encompasses resistance, fearlessness, and even courage. Defying a thing, a person, or even life, isn't that what everyone wants? Ronja von Rönne illuminates defiance and frees people of their prejudices against it. In this personal essay, she explores a new perspective and takes us on a journey through philosophy, psychology, and her own experiences – because looking at life defiantly can benefit us all.

- Rönne defies life and awards: In 2015 she refused the Axel Springer Prize
- New approach: Defiance instead of resilience!
- A personal and clever essay by the cult author



288 pages
October 2023

Florian Schroeder Among Madmen Why we need evil

I have sought proximity to the dark side

Madness rages around us. We are surrounded by madmen. In eight stories, masterfully told, we get to know some people who are on the margins of society. Schroeder meets a Holocaust denier in prison, accompanies a pedophile sex offender on his path to freedom, talks to a man who has had a secret second family for years, and visits soldiers preparing for war. 'Among Madmen' is a description of the state of our time. How happy we would be if we could divide people into friends and enemies, but the world is not that simple. People are not that simple. Schroeder follows the path of evil, which leads him to thinkers and philosophers, to psychologists and criminologists, to perpetrators and victims, to everyday madness, to madmen and condemned criminals.

- An entertaining and enlightening text
- Florian Schroeder shows that madmen are just a mirror in which we can recognize ourselves – if we want to



© Frank Eidel

FLORIAN SCHROEDER, born in 1979, studied German literature and philosophy in Freiburg and began his stage career as a cabaret artist and parodist while at university. He has also worked as a radio and television host and received numerous awards. Schroeder is the winner of the 2021 German Cabaret Prize. He was on the German TV Channel ARD until the end of 2022 as host of the broadcasts 'Late Shift' ('Spätschicht') and 'The Florian Schroeder Satire Show'. In autumn 2023, he will present new episodes of a satirical format on TV and online. He has published several books, including the best-seller 'Stop freedom of expression!' ('Schluss mit der Meinungsfreiheit!'). He has been a guest lecturer at the University of the Free Arts in Berlin since 2021.



192 pages
September 2023
With 63 b/w-illustrations

Jakob Schwerdtfeger I See Something You Don't See, and That's Art



© Dennis Christmann

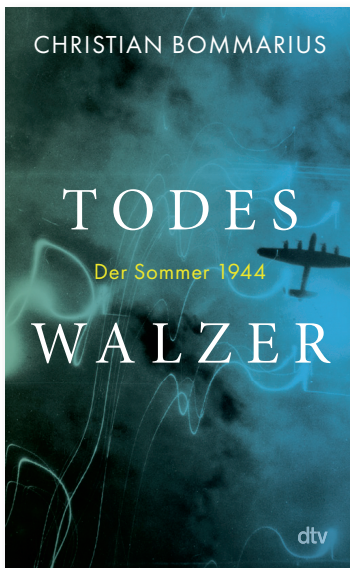
JAKOB SCHWERDTFEGER, born in Hanover in 1988, is an art historian, stand-up comedian, and freestyle rapper. After completing his studies, he worked as an art agent for the famous Städel Museum in Frankfurt. During that time, a digitorial about Monet, of which he was a part, was awarded the Grimme Online Award. Jakob Schwerdtfeger has been on stage since 2012. He hosts the video series '*KunstKlick*' for the Kunstpalast Düsseldorf and the podcast '*Kunstsnack*' for the Staatliche Kunsthalle Karlsruhe.

What did Dalí learn from Camembert?

One of the best-known Surrealist's flowing clocks were inspired by French soft cheese. The creator of *The Scream*, Edvard Munch, scattered bird shit on most of his works. Martin Kippenberger used a picture by Gerhard Richter as a tabletop in his own sculpture in the 1980s. The art expert and comedian Jakob Schwerdtfeger knows how to share these exciting anecdotes behind the creation of great works. He has the historical background on tap as well as the artists' biographies and the frequently abstruse stories that have always been associated with art. That's how his book creates a uniquely entertaining mix – a look behind the scenes that inspires art nerds and philistines alike.

- The first book by the inventor of art comedy – funny, passionate, instructive
- An escape from the ivory tower – everything from the Renaissance to Dada explained clearly
- 2c layout with numerous b/w illustrations of the artworks

History & Culture



416 pages
January 2024

The beginning of all or nothing

On 1st of June, 1944, German troops controlled almost all of Europe. By 1st of September, Hitler had barely survived an assassination attempt and the Allies were on the borders of the Reich. The end of the bloodiest war in history seemed imminent, but it would be another eight months until the collapse. And during this time, as many people died as in the previous five years.

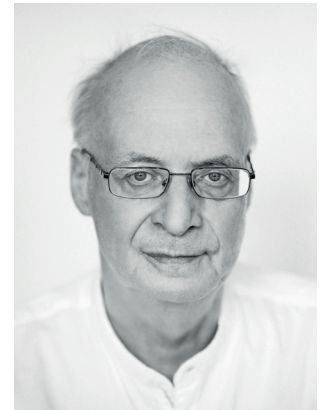
In the summer of 1944, the death waltz began at a speed never previously thought possible. But life also flourished in the liberated cities and countries. The simultaneity of murder and joie de vivre is grippingly portrayed in Christian Bommarius's great narrative, a story that still astonishes.

- Christian Bommarius presents his third historical panorama, following '1949' and 'The Fever of Unrest' ('Im Rausch des Aufruhrs')
- For readers of Harald Jähner, Sönke Neitzel, Ian Kershaw
- The first comprehensive presentation of the 1944 summer of war in Europe

Christian Bommarius

Death Waltz

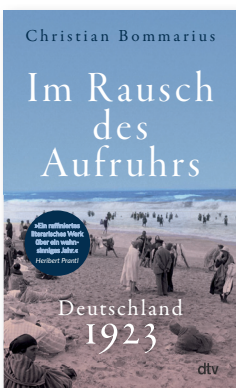
The Summer of 1944



© Jens Oellermann

CHRISTIAN BOMMARIUS, born in 1958, studied German literature and law. After holding journalistic positions, including as correspondent at the Federal Constitutional Court, he was editor of the *Berliner Zeitung* from 1998 to 2017, and then worked as a columnist at the *Süddeutsche Zeitung*. He has worked as a freelance publicist since then. Bommarius was awarded the Heinrich Mann Prize of the Academy of Arts Berlin for his journalistic work.

BY THE SAME AUTHOR



The Fever of Unrest:

Germany 1923

352 pages
March 2022



256 pages
November 2023

Jens Wawrczeck

How to Hitchcock

My Journey through the Hitchcock Universe

»I truly adore Hitchcock.«

Wawrczeck paints a subjective portrait of one of the greatest artists of the twentieth century. You sit with him in front of the TV as he watches his first Hitchcock movie, you accompany him to the recording studio for the recordings of the 'The Three Investigators', and you move with him through the world: From Hamburg to New York, from Bodega Bay to London, always on the trail of Hitchcock's masterpieces. He explains how Hitchcock's films helped him on the search for his own identity and showed him that answering the question 'Am I the crazy one or is everyone else crazy?' always depends on your point of view. Wawrczeck shows you everything you need to know: What's the vertigo effect? Are all mothers really monsters? And: Which film should you start with if you want to become a true Hitchcockian?

- Personal view of Hitchcock's masterpieces
- With a to-do list: When should I watch which film?
- The perfect gateway to the Hitchcock universe



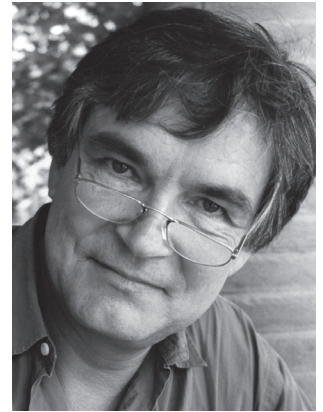
© Christian Hartmann

JENS WAWRCZECK, born in 1963 in Nykøbing (Denmark), is an actor, dubbing speaker, and audiobook narrator. Together with Andreas Fröhlich and Oliver Rohrbeck, he became famous as the regular narrator of the radio play series 'The Three Investigators' ('Die Drei ???'). In addition to narrating for dubbing and audio productions, he also works as a stage actor and director.



224 pages
First published October 2009

Ernstfried Hanisch Making Mountains Out Of Molehills



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ERNSTFRIED HANISCH has thirty years experience working as a psychotherapist in individual, group and couples therapy, as well as instructing other therapists in his various roles as a seminar facilitator, a teacher and a supervisor.

Why getting upset over nothing makes perfect sense

Of course, we often tear our hair out over trivialities, because we've got a headache, or perhaps we're just having a bad day. But there is a lot more to it than that. The little things that drive us to desperation are often the tips of psychological icebergs. When basic emotional requirements are threatened, such as our need for appreciation, personal freedom or security, we tend to become over-sensitive.

The book includes a self-test to enable readers to explore their own needs and identify which are being neglected, as well as numerous exercises and clear instructions, which will help you find a way out of these impasses and leave such emotional traps behind.

- Employing a wealth of illustrative stories, Ernstfried Hanisch makes it clear that we should pay close attention to unpleasant emotional reactions, and not pretend they don't exist
- The book offers practical guidance to help us recognise and satisfy our intrinsic emotional needs

Rights sold: China, Korea, Taiwan, Thailand



Marianne Koch Healthy Ageing

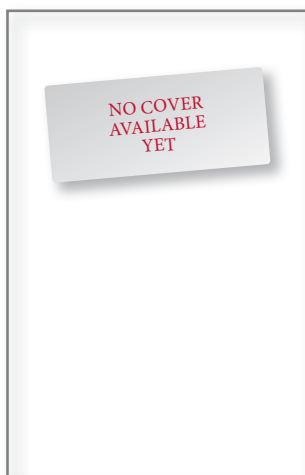
160 pages
May 2024

Let's talk about how we can protect our brains from ageing

We have been taught how to look after our bodies (for the most part). But what is missing is a conversation about our brains – how can we preserve our mental abilities as we age?

Every heartbeat, every thought, and every feeling is determined by our nerves. They communicate with each other constantly. But how do they age? How does the brain actually age? And what can we do to keep it working, to keep ourselves young and healthy on the inside? Marianne Koch delves into the science of what protects us against Alzheimer's and dementia. She explores why it is so important for our cognitive reserves to continue learning throughout our lives. She considers why we should pay attention to good sleep, how we can counter pain, and what we can do to avoid loneliness in old age. She encourages readers to face the later years with boldness and confidence, sprinkling in experiences from her own life.

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



Mirna Funk Learning from Jews

192 pages
June 2024

Judaism today: what can we learn from 5780 years of history?

When it comes to Jewish life today, discussions usually revolve around the Holocaust, the Arab-Israeli conflict, or anti-semitism – particularly in Germany. Yet, Judaism is the oldest of the monotheistic Abrahamic religions, making it a culture and philosophy that goes back thousands and thousands of years. In her latest book, Mirna Funk takes up eight theories from the history of Jewish ideas and brings them into dialogue with the present. These include, for instance, 'lashon hara', the prohibition of defamation, and 'tikkun olam', the duty to improve the world. In doing so, Funk opens up a fresh perspective on political debates, conflict, and personal development. Her account is down-to-earth and unique, with strong philosophical foundations.