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PREVIEW SPRING 2020
These days, many people are searching for their “true selves”. However, the “I” isn’t a fixed quantity, but in constant flux. 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 utilize 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.

The author 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.

CHRISTINA BERNDT was born in 1969, studied biochemistry and obtained her doctorate at the German Cancer Research Institute in Heidelberg. As a science journalist she reports on medicine and research for Spiegel, Deutsche Presse-Agentur (dpa – the German Press Agency), the Süddeutsche Rundfunk broadcasting station and Süddeutsche Zeitung, where she has been working as editor since 2000. She was awarded the European Science Writers Junior Award in 2000.

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 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: Italy, Taiwan

Resilience

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.

220,000 copies sold

Rights sold: Brazil, PR China, Czech Republic, Denmark, Italy, Korea, Latvia, Norway, Poland, Serbia, Spain (cast.), Taiwan

How do I turn this I into a different one?
The fantastic new book from Christina Berndt, author of the bestseller Resilience

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• The top title by the renowned journalist and bestselling author of Resilience: sold to 12 countries
• Total sales of Berndt’s books with dtv: more than 300,000 copies
• With fascinating insights and enlightening examples

Rights sold: Italy, Taiwan

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Eastern philosophy is an inexhaustible source for deep insights related to both existentialist and practical questions. It offers inspiration and orientation for the Western world, dominated as it is by rationalism, productivity concerns, and hectic schedules. Whether you desire relaxation and inner balance, or have questions about existentialist matters such as love, friendship, loss, or death; vital and helpful concepts can be found in the writings of Eastern philosophers and thinkers. Bettina Lemke refers to classical sources such as the Buddha, Confucious and Lao Tsu, and gives insights into the ideas of contemporary thinkers including Drukpa Rinpoche, Thich Nhat Hanh and the Dalai Lama. The author provides an accessible introduction to Eastern philosophies, packed full of inspiring explanations and pragmatic advice.

- Wisdom of Eastern spirituality for everybody
- Books by the author have been sold to 11 countries
- Total sales of Lemke’s books with dtv: more than 140,000 copies

“A wonderful author. She makes stimulating ideas so vivid that reading her books is sheer pleasure.”

John Strelecky
Bärbel Wardetzki

*Is This Supposed to Be Love? How to Effectively Escape a Narcissistic Relationship*

208 pages
May 2018

After spending twenty years in a marriage in which she primarily just "functioned," Sonja R. falls head over heels in love. As emotionally starved as she is, A. gives her everything she has been missing for years. However, Sonja has found herself in the arms of a narcissist, a man who systematically destroys her sense of self-worth. The main thrust of this book relates to the question of what compels women to remain in destructive relationships twisting the truth and lying to themselves as a protective mechanism. Bärbel Wardetzki clarifies the behavioral patterns, and describes in detail the processes of escape and stabilization.

Rights sold: Korea

Cornelia & Stephan Schwarz

*Getting Yourself Across Well How to Communicate Empathetically and Successfully*

240 pages
June 2018

The relationship space is the critical element to all communications. If it isn’t right, there will also be misunderstandings in terms of meaning. This can be avoided! This practical manual provides examples of illuminating moments through the analysis of everyday conversational situations. Through concrete case studies, the author outlines strategies that can be used to dependably cure these problems and to avoid them in the future. Easily understandable and packed with practical advice, this book reveals how, by altering your attitude, you can eliminate misunderstandings and communicate successfully.

Rights sold: Korea

Michaela Muthig

*The Little Saboteur Within Us Identifying and Resolving Our Subconscious Resistance*

240 pages
May 2019

The little saboteur is an element of our personality. It is the reason why we often take important things to a certain point, but fail to see them through to the end. It is because of this saboteur that we can give others good advice that we never make use of ourselves as we torpedo our own goals. The more we learn about our personal saboteur, the more successful we will be at foiling its sabotage attempts and shedding outdated assumptions and beliefs.

The author has developed a concept that distinguishes itself from previous approaches on how to deal with inner resistance. The reader will be guided through assuming various roles and developing solutions that utilize both curiosity and fantasy.

Rights sold: Italy

Eva Wlodarek

*The Power of Esteem Meeting Yourself and Others Positively*

208 pages
April 2019

Recognition, esteem, gratitude. These signals of social acceptance fulfill some of humanity’s basic needs. We want to be seen for who we are and long for recognition for what we have done and achieved. However, if you take a look around your own private and professional life, you will quickly determine that there is a large deficit when it comes to positive attention.

What can we do to receive more of this? And on the flip side, how can we relate to others with greater esteem and gratitude? After all, we are talking about give and take here. It is a reflection of our inner strength, self-confidence, and social competency if we cultivate and convey esteem in a suitable manner.
Learning about money can be fun! This classic from Bodo Schäfer offers its lessons in spades. Building on his number one bestseller *The Path to Financial Freedom*, he presents in narrative form the most pivotal principals for wealth generation. Kira, an eleven-year-old girl, finds a injured Labrador Retriever. She names him Money because he pricks up his ears whenever her parents discuss their financial worries. Money reveals himself as a true financial genius. He knows the rules of wealth management:

- How to truly save
- The optimal strategies for investments
- How stocks and equity funds work
- Paying down debt: the 4 most important rules
- And many other tips for asset generation

With these and other valuable suggestions, Kira finds a way to fulfill her dreams step by step, while also helping her parents find a way out of their financial woes.

"Each life is a journey. If we can master the topic of money, this journey can open up possibilities to us and lead us in directions we never would have imagined." Bodo Schäfer

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**Bodo Schäfer**

**A Dog Named Money**

224 pages
October 2019

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The thirst for adventure and Achill Moser go hand in hand, but what was the catalyst behind his fascination with far-flung places? This becomes clear to him when he meets his biological father Harry at the age of twenty-eight: Harry’s lifelong dream had been to climb Kilimanjaro. Together the father and son set off for the Masai Mara’s holy mountain. However, Achill suffers a cruciate ligament rupture, thus his father has to climb alone. After his father’s death, Achill discovers a cassette with his father's record of his trip to East Africa. Ten years later, Achill and his son Aaron set off for Tanzania with this recording packed along. Accompanied by Masai nomads, they ultimately reach the white roof of Africa, the summit of Kilimanjaro.

An unforgettable trip to the human race’s roots, a convergence with a father who was not there for many years, and a moving account of how much the connection between a father and a son can be strengthened when a joint adventure is undertaken.

**Achill Moser**

**Travel and Adventure**

224 pages
September 2019

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Achill Moser invites us to participate in his fascination for the sublime natural environment. In an increasingly swiftly turning world, we need nature as a counterbalance and measure for our own existence, as well as a source of inspiration and healing. Forests, mountains, rivers, seas, and deserts are outstanding examples of our planet’s habitats.

Achill Moser has a good eye for the exceptional, but he is also sensitive to the simple joy we take from being on the road. He insightfully describes the feeling that is generated whenever we submerge ourselves in the vast breadth of nature and find ourselves in the company of new thoughts.

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**En Route**

The Meaning of Travel and the Magic of Adventure

272 pages
April 2018

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**Achill Moser, born in 1954, studied economics, African studies and Arabic in college. For many years, he lived among various nomadic peoples in Africa and Asia. He has traveled through 28 deserts around the world by foot and by camel. He now lives in Hamburg, where he works as a freelance journalist, photography and lecturer. His travel articles have appeared in *Geo*, *Stern*, *Spiegel*, *Merian*, and other periodicals. He has published over 20 books.**
Anselm Grün

The Art of Striking the Right Balance

160 pages
Pub. Date: 2014

Anselm Grün

The Art of Striking the Right Balance

Pope Francis sets an example of moderation, but many find it a difficult concept to achieve and maintain. Exorbitant executive bonuses are just the tip of the iceberg: we all waste resources on a daily basis as we ransack nature, exploiting ourselves and each other. So how do we go about striking a proper balance? Such a central tenet revolves around sustainability and our consumer behaviour. Self-image and health, both physical and psychological, also play a vital role, as do avarice, greed and envy – and, on the other hand, mutual respect, empathy and mindfulness. Anselm Grün examines all these issues in depth; however his intention is not to put forth a moral suasion, but to show us a path towards a more contented and temperate life.

- Anselm Grün’s books have been translated into 30 languages and achieved sales of over 14 million worldwide.

Rights sold: Brazil, Czech Republic, France, Italy, Korea, Poland, Romania, Spain (cast.), The Netherlands, Ukraine

Anselm Grün: read theology, philosophy and business studies. As bursar of the Benedictine abbey Münsterschwarzach he has been responsible for over 300 employees in the monastery’s various different holdings over a period of more than 35 years. One of the most successful spiritual authors of our day, his seminars and lectures are always highly frequented.

Robert Zimmer

Philosophy

Philosophical Brain Games

This book offers a playful and totally relaxed way of training common sense with interesting quizzes and challenging brain-teasers. Each chapter consists of several components: a compact introduction to a central philosophical issue, an information section that provides historical material and explains the pertinent terminology, and finally a series of entertaining mental exercises.

Rights sold: Spain (cast., cat.), France, Turkey, Arabic language
What does it mean to be German – to be European – in a period in which the world order is controlled less and less by the West and by a white minority? The challenges related to immigrant societies and the cultural shifts occurring around the world will result in one single outcome: Europe will have to cope with its decline in status. The end of white supremacy means that the West can no longer impose its definitions of progress, growth or feminism upon others. Pluralistic thinking is what is required for living in a pluralistic world. The far right is profiting from the fears generated by this period of transition, but change will free all of us in the long run.

- A strong plea for intellectual variety and against backlash
- Our future is everything but white
- For readers of Michael Lueders and Harald Welzer

Charlotte Wiedemann, is a journalist and author. As an international correspondent for various countries in Asia and Africa, primarily in the Islamic nations, she has spent years grappling with the topic of “we vs. the others.” Her articles were published in Geo, Die Zeit, and NZZ, and she is also a columnist for the taz. In 2017, Charlotte Wiedemann received the Otto Brenner Foundation’s Special Prize for her life’s work. She has published several books.
The life of Kaspar Stockalper (1609-1691) is the spectacular story of a man who lived during the Thirty Years’ War, who was both a capitalist entrepreneur and a Machiavellian regent. Stockalper spoke six languages, and was shrewd, ambitious and disciplined. Around 1635, Stockalper established a Europe-wide trade empire at the Simplon Pass that was unique in the world. This is the story of cunning political calculation and entrepreneurial courage, of greed, intrigue and brutal recklessness, of lavishness, envy and religious fervor. Told in a spectacular way by Helmut Stalder, the master of detail and marvelous storyteller.

HELMUT STALDER, born in 1966, studied German literature, history and political science in Zürich, Frankfurt am Main and New York. He is currently the managing editor for domestic news for the Neuen Zürcher Zeitung.

GUNNAR HEINSOHN, born in 1943, is professor emeritus for sociology, and currently teaches military demography at the NATO Defense College in Rome and at the St. Gallen Management Center.

USA – The Ruthless Empire

The majority of people worldwide see the US as the biggest threat to world peace. No other nation was involved in so many hidden or open conflicts, toppled so many foreign governments, has so many military bases abroad, a higher national defense budget or exports so many weapons. Daniel Ganser describes the motivations, means and machinations of the world power USA and their destabilizing influence on politics.

A book with an unusual premise: Religions, tribal feuds and poverty are not the primary causes for terrorism and war. The evidence points to the oversized proportion of male teenagers without major social prospects as the primary actors behind violence, terrorism and war. While the son-rich regions of Europe were responsible for the aggression and destruction of the Middle Ages, today it is the Islamic areas that have seen an explosion in population growth and now contain an enormous reservoir of potential fighters and conquerers.

GUNNAR HEINSOHN, born in 1943, is professor emeritus for sociology, and currently teaches military demography at the NATO Defense College in Rome and at the St. Gallen Management Center.
They are not coming out of nowhere, nor are they nobodys. They are our neighbors and friends. The so-called angry citizens are among us—and sometimes we count as ones ourselves. The “New Right” is alive and well in the midst of the social fabric. There is no doubt whatsoever that we are witnessing the “decultivation of the middle class”, as a part of the very centre of the society is now running flat out into the arms of authoritarianism.

Andreas Speit follows the pulse of a society in which the political categories of “left” and “right” are no longer self-explanatory. An attempt to define our positions.

ANDREAS SPEIT, a social economist and journalist, is one of the most distinguished experts on right-wing extremism and Neofascism in Europe. In 2012 he was honored by the Society of German Journalists with a special prize for his work.

Education and competency form the basis of the economic and technical development of nations and their affluence. Researchers have discovered glaring achievement disparities: The best students come from East Asia, while Europe and the US are located in the middle range. However, the majority of the world’s nations ranked at the lowest competency level.

In his new book, Gunnar Heinsohn dedicates himself this controversial topic, presenting possible solutions.

GUNNAR HEINSOHN, born in 1943, is professor emeritus for sociology, and currently teaches military demography at the NATO Defense College in Rome and at the St. Gallen Management Center.

Until recently, Europe’s policy has been based on three certainties: that the US would provide protection, keep the global economy open, and ensure the EU’s stability. None of these are definite anymore since the US is rejecting its leadership position, but it still wants to play a critical role in Europe’s development. The author eloquently argues that the democratic way of life in Europe can only continue with a balanced alliance between the US and the EU.

DOMINIK ENSTE is a professor at the Institute for Sociology and Social Psychology at the University of Cologne. He also leads a project on behavioral economics and economic ethics at the Institute of the German Economy, and is a member of the advisory board for the Roman Herzog Institute.

DOMINIK ENSTE is a professor at the Institute for Sociology and Social Psychology at the University of Cologne. He also leads a project on behavioral economics and economic ethics at the Institute of the German Economy, and is a member of the advisory board for the Roman Herzog Institute.

THOMAS JÄGER is a professor for International Politics and Foreign Policy at the University of Cologne, as well as a member of the board of the Institute for European Policy.
Tessa Randau
The Forest, Four Questions, Life, and I

A searcher, a wise woman, four questions

During a walk through the woods, Lisa – a happily married, professionally successful mother of two – meets an old woman. The latter tells the younger woman about the four questions of life that have the power to change everything. The first question is: Do I really want this? Lisa gets the task to ask herself this very question whenever she has to face a decision and to pay close attention to her gut feelings. During further meetings, Lisa gets the three additional questions, such as: How important is this really? What do I actually need? Would I keep living like this if I knew I would die in one year's time? Lisa slowly begins to believe in the power of these life questions which inspire her to intensely reconsider her life and to make some radical changes.

Hans-Peter Kunisch
Todtnauberg

The Jew and the Nazi: The Spectacular Meeting of Paul Celan and Martin Heidegger

In 1967, Paul Celan, the only member of his family to survive the Holocaust, requested a meeting with Martin Heidegger, Germany’s philosopher of the century, an Antisemite and former member of the NSDAP. It is hard to imagine two bigger extremes. What was it that brought these two amazing minds together? What intrigued them in each other’s writings? What questions did they ask each other?

Hans-Peter Kunisch describes what led up to this spectacular meeting, how it went, and what the lasting effects were. In the foreground, Kunisch presents the collision of two people, two biographies, two bodies of work.