Foreign Rights Guide
Autumn 2021
NON-FICTION
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| Scandinavia |
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| Slovak Republic |
| Poland |
| Asia |
| Russia & Ukraine, Baltic States |
| Hungary, Greece, Turkey |
| Arab World, Israel, Africa |
| France, Italy, Spain, Portugal, South America, Romania, Bosnia, Bulgaria, Croatia, Serbia, Slovenia |
| Translation by Rachel Reynolds |
| Layout by Stefanie Würth, dtv |
Energy to go – simple five-minute health tips for every day

The head-to-toe health coach for those short on time. Would you like to do something for your health, and are you looking for quick, everyday tips? Doc Anne Fleck has compiled the best ideas, most useful advice, and simplest exercises from her well-known Doc Fleck’s method in a compact form. She invites you to discover a new proven ENERGY! practice tip for yourself every day. You do not need any prior knowledge – just five minutes of time and the joy of trying out new things. You will quickly feel not only healthier, but also more energetic. For example, detox your liver with a soothing wrap, find restful sleep with the optimal sleep foods, or get your bowels going with a short abdominal massage. Learn to relax and program your body to be healthy. This colorfully designed health book is fun and energizing. Open it and get started!

• The ten-week program for increased energy and a higher quality of life – an upmarket layout and four-color illustrations throughout
• A treasure trove of recipes, self-tests and motivational affirmations

A fresh start, new energy and a healthier life!

Lack of energy, just like hunger and thirst, is a bodily function which keeps us alive and safe from fatigue and exhaustion. But when sleep is no longer restorative, we experience a different kind of tiredness. One that makes us feel ill and the roots of which we are often unable to identify. Indeed, in this difficult time where many of us are struggling with fatigue – from lack of sleep, stress, lack of exercise, lack of access to the right foods, doom scrolling, and the countless other things stopping us from thriving – Fleck is here to help with her invaluable self-tests, recipes, stories from her practice, and checklists for your GP visits. With this being the first ever comprehensive book on fatigue, she gets to the bottom of the matter, doing so clearly and engagingly.

Anne Fleck, M.D., closely examines the secret causes of constant fatigue: undetected infections or metabolic dysfunctions, food intolerances, cell diseases or environmental pollutants can all sap our strength. She explains how we can strengthen cellular and organ functions, how we can detox correctly, reduce stress and use nature’s powers to gain a new lease on life.

• Why lipstick makes you feel tired, café latte puts you to sleep and parking permits are exhausting
• Anne Fleck unmasks hidden energy drainers and pushes you towards a healthier and more energised life
• Includes a 30-day-self-help-program

Rights sold: PR China, Czech Republic, The Netherlands, Russia
People who suffer from imposter syndrome do not ascribe their success to their own abilities, but rather to lucky circumstances or to coincidence. Even when esteemed and recognized in their professional and private spheres, they live in ongoing fear that they will be found out and exposed as phonies and frauds. Michaela Muthig explains the various aspects of this widespread phenomenon. She describes the ways you can free yourself from this specific form of inferiority complex and can develop a healthy sense of pride.

MARIANNE KOCH, an internist, and also working as a medical journalist and author. She hosts the weekly radio program Das Gesundheitsgespräch. Marianne Koch has been honored numerous times for her work in the media communication of medical topics. In May 2019, she received the Paracelsus Medal, the highest honor granted by the German Medical Association.

Michaela Muthig		

Are you feeling as if you didn’t earn your success

People who suffer from imposter syndrome do not ascribe their success to their own abilities, but rather to lucky circumstances or to coincidence. Even when esteemed and recognized in their professional and private spheres, they live in ongoing fear that they will be found out and exposed as phonies and frauds. Michaela Muthig explains the various aspects of this widespread phenomenon. She describes the ways you can free yourself from this specific form of inferiority complex and can develop a healthy sense of pride.

• Destructive self-doubt: an expert throws light on the causes and effects
• Learn how to help yourself: with clear instructions, tips and coaching exercises

BY THE SAME AUTHOR

Marianne Koch		

I'll Get Old Later
New ways to stay fit

MARIANNE KOCH, is an internist, and also working as a medical journalist and author. She hosts the weekly radio program Das Gesundheitsgespräch. Marianne Koch has been honored numerous times for her work in the media communication of medical topics. In May 2019, she received the Paracelsus Medal, the highest honor granted by the German Medical Association.

DR. MICHAELA MUTHIG

Tomorrow My Cover Will Be Blown
Recognising and overcoming the "imposter syndrome"

MICHAELEA MUTHIG, a specialist in general medicine and psychosomatics with a focus on behavioral therapy, was a senior physician at the University Clinic in Tübingen. She now offers online coaching and courses.

DR. MED. MARIANNE KOCH

Neue Wege, um geistig und körperlich fit zu bleiben

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PREVENTIVE HEALTHCARE

How to keep your body and soul healthy

240 pages
November 2016

Our Astonishing Immune System

208 pages
September 2020

BY THE SAME AUTHOR

Our Astonishing Immune System

208 pages
September 2020

RECOGNISING AND OVERCOMING THE "IMPOSTER SYNDROME"

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We all grow older, but whether this process takes a positive direction largely lies in our own hands. Far more than our genes, it is our lifestyle that determines how long we can retain our youthfulness. Iris Seidenstricker sums up what it takes for us to feel good in the long term. Five points to be precise - the Big Five for a powerful second half of life: a positive attitude, a healthy diet, physical and mental activity, a purpose in life, and social contacts. The true fountain of youth exists within each one of us. All we have to do is make it bubble. An inspiring do-it-yourself book.

BY THE SAME AUTHOR

- Effective, easy-to-implement self-coaching based on the latest research findings
- A holistic concept - with checklists, ideas and tips

An enchanting story about the mystery of love

This is the story of a woman in her early 40s. What had once begun as a great love 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.

BY THE SAME AUTHOR

- This wonderful inspirational book touches both head and heart
- True to life, inspiring, thought-provoking
- The Forest, Four Questions, Life and I has been on the SPIEGEL bestseller list since its publication

Rights sold: France, Italy, The Netherlands, Norway, Spain
Bodo Schäfer

I Can Do It
A tale of four words that can change your life

Self-confidence can be acquired: A guide to success

“Academy for Self-Confidence” – Karl cannot repress a feeling of awe as he approaches the sign. Why has Marc, whom he has only just met, brought him here?

Self-confident? Karl is far from it. He is an unhappy student with a badly paid part-time job. And try as he might, Karl can’t imagine how to improve his lot in life.

Since meeting Marc, though, his life has taken a turn for the better. Marc helps him meet the lovely Anna, and Karl starts to feel the magic of self-confidence. These new experiences guide Karl in his search for answers to the three fundamental questions “Who am I?”, “Am I worth of love?”, “Can I do this?”. After all, self-confidence is the very foundation of happiness and success.

Books by the author have been sold into 24 languages: Total sales worldwide of over 15 million copies

• SPIEGEL Bestseller Author

Michaela Hubermann

Lighthouse Parents
How to provide guidance for adolescent children

How to use "New Authority" to create a fulfilling relationship between parents and teenagers

In families with adolescent children, intense discussions, withdrawal, anger, and conflict are frequent occurrences. But the cause for these tensions often isn’t rooted in the children’s behavior – but rather in the actions of their parents. Drawing on various case studies from her own practice, family therapist Melanie Hubermann explains how the concept of "New Authority" can help parents get back in touch with their inner self, enabling them to have a stronger presence, introduce new rules and structures, and solve conflicts constructively. This will transform them into lighthouses who will be in a position to help their children glide smoothly through adolescence.

Rights sold: Greece

Sandra Winkler

Understanding Children
Understanding children made easy

Our little fellow humans are strange creatures. They mainly move by skipping, rarely do what they are told, and want to subsist on noodles and sweets. Sandra Winkler, mother of two daughters, gets to the bottom of this matter. Using findings from the fields of psychology, development pediatrics, and neurology, she provides an entertaining and vivid description of why little ones operate so differently than we do. A book that will enable us to understand children better, while opening our eyes to the wonderful and wondrous aspects of them.

Rights sold: Czech Republic
In the beginning, there was a lockdown: humans settled down, and animals joined them. It was convenient. But deadly. As our ancestors could not explain why death occurred, they looked to the gods for answers. This is how religious hygiene and food regulations came into being. Humans eventually figured out the value of clean streets, fresh water, and well-ventilated apartments; they discovered germs and penicillin.

Dirk Bockmühl, Professor of Hygiene and Microbiology, takes us on a fascinating journey through the history of civilization, religions, architecture, medicine, and science. He tells a story with no conclusion, as we are writing an essential chapter at this very moment.

"The microbes have the last word." Louis Pasteur

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- The first 10,000 years of civilization’s eventful fight against microbes
- A fascinating overview by the leading German hygienist
- For readers of Siddhartha Mukherjee, Jared Diamond, Yuval Noah Harari

Dirk Brockmann
Do You See the Forest or the Trees?
How to better understand our complex world

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, and 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
This voice has been missing from the racism debate

The refugee crisis has reawakened fears and concerns in Germany about “foreign influences.” At the same time, debates about political correctness and racism are getting more heated. The Corona pandemic with its consequences - global recession, rising poverty, wars, and migration - threatens to further exacerbate these conflicts. How can we deal sensibly with these challenges? The key to good coexistence, Asfa-Wossen Asserate argues, is the willingness to openly approach one another. Integration is a process; it will not work without impositions - especially when it comes to those who do not wish to be integrated.

- A new tone in the debate on racism: decisive, precise, authoritative
- A plea for a lively culture of debate

"Correct naming alone will not resolve the actual problems any more than the renaming of streets, the razing of monuments, and other helpless attempts to erase the past." Asfa-Wossen Asserate

“A Wet Dog is Better than a Dry Jew"

The story of a German-Iranian who became an Israeli

Arye Sharuz Shalicar was born in Göttingen, the son of Iranian immigrants. He studied at the Hebrew University in Jerusalem, and has been working for the ARD (First German television station) Middle East studio in Tel Aviv since 2007. Shalicar is deputy chairman of NOAM (the organisation of German-speaking immigrants in Israel) and since October 2009 also press officer of the Israeli armed forces

"To Germans, I was a foreigner, to Muslims a Jew, and to Jews a juvenile delinquent."

Arye Sharuz Shalicar was born in Germany, the son of Jewish immigrants from Iran. His background wasn’t an issue for him until his family moved to Wedding, a Berlin neighbourhood with a high proportion of Muslim immigrants. A quarter where anti-Semitism is the order of the day. When 15-year-old Shalicar’s friends find out he is Jewish he becomes the target of their aggression. However, with the help of a Kurdish friend he succeeds in “working his way up” the youth gang hierarchy. Even at this point, Shalicar’s Jewish background doesn’t interest him much. As time passes, he realizes that he needs to concentrate on graduating from high school, so he starts to pull out of the gang scene. And it is at this point he becomes more interested in his Jewish heritage culminating in his emigration to Israel in 2001.

In the end, he emigrates to Israel in 2001. A powerful coming-of-age story set in the heart of Germany. The title of the book refers to an Iranian saying: A “wet dog” is better than a “dry Jew”.

- Adapted to the screen by Damir Lukacevic with Kida Ramadan
- Film released in July 2021

"What makes Damir Lukacevic’s adaptation of a talked-about autobiography such a success is how it acutely captures the voice of its main character, 15-year-old Soheil […] Soheil makes for a complicated character, a bully who wants to fit in but then gets bullied himself once he becomes more impressed about his religious and cultural identity. Lukacevic’s film tackles tough and tricky terrain and it’s both raw and alive. It’s one of the best features in the program."

San Francisco Jewish Film Festival 2021 about the film "Wet Dog"
**Vince Ebert**

*Broadway instead of Camino de Santiago*

Deceleration in a different way

"I didn’t need a sabbatical; I needed a new challenge."

What do you do when you find yourself on the verge of a midlife crisis? Retreat into monastic silence? Adopt a strict regimen of fasting and long hikes? Early retirement? Booooooring! The cabaret performer and bestselling author Vince Ebert went in the opposite direction, choosing to spend a year in the edgiest and fastest-paced city in the world: New York City!

Ramping up instead of slowing down. In a shoebox-sized apartment on the Lower East Side. And thus he took a deep dive into the American Way of Life, where he relentlessly pursued the most basic of questions. How is it possible that a nation that sent astronauts to the moon is incapable of producing functional shower faucets? And can you really go from dishwasher to millionaire? Or just to dishwasher operator?

**Broadway instead of Camino de Santiago**

• Personal, smart and very funny: Vince Ebert recounts his break in the Big Apple
• The SPIEGEL bestselling author about his self-chosen challenge in New York City
• Total print-run of former books by the author: 500,000 copies

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**Thomas Kundt, Tarkan Bagci**

*After Death, I’ll Be There*

The last one in this case doesn’t turn out the lights, but mops up the blood...

Thomas Kundt is a crime scene cleaner. How did that come about? Pure coincidence! Podcaster and author Tarkan Bagci tells Thomas Kundt’s crazy story. He had been an amateur antiques collector, but then one day, he suddenly found himself on all fours, scrubbing the blood-smeared floor of a laundry room. He had long wished to have an exciting life – but this?

In this book, he describes the crime scenes in which he discovered missing toes, the messy apartments crammed with piles of trash, and the fates you can never forget. A darkly humorous story about death and, above all, human existence.

• A light-hearted book about serious moments
• Thomas Kundt’s crazy path to becoming a crime scene cleaner and his quirky stories
• For fans of true crime

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**Thomas Kundt**

Thomass Kundt is one of the most famous crime scene cleaners in Germany. When he gives a talk about his daily professional life, he packs lecture halls all over Germany. In the course of his work on crime scenes, he has found forgotten toes, encountered countless poignant fates, and met numerous unusual individuals.

**Tarkan Bagci**

Tarkan Bagci is an author, podcaster and journalist. He writes for numerous television series, including award-winning shows such as Neo Magazin Royale and Kroymann. His debut novel Die Erfindung des Dosenöffners was released in 2021 and became a bestseller. He can be found on Twitter and Instagram under @tarkanbagci.
The Federal Public Prosecutor's Office is in charge with protecting the state and contributing to the consistent enforcement of the law. In the early Federal Republic, it cracked down harshly on Communists, and in the early 1970s, it had to fight a previously unknown threat presented by the emerging left-wing terrorist group RAF. At the same time, the Federal Prosecutor's Office shied away from dealing with the past of its own employees, despite the fact that many had held important legal positions in the Third Reich. For the first time ever, this book explores the history of the Federal Prosecutor's Office between 1950 and 1974. It sheds light on the highly topical question of how a democracy can protect the state without betraying its own values.

STAATSSCHUTZ IM KALTEN KRIEG

FRIEDRICH KIESSLING
CHRISTOPH SAFFERLING

Die Bundesanwaltschaft zwischen NS-Vergangenheit, Spiegel-Affäre und RAF

The first archive-based historical study of the Federal Prosecutor's Office and its Nazi past
Extensive research, eyewitness interviews, and a new look at the massacre and the failures of both political figures and police officers
For readers of Oliver Hilmes and Harald Jähner

Public servants of dictatorship and lawyers of democracy

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The 1972 Olympics, terrorism and the New Germany

Out of the shadows of the Nazi era, the post-war recovery complete – in 1972, Germany tears open the windows. There is a spirit of optimism in the air, and the Olympic Games are supposed to present to the world the new, easy-going Germany. These Games are to be a celebration of democracy; they are to present an alternative to the martial propaganda of 1936 in Berlin. Under the audacious tent roof, the olympic athletes embody the dream of peaceful coexistence in the midst of the Cold War. But then a Palestinian terrorist plot puts a cruel end to all that.

Award-winning journalists Ritzer and Deininger tell a powerful story that spans almost a century and comes to a head during the two weeks of the 1972 Olympics.

• 70 years of German history condensed into the two weeks of the Olympic Games
• Extensive research, eyewitness interviews, and a new look at the massacre and the failures of both political figures and police officers
• For readers of Oliver Hilmes and Harald Jähner

Die Spiele des Jahrhunderts

Roman Deininger, Uwe Ritzer
The Games of the Century
The 1972 Olympics, terrorism and the New Germany

UWE RITZER, born in 1965, has made a name for himself through his numerous investigative research projects. These have ranged from crooked dealings in the energy industry to the ADAC manipulation scandal. He has received several awards for his work, including the Guardian Prize, the Nemenz Prize, and the Helmut Schmidt Journalism Prize.

ROMAN DEININGER, born in 1978, is a political reporter for the Süddeutsche Zeitung (SZ). He grew up in Ingolstadt, and studied political science and theatre in Munich, Vienna and New Orleans graduating with a PhD focused on politics and religion in the US.

Friedrich Kießling, Christoph Safferling
State Security in the Cold War

Die Bundesanwaltschaft zwischen NS-Vergangenheit, Spiegel-Affäre und RAF

The first archive-based historical study of the Federal Prosecutor’s Office and its Nazi past
A historical panorama of the early years of the Federal Republic of Germany

CHRISTOPH SAFFERLING, born in 1971, is Professor of Criminal Law, Criminal Procedure Law, International Criminal Law, and International Law at the University of Erlangen-Nuremberg.
HISTORY

Leonard Horowski
Glory and Eternity
Three families build pre-modern Europe

Three noble families shape their times through marriages and intrigues.

The Europe of kings would have been inconceivable without the eminently self-confident and powerful dynasties of the Early Modern high nobility. Leonhard Horowski tells the story of the English Bentincks, the French Richelieus, and the Austrian Liechtensteins against the astonishing and colorful panorama of the period between the seventeenth and nineteenth centuries. The three families were linked by their aspirations to power, to the court, and to proximity to the kings, as well as their ambitions to perpetuate their fame and wealth. They kept themselves at the top through marriages, intrigues and conniving as much as through often unintentional inventions, ranging from mayonnaise to the constitutional monarchy.

• A little-known but tremendously formative epoch in European history
• Leonhard Horowski is known as renowned researcher and terrific storyteller

Christof Mauch
Paradise Blues
The scarred face of God's own country

A fresh new, eminently insightful look at America and a brilliant melding of travel narrative, social portrait and historiography

Christof Mauch lived in the United States for fifteen years, during which time he criss-crossed the country over and over again. His attention was always drawn to the breathtakingly beautiful stretches of land and the deep wounds that humans have inflicted on nature over the past two hundred years. Mauch presents us with an America that goes beyond the postcard-perfect images of national parks and mega-city street canyons. His America is that of a people defined by internal divisions, which worships nature and yet ruthlessly destroys it. He tells the stories of the people who have learned to live with the scars and of those who now choose to powerfully resist the further destruction of their environment.

Rights sold:
English World Rights (pre-publication)

Christian Bommarius
The Fever of Unrest: Germany 1923

The most turbulent and exciting year of the Weimar Republic

1923 is the year of boundless hyperinflation, the year of the occupation of the Ruhr area by the French and Belgians, and the year of a bitter German national strike. 1923 is the year of violently suppressed Communist and Nazi uprisings, and it is the year of radical contrasts between abject poverty and an orchid-like flourishing of the entertainment culture. In its ambivalence, 1923 marks the end of the post-war period and the prelude to the Golden Twenties of the Weimar Republic.

• A plethora of perspectives, characters and themes linked by a year frantically accelerated by dramatic events

"Once again, Christian Bommarius draws from his abundant knowledge and resources, and unfolds before us, a fateful year in German history. He maps out the big concepts through small details, making it clear, with seeming nonchalence, the ways in which 1923 was linked to 1933." Volker Kutscher, author of the Babylon Berlin Series

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