FOREIGN RIGHTS GUIDE

SPRING 2021

NON-FICTION
Melanie Hubermann

Lighthouse Parents

How to Guide Children through Adolescence

The Concept of “New Authority”

In families with adolescent children, intense discussions, withdrawal, anger, and conflict are frequent occurrences. These are followed by even more intense discussions, withdrawal, anger, and so on. But the cause for these tensions often isn’t rooted in children’s behavior – but rather in the actions of their parents. When parents don’t trust their gut feelings, take care of themselves, or clarify their values, they can’t offer any real direction to their children.

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 each other, 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 seamlessly through adolescence.

- How to use “New Authority” to create a fulfilling relationship between parents and teenagers
- True to life and practical, this book contains instructions, tips and exercises
- For readers of Jesper Juul and Remo H. Largo

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.

- Bodo Schäfer’s most personal book yet reveals how even the most insecure of us can become more self-confident
- Total sales worldwide of over 15 million copies
- Books by the author have been sold into 24 languages
- SPIEGEL Bestseller Author
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-programme

Author Anne Fleck is a Spiegel bestselling author who wants to “achieve the best possible health for everyone – to secure high quality of life in the long term.”

Having worked as a doctor for many years and having become a specialist in holistic and nutritional medicine, there is nobody more qualified than her to write a book like this. Her accessible writing style combined with her practical advice make this a must-read for 2021.

Anne Fleck, M.D., internist and rheumatologist, is an expert in the field of preventative and nutritional medicine. She is considered a pioneer in holistic health care. The bestselling author makes regular appearances on TV, and frequently helps patients suffering from chronic fatigue to find the causes of their affliction. Anne Fleck lives and works in Hamburg.

• Spiegel-bestselling author (over 1 million copies sold)
• Previous books by the author have been sold to: China (Caixin Media), Estonia (Tanapaev), Poland (Amber), Russia (Eksmo), Slovakia (Motyl) and Taiwan (Business Weekly)
• Rights in “Energy!” sold pre-publication to The Netherlands (AnkhHermes)
A high French nobleman suddenly realises at the age of 23 that he has no first name. A Polish prince and lord over two million serfs learns to read when letters are cast in lead and hung up on a tree in the palace park to let him practice his pistol shooting. Welcome to the 17th and 18th centuries. For this is the Europe of kings surrounded by court society and its dense web of diplomatic relationships, intrigues and plots. It is a time in which nationality and ideology counts for almost nothing; building or maintaining a dynasty is all that matters.

Leonhard Horowski leads us through a gallery of great monarchs between Moscow and Madrid. Infused with refreshing, dry wit, this book portrays dukes and princesses, accompanies them to soirees and duels, takes a peek into their badly insulated boudoirs, their secret nooks and corners; above all it shows the business of politics in a fascinating era. This is a colourful, spirited portrait of an age whose many striking characters and intriguing tales still fascinate us to this day. Horowski masterfully evokes a long-gone world that seems like a huge building containing myriads of unmapped corridors with many unexpected links. Often what seems a detour is in fact a shortcut to the hallways of power…

Leonhard Horowski
was born in 1972 and studied history, English and politics at the Freie Universität Berlin and the University of Durham. His PhD described the early modern French court; he wrote his professional thesis about the ministers of state of Brandenburg and Prussia. He has also worked as a historical advisor on many radio, TV and film productions.

1152 pages
first published by Rowohlt ("Europa der Könige") in March 2017

In order for us to feel successful and happy in our lives, it is critical for us to develop our talents, recognize our individual beauty, and know what we really want. Women, even now, tend to conform to others’ needs, putting their own desires on the back burner. What exactly is holding women back? How can they overcome their fear of failure and of losing affection? Experienced psychologist and coach Eva Wlodarek makes a convincing and spirited case for how women can release their mental brakes and fulfil all of their wishes with confidence.

• The formula for enjoying life
• Comprehensive, profound, creative
• The combined knowledge of 40 years of professional experience
• Includes a 100-question-long psychological test, as well as instructions for a mood board

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 übersehst keiner mehr was translated into six languages.

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By the Same Author

The Power of Esteem
208 pages
Pub. Date: 2020

Glory and Eternity
(“Herrlichkeit und Ewigkeit”)
Pub. Date: November 2021
The system of Grand Old Parties which shaped Germany and Austria in the decades after 1945 is gone forever. Once the Cold War ended, new lines of conflict started to divide society, with these lines cutting straight through the heart of the traditional parties. The size difference between the larger and smaller parties is shrinking. Under these circumstances, majorities are harder to organize.

Germany’s leading expert on party politics, Michael Koß, sees a formidable challenge in this development. But this is not necessarily catastrophic, despite increasing levels of conflict. Citizens and politicians are now compelled to reshape their understanding of democracy and to learn its new rules.

DR. MICHAEL KOSS, born in 1976, is a German political scientist whose areas of expertise include comparative politics, Germany’s federal system, and democracy studies. Since October 2019, Koß has been Professor for Political Science at Leuphana University in Lüneburg.

This notable book analyzes the lines which no longer separate the Left from the Right and global-minded from nationalist interests

Michael Koß
Democracy Without A Majority?
The Grand Old Parties of yesterday and the parliamentarism of tomorrow

An earthquake in the political world

The system of Grand Old Parties which shaped Germany and Austria in the decades after 1945 is gone forever. Once the Cold War ended, new lines of conflict started to divide society, with these lines cutting straight through the heart of the traditional parties. The size difference between the larger and smaller parties is shrinking. Under these circumstances, majorities are harder to organize. Germany’s leading expert on party politics, Michael Koß, sees a formidable challenge in this development. But this is not necessarily catastrophic, despite increasing levels of conflict. Citizens and politicians are now compelled to reshape their understanding of democracy and to learn its new rules.

• This notable book analyzes the lines which no longer separate the Left from the Right and global-minded from nationalist interests
• Michael Koß is one of the “most distinguished experts on contemporary democracies” Die ZEIT
• Various publications by Oxford University Press and Palgrave Macmillan

21st-century Mafia: Tomatoes are the new cocaine

Italy’s greatest export is its cuisine. The Mafia’s holdings in this industry amass up to 20 billion euros a year. They frequently control the entire delivery chain, from cultivation all the way to the end product. During the COVID-19 crisis, their influence has grown all the more. The victims include not only farmers and retailers, but also the purchasers of Italian produce – us.

Oliver Meiler interviewed various judges working with the Italian Anti-Mafia Investigation Directorate, in addition to journalists and food producers who have been threatened by the Mafia. He wants to take the reader on a journey through Italy’s food landscapes, pointing out the pathways of olive oil, mozzarella, and more – in doing so, he reveals the Mafia structures behind them. Atmospheric, intriguing, shocking!

• The Mafia own vineyards, dairies and restaurants: they control 25% of the food production industry
• A thrilling investigative report from Italy
• For readers of Roberto Saviano
CURRENT AFFAIRS

144 pages
April 2021

The battle against racism is a task for the human race

Hamed Abdel-Samad has experienced racism from all sides. In Egypt, he was denounced as a pale-skinned bastard Crusader, and in Germany, his skin was too dark for some and his name was too Muslim for others.

Although based on personal experiences, this book is not just a report of personal experiences. It is an analysis of a controversial topic that is being fuelled by globalization, migration and incidents in the US as well as in Europe.

The ideological debate about racism, focused around identity-politics, fractures societies instead of healing them.

Abdel-Samad strives to rationalize the conflict and reveals how individualism can provide an alternative to the identity-fixated debate about communal belonging.

- Racism exists in all cultures and societies; it must be contained globally
- Books by the author have been sold to the Czech Republic, Estonia, France, Italy, Korea, Norway, The Netherlands and USA

BY THE SAME AUTHOR

For the Love of Germany
224 pages
Pub. Date: September 2020

The Why Café
PREVIEW: BY THE SAME AUTHOR

International Bestseller

Tessa Randau
The Forest, Four Questions, Life, and I
A Meeting that Changed Everything

This book has the power to change your life

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 walking through the woods, she encounters an old woman, who shares with her the four questions of life that can change everything. The young mother isn’t quite convinced by this claim, but she still resolves to figure out how the process works. She slowly begins to believe in the power of the questions, but then one question plunges her into a major crisis: What do I actually need? Suddenly, so many things seem to be under scrutiny: The old woman doesn’t have any easy answers, much to the young mother’s disappointment. Instead, the old woman offers to reveal the final question to her. This one has the greatest power to catalyze far-reaching change. Is she ready for this?

- A very personal debut from an auspicious author
- Realistic, inspiring, encouraging
- For fans of John Strelecky’s The Why Café

PREVIEW: THE SAME AUTHOR

The Mountains, the Fog, The Love and I
144 pages
Pub. Date: September 2021

Rights sold:
- France (Hachette), Italy (Mondadori/Piemme), The Netherlands (Kosmos), Norway (Panta)
Christina Hastrich
Barbara Lueg
Together - not isolated
How We Want to Live as We Grow Older

How do we want to live as we grow older? Which lifestyle suits us? Journalists Christiane Hastrich and Barbara Lueg pose these questions and test out the possibilities for themselves. They take up residence in a cottage, set up their tent among permanent campers, rent a room at a retirement community, and pay a visit to a multigenerational home. In search of whatever it is that makes us happy as we age, they carry out interviews, question experts, and weigh up the pros and cons of the various options through self-experimentation. This is an inspiring and frank account of a journey of discovery into the next phase of life. A phase in which we can reinvent ourselves – not in isolation, but together!

- Alternative ways of living: permanent camping, tiny houses, emigration or senior residences
- Personally tested by the authors

BY THE SAME AUTHORS

We Are The Most Beautiful About Us
365 pages
Pub. Date: 2018

Christine Hastrich, born in the Rhineland in 1965, studied Japanese civilization and human resources, and worked as a TV editor in the news industry. As the mother of two adult children and the longtime stepmother of three more, she has spent many nights considering models for the future and for ageing. She believes that now is the time to act.

Barbara Lueg, born in 1965, is also from the Rhineland. She studied art history and politics and worked as a TV reporter in the news industry, as well as on longer documentaries. The mother of three grown children, she currently lives in Munich with her partner and has spent a long time puzzling over where her place might be in the process of aging.
Eckart von Hirschhausen

**Oh Dear, Earth**

Good Ideas for a Better World

Eckart von Hirschhausen is haunted, as most of us are, by the two most nagging topics of our times: aging with dignity and the climate crisis. While we live longer and better than any generation before us, the time we have left to keep this earth habitable is shrinking by the day. What we need to stay healthy is not pills and gadgets, but rather food, water, air, and bearable outside temperatures – with the supply of these diminishing rapidly. It seems that our desire for individual immortality is killing us collectively.

While the market of “eternal youth”, from Botox to brain jogging, from nourishing facials to nutritional fascists, offers plenty of comedic material, Hirschhausen does more than just poke fun. As both a doctor and Scientist for Future, he takes a stand on the real threat that the climate crisis poses and sets out to find ideas – ideas that will actually work – for a better world. Hirschhausen’s book is a treasure trove of facts, reports, essays, and conversations, providing insights into the infinite possibilities of life when you finally free yourself from striving for eternal youth.

- 7 million copies sold of his books in Germany!
- All of his books have been in the top 10 of the Spiegel bestselling list

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**Michaela Muthig**

**Tomorrow My Cover Will Be Blown**

About feeling like you didn’t earn your success

People who suffer from imposter syndrome do not ascribe their success to their own abilities, but to either 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. Above all, she describes the ways that you can free yourself from this specific form of the inferiority complex and can develop a healthy sense of pride.

- Recognising and overcoming “imposter syndrome”