

# Germany sends the first woman into space

Insa Thiele-Eich and her father provide insight into the life of a family of astronauts

## Germany Needs Three Earths

Graeme Maxton defends himself against climate change

## Radiantly Beautiful

@doctor.aesthetics und @fitmedmary prescribe #Instafilter for your skin

## Do it Yourself

Educator Gianna Bacio shows where women need to lend a hand



KOMPLETTMEDIA

**vibTIX**  
Hier erscheint, was neu erscheint.

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## Editorial

### Books with heart and mind

You may have read the article with the heading “Experienced physicists and influencers open the door” in a book report—and we couldn’t break down our success story any better. It goes on to say: “The recent history of Komplett-Media also shows a little start-up flair.” It’s no “founder’s tale, but a story of a special succession plan connected with a new programmatic direction.” We’ve given this autumn programme a new design, and in so doing we’ve done what we do best: Keep what works, and change, revitalise and spruce up what doesn’t. You’re holding the result in your hand.

The new direction has been successful—thanks to you! Thank you, dear book retailer, dear journalist, dear reader, for giving our first programmes a chance.

In our strong autumn titles, the authors are paramount. The topics combine many new ideas and herald a return to our core competency: knowledge. They’ve not only impressed us—they’ll delight readers as well. We continue to work hard for our readers and authors, so that it continues to go as well as the “recent history of Komplett-Media” started out. We wish you many hours of reading pleasure!

Your publishers,

Julia Loschelder and Verena Schörner



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**Insa Thiele-Eich &  
Gerhard Thiele**

## **Astronauts**

**A Family in Space**

Approx. 220 pages

Size 14.6 x 21.7 cm

Hardcover with jacket

**ISBN: 978-3-8312-0472-4**

**€22.90 (Germany), €23.55 (Austria)**

- Enormous media presence of the author
- The story of a family of astronauts

## The great dream of space

What little boy hasn't dreamed of becoming a fireman, a superhero or an astronaut? And little girls? Veterinarian, paediatric nurse, teacher or model?

Not Insa Thiele-Eich, who became famous through the selection process "The Female Astronaut", beating 400 other contestants. Her childhood dreams were: mother, astronaut and author.

Together with her father, Gerhard Thiele, one of eleven Germans who have travelled into space as astronauts, she has written a book about her fascination with the universe, the everyday life of an astronaut and the future of space travel.

**INSA THIELE-EICH** is a meteorologist at the University of Bonn, where she performs fundamental research for improved weather and climate predictions. In 2017, she was awarded a training spot for female astronauts via the initiative "The Female Astronaut." Thiele-Eich and another candidate are competing to find out who will be the first German woman to travel into space. A short, ten day stay at the ISS is planned for the year 2020. The flight, which costs around fifty million euros, will be financed through donations. More than 400 women competed for the spot.



**GERHARD THIELE**, Insa Thiele-Eich's father, was a member of the ESA corps of astronauts from 1998 to 2005, and as a Mission Specialist, he participated in the Shuttle Radar Topography Mission, SRTM from 11 to 22 February 2000. That made him the twelfth German in space.

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**Mr. Thiele, after the selection process from “The Female Astronaut,” your daughter is currently preparing to be the first female German astronaut to fly into space. You were in space in the year 2000. What experiences did you pass on to Insa?**

*Gerhard Thiele:* I gave her one piece of advice for the individual selection steps: Keep calm and composed, even if the situation seems to call for something else! She says that really helped her in more than one situation.

*Insa Thiele-Eich:* Yes, it really did. Even though the selection process has undergone extreme changes. When my father was chosen in the 80s, he had to throw screws from one cup to another, to test his motor skills. Since then, great focus has been placed on psychological requirements.

**Although a few sons of astronauts have flown into space, no astronaut’s daughter has yet boarded a spaceship. You would be the first. Is space travel a family affair with you?**

*Insa Thiele-Eich:* Everyone inherits some interests from their parents. From my mother, I got a love of nature and culture; from my father, it was enthusiasm for space travel. And my children have also naturally picked up quite a bit that has to do with space. In any case, they can recognise the ISS in the night sky and tell stars from planets.

*Gerhard Thiele:* I’ve always been amazed by space and the stars. It’s only natural that children notice their parents’ enthusiasm. And during our years in Houston, many of our friends and acquaintances came from the space travel sector. Becoming an astronaut was nothing very unusual for our children.

**Ms. Thiele-Eich, your astronaut training has already begun. How’s it going?**

*Insa Thiele-Eich:* Well, for one thing, we’re making parabolic flights. Even though I did those as a student, those are really special moments, because during those moments, your knowledge and learning becomes reality. Since my childhood, I’ve dreamed of becoming an astronaut. But my father’s experience showed that it can sometimes take a long time for that dream to come true.

*Gerhard Thiele:* Yes, patience is definitely one of the qualities you have to possess—it took more than 12 years before my flight into space finally happened.



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**Marie-Luise Kliezt & Matthias Aitzetmüller**

## Beautiful Skin, Healthy Skin

**What we need to know about our largest organ**

Approx. 220 pages

Size 13.5 x 21.5 cm; Gate-fold cover

**ISBN: 978-3-8312-0473-1**

**€18.00 (Germany), €18.50 (Austria)**

- Extensive coverage in the social networks
- Hot topic: skin

## The **truth** about beautiful skin

Marie-Luise and Matthias are doctors, athletes and influencers. At the beginning of 2018, they started the channel "doctor.aesthetics" on Instagram, where they explain what problems can be helped by the dermatologist and plastic surgeon, and how. After 20 posts, they had 10,000 subscribers. The interest was so high that they began writing books. They wanted to give readers what doctors normally don't have time to give: background information and explanations. They clear up skin care myths and show when it's appropriate to consult a plastic surgeon.

**MARIE-LUISE KLIEZT** is 26 years old, a triathlete, a doctor, and a budding young dermatologist from Munich. She works in a clinic on the Tegernsee and operates the Instagram channel "fitmedmary," with almost 100,000 subscribers.

**DR MATTHIAS AITZETMÜLLER** is a doctor who performs research in plastic surgery at the clinic "Rechts der Isar." He is currently working on his PhD. Together they operate the Instagram channel "doctor.aesthetics," with 10,000 subscribers.



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**Your book is titled "Beautiful Skin, Healthy Skin." What is beautiful skin? And can skin be beautiful and healthy at the same time?**

*It should be smooth, with small, fine pores, no pimples, blackheads or other blemishes, and most importantly: it should look young and fresh. Even making small changes can radically alter your skin—aesthetically and functionally.*

**Pimples, wrinkles, scars—we all have them in one form or another. You've been to a dermatologist and an aesthetic surgeon. How will you know when conventional treatment methods are not enough and that you need to see a doctor?**

*That depends on the problem. Having pimples every now and then is normal. But since blackheads, papules and pustules can also hide symptoms of disease, even teenagers shouldn't hesitate to see a doctor, because around 90 percent of all children and adolescents suffer from some form of acne. Early treatment can counter the formation of scars on time. Developing wrinkles is a natural part of aging, but it can be slowed down with a few tricks. Nevertheless, wrinkles are a purely aesthetic problem, and they are only treated if they bother the patient.*



**The skin is our largest organ. What does it do all day?**

*The skin shields you from the environment and serves as a barrier against pathogens, but it also regulates fluid balance, it is a key means of entry for vitamins, and it is essential for healing wounds.*

**We all want clean skin, but is it helpful to wash excessively?**

*Naturally, good cleansing is the basis of clean skin. Bacteria, dirt and small particles settle onto our the skin surface over the course of the day. We should remove these daily, without destroying our skin's protective film. So, it's not only important how often one washes the skin, but also with what, because it's also possible to "overtreat" the skin and trigger various changes.*

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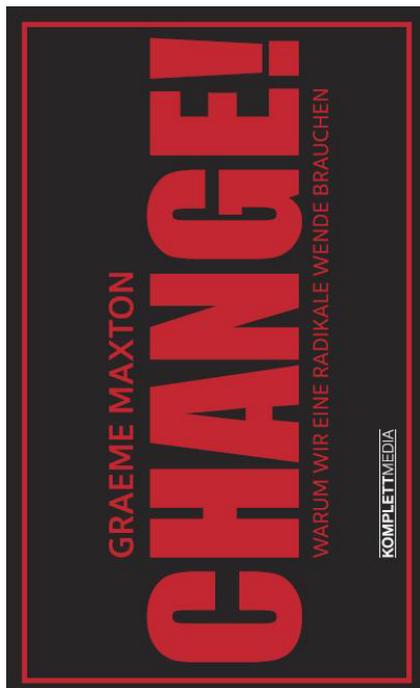
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Graeme Maxton

## CHANGE!

Why we need a radical turnaround

Approx. 160 pages

Size 12.5 x 20.5 cm

Hardcover

ISBN: 978-3-8312-0474-8

€18.00 (Germany), €18.50 (Austria)

- International First Edition
- Enormous media presence of the author
- Great press conference in collaboration with the Club of Rome

## The party's over

Our earth is being plundered, and the diversity of life is shrinking dramatically. CHANGE! With this rallying cry, the author is building a bridge into the near future. How can we secure a good life for our children and grandchildren?

- Enough with the mania of progress!
- Resolute battle against climate change
- Protecting biodiversity
- Quality of life through more leisure time and solidarity with each other. Ego is out.
- Less consumption, fewer vehicles, less air travel
- Taxes on resources (water, mineral resources and air)
- Fewer chemicals, plastics and industrial foods
- A strong government that controls the unbridled "free market"
- Breaking up monopolies (digitisation, industry, food)
- The goal: a humane life in unity with nature

"We are standing at the turning point of the 21<sup>st</sup> Century. This is where we decide our future. No Hollywood hero will come to our rescue. We must act. NOW!"

**GRAEME MAXTON** is an economist, the outgoing Secretary General of the Club of Rome, and a successful author. He has already published his sharp criticism of modern economic thought in the best seller "One Percent is Enough": Minimal growth can battle social inequality, unemployment and climate change, as well as the lie of progress. The native Scot now lives in Switzerland.



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**Mr. Maxton, what effects does global warming have?**

*Two degrees of global warming would send us back ten million years into climatic history. Four degrees would send us back forty million years. It would have grave consequences that would jeopardise the existence of humanity and many other forms of life. All the ice on the planet would melt. Large parts of the Earth would cease to be inhabitable, and water would be scarce. Preventing this is one of humanity's greatest challenges. But I don't think people truly appreciate the enormity and urgency of this challenge.*

**Radical decisions have to be made in this area, in order to bring about change. Are those decisions being made quickly and resolutely enough?**

*We aren't nearly tough enough in this area. The Sustainable Development Goals and the Paris Agreement are steps in the right direction. But they won't solve the problem. The changes we need won't come from politics, which acts only on a national level. We need a much larger political movement if we are to make progress.*

**The EU recently announced that it wishes to reduce its plastic waste by 30 percent. Is that even realistic?**

*That depends on how strict the lawmakers' regulations are. These days, we are recycling nine percent of plastic and burning sixteen percent. The rest is thrown away. The unimaginable amount of plastic in our oceans is causing an ecological disaster. If they wish to reach 30 percent, this can absolutely be done—but it depends on the harshness and determination of the legislature.*

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**Ulrich Walter**

## Another view of the world

**Astronaut Ulrich Walter explains life**

Approx. 250 pages

Size 13.5 x 21.5 cm

Gate-fold cover

**ISBN: 978-3-8312-0475-5**

**€18.00 (Germany), €18.50 (Austria)**

- The third volume from best-selling author Ulrich Walter
- Great media presence, insight of an astronaut

## An astronaut explains life

Ulrich Walter is one of eleven Germans who have already experienced the overview effect: the moment when a space traveller sees planet Earth from space for the first time. Many have described this phenomenon as an experience that changes your perspective of the earth and of the people who live on it—including Ulrich Walter. The astronaut understands that national boundaries are marked only on maps, not on the planet, and that we humans often consider ourselves to be too important.

This experience caused him to write a book about life. In this book, he confronts various issues, scientifically but conversationally: “What is happiness?”, “Does Prayer Help,” “Are Accidents only Destiny in Disguise?” or “What is the Meaning of Life?”

**PROF ULRICH WALTER** is a physicist and astronaut-scientist. At the end of April 1993, Walter took off towards the earth’s orbit with six other astronauts, on board the space shuttle orbiter Columbia. Since March 2003, he has been the Chair of Aerospace Technology at the Technical Elite University of Munich, and teaches and performs research in the sector of aerospace technology and systems technology.



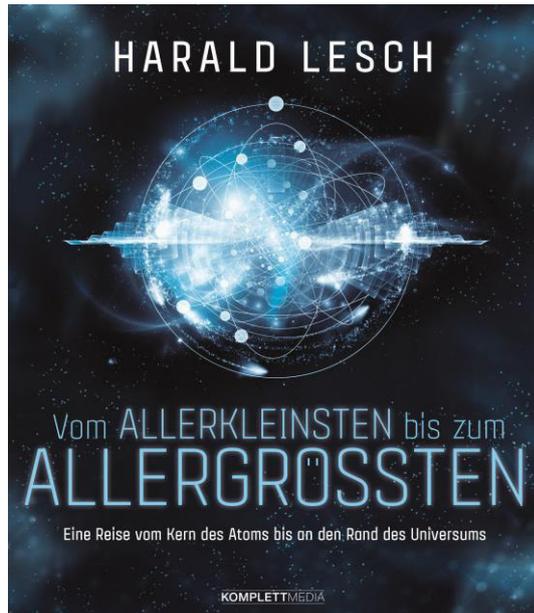
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**Harald Lesch**

## **From the Smallest to the Largest**

**A trip from the nucleus of an atom to the edge of the universe**

Approx. 160 pages

Size 19.5 x 22.5 cm

Hardcover

**ISBN: 978-3-8312-0476-2**

**€25.00 (Germany), €25.70 (Austria)**

- The new book by the SPIEGEL best-selling author Harald Lesch
- Easy for anyone to understand

## A trip from **the nucleus of an atom** to the edge of the universe

The journey progresses exponentially: from the earth's surface, past the neighbouring planets, to the endless depths of space, with its untold billions of galaxies and galaxy clusters, to the celestial luminous edge of the universe. Back on earth, the journey continues into the microcosm, by way of the human body: the cells of organs, the fascinating double helix of DNA, the molecules and the mysterious world of atoms with electron clouds and the atomic nucleus with its quarks.

An elaborately designed, overall view of the world, as revealed by the latest scientific knowledge. At the centre of it all is the human being!

**PROF. DR. HARALD LESCH** is a professor of theoretical astrophysics at the Institute for Astronomy at the Ludwig Maximilian University in Munich, and Professor of Natural Philosophy at the Munich School of Philosophy, as well as the moderator of "Lesch's Cosmos" on ZDF. He has published many successful books, including the SPIEGEL best seller "Die Menschheit schafft sich ab (Humanity is Destroying Itself)."



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**Gianna Bacio**

## Give yourself a hand!

**A plea for female masturbation**

Approx. 200 pages

Size 13.5 x 18. Cm; Hardcover

ISBN: 978-3-8312-0477-9

€18.00 (Germany), €18.50 (Austria)

- Without shame but filled with honesty and humour
- Amazing techniques, unforgettable orgasms
- Better sex, including with your partner

## Being Orgasmic

The possibilities for female masturbation are diverse. Nevertheless, many women don't know exactly how to bring themselves to a climax. Even the right to an orgasm is foreign to them. But why? Because the female desire remains a mystery, and because we hardly do any research—especially not related to technique. But where are women supposed to learn what to do if no one speaks about it, no one asks about it, explains it or demonstrates it? The sexual pedagogue Gianna Bacio knows: Masturbation must be learned and practiced. Just like swimming or riding a bike. You have to take your time and not lose courage. It will happen sometime. Only a person who knows her preferences can lead a fulfilled sex life and transfer it to her partner.

As a sexual pedagogue, **GIANNA BACIO** supports people professionally, in leading a fulfilled love life. Moreover, she operates the successful YouTube channel "61 Minutes of Sex," with 393,000 subscribers, and is currently responsible for two podcasts in which she shares her knowledge and experiences and decodes the "mysterious woman" piece by piece.



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**How did you come to write a book on female masturbation?**

*As an expert in love and sexuality, it is my vision to offer people professional help in leading a fulfilled love life. In my practice, I see, time and time again, that many women have no idea what pleases them and how they can bring themselves to orgasm. How will this affect their partner? Sexual problems in the relationship often revolve around this issue. We learn to ride a bicycle or play an instrument, but when it comes to love, we hope it just comes to us and simply starts to work. But of course, that's a misapprehension. With this book, I'd like to support both women and men in finding out what women really like.*

**Are there other advantages regular masturbation offers women?**

*My gynaecologist recently told me that masturbation can also promote health. It helps curb the build-up of stress and difficulties in getting to sleep, and supports emotional and physical relaxation. Moreover, orgasms release endorphins, dopamine and oxytocin, which are proven mood enhancers. It even helps relax your abdomen during menstrual pain.*

**Are there also disadvantages?**

*I don't know of any. It can't infect you with anything or make you sick or pregnant. And having sex—even with yourself—makes you want more sex. It also has benefits for your partner.*



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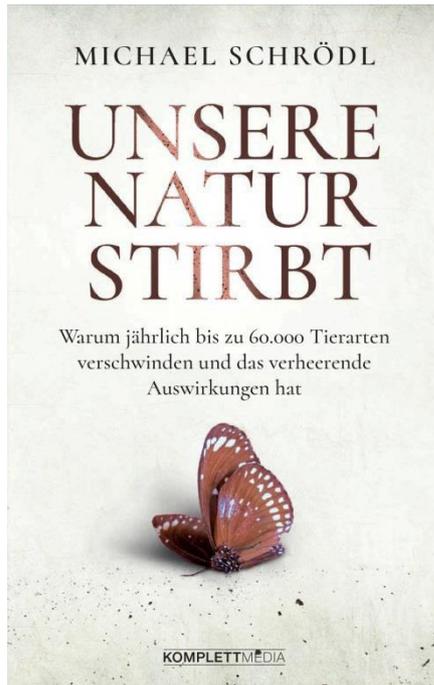
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**Michael Schrödl**

## Our natural world is dying

Why up to 60.000 species disappear each year and the devastating effect this has

Approx. 160 pages

Size 13.5 x 21.5 cm; Gate-fold cover

ISBN: 978-3-8312-0478-6

€18.00 (Germany), €18.50 (Austria)

- Brutally precise
- An angry research scientist makes no bones about what he has to say

## Animals will lose out

Burning tropical forests, bleaching reefs, dying insects: Make no mistake: we're now experiencing the sixth largest extinction of species in the history of the world, and this time it's our fault. Everywhere in the world, human beings are destroying the natural diversity of life, and their own basis of existence along with it. Most people are completely unaware of the devastation that is occurring, although this ecological crisis is out of control and the destruction of life is irreversible.

There are still millions of unknown species to discover, describe, and protect! This book is filled with innovative approaches to solutions, and it contains information, ideas and stories about treating the environment better.

**PROF MICHAEL SCHRÖDL** is the head of the mollusc section at the zoological state collection in Munich. The well-travelled ocean zoologist doesn't mince his words and wants to improve the world with his books. He has already published numerous books through "Books on Demand," and is well-known to the broader public through a series of TV appearances.



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**Markus Vogt**

## Change as a chance or a catastrophe

Approx. 96 pages

Size 10.5 x 15.5 cm

Hardcover

**ISBN: 978-3-8312-0481-6**

**€8.00 (Germany), €8.20 (Austria)**

- Current topic
- A plea for an ethic of solidarity

## Fit for Change

Germany's refugee policy, digitisation, changes in demographics—all of these and other circumstances are leading to a change. At least, it seems that way. But what exactly is that change? And is it positive or negative? In his essay, Markus Vogt explains the inner attitude with which we should face the change, to appreciate it as an opportunity, and why we need an ethic of solidarity, so that no one is forgotten.

**DR MARKUS VOGT** is a Professor of Christian Social Ethics at Ludwig Maximilian University of Munich. In the years 2014–17, he was a member of the Bavarian research association "Fit for Change."



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Ernst Peter Fischer  
**Great Ideas of  
Science**

Approx. 96 pages

Size 10.5 x 15.5 cm

Hardcover

**ISBN: 978-3-8312-0480-9**

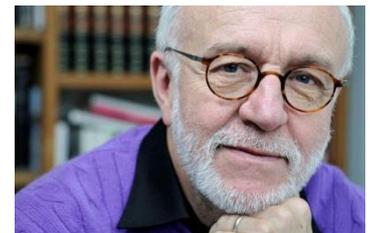
**€8.00 (Germany), €8.20 (Austria)**

- From acclaimed author Ernst Peter Fischer
- Important terms are gasped quickly

## Mysterious science

The natural sciences use basic, well-known terms that we've all heard at least once. But what do they mean? Ernst Peter Fischer explains large concepts, such as the atom, energy, space-time and evolution concisely and eloquently, and makes it clear, that the natural sciences are magnificent, but also remain mysterious.

The physicist and science historian **ERNST PETER FISCHER** tells the reader everything he needs to know about the natural sciences.



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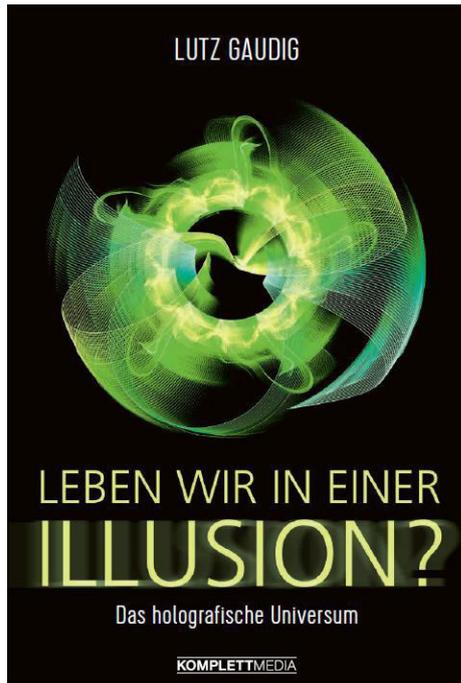
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## Lutz Gaudig Do We Live in an Illusion?

### The Holographic Universe

Approx. 220 pages

Size 14.6 x 21.7 cm

Hardcover

ISBN: 978-3-8312-0482-3

€19.99 (Germany), €20.50 (Austria)

- From physics to philosophy
- From a four-dimensional to a twelve-dimensional world concept

## Our **four-dimensional** concept is an illusion

We move in three dimensions through time. We change those dimensions, and we ourselves change as well. Could it be that this four-dimensionality, all the materials of the world we find so familiar, are only a grand illusion?

Is our universe, and us within it, nothing more than a giant hologram? Then who are we? And above all: WHY are we? In this new twelve-dimensional world, our consciousness is the creative force, independent of our bodies. It outlives its bodily death in our illusionary, holographic world.

No one should be afraid of this type of physics and this philosophy. Only the wish to understand is important.

**DR LUTZ GAUDIG** studied physics and wrote his thesis on the operating principles of environmental protection. For a long time, he worked in the area of water supply in Halle, where he was managing director of multiple municipal companies. At the same time, he became involved in the political movement of 89 at the time the Wall fell. His life is marked by the conviction that established science is never independent of the political mainstream. He writes scientifically fascinating short stories and novels as well as nonfiction.



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## Andreas Müller Science Fights Back!

### Movies get fact-checked

Approx. 240 pages

Size 13.5 x 21.5 cm

Softcover with flaps

ISBN: 978-3-8312-0466-3

€18.99 (Germany), €19.50 (Austria)

Publication Date: MAY 2018

- Annoyed scientist puts Hollywood physics under the microscope
- Learn more about astronomy and physics by examining famous movies

## Hollywood in space

**M**att Damon plants potatoes on Mars, Bruce Willis saves the world from a killer asteroid, people get cryogenically frozen and then re-animated, space ships fly faster than the speed of light, aliens visit Earth, and Matthew McConaughey survives a fall into a black hole. Millions of people around the globe escape into the world of film each year. But how much truth is there to it?

Andreas Müller is an astrophysicist and moviegoer. In his book, he takes Hollywood to task and conducts some entertaining fact-checking: how much fantasy is there in these virtual adventures, which scenes are scientific nonsense, and in which movies does Hollywood portray a realistic glimpse into the future?

**DR. ANDREAS MÜLLER** is an astrophysicist and science manager at the "Origin and Structure of the Universe" excellence cluster of the Technical University of Munich. When the Johannes Kepler award-winner is not conducting research, showing teachers how to make physics exciting or filming for the "Big bang, universe and life" YouTube channel, he enjoys going to the movies or sprawling on the couch and consuming science fiction – and is often close to a spontaneous "oh my!" reaction.,



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Daniel Reinemer

## Complexes – So What?

**How to identify and live with them**

Approx. 240 pages

Size 13.5 x 21.5 cm

softcover with flaps

ISBN: 978-3-8312-0463-2

€18.99 (Germany), €19.50 (Austria)

Publication Date: MAY 2018

- The first book on analyzing your own complexes
- Live happily despite your complexes

## “You’ve got complexes!”

“**W**hat’s happened now?” – that’s what people think when someone close to them is suddenly overcome by a complex and reacts differently than expected. Wasn’t everything fine just a moment ago?! And for no obvious reason, a complex suddenly rose to the fore and culminated in the person acting defensively, exploding, or withdrawing into themselves.

Therapist Daniel Reinemer explains how I can identify which complexes I have developed, how I can deal with them and how I can talk to those around me about my surprising reactions, and gives tips for ensuring that – despite my complexes – I don’t ruin my career or my personal relationships.

**DANIEL REINEMER** has completed several years of studies at the C. G. Jung Institute in Zurich and has his own therapeutic practice in Munich. He works with children, youths and adults, and handles cases from trauma and depression through to burnout. His methods are based on the teachings of Carl Gustav Jung, the founder of analytical psychology who also developed the concept of complex theory.



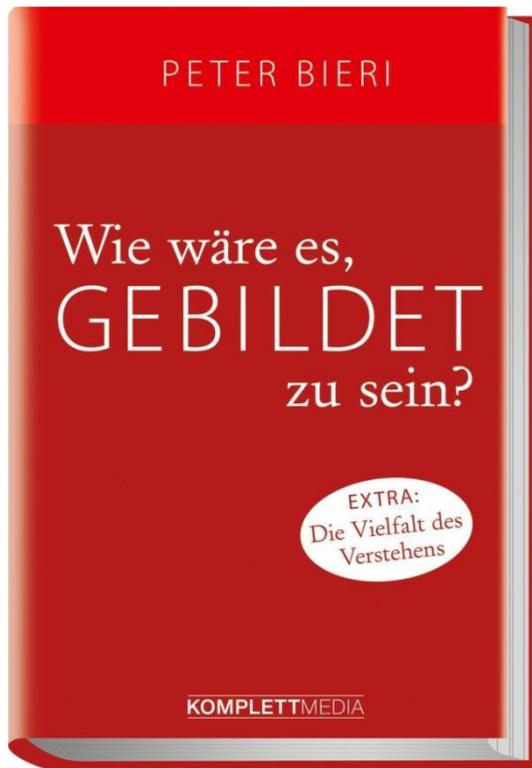
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**Peter Bieri**

## What Would it be Like to be Educated?

**Extra: The Diversity of Understanding**

Approx. 96 pages

Size 10.5 x 15.5 cm

hardcover

**ISBN: 978-3-8312-0462-5**

**€8.00 (Germany), €8.20 (Austria)**

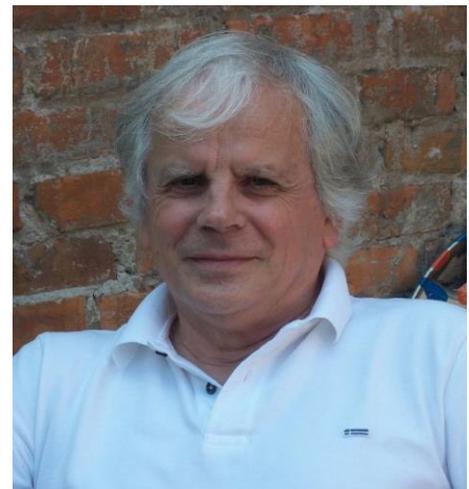
**Already published**

- Big names
- Convenient format

“Learning starts with curiosity. If you kill someone’s curiosity, you steal their chance to get educated. Curiosity is the insatiable desire to experience everything the world has to offer.”

“An educated person is one who has a broad and deep understanding of the many possibilities that there are to live a human life.”

**PROF. DR. PETER BIERI** is a philosophy professor and writer. Under the pseudonym Pascal Mercier, he has published several novels, including the bestseller A Night Train to Lisbon.



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**Bertold Hock**

## What is Life?

Approx. 96 pages

Size 10.5 x 15.5 cm

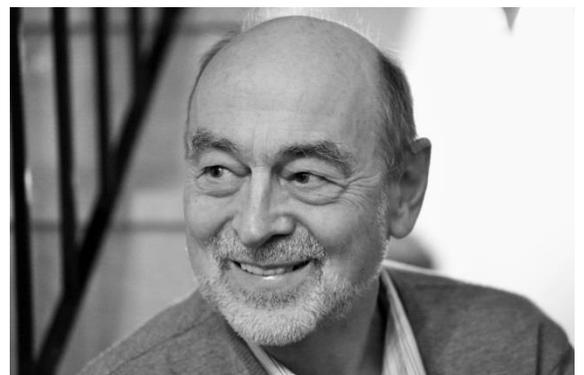
hardcover

**ISBN: 978-3-8312-0465-6****€8.00 (Germany), €8.20 (Austria)****Publication Date: February 2018**

- Big names
- Convenient format

The simplest life forms are preserved as micro-fossils from almost 3.5 billion years ago. Today, there exist and estimated 5 to 30 million species of living creatures. Bertold Hock writes about all the things we don't yet know and why the question "what is life?" has lost none of its relevance.

**PROF. DR. BERTHOLD HOCK** held the chair for cell biology at the Technical University of Munich until his retirement in the fall of 2006.



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**Julian Nida-Rümelin**  
**On the Value of  
Life and Freedom**

Approx. 96 pages

Size 10.5 x 15.5 cm

hardcover

**ISBN: 978-3-8312-0464-9**

**€8.00 (Germany), €8.20 (Austria)**

**February: 2018**

- Big names
- Convenient format

Our feeling of being free is considered an illusion. In his book, Julian Nida-Rümelin develops thoughts on human freedom and responsibility that correspond to our practical daily lives and are compatible with the findings of scientific research.

**PROF. DR. JULIAN NIDA-RÜMELIN** has taught philosophy and political theory in Munich, among others, and is professor of political theory and philosophy at Munich University since 2004.



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Illobrand von Ludwiger

## Fiery Signals from Higher Dimensions

Ball lightning, orbs, spontaneous fires and burnt-on hands

Approx. 260 pages

Size 14.6 x 21.7 cm

hardcover

ISBN: 978-3-8312-0467-0

€19.99 (Germany), €20.50 (Austria)

Publication Date: MARCH 2018

- Marketable niche topic
- Established author

## Fiery messages from inaccessible trans-areas of the world

**F**or centuries and from every continent, there have been reports of sightings of glowing balls hovering over the ground and short-lived fiery balls during thunderstorms.

Even today, science cannot explain where these fiery signals draw their energy from and what keeps them together.

With the well-substantiated theory that, beyond space and time, our world has two further hypothetical dimensions, these possible energy incursions from higher dimensions can at least be qualitatively interpreted. With this six-dimensional world, it's also possible to understand rare phenomena such as the spontaneous appearance of lights over "sacred places" and on physical media, as well as fires in homes and burnt imprints of hands on wooden walls, cloth and in books (burnt-on hands).

Using many case studies, the properties of the energies that suddenly occur in space (and especially in a mini-laboratory) and their controls from the trans-dimensions, are presented and explained in the theoretical model of a six-dimensional world.

**ILLOBRAND VON LUDWIGER** is a German astrophysicist and book author, known for his publications on UFO phenomena. Von Ludwiger studied physics in Hamburg, Erlangen and Göttingen. Alongside his studies, he worked at the Bamberg University astronomical observatory and earned his physics diploma in 1964 at Erlangen University.,



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Louisa Dellert

## My heart goes green

World improvement for beginners-  
Lifeblood instead of a moral  
pointing finger

Approx. 200 pages

Size 16.5 x 22 cm

Softcover with flaps

ISBN: 978-3-8312-0471-7

€16.99 (Germany), €17.50 (Austria)

Publication Date: APRIL 2018

- One of Germany's most successful Instagrammers fights for the environment
- 330,000 fans are waiting for her book

## Using environmental points to create a world fit for future generations

Louisa is one of the most successful fitness Instagrammers in Germany. Companies send her gifts every day and book her as an influencer. She is popular and earns well. But then comes the day when she realizes: this is not enough for me. She starts to take an interest in the environment and realizes how important it is for her to get people enthusiastic about this topic. Her followers are with her during the first steps of her journey towards environmental protection. She makes mistakes, discusses this with her followers and, over months of experimenting, slowly finds her own path. To ensure that her fans don't need to follow the same difficult learning curve, she has developed a points system that allows you to easily do something to help the environment – without having to change your whole lifestyle in one go.

**LOUISA DELLERT** is an influencer on Instagram and, with 330,000 followers, is one of the most successful in Germany. She talks about sustainability, running and self-love. "We only have this one life."



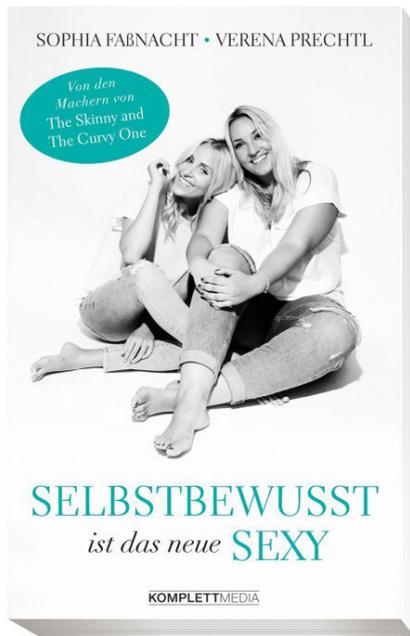
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Sophia Faßnacht | Verena Prechtel

## Confident is the New Sexy

Approx. 240 pages

Size 13.5 x 21.5 cm

Softcover with flaps

ISBN: 978-3-8312-0468-7

€16.99 (Germany), €17.50 (Austria)

Publication Date: APRIL: 2018

- Two successful model-bloggers talk about their beauty ideal
- A plea against body shaming and for self-love

## The best make-up is self-confidence

“You’re fat.” “Nobody will want you with those small breasts.” “What kind of dwarf are you?” Body shaming is booming! Our inner critic, our distorted beauty ideal and even Instagram tell us that we are not pretty or thin enough – as long as we give these voices credence.

This needs to end, according to Sophia and Verena, best friends and influencers on Instagram. They are both pragmatic and love fashion. The only difference: Sophia is a size 4 and Verena is an 18 .

Their message: don’t be so critical of yourself. There are some flaws we can and should work on – and others we should leave alone, and that’s also okay. After all, attractiveness is ultimately a question of self-love.

**SOPHIA**, a trainee doctor, and **VERENA**, the owner of an antique shop, are two peas in a pod and have a lot in common. But they’ve developed an exciting blog project from the ways in which they differ. On “The Skinny and the Curvy One”, they deal with topics such as fashion and plead for a world free from stereotypes.



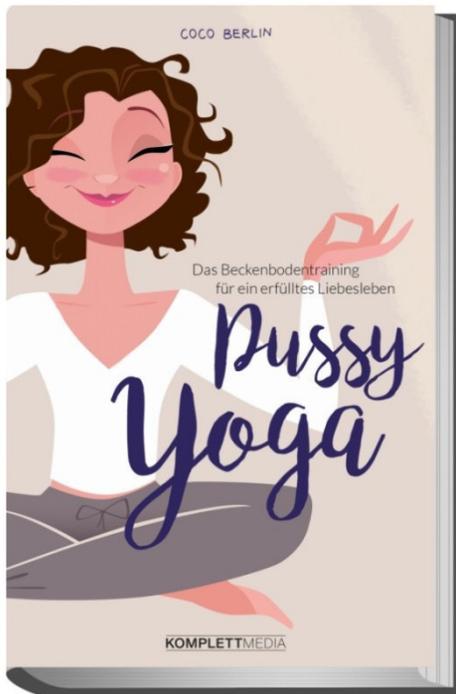
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Coco Berlin

## Pussy Yoga

**Pelvic floor training for a fulfilling love life**

Approx. 140 pages

Size 13.5 x 18.5 cm

hardcover

**ISBN: 978-3-8312-0469-4**

**€18.00 (Germany), €18.50 (Austria)**

**Publication Date: MAY 2018**

- The best orgasm helper of them all; our own pelvic floor
- Targeted training increases sexual excitability and, through this, increases the chance of an orgasm
- First results after two weeks

## Better **physical feeling** and higher **sensitivity** during sex

**S**tudies have shown that half of all women don't achieve climax during sex because their pelvic floor muscles are too weak. For many women, poorly trained abdominal muscles can also lead to a lack of sexual pleasure. After all, most of the pleasure nerves are not located in the vagina, but rather in the surrounding pelvic floor – and women who have exercised their pelvic floor find it easier to orgasm.

**COCO BERLIN** wants to give women their natural femininity back. Her method is based on belly dancing and is called Essence of Bellydance, in which dance and bodywork are linked. Women get to know their bodies and learn to love themselves. In her belly dancing workshops, the full focus is on the pelvic floor.,



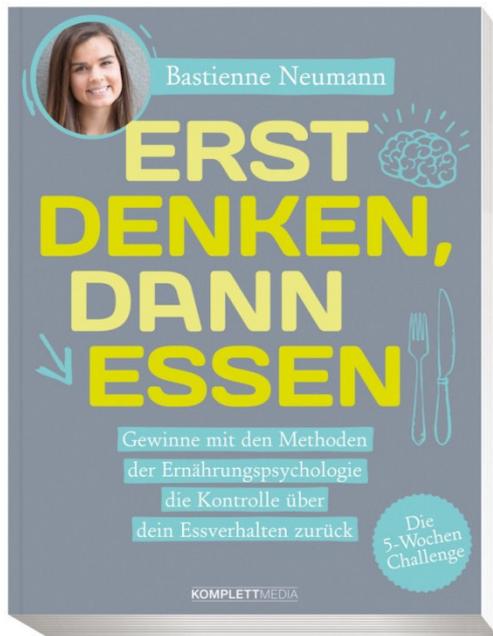
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## Bastienne Neumann **THINK first, then EAT**

**Use methods from food psychology to regain control over your eating behavior**

Approx. 160 pages

Size 17 x 22 cm

Brochure with Color illustrations

**ISBN: 978-3-8312-0437-3**

**€12.00 (Germany), €12.30 (Austria)**

**Publication Date: MARCH 2018**

- From the creator of the successful podcast Food Psychology Made Easy
- Large reach on social media
- An inspirational book - closely linked to a personal story

## Food psychology made easy

**L**osing weight is not a matter of knowledge, but of will. The fundamental problem: food is often linked to the wrong feelings, such as anxiety or stress.

These connections are difficult to break when they are incorrectly “learned” during childhood. This is where food psychology comes in: the goal of this new field of science is to use psychological strategies to change our habits.

Bastienne Neumann knows a thing or two about this. For years, she fought against her extra weight. Linked closely to her own story, she now wants to motivate others and help them regain control over their eating behaviors. By combining knowledge from nutritional science and psychology, she has developed methods that allow you to achieve just that.

**BASTIENNE NEUMANN** knows exactly how it feels to be overweight and to suffer as a result. When she didn’t manage to lose weight by following conventional diets, she decided to study nutritional science herself, so that she could better understand her own body and the issues surrounding food. Since then, she has been intensely involved with it, and has ropped 66lbs along the way. Her podcast, Food Psychology Made Easy, regularly features at the top of the charts.



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**Laura Seiler**

## **May you be happy**

**Energy, self-confidence and inner strength for a conscious and fulfilling life**

Approx. 220 pages

Size 18.7 x 23.8 cm

Flex brochure

**ISBN: 978-3-8312-0456-4**

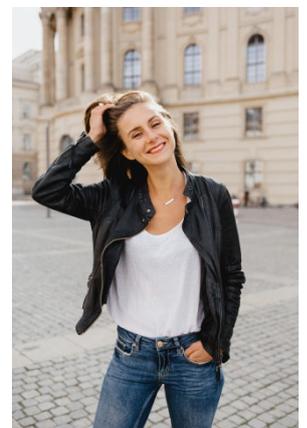
**€22.99 (Germany), €23.60 (Austria)**

- Her podcast "Happy, Holy & Confident" has already had over 1.5 million downloads
- A media-savvy author and founder of Rise up & Shine University

## **Don't worry, be happy**

**L**aura Seiler has already used her podcast "Happy, Holy & Confident" to bring happiness to many people. Last year was particularly successful, with an impressive 1.5 million downloads. With her podcast and live online program, Laura Seiler started a new, modern spiritual movement in German-speaking countries. Her main topic is happiness—and she's a living example. She exudes contentment and love with every fiber of her being. And in this book she reveals her formula for happiness. Exercises, reflections and meditations help to release mental blocks, eliminate "energy thieves," turn visions into reality, say goodbye to anxiety and turn your back on perfectionism. No one combines modern spirituality, mindfulness and coaching as uniquely as Laura Seiler.

**LAURA SEILER** resume reads a little like a nomad's. Even while she was a student, she lived a number of years in Venezuela, Bolivia, Turkey, the USA and Spain. Actually, she settled down only a few years ago. She's a certified life coach at the Dr. Petra Bock Coaching Academy in Berlin, and certified according to the guidelines of the ICF (International Coach Federation). She was also trained at the Charité Berlin in MBSR (Mindful Based Stress Reduction) and Reiki. She has a weekly podcast on iTunes, "Happy, Holy & Confident," which has already had over 1.5 million downloads. More info under: [lauraseiler.com](http://lauraseiler.com),



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Ulrich Walter

## Infernal Ride Through Time and Space

**Astronaut Ulrich Walter  
explains space travel**

Approx. 272 pages

Size 13.1 x 21.3 cm

Gate-fold cover

**ISBN: 978-3-8312-0450-2**

**€18.00 (Germany), €18.50 (Austria)**

- A sequel to the bestseller "The Devil is Loose in the Black Hole"
- Multiple TV appearances promoting the book's release
- Entertaining insight into the life of an astronaut

## Space Travel from an astronaut's point of view

**W**ith his last book, "The Devil is Loose in the Black Hole," astronaut Ulrich Walter explained the origins and development of the universe in a scientifically correct but entertaining way. The book became a bestseller. In his sequel, the space expert is now dedicating himself to fascination with space travel. Walter, one of eleven Germans who have made it to outer space, tells you all you need to know: How do astronauts eat and sleep in the space station, and how do they go to the toilet? Is sex possible in outer space, and if so, how? What can we expect from space travel in the future, and will there ever be Star Trek warpdrives? Ulrich Walter lets us in on a secret (every astronaut in the world has to create a travel expense report for their mission!) and confesses how much money he made.

**Prof. Dr. Ulrich Walter** is a graduate physicist and science astronaut. Together with six other astronauts, Walter broke up in the direction of earth orbit on board the Orbiters Columbia at the end of April 1993. Since March 2003, he has been the Chair for Space Technology at the Technical Elite University of Munich. teaching and researching in the field of space technology and systems engineering.



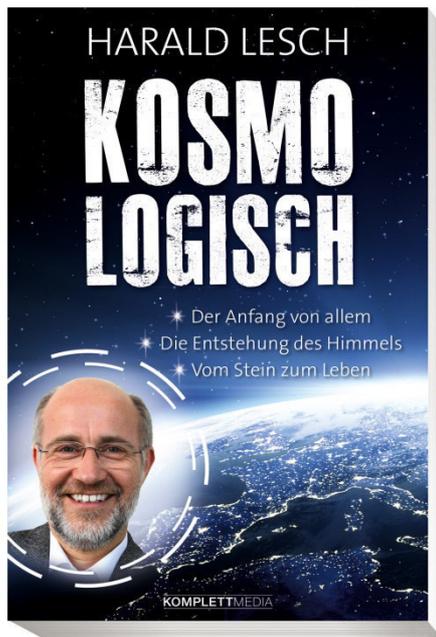
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Harald Lesch

## Cosmological

The beginnings of everything  
How the heavens came to be  
From stone to life

Approx. 220 pages

Size 14.6 x 21.7 cm

hardcover

ISBN: 978-3-8312-0442-7

€19.99 (Germany), €20.50 (Austria)

- In the lecture hall with Harald Lesch
- Prominent best-selling author
- Technically straightforward and highly entertaining

## In the Footsteps of Alexander von Humboldt

**H**ow did the universe's fiery inception give rise to our Milky Way and all other galaxies? And when and why did life form on the Earth? Astrophysicist and ZDF television host Harald Lesch explains how the ultimate power—the force of gravity—formed stars and galaxies. He demonstrates how life originated under the most challenging conditions, on an Earth that was totally different than it is today: hot, with a dense atmosphere and daily volcanic eruptions. Technically straightforward and highly entertaining, Harald Lesch takes us from the Big Bang to the origins of life on the blue planet named Earth.

**HARALD LESCH** is Professor of Theoretical Astrophysics at the Institute for Astronomy and Astrophysics at the University of Munich. He is known to a wide audience through the Bavarian TV series "alpha Centauri." Since September 2008, he has moderated the ZDF series "Adventures in Research," which was renamed "Lesch's Cosmos" in 2014. He has published many successful books, including the SPIEGEL best seller "Die Menschheit schafft sich ab (Humanity is Destroying Itself)," also published by Komplett-Media.



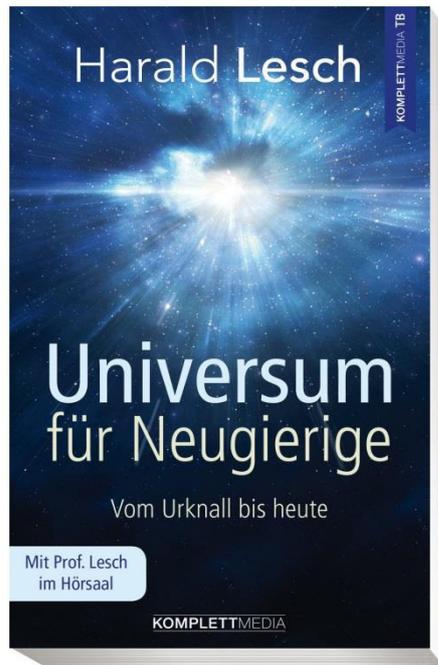
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**Harald Lesch**

## Universe for the Advanced

**From the Big Bang to today**

Approx. 250 pages

Size 12 x 19 cm

Paperback

**ISBN: 978-3-8312-0445-8**

**€14.90 (Germany), €15.40 (Austria)**

- Prominent best-selling author
- A compendium from nothingness into life
- A fundamental book: simple explanations at a high level

## With Harald Lesch Through the Universe

**W**hy did the universe come into existence? Where exactly did science get the idea that the universe had a beginning? And why has physics had no answer until now about what happened before the Big Bang? The astrophysicist Harald Lesch takes his reader with him on a trip through the world of dark matter and energy, black holes and the island of light, to the dance of the galaxies. As a natural philosopher, he also poses the basic question: "What *is* the world in the first place?" Lesch illustrates the most revolutionary theories, from the answers of the Greek philosophers to Einstein's theory of relativity to quantum mechanics, which changed everything.

**HARALD LESCH** is Professor of Theoretical Astrophysics at the Institute for Astronomy and Astrophysics at the University of Munich. He is known to a wide audience through the Bavarian TV series "alpha Centauri." Since September 2008, he has moderated the ZDF series "Adventures in Research," which was renamed "Lesch's Cosmos" in 2014. He has published many successful books, including the SPIEGEL best seller "Die Menschheit schafft sich ab (Humanity is Destroying Itself)," also published by Komplet-Media



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**Muriel Marondel**

## Dear Death, we Have to Talk

**Why it's okay to grieve**

Approx. 220 pages

Size 14.5 x 20.5 cm

Gate-fold cover

**ISBN: 978-3-8312-0449-6**

**€18.99 (Germany), €19.50 (Austria)**

- A different kind of grief advisor...
- ... and a plea for a different way of dealing with sorrow.
- In short: It's okay to grieve for as long as it lasts.

## We can do anything but mourn!

**M**uriel Marondel was in her late twenties when her father died unexpectedly. His death was devastating to the young journalist. She seemed overwhelmed. Muriel soon realized: Something here was fundamentally wrong. Unlike previous generations, many of today's young people have never seen a dead person with their own eyes. Children are often left at home during funerals. The so-called "maybe" generation has lost its connection with death. We live in a "happy place." After three months of grieving, a person can still gain sympathy—after nine months, she needs medical help. But Muriel wants to grieve. She seeks advice in a self-help group and individual therapy sessions, and visits a grief workshop. She recounts her experiences in this book, and they make one thing clear: We can do anything but mourn!

After completing her traineeship in a radio and online news agency, MURIEL MARONDEL made her way to Frank Elstner, founder of "Wanna bet that...?", who imparted his knowledge to Muriel in his presentation class at the Axel Springer Academy. She developed the web program "Elles & Murielle," in which she discusses all kinds of serious and not-so-serious topics of interest to the female sex. Muriel lives and works in Berlin as an editor, moderator and advertising model.



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**Kerstin von der Linden**  
**My Sweet Life**  
**Without Sugar**  
**Healthy and happy in 7 weeks**

Approx. 200 pages

Size 18.7 x 23.8 cm

Flexcover

Color illustrations

ISBN: 978-3-8312-0438-0

€22.99 (Germany), €23.60 (Austria)

- Easy-to-follow guidebook and journal, personal experiences, ideas for activity, motivation
- Practical tips for every situation in life
- Beautifully illustrated recipe section

## Live Better Without Sugar

**K**erstin von der Linden takes the reader on a sugar-free, 7-week journey, through all the highs and lows. She explains where sugar can be found, how to make smart shopping decisions, and how to read ingredient lists properly. Uncovering hidden sources of sugar in yogurt, beverages and ready-made products is one of the true challenges of day-to-day life. The journalist has sound advice for all situations in life: Whether cravings, good nutrition in the office, or going out to eat. In this challenge, losing weight is just one of many advantages —after a difficult start, Kerstin von der Linden felt more fit and more balanced than ever. So she wrote this book to help others get rid of old, unhealthy behaviors, and to show them the joy of living a sugar-free, healthy life.

KERSTIN VON DER LINDEN has moderated the TV show “WDR Lokalzeit” for Studio Wuppertal since 2001. After her twins were born, healthy nutrition began playing an important role in her life: she strongly reduced the use of sugar, and convenience food was banned from her house. This resulted in better concentration, clean skin, and an ideal body weight. Now Kerstin von der Linden is attempting to cut sugar out of her life completely, and takes the reader on a 7-week withdrawal program. In her blog [www.purundsues.de](http://www.purundsues.de), she writes regularly about her life without sugar.



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## Robin Rehmman Rocks in my Stomach

My life with  
ulcerative colitis

Approx. 220 pages

Size 17 x 22 cm

Gate-fold cover

ISBN: 978-3-8312-0459-5

€18.99 (Germany), €19.50 (Austria)

- The first book written personally by someone affected
- By a media-savvy author well-known in Switzerland
- Over 170,000 people affected in Germany alone

## Young and **chronically ill**

**R**obin sings in a punk band and is a DJ and young TV and radio host in Switzerland. He loves to party, tours with his band, and enjoys each day to the fullest. But this apparently perfect life ends with a horrible diagnosis: ulcerative colitis. An untreatable, chronic bowel disease accompanied in its worst moments (known as "attacks") by up to thirty bloody episodes of diarrhea per day. He's forced to change his life from the ground up. In his book, he tells of his attempts to control his disease and how he remains psychologically stable in spite of it. Robin gives those affected by this illness the courage to stand up and continue to lead a positive life.

**ROBIN REHMANN** is a Swiss TV and radio host and plays in the punk band Krank ("sick"). He moderates broadcasts interactively through VIVA Switzerland. Today, he hosts various music and youth programs in Switzerland. In his current broadcast, "SOS – Sick Of Silence," he gives young, chronic and mentally ill guests a chance to speak. Robin Rehmman has suffered from the chronic bowel disease ulcerative colitis (UC) since 2012.



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**Martina Liel**

## Not Without My Hot Water Bottle

**Life with endometriosis  
Diagnosis and therapy  
Holistic approaches**

Approx. 200 pages

Size 14.5 x 20.5 cm

Brochure

**ISBN: 978-3-8312-0436-6**

**€18.00 (Germany), €18.50 (Austria)**

➤ Endometriosis: an illness

that often remains undetected

➤ It affects one in ten women in Germany

➤ A late diagnosis can have fatal consequences

➤ Conventional medicine is still groping in the dark

**E**ndometriosis is a formerly untreatable women's disease in which harmless but painful growths of uterine tissue deposit. Often dismissed as "female troubles," conventional medicine turns a blind eye to it. In addition, vague symptoms arise, such as exhaustion and fatigue, an increased appearance of allergies and other autoimmune disorders, or an increased susceptibility to infection during menstruation. Martina Liel herself suffered through a longstanding odyssey but found little helpful advice for treatment. Unsatisfied, she did her research, sought counsel in self-help groups, and communicated with other affected women using the Internet to get a handle on her physical symptoms. A standard approach to treatment, a change in diet, and stress reduction helped. She collected her personal experiences in this book. She speaks of her ordeal, her stubbornness, and what it was that finally helped, even though the disease is incurable.

**MARTINA LIEL** was in her late twenties, just out of school, and wanted to go out and explore the world. But instead of lounging on the beach in some faraway land, she found herself in the ICU. Two blood transfusions, four kilos of tissue removed, six hours of surgery. She was diagnosed with endometriosis. One thing became immediately clear: More people needed to know about this disease! On her blog [www.endobay.de](http://www.endobay.de), she writes about her attempts to better understand the illness and her quality of life, and to maintain it DESPITE the endometriosis.



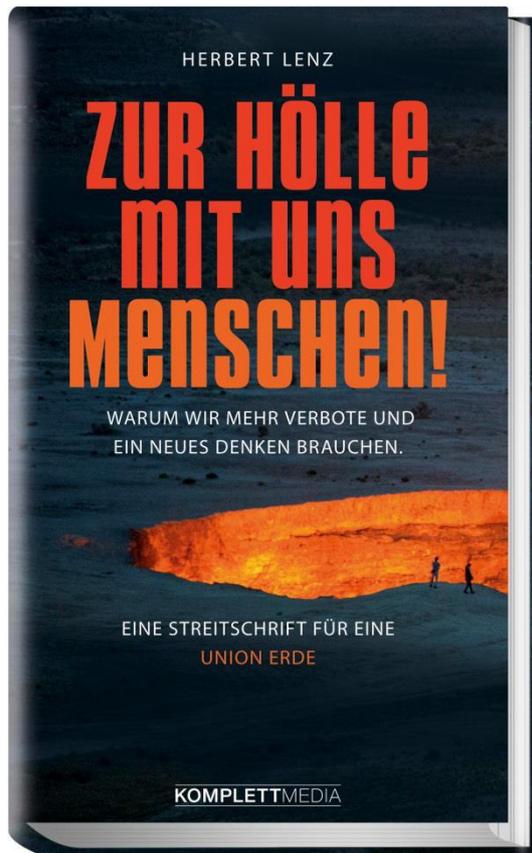
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Herbert Lenz

## To Hell with Humanity!

Why we need stricter rules and a new way of thinking. A polemic for a UNITED EARTH

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- Because we MUST!

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**HERBERT LENZ** founded the film publishing company Komplet-Media in Grünwald bei München, specializing in travel videos. In 2016, with the bestseller "Humanity is Destroying Itself" by Harald Lesch and "The Devil is Loose in the Black Hole" by Ulrich Walter, he was able to break into the book market. While "Humanity is Destroying Itself" was being written, one thing became increasingly clear to Herbert Lenz: We need drastic cutbacks or our spaceship is going to crash. *MYWAY, Mach mal Pause, bewusster leben,*



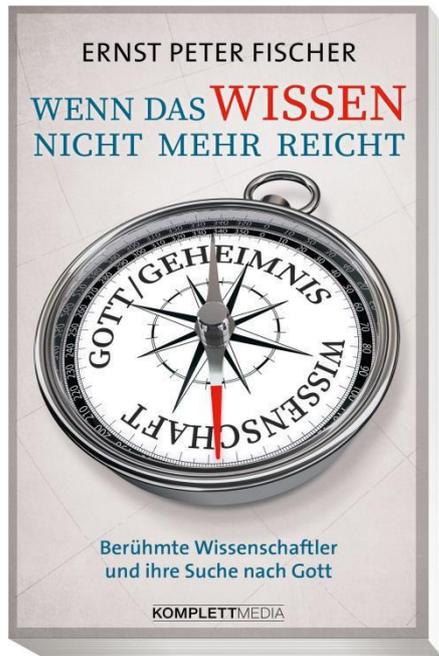
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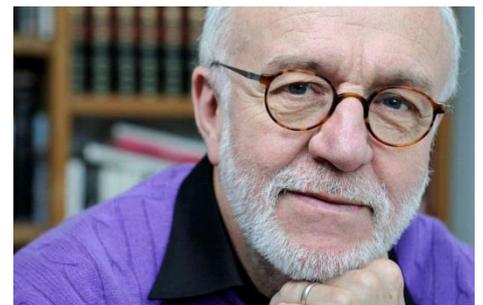
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**STEFAN DEITERS** holds a doctorate in physics and has worked as a freelance scientific journalist since 2006. He's the founder of [astronews.de](http://astronews.de), the German-language online service for astronomy, astrophysics and space travel, and is editor-in-chief of the magazine "Abenteuer Astronomie (Adventures in Astronomy)." He lives in Hamburg.



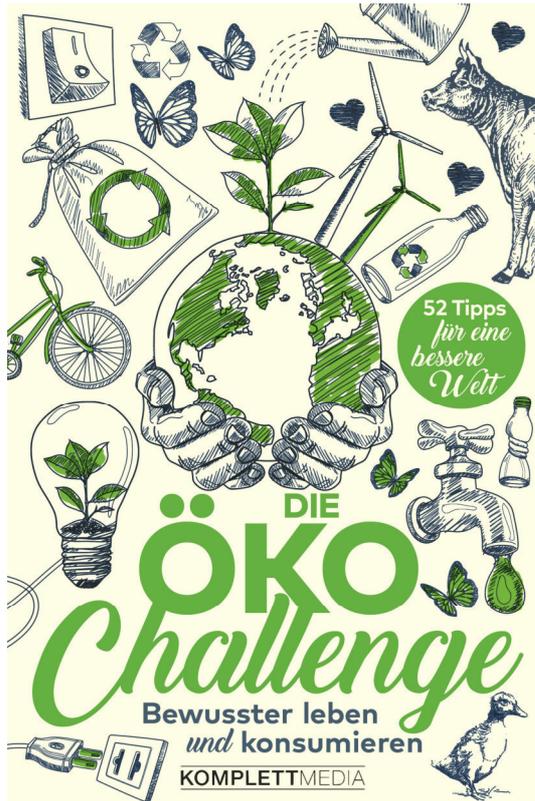
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**HARALD LESCH** is Professor of Theoretical Astrophysics at the Institute for Astronomy and Astrophysics at the University of Munich. He is known to a wide audience through the Bavarian TV series "alpha Centauri." Since September 2008, he has moderated the ZDF series "Adventures in Research," which was renamed "Lesch's Cosmos" in 2014. He has published many successful books, including the SPIEGEL best seller "Die Menschheit schafft sich ab (Humanity is Destroying Itself)," also published by Komplet-Media



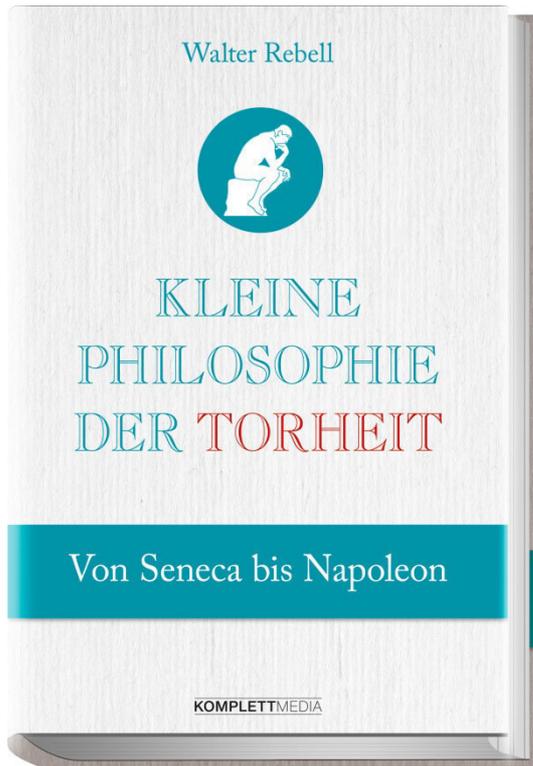
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Walter Rebell

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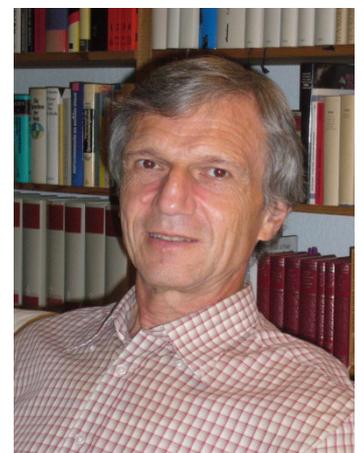
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**WALTER REBELL** author. At the start of the 1900s, he was Professor of New Testament Studies at the University of Siegen. Since then, he has lived in Switzerland as a freelance writer. His most famous book is the comprehensive work *Basic Psychological Knowledge for Theologians*



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The moderator and blogger **PRINCESS ELNA-MARGRET ZU BENTHEIM UND STEINFURT** posts recipes and beauty tricks on Instagram and currently enralls 80,000 subscribers with her sophisticated and trendy tips. Magazines such as Die Bunte, Closer and In report regularly about this fashion and lifestyle expert, who is no stranger to the red carpet. Her first book, Anti Aging Food. #EatWhatMakesYouGlow has already been published by Komplett-Media



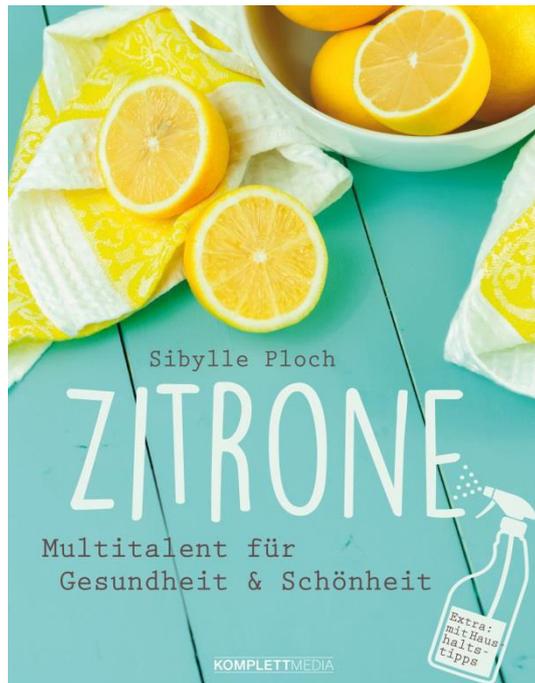
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Sibylle Ploch

## Lemons

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The designer and author SIBYLLE PLOCH lives, loves and works in Berlin. After completing her communication design studies in Mannheim and spending a few years in the creative industries, she now works as an editor for the lifestyle blog Zitronenzauber ("Lemon Magic"), making her the foremost expert on all things lemon-related.



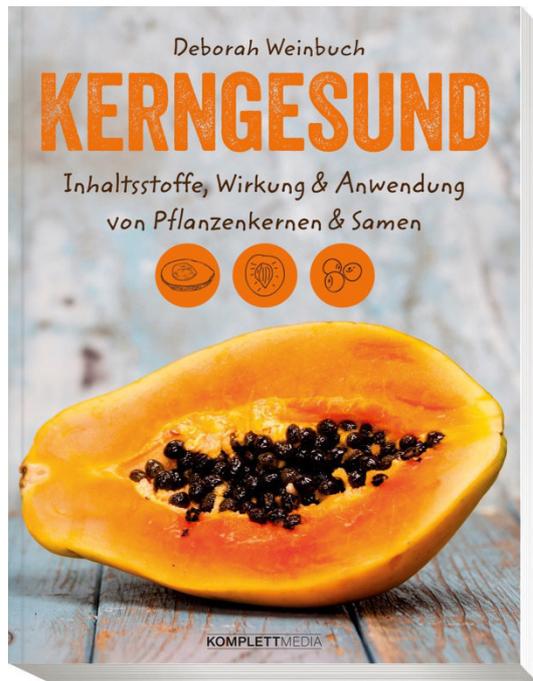
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Deborah Weinbuch

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For over ten years, the author DEBORAH WEINBUCH has written about health and nutrition for magazines such as Laura, Alles für die Frau, bella, Meins, MYWAY, Mach mal Pause, bewusster leben, Schrot & Korn, Natur & Heilen and Arzt & Wirtschaft. At Komplet-Media, her book "Avocado Oil. For the Hair, the Skin, and the Kitchen" has already been published.



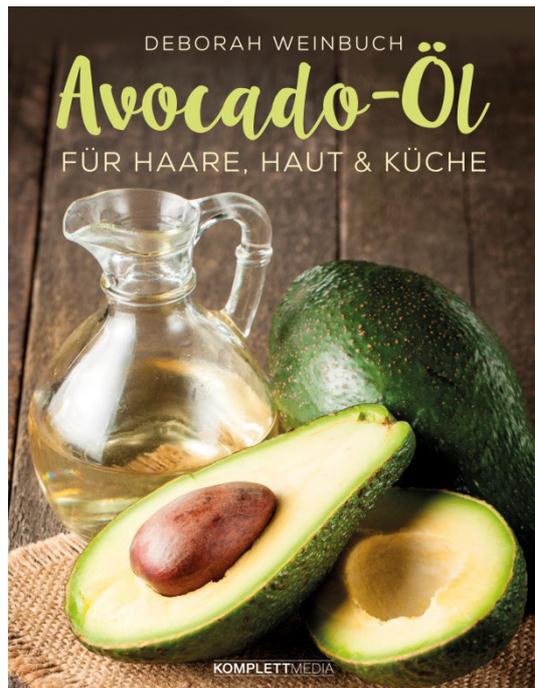
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**Deborah Weinbuch**

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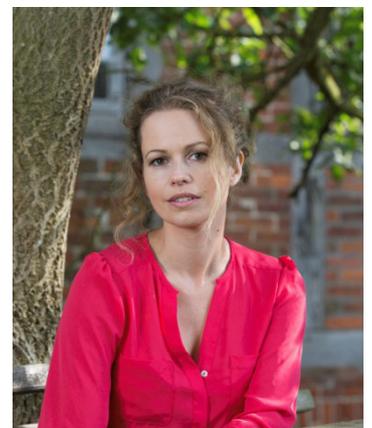
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**DEBORAH WEINBUCH** is a journalist and head of the Health and Nutrition Department at Bauer Verlag. Previously, she was an editor and author in the fields of medicine, health, nutrition and psychology, and advisor at magazines such as *Laura*, *Alles für die Frau*, *bella*, *Meins*, *MYWAY*, *Mach mal Pause*, *bewusster leben*,



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**RAFFAEL ZELLER**, born in 1969, is passionate about extreme sports and an expert in armed forces competitions. For more than 20 years, he's successfully taken part in national and international extreme sports events. He's also a world champion and word runner-up in the Military Pentathlon (CIOR rules) and the Hessian super heavyweight boxing champion. With the rank of "Lieutenant Colonel," he takes part in international military tournaments, and for a number of years he's specialized in Obstacle Course Racing.



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