



SPRING 2018

Rights Catalogue

PSYCHOLOGY

PHILOSOPHY

NATURAL SCIENCES

NEW THINKING

CONSCIOUS LIVING

KOMPLETTMEDIA



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

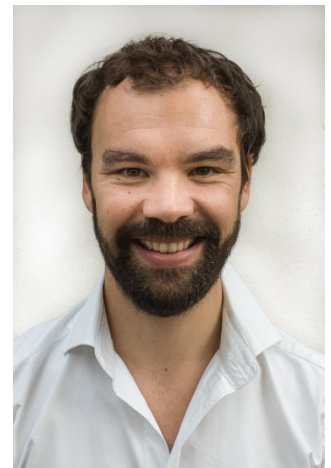
- The first book on analyzing your own complexes
- Live happily despite your complexes

"You've got complexes!"

"What'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.



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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)

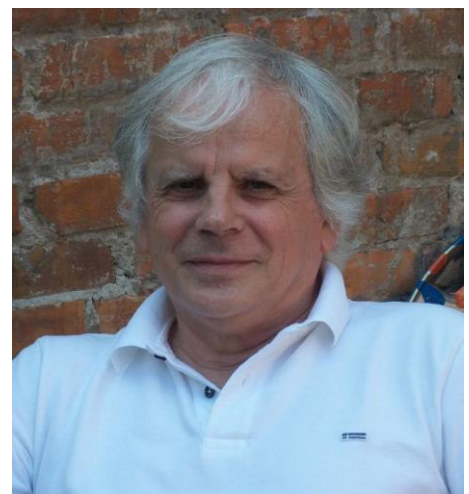
Already published

- 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*.



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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.



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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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Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

Matt 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.,



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

For 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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Literary Agency, World Copyright Promotion

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Mail: maria@pinto-peuckmann.de



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."



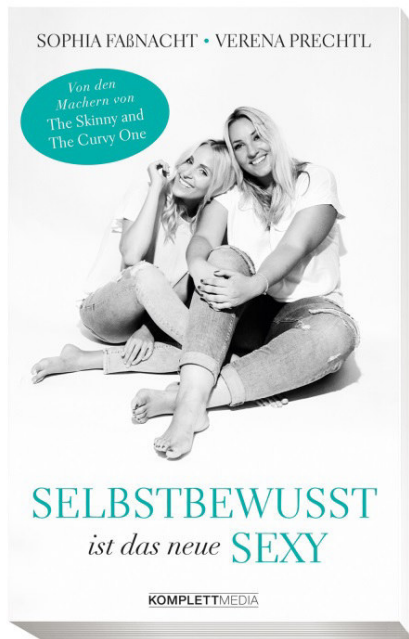
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Literary Agency, World Copyright Promotion

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Mail: maria@pinto-peuckmann.de



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.



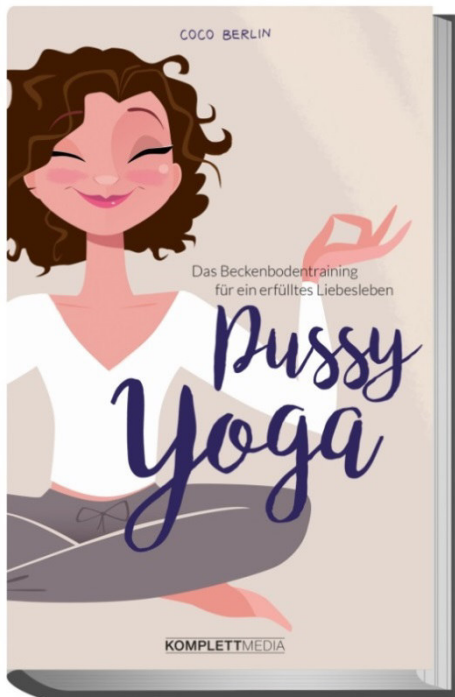
For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

Studies 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.,



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

Losing 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 ripped 66lbs along the way. Her podcast, Food Psychology Made Easy, regularly features at the top of the charts.



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Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de

BESTSELLER

For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann
Literary Agency, World Copyright Promotion
Ulmenstr. 33, 86916 Kaufering, Germany
Mail: maria@pinto-peuckmann.de



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

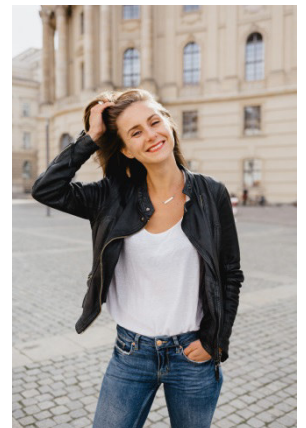
€22.99 (Germany), €23.60 (Austria)

- 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

Laura 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,



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

With 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.



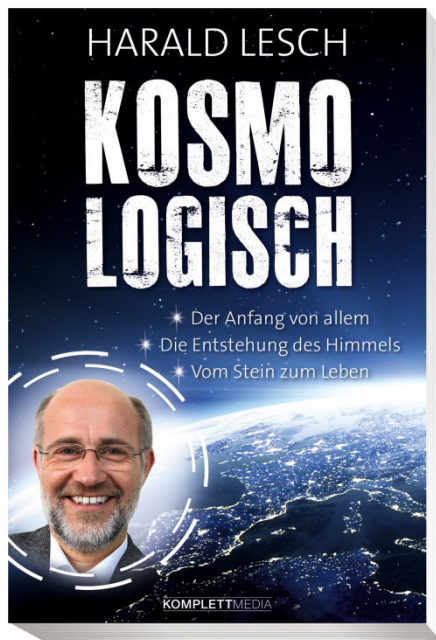
For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

How 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.



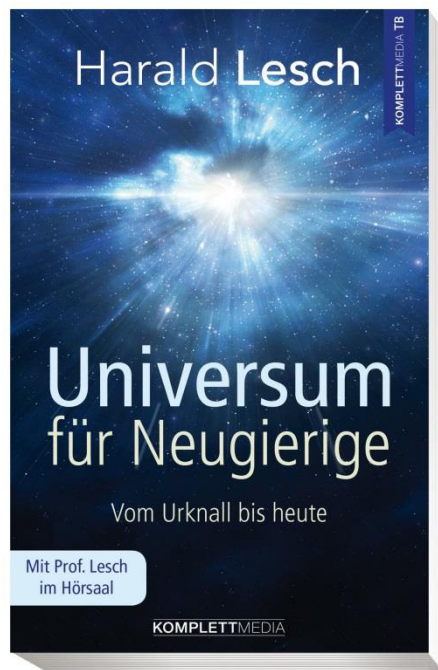
For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

Why 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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Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de

BACKLIST

For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann
Literary Agency, World Copyright Promotion
Ulmenstr. 33, 86916 Kaufering, Germany
Mail: maria@pinto-peuckmann.de



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

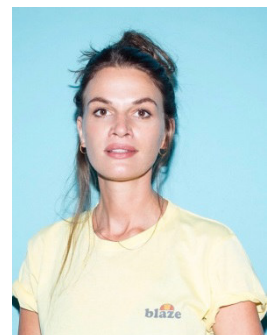
€18.99 (Germany), €19.50 (Austria)

- 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!

Muriel 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.



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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

Kerstin 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, she writes regularly about her life without sugar.



For further information and the request of a reading copy please contact:

Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de



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**

Robin 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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Mail: maria@pinto-peuckmann.de



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

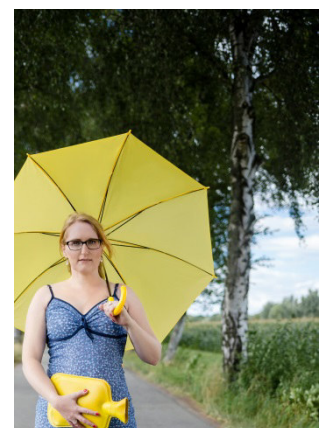
➤ **It affects one in ten
women in Germany**

➤ **A late diagnosis can have
fatal consequences**

➤ **Conventional medicine is
still groping in the dark**

Endometriosis 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, 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

Approx. 180 pages

Size 14.6 x 21.7 cm

hardcover

ISBN: 978-3-8312-0458-8

€19.99 (Germany), €20.50 (Austria)

- Next to "Time for Outrage!" this is THE new polemic for a better future
- A passionate appeal to rescue humanity
- Because we MUST!

A plea for a United Earth

7.5 billion people are plundering the planet Earth. For decades, we've been living beyond our means (we now need 1.6 Earths to keep up). And we all know this can't continue. But we won't give up the trip to New Zealand, riding our motorcycle at top speed, and the daily helping of steak. It's time someone smacked us on the head and said "Enough, already." SUVs have to be done away with, you can only have Cappuccino in your own cup, the inner city has to become a car-free zone, and everyone can only fly 20,000 miles in their lifetime. This book demands stricter rules and a new way of thinking. Our personal freedom must take a back seat to making this world better for our grandchildren. Only drastic measures will create a new world community: "United Earth." Otherwise, our spaceship is going to crash. "Ask not what the Earth can do for you, ask what you can do for the Earth."

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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Ernst Peter Fischer

When Knowledge Isn't Enough

**Famous scientists
and their search for God**

Approx. 180 pages

Size 12 x 19 cm

Paperback

ISBN: 978-3-8312-0446-5

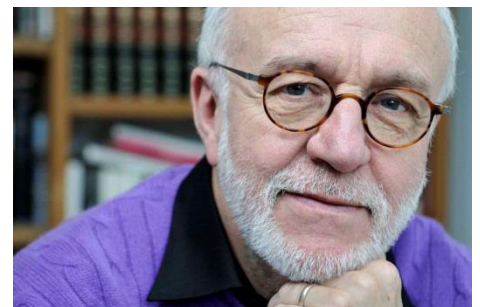
€18.00 (Germany), €18.50 (Austria)

- The debate of "Science vs. Religion" with prominent examples
- The world's greatest thinkers explore the topic
- Prominent best-selling author

"Science without religion is lame. Religion without science is blind." *Albert Einstein*

Do science and religion contradict each other? Is it possible to be a true Christian and a natural scientist at the same time? And what do the world's most important thinkers think of God? Ernst Peter Fischer offers an interesting look into the religious attitudes of great scientists and demonstrates how their knowledge helped shape their view of God and the world. From the mystical atheism of Bohr to the cosmic piety of Einstein to the disillusioned agnostic stance of Darwin—this book has room for all views about God and science.

ERNST PETER FISCHER tells readers everything they need to know about the natural sciences. The physicist and science historian is the author of numerous books. With his highly respected book "Die Andere Bildung" ("The Other Education," 2001), he reacted to the best seller »Bildung« by Dietrich Schwanitz, in which the natural sciences appear only peripherally.



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Stefan Deiters

What replaced the Big Bang?

... and 333 other questions from the universe

Approx. 240 pages

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Paperback

ISBN: 978-3-8312-0448-9

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- A gift book for the well-informed
- The universe in a nutshell

333 things to know

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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, 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.



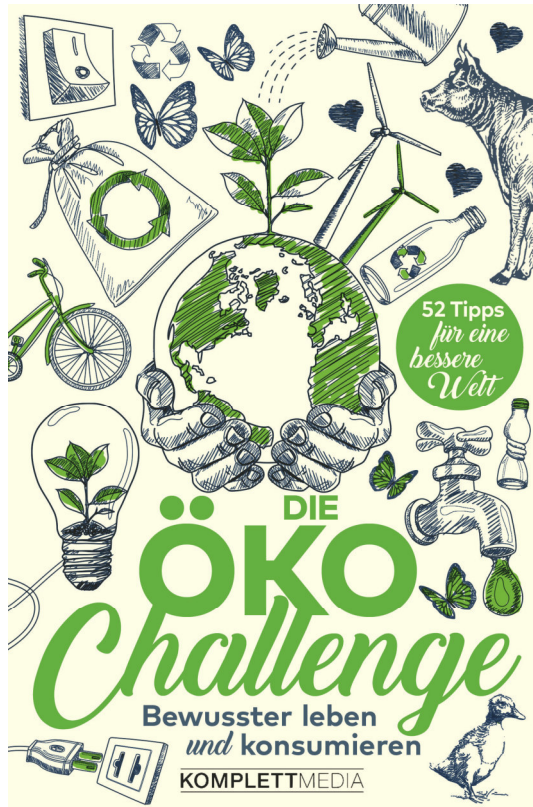
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Harald Lesch

The Eco-challenge

Be a more conscientious consumer

Approx. 152 pages

Size 11 x 17 cm

Flex brochure

ISBN: 978-3-8312-0452-6

€14.99 (Germany), €15.40 (Austria)

- Action: Under #ökochallenge, everyone can share their experiences.
- Because we only have one Earth!

Harald Lesch recommends ...

Each year we consume 60 percent more resources than the Earth can regenerate. If this trend continues unabated, by 2030 we'll need two Earths to meet our need for nourishment, water and energy. With the Eco-challenge, everyone can make small, everyday contributions to halt this progress. For 52 weeks, this book provides detailed instructions for action, along with facts and checklists that show how topical and explosive this issue is. Best-selling author Harald Lesch includes a foreword and personal tips. So let's get going!

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



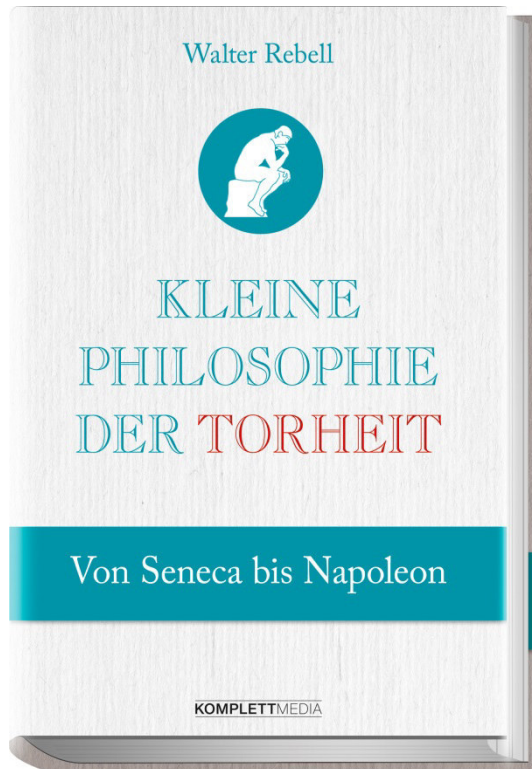
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Walter Rebell

Brief Philosophy of Foolishness

From Seneca to Napoleon

Approx. 208 pages

Size 13.5 x 19 cm

hardcover

ISBN: 978-3-8312-0457-1

€16.99 (Germany), €17.50 (Austria)

- Philosophical counseling for everyone
- An entertaining foray into the history of human foolishness

In Praise of Folly

Folly is hiding behind every corner. It makes life colorful and can trip up even the smartest among us. The great Seneca wrote: "If I want to poke fun at a fool, I don't have to search for long: I laugh at myself." In this vein, the "Brief Philosophy of Foolishness" travels through the centuries, encountering great intellectuals, powerful rulers, as well as us normal mortals. The author Walter Rebell states: "We are all victims of foolishness—and this is a good thing." After reading this book, the bottom line is: "Here I stand, a poor fool, but I feel better than before." [a takeoff on a quote from Goethe's *Faust*.]

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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**Elna-Margret Prinzessin
zu Bentheim und Steinfurt**

Skin Secrets

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kitchen**

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- "Do-it-yourself" is trending: the demand for "green" cosmetics is growing
- 30 beauty recipes for hair, face and body
- Simple recipes with easy-to-find ingredients

Live naturally On purpose – be beautiful with natural cosmetics

Studies show that many synthetic cosmetic ingredients damage the skin. Using natural foodstuffs can drastically reduce your personal exposure to contaminants. If you make your skin and hair products yourself, you can be sure they are free from preservatives, mineral oils, chemicals; and other ingredients. This book shows how simple and inexpensive it is to make pure cosmetic products yourself. The ingredients you will need, such as limes, coconut oil and thyme, are easy to find. Usually, a look in the refrigerator is all you'll need. The uncomplicated recipes are easy to follow without a lot of preparation. Princess Elna-Margret zu Bentheim und Steinfurt adds just the right amount of glamor to her recipes for natural cosmetics.

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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Maria Pinto-Peuckmann

Literary Agency, World Copyright Promotion

Ulmenstr. 33, 86916 Kaufering, Germany

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Sibylle Ploch

Lemons

Multi-taskers for Health & Beauty

Approx. 176 pages

Size 17 x 22 cm

Gate-fold cover

ISBN: 978-3-8312-0460-1

€14.99 (Germany), €15.40 (Austria)

- A MUST for all lemon lovers!
- Do it yourself – with lemons
- Ingenious life hacks you can use every day
- By the editor of the lifestyle blog www.zitronenzauber.de

Caring, curing, cleaning

The lemon is a true renaissance fruit. Not only is it nutritious, it's a real multi-tasker in cosmetics, health and the household. The magical citrus fruit brightens pigment spots and scars, whitens teeth, gives your hair highlights and strengthens nails. Eating lemons helps with colds and fevers, alleviates breathing difficulties and lowers blood pressure. It also cleans brass and chrome, keeps your refrigerator fresh and repels insects. This book offers easy and original recipes and everyday tips in all categories.

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.



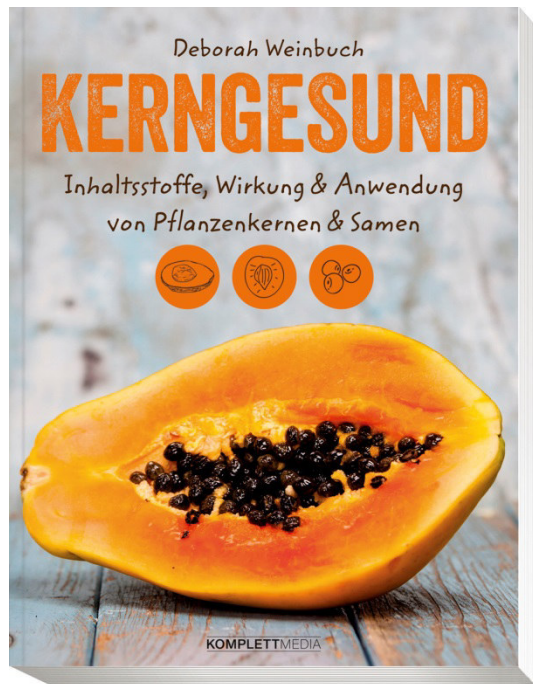
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Deborah Weinbuch

Healthy to the Core

Ingredients, effects and use of kernels and seeds

Approx. 176 pages

Size 17 x 22 cm

Gate-fold cover

ISBN: 978-3-8312-0453-3

€14.99 (Germany), €15.40 (Austria)

- The first comprehensive guidebook to seeds
- It has a separate chapter on "Myths About Poisonous Hydrocyanic Acid" with do's and don'ts

Hard rind, Healthy Seeds

Watermelon seeds can be roasted or ground and then mixed into homemade bread, and are a great way to add vital substances to smoothies and salads. Papaya seeds are almost healthier than the fruit itself. They aid in the regeneration of the liver and have been proven to fight intestinal bacteria. An avocado pit contains more soluble fiber than any other fruit. Even the growth of cancer cells can be stemmed by the active ingredient flavonol that it contains. This book shows which seeds and kernels shouldn't be simply thrown away, but reused in surprising ways. Instructions and recipes for internal and topical use are included.

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.



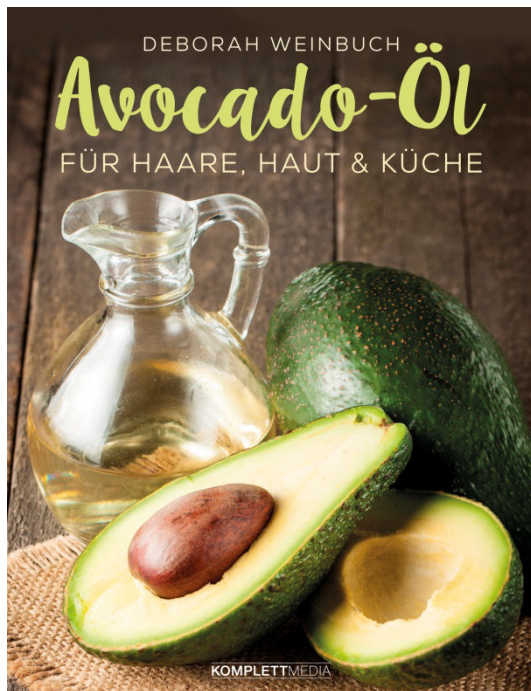
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Maria Pinto-Peuckmann

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Ulmenstr. 33, 86916 Kaufering, Germany

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Deborah Weinbuch

Avocado Oil

For the hair, the skin, and the kitchen

Approx. 160 pages

Size 17 x 22 cm

Brochure with Color illustrations

ISBN: 978-3-8312-0437-3

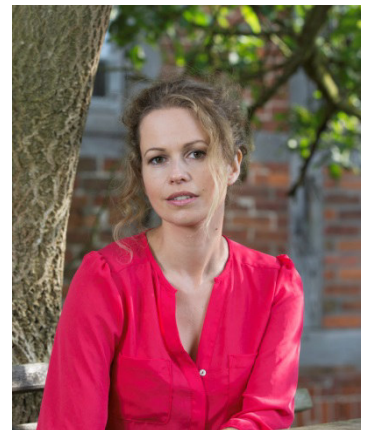
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- Healthy, nurturing and delicious.

The new miracle weapon for the body

The avocado is one of the healthiest foods we know. No matter how you prepare it—filled with tuna, in a salad, or as a chocolate mousse —this fruit is so versatile, and to eat one benefits your health in so many ways. Lovers of the avocado can broaden their range of possibilities for this “super fruit” by using avocado oil. But the oil is not only perfect for sautés and salad dressing, it’s the new star of the cosmetic and pharmaceutical industry. In this book, Deborah Weinbuch shows how easily avocado oil can be used in the kitchen and in cosmetics, and provides specific tips and instructions. From making your own oil, to mixing face masks for dry skin or smoothing scars, to delicious recipes, this book covers the limitless possibilities for this wonder oil.

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

Mud, Sweat and Endorphins

Everything about Obstacle Course Racing and how to master it

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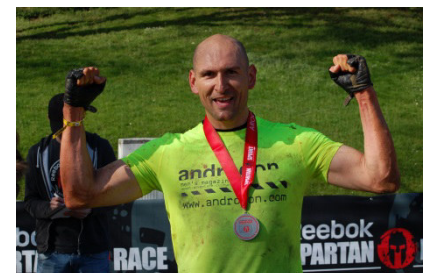
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- Train without equipment with the world champion
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Obstacle course runners dive through fire, crawl under barbed wire and battle through sludge and icy waters. And a growing number of people are on fire for this trend sport. For the first time, an insider shows what's behind the scenes and how to become fit enough to make it to the finish line in these brutal races. Raffael Zeller teaches you the origins of the sport, introduces its legends, talks with winners, clears up misconceptions, and explains how to master the most difficult obstacles. With the world champion's training routines in the Military Pentathlon, beginners, advanced athletes and pros can train at their own level. And there are tips on motivation, mental training, and nutrition from various experts.

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 world 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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Ulmenstr. 33, 86916 Kaufering, Germany

Mail: maria@pinto-peuckmann.de