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**KOMPLETT**MEDIA

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## The female body – wonderfully complex and nothing to be ashamed of

Authors with an established media presence and extensive reach

A book based on the successful podcast

Large social media campaign

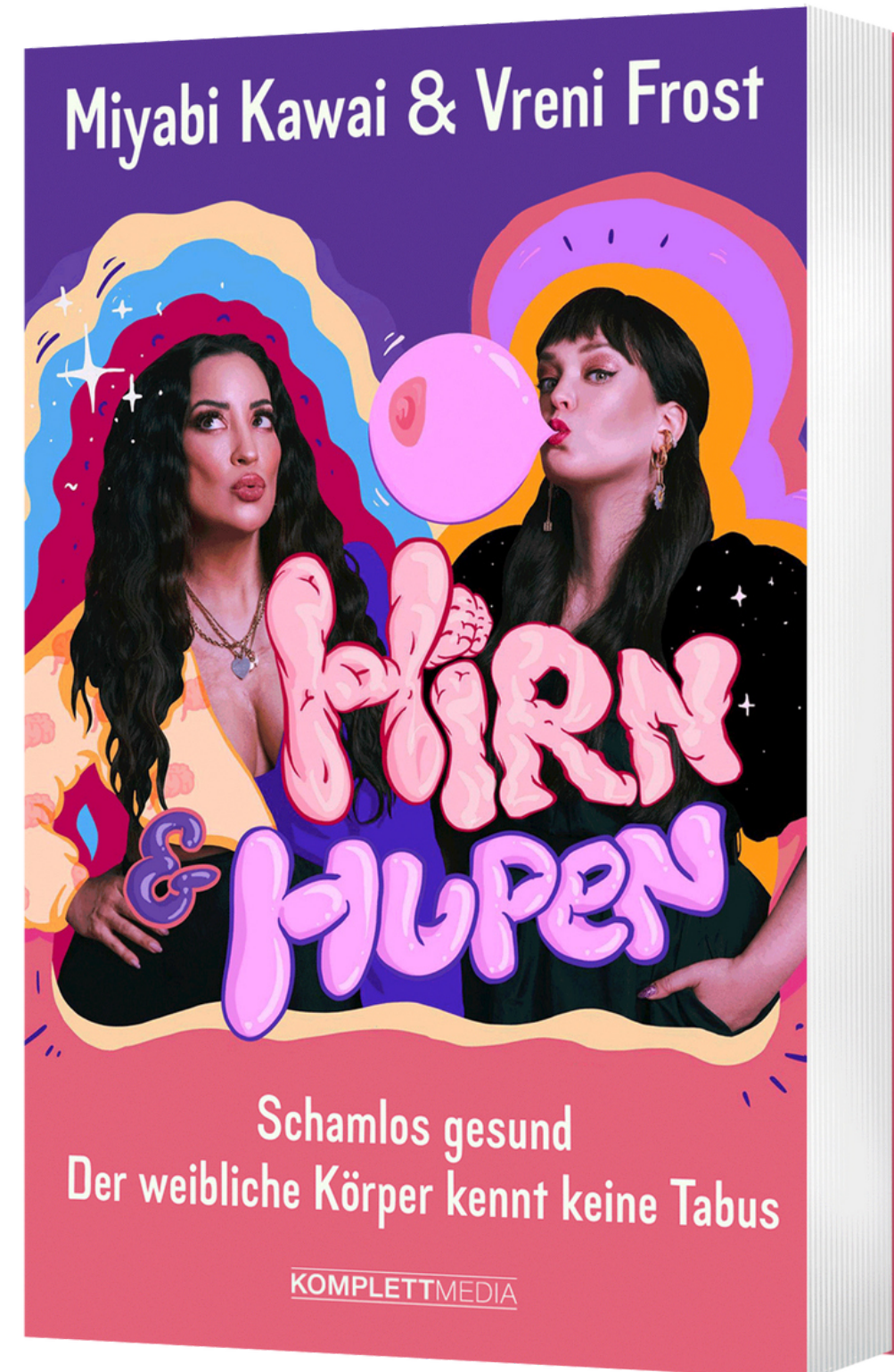
Planned stage performance based on the book

Women and their bodies, health, psyche, and sexuality, minus taboos or misplaced shame – these are the subjects of Kawai and Frost's book. From an unfulfilled or absent desire to have children, to female lust and the lack thereof, body image, or the „gender data gap“ in medicine. The two authors want to establish these as Common conversational topics, in order to educate, connect, and empower their readers in a relaxed and very authentic style, drawing on their own experience with body shaming and depression, hair loss, and menstrual problems.

Bottom line: Women's health from A to Z – there is nothing to be ashamed of.



**Miyabi Kawai** and **Vreni Frost**, are presenters, authors, close friends, and joint producers of their successful podcast "Hirn und Hupen" ("Brains and Boobs"), which discusses all subjects around female bodies and health without shame or taboos.



Miyabi Kawai and Vreni Frost – Brains and Boobs

*Shamelessly healthy – female bodies are not taboo*

192 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0620-9

22,00 € (D), 22,60 € (A), WG 1973



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## Felix Nieder fights against stereotypes and for diversity

### A radically honest book

### What is it like to grow up gay?

### Great media buzz around the author

Felix Nieder had always been different and stuck out in his small town outside of Hamburg. He was extensively bullied in school for being too feminine as a boy. Like many in the LGBTQ+ community, he used disguise for protection. Today, Felix knows he is perfect just as he is – and has become one of Germany's most booked models.

His book takes the reader along on his journey from caterpillar to butterfly. He is brutally honest as he describes finding his way – without the glitter that often adorns books on this topic. His fight is for tolerance and meaningful diversity – and against pink washing.



© André Arndt

**Felix Nieder** was born in Elmshorn – but his true home is the stage, at least when he is not studying law. He is one of Germany's most booked male models. In 2021 he was nominated GQ Man of the Year in front of a vast audience.



**Felix Nieder - When my gay self died**  
*A young man's rebirth into a queer world between homophobia, outing, and pink washing*  
 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0625-4  
 22,00 € (D), 22,60 € (A), **WG 1973**



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## Only little boys have ADHD!

Uhm, no...

**A Guide from a young woman with ADHD**

**Author with a large Community**

**Founder of Germany's widest-reaching ADHD community (Stammtisch)**

Lisa Vogel often hears things like "We all have a little ADHD.", "ADHD isn't even a thing." or "Only little boys have ADHD.". This book explains what it is like for an adult woman to live with ADHD, the prejudices encountered, and how to handle daily life.

Lisa dispels myths around the metabolic disorder in the brain known as ADHD. After all, not all people with ADHD are fidgety kids, struggle in school or becomes conspicuous as an adult.

Lisa's ADHD diagnosis marked the beginning of her journey to find herself, which sparked her desire to comfort others on theirs, to give them sympathy and protect them from self-doubt. The latest findings and studies around ADHD complete the book.



**Lisa Vogel** was diagnosed with ADHD at the age of 27 after 15 years of misdiagnoses. She publishes scientific and entertaining posts on the subject of ADHD on Instagram.



**Lisa Vogel - Hirngespinnste (Figments of the imagination)**

*Living with ADHD*

approx. 208 pages, 14,8 x 21 cm, Paperback, ISBN 978-3-8312-0626-1

22,00 € (D), 22,60 € (A), **WG 1465**



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## Why we swear the way we do

From the established maledictology expert

A humorous grammar guide for swearing

A topic that affects us all:  
For we all swear – even if we sometimes do not even know we are doing it

Humans have been swearing ever since they adopted speech. Germans favor an anal or fecal approach, Americans a sexual one, and in the Arabian region, people like to curse entire families.

Oksana Havryliv has been dealing with swearing for 30 years and in “Only an idiot would not buy this book”, she explains everything you need to know about swearing in an entertaining style: Why is swearing healthy? When does it provide the most relief? What do swear words tell us about a society? How should I react when sworn at? And the advanced level: creative swearing without swear words.



**Dr. Oksana Havryliv** is a linguist who teaches and researches at the University of Vienna. What began as a joke in a Vienna Heuriger tavern became her doctoral dissertation about swear words, and she has been working with swear words for 30 years now.



**Oksana Havryliv – Only an idiot would not buy this book**  
Absolutely EVERYTHING about swearing, chastising, cursing, and railing  
approx. 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0612-4  
22,00 € (D), 22,60 € (A), **WG 1957**



9 783831 206124



## A relaxing Spa treatment in book form

**SPIEGEL bestselling author with broad appeal (around 120k Instagram followers)**

**The non-fiction book “Relaxed, not burnt-out” has risen to 3rd place on the SPIEGEL’s list of bestsellers**

**Includes QR codes for exercise videos**

“Just relax!” is something we have all heard before. If only it were that simple.

Answering a quick email in the evening, listening to a voicemail from our boss on a weekend – we’re always available – and always on the go in our private lives as well. Many struggle to slow down and maintain a certain levity in their lives. The Corona years and a war in the middle of Europe add to our troubles.

This book makes a small contribution towards finding more serenity again in our lives. Thoughts, tips, and exercises help us to destress our daily lives, find more inner peace again, and to have faith. Practical exercises and step-by-step instructions invite readers to participate and complete them.

Bottom line: A little hug for the soul in troubled times.



© Julia Bradley

**Christina Hillesheim** studied sociology, has an online business, and is the author of several books. Her successful Instagram channel *@happydings* has around 120k followers. The 41-year-old lives in Bad Kissingen with her family and guides people on their journey towards a self-determined, happy, and free life.



**Christina Hillesheim – Relaxed, not burnt-out – Your exercise book**  
 100 little thoughts, tips, and exercises for more peace, confidence, and levity  
 approx. 224 Seiten, 16,5 x 23,5 cm, gate fold brochure, ISBN 978-3-8312-0628-5  
 22,00 € (D), 22,60 € (A), **WG 1462**



9 783831 206285

# Courage is the acceptance of fear

**Exercises you can do anywhere and  
any time**

**For anyone, who sometimes lacks  
the courage**

**Bonus: With the best self-help hacks  
and exercises from other celebrities**

According to the dictionary, courage is our own ability to overcome our fear in dangerous, risky situations. In his new book, SPIEGEL bestselling author Manuel Cortez flips this definition around. To him, courage is rather a radical acceptance of one's own fear. Therefore, people experiencing fear can be very brave.

Following on from his book "Angst im Gepäck" ("Baggage of Fear"), Cortez offers up techniques and exercises to restore confidence and the ability to act in our lives. He shows us how to create confidence from doubt, use peace to confront our anger, and how to turn rejection into acceptance.



© Philipp Wiebe

**Manuel Cortez** is an actor, hypnosis coach, and mental trainer. Through his own battle with anxiety and panic, he has developed exercises to build courage. His book "Angst im Gepäck" was published in 2022.



**Manuel Cortez – Your Courage Dispenser**

*Quick help against fear*

approx. 176 pages, 13,5 x 18,5 cm, Softcover with folds, ISBN 978-3-8312-0627-8

18,00 € (D), 18,50 € (A), **WG 1481**



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