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**KOMPLETT**MEDIA

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# Cyberbullying is emotional violence!

**Author with wide coverage:  
Instagram 160k / TikTok 135k / YouTube 62k**

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**News topic: The book is being released at the same time as the new season of Germany's Next Topmodel (GNTM)**

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**So far, Lijana is the first GNTM participant to break the confidentiality clause and was thus sued by the program's production company. She won the lawsuit on the fundamental points**

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**She exposes a system that fuels online hatred, instead of protecting minors from it.**

*"I'm just one of millions", says Lijana.  
So this book is not about one individual's fate, but about a mass phenomenon.*

The evergrowing hatred online has become a reflection of society's brokenness. Discussions on social media often involve insults, abuse and even threats. The suicide of the Austrian Doctor Lisa-Maria Kellermayr this summer was a sad climax. Lijana has also had to struggle with the consequences of cyberbullying to this day. Thanks to her immense courage and professional help, she managed to recover. But instead of withdrawing from public life, she wants to bring the problem to light, fight for and prevent others suffering the way she did. Lijana tours Germany giving interviews and speaks about cyberbullying with people affected, both celebrities and non-celebrities, psychologists, the police as well as experts on the subject. In doing so, she collects stories and expert statements, information and backgrounds. As a cyberbullying expert and ambassador, she wants to promote a new way of dealing with online communication. In this book, all these stories get to be told, interwoven with her personal narrative. In this way, one thing quickly becomes clear: silence is not an option. For none of us. Let's speak out loud and clear against online hatred!



**Lijana Kaggwa (25)** gave up her math degree for a career as a model. In 2020 she became known through the TV show GNTM (Germany's Next Topmodel). What started as a dream come true ended up being a nightmare. The show's favorite became a target. She was 23 back then and still a student when she was suddenly hit by a wave of online hatred. She and her family (even her dog) were threatened and sworn at in real life. Eventually she voluntarily dropped out of the GNTM final in front of millions of viewers in order to set an example against cyberbullying. She then founded her association "Love always wins". As a mindset influencer she now lives in Kassel but originally comes from a patchwork family with four siblings. What particularly shocked Lijana was that many of the online attacks were of a racist nature.



LIJANA KAGGWA

»DU VERDIENST  
DEN TOD!«

Wie **#Cybermobbing** Menschen  
und die Gesellschaft zerstört und wie wir  
wieder mehr Respekt ins Netz bringen

KOMPLETTMEDIA

**Lijana Kaggwa - You deserve to die!**

*How cyberbullying destroys people and society and how we can restore respect online*  
approx. 208 pages, 13,5 x 21 cm, softbound, ISBN 978-3-8312-0624-7

20.00 € (D), 20.60 € (A), **WG 1973**



9 783831 206247

# How self-proclaimed gurus make millions from the hardship of people

The first book that reveals the methods of ruthless coaches

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The author took a very detailed look into the dark part of the subculture – and managed to escape

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Topic with very high publicity potential

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The author is presently building coverage on this topic (almost 10k followers on Instagram, high rate of engagement)

*"This subculture is also kept alive because other systems throw people on the scrapheap. So whoever looks at this "industry" also needs to have a look at our society."*

Charlotte M. Raven was burnt-out and depressed – and thus an easy target for a subculture that promises supposed solutions to all the problems of precisely such people, in the most fanciful way, in the form of healing, transformation and support. In exchange for money of course. A lot of money.

That's because the business of giving hope has become a multi-million industry. Dubious coaches, often without any qualified training, systematically squeeze money out of people regardless of losses caused, in anonymous mass courses, promising a happy, successful, free and autonomous life. To do so they use extremely toxic and manipulative psychological tricks. It is not uncommon for people to suffer both financially and psychologically as a result.

Charlotte M. Raven turned her back on this subculture and in her book sheds light on the methods of self-proclaimed gurus. At the same time she takes the readers with her on her personal and instructive journey. Ultimately, coaching can be very enriching if you meet the right coach. In that case the results may not be so miraculous, but instead they are long-term, honest, accessible and transparent.



© Steffi Triebenbacher

**Charlotte M. Raven** has for many years been a management consultant for sustainable company communication and management. As a trained commercial computer scientist, she has more than 10 years of experience with IT and the web and advises managers on ethical marketing. She also helps individuals with her coaching, designed in accordance with ethical principles, to find clarity and be able to make better decisions and above all to act in a more effective way. She studies psychology and on her Instagram channel @thecharlotteraven, with its approx. 10k followers, she sheds light on toxic manipulative marketing and the processes behind it, but also shows how things can be improved and what ethical coaching looks like. The 32-year old single mom lives in Hamburg – her home of choice.



**Charlotte M. Raven – Not another coaching book!**

*About an industry that makes billions by manipulating people's psyches*

approx. 208 pages, 13,5 x 21,5 cm, softbound, ISBN 978-3-8312-0617-9

22.00 € (D), 22.60 € (A), **WG 1973**



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# Life's magic begins when we let go

**Author with wide coverage:  
More than 100k followers on Instagram**

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**Her podcast "To burnout and back" has been  
downloaded 400,000 times so far**

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**Her courses and workshops about mental  
health regularly attract hundreds of  
participants**

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**Through her online Happiness shop,  
Christina sells more than 1,000 products a  
month in the DACH region**

*"Today I would say that my burnout was the best thing that could happen to me. It taught me so much and led me to my vocation."*

Such a statement from Christina would be completely unthinkable in 2016. Christina herself would certainly not have believed it. But if there's one thing she learned in this difficult time, it is that a large part of our stress and our suffering is 'homemade'. And that it is up to us to "destress" our lives and find more serenity. How to do that has been summarized by Christina in 25 lessons. With these she wants to encourage people who feel they are stuck in the rat race, feel burnt out or stressed and long for more light-heartedness. People who find themselves in a similar situation as she did in the past.



© Julia Bradley

**Christina Hillesheim** is a qualified sociologist and online entrepreneur and author of multiple books. She runs the successful Instagram channel @happydings with more than 100,000 followers. In the summer of 2016 the 34-year old slipped into a burnout and suddenly found herself without a job and without prospects. She was put on indefinite sick leave with the diagnosis of "burnout with generalized anxiety disorder". Christina started to research and read up on how and why anxiety and depression actually arise. What followed was a long journey to healing with an incredible amount of insights and aha moments. Today, at 40 years old, she lives happily and anxiety-free with her family in Bad Kissingen and gives advice and support to people on their way to an autonomous, happy and free life.



**Christina Hillesheim - Relaxed, not burnt-out**

*25 lessons to live life more serenely*

approx. 208 pages, 13,5 x 21,5 cm, softbound, ISBN 978-3-8312-0618-6

22.00 € (D), 22.60 € (A), **WG 1931**



# Are you still being manipulated or are you playing a part already?



## About the author:

**Dr. Robin Stern** is the cofounder and acting director of the Yale Center for Emotional Intelligence and has worked as a psychoanalyst since more than 30 years. She also sits on various advisory boards, including the advisory board for the International Society for Emotional Intelligence. Dr. Stern regularly provides advice to schools and companies all over the world and is cofounder of the Star Factor Leadership Coaching and Oji Life Lab, an innovative digital learning system for emotional intelligence. She also introduced and established the concept of GASLIGHTING in this area of study.

»You're just imagining it all!«  
»You're too emotional!«  
»If I really meant something to you...«

These are all key phrases that in one way or another could indicate a form of emotional violence. When "perpetrators" distort facts and spread lies with the single purpose of denying the "victim" their own perception, we talk about gaslighting. This perfidious form of emotional abuse can occur in couple relationships and friendships, as well as between parents and children, or at work between employer and employees or colleagues. This book offers readers strategies so that they can control their own lives again and get out of toxic relationships.

New design of the "gaslight effect" international bestseller

Descriptive and realistic with many checklists, exercises and tests

Hot media topic: author is available for interviews in Germany too

**Dr. Robin Stern – Never again a victim!**

*How to recognize and fend off emotional manipulation*

approx. 340 pages, 13.5 x 21 cm, softbound

ISBN 978-3-8312-0622-3

22.00 € (D), 22.60 € (A), **WG 1933**





# It's finally time for happy and healthy relationships

Lovingly designed  
workbook

Released in time  
with the book  
in the US

This personal guide helps readers to recognize whether they have become victims of emotional abuse. As a type of diary, it accompanies readers on their path to making decisive changes and breaking toxic patterns of behavior – namely through specific courses of action, checklists, quiz questions and guided questions to stimulate reflection. Bit by bit, readers regain their self-confidence in this way to break away from these relationships. In this book you will also find out what makes you prone to emotional abuse and how to protect yourself against it. Only in this way can inner healing take place and long-lasting, happy relationships be created.

## Dr. Robin Stern – A journey to inner healing

*A personal guide to be free from toxic relationships.*

*An interactive workbook*

approx. 300 pages, 14,8 x 21 cm softbound

ISBN 978-3-8312-0623-0

22.00 € (D), 22.60 € (A), **WG 1481**



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