

SPRING 2024

PUBLISHING PROGRAM

KOMPLETTMEDIA

No democracy without facts!

The first book by the people's tattletale
(Volksverpetzer)

Large, high-profile supporter network
including Luisa Neubauer, Ruth
Moschner, "Die Ärzte" band member
Bela B., etc.

Extreme reach:
Facebook: 150k
Instagram: 450k
Twitter: 350k
Steady supporters: 2.500

We all fall for fake news. It sneak their way into our world view cleverly packaged within otherwise good stories. As a result, disinformation and propaganda threaten democratic discourse and nourish the power of demagogues, especially on social media.

In his "Advertising for Truth", the Volksverpetzer blog's founder and editor in chief Thomas Laschyk explains why facts, science, and trusted sources are becoming less relevant in helping us form our opinions. In his usual entertaining and accessible style, he demonstrates how fake news is really created, how it goes viral - and how we, in turn, can construct compelling stories out of facts. The book shows us all a way to fight for the truth in a world where stories trump fact-based evidence.

Bottom line: Spend more time telling the truth and less time contradicting lies.



©Volksverpetzer

Thomas Laschyk is a blogger and online activist as well as founder and director of the anti-fake news blog Volksverpetzer (people's tattletale) who leads his dedicated team in the fight against disinformation, hate, and agitation on social media.



Thomas Laschyk - Advertising for Truth

Don't leave the good stories to fake news

224 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0632-2

22,00 € (D), 22,70 € (A), **WG 1973**



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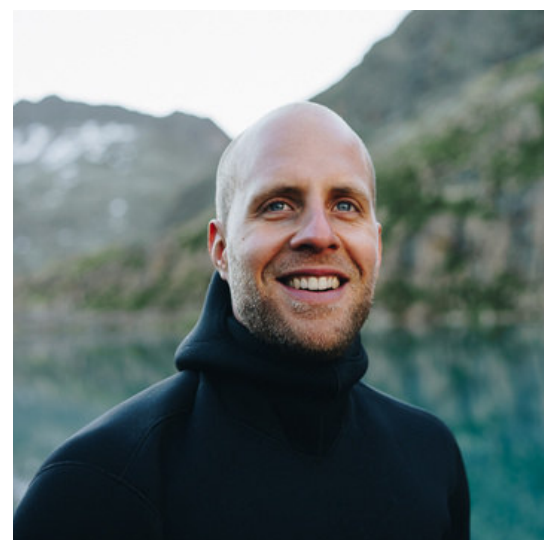
Breathing space!

An unorthodox guide written by a freediver

The book combines breathing techniques with established business coaching methods to achieve specific effects

Includes captivating and touching stories from Timo's (diving) life

In this book, freediver Timo Niessner depicts tried and tested breathing techniques and practical breathing exercises to finally breathe deeply again, clear your head, unlock your inner strength, and use all your power to cope with your job and daily life – even in rough seas. His knowledge enables us to stay calm even in stressful moments, establish new routines, and stay motivated while pursuing our own goals. To him, breathing is THE tool for strengthening physical and mental health.



At 29, sports economist **Timo Niessner** decided to pull the ripcord and move on: Rather than constantly chasing one career objective after the other, he focused his life on what really matters and dove into the beauty of the underwater world and its extreme conditions. He is always pushing the limit as a freediving instructor while his RESTORATIVE BREATHING company provides consulting to businesses on breathing and mental health.



Timo Niessner – BREATHE FREELY
Utilize the essence of freediving and enrich your life with breathing exercises that support better mental and physical health
 approx. 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0629-2
 22,00 € (D), 22,70 € (A), **WG 1931**



Unmasking the bogus arguments denying climate change and science

Established SPIEGEL bestselling author

Great reading and event tour to be continued in 2024

Extensive reach:
100k Facebook, 80k Twitter,
20k Instagram, 10k LinkedIn

The book perfectly complements his debut opus without replacing it

Jan Hegenberg's new book *Climate Bullshit Bingo* pulls back the curtain on the most common bogus arguments against climate protection.

An entertaining reference book with substantiated counters to excuses such as "Germany alone cannot save the world!", "Yes, but what about China", and "The experts don't agree".

This book prepares you for any discussion with friends and family and shows how climate protection actually works.



© Simon Hegenberg

Jan Hegenberg is an author, blogger ("Der Graslutscher"), and highly sought-after speaker who has been explaining changing dynamics around food consumption, energy, and transportation in a scientifically grounded and yet very funny way for years. His first book "Weltuntergang fällt aus!" (The end of the world is not happening!) jumped from 0 to 3rd place of DER SPIEGEL's bestseller list and was among the bestsellers for 2022. It is frequently praised for its blend of humor and sound research in a way that makes the complex issues involved accessible to average people who are not experts on the subject.



Jan Hegenberg – *Climate Bullshit Bingo*
"Germany alone cannot save the planet!" and dispelling other bogus arguments about climate change
approx. 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0635-3
22,00 € (D), 22,70 € (A), **WG 1985**



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Work with your body, not against it!

#menstruationmatters

By the founder of FEMNETIC, the online academy for cycle-based training

For recreational and professional athletes and coaches

Take your performance, well-being, and health to the next level

Exercise & nutrition in alignment with female physiology

Cycle-based training is mindful of the hormonal fluctuations that occur during different phases of the natural menstrual cycle, which can be effectively utilized by any women engaging in sports and exercise. Early study results demonstrate that the cycle impacts not just women's well-being but also their performance. Energy levels, muscle adaptability, nutritional needs, risk of injury, and much more are subject to change during the course of the cycle! The point is to work with your physiology and not against it, which means that every woman can adapt her diet and exercise according to her own individual physiology to get optimal results. Thus, it is important to be familiar with your own cycle. This book provides the necessary know-how based on the latest studies.



Early during her sports degree studies and beginning with her work as a course instructor **Frances Weber** missed her period for over three years because of the wrong diet and exercise. Frances began aligning her exercise and diet with her menstrual cycle. After just a short time, she not only got back on her regular cycle but also felt stronger and better than ever! She quickly realized there was a great need for appropriate education and utilized her training in sports and nutritional science to make this knowledge available to other women via her own online academy femnetic.de.



Frances Elise Weber - A Matter of Phase

Why women should exercise differently than men - your guide for working out and eating in alignment with your cycle
approx. 208 pages, 14,8 x 21 cm, Softcover with flaps, ISBN 978-3-8312-0630-8

22,00 € (D), 22,70 € (A), **WG 1469**



9 783831 206308

Searching for a school that is fun for all

A humorous critique of the education system by someone who happened to become a teacher

Innovative approaches to education

Author's media profile features over 15.000 Instagram followers @juliane_golbs

Being a teacher used to be a dream job but today it seems impossible due to outdated curricula and unattractive in-class teaching styles. Yet TikTok et al show us that knowledge can be imparted in 30 seconds. This book exposes stereotypes inside the education system and calls for an urgent change in direction. Both ironic and poignant, Golbs' text makes clear that reforms are not enough, and subjects need to be rethought. "The Cretaceous Age" offers an innovative approach to contemporary education that draw its inspiration from successful models in neighboring countries – a Michelin-star system that makes individual support and tutoring obsolete.



© Heike Ross

Juliane Golbs is a Hamburg artist with an art degree from Germany's most prestigious school of arts (HfBK) and also holds a degree in philosophy. She discovered her passion for teaching serendipitously. After almost 10 years as a primary school teacher, she takes stock and makes the case for child-centric education.



*Anekdoten aus Deutschlands veraltetem Bildungssystem und über den Lehrerberuf als Ausweg, immer Recht zu bekommen

JULIANE GOLBS

KOMPLETTMEDIA

Juliane Golbs – The Cretaceous Age
Anecdotes from Germany's outdated education system and about teaching as a way to always be right
approx. 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0633-9
20,00 € (D), 20,50 € (A), **WG 1973**



From the operating table to volleyball stardom

Krystal's unbelievable journey and her tenacity are simply inspiring

Readers get an authentic impression of life as a top athlete, no sugar coating or embellishments here

Her message: "Nothing is impossible!"

It is almost like Forrest Gump, only true: The moving story of Krystal Rivers' life, who was told by doctors that she would never be able to walk.

Still, Krystal took a leap into life. This moving autobiography tells the story of severe birth defects, over 20 surgeries, and her ultimate triumph in volleyball. Krystal became a French and German champion, a US national player, and beat cancer.

An inspiring story of survival, unwavering will, and the power of sports.



© Bildermacher-Sport, Jens Körner

20 surgeries, cancer, and panic attacks. **Krystal Rivers** is a world-class volleyball player today. Originally from the U.S., she led her Allianz MTV Stuttgart club to win three German championships, to #cupvictory, and to the finals of the European Cup.



Krystal Rivers – The Doctors Said I Would Never Walk, So I Decided to Jump
My unbelievable journey to the top of the volleyball world
 approx. 208 pages, 13,5 x 21,5 cm, Paperback, ISBN 978-3-8312-0631-5
 22,00 € (D), 22,70 € (A), **WG 1971**



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