

# AUTUMN 2024

PUBLISHING PROGRAM

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**KOMPLETT**MEDIA

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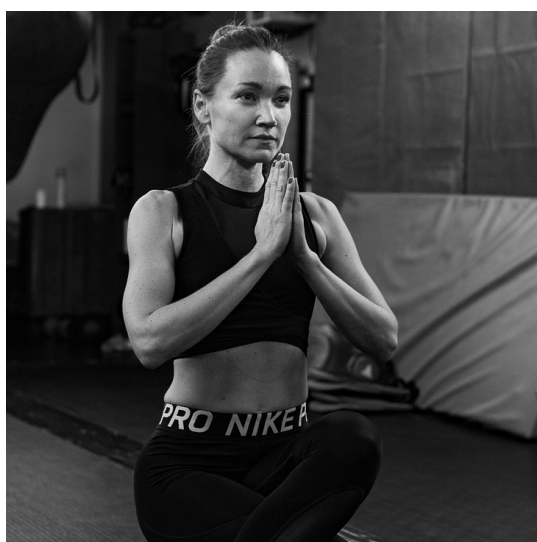
# What martial arts taught me about life

## The well-known actor's first book

## Loved by the media and a frequent guest

## About the allure of new beginnings and how they can change your entire life

The actor Lisa Maria Potthoff shares with the reader an inspiring glimpse into the world of martial arts. What started out as a sporting endeavor quickly grew into more than just a physical challenge. Martial arts became a part of her life, teaching her fundamental virtues such as humility, respect, and trust. Her book tells the story of her personal development. Her humorous and intense story-telling style illustrates how these values influenced not just her roles but also her entire life for the better. An inspiring book about the allure of new beginnings and personal development.



© Linda Rosa Saal

**Lisa Maria Potthoff** began her martial arts journey as an established actor in her late 30s – initially to be able to perform her own stunts for her role in the movie »Carneval«. But this was just the beginning of a journey she shares with her teacher Yi-Chung Chen.

Lisa Maria Potthoff

# VOM KÄMPFEN UND LERNEN

Wie mich die Kampfkunst  
zu innerer und äußerer  
Stärke führte

KOMPLETTMEDIA

VORLÄUFIGES  
COVER!

**Lisa Maria Potthoff – On Fighting and Learning**  
How martial arts helped me find both internal and external strength  
approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN 978-3-8312-0638-4  
22,00 € (D), 22,70 € (A), **WG 1961**



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# Marry in haste, repent at leisure!

Be prepared when you start your married life – legally and emotionally. This book covers both aspects

Plain language instead of rose-tinted spectacles

This book takes any relationship to the next level

Who could know more about why couples divorce than a divorce attorney? In her professional life, Saskia Schlemmer – @diescheidungsanwaeltin on Instagram – witnesses the reasons for separations and the corresponding existential challenges every day. Oftentimes, a lack of information before marriage is to blame. But it does not have to be this way. Her mantra is: »Use the loving and trusting phase to build a precautionary foundation for a fair separation. It is not unromantic, it is smart! And in the best case scenario you will never need it.« A divorce should definitely be played out as in the mind to avoid nasty surprises later on. In this book, Saskia Schlemmer wants to share her experiences, so that soon-to-be married couples do not make the same mistakes as many have done before.



© Svetlana Posdnysheva

**Saskia Schlemmer** is an attorney who works exclusively in family law. It is her calling. And as a wife and mother, she is familiar with her clients' struggles. Amicable outcomes are her top priority.



**Saskia Schlemmer – The Book You Must Read Before Your Wedding**  
*Learning about legal matters before your marriage saves time, money and nervous energy*  
 approx. 208 pages, 14,8 x 21 cm, softcover with folds, ISBN 978-3-8312-0636-0  
 22,00 € (D), 22,70 € (A), **WG 1491**



# How small deeds can have a major impact

Fast growing community on Instagram (180k) and TikTok (220k)

The topic is well received in the media

»Random act of kindness« is a major social media trend

In an uncertain and crisis-ridden world, Patrick Legun stands out as a shining example of altruism and empathy. His book »With Humanity« is inspired by his conviction that each individual can make a difference and presents a heartfelt plea for more humanity in our daily lives.

His encounters with people he helps and those he asks for help become stories that not only explain why people help others but also show the positive impact on society a willingness to help can have.

The author asks us to look beyond our own horizons and shows how helping others can provide meaning to both those we help and to ourselves. The book is more than just a collection of inspiring anecdotes, it also motivates the reader to take an active part in positive change.



**Patrick Legun** is the heart and driving force of the »With Humanity« movement. He studied theology and technology, has held teaching positions in secondary education and is active on TikTok and Instagram with the aim of inspiring others. His mission: to encourage people to adopt an empathetic lifestyle.



**Patrick Legun - With Humanity**  
*How I started to make people happy and discovered the path to real joy in life*  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN 978-3-8312-0639-1  
 22,00 € (D), 22,70 € (A), **WG 1973**



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# Me, myself and ?

Personal, honest, brave

For the »relationship-phobic« generation

Huge media attention

Cross-promoted with her new album

Alina lives a happy and fulfilled life: she is a successful singer, independent, and has a large circle of friends and a loving family. Ostensibly, all that is missing is the perfect partner – at least that seems to be how society sees it. And maybe herself, too? But how does love really work? An essential question asked by Alina and an entire generation. A simple question, but one that is not so easy to answer.

Alina embarks on a self-experiment – alongside promising Tinder dates, a self-love retreat, and working with her inner child, she devours numerous books and conducts research among long-term couples in her circle of friends and acquaintances. Time and again, she comes across the particular challenges facing single women from their mid-30s onwards. You will find all her insights in this book.



© Manuela Hall

**Alina Wichmann** is a German singer and songwriter. Her debut album »Die Einzige« [»The Singleton«] was released in 2017 and immediately climbed into the top 100 of the German charts. In her songs and on social media she promotes body positivity and self-love. The singer lives in Berlin and launched her new album »Ungefiltert« [»Unfiltered«] in 2024.



**Alina Wichmann – Vulnerably Strong**  
*My life navigating the woes of singledom and the dating jungle, and experiencing real self-love*  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN 978-3-8312-0637-7  
 22,00 € (D), 22,70 € (A), **WG 1931**



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# We are still in control!

The leading scientist in the field of  
water security

Very in demand on TV

The first book explaining what must  
be done now

The climate crisis is causing the water cycle to change dramatically – from droughts to floods. Without being alarmist, leading hydrobiologist Dietrich Borchardt tells us about the state of the world's water resources, the effects of climate change and human use of the elixir of life that shapes our very existence. His approach is one that emphasizes creativity. His mantra: if we make the right choices now we can live fulfilling lives even with less water.

Borchardt provides comprehensive insights into this pressing topic and presents positive examples to raise awareness of the challenges. His work is a wake-up call to switch course and provides specific solutions for a sustainable future in relation to water.



**Prof. Dr. Dr. h.c. Dietrich Borchardt** is a hydrobiologist at the Helmholtz Centre for Environmental Research (UFZ) and at the Dresden University of Technology, is an expert on water issues and co-author of the National Water Strategy. For years he has focused on issues surrounding the development of water cycles due to the climate crisis and water usage – both in Germany and around the world. His mission: to educate people about problems related to water without losing sight of positive developments.



**Prof. Dr. Dietrich Borchardt – Our Water**

*How to live a good life despite increasing extreme water events by making the right decisions today*  
approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN 978-3-8312-0634-6  
22,00 € (D), 22,70 € (A), **WG 1985**



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