

Autumn

PUBLISHING
PROGRAM

2025

Politics

Society

Conscious Living

Psychology

KOMPLETTMEDIA

Between war and hope - a plea for humanity

Own STERN TV program on Book publication
(broadcast 03.09.2025)

Uncomfortable questions:
confronting decay western values

Topical and relevant:
War, flight, migration and
the responsibility of the West

High reach in the social media
(@_sophiamaier with 42,000 followers
on Instagram)

In *Heart of barbed wire*, Sophia Maier paints a haunting picture of war and flight - unembellished, up close and moving. As a war reporter, she reports from Afghanistan, Syria, Ukraine and refugee camps in Lebanon and Greece. Her focus is on the most vulnerable: women, children and families. She asks the pressing question: what remains of humanity when we the most defenceless? But alongside suffering and destruction, there is also hope. Maier meets people who are committed to justice. Her book is not only a critical appraisal of the role of the West, but also a plea for more humanity - a call to look and take responsibility.



© Sebastian Knoth

Premiere reading:

16.09.2025 at 20:00
at the Pfefferberg Theater in Berlin

Current focus:

15.09.2025: International Day of Democracy
18.12.2025: Migrants' Day

Sophia Maier (born 1987) is a German journalist and war reporter. She works for RTL and stern TV, among others, and has received numerous awards for her documentaries.



Sophia Maier - Heart of barbed wire
A war reporter on lost humanity and the double standards of the West
approx. 288 pages, 13.5 x 21.5 cm, paperback with illustrated section, ISBN: 978-3-8312-0646-9
24,00 € (D), 24,90 € (A), **WG 1973**



9 783831 206469

About friendship, loss and the power of togetherness

Emotional and touching

Real friendship, real Stories

From a well-established author with excellent contacts in Journalism

Journalist Kerstin Schweighöfer talks about her friendship with Jantina, which lasted over three decades. Jantina has cancer and in the end decides to opt for euthanasia. While mourning Jantina, she wonders what friendship really is. To answer this question, she talks to people of different age groups and cultures about their friendships. Like with Liesbeth and Alice, who were blue helmets (UN peacekeepers) together in Srebrenica during the 1994 war in Yugoslavia. Or with Jonas and Felix, who carried their friend Sarah, who had ALS, in a wheelchair across the Dolomites. And Merel, who donated an egg to her friend Veerle, who couldn't have children. The answers show that friendship is a special form of love, often stronger than family ties.



© Lidia van Meegen

Kerstin Schweighöfer (*1960) is a journalist and author. She has lived in the Netherlands since 1992, writes for Deutschlandfunk and ARD, among others, and has published several books, including "100 Years of Life".



Kerstin Schweighöfer
Friendship – Another form of love
Stories about an indomitable force

approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0647-6
 24,00 € (D), 24,90€ (A), **WG 1973**



Happiness cannot be postponed

Wisdom that makes you think and changes your perspective

Emotional and inspiring: stories that touch and enrich

Author duo known through Instagram: Two strong voices for an important topic
(@elsa.palliative.care with 45,400 followers on Instagram)

Dying people have a unique view of life - and they show us what really matters. Michaela Bayer and Sara Loy, palliative care nurses from Großhadern Hospital and known for their Instagram channel, break the taboo surrounding dying. They share stories and insights from people at the end of their journey that teach them to live in the here and now. Sometimes touching, sometimes humorous - always with respect and full of wisdom.

A book that shows: In the end, it's not possessions that count, but lived moments and true relationships.



© Stefanie Resch

Current focus:

11.10.2025: World Day of Hospice and Palliative Care (World Hospice Day for short)

Michaela Bayer and **Sara Loy** are palliative care nurses at Großhadern Hospital. With their Instagram account *elsa.palliative.care* (over 41k followers), they break down the taboos surrounding dying, death and grief.



Michaela Bayer and Sara Loy – In the end, it's the NOW that counts
What two palliative care nurses learn about life from the dying
approx. 208 pages, 13.5 cm x 21.5 cm, paperback, ISBN: 978-3-8312-0648-3
24,00 € (D), 24,90 € (A), **WG 1973**



9 783831 206483

When family is suddenly different: A survival guide for being a parent - even alone

Experience-based expertise
from a PR professional

Through Sara's social enterprise
"Solomütter" she is a regular visitor to
the topic in the media
(@solomuetter with 15,000 followers
on Instagram)

Competent support through
difficult times

"What would you do if you knew you were going to be a single parent in six months?"
Sara Buschmann

Nobody plans to become a single parent - and yet it can happen to anyone. Separation, loss or unexpected life events can suddenly turn families upside down. But hardly anyone prepares for this.

This book is an indispensable guide for all people with children. It shows how fragile the model "Mother-father-child" is and why our society often overlooks single parents and the prejudices they have to contend with. Why is single parenthood seen as an exception and not as an equal family form? What structural hurdles make life difficult for single parents - and how can you protect yourself (especially as a woman) in good time?

Sara combines personal experiences with in-depth research. She debunks myths, addresses social injustices and gives specific tips on how to set yourself up to be financially, emotionally and organizationally prepared for separation.



© Anna Gidheru

As a single parent, **Sara Buschmann** knows the challenges, pitfalls and disadvantageous structures for single-parent families. That's why the media creator founded the non-profit organization "Solomütter" in 2021, including a website and magazine, to give the perspective of single parents a home.



Sara Buschmann - The book you need to read before becoming a single parent

Instructions for the (un)probable case

approx. 208 pages, 14.8 x 21 cm, paperback, ISBN: 978-3-8312-0649-0

24,00 € (D), 24,90 € (A), **WG 1973**



9 783831 206490

A fresh start with radiance - How to emerge stronger from every crisis!

Top trending topic: Resilience & personal Development

Authentic: Experiences from the coaching practice

Inspiring: stories of courage from real people

Activating: Change made easy!

Author of @mutmentorin, with a large reach on social media

(approx. 1.5 million impressions per month and 40,600 followers on Instagram)

Whether after a break-up, job loss or personal crisis - this book shows you how to overcome your fears and make a courageous new start. Kathleen Janitschke shares inspiring success stories and effective coaching impulses that help you to break through old patterns, discover your own inner strength and set off with new clarity. With practical exercises and reflection questions, you will be guided step by step to leave your comfort zone and realign your inner compass. Because change begins in the mind - and the first step can change your life!



© Claudia Bernhard

Kathleen Janitschke is a coach & expert for personal transformation. She accompanies people in crises, helps them to overcome fears & break new ground. Her focus: courage, resilience & inner strength.



Kathleen Janitschke - Fall down. Get up. Shine.

How to emerge stronger from crises

approx. 208 pages, 13.5 x 21.5 cm, paperback, ISBN: 978-3-8312-0650-6

24,00 € (D), 24,90 € (A), **WG 1931**



Don't we all get enough cuddles?

Guest on NDR Das for the release on October 7, 2025

From THE researcher of the sense of touch

Scientifically sound and easy to understand: combining latest scientific findings with everyday life

Practical relevance: Touch strengthens our immune system, reduces stress and promotes well-being

This book takes you into the fascinating world of touch and shows how essential physical contact is for well-being and social bonds. Sports teams that touch each other more often are more successful, waiters receive more tips with a discreet touch, and loving physical contact promotes the social brain development of children. What's more, couples who cuddle a lot are happier, and touch has been shown to reduce stress.

This book uses impressive examples to show how special nerve cells transform touch into a sense of well-being, how closely the sense of touch is linked to our brain, and the profound effects of touch on our physical and mental well-being.

An inspiring book about the underrated power of touch.



© Antonie Bierling

Ilona Croy completed her doctorate and habilitation in Dresden. She researches the neuronal basis of perception at the University of Jena and is enthusiastic about brains and large data sets. She has also received awards for her commitment to teaching and supervision.



Ilona Croy - Touch me
The secret superpower of touch
 approx. 208 pages, 13.5 x 21.5 cm, paperback, ISBN 978-3-8312-0651-3
 24,00 € (D), 24,90 € (A), **WG 1933**



9 783831 206513

How much truth is there in the biggest psycho-myths?

**Pure infotainment:
scientifically sound and entertaining
at the same time**

**Bullshit Barometer:
debunking psycho myths in a
humorous way**

**Trend topic psychology:
uncovering clichés and becoming
smarter in the process**

"It didn't do me any harm either" - really? This book takes a close look at the most well-known psychology myths and tests their truthfulness with a humorous bullshit barometer. From "brain jogging makes you smart" to "porn is addictive", common stereotypes are entertainingly debunked and explained in a scientifically sound way. The author duo of science journalist and psychology expert dispels everyday wisdom and provides exciting infotainment. Perfect for anyone who wants to challenge common clichés.

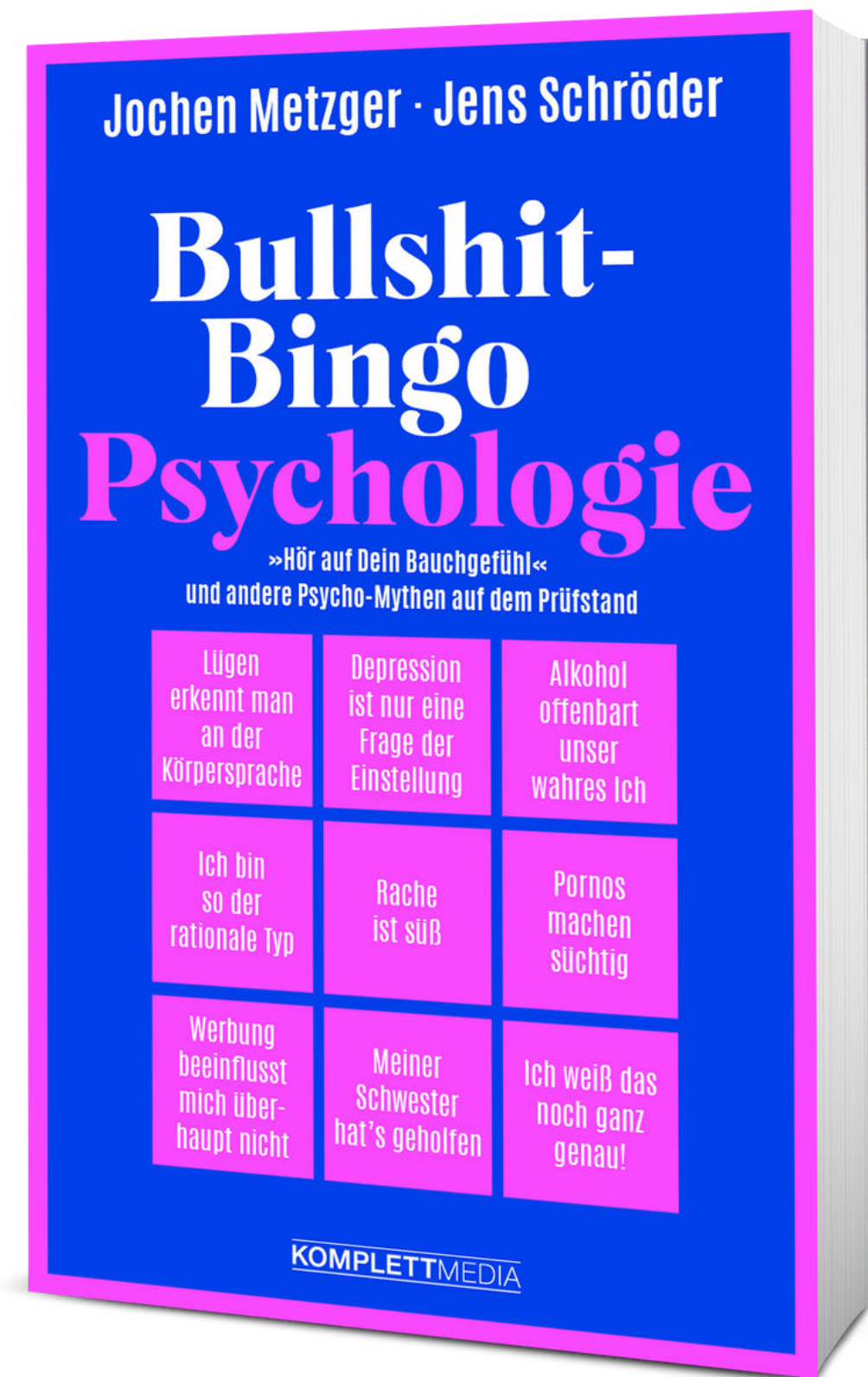
Jochen Metzger and **Jens Schröder** are the "bullshit hunters": Metzger is a science journalist and psychology expert ("Psychologie Heute"), Schröder is a renowned science journalist and podcaster. Together they debunk the biggest psycho-myths.



© Dennis Williamson



© Malte Joost



Jochen Metzger and Jens Schröder – Bullshit Bingo Psychology
"Listen to your gut feeling" and other psycho-myths put to the test
 approx. 208 pages, 13.5 x 21.5 cm, paperback, ISBN: 978-3-8312-0652-0
 24,00 € (D), 24,90 € (A), **WG 1933**



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