

Fall 2021

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★ NEW TITLE FROM OUR BESTSELLER AUTHOR

Katharina Saalfrank

The Path to a Happy Parent-Child Relationship

Better understanding your child and yourself

CONTENT

'Being a parent is a journey to yourself. That is why a different perspective is necessary. If you understand yourself, you can better understand your children, too.' Katharina Saalfrank

A loving parent-child relationship is the basis from which children can grow up in a healthy way. In order for this to succeed, we need to see things from a different point of view: the focus should not be on the behaviour of the child, but on the needs and feelings the child has which have led to this behaviour. It is not the child who has to change, but the parents who should look at the world through the child's eyes and, by doing so, understand themselves better. The well-known family counsellor Katharina Saalfrank accompanies parents who are on this path and takes on the most pressing issues of being a parent. What is behind aggression or fears? What are the needs of the child, and of the parents? And how do you make sure children have a respectful upbringing?

Based on findings from education, psychology and brain research, Katharina Saalfrank encourages mothers and fathers to focus on themselves first and then to break new ground. The fuel you need for all this comes in the form of a whole range of exercises, tried and tested challenges and reflective impulses as well as an emotional map for dealing with strong feelings.

- **Katharina Saalfrank – Germany's best known family counsellor**
- **About the emotional development of children AND parents**
- **With lots of challenges, exercises and tips**

AUTHORS

Katharina Saalfrank is a qualified educator, therapist, parent and family counsellor and a successful author. She does bonding and relationship oriented work in her own counselling practice in Berlin. At the centre of her approach is the constructive relationship between parents and their children, along with the emotional development processes of children and parents. Katharina Saalfrank has four sons and lives with her husband in Berlin. In 2017, Beltz published her book 'Childhood without Punishment'. **Backlist:** [see page 13](#)

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 2-10 years



September 2021
381 pages; 24.00 EUR

Olaolu Fajembola / Tebogo Nimindé-Dundadengar 'Pass Me Over That Skin Colour'

Speaking to children about racism

CONTENT

No child is born a racist

There is no place for racism in our family - almost all parents would agree on that. But many find it difficult to address prejudice when bringing up their children. In an open and personal way, and with a thorough understanding of where the racism traps in everyday life are found, the authors point out what is critical in stopping racism arising in the minds of children in the first place. At the same time, they provide support for parents with children of colour who are suffering from discrimination.

There is also a lot of background information and checklists to help parents take active measures against racism in children's everyday lives. Which words and sentences are hurtful? What symbolism is hidden in nursery rhymes, children's books and games? The innate curiosity and the pronounced sense of justice which children have provide the perfect prerequisites for showing them that while not all children are the same, they are indeed all equal.

- **The first book dealing with anti-racist and diverse upbringing**
- **The authors are important figures in the German *Black Lives Matter* movement**
- **Top issue in families, kindergartens and schools**



August 2021
256 pages; 17.00 EUR

AUTHORS

Olaolu Fajembola and Tebogo Nimindé-Dundadengar started attracting attention after they founded the successful online shop *Tebalou*, which sells toys for children growing up in a diverse society. In 2019 they won *the German Federal Government's creative pilot scheme award*. They are also key figures in diversity-sensitive and racism-critical early childhood education.

Olaolu Fajembola was born in 1980 in southern Germany. She is a cultural scientist, worked for the Berlinale and is the author of the book *'Afro Kids'* (Unrast Verlag, 2016).

Tebogo Nimindé-Dundadengar was born in north Germany in 1981. She is a psychologist specialising in developmental psychology.

Both authors offer anti-racism training courses for children and adults, which are particularly popular in kindergartens. They live with their families in Berlin.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 3-12 years

Nicole Strüber

Coronakids

What we must do now to protect our children from the psychological consequences of the pandemic

CONTENT

What we need to do for our children now

The corona pandemic leaves its mark especially on children and adolescents: many are irritable, stressed or withdraw. Important developments in the child's brain took place only to a limited extent during the lockdown phases - this could endanger the mental health of an entire generation.

Neurobiologist Nicole Strüber explains what parents, childcare centres, schools and society need to do now to help our children cope well with the pandemic. She emphasises: Children who have enough resources can catch up on the missed developments, but they need our support, more understanding and plenty of free time now to pursue their emotional and social needs. We must not lose sight of children whose families have few resources if we do not want the social gap to widen. In a level-headed, undogmatic way and with numerous insights from experts in psychology, medicine and education, she provides concrete answers and acute help.

- **Neurobiological and psychological consequences of the Corona crisis**
- **Immediate help for parents, society and institutions**
- **With many contributions from experts**



September 2021
120 pages; 16.00 EUR

AUTHOR

Dr Nicole Strüber is a neuroscientist, book and science author, lecturer, sought-after speaker for lectures and seminars and mother of twins.

TYPE OF BOOK / TARGET GROUP

Parents with children between 0 and 18 years who are concerned about the psychological consequences of the Corona crisis for their children

Leandra Vogt

We Won't Let Anything Knock Us Down

8 keys to resilience for you and your child.

CONTENT

Resilience – the immune system of the soul

Parents want their children to be strong so that they can get on well with their lives. Leandra Vogt, childhood educator and resilience trainer for parents, shows how you can achieve this with her 8 keys to resilience. It is normal to fall down, but what is crucial is getting up again. This is not only true of children but also parents who need to be strong to cope with everyday family life and work or to overcome any internal conflicts and because the resilience key 'relationship' is essential for families. Leandra Vogt provides some practical examples, tried and tested in everyday life, of how acceptance, optimism, responsibility and the other resilience keys can be learned and encouraged. This book is like a treasure chest full of resources to give children the strength they need for their lives and also for their parents.

- **The first book on resilience for children and their parents**
- **With a foreword by Jeannine Mik (*Mama Don't Shout*)**
- **With lots of resources for challenging times**



June 2021

272 pages; 20.00 EUR

Rights sold to **China**

AUTHOR

Leandra Vogt is an officially recognised childhood educator and certified resilience trainer. In her work as a parent counsellor, lecturer and the founder of the advice platform 'The Strong Mothers' Club', she interprets the impressive findings of resilience research and makes it easier for families to both understand and integrate them. She lives near Zurich with her husband and two children. www.leandravogt.com

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 2-8 years

Danielle Graf / Katja Seide

The Child I Wanted So Badly is Driving Me Crazy

Dealing with tantrum situations in a relaxed manner
Set of 60 practical cards for parents

CONTENT

The set of cards for the temper tantrum phase

When children go through their autonomy phase, parents find themselves at their wits' end: they feel exhausted, insecure and in doubt as to whether they have really reacted well and dealt competently with their child's tantrums. These worries and fears drain even more energy from the parents – and a vicious circle ensues.

With this practical set of cards, Danielle Graf and Katja Seide aim to provide a remedy: the cards illustrate real situations that parents with children between the ages of 2 and 5 experience every day. Each card provides parents with a need-based and relationship-oriented alternative course of action and a ready-made answer to everyday temper tantrum situations. Whether it's bath time, meal time, bed time, in the playground or in discussions with your child - the right card can be found quickly thanks to a clear colour coding system. This card set provides parents with just the right amount of vital expert knowledge, available on the spot, and helps them to deal calmly with everyday temper tantrum situations and to banish any doubts they might have.

- **The first set of cards for the temper tantrum phase**
- **How to react confidently in concrete tantrum situations**
- **With alternative courses of action and ready-made answers**
- **With new content! Can also be used without the book**

AUTHOR

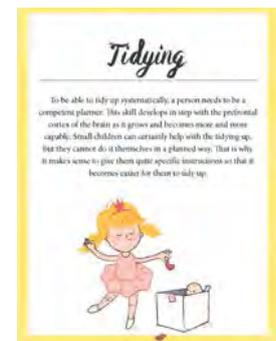
Together, Danielle Graf and Katja Seide write the blog, 'The child I wanted so badly is driving me crazy' (www.gewuenschtestestes-wunschkind.de), which has had over 35 million hits. Their books have been translated into many languages. Danielle Graf is a legal economist. She has two children and works in organisational development in her home town of Wandlitz. Katja Seide is a special needs teacher. She lives in Berlin, has three children and works at a primary school in Brandenburg. **BACKLIST:** [see page 14](#)

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 2-5 years



September 2021; 19.00 EUR



Kareen Dannhauer / Anja Constance Gaca

Baby.lite

What parents and babies really need

CONTENT

For a relaxed start with family life

Having a baby is exciting and beautiful. Many new questions need to be answered: what does our child need for a healthy development? How do we recognise his or her needs? What do we, as parents, need? And above all: what do we not need?

Baby.lite is a relaxed and sensitive guidebook for the first 12 months. With a combination of love and expert knowledge, the two experienced midwives, Kareen Dannhauer and Anja Constance Gaca, provide support for first-time parents and make sure they have more time and serenity by concentrating on the essentials. Whether it's about breastfeeding or bottle feeding, the baby's healthy physical and emotional development or the basic equipment you need: the two authors go through everything that is important for the well-being of the child, the parents and the environment and help to relieve the stress in this turbulent first year.

- **More time for the baby**
- **Minimalist, bonding-based approach**
- **Everything that parents REALLY need to know**
- **Competent midwife knowledge, current state of infant research**
- **Foreword by Herbert Renz-Polster**

AUTHOR

Kareen Dannhauer is a midwife, the mother of two and an author. She does a weekly podcast in the midwife salon and writes on her blog 'into-life.de'. She lives in Berlin and Hamburg.

Anja Constance Gaca is a midwife, breastfeeding counsellor *IBCLC*, the mother of four children and an author. She has been blogging on 'vonguteneltern.de' about midwife knowledge and her thoughts on parenting since 2013. She lives in Berlin.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of Newborn



October 2021
304 pages; 25.00 EUR

Ulrike Petermann

Relaxation Techniques for Children and Young People

A practice book

Updated edition

CONTENT

Relaxation and relaxation rituals for children

In this book, Dr. Ulrike Petermann looks at various relaxation techniques and their physical and psychological effects. More and more children are suffering from stress and the pressure to perform; they react hyperactively, aggressively, with tension, in an overexcited or frightened way. The exercises collected in this successful book help to reduce this abnormal behaviour or to eliminate it entirely.

A tried and tested, practice-oriented guide for parents, therapists and educators who want to get an overview of the most important relaxation techniques.

- **More and more children are suffering from stress and the pressure to perform**
- **Standard work on relaxation techniques for children and adolescents**
- **Updated and extended: with two new Captain Nemo stories to read aloud**



October 2021
176 pages; 16.00 EUR

**Almost 20,000 copies sold
since first publication 2002**

AUTHOR

Dr Ulrike Petermann, former professor for clinical psychology and former director of the *Clinic of Psychology for Children* at the *University of Bremen*.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of children 6-12 years

Gundi Mayer-Rönne / Carina Manutscheri **Becoming a Grandma, Being a Grandma**

Your own path to good coexistence with grandchildren and children

CONTENT

Well away from cake baking and kitchen aprons

When baby boomers become grandmothers, the question arises: how much grandma do I want to be, how much can I be? They have finally achieved some freedom - and now for many there is a conflict between their own expectations and those of their children and grandchildren.

The psychologist Gundi Mayer-Rönne and Carina Manutscheri encourage people to shape their new role in the family universe according to their own ideas. This also includes actively facing possible conflicts about parenting styles, closeness or distance. Background knowledge from psychology and science, numerous tips, exercises and personal experiences show how relationships which strengthen grandparents, grandchildren and children alike can be successful.

- **Grandmothers play an increasingly important role in the family system**
- **Psychological support for grandmothers**
- **With lots of tips and exercises for building close relationships**
- **Ideal as a gift book on the birth of the grandchildren**

'Grandmas can be so much more relaxed than mothers right from the start. A position in the second row can provide many opportunities and great happiness. This excellent book tells you how to achieve this.' Linda Syllaba and Daniela Gaigg, authors of 'Self-care for Mums'.

AUTHOR

Dr. Gundi Mayer-Rönne is a psychologist and psychotherapist. She has her own practice and specialises in providing advice on relationship systems. She is the mother of three children and grandmother of four and lives with her husband in Vienna. www.mayer-roenne.at

After many years as a chief editor and publishing manager in public publishing houses, Carina Manutscheri started up her own writing agency. She has two children and lives with her family in Vienna. www.meinlebeneinbuch.at

TYPE OF BOOK / TARGET GROUP

Guidebook for Grandmothers (and Grandfathers, one chapter is dedicated to them)



September 2021
278 pages; 20.00 EUR

Verena Carl / Anne Otto

I Have Some Time For Myself

12 time-outs for the soul. A self-experiment

CONTENT

12 journeys leading back to ourselves

Do we become calmer if we spend twenty minutes looking at a painting by Kandinsky? Will we find ourselves again if we just decide not to get so worked up anymore? And do we hear our inner voice more clearly when we freely decide to do without more things?

In this book, Verena Carl has dared to do the experiment on herself and test out 12 different methods in the space of 12 months to find the way back to herself. Whether it is having more tolerance for her own weaknesses, fasting from anger or trying slow art - on her journey to herself, she tests well-known and brand-new methods to see if they have any lasting effect and whether they are suitable for everyday use. The stories of her experiences are funny and spare no unpleasant details. The psychologist Anne Otto accompanies her on her experimental journey, provides the latest scientific findings and gives readers a number of related exercises, reflections and alternatives.

This book is a valuable guideline for all those who want to come to terms effectively with their own behaviour in their busy everyday lives and for whom the fun factor should by no means be neglected.

- **Humorous report on what it is like to perform this experiment on the self**
- **Realistic and scientific assessment: which strategies really work and on whom?**
- **With lots of exercises, reflections and information on alternative methods**

AUTHORS

Anne Otto is a qualified psychologist and science journalist. She worked as a clinical psychologist for a number of years and then turned to her second passion: writing. These days, she works full-time as a journalist, author and editor and writes for magazines such as 'Spiegel', 'Psychologie heute', 'Brigitte' and 'Flow' among others. She lives with her family in Hamburg. Verena Carl is a journalist and author of numerous novels and non-fiction books. Among other awards for her literary work, she has twice won the Hamburg Prize for Literature. She writes regularly for 'Brigitte', 'Eltern' and other publications. She lives with her family in Hamburg.

TYPE OF BOOK / TARGET GROUP

Inspirational Guide for Women who are in the middle of life, have a lot of responsibility in their job and family and wish to rest more in themselves and have time for themselves



August 2021

264 pages; 19.00 EUR

Michaela Brohm-Badry

Break Out

Winning the freedom to develop yourself

CONTENT

Carpe vitam or discover your potential

In all people there are hidden talents, abilities, desires, longings and ideas all of which could be fulfilled. However, psychology shows us that only a small fraction of these will be realised over the course of a lifetime. What about the rest of them? Who else or what else could we be? And what determines how much of our potential we can realise?

The leading learning and motivation researcher Michaela Brohm-Badry describes how we can gain the freedom to discover and live out new ways of thinking, feeling and acting. Using the latest research and a range of field reports, she explains how it is possible for us to overcome obstacles such as pressure, thinking habits and behavioural patterns. And how autonomy, the experience of competence and vitality can allow new things to emerge – whether at work or in a relationship - through travelling, by learning a craft or mastering a new field of knowledge.

- **Successful combination of science, field reports and inspiration**
- **The latest findings on potential development presented for the general public**
- **Author is a leading researcher in motivation**

'The energy consultant' Frankfurt Allgemeine Zeitung

'One of the leading experts in the field of happiness research' Spiegel Online

AUTHOR

Professor Michaela Brohm-Badry, professor of *empirical teaching and learning research and didactics* in the *Department of Educational Studies* at the *University of Trier*. Her research focuses on motivation, learning, personality growth and positive psychology and she has written a number of books on these topics. She is the president of the 'German Society for Positive Psychological Research'.

TYPE OF BOOK / TARGET GROUP

Inspirational Guide for all who feel like doing something new to complement/develop themselves



September 2021
256 pages; 22.00 EUR

Josephine Links

Silent Heart

On the loss of my child and the strength to start life anew

CONTENT

When the world stands still

At least one in three women has to go through this personally: losing a child before, during or shortly after birth. In her book, inspired by her own experiences, Josephine Links uses Clara's story to help us understand how painful it can be to lose a child who has just been born and has already become a part of your own life. And she describes how important it is to face the pain in order to find love and hope again.

- **Courageous book on a taboo subject**
- **Conveys hope and helps overcome grief and trauma**
- **Every third pregnancy ends in a miscarriage**

'I just couldn't put it down! The text touched me deeply and also knocked me a little off balance, not because of its sadness, but because of its beauty.' Marie Malcovati, author



August 2021

160 pages; 17.00 EUR

AUTHOR

Josephine Links is a freelance director and lives with her husband and two sons in Berlin and Wendland. She mainly makes documentaries some of which have been shown at national and international film festivals as well as on TV and she has won numerous prizes for them. This book came from her experience of losing her first child during childbirth. She writes movingly and openly about her own formative experiences, based on the story of Clara and Erik.

TYPE OF BOOK / TARGET GROUP

A book for women going through this who want to come to terms with their fate and discover: you are not alone. A book also for your relatives or friends, to read for themselves or to give away to someone.

Michael Elpers

When a Child's Soul Goes on Strike

Why more and more children are becoming mentally ill and how we can protect them

CONTENT

We finally need to talk openly about what is going on with our children.

The child and adolescent psychiatrist and psychotherapist Michael Elpers is sounding the alarm: more and more children and young people are showing up with psychological problems like depression, anxiety disorders, learning and performance disorders or eating disorders. The trend is on the rise - if we don't finally begin to take countermeasures. The author sees unstable family structures, the pressure to perform at school, exclusion and excessive internet consumption as the social causes for all this.

Michael Elpers is looking for ways to provide relief for parents by demanding faster, unbureaucratic help from society, schools and medical science for families which are affected. His book explains the situation, calls for mental illnesses in children and adolescents to be destigmatised and describes preventive measures to help strengthen our children's resilience. Elpers says: we must finally start talking openly about why our children are doing so badly. Because we can only protect our children, if we name the causes.

- **Provides relief for parents, calls out the errors in the system**
- **First specialised book on mental illnesses in children and their causes**
- **Concrete solution proposals from an experienced child and adolescent psychiatrist**
- **Debate topic – a chapter on Corona**

AUTHOR

Dr. Michael Elpers has been a child and adolescent psychiatrist for over 25 years. After working for many years at the *Berlin Charité*, he and two colleagues now run a group practice for child and adolescent psychiatry and psychotherapy in Berlin. For many years he was on the board of the association of 'Achtung Kinderseele' and he was also a founding member of 'NACOA', an association that supports the children of parents with addictions.

TYPE OF BOOK / TARGET GROUP

Parents who are worried about their children's health and are overwhelmed and/or angry about the health/education system. All those who work with children and young people



September 2021
280 pages; 20.00 EUR

BACKLIST

Parenting

Self-care for Mums



[More information](#)

Rights sold to **Russia**

Over 5,000 copies sold

Parenting

The Grumble Diet



[More information](#)

Rights sold to **Estonia, Korea, Russia**

20,000 copies sold

Parenting

Free and Unbent



[More information](#)

Almost 25,000 copies sold

Parenting

A Punishment-Free Childhood



[More information](#)

35,000 copies sold

Life

Anger Power



[More information](#)

Rights sold to **Czech Republic**

Almost 3,000 copies sold

Health

Depression. Helping without losing yourself



[More information](#)

Rights sold to **Czech Republic, Poland**

Over 20,000 copies sold

Parenting

How Children Feel



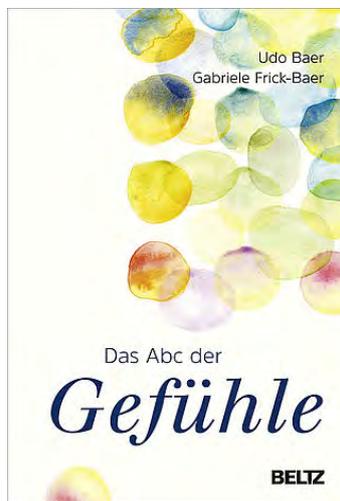
[More information](#)

Rights sold to China, Russia, Serbia (exp.)

15,000 copies sold

Psychology

The ABC of Emotions



[More information](#)

Rights sold to France, Romania

Over 25,000 copies sold

Health

The Heart Does Not Suffer from Dementia



[More information](#)

Over 55,000 copies sold

Parenting

The Child I Wished to Have So Badly is Driving Me Crazy Book 1: Age 0-4



[More information](#)

Sold in 14 languages

Over 320,000 copies sold

Available in English

Parenting

The Child I Wished to Have So Badly is Driving Me Crazy Book 2: Age 5-10



[More information](#)

Rights sold to China, Estonia, Hungary, Poland, Slovakia

70,000 copies sold

Parenting

The Child I Wished to Have So Badly is Driving Me Crazy The Sibling Book



[More information](#)

Rights sold to Poland

Over 30,000 copies sold

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