

Spring 2020

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Jesper Juul

Respect, Trust and Love

What children need from us

CONTENT

The legacy of the great educator Jesper Juul

»Those who bring up their children with respect will have children who treat their parents and teachers with respect.«

Jesper Juul

This is the theme which runs through Jesper Juul's life: education is a matter of respect.

This book is the renowned family therapist's legacy concerning what really matters in education. He illustrates it with many examples: the age of tantrums, school stress and puberty: All the perils involved in living with children can be overcome more easily if respect, trust and love are central points.

Jesper Juul changes our perspective and shows that it is not that our children lack respect, but that we adults lack respect, mostly unconsciously and unintentionally, for our children. The book tells us how we can change that.

»Jesper Juul is Europe's most sought-after calmness educator.« DIE ZEIT

- Final publication by the 'Advocate for Children', with unpublished texts
- Over 500,000 copies of Jesper Juul's books for Beltz have been sold
- The essence of bringing up children successfully
- Also suitable as an introduction to the educational world of Jesper Juul

AUTHOR

Jesper Juul (1948 – 2019) has been working with families for over 40 years and has long been one of the most innovative family therapists in Europe. Jesper Juul's trademark quality is his »relaxed optimism« (*Der Spiegel*). His message is that parents do not have to be perfect to raise their children well. His books are bestsellers and have been translated into many languages. His respectful, equitable manner of dealing with people continues to impress both parents and peers. Jesper Juul is the founder of *familylab*, which runs seminars and training sessions for parents in Germany, Austria, Switzerland, and 19 other countries. He left a son and two grandsons behind.

TYPE OF BOOK / TARGET GROUP

Guidebook parenting for parents with children age 0-15.



April 2020

208 pages; 18,95 EUR

Nils Pickert

Boy Princesses

How we can free our sons from the gender trap

CONTENT

Growing up in a world where pink and blue don't matter

Boys are wild, they don't cry and they don't wear skirts: male gender norms are deeply engrained. And they can do harm to boys. If your son wants a pink bike, you, as parents, don't buy him one for fear of him being bullied.

The feminist, journalist and father Nils Pickert has written the book for parents to help combat gender clichés when bringing up their sons. It shows how this standardising of masculinity takes place when buying toys, in the school playground and in emotional life and how it inhibits boys' development. Pickert describes how many boys love - and need - dolls and caring play. He is passionate about adopting any predetermined roles and allowing boys an unlimited variety of ways to become men. With lots of ideas and specific tips to help parents support their sons.

- **The first book on gender stereotypes for the parents of boys**
- **Passionate, sharp-witted plea against adopting predetermined roles**



March 2020
256 pages; 18,95 EUR

AUTHOR

Nils Pickert was born in East Berlin in 1979. He studied literature and politics and has written as a freelance journalist in newspapers such as, *Die Zeit*, *taz*, *Schweizer Tagesanzeiger* and in the Austrian *Standard*. In 2012, in solidarity his five-year-old son, he went out wearing a skirt and caused a sensation worldwide. Since 2013 he has been involved in word and action for the association *Pinkstinks* against sexism and homophobia. He lives near Kiel with his life companion and four children.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents of Boys and professionals who work with boys.

ALSO AVAILABLE



Susanne Mierau: **Being. A. Mother.** (October 2019)

SPIEGEL BESTSELLER: 10.000 copies sold
Rights sold to **Russia**

Guidebook for mothers between 25 and 50
More information: <http://bit.ly/2CsCtBi>

Melanie Büttner / Alina Schadwinkel / Sven Stockrahm **Is This Normal?**

Let's talk about sex the way you want it

CONTENT

Sex which makes you happy has no norms

Prosexual, mature - this is how the world in which we live today works. The fatal thing about it is that, when it comes to sex, we are confronted with clichés which are often dubious, and a whole range of myths. And they can really stress us out. Instead of a liberated sexuality, the pressure to meet expectations grows. Of course, sexuality has many facets. A lack of desire is quite normal, as is the longing for fetishes and porn or the need for intimacy and tenderness.

Sex therapist Dr Melanie Büttner and science journalists Alina Schadwinkel and Sven Stockrahm add to what we know about sex in an entertaining way. The psyche is given just as much attention as the body and our relationships. This is not only fun, but above all makes us curious to get to know our own sexual needs better.

Contents

1. Too liberated to be free - how porn and new stereotypes influence our sexuality
2. This is me - my sexual identity
3. My body and me - how sex feels good
4. You and me - sex and the relationship
5. Something's going wrong - problems with sex
6. I don't know what to do - professional support

- From the creators of the successful ZEIT-ONLINE sex podcast 'Is this normal?' with 50,000 downloads per episode
- The perfect remedy for insecurity, fears and myths
- A personal guide to the latest research, sex therapy and medicine

AUTHORS

Dr Melanie Büttner is a sex therapist and a specialist in psychosomatic medicine and psychotherapy. She heads the sex consultation sessions at the *University Hospital Rechts der Isar* in Munich and also has her own practice. In the *ZEIT-ONLINE* sex podcast »Is this normal?« she answers questions from listeners put to her by Alina Schadwinkel and Sven Stockrahm.

Alina Schadwinkel heads the online editorial office of *Spektrum.de*. Among other things, she has been awarded the Georg von Holtzbrinck Prize and nominated for the Grimme Online Award.

Sven Stockrahm is the deputy head of the knowledge and digital section at *ZEIT-ONLINE*. Among other things, he has won the *Axel Springer Prize* and been nominated for the *Grimme Online Award*.

TYPE OF BOOK / TARGET GROUP

Guidebook for readers between 25 – 45 who are more interested in knowledge about sexuality than sex education.



March 2020
368 pages; 19,95 EUR

Kathrin Borghoff

Being a Highly Sensitive Mom

Resource book

CONTENT

Every fifth mother is highly sensitive

Between unbelievable exhaustion and infinite love. Between extremely high demands, a guilty conscience and total irritability. For highly sensitive mothers, having children is particularly demanding. This book helps to transform the personal challenges you face into strengths.

Against the background of the latest research results and her personal experiences, Kathrin Borghoff, herself a highly sensitive mother, provides strategies and exercises for mothers which can be put into action directly in everyday life. Her positive, affirmative approach points to how she was able to combine her own particular temperament with a bonding-based upbringing for her children. The point being that highly sensitive people can be particularly aware of the needs of others thanks to this very sensitivity they have. As soon as you know how to apply targeted stress reduction, mindfulness and relaxation to your own situation, you will finally accept your special sensitivity as a gift.

- **Written in a lively and personal way**
- **With all kinds of strategies and exercises for self-care**

AUTHOR

Kathrin Borghoff, born in 1987, first recognised how highly sensitive she was when she became a mother herself. The founder of the *Dortmund Family School* trained as a family coach with a focus on high sensitivity, stress reduction via mindfulness and relaxation techniques. She is the mother of two little boys: her blog www.oeko-hippie-rabenmuetter.de gets around 300,000 hits a year. She is well-known for her workshops and lectures and is available for events.

TYPE OF BOOK / TARGET GROUP

Guidebook for highly sensitive mothers.

ALSO AVAILABLE



Janneke Breedijk, Noks Nauta and Julia Rau:

Extremely Gifted and Highly Sensitive (February 2018)

Guidebook for parents and professional of and working with highly sensitive and/or gifted teenagers

More information: <http://bit.ly/38owwn9>



February 2020
296 pages; 19,95 EUR

Gitta Jacob

Breaking the Schematic Mold

Understanding your inner child, changing behaviour patterns and breaking new ground

Updated edition

CONTENT

Your inner child can change

Offended, stubborn, sad, withdrawal: we all have ways of thinking and behaving which disturb us or even harm us. Why should that be? And how can we change this?

The causes lie in the behaviour patterns we developed way back in childhood. Depending on the situation, different parts of our inner child take control inside us. Only when we understand these parts and the patterns related to them can our adult self take over responsibility. Then we can counter our feelings of anger with healthy behaviour patterns.

A guide full of exercises that help to free yourself from constraints and inhibitions and to find lasting feelings of ease and inner peace.

- **Effective strategies against stubborn behaviour patterns**
- **With an overview of extreme personality traits**



March 2020 (1st publ. 2017)
288 pages; 17,95 EUR

6.500 copies sold
Rights sold to Romania

AUTHOR

Gitta Jacob is one of the most influential German psychologists. Her books have been translated into more than ten languages and have helped establish schema therapy worldwide. 2019 she published »Guide to Happy Loving« at Beltz. Dr. Gitta Jacob is an Associate Professor, a psychological psychotherapist and supervisor for behavioural therapy and schema therapy, out-patient research, clinical psychology and psychotherapy. She works at *GAIA AG Hamburg*.

TYPE OF BOOK / TARGET GROUP

Guidebook for readers who like to change their behavior; interested in psychology.

Huub Buijssen

Depression. Helping without losing yourself

A guide for friends and family

Updated edition

CONTENT

How relatives learn to deal with depression

When a loved one suffers from depression, the process is often difficult for family and friends to understand. This book shows how you can give the sufferer concrete support without losing yourself. Effective strategies to help relatives get through everyday life with a victim of depression. It will also protect you from being caught up in the maelstrom of depression.

- With new chapters on depression in old age and in children/adolescents
- Further advice for friends and family to help them carry on
- Updated information on treatment including online therapy and serious games



April 2020 (1st publ. 2017)
212 pages; 17,95 EUR

Over 20.000 copies sold
Rights sold to Poland (expired)

AUTHOR

Huub Buijssen is a clinical psychologist and psychogerontologist. As the author of more than 20 books on depression and dementia, he has come up with some innovative ways of engaged, human and creative care. Huub Buijssen lives in Tilburg in the Netherlands.

TYPE OF BOOK / TARGET GROUP

Guidebook family members, friends or caretaker of people suffer from depression.

ALSO AVAILABLE



Michael Wüstel, **Male Depression** (Aug. 2018)

Guidebook for men who suffer from depression as well as for relatives/friends. Over 3.000 copies sold.

More information: <http://bit.ly/36tTM1v>

BACKLIST

Parenting

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

Book 1



<http://bit.ly/2RFZckH>

Rights sold to China, Czech Republic, Estonia, France, Hungary, Japan, Korea, Poland, Russia, Slovakia, Taiwan, Turkey, Ukraine

Over 300.000 copies sold

Parenting

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

Book 2



<http://bit.ly/2RghiL5>

Rights sold to China, Estonia, Hungary, Slovakia, Turkey (under neg.) Ukraine

Over 60.000 copies sold

Parenting

The Grumble Diet



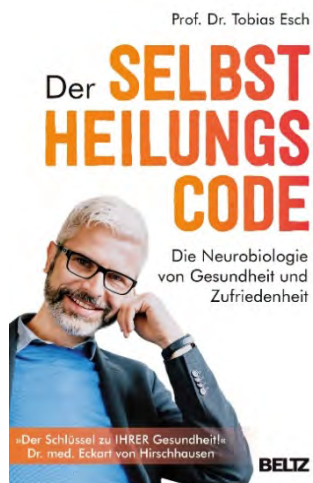
<http://bit.ly/2JY7KQL>

Rights sold to Korea, Russia

Almost 16.000 copies sold

Self-Help / Health

The Self-Healing-Code



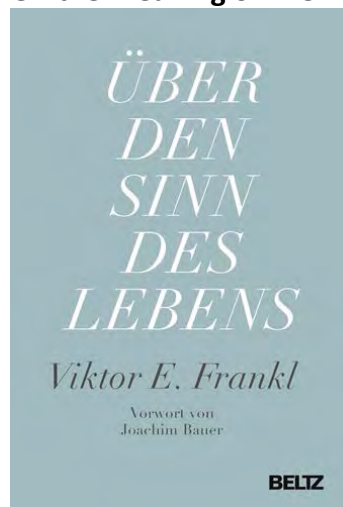
<https://bit.ly/2tAlfZU>

Rights sold to Czech Republic, Romania, Russia

Over 25.000 copies sold

Psychology

On the Meaning of Life



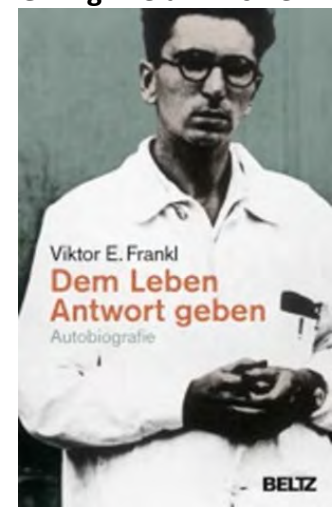
<http://bit.ly/2GfKRGt>

Rights sold to Brazil, Hungary, Korea, Russia, US/UK

Over 3.000 copies sold

Autobiography

Giving Life an Answer



<http://bit.ly/2TLliAd>

Rights sold to 14 Countries

Over 17.000 copies sold

BACKLIST

Parenting
Slow Family



<http://bit.ly/2U4afqE>

Rights sold to Slovenia

Over 15.000 copies sold

Parenting
Staying Lovers



<http://bit.ly/2H7vAse>

Rights sold to Croatia (Croatian & Serbian), Poland, Portugal, Slovenia

20.000 copies sold

Parenting
Boys Need Clear Messages



<http://bit.ly/2RG5XD5>

Rights sold to China

Over 20.000 copies sold

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