

Fall 2023

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Danielle Graf / Katja Seide

The Child I Wanted So Badly is Driving Me Crazy

How to understand babies and not lose your head

CONTENT

Confidently through babyhood right from the start

At the latest after the first weeks with their new baby, many young parents realize how challenging life with the new family member really is. The experienced and bestselling authors Danielle Graf and Katja Seide know all about the magic of the first months—but also how crazy the little creature, dearly loved though it is, can drive its parents.

Alert to the needs of the child and to the parents' feelings, often funny and always affectionate, the authors help to understand what makes babies tick, what they need in specific situations, and how parents can understand babies without losing their head. They explain why the most important thing in these first months of life is for babies to develop basic trust and build an intensive bond with their parents. Small things can often have a big effect, which is why the book also contains a wealth of practical tips, e.g., on sleep, nutrition, and health, all tested by the authors themselves and by the readers of their popular blog.

If you know the basics for the first months of your child's life, you can relax and grow into your new role as a parent!

- Authors have already sold more than half a million copies of their books
- A great gift for childbirth
- Now with two-color illustrations

»How do I know what my baby's needs are right now, this minute? When it cries, what exactly does it want? What does it need from us as its parents? Looking back at our own experiences, we realized how we made the first months with our babies needlessly difficult for ourselves because we lacked a lot of background knowledge. We wrote this book to help our readers be better prepared.« – Danielle Graf and Katja Seide

AUTHORS

Danielle Graf and Katja Seide are among the best-known authors of parenting books in German. Together, they write the blog *Das gewünschtteste Wunschkind aller Zeiten treibt mich in den Wahnsinn* (The Child I Wanted So Badly is Driving Me Crazy), which has had over 50 million hits. Their successful podcast and picture books also reach many families.

Katja Seide is the mother of three children and a qualified special needs teacher who works at an elementary school in Brandenburg. She lives in Berlin with her family. Author, podcaster and legal economist. Danielle Graf is a mother of two and lives with her family in Wandlitz.

TYPE OF BOOK / TARGET GROUP

Self-help book for Parents of children between 0 and 18 months.



August 2023
416 pages; 22.00 EUR

Martina Stotz / Kathy Weber

The Superpower of Loving Leadership

Giving children orientation, freedom, and boundaries

CONTENT

How parents can give their children orientation and boundaries— with confidence

Bringing up their children in a needs-oriented way and rejecting authoritarian concepts, many mothers and fathers find it difficult to fulfil the parental leadership role. In their first jointly-authored book, two leading parenting consultants show how their new concept of Loving Leadership can be implemented in the family while avoiding punishment, threats, and anger. The foundations of their approach include non-violent communication, attachment theory, and aspects of developmental psychology, as well as their experience as counselors and course leaders for over 8000 families.

Whether it's a question of brushing teeth, getting dressed, staying safe in traffic, or sibling rivalry—drawing on concrete everyday situations experienced by children, parents can learn when to offer loving guidance and when to step back. Stotz and Weber describe how parents can confidently provide guidance and boundaries without inhibiting the free development of the child's personality or autonomy. The authors provide a wealth of concrete phrases, approaches, and versatile strategies for action.

- The question of leadership revisited for a new generation of parents
- With concrete guidelines for typical conflicts
- For a relaxed family life—every day

»Loving, meeting needs, communicating, and leading at eye level—how can that be implemented in everyday parenting? Our parenting concept of Loving Leadership, which consists of six strategies and many concrete, easy-to-follow tips, provides parents with a superpower for peaceful family life.« – Dr. M. Stotz & K. Weber

AUTHORS

Dr. Martina Stotz is an educational scientist with a doctorate in education, a school counselor, a parenting consultant, and is in great demand as an expert in the media as well as in online counseling and online courses at www.mein-erziehungsratgeber.de.

Kathy Weber is a trainer in non-violent communication, a parenting counsellor for parents and educators, an author, a presenter and a mom of two. Her site *Kathy Weber Herzenssache* (www.kw-herzenssache.de) accompanies hundreds of thousands of families.

TYPE OF BOOK / TARGET GROUP

Self-help book for parents, often with the first child.



September 2023
256 pages; 22.00 EUR

Rights sold to CZ, Korea

Michael Elpers

When Children Make Other Children Suffer

Prevention and fast help in cases of bullying and stalking

CONTENT

How parents can help children who are being bullied or stalked

Bullying and stalking experiences among children and teenagers are widespread in schools and the digital sphere, but they also occur between siblings. Many sufferers are too embarrassed to speak out, even to their parents. Parents, in turn, sometimes find it hard to tell whether they are dealing with severe bullying or normal conflict.

The child and adolescent psychiatrist and psychotherapist Michel Elpers shows parents and caregivers how to help prevent bullying, how to recognize its hidden signs, and how to deal with concrete incidents. Bullying and stalking experiences are not to be taken lightly, as they can lead to anxiety, depression, or psychosomatic complaints.

With the help of many case studies, he advises parents and their children what they can do: Have conversations with the school, help them make decisions when choosing counseling or therapy, strengthen their self-esteem. Dr. Elpers also explains the psychological motives of perpetrators in order to provide a comprehensive explanation of bullying and stalking. In addition, there are checklists for parents, younger children, and adolescents, both in the book and for download, as well as a chapter that directly addresses children.

- **Help with bullying in schools, digital media, and among siblings**
- **With checklists for those affected and parents (also as downloads)**
- **Also addresses recent developments in stalking among young people**

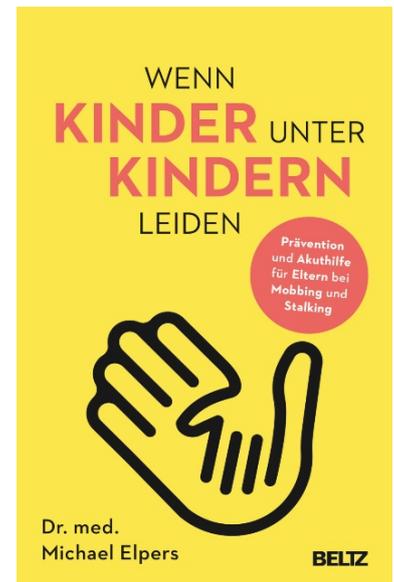
»Only rarely do expert authors succeed in presenting scientific facts in such a comprehensible and yet differentiated way as in this book. It is not only informative, but also very helpful and easy to read—a bestseller in waiting!« Detlef Träbert on *Wenn die Kinderseele streikt* by M. Elpers, schiebener.net, 19.9.2021.

AUTHOR

Dr. med. Michael Elpers, MD, has worked as a child and adolescent psychiatrist for over 25 years. After many years at the *Charité* hospital in Berlin, he now runs a social psychiatric group practice for child and adolescent psychiatry and psychotherapy in Berlin with two colleagues. For many years, he was active on the board of the *Achtung Kinderseele* support association. In 2021, Beltz published his book *Wenn die Kinderseele streikt* (When the Child's Soul Goes on Strike) about the increase in mental illnesses in children and adolescents.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents whose children are affected and/or who want to deal proactively with the issue so as not to be helpless in case of emergency.



August 2023
208 pages; 21.00 EUR

Nicola Schmidt

No-Drama Separation

How to guide children safely through changing family situations

CONTENT

What children need when their parents break up

Does every break-up have to hurt the children? Not at all! The latest research findings and long-term studies prove that how children cope with a separation has a lot to do with how peacefully we as parents resolve our conflicts and whether we are there for our children.

Step by step, Nicola Schmidt, the leading authority on paleo parenting, explains how parents and other caregivers can guide children through this time in a needs-oriented and mindful way. It starts with the question of how we explain a separation to children, through the right division of responsibilities, to protecting children from violence in high-conflict separations. With her no-drama separation method, Nicola Schmidt shows how parents can avoid being overwhelmed and continue to be there for their children, even when things get stressful.

This includes the secrets of proper couple communication, concrete negotiation techniques, the question of money, but also checklists, e.g., to help find the right legal representation in case of conflict. From self-care to proper preparation dealing with courts and social services, this book is chock-full of practical tips. And it helps parents and children cope with separation in a way that allows them to grow as a family.

- **The best-selling author's paleo approach to urgent parenting problems**
- **Offers help even in the face of discord**
- **Shows how parents and society can protect children**

»Does separation equal trauma for children? It doesn't have to. My no-drama separation- method helps to understand reactions and feelings when we break up. In this way, we as parents can avoid being overwhelmed and continue to be there for our children and meet their needs. Separation thus becomes a crisis that we can manage. And research shows: it can make our children stronger than ever.« – Nicola Schmidt

AUTHOR

Nicola Schmidt is a mother of two, a bestselling author, has a master's degree in social science, is a trained science journalist and coach as well as being founder and CEO of the *artgerecht project*. Over the last ten years, she has run many trainings on emotional first aid and infant mental health in babies and young children, sharing her knowledge with parents, experts, and educators in camps, training courses, and workshops.

TYPE OF BOOK / TARGET GROUP

Guidbook for mainly women who want to separate or are living in separation.



October 2023
256 pages; 22.00 EUR

Rights sold to Italy

Verena Carl / Christiane Kolb

Queer Kids

An orientation guide for families with LGBTQIA+ children and teenagers

CONTENT

“My child is queer—what now?”

When a 12-year-old declares at dinner that she is in love with a girl, or a 16-year-old comes out as genderfluid, many parents find themselves perplexed, worried, and wondering if it’s just a phase or an experiment—or more?

Verena Carl, the mother of a queer teenager, and Christiane Kolb, a sexologist, share their knowledge and advice to parents of queer children—whether lesbian, non-binary, trans*, or completely without a label. They provide comprehensive information on the diversity of sexual orientations and gender identities, with which children and young people today deal much more naturally than previous generations did.

Their well-founded and sensitive approach to a topic that is often difficult for parents is accompanied by numerous interviews, including with a trans* boy, the father of a lesbian daughter, as well as a psychologist, a medical doctor, and a sociologist. The book is rounded out by exercises (e.g., for dealing with conflicting feelings), guides for family conversations at eye level, and an extensive glossary.

- **Focuses on parents’ concerns**
- **Combines a mother’s experiences with up-to-date expertise**
- **Everything families need to know about LGBTQIA+ issues**
- **Includes guides for initial conversations with the child and with counseling services**

»While their child is searching for their gender identity, parents need advice, understanding and information. They want to support, take seriously, and accompany their children, but are deeply insecure in the process. Our book provides up-to-date and comprehensive overview of what being queer means today and how it is possible to find an open, tolerant approach in the family.« – Verena Carl and Christiane Kolb

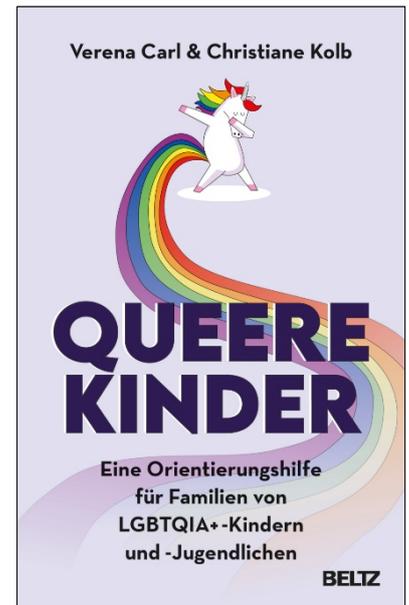
AUTHORS

Verena Carl is a journalist writing on psychology and social issues, an author, and a mother of a teenager who has defined herself as genderfluid and bi for many years. For her literary work, she has twice been awarded the *Hamburg Prize for Literature*, among other prizes. Verena Carl lives in Hamburg with her two children and her husband.

Christiane Kolb has a master’s degree in applied sexology and works as a systemic consultant and speaker for sexual education. A journalist, author, and mother of two, she lives with her family in Hamburg.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents with children between 11 and 18 years of age.



July 2023
264 pages; 22.00 EUR

Viktor E. Frankl

Embracing Hope

On Freedom, Responsibility & the Meaning of Life

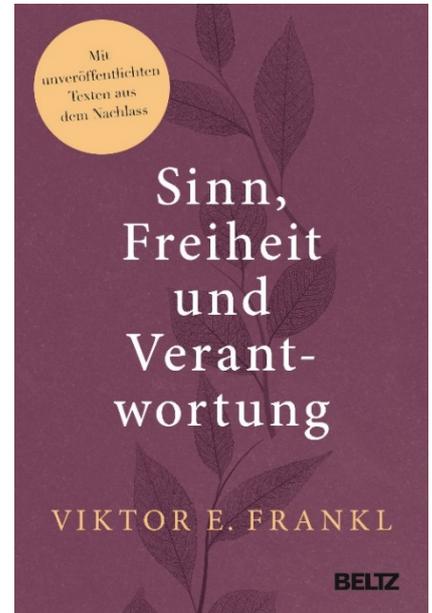
CONTENT

Unknown texts by Viktor E. Frankl

The world-famous physician and psychologist Viktor Frankl had an unshakably optimistic view of humanity. No matter what circumstances, hereditary factors, or external influences we are faced with: the essence of human beings is their freedom, and the meaning we give to our life and the responsibility for dealing with it are in our own hands. Frankl's reflections on the consequences of our freedom are highly relevant: How much influence do we exert on shaping our own lives? Do we seize opportunities and create a meaningful present? And in doing so, do we respect the dignity of others and tolerate their views?

Three of the four texts collected here have never been published in a book before. They are conversations and lectures from the *Viktor Frankl Archive* in Vienna that bring to life the full force of Frankl's thinking about freedom, meaning, and responsibility. This book will appeal both to experts on Frankl and those who are new to his work. These philosophical and psychological texts, some of which have only recently been unearthed, are powerful indeed, offering hope and consolation, admonition and warning.

- **Unknown texts by the concentration camp survivor and psychologist**
- **Freedom and responsibility are hotly discussed topics against the backdrop of pandemic, wars, and climate change**



August 2023
176 pages; 18.00 EUR

Rights sold to **China, Croatia, Czech Republic, Italy, UK/US**

AUTHOR

Viktor E. Frankl (1905–1997) is considered the founder of the third school of Viennese psychotherapy, along with Sigmund Freud and Alfred Adler. Almost his entire family was killed in concentration camps, and he himself narrowly escaped death after an odyssey through four concentration camps. Frankl went on to become a professor of neurology and psychiatry at the *University of Vienna* and held professorships in the United States. He was the first psychologist to place the experience of meaning at the center of therapeutic practice. His more than 30 books have been translated into 46 languages.

TARGET GROUP

Readers of Frankl Books. People interested in psychology and philosophy. People who ask themselves how to make the most of life - not only for themselves but also for others.

Ulrike Bossman

People Pleasing

Escape the harmony trap, shake off your guilty conscience

CONTENT

On the art of suiting yourself

People pleasers just can't help themselves. They say yes even when they mean no. They feel responsible for the well-being of others and realize only much too late that they have completely forgotten themselves in the process. They often prefer to adapt rather than to offend others. Those affected are usually very sensitive and empathetic people who run the risk of burning out if they override their own needs and wishes.

Using the latest research findings and case studies, psychologist Ulrike Bossmann describes the triggers and effects of people pleasing and shows how to draw boundaries and deal with conflicts without a guilty conscience instead of remaining silent for the sake of harmony. Numerous reflections and exercises support taking care of yourself as well as others.

- Well-founded ways of breaking with "people pleasing" habits
- Hot topic, including social media; 150,000 posts on Instagram
- With communication 101 for those in need of harmony
- Credo: Only those who stand up for themselves can also be there for others

»Creating a reliable, friendly relationship with yourself and expressing it in your decisions establishes the self-confidence that helps you to be kinder to yourself and others—because people who are comfortable with and stand up for themselves have enough energy to be there for others and to work for the common good.« – Dr. Ulrike Bossmann



September 2023
256 pages; 20.00 EUR

Rights sold to Turkey

AUTHOR

Dr. Ulrike Bossmann is a qualified psychologist, systemic therapist, positive psychology coach, and author who has a doctorate in dealing with dilemmas. At soulsweet, she advises people on mental health and resilience issues and is regularly interviewed as an expert by media such as ZDF, Deutschlandfunk, and Die Welt. She lives with her husband in Karlsruhe and wears only dresses and skirts.

TYPE OF BOOK / TARGET GROUP

Guidebook for mainly women who are looking for a way out of the dilemma of always fulfilling the needs of others.

Stephanie Meer-Walter

Autistic? I Speak it Like a Native

What autism feels like and what science knows about it. An aid to translation

CONTENT

How does autism work?

Autism is surrounded by many clichés and misunderstandings. Common perception range from super brains to people who do not interact with their environment. Stephanie Meer-Walter, herself a person with Autistic Spectrum Disorder (“Asperger’s Syndrome”), promotes greater understanding, tolerance, and a resource-oriented and more realistic view of autistic people. To make this possible, she combines the scientific perspective of what is going on in the brain, emotional world, and sensory perception of autistic people with the internal view of those affected.

With this unique approach, she systematically explains what it feels like to be autistic, what causes autism, and how autistic and non-autistic people can cope with it. This important no longer defines autistic in distinction from “normality,” but as way of being in its on right: not better or worse, just different.

- **Combines scientific knowledge with experience**
- **An eye-opener for those directly affected well as friends and relatives**
- **Written in a lively and self-deprecating style**
- **Clears up clichés and misunderstandings**

»Enduring our own or others’ otherness is perhaps the greatest challenge in our lives. But if we learn this otherness like a foreign language, immerse ourselves in the other world, then we can understand and thus also appreciate each other.« – Stephanie Meer-Walter



August 2023
304 pages; 22.00 EUR

AUTHOR

Stephanie Meer-Walter’s Autistic Spectrum Disorder was diagnosed only six years ago, at the age of 47. Before that, she had taught French at high school, was a subject advisor, head teacher, and moderator in teacher training. For the past two years, she has hosted the podcast »Autismus braucht Aufklärung« (Autism needs awareness) and works as an author and speaker.

TYPE OF BOOK / TARGET GROUP

This non-fiction title is aimed equally at adults with autism and at relatives, for example parents of autistic children.

Inke Hummel / Julia Theeg

When the Children of Separation Grow Up

Understanding formative childhood experiences and following your own path

CONTENT

Healing the inner child of separation

Parents breaking up and their children feeling abandoned leaves its mark on many people. In most cases, adult children of separation are not even aware that some of their patterns of stressful thought and behavior—such as low self-esteem, harmony-seeking, aggressiveness, or the feeling of being responsible for everything and the worry of failure in relationships—are related to parental separation in childhood.

Full of personal stories and the latest findings of developmental psychology and family research, this moving book shows ways to work through the stresses of the inner child of separation. Exercises to work on oneself and relationships work give readers courage to realign their lives with confidence and become emotionally independent. Because appreciative and fulfilling relationships with oneself and others are possible!

- **Understanding and overcoming fear of attachment and loss**
- **Working through the separation of parents in childhood**
- **Insightful guidebook from the perspective of affected people and an expert**



August 2023
272 pages; 22.00 EUR

“I don’t want it to be like that with me!” and ‘I want to do something to make sure it’s different with me!’ are two very different starting points for adult children of separation.” – Inke Hummel

AUTHORS

Julia Theeg is a child and adolescent psychotherapist, lecturer, and supervisor, and has her own specialized practice for trauma therapy in the Hanover region. She addresses the question of adult children of separation in her work with parents, as a facilitator of self-awareness processes, and in the field of further education.

Inke Hummel is an educator and family counselor in Bonn as well as a *Spiegel* bestselling author. A child of separated parents herself, she has been networking with adult children of separation for years and follows their life paths and challenges. Nearly 36,000 people follow her on Twitter.

TYPE OF BOOK / TARGET GROUP

Guidebook for mainly women who experienced parental separation in childhood or adolescence and who want to clarify and overcome the aftermath for themselves.

Sabrina Görlitz

Final Feelings

On death, grief, and abiding love

CONTENT

Putting death in words

We have lost the knowledge of how to grieve with the dying. Worse still: We often leave them alone at the last. But why are we so desperate to repress saying goodbye? Why is mourning an unpleasant state that needs to be overcome as quickly as possible? Sabrina Görlitz professionally accompanies dying people and writes wisely, lovingly, and unsparingly about the feelings that arise when a life nears its end. She tells of her own pain when she accompanied her father to his death, and of the moving moments with dying people whose life memories she wrote down as a nurse telling stories in a palliative care unit. Along the way, she also wonders how to prepare her own child for her own eventual death.

With touching real-life stories, this book encourages dying people and their loved ones to feel all the feelings that need to be felt. We can and should give words to death and thus confront it together.

- **A wise and honest look at dying**
- **An invitation to grieve together**
- **Shows how dying people can be accompanied in their feelings**
- **Helps those who are left behind**

»It's time to cross the border, and not just look over the fence into the land of the dying. It's time to learn what it feels like there, and it's time to talk about it.« – Sabrina Görlitz



September 2023
256 pages; 22.00 EUR

AUTHOR

Sabrina Görlitz is a trained journalist and a companion for the dying. Since 2019, she has been accompanying terminally ill people in their last weeks of life as Germany's first storytelling nurse. Based on principles of *Dignity-Centered Therapy*, she helps them write down their life stories. She is also a lecturer in the course »Palliativ begleiten« (palliative accompaniment) at the *Fernschulen Hamburg*. Her special approach to biography has featured in media including *Spiegel*, *Süddeutsche Zeitung*, and *Deutschlandfunk*.

TYPE OF BOOK / TARGET GROUP

Touching non-fiction book for all those who are willing or directly affected to deal with the subject of dying.

BACKLIST

Parenting

First Aid for Your Child



[More information](#)

Rights sold to **Bulgaria, Slovakia**

Almost 10,000 copies sold

Parenting

What's That Tingly Feeling?



[More information](#)

Rights sold to **China**

7,000 copies sold

Parenting

My Boundary is Where You Stop



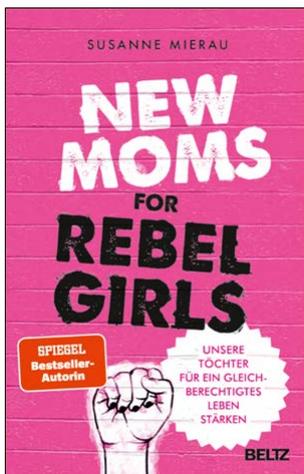
[More information](#)

Rights sold to **China, Russia**

Over 32,000 copies sold

Parenting

New Moms for Rebel Girls



[More information](#)

Rights sold to **Czech Republic, China**

Over 15,000 copies sold

Psychology

Who We Think We Are



[More information](#)

Rights sold to **Korea, Poland, Russia, Turkey**

Over 10,000 copies sold

Health

The World of Women and Girls with AD(H)D



[More information](#)

Rights sold to **Korea**

Over 15,000 copies sold

Life

Get Out of the Mental Load Trap



[More information](#)

Rights sold to **Hungary**

Over 31,000 copies sold

Self-help

Being a Highly Sensitive Mom



[More information](#)

Rights sold to **China, Korea**

Over 10,000 copies sold

Psychology

Breaking the Schematic Mold



[More information](#)

Rights sold to **China, Romania, Russia, Taiwan, Turkey**

Over 26,000 copies sold

Parenting

The Magic of Good Conversation



[More information](#)

Rights sold to **China, Korea, Poland**

Over 18,000 copies sold, in China over 30,000 copies sold

Parenting

Boys Need Clear Messages



[More information](#)

Rights sold to **Korea, China**

Over 25,000 copies sold

Life

The Book Every Man Should Read



[More information](#)

Available in **English**

Over 3,500 copies sold

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