

## Spring 2026

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Herbert Renz-Polster

## It's All About the Wings

How parents provide guidance and children become independent

### CONTENT

#### Giving children wings gives family life wings

Bonding and focusing on needs are important for a child's healthy development because they give them roots. But when it comes to putting this into practice, parents complain about many conflicts with their children, who do not cooperate and do not follow rules.

To bring more harmony back into families, it's all about wings! Wings mean independence and freedom, which include emotional control and social understanding. Children can only learn all this if they receive guidance and direction from their parents. To do this, parents need to trust their children more without revolving around them all the time

- **Needs-oriented, guidance-oriented and empowering parenting**
- **Social interaction and freedom go hand in hand**
- **Shows what children need as a solution to family conflicts**



February 2026  
Paperback, approx. 208 pages  
Format: 13.7 x 21.5 cm  
approx. €22

### AUTHOR

**Dr Herbert Renz-Polster** is a paediatrician and scientist at the Mannheim Institute for Public Health at the University of Heidelberg. With his successful parenting guides, lectures and comments in the media, he is considered one of the most important voices in the field of child development and education. Published by Beltz: Wie Kinder heute wachsen (How Children Grow Today, updated edition 2022, with G. Hüther).

### USP

- Needs-based parenting – finally understood correctly
- From the bestselling author and paediatrician with a large social media following
- Bonding and empowerment for independence must be considered together



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Ronia Schiftan

## How Children Eat

Understanding children's eating behaviour, reflecting on influences and relaxing family life

### CONTENT

#### Nutrition psychology for parents

Picky eaters sit at many dinner tables, more and more children are overweight, and eating disorders are on the rise. Parents are confused: why is this happening and what can they do about it? Psychologist Ronia Schiftan helps to understand and support children's sometimes strange eating behaviour. Reflecting on parental influences is also an important contribution to creating a relaxed atmosphere at the family table. A book that encourages parents to rethink their approach and paves the way for their children to develop a positive body image and more relaxed eating habits.

- **Advice and exercises, including on special issues such as neurodiversity**
- **Supports the prevention and recognition of eating disorders**
- **Convinces with a large dose of serenity**



March 2026

Paperback, approx. 240 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Ronia Schiftan**, MSc in Media and Nutrition Psychology and Health Psychologist FSP, works in health promotion counselling and as a lecturer at universities. She advises families in her practice, podcasts, social media and workshops. The mother of a son lives in Bern and Berlin.

### USP

- First guide for parents on the psychology of children's eating habits, from infancy to adolescence
- Relieves stress, promotes the health of the whole family and prevents eating disorders
- With lots of background information, numerous thought-provoking ideas and exercises

Leandra Vogt

## Love, Defiance & All the Feelings

Knowledge and inspiration for you and your child during the autonomy phase

### CONTENT

**Comprehensive advice on the autonomy phase for Gen Z parents**

Early childhood educator Leandra Vogt offers parents of children in the autonomy phase a guide that answers all their questions about dealing with childhood anger and defiance. She combines sound advice with the new attitude of Gen Z parents: they want to feel instead of overthink, react intuitively instead of analysing beforehand, be authentic instead of flawless, and want inspiration instead of instructions. With snackable content and an inspirational style, this book helps them develop an inner GPS that guides them and their child through strong emotions.

- **Comprehensive, well-founded information on the autonomy phase**
- **Inspirational style: various tools to try out instead of instructions**
- **Real talk from other parents**
- **Strengthens parental intuition**



März 2026

With four-colour Illustrations

by Daniela Becker

and

photographs by Angelina Mathae

Hardcover, approx. 304 pages

Format: 16.8 x 24.5 cm

approx. €26

### AUTHOR

**Leandra Vogt** is a childhood educator (M.A.), certified resilience trainer and founder of the familienort app, a tool for promoting mental health in families and reducing mental load. As host of the familienort podcast, parent coach and lecturer, she works in counselling and further education. She lives near Zurich with her husband and two children.

### USP

- The first parenting guide by an expert on the defiant phase for Gen Z parents
- Inspirational in style, tailored to the (reading) needs of young parents

Lisa Reinheimer

## Bye Bye School Stress

More motivation and serenity for your child and you

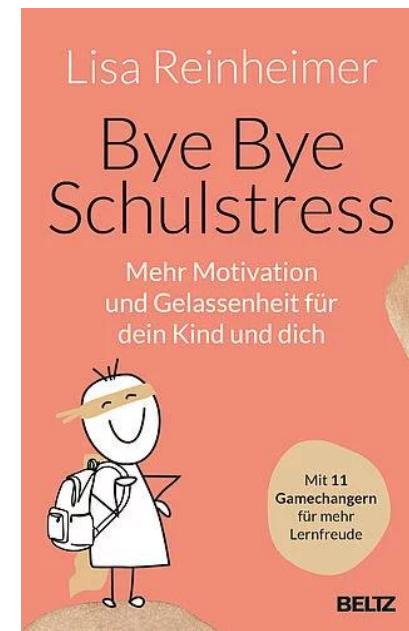
*With 11 game changers for more joy in learning*

### CONTENT

#### More ease at school for children and their parents

Parents have a lot of influence on their children's happiness at school, even without constantly hovering over them while they do their homework and other tasks. Lisa Reinheimer, an experienced teacher and learning coach, shows that a successful school career begins with the parents' attitude. Strengthening their own confidence in their children's natural ability to learn is the most valuable contribution parents can make to a successful school career. The book also offers exercises that make children strong and self-confident. This makes school a positive experience for the whole family!

- **Give children a sense of achievement and joy in learning**
- **Exercises that help parents let go**
- **For ages 6-12, with an outlook on adolescence**



February 2026

Paperback, approx. 224 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Lisa Reinheimer** is a teacher, learning coach and founder of 'Klassenheld', a platform for parents. In 2019, she was voted 'Coolest Teacher in the Palatinate'. Over 50,000 people follow @klassenheld on Instagram, and her podcast of the same name also reaches many parents. She lives with her family in Zweibrücken.

### USP

- How to motivate children to learn
- Exercises to help parents let go
- For parents of children aged 6–12, with insights into adolescence

Mark Leonard

## My Extraordinary Panda Child

Understanding children with PDA<sup>1</sup> autism and making everyday family life more relaxed

### CONTENT

#### How to raise a volcano

Children with PDA autism (Pathological Demand Avoidance) – also known as panda children – are like little volcanoes: once they erupt, there is nothing and no one that can stop them. Mark Leonard experiences the violent emotional outbursts of his Panda child Leon on a daily basis. He knows the feeling of absolute helplessness as a parent and, in his book, offers affected parents background knowledge, support and a wealth of practical tips to help them guide their children through everyday life and milestones.

- **What to do when your child cannot tolerate routines and instructions?**
- **Concrete 'panda strategies' for brushing teeth, eating, sleeping and much more.**
- **Mastering milestones such as potty training, nursery and starting school**



March 2026  
Paperback, approx. 224 pages  
Format: 13.7 x 21.5 cm  
approx. €22

### AUTHOR

**Mark Leonard** has been an expert on children with PDA autism since he connected with scientists and psychologists himself due to a lack of information. He is now a family counsellor and supports children with PDA autism. On @Mark.my.thoughts (45,000 followers), he writes from the dual perspective of a father and an expert.

### USP

- What to do if your child does not tolerate routines and instructions?
- Specific ideas and strategies for brushing teeth, eating, sleeping and much more.
- Mastering milestones such as potty training, nursery and starting school.

<sup>1</sup> PDA: Pathological Demand Avoidance

Pauline Stockmann

## Let's Talk About Anxiety

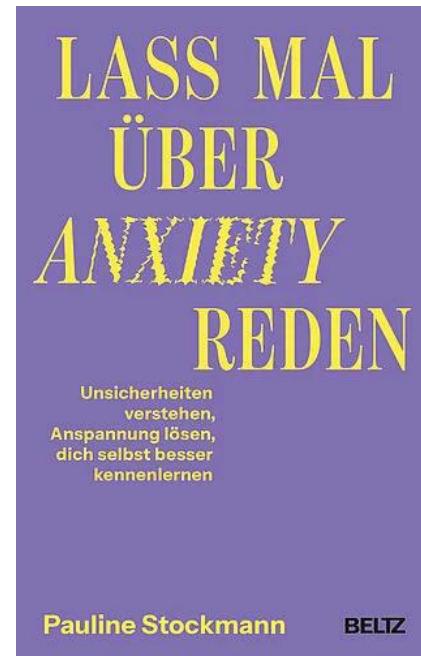
Understanding uncertainties, relieving tension, getting to know yourself better

### CONTENT

#### What your anxiety is really trying to tell you

Anxiety is more than just fear – it describes the emotional state of the younger generation. This book is for anyone who wants to get to the root of the causes behind this vague, threatening feeling of unease. Because instead of fighting our anxiety, we need to learn to listen to it. Behind it lie feelings such as self-loss, doubt, insecurity and anger. Anxiety helps us to better recognise what is bothering us, integrate it into our lives and explore the feelings behind it. This opens the door to true inner peace and self-confident responsibility for our lives.

- With tools for healthy anxiety management
- Full of inspiration to better understand yourself
- With 'Anxiety Quickies' for acute difficult situations



March 2026

Paperback, 240 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Pauline Stockmann** is a clinical psychologist and is currently training as a psychotherapist. She worked in forensics and mental health start-ups before founding her digital practice in 2022. She has 37,000 followers on Instagram and runs the podcast 'Mind Mates' with Adina Selin.

### USP

- Practical tools for dealing with anxiety in a healthy way
- Full of inspiration to help you understand yourself better
- With 'Anxiety Quickies' for acute difficult situations

Jana Hauschild

## The Eternally Helpful Child

When children take on the role of parents and how they free themselves from this burden as adults

### CONTENT

#### Parentification: The lost childhood

Those who had to take care of their parents as children and take on responsibility too early bear the scars for life.

Psychology calls this role reversal 'parentification'.

Psychologist and award-winning journalist Jana Hauschild describes the causes and consequences of a parentified childhood, combining conversations with those affected, expert advice and scientific findings. She shows how adults can give up the role of the eternally helpful child in order to heal wounds and live their own lives with self-determination.

- Triggers: sick, overwhelmed parents; difficult relationships
- Consequences: self-esteem issues, emotional disorders, depression
- An empathetic book for understanding your own story

JANA HAUSCHILD

## Das ewig hilfreiche Kind

Wenn Kinder die Elternrolle übernehmen und wie sie sich als Erwachsene von der Last befreien



BELTZ

February 2026

Paperback, 224 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Jana Hauschild** is a psychologist, journalist and author. She writes for Psychologie Heute and SZ, among others. In 2020, she received the Science Journalism Award from the German Psychological Society. In 2019, she published *Übersehene Geschwister* (Overlooked Siblings) with Beltz. She lives with her family in Berlin.

### USP

- The triggers: sick, overwhelmed parents, difficult relationships
- The consequences: self-esteem issues, emotional disorders, depression
- The self-help: understanding your own history and freeing yourself from burdens with the help of this empathetic book



All rights available

Dr Nicole Strüber, Nina Poelchau

## How Synchronicity Heals the Soul

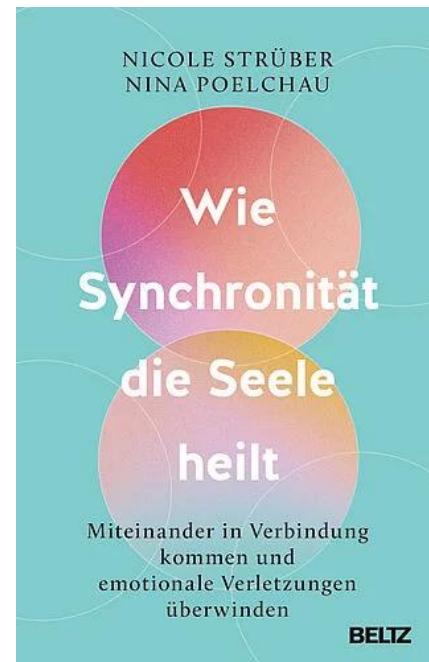
Connecting with each other and overcoming emotional wounds

### CONTENT

#### The underestimated resource for mental health

Synchronicity arises when we connect with other people: in moments of emotional closeness, mechanisms are triggered in the brain that help us process emotional wounds, relationship problems, fears or trauma. In this book, psychotherapist Nina Poelchau and neurobiologist Dr Nicole Strüber show how we can create synchronicity in everyday life. Exercises from trauma, conversation, body and other forms of therapy allow us to feel a deep connection to others and free ourselves from mental stress.

- With exercises from psychotherapeutic practice
- Apply the latest neurobiological findings in everyday life
- Overcome hurt, conflict, fears, microtraumas and much more



March 2026

Paperback, 256 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Dr. Nicole Strüber** is a neuroscientist, attachment expert, successful author of books and scientific articles, lecturer and sought-after speaker on the topics of attachment, trauma and change.

### USP

- With exercises from psychotherapeutic practice
- Applying the latest neurobiological findings to everyday life
- Overcoming hurt feelings, conflicts, fears, micro-traumas and much more

Hannah Gensch

## ADHD in Love

How ADHD challenges couples and what helps them

### CONTENT

#### With heart and chaos

ADHD has the potential to cause chaos in relationships – from unfinished renovation projects to mood swings. Couples therapist Hannah Gensch knows the concerns of affected couples and offers advice on communication problems, challenges in everyday organisation and intimacy. With practical exercises and routines that can be implemented immediately, the book provides guidance on the path to more structure, mutual understanding and genuine connection. It opens up new perspectives and encourages readers: a fulfilling relationship is possible even with ADHD!

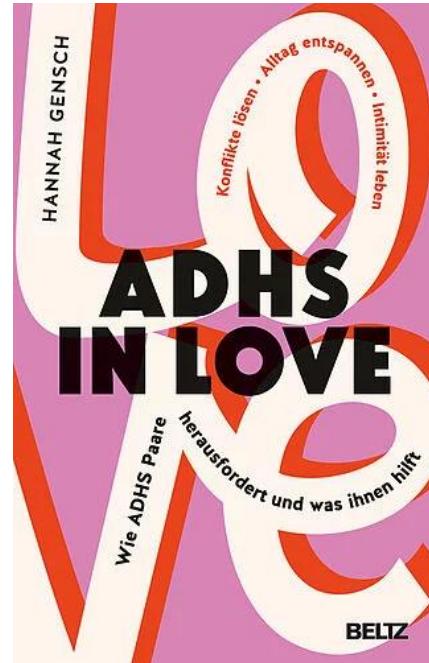
- More understanding and less stress in everyday life
- Shows how to use the strengths of ADHD in relationships
- Advice on emotion regulation, household management, life with children, sexuality and more

### AUTHOR

**Hannah Gensch** is a couples therapist with over 17 years of experience. She works in her own private practice in Munich and at Lanserhof. As an author for publications such as SZ and Spiegel, as well as an expert on Gesagt. Gefragt – Die Podcast-Therapie, she shares practical approaches that help couples through challenging phases.

### USP

- Greater understanding and relief in everyday life
- Shows how to use the strengths of ADHD in relationships
- Advice on emotion regulation, household and daily planning, living with children, sexuality, and more



April 2026

Paperback, 240 pages

Format: 13.7 x 21.5 cm

approx. €22

Swantje Matthies, Wibke Janzarik

## The World of Women and Girls With Borderline Personality Disorder

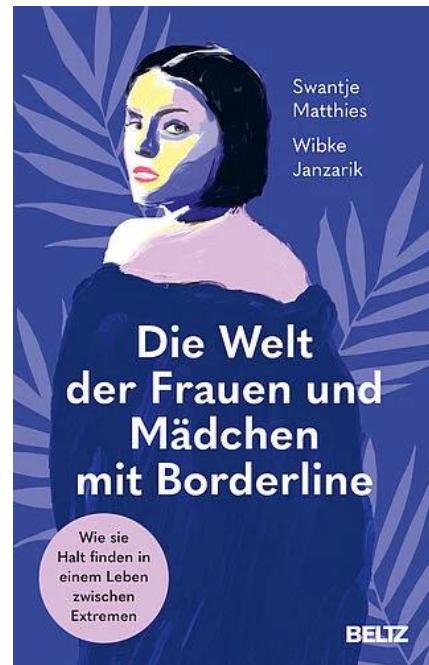
How they find stability in a life between extremes

### CONTENT

#### Recognition and support for women with BPD

The symptoms of women and girls with borderline personality disorder are too often dismissed as 'totally hysterical', 'typical female behaviour' or 'puberty'. They are often not diagnosed until young adulthood and frequently develop secondary disorders. Their suffering is enormous: severe mood swings, fear of loss and self-deprecating thoughts can thwart life goals, family plans and careers. Borderline experts Swantje Matthies and Wibke Janzarik educate affected women and parents of girls with borderline personality disorder, provide guidance and offer strategies for self-help.

- **Comprehensive information for affected women and girls**
- **Recognises the psychological strain and provides support**
- **With strategies for self-help**



March 2026

Paperback, 224 pages

Format: 13.7 x 21.5 cm

approx. €22

### AUTHOR

**Dr Swantje Matthies** is a senior physician at the Clinic for Psychiatry and Psychotherapy at the University Medical Centre Freiburg and heads the ward specialising in the treatment of borderline disorders. She is a contributor to the podcast project 'Jung und Freudlos' (Young and Joyless).

### USP

- Comprehensive information for affected women and girls
- Recognises the psychological strain and provides support
- With strategies for self-help



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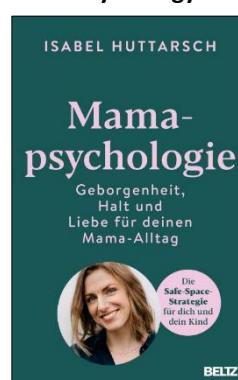
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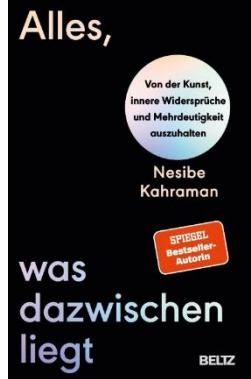


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