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Spring 2018

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The child I wished to have so badly is driving me crazy

Keeping it together from ages 5 to 10

Backlist



- ▶ as your child grows up, the challenges increase
- ▶ provides useful, no-nonsense parental advice

Does your 6-year old ALREADY want to move out?

The authors of the bestseller on the terrible twos are here to help you manage your fears and those of your child. They illustrate alternative parenting strategies with a focus on mutual letting go, trust, school ups and downs, family happiness and respect. With practical examples and at eye level, the authors show why ages 5 to 10 are a very significant period in the parenting process. These years see the establishment of a basis for 'tolerable' puberty and the development of important values and habits which will last a lifetime.

About the authors

Katja Seide und Danielle Graf co-write Germany's biggest parenting blog ›The child I wished to have so badly is driving me crazy‹ (www.gewuenschtestes-wunschkind.de). Between the two of them, they have five children between the ages of 2 and 8. Katja Seide is a special needs educator at a primary school and Danielle Graf is a legal economist specialising in organisational development.

Type of book/media

Guidebook

Danielle Graf / Katja Seide
The child I wished to have so badly is driving me crazy
 Keeping it together from ages 5 to 10
 approx. 352 pages, softcover
 ISBN 978-3-407-86504-5
 Publication date: 03/2018

Craziness part 1:

- ▶ spent 60 weeks on the Spiegel Bestseller list
- ▶ more than 170.000 copies sold
- ▶ over 20 million views on Germany's most successful parenting blog

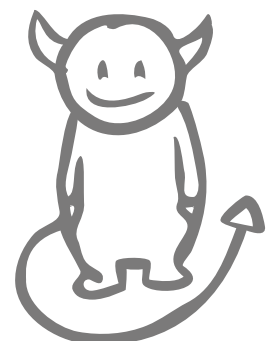
The child I wished to have so badly is driving me crazy

A relaxed approach to the age of temper tantrums and stubbornness



ISBN 978-3-407-86422-2

rights sold to China (Complex), Estonia, Korea, Slovakia



Our program **Beltz Non-Fiction** offers you non-fiction titles and guidebooks in the fields of baby and toddler, childhood, youth, adolescence, parents, family, education, school, life in seniority and psychology.

Your Unsung Super-Organ

All you need to know about your immune system



- ▶ discover your individual immuno-competence
- ▶ contains new medical knowledge and practical health tips

Our immune system has a significant hand in whether we end up with just a few harmful sniffles or cancer. We still don't know a great deal about what strengthens or weakens an individual's immune system. Are breast feeding and childhood vaccinations a significant factor? Why do men often die younger than women? In this book, the authors provide a deep and clear insight into everything that science has discovered about our complex super-organ. They explain what readers can do in their daily lives to give their immune system a boost and thus live a longer, healthier life.

About the authors

Dr. Michael Hauch is a paediatrician. He has worked and carried out research in oncology and bone marrow transplants at the University Clinic in Düsseldorf and the Memorial Sloan Kettering Cancer Center in New York.

Regine Hauch is a science journalist specialising in healthcare. She works as a free-lancer for WDR Radio and a wide range of magazines.

Type of book/media

Guidebook

Michael Hauch / Regine Hauch
Your Unsung Super-Organ
 All you need to know about your immune system
 approx. 366 pages, softcover
 ISBN 978-3-407-86448-2
 Publication date: 02/2018

The Creative Power of Machines

Why artificial intelligence dictates what we will think and feel tomorrow



- ▶ who is driving innovation – man or machine?
- ▶ man and machine in the 21st century: what will become of humans in a digital society?

A new era is dawning. Artificial intelligence is penetrating an ever-increasing number of areas of our personal lives and culture. Holger Volland is both fascinated and concerned by these developments. If machines learn and generate their own content, take over culture and determine our thoughts and feelings, what will become of us? Can smart, self-learning technology enrich our lives while we can still determine where we're heading? The answer is yes, but only if we finally wake up and take a critical look at developments, as Holger Volland argues in his book.

About the author

Holger Volland is the founder of THE ARTS+, a digital culture festival, and the Vice-President of the Frankfurt Book Fair. He studied information science, worked as an internet pioneer at Pixelpark, a multimedia agency, set up a consultancy firm and lead the New Economy Business School, taught at the Wismar Academy and curated contemporary art exhibitions in Argentina and Germany.

Type of book/media

Non-fiction

Holger Volland
The Creative Power of Machines
 Why artificial intelligence dictates what we will think and feel tomorrow
 approx. 272 pages, hardback
 ISBN 978-3-407-86509-0
 Publication date: 02/2018

Your Dignity Decides

Find your inner compass to live a good life



- ▶ discover the undervalued feelings of dignity and self-esteem
- ▶ the essence of the authors' 30 years of experience

Whether you're at work or with your partner, whether you're on the receiving end of disparaging behaviour or involved in a conflict, life is full of situations and relationships where our dignity is at stake. We are often either unaware of how we can protect it or we choose to ignore the inner voice of our ego. The authors explain why focussing on your own dignity constitutes the relevant compass for a good life. Your dignity derives from value, and if you value yourself, you've made the first important step. The book also contains suggestions for fostering a culture of dignity.

About the authors

Dr. Udo Baer is a body psychotherapist, chairman of the Foundation for Human Dignity, the research director of the Institute for Gerontological Psychiatry (IGP) and the co-founder of the Berlin Pedagogical Institute (PIB).

Dr. Gabriele Frick-Baer is a body and trauma psychotherapist, board member of the Foundation for Human Dignity and the research director of the Creative Trauma Treatment unit at the Foundation.

Type of book/media

Guidebook

Udo Baer / Gabriele Frick-Baer
Your Dignity Decides
 Find your inner compass to live a good life
 approx. 272 pages, softcover
 ISBN 978-3-407-86508-3
 Publication date: 03/2018

Extremely Gifted and Highly Sensitive

Gifted youngsters – how they tick and what they need



▶ an intellectually gifted teenager = Puberty³

▶ 1,6 million Germans are gifted

Puberty is a difficult time both for young people and their parents – and that is especially the case for gifted children. Emotional struggles and social conflict have an extreme impact on gifted youngsters and affect their lives throughout puberty and beyond. The book's authors have spent many years accompanying gifted youngsters and have identified proven strategies for supporting them. This book serves to help parents and teachers to understand gifted youngsters and support them as much as possible in making a successful transition to adulthood.

About the authors

Janneke Breedijk teaches gifted pupils in special classes in the Netherlands. Since 2012, she has been an advisor to the national Excellency & Giftedness programme.

Noks Nauta is a doctor carrying out medical research on giftedness and has published on the subject. She holds workshops both at home and abroad.

Julia Rau is a qualified Systemic Coach with a qualification as a specialist in coaching the gifted. In 2014, she carried out a study on the daily lives of 1.400 gifted individuals.

Type of book/media

Guidebook

Janneke Breedijk / Noks Nauta / Julia Rau
Extremely Gifted and Highly Sensitive
 Gifted youngsters – how they tick and what they need
 approx. 224 pages, paperback
 ISBN 978-3-407-86511-3
 Publication date: 02/2017

How Boys Can Succeed at School

A guidebook for parents



▶ transform boys' characteristics into strengths

▶ based on interviews with boys, parents and teachers

An increasing number of boys are performing poorly at school. How should parents respond? Reinhard Winter explains in his new book how parents can help their sons to cope with and even enjoy school. The family home can play a decisive role. Parents have a real influence on their sons' behaviour, their approach to school as well as the atmosphere and effectiveness of learning at home. However, school success involves cooperation between different individuals and Winter illustrates many examples of how parents can actively contribute in school to their sons having a better school experience.

About the author

Dr. Reinhard Winter is the most prominent expert on boys' issues in the German-speaking world. He has a Higher Diploma in Education and specialises in counselling boys and men, research on boys as well as instructing teachers and experts in social work about boys' issues.

Type of book/media

Guidebook

Reinhard Winter
How Boys Can Succeed at School
 A guidebook for parents
 approx. 304 pages, paperback
 ISBN 978-3-407-86514-4
 Publication date: 03/2018

Backlist

Also by Reinhard Winter:

Boys need clear Messages



ISBN 978-3-407-85989-1

Boys. An Instruction Manual



ISBN 978-3-407-85931-0

Family. An Instruction Manual



ISBN 978-3-407-85749-1

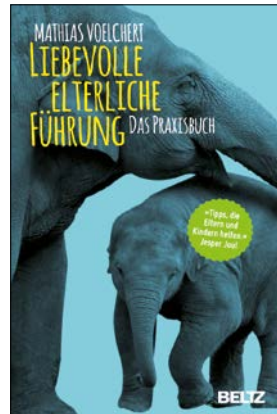
Backlist

The Self-Healing Code



ISBN 978-3-407-86443-7

Loving Parental Leadership



ISBN 978-3-407-86471-0
rights sold to Poland

A Punishment-free Childhood



ISBN 978-3-407-86488-8
rights sold to Turkey

Breaking the Schematic Mold



ISBN 978-3-407-86451-2
rights sold to the Netherlands and Romania

Leading the Pack (new edition)



ISBN 978-3-407-86503-8
rights sold to Denmark, Croatia, Czech Republic, Latvia, Norway, Poland, Slovenia and Spain

Sporticus Junior



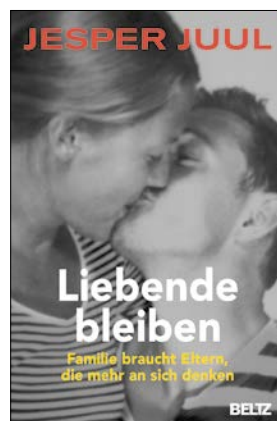
ISBN 978-3-407-86441-3

Psychotherapy – an Instruction Manual



ISBN 978-3-407-86465-9

Staying Lovers



ISBN 978-3-407-86440-6
rights sold to Poland and Portugal

We are Everywhere, just not with Ourselves



ISBN 978-3-407-86449-9

Pleasure Therapy

Behavioural therapy techniques



▶ **case studies, therapy instructions, exam questions**

▶ **with audio files to download**

The goal of pleasure therapy is to sensitise patients to a positive perception. This behavioural therapeutic concept was developed by the author herself and puts positive feelings and actions at the centre of the therapy. There are targeted exercises which are intended to appeal to each of the five senses. The method can be used with non-specific symptoms and is suitable for many different disorders, e.g. depression, obsessive-compulsive disorders or tinnitus. The book also includes additional worksheets and audio files that help patients to do the exercises in everyday life.

About the author

Graduate psychologist Eva Koppenhöfer, psychological psychotherapist at her own practice.

Target group

Psychotherapists in training, anyone starting a career in behavioural therapy, outpatient and inpatient behavioural therapists

Type of book/media

Practical manual

Eva Koppenhöfer
Pleasure Therapy
 Behavioural therapy techniques
 approx. 150 pages, paperback
 ISBN 978-3-621-28556-8
 Publication date: 03/2018

Behavioural Activation

Behavioural therapy techniques



▶ **practical case studies and therapy dialogues**

▶ **work materials and video tutorials**

Behavioural activation is a therapeutic technique which reduces the particularly distressing symptoms described as lack of drive and lack of interest. In many cases, this creates the necessary conditions for a successful therapy. As a result, behavioural activation is not only an important step in treatment but often also the first step. The approach can be applied for a range of disorders, e.g. depression or social phobias. The team of authors demonstrates the wide variety of ways the technique can be applied and provides some practical examples. Some potential pitfalls and errors are also clearly pointed out. Test questions help you check your knowledge.

About the authors

Professor Jürgen Hoyer and graduate psychologist Diane Vogel, both at: Technical University of Dresden.

Target group

Trainee and qualified psychological and medical psychotherapists, psychiatrists

Type of book/media

Practical manual

Jürgen Hoyer / Diane Vogel
Behavioural Activation
 Behavioural therapy techniques
 approx. 150 pages, paperback
 ISBN 978-3-621-28496-7
 Publication date: 03/2018

Beltz Psychology provides specialist psychological literature for psychotherapists, sets of cards for therapeutic work, books for patients as well as textbooks and DVDs for study and practice. Our program covers all psychological fields; its focus is on the field of psychotherapy. The specialized literature is published for the academic and scientific field as well as practice.

Put the Colour Back in Your Life

Get active, change your thinking patterns, conquer depression



- ▶ based on behavioural therapy
- ▶ with easy-to-apply exercises

This self-help book teaches strategies, based on cognitive behavioural therapy, which aim at overcoming depression. Along with information about the clinical picture and a variety of professional options for assistance, the book focuses on behavioural activation and changing thought patterns: building a balanced daily structure with duties and pleasant activities, recognising depressive thoughts and changing them, and building up a healthy feeling of self-confidence. There are exercises to help with this step-by-step process without becoming overwhelmed.

About the authors

Dr. Julia Zwick, graduate psychologist, psychological psychotherapist at the Tübingen University Clinic. Professor Martin Hautzinger, professor for clinical psychology and psychotherapy at Tübingen University.

Target group

Patients and their relatives, psychotherapists who can suggest it for patients

Type of book/media

Self-help book

Bonding in Therapy and Counselling

A resource-oriented approach for dealing with children



- ▶ up-to-date picture of the subject
- ▶ concrete application in practice

Bonding is a basic psychic need and serves to maintain and restore emotional stability. If there are disturbances in the bond between parent and child, these could lead to mental impairment and disorders. Lilith König describes what bonding means as a psychological construct, what types of bonding there are and how they are diagnosed. The way they are applied in psychotherapeutic practice is also presented.

About the author

Professor Lilith König, graduate psychologist, head of the Institute for General Special Education, Special Educational Psychology/Early Childhood Education of the University of Applied Sciences Ludwigsburg.

Target group

Child and adolescent psychotherapists and psychiatrists, family and development psychologists, educational counselling centres

Type of book/media

Practical manual

Acceptance and Commitment Therapy

75 therapy cards



- ▶ lots of stimulus for the therapy session
- ▶ high-quality set of equipment

The 75 high-quality, large format cards for acceptance and commitment therapy (ACT) can be used throughout the course of therapy. In ACT, the therapist is considered to be the patient's companion on a mutual path, so it makes sense to use therapy materials for the set-up of the therapy session. Organised according to the six ACT work modules, the targets are displayed on the front of the card in images and diagrams. On the back, there are suggestions and exercises. The booklet provides both an introduction to ACT and also instructions and tips for use.

About the author

Professor Norbert Lotz, graduate psychologist, behavioural therapist, director of the training institute FIRST in Frankfurt.

Target group

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists

Type of book/media

Set of 75 cards + booklet

Julia Zwick / Martin Hautzinger
Put the Colour Back in Your Life
 Get active, change your thinking patterns, conquer depression
 approx. 150 pages, paperback
 ISBN 978-3-621-28496-7
 Publication date: 03/2018

Lilith König
Bonding in Therapy and Counselling
 A resource-oriented approach for dealing with children
 approx. 250 pages, hardback
 ISBN 978-3-621-28583-4
 Publication date: 04/2018

Norbert Lotz
Acceptance and Commitment Therapy
 75 therapy cards
 ISBN 978-3-621-28564-3
 Publication date: 03/2018

Tell Me a Story

The dice game for therapy and counselling



- ▶ creative game for therapy
- ▶ suitable for children and adults

60 cards on subjects like family relationships, school, dreams/desires/goals, fears, feelings and people provide the stimulus for discussing these topics. The motifs on the nine dice provide keywords for the stories in categories like emotions, the weather, the sensory organs, (living) places, activities, animals, travel, fantasies and addiction. These ideas enable patients to tell real stories from their own lives as well as stories about what they have fantasised. The procedure can be quickly explained and can be used in both individual and group settings, for both young and adult patients. The accompanying booklet describes how this set of dice can be used creatively in therapy.

About the authors

Eike Hovermann jun., founder of the Academy of Kindergartens, Daycare and After-school Care Centers; Melanie Gräßer, graduate psychologist, psychological psychotherapist, with her own practice; Annika Botved, freelance illustrator.

Target group

Child and adolescent psychotherapists, psychological psychotherapists, counselling centres

Type of book/media

9 wooden dice, 60 cards, 1 hourglass + booklet

Eike Hovermann jun. / Melanie Gräßer / Annika Botved

Tell Me a Story

The dice game for therapy and counselling
ISBN 978-3-621-28595-7
Publication date: 02/2017

Creative Techniques for Child and Adolescent Psychotherapy

75 therapy cards



- ▶ quickly informed
- ▶ illustrated with beautiful photos

The therapy cards for creative work in child and adolescent psychotherapy are a collection of very different techniques which have proven themselves in practice. Each card follows a logical structure which lets you see directly what it is about and what materials are needed. The photos on the front and the description of the technique on the back make implementation effortless. The booklet provides an overview of the theoretical background and how the techniques are used.

About the authors

Melanie Gräßer, graduate psychologist, psychological psychotherapist, with her own practice; Eike Hovermann jun., founder of the Academy of Kindergartens, Daycare and After-school Care Centers.

Target group

Child and adolescent psychotherapists, staff in family counselling centres

Type of book/media

Set of 75 cards + booklet

Melanie Gräßer / Eike Hovermann jun.

Creative Techniques for Child and Adolescent Psychotherapy

75 therapy cards
ISBN 978-3-621-28507-0
Publication date: 03/2018

Backlist

Also by the authors:

Rating Scales für Child and Adolescent Psychotherapy



ISBN 978-3-621-28424-0

Giving Names to Feelings with Children and Adolescents



ISBN 978-3-621-28300-7

Poster Resources in Child and Adolescent Psychotherapy



ISBN 978-3-621-28425-7

SOS Emotional Chaos

100 exercises to help dealing with strong emotions. A set of cards for adolescent psychotherapy



► **easy to use**

► **unusual exercises**

In adolescent psychotherapy, young people are provided with the skills they need to deal with feelings such as excessive anger, fear or despair. The cards are designed for clients between the ages of 12 and 16. In each case, an exercise is described on the front of the card and illustrated by a photo on the back. Together with the treating therapist, the young people create their own individual 'emergency programme'. Further ways of using the cards are described in the booklet.

About the authors

Dr. Robert Rossa, qualified social education worker and therapist treating children and adolescents. Julia Rossa, qualified social education worker and school social worker.

Target group

Child and adolescent psychotherapists and psychiatrists, staff in family counselling centres, people in therapeutic pedagogy, social workers

Type of book/media

Set of 100 cards + booklet

Robert Rossa / Julia Rossa

SOS Emotional Chaos

100 exercises to help dealing with strong emotions.

A set of cards for adolescent psychotherapy

ISBN 978-3-621-28582-7

Publication date: 03/2018

Sexual Disorders

► **up-to-date overview of this important topic**

► **by a renowned specialist**

Despite the liberalisation of sexuality and the reduction of fear, conflicts and guilt about it, more and more people are seeking help for sexual disorders. At the same time, knowledge about sexual disorders and how they can be treated is not always up-to-date. Peter Fiedler provides concise information about mental disorders with relation to sexual development and orientation, gender dysphoria and gender identity disorders, sexual dysfunction, and sexual deviations and paraphilia.

About the author

Professor emeritus Peter Fiedler, University of Heidelberg.

Target group

Trainee and qualified psychological and medical psychotherapists

Type of book/media

Practical manual

Peter Fiedler

Sexual Disorders

190 pages, hardback

ISBN 978-3-621-28439-4

Publication date: 01/2018

**Therapy Tools
Somatoform Disorders**

► **extensive collection of materials**

► **by renowned specialists**

A quarter of all the patients who turn up in the doctor's office have physical complaints for which no medical cause can be found. Those affected in this way undergo many, sometimes unnecessary, examinations until they end up in psychotherapy with the diagnosis of 'somatoform disorder'. Apart from affective disorders and anxiety disorders, somatoform disorders comprise the most frequent mental disorders. However, as anyone suffering from somatoform disorders usually has a history of ineffective medical treatment behind them, effective psychotherapy is important. This tools book is a compilation of work materials for all the phases of psychotherapy.

About the authors

Dr. Maria Kleinstäuber, University of Auckland, New Zealand. Dr. Gaby Bleichhardt, Dr. Japhia-Marie Gottschalk, Professor Winfried Rief, all from the University of Marburg.

Target group

Psychological and medical psychotherapists, psychiatrists

Type of book/media

Therapy tools

Maria Kleinstäuber / Gabi Bleichhardt / Japhia Gottschalk / Winfried Rief

Therapy Tools Somatoform Disorders

approx. 254 pages, paperback

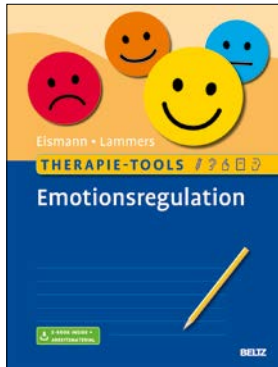
ISBN 978-3-621-28375-5

Publication date: 04/2018

Backlist

Also available from our series
»Therapy Tools«:

Emotion Regulation



ISBN 978-3-621-28517-9

Depression



ISBN 978-3-621-28225-3
rights sold to the Netherlands

Resilience



ISBN 978-3-621-28138-6
rights sold to the Netherlands

Also available:
Patient Guidebooks:

Breaking Negative Thinking Patterns



ISBN 978-3-621-28415-8
rights sold to Denmark, England, Romania, Turkey

Binge Eating Your Life Away



ISBN 978-3-621-28325-0

Encounter your Inner Dragon with
Mindfulness



ISBN 978-3-621-28349-6

Also available:

Binge Eating



ISBN 978-3-621-28500-1

75 Therapy Cards for Schema Therapy



ISBN 978-3-621-28474-5

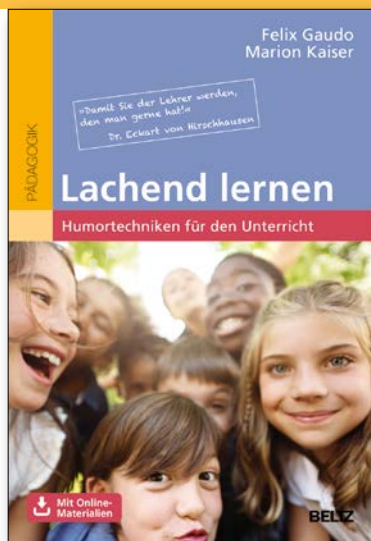
Self-regulation and Impulse Control via
Schema Therapy



ISBN 978-3-621-28477-6

Learning Through Laughter

How to bring humour to the classroom



► with illustrations and teaching materials

Bringing humour to the classroom stimulates pupils' curiosity, creativity and motivation and can even defuse conflict – not just with children and adolescents, but also with parents! Humour is also an effective way of dealing with stress. Teachers certainly don't have to be born comedians as humour techniques can be learnt. Applicable in all school types, these techniques have proven very successful in lessons. This book shows how you can sharpen your humour and stay healthy at the same time!

About the authors

Felix Gaudo is an experienced stand-up comedian who holds lectures and workshops for managers, doctors, health care professionals, teachers and educators. Marion Kaiser has around 20 years of experience as a primary school teacher.

Target group

Teachers of all school types

Type of book/media

Practical manual

Felix Gaudo / Marion Kaiser
Learning Through Laughter
 How to bring humour to the classroom
 approx. 180 pages, paperback
 ISBN 978-3-40763017-9
 Publication date: 01/2018

Extracurricular Places of Learning

Didactic and methodological fundamentals



► an overview of extracurricular learning concepts

Extracurricular places of learning make a significant contribution to the quality of teaching and learning processes. This volume identifies the potential and meaning of extracurricular places of learning in theory and practice for all subjects across all school years. This book sheds light on general educational concepts such as learning requirements, the quality of learning tasks, personalisation and differentiation, learning support and performance assessment as well as explaining specialised and generic teaching and learning concepts in extracurricular places of learning.

About the authors

Robert Baar is Professor of Education and Didactics for Primary Schools and Early Childhood Education at Bremen University. Gudrun Schönknecht is Professor of Primary-level Education at the Freiburg Pedagogical Institute.

Target group

Student teachers of all subjects at all school types, lecturers, trainee and apprentice teachers

Type of book/media

Foundational volume

Robert Baar / Gudrun Schönknecht
Extracurricular Places of Learning
 Didactic and methodological fundamentals
 176 pages, paperback
 ISBN 978-3-407-25718-5
 Publication date: 04/2018

Beltz Education is a comprehensive program for school practice, as well as for the training and continuing education of teachers and administrators of all types of schools, supplemented by manuals, guides, and the pedagogical magazine PÄDAGOGIK.

Teaching with Knowledge Maps



- ▶ offers a wide range of possible uses for all ages
- ▶ can be personalised

In the digital age, the ability to think visually is becoming increasingly important and involves not just being able to understand pictures but also how they relate to textual information. Knowledge maps support pupils' learning in a creative way as they allow topics and content to be presented and explored in a variety of ways which are beneficial for other learning processes such as discovering connections, identifying problems and developing questions. Creating knowledge maps facilitates an in-depth analysis of issues and can lead to the emergence of surprising outcomes.

About the authors

Dr. Markus Meyer is a senior teacher (Oberstudienrat) at the Europaschule Troisdorf with lecture-ships at several universities in Germany. Mariola Meyer is a senior teacher at the Hölderlin Gymnasium, Cologne. Christian Jansen is a teacher at the Theodor-Litt-Realschule, Düsseldorf

Target group

Trainee and apprentice teachers

Type of book/media

Foundational volume

Christian Jansen / Markus Meyer /
Mariola Meyer
Teaching with Knowledge Maps
128 pages, paperback
ISBN 978-3-407-63053-7
Publication date: 04/2018

Space and Inclusion New concepts for school buildings



- ▶ strategies to promote more inclusive school architecture
- ▶ practical recommendations with a wealth of illustrations

Inclusion makes new demands on schools with diversity amongst children and adolescents leading to the development of new forms of learning which require different room designs. In the future, we will need learning environments which fulfil a very wide range of requirements and take account of the abilities and needs of all pupils. This book sets out the spatial pre-requisites for inclusive school development. Twelve case studies (10 in Germany, 1 in Canada and 1 in Finland) serve as an inspiration for the planning of new, inclusive school buildings and the conversion of existing ones to render them more inclusive.

About the authors

Dr. Kersten Reich is professor of international learning and teaching research and scientific director at the Inklusive Universitätsschule Köln. Dr. Meike Kricke is a research assistant working on the 'Space and Inclusion' project at Cologne University. Lea Schanz und Jochem Schneider are architects specialising in school buildings.

Target group

School administrators, teachers, architects, school construction planners, administrative staff

Type of book/media

Practical manual

Meike Kricke / Kersten Reich / Lea Schanz /
Jochem Schneider
Space and Inclusion
New concepts for school buildings
approx. 400 pages, paperback
ISBN 978-3-407-63047-6
Publication date: 02/2018

Backlist

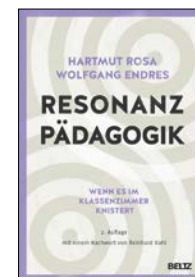
Also available:

The Handbook »Thoughts as Strong as Bears« for Teachers



ISBN 978-3-407-62948-7

Resonance Pedagogy



ISBN 978-3-407-25768-0
rights sold to Denmark

Method Training



ISBN 978-3-407-63066-7

Teaching »Happiness« as a Subject in Schools



ISBN 978-3-407-25735-2
rights sold to Romania

Beltz Training, Coaching, Counselling provides a wide selection of professional literature for trainers, coaches and instructors for further education. The subjects covered range from new seminar methods, basics for coaching, conflict and change management, to personality and team development..

The Dolce Vita Strategy

How to cope with the new world of work with ease and aplomb



- ▶ shape the new world of work with personality and an eye for opportunities
- ▶ ideas and methods on how to successfully negotiate the transformation with ease and confidence

The ongoing changes to the labour market call for flexibility, confidence and the right attitude to all the new challenges. The Dolce Vita Strategy explains how we can view the new world of work as a great opportunity by combining the insights of positive psychology with the Italian attitude to life in a series of nine promises. In this way, the book provides us with the motivation to successfully negotiate this inevitable transformation competently with the necessary ease and confidence.

About the authors

Loredana Meduri and Alessandro Spanu have been working within the international economic world for over 20 years. They have been successfully guiding companies through change by offering keynotes, training and consultation.

Target group

Personnel developers, coaches, trainers, professional and executive staff

Type of book/media

Practical manual

Loredana Meduri / Alessandro Spanu

The Dolce Vita Strategy

How to cope with the new world of work with ease and aplomb
approx. 200 pages, hardback
ISBN 978-3-407-36656-6
Publication date: 01/2018

Leadership with Appreciation

The leadership compass for more dedication, well-being and excellence



- ▶ positive psychology for management levels
- ▶ tried and tested management tools and the findings from positive psychology

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About the author

Prof. Olaf-Axel Burow is a professor of General Education at the University of Kassel. He has published numerous books on the topics of education, organizational development and creativity research.

Target group

Coaches, consultants, management

Type of book/media

Guidebook

Olaf-Axel Burow

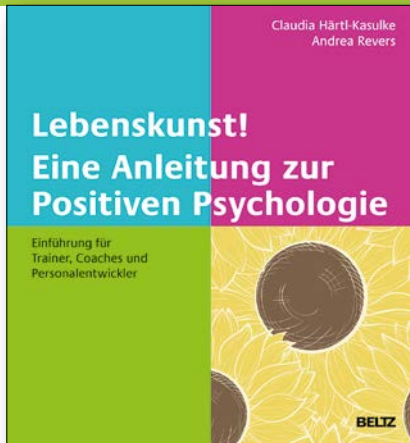
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Mini Handbook for Organisational Development
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About the authors

Claudia Härtl-Kasulke, BK+K, Rhine-Main, Berlin, Nuremberg, spends time with executives and their teams through change processes and strategy development. Andrea Revers, graduate psychologist, is a certified positive psychology trainer. She trains coaches and executives at her academy: www.revers-akademie.de.

Target group

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About the authors

Andreas Patrzek is a trainer, coach and specialist author. He has been running seminars on the subject of systemic questions for 20 years and holds a lectureship at the FH in Vienna. Stefan Scholer is a trainer, coach, specialist author and director of the Munich Training and Further Education Centre. He has been holding seminars on collegiate consultation and leadership for 15 years.

Target group

Coaches, consultants, trainers, human resource developers, executive staff

Type of book/media

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About the authors

Uwe Reineck has been providing support to companies in change since 1991. He trains consultants, is director of the Psychodrama Institute Freiburg and publishes on leadership changes and consulting. He is the director of Maiconsulting GmbH. Mirja Li Anderl has been a consultant and designer at Maiconsulting GmbH since 2007 and is a corporate culture worker. She does research and publishes on new approaches in consulting.

Target group

Organisation developers, consultants, human resource developers, executive staff

Type of book/media

Practical manual

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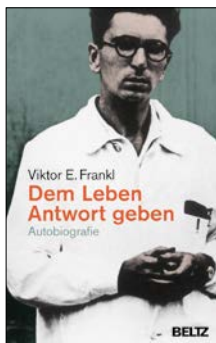
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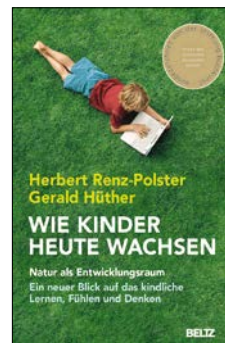
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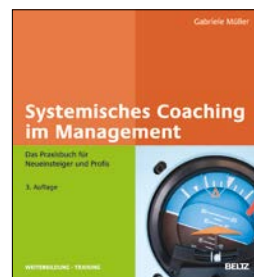
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