

Spring 2019

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Anja Tanas

All About Salt

The immense effect of the right pinch

CONTENT

An essential foodstuff under the magnifying glass

We love salt, we fear salt. The white stuff is essential for our bodies and our well-being. Without salt we would be more aggressive one moment, more lethargic the next. The right amount influences our sense of happiness and this amount determines whether salt will become a risk factor or a remedy. Is a high salt intake the cause of osteoporosis and dementia? Or could a salt deficiency even be the cause of diabetes and weight gain?

The oecotrophologist Anja Tanas draws on the most important findings from the latest studies. She explains why people need different amounts of salt, depending on their circumstances and predisposition, and how the food industry has a negative influence on our eating habits by having excessive salt levels and what politicians can do about it.

In experiments on herself, she tests, among other things, what effect salt-free food has on your mood and general health. Practical and entertaining, she develops tips and recipe ideas. A book as indispensable as just the right pinch of salt.

- **The trending topic of food**
- **Vital mineral v. health risk**
- **With practical tips for changing your eating habits**



April 2019
288 pages; 18,95 EUR

AUTHOR

Anja Tanas is a graduate oecotrophologist, author and freelance journalist for nutrition and health. She has worked on German television in front of and behind the camera as a coach and consultant. The three-time winner of the German Nutrition Society's prize for journalism is regularly booked as a speaker or presenter at specialist events. She lives in Cologne. www.anjatanas.de

ALSO AVAILABLE



Dr. Michael Hauch, Regine Hauch

Your Unsung Super-Organ

All you need to know about your immune system

published in 2018; 320 pages, 17,95€

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

Jana Hauschild

Overlooked Siblings

Life as a brother or sister of a mentally ill child

CONTENT

In the shadow of attention

They usually only get to play second fiddle: siblings of the mentally ill are often left alone with their needs and successes, their worries and their anxiety. For some, it lasts their whole lives. They are the children who 'function', the lucky ones, the mediators between parents and siblings. Their relationship with their mentally ill sibling is complex - sometimes they have strong protective instincts, other times they suffer with grief. For some, the responsibility has made them strong, others feel deprived of their childhood years.

Jana Hauschild gives these adult siblings a voice. Showing great empathy, the psychologist describes the life stories of these overlooked ones, reveals their feelings and accompanies them on their way to discovering themselves.

- **Millions of people have mentally ill sisters or brothers**
- **Based on interviews with experts and reports by those affected**



February 2019
232 pages; 17,95 EUR

AUTHOR

Jana Hauschild is a graduate psychologist and author. As a freelance journalist, she writes on psychological topics for a number of national print and online media outlets, including Psychologie Heute, Süddeutsche Zeitung, Gehirn + Geist, Stiftung Warentest, Berliner Zeitung and Spiegel Online. She has a mentally ill brother herself and lives in Berlin. www.jana-hauschild.de

TARGET GROUP

Family members of mentally ill children with siblings

Andrea Edinger

My Mother and Me / My Father and Me

A personal farewell book. Remembering, recording, preserving

CONTENT

When your parents are gone

The funeral is over, the apartment cleared out and sold. The inheritance has been arranged, all the loose ends have been tied up. However, the most important questions often do not crop up until a good while after the father's death: what was he to me? What kind of person was my father? What stories of his, what values and experiences live on in me? What is it that I don't want to forget? 111 questions to help you remember. There are no limits to the emotions you can feel: grief, admiration, disappointment, anger, joy, gratitude ... Everything and anything is allowed. The personal album which is created out of this reflects the unique relationship you had; one which stretches far beyond the grave.

- Warm-hearted tone, attractive design
- Unique companion book for working on personal issues
- Comforting gift for anyone who is in mourning
- Writing as a way of coping

Content list in English available



February 2019

2128 pages; 14,95 EUR

AUTHOR

Andrea Edinger is a funeral speaker and grief counsellor. For more than ten years, she has been helping people deal with loss. She has helped perform over a thousand funerals and has come to know incredible stories of fate and moving tales of the lives people have led. Andrea Edinger lives near Weinheim.



Julia Dibbern/Nicola Schmidt

Wild World

How to let your children grow in the world and at the same time stay relaxed

CONTENT

Children need roots and wings

Going to school by bus, going to the bakery on a Saturday by themselves, climbing in the forest ... While children grow up and explore the 'world outside' for themselves, many parents are terrified and want to protect their offspring from stress and danger. But without parents letting go, children can't become strong and autonomous. Julia Dibbern and Nicola Schmidt encourage parents to trust their family's resources. They show how resilience can be created from the security of the 'slow family'. Courage, curiosity and personality play as much a part of this as do family bonding and self-confidence. This allows children to overcome the challenges of the 'wild world'.

- Encouragement and inspiration from the pioneers of the *Artgerecht* movement
- Exercises to amplify courage and independence in everyday life
- For parents with children aged five or more



March 2019
224 pages; 18,95 EUR

AUTHOR

Julia Dibbern and Nicola Schmidt are part of the group of innovative experts for upbringing in Germany. They give courses on attachment parenting and natural upbringing at home and abroad. In the *Artgerecht* project by Nicola Schmidt, parents and children put their courage and independence to the test in the wild. In 2016, these Beltz authors published their successful book 'Slow Family. Seven Ingredients for a Simple Life with Children'.

TYPE OF BOOK

Guidebook

ALSO BY THE AUTHORS



Slow family

Seven ingredients for a simple family life

Over 15.000 copies sold

Rights sold to: Slovenia

published in 2016; 240 pages, 16,95€

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

Georg Milzner

Of Flying Children and Horrible Monsters

What dreams reveal about our children

CONTENT

To help children and parents sleep better

Terrible monsters under the bed, being chased by some horrible thing, ghosts: even the youngest amongst us have dreams that stop them and their parents getting a good night's sleep. However, dreams do not only bear witness to children's fears, but also to their effervescent imagination. Parents who understand their children's night-time worlds can help their babies, children and teenagers with their sleep problems. And they can better understand and encourage their child's personality: a shy child standing on a big stage in his or her dreams may have a hidden acting talent. Based on a variety of lively, lovingly described examples and the latest findings from dream research and psychology, Georg Milzner describes the events in children's dreams and combines his amazing insights with specific advice for the family.

- **Help for any sleep problems which babies, children and adolescents might have**
- **Attractively illustrated in an original way**
- **The author is an expert**
- **Latest findings from dream research and some interesting facts**



March 2019
256 pages; 17,95 EUR



AUTHOR

Georg Milzner is a graduate psychologist and works in his own practice as a psychotherapist for adults, adolescents and children. As an author and hypnotherapist, he has been fascinated by the subject of the unconscious for many years. Beltz has already published his books 'Digital Hysteria. Why Computers Do Not Make Our Children Stupid or Sick' (2016) and 'We're Everywhere, Just Not Here. Living in the Age of Self-loss' (2017). Georg Milzner has four children. He lives in Munster and works in Munster and Dusseldorf.

CONTENT

Not just there to frighten you: nightmares
Lucid dreams: what children wish for
Why children can also learn in their sleep
'Tell me about last night': dream talk

TARGET GROUP

Parents

Danielle Graf/Katja Seide

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

The 2020 Family Planner

CONTENT

The family calendar which families have been waiting for

Children's gymnastics, visiting grandmother, the big shopping trip for the weekend: even everyday family life with the most wanted child of all time drives parents crazy on a regular basis. Starting from 2020, this weekly planner will help you get through the year without losing your sanity. Clear and informative, this practical everyday companion helps mothers and fathers create a varied yet well-organised family life. It provides the perfect overview with its 52 clearly structured weekly pages. Along with lots of tips and inspiration from the two popular authors, this practical calendar provides recipes, ideas for games and interesting facts on an upbringing which is oriented to needs and relationships. Highly functional: you can fold it out from the A5 pocket calendar to the A4 wall calendar, 6 columns and plenty of space for notes. Includes planning tools such as birthday calendars, school timetables, school holiday dates, yearly overview for 2020 and 2021.

'So successful that Danielle Graf and Katja Seide are already being celebrated as German "Jesper Juuls".' Brigitte Mom, 1/2018

- **Pocket and wall calendar, all in one**
- **Provides a clear overview within the family chaos**
- **Organisational, inspirational and entertaining for every day**

AUTHOR

Katja Seide and Danielle Graf co-write Germany's biggest parenting blog called "The child I wished to have so badly is driving me crazy!" 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.

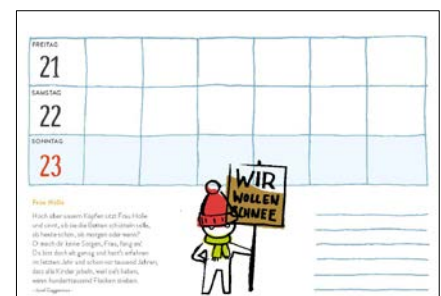


May 2019

144 pages; 14,95 EUR

Format: 14,5 x 21,0 cm

Bound in cardboard with a spiral binding and rubber band for closing
4-colour with lots of illustrations



BACKLIST

Parenting

The child I wished to have so badly is driving me crazy
Book 1



<https://bit.ly/2T7XtHl>

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

Over 250.000 copies sold

Parenting

The child I wished to have so badly is driving me crazy
Book 2



<https://bit.ly/2SVCrN6>

Rights sold to China, Estonia, Slovakia, Ukraine

47.000 copies sold

Parenting

Leading the Pack



<https://bit.ly/2tvW5Aa>

Rights sold to China, Croatia, CZ, Denmark, Latvia, Norway, Poland, Serbia, Slovenia, Spain

70.000 copies sold

Parenting

The modern guide to raising boys



<https://bit.ly/2Sp9a8i>

Rights sold to China

Over 17.000 copies sold

Self-Help

The big book of emotions



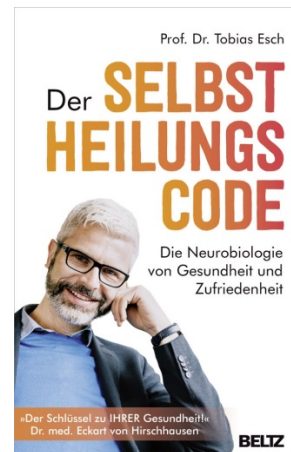
<https://bit.ly/2HxypAC>

Rights sold to China, Korea, Turkey

14.000 copies sold

Self-Help / Health

The Self-Healing-Code



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

Rights sold to Czech Republic

Over 25.000 copies sold