

Spring 2020

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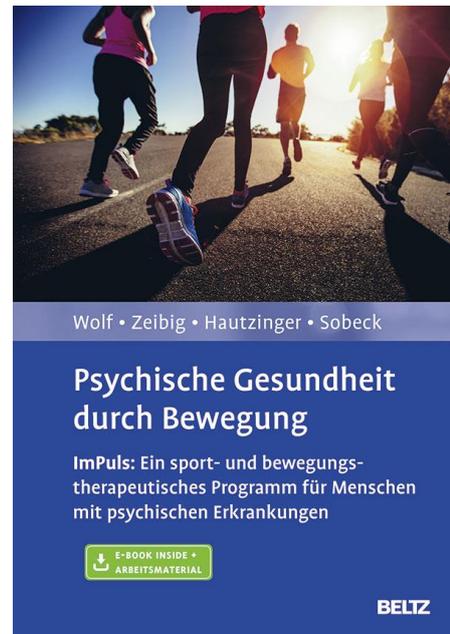
Sebastian Wolf, Johanna Zeibig, Martin Hautzinger, Gorden Sudeck **Mental Health Through Exercise**

CONTENT

The therapeutic effect of sport on various mental illnesses has been proven many times. Physical activities can contribute to an improvement in patients' mental health. In order to integrate sporting activity into everyday life, it is crucial to include aspects of motivation and activity which apply generally, but also specifically, to the various disorders.

The behavioural therapy exercise programme 'ImPuls' was developed for patients with depression, anxiety disorders and sleep disorders on just this basis. It combines group therapy with endurance sports and aims at quickly integrating sports and exercise into everyday life. The programme is highly structured, but can also be used in a modular way – by psychological psychotherapists, but also by sports therapists in clinics to accompany psychotherapy.

- **integrating sport into therapy**
- **a modern supplement to psychotherapy**
- **with work materials and training plans**



May 2020

120 pages; 44,95 EUR

978-3-621-28754-8

AUTHOR

Dr. Sebastian Wolf, graduate psychologist, is a research assistant in the Department of Clinical Psychology at the University of Tübingen. He is a freelance psychotherapist for adults, adolescents and children and a sports psychologist.

Johanna Zeibig, psychologist (M.Sc.), is a research associate in the Department of Clinical Psychology and Psychotherapy at the University of Tübingen and a staff member and lecturer at the Institute for Psychotherapy and Psychotraumatology in Dohuk (Iraq).

Professor Martin Hautzinger, professor for clinical psychology and psychotherapy at Tübingen University.

Professor Gorden Sudeck is head of the Department of Education and Health Research at the Institute of Sports Science at Tübingen University. He is a graduate sports scientist (with a focus on prevention and rehabilitation) and has a master's degree in public health. Exercise therapy is one of the main aspects of his work and research.

TARGET GROUP

Psychiatrists, psychotherapists in training and practice, therapists

TYPE OF BOOK

Therapy manual

Gitta Jacob

Beware of Therapy Traps!

Recognising and resolving messy situations and dead ends in psychotherapy

CONTENT

Psychotherapists will recognise the situation: patients come to them over a long period of time without making any noticeable progress. Often the therapists cannot manage to end the therapy or find a pathway to success. This results in sessions which range from the senseless to the agonising. This blocked off time comes at the expense of other patients who might be able to use it more effectively. Therapists are often helpless when they find themselves in this position.

In this book, aimed at psychotherapists, Gitta Jacob explains how to escape from these therapy traps. She explains each of these cases with the help of case studies and, more importantly, describes the various ways of escaping from the traps.

Contents:

Patient traps: the dependency trap, the indulgence trap, the non-response trap, the wrong-setting trap, the system-as-family-substitute trap, the malignant-narcissist trap
Therapist traps: the saviour trap, the ignorance trap, the bitterness trap

- **meaningful use of one's own resources**
- **ten typical therapy traps vividly and entertainingly described**
- **dos and don'ts for dealing with these traps**



April 2020
140 pages; 36,95 EUR
978-3-621-28760-9

AUTHOR

Associate Professor 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. She is a psychological psychotherapist and supervisor for behavioural therapy and schema therapy, out-patient research, clinical psychology and psychotherapy. She works at GAIA AG Hamburg.

TARGET GROUP

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists, coaches, counsellors

TYPE OF BOOK

Practical manual

Hugo Grünwald, Beatrix Horni, Torsten Held
The Psychotherapy Method Matrix
Combining systemic and behavioural therapy techniques

CONTENT

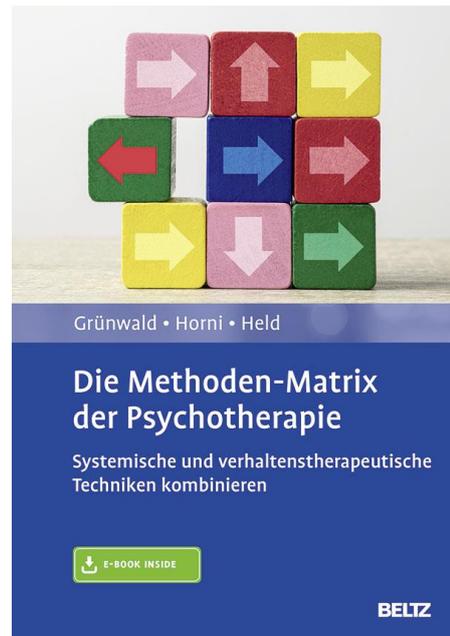
These days in psychotherapy, transparency and mutual agreement are being increasingly demanded. Not only are the goals of the therapy determined together with the affected person, but also, based on these, the type of method. This transparency demands new expertise from psychotherapists.

Using the method matrix, a model with a combination of methods, working with the client on an equal footing can be successfully put into practice. The model can be used for various disorders (e.g. depression, anxiety disorders, anorexia) and works in an interdisciplinary way. In this way, it is possible to react flexibly to whatever needs there might be. The model combines systemic and behavioural therapy methods. A range of examples shows the concrete procedure followed during therapy step by step. Additional therapy dialogues demonstrate the use in a practical environment.

Contents:

The method matrix – general impact factors – method fields – how can I make the model work for me? – from practical use: six disorder-specific cases – final remarks

- **working transparently and flexibly in psychotherapy**
- **includes many case studies and therapy dialogues**
- **interdisciplinary procedure**



May 2020
220 pages; 39,95 EUR
978-3-621-28682-4

AUTHOR

Professor Hugo Grünwald, specialist psychologist for psychotherapy FSP and clinical psychology FSP, head of research for systemic psychotherapy with a cognitive-behavioural focus (MAS PT) at the ZAHW (CH).

Beatrix Horni, M. Sc., psychological psychotherapist in Winterthur, Switzerland.

Dr. med. Torsten Held, specialist in psychiatry and psychotherapy, from External Psychiatric Services Thurgau Frauenfeld (CH).

TARGET GROUP

Psychiatrists, psychotherapists in training and practice

TYPE OF BOOK

Practical manual

Claudia Dambacher, Mareike Samaan
Acceptance and Commitment Therapy for Groups

CONTENT

Acceptance and commitment therapy – ACT for short – combines classical behavioural therapy techniques with mindfulness and acceptance-based strategies. One central element is the work with life values. ACT does not address a specific mental disorder and, as a consequence, is very well suited for treatments across disorders and for use in therapy groups, as they often have to deal with a range of different illnesses.

This is, so far, the only group manual for ACT and offers a compact theoretical introduction to this method of therapy. The manual is divided into six modules, which are based on the central ACT hexaflex model. This book contains experience-oriented exercises and work materials for each module and, in addition, descriptions of frequent difficulties in this therapy along with suggestions for solving them. The manual is designed for groups, however, individual elements and exercises can also be used in one-to-one situations.

Contents:

1 ACT and the Third Wave • 2 The ACT Model • 3 Therapy Research and Indications • 4 Structure of the Treatment Manual • 5 Structure of Treatment • 6 Framework Conditions • 7 Module 1: Presence – Mindfulness • 8 Module 2: The Flexible Self – Self as Context • 9 Module 3: Distance from Thought – Defusion • 10 Module 4: Embracing Emotions – Acceptance • 11 Module 5: What is Important to Me – Values • 12 Module 6: Implementing Goals – Committed Actions

- **ACT for group therapy – the first manual**

AUTHOR

Claudia Dambacher, graduate psychologist, Centre for General Psychiatry and Addiction Medicine, Queen Elisabeth Hospital, Herzberge.

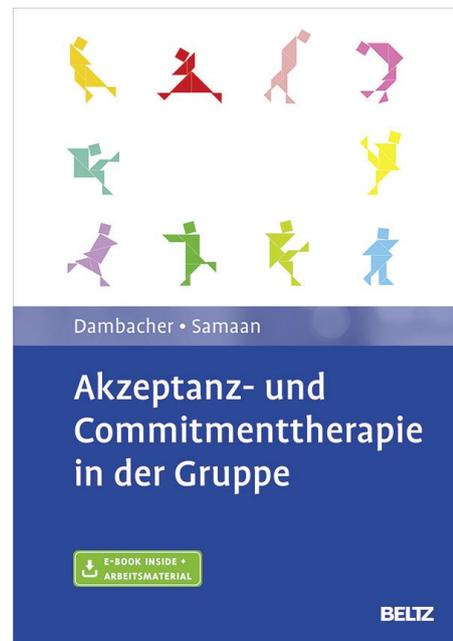
Mareike Samaan, M.Sc.Psych., Centre for Psychotherapy at the Institute of Psychology at Humboldt University, Berlin.

TARGET GROUP

Psychotherapists in training and practice

TYPE OF BOOK

Practical manual



February 2020

160 pages; 39,95 EUR

978-3-621-28575-9

Alexander Noyon, Thomas Heidenreich
Difficult Situations in Therapy and Counselling
 34 problems and suggested solutions

CONTENT

From clients who stay silent to violent ones, from private encounters to suicide threats – there are many difficult situations which crop up in psychotherapy and counselling. This practice book vividly illustrates how to deal with difficult situations across disorders. After a brief introduction, the authors present 34 difficult situations along with possible solutions. All the chapters are structured similarly: first there is a case study for the specific situation and then the respective psychotherapeutic or counselling characteristics are analysed. Concrete ideas for intervention as well as dos and don'ts present possible solutions. In this way, these difficult situations can be dealt with.

Contents:

Terminating treatment • divergent values • derogatory and supercritical behaviour • aggressive behaviour and violence • intellectualising • influence of substances • last-minute appointment cancellation or non-appearance • power struggle • lack of motivation to change • negative expressions of emotion and excessive complaining • non-compliance with agreements • personal invitations • chat mode • pension seeking and secondary morbid gain • silence and 'I don't know' • serious illness of the therapist • constant talking • criminal acts • suicidal tendencies • stalking

- [reacting competently in psychotherapy and counselling](#)
- [illustrative case studies](#)
- [dos and don'ts for any situation](#)



January 2020
 300 pages; 42,95 EUR
 978-3-621-28646-6

AUTHOR

Professor Alexander Noyon, psychological psychotherapist, professor of psychology in social work at the University of Mannheim. Supervisor with training in behavioural therapy. Does further education on this topic.

Professor Thomas Heidenreich, professor of psychology at the Faculty of Social Work, Health and Nursing, Esslingen University. Psychological psychotherapist and supervisor with training in behavioural therapy.

TARGET GROUP

Clinical psychologists, psychiatrists, psychotherapists in training and practice, psychology students, supervisors

TYPE OF BOOK

Practical manual

Tina Gruber

Therapy Tools Resource Activation

CONTENT

Resource activation is thought of as the central component of effective psychotherapy. Resources are sources of power and protective factors which people have at their disposal to deal with life's tasks and crises. In psychotherapy or counselling, patients are meant to learn how to activate their resources in order to use them in a helpful way.

In this tools book, Tina Gruber first explains the theoretical basics and then the implementation in group or one-to-one settings. She suggests modules for individual topics with a compilation of exercises and points out the particular benefits of a specific resource group. She goes on to provide a pool of interdisciplinary exercises. These help to uncover and activate resources which patients already have in various areas of their lives (body, goals, social environment, etc.).

Contents:

Introduction • introductory stories • thinking as a resource • targets as a resource • social environment as a resource • communication as a resource • the body as a resource • the self as a resource

- **discovering sources of strength and managing life crises better**
- **trending subject in psychology**
- **over 80 exercises/work sheets**



April 2020

170 pages; 39,95 EUR

978-3-621-28702-9

AUTHOR

Tina Gruber, M.Sc. cognitive psychology and neurosciences, systemic psychotherapy with a cognitive-behavioural focus, is an officially recognised psychotherapist and neurofeedback therapist. She runs her own practice in Zurich (www.tinagruber.ch), where a resource group takes place on a regular basis.

TARGET GROUP

Anyone who is professionally involved in psychology, family therapists, child and adolescent psychotherapists, child and adolescent psychiatrists, psychiatrists, psychologists, clinical psychologists, psychotherapists in training and practice, coaches

TYPE OF BOOK

Therapy Tools

Eva Wunderer

Eating Disorders

75 therapy cards with 24-page booklet

CONTENT

Eating disorders are mental disorders which often indicate the presence of underlying problems. They represent an attempt to get these problems under control, to regulate emotions and to cover up other traumatic issues. In many cases, they are accompanied by very serious physical consequences. As a result, eating disorders are a challenge for professional helpers.

The 75 cards offer support in one-to-one or group settings. There is a variety of suggestions taken from various therapeutic directions: behavioural therapy, but also projective, systemic and body therapy methods, imaginary journeys and resource-oriented exercises. The three most important disorders (anorexia, bulimia, binge eating) are dealt with, but other eating disorders or atypical ones are also included. The set is structured according to the phases and targets in the counselling and therapy process.

Contents:

Module 1: This is an eating disorder – psychoeducation

Module 2: This is my eating disorder – diagnostics

Module 3: This is what my eating disorder represents – background and function

Module 4: I do not want this eating disorder any more – motivation

Module 5: I am overcoming my eating disorder – intervention

Module 6: I live without an eating disorder – stabilisation

- **successful treatment for eating disorders**
- **cards for working with patients**
- **high-quality set of equipment**



March 2020
card set; 49,95 EUR
4019172100179

AUTHOR

Dr. Eva Wunderer, graduate psychologist, is professor of Psychological Aspects of Social Work at the University of Applied Sciences Landshut, with many years of experience in the field of eating disorders, as a journalist for radio and print media. She is also a systemic therapist for couples and families (German Association for Systemic Therapy, Counselling and Family Therapy – DGSF).

TARGET GROUP

Clinical psychologists, psychiatrists, psychotherapists in training and practice

TYPE OF BOOK

Set of 75 cards + 24-page booklet

Anne Katrin Külz
Obsessive-compulsive Disorders
75 therapy cards with 32-page booklet

CONTENT

People with OCD are often severely restricted in their everyday lives. Behavioural therapy can help manage these restrictions over the long term and reduce suffering.

The set of card provides a number of exercises for achieving these goals and can be used together with the patient in therapy sessions. These include tasks for psychoeducation and targeted work on values. Further exercises help those affected adopt a more benevolent and prejudice-free attitude towards themselves. Additional mindful exercises help to safely put these new strategies into practice in everyday life. This set of cards consists of nine different modules which can be used flexibly in the therapeutic setting.

Contents:

The nature of compulsion • putting compulsion under the microscope • where should the journey go? • special compulsion content • exposure – facing one’s compulsion with courage • mastering difficult feelings • dealing with compulsive thoughts • increasing freedom • preventing relapses

- **confronting the compulsion actively**



April 2020
card set; 49,95 EUR
4019172100148

AUTHOR

Dr. Anne Katrin Külz, head of the outpatient unit for obsessive-compulsive disorders at the University Medical Centre, Freiburg. Psychologist and psychological therapist at her own psychotherapeutic practice.

TARGET GROUP

Psychotherapists in training and practice, coaches

TYPE OF BOOK

Set of 75 cards + 32-page booklet

Melanie Gräßer, Eike Hovermann jun., Annika Botved
Even More Resource Exercises for Children and Adolescents
 Set of 60 cards with 20-page booklet

CONTENT

At long last, an addition to the successful set 'Resource Exercises for Children and Adolescents'!

While they are growing up, many children and adolescents experience large and small crises in the family, at school or in kindergarten. To deal with them, it is important for them to activate or develop their own resources. By using these 60 new resource cards, children and adolescents in difficult situations can focus on their own resources quickly and develop a more relaxed approach to challenges. Each of the attractively illustrated cards provides a resource exercise which can easily be put into use. The new exercises range from traffic light exercises to piggy banks and magic lamps. The new set can be used independently from the first set.

- **very successful product – more than 20.000 copies sold of the first set (see below)**
- **simple exercises to copy**
- **with modern illustrations**



March 2020
 card set; 26,95 EUR
 4019172100155

AUTHORS

Melanie Gräßer, graduate psychologist, psychological psychotherapist. Has her own practice in Lippstadt. Holds seminars, provides supervision, is an author and develops therapeutic games.

Eike Hovermann jr., Academy of the German Economy, Academy of Kindergartens, Day-care and After-school Care Centres, Lippstadt. Author of numerous books and developer of therapeutic games.

Annika Botved, freelance illustrator in Hanover.

TARGET GROUP

Anyone working with children, affected persons, parents, educators, child and adolescent psychotherapists and psychiatrists, staff in family counselling, psychologists in family counselling centres

TYPE OF BOOK

Set of 60 cards + 20-page booklet

ALSO BY THE AUTHORS



Resource exercises for children and adolescents

Set of 60 cards with 20-page booklet

more than 21.000 copies sold since its publication in 07-2015
 currently in its 2nd edition since 02-2020

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

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Psychotherapy with the Bereaved



978-621-28684-8
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Training with Attention-Impaired Children



978-3-621-28648-0;
<https://bit.ly/2NxCB8L>

- rights sold to China, Korea, Russia and Taiwan
- more than 30.000 copies sold since its publication in 1993
- longseller currently in its 6th edition

The Paths to Developmental Psychology



978-3-621-28693-0
<https://bit.ly/2tqWXJQ>

- rights sold to the Netherlands and Spain
- more than 35.000 copies sold since its publication in 1989
- longseller currently in its 5th edition

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978-621-28653-4
<https://bit.ly/2QGNW6X>

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978-621-28631-2

<https://bit.ly/2l9ULif>

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Dealing successfully with sleep disorders. Advice and practical tips from an expert.

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- 75.000 copies sold since its publication in 1999
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Causes and treatment of alcohol and drug dependence clearly explained.

- 60.000 copies sold since its publication in 1990
- longseller currently in its 9th edition since 07/2016

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978-3-621-28325-0

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Help for people with binge-eating-disorder and their next of kin.

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978-3-621-28224-6; <https://bit.ly/2GUhMBP>
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75 Therapy Cards for Schema Therapy



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Schema Therapy



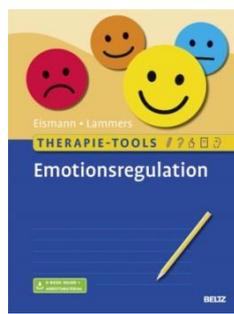
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Psychotherapy for Children and Adolescents



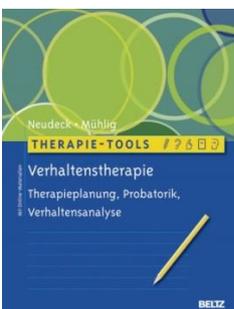
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Obsessive-compulsive Disorder



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An overview of our card sets:

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an amazing 21.000 copies sold since 07-2015

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4019172100087

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3.000 copies sold since 06-2019

Resource Exercises for Couples



978-3-621-28455-4

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

400 Questions for Systemic Therapy and Counselling



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<https://bit.ly/37cpzW7>

an amazing 15.000 copies sold since 09-2016

Schema Therapy



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3.500 copies sold since 02-2016

Child and Adolescent Schema Therapy



978-3-621-28323-6

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

an amazing 8.000 copies sold since 02-2014

SERIES: PROJECTS FOR KINDERGARTEN

Michael Fink

Projekt book: My Body from the Inside?

8 kindergarten project ideas based on “LOOK INSIDE YOUR BODY” by Horstschräfer/Vogt

CONTENT

Children explore their bodies and want to know what is going on in there. Using this project book and the accompanying activity picture book, kindergarten children discover the human body from the inside. What is going on in my body? Whereabouts in my head is my brain? How big is my stomach? Can I feel my ribs?

The project book allows you to combine compact specialist knowledge and diverse practical ideas. In this way, early-learning educators can help children to become aware of the human body, do research on it and understand it. The special activity picture book motivates children to make an active, conscious examination of their own body, its structure and its functions. This turns children into independent researchers of the human body.

The diverse project ideas promote (among others) the following competencies: first knowledge of biology; body experience and sensory perception; coherent understanding of the human body.

- **interactive activity book as a basis for practical ideas**
- **independent and activity-based discovering and experiencing**

THE SERIES

At the centre of this project book is one aspect of a bigger topic. This aspect is investigated with eight project ideas using one picture book. Each project approaches the aspect from a different perspective.

AUTHOR

Michael Fink is a trained art teacher and author of numerous educational textbooks. He is a consultant and lecturer for further education of teachers. He also develops activity exhibitions on educational topics for children and adults. The focus is on practical and creative learning.

TARGET GROUP

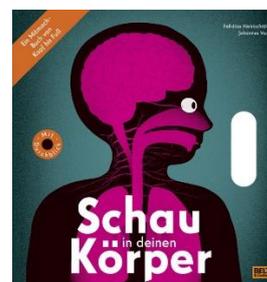
Anyone who works with children, parents, educators, educationalists, teachers, elementary school teachers

TYPE OF BOOK

Project book



March 2020
16 pages; 9,95 EUR
978-3-407-72778-7



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

BACKLIST

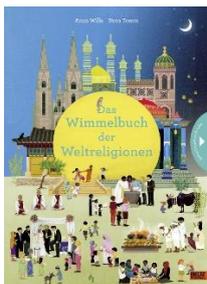
Project book: Discovering World Religions

8 kindergarten project idea based on “THE SEEK AND FIND BOOK OF WORLD RELIGIONS”



978-3-407-72773-2

<https://bit.ly/30eeSzx>



<https://bit.ly/36CUfzo>

The interaction with all the different cultures and religions comes about automatically in daily kindergarten life. In being together on a day-to-day basis, the children learn about different customs and festivities from different cultures. This makes them want to ask questions.

By using the project book and the accompanying picture book, kindergarten teachers can pick up on the children's own experiences, clarify questions together and so provide them with a deeper knowledge. This serves to strengthen and promote not only the children's awareness of other cultures, but also of their own. Being engaged actively and creatively with the seek and find pictures promotes a playful intercultural learning experience within the group.

The combination of concentrated expert knowledge and creative project ideas allows a competent and valuable analysis of the diversity of cultures and religions to be achieved.

- **intercultural learning in daily kindergarten life**
- **children's joy of speaking, their ability to tell stories and their curiosity are supported**
- **starting points are the highly expressive seek and find pictures in the book**

Chase Off the Monkeys with the Pebbles

Idea for keeping teachers healthy and content



978-3-407-25826-7

<https://bit.ly/39X7BZy>

- **keeping an even keel in everyday school life**
- **promoting teachers' health**
- **with lots of practical exercises**

Teachers are exposed to a lot of stress in their professional lives. Many factors are difficult to change, in particular the basic external conditions. However, teachers can learn to deal with stress in a way which is beneficial to their health. In particular, their own thought patterns, attitudes and values could be good places to start. Their health can be positively and sustainably influenced by dealing with personal beliefs and attitudes. In this guide to health, teachers will find ideas which focus especially on providing them with self-management strategies – backed up with humorous cartoons, reflection exercises and some experiences from everyday school life.

BACKLIST – EDUCATION**ACCORDING TO WALDORF, MONTESSORI AND OTHERS**

We have a [special catalogue](#) for titles about education according to Waldorf, Montessori and others. Please refer to our Foreign Rights Homepage by clicking on the following link:

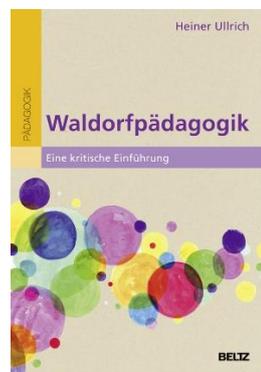
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978-3-407-25802-1

<https://bit.ly/2unS98k>

Waldorf Education

978-3-407-25721-5

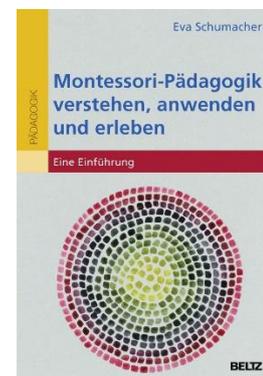
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Understand, Apply and Experience Montessori Education

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BACKLIST

Education as Human Knowledge in the Anthropocene



The question how we view people and their education at the beginning of the Anthropocene is a historical and culturally new question, the answer to which will shape our future and the future of our planet.

978-3-7799-6182-6
<https://bit.ly/2t8mlUy>

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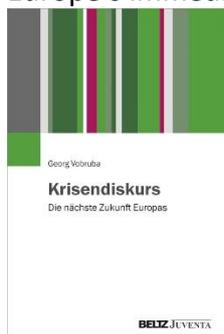


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