

# FOREIGN RIGHTS CATALOGUE

SPRING 2019

**LANGENMÜLLER**  
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Amalthea  
**herbig**



**Dear colleagues,  
dear friends,**

I am pleased to present you a selection of titles from our different programme segments:

The portfolio of **LangenMüller** is diversified but characterized by narrative quality, competence and relevance. Literary treasures of the past are made accessible to new generations, the success story of biographies will be continued and non-fiction books about economics, politics and contemporary history provide important contributions to current debates.

**Herbig** is all about health. Renowned physicians and recognized experts shape the programme. Whether narrative, advisory or supportive: Herbig offers readers competent advice and well-founded information on the topics of health and medicine. The new orientation of the publishing house is also reflected in the new logo: h for high competence.

Today's challenges arouse people's longing for ways out of effectiveness and pure functioning. **Nymphenburger** has been successfully active in the field of life coaching for decades and enjoys great trust. Under the slogan *conscious living*, the programme is based on three pillars: personal development, spirituality and holistic healing methods. Nymphenburger does not focus on quick effects, but on competent advice and holistic help that has a lasting effect.

Immerse yourself in our programme and do not hesitate to contact us with queries about rights, or requests for sample copies or web-ready PDFs.

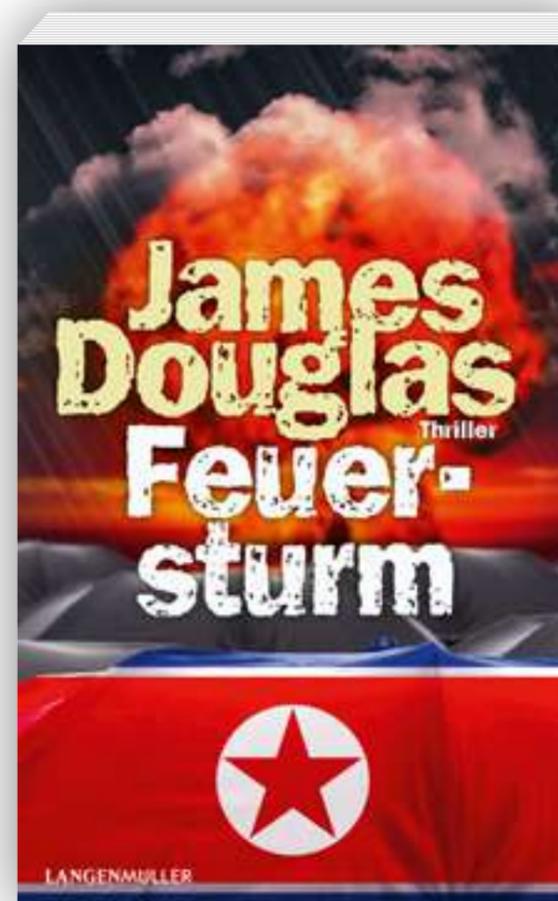
I look forward to hearing from you,

With best wishes,



Ophelia Schlegel  
Junior Foreign Rights Manager  
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Phone: +49 (0) 711 2191-406

## Risky political thriller relating to current world affairs



James Douglas  
**BLAZE**  
Thriller

320 pages  
13,5 x 21,5 cm  
softcover with flaps  
ISBN: 978-3-7844-3511-4  
February 2019

**JAMES DOUGLAS**, Swiss, is a popular author who has also been published in New York. The lieutenant colonel in the Swiss army, attorney, criminologist and journalist is familiar with questions of security, organized crime and intelligence services. His insider information is incorporated into all his action novels. Most recently LangenMüller published the two thrillers *Total Control* (2014) and *The Dead Live Longer* (2016). James Douglas lives in Zurich, Gstaad and New York.

**JONATHAN STAUFFACHER**, son of the president of Switzerland, is arrested in Pyongyang Secret affair of state: only Ken Cooper and his son Mike are taken into confidence. Mike is smuggled into North Korea as a member of a Bern University hiking group. There he meets attractive Michelle who convinces him to look for supposedly top-secret data about North Korean armaments. Meanwhile, Kim Jong-un is increasingly pressured internally because of his policy of détente towards the US. The hardliners around the feared head of national security, Itara Katara, want to smash the power of the Kim dynasty. What role does Stauffacher play and which plan B does Michelle have?

- **Setting Pyongyang: the new case of agent Ken Cooper**



**Too Soon to Die**  
978-3-7844-3421-6



**The Dead Live Longer**  
978-3-7844-3398-1

# The new novel by the great chronicler of East Prussia

Arno Surminski  
**THE LONG PATH**  
 From the Neman River to the Moskva River

400 pages  
 13.5 x 21.5 cm  
 hardcover with dust jacket  
 ISBN: 978-3-7844-3508-4  
 February 2019

**ARNO SURMINSKI**, born 1934 in Jäglack/East Prussia, grew up in Trittau in Schleswig-Holstein as a refugee child. He has published 19 books, among them the best-selling novels *Jokehnen*, *Sommer vierundvierzig* [*Summer of Forty-Four*] and the story collections *Aus dem Nest gefallen* [*Fell Out of the Nest*] and *Die masurischen Könige* [*The Masurian Kings*]. The writer, who has won many awards, lives and works in Hamburg.



# Stories from old East Prussia

Arno Surminski  
**THE LAND OF WOLVES**  
 Or stories from old East Prussia

208 pages  
 12.3 x 19 cm  
 hardcover  
 approx. 8 colour illustrations  
 ISBN: 978-3-7844-3435-3  
 Already available



*"It has been a long time since I liked a book about East Prussia as much as this one. The short stories about life in old East Prussia are very entertaining and often made me smile."*

- **A powerful portrait from the time of the Napoleonic wars**
- **A dramatic chapter in East Prussian history**
- **By best-selling author Arno Surminski**

**EAST PRUSSIA DURING THE YEARS 1807–1813.** Martin Millbacher, son of a peasant at the Neman River, is seduced by the glory of the "Army of 20 Languages" and goes off to war for Napoleon with Westphalian gunners. He hopes for adventure and a good haul, but his way to Moscow and back has other things in store for him. He gets caught up in the battles of Smolensk and Borodino, experiences the blaze of Moscow and finally the massive deaths at the Berezina River and in Lithuanian Vilnius. Arno Surminski tells powerfully of the young East Prussian's fate in the turmoil of Napoleon's Russian campaign. His novel is living history, not from the viewpoint of generals and monarchs, but from the bottom – from the perspective of the common soldier. Not a glorious chapter for the rulers who are responsible for the wars ...

**40 SHORT STORIES** All of the stories in this volume address the historical events and ruptures that happened to East Prussia and its people over the centuries of its history. Arno Surminski describes in these stories how the plague came to Prussian Lithuania long ago (*Der Pestreiter* [*The Plague Rider*]), how the negotiations for the Convention of Tauroggen in 1812 might have happened (*In der Poscherunschen Mühle* [*In the Mill of Poscherunsch*]), how the people found a way to get by when the Tartars descended on East Prussia more than 350 years ago (*Der Tataareensee* [*The Tartar Lake*]) or what happened to East Prussian villagers when the Cossacks attacked from the East and moved through their villages on their way to elsewhere (*Als die Kosaken kamen* [*When the Cossacks came*]).



**The Bird World of Auschwitz**  
 978-3-7844-3126-0

# In-depth knowledge for a new, comprehensive understanding of the heart

Christian W. Engelbert  
**HEART BALANCE**  
How you support and strengthen your heart and find your inner balance

240 pages  
13.5 x 21.5 cm  
softcover with flaps  
10 b/w-illustrations  
ISBN: 978-3-7766-2840-1  
March 2019

**CHRISTIAN W. ENGELBERT** is a physician who specialises in general medicine, emergency care and natural healing methods. He runs a practice for integrative medicine in Berlin, is a professor at Milan University and at Viadrina, and has already published two books. Health and diseases of the heart have always been his core topics.



- **Highly topical theme in the media**
- **Latest research results and many case studies from the author's practice**
- **With information about natural healing methods and practical exercises for heart health**

**THE HEART REFLECTS THE STATE AND RHYTHM OF OUR LIFE.** To let us better understand this miracle organ, Christian W. Engelbert takes us on a journey to the heart. He describes the interaction of the heart with other organs and its characteristics as an organ for feeling and perception, and explains the connection between heart and brain. Another focus is natural healing, which is especially important for heart health nowadays, as well as tips for practical heart training that anyone can perform at home. A fascinating, inspiring book for a new understanding of the heart, its abilities and hazards.

# That's how you return to being balanced



Prof. Dr. med. Dagny Holle-Lee  
**THE DIZZINESS CLINIC**  
The correct diagnosis and effective therapies

192 pages  
14.3 x 21 cm  
softcover with flaps  
ISBN: 978-3-7766-2825-8  
March 2019

**PD DR DAGNY HOLLE-LEE** is Chief Physician in the Klinik für Neurologie am Universitätsklinikum Essen [Neurology Clinic of Essen University Clinics] and head of the Schwindel-Zentrum [Dizziness Centre] there, where more than 12,000 patients have been treated already. She also heads the Westdeutsches Kopfschmerzszentrum [West German Headache Centre] in Essen.

**AT THE GENERAL PRACTITIONER'S,** more than one in ten patients complains about feeling dizzy. This only rarely hides a serious illness, but the causes are varied and the diagnosis is often difficult. Dr Dagny Holle-Lee offers an overview of the various types of dizziness, from benign postural vertigo to Meniere's disease. Based on current research findings, she provides information on diagnostic options and therapies, and what patients themselves can do against the symptoms. A comprehensive, practical handbook for living without dizziness.

- **Herbig council of experts – the comprehensive practice handbook**
- **Help for affected people and their relatives**

# Know and use the healing power of all bee products

Friedrich Hainbuch  
**BEES**  
 How they help, how they heal

208 pages  
 17 x 24 cm  
 softcover with flaps  
 ISBN: 978-3-7766-2831-9  
 March 2019



**PROF DR FRIEDRICH HAINBUCH** studied, among other things, Catholic theology and medicine. He works as an alternative practitioner, writes books and is a passionate hobby bee keeper. The expert for the medical use of bee products owns the patent for the Melissa-punktur® method, of which he was the first user.

- The first handbook for all new medical products based on bees
- Effects, dosing, home recipes and suppliers

**BEE PRODUCTS, SUCH AS HONEY, PROPOLIS OR BEE VENOM**, have been proven remedies for thousands of years and are currently re-discovered by medicine. This book for the first time offers an extensive presentation of all products that can be obtained from bee keeping, including using bee stings as a medium for acupuncture. It describes the historical background and modes of action, shows which recipes can be used for which illnesses, and lists suppliers of rare ingredients. A practical book with the most up-to-date research information – for therapists and interested laypersons.

# Herbig Backlist



Ellen Heidelböhmer  
**Healthy with Ginger**  
 ISBN: 978-3-7766-2845-6



Detlef Mix  
**The Healing Power of Honey**  
 ISBN: 978-3-7766-2846-3



Gabriele Zimmermann  
**Healing with Water and Salt**  
 ISBN: 978-3-7766-2844-9



Ellen Heidelböhmer  
**Healthy with Olive**  
 ISBN: 978-3-7766-2817-3



Easy, effective, see results quickly.  
 More than 100.000 copies sold!

Leo Angart  
**IMPROVE YOUR EYE-SIGHT NATURALLY**  
 ISBN: 978-3-7766-2822-7  
 232 pages



Farewell, reading glasses.  
 Easy exercises against presbyopia.

Leo Angart  
**READ AGAIN WITHOUT GLASSES**  
 ISBN: 978-3-7766-2848-7  
 112 pages

## All the important ritual techniques for a deep connection with nature



Susanne Krämer  
**SHAMANIC NATURE RITUALS**  
Find inner peace with the force of nature

96 pages  
17 x 21.3 cm  
softcover with flaps  
90 colour photos  
ISBN: 978-3-485-02946-9  
February 2019

By using shamanism, **SUSANNE KRÄMER** managed to free herself from illness and a deep personal crisis and find the way to inner peace and deep serenity. Today, she is an alternative practitioner, woman of nature rituals and spiritual consultant and lives on an old farm in the mountains of Austria.

**THE SHAMANISTIC VIEW OF THE WORLD** is again gaining in importance because it offers people a way to connect profoundly with nature and themselves. Woman of rituals Susanne Krämer herself practices shamanistic techniques and rituals every day. She describes how to handle domestic master plants and power animals and shows you how to use rituals day-to-day to master important stages of life, such as birth, death, crisis or new beginning. All exercises are explained in detail and can be performed even without prior knowledge. A wise and at the same time practical introduction to shamanism, illustrated with many wonderful photos.

- Discover 9 domestic master plants and 11 power animals
- Instructions by an authentic woman of rituals with a large store of experience

## How to profit from the power of gemstones



Michael Gienger  
**HEALING STONES FOR BODY, MIND AND SOUL**

104 pages  
17 x 21.3 cm  
softcover with flaps  
94 colour photos  
7 colour illustrations  
ISBN: 978-3-485-02945-2  
January 2019

**MICHAEL GIENGER** is the best-known expert on healing stones and has published numerous books and articles about this topic, including definitive books that have been established for years. He is co-founder of the research group "Steinheilkunde Stuttgart [Crystal Healing Group Stuttgart]" and initiated the association "Fair Trade Minerals".

- Unique: all applications for healing stones in one book
- The definitive book by the most experienced expert in crystal healing

**COMPLETE, PRACTICAL AND UNDERSTANDABLE:** The first detailed practical guide shows how we use the powers of healing stones in everyday life; as jewellery, for cosmetics and gemstone water, under the pillow or as stone circles. Healing Stones - when used properly – produce soothing and beneficial effects for the body, mind and soul: rock crystals help with fever, Malachite promotes detoxification and healing balms and ointments can be made from Amber.

## Instructions to achieve your dream weight with mindfulness and joy



Thomas Hohensee  
**YOUR DREAM WEIGHT STARTS IN YOUR HEAD**  
 Change your thinking and become slim

144 pages  
 13.5 x 21.5cm  
 softcover  
 ISBN: 978-3-485-02953-7  
 January 2019

**THOMAS HOHENSEE**, who now lives in Berlin as an author and life coach, turned to his life's focus after his initial career as a legal expert: How are serenity and joy possible despite all challenges? His books have shown hundreds of thousands of people the way to a fulfilled life.

**WHY DO MOST DIETS FAIL?** Because losing weight starts in the head! Best-selling author and coach Thomas Hohensee shows you how to change familiar patterns of thinking and behaviour in such a way that you achieve and keep your dream weight. Believing in yourself, understanding your free will and clearly seeing your slim self in your mind – these are the most important steps for achieving your goal in a relaxed manner, with awareness and joy. The ideas in this book are not a diet plan that is designed for a few weeks. They help you to develop individual eating habits – for a sustainably lighter life.

- Lose weight and keep it off with the power of thinking
- The successful title – completely revised and expanded

## Ultimate topic children's nutrition now in the successful series "Food Medicine"

Prof. Dr. Florian Überall  
 Dr. Andrea Überall  
**FOOD MEDICINE FOR A HEALTHY CHILD**  
 The correct nutrition for children and teenagers

256 pages  
 13.5 x 21.5 cm  
 hardcover  
 ISBN: 978-3-485-02956-8  
 February 2019

**PROF DR FLORIAN ÜBERALL** is a biochemist and microbiologist at Medizinische Universität Innsbruck [Innsbruck Medical University]. He is especially interested in molecular cancer research and the science of nutrition.

**DR ANDREA ÜBERALL** is a psychologist, graduate kinesiologist and nutrition consultant with her own practice. Together with her husband, she runs the Informationszentrum für Tibetische Medizin [Information Centre for Tibetan Medicine] in Telfs (Austria).



- Add-on: healthy eating for teenagers and pregnant women



Food Medicine  
 978-3-485-02848-6



Food Medicine for You  
 978-3-485-02933-9

**OBESITY, ALLERGIES, CARIES – EVEN CHILDREN SUFFER** from diet-related illnesses. With their EssMedizin concept, nutritional experts Florian and Andrea Überall show a child-friendly path to healthy eating behaviour that matches the human organism. Their system of distinguishing three different nutrition types helps parents to easily encourage correct eating in their children from a young age on. The book focuses on the first three years of life, but the authors also offer a wealth of valuable suggestions for older children, as well as pregnant women and teenagers.

# From the expert in the field of grief counselling

# Nymphenburger Highlights



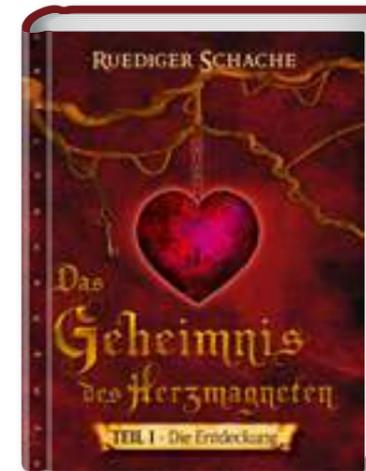
**Bernard Jakoby**  
**COMFORT AND HELP FROM THE BEYOND**  
 Dialogues with those who have died

224 pages  
 12.5 x 21.5 cm  
 hardcover  
 80 colour- photos  
 1 colour chart  
 ISBN: 978-3-485-02936-0  
 February 2019

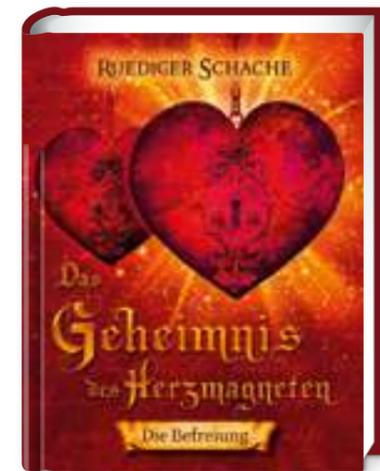
**BERNARD JAKOBY**, born in 1957, is regarded as the expert in the field of grief counselling and dying in the German-speaking world and as the successor of Elisabeth Kübler- Ross, the founder of thanatology. With his lectures and seminars, he significantly contributes to lifting the taboo on the subject of death. His books are bestsellers and have been translated into ten languages.

**MESSAGES FROM THE BEYOND** – while many people can report about such experiences, the communication with those who have died is still a topic surrounded by taboos. The well-known researcher of death Bernard Jakoby conveys the current knowledge about communication after death based on many reputable examples and describes the options for contacting those who have died, for example through meditation and presence of mind. Based on many case studies from around the world, he motivates his readers to address the world beyond without dogmas and false shame.

- **Contact those who have died**
- **Latest scientific findings about a controversial topic**



**The Secret of the Heart Magnet**  
 978-3-485-01149-5



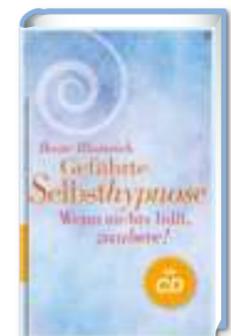
**The Secret of the Heart Magnet - The Liberation**  
 978-3-485-02950-6



**Sounds logical, but I Won't Do It**  
 978-3-485-02950-6



**With Discipline to Happiness**  
 978-3-485-02939-1



**Guided Self-Hypnosis**  
 978-3-485-02868-4



**Fertility Yoga**  
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**Sleeping Better with Yoga**  
 978-3-485-02881-2



**Yoga for the Digestion**  
 978-3-485-02811-0

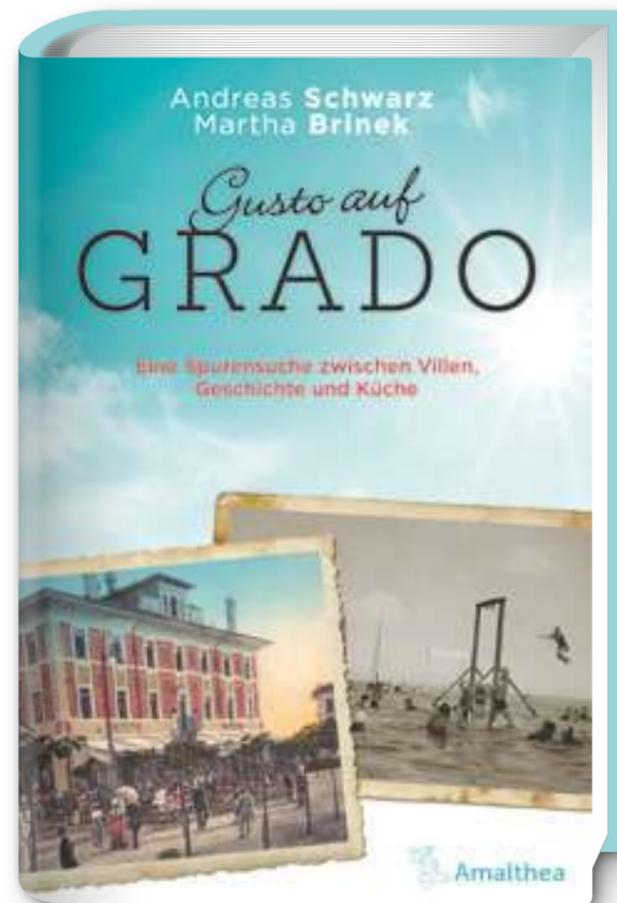
# A gourmet journey through historical and present-day Grado

Andreas Schwarz,  
Martha Brinek  
**TASTE IN GRADO**  
A search for traces among  
villas, history and cuisine

256 pages  
14.6 x 22 cm  
hardcover  
lots of illustrations  
ISBN: 978-3-99050-129-0  
February 2019

**ANDREAS SCHWARZ**, born in Vienna, is a journalist. Working as head of the foreign policy and domestic policy sections, first at the daily *Die Presse* and then at *Kurier*, he is known for his interviews with famous contemporaries, his commentaries and his whimsical columns.

**MARTHA BRINEK**, born in Hollabrunn, is spokesperson of the Austrian Federal Ministry of Education, Science and Research. After her career as a journalist at ORF Salzburg and as a science editor at radio station Ö1, her interest is focused on public science.



- **With many original recipes**
- **For Grado enthusiasts and those who still want to become it**

**NARROW LANES AND SHADY LITTLE PLAZAS**, a picturesque old town, pine scent and a hint of the flair of monarchy create the special magic of Grado. Gorgeous old villas and inns bear witness of a lost epoch that is still present to this day. The list of famous Grado visitors runs the gamut from Austrian dukes and German princesses around the turn of the century to stars such as Maria Callas, Pier Paolo Pasolini or Yves Saint Laurent.

Andreas Schwarz and Martha Brinek talk about the famous villas Bianchi, Villa Reale and Villa Erica, about Grado's strong women and about the rich tradition and history of this seaside resort. They assemble the best recipes from the popular villa hotels and, together with the original inhabitants of Grado and Grado aficionados, get to the bottom of the city's charm.

# How much Italy exists in Austria?



Christian Hlavac,  
Christa Englinger  
**LA BELLA AUSTRIA**  
Tracing Italy in Austria

224 pages  
14.6 x 22 cm  
hardcover with dust jacket  
ISBN: 978-3-99050-133-7  
March 2019

**DR CHRISTIAN HLAVAC**, born in Vienna, studied landscape planning and architecture and works as a landscape and garden historian.

**CHRISTA ENGLINGER**, born in Vienna, studied tourism management in Salzburg and is a certified tour leader and pilgrim guide. She frequently travels in Italy and Austria, both with her tour groups and privately.

**FOR MANY PEOPLE, ITALY IS THE COUNTRY OF LONGING**, the embodiment of "dolce vita" and pleasurable eating, the cradle of European art and culture. But you will find Italian flair not only during trips to Italy: Austria is also full of traces of "Bella Italia". Some of these cannot be missed, such as the many ice cream parlours and pizzerias. Others are revealed only at second glance. Palaces and churches, such as Schönbrunn or Salzburg Cathedral, which were created by Italian architects and artists; personalities, such as Claudia de Medici, Carl Ghega or Antonio Canova, who played an important role in the history and culture of the country. And isn't the origin of the Vienna Schnitzel maybe Milan? Christian Hlavac and Christa Englinger take a trip across the centuries, from Burgenland to Vorarlberg. Andiamo!

- **The perfect reading material for all lovers of Italy**
- **A fascinating journey of discovery through "Italian" Austria. Personalities, art, architecture and culinary arts**

## Anniversary season 2018/2019: 120 years Volksoper Vienna

Marie-Theres Arnbom  
**YOUR SERVICES ARE NO  
LONGER NEEDED**  
Driven from the Volksoper  
[People's Opera House] –  
Artists' Fates 1938

208 pages  
17.3 x 24.5 cm  
harover with dust jacket  
lots of illustrations  
ISBN:978-3-99050-142-9  
Already available

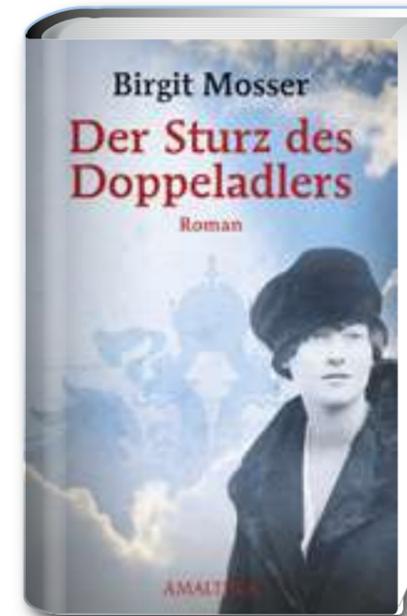
**DR MARIE-THERES ARNBOM** is a historian, author, curator and cultural manager. She publishes books and articles on topics related to contemporary and cultural history, which she also stages in museums as a curator.



**VIENNA IN MARCH 1938.** The National Socialists' take-over of power entails grave changes for Vienna's Volksoper: directors Jean Ernest and Alexander Kowalewski are immediately replaced, dismissals at all levels of the establishment follow, from opera singers to conductors, orchestra musicians and librettists, even the theatre's physician. Based on selected artists, such as soprano Ada Hecht, cellist Franz Ippisch or conductor Kurt Herbert Adler, Marie-Theres Arnbom narrates the fortunes of those who were persecuted because of their Jewish roots or their political views. The common thread is provided by the last production before the assumption of power, "Gruß und Kuß aus der Wachau" [Greetings and Kisses from Wachau], which was composed by Jara Beneš. Using archived material that was hitherto unknown, memoirs and dialogues with descendants, the author sketches out the path of life in the displaced artists' emigration.

- **Touchingly told artists' fates**
- **Living for music**

## Moving, sensitive, captivating — the great novel trilogy by Birgit Mosser



Birgit Mosser  
**THE FALL OF THE DOUBLE-  
HEADED EAGLE**  
Volume 1

320 pages  
12.1 x 19.5 cm  
hardcover  
ISBN: 978-3-99050-052-1  
Already available

**AUSTRIA-HUNGARY IN 1916.** The Danube monarchy is in the third year of a war that is fought mercilessly. Its repercussions affect people in all social classes. The young nanny Berta fights for the survival of her child. Tyrolean rifleman Julius Holzer experiences the detonation of the Col di Lana on the front in the Dolomites. Architect August Belohlavek winds up as a Russian prisoner of war. Department head Ferdinand von Webern must bear the humiliation of St. Germain. During the last years of the Hapsburg empire, four families cope with their fates – and a great love offers hope for future generations.

- **A historical novel that gets under your skin**



Birgit Mosser  
**CHILDREN OF A NEW ERA**  
Volume 2

320 pages  
12.9 x 19.3 cm  
hardcover  
ISBN: 978-3-99050-137-5  
Already available

**VIENNA IN 1927.** Angry demonstrators set fire to the palace of justice, police shoot dozens of people. Two ten-year-old boys meet in this inferno: the worker's son Viktor Obernosterer and the institutionalised child Ernst Belohlavek. During the same year, Max, scion of the respected civil servant family Webern, is expected to be admitted to the long-established Vienna Schottengymnasium. In far-away South Tyrol/Alto Adige, his cousin Siegfried, son of the former Tyrolean rifleman Julius Holzer, attends a primary school where his native language is forbidden. Four families whom fate brings together again and again. A new generation who must atone for their parents' mistakes. All their lives are inseparably bound up with the fate of Austria, a country that is falling deeper into a spiral of hate and violence and drifting inexorably towards a bloody civil war ...

# A must for any Hapsburg fan!

Eva Demmerle

100 x AUSTRIA – HAPSBURG

256 pages

18 x 23 cm

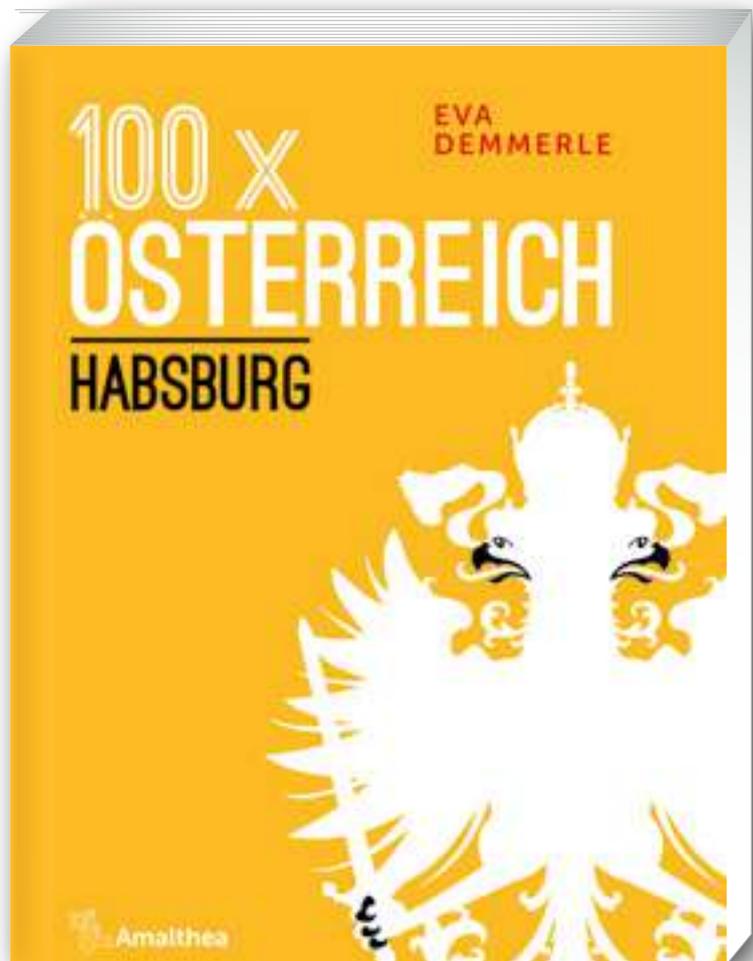
softcover with flaps

lots of illustrations

ISBN: 978-3-99050-140-5

April 2019

**EVA DEMMERLE**, historian, has made a name for herself as a biographer, especially of Hapsburg in the 20th century. From 1995–2011, she was a close associate of Otto von Hapsburg, the oldest son of the last emperor of Austria. Since 2011, she has been a freelance publicist and communications consultant.



- **A knowledgeable, fascinating and entertaining volume with 100 “facts” about the Hapsburg, their culture and their stories.**

**THE HAPSBURGS ARE THE FORMATIVE DYNASTY OF AUSTRIA AND EUROPE:** for more than 600 years, they shaped history and stories. Hapsburg expert Eva Demmerle takes a trip through the world of emperors and kings; presents castles, gardens, crowns and medals, remarkable as well as bizarre personalities. And, what meaning does the double-headed eagle, this very special kind of bird, have? How are the Hapsburg portrayed in art? Can the Central European region, the core of the former Hapsburg empire, be defined by the distribution of the “Palatschinke”, an Austro-Hungarian pancake? And what remains of Hapsburg today? How does the family live and what is it like to carry the name Hapsburg in the 21st century? What is the Hapsburgian legend and what is the Hapsburgian reality?