

## Fall 2022

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Nora Imlau

## My Boundary is Where You Stop

Telling Children Where to Stop—With Love

### CONTENT

#### Boundaries that Make Families Stronger

Nora Imlau is one of Germany's leading voices on raising children. She has new and surprising advice to offer on one of the critical points of Attachment Parenting and shows how parents can set boundaries within the family without being authoritarian.

Before they practice recognizing and maintaining personal boundaries with their children, mothers and fathers should first of all learn to get a sense of their own boundaries. Nora Imlau offers practice-oriented advice and exercises for doing so and accompanies parents on the next step, no less important: to uphold these boundaries in everyday family life, even against children's resistance. She shows how parents can succeed in not leaving their children alone with their frustration and being shown their boundaries and how, in doing so, to remain not only loving and focused on children's needs, but also firm and clear. Phases of autonomy, stressful situation while shopping, trouble at school and pre-school, and the societal pressure confronting parents who set boundaries according to what they think is right—on all these questions and more, Nora Imlau gives expert advice that is both empathetic and informative.

- **Bestselling Author on Attachment Parenting with a large audience**
- **Key questions of parenting confronting and troubling virtually every family**



October 2022  
240 pages; 20.00 EUR

### AUTHOR

Nora Imlau has written several *Spiegel* bestselling books and is a widely published speaker and journalist on parenting and family matters in print and online media, including a childcare column in *Etern* magazine. Herself a mother of four, she makes regular appearances in print media and TV, as well as having a strong social media following, numbering around 100,000 across her various channels, making her one of the key voices of a new generation of parents. She lives with her family near Freiburg in south-western Germany.  
[www.nora-implau.de](http://www.nora-implau.de)

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of toddlers to teenagers.

Kathrin Borghoff

## So Sensitive, So Strong

How Parents can Support Sensitive and Highly Sensitive Children at School and Pre-School

### CONTENT

#### Empowerment for Parents of (Highly) Sensitive Children

More than one in four children in school, pre-school, and day-care are (highly) sensitive. They have a particularly hard time finding their way in the world, and the pandemic has only made matters worse for them. Their parents share in their suffering, are frustrated and confused. Their relationship with their child often suffers too.

Kathrin Borghoff, herself a highly sensitive person and mother of a highly sensitive child, helps parents to encourage highly sensitive children in school and pre-school to develop their strengths and to solve problems – and to prevent them from arising in the first place. For parents and children have far more scope for taking control than they may realize. The voices gathered in this book include scientists and educationists as well as parents and the children themselves. They all show how children can learn to stand up for themselves and find their own ways to take pleasure in learning, and how they can involve themselves in the life of school and pre-school. A separate chapter is devoted to leisure pursuits, competitive situations, and sports, which present special challenges for highly sensitive children and their parents.

- **One in four children is highly sensitive**
- **10,000 copies sold of “Being a Highly Sensitive Mom” (“Hochsensibel Mama sein”)**
- **Supporting highly sensitive children in school and pre-school**
- **Includes test “Is my child highly sensitive?”**



September 2022

256 pages; 20.00 EUR

**Backlist:** [see page 10](#)

### AUTHOR

Kathrin Borghoff helps some 300 families annually with her coachings on sensitivity, high sensitivity, stress reduction through mindfulness, and relaxed child-rearing. She is one of the leading experts on (highly) sensitive mothers and children. She came to public attention through her workshops and talks, through her first book, *Being a Highly Sensitive Mom (Hochsensibel Mama sein, Beltz, 2020)*, and through her successful blog, [www.oeko-hippie-rabenmuetter.de](http://www.oeko-hippie-rabenmuetter.de). She has two sons and lives with her family in Dortmund.

### TYPE OF BOOK / TARGET GROUP

Guidebook for parents of sensitive and highly sensitive children up to the age of 12 and for day-care centre staff and teachers, including recreational caregivers.

Nicola Schmidt

## »It's Everyday Life For You—For Us, It's Childhood«

60 Cards to Give You Strength for Paleo Parenting

### CONTENT

#### A Set of Cards, a Source of Strength

Parents who commit themselves to paleo parenting have set themselves the lofty task of meeting their children at eye level—every day. To keep this up demands a lot of strength, as good intentions often buckle under the pressure and stress of everyday life.

With this set of cards Nicola Schmidt, an expert on paleo parenting, gives strength and encouragement to parents of children up to the age of six. She takes a weight off parents' minds by giving answers to help us be loving and trusting companions to our children amid the bustle of everyday life. This set of cards offers parents a supportive hand while giving them the space to reflect on their own attitudes and needs.

The set comprises:

- 30 key principles of paleo parenting
  - 15 questions to help parents see the big picture and look ahead
  - 15 encouragement cards to provide relief from acute stress and better self-care
  - includes a 12-page booklet
- 
- **The first set of cards designed for paleo parenting**
  - **Accessible encouragement from the founder of the artgerecht project**



September 2022  
60 Cards and 12 pages Booklet;  
20.00 EUR

### AUTHOR

Nicola Schmidt is a mother of two, a bestselling author, has a master's degree in social science, is a trained science journalist and coach as well as being founder and CEO of the *artgerecht project*. Over the last ten years, she has run many trainings on emotional first aid and infant mental health in babies and young children, sharing her knowledge with parents, experts, and educators in camps, training courses, and workshops. For more information, see [www.nicolaschmidt.de](http://www.nicolaschmidt.de) und [www.artgerecht-projekt.de](http://www.artgerecht-projekt.de)

### TYPE OF BOOK / TARGET GROUP

Practice cards for young parents (especially mothers) with children between 0 and 6 who are just getting into the topic of the attachment and needs-based approach.

Herbert Renz-Polster / Gerald Hüther

## How Children Grow Today

Nature as a Space for Development. A New Approach to Childhood Learning, Feeling, and Thinking

*Updated edition*

### CONTENT

#### The Foundations of Childhood Development

Nature is one of the most important resources for helping children to grow up in a healthy and balanced way. Nature is wherever children experience freedom, meet with and learn to overcome resistance, and find themselves. Here, two renowned and successful authors develop an intuitive balance between indoors and outdoors, and between the real world and the virtual. This new edition features a chapter on the lessons of the Covid pandemic for childhood development.

- **More than 45,000 copies sold**
- **Updated and expanded new edition of Renz-Polster and Hüther's bestselling book**
- **The most comprehensive account of nature and its role in childhood development**
- **New chapter "Lessons from Covid"**



August 2022

258 pages, 22.00 EUR

Rights sold to **Croatia, Hungary**

### AUTHORS

Herbert Renz-Polster is a pediatrician and researcher at the **Mannheim Institute of Public Health** at the *University of Heidelberg*. His parenting books, lectures, and media appearances have won him a wide following and made him one of the most respected voices in childhood development and education. He has four children and lives near Ravensburg with his wife. [www.kinder-verstehen.de](http://www.kinder-verstehen.de)

Gerald Hüther is one of Germany's best-known neuroscientists and the author of numerous bestselling books on childhood development.

### TYPE OF BOOK / TARGET GROUP

Non-fiction title for Parents of children between 2 and 10 years, but also for all those who care for children in childcare.

Nora Imlau / Sabine Pfützner

## Baby Tummy Time

Safe and secure through the pregnancy and beyond. Midwife know-how for mother and child  
*Updated edition*

### CONTENT

#### A Book Like a Good Midwife and a Strong Friend

Empathetically and at eye level, Sabine Pfützner (an experienced midwife) and Nora Imlau (a parenting expert and journalist) accompany expectant mothers through the excitement of “baby tummy time.” Every pregnancy is unique. This book offers orientation amid all the new feelings, experiences, and medical advice. Based on the latest insights of midwives, this book tells you all you need to know about your pregnancy. The section “inside your tummy” shows you exactly how your baby is developing, what it is up to, and what it needs. The authors strengthen your trust in your own body and encourage you to make contact with your baby. You will find helpful hints for all aspects of baby tummy time: relationships, rituals, emotional rollercoasters, job, money, and much more. It gives you all the medical and organizational information you need to find your own personal way. The guide for the postnatal phase offers inspiration for the cuddly period of getting to know your child. A detailed chapter on health issues answers your questions on the typical complaints and rare risks associated with pregnancy.

- **New and updated edition**
- **10,000 copies sold since first publication 2018**
- **An accessible feelgood book**



October 2022  
378 pages; 28.00 EUR

### AUTHOR

Nora Imlau is a journalist specializing in family topics, the author of several *Spiegel* bestselling books, and a busy speaker and lecturer. Herself the mother of four, she is considered one of the leading voices of a new generation of parents.

Sabine Pfützner is a midwife. Having worked in Africa, she returned to Germany to found a birthing house. As a self-employed midwife, her work includes both clinical and at-home care. She has accompanied hundreds of pregnant women—Nora Imlau among them.

### TYPE OF BOOK / TARGET GROUP

Comprehensive pregnancy companion for all pregnant women

Romy Winter

## The Heart of the Family

Being More of a Couple and not Just Parents

### CONTENT

#### Honey, Have you Seen our Needs?

Many parents who value their children's needs and seek to meet them on an equal footing have difficulty treating each other in the same way as a couple. The challenges of the new situation and a commitment to Attachment Parenting may cause parents' needs as a loving couple to take the back seat.

The psychological counsellor Romy Winter turns the tables by placing the couple bond at the center of parenthood. She shows how the five basic needs—attachment, autonomy, self-worth, pleasure, and security—can be fulfilled, as part of everyday family life, not only on the part of the children, but especially in the parents' own relationship. Because one of the best things parents can do for children is to look after the love they have for one another.

*"The couple bond is the first child in need of loving attention."* Romy Winter

- **Understanding the couple bond as the family's key relationship**
- **Supporting couples at eye level**
- **Attachment Partnering**



August 2022  
304 pages; 20.00 EUR

### AUTHOR

Romy Winter is a systemic couples and family therapist, a psychological counsellor, and specialist for parenthood and coupledom. She works with couples and parents in her own practice as well as being on the expert panel of *BO-Family*, a parenting app. Her first parenting book, on resilience in families, was published in 2021. Romy Winter lives near the coast northern Germany with her husband and three children.  
[www.frau-winter.de](http://www.frau-winter.de)

### TYPE OF BOOK / TARGET GROUP

Guidebook for mothers and/or fathers who become parents for the first time or have even younger children and notice how their relationship with their partner is changing unfavourably.

Nesibe Özdemir

## Who We Think We Are

On the Courage to Think Oneself Afresh. Stories from Psychotherapy

### CONTENT

#### A Liberating Book

"I'm not good enough." "I don't matter." "I have to function." We believe the voices in our heads and come to depend on these internalized claims about ourselves. They become virtual articles of faith, influencing what we think we can achieve in life and what we think we are (un)able or forced to do.

In these ten gripping stories from her practice, the psychotherapist Nesibe Özdemir gives us insights into what people believe about themselves. She shows how people are changed when they recognize and challenge their deep-seated certainties. The stories are skillfully crafted to urge readers to challenge their own convictions about themselves. What keeps me captive and undermines my life? What I can I do differently? Who do I want to think I am? This is a book that encourages readers to think of themselves afresh and to take a kinder view of themselves.

*"We think what we believe. We do what we believe. We feel what we believe. We are what we believe. So you should make a conscious decision about who you believe yourself to be."* Nesibe Özdemir

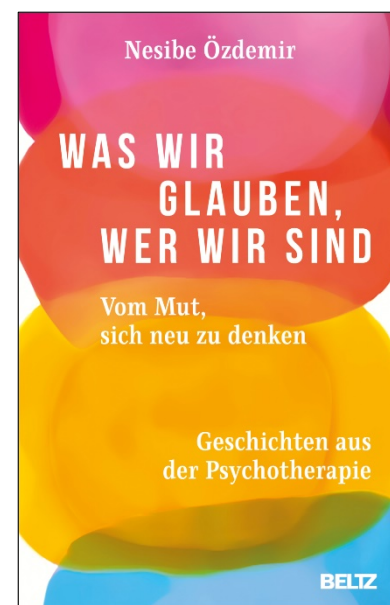
- **Recognize and change the beliefs that are holding you back**
- **And entertaining and illuminating view of therapy in action**
- **Real-life psychological knowledge for a stronger sense of self-worth**

### AUTHOR

Nesibe Özdemir is a psychologist and psychological psychotherapist with her own practice. As [@psychologin\\_nesibe](#), she reaches a wide audience on Instagram and her own podcast as well as making regular appearances on TV and radio.

### TYPE OF BOOK / TARGET GROUP

Narrative non-fiction book with a self-help section for all those who are looking for inspiration to examine their own life story, self-knowledge.



August 2022  
240 pages; 19.00 EUR



Christine Carl / Ismene Ditrich / Christa Koentges / Swantje Matthies  
**The World of Women and Girls with AD(H)D**  
Why They are Special and What Makes Them Strong

**CONTENT****Of Daring Dreamers and Women who Refuse to be Kept Down**

Women and girls with AD(H)D are diagnosed far less often than men and boys. The symptoms of AD(H)D seem less obvious in women and girls, who tend to be not so much hyperactive as dreamy, distracted, and forgetful. Yet the consequences of failing to diagnose the condition can be severe for women and girls, who can suffer for decades with all the negative consequences that entails for their sense of self-worth, as well as leading to other disorders, such as depression and anxiety.

With this book, the Freiburg AD(H)D Working Group provides valuable information for women with AD(H)D and for the parents of girls with the condition. It is also a plea for society, schools, and the medical profession to take more notice of AD(H)D in women and girls. Containing insights from scientific research, case studies, and exercises to help readers tap their own resources, this book is an indispensable companion for women living with AD(H)D.

- **On the symptoms of AD(H)D in women and how they differ from those in men**
- **Social relevance: medical research is often geared only towards men**



August 2022  
240 pages; 20.00 EUR

**AUTHORS**

Dr. Christine Carl is a psychological psychotherapist and supervisor for children, teenagers, and adults. She is a behavioral therapist and trained in DBT (Dialectical Behavioral Therapy). For many years, she has been working with children, teenagers, and adults, and her own practice focused on AD(H)D and DBT.

Dr. Ismene Ditrich is a specialist for psychiatry and psychotherapy at *Freiburg University Hospital*. She is the medical director of a clinic specializing in autism spectrum disorders in adults as well as being editor and host of *Jung und Freudlos*, a podcast devoted to psychiatry.

Dr. Christa Koentges is a psychological psychotherapist and DBT therapist who works as the resident psychologist in the ward for borderline disorders in *Freiburg University Hospital's* psychology and psychiatry department. In her own practice, she focuses on AD(H)D and emotional instability.

PD Dr. Swantje Matthies is head of the ward for borderline disorders in *Freiburg University Hospital's* psychology and psychiatry department. She runs the AD(H)D special clinic, participated in the *Jung und Freudlos* podcast, is a committed DBT therapist, and is her hospital's lecturer in de-stigmatization.

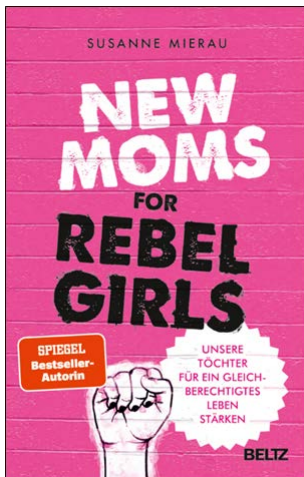
**TYPE OF BOOK / TARGET GROUP**

Comprehensive guide for women who are affected by ADHD themselves, parents of daughters with ADHD and for all those who have to deal with women and girls with ADHD, e.g. partners, parents, therapists, social workers, educators, teachers.

## BACKLIST

*Parenting*

**New Moms for Rebel Girls**



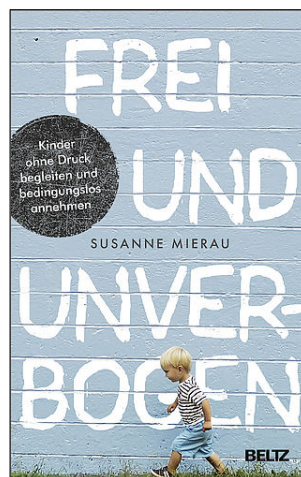
[More information](#)

Rights sold to **China**

**Over 17,000 copies sold**

*Parenting*

**Free and Unbent**



[More information](#)

Rights sold to **Russia**

**24,000 copies sold**

*Parenting*

**The Path to a Happy Parent-Child Relationship**



[More information](#)

Rights sold to **China, Poland**

**19,000 copies sold**

*Parenting*

**Self-care for Mums**



[More information](#)

Rights sold to **Czech Republic, Russia**

**Over 7,000 copies sold**

*Parenting*

**We Won't Let Anything Knock Us Down**



[More information](#)

Rights sold to **China**

**Almost 5,000 copies sold**

*Parenting*

**Respect, Trust and Love**



[More information](#)

Rights sold to **China, Croatia, Hungary, Poland, Romania, Serbia, Slovakia, Slovenia**

**Over 11,000 copies sold**

## Life

### Get Out of the Mental Load Trap



[More information](#)

Rights sold to **Hungary**

**25,000 copies sold**

## Self-help

### Being a Highly Sensitive Mom



[More information](#)

Rights sold to **Korea**

**Almost 9,000 copies sold**

## Psychology

### Breaking the Schematic Mold



[More information](#)

Rights sold to **China, Romania, Russia**

**Over 21,000 copies sold**

## Parenting

### The Magic of Good Conversation



[More information](#)

Rights sold to **China, Korea, Poland**

**17,000 copies sold**

## Parenting

### The Treasure that is Self-esteem



[More information](#)

Rights sold to **China**

**5,000 copies sold**

## Parenting

### Boys Need Clear Messages



[More information](#)

Rights sold to **China**

**Over 7,000 copies sold**

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