

A vibrant yellow background is filled with a dense cloud of colorful confetti in shades of red, purple, blue, and gold. At the bottom center, a red rectangular box is shown from the waist up, overflowing with the same confetti. The words "UNBOX" are written in large, bold, red capital letters, with the "UN" positioned above the "BOX", which is partially obscured by the box and its contents.

# UNBOX

**YOUR LIFE!**

FOREIGN  
RIGHTS  
FALL 2018

GABAL

## GABAL. YOUR PUBLISHER.

GABAL provides proven practical knowledge and publishes media products on the topics of business, success, and life. With over 600 experienced, international authors from various industries and education, we inspire businesses and people to move forward.

### Motivating. Sympathetic. Pragmatic.

These three adjectives describe the core brand of GABAL. They describe how we think, feel, and work. They describe the style and mission of our books and media. GABAL is your publisher, because we want to bring you forward: motivating in effect, sympathetic in appearance, and pragmatically-oriented toward results.

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## YOUR LIFE

The Your Life books help the reader make more of one's life by exploring new directions and ways of thinking, and learning to get both large and small everyday problems under control. The books are entertaining and inspiring with practical tips that will make the reader's life easier, richer, and more beautiful.

## YOUR SUCCESS

The Your Success books cover soft skill topics such as motivation, public speaking, self-management, and mental strategies for success.

## YOUR BUSINESS

Your Business offers books about current trends and developments in the areas of sales, marketing, management, entrepreneurship, and corporate governance.

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**30 Minutes to Beating Writer's Block**

Image frontcover: kucheraw/Adobe Stock

# BESTSELLER



**Tobias Beck** started as a flight attendant with learning difficulties and is now one of Europe's best-loved speakers. German magazine FOCUS has honored his work with several awards and he reaches an audience of millions online, with his Bewohnerfrei® ("Liberated") podcast hitting # 1 on the iTunes download charts as soon as it was released. He has trained hundreds of thousands of people at his seminars and is a personal consultant to well-known CEOs. As a university lecturer, he explains, in a humorous fashion, how the principles of success and motivational psychology can work for others too.



## Unbox Your Life

### A liberated life®: The Secret to Success

Tobias Beck

*"His mixture of craziness and analytical insights into human nature is what makes his advice so valuable."*

**Gregor Gerlach, Co-Founder of Vapiano**

### Show me who you surround yourself with and I'll tell you who you are!

You're bound to know a few chronic complainers: people who moan the whole day long, people for whom nothing ever goes right, people who are always the victim. The weather is miserable, it's Monday, the neighbor has overshot their parking space again and to top it all off, the doughnut has a hole! People like this can overwhelm your environment with their ill-tempered nature.

The best idea is simply not to bother with such acquaintances at all, advises Tobias Beck in this humorous, thought-provoking book about how we can successfully steer our own lives instead of having them determined by others. In a pithy, to-the-point style, he shows how we can liberate ourselves from chronic complainers and, in doing so, avoid mutating into one ourselves. After all, we are, ultimately, the people with whom we surround ourselves.

Living a liberated life means accepting the world as it is and putting an end to all the complaints. It means taking responsibility for yourself and others and surrounding yourself with people who take action instead of lamenting what's wrong. The Liberated® philosophy shows people that true happiness and success comes when they do good for others and always act in their best conscience.

Liberated® is a guide to a self-determined life. You'll learn how to think in terms of chances and opportunities rather than in terms of problems and risks. You'll learn to forge your own path and let yourself be guided by your dreams and vision. Above all, you'll learn to seek out people who support you, let you grow and move forward – to live your own life successfully and authentically.

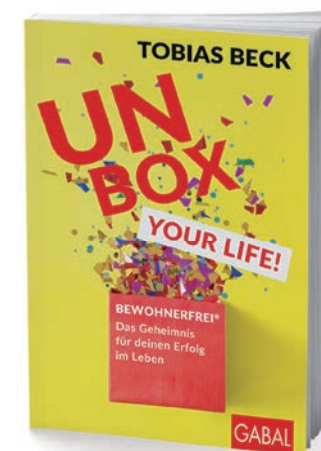
The book is based solely on 15 years of personal experience in the field of personality development and behavioural psychology. Under no circumstances does it claim to be technically correct.

Liberated® is polarising, provocative and exaggerated. It is intended to wake you up, scare you and sensitise you. Chronic complainers – the people from whom we aim to liberate ourselves – are those who cower in their boxes and moan, despite having it relatively good. Tobias Beck has made it his mission to make as many people as happy and successful as possible.

No matter your culture, skin colour or creed: Do not let the chronic complainer in you gain the upper hand. Help those who are truly in need.

This is what "Unbox Your Life" really means.

*"Tobias starts unknown, leaves unforgettable."*



Pub Date: September 2018  
144 pages, Paperback  
978-3-86936-869-6

Rights: World



Image: Kuchera/Adobe Stock



**Ilja Grzeskowitz** is Germany's Change Expert #1. He is an award winning Keynote Speaker and bestselling author of eight books, who has given presentations in thirteen countries on four continents. The change management expert inspires, influences and motivates leaders, entrepreneurs and employees to combine innovative thinking with taking massive action. Some of his clients include Audi, BMW, Continental, Lufthansa, Nespresso, Pentax, P&G, Telekom and Zalando. In 2016 he received the CSP (Certified Speaking Professional) designation from the National Speakers Association. A great honor, because only 7% of all speakers worldwide are allowed to carry that title.

## THE CHANGEMAKER MINDSET

Why every change on the outside starts with an inner transformation

Ilja Grzeskowitz

### When the WHY is big enough, then the HOW and WHAT will follow on their own.

"Grow as a human and invest in yourself. In your knowledge, your skills, and your expertise. The next few years will be marked by massive changes, increasing complexity, and general uncertainty. The only factor that you can influence yourself is your individual personality. Your mindset. Develop it further and you'll be able to look to the future with optimism and self-trust, because you'll possess a deep sense of basic confidence in always having the necessary flexibility in thinking and acting, no matter what happens around you."

In the coming years, the human success factor will determine who is among the winners and who is among the losers. Only those who place individual personality at the center of all endeavors will be able to succeed in tomorrow's markets. This applies to our society, the economy, and especially, to you personally. And in case you're seeking clarity about your life's specific purpose, then this book is the sign that brings you the desired clarity.

**The Purpose, the People, and the Persistence.** These are the most important components when it comes to getting from point A to point B – mentally or physically.

Part one – THE PURPOSE – is about why we do what we do and what really drives us. Bold ideas will challenge you to step off your usual paths and to reconsider what motivates you the most and how sustainable change works.

In the second part – THE PEOPLE – we'll look together at why nobody wins alone, why your Inner Circle is therefore a critical success factor, and how to optimize its setup.

The third and final part – THE PERSISTENCE – is all about concrete tools and plans for implementation. You will learn about the best ways to take action, deal successfully with setbacks, and implement sustainable change.

*"Ilja Grzeskowitz teaches change like no one else. How? So that you can't wait to take action, because it's fun."*

Jürgen Herrmann, Director Marketing/Ritter Sport

*"With his fascinating and humorous presentation, Mr. Grzeskowitz has definitely moved and inspired our guests."*

Roger Muhr & Martina Merki, Marketing Director/BMW Financial Services Schweiz

*"Thank you so much for your entertaining, inspiring and energizing keynote speech at the Audi Forum. Your message and your style of delivery were a perfect fit with our company culture."*

Harm Van Tongeren, CEO Germany/Austria/Switzerland/Unilever Food Solutions

*"Ilja's keynote was inspiring, customized to our needs and with a strong message. Our whole team is in #OhYeah mode."*

Christine Heimes, Manager Global Service and Parts Operations/Daimler AG/Global Service Training

*"Just what we'd been looking for!"*

Karim Rached, Project Director, Europe Finance/Marriott Hotels International



Pub Date: August 2018  
224 pages, Paperback  
978-3-86936-870-2

Rights: World, except English



**Think it. Do it. Change it.**  
How to Dream Big, Act Bold,  
and Get the Results You Want  
182 pages  
978-1-4917-8719-9



**Let's talk about change, baby!**  
A motivational manifesto for entrepreneurs  
and lateral thinkers – and all those who  
aspire to become one  
184 pages  
978-3-86936-758-3

## NTNT (No Thanks, Not Today)

66 ways to achieve greater courage, serenity and lightness of being

Cordula Nussbaum



## Wellbeing at Work

Dörthe Huth

### Trust yourself to break free

There are many doors open to us in our lives. When all is said and done, following our dreams and leading a meaningful life is actually quite easy. Yes, really! But trapped in a fast-paced and complex everyday life full of obligations, many of us do not feel lightness or ease, but pressure, stress and hardship.

In order to escape the vicious cycle of overwork and exhaustion, we must learn to get better at saying “NTNT”: NTNT to overly-ambitious goals when they demotivate us, NTNT to our fear of failure, NTNT to the demands of others who cause us to live an inauthentic life. NTNT to those who tell us how we “should” be. NTNT to the compulsion to constantly be better and faster. NTNT to the ever-present sense of obligation.

In this inspiring book, Cordula Nussbaum shows how we can regain courage, serenity and lightness of being to live a meaningful, successful and happy life. She provides a rich selection of positive messages combined with stories, anecdotes and practical suggestions for action.

Learn to serve up a healthy and good-natured portion of NTNT with these 66 mini pledges – and create a life that pleases you.

- A plea for more self-care and zest for life
- Featuring inspiring stories, anecdotes and illustrations



Illustration: Ronja Fastner

Pub Date: September 2018  
176 pages, Flexcover  
978-3-86936-872-6

Rights: World



**Ready, Set, Go!**  
5 Questions that will change your life  
336 pages  
978-3-86936-626-5

### For increased motivation and enjoyment at work

We spend a large part of our lives working – and that’s a good thing, because work is not just about fulfilling and securing our basic needs. Work also creates meaning and identity and thus provides us with satisfaction and balance.

Often, however, the pressure of deadlines, challenging requirements, conflicts with colleagues or customers and, last but not least, the expectations and demands we place on ourselves cause us great amounts of stress. In the worst case scenario, they can even make us ill. We often go to work on Monday in a bad mood and spend the next five days longing for the weekend. How can we escape this vicious cycle?

In this book, Dörthe Huth shows you how to maintain or restore a sense of wellbeing at work. In addition to a range of inspiring examples, it provides various know-how and practical tools for establishing a positive and healthy atmosphere at work. This, in turn, will help you to accomplish your day-to-day tasks with joy and ease. All you need is a little courage to make small changes – and, in doing so, become the master of your own emotions. It’s time to say goodbye to pining for the weekend!



Illustration: Lohse Design

Pub Date: August 2018  
232 pages, Flexcover  
978-3-86936-875-7

Rights: World



**30 Minutes to Mindfulness**  
96 pages  
978-3-86936-708-8

As a trained coach, author, musician and sports professional, former European junior bar champion **Max Finzel** knows how to turn goals into gold. He has worked as a fitness manager and personal trainer in Germany and Canada. As a speaker on business and sport, he encourages creative thinking and the development of personal strengths.

## The Dream Within You

### 33 tips for unabashed success

Max Finzel



### A training plan for achieving your goals

Each one of us has the power to live their dreams and achieve success. We can realise our personal goals by focusing, having an effective plan and tackling it with passion. Exactly how to do this is described in his motivational book, packed full of inspiring tips and stories.

The first step on your path to success, says Max, is awareness of what you are trying to achieve. Listen to yourself. Develop a perspective, a goal and a vision to help you identify your direction. The second step is implementation: keeping your goal in sight, sticking with it and staying fit and healthy so you have the power to forge your own way. Look for supporters, mentors and role models to accompany you on your journey. Don't let yourself be drawn away from your path – mistakes and setbacks are part of the journey. Take them with humour and turn your vision into a reality.



Over 33 inspiring chapters, Max provides specific, easy-to-implement tips and practical exercises to help begin, step by step, to “live the dream within you”.

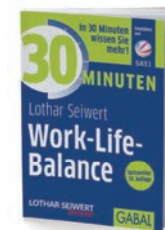
- Living your dream: From vision to action to goal
- Achieve self-realisation in easy-to-carry-out training units
- 33 inspiring chapters from an exceptional young talent



Pub Date: August 2018  
192 pages, Paperback  
978-3-86936-871-9

Rights: World

Illustrations: Erwan Sulistyo



Lothar Seiwert  
**30 Minutes To Better Work-Life-Balance**

96 pages  
978-3-86936-291-5



Matthew Mockridge  
**Gate C30**  
A Story about true Happiness

240 pages  
978-3-86936-798-9



Marco von Münchhausen  
**Konzentration**  
How to reclaim the art of focus

184 pages  
978-3-86936-719-4



Sylvia Löhken  
**Quiet Person – Happy Life**  
How to have a meaningful life as an introvert

288 pages  
978-3-86936-800-9



Monika Hein  
**Empathy**  
I know how you feel

256 pages  
978-3-86936-831-3



Kathrin Sohst  
**The Power of High Sensitivity**  
Take Advantage of Your Strengths

336 pages  
978-3-86936-688-3

**Andreas Buhr** is an expert in leadership in sales, a trained commercial manager and a multi-award-winning speaker, author, trainer and lecturer. He is a fully-fledged entrepreneur and serves as founder and CEO of the Buhr & Team Academy, an organisation specialising in leadership and sales training.

Tired of rigid structures, **Dr. Florian Feltes** swapped his teaching career for one in leadership, digitalisation and transformation processes. Acting as a voice of GenY, he is constantly asking, about the "why" – in his workshops, lectures and his research projects on leadership and organisational development.

# Revolution? Bring It On!

## When old school management meets new work leadership

### Andreas Buhr, Florian Feltes

#### Why we need a revolution in corporate leadership

Digitalisation has placed humans at the centre. Technological progress has opened up new and unexpected opportunities for all. These opportunities are set to revolutionise our economy and existing paradigms of business leadership. Those at the very top are being challenged to change their leadership style from scratch, or at least to radically expand on it with new practices. That is one of the central concepts of this book.

Andreas Buhr and Florian Feltes have spent nearly five years researching what it means to lead people in digital times. They have talked to those serving as pioneers of the digital world and gathered information about the latest developments in and far beyond Silicon Valley. Working together with the University of Luxembourg, Florian conducted a study on the leadership habits of digital natives – and the results will challenge your preconceptions and open your eyes to the impending revolution in business leadership.

In the book, the two authors – one a baby boomer, the other a digital native – conduct a heated debate on the results of their research. Together, they develop a new compass for leadership – one with the power to guide top managers safely through the digitalisation wilderness.

The book also contains practical tips for establishing a digital corporate structure alongside an analogous one and weaving the two together effectively. It offers methods to neutralise the fears of older employees and stop the exodus of Gen Y from your business; all in all, a knowledge-rich guidebook that will usher you safely through your business' digital transformation.

*"Social leadership is not a new-fangled trend, but a development with genuine longevity. It is a move towards a type of leadership borne of digitalisation, and is the type set to prevail in the business world for the foreseeable future."*

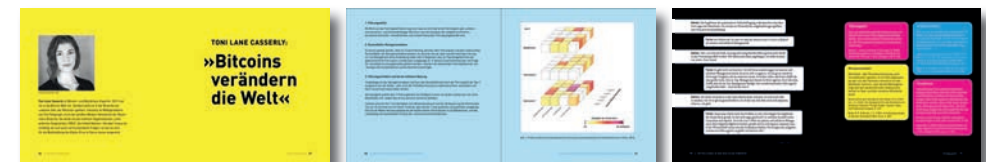
- A debate about the future of our companies
- Why social leadership is the model of the future
- Numerous interviews with digitalisation pioneers (Flixbus, bitcoin and blockchain experts)
- Grounded in scientific findings from the study of the University of Luxembourg
- An unconventional management book for a new era
- A book that will challenge and provoke thanks to the intergenerational debate between the two authors



Pub Date: October 2018  
304 pages, hardcover  
978-3-86936-862-7

Rights: World, except English

#### Inside Pages





## Entrepreneurship: Not for the faint of heart

Towards success with courage, consistency and creativity

Günter Schmitz

## At the Service of the Customer

Fostering innovation with creativity and empathy

Ingrid Gerstbach

### A box crammed full of business tools

What is the secret to successful companies? Business success is a question of attitude and consistent implementation. Whether you're working in strategy, organisation, leadership, sales, marketing or finance: the key to successful corporate governance depends on you, as an entrepreneur, tackling your responsibilities with courage, consistency and creativity.

In this book, Günter digs deep into the cause of companies' points of pain. He points out the pitfalls in corporate governance and how to eliminate them. As he does so, he openly expresses inconvenient truths, exposes mistakes in thought and action and reveals practical and pragmatic solutions. The inclusion of numerous interesting examples from his own business practice make the book an inspiring and action-oriented guide that will help you set the course for success in your own company.

- Inspirations and tips from the work of an award-winning entrepreneur
- What pitfalls exist within companies?  
8 dilemmas that hinder business success

**Günter Schmitz** is the founder of Coplaning and a fully-fledged entrepreneur. He transformed his small trade enterprise into a nationally known, award-winning premium supplier known for its exceptional service, innovative products and people-oriented employee leadership. In 2011, Coplaning received the European Quality Award in Adding Value for Customers (EFQM) and was named Europe's second best employer in the international "Great Place to Work" competition in 2016.



Pub Date: August 2018  
200 pages, hardcover  
978-3-86936-865-8

Rights: World

### Design Thinking in the modern day

Companies should let go, think "leaner", make faster mistakes, learn from them and develop even more cutting-edge technical features. But in a world obsessed with innovation, customer needs often fall by the wayside.

How can companies succeed in developing products and services that inspire people? Only when a company manages to interact with its customers on an emotional level and find out what drives them and what they really want, can it develop products and services that meet these requirements.

In this hands-on book, Ingrid Gerstbach lays out a process for innovation and demonstrates how readers can help themselves and their teams to design and build successful, emotionally appealing products. Pioneering companies use storytelling and iteration to evoke positive emotions in their customers, change their behaviour and establish a direct connection. This book will forever change the way you think about successful products, processes, and services.

*"The book (...) gives an insight into all areas of design thinking. This is what makes it a definitive work and a must-read for anyone interested in design thinking."*

managerSeminare magazine, Issue 233, August 2017

**Design Thinking in Business**  
A workbook for beginners in design thinking  
320 pages  
978-3-86936-726-2



Pub Date: September 2018  
288 pages, hardcover  
978-3-86936-867-2

Rights: World

**77 Tools for Design Thinkers**  
Insider Tips from Design Thinking Practice  
336 pages  
978-3-86936-805-4





## Limbeck. A Guide to Sales

A definitive work for the sales industry

Martin Limbeck

## Putting Business Back into Brands

The laws of brand management in 50 questions and answers

Arnd Zschiesche, Oliver Errichiello

### Everything you need to know as a salesperson in the 21st century

Changed buying behaviour also requires new selling behaviour! The focus is no longer on products and services, but on added value for the customer. Because of this, curiosity, courage and knowledge of human nature are among the most important tools available to salespeople today – and will have a radical impact in determining who wins over customers in the future. Who better to give the necessary support and guidance for this shift than one of the best-known sales experts in Germany, Martin Limbeck?

In his benchmark work on selling, Limbeck presents in-depth, personal know-how from over 30 years of sales training. From initial contact to closing a deal, from self-marketing to market cultivation strategy, from internal attitude and the importance of personal training to attitude to the customer, from conventional sales techniques to a hybrid society, globalisation and buying centres: Limbeck tackles all aspects of the sales process in detail, leaving no topic out in the cold.

*"Martin Limbeck is one of Germany's most successful sales trainers. He's a man of practice who knows what he's talking about – and who is able to communicate his knowledge and skills."*

Cash



Pub Date: October 2018  
656 pages, hardcover  
978-3-86936-863-4

Rights: World, except English

### The universal laws of brand management

Brands accompany us throughout every step of our day: from the condiments we eat for breakfast to the smartphones we use. Short of knitting our own underwear, it's virtually impossible to live an "unbranded" life. Brands in the 21st century are absolutely everywhere – and that's precisely that's why we all have opinions. In our private lives, this is perfectly normal – but when it comes to brand management and brand positioning from a business perspective, it's crucial that personal sensitivities and feelings are left out of it. Individual opinions and emotions are toxic to brands' commercial success!

Too much opinion, much too little knowledge: in 50 timeless, pretension-free answers, Zschiesche and Errichiello seek to put an end to brand discourse driven by trends and zeitgeist. They show why each and every brand is a social phenomenon with economic effects – and why it can never be the other way round. Simultaneously grounded in science and exciting to read, the authors reveal the natural laws to which brands are subject and why successful brand management is the decisive success factor of every company – inside and out.

Dr. Arnd Zschiesche and Dr. Oliver Errichiello are the experts for high-value brand positioning and strategic brand management in the German-speaking world. They frequently appear on German media. Both are lecturers in brand sociology and brand management at the Lucerne University of Applied Sciences.



Pub Date: October 2018  
264 pages, hardcover  
978-3-86936-866-5

Rights: World



30 Minutes  
Brand Strategy  
96 pages  
978-3-86936-352-3

## Books to refresh the creative and independent mind

## Books that inspire success



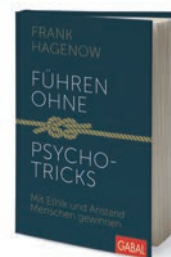
Peter Ivanov  
**Virtual Power Teams**  
How to Deliver Projects Faster, Reduce Costs, and Develop Your Organization for the Future!  
220 pages  
978-3-86936-752-1



Matthew Mockridge  
**Your Next Big Thing**  
Creating BIG Ideas From Scratch  
264 pages  
978-3-86936-692-0



Bernhard von Mutius  
**Disruptive Thinking**  
Thinking that meets the challenges of the future  
232 pages  
978-3-86936-790-3



Frank Hagenow  
**Upstanding Leadership**  
Winning people over with ethics and decency  
216 pages  
978-3-86936-824-5



Jutta Portner  
**Better Negotiating**  
Your Training Book for Business and Private Life  
222 pages  
978-1-53201-367-6



Veit Etzold  
**Planning, Communicating and Implementing STRATEGY**  
256 pages  
978-3-86936-823-8



Stephanie Borgert  
**Complex Made Simple!**  
The Workbook for Complex Thought and Action  
176 pages  
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Markus Väh  
**Work – The World's Most Enjoyable Pastime**  
How "New Work" is revolutionising our working world  
256 pages  
978-3-86936-720-0



Barbara Liebermeister  
**Digitalisation: Neither Here Nor There**  
People are still people – leadership is the decisive factor  
264 pages  
978-3-86936-750-7



Martin Wehrle  
**30 Minutes to Career Jump**  
96 pages  
978-3-86936-423-0



Jochen Baier  
**Body Language**  
What you can achieve with body language – a guide  
144 pages  
978-3-86936-731-6



Andreas Krebs, Paul Williams  
**The Illusion of Invincibility**  
Why managers are no smarter than the Incas of 500 years ago  
240 pages  
978-3-86936-822-1

## Self-Care 4.0

Want to give your best at work?  
Learn to take care of yourself

Monika A. Pohl

## The Importance of Niche in Personal Branding

Ten steps to a unique image

Anke Nienkerke-Springer

### Get fit for the challenges of the Working World 4.0.

The working world of tomorrow will be more digital, networked and interdisciplinary than we could ever currently imagine. It will offer us an abundance of potential courses of action and opportunities to shape its development. At the same time, it will challenge our sense of personal responsibility more than ever before. In order to meet and overcome the challenges involved, each and every individual will be required to take responsibility for their own wellbeing. Self-care is the best form of prevention.

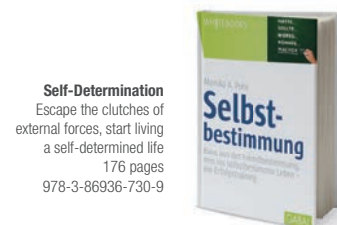
In this book, Monika Pohl presents Self-Care 4.0, a mindfulness-based approach designed to promote health and wellbeing in a holistic way. A number of self-tests and practical exercises help you analyse your needs, while the clearly explained techniques give you tools for establishing new patterns of thought and behaviour. The goal is to get you fit for the challenges of the Working World 4.0.

1. A new world of work requires new methods of self-care
2. How you can holistically support your health and avoid illness and downtime
3. How you can ensure more happiness in life – and how positivity and “letting go” play a role
4. How you can set the course for success, and why intuition reduces the complexity of everyday life



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176 pages, hardcover  
978-3-86936-876-4

Rights: World



**Self-Determination**  
Escape the clutches of  
external forces, start living  
a self-determined life  
176 pages  
978-3-86936-730-9

### The magic of personality

Effective positioning is more important today than ever before – and what is true for companies now also applies for individuals in the business world. In the age of digitalisation, high expectations are placed on senior managers or entrepreneurs in particular: they serve as de facto role models for those beneath them, and are expected to excel in terms of the attitude and capabilities they present. In order for them to be successful, they are required to become their own personal brand.

Most people limit their thinking on personal branding to optimising their external image. But this is only one side of the coin. If an image to be externally believable and effective, the positive aspects of this image must also radiate from within. They key to winning others over is to focus on oneself.

Focusing on ourselves gives us clarity about our own identity and, as a result, strengthens our unique set of values and characteristics. It allows us to develop an attitude characterised by our inner values, to formulate our core message and to represent it authentically to the outside world. In ten easy-to-follow steps, this book will help you become the best possible version of yourself.

**Dr. Anke Nienkerke-Springer** is regarded as a leading expert in communication in transformation processes, top management coaching and corporate succession consulting in medium-sized enterprises. As a speaker, consultant and top management coach, she is a sought-after expert on personal branding.



Pub Date: August 2018  
240 pages, hardcover  
978-3-86936-878-8

Rights: World



# Madame Missou

## From girlfriend to girlfriend The gift of good advice

Madame Missou understands me! She gives me advice for my everyday life, on matters like chaos management and multitasking – yet she also spurs me to think about the overriding issues that concern me:

- How can I become more self-confident?
- What path will lead me to find more inner balance?
- What can I learn from my dreams?

And the best thing is that Madame Missou meets me at eye level. Her life experience means that she's not easily rattled, and I benefit from her pragmatic view of things. Basically, we'd all love to be a bit like her – both feet planted firmly on the ground, actively shaping her own future, enthusiastic, honest with herself and with others ... and always ready for a laugh!

## Around the World



## New Books September



Escaping the chaos of day-to-day life, finding peace and getting in touch with ourselves – things we all want to do, but how? Meditation is the answer! What's more, contrary to what many believe, it doesn't require a monastic retreat, hours of contemplation or yoga contortions of gymnast proportions. In this book, I introduce 10 powerful meditation exercises that are easy to integrate into your everyday life. As you progress towards more focus, mindfulness and serenity, you'll also have fun!

**Madame Missou Likes to Meditate**  
128 pages  
978-3-86936-891-7



Conversation with your boss long overdue? Pending tax return lurking at the back of your mind? Marathon training turned into a Sunday stroll? That sounds like acute procrastinitis. If this is you, it's time to roll up your sleeves and act: I'll show you how you set realistic goals, stay motivated and celebrate success through successful time management. You'll find your to-do list becoming steadily smaller – and you won't have to sacrifice fun as you do it.

**Madame Missou Has Her Eyes on the Goal**  
112 pages  
978-3-86936-892-4



If I fly to Mallorca, I won't be able to go to the Maldives; if I buy a house, I'll have to wait for a new car. Alors, those who choose A usually have to go without B. We're required to make small and big decisions on a daily basis – but why are we so often afraid to decide? And what makes a decision a good one? In this guide, I'll show you the best ways to actively determine your life through effective decision-making.

**Madame Missou Can Make Up Her Mind**  
112 pages  
978-3-86936-893-1



# Backlist



## Say adieu to “I don’t do mornings”

Good morning, my darlings! Imagine yourself feeling fit, relaxed and full of anticipation as you begin a new day – does not that sound wonderful?! And it’s not as hard as you might think! To all those who don’t do mornings: Make the alarm clock your friend! I’ll show you my 20 best tricks for making the most of your time in bed and enjoying getting out of it – on time and filled with energy.

**Getting Out Of Bed With Ease**  
104 pages  
978-3-86936-855-9



## Self-love

The sun is shining, the birds are chirping, the world around me is basking in a pinkish glow – I’m in love right now, and the object of my affections is me! I enjoy my carefree evenings alone and accept the wrinkles around my eyes. Unfortunately, that hasn’t always been the case. Do you want to join me on the path to greater self-love and care?

**Learning To Love Oneself**  
112 pages  
978-3-86936-856-6



## No stress

Success, career, performance, styling, networking – just looking at this list is enough to make me stressed! But is this an inevitable degree of madness, or is our stress self-inflicted? Learn to stop the stress spiral! Discover how stressed you actually are, where your energy vampires are lurking and how to manage life with self-assurance and serenity. A few tricks are all it takes to escape the stress trap!

**Living A Stress-Free Life**  
112 pages  
978-3-86936-857-3



## Less is more

We rush from A to B, bleed ourselves dry, consume entertainment and accumulate possessions – bigger, higher, farther! At some point, I began to wonder: what’s the meaning of all this? What do I need, my body and soul, really? What I found was that happiness is in the small things! I’ve turned my life inside it, freed it of unnecessary weight and reduced the amount of everything. Curious? Great – I’d love to show you the easy way to live a minimalist life!

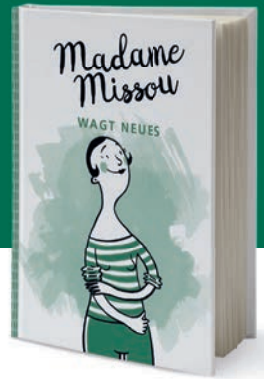
**Living A Minimalistic Life**  
128 pages  
978-3-86936-858-0



## Become a master at the art of communication

“There are dirty dishes in the kitchen.” A simple sentence, for sure – but one that can convey very different messages. Is it a request, a reproach, a neutral statement? Who says it to whom and with what intention? Before you know it, you’re in the midst of a heated argument – one that’s exhausting and all too often unnecessary. Through active listening and the right communication tricks, you can transform any future conflict into a solution-focused discussion!

**Learning To Argue Fair**  
128 pages  
978-3-86936-859-7



## Banish the everyday drudge

Getting up, taking a shower, brushing my teeth, drinking coffee and off to the office – my morning ritual. Bonjour, the daily grind! Recently, I started going to work by bike instead of car. From that point onwards, I was sure of one thing: my everyday life would be monotonous no longer! I’ve tried a number of new things and have some useful tips to share on breaking habits and rekindling the fire of enthusiasm.

**Venturing Into New Terrain**  
112 pages  
978-3-86936-860-3

# Backlist



## Life is far too short to sit around moping!

A coffee stain on a fresh blouse, a car that won't start, a stubbed toe – un jour catastrophique! But life is far too short to sit around moping! I will show you 15 small tricks to bring back your radiant smile! And you will be soon spending more of your everyday life in good moods!

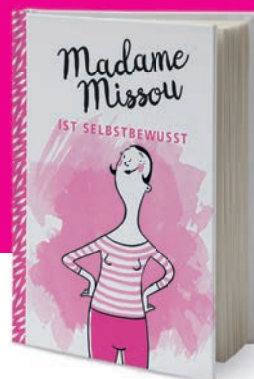
**Madame Missou is in a good mood**  
104 pages  
978-3-86936-784-2



## Say goodbye to chaos!

Is chaos beautiful? Or is a cluttered house the sign of a cluttered mind? In any case, what is certain is that new thoughts need space to unfurl – and that a beautiful home is the best haven in the world. With a few little tricks, you can once again become the mistress over your own realm – and I'll show you just how to accomplish this!

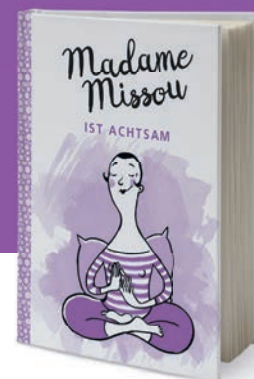
**Madame Missou tidies up**  
120 pages  
978-3-86936-785-9



## Radiate from within!

There are some people who are simply radiant – they seem totally contented and cast a spell over everyone. Are they lucky? No – they're probably just self-confident. And self-confidence is something that a woman can learn. In this book, I'll fill you in on my best tips and tricks for leading a self-determined life.

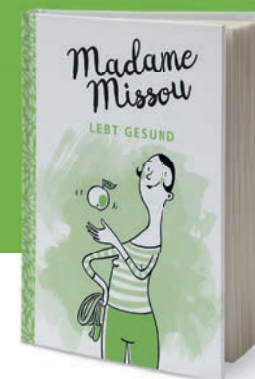
**Madame Missou is self-confident**  
112 pages  
978-3-86936-786-6



## It's perfectly okay to look out for yourself every once in a while

Raising children, running a household, working, hobbies, and more – everyday life can quickly degenerate into stress for a woman! She ends up rushing from point A to point B without paying attention to her conversations, and without the proper focus on the things she has to get done – and then simply flops into bed at the end of the day, completely exhausted. I know this all too well, and I also know just the remedy – living mindfully is the order of the day!

**Madame Missou is mindful**  
112 pages  
978-3-86936-787-3



## Live healthy, live longer!

Superfoods, low carbs, and gluten-, lactose-, and meat-free diets – oh, who can be bothered to keep up with it all? What is missing in your life – is it highintensity exercise, feng shui, or just simply sleep? I'm on a mission: To live a happier and healthier life, starting immediately. And I invite you to join along – and benefit from my experience.

**Madame Missou lives a healthy life**  
128 pages  
978-3-86936-788-0



## How to be confident in any situation!

Perhaps your downright silly question was revealed as such, and you wish the ground would just open and swallow you whole? Or maybe someone spoke to you in an impertinent manner, and you were simply left speechless in anger? I'm quite familiar with situations like these – and I also know just how you can really leave your mark. In this book, I'll reveal to you all of my best tricks for having a quicker wit.

**Madame Missou has a quick wit**  
120 pages  
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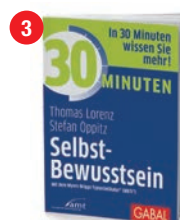
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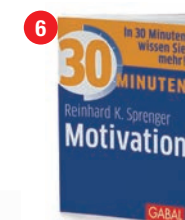
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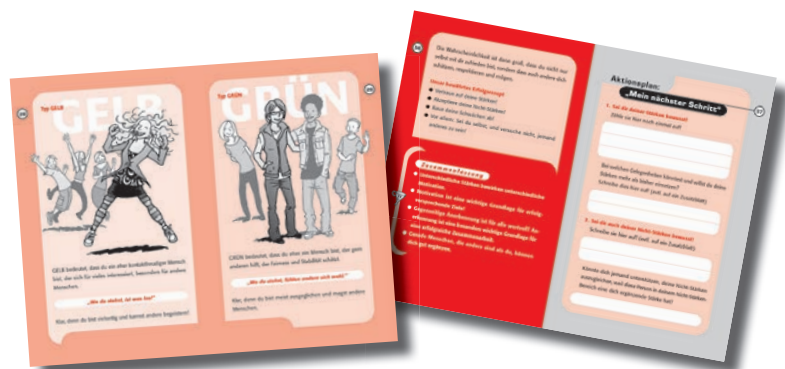
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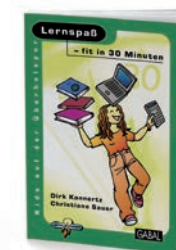
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