



GABAL

# FOREIGN RIGHTS FALL 2020

**GABAL. YOUR PUBLISHER.**

For inspiration. For a voice that understands. For practical guidance.

## 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.

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GABAL is your publisher, because we want to bring you forward: motivating in effect, sympathetic in appearance, and pragmatically-oriented toward results.

## 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.

## 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.

## NEW BOOKS FALL 2020

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How to make better decisions, with examples from ten key decision-making crossroads

Anke Fehring  
**Turning Tomorrow into Today**  
10 wake-up calls to help you hit the reset button

Tobias Beck  
**Unbox Your Life!**  
Cancelling chronic complainers, living life liberated, and other secrets to success

Tobias Beck  
**Unbox Your Relationship!**  
How to draw people to you and build relationships that last

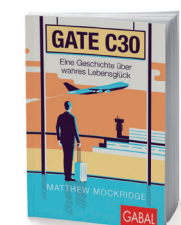
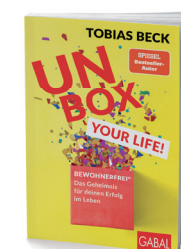
Matthew Mockridge  
**Gate C30**  
A Story about true Happiness

Whitney Breer  
**Leadership begins with you**  
A Leader's Quest for Leadership Excellence. A business novel

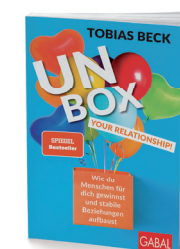
Monika Matschnig  
**Body Language: The Key to Success**  
How to persuade and inspire others at work

Kay-Sölve Richter, Christop Münzner  
**Executive Presence Is Everything**  
How to convince as a leader when it matters

## LIKED THIS? ...



## ... READ THAT!



# What are you looking for?

## Business strategy & Management techniques

### Leadership & Purpose

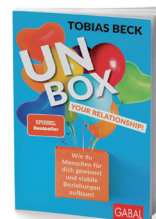


### Innovation, Career & Growth Mindset

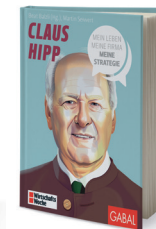


## Advice on careers & achieving success

### Career, Soft Skills, Relationships



### Success, Growth, Finance



### Business communication & presentation

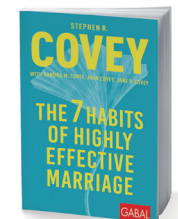


## Mind, body, spirit & motivation and self-esteem

### Resilience, Mindfulness, Change



### Happiness, Mindfulness, Empathy



### Willpower, Motivation, Popular Psychology





# STEPHEN R. COVEY

*"If you apply even one of the 7 Habits today, you can see immediate results; but it's a lifetime adventure – a life of promise."*

Stephen R. Covey

First print edition  
of Stephen R. Covey's  
recording of  
"The 7 Habits of  
Highly Effective  
Marriage"

## The 7 Habits of Highly Effective Marriage

Making Your Relationship a Priority in a Turbulent World

Stephen R. Covey  
with Sandra Covey, John MR Covey, Jane P Covey

Dr. Stephen R. Covey passed away in 2012 leaving behind an unmatched legacy of teachings about leadership, time management, effectiveness, success, and love and family. A multimillion-copy bestselling author of self-help and business classics, Dr. Covey strove to help readers recognize the principles that would lead them to personal and professional effectiveness. His seminal work, *The 7 Habits of Highly Effective People*, transformed the way people think and act upon their problems with a compelling, logical, and well-defined process.

As an internationally respected leadership authority, family expert, teacher, organizational consultant, and author, his advice gives insight to millions. He sold more than 40 million books (in 50 languages), and *The 7 Habits of Highly Effective People* was named the #1 Most Influential Business Book of the Twentieth Century. He was the author of *The 3rd Alternative*, *The 8th Habit*, *The Leader in Me*, *First Things First*, and many other titles. He held an MBA from Harvard and a doctorate from Brigham Young University. He lived with his wife and family in Utah.

*"In relationships, the little things are the big things."*

Stephen R. Covey



### Turbulent times demand strong, committed, personal relationships.

Dr. Stephen R. Covey has noted that strong relationships don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members.

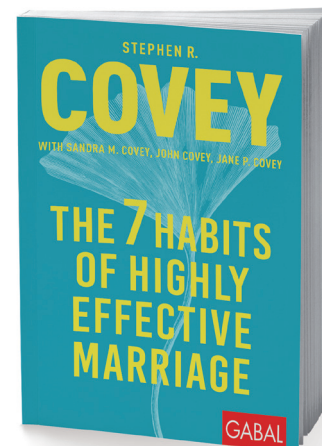
The 7 HABITS OF HIGHLY EFFECTIVE MARRIAGE provides a much needed framework for applying universal, self-evident principles that enable couples to communicate more effectively about their problems and resolve them successfully.

By offering revealing anecdotes about their own marriage as well as helpful suggestions about changing everyday behavior, Dr. Stephen R. Covey and his wife Sandra – along with his brother Dr. John M.R. Covey and his wife, Jane Parrish Covey – offer insights and personal experiences in applying these proven principles to marriage and home.

This book is built upon a recording of a live presentation, featuring Dr. Stephen R. Covey and his wife Sandra, on their 50 years of marriage. The training material in the book introduces the principles and practices of the 7 Habits of Marriage drawn from Dr. John M. R. Covey and his wife Jane Parrish Covey's 25 years of teaching and applying the 7 Habits of Highly Effective Marriage in the lives of thousands of people.

The book is full of wisdom about people who connect in committed relationships. The principles of human effectiveness will help you and your partner to thrive whatever your country of origin or your circumstances. This book will help you and your marriage to:

- Prioritize your relationship in today's turbulent world
- Build a happier and more effective partnership
- Unite around a common purpose, vision, and mission





*"Marriage between two people is about love and commitment. It's about feeling safe. It's about feeling valued. We never lose our desire to be nurtured sheltered, and wanted. How do couples lose this? As you begin to live the 7 Habits, we promise that you will make choices that will bring greater happiness to you and to your loved ones."*

**Jane Covey**

## Contents

Foreword  
Introduction by Stephen R. Covey

### Part 1: Introduction to the 7 Habits of Highly Effective Marriage

Open your heart to the space between stimulus and response  
Practice empathic listening  
You have the power to choose your response to any given set of circumstances.  
The Four Human Endowments  
Your Public Victory

### Part 2: Creating an Effective Marriage Culture

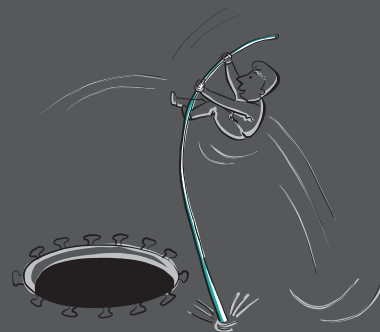
The 4 Cs of Marriage  
**Habit 1:** Be Proactive  
Brining Choice and Responsibility to your relationship  
Practice Habit 1  
**Habit 2:** Begin with the End in Mind  
Bringing Purpose and Vision to your relationship  
Practice Habit 2

**Habit 3:** Put First Things First  
Making Time for Us Time  
Practice Habit 3  
**Habit 4:** Think "Win-Win"  
Building Trust in Your Relationship  
Practice Habit 4  
**Habit 5:** Seek First to Understand ... Then to Be Understood  
Getting to the Heart of Communication  
Practice Habit 5  
**Habit 6:** Synergize  
Considering the Strengths of Everyone  
Practice Habit 6  
**Habit 7:** Sharpen the Saw  
Renewing the Relationship Spirit  
Practice Habit 7

Reflections  
7 Habits Definitions  
About the Authors  
About Franklin Covey Company



**Marco von Münchhausen** studied law, psychology and communication sciences in Munich, Geneva and Florence and completed his doctoral thesis in law at the Max Planck Institute in Munich. Today, he is one of Central Europe's most in-demand speakers and coaches. He travels within and beyond Germany to deliver lectures on work-life balance, self-motivation, stress management, self-management in everyday life and the activation of personal resources. Marco's awards and honours include 'Trainer of the Year' (2002), the 'Excellence Award' for outstanding services as a trainer and speaker (2005), the 'Conga Award' (the Oscar of the events world) in the 'Speakers and Moderators' section (2007 and 2010) and 'Speaker of the Year' (2015). In September 2019, he was inducted into the 'Hall of Fame' of the German Speakers Association, the leading German association for the speaking industry.



## The Little Guide to Surviving a Crisis

How to cope better in times of crisis and take advantage of unexpected opportunities

Marco von Münchhausen

### Contents

#### Part I – Heroes, opportunities and past crises

1. Captain Tom and Captain Brett: two heroes of the crisis
2. The 9-point model: when a crisis throws us off the beaten path
3. Crises as opportunities

#### Part II – The seven phases of overcoming a crisis

- Phase 1: The shock / the awakening
- Phase 2: The resistance / the 'victim stage'
- Phase 3: The recognition / the acceptance
- Phase 4: Identifying opportunities and developing a vision
- Phase 5: The conscious decision / the new start
- Phase 6: Seeing it through / sticking with it
- Phase 7: After the crisis

#### Part III – Key tools for overcoming a crisis

1. The right attitude
2. The right focus

3. Self-care
4. Giving your life structure

#### Part IV – Resilience: your capacity to deal with crises

1. Your personal resilience factors
2. The resilience factors that make the difference

#### Part V – Other stabilising influences

- Staying active, keeping fit
- Eating for pleasure
- Moments of relaxation
- Taking the tempo down
- Meditation as a source of calm
- Tidying up, creating order
- Getting outdoors
- Managing stress
- Music for relaxation
- Doing things for others
- The restorative power of humour
- Recognising what we have

### The 7 phases of emerging stronger from a crisis

By their nature, crises often arrive unexpectedly, quickly and against our wishes. Crisis situations are a recurring and hugely disruptive feature of our modern lives. The good news is that each crisis brings with it the golden opportunity for a new start.

Seizing these opportunities requires courage, self-reflection and an inner sense of stability. If we are willing to rise to the challenge and change the way we see things, there are manifold professional and personal opportunities for the taking.

In this new crisis handbook, Marco von Münchhausen explains how – with the right strategies, tools and checklists – we can learn not only to weather the storm, but to use it to our personal advantage. Overcome your fear of the uncertain and develop a self-determined vision for the future. As you do so, ensure that your own needs are met – with structure in your daily life and a healthy work-life balance.

As the crises eases, this handbook will guide you on your way to a new, self-determined reality. If you are prepared to confront upheaval head-on and contemplate a change in perspective, you can access important lessons and massively increase your resilience.



128 pages, paperback  
ISBN 978-3-96739-025-4



**Konzentration**  
ISBN 978-3-86936-719-4



**Inner Stability**  
ISBN 978-3-86936-801-6

### USP:

- The seven phases of overcoming a crisis: applied psychology for extraordinary times
- The last three major crises faced by humanity – and what we learned from them
- How we can emerge from a crisis stronger and use it to our advantage

**Anke Fehring** is a life coach and author. After graduating in business and cultural studies at the University of Passau, and two exchange semesters in Boston (USA), Anke Fehring worked in culture management for fifteen years. During her time in Berlin, she supervised internationally renowned projects in the classical music scene. After deciding to work as a coach, Anke Fehring completed her management training at the University of Cologne, followed by personal and business coach training. Since then she has taken part in numerous training and coaching seminars in Germany and abroad. As certified 6 D leadership coach, Anke Fehring is part of the coaching pool of a prestigious personnel consulting company in Munich, counseling high potentials and young executives of medium-sized and large companies.



## Turning Tomorrow into Today

10 wake-up calls to help you hit the reset button

Anke Fehring

### Contents

#### 10 ways in which you might be snoozing your life away:

- 1) **"All good."**  
Forced optimism & self-delusion
- 2) **"Sorry, what did you say?"**  
There, but not present
- 3) **"I can't do that."**  
How we underestimate ourselves & suffer from a fixed self-image
- 4) **"I compare myself, therefore I am."**  
Unrealistic images & the pitfall of comparison on Facebook, Instagram & other social media
- 5) **"I'm outta here."**  
How we numb ourselves with Netflix, apps & alcohol
- 6) **"Just tell me what I'm supposed to do."**  
How we adapt ourselves to meet expectations

- 7) **"No time, must work."**  
Work as a substitute for everything else
  - 8) **"Someday, I'll ...."**  
When pipe dreams replace concrete goals
  - 9) **"Don't worry – you go first!"**  
Conflict avoidance & an over-eagerness to defer to others
  - 10) **"Yes, but..."**  
Doubt, doubt and more doubt
- The upshot: "Are you satisfied – or are you settling?"**  
Mindful growth, not self-optimisation
- Epilogue: "Carpe the hell out of this diem"  
Self-reflection quiz + analysis  
One last wake-up call

### USP:

- Storytelling and wake-up calls from the author's real-life coaching practice
- A humorous, entertaining style
- Self-reflection questions and a comprehensive self-test

### Stop hitting snooze on life Why 'sometime in the future' is simply too late

What is your personal 'snooze' button? Do you work all hours to avoid confronting uncomfortable truths? Binge on TV? Retreat into daydreams, even as your real-life dreams float ever further out of reach? Being totally honest: how often do you press the snooze button instead of getting up and taking control?

In her new book, Anke Fehring describes the ten most common ways in which we snooze our lives away and tells us how to wake up and press the reset button. Whether we delude ourselves, underestimate ourselves, compare ourselves with others, give into the pressure of expectations, retreat into distractions or dwell on doubt: we all know at least one (often very comfortable) excuse to press the metaphorical snooze button. The time is now to wake up and start afresh!

The goal of this book is for you to feel, in the kindest way possible, that you'd been caught red-handed. Ironically, it is just when we feel like hitting snooze that we should be at our most alert. Such moments signal a need for us to correct our course and to make pressing changes to our lives. In which areas of your life do you have a tendency to press snooze? How does this manifest itself? Why do you do this? From now on: keep your eyes peeled!



192 pages, paperback  
ISBN 978-3-96739-012-4



### Change your perspective!

The book makes a persuasive case for giving up trying to change others. Instead we must be curious about others' perspectives on life and alert to their potential. In the book, Nele humorously equips readers to appreciate their counterparts' world-views, using personal stories to illustrate a more understanding, open and tolerant way of dealing with one another.

Nele Kreybig  
**Wish you Could Change People? Here's Why You Shouldn't**



### The art of compassion

Empathy gives us the courage to take risks, open our hearts and make ourselves vulnerable. Empathy, used wisely, has the power to instantly change any human relationship for the better. In this book, Monika Hein describes how we can learn empathy and practise it easily in our everyday lives. She provides clarity regarding what empathy actually is and, just as importantly, what it is not.

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



### A Toolkit for Crises

In this charmingly illustrated book, Sebastian Mauritz takes us on an exciting journey to our innermost emotions. He shows us which of these emotions are most important and explains how they work. Gaining this awareness is the first step towards a self-determined life – and this, in turn, enables us to crack the “crisis code” and apply our new knowledge to potential future events

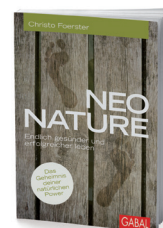
Sebastian Mauritz  
**Immune to Problems, Stress and Crises**  
How we can better manage our lives



### Head or heart: which provides the most reliable guidance?

In this book, Patricia Küll and Jörg Kühnapfel use ten key decision-making scenarios to illustrate tried-and-tested tools such as ikigai, time travel or utility analysis: illustrating each theory with head and heart-based perspectives on ten key questions of life. As the reader, you are equipped to make healthy, self-determined decisions that will empower you to live a happy life.

Patricia Küll, Jörg B. Kühnapfel  
**Listen to Your Head or Follow Your Heart?**  
How to make better decisions, with examples from ten key decision-making crossroads



### Discover your natural power!

Christo Foerster puts human nature at the center of the book, and compresses the secrets of a healthy life to 9 Power Roots for more satisfaction and success. He shows us how we can improve, with simple measures, our physical behavior, our food, our relationships with ourselves and others. Neo Nature is a fascinating inspiration for a healthy lifestyle and makes us rediscover our natural potential.

Christo Foerster  
**Neo Nature**  
The Secret of Your Natural Power



### Achieving genuine human interaction In praise of the art of meaningful conversation in times of WhatsApp, Twitter & co.

Using a range of examples, Löhken and Peters illustrate the opportunities that await when we permit ourselves to engage in meaningful encounters and are brave enough to open ourselves up. The authors show how to lay the foundations for genuine interaction and to conduct conversations such that they bring benefit to all parties involved.

Sylvia Löhken, Tom Peters  
**Bold Encounters. The Art of Genuine Conversation**  
How to create relationships with words

**Philipp J. Müller** is a financial mentor and the owner and managing director of financial academy 'PJM Investment Akademie GmbH', a state-accredited German educational institution. A lawyer by study, he moved sideways into banking and later founded multiple businesses in the fields of investment consulting, insurance, construction and real estate management.

Philipp J. Müller's approach is characterised by personal maturity, social responsibility and a sophisticated appreciation of value. He is passionate about equipping his followers and students with a new understanding of money and the tools to guide themselves to financial freedom and prosperity. His academy teaches the art of finance-related personal development and provides participants with a full-fledged system for taking control of their finances and generating a regular income via the stock market.

## Contents

### I Money Rules The World: Understanding The Financial System

1. The Educational Gap
2. Understanding Money
3. A New Philosophy Of Money

### II Good Financial Behaviour: Forging A New Path

4. Why We Need To Take Back Control Of Our Finances
5. A Single System For Managing Your Finances How Pots Can Revolutionise Your Financial Behaviour
  - Pot 1: Living – 60 Per Cent
  - Pot 2: Big Purchases – 10 Per Cent
  - Pot 3: Education And Fun – 10 Per Cent
  - Pot 4: Charitable Giving – 10 Per Cent
  - Pot 5: Saving – 10 Per Cent Or More
 How You Can Use The Pot System To Chart A Course To Financial Prosperity
6. The Path To Prosperity: Increasing Your Income Through 'Good' Financial Behaviour
7. Thrifty And Debt-Free: The Shortcuts To Financial Freedom

### III Financial Prosperity Begins With Character: Why Lottery Winners Often Don't Stay Rich For Long

8. Wealth Rarely Occurs By Chance: The Importance Of Having The Right Financial Character
9. When 'Going Well' Is Good Enough
10. Respect: How A Good Relationship With Ourselves, Others And Money Can Influence Our Bottom Line

### IV You Are The Bank: Why It's So Important To Be In Control

11. Taking Back Control: What Are The Benefits?
12. How The Stock Market Works: The Key Rules
13. Stock Trading Can Be Learned

### V Living Prosperously: How We Can Use Money To Fulfil Our Personal 'Why' And Make The World A Better Place

14. Our Personal 'Why' – Or, Why We Were Put On The Planet
15. Stop Worrying, Start Giving: Using Money To Make The World A Better Place

## ON THE MONEY

Increase your income, do your bit and achieve personal freedom: From a self-made millionaire with their feet (still) on the ground

Philipp J. Müller

### Your Step-By-Step Guide To Achieving Financial Freedom

As the coronavirus crisis continues, increasing numbers of us live in fear for our economic livelihoods. Money is the central concern that affects us all and drives our actions. It's never too early to take financial matters into our own hands. This new book by investment professional Philipp J. Müller shows how anyone can increase and safeguard their income on a long-term basis.

Drawing on a wide range of examples and personal anecdotes, this seasoned financial trainer guides readers through the vast and often complex financial jungle.

It helps them figure out what money means to them and shows them why the path to prosperity begins with personal development.

ON THE MONEY teaches fundamental principles for a new understanding of money: one characterised by personal maturity, social and economic responsibility and a sophisticated appreciation of value. It equips readers to develop a responsible approach to money based on a new mindset, a change in financial behaviour, the development of their financial character, a concrete grasp of the ways that money can be multiplied and, above all, an awareness of their financial 'why'.



288 pages, paperback  
ISBN 978-3-86936-997-6

A seasoned business journalist, entrepreneur and 20-time book author, **Cordula Nussbaum** has long inspired an audience of millions with her guidance and wisdom on personal success. Her German-language podcast 'Kreatives Zeitmanagement' ('Creative Time Management') is among the top-rated in the self-help category; her blog, [gluexx-factory.de](http://gluexx-factory.de), is visited by thousands of readers every month. Her books have been translated into six languages to date and are featured in Lufthansa's on-board entertainment programme. She has been named "Germany's leading expert on the subject of time management" by German magazine SPIEGEL Wissen.

Cordula has received a number of awards and accolades for her work, including 'Trainer of the Year', 'Top 100 Success Trainer' and 'TOP 10 Trainer & Influencer 2019'. As a result of her widely respected work in the training and development arena, she was the second German woman ever to receive the globally coveted 'Certified Speaking Professional (CSP)' title.



## Share the Load!

How to delegate skilfully  
and with confidence

Cordula Nussbaum

### Contents

Introduction: Is your (metaphorical) jug too full?  
Quick check: How good are you at delegation?  
Inner attitude: the key to 'top' or 'flop'  
More facts, please!  
Clear priorities: the essential foundation  
Five golden principles for the art of "You do that, please!"

Principle #1: Choosing the 'right' task  
Principle #2: Choosing the 'right' person  
Principle #3: The art of good briefing  
Principle #4: Giving feedback  
Principle #5: Relinquishing responsibility

### USP:

- A humorous, practical handbook, including self-test
- Authored by Cordula Nussbaum, 2019's 'Trainer & Influencer of the Year'
- A renowned time management expert known from radio and TV
- Featuring the 7 steps of successful delegation

*"One of the best-recognised time management experts in the German-speaking world."*

### Handelsblatt

*"Cordula Nussbaum has one mission: to expose the truth of antiquated views about self-management."*

### Focus TV

*Cordula Nussbaum is a "leading expert in the field of time management."*

### SPIEGEL WISSEN



### The 7 steps of successful delegation

Too much to do and not enough time to do it? Most of us have more tasks on our daily to-do lists than we can realistically achieve. Even for masters of organisation and time management, 24 hours in the day is frequently not enough. Our modern workloads are often too great to be managed alone.

Delegation – sharing the load – is the obvious solution, yet many of us struggle to relinquish control. The reasons for this are manifold: perfectionism, a desire for control, a fear of loss of reputation, a drive to be 'nice', a lack of trust in the work of others or simply a lack of knowledge about the right tools. Even where tasks are nominally assigned to others, we still scramble to do most of the work.

In this entertaining, practical guide, renowned time management expert Cordula Nussbaum shows how things can be different. She exposes the pitfalls and hurdles to which we all-too-readily succumb and empowers us to convert our inner saboteurs into our greatest advocates. The book is a valuable tool for the art of "You do that, please!" As you read, you'll realise that letting go and relinquishing control don't have to be painful. On the contrary: successful delegation unburdens us of unnecessary drains on our time and unlocks new scope for creativity, innovation and the things that really matter.



208 pages, flexcover  
ISBN 978-3-96739-013-1



NTNT (No Thanks,  
Not Today)  
ISBN 978-3-86936-872-6



Let It Go!  
ISBN 978-3-86936-939-6

When she speaks, millions listen. As a journalist and television presenter, **Kay-Sölve Richter** has more than 25 years of 'on-air' experience with major thought-leading media outlets. Before joining public service broadcaster ZDF, she appeared in front of the camera (and microphone) for RTL, n-tv, Radio Hamburg, WDR and others. Richter, a political scientist by education, is equally at home on a live stage: as an event moderator and host, she heads up panel discussions, conventions and evening galas. She knows first-hand what it's like to have be 'on' at the push of a button. And as a presence coach and keynote speaker, she's all too happy to share this valuable practical experience.

Radio and television journalist **Christoph Münzner** has served as a coach to leaders of large and medium-sized companies since 2006. He is managing editor of a daily topical talk show on RTL and previously worked as a reporter and editor for WDR and Hit Radio FFH. More recently, he has used his expertise to develop clear criteria for effective communication in public and on camera. What role do gestures and voice play in projecting an authoritative image? How can speakers deliver messages clearly, convincingly and to-the-point? Münzner's interest in body language arose during his undergraduate studies in sociology, media and sports science; he has been researching the relationship between language, gestures, use of facial expression and social status ever since.

## Executive Presence Is Everything

How to convince as a leader when it matters

Kay-Sölve Richter, Christoph Münzner

### Contents

**The top 25 questions we are asked as coaches** – and how to use this book to find your personal answers

**PART A:** "Unfortunately, I'm just not funny." On individuality, authenticity and why the best leaders too often settle for average performances

1) Executive presence alone is not enough – you need to be able to project it when it matters  
Tell me the truth! Escaping the feedback trap

**Part B:** How to convince when it matters Interviews, talks, podium discussions and video conferences How leaders can make their executive presence felt  
Clear structure, unambiguous messages

2) Attitude, please!  
3) Language and voice  
4) Body language? Forget it! It's all about gestures and how you use your face

**Part C:** "I don't have time, though!" The art of targeted preparation

5) Badly prepared? A 'typology of communicative failures'  
6) Spontaneity rules? Who are you kidding! The tricky path from buzzword to reality

**The answers to our 25 most frequently asked questions** – and how you can continue using the book to achieve your goals

### USP:

- Additional chapter on the risks and opportunities of video conferencing
- Smartphone exercises for persuasive public appearances
- Self-assessments
- Exercises to prepare you for your next presentation, talk, etc.
- 12 good reasons to keep quiet and the art of knowing when to take a break: the power of silence

### Presence and media coaching for executives

Whether in video conferences, meetings, talks, presentations, podium discussions or television interviews: whenever a leader has an audience, it is vital that they are able to convince using personality, plain language and clear, coherent messages. In other words: leaders must not only have executive presence, but be able to project it when it matters.

In this engaging, practice-oriented book, the art of executive presence is explained by seasoned media experts and practitioners. Over the years, they've learned everything there is to know about making an impact – and can look back on impressive TV and radio careers to prove it.

When speaking in public, leaders too often squander the benefits that can be reaped from showcasing personality and an individual style. Such benefits exist not only in terms of being heard by others, but – crucially – of being understood.

Using a range of practical examples and concrete, easy-to-implement tips, the authors illustrate the elements that make up a successful executive presence. As they do so, they break down common clichés and show why body language is far from the only factor.



240 pages, hardcover  
ISBN 978-3-96739-008-7

**Johannes Ellenberg** is a familiar face on the German start-up scene. An entrepreneur, keynote speaker, book author and business coach who founded his first company as a student, he offers expert guidance to help companies transition to a digital future. His clients range from reputable SMEs to international corporations. His academy for entrepreneurial thinking and action coaches individuals on the road to happiness, self-determination and entrepreneurial freedom.

## Decoding the Future

Your key to a happy and self-determined life

Johannes Ellenberg

### Contents

#### 1 OUR WORLD: UNCERTAINTY IS THE ONLY THING THAT'S CERTAIN

How do we want to live and work?  
The basic human need for security

#### 2 TAKING CONTROL

##### What influences our reality?

The effects of sociocultural influences  
Complexity and intuition  
Values: our personal compass

##### How does our brain actually work?

Where are the conscious and subconscious located?  
Plasticity: the brain as a building site  
The limbic system: home of our emotions  
The Limbic® Map – signposts for our everyday life

##### Our consciousness

'Conscious consciousness': a silent observer  
The (negative) power of thought

##### Are we victims of our genetics?

##### Who am I?

The Big Five: where do you stand?

##### Changing your reality

Worksheet: what do you dream of?  
The mental framework of a 'life entrepreneur'

#### 3 THE NEW REALITY: BECOMING THE ENTREPRENEUR OF YOUR OWN LIFE

##### The life entrepreneur framework

Finding your 'why?'  
How to know and understand your values  
The components of the life entrepreneur framework  
Your vocation  
Your relationships  
Your body  
Your soul

#### 4 COMPETENCES & METHODS FOR SUCCESS AS A LIFE ENTREPRENEUR

##### Your body: the hardware for your success

Fasting: good for body and soul

##### Your soul: the operating system for your success

The seven spiritual rules of hermeticism

##### Your relationships: the team for your success

The four-ear model  
The 7 laws of good relationships

##### Your calling: the compass for your life

How to find your calling

### Become the ENTREPRENEUR OF YOUR OWN LIFE

You are unique. You have talent, interests and passions that set you apart from others. To assert these optimally in the world of work and find long-term professional fulfilment, you must bring these unique benefits into harmony with your professional self. This is because a new world of work is emerging: one in which start-ups, entrepreneurship and innovation will increasingly be drivers of change.

Those who want to keep pace must leave their comfort zone and take an active hand in shaping their future – as entrepreneurs of their own lives.

Personal development, spirituality and mindfulness are the 'trending topics' of the 2020s. More and more of us are questioning the meaning of our work. Seizing on these trends, expert business coach Johannes Ellenberg skilfully combines the concepts of personal development and entrepreneurship into one unique approach for fulfilled living in the twenty-first century.

In his new book, Ellenberg sets out clear, practical advice for aligning work with passion. He describes how to develop a 'business model' for life and, in doing so, to achieve happiness and self-determination.

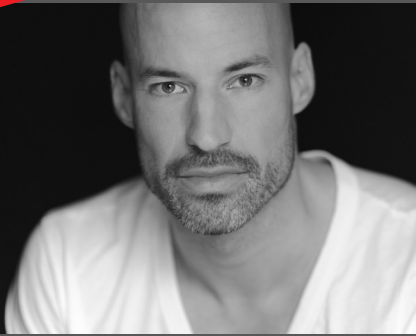
An inspiring handbook for young professionals

*"Startup Pionier & Symbol of the Shift brought about by Startup Culture"*

**Stuttgarter Zeitung**



224 pages, paperback  
ISBN 978-3-96739-010-0



### Life is a journey that takes you back home

From the outside, Jason Cooper has everything: success, money and a great family. He flies all over the world – from one lucrative business deal to the next. Driven and intoxicated by his own success, he overlooks the fact that he is on the fastest possible route to losing himself. A delayed flight that threatens to destroy his most profitable business and with it, his career, will turn out to be the greatest opportunity of his life.

Matthew Mockridge  
**Gate C30**  
A Story About True Happiness



### It Takes Small Steps to Bank a Big Idea

Your Next Big Thing is your guide to discovering ideas that inspire. Open it up and find: an approach to creating and running big ideas, advice on time management, business acumen, financial management, and building healthy relationships, practical chapters such as "Matthew's 10 Favorite Idea-Testing Tools" and "Matthew's 10 Tips for Mega-Mindsets that Produce Ideas and Get Them Done".

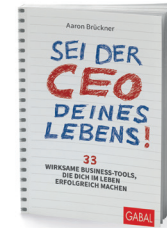
Matthew Mockridge  
**YOUR NEXT BIG THING**  
Creating Successful Business Ideas from Scratch



### Personality is the Key to Professional Success

Personal relationships are key to success: In a time when workplaces are becoming more digital and more automated every day, our mindsets and our personal relationships will determine whether we succeed in tomorrow's markets.

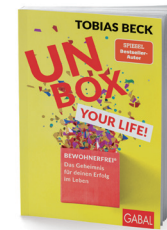
Ilja Grzeskowitz  
**The Changemaker Mindset**  
How Innovation and Change starts with Inner Transformation



### Make your life your no.1 project!

This book is a personal consulting project that takes you on a journey to yourself: to your desires, goals, and motivation in life. Using proven, effective tools from the day-to-day life of corporate and project management you'll get to know yourself and find answers that help you make the right decisions. The same tools that make you successful in your professional projects can also help you to develop a vision for life, ignite your passion, and live your dreams.

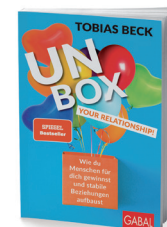
Aaron Brückner  
**Become the CEO of Your Life!**  
33 effective business tools to make you successful in your life



### Successfully steer your own life instead of having it determined by others

We all know a Debbie Downer with a negative attitude, moaning the whole day long because nothing ever goes right. Tobias shows us there's a way out. Polarizing, provocative and exaggerated, the Liberated@ philosophy urges readers to liberate themselves from negative people in order to live successfully and authentically.

Tobias Beck  
**Unbox your Life!**  
Cancelling chronic complainers, living life liberated, and other secrets to success



### Are you ready to have the best relationships of your life?

In this new book, Tobias Beck takes you on a journey aimed at achieving the best relationships of your life. Once you have learned to say goodbye to the beliefs that hold you back and to forgive the past and yourself, you will be able to intensively nourish good relationships and say goodbye to others. Your life deserves the best relationships you can foster.

Tobias Beck  
**Unbox your Relationship!**  
How to draw people to you and build relationships that last

**Jürgen Kurz**, creator of Büro-Kaizen® [Office Kaizen], is Germany's "leading efficiency expert" (Spiegel Online and others). Over the last 20 years, this seasoned entrepreneur and CEO has helped thousands of businesses tackle process optimisation and digitalisation in the office environment. Under his leadership, consulting firm tempus GmbH was voted best employer in Germany in 2020.

**Marcel Miller**, an "expert in digital efficiency" (FOCUS Online), knows all the tips and tricks for successful work with Microsoft 365. He is dedicated to educating clients about how the use of digital tools can leave more time for what really matters.

**Patrick Kurz** is an expert in modern and agile working. Inspired by numerous trips to Silicon Valley and China, he combines innovative ways of working with tried-and-test Büro-Kaizen® [Office Kaizen] principles. As CEO of consulting firm Büro-Kaizen GmbH, he has equipped the firm for the digital era with the online learning platform 'Büro-Kaizen®-Akademie' ['Office Kaizen Academy'].

## Best Practice in Digital Collaboration

Efficient team working with Microsoft 365

Jürgen Kurz, Patrick Kurz, Marcel Miller

### Contents

Why Office Kaizen? Why this book?

Getting the most out of the book

Self-test: find out where you stand

Best practice in digital collaboration

Microsoft 365 can be confusing – but it doesn't have to be

Successful teamwork according to the Büro-Kaizen® [Office Kaizen] principles

Current trends and digital teamwork

Why Microsoft Teams? Ten good reasons

#### 1. Getting started

1.1 Everything begins with the right strategic questions

1.2 Setting up Microsoft Teams

#### 2. Working with Microsoft Teams

2.1 Communicating as a team

2.2 Storing and finding shared files

- What is SharePoint and why should I use it?
- When to use OneDrive, when SharePoint?

2.3 Documenting results digitally

2.4 Planning projects digitally

2.5 Creating, conducting and evaluating surveys

2.6 Tips and tricks for practice

2.7 Establishing the rulebook for working with teams

#### 3. How digital teamwork works in practice

3.1 Seven tips that apply to all

3.2 Tips for salespeople

3.3 Tips for project team members

3.4 Tips for leaders

3.5 Tips for external service providers working as guests

Bonus: seven tips for effective, efficient working at home

### The book seeks to answer questions such as:

- Which applications should I actually be using?
- Which tool should I use for which purpose?
- How is it possible to reduce day-to-day stress while also increasing efficiency?
- How can the various functions be used intelligently to enable effective cooperation from the office, home and on-the-go?

### The secret to successful teamwork in the era of digitalisation

20 % faster, 20 % better and 20 % less stress: Kaizen makes it possible for teams

Best Practice in Digital Collaboration shows how Microsoft 365 can be used more intelligently to collaborate better and with less stress.

Good results arise from effective collaboration. Our ever more digital, ever more mobile world confronts us with an array of novel challenges. Those who have embraced the spirit of the times recognise that collaboration, too, is an ever more digital affair. But how to collaborate productively and enjoyably when colleagues are logging in from the office, home, meetings and projects abroad?

The problem is that users quickly become overburdened by the sheer abundance of tools offered by Microsoft (Office) 365 and others. Features that were originally intended to increase efficiency end up as stumbling blocks.

The counter-remedy is clarity and structure – and this is exactly what Best Practice in Digital Collaboration offers. With a focus on practical application, the book shows you how to make intelligent use of Microsoft 365 to collaborate better and with less stress. Within this, the key to success lies in the traceable digital documentation of discussion outcomes and decisions and in efficient communication and project organisation.



252 pages, hardcover  
ISBN 978-3-96739-024-7

*"This book affords the reader an instant 'black belt' in digitalisation: 100% practice-oriented, 100% motivating. The reader can get started immediately."*

**Dr. Stefan Frädrich, bestselling author**

**Whitney Breer** is an international Key Note Speaker, certified trainer for Change Management and Positive Psychology and author on the topic of leadership. In the last 25 years she has worked with more than 60,000 people in over 25 countries in seminars, crisis interventions, organizational development and executive leadership. It is Whitney's goal to inspire and motivate people to take responsibility for and drive the changes they want to have.



## Leadership begins with you

A Leader's Quest for Leadership Excellence. A business novel

Whitney Breer

### Contents

#### 1. A Hard Landing in Lafayette, Indiana

Flying with one Wing  
Sobering Numbers

#### 2. Take Off in Bangalore, India

Thinking Beyond Company Boundaries Personal Reflection – The Lessons of P<sup>3</sup>

#### 3. Setting Sail in Stockholm, Sweden

Sink or Swim  
The Upwards Spiral  
Passion for Pottery  
Personal Reflection – The Lessons of Relationships

#### 4. Touch Down in São Paulo, Brazil

Management by ...  
Meaningful Meetings  
The Butterfly Effect  
Personal Reflection – The Lessons of Instilling Energy

#### 5. Deep Dive in Christchurch, New Zealand

Out of your Element  
Personal Reflection – The Lessons of Strength-Spotting

#### 6. Safe Landing in Lafayette, Indiana

Change of Plans  
Miles and More  
Personal Reflection – The Lessons of a growth Mindset

#### 7. Flying High in Lafayette, Indiana

#### 8. Summary

The PRISM Model  
Tool 1 - P<sup>3</sup> = Purpose, Passion and Perseverance  
Tool 2 - R = Fostering Healthy Relationships  
Tool 3 - I = Instilling Energy  
Tool 4 - S = Strength Spotting  
Tool 5 - M = Growth Mindset  
Closing words

### A story about a woman who went away to learn leadership

Before Kathleen, an ambitious but not very emphatic manager, is entrusted with the management of the family business, her father sends her on a journey around the world. On this journey, which leads from Lafayette (Indiana) via Bangalore, Stockholm, Sao Paulo, New Zealand and back to the States, Kathleen learns a lot about herself and about the secret of true leadership excellence.

Whitney Breer, international management coach and experienced trainer, has been accompanying executives all over the world for 25 years.

With this book, Whitney Breer has spun scientific proof and research, almost three decades of leadership trainings and coachings and hundreds of interviews into a story and a model which makes these learnings tangible for leaders around the world have been intertwined. She succeeds in the art of writing a business novel that presents the current state of research on self-management, leadership communication, teams, project management and other elements of leadership success in an entertaining and impressive story.

Leadership Excellence is a marathon, not a sprint. The reality is that there are small steps and principles that need to be practiced over long periods of time in order to make these changes sustainable.



280 pages, paperback  
ISBN 978-3-96739-023-0

With more than 20 years' experience in leadership roles at various international service providers, **Anne M. Schüller** knows traditional corporate structures inside out. She left the corporate world in 2002 and has worked as a keynote speaker, management guru and business coach ever since, with a range of elite clients from the German-speaking business world. Her books are bestselling and award-winning. Schüller's work has been honoured with a number of further awards and accolades. Her lectures on all aspects of digitalisation, humanity and contemporary corporate management enjoy a cult following and are lauded for their simultaneously informative, practical and entertaining style.

## Desperately Seeking: Lateral Thinkers

Why the future of business  
belongs to those who are willing  
to think unconventionally

Anne M. Schüller

### Letting wild ducks roam free

As we attempt to navigate the most radical paradigm shift in human history, companies need lateral thinkers more than ever before. The market players who survive will be those who are agile, nimble, smart and adaptable; who pursue courageous, unconventional and market-driven ideas. Within this context, the role of effective lateral thinkers – 'organisational rebels' – is pivotal for success.

In her characteristically pithy and analytical fashion, bestselling author Anne M. Schüller exposes all the factors that can hinder innovation in organisations. Taking her customary practical slant on the issue, she explains what should be done differently and how lateral thinkers can argue successfully for the realisation of their initiatives. This is vital – since it is only with effective lateral thinking that organisations can embrace the future and thrive.

With a foreword from Gunter Dueck, former IBM Chief Technology Officer and economic philosopher, speaker and author

#### USP:

- A practice-oriented contribution to the debate on the future of companies as we know them
- By a multi award-winning, bestselling author
- 15 work hacks – stepping stones on the path to the future



220 pages, hardcover  
ISBN 978-3-86936-998-3

**Barbara Liebermeister** is an economist by education and a management consultant and keynote speaker by trade. After beginning her career in marketing and sales for international corporations such as Christian Dior, L'OREAL and Hoechst, she went on to lead projects for the Royal Bank of Scotland, Deutsche Bank, Merck, Fidelity International and many more.

Liebermeister is the founder and head of the Institute for Leadership Culture in a Digital Age (IFDZ) in Frankfurt, which researches the challenges faced by companies' management cultures in an environment characterised by rapid technological and social change. It develops strategies, methods and tools to impart the skills required by future managers and increase their effectiveness within their organisations.

## The Leader as Influencer

Want to lead? First, you  
need to be followed

Barbara Liebermeister

### The trendsetter as role model

Managers and influencers have much in common. They are not born, but made – and both are 'made' by their followers. We live in a digitalised, globalised world: one in which the role of authority is ever less significant and the importance of networking is growing all the time.

The leaders of the future are credible, inspiring and with a knack for eye-level communication: the very same attributes that propel an influencer to success. In the modern business world, the difference between success and failure depends on effective relationship management based on high personal credibility and integrity as a leader. True power results from personality.

We need a fresh understanding of leadership based, in turn, on a new conception of human nature itself. We need team spirit. The author shows the mechanisms that make influencers successful and explains how business leaders can implement these in their day-to-day working lives.

As the best leaders already know: it is those that can win over their employees as individuals that will truly reap the rewards long-term.

#### USP:

- Influencer success strategies applied to everyday business
- Concrete practical tips for leaders
- Examples from a variety of national and international organisations



224 pages, hardcover  
ISBN 978-3-96739-000-1



Digitalisation: Neither  
Here Nor There  
ISBN 978-3-86936-750-7

**Anke van Beekhuis** is a leading expert on gender-balanced management and high-performance culture, with long-time management experience in national and international companies. She spent several years overseeing large-scale construction projects in her role as a construction manager before moving to the field of strategic marketing and management. Anke founded TheRedHouse in 2005 to support companies in establishing a high performance culture. She has helped anchor gender balance as a strategic approach in several large organisations.

## The Leadership Instinct

The four rules of intuitive, human leadership

Anke van Beekhuis, Marco Seltenreich

A business economist by education and a trainer, coach and career adviser by trade, **Katrin Busch-Holfelder** is known for her practice-oriented approach and for the wealth of professional experience that informs her work. Her approximately 20 years of private sector experience encompasses national and international project management in logistics, IT, strategic procurement and product management divisions and was carried out in major companies such as Bosch, Lufthansa, Siemens and Ericsson.

## Future Fitness for Professionals

How to recognise opportunities and embrace the new world of work with confidence

Katrin Busch-Holfelderster

### Why success as a leader is also a matter of gut instinct

The twenty-first century needs managers with empathy. It needs managers who know themselves and others, who can motivate others to achieve their best and who are able to exert a decisive influence on corporate culture. Such people have an 'instinct for leadership': a natural, instinctive and deeply human way of leading.

In this new book, management consultant Anke van Beekhuis and journalist Marco Seltenreich show what it means to trust in one's instincts as a leader. They show how to lead positively 'from the gut' rather than predicated your leadership style on methods and tools. They describe the four basic principles of human leadership: our inner attitude and value system, the ability to know and lead ourselves and others, clarity in communication and consistency in implementation. Crucially, they show why these principles have never been more relevant than today.

With a wealth of vivid and entertaining case studies, tried-and-tested practical tips and incisive self-assessment questions, the authors provide readers with a comprehensive and practice-oriented guide for everyday leadership.



232 pages, hardcover  
ISBN 978-3-96739-002-5

### The seven factors that contribute to our fitness for the future

Longevity and fulfilment in the workplace

Today, employees are required to continually prove themselves through creativity, innovation, flexibility, agility and lifelong learning. Whether we like it or not: job profiles are already in flux, and skills that are sought-after today may be old news tomorrow. In times of change, complexity, uncertainty, increasing digitalisation, networking, AI and Industry 4.0, the key question for each and every one of us is what attitude we choose to take and how we meet these challenges.

In this new guide, Katrin Busch-Holfelder provides readers with practical guidance for engaging successfully with the modern working world and equipping themselves effectively for the workplaces of tomorrow.

With a range of detailed examples, practical exercises and real-life coaching tips, the author shows how we can take our future into our own hands. She offers advice on developing our personal mindset, the importance of self-reflection and the opportunities of lifelong learning, digitalisation and new work. She discusses what we must do to permit space for our own creativity and ponders ways of decelerating and achieving balance in our day-to-day lives.

#### USP:

- Staying adaptable and self-assured in the working world of today and tomorrow
- Overview: the seven factors that contribute to our fitness for the future



176 pages, paperback  
ISBN 978-3-96739-004-9

The book series *"My life, my company, my strategy"* portrays outstanding entrepreneurs, who in their respective industries have made a significant contribution: from the patriarchs of established family businesses to up-and-coming heads of the start-up scene. The journalists of WirtschaftsWoche do not write about them, rather they let the entrepreneurs themselves have their say. The conversations about successes, crises, responsibility, leadership and entrepreneurial courage draw an authentic picture of the entrepreneurs. The interviews also shed light on the people behind the company's management: their view of themselves, their family and society.

#### USP:

- Successful entrepreneurs in personal conversation
- Insights into the success story of the company
- The individual behind the entrepreneur

## FROM TWO-MAN BUSINESS TO WORLD MARKET LEADER

The first volume of the series is dedicated to **REINHOLD WÜRTH**, who turned his father's two-man business into a world market leader in fastening and assembly technology with 77,000 employees. Würth talks about his childhood, the beginnings of the company and the secrets of success of decades of growth. He talks about values such as diligence, responsibility and exemplary behavior as well as about his role as boss, husband, father of a family and patron of the arts. Reinhold Würth looks back on an unprecedented entrepreneurial life while at the same time looking ahead.

**Reinhold Würth** is a German businessman and art collector. He took over his father's tiny wholesale screw business at age 19 and built it into the Adolf Würth Group, which posted \$13 billion in sales in 2013. Since the 1960s Würth has collected works of art. As of 2018 the collection contains over 18,000 works, specializing in art created from the late 19th century to today. Würth has received many honors including being inducted into Hall of Fame of German Industry and receiving the Ludwig Erhard medal, which rewards individuals who have attained exemplary results in their work for the public good and for the development of the social market economy.

Würth is an honorary doctor and honorary senator of the University of Tübingen and was awarded the Bundesverdienstkreuz (Grand Cross of the Order of Merit) of the Federal Republic of Germany, the Diesel medal, and the Medal of Merit of the state of Baden-Württemberg.

In March 2004, he received the French medal and was appointed a Knight of the Legion of Honour. On 18 November 2005, he was appointed Officer in the Order of Orange-Nassau, a military and civil order of the Netherlands, by royal decision.

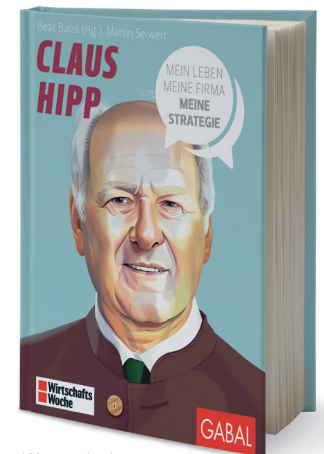


160 pages, hardcover  
ISBN 978-3-86936-994-5

## "That's what my name stands for"

The second volume in the series is dedicated to **Claus Hipp**, the head of the baby food manufacturer **HIPP**. For many years, he promoted quality and promised: "That's what my name stands for". In an interview with WirtschaftsWoche, he explains how he turned his father's small business into one of the largest manufacturers of baby products. He then elaborates why he turned his company into a model green business more than fifty years ago, and how he became a doctor of law, diplomat, equestrian sportsman, musician, university professor and painter. The Patriarch will answer questions about the future of HIPP together with his son and designated successor Stefan Hipp.

**Professor Claus Hipp** was born in Munich in 1938. Whilst still studying, he was entrusted with the management of the family farm in 1960 that is still in operation today. After completing a PhD in law, in 1963 he joined his father's company that manufactures baby foods. The HIPP Company has been manufacturing baby foods for over 100 years now and has more than 1,000 employees. HIPP obtains its ingredients from approximately 6,000 bio-farmers. In the meantime, the manufacture of top quality products in harmony with nature has become the company's philosophy. Claus Hipp is the vice-president of the German Conference of Chambers of Industry and Trade (DIHK) and professor at the state art academy in Tiflis in Georgia. The HIPP Company has symbolized a conscious and sensitive relationship with nature, mankind and business for over five decades. This means that Claus Hipp personally has from the very beginning stood as guarantor of the quality of his company's products.



160 pages, hardcover  
ISBN 978-3-96739-006-3

# My life, my company, my strategy

New GABAL Book Series: Journalists of WirtschaftsWoche in conversation with leading German entrepreneurs



## Getting the most out of your job with clarity and courage

Many companies are suffering from an insidious and highly contagious virus known as chronic dissatisfaction. This book offers employees the tools they need to attain a keen sense of self-confidence and, at the same time, to understand what is happening in their organisation. Alongside the eight principles for clarity and courage, the author provides practical examples and theories that help readers to understand themselves and others better.

Nicole Pathé

### Show Your Worth and Shape Your Workplace

How to assert yourself in the workplace with clarity and courage



## The best form of performance enhancement is a clear, focused mind

Today, many managers find themselves tired and at their wits' end. From day to day, chaos and uncertainty prevails and gradually pushes even the most capable to their limits. In the book, Nicholas shows that the way out of this downward spiral lies in the transformation of management practice. Vertical learning, which has its roots in developmental psychology and neuroscience, is the key to mental, emotional and personal self-transformation.

Nicholas Pesch

### The Self-Assured Leader

Leading in the digital age – with focus, calm and success



## The playing field of corporate leadership. Success is a team sport

In this book, Kerstin Friedrich shows how leadership can be largely systematised using elements of social and sports psychology and the powers of gamification, with a "Scoreboard Management" approach that creates the basis for all forms of organisational transformation and strategy change. The goal? To establish a company culture based on team spirit, consistent methods of success measurement and participation on all levels of the hierarchy.

Kerstin Friedrich

### The Playbook for Game Changers

How to unleash team spirit through radical transparency and gamification



## Learn how to present yourself in a persuasive and competent manner

No. 1 body language expert and bestselling author Monika Matschnig shows how to increase the effectiveness of our personality at work. Covering subjects from job interviews, presentations and sales negotiations to the persuasive impact of managers and the use of body language in an intercultural context, she gives valuable practical tips for increasing our effectiveness and highlights potential pitfalls.

Monika Matschnig

### Body Language: The Key to Success

How to persuade and inspire others at work



## New book by Spiegel bestselling author Tobias Beck

This book is a practical handbook based on 15 years of public speaking experience – with more than 250,000 participants over 1,500 seminar days. What you hold in your hands is a step-by-step guide; a toolkit filled with the same tools I use at my talks and seminars. Follow the instructions, take up the tools and apply them to your life on the stage. Everything else will happen of its own volition!

Tobias Beck

### TALK THE TALK

How you can inspire people and build a thriving multi-million-dollar business as a trainer and speaker



## Seizing opportunities and developing new strategies

In mid-March 2020, the "Corona crisis" hits global businesses – a virus paralyses public life from one day to the next. Numerous businesses, from self-employed to large corporations, find themselves unexpectedly in a crisis that threatens their very existence. Susanne Nickel and Marcus Disselkamp give step-by-step instructions on how to manage a change process and how to create growth and innovation in the process.

Susanne Nickel, Marcus Disselkamp

### Kiss this crisis goodbye!

How businesses can pursue both economic and human growth

# GABAL's 30-Minute-Series

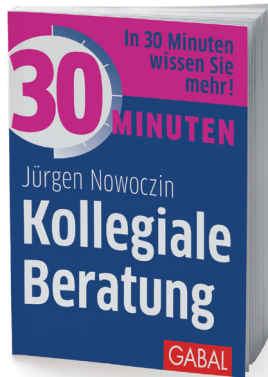
Know more in just 30 minutes!

Our 30 Minute books help busy people develop their personal and professional lives by closing gaps in their knowledge in a short period of time. Each book contains five chapters that deal with various aspects of a particular topic and present you with concise, well-founded information that you can absorb in a short time.

More than  
5 Mio copies  
sold in  
18 languages

## TO LEARN ONLY FROM THE BEST

Most of GABALs 30-Minute-authors are highly professional trainers, motivational speakers or executives and are all outstanding leaders in their fields with many years of hands-on experiences, their competence reflected in their success and therefore mirroring GABAL's philosophy 'to learn only from the best'.



Discover how to:

- make best use of your internal resources;
- promote interdepartmental knowledge transfer; and
- facilitate the continuous upskilling of your leadership team.

Jürgen Nowoczin  
**30 Minutes to Effective Peer Consulting**  
96 pages  
ISBN 978-3-96739-020-9



Discover:

- why agility is vital in today's world;
- what advantages it can bring for our lives; and
- how you can implement agility successfully at work and in your private life.

Jörg Hawlitzek  
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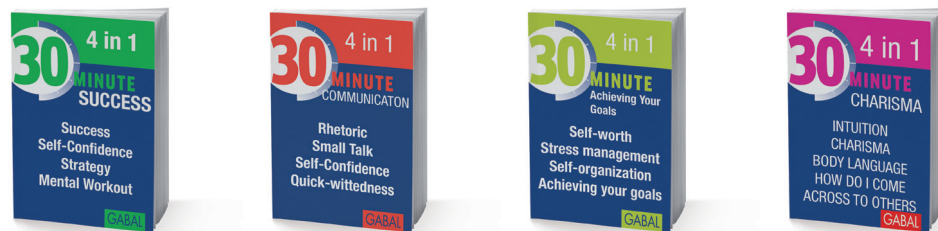
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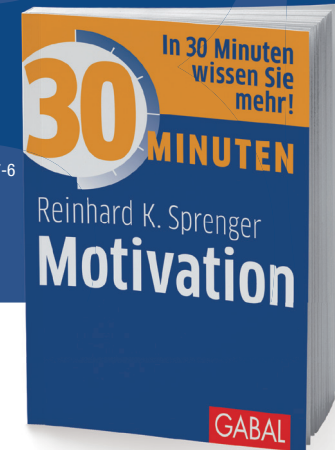
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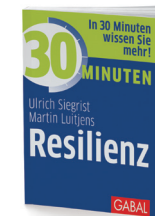
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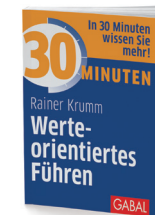
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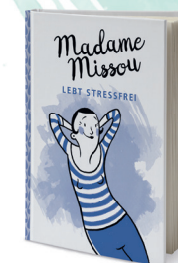
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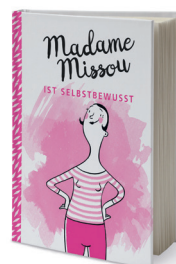
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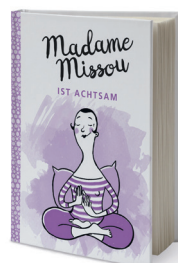
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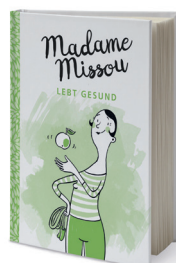
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