

*"Unbox Your Life will help you do just that--unbox your life and in the process discover your life's mission. Personal discovery and sense of self-worth is the foundation of any healthy relationship which is why the private victory must precede the public victory. This book is a must-read for anyone looking to build relationships that last."*

**Sean Covey, President, FranklinCovey Education and New York Times best-selling co-author of The 4 Disciplines of Execution**

**SPIEGEL  
Bestseller**  
Sold to 9  
territories

## Unbox your Relationship!

How to draw people to you and build relationships that last

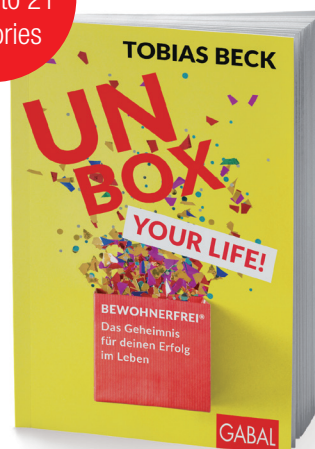
Tobias Beck

**Successfully steer your own life instead of having it determined by others, advises Tobias Beck in this German bestseller.**

Energy vampires, and chronic complainers. We all know a Debbie Downer with a negative attitude, moaning the whole day long because nothing ever goes right: the weather is miserable, it's Monday, and to top it all off, the doughnut has a hole! Tobias shows us there's a way out: to simply not bother with such relationships at all. Polarizing, provocative and exaggerated, the Liberated® philosophy urges readers to liberate themselves from negative people in order to live successfully and authentically.

Memorable stories and proven techniques. With success stories that are as entertaining as they are instructive and success factors based on 15 years of personal experience in the field of personality development and behavioral psychology, Unbox Your Life features proven-to-work strategies. Easy to read and unconventional, it is part workbook, self-help, nonfiction, and narrative.

**Bestseller**  
Sold into 21  
territories



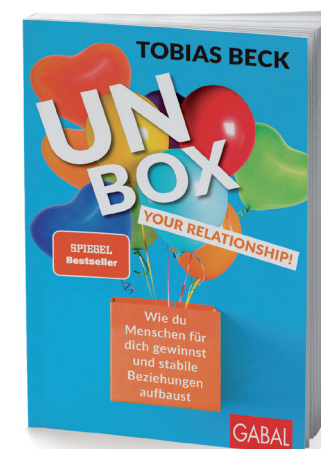
**Unbox your Life!**  
**A liberated life®: The secret to success**  
144 pages, paperback  
978-3-86936-869-6

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

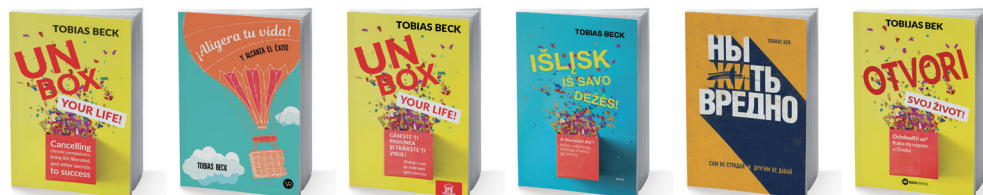
Thanks to our networked world, we have more relationships than ever before. We've never been in touch with so many people at any one time, and it's never been so hard for us to open up to one another.

In this new book, Tobias Beck takes you on a journey aimed at achieving the best relationships of your life. As a first step, you must fall in love with yourself – because your relationship with yourself determines the standards of compassion, understanding, respect, and trust that is reflected in your relationships with others.

In Tobias' many humorous stories, you'll recognise your partner, family, friends, colleagues and yourself, and thus learn to understand all these people better. Tobias will take you on a journey to yourself and the people you love – with empathy, poignancy and plenty of laughs along the way.



176 pages, paperback  
ISBN 978-3-86936-938-9



*"With raw honesty, Tobias shares the struggles he's dealt with, the paths it has led him down and the learnings he's gained from it all. The result is a collection of gems which will help you form an amazing relationship with yourself and others."*

**John Strelecky, #1 Bestselling author of The Why Café and The Big Five for Life**

For more than 20 years, **Nicole Pathé** has been an independent trainer, coach, speaker and expert on the topic of clarity and courage in business. With her company, pingcom, and a team of skilled trainers, she has built a reputation as a specialist in human resources and executive development. Her clients include bankers, service providers and SMEs from a variety of sectors.

## Show Your Worth and Shape Your Workplace

How to assert yourself in the workplace with clarity and courage

Nicole Pathé

### 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. Typical symptoms include the Monday blues and a firm belief in their defencelessness against the volatility of modern organisations. By contrast, top employees are immune to this dissatisfaction virus. They develop a strong defence system based on two vital skills: clarity about their own resources and the courage to exploit their potential. This is what employees need to ensure that their place of work becomes or remains a source of satisfaction in times of VUCA, change and digital transformation.

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 help readers to understand themselves and others better.

*"Everything one could wish for in a work of non-fiction: not long-winded, precisely observed, full of relatable examples and well-written to boot."*

**Managementjournal.de**



224 pages, paperback  
978-3-86936-933-4



**Do you have what it takes to be a leader?**  
Winning people over with clarity and courage  
92 pages, hardcover  
978-3-86936-793-4

Few can say they are equally acquainted with the worlds of senior management and spirituality, but **Nicholas Pesch** is one of them. He oversaw more than a thousand employees over his long-standing management career and has been practising intensive meditation for more than twenty years in his own personal quest for meaning. Nicholas believes that if we can succeed in reconciling both worlds, we can experience meaning, balance and joy in the chaos of day-to-day business and be financially successful at the same time. As a top executive coach, management consultant, speaker and trained social scientist, he supports decision-makers and executives around the world with his combined approach of vertical learning, meditation and embodiment.

## The Self-Assured Leader

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

Nicholas Pesch

### The best form of performance enhancement isn't found in a box of pills – it's 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. The joy of work ebbs away. At some point, the joy of life goes with it.

From his many years of coaching practice, Nicholas is adept at recognising the symptoms of depression and burnout. As a successful ex-manager and top executive coach, he knows better than most the tricks and tools managers use to survive the daily treadmill.

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. It's not a question of broadening knowledge, but of effecting fundamental change: developing higher-level mental, emotional and social skills for the improved management of employees. Changes in leadership ethos must begin in the mind.

With his self-developed approach of vertical learning, meditation and embodiment, Nicholas supports leaders on the path to MIND MOVEMENT MASTERY: a state that empowers the realisation of top performance, deep concentration, high creativity and a positive attitude towards oneself and others. This is the key to an integrative, transformational leadership style that is forward-looking for both employees and the organisation as a whole.



320 pages, hardcover  
978-3-86936-966-2