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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.

Business & Management

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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.

Tobias Beck

Unbox Your Life

A liberated life®: The Secret to Success

Matthew Mockridge

Gate C30

A Story about true Happiness

Ilja Grzeskowitz

Think it. Do it. Change it.

How to Dream Big, Act Bold, and Get the Results You Want

Ilja Grzeskowitz

The Changemaker Mindset

Thinking that meets the challenges of the future

Sylvia Löhken

Quiet Impact

How to Be A Successful Introvert

Monika Hein

Empathy

I know how you feel

Lothar Seiwert

30 Minutes To A Better Time-Management

Reinhard K. Sprenger

30 Minutes To Better Motivation

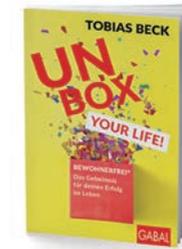
T. Lorenz, S. Oppitz

30 Minutes To Develop Self-Confidence

D. Koenig, S. Roth, L. Seiwert

30 Minutes To An Efficient Self-Organisation

LATEST FOREIGN RIGHTS DEALS



Anne M. Schüller is a management thinker, keynote speaker, award-winning bestselling author, and business coach. She ranks among the most in-demand speakers in the German-speaking countries. She was voted TOP-Voice 2017 and 2018 by the business network LinkedIn. She regularly writes columns and specialist articles in the business press.

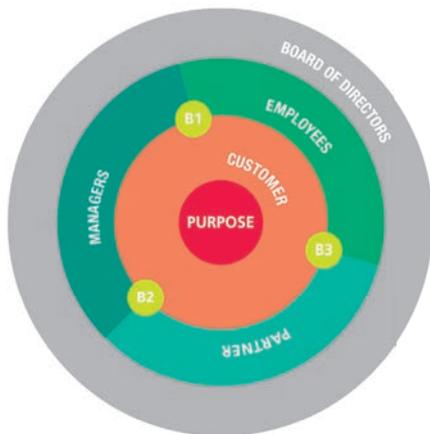
Alex T. Steffen embodies effortless transformation. He is a keynote speaker, leadership trainer, and entrepreneur. In his consulting with international companies and government organizations, he helps to better unite the digital and the human aspects at work. The main focus is to develop digital literacy and the entrepreneurial way of thinking in companies.

The Orbit Organization

9 steps to the business model for the digital future

Anne M. Schüller, Alex T. Steffen

The Orbit Model



- B1** The Element Customer Centric Business Facilitators
- B2** The Element Employee Centric Business Facilitators
- B3** The Element Evangelists and Influencers as Business Facilitators

In this book, the authors Anne M. Schüller and Alex T. Steffen present the orbit model. It's the first organizational framework that focuses on the customer. It is also the first leadership methodology, which contains connector roles: As transformation leads to transition, organizations require people who pave the way into new territory. This newly designed position creates connections between the inside and the outside of a company. It also connects human and artificial intelligence. Schüller and Steffen discuss the positive effects of the orbit model on all levels of the company. The authors have thus succeeded in producing a comprehensive instruction manual, which can be used to quickly create the necessary change measures. Their unconventional concepts, fresh ideas, and numerous examples help readers envision and design organizations that are well-positioned for the digital future: highly profitable and deeply humane.

Every business leader has their attention on digitization. From every direction, we hear complaints about how difficult it is to implement change. However, the true reason for collective procrastination when setting off into new territory is rarely discussed. Countless companies remain lead by an organizational model, which was designed many decades ago. In fact, the solution lies not in cracking the code of digitization itself.

Instead, we all seek to harness the groundbreaking new business opportunities, which come with its transformative power. So the real challenge is to create a contemporary organizational structure, which allows this.

As long as our goal is to keep up with the high-speed digital economy, a company redesign is indispensable. This is where the orbit model comes in. It propagates the transition from an outdated pyramidal organization to a visionary circular corporate organization. The model's nine steps point the way from a working world trimmed for efficiency, to a lively innovation culture. This culture makes organizations adaptive, anticipative and agile – ready for the requirements of the digital age.

Customer centricity plays a special role in this scheme. A stern focus on the customer will become the centerpiece of corporate strategy. Up-leveling leadership requires not only new management concepts. We need to remember to practice radical empathy with our customers at all times.

“This book should not be missing on your 2019 reading list.

This book is about nothing less than a new corporate culture to make companies fit for the future: with faster, better decisions, more personal responsibility for employees and radical customer centricity. The book is an eye-opener for all entrepreneurs who have to make big changes to secure the future of their company.” Angelika Unger, Impulse



312 pages, 4 colours,
hardcover
978-3-86936-899-3
Pub Date: January 2019

The Sick Organization

Diagnoses and treatments for organizations in an era of transformation

Stephanie Borgert

Gender Balance as a Competitive Advantage

How companies can operate more profitably as a result of gender balance

Anke van Beekhuis

From the author of the Manager Magazin bestseller “Keeping It Simple! The Workbook for Complex Thought and Action in Agile Organizations”

How often have you been struck by the thought that what you're doing at work is unhealthy? In our complex, dynamic and networked working world, we come up increasingly against the limitations of traditional, time-honoured management and leadership methods. The rapidly procured diagnosis is often that there's something wrong with the people – but if we keep our finger on the pulse of an organisation and listen carefully, we realise it's actually the organisation as a system that is sick, even if it appears economically healthy to the outside world.

How an organisation works depends solely on how it organises itself – and this question is becoming ever more pivotal in our VUCA world.

In this book, bestselling author Stephanie Borgert gets right to the core of the issue. She analyses common organisational diseases, explains their causes and provides suggestions for treatment – whether for a compulsion to control, methodological blindness, ossified organisational structures or verbose meetings.

In her characteristic, respectfully provocative manner, the author holds up the mirror to organisations in order to question their central beliefs, prejudices and stereotypes. Her goal is to banish the unhealthy pathological patterns we too often cling to and to create a shift to new attitudes and ways of looking at things that will make our organisations fit for the future.



264 pages, 2 colours, hardcover
978-3-86936-900-6
Pub Date: February 2019



Keeping it Simple
The Workbook for Complex Thought and Action
176 pages, softback
978-3-86936-826-9

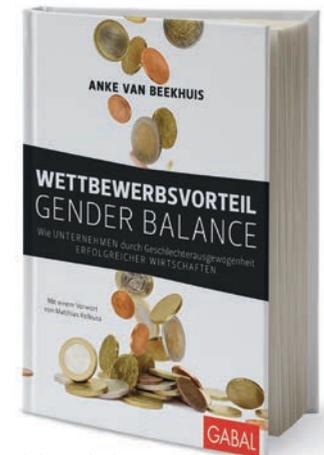
Use gender balance to remain competitive

For years, people have been speaking, writing and debating about the topic of men and women in the workplace – and nowhere more so than in the field of corporate management. What's more, this talk has translated to action: the recent introduction of quotas in Europe, for example, made a clear political statement. Yet when such quotas are argued for, it is still primarily moral and feminist arguments that are used to back them up. While these clearly have their merits, there's another, very important reason to take gender equality seriously: a set of hard economic facts that speak to the benefits of a balanced gender ratio.

Studies show that companies with mixed teams produce better results than those with single-sex ones. As such, gender balance is a clear factor for profitability and a competitive advantage for organisations.

Companies that do not seize the potential of gender balance are squandering hard cash! They will suffer financial disadvantages in the face of increasing global competition or may even struggle to survive at all.

With great expertise, and using real-life examples from business practice, she analyses problem areas and development potential in companies and shows organisations how they can use gender balance to generate added value and remain competitive in the long term.



256 pages, hardcover
978-3-86936-901-3
Pub Date: March 2019

People don't need Leadership

Better results through
self-responsibility

Susanne Klein

"I can't understand why people are frightened of new ideas. I'm frightened of the old ones." John Cage

Survival in new or constantly evolving markets requires a paradigm shift: experts who lead themselves and teams that work flexibly and in ever-changing constellations of tasks. Experts are responsible for their own results and decide for themselves what needs to be done: Where can I best make a contribution? What can I assist with? How can I use my time effectively? Initiative and responsibility are the order of the day. For this to be realised, we need new ideas, new approaches and, above all, an open-minded corporate management team who are willing to question their own status. This, in turn, calls for corporate coaches who ensure that the effective development of individuals and optimal collaboration in teams.

The book sets forth alternatives to conventional approaches to cooperation in companies and explores the trend of embracing expertise to facilitate high performance – one that, thanks primarily to the younger generations, has long been making waves in the boardroom.

- The new leadership is self-leadership
- Thoughts and alternatives on various topics: goals, the search for meaning, guiding principles, transparency, fluid communities, minimalism
- Promoting self-responsibility and initiative at work
- High practical applicability: Each topic is split into two parts: Thoughts and Alternatives/Tools
- 20 chapters dealing with the most pressing leadership questions of today.
- A smart contribution to the ongoing debate on the future of our working world



256 pages, hardcover
978-3-86936-903-7
Pub Date: February 2019

Achieve closure rates of over 90%

Many salespeople still favour the approach of the hard sell, pushing products and services on potential customers and elaborating extensively on the products' alleged benefits. In short: stereotypical, cut-and-paste modes of address were and still are the predominant M.O. in most branches of industry.

In this book, Ulrike Knauer demonstrates a different, more efficient and, above all, potentially highly successful approach. From the first contact onwards, the focus of the salesperson should be on the customer; that is, on personally establishing a high degree of mutual confidence for the final close.

Through a flexible, personalised approach that requires intensive preparation and research on potential customers, sellers must demonstrate genuine interest in their prospective customers from the outset. This leads sellers and customers to engage with each on equal footing, which in turn creates genuine trust. It's exactly this trust that produces sales!

The book illustrates vividly how this building of trust works in practice and how you, as a salesperson, can authentically and genuinely convert genuine interest in your customer to a sale – without the need for pretence or deception. Engaging mindfully with power is critical, as is your value base.

With this agile, flexible and sustainable method, all cards are placed on the table and unattractive "sales games" never come into play.



224 pages, hardcover
978-3-86936-902-0
Pub Date: March 2019



6 books that inspire success

6 books that will take you on an exciting journey



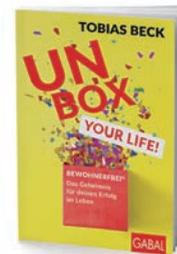
Bernhard von Mutius
Disruptive Thinking
 Thinking that meets the challenges of the future
 232 pages
 978-3-86936-790-3



Andreas Buhr, Florian Feltes
Revolution? Bring It On!
 When old school management meets new work leadership
 304 pages
 978-3-86936-862-7



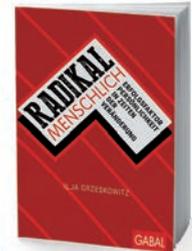
Veit Etzold
Strategie
 Planning, Communicating and Implementing
 256 pages
 978-3-86936-823-8



Tobias Beck
Unbox your Life!
 A liberated life®: The Secret to Success
 144 pages
 978-3-86936-869-6



Matthew Mockridge
Gate C30
 A Story about true Happiness
 240 pages
 978-3-86936-798-9



Ilija Grzeskowitz
The Changemaker Mindset
 Why every change on the outside starts with an inner transformation
 224 pages
 978-3-86936-870-2



Martin Limbeck
Limbeck. A Guide to Sales
 A definitive work for the sales industry
 656 pages
 978-3-86936-863-4



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



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



Cordula Nussbaum
NTNT (No Thanks, Not Today)
 66 ways to achieve greater courage, serenity and lightness of being
 176 pages
 978-3-86936-872-6



Peter Brandl
Crash-Kommunikation
 Management Techniques from the Cockpit to Maximize Performance
 256 pages
 978-3-86936-830-6



Kishor Sridhar
Women Talk, Men Do?
 How to Break Away from Stereotypes and Work Better Together
 240 pages
 978-3-86936-796-5

Innovation in Intercultural Teams

Strategies for the virtual management of international knowledge carriers

Connie Voigt



In today's knowledge society, employees are more than mere manpower – and nowhere more so than in intercultural cooperation, where they constitute valuable resources in their capacity as knowledge carriers. Although the importance of intercultural knowledge transfer is often underestimated, diversity is a force of innovation that is becoming more and more relevant in the digital and global economy.

Challenges such as skills shortages, business expansions, flexible workplaces and the digital transformation are increasingly rendering virtual international teams a normal situation. They also require new strategies for successful cooperation.

Using the latest findings from research, diversity expert Connie Voigt presents potential new strategy options and approaches to optimised knowledge exchange in complex work situations. She presents an action-oriented exploration of the topic that provides valuable guidance and inspiration for business practice, with case studies, checklists and numerous insights from day-to-day project management.



184 pages, hardcover
978-3-86936-910-5
Pub Date: March 2019

- Recognising the advantages of diversity in companies
- Being equipped for the management of intercultural teams
- Practice-oriented case studies, experiences from day-to-day project management, checklists and solution strategies
- Management of virtual teams
- Intercultural cooperation
- Effective management and steering of international project teams

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

The new world in which we live needs new forms of cooperation. It needs diverse groups from different cultures who are able to overcome geographic and cultural boundaries and to meet the challenges of a new era. Such teams are now needed everywhere: in companies, among the self-employed and freelancers, in non-governmental organizations (NGOs) and in politics. The question is how can these teams provide optimal performance under such circumstances? Without top notch performance, we have no chance to meet the challenges of the future.

Unfortunately, so-called “virtual teams,” where people work together across geographical distances, are often seen as the unfortunate but necessary consequence of globalization. These virtual teams, however, offer us a huge opportunity – especially when they cross not only geographical but also cultural boundaries. When you seize the opportunity to incorporate the virtual teams into your organization, and you understand how to use these strengths to your advantage, your virtual teams become virtual power teams. They are the teams of innovation and will not only solve global problems but also recognize and seize economic opportunities. This is how the potential of a connected and united world unfolds.

The Fundamental Principles of Project Management

Methods, techniques and tools for project managers

Tomas Bohinc

The Modern Office

Working effectively in the digital age

Jürgen Kurz, Marcel Miller

Manoeuvre your team securely through every phase of a project!.

No matter whether you're developing and implementing an IT application, building an airport or changing an organisation: such undertakings are always carried out in the form of projects. Today, project management forms the basis of a successful career in many occupations. Employees who are capable of effective project management are highly sought-after.

The focus of this book lies on attaining a confident command of the methods, techniques and tools of project management. You will learn how to successfully start, plan, carry out, monitor and steer projects and, last but not least, to wrap up a project and hand results over to sponsors and clients. The book includes a detailed chapter on agility in project management and a chapter on project management experiences. The various options for project management certification are also described in detail.

The book is based on the standards of the international Project Management Institute (PMI®). The PMI® standard is the most widely used in the world and is used by many training providers to teach project management methods.

- The fundamental guide to project management
- Master the methods, techniques and tools of project management
- Aligned with the standards of the international Project Management Institute (PMI®)



240 pages, hardcover
978-3-86936-912-9
Pub Date: March 2019

Make your office routine efficient and manageable!

"Never before has the pressure been so great to distinguish effectively between what is important and what is not."

Jürgen Kurz

Too many emails in your inbox, too much overtime on the computer, too much stress. Sound familiar? This is a well-known phenomenon in our fast-paced, digital world. Do you ever have the feeling of being propelled and hounded through your days at the office instead of controlling them and having them in hand? If so, it's time to learn how to benefit from digitalisation instead of letting it take its advantage of you!

The book provides tried-and-tested tips from workplace practice and makes its readers fit for effective work in the digital age. The authors show how to use computers and smartphones in such a way that the five main workplace fields of action are handled in a calm, stress-free manner: emails, appointments, tasks, ongoing processes and file storage. Regardless of whether you want to become completely paperless or just a "bit more digital" – this book can help.

The principles of working described by the authors are more important than any app, since it's only when these principles are clear that hardware and software can be meaningfully used as tools for work. If we fail to use them with purpose, they have the potential merely to increase complexity and distract us.

- A motivating practical guide full of helpful tips for everyday office life
- Includes videos illustrating how to put the advice into practice



192 pages, 4 colours, hardcover
978-3-86936-911-2
Pub Date: February 2019

"This Austrian author is a professional body language coach – and one of the best in Germany today. . ."

Süddeutsche Zeitung



"Body language expert no. 1"

When she's not being lauded by Focus magazine as "Germany's no. 1 body language expert" she's clearing up at the coveted Speaker Awards or being profiled in programmes on German television channels. **Monika Matschnig's** success has many facets. Her versatility is impressive: as a keynote speaker, author, consultant, lecturer and coach, she inspires thousands of people each year with her lectures and seminars that and has a number of bestselling books to her name. A psychology graduate specialising in personality, work and organisational psychology and a trained adult education professional, she persuades and compels audiences with her varied knowledge and clever didactic techniques. For more than ten years, she has been sharing her know-how with managers, politicians and employees, and private clients.

"Many thanks for your impressive presentation and inspiring presence at our workshop on Friday. I was captivated, interested and entertained and would have loved to hear more. I also received positive feedback for your presentation from the participants."

S. Safadi, SIEMENS AG

"Top training with top experts! The best seminar I've ever attended! Before the seminar had even finished, it was clear that the participants were able to actively implement what they had learned and deepen their knowledge. A seminar with lasting benefits. Highly recommended!"

M. Wallace, Linde AG

"It was a very intensive 1.5 days, and everything worked out wonderfully: over 140 employees were able to experience Ms. Matschnig's wisdom over the 3 sessions and be guided through the world of body language. We are all tremendously impressed and fascinated by the way you communicate and the expertise you bring. Great all around."

K. Schneider, Hilton Vienna

Increasing your effectiveness in the workplace

Today, our professional lives depend more than ever on our personalities. Knowledge and expertise alone are of little use to us if we fail to present ourselves as likeable, compelling people. The deciding factor in this regard is body language, since our attitude, facial expressions and gestures enable us to communicate constantly and on largely unconscious level with our bosses, colleagues and customers. We transmit signals that allows them to form an image of us. The good news is that we can exercise significant control over what that image looks like. By training our body language, we can incorporate the decisive touches that strengthen our power of persuasion over others.

As such, a likeable, confident and, above all, persuasive demeanour is a learnable skill. In this descriptive practical guide, 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. The numerous photos illustrate the written content and aid understanding.

- Learn how to present yourself in a persuasive and competent manner
- Use body language correctly
- With approx. 100 high-quality black-and-white photos to aid understanding

Body Language: The Key to Success

How to persuade and inspire others at work

Monika Matschnig



224 pages, paperback
978-3-86936-906-8
Pub Date: February 2019



30 Minutes Learning
To Understand Body
Language
96 pages
978-3-86936-322-6

As a doctorate holder, international model and author of several books, economist **Aaron Brückner** helps companies ensure that their employees like going to work. Along with 12 years' of fashion industry experience across 30 countries, Aaron's irrepressible enthusiasm for writing and speaking about the technical aspects of business administration affords him an exciting USP. Since then, Aaron has made it his mission to help companies avoid treating their employees as machines. His workshops, online articles and podcast expertly navigate the balancing act of keen intellect and motivating ideas for life.

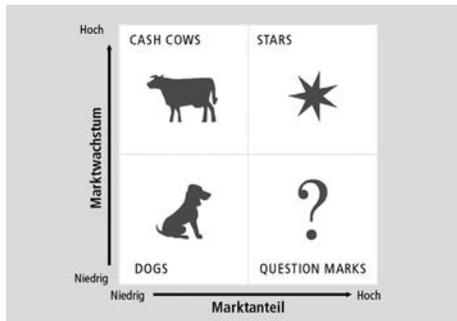


Become the CEO of Your Life!

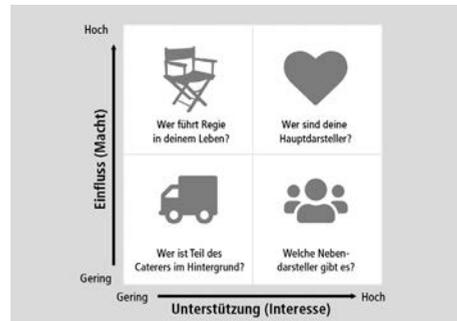
33 effective business tools to make you successful in your life

Aaron Brückner

Peek Inside the Book



Boston Consulting Matrix



Stakeholder-Matrix



Blue Ocean Strategy



Daily Document

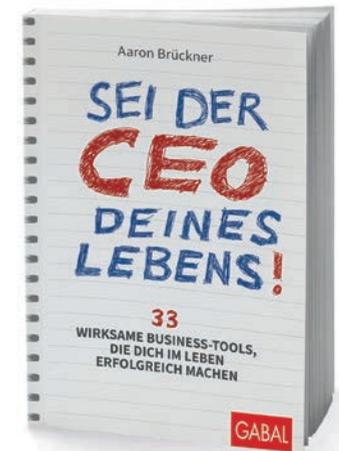
Make your life your no.1 project!

At work, you carry out your daily tasks with focus, precision, and always with the goal in mind. You know how to make a project a success. But what about your life? Your personality? Do you make use of your resources? Are you able to showcase your abilities to their best advantage, to live by your values, or do you experience more standstill than growth? Are you on the right track, pursuing the right goals?

Most of us desire to live an unabashedly passionate life – in every way possible. Unfortunately, however, we observe all too often that when Monday morning rolls around, people are already dreaming of Friday. This is enough for survival, but not for a fulfilling life.

It's time to ask yourself some fundamental questions. How am I really doing? What can I do? Where do I want to go? What do I want? How can I get there? Countless life coaching guides will tell you what to do, but this book is different: it shows you how to do it. Using proven, effective tools from the day-to-day life of corporate and project management – such as the Ansoff matrix, the BCG matrix or the Blue Ocean Strategy – 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.

Too many are fond of saying what we should do – discovering a passion, finding a vocation and realising our dreams – but hardly anyone explains how to actually do it.



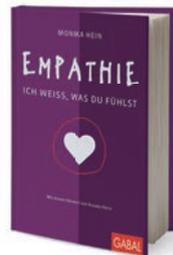
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978-3-86936-907-5
Pub Date: March 2019

Photo: Simon Girnberg

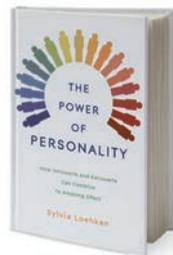
6 books to help you achieve serenity in your everyday life



Monika A. Pohl
Self-Care 4.0
Want to give your best at work?
Learn to take care of yourself
176 pages
978-3-86936-876-4



Monika Hein
Empathy
I know how you feel
256 pages
978-3-86936-831-3



Sylvia Löhken
Power of Personality
How Introverts and Extroverts Can
Combine to Amazing Effect
360 pages
978-3-86936-549-7



Katharina Maehrlein
Mindfulness Made Practical
How to keep your head, not lose it
136 pages
978-3-86936-759-0



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



Kathrin Sohst
The Power of High Sensitivity
Take Advantage of Your Strengths
336 pages
978-3-86936-688-3

Sebastian Mauritz has devoted years to exploring the questions of how people can become more resilient and cope more flexibly with stress. An entrepreneur, trainer and speaker, he has amassed extensive knowledge on systemic coaching, hypnotherapy, NLP and more. He has dedicated his life to the vision of helping people better understand themselves and others and be connected in greater understanding.

Immune to Problems, Stress and Crises

How we can better manage our lives

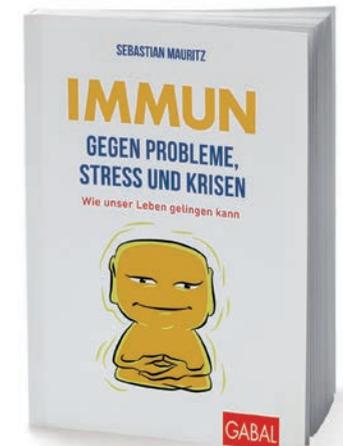
Sebastian Mauritz



A Toolkit for Crises

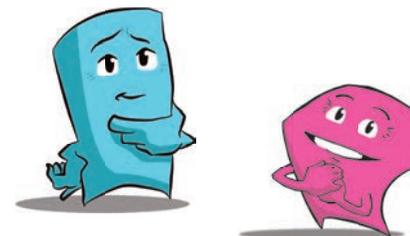
Problems, stress and crises are part of our everyday life, and will never be completely banished. Over and over again, we are confronted with situations that challenge us emotionally – sometimes even existentially – while at the same time giving us the opportunity to train our self-efficacy and take our lives into our own hands with positivity and a sense of assertion.

To do this, it is necessary to understand how people “function” at all. Why do we respond to stimuli in certain ways? What emotional processes take place within us, and how do they affect us? 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.



232 pages, 2 colours,
paperback
978-3-86936-908-2
Pub Date: March 2019

Illustrations: Dylan Sara



- What are our most important emotions, and how do they work?
- How do we crack the crisis code?
- Practical, implementation-oriented examples and numerous self-tests and training exercises for a self-determined, resilient life

"The two-time 'International Speaker of the Year' and business expert is one of Europe's most pre-eminent advisers, and ranks among the best in his field."

Süddeutsche Zeitung

Photo: Ben Zurbriggen

The Gift of Happiness

Inspiration for a life full of motivating moments

Hermann Scherer

SPEAKER BUSINESS EXPERT

More than 2,000 speeches to around a half a million people, 30 books in 18 languages, more than 1,000 press releases, dozens of lectures at universities, successful company foundations, lectures at several European universities, an ongoing consulting business, and constant new goals – that is **Herman Scherer**. He resides in Zürich but is at home anywhere in the world, where he fills audience halls with his moving performances. The author, scientist, and business philosopher »is among the best in his field« (Süddeutsche Zeitung).

His presentations move the crowds to get up, get started and act and are the right »dose of motivation« for decoupling success from coincidence. A fount of inspiration, information, and motivation for every person attending his lectures which are very funny and entertaining, dynamic and full of esprit, they guarantee excitement, a lasting effect and they will be the highlight of your event.

"Guiding sentiments set in stone – that's what Herrmann Scherer is known for, and they're in no small part why he's such a popular speaker."

Handelsblatt

"Millions of people read his books and attend his seminars"

Radio Berlin Brandenburg

"We all network – the question is how strategically we go about it."

Visionär

"TOP TEN Books of the Year, Number 1: 'Jenseits vom Mittelmaß' [Beyond Mediocrity] by Hermann Scherer"

Hamburger Abendblatt

"Hermann Scherer is among the most successful speakers of the year"

Econo Business Journal

"One of the most distinguished coaches and business consultants in Germany. As erudite as he is charismatic – and equipped with a sense for people's everyday concerns."

Handelsblatt

"A top trainer and a highlight of the year"

RTL

"The marketing guru"

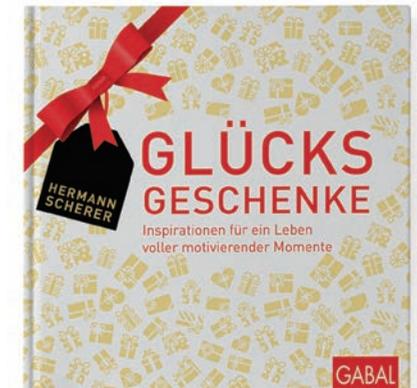
Südkurier

The new book from Spiegel bestselling author Hermann Scherer

As humans, we feel happiness when we've achieved or completed something; when we've overcome a problem, or even when we've overcome ourselves. Unfortunately, for most of us, happiness is not a permanent state of being, but a fleeting moment that usually disappears too fast. With this in mind, anyone who wants to be and remain happy must choose to live an adventurous life filled with constant new victories, thereby seeking out happiness and taking it into their own hands.

In this brilliantly designed new book – a gift for the heart and the eyes – bestselling author Hermann Scherer provides readers with inspiring stories, reflections and citations that serve as a daily dose of motivation for anyone in need of encouragement, comfort or inspiration. The end result is a wonderful, worldly-wise, meaningful and motivating fount of inspiration for you and your loved ones – one that will open up a little more happiness with each and every page. After all, those who share their happiness are doubly happy themselves!

- Thoughtful four-colour design with numerous illustrations
- Full of stories and suggestions for daily happiness



140 pages, 4 colours, hardcover
978-3-86936-905-1
Pub Date: March 2019

Madame Missou



Madame Missou Discovers the Secrets of Happiness

Happiness: What is it really?

Happiness is innate (but being born with it isn't the only way to get it)
Happiness is an attitude, not the goal
Happiness can be learned



25 things that bring us joy

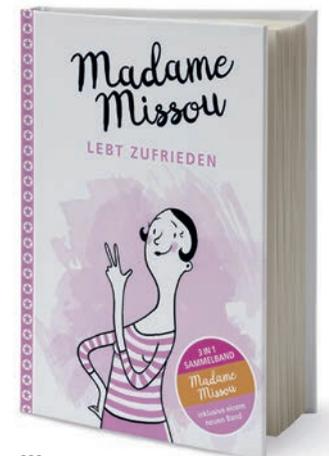
Overcoming self-pity	Discovering our passions
Recognising our needs	Great experiences, not consumption
Recognising and breaking down our fears	Eating right and exercising
Planning for happiness	Laughter
Learning to love ourselves	Making others happy
Accepting the imperfect	Nourishing our relationships
Unloading useless baggage	Curiosity and challenges
A positive environment	A fulfilled romantic life
Dealing constructively with defeat	Getting outside
Living in the moment	Colours, light and aroma
Casting convention aside	Time out and relaxation
Putting ourselves first	Gratitude
Learning to appreciate simple things	

The search for happiness unites us all

This little advice book is all about happiness. Without times of happiness, it's impossible for anyone to be satisfied long-term. The good thing is that being happy is really not so difficult. Often, it's the little things that make the difference – so start appreciating the simple but powerful moments that bring you joy!

But what is happiness? What are the factors that facilitate it? Is there a formula for happiness – and if so, why do so few people know it?

In this book, I endeavour to get to the bottom of the happiness phenomenon. In doing so, I draw on the latest findings from happiness research and on key psychological and biological facts – but also on the many discussions I've had with friends, all of whom are pursuing their own personal paths to contentment. This book contains a wealth of information on the right attitude, planning for happiness – and why people who appear to have everything are not necessarily the happiest.



336 pages
ISBN 978-3-86936-925-9
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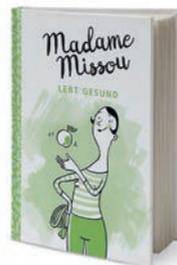
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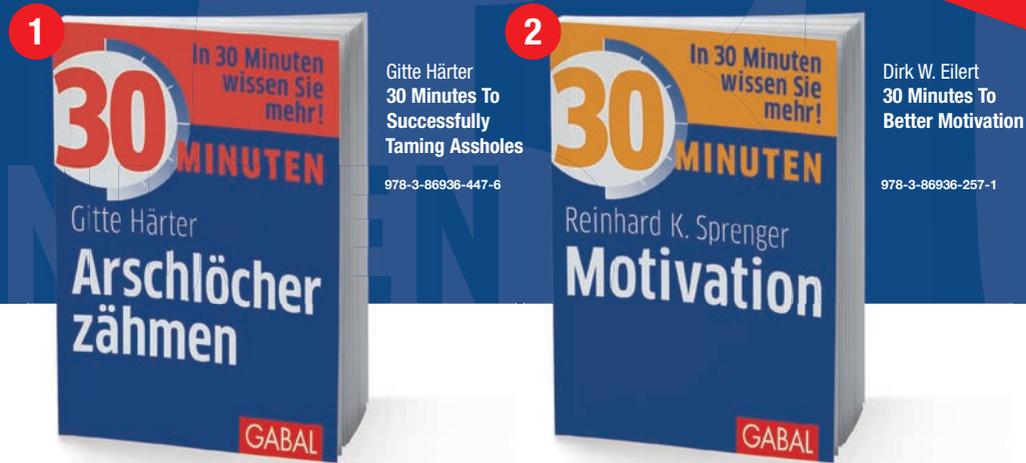
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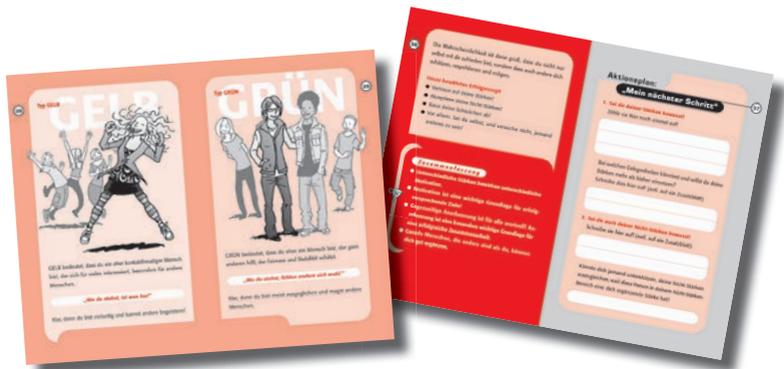
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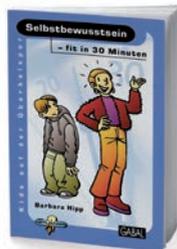
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