

FALL 2026

GABAL

NEW
MINDSET

NEW
FOCUS

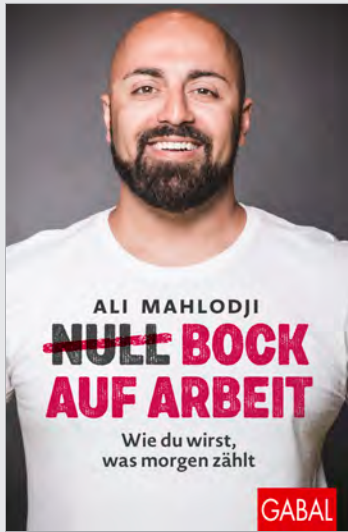
NEW
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GABAL RIGHTS GUIDE

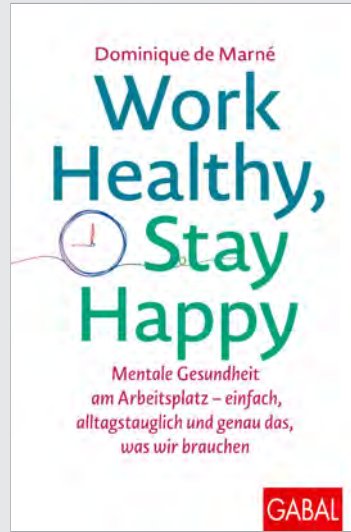
NEW BOOKS FALL 2026

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GABAL Highlights



Ali Mahlodji
(No) Desire to work
 How to thrive in the working world of tomorrow
 192 pages | Softcover
 ISBN 978-3-96739-269-2



Dominique de Marné
Work Healthy, Stay Happy
 A practical, everyday guide to mental health at work
 184 pages | Softcover
 ISBN 978-3-96739-274-6



Birgit Amelung
Multifocus Effect
 An invitation to see life differently
 184 pages | Softcover
 ISBN 978-3-96739-275-3



Jens Newerla
Train Your Attention, Change Your Day
 How to train your mental fitness at work and beyond
 With a foreword by Peter Sturm
 176 pages | Softcover
 ISBN 978-3-96739-276-0



Stephen R. Covey
A Job That Fits
 How to find the work that truly makes you happy
 192 pages | Softcover
 ISBN 978-3-96739-252-4



Paul Johannes Baumgartner
Taming the Monkeys in Our Minds
 20 monkey mind hacks to cultivate resilience, positivity, and joy in living
 192 pages | Softcover
 ISBN 978-3-96739-250-0

We need to talk about leadership

The book contains numerous practical tools for key areas of leadership:

1. Self-leadership and self-assessment
2. Expectations, feedback, and conflict resolution
3. Hybrid collaboration and meeting culture
4. Responsible use of AI in teams
5. Intergenerational dialogue and reverse mentoring
6. Implementation, routines, and a 10-week plan



Good to know!

The authors have over 66,000 followers on social media.

Michael Trautmann is co-host of the podcast “On the Way to New Work,” one of the leading German-language New Work podcasts (over 500 episodes). He is a LinkedIn Top Voice and has been featured in Wirtschaftswoche, Hamburger Abendblatt, Horizont, and many others.

Oskar Trautmann is the host of the podcast “Zoomer meets Boomer.”

More Books on New Work & AI



Philipp Depiereux, Friedrich Arnold
The Courage to Lead with AI
 How a new mindset can help businesses succeed in the decade ...
 ISBN 978-3-96739-273-9



Rosemarie Thiedmann
Smarter Together: Teams Across Generations
 How AI can help cross-generational teams thrive
 ISBN 978-3-96739-253-1

- A unique leadership book that combines the perspectives of a Baby Boomer and a Gen Zer
- A Guide to Purpose, AI, and Modern Team Culture
- With tools and supplementary digital resources such as guides and checklists – for example, a 10-week plan for better leadership

This book inspires a passion for leadership and a desire to take on responsibility. It combines personal stories, clear analyses, and concrete tools for people who want to take on leadership roles, lead more effectively, or redefine their roles.

To thrive in the future, leadership must evolve. After all, we live in a “New Work” world shaped by AI and hybrid work. But generational conflicts and the critical focus on mental health are also part of this complex world. Especially in difficult times, we need secure structures, good leadership, and a common language that works across departments and generations.

Michael Trautmann – bestselling author and host of one of Germany’s most widely listened-to business podcasts – and his son Oskar, a strategist at Agentic AI, show that leadership can be fun – if we know how to fundamentally change it.



Dr. Michael Trautmann is the founder and Chief Growth Officer of NWMS GmbH (New Work Masterskills). He helps individuals and organizations understand and apply New Work, and leverage it as a holistic approach. He is also a consultant and keynote speaker.

Oskar Trautmann is Director of AI & Innovation Consulting at Plan.Net Agentic and a lecturer in trend research and artificial intelligence.



Michael Trautmann, Oskar Trautmann

We need to talk about leadership

How AI, New Work, and intergenerational collaboration are transforming the future of work

224 pages | Softcover

ISBN 978-3-96739-284-5

Genre:

BUSINESS & ECONOMICS / Leadership

BUSINESS & ECONOMICS / Organizational Development

BUSINESS & ECONOMICS / Strategic Planning

Find Yourself in 30 Days

“Only when you know yourself can you make a conscious decision about what to keep and what to change.”

Nadja Trunk



© private

Good to know!

A journal-style workbook: featuring reflective questions, creative journaling prompts, mindfulness exercises, inspiring quotes, and plenty of space for your own thoughts

For anyone interested in healthy living, mindfulness, self-love, and personal renewal

The author is host of the popular podcast “Unfiltered Zone”

Backlist Highlight



Nadja Trunk
Twentysomething
 Chaos, Self-Love, and Everything in Between
 ISBN 978-3-96739-244-9

- A prominent influencer with over 107,000 followers and author of the bestseller “Twentysomething”
- A practical workbook on emotional healing, self-discovery, and personal growth
- Reconnect with yourself, find inner clarity, and let go of old patterns

Slow Life? Not a chance! Pressure to perform, a fast-paced lifestyle, and constant sensory overload have long since become part of our daily lives.

Between new Instagram trends, mental load, and our own hopes for the future, we sometimes don't even know where we stand anymore.

In the process, we quickly lose sight of one important thing: our sense of self – the connection to our desires, needs, and goals. Self-reflection is one of the most powerful tools for personal growth. It requires consciously setting aside moments of clarity and pause.

This is exactly where this workbook comes in. It helps you consciously make time for yourself again. In just 30 days, you can realign your mindset, establish new routines, develop visions, and challenge limiting beliefs. For one month, the focus is on you – your past, your present, and your future. Who are you really? And what do you want for your life?

Nadja Trunk is a social media manager, influencer, podcaster, and author of the book “Twentysomething: Chaos, Self-Love, and Everything in Between”. On TikTok, Instagram, and Spotify, she inspires women to reach their full potential. She gives her more than 100,000 followers personal insights into her life and shares practical tips on self-discovery and self-acceptance.



Nadja Trunk

Next Chapter: You!

30 Chapters to Becoming the Best Version of Yourself

224 pages | Softcover

ISBN 978-3-96739-285-2

Genre:

SELF-HELP / Motivational & Inspirational

PSYCHOLOGY / Positive Psychology

SELF-HELP / Journaling

A little stronger every day

The BELLA Principle

- **Exercise**
Small steps, big impact
- **Relaxation & Nutrition**
The perfect combination for your basic energy
- **Learning**
Dare to think differently
- **Love**
Self-love and fulfilling relationships
- **Mindfulness**



More Books on Personal Development



Paul Johannes Baumgartner
Taming the Monkeys in Our Minds
20 monkey mind hacks to cultivate resilience, positivity, an...
ISBN 978-3-96739-250-0



Martin-Niels Däfler
Inner Calm for the Always In-A-Rush
Beat stress and come back to the moment with the 3x3 flow
ISBN 978-3-96739-230-2

- Achieve lasting change through small, manageable steps, without pressure or perfectionism
- Develop greater resilience, vitality, and inner strength through mini-rituals
- Guides you step by step from exhaustion and overwhelm toward a self-determined, empowered life

Each of us wants to lead a happy life. Life crises, new chapters in our lives, and even small moments when we feel dissatisfied with ourselves offer us the chance to rethink our lives.

With this book, you'll discover what your needs and passions are and what inner obstacles are standing in the way of fulfilling your desires. Each chapter combines scientific insights with personal experiences and practical exercises. All the advice is grounded in the BELLA principle, which the author developed. It stands for the areas of exercise, relaxation & nutrition, learning, love, and mindfulness. All these areas are essential for a balanced and healthy life.

With the help of mini-rituals, you'll learn how to get a little closer to your goals every day with just a small investment of time. This way, you can set the course for your personal transformation at your own pace.

Don't wait any longer – get started today!



© Kerstin Joensson

Dr. Karoline Bitschnau-Dellamaria has been working for more than 25 years as a trainer, speaker, and coach for companies, institutions, educational facilities, and public organizations throughout the German-speaking world. In 2010, she founded the Academy for Social Competence, which serves as a training and continuing education center for appreciative communication, nonviolent communication, rhetoric, and personal development.



Karoline Bitschnau-Dellamaria

A little stronger every day

Your practical guide to greater resilience and a zest for life

184 pages | Softcover

ISBN 978-3-96739-286-9

Genre:

SELF-HELP / Personal Growth / General

SELF-HELP / Motivational & Inspirational

BODY, MIND & SPIRIT / Mindfulness & Meditation

20 Tips for More Spontaneity and Flexibility

Improv Techniques That Work Right Away in Everyday Life

- **“Yes, and...” instead of “Yes, but”** – Overcoming mental blocks, opening up dialogue
- **Trust your first instinct** – Act simply instead of overthinking
- **“Fail with a smile!”** – Use mistakes as raw material
- **Make others the star** – Less pressure to perform, more team success
- **Apply the nut-nougat principle** – Spice up dry facts with a surprise
- **Use the BESSI® trick** – The 5-finger method for combating stress
- **Say “Yes to the mess”** – Accept chaos as a working tool
- **Have the courage to embrace gaps** – Stop trying to perform, start just being

Good to know!

“The Impro Code – The Podcast Based on the Book with Hacks for the Stage, Business, and Everyday Life”: There will be a podcast episode for each chapter (in an interview format with the respective authors).

Backlist Highlight



Nicole Krieger, Ralf Schmitt, Vaya Wieser-Weber
How to Successfully Host Events
 The Best Tips from 20 Professional Moderators
 ISBN 978-3-96739-248-7

- Improvisation: A Skill for the Future – Training and Improving Spontaneous Creativity, Courage, and Flexibility
- The Best Methods from Experienced Improvisers, Trainers, and Experts
- Effectively applying improvisation techniques in various areas of life: in meetings, presentations, conversations, teamwork, and much more

How do you react when a meeting suddenly takes an unexpected turn? When you have to give an impromptu presentation or spontaneously restructure a workshop? Our daily lives increasingly demand the ability to respond flexibly. Yet that is precisely what many people find difficult: We want to be prepared, plan everything, and avoid mistakes as much as possible.

Improvisation shows us a different path. It teaches us to act in the moment, respond to others, and turn uncertainty into creative opportunities.

The book “The Impro Code” brings together 20 renowned improv professionals, each of whom shares a specific hack from their own practice: from applied improv in business to storytelling techniques, facilitation methods, and resilience techniques. It shows how improvisation principles help leaders, trainers, and workshop facilitators stay flexible, strengthen teams, and develop creative solutions.



© Alexander Gerner

Editors **Ralf Schmitt** and **Vaya Wieser-Weber** have been shaping the improv scene in German-speaking countries for many years. Together, they run ImproHotel, the market leader in German-speaking countries for improv-based personal development in a retreat format throughout Europe, where their work in leadership and organizational development combines artistic depth with lasting effectiveness.



Ralf Schmitt (Hg.), Vaya Wieser-Weber (Hg.)

The Impro Code

20 Tips from Professionals for the Stage, Business, and Everyday Life

240 pages | Softcover

ISBN 978-3-96739-283-8

Genre:

LANGUAGE ARTS & DISCIPLINES / Rhetoric

LANGUAGE ARTS & DISCIPLINES / Public Speaking & Speech Writing

BUSINESS & ECONOMICS / Business Communication / Meetings & Presentations

NLP works – More Than 30 Years of Impact and Development

What to Expect:

- Overview: NLP as the Key to Personal & Professional Development
- Fundamentals & Principles of NLP
- NLP in Coaching & Personal Development
- NLP in Business & Leadership
- NLP in Education, Sports & Society
- Impact, Presence & Identity
- Glossary



Good to know!

Neuro-Linguistic Programming (NLP) is a resource- and solution-oriented approach that pragmatically integrates communication, learning, and change. Change is understood as a process within interconnected systems. (DVNLP)

Includes a glossary of key terms in Neuro-Linguistic Programming (NLP)

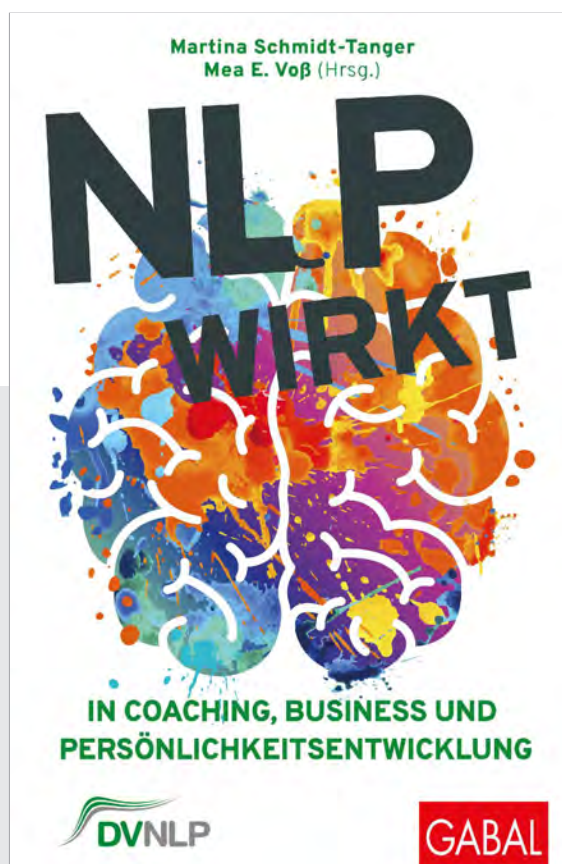
Anniversary: 30 years of the German Association for Neuro-Linguistic Programming (DVNLP), the largest NLP association in Europe

- An inspiring anthology for anyone who wants to understand NLP, apply it professionally, and shape its future
- Written by renowned NLP experts
- Modern NLP practice empowers people, drives organizational change, and enables sustainable development

For more than three decades, NLP (Neuro-Linguistic Programming) has been helping people effectively shape change – in coaching, leadership, education, and personal development. This anniversary volume from Europe's largest NLP association brings together the perspectives of renowned experts and provides a well-founded demonstration of just how practical, diverse, and modern NLP is today.

From language, values, and inner dynamics to business, change management, and pedagogy, all the way to concrete practical examples, the book offers inspiring insights and practical knowledge.

An indispensable anthology for anyone who wants to professionally support development and facilitate sustainable change. A glimpse into the world of meaningful change for anyone eager for it.



Martina Schmidt-Tanger (Hg.), Mea E. Voß (Hg.)

NLP works

In Coaching, Business, and Personal Development

196 pages | Softcover

ISBN 978-3-96739-282-1

Genre:

SELF-HELP / Neuro-Linguistic Programming (NLP)

BUSINESS & ECONOMICS / Careers / General

PSYCHOLOGY / Personality

For over 30 years, the German Association for Neuro-Linguistic Programming (DVNLP) has stood for clear curricular guidelines and high training standards.

As a professional association, the DVNLP takes responsibility – for quality, for its principles, and for the people who entrust themselves to NLP in training, teaching, and practice.

Clarity in Leadership

The 5-Phase Path to Zen Leadership

Phase 1

Mindful Self-Awareness

Phase 2

Stable Self-Management

Phase 3

Effective Leadership of Others

Phase 4

Development and Leadership of Self-Organized Teams

Phase 5

Organizational Development and Shaping
Corporate Culture Through Purpose

Good to know!

Zen Buddhism, or simply Zen, is a school of Buddhism. The central practice of Zen is meditation. Its primary focus is on experiencing the present moment and present awareness. (Wikipedia)

The author maintains a blog on the subject on his website.

More Books on Effective Leadership



Rainer Krumm
Value-oriented leadership
Know more in 30 Minutes
ISBN 978-3-96739-085-8



Rainer Krumm, Sonja Wittig
30 Minutes to a Strong Team Culture
ISBN 978-3-96739-086-5

- A Unique Fusion of Leadership and Zen Practice in the German-Speaking World
- A Systematic 5-Phase Path to Successful Self-Leadership and Business Management
- The wisdom and practice of Zen as a foundation and scientifically proven tool for clarity, strength, and inner peace in complex times

The path to effective leadership begins with oneself, because all effective leadership starts with thoughtful self-leadership.

This book combines Zen practice as a method for deep personal development with modern management. Zen practice sharpens one's perspective – and lays the foundation for clear, courageous leadership during crises or the AI transformation. Only when a leader possesses this inner stability is it possible to successfully lead others – with empathy, self-confidence, and resilience.

Zen practice works like calibrating a compass: when inner awareness is clearly aligned, the leader can safely steer the company through even the fiercest storm. In this way, you ensure your personal success and set the course for a strong company.



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Joachim Nickelsen is an executive coach, keynote speaker, and author. He helps entrepreneurs, executives, and leadership teams lead in a motivating, effective, and compassionate manner in times of complexity and change. Previously, he was the founder and CFO of a software startup and has spent over 30 years in senior leadership roles himself.



Joachim Nickelsen
30 Minutes to Understanding Zen Leadership
 96 pages | Softcover
 ISBN 978-3-96739-287-6

Genre:
 BUSINESS & ECONOMICS / Leadership
 BUSINESS & ECONOMICS / Human Resources &
 Personnel Management
 BUSINESS & ECONOMICS / Organizational Behavior

Those who speak are heard

- How to use your voice to enhance your performance and succeed in public speaking situations
- Exercises that require precise bodywork are available as videos via a QR-Code in the book



Bettina Schinko
30 Minutes Voice and Personality
 96 pages | Softcover
 ISBN 978-3-96739-288-3

Genre:
 SELF-HELP / Communication & Social Skills
 LANGUAGE ARTS & DISCIPLINES / Public Speaking &
 Speech Writing
 BUSINESS & ECONOMICS / Business Communication /
 General

You hear a voice that draws you in almost magically, that resonates within you. That person has charisma. The voice is an expression of personality. You might be thinking: either you have it or you don't. Wrong. Through voice work, we can also work on our personality. When our voice is aligned, we are aligned – and we resonate with others.

In this book, a method is introduced that helps to quickly find a good tone: the inhalation and exhalation method. Maybe you've sung in a choir or worked on your voice before and heard: "You have to breathe into your belly!" And it just didn't feel right to you. The good news is – you don't have to. There is belly breathing and rib breathing. As you read this book and work with the videos, your voice – and, as a result, your personality – will develop. And who knows? Maybe your charisma will begin to shine.

Bettina Schinko is a speaker and moderator and runs "sprechbar in berlin" (sprechbar-berlin.de). She leads seminars, coaches executives and trains speakers for the media sector.

Backlist Highlight



Monika Matschnig
30 Minutes to Impactful Body Language
 ISBN 978-3-96739-261-6

GABAL AI Knowledge



Anita Hermann-Ruess
AI for Shrewd Communication
 Get messages across better, smarter and faster with AI
 224 pages | Softcover
 ISBN 978-3-96739-254-8



Rosemarie Thiedmann
Smarter Together: Teams Across Generations
 How AI can help cross-generational teams thrive
 192 pages | Softcover
 ISBN 978-3-96739-253-1



Philipp Depiereux, Friedrich Arnold
The Courage to Lead with AI
 How a new mindset can help businesses succeed in the decade of AI
 200 pages | Softcover
 ISBN 978-3-96739-273-9



Michael Gebert, Oliver Schwartz
The 30-Minute Guide to ChatGPT
 96 pages | Softcover
 ISBN 978-3-96739-190-9

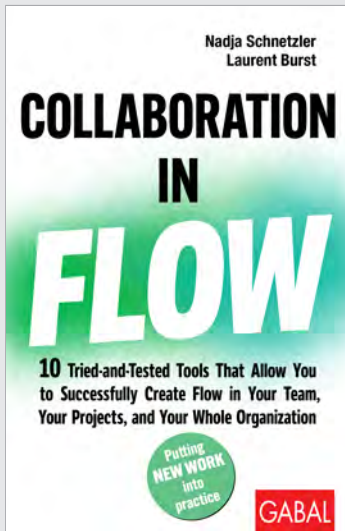


Astrid Brüggemann
The 30-Minute Guide to Prompting
 96 pages | Softcover
 ISBN 978-3-96739-238-8



Annette Doms
The 30-Minute Guide to AI, Metaverse and Blockchain
 96 pages | Softcover
 ISBN 978-3-96739-221-0

GABAL GLOBAL – Published in English



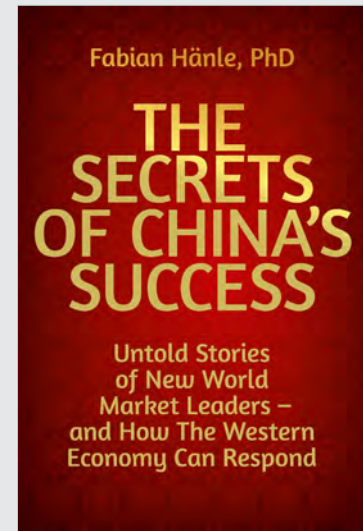
Nadja Schnetzler, Laurent Burst
Collaboration in Flow

10 Tried-and-Tested Tools That Allow You to Successfully Create Flow in Your Team, Your Projects, and Your Whole Organization
204 pages | Softcover
ISBN 978-3-96739-245-6



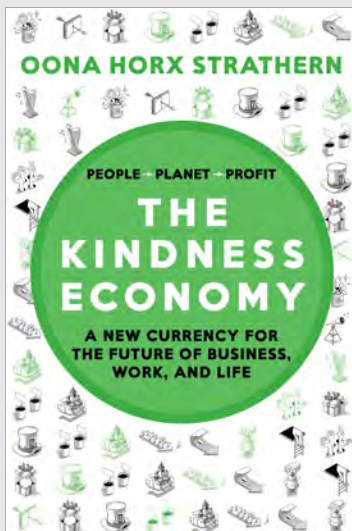
Pero Micic
Bright Future Business

How to future-proof your company: 8 proven strategies
212 pages | Softcover
ISBN 978-3-96739-246-3



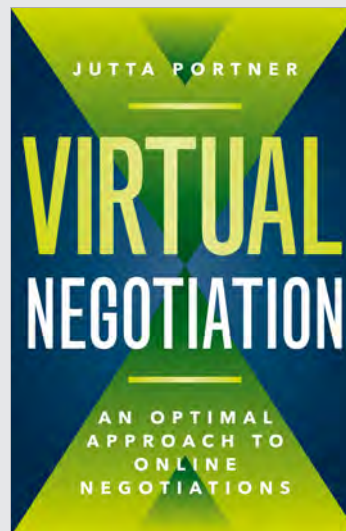
Fabian Hänle, PhD
The Secrets of China's Success

Untold Stories of New World Market Leaders – and How the Western Economy Can Respond
280 pages | Softcover
ISBN 978-3-96739-202-9



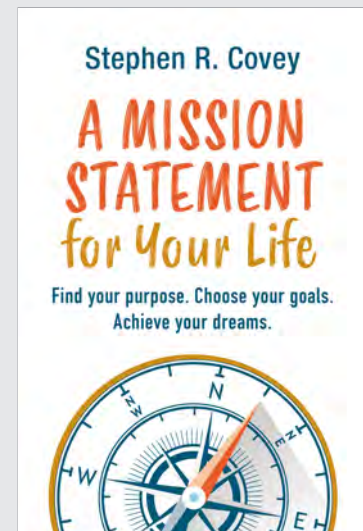
Oona Horx Strathern
The Kindness Economy

A New Currency for the Future of Business, Work, and Life
188 pages | Softcover
ISBN 978-3-96739-151-0



Jutta Portner
Virtual Negotiation

An Optimal Approach to Online Negotiations
256 pages | Softcover
ISBN 978-3-96739-220-3

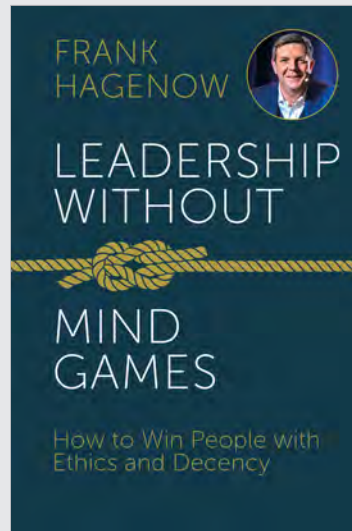


Stephen R. Covey
A Mission Statement for Your Life

Find your purpose. Choose your goals. Achieve your dreams.
160 pages | Softcover
ISBN 978-3-96739-148-0



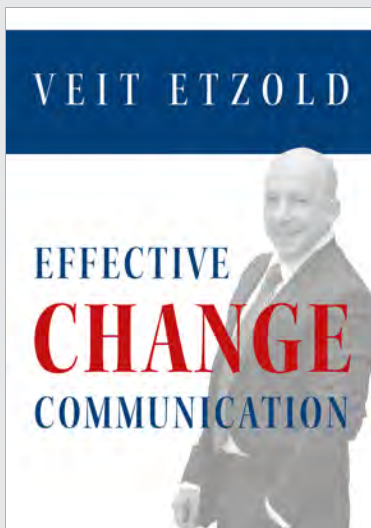
Christian Greiser
Remove, Replace, Restart
 The Essential Maintenance Manual for Your Engine for Success
 216 pages | Softcover
 ISBN 978-3-96739-176-3



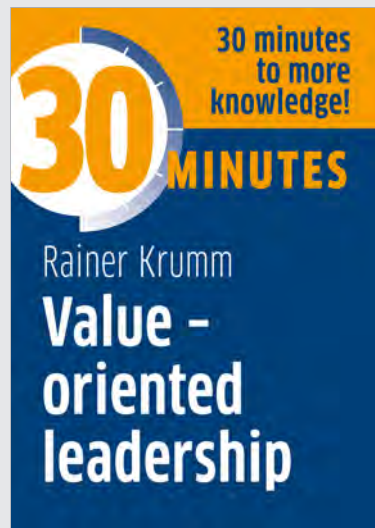
Frank Hagenow
Leadership Without Mind Games
 How to Win People with Ethics and Decency
 196 pages | Hardcover
 ISBN 978-3-96739-057-5



Arnd Zschiesche, Oliver Errichiello
Reality in Branding
 The Rules of European Brand Management in 50 Answers
 264 pages | Hardcover
 ISBN 978-3-96739-055-1



Veit Etzold
Effective Change Communication
 104 pages | Softcover
 ISBN 978-3-96739-058-2



Rainer Krumm
Value-oriented leadership
 Know more in 30 Minutes
 92 pages | Softcover
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Dorothea Ernst
Sustainability
 Know more in 30 Minutes
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For practical guidance.



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