

# **RIGHTS GUIDE**

**SPRING 2026**

**Career & Success  
Personal Development  
Business & Management**

## NEW BOOKS SPRING 2026

Ali Mahlodji	<i>Why Work As We Know It No Longer Works</i>	p. 4-7
Dominique de Marné	<i>Work Healthy, Stay Happy</i>	p. 8-9
Jens Newerla	<i>Train Your Attention, Change Your Day</i>	p. 10-11
Balian Buschbaum, Katharina Pommer	<i>The Future of Communication is Female</i>	p. 12-13
Jessica Reyes Rodriguez	<i>Cojones!</i>	p. 14-15
Birgit Amelung	<i>Multifocus Effect</i>	p. 16-17
Philipp Depiereux, Friedrich Arnold	<i>The Courage to Lead with AI</i>	p. 18-19
Katja Ischebeck	<i>The Art of Effective Concept Development</i>	p. 20
Tina Sprung	<i>30 Minutes to Understanding Generation Alpha</i>	p. 21
Linda Dahm	<i>30 Minutes to Understanding Narcissism</i>	p. 22
Kristin Kluck	<i>30 Minutes to Understanding Neurodivergence at Work</i>	p. 23
GABAL Highlights		p. 3
GABAL GLOBAL – Published in English		p. 24-25
GABAL Female Empowerment		p. 26
GABAL AI Knowledge		p. 27
GABAL Finance		p. 28
GABAL Leadership and Entrepreneurship		p. 29

# GABAL Highlights



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



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



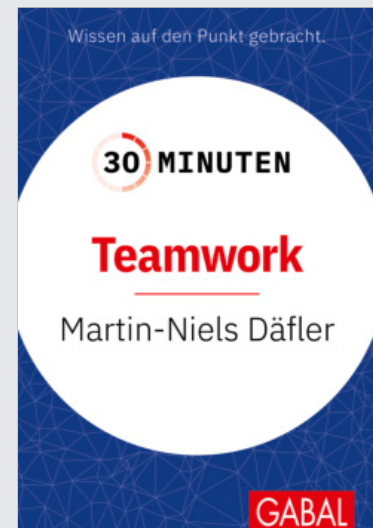
Anita Hermann-Ruess  
**AI for Shrewd Communication**  
 Get messages across better, smarter and faster with AI  
 224 pages | Softcover  
 ISBN 978-3-96739-254-8



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



Christiane Wolff  
**The 5-Step Plan to a Career That Works for You**  
 Find clarity. Build real connections. Create a career with meaning.  
 With bonus digital resources  
 216 pages | Softcover  
 ISBN 978-3-96739-258-6



Martin-Niels Däfler  
**30 Minutes to Better Teamwork**  
 96 pages | Softcover  
 ISBN 978-3-96739-260-9

# THE PLAYBOOK FOR UPGRADING YOUR FUTURE



- Bestselling author and international keynote speaker
- More than 130,000 followers across his social media channels





“Ali Mahlodji is preparing the next generation for jobs that don’t even exist yet.”

**FINANCIAL TIMES**

“Ali Mahlodji is the philosopher of modern working life.”

**RADIO Ö1**

“With a simple but powerful approach, Mahlodji, a former school dropout, has reinvented how we think about the careers we choose.”

**BRAND EINS**

# Learn how you can shape the future – with conviction, empathy and clarity

*“The best is still ahead of us – if we’re willing to put in the work.”*

**Ali Mahlodji**



© Stefan Joham

## Good to know!

Includes digital bonus content such as exercises, self-reflection prompts and videos.

Ali Mahlodji has more than 130,000 followers across his social media channels and is a regular presence in leading media such as DIE ZEIT, Frankfurter Allgemeine Zeitung, Süddeutsche Zeitung, Handelsblatt, ARD and Business Punk, among others.

Mahlodji is host of the podcast LEADING HUMAN, Austria’s “most successful business podcast” (Ö3 Podcast Award).

Mahlodji is an EU Youth Ambassador, an UNICEF Honorary Representative and the winner of more than 20 international awards, including the UN World Summit Award.

The author’s clients include the United Nations, Google, Lufthansa, BMW, Unilever, L’Oréal, EDEKA and more.

## Backlist Highlight



Nicole Thurn  
**13 Super Skills to Change Your (Working) Life Forever**  
 ...and find yourself without getting lost in the quest for end...  
 ISBN 978-3-96739-205-0

- A call to take ownership of how we think, feel and act
- A source of inspiration and guidance for the new world of work
- An empowering read for anyone seeking to grow, make an impact and build a working life on their own terms

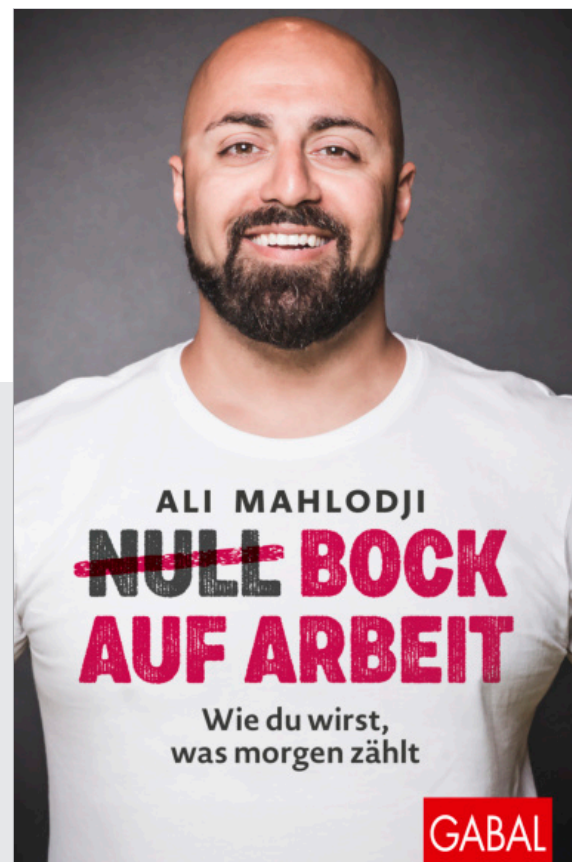
Work as we know it is coming to an end. Instead of switching on our computers in the morning and dutifully grinding through an assigned to-do list, we will increasingly choose the projects we commit to. We will become curators of the work we do.

Hierarchies, too, are beginning to shift. Young graduates or trainees fresh out of education may soon outpace their managers in terms of current knowledge – not least because of new tools, artificial intelligence and automation.

In a working world in flux, the ability to lead ourselves is an increasingly fundamental skill. At its best, it unlocks greater freedom in the career path we pursue; more influence over where, how and with whom we work; and more flexibility in deciding when work happens. As entirely new roles and professions emerge – many of which do not even exist today – it also equips us to keep pace with change.

When we commit to investing in ourselves and our skills, we multiply our opportunities; we open up more ways to turn our working lives into something that truly fits our aspirations.

**Ali Mahlodji** is a multi-award-winning entrepreneur, international keynote speaker and bestselling author. Born in Persia and raised in a refugee hostel, Mahlodji was a school dropout who struggled with a stammer. From there, an extraordinary journey via more than 40 jobs took him to the senior echelons of international tech companies. Today, as CEO of futureOne, he supports organisations, leaders, educational institutions and individuals in navigating change.



**Ali Mahlodji**

**Why Work As We Know It No Longer Works**

How to thrive in the working world of tomorrow

192 pages | Softcover

ISBN 978-3-96739-269-2

**Genre:**

BUSINESS & ECONOMICS / Careers / General

PSYCHOLOGY / Personality

POLITICAL SCIENCE / Public Policy / General



# How small changes can support a healthier working day

## Tackling everyday stressors:

Too much work, too little time

High self-expectations

Comparison culture

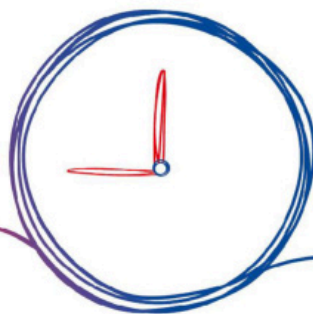
The expectation of constant availability

Anxiety of the future

Financial strain

Lack of breaks

Job insecurity



### Good to know!

Includes digital bonus materials such as checklists, a mental health canvas for self-reflection and a 28-day action plan.

The book follows the rhythm of a typical working day and introduces three fictional but highly relatable characters with whom readers can easily identify. The three fictional characters – Lena, Sami and Felix – accompany readers through the book, making common patterns of behaviour tangible and supporting readers to recognise themselves and reflect on their own habits.

### Backlist Highlight



Maria Bergler  
**The 30-Minute Guide to Managing Mental Load**  
 ISBN 978-3-96739-213-5



- A step-by-step path to greater calm, energy and enjoyment at work
- From managing stress and taking smarter breaks to supporting your wellbeing during the workday – at home or in the office
- Easy to put into practice: Realistic tips with immediate impact

Days that start under pressure, back-to-back meetings, ups and downs in the afternoon and a mind that won't switch off in the evening: for many of us, this is what everyday working life looks like. *Work Healthy, Stay Happy* shows how mental, social and physical wellbeing can be woven into everyday routines – with guidance that's practical, realistic and strictly free from moralising.

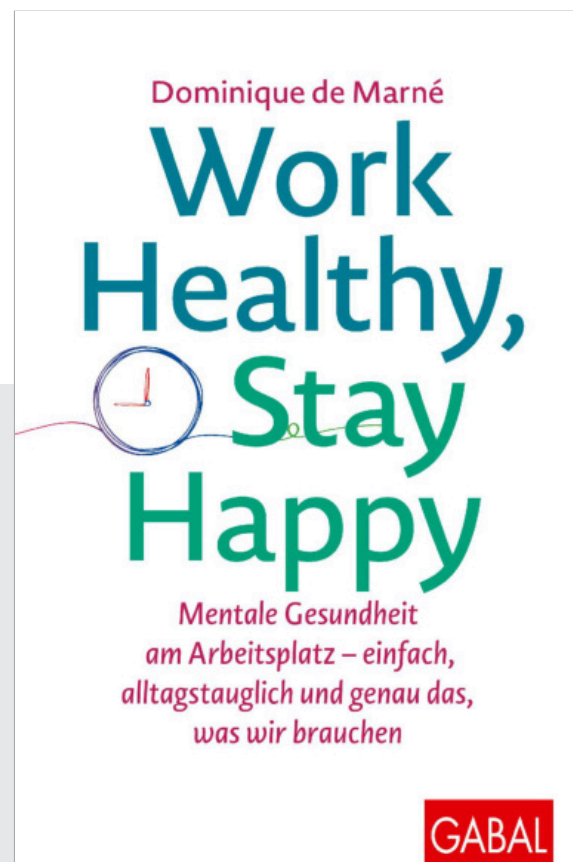
Structured around a typical working day the book shows how mental health concerns and challenges play out in everyday work. Readers are offered concrete tools, strategies and real-world examples they can put into practice instantly, whether they work from home, in an open-plan office or in a hybrid setup.

*Work Healthy, Stay Happy* is an ideal companion for anyone looking to improve their wellbeing at work, strengthen their self-leadership, manage stress more effectively and contribute to a healthier, more modern workplace culture.



© Arvid Uhlir

**Dominique de Marné** is an entrepreneur, author, speaker and one of Europe's leading voices on mental health in the workplace. Her work is grounded in psychology and communication theory and shaped by profound lived experience. Having lived with her own mental health challenges for more than 15 years, she is today committed to making conversations about mental health more open, routine and accessible – in working life and beyond.



**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

**Genre:**

HEALTH & FITNESS / Mental Health

SELF-HELP / Self-Management / Stress Management

BUSINESS & ECONOMICS / Personal Success

# Your brain, but better

## With brain activation exercises including:

- Reading upside down
- Writing with the non-dominant hand
- Crossing out letters
- Forming new words
- Dividing numbers
- Card-based memory exercises
- Word games using car registration plates
- *'I'm packing my suitcase'*



### Good to know!

Includes a wide range of focus exercises

A trending theme: Constant change, ever-growing task loads, growing compliance & administrative demands and rising expectations are placing significant mental strain on the humans who keep the working world turning. The result is reduced productivity, quality issues, dissatisfaction and increased sick leave.

With a foreword by Peter Sturm from the German Society for Brain Training

The author is host of the podcast Gehirnzeit (Brain Time) and runs the blog [gehirnfitness.eu](http://gehirnfitness.eu).

- Boost concentration, improve focus and reduce stress at work and in life
- Turn mental fitness into a trainable skill – at any age
- Practical, instantly actionable techniques to improve mental performance

Have you noticed yourself missing project deadlines, making careless mistakes or forgetting important information?

In a world designed to distract us, attention has become a valuable resource. Screens, notifications and alerts are omnipresent. The demands of work are ever-increasing: tasks arrive in rapid succession, emails compete for immediate attention and the pace keeps accelerating. Outside of work, too, we juggle multiple responsibilities. The good news is that feeling scattered, stressed or forgetful doesn't have to be inevitable. Mental fitness can be trained – with simple yet effective exercises that help keep the brain sharp.

Alongside the wide range of focus exercises that form the core of *Train Your Attention, Change Your Day*, readers will discover how to create a focus-friendly workspace and why stress can also have positive effects. They'll learn about the strategies that work in the long term to improve focus in everyday working life.



© privat

**Jens Newerla** is a brain activation trainer and expert in mental fitness at work. In his seminars, he helps companies and public-sector organisations give their employees the tools to care for and strengthen their mental fitness. To date, he has worked with over 14,000 participants over more than 2,000 seminar days. His goal is to see mental fitness valued as highly in organisations as physical health.



**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

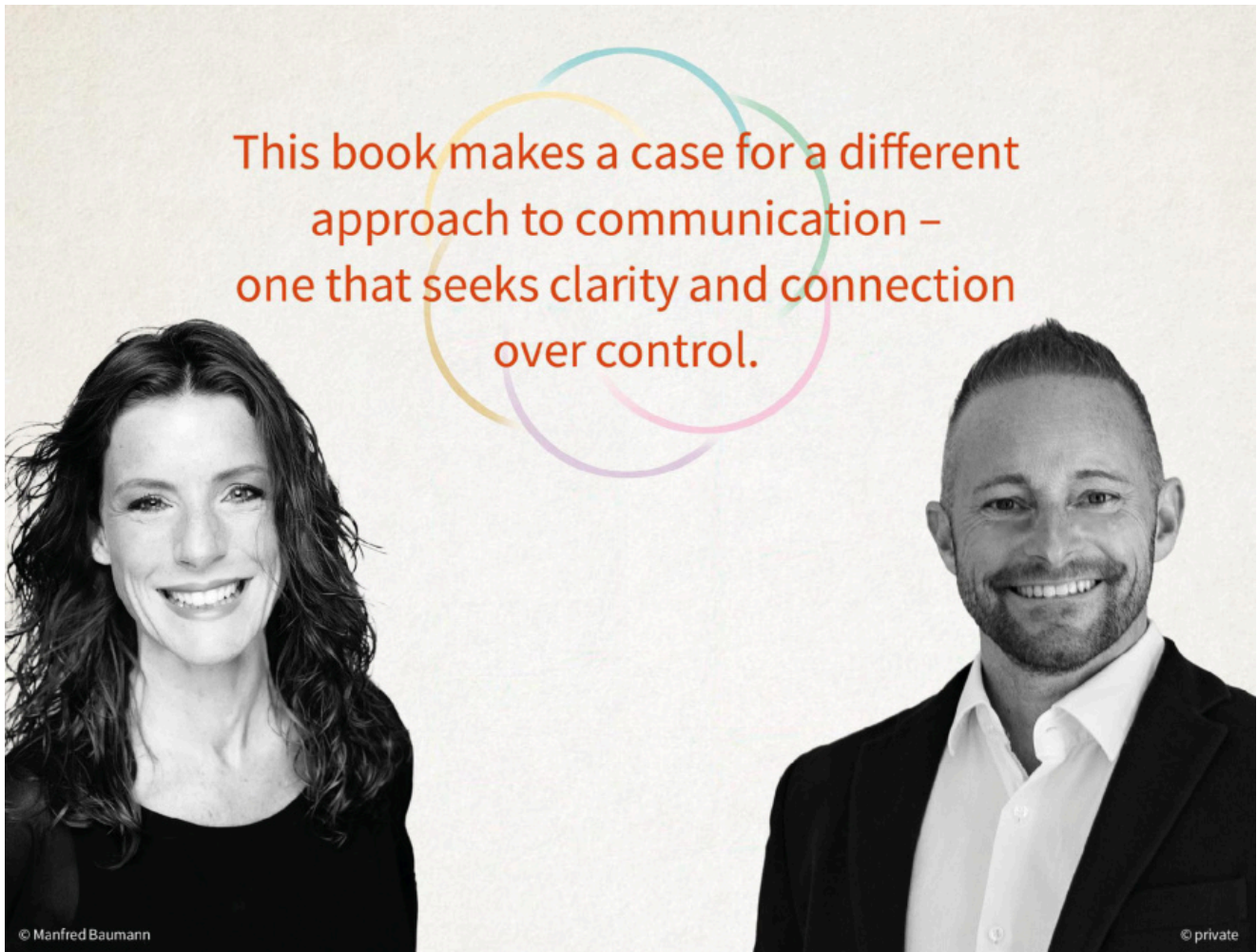
**Genre:**

BUSINESS & ECONOMICS / Careers / General

EDUCATION / Learning Styles

SELF-HELP / Self-Management / Stress Management

# Communicating to connect, not to control



## Good to know!

With digital bonus content including videos and podcasts

The authors have a combined social media following of more than 60,000 and are known from leading publications such as FAZ, DIE WELT and Gala as well as from numerous television appearances (ZDF, VOX, RTL).

Katharina Pommer is host of the podcast MINDSHIFT; Balian Buschbaum runs a blog on communication and related topics.

The authors' clients include Deutsche Telekom, Ford, Siemens, Bosch Rexroth and many more.



In an increasingly digital world, empathy and intuition are more important than ever

**SPIEGEL best-selling author**

Balian Buschbaum and Katharina Pommer, acclaimed authors and experienced coaches, whose work on this title unites female and male perspectives on communication

Hands-on strategies for greater impact, presence and leadership impact

What if communication at work fostered clarity and momentum instead of friction?

This book is for anyone who wants to develop how communication works in their organisation – not just in the words that are said, but in how speakers relate to one another. The book invites readers to move towards what the authors call a *female* mode of dialogue: one defined not by the gender of the person speaking but by skills such as listening, cooperation, empathy and emotional intelligence.

The authors lay the foundations for developing these skills and sharpening them in practice. Along the way, reflective prompts help readers shift the way they conduct conversations and deepen their understanding of how language and behaviour affect relationships.

This book is a compelling call for a new way of relating in leadership and in society at large: more female, more conscious, and powerful in a deeper, more sustainable way.

**Balian Buschbaum** is founder of the German Academy for Leadership, a *SPIEGEL* bestselling author and an expert in female leadership, communication and body language. He is a keynote speaker and business coach, supporting leaders and organisations in developing leadership models grounded on empathy, dialogue and diversity. The advancement of women in the workplace is a particular focus of his work.

**Katharina Pommer** is an acclaimed author, entrepreneur and expert in mental transformation, communication and leadership. With a background in psychology, her work spans academia, business and personal development. She lectures at universities and delivers keynotes for organisations. As a sought-after speaker and mentor, she inspires audiences to question outdated leadership models and actively shape a new era of female leadership.



**Balian Buschbaum, Katharina Pommer**  
**The Future of Communication is Female**

How empathy, intuition and presence are redefining influence

224 pages | Softcover

ISBN 978-3-96739-270-8

**Genre:**

BUSINESS & ECONOMICS / Business Communication / General

SELF-HELP / Communication & Social Skills

BUSINESS & ECONOMICS / Careers / General

# Show backbone. Show cojones. Show who you are.



*“Cojones are useful in more situations than you think!”*

Jessica Reyes Rodriguez

Why I wrote this book



© private

## Good to know!

‘Cojones’: In the author’s Spanish cultural background – and widely understood internationally – the word ‘cojones’ is used as a metaphor for backbone, assertiveness and self-worth.

For anyone who wants to market their products, services and themselves effectively and with confidence.

With videos as digital bonus content

The author is host of the podcast Personality. A dedicated podcast series to accompany the book is currently development.

## Backlist Highlight



**Florian Pressler**  
**Asserting Yourself Without Butting Heads**

How to Get What You Want from Others Without Burning Bridges  
 ISBN 978-3-96739-185-5

- Cojones and charisma to go
- Present yourself with confidence and stop selling yourself short
- With reflection prompts and action-based exercises to overcome blocks, fears and limiting beliefs

Have you ever walked out of an important conversation knowing you didn't say what you wanted to say? You never got to tell your side of the story. You walked away feeling deflated, with the feeling you'd sold yourself short once again.

Now imagine the opposite. Imagine leaving your next meeting with your head held high, knowing you'd put forward all of your arguments, handled every criticism with ease and done it with wit and easy charm. Imagine leaving the conversation having shown – calmly but firmly – that you are a person who stands your ground. You'd be a person with *cojones*: someone courageous, assertive and no longer playing small.

In this book, Jessica Reyes Rodriguez shows you how to develop the metaphorical *cojones* to assert yourself and respond with confidence. Accompanying chapter videos expand on the key ideas; practical self-reflection exercises challenge you to take action.

**Jessica Reyes Rodriguez** is a presentation coach, creative director and professional voice artist. Drawing on years of experience in television, theatre and the advertising industry, she coaches her clients to present themselves with confidence and authenticity. She delivers marketing seminars, presentation & speaker training and business impact workshops across Germany for companies, freelancers and creatives. Her mission is to help people cultivate a self-assured presence and communicate with clarity and impact.



**Jessica Reyes Rodriguez**

**Cojones!**

Communicate with clarity, own your presence, act with impact

216 pages | Softcover

ISBN 978-3-96739-272-2

**Genre:**

SELF-HELP / Personal Growth / Self-Esteem

SELF-HELP / Communication & Social Skills

SELF-HELP / Personal Growth / Success

# Find focus where – and when – it matters most

## A Different Kind of Book About Focus: Multifocus vs conventional focus

### MULTIFOCUS

**Many priorities, consciously managed**  
**Flexible and dynamic**  
**A strategy for life**  
**Energy-aware**  
**A holistic approach to focus incorporating work, life, family, health and future plans**

### CONVENTIONAL FOCUS

**Concentration on a single task**  
**Rigid und linear**  
**Focused on temporary productivity**  
**Time-driven**  
**Largely confined to work contexts**

### Good to know!

A highly topical subject for the era of constant overstimulation – digital overwhelm, social pressures and relentless mental load.

With digital bonus material including audio content, podcast episodes and self-tests focused on personal values and focus styles.

The author is host of the podcast CONNECT TO GROW. Her clients include Deutsche Telekom, ESCADA, Google, H&M, Mercedes-Benz, E.ON, Zalando and more.



- A fresh perspective on focus: multifocus as a new kind of superpower
- A practical life tool for greater clarity, lightness, wellbeing and joy
- Adaptable and grounded in real life: an approach that helps us set priorities, channel energy wisely and make conscious decisions in work and life

Today's world is loud, fast and complex. Then there's us, right in the middle of it all – overwhelmed, stressed and unsure how to respond as demands, expectations and stimuli keep increasing, while our time and energy do not. This book offers a grounded, empathetic answer to a shared challenge: how do we find focus in a life that feels fuller than ever before.

Birgit Amelung's 'multifocus effect' is a practical tool for mental clarity and healthy self-leadership, helping us find the right balance between career, caring for others, personal fulfilment and inner peace. Crucially, it also helps us create space for the new. Moving beyond rigid 'either-or' thinking, it lays out an innovative, practical approach that brings clarity, reconnects us with joy and helps us channel our energy wisely.



© Alicia Minkwitz

**Birgit Amelung** is an entrepreneur, consultant, speaker and podcaster. As founder and managing director of the innovation and consultancy agency AWAKE Projects, she advises companies across industries on innovation, growth and transformation. Informed by a sharp eye for trends, culture and people, she supports brands and organisations in developing new ways of thinking, narratives and strategies. As co-founder of The HER KLUB, one of the largest female communities in the German-speaking world, she creates engagement and exchange initiatives that empower women, increase visibility and drive progress in female health.



**Birgit Amelung**

**Multifocus Effect**

An invitation to see life differently

184 pages | Softcover

ISBN 978-3-96739-275-3

**Genre:**

SELF-HELP / Personal Growth / General

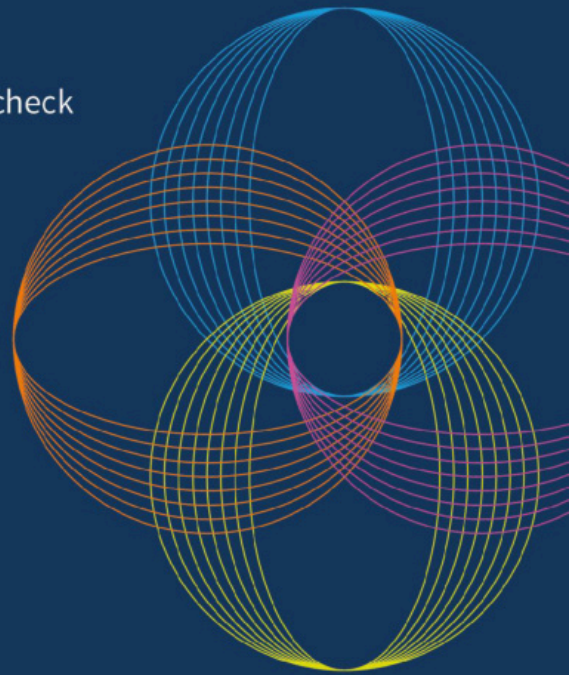
PSYCHOLOGY / Personality

SELF-HELP / Motivational & Inspirational

# AI as a force for economic renewal

## What to expect:

- **AI hype vs. reality:**  
Opportunities, risks and a clear-eyed reality check
- **The courage to change:**  
A step-by-step mindset shift for leaders
- **Values-led AI leadership:**  
Keeping people at the centre
- **Less talk, more action:**  
How to turn new ideas into smart execution
- **Courage in practice:**  
Real-world examples and role models
- **Looking ahead:**  
Leading with courage on a global stage



### Good to know!

Philipp Depiereux is a LinkedIn Top 25 Voice and has more than 44,000 highly engaged followers across social media.

He is the author of numerous columns and a regular contributor to Handelsblatt, t3n, Capital, Welt am Sonntag, brand eins and more.

Praise in the press:

“The most influential figure shaping digital transformation in Germany’s mid-sized businesses.” Handelsblatt  
 “A digital pioneer.” Süddeutsche Zeitung

### More books on AI Knowledge



**Astrid Brüggemann**  
**Don't Panic, It's Only AI!**  
 Fundamental principles for the professional use of generativ...  
 ISBN 978-3-96739-224-1



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

- Exploring one of the most consequential shifts of our time – how AI is reshaping business, society and the world of work
- AI not as a distant vision or a short-term hype cycle, but the foundation of modern economic value creation
- A timely business and leadership book for an era of exponential change

The next ten years will be pivotal – not least because AI is already transforming business and society in real and tangible ways. No longer a promise of the future, AI is here now: writing texts, analysing data, controlling machines and reshaping how we work.

This book makes a case for action while remaining clear-eyed about the challenges. It walks readers through where AI is already delivering tangible benefits – in offices, industry, retail and public administration. It offers leaders clear entry points and action prompts that move ideas into practice.

The authors speak from first-hand experience. They pair technical expertise with a clear ethical perspective, advocating for AI as an opportunity – not a threat – for organisations, employees and society.



**Philipp Depiereux** is an entrepreneur, speaker and columnist. In 2010, he founded the consultancy and venture-building firm etventure, later sold to Ernst & Young. In 2018, he launched the non-profit platform ChangeRider. Living and working in California, Depiereux collaborates closely with German companies on issues of digital and AI-driven transformation.

**Friedrich Arnold** is managing director of HÖRMANN Digital GmbH and heads the company's internal centre of excellence for artificial intelligence. Having trained as an engineer in Munich and earned an MBA in San Francisco, his approach is grounded in German precision and shaped by Silicon Valley's entrepreneurial mindset.



**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

**Genre:**

BUSINESS & ECONOMICS / Management

COMPUTERS / Artificial Intelligence / General

BUSINESS & ECONOMICS / Organizational Behavior

# Creating and presenting concepts with impact

- Updated new edition, expanded to include digital bonus content and guidance on artificial intelligence
- Learn what turns a concept into a convincing proposition and develop your skills in systematic concept development



**Katja Ischebeck**  
**The Art of Effective Concept Development**  
 A practical six-step guide  
 With bonus digital resources  
 176 pages | Softcover  
 ISBN 978-3-96739-277-7

**Genre:**  
 BUSINESS & ECONOMICS / Business Communication / General  
 BUSINESS & ECONOMICS / Project Management  
 BUSINESS & ECONOMICS / Careers / General

A concept is the unifying thread that runs through every project, idea or initiative. But strong concepts don't emerge by chance. They arise from a systematic approach, rigorous research, precise language and a willingness to question results along the way.

In this book, author Katja Ischebeck presents her roadmap for successful concept development. She explains how to turn ideas into clear, convincing concepts in six structured steps – from clarifying the brief and conducting thorough research to building a logical structure and delivering a persuasive presentation.

This new edition brings artificial intelligence into the concept development process. It features a dedicated excursus on how AI can be meaningfully integrated into concept development alongside proven tools and methods. Used correctly, AI can make concept work easier, faster and often – surprisingly – more creative.

With an academic background in psychology, **Katja Ischebeck** brings to her writing many years of international experience as a consultant, trainer and coach in HR management and management consultancy. Her work focuses on professional concept development in the context of change processes. She founded and has led Ischebeck Consulting since 2004.

## Good to know!

Includes digital bonus content:

- Video interview with an AI expert from an international media group
- Checklists and templates
- Audios

Selected clients of the author include Techniker Krankenkasse, Deutsche Rentenversicherung and Hubert Burda Media.

Accompanying blog on the author's website



# Get to know Gen A

- A sharp snapshot of the values, media habits and attitudes of Generation Alpha (born 2010 onwards)
- Bonus content: Checklist and practical tips for communicating effectively with Gen A

Generation Alpha – the age cohort born from 2010 onwards – will begin entering the labour market from 2025-26. Succeeding Generation Z, they are the first true AI natives: seamlessly digital from the time they can talk, growing up with TikTok at their fingertips, Roblox as an everyday pastime and kidfluencers as role models. Shaped by global connectivity, uncertainty and disruptive technologies, this generation thinks, feels, consumes and learns in fundamentally different ways from their predecessors.

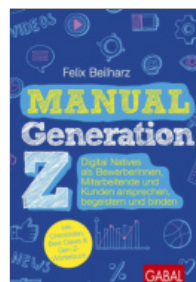
This book maps the values, media habits and expectations of Generation Alpha. It shows how research can be applied in practice to speak to a radically digital generation, from brand communication to attracting future talent. Drawing on current studies and best-practice examples, it helps organisations engage with Gen Alpha as both a powerful consumer group and the key shapers of tomorrow.

**Tina Sprung** is a marketing strategist, university lecturer, editor and founder of the Sprungbrett digital agency in St Gallen. She teaches strategic marketing, consumer psychology and digital communication at IU International University and Macromedia University of Applied Sciences. Generation Alpha – the cohort to which her future students, employees and customers belong – is her current main research focus and a central topic in her teaching.

## More books on dealing with generations



**Martina Mangelsdorf**  
**From Baby Boomers to Generation Z**  
 Managing different generations within the company  
 ISBN 978-3-86936-672-2



**Felix Beilharz**  
**Manual Generation Z**  
 Targeting, inspiring and retaining digital natives as candidates  
 ISBN 978-3-96739-154-1



**Tina Sprung**  
**30 Minutes to Understanding Generation Alpha**  
 96 pages | Softcover  
 ISBN 978-3-96739-278-4

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

# Recognising wolves in sheep's clothing

Recognise harmful narcissism and counter it effectively

Get to know the four key indicators: egomania, devaluation, hypersensitivity and lack of empathy



**Linda Dahm**

**30 Minutes to Understanding Narcissism**

With a foreword by Florian Feltes

96 pages | Softcover

ISBN 978-3-96739-279-1

**Genre:**

PSYCHOLOGY / Applied Psychology

PSYCHOLOGY / Personality

FAMILY & RELATIONSHIPS / General

Narcissism is suddenly on everyone's lips. The words *narcissist* and *narcissistic* are thrown around so casually that their true impact is often overlooked. Yet left unchecked, narcissism can cause serious damage – in our private lives and at work.

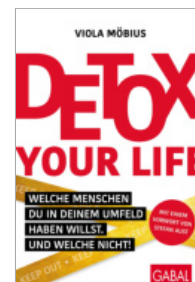
At the same time, the most problematic narcissistic traits are becoming more visible across society. Prolonged exposure to people with strong narcissistic tendencies – or a narcissistic personality disorder – can have serious consequences for mental and emotional health. Organisations, too, are feeling the effects. Declining employee loyalty is frequently linked to unhealthy leadership.

This book explains how to recognise harmful forms of narcissism and respond effectively to typical narcissistic behaviour patterns and structures.

**Dr. phil. Linda Dahm** holds a PhD in social sciences and spent a number of years in teaching and research at the University of Trier. Her experience further spans various leadership roles within the financial services sector.

Today she works as an independent consultant, certified business coach, career coach and trainer with a focus on personal and organisational development. The topic of narcissism in everyday life and the workplace has been a core pillar of her work for almost a decade.

## Backlist Highlights



**Viola Möbius**

**Detox your Life!**

Choosing who you want around you – and who you don't  
ISBN 978-3-96739-131-2



**Zulfukar Tosun**

**30 Minutes to Handling Toxic Colleagues**

ISBN 978-3-96739-133-6

# Uncovering hidden potential

- Recognise the strengths associated with neurodivergence and create working environments where they can thrive
- The book offers support to neurodivergent people in better understanding themselves and unlocking their individual potential

Neurodiversity and neuroinclusion are shaping the future of organisations and of society as a whole. After all, we all think differently – and that diversity is a strength.

Our brains are wired in different ways, with only around 80 per cent of us fitting what are considered as dominant neurological norms. These individuals are described as neurotypical. The rest are neurodivergent, meaning their neurological makeup differs from the norm. Research highlights the valuable strengths and abilities neurodivergent people – including those who are highly sensitive, autistic, or have AD(H)D – can contribute to organisations and society.

Discover why neurological differences are a valuable asset, where the often hidden strengths of neurodivergent people lie, and how organisations can benefit from embracing neurodiversity.

With an academic background in education, psychology and speech science, **Kristin Kluck** has worked as a freelance coach and speaker across the German-speaking world since 2009. She discovered her own high sensitivity in 2011. Since then, she has drawn extensively on both her professional expertise and personal experience in her coaching work with a wide range of companies and leaders. Kluck's work also focuses strongly on neurodiversity, particularly in organisational contexts.

## Books on high sensitivity



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



Kathrin Sohst  
**30 Minutes to Understanding High Sensitivity at Work**  
ISBN 978-3-86936-810-8

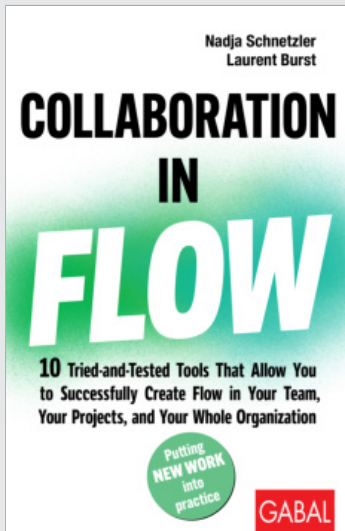


Kristin Kluck  
**30 Minutes to Understanding Neurodivergence at Work**  
96 pages | Softcover  
ISBN 978-3-96739-280-7

**Genre:**  
BUSINESS & ECONOMICS / Diversity & Inclusion  
BUSINESS & ECONOMICS / Careers / General  
PSYCHOLOGY / Personality

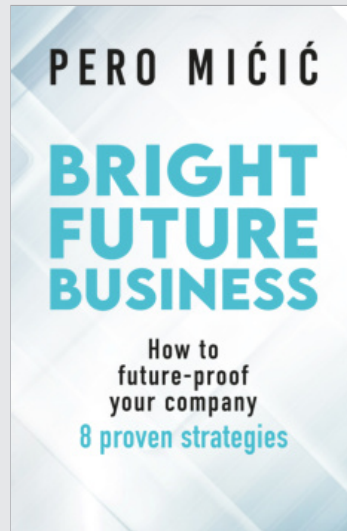


# GABAL GLOBAL – Published in English



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



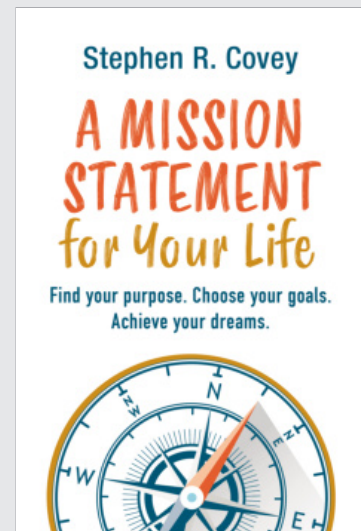
Oona Horx Strathern  
**The Kindness Economy**

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





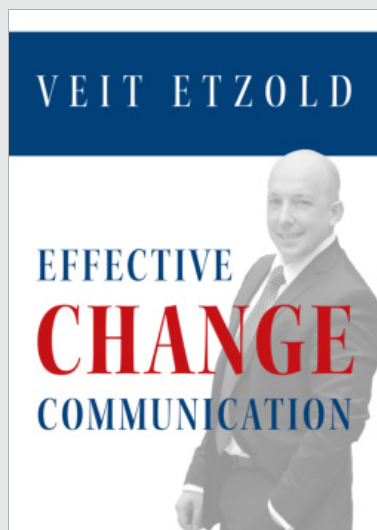
Christian Greiser  
**Remove, Replace, Restart**  
 The Essential Maintenance Manual for Your Engine for Success  
 216 pages | Softcover  
 ISBN 978-3-96739-176-3



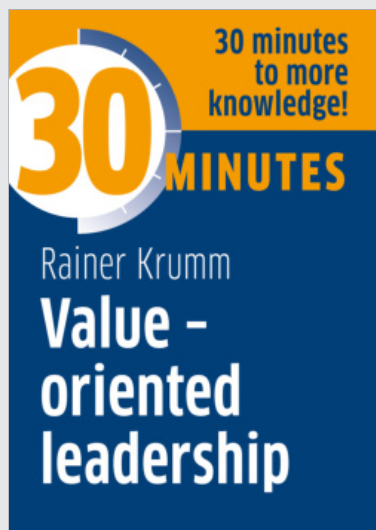
Frank Hagenow  
**Leadership Without Mind Games**  
 How to Win People with Ethics and Decency  
 196 pages | Hardcover  
 ISBN 978-3-96739-057-5



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  
 ISBN 978-3-96739-085-8



Dorothea Ernst  
**Sustainability**  
 Know more in 30 Minutes  
 96 pages | Softcover  
 ISBN 978-3-96739-083-4

# GABAL Female Empowerment



Nadja Trunk  
**Twentysomething**  
Chaos, self-love and learning as you go  
224 pages | Softcover  
ISBN 978-3-96739-244-9



Mandy Jochmann  
**30 Minutes to Cycle Syncing Your Work Life**  
96 pages | Softcover  
ISBN 978-3-96739-259-3



Johanna Fink  
**How to make part-time leadership a success!**  
The reference book for part-time managers  
ISBN 978-3-96739-203-6



Andrea Hartmair  
**ManagerMama**  
Successfully reconciling family and career  
ISBN 978-3-96739-204-3



Lilian Gehrke-Vetterkind  
**Women Can Lead**  
Rising to the Top with Joy and Serenity  
22,5 x 14,8 cm | 192 P. | Softcover  
ISBN 978-3-96739-160-2



Yvonne Romina Demir, Patrick Metz  
**The 30-Minute Guide to Job Sharing**  
11,5 x 17 cm | 96 P. | Softcover  
ISBN 978-3-96739-195-4

# 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



Simone Engelhard, Simon Qualmann  
**AI for Better Workshops, Meetings and Seminars**  
 Streamlined planning. Diverse methods. Measurable outcomes.  
 With bonus digital resources  
 184 pages | Softcover  
 ISBN 978-3-96739-257-9



Michael Gebert, Oliver Schwartz  
**The 30-Minute Guide to ChatGPT**  
 11,5 x 17 cm | 96 P. | Softcover  
 ISBN 978-3-96739-190-9



Astrid Brüggemann  
**The 30-Minute Guide to Prompting**  
 ISBN 978-3-96739-238-8



Annette Doms  
**The 30-Minute Guide to AI, Metaverse and Blockchain**  
 11,5 x 17 cm | 96 P. | Softcover  
 ISBN 978-3-96739-221-0



# GABAL Finance



**Tobias Nagels**  
**Your Money, Your Future**  
 Reduce your expenses, save cleverly and invest in ETFs with confidence  
 ISBN 978-3-96739-226-5



**Nadine Wermke**  
**Not Sure About Bitcoin? This Book Is for You**  
 Bitcoin is for everyone  
 ISBN 978-3-96739-227-2



**Edda Vogt, Fabienne Lindner**  
**Investing with Vision**  
 The practical guide to finance and the stock market for every stage of life  
 ISBN 978-3-96739-228-9



**Max Niebling**  
**Investing Without Detours**  
 The Shortest Path to Your Own ETF Portfolio  
 18 x 12,5 cm | 128 P. | Softcover  
 ISBN 978-3-96739-197-8



**Philipp J. Müller**  
**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  
 22,5 x 14,8 cm | 288 P. | Softcover  
 ISBN 978-3-86936-997-6



**Valentina Dapunt, Daniela Landgraf**  
**Generation Money**  
 Start planning today for financial independence tomorrow  
 22,5 x 14,8 cm | 208 P. | Softcover  
 ISBN 978-3-96739-129-9



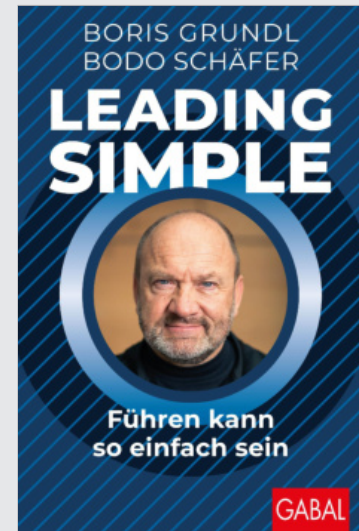
# GABAL Leadership and Entrepreneurship



Freddy Kremer, Gabriele Blüher  
**The Little Book of Smart Leadership**  
 Leading with confidence at every level  
 With a foreword by Helmut Markwort  
 144 pages | Softcover  
 ISBN 978-3-96739-263-0



Jörg Kupjetz  
**The Art of Negotiation**  
 The definitive toolbox for effective negotiation  
 ISBN 978-3-96739-236-4



Boris Grundl, Bodo Schäfer  
**Leading Simple**  
 Leadership can be simpler than you think  
 23 x 15,6 cm | 216 P. | Hardcover  
 ISBN 978-3-96739-070-4



Paul Johannes Baumgartner, Holger Mandel  
**Want to Be a Great CEO? Just Ask Grandma**  
 10 time-honoured rules for leaders  
 168 P. | 22,5 x 14,8 cm | Softcover  
 ISBN 978-3-96739-200-5



Stefan Merath  
**Black-Belt Entrepreneurs**  
 The Ultimate Secret to Simple, Humane, and Effective Business Management  
 15,3 x 23 cm | 448 P. | Hardcover with bookmark ribbon  
 ISBN 978-3-96739-177-0



Arnold Weissman  
**Family Business 4.0**  
 50 theses on the future viability of family companies  
 ISBN 978-3-96739-232-6

## GABAL. YOUR PUBLISHER.

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



Get in touch to sign up for our  
**GABAL Rights News.**



**Follow us** on  
[instagram.com/gabalbuecher](https://www.instagram.com/gabalbuecher)

Become a fan:  
[facebook.com/gabalbuecher](https://www.facebook.com/gabalbuecher)

### Contact:

**Annie Oswald/André Jünger**  
[rights@gabal-verlag.de](mailto:rights@gabal-verlag.de)

Schumannstraße 155 • 63069 Offenbach • Germany  
[www.gabal-verlag.de/rights](http://www.gabal-verlag.de/rights)

[gabal-verlag.de](http://gabal-verlag.de)  
[gabal-magazin.de](http://gabal-magazin.de)