

GABAL

RIGHTS GUIDE

FALL 2025

A wooden ladder made of two vertical poles and two horizontal rungs, positioned against a clear blue sky. The ladder is made of weathered wood and is oriented vertically, with the rungs facing the viewer.

Career & Success
Personal Development
Business & Management

NEW BOOKS FALL 2025

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Freddy Kremer, Gabriele Blüher	<i>The Little Book of Smart Leadership</i>	p. 19
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GABAL Spring Highlights



Stephen R. Covey
Self-Leadership
 7 habits for a fulfilled, self-determined life
 176 P. | 22,5 x 14,8 cm | Softcover
 ISBN 978-3-96739-206-7



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



Harald Kopeter
The 11 Commandments of Great Business Communication
 Inspire people; win customers
 ISBN 978-3-96739-233-3



Jürgen Melmuka
Listening as a Skill for Life
 Understand others, be understood and
 improve your relationships
 ISBN 978-3-96739-235-7



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



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

A compassionate 'big sister' for young women in their twenties



Good to know!

'Twentysomething' is a timely take on the trending conversation about female empowerment, covering culturally relevant topics like body positivity, dating red flags, constant overthinking and the pressure to live up to the 'Insta-perfect' lifestyle

Explores Nadja's lived experience of cultivating self-love and embracing the ups and downs of young adult life

Features practical tools like journaling prompts and self-guided exercises to challenge limiting beliefs

Includes a range of bonus digital content: podcast episodes, checklists, and more

- A trusted voice for more than 100,000 followers across TikTok and Instagram and host of the hit lifestyle podcast *Unfiltered Zone*
- Speaks to the core experiences of a generation navigating uncertainty, the quest for identity and the impact of social media
- Features practical advice, personal stories and humorous insights from the author's own life

Our twenties are one of the most formative – and confusing – chapters of our lives. Anything feels possible, but nothing feels certain. We find ourselves caught between society's expectations and the search for a path that feels true to us. The twenties are messy, turbulent, intense – and at times, overwhelmingly beautiful.

In *Twentysomething*, Nadja Trunk draws on personal diary entries, thoughtful quotes and no-nonsense advice to guide young women through matters of identity, relationships, careers, and mental health in this rollercoaster decade. She writes candidly about dating red flags, toxic friendships and the pressure to be perfect, and offers advice on how to rewrite limiting beliefs, build a healthy money mindset and tap into inner strength you didn't know you had.

This isn't your typical self-help book: it's an honest, uplifting companion that strikes directly to the heart of what Gen Z is going through. It's relatable, real and full of value.

Nadja Trunk is a social media manager, influencer and podcast host with a passion for inspiring women to unleash their potential. Across TikTok, Instagram and Spotify, she shares personal anecdotes and lived advice on self-discovery and self-acceptance in your twenties to more than 100,000 followers.
@nadja.trunk



Nadja Trunk

Twentysomething

Chaos, self-love and learning as you go

224 pages | Softcover

ISBN 978-3-96739-244-9

Genre:

SELF-HELP / Motivational & Inspirational

SELF-HELP / Personal Growth / Self-Esteem

PSYCHOLOGY / Personality

How to nurture calm, focus, and joy in living – from the inside out

Baumgartner's monkey mind hacks include:

- Practising radical acceptance (even when it's hard)
- Creating 'no brain-fry' zones and news breaks
- The 'other people matter' notion of friendship (a.k.a. real friends don't just show up for happy hour – they're there when the sofa won't fit through the door)
- Secrets of flourishing from the field of positive psychology
- Optimism PLUS (and why it's the only real option)
- Less searching for the meaning of life, more searching more meaning in life



Good to know!

The monkey mind – a concept from Buddhism – refers to a restless, distracted mental state characterised by incessant worry and noise.

Monkey mind hacks are simple, practical tools to help readers manage focus, assign less weight to negative thoughts, and practise kindness towards themselves instead of perpetually fighting the monkey mind.

As a speaker, consultant and trainer, the author works with prestigious companies including Audi, Miele, Microsoft, REWE and BMW.

Backlist Highlight



**Paul Johannes Baumgartner,
Holger Mandel**
**Want to Be a Great CEO? Just Ask
Grandma**
10 time-honoured rules for leaders
ISBN 978-3-96739-200-5

Positive psychology for uncertain times

An uplifting companion for anyone seeking to meet life's challenges with composure and look to the future with clarity and confidence

Encourages self-efficacy and holistic wellbeing through sustainable mindset shifts

In a persistently noisy, fast and overwhelming world, it is little surprise that the noise outside often becomes noise within. The Buddhists refer to this inner chaos as the 'monkey mind': a constant mental chatter of worry, distraction and overthinking. The good news is that it doesn't have to control us.

With charm, substance and compelling insights from positive psychology, Paul Johannes Baumgartner shows readers how to quiet their minds, sharpen their focus and rediscover joy in living. His 20 monkey mind hacks offer practical, everyday strategies to help readers:

- find **calm** by turning down the mental noise;
- regain **focus** by managing distractions; and
- boost **joy** by learning to work with – not against – their monkey mind.

This is an upbeat, motivating guide for anyone who wants to feel calmer, think more clearly and approach life with a more positive mindset.



© Paul Johannes Baumgartner

Paul Johannes Baumgartner is a leading authority on positive psychology and positive leadership as well as a bestselling author, keynote speaker, and long-time radio host at ANTENNE BAYERN. As head of the leadership and communication consultancy PJB Kommunikation, he's been helping businesses improve their employee engagement and customer loyalty for more than 20 years. Delivered in his characteristically lively, motivating and engaging style, his talks and seminars leave audiences energised for positive change.



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

Genre:

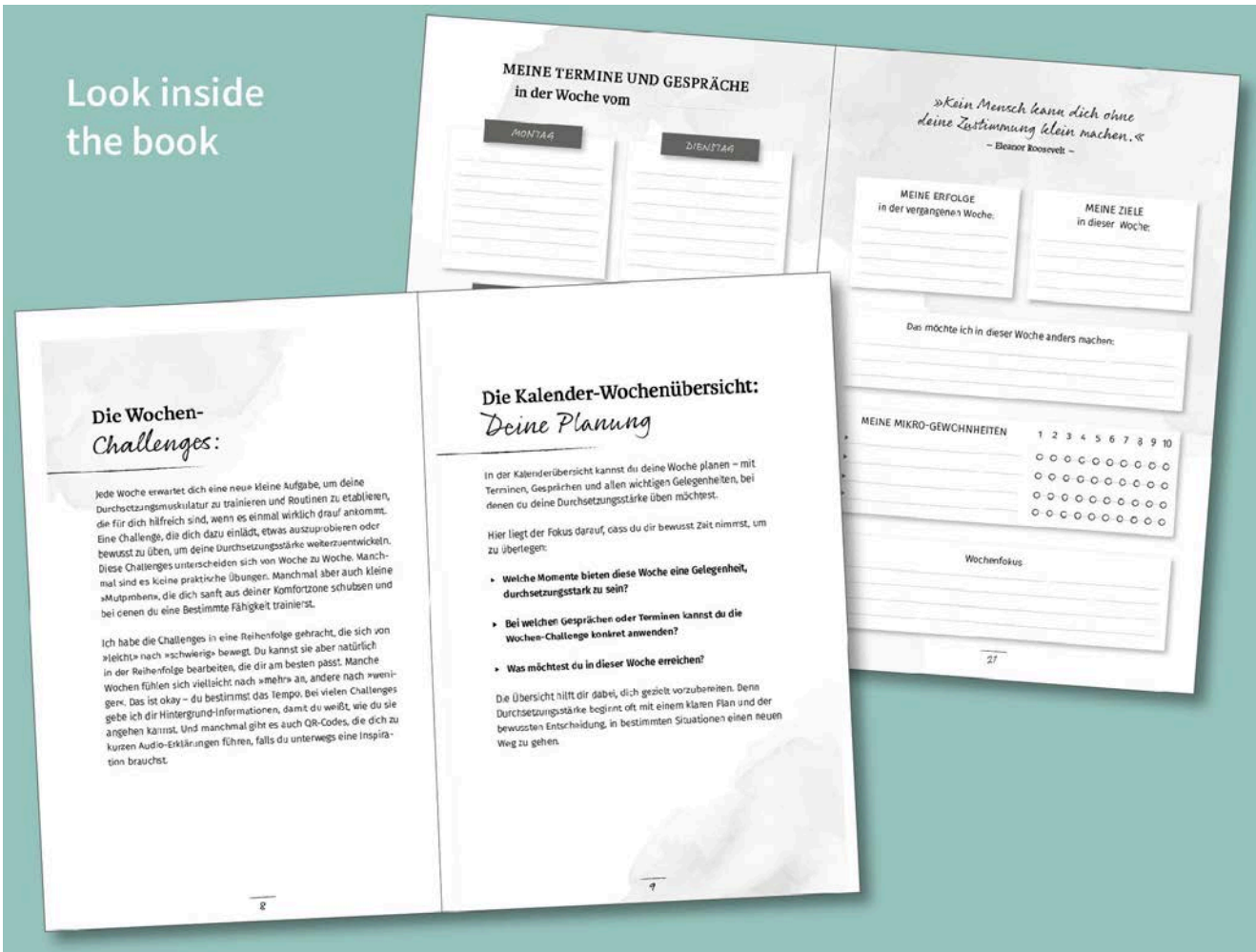
PSYCHOLOGY / Positive Psychology

SELF-HELP / Motivational & Inspirational

SELF-HELP / Personal Growth / General

Show up stronger, every day

Look inside
the book



Good to know!

A bullet journal by GABAL: Undated calendar with built-in prompts, practical tips and plenty of space for spontaneous reflection

The author's clients include companies such as SAP, BAUER Media Group, Dehner, and MAN.

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

- A practical, week-by-week companion to strengthen the reader's confidence and assertive mindset
- Supports readers in setting boundaries, saying no and standing up for their own wellbeing
- Journal layout includes a weekly challenge, week-at-a-glance calendar view and self-reflection page

**Bullet Journal
by GABAL**

Do new tasks land on your desk more often than on your colleagues', even when you're already overloaded? Are you always the one doing favours for friends – even when you're drowning in your own to-do list?

Whether at work or in our private lives, saying no in sensitive situations is something many of us find tough. The desire not to disappoint others or be labelled as selfish can be powerful. But sustaining our mental wellbeing means learning to set clear boundaries and prioritise our own needs.

This bullet journal helps readers respond more calmly to the expectations of others, let go of people-pleasing habits, and confidently reclaim their time. It offers a thoughtful, empathetic and guilt-free path to releasing oneself of unnecessary burdens and emotional baggage.



Florian Pressler
Smart Boundaries, Not Sharp Elbows: A Bullet Journal for Self-Empowerment

Be clear. Be confident. Be heard.

224 pages | Softcover

ISBN 978-3-96739-251-7

Genre:

SELF-HELP / Personal Growth / General

SELF-HELP / Motivational & Inspirational

SELF-HELP / Journaling



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Dr **Florian Pressler** is a freelance rhetoric and communication coach, an instructor in negotiation at the University of Augsburg and a multi-award-winning public speaker at national level. For over 15 years, he has helped people achieve what they want by communicating more effectively. Assertiveness training forms a major focus of his coaching work.

From pay check to purpose: The career handbook with a difference

Seeking a career change, a fresh start or a quest for purpose?
This book is the start of your journey to the work you were
meant to do.

At a glance:

- Addresses timely career topics like job crafting, job sharing, hybrid work, New Work and AI-driven job applications
- Includes a comprehensive workbook section with real-life examples, exercises, templates, checklists and career tips
- Contains a planner to help readers formulate their personal career vision
- Ideal for a wide audience, from career starters and changers to experienced professionals
- A timely resource in an era of growing workplace mental health challenges, job dissatisfaction, insolvencies and staff cuts

Good to know!

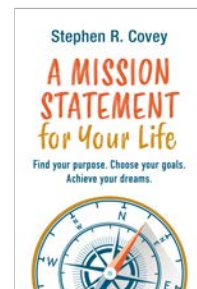
Stephen R. Covey was recognized as one of Time magazine's 25 Most Influential Americans and received numerous honorary doctorate degrees.

He was the cofounder and vice chairman of FranklinCovey, a global organizational performance improvement firm, with offices serving more than 160 countries. The company shares Stephen's vision and passion to enable greatness in people and organizations throughout the world.

Backlist Highlights



Stephen R. Covey
Self-Leadership
7 habits for a fulfilled, self-determined life
ISBN 978-3-96739-206-7



Stephen R. Covey
A Mission Statement for Your Life
Find your purpose. Choose your goals. Achieve your dreams.
ISBN 978-3-96739-148-0

- Featuring career hacks from Jochen Mai, founder of karriere-bible.de and a highly trusted career expert in the DACH region
- Helps readers bring career and purpose into harmony
- Offers practical strategies for exploring new paths in a time of widespread search for meaning

What if going to work felt like something you *wanted* to do? Whether you're entering the workforce for the first time, pursuing a career change or seeking a greater sense of purpose in your current field, this guide will help you find a job that aligns with who you really are.

Bestselling author Stephen R. Covey shows that a successful career is about more than titles and pay checks. True fulfilment, he argues, comes when we recognise our unique strengths and passions and cultivate fully them in our professional work. With a hands-on workbook section, a career vision planner and application templates that stand out from the crowd, the book equips readers to carve out their own path to professional fulfilment. Jochen Mai, a leading career expert in the DACH region, chimes in with actionable tips for today's dynamic job market.

As a multi-million bestselling author of self-help and business classics, **Dr Stephen R. Covey** sought to enrich readers' lives with timeless principles of effectiveness for their personal and professional challenges. His ground-breaking work *The 7 Habits of Highly Effective People* offered a compelling, logical and clearly defined approach that changed the way people dealt with their problems. It is considered the most influential business book of the 20th century. In total, Covey has sold more than 40 million books in 50 languages.



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

Genre:

BUSINESS & ECONOMICS / Careers / Career

Advancement & Professional Development

BUSINESS & ECONOMICS / Personal Success

SELF-HELP / Self-Management / General

The future of rhetoric starts here: Say it right – with the help of AI

“Artificial intelligence is no longer just a gimmick – it’s a strategic tool reshaping the way we communicate. Its true power, though, lies in the hands of those who use it with skill and intent.”

Anita Hermann-Ruess

Good to know!

Covers a range of key practical applications: conflict resolution, presentations, negotiations, leadership and more

AI in the assistant’s seat: Learn how to ask AI to generate ideas, correct and structure texts, and adapt to any tone or audience

Integrates practical elements such as interactive tools, AI-based exercises, case studies, sample prompts and guided reflections

Featuring expert insights from four guest contributors

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



Matthias Garten
AI for Presentations
 Create presentations faster, easier and more creatively with...
 ISBN 978-3-96739-234-0

- Rhetoric reimagined: the human-AI synergy of the future
- A practice-oriented guide to optimising communication for an increasingly digital world
- Learn how to boost your impact, persuasive power and efficiency

Want to use AI to craft precise and creative texts, use rhetorical techniques more effectively, or prepare for challenging conversations? Curious about the potential of AI to serve as a personal coach and interpreter to enhance your leadership and support international communication?

This practical guide answers all these questions and many more. Communication expert Anita Hermann-Ruess and her team of specialists show how to combine your uniquely human strengths – intuition, contextual understanding and ethical judgement – with the speed and vast data resources of AI to achieve the highest levels of rhetorical precision.

From creative idea generation and skilfully structured presentations to strategic negotiations, you'll learn how to use AI effectively and with purpose. The result? Clear, consistent outcomes – fast and without the fuss.



© Stefan Weiss, partners in gmbh

Anita Hermann-Ruess is a sought-after authority on rhetoric and public speaking and founder of Hermann-Ruess & Partner, a consultancy specialising in persuasive communication and public speaking. She holds a degree in rhetoric and communication from the University of Tübingen and is a lecturer at universities and higher education institutions.



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

Genre:

BUSINESS & ECONOMICS / Business Communication / General

COMPUTERS / Artificial Intelligence / General

SELF-HELP / Communication & Social Skills

From working-class roots to university professor

Bilal Gökce shares a wealth of proven strategies and actionable methods support readers to reach their goals.

**Shift your
mindset**

**Develop a strong
vision for your life**

**Build discipline
and grit**

**Find allies and create
support networks**



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Good to know!

@profinsight, a trusted voice with 25K+ followers across LinkedIn, Instagram, and TikTok

With a foreword by Prof. Dr. Karim Fereidooni

A timely take on access to education: The German National Report on Education 2024 found that 78 out of 100 children from university-educated families go on to university, while for non-university-educated households, this figure falls to just 22 out of 100.

- From social housing to lecture halls: the powerful life story of @profinsight Bilal Gökce
- An inspiring, relatable book that proves success is possible, no matter your starting point
- Practical tools for readers facing social, educational or structural barriers to achievement

Raised as the son of migrant parents in a working-class neighbourhood, Bilal Gökce knows first-hand what it means to grow up with unequal chances. Against the odds, he created a life many can only dream of: one of personal and professional fulfilment, shaped on his own terms. Today he is a family man and a professor of mechanical engineering – the latter a role few in his early environment would ever have imagined for him.

Drawing directly from his own story, this inspiring, practice-oriented guide shares the tools that helped Gökce move forward when the odds appeared to be stacked against him. A wealth of proven strategies and actionable methods support readers to reach their goals, just like he did.

Gökce's message is clear: in a time of talent shortages, we need young minds more than ever. We need the underdogs; the misfits; those willing to dream big. The world is crying out for those with potential and the ambition to realise it – no matter where they or their parents come from.

Prof. Dr. **Bilal Gökce** is a physicist and professor at the University of Wuppertal. Raised in modest circumstances in a socially disadvantaged neighbourhood, he knows first-hand the importance of role models and networks for social mobility. He shares insights and tips with a fast-growing audience under the handle **@profinsight** on TikTok and Instagram.



Bilal Gökce

Success Doesn't Care Where You Come From

Charting your path when the odds seem stacked against you

With a foreword by Karim Fereidooni

176 pages | Softcover

ISBN 978-3-96739-249-4

Genre:

SOCIAL SCIENCE / Social Classes & Economic Disparity

SOCIAL SCIENCE / Discrimination

BUSINESS & ECONOMICS / Careers / General

When digital natives meet digital immigrants

Expect practical guidance on:

▪ **Onboarding:**

How to tailor onboarding processes to individual needs – even when new employees come with vastly different skill sets.

▪ **Knowledge transfer:**

How to preserve and pass on valuable expertise, especially when long-time employees leave the workforce.

▪ **Optimising teamwork:**

How AI can improve collaboration and reduce conflict between different work styles.

▪ **Talent shortage:**

How to use AI to attract new talent and address workforce gaps.

Good to know!

A timely guide to teamwork between Gen Z, Millennials, Gen X and Baby Boomers

Clear use cases for AI as a tool for better teamwork: recruiting, training, onboarding and knowledge management

Features practice-oriented strategies, engaging examples, case studies, and insights from researchers in youth, ageing and neuroscience

Backlist Highlight



Rosemarie Thiedmann
Understanding New Work
ISBN 978-3-96739-173-2

- Features practical tools to optimise intergenerational teamwork in the workplace and safeguard institutional knowledge
- Illustrates how AI can be used to strengthen collaboration and build sustainable team structures
- An indispensable guide for leaders, HR professionals and consultants navigating digital transformation with their teams

How can Gen Z, Millennials, Gen X and Boomers work together effectively in an era defined by artificial intelligence? Much has been written about the differing work habits, expectations and communication styles that characterise each of these generational cohorts. What can employers do to bridge the generational gap while making the most of the opportunities AI offers?

With inspiring case studies and hands-on strategies, this book shows how employers can leverage the potential of AI in recruiting, onboarding and knowledge retention. For readers from recent career starters to experienced professionals, this book is an essential resource on harnessing AI in business while respecting generational differences and strengthening cross-team collaboration.



With some 25 years of experience in HR development, **Rosemarie Thiedmann** is a seasoned expert in successful workplace collaboration and the development of productive intergenerational teams. Having previously headed up training departments and workforce change initiatives, among other roles, she is deeply familiar with the twin challenges of attracting young talent and valuing the needs and contributions of experienced employees. Today, she helps companies build future-ready collaboration by creating synergy between human expertise and the power of AI.



Rosemarie Thiedmann

Smarter Together: Teams Across Generations

How AI can help cross-generational teams thrive

192 pages | Softcover

ISBN 978-3-96739-253-1

Genre:

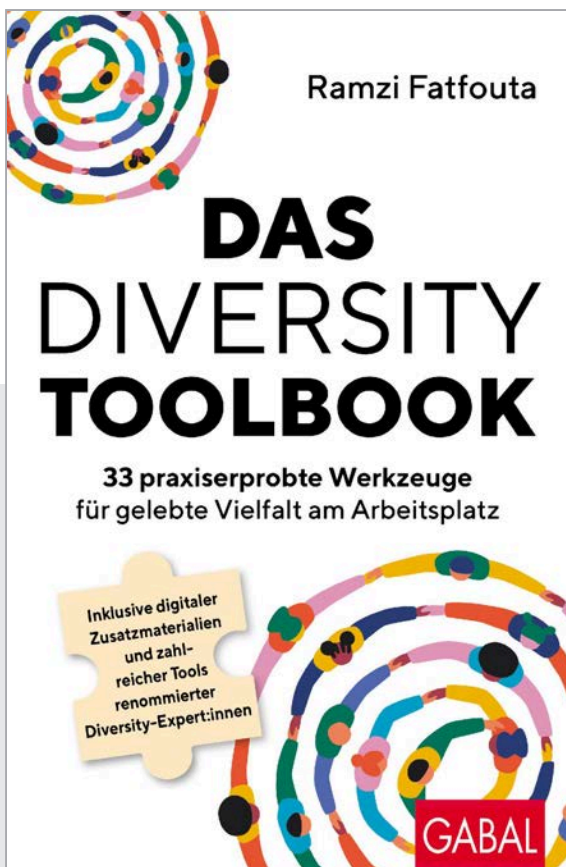
BUSINESS & ECONOMICS / Human Resources & Personnel Management

BUSINESS & ECONOMICS / Management

COMPUTERS / Artificial Intelligence / General

A toolbox for authentic diversity in the everyday workplace

- Learn how to promote inclusion, reduce bias, and spark lasting change
- Clear, grab-and-go tools and step-by-step guidance for nurturing diversity in the workplace



Ramzi Fatfouta

The Diversity Toolbook

33 tried-and-tested tools for genuine workplace inclusion

224 pages | Softcover

ISBN 978-3-96739-255-5

Genre:

BUSINESS & ECONOMICS / Diversity & Inclusion

SOCIAL SCIENCE / Diversity & Multiculturalism

BUSINESS & ECONOMICS / Workplace Culture

Diversity is more than just a buzzword: it's a driver of innovation, progress and future-readiness for people and organisations. Whether you lead teams, shape strategy, or are seeking to drive diversity from wherever you sit, psychologist Ramzi Fatfouta and 18 other recognised experts show you how it's done – with approachable, hands-on advice that's grounded in the reality of the modern workplace.

From the SensAbility Compass, a self-test to gauge intercultural competence, to the Diversity Empathy Map, which helps foster understanding across social groups, the book lays out 33 proven tools that turn diversity into a tangible, achievable reality. The best part? Each tool is designed to function as a grab-and-go resource – whether you're driving impact alone or facilitating it as part of a team meeting or full-scale strategy workshop.

Dr. **Ramzi Fatfouta** is a Berlin-based psychologist, neuroscientist and certified systemic coach with doctoral and post-doctoral qualifications in psychology and extensive experience in executive assessment and leadership development. With a background spanning academia, management consulting and the public sector, today he focuses on designing forward-thinking leadership and organisational cultures. He is a frequent speaker on diversity and unconscious bias at conferences and workshops.

Good to know!

Includes digital bonus content such as audio clips, self-tests and exercises to support your application of the tools

With exclusive contributions from subject matter experts and voices from the diversity community

Ramzi Fatfouta is known from *WirtschaftsWoche*, *PSYCHOLOGIE HEUTE*, *ZEIT ONLINE* and *Süddeutsche Zeitung*

Practical skills for real-world leadership

- Think like a leader: Discover the mindset that characterises successful leaders
- Compact and accessible: A concise overview of the eight leadership styles and how to apply them

This compact guide is the ideal companion for leaders seeking practical, actionable tips to build a strong leadership mindset, sharpen their key skills and develop a resilient, adaptable leadership style.

Whether you're just beginning your leadership journey or looking to grow in your current role, the book offers powerful insights for your day-to-day leadership practice. Freddy Kremer – a successful entrepreneur and expert in strategic business leadership – and co-author Gabriele Blüher share the essential tools you need to maximise your potential and meet the challenges of a dynamic work environment with confidence.

Designed as a concise, practical resource you can turn to at any time!

Two-time European motorsport champion **Freddy Kremer** is a seasoned entrepreneur, strategic leadership expert, author, and former board member of an international investment firm. He draws on his experience in business leadership, training and extreme sports to inspire other leaders to push their limits and access their potential.

Co-author **Gabriele Blüher** gained profound insights into business leadership and strategy over her 21 years as personal assistant to FOCUS founder and editor-in-chief Helmut Markwort. Today, she serves as executive assistant to Ilse Aigner, President of the Bavarian State Parliament.

Good to know!

With a foreword by Helmut Markwort, media entrepreneur and FOCUS magazine founder

Alongside leadership styles and competencies, the guide explores the five pillars of an effective leadership mindset: self-reflection, mental fortitude, self-assurance, resolve and clarity of focus.



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

Genre:
 BUSINESS & ECONOMICS / Leadership
 BUSINESS & ECONOMICS / Strategic Planning
 BUSINESS & ECONOMICS / Human Resources & Personnel Management

E-learning for businesses: a hands-on guide for decision-makers

Expect:

- **Real-world best practices:**
Success stories and case studies from corporate e-learning initiatives
- **Actionable guidance :**
From choosing the right method to rolling it out effectively
- **Checklists, infographics and anecdotes:**
Quick tools and real-world insights for getting up to speed
- **A 'theory meets practice' approach:**
A solid introduction to digital learning concepts paired with practical tips and hands-on strategies



Good to know!

For educational institutions, instructors, content developers, e-learning teams, and HR professionals involved in the introduction and implementation of e-learning.

A timely contribution to the body of digital learning literature following the sector's rapid growth since the pandemic: revenues from global online education reached around 167 billion US dollars in 2023 (STATISTA).

Backed by deep expertise: The authors have supported over 40,000 satisfied customers to date.

More books on digital learning



Rolf Bielinski, Martin Limbeck (Hg.)
The 30-Minute Guide to Blended Learning
ISBN 978-3-96739-192-3



Thorsten Jekel
Getting the Most Out of Digital Tools
How to use new technologies to move into the fast lane
ISBN 978-3-96739-166-4

- For anyone looking to implement digital learning in a cost-effective, efficient and intentional way
- Provides an in-depth understanding of how to build and optimise digital learning initiatives
- Packed with hands-on resources: tools, summaries, and step-by-step checklists

E-learning is no longer just a passing trend – it's become essential to how businesses grow and compete. But how do you choose the right approach for your organisation? What's the difference between blended learning, flipped classrooms and gamification? And how can these methods become a natural part of the way an organisation works every day?

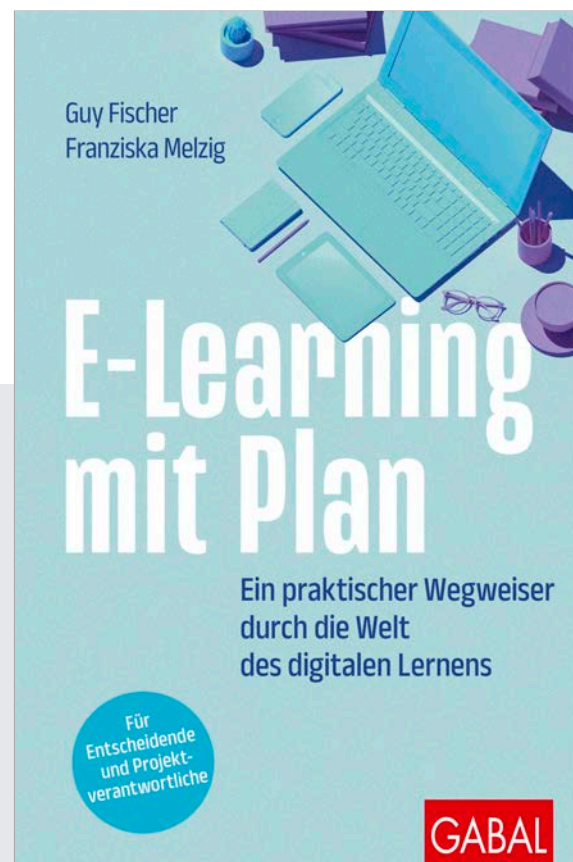
In this practice-oriented guide, e-learning experts Guy Fischer and Franziska Melzig help you navigate the wide range of options on the market and tailor them to your organisation's needs. From understanding the fundamentals and choosing a format to budgeting and measuring impact, this book equips you with the information you need to make smart, strategic decisions.



© Jonas Nefzger

Together with partner Thomas Knoblauch, **Guy Fischer** is co-founder and namesake of leading e-learning agency Fischer, Knoblauch & Co. As managing director, he is responsible for bringing all the moving parts of the business together. The agency has been creating high-quality e-learning products, learning strategies and digital learning platforms since its founding in 1996.

Franziska Melzig is an instructional designer and strategist at Fischer, Knoblauch & Co., where she is responsible for developing new web-based training formats and editorial content as well as consulting with clients on holistic digital learning solutions.



Guy Fischer, Franziska Melzig
Planning Effective E-Learning

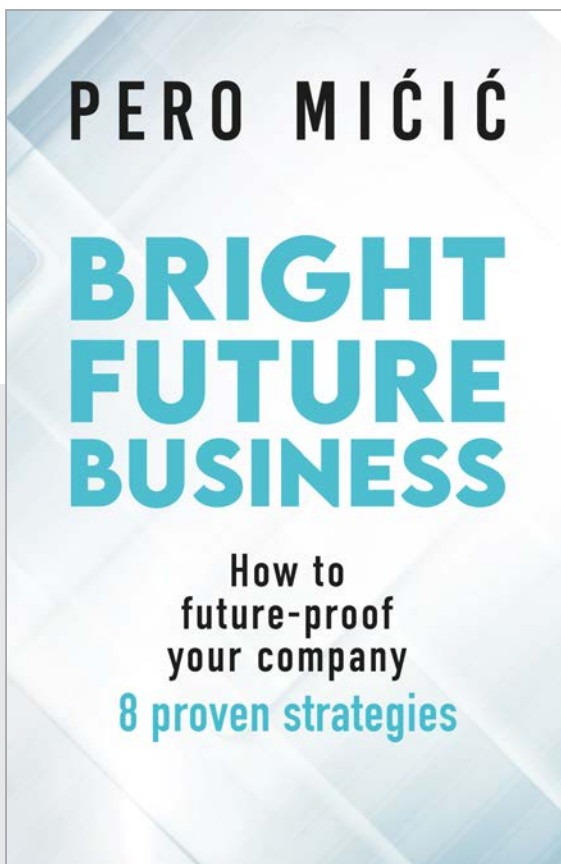
A field guide to the digital learning landscape
216 pages | Softcover
ISBN 978-3-96739-256-2

Genre:

COMPUTERS / Educational Software
EDUCATION / Computers & Technology
BUSINESS & ECONOMICS / Business Communication / General

What to do today to be successful tomorrow

- What you as a business owner should do today to ensure (more) success tomorrow
- The masterplan for the future of your business – by a leading expert on future management



Pero Micic

Bright Future Business

How to future-proof your company: 8 proven strategies

212 pages | Softcover

ISBN 978-3-96739-246-3

Genre:

BUSINESS & ECONOMICS / Strategic Planning

BUSINESS & ECONOMICS / Management

BUSINESS & ECONOMICS / Development / Business Development

The path to a bright future business is open to all, so long as they recognise the right levers to pull and are willing to act with courage. In his new book, Pero Mičić lays out what this entails, with detailed recommendations for action based on the case studies of three real-life entrepreneurs. Whether you manage five employees or 250; whether you're a solopreneur, a business owner or the managing director of an SEO, this systematic yet practice-oriented guide reveals what you must know and do today in order to be (more) successful tomorrow. This roadmap to a successful business future is complemented by add-on digital content including videos and workshops.

Prof. Dr. Pero Mičić founded the first company for future management in Europe, the FutureManagementGroup AG, in 1991, where he serves as CEO. He speaks daily with top executives in the business world. As an investor, Pero Mičić is closely connected to trends, future technologies, and innovative business models. He has worked with thousands of companies to analyze future markets, develop future strategies, and support their implementation. Dr. Mičić is the author of several award-winning books and a professor of Foresight and Strategy. He leads the Leader's Foresight Institute in Lucerne as its president and is a founding member of the "Association of Professional Futurists" in the USA.

Good to know!

As seen on ARD and ZDF and in the pages of Handelsblatt, FAZ, DIE WELT, Capital and many more

The author boasts a 30-year record as a leading expert on future management in the German-speaking world

Draws on experience from 1,200 projects, 5,000 workshops and 1,700 talks and lectures

Discover the Power of Flow

- Collaborate efficiently with ease
- The ultimate toolbox for achieving Flow at work
- Finding Flow – How can we make purpose work every day

«Teams who work together with ease and efficiency can change the world.»

This notion is as challenging as it is promising, with lone wolves, paralyzing perfectionism, blocked projects, and obstructive hierarchies often getting in the way. What if there was one simple question that could radically simplify collaboration? Regardless of whether you're an intern or a team leader, the question «How can we bring Flow into this?» can be applied to all areas of collaboration, immediately creating a clear focus and setting things in motion. When everyone is «in Flow,» everything moves forward.

With 10 ready-to-use tools, you can enhance your personal workflow, as well as the Flow in your team and across your entire organization – both right away and with lasting impact. These tools have been tested in real-world situations with over 3,000 people and are already being used successfully in organizations of all sizes.

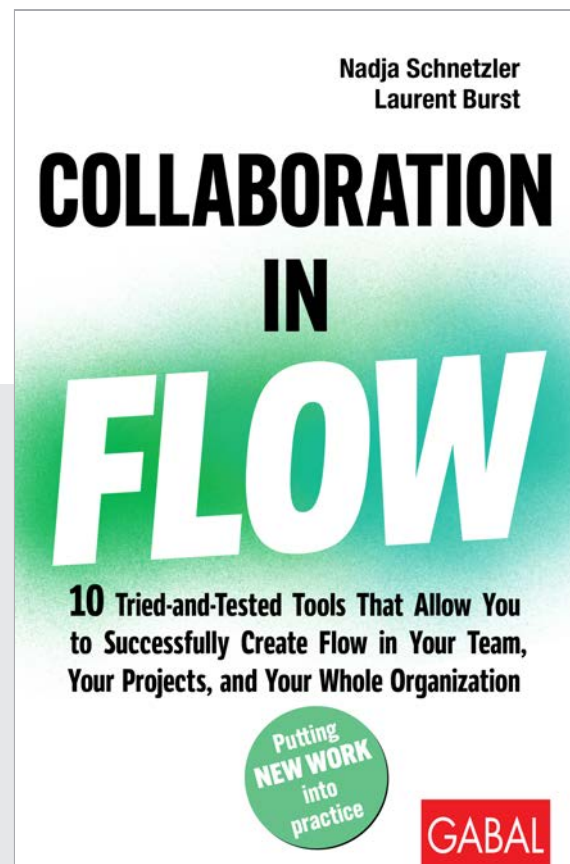
Laurent Burst and **Nadja Schnetzler** have been exploring how people can collaborate most effectively for 30 years. Together, they have helped countless companies, organizations, projects, and start-ups succeed around the world. Through over 500 projects involving more than 10,000 people across various industries, they developed the Flow Collaboration Model and have used it as a transformative tool in numerous organizations.

Good to know!

Discover the power of flow – a state where we are fully immersed in activity, feeling both focused and relaxed

Working in flow turns barriers into bridges and obstacles into ladders, enabling teams to overcome challenges creatively and efficiently

Elevating teamwork by asking a simple yet powerful question: How do we bring flow into it? This mindset fosters a more connected and productive work environment



Nadja Schnetzler, Laurent Burst

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10 Tried-and-Tested Tools That Allow You to Successfully Create Flow in Your Team, Your Projects, and Your Whole Organization

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Using AI to plan and deliver great workshops, meetings and seminars

From planning and delivery to post-session follow-up: AI as a creative assistant, co-trainer and sparring partner

Actionable methods, tools and prompts for seamless facilitation and training



Simone Engelhard, Simon Qualmann

AI for Better Workshops, Meetings and Seminars

Streamlined planning. Diverse methods. Measurable outcomes.

With bonus digital resources

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Genre:

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Did you know that AI can do much more than generate text and images? In this WHITEBOOK DIGITAL, Simone Engelhard and Simon Qualmann show how artificial intelligence can enhance the end-to-end workflow of workshops, and meetings – from planning and delivery to follow-up and evaluation.

The focus of the book lies on real-world use cases, grab-and-go tools and useful sample prompts. Every stage of the facilitation and training process is addressed, starting with the identification and analysis of participant needs and progressing to AI-assisted delivery, handout creation and post-session evaluation.

Bonus digital resources – including checklists, method templates, video tutorials, and curated prompt collections – support immediate, hands-on application.

Through the work of their agency, [lernglust], **Simone Engelhard** and **Simon Qualmann** address the challenges of digital learning and the modern workplace with a holistic approach that combines digital skills and human-centred competencies.

Studying alongside her professional career, adult education specialist Simone Engelhard earned a Master of Arts in eEducation with a thesis on AI-assisted learning design in corporate learning. Simon Qualmann holds an MA in International Management and certification as an AI Manager through the Bitkom training programme.

Good to know!

Covers real AI tools you can start using today: ChatGPT, Trello, Miro, DeepL, AnswerThePublic, and more

With bonus digital resources including checklists, method templates, video tutorials, and ready-to-use prompt collections

Craft a brand that's unmistakably you

- Career development through effective personal branding
- Expert interviews on networking, mental health, AI, job applications, self-image and more

In this guide, Christiane Wolff sets out five clear, actionable clear steps for taking charge of your career and achieving professional goals that align with your values – no matter where you are right now.

With the right tools (including meaningful use of AI), smart strategies and a strong inner compass, you'll learn to build your personal brand, grow your network and develop your expertise with purpose. And it all begins with intention: knowing what you stand for, making yourself visible, and acting with authenticity.

This WHITEBOOK DIGITAL offers a clear, hands-on framework for progressing your career in a way that's true to you, regardless of how companies or markets may change. Bonus digital resources – practical tips, templates and inspiring video interviews with leading experts – support you in putting what you've learned into action.

Christiane Wolff is a renowned expert in strategic communication and career development. With years of experience in top leadership roles – including a stint as Global Head of Communications at Serviceplan Group – she draws on a wealth of knowledge in personal branding and strategic positioning. Today, as an entrepreneur and communications strategist, she supports individuals and brands in developing strong, authentic voices and achieving the visibility they need to succeed.

Good to know!

The 5 steps:

- Start with you: Your mental, social & physical wellbeing
- Set your sights: Your goals and vision
- Get seen: Applications, networking & LinkedIn
- Tell your story: Storytelling & voice
- Know your edge: Lifelong learning & AI

With Bonus digital resources including downloadable documents ('micro-courage hacks' and more), applied learning worksheets, a self-test and inspiring video interviews with leading experts



Christiane Wolff

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Is there a place for the menstrual cycle in our persistently linear work culture? Mandy Jochmann believes so. In *30 Minutes to Cycle Syncing Your Work Life*, she explains how alignment with the rhythm of the menstrual cycle can boost not only women's individual wellbeing but the health of their workplaces too.

When we understand our cycle, she writes, we transform it into a powerful tool for navigating our working lives as well as for combating physical and mental challenges like PMS and menstrual pain.

She advocates for the blending of New Work values with feminist perspectives in an empathic, human-centred work culture – one that nurtures personal potential and, in doing so, creates space for innovation.

Mandy Jochmann is an online entrepreneur, business mentor, certified menstrual cycle coach and mindfulness trainer specialising in cycle-synced living and working. She helps self-employed women and organisations harness the power of menstrual cycle alignment for business and life.

Good to know!

Taps into current conversations around mindfulness and self-care

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Mandy Jochmann

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Digitalisation, New Work approaches, demographic change and the arrival of artificial intelligence are radically transforming how we live and work together. This compact guide explores the key changes shaping today's working world, unpacks what it takes to make teamwork truly effective, and provides a practical, actionable roadmap for building future-ready collaboration, no matter your industry or role.

Professor **Martin-Niels Däfler** is an author and expert in stress and resilience, communication and teamwork – themes on which he has been delivering talks, running team-building sessions, advising companies, and coaching leaders for more than 30 years. He holds a permanent professorship at FOM University of Applied Sciences in Frankfurt am Main.

We're always communicating. What's really interesting is *how* we do it – because while we can express a great deal with words, our bodies often tell a different story. This 30-Minute guide offers practical insights and techniques for using intentional body language to show up as your best, most likeable and trustworthy self in both personal and professional settings.

As a former competitive athlete and a sought-after speaker and consultant on body language and personal impact, **Monika Matschnig** practices what she teaches. She holds a master's degree in psychology and is an accredited logotherapy practitioner (DGLE®), bestselling author, award-winning keynote speaker and guest lecturer at several universities.

This compact guide is packed with practical ideas and inspiration to help you quickly effect positive change in five key areas of living: wellbeing and fitness, finances and freedom, family and friendships, work and vocation, and fulfilment and meaning. Readers will learn to transition from 'knowing it all' to 'making it happen', with principles and strategies that can be easily applied to lead a richer, more meaningful life.

Ardeschyr Hagmaier, a successful entrepreneur of over 30 years, is known for keynotes, training sessions and coaching that motivate audiences to turn ideas into action. As a bestselling author with more than 15 books and numerous articles to his name, he spreads the same action-oriented message in writing.

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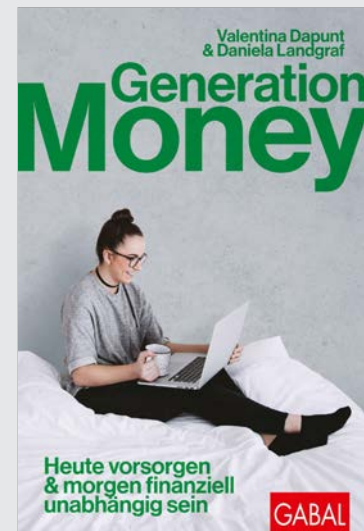
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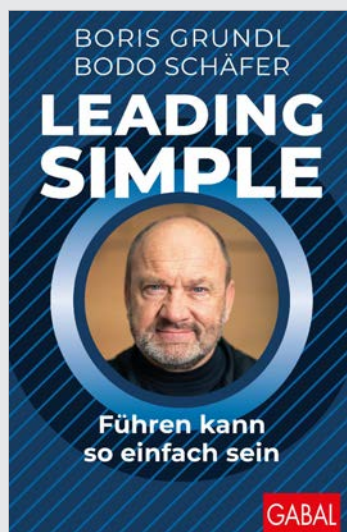
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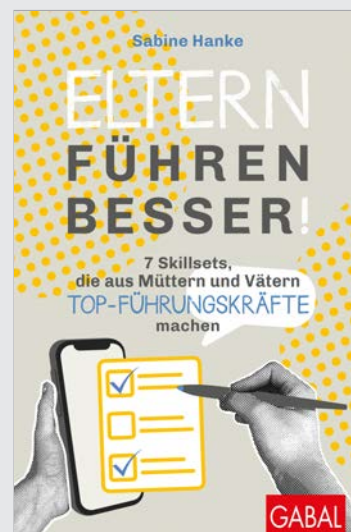
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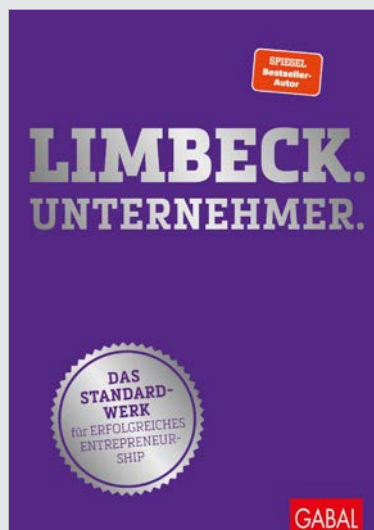
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