

# KREUZ Rights Catalogue

## Autumn 2011

Psychology / Self-Help  
Religion / Spirituality

**KREUZ**

[www.kreuz-verlag.de](http://www.kreuz-verlag.de)

**Was Menschen bewegt**

# Autumn 2011

## Dear Colleagues,

**KREUZ VERLAG is delighted to present its new RIGHTS GUIDE for Autumn 2011.**

**I**n our new autumn programme you will find interesting and exciting books to complement your existing stock. Leading standard works in the religion section and counselling books on a variety of subjects are the themes we are focused on. Please read the synopses to find out more about this great collection. KREUZ VERLAG holds full rights to all the enclosed titles.

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Sincerely,



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79104 Freiburg



**Niemz, Markolf H.**  
**Where am I, when I no longer am?**

Bin ich, wenn ich nicht mehr bin? Who or what is God? What is the meaning of life? What happens to me after I die? Natural catastrophes and terror attacks often leave us wrestling with these questions. Markolf Niemz links scientific findings with spirituality and religion bringing us to a new understanding of „life after death“.

12,5 x 20,5 cm, 200 pages  
 ISBN: 978-3-451-61046-2  
 August 2011



**Ingrassia, Gabi**  
**Guilty conscience - no thank you!**

Schluss mit dem schlechten Gewissen Our inner voice is good for us - it helps us in our relationships with family and friends. But, a guilty conscience is a negative energy that eats away at us and does us no good at all. Gabi Angrassia provides us with strategies and exercises to ban this phenomenon from our lives, with a clear conscience!

12,5 x 20,5 cm, 180 pages  
 ISBN: 978-3-451-61052-3  
 August 2011



**Gruhl, Monika**  
**The secret of strong personalities**

Das Geheimnis starker Menschen These men and women are strong - in their professions, families and honorary duties. They are always there for others, relentlessly, even to the point of exhaustion or burnout. Monika Gruhl identifies mechanisms that can lead to severe stress and shows us how to steer clear of them. This book contains numerous exercises and ideas to help strong people stay strong.

12,5 x 20,5 cm, 200 pages  
 ISBN: 978-3-451-61062-2  
 June 2011  
 Spanish rights sold



**Grün, Anselm**  
**The healing power of inner images**

Die heilsame Kraft der inneren Bilder Images in our imagination, whether they originate from the media, our parents etc., are powerful. They can be healing, but also destructive. Anselm Grün helps us identify and activate the positive images in our minds and use their healing powers to guide us towards a productive and authentic life style.

12,5 x 20,5 cm, ca. 180 pages  
 ISBN: 978-3-451-61061-5  
 September 2011



**Bohn, Caroline**  
**Discovering what really counts**

Entdecken, was wirklich zählt Knowing what counts is difficult when emotions are in upheaval, when changes loom on the family and job front, when the menopause kicks in, when we face the challenge of growing old. How can women, who feel a need for inner peace, yet also a desire for a new beginning cope with all these challenges. Caroline Bohn shows us how.

12,5 x 20,5 cm, 180 pages  
 ISBN: 978-3-451-61053-0  
 August 2011



**Reddemann, Luise / Wetzel, Sylvia**  
**The path evolves under your feet**

Der Weg entsteht unter deinen Füßen In times or reorientation or crisis we need to be sensitive to our own needs, to restore our confidence and build up relationships of trust once more. We need to learn not to overstep borders and set ourselves limitations. The authors illustrate from a Buddhist and psychological point of view, how we can discover our own sources of strength and recognize the path under our feet.

12,5 x 20,5 cm, ca. 180 pages  
 ISBN: 978-3-451-61085-1  
 September 2011



**Nowotny, Monika**  
**IronMom**

IronMom Monika Nowotny regards the first year of motherhood as a high-performance sport, an extreme sport that is neither sufficiently recognized nor appreciated: IronMom. This book provides first time mums with a training programme, motivation guide, regeneration techniques and other invaluable support. A humorous approach to first-time motherhood.

12,0 x 19,0 cm, 180 pages  
 ISBN: 978-3-451-61065-3  
 June 2011



**Krüger, Wolfgang**  
**Space in relationships**

Freiraum für die Liebe When we are head over heels in love we have the desire to be close to one another, to know what our partner is doing and thinking all the time. This closeness, however, can be suffocating at a later stage. Closeness needs to be fine-tuned in the course of every relationship to guarantee lasting happiness. Wolfgang Krüger's book provides insight into the pitfalls of love.

12,5 x 20,5 cm, 180 pages  
 ISBN: 978-3-451-61068-4  
 June 2011



**Tiedemann, Friederike von**  
**The secret of long-lasting love**

Das Geheimnis dauerhaften Glücks

Will our love last? Good intentions, such as „We’ll talk about everything“ or „We’ll accept each other just as we are“ are all well and good, but don’t always last. Friederike von Tiedemann presents 13 typical such phrases and helps young lovers understand how these can work in the long-term.

12,5 x 20,5 cm, ca. 180 pages  
 ISBN: 978-3-451-61041-7

August 2011

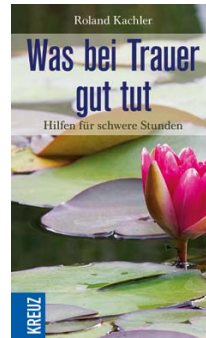


**Leyhausen, Malte**  
**I don’t mind who is boss under me**

Mir doch egal, wer unter mir Chef ist! Cabaret artist Malte Leyhausen reveals all the different ways you can put your foot in it - either as boss or as employee. Everyone has their preference as to how they can make themselves unpopular, e.g. first pleasure, then work; trust is good, gossip is better. An entertaining book.

12,0 x 19,0 cm, ca. 160 pages  
 ISBN: 978-3-451-61049-3

September 2011



**Kachler, Roland**  
**Help for the grieving**

Was bei Trauer gut tut

In his book best-seller author Roland Kachler looks at the questions, the needs, the doubts and the despair of those grieving. He helps us understand and come to grips with swings in emotions. He helps those grieving deal with the time between death and the funeral. Kachler provides those grieving with simple means to make the pain of loss more bearable.

12,5 x 20,5 cm, 120 pages  
 ISBN: 978-3-451-61047-9

August 2011



**Franzen, Günter**  
**Time for anger**

Zeit des Zorns

The death of his beloved wife through cancer left Günter Franzen floundering. Her death destroyed his world. How does someone who has long since finished with God deal with the fact he is extremely angry with God? Günter Franzen has an increasing desire not to let death have the last word. His emotional search for words to overcome death goes on.

12,5 x 20,5 cm, ca. 180 pages  
ISBN: 978-3-451-61042-4  
September 2011

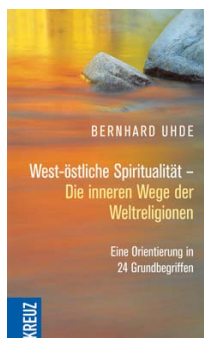


**Huber, Wolfgang**  
**That's what I trust in**

Darauf vertraue ich

Searching for orientation Wolfgang Huber is guided by key texts from the Bible, including Psalm 23, the creed and the ten commandments. He examines them in the context of the present day and provides thought-provoking ideas that give us stability. His life is defined by openness and tolerance firmly rooted in faith. A great book for those seeking answers on direction and identity.

12,5 x 20,5 cm, ca. 160 pages  
ISBN: 978-3-451-61060-8  
September 2011



**Uhde, Bernhard**  
**Western and Eastern Spirituality - the inner path of world religions**

West-Östliche Spiritualität - Die inneren Wege der Weltreligionen

Living spiritually involves embracing a broader horizon and transcending day to day life. West and East have similar foundations, but have developed in different directions. Uhde examines the most important concepts of Western and Eastern spirituality and explains their background and what they have in common. A fascinating book that helps us understand religious practice across cultural boundaries.

12,5 x 20,5 cm, 160 pages  
ISBN: 978-3-451-61057-8  
June 2011



**Heyl, Andreas von**  
**The anti-burnout book for ministers**

Das Anti-Burnout-Buch für Pfarrerinnen und Pfarrer

The number of people in spiritual professions suffering from burnout is incredibly high. This is attributable to a number of factors: e.g. high personal standards, a wide-spread feeling of being a „one man show“. Von Heyl points out the dangers and shows effective strategies to counteract burnout.

12,5 x 20,5 cm, ca. 160 pages  
ISBN: 978-3-451-61040-0  
September 2011

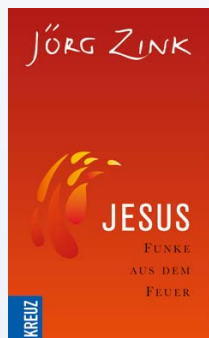


**Lang, Andy**  
**On the path to freedom**

Auf den Pfaden der Freiheit

Freedom - is about both longing and anxiety. Song poet and theologian Andy Lang describes how we can find both freedom and security. This freedom equips us to be strong, confident people, able to weather the storms life throws at us. Andy Lang combines words of wisdom from the country of Ireland with spiritual masters past and present, to inspire and liberate our thoughts and imaginations.

12,5 x 20,5 cm, ca. 160 pages  
ISBN: 978-3-451-61082-0  
September 2011



**Zink, Jörg**  
**Jesus**

Jesus

Jesus is someone we feel very close to, yet someone who historians and researchers have never been able to pin down. In this book Jörg Zink portrays his own very personal image of Jesus. It is an account of his own personal encounter with Jesus during his life. A highly personal book.

12,5 x 20,5 cm, ca. 380 pages  
ISBN: 978-3-451-61078-3  
September 2011



**Lapide, Ruth / Flemmer, Walter**  
**Love, desire and passion**

Liebe, Lust und Leidenschaft

Many stories in the Bible tell of intrigue, jealousy and passionate love. In an interview with Walter Flemmer Ruth Lapide tells of the jealousy between Jacob's attractive wife Rachel and her sister; of Ruth who is successfully paired off by her mother-in-law; the tragic father son conflict between King David and Absalom and much more.

12,5 x 20,5 cm, 200 pages  
ISBN: 978-3-451-61076-9  
June 2011