

Spring 2023

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Magdalena Heinzl

What's That Tingly Feeling?

A confident approach to sexuality, feelings, and the body from an early age.
With 80 answers to children's direct questions

CONTENT

Body-smart children are confident children

How are babies made? What's that nice tingly feeling down there? Body smarts and sex education are important in raising strong children, allowing even the youngest to form a healthy sense of self and of their body. But how can parents offer age-appropriate support in sexual development? How to respond when children play doctor, discover masturbation, or go too far in their games? And how to protect one's child from sexual assault?

A sex educator and therapist Magdalena Heinzl lays out the basics of age appropriate sex education and helps parents answer 80 questions likely to be asked by curious kids. She also encourages parents to rethink their own taboos and to remain trusted confidants even in awkward situations. Due space is given to such questions as consent, media savviness, and a healthy sense of the own body.

- Sex education for our times, full of humor and wisdom
- 80 questions children ask—and how parents can answer them without awkwardness
- Reinforces body positivity and confidence in kids

AUTHOR

Magdalena Heinzl is a clinical sexologist, social worker, educator, and therapist who runs the *Centre for Sexual Education* in Puchenau near Linz, Austria. Since working in a child protection program, she has trained and supported educators in schools and preschools with courses and workshops as well offering courses for parents. In her podcast and her Instagram account *@sexologisch*, she takes a light-hearted approach to banishing shame and promoting equality, empowerment, and self-love.

TYPE OF BOOK / TARGET GROUP

Self-help book for Parents of children between 0 and 10 years, but also for all those who care for children in e.g. childcare.



February 2023
272 pages; 20.00 EUR

Contents include:

- Age-appropriate responses to children's sexual development
- Thinking about your own experiences
- Playing doctor and masturbation
- Violence prevention
- Media savviness
- Building trusting child-parent relationships

Larissa Meier

First Aid for Your Child

How to prevent and deal with accidents, injuries, and acute illness: a book for the family by an experienced paramedic

CONTENT

The single-volume guide to prevention and first aid for children

Many parents are afraid of putting a foot wrong when their child is ill. Larissa Meyer, a seasoned paramedic, shows what really matters in giving first aid to babies and children, ensuring that you act swiftly and competently, but also with a view to your child's needs.

Larissa Meer offers a compact overview giving parents easily applied knowledge to avoid panicking in frightening situations. She addresses poisoning, fevers, burns, and other situations, telling parents what to do in an emergency and when children are sick. Besides responding to emergencies, Larissa Meier is concerned above all with preventing accidents. What dangers lurk in the home, and what can parents do to minimize risks? The answers to these questions are flanked with the latest scientific insights, studies, and statistics, all discussed in a concise and informative style, alongside helpful illustrations by Marén Gröschel.

"There's no need to wrap your kids in cotton wool, but there are dangers of which parents ought to be aware." Larissa Meier

- Attachment-oriented accident prevention and first aid
- Guidelines to help parents respond calmly and competently



April 2023
272 pages; 25.00 EUR

AUTHOR

Larissa Meier has been a paramedic since 2010. She shares her knowledge as both an active professional and a trainer on Instagram, where her account *@erstehilfekind* had more than 150,000 followers and other websites as well as offering courses. She has a four-year-old son and lives in Hanover with her family.

TYPE OF BOOK / TARGET GROUP

Self-help book for parents and carers who want to be prepared for emergencies and act appropriately in case of emergency (children up to 16 years).

Saskia Niechzial

Bring On the First Day of School!

A relationship-oriented transition from preschool to school

CONTENT

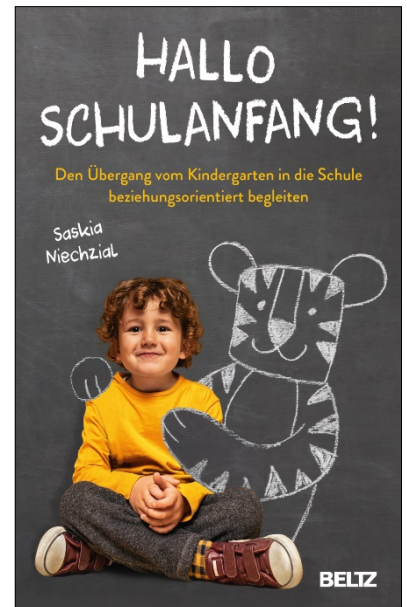
Relaxation for parents of preschool children and first graders

Making the transition to school without fear is an experience that exerts a lasting influence on children's future education and can make it a lot easier. It is also a process on which parents have far greater influence than is often supposed. Saskia Niechzial, herself a mother of three and a well-known elementary school teacher helps parents to take an active and relationship-oriented approach to accompanying their children through the preschool year and the first year of school—to letting go while remaining a safe harbor even in adversity, and to addressing children's anxiety as well as one's own.

Choosing a school, creating a learning space, helping with homework, coping with early setbacks—this book shows what parents can do to really help and how to make the transition work.

"I'm a teacher. My job is to accompany children on their path of learning, to enable them to deal with the challenges facing them in life. My support matters, but what matters much more is that children are able to support themselves—to know their strengths, to be able to say 'I'm great. I know what I can do, and can achieve my goals.' And parents can do so much more to support them in this than many would guess!" Saskia Niechzial

- **Helps parents to keep their nerve**
- **An active and relationship-oriented approach to starting school**
- **A teacher and mother offers helpful exercises and didactic advice**



March 2023
256 pages; 18.00 EUR

AUTHOR

Saskia Niechzial is a mother of three and has been an elementary school teacher for ten years. As both a parent and an educator, she has made it her task to bridge the gap between a traditionally oriented school and new forms of family life. She reached a wide audience through her blog, www.liniert-kariert.de and her Instagram account [@liniert.kariert](https://www.instagram.com/liniert.kariert), which has over 100,000 followers, and through her contributions to the online magazine www.ohhhmhhh.de. She lives in Hanover with her family.

TYPE OF BOOK / TARGET GROUP

Guidebook for parents with children in the last year of kindergarten or the first year of primary school.

Susanne Mierau

Getting Through Early Childhood at Eye Level

60 cards with real-life advice for everyday parenting

CONTENT

Needs-oriented parenting in concrete and practical terms

How to deal with kids refusing food, saying farewell to diapers, using bad language, lovingly acclimatizing to preschool, sleeping alone, getting the grandparents on board: in this set of cards, Susanne Mierau, an experienced educator and family counsellor, applies her knowledge to everyday life in practical terms.

The 60 cards in this set give parents of children aged between one and five confidence and many helpful hints on dealing with real-life situations in a needs-oriented way and at eye level with their children.

- **Expert knowledge, instantly accessible**
- **Portable and easily absorbed information**
- **Bestselling author with a wide readership**



February 2023
224 pages; 22.00 EUR

The set comprises:

- 36 cards for a needs-oriented approach to everyday life: sleeping, eating, care, speech, family life, settling into preschool
- 6 thematic anchor cards featuring “Mierau’s Mantras”
- 10 reflection cards with suggestions for thinking about one’s own childhood and to encourage listening to oneself empathetically
- 8 relief cards to take the pressure off parents and encourage self-care
- A 12-page booklet with more information on needs-oriented parenting

AUTHOR

Susanne Mierau is an educator specializing in early childhood and a trained family counsellor. After studying and teaching at the *Free University of Berlin*, she set up in 2011 as a freelance parenting counsellor with a needs-oriented approach. Susanne Mierau’s blog is www.geborgen-wachsen.de, and she lectures on counselling and childhood development. Herself a mother of three, she lives outside Berlin with her family. Her three bestselling books *Mutter.Sein* (2019), *Frei und Unverbogen* (2021), and *New Moms for Rebel Girls* (2022) are published by Beltz.

TYPE OF BOOK / TARGET GROUP

A set of cards for familiar situations facing children aged one to five.

Nora Imlau

The Birthing Book

All you need to know before giving birth to your baby.

With a foreword by Herbert Renz-Polster

Updated edition

CONTENT

The bestselling author and family expert's big birthing guide—revised and updated

From C-section to home births, Nora Imlau covers the entire spectrum of giving birth. She takes an empathetic approach to mothers' emotions, offering her wealth of expertise to prepare women for this one-of-a-kind experience, to understand it, and to cope even with difficult experiences. Withholding judgment and always mindful, she shows how to strike a balance between being well-prepared and being inwardly open to the idea that even the best-laid plans may come to naught.

Written with honesty and sensitivity, this book is a valuable resource both for pregnant women and new mothers looking to make sense of their experience.

- **Fully revised and illustrated new edition**
- **Hot topic: giving birth in a mindful and self-determined way**



March 2023
288 pages; 24.00 EUR

AUTHOR

Nora Imlau has written several *Spiegel* bestselling books and is a widely published speaker and journalist on parenting and family matters in print and online media, including a childcare column in *Eltern* magazine. Herself a mother of four, she has joined forces with gynecologists and midwives to promote self-determined childbirth. She makes regular appearances in print media and TV, as well as having a strong social media following, numbering around 100,000 across her various channels, making her one of the key voices of a new generation of parents. She lives with her family near Freiburg in south-western Germany. www.nora-implau.de

TYPE OF BOOK / TARGET GROUP

Comprehensive companion for all pregnant women and partner

Feminist Lab

The Book Every Man Should Read

Become a Feminist in Four Easy Steps

CONTENT

Gender equality? Only another 136 years to go ...

If we continue as before, it will take an eternity for women and men to have the same rights and opportunities. That's too long to wait! This book is an activist appeal to men to join women in the struggle for a more equal world.

In a brief and concise style, the authors (three women, four men) describe four simple steps that men can take to become feminists. Their radically honest approach, personal and political in equal measure, makes one key point: Wherever men make the struggle for equal rights their own by critically reflecting their own privileges and role models, all genders stand to benefit from a more open, peaceful, and equal world—a better world for men too.

"By definition, can a man be a feminist at all? No, I always thought before reading this book. But after having read it, my answer to this question is: absolutely" Marco Krahl, Editorial *Men's Health/Men's Health Dad*

- **It's quite simple: listen and learn, think and act**
- **The first practical guide to feminism for men and the women who share their journey**



February 2023
208 pages; 16.00 EUR

AUTHOR

The Feminist Lab consists of three women and four men from four countries (Germany, the UK, Finland, the US). All are around thirty years old and are activists working for gender equity in politics and academia, writing books and giving talks on the subject, and are well connected in TV, print, and social media (including podcasts: *100 Frauen* with Miriam Steckl). The Feminist Lab was initiated by Vincent Herr and Martin Speer, authors of *Europe for Future* and *Tun wir was* (Let's Do Something) and *HeForShe* ambassadors for *UN WOMEN Germany*. www.herrandspeer.com

TYPE OF BOOK / TARGET GROUP

Guidebook for all men, but also for women who buy it to get ideas on how it can go.

Janina Bühler

More Me. More You. More Us.

Why individual fulfillment means a better life as a couple

CONTENT

Self-actualization as the key to a successful relationship

Fear of change means that partners often end up hampering each other's personal development, which may cause lingering conflicts and frustration. A psychologist and researcher, Janina Larissa Bühler shows that personal development is not a danger to long and happy relationships, but rather their condition. What is essential is mutual support: if partners give each other space and encouragement to develop as individuals, it also creates space for their relationship to grow in. Drawing on latest research on relationships and personalities, and using tried and tested thought exercises as well as concrete exercises for everyday life, this guide enables partners to keep learning more about each other and to share in each other's personal development.

- **Self-actualization is not a danger to relationships but the key to their success**
- **Helping each other grow stronger**
- **Putting key insights from personality research to use for relationships**



February 2023
256 pages; 20.00 EUR

AUTHOR

Janina Larissa Bühler is junior professor of personality psychology and diagnostics at the Department of Psychology, *Johannes Gutenberg University of Mainz*, where her research focuses on relationships and personality development. As well as publishing in a number of international journals, she writes a blog for *Psychology Today* and is a regular contributor to publications like *Spiegel Online* and *Psychologie Heute*. She is also a certified couples counsellor.

TYPE OF BOOK / TARGET GROUP

Guidebook for people in long-term relationships.

Ulrike Juchmann

Be Yourself—We've Got Everyone Else Already

How women can shake off expectations and live more freely

CONTENT

Discover who you can be

Nearly all women have internalized patterns of thought and behavior that are harmful to them. Education and societal norms have often instilled in them the idea that they live to meet others' expectations: Be polite. Be caring. Be beautiful. Even successful women find these expectations gnawing away at their self-esteem. In light of such expectations, their abilities and their bodies never seem good enough.

But how can women focus on their competence, their skills, and their potential—in short, on what they really want? In this book, Ulrike Juchmann, a psychologist and psychotherapist presents the most effective tools she has developed in 25 years of working with women. Her special combinations of methods—mindfulness, working on beliefs, and physical exercises—helps women to shed the expectations that are holding them back. This book is an indispensable guide to women looking to be confident and feel secure in their abilities.

- **The best tools developed in 25 years of coaching women**
- **A combination of methods ensures variety**
- **Empowers women by revealing existing competencies**



March 2023
288 pages; 20.00 EUR

AUTHOR

Ulrike Juchmann is a trained psychologist, systemic therapist, behavioral therapist, and MBSR trainer working in private practice as well as in training centers. She coaches women using a creative and holistic methodical approach. Her work focuses on mindfulness, body satisfaction, self-care, and life transitions. She has written a number of books, both for general and specialist audiences.

TYPE OF BOOK / TARGET GROUP

Guidebook for all women who feel that their everyday life is dominated by others.

BACKLIST

Psychology

Who We Think We Are



[More information](#)

Rights sold to Korea, Poland, Russia, Turkey

10,000 copies sold

Health

The World of Women and Girls with AD(H)D



[More information](#)

Almost 10,000 copies sold

Parenting

My Boundary is Where You Stop



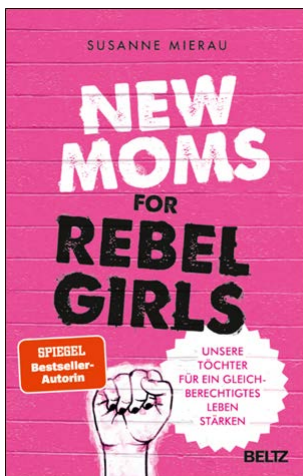
[More information](#)

Rights sold to China, Russia

Over 25,000 copies sold

Parenting

New Moms for Rebel Girls



[More information](#)

Rights sold to Czech Republic, China

19,000 copies sold

Parenting

Self-care for Mums



[More information](#)

Rights sold to Czech Republic, Russia

Over 8,000 copies sold

Parenting

Boys Need Clear Messages



[More information](#)

Rights sold to Korea, China

Over 25,000 copies sold

Life

Get Out of the Mental Load Trap



[More information](#)

Rights sold to **Hungary**

Almost 30,000 copies sold

Self-help

Being a Highly Sensitive Mom



[More information](#)

Rights sold to **China, Korea**

Almost 10,000 copies sold

Psychology

Breaking the Schematic Mold



[More information](#)

Rights sold to **China, Romania, Russia**

Over 26,000 copies sold

Parenting

The Magic of Good Conversation



[More information](#)

Rights sold to **China, Korea, Poland**

18,000 copies sold
In China over 30,000 copies sold

Parenting

The Treasure that is Self-esteem



[More information](#)

Rights sold to **China**

5,000 copies sold

Parenting

We Won't Let Anything Knock Us Down



[More information](#)

Rights sold to **China**

Over 5,000 copies sold

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