

Foreign Rights Guide

Spring / Summer 2024

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Innocent of murder until proven guilty?

A father who seeks retribution for the murder of his daughter

A killer who is guilty but cannot be convicted

A policewoman who seeks justice and commits a crime to attain it

An unresolvable dilemma in the legal system. A big judicial scandal

For fans of courtroom drama and readers of Ferdinand von Schirach

English sample translation available

Author **Markus Thiele** earned a law degree from the University of Göttingen and has been a practicing attorney since 2000. He specializes in employment and construction law and represents clients throughout Germany. He has been shaped by his experiences in the courtroom as well as his keen interest in social developments. His debut novel THE ECHO OF SILENCE was published in 2020. He is married, has two children, and lives in Göttingen. **November 2022**. When Detective Chief Inspector Anne Paulsen threatens seventy-two-year-old Volker März with a gun, she has only one goal: to make him confess. Almost forty years ago, he allegedly raped and brutally murdered seventeen-year-old Nina Larsen. Even though the evidence from the crime scene heavily incriminated März, it wasn't enough to pronounce him guilty. From then on, Nina's father began fighting desperately for justice. Decades later, when the DNA recovered from the crime scene can be analyzed, he hopes that the price would finally be paid for his daughter's murder. Yet by law, no one can be tried twice for the same crime.



Markus Thiele TIME OF THE GUILTY

Zeit der Schuldigen 431 pages Hardcover March 2024





Stars and starlets overcome the dark side of fame and find true love

April Dawson has sold 300,000 books with LYX

Rights to April Dawson's previous books sold to:

- Denmark (Danish, Dutch, Spanish & Swedish eBook & Audio)
- Poland
- Russia

Fame, scandals, forbidden feelings - welcome to START ENTERTAINMENT!

Daphne Valenti's first day as an in-house lawyer at START ENTERTAINMENT does not go according to plan. Not only is she treated unfairly by her new boss: she's also expected to shelve her legal cases in order to babysit Aspen Knox. The attractive actor has had enough of being typecast as the 'hot villain', and wants to relaunch his career. Daphne is tasked with helping him prepare for his upcoming role as a lawyer in a romance film, and with making sure Aspen doesn't get embroiled in any more scandals. But the more time they spend together, the more undeniable the chemistry between them becomes - until a secret from the past comes to light that changes everything...



April Dawson STARTING SOMETHING NEW (*Starting Something* Vol. 1)

399 pages Paperback May 2024

Coming soon: Also available (a.o.): Proof of Love STARTING STARTING SOMETHING SOMETHING PROOF OF REAL GREAT HOPE (Vol. 1) STARTING STARTING (Starting (Starting PROOF OF comething anothing Something Vol. 3) Something Vol. 2) FAITH (Vol. 2) GREAT REAL PROOF OF Approx. 350 pp Approx. 400 pp LOVE (Vol. 3) BANA- P March 2025 Oct 2024

April Dawson lives in Austria with her family. She has been writing for ten years. Writing romantic novels with a hint of action, a little drama, a portion of humour and plenty of emotion is what she likes best.

Giuseppe Terrano (giuseppe.terrano@luebbe.de) | Tel: +49 (0) 221 8200-2764 or -27 00

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The spinoff from the successful #1 SPIEGEL Bestseller series Westwell continues

COLDHART – STRONG & WEAK (Vol. 1): #1 SPIEGEL Bestseller!

The story of Eli, the readers' secret favorite from Westwell

SPIEGEL Bestseller author: Westwell spent over 40 weeks in the SPIEGEL Bestseller list

Lena Kiefer has sold more than half a million books with LYX

Rights to Westwell sold to:

- Czech Rep. Latvia
- France Netherlands
- Hungary Poland
- Italy Spain

Lena Kiefer loved making up stories even as a child. After school she spent some time writing articles before finding her way back to literature and studying German at university. She now lives with her husband near Bremen.

Elijah Coldwell has his life under control: university, work, sport, everything is strictly organised. It's how he manages the anxiety that has haunted him since he was abducted as a child. Falling in love is just not an option for him; the risk of being as vulnerable as back then is too great. But then he meets Felicity Everhart, who fascinates him more than anyone else has ever done. Felicity actually has other problems right now. She's trying in vain to finally get to know her father. Although he is financing her dream art degree at university in New York, she hardly knows anything else about him. However, unaware that a potential dark cloud hangs over their love, Elijah and Felicity are unable to ignore the spark between them for long. When Elijah receives new information about his kidnappers, the clue leads him to Felicity's father of all people ...



Lena Kiefer COLDHART - DEEP & SHALLOW (Coldhart Vol. 2)

Approx. 464 pages Paperback June 2024

Also available / Coming soon:



NEW ADULT



Book 1 of the *Evergreen Empire* trilogy, the latest New Adult series from Merit Niemeitz – LYX's latest big discovery

Love across the class divide – an attractive CEO falls in love with the housekeeper's daughter

A glamorous setting: A luxury perfume company based in London

Merit Niemeitz has sold more than 55,000 copies of her debut series *Mulberry Mansion* with LYX

Rights to *Mulberry Mansion* sold to:

Czech Republic

Merit Niemeitz was born in Berlin in 1995 and still lives there, in an apartment full of flea market treasures, plants and books. Ever since she was a child she has loved words and has written her own stories. During and after her time at university, where she did a degree in cultural studies, she has worked in the book industry, and never wants to do anything else.

A New Adult series that takes the reader on an emotional rollercoaster through the world of British high society

Odell has always known that one day he and his siblings would take over his family's perfume empire. But when his father is killed in an accident, Odell has to step up to the plate as CEO much sooner than he'd expected. To prove he is capable of running the million-pound company, he first has to design his own perfume. In his desperation he asks Emmeline, the daughter of his parents' housekeeper, for help: Emmeline has an almost perfect sense of smell. They make a deal – Odell will pay for Emmeline to go to university, and in return Emmeline will help him create a scent. But when they start working together, feelings come to the surface which they have always repressed until now – and with good reason.

CONTRACTOR OF CONT

MERIT NIEMEITZ

Merit Niemeitz DELICATE DREAM (*Evergreen Empire* Vol. 1)

Approx. 528 pages Paperback July 2024

Also available: Mulberry Mansion

Coming soon:



NEW ADULT



Sexy, glamorous and dangerous – New Adult suspense from LYX

On-trend themes: #MafiaRomance, #EnemiesToLovers, #HeFallsFirst. #Cinderellastory

Crowd-pleasing New Adult suspense: exciting, gripping, emotional and romantic

Kim Nina Ocker has sold almost 200,000 books with LYX

Rights to One of Six sold to:

Poland

Young bodyguard Charlotte Blossom gets a job offer she can't refuse - working as a bodyguard to the eldest son of the influential Newton family. The attractive Gideon Newton is not at all keen on his parents' security measures, and doesn't want Charlie following him around. But during a trip on his yacht, the pair grow closer and Charlie sees what lies behind the public façade of the hottest bachelor in the city. When she and Gideon start to have feelings for each other, however, Charlie realises there's a dark side to the glitz and glamour of high society, and within it lurk unforeseen dangers...



Kim Nina Ocker TAINTED DREAMS (Kingsbay Secrets Vol. 1)

Approx. 480 pages Paperback October 2024

Kim Nina Ocker. born in 1993. lives with her family near Hanover. She prefers to write love stories, both realistic and fantastic. When she's not sitting at her computer, she spends her time with family and friends.



Coming soon:

PALACE (Kingsbay Secrets Vol. 2) Approx. 480 pp March 2025



SHINING FRAGMENTS (Kingsbay Secrets Vol. 3) Approx. 480 pp







ONE OF SIX - BETRAYAL (Vol. 1) Oct 2023 ONE OF SIX - CONFIDENCE (Vol. 2) March 2024



Can she risk her heart again?

New Adult meets GREY'S ANATOMY: Book 4 in the *Whitestone Hospital* series

SPIEGEL Bestseller: HIGH HOPES (Vol. 1): #3 DROWNING SOULS (Vol. 2): #1 TOUGH CHOICES (Vol. 3): #3

Ava Reed has sold 300,000 copies of her *Whitestone Hospital* series with LYX

Rights sold to:

- Czech Rep. - Netherlands

Also available:

- France Poland
- Hungary Russia
- Italy Slovakia
- Latvia Spain
- Lithuania

Ava Reed has always been a bookworm. Leaving the house without something to read – unthinkable! Eventually she discovered writing and blogging for herself, and has never looked back. Ava Reed lives with her family in Frankfurt am Main. Jane Miller has found her way back to life. The job as assistant doctor at Whitestone Hospital gives her more strength than she had ever thought possible, until she meets Consultant Abby Clark and then is transferred to the gynaecology department. Abby has an effect on her. But the worst of it is: she can see behind Jane's façade and appears to know her darkest moments. Can Jane allow it and open up her heart to another person again?

Ava Reed WHITESTONE HOSPITAL - SAVED DREAMS (*Whitestone Hospital* Vol. 4)

BAS

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Approx. 416 pages Paperback August 2024









A book like a dance film: New Adult meets BLACK SWAN, CENTER STAGE and SAVE THE LAST DANCE

Academy settings are more popular with readers than ever

SPIEGEL Bestseller: HOLD ME (Vol. 1): #7 STAY HERE (Vol. 2) #6 SHINE BRIGHT (Vol. 3): #3

Anna Savas has sold almost 200,000 books with LYX

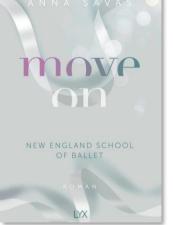
Rights to *New England School of Ballet* sold to:

- Spain
- Ukraine

Anna Savas was born in 1993, and can't imagine a life without books. Since she was a child, writing has been like breathing to her. And because ideas often come out of nowhere, she always carries a notebook with her. Also available:

Discipline, dreams and hidden feelings – the grand finale of the NEW ENGLAND SCHOOL OF BALLET

Four years have passed, since Gabriel broke Skye's heart and left the city. Never in a million years did she think she would see him again, let alone as a supporting actor on the set of the series being filmed at the New England School of Ballet. She desperately tries to ignore Gabe but he doesn't give up so easily. He wants to make up for his mistake back then, and proposes a deal: if she has still not forgiven him in eight weeks, he'll leave her alone. Absolutely determined to stand her ground, she agrees – but the more time she spends with him, the more dangerously her determination falters...



Anna Savas MOVE ON – NEW ENGLAND SCHOOL OF BALLET (*New England School of Ballet* Vol. 4)

463 pages Paperback March 2024

SHINE BRIGHT HOLD ME STAY HERE - NEW ENGLAND - NEW ENGLAND - NEW ENGLAND SCHOOL OF SCHOOL OF SCHOOL OF nolo BALLET BALLET BALLET (Vol. 3) (Vol. 1) (Vol. 2) 496 pp 512 pp 512 pp March 2023 July 2023 Nov 2023

NEW ADULT



MESS ME UP (Vol. 1) was an instant #1 SPIEGEL Bestseller

An exciting series about the cast of a blockbuster film

Dunbridge Academy spent over 50 weeks in the Top 20 of the SPIEGEL Bestseller list, including nine weeks on #1

Sarah Sprinz has sold 800,000 books with LYX

Rights to *Dunbridge Academy* sold to:

 Czech Rep. 	 Poland
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- France Portugal
- Hungary Romania
- Italy Spain
- Latvia Ukraine
- Netherlands UK (World Engl.)

Sarah Sprinz was born in

Tettnang in 1996, and later moved to Aachen to study medicine. When she's not writing she likes to go for long walks along the lakeshore, thinking up new ideas for stories and dreaming of her next trips to Canada and Scotland. She loves spending afternoons writing in cafés, maple syrup, and keeping in touch with her readers on Instagram. (@sarahsprinz).

The final book in the new SPIEGEL Bestseller series by Sarah Sprinz

Megan Sutton can't wait to get on set and start filming INFINITY FALLING. But the negative headlines in the press put a dampener on her happiness – as does the fact that she's never even kissed anyone before, and now she has to be intimate with her co-star on camera. The fact that her co-star also happens to be her best friend's boyfriend is like red meat to the press. The solution to all her problems is doctor Cole Buchanan: understanding, attractive, and willing to pose as her boyfriend while she's making the movie. It's the perfect way to improve her image and avert the next PR disaster. Until the press realises Cole has something to hide...

SARAH SPRINZ

Sarah Sprinz INFINITY FALLING - BRING ME HOME (*Infinity* Vol. 3)

Approx. 464 pages Paperback September 2024



Giuseppe Terrano (giuseppe.terrano@luebbe.de) | Tel: +49 (0) 221 8200-2764 or -27 00

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Their love is forbidden - because he's her boss

Talented young German author, whose WATTPAD stories have almost 1 million views

Powerful topic: lawyers with cases addressing topics that readers care about, such as the environment, MeToo, etc.

For fans of Ava Reed's *Whitestone Hospital* series

English sample translation of Vol. 1 available

Rights sold to:

– France – Latvia

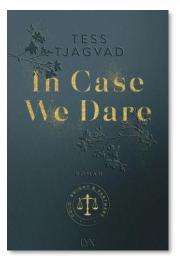
Tess Tjagvad, born in 1995 in Hamburg, is actually a qualified florist but is currently studying German language and literature. She only rediscovered her love of words a few years ago, although she was already writing her own stories as a child. When she doesn't have her nose in a manuscript or a book, she spends time with her friends or seeks inspiration for new stories while walking in nature. Laurel is making a fresh start in Boston – she wants to leave the past behind her and concentrate entirely on her career. She launches herself eagerly into her work as a lawyer at GOLD, BRIGHT & PARTNERS. But her resolve is sorely tested when she meets Aaron Bates, the junior partner at the law firm. At first, Laurel sees him as the classic stereotype of the arrogant lawyer, but as she gets to know him better she sees what lies behind his façade. Aaron, however, is Laurel's mentor – and her boss. And when the two of them start spending a lot of time together working on a murder case, the strong attraction between them becomes more and more difficult to resist...

Tropes:

- IN CASE WE TRUST (Vol. 1): Rivals to Lovers
- IN CASE WE DARE (Vol. 2): Forbidden Love
- IN CASE WE FORGET (Vol. 3): Second Chance/Enemies to Lovers

Also available / Coming soon:





Tess Tjagvad IN CASE WE DARE (*Gold, Bright & Partners* Vol. 2)

Approx. 400 pages Paperback June 2024

LITERARY FICTION



Can happiness last for more than just a moment?

Poignantly and artfully interweaving the stories of three strong women, Louise Pelt uses powerful, straightforward language to tell of their indomitable longing for happiness

An intelligent novel about the big question of what happiness actually means

Louise Pelt was born in Hamburg in 1982. After traveling the world early on with a children's opera choir, she studied English and German language and literature and then wrote for film and the theater for several years. She lives with her family between the Alster and Elbe rivers. **Paris in 2019**. There is actually nothing standing in the way of Mylène's happiness. But then a shocking revelation turns her whole world upside down. Mylène asks herself: is happiness even possible if you don't know who you are?

The German Democratic Republic, near the border, **in 1987**. Johanna, who is a hermit, discovers a 17-year-old girl in the forest and hides her from the troops along the border. This results in an unexpected confrontation with a past she thought she had long overcome. Happy memories from bygone days begin to resurface as well. But is a person eventually allowed to experience happiness again, even if their own guilt is overwhelming?

Los Angeles in 2003. Holly's colleague Jay is killed in an accident -- and only because she spontaneously stepped into the breach for Holly. Plagued by a sense of guilt, Holly uses a pretext in an attempt to return some happiness to Jay's boyfriend and son. But doesn't she herself also deserve to be happy again?



Louise Pelt THE HALF-LIFE OF HAPPINESS

Die Halbwertszeit von Glück 431 pages Hardcover March 2024

LITERARY FICTION



A touching debut novel about mothers and daughters

To what extent do family entanglements determine our lives, and how can we extricate ourselves?

An examination of the traits society has attributed to women and mothers over the course of a century

A haunting, finely nuanced portrayal of the many contradictory facets of motherhood – and daughterhood When her mother falls ill with cancer, and her 16-year-old son wants to attend school in England for a year, Valerie finds herself wedged between two existential conflicts. While she would like to break free from the dysfunctional relationship with her mother, she is not permitted to do so; she has to let go of the child that has been the center of her life for more than fifteen years, but she's not ready to do that either. Yet every conflict has its backstory. Beginning with the childhood of Valerie's grandmothers, the author sheds light on the family's past, gradually revealing an intergenerational portrait of its women and focusing on the novel's central themes of saying farewell to loved ones, a longing to remain unscathed, and the desire ultimately to escape the baggage of one's own legacy.

"A clever, multi-layered novel that tells a sad yet beautiful story about what family does to us." – Caroline Wahl, author of the successful debut novel 22 LENGTHS

FELICITAS PROKOPETZ ROMAN WIR SITZEN IM DICKICHT UND WEINEN

Felicitas Prokopetz SITTING IN THE THICKET, CRYING

Wir sitzen im Dickicht und weinen 208 pages Hardcover February 2024

Felicitas Prokopetz studied

philosophy at the University of Vienna, and language arts and literary writing in Leipzig at the University of Applied Arts and the German Institute for Literature respectively. She lives and works as an author and copywriter in Vienna.



A feelgood saga from the 'sun lounge of Switzerland'

Tabea Bach's print run to date: 940,000 copies

The first book in a captivating series about dreams, love and a family of instrument makers in Ticino

Rights to Tabea Bach's previous books sold to:

- Netherlands Croatia
- Romania Czech Rep. -
- France Slovakia
- Italy Slovenia
- Latvia Spain

Tabea Bach worked as an opera dramaturg before devoting herself completely to writing. She was born in Tübingen and studied in Munich and Florence, Italy. Today, she lives with her husband in an idyllic village in the Black Forest, the starting point for numerous journeys to places all over the world. The magnificent landscapes she encounters during her travels find their way into her women's novels where they become atmospheric settings for her stories.

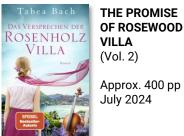
Elisa travels to Ticino to help her sick grandfather. But Niklas, a stubborn and eccentric man, doesn't make it easy for his granddaughter. Luckily the beauty of the surrounding area helps her feel at home. Here at the foot of the Alps, on the shores of deep blue lakes lined with palm trees, she can finally relax and unwind. And this is also where she stumbles across a small but high-end instrument maker's workshop, which rekindles her childhood dream of becoming a musician. The workshop is run by two brothers, who between them carry on the longstanding family tradition of making instruments. But the brothers are like chalk and cheese, and their different ideas make it difficult for them to work together – as does the fact that they both end up developing feelings for Elisa...



Tabea Bach **ROSEWOOD VILLA** (Rosewood Villa Saga Vol. 1)

Die Rosenholzvilla (Bd. 1) 320 pages Paperback April 2024

Coming soon:



DECISION IN ROSEWOOD Rosenholz VILLA VILLA Roman (Vol. 3)

Approx. 400 pp March 2025



CAMELLIA ISLAND (Vol. 1)

- THE WOMEN OF **CAMELLIA ISLAND** (Vol. 2)
- COMING HOME TO **CAMELLIA ISLAND** (Vol. 3)

It's never too late to live your dreams

The second book in a gripping saga about an instrument maker's workshop perched high above Lake Lugano

Tabea Bach transports us to Ticino, to a world full of fragrant wood, music and passion

Rights to Tabea Bach's previous books sold to:

- Croatia Netherlands
- Czech Rep. Romania
- France Slovakia
- Italy Slovenia
- Latvia Spain

Tabea Bach worked as an opera dramaturg before devoting herself completely to writing. She was born in Tübingen and studied in Munich and Florence, Italy. Today, she lives with her husband in an idyllic village in the Black Forest, the starting point for numerous journeys to places all over the world. The magnificent landscapes she encounters during her travels find their way into her women's novels where they become atmospheric settings for her stories. Elisa and Danilo are together. But Fabio still has strong feelings for Elisa. When he hears about a long-guarded family secret, he makes a decision that rocks the business to its core. Once her grandfather has revealed the secret, many things start to make sense to Elisa.

She starts helping Danilo out in the workshop. Working with wood brings her a profound sense of calm. And she starts playing the campanula cello more often – its soft notes soothe her.

But then something happens that changes everything...



BAS

Tabea Bach

Das Versprechen der ROSENHOLZ

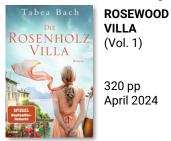
VILLA

LUBBE

ROSEWOOD VILLA (*Rosewood Villa Saga* Vol. 2)

Das Versprechen der Rosenholzvilla (Bd. 2) Approx. 400 pages Paperback July 2024

Also available / Coming soon:





ROSEWOOD VILLA (Vol. 3) Approx. 400 pp

DECISION IN

Approx. 400 pp March 2025

Also available (a.o.): Silk Villa Saga



THE SILK VILLA (Vol. 1) THE SPLENDOUR OF THE SILK VILLA (Vol. 2) THE LEGACY OF THE SILK VILLA (Vol. 3)

Giuseppe Terrano (giuseppe.terrano@luebbe.de) | Tel: +49 (0) 221 8200-2764 or -27 00

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The new book in a series about three exiled women after the Second World War

A captivating saga about two generations, three families and three continents

What did it mean for women to build a new life in a foreign country between 1940 and 1950?

A series with a moving message: true friendship overcomes all obstacles

English sample translation of Vol. 1 available

Rights sold to:

Netherlands

Anna Claire is the pen name of a successful German author. She works as a scriptwriter and dramaturg for TV. She has been writing novels since 2013. Writing herself into the hearts of many readers and bloggers, she has established a large social media fan base. She has been living in Berlin with her family for several years.

Germany, 1939: Conditions in Germany are becoming intolerable, and Maria and her family, who are Jewish, make the decision to flee at the last minute. But by now it is almost impossible to leave the country safely, and the family are forced to leave by a dangerous route.

Brazil, 2023: Sandra runs a bookshop started by her grandmother Maria. When she is contacted by a woman named June from New York, who tells her about an inheritance, Sandra becomes curious about her grandmother's story. She asks June to join her in retracing the route Maria travelled as a refugee, in order to hopefully find out more about Maria and discover the whereabouts of Anni, a friend of Maria and June's grandmother Luise. Together the women follow in Maria's footsteps - and in the process they learn more about their shared history and about themselves.



Anna Claire WOMEN OF FORTUNE - THE POWER OF BOOKS (Women of Fortune Vol. 2)

Die Glücksfrauen - Die Kraft der Bücher (Bd. 2) 367 pages Paperback June 2024

Also available / Coming soon:



- THE TASTE **OF FREEDOM**



WOMEN OF FORTUNE - THE SECRET OF ROSES (Vol. 3) Approx. 400 pp Feb 2025



A story of family secrets set against the breathtaking backdrop of Ireland

Three extraordinary women, a family secret and a turbulent era in Irish history

Atmospheric, gripping, moving – the first book in a lavish trilogy

Rights to *The Gardens of Heligan* sold to:

- Netherlands
- Spain

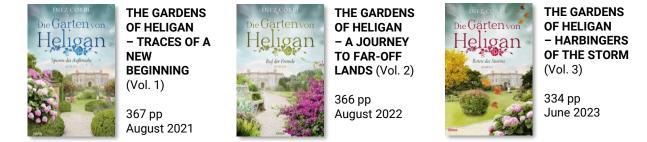
From a young age, **Inez Corbi** knew she wanted to be a writer. She studied German and English at university. Successes in short story competitions eventually spurred her on to write her first novel. She has now authored four novels and two young adult books. Inez Corbi lives with her family in Frankfurt. **Cork, Ireland**. Young Sarah doesn't really enjoy her job at a souvenir shop, so when an American called Helen offers her a lucrative position – helping the old lady research her Irish roots – Sarah jumps at the chance. The wreckage of a plane has recently been discovered in the Texan desert, and Helen thinks the pilot whose skeleton has been found at the crash site was her Irish grandfather. The trail leads both women to Bantry Bay in the south of Ireland. On a visit to a stately home they stumble across the story of keen pilot Joanna, whose adventurous life over a hundred years ago is interwoven with Helen's own – and not only hers...



Inez Corbi REBEL SISTERS. THE PILOT

Rebel Sisters. Die Pilotin Approx. 384 pages Paperback August 2024

Also available: The Gardens of Heligan





An old Victorian tenement building in London becomes the setting for a great love story that begins in the turbulent 70s and finds its happy ending in the present day

Is it ever too late for second chances?

A captivating love story for fans of Taylor Jenkins **Reid, Libby Page and Clare** Pooley

English sample translation available

Kathinka Engel has always

been an avid reader, and has a degree in general and comparative literature. She has worked in Germany and abroad for a literary agency and a literary magazine, and as a translator and editor for various publishing houses. She lives in Berlin, but also feels at home in London. She shares her love of books and writing on Instagram and TikTok at @kathinka.engel.

London, 1974: Pippa St George, a seventeen-year-old girl of London's upper class, goes to a gig with a friend in a dark, dirty corner of the city. There she meets Oz, the lead singer of a punk band that stands for everything her parents despise. Against all the odds, in defiance of convention and logic, they fall in love. But harsh reality soon catches up with them.

London, the present day: online content editor Gilly is overjoyed when she finds an affordable place to live in a Victorian tenement building in Camden. But she's shocked to learn that the building is soon to be sold and renovated for luxury apartments. Gilly joins forces with her neighbours, including film documentary maker Owen, to create a memorial video to the building. While she and Owen are researching the project, they grow closer - and stumble across a story that moves them more than all the rest...



Kathinka Engel THE END OF YESTERDAY IS THE BEGINNING OF TOMORROW

Das Ende von gestern ist der Anfang von morgen 430 pages Paperback May 2024



A touching novel about second chances and the courage to let go and start fresh

What would be required for you to play the lead role in your life again?

Rights to *The Gold Blossom Saga* sold to: – Netherlands

Marga is a woman in her early forties. She has been the "soul" of the household for hotel operator Paul Alprecht for ten years. When Paul's fiancée meets a tragic death, Marga spontaneously writes him a comforting although anonymous email. After all, years ago she also lost a loved one. The semi-anonymous e-mail exchange that ensues not only helps Paul overcome his grief; Marga, too, begins to rethink her life. For years, she's been putting it on the back burner, but now Paul's e-mails inspire her to turn over a new leaf. And so she musters all her courage and sets out to engage with life and experience love... because in life only the person who leaves the bench can play in the game.



Gabriela Gross THE SONG OF THE BEE

Das Lied der Biene 447 pages Paperback June 2024

Gabriela Gross is the pseudonym of an author with 13 years of experience writing scripts for prime time evening TV (ARD and ORF, German and Austrian public service broadcasters), as well as books for children and adolescents.

Also available: The Gold Blossom Saga





New from the Flying Doctors series. Captivating and touching

An emotional novel about a young nurse in Australia in the 1940s.

Each of the books in the *Flying Doctors* series can be read as a stand-alone novel

Elizabeth Haran's total German print run to date exceeds 1.5 million copies

English manuscript available

Rights to Elizabeth Haran's previous books sold to:

- Czech Rep.– Russia
- France Slovakia
- Latvia Spain
- Poland

Elizabeth Haran grew up in Zimbabwe and England before she migrated with her parents to Australia. After finishing her schooling in Adelaide she went on to work in different occupations. She has already successfully published several novels. She lives with her family in a beachside suburb in Adelaide, South Australia. **Melville Island, 1941**. Catherine is a young nurse who works in an orphanage off the coast of Darwin, where she cares for Aboriginal children who have been separated from their families. She is engaged to a pilot named Preston, and they plan to marry as soon as the war in Europe is over. But then everything changes. Darwin comes under attack in 1942 leaving Catherine seriously injured. Preston's plane is shot down; he is reported missing in action. Catherine is evacuated to Alice Springs by the "Flying Doctors." Her recovery stretches over many months. Due to her injury, she will never be able to bear children. On top of that, she receives the news that Preston's remains have been recovered.

Robbed of her plans for the future, Catherine decides to dedicate her life to the service of mankind. In 1945, she becomes the first flight nurse in the "Flying Doctors." Here she also meets a reclusive doctor named Jim. He reveals nothing about himself, until one day Catherine meets his young daughter, Rosie. Her Malayan mother, Jim's wife, was killed in the attack on Singapore in 1942. Rosie enjoys spending time with Catherine, which eventually also brings Jim and Catherine closer together. But can the two commit to more than a friendship?



Elizabeth Haran FLYING DOCTORS – DESTINY UNDER THE RED SUN (Flying Doctors Vol. 3)

Fliegende Ärzte – Schicksal unter roter Sonne (Bd. 3) Approx. 416 pages Hardcover August 2024

Also available:



FLYING DOCTORS - DEPARTURE FOR THE OUTBACK (Vol. 2) 476 pp August 2023

Fliegende Årzte



Three sisters. A family party. A momentous revelation

The first book in a contemporary trilogy about three sisters and their dreams

Lake Constance is the perfect escapist, atmospheric setting It's spring at Lake Constance, and the apple trees are in bloom. Lotte's 70th birthday party is coming up, and her daughters Carolin, Romy and Veronika are among the guests. Nature photographer Carolin, who moved to New Zealand after completing her biology degree, hasn't been back in years. Now she's looking forward to two weeks back home enjoying lakeside views and chats with her sisters. But then a surprising discovery throws the family's lives into turmoil. And when Carolin suddenly finds herself at the centre of an unexpected turn of events in the butterfly house on the island of Mainau, she comes to a momentous decision...



Tanja Huthmacher SISTER TIME. APPLE BLOSSOM DAYS (Sister Time Vol. 1)

Zeit der Schwestern. Apfelblütentage (Bd. 1) 349 pages Paperback April 2024

Tanja Huthmacher studied German, journalism and art history in Bamberg. She is a scriptwriter who writes for TV, radio and print media, and has published several novels, some under a pseudonym. She lives with her family in Munich.

Coming soon:



TANJA HUTHMACHER Zeit der Schwestern Trabenfet

SISTER TIME. GRAPE FESTIVAL (Vol. 3)

Approx. 352 pp August 2024



Three sisters. A labour of love. A surprising visit

A story about solidarity and having the courage to let go and take on new challenges

Warm-hearted, engaging and hopeful, with realistic characters who will touch readers' hearts It's summer at Lake Constance, and the cherries are ripe and red. Keen chef Romy has fulfilled a lifelong dream by setting up her own catering company, and now she has a lucrative baking competition coming up. But as a single mum to Vincent and Luna, she just doesn't have enough hours in the day – not only in the summer holidays but all year round. Since their mother's momentous 70th birthday party, Romy and her sisters Carolin and Veronika have many reasons to catch up regularly, but they are all very different people. Romy knows she has to make some changes if she's ever going to fix her work-life balance. And then her ex-husband shows up with some unexpected news...



Tanja Huthmacher SISTER TIME. CHERRY TREE SUMMER (*Sister Time* Vol. 2)

Zeit der Schwestern. Kirschsommer (Bd. 2) 352 pages Paperback June 2024

Tanja Huthmacher studied German, journalism and art history in Bamberg. She is a scriptwriter who writes for TV, radio and print media, and has published several novels, some under a pseudonym. She lives with her family in Munich.

Also available / Coming soon:



SISTER TIME. GRAPE FESTIVAL (Vol. 3) Approx. 352 pp August 2024



Three sisters. A big gamble. A second chance

The final book in a contemporary trilogy about three sisters and their dreams

Lake Constance is the perfect escapist, atmospheric setting

It's autumn at Lake Constance, and the juicy grapes in the vineyards promise an excellent vintage. As an experienced winemaker, Veronika knows she should be giving her full attention to the precious gifts of nature. But her marriage is in crisis, and her teenage daughter Rosalie is pushing her to her limits. Then, on a trip to the island of Reichenau, she comes across an idyllic organic vineyard which rekindles her former dreams of sustainable winemaking. She finds herself thinking "what if...?" Her sisters Carolin and Romy, who work as a nature photographer and manager of a catering company, are supportive of her new ideas. And eventually, an unexpected meeting inspires Veronika to make the biggest decision of her life...



Tanja Huthmacher SISTER TIME. GRAPE FESTIVAL (*Sister Time* Vol. 3)

Zeit der Schwestern. Traubenfest (Bd. 3) Approx. 352 pages Paperback August 2024

Tanja Huthmacher studied German, journalism and art history in Bamberg. She is a scriptwriter who writes for TV, radio and print media, and has published several novels, some under a pseudonym. She lives with her family in Munich.

Also available:





The new volume in the bestselling saga about a traditional café!

Total print run to date for Marie Lamballe is 600,000 copies.

Volume 5 of the bestselling saga about a dynasty of café-owners in Wiesbaden during the 20th century's shifting times

English synopsis and sample translation of Vol. 1 available

Rights sold to:

- Czech Rep. Netherlands
- France Slovakia
- Italy Spain

Marie Lamballe was born in Hanover. Early in her life she discovered her love for France. She studied French and started writing shortly after having completed her studies. Today, the mother of two grown-up children lives near Frankfurt. She enjoys developing ideas for her stories in her favorite café. **Wiesbaden in 1965**. Under Hilde's management, Café Engel is in its heyday. There's an urgent need for new staff, but when Hilde hires an Italian waiter, Giuseppe, her parents have a hard time with the "Southerner's" mentality. In addition, there's turbulence in the marriage of Hilde's brother Willi. As he celebrates triumphs at the Wiesbaden theater, he has also been making advances toward a pretty colleague. When Hilde's husband befriends Giuseppe and then plans a trip to Italy with her, Hilde is initially skeptical. Is this the right time to put the café in the care of her family? Yet the prospect of summer sun and the blue sea pushes all her doubts aside . . . with unforeseen consequences. MARIE LAMBALLE CAFÉ ENGEL BOLDENE JAHRE ROMAN SPIEBEL BESSEIGT

Marie Lamballe CAFÉ ENGEL - THE GOLDEN YEARS (Vol. 5)

Café Engel – Goldene Jahre (Bd. 5) Approx. 464 pages Paperback September 2024





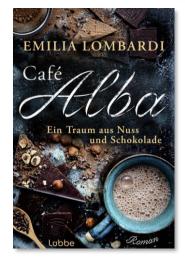
A young woman. A delicious recipe. The magic of Piedmont

In the 1940s, a young woman fulfils her dream and develops a successful recipe using nuts and chocolate

A gripping story about a family-run business set in atmospheric Piedmont

Emilia Lombardi is the

Alba in Piedmont, 1946. Sixteen-year-old Francesca's heart beats faster as she arrives in the city. A winemaker's daughter, she has come to work as a housemaid for the Milani family who run the famous Café Alba. She enjoys her work, and feels herself magically drawn to the bakery with its sweet aromas. An unexpected event brings her closer to the Milanis' son Matteo, and one day he confides in her that the café is on the brink of ruin due to the enormous increases in the cost of ingredients. One of its competitors is already sniffing around. But then Francesca remembers the grove of nut trees in her rural home. And she has an idea that will have momentous consequences not only for Café Alba...



Emilia Lombardi CAFÉ ALBA - A DREAM OF NUTS AND CHOCOLATE (Vol. 1)

Café Alba – Ein Traum aus Nuss und Schokolade (Bd. 1) 464 pages Paperback April 2024

pseudonym of a bestselling German author who went to Italy for the first time at the age of ten and immediately fell in love with the country and its people. At around the same time she started to dream of writing books. Since finishing her degree in German studies she has published several novels about love, secrets and strong women. She loves walking in Piedmont with her husband and her dogs, and thinking up new stories.

Coming soon:



CAFÉ ALBA (Vol. 2)

Approx. 496 pp Dec 2024



Set in the magnificent Maldives, the "pearls of the ocean"

A thrilling page-turner that immerses readers in the history of the Maldives

Christina Rey makes dream destinations come to life – the natural environment, culture, and atmosphere of distant lands

Two women master their destiny using political intrigue, combat, the art of healing, and love

Rights to *The Endless Land* sold to:

- France
- Netherlands

Christina Rey grew up in a large city in Westphalia. After studying history and sociology, she became involved in social projects at home and abroad. She particularly enjoys getting to know other countries and cultures. During a photo safari in Kenya, she fell deeply in love with the fauna and landscapes of this exceptional continent. **The Maldives in the 16th century**. Young Buraki is meant to succeed her father on the throne. She is clever, adept at government affairs, and admired for her swordsmanship. She has chosen a future husband whom she loves, but she soon learns that trust is a favor she can't bestow on everyone.

Shaina is the daughter of the royal armorer. Although she is growing up with Buraki in the palace, her friendship with the heiress to the throne does not protect her from the perils of the court. When she follows a young Portuguese nobleman to Goa, India, it seems she has found happiness. But then her healing skills cause her to be branded a witch.



Christina Rey LIKE A PEARL IN THE SEA

Wie eine Perle im Ozean Approx. 496 pp Paperback September 2024

Also available: The Endless Land



HISTORICAL NOVEL



All aboard for the 1st journey of the legendary Orient Express

The mythical Orient Express, brought back to life in all its glamor

An exciting and adventurous journey from Paris to Istanbul

A fast-paced mix of historical fact and fiction

Paris in 1883. For Georges Nagelmackers, everything is at stake when his latest venture, the Orient Express, departs on its maiden journey across the hostile states of Europe. The luxuriously appointed train is meant to be a symbol of peace. The passengers include 24 diplomats whose mission is to resolve their political differences during the course of the journey. Success is the only thing that can save the indebted Georges from ruin. On top of that, it would allow him to win back the heart of Hubertine Berthier, a young women's rights activist who left him because he was constantly dwelling on crazy ideas and then failing on a grand scale. This time, however, everything will be different. But then Georges learns that there's an assassin on board ...

The historical background. In 1867 a lovesick Georges Nagelmackers traveled to the USA where he was introduced to trains that featured sleeping and dining cars. After returning to Europe, he began to popularize this type of travel in France. In 1883, Nagelmackers put all his eggs in one basket and invested a fortune in the Orient Express. The success or failure of the venture - and the fate of its founder - depended on the train's maiden voyage in October of that year.



David Janz THE FIRST JOURNEY OF THE ORIENT EXPRESS

Die erste Fahrt des Orient-Express Approx. 320 pages Paperback August 2024

David Janz is the pseudonym of a well-known German author.

HISTORICAL NOVEL



From black sheep of the family to world-famous writer

Total print run to date for Sabine Weiß is 525.000 copies

A riveting novel about a dynasty of lighthouse builders and the early years of Robert Louis Stevenson, the worldrenowned author of **TREASURE ISLAND and** DR. JEKYLL AND MR. HYDE

An epic novel for fans of Ken Follett and Rebecca Gablé

Sabine Weiss was born in

1968 in Hamburg. She

history and worked as a

journalist.

Scotland in 1869. Nineteen-year-old Robert Louis Stevenson dreams of a life as a writer. For a long time, his father lets him have his way, but when Robert falls in love with a woman below his class, he has to leave Edinburgh. Not long thereafter, his father takes Robert on a trip to inspect the lighthouses, insane structures surrounded by the storm-tossed Scottish sea, that have earned fame for the men of the Stevenson family who constructed them. For the first time, he also gets to see Dubh Artach, which his father is building on a reef in the Atlantic – a small, rocky, buffeted island where Robert risks his life. He realizes that turning his back on the family tradition could easily lead to a final break with them and to his own ruin. However, he clearly understands that he cannot escape his fate and in 1871 tells his father that he does not intend to become an engineer but a writer. Outwardly composed but inwardly broken, his father accepts the news. Robert detaches himself from the confines and security of his family and embarks on a new life. Although he's a rebel, he remains determined to bring honor to his family in a different way.

Samoa in 1894. With death approaching, Robert Louis Stevenson reviews his life. Works such as TREASURE ISLAND and DR. JEKYLL AND MR. HYDE have made him one of the most successful writers of his time. Once again, he reflects on how the inspection trips, the perilous locations of the lighthouses, and his family's achievements have shaped his art, and how much of it all he has incorporated into his novels. He has brought honor to the Stevensons, a dynasty of lighthouse builders, but in a different way than planned.



Sabine Weiss THE LIGHTHOUSES OF THE STEVENSONS

Die Leuchttürme der Stevensons Approx. 608 pages Paperback September 2024



GUIDEBOOK & SELF-HELP

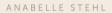


The first non-fiction book from SPIEGEL Bestseller author Anabelle Stehl

Anabelle Stehl is a role model to many young women and a credible voice on women's issues

THE *book* for all young women trying to find themselves

Anabelle Stehl has sold over 90,000 books with LYX In a world full of competition and apparent perfection, it can be difficult for young women in particular to believe in themselves, be true to themselves, and resist the temptation to constantly compare themselves to others. This book will show you how to find the strength to walk your own path, stand up for yourself and other people, and follow your dreams! It will help you break out of damaging thought patterns, set boundaries and keep growing in strength. We are all unique and wonderful, and we already have everything we need for a happy, successful life within ourselves – we just have to tap into it.





Anabelle Stehl TRUSTING YOURSELF Be True to Yourself and Stand Up For Yourself

TRUSTING YOURSELF

Steh zu dir & für dich ein Approx. 256 pages Hardcover September 2024

Anabelle Stehl studied linguistics in Leipzig and Cork, and now works for an online marketing agency in Leipzig. Under the name 'Stehlblüten' she runs her own successful blog, Instagram channel and YouTube channel. Apart from New Adult, her favourite genre is Fantasy.

POLITICS & SOCIETY



Those who want peace should talk about war

Urgently argues that we must face up to looming dangers and prepare ourselves accordingly

A comprehensive analysis of modern war in all its forms

The author has personally visited numerous theaters of war and is a highly sought-after expert

Franz-Stephan Gady is an independent analyst and military consultant. In addition. he is a Senior Fellow at the Institute for International Studies in London and an Adjunct Senior Fellow at the Center for New American Security in Washington, DC. He advises the United States and European governments and armed forces on issues of structural reform and the future of warfare. His field research and consulting activities have taken him to Ukraine, Afghanistan, and Irag a number of times, and seen him embedded in various missions of the Ukrainian armed forces, the Afghan army, NATO troops, and Kurdish militias. He is also an officer in the reserve.

The wars in Ukraine and the Middle East are a symptom of a turning point that has been decades in the making. Increasingly, military confrontation is once again being viewed as a legitimate means of continuing politics. Using this aspect as a point of departure, while also factoring in previous conflicts, Franz-Stefan Gady analyzes the unchanging nature of war as well as the changing character of warfare itself. He explains why wars will become increasingly likely in the near term, why – all technological dimensions notwithstanding – human beings will always occupy the central position in the conduct of war, and how we can prepare ourselves for future conflicts, even if we're unable to prevent them.



Franz-Stephan Gandy THE RETURN OF WAR Why We Must Learn to Deal With War Again

Die Rückkehr des Krieges Warum wir wieder lernen müssen, mit Krieg umzugehen Approx. 240 pages Hardcover

June 2024

POLITICS & SOCIETY



A groundbreaking book on the systematic abuse of power

THE book on the biggest controversy to date over #MeToo conditions in the music industry

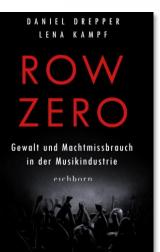
Meticulously researched, stirringly written, and sensitively told

The stories of dozens of women expose the toxic structures in the music industry

Lena Kampf is deputy head of investigative research at SZ [Süddeutsche Zeitung]. In 2019, she won the Franco-German Journalism Prize for her report on the #MeToo movement in the European Parliament. Daniel Drepper heads the joint research collective sponsored by NDR [Northern German Broadcasting, WDR [West German Broadcasting Cologne and SZ. He previously served as editor-in-chief of BuzzFeed News Germany where, among other projects, his team exposed the #MeToo scandal surrounding Julian Reichelt. He is chairman of Netzwerk Recherche, the association of investigative journalists in Germany, and studied investigative research at Columbia University in New York.

For decades, young women in the music industry have been exploited and exposed to discrimination. Whether fans, groupies, female journalists and employees, or the singers themselves, the myth of sex, drugs, and rock 'n' roll, the abundance of money, and the extreme power imbalance have set the stage for sexualized violence across all genres. The discussion surrounding allegations against Rammstein singer, Till Lindemann, shows that these conditions are now breaking down. Women are fighting back, and they're finally being heard.

This book describes the abuse of power in the music industry. It examines the structures that make such abuse possible, and it shows why – thanks to courageous women and supportive activists – they are now gradually crumbling.



Lena Kampf / Daniel Drepper ROW ZERO Violence and Abuse of Power in the Music Industry

Row Zero

Gewalt und Machtmissbrauch in der Musikindustrie Approx. 256 pages Hardcover June 2024

POLITICS & SOCIETY



Escalation in the Near East. Israel in the fire of terror

A former ambassador analyzes the current political situation in Israel Israel is at war. The terrorist attack by the radical Islamic Hamas poses the greatest catastrophe for Israel in recent decades and represents the provisional, tragic climax of a long-running conflict. The cruel attacks cost the lives of more than a thousand civilians. At one stroke, the war has also changed the way Israel is viewed. A short time ago, the focus was still on the judicial reforms proposed by the right-wing conservative (and in part right-wing extremist) government, and as a result on the question of whether Israel would remain a democratic state. Now, attention shifts between the poles of unconditional, unrestricted solidarity with Israel and a critical analysis of the further course of the war and its consequences for Palestinian civilians.

In this book, Avi Primor discusses the ways in which Israel and Hamas are waging war and outlines prospects for the future of his homeland. Will there ever be peace in the Near East?

Avi Primor was born in 1935 in Israel as the son of a Dutch emigrant and a German mother. He spent many years in the diplomatic corps and served as Israeli ambassador to Germany from 1993 to 1999. Primor now heads a trilateral course of study for Israeli, Palestinian, and Jordanian students at the Centre for European Studies, which he founded at the Interdisciplinary Centre Herzliya, Israel, in close cooperation with the University of Düsseldorf.



Avi Primor IMPERILED ISRAEL A Country in a State of Emergency

Bedrohtes Israel Ein Land im Ausnahmezustand Approx. 224 pages Hardcover June 2024

NATURE

BAS TE LÜBBE

A plea for biodiversity and a call to action

As we confront ecological crises, how can we safeguard our future on this planet?

Four-color illustrations throughout. The perfect read for nature and bird enthusiasts

Produced in cooperation with scientists from the fields of ornithology and ecology

Sarah Heuzeroth was born in 1988, studied illustration at Hamburg University of Applied Sciences and has been a freelance illustrator since 2016. Working under the heading of "green illustration," she specializes in visual material relating to climate justice, ecology, and social change. Her clients include BUND, a German environmental NGO, Oxfam, and the Federal Environment Agency. THE WORLD IN AN EGGSHELL is her first book. Why do palm trees become smaller when the toucans disappear? What do seabirds have to do with coral reefs? Why is biodiversity necessary for human life (and survival)?

With the help of short, entertaining factual stories and superb full-page illustrations, this book explores and attempts to provide answers to these and related questions. Drawing on examples from the world of birds, it offers insight into Nature's complex interdependencies and thereby makes an important contribution to a debate that continues to be urgent.





Sarah Heuzeroth THE WORLD IN AN EGGSHELL

How Biodiversity Will Save Us, and Why We Need Birds

Die Welt in einer Eierschale.

Wie die Artenvielfalt uns rettet und warum wir Vögel brauchen 112 pages Hardcover March 2024

SUSTAINABLE LIVING



Empowerment for people approaching the menopause

Positive focus on renewed freedom rather than a supposed loss of womanhood

This book is for anyone approaching the menopause who is looking for self-help tips to guide them through this unique stage of life. Accessible yet detailed and informative, the book outlines the typical phases and symptoms of the menopause. Above all, however, it provides concrete tips and recipes to help readers stay active, ease their symptoms using natural remedies, and support their body through this period of change. Enjoy self-care and renewed freedom instead of worrying about ageing!

Wechsel

Phasen der Wechseliahre

in vier Phasen

Gegen Wechseljahrsbeschwerden sind viele Kräuter gewachsen

allem hei leichten Beschwerrlen können Heilkrüuter ein nrohates Mittel sein, um dir auf sanfte und nebenwirkungsarme Weise Linderung zu verschaffen. Während einige Wirkstoffe am besten in Form optimal dosierter Präparate angewendet werden, lassen sich andere im n Garten anbauen oder in der freien Natur sammeln



Mönchspfeffer (Vitex Agnus Castus) Mönchspfeffer gehört zu den bekanntesten Kräutern in der Frauenheilkunde und wird häufig auch bereits vor der

Wechseliahren bei Menstruationsbeschwerden verordnet. Wechseljahrssymptome können durch die Wirkstoffe des Mönchspfeffer gelindert werden, da sie die körpereigen Progesteron-Produktion anregen.

Die Verwendung von Mönchspfeffer in den Rahmen einer therapeutischen Anwendung Wechseijahren kann dazu beitragen, verbei Wechseliahresbeschwerden auf Mönchs schiedene Symptome zu lindern, wie zum pfefferpräparste aus der Apotheke zurück-Beispiel Hitzewallungen, Stimmungsschwanzugreifen und sich an die empfohlenen kungen, Schlafstörungen und unregelmäßige Dosierungsangaben zu halten. Menstruationszyklen. Es wird angenommen dass Mönchspfeffer die Produktion von Pro-

gesteron fördert, wodurch das hormonelle Ungleichgewicht gelindert wird. Zwar lässt sich Mönchspfeffer auch im eigenen Garten kultivieren und zum Beispiel als Tee zubereiten. Da einige Wirkstoffe nicht

wasserlöslich sind, empfiehlt es sich aber im

Nebenwirkungen können in Form von Hautreizungen und - ausschlägen, Anschwellen der Brüste Gewichtszunahme Konfschmerzen, Magen-Darmbeschwerden auftreten. Bei bestehenden Vorerkrankungen, insbesondere bei östrogenabhängigen Krebserkrankungen sollte Mönchspfeffer nur unter ärztlicher Be treuung eingenommen werden.



damit einhergehenden Zyklusschu kann aber auch bei Schlafproblemen I sein und Stressgefühlen und inner entgegenwirken

Del Mari

Zu Heilzwecken lässt sich ein Schafer mit trockenem oder frischem Kraut z ten. Dazu 1-2 TL Schafgarbenkraut m ml kochendem Wasser übergießen un 5-10 Minuten ziehen lassen. Die Dosi drei Tassen am Tag nicht übersteigen u

Frauenmantel (Alchemilla vulgaris)



Die Wechseliahre auch als Menonaus bezeichnet, markieren das Ende der produktiven Phase einer Frau. Die Zei des Wechsels beginnt durchschnittlich wischen dem 40. und 45. Lebensjahr und lisst sich in vier Phasen unterteilen die auf hormonelle Veränderungen im Körper zurückzuführen sind. Die Über gänge sind fließend und auch einzelne

AB MITTE BIS ENDE 40 ymptome lassen sich meist nicht alleir Die Perimenopause beginnt etwa ein bis zwei Jahre vor der Menopause und dauert iner Phase mordnen bis ein bis 2 Jahre nach der letzten Regelblu tung an. In diesem Zeitraum schwankt der und die Regelblutung finden zunehmene Dauerhaftes Ausbleiben der Periode unrecelmäßig statt, bis die Menstruation

schließlich ganz ausbleibt. Während der Perimenopause sind die Turbulenzen im weiblichen Körper besonders intensiv und es können zahlreiche, individuell sehr unterschiedliche Symptome auftreten Bei manchen Frauen verkürzt sich beispiels weise der Menstruationszyklus, andere berichten von einer stürkeren Rezelblutung manchmal trifft auch beides zu. Die bereits in der Prämenopause beginnenden Symp-

ken sich sogar noch.

Prāmenopause

Diese Phase beginnt typischerweise einige

Jahre vor der eigentlichen Menopause, Wäh-

rend dieser Zeit nimmt die Produktion der

weiblichen Hormone Östrogen und Progeste

ron allmählich ab. Frauen können unregelmä-

fäge Menstruationszyklen, Hitzewallungen

Schlafstörungen, Stimmungsschwankungen

und andere Symptome erleben.

Perimenopause

AB ANFANG 40

Menopause DURCHSCHNITTLICH ANFANG 50 Die Menopause tritt ein, wenn die letzte Mo

natsblutung ein Jahr zurückliegt. In dieser Phase hat der Körper die Produktion vor Östrogen und Progesteron weitgehend einge stellt, Symptome wie Hitzewallungen, Nachtschweiß, vaginale Trockenheit, Schlafstörun gen und Stimmungsschwankungen könner zwar weiterhin auftreten, nehmen aber bei vielen Frauen ab, da such die hormonellen Schwankungen weniger werden.

Postmenopause

AS ANFANG SO BIS MITTE 60 Dies ist die Phase nach der Menopause. In dieser Zeit haben sich die Hormonspiegel Hormonspiegel sehr stark. Auch der Eisprung stabilisiert, und die meisten der typischen Wechseliahresbeschwerden verschwinder Frauen können jedoch immer noch mit langfristigen Auswirkungen der hormonellen Veränderungen wie Knochenverlust (Osteo porose) und Herz-Kreislauf-Erkrankungen konfrontiert sein. Bei manchen Frauen kommt es zu Symp tomen der Vermännlichung wie bspw. einem Damenbart. Das liegt daran, dass sehr viel weniger weibliche Sexalhormone produziert werden, die Menge männlicher Sexualhormone aber gleich geblieben ist. tome halten meist weiterhin an oder verstär

Schluss mit blutig Durchstarten statt durchhängen in den Wechseljahren 192 pages Hardcover April 2024

NO MORE PERIODS **Keeping Fit Naturally** During the Menopause

Schluss

mit

blutia