

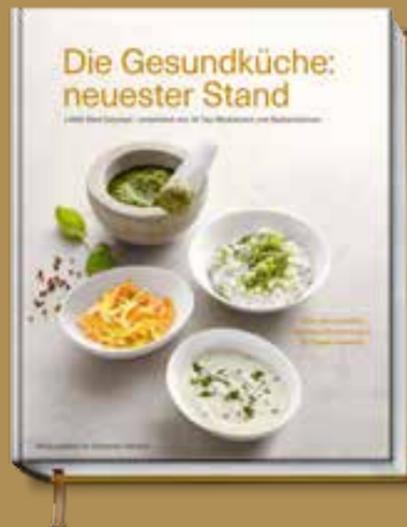


# FALL 2017

## PUBLISHER'S CATALOG

BECKER  
JOEST  
VOLK  
VERLAG

# Famous worldwide: German nutritional medicine and the art of bread baking

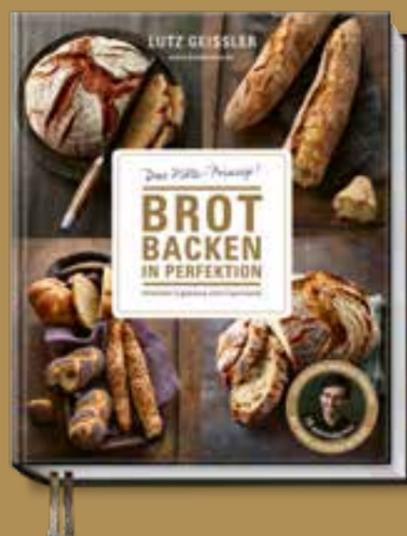


**Over 40,000 copies sold**  
Best book about healthy nutrition in 2016!

**Over 60,000 copies sold**  
Best book about healthy nutrition in 2017!



**Over 30,000 copies sold**  
One-of-a-kind baking method without additives  
and with guaranteed results—the most successful  
bread-baking book in the German book market  
for the last several months!



**Three phenomenal successes!**

"Just a few titles, with the greatest possible care, and with the best minds in the field."

After only 14 years, Becker Joest Volk Verlag is among the German-language publishing houses with the highest sales and ranks number 4 in the cookbook market.

The current top authors include the renowned nutrition expert Dr. Anne Fleck with over 150,000 and the "bread guru" Lutz Geißler with over 120,000 books sold in the German-speaking market.

The publisher's catalog offers a wide range of exclusive cooking and garden books as well as exquisite coffee-table books. The range of topics also extends to health and diet, do-it-yourself, and photography. The books published by Becker Joest Volk Verlag feature only the highest standards of design, photography, and text. Time and again, they have set new standards for their market in the areas of production

and printing. The outstanding quality of the books is also reflected in the numerous awards that the publishing house has received. Each year, about 15 new titles are published.

Not only because of their outstanding success, but also their firm conviction, the 12-member team continues to consistently focus on quality rather than quantity. "Just a few titles, with the greatest possible care, and with the best minds in the field," this is the guiding principle of the team who work for the three publishers. "What we do, we do right."

Books published by Becker Joest Volk Verlag are now being sold in the United States and Australia. And additional licenses are being acquired, for example, in Italy, the Netherlands, Denmark, Finland, Czechia, Slovakia and China.

#### 4 NEW PUBLICATIONS

**BAKE BREAD PERFECTLY WITH SOURDOUGH** – Terrific Results Every Time without Having to Experiment  
**SLIM AND TRIM!** – Lose Weight with the Doc-Fleck Method  
**LOW-CARB VEGETARIAN** – The Healthy Alternative—with Amazing LCHF Recipes for Pizza, Pasta, Bread, and the Like  
**VEGETABLES AS THE MAIN DISH** – Sometimes Even with Meat on the Side  
**YOGA WHILE YOU WAIT**  
**AND TOMORROW WE MEET YESTERDAY** – A Story about Dementia that Reassures and Encourages  
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**HEALTHY CUISINE: BASED ON THE LATEST RESEARCH** – The LANS Med Concept  
**HAPPY HEALTHY FOOD** – Cooking Histamine-Free, Gluten-Free, and Lactose-Free  
**EASY. SURPRISING. LOW CARB.** – The Big LCHF Cookbook  
**COOKING IS THE BEST MEDICINE** – Get Healthy with Delicious Recipes  
**ON THE GRILL** – The Best Recipes, Tips, and Techniques for the Charcoal Grill  
**SMOKE SIGNALS** – Playing with Fire—Grilling, Cooking, and Smoking  
**BOLD AND FEARLESS AT THE STOVE** – Don't Cook Anything That Doesn't Have a Story behind It!  
**VEGAN FOR FIT SUMMIT CHASERS** – The 7-Day Detox Diet  
**VEGAN FOR FIT** – Attila Hildmann's 30-Day Challenge  
**VEGAN FOR FUN** – Modern Vegetarian Cuisine  
**VEGAN FOR STARTERS** – The Simplest and Most Popular Recipes From His Four Cookbooks  
**THE COOKING BIBLE** – Divine Cooking with the Kitchen Mixer  
**STAR SNACKS** – Little Magic Tricks from an Award-Winning Kitchen  
**LE GRAND BORDEL**  
**MARIA LUISA CAN'T DO IT ANY OTHER WAY** – Chickling Peas, White Truffles, and a Pinch of Madness  
**STAATS' SECRETS** – Mediterranean Recipes  
**WORKSHOP: SPICES** – Expertise for Beginners and Professionals with over 200 Simple yet Exquisite Recipes  
**SOUPS, STEWS, AND CASSEROLES**  
**HOUSE BRAND** – How You Can Make Favorite Foods Healthy and a Lot More Tasty Yourself  
**BJÖRN FREITAG SMART COOKING** – It Doesn't Get Any Simpler  
**THE BACON EXTRAVAGANZA** – The Cookbook  
**HEARTY VEGETARIAN** – Braising • Baking • Frying • Roasting • Breading • Grilling  
**STREET FOOD** – Hearty Vegetarian  
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#### 76 DO IT YOURSELF

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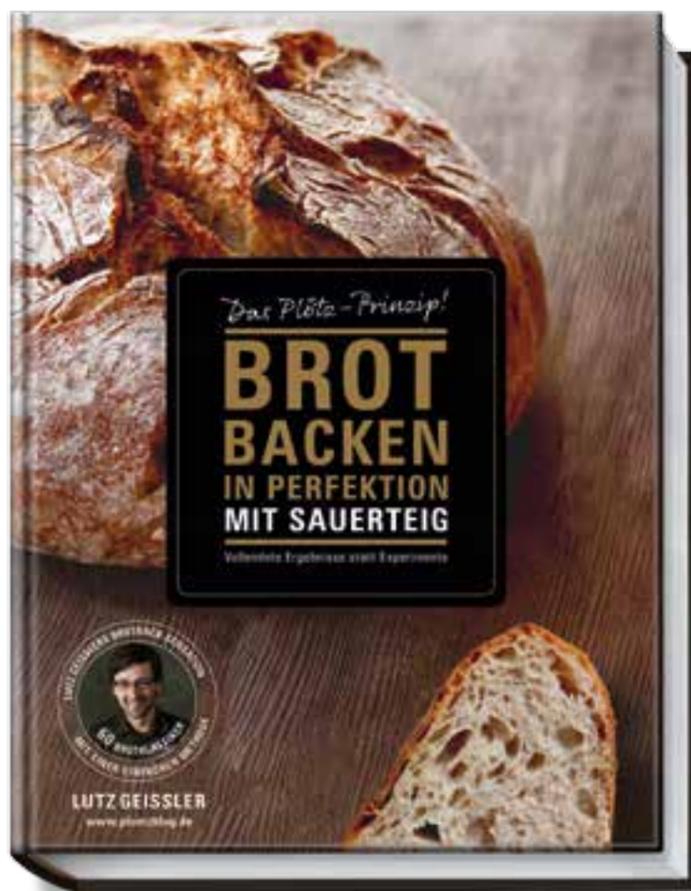
#### 86 PHOTOGRAPHY

**WORK**  
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**BEFORE AND AFTER GARDENS** – Properly Planning Modern Gardens  
**GARDEN IDEAS** – Accents for Small and Large Gardens  
**WATER IN THE GARDEN 2** – The Big Idea Book  
**GARDEN AND TERRACE** – The Big Idea Book  
**TERRACES AND SEATING** – The Big Idea Book  
**MODERN GARDEN CONCEPTS** – Matching Landscaping to Architecture  
**BIG LITTLE GARDENS** – How to Optimize the Effect and Use of Space  
**GREEN ISLANDS** – Small Gardens in the City  
**GARDEN HOUSES, SUNROOMS, AND CANOPIES** – The Big Idea Book  
**DESIGN WITH PLANTS** – Modern Architecture in the Garden  
**DESIGN FOR EASY-CARE GARDENS** – The Big Idea Book

Reading samples:  
[www.bjvvlinks.de/1011](http://www.bjvvlinks.de/1011)



## BAKE BREAD PERFECTLY WITH SOURDOUGH

**Terrific Results Every Time without Having to Experiment**

*Text* Lutz Geißler  
*Photos* Hubertus Schüler  
 approx. 192 pages, approx. 200 photos,  
 format 21 × 27 cm (9.3 × 11 inches),  
 hardcover with dust jacket  
*Words* approx. 31,840  
*Characters* approx. 198,728

EUR 29.95 (D)  
 ISBN 978-3-95453-139-4,  
 DP: September 2017



Is it hard to make  
**perfect sourdough bread?**  
 Well, not any more!

### A brilliant way to bake perfect sourdough bread

The Plötz Method for baking yeast bread was and is a successful best seller. Lutz Geißler now shows beginners how to bake perfect sourdough bread. He has developed special tricks and extremely precise recipes that completely eliminate the need for special equipment like steam ovens and dough proofers, which usually only commercial bakers have. All you need is a normal oven and flour from the grocery store. You don't even need a bread maker or stand mixer to make perfect bread.

Lutz Geißler turns traditional German sourdough bread upsidedown, using only the smallest amount of sourdough and giving the dough at least 24 hours to rise. Within an extremely practical time window of 12 and 24 hours, all of the steps can be completed in just a few minutes. The 60 classic recipes selected for their characteristic flavor and outstanding taste include rye bread, *Schusterjunge* rolls famous in Berlin, cracked wheat bread, and pumpernickel. In addition, the book offers many recipes using

wheat and spelt to make favorites that include baguettes, ciabatta, and breakfast rolls. Sweet treats such as milk bread rolls, cakes, brioches, and *Franzbrötchen* (pastry common in northern Germany) can also easily be made using sourdough. With precise step-by-step instructions, everything turns out perfectly. A comprehensive section explains the basics about baking sourdough bread and provides practical tips on how to bake bread using the most natural methods available.

The follow-up to the best seller  
*Bake Bread Perfectly*

The predecessor has sold more than  
 35,000 copies since it debuted!

From the most successful German  
 bread-baking author and blogger





**Finally a solution to overcoming an uncontrollable appetite**—by changing your diet, reprogramming your fat cells, and learning simple new habits.



**SLIM AND TRIM!  
Lose Weight with the  
Doc-Fleck Method**

*Text* Dr. med. Anne Fleck  
*Recipes* Su Vössing  
*Photos* Hubertus Schüler  
approx. 224 pages, approx. 90 photos,  
format 19 × 24 cm (7.5 × 9.5 inches),  
hardcover

EUR 29.95 (D)  
ISBN 978-3-95453-140-0,  
DP: October 2017



**Lose weight with Doc Fleck**

Dr. Anne Fleck succeeds where others have failed, helping people to lose weight even when they have tried countless times in the past. The renowned doctor with her own television series starts where short-term diets fail: She focuses on the “self-directed change of eating habits.” After that, progress only goes in one direction, namely in the direction of your ideal weight. Just like a couch potato can gradually become interested in exercise until they can no longer live without it, a person who eats too much or eats the wrong things can be led back on the right course until they themselves prefer eating healthy foods in moderation. Surprisingly, the reason why the Doc-Fleck Method is successful is the same reason why people gain weight. Because of our biological and emotional drive, we are often so stuck in our ways that we continue to follow these no matter if they cause us to get fat or thin. The method is simple and works just the same for people who are 3 kg or 40 kg overweight and leads to a permanent change

of eating habits. The book guides you through all of the important phases: taking inventory, recording your eating patterns, setting your goals, and following the instructions for “reprogramming,” along with regular checks to monitor your progress. The delicious recipes for everyday cooking were created specially together with the top chef Su Vössing. Anne Fleck has set an entirely new standard for diet books and offers people who want to lose weight a true chance to escape the continual up and down numbers on the scale.

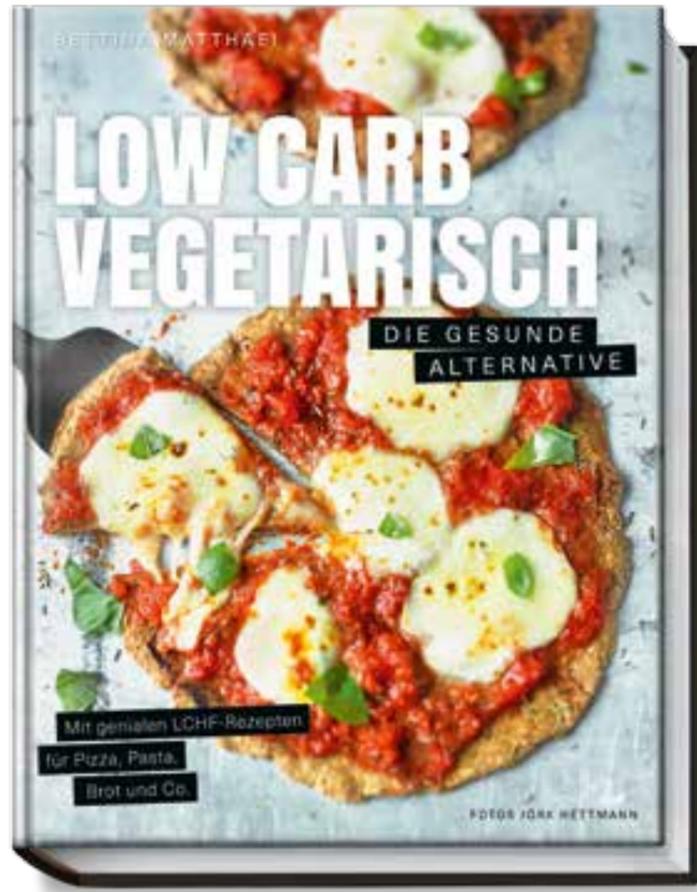
**The most successful diet for the long term—based on the latest research**

**By the best-selling author Dr. Anne Fleck**

**Over 80,000 books sold by the author in the German-speaking market**



**A low-carb diet in its most healthy form**



**LOW-CARB VEGETARIAN**  
**The Healthy Alternative— with Amazing LCHF Recipes for Pizza, Pasta, Bread, and the Like**

*Text* Bettina Matthaei  
*Photos* Jörk Hettmann  
approx. 192 pages, approx. 80 photos, format 21 x 27 cm (9.3 x 11 inches), hardcover with dust jacket  
  
EUR 29.95 (D)  
ISBN 978-3-95453-146-2,  
DP: December 2017

**LOW CARB HIGH FAT—enjoying vegetarian**

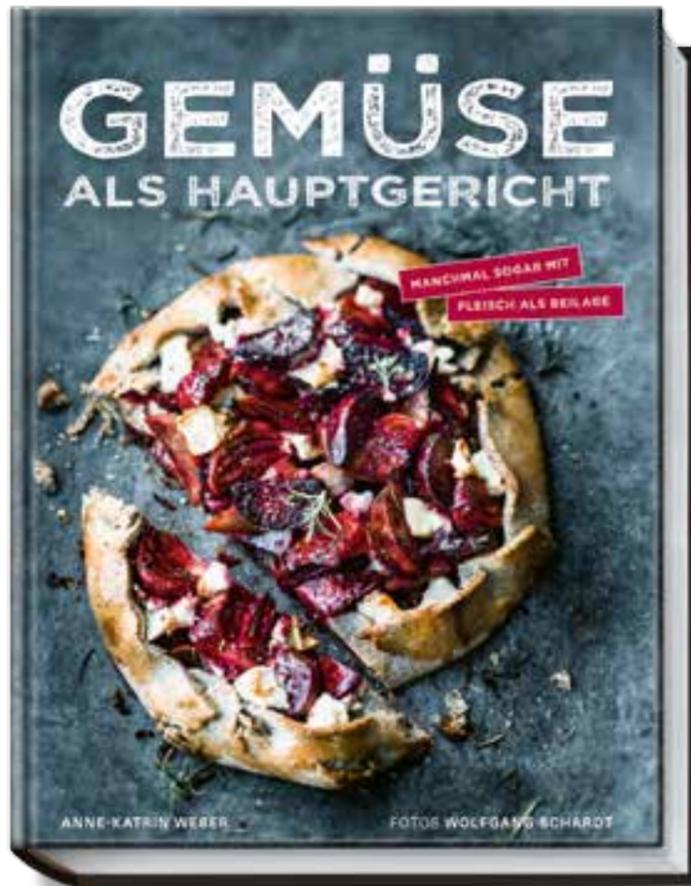
The number of people who want to live at least mostly vegetarian is only increasing. However, a traditional vegetarian diet can lead to weight gain because many recipes contain a high amount of complex carbohydrates in the form of pasta, rice, bread, and sugar. At the same time, the trend has moved away from “low fat” to “low carb” and in particular to “low carb high fat” (LCHF), a type of diet that focuses on substantially reducing carbohydrates in favor of consuming healthy fats with sufficient quantities of protein. In her new book, Bettina Matthaei brings these two diets together and creates recipes that not only taste amazing but also help people lose weight successfully. These carbohydrates are mainly from vegetable varieties that are low in starch. The protein comes from dairy products, tofu, and eggs, as well as protein-rich nuts and seeds. And the fat content is significantly increased

by using oils, nut butters, olives, almonds, coconut, and avocados. Following up on her book *Easy. Surprising. Low Carb.*, Bettina Matthaei presents new LCHF versions of pizza, spaetzle, purées, vegetarian meat balls, and dumplings as well as recipes for breads, flatbreads, and crackers that can be used to prepare a perfect breakfast, lunch, or dinner—all vegetarian, all tasty.

**Very well the best book on the low-carb, vegetarian trend**

**Written by Bettina Matthaei, renowned author with over 350,000 cookbooks sold**

**Successor to the popular title *Easy. Surprising. Low Carb.***



### VEGETABLES AS THE MAIN DISH

Sometimes Even with Meat on the Side

Text Anne-Katrin Weber  
Photos Wolfgang Schardt  
approx. 192 pages, approx. 90 photos,  
format 21 x 27 cm (9.3 x 11 inches),  
hardcover with dust jacket  
Words approx. 30,203  
Characters approx. 197,361

EUR 29.95 (D)  
ISBN 978-3-95453-142-4,  
DP: September 2017

#### Modern and delicious—sometimes with and sometimes without meat

Everything revolves around vegetables in this new cookbook by Anne-Katrin Weber. After completing a series of vegetarian cookbooks, the well-known author is now focusing entirely on vegetables, and here they take center stage as the main dish. Many of the recipes are vegetarian, but now and again meat and fish are welcome additions to the stars from the vegetable garden. So there is something for everyone—no matter whether for meat lovers or the increasing number of flexitarians, who eat primarily but not exclusively vegetarian. And for all those who prefer 100% vegetarian recipes, the author also offers meat- and fish-free alternatives.

All year round and in every season, vegetables tempt us with their amazing colors, shapes, and flavors—and on top of that they are also healthy. This cookbook contains both 20-minute recipes that can be easily incorporated into your daily life and more elaborate recipes to make as special treats for guests. But what the 80-plus recipes

have in common is that they are all delicious. Along with a wide variety of dishes, the book is filled with useful information about vegetables. How does a spring asparagus dish with a white bean purée, bacon, and sage sound? Or a Mediterranean eggplant and mozzarella burger or a crispy tomato tart? The list continues with dishes for autumn such as red beet gnocchi and stuffed noodle rolls with pumpkin and lentils. And in winter hearty and warming dishes such as borsch with duck meat or stuffed cabbage with a sweet chestnut filling.

For anyone who would like to eat more vegetables but doesn't want to give up meat entirely

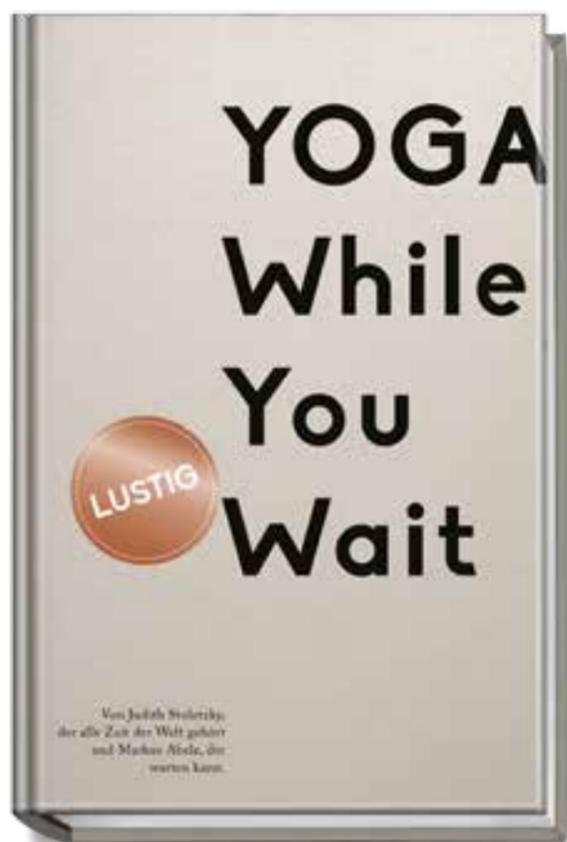
By the successful author Anne-Katrin Weber, who has already sold over 35,000 books

This is how healthy and modern cuisine tastes today



“One in two people want to eat more vegetables. We show you how to do this with much enjoyment.”





## YOGA WHILE YOU WAIT

*Idea and text* Judith Stoletzky  
*Photos* Markus Abele  
 approx. 108 pages, approx. 40 photos,  
 format 14 × 21 cm (7.5 × 9.5 inches),  
 hardcover  
*Words* approx. 8,600

EUR 16.00 (D),  
 ISBN 978-3-95453-147-9,  
 DP: September 2017

### Waiting is a gift

Be grateful for every traffic jam and telephone call where you get put on hold. Be happy when the waiting room is full or if you miss your flight. And be deeply thankful if the person you are meeting comes late. Now you have time for yoga. You don't need a yoga studio, yoga mat, or fancy yoga pants to gain strength, equanimity, and flexibility. All you need is totally normal everyday situations and a little bit of bad timing. After a while, you will see how you develop a truly positive attitude—externally and internally. Just give it a little time.

**Omshantischubidubidu.** Finally a yoga book that takes a look at the ever growing megatrend yoga with humor that is long overdue and a healthy pinch of self irony. It gives a nod of recognition to those who are already practicing yoga and invites those who aren't

yet a part to integrate a yoga exercise here and there, without any time investment. The book combines practical, high-quality aesthetics with subtle humor as well as artistic photography with humorous text. The instructions are technically sound and in this yoga book, for a change you won't find any lotus blossoms growing far or wide.

The perfect gift for the millions out there who are crazy about yoga

By the well-known book author and columnist Judith Stoletzky

Fun to read and includes small exercises that can make a big difference

Waiting for the summer.



Waiting to go up.



You definitely weren't waiting for this. But the waiting was worth it.

Waiting for catharsis.



Waiting for lunch dinner.



**Dr. Carsten Lekutat**

*Dr. Carsten Lekutat is a general practitioner and sports physician. He is the director of the Hausarztzentrum in Tegel (Center for family medicine, HIT) in Berlin.*

**Regularly on TV with two of his own shows**

*From 2011 to 2014, he moderated two weekly prime-time shows on the German TV station WDR titled "Der Gesundheitsmacher" (Restore your health) and "Raus aus dem Stress" (Leave stress behind). By 2012 Lekutat had taken over as moderator for the weekly health program "Fit und gesund" (Fit and healthy). In addition, he also had a weekly show on the German station MDR called "Hauptsache gesund" (Health is the most important thing). Dr. Carsten Lekutat has authored several books and also tours throughout Germany as a cabaret artist with his own stage show.*

**Dementia—the true guide to happiness**

"Life is like cotton candy," says Oliver Fischer, also known as Fish. "At first, you don't notice if a small piece is missing. But at some point, all that is left is a dry wooden stick."

The musician Fish was in the middle of life when he was diagnosed with dementia and his world began to fall apart. And everyone knows that dementia is a terrible disease. But is that really true? Is dementia really terrible? Fish questions this. Even if his life is changing and the disease is advancing irreversibly, he does not feel dementia to be the end, but rather the beginning of something new. Fish is not alone on his path. A medical student accompanies him as he sets out on a journey from the outer world to his personal inner world. With every lost memory from his life, he gains new sensations and insights. Initial anxiety is transformed

into confidence and deep happiness. There are many books and personal stories about dementia. But *And Tomorrow We Meet Yesterday* is different. **It is a positive book and a call for mindfulness in life—with or without dementia. And perhaps it is even a true guide to happiness.**

**A brilliantly written story that offers a new view of dementia**

**For those who are afraid of dementia or want to better understand people who have dementia**

**Includes simple tests that you can try out for yourself or with your loved ones**

**AND TOMORROW WE MEET YESTERDAY**

**A Story about Dementia that Reassures and Encourages**

*Text* Dr. Carsten Lekutat, approx. 200 pages, format 15 × 21 cm (5.9 × 8.3), hardcover  
*Words* approx. 36,470 *Characters* approx. 229,384

EUR 19.95 (D), ISBN 978-3-95453-144-8, DP: September 2017



## VEGETARIAN AND VEGAN—The Right Way! The Benefits and Risks of a Plant-Based Diet from a Medical Point of View

*Text* Dr. med. Irene Epple-Waigel and Dr. med. Udo Böhm *Editing* Ulrike Schöber,  
approx. 220 pages, format 15 × 21 cm (5.9 × 8.3), folded brochure  
*Words* approx. 42,983 *Characters* approx. 328,132

EUR 19.95 (D), ISBN 978-3-95453-143-1, DP: September 2017

### Dr. med. Irene Epple-Waigel

*Before she took her medical exams in 1990, Irene Epple was an alpine ski racer and a silver medal winner at the World Championships and Olympic Games. As the wife of the former federal minister of finance Theo Waigel and the mother of a son, she was actively involved in foundations and projects focused on preventing childhood diseases and violence against children. The subject of nutrition has interested her ever since she was a professional athlete. She is a vegetarian out of conviction and eating an optimal vegetarian diet is a top priority for her.*



### Dr. med. Udo Böhm

*Udo Böhm was a longtime senior partner of a large rural general medical practice with a preventive medical department that specialized in nutritional counseling, health and fitness, stress management, environmental medicine, and motivational training. Most recently, he has focused more closely on the biochemistry and metabolism of a healthy diet and how to best implement such a diet into daily life. Udo Böhm is a vegetarian, author of numerous medical books and articles, and an internationally active speaker, who has developed several preventive programs.*



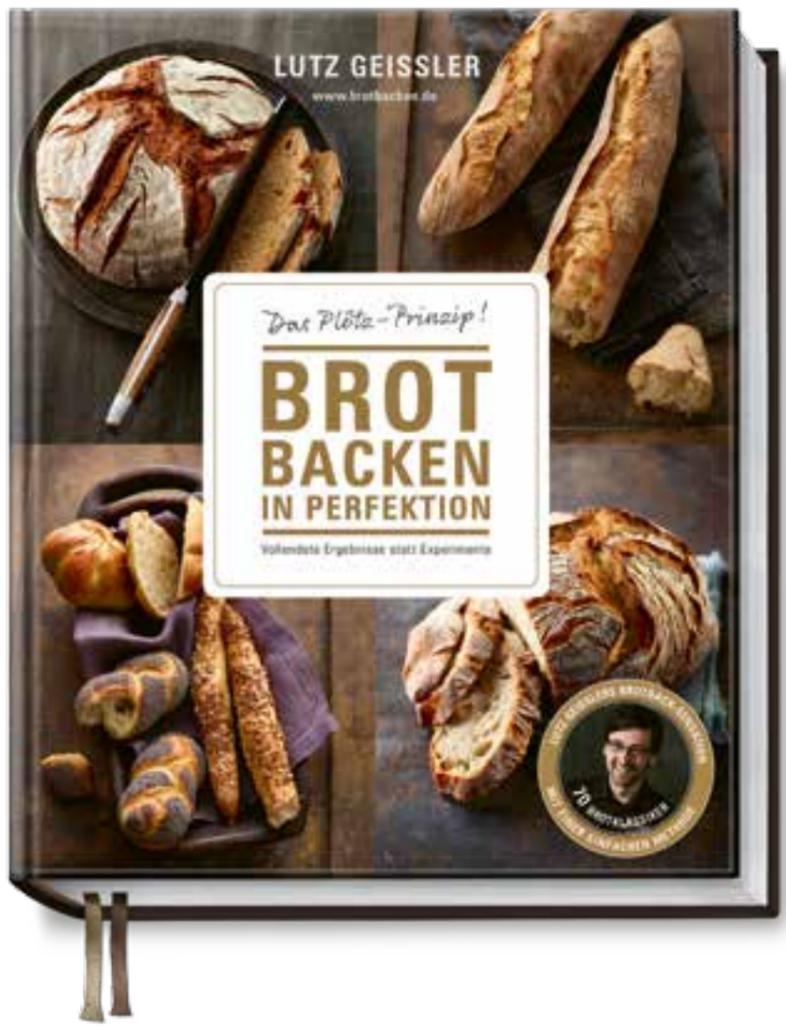
### Vegetarian and vegan without risks

Even experienced doctors flounder when they are faced with specific questions about whether a vegetarian or even vegan diet is advisable for a certain patient. What aspects need to be taken into consideration, for example, in the case of pregnancy or preexisting conditions, and what do you have to watch out for? Questions and more questions on a subject that now concerns many millions of people. The decision to refrain from eating meat, fish, and in extreme cases also milk, eggs, and cheese can indeed lead to serious problems, in particular, if it is accompanied by careless eating habits. Dr. Irene Epple-Waigel and Dr. Udo Böhm have compiled all of the relevant information here, and from a medical point of view have thoroughly examined both

the advantages and risks. The result is an informative book about healthy, plant-based diets that is informative for both patients and doctors alike and clears up issues where people often have only partial or superficial knowledge. Unlike confusing and contradicting nutrition trends, the book also offers valuable advice on planning a healthy, whole-foods diet and avoiding common mistakes.

**Facts and background information on one of the biggest nutrition topics from a medical point of view**

**Current practical background information for anyone who is interested in a plant-based diet**



**BAKE BREAD PERFECTLY**  
**Terrific Results Every Time without Having to Experiment**

*Text* Lutz Geißler  
*Photos* Hubertus Schüler  
 192 pages, 200 photos,  
 format 23.5 x 28 cm (9.3 x 11 inches),  
 hardcover with dust jacket  
 and 2 bookmarks  
*Words* approx. 30,681  
*Characters* approx. 178,664

EUR 29.95 (D)  
 ISBN 978-3-95453-104-2



**The new Lutz Geißler Method. Perfect bread without having to experiment!**  
 For maximum results using minimum yeast and equipment.

**And you can achieve great results too!**

The joy of baking bread hinges on whether or not you experience success. This, however, does not depend on how difficult the recipe is, but rather on how exact the preparation steps are described. With this book, our goal was to make perfect-looking, tasty bread using the simplest ingredients.

Lutz Geißler, the most successful German author on bread baking, has carefully adapted the recipes so that they can be made using the standard equipment you have in your kitchen at home. When it comes to appearance, the breads here can easily compete with comparable products from the bakery, and on top of that they are also free from any additives and are unparalleled in taste. The two basic doughs, which can easily be kneaded by hand, only call for very small amounts of yeast and rise at room temperature in

about 24 hours. They are baked either in a saucepan or on baking sheets in the oven. Using this method, it is surprisingly easy to make perfect wheat or spelt breads, even with the addition of rye flour. With these precise step-by-step instructions, beautiful breads that are crispy on the outside and soft on the inside seem to turn out perfectly all by themselves.

Over 35,000 books sold, already in the fifth printing

Repeatedly #1 in the Amazon category for baking

Also suitable for beginners without a mixer or any other special equipment





**Modern healthy cuisine** has never been easier!



**THE 70 EASIEST HEALTHY RECIPES**  
**Quick, Simple, and Delicious**

*Text* Dr. med. Anne Fleck  
*Recipes* Su Vössing  
*Photos* Hubertus Schüler  
192 pages, 80 photos,  
format 23.5 x 28 cm  
(9.3 x 11 inches),  
hardcover with dust jacket  
*Words* approx. 35,040  
*Characters* approx. 235,767

EUR 29.95 (D)  
ISBN 978-3-95453-137-0

**Healthy enjoyment as easy as it gets**

If you follow these recipes, you'll find out that most of the work has already been done for you. We have put together a collection of easy, healthy dishes with ingredients that are optimally balanced so that they can effectively support the processes in your body. Cooking should be fun, and more than anything it should be uncomplicated and fit well into your daily routine. Dr. Anne Fleck, a well-known nutrition expert in Germany, is convinced of this: "Healthy enjoyment and easy preparation do go hand in hand." For months now, Anne Fleck's books have been at the top of the cookbook best-seller lists in Germany.

*The 70 Easiest Healthy Recipes* is based on the latest scientific research, is free from rigid dogmas, and clears up outdated nutritional misunderstandings. Above all, the author has one major goal. She wants to offer us a simple escape from the jungle of circulating

nutritional hype and show us just how much enjoyment can be reaped from preparing and eating healthy foods. Together with the top chef Su Vössing, Anne Fleck has developed 70 delicious recipes that are simple and at the same time exquisite and that don't require you to follow any complicated nutrition tables. Cooking and eating can't get much easier—and it will help you improve your health.

The follow-up to the best seller  
*The 50 Healthiest 10-Minute Recipes*

Predecessor sold over 60,000 copies  
in the German-speaking market

First printing of 10,000 copies sold out  
after only two weeks



**THE 50 HEALTHIEST 10-MINUTE RECIPES**

*Author* Dr. med. Anne Fleck  
*Recipes* Su Vössing  
 192 pages, 90 photos,  
 format 23.5 x 28 cm, (9.3 x 11 inches),  
 hardcover with dust jacket  
*Words* approx. 25,649  
*Characters* approx. 172,206

EUR 28.00 (D)  
 ISBN 978-3-95453-103-5



Not only the fastest most delicious food you will have ever made, but also the healthiest!

**A healthy diet can be this fast and tasty!**

Dr. med. Anne Fleck, renowned nutrition expert from Hamburg, and Su Vössing, once Germany's youngest award-winning chef and also the author of *Cooking is the Best Medicine*, have jointly developed 50 unique recipes that are not only amazingly delicious but also very good for your health. The fact that all of these dishes can really be prepared in only 10 minutes is a great gift for the many people who want to eat a healthy and uncomplicated diet on a daily basis.

Dr. med. Anne Fleck selected the ingredients for this book to be in line with the latest research in the field of nutritional medicine so that even eating one healthy meal a day is enough to provide your body

with all of the necessary vitamins, trace elements, fatty acids, and phytonutrients. And many of the dishes also work well for the office or when you are on the go. The book also includes short sections on the nutritional benefits of specific foods.

Over 60,000 copies sold in the German-speaking market

Proof that a tight schedule and healthy living can go together

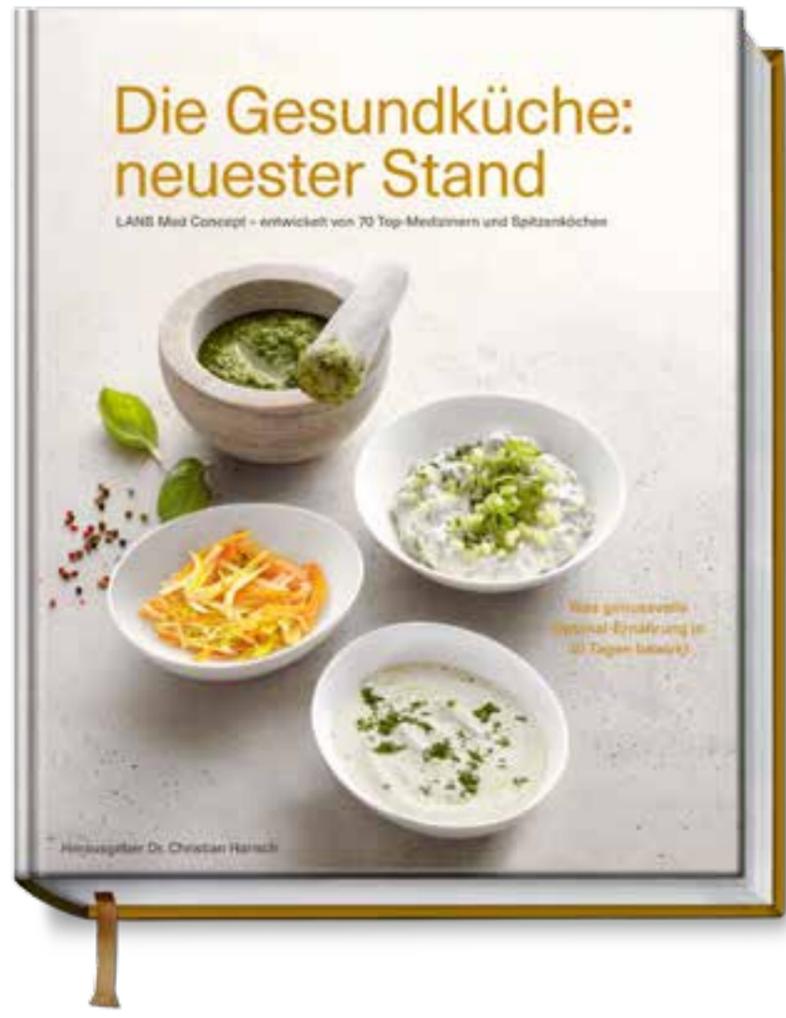
From the now most successful author in the field of health and diet





Dr. med. Anne Fleck

One of the best prevention diets: developed by a team of 70 top physicians, chefs, and nutrition experts



HEALTHY CUISINE: BASED ON THE LATEST RESEARCH The LANS Med Concept: Developed by 70 Top Physicians and Chefs

Editor Dr. Christian Harisch Authors The medical team and nutrition specialists at the renowned Lanserhof medical spas, presented by Dr. med. Anne Fleck Recipes Claus Jenewein and Karsten Wolf Photos Hubertus Schüler 264 pages, 134 photos, large format 23.5 x 28 cm (10.6 x 12.2 inches), hardcover with dust jacket and bookmark Words approx. 39,880 Characters approx. 255,600

EUR 34.00 (D) ISBN 978-3-95453-092-2

State-of-the-art nutrition—88 recipes that provide your body with optimal nourishment

In this cookbook, Dr. med. Anne Fleck presents the renowned LANS Med Nutrition Concept. Instead of just another fad diet, the focus here is on truly healthy cuisine that in all aspects reflects the latest nutrition research. With 88 original recipes, the nutrition concept that each year draws many celebrities, politicians, and managers from all over Europe to Lanserhof resorts to relax and reenergize, is finally also available for you to use at home.

An international expert team of physicians, nutrition specialists, and chefs continually takes the latest medical findings about a holistic, healthy diet to further develop the Energy Cuisine concept. It features a great deal of variety, easy preparation, and, above

all, fresh, regional foods—and it is ideal for a 30-day health cure aimed at alleviating physical ailments or high levels of stress. If necessary, it is also an effective and healthy way to lose excess weight.

More than 35,000 copies sold! Already in the third printing.

Number 1 book on Amazon! (January 12, 2016)

What you can achieve with optimal nutrition in just 30 days



» Nutrition experts estimate that **20%** of us could quickly increase our well-being by eating this way. «

**HAPPY HEALTHY FOOD**

**Cooking Histamine-Free, Gluten-Free, and Lactose-Free**

*Text* Nathalie Gleitman  
*Photos* Klaus Arras, Liya Goldman  
*Food styling* Katja Briol  
 256 pages, 120 photos,  
 format 19 x 24 cm (7.5 x 9.5 inches),  
 hardcover  
*Words* approx. 39,561  
*Characters* approx. 234,055

EUR 24.95 (D)  
 ISBN 978-3-95453-126-4



*"These recipes will make you satisfied and happy."*  
 IN Magazine, March 2017

Recommendation from ZEIT-Magazin online:  
**"Finally, tolerance for intolerance!"**  
 April 2017

**Identifying and healing food intolerances**

As we get older, food intolerances often turn into a major issue if we don't pay attention to them. At some time in their life, one in ten people get so sick that they have to take major steps to change their diet. This is how it was for Nathalie Gleitman, a young German-Israeli marketing student who is a fun-loving globetrotter and has places of residence in Munich, London, and Tel Aviv. But simply giving up all of her favorite foods wasn't an option for her. She has therefore made a virtue of necessity and put all of her effort into using foods she could tolerate well to create delicious, varied recipes that fit to her lifestyle and are an enjoyable part of her daily routine. "I needed these limitations in order to rediscover the amazing variety that is out there. For me, this was a dietary stroke of luck." Her difficult health problems disappeared after only a few days, and her success quickly spread on social media. Countless people were suddenly asking her for advice and recipes. Helping

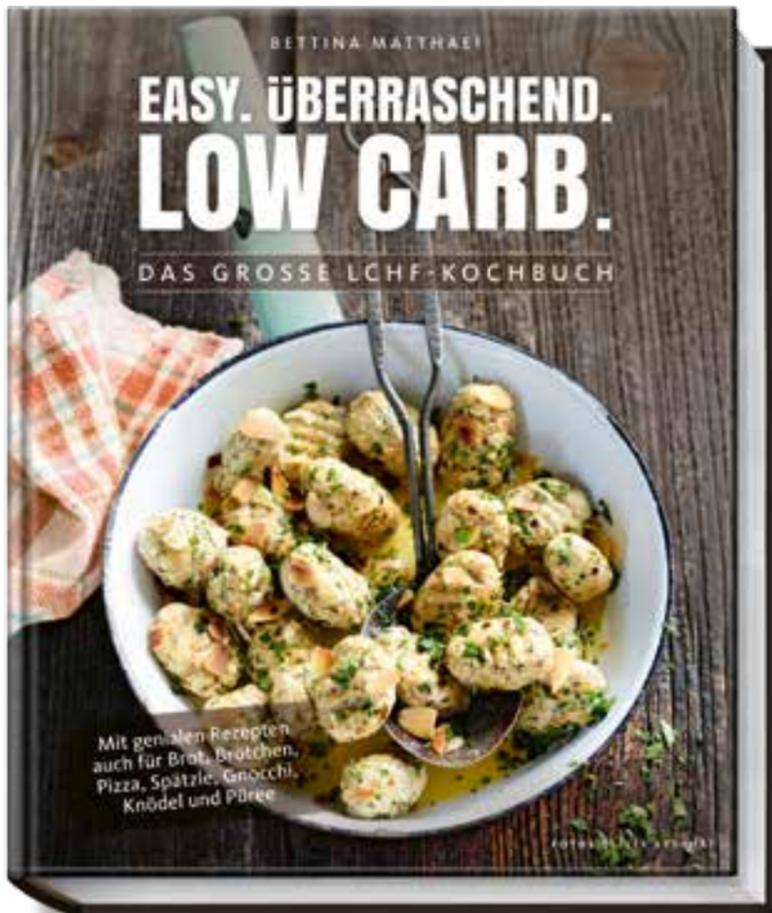
people get rid of their ailments and find their joie de vivre again was exactly her thing. She immediately decided to finish her studies after her bachelor's degree and take a different direction. For her first book, she has developed over 100 recipes that can quickly help those who suffer from histamine, gluten, or lactose intolerance. If symptoms disappear within just a few days, then this is a good indication that a food intolerance may be the cause of unresolved health issues.

**The lifestyle cookbook for histamine, gluten, or lactose intolerance**

**A life-affirming alternative to the many "I am sick" nutrition books**

**Large media interest for the topic and the author's story**





**EASY. SURPRISING. LOW CARB.**  
**The Big LCHF Cookbook**

*Text* Bettina Matthaei  
*Photos* Oliver Brachat  
192 pages, 77 photos,  
format 23.5 x 28 cm (9.3 x 11 inches),  
hardcover with dust jacket  
*Words* approx. 35,144  
*Characters* approx. 206,770

EUR 29.95 (D)  
ISBN 978-3-95453-112-7



Fantastic low-carb recipes, including breads, rolls, dumplings, gnocchi, pizza, spaetzle, purées, and fried potatoes

**Low carb has never tasted so good**

It is probably the most successful diet in recent times. Cutting out rich carbohydrates is an effective way to see success on the scale. And you can eat lots of meat, fish, eggs, and even bacon, salami, and cheese. What sounds like paradise soon becomes a bit monotonous, mostly because your favorite side dishes and delicious breads aren't on the menu.

This new book by the low-carb specialist Bettina Matthaei is a small revolution. With great care, she has developed extraordinary tasting breads—deserving of the name—and also created low-carb versions of many popular side dishes. Now it is no longer a problem if you crave bread, pizza, or fried potatoes because all of these and more are now here in really delicious low-carb recipe variations.

The author conveniently wrote the recipe sections for main dishes and sides separately from one another, which means that they can easily be combined in many different ways. When it comes to variety and taste, this book introduces a new low-carb cuisine that gives the same results but tastes astoundingly better.

**The big low-carb cookbook with expert tricks for breads and side dishes**

**By the low-carb specialist and book author Bettina Matthaei**

**First printing sold out in 2 months**





Indulging instead of enduring.  
Enjoyment instead of side effects.



## COOKING IS THE BEST MEDICINE

Get Healthy with Delicious Recipes

*Authors* Su Vössing and Bettina Snowdon  
*Photos* Hubertus Schüler and Justyna Krzyzanowska  
304 pages, 95 photos, large format  
22 × 28 cm (10.6 × 12.2 inches),  
hardcover with dust jacket  
*Words* approx. 76,980  
*Characters* approx. 458,400

EUR 29.95 (D)  
ISBN 978-3-95453-037-3



### Prevent, alleviate, cure

Millions of people are affected by the typical lifestyle diseases. These are very often caused by unhealthy eating habits over many years. With this valuable cookbook based on the body's immune system and self-healing abilities, you have the opportunity to return to good health in six weeks—just by eating properly.

Eating right can make you healthy again and eliminate the need for medications. In this way, you can successfully alleviate and treat chronic fatigue, muscle cramps, irritable bowel syndrome (IBS), constipation, menopause symptoms, high cholesterol levels, high blood pressure, diabetes type 2, gout, and arthrosis—simply by eating right.

The top chef Su Vössing, along with the nutrition scientist Bettina Snowdon, has developed a nutrition plan in this book that includes over 70 amazingly simple, tasty, and beneficial dishes. All of the recipes

are suited for everyday life and for special occasions, and they all help to alleviate symptoms and heal your body. A well-thought-out marking system indicates how each recipe will affect particular health problems. The book provides practical tips for smaller meals and very good basic information that is easy to understand about the ten most common diet-related diseases.

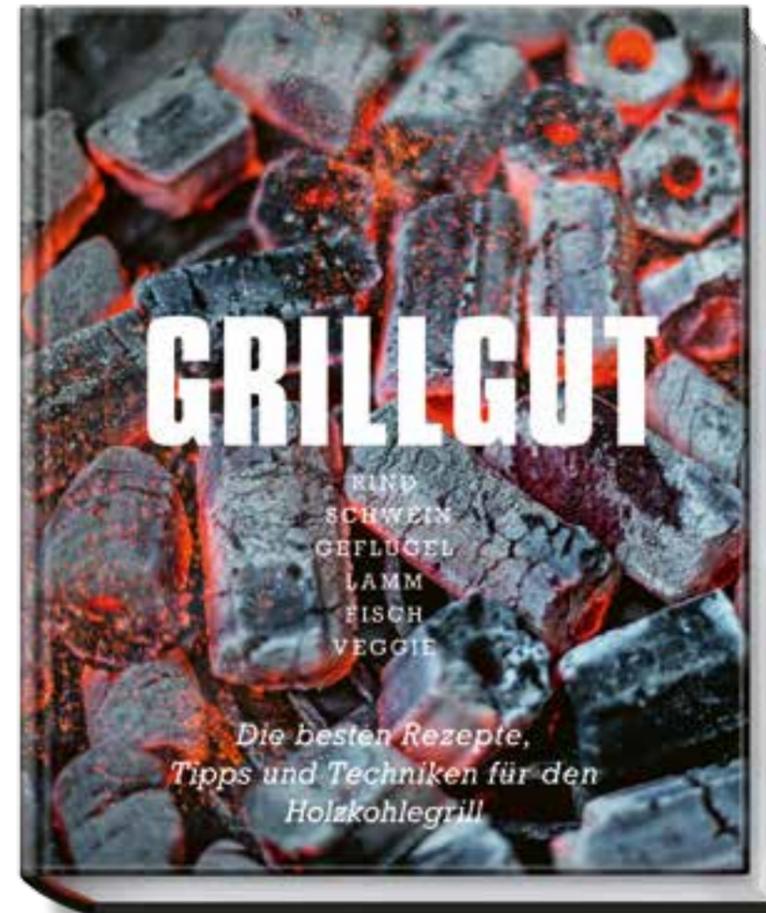
In the third print run, already more than 15,000 copies sold

A countless number of people currently suffering could use this book to alleviate or cure their health problems

Delicious recipes that are suited for special occasions as well as for everyday life



**The taste makes all the difference:** the best grill recipes with beef, pork, lamb, poultry, and fish, and also vegetarian options!



### ON THE GRILL

**The Best Recipes, Tips, and Techniques for the Charcoal Grill**

*Author* Angelo Menta  
*Photos* Hubertus Schüler and Justyna Krzyzanowska  
 344 pages, 272 photos, format 23.5 × 28 cm, (9.3 × 11 inches), hardcover with dust jacket  
*Words* approx. 50,946  
*Characters* approx. 306,669

EUR 34.00 (D)  
 ISBN 978-3-95453-074-8

### A grilling book that sets new standards!

We rented a house at an artists retreat for six months so that our author and grill expert Angelo Menta would have a place where he, along with many hungry food tasters, could test and optimize hundreds of grill recipes for his new cookbook. The result is a big grilling book with a clear strategy. The food is grilled exclusively over charcoal, all of the ingredients are easy to find in German stores, and the book was written without any input from a large manufacturer. This is how a typical Angelo Menta grilling book came into being, one that relies on solid, clearly described grill expertise and explains not only how to grill successfully, but also the principles behind the instructions. All of the recipes are simple, easy to understand, and interspersed with interesting information

about the products. The recipes selected show that good grilling isn't the result of maximum effort, the most expensive ingredients, and fancy equipment, but rather simply doing the right thing at the right time and enjoying great events with delicious food and friends and guests.

Solid stellar recipes for true charcoal grill fans

From the grill professional Angelo Menta  
*(Bold and Fearless at the Stove and Smoke Signals)*

Rights have already been sold to Czechia and Slovakia





**SMOKE SIGNALS**  
**Playing with Fire—**  
**Grilling, Cooking,**  
**and Smoking**

*Text* Angelo Menta  
*Photos* Hubertus Schüller,  
 192 pages, 158 photos, format  
 23.5 x 28 cm (10.6 x 12.2 inches),  
 hardcover with dust jacket  
*Words* approx. 22,720  
*Characters* approx. 149,030

EUR 29.95 (D)  
 ISBN 978-3-95453-018-2

**Eleven new cooking methods**  
 for grilling, smoking, and cooking  
 enjoyment out under the open sky



**For the ultimate in fun on glowing coals**

*Smoke Signals* is about the love of cooking and grilling under an open sky. There are exciting alternatives to the simple grill: a Dutch oven over an open fire or a potjie pot. Buried in the earth or cooking on a spit. Frying and roasting in iron pans, pots, or braziers. Ingenious techniques and recipes for cooking with fun, fire, and smoke. A unique way to get the most out of each dish. Fruit flambé over an open flame, wraps sizzling on the grill, and fries and pan pizza cooked right in the camp fire! Experience for yourself lamb chops turning over the glowing embers and smell fragrant bread baking in a cast-iron pot. *Smoke Signals* is the book for all those who love to be outdoors and want something more than just grilling.

The perfect gift for the person who is planning a backyard party

More than 8,000 copies sold in the German-language book market

Ingenious new recipe and preparation ideas for fans of grilling and smoking



**BOLD AND FEARLESS AT THE STOVE**  
**Don't Cook Anything That Doesn't Have a Story behind It!**

Author Angelo Menta  
Photos Klaus Arras  
192 pages, 122 photos, large format  
23.5 x 28 cm (10.6 x 12.2 inches),  
hardcover with belly band  
Words approx. 26,500  
Characters approx. 175,580

EUR 28.00 (D)  
ISBN 978-3-938100-80-6

*"You will wish that you had married a hero like this! But if you didn't, just give him this book and let him simply try out the recipes and challenges—the perfect cookbook for the man in the man."*  
ZuGast (German magazine)



**Don't cook anything that you can't tell about!**

How do you roast a pig on a spit so it's just perfect? And since everyone loves currywurst, couldn't you make it better yourself? Or barbecue gyros yourself at the next backyard party? Or smoke a fish in a metal bucket? There are plenty of challenges to be found in the kitchen. This is just the book for people who like to entertain their guests with cooking and love having the right equipment. A book for real men (and women) and for adventurous action cooks. The recipes were created to be easy to follow, and they will turn out great. Tender veal cheeks, beans cooked in a bottle, amazingly delicious pasta, things you can't just go out and buy. So grab up some dough! Bake

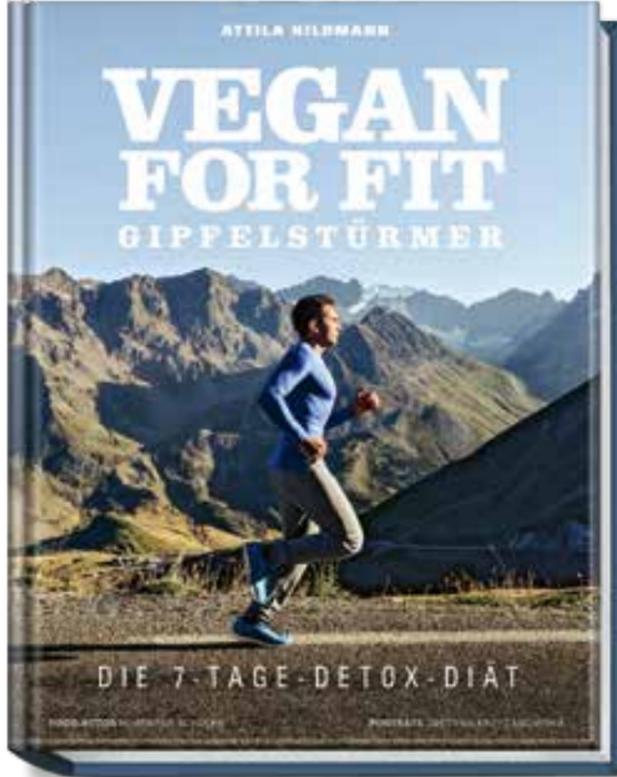
it into buns! And get your burgers! If you like to entertain guests and appreciate wonderful tastes in your mouth, then you will love this book!

**Charming and authentic, without any obscenities—for men who are above clichés**

**More than 10,000 copies sold in the German-language book market**

**For all those who like to see action and entertainment as a part of cooking for guests**





**VEGAN FOR FIT  
SUMMIT CHASERS**  
The 7-Day Detox Diet

*Text* Attila Hildmann  
*Photos* Hubertus Schüler,  
Justyna Krzyzanowska  
160 pages, 104 photos,  
format 19 x 24 cm (9.3 x 11 inches),  
hardcover  
*Words* approx. 19,315  
*Characters* approx. 126,304  
  
EUR 19.95 (D)  
ISBN 978-3-95453-131-8



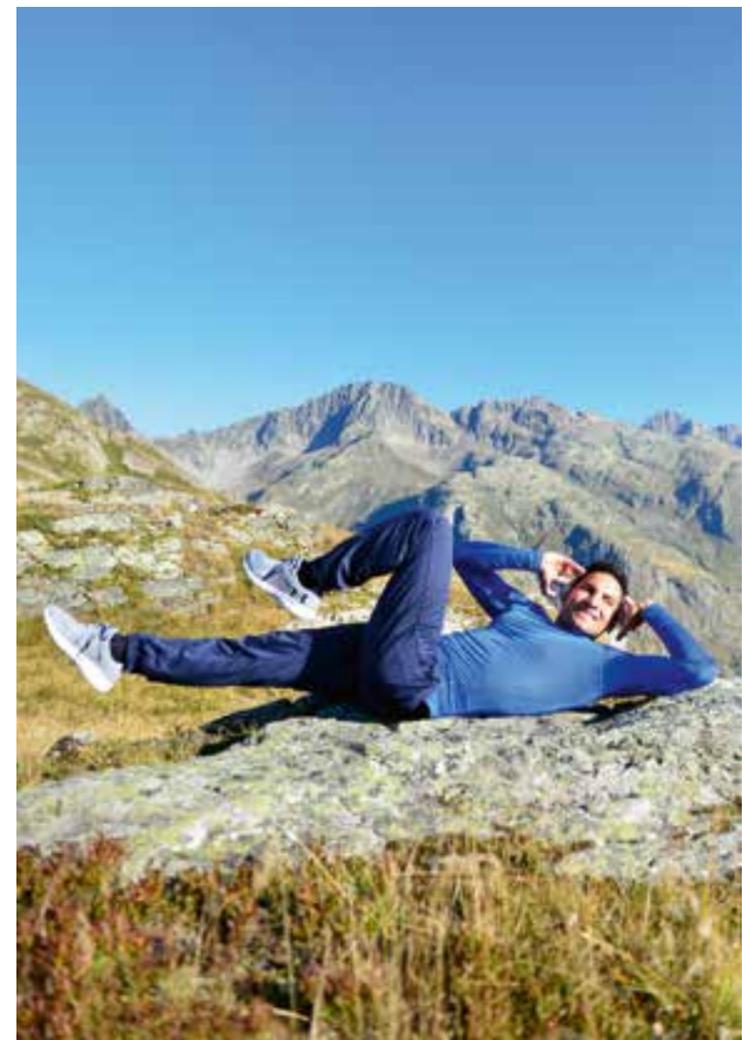
**This is the only diet where you can lose up to 4 kg in only 7 days, detox, and balance any nutritional deficiencies.**

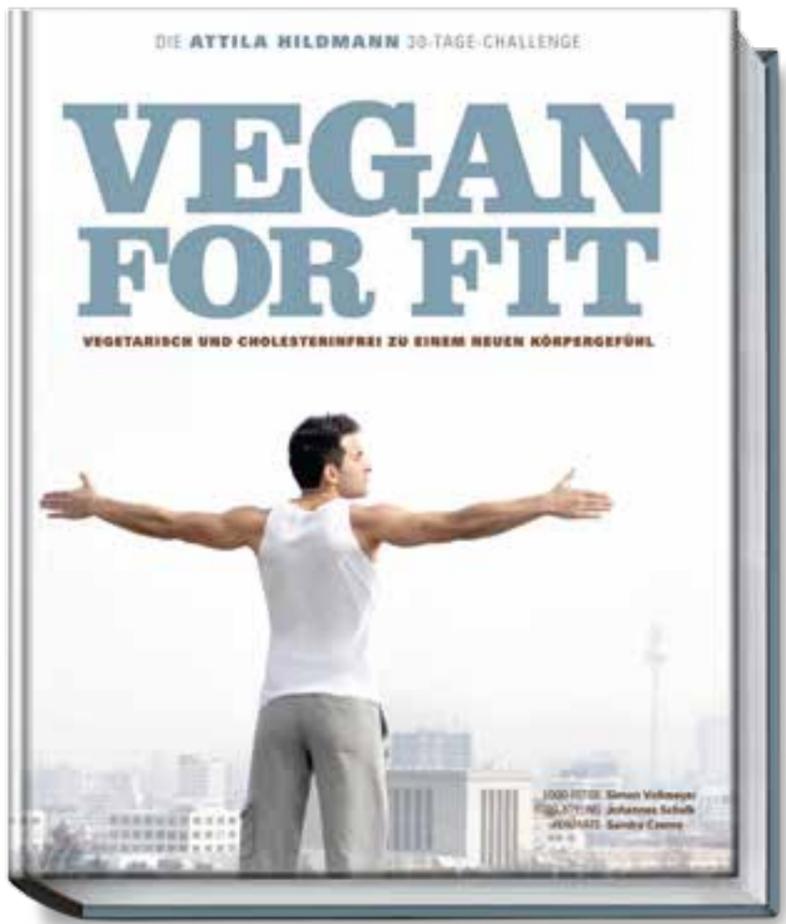
**You can't do any more in a week**

With this book, people who want to lose weight will no longer consume the same serving sizes and amount of nutrients. Using a free quantity calculator that is an online component of the book, Attila Hildmann has ensured that your individual nutrition requirements, age, height, weight, occupation, and movement profile are taken into account, and that personal shopping lists can be generated automatically. This way everyone can lose up to four kilograms in seven days without a lot of calculations, and at the same time achieve maximum health benefits. In contrast to most crash diets and detox starvation plans, you won't be depleted of necessary nutrients but will instead be provided with exactly what your body needs. And your metabolism won't be forced into an energy-saving mode, which would greatly decrease dieting success. Thanks to an individually

optimized diet and cutting out products loaded with chemicals, over-acidification is counteracted; the intestinal tract is restored to a natural, healthy state; and cholesterol levels are lowered. Over the course of the week, the critical deposits of micronutrients and vitamins in the body are replenished. Fat metabolism—just like with endurance sports—will take off.

- Systematically developed based on the best seller *Vegan for Fit*
- The first individualized diet with optimized nutrient intake in one book
- Detox based on the latest research (autophagy)





**VEGAN FOR FIT**  
**Attila Hildmann's**  
**30-Day Challenge**

*Text* Attila Hildmann  
*Photos* Simon Vollmeyer and Sandra Czerny  
*Food styling* Johannes Schalk  
 264 pages plus accompanying insert with Challenger interviews, large format, 23.5 x 28 cm (10.6 x 12.2 inches), 139 photos, hardcover with dust jacket  
*Words* approx. 44,220  
*Characters* approx. 290,550

EUR 29.95 (D)  
 ISBN 978-3-938100-81-3



**The most successful title on the food and drink best-seller list since its release in 2012 (in the German-language book market, status as of October 2015)**

**A diet and wellness program?**

For two years in a row, his cookbooks were named Vegetarian Cookbook of the Year. Countless people experienced for themselves how you can get people—including self-proclaimed nonvegetarians—excited about vegan foods like pumpkin fries, noodles made from zucchini, and ice cream without cream or milk, and how these foods can help people to lose weight. In *Vegan for Fit*, Attila shows readers what they can achieve in 30 days by completely “resetting” their body and spirit. The amazing results that the participants in the test phases of his Facebook Challenge 2012 had with this type of diet speak for themselves. You can read what many of the test subjects say about their experiences in the accompanying insert. Most of the people who do Attila’s Challenge really

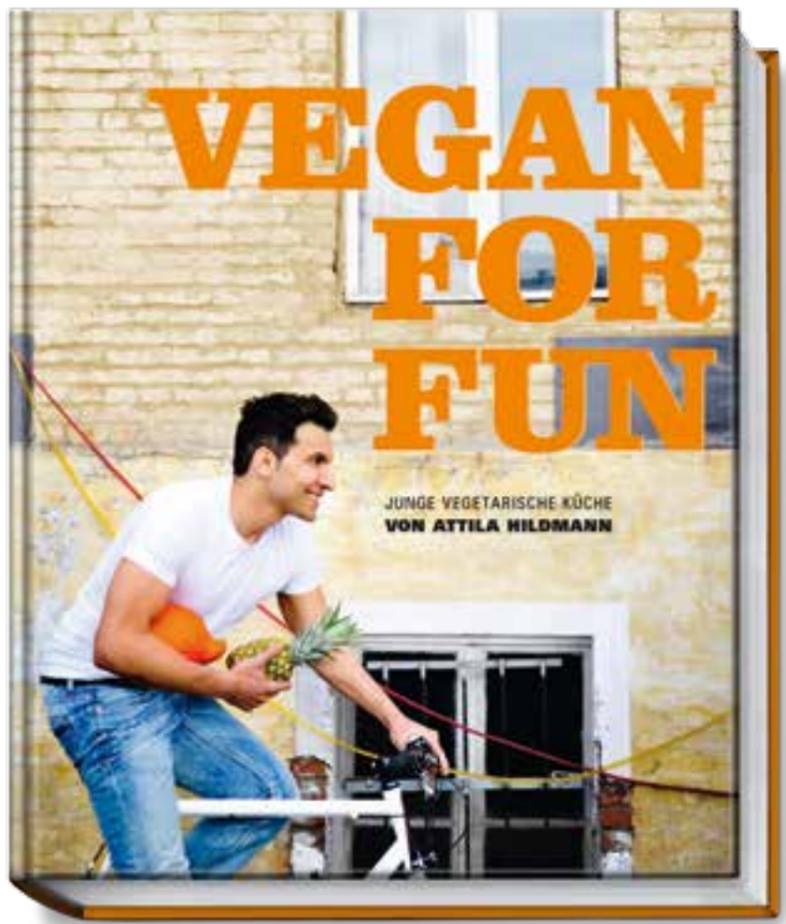
experience for the first time in their lives what it feels like to consistently eat a healthy diet: one completely free of hydrogenated fats, cholesterol, hormones, separating agents, artificial coloring, emulsifiers, and empty carbohydrates.

**Around 450,000 copies have already been sold, repeatedly number 1 on best-seller lists**

**The healthiest diet ever, tested by thousands of people with huge success**

**Available in the U.S. and Australian markets in English, and rights have also been sold to Italy**





**VEGAN FOR FUN**  
**Modern Vegetarian Cuisine**

*Author* Attila Hildmann  
*Photos* Simon Vollmeyer and Sandra Czerny  
*Food styling* Johannes Schalk  
 192 pages, 86 photos, large format  
 23.5 x 28 cm (10.6 x 12.2 inches),  
 hardcover with dust jacket  
*Words* approx. 23,730  
*Characters* approx. 158,900  
 EUR 24.95 (D)  
 ISBN 978-3-938100-71-4



**The star of vegan cuisine**

*Vegan for Fun* was named Vegetarian Cookbook of the Year 2012. Attila Hildmann has moved vegan cuisine in an entirely new direction and revolutionized it with his recipes. He believes that everyone who eats vegan one or two days a week or has one vegan meal a day will experience significant health benefits. While meat eaters tend to consume too much cholesterol over time because of the animal fat in their diet—and vegetarians because of cheese—a vegan diet is completely free of cholesterol. Attila Hildmann, an aspiring physicist and Germany’s number 1 vegan cook, is truly a master of coming up with recipe ideas that even people with the most discerning palates are excited about. Attila is

even able to easily conjure up hearty flavors like those you are familiar with from meat. His recipes are often incredibly simple, and all you have to do is rethink the ingredients you buy.

One of the top ten cookbooks of 2013 and 2014—more than 250,000 copies sold

Now in its 14th printing. Long-time best seller with outstanding demand!

Also available in the U.S. and Australian markets in English

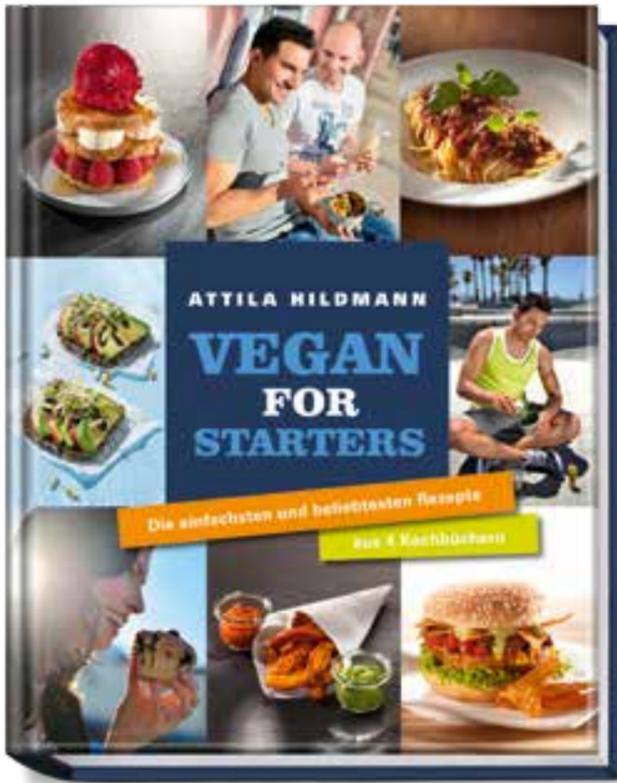


*“Recipes that are anything but monotonous ... Hildmann knows how to cook meals that are delicious and vegan.”*  
 Shape (German magazine)





**No matter if you're a new vegan or veg-curious**—these 48 most popular recipes from vegan celebrity chef Attila Hildmann are for you



**VEGAN FOR STARTERS**  
**The Simplest and Most Popular Recipes From His Four Cookbooks**

*Author* Attila Hildmann  
*Photos* Simon Vollmeyer and Justyna Krzyzanowska  
*Food styling* Johannes Schalk  
128 pages, 52 photos, format 19 x 24 cm (7.5 x 9.5 inches), hardcover  
*Words* approx. 17,590  
*Characters* approx. 118,860

EUR 12.95 (D)  
ISBN 978-3-95453-093-9



**Cookbook sensation of the year**

Many of Attila Hildmann's recipes have long since attained cult status. His zucchini spaghetti, burgers, curry cauliflower, pumpkin fries, pralines, walnut triangles, and granola bars have enthusiastically been tried out by hundreds of thousands of people—and not only by vegans! The reason is simple. Attila's recipes taste amazing, they are much healthier than similar "normal" foods, and they contain absolutely no cholesterol.

This book is for people who would simply like to see what vegan cuisine tastes like or make vegan food for their friends and family, but don't want to dig so deep into their pockets.

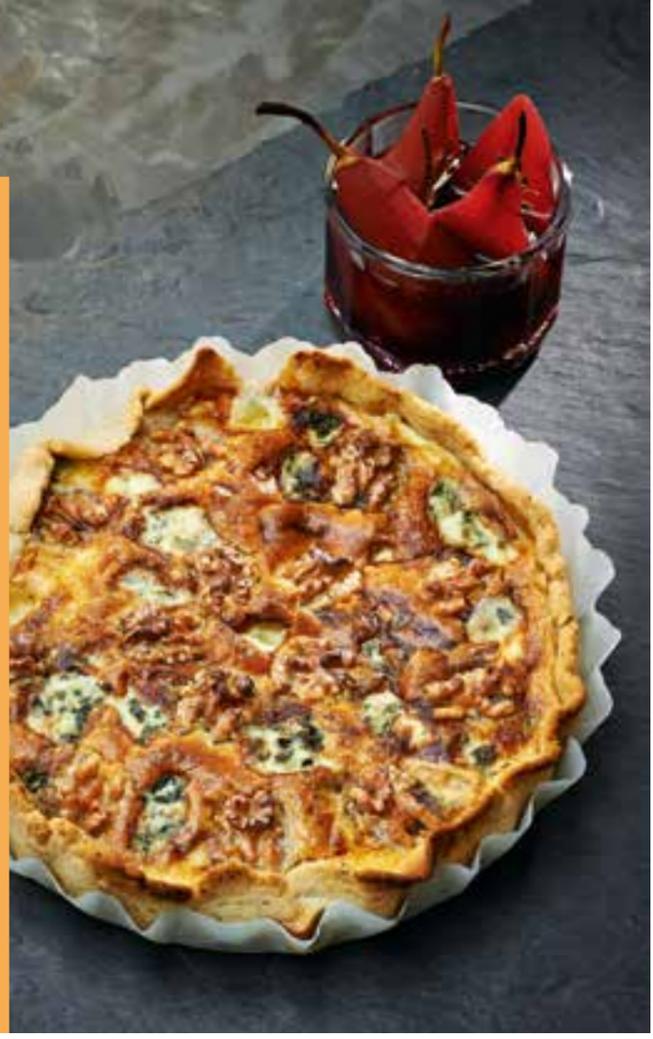
Attila Hildmann explains briefly and concisely what a vegan diet is, what the advantages of this type of

diet are, and how eating even one vegan meal a day can benefit your health and the environment. This book also includes valuable information on antioxidants, phytonutrients, and the connections between chronic diseases and our diet. And of course, many recipes that virtually everyone will love.

Already in the fifth printing, more than 110,000 copies sold

At a phenomenal price of only €12.95

The 48 most popular recipes from Attila Hildmann's best sellers



**Heavenly recipes that are just devilishly good**—the cooking bible for the kitchen mixer. Never before has it been so nice to own a kitchen mixer!



**THE COOKING BIBLE**  
**Divine Cooking with the Kitchen Mixer**

*Recipes* Su Vössing  
*Text* Burkhard Vössing  
*Photos* Hubertus Schüler  
200 pages, 83 photos,  
large format 24.5 x 31 cm  
(9.3 x 11 inches),  
hardcover with dust jacket  
*Words* approx. 31,840  
*Characters* approx. 192,025

EUR 29.95 (D)  
ISBN 978-3-95453-083-0

**You'll never cook without it again**

The recipes in this splendid large-format volume are an homage to the most powerful appliance in the kitchen: the kitchen mixer. Many people have one, but hardly anyone knows how easy it is to get amazing results.

**Su Vössing's favorite kitchen appliance**

The well-known author, once Germany's youngest award-winning chef, has worked for several decades both privately and professionally in countless award-winning kitchens and has come to love and appreciate kitchen mixers. For this book, Su has created both authentic classic recipes and recipes that work especially well using a kitchen mixer. Those who are familiar with Su's recipes know that they always turn out just perfect and also help you

learn how to prepare specific foods well, even simple ones. If you have your own kitchen mixer, you and your friends can experience a lot of delight and enjoyment with this book because it will reveal an entirely new world in your kitchen, one that doesn't involve much work.

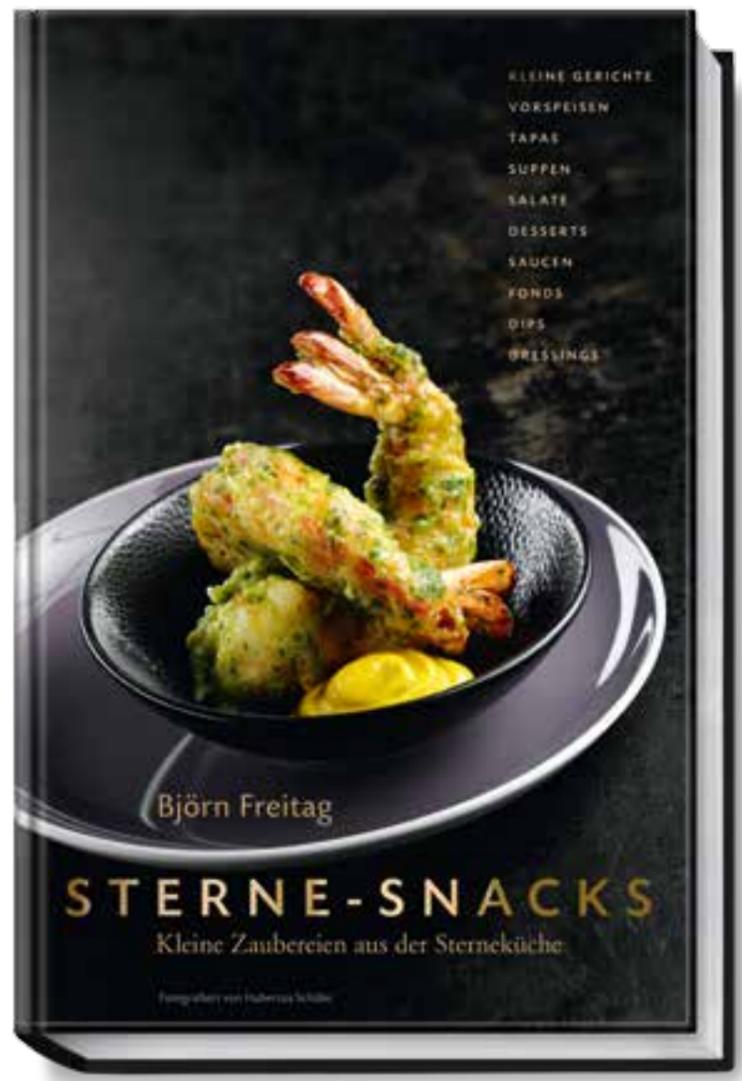
**A brilliant cookbook for the daily use of one of the most important appliances in your kitchen**

**A superb coffee-table style book in an extra-large format with high-end quality printing**

**The ideal gift for anyone who owns a kitchen mixer or is looking for a good reason to buy one**



*" ... Tastes amazing, makes it possible for any aspiring gourmet and not just on special occasions ... "*  
Der Feinschmecker (The Gourmet, German magazine)



**STAR SNACKS**  
**Little Magic Tricks**  
**from an Award-**  
**Winning Kitchen**

*Recipes* Björn Freitag  
*Photos* Hubertus Schüler  
*Coauthor* Michael Piater  
192 pages, 84 full-page photos,  
large format 23 x 34.5 cm  
(9 x 13.6 inches),  
hardcover with dust jacket  
*Words* approx. 16,980  
*Characters* approx. 100,120

EUR 39.90 (D)  
ISBN 978-3-938100-26-4

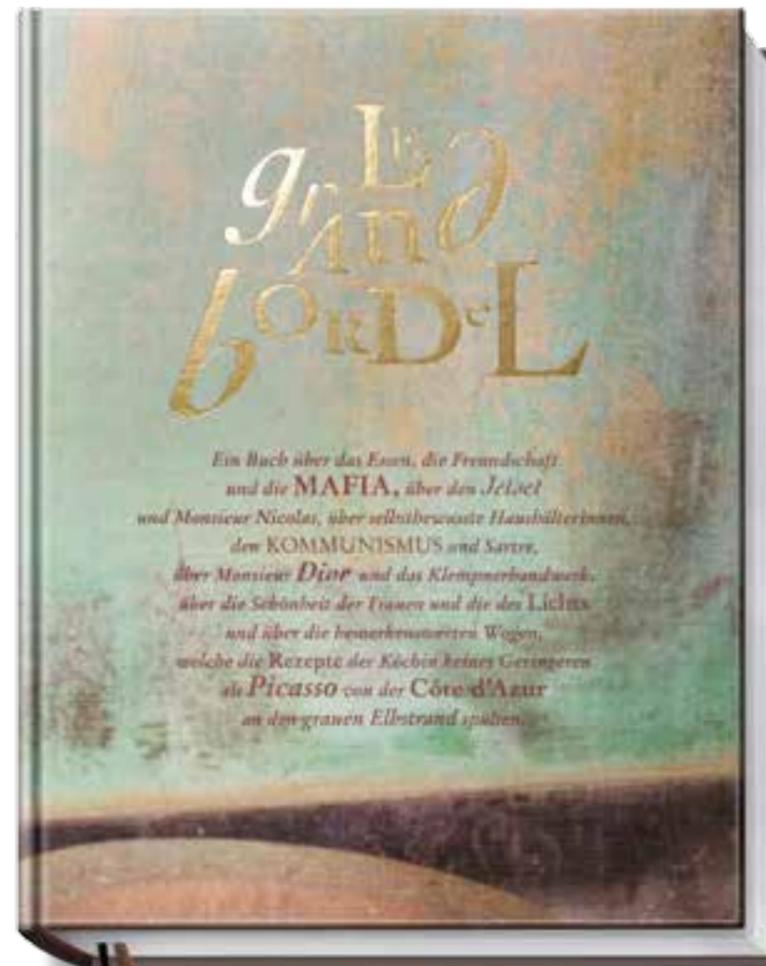
**Award-winning cuisine for a light snack**

Björn Freitag's book *Star Snacks* quickly found a place among the most sophisticated German cuisine and at the same time stole away several prestigious awards. The theme has been praised by the media for the quality of the recipes, the wonderful presentation, and great appreciation for the inspired recipe variations for vegetarians and allergy sufferers. This way, you can also prepare favorite foods for guests with special dietary needs without additional stress. An impressive cookbook in every way that, of course, works well as a gift for all ambitious cooks.

Exquisite small dishes for between meals,  
presented in a beautiful extra-large format

In the third printing. More than 10,000  
copies sold

With alternative recipes for vegetarians,  
and lactose and gluten-free diets



A book about food, friendship, and the Mafia, about the jet set and Monsieur Nicolas, about assertive housekeepers, communism and Sartre, about Monsieur Dior and the plumber's trade, about the beauty of women and of light and about the remarkable waves that brought the recipes belonging to no other than Picasso's cook from the Côte d'Azur and washed them up on the gray banks of the Elbe river.

**LE GRAND BORDEL**

*Text* Judith Stoletzky  
*Photos* Gerd George  
*Recipes* Stephan Hippe and Boris Krivec  
*Styling* Elke Rüss  
*Layout and design* Ursula Ritter  
 248 pages, 102 photos, large format  
 24.5 x 31 cm (10.6 x 12.2 inches),  
 hardcover with canvas binding  
 and bookmark  
*Words* approx. 41,790  
*Characters* approx. 281,000

EUR 37.00 (D)  
 ISBN 978-3-938100-84-4

*"Le Grand Bordel is a great book, (...) that celebrates life and the enjoyment and pleasure of cooking and eating on every page—très formidable! (...) Congrats!"*

Essen & Trinken (German magazine)

**A feast for the eyes. A reading book. A cookbook.**

Recipes that tell stories—spiced with outrageous anecdotes about Dior, Picasso, and the Windsors. *Quel bordel*—what a glorious romp! For this sumptuous book, a Provençal cook, who is the nephew of Picasso's cook, along with his Francophile friends from northern Germany, and the operator of the Brasserie La Provence have taken their best recipes as well as a generous portion of their fondest memories out of their treasuries. From these, an incomparable banquet was prepared with great love and imagination—a journey through many styles and decades. The cookbook not only serves up favorite

traditional southern French dishes, but also many incredible stories and anecdotes about the family and famous people.

**More than 13,000 copies sold in the German-language book market**

**Much more than a great cookbook: a sensation and a trip back in time to the Côte d'Azur**

**Over 70 recipes with a rich heritage that have never before been published**





**MARIA LUISA CAN'T DO IT ANY OTHER WAY**  
**Chickling Peas, White Truffles, and a Pinch of Madness**

*Text* Judith Stoletzky  
*Recipes* Maria Luisa Scolastra  
*Photos* Justyna Krzyzanowska  
420 pages, 260 photos, format 19.3 x 24 cm (7.6 x 9.4 inches), hardcover, with texture binding and bookmark  
*Words* approx. 44,420  
*Characters* approx. 292,660  
  
EUR 34.00 (D)  
ISBN 978-3-938100-67-7

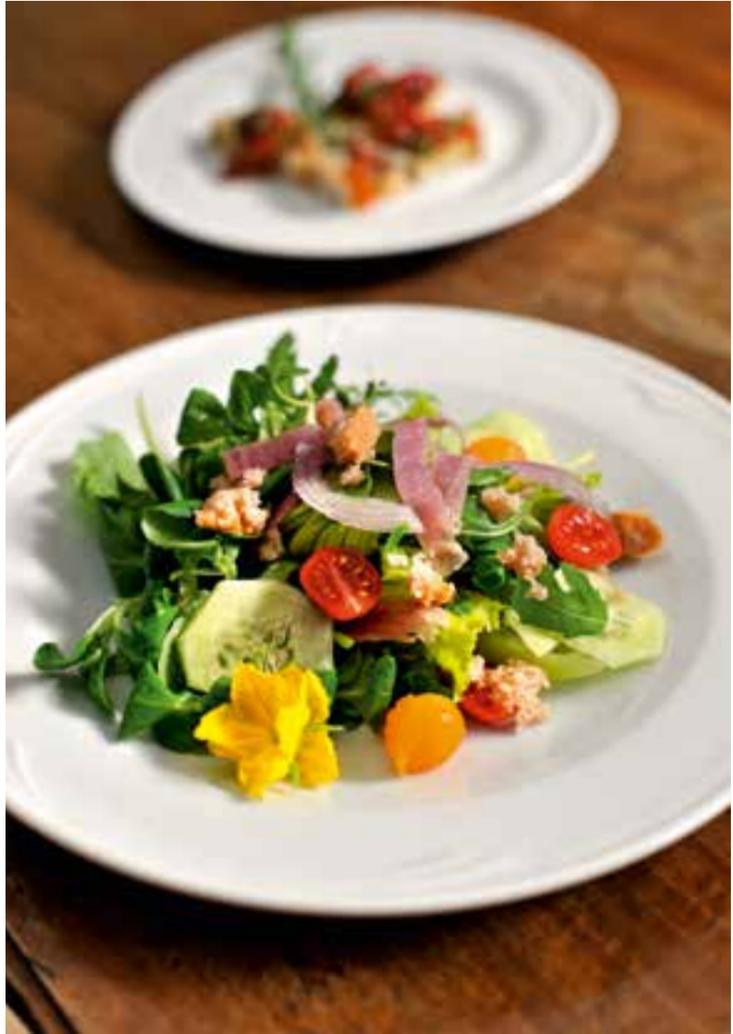


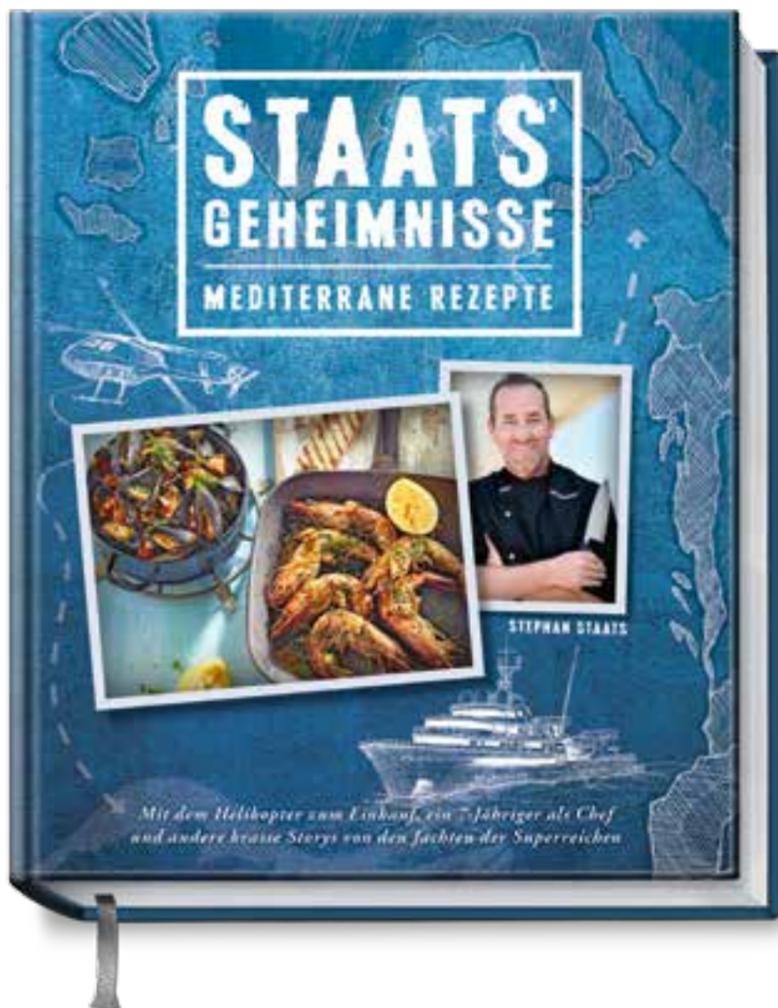
**A cook like no other.  
A cookbook like no other.**  
Recommended by: *Stern, Die Zeit, Süddeutsche, Falstaff*, and about 60 other German magazines and newspapers!

**This is how a radical cooks.**  
Radically seasonal. Radically regional. Without compromises. Maria Luisa Scolastra is very serious about quality and lives for her cooking, literally. In her restaurant in Foligno near Perugia, she cooks using traditional Umbrian recipes, which have satisfied three generations of hungry diners and gourmets. With a lot of vegetables and fine legumes, and meat and fish stuffed in a roll, tribute is paid to the meat and fish in Umbria's traditional *cucina povera*—just a little, but of the very best quality. All of this is wonderfully old-fashioned. And that's exactly why it is now more modern than ever. So take time to read this book. A year would be the best. Then you will not only get to know Maria

Luisa and her Villa Roncalli, but also, Umbria, Maria Luisa's family, and Maria Luisa's guests. Even if you are not quite as radical as Maria Luisa.

- Italian cuisine that makes even Italians ecstatic and speechless
- Already in the second printing after just a few months
- More than 13,000 copies sold in the German-language book market





**STAATS' SECRETS**  
**Mediterranean Recipes**

*Recipes* Stephan Staats  
*Stories* Stephan Staats with Martin Lagoda  
*Photos* Hubertus Schüler, Justyna Krzyzanowska  
 288 pages, 130 photos, and 56 illustrations  
 format 23.5 × 28 cm (9.3 × 11 inches), hardcover with embossing and bookmarks  
*Words* approx. 58,743  
*Characters* approx. 376,770

EUR 34.00 (D)  
 ISBN 978-3-95453-106-6



You won't believe the things that can happen when you are cooking on yachts for the extremely wealthy.

**A cookbook full of stories and hearty Mediterranean cuisine!**

**The pure taste of adventure**

A lot of people would probably envy Stephan Staats for his exclusive job. For several years now, he has traveled the world on luxurious ocean-going yachts owned by the richest people on earth and cooked for them, whatever they desired. But the work as head cook on board—often for months on end and usually 20-hour days—is not only demanding and strenuous. It is also full of adventure, sometimes bizarre, and once in a while even life-threatening. And while for some the recipes will make their mouths water, others will be rendered speechless more than once reading these true stories. For the first time, Stefan Staats, a cook who was born in Germany and lives in New Zealand, brings his experiences to the public and tells about what really happens on these ships.

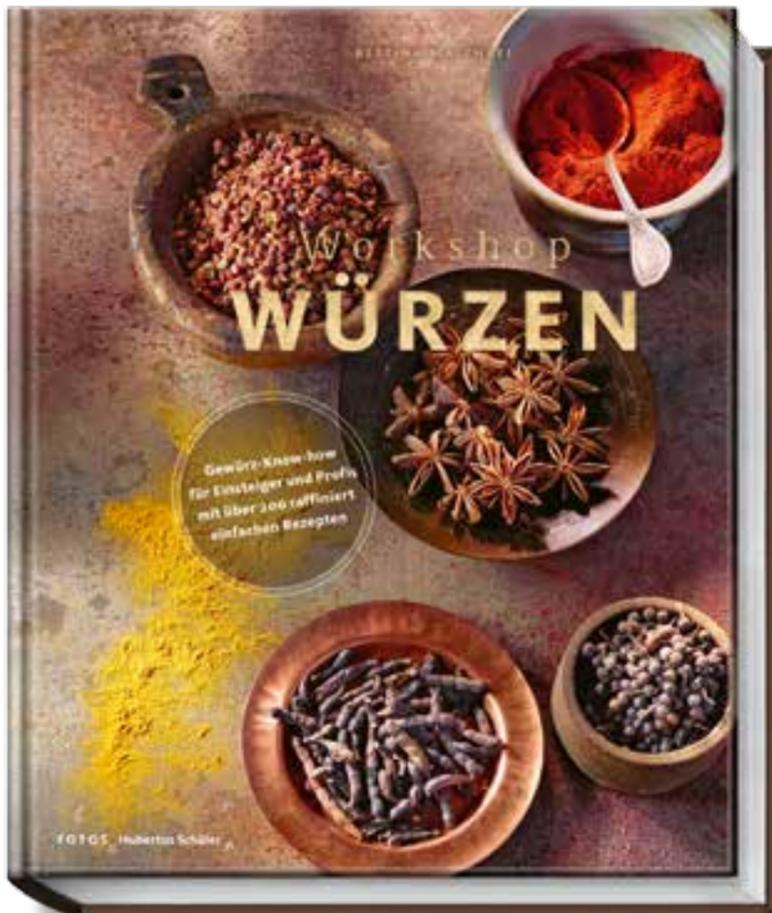
In the process, he lets us in on his best recipes from countries around the Mediterranean Sea—just as he prepared them for oil sheikhs, Russian oligarchs, musicians, Hollywood directors and actors, and also business tycoons—in the traditional manner, but always with a special extra touch.

The story and cookbook for fans of exciting insider tales

Large media interest for the author and his experiences

Authentic Mediterranean cuisine with recipes that work well to make at home





**WORKSHOP: SPICES**  
**Expertise for Beginners and Professionals with over 200 Simple yet Exquisite Recipes**

*Text* Bettina Matthaei  
*Photos* Hubertus Schüler  
 240 pages, 106 photos,  
 format 23.5 x 28 cm (9.3 x 11 inches),  
 hardcover with special binding  
 and dust jacket  
*Words* approx. 63,954  
*Characters* approx. 353,782

EUR 49.90 (D)  
 ISBN 978-3-95453-107-3



**The 50 basic spices** and their uses—from traditional to artistic.

**A workshop is about acquiring new skills**

Can spices really be adequately described in images and texts? Along with the perfect way to use them? The answer is clearly yes, at least if you are like Bettina Matthaei and have decades of experience with spices and giving workshops and also own your own spice factory. *Workshop: Spices* is especially designed for culinarians who would like to be led through the realm of skillfully combined seasonings and seductive scents. Starting with the approximately 50 basic spices, you will get countless tips as well as ideas for extraordinary combinations. Who wants to always season pudding with vanilla and spinach with nutmeg? Even if you aren't doing anything wrong—there are other possibilities. Vanilla will make your porcini risotto irresistible and a sweet and sour date and walnut mustard becomes even more amazing when seasoned with nutmeg.

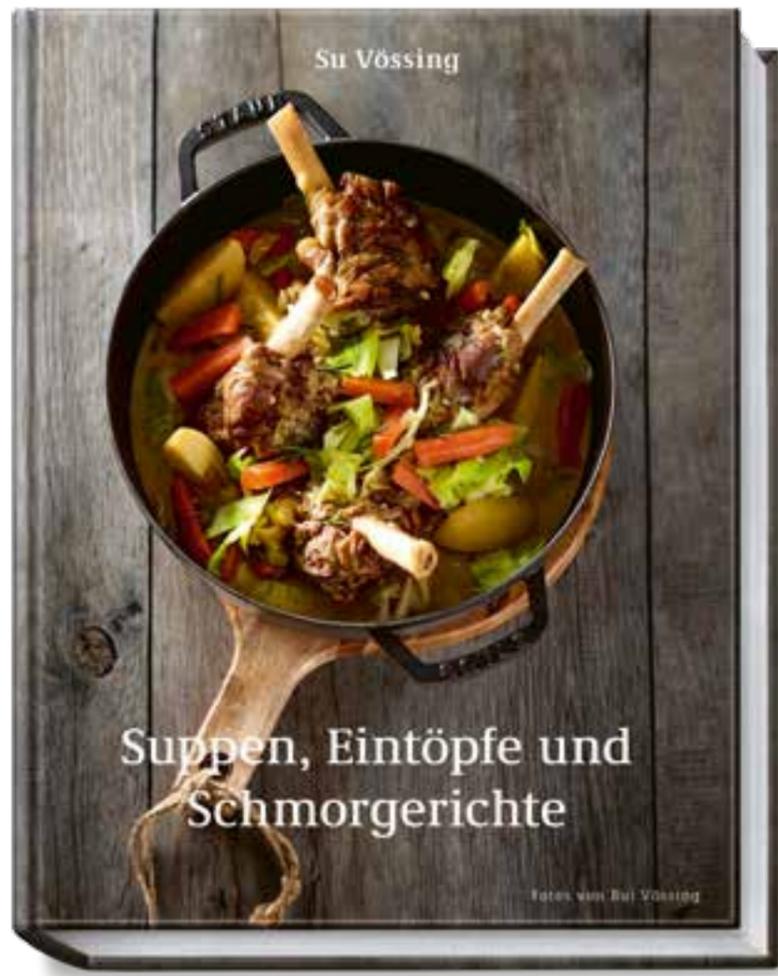
It is exactly this expertise, ranging from basic to sophisticated, that makes this book stand out. Alongside the useful information about spices, the book includes a number of recipes for main dishes, small dips and sauces, and savory snacks that you can make to try out the taste associations and get comfortable using special spice combinations.

**A perfect gift book for anyone who likes to cook**

**Amazing photography included in this exquisite book by the successful author Bettina Matthaei**

**Renowned author with over 350,000 cookbooks sold**





**SOUPS, STEWS,  
AND CASSEROLES**

*Text* Su Vössing  
*Photos* Burkhard Vössing  
 180 pages, 85 photos,  
 format 24.5 x 31 cm (9.3 x 11 inches),  
 hardcover with dust jacket  
*Words* approx. 29,046  
*Characters* approx. 179,222

EUR 34.00 (D)  
 ISBN 978-3-95453-110-3



In order to cook really well, you really only need **one single pot.**

**The whole world in one pot!**

In light of steaming, sous vide, and molecular gastronomy, soups and stews almost seem a bit old-fashioned, but today they are more popular than ever. And anyone can make a soup, says Su Vössing, and shows us once again how care and attention to small details can truly work wonders. In fact, soups, stews, and casseroles are great dishes for beginning cooks and even for bachelors whose kitchens are only equipped with the bare minimum. They can also be easily prepared, stored, kept warm, and reheated, and they make for fewer dishes to wash at the end. There's a reason why one-pot dishes have always been a part of every culture and cuisine around the world. In her recipes, Su Vössing shows that by combining perfect skills and the

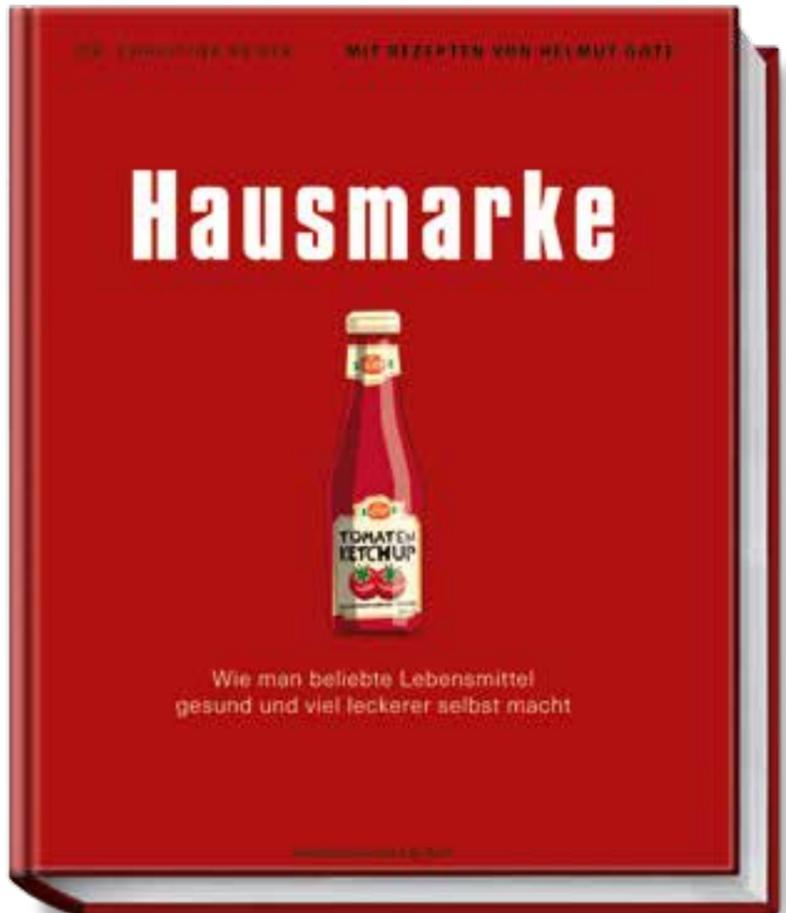
necessary artistry that these recipes are indeed amazing culinary highlights. From traditional dishes and modern variations to surprisingly fine side dishes, the book is bound to make everyone into a fan of soups, stews, and casseroles.

**In line with the "one-pot" cooking trend**

**Simple dishes that taste great. Foolproof recipes. Economical!**

**Includes both popular classics as well as artistic, modern combinations**





**HOUSE BRAND**  
**How You Can Make Favorite Foods Healthy and a Lot More Tasty Yourself**

*Text* Dr. Christina Rempe  
*Recipes* Helmut Gote  
*Illustrations* Kay Bach  
 184 pages, 257 illustrations,  
 format 23.5 x 28 cm  
 (7.5 x 9.5 inches), hardcover  
*Words* approx. 30,185  
*Characters* approx. 214,904

EUR 29.95 (D)  
 ISBN 978-3-95453-096-0

**Homemade can taste this good**

This book provides you with a fun cooking experience. It shows you how to easily make common convenience products at home and in the process not only improve the taste and quality, but also avoid using problematic ingredients. Many of the recipes are also perfect as a hostess gift or small present. Radio chef Helmut Gote, well known for his love of delicious and natural flavor enhancers such as butter, cream, and bacon, has used his almost detective-like intuition to develop recipes for classic products that can be prepared at home and often end up tasting better than the original. With these recipes, butter cookies, marshmallows, smoothies, and salad dressings become a real treat, when you use the ideas in this book to make them yourself. From Dr. Christina Rempe, food chemist, lawyer, and technical author for food law, we learn about everything that is found in products we consume on a daily basis, the

products we should avoid, and how we are misled by the packaging.

The idea for *House Brand* came from the illustrator of the book, Kay Bach from Cologne, who has been making countless products like these on his own for years—because he simply likes the way they taste better.

Attractive food and cooking expertise in a cookbook that is very practical and also enjoyable to use

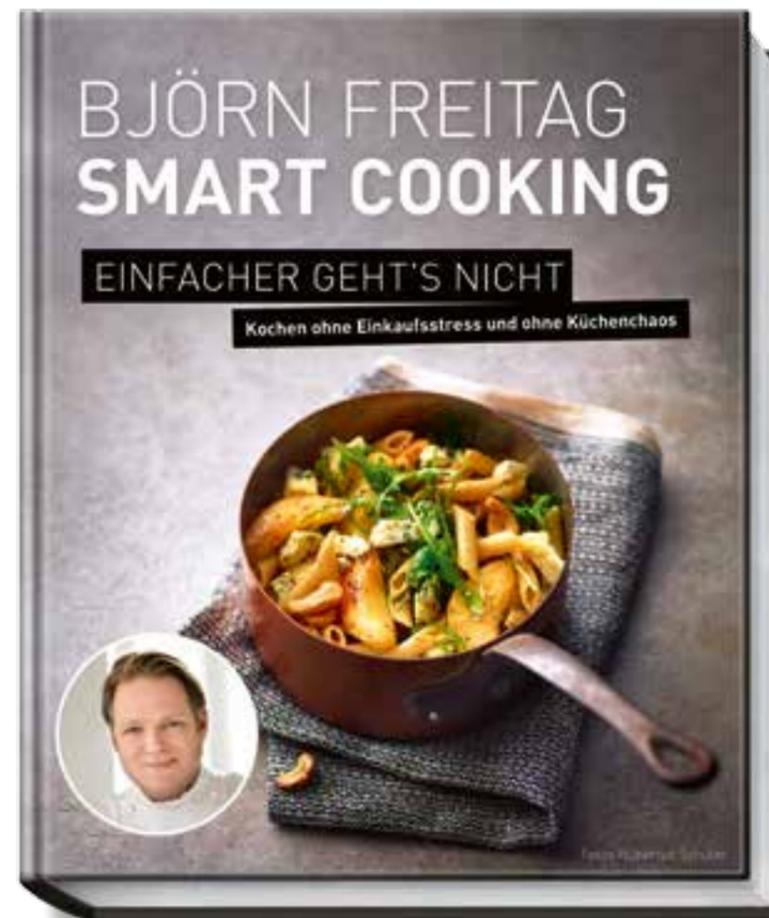
With recipes by the renowned culinary journalist and book author Helmut Gote

Texts by Dr. Christina Rempe, food chemist and technical author for food law





The total investment is what pays: **Smart Cooking.** Food that is often ready to serve more quickly than convenience foods—without completely destroying the kitchen!



## BJÖRN FREITAG SMART COOKING

It Doesn't Get Any Simpler—Cooking without Shopping Stress or Chaos in the Kitchen

*Text* Björn Freitag  
*Photos* Hubertus Schüler  
168 pages, 94 photos,  
format 23.5 × 28 cm (9.3 × 11 inches),  
hardcover with dust jacket  
*Words* approx. 13,449  
*Characters* approx. 84,076

EUR 28.00 (D)  
ISBN 978-3-95453-128-8



### It really doesn't get any simpler

"Not much more time and effort than making a sandwich," was Björn Freitag's goal for his book *Smart Cooking*. His motto is that cooking needs to be "something you can also do after a hard day." And after completing a 10-hour tv shoot for his new cookbook, even a star chef doesn't want to go on a big shopping trip or spend the rest of the evening cooking. But fast food isn't an option either if you were so to speak raised on healthy food. Björn Freitag has created his own personal style for making dinners that don't take a lot of time and effort but still taste exquisite. He prefers meals that are light, fresh, as healthy as possible, and most importantly really delicious. And for him it is important that the kitchen stays clean and shopping doesn't take more than a few minutes—one or two fresh ingredients and that's it! His recipes call for common foods and spices that almost everyone has in their kitchen, and naturally

they should be of good quality. On the way home, you just need to buy a few high-quality, fresh ingredients—and then these can be prepared in just a few minutes, and often using only a single saucepan, skillet, or baking sheet. In this phenomenal cookbook, Björn Freitag shares his 70 best smart cooking recipes with us.

**Smart cooking is more than a trend—fresh, healthy, and ready quick!**

**The cookbook to ward off time killers in the kitchen: shopping, elaborate recipes, and clean up**

**By Björn Freitag, distinguished top cook and successful cookbook author**



**The Bacon Extravaganza**—one of the most popular ingredients ever! Seasoned with a big portion of **professional and background knowledge.**



**THE BACON  
EXTRAVAGANZA**  
The Cookbook

*Authors* Bettina Snowdon  
and Martin Lagoda  
*Photos* Wolfgang Schardt  
160 pages, 70 photos, large format  
23.5 × 28 cm (9.3 × 11 inches),  
hardcover with belly band  
*Words* approx. 24,040  
*Characters* approx. 161,890

EUR 29.95 (D)  
ISBN 978-3-95453-085-4



**Bacon—simply delicious**

You can't hear the word bacon without thinking of calories, heavy meals, and accumulating belly fat—but that just doesn't do justice to bacon. Why do roasts, steaks, and sausages enjoy such high esteem, while bacon, which is often included, for the most part does not? And this is the case although so many of our favorite dishes would not be possible without bacon. Even if you don't see it on your plate or taste it directly, it is often one of the main ingredients. Bacon comes in any number of varieties, including some famous regional ones—smoked, expertly seasoned, or simply salted—and bacon can also be used in numerous ways in cooking, lending your recipes that special character. Bacon is traditionally an indispensable part of our food culture, and it also plays a major role in modern cuisine; its fat is one of the best ways to bring out flavor. *The Bacon Extravaganza*

recognizes for the first time how phenomenal bacon is, making it unique in the book market—with recipes, informative texts about bacon, and a comprehensive glossary covering important, famous, and beloved varieties. Well-researched, entertaining, and serious—but never categorical. Cooking and enjoying without bacon—almost unthinkable!

**Designed with attention to detail. Beautifully photographed. The best book on the subject!**

**The perfect gift for anyone who loves hearty cuisine and bacon**

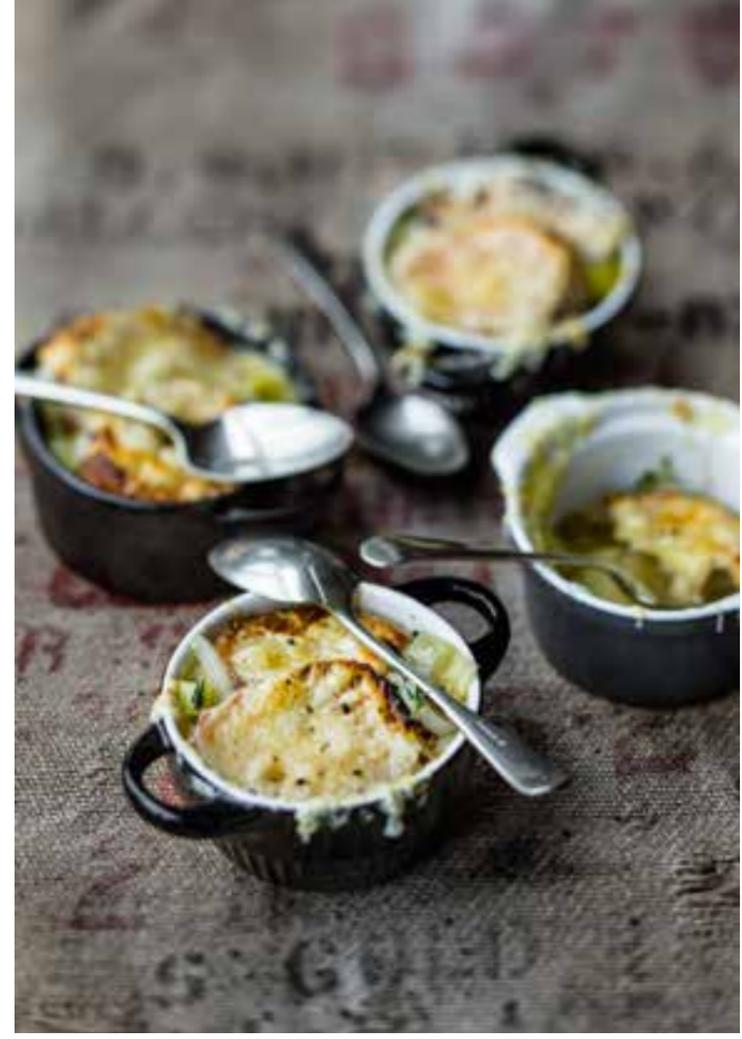
**From the successful authors Bettina Snowdon, Martin Lagoda, and Wolfgang Schardt (photos)**



**HEARTY VEGETARIAN**  
Braising ▪ Baking ▪ Frying  
Roasting ▪ Breading ▪ Grilling

Author Anne-Katrin Weber  
Photos Wolfgang Schardt  
224 pages, 91 photos,  
format 23.5 x 28 cm  
(10.6 x 12.2 inches),  
hardcover with dust jacket  
Words approx. 28,800  
Characters approx. 191,420

EUR 29.95 (D)  
ISBN 978-3-95453-017-5



A vegetarian cookbook that's also great for **meat eaters**

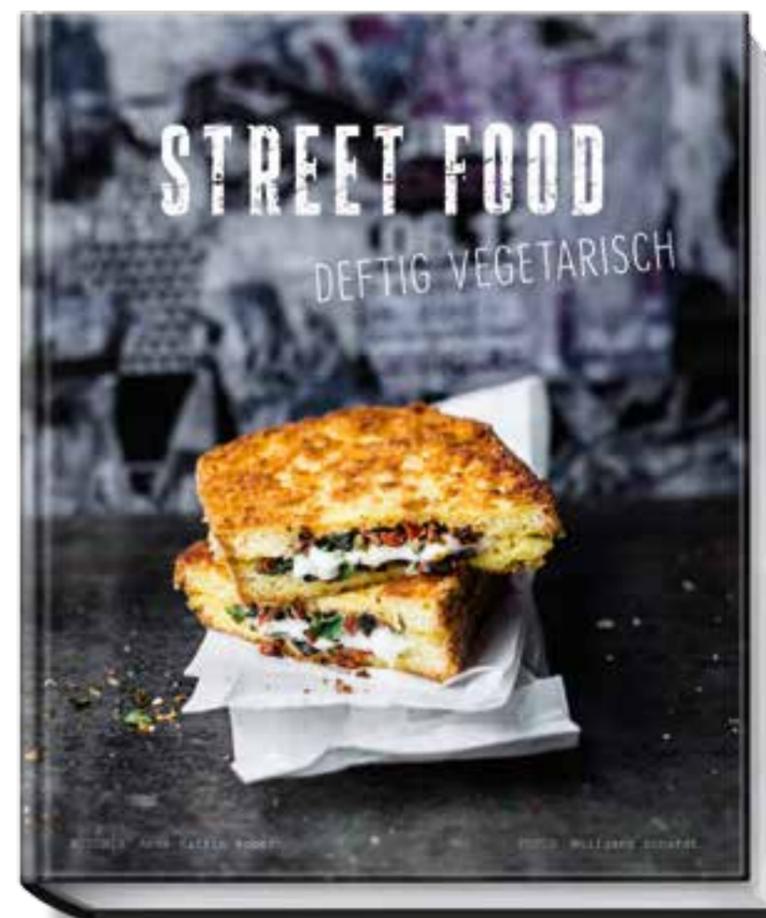
**The pure enjoyment of delicious cuisine**  
Do you love savory and roasted flavors and spices? Over 70 easy to prepare, delicious recipes show you what vegetarian cuisine has to offer and how you can use frying, braising, gratinating, deep-frying, grilling, roasting, marinating, caramelizing, baking, and breading to bring savory flavors to the table. Whether cheesy bread dumplings or cabbage rolls, caponata or goat cheese tarts, quinoa burgers, feta cheese in an olive crust, veggie burgers from the grill, or salad with green spelt and root vegetables, each recipe minimizes animal fats and uses fresh, organic vegetables. The recipes were developed with passion by the renowned cookbook author Anne-Katrin Weber and brought into the spotlight by Wolfgang Schardt.

More than 16,000 copies sold in the German-language book market

The perfect way to get started with healthy vegetarian cuisine without having to give up anything

Over 70 easy-to-make recipes that don't appear in any other book





## STREET FOOD Hearty Vegetarian

*Author* Anne-Katrin Weber  
*Photos* Wolfgang Schardt  
 216 pages, 100 photos, large format  
 23.5 × 28 cm (10.6 × 12.2 inches),  
 hardcover with dust jacket  
*Words* approx. 53,040  
*Characters* approx. 200,160

EUR 29.95 (D)  
 ISBN 978-3-95453-069-4



### Even meat eaters find it irresistible

The first time we tried many of the things that we really like to eat, it wasn't at home, but instead on the streets and at markets around the globe. You eat something there for the first time—captivated by the smell and the moment—just using your hands or off of a paper plate. For most of us, these street-food snacks that smelled so good will always remain irresistible. But also at home, these simple and usually fast recipes are the ideal way to start enjoying the unique flavors and spices of exquisite international cuisine. Spicy tofu mushroom shashlik, fried mozzarella sandwiches, quesadillas with avocado dip, death-by-cheese pan pizza, Copenhagen-style smørrebrød, cottage cheese carrot wraps, roasted cauliflower with pomegranate, pumpkin and sweet chestnut tajine, Thai eggplant curry, briouats, green pistachio

falafels, zucchini kofta, walnut baklava, and much more. All of the things that you know from street vendors in other countries and from delicacy markets both at home and abroad—easy street food of the finest quality, all of which are hearty vegetarian. The renowned author Anne-Katrin Weber presents 80 delicious and simple dishes, superbly arranged by Hamburg photographer Wolfgang Schardt.

More than 9,000 copies sold

Delicious and savory, healthy cuisine that meat eaters will also love

A composition of exquisite international recipes combined in one book



Incredibly inspiring ideas for your next party: **vegetarian buffet highlights**



**PARTY AND FINGER FOOD**  
**Hearty Vegetarian**

*Author* Anne-Katrin Weber  
*Photos* Wolfgang Schardt  
192 Seiten, 96 photos, format 23.5 x 28 cm, (9.3 x 11 inches), hardcover with dust jacket  
*Words* approx. 23,895  
*Characters* approx. 152,853

EUR 29.95 (D)  
ISBN 978-3-95453-098-4

**There are no longer parties without vegetarians!**

This new book by the renowned author and award recipient Anne-Kathrin Weber is filled with the most amazing vegetarian recipes for all of your special occasions. You can turn your party into a culinary experience with snacks that even "hardcore" meat eaters will appreciate. This is a book with many practical suggestions, tips, and original ideas. Inviting people over has never been so much fun. No matter whether finger food, salads, soups, pizzas, or quiche, each dish, spicy or sweet, is exquisite, tastes delicious, and is also a real treat for the eyes, thanks to Wolfgang Schardt's outstanding recipe photos. Everything is simple to prepare and arrange—either for a larger cocktail party or a more casual, relaxed evening with friends, colleagues, or family.

The party snacks work well for many occasions and can also be combined to make a great buffet. Now you can look forward to party fun without party stress—with vegetarian recipes that the guests just won't be able to resist.

Two popular cookbook topics in one book: party food and vegetarian cuisine

From the successful vegetarian series Hearty Vegetarian

Inspiring buffet highlights that will also delight nonvegetarians



**Eating vegetarian more often**  
also works if you only have  
10 to 20 minutes!



## LAST-MINUTE VEGETARIAN

**Preparing Delicious Meals  
in Only 10 to  
20 Minutes**

*Text* Anne-Katrin Weber  
*Photos* Wolfgang Schardt  
192 pages, 90 photos,  
format 23.5 × 28 cm (9.3 × 11 inches),  
hardcover with dust jacket  
*Words* approx. 21,311  
*Characters* approx. 137,112

EUR 29.95 (D)  
ISBN 978-3-95453-129-5



### Quick, quicker, veggie!

Would you like to eat fresh and healthy meals, but don't want to spend half the evening in the kitchen? In this book, Anne-Katrin Weber, a well-known author of several successful cookbooks, shows you how you can also do this easily while eating a vegetarian diet. She has developed over 90 delicious, quick-and-easy vegetarian recipes that serve as a collection of all around tasty and healthy dishes that are perfect for those times when you need to prepare something quick.

With her amazingly uncomplicated recipes, Anne-Katrin Weber has made sure that you won't get bored, even when it comes to "quick dishes." Are you ready to try out a few recipes? Pasta with avocado pesto, quinoa salad with beets and apples, carrot and melon soup, crispy baked pumpkin with lemon mayonnaise, hazelnut polenta with root vegetables, white pizza with goat's cheese, plum tart ...

This is how quick modern vegetarian cuisine tastes today. There is a large selection with something for everyone including crisp and filling salads, warming soups, light dishes, hearty options, and plenty of desserts. And to make sure dinner is on the table even quicker in the future, the author also provides practical, tried and tested, time-saving tips that will become an indispensable part of the way you cook.

Follow-up to the successful series  
**Hearty Vegetarian**

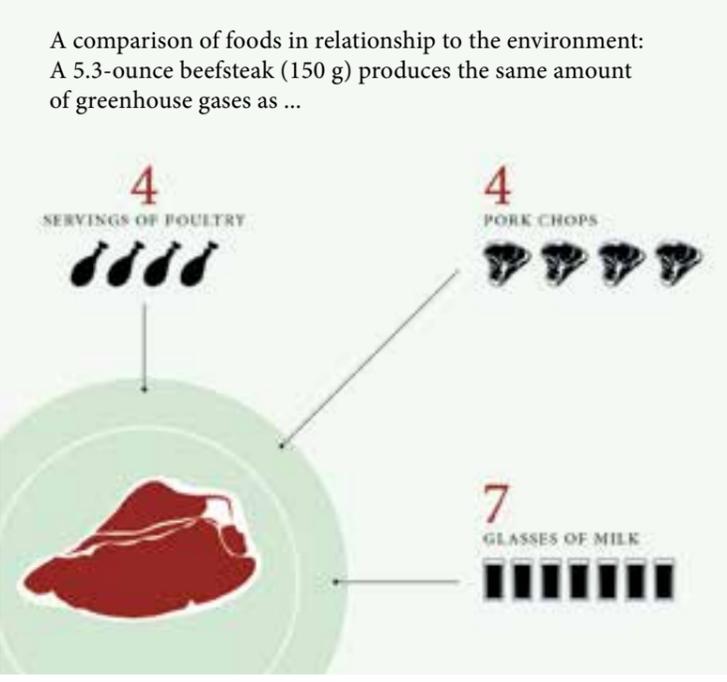
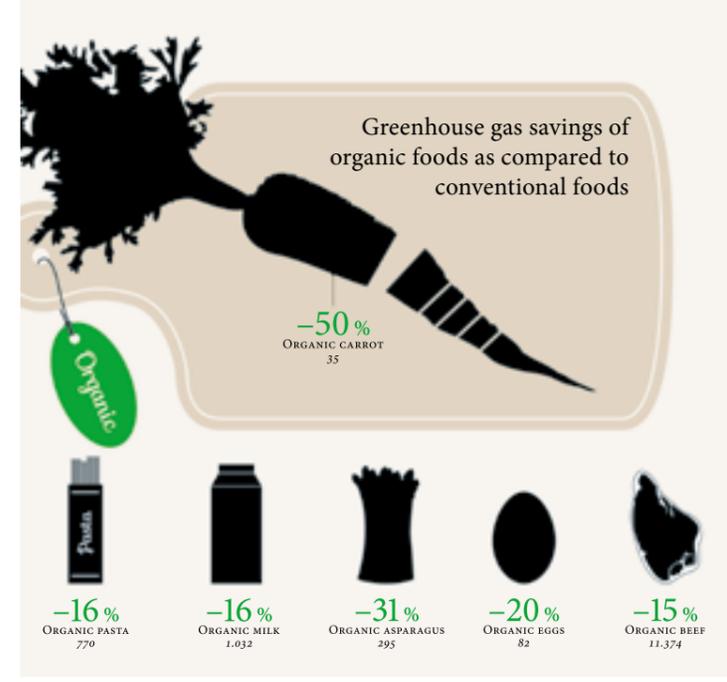
For anyone who wants to eat meat-free  
meals more often

Quick, easy, delicious—and healthy too



**RECIPES FOR THE FUTURE**

Author Susanne Pretterebner  
Photos Hubertus Schüler  
168 pages, format 24 x 24 cm (9.6 x 9.6 inches), 24 illustrations, plus a calendar with 48 recipe photos, hardcover with dust jacket  
Words approx. 24,480  
Characters approx. 178,480  
  
EUR 37.00 (D)  
ISBN 978-3-95453-072-4



Acting responsibly begins when you plan what you will eat. This book includes outstanding graphics that show how the foods we eat have an environmental impact.

**Distinguished several times! Phenomenal design!**

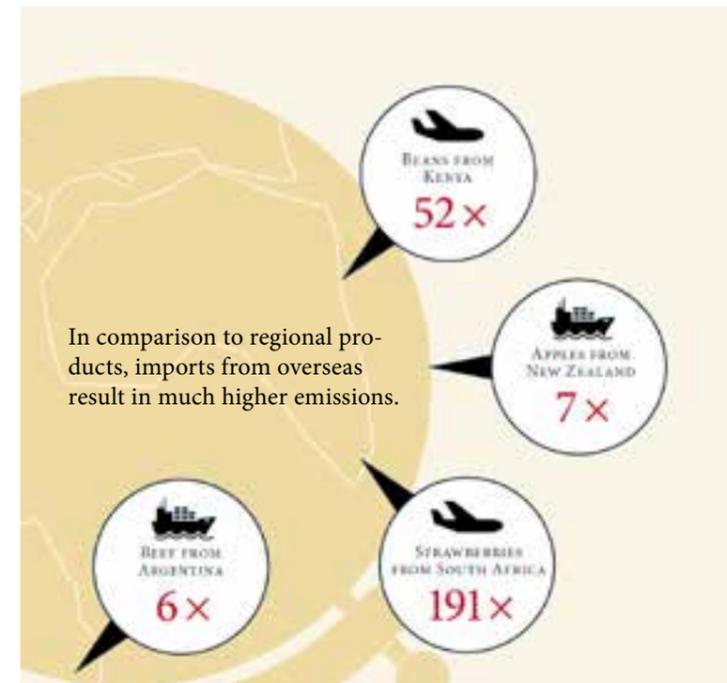
This book is without a doubt the nicest way to expand what you know about a healthy diet by reading in-depth information about how our food choices are linked to the environment. Attractively designed infographics show readers in an engaging and memorable way how their diet impacts the environment. The 48 delicious recipes in the book are proof that a healthy lifestyle and a responsible diet fit together not in spite of but precisely because of seasonal and regional foods. The author shows you how you can protect the environment from your kitchen, while eating great food! And because the author is serious about personal responsibility, she offers you detailed information on how to transform your diet into one that is

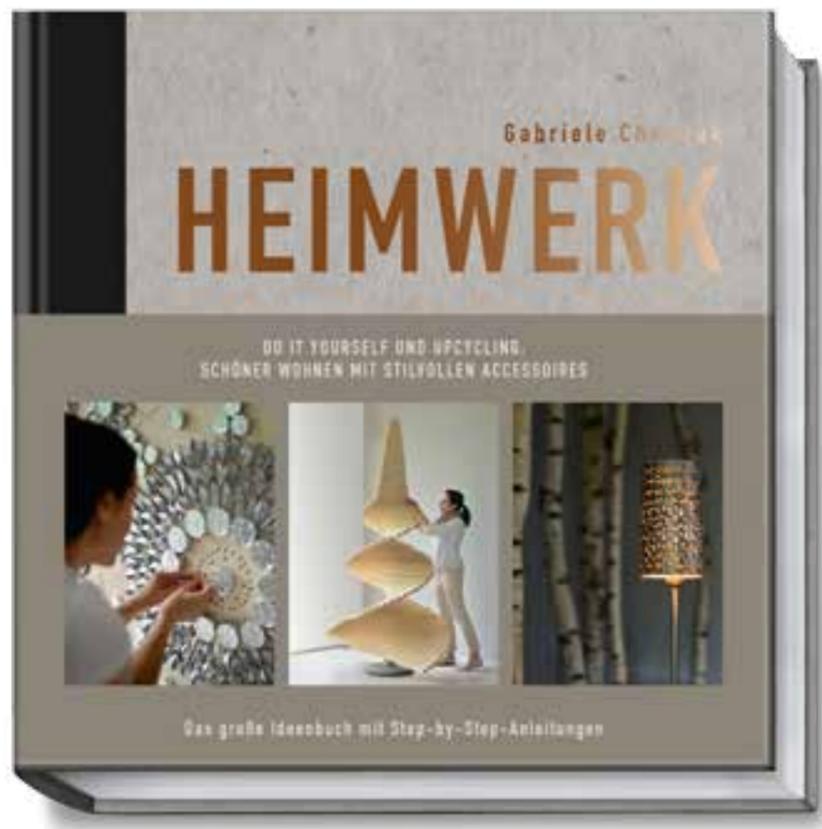
environmentally friendly—from tips on choosing the right ingredients to a seasonal calendar that shows by month what fruits and vegetables are available regionally in Europe. The book is also a visual treat which has already brought the author and designer Susanne Pretterebner numerous design awards.

Received several awards before it was even released! Includes a book and wall calendar!

A practical approach to a current issue in the media

48 delicious recipes with tips on cooking seasonally in Europe





**HOME DECOR**  
**Do-It-Yourself and Upcycling: Better Living with Stylish Accessories—The Big Idea Book with Step-By-Step Instructions**

*Author* Gabriele Chomrak  
*Photos* Justyna Krzyzanowska  
240 pages, 345 photos,  
format 24.5 x 24.5 cm (9.3 x 11 inches),  
hardcover with belly band  
*Words* approx. 24,430  
*Characters* approx. 158,420  
  
EUR 28.00 (D)  
ISBN 978-3-95453-087-8



**Do-it-yourself projects** that will truly impress everyone—the best book out there with ideas for your home decor projects

**Where do you get all of these brilliant ideas?**

From Home Decor! This volume is much more than just an inspirational book. Home Decor is the DIY Bible for design fans who are enthusiastic about making amazing home decor pieces and fashion accessories that stand out. Having fun being creative and making beautiful pieces yourself come first. More than 50 home decor projects are featured here that are refreshingly different from standard craft ideas. These make a real design statement. A remarkable variety and striking combinations of materials and pleasant color schemes give the objects their character. Special attention is given to upcycled and recycled materials. Puzzles, votive candle sleeves, laminating sheets, and go-cart tires take on a completely new look and function. With detailed pictures, step-by-step instructions, complete material lists, and many tips, even those new to craft projects can have an easy introduction into the DIY universe. With her ideas, author Gabriele Chomrak is not only

known for a confident style and originality, but also for creating projects that are easy to complete. Thanks to the wide variety of design options, do-it-yourselfers are given a lot of room to bring in their own personal tastes and explore their own creativity. So it's entirely up to you whether you make your DIY projects precisely according to the instructions or follow your inspiration to create your own unique home decor.

DIY and upcycling—two popular trends in one book

Great ideas complete with instructions for do-it-yourselfers

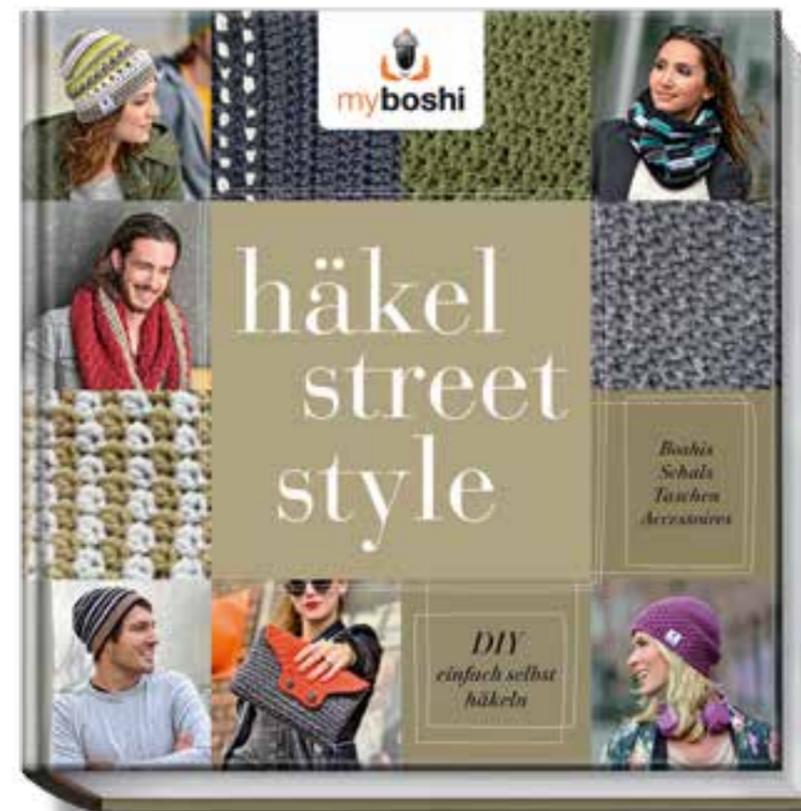
Original designs that are stylish and easy to complete





*"Modern, casual, and authentic street style in fashionable, trendy colors that can easily be combined with wearable styles."*

Hobby Art (German magazine)



## **CROCHETING— STREET STYLE DIY** Just Crochet It Yourself

*Authors* Thomas Jaenisch and Felix Rohland  
*Photos* Justyna Krzyzanowska  
184 pages, 235 photos, large format 24.5 × 24.5 cm (9.6 × 9.6 inches), hardcover  
*Words* approx. 24,615  
*Characters* approx. 141,980

EUR 14.95 (D)  
ISBN 978-3-95453-034-2



### **Hats off to crocheting!**

"Crocheting is the new yoga," is the motto of the two likable Germans from Franconia. Their tip for an entire generation is to make sure you're not always online or watching TV, but instead take time to do something for yourself, which in the end will bring you deep satisfaction and a visible result. And an amazing one at that! So the next time you're chatting or watching a thriller on TV, pull those crochet needles out! Make your couch a happening place! And this goes for both guys and gals. Crocheting with myboshi is extra easy and quick to learn. This book is full of modern, casual, and authentic street style in trendy colors that can be mixed with the latest fashions. Dozens of new hat designs, scarves, infinity scarves, leg warmers,

bandannas, handbags, and other small fashion accessories will show you what crocheting is all about. myboshi is and will remain the original—the labels included with the book make it easy to spot a myboshi, making the difference visible to everyone.

**From the star crocheters Thomas and Felix of myboshi**

**Repeatedly number 1 on the handicrafts best-seller list: about 1 million books sold for myboshi**

**The ultimate cult brand—myboshi wool is also sold successfully in all of Europe**



12 toys to crochet + instructions for a bravery hat will make you brave

THE LITTLE LION HENRY AND HIS CROCHETED FRIENDS

myboshi

Author Tanja Mairhofer
Illustrations Johanna Fritz
144 pages, 137 photos, 12 illustrations, format 24.5 x 24.5 cm (9.6 x 9.6 inches), bound Words approx. 26,980 Characters approx. 150,400

EUR 14.95 (D)
ISBN 978-3-95453-068-7

A great new idea—a story to read aloud and crochet

With myboshi, crocheting has achieved best-seller status. Amigurumis, crocheted animals and characters, are currently the most popular part of this crocheting craze. This is therefore the perfect time for myboshi to add an entirely new dimension—a treasured children's story with sweet animal figures to read aloud and then crochet, written by the prominent moderator Tanja Mairhofer on many children's TV shows in Germany. Moms, dads, grandmas, and babysitters can also crochet the animal—in a perfect cuddly size—ahead of time from the story they are going to read aloud in the evening. This promises to bring excitement into your children's eyes, good sleep, and huge anticipation of the next chapter. Anyone who has seen the 12 crocheted animals from the story won't be surprised that they were among the most popular exhibits and secret stars at the Frankfurt Book Fair. Only with great effort could we defend them from the new enthusiastic myboshi fans and safari hunters.

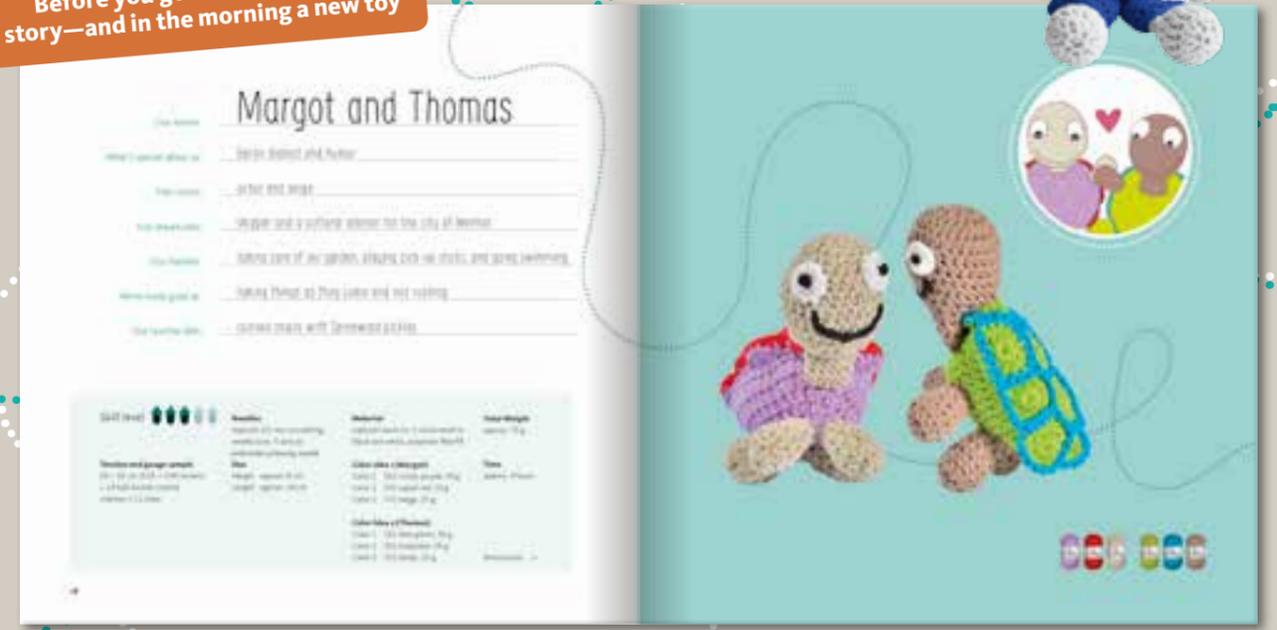
In the book, Tanja Mairhofer tells the story of Henry, the scared lion who wants to finally learn how to be brave like a lion is supposed to be. Star crocheters Thomas and Felix and their animal-crazy designer Sarah have designed the patterns for these heart-warming zoo characters, and even beginners can complete these projects in one evening.

myboshi books repeatedly number 1 on the handicrafts best-seller list, about 1 million myboshi books sold

Includes crocheting instructions for 12 animal toys

Ideal for all crocheting mothers, fathers, grandmas, babysitters, and stuffed animal fans

Before you go to bed, there's a story—and in the morning a new toy



Felix and Thomas myboshi guys

Tanja Mairhofer moderator & author



» Strength training alone isn't enough. Your diet needs to be in line with your training goals. This book shows you the right way to do it. «

**STRONG FOOD—THE COOKBOOK: IF YOU WANT MUSCLES, YOU HAVE TO EAT RIGHT.**  
Recipes for Building Muscle and Endurance—based on the Latest Research

Text Prof. Dr. Ingo Froböse  
Photos Justyna Krzyzanowska  
224 pages, 85 photos,  
format 19 × 24 cm (7.5 × 9.5 inches),  
hardcover  
Words approx. 24,811  
Characters approx. 168,231  
EUR 24.95 (D)  
ISBN 978-3-95453-127-1



*"Then if anyone can get to the heart of the matter, it is the fitness star from Cologne. And he has done just that in his book Strong Food. Froböse sheds light on the topic and clears up misunderstandings in the jungle of diet and nutrition."*  
Andreas Haslauer, Editor FOCUS, April 2017

**No muscles or endurance without strong food**

Don't leave it to chance that your muscles develop, nerve pathways remain healthy and active, and your body is ready to perform and heal itself at the right time. All of these things can be controlled with the help of a focused diet that, for example, stimulates muscle growth and provides the body with all of the components it needs to efficiently regenerate on an ongoing basis. It is only when we make the necessary raw material available that we can help our bodies become more vibrant and healthy, perform better, and also have quality of life in every way—for the long term as well. Food therefore has an exceptionally important role when it comes to exercise that is intended to build muscle, increase performance, and regenerate the body. We simply too often forget about the fact that

every food we eat sets off a chain reaction in our body. Based on a wealth of easy recipes for your daily life, this book shows you how you can eat in a focused and efficient manner.

Millions train to build more muscle, but then don't eat in a healthy manner

The cookbook for the megatrend  
*You Are Your Own Gym*

By the renowned sports scientist and metabolism specialist Prof. Dr. Ingo Froböse

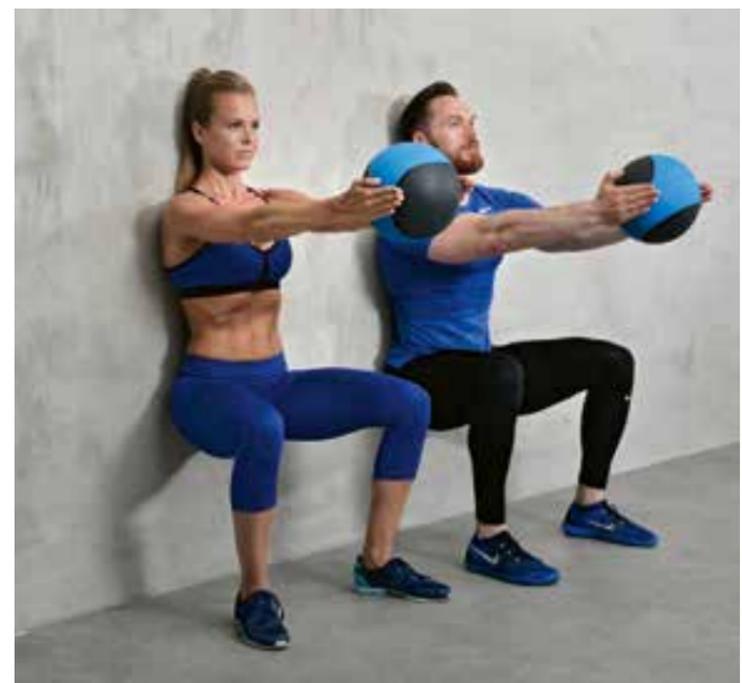




**YESTERDAY YOU SAID "TOMORROW"**  
**The 5-Step Fitness Program using Your Own Body Weight**

*Text* Dr. Michèl Gleich  
*Photos* Justyna Krzyzanowska  
 264 pages, 200 photos,  
 format 21.5 x 27.5 cm (9.3 x 11 inches),  
 folded brochure  
*Words* approx. 55,419  
*Characters* approx. 330,409

EUR 24.00 (D)  
 ISBN 978-3-95453-108-0



**A real alternative to the gym:**  
 an outstanding, well-planned  
 training program to systematically  
 build muscle

**Giving up is no longer an option!**

His personal story gives everything he does a genuine authenticity and passion that is simply infectious. As an officer, he trained countless soldiers and then later he exchanged his uniform for a shirt and tie to coach aspiring managers for a global company—a dream job. But then he quit his position overnight in order to dedicate himself entirely to exercise and sports. In 2015, he received the renowned NEOS Awards for both best personal trainer and newcomer of the year in Germany, which are selected by a high-profile jury. "Not tomorrow. No, today and now. Do you want an athletic and muscular body? Good, now you have a goal. So jump in with both feet and get started. From now on, there simply aren't any more excuses to put off your own goals. You can create a basis for your success with this one-of-a-kind combination of

highly effective training using your own body weight and a healthy, perfectly balanced diet. Long-lasting. You can start whenever you want, no matter what your fitness level is. Anywhere. At any time. Without equipment or dumbbells. No stress. But most of all with lots of energy, fun, passion, and motivation."

**For everyone who wants to quickly and effectively build more muscles**

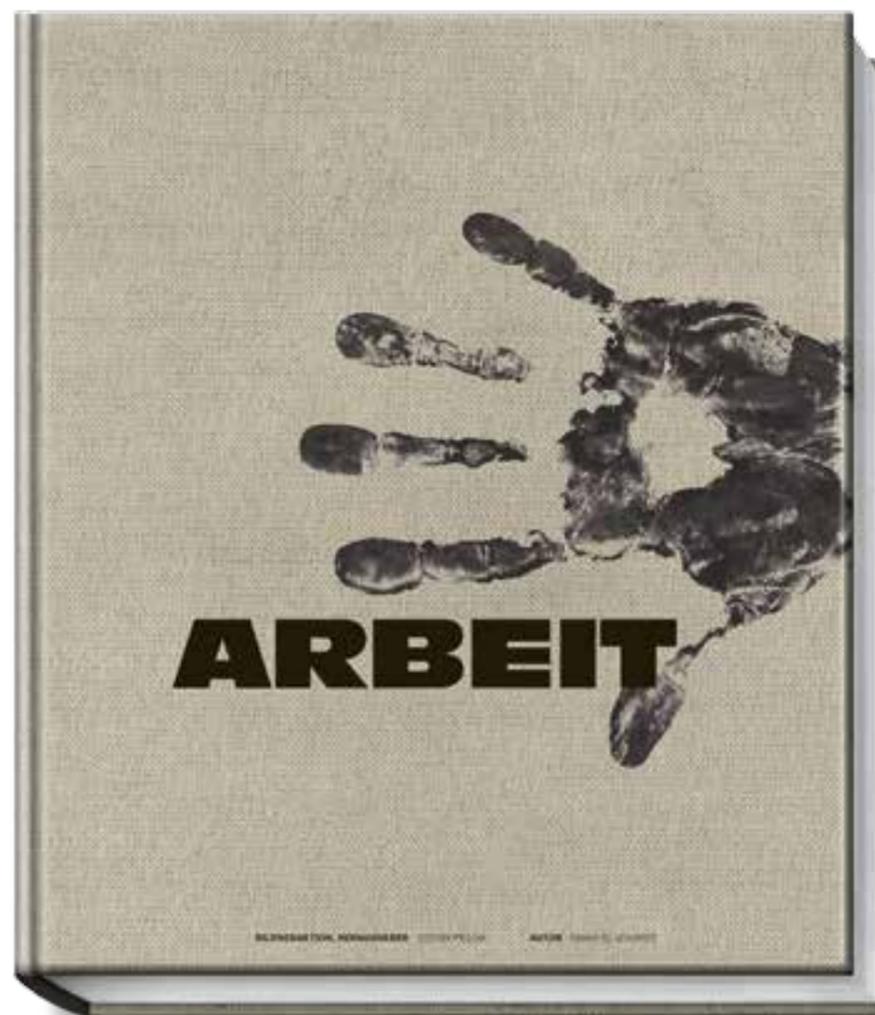
**Balanced progressive training plans for beginners and advanced**

**With delicious 10-minute recipes and diet tips**





*"Impressive images. Workplaces can vary so much. (...) the photographer Stefan Pielow has dug through mountains of photos and put together an amazing set of photos that are radically honest."*  
Hamburger Abendblatt (German newspaper)



## WORK

Author Emanuel Eckardt  
Photo editor and editor  
Stefan Pielow  
240 pages, 136 photos,  
large format 27 × 31 cm  
(10.6 × 12.2 inches),  
hardcover with canvas binding  
Words approx. 9,850  
Characters approx. 70,340

EUR 49.95 (D)  
ISBN 978-3-938100-94-3

### Images of reality

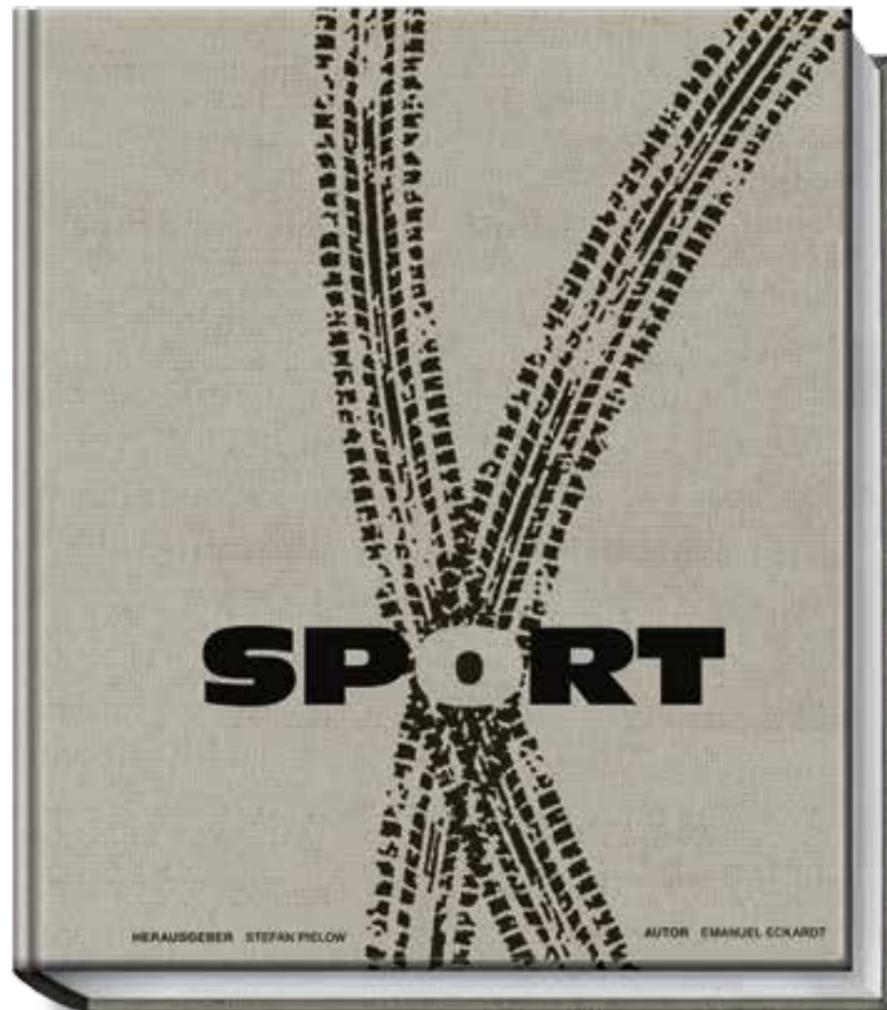
Work changes the world. Work has cultivated the earth and allowed civilizations and societies to develop. Work creates values, ensures our existence, and changes ecological systems, natural landscapes, and the global climate. Work is life. This book is filled with fascinating pictures taken by internationally acclaimed photographers, showing people at work in the heat of the tropics, in icy storms, in operating rooms, and in the sterile world of laboratories in the future. It shows archaic drudgery and back-breaking jobs that people do to keep themselves and their families alive. The images show work that without courage, patience and experience, or without passion for a cause wouldn't be possible. And sometimes work that wouldn't be done without people's hope for a life in a better world. The pictures tell a story and touch

people's hearts, but are also unsettling. They show the daily life of human endeavor and jobs that are still better than being without work. People who are working in the fields, who are hauling things, and who are risking their lives. These pictures document the progress of the way we work and show specialists who are already at work creating the future.

A universal and brilliant gift idea

More than 4,000 copies sold in the German-language book market

Also available in the U.S. and Australian markets in English



## SPORTS

*Author* Emanuel Eckardt  
*Photo editor and editor*  
 Stefan Pielow  
 240 pages, 133 photos,  
 large format 27 × 31 cm  
 (10.6 × 12.2 inches),  
 hardcover with canvas binding  
*Words* approx. 23,660  
*Characters* approx. 163,600

EUR 49.95 (D)  
 ISBN 978-3-95453-038-0



Thrills and emotion from the first page to the last in large format—perhaps the most impressive sports book of all time. Ideal for any sports fan!



### What moves people

The photos show emotion, tell of the struggle against the clock or nature, against gravity, the wind, pounding waters, heat and exhaustion. Or against the screams and whistles of many thousands of spectators. They tell of people overcoming insurmountable limits, overcoming the pull of gravity, limits of endurance, inner limitations, and external challenges. The photos show scenes of elation and the euphoria of victory, moments of happiness and deep despair, tears, sweat, and grime. They show the beauty and elegance of movement, an impressive show of muscle, and unbridled power. The images reveal what moves people and get under your skin.

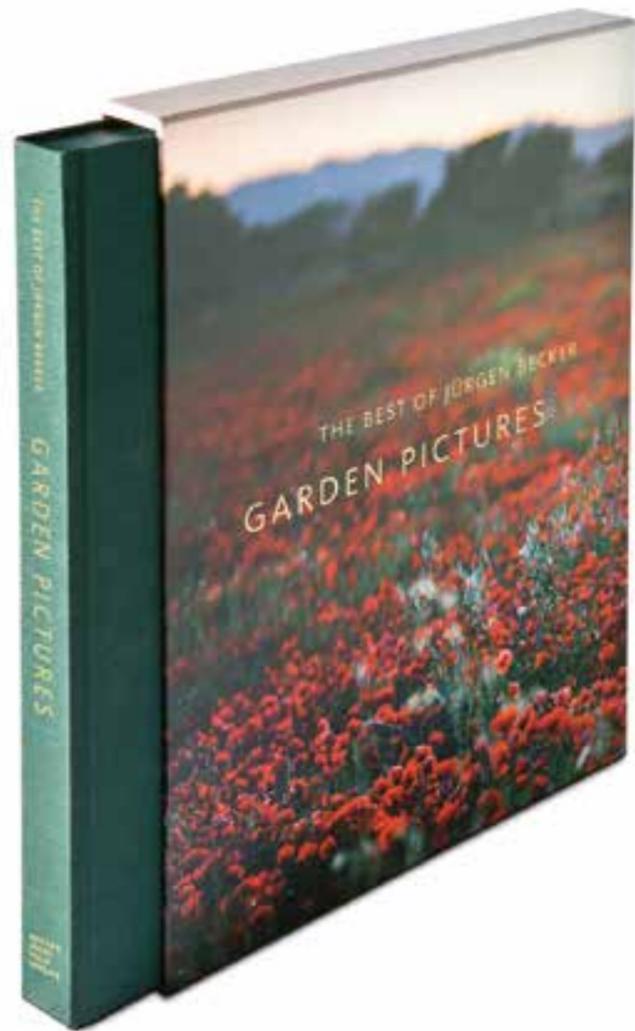
After months of research, the photographer Stefan Pielow has selected the best photos out of his vast

collection of international sports photography. From the sidelines, the reporter Emanuel Eckardt describes some of the most amazing as well as some of the most absurd and bizarre moments in the world of sports.

[A perfect gift for any sports fan or person who loves outstanding photography](#)

[The follow-up book to \*Work\*—widely praised in the German media](#)

[Text by Emanuel Eckardt, recipient of the prestigious Kisch Literary Prize; images edited by Stefan Pielow](#)



### THE BEST OF JÜRGEN BECKER GARDEN PICTURES

*Photos* Jürgen Becker  
*Text* Alexandra Rigos  
272 pages, 135 photos,  
large format 27.5 x 36.5 cm (10.6 x 12.2 inches)  
hardcover, canvas binding  
with gold foil stamping and  
slipcase, high-end special printing process,  
limited edition of 3,333 copies worldwide  
*Words* approx. 16,414  
*Characters* approx. 99,939

EUR 246.00 (D)  
ISBN 978-3-95453-010-6



Collector's edition in XXL format, an exquisite book for garden fans and photography lovers: in brilliant 11-color print, with canvas binding and slipcase, gold foil stamping, numbered by hand, released as a limited edition of 3,333 copies worldwide.

#### A collector's item of a special kind

Jürgen Becker has always succeeded in giving the motifs of his photographs an unexpected charm beyond their own beauty. Here, grass shimmers against the light like glowing ethereal bodies, and a majestic tree in the early fog awakens memories of times long past. In this opulent photography book that is perfect for collectors of prestigious volumes, Jürgen Becker, a renowned international garden photographer, presents works that will captivate both

plant lovers and photography fans alike. His photographs are beautifully composed, document wonderful gardens, and are also significant works of art. The combination of the extra-large format, unique printing technique, and the bookbinding process, which were all completed by the best in their fields, make this work something very special. Each individual copy of this limited edition is numbered. The texts were written by the well-known journalist Alexandra Rigos.





“... Great designs and practical ideas ...”  
 Lebensraum (German magazine), April 2017

“The privacy protection problems of yesterday have become a creative challenge for those with the necessary expertise.”



**PRIVACY PROTECTION AND DIVIDERS IN THE GARDEN**

*Text* Marion Lagoda  
*Photos* Jürgen Becker, Marianne Majerus, Marion Brenner  
 168 pages, 73 photos, format 23.5 x 28 cm (9.3 x 11 inches), hardcover with dust jacket  
*Words* approx. 19,844  
*Characters* approx. 141,953

EUR 39.95 (D)  
 ISBN 978-3-95453-124-0

**Carefully crafted lines of sight**

Privacy protection in the garden is becoming increasingly important. In today’s world, we have limited space and want to protect our privacy even in our backyard. But privacy protection in modern garden design is no longer solely for the purpose of keeping your private sphere apart from the view of neighbors and passersby. Hedges, fences, and walls create spaces that divide the garden, give it structure, and often enough are astoundingly beautiful eye-catchers. This book offers an overview of how brilliantly modern garden architects work with design elements and dividers to create privacy and how materials such as glass, plastic, and concrete enrich garden design. The examples from all over the world, captured by the best garden photographers of our time, will inspire readers to work creatively with privacy

protection and dividers in their own gardens. In this book, the renowned author Marion Lagoda impressively shows how creative design can be used to transform problems into highlights in the garden. Those who don’t appreciate prying eyes will find solutions in this book that will exceed even their highest expectations. And for everyone else, it is a fountain of ideas for creating space in your backyard.

Hot topic of privacy in the garden—predecessor volumes have sold over 40,000 copies

A wealth of ideas for creating privacy in your garden



**NEW GENERATION GARDEN DESIGN**  
**Creative, Stylish, Practical**

*Text* Manuel Sauer  
*Photos* Marianne Majerus, Modeste Herwig, and Miquel Tres  
208 pages, 111 photos, and 43 sketches, format 24.5 x 24.5 cm (9.6 x 9.6 inches), hardcover with dust jacket  
*Words* approx. 12,400  
*Characters* approx. 91,900  
  
EUR 28.00 (D)  
ISBN 978-3-95453-020-5



Modern, striking garden design—creative, stylish, and practical. With basic layouts.



**Fresh ideas and unconventional concepts**

Modern garden design today offers a variety of materials, which makes it possible for any garden owner to realize their own style. Gardeners, especially those who are young and young at heart, call for better design solutions for the creative use of plants, glass, steel, and plastic to be used in their living environment. The successful author and award-winning landscape architect Manuel Sauer presents fascinating insights into the best strategies for stylish garden planning. Using important key concepts such as space, topography, color, and equipment, this book shows how modern and unconventional design can succeed without being arbitrary. He uses exemplary garden projects of the best designers from all over Europe and shows the range of current design approaches. With brilliant image quality, Sauer presents impressive

concepts for gardens in the city and country to meet the widest range of gardening needs. No matter whether close to nature, colorful, or timelessly elegant, the design professional provides an inspiring work—enriched by practical sketches and a wealth of detailed information—that garden owners and designers alike can use to create masterpieces.

More than 6,000 copies sold! Rights have already been sold to the Netherlands.

Interesting insights into concepts for space, topography, color, and equipment

With explanations and plans on the time and effort required, and tips for do-it-yourself projects



**NEW GENERATION GARDEN DESIGN**  
**Terraces and Seating**

*Text* Manuel Sauer  
*Photos* Marianne Majerus, Jürgen Becker  
192 pages, 147 photos, format 24.5 x 24.5 cm (9.3 x 11 inches), hardcover with dust jacket  
*Words* approx. 14,657  
*Characters* approx. 111,248  
  
EUR 28.00 (D)  
ISBN 978-3-95453-125-7



*"The many plans and illustrations provided by the author are particularly helpful."*  
Generalanzeiger (German newspaper), March 2017

**The garden design book for the next generation of garden owners**

**Fresh ideas for modern oases of well-being**

Gardens are increasingly becoming extended living spaces under the open sky. The young and young at heart want to use their gardens as a comfortable space to relax together, a place to celebrate, or even just a spot to sit and dream. And this is why garden design focuses on seating and terraces. For a long time now, clever design guidelines have taken the place of rigid style rules. The renowned landscape architect and best-selling author Manuel Sauer shows us examples of these. He combines unconventional designs with information about how to implement them and also provides pure inspiration for amateurs and professionals alike in his second book of the successful series New Generation Garden Design. For this purpose, the experienced garden architect shares his extensive planning expertise and tips for planting. From traditional and natural style to retro and freestyle, he presents the most important aspects of design and classifies them pragmatically

according to their uses. With the chapters "Sitting at home" and "Sitting in the garden" as well as a section that will inspire when it comes to garden furniture, Manuel Sauer shows you how to implement creative design ideas in your own garden. The numerous overview plans and illustrations included are particularly helpful and encourage even beginners to explore the world of garden design. The brilliant photos beautifully showcase the projects and turn this garden design book into a breathtaking work of art.

**The next volume in the successful series**  
**New Generation Garden Design**

**Highly practical sections such as garden plans, descriptions, and tips for planting**

**Inspiration for amateurs and professionals**

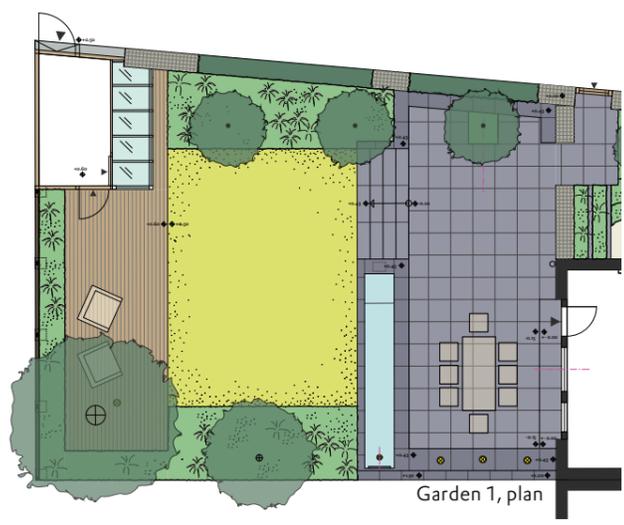




Before



After



Garden 1, plan

With easy-to-understand design details and garden plans



Before



After



Before



After



**BEFORE AND AFTER GARDENS**  
Properly Planning Modern Gardens

Author Manuel Sauer  
Photos Jürgen Becker, Volker Michael, and Manuel Sauer  
192 pages, 159 photos, format 23.5 x 28 cm (9.3 x 11 inches), hardcover with dust jacket  
Words approx. 21,885  
Characters approx. 156,878

EUR 39.95 (D)  
ISBN 978-3-95453-044-1

**Perfectly Planning Modern Gardens**

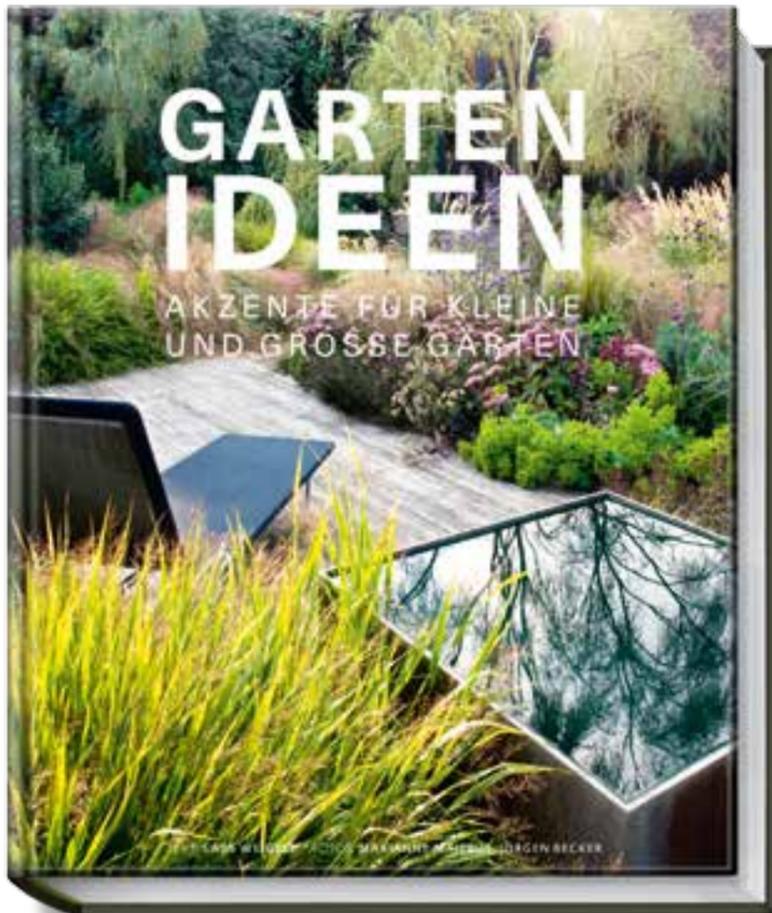
The desire to have a beautiful garden is still alive today. But those who try to design their perfect garden quickly discover that only a well-thought-out plan can lead to a truly beautiful design. In this book, the renowned author and landscape architect Manuel Sauer shows how holistic garden architecture works in practice. Using his own projects, some of which have received international awards, he leads his readers through the design process from the first garden visit up to the completion of the perfect dream garden. Before and after. What was the original condition of the garden area, what were the clients' wishes, and why was this specific design created? Manuel Sauer presents impressive beautiful leisure gardens featuring a variety of styles and elements. The established

garden architect explains his original plans and reveals a lot of practical details. Using brilliant image material, some of the best garden photographers put Sauer's distinctive gardens in the spotlight and skillfully emphasize the high quality design of the projects presented.

Great practical advice for everyone who wants to create a new garden

Very successful garden book author and award-winning garden designer

Perfect for professional garden planners and architects



**GARDEN IDEAS**  
**Accents for Small and Large Gardens**

*Author* Lars Weigelt  
*Photos* Marianne Majerus and Jürgen Becker  
 240 pages, 143 photos, format 23.5 × 28 cm, (9.3 × 11 inches), hardcover with dust jacket  
*Words* approx. 28,769  
*Characters* approx. 218,287

EUR 29.95 (D)  
 ISBN 978-3-95453-054-0



Bit by bit to bring about the perfect garden paradise!

**Artistic details and small solutions**

It is the individual components and structures, the garden elements, that define the garden as a whole and create a unity from surface and space. When planned with care and finesse, the small things enhance the design, function, and mood. Artistic details and skillful arrangements form the basis of the designs presented in this idea book with a view to the larger picture. From beautiful photos to practical advice, here you will find detailed answers to all of your questions about garden design. Sometimes amazing and surprising, sometimes simple and elegant, occasionally breathtaking, but always phenomenal and outstanding in design and function. Whether describing attractive planting solutions, clever privacy protection, functional shading, distinctive walkways, exclusive outdoor living styles, chic and trendy, or solidly traditional, each of the elements

described here truly shine in themselves. Planned with charming design and a keen sense for spatial relationships and carried out with expert craftsmanship, these are the essence of great garden design. With excellent photographs and professional texts and with suggestions and inspiration, *Garden Ideas—Accents for Small and Large Gardens* provides the expertise and attention to detail that allow you to use small solutions to create a stylish garden design.

*Successor of Gardens and Terraces—The Big Idea Book (25,000 copies sold)*

Great practical ideas for every size garden

With a lot of practical background information for each of the individual projects





Nothing increases the possibilities for relaxation in your own garden more than water.



#### “State of the art” in the use of water

This book gives a perfect overview of how water gardens are interpreted and designed today. Pristine water gardens with lush greenery, clear lines of architectural water gardens, inspiring examples of classic water features, and mysterious exotic gardens full of warmth and light—the magnificent photos of artistically landscaped gardens will inspire you to work with water. Every project is accompanied by an explanatory text that directs your attention to the essential elements. The examples included provide a collection of ideas for designing your own garden. Fountains—basins—natural swimming pools, here size doesn’t matter. No matter how you integrate water into your garden landscape, this book will help you consider the most important elements and find your style.

#### WATER IN THE GARDEN 2

##### The Big Idea Book

Author Jörg Baumhauer Photos Marianne Majerus and Jürgen Becker; 216 pages, 94 photos, large format 30 × 24 cm, (9.3 × 11 inches), hardcover with dust jacket  
Words approx. 34,354 Characters approx. 241,388

EUR 49.95 (D)  
ISBN 978-3-95453-064-9

Volume 2 of the successful book *Water in the Garden* (10,000 copies sold)

Modern and stylish ideas for those with a discerning taste

From the water and pool specialist, technical author Jörg Baumhauer



*"This is about the details that can transform an ordinary garden into something spectacular."*  
HÄUSER (German magazine)



**The "recipe book" for beautiful gardens**

Above all, a beautiful garden requires great ideas, a good design, and a little bit of patience. But which ideas can best be made reality and where? What fits in small, in modern, and in classical gardens? What do I do in shaded areas and how do I ensure privacy protection? What type of paving stones and fountains match my personal expectations and preferences? Nothing makes decisions easier than having a comprehensive selection of magnificent gardens and terraces at your fingertips, combined with all the tips you need to implement the ideas in your own garden. With 256 pages, this large-format garden book offers ideas and is a great source of inspiration for every garden fan. Like almost no other, it is perfectly suited for both dedicated gardeners and professional garden planners.

**GARDEN AND TERRACE  
The Big Idea Book**

Author Gisela Keil Photos Jürgen Becker and Modeste Herwig  
256 pages, large format 30 x 24 cm (8.5 x 11 inches),  
125 photos, hardcover with dust jacket  
Words approx. 39,300 Characters approx. 285,000  
EUR 39.90 (D)  
ISBN 978-3-938100-41-7

Fifth edition, 30,000 books sold, 125 full pages, and breathtaking photos

The ideal garden book to find your own style and the best solutions

Also available in the Australian market in English



*“Landscape architect Horst Schümmelfeder knows all the latest trends, materials, and stylistic elements that you need for a big new beginning or a little enhancement for your terrace.”*  
 Traumgärten (Dream gardens, German magazine)



**“One who plants a garden, plants happiness”**

Using large photos, this book presents the most beautiful terraces and seating that are visually stunning and downright irresistible. At nearly 200 pages, it offers fantastic inspiration for your own planning and garden design. *Terraces and Seating* is designed for the passionate gardener as well as the professional planning office. From the choice of materials to the best presentation of style elements, all of the essential aspects of good design are discussed and visibly brought to life using the photos and are therefore made accessible to the garden fan inexperienced in garden design. The landscape architect and author Horst Schümmelfeder, one of the most elite designers in the industry, is known for his work with planning gardens and private parks. He has planned over 200 private gardens in Germany and abroad for especially discriminating clients.

**TERRACES AND SEATING**

**The Big Idea Book**

*Text* Horst Schümmelfeder *Photos* Jürgen Becker  
 192 pages, large format 30 x 24 cm (11.8 x 9.4 inches),  
 96 full-page photos, hardcover with dust jacket  
 Words approx. 27,100 Characters approx. 197,000

EUR 39.90 (D)  
 ISBN 978-3-938100-64-6

The most popular topic for most every garden owner

Already more than 14,000 copies sold

For the passionate gardener as well as the professional planning office



Today, landscaping itself is considered an art form. The true mark of excellence is to be able to bring architecture, the garden, and the existing environment into harmony.

**If the whole is more than the sum of its parts**

This visually stunning garden design book, masterfully photographed by world-renowned garden photographers describes how it is possible that house and garden not only complement the overall layout, but increase their quality and beauty. Interviews with renowned architects Alexander Brenner and Stefan Maria Lang, the Swedish landscape architect Ulf Nordfjell, and garden designer and editor Peter Berg make it clear what is most important.

Through the use of outstanding examples, the book explains how to achieve your goal using harmony and repetition, or even juxtaposition and contrast in the selection of shape, colors and materials. This is how the author and garden civil engineer Petra Reidel is able to get to the heart of things and to expressively and simply explain the unique atmosphere of every garden.

**MODERN GARDEN CONCEPTS**

**Matching Landscaping to Architecture**

*Author* Petra Reidel *Editor* Peter Berg  
*Photos* Marianne Majerus and Jürgen Becker  
 256 pages, 180 photos, large format 30 x 24 cm  
 (11.8 x 9.4 inches), hardcover with dust jacket,  
*Words* approx. 28,140 *Characters* approx. 194,630

EUR 49.90 (D)  
 ISBN 978-3-95453-070-0

From the successful series Edition Highlights—  
 Idea Book with over 250,000 copies sold

Interviews with internationally renowned  
 landscape architects and garden designers

Author Petra Reidel is able to express and  
 explain the unique atmosphere of every garden





Whether a garden looks big enough or not, depends a lot more on the spatial effect than on the square footage.



**“High heels” for your little garden**

Small is beautiful—everyone knows this phrase and still many garden owners complain about the small size of their garden. But a small garden plot has many indisputable advantages, particularly in terms of care and cost. The fascination that a garden has on us depends not so much on its sprawling square footage, but much more on the art in which it is structured in space and perspective by means of effective and surprising tricks and presentation methods, such as artistic reflections or differing elevations.

The author Tanja Minardo, who herself has spent many years as a garden and landscape architect, includes concrete examples in this book to show how to use a wide variety of design techniques to magically make your small garden seem larger, thereby adding more fascination and beauty.

**BIG LITTLE GARDENS**

**How to Optimize the Effect and Use of Space**

*Author* Tanja Minardo *Photos* Marianne Majerus and Jürgen Becker, 176 pages, 80 photos, large format 30 × 24 cm (11.8 × 9.4 inches), hardcover with dust jacket  
*Words* approx. 32,370 *Characters* approx. 221,670

EUR 49.90 (D)  
 ISBN 978-3-95453-071-7

The successor to the long-time best seller *Easy-Care Gardens* by Tanja Minardo

Answers to one of the most common garden problems: a garden the size of a hand towel

From the successful series *Edition Highlights—Idea Book* with over 250,000 copies sold



The best ideas for designing very small garden spaces that have very special locations and settings



**Green thumb for the city**

Gardening in the city usually means gardening within extremely tight square footage. This book shows that this does not have to be an obstacle to creating a fantastic garden which completely meets all the requirements and wishes of the owner. It presents tiny refuges within extremely limited exterior spaces that have been created by internationally renowned garden designers. The large-format photos taken by the top photographers Marianne Majerus and Helen Fickling demonstrate, in connection with technically detailed texts, how to create aesthetically pleasing gardens surrounded by high walls, and offer a wealth of stimulating ideas for your own little oasis in the city. The author Marion Lagoda has written as a freelance journalist for garden magazines and book publishers for many years.

**GREEN ISLANDS  
Small Gardens in the City**

*Author* Marion Lagoda *Photos* Marianne Majerus and Helen Fickling, 216 pages, large format 30 x 24 cm (11.8 x 9.4 inches), 148 photos and 25 garden layouts, hardcover with dust jacket, *Words* approx. 17,490 *Characters* approx. 122,110

EUR 49.90 (D)  
ISBN 978-3-95453-033-5

A popular current topic requiring a certain level of expertise that makes for a great book

More than 6,000 copies sold in only 6 months!

The essential idea book for those who wish to have a pleasant garden but only have a small space



Inspiring new ideas for places of retreat in your garden and a mini-vacation in the midst of everyday life



#### Exclusive ideas for covered spaces in the garden

Sunrooms, pergolas, and gazebos that provide for the special effect, for unique flair and breathtaking charm, and for a stylish combination of indoors and outdoors are among the greatest possibilities for garden designers. And they are far more than just protection from the sun and weather, or transparent winter quarters for climate-sensitive plants. They are the starting points, eye-catchers, and anchors; they combine function and style, and create a special, year-round favorite spot in the garden. This book is dedicated to spaces that are built up, rebuilt, or built over—regardless of the design intent, personal style, or the amount of space available. It offers breadth and depth, is current and comprehensive, and descriptive and explanatory.

#### GARDEN HOUSES, SUNROOMS, AND CANOPIES—The Big Idea Book

*Text* Lars Weigelt *Photos* Jürgen Becker, Marianne Majerus, and Miquel Tres, 216 pages, large format 30 × 24 cm (11.8 × 9.4 inches), 131 photos, hardcover with dust jacket  
*Words* approx. 22,990 *Characters* approx. 176,770

EUR 49.90 (D)  
ISBN 978-3-95453-019-9

The essential idea book for those who want to build "something with a roof" in their garden

Popular topic for all gardeners and garden designers

Large-format photos and texts by the successful author Lars Weigelt



*"Photos, and many new texts and ideas provide a great added value. (...) A must for every garden fan who is looking for something special."*  
 Hotel & Design (Austrian magazine)

**Planted Architecture**

This book shows impressive planted designs created by the most renowned garden designers in Europe. No one can explain the ideas and principles behind these better than author Peter Janke, who has been referred to by German-language gardening magazines as the Plant Whisperer, the Plant Pope, and a garden genius. He uses his artistic eye and expert knowledge to combine innovative design ideas with a rare passion for gardening in order to lay the foundation for an entirely new understanding of gardens. His long years of working with perennials, grasses, and shrubs within the parameters of their particular settings make it possible for him to create stunning garden photos. In this book, Peter Janke gives countless tips on the proper use of plants in landscaped garden spaces.

**DESIGN WITH PLANTS**  
**Modern Architecture in the Garden**

*Text* Peter Janke *Photos* Jürgen Becker  
 216 pages (previously 176), large format 30 × 24 cm (11.8 × 9.4 inches), 102 mostly full-page photos, hardcover with dust jacket,  
*Words* approx. 34,970 *Characters* approx. 259,190

EUR 49.90 (D)  
 ISBN 978-3-938100-87-5

Already in the fourth printing, with over 16,000 copies sold

With countless tips on the proper use of plants in landscaped garden spaces

Gardening concepts with less maintenance effort and a natural effect



*"In her book 'Design for Easy-Care Gardens,' Tanja Minardo gives suggestions and tips for practical design. The entire work is accentuated with photos, (...) visuals that will make the heart of every garden lover beat faster and show how versatile gardens can be."*  
 Deutschland today (German newspaper)



**Garden design without "regret"**

This book gives wonderful examples of how ingenious garden design and low maintenance can go hand in hand. The first important realization, however, is that a large collection of easy-care plants and materials rarely produces an attractive garden and often does not even result in a low-maintenance garden.

Beautiful gardens are also possible using "easy-care"—as demonstrated by Tanja Minardo. The author systematically shows how garden lovers and professional garden designers can create variety and beauty using easy-care elements. The book contains comprehensive advice for all common garden styles and situations. The author clearly explains how you can take specific steps in order to limit the time spent on garden care.

**DESIGN FOR EASY-CARE GARDENS  
The Big Idea Book**

*Author* Tanja Minardo *Photos* Jürgen Becker and Marianne Majerus  
 312 pages + a 48-page practical section, large format  
 30 x 24 cm (11.8 x 9.4 inches), 129 photos, hardcover with dust jacket  
*Words* approx. 81,260 *Characters* approx. 570,360

EUR 49.90 (D)  
 ISBN 978-3-938100-78-3

Includes a useful 48-page practical section

With countless tips concerning material selection, plants, pools, swimming ponds, hanging gardens, and much more

More than 10,000 copies sold in the German-language book market

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