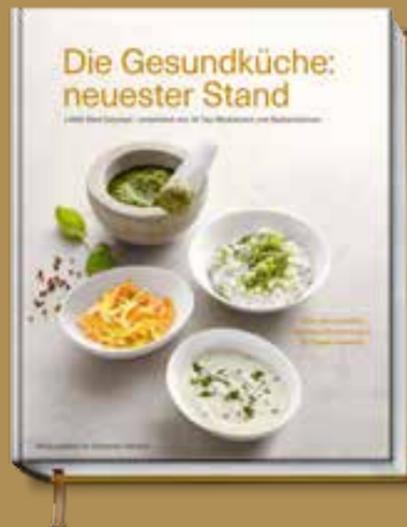




FALL 2017  
PUBLISHER'S CATALOG

BECKER  
JOEST  
VOLK  
VERLAG

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

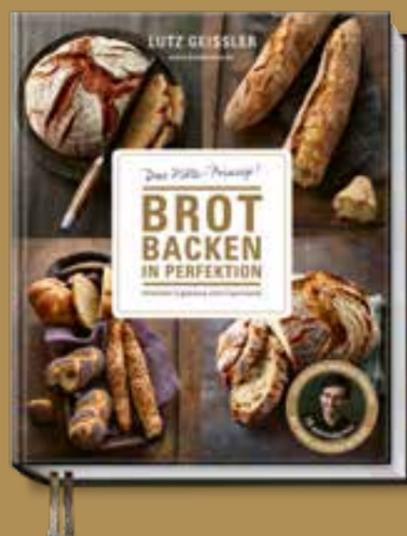


**Over 40,000 copies sold**  
Best book about healthy nutrition in 2016!

**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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**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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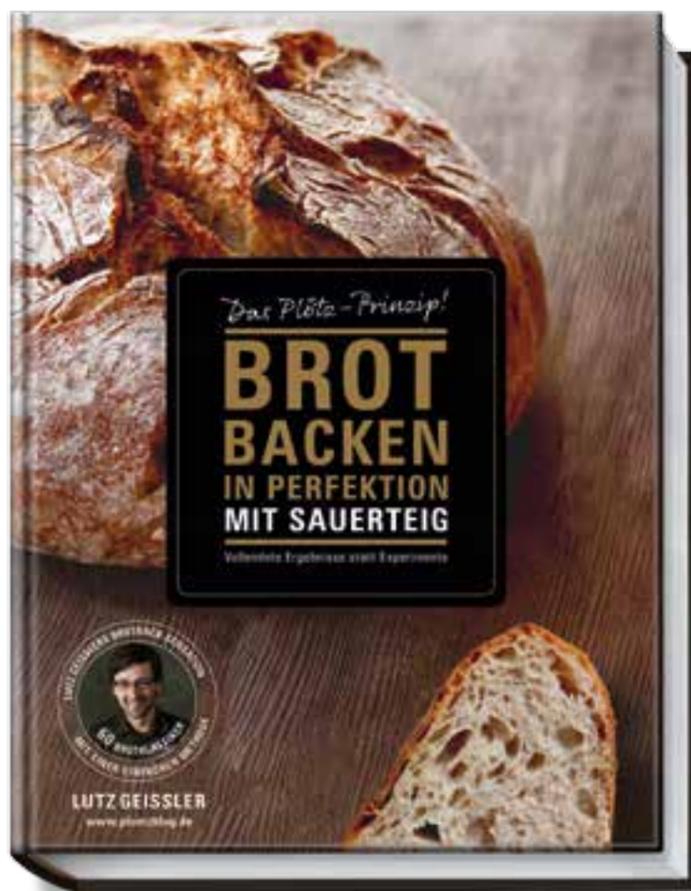
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**GARDEN HOUSES, SUNROOMS, AND CANOPIES** – The Big Idea Book  
**DESIGN WITH PLANTS** – Modern Architecture in the Garden  
**DESIGN FOR EASY-CARE GARDENS** – The Big Idea Book

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 Schüller  
 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.

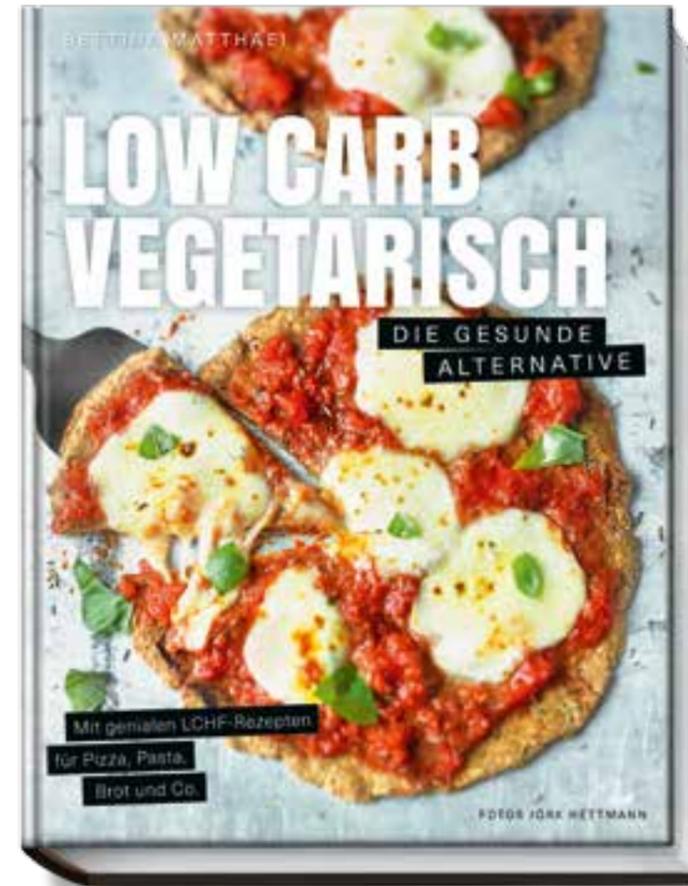
**The most successful diet for the long term—based on the latest research**

**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

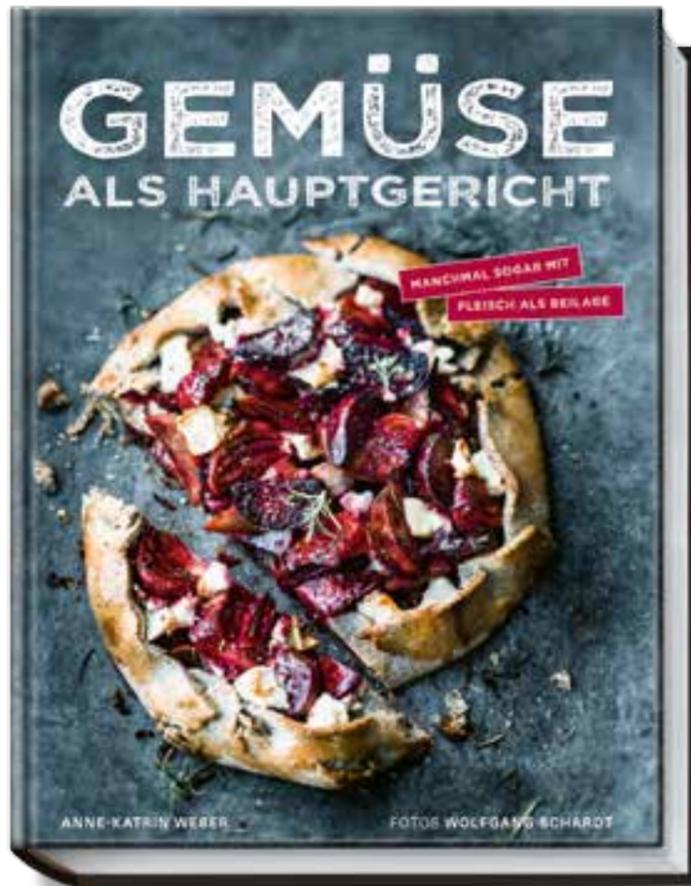
by using oils, nut butters, olives, almonds, coconut, and avocados.

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

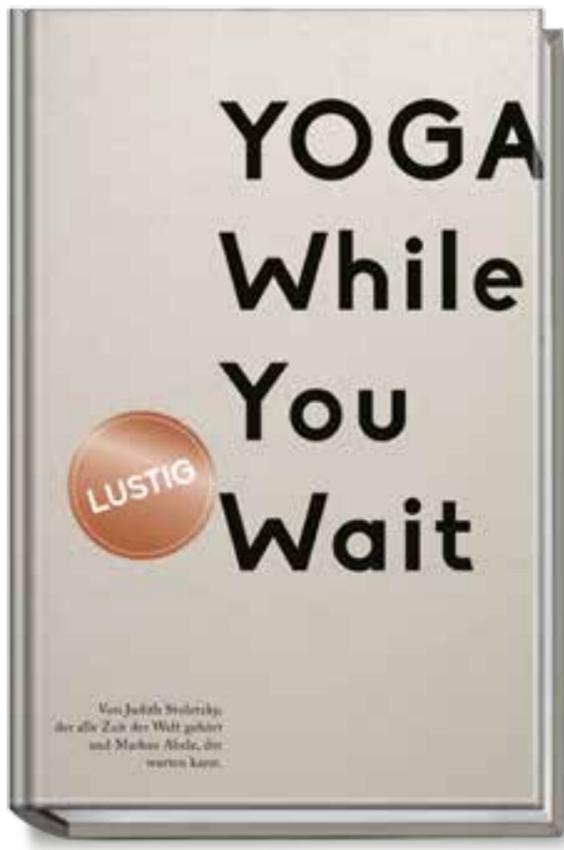
By the successful author Anne-Katrin Weber, who has already sold over 35,000 books

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**

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