

# Foreign Rights Catalogue 2021/2022



**humboldt**

## **humboldt Foreign Rights Catalogue**

Welcome to humboldt Foreign Rights Catalogue introducing a fine selection of our most popular titles in the fields of education & parenting, health & nutrition, self-coaching and photography. They might make a great addition to your own list, so please feel free to browse our catalogue for categories and topics suitable for your range. For more information regarding our authors and books or to order reading copies, please do not hesitate to contact us.

We are looking forward to hearing from you.

Kind regards,



### **humboldt**

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Bella Berlin  
**My chronically ill child**

How you process the diagnose,  
to master rough times and  
stay strong as a family

184 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1635-6

€ 19.99

2021

**How to master  
rough times**



When your child is chronically or critically ill, parents feel helpless, powerless, and especially scared. How to proceed? In her guidebook Bella Berlin provides the most urgent questions: How to stay strong? Am I allowed to show weakness and how? How to handle the situation as a family? Who can help us? Her book is not about symptoms, therapeutic options or technical medical terms. Instead, she wants to support families with helpful tips and strategies: the new parenting, dealing with doctors and hospital stays and the relationship to relatives and friends.

**Bella Berlin** works as a freelancing author, content creator, and lecturer. She worked for one of the biggest German research organisations, treating themes like health, translational research, energy (-saving) and the environment. The chronic disease of her daughter affected the family negatively and set the tone for a long time.

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Dr. Judith Bildau  
**Going through puberty  
with my daughter**

How to support, let go  
and keep in touch with her

176 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1638-7  
**€ 19.99**

2021

**Help her go  
through puberty**



When parents get suddenly embarrassing, bad tempered fits of rage or sulked slamming doors are part of everyday life and themes like first love and menstruation come up, this can only mean one thing: the daughter reached puberty. Despite fights and communication issues do strong girls need relaxed parents they can lean on, and who know when it's time to let them go. In her new guidebook Dr. Judith Bildau shows how parents and daughters stay a good team. And how stressful situations can be handled calmly. Furthermore, she provides information's on the emotional and physical development of young women – from catfight to the first gynaecologist visit.

**Judith Bildau** is a specialist in gynaecology and obstetrics. She is a mother of five girls (three she gave birth to) and one of the most popular Influencers regarding topics like raising children and women's health. The posts and articles she publishes in her online magazine "MutterKutter" are very popular, due to her well-founded information's and the way she close encounters with her readers.

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Heike Hahn  
**My child has ADHD**

How to manage everyday life and  
to grow happy together

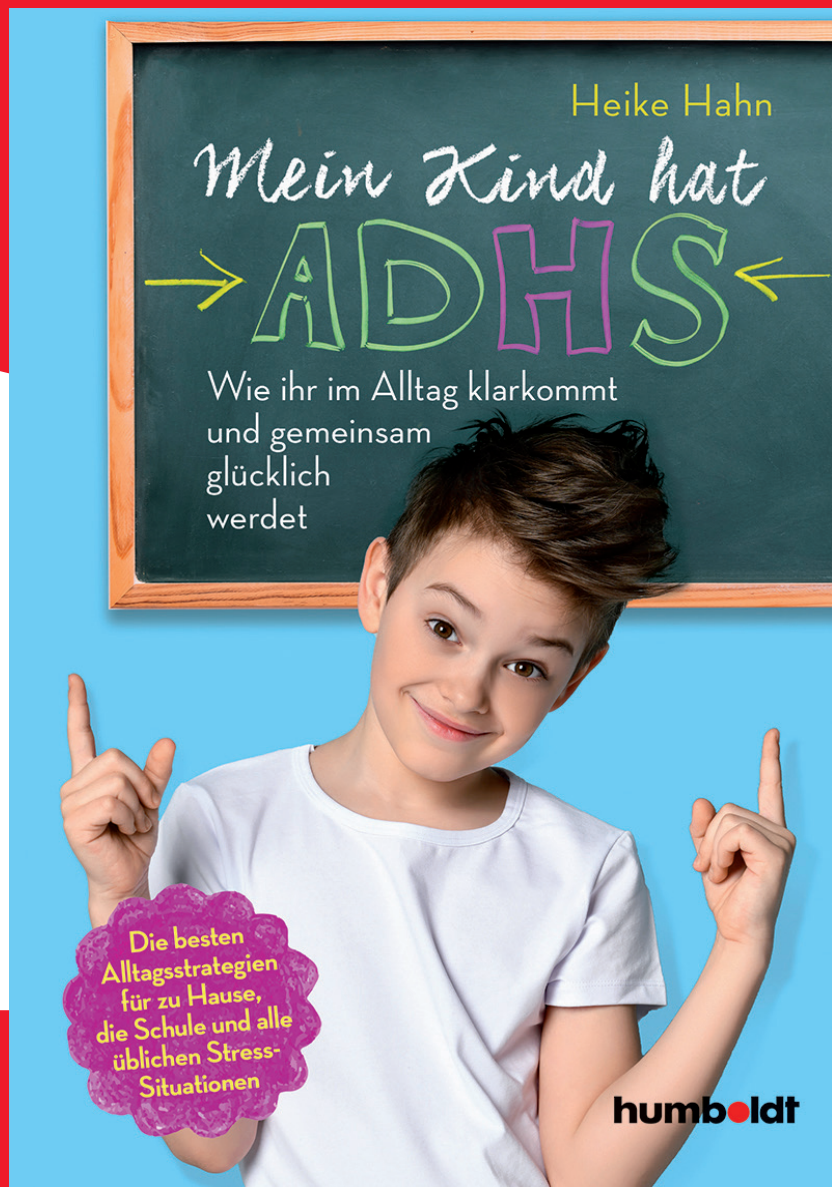
176 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1659-2

€ 19.99

2021

**The ADHD guidebook  
which truly helps**



Stress in everyday life and troubles in school – the family life with ADHD is tiring. Heike Hahn as an ADHD child herself and mother of four knows it can be better. In her guidebook she answers the most urgent questions: How can we recognize ADHD? What is important for our child to be happy – what do we need as parents? How do we handle the everyday family life and school? How to communicate clear and distinct as well as lovingly? She shows how parents can transform the weaknesses of their children into their strengths and how to stay calm in stressful situations in order to decrease the stress level for the whole family.

**Heike Hahn** is a systematic coach, lecturer at the “Hecto-Kinderakademie for highly skilled children” and ADHD-Expert from her own experiences. She had ADHD as a child herself and knows very well as a mother of four emotionally strong and hyperactive children what kind of problems parents of “special” children daily have to cope with.

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Inke Hummel

## My marvellous lively child

Too loud,  
too uncomfortable,  
too different

216 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1656-1

€ 18.00

2021

What active children  
and their parents need



Loud and exhausting as well as brave and passionate – lively children can be a big challenge for the everyday family life. The parent's questions: how to handle high spirits, lack of concentration or anger? When do we have to put a break on our child and how do we learn to love his liveliness? How do we master situations of stress and conflicts at home, at nursery, with friends or teachers? Inke Hummel provides in her guidebook support from a bond-oriented education. She shows how parents can accompany their children lovingly, why punishment and pressure are not suitable solutions and how to keep calm successfully in noisy moments.

**Inke Hummel** is an author, educationist, owner of the company for family support “sAchtsam Hummel” and blogger. As a pedagogical coach she supports families from babyhood to puberty. Mostly she accompanies parents with children who have strong emotions and helps them to a succeeding parent-child-bond.

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Inke Hummel  
**My marvellous shy child**

To encourage,  
strengthen self-confidence,  
accompany affectionate

216 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1647-9  
**€ 19.99**

2021

**Reliable tips from a  
bond-oriented education**



“Mama, I don’t dare!” – “I don’t like to ask, Papa. Can you ask for me?” – Many parents are familiar with these sentences. Is it all right for your child often to be scared, to play by themselves or to be too frightened to speak in class? How much shyness is normal? When do you have to be worried? Inke Hummel shows in her new guidebook when shyness and fear does become a problem. She explains how parents can strengthen their children to make them more self-reliant and when parents should react composed. Moreover, she provides many tips for the development stages and typical situations in everyday life.

**Inke Hummel** is an author, educationist, owner of the company for family support “sAchtsam Hummel” and blogger. As a pedagogical coach she supports families from babyhood to puberty. Mostly she accompanies parents with children who have strong emotions and helps them to a succeeding parent-child-bond.

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Inke Hummel

**Not too strict,  
not too narrow**

The right path between scolding  
and wrong pampering

200 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1662-2

€ 18.00

2022

**Being secure and in  
a good relationship**



On the one hand parents don't want to be too hard on their children, on the other hand they don't want to pamper them. To find the right path between being very protective and strict at the same time can be hard sometimes. With concrete examples from everyday life Inke Hummels shows which behaving's towards the child can be harmful and which are suitable for the specific child and additionally support a healthy adolescence. She provides helpful tips for a strong parent-child-bond that also gives support and a close relationship to the family.

**Inke Hummel** is an author, educationist, owner of the company for family support "sAchtsam Hummel" and blogger. As a pedagogical coach she supports families from babyhood to puberty. Mostly she accompanies parents with children who have strong emotions and helps them to a succeeding parent-child-bond.

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Sascha Schmidt  
**Don't be a stranger!**

When adult children  
avoid their parents

200 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1629-5  
**€ 19.99**

2021

**Tips on rebuilding  
your relationship**



Why is my child calling me so little? Did I do something wrong? When the contact to their grown-up children decreases, it's a burden for most parents. Questions, expectations, and reproaches as well as fear, shame and fury block the healthy relationship between parents and their children. Sascha Schmidt names in his guidebook typical causes for the estrangement. Therefore, he provides tips for conflicts and gives impulses to rebuild the connection to the children. He also shows how important self-reflection is as the first step. To reflect and change your own behaviour as a parent, helps the child to rethink his behaviour regards contact towards the parents.

**Sascha Schmidt** is as a couple- and family counsellor specialised on family disputes. Because of his consulting experiences and him being familylab-seminar leader, he knows how to handle difficult situations between parents and children in everyday life. For this guidebook he has collected the best tips for parents who lost the close relationship to their children or who's children broke up the contact.

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Marie Zeisler  
Isabel Robles Salgado  
**Fifty – Fifty Parents**

How to balance rights  
equally as parents

184 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-1641-7  
**€ 19.99**

2021

**That's how equal rights as  
parents succeed**



In these days it's also common for fathers to spend more time with their children and mothers to work in leading positions. But after the birth of the first child, the modern distribution of tasks regardless of gender roles in relationships frequently resets to old role allocations. How one can manage to have equal rights as parents? Which obstacles have to be overcome and which traditional gender roles should be revised? These and further questions Maria Zeisler and Isabel Robles Salgado give answers to in their guidebook. They expose prejudices, fallacies and traps and provide ideas and inspiration to overcome these difficulties.

**Marie Zeisler** is an ethnologist and works as a PR- and marketing manager for etsy.com. **Isabel Robles Salgado** is a political scientist, she works for the European parliament and the Max-Planck-Institute for demography scientific research. In 2012 they founded "Little Years". That's where they write about maternal feelings, equal rights as parents and lifestyle for their 160.000 monthly followers.

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Lia Lindmann  
**Live easier with lipoedema**

Changing the lifestyle,  
easing the pain

224 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-2941-7

€ 19.99

2020

**Certificated by the  
health foundation**



Big and heavy legs as well as bruising quickly are symptoms of women with lipoedema, which makes life a torture for years. Same for Lia Lindmann. When she was diagnosed, she was ill-advised severally: missing resolution, half-truths and frightful scenarios which made her think lipoedema was a horrible fate. But eight years after her diagnose and 88lbs lighter she feels better than ever. In her guidebook she lists all the knowledge from experts as well as her own self-help program. This helped her to reduce her weight, ease the typical pain of lipoedema and restore her mobility.

**Lia Lindmann** received her lipoedema diagnose in 2012. Since than she has taken a close look at the illness and found ways to improve her life with lipoedema. For her guidebook she fell back on her own experiences as well as the collected extensive knowledge of experts. Lia Lindmann works as an educationist and journalist and has been supported and discussed by institutions like the the UNESCO.

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Franziska Ring  
**Nutrition guide  
for Rosacea**

To plant, enjoy and correctly  
apply healing plant-power

168 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-3018-5  
**€ 19.99**

2021

**66 skin-friendly  
recepies**

**66  
erprobte  
Rezepte**

Franziska Ring

# Ernährungsratgeber Rosacea

Gesund essen gegen Rötungen,  
Pusteln und brennende Haut



**humboldt**

When one gets diagnosed with rosacea most feel left alone. Quite often do the affected search for answers on their own, due to the poor information of dermatologists. How to reduce the redness and pimples? Has the right diet an influence on rosacea? Many books or reports of one's experiences contain information's which are hard to search for and are not scientifically proven. Excessive demands or the deterioration of the symptoms are predetermined. Franziska Ring wants to counteract those. She has engaged extensively with scientific foundations and in combination with her own experiences she created a guide for the healthy rosacea diet.

**Franziska Ring** is a freelance copywriter and lives in Wiesbaden. At the age of 25 she got diagnosed with rosacea. Because of insufficient information's for self-help and the prescribed medicine did not elicit she developed the very effective "three-room-method" which she describes in her book "Rosacea- what actually helps".

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Silke Rosenbusch  
**Ending food cravings**

To break through the vicious  
circle of an unhealthy diet  
and the loss of control

136 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-4222-5  
**€ 19.99**

2021

**The 21-day-  
challenge**



“Food cravings” is something almost everybody is familiar with. When we eat a whole bag of chips, we feel undisciplined. But the reduce of treats is not easy and can be a deprivation. The problem is the reward system of our brain. Silke Rosenbusch explains what it’s doing and how to successfully change to a healthy diet. Her “Food craving”-challenge shows how to open up the circle of loss of control and an unhealthy diet in 21 days.

**Dr. Silke Rosenbusch** blogs about diet since 2009. In the context of her studies at university she met many patients who had difficulties with changing their diets. She found out through the consume of food with high calories the brain gets activated the same way as with addictions. In response to that she developed a challenge which already helped hundreds of people to change their diet.

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Anne Wanitschek  
Sebastian Vigl

## Healthy with microgreens

To grow, enjoy and apply  
healing plant power correctly

160 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-2974-5  
€ 19.99

2021

## 29 microgreens in portrait



Microgreens set new trends in high class gastronomy and health focused diets. They have healing and nurturing qualities and can be grown as a superfood in the own kitchen. The young shoots of basil, peas, cress, lentils, radish, or spinach has been well examined and is proven to be good for the intestinal flora, productivity, a positive mood, and good sleep. It protects from osteoporosis and diabetes and can support cancer treatment. Anne Wanitschek and Sebastian Vigl explain in their guide how to plant microgreens correctly and which symptoms and illnesses they can be used for. Their recipes help to enrich meals with a healthy portion of plant-power.

**Anne Wanitschek** and **Sebastian Vigl** are experts for herbal medicine and non-medical practitioners in their own practice. Anne Wanitschek is a member of the association of German non-medical practitioners and the society of vital mycology. Sebastian Vigl is a member of the Austrian society for phytotherapy and the Carstens Foundation. He writes regularly for magazines.

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Katja Demming  
**Ending a narcissistic  
relationship**

How to free yourself from  
an emotional dependency

200 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-4235-5  
**€ 19.99**

2021

**5-step-guide to end your  
harmful relationship**



There are many books about narcissism or relationships with a narcissist. What is missing is a special offer that takes people by the hand and that shows them an exit out of their unhappy relationship. This is what Katja Demming makes a subject in her guide as she is a psychological counsellor and expert for narcissistic relationships. She explains how people get caught in a destructive relationship and what they need to end them. She shows with her program in five steps how it is possible to change yourself and your life, how to heal psychological and emotional wounds and to develop selflove and internal strength.

**Katja Demming** works as a psychological counsellor and mentor for inner strength in a coaching practice near Gießen for ten years. Via her podcast FINALLY ME! she reaches an audience of more than one hundred thousand. As an expert for narcissistic relationships, she gives talks, lectures, and workshops to free people from their toxic environment.

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Martina Effmert  
**The fear of nausea  
and vomiting**

Understanding and  
overcoming emetophobia

184 pages,  
14.5 x 21.5 cm, paperback

ISBN 978-3-8426-4244-7  
**€ 19.99**

2021

**Concrete instructions  
for self-help**



Emetophobia is the fear of nausea and vomiting. It cuts down the quality of life of the effected and often meets a lack of understanding from others. People with this disease often have to overcome a long period of suffering before they get diagnosed correctly. Although the disease can be treated especially well and sustainable, which Martina Effmert as well as the affected are convinced of after years of experience. The guide helps to detect and understand emetophobia. It contains concrete instructions for self-help and helps the affected and their relatives to overcome this fear.

**Martina Effmert** worked in the management department of several big companies in a leading position. For eleven years now she works as a business consulting specialist, coach and therapist regarding the topics management and health maintenance in combination. She is an international great demanded expert for the treatment of emotophobia and has therfore developed a successful treatment concept.

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