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Where do we get the freedom from to follow our own path?



- The latest bestseller by these two successful guidebook authors
- A new approach to explain children's development

These two bestselling authors – the one a neuroscientist and the other a paediatrician – both agree: There is no stronger power for the healthy and happy development of our children than nature.

In clear and impressive terms, Gerald Hüther and Herbert Renz-Polster explain how the experience of nature can give wings to children's minds and bodies – far away from fenced in playgrounds and prescribed learning paths. For nature first becomes a space for development if it is experienced freely: in meadows, backyards and derelict land, in forests, gardens and parks. The impressions they get from the »great outdoors« forms children's inner worlds: a sense of beauty, a sense of change, a readiness to be open and take the initiative, a sense of responsibility and community. »Children and nature« is a subject close to the hearts of these two best-selling authors, and this is revealed in every line of this inspiring book.



© Jürgen Hudelmayer

Herbert Renz-Polster is a paediatrician and lecturer at the Institute for Public Health, University of Heidelberg, where he has been studying intensively how evolution theory can help us to understand the way children develop.



© Franziska Hüther

Gerald Hüther is a professor of neurobiology in Göttingen and is seen as one of Germany's most renowned neuroscientists. Together they represent two of the most successful authors of parental guides in recent years.

Herbert Renz-Polster/Gerald Hüther
How Children Grow Today

Nature as a space to develop
A new look at how children learn, think and feel
approx. 256 pages, hardback
ISBN 978-3-407-85953-2
Publication date: 09/2013

Target group

Parents, teachers, educators, anyone who deals with children

Make a change into a present!



- ▶ Humorous, effective and for immediate use
- ▶ 7 steps towards a self-determined life

What do I really want?

Finding a new orientation in life, achieving a self-confident way of living and getting more joy from life – this would be the wish of many women. Change IS possible, according to Janet Betschart and she encourages you to find out what you really want – and what you don't want. Tips and exercises for work, family and leisure time give you the incentive to try out what you have read straight away. A liberating and effective guidebook with power and spirit

7 Steps to Success:

- learn the rules, in order to break them
- don't turn everything on its head immediately
- quick check: Am I controlled by others?
- motivation killer, »Yes, but«
- break your old habits – this is how
- recognise true friends and false friends
- cope confidently with every situation



Janet Betschart is a trainer and does seminars on how to present a confident and stylish appearance in public. Before she started working as a trainer, she was an entrepreneur and director of training for further education seminars.

Janet Betschart

A Present for Myself

7 steps towards a self-determined life
approx. 200 pages, paperback
ISBN 978-3-407-85963-1
Publication date: 07/2013

Target group

Women from the late 30s to the mid 50s

How girls can become strong women



- ▶ **A parental guidebook**
- ▶ **The perfect present at birth**
- ▶ **From 0 to 18: everything parents need to know about their daughters**

Girls are »different«, but no two are the same. By respecting whatever it is that makes each one special, we make them self-confident and happy.

What does it mean to be a girl these days? Based on a whole of range interviews with girls, young women and mothers, this book addresses all the questions which parents with daughters are concerned with, from birth until they go their own way in the wide world.

Contents:

What does it mean to be a girl these days? • Three basic misconceptions about girls • Before they are born – parents' dreams • She has arrived – the first two years • Pink or light blue – a short course on colours • Three roles forwards – from six to twelve • Strong on the outside, fragile on the inside - from twelve to eighteen • Strong and self-confident – being a woman today



© T. Niedecken

The psychologist *Elisabeth Raffauf* works in a child guidance centre and runs groups for parents with children who are going through puberty. She is the co-author of a sex education radio series on a German radio station and appears on other stations as an expert for upbringing. Her most recent book for Beltz was »Puberty Today – Getting through the Wild Years without Stress«.

Elisabeth Raffauf

The Girls Book

Today's girls – what they need for their future
approx. 240 pages, hardback
ISBN 978-3-407-85965-5
Publication date: 09/2013

Target group

Parents

The successful baby book in a new revised edition



- ▶ Over 30,000 copies sold in Germany
- ▶ Inventor of the »nappy-free method«
- ▶ The subject of natural education with many practical examples

»A perceptive book about the relationship between infants and adults«

Many parents slow down their children rather than encouraging them – and as a result: children lack self-reliance, there are unnecessary conflicts and stress for parent and child. Based on the Montessori education theory, Rita Messmer shows how parents can make many things much easier. One particular focus of this new edition is on the nappy-free method which now has many adherents around the world.

Parents learn how to incorporate their babies' natural development forces in order to lay the foundations for self-confidence and independence. »Natural education«, »responsibility« and »trust« are right there in the foreground, and the principles of Montessori education are taken especially into consideration. A new chapter shows how it is possible to accustom infants from birth not to do their business in a nappy but just to do it on the toilet.



© Beltz

Rita Messmer is a therapist, holds adult education lectures and gives courses on general upbringing issues. She is the mother of three children and lives with her family in the Swiss Canton of Waadt. Rita Messmer was the first person to publicise the nappy-free theory in German-speaking countries.

Rita Messmer

Your Baby Can!

Promoting children's self-confidence and independence
256 pages, paperback
ISBN 978-3-407-85980-8
5th revised edition 2013

Target group

Parents or future parents

The most original child-raising book



- Written in a knowledgeable and witty style
- Rights sold: Serbian, Polish

Both brain researchers, Ralph Dawirs and Gunther Moll scrutinize the top ten child-rearing mistakes in an amusing and entertaining manner. They show why these simple and often wrong rules still persist and contrast them with a modern, relaxed style of child-raising without dogmatic constraints.

»Eat up your food!«, »as long as you live under my roof ...«, »computers are dangerous«, »only results count«, ... Old-fashioned sayings? Unfortunately not! Lots of children still have to put up with hearing expressions like these, even though it has long been shown that they do no good. Like some sort of leftover scraps from your own upbringing, it seems these pitfalls get passed down the generations unconsciously. This makes it difficult even for parents today to avoid them. This shrewd guidebook will help you along your way!



Ralph Dawirs and Gunther Moll work in the Children and Youth Department for Mental Health at University Clinic Erlangen. They have already written two books together for Beltz publishers:

already published:



ISBN 978-3-407-85895-5

Rights sold: Slovenian



ISBN 978-3-407-85874-0

Ralph Dawirs/Gunther Moll

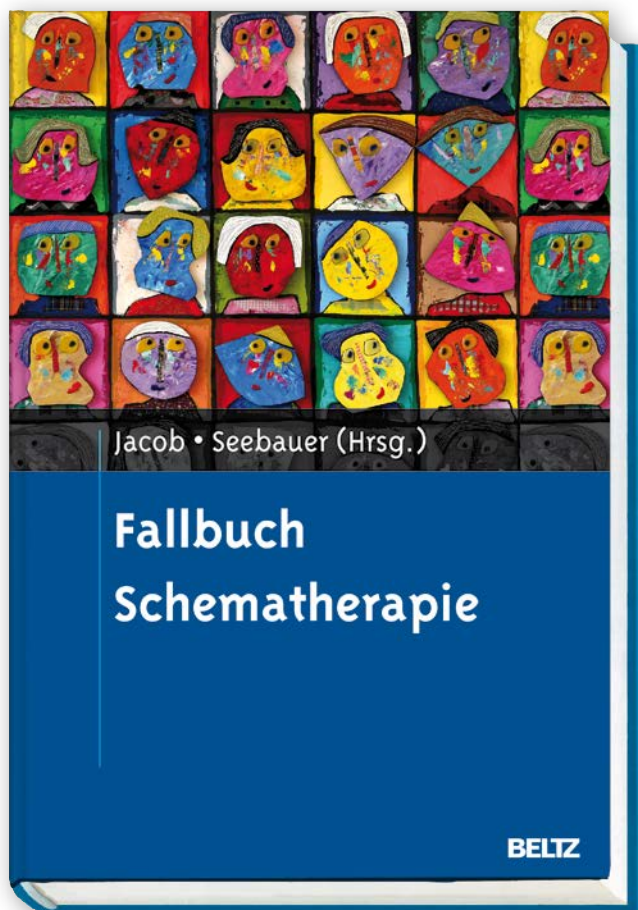
The 10 Biggest Mistakes in Upbringing and How to Make it Better

216 pages, paperback
ISBN 978-3-407-85910-5
2nd edition 2011

Target group

Parents, anyone who deals with children

From case to case: Schema Therapy in action



- ▶ **First casebook for schema therapy**
- ▶ **Use of schema therapy in a wide range of disorders**
- ▶ **29 vividly illustrated example cases**
- ▶ **Learn from the experts**

Gitta Jacob/Laura Seebauer (eds.)
Schema Therapy Casebook
 272 pages, hardback
 ISBN 978-3-621-28083-9
 Publication date: 06/2013

Target group
 Psychological and medical psychotherapists, psychotherapists in training, prospective therapists

The »rage-swallower« or the »eternal student«:
 In 29 chapters, Gitta Jacob and Laura Seebauer have put together some very different examples of treatment within the framework of a schema therapy. This has shown itself, above all, to be especially effective in treating personality disorders. However, as this approach is relatively new, most therapists are unable to turn to the experiences which colleagues or supervisors have previously had when they are confronted with problems in the treatment, for example, or if they would like to employ the methods for patients suffering from other psychological disorders. This is where the casebook offers a solution.

Contents:

Hunger for security: Borderline personality disorders with anorexia nervosa • The little »rage-swallower«: cluster c personality disorders and chronic depression • The eternal student: narcissistic personality disorder and examination anxiety • »I am proud to be in control of my body!«: anorexia nervosa with depressive episodes • What a shock: post-traumatic stress disorders with depressive episodes • Understanding dreams: bulimia nervosa and attention deficits

Dr Gitta Jacob, psychological psychotherapist and supervisor for behavioural therapy and schema therapy, department of Clinical Psychology and Psychotherapy at the University of Freiburg.

Laura Seebauer, graduate psychologist, psychotherapist at the University of Freiburg.

already published:



ISBN 978-3-621-27783-9

Rights sold: English (world), Italian, Ukrainian, Japanese

Behavioural therapy goes in a new direction



- ▶ **First introductory book on the »third wave«**
- ▶ **Uniform structure and evaluation scheme for each procedure**
- ▶ **With figures for evaluation: how effective are the new procedures?**

The modern approaches in behavioural therapy are gathered together under the expression »third wave« (1st wave: behavioural therapy, on a purely behavioural level; 2nd wave: cognitive revolution in psychology after the 60s). What the new processes have in common is that they aim more strongly at emotion work and also integrate elements of mindfulness and acceptance into the basic behavioural therapeutic approach with a special focus on emotion work.

Thomas Heidenreich and Johannes Michalak bring together for the first time all the new approaches (e.g. ACT, DBT, MBCT, Schematherapy) in an introductory »textbook for practice«. The procedures are presented in a uniform scheme. In addition, the expression »third wave« is critically discussed and some visions for further development are presented.

Contents:

- 1 Introduction • 2 ACT • 3 Behavioural Activation
- 4 CBASP • 5 Compassion-focused therapy • 6 DBT • 7 DBT-PTSD • 8 MBCT • 9 MBRP • 10 MBSR
- 11 Metacognitive therapy • 12 Schema therapy
- 13 Training emotional competences • 14 Well-being therapy • 15 Critical examination of the third wave • 16 Transdiagnostic perspectives • 17 Visions
- 18 Closing and conclusion.

Professor Thomas Heidenreich, University of Esslingen, faculty for social work, health and care.

Professor Johannes Michalak, Institute for Psychology at Hildesheim University.

Thomas Heidenreich/Johannes Michalak (eds.)

The »Third Wave« of Behavioural Therapy

Basic principles and practice
approx. 352 pages, hardback
ISBN 978-3-621-28037-2
Publication date: 09/2013

Target group

Psychological and medical psychotherapists, psychotherapists in training, psychiatrists

Getting off the old stumbling paths



Many people know this problem: they make the same mistakes over and over again, even though they fully intended to react differently the next time. They have stubborn behaviour patterns they simply cannot get rid of because of certain feelings which always stand in the way. In this case, schema therapy can help them.

The book is lovingly illustrated and the authors use a lot of case studies to show where these patterns come from and how you can change them. Working materials, which can also be printed out online, help you discover your own patterns. There is a glossary to explain the technical expressions.

Dr Gitta Jacob, psychological psychotherapist and supervisor for behavioural therapy and schema therapy, department of Clinical Psychology and Psychotherapy at the University of Freiburg.

Hannie van Genderen, psychotherapist and supervisor, Maastricht.

Laura Seebauer, graduate psychologist, psychotherapist at the University of Freiburg.

- Suitable for self-help: for general life cases and emotional problems
- Lots of exercises to use immediately

Gitta Jacob/Hannie van Genderen/Laura Seebauer

Going New Ways

Understanding and changing life patterns – a schema therapeutic self-help book

With online material

188 pages, hardcover

ISBN 978-3-621-27820-1

Already published 2011

Rights sold: Turkish

Target group

Sufferers who want to use this book for self-help or in addition to treatment

Fundamental Reference Work for Schema Therapy with Children and Adolescents



In recent years schema therapy has become the trend topic in psychotherapy. Precisely because the approach involves the basics of developmental psychology and is based on a model of the basic needs in childhood and the life which follows, it is also ideally suited for therapy with children and adolescents. Here it is important that different approaches and priorities are selected when treating different age groups.

The book is very clearly organised following the procedure according to various stages of development. In addition to numerous examples, it also provides techniques and strategies for direct implementation. With material for therapists and patients.

Christof Loose, PhD, child and adolescent psychotherapist, Düsseldorf, lecturer at the University of Düsseldorf, Department of Clinical Psychology.

Peter Graaf, graduate psychologist, psychotherapist and child and adolescent psychotherapist, Werner Otto Institute, Hamburg.

Dr Gerhard Zarbock, head of the Institute for Behavioural Therapy Training, Hamburg.

- Clearly organised, numerous examples, techniques for direct implementation

Christof Loose/Peter Graaf/Gerhard Zarbock (eds.)

Schema Therapy with Children and Adolescents

With online material
352 pages, hardback
ISBN 978-3-621-28014-3
Already published 2013

Rights sold: English (world), Italian

Target group

Child and adolescent psychotherapists and psychologists, psychologists in children's homes and youth work, psychotherapists in adult treatment

»Cast out your inner laziness! Conquer frustration! Don't wait for conditions to be perfect – just live!«



We are always getting angry about other people or getting frustrated that certain things going on around us are not how we would like them to be. It often seems that fate simply isn't treating us well.

Does that sound familiar? Situations like these can have many causes, however we all really know that we ourselves also bear some responsibility for our own difficulties. Important here is: everyone can do something about his or her own dissatisfaction – and that is to work on themselves. This is not so easy; our inner laziness often rears its familiar head just at the moment we have decided to do something. However, we can learn to motivate ourselves and to do things which are advantageous and which do us good in the long term. If we can develop more acceptance and tolerance and finally get ourselves to act for once, we stand a much better chance of achieving our goals and subsequently leading our lives according to our own personal preferences.

Dr Harlich H. Stavemann, lecturing therapist/supervisor for cognitive behavioural therapy, director of the Institute for Integrative Behavioural Therapy (IVT) in Hamburg.

- ▶ The new book for patients by the successful author H.H. Stavemann
- ▶ Lots of exercises and work sheets
- ▶ For self-help and to accompany CBT (cognitive behavioural therapy)

already published:



ISBN 978-3-621-27805-8



ISBN 978-3-621-27630-6

Harlich H. Stavemann

Fight Frustration and Defeat your Inner Laziness

Getting rid of low frustration tolerance and tendency towards procrastination. With online material
218 pages, hardback
ISBN 978-3-621-28031-0
Publication date: 06/2013

Target group

laymen, sufferers, clients in psychotherapy/psychological counselling

The first book for patients on the subject of CBASP



- ▶ Ways out of chronic depression clearly explained
- ▶ With lots of case studies and illustrations
- ▶ For self-help and as a companion to therapy

CBASP – Cognitive Behavioural Analysis System of Psychotherapy – is a form of psychotherapy which has been developed especially for treating people suffering from chronic depression.

The aim of this approach is to make patients aware of the relationship between their behavioural and thinking patterns and thereby sensitise them to the consequences they have for their every day life and their mood. The guidebook clearly and comprehensively explains the CBASP procedures, and there are case studies and illustrations to round off the presentation. For patients and their families, this is a highly helpful guide for self help or as a companion to their therapy. And for professionals, it provides valuable input for practical therapy and counselling.

Contents:

What is chronic depression? • How it occurs
 • Effects in inter-personal relations • Formulating situation analysis and targets • Achieving targets
 • Phases of therapy and conclusion of therapy
 • CBASP in everyday life • Appendix with links and addresses

Professor Eva-Lotta Brakemeier, Psychological Institute of Berlin (PHB).

Dr Angela Buchholz, at the Institute and Polyclinic for Medical Psychology at the University Hospital Hamburg-Eppendorf.

Eva-Lotta Brakemeier/Angela Buchholz

Overcoming the Wall

Ways out of chronic depression
 A CBASP guidebook for sufferers

With online material

approx. 190 pages, hardback

ISBN 978-3-621-28085-3

Publication date: 10/2013

Target group

Sufferers of chronic depression and their families, for self-help and as a companion to psychotherapy

Understanding and solving conflicts between couples in Schema Therapy



Opposites attract? It's true, at the beginning couples come together thanks to an unconscious »relationship chemistry«. Frequently, the one partner also feels attracted to the opposing characteristics of the other and vice versa. However, these different characteristics commonly lead to conflicts as the relationship goes on. Even the smallest irritations can then trigger difficult emotions and reactions.

In situations like these, schema therapy can be helpful – providing experience and methods on how to recognise and accept different characteristics and behaviour. In addition to this, couples can learn how to avoid conflicts in the future, how to make daily life more harmonious and thereby stabilise their relationship – and in this way rediscover what made them a »good match« in the first place.

Eckhard Roediger, graduate psychologist, director of the Institute for Schema Therapy in Frankfurt and psychological psychotherapist in private practice.
Wendy Behary, MSW, New Jersey, director of the Cognitive Therapy Center in New Jersey and president of the International Society for Schema Therapy (ISST).
Dr Gerhard Zarbock, director of the Institute for Behavioural Therapy Training, Hamburg (IVAH).

- ▶ **First guidebook which brings schema therapy and relationship problems together**
- ▶ **Authors who are well-known advocates of the schema therapy approach**
- ▶ **With humorous illustrations**

Eckhard Roediger/Wendy Behary/Gerhard Zarbock

It's a Good Match!

Understanding and solving conflicts between couples in schema therapy

With online material

approx. 224 pages, hardback

ISBN 978-3-621-28084-6

Publication date: 09/2013

Target group

Couples with conflicts, couple therapists

Motivational literacy support for elementary schools



- ▶ **Holistic concept for holistic literacy development which motivates schoolchildren**
- ▶ **A variety of working materials, so the concept can be easily put into practise**
- ▶ **Combines teaching and educational elements**

Inspiring children in what they do and at the same time providing comprehensive skills and competence – that is what this concept for a holistic development of literacy in elementary schools can achieve. Teachers find out how they can guide 3rd and 4th year children in the classroom towards writing their own book, printing it and then presenting it to an audience. This allows the children to enjoy practising and strengthening their writing skills.

The book comes with lots of work sheets and materials so it can be easily put into practise.

Many projects for developing literacy focus just on one individual aspect. This book presents a concept in which not only important writing skills are comprehensively developed, but also where motivational aspects are taken into account. The authors provide elementary school teachers with an innovative way of organising literacy teaching and to get the students interested in it.

Britta Klopsch is an academic assistant at the Institute for Educational Science.

Anne Sliwka is a professor for educational science and vice-rector for research, internationality and diversity.

Mara-S. Schmidt studies educational science: teaching methodology for German. They all work at the Heidelberg University of Education.

Britta Klopsch/Anne Sliwka/Mara-Sophie Schmidt

We are Writing Books

Holistic literacy support for grade 3 and 4
approx. 128 pages, paperback
ISBN 978-3-407-62888-6
Publication date: 09/2013

Target group

Elementary school teachers in training and in schools

How to deal successfully with difficult classroom situations?



Difficult pupils get on your nerves. Anywhere and anytime. And hardly any teacher would deny that such »troublemakers« often determine the course of the normal school day. However, hardly any child is born »difficult«; in many cases abnormal behaviour is a cry for help, and listening to it can significantly improve the atmosphere in class.

Sabine Schöneich is a trained individual psychologist and knows from her own experience how teachers can react effectively to »difficult« pupils. She has successfully tried out individual psychology methods over more than 15 years of practical school experience. As a result this book blends basic individual psychological elements with – above all – clearly written practical examples which time and again give rise to an »aha« experience as you read them. The author uses these real case studies to show how teachers can have a calming, counteractive effect in this kind of situation. This book will give teachers heart!

Sabine Schöneich is an individual psychologist and teacher. Over more than 15 years of practical school experience in various types and forms of school, she has developed and tried out these successful strategies with »difficult« schoolboys and girls.

- ▶ Lots of real-life examples
- ▶ Concentrated practical knowledge for teachers
- ▶ Encouragement for teachers

Sabine Schöneich

Difficult Pupils?

How teachers and pupils work together better

192 pages, paperback

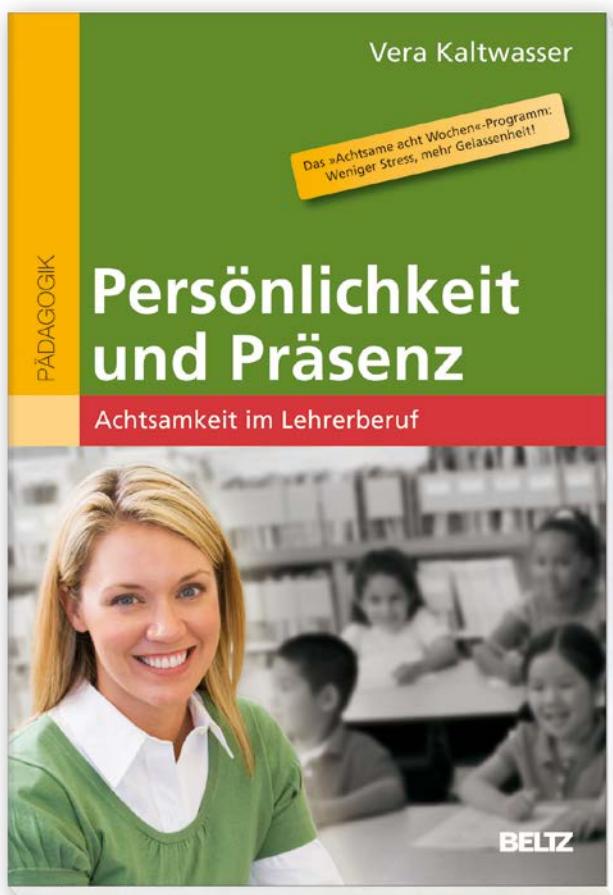
ISBN 978-3-407-25670-6

Already published 2011

Target group

Teachers, school psychologists, special needs teachers, parents

Effective burn-out prevention for teachers



Many teachers find that far too much is being asked of them. Indeed, those of them who are especially dedicated run the risk of burn-out due to the various demands they have to meet. In her book, Vera Kaltwasser shows how teachers can not only stay healthy, but also cope with daily school life in a happy and relaxed way.

Based on the latest scientific findings from stress research, the author explains how having a mindful attitude can significantly contribute to stress management.

The programme »Eight Weeks of Mindfulness« provides the opportunity to try out mindfulness exercises yourself.

Vera Kaltwasser is a high school teacher and also works in the field of further education for teachers. She has completed additional training in Qigong, psychodrama, applied theatre and MBSR (mindfulness-based stress reduction) and has a certificate for the »Freiburg Teacher Coaching«. She is also the author of several publications and radio features.

- ▶ Complete, new concept for mindfulness
- ▶ With the proven »Eight Weeks of Mindfulness« programme for immediate use

Vera Kaltwasser

Personality and Presence

Mindfulness in the teaching profession

152 pages, paperback

ISBN 978-3-407-62679-0

Already published 2010

Target group

Teachers under stress

Concrete role plays for special leadership situations



In this book, Hans-Jürgen Kratz has published 20 role-plays which deal with a broad spectrum of current leadership problems. For example, effective delegation, implementing changes in the company, counteracting the burn-out syndrome, dealing with underperforming colleagues, solving conflicts in a socially acceptable way.

These best-practice role-plays, which include approaches for finding solutions and the respective leadership know-how, provide trainers with a comprehensive and productive treasure chest.

Hans-Jürgen Kratz graduated in administrative economics and worked for many years in various management positions. Since 1995, he has been a freelance coach concentrating on staff leadership and company communications. He has written numerous specialist books.

- ▶ Significant reduction in the time needed for preparing seminars
- ▶ Role instructions, scripts and suggestions for evaluation
- ▶ Can also be used in coaching and mentoring

Hans-Jürgen Kratz

20 Role-Plays for Leadership Situations

For trainers, coaches, consultants and managers

approx. 380 pages, hardback

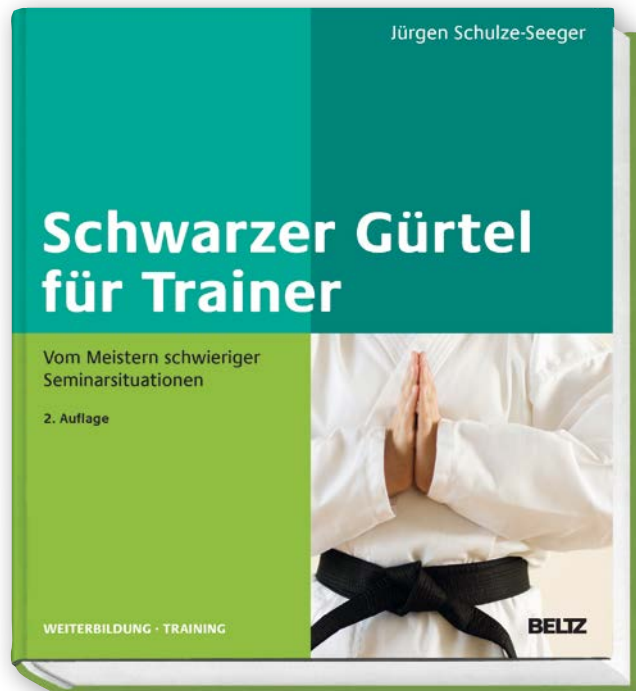
ISBN 978-3-407-36525-5

Publication date: 09/2013

Target group

Management trainers, coaches

Handling critical moments in seminars with confidence



- ▶ **New: reference overview for every »case«**
- ▶ **The ability to overcome conflict**
- ▶ **Being ready in advance for whatever might occur**

Conducting seminars, training courses or workshops – depending on the make-up of the participants and group dynamics – can turn out to be more difficult than you expect, even for seasoned trainers. As a professional seminar lecturer, how do you deal with all the different disturbances? What do you do with difficult participants? How do you overcome adverse conditions? This is the ultimate challenge for trainers.

To produce a top performance even under difficult conditions, you need the Black Belt for Trainers.

The author – himself an experienced trainer and coach – shows you how you can manage to avoid these situations even arising in the first place, using behaviour and thinking patterns, methods, tips and tricks. And for times when the situation arises despite all that, the book provides proven interventions.

Jürgen Schulze-Seeger is the director of the Bridge-house Group in Berlin. For over 30 years he has been a coach for communications and leadership and over the past decades has increasingly focused on providing training for other trainers.

Jürgen Schulze-Seeger

Black Belt for Trainers

Managing difficult situations in workshops
approx. 360 pages, hardback
ISBN 978-3-407-36536-1
2nd edition, revised and expanded

Target group

Trainers, consultants, coaches, seminar leaders,
team leaders, moderators, part-time lecturers



Eva Somaz
The Space Between Beds
160 pp., Hardback
ISBN 978-3-407-85959-4



Peter Schilling
Completely Detached
220 pp., hardback with cover
ISBN 978-3-407-85962-4



Gabriele Rossbach
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140 pp., paperback
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Ewald Kugler
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Bernd Weidenmann
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ISBN 978-3-407-36524-8



Sonja Weidenmann/
Bernd Weidenmann
75 Picture Cards for Coaching and Counselling
ISBN 978-3-407-36535-4



Christof Loose/Peter Graaf/
Gerhard Zarbock (ed.)
Schema Therapy with Children and Adolescents
346 pp., hardback
ISBN 978-3-621-28014-3



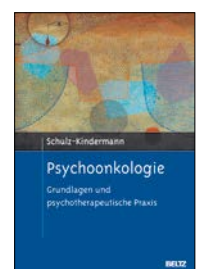
Manfred Döpfner/Stephanie Schürmann/Jan Frölich
Therapy Programme for Children with Hyperkinetic and Oppositional Behaviour Problems THOP
540 pp., hardback
ISBN 978-3-621-28033-4



Axel von der Wense/
Carola Bindt
Premature Birth, Risk Factor
208 pp., hardback
ISBN 978-3-621-27830-0



Marianne Rauwald (ed.)
Inherited Wounds
192 pp., hardback
ISBN 978-3-621-27932-1



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