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Religion and Theology

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Religion & Theology

Recharge your batteries and find new vitality

Anselm Grün
The Art of Being True to Yourself
[Die Kunst, bei sich zu bleiben]
What we can learn from wise monks

Gütersloher Verlagshaus
160 pages
With ca. 10 b/w photographs
July 2019

Pater Anselm Grün, born in 1945, is a Benedictine monk at the Münsterschwarzach Abbey, of which he was the cellerar, or business manager, for 36 years. His activities as a course instructor and spiritual consultant mean he has to spend a lot of time on the road. The bestselling author’s myriad publications and lectures are read and heard by millions of people. His books have been translated into 35 languages, 20 million copies have been sold.

www.anselm-gruen.de

At the end of the third century the first men went out into the desert to live alone. They are called the "Desert Fathers", and they were searching for an authentic Christian life. The desert was seen as a place where the demons were that the men set out to vanquish, and where, in the solitude of the vast expanse, they aimed to face their own truth. The wisdom they passed down through 1,600 years of history is remarkably relevant for today, for the path they took led them to a profound examination of their own selves.

The findings and wise thoughts of these monks are an invitation for us to explore solitude and the enjoyment of silence and peace as a source of vitality for our own lives.

For more information please visit www.randomhouse.de
An overview of the Catholic Church –
discover a fascinating world

Valentino Hribernig-Körber

What Is Catholicism?
[Was ist katholisch?]
A brief resume of everything you need to know –
Updated new edition

Kösel
256 pages
With 250 colour illustrations
February 2020

Dr. Valentino Hribernig-Körber, born in 1966, studied Catholic theology and technical mathematics. He is now a software technician for the city of Vienna, at present a project and process manager. He has been active in Catholic adult education for many years, regularly holds lectures on a wide range of subjects and lives in Vienna.

2000 years of history, 2000 years of fascination: the Catholic Church from its beginnings right up to the present day, including all its many facets. Its structures, customs, rites and doctrines are presented in a clear and accessible manner. In addition, there is a comprehensive and brief outline of the Church’s history. A beautifully illustrated book which covers everything you need to know about the Catholic faith.

This new edition includes the changes and alterations that Pope Francis has implemented.
"From a historical point of view the Koran brought women freedom and rights."  

Benjamin Idriz

The Koran and Women

[Der Koran und die Frauen]

An imam explains forgotten aspects of Islam

Gütersloher Verlagshaus

192 pages

April 2019

Benjamin Idriz, born in Skopje/Macedonia in 1972, is an imam in the Islamic Community of Penzberg and President of the "Munich Forum for Islam".

For many people, hostility towards women and Islam go hand in hand. There is nothing to be glossed over about it and a lot to be changed. This book shows how very possible such a process is, even without resorting to the know-it-all superiority of non-Moslems.

Here an imam explains what he teaches men and women in his community about the relationship between the sexes. His source is the Koran and his aim an Islam that is again aware of its liberating origins. An enlightening book for everyone for whom debate – and not denunciation – is important.
"The divine dwells within us. Unfortunately we are so seldom at home."  *Meister Eckhart*

Harald-Alexander Korp  
**Everything is Possible for the Serene Mind**  
[Dem ruhigen Geist ist alles möglich]  
Learning to be in the here and now with Meister Eckhart

Gütersloher Verlagshaus  
240 pages  
April 2019

**Harald-Alexander Korp,** born in 1961, studied religion, philosophy and physics. He gives lectures in the study of religion at the Ludwig Maximilians University in Munich and the Georg August University in Göttingen, is a certified humour coach, caregiver at the Ricam Hospiz in Berlin and the author and director of films and stage plays focussing on inter-religious dialogue and Buddhism. He also holds lectures and seminars on "Humour and end-of-life care".

If Meister Eckhart were alive today he would not be a monk but a coach, and probably a very successful one. For the 14th century preacher found answers to the spiritual needs of the people of his time that are still as up to date as if they had been made for today.

Harald-Alexander Korp has brought Eckhart's teachings into the present day. He shows how they are as much linked to the mystic traditions from Asia as they are to modern ideas of cognitive therapies, while also uniquely leading to a new trust in life. This is an immensely practical book for everyone longing for spiritual depth and inspiration for day-to-day living.

www.hakorp.de

For more information please visit  [www.randomhouse.de](http://www.randomhouse.de)
An anchor in the ocean of spiritual homelessness

Christoph Kreitmeir
Giving Your Soul a Home
[Der Seele eine Heimat geben]
Spiritual impulses for a good life

Gütersloher Verlagshaus
160 pages
October 2019

Christoph Kreitmeir (Lic. theol.), born in 1962, is a social education worker with training in logopedics and client-centred counselling. He has long been active in the field of pastoral care, spiritual support, and Church consultancy on matters of vital life issues. In addition, many years he was a spiritual advisor of pilgrims in Vierzehnheiligen monastery, holds lectures in the field of adult educations, and is a member of the “German Society for Logopedics and Existence Analysis”.

www.christoph-kreitmeir.de

Many people long for inner peace and freedom from external constraints, demands, and burdens. In his latest book, Christoph Kreitmeir takes a closer look at the wish of readers interested in spiritual matters to find their true selves again, discover sources of inner strength, and thus be able to say Yes to life. For, as Marc Aurel once said, “the happiness of your life depends upon the quality of your thoughts.”

For more information please visit www.randomhouse.de
Humour is a manifestation of religion

Willibert Pauels
Laughing, Suffering,
Love of Life
[Lachen, Leiden, Lust am Leben]
The liberating power of religion
Gütersloher Verlagshaus
224 pages
September 2018

Willibert Pauels, born in 1954, studied Catholic theology and worked as a deacon until 2006. In 2013 he revealed that he had been suffering from depression for years. He says that with medical support and medication he has it under control.

When faced by the hypothesis of many atheists that educated people must be sick in the head to still believe in God, Willibert Pauels wonders, "Am I crazy? Why can't I stop believing in God?" This is the question he examines in Laughing, Suffering, Love of Life. The main focus is on the really big questions like: "Does God exists? If so why does He allow all the suffering in the world? What about death?"

Pauels addresses these issues in his familiar easygoing way. He is less concerned with studies, statistics and stringent arguments, but rather with what has had a hold of him since his childhood: the experience of a longing for God, knowledge of the feeling that God is close and also that God is distant.
Music and spirituality go together like body and soul. Both bring you closer to the core of life, to feelings and images. Indeed, the prototype of monkhood is such a sound space and perhaps more closely related to artistic activities than might be apparent at first sight. In earlier epochs it was common practice for nuns and monks to bring forth culturally valuable creations while in dialogue with the world. Why should this be no longer the case?

Thomas Quartier tells us in this book about his search in a monastery for God after spending years earning his money as a busker and finding a meaning to life on the streets. He does not see his book as a spiritual manual but rather as a kind of experiment to track down the soundtrack of his search for God in his specific way of life: the psalms, Saint Benedict's Rule, and the texts and personalities of his youth. Starting in the germ cell of his monastery, he tries to explore a radical way of life that will change the world.

An encouragement to set out to look for God for all readers of Anselm Grün.
Pierre Stutz, born in 1953, is a theologian and well-known spiritual counsellor who lives in Lausanne, Switzerland. He is also a bestselling author and gives lectures and courses. From 1998 to 2010, Pierre Stutz was co-editor of the spiritual magazine *ferment*.

www.pierrestutz.ch

Inspired by the greatest mystics of the last two thousand years, Pierre Stutz invites us to become passionately open and ecumenical Christians. This book is an answer to the longing of numberless people who are searching for spirituality – the longing to find a life-affirming spirituality in the place where we are culturally at home: in Christianity.
Gerd Theißen, born in 1943, is emeritus professor of New Testament theology at the University of Heidelberg. He is seen as one of today's most creative exegetes and, by using a sociological and psychological approach to examine the Biblical tradition, developed a theory regarding early Christianity. His book *The Shadow of the Galilean* has been unrivalled for more than 30 years as a narrative work on Jesus.

These dogmas are different: In the form of questions and answers, sometimes reflectively, sometimes metaphorically, sometimes poetically, the meditative texts trace the three basic articles of faith – God, Christ, Holy Spirit. The doctrines are brief, easy to understand and inspirational and they invite readers to discover a biblically based critical faith in the freedom of Protestantism.

A profound and authentic textbook about the major issues of life.
The first comprehensive biography of one of the major figures in the last century

Benjamin Ziemann
Martin Niemöller
A life in opposition

DVA
640 pages
With ca. 20 b/w illustrations
August 2019

Benjamin Ziemann, born in 1964, is professor for modern German history at the University of Sheffield and a fellow of the Royal Historical Society. He has authored, edited and co-edited numerous books about German and European history in the 19th and 20th centuries. His book on Violence and the German Soldier in the Great War was awarded the prize by Geisteswissenschaften International. He co-edited the manuscript Thoughts on the Path of the Christian Church written by Martin Niemöller in 1939. Benjamin Ziemann counts as one of the internationally leading experts on German history during the period of 1914 – 1933.

Pastor Martin Niemöller (1892 – 1984) is known as one of the initiators of the Confessing Church and for his speeches after 1945 about German guilt. Yet as a student he was active in various völkisch and anti-Semitic parties and associations and in 1933 welcomed the Nazi accession to power. Even after 1945 his animosity towards Jews was repeatedly apparent.

Benjamin Ziemann has closely assessed all available source material and reconstructed the biograph of a very vocal Church politician and nationalist who rejected the Weimar Republic and Adenauer's policy of integration with the West as much as the party state of the Federal Republic. In 1945, Niemöller turned to pacifism – and yet his attitudes remained very much those of the imperial naval officer he once was.

This life, packed as it was with dramatic moments, contradictions and personal crises, is a vivid reflection of the upheavals and continuities of 20th century German history.
Alexander Poraj, PhD, born in 1964, studied Catholic theology in Freiburg and in Granada, Spain. A Zen master of the Zen lineage "Empty Cloud" and "Cloud of Unknowing – contemplation lineage of Willigis Jäger", he is spiritual leader of the Benediktushof and chairman of the "Occidental-Oriental Wisdom – Willigis Jäger Foundation".

Very often, the state of being in love is of but short duration. There are disappointments that often lead to separation. If, however, you can appreciate and enjoy the moment you will find happiness that is largely independent of external circumstances, independent also of your partner.

Learning this particular experience is part of Zen meditation. Over and over again people meditating are conscious of this feeling of happiness and trust in the gift of the fullness of the moment. This is solace and a new opportunity for love relationships.
Doris Zölls (Myô-en An) studied Protestant theology in Munich and worked simultaneously as a parish minister and school teacher. Following her training with Willigis Jäger (Kyo-un Roshi), she became a Zen teacher and was confirmed by Ryô-un Roshi of the Sanbô-Zen School, Tokyo. She has been responsible for the spiritual leadership of the Benediktushof alongside Willigis Jäger since 2003.

Kôans are questions from the Chinese Zen tradition on important life topics such as: Who am I? What am I afraid of? What is the meaning of my life? The answers, intuitive and spontaneous, lead beyond the intellect into the depths of our personality. Constricting behavior patterns are dissolved. In this way it is possible to act in a newly gained freedom.
Contact

Verlagsgruppe Random House
Rights Department
Neumarkter Str. 28
81673 München
Germany
Fax: ++49 (89) 4136-3733
www.randomhouse.de

Gesche Wendebourg
Foreign Rights Director
Phone: ++49 (89) 4136-3313
Gesche.Wendebourg@randomhouse.de

English speaking countries; French speaking countries; Portuguese speaking countries; The Balkans; Greece; Israel; Arabic countries; Hungary

Susanne Seggewiss
Foreign Rights Manager
Phone: ++49 (89) 4136-3321
Susanne.Seggewiss@randomhouse.de

Italy; The Netherlands/Belgium; China; Taiwan; Korea; Japan

Eva-Maria Kunze
Foreign Rights Manager
Phone: ++49 (89) 4136-3716
Eva-Maria.Kunze@randomhouse.de

Spanish speaking countries; Scandinavian countries; Poland; Russia; Czech Republic; Slovakia

Stephanie Gerdeissen
Foreign Rights Assistant / Junior Rights Manager
Phone: ++49 (89) 4136-3470
Stephanie.Gerdeissen@randomhouse.de

Baltic States; Bulgaria; Romania; Turkey

FOREIGN RIGHTS on

Instagram
Twitter
Agents

The Balkans, Baltic States, Russia
Ms. Milena Kaplarevic
Prava i Prevodi Literary Agency
YU-Business Center
Blvd. Mihaila Pupina 10B/I
5th Floor, Suite 4
11070 BELGRADE / SERBIA
Phone: ++381 (11) 301 41 61
Fax: ++381 (11) 311 98 79
e-mail: office@pravaiprevodi.org

Brazil
Ms. Sandra Rodericks
Ute Körner Literary Agents, S.L.
Aragó, 224-pral-2
08011 BARCELONA / SPAIN
Phone: ++34 (93) 323 89 70
Fax: ++34 (93) 451 48 69
e-mail: sandra.rodericks@uklitag.com

China
Ms. Jackie Huang, Ms. Susan Xia
Andrew Nurnberg Associates Int. Ltd.
Beijing Representative Office
Room 1705, Culture Square, No. 59 Jia Zhongguancun Street, Haidian D.
100872 BEIJING / P.R. CHINA
Phone: ++86 10 82504106
Fax: ++86 10 82504200
e-mail: susan@nurnberg.com.cn

Czech Republic / Slovakia
Ms. Kristin Olson
Kristin Olson Literary Agency s.r.o.
Klimentská 24
110 00 PRAHA 1 / CZECH REPUBLIC
Phone: ++420 222 582 042
Fax: ++420 222 580 048
e-mail: kristin.olson@litaq.cz

France
Ms. Eliane Benisti
Agent Littéraire
80 Rue des Saints Pères
75007 PARIS / FRANCE
Phone: ++33 (1) 422 285 33
Fax: ++33 (1) 454 418 17
e-mail: Benisti@elianebenisti.com

Greece
Ms. Catherine Fragou
Iris Literary Agency
Komotinis Str. 18
136 76 THRAKOMAKEDONES / GREECE
Phone: ++30 (210) 243 24 73
Fax: ++30 (210) 243 50 42
e-mail: irislit@otenet.gr

Hungary
Ms. Catherine Balla jun.
Balla & Sztojkov Literary Agency
c/o Kópia Office
Benczúr u. 11
1068 BUDAPEST / HUNGARY
Phone: ++36 (1) 456 03 11
Fax: ++36 (1) 215 4420
e-mail: c.balla@ballalit.hu

Israel
Ms. Efrat Lev
The Deborah Harris Agency
P.O. Box 8528
Jerusalem 9108401 / ISRAEL
Phone: ++972 (0)2 6722 1435
Fax: ++972 (0)2 561 87 11
e-mail: efrat@thedeborahharrisagency.com

Italy
Ms. Barbara Griffini
Berla & Griffini Rights Agency
Via Stampa, 4
20123 MILANO / ITALY
Phone: ++39 (02) 805 041 79
Fax: ++39 (02) 890 106 46
e-mail: griffini@bgagency.it

Japan
Ms. Meike Marx
Literary Agent
2-6-5 Otoe-cho Fukagawa
Hokkaido 074-1273 / JAPAN
Phone: ++81 (164) 25-1466
Fax: ++81 (164) 26-2833
e-mail: meike.marx@gol.com
South Korea
Ms. Geenie Han
MOMO Agency
309-51 Seongsan-ro,
Seodaemun-gu
03706 SEOUL/KOREA
Phone: ++ 82 (2) 337 8606
Fax: ++ 82 (2) 337 8702
e-mail: geeniehan@mmagency.co.kr

South Korea
Mr. Richard Hong
BookCosmos Agency
3F Youngjun B/D(Annex), 22 Worldcup buk-ro
Mapo-Gu
03992 SEOUL/KOREA
Phone: ++ 82 (2) 3143 2834
Fax: ++ 82 (2) 3143 2833
e-mail: r-hong@bcagency.kr

The Netherlands / Belgium
Ms. Marianne Schönbach
Marianne Schönbach
Literary Agency
Rokin 44 III
1012 KV AMSTERDAM / THE NETHERLANDS
Phone: ++ 31 (20) 62 000 20
Fax: ++ 31 (20) 62 404 50
e-mail: m.schonbach@schonbach.nl

Poland
Mr. Tomasz Berezinski
Graal Agencja Literacka
Pruszkowska 29/252
02-119 WARSAWA / POLAND
Phone: ++ 48 (22) 895 2000
Fax: ++ 48 (22) 895 2001
e-mail: Tomasz.Berezinski@graal.com.pl

Romania / Moldova
Ms. Simona Kessler
Int. Copyright Agency Ltd
Str. Banul Antonache 37, Bloc A
011663 BUCHAREST 1 / ROMANIA
Phone: ++ 40 (21) 316 48 06
Fax: ++ 40 (21) 316 47 94
e-mail: simona@kessler-agency.ro

Spain / Portugal / Latin- and South America
Ms. Sandra Rodericks
Ute Körner Literary Agents, S.L.
Aragó,224,pral 2
08011 BARCELONA / SPAIN
Phone: ++ 34 (93) 323 89 70
Fax: ++ 34 (93) 451 48 69
e-mail: sandra.rodericks@uklitag.com

Taiwan
Ms. Whitney Hsu
Andrew Nurnberg Associates International
Taiwan Representative Office
8F, No. 129, Sec. 2, Zhongshan N. Rd.
TAIPEI 10448 / TAIWAN
Phone: ++886 2 2562 9008
Fax: ++886 2 2562 7712
e-mail: whsu@nurnberg.com.tw

Turkey
Mr. Doğan Terzi
AnatoliaLit Agency
Caferağa Mah., Gunesli Bahce Sok. No:48
Or.Ko Apt. B Blok D:4
34710 Kadıköy - Istanbul / TURKEY
Phone: ++ 90 216 700 1088
Fax: ++ 90 216 700 1089
e-mail: dogan@anatoliatag.com