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Life Support and Education

Silvia Beyer. My Children Reflect Me. Navigating Childhood and Puberty smoothly using the Law of Reflection Method

Gerhard Brandl. From “Me” to “Us”. A Path away from the Egoism of our Time

Tanja Draxler-Zenz. Calmness is Infectious. Staying relaxed when you’re with your family all day

Edeltraud Haischberger. Woman Stand on your own Two Feet! The Five Great Selves for a Happy Life

Edeltraud Haischberger. . Say Yes to No. Setting Clear Boundaries in Everyday Life.

Christa Kössner. Find the Key to be Happy. The Reflection Rule

Christa Kössner. The Reflection Method. A Practical Guide to Freedom

Robin Menges. Healthy. Self. Esteem. A Handbook for Strengthening Children and Adolescents

Maria Neuberger-Schmidt. Nonviolent, But Not Powerless. Education using heart, intelligence and management skills. The book on the ABC parents’ license ®

Martin Weber. The Human Being in Balance. Now Thoughts on Health Using your Heart, intellect and Intuition

Renate Woi. Courage is a Wild Horse that You Can Ride. Five Steps to Bold Action

Silvia Beyer

My Children Reflect Me
Navigating Childhood and Puberty smoothly
using the Law of Reflection Method

Meine Kinder spiegeln mich. Mit der
Spiegelgesetz-Methode Kindheit und Pubertät
locker bewältigen

104 pp, size 135 x 210 mm

ISBN: 978-3-85068-730-0

Release date: February 2016



A guide to bringing up children, containing many practical tips

The book

Whether cheeky, shy or unruly - children are a challenge at any age. Again and again, parents end up at a loss or in despair. Puberty is feared more than anything else. Seasoned with a pinch of humor, this book is an easy-to-read experience full of enriching content. It shows that raising children can be experienced in an out and out positive way, far from imported convictions and doctrines. The author knows how to motivate people and build understanding. By using the law of reflection method, as developed by Christa Kössner®, she opens up a chance for adults to discover themselves anew in their children. Beyer provides support for parents and their children to master together the various stages of development - from toddler to teenager.

Silvia Beyer

Mother of two adult children, twelve years working in a school counseling office. Many years of interest in spirituality, training in reiki, pranic healing; certified coach in the law of reflection method of Christa Kössner®. The Vienna resident tells us, “Through this method I learned that just I alone can shape my life. The law of reflection method was a great help for me in raising children, especially during puberty.”

Gerhard Brandl
From “Me” to “Us”
A Path away from the Egotism of our time

ca. 180 pages
 Dimensions 135 x 210 mm
 ISBN 978-3-85068-947-2
 Publication date: April 2015



A healthy level of egotism is overshadowed these days by an egotism which focuses exclusively on one’s own well-being. But being human also means thinking about others. A person who shows more helpfulness and solidarity contributes to a functioning society. This book deals with moving from self-relatedness to a greater togetherness.

Every human has free will and a personal responsibility to overcome the fixation on the ego which prevails nowadays and to find the fellowship which to a great extent is something we seem to have lost sight of.

Moving away from the ruthlessness and selfishness of our time is important for creating more human warmth and a feeling of belonging. To change our relationship towards our fellow creatures we must rethink our personal attitude towards life.

The experienced psychotherapist Gerhard Brandl invites his readers to gain more confidence towards fellow humans, to renounce prejudices which make life more complicated and to open up to conversation. This book reveals a path out of the dead end of egotism where our western society has currently left us.

The Author

Gerhard Brandl, from Salzburg, Austria, studied philosophy, theology, psychology and educational sciences. For many years, he worked as a teacher in high school and also for a while as a lecturer at the University of Salzburg. After his training in psychotherapy, he worked for thirty years as a self-employed therapist in Salzburg, and now he is retired. He has written more than thirty non-fiction books dealing with psychological well-being and personal development, such as “In Search of Meaning” and “First Aid for Mental Distress”.

Tanja Draxler-Zenz

Calmness is infectious

Staying relaxed when you're with your family all day

Gelassenheit steckt an. Entspannt durch den Familienalltag

180 pp, hardcover

ISBN: 978-3-85068-973-1

Publication date: April 2017



The book

It's more and more the case that family life is accompanied by stress and a hectic way of living: work and school are making demands on us, and there are also a further thousand things going on at home. Children often feel overwhelmed in this fast-moving atmosphere and react with irritation. Consequently, one day all together with the family can be extremely exhausting.

Many parents despair. They say things they did not mean to say. They act differently to how they might have expected to. Because most of them only want one thing: to spend a relaxing day with the family, enjoy their time with the children and lead a happy life.

In this book, you will learn how to find more serenity in family life via some simple steps. For example, how to climb down from the "faster, more and better" approach as well as from making demands on yourself and on the children that are often just too high. Thus you will find time once more for a mindful and happy togetherness!

Tanja Draxler-Zenz, MSc

This trained pedagogue and psychosocial counselor works as a life and social consultant with a focus on systemic family counseling in her own practice. Since 2006 she has been Managing Director of the Institute for Sound and Relaxation Pedagogy. As a trainer in adult education she conducts lectures and seminars both at home and abroad. In her books, she tackles themes relating to a stress-free childhood, family and education. She has three children and lives with her husband in Styria.

www.tanjadraxler.at

Edeltraud Haischberger

**Woman, Stand on your own Two Feet!
The Five Great Selves for a Happy Life**

**Frau, stell dich auf die Füße! Die fünf großen
Selbst für ein glückliches Leben**

192 pp, size 135 x 210 mm

ISBN: 978-3-85068-865-9

Release date: March 2016



A true-to-life guidebook – from woman to woman

The book

This guidebook will give your self-esteem a helping hand! Many women have great potential, but they do not live it out. You have had bad experiences or have simply never been properly encouraged. The author takes the reader lovingly but firmly by the hand. Her goal is to help put people "back on their feet." It requires no great theory, but instead motivational guidance. Haischberger's "secret recipe" is to build up these "five great selves" on a consistent basis: self-love, self-worth, self-confidence, self-control and self-responsibility. The book, now appearing in a second edition, is enriched with easy to carry out exercises and many practical tips. Become authentic – as the author is and as she herself exemplifies!

Edeltraud Haischberger

She has been engaged for the past twenty years in natural medicine and alternative methods of healing. She has trained as a life coach, and in mental training and spiritual healing. Since 1993 she has directed a training center for adult education with an emphasis on personality and consciousness building. She gives regular health tips on Free Radio Salzkammergut with the shout line "Healthy – Today and Tomorrow." More than 100 of her broadcasts are already online. Find out more at www.haischberger.at.

Edeltraud Haischberger

Say Yes to No
Setting Clear Boundaries in Everyday Life

Sag Ja zum Nein. Klare Grenzen setzen im Alltag

140 pp, paperback

ISBN: 978-3-85068-64-9

Release date: September 2016



The book

Do you more often than not answer with a “yes” when you actually wanted to say “no”? Then you should read this book! The saying goes: Maintain your self-determination as you walk through life – and so it pays to set boundaries. A resounding “no” brings us closer to our needs and desires, makes us healthier, happier and more successful. From childhood until old age we are constantly confronted by things, which we don’t want to do, don’t like and aren’t confident about. In her new self-help guide, the bestselling author of “Woman Stand On Your Own Two Feet” gives seven good reasons for “no”, as well as, though, the five greatest obstacles to it. She encourages us – in everyday life, at work, with our family and in our relationships – to say “no” more often, so that in the end everyone benefits.

Edeltraud Haischberger

The author has done research into natural medicine and alternative methods of healing for more than twenty years, and has trained as a life coach and a mind and personality trainer. For just as long a time she has run a training center for adult education, with an emphasis on personality and consciousness building. She gives regular health tips on Free Radio Salzkammergut, under the shout line “Health – today and tomorrow”. More than 100 broadcasts can now be found online.

More information at www.haischberger.at.

Other Publications

Edeltraud Haischberger. *Woman Stand on Your Own Two Feet! The Five Big Statements for a Happy Life*

192 pages, Paperback

ISBN 978-3-85068-865-9

Christa Kössner

Find the Key to be Happy

The Reflection Rule

Schlüssel zum Glücklich-Sein

Das Spiegelgesetz

112 pages, size 13,5 x 21,5 cm

bound,

ISBN: 978-3-85068-768-3

8th edition 2009 - 45.000 copies sold!



The book Gain a new perspective on reality and open the door to happiness!

According to the author “Everything that happens to you tells a story of yourself”. Christa Kössner decodes the roots of the crisis by reflecting them against daily events in our lives. Unpleasant experiences are an expression of one’s own dissatisfaction, but by using the Reflection Rule, anyone can easily find the way to happiness using the four steps described in this book.

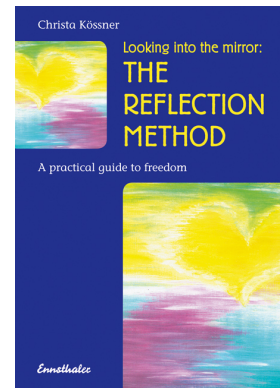
The author Christa Kössner is a teacher and adult consultant but likes the term “awareness coach”. She is the founder of the Reflection Method, and for several years has given lectures and workshops concerning „The Reflection Rule“. Her many books have grown in popularity through giving people tools for a better living which are easy to understand, simple to use and which leads to quick results.

Christa Kössner

**The Reflection Method ®
A practical guide to freedom**

Die Spiegelgesetz-Methode ®

112 pages, size 12 x 17 cm
ISBN 978-3-85068-579-5
8th edition 2014 - 60.000 copies sold!



A Bestseller in German speaking countries!

The book The Reflection-Method offers insights, which help you become aware of yourself and improve your life. It is free of charge, simple to use and readily applicable, wherever you are. Christa Kössner introduces the Law of Reflection, giving practical guidelines to its application: the Four-Steps-Method.

The author Christa Kössner is a teacher and adult consultant but likes the term “awareness coach”. She is the founder of the Reflection Method, and for several years has given lectures and workshops concerning „The Reflection Rule“. Her many books have grown in popularity through giving people tools for a better living which are easy to understand, simple to use and which leads to quick results.

The experiences in our life are reflections of our beliefs. The people we are in contact with always relate to ourselves, they personify characteristics of ourselves: We only have to pay close attention which reflections we see in front of us.

Then we will realise: "That's ME! They are the consequence of MY thinking. I have invited this person to be in my life."

If we have unpleasant experiences in our life, we then have the power to change this by using the Reflection Method.



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Robin Menges

**Healthy. Self. Esteem.
A Handbook for Strengthening Children and
Adolescents**

Hardcover, size 13.5 x 21 cm
ISBN 978-3-7095-0099-6
First published: November 2019



- Helpful Tools to Strengthen Your Feeling of Self-Esteem
- The author shares case studies from years of professional practice
- Working together with the family therapist, Jesper Juul, since 2005

Healthy self-esteem and a positive self-image are closely related to psychological stability, resilience, and success in life. Every day, poor self-esteem contributes to interpersonal conflicts, behavioral problems, and much more. It is at the root of so many difficulties, as evidenced by the author's years of work helping career professionals and families alike.

Also: How you can help children and adolescents develop healthy, reliable self-esteem – without inflating their ego.

In this handbook, Robin Menges provides sound insights into the development of the self. Not only for professionals involved with children and adolescents on a daily basis, it is also written for parents and laymen alike. With examples taken from countless case studies, she shares tools that help strengthen self-esteem in a healthy way.

“No matter what we do, we cannot get around ourselves; yet most people don't have an entirely comfortable relationship with themselves. Not to mention that honestly, this relationship often makes life more difficult for us. Strengthening self-esteem is relationship work – with yourself and with others.” Robin Menges

Robin Menges MA

Born in 1969, Menges is a clinical psychologist, supervisor, and family therapist in private practice. She is intensively involved with questions of everyday relationship building as well as professional relationship competence in social work, school, and counselling. Since 2005 she has been working alongside Jesper Juul and Helle Jensen on the further development of experiential and relationship-oriented counselling. She heads the IGfB (International Society for Relationship Competence) training institute in Innsbruck.

www.robin-menges.at
www.igfb.org

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Maria Neuberger-Schmidt

Gewaltfrei aber nicht machtlos

Nonviolent, But Not Powerless

Education using heart, intelligence and management skills
The book on the ABC parents' license ®

ISBN 978-3-85068-891-8

size: 14 x 21,5 cm, 330 pages, hardcover

published in March 2012, 2nd edition 2013



How they can promote self-confidence, independence and good social skills
How they can resolve conflicts without violence, while respecting the dignity of both parties
How love, trust and respect can flow between both sides

Practical educational advice from an expert!

"Nonviolent but not powerless!" What does this mean? Can non-violent power and authority be maintained? And to include love and understanding? How can we bring about what seems to be a magic trick?

This book helps deal with the widespread insecurity of many parents regarding their parental role and authority, which can lead to feelings of helplessness and stress.

Using the image of three baskets - Freedom, Participation and Obedience - the author Maria Neuberger-Schmidt, mother of four grown children and two stepchildren, explains to us what really matters.

With the aid of numerous case examples from children's lives, parents get to know various communication tools and learn how to apply them. This serves to deepen their relationship with their children, to promote their development and to improve their understanding of the needs and concerns of children, who might be expressing problematic behaviour patterns.

This book will strengthen your natural parenting skills, which will go on to help your child grow up successful and happy and lead to an authentic, stress-free and joyful family life.

The author: From 1999 onwards the author, because of her many years of intensive work as an educational consultant and parent coach, and as chairwoman of the association of parent workshops based in Vienna, was in demand as a frequent columnist in various local newspapers. Those experiences also motivated her to develop a seminar concept known as "the ABC parents' license ®", which has been promoted by the Austrian Ministry for Family Affairs and protected by copyright since 2003

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Martin Weber

The Human Being in Balance

New thoughts on health using your heart, intellect and intuition

Der Mensch im Gleichwicht

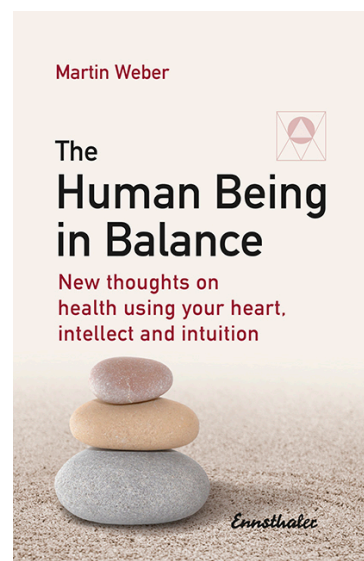
Gesundheit neu gedacht mit Herz, Logik u. Intuition

200 pages, size 13,5 x 21 cm, bound

ISBN: 978-3-85068-833-8

All rights available except English

Also available in: English



The book Martin Weber, who has successfully treated many top athletes, is able to help people activate their own self-healing powers in a targeted way, by using his own intuition. Across the course of his career, he can look back upon several spectacular stories of healing success, which have been pretty well documented and have met with a great response in the media. Now, for the first time, Martin Weber has shared his knowledge in this book, written for people who are interested in real healing – and not just in fighting symptoms. He highlights for our benefit that drugs can never lead to real healing, and above all that the body must be re-tuned just like a sensitive musical instrument after it's undergone an injury or surgical procedure. He does not look at fighting illnesses, but at maintaining and activating health, by considering the human being as a whole, taking into account his or her surroundings, relationships, thoughts and feelings. This book is primarily aimed at those who are willing to take responsibility for their health and to allow new ideas to evolve. With the help of concrete examples from real life situations, accumulated through years of experience working as an energy therapist, lateral thinker and visionary, Martin Weber brings the reader one step closer to understanding the true mechanisms which are at work in every human being.

The author Martin Weber was born in 1945. After his initial career as a technician he began to work as a massage therapist. During his job in a rehabilitation center he noticed that he could feel energy flow and energy blockages inside his patients. He has achieved remarkable healing results and now works with many athletes and their managers from all over the world.

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Renate Woi

Courage is a Wild Horse that You Can Ride

Five Steps to Bold Action

204 pp., paperback
 Format: 135 x 210 mm
 ISBN 978-3-7095-0111-5
 Publication date: March 2020



The book

Hand on heart – who wouldn't want to be courageous? Courage is like an elixir of life and in difficult life situations it gives us the strength to persevere and to follow our own path. But how do we succeed in strengthening our brave self and living every day? Through intensive field research Renate Woi was able to uncover the five steps of courageous action. Using this method each one of us can be trained in courage. "Courage is like a Ferrari among soft skills," says the author. She vividly explains the complex phenomenon of courage using many case studies and uses exercises to invite you to leave your comfort zone and to increase your courage capability step by step in various areas of life.

This manual is aimed at everyone who wants to exploit their potential for action to the fullest and to make their life fulfilling. Because "Without courage capability it's impossible to live your true destiny," says Renate Woi.

Renate Woi

Renate is an occupational therapist, born in 1981. She has been working since 2013 at the University Hospital in Graz and her special focus is working with chronically and terminally ill patients. Through her clinical experience and intensive interaction with others, she has come to the deep realization that courage is an incontestable factor for a fulfilled life. She is trained as a life and a social work counselor and she loves nature and drawing.

www.woimachtmut.com

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