

GABAL

FOREIGN RIGHTS

FALL 2021

**GABAL. YOUR
PUBLISHER.**

For inspiration. For a
voice that understands.
For practical guidance.

GABAL Publications Around The World



Photo: poly/Fotolia

NEW BOOKS FALL 2021

Daniela Elsner <i>The Art of Balance</i>	p. 6	Anna and Nils Schnell <i>A Tour of Modern Work</i>	p. 20
Stephen R. Covey <i>The 7 Habits of Highly Effective Marriage</i>	p. 8	Peter Holzer <i>The Courage to Live the Life You Love</i>	p. 22
Nari Kahle <i>Mobility on the Move</i>	p. 12	Grundl, Schäfer <i>Leading Simple</i>	p. 26
Jan Hartwig, Sabine Steinbeck <i>Stars In Your Eyes</i>	p. 14	Birgit Gebhardt <i>Future Pics</i>	p. 28
Stefanie and Markus Kühn <i>The First Steps to Financial Freedom</i>	p. 16	Marcus Disselkamp <i>Digital Leaders</i>	p. 30
Monika Matschnig <i>Camera: On...</i>	p. 18	30 MINUTE ESSENTIALS	p. 34

BACKLIST HIGHLIGHTS

Backlist Highlights <i>Personal Development</i>	p. 10	Backlist Highlights <i>Business & Management</i>	p. 32
Backlist Highlights <i>Self-Determination</i>	p. 22	Backlist Highlights <i>30 Minute Series</i>	p. 40
Backlist Highlights <i>Career & Success</i>	p. 24	Madame Missou	p. 42

Stephen R. Covey
The 7 Habits of Highly Effective Marriage
 Making Your Relationship a Priority in a Turbulent World

Tobias Beck
Unbox Your Relationship!
 How to Attract the Right People and Build Relationships that Last

Cordula Nussbaum
NTNT (No Thanks, Not Today)
 66 ways to achieve greater courage, serenity and lightness of being

Daniela Elsner
The Art of Balance
 How to make space for everything that matters, featuring the 'tailor-your-life' principle

Philipp J. Müller
ON THE MONEY
 Increase your income, do your bit and achieve personal freedom

Stefanie Kühn, Markus Kühn
The First Steps to Financial Freedom
 How the right mindset can help you achieve your personal financial breakthrough

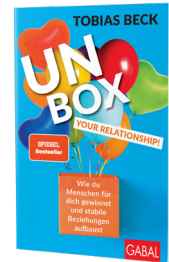
Monika Matschnig
Body Language: The Key to Success
 How to persuade and inspire others at work

Monika Matschnig
Camera: On...
 Communicate masterfully in webinars, video conferences and more

LIKED THIS? ...



... READ THAT!



What are you looking for?

Business strategy & Management techniques

Leadership & Purpose



Innovation & Growth Mindset



Advice on careers & achieving success

Career & Soft Skills



Success & Finance



Business communication & presentation



Mind, body, spirit & motivation and self-esteem

Resilience & Change



Relationship advice



Willpower & Popular Psychology



Dr. Daniela Elsner is a professor of teaching and learning research at Goethe University in Frankfurt am Main. She is also a certified systemic coach and owner of the coaching practice 'Coaching with CARE'. In addition to her work as an entrepreneur, manager and academic, Daniela Elsner has two children of her own and one stepchild. In short: she is an expert on the subject of reconciliation.

The Art of Balance

How to make space for everything that matters, featuring the 'tailor-your-life' principle

Daniela Elsner

USP:

- Work-life balance is out; 'tailor-your-life' is the order of the day
- 10 strategies for optimising the way you plan and live your life
- Featuring numerous exercises to allow space for your own reflections

Create a life that pleases you



NTNT (No Thanks, Not Today)
66 ways to achieve greater courage, serenity and lightness of being
ISBN 978-3-86936-872-6



Let It Go!
How you can really learn to switch off
ISBN 978-3-86936-939-6



Share the Load!
How to delegate skillfully and with confidence
ISBN 978-3-96739-013-1

A practical guide to weaving your very own tapestry of life

The reconciliation of family responsibilities, private life and work is a challenge for many of us. Irrespective of what job we do or whether we have children to care for, the elusive work-life balance remains coveted but rarely attained. The number of employees and managers who are exhausted, dissatisfied and desperate due to a misaligned work-life balance has risen steadily in recent years.

Daniela Elsner rejects the paradigm of the 'work-life balance'. It has stressed us out for too long, she says, while doing little to aid the process of reconciliation. Instead of placing our lives on the weighing scales, she recommends we take the needle and thread and weave our tapestry of life the way we like it. As part of this concept, she advises us to ask ourselves what we are lacking right now. More time for exercise? A new job? A daycare place? The answer to this question depends on the individual and can look completely different from one day to the next. If we permanently struggle towards an arbitrary concept of 'balance', failure is the inevitable result. It forces us to chase an ideal not rooted in reality.

The tailor-your-life principle described in this book includes 10 ready-made strategies to help you reconcile different areas of your life successfully. Along the way, you'll explore your goals and values, your approach to time management, your beliefs, your inner critic and the importance of attitude for a successful and fulfilled life – one in which you can make space for everything that matters.



176 pages, paperback
ISBN 978-3-96739-075-9



Translation
rights sold to
21 territories

The 7 Habits of Highly Effective Marriage

Making Your Relationship a Priority in a Turbulent World

Stephen R. Covey
with Sandra Covey, John MR Covey, Jane P Covey



Dr. Stephen R. Covey, a multimillion-copy bestselling author of self-help and business classics, strove to help readers recognize the principles that would lead them to personal and professional effectiveness. His seminal work, *The 7 Habits of Highly Effective People*, transformed the way people think and act upon their problems with a compelling, logical, and well-defined process.

As an internationally respected leadership authority, family expert, teacher, organizational consultant, and author, his advice gives insight to millions. He sold more than 40 million books (in 50 languages), and *The 7 Habits of Highly Effective People* was named the #1 Most Influential Business Book of the Twentieth Century. He held an MBA from Harvard and a doctorate from Brigham Young University.

English Intro Video:
Watch our authors
talk about their
new books

Turbulent times demand strong, committed, personal relationships.

Dr. Stephen R. Covey has noted that strong relationships don't just happen; they require the combined energy, talent, desire, vision, and dedication of all their members.

The 7 HABITS OF HIGHLY EFFECTIVE MARRIAGE provides a much needed framework for applying universal, self-evident principles that enable couples to communicate more effectively about their problems and resolve them successfully.

By offering revealing anecdotes about their own marriage as well as helpful suggestions about changing everyday behavior, Dr. Stephen R. Covey and his wife Sandra – along with his brother Dr. John M.R. Covey and his wife, Jane Parish Covey – offer insights and personal experiences in applying these proven principles to marriage and home.

This book is built upon a recording of a live presentation, featuring Dr. Stephen R. Covey and his wife Sandra, on their 50 years of marriage. The training material in the book introduces the principles and practices of the 7 Habits of Marriage drawn from Dr. John M. R. Covey and his wife Jane Parish Covey's 25 of years of teaching and applying the 7 Habits of Highly Effective Marriage in the lives of thousands of people.

The principles of human effectiveness will help you and your partner to thrive whatever your circumstances. This book will help you and your marriage to:

- **Prioritize your relationship in today's turbulent world**
- **Build a happier and more effective partnership**
- **Unite around a common purpose, vision, and mission**



152 pages, paperback
ISBN 978-3-96739-041-4

Personal Development



Freeing yourself of harmful unconscious affirmations: 22 exercises that work

The book addresses the great realm of false constructs. The book will allow you to recognise the constructs in your own head, will help you get to the root of your unconscious affirmations and replace them with kinder beliefs.

What are unconscious affirmations? where do they come from? how do they affect us? The book is rounded out by 22 exercises to help us banish our harmful learned beliefs.

Nicole Truchseß
On the Trail of Unconscious Affirmations
 How you can regain control and free yourself from the constructs in your head
 ISBN 978-3-96739-043-8



Achieving genuine human interaction

What differentiates a genuine interaction from small talk, WhatsApp messages, tweets and social media posts? How can we engage in genuine dialogue – the kind that facilitates deep, meaningful human interaction? In this cleverly observed book, Sylvia Löhken und Tom Peters provide answers to the above. They show how to manage the fears and inhibitions we often face when making ourselves open to genuine human connection. And this effort pays off: sharing interactions with others does us good as social beings, so long as we conduct them in ways that make sense to us.

Sylvia Löhken, Tom Peters
Bold Encounters. The Art of Genuine Conversation
 How to create relationships with words
 ISBN 978-3-86936-941-9



Sensitive and Strong

To be strong despite being highly sensitive – this is a wish for many highly sensitive people who experience their high sensitivity as a burden. Discover and identify your own high sensitivity and accept yourself with all the challenges and strengths. Reflect on and process your experiences with the help of authentic stories for different situations in life. Get up and use resources, strategies, and concepts that make you strong, and integrate them into your everyday life. The aim: living a sensitive and strong life.

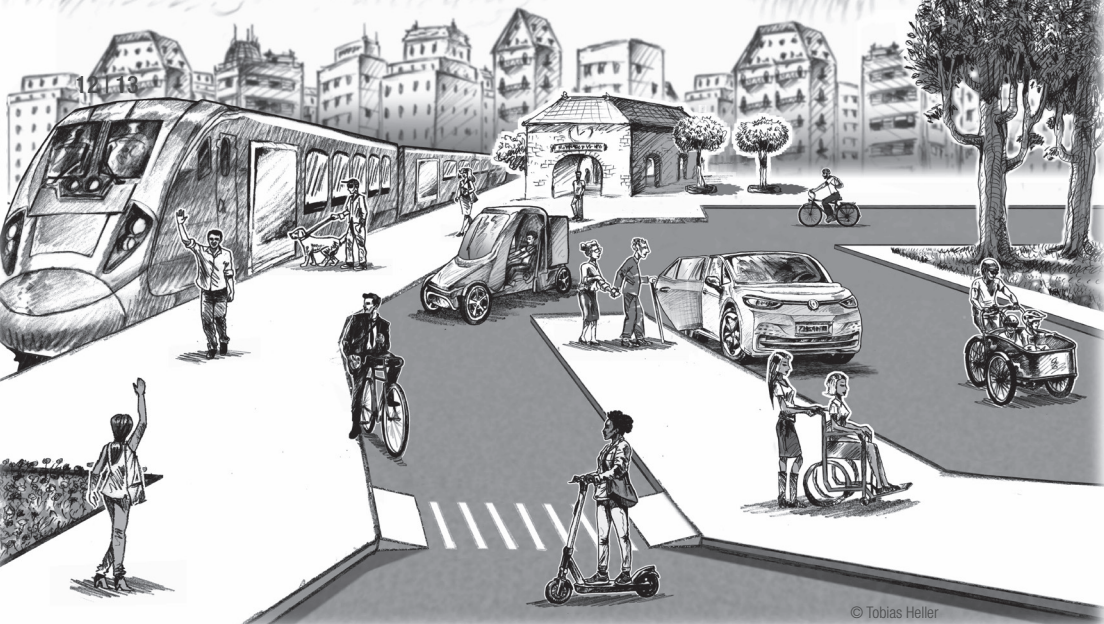
Kathrin Sohst
The Power of High Sensitivity
 Take Advantage of Your Strengths
 ISBN 978-3-86936-688-3



The art of compassion

People have a deep-rooted need to be understood and accepted. To show compassion to others, we first need to recognize our own internal map and understand how we feel and what moves us. Empathy, used wisely, has the power to instantly change any human relationship for the better. In this book, Monika Hein describes how we can learn empathy and practice it easily in our everyday lives. She provides clarity regarding what empathy actually is and, just as importantly, what it is not.

Monika Hein
Empathy
 I know how you feel
 ISBN 978-3-86936-831-3



In 2021, the World Economic Forum named Dr. Kahle as a Young Global Leader for the coming five years. Only two to three individuals in Germany receive this title each year.

Mobility on the Move

How social innovations are revolutionising our mobile future

Nari Kahle

Dr. Nari Kahle has occupied a range of roles at Volkswagen Group over the last six years, including Advisor to the Works Council and Head of Social Sustainability. She currently serves as Head of Transformation & Operational Excellence in Volkswagen's Car.Software organisation. In 2018, she was recognised by Nobel Peace Prize laureate Professor Yunus for her outstanding contribution to the field of social business. In 2019, she attended the Bucerius Summer School on Global Governance as the holder of a prestigious ZEIT scholarship. She volunteers as a coach for social organisations and writes on social innovation, business and mobility.

Contents

- Foreword by Professor Muhammad Yunus
- Introduction
- Chapter 1 A Social Age
- Chapter 2 On the Move in the City
- Chapter 3 Connecting the Pieces
- Chapter 4 Open Data – Stolen and Shared
- Chapter 5 Rethinking Rural Areas
- Chapter 6 Making Electromobility Fair
- Chapter 7 Self-Driving or Driving Oneself
- Chapter 8 The Transformation of Work
- Chapter 9 From Technical Innovations to Social Ones
- Chapter 10 Epilogue

Backlist Highlight



Andera Gadeib
The Future is Human
 A manifesto for engaging intelligently with digital change in our society
 ISBN 978-3-86936-930-3

This book shares the stories and ideas of creative minds, doers and mobility revolutionaries. It examines selected developments and new mobility solutions that are better for society than what we have now.

Electric mobility, sharing services, autonomous driving and more: wherever you look, mobility is undergoing a process of reinvention. Yet mobility is much more than the question "How do I get from A to B?". It is a basic human need and an expression of the freedom of movement afforded to us by our democratic social order. It permits us self-determination and the freedom to shape our lives.

On the flip side, mobility is also (still) inequitable, because it does not cater equally to the needs of all. In this new book, Nari Kahle poses key questions for the future and shows how social and economic aspects of mobility can be harmonised and intertwined. Increasingly, people and companies are striving to realise a mobility vision that is not only economically sustainable but socially responsible too. This book is about their stories and about how we as a society can make mobility better – for each of us, for our society and for our world.

USP:

- A refreshing new perspective on the mobility megatrend
- Inspiration for a socially and economically sustainable vision of mobility
- Foreword by Nobel Peace Prize laureate Professor Muhammad Yunus



264 pages, paperback
 ISBN 978-3-96739-060-5



Jan Hartwig is one of only ten three-star chefs in Germany. After his training, he worked at Pomp Duck and Circumstance as well as at a number of other two- and three-star establishments. Since May 2014, he has been head chef at Atelier, a restaurant at the Hotel Bayerischer Hof in Munich. He was awarded two Michelin stars in 2015 and has held three stars since 2017. Hartwig speaks at corporate events and has appeared as a guest on popular TV shows such as *The Taste* and *Kitchen Impossible*.

Sabine Steinbeck studied education and has since trained more than 1,000 coaches for an international health company. She has also worked for a number of training institutes. In her coaching work, she helps people to recognise their strengths and use them to greatest effect.

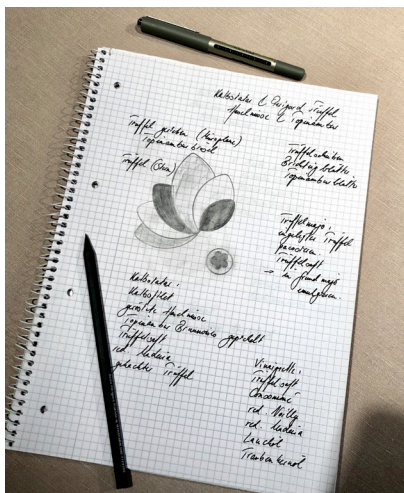
Stars In Your Eyes

14 recipes for personal success
from Michelin-starred kitchens
Jan Hartwig, Sabine Steinbeck

USP:

- Tips, prompts and exercises from a 3-star chef, designed to be directly placed into action.
- Contributions from well-known faces such as Eckart Witzigmann, Sven Elverfeld, Bodo Janssen, Jürgen Dollase and many more.
- Jan Hartwig's 3-star rating was renewed by the Michelin Guide in March 2021
- Known from *The Taste* and *Kitchen Impossible*

A look behind the scenes of Jan's Michelin-starred kitchen and his routine to become better with every single day



The first book by 3-Michelin-Starred chef Jan Hartwig

In many of today's industries, pressure, stress and good old-fashioned elbow grease are unavoidable parts of working life. Success is everything. Nowhere is this truer than in the restaurant trade – and particularly in Michelin-starred establishments, where mistakes are publicly rebuked as soon as they happen and rarely forgiven afterwards. Multi-award-winning three-star chef Jan Hartwig knows what it takes to stay on his A-game, even when the pressure comes from inside and out. His motto? Be better today than yesterday – and better tomorrow than today.

In his first book, Hartwig is joined by Sabine Steinbeck to provide readers with the most important recipes for success from his impressive career. Over 14 chapters, the authors serve up the fundamental principles with which Hartwig has risen to the top of his trade. They are the basic ingredients that make it possible to turn stars in your eyes into real-life accomplishments.

With themes including passion, inspiration, focus, professional development, staying true to oneself and overcoming the occasional failure, the two authors dish up helpful coaching tools for readers' personal and professional lives via the medium of candid conversations and lively anecdotes from Michelin-starred kitchens. Their insights are intended to be directly actionable by any reader to improve their effectiveness and career prospects – no matter the industry or role.

The book presents an inspiring success story combined with numerous lessons, coaching tips and an 'Exercises' section with (self-)coaching prompts and reflection tasks. It is infused with the personal recipes of prominent figures from a range of industries and walks of life, including 'Cook of the Century' Eckart Witzigmann and others.



240 pages, hardcover
ISBN 978-3-96739-064-3

Stefanie and Markus Kühn have more than 20 years' experience as advisors and coaches in the financial realm. By education and trade, they are an industrial engineer (Stefanie) and a lawyer specialising in estate planning and inheritance law (Markus). Both are specialists in financial business administration, Certified Financial Planners (CFPs) and mental coaches. Together, they organise seminars and webinars and appear regularly as advisors in the press and on radio and television. They have already written several bestsellers on financial themes.

The First Steps to Financial Freedom

How the right mindset can help you achieve your personal financial breakthrough

Stefanie Kühn, Markus Kühn

USP:

- Dos and don'ts on the path to financial independence
- Find the investment strategies that are suited to you
- By manager magazin bestselling authors / Top 50 financial advisors

With a free complementary e-book:

In this short, motivational e-book, Stefanie and Markus Kühn encourage female readers to set out on the path towards financial independence. They dispel the myth that money is a man's game and outline essential know-how for women looking to build their financial acumen. They encourage women to actively and independently deepen this knowledge – because none of us can afford not to take care of our money.



Financial independence and security for women
How women can take control of their finances



SPIEGEL Bestseller

Drawing on a wide range of examples and personal anecdotes, this seasoned financial trainer guides readers through the vast and often complex financial jungle. It helps them figure out what money means to them and shows them why the path to prosperity begins with personal development.

Philipp Müller
ON THE MONEY
Increase your income, do your bit and achieve personal freedom:
From a self-made millionaire with their feet (still) on the ground
ISBN 978-3-86936-997-6

From manager magazin bestselling authors and independent financial advisors Stefanie und Markus Kühn

Today, we can no longer sit back and outsource the issue: we must take responsibility for our own lives and livelihoods. The once-beloved savings book no longer yields interest and the statutory pension will continue to shrink in the coming decades. If we fail to act, we will be left to watch our assets shrink and our dreams vanish into thin air.

But how can we get a clear overview of our income and outgoings? How do we know which financial safeguards we need? How can we tell which forms of investment are right for us? Aren't shares too risky? How do private pensions actually work? It's time to take charge of our financial future! In this new book, experienced independent financial advisors Stefanie and Markus Kühn help us get better acquainted with our financial selves and devise a personal financial management concept. They show us how to forge our way through the tangled undergrowth of investment strategies. They explain savings rates, risk, returns, funds, ETFs and more. Most importantly, they encourage us to take our financial planning into our own hands – because it's not as difficult as it often seems.

This manual provides essential basic know-how and methods to suit each reader's life and personality. The authors also offer tried-and-tested tips from their coaching practice to help readers spring into action with ease.



240 pages, paperback
ISBN 978-3-96739-061-2

When she's not being lauded by Focus magazine as "Germany's no. 1 body language expert" she's clearing up at the coveted Speaker Awards or being profiled in programmes on German television channels ARD, RTL and Pro7. **Monika Matschnig's** success has many facets. Her versatility is impressive: as a keynote speaker, author, consultant, lecturer and coach, she inspires thousands of people each year with her lectures and seminars that and has a number of bestselling books to her name. A psychology graduate specialising in personality, work and organisational psychology and a trained adult education professional, she persuades and compels audiences with her varied knowledge and clever didactic techniques. For more than ten years, she has been sharing her know-how with managers, politicians and employees, politicians and private clients.

Camera: On...

Communicate masterfully in webinars, video conferences and more

Monika Matschnig

USP:

- From 'No. 1 body language expert' (FOCUS, ARD, ZDF, SAT1)
- Top tips for improving your performance in the virtual realm
- An up-to-the-minute guide for readers seeking to polish their digital presence

Backlist Highlights

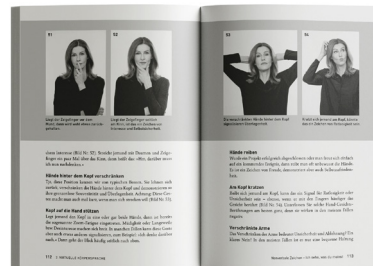
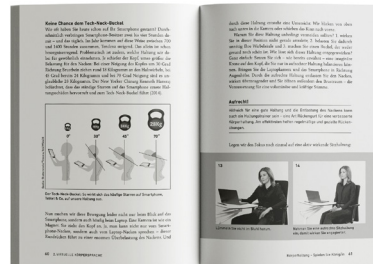


Body Language: The Key to Success
How to persuade and inspire others at work
ISBN 978-3-86936-906-8



30 Minutes Learning To Understand Body Language
ISBN 978-3-86936-322-6

Peek inside the book:



Ace any online meeting!

The ability to communicate via digital media is more important than ever. What would our everyday working life look like without MS Teams, Zoom, Jitsi and co.? While acceptance of such digital tools is increasing, the corresponding competence is still hit and miss. It is not only decision-makers, salespeople, project managers and HR staff that must be 'fluent in digital'; anyone with an office-based role must be able to communicate effectively with colleagues, employees, customers and partners via digital media such as video conferences, videos, live recordings, webcasts or webinars. Crucially, however, the rules of conversation and impact are different in the virtual world than in our day-to-day lives. In front of the camera and microphone, it matters not only what we say, but how we say it. Without the how, the what could mean anything!

Hybrid working holds the key to a prosperous future. As a result, each and every of us should consider how we can present ourselves eloquently and confidently in virtual meetings and on video. For many of us, these are uncharted waters – yet if we take advantage of the opportunities they present, we can make lasting improvements to our virtual and physical communication and meeting culture.

This new work by Monika Matschnig contains a wealth of useful information and practicable tips on improving our virtual performance. From preparing and selecting techniques to mastering body language in front of the camera, it is a comprehensive guide to presence and masterful communication in the digital realm.



152 pages, paperback
ISBN 978-3-96739-063-6



Anna and Nils Schnell are managing directors of consulting agency MOWOMIND. They have international professional experience in almost 40 countries and have spent many years examining the topics of international working, New Work and the future of work. Their #modernworktour, which has taken them to four continents to date, earned them a place on the shortlist for the New Work Award 2020. Both authors are sought-after keynote speakers and advise companies and individuals on all aspects of the future of our working world.

A Tour of Modern Work

A look at the future of work around the world

Anna Schnell, Nils Schnell

USP:

- #modernworktour: 15 months, 34 countries, four continents and more than 120 companies – a travelogue like no other
- Insights from a very modern expedition: what we can learn from New Work in other parts of the world
- 4CP printing with numerous photographs

On the search for the principles of our modern working world

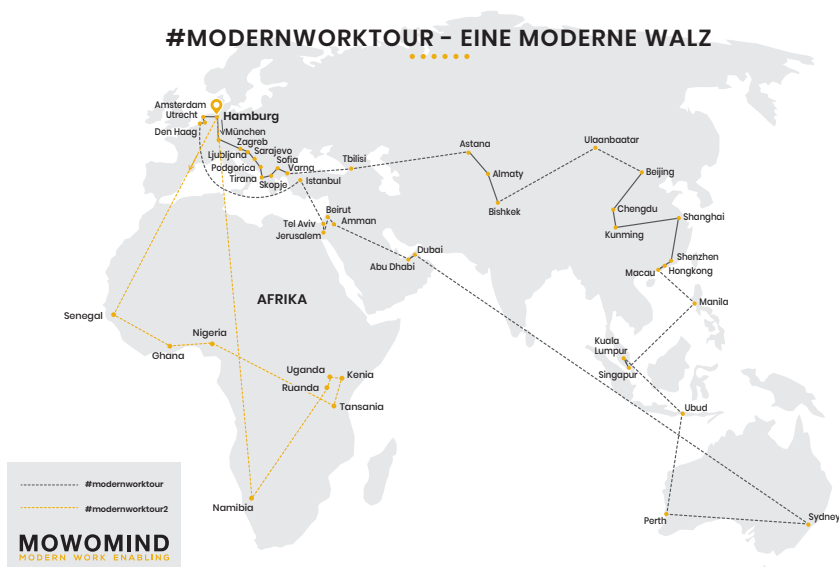
How are individuals and companies worldwide building and shaping the world of New Work? What challenges do we face; what things do we have in common? What fundamental principles can we derive for the working world of the future? To answer these questions, Anna and Nils Schnell spent 15 months on a #modernworktour spanning 34 countries and four continents.

With the aim of experiencing New Work worldwide, cross-linking knowledge, observing challenges and learning lessons for Germany as a business location, the authors spoke with people in more than 120 companies over the course of this modern expedition. Among other things, they learned how meaningful work in Australia led to a CEO being rebranded as a CPO (Chief Purpose Officer) – with new guiding principles for the company to boot. Thousands of miles away, they observed how internal knowledge networking is helping a company in Nigeria with ambitions of becoming the ‘Walt Disney of Africa’.

In this inspiring travelogue, Anna and Nils Schnell present anecdotes, stories and reports showcasing pioneering examples of modern work from all over the world. Examples from the international work scene are presented and discussed within the framework of the authors’ self-developed modern work principles. The book seeks to illustrate practical courses of action to enable individuals, teams and companies to operate successfully in the future.



160 pages, paperback
ISBN 978-3-96739-062-9



Peter Holzer works as a consultant and speaker. After studying business administration in Oestrich-Winkel (Germany), Auckland (New Zealand) and Chicago (USA), he managed and successfully grew a fund for small and medium-sized enterprises. Since 2009, he has been advising entrepreneurs and managers on the successful implementation of change. He lives by the principle of standing up for what you believe in.

The Courage to Live the Life You Love

How to remain self-determined (or to finally become so) in a highly uncertain world

Peter Holzer

BACKLIST HIGHLIGHTS SELF-DETERMINATION



Peter Holzer
LEADERSHIP DOES NOT DIE!
Why courage and determination ensure the survival of companies
ISBN 978-3-96739-001-8



Peter Holzer
Courage Needs a Voice
How to Make Your Life Impactful
ISBN 978-3-86936-797-2



Silke Luinstra
Vitality Unleashed
8 principles for a new way of working in business, education and society
ISBN 978-3-96739-031-5



Monika A. Pohl
Self-Determination
Escape the clutches of external forces, start living a self-determined life
ISBN 978-3-86936-730-9

Direct, impactful and with great human insight: a guide to shaping the (personal) life you've always wanted

Most of us want to be on top in the workplace. To achieve this, we work 'til we drop, seek out coaching and have long since met the realisation that courage, conviction and self-responsibility are more important than ever. Yet many of us are also feeling nervous – because the necessity of leadership is increasingly coming under scrutiny. Ineffectiveness and lack of direction are widespread. In many places, a crisis of leadership has taken hold.

Our private lives are little better. We are dispirited and afraid of change. We blame the shortcomings of our lives on others or on our circumstances, and we're quick to complain about the hand we've been dealt. In our private lives, too, a crisis of leadership is often the diagnosis.

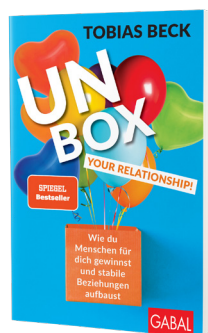
Peter Holzer believes that many of us lack the conviction and skills to 'lead' our own lives. Such leadership can only come from inside us. We must take charge of our lives in a truly self-determined and self-responsible manner, Peter suggests – and if we don't find the courage to do this, our pursuit of happiness will remain in vain.

This new book shows readers how to find out a way of this very personal leadership crisis. It is for anyone who finds themselves 'on top' at work but less satisfied with their life as a whole. In the book, Peter shows how we can learn accountability not only for our daily duties at work, but for the overall trajectory of our lives. This, in turn, requires clearly defined values, worthy goals and the right mental attitude.



256 pages, hardcover
ISBN 978-3-96739-065-0

Career & Success



Are you ready to have the best relationships of your life?

Tobias Beck takes you on a journey aimed at achieving the best relationships of your life. As a first step, you must fall in love with yourself – because your relationship with yourself determines the standards of compassion, understanding, respect, and trust that is reflected in your relationships with others. Once you have learned to say goodbye to the beliefs that hold you back and to forgive the past and yourself, you will be able to intensively nourish good relationships and say goodbye to others. Your life deserves the best relationships you can foster.

Tobias Beck

Unbox your Relationship!

How to attract the right people and build relationships that last
ISBN 978-3-86936-938-9



95 per cent is well worth celebrating

This book teaches readers to have the courage to embrace their best as good enough. Your relationships with others, with yourself, with money and with your own achievements are all negatively impacted by the demand for perfection. As such, perfectionism is no guarantee of outstanding results or superior performance. Only with the courage to embrace your best as good enough can you discover a truly successful, satisfied and self-determined life.

Stefan Dederichs

Down with Perfect!

Live happily with the courage to embrace your best as good enough
ISBN 978-3-96739-040-7



Wish you Could Change People?

Let's be honest: our fellow human beings can be exhausting, trying creatures. How easy would it be if only we could find a way to get others to change! Each of us views the world from our own unique perspective. In doing so, we frequently overlook the fact that we are shaped by our environment, our experiences and our individual dispositions. The book makes a persuasive case for giving up trying to change others. Instead, it argues, we must be curious about others' perspectives on life and alert to their potential.

Nele Kreyßig

Wish you Could Change People? Here's Why You Shouldn't

ISBN 978-3-86936-970-9



A roadmap for personal success

On your journey through this book, psychologist, author and coach Hans-Georg Willmann will teach you how to achieve your personal goals – with a motivated, focused, methodical and confident mindset and a willingness to learn new things. Just as you always succeed in planning your holidays, you'll succeed in achieving the things you want – despite the stresses of everyday life!

Hans-Georg Willmann

The Holiday Principle

A journey to achieving your personal goals
ISBN 978-3-96739-039-1

Boris Grundl has been researching and teaching human development for more than 20 years. As an entrepreneur, he has explored the themes of responsibility and leadership in depth and rendered them 'learnable' as part of his very own system. His institute helps people and organisations put this system into practice.

Bodo Schäfer is the world's most successful author on the subject of money and wealth. His no. 1 bestseller, *The Road to Financial Freedom*, has sold over ten million copies.

Leading Simple

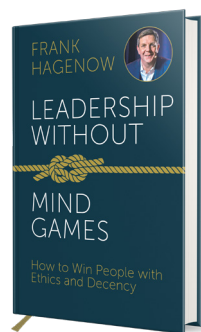
Leadership can be simpler than you think

Boris Grundl, Bodo Schäfer

USP:

- A book that offers striking clarity and precision on key questions: what must a leader do? What tools should they use to do it? How should it be achieved?
- From Germany's best-known management trainer and 'people developer'
- Use your power as a leader, top decision-maker or entrepreneur to turn yourself and your team into A-players
- A completely revised edition of this long-term steady seller

Backlist Highlights Leadership



Frank Hagenow
Leadership without Mind Games
How to Win People with Ethics and Decency
ISBN 978-3-86936-824-5



Barbara Liebermeister
The Leader as Influencer
Want to lead? First, you need to be followed
ISBN 978-3-96739-000-1



Nicholas Pesch
Der Bewusste Leader
Fokussiert, Gelassen und Erfolgreich Führen im Digitalen Zeitalter
ISBN 978-3-86936-966-2



Whitney Breer
Leadership begins with you
A Leader's Quest for Leadership Excellence. A business novel
ISBN 978-3-96739-023-0

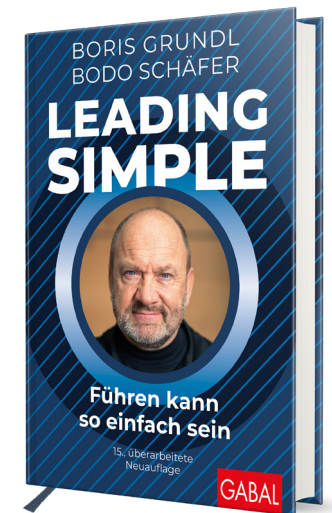
A system for successful leadership

Today, Louis Berg is a successful leader – despite having been dealt an unlucky hand by fate. After a serious accident in Mexico, the top athlete found himself facing a future he had never anticipated: confined to a wheelchair for the rest of his life. After a period of anger and despair, he fought his way back to a fulfilled life and learned what it means to be an effective leader. Crucially, Berg understands not only how to lead others, but to lead himself. On his journey through life, the themes of leadership, mental attitude and responsibility have increasingly become the focus of his thoughts and actions.

Leading Simple tells Berg's unique story of success, using his fascinating journey to illustrate the 'Leading Simple' system of leadership in a practical, easily actionable way. *Leading Simple* is the first leadership system to encapsulate all critical elements of effective leadership in a comprehensive, reproducible and succinct fashion. It forges a new connection between the role of tools and mental attitude, and provides answers to the key questions any leader must answer:

- What is to be done?
- What tools shall I use to do it?
- How will it be achieved?

In this completely revised new edition, the authors bring this definitive work up to date and shift their focus to the future. If the past was all about leading people, the future is about leading people's consciousness. It is a must-read for anyone responsible for the development of human resources.



216 pages, hardcover
ISBN 978-3-96739-070-4

Birgit Gebhardt researches the future of the working world and provides guidance to companies such as XING and Swisscom Immobilien. The trend researcher learned her trade during twelve years at trend and innovation consultancy 'Trendbüro', which she headed as managing director before founding her own business. Her research is published by bodies including the Industrieverband Büro- und Arbeitswelt, the German Interior Business Association.

Future Pics

Glimpses at our new ways of living and working: a vision of the future in ten scenes

Birgit Gebhardt

USP:

- The fascination of the future: thought-provoking insights into the world of life and work in 2040
- Smart cities, hybrid modes of living, artificial intelligence & more: what do the radical changes of digitalisation mean for us?
- 10 portraits of the future to foster constructive debate on how we'll be living in 20 years

Taking Your Future Into Your Own Hands



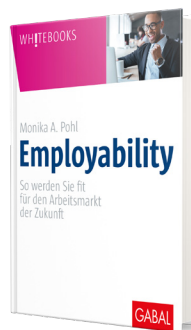
Stefan Frädrich
Güter Saves the World
ISBN 978-3-96739-054-4



Johannes Ellenberg
Decoding the Future
Your key to a happy and self-determined life
ISBN 978-3-96739-010-0



Steffen Kirchner
The Mental Revolution
Change your thinking to secure your success
ISBN 978-3-96739-038-4



Monika A. Pohl
Employability
How to survive and thrive in tomorrow's job market
ISBN 978-3-96739-044-5

How will we be living tomorrow?

Our established patterns of living and working are undergoing a radical shift. The real and virtual worlds are becoming increasingly hybrid, supplementing and overlapping each other increasingly with each passing year. This has an immense impact on how we organise our life and work. In almost all areas, the role of artificial intelligence is increasing. In this new book, trend researcher Birgit Gebhardt adopts a highly original approach to envisaging what might lie ahead. Across ten kaleidoscopic scenes, she transports readers into the intelligently networked world of life and work in the year 2040.

Anne, Marek, Xiao Yan and Milan, the courageous protagonists of this imagined future utopia, live through a spectrum of experiences, societal developments, roles and realities. In many ways, their work and living situations are so unfamiliar as to be veritable adventures in comparison to what we know. As we follow their journey, we are brought face-to-face with new paths for gainful employment and engagement, clever solutions for social provision and a changed understanding of the public and private spheres.

At the same time, the characters struggle with unfamiliar challenges and surprising twists and turns. To master these, they must avail themselves of the tools and possibilities of the age. Viewed through the lens of our present-day sensibilities, they succeed in this to varying degrees. From smart cities to rewilded spaces – each scenario illustrates the hybrid character of the future and the new opportunities available to companies and research institutions, training camps and leisure settings, places of learning and temples of consumer culture. Undogmatically and entirely without missionary fervour, Birgit Gebhardt uses the medium of storytelling to guide readers in linking strands of development and recognising patterns. Those who willing to embrace this thought experiment can also arrive at conclusions for their own lives. "What points stood out to me? What would I have done? In what ways is my own life set to change?"



208 pages, paperback
ISBN 978-3-96739-071-1

In this new book, **Dr Marcus Disselkamp** lays out nine fundamental principles for businesses to optimally equip themselves for future competition. Covering such key themes as adaptability, adventurousness, agility, anti-fragility, autonomy and recognition, Disselkamp provides business leaders with a well-founded, practical roadmap for digital transformation and illustrates it with numerous examples from everyday business practice. The result is a comprehensive yet compelling guide on making businesses viable for the future and earning money through the power of digitalisation

Digital Leaders

The 9 Principles of Profiting from Digital Transformation

Marcus Disselkamp

USP:

- 9 principles to help you efficiently shape and monetise the digitalisation of your business
- From start-up to corporation: staying the course and forging ahead in times of crisis

Backlist Highlights



Susanne Nickel, Marcus Disselkamp
Crisis? What crisis!
How companies can balance human and financial growth

Now more than ever! Take the fate of your company into your own hands

Susanne Nickel and Marcus Disselkamp provide a step-by-step guide for leaders to manage the financial and human aspects of change processes and foster growth and innovation as they go. As uniquely as crises can affect different companies, they also follow a common course: each organisation passes through the same four phases of the 'crisis curve'. Once the phase of denial has been overcome, insight, new beginnings and the prospect of new successes await. Take advantage of the trough and lead your company out of the crisis stronger! The authors provide concrete assistance, tools and tips to enable crisis managers to actively chart a course to new shores while remaining profitable and liquid. Using four fictitious crisis and success stories, they illustrate routes out of a crisis from a diverse range of starting points.

How any company can leverage the power of digital transformation

Businesses operate under constantly changing conditions. Willingness to change has long been a pivotal success factor for organisations in the fight for long-term survival. The challenges faced by businesses in the twenty-first century – the emergence of new competitors, the changing needs of customers and employees and the opportunities and risks of technical progress – are certainly nothing new. But digital transformation means that willingness to change – and its impact on a company's money-earning potential – is more important than ever before.

With the onslaught of modern, digital technologies, we have witnessed a number of 100% digital economic megatrends with significant consequences for the competitive environment. These consequences include the global networking and transparency of all market participants (the network economy), the massive exploitation of data (the data economy), increasing automation, the importance of young companies (the start-up economy), and many more.

For companies, it is no longer just a matter of living with change. Today and in the future, their survival will depend solely on their ongoing willingness to embrace it. This throws up important questions. How can the digital transformation and associated changes be managed? How can existing business models be salvaged and made fit for the future? Where should ideas for new business models come from – and how can we ensure that digitalisation is embraced, not just invested in? In short: how can money be made in the digital era?



240 pages, hardcover
ISBN 978-3-96739-069-8

Business & Management



The seven factors that contribute to our fitness for the future

Katrin Busch-Holfelder provides readers with practical guidance for engaging successfully with the modern working world and equipping themselves effectively for the workplaces of tomorrow.

With a range of detailed examples, practical exercises and real-life coaching tips, the author shows how we can take our future into our own hands. She offers advice on developing our personal mindset, the importance of self-reflection and the opportunities of lifelong learning, digitalization and new work.

Katrin Busch-Holfelder
Future Fitness for Professionals

How to recognise opportunities and embrace the new world of work with confidence
ISBN 978-3-96739-004-9



8 principles for a new way of working in business, education and society

Luinstra presents numerous case studies from corporate practice, exploring how to find meaning, establish a culture of self-management, think and act autonomously and rethink the process of development. As she writes, Luinstra makes no bones about the fact that vitality also challenges us. It requires us to question our thoughts and actions and dare to initiate change. This is a clever business book about the future of work and organisational development: one that throws contradictions into sharp relief and facilitates genuine transformation.

Silke Luinstra
Vitality Unleashed

8 principles for a new way of working in business, education and society
ISBN 978-3-96739-031-5



Trust: the fuel that powers economy, politics and society

Brand sociologist Arnd Zschiesche delivers a smart and practically relevant perspective on why trust is the only true source of added value for any organisation. With analytical flair and a pragmatic, pithy style, he makes the case for an economy of trust – unparalleled in its profound effectiveness – as a counter to our runaway economy of attention.

The book is a much-needed contribution that is as time-critical as it is timely – packed with food for thought and concrete recommendations for action.

Arnd Zschiesche
Trust – The World's Hardest Currency

Why the conduct and attitude of businesses is vital for their success
ISBN 978-3-96739-035-3



Leadership Excellence is a marathon, not a sprint

With this book, Whitney Breer succeeds in the art of writing a business novel that presents the current state of research on self-management, leadership communication, teams, project management and other elements of leadership success in an entertaining and impressive story. Before Kathleen, an ambitious but not very emphatic manager, is entrusted with the management of the family business for agricultural machinery, her father sends her on a journey around the world. On this journey Kathleen learns a lot about herself and about the secret of true leadership excellence.

Whitney Breer
Leadership begins with you

A Leader's Quest for Leadership Excellence. A business novel
ISBN 978-3-96739-023-0

30 MINUTE ESSENTIALS

Get key insights for your personal and professional development from leading business experts

Millions of readers and lifelong learners use and apply our compact knowledge for their personal and professional success.

30 Minute Reading Time

Reading 30 Minutes a day can increase your intelligence. Get key insights in 5 chapters on 96 pages from +100 leading business experts in 30 Minute text and audio.

More than
5 Mio copies
sold in
18 languages



This brief guide provides an introduction to Scrum that is understandable for all, including those without prior IT knowledge. You'll find out why Scrum is important for your organisation and whether the Scrum values are a good fit for your corporate culture. In addition, you'll get to know the elements of Scrum and examples of its application inside and outside of the IT context. You'll also learn how to successfully introduce the method to your teams.

- Higher product quality, adherence to deadlines and satisfied employees

Jürgen Hoffmann
30 Minutes to Starting with Scrum
96 pages
ISBN 978-3-96739-079-7



This guide helps you understand how scandals unfold, how you can prepare for crises, how to act professionally in an emergency and how disasters can be avoided. It lays out the mechanisms used to scandalise events, the 'early warning systems' and preparation measures you can use to your advantage, and the rules of conducting yourself publicly in a crisis. In addition, it provides practical tips for a range of sectors, from trade businesses to large corporations.

- Basic rules for proactive and successful crisis communication

Karsten Eichner
30 Minutes to Crisis Communication
96 pages
ISBN 978-3-96739-081-0



This guide tells you how to deliver 'better' workshops: workshops that are more creative, more unconventional, livelier and more imaginative than those you are used to. To this end, it introduces lesser-known, creative and practical tools including 'Kill your Business' and 'Gallery of Passions', whose names give some clue as to their unconventional nature. The methods and approaches in this book can be applied to in-person, digital and hybrid workshop formats.

- Practical tools and tricks from two professionals who have been successfully conducting trainings and workshops for over 25 years

Christiane Friedemann, Andreas Steinle
30 Minutes to Better Workshops
96 pages
ISBN 978-3-96739-080-3



Everyone today is shooting videos – and it's no surprise. So long as a few basic rules are observed when filming, anyone can make use of these advantages. As such, this book is intended to enable the reader to produce visually powerful, emotional videos. It serves as both a technical guide and, in particular, a guide to content.

The book shows how a good video is structured, which technical aspects are to be considered and how to strike the right tone in terms of content.

- From concept, to filming and postproduction, to uploading and streaming

Jörg Rositzke
30 Minutes to Making Videos on Your Smartphone
96 pages
ISBN 978-3-96739-082-7

Competent. Hands-on. To the point.



This guide sets out the creative and optimistic principles of the 'life design' philosophy and gives you the tools to design the small and large elements of your own (personal and professional) happiness. It encourages you to embrace healthy curiosity, a benevolent view of your own needs and the 'fun of doing', complemented by methods such as positive psychology, Gestalt therapy and mindfulness.

- How to effortlessly shape personal and professional happiness
- Step by step to a proactive and conscious use of your life time

Jochen Gürtler, Gina Schöler
30 Minutes to Designing Your Life
 96 pages
 ISBN 978-3-96739-078-0



Michael T. Wurster shows you how to restore order to your own four walls and, as a consequence, to your life. Based on the Büro-Kaizen® (Office Kaizen) concept, his approach helps you turn the dream of an always-tidy home into reality in five simple steps. Clearing out and creating space (efficiently!) is just the beginning. The book also reveals the tricks that interior design experts use to give a space that certain je ne sais quoi.

- Free yourself from dead weight and establish a basic sense of order
- Learn how to never have to tidy up again

Michael T. Wurster
30 Minutes to to a Tidy Space – Forever
 96 pages
 ISBN 978-3-96739-049-0



During a crisis, we tend to quickly lose sight of ourselves and neglect our own needs. Over time, this saps our resources and leaves us feeling burnt out and flat.

Enter this guidebook – which explains how self-compassion works, how we can live a self-compassionate life, and what advantages a radical sense of self-compassion can bring.

- Get better acquainted with yourself
- Equip yourself for challenges and times of crises

Monika Hein
30 Minutes to Self-Compassion
 96 pages
 ISBN 978-3-96739-050-6

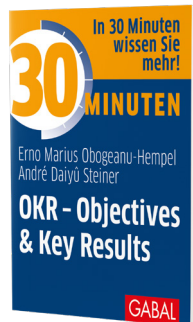


A good salesperson doesn't just strive to close a deal – they pay close attention to the fulfilment of a customer's true needs and the development of a lasting relationship. Within this context, it is the ability to exercise empathy that opens the door to sustainable growth in sales success.

- Recognise your customers' needs
- Build lasting customer relationships

Beate Götz-Lange
30 Minutes to Mindful Selling
 96 pages
 ISBN 978-3-96739-048-3

30 MINUTE ESSENTIALS



OKR – Objectives and Key Results – is the preferred goal management method of Silicon Valley. Increasingly popular over the last 20 years, it is an indispensable strategy implementation aid and a modern tool for digital leadership. In uncertain times, OKR can promote greater direction and stability while simultaneously enhancing your organisation’s agility.

Adherence to the OKR process helps organisations operate with an increased sense of focus. It ensures the consistent alignment of all employees with objectives and increases their motivation.

- **Bring your organisation into the agile world**
- **Implement strategies successfully**

Erno Marius Obogeanu-Hempel, André Daiyü Steiner
30 Minutes to Objectives and Key Results
 96 pages
 ISBN 978-3-96739-052-0

A strong voice is just as crucial for a winning performance as confident body language. On the one hand, it can allow you to connect with your audience on an emotional level; on the other, it can quickly reveal whether you are insecure, nervous or in a bad mood.

The good news is that with a little practice, it is possible to develop and control your public speaking voice effectively. Practical exercises teach you the right breathing technique for your breathing type and improve the quality of your tone. The book also provides for overcoming stage fright and delivering persuasive presentations.

- **Train your public speaking voice and the art of expression**

Bettina Schinko
30 Minutes to a Better Public Speaking Voice
 96 pages
 ISBN 978-3-96739-053-7



TESTIMONIALS

“It speaks for the concept of the series that GABAL’s Essentials Books repeatedly contain highly recommendable abstracts even on more complex topics. [...] “Recommended reading!”

Change X

“This book is so short and concise and yet it contains all the important information and tips you need to know, and is so simply structured. Statement, reasoning, example, conclusion! 5 stars, simply great!”

“I was very surprised from the beginning how compact, clear and instructive it is. Really recommendable, would buy it again and have recommended it to my friends.”

“Brings the key aspects to the point.”

“Quickly read, quickly understood, quickly implemented.”

“The book is concisely written, easily digestible and quickly read. It describes many examples and gives tips for implementation. The transfer into everyday life is very easy and because of the progress that you experience in everyday life, life is a lot of fun. Definitely highly recommended!”



Major Insights and Compact Knowledge For You – Anytime and Anywhere You Want!

For all those who want to understand in a nutshell what is most important. The Benefits of the 30-Minute-Essentials-Series

1. 30 minutes to more knowledge!

- This series is designed to enable you to absorb concise, well-founded information in a short time.
- There is a guide system to steer you through the book, this allows you to grasp the important points.

2. Quick to read

- You can read the whole book in 30 minutes. If you don't have that much time, just read the important information printed in blue.

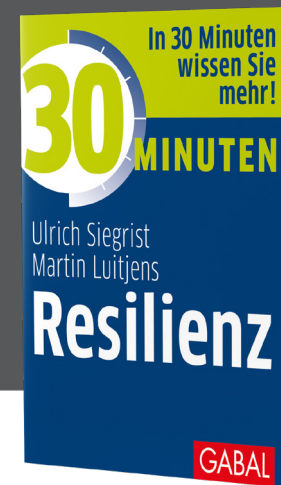
3. Reader-friendly

- Key questions with page references at the start of each chapter enable you to find your way around the book quickly.
- Go straight to the page that covers the particular gap in your knowledge.
- Several summaries within the chapter allow you to skim through quickly.
- There is an index to help you refer back.

4. Compact knowledge, anytime and anywhere you want

- The titles are available in print, e-book and audio book formats
- Introduction to a new topic in 5 easy to read chapters
- Many brief recaps within each chapter facilitate rapid skimming
- Illustrations, exercises and checklists make the books fun to read and help with the immediate implementation of the newly acquired knowledge

BESTSELLER



U. Siegrist,
M. Luitjens
**30 Minutes To
Resilience**

ISBN 978-3-86936-263-2



Gitte Härter
**30 Minutes To
Successfully
Taming Assholes**

ISBN 978-3-86936-447-6



Lothar Seiwert
**30 Minutes To A Better
Time-Management**

ISBN 978-3-86936-381-3



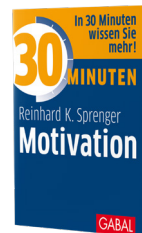
T. Lorenz, S. Oppitz
**30 Minutes To Develop
Self-Confidence**

ISBN 978-3-86936-288-5



D. Koenig, S. Roth, L. Seiwert
**30 Minutes To An Efficient
Self-Organization**

ISBN 978-3-86936-300-4



Reinhard K. Sprenger
**30 Minutes To Better
Motivation**

ISBN 978-3-86936-257-1



J. Gürtler, J. Meyer
**30 Minutes To
Design Thinking**

ISBN 978-3-86936-486-5



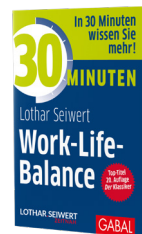
Alexander Groth
**30 Minutes To Strengths-
based Leadership**

ISBN 978-3-86936-301-1



Hans-Georg Willmann
**30 Minutes To Better
Willpower**

ISBN 978-3-86936-355-4



Lothar Seiwert
**30 Minutes To Better
Work-Life-Balance**

ISBN 978-3-86936-291-5

Madame Missou

From girlfriend to girlfriend – The gift of good advice

Madame Missou understands me! She gives me advice for my everyday life, on matters like chaos management and multitasking – yet she also spurs me to think about the overriding issues that concern me:

- How can I become more self-confident?
- What path will lead me to find more inner balance?
- What can I learn from my dreams?

And the best thing is that Madame Missou meets me at eye level. Her life experience means that she's not easily rattled, and I benefit from her pragmatic view of things. Basically, we'd all love to be a bit like her – both feet planted firmly on the ground, actively shaping her own future, enthusiastic, honest with herself and with others ... and always ready for a laugh!

Around the World



Madame Missou understands me and gives me advice for my everyday life such as:

- 15 Tricks for Everyday Good Moods
- Uncluttering for beginners in 8 steps
- 20 effective healthy living tips for everyday life
- The ten most important steps to a strong self-confidence
- 25 things that bring us joy
- The 15 meditation exercises you need for your everyday life

Read Madame Missou on your smartphone and get valuable tips in a short period of time



Or listen to Madame Missou



while relaxing or doing housework



while exercising



while shopping



while commuting



Backlist

Valuable tips and inspiration for a happy life



Madame Missou Discovers the Secrets of Happiness
104 pages
336 pages
ISBN ISBN 978-3-86936-925-9

Say adieu to "I don't do mornings"



Madame Missou gets out of bed with ease
104 pages
ISBN ISBN 978-3-86936-855-9

Self-love



Madame Missou learns to love herself
112 pages
ISBN ISBN 978-3-86936-856-6

No stress



Madame Missou lives a stress-free life
112 pages
ISBN ISBN 978-3-86936-857-3

Life is far too short to sit around moping!



Madame Missou is in a good mood
104 pages
ISBN ISBN 978-3-86936-784-2

Say goodbye to chaos!



Madame Missou tidies up
120 pages
ISBN ISBN 978-3-86936-785-9

Radiate from within!



Madame Missou is self-confident
112 pages
ISBN ISBN 978-3-86936-786-6

Less is more



Madame Missou lives a minimalistic life
128 pages
ISBN ISBN 978-3-86936-858-0

Become a master at the art of communication



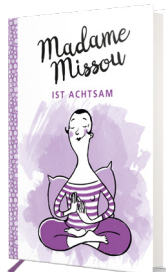
Madame Missou learns to argue fairly
128 pages
ISBN ISBN 978-3-86936-859-7

Banish the everyday drudge



Madame Missou ventures into new terrain
112 pages
ISBN ISBN 978-3-86936-860-3

It's perfectly okay to look out for yourself every once in a while



Madame Missou is mindful
112 pages
ISBN ISBN 978-3-86936-787-3

Live healthy, live longer!



Madame Missou lives a healthy life
128 pages
ISBN ISBN 978-3-86936-788-0

How to be confident in any situation!



Madame Missou has a quick wit
120 pages
ISBN ISBN 978-3-86936-789-7

Escape the chaos of day-to-day life



Madame Missou Likes to Meditate
128 pages
ISBN ISBN 978-3-86936-891-7

Time to roll up your sleeves and act



Madame Missou Has Her Eyes on the Goal
112 pages
ISBN ISBN 978-3-86936-892-4

Determine your life through effective decision-making



Madame Missou Can Make Up Her Mind
112 pages
ISBN ISBN 978-3-86936-893-1

GABAL. YOUR PUBLISHER.

For inspiration. For a voice that understands.
For practical guidance.



.....
Get in touch to sign up for our
GABAL Rights News.



.....
Follow us on [instagram.com/gabalbuecher](https://www.instagram.com/gabalbuecher)

Become a fan:
[facebook.com/gabalbuecher](https://www.facebook.com/gabalbuecher)

Contact:

Kerstin Schlosser • Schumannstraße 155 • 63069 Offenbach • Germany
kerstin.schlosser@gabal-verlag.de • www.gabal-verlag.de/rights

gabal-verlag.de
gabal-magazin.de