

Foreign Rights Guide

Autumn 2018



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Novelties Autumn 2018





Anselm Grün

Sibling Bonds – A Relationship Unlike Any Other

ca. 200 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

Siblings—in between love and rivalry

- » **Understand your own relationship with brothers and/or sisters better**
- » **For an open and trusting constellation within family**

Siblings are linked by a special emotional bond. Brothers and sisters are those who go with us through life longest—but this relationship can also be marked by tension: from early on, siblings fight over parental love and affection. Even as adults, many people feel slighted by their father or mother in favor of their siblings. This can lead to estrangement after the death of the parents, particularly if there are fights over inheritance.

In this volume, Anselm Grün—himself one of seven siblings—shines a light on the bonds of brotherly and sisterly love. He discusses the numerous Bible stories, such as the prodigal son, Cain's fratricide of Abel, and Jacob and Esau. But Grün also draws on his own experience both in his family and as a counselor. Out of this rich store, he shows how siblings can treat each other well and live harmoniously.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best known authors on spirituality.



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Novelties | 5



Anselm Grün

The Little Prince for Young and Old – Newly Interpreted by Anselm Grün

ca. 64 pages

August 2018

**ENGLISH SAMPLE TRANSLATION AVAILABLE
INCLUDES NUMEROUS COLORFUL ILLUSTRATIONS
BY MASCHA GREUNE (OPTIONAL)**

One of the most beautiful stories ever told

- » **The quintessential call for friendship and humanity—
with new exploration by Father Anselm**
- » **A family reader, showing the timeless “fairy tale” in the light of spirituality**

Ever since its first publication in 1943, Antoine de Saint-Exupéry's *The Little Prince* has enchanted readers, despite—or perhaps because of!—its criticisms of the world of grown-ups.

Children and adults alike keep returning to this many-layered story of a small, distant asteroid and how its inhabitant's search for friendship brings him to various planets and finally to earth. In this sumptuously illustrated new edition, the most important episodes from the original are followed by commentary, in which Father Anselm Grün interprets the story from his spiritual point of view, illuminating the many references to the New Testament and to Jesus. In this way, readers will find a whole new perspective on the text opening up.

Illustrator Mascha Greune has let herself be inspired by Saint-Exupéry's original drawings, giving the little prince and his world new life.

Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best known authors on spirituality.

Mascha Greune studied communication design at the Augsburg College of Applied Sciences. Today she works in Munich as a freelance illustrator for book publishers, magazines, and agencies.



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Novelties | 6



Anselm Grün

Each Day is a New Beginning – The Wisdom of the Desert Fathers in the Rhythm of the Year

ca. 400 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

A year with the Desert Fathers

- » **Father Anselm Grün's new daily reader**
- » **Life wisdom for every day**

The words of the early monks, known as the Desert Fathers, contain a rich treasure trove of spiritual experience. Again and again, we read about how to deal with emotions such as anger, envy, or malaise, against which we often have a hard time resisting—then as now. But the Desert Fathers show us ways not to let ourselves be ruled by such emotions, instead working towards inner freedom and peace.

In this book, each day of the year offers a new text of the Desert Fathers, with commentary and explication for modern-day readers by Anselm Grün. He masterfully distills the wisdom of the Desert Fathers into our time and gives us a guide for understanding their texts. The result is a wonderful companion for the year, offering a new piece of wisdom every day.



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Novelties | 7



Zacharias Heyes

Self: Sufficient – How Rituals Can Help You Find Your True Self

ca. 144 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

Finding freedom through ritual

- » **practical guidebook with exercises and suggestions for cultivating an orderly mind and heart**
- » **how to use creativity in discovering one's own rituals**

Life in a Benedictine monastery follows a series of set routines. There are precise rules and times for prayer and meals, for work and leisure. Apparently, there is no space for spontaneity or independence.

But Father Zacharias has consciously chosen such a life. He has chosen it because routines are by no means limiting. Instead, they give us a precious gift of freedom, and their clarity acts on us and helps us structure ourselves—to find ourselves again.

Father Zacharias shows the helpful and healing power of rituals. On the one hand, he offers practical exercises that readers can integrate into their everyday lives; on the other, he encourages readers to use those exercises as a starting point in a search for their own rituals—rituals that fit their own personal life.



Father Zacharias Heyes, born in 1971, is a monk at Münsterschwarzach Abbey. After studying theology and working as a missionary providing developmental aid in East Africa, he now works as a teacher and at a school ministry. In addition to his youth work, he serves as crisis counselor. He additionally leads numerous courses and workshops at the guest house Münsterschwarzach re. various themes, for example stone sculpture.



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Ulla Peffermann-Fincke, Rainer Fincke

The Art of Letting Yourself (Not) Be Hurt

ca. 160 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

Personal development, including the use of personality enneagrams

- » Learning to deal with and weather hurt
- » Personal development, including the use of personality enneagrams

We all know the painful feeling of being hurt—whether by a loved one, a friend, or in our work environment. Ulla Peffermann-Fincke and Rainer Fincke show readers how to deal with these experiences. In compassionate words, they give anyone the courage to face the pain, but also to step out of the role of victim and develop strength out of one's own weakness. They demonstrate how to develop a healthy resilience without losing touch with one's own or others' emotions.

For over 15 years, both authors have been holding seminars on the topic in a wide variety of educational institutions. Their rich experience has now given rise to this book, and the practical exercises, analytical methods, and creative impulses and aids developed over years give any reader the know-how to grow from hurt and live a free, fulfilled life.



Ulla Peffermann-Fincke is a healing practitioner, orthoptist, and trained in Bible therapy. She is also a teacher in the oral enneagram tradition (Helen Palmer) and a communication coach.

Rainer Fincke is a parish priest near Bonn, Germany. He works as a Bible theater coach, Gestalt psychologist, clinical counselor, and communication coach.



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Katharina Ceming

Let Go! – In the Here and Now with Meister Eckhart

ca. 128 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Learning to let go with Meister Eckhart—a clever, entertaining, and wise text**
- » **For fans of Meister Eckhart and readers interested in medieval Christian mysticism**
- » **Clear and concise explanations for those new to Eckhart's spirituality**

Supermystic, philosopher, academic, monk: Eckhart of Hohenheim was a colorful personality, and thus highly controversial, both in and after his time. Some accused him of heresy, while others sought to co-opt his teachings into their own positions. But anyone who tries to reduce Eckhart to a single mindset fails to do justice to the many facets and levels of this medieval genius.

Today, Meister Eckhart is probably best known as one of Christianity's most significant mystics—and as the “inventor” of the idea of letting go, captured by the German term *Gelassenheit*. In this by turns amusing and instructive volume, Katharina Ceming shows who the man Eckhart really was, what he meant by letting go, and how to achieve it.



Katharina Ceming studied Catholic theology and German, achieving her doctorate in philosophy. Her habilitation as professor of fundamental theology was a monograph on mystical theologies in Christianity, Buddhism, and Hinduism. She attained her second doctorate in theology in 2009. In addition to her professorship at the University of Augsburg, Ceming writes freelance and gives seminars.

www.quelle-des-guten-lebens.de



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Novelties | 10



Christoph Gerhard, Christian Lorey

What Occupies a Vacuum? – 33 Reasons to be Amazed

ca. 160 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

An astonishing journey into the world of science and insights into the links between science and faith, explained in concise, gripping language

This book introduces readers to the world of science—because there is far more to discover than sober facts: the insight that at the end of all the supposedly dry proofs, amazement waits for us. If we take science's insights seriously, that wonder is never-ending, since each answer gives rise to new questions. What is a vacuum filled with? Why is Jupiter in the precise position in which mathematics predicts it will be? Amazement and wonder are the beginning of all philosophy—and the jumping-off point for faith in a creator of this wonderful world.

An exciting, awe-inspiring, readable book for anyone who wants to approach science and faith as one.

Previous Vier-Türme books: And yet it moves!



Father Christoph Gerhard is the cellarer of Münsterschwarzach Abbey as well as manager of its financial matters. He has been practicing the monastic science of astronomy for 20 years, with a particular focus on spotting deep sky objects from the monastery's own observatory. Christoph Gerhard sees astronomy as connected to faith and a lived spirituality of creation.

Christian Lorey is a high school teacher at the Friedrich König Gymnasium in Würzburg, where he advises student researchers in cooperation with the University of Würzburg.



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Mauritius Wilde

Soberness – The Art of Keeping a Mindful Heart

ca. 144 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

Soberness—a new reading of an old idea

Soberness is a term that may at first seem somewhat outdated. But taking a closer look, we find that it is also something that, in the heated social debates of recent years, we would often have needed. In the spiritual realm, soberness has played an important role for centuries, and always signifies something more than merely an absence of intoxication. Instead, it describes a state in which we manage to see to the bottom of things, to recognize truth without being distracted by our own or others' opinions or intentions.

In his latest book, Father Mauritius Wilde invites us to re-learn this Christian virtue. Shining a light on the various facets of this old and yet so modern term, he demonstrates the spiritual and practical significance soberness can have in today's society.



Father Dr. Mauritius Wilde, born in 1965, is a priest and, since 1986, monk at the Benedictine Abbey Muensterschwarzach. Until 2010 he was publisher at Vier-Türme publishing house. After his years in Schuyler, Nebraska as Prior of the Christ the King Priory until 2016, he now lives in Rome as prior at the Pontificio Ateneo Sant'Anselmo. He has written several successful books and teaches courses in the USA and in Italy on spiritual theme. Please feel free to visit his blog www.wildemonk.net



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Michaela Krieg

Farewells and New Beginnings

50 cards and 16-page accompanying booklet

texts can be translated in any format

June 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

Practical Rituals and Supportive Inspirations for Dealing with Death and Change

- » **Finding a path back from grief into life**
- » **Practical exercises and creative aids for dealing with grief and change in everyday situations**
- » **Concrete tips for emerging resilient from times of crisis**

Grief and pain are parts of life just like joy and happiness—but there are far more situations of grief than the death of a loved one: divorce, children's moving out, a change in established structure. It is possible to emerge strengthened from such situations, so long as one has an appropriate framework for the necessary sadness, letting go, and farewell these situations require.

Michaela Krieg has developed this set of cards especially for people in situations of crisis or change. The cards offer everyday tips, meditations, images and texts, body/breathing exercises, writing prompts, creative inspirations, relaxation guides, and instructions for experiences in nature. With this variety of aids, Krieg invites the reader every day to take time for themselves, for their grief, and for their life situation—and thus to find a way to heal and return to a fulfilled life.



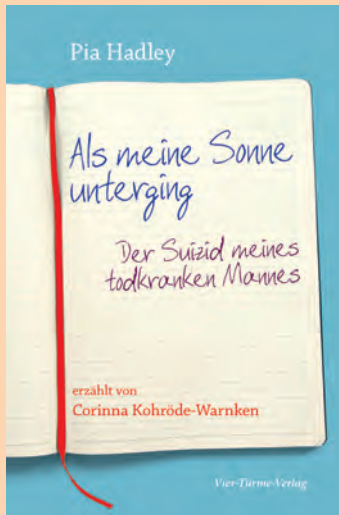
Michaela Krieg is an independent eulogist, spiritual companion and counselor for grief and death, hospital consultant, coach, and psychological counselor, as well as a trainer in non-violent communication.

www.mk-lebensarbeit.de



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Corinna Kohröde-Warnken, Pia Hadley

When My Sun Set – Surviving My Husband's Choice to Die

ca. 160 pages

August 2018

ENGLISH SAMPLE TRANSLATION AVAILABLE

A moving true story

- » **When a fatally ill partner can no longer live with life**
- » **A new perspective in the discussion on self-determined death**

Pia and Klaus led a happy married life—until Klaus received his devastating diagnosis: an untreatable, chronic degenerative lung disease. Extreme shortness of breath and sudden choking fits leave no option but hospice care, with decreasing quality of life. In the face of an untenable future, Klaus decides to put a self-determined end to his suffering. Desperate, Pia takes the ammunition from his gun—but out of love to her husband, she re-loads the weapon and gives him to understand: I let you go.

After Klaus' death, Pia searches for understanding and support. But her family and friends push her away, considering her complicit.

Corinna Kohröde-Warnken tells the story of Pia Hadley, touching on existential questions in our life and posing serious questions about the will to live and the right to die.

Previous Vier-Türme books by the same author: My Life in Pink with God and Cancer and In the Waiting Room of Hope.



Corinna Kohröde-Warnken studied public health and health management before working as a nurse and hospital administrator for 15 years. In 2013, she became a freelance journalist for healthcare magazines and volunteers as an emergency counsellor. She has also published books and teaches. Since 2007, she has been battling cancer. She blogs at www.pinkfarbenesleben.de.



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Der Verlag der Mönche von Münsterschwarzach

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Backlist





Anselm Grün

Life is not just for Weekends – How work makes us feel alive

157 pages
January 2018

RIGHTS SOLD TO ITALY

Life and work don't need to be opposites!

- » **A practical guide to work-life balance – for anyone and everyone**
- » **Finding meaning in your work**
- » **Preventing burnout**

Stress-related illness and burnout from overwork are on the rise; “work-life balance” has become a stock phrase; and workaholics have long since become the norm, not the exception. With on-the-job challenges increasing, any person looking to find a healthy approach to their daily tasks need look no further than this volume.

In 25 biblical images and meditations, Anselm Grün shows the reader 25 attitudes designed to counter the rat race. Using St. Benedict’s ora et labora (work and pray) as a guide, anyone overwhelmed by their work can regain control and self-fulfillment.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.



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Anselm Grün

The Magic of little Things

126 pages

January 2018

**RIGHTS SOLD TO CZECHIA, ITALY, SPAIN AND GERMAN POCKETBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Finding Contentment in Life

- » **Points up a path to contentment and satisfaction**
- » **Special gift book for awakening and cultivating mindfulness**

Mindfulness meditation, healing self-awareness, and simplicity are watchwords in today's self-help literature. But how lasting is the happiness conferred by these boilerplate recipes for contentment? Connecting modern ideas of mindfulness and simplicity with modesty, gratitude, and the crucial question of our Soul's lasting peace, Anselm Grün gives readers a unique path toward spiritual happiness beyond mere everyday platitudes.



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Der Verlag der Mönche von Münsterschwarzach

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Zacharias Heyes

Rediscovering God – And Why we Never had to Look for Him

159 pages

January 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, THE NETHERLANDS, USA
ENGLISH SAMPLE TRANSLATION AVAILABLE**

- » **New spiritual impulses for Church and ecclesiastical thought**
- » **For spiritual seekers who feel churches don't have the answers to their questions**

Many of today's Christians have been shaped by a religious education which dictates how one had to act and what one had to avoid in order to be a "good Christian." Just as many have been taught that searching for God is subject to very strict rules of behavior, together with the outdated idea that Christ's sacrifice on the cross was not an act of redemption but an attempt to pacify God. Heyes' goal is to liberate his readers from these misconceptions and the feeling of "owing God an unrepayable debt."

Divided into three parts, this book first uses biblical figures to illustrate how God finds people, then explores the consequences we can draw from this, and finally looks at how this affects the Church: its horizons, limits, and the pilgrimages it must embark upon. The book's comforting and freeing message can inspire generations of Christians into a fuller, more current understanding of the faith they hold and the God who was always with them.



Father Zacharias Heyes, born in 1971, is a monk at Münsterschwarzach Abbey. After studying theology and working as a missionary providing developmental aid in East Africa, he now works as a teacher and at a school ministry. In addition to his youth work, he serves as crisis counselor. He additionally leads numerous courses and workshops at the guest house Münsterschwarzach re. various themes, for example stone sculpture.



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*Fr Anselm Grün, Fr Zacharias Heyes, Fr Christoph Gerhard,
Abbot Michael Reepen and other monks from Münsterschwarzach*

Lent in the Monastery – A Calendar

98 pages

January 2018

RIGHTS SOLD TO THE USA

Companion for each day of Lent - Short and powerful epigrams

In today's world, many people get so caught up in everyday stresses and pressures that they have no chance to ask themselves the central questions of life—What do I really want? What keeps me going? What do I need to be happy in life?—much less find livable answers to these questions.

For the large numbers of seekers and the disillusioned, this lent companion can offer a very real chance for transformation and self-improvement. Texts for each of the 40 days before Easter offer a living, thoughtful, encouraging, moving way to reflect. These authors' impulses and meditations will have a lasting impact.



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Anselm Grün

A Lifetime of Good Words

256 pages

March 2015

**ENGLISH SAMPLE TRANSLATION AVAILABLE
RIGHTS SOLD TO CROATIA**

Spiritual Words Lighting our Way

- » **practical Self-help guidebook**
- » **including blessings**
- » **with a preface by Father Anselm**
- » **parts of the texts can be used for transcription**

This collection of texts for GOLDEN DAYS like Birth, Baptism, Wedding and more, for TIMES OF CHANGES like Getting older, Fasting, Decisions, for TRYING TIMES like illness or loss and, last but not least, blessings along the way, present the unique competence of Father Anselm.

„A Lifetime of Good Words“ points out Anselm’s spirit and his way of thinking along mostly all situations of life, and can be used as house book.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.



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Anselm Grün, Andrea J. Larson

Bridging Worlds – A dialogue between a monk and a mother about life, love and faith

190 pages

2014

**RIGHTS SOLD TO CZECHIA, KOREA, PORTUGAL, SLOVAKIA,
SLOVENIA AND SPAIN (WORLD)**

An inter-familiar but universally valid dialogue between “Youth and Wisdom” about the topics of Life

- » **A very personal book**
- » **Amusing, profound and meeting the spirit of our time**
- » **The perfect gift for every age**

“Dear Uncle Willi,...” is how mails begin that Andrea writes to her uncle Anselm “Wilhelm” Grün. Between these two different personalities, a fascinating exchange unfolds that covers generations, continents, and very different ways of life. In that personal dialogue the mother of three children, and her uncle, who decided for monastic life in an abbey 50 years ago, talk about God, Love and Relationships, Living in Harmony, Success, Happiness, Money, Work, Love, Church and Believe today, Thankfulness, Disappointment, Doubt and many more.

Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.

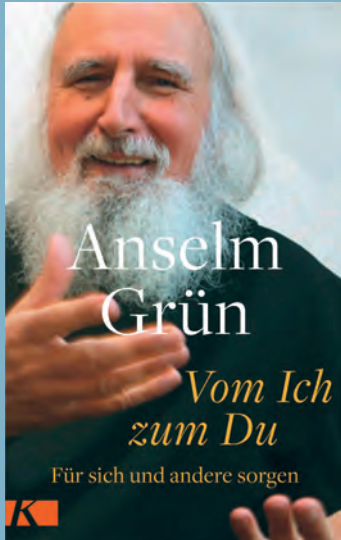
Andrea J. Larson, born in 1978, is Anselm Grün’s niece and the daughter of Linda Jarosch. She is author of several guide books about family and relationships. She lives with her family in the USA.



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Anselm Grün

From Me to You – Caring for Yourself and Others

144 pages

August 2017

**ORIGINAL GERMAN EDITION BY KÖSEL
RIGHTS SOLD TO BRAZIL, CROATIA, FRANCE AND ITALY**

Care-ful and care-free: Anselm Grün illuminates the notion of caring.

Love thy neighbor as thyself – this means caring for the refugees who come to our shores, but also caring for our parents in their old age, our overworked colleagues, our sick brothers and sisters. It means offering care, taking care, and sometimes letting go of our cares, as well.

In this book, Anselm Grün examines the roots of this love for others, the dedication connected with it, and the limits of the two. What happens to us when we care about someone, and what happens to us when we care for them? Sometimes, it can feel very freeing to simply not care anymore, and that is a form of self-care we occasionally need to engage in. So how to care about others while still taking care of oneself?

Anselm Grün points out the positive sides of caring as well as its dangers. With real-world examples, he conscientiously illustrates the facets of caring and its role in interpersonal relationships, but also takes up its significance for our understanding of the present and the future.



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Anselm Grün, Christoph Gerhard, Erwin Sickinger

Opening Doors – The Keys to a Mindful Life

160 pages
August 2017

RIGHTS SOLD TO CZECHIA, ITALY AND THE USA

Unlock your potential!

- » **Specific tips for increasing mindfulness, with practical, proven exercises and ideas**
- » **For people looking to live with more serenity**

Many of us share the feeling of knowing how we could live a more mindful, healthy, and happy life – but turning that knowledge into a daily routine is difficult. How can we shape our everyday lives in such a way that our work and other obligations do not consume all of our time and energy? This book points up the daily traps and stumbling blocks in our path towards mindfulness. Practical tips and exercises support the transition to a more mindful life.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel—regardless of religious denomination—have made him one of Germany's best known authors on spirituality.

Father Christoph Gerhard is the cellarer of Münsterschwarzach Abbey as well as manager of its financial matters. He has been practicing the monastic science of astronomy for 20 years, with a particular focus on spotting deep sky objects from the monastery's own observatory. Christoph Gerhard sees astronomy as connected to faith and a lived spirituality of creation.

Erwin Sickinger offers values-oriented seminars and coaching for business leaders and supports companies as a leadership, communication, sales and health consultant.



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Anselm Grün, Leonardo Boff

New Paths to Oneness – Experiencing God in the People and the World around us

160 pages

August 2017

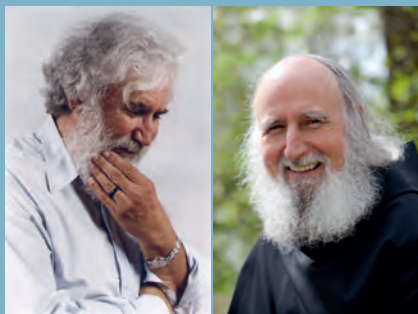
COOPERATION WITH EDITORA VOZES, BRAZIL
RIGHTS SOLD TO ITALY, THE NETHERLANDS, SPAIN (WORLD) AND USA

Giving the gifts of hope and faith

- » **Experience God holistically**
- » **Universal, timely topic: respect and care for others and for all of creation**

Many people are looking for a spirituality which goes beyond following dogma and instead allows them to personally experience the Divine. They want to feel that God is immediately significant to their specific life and experience, not just an abstract supernatural entity.

Anselm Grün and Leonardo Boff show us that it is possible to experience the divine – in others, in the world around us, in all of creation. They argue that all of the cosmos, that each living creature we encounter, presents us with a small part of the mystery we call God. And finally, they offer a compelling argument that this also saddles humanity with a great responsibility.



Leonardo Boff is liberation theology's best known advocate, having published numerous writings on theological questions, ecology, human rights, and the fight against poverty. In 2001, he was awarded the Alternative Nobel Prize, followed by the Weizsäcker-Medal in 2016.

Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel—regardless of religious denomination—have made him one of Germany's best known authors on spirituality.



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Der Verlag der Mönche von Münsterschwarzach

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Corinna Kahröde-Warnken

In the Waiting Room of Hope – Life-affirming stories of dealing with chronic illness

200 pages

August 2017

Pure motivation – not only in the fight against cancer

- » Sequel to “My Life in Pink and Cancer”
- » A current relevant topic: incidence of chronic illness is increasing world-wide
- » Unusual perspectives: stories told in waiting rooms
- » Highly personal stories with an encouraging, hopeful message for sufferers and their loved ones

Waiting rooms are a world apart. They have their own set of social rules: complete strangers can suddenly become friends; people who normally keep their thoughts to themselves can start to talk about their worries and fears. Waiting rooms can also become spaces of unusual community, of encounters with “fellow travelers” whom one might never otherwise have met – and whose stories, for all their challenges and sadness, are filled with striking hope and joy.

Corinna Kahröde-Warnken knows this situation only too well from her own experience. During and after her battle with cancer, she spent more time in waiting rooms than she would have liked, experiencing amazing encounters.

Corinna Kahröde-Warnken studied public health and health management before working as a nurse and hospital administrator for 15 years. In 2013, she became a freelance journalist for healthcare magazines and volunteers as an emergency counsellor. She has also published books and teaches. Since 2007, she has been battling cancer. She blogs at www.pinkfarbenesleben.de.

By the
same author



(see next page)



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Corinna Kühröde-Warnken

My Life in Pink with God and Cancer

200 pages
January 2016

A touching and inspiring life story

- » **Personal, authentic, moving**
- » **Shows how faith can lend strength – particularly in difficult times**

"I know that I can't know the ending to my story. It may be no more than a few months. It may be years. But I know that my story will have meaning. All of us die at some point; some have more time, some less. I am going to try to live and experience the time I have left as consciously and fully as I possibly can. In pink shoes."

When Corinna Kühröde-Warnken is diagnosed with cancer in 2007, she has an operation and is finally sent home, cured. But five years later, her cancer is back, and the diagnosis is devastating. Chemotherapy does not work. A new medication keeps the cancer from growing, but Corinna Kühröde-Warnken has no idea how much time she has left.

She begins to write letters to God, whose presence she has felt in all the happy times in her life – but whose love she has felt beside her especially in the difficult times. Taken together, these letters – sometimes funny, sometimes tragic, but always down-to-earth and life-affirming – are a testament to living with illness and faith.



Corinna Kühröde-Warnken studied public health and health management before working as a nurse and hospital administrator for 15 years. In 2013, she became a freelance journalist for healthcare magazines and volunteers as an emergency counsellor. She has also published books and teaches. Since 2007, she has been battling cancer. She blogs at www.pinkfarbenesleben.de.

IN HER OWN WORDS

"My new 'life in pink' came out of the difficult time after being diagnosed with cancer. It was a time of fear, despair, anger, and almost giving up—but also of the certainty that I do not have to walk this path alone. In dark night, I felt God beside me, and getting back in touch with HIM became important for my survival. That is why I write letters to God. I wasn't always polite; I bargained, questioned, and argued. And I always received answers ... though often not in the way I expected. When you've worked in hospitals for almost thirty years, like I have—first as a nurse in Intensive Care and then nearly ten years managing staff—it isn't easy to move from the perspective of the colleague to the perspective of the patient. I let go of my old life and began my new "life in pink". By writing an article about it, another gift from God—my ability to write—entered my life, and I turned that gift to reflections on my new life with God and with cancer. These reflections became a blog, talking about the people I met, the things I went through ... and, I admit, about shoes, which are one of my guilty pleasures. Out these colourful, multi-faceted, and often funny entries, I wrote my (pink!) book. I don't want to convert anyone with my writing about God; all I can do is talk about my experience of God as a father and friend in my life. I want to encourage people to reach out to God. He answers—just like he answered me."

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Anselm Grün

Hearing with the Heart, Seeing with the Heart – The Rule of Benedict as a Guide to Judgement and Action

100 pages

August 2017

RIGHTS SOLD TO BRAZIL, FRANCE AND ITALY

Jubilee Volume N° 200 of the pocket book series

- » **Forming correct judgements and engaging in just action**
- » **A must-read, not just for those interested in Benedict's Rule**

The Rule of Benedict begins with the command: "Listen!" With that word, Benedict of Nursia, the founder of the Benedictine religious orders, demands that his monks cultivate an attitude that is extremely important in today's world, as well. It is the order first to listen and take in without judging.

In order to form an opinion, it is necessary to "hear with the heart," i. e., to look more deeply into the world, to let oneself be moved, but also to test what one perceives. The next step, correct or just action, then requires practicing "seeing with the heart" as well, in order to discern the truth in the flood of images and appearances.

In this book, Anselm Grün explores both these senses, which play such a significant role in the Rule of St. Benedict. He explains how the listening and seeing we learn from Benedict's Rule can shape our daily life even today.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best known authors on spirituality.



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Anselm Grün

Daring to Trust – Words of Hope in Times of Illness

128 pages

January 2017

RIGHTS SOLD TO FRANCE, ITALY AND THE NETHERLANDS

Giving the gifts of hope and faith

- » **Concrete support for living with many illnesses**
- » **For those suffering from illness as well as for their loved ones**
- » **Many practical rituals**

Dealing with illness—whether one’s own or that of a person to whom one is close—is challenging for any one, all the more so if the illness is chronic or even life-threatening. Father Anselm opens up a way of grappling with, accepting, and learning to live with illness.

But this book can also help loved ones build healthy relationships with those who have an illness, without patronizing or falsely cheery optimism.

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Christoph Gerhard

And Yet it Moves – Science and Faith

128 pages

March 2017

ENGLISH SAMPLE TRANSLATION AVAILABLE

Science and faith, comprehensibly explained ...

- » **Current topic, interesting not just for young people**
- » **Exciting, easily understandable explanations of scientific concepts**
- » **For all those seeking to prove or disprove faith**

Faith and astronomy have been linked since the beginnings of human history—and remained so for a long time thereafter. It was only a few centuries ago that the paths of science and faith began to separate. Astronomy came to be regarded as “pure” science and was increasingly used in attempts to disprove faith. At the same time, theologians began to reject the results of astronomers because they no longer tallied with biblical accounts.

Science, however, is not suited to proving or disproving the existence of or faith in God. Faith and astronomy are simply two different ways of accessing the one world surrounding us. Without either approach, our view of reality would remain one-dimensional and incomplete.

Father Christoph Gerhard, theologian and astronomer, here attempts a unified view of both our ways of perceiving the world, thus achieving a deeper understanding of the nature of reality.



Father Christoph Gerhard is the cellarer of Münsterschwarzach Abbey as well as manager of its financial matters. He has been practicing the monastic science of astronomy for 20 years, with a particular focus on spotting deep sky objects from the monastery’s own observatory. Christoph Gerhard sees astronomy as connected to faith and a lived spirituality of creation.



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Anselm Grün

Crossing Life's Mountains and Valleys

192 pages 4c photographs

August 2016

ENGLISH SAMPLE TRANSLATION AVAILABLE
RIGHTS SOLD TO CZECHIA, FRANCE, ITALY, SPAIN (WORLD), THE NETHERLANDS
AND GERMAN POCKETBOOK

Anselm Grün's most personal book yet

- » **Concrete advice for finding or re-discovering one's own path in life**
- » **Hiking: a popular theme for young and old**

Ever since childhood, Anselm Grün has been fascinated by mountains. Even today, most of his vacations involve hiking in the mountains, together with his siblings. For Anselm Grün, the walk through the mountains is also a symbol for life itself: in both, it is important always to face up to new challenges, to test oneself and one's strength, to grow in one's work, search for community, love solitude, and find one's limits. Life, like mountain roads, leads us through high and low moments, arduous climbs and wistful goodbyes.

An intensely personal book, filled with guidance for finding one's own path and following it with courage.



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Anselm Grün

Views of the Soul – The Healing Force in the Church Year

160 pages
January 2016

RIGHTS SOLD TO BRAZIL, ITALY AND POLAND

Understanding the Liturgical Year

- » **The perfect gift**
- » **A rediscovery of the forgotten holy days within the liturgical year**
- » **Includes an inspiring ritual for every holy day**

People today long to live in harmony with the rhythm of nature – they find its cycle nourishing and healing for body and soul alike. It provides a counterpoint to the rat race of work and constant availability, with their unnatural rhythms. But they no longer know and understand our holidays – our holy days, as the origin of the word reminds us – and can no longer take in the power of healing inherent in their rituals and symbols. The holy days, apparently, have become irrelevant to the life of today.

Father Anselm Grün explains the holy days in the liturgical year in all their imagery and symbolism. When we let ourselves return to the old rhythm of nature, we can rediscover the potential in our soul and the often overlooked possibilities within ourselves. Grün also provides inspirations for our own rituals and ceremonies, so that we can experience our holy days in a completely new light.



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Anselm Grün

The Courage to Become New – Transformation Instead of Change

160 pages

January 2016

RIGHTS SOLD TO CZECHIA, ITALY AND SPAIN (WORLD)

Discovering your own potential

Again and again, we are faced with situations in life where something cannot go on as it has before. At those points, we ourselves have to become new and adapt to new realities. Many people, at that point, feel that they need to change themselves. But change, Anselm Grün argues, is a negative process, implying that the current state is somehow “wrong” and needs to be altered.

Instead, as Anselm Grün shows us, everything within us is allowed the room to be; everything has a deeper meaning. If we transform, our potential, particularly the potential hidden in our wounds and weaknesses, is given a chance to unfold. Our pain and weakness can become a guide and companion, showing us the path to the treasure within us. Grün helps us stop repressing our passions and foibles, instead showing a way in which they can help us uncover the treasure within us and discover untold possibilities in our lives.

- » **For times of change and upheaval**
- » **Includes practical suggestions and tips**



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Anselm Grün

Words That Sustain Us – The Wisdom of the Apostles' Creed

152 pages

August 2015

ENGLISH SAMPLE TRANSLATION AVAILABLE
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ITALY, THE NETHERLANDS AND MEXICO

I believe ...

- » **New, practice-oriented interpretation of the Creed**
- » **Illuminates the healing imagery of the Creed, for non-churchgoers and churchgoers alike**
- » **For all those who feel they can no longer believe**

Many people today have difficulty with the words of the Creed. Not only do its phrases seem obscure and hard to understand, it also feels outdated and irrelevant to modern life. Anselm Grün invites us to discover the Creed with new eyes. He presents the respective doctrines in the Creed so that the healing effects of the words ring clear in the present-day, and in doing so, he shows us ways that our personal life can succeed. A book about the images behind the words – images that can heal our life.



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Anselm Grün, Michael Grün

Two Sides of the Same Coin – God and Quantum Physics

128 pages
August 2015

ENGLISH SAMPLE TRANSLATION AVAILABLE
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AND GERMAN POCKETBOOK

God and Quantum Physics

- » **A controversial issue, relevant to today's world**
- » **Clear, concise explanations by an expert on the subject matter**
- » **For all those interested in the relationship between religion and science**
- » **The ideal gift for confirmation or high school graduation**

Physics and religion – many suspect that these disciplines are two completely different worlds that have nothing to do with each other. Michael Grün, physicist and math teacher, and his brother, famous counselor and theologian Anselm Grün, show that not only is a dialogue between science and religion profoundly necessary – it can in fact, be extremely fruitful if we open ourselves to finding a common language between them. Although the two fields may use different words, both are investigating the same things. In clear, accessible language, the authors describe where modern physics and religion overlap and explain how religion and science are just two sides of the same coin.



Michael Grün has been a high school physics and math teacher. He has also served as school counselor, member of the teacher's council, and lecturer on physics at internal and external school conferences. He lives in Bavaria with his family.

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Anselm Grün

Greed – How to Escape the Desire for More

158 pages

January 2015

**RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY, KOREA, SPAIN (WORLD),
THE NETHERLANDS AND GERMAN POCKETBOOK**

When more is never enough

- » **A highly relevant and current social topic**
- » **For those seeking an alternative to a constant striving for more**
- » **For those who want to take responsibility in society**

All of us are greedy. Even someone who isn't usually selfish will want the most for their children, their family, their community or their country. At the same time, all of us are compassionate and act in solidarity with others. We human beings have two souls within us – sometimes one prevails, sometimes the other. But greed isn't good for people: it saps our joy, it narrows our focus, it hardens our hearts. Anselm Grün shows us how to prevent greed in ourselves, and instead, how we can have the inner freedom to make decisions and act. In this book Anselm Grün gives us ideas for how to deal with the greed within us. With a background of New Testament stories and with the help of an easy 12-point program, the reader can learn to free himself of greed. Anselm Grün lets us take mankind's failings seriously, so that we can find a way to accept ourselves as we are – and live and act with complete inner freedom.



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Anselm Grün

Finding my Inner Source – A Companion for Lent

158 pages

January 2015

**RIGHTS SOLD TO ARGENTINA, ITALY, KOREA
AND THE NETHERLANDS**

Experience Lent with Anselm Grün

- » **With many inspirations and meditations for Lent**
- » **For all those who want to experience Lent in a meaningful way.**

Lent is a time of special faith: we consciously practice freeing ourselves from certain desires. The goal of Lent is to find a well-spring within ourselves – the source from which we draw our inner life and vitality. But often, this inner well-spring is buried beneath busy-ness. We rush from one appointment to the next, becoming more and more removed from what lies in the depths of our soul. By consciously giving up our wants, we dig through the chaos of our lives and rediscover our inner source. When we then come into contact with this spring, our life can become fertile once more. In this book, Anselm Grün gives us a kind of “exercise plan” to guide us through the days of Lent, and thereby to reach this spring. And he shows us: when we reach our inner source, there is no limit to how our life can grow.



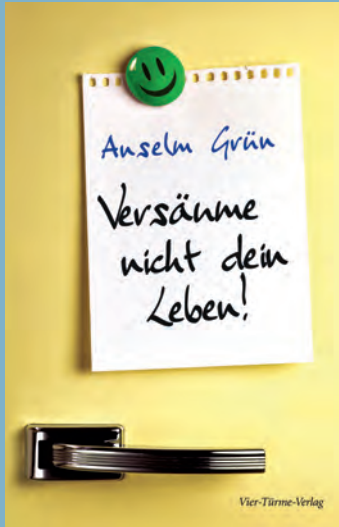
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Anselm Grün

Take Charge of Your Life

160 pages

August 2014

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SLOVAKIA, SLOVENIA, SPAIN (WORLD), THE NETHERLANDS
AND GERMAN POCKETBOOK

Don't miss out on your life!

- » For all who want to retain their inner vitality
- » For all who want to live their own lives
- » For all who want to find their place in life

Anselm Grün shows us that we must not let doubts and fears rule our life. Instead, we need to open ourselves up to the challenge of tackling the unexplored – we need to be willing to take risks. He encourages us to loosen the tight boundaries we have set for ourselves in order to gain inner vitality.

“In recent years I have often encountered people who feel that their life has passed them by. I meet young people who are afraid to take risks. They are afraid that they will make mistakes, or that they will be unprepared for life. In these people in particular, I sense an absence of optimism. Instead, despondency and resignation have taken its place.”



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Anselm Grün

A Year of Happiness – Good Thoughts for Every Day

394 pages

August 2014

**RIGHTS SOLD TO CROATIA, CZECHIA, ITALY, SLOVAKIA,
SLOVENIA, LATVIA, MEXICO AND THE NETHERLANDS**

A spiritual companion for every day

- » **Positive thoughts for morning and evening**
- » **Texts full of wisdom and inspiration to touch our hearts**

Attentiveness and serenity; peacefulness and enjoyment of life; experiencing the beauty of our world – these precepts are at the heart of the inspirational thoughts Anselm Grün offers us, directing our attention to ways that even little impulses can transform our daily routine.



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Anselm Grün

Dare to Make a New Beginning

126 pages

August 2014

**RIGHTS SOLD TO FRANCE, HUNGARY, ITALY,
KOREA, POLAND AND SPAIN (WORLD),**

For in every beginning a magic dwells . . .

Courage to Take New Paths

- » **The new successful gift-book series by Anselm Grün**
- » **High-quality premium layout with beautiful inside design**
- » **Profound and inspiring**

Anselm Grün invites us to sense this magic and to trust in new and unknown paths. He gives us confidence to take the first step and courage to discover the serenity and patience, gratitude and a trust in God – qualities that help us to succeed in the challenge of a new beginning. A gift for everyone who sets out on a new path in life.



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Anselm Grün

Beauty – A New Spirituality of the Joy of Life

176 pages

January 2014

**RIGHTS SOLD TO BRAZIL, HUNGARY, ITALY, POLAND,
ROMANIA, SPAIN (WORLD) AND THE NETHERLANDS**

“Beauty will save the world” – Fyodor Dostoevsky

- » **A journey for more happiness in life**
- » **Shows us what makes our life more beautiful**
- » **Timeless theme of interest today that touches many people**

We all desire beauty and it heals our soul. When we allow ourselves to be captured by the beauty of the world, it brings us in touch with our own beauty that lies in the depths of our heart. Bestselling author Anselm Grün has developed a new spirituality of beauty that expresses the joy of life. He shows us ways to mindfully recognize beauty in the world and through it to experience comfort and healing. Occupying ourselves with beauty lets us accept who we are. In nature, in art, as well as in encounters with others, we can discover the power of beauty and the happiness it creates inside us. Beauty is an escape for our soul; a place where it can find rest from the turbulence of our daily life. With seven attitudes Anselm Grün brings us into touch with the healing power of beauty. In this way we can find a new spirituality of the joy of life, liveliness and freedom.



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Anselm Grün

Little Rituals for every Day

124 pages

August 2012

RIGHTS SOLD TO BRAZIL, ITALY, MEXICO, SPAIN AND THE USA

Simple rituals for everyone!

- » **Rituals as a short time-out in daily life.**
- » **To bestow a special power to our day.**
- » **When we want to treat ourselves to a special moment.**

What do a cup of coffee in the morning, a daily walk in the afternoon, or reading a book before going to bed have in common? They are all rituals. These small acts give us a feeling of security and protection in our daily life.

Special rituals for every day of the week refresh us and give us time for reflection. The soothing words of Anselm Grün lead us to moments of peace. He invites us to open ourselves to the special quality of every day and to unify it with our own rituals.



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Mauritius Wilde

Show Yourself!

176 pages

January 2015

IN HIS OWN WORDS:

“Show Yourselfes!” presents a spirituality of the missionary. While other books on mission offer methods or strategies, my book focuses on the spirituality of the missionary himself/herself. Furthermore, it highlights evangelization from the monastic perspective, which is new on the market. Central topics are, e.g., Hospitality and Mission as Presence.

RIGHTS SOLD TO ITALY AND THE USA

Why You Don't Need To Hide Your Faith

- » **A rallying cry for showing and living your personal faith**
- » **With many practical and motivational tips**
- » **For all those unsure about how to practice their faith**

Personal faith is one of the last taboos in today's society. Given the empty churches, the myriad new faiths, and increasing secularization of our world, isn't it time for us Christians to stand up for our faith? This does not mean missionizing, but going forth with an attitude in which personal faith is a substantial component. Such an attitude supports our encounters with others, with God, and finally ourselves.

For many people it is completely natural to say a short prayer of thanks before a meal. Or to light a candle in church in memory of a loved one who has passed away. But as soon as we invite friends to dinner, we feel unsure of ourselves. Should I hide my faith? Is it a sign of weakness to call upon a higher power to protect me? Isn't it enough in today's society to believe in individual freedom in a democracy, the help of neighbors, or the strength of humanistic ideals? Can our life, society and the world really function without faith? In this book, Mauritius Wilde answers all these questions with a resounding No. He calls on all Christians to not merely practice their faith in private, but to publicly stand by personal faith and to defend it. An exciting journey lies before us when we do this – a journey that can sustain our personal spirituality and deeply enrich it.



Father Dr. Mauritius Wilde, born in 1965, is a priest and, since 1986, monk at the Benedictine Abbey Muensterschwarzach. Until 2010 he was publisher at Vier-Türme publishing house. After his years in Schuyler, Nebraska as Prior of the Christ the King Priory until 2016, he now lives in Rome as prior at the Pontificio Ateneo Sant'Anselmo. He has written several successful books and teaches courses in the USA and in Italy on spiritual theme. Please feel free to visit his blog www.wildemonk.net



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Zacharias Heyes

Feeling at Home in Oneself

160 pages

February 2015

RIGHTS SOLD TO BRAZIL, SPAIN (WORLD) AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE

Be your own place of solace

- » **For people who want “come home” emotionally and physically**
- » **A guide to self-acceptance and truly feeling at home – no matter where you are**
- » **With many practical exercises and tips**

Today, flexibility and mobility are considered the corner stones of success. We have embraced the idea of constant movement. This means that we’re doing the emotional equivalent of living out of a suitcase: at work, at home, in our relationships. Even in matters of religion, change is taken for granted. But with all those points of departure, all those far-reaching networks, how can we find a place that we can truly call home? Zacharias Heyes tackles the question of how we today – at the mercy of our time – can find a home within ourselves and in God. He inspires us to care for our soul in small, everyday ways by learning stillness, rediscovering our dreams, and reconciling with ourselves and others. By following this path of self-acceptance, we can find a genuine home within ourselves.



Father Zacharias Heyes, born in 1971, is a monk at Münsterschwarzach Abbey. After studying theology and working as a missionary providing developmental aid in East Africa, he now works as a teacher and at a school ministry. In addition to his youth work, he serves as crisis counselor. He additionally leads numerous courses and workshops at the guest house Münsterschwarzach re. various themes, for example stone sculpture.



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Christmas





Anselm Grün

May the Angel of Christmas Be With You

96 pages, 4c photographs
September 2016

RIGHTS SOLD TO THE NETHERLANDS

Peaceful reflections to carry you through Christmas

- » **The ideal gift for Christmas and Advent**
- » **Beautifully designed, with numerous color photographs**

Not only do angels announce the birth of Jesus at Christmas, they also accompany his growth and aging as a human being. Thus, the angels of Christmas reveal the mystery of Christmas, but also show us our own process of growth into humanity. Anselm Grün reveals how the angel of Christmas accompanies our spiritual journey far beyond just the holidays.



Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany's best known authors on spirituality.



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Father Zacharias Heyes, born in 1971, is a monk at Münsterschwarzach Abbey. After studying theology and working as a missionary providing developmental aid in East Africa, he now works as a teacher and at a school ministry. In addition to his youth work, he serves as crisis counselor. He additionally leads numerous courses and workshops at the guest house Münsterschwarzach re. various themes, for example stone sculpture.



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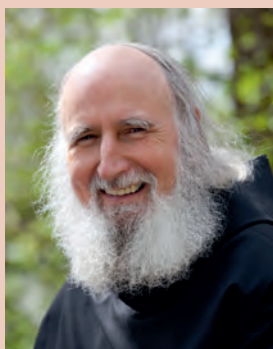
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