

Foreign Rights Guide

Spring 2019



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Novelties Spring 2019





Peter Müller

Fasting – Time for Myself A Spiritual Companion for Intermittent Fasting

160 pages
January 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

Not just for Lent!

» **Spiritual companion for the hot topic of intermittent fasting**

Intermittent fasting, also known as interval fasting, is a way of gradually and gently integrating positive fasting experiences into everyday life. But it is about far more than losing a few pounds or eating healthier: its enriching power can draw on the different sources of Christian spiritual tradition and practice, encompassing a holistic view of body, mind, and soul.

This book offers not only information on all aspects of intermittent fasting, but also spiritual impulses and exercises to accompany the fasting process, deepening its spiritual aspect.

Peter Müller invites readers to look closely at their own life, thoughts, emotions, and actions, using practical and spiritual impulses and exercises, texts and stories as training for mindfulness and perception. The result is a guide to shaping one's own life, living fully in one's own body, mind, and soul, and spiritually deepening the experience of intermittent fasting.



Peter Müller is a trained theologian and pedagogue, working both as an author and in adult education. From 1975 to 2003, he headed the Katholisches Bildungswerk Kreis Rottweil e. V., while also acting as a business coach. He is a longtime guide for pilgrimages to Santiago de Compostela, and also guides and trains people in fasting.



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Novelties | 5



Anselm Grün

Finding Freedom – A CALENDAR Inspiring Companion for Each Day of Lent – New Texts by Anselm Grün

98 pages
January 2019

Letting go and finding balance again

Expectations, habits, dependence, the day-to-day trot—there is so much we cling to and that clings to us. Lent promises us freedom from all these chains. In this calendar, Anselm Grün shows us that fasting doesn't mean self-denial and abstinence, but is actually in many ways about freedom: about letting go and giving away, so that in Easter, we can experience a true fresh start from our old life into a new one.



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.



Anselm Grün

The Power of Beginnings – What We Can Learn from the Early Christians

143 pages

January 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **The early Church as a model for ecclesiastical renewal today**
- » **Practical ideas for dialogue within the Church and across religious denominations**
- » **Back to the roots!**

Acts of the Apostles is the earliest written testimony of the first Christians. It narrates the origins of Christianity as well as the disciples' questions and those of their followers. Even then, there was debate about inter-religious dialogue and how best to spread Jesus' message. Anselm Grün retells the story of the early Church and shows how it can be a model for us today.

Throughout the centuries, there has always been a longing for the form of the early Church. Today, too, it would do us good to think back to our beginnings. They can show us new ways for the Church to present itself in the modern world—and new ways for us to better engage with one another.



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Anselm Grün

Time for Change – A Pocket Seminar for Reflection and Growth

104 pages
January 2019



New series: Anselm Grün's pocket seminars for anywhere and anytime

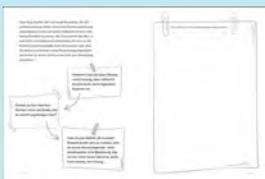
- » Contains inspirations, self-tests, and practical exercises
- » Must-have book for people going through a transition or starting a new life phase
- » The ideal gift—to oneself or to others!



Our life is filled with uncertainty. Many of us have a hard time finding our own path and our place in life. Often, we are faced with the question of deciding whether or not to change something, or whether it is worth it to see the situation from a different perspective.



This book helps readers ask the “right” questions—but also work on living in peace with one's own path and being. For this reason, it contains not only a great many pages for filling with one's own thoughts and discoveries, but also many practical impulses and ideas for integrating answers and solutions into everyday life. Over time, this volume can become a spiritual companion, re-read and re-written until becomes a true book of life.



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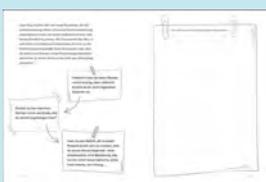
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Anselm Grün

Take Charge of Your Life! – A Pocket Seminar for Self Help

104 pages
January 2019



New series: Anselm Grün's pocket seminars for anywhere and anytime

- » **Contains inspirations, self-tests, and practical exercises**
- » **For all who want to find their place in life**
- » **The ideal gift—to oneself or to others!**

Many people, faced with today's almost limitless options, have difficulty choosing a single path for themselves—not least for fear of making a mistake! Others grieve for the things they have missed in their life. They are full of bitterness and guilt. In this book, Anselm Grün shows us that it is never too late to start living your life.

The sooner we start, the more our un-lived life, too, can become a part of our life and a source of aliveness. This book invites readers to rediscover themselves. It offers not only deep questions and the space to answer them, but also practical impulses for conscious living and dialogue with others. Finally, the book also gives readers the tools to keep developing own solutions and answers, encouraging re-reading, re-writing, and continued personal growth—into a life that is fully lived.



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Marlene Fritsch

My Little Green Paradise— Life Lessons from Gardening

119 pages

January 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **A spiritual book on gardening—unconventional and inspiring**
- » **With many creative ideas for DIY gardens**

“A garden’s a garden, no matter how small!” Even if the garden is nothing more than a few flower pots on the window sill, it can still be an important place: a kind of mirror for one’s own life, a place to touch and feel nature, to observe growth and blossoming, ripening and wilting. That rhythm shapes our lives as human beings as well. And if we look closely, our gardens can impart a great deal of life wisdom!

The book also includes delicious recipes and instructions for DIY projects that let you see your garden with new eyes.



Marlene Fritsch, born in 1972, studied Catholic theology and German before working as an editor in religious publishing. In 2010, she became head of programming at Vier-Türme Publishing. She also works as a free-lance editor and author, having written a number of spiritual books. She lives in Trier.



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Novelties | 10



Anselm Grün

Releasing the Bonds – Ways out of the Victim Role in Church, Society, and Everyday Life

137 pages

March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

Dealing with physical and psychological violence in private and in society

Every day, physical and psychological violence happens all around us: in relationships, in families, but also in all areas of society. In this book, Anselm Grün offers a helping hand to those who feel victimized, so that they can perceive the violence they suffer, work through their experiences, and finally heal.

For this, he has developed several fundamental principles, both on a societal and on a personal level, without which we cannot heal and move forward from the cycle of violence. This Anselm Grün shows readers how to do—without ever dictating quick fixes or simply prescribing wholesale forgiveness and thus compounding survivors' pain.



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Novelties | 11



Anselm Grün, Nikolaus Schneider

Trust – Rediscovering a Life Force

157 pages
March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **The fundamental element of human interaction**
- » **Increasingly relevant in our divided times**

Trust is an important element of human interaction. As children, we are born with a deep trust—but throughout our life, this trust is tested over and over again. Altogether different from trust between people is our trust in God. Here, trust is founded not in the certainty that comes from experience or provable knowledge, but rather in hopeful assurance.



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Nikolaus Schneider was the praeses of the Protestant Church in the Rhineland from 2003 to 2010 and chaired the Council of the Evangelical Church in Germany from 2010 to 2014, at which point he retired to care for his wife, who had cancer. They live in Berlin.



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David Steindl-Rast

You Great Mystery – Prayers for an Awakening

106 pages

March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **An inspiring, engaging book of prayer—not just for the beginning of the day.**
- » **For all fans of Brother David**

David Steindl-Rast's prayers are unusual. They want to wake us up, to make us wakeful and mindful of all the things that really count in life.

Such prayers are close to Brother David's heart. He has written them down "to help all those people who are longing for the new day to be a good day for them. ... There are two things we urgently need today: Prayers all human beings can pray together, and a Great Awakening of all people together." The result of this wish is personal, inspiring book of prayers that invites us to celebrate and honor each day anew.



Brother David Steindl-Rast, born in 1926 in Vienna, studied psychology, art, and anthropology. In 1952, he emigrated to the US, joined a Benedictine monastery, and practised Zen. He is co-founder of the Center for Spiritual Studies and a recipient of the Martin Buber Award. When not travelling to lectures or as a spiritual teacher, he lives in the US as a hermit.



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Giannina Wedde

The Light that Grows from Loss – A Book of Grief and Comfort

141 pages
March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Cultivating a space for grief and comfort**
- » **Poetic, encouraging texts that can also be used in condolence cards or eulogies**

A person's death confronts their loved ones with deeply existential questions. We are confronted with our own mortality, with so much we cannot grasp. Death causes overwhelming emotions in us: despair, fear, perhaps even guilt. We are also plagued by the questions of "Why?" and "What comes after?" Today, many people feel left out by the Church's apparently repetitive answers to these questions. The unchanging formulas and phrases recited at funerals or memorials can make us feel as though our true grief is ignored.

Giannina Wedde has found new, poetic words for the questions, fears, but also the hope and the memories that are with us when we face the death of a loved one. In doing so, she makes a space for the very real conflicting emotions of the grief-stricken: anger and inconsolable sadness alongside doubt, forgetting, and love.



Giannina Wedde, born in 1974, studied German, philosophy, publishing and theater. Today, she works freelance as a spiritual songwriter, author, and spiritual development coach along a Christian-mystical path. More details can be found on her German website: www.klanggebet.de



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Anselm Grün

Discovering Life's Treasure – Biblical Images of Healing Care

128 pages
January 2019

**ENGLISH SAMPLE TRANSLATION AVAILABLE
ITALIAN RIGHTS NOT AVAILABLE**

- » **Discovering one's own life in Biblical images**
- » **Understanding how Jesus saw pastoral care**

Interaction between human beings is an incredibly rich, multi-faceted experience. But so often, it goes unacknowledged. The (Biblical) images presented by Father Anselm Grün want to call our attention to this treasure, encouraging us to try new directions and fresh ideas.

Father Anselm finds images that resonate with our own lives: wounds, needs, healing, and God's love for every human being. He weaves together stories of healing to show us what Jesus meant by pastoral care. In parables and encounters, Father Anselm illuminates Christ's work within all of us.



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Anselm Grün

Good Wishes for Your Birthday

51 pages

January 2019

- » **Birthday wishes and blessings from Anselm Grün**
- » **A lovingly made gift that never gets old**

A birthday is more than cake and congratulations. It's a chance to look back, to reflect on what was and to celebrate the richness of our inner life. What have the past few years brought us? A new year is also always a chance to keep growing, maybe chance a fresh start. But a birthday is also a reason to celebrate—our own life, the people beside us, and our gratitude for everything that has been.

This charming gift book of texts by Anselm Grün is a unique present for any birthday, young or old. Its many impulses and good wishes give readers plenty of chance for reflection and gratitude.



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Anselm Grün

Each Day a Blessing

51 pages

January 2019

- » **Tasteful gift book, suitable for many occasions**
- » **Blessings from Father Anselm Grün for all situations in life**

When we long for blessing, we are expressing our deep wish for comfort and protection. Often, we want to give someone our blessing, be close to them or comfort them—but find ourselves tongue-tied in the moment. This lovingly designed gift book from Anselm Grün offers blessings for the many different situations in life in which we may need to speak a blessing for ourselves or for others. Father Anselm's words help us place our lives in God's protection, knowing ourselves blessed—and trusting that we can be a blessing for others.



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Backlist





Anselm Grün

Sibling Bonds – A Relationship Unlike Any Other

191 pages
August 2018

**RIGHTS SOLD TO KOREA AND SPAIN WORLD
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.



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Anselm Grün

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

59 pages

August 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY AND KOREA
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.



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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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Anselm Grün

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

414 pages

August 2018

**RIGHTS SOLD TO CZECHIA, ITALY, SPAIN WORLD AND THE NETHERLANDS
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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Zacharias Heyes

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

144 pages

August 2018

**RIGHTS SOLD TO CZECHIA AND USA
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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Katharina Ceming

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

122 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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Christoph Gerhard, Christian Lorey

What Occupies a Vacuum? – 33 Reasons to be Amazed

175 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

144 pages

August 2018

**RIGHTS SOLD TO ITALY
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



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

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

157 pages
January 2018

**RIGHTS SOLD TO BRAZIL, FRANCE, ITALY AND SPAIN WORLD
ENGLISH SAMPLE TRANSLATION AVAILABLE**

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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

The Magic of little Things

126 pages

January 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, FRANCE, ITALY, KOREA,
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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Anselm Grün, Andrea J. Larson

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

190 pages
August 2014

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

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.

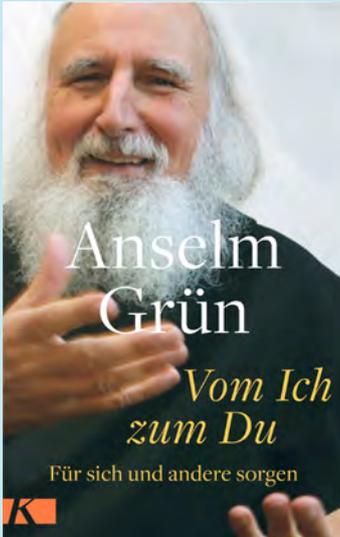
Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.

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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Der Verlag der Mönche von Münsterschwarzach



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, ITALY AND MEXICO

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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Christoph Gerhard

And Yet it Moves – Science and Faith

128 pages

March 2017

**RIGHTS SOLD TO KOREA AND THE USA
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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Der Verlag der Mönche von Münsterschwarzach

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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, KOREA,
SPAIN (WORLD), THE NETHERLANDS AND
GERMAN POCKET BOOK

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.



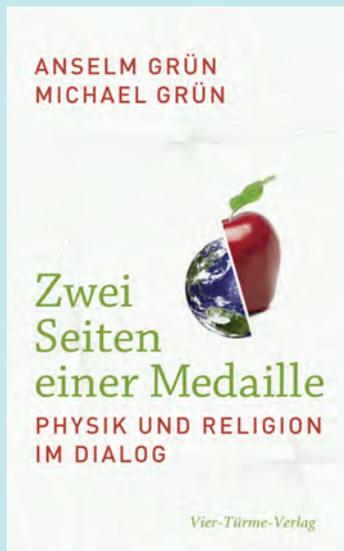
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Anselm Grün, Michael Grün

Two Sides of the Same Coin – God and Quantum Physics

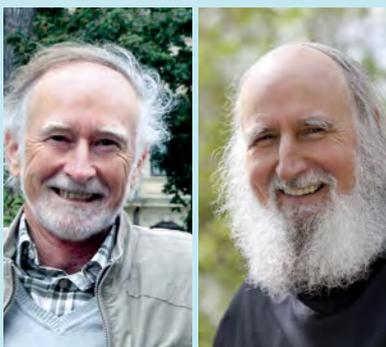
128 pages
August 2015

**ENGLISH SAMPLE TRANSLATION AVAILABLE
RIGHTS SOLD TO ITALY, THE NETHERLANDS
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

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 CZECHIA, CROATIA, 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

Little Rituals for every Day

124 pages

August 2012

RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY, MEXICO, SPAIN AND 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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Der Verlag der Mönche von Münsterschwarzach

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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

51 pages

September 2018

RIGHTS SOLD TO CZECHIA, ITALY
AND THE NETHERLANDS

Christmas angels— a unique look at angels from Father Anselm

Angels have a special significance in Christmastime. In this lovingly designed gift book, Father Anselm provides an introduction to such heavenly messengers, showing us that the angel of Christmas is with us far beyond the time of Yuletide celebration.

In fact, throughout the year, we are surrounded and protected by heavenly beings who help us find our own way through life. .



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Christmas | 42



Anselm Grün

Your Light gives us Hope – Advent Rituals

125 pages
September 2015

ENGLISH SAMPLE TRANSLATION AVAILABLE
RIGHTS SOLD TO ITALY, KOREA, POLAND, SLOVENIA AND THE USA

A personal Advent companion

- » **Rituals and practical exercises for every day**
- » **With inspirations for each Advent Sunday**

If we live Advent consciously, it can become a time of blessing for us personally, and for all of those around us as we prepare for the arrival of Christmas. In this Advent companion, Anselm Grün describes a ritual for each day of Advent – little moments of reflection that can be performed alone or shared with friends and family. In these moments, we can feel and grasp the magic of Advent anew, and come closer to experiencing the miracle of Christmas in our own mindfulness. A spiritual companion for anyone who wants to live Advent consciously.



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Zacharias Heyes

The Shining Star – An Advent and Christmas Companion

126 pages
September 2016

RIGHTS SOLD TO ITALY AND KOREA

An unconventional Advent companion

- » **A spiritual guide to the seasons of Advent and Christmas**
- » **Contains many practical impulses and ideas for each day**

In this Advent companion, Zacharias Heyes takes us on a path to the manger: we become one with the three kings, embarking on a great journey and bearing witness to the long, difficult road. But we also experience the great joy of finally arriving as we see God made flesh and experience his grace. Thus, the texts and practical impulses Zacharias Heyes gives us do not end on the day of Christmas: they continue to accompany us into the silent time “between the years” and up to the end of the Christmas season on Epiphany.



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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Anselm Grün

Encountering the Mystery – Thoughts and Good Wishes for Christmastime

94 pages
September 2017

RIGHTS SOLD TO ITALY

The new Christmas book by Father Anselm

- » **Ideal year-end gift for congregations**
- » **Perfect for Advent, Christmas, and the New Year's season**
- » **Of angels and people**

In a year filled with hard work and often stress, Advent and New Year's are two points of calm; moments in which we can reclaim some of our inner peace and take stock of the past year while looking onward towards the new one. Anselm Grün sheds new light on the biblical texts relevant to the seasons, including a new reading of the Gospels. He points up astonishingly forward-looking thoughts and good wishes in the well-known passages of Scripture: the stories of angels and men, of annunciation, good news, and a bright future.



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Christmas | 45

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Spain, Portugal & Latin America

Agencia Literaria Carmen Balcells
Judith Lopez
Ivette Antoni
Barcelona / Spain
assistant2@agenciabalcells.com



Vier-Türme GmbH, Verlag
Schweinfurter Straße 40
97359 Münsterschwarzach
GERMANY

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