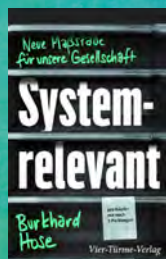
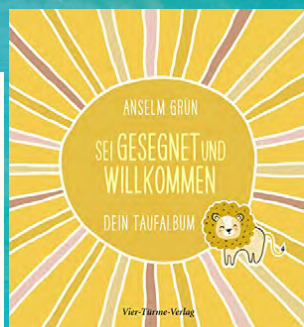


Foreign Rights Guide

Spring 2021



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Novelties Spring 2021

Anselm Grün: One of a Kind! – Your First Communion Album	5
Anselm Grün: Blessings and Welcome – Your Baptism Album	6
Wolfgang Sigler: Why God Isn't Chewing Gum – and other Reflections on Faith and Doubt	7
Marlene Fritsch: Truly Me – How to Face up to Oneself	8
Anselm Grün: At Home with God – Finding Personal Expressions of Faith	9
Gertraud Matthies: Women Friends – New Paths for Female Self-Discovery	10
Burkhard Hose: Essential Work – New Yardsticks for Our Society	11
Maurus Runge: Digital Divinity? – Faith in the Era of Bits and Bytes	12

The little Monk

Ansgar Stüfe: The Little Monk and the Path to Happiness	14
Zacharias Heyes: The Little Monk and the Meaning of Silence	15

Pocket Seminars for Reflection and Growth

Anselm Grün: Life is Not Just for Weekends	17
Anselm Grün: What Do I Want?	18
Anselm Grün: The Fine Art of Aging	19
Anselm Grün: Time for Change	20
Anselm Grün: Take Charge of Your Life!	21
Anselm Grün: Mindful Speech, Powerful Silence	22
Anselm Grün: Discovering the Sacred within you	23

Backlist

Anselm Grün: Peace, Love and Frustration? – How to build strong societies	25
Linda Jarosch: Loving the Woman I Am – A new path toward self love	26
Anselm Grün, Ansgar Stüfe: An Apothecary of Comforts – Soothing Wisdom for Unfriendly Moments	27
Anselm Grün, Manu Nuna: The Gift of Time: An Anselm Grün Coloring Book – Spiritual Wisdom for Coloring and Meditation	28
Anselm Grün: Power – How to deal with the seductive lure of authority	29
Josef Scharrel: Man up! – Living a Living Masculinity	30
Anselm Grün: A Bible Guidebook – Achieving Scriptural Comprehension	31
Anselm Grün: Spirituality and the Art of Living	32
Bodo Janssen: The Power of Tradition – Benedictine living in today's world	33
Anselm Grün: Embracing Doubt – Personal crisis as sign of progress	34
Peter Müller: Fasting – Time for Myself – A Spiritual Companion for Intermittent Fasting	35



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Backlist (continued)

Marlene Fritsch: My Little Green Paradise— Life Lessons from Gardening.	36
Anselm Grün: Life is not just for Weekends – How work makes us feel alive	37
Anselm Grün: The Magic of little Things	38
Anselm Grün: From Me to You	39
Anselm Grün: Greed – Ways to Escape the Desire for More	40
Anselm Grün: Take Charge of Your Life	41

Christmas

Anselm Grün, Eberhard Münch: Light and Silence	43
Anselm Grün: May the Angel of Christmas Be With You	44
Zacharias Heyes: The Shining Star – An Advent and Christmas Companion	45
Anselm Grün: Your Light Gives Us Hope – Advent Rituals	46
Soheyla Sadr: Angel of Chance – 24 Heavenly Surprises	47

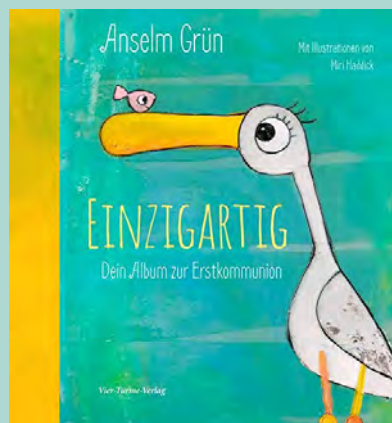


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Der Verlag der Mönche von Münsterschwarzach

Novelties Spring 2021





Anselm Grün

One of a Kind! – Your First Communion Album

46 pp.

Illustrations by Miri Haddick

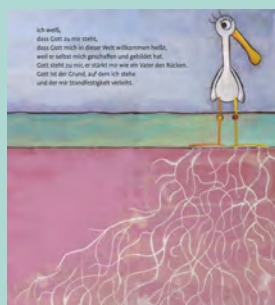
January 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE



A wonderful memento of a unique day

» **Father Anselm's first and only album for celebrating the very special event of First Communion**



When the day of First Communion finally arrives after long preparation, children are excited and full of the joy of anticipation—of the mass, of the people celebrating with them, and of the gifts. They know that this day is about them. Everyone has come together to show them: You are important. You are unique. In this album, Anselm Grün takes up these ideas, showing that every person is unique and wanted by God. The beautifully designed volume also has plenty of space for recording memories of this unique day—in writing, with pictures, and with crafts.



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

Blessings and Welcome – Your Baptism Album

46 pp.

January 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE



What a joy that you were born!

» A lovingly designed memento of baptism, with space for own ideas, notes, and inspirations



When a child is born, many parents long for a ritual with which to welcome it into the world. They want to place its life under the protection and blessing of a higher power that goes further than their own care. And so they have their children baptized, even if they themselves otherwise have little contact with faith. In this beautifully decorated album, Anselm Grün illuminates the deeper meaning behind the symbols of baptism, including the baptismal candle, water, and chrismation. There is also space for recording memories of the event itself, so that the album can become a meaningful memento for the child as it grows up.



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Der Verlag der Mönche von Münsterschwarzach

Novelties | 6



IN HIS OWN WORDS

“At some point, we have to ask ourselves whether we can trust in a God you can’t see or touch—at any rate, not the way you can see or touch a pack of chewing gum in the supermarket. But: Who wants to reduce their own life to chewing gum anyway?”

Wolfgang Sigler

Why God Isn’t Chewing Gum – And Other Reflections on Faith and Doubt

ca. 144 pp.
March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

A young new voice from Münsterschwarzach monastery— quirky, funny, and inspiring!

Br. Wolfgang Sigler is a monk—even if he never planned on being one—and still finds himself faced with the same questions that concern other young people around him: As a modern human being, is believing in something as unproveable as a god really defensible, both to myself and others? Under what circumstances am I “allowed” to believe? How should I deal with my doubt? To Br. Wolfgang, doubt and faith aren’t opposites. Without the one, the other would be, as it were, a half-truth. This book, therefore, is a kind of testament to faith, aiming to help people today take their concerns seriously. Because faith is not something you can “have” like you have a pack of chewing gum. Instead, it’s always a path. And this book contains plenty of ideas and suggestions for giving such a “faith on the go” a home in our everyday lives.



Brother Wolfgang Sigler, born in 1987, studied law in Regensburg and Cambridge, completing his apprenticeship and passing his bar exams in Bavaria. He is currently studying theology in Frankfurt, while also jobbing as a church musician. Since 2015, he has been living at the Benedictine abbey of Münsterschwarzach, where he also leads youth seminars.



Marlene Fritsch

Truly Me – How to Face up to Oneself

ca. 144 pp.

March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Getting to know the man or woman in the mirror

Whom do I see when I look in the mirror? Answering this question isn't as easy as it might seem—because really seeing oneself whole, for who one is, means encountering oneself. And that involves making oneself neither worse nor better than one truly is. It involves looking honestly at all our faults, flaws, and deficits, but also at our talents and all that is worthy of love. And then finally accepting all these as they are. It is a fine line, and those who try to walk it are always in danger of falling into one or the other extreme, damning themselves or singing their own praises.

Marlene Fritsch shows her readers ways to weather this sometimes tempestuous journey. What beckons at the end is the light of not only encountering one's true self, but of becoming one's best self.



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. Vier-Türme-Verlag recently published *My little green paradise: Life lessons from gardening*. She lives in Trier.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties | 8



Anselm Grün

At Home with God – Finding Personal Expressions of Faith

176 pp.

March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Living your own faith, anywhere and anytime

In these times of crisis, people are more than ever on the lookout for sources of comfort and security. Many find such a source in their religion. But what can one do when services are cancelled, or the official church line no longer seems to offer a real answer to one's own questions and needs?

In this book, Anselm Grün encourages spiritual seekers of all denominations to (re-) discover their own personal faith, to find ways to express that faith, and thus to gain a new foothold in times of uncertainty. He invites readers to shape their faith so that it can enrich their own lives and offers help for dealing with setbacks. He provides inspirations and rituals for everyday practice, but also ideas for spiritually celebrating the turn of the seasons. The handy design offers space for recording one's own ideas and forms for structuring one's faith.



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.



Gertraud Matthies

Women Friends – New Paths for Female Self-Discovery

160 pp.

With an introduction by Linda Jarosch

March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

When a woman is going through a hard time or wants to talk to someone about her goals and fears, her most important contact is her best friend. That friend is another woman with whom she can cry and laugh, whom she can ask for advice, and with whom she can celebrate life. It is among these kinds of friendships that many women start to heal the wounds of their childhood.

This book draws the connection between the (often familial) roots of our fears and self-doubts and the healing powers that friendships between women can unfold. Gertraud Matthies offers starting points for thinking about these connections—but also practical ideas for forming and living friendships between (groups of) women. It is in the mirror of other women that each woman can truly find herself—and thus her own happiness.



Dr. Gertraud Matthies, is an alternative practitioner of psychotherapy, a systemic body psychotherapist, and a child, family, and couples therapist. She is particularly dedicated to life coaching for women. Together with her husband, she has been running a psychotherapy practice since 1998, while also leading workshops and training seminars.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties | 10



Burkhard Hose

Essential Work – New Yardsticks for Our Society

ca. 144 pp.

March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

A sea change for society

The world is changing rapidly, and our society, too, is undergoing major shifts. But how to deal with them? What attitudes will we need for the future? This book encourages readers to develop new yardsticks using the Christian message as a guide. If they do, they will find much that is important for their own humanity and for living harmoniously with others.



Burkhard Hose, born 1967, is a theologian, priest, university minister of the Würzburg Catholic University Congregation, and head of the diocese at the Katholisches Bibelwerk in Würzburg. He is also a passionate advocate for refugees, asylum seekers, and other outcast groups. At Vier-Türme he has published »Be loud!« and »Why we should stop trying to save the Church«.

IN HIS OWN WORDS

Even if there are many people who see the digital world of Facebook, Twitter, and Instagram as something of a hindrance to a spiritual life, my stance is clear: Yes, the Spirit dwells in bits and bytes, as well. When people experience community, friendship, and solidarity through social networks together, those experiences point beyond our everyday lives and illustrate that human beings are open to the creating spirit of God. This book offers personal experiences from my work as both a monk and a social media manager—plus tips on healthy interactions with social media. Those stem from my own experience and the monastic tradition, and encourage you to look for breaks that can become entryways for what transcends us. — Father Maurus Runge OSB



Maurus Runge

Digital Divinity? – Faith in the Era of Bits and Bytes

127 pp.

March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Does God worry about online followers?

Facebook, livestreams, and the like are starting to become more common even behind monastery walls. Father Maurus Runge is responsible for the social media presence of Königsmünster monastery. In his work, he is constantly confronted by the same central questions: How should I deal with social media? What are its opportunities? What are potential pitfalls I need to watch out for? How can I tell what's important and what isn't? How can I use my time wisely? How does the internet affect the closed space of a monastery, of a family, of a group of friends? This book offers no panacea, no one-size-fits-all approach for dealing with the web and social media. But it does tell the story of encounters in which the real and the digital world become connected. And it reveals the opportunities that spirituality and faith can find online, and how social media can be used to build bridges.

THE EDITORS RECOMMENDATION — Really good and actually recommended reading. The author doesn't just offer a long-awaited positive assessment of new media, including in monasteries. He also has good examples and ideas of how and where a Church can work "from the bottom up." Instead of just waiting for new parish structures or for episcopal consensus on theological topics, it's about actually living one's faith and finding new forms and rituals to do so (without asking anybody for permission). Just going for it—that's an idea I can get behind!



Father Maurus Runge, born 1978, is a theologian, Benedictine monk, and mission procurator and counselor for spiritual exercises at the Benedictine abbey of Königsmünster. As certified social media manager, he also manages the abbey's social media activities on their website, Facebook, Twitter, and Instagram.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties | 12

The little Monk





Ansgar Stüfe

The Little Monk and the Path to Happiness

with Illustrations by Elli Bruder

128 pp.

January 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Why there is happiness in a simple apple

- » The second volume of our series **The Little Monk**
- » **What's special:** A charmingly illustrated book with impulses and suggestions as well as plenty of space for own reflections—accessible to young audiences
- » **Spiritual themes in witty, light language**

The little monk is a beginner in so many ways—including when it comes to happiness. But he is also a philosopher, setting out to find the meaning behind things. Along the path, he discovers: Happiness is made up many little happy moments. And those are everywhere! The little monk takes his readers on a journey to the roots of Benedictine spirituality, offering valuable insights for daily life—wrapped up in whimsical stories, enriching thoughts, and practical inspirations.



Brother Dr. Ansgar Stüfe, born 1952, was head of the mission hospital at the abbey of Peramiho in Tanzania for 16 years. After working as mission procurator supporting the global projects of the Benedictine congregation, he returned to Münsterschwarzach, where he is head of Vier-Türme Publishing. A passionate reader, he relishes the chance to devote himself to his second great passion after medicine: books.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

The little Monk | 14



Zacharias Heyes

The Little Monk and the Meaning of Silence

with numerous illustrations by Elli Bruder
ca 128 pp.
September 2019

RIGHTS SOLD TO BRAZIL, CROATIA, FRANCE, ITALY,
SLOVAKIA, SPAIN AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE

Finding silence and oneself

- » **First in a new series by Father Zacharias, alias “the little monk”**
- » **What’s special: A charmingly illustrated book with impulses and suggestions, as well as plenty of space for own reflections—accessible to young audiences**
- » **Spiritual themes in witty, light language**

The little monk still has tons to learn! He wonders: how does silence work? It is valuable, but how can something be valuable if it is made of the absence of something? And so Father Zacharias, the “little monk,” explores the concept of silence in an charming, fascinating journey to the roots of Benedictine spirituality.

With a whimsical story and a trove of background information, inspirations and plenty of space for own notes and reflections, this book invites readers of any age to smile, reflect, peruse, and meditate.



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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

The little Monk | 15

Pocket Seminars for Reflection and Growth





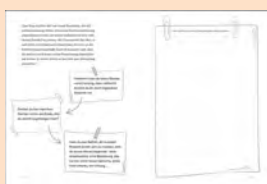
Anselm Grün

Life is Not Just for Weekends – A Pocket Seminar for Reflection and Growth

ca. 112 pp.

Januray 2021

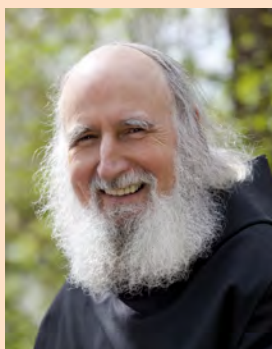
ENGLISH SAMPLE TRANSLATION AVAILABLE



A guide to finding that elusive work–life balance

» **The seventh volume of our series Pocket Seminar
for Reflection and Growth**

Many people feel that, during the week, they are ruled by the dictates of work—their real life happens on weekends. Using biblical narratives and the Benedictine rule *ora et labora*—pray and work—Father Anselm shows how to counteract these tendencies and get back in touch with one's own inner source of spiritual power. This pocket seminar also offers plenty of space for jotting down own thoughts and ideas, as well as inspirations and impulses for everyday practice.



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

Pocket Seminars | 17



Anselm Grün

What do I want – A Pocket Seminar for Reflection and Growth

ca. 112 pp.
August 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE



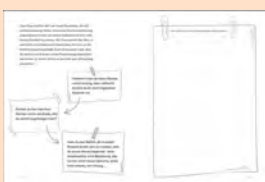
- » Contains practical suggestions, self-tests, and exercises
- » Finding the courage of your convictions
- » Full of ideas and creative impulses, with additional space for personal reflection



Every day, we are confronted with an overwhelming array of choices. In many of those choices, we are almost completely free—but it is precisely this freedom which overwhelms us. We are fearful of choosing wrong.



Anselm Grün encourages us to trust our ability to make the right choice. Along with plenty of space for personal reflection and notes, he offers practical exercises, creative ideas, and simple strategies for finding the right choice at the right time—and finding the right way to approach the multitude of options.



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.



Pocket Seminars | 18

Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



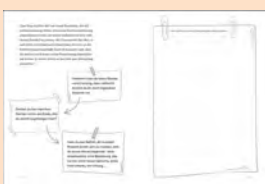
Anselm Grün

The Fine Art of Aging – A Pocket Seminar for Reflection and Growth

ca. 112 pp.

Jan 2020

RIGHTS SOLD TO BRAZIL AND FRANCE
ENGLISH SAMPLE TRANSLATION AVAILABLE



- » Contains practical suggestions, self-tests, and exercises
- » The value and treasures of aging
- » Full of ideas and creative impulses, with additional space for personal reflection
- » Pocket seminar of one of Anselm Grün's most successful books
- » Universally relatable topic

"It's only others who get old." There is hardly another subject as often dismissed or ignored as that of aging—and this despite the fact that old age comes to everyone. In this pocket seminar, Anselm Grün encourages his readers to purposefully engage with the topic. With sensitivity and wisdom he addresses the challenges—and opportunities—that come with accepting, letting go, and reconciling with age. Those who learn to accept their own limitations and practice letting go will be richly rewarded by a new lease on later life.



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Pocket Seminars | 19



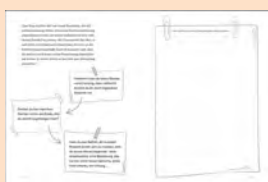
Anselm Grün

Time for Change – A Pocket Seminar for Reflection and Growth

104 pp.

January 2019

RIGHTS SOLD TO ENGLISH WORLD, BRAZIL AND SLOVENIA

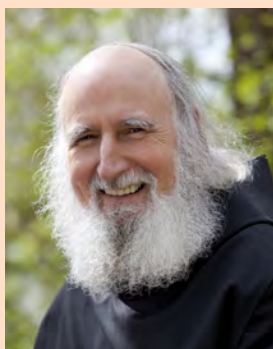


New series: Anselm Grün's pocket seminars for anywhere and anytime

- » 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.



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

Pocket Seminars | 20



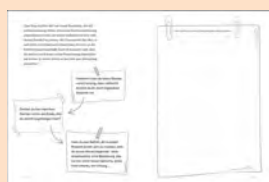
Anselm Grün

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

104 pp.

January 2019

RIGHTS SOLD TO BRAZIL, CROATIA AND SLOVENIA

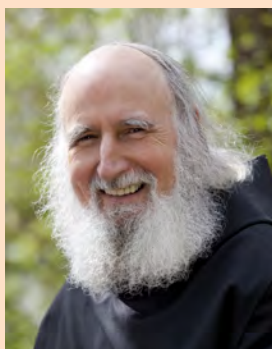


New series: Anselm Grün's pocket seminars for anywhere and anytime

- » **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 unlived 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.



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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Pocket Seminars | 21



Anselm Grün

Mindful Speech; Powerful Silence – How to communicate with mindfulness and appreciation

104 pp.

August 2019

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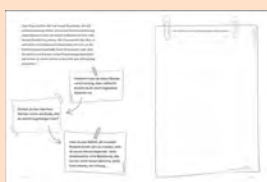
A Pocket Seminar for Self Help

- » **What's special:** A guidebook and workbook in one, with plenty of space for own ideas, as well as practical tips, self-tests, and exercises—all in an attractive layout with charming illustrations.
- » **Accessible to a young audience**



More than just words

Language is an important pillar of human interaction. But words can have power not merely to strengthen and heal, but to injure, pressure, and manipulate, as well. In this pocket seminar, Anselm Grün examines the foundations of good communication and what principles must be followed in mutual dialogue. Not only does he offer practical tips for using words and language mindfully, he also offers exercises and inspirations to reevaluate our silence, our listening, and our speaking. Strike up a conversation 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.



Pocket Seminars | 22

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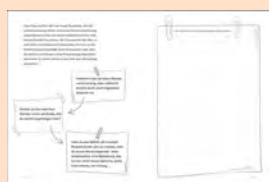
Anselm Grün

Discovering the Sacred within you – A Pocket Seminar for Self Help

104 pp.

August 2019

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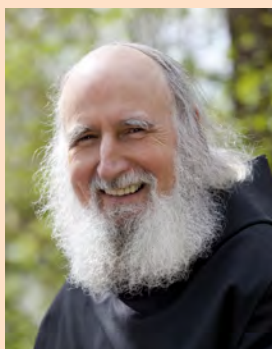


What is sacred to me?

- » **What's special: A guidebook and workbook in one, with plenty of space for own ideas, as well as practical tips, self-tests, and exercises—all in an attractive layout with charming illustrations.**
- » **Accessible to a young audience**

"Within each of us, there is a sacred space to which thoughts and emotions have no access. In this space, we are whole and well, free of others' power over us, of their expectations and demands, of their judgments and opinions. Here we are in harmony with ourselves."

This volume is an invitation to discover that space within us. Anselm Grün asks questions and offers inspirations which can help us maintain this space even in the midst of this hectic world. Furthermore, the format of the pocket seminar allows plenty of space to develop and pursue own solutions and answers to the questions that move us. In this way, the book can become an important guide on our journey through life, inviting us to re-read, reflect, and grow.



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.



Pocket Seminars | 23

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Der Verlag der Mönche von Münsterschwarzach

Backlist





Anselm Grün

Peace, Love and Frustration – How to build strong societies

ca. 144 pp.

August 2020

**RIGHTS SOLD TO BRAZIL, CZECHIA AND ITALY
ENGLISH SAMPLE TRANSLATION AVAILABLE**

All for one and one for all

- » **How can we overcome the current climate of hate and disrespect?**
- » **What makes communities—of any size—successful and vibrant?**

Many people nowadays seem to prioritize their own individual desires above the principles of community in all its different forms. Examples abound: Large families are drifting apart; clubs and associations are hemorrhaging members; and on a political level, national self-interest trumps strong multilateral coalitions.

These bonds have often stood the test of centuries, and the reasons for their fracturing are complex. But as they fracture, we stand to lose values that we human beings in a globalized world desperately need. This book offers a blueprint for a different future—one characterized by humane, enriching interaction in societal and interpersonal relationships.



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

Backlist | 25



Linda Jarosch

Loving the woman I am – A new path toward self love

ca. 144 pp.
August 2020

**RIGHTS SOLD TO BRAZIL, CZECHIA, SLOVENIA
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Kindness and warmth rather than self-centeredness

Self-love is an important subject for many women. All too often, we judge our own weaknesses harshly while comparing ourselves to false role models. This keeps us from treating ourselves with the values that we would look for in others—such respect, kindness, patience, and generosity.

Using the example of Mary Magdalene and her story of liberation, Linda Jarosch here shows a path towards freedom in thinking, and thereby also towards freedom in living and feeling. Often, she writes, it is a question of leaving behind outdated modes of living and thinking, and instead giving oneself permission to fully live out one's own potential.

A liberating book that can help all readers find a loving approach to their own soul.



Linda Jarosch is an author, workshop instructor, and freelance education consultant for various organisations and companies. In addition, she counsels women in different situations in life. Her best-selling titles at Vier-Türme have included *Queen* and *Wild Woman* (translated into 18 languages) and *Tomorrow I Shall Wear Red* (translated into 5 languages).



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 26



Anselm Grün, Ansgar Stüfe

An Apothecary of Comforts – Soothing Wisdom for Unfriendly Moments

160 pp.

August 2020

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

Balm for the soul

- » **A small gift for hard times**
- » **New wisdom and comfort from selected readings in scripture**

We all have days on which one bad thing just seems to follow another. Or moments in which we are overwhelmed by loneliness, self-pity, grief, or fear. Times when insults are added to injury. Periods where our thoughts run in dark circles, and our oversensitivity dominates our lives.

This book offers comfort for just such times, collecting wisdom and support from the holiest of books: the Bible.

In the words of Anselm Grün: “In this book, I describe situations in which we may feel miserable and inconsolable—and then offer balm from the Bible. People have often given me comfort and support. But words can also develop incredible comforting power.”

A special gift for family, friends, and acquaintances—but not least for ourselves.

Brother Dr. Ansgar Stüfe, born 1952, was head of the mission hospital at the abbey of Peramiho in Tanzania for 16 years. After working as mission procurator supporting the global projects of the Benedictine congregation, he returned to Münsterschwarzach, where he is head of Vier-Türme Publishing. A passionate reader, he relishes the chance to devote himself to his second great passion after medicine: books.

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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Backlist | 27



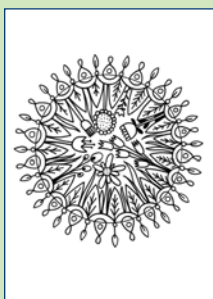
Anselm Grün, Manu Nuna

The Gift of Time: An Anselm Grün Coloring Book – Spiritual Wisdom for Coloring and Meditation

64 pp.

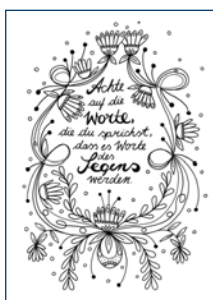
August 2020

- » Spiritual texts by Anselm Grün, combined with soothing pictures for coloring
- » Ideal as a gift or for group work



Drawing offers us a break from the day, shines a ray of sun into our routine, and jumpstarts our creativity—but it also centers us, makes us calm and focused, lets our mind wander while our hands are occupied with the colors. Drawing and coloring help our soul arrive in the here and now, finding that magic state of flow.

This collaboration between Father Anselm Grün and the artist Manu Nuna is something like a spiritual guide: Evocative images are set side-by-side with little pearls of wisdom from Father Anselm, which we internalize and can meditate all the more deeply as we color in the images.



Manu Nuna practices letting life flow—just like this book does. As an illustrator armed with just a few pens, Manu Nuna is on a journey for simplicity in her own life, and endowing it into the lives of those around her, as well.

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



Anselm Grün

Power – How to deal with the seductive lure of authority

ca. 140 pp.

March 2020

**RIGHTS SOLD TO BRAZIL, FRANCE, PORTUGAL AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A strange force

- » **Current and important topic in the Church and beyond**
- » **Constructive approaches to an often underestimated temptation**
- » **A sophisticated account of power's positive and negative consequences**

To many people, the Church is synonymous with power—but often, those within the Church fail to perceive their authority. In this volume, Father Anselm Grün explores the intersections between Church and power, and how these juxtapositions frequently lead to abuses. But this pattern goes beyond ecclesiastical circles into our personal surroundings, including families, colleagues, and relationships.

Anselm Grün explores the spiritual and psychological aspects of power as well. He sets out to help those to whom power has been given use that power for the good of all, and to make the seductive energy of authority serve moral ends. Furthermore, his text invites readers to consider their own power structures and how they use what they have been given. The result is a mindful, conscientious approach to influence and status.



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

Backlist | 29



Josef van Scharrel

Man up! – Living a Living Masculinity

ca. 120 pp.
March 2020

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

Towards a life filled with more life!

- » **The ideal gift for any man**
- » **Practical exercises and ideas for reflection**

Until several decades ago, there was a relatively clear model of masculinity: A “true” man should embody qualities of dominance, expressiveness, and strength and should show these qualities in his appearance. Today, it is much harder to draw a characteristic image of masculinity. In this book, Brother Josef van Scharrel—whose courses for men at the Nütschau monastery have been popular for years—seeks to offer men an opportunity of reflecting on themselves, their relationship with masculinity, and their understanding of the masculine role. Readers are encouraged to show their masculinity in their feelings, strengths, and joys, as well as in their weaknesses, fears, and mistakes. In addition to inspiring texts, van Scharrel provides ideas and exercises for turning theory into practice and personally experiencing its effects. This liberates readers from their own and others’ expectations, allowing them to find their own path to a personal understanding of masculinity.



Br. Josef van Scharrel, born 1961, founded Nütschau Benedictine Monastery’s Raphael House specifically to address the changing needs of men. Since 2011, he has been leading vision-seeking and forest exercises for the “stronger sex” in both Germany and Sweden.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 30



Anselm Grün

A Bible Guidebook – Achieving Scriptural Comprehension

ca. 160 pp.
August 2019

RIGHTS SOLD TO BRAZIL, ITALY AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Accessible presentation of different Bible editions, for new-comers and experienced readers alike**
- » **What's special: The reader is free to independently interpret the texts, gaining familiarity with the Bible's most significant characters and actions**

The Bible is truly the book of books. Most people have a copy in their homes; everyone knows passages and stories from its pages, whether from services, class, or cultural knowledge. But be honest: When did you last actually read it?

In his lectures and courses, Father Anselm Grün repeatedly finds that readers are intimidated by the texts: Where to start? What are the stories trying to tell us? Which interpretation is the right one and why? This book coaches the reader, helping each find and follow their own path through humanity's greatest document.

In this guide, Anselm Grün offers suggestions on where to start reading; explains the Bible's often densely poetic language; and introduces readers to the traditions of scriptural exegesis. He also provides inspirations for communal Bible study and explains the differences between different Bible editions. A helpful, practical road map for all newcomers and re-readers of this book of books.



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Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

Spirituality and the Art of Living

ca. 160 pp.
August 2019

**RIGHTS SOLD TO BRAZIL AND GERMAN AUDIOBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

The Best of Anselm Grün

- » **Mindfulness meditation, healing self-awareness, and simplicity are watchwords in today's self-help A collection of the most important topics in Anselm Grün's spirituality**
- » **(Not only) for new-comers to Anselm Grün's prolific work**
- » **A foundational answer to the central question: How can a mindful life succeed?**

In January of 2020, Anselm Grün will celebrate his 75th birthday. For over 40 years, he has been a spiritual companion and counselor to millions of people all over the world. This book is an introduction to his spirituality and to the central topic of his books and lectures: the art of graceful living. But far from offering dense theory or cerebral constructs, Father Anselm emphasizes a sentence from the Rule of St. Benedict, founder of Father Anselm's religious order: "In all things, truly seek God." This means: finding God in our everyday lives, when we are left to our own devices in making it through the day successfully. His spiritual advice and support seeks to answer these very real situations and crises in all our lives with practical tips and ideas for discovering new paths our life can take.

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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 32



Bodo Janssen

The Power of Tradition – Benedictine living in today's world

ca 144 pp.

September 2019

**RIGHTS SOLD TO SPAIN, GERMAN AUDIOBOOK
AND GERMAN POCKET BOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A new Vier-Türme author:

Bodo Janssen, co-author and good friend of Anselm Grün

- » **Highly current topic: Leadership towards meaning and human values**
- » **Benedict's Rule as a guide to human interaction—not just for managers and leaders**

After Bodo Janssen took over running his parents' hotel business, he was faced with a painful truth: according to a survey of his employees, most people in his business longed for a different kind of boss. Taking time off in a Benedictine monastery, Bodo Janssen encountered the spirituality of St. Benedict. He has come to see Benedict's Rule as an essential guide book—not just in how to lead others, but in how to interact with fellow human beings around him. Encountering others on an equal footing and thus building a working community has become his highest goal. He shows how Benedict's words helped him find this insight, and the many ideas they hold for supporting and creating a fulfilled life.



Bodo Janssen was born into a family of entrepreneurs in 1974. After completing degrees in China studies and business, he entered his parent's hotel business. As a student, he was kidnapped and held hostage for eight days. After his father's death in a plane crash, he took over the management of his parents' hotel chain. Harsh criticism from employees regarding his leadership style led him to retreat to a monastery, where—incorporating spirituality and science—he developed the “Upstalsboom method” for creating a human, meaningful work environment. Today, he works as a hotel manager, author, and speaker.



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Der Verlag der Mönche von Münsterschwarzach

Backlist | 33



Anselm Grün

Embracing Doubt – Personal crisis as sign of progress

ca 150 pp.

August 2019

**ORIGINAL GERMAN EDITION BY KÖSEL
RIGHTS SOLD TO BRAZIL, ITALY, KOREA AND SPAIN (WORLD)
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Often, doubt is seen as something negative: A person who doubts or hesitates worries their life away in uncertainty. Or doubt is seen as a path to passivity and letting life pass us by. Again and again, we're told that "Success doesn't come from insecurity." Anselm Grün investigates how doubt and the longing for certainty complement each other, and what role doubt can play in our lives. If we face up to the despair that keeps intruding on our lives, Anselm Grün explains, our doubt can actually help our personal growth. It can break open inflexible structures and lead us to new experiences.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 34



Peter Müller

Fasting – Time for Myself A Spiritual Companion for Intermittent Fasting

160 pp.

January 2019

**RIGHTS SOLD TO ITALY, KOREA, PORTUGAL AND THE NETHERLANDS
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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 35



Marlene Fritsch

My Little Green Paradise— Life Lessons from Gardening

119 pp.

January 2019

**RIGHTS SOLD TO THE NETHERLANDS
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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 36



Anselm Grün

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

157 pp.

January 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, 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

Backlist | 37



Anselm Grün

The Magic of little Things

126 pp.

January 2018

RIGHTS SOLD TO BRAZIL, CZECHIA, FRANCE, ITALY, KOREA,
SPAIN, THE NETHERLANDS 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.



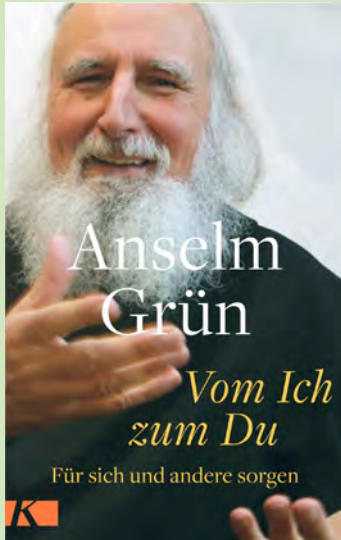
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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 38



Anselm Grün

From Me to You – Caring for Yourself and Others

144 pp.

August 2017

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

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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Backlist | 39



Anselm Grün

Greed – How to Escape the Desire for More

158 pp.

January 2015

**RIGHTS SOLD TO BRAZIL, CZECHIA, HUNGARY,
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.



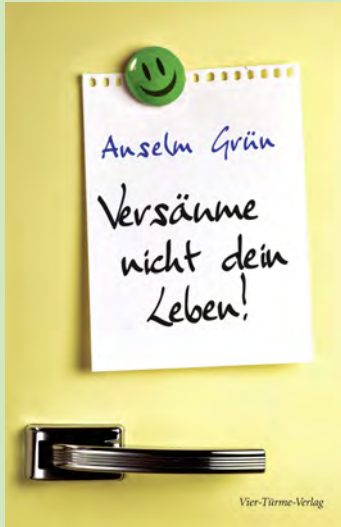
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Backlist | 40



Anselm Grün

Take Charge of Your Life

160 pp.

August 2014

RIGHTS SOLD TO CZECHIA, FRANCE, KOREA, PORTUGUESE (WORLD),
SLOVAKIA, SLOVENIA, SPAIN (WORLD), THE NETHERLANDS,
TAIWAN 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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Backlist | 41

Christmas





Anselm Grün, Eberhard Münch

Light and Silence

ca 176 pp.

September 2019

RIGHTS SOLD TO BRAZIL

Evocatively illustrated with poetic and festive paintings
by Eberhard Münch

Father Anselms Christmas Book

Seeing the birth of Christ with different eyes

Christmas is a special time; a time for family, emotions, memories. Father Anselm Grün probes our longing for Christmas. What can the characters of the Christmas story tell us about why Christmas is so important to us? On the way to answering this question, he shows readers ways to embrace their longing for Christmas, and to find a deep peace that can stay with them throughout the year. Eberhard Münch's striking paintings deepen the messages of Father Anselm's words.



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Eberhard Münch, was born 1959 in Mainz, is academy-trained painter and freelance artist. 1983–1987: studies at the Academy of Visual Arts in Nuremberg, concentration in historical painting techniques, design of sacred spaces, and historical wall paintings; 1983 onwards: exhibitions and showings; 1987 onwards: independent work as painter and designer of secular and sacred architecture both in Germany and internationally; since 2006: collaboration with publishers for calendars, book illustrations, etc. atelier-muench.de



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Christmas | 43



Anselm Grün

May the Angel of Christmas be with you

51 pp.

September 2018

**RIGHTS SOLD TO CZECHIA, ITALY, ROMANIA
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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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Christmas | 44



Zacharias Heyes

The Shining Star – An Advent and Christmas Companion

126 pp.

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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Christmas | 45



Anselm Grün

Your Light gives us Hope – Advent Rituals

125 pp.

September 2020

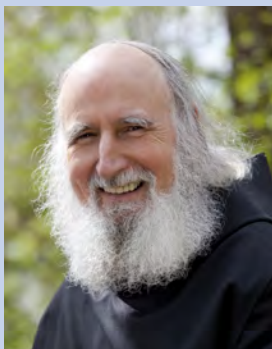
RIGHTS SOLD TO ITALY, KOREA, LATVIA, POLAND, SLOVENIA, USA
ENGLISH SAMPLE TRANSLATION AVAILABLE

A personal Advent companion

- » **New edition of an Anselm Grün classic**
- » **An Advent companion, filled with rituals and practical exercises**
- » **Experience the magic of Advent**

Taking time out from the rat race, becoming centered in the season, consciously experiencing life—many people feel such longings particularly strongly in the season of Advent. This book can help fulfill those dreams.

In this Advent companion, Anselm Grün explains the significance of each particular day leading up to Christmas and offers a guided impulse for the Sundays. In addition, he has developed 24 brief rituals that can be practiced alone or in a family setting. With this book, Advent becomes a season out of time, allowing us to feel how deeply the miracle of Christmas touches each of us.



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Der Verlag der Mönche von Münsterschwarzach

Christmas | 46



Soheyla Sadr

Angel of Chance – 24 Heavenly Surprises

ca. 24 cards— other formats possible in other languages
September 2020

- » Little inspirations from above
- » Creative gift for loved ones

If we really look, we can find angels at every corner and in every nook and cranny. The beautiful sunlight here, the warmth of a loving heart there—these touches are little gifts and treasures waiting only for us to discover them.

The seed of this realization grew into Soheyla Sadr's unique book: Fragments of words in a newspaper, cut out and collaged into new contexts, new meanings, new dimensions of depth. These word games allow every reader to find their own daily motto. Look closely! In these illustrations, each of us can find our very own angel.



Soheyla Sadr lives in Lübeck, where she works as a freelance author and illustrator. Her reverence for the world's miracles is boundless: "I don't believe that books can change the world—I know they will." She writes for children and adults of all ages, and has published numerous picture books. Visit her at www.soheylasadr.de.



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