

# Foreign Rights Guide

## Autumn 2017



**Vier-Türme-Verlag**

Der Verlag der Mönche von Münsterschwarzach

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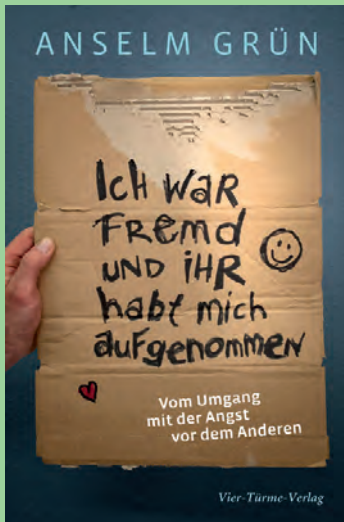
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# Autumn 2017





*Anselm Grün*

## **Stranger Danger – Dealing with our Fear of the Other**

160 pp

August 2017

- » **Refugee crisis a current topic**
- » **New approaches refer back to Biblical stories**
- » **A call to hospitality and love for your neighbor**
- » **Ideas for respectful dialogue**

One of the most difficult questions in today's society is how much difference we can sustain: How many foreigners can a society support without losing its own identity?

Strangers can function as a mirror, showing us the things in ourselves that are foreign even to us. The fear of strangers cannot be conquered by moral appeals but by confronting our fear of the foreign in ourselves.

Anselm Grün delves into all aspects of the topic including its sociological and political dimensions. With a view to spirituality, he shows us how to confront our fear of strangers and deal with it appropriately.



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

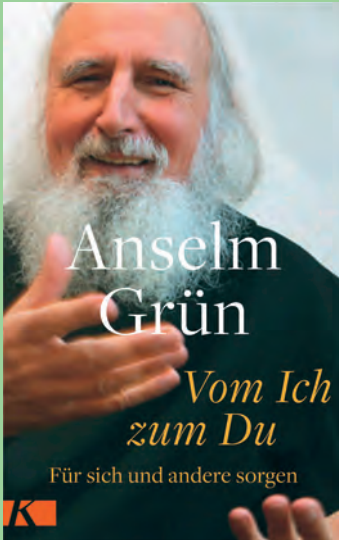


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Novelties | 4





*Anselm Grün*

## **From Me to You – Caring for Yourself and Others**

144 pp

August 2017

Original German edition by Kösel

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

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

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

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



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*Anselm Grün, Leo Stöckinger*

## **Bread – A Slice of Life**

144 pp

August 2017

(Images available for a moderate one-time fee for all subsequent printings)

### **The perfect gift**

- » **Unique illustrated volume of spiritual text with gorgeous images**
- » **With recipes from the cloister bakery of Münsterschwarzach Abbey**
- » **Perfect gift, even for those who already have everything**

For 12 000 years, bread has been a staple of human cuisine; a Christian symbol that ranks as holy in other cultures as well. But bread also represents community and the social ties between people.

Together with Münsterschwarzach Abbey's master baker Leo Stöckinger, Anselm Grün explores the significance of bread. The act of baking and sustainable use of ingredients are discussed alongside the symbolism of bread in the Christian tradition and in Scripture. Together, the authors show that bread is truly food for thought.



**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.

**Leo Stöckinger** is a master baker and head of the monastery bakery at Münsterschwarzach Abbey.



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*Anselm Grün, Christoph Gerhard, Erwin Sickinger*

## **Opening Doors – The Keys to a Mindful Life**

160 pp

August 2017

### **Unlock your potential!**

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



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

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

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



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*Anselm Grün, Leonardo Boff*

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

160 pp

August 2017

Cooperation with Editora Vozes, Brazil

### **Giving the gifts of hope and faith**

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

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

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



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

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*Guido Kreppold*

## **Ministering to the End – Is there Hope for Monasteries?**

160 pp

August 2017

### **Are monasteries an endangered species?**

- » **Social, societal, and international topic that goes beyond monastery walls**
- » **A Franciscan monk's call to action – offering concrete solutions for reviving the monastery tradition**

It is a fact that if the trend of recent decades continues, monasteries will soon be a thing of the past. Many orders have long since been working primarily on organizing and managing the closure of their communities: there are simply not enough young monks to sustain them as monastic communities age.

Far more than just the shuttering of a few abbeys, this would mean the disappearance of one of Christianity's greatest and oldest traditions, a tradition that has shaped society and culture like almost no other. Many monasteries are unique spaces for interreligious communication or encounters between cultures. Their retreats offer a way to experience a living spirituality.

It is not yet too late; but author Guido Kreppold sees it as a basic prerequisite for saving the monastic tradition that we open our eyes to its decay and develop countermeasures which allow people to live monastic life as a serious alternative that can address today's needs and worries.



**Guido Kreppold** has been a brother of the Franciscan Order of Friars Minor Capuchin for almost 60 years and a priest for 52. As a trained psychologist, he works as a counselor, is a sought-after spiritual companion, and offers lectures and seminars.



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Corinna Kohröde-Warnken

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

200 pp

August 2017

### Pure motivation - not only in the fight against cancer

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

By the  
same author



(see page 29)

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

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



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



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*Petra Urban*

## **Such Outrageous Joy in Living – Healing from Child Abuse**

144 pp

August 2017

### **Great wounds and even greater wings**

- » **Memoir on child abuse and reconciliation**
- » **A book that gives the courage to heal psychological wounds**
- » **Learning resilience and overcoming crises is possible – at any age**

Extreme mood swings; instability of one's inner world; Feelings of helplessness and vulnerability in the face of inner chaos and emptiness; Self-doubt and egomania: not only those with Borderline Personality Disorder struggle with these. In fact, the symptoms of Borderline Personality Disorder (BPD) are mirrored in all of us. Many people have lost their inner center and feel buffeted in the slipstream of their own emotions—even if they do not merit a clinical diagnosis. This book—written by a doctor and a spiritual counselor—seeks to provide support all those suffering from deep inner conflict, no matter whether diagnosable or not.



**Petra Urban**, born in 1957, is a free-lance writer with many published works, among them novel and stories for which she has received several awards. She additionally leads numerous courses and seminars for women.



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*Anselm Grün*

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

100 pp

August 2017

### **Jubilee Volume N° 200 of the pocket book series**

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

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

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

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



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*Anselm Grün*

## **Encountering the Mystery – Thoughts and Good Wishes for Christmastime**

128 pp

September 2017

### **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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# Backlist





*Anselm Grün*

## **Daring to Trust – Words of Hope in Times of Illness**

128 pages  
January 2017

**RIGHTS SOLD TO FRANCE AND ITALY**

### **Giving the gifts of hope and faith**

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

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

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

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*Anselm Grün,  
Donata Müller*

## **Borderline – Rediscovering one’s center**

128 pages  
February 2017

**ORIGINAL GERMAN EDITION BY HERDER  
ENGLISH SAMPLE TRANSLATION AVAILABLE  
RIGHTS SOLD TO BRAZIL**

### IN OWN WORDS

“From many people I hear: ‘I’ve lost my center. I don’t know who I am anymore. Often I’m fine, but then out of the blue everything breaks down, and I don’t know what is going on with me.’ This book is meant to help such people and others with similar pain find back to their center. There are ways of helping oneself and transforming one’s own hopelessness.”

*Anselm Grün*

### **Spiritual impulses for living with Borderline Personality Disorder and inner conflict**

- » **A lively, enriching exchange between a doctor and a counselor, for sufferers and their loved ones**
- » **Shows practical ways for responsibly freeing oneself from helplessness and despair**
- » **Includes discussion of significant biblical passages and structuring rituals**

Extreme mood swings; instability of one’s inner world; Feelings of helplessness and vulnerability in the face of inner chaos and emptiness; Self-doubt and egomania: not only those with Borderline Personality Disorder struggle with these. In fact, the symptoms of Borderline Personality Disorder (BPD) are mirrored in all of us. Many people have lost their inner center and feel buffeted in the slipstream of their own emotions—even if they do not merit a clinical diagnosis. This book—written by a doctor and a spiritual counselor—seeks to provide support all those suffering from deep inner conflict, no matter whether diagnosable or not.

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**Dr. Donata Müller**, born 1981 in Munich, studied medicine at the universities of Göttingen and Munich, achieving her doctorate in adult forensic psychiatry. Since 2009, she has been working as a doctor first in adult psychiatry and then in child and youth psychiatry at the Josefinum specialist clinic in Nördlingen. She is Fr. Anselm’s niece and lives in Augsburg.



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*Christoph Gerhard*

## **And Yet it Moves – Science and Faith**

128 pages  
March 2017

ENGLISH SAMPLE TRANSLATION AVAILABLE

### **Science and faith, comprehensibly explained ...**

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

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

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

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



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



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*Anselm Grün*

## **Finding the Right Words – Congratulations and Blessings for Many Occasions**

200 pages

January 2017

### **For when words fail ...**

- » **Words of support and blessing from Anselm Grün**
- » **Rich collection for a wide variety of occasions**
- » **Ideal gift—for oneself or others**

Whether for a marriage or a funeral, a birthday or a retirement party, difficult or happy moments: we want to bless those close to us with our good wishes. We want to congratulate, comfort, encourage them; show them that we feel connected to them in their life and their fate. But it is often difficult to put our feelings into words.

This book offers a large selection of shorter and longer texts by Anselm Grün. They offer support, congratulation, blessing, and comfort for any occasion—for ourselves and for others. Includes suggestions for Births and birthdays, Baptism, First Communion, Weddings, Funerals and many more.



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*Anselm Grün*

## **Salvation Through the Cross – Karl Rahner's Contributions to Today's Understanding of Salvation**

272 pages

January 2017

RIGHTS SOLD TO BRAZIL

### **The theological foundations of Anselm Grün's work**

- » **A new understanding of Anselm Grün**
- » **For theologically interested readers**

This facsimile edition of Anselm Grün's long out-of-print 1975 dissertation shows the thinking of the then still young theologian—today one of the most successful spiritual authors.

Anselm Grün's engagement with the question of man's salvation through God and the Cross did not end with this academic work but remains the subject of much of his life's efforts. Grün addresses people's concrete experiences and their search for meaning in their existence. It is this understanding that gives Anselm Grün's spirituality and theology its existential depth, power, and liveliness.



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*Anselm Grün, Tomáš Halík, Winfried Nonhoff (Ed.)*

## God, forsaken – Connections between Faith and Non-Belief

208 pages

August 2016

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POLAND, PORTUGAL, SPAIN (WORLD), SLOVENIA, THE NETHERLANDS AND THE USA

### Doubting encouraged!

Around us, more and more people are “forsaking” God as the center of their lives—gradually and almost without comment. Elsewhere, however, some are calling on God to aid them in spreading fear across a world that they see as unbelieving. In a world like this, would it really be such a bad thing to be “God-forsaken”: to have abandoned belief in God?

Whatever the positive consequences may be, when God and other divine ideas are dethroned, the question of what takes their place becomes an urgent one. In that sense, the debate about God never ends. Anyone trying to rid themselves of their God is taking the easy way out. On the other side, those who seek to defend God uncritically are in danger of a life-threatening illusion.

This book creates space for the tensions and contradictions inherent in the question of God and examines themes of and approaches to contemporary doubts and non-belief. In addition, the authors integrate their own distinct biographical and intellectual contexts, daring to explore their personal history.

In the end, only those who have known their personal Good Friday—that is, a moment of true God-forsakenness—and can use that moment as a spiritual impulse are able to truly testify to the joy of Easter’s renewal of faith.



**Father Anselm Grün** (center), born 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.

**Tomáš Halík** (left) is a sociologist, spiritual counselor, and religious philosopher, currently sociology professor on the Faculty of Arts at Charles University in Prague and rector of the university church of St. Salvator. In 1978, he was secretly ordained as a priest in Erfurt, and later became a confidant and adviser to Václav Havel. He has been awarded numerous prizes, including the Romano-Guardini-Prize and, in 2014, the Templeton Prize. For decades, Halík has worked to promote serious dialogue between faith and atheism, including on the question of God’s existence.

**Winfried Nonhoff** (right) has a deep love for making books: after studying German and theology, he worked as an editor and publisher for many years. He has been working as a freelance consultant and writer since 2010.



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*Anselm Grün*

## **Crossing Life's Mountains and Valleys**

192 pages, 4c photographs

August 2016

**RIGHTS SOLD TO CZECH REPUBLIC,  
FRANCE, ITALY AND THE NETHERLANDS**

### **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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*David Steindl-Rast*

## **Through You I Am This Me – Paths of Life**

200 pages

June 2016

**RIGHTS SOLD TO THE USA**

### **For Brother David's 90<sup>th</sup> birthday in July 2016**

**Unparalleled: unique biography of one of the most significant spiritual teachers and global guest speaker**

Hermit, Zen Christian, spiritual globetrotter: in time for his 90<sup>th</sup> birthday in July of 2016, "Brother David" tells his incomparably rich life story. Beginning with his childhood in Vienna, he describes his time in World War II and his years as a student after the war, his family's emigration to the US and his entry into the then newly founded Benedictine monastery in the state of New York. There, he soon began looking for what were then still untrodden spiritual paths with undiscovered entryways to non-Christian religions. He became particularly involved in the dialogue between Christianity and Buddhism, founding the "Center for Spiritual Studies" in 1968, together with Rabbis, Buddhists, Hindus and Muslims. His work encouraging dialogue between religions earned him the 1975 Martin Buber Award.

Contemplation and periods of public life alternate with Brother David: he spends half the year living as a recluse in the hermitage near his Benedictine monastery. Mysticism is his mission – but not a mysticism devoid of connection to the world. His is a mysticism of the everyday, of life immediate in the now, of experiencing fully. He is convinced that God's spirit speaks in and to us all.

**Brother David Steindl-Rast**, born 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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*Anselm Grün*

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

RIGHTS SOLD TO BRAZIL, ITALY AND POLAND

160 pp

January 2016

### **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.



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



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*Der Verlag der Mönche von Münsterschwarzach*

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*Anselm Grün*

## **The Courage to Become New – Transformation Instead of Change**

**RIGHTS SOLD TO CZECH REPUBLIC, ITALY AND SPAIN (WORLD)**

160 pages

January 2016

### **Discovering your own potential**

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

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

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



**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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*Fidelis Ruppert*

## **Serenity in Life's Rush – Finding the Strength for Every Day with the Psalms**

RIGHTS SOLD TO POLAND

176 pages

January 2016

### **Simple serenity**

- » **Serenity – a topic that has never been more timely**
- » **Find inner peace and equanimity with these concrete steps for every day**

Who doesn't wish for more calm in their life? For moments in which – despite whatever is going on around us – we can tap into inner peace and not get upset about the tiniest detail. From his rich experience as an abbot at Münsterschwarzach Abbey for many years, Fidelis Ruppert shows us how the psalms can help us with this very goal: the psalms offer concrete hope and help in the turbulences of daily life, small or large, even in the 21<sup>st</sup> century.

The psalms can be the key to learning to deal with our insecurities, pain, failure, guilt, anger, or loneliness. In so doing, they lead us to inner peace and back to our trust in God.



**Father Fidelis Ruppert** has been a monk since 1959, including his time as abbot of the Benedictine Abbot of Münsterschwarzach from 1982-2006. Today, he passes on his experiences in courses on meditation and spiritual exercises. He also holds a doctorate in theology and is a spiritual counsellor. He has published numerous books in the Vier-Türme-Verlag.



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*Der Verlag der Mönche von Münsterschwarzach*

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*Fidelis Ruppert*

## **The Spiritual Fight**

212 pages

August 2012

### IN HIS OWN WORDS:

“I am amazed at how quickly people today understand the elements of the Spiritual Fight. Many of them sense how earnestly they must engage with attacks of all kinds, both from outside and from within themselves. They feel powerless in the face of some of these attacks. It is encouraging for them to learn that there are spiritual forces that go beyond piety in the strictest sense and can help us face up to life in all its specific daily challenges.”

RIGHTS SOLD TO KOREA

### **Benedictine living in everyday life**

- » **A Benedictine approach to mastering life’s challenges**
- » **Constructive ways of handling one’s own weaknesses**
- » **New approach to a highly current topic**
- » **Includes specific tips and advice for everyday situations**

When confronted with attacks on their self-worth—whether from within or from others—many people feel helpless. They long for a healthy portion of self-confidence during conflict, so as not to doubt their real human dignity. The Spiritual Fight gives us a Christian way to actively confront the weaknesses and challenges in our specific lives. Fidelis Ruppert demonstrates the power of whole-body exercises and “mental” methods such as prayer to introduce new patterns of thought and behavior into our lives. These new patterns allow us to live in a healthy relationship with ourselves and those around us.



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*Anselm Grün*

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

152 pages

August 2015

**ENGLISH SAMPLE TRANSLATION AVAILABLE  
RIGHTS SOLD TO BRAZIL, ITALY, THE NETHERLANDS,  
CZECH REPUBLIC AND MEXICO**

### **I believe ...**

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

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



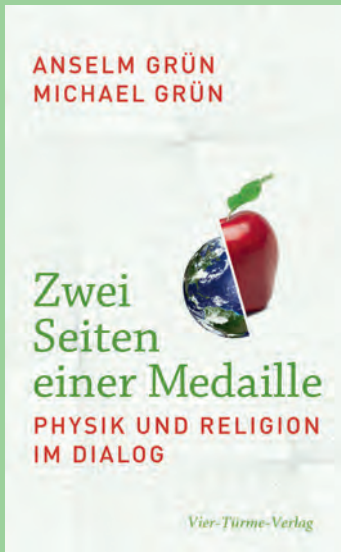
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*Anselm Grün, Michael Grün*

## **Two Sides of the Same Coin – God and Quantum Physics**

128 pages

August 2015

**ENGLISH SAMPLE TRANSLATION AVAILABLE  
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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Corinna Kohröde-Warnken

## My Life in Pink with God and Cancer

200 pages  
January 2016

### IN HER OWN WORDS

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

### A touching and inspiring life story

RIGHTS SOLD TO CZECH REPUBLIC

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

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

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

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



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



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*Der Verlag der Mönche von Münsterschwarzach*





*Anselm Grün / David Steindl-Rast / Johannes Kaup (ed.)*

## **What We Believe – Spirituality for Our Time**

190 pages

January 2015

**RIGHTS SOLD TO USA, ITALY, BRAZIL AND HUNGARY**

### **Central questions of faith**

- » **For those Looking for spiritual orientation**
- » **A very personal book that reveals much about two extraordinary people.**

Anselm Grün and David Steindl-Rast are both Benedictine monks who are considered important spiritual leaders of our time. For all that they have in common, both are very different personalities. Where David Steindl-Rast is grounded in the mystical tradition and inspired by Zen, Anselm Grün is rooted in the community of monastic life and influenced by the psychology of C. G. Jung. In this book, both speak about important topics of life and their pursuit of deeply personal questions of faith. With great wisdom and from the rich wealth of their experience, Grün and Steindl-Rast talk about central issues of faith that confront people in the course of their life:

Where do I come from and where am I going? What follows death? Where is God and how is God? Why does so much suffering happen in our world? Where does evil come from? How can I be happy? Their answers, expressed in clear language and a theological grounding, provide answers of a universal message full of trust, empathy, peace, love, and understanding. This unique book of dialogue opens our perspective to the things in life that give us joy and hope, as well as the fullness of the experience of two great Christian teachers.



**Brother David Steindl-Rast**, born 1926 in Vienna, studied psychology, art, and anthropology. In 1952, he 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.

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



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*Anselm Grün*

## **Greed – How to Escape the Desire for More**

158 pages

January 2015

**RIGHTS SOLD TO ITALY, HUNGARY, BRAZIL, SPAIN (WORLD),  
THE NETHERLANDS AND GERMAN POCKET BOOK**

### **When more is never enough**

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

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



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*Anselm Grün*

## **Finding my Inner Source – A Companion for Lent**

158 pages

January 2015

RIGHTS SOLD TO ITALY AND KOREA

### **Experience Lent with Anselm Grün**

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

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



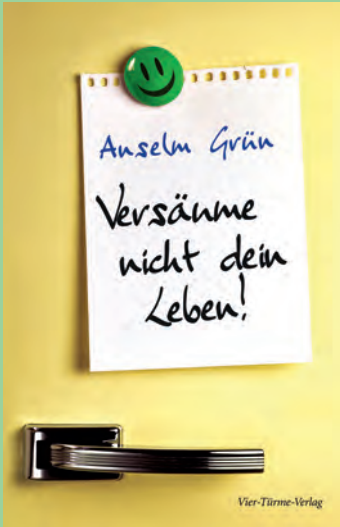
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Anselm Grün

## Take Charge of Your Life

160 pages

August 2014

RIGHTS SOLD TO FRANCE, THE NETHERLANDS, PORTUGUESE (WORLD), SLOVAKIA, SLOVENIA, SPAIN (WORLD), ITALY AND GERMAN MASS MARKET

### 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 ITALY, CROATIA, SLOVAKIA, SLOVENIA,  
LATVIA, MEXICO AND THE NETHERLANDS**

### **A spiritual companion for every day**

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

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



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*Anselm Grün*

## **Dare to Make a New Beginning**

126 pages

August 2014

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

**For in every beginning a magic dwells . . .**

*Courage to Take New Paths*

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

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



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*Anselm Grün*

**Beauty:  
A New Spirituality of the Joy of Life**

176 pages

January 2014

RIGHTS SOLD TO SPAIN WORLD, BRAZIL, PORTUGAL, ITALY,  
ROMANIA, THE NETHERLANDS, POLAND AND HUNGARY

**“Beauty will save the world” – Fyodor Dostoevsky**

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

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



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**Vier-Türme-Verlag**

*Der Verlag der Mönche von Münsterschwarzach*



*Anselm Grün*

## Little Rituals for every Day

124 pages

August 2012

RIGHTS SOLD TO BRAZIL, SPAIN, MEXICO 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 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 themes.

*blog: wildemonk.net*



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*Zacharias Heyes*

## Feeling at Home in Oneself

160 pages

February 2015

**RIGHTS SOLD TO BRAZIL AND SPAIN (WORLD)  
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 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.



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# Christmas





*Zacharias Heyes*

## **The Shining Star – An Advent and Christmas Companion**

128 pages

September 2016

### **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 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.



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*Anselm Grün*

## **May the Angel of Christmas Be With You**

96 pages, 4c photographs

September 2016

**RIGHTS SOLD TO THE NETHERLANDS**

### **Peaceful reflections to carry you through Christmas**

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

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



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*Der Verlag der Mönche von Münsterschwarzach*

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*Anselm Grün*

## **Your Light gives us Hope – Advent Rituals**

128 pages

September 2015

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

### **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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Schweinfurter Straße 40  
97359 Münsterschwarzach  
GERMANY

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[www.vier-tuerme-verlag.de](http://www.vier-tuerme-verlag.de)



**Vier-Türme-Verlag**

*Der Verlag der Mönche von Münsterschwarzach*