

Foreign Rights Guide

Autumn 2020



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Der Verlag der Mönche von Münsterschwarzach

Novelties Autumn 2020





Anselm Grün

Peace, Love and Frustration – How to build strong societies

ca. 144 pages

August 2020

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.



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Novelties | 5



Linda Jarosch

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

ca. 144 pages

August 2020

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 Often, she writes, it is a question of leaving behind outdated modes of living and thinking, and instead giving oneself permission to fully live out one's own potential.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).



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Der Verlag der Mönche von Münsterschwarzach



Anselm Grün, Ansgar Stüfe

An Apothecary of Comforts – Soothing Wisdom for Unfriendly Moments

160 pages
August 2020

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.

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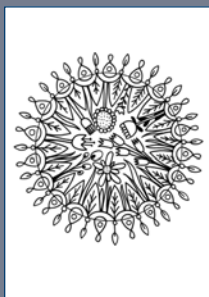


Anselm Grün, Manu Nuna

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

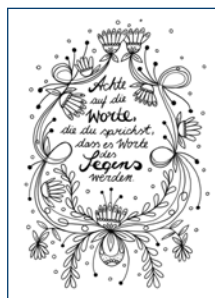
64 pages
August 2020

- » 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



Ansgar Stüfe, Matthias E. Gahr

A Brief Encyclopedia of Benedictine Living

144 pages

August 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Simple explanations of basic monastic terminology**
- » **Essential for anyone interested in life in holy orders**

What are the names of the canonical hours prayed by nuns and monks? What exactly is a cowl? How does one hold matins, and what is collatio ad mensam? Anyone trying to learn about life in a monastery soon encounters many unfamiliar concepts and terms.

In this charming and accessible volume, Benedictine brother Ansgar Stüfe explains all the important aspect of monastic life. A must-have for all monastery guests, and a helpful guide for all those who work in or with monastic business or are simply interested in life in holy orders.

Habit: General term for the clothes of each particular order. Nuns and monks receive their habit at a solemn ceremony at the very beginning of their novitiate.

Dr. Matthias E. Gahr, born 1971, is head of production at Vier-Türme publishing and supervising editor of its liturgical publications, such as the Benedictine Antiphonal. He is also active as a songwriter, composer, lyricist, and musician in the field of Christian Contemporary Music.

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.



Novelties | 9

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IN HIS OWN WORDS:

Why this book is important to me: Never eat anything if you can't pronounce its name. What a stupid idea! And what an easy way to close ourselves off from great experiences!

In Divine Cooking, I want to prove that cooking isn't rocket science—and practice a kind of „culinary diplomacy,“ helping people feel at ease with other (culinary) cultures. I want to show how easy it is to engage with foreign dishes, to cook them and enjoy them, to smell and savor them, to discover and experience them, to understand and admire them, to love and respect them.

Stefan Wallmeyer

**Divine Cooking –
Recipes from Benedictine Monasteries across the Globe**

ca. 220 pp.
September 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

A unique collection of dishes

- » Heavenly meals—from all four corners of the earth!
- » International recipes from Benedictine monastery kitchens

Gerleve Abbey in Western Germany, almost on the border to Holland, regularly plays host to brothers and sisters from other Benedictine monasteries all over the world. Frequently, the guests bring with them a favorite recipe from their homeland. Over the years, Stefan Wallmeyer, head chef in the monastery kitchen, has collected, tested, and recorded these recipes.

Richly illustrated with color photographs, this book takes us on a culinary journey—Benedictine tradition to try in our kitchens at home! Enjoy the proverbial monastic hospitality from around the globe in this feast for all the senses.

Stefan Wallmeyer, born 1962, is a passionate chef. He has twice been awarded the „International Chef of the Year“ and is a recipient of Germany's Food-Award National. He has been head chef at Gerleve Abbey's kitchens for many years.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

To Me, You Are an Angel

64 pages

September 2020

RIGHTS SOLD TO CROATIA, FRANCE, ITALY, KOREA,
POLAND, SLOVENIA, SPAIN (WORLD)
ENGLISH SAMPLE TRANSLATION AVAILABLE

For the angels in our lives

In difficult situations, angels stand by our side and watch over us. When we feel sad or lonely, they offer comfort and hope. In this lovingly designed gift book, Anselm Grün opens our heart to the many angels that inspire, comfort, and support us. The perfect gift to give a beloved friend—or to oneself.



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Novelties | 11



Ulla Peffermann-Fincke, Rainer Fincke

From “not anymore” to “not yet” — a practical guide to times of transition

ca. 144 pages
September 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

Making the Jump – Managing and Shaping Life Transitions Specific support for challenging phases in life

Again and again, our life confronts us with transitions: we have to change jobs, make a home in a new town, navigate family upheavals, or face retirement. Such changes, endings, and fresh starts often bring us to our limits. Only rarely are these transitions organized, peaceful, or smooth—instead, they break in on us without warning, leaving us overwhelmed. What do I do now? Have I made the right choice?

In difficult times, this book acts as guide and companion, offering creative techniques, meditations, as well as inspirations based on enneagrams and other personality theories. Using these approaches, readers can find new orientation and manage transitions healthily.



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

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



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Anselm Grün, Andrea Langenbacher

The Anselm Grün Family Treasury

ca. 240 pages
September 2020
with illustrations

ENGLISH SAMPLE TRANSLATION AVAILABLE

THE book for the whole family

Anselm Grün's first household treasury for the entire family! Full of craft ideas, recipes, spiritual impulses for daily life, and much more, this book invites families to live mindfully throughout the year and helps teach children the meaning of Christian holidays.

Consciously living and celebrating the year and its holidays together is a tradition that is important to many families. This book guides the whole household through the year, examining each holiday in the mirror of the seasons. With evocative imagery, Anselm Grün enlivens the feasts of the Church calendar in their wealth of symbolism and shows their significance for us today. These explanations are enriched by little rituals, recipes, craft ideas, and spiritual impulses that help us understand the holidays' true meaning and live that meaning in daily family 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.

Andrea Langenbacher studied theology and business management. After years as editor and managing editor for religion and spirituality in a publishing house, she now works as a freelance author and editor. She lives in Tübingen with her family.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties | 13



Anselm Grün

Your Light gives us Hope – Advent Rituals

125 pages
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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Novelties | 14



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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Pocket Seminars for Reflection and Growth





Anselm Grün

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

ca. 112 pages

August 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE



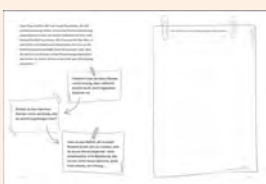
- » Contains practical suggestions, self-tests, and exercises
- » Finding the courage of your convictions
- » Full of ideas and creative impulses, with additional space for personal reflection



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.



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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 pages

Jan 2020

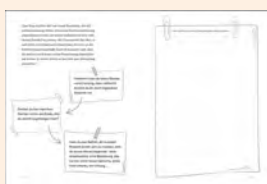
RIGHTS SOLD TO FRANCE
ENGLISH SAMPLE TRANSLATION AVAILABLE



- » 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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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

Time for Change – A Pocket Seminar for Reflection and Growth

104 pages
January 2019

RIGHTS SOLD TO ENGLISH LANGUAGE

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

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

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

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

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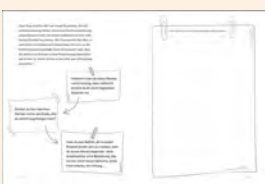
Pocket Seminars | 19



Anselm Grün

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

104 pages
January 2019



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

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

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

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



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

104 pages
August 2019

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!

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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

104 pages
August 2019

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.

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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

The little Monk





Zacharias Heyes

The Little Monk and the Meaning of Silence

with numerous illustrations by Elli Bruder

ca 128 pages

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.



The little Monk | 24

Vier-Türme-Verlag

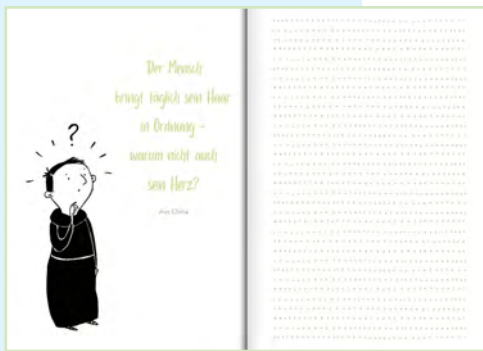
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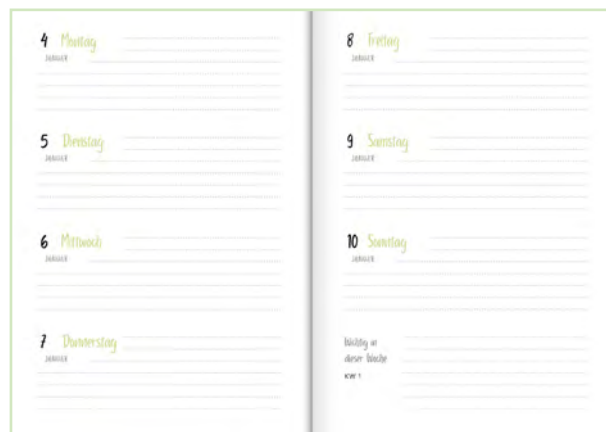
Zacharias Heyes

The Little Monk 2021 – Pocket calendar

ca. 144 pages
June 2020



The tongue-in-cheek wisdom of the little monk, now available as a year-long pocket companion, filled with whimsical and loving illustrations and offering space for notes.



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

Backlist





Anselm Grün

Power – How to deal with the seductive lure of authority

ca. 140 pages

March 2020

**RIGHTS SOLD TO BRAZIL, 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.



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Josef van Scharrel

Man up! – Living a Living Masculinity

ca. 120 pages

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.



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Anselm Grün

A Bible Guidebook – Achieving Scriptural Comprehension

ca. 160 pages

August 2019

**RIGHTS SOLD TO BRAZIL AND ITALY
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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Anselm Grün

Spirituality and the Art of Living

ca. 160 pages

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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Anselm Grün, Winfried Nonhoff

What are your Thoughts on Religion? – 75 answers by Anselm Grün

ca 160 pages
September 2019

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



The essential anniversary volume, celebrating **Anselm Grün's 75th birthday** – Deep insights into Father Anselm's personal faith

Sample Questions from the book:

- » *Is faith the same as religion?*
- » *As a child, I had faith, but as an adult, I can no longer believe. Do children and grown-ups believe differently?*
- » *Is God love?*
- » *Can I (learn to) love Jesus? Is this different for men and women?*
- » *What is piety? What is spirituality?*

Anselm's wish for his answers: "What is essential to me is that the beauty of faith shines through all these answers."

In celebration of his 75th birthday in January 2020, Father Anselm here offers insights into his personal thoughts and beliefs on faith and the world around us. In accessible language, he illuminates the foundation of his faith, his joy in life, and his love of God. Without being dogmatic or advocating a "correct" interpretation of faith, he discusses how and where the Christian faith can support people today in their concrete, everyday lives. Father Anselm offers credible answers for those who seek, who doubt, or who believe.

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.

Winfried Nonhoff 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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Bodo Janssen

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

ca 144 pages
September 2019

**RIGHTS SOLD TO SPAIN AND GERMAN AUDIOBOOK
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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Anselm Grün

Embracing Doubt – Personal crisis as sign of progress

ca 150 pages

August 2019

**ORIGINAL GERMAN EDITION BY KÖSEL
RIGHTS SOLD TO BRAZIL, ITALY 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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Peter Müller

Fasting – Time for Myself A Spiritual Companion for Intermittent Fasting

160 pages
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



Anselm Grün

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

143 pages

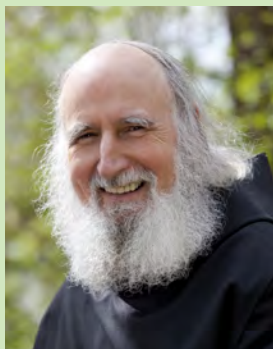
January 2019

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

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

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

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



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Marlene Fritsch

My Little Green Paradise— Life Lessons from Gardening

119 pages

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

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Anselm Grün

Sibling Bonds – A Relationship Unlike Any Other

191 pages
August 2018

**RIGHTS SOLD TO KOREA AND SPAIN WORLD
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Siblings—in between love and rivalry

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

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

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



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Anselm Grün

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

59 pages

August 2018

RIGHTS SOLD TO BRAZIL, CROATIA, CZECHIA, ITALY, KOREA
AND PORTUGAL PLUS GERMAN POCKET BOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE
INCLUDES NUMEROUS COLORFUL ILLUSTRATIONS
BY MASCHA GREUNE (OPTIONAL)

One of the most beautiful stories ever told

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

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

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

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



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



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Anselm Grün

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

414 pages

August 2018

**RIGHTS SOLD TO CZECHIA, ITALY, SPAIN WORLD AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A year with the Desert Fathers

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

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

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



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Zacharias Heyes

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

144 pages

August 2018

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

Finding freedom through ritual

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

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

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

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



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



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Mauritius Wilde

Respect – The Art of Mutual Appreciation

ca. 160 pages

March 2020

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

- » **Highly relevant subject in politics and society**
- » **New revised edition of a successful work by an established author**
- » **Author available for events**
- » **Valuing oneself and others in relationships and interactions**

To Father Mauritius Wilde, respect is the foundation of all human society. In this volume, he not only explains why this central value is so personally and socially significant, but also uses numerous practical exercises and encouraging examples to show how we can live together in harmony with ourselves and others. The attitude he teaches creates the space for respectful interaction to grow in the world.



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



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Mauritius Wilde

Soberness – The Art of Keeping a Mindful Heart

144 pages

August 2018

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

Soberness—a new reading of an old idea

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

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



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Anselm Grün

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

157 pages
January 2018

**RIGHTS SOLD TO BRAZIL, 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.



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Anselm Grün

The Magic of little Things

126 pages

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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Zacharias Heyes

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

159 pages

January 2018

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

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

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

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



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



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Anselm Grün, Andrea J. Larson

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

190 pages
August 2014

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

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

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

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

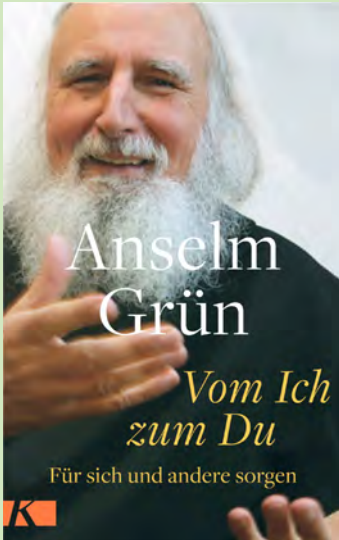
Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.

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



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

From Me to You – Caring for Yourself and Others

144 pages

August 2017

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



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

160 pages
January 2016

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Understanding the Liturgical Year

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

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

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



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Greed – How to Escape the Desire for More

158 pages

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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.



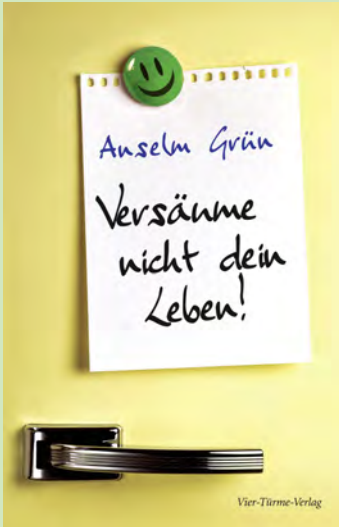
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August 2014

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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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Christmas





Anselm Grün, Eberhard Münch

Light and Silence

ca 176 pages
September 2019

RIGHTS SOLD TO BRAZIL

Evocatively illustrated with poetic and festive paintings by Eberhard Münch

Father Anselm's 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



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Anselm Grün

May the Angel of Christmas be with you

51 pages

September 2018

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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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Zacharias Heyes

The Shining Star – An Advent and Christmas Companion

126 pages
September 2016

RIGHTS SOLD TO ITALY AND KOREA

An unconventional Advent companion

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

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



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



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