

Foreign Rights Guide

Spring 2017



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties Spring 2017

Anselm Grün: Daring to Trust – Words of Hope in Times of Illness	4
Anselm Grün, Donata Müller: Borderline – Rediscovering one’s center	5
Anselm Grün, Nikolaus Schneider: A Joint View of Luther – Reformatory Impulses for Today	6
Anselm Grün: Finding the Right Words – Congratulations and Blessings for Many Occasions	7
Anselm Grün: For Both of You – Best wishes for Couples	8
Christoph Gerhard: And Yet it Moves – Science and Faith	9
Volker Tesar: The Good Master – Stories of Wisdom	10
Martin Kämpchen: Life’s Journey – Nine Attempts to Come Closer to Distance	11
Peter Müller: Giving My Life Direction – Everyday Pilgrimages	12
C. Rutishauser, M. Hasenauer (eds.): Mystic Paths – Christian. Integral. Inter-religious	13
Anselm Grün: Salvation Through the Cross – Karl Rahner’s Contributions to Today’s Understanding of Salvation	14

Backlist

Anselm Grün, Tomáš Halík, Winfried Nonhoff (ed.): God, forsaken	16
Anselm Grün: Crossing Life’s Mountains and Valleys	17
David Steindl-Rast: Through You I Am This Me	18
Anselm Grün: Views of the Soul	19
Anselm Grün: The Courage to Become New	20
Fidelis Ruppert: Serenity in Life’s Rush	21
Fidelis Ruppert: The Spiritual Fight	22
Anselm Grün: Words That Sustain Us – The Wisdom of the Apostles’ Creed	23
Anselm Grün, Michael Grün: Two Sides of the Same Coin – God and Quantum Physics	24
Anselm Grün, David Steindl-Rast: What We Believe	25
Anselm Grün: Greed – Ways to Escape the Desire for More	26
Anselm Grün: Finding my Inner Source – A Companion for Lent	27
Anselm Grün: Take Charge of Your Life	28
Anselm Grün: A Year of Happiness – Good Thoughts for Every Day	29
Anselm Grün: Appreciation – The Power of Mutual Respect	30
Anselm Grün: Dare to Make a New Beginning	31
Anselm Grün: Beauty – A New Spirituality of the Joy of Life	32
Anselm Grün: Little Rituals for Every Day	33
Mauritius Wilde: Show Yourself!	34
Zacharias Heyes: Feeling at Home in Oneself	35

Christmas

Anselm Grün: May the Angel of Christmas Be With You	37
Anselm Grün: Your Light gives us Hope	38
Zacharias Heyes: The Shining Star – An Advent and Christmas Companion	39



A low-angle, upward-looking photograph of numerous colorful umbrellas against a clear, bright blue sky. The umbrellas are in various colors including yellow, red, orange, blue, and purple. A bright sunburst is visible in the lower right quadrant, partially obscured by the umbrellas. The overall mood is cheerful and vibrant.

Spring 2017



Anselm Grün

Daring to Trust – Words of Hope in Times of Illness

128 pages
January 2017

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.

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,
Donata Müller*

Borderline – Rediscovering one's center

128 pages
February 2017

**ORIGINAL GERMAN EDITION BY HERDER
ENGLISH SAMPLE TRANSLATION AVAILABLE**

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.



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



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Novelties | 5



Anselm Grün, Nikolaus Schneider

A Joint View of Luther – Reformatory Impulses for Today

180 pages

March 2017

For Protestant and Catholic Christians alike!

- » **A. Grün and N. Schneider discuss the relevance of Luther’s message today**
- » **For the 2017 anniversary of the Protestant Reformation**
- » **Unique ecumenical contribution to the fifth centenary of the Protestant Reformation**
- » **Current interpretations of Luther’s central questions**
- » **Shows how Martin Luther can inspire the faithful across interreligious borders**

In today’s day and age, when fundamentalism looms more dangerously than ever, how can we justify absolute resistance and complete devotion to a cause? In a time in which society is being hollowed out by individualism, how should we understand Luther’s stance of the freedom of each and every Christian?

Two luminaries of the German church—Benedictine friar Anselm Grün and Nikolaus Schneider, the former Chairman of the Council of the Evangelical Church in Germany—are convinced that Martin Luther is not “history.” In their dialogue, the two express their experiences: How are both still inspired by Martin Luther and his Protestant Reformation?

The different perspectives of a Catholic monk and a Lutheran spiritual leader make this a unique book. Both authors are deeply in tune with the existential questions of today, and they know—both from personal experience and from pastoral practice—the existential depths in which faith must persevere.



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



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Novelties | 6



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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Novelties | 7



Anselm Grün

For Both of You – Best wishes for Couples

76 pages

January 2017

Good wishes for many shared years

- » **A special wedding gift**
- » **Evocative and charming design**
- » **Worthwhile at any age**

In this newly designed gift book, Anselm Grün discusses the magic of setting out on a life together, sharing the everyday, holidays, and finding strength in hard times. He meditates on the beauty of tenderness and the joy of good conversation.

A perfect gift for the most beautiful day of a couple's life—but also for anniversaries of any age.



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Novelties | 8



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.



Volker Tesar

The Good Master – Stories of Wisdom

128 pages

January 2017

ENGLISH SAMPLE TRANSLATION AVAILABLE

Inspiring stories of wisdom

- » **Encouragement to pause and think**
- » **Wisdom that opens up new perspectives**
- » **Poetically written and beautifully designed**

“Master, what is wisdom? What does humility mean? What is the purpose of hope?” Deep questions—but the master shows the pupil that the answers cannot be found merely in his own head. The master sends his pupil to chop wood and carry water, to draw and to do nothing. And suddenly, deep wisdom opens up for the student, leading to himself and the answer to his questions. He recognizes that the questions are sometimes more important than their answers. A marvelously wise read for truth-seekers, thinkers, and lovers of stories.



Volker Tesar began studying theology and engaged deeply with philosophy before completing a degree in social work. He then worked in adult education. When he became blind, his understanding of colors and shapes became shrouded in darkness. To cope with these experiences, he started writing, and has been a free-lance author and publisher since 2013.



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Novelties | 10



Martin Kämpchen

Life's Journey – Nine Attempts to Come Closer to Distance

270 pages
January 2017

A Journey to the Roots of one's own Life

- » **Current topic—now and for the future**
- » **For all those interested in traveling to new people and cultures**
- » **Shows how to find oneself in travel**

Martin Kämpchen is a citizen of the world: born in Germany, he has lived in an Indian village for many years. But his writings and lectures have led him around the world for research, and he often spends weeks or months in a new place, immersing himself in everyday life there.

In this book, he collects experiences from his travels—journeys that, seen in retrospect, have become life journeys. His goal is not to describe geographic, cultural, or societal circumstances, but to reflect on how to interact with what is foreign and with the idea of foreign-ness. The result are existential descriptions of journeys; purposefully conceived as images of a life's journey, and thus as a guide to traveling consciously and with meaning.



Martin Kämpchen, born 1948, has studied in Vienna, Paris, and India. He lives and works in Santiniketan (India), Kalimpong (Himalayas), and Boppard (Germany). He is well-known as translator and biographer of Rabindranath Tagore and as the author of numerous books.



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Peter Müller

Giving My Life Direction: Everyday Pilgrimages

144 pages

January 2017

A companion on life's journey

- » **Offers answers to central life questions**
- » **For all who want to discover what truly counts in life**
- » **Spiritual impulses for the entire year**

Our questions about the meaning of our existence come to the fore not only in conflict, in difficult situations in life, or in moments of seminal change. No, they also confront us unexpectedly in our everyday life, or at the beginning of or during a pilgrimage. Often, it is an encounter that awakens my unfulfilled desires or unexpressed wishes; an encounter that throws me off-balance and raises new questions to which I do not (yet) have the answers. Such encounters are not accidents: they are the signals of our soul.

The spiritual impulses, meditative texts, and practical tips in this book are meant to make us attuned to our soul's signals. They invite us to pause and reflect—whether in our everyday lives or as part of the Church calendar and holidays.

In this way, the reader has the possibility every day to select an impulse tuned to his life's situation or appropriate to the current season or holiday, and to take that thought into their daily life.



Peter Müller is a trained theologian and pedagogue working in adult education and as a free-lance writer. From 1975 to 2003 he directed the Katholisches Bildungswerk Kreis Rottweil e.V.. He has also led pilgrimages along to Santiago de Compostela and trained leaders of fasting workshops.



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Christian Rutishauser, Michael Hasenauer (eds.)

Mystic Paths – Christian – Integral – Inter-religious

160 pages
January 2017

Finding new Paths to God

- » **Current topic: Christian mysticism**
- » **Shows the similarities and differences between world religions**

Christian mysticism is growing in popularity: its paths are increasingly awakening curiosity and deep spirituality within Christians and non-Christians alike. Many are searching for new ways and for a new understanding of faith in accord with a post-modern view of the world. Many of those seekers in turn have been shaped by Ken Wilber's concept of an "integral spirituality".

In this book, various authors discuss possible future paths of Christian mysticism and integral spiritual life. Further, they examine the spiritual paths of Asia, which exert a formative influence on integral theory and have given fruitful impulses for inter-religious dialogue.

Contributors include
Christian Rutishauser
Marion Küstenmacher
Sebastian Painadath
Katharina Ceming
and many others.



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Novelties | 13



Anselm Grün

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

272 pages

January 2017

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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Novelties | 14

Backlist





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

God, forsaken – Connections between Faith and Non-Belief

208 pages

August 2016

RIGHTS SOLD TO BRAZIL, CZECH REPUBLIC, HUNGARY, ITALY, KOREA,
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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Der Verlag der Mönche von Münsterschwarzach

Backlist | 16



Anselm Grün

Crossing Life's Mountains and Valleys

192 pages 4c photographs

August 2016

RIGHTS SOLD TO FRANCE, ITALY, 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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Der Verlag der Mönche von Münsterschwarzach

Backlist | 17



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 90th 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 90th 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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Backlist | 18



Anselm Grün

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

160 pages
January 2016

RIGHTS SOLD TO BRAZIL, ITALY AND POLAND

Understanding the Liturgical Year

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

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

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



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Backlist | 19



Anselm Grün

The Courage to Become New – Transformation Instead of Change

160 pages

January 2016

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

Discovering your own potential

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

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

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



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



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Backlist | 20



Fidelis Ruppert

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

176 pages
January 2016

RIGHTS SOLD TO POLAND

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 21st 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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Backlist | 21



Fidelis Ruppert

The Spiritual Fight

212 pages

August 2012

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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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.”



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

152 pages

August 2015

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

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.



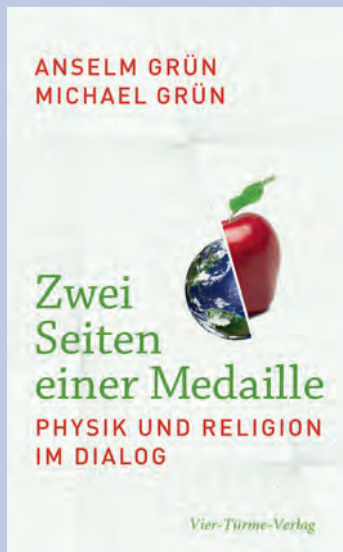
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Der Verlag der Mönche von Münsterschwarzach

Backlist | 23



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 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.

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



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 24



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

What We Believe – Spirituality for Our Time

190 pages
January 2015

RIGHTS SOLD TO BRAZIL, HUNGARY, ITALY AND THE USA

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.

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Backlist | 25



Anselm Grün

Greed – How to Escape the Desire for More

158 pages
January 2015

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

When more is never enough

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

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



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Backlist | 26



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.



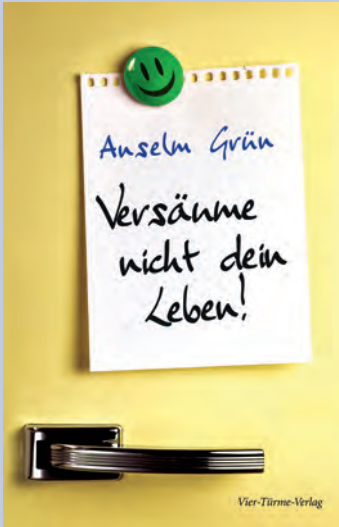
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Anselm Grün

Take Charge of Your Life

160 pages

August 2014

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

Don't miss out on your life!

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

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

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



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Anselm Grün

A Year of Happiness – Good Thoughts for Every Day

394 pages
August 2014

**RIGHTS SOLD TO CROATIA, ITALY, SLOVAKIA,
SLOVENIA, LATVIA 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

Appreciation – The Power of Mutual Respect

126 pages

August 2014

**RIGHTS SOLD TO BRAZIL, FRANCE, THE NETHERLANDS
AND GERMAN POCKETBOOK**

Towards a fulfilled life

- » **Gaining a positive approach to life**
- » **With many practical tips**

Appreciation makes the world go round: whether in our families, at work, or in society at large. Appreciation unites us, encourages well-being, and can enrich our personal lives.

But what do attentiveness, respect, and acceptance look like in practice? In practical terms, Anselm Grün demonstrates how – using kindness, politeness, gratitude, and recognition – we can learn to show appreciation.



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Backlist | 30



Anselm Grün

Dare to Make a New Beginning

126 pages

August 2014

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

For in every beginning a magic dwells . . .

Courage to Take New Paths

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

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



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Backlist | 31



Anselm Grün

Beauty – A New Spirituality of the Joy of Life

176 pages

January 2014

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

“Beauty will save the world” – Fyodor Dostoevsky

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

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



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Backlist | 32



Anselm Grün

Little Rituals for every Day

124 pages

August 2012

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

Simple rituals for everyone!

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

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

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



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Backlist | 33



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 theme. Please feel free to visit his blog www.wildemonk.net



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Backlist | 34



Zacharias Heyes

Feeling at Home in Oneself

160 pages

February 2015

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

Be your own place of solace

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

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



Father Zacharias Heyes, born 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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Backlist | 35

Christmas





Anselm Grün

May the Angel of Christmas Be With You

96 pages, 4c photographs
September 2016

RIGHTS SOLD TO THE NETHERLANDS

Peaceful reflections to carry you through Christmas

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

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



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



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Christmas | 37



Anselm Grün

Your Light gives us Hope – Advent Rituals

128 pages

September 2015

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

A personal Advent companion

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

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



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Christmas | 38



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.



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