



FOREIGN RIGHTS GUIDE  
SPRING 2024 | AUTUMN 2023

*Spirituality & Art of living*

**VIER TÜRME**

*Books, that accompany*



# Simply do nothing for once

Emptiness—a word that has two very different poles, especially on the spiritual path. On the one hand, it describes the state that many people strive for in their meditation or prayer: the emptiness from thoughts and worries, from distractions but also from one's own ego, in order to be completely filled with God or whatever you want to call the “more in life”. On the other hand, it is something that is rather frightening when, for example, after years of spiritual practice you suddenly only feel emptiness instead of closeness to God. Or you realize in everyday life that you have lost the meaning of your own actions and you merely perform empty rituals, whether in your private life or at work. At first, these two poles seem to contradict each other. But if you look at them on a deeper level, there is an existential longing for abundance, for something that is greater than ourselves. The prerequisite for finding this fullness is that we are prepared to face our inner emptiness. In this book, Anselm Grün shows how we can succeed in allowing empty times and times of leisure and how to enjoy them when dealing with the feeling of emptiness.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.

**current topic** that affects many people  
with **lots of helpful ideas** for everyday life



Anselm Grün  
**The art of turning emptiness into fullness**  
ca. 128 pages | hardcover  
date of publication: 22nd January 2024



# Are you a monk yet, or are you still looking?

The word “monk” is derived from the ancient Greek “monachos” and simply means someone who is alone. The question is: Is this only a thing for a few specialists or is there a monk living inside every one of us? As an archetype, the “monk within us” is therefore the “place” where we are alone, unique and irreplaceable. Every human being knows loneliness when, for example, it comes to making decisions that nobody can take away from us, or in emergency situations and with strokes of fate that affect you and no one else. In this sense, everyone is monk. Recognizing and accepting this leads to serenity.

Being a monk is not a state but a path. In this book author Mauritius Wilde, a monk himself for many years, picks out a life whose description has had an impact on intellectual, church and cultural history: that of St. Benedict. About forty years after his death, another monk, Gregory the Great, set about writing down his life. He did not write a biography according to today's standards, but wanted to show an example, a role model. However, the Vita Benedicti is not a textbook but a narrative with which we can identify. We see how Benedict develops, which gives us the opportunity to also develop our own lives and gradually become ourselves.



**Mauritius Wilde OSB** | born in 1965, he joined the Benedictine Abbey of Münsterschwarzach at the age of 19 and studied theology in Würzburg. He initially taught at the monastery's Egbert-Gymnasium before taking over the management of Vier-Türme-Verlag from 1999 to 2010. His path finally led him to the US-American branch of the Münsterschwarzach monastery in Schuyler, Nebraska. Since 2016, he has held the office of Prior at the Primateal Abbey of Sant' Anselmo in Rome.



**concrete help** for people in search of more serenity and self-knowledge

**the life of Benedict** reopened and interpreted for today

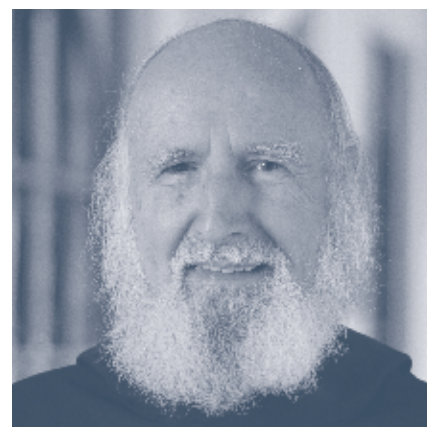
Mauritius Wilde  
**The monk in you**  
**A path to serenity and letting go**  
ca. 160 pages | hardcover  
date of publication: 22nd January 2024



# How life succeeds

In this new series, we would like to pick out some basic topics from Anselm Grün's vast oeuvre and compile the most important texts in a small gift anthology. The books can serve as an introduction to Anselm Grün for readers who have just discovered him, but they can also be given as gifts to long-time readers who want to read his message again in a concentrated form or to whom his words simply do good in certain life situations. This first volume is about "happiness", a central concept in Anselm Grün's work, especially when it comes to seeking it not in external things, possessions or prestige, but within oneself by coming into harmony with oneself.

This volume is the first in a new series: Further titles such as "Finding friends", "Giving rhythm to everyday life", "Grieving and learning to live again", "Of joy" or "Serenity" are being planned.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.



**happiness: a central topic** with  
Father Anselm Grün

**a valuable gift** for Father Anselm fans as well  
as for Anselm Grün beginners

Anselm Grün  
**Discover the happiness inside you**  
Series: Library of the Art of Living  
ca. 124 pages | hardcover  
date of publication: 22nd January 2024

# Bigger does not mean better

Monastic life—at least in Europe—seems to have entered a time of great upheaval, if not a major crisis. Communities are struggling with ageing, a decline in membership and problems recruiting new members. However, apart from the shrinking large monasteries, there have always been small monastic cells that represent a completely independent model of spiritual life. Often they are quickly associated with pious hermitages and times long past. The author Sister Carmen Tatschmurat, however, shows how well they fit into our times: small, flexible and highly spiritual. Every member is fully responsible, there are no niches to hide in. Instead there are opportunities to shape things. The power of the 1500-year-old Rule of St. Benedict can unfold in the present. One cannot help but ask: isn't the work of the Holy Spirit at work in our time, quietly and at the same time persistently? And isn't it time to say goodbye to the idea that communities have to constantly grow? This book is also intended to provide suggestions that extend beyond the Benedictine realm and set impulses to small groups, communities and individuals who have joined together on the basis of shared values or who intend to do so.



**Sister Carmen Tatschmurat** | studied sociology and worked in research and teaching on marginalized groups, gender issues and spirituality. After her partner's death, she became a Benedictine nun at Venio Abbey in Munich in 1997. She led the community from 2010 to 2020, from 2013 on as abbess. The second edition of her book "Mein Leben neu ordnen" is already available from Vier-Türme-Verlag.

for people in search of **new forms of community**

**exciting, very personal interviews**  
with sisters and brothers from small communities

published already



143 pages | hardcover  
978-3-7365-0465-3

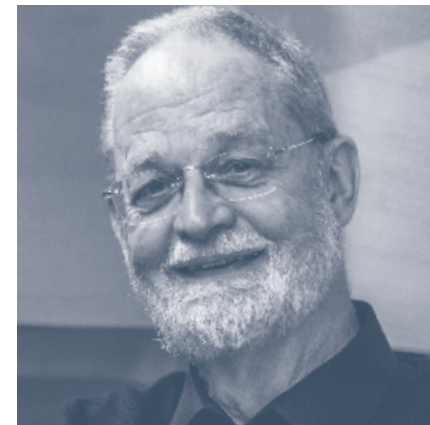


Carmen Tatschmurat  
**Small communities**  
**Shaping a new spiritual life together**  
ca. 240 pages | hardcover  
date of publication: 22nd January 2024



# Spiritual power of the hymns

# Two natures in the son of God



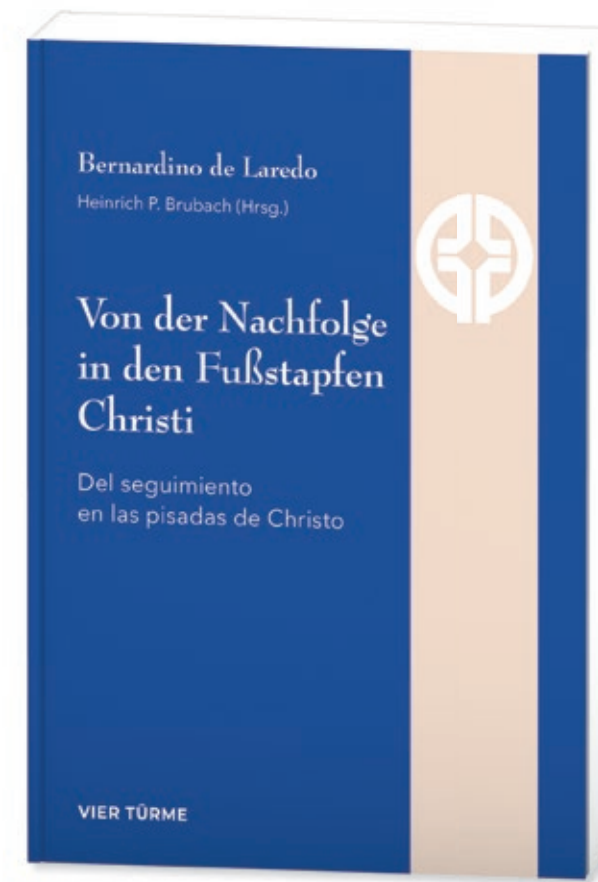
**Gregor Baumhof** | is a monk at the Benedictine Abbey of Niederaltaich. He is an expert in Gregorian chant and has worked many times as the director of various schools and as a lecturer, including from 1995 to 2008 as a lecturer in Gregorian chant, Catholic church music history and Latin at the Richard Strauss Conservatory in Munich, then until 2018 as a lecturer at the University of Music and Performing Arts in Munich. He has been the director of the House of Gregorian Chant in Munich since 2006.

The Latin hymns of the Church inspire with their spiritual depth. Author Gregor Baumhof presents individual hymns with their different perspectives and pays particular attention to a translation that is aimed at spiritually interested people who want to be accompanied through the day, week and year by the spiritual power of the hymns. The unique hymns, which can be seen as Christianity's contribution to world literature, can be rediscovered and meditated on in their comprehensive quality.

Gregor Baumhof  
**YOU are light and day**  
**With the poetry of the hymns**  
**through the liturgical year**  
ca. 140 pages | soft cover  
date of publication: 22nd January 2024

**current meditations** and interpretations  
on centuries-old hymns

**latin hymns** of the Church interpreted  
comprehensibly by a specialist



In the 1st Council of Chalcedon (451 AD), the Church defined the doctrine of faith: Jesus Christ, through the incarnation and birth from the Virgin Mary, is true God and true man at the same time. What sounds rather unwieldy and theoretical in its theological formulation, the Franciscan monk Bernardino de Laredo (1482-1540) edited for meditation in this 2nd book of the trilogy "Subida del Monte Sión" and brought it from the mind into the heart. Even if the first addressees were his confreres, his endeavor is nevertheless a valid attempt to present the Christian faith and make it suitable for everyday use.

Bernardino de Laredo  
**Following in the footsteps of Christ**  
**Translated, introduced and with an**  
**afterword by Heinrich P. Brubach**  
Series: Sources of Spirituality Volume 16  
ca. 300 pages | soft cover  
date of publication: 18th March 2024

| **german first edition**

# Light as a feather



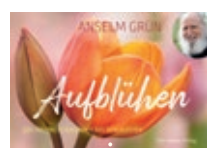
For many people, the season of Lent is an occasion to finally become lighter again—especially in physical terms. In this Lent companion, however, Anselm Grün shows a way of losing weight during the forty days until Easter, also in a spiritual sense—of letting go of expectations and injuries, taking oneself and one's life more lightly and thereby finding a light-heartedness which promises and makes a new vitality possible. Safe revenue generator Fasting—an important topic even for those who do not relate to faith.

**safe revenue generator**

**fasting**—an important topic

**even** for those who do **not relate to faith.**

edition 2023



98 pages | stapled  
978-3-7365-0465-3

Anselm Grün  
**Lighthearted**  
**The Lent calendar from the monastery**  
ca. 98 pages | stapled  
date of publication: 22nd January 2024

# So small and so effective



At the beginning of Lent, often there are no signs of spring to be seen in nature. Only little by little do the first green tips break through the hard surface of the earth until life becomes visible in full bloom at Easter. These 40 cards are encouragements for each day of Lent to trust in the growing and becoming, so that at Easter our own life will also bloom. You can put these cards on your desk to read them over and over again. Or put them in your pocket to always have them with you. Put them in lunch boxes to encourage you. Or place them on your pillow to surprise and delight. A wonderful gift—for yourself and others.

**ideal gift for Lent**

**successor** to the successful pocket calendar „Trust“

**Growing**  
**Lent for the pocket**  
40 cards | comes in a box  
date of publication: 22nd January 2024

edition 2023



41 cards | comes in a box  
978-3-7365-0466-0



# “What matters is that you feel welcome now”

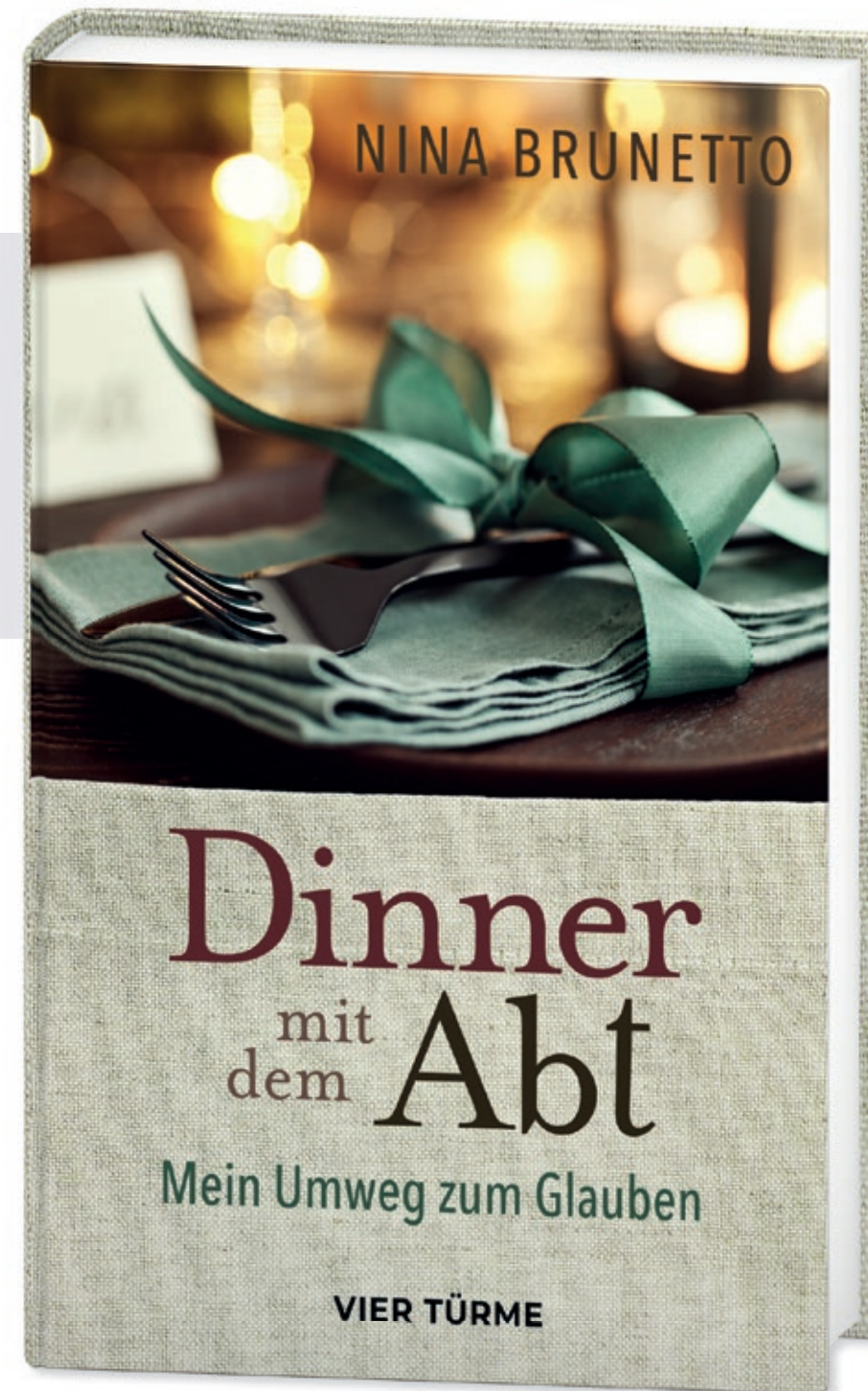
Nina Brunetto grew up in a household where religion did not play a role. Moreover, her childhood and youth were characterized by prejudices, especially towards the institution of the Church, as conveyed to her in her environment and through the media. Nevertheless, on her journey into adulthood, she repeatedly encounters people and moments that make her think about a possible “more” between heaven and earth. And when she is invited to dinner on a large scale, unexpectedly finding herself seated next to the abbot of Münsterschwarzach Abbey, the conversation with the man of faith becomes a real turning point in her life. A personal and honest book about a young woman’s unusual path from a convinced atheist to a convinced Christian.



**Nina Brunetto** | born in 1991, she develops stories as a story editor for a well-known TV format. She lives out her passion for music as a jazz singer and lives in Cologne with her partner, many records and two cats.

**countertrend:** Intriguing biography of a young woman who finds her faith

shows that **faith** can be **attractive and alive** again



Nina Brunetto  
**Dinner with the abbot**  
**My detour to faith**  
ca. 240 pages | hardcover  
date of publication: 18th March 2024

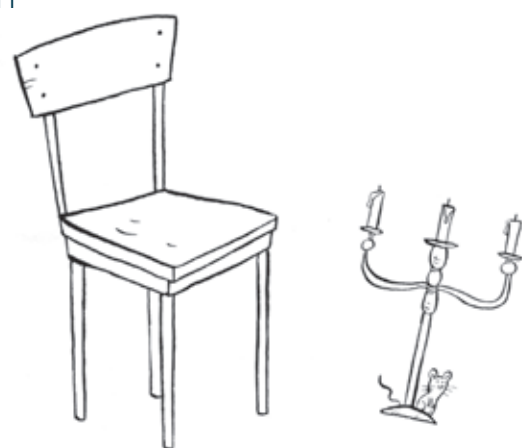
# Wisdom stories

The little monk is well known to us—he lives happily in his little monastery on the edge of the forest. But occasionally things happen or come across that make him wonder: What does trust mean? What is time? Is a monk allowed to laugh? And what is the right way to pray? Such and similar (life and faith) questions arise—how good it is that he has to have an understanding and humorous abbot and brothers to help him through life and faith. This beautifully illustrated volume is the first to collect the stories of the little monk, supplemented by many new tales. A great reading pleasure for all those who have taken the little monk to their hearts and enjoy having a smile put on their faces by him and his adventures.



humorous **wisdom stories**

for a **pinch of wisdom** in between



© Katharina Gebauer

**Matthias E. Gahr** | born in 1971, he has been associated with Münsterschwarzach Abbey since childhood. As a teenager he attended the monastery's Egbert-Gymnasium before entering the monastery's publishing business after completing his doctorate. Even in his free time, he remains spiritual and creative, and is active as a / is an active musician, lyricist, composer and speaker in the field of Christian popular music.



Matthias E. Gahr  
**The little monk finds the time  
and other tales of wisdom**  
ca. 160 pages | hardcover  
date of publication: 18th March 2024



# Giving away memories

When a person dies, their loved ones are often left with only their memories of them. But every person shares their very own experiences and moments with this person that they like to remember. These 30 beautifully designed cards in the box can therefore be understood as an invitation to the bereaved and people who were close to the deceased, to write down these memories. They can be displayed at the funeral or at the get-together afterwards and then be filled in. A precious memento and a valuable treasure for anyone who have lost a loved one.



**Linda Hüllbrock** | after studying philosophy and German language and literature, she worked at medical ethics institutes at the universities of Göttingen and Cologne. After training as a family grief counselor and accompanying families in the event of the premature death of a child and after prenatal medical diagnosis, she has been working as an independent grief counselor since 2023.



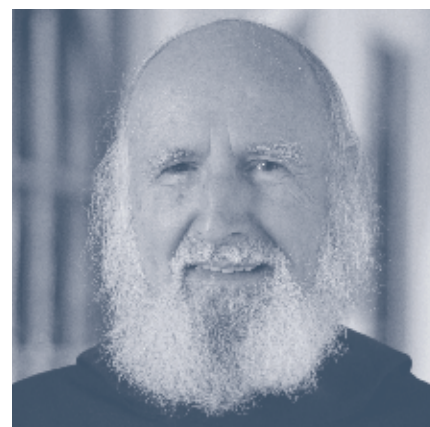
Linda Hüllbrock  
**When I think of you**  
**30 cards for precious memories**  
30 cards | comes in a box  
date of publication: 18th March 2024

a very personal and comforting  
**gift for mourners**

**funeral speakers, morticians, pastors  
and grief counselors** can give the cards  
to mourners

# What do I really need?

Moderation and the question of what do I really need—that's what we are dealing with today in a world of seemingly endless supply and seemingly unlimited possibilities. We are constantly challenged to find a balance between the different poles that determine our lives: Work, family, leisure, but also and especially all health and mindfulness, commitment and leisure, empathy and demarcation. In addition, there are often our own and other people's demands—often conveyed by the media—that we want or have to live up to. In this pocket seminar, Anselm Grün combines practical exercises with many impulses for everyday life, thereby showing a practicable way which allows us to find our own personal balance and to readjust it again and again when life circumstances require it.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.



many **practical ideas and exercises**  
for everyday life

**important and topical subject**, that also  
moves young people

Anselm Grün  
**The art of living the right balance**  
**Pocket seminar for reflection and growing**  
ca. 120 pages | hardcover  
features an elasticated fastener and a ribbon bookmark  
date of publication: 18th March 2024



# Now life is really about to start!

Finished your apprenticeship, got your A-levels, packed your bag and finally closed the door behind you in the nursery—you get the feeling: Now life is really about to start! Completely new, completely different, completely on your own, but also infinitely free and liberated! For parents, siblings, godparents, uncles and aunts, there is often nothing left to do but to wish young people all the luck in the world and let them go so that they can have their own experiences. This is often very difficult for those who are left behind. And because there is so little that can be said and done, this booklet is a help for both sides: a companion in all times to come, good words and wishes for difficult situations and a blessing that lets everyone know they are in God's good hands. A wonderful gift for anyone starting out in a new life!



**Br. Melchior Schnaidt** | born in 1974, he has lived as a monk in Münsterschwarzach Abbey since 2008. He has been a religion teacher at the monastery's Egbert-Gymnasium since 2010 and a school chaplain since 2019, and spends as much of his free time as possible in the open air.

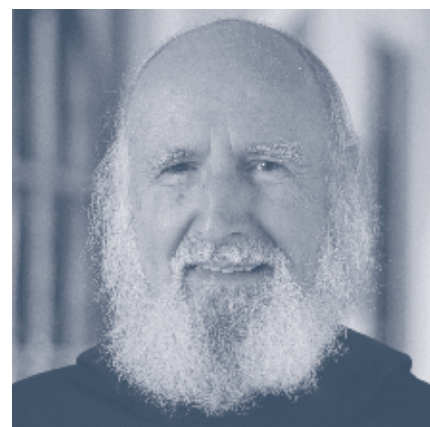
a great gift **for graduation**, the **end of training** or a **new chapter in life**  
with words of **blessing** and **benedictions**



Melchior Schnaidt  
**Off into life**  
**Good wishes for your way**  
ca. 128 pages | hardcover  
date of publication: 18th March 2024

# Life means being on the move

For a long time, hiking was more of a sport for older people, but now younger people have also discovered it for themselves. Because being out and about in nature helps you clear your head, “escape the rat race” for once and feel light—and suddenly you realize how little you really need to be happy. In this book, Anselm Grün shows that hiking is not about arriving as it is with traveling. Because you hike to be on the move, to stay on the path. Many people see hiking as a symbol for their lives. Step by step, each person follows their own trail, carries their own burdens, takes detours and goes astray, masters dry stretches, difficult and easy routes, experiences loneliness and community, walks with and towards others. In hiking, as in life, we take paths that others have taken before us and yet we also have our very own experiences along the way.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.

| hiking as a **trend topic**

| **spiritual guide** for all who like to be outdoors or go on a pilgrimage



Anselm Grün  
**Hiking**  
**More than just being on the move**  
ca. 128 pages | hardcover  
date of publication: 18th March 2024



# Through the flower



“There must be order,” they say—and that’s true. “It’s quite alright if not everything is in order,” says Bernhard von Clairvaux—and that is also true. Criticism is necessary, on the one hand—and that is true. Criticism should not hurt, on the other hand—and that is not true. “Say it through the flower” (german saying for: “Formulate something unpleasant nicely or say it indirectly”), as the saying goes. Regardless of whether the flowers come in the form of roses or thistles, they can sting here and there. The pictures by Polykarp Uehlein in combination with wisdom stories by Anthony de Mello emphasize both: pleasure and displeasure in one.

**church criticism** humorously packaged  
**for Anthony de Mello fans** and all those  
who love wisdom stories

Wolfgang Bernhardt (ed.)  
**Mirthful stories about the (dis)order of the Church**  
with pictures by Fr. Polykarp Uehlein OSB  
ca. 90 pages | hardcover  
date of publication: February 2024

# Useful presents



## | Hildegard for today

The visions of the Benedictine nun Hildegard von Bingen touch people time and time again. Her words show us a way to live in harmony with ourselves, creation and God. Anselm Grün meditates on her words, which bring us into contact with our innermost being and allow us to become truly whole.

Anselm Grün  
**Healing with Hildegard von Bingen**  
Series: Münsterschwarzacher Gift Booklets  
32 pages | stapled  
date of publication: 18th March 2024

## | A smile is like a gift

Anselm Grün shows us that the world is full of joie de vivre with endearing texts that make the sun shine even on dull days. An original gift for dear friends, likable colleagues, kind helpers and everyone who enhances our lives.

Anselm Grün  
**A smile for every day**  
Series: Münsterschwarzacher Gift Booklets  
32 pages | stapled  
date of publication: 18th March 2024



VIER TÜRME

Autumn  
2023





# Easter tastes like chips red and white

Advent, Christmas, Lent, Easter—in all Christian celebrations our human our human experiences are condensed in biblical stories and images of faith. Stories from another stories from another time, which did not happen exactly as they did, but of a profound truth. Like Good Friday, for example, which reminds us that life can hurt. that life is allowed to hurt. That the pain can in your bones. That life can be more than light and bright. And that it will be dark for a while before the first Easter Sunday morning, the first candles carefully light up. In this book, Sabrina Wilkenschof makes it clear that Christian festivals and holidays Christian festivals and holidays reflect our lives. And sometimes sometimes shed new light on them—if we want to. At the same time her feelings, experiences and insights and leaves plenty of room for and leaves a lot of room for her own life experiences. This gives rise to something like cross-references to one's own life. In addition, there are there are always „empty lines“ in which you can write what your own life what your own life responds to. And: It contains a lot of practical practical ideas and impulses on how to make visible in everyday life and senses can be made visible and comprehensible in everyday life.



**Sabrina Wilkenschof** | born in 1985, the author studied Protestant theology and received her PhD in it; she is a pastor and is also active as an author and speaker of religious formats on Bavarian radio, at the Kirchentag as well as at the Protestant Academy Bad Boll. She is married, has three children and lives in Traunstein.



**reinterprets** the festivals of the year  
**in a new way**

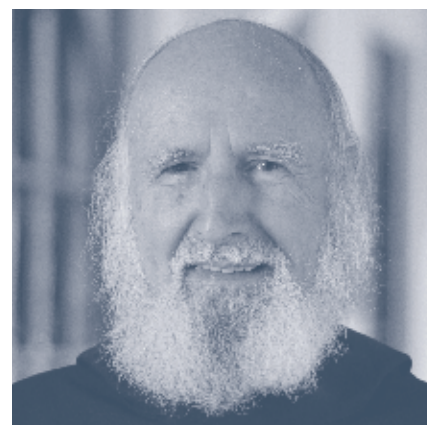
an encouraging **everyday companion**

also for people **without church background**  
and for **younger readers** and **families**

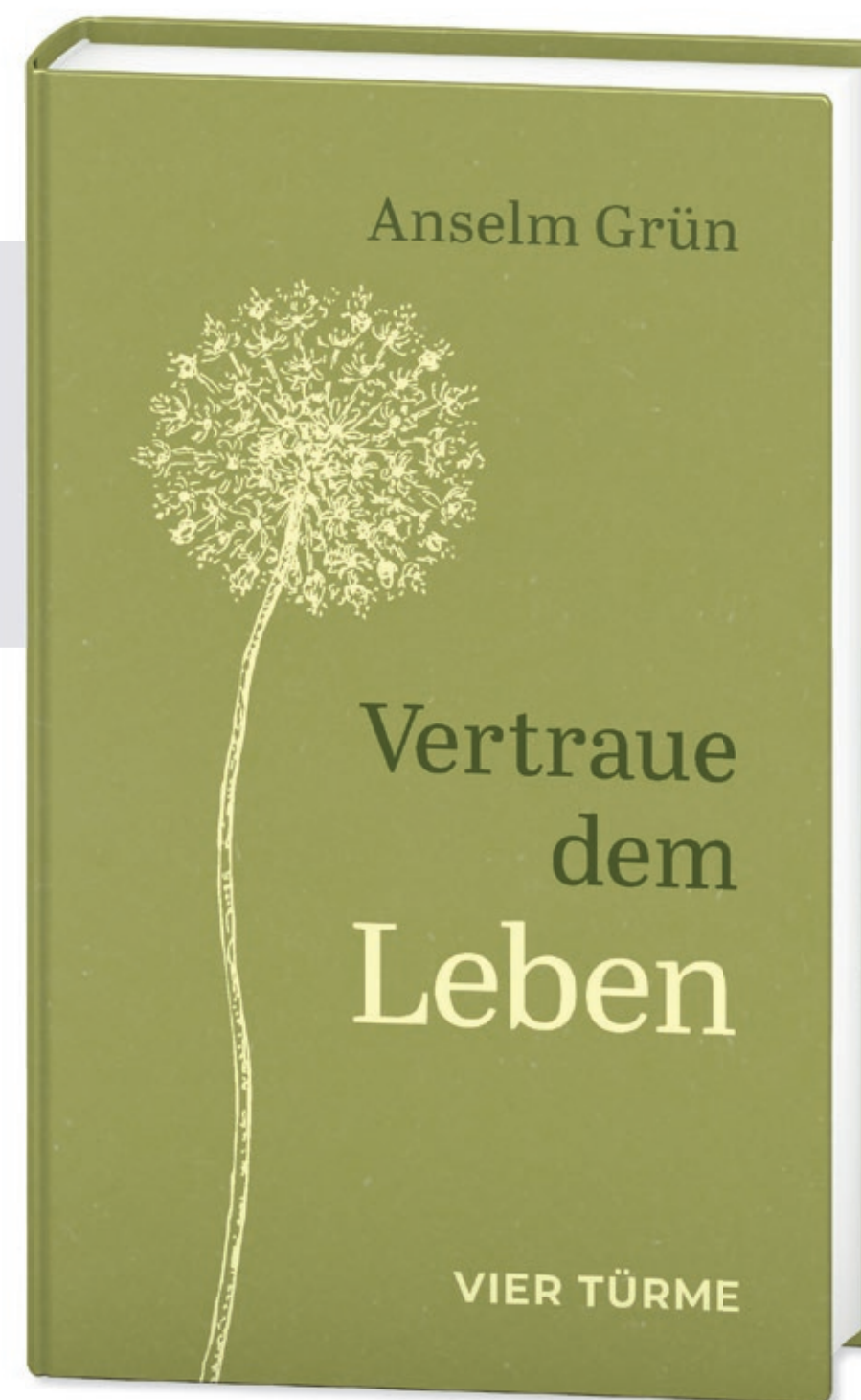
Sabrina Wilkenschof  
**How to clean the dust off hope**  
**Old holidays in new splendour**  
ca. 144 pages | hardcover  
date of publication: 18th September 2023

# You are the change!

We live in a time, in which the news, by which we are assailed on a daily basis, make us insecure and afraid—fear of war, of displacement, of poverty, of disaster fear of our own future and the future of our world. In this book, Anselm Grün manages to change the perspective and—together with the reader—, instead of looking at what is difficult and maybe lacking any solution, to point to the resources we have, which we can fall back on and which bring us back into balance. For each of us has experienced, lived through and mastered difficult times. Everyone has strengths, abilities with which she / he can change something for the better—you just have to (re)discover them. A book that gives confidence and strength in these sometimes so difficult and uncertain times.



**Father Anselm Grün OSB** | is the best known and most successful writer on Christian and spiritual topics of our time. He has lived for over 55 years as a monk in Münsterschwarzach Abbey, the treasurer of which he was for more than 30 years. His books are important companions for many people, regardless of their denomination.



Anselm Grün  
**Have faith in life**  
ca. 144 pages | hardcover  
date of publication: 18th September 2023

learning to **see good things** and  
gaining **joie de vivre**

great **encouragement**

as a **present and souvenir**—not only  
in difficult times

published already



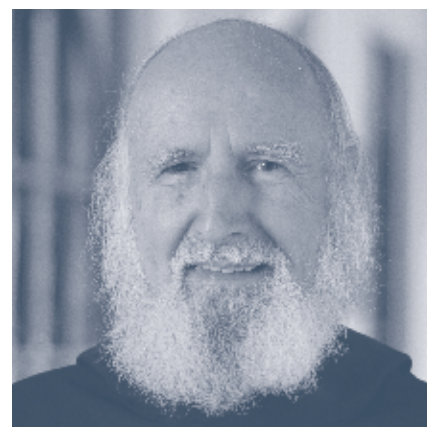
139 pages | hardcover  
978-3-7365-0486-8



# Protected and held

Angels are always by our side. They protect us, especially in difficult situations. When we are sad, when we feel abandoned, they give us confidence and comfort. Anselm Grün knows this power of the angels, and so each of these cards can become a blessing for a special day or for a special person.  
Encouraging gift for all who wish for protection, hope, assistance and comfort.

companion(s) **for ourselves** and  
**for the people we care for**  
use as **ritual cards** or **to send**  
giving **blessing** and **protection**



**Father Anselm Grün OSB** | is a spiritual counsellor across denominational boundaries. With his angel books he reaches an audience of millions.



**Christel Holl** | has designed murals in community centres and kindergartens as well as stained glass windows for churches and chapels. Christel Holl's life is characterised by a deep religiousness, which is reflected in her work.  
After various further training courses, including in London and Switzerland, she went through different artistic phases, which is clearly recognisable in her different techniques. Today, Christel Holl has numerous successful exhibitions at home and abroad.



Anselm Grün  
**An angel on your way**  
ca. 52 cards | comes in a box  
with illustrations by Christel Holl  
date of publication: 18th September 2023

in co-operation with  **Beuroner Kunstverlag**

# Catching fire again!

Passion is a force that sets things in motion. It is the prerequisite for creative action. And that is why we need it not only in the arts, but also in science and in our commitment to other people and to justice in the world. With this book, the authors, Benedictine priest Anselm Grün and the Taiwanese publisher Hsin-Ju Wu, show readers a way to awaken or rediscover their own passion. For burning for something leads to feeling yourself again and in doing so, finding more liveliness that helps taking responsibility for one's own life and the future of this world.

highly actual discourse: **passion**  
**and responsibility**

important **spiritual topic**



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books touch a wide audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.



**Hsin-Ju Wu** | is the chief editor at South & North Publishing in Taiwan. Together with Anselm Grün, she has written several books for Vier-Türme-Verlag already, most recently "Selbstbestimmt im Alter".



Anselm Grün, Wu Hsin-Ju  
**What are you on fire for?**  
**Live passionately**  
ca. 144 pages | hardcover  
date of publication: 21st August 2023



# Dried fruit and demons

You have to be tough to retreat into the wasteland like the desert fathers of the 3rd and 4th century (did,) in order to lead a life full of privation there and to fight against their own and other people's demons. But even if nowadays you do not necessarily have to go into the desert anymore: The confrontation with one's own shadows and temptations remains a task that we have to face in our daily lives. (And) the monks' sapient advice on how to deal in doing so, ultimately find oneself—tested and purified in the desert sands—can be a good guideline day as well.



**Katharina Ceming** | has been an adjunct professor at the University of Augsburg since 2011. She combines her passion for philosophy with her work as an author and publicist. In doing so, she has already written numerous books and gives lectures and workshops on mysticism and spirituality throughout Germany. Most recently, "Grenzwertig" was published by Vier-Türme-Verlag.



Katharina Ceming  
**Off to the desert**  
**Courage for self-knowledge**  
—copied from the desert fathers  
ca. 160 pages | hardcover  
date of publication: 21st August 2023

**trend topic:** asceticism

oldest sources of **Christian spirituality**  
**and values**

**entertainingly and humorously** served

published already



144 pages | hardcover  
978-3-7365-0487-5

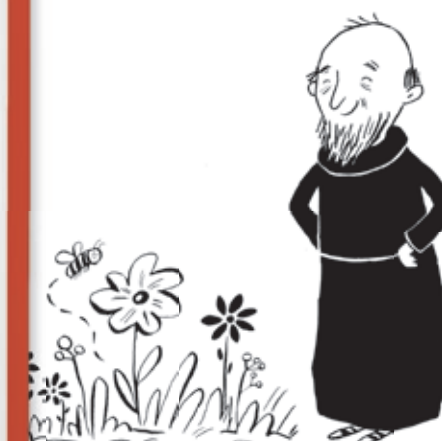
# No fun in the monastery?

## READING SAMPLE

"The sun was shining on the little monk's nose as he sat in the monastery's garden on this beautiful day in early summer. He had made himself comfortable on a bench after afternoon coffee, enjoying the fragrant blossoms of a hydrangea and watching a bumblebee crawling on them. Then the monk, who had set up a couple of (bee)hives in the corner of the garden, came around the corner and watched the two. "They're funny, the little chubbies, aren't they?", he asked. "Chubbies?", the little monk wondered with a grin. "Yes, that's what I like to call them", laughed the monk. "Did you know that the Latin name for bumblebees is ,Bombus'?", he asked. "Bombus?", repeated the little monk, "well, that fits the chubbies", and both monks had to laugh heartily. "Hey you over there, be quiet!", someone shouted through the garden. The two had not noticed (that) the old monk of the monastery (was) coming toward them. "Why are you laughing so foolishly?", he asked harshly. "Don't you know that laughing is not allowed in the monastery?" The young monks looked at each other. "Oh really", said the little monk a bit cheekily, "and who (do you think) is going to prevent us from laughing? It's part of life, isn't it?" "Not so of a monk's life (though)", the old man replied grumpily, and stomped off."



Father Zacharias Heyes | is a monk at Münsterschwarzach Abbey, where he works in the guesthouse as well as in the metal workshop. As an "artist monk" he creates impressive sculptures from stone and wood. His book series "Der kleine Mönch" reaches a large audience.



Father Zacharias Heyes  
**The little monk and the thing about laughing**  
ca. 128 pages | hardcover  
date of publication: 21st August 2023

benedictine art of living: **humorously narrated**

with lots of **background information**

**lovingly designed**

published already



128 pages | hardcover  
978-3-7365-0400-4



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# Seeing with different eyes

The eyes are a marvel. As the organ of vision, they determine not only what we perceive, but above all how we perceive. Often, we are not aware that every vision is already an interpretation of reality. In this book, Ulla Peffermann-Fincke highlights the importance of the eye not only as a sensory organ, but also as a mediator of impressions and their effects. A lecturer of courses on personality development, she keeps experiencing how various the perspectives are, how different thinking and feeling can be—so different at times, one may regard one's counterpart to be living "on another star." This diversity can be highly explosive—and life-enhancing, if one is willing to remain a learner, to discover new territory by daring to look at things from a different perspective. Facing this process means admitting that one has been wrong. It also means, however, being and staying alive, being open to new images and impressions and, by overcoming encrusted and engrained views, growing beyond oneself—time and again!

accepting other points of view: **important social issue**

**change of perspective** as a source of modification and vitality

**see more** through the eyes of others



**Ulla Peffermann-Fincke** | born in 1957, the author accompanies people in different phases of life and is always amazed at the abundance of possibilities for meeting life's challenges. As a non-medical practitioner, she leads courses in personality development. Among other things she uses the method of the Enneagram according to Helen Palmer's oral tradition. In this way, she supports those seeking help in difficult situations to rediscover happiness and meaning in their own lives.



Ulla Peffermann-Fincke  
**New-See-Land**  
**What is to be gained by changing your perspective**  
ca. 144 pages | hardcover  
date of publication: 21st August 2023

# More than 1000 words



We say a lot—but do we really talk to each other? Do our words still come from the heart? In this book, Anselm Grün counters the generally lamented decline of the culture of conversation with biblically and psychologically based reflections on the topic of conversation and language. The starting point of his reflections is mindfulness to language and a high sensitivity for the power and effect of words. From this he develops a new approach in order to return to genuine conversation.

Anselm Grün  
**Speak mindfully—be silent powerfully**  
**For a new culture of conversation**  
Series: Edition Anselm Grün  
ca. 192 pages | hardcover  
date of publication: 21st August 2023

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# God—a business leader?

An economist and experienced businessman, Anton Börner is convinced that if the Christian tradition still has something to say to us today, then its message will have to be formulated in a contemporary way. A language that modern people around the world use and understand. Given this background, the author illuminates the story of creation in the Old Testament like a business plan: As an entrepreneur with creative vision, God designs the project and checks it as for logic, plausibility, risks and efficiency. He improves, where necessary, and then he sets about implementing his plan. Anton Börner analyzes this “corporate concept of God” from the creation of the universe, the incarnation, crucifixion and resurrection of Jesus to the judgement of the living and the dead on the Last Day. This book is an unconventional attempt to convey the key messages of Christian faith and to find convincing and contemporary answers to questions and doubts about God in the statements of the Bible.

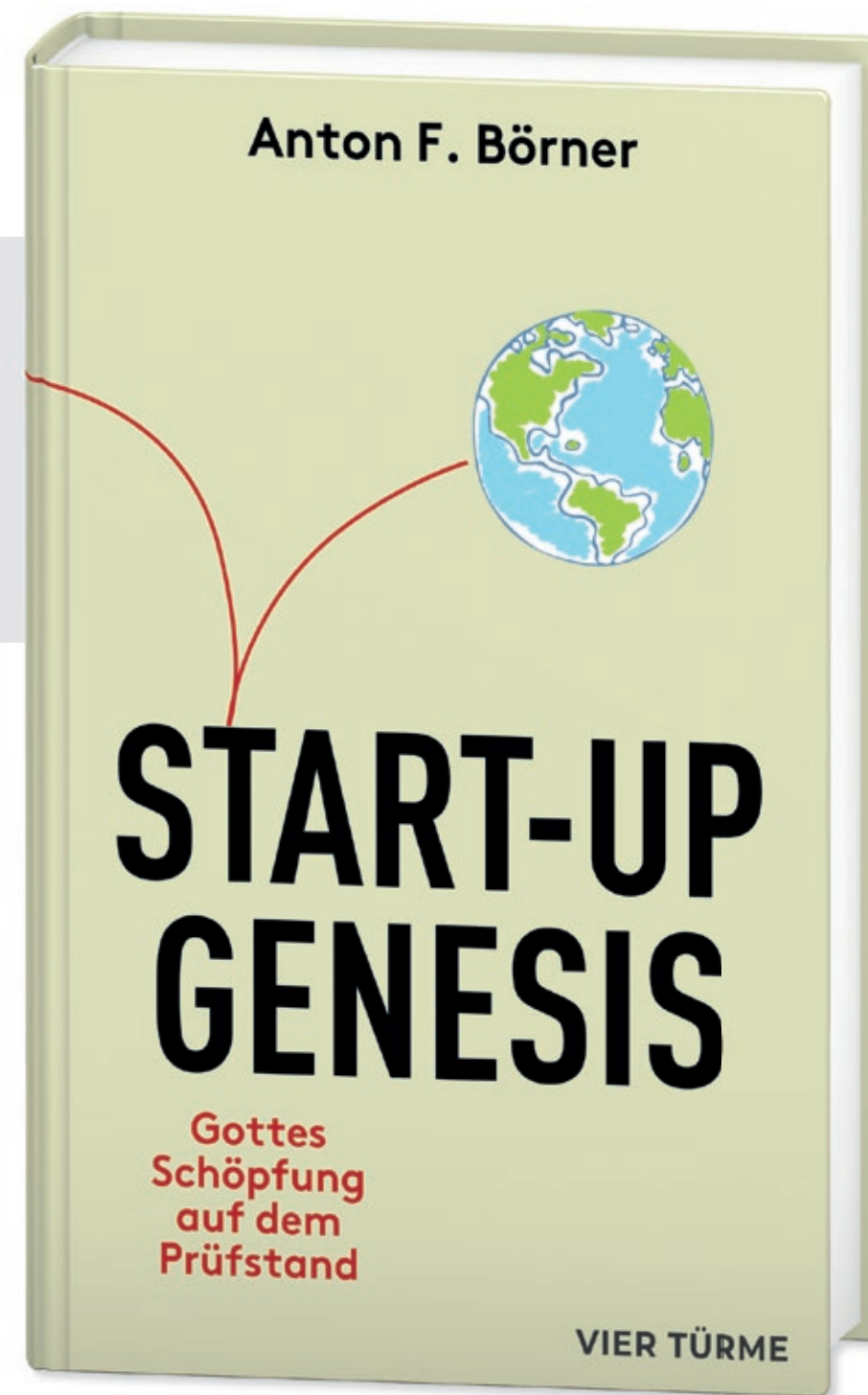


**Anton F. Börner** | has been the president of the German Wholesale, Foreign Trade and Services Association since 2020, of which he was in charge from 2001-2017 for 17 years already. He deems the international dissemination of the principles of the social market economy, the strengthening of the intercultural exchange, and the continuation of the dialogue between politics, business and the church important topics of our time.

**key messages of faith** in contemporary language

exciting thought experiment **about the plausibility of faith**

**author with strong media high profile**



Anton F. Börner  
**Start-up Genesis**  
**God's creation put to the test**  
ca. 280 pages | hardcover  
date of publication: 18th September 2023

# Not just functioning

When a person dies or we lose something we mourn, we often feel like we're just functioning, because many everyday things simply need to be done. But it also takes the other side: the break from functioning, from maintaining an old, familiar order in a new, confusing situation. And above all, it takes time to give space to grief so that a new everyday life becomes possible again in the first place. This book is an encouragement to those who are grieving not to be told how quickly they have to function again or how quickly they have to overcome their grief, but to take the time that their heart and soul need to understand the loss and to let the wounds heal.



**Anke Keil** | works as a grief counselor in a hospice and as a project developer for the Trauerpastorale Center in Esslingen where she lives with her husband and four children. After her daughter was stillborn in 2015, she and her husband founded a support group for prematurely orphaned parents and trained as a grief counselor. Her book "Als Frau Trauer bei uns einzog" is in its 4th edition already.



Anke Keil  
**Finding what remains**  
**Encouragements for mourning**  
ca. 120 pages | hardcover  
date of publication: 18th September 2023

gift book **for mourners**

**wealth of experience** for the time of  
mourning by a **successful author**

published already



60 pages | hardcover  
978-3-7365-0283-3



# Out into hope



The horizon is a constant companion in our lives. It gives us a foothold by showing us a boundary, and at the same time points us beyond this boundary. This makes it a fitting image for our human existence because it is precisely in times of crisis that we often experience the limitations of our lives, our limited vision. But it also points beyond the narrowness and gives us the confidence that it goes on “beyond the horizon”. In 21 pictures by Hagen Binder and texts by Father Anselm Grün, the authors meditate on this space of breadth and freedom, in which longing and hope lead beyond all that is visible and limited.

**hopeful meditations** (not only) in times of crisis

dialogue of **texts and images**



Anselm Grün, Hagen Binder  
**Feeling the horizon**  
**Texts and images of orientation and promise**  
ca. 90 pages | paperback  
date of publication: May 2023

## Night prayer

Do not hope,  
it would have turned out differently.  
No longer hold on,  
what wants to go.  
No longer avoid,  
what stands on the threshold.  
No longer seeking,  
what the moment lacks.  
No longer watch.  
Trust the darkness of the night.

## Poetic texts about winter time

Winter time. The forces of nature retreat. The light gives way to darkness. A special silence spreads. The dark season gifts us with a beauty all of its own and with symbols that take us on an inner journey. We encounter letting go and becoming empty, silence and listening, waiting and deep receptivity. When the solstice seals the return of the light and the nights between the years invite us to set out, new creative forces grow within us, which soon bring forth exuberant life.

## Surprise success

In winter-white silence is like a poetic walking meditation through the winter mystery, towards more depth of life, touchability, courage and peace of heart.



Giannina Wedde  
**In winter white silence**  
**A companion through the dark time of year**  
192 pages | hardcover  
date of publication: September 2021

**5<sup>th</sup> edition**

# Nobody is perfect

Advent and Christmas time—snuggling up in front of the fire, baking biscuits with the children, time to read, time for silence. That's how we always imagine it. And then things usually turn out differently. Because Advent is clogged with appointments. Or because the biscuits burn and you fail every day due to your own and other people's expectation management. This calendar is a loving companion for people who struggle with the much-described Advent spirit. Because the reality is often not so much atmospheric as it is gruelling. A calendar for people who discover the beauty in imperfection. And who can rejoice when a day is wonderfully normal, so that in the end a pre-Christmas feeling can set in.

**advent calendar** from 1st of December to 31st of December

**especially for people who have a hard time with the holidays**

**sales success** from 2022



**Anke Keil** | works as a grief counselor in a hospice and as a project developer for the Trauerpastorale Center in Esslingen where she lives with her husband and four children. After her daughter was stillborn in 2015, she and her husband founded a support group for prematurely orphaned parents and trained as a grief counselor. Her book "Als Frau Trauer bei uns einzog" "When Mrs Sorrow moved in with us" is in its 4th edition already.

**published already**



52 pages | hardcover  
978-3-7365-0461-5



Anke Keil  
**Little pre-Christmas feelings**  
**Advent calendar for everyday life and imperfection**  
ca. 66 pages | stapled  
date of publication: 18th September 2023



# Moments of happiness

# Advent is when it gets light



## | simply **switch off**

Our daily lives often challenge us and leave us little time to breathe. Anselm Grün's words are small encouragements to interrupt the daily routine time and again in order to find yourself and recharge your batteries. He shows how short breaks can help us draw strength and relax.

## | being **at home**

Many people long for security, for a place where they feel safe. We often find it in the people around us, Anselm Grün, however, shows that we can also find it in God and, above all, in ourselves. For whoever is secure in himself can be at home everywhere and becomes a source of security for others.

Advent is during the darkest time of the year, when the days are shortest and the nights are long and cold. It is precisely then that people light in their homes and on the streets. They symbolize the light of hope that we celebrate at Christmas: Jesus, the Son of God, became man. In this calendar, Anselm Grün makes it clear that wherever one is a light in the dark(ness) for another one else, where reconciliation becomes possible, where love is stronger than death, where poverty and misery are overcome and strangers find a home, everywhere we light the lights of hope, Jesus is born again today and the world becomes a little better, more hopeful and brighter.

Anselm Grün  
**A little timeout for yourself**  
Series: Münsterschwarzacher Gift Booklets  
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date of publication: 14th March 2023

Anselm Grün  
**What gives a feeling of security**  
Series: Münsterschwarzacher Gift Booklets  
32 pages | stapled  
date of publication: 14th March 2023

## | **large circle of fans**

Anselm Grün's only **Advent calendar**

Anselm Grün  
**Lights of hope**  
**The Advent calendar**  
**from the monastery**  
ca. 48 pages | stapled  
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