



Foreign Rights Spring 2023

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Frank Berzbach

Living In-Between

Fully Enjoy Life on the Road

270 pages

Hardcover, 17th Jan 2023

At home on the road

For a whole year, Frank Berzbach criss-crossed Germany by train – to any appointment, any

date but also to the various “homes”, i. e. places he felt at home at then. It was a time that was characterised by the most different of feelings and expressions: he lost himself in the placelessness of being on the road, while at the same time, however, feeling his personality grow. He also lost his sense of knowing whether he was on his way to or from another destination, yet he found a home with the people who offered him shelter.

Many a thing he encountered, the experience of the quotidian opened up a new, different dimension to him: gazing out of the train window and at the other passengers, meditating on newspaper articles, the passing away of neighbours and famous writers, the devout moments of a God who is always going with us.

A book for people on the road – to themselves and in the world.

- Being on the road as spiritual topic
- Successful writer who is also active on social media channels



Anselm Grün

The Art of Being Alone

144 pages

Hardcover 17th Jan 2023

Alone doesn't mean lonely

Many people are afraid of being alone because they feel lonely and isolated. These moments, however, can also turn out to be a blessing since there is no true self-knowledge without being alone, which is an integral part of every spiritual journey.

Therefore, Anselm Grün reflects on the art of putting up with oneself in this book. He focuses on important aspects such as finding one's inner centre, keeping body and soul in balance, on freeing ourselves from other people's expectations and external pressure. A useful instruction on how to gain strength from being alone in order to find serenity, ease and clarity.

- Important, widely marketable topic
- Offering helpful practical advice for everyday life



Katharina Ceming

Borderline

***What Goes Wrong in Debates on Racism,
Identity Politics and Cultural Appropriation***

ca. 144 pages

Hardcover, 17th Jan 2023

For an open and tolerant society

The tone in social debates on issues such as values, human rights and discrimination has become increasingly harsh. Although on a legal level, most forms of injustice have been eliminated, members of minority groups are still exposed to that in their daily lives. This has led to an increase of efforts against discrimination which are often related to ideas such as identity politics, microaggression theory or the concept of cultural appropriation. As a result, discussions in society have become increasingly controversial, along with black-and-white-thinking that seeks to find unambiguities in a highly complex, global world and society, which in this way cannot be found nor established.

This book therefore sees itself as a plea for an open and tolerant society that can offer the structural framework for the coexistence of many different views and attitudes, while at the same time being the precondition for an open discourse on controversial issues.

- Highly topical matter of controversy
- Easily accessible, yet profound description of the basics of a complex debate



Anselm Grün, Bernd Deininger

Faith and Rationality

The Meaningful Reason of Religion

ca. 144 pages

Hardcover, 14th March 2023

With heart and mind!

This book focuses on St. Paul the apostle who like no other character in his day has left his mark on early Christianity. He who is known to be among the fierce persecutors of the new religion at first, becomes its most passionate advocate due to his encounter with the risen Christ. At the same time, he symbolizes a mission that lasts until today – translating Jesus Christ’s message in our time. He accepted the challenge which, both then and today, was not to distort its original message but to spread it in words that people in his day would understand.

In this book, Anselm Grün and Bernd Deininger show the topicality of St. Paul’s interpretation, which he keeps reminding the various Christian communities of in his letters. They do so in a way that is both impressive and exciting, while approaching the texts from a spiritual-mystical and a psychoanalytic point of view, respectively – a combination which shades a whole new light on the meaningful reason of religion.

- Spirituality meets depth psychology
- Texts from the Bible interpreted for today



Anselm Grün

Don't Miss Out on Your Life

Series: EAG, Vol. 12

176 pages

Hardcover, 17th Jan 2023

Living instead of being lived

Many people feel like they miss out on their lives. Many of them are dependent upon other people's opinions and live *their* lives rather than their own. Then there are others who, in the face of the abundance of things life has to offer, don't know what to choose – and end up making no decisions at all. As a result of both, however, – ambitious goals and convenient immobility – we miss out on many things. In this book, Anselm Grün encourages us to stay alive on the inside and also not to limit ourselves too much – since only then we may discover our own possibilities and abilities and live them to the full.

- New edition of the bestseller
- Frequent topic / issue at events and workshops



Bernardino de Laredo

***Self-Knowledge and Humbling
Demeanour***

**Translation, introduction and afterword
by Heinrich P. Brubach**

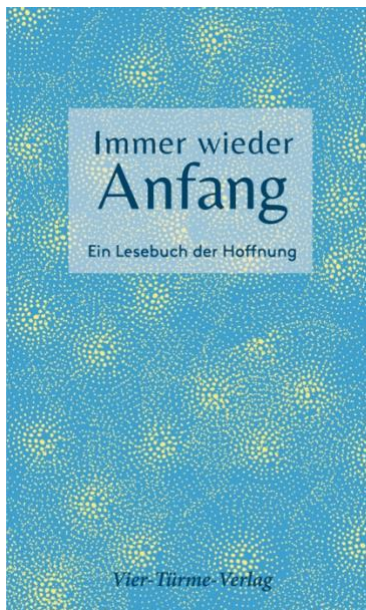
Series: Sources of Spirituality, Vol. 21

200 pages, paperback, 14th March 2023

A monk, doctor and chemist, Bernardino de Laredo was a pioneering mystic of the 15th century. In “Ascent of Mount Sion”, the first volume of the trilogy, he sees the reasons for the difficulties of spiritual life in our lack of self-knowledge and a tendency to refuse to seriously change. Nearly everyone of us, he argues, likes to hide behind a mask, not only from others but also from ourselves.

Hence humility and self-knowledge, the way Bernardino de Laredo teaches them to us, are by no means outdated virtues but eternal and important spiritual efforts, without which our relationship to God, to ourselves and our neighbours remains troubled.

- First edition in German
- Crucial work of Spanish mysticism



Marlene Fritsch (ed.)

A New Start – Time and Again

A Reading Book of Hope

144 pages

Hardcover, 17th Jan 2023

Like a light in the darkest of nights

Hope, like yearning, is the beginning of everything: trusting that things are going to be fine, that – as is the message of Easter – life will eventually prevail, even if believing in it might be difficult at times.

Hope is indeed comparable to food, keeping people alive, sometimes even saving lives. And it is a wonderful gift for those whose days are growing darker, who have to make a new start or those with difficult times ahead of them.

A book like a light in the darkest of nights, like a paschal fire at the beginning of dawn.

- Encouraging gift for Easter, visiting ill loved-ones or starting anew
- Texts full of confidence and inspiration



**Anselm Grün, Ahmad Milad
Karimi**

Bring About Peace – Be Peace

ca. 144 pages

Hardcover, 14th March 2023

Promoting peace without weapons

When in February 2022 the war in Ukraine broke out, people all over the world were in shock. Never could they have imagined something like this to happen again in Europe. Although many went and still go out on the streets to demonstrate for peace, they often feel helpless in face of political leaders' goals.

Christian monk Father Anselm Grün and Ahmed Milad Karimi, a scholar of Islamic philosophy, know from experience that often the causes of war are not to be found on the world stage, but rather on a personal level, in the private sphere since so many people are in discord – with themselves, with others, with God.

The authors do know, however, that here is the key to change and making the world more peaceful, which can be achieved by setting an example for peace and thus being a role model to others. In this book, the two writers enter into a dialogue on the various possibilities of bringing about peace in the personal as well as in the social sphere, of living it and eventually, of its nature, becoming peace. A book that shakes up and inspires to keep standing up for peace – both small- and large-scale.

- Highly topical issue that moves many people
- Exciting dialogue of religions



Anselm Grün

How to Live with Sorrow

A Pocket Seminar for Reflection and Growth

ca. 122 pages

hardcover with elastic strap closure and ribbon page marker, 17th Jan 2023

Bringing death back to life

Times of sorrow are often times of speechlessness. It is hard to accept a loved-one being gone for good. Mourning occupies all of our thinking and living. It is then important to allow it to happen, to talk about instead of repressing it in order to find new strength. In this book Anselm Grün shows us ways to cope with bereavement. His gentle, lucid texts give comfort, many practical ideas and impulses help comprehend one's own grief, to integrate it into our daily life and learn to live with it.

- Companion through times of mourning
- Includes practical ideas and impulses for everyday life



Marlene Fritsch (Hg.) / (ed.)

Between Night and Dream

Readings for the Sleepless and the Bright

ca. 144 pages

Hardcover, 14th March 2023

Between waking and dreaming

This might be a familiar scenario to many: tired and content, with a happy sigh, we gently fall into our soft pillows in the evening – only to sit in bed wide awake as soon as we have switched off the light. Or we wake up in the middle of the night, bothered by our thoughts going round in circles that no counting sheep might put an end to. Instead of being annoyed of not being able to sleep though, one may take advantage of the night – that enchanting silent time –, and do pleasant things – reading, for example. Not only do you become smarter, it often also helps your lids become heavier so you can let yourself fall into the arms of dreams at last.

This book is a collection of all things mysterious and thought-provoking, enlightening and exciting as well as relaxing about the time and space between waking and dreaming – a pleasure for all who have stayed awake or woken up.

- Wonderful gift book for a dear friend
- Suitable for group readings



Jakobus Geiger

Ways to Silence

Impulses for Contemplation

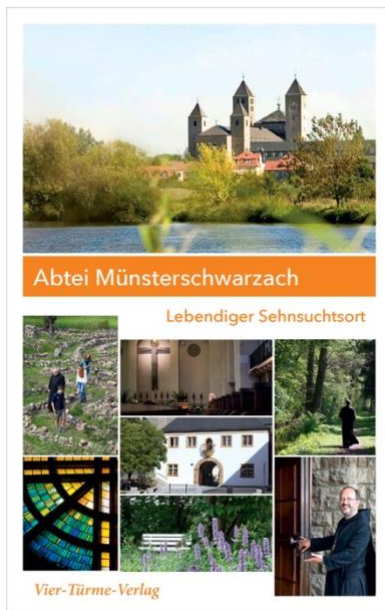
ca. 160 pages

Hardcover, 14th March 2023

Looking for God in silence

Christian contemplation has become ever more popular in recent years, a constantly growing number of people has discovered this method for themselves and uses it for their own spiritual growth. Brother Jakobus Geiger, who is a monk at Münsterschwarzach Abbey, has been devoting himself to this topic for many years, with his courses being widely fully booked. This volume gathers the findings and impulses of his work, thereby enabling the reader to gain further insights into what has been heard and practiced.

- Increasing interest in Christian contemplation
- Useful form of meditation for every day



Matthias E. Gahr (Hg.) / (ed.)

Münsterschwarzach Abbey

Vivid Place of Yearning

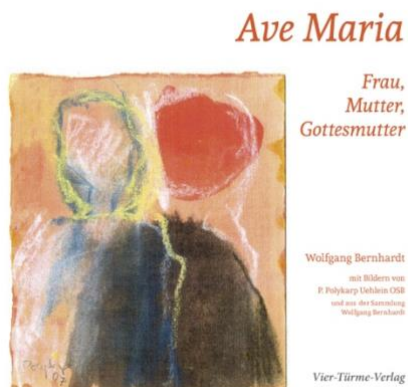
ca. 144 pages

Hardcover, 14th March 2023

A very special guide to the monastery

The Abbey of Münsterschwarzach offers a wide range of spiritual places to be discovered: As opposed to the abbey church which is widely visible, the *Bachallee* (a walk along the stream, lined with trees), the visitors' garden or the abbey's cemetery cannot be found that easily. Not only does this somewhat different guide to the monastery lead the ways there, it also has many of the monks at Münsterschwarzach have their say in the articles who tell about the special spirituality of these places.

- For visitors and friends of Münsterschwarzach Abbey
- Special insights behind the monastery's walls



**Wolfgang Bernhardt (ed.), with
illustrations by Polykarp Uehlein**

Ave Maria

Woman, Mother, Mother of God

ca. 58 pages Paperback

Already published

The “Ave Maria” is *the* central prayer of the Virgin Mary’s cult where in pictures and songs Mary is praised as the liberating, healing, patient and suffering mother.

Thoughts by Wolfgang Bernhard, illustrations by Polykarp Uehlein OSB as well as artworks from the Collection Wolfgang Bernhard take the reader on a trip to the world of the Virgin Mary’s cult, a journey beyond pious kitsch.

Cards & Calenders



The Lent Pocket Edition

Inspirations for every day

Little inspirations (not just) for along the way

These forty little cards are inspirations for any new day during Lent, to learn to trust anew. You can give them as a present to yourself. Or to others who might be finding it hard to believe. You might put them on your desk, to read them over and over again. Or in your pocket, and carry them with you. Put them in your lunch box and be inspired. Or on top of a pillow, to surprise and delight. Or wherever a portion of trust is being needed.

- unusual fasting calendar
- great little present for loved-ones



Anselm Grün

Thrive

The Fasting Calendar from the Monastery

With the eyes of the heart

The same way nature starts to bloom in spring, so we begin to grow anew. Knowing that even after the coldest and darkest of winters spring powerfully returns, that life will find a way, gives confidence which helps us get through difficult times. A calendar giving hope and inviting us to look at things with the eyes of the heart.

For many years, Father Anselm Grün has been accompanying his readers with his Lent calendar from Ash Wednesday till Easter. His texts give strength and confidence.

- Ideal gift for the Lent and Easter table
- Loyal, annually growing customer base for this calendar

Gift Books



Anselm Grün

Give Your Soul Time

Little time outs for every day

32 pages

Many people feel exhausted by their daily lives. Often there is hardly any time left for themselves. Only those, however, who allow themselves time outs, will stay healthy – emotionally and physically. Anselm Grün inspires you to regularly pause for a moment and thus gain new strength.



Anselm Grün

For a Wedding Anniversary

Together through thick and thin

32 pages

When a couple celebrate their wedding anniversary, together they have gone through a long, often eventful time. Anselm Grün invites us to think about the events past and future on this special day and to celebrate the anniversary with pride and joy.