



VIER TÜRME

Spring
2025

PROGRAMME
PREVIEW

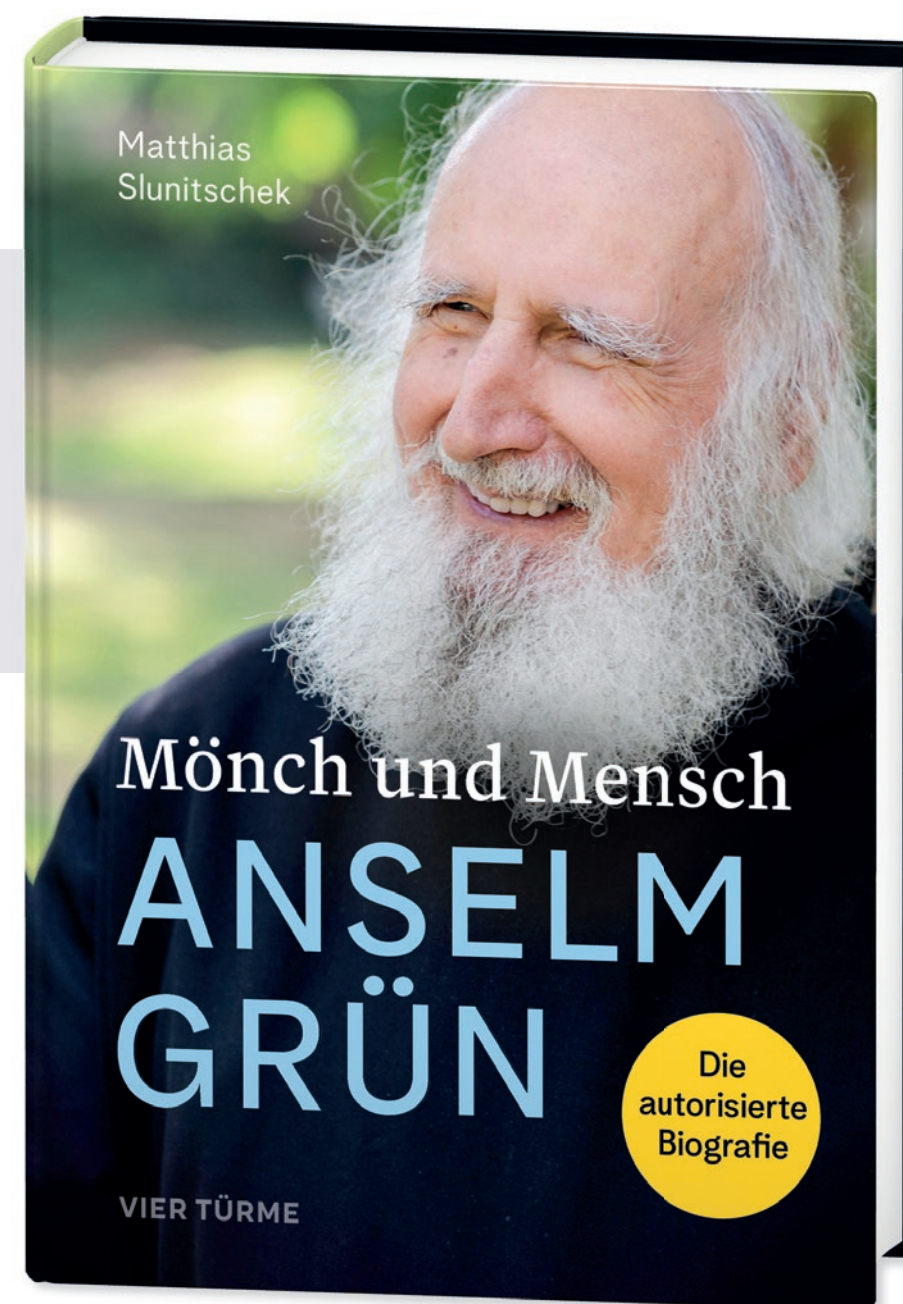
Anselm Grün—what you definitely didn't know about him!

“How much does a chaplain actually earn?”, little Willi Grün asks. “One hundred marks”, replies his father. “That’s not enough for me!” What nobody could have guessed at the time: The ambitious boy, who called himself Anselm Grün at Münsterschwarzach monastery, would one day become the most famous Benedictine monk, the most successful author of religious books and a real media star.

With his bestsellers, courses, lectures and podcasts, he reaches millions of people who don't seem to have anything to do with God and the church anymore. Where does he come from? What has shaped and inspired him? What is close to his heart? The extraordinary biography of a simple monk—and two answers that Father Anselm gives when asked about the meaning of life. With voices by Konstantin Wecker, Bodo Janssen, Hsin-Ju Wu, Walter Kohl and many others.



Matthias Slunitschek | is an author, editor and brand copywriter based in Schwäbisch Hall. In his own publishing house, he specialises in books about Baden-Württemberg and biographies.



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80
Years

Matthias Slunitschek
Monk And Man—Anselm Grün
The Authorised Biography
with illustrations
approx. 160 pp. | hardcover
September 2024

the only **biography authorised by**
Anselm Grün

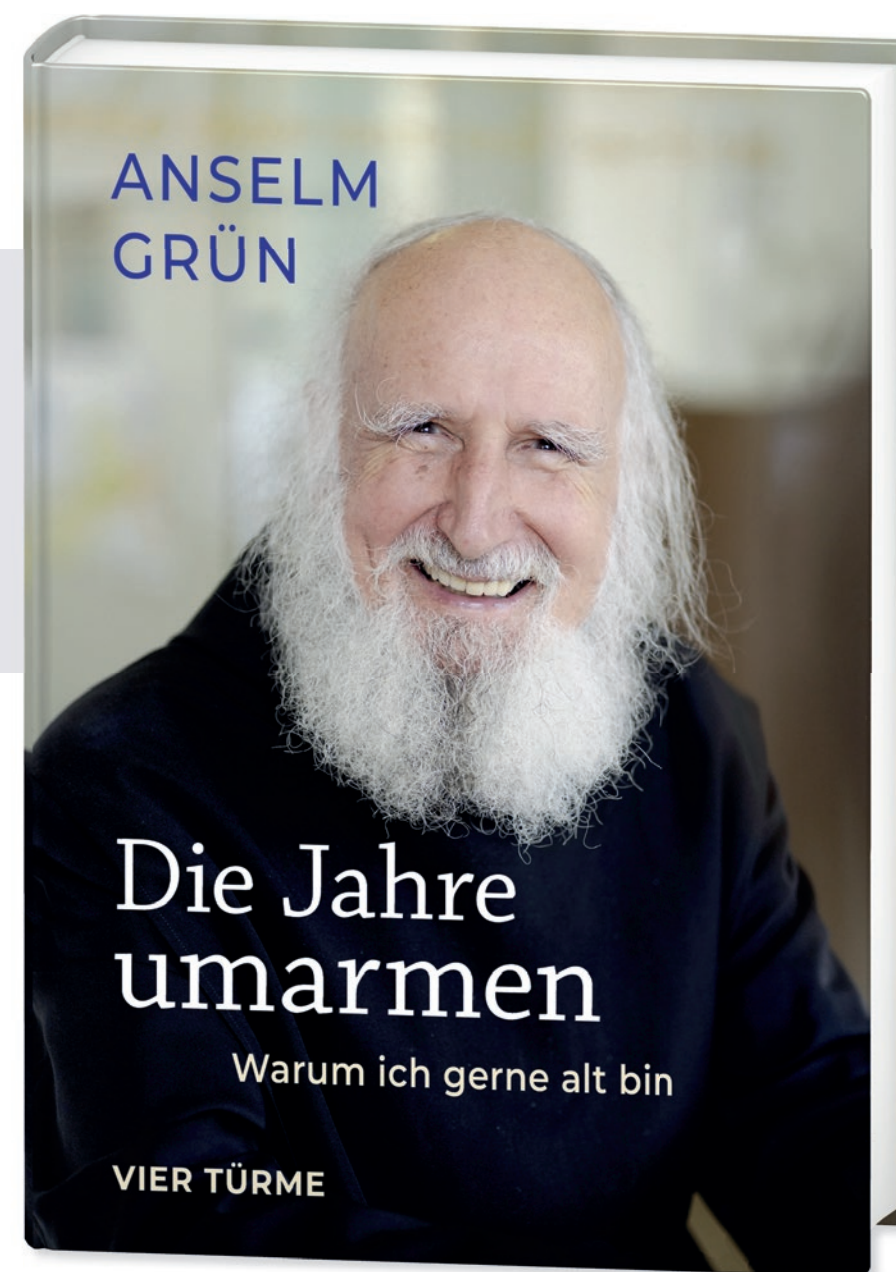
personal insights into the life and work of
the famous monk

How to grow old with pleasure

You get older on your own, but being old is a challenge for many people. Father Anselm Grün has experienced this first-hand. But he is nevertheless convinced: It's a question of perspective, it depends on how you look at your life. And it depends on this perspective, whether you like being old or whether you feel like a victim of ageing. "I have chosen to look at my life through the lens of gratitude and embrace my life with love", he says. And with this book, he wants to convey to readers something of the hope that has characterised him throughout his life and that is becoming ever stronger right now: the hope that you can make a difference in this world even in old age. "But my hope also goes beyond this world. Regardless of whether I can realise my goals in this life or not, in death my hope will be fulfilled beyond all imagination. Characterised by this hope, I live in the moment. And it gives me serenity and confidence."

Father Anselm Grün | is considered the most successful Christian author. Over the course of his life, he has published more than 700 titles and his works have been translated into over 30 languages. He became 80 years old in January 2025.

| **a great gift** for elderly and old people
| an **80th birthday present** from Father
| Anselm Grün to himself and his readers



80
Years

Anselm Grün
Embracing The Years
Why I Like Being Old
approx. 60 pp. | hardcover
January 2025

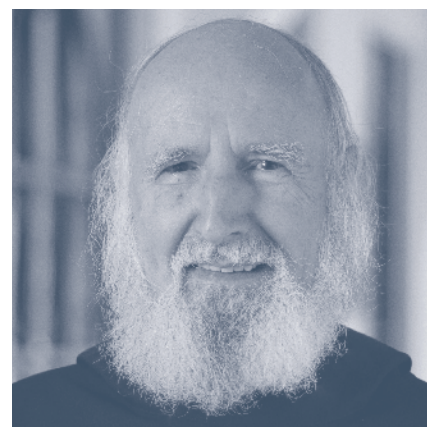
Inspiration for every day of Lent

Fasting periods play a major role in both Islam and Christianity, especially before Easter and during the fasting month of Ramadan. They also have similar meanings in both religions as a time of renunciation and reflection on the essentials.

In this book, the Catholic monk Anselm Grün and the Islamic religious professor Ahmad Milad Karimi embark on an exciting experiment: to write a joint companion for these fasting periods. The 20 small sections deal with aspects that play a role in both religions, for example topics such as “interruption”, “community”, “purification” or even “humility” or “liberation”. Additionally, in ten further sections, each of the authors writes about aspects that play an important role in their own religion. This results in 40 texts that can be read as daily inspiration both during Ramadan and Lent. A book that has also made the authors realise: The similarities that connect the two major religions in everyday life are much greater than the differences that are repeatedly emphasised.

fasting as a **cross-religious topic**

interreligious dialogue—an important current topic



Father Anselm Grün | is a spiritual adviser for many people, regardless of their denomination. The exchange with other religions is very close to his heart. Together with Ahmad Milad Karimi, he has already published “Making Peace, Be Peace”.



Ahmad Milad Karimi | born 1979 in Kabul, studied philosophy and Islamic studies in Darmstadt, Freiburg and New Delhi. He has been Professor of Islamic Philosophy at the University of Münster since 2016.



80
Years

Anselm Grün, Ahmad Milad Karimi
Becoming Free for What is Essential
A Companion for Lent and Ramadan
approx. 180 pp. | hardcover
January 2025

Become free



Fasting inspires us. It helps us to get rid of both physical and mental baggage and finally feel freer again. In this fasting guide, Anselm Grün shows us a way to achieve this lightness in the 40 days leading up to Easter. A path to more self-satisfaction, with less stress and expectations. For a life full of joy and light-heartedness.

| **increasing sales figures** every year

| fasting as a **trend topic**



Anselm Grün
Carefree
The Lent Calendar From the Monastery
98 pp. | stapled
January 2025

Bring on the beautiful life!



Becoming lighter, but also being lighter, taking life easier, is often not so easy in everyday life. Obligations, expectations and tasks weigh too heavily on us. But also “that’s how it’s always been” routines and experiences from the past make the journey with our life rucksack difficult. These 40 cards encourage us to trust in lightness every day during Lent. They help us to let go, get rid of burdens and pick ourselves up so we can face life at Easter.

Lighter
Lent for Your Pocket
40 cards | in box
January 2025

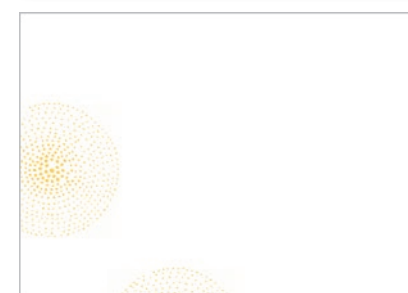
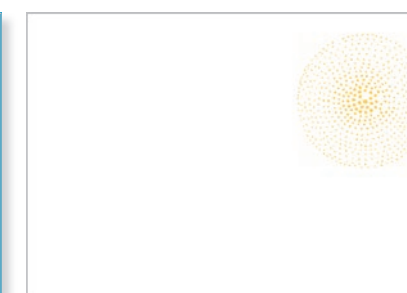
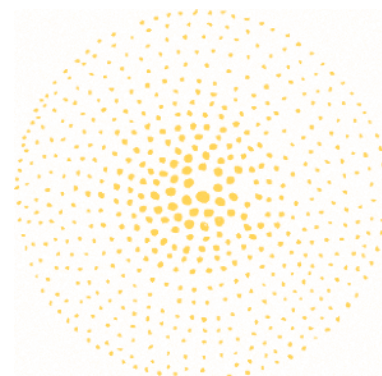
| **also for people without a connection to faith**

| **successor to** the successful fasting **card set “Grow”**

Giving (away) hope

The middle of the night is the beginning of the day—so says an old Christian hymn. Just when it is darkest, when everything around seems grey and lifeless, this can be the turning point towards the light.

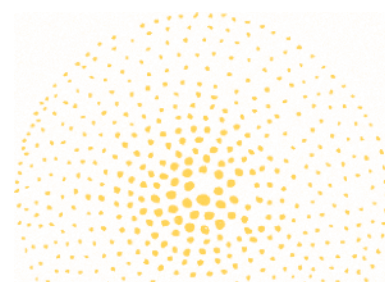
The texts on these cards speak of longing, hope, new beginnings and the certainty that light and life will return after every inner and outer winter—hopeful, friendly words that give courage and confidence. The postcards are suitable—individually or as a set—as a gift for people who are going through a difficult time and need encouragement for something new or to move on.



A New Start
24 Postcards of Hope
24 cards | in box
January 2025

a **wonderful gift** in spring or as an encouragement

also suitable as postcards (to send)



Give with joy

Easter is the central festival of Christians, a festival of joy that celebrates the victory of life over death. This book is an invitation to give room to this joy, which we so urgently need, especially in difficult times. Joy is good for us humans, it is healing for us. It strengthens us so we can live in this world full of hardship without being weighed down. It gives us the courage and hope to pass on this joy and confidence to our fellow human beings and thus contribute to unity and counteract hatred and division. Because the real message behind Easter is: love is stronger than death, love is stronger than hate. A small yet important book to celebrate life!

must-have for the Easter table from
Father Anselm Grün
wonderful Easter gift



80
Years

Anselm Grün
The Little Book of Easter Joy
approx. 80 pp. | hardcover
January 2025

Becoming one

For many years Christian Tröster has been practising contemplative retreats, a Christian form of meditation developed by Franz Jalics SJ and others. At some point, he realised that he was no longer making any progress on this path, that he was treading water. And that he shared this experience with many others who had also been practising this or a similar path for some time. He therefore set out to explore other spiritual practices. After all, all traditions and practices ultimately revolve around fundamental questions of longing, wanting to achieve and how to deal with this seemingly eternal issue.

However, it is also in the nature of things that there are no final answers when it comes to contemplation, stillness, consciousness and the self. This is why the “incomprehensible mystery of God” is repeatedly mentioned. Though, the mystery that we call God is not to be found “somewhere out there”, but dwells at the bottom of our soul and radiates from there. Discovering this mystery through meditative exploration is the main aim of this book.



Christian Tröster | born in 1957, worked as a journalist for numerous leading media in Germany. He has been on the contemplative path since 2005 and has published, among other things, a new edition of Jean-Pierre de Caussade's writings in German ("Hingabe ans Jetzt", 2021). He lives in Hamburg. www.diesestille.de

a Christian school of meditation—**open to all people on a spiritual path**

for advanced meditators seeking new paths and deepening



Christian Tröster
The Question of the Self
Deepening Contemplation
approx. 142 pp. | hardcover
January 2025

Paths of life

| Set of Cards
| Spirituality
| Spring 2025

| NEW EDITION



Labyrinths are one of the oldest and most fascinating spiritual symbols of mankind: in Western and Eastern traditions, in monasteries, temples, myths and fairy tales.

Gernot Candolini is regarded as the expert on the subject of labyrinths and labyrinth building. He has travelled to many countries and collected background information and knowledge about these ancient symbols. Labyrinths planned and designed by him can now be visited all over the world, including in Münster-schwarzach Abbey.

This set of postcards brings together the most beautiful photographs of old labyrinths and those created by Candolini himself. Short impulses encourage reflection and further thought.

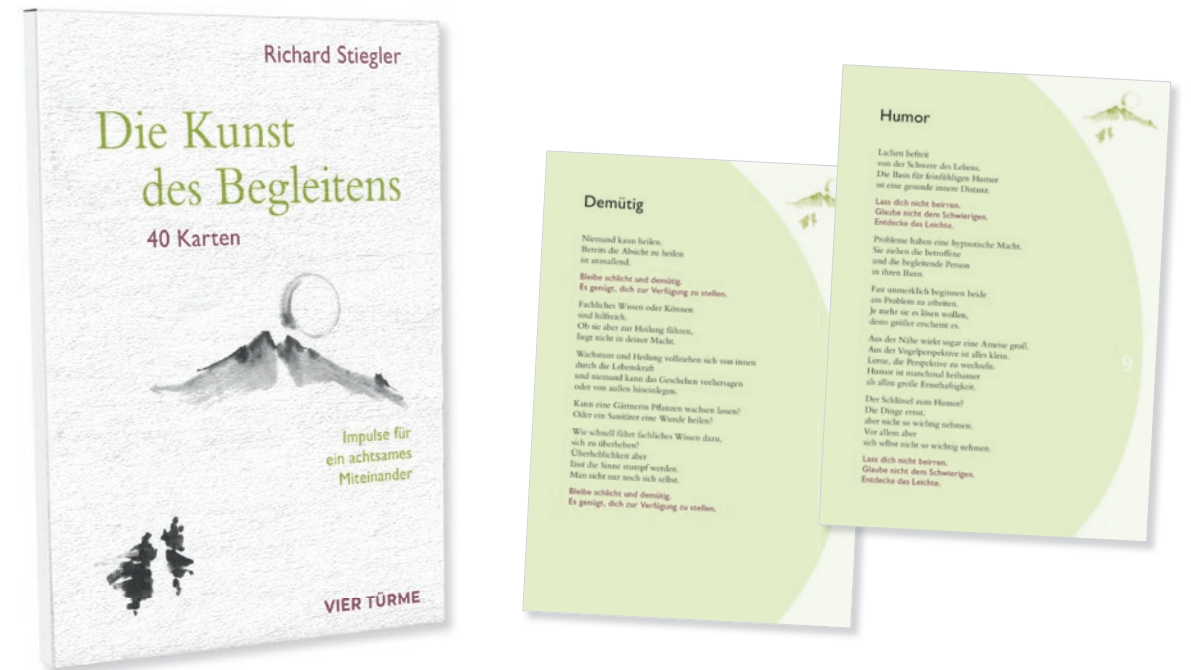
to **give and send** as a gift

impressive photos, short, profound
inspirations

Gernot Candolini
Labyrinths
Maps of the Soul
25 postcards | in box
January 2025

Discover your own inner position

| Set of Cards
| Spirituality
| Spring 2025



Accompanying people is a great task—whether in therapeutic, educational, medical or social professions, in the family or as a volunteer. For Richard Stiegler, this includes attentive inward contact, an interest in the present moment, openness, acceptance and love of the truth, taking a close look—beyond the usual roles and self-images. In his short texts, he writes about central spiritual attitudes that enable encounters “at eye level” (i. e. treating each other as equals).

In practice or at the workplace, the cards can serve as an impulse for the day or a week, for exploring and aligning your own inner attitude when counselling.

versatile use: for self-reflection in the
group and in individual discussions
guide for managers for better cooperation

Richard Stiegler | born in 1963, is a psychotherapist, meditation teacher and founder of the school of consciousness SEELEundSEIN, where he teaches basic views of transpersonal psychology and the special methodology of transpersonal process work as a group leader and trainer.

Richard Stiegler
The Art of Accompanying
Impulses for Mindful Togetherness
41 cards | in box
January 2025

You cannot rehearse for life

When you grow up, a vast expanse suddenly opens up before you. You can go wherever you want, shape your own life, at least within a certain scope.

This book is for people who are curious about what life has to offer. And what you can learn from life: to be there for others, for example, or to distinguish between good and not-so-good coffee, to stand up for yourself, sew on buttons, sign contracts, endure heartbreak, hold on to something that is important to you. Sometimes poetically, sometimes pragmatically, always personally, the big questions that you ask yourself in life come into play: Who am I? What gives me stability? How do I deal with fear and setbacks, rookie mistakes and loneliness? The book is not intended to be a guidebook, but rather an invitation to simply try—and start living. Because you can't rehearse for life. It is always a performance.

A book for the young and the young at heart, recommended for savouring bit by bit or in larger bites.



Kathleen Frank | born in 1994, studied German, Protestant theology and Latin and is now a teacher at a grammar school. She lives with her husband in Schönbuch near Böblingen. With her project *schreibselig*, she aims at inspiring adults to take up the pen themselves by offering writing suggestions and courses.



encouragement and first aid kit **for the young and young at heart**

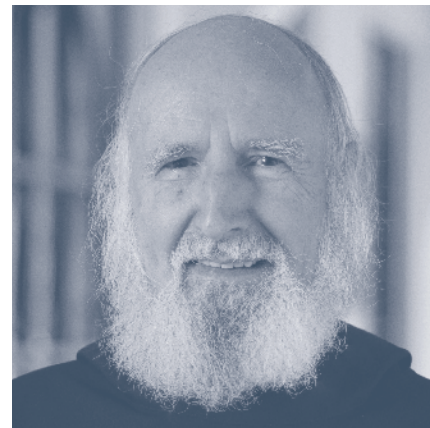
a poetic and wise invitation to enter life

Kathleen Frank
Start Living
30 Invitations to Try Things Out, be Amazed, Disagree—And to Find Your Own Answers
approx. 128 pp. | hardcover, two-colour
March 2025

Moving forward with courage

When the world threatens to fall apart at the seams and we face strong winds, we have to gather all our energy to stay centred.

Anselm Grün writes about everything that gives us the courage to keep going: the power of thought, inner balance, security and trust in God. Because trusting God and life—that is what carries us through challenging times.



F. Dr. theol. Anselm Grün OSB | is probably the best-known monk in Germany. His books accompany people through life, regardless of their denomination. In courses, Anselm Grün always seeks contact with his readers and thus finds inspiration for new books.

a valuable gift

continuation of the successful series

“Little Library of the Art of Living”



| Spirituality
| Series
| Gift Book
| Spring 2025

| LITTLE LIBRARY OF
THE ART OF LIVING

80
Years

Anselm Grün
Carried by Confidence
Library of the Art of Living
approx. 128 pp. | hardcover
March 2025

With compassion,
together with others



Burkhard Hose demands nothing less than a commitment to radical humanity. This means opting for more empathy in every situation and prioritising humanity in society—at all costs. In doing so, he is guided by the message of Jesus, who placed the individual person and their dignity at the centre. Burkhard Hose repeatedly draws on personal experiences from his civil society work for refugees and against discrimination and from his work with students.

Burkhard Hose
Stay Human!
A Plea for an Empathetic Society
approx. 144 pp. | hardcover
March 2025
already offered

| **humanity**—a hot topic in today's debates

| **committed author** with a high media
| presence

Now life really starts!



Finished your apprenticeship, passed your A-levels, packed your bag. Life starts: on your own and free. 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 that they are in God's good hands. A wonderful gift for anyone setting off for a new life!

Wolfgang Sigler
Off Into Life
Good Wishes For Your Path
approx. 128 pp. | hardcover
March 2025
already offered

| great gift for **graduation, end of training** or
| for a new **stage in life**

| **with words of blessing**

When life becomes difficult

A loved one's long life draws to a close or is unexpectedly diagnosed with a terminal illness in the middle of life. This triggers a feeling of great helplessness. What can you say, what can you do? What happens next? Ansgar Stüfe uses his experience as a doctor to describe the feelings that arise when someone becomes seriously ill. He shows what possibilities there are to stabilise one's own psyche in order to be a support for the sick person.

However, he also explores the question of where relatives reach the limits of what is possible in terms of counselling and support, and what happens when someone has no friends or relatives. A central concern of this book is to preserve the dignity of the sick. Last but not least, it deals with philosophical and spiritual aspects of illness and what suggestions the Rule of St. Benedict has to offer for the care of the sick.



Brother Dr. Ansgar Stüfe OSB | ran mission hospitals in Tanzania and Uganda as a missionary doctor for more than 16 years and then supervised the worldwide projects of the Benedictine congregation as a missionary procurator. After returning to his Franconian homeland, the passionate reader and publishing director of Vier-Türme-Verlag is now devoting himself to his second great passion: books.

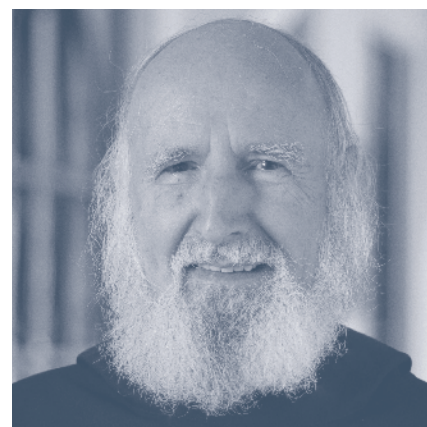
practical support for relatives
with impulses from the **Rule of St. Benedict**



Ansgar Stüfe
Be There, Stay There
Bearing a Serious Illness Together
approx. 128 pp. | hardcover
March 2025

Being happy

Everyone knows the dreams they had in their childhood and youth. They were often an incentive to develop and find your place in life. It is all the more painful when these dreams turn out to be soap bubbles and burst. In this book, Anselm Grün invites us to face up to dreams that have not become reality—without resignation and disappointment. Because they also bring us into contact with the roots of our own being and lead us into our true life.



F. Dr. theol. Anselm Grün OSB | is probably the best-known monk in Germany. His books accompany people through life, regardless of their denomination. In courses, Anselm Grün always seeks contact with his readers and thus finds inspiration for new books.

slightly revised **new edition of the classic**
by Anselm Grün

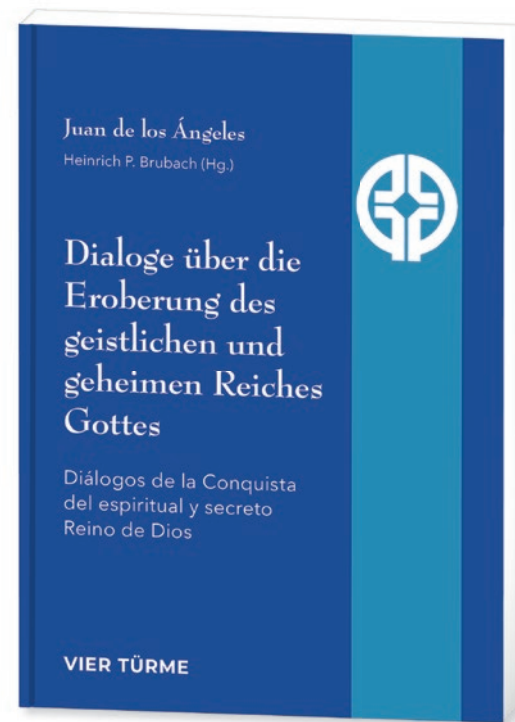
practical life help from the monastery



80
Years

Anselm Grün
Life Dreams
approx. 120 pp. | hardcover
March 2025

Inner reflection



Fray Juan de los Ángeles Martínez OFMDisc (1536—1609) was a busy religious superior and a successful and well-known spiritual writer in his lifetime.

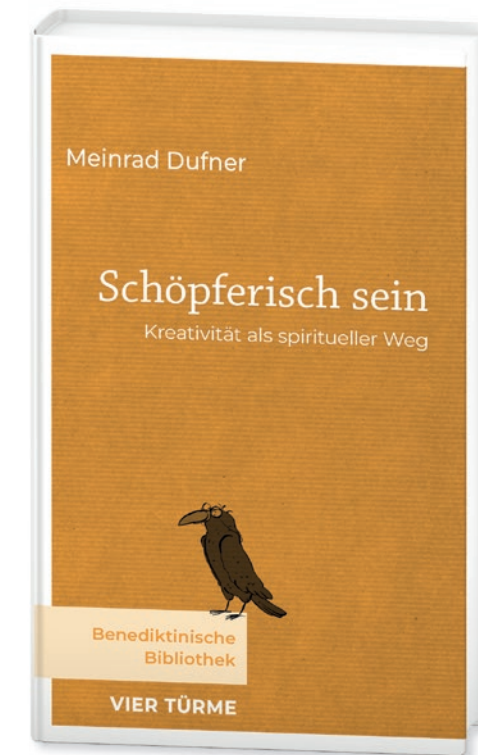
The dialogues presented here on the “conquest of the kingdom of God that is within us” are a manual for “inner reflection”, the impact of which was extremely great towards the end of the 16th century. Even today, this book can be read with profit; here an experienced spiritual counsellor and confessor speaks in a language that is clear, simple and inviting. Fray Juan de los Ángeles is a gifted teacher of “inner reflection”, in which spiritually interested and searching people can find essential impulses for contemplation even today.

german **first edition**

impulses for contemplation that are still relevant today

Juan de los Ángeles,
Heinrich P. Brubach (ed.)
**Dialogues on the Conquest of the
Spiritual and Secret Kingdom of God**
**Diálogos de la Conquista del espiritual
y secreto Reino de Dios**
Sources of Spirituality Vol. 23
423 pp. | paperback
March 2025

Guide to your own creativity



Can you learn to be creative? As children we all once were. Now it's time to revitalise this old talent. Meinrad Dufner invites us into the world of beauty and takes us on a journey to discover our own creativity, which is a path to ever greater vitality.

At the same time, this book is a school of perception and describes how to grasp the world with the senses as a path of self-development and spiritual search. In addition to sensory perception, there is creative expression, creative action and the sensual shaping of the world.

A book for artists and novel readers, for shoemakers and carpenters and for everyone who want to get from their head back on their feet.

Meinrad Dufner
Being Creative
Creativity as a Spiritual Path
approx. 124 pp. | hardcover
March 2025

volume 3 of the Benedictine Library

for all creative people and those who want to become one

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