

Foreign Rights Guide

Spring 2022



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Novelties Spring 2022





Anselm Grün, Hsin-Ju Wu

Why always me? – Recognizing and breaking out of relationship patterns

160 pp.

January 2022

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Highly current topic on both societal and personal levels**
- » **Exciting synthesis of psychology and biblical spirituality into a holistic approach offering concrete help**

“Why always me?” Many people who find themselves repeatedly stuck with people who clearly do them no good, whether in their jobs, friendships, or romantic relationships, ask themselves this question sooner or later. The answer often lies in relationship patterns learned in youth or even childhood. Psychologists recognize that freeing oneself from these patterns requires bringing them to conscious awareness and learning to behave in different ways. But all too often, changing one’s behavior is a not only a stony path, but also a mere bandage for the surface problem.

Instead, Anselm Grün and Hsin-Ju Wu here offer a path that unites insights from psychology with the wisdom of biblical spirituality. The resulting approach encompasses the entire human being, leading to a transformed stance in life. With this new stance, readers will be able not just to recognize their relationship patterns, but to break out of them and shape them productively.



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



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Novelties | 5



Thomas Quartier

Staying – How to embrace what one did not choose

176 pp.

January 2022

**RIGHTS SOLD TO THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

- » **Storytelling as counseling**
- » **Central monastic attitudes and values translated into modern, everyday life**
- » **Offers hope for hopeless situations**

Sometimes, outside circumstances or changes cast everything in our life into doubt. In those moments, when our old patterns of life no longer support us, we are forced to somehow keep living. Many of us were painfully confronted with this feeling during times of pandemic lockdowns. But there are also plenty of other circumstances in our lives that are difficult to change: unemployment, disease, the long-term illness of a loved one, family conflicts, or—worst of all—the loss of a person close to us.

In such situations, of course it makes sense to seek solutions or ways out—but often, what we need to concern ourselves with first is **STAYING** and learning to bear the circumstances. Often, people then look to the wisdom of monasteries. A monastery can be a place to stay, in many senses of the word.

This book is not a traditional self-help guide. Instead, it narrates the stories of people who have made their path through difficult times and hopeless situations. Sometimes, the stories tell of sobering realizations, when things did not work out as smoothly as thought. But they also contain openness for setting out along new roads—a mirror and place of discovery for all those who do not want to “run away” from hopeless situations. These stories open up new perspectives by helping us perceive the moments of our lives as what they are: pathways into the infinite, opening us up to peace and love, in spite of all disappointments.



Prof. Thomas Quartier OSB, PhD, was born 1972 and today lives at Keizersberg Abbey in Leuven, Belgium, as a Benedictine monk. He is Director of the Benedictine Centre for Liturgical Studies in Radboud, Netherlands; visiting professor at the Benedictine University Sant’ Anselmo in Rome, Italy; as well as theology professor at the universities of Leuven and of Nijmegen in the Netherlands. Furthermore, he is a member of the Netherlands’ Titus Brandsma Institute and the author of numerous books and publications, in addition to an active schedule as lecturer and performer.



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Novelties | 6



Germany's Theologian of the Country 2021–2022

Brother Thomas has been elected this year's Theologian of the Country. The award and associated prize money honor his work as a scholar and "ambassador of theology." The jury is drawn from representatives of all theological faculties—Catholic and Lutheran alike—as well as newspapers and broadcasting institutions. As is customary, Brother Thomas holds the title for one year and can use it to expand a project already garnering popular interest: the exploration of how biblical personas embodying monastic values can speak to us in contemporary situations in our lives, using cultural media. His current book, *STAYING*, is already a part of this project and offers storytelling—literary narrative—as a means of engaging with biblical characters and values.

» **Jury plaudits: "In an impressive manner, Thomas Quartier links contemporary questions with monastic ways of living: spiritually, theologically, and culturally—not only through what he teaches, but through his life as a monk."**

Thomas Quartier elected as new Theologian of the Fatherland

Date of publication: November 29, 2021

In his public appearances and his scholarly work, Quartier advocates the values of the monastic tradition. In an interview, he has commented: "From within the monastery, I try to offer unexpected, perhaps radical words." And: "When I look at the exhaustion that the coronavirus is fostering in society, I as a monk can be a mirror."

The jury was surprised by how—not merely as a theologian and academic, but as a monk himself—Thomas Quartier calls attention to the value and beauty of monastic life and links these with contemporary themes. In several interviews, he has defended his stance on open borders: "The Rule of St. Benedict, from the sixth century, says that you should receive every stranger who knocks at your door as if he were God himself. ... You should not turn away someone who comes to your borders. This may sound utopian, but from within my own radical way of life, it is my task to make this sound resonate. In order to ask a radical question: What gives us the right to talk about 'our country'?"



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Katharina Ceming

Meaningful(filled)

144 pp.

January 2022

ENGLISH SAMPLE TRANSLATION AVAILABLE

Meaning matters!

- » **Happiness through thinking—what gives our lives meaning and significance**
- » **Wise impulses for exploring our sense of our life's meaning**
- » **Combining new insights from research into meaning, philosophy, psychology, and spirituality**

How can we live a fulfilled life despite all our difficulties, obstacles, and constraints? The question is as old as humanity itself, and the search for answers often has to do with the meaning of life. This apparently clichéd term actually refers to a large number of factors, all of which influence whether we experience our life as fulfilled and worth living.

Although each of us has our own meaning that we need to find for our life, there are nevertheless aspects that philosophical tradition and psychological research recognize as essential building blocks of a meaningful, fulfilled life: active friendships, generosity, gratitude, and more. In this volume, Katharina Ceming offers an enriching discussion of these elements.



Prof. Katharina Ceming, Ph. D., studied Catholic theology and German, holds a doctorate in philosophy. Her thinking has been shaped significantly by the ancient Western and Eastern traditions of wisdom, along with the American philosopher Ken Wilber's Integral Theory. She is a passionate philosopher, freelance author, speaker, seminar leader, philosophical guide, and much more. Her book *Lass mal! Mit Meister Eckhart ins Hier und Jetzt* [Let go! In the here and now with Meister Eckhart] was published by Vier-Türme in 2018.

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Der Verlag der Mönche von Münsterschwarzach

Novelties | 8



Tobias Heisig

33 fits of courage for greater everyday faith

160 pp.

January 2022

Finding courage in encouragement!

- » **Practical tips and small steps for an active and authentic Christian self in everyday life**
- » **Concrete exercises, thought experiments, suggestions, and ideas for private and self-organized services: in person, digitally, by phone, and many more**
- » **Collection of ideas for pastoral professions, as well**
- » **A book you can keep writing!**

Times of ecclesiastical timidity and helplessness call for new ways to think and act. We cannot wait for “those up top,” nor can we retreat and resign, nor can we fight the system at every turn. But we can do more ourselves as “friends of God.” The little dares, attempts, tests, experiments offered in this book are “fits of courage”—small nuggets enabling us to feel special moments both in faith and out. These little gifts of surprising and inspiring moments create a kind of future laboratory in which Church can develop anew.



Dr. Tobias Heisig, born 1968, holds a diploma in psychology and a doctorate of theology. As part of the Foundation for a Global Ethic, he collaborated on the project “Find your world,” an experiment for Christian, Muslim, and Jewish youth. Since 1996, he has been advising both companies and individuals through change processes. In his local church, too, he actively engages with the question of how to approach and adapt to new things in such a way that they can enrich lives. In the process, his dialogues with the faithful and the non-faithful alike have deepened his faith, creating a productive tension that both requires and also gives courage. He is the author of numerous books and publications.



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Der Verlag der Mönche von Münsterschwarzach

Novelties | 9



Leonardo Boff

Universal siblinghood – Brotherly and sisterly love as the social model for the future

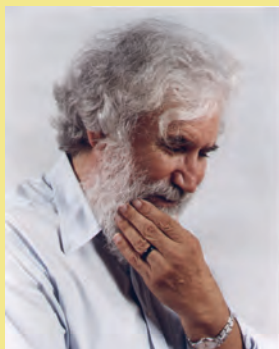
98 pp.

January 2022

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

We have no choice to make or not make. Rather, we are faced with a challenge which concerns simply the continued existence of life and this planet. —Leonardo Boff

Climate change, the destruction of the oceans, pandemics, overpopulation, drinking water shortages: our world today is confronted by many existential problems. That is why, in the view of Leonardo Boff, it is high time to act—societally and globally. But for the kind of real change that can save the world, we need to break open and fundamentally renew societal structures. In this book, Leonardo Boff makes a compelling case that the only possible stance for realizing these changes is universal siblinghood. We human beings must stop seeing ourselves as the “pinnacle of creation” and instead start understanding ourselves as fellow creatures forming a unit with plants, animals, and the entire cosmos.



Leonardo Boff is liberation theology’s best known advocate, having published numerous writings on theological questions, ecology, human rights, and the fight against poverty. In 2001, he was awarded the Alternative Nobel Prize, followed by the Weizsäcker-Medal in 2016.



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Novelties | 10



Anselm Grün

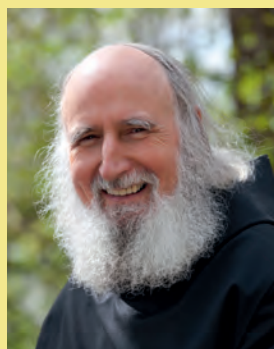
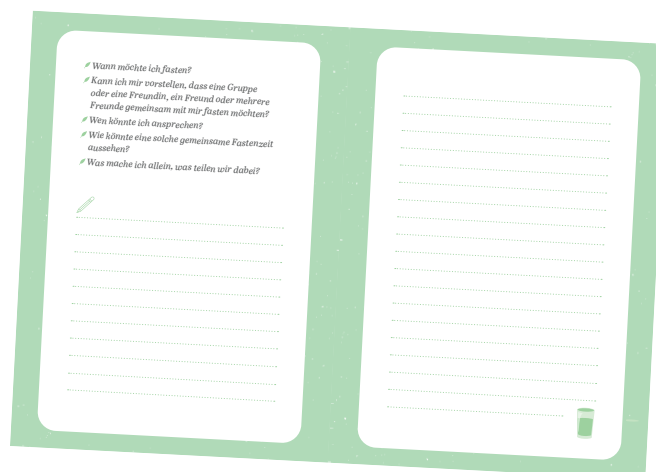
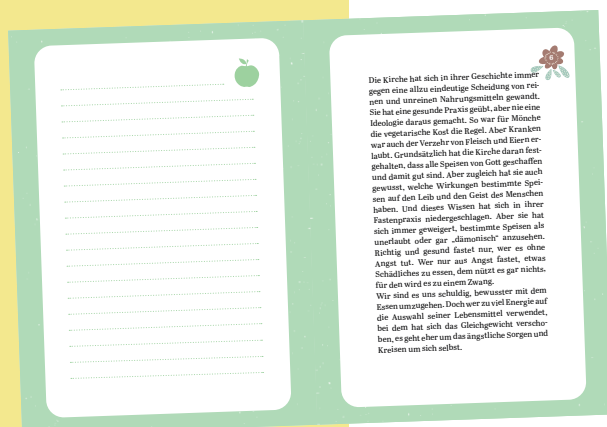
My fasting diary

128 pp.

January 2022

- » Contains impulses, exercises, questions, and ideas
- » Lenten companion with plenty of space for jotting down notes
- » For fulfilling self-reflection during the period of Lent

For those trying to live a meaningful and purposeful fasting experience, there can be no better companion than this fasting diary. It holds impulses for finding complete stillness in the moment and opening oneself up to the profound transformation that fasting can bring. But it also offers plenty of space and many healing suggestions for capturing one's own thoughts, questions, and ideas and delving deeper into them.



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 | 11



Anselm Grün, Ansgar Stüfe

On the edge of feasibility

140 pp.

March 2022

Between capability and powerlessness

- » **A socio-politically crucial topic with relevance for the future of our planet**
- » **Thrilling insights from theological, medical, and scientific perspectives**

The COVID-19 pandemic confronted all of us with the fact that any plan to control nature and direct humanity is doomed to fail. Despite all our medical progress, and despite or perhaps because of globalization, we saw our illusion of control over what determines and engages our societies crumble. Many things are simply out of our hands.

And yet this is not a new insight: Old Testament writers knew that humankind tries to lay claim to the world. The Greco-Roman world had the myth of Prometheus, who stole fire from the gods in order to benefit humanity, but incurs a horrible punishment for disobeying Zeus's will. In this volume, the authors explore what insights such myths hold for us today regarding how we deal with ourselves and the world—spiritually, but also in medical and scientific ways.



Brother Dr. Ansgar Stüfe, born 1952, was head of the mission hospital at the abbey of Peramiho in Tanzania for 16 years. After working as mission procurator supporting the global projects of the Benedictine congregation, he returned to Münsterschwarzach, where he is head of Vier-Türme Publishing. A passionate reader, he relishes the chance to devote himself to his second great passion after medicine: books.

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Der Verlag der Mönche von Münsterschwarzach

Novelties | 12



Anselm Grün

Where you are, there will I be also

48 pp.

March 2022

- » Anselm Grün's first and only wedding album
- » A unique album for filling in before, on, and after the celebration
- » Lovingly designed and a memento for years to come

Weddings enchant us and let the promise of God's love flow into our lives. By celebrating marriages, we express just how much our lives are filled by the mystery of divine love—and we invite others to celebrate this mystery with us.

But the wedding day is not just a unique celebration of love. It also marks the beginning of a new phase in the couple's life together. In this wedding album, Anselm Grün shares words of blessing and good wishes for that joint future. The book also offers plenty of space for the couple to write down and preserve memories of their most special day.



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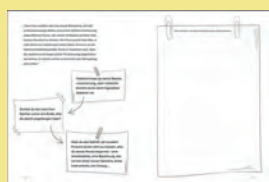
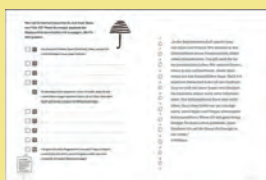
Anselm Grün

I am tired – A Pocket Seminar for Reflection and Growth

112 pp.

March 2022

ENGLISH SAMPLE TRANSLATION AVAILABLE



- » **Contains practical suggestions, self-tests, and exercises**
- » **Full of ideas and creative impulses, with additional space for personal reflection**
- » **Pocket seminar on one of Father Anselm's most popular seminar topics**
- » **Addresses the social and societal problem of burnout/exhaustion**

Whether in their job, their family, the Church, or simply in dealing with themselves, many people try to repress their feelings of inner exhaustion. They do not want to have to question their way of life and their everyday structures—even though those may be draining them of energy. Anselm Grün shows us how to understand our exhaustion as an opportunity to return to ourselves. He encourages readers to trust the rhythm of their own soul and body and to use these to discover their own sources of inner strength. Suggestions and creative exercises help practice this attitude, while the pocket seminar format allows plenty of space for reflection and own notes.



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Novelties | 14

The little Monk





Zacharias Heyes

The Little Monk cleans House

with numerous illustrations by Elli Bruder

140 pp.

August 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Volume 3 of the celebrated “Little Monk” series**
- » **Whimsical, easy-to-understand explanations of Benedictine spirituality**

Over the years, the Little Monk’s cell has gotten fuller and fuller. And he’s attached to all the things he has collected. After all, every trinket reminds him of a beautiful moment that means a lot to him. But he can’t shake off the feeling that many of them are holding him back and that he’s in danger of losing control of the clutter—both in his cell and in his life.

But he wouldn’t be the Little Monk if he didn’t face up to the challenge! And so he starts to sort things out—and not just the clutter in his room, but also the fundamentals of Benedictine spirituality along the way.

With its lovable and relatable story, as well as authoritative background information, inspirations and exercises, and plenty of space for putting into words one’s own thoughts, this book invites readers to face up to their “everyday clutter” and spring-clean their lives.



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



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Der Verlag der Mönche von Münsterschwarzach

The little Monk | 16



Ansgar Stüfe

The Little Monk and the Path to Happiness

with Illustrations by Elli Bruder

128 pp.

January 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Why there is happiness in a simple apple

- » The second volume of our series **The Little Monk**
- » **What's special: A charmingly illustrated book with impulses and suggestions as well as plenty of space for own reflections—accessible to young audiences**
- » **Spiritual themes in witty, light language**

The little monk is a beginner in so many ways—including when it comes to happiness. But he is also a philosopher, setting out to find the meaning behind things. Along the path, he discovers: Happiness is made up many little happy moments. And those are everywhere! The little monk takes his readers on a journey to the roots of Benedictine spirituality, offering valuable insights for daily life—wrapped up in whimsical stories, enriching thoughts, and practical inspirations.



Brother Dr. Ansgar Stüfe, born 1952, was head of the mission hospital at the abbey of Peramiho in Tanzania for 16 years. After working as mission procurator supporting the global projects of the Benedictine congregation, he returned to Münsterschwarzach, where he is head of Vier-Türme Publishing. A passionate reader, he relishes the chance to devote himself to his second great passion after medicine: books.



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Zacharias Heyes

The Little Monk and the Meaning of Silence

with numerous illustrations by Elli Bruder
ca 128 pp.
September 2019

RIGHTS SOLD TO BRAZIL, CROATIA, FRANCE, ITALY,
SLOVAKIA, SPAIN AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE

Finding silence and oneself

- » **First in a new series by Father Zacharias, alias “the little monk”**
- » **What’s special: A charmingly illustrated book with impulses and suggestions, as well as plenty of space for own reflections—accessible to young audiences**
- » **Spiritual themes in witty, light language**

The little monk still has tons to learn! He wonders: how does silence work? It is valuable, but how can something be valuable if it is made of the absence of something? And so Father Zacharias, the “little monk”, explores the concept of silence in an charming, fascinating journey to the roots of Benedictine spirituality.

With a whimsical story and a trove of background information, inspirations and plenty of space for own notes and reflections, this book invites readers of any age to smile, reflect, peruse, and meditate.



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The little Monk | 18

Pocket Seminars for Reflection and Growth





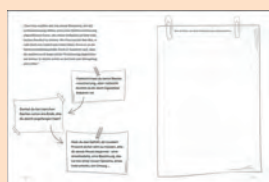
Anselm Grün

I am tired – A Pocket Seminar for Reflection and Growth

112 pp.

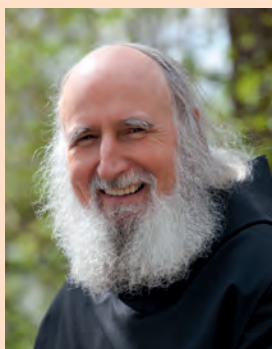
March 2022

ENGLISH SAMPLE TRANSLATION AVAILABLE



- » **Contains practical suggestions, self-tests, and exercises**
- » **Full of ideas and creative impulses, with additional space for personal reflection**
- » **Pocket seminar on one of Father Anselm's most popular seminar topics**
- » **Addresses the social and societal problem of burnout/exhaustion**

Whether in their job, their family, the Church, or simply in dealing with themselves, many people try to repress their feelings of inner exhaustion. They do not want to have to question their way of life and their everyday structures—even though those may be draining them of energy. Anselm Grün shows us how to understand our exhaustion as an opportunity to return to ourselves. He encourages readers to trust the rhythm of their own soul and body and to use these to discover their own sources of inner strength. Suggestions and creative exercises help practice this attitude, while the pocket seminar format allows plenty of space for reflection and own notes.



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Pocket Seminars | 20

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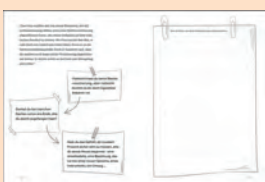
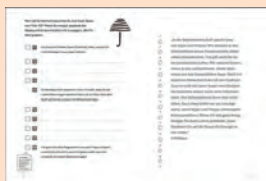


Anselm Grün

Living from Stillness – A Pocket Seminar for Reflection and Growth

112 pp.

September 2021



How to cultivate fulfilling stillness

Stillness is not just the absence of noise. Rather, it is a fundamental attitude in which we can perceive ourselves and others better. And yet, so many people who seek calmer and less hectic lives find it hard to tolerate stillness and be on their own.

In this pocket seminar, Father Anselm Grün points up ways to enter into stillness. He asks eye-opening questions and gives the reader space for reflection, and suggests spiritual impulses and creative methods for practicing stillness as an attitude. The pocket seminar also offers plenty of room to jot down own ideas and notes on the path to cultivating stillness.



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Anselm Grün

Life is Not Just for Weekends – A Pocket Seminar for Reflection and Growth

ca. 112 pp.

Januray 2021

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ENGLISH SAMPLE TRANSLATION AVAILABLE

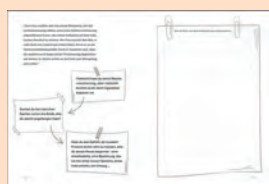
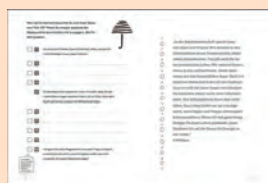


A guide to finding that elusive work–life balance

» **The seventh volume of our series Pocket Seminar
for Reflection and Growth**



Many people feel that, during the week, they are ruled by the dictates of work—their real life happens on weekends. Using biblical narratives and the Benedictine rule *ora et labora*—pray and work—Father Anselm shows how to counteract these tendencies and get back in touch with one's own inner source of spiritual power. This pocket seminar also offers plenty of space for jotting down own thoughts and ideas, as well as inspirations and impulses for everyday practice.



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Pocket Seminars | 22

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Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

ca. 112 pp.
August 2020

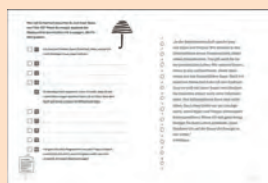
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ENGLISH SAMPLE TRANSLATION AVAILABLE



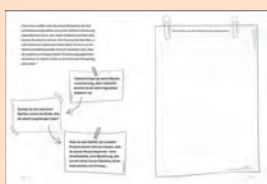
- » Contains practical suggestions, self-tests, and exercises
- » Finding the courage of your convictions
- » Full of ideas and creative impulses, with additional space for personal reflection



Every day, we are confronted with an overwhelming array of choices. In many of those choices, we are almost completely free – but it is precisely this freedom which overwhelms us. We are fearful of choosing wrong.



Anselm Grün encourages us to trust our ability to make the right choice. Along with plenty of space for personal reflection and notes, he offers practical exercises, creative ideas, and simple strategies for finding the right choice at the right time – and finding the right way to approach the multitude of options.



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.



Pocket Seminars | 23

Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

The Fine Art of Aging – A Pocket Seminar for Reflection and Growth

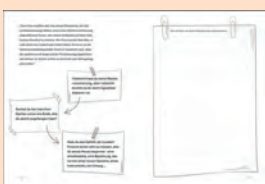
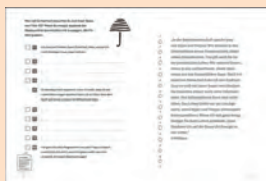
ca. 112 pp.

Jan 2020

RIGHTS SOLD TO BRAZIL, CZECHIA AND FRANCE
ENGLISH SAMPLE TRANSLATION AVAILABLE



- » Contains practical suggestions, self-tests, and exercises
- » The value and treasures of aging
- » Full of ideas and creative impulses, with additional space for personal reflection
- » Pocket seminar of one of Anselm Grün's most successful books
- » Universally relatable topic



"It's only others who get old." There is hardly another subject as often dismissed or ignored as that of aging—and this despite the fact that old age comes to everyone. In this pocket seminar, Anselm Grün encourages his readers to purposefully engage with the topic. With sensitivity and wisdom he addresses the challenges—and opportunities—that come with accepting, letting go, and reconciling with age. Those who learn to accept their own limitations and practice letting go will be richly rewarded by a new lease on later life.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Pocket Seminars | 24



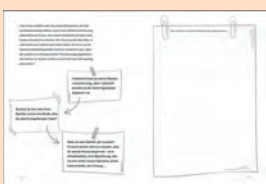
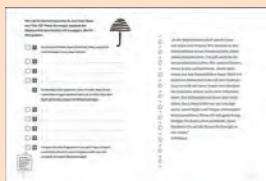
Anselm Grün

Time for Change – A Pocket Seminar for Reflection and Growth

104 pp.

January 2019

RIGHTS SOLD TO ENGLISH WORLD, BRAZIL AND SLOVENIA



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

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

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

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



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Pocket Seminars | 25



Anselm Grün

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

104 pp.

January 2019

**RIGHTS SOLD TO BRAZIL, CROATIA,
PORTUGAL AND SLOVENIA**

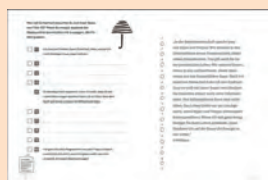


New series: Anselm Grün's pocket seminars for anywhere and anytime

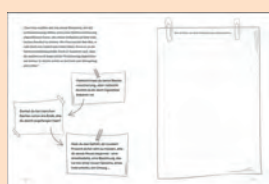
- » **Contains inspirations, self-tests, and practical exercises**
- » **For all who want to find their place in life**
- » **The ideal gift—to oneself or to others!**



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



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



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Pocket Seminars | 26

Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

104 pp.

August 2019

RIGHTS SOLD TO BRAZIL AND SLOVENIA



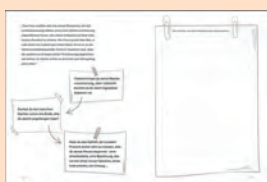
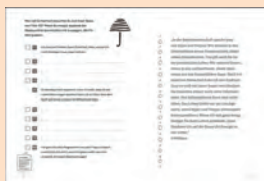
A Pocket Seminar for Self Help

- » **What's special: A guidebook and workbook in one, with plenty of space for own ideas, as well as practical tips, self-tests, and exercises—all in an attractive layout with charming illustrations.**
- » **Accessible to a young audience**



More than just words

Language is an important pillar of human interaction. But words can have power not merely to strengthen and heal, but to injure, pressure, and manipulate, as well. In this pocket seminar, Anselm Grün examines the foundations of good communication and what principles must be followed in mutual dialogue. Not only does he offer practical tips for using words and language mindfully, he also offers exercises and inspirations to reevaluate our silence, our listening, and our speaking. Strike up a conversation today!



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Pocket Seminars | 27

Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

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

104 pp.

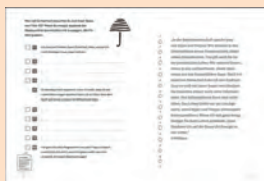
August 2019

RIGHTS SOLD TO BRAZIL AND CROATIA

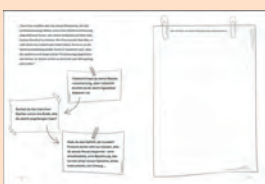


What is sacred to me?

- » **What's special:** A guidebook and workbook in one, with plenty of space for own ideas, as well as practical tips, self-tests, and exercises—all in an attractive layout with charming illustrations.
- » **Accessible to a young audience**



"Within each of us, there is a sacred space to which thoughts and emotions have no access. In this space, we are whole and well, free of others' power over us, of their expectations and demands, of their judgments and opinions. Here we are in harmony with ourselves."



This volume is an invitation to discover that space within us. Anselm Grün asks questions and offers inspirations which can help us maintain this space even in the midst of this hectic world. Furthermore, the format of the pocket seminar allows plenty of space to develop and pursue own solutions and answers to the questions that move us. In this way, the book can become an important guide on our journey through life, inviting us to re-read, reflect, and grow.



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Pocket Seminars | 28

Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist





Anselm Grün

Islands in Daily Life – Benedictine Spiritual Exercises

144 pp.

August 2021

**RIGHTS SOLD TO CZECHIA, FRANCE, ITALY, POLAND AND SPAIN
ENGLISH SAMPLE TRANSLATION AVAILABLE**

- » **Encountering the world with an open heart**
- » **Holistic approach that is easy to integrate into everyday life**
- » **Daily meditations and spiritual exercises**

Many people come to Anselm Grün asking for a daily practice of spiritual exercises drawn specifically from the Benedictine tradition. In researching how to help these seekers, Father Anselm made a surprising discovery: most of the exercises today credited to Ignatius of Loyola actually originate in an approach that St. Ignatius encountered at the Benedictine monastery of Montserrat. Father Anselm has studied these original Benedictine exercises and made them newly accessible to people today. Unlike Ignatian spirituality, this original approach focuses on being wholly transformed—and on practicing and discovering this transformation anew every day.

The result is a unique book of meditations short exegetic passages, inviting readers to participate in a spiritual practice that is easy integrate into everyday life and leaves plenty of space to reflect on one's own personal experience.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Giannina Wedde

In Winter-White Stillness – A Companion for the Dark Season

192 pp.

September 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

On listening and letting go

- » **An encouraging, touching wintertime companion—ideal as a gift**
- » **Extraordinary, poetically charged prose that captures the enchantment of winter**

Wintertime—the powers of nature wane. Light gives way to darkness, and a special silence grows. The dark season offers us the gift of a unique beauty and of metaphors that take us on an inner journey. We encounter letting go, allow ourselves to feel emptiness within ourselves, and engage with stillness through listening, waiting, and deep openness. When the winter solstice marks the gradual return of light and frosty nights invite us to chance fresh starts, we will discover new creative powers growing within us that will soon burgeon into an overflow of life. In winter-white stillness is like a poetic, peripatetic meditation on the mystery of wintertime that finds deep meaningfulness, openness, courage, and peace of the heart.



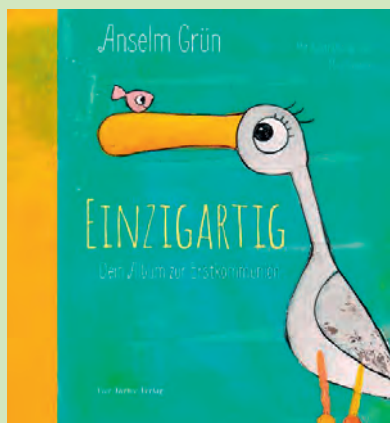
Giannina Wedde, born in 1974, studied German, philosophy, publishing, and theater. Today, she works freelance as a spiritual songwriter, author, and spiritual development coach along a Christian-mystical path. More details can be found on her German website: www.klanggebet.de. At Vier Türme Publishing, she has published *The Light that Grows from Loss: A Book of Grief and Comfort* and *Finding Breath in Your Grandeur: Blessings for Life's Journey*.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

One of a Kind! – Your First Communion Album

46 pp.

Illustrations by Miri Haddick

January 2021

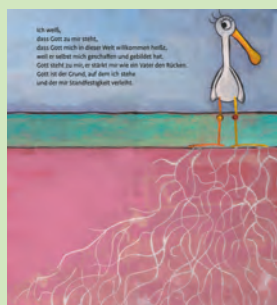
ENGLISH SAMPLE TRANSLATION AVAILABLE



A wonderful memento of a unique day

» **Father Anselm's first and only album for celebrating the very special event of First Communion**

When the day of First Communion finally arrives after long preparation, children are excited and full of the joy of anticipation—of the mass, of the people celebrating with them, and of the gifts. They know that this day is about them. Everyone has come together to show them: You are important. You are unique. In this album, Anselm Grün takes up these ideas, showing that every person is unique and wanted by God. The beautifully designed volume also has plenty of space for recording memories of this unique day—in writing, with pictures, and with crafts.



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Vier-Türme-Verlag

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Anselm Grün

Blessings and Welcome – Your Baptism Album

46 pp.

January 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE



What a joy that you were born!

» A lovingly designed memento of baptism, with space for own ideas, notes, and inspirations



When a child is born, many parents long for a ritual with which to welcome it into the world. They want to place its life under the protection and blessing of a higher power that goes further than their own care. And so they have their children baptized, even if they themselves otherwise have little contact with faith. In this beautifully decorated album, Anselm Grün illuminates the deeper meaning behind the symbols of baptism, including the baptismal candle, water, and chrismation. There is also space for recording memories of the event itself, so that the album can become a meaningful memento for the child as it grows up.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Marlene Fritsch

Truly Me – How to Face up to Oneself

ca. 144 pp.
March 2021

ENGLISH SAMPLE TRANSLATION AVAILABLE

Getting to know the man or woman in the mirror

Whom do I see when I look in the mirror? Answering this question isn't as easy as it might seem—because really seeing oneself whole, for who one is, means encountering oneself. And that involves making oneself neither worse nor better than one truly is. It involves looking honestly at all our faults, flaws, and deficits, but also at our talents and all that is worthy of love. And then finally accepting all these as they are. It is a fine line, and those who try to walk it are always in danger of falling into one or the other extreme, damning themselves or singing their own praises.

Marlene Fritsch shows her readers ways to weather this sometimes tempestuous journey. What beckons at the end is the light of not only encountering one's true self, but of becoming one's best self.



Marlene Fritsch, born in 1972, studied Catholic theology and German before working as an editor in religious publishing. In 2010, she became head of programming at Vier-Türme Publishing. She also works as a free-lance editor and author, having written a number of spiritual books. Vier-Türme-Verlag recently published *My little green paradise: Life lessons from gardening*. She lives in Trier.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anke Keil

When Mrs Grief Moved In

ca 60 pages

September 2019

RIGHTS SOLD TO CHINA, FRANCE AND ITALY
ENGLISH SAMPLE TRANSLATION AVAILABLE

A new Vier-Türme author with a unique picture book

- » A unique picture book on grieving and moving on—specifically for children, as well
- » Switching roles: The book uses narrative to find a unique approach to grief, supported by unusually evocative illustrations
- » An experienced author who knows her subject
- » An unexpected visit

“When you died, Grief moved in. She is a somewhat strange guest and—just between the two of us—I think she might be slightly mad. She treats our house as a hostel. She was suddenly there, in the midst of this home that used to be yours.”

These thoughts express how so many people experience the grief that enters their life after the death of a loved one. This picture book is a moving account of a difficult emotion, but also an offer of support for starting conversations about grief. In this way, the experience of grief can become more than just a weight on one’s heart: grief can become a companion, a friendly guest who, work done, will also leave again.

Anke Keil, born 1981, studied theology and rhetoric. She works as an editor, living with her family in Esslingen. After the 2015 stillbirth of her daughter, she and her husband founded a self-help group for coping with child loss. This book developed out of her training as a grief counsellor.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Linda Jarosch

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

ca. 144 pp.
August 2020

**RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY, POLAND, SPAIN (WOLRD),
SLOVENIA AND GERMAN POCKETBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Kindness and warmth rather than self-centeredness

Self-love is an important subject for many women. All too often, we judge our own weaknesses harshly while comparing ourselves to false role models. This keeps us from treating ourselves with the values that we would look for in others—such respect, kindness, patience, and generosity.

Using the example of Mary Magdalene and her story of liberation, Linda Jarosch here shows a path towards freedom in thinking, and thereby also towards freedom in living and feeling. Often, she writes, it is a question of leaving behind outdated modes of living and thinking, and instead giving oneself permission to fully live out one's own potential.

A liberating book that can help all readers find a loving approach to their own soul.



Linda Jarosch is an author, workshop instructor, and freelance education consultant for various organisations and companies. In addition, she counsels women in different situations in life. Her best-selling titles at Vier-Türme have included *Queen* and *Wild Woman* (translated into 18 languages) and *Tomorrow I Shall Wear Red* (translated into 5 languages).



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Backlist | 36



Anselm Grün, Ansgar Stüfe

An Apothecary of Comforts – Soothing Wisdom for Unfriendly Moments

160 pp.

August 2020

**RIGHTS SOLD TO BRAZIL, FRANCE, ITALY, KOREA
AND GERMAN POCKETBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Balm for the soul

- » **A small gift for hard times**
- » **New wisdom and comfort from selected readings in scripture**

We all have days on which one bad thing just seems to follow another. Or moments in which we are overwhelmed by loneliness, self-pity, grief, or fear. Times when insults are added to injury. Periods where our thoughts run in dark circles, and our oversensitivity dominates our lives.

This book offers comfort for just such times, collecting wisdom and support from the holiest of books: the Bible.

In the words of Anselm Grün: “In this book, I describe situations in which we may feel miserable and inconsolable—and then offer balm from the Bible. People have often given me comfort and support. But words can also develop incredible comforting power.”

A special gift for family, friends, and acquaintances—but not least for ourselves.

Brother Dr. Ansgar Stüfe, born 1952, was head of the mission hospital at the abbey of Peramiho in Tanzania for 16 years. After working as mission procurator supporting the global projects of the Benedictine congregation, he returned to Münsterschwarzach, where he is head of Vier-Türme Publishing. A passionate reader, he relishes the chance to devote himself to his second great passion after medicine: books.

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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

Power – How to deal with the seductive lure of authority

ca. 140 pp.
March 2020

**RIGHTS SOLD TO BRAZIL, FRANCE, ITALY,
PORTUGAL AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A strange force

- » **Current and important topic in the Church and beyond**
- » **Constructive approaches to an often underestimated temptation**
- » **A sophisticated account of power's positive and negative consequences**

To many people, the Church is synonymous with power—but often, those within the Church fail to perceive their authority. In this volume, Father Anselm Grün explores the intersections between Church and power, and how these juxtapositions frequently lead to abuses. But this pattern goes beyond ecclesiastical circles into our personal surroundings, including families, colleagues, and relationships.

Anselm Grün explores the spiritual and psychological aspects of power as well. He sets out to help those to whom power has been given use that power for the good of all, and to make the seductive energy of authority serve moral ends. Furthermore, his text invites readers to consider their own power structures and how they use what they have been given. The result is a mindful, conscientious approach to influence and status.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Peter Müller

Fasting – Time for Myself A Spiritual Companion for Intermittent Fasting

160 pp.

January 2019

**RIGHTS SOLD TO ITALY, KOREA, PORTUGAL AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Not just for Lent!

» **Spiritual companion for the hot topic of intermittent fasting**

Intermittent fasting, also known as interval fasting, is a way of gradually and gently integrating positive fasting experiences into everyday life. But it is about far more than losing a few pounds or eating healthier: its enriching power can draw on the different sources of Christian spiritual tradition and practice, encompassing a holistic view of body, mind, and soul.

This book offers not only information on all aspects of intermittent fasting, but also spiritual impulses and exercises to accompany the fasting process, deepening its spiritual aspect.

Peter Müller invites readers to look closely at their own life, thoughts, emotions, and actions, using practical and spiritual impulses and exercises, texts and stories as training for mindfulness and perception. The result is a guide to shaping one's own life, living fully in one's own body, mind, and soul, and spiritually deepening the experience of intermittent fasting.



Peter Müller is a trained theologian and pedagogue, working both as an author and in adult education. From 1975 to 2003, he headed the Katholisches Bildungswerk Kreis Rottweil e. V., while also acting as a business coach. He is a longtime guide for pilgrimages to Santiago de Compostela, and also guides and trains people in fasting.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

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

157 pp.

January 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, FRANCE, ITALY AND SPAIN WORLD
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Life and work don't need to be opposites!

- » **A practical guide to work-life balance – for anyone and everyone**
- » **Finding meaning in your work**
- » **Preventing burnout**

Stress-related illness and burnout from overwork are on the rise; “work-life balance” has become a stock phrase; and workaholics have long since become the norm, not the exception. With on-the-job challenges increasing, any person looking to find a healthy approach to their daily tasks need look no further than this volume.

In 25 biblical images and meditations, Anselm Grün shows the reader 25 attitudes designed to counter the rat race. Using St. Benedict’s *ora et labora* (work and pray) as a guide, anyone overwhelmed by their work can regain control and self-fulfillment.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

The Magic of little Things

126 pp.

January 2018

RIGHTS SOLD TO BRAZIL, CZECHIA, FRANCE, ITALY, KOREA,
SPAIN, THE NETHERLANDS AND GERMAN POCKETBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE

Finding Contentment in Life

- » **Points up a path to contentment and satisfaction**
- » **Special gift book for awakening and cultivating mindfulness**

Mindfulness meditation, healing self-awareness, and simplicity are watchwords in today's self-help literature. But how lasting is the happiness conferred by these boilerplate recipes for contentment? Connecting modern ideas of mindfulness and simplicity with modesty, gratitude, and the crucial question of our Soul's lasting peace, Anselm Grün gives readers a unique path toward spiritual happiness beyond mere everyday platitudes.



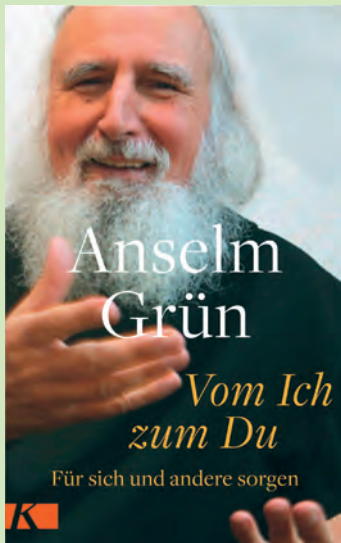
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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

From Me to You – Caring for Yourself and Others

144 pp.

August 2017

**ORIGINAL GERMAN EDITION BY KÖSEL
RIGHTS SOLD TO BRAZIL, CROATIA, FRANCE,
ITALY, MEXICO AND SLOVENIA**

Care-ful and care-free: Anselm Grün illuminates the notion of caring.

Love thy neighbor as thyself – this means caring for the refugees who come to our shores, but also caring for our parents in their old age, our overworked colleagues, our sick brothers and sisters. It means offering care, taking care, and sometimes letting go of our cares, as well.

In this book, Anselm Grün examines the roots of this love for others, the dedication connected with it, and the limits of the two. What happens to us when we care about someone, and what happens to us when we care for them? Sometimes, it can feel very freeing to simply not care anymore, and that is a form of self-care we occasionally need to engage in. So how to care about others while still taking care of oneself?

Anselm Grün points out the positive sides of caring as well as its dangers. With real-world examples, he conscientiously illustrates the facets of caring and its role in interpersonal relationships, but also takes up its significance for our understanding of the present and the future.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Christmas





Anselm Grün

The Big Book of Christmas

ca. 160 pp.
September 2021

Making Advent and Christmas a family season of hope

- » **An Advent companion for the whole family:
craft ideas, recipes, and spiritual impulses**
- » **The perfect Christmas gift**

There's no time quite like Christmas—especially with the family. Everyone can feel how together we long for stillness, for home, and for the unique atmosphere of joyful anticipation the season brings. This book is the ideal repository for sharing cheer and festive spirit with loved ones. It offers up a wealth of spiritual impulses, little stories for reading out loud or meditating silently over, fun craft ideas and recipes, songs and poems. Every day, these offerings invite readers and those close to them to carve out an “Advent retreat” from daily life—and to discover what makes Christmas truly the most wonderful time of the year.



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Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün, Eberhard Münch

Light and Silence

ca 176 pp.

September 2019

RIGHTS SOLD TO BRAZIL

Evocatively illustrated with poetic and festive paintings
by Eberhard Münch

Father Anselms Christmas Book

Seeing the birth of Christ with different eyes

Christmas is a special time; a time for family, emotions, memories. Father Anselm Grün probes our longing for Christmas. What can the characters of the Christmas story tell us about why Christmas is so important to us? On the way to answering this question, he shows readers ways to embrace their longing for Christmas, and to find a deep peace that can stay with them throughout the year. Eberhard Münch's striking paintings deepen the messages of Father Anselm's words.



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.

Eberhard Münch, was born 1959 in Mainz, is academy-trained painter and freelance artist. 1983–1987: studies at the Academy of Visual Arts in Nuremberg, concentration in historical painting techniques, design of sacred spaces, and historical wall paintings; 1983 onwards: exhibitions and showings; 1987 onwards: independent work as painter and designer of secular and sacred architecture both in Germany and internationally; since 2006: collaboration with publishers for calendars, book illustrations, etc. atelier-muench.de



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

May the Angel of Christmas be with you

51 pp.

September 2018

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AND THE NETHERLANDS**

Christmas angels— a unique look at angels from Father Anselm

Angels have a special significance in Christmastime. In this lovingly designed gift book, Father Anselm provides an introduction to such heavenly messengers, showing us that the angel of Christmas is with us far beyond the time of Yuletide celebration.

In fact, throughout the year, we are surrounded and protected by heavenly beings who help us find our own way through life. .



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Zacharias Heyes

The Shining Star – An Advent and Christmas Companion

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September 2016

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An unconventional Advent companion

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- » **Contains many practical impulses and ideas for each day**

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



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



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Anselm Grün

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A personal Advent companion

- » **New edition of an Anselm Grün classic**
- » **An Advent companion, filled with rituals and practical exercises**
- » **Experience the magic of Advent**

Taking time out from the rat race, becoming centered in the season, consciously experiencing life—many people feel such longings particularly strongly in the season of Advent. This book can help fulfill those dreams.

In this Advent companion, Anselm Grün explains the significance of each particular day leading up to Christmas and offers a guided impulse for the Sundays. In addition, he has developed 24 brief rituals that can be practiced alone or in a family setting. With this book, Advent becomes a season out of time, allowing us to feel how deeply the miracle of Christmas touches each of us.



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