Foreign Rights
Spring Highlights 2023
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## Our Agents

Contact: Annemarie Blumenhagen | rights@ullstein-buchverlage.de | Friedrichstr. 126 | 10277 Berlin | Phone +49 (0)30 2345 6 450
Vienna at the end of the 19th century: Death haunts the city and an unlikely trio has arrived to fight it.

The Gravedigger-Series

Augustin Rothmayer is a gravedigger at Vienna’s famous Central Cemetery. A quirky but highly educated oddball, he is a specialist in death and pathologist avant la lettre.

Leopold von Herfeldt, a young inspector and an ambitious Jewish dandy facing a lot of antagonism from older colleagues. Left his hometown of Graz under mysterious circumstances and is intrigued by scientific criminology.

Julia Wolf starts out as a telephonist and eventually becomes a crime scene photographer. She impresses with unusual insight but also brings a lot of baggage of her own.

Their cases to date:

The Gravedigger's Almanac: Several maids have been murdered, each of them brutally staked. The gravedigger knows that staking is an ancient method of keeping the undead underground. Tracking down the serial killer takes them down into the less mysterious underworld of the big city. (2021; 448 pages)

The Girl and the Gravedigger: A famous professor of Egyptology is found dead in a sarcophagus in Vienna’s Art History Museum. Word quickly spreads that the professor has fallen victim to a curse. A mysterious case against the backdrop of 19th century fascination for the occult and all things Egyptian. (2022; 496 pages)

The Gravedigger and the Death in the Crypt: In the crypt under Vienna’s St. Stephen’s Cathedral, tourists find the corpse of renowned physician Dr. Theodor Lichtenstein, who was out to expose the rampant spiritualism as fraud. Simultaneously, children disappear from an orphanage under mysterious circumstances. (2023; 448 pages)

Rights sold to:

Czech Republic (Euromedia) | Estonia (Uhinenud) | Italy (SEM) | Netherlands (De Boer) | Slovakia (Ikar) | Spain (Planeta) | World English (Harper Via)
These women no longer wait for redemption. They take it.

Burden

Elli, born in 1928, witnesses an illegal abortion in the midst of World War II. A disturbing, formative experience. As much in love as naïve, she plunges into marriage with Alexander at the beginning of the 1950s, of which little more remains after a short time than their daughter Alexandra - because happiness is a bird. Alexandra rescues herself from an unhappy relationship in the turbulent seventies when she decides against having a child. Her best friend throughout her life, Hannes, is one of the few who stands by her side and later becomes perhaps her last love. Alexandra’s second marriage to Milan is at least superficially happier. Her daughter Eva is born in 1986. Hannes’ son Konrad and Eva, like their parents, will always be close to each other, even when Eva sinks into depression after an abortion in the early 2000s. Eva is the first of the three, who dares to raise questions and wants to know the truth even when it hurts. She is the first to confront the biographical similarities in her family.

Anna Neata tells of unlived lives, vain hopes, and the unique solidarity among women over a period of 80 years, creating a great family novel only the 21st century could write.

The novel combines the emotional quality of Daniela Krien, a style that draws you in like Sally Rooney’s, and the hardness of life as you find it so poignantly described in the novels by Sofie Oksanen.

Rights sold to:
Romania (TREI)
A café, its patrons and their stories.

Robert Seethaler
Das Café ohne Namen

With his new novel, Robert Seethaler returns to the setting of his great success Der Traumkünstler. With a cast of unforgettable characters and an electrifying sense for the details of life, he tells how a new world emerges that, like everything new, already carries its end within itself.

"That's the impressive thing about Robert Seethaler: the visible is not everything. You almost want to advise to read his books in the dark, with your eyes closed." - Florence Noiville, Le Monde

"Seethaler is a master of unsentimental simplicity, of the moment, of the ephemeral, everything floats, everything is easy." - Elke Heidenreich, Focus

Rights sold to:
France (Sabine Wespieser éditeur) | Netherlands (Uitgeverij De Bezige Bij) | Italy (Neri Pozza) | China (Rentian Ulus)
A woman exhausted by the work of emancipation and love.

• Winner of the Wortspiele-Award

Siegfried

A woman – mother, partner, breadwinner – decides to admit herself to the psychiatric ward one day. She has had a fight with her partner, the following morning she wakes up with the sound of sirens in her head and the conviction that her stepfather has died even though nothing suggests he did. Now she must start the day. She has to dress her daughter, remember everything, clean up the apartment and her life. But fears lurk everywhere: money, deadlines, the relationship, nothing is under control. And above all, she fears for her stepfather’s life. He framed the world for her and assigned her a place in it. In the mental hospital, she thinks, there will be someone to tell her what her problem is. She might disappear and be muted, but she will finally be allowed to rest.

Siegfried is a novel about old orders and new demands, about violence and the silence concealing it, about a post-war order marked by fear and the education of emotions that we have yet to overcome.

Sweepingly intimate yet with an urgent political dimension, this is for readers of Sheila Heti’s Motherhood and Ottessa Moshfegh’s My Year of Rest and Relaxation.

"Page after page unfold that behind what seems like an ideal at first glance lurks a story of violence and silence. You feel as if in a vortex, spinning in circles and slowly being pulled into the disaster.” - SWR

"As warm and cold as Germany. A novel you won’t forget." - Maxim Biller

"Siegfried is the self-made man of the old West, who still haunts children and grandchildren today. A brilliant exorcism of ghosts!” - Daniela Dröscher
“A book like a fairy tale. Sad, fantastic, wonderful.” Maxim Biller

The Book Of Samuel

Bulgaria in the 1970s. In the midst of socialism, the Finzis - a bunch of truly unique characters - lead the life of the Bohème. There is the elegant grandfather, who was able to save his hats from the times of the tsar. The tough grandmother Mathilda survived the Stalinist psychiatry including electric shocks and ice water. The mother, who knows how to draw all the lightness of the dolce vita from a slice of Parma ham. And the father, who opens the door to freedom for his son on a trip to the West. A trip that sets the path for young Samuel and his desire to find happiness beyond the narrow confines of home.

With furious wit and great warmth, Samuel Finzi tells of the paradise of childhood and the revolt of youth. He interweaves the past and the present and writes quite incidentally about a successful life in the wrong system.

Everyone who doesn’t know the actor Samuel Finzi will equally be swept up by this beautifully heartbreaking family story.
A woman in grief alone in a new country looking for seclusion and finding a new beginning.

Everyone has their bundle to carry, but the weight of it all is borne by the mother alone. Milla has retreated to Canada after the suicide of her son. She has given up her hauler company and left the man she spent half her life with. In an old house surrounded by untamed nature, she tries to move on. She meets Russ, an antiques dealer whose life, like hers, is marked by a deep pain. A kind of relationship that is at once more and less than friendship develops between them. Until their paths part again.

In crystal-clear prose, Sven Heuchert tells the universal story of loss, grief, and new beginnings. In a world that no longer holds any promise of salvation, but instead the real chance to regain one's footing. Dense and atmospheric with authentic characters against the backdrop of the vast Canadian wilderness.

"(...) Heuchert is interested in the effect of solitude and of an unruly nature, which he depicts with astonishing linguistic precision. In his spare, dense prose, even gas stations become places of a nature that embraces the human creature indifferently and for that very reason provides something like consolation. Denis Johnson would have liked that." - Gunter Blank, Rolling Stone

"Milla and Russ are like two pebbles in troubled water. Fleetingly, we witness their paths, then they lose themselves in nature, for which Heuchert finds images that settle in as if we ourselves had been along for the ride." - Oliver Creutz, Stern

"Sven Heuchert commands his means very purposely, he can dose and endow his characters beyond sympathy, pity, or dislike with above all a sad aliveness." - Peter Körte, FAZ, on Alte Erde

Sven Heuchert | The Weight of It All
Ullstein Hardcover | Literary Fiction | Hardcover | 125 x 205 mm | ISBN 978-3-550-05072-5 | Price D: 22.99 € | 192 Pages |
Published: 23.02.2023

Available as e-book

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The Lover

Monsieur Haslinger works as a chaplain in the picturesque old town of Brussels where he lives a very secluded life. Until Madame Janssen moves into the house next door and pulls him out of his shell with her joie de vivre. The two share a love of all things green, stimulating conversation, and good food. Madame Janssen finally expresses how much she likes the attractive clergyman and asks him to travel with her to the North Sea. The celibate Monsieur Haslinger has never expected this to happen but they fall in love. For him, it is the first time, but for Madame Janssen, it is the last. She has not told him that she has come to the vacation spot of her childhood to die. Monsieur Haslinger, who truly loves a woman for the first time in his life, remains at her side.

Deep emotions don’t get less intense with old age just because loss becomes unavoidable. And it is never too late for that one love. A book that celebrates caring for others. For the readers of Carsten Henn, Éric-Emmanuel Schmitt, François Lelord, and Nicolas Barreau.

"A truly charming story about love. With French flair, poetic, tender, wise." - Carsten Henn

"Martin Ehrenhauser is a true storyteller, you are immediately drawn into his world. Lightness, intelligence, and depth are elegantly intertwined." - Martin Hielscher

"A touching text about two people who have already gone through a lot in life, but still dare to do something together. How affectionate, how funny, and how clever one can tell the story of saying goodbye." - Sandra Hoffmann
We can’t wait for The Morning to come: The prelude to the new thriller series by Marc Raabe

In the early morning snow flurry at Berlin’s Victory Column, an abandoned pickup truck blocks the busy roundabout. In the back of the truck, the police discovers a half-naked female corpse. Someone has written something on her body in red paint - the Chancellor’s private address.

The Federal Criminal Police is alarmed. The dead woman is the wife of the Minister of Health. What nobody knows officially: it is the second corpse marked with the address. At the crime scene, the inexperienced and ambitious detective candidate Nele Tschaikowski meets the notorious investigator Art Mayer. The former model officer Art Mayer has become an outcast. But the police know about his private connection to the Chancellor that goes way back to their childhood, and desperately want him on the case.

While Art and Nele get to work and establish a connection to a fourteen-year-old cold case, Berlin goes crazy over the hunt for the murderer, especially when the explosive details of the crime are leaked to a whistle-blowing platform.

"I write late into the night so that my books will rob your sleep" - Marc Raabe

"Without a doubt, Marc Raabe is one of Germany's best thriller authors." - Krimi-Couch
Two agents chase the dangerous eco-terrorist hacker collective Act Now Or Die.

**Trance**

A hacker collective radicalized in the fight against climate change plans a fatal attack that will cost many lives. Their weapon: a coded song that will immediately drive anyone who hears it to commit suicide. If their demands are not met within a deadline, the hackers are prepared to broadcast their song of death globally. BND agent Danny Erichsen, who himself barely survived an assassination attempt by the group, hunts down the puppet masters. He is assisted by a headstrong ex-agent who lost her hearing during a mission many years ago. But soon the hacker group is not the agents’ only adversary ... and the set deadline is coming closer and closer.

A hard-hitting, red-hot, fast-paced thriller with grim humor for readers of David Gilman and David Klass.

Matthias Elling is a thriller writer. He lives in Southern Germany.
New setting, new story - but always the feeling of coming home. A new sweeping novel by the beloved Juliana Weinberg

Berlin 1948 - a tumultuous place. The city is scarred by the war, the black market flourishes and everyone is trying to survive. After the Western Allies introduce a new currency, West Berlin is sealed off. Widowed Nora barely manages to provide her children with enough food, let alone herself. Her husband has been missing for years. Nora's desperation grows with each day but she doesn't stop fighting until she finally finds work as a translator for the U.S. Allies at Tempelhof Airport. Providing translations for an important major, she finds herself in the midst of a heated political situation. Equally heated is the situation among the female staff as most of them would do anything to marry an officer and escape the difficult living conditions. Nora, however, is trying to stay focused on her job but she can't deny her feelings for an American pilot, Matthew, who helps her with food for her family. Torn between feelings of guilt for her missing husband and the hope of providing a better life for her children, she needs to make a decision. Before she can tell Matthew her decision, he crashes his raisin bomber out of the sky. Matthew recovers from his accident but life doesn't make it easy and the two need to overcome a few more obstacles before they can be happily together.
The laugh out loud funny and cry your eyes out romantic story of two imaginary and two (or three) real weddings.

Max and Nela are fundamentally different. Because the IT guy, who has both feet on the ground in his professional life, is looking for a safe haven and hopes to soon meet the woman he can spend the rest of his life with. While Nela is running away from all these clichés. The record store owner isn’t big on closeness and connection. So far.

When the two meet for the first time, in a bridal store, of all places, the spark is irrevocably ignited. The only problem is that Nela is wearing a wedding dress, complete with veil and train. This is not because she intends to walk down the aisle anytime soon though but because one drunken evening she admitted to her friends that she is not interested in getting married, but would not object to a pretty white rag. Max, for his part, is in the bridal store helping a woman with whom he seems extremely familiar into an outfit for a civil ceremony. So obviously, they both think that the other is about to wed someone else – but that couldn’t be further from the truth.

However, even during their second and third chance encounter, all signs add to this misunderstanding: Max is certainly not picking out cake toppers in a hip pastry shop for no reason. Or is he? And Nela wouldn’t pose with abling on her hand that didn’t come from her fiancé. Or would she?

When Max’s IT company moves in above Nela’s record store, the attraction between the two grows stronger. They hang around the mailbox for an inordinate amount of time waiting for the other to come by so they can chat a little. Taking forever to lock one’s bicycle in front of the house also works quite well to prompt chance encounters. But under the circumstances, of course, no one wants to make the first move and dare to let their sympathy lead to a kiss. Even though the temptation is growing.

Can Nela and Max ever clear up this mix-up? And even if they can – would their fundamentally different plans for life ever be compatible?
When your world is sinking into darkness, you need someone to show you the sun.

Where You Will Find Us (Light in the Dark-Series Volume 2)

A dream comes true for Melina when her cooking videos go viral on the web, and it looks like she could turn her passion into a career. She’d rather share her latest creations with her boyfriend Ben than with her followers though. But he is struggling with exhausting exams and is withdrawing from her more and more. Mel suffers from not being able to connect with him anymore, not being able to help him. While Ben hardly ever leaves the house, Mel seeks distraction in the world of influencers. Their great love suddenly faces a great challenge: life itself.

The topics depression and burn out are at the center of this touching love story - Antonia Wesseling can write about them so well because she herself is affected (ownvoice). And the novel does away with toxic masculinity in romance: it is appreciative, encouraging, and thus very zeitgeisty.

Part one of the Light in the Dark-Series will be published in Dutch by Kobo Rakuten.
Love, life, and astrology: A touching novel about mental health that gives hope.

When the Stars Align

Lola has a thriving imagination. Books, computer games, movies - she lives in many worlds, just not the real one. An obsessive-compulsive disorder confines her to her apartment most of the time. That’s why Lola believes she’s in the seventh circle of hell when her doctor prescribes massages, of all things, because of her back pain. And she thunders through to the ninth when she meets her physical therapist. Felix is her complete opposite: popular, cool, and superficial. Lola is all the more surprised when Felix seems to not only soothe her tensions, but also her soul. United by their passion for astrology, both have to dig deep and confront their darkest inner secrets before having a chance at a future together.

Lydia Schmörlz writes New Adult with a twist. Creating vivid characters who let the reader experience their crises, dramas, and bliss up close, she tackles the hard stuff never losing sight of the entertaining part of the plot line.
“There are no straight lines in this life.” – FAZ

Samuel Meffire's life is an uphill battle from the start. His father, a student from Cameroon, dies under mysterious circumstances the day Samuel is born. His mother, an aspiring engineer from East Germany, starts an excruciating battle with the government to return the father's body to his homeland – a fight that leaves her broken and unable to properly care for her children.

Samuel finds validation and belonging in sports. Against all odds, he becomes East Germany's first black police officer. In the 1990s, an era marked by upheaval and unrest, he is the face of an anti-racism campaign. He is invited to politicians' receptions, talk shows, and shines in media appearances. Under the overwhelming pressure from public life, he grows frustrated by the highly bureaucratic state and leaves the police force.

A whirlwind of events ensues: small criminal offenses lead to a bigger robbery going wrong, Samuel flees Germany via Paris and ends up in Congo. Eventually, he turns himself in and spends seven years in prison. After his release, Samuel finds redemption once more on the "front line" of social upheaval, this time as a social worker for violent youths and as a successful author of dystopian crime novels.

Witty, enigmatic, and gripping – in his memoir, Samuel Meffire looks back at the twists and turns of his unique life, at the same time builds the portrait of a rarely depicted part of German history.

Samuel Meffire's life story is also the basis for Disney + first German original TV series, which will be available and marketed internationally via the streaming platform in April 2023.

Rights sold to:
UK Commonwealth (Little Brown) | France (Editions du Rocher)

Lothar Kittstein is a nationally acclaimed playwright. His plays have been performed at many major German theaters. The National Theater in Weimar has commissioned Kittstein to write a major two-part play about Samuel's life for the 23/24 season. As a historian with a doctorate, Lothar Kittstein is also very familiar with German-German history.
A new take on Pompeii, antiquity, and the liberating power of culture.

The Magic of Ruin

"Art and archaeology have much to do with pain, loss, death, and violence, much like many of our personal stories - in Pompeii, the city ‘buried alive’ by Vesuvius in 79 AD, this is more evident than anywhere else."

Snack-bars, a slave room, Greek theatres, villas, thermal baths, and temples - the excavations in Pompeii reveal a world. But what does it have to do with us? Gabriel Zuchtriegel, the new director of the World Heritage Site, impressively demonstrates that buried antiquities, rigid ruins, and silent images have a lot to say about us.

Almost daily, Gabriel Zuchtriegel’s work brings him into contact with traces of the catastrophe that destroyed Pompeii in 79 AD. Unmade beds, dishes left standing, bodies of victims of the volcanic eruption encased in ash but also, captivating works of art, such as the sculpture of a sleeping fisherman boy curled up just as children still do today when the blanket is too short.

This book highlights these moments and shows how essential they are to feel and convey why antiquity is still relevant today. Gabriel Zuchtriegel uses archaeological discoveries from the 19th century to the present day to bring us closer not only to excavation techniques but also to issues that are linked to changes in society and our present. He connects all this with his career as an archaeologist, who not only wants to preserve the World Heritage Site but is committed to making sure that everyone understands this place as their own.

All prior knowledge is of no use if you don’t let yourself be touched in your innermost being by the art and living world of antiquity - and anyone can do that, even without a degree in archaeology.

Rights sold to:
Italy (Feltrinelli)
Secluded but not withdrawn: Women’s lives and loves, business and politics in medieval convents

Unheard of Women

After the spectacular find of a rich convolute of letters, Professors Lähnemann and Schlotheuber do away with the stereotype of the obedient nun trapped behind thick convent walls and open the doors into an unknown world that has been ignored by historiography until now.

Life in the convent was by no means dreary. On the contrary, for some young women from patrician families and the landed gentry, it held great advantages such as the opportunity of varied enterprises and studies that they would have been excluded from in married life. The letters reflect their high level of education. Eloquently, the women writers alternate between Latin and Low German, allusions to liturgical texts or prayers can be found alongside pragmatic decisions of daily life.

Their sources allow the authors to let the nuns themselves speak. And a new image of strong women choosing a life of seclusion emerges, confident and at times defiant nuns who use the creative leeway within the cloisters, have excellent networks, and are actively shaping the changing society of the late Middle Ages.

Henrike Lähnemann is the first woman to hold a chair in the Faculty of Medieval and Modern Languages at the University of Oxford, where she teaches German literature of the Middle Ages and works on textual and pictorial evidence from the nunneries of northern Germany.

Eva Schlotheuber is Professor of Medieval History at Heinrich Heine University in Düsseldorf. She was the first woman to serve as chair of the Association of German Historians from 2016 to 2021.
On overcoming a patriarchal structure veiled in romance yet immensely destructive.

The End of Marriage

Marriage is sacrosanct in our society. Despite its institutionalization, it is romanticized as the epitome of love. Yet for women, marriage often means exacerbating inequality and financial dependence. Marriage standardizes relationships and family, controls women’s sexuality, property, and labor. As beautiful and desirable as getting married seems to many, it ultimately leads women into a dependency based on affect, wealth, social norms, and legal regulations.

Best-selling author Emilia Roig proclaims the end of marriage and shows how marriage, and with it, heterosexual monogamy, was enforced and how marriage became an important pillar of capitalism. She looks at care and sex work and examines the role marriage plays in maintaining a nation’s cultural and ethnic traits. She asks whether it is possible to love men and overthrow the patriarchy at the same time and seeks to redefine love. Ultimately, abolishing marriage would be liberating not only for women, but for everyone.

In her courageous and provocative book, Roig reveals what lies behind the marital façade and lets us glimpse new and free concepts of care and community that might await us after The End of Marriage.

The press on Emilia Roig’s bestseller Why We Matter:

"A plea to rethink the world." - Die Zeit

"Those who let Roig enlighten them about reality will be better oriented in the debates of the future." - Der Spiegel

"Emilia Roig accomplishes the feat of drawing a startlingly dense panorama of hierarchies, devaluations, and denied opportunities without making it sound like a reckoning, but instead rather inviting and embracing." - Süddeutsche Zeitung
"The book is a plea to cosy up in a wool blanket and see it as an act of resistance against capitalism."

Anti-Girlboss

"Work hard, party hard!" "Performance pays off!" Author and sociologist Nadia Shehadeh has heard enough of such empty phrases. What if the executive job with responsibility isn’t fun, but sorting paper at the copy machine is? What if you don’t want to lead a life on the fast lane, but would rather lie on the couch? And what if the performance principle, praised by many, is actually just a fairy tale that can’t explain status differences and makes people unhappy?

Women in particular are told that they can free themselves from social injustice by way of individual ambition. Nadia Shehadeh believes that this is a collective self-deception, which perniciously deceive us into believing that we have equal opportunities and drives us to do more and more paid and unpaid work. Instead of stressing out about winning this rigged game, she advocates life as an anti-girlboss: ambition no longer plays a major role, and the average is not despised but welcomed. She advocates maintaining a comfort zone that protects against burning out for outside demands.

When we realize that it is not all important to have everything, to be able to do everything, and to always work at the limit, life becomes not only a lot easier, but also happier.
One of the most influential scientists of our time on the correlation between climate change and social inequalities.

Climate Injustice

Climate change does not affect all of us in the same way. Friederike Otto uses eight extreme weather events as specific examples and asks what their real causes are, who is particularly affected, and above all: what climate justice actually means and what needs to be done to achieve it. Comparing the Ahr Valley floods to floods in Pakistan, we can learn how different the effects of these disasters can be. But examples such as the bushfires in Australia also show that wealth is no protection against smoke poisoning where media and politics prevent change by deliberate misinformation.

Climate change is not destroying humanity, but human lives and livelihoods. We marvel at record temperatures, wind speeds, and rainfall, but ask too few questions about who is particularly exposed to them, who cannot recover - and why. Inequality and injustice are why climate change is still humanity’s problem. Fairness and global justice must be at the core of its solution. Climate justice concerns us all.

Friederike Otto’s previous book, Angry Weather, was translated into five languages and hailed as “the best book on climate change” by Deutschlandfunk.

Rights sold to: World English (Greystone)
An internationally renowned climate researcher presents a comprehensive approach to solving the big problems of our times.

**Folding the World**

We are at the end of the age of expansion - and we need an idea for the next big step. The finite nature of our planet collides with the need for rapid social development. The desperate, albeit understandable, call for austerity is helpless and not very effective. But the mathematical principle of convolution, or folding, could provide a solution because it allows infinite development in a finite world. Not growth into more, but growth into diversity.

Folding the world can form a fundamental new adjunct to our current social system, preventing the tearing apart of our societies and the earth on which we live. To implement it, we need to define clear boundaries as is already happening in emissions trading and could conceivably be done in a new form of corporate taxation. Our freedom would not be unduly restricted and no individual regulation as in a planned economy would be required. In the process, our societies would be held together, and the finiteness of our planet accepted.

Anders Levermann received his PhD in theoretical physics from the Weizmann Institute in Rehovot, Israel. For more than 20 years, he has worked at the Potsdam Institute for Climate Impact Research, where he heads the Complexity Research Department. He is a professor at the Physics Institute of the University of Potsdam and at Columbia University in New York. For the past 15 years, he has contributed to the reports of the Intergovernmental Panel on Climate Change (IPCC). He publishes in the Frankfurter Allgemeine, the Süddeutsche Zeitung, and the Guardian, and has lectured on physical and societal aspects of climate change from the UN in New York to the European Parliament in Brussels.
Who controls the data, controls the future.

Data Slaves

In global data societies, information about people’s actions, thoughts, and feelings is key. Individuality is being systematically exploited on a massive scale as we are becoming the resource of a digital efficiency revolution. It is good for the business of powerful data leeches and it benefits states that use data for social management and control all the way to oppression.

Johannes Caspar shows that democracy, freedom, and solidarity are threatened. But he does not want to turn back time. Data itself is not evil or good. We need it. But what happens to our data is a central question in the 21st century. We need to shed the passive role of data providers and instead take an active role and reclaim our digital sovereignty by taking the issue to the streets, to the media, to the offices of tech giants, to parliaments, and to courtrooms. This book shows what democratic digitization could look like and how civil society and digital transformation can be reconciled.

"The inquisitor." - Politico

"One of Europe’s most outspoken data protection regulators" - Bloomberg

Prof. Dr. Johannes Caspar is a lawyer and legal philosopher. From 2009 to 2021 he was Hamburg’s Commissioner for Data Protection and Freedom of Information, and from 2015 to 2021 he represented the independent German data protection authorities of the federal states in the European Data Committee in Brussels. With his work, he has set standards for data protection in Europe and worldwide. According to the English-language weekly Politico, Johannes Caspar was one of the 28 most influential people in Europe in 2020. He currently teaches and researches at the University of Hamburg and the Bucerius Law School and works as an author.
Our muscles can do much more than strengthen us - they are key to keeping both body and soul healthy.

Muscles. The Health Fixers

Bestselling author Ingo Froböse dedicates his new book to a hitherto little-known phenomenon: the healing power of our muscles. Only if we know how our muscles work and how they influence the rest of the body can we actively contribute to staying healthy or becoming healthy. Because the loss of muscle mass, especially in the second half of life, is responsible for many different diseases such as heart attacks, diabetes, or obesity. Too little muscle is the main cause of many disease processes in men and women over 60. Based on current scientific findings, the health expert explains that and in what way our muscles not only have an enormous influence on the immune system, the sugar and fat metabolism, on the heart and circulation, and the remaining organs, but also to a large extent on our psyche.

An indispensable book that explains why the proper use of our muscles is vital for us by the author of the top five bestseller The Metabolism Compass that will also be published in Estonian, Spanish, and Taiwanese.
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