

RIGHTS GUIDE SPRING 2025

Career & Success
Personal Development
Business & Management

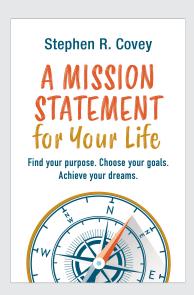
NEW BOOKS FALL 2025

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GABAL International Best Sellers



Stephen R. Covey
The 7 Habits of Highly Effective Marriage
22,5 x 14,8 cm | 152 Pages | Softcover
ISBN 978-3-96739-041-4



Stephen R. Covey
Stephen R. Covey's A Mission Statement
for Your Life!
Find your purpose. Choose your goals.
Achieve your dreams.

22,5 x 14,8 cm | 160 P. | Softcover ISBN 978-3-96739-148-0

STEPHEN R.
COVEY

SELF
LEADER
SHIP

Die 7 Wege zu einem selbstbestimmten und sinnerfüllten Leben

GABAL

Stephen R. Covey
Self-Leadership
7 habits for a fulfilled, self-determined life
176 P. | 22,5 x 14,8 cm | Softcover
ISBN 978-3-96739-206-7



Cornelia Topf
Keep your mouth shut!
why silence can be better than words
ISBN 978-3-86936-113-0



Kathrin Sohst
The Power of High Sensitivity
Take Advantage of Your Strengths
ISBN 978-3-86936-688-3



Sylvia Löhken Quiet Impact How to be a successful introvert ISBN 978-3-86936-327-1

Make Al your most valuable colleague



Good to know

While 75% of companies consider AI to be a key technology of the future, just 16% currently make active use of it (Fraunhofer Institute for Industrial Engineering). Among these 16% is German retail company The Otto Group, which introduced an internal AI assistant in autumn 2023. After just three months, more than 20% of the workforce were actively using AI in their work, resulting in time savings of over 30 minutes a week per person.

Backlist Highlights



Kai Gondlach, Mark Brinkmann AI Is Now!

How Artificial Intelligence Can Make Your Daily Working Life... ISBN 978-3-96739-179-4



Collin Croome, Christian Gleich Metaverse

What could the internet revolution do for your business? ISBN 978-3-96739-141-1

- The fundamental guide to working with generative text AI tools
- Get acquainted with how AI can make your life better
- With user-friendly step-by-step instructions and numerous reallife examples

Ever had the nagging feeling that you should be getting to grips with ChatGPT and other AI text generators, but aren't sure exactly where to start? Look no further. With its accessible, user-friendly and no-nonsense principles, this book is designed for beginners, the Al-curious and anyone seeking to leverage the benefits of text AI in order to keep pace with the expectations of the modern workplace. The facts: AI text generators are valuable tools that can support their human operators in everyday working life as well as in streamlining and improving workflows. In this guide, the author explains how these tools work and how they can be utilised most effectively in areas ranging from market analysis and financial planning to marketing and optimised management. With this know-how in hand, readers are optimally equipped to wield the potential of AI in shaping and progressing their future careers.





Astrid Brüggemann obtained her degree in business administration and German language & literature and is today a speaker, speed-reading trainer and business coach. As an AI specialist, she delivers lectures and crash courses on ChatGPT and generative text AI at workplaces and universities.



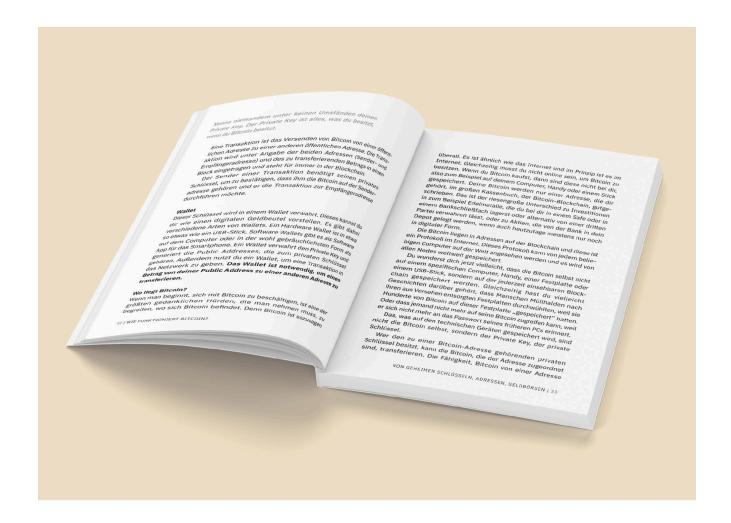
Astrid Brüggemann Don't Panic, It's Only AI!

Fundamental principles for the professional use of generative text AI by users from beginner to advanced ISBN 978-3-96739-224-1

Conro

BUSINESS & ECONOMICS / Corporate Governance Business strategy Business innovation Corporate governance

Not Sure About Bitcoin? This Book Is for You



More books on cryptocurrencies



Christian Gleich Understanding NFTs (Non-Fungible The 30-Minute Guide to AI, Tokens) ISBN 978-3-96739-169-5

30 MINUTEN Web3: KI, Metaverse und Blockchain Annette Doms

Annette Doms **Metaverse and Blockchain** ISBN 978-3-96739-221-0

- The beginner's guide: accessible, practical and packed with easily actionable tips. "
- The future belongs to Bitcoin" currently used to make more than 911 million payments annually
- Exploring Bitcoin as the first digital and global currency

Bitcoin is perceived by many as complicated and inscrutable. This book was designed precisely for them; for all those who have brushed Bitcoin off or dismissed it as irrelevant.

The truth is that Bitcoin can be a particularly attractive investment for beginners, allowing them to limit risk through portfolio diversification without requiring in-depth specialist expertise. In this accessible guide, Wermke, an experienced financial mathematician with long-standing experience in the insurance sector, shares her extensive knowledge on this hot topic.

The book guides the reader step by step through the intricacies of bitcoin, from the technology, opportunities, risks and the difference between Bitcoin other cryptocurrencies to practical tips for buying, safe storage and payment. It provides the necessary insights to develop a meaningful understanding of bitcoin and its relevance – and, in turn, to form an opinion based on facts, not on hype and hearsay.



Nadine Wermke studied and qualified as a financial mathematician and actuary. She discovered Bitcoin in 2019 in the course of own personal investment journey and quickly became fascinated by its potential. She has been involved in regional Bitcoin meetups since 2022. In 2023, she began delivering lectures through the nationwide network 'Les Femmes Orange', which is dedicated to educating women about Bitcoin.



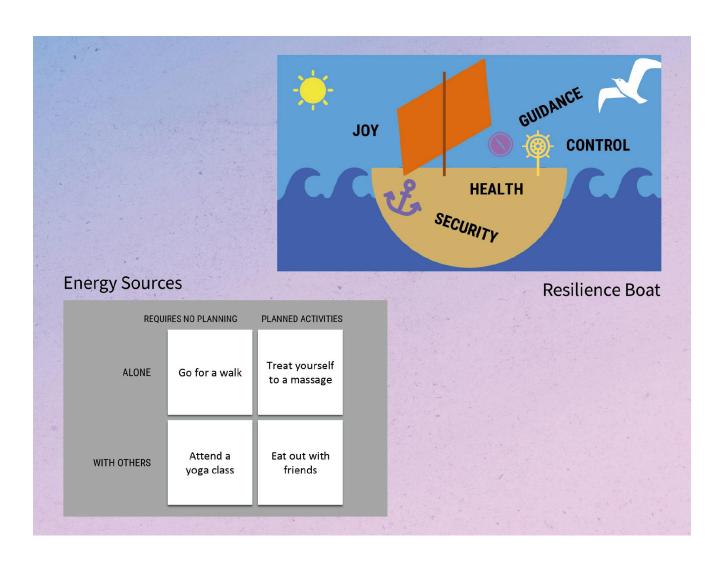
Nadine Wermke Not Sure About Bitcoin? This Book Is for You

Bitcoin is for everyone ISBN 978-3-96739-227-2

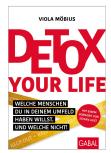
Genre:

BUSINESS & ECONOMICS / Personal Finance BUSINESS & ECONOMICS / Personal Finance / Retirement Planning BUSINESS & ECONOMICS / Personal Finance / Investing BUSINESS & ECONOMICS / Personal Finance / General Finance

Live stress-free: The simple way to a calmer state of mind



Backlist Highlights



Viola Möbius Detox your Life!

Choosing who you want around you – and who you don't ISBN 978-3-96739-131-2



Johanna Dahm The 7 Approaches to Making Good Decisions

The practical guide to clear-headed decisions in a complex w... ISBN 978-3-96739-211-1

- Train your resilience with the 3x3 flow method
- Fast, tangible results from just a little time investment
- Featuring a variety of exercises designed to slot seamlessly into the everyday action-oriented and scientifically founded

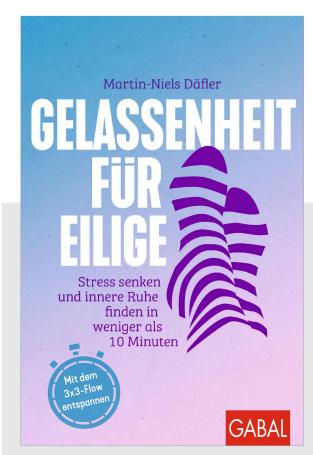
Do you often feel stressed but struggle to find time for meditation or yoga, let alone for such indulgences as monastic retreats? In his new book, stress and resilience expert Dr. Martin-Niels Däfler presents another way: a straightforward method that requires less than 10 minutes out of your daily schedule and helps you achieve a more relaxed and balanced state of mind over time

What sounds too good to be true is actually scientifically proven. Däfler's 3x3 flow method is designed to be learned quickly and easily and to fit around your everyday life. Study his 22 principles of equanimity, then pick the ones that suit you best to create a customized calming flow lasting just 3 minutes or less.

Däfler's 3x3 flow succeeds where many other approaches fail. By repeating the principles regularly, you internalize them and develop new, beneficial patterns of thought and behaviour. In addition, the 3x3 method prompts you to take regular micro-breaks in a busy schedule as well as to engage in mindful movement.



Prof. Dr. Martin-Niels Däfler is an expert on stress, equanimity and resilience – themes on which he has been speaking, advising companies and coaching managers for over 25 years. He has also published several books. In his day job, Däfler serves as a professor at the FOM University of Applied Sciences in Frankfurt am Main, where he teaches subjects such as self-management and psychologically informed communication.



Martin-Niels Däfler
Inner Calm for the Always In-A-Rush
Beat stress and come back to the moment with the 3x3 flow
ISBN 978-3-96739-230-2

Parenthood: a type of leadership training like no other



Good to know

Leadership skills for parents include communicating with clarity and patience, identifying the needs that underlie oppositional behaviour, creating shared rituals and setting healthy boundaries.

Books on Women's Empowerment



Maria Bergler The 30-Minute Guide to Managing Mental Load ISBN 978-3-96739-213-5



Andrea Hartmair
ManagerMama
Successfully reconciling family and career
ISBN 978-3-96739-204-3

- Reframes key parenting skills as professional qualities
- Explores the learnings that have common value for dining and meeting table alike
- With numerous real-life examples inspiring the principles of the book to be put into practice

Parents in the workplace? You mean, those sleepdeprived colleagues who are always off due to 'child sickness' and usually work part-time?

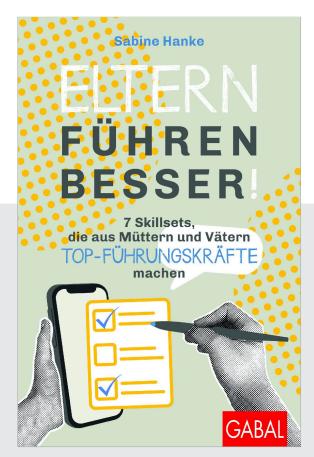
Well, no, actually. While the parents of young children may not be the first candidates who spring to mind when it comes to filling demanding leadership roles, it is they who undergo perhaps the world's toughest leadership training programme day in, day out.

As well as managing, organising and making decisions around the clock, parents are continuously developing and training vital leadership skills such as clear communication, team building, conflict resolution, resilience, goal-setting and the development of those around them.

In short, parents are the natural leadership experts that companies ever more urgently need, including and especially in times of skills shortages. This book supports parents to further develop the skills they have acquired and reconcile prestigious leadership positions with their invaluable roles at home.



Sabine Hanke holds a degree in sociology specialising in occupational and organisational sociology and a Master's degree in European business from ESCP Europe Business School. As the mother of now a 6-year-old daughter, she has spent more than 10 years heading up the human resources departments of companies across various industries. She was certified as a Systemic Business Coach in 2024.



Sabine Hanke

Parents Make Great Leaders!

7 skillsets that make outstanding managers out of mums and dads ISBN 978-3-96739-231-9

Genre

BUSINESS & ECONOMICS / Leadership

The diversity fact checker for companies



Good to know

With numerous tools, exercises and supplementary digital content, including: Model diversity questionnaire

Diversity canvas

Diversity scorecard

Diversity personas

Backlist Highlights



Women Can Lead Rising to the Top with Joy and Serenity ISBN 978-3-96739-160-2



Elke Müller **Professional Onboarding** Recruit and integrate new employees for lasting success ISBN 978-3-96739-212-8

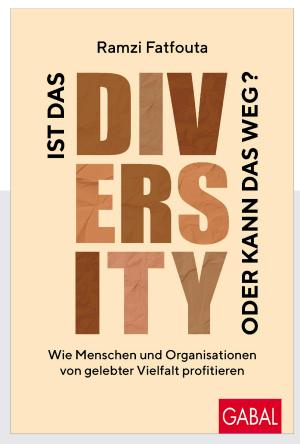
- Diversity as a competitive advantage: How a genuinely diverse culture can contribute to long-term business success
- 13 common diversity myths debunked using scientific findings
- Helps readers to better understand the complexity of diversity and find tailored solutions for their own organisations with first-hand insights from renowned diversity experts

How can organisations pursue a truly proactive culture of diversity and avoid the trap of merely appearing to do so? *Is That Really Diversity, Or Should We Look Again?* provides answers to this and many other burning questions. It debunks the 13 most common myths surrounding diversity and counters them with scientifically robust findings, facts and real-life examples. With a refreshingly holistic approach encompassing the psychological, entrepreneurial and social perspectives, the author takes a critical look at current challenges and potential pitfalls and shows how people and organisations can both promote and benefit from diversity in the long term.

Featuring 13 quick interviews with respected diversity experts plus numerous tools and supplementary digital materials, the book provides company leaders, executives and project managers with valuable insights and practical recommendations on diversity as an added value in businesses and organisations.



Dr Ramzi Fatfouta holds a doctorate and postdoctoral lecturing qualification in psychology and is recognised for his work as a neuroscientist and author. As a consultant and coach, he supports clients seeking to promote diversity in their organisations. He delivers regular talks on diversity and unconscious bias at specialist conferences and workshops.



Ramzi Fatfouta

Is That Diversity, Or Should We Look Again?

How people and organisations can benefit from a truly proactive culture of diversity

With numerous tools, exercises and supplementary digital content, including:

- Model diversity questionnaire
- · Diversity canvas
- · Diversity scorecard
- Diversity personas

ISBN 978-3-96739-223-4

What does new work mean for industrial enterprises?

- The first book to explore a vision of new work in industrial enterprises
- Making new work feasible for all, not just those who work at a screen
- Practical solutions for decision-makers in companies striving to thrive in a changing world of work



Friederike Hohenstein, Helen Heitmann **Imagining the Modern Workplace in Industrial Enterprises**

37 tools for increasing employer attractiveness ISBN 978-3-96739-225-8

Skills shortages, demographic change and increasing automation pose major challenges for industrial enterprises in the modern age. Small and medium-sized enterprises, in particular, are in urgent need of fresh ways to attract and retain highly qualified employees longterm. How can companies meet the increasing demands of the broader environment while simultaneously increasing the attractiveness of the workplace for workers from three or more generations?

This book offers practical measures tailored to the needs of companies in this complex sector, showing how a modern workplace philosophy can have positive effects on the entire employee life cycle. Drawing on case studies, relevant communication strategies and a comprehensive toolbox, the book is the first to offer concrete solutions for founders, managers and HR staff seeking to actively shape the future of their own industrial enterprises.

Dr. Friederike Hohenstein holds a doctorate in occupational and organisational psychology. She previously spent time at Allianz and Mazars and currently serves as Global Human Resources Director at Barnes, a US-based global industrial technology company. Helen Heitmann is a business psychologist and business transformation manager. She too, spent time at Allianz and Mazars before moving to Barnes.

More books on employer branding



Johanna Fink How to make part-time leadership a success!

The reference book for part-time

ISBN 978-3-96739-203-6



Anabel Ternès The 30-Minute Guide to Employer Attractiveness ISBN 978-3-96739-193-0

Success strategies for the family business of the future

- Transformation rooted in tradition: making companies efficient, successful and fit for the future
- 50 theses presented as stand-alone chapters
- Designed for decision-makers in companies with all sizes of workforce and turnover

Across all sectors, companies face permanent and rapid changes to the conditions and markets in which they operate. To survive and thrive in the future, they must adapt, scrutinise and continuously reinvent themselves. The willingness to change is fast becoming a core competence.

Against this background, this book explores family businesses and their viability in a changing world. Written for entrepreneurs, shareholders, executives and managers in family-run organisations, it is a guide to future-proofing the family business as we know it. Weissman comprehensively covers the four key areas of strategy, management and corporate culture, change and innovation, and the unique responsibilities of the 'entrepreneurial family'.

The 50 theses provide readers with short, memorable principles they can apply to boost their company's resilience, increase willingness to change, promote innovation and position themselves for optimal chance of long-term success.

Arnold Weissman is author of multiple books, an executive coach, a supervisory board member and the founder of Weissman & Cie. and www.familien-unternehmer-netzwerk.com, a strategy consultancy and knowledge network for family businesses. He has been a sought-after success strategist for owner-managed and family-run companies for over 40 years.



Arnold Weissman Family Business 4.0

50 theses on the future viability of family companies ISBN 978-3-96739-232-6

A financial companion for young adults and novice investors

- Inspires young people to engage with matters of money and personal finance
- Teaches readers how to make quick and meaningful savings in their everyday lives
- Offers clever tips for reducing fixed costs and investing saved money effectively



Tobias Nagels
Your Money, Your Future

Reduce your expenses, save cleverly and invest in ETFs with confidence ISBN 978-3-96739-226-5

This book offers young people a simple and accessible introduction to the world of money and personal finance. It teaches readers how to assemble an accurate and comprehensive overview of their spending – from current accounts and streaming services to mobile phone contracts and car insurance – then to optimise it and discover areas of potential savings.

Your Money, Your Future is the first book in its genre to approach the reduction of everyday outgoings in this systematic and in-depth way. Clear, step-by-step instructions help readers save over a hundred euros per month – a four-figure sum per year – with just a little extra time and effort.

As the book describes, though, saving money alone is not enough. What is decisive for long-term financial health is the ability to invest savings wisely and with a long-term vision in a way that reliably grows wealth.

Tobias Nagels is a teacher of economics for vocational education and developed the financial education strategy for the Mercator Berufskolleg vocational school in Moers, Germany. The Mercator Berufskolleg is recognised as a 'Consumer Champion School' by the German consumer association Verbraucherzentrale for its commitment to financial education. Nagels is active in several financial education networks and delivers regular lectures on the provision of financial education in schools.

Good to know

The author offers user-friendly explanations of the various asset classes, what to look out for when choosing a portfolio, how to select the right ETFs and the most common mistakes to avoid when investing.

A financial guide for life

- With relatable real-life case stories from the day-to-day investment practice of professional female traders at the Frankfurt Stock Exchange
- Clearly structured by life stages and levels of investment experience
- The dos and don'ts of investing in a single accessible guide

From the first savings plan to complex investment strategies for major assets, this invaluable guide offers practical advice for every conceivable financial scenario and life stage – right from the heart of the Frankfurt Stock Exchange.

Insightful, illuminating case studies and motivating tips help novice savers and investors to overcome initial concerns and obstacles.

With a pinch of humour, practical step-by-step guidance for a balanced portfolio and investing dos and don'ts rooted in real-life practice, the authors serve as trusted mentors for every stage of the reader's personal investment journey.

With advice helpfully structured by life stages and levels of investment experience, everyone from beginners to advanced investors can benefit from the extensive expertise of two stock market experts and their 'finfluencer' network.

Fabienne Lindner has over 10 years' professional experience in the financial sector. Through lectures, seminars, webinars and podcasts, she makes it her mission to improve access to financial education for all.

Edda Vogt is a financial editor of more 25 years. Her contributions to books, articles, podcasts, lectures and social networks empower ordinary people to make self-determined investment decisions.

Good to know

While the authors' clear, accessible writing teaches the key vocabulary and concepts of financial planning, informative videos on individual aspects of investing motivate readers to put what they have learned into practice. In this way, the book and accompanying audio-visual material serve as a digital and analogue companion in all matters relating to investing and asset accumulation – for now and for all of life.



Edda Vogt, Fabienne Lindner Investing with Vision

The practical guide to finance and the stock market for every stage of life ISBN 978-3-96739-228-9

Genre

BUSINESS & ECONOMICS / Personal Finance / Money Management BUSINESS & ECONOMICS / Personal Finance / Investing BUSINESS & ECONOMICS / Personal Finance / General Finance

Want to sell more? Learn how to talk to your customers

- Done right, business communication has the power to build trust, avoid misunderstandings and increase customer satisfaction
- Just a 5% increase in customer satisfaction can lead to an increase in sales of over 25% (Harvard Business Reward)



Harald Kopeter
The 11 Commandments of Great Business
Communication

Inspire people; win customers ISBN 978-3-96739-233-3

Authentic person-to-person communication has never been more important than in an increasingly digital world. In this new book, business expert Harald Kopeter shows people and companies how to communicate more effectively with their customers, offering eleven proven communication commandments based on his extensive experience as an entrepreneur, business communicator, speaker and author. In a refreshingly down-to-earth approach, the book steers away from theoretical and academic concepts of communication and instead provides inspiration for practice in the form of storytelling, illustrating how communication can be successfully executed as well as the reasons it can fail. With illuminating practical examples and clear guiding principles, readers can begin implementing Kopeter's advice immediately in dialogue with customers, wielding communication as a tool to achieve their goals.

Harald Kopeter has almost 30 years' professional experience in the publishing and communications sector and has specialised in corporate publishing and content marketing since 2002. He managed the corporate publishing activities of Styria Medien AG, one of Austria's largest media companies, for many years. Kopeter founded his own company in 2009 and continues to manage it, serving clients include national and international market leaders such as Wiener Zucker, Magna, Hervis and OTTO Versand.

Influence and achieve your goals

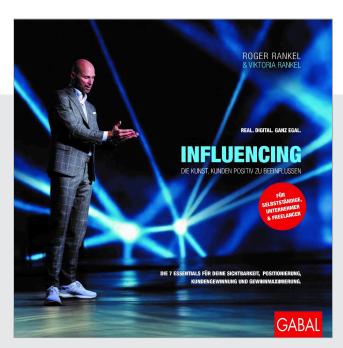
Distilled know-how from multiple award-winning marketing experts

Build the reach of a leading influencer and become a frontrunner in your niche with marketing professional and bestselling author Roger Rankel, who shares his recipes for success in this timely new book. Readers will learn not only how to boost their organisation's sales in the short term, but to optimise their sales strategies and build the foundations for long-term success.

With tried-and-tested techniques and practical tips, Rankel and his daughter, digital creation specialist Viktoria Rankel, show readers how to take their businesses to the next level and double their sales – guaranteed.

Influencing: The art of influencing customers for business success is the essential guide for anyone seeking to achieve more online and offline sales successes. Empowered with the secrets of standing out in a cutthroat marketing world, readers can strengthen their brand, expand their target audience and conquer new markets.

As one of Erfolg Magazin's "top 5 marketing experts", **Roger Rankel** delivers 150 lectures and seminars to over 30,000 listeners each year. His books are bestsellers, and more than 500 small-scale sales organisations, SMEs and global market leaders are already successfully employing his award-winning customer acquisition method.



Roger Rankel, Viktoria Rankel Influencing The art of influencing customers for business success ISBN 978-3-96739-222-7

Effective messages with creative flair: building presentations with AI

Use AI to create dynamic content, striking design and effective data visualisation



Mit den richtigen KI-Tools Präsentationen schneller, einfacher und kreativer erstellen

Inklusive Chatbot zum Buch



Matthias Garten Al for Presentations

Create presentations faster, easier and more creatively with the right Al helpers ISBN 978-3-96739-234-0

Typically created with programs like PowerPoint or Google Slides, presentations remain the tool of choice when it comes to visualising figures, data and facts in a structured way in front of an audience or conveying important messages visually. In this book, PowerPoint professional and AI enthusiast Matthias Garten shows readers how to draw on the power of AI to create state-of-the-art presentations and deliver them to optimal effect.

Readers will learn how AI can generate inspiring slides and presentation scripts and meaningfully visualise complex data. Practical guidance and case studies illustrate the use of AI-supported storytelling and virtual speakers, such as AI avatars, in a presenting context.

Accompanying prompt lists, video tutorials and templates make it easy to put Garten's advice into practice. Readers will also gain access to a specially trained GPT (generative pre-trained transformer), where they can ask questions about the book and receive immediate answers.

Matthias Garten is a business information specialist and AI enthusiast. Drawing on his expertise as a business founder and trainer, he gives seminars, lectures and workshops on creating and delivering more exciting and persuasive presentations and how AI can help us be more creative and effective.

Effective listening in the VUCA world

- Exploring listening as the perennially underappreciated communication skill
- 96% of adults consider themselves good listeners, but studies show that we only remember a quarter of what we hear (Zeit Online)

Listening is far more than sitting there and nodding your head. Rather, it is a superpower in a complex and volatile world. No matter the context, listening represents the path to better understanding, better relationships and a meaningful overview of the matter at hand, especially in companies and organisations.

Unfortunately, contrary to what many believe, the art of good listening remains the preserve of a few. Good listeners find their efforts reflected in the positive responses of others as well as in fewer misunderstandings and conflicts at work and in life: effects that Melmuka's book seeks to help all readers achieve. In it, the trainer and consultant guides readers through the chapters using his self-developed HaTeCo listening model and offers varied exercises, reflections and self-checks as well as describing the necessary mindset, the way in which good listening works (technique) and how we can correctly decode another person's messages.

Jürgen Melmuka is founder of Zuhörakademie, a business management consultancy focused on the power of good communication, and a passionate trainer and coach. His mission is to bring the power of listening to organisations and teach people to listen effectively and with enjoyment. Melmuka regularly shares his ideas with a wide-reaching audience via podcasts and social media.





Jürgen Melmuka
Listening as a Skill for Life
Understand others, be understood and improve your relationships
ISBN 978-3-96739-235-7

Negotiate successfully at work and in life



Jörg Kupjetz
The Art of Negotiation
The definitive toolbox for effective negotiation
ISBN 978-3-96739-236-4

GABA

Did you know that the most frequent reason for the failure of negotiations is not the price, the unrealistic expectations of the parties involved, ostensibly unfavourable contract terms or better alternative offers? In the vast experience of lawyer Jörg Kupjetz, it is in fact poor or non-existent communication that causes negotiations to progress slowly and lead ultimately to no result or an unsatisfactory one for both parties, costing the participants time and nerves along the way. How, then, to avoid this? Kupjetz understands better than most that successful negotiation calls for the right strategies and tools. To this end, the book provides readers with tried-and-tested techniques and a well-stocked toolbox for every stage of the process - from preparation to the negotiation itself – that can be tested out in practical exercises and tailored to the reader's situation. Illuminating real-life examples, informative audios and handy checklists help readers to understand the strategies and tools optimally and apply them with success.

Prof Dr Jörg Kupjetz is a professor of business law and a fully qualified lawyer and business mediator. He advises companies from a wide range of sectors on contract drafting and negotiation and delivers seminars and training courses on the art of negotiation.

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- Authors with practical experience, who are experts in their field



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Over 5 Million copies sold worldwide Translated in 18 Languages

Knowledge. On point.



Astrid Brüggemann ISBN 978-3-96739-238-8



Matthias Garten ISBN 978-3-96739-237-1



Annette Doms
The 30-Minute Guide to AI, Metaverse and Blockchain
11,5 x 17 cm | 96 P. | Softcover
ISBN 978-3-96739-221-0



Nicole Kloppenburg, Stephan Gingter ISBN 978-3-96739-241-8

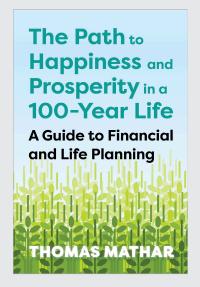


Marvin Schulz ISBN 978-3-96739-240-1



Jens Sauter ISBN 978-3-96739-239-5

GABAL. Your Life.



Thomas Mathar
The Path to Happiness and Prosperity in a 100-Year Life

A Guide to Financial and Life Planning 192 P. | 22,5 x 14,8 cm | Softcover ISBN 978-3-96739-210-4



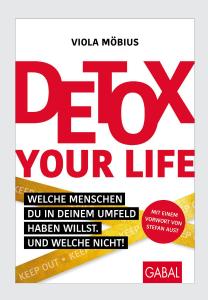
Stephen R. Covey Self-Leadership

7 habits for a fulfilled, self-determined life 176 P. | 22,5 x 14,8 cm | Softcover ISBN 978-3-96739-206-7



Stephen R. Covey
Stephen R. Covey's A Mission Statement
for Your Life!

Find your purpose. Choose your goals. Achieve your dreams. 22,5 x 14,8 cm | 160 P. | Softcover ISBN 978-3-96739-143-5



Viola Möbius

Detox your Life!

Choosing who you want around you – and who you don't 22,5 x 14,8 cm | 176 P. | Softcover ISBN 978-3-96739-131-2



Bernhard von Mutius The Art of Living in Uncertain Times 23 x 15,6 cm | 208 P. | Hardcover ISBN 978-3-96739-144-2



Nicole Thurn

13 Super Skills to Change Your (V

13 Super Skills to Change Your (Working) Life Forever

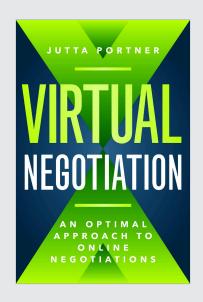
...and find yourself without getting lost in the quest for endless self-improvement 200 P. | 22,5 x 14,8 cm | Softcover ISBN 978-3-96739-205-0

GABAL. Your Success.



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