

Foreign Rights Guide

Spring 2020



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

Novelties Spring 2020

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**Novelties
Spring
2020**



Anselm Grün, Johannes G. Mayer, Katharina Mantel

Healing Herbs for the Soul – Seven Remedies from the Monastery Gardens

ca. 106 pages

March 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

Nature's mysteries

- » **Expert knowledge condensed into clear, comprehensible language**
- » **Includes tips for home gardening**
- » **Recipes for remedies and home uses**

»For every ill, there grows a herb«, Hildegard von Bingen wrote—and indeed, the healing power of many herbs has been known for centuries. Together with Johannes G. Mayer and Katharina Mantel, Anselm Grün has selected seven herbs for their medicinal, historical, and symbolic significance, presenting them here with information on their use and cultivation. Anselm Grün additionally links each herb with one of the seven canonical hours, formulating a reflection or spiritual impulse for meditation.



Dr. Johannes G. Mayer, 1953–2018, was a scholar of literature as well as medical and pharmaceutical history. In the latter capacity, he served as coordinator of the Wullstein Research Center at Würzburg University's Institute for the History of Medicine (Specialization: History of medicinal plants) and as the head of the Forschergruppe Klostermedizin GmbH, a monastic medicine research organization. He was also a writer and frequently served as consulting expert for TV and print media. His handbook of monastic medicine was published in 2002 and has sold over a quarter of a million copies.



Katharina Mantel is a pharmacist specializing in natural remedies and phytotherapy. Since 1999, she has been a member of Würzburg University's monastery medicine research project, as well as co-authoring numerous works on healing plants, nutrition, and health.



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



Anselm Grün

Power – How to deal with the seductive lure of authority

ca. 140 pages

March 2020

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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Novelties | 6



Jörg Alt

**Act! –
An Appeal to Christians and Churches to Save the Future**

ca. 160 pages

January 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **A call for politically and socially engaged Christianity**
- » **A topic of the utmost urgency**
- » **Christians For Future!**

Currently, Christians and their different denominations are entangling themselves and one another in internal debates—all the while neglecting their engagement with the great challenges of our time: the real dangers of capitalist finance and resource exploitation, as well as the positive and negative potential of technological innovation. Jörg Alt argues that the Bible and Catholic social teaching offer all that is needed to create a more socially just and ecologically sustainable future. This book is written as a wake-up call, encouraging readers to tackle these problems as engaged Christians instead of getting lost in internal Church debates.



Father Jörg Alt, PhD, born in 1961, studied theology, philosophy, and sociology and for many years worked for the Jesuit Refugee Service. Since 2009, he has been university pastor in Nuremberg, in addition to being a priest of the Jesuit order and working with Germany's Jesuit mission in the areas of research, networking, and advocacy.



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Novelties | 7



Josef Scharrel

Man up! – Living a Living Masculinity

ca. 120 pages

March 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

Towards a life filled with more life!

- » **The ideal gift for any man**
- » **Practical exercises and ideas for reflection**

Until several decades ago, there was a relatively clear model of masculinity: A “true” man should embody qualities of dominance, expressiveness, and strength and should show these qualities in his appearance. Today, it is much harder to draw a characteristic image of masculinity. In this book, Brother Josef van Scharrel—whose courses for men at the Nütschau monastery have been popular for years—seeks to offer men an opportunity of reflecting on themselves, their relationship with masculinity, and their understanding of the masculine role. Readers are encouraged to show their masculinity in their feelings, strengths, and joys, as well as in their weaknesses, fears, and mistakes. In addition to inspiring texts, van Scharrel provides ideas and exercises for turning theory into practice and personally experiencing its effects. This liberates readers from their own and others’ expectations, allowing them to find their own path to a personal understanding of masculinity.



Br. Josef van Scharrel, born 1961, founded Nütschau Benedictine Monastery’s Raphael House specifically to address the changing needs of men. Since 2011, he has been leading vision-seeking and forest exercises for the “stronger sex” in both Germany and Sweden.



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Anselm Grün

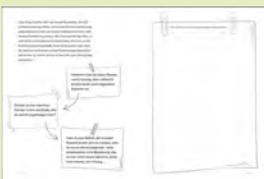
The Fine Art of Aging – A Pocket Seminar for Reflection and Growth

ca. 112 pages

Jan 2020



- » 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.



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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün, Bernd Deininger

Why did Abel Die? – Murder and Other Mysteries of the Bible

ca. 180 pages

January 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **The crime scenes of the Bible**
- » **Contemporary readings of challenging Bible passages**
- » **Down-to-earth answers for every-day life**
- » **Spiritually and psychologically astute analysis and support**

Scripture is full of difficult, often brutal stories—jealousy and betrayal, intrigues and adultery, deceit and murder. Can these texts truly give us “good news”? Are they still relevant to our lives today?

Father Anselm Grün and renowned psychologist Dr. Bernd Deininger lay out passages from the Old Testament with a view to considering not only the perspectives, emotions, and thoughts of the protagonists, but God’s actions as well. Their grounding as, respectively, a monk and a therapist plays an essential part of finding the texts’ contemporary resonance and their fruitful and peaceful solutions for human community.



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Novelties | 10



Mauritius Wilde

Respect – The Art of Mutual Appreciation

ca. 160 pages

March 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Highly relevant subject in politics and society**
- » **New revised edition of a successful work by an established author**
- » **Author available for events**
- » **Valuing oneself and others in relationships and interactions**

To Father Mauritius Wilde, respect is the foundation of all human society. In this volume, he not only explains why this central value is so personally and socially significant, but also uses numerous practical exercises and encouraging examples to show how we can live together in harmony with ourselves and others. The attitude he teaches creates the space for respectful interaction to grow in the world.



Father Dr. Mauritius Wilde, born in 1965, is a priest and, since 1986, monk at the Benedictine Abbey Muensterschwarzach. Until 2010 he was publisher at Vier-Türme publishing house. After his years in Schuyler, Nebraska as Prior of the Christ the King Priory until 2016, he now lives in Rome as prior at the Pontificio Ateneo Sant'Anselmo. He has written several successful books and teaches courses in the USA and in Italy on spiritual theme. Please feel free to visit his blog www.wildemonk.net



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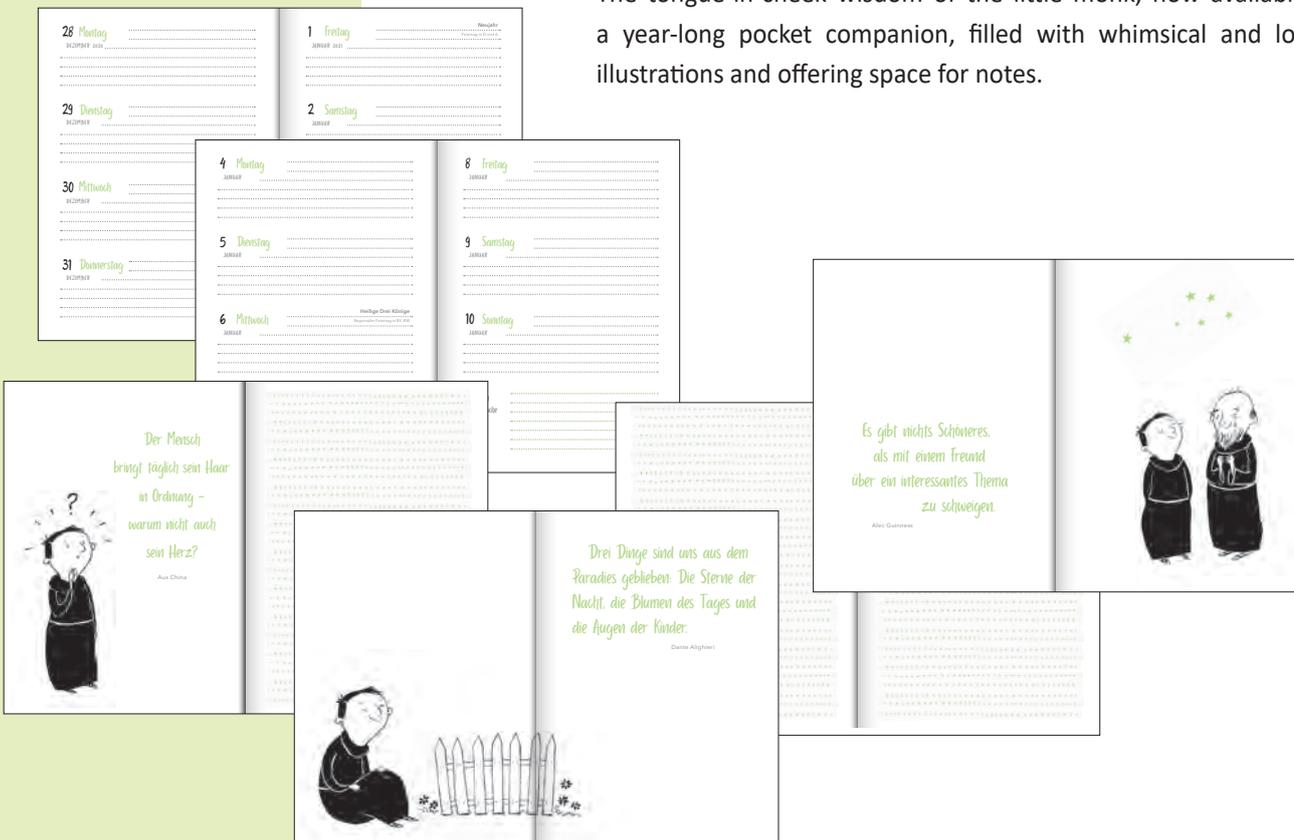


Zacharias Heyes

The Little Monk 2021 – Pocket calendar

ca. 144 pages
June 2020

The tongue-in-cheek wisdom of the little monk, now available as a year-long pocket companion, filled with whimsical and loving illustrations and offering space for notes.



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



Anselm Grün

Living every Day – The Lenten Calendar from Münsterschwarzach Monastery

98 pages

January 2020

» **New collection of short texts for Lent—by Father Anselm himself**

Many people want to give their life a new direction, transform their circumstances, start fresh—and what better time to begin than Lent? In this Lenten companion, Anselm Grün directs our attention to the often quite little things that can bring us closer to our selves and to a more fulfilled life. Small rituals included in the book can help readers practice encountering the new and integrating it into their day.



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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Petra Urban

The Scent of Joy – Self-Discovery in the Mirror of the Seasons

144 pages

January 2020

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **A poetic reader full of wonder, for all seasons of the year**
- » **Nature's cycle as a mirror for self-reflection**
- » **Life's changing colors**

Petra Urban invites her readers on a gentle walk through the beauty of nature's changing seasons. From the smell of the rich earth in spring through the dazzling blue of the summer sky to the warmth of the hearth in autumn, Urban's sensuous and poetic writing takes readers with her on journeys of beauty and serenity. Drawing comparisons between human life and nature in bloom and wilt, she uses the seasons as a mirror to reveal and guide our own path of self-discovery.



Petra Urban, PhD, born in Dohna/Pirna in 1957 and raised in Dusseldorf, studied philosophy and German literature and now lives in Bingen as a freelance writer. Her numerous non-fiction books, novels, and stories have garnered wide-spread accolades, including the prestigious Martha Saalfeld Award. At Vier-Türme, she has published *Mein Herz tanzt in den Himmel* [My Heart Dances to Heaven], *Welch unerhörte Lust zu leben* [Such Outrageous Joy in Living], and *Das Leben ist ein Abenteuer oder gar nichts* [What is Life if not an Adventure?]. She also holds lectures and seminars for women.



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Anselm Grün

For the Two of You – Blessings for Married Couples

62 pages

January 2020

- » **The perfect gift for a wedding or anniversary**
- » **Ideal for bridal showers**

In this tasteful gift book for weddings and anniversaries, Anselm Grün has collected good wishes and blessings for many happy years together. He evocatively describes the magic of the first meeting, of early love, of every-day life together, and of the strength we find in love and in one another's support in hard times. A little volume with deep spiritual power that will remain with the couple long after the wedding day.



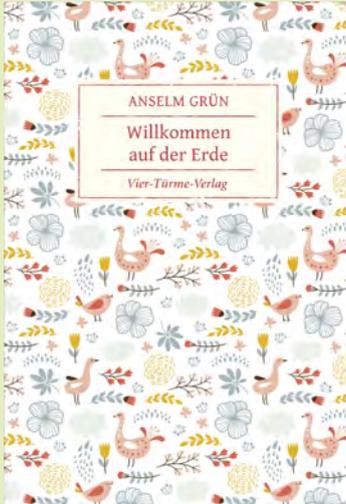
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Anselm Grün

Welcome to this Earth

62 pages

January 2020

- » **A book lover's gift book for birth**
- » **Wise and charming texts for parents**
- » **An enormous little miracle**

A child has been born: loved, eagerly awaited, and joyously received. The birth of a baby is a miracle, a gift of God—and not just to its new parents. Anselm Grün welcomes this little miracle into the world with heartfelt, sensitive words. A gift that will accompany parents and children for a long time.



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Backlist



Anselm Grün

A Bible Guidebook – Achieving Scriptural Comprehension

ca. 160 pages

August 2019

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

- » **Accessible presentation of different Bible editions, for new-comers and experienced readers alike**
- » **What's special: The reader is free to independently interpret the texts, gaining familiarity with the Bible's most significant characters and actions**

The Bible is truly the book of books. Most people have a copy in their homes; everyone knows passages and stories from its pages, whether from services, class, or cultural knowledge. But be honest: When did you last actually read it?

In his lectures and courses, Father Anselm Grün repeatedly finds that readers are intimidated by the texts: Where to start? What are the stories trying to tell us? Which interpretation is the right one and why? This book coaches the reader, helping each find and follow their own path through humanity's greatest document.

In this guide, Anselm Grün offers suggestions on where to start reading; explains the Bible's often densely poetic language; and introduces readers to the traditions of scriptural exegesis. He also provides inspirations for communal Bible study and explains the differences between different Bible editions. A helpful, practical road map for all newcomers and re-readers of this book of books.



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Anselm Grün

Spirituality and the Art of Living

ca. 160 pages

August 2019

RIGHTS SOLD TO BRAZIL AND GERMAN AUDIOBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE

The Best of Anselm Grün

- » **Mindfulness meditation, healing self-awareness, and simplicity are watchwords in today's self-help A collection of the most important topics in Anselm Grün's spirituality**
- » **(Not only) for new-comers to Anselm Grün's prolific work**
- » **A foundational answer to the central question: How can a mindful life succeed?**

In January of 2020, Anselm Grün will celebrate his 75th birthday. For over 40 years, he has been a spiritual companion and counselor to millions of people all over the world. This book is an introduction to his spirituality and to the central topic of his books and lectures: the art of graceful living. But far from offering dense theory or cerebral constructs, Father Anselm emphasizes a sentence from the Rule of St. Benedict, founder of Father Anselm's religious order: "In all things, truly seek God." This means: finding God in our everyday lives, when we are left to our own devices in making it through the day successfully. His spiritual advice and support seeks to answer these very real situations and crises in all our lives with practical tips and ideas for discovering new paths our life can take.

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Anselm Grün, Winfried Nonhoff

What are your Thoughts on Religion? – 75 answers by Anselm Grün

ca 160 pages
September 2019

RIGHTS SOLD TO BRAZIL, ITALY, KOREA AND PORTUGAL
ENGLISH SAMPLE TRANSLATION AVAILABLE



The essential anniversary volume, celebrating **Anselm Grün's 75th birthday** – Deep insights into Father Anselm's personal faith

Sample Questions from the book:

- » *Is faith the same as religion?*
- » *As a child, I had faith, but as an adult, I can no longer believe. Do children and grown-ups believe differently?*
- » *Is God love?*
- » *Can I (learn to) love Jesus? Is this different for men and women?*
- » *What is piety? What is spirituality?*

Anselm's wish for his answers: "What is essential to me is that the beauty of faith shines through all these answers."

In celebration of his 75th birthday in January 2020, Father Anselm here offers insights into his personal thoughts and beliefs on faith and the world around us. In accessible language, he illuminates the foundation of his faith, his joy in life, and his love of God. Without being dogmatic or advocating a "correct" interpretation of faith, he discusses how and where the Christian faith can support people today in their concrete, everyday lives. Father Anselm offers credible answers for those who seek, who doubt, or who believe.

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.

Winfried Nonhoff has a deep love for making books: after studying German and theology, he worked as an editor and publisher for many years. He has been working as a freelance consultant and writer since 2010.



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Zacharias Heyes

The Little Monk and the Meaning of Silence

with numerous illustrations by Elli Bruder

ca 128 pages

September 2019

RIGHTS SOLD TO BRAZIL, CROATIA, FRANCE, ITALY,
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.



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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Bodo Janssen

The Power of Tradition – Benedictine living in today's world

ca 144 pages
September 2019

**RIGHTS SOLD TO SPAIN AND GERMAN AUDIOBOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A new Vier-Türme author: Bodo Janssen, co-author and good friend of Anselm Grün

- » **Highly current topic: Leadership towards meaning and human values**
- » **Benedict's Rule as a guide to human interaction—not just for managers and leaders**

After Bodo Janssen took over running his parents' hotel business, he was faced with a painful truth: according to a survey of his employees, most people in his business longed for a different kind of boss. Taking time off in a Benedictine monastery, Bodo Janssen encountered the spirituality of St. Benedict. He has come to see Benedict's Rule as an essential guide book—not just in how to lead others, but in how to interact with fellow human beings around him. Encountering others on an equal footing and thus building a working community has become his highest goal. He shows how Benedict's words helped him find this insight, and the many ideas they hold for supporting and creating a fulfilled life.



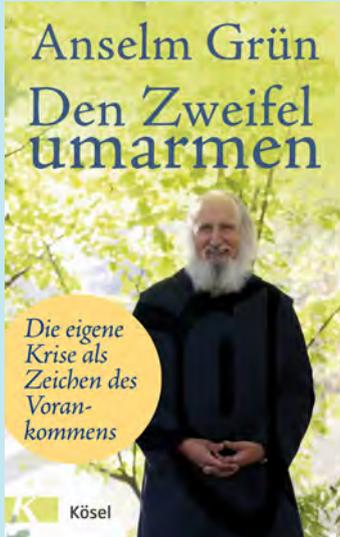
Bodo Janssen was born into a family of entrepreneurs in 1974. After completing degrees in China studies and business, he entered his parent's hotel business. As a student, he was kidnapped and held hostage for eight days. After his father's death in a plane crash, he took over the management of his parents' hotel chain. Harsh criticism from employees regarding his leadership style led him to retreat to a monastery, where—incorporating spirituality and science—he developed the “Upstalsboom method” for creating a human, meaningful work environment. Today, he works as a hotel manager, author, and speaker.



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Anselm Grün

Embracing Doubt – Personal crisis as sign of progress

ca 150 pages

August 2019

**ORIGINAL GERMAN EDITION BY KÖSEL
RIGHTS SOLD TO ITALY
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Often, doubt is seen as something negative: A person who doubts or hesitates worries their life away in uncertainty. Or doubt is seen as a path to passivity and letting life pass us by. Again and again, we're told that "Success doesn't come from insecurity." Anselm Grün investigates how doubt and the longing for certainty complement each other, and what role doubt can play in our lives. If we face up to the despair that keeps intruding on our lives, Anselm Grün explains, our doubt can actually help our personal growth. It can break open inflexible structures and lead us to new experiences.



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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Der Verlag der Mönche von Münsterschwarzach

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Peter Müller

Fasting – Time for Myself A Spiritual Companion for Intermittent Fasting

160 pages
January 2019

**RIGHTS SOLD TO ITALY, KOREA 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.



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Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

The Power of Beginnings – What We Can Learn from the Early Christians

143 pages

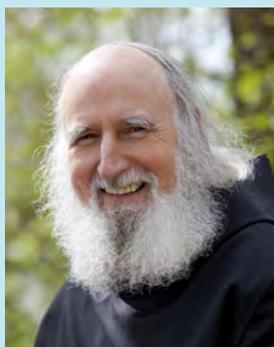
January 2019

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

- » **The early Church as a model for ecclesiastical renewal today**
- » **Practical ideas for dialogue within the Church and across religious denominations**
- » **Back to the roots!**

Acts of the Apostles is the earliest written testimony of the first Christians. It narrates the origins of Christianity as well as the disciples' questions and those of their followers. Even then, there was debate about inter-religious dialogue and how best to spread Jesus' message. Anselm Grün retells the story of the early Church and shows how it can be a model for us today.

Throughout the centuries, there has always been a longing for the form of the early Church. Today, too, it would do us good to think back to our beginnings. They can show us new ways for the Church to present itself in the modern world—and new ways for us to better engage with one another.



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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

Time for Change – A Pocket Seminar for Reflection and Growth

104 pages
January 2019

RIGHTS SOLD TO UK WORLD



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

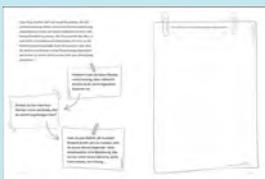
- » Contains inspirations, self-tests, and practical exercises
- » Must-have book for people going through a transition or starting a new life phase
- » The ideal gift—to oneself or to others!



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.



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.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

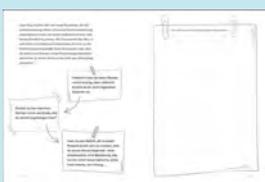
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Anselm Grün

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

104 pages
January 2019



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 un-lived 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.



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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Anselm Grün

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

104 pages
August 2019

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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Anselm Grün

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

104 pages
August 2019

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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Marlene Fritsch

My Little Green Paradise— Life Lessons from Gardening

119 pages

January 2019

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

- » **A spiritual book on gardening—unconventional and inspiring**
- » **With many creative ideas for DIY gardens**

“A garden’s a garden, no matter how small!” Even if the garden is nothing more than a few flower pots on the window sill, it can still be an important place: a kind of mirror for one’s own life, a place to touch and feel nature, to observe growth and blossoming, ripening and wilting. That rhythm shapes our lives as human beings as well. And if we look closely, our gardens can impart a great deal of life wisdom!

The book also includes delicious recipes and instructions for DIY projects that let you see your garden with new eyes.



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. She lives in Trier.



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün, Nikolaus Schneider

Trust – Rediscovering a Life Force

157 pages
March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **The fundamental element of human interaction**
- » **Increasingly relevant in our divided times**

Trust is an important element of human interaction. As children, we are born with a deep trust—but throughout our life, this trust is tested over and over again. Altogether different from trust between people is our trust in God. Here, trust is founded not in the certainty that comes from experience or provable knowledge, but rather in hopeful assurance.



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.

Nikolaus Schneider was the praeses of the Protestant Church in the Rhineland from 2003 to 2010 and chaired the Council of the Evangelical Church in Germany from 2010 to 2014, at which point he retired to care for his wife, who had cancer. They live in Berlin.



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Giannina Wedde

The Light that Grows from Loss – A Book of Grief and Comfort

141 pages
March 2019

ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **Cultivating a space for grief and comfort**
- » **Poetic, encouraging texts that can also be used in condolence cards or eulogies**

A person's death confronts their loved ones with deeply existential questions. We are confronted with our own mortality, with so much we cannot grasp. Death causes overwhelming emotions in us: despair, fear, perhaps even guilt. We are also plagued by the questions of "Why?" and "What comes after?" Today, many people feel left out by the Church's apparently repetitive answers to these questions. The unchanging formulas and phrases recited at funerals or memorials can make us feel as though our true grief is ignored.

Giannina Wedde has found new, poetic words for the questions, fears, but also the hope and the memories that are with us when we face the death of a loved one. In doing so, she makes a space for the very real conflicting emotions of the grief-stricken: anger and inconsolable sadness alongside doubt, forgetting, and love.



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



Vier-Türme-Verlag

Der Verlag der Mönche von Münsterschwarzach



Anselm Grün

Sibling Bonds – A Relationship Unlike Any Other

191 pages
August 2018

**RIGHTS SOLD TO KOREA AND SPAIN WORLD
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Siblings—in between love and rivalry

- » **Understand your own relationship with brothers and/or sisters better**
- » **For an open and trusting constellation within family**

Siblings are linked by a special emotional bond. Brothers and sisters are those who go with us through life longest—but this relationship can also be marked by tension: from early on, siblings fight over parental love and affection. Even as adults, many people feel slighted by their father or mother in favor of their siblings. This can lead to estrangement after the death of the parents, particularly if there are fights over inheritance.

In this volume, Anselm Grün—himself one of seven siblings—shines a light on the bonds of brotherly and sisterly love. He discusses the numerous Bible stories, such as the prodigal son, Cain's fratricide of Abel, and Jacob and Esau. But Grün also draws on his own experience both in his family and as a counselor. Out of this rich store, he shows how siblings can treat each other well and live harmoniously.



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Der Verlag der Mönche von Münsterschwarzach

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Anselm Grün

The Little Prince for Young and Old – Newly Interpreted by Anselm Grün

59 pages

August 2018

RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY AND KOREA
PLUS GERMAN POCKET BOOK
ENGLISH SAMPLE TRANSLATION AVAILABLE
INCLUDES NUMEROUS COLORFUL ILLUSTRATIONS
BY MASCHA GREUNE (OPTIONAL)

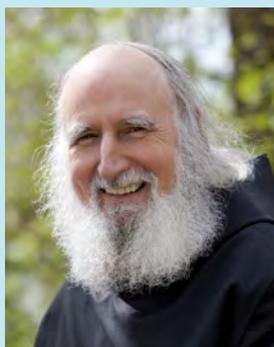
One of the most beautiful stories ever told

- » **The quintessential call for friendship and humanity—
with new exploration by Father Anselm**
- » **A family reader, showing the timeless “fairy tale” in the light of spirituality**

Ever since its first publication in 1943, Antoine de Saint-Exupéry’s *The Little Prince* has enchanted readers, despite—or perhaps because of!—its criticisms of the world of grown-ups.

Children and adults alike keep returning to this many-layered story of a small, distant asteroid and how its inhabitant’s search for friendship brings him to various planets and finally to earth. In this sumptuously illustrated new edition, the most important episodes from the original are followed by commentary, in which Father Anselm Grün interprets the story from his spiritual point of view, illuminating the many references to the New Testament and to Jesus. In this way, readers will find a whole new perspective on the text opening up.

Illustrator Mascha Greune has let herself be inspired by Saint-Exupéry’s original drawings, giving the little prince and his world new life.



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Mascha Greune studied communication design at the Augsburg College of Applied Sciences. Today she works in Munich as a freelance illustrator for book publishers, magazines, and agencies.



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Anselm Grün

Each Day is a New Beginning – The Wisdom of the Desert Fathers in the Rhythm of the Year

414 pages

August 2018

**RIGHTS SOLD TO CZECHIA, ITALY, SPAIN WORLD AND THE NETHERLANDS
ENGLISH SAMPLE TRANSLATION AVAILABLE**

A year with the Desert Fathers

- » **Father Anselm Grün's new daily reader**
- » **Life wisdom for every day**

The words of the early monks, known as the Desert Fathers, contain a rich treasure trove of spiritual experience. Again and again, we read about how to deal with emotions such as anger, envy, or malaise, against which we often have a hard time resisting—then as now. But the Desert Fathers show us ways not to let ourselves be ruled by such emotions, instead working towards inner freedom and peace.

In this book, each day of the year offers a new text of the Desert Fathers, with commentary and explication for modern-day readers by Anselm Grün. He masterfully distills the wisdom of the Desert Fathers into our time and gives us a guide for understanding their texts. The result is a wonderful companion for the year, offering a new piece of wisdom every day.



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Zacharias Heyes

Self: Sufficient – How Rituals Can Help You Find Your True Self

144 pages

August 2018

**RIGHTS SOLD TO BRAZIL, CZECHIA, THE NETHERLANDS AND USA
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Finding freedom through ritual

- » **practical guidebook with exercises and suggestions for cultivating an orderly mind and heart**
- » **how to use creativity in discovering one's own rituals**

Life in a Benedictine monastery follows a series of set routines. There are precise rules and times for prayer and meals, for work and leisure. Apparently, there is no space for spontaneity or independence.

But Father Zacharias has consciously chosen such a life. He has chosen it because routines are by no means limiting. Instead, they give us a precious gift of freedom, and their clarity acts on us and helps us structure ourselves—to find ourselves again.

Father Zacharias shows the helpful and healing power of rituals. On the one hand, he offers practical exercises that readers can integrate into their everyday lives; on the other, he encourages readers to use those exercises as a starting point in a search for their own rituals—rituals that fit their own personal life.



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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Mauritius Wilde

Soberness – The Art of Keeping a Mindful Heart

144 pages

August 2018

**RIGHTS SOLD TO ITALY
ENGLISH SAMPLE TRANSLATION AVAILABLE**

Soberness—a new reading of an old idea

Soberness is a term that may at first seem somewhat outdated. But taking a closer look, we find that it is also something that, in the heated social debates of recent years, we would often have needed. In the spiritual realm, soberness has played an important role for centuries, and always signifies something more than merely an absence of intoxication. Instead, it describes a state in which we manage to see to the bottom of things, to recognize truth without being distracted by our own or others' opinions or intentions.

In his latest book, Father Mauritius Wilde invites us to re-learn this Christian virtue. Shining a light on the various facets of this old and yet so modern term, he demonstrates the spiritual and practical significance soberness can have in today's society.



Father Dr. Mauritius Wilde, born in 1965, is a priest and, since 1986, monk at the Benedictine Abbey Muensterschwarzach. Until 2010 he was publisher at Vier-Türme publishing house. After his years in Schuyler, Nebraska as Prior of the Christ the King Priory until 2016, he now lives in Rome as prior at the Pontificio Ateneo Sant'Anselmo. He has written several successful books and teaches courses in the USA and in Italy on spiritual theme. Please feel free to visit his blog www.wildemonk.net



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Anselm Grün

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

157 pages

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.



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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Anselm Grün

The Magic of little Things

126 pages

January 2018

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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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Zacharias Heyes

Rediscovering God – And Why we Never had to Look for Him

159 pages

January 2018

RIGHTS SOLD TO BRAZIL, CZECHIA, THE NETHERLANDS, PORTUGAL AND USA
ENGLISH SAMPLE TRANSLATION AVAILABLE

- » **New spiritual impulses for Church and ecclesiastical thought**
- » **For spiritual seekers who feel churches don't have the answers to their questions**

Many of today's Christians have been shaped by a religious education which dictates how one had to act and what one had to avoid in order to be a "good Christian." Just as many have been taught that searching for God is subject to very strict rules of behavior, together with the outdated idea that Christ's sacrifice on the cross was not an act of redemption but an attempt to pacify God. Heyes' goal is to liberate his readers from these misconceptions and the feeling of "owing God an unrepayable debt."

Divided into three parts, this book first uses biblical figures to illustrate how God finds people, then explores the consequences we can draw from this, and finally looks at how this affects the Church: its horizons, limits, and the pilgrimages it must embark upon. The book's comforting and freeing message can inspire generations of Christians into a fuller, more current understanding of the faith they hold and the God who was always with them.



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, Andrea J. Larson

Bridging Worlds – A dialogue between a monk and a mother about life, love and faith

190 pages
August 2014

**RIGHTS SOLD TO CZECHIA, ITALY, KOREA, PORTUGAL, SLOVAKIA,
SLOVENIA, SPAIN (WORLD) AND GERMAN POCKETBOOK**

An inter-familiar but universally valid dialogue between “Youth and Wisdom” about the topics of Life

- » **A very personal book**
- » **Amusing, profound and meeting the spirit of our time**
- » **The perfect gift for every age**

“Dear Uncle Willi,...” is how mails begin that Andrea writes to her uncle Anselm “Wilhelm” Grün. Between these two different personalities, a fascinating exchange unfolds that covers generations, continents, and very different ways of life. In that personal dialogue the mother of three children, and her uncle, who decided for monastic life in an abbey 50 years ago, talk about God, Love and Relationships, Living in Harmony, Success, Happiness, Money, Work, Love, Church and Believe today, Thankfulness, Disappointment, Doubt and many more.

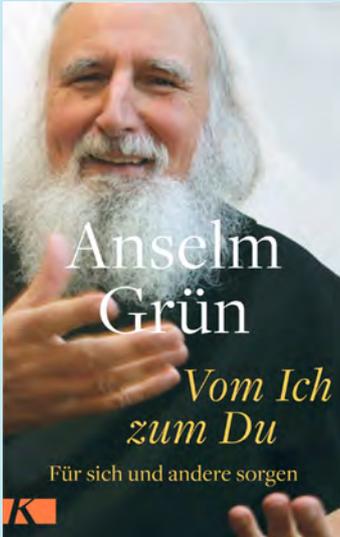
Father Anselm Grün, born in 1945, is a monk at Münsterschwarzach Abbey. His spiritual guidance and counsel – regardless of religious denomination – have made him one of Germany’s best known authors on spirituality.

Andrea J. Larson, born in 1978, is Anselm Grün’s niece and the daughter of Linda Jarosch. She is author of several guide books about family and relationships. She lives with her family in the USA.



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Anselm Grün

From Me to You – Caring for Yourself and Others

144 pages

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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Anselm Grün

Views of the Soul – The Healing Force in the Church Year

160 pages
January 2016

RIGHTS SOLD TO BRAZIL, ITALY, POLAND, AND SPAIN

Understanding the Liturgical Year

- » **The perfect gift**
- » **A rediscovery of the forgotten holy days within the liturgical year**
- » **Includes an inspiring ritual for every holy day**

People today long to live in harmony with the rhythm of nature – they find its cycle nourishing and healing for body and soul alike. It provides a counterpoint to the rat race of work and constant availability, with their unnatural rhythms. But they no longer know and understand our holidays – our holy days, as the origin of the word reminds us – and can no longer take in the power of healing inherent in their rituals and symbols. The holy days, apparently, have become irrelevant to the life of today.

Father Anselm Grün explains the holy days in the liturgical year in all their imagery and symbolism. When we let ourselves return to the old rhythm of nature, we can rediscover the potential in our soul and the often overlooked possibilities within ourselves. Grün also provides inspirations for our own rituals and ceremonies, so that we can experience our holy days in a completely new light.



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Anselm Grün

Greed – How to Escape the Desire for More

158 pages
January 2015

**RIGHTS SOLD TO BRAZIL, CZECHIA, ITALY, KOREA, SPAIN (WORLD),
THE NETHERLANDS AND GERMAN POCKETBOOK**

When more is never enough

- » **A highly relevant and current social topic**
- » **For those seeking an alternative to a constant striving for more**
- » **For those who want to take responsibility in society**

All of us are greedy. Even someone who isn't usually selfish will want the most for their children, their family, their community or their country. At the same time, all of us are compassionate and act in solidarity with others. We human beings have two souls within us – sometimes one prevails, sometimes the other. But greed isn't good for people: it saps our joy, it narrows our focus, it hardens our hearts. Anselm Grün shows us how to prevent greed in ourselves, and instead, how we can have the inner freedom to make decisions and act. In this book Anselm Grün gives us ideas for how to deal with the greed within us. With a background of New Testament stories and with the help of an easy 12-point program, the reader can learn to free himself of greed. Anselm Grün lets us take mankind's failings seriously, so that we can find a way to accept ourselves as we are – and live and act with complete inner freedom.



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Anselm Grün

Take Charge of Your Life

160 pages

August 2014

RIGHTS SOLD TO CZECHIA, FRANCE, KOREA, PORTUGUESE (WORLD),
SLOVAKIA, SLOVENIA, SPAIN (WORLD), THE NETHERLANDS,
TAIWAN AND GERMAN POCKETBOOK

Don't miss out on your life!

- » For all who want to retain their inner vitality
- » For all who want to live their own lives
- » For all who want to find their place in life

Anselm Grün shows us that we must not let doubts and fears rule our life. Instead, we need to open ourselves up to the challenge of tackling the unexplored – we need to be willing to take risks. He encourages us to loosen the tight boundaries we have set for ourselves in order to gain inner vitality.

“In recent years I have often encountered people who feel that their life has passed them by. I meet young people who are afraid to take risks. They are afraid that they will make mistakes, or that they will be unprepared for life. In these people in particular, I sense an absence of optimism. Instead, despondency and resignation have taken its place.”



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Mauritius Wilde
Show Yourself!

176 pages
January 2015

IN HIS OWN WORDS:

“Show Yourselfes!” presents a spirituality of the missionary. While other books on mission offer methods or strategies, my book focuses on the spirituality of the missionary himself/herself. Furthermore, it highlights evangelization from the monastic perspective, which is new on the market. Central topics are, e.g., Hospitality and Mission as Presence.

RIGHTS SOLD TO ITALY AND THE USA

Why You Don't Need To Hide Your Faith

- » **A rallying cry for showing and living your personal faith**
- » **With many practical and motivational tips**
- » **For all those unsure about how to practice their faith**

Personal faith is one of the last taboos in today's society. Given the empty churches, the myriad new faiths, and increasing secularization of our world, isn't it time for us Christians to stand up for our faith? This does not mean missionizing, but going forth with an attitude in which personal faith is a substantial component. Such an attitude supports our encounters with others, with God, and finally ourselves.

For many people it is completely natural to say a short prayer of thanks before a meal. Or to light a candle in church in memory of a loved one who has passed away. But as soon as we invite friends to dinner, we feel unsure of ourselves. Should I hide my faith? Is it a sign of weakness to call upon a higher power to protect me? Isn't it enough in today's society to believe in individual freedom in a democracy, the help of neighbors, or the strength of humanistic ideals? Can our life, society and the world really function without faith? In this book, Mauritius Wilde answers all these questions with a resounding No. He calls on all Christians to not merely practice their faith in private, but to publicly stand by personal faith and to defend it. An exciting journey lies before us when we do this – a journey that can sustain our personal spirituality and deeply enrich it.



Father Dr. Mauritius Wilde, born in 1965, is a priest and, since 1986, monk at the Benedictine Abbey Muensterschwarzach. Until 2010 he was publisher at Vier-Türme publishing house. After his years in Schuyler, Nebraska as Prior of the Christ the King Priory until 2016, he now lives in Rome as prior at the Pontificio Ateneo Sant'Anselmo. He has written several successful books and teaches courses in the USA and in Italy on spiritual theme. Please feel free to visit his blog www.wildemonk.net



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Christmas





Anselm Grün, Eberhard Münch

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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. ateliermuench.de



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Anselm Grün

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Anselm Grün

Your Light gives us Hope – Advent Rituals

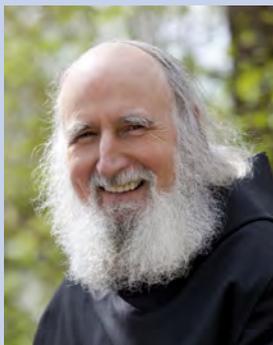
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Zacharias Heyes

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An unconventional Advent companion

- » **A spiritual guide to the seasons of Advent and Christmas**
- » **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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