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# Non-Fiction Autumn 2024

Rights Catalogue



# HIRZEL

Franz Steiner Verlag

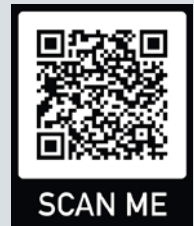
Berliner Wissenschafts-Verlag

Highlighting the – often overlooked – part women played  
in the resistance against the Nazi regime  
Recommended by "New Books in German" – Film rights under option



Thomas Seiterich  
**Last Paths to Freedom**  
*French Girl Guides in resistance  
to Nazi Germany*  
With an afterword by Pierre Kretz  
2023. 208 pages  
Hardcover  
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ISBN 978-3-7776-3196-7

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IN GERMAN

Summer 1940. Nazi Germany annexes Alsace, but not without resistance: in the Catholic parish of St. Jean, very close to the Great Synagogue, six French Girl Guides opened an underground border crossing for opponents of the regime, Jews, Communists and the military. They explored and found secret routes across the Vosges to the west and south to Switzerland. By the time the Gestapo picked them up in 1942 they had brought around 500 people to safety. Freisler tried them in 1943 and sentenced six of them to death by guillotine. Pope Pius XII demanded that the women be spared. And Hitler did indeed pardon them – with the proviso that they were not allowed to know. They all survived.

## HISTORY



© Lars Schwerdtfeger

**Thomas Seiterich** studied history, sociology and theology in Freiburg, Jerusalem and Frankfurt. Doctorate for "Left, Free and Catholic" about Walter Dirks, the great publicist and editor of the Frankfurter Hefte. Thomas Seiterich was the editor of the critical left-wing Christian magazine Publik Forum from 1980 until 2020. He has authored and edited numerous books. Today, he lives and writes in Ulm.

# Evolution knows no human morality

Monika Niehaus / Michael Wink

## **Why Headless Males are Better Lovers**

*Sex and reproduction in the animal kingdom*

240 pages

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September 2024

- Fascinating examples reveal the diversity of mating strategies in the animal kingdom and their evolutionary background
- Explores the conflicts of interest between males and females and the methods used to establish paternity



2

IN GERMAN

"Sex sells" also applies to evolution. Without sex, there is no genetic variation, and without genetic variation, there is no natural selection or evolution. When it comes to sex and reproduction, all animals have things in common, but there are also many variations. In this game of the sexes, everything revolves around the conflicts of interest between females and males, the diversity of mating systems, matriarchal and patriarchal communities and the securing of paternity, whether through beauty, song and dance or violence.

NATURE

© Christian von Dittfurth



© private



**Monika Niehaus** has a PhD in biology and works as a freelance writer and scientific translator. She has written several non-fiction books on zoology and neuroscience, as well as several volumes of science fiction short stories. **Professor Dr. Michael Wink** is a biologist and director of the Institute of Pharmacy and Molecular Biotechnology in the Department of Biology at the University of Heidelberg. Together with Monika Niehaus, he published the book „Turning Men into Pigs and Staying Safe from Such Trickery“ in 2020.

HIRZEL

**"Berlusconi still has an impact today, not only in Italy but also in Europe."** Michaela Namuth



Michaela Namuth

**My Italy with Berlusconi**

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*Essays, conversations, reports*

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- A review of an era, explaining the effects we experience today
- Italy is Guest of Honour at the Frankfurt Book Fair 2024

IN GERMAN

The political era of media entrepreneur and multi-billionaire Silvio Berlusconi began in 1994. German journalist Michaela Namuth also arrived in Rome at that time. He became prime minister, she became a freelance correspondent for various newspapers. She spent a long period of his government with him. During this time, the populist Berlusconi not only paved the way for a far-right government, he was also an icebreaker for other right-wing populists in Europe and elsewhere. What else happened during and after Berlusconi's time in power is told in 20 chapters of articles, reports and interviews. The result is a colourful mosaic of contemporary Italy. It is about publishing, design, crime fiction, the mafia, a women's factory, the South and Nutella.

Many speak of "Berlusconisation", by which they mean the gradual weakening of democracy. It is a critical book, but also a declaration of love to a contradictory country.

**POLITICS**

**Michaela Namuth** has been reporting from Rome for many years as an author and freelance journalist. She mainly writes reports and background articles and is a member of the Weltreporter network. She studied in Heidelberg and Rome and completed her doctorate in political science in Constance. She has already published the book "Modell Italien?" ("Model Italy?") with Hirzel.

# Russia's future affects us all

Jens Siegert

## Russia after Putin

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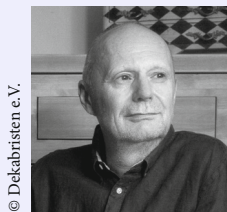
- The author lives and works in Russia and is an expert on Russian society
- Understanding Russia better is a vital task for European security
- Three possible and likely scenarios



IN GERMAN

Vladimir Putin has been ruling Russia for 25 years. He relies on repression at home and is waging a war of destruction against a neighbouring country. The conflict with the West has long become a systemic conflict between an illiberal-autocratic ideology and liberal-democratic principles. Nothing will change as long as Putin remains in power. Nevertheless, as far as can be ascertained under unfree conditions, the majority of the population seems to be supporting Putin. Does this mean that too many people in Russia do not want democracy or peace? Will everything remain the same after Putin? Or is there a chance that Russia will eventually take a different, more democratic path? As a recognised expert on Russian history and society, the author outlines what the post-Putin era might look like. His in-depth analysis makes it clear that Russia is partly Putin, but Putin is not everything about Russia.

RUSSIA



© Dekabristen e.V.

**Jens Siegert** has lived and worked in Moscow since 1993. He initially reported on Russia as a radio correspondent. In 1999, he set up the Moscow office of the Heinrich Böll Foundation, which he headed until 2015. From 2016 to 2021, Siegert worked on behalf of the European Union to maintain dialogue between Russia and the EU despite growing tensions at various levels.

HIRZEL

"Everyone wants to live a long time,  
but no one wants to grow old." Jonathan Swift (1667 – 1745)



Petra Kiedaisch (ed.)

**Second Puberty**

*The second half of your life – a manual*

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September 2024

- All in one book for the first time:  
All the relevant topics for the  
second half of life
- With useful checklists for each topic

IN GERMAN

In the middle of our lives, the cards are reshuffled: marriages are divorced, careers are questioned, friendships are ended, questions of meaning are asked, bodies change – and not just hormonally. From the age of 45, the majority of our population is at the centre of a second upheaval that affects all facets of our lives and leaves us at a loss in many ways. Not only in our daily lives, but also when it comes to planning for our own old age.

This guide is designed to help us find our way. It presents the most important information from all areas relevant to a good life after 45. Leading experts from the fields of medicine, nutrition, philosophy, theology, psychology, nursing care, law and finance give recommendations on what to look out for and what tools are needed to get through these challenging years unscathed. Useful checklists round off the articles.

AGING



**Dr Petra-Karin Kiedaisch** is a publisher, editor and psychological counsellor. She was born in 1967 and is currently in the middle of her second puberty. She studied German language and literature, business administration and literary mediation at the universities of Heidelberg, Bamberg and Washington D.C. Kiedaisch holds a doctorate in modern German literary history from the University of Bamberg. Kiedaisch has published extensively in the fields of literary and intellectual history, particularly on the phenomenon of joviality and on design issues.

# Hidden suffering and its impact on everyday life

Michelle Hildebrandt  
**High-functioning Depression.  
The Overlooked Condition**

*An educational book*

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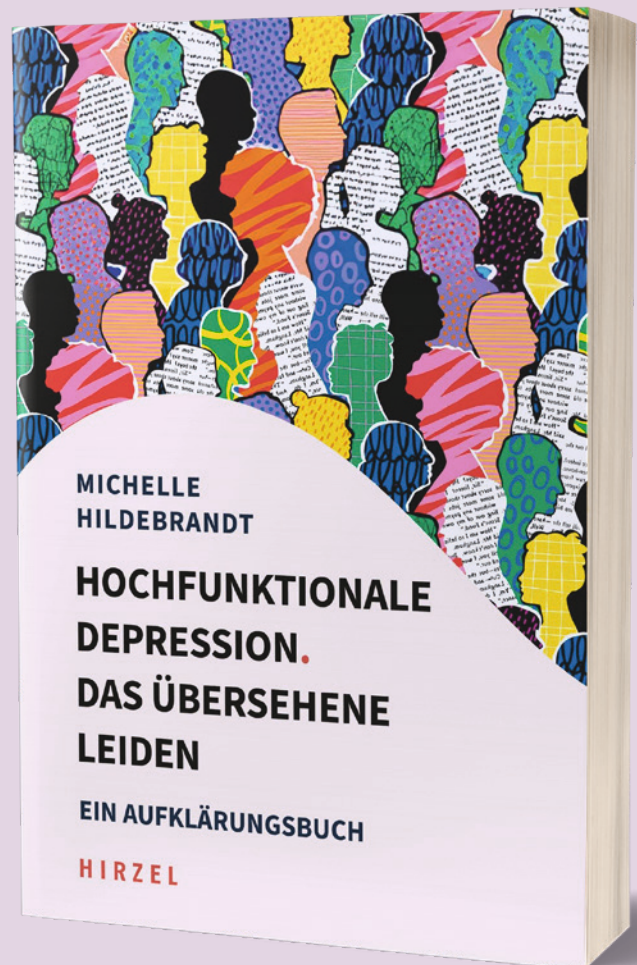
ISBN 978-3-7776-3383-1

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ISBN 978-3-7776-3561-3

October 2024

- The first book on this highly controversial subject
- A doctor explains how to recognise the symptoms and choose the right treatment
- Self-test included



IN GERMAN

The image many people have of depression is devastating – a chronic condition that leaves not only the sufferer but also their loved ones at a loss. Unfortunately, psychotherapies often focus on deficits rather than individual strengths and resources. Although this makes patients feel understood, there is a risk that they will become stuck in the role of victim. But what about those who seem to be functioning normally, those who masterfully hide their depression behind a smile? High-functioning depression is often overlooked because people affected by it have good coping strategies to deal with everyday life. In this groundbreaking book, Dr Michelle Hildebrandt, a specialist in psychiatry and psychotherapy, shows how high-functioning depression can be recognised and how resource-oriented therapy can help not only those affected but also other people with depression and their relatives. This book broadens the picture of depression and creates a space of hope.

PSYCHOLOGY



**Dr Michelle Hildebrandt** is a consultant psychiatrist and psychotherapist specialising in behavioural therapy. She also has an additional qualification in social medicine. She also worked at the Bethel Epilepsy Centre and in neuropathology at the Friedrich-Alexander University in Erlangen. She has always been fascinated by the brain and has many years of experience in brain research and clinical practice. She has made numerous contributions to scientific journals and publications. Her book "Die Patientenfänger" ("The Patient Catchers") was published by Hirzel in 2021.

HIRZEL

## A radical concept of freedom and renunciation



Jean-Pierre Wils

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- Philosopher Jean-Pierre Wils rethinks freedom: as the ability to live in a manageable place for good
- Five elementary tasks giving hope for a humane future

IN GERMAN

The situation in our society is precarious. The ecological shocks are omnipresent. The mere continuation of our lifestyles fixated on expansion and self-development has long since reached its limits. As if intoxicated by ourselves, we consume our world voraciously and without restraint. We need moderation and frugality that lead us out of the ecological and social dead ends and hold both the individual and Politics to account. We are by no means powerless and are perfectly capable of leading a life that offers prospects for a humane future. However, our idea of freedom needs urgent correction. For this endeavour to succeed, we need the courage to face reality and the willingness, in a spirit of solidarity, to say goodbye to a false life and join the alliance of renunciation and freedom.

Then we will be free – differently and better.

SOCIETY



© Ingolf Hätz

**Jean-Pierre Wils** is one of the most influential philosophers in the German-speaking world. He studied philosophy and theology in Leuven (Belgium) and Tübingen, and lectures in Philosophical Ethics and the Philosophy of Culture at Radboud University in Nijmegen (Netherlands). Since 2021, he has been the publisher of "Crossroads. Texts for Scepticism and Critique" at Hirzel. In 2022, Hirzel also published his book "Der Große Riss" ("The Great Rift. How society drifts apart and how to counter it") and in the spring of 2023 "Warum wir Trost brauchen" ("Why We Need Comfort").



# Opportunities and risks in the digital age: smart cities in focus

Peter Schaar

## **Brave New City**

*Smart cities – a surveillance-nightmare?*

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- More than half of the world's population lives in cities: How can digitalisation help with the challenges?
- Peter Schaar examines the benefits and risks of smart cities
- Practical examples are used to analyse the balance between technological progress and personal rights.



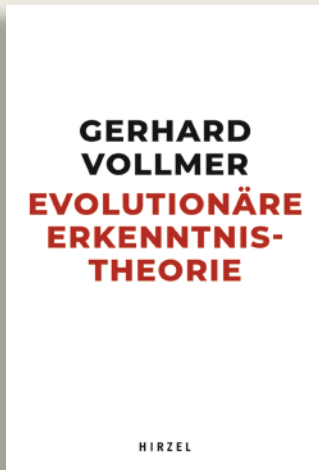
IN GERMAN

The dream of the ideal city is as old as the city itself. Since real cities often develop chaotically, the idea of perfecting them, even tearing them down if necessary, and rebuilding them according to the prevailing patterns of thought is an obvious one. The latest manifestation of this utopia is the smart city – the intelligent city, packed with the latest technology and extensively digitised. But will air taxis and hyperloops, ubiquitous sensors, access control systems and data-driven management really make the city of the future a better place to live? Are they the answer to the enormous challenges facing today's fast-growing metropolises? Or will the supposed administrative paradise ultimately mutate into a digital juggernaut?

**SOCIETY**

**Peter Schaar** is a well-known data protection expert and former Federal Commissioner for Data Protection and Freedom of Information. After studying economics in Berlin and Frankfurt am Main, he graduated from the University of Hamburg in 1979. He held various positions in the Hamburg administration before founding a data protection consultancy in 2002. As Federal Commissioner from 2003 to 2013, he promoted transparency and the protection of privacy. Schaar is chairman of the European Academy for Freedom of Information and Data Protection and heads the arbitration board of the Society for Telematics in Healthcare. He is also politically active for Bündnis 90/Die Grünen. Schaar has received several awards and believes that data protection and freedom of information are important economic factors.

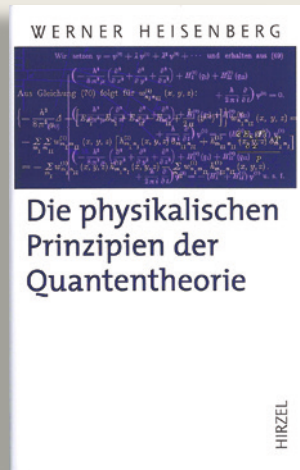
HIRZEL



IN GERMAN

Gerhard Vollmer  
**Evolutionary Epistemology**  
 9<sup>th</sup> edition, completely revised  
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 Hardcover with dust jacket  
 € 34.00 [D]  
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 ISBN 978-3-7776-3261-2

According to evolutionary epistemology, the fact that we can know the world is neither coincidence nor divine providence, but has a natural explanation. Thinking and cognition are achievements of the human brain. Our cognitive structures fit into our world because they have evolved in adaptation to this world. This fit is not ideal, but it is enough for survival under competition. Gerhard Vollmer was instrumental in developing evolutionary epistemology. In his standard work, he explains the achievements and failures of our cognitive apparatus.



IN GERMAN

Werner Heisenberg  
**The Physical Principles of Quantum Theory**  
 5th edition 2008. 137 pages,  
 22 figures  
 Hardcover with dust cover  
 € 36.00 [D]  
 ISBN 978-3-7776-1616-2

In 1929, Heisenberg gave a lecture on “The physical principles of quantum theory” at the University of Chicago. The lecture series is treated in this volume. With its publication, the author hopes to contribute to the dissemination of the Copenhagen spirit of quantum theory.

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Werner Heisenberg  
**Changes in the Foundations of Science**  
 12th edition 2005. 196 pages  
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 € 31.00 [D]  
 ISBN 978-3-7776-1366-6

In numerous lectures Werner Heisenberg made pioneering discoveries in atomic and quantum physics understandable even for laypersons. Ten of these lectures are collected in this book. In them Heisenberg placed particular value on considering the philosophical aspects of each topic.

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Like all life forms, humanity was shaped in a long process of selection. As a result, the human conscience has biological origins. But this seems to contradict evolutionary theory, for the conscience reins in a self-centred elbow mentality. Such a “weakness” cannot produce successful individuals – or can it?

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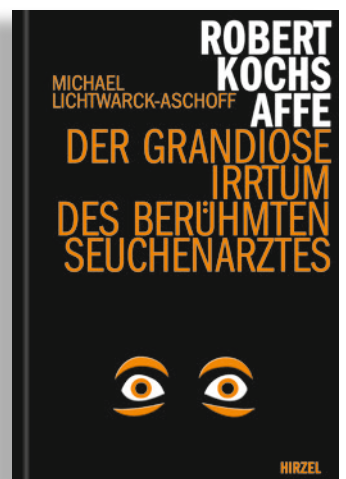
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*On the careful management of an endangered resource*

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E-Book: epub. € 19.90 [D]

ISBN 978-3-7776-3457-9

Consumers stand perplexed at the fish counter. Cod or salmon; mackerel or sea bass? Or perhaps rather carp and trout? How about flounder and dab? Dab what? A terrific flatfish, but sadly hardly anyone has heard of it. And what was it again about organic, aquaculture, wild-caught, and that little blue sustainability certificate? Is catching your own a way out? Before you start thinking it's time to opt for a chop and fried potatoes instead, read this book. It provides readers with deep blue facts from the world's waters and analyses the global and local habitat of the finned creature.



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Dr. Malte Rubach  
**Why We Should Care if a Sack of Rice Falls Over in China**

*The food of the future*

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E-Book: epub. € 19.90 [D]

ISBN 978-3-7776-3417-3

It is time to counter the numerous utopias, myths and established narratives of the future of nutrition with a fact-based scenario. This book shows where the natural limits of what is currently technologically feasible lie and how the global diversity of food cultures will ensure the survival of humanity in the future. It exposes the great promises of meat substitutes from the laboratory as well as vegan renunciation scenarios, and shows a realistic path for the future of global nutrition along the lines of the United Nations' 17 Sustainable Development Goals.



IN GERMAN

Holm Gero Hümmler  
**Fact-Immune**

*Why science denial is so dangerous and how we can protect ourselves against it*

2024. 224 pages with

5 b/w illustrations

Softcover with flaps

€ 22.00 [D]

ISBN 978-3-7776-3104-2

E-Book: epub. € 19.90 [D]

ISBN 978-3-7776-3211-7

The phenomenon of anti-scientific disinformation has been discussed in the recent past under the acronym FLICC (Fake experts, Logical fallacies, Impossible expectations, Cherry-picking and Conspiracy theories), especially as it pertains to the topic of climate change. What is generally missing however is a more comprehensive consideration of science denial in different disciplines with a critical examination of the central arguments and a comparison of the parallels. Holm Gero Hümmler dedicates himself to this task in this readable and fact-orientated book on topics such as genetic engineering, mobile phone networks, radioactivity, and chips that are implanted under the skin for medical reasons.



IN GERMAN

Juliane Burghardt  
**Anything Is Possible, Nothing Is Working**

*Why we are having less and less sex*

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ISBN 978-3-7776-3219-3

E-Book: epub. € 19.90 [D]

ISBN 978-3-7776-3270-4

Many would agree that we are living in one of humanity's most permissive times. Sex seems to be available anywhere, anytime. These developments can lead to the conclusion that we are all having all the sex we want today. In fact, though, a number of international studies have shown in recent years that our mobile phones and pornography consumption in particular, as well as women's empowerment, have led to a decrease rather than an increase in sexuality. In her entertaining book, Juliane Burghardt analyses and evaluates the situation in our bedrooms.



IN GERMAN

Barbara Günther-Haug  
**Depression Is not Something That Just Happens**  
*10 self-empowerment concepts for burnout, depression and trauma*  
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 ISBN 978-3-7776-3027-4  
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 ISBN 978-3-7776-3420-3

A crisis does not make a disease. It only becomes dangerous when we get stuck – in the ways of thinking and acting that are rooted in our fears and desires, but not in reality. That way, we wear ourselves out for nothing; exhaustion and frustration increases, and may even end in depression. This book sheds a light on ten main stress situations that may be the reason for depression. It goes far beyond the usual explanations of the symptoms of depression or individual stories, and is a treasure trove for people who want to understand what has caused them to wear themselves out mentally and how they can lift themselves out of this low.



IN GERMAN

Bettina Schulte (ed.)  
**Today Is a Good Day to Abolish the Patriarchy**  
*2024. 180 pages*  
 Hardback  
 € 23.00 [D]  
 ISBN 978-3-7776-3475-3  
 E-Book: epub. € 21.00 [D]  
 ISBN 978-3-7776-3485-2

Do we still need feminism in Europe? Equality or difference feminism? A new generation of feminists has now broken away from the feminism of the 1960s. The old white Cis man has been discredited, by the Me Too movement at the latest. Sexualised violence against women has been outlawed, perpetrators taken to court. So everything's good? No, of course not. Men still dominate public discourse; men are unchallenged in leadership positions in politics, society and business; male power still prevails in the domestic environment as well. The extent to which men fight back when they feel threatened by feminism is also evident in the revival of authoritarian nationalist politicians in Europe and around the world. The seven authors shed light on feminist struggles in different areas of life, and illustrate the range of feminism today.



IN GERMAN

Johannes F. Lehmann  
**The Strategy of Rescue**  
*The past and present of a power-political concept*  
 2024. 232 pages with 9 b/w illustrations  
 Hardback  
 € 32.00 [D]  
 ISBN 978-3-7776-2910-0  
 E-Book: epub. € 23.90 [D]  
 ISBN 978-3-7776-3207-0

"Rescue" has two fundamentally different "existential" dimensions. One is aimed at "saving" individual lives that are in danger. Firefighters, for instance, rescue people from fires, while the sea rescue services rescue shipwrecked people from the Mediterranean. The second dimension of "rescue", on the other hand, concerns systems – think of the bailing out of banks, the euro or the climate disaster – and so points to a larger context that creates the conditions for "life" to even be possible, or at least to be preserved. The complex subject of this stringent essay is just to what extent politics enable or prevent "rescue attempts", to what extent it understands its actions as "rescue actions", and how decisively the "narrative", i.e. the "talk of rescue", ultimately dominates our entire understanding of politics.



IN GERMAN

Sascha Lübke  
**At the Very Bottom of the System**  
*How migrant workers ensure prosperity for us*  
 2024. 208 pages  
 Softcover with flaps  
 € 22.00 [D]  
 ISBN 978-3-7776-3408-1  
 E-Book: epub. approx. € 19.90 [D]  
 ISBN 978-3-7776-3410-4

450,000 migrant workers toll on German construction sites, work in sometimes inhumane conditions in meat factories or as truck drivers, and let's not forget the hordes of cleaners in German hotels and companies. They are systematically exploited and cheated out of their wages. Sascha Lübke exposes the octopus-like network of partly criminal companies in a shadowy world where the boundary between the legal and the illegal is blurred. In his evocative book with interviews with those affected, he reveals how a parallel system has established itself in the German working world, but also how those affected resist.

## The Hirzel Deadly Sins Series: relevance and significance of the 7 deadly sins in our postmodern world



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Barbara Streidl  
**Greed**  
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*The courage to be angry*  
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IN GERMAN

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IN GERMAN

Jürgen Dollase  
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IN GERMAN

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**Lazy!**  
*On the benefits of doing nothing*  
2023. 98 pages  
Softcover with flaps  
€ 18.00 [D]  
ISBN 978-3-7776-3039-7  
E-Book: epub. € 15.90 [D]  
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IN GERMAN

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IN GERMAN

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