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Professor Dr. med. Martin Middeke

Professor Dr. med. Martin Middeke studied human medicine at the Ludwig Maximilian University of Munich. He spent decades researching the regulation of blood pressure and arterial hypertension. Middeke is the author of numerous text books and patient guides and developed a Health App.



The Age Formula

How blood flow keeps us healthy

New findings on the relationship between age, sex, body size, vascular function and mortality confirm that the key to a long and healthy life are healthy vessels. These are the words of Professor Martin Middeke, who has dedicated his medical career to research into blood pressure and its regulation. He explains how important the interaction of heart rate, breath and blood pressure is for an optimal supply of oxygen and nutrients to all organs. The book provides numerous practical and proven ways in which we can minimise the risk factors for cardiovascular disease.

Numerous practical tips for vascular health

Original title:
Die Altersformel
Wie uns eine gute
Durchblutung gesund hält

Original language: German
Publication in June 2025

182 pages with many charts and
figures

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Germinal Hilbert

Germinal Hilbert studied law in Würzburg and Munich and wrote his doctoral thesis on the subject of Franco-German comparative law. Hilbert later worked at the Insead Business Institute Fountainebleau and founded his artist agencies in Paris and Munich.



On intimate terms with Carmen, Mimi and Don Giovanni

My life with the greatest voices of opera

Germinal Hilbert has been an international agent for the great opera singers for over 50 years, looking after them worldwide with his agencies in Paris and Munich. In this book, Hilbert talks about his job, the ups and downs of a singer's life and the changes on the opera stage. His book is a musical autobiography with stars from the world's stages and deep insights behind the scenes.

It also attempts to find answers to the eternal question: should music have priority or should the lyrics come first? And: are directors getting out of hand?

The author of the great opera stars like Birgit Nilsson, Edda Moser and Edita Gruberova

A life for the great voices of the stage

Original title:
Mit Carmen, Mimi und Don Giovanni auf du und du
Mein Leben mit den großen Opernstars

Original language: German

Publication in July 2026
220 pages

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Sira Huwiler-Flamm

Sira Huwiler-Flamm, born in 1987, works as a freelance journalist in Germany and Switzerland. In addition to food and drink, her main topics include society, psychology, medicine, travel and the start-up scene.



Behind the Plate

Why food makes us human

We all eat – sometimes with pleasure, sometimes with guilt, sometimes with friends or family, sometimes all alone. We cook our first own porcini risotto with pride, still enjoy our grandma's pancakes at 40, and try the most diverse tastes of the world with amazement. Sira Huwiler-Flamm has spoken with many top chefs and shows that the way we prepare our food is what makes us human. Eating together shapes our relationships, determines our sense of belonging, nourishes our soul and keeps our body healthy. In short, eating is something very special that deserves much more attention and respect!

How food makes us human

With 20 top chefs like Johann Lafer, Maria Gross etc.

Original title:

Hinter dem Tellerrand
Warum uns erst Essen zu Menschen macht

Original language: German

Publication in June 2025
224 pages

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Katrin Glatz Brubakk

Katrin Glatz Brubakk is a German-Norwegian child psychologist specialising in trauma and one of the most prominent advocates for the rights of refugees.

Diary from Gaza

A child psychologist's report on loss, trauma and hope

Katrin Glatz Brubakk worked for a month in autumn 2024 as a child psychologist at the Nasser Hospital in Khan Younis in the south of the Gaza Strip. Her diary from that time shows the psychological impact of war on people, especially children. What unimaginable stress do they live under? What existential worries do they have? What illnesses and consequences will they carry with them for the rest of their lives? Katrin Glatz Brubakk also shows how much people want to help each other – especially in maintaining hope.

“I heard the sound of war. Not in the form of bomb explosions, but as the painful cries of traumatised children. Cries so piercing that they embody all the pain of Gaza.”

“No one talks about how destroyed we are.”

The impact of war on children

Original title:

Tagebuch aus Gaza
Der Bericht einer Kinderpsychologin
über Verlust, Traumata und Hoffnung

Original language: Norwegian

Publication in September 2025
176 pages with many photos

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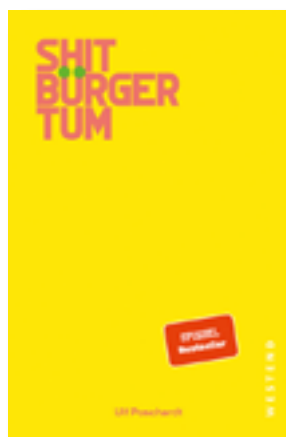




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Ulf Poschardt

Ulf Poschardt (born 1967) is a leading German journalist, former editor-in-chief of the Sueddeutsche Magazin and Vanity Fair, and since 2025 publisher of the POLITICO Group.



Shit Citizenry

In this sharp and provocative essay, Ulf Poschardt exposes a new social character that is shaping and paralysing our society: the “shit citizen”. With an ominous mixture of arrogance and subservience, the shit citizen presents himself as the morally superior saviour of the world – but in doing so, he primarily defends his own privileges and interests. Poschardt, one of Germany's most renowned journalists, shows how the shit citizen has established an unprecedented “hegemony” in the liberal, saturated societies of the West. This has not only permeated institutions such as culture, media and into a deep crisis. An essential read for anyone who wants to understand the social change of our time.

The No. 1 Bestseller at Amazon

Poschardt exposes the crisis of society

Original title:

Shitbürgertum

Original language: German

Publication in April 2025
176 pages

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Dominik von Ribbentrop

Dominik von Ribbentrop studied at the University of Buckingham, where his fellow students included Winston Churchill's great-grandson. From 1995, he worked for Salomon Brothers, the investment bank, among other places. After that, he founded and built up two companies.



Understanding, but no comprehension

Notes of a grandchild

Joachim von Ribbentrop was Adolf Hitler's foreign policy advisor and was sentenced to death in the Nuremberg trials against the major war criminals in October 1946. The social decline at the end of Weimar and the unleashing of the Second World War seem far away and part of the past. But they are not. Exactly the same dynamics are present and powerful again today. Almost 80 years later, the grandson Dominik von Ribbentrop travels through German and European history and psyche to analyse the patterns behind the processes and to point out constants. His book is an important contribution to ensuring that the Germans do not crash and burn again the country, which today is once more filled with ideology rather than pragmatism.

The lessons learned from 1918 to 1945

A warning from Joachim von Ribbentrop's grandson

Original title:

Verstehen. Kein Verständnis
Anmerkungen eines Enkels

Original language: German

Publication in August 2025
368 pages

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Teseo La Marca

Teseo La Marca is a freelance reporter and writes for various media like taz and Neue Zürcher Zeitung. Numerous research journeys have taken him to the Islamic world, especially to Iran and the Persian-speaking area.



The misguided Islam debate and its consequences

A reality check

The German view of Islam is characterised by trivialisation at least as much as by prejudice. On his journey to Muslim communities, journalist Teseo La Marca puts the German Islam debate to a reality test. In conversation with Muslims, left-wing apologists and critics of Islam, it becomes evident how Islamists are using the polarised debate to advance their own agenda under the radar of public attention. The only thing that will help against this is a more open, more unsparing discussion. We should not be asking whether Islam belongs to Germany, but rather: which Islam?

Which Islam belongs to Germany?

The book about the migration debate

Original title:

Die fehlgeleitete Islam-Debatte und ihre Folgen
Ein notwendiger Realitäts-Check

Original language: German

Publication in August 2025
240 pages

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Martin Gehlen

Martin Gehlen worked as a Middle East correspondent for various German-language media such as FR, Tagesspiegel and Die Zeit until his death in 2021. He reported from Cairo for many years and later from Tunis.



Once upon a time there was a Garden of Eden

Reports from the Middle East. From the archive of Martin Gehlen

This book brings together selected reportages by Middle East correspondent Dr Martin Gehlen, who passed away in 2021, and photo documentaries by his wife, photographer Katharina Eglau. Martin Gehlen's reportages and stories always maintained a love of people and an open mind towards the diversity of cultures. Gehlen was willing to look behind the scenes, using data, facts and reasoned points of view, to discover not only the drama but also the diversity and beauty of the foreign. In view of the current conflicts and ongoing wars between Middle Eastern states, this book aims to counteract the polarisation in society.

One of the best."

Süddeutsche Zeitung about Martin Gehlen

Original title:

Es war einmal ein Garten Eden
Begegnungen mit dem Nahen Osten

Original language: German

Publication in September 2025
240 pages with many photos

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Rainer Mausfeld

Rainer Mausfeld is a professor at the University of Kiel and was head of the Department of Perception and Cognition Research until his retirement. His most recent book, published by Westend Verlag, is *Hybris und Nemesis* (2023).



SPIEGEL
Bestseller-
Autor

Social disruptions

Are we on the way to a world order of force?

Western society has been in a state of deep crisis for a long time and is now seeking to defend its claim to hegemony with growing aggression, internally and externally. The values it professes are increasingly being recognised as hypocrisy. This applies particularly to the civilisational guiding principles of an egalitarian democracy and an egalitarian international law. Robbed of their original meaning, they have lost their power to secure peace. Rainer Mausfeld reveals historical parallels behind the serious civilisational fractures of the present day. At the centre of this is the ideology of Western exceptionalism, which has served Western power elites for centuries to conceal their global claim to power behind the mask of a fight for 'civilisational values'.

Relapse into a world dominated by brutal force

Over 5 million views on YouTube

Original title:

Zivilisationsbrüche
Sind wir auf dem Weg in eine
Weltgewaltordnung?

Original language: German

Publication in January 2026
320 pages

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Marc Trachtenberg Marcus Klöckner

Marcus Klöckner is an author and journalist who has written numerous articles on the war in Ukraine.

Marc Trachtenberg is an American historian and political scientist. His best-known books include “A Constructed Peace” about the post-war order in Europe.



Chronicles of a War foretold

Ukraine and the failure of diplomacy

“War against war” – that was the title of one of the poems by satirist Kurt Tucholsky. Unfortunately, Western policy towards Ukraine in recent years has been uninspired by this guiding principle. First, the Federal Republic of Germany delivered 5,000 helmets to Ukraine. Then came weapons, tanks and missiles: that was the “solution” that was pursued. Numerous quotes and news reports from the past three years, compiled in this book, create a document that shows how a policy of confrontation leads to the total failure of diplomacy. This “chronicles of a war foretold” show us why the Ukraine policy has failed – if peace was its the goal. With an illuminating essay by US historian Marc Trachtenberg on the background to NATO's eastward expansion.

The book shows how war preparations escalated over the last three years.

Original title:

Chronik eines angekündigten Krieges
Die Ukraine und das Versagen der Diplomatie

Original language: German

Publication in July 2025
176 pages

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Bernhard Hommel

Bernhard Hommel, born in 1958, is a psychologist and professor at Shandong Normal University in Jinan, China. Westend recently published his Spiegel-bestseller *Wir triggern uns zu Tode* (We're Triggering Ourselves to Death, 2024). He lives in China and Kassel/Germany.



The Power of Human Perceptions

Why we talk past each other and good politics fail

You have probably watched a talk show or political magazine programme where politicians from different parties or movements were invited. And you probably noticed at least two things: First, it is alarmingly easy to predict what opinions and arguments the respective politicians will put forward on a topic. Second, discussion rounds in the media contribute, at best, to gathering the available opinions, but never to any kind of rapprochement or consensus. Bestselling author Bernhard Hommel explains why this is so in his new book and shows how we can understand each other better again.

*Why we never understand each other in discussions
– and how to fix it*

A psychologist analyses our culture of debate

Original title:

The Power of Human Perceptions

Why we talk past each other and good politics fail

Original language: German

Publication in October 2025
144 pages

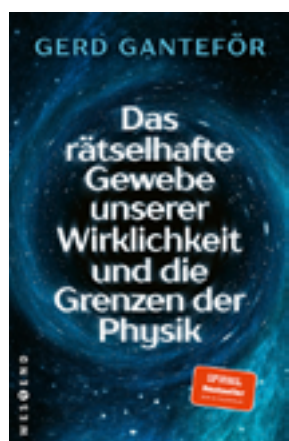
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Prof. Dr. Gerd Ganteför

Prof. Dr. Gerd Ganteför, born 1956, is a professor for astrophysics, energy, climate and elementary particles at the University of Konstanz. Gifted with the talent of explaining complex topics with easily understandable phrases, his YouTube channel has gone viral with over 11,000 subscriptions and millions of clicks for his seminar-like videos, thus furthering a fascination of physics.



**SPIEGEL
Bestseller**

Jetzt als Taschenbuch

The Perplexing Fabric of Reality and the Boundaries of Physics

“War against war” – that was the title of one of the poems by satirist Kurt Tucholsky. Unfortunately, Western policy towards Ukraine in recent years has been uninspired by this guiding principle. First, the Federal Republic of Germany delivered 5,000 helmets to Ukraine. Then came weapons, tanks and missiles: that was the “solution” that was pursued. Numerous quotes and news reports from the past three years, compiled in this book, create a document that shows how a policy of confrontation leads to the total failure of diplomacy. This “chronicles of a war foretold” show us why the Ukraine policy has failed – if peace was its the goal. With an illuminating essay by US historian Marc Trachtenberg on the background to NATO's eastward expansion.

“An intelligible crash course in physics.”

Der Falter

Original title:

Das rätselhafte Gewebe unserer Wirklichkeit und die Grenzen der Physik

Original language: German

Publication in March 2025
196 pages

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Dr. Thomas Pfeifer

Dr. Thomas Pfeifer studied medicine in Padua, Aachen, Muenster and Munich. He was a guest physician at the Massachusetts General Hospital at the Harvard Medical School in Boston. He is one of the most renowned doctors in Frankfurt am Main, Germany.



**SPIEGEL
Bestseller**

Jetzt als Taschenbuch

We Have a Bone to Pick

How to stay agile und fit through healthy joints

The ability to move freely and safe from pain, is usually taken for granted – until losing it to arthrosis, arthritis or rheumatism. But where do these vexing problems with our joints originate? Dr. Thomas Pfeifer gives an illustrative, vivid, and fascinating introduction to our bone system with all its little gouts and aches, ranging from diagnosis over therapy to prevention.

How to stay mobile in a long time

“Readable, highly entertaining and informative.”

Spektrum der Wissenschaft

Original title:

Treffen sich zwei Knochen
Fit und gelenkig bis ins hohe Alter

Original language: German

Publication in September 2025
240 pages

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Josef Resch

Josef Resch, born in 1949, worked for decades as a private investigator for commercial enterprises and private individuals. His clients included, among others, Siemens, the German Federal Criminal Police Office and various state criminal police offices.



**SPIEGEL
Bestseller**

Jetzt als Taschenbuch

Danger is my profession

MH17, Pablo Escobar, Florian Homm - Germany's most experienced private investigator spills the beans

Cocaine trade, industrial fraud, the hunt for the investment banker Florian Homm and the drug lord Pablo Escobar or the investigation into the downing of flight MH17: the missions of private investigator Josef Resch are as varied as they are dangerous. His clients include companies, private individuals and, from time to time, the State Office of Criminal Investigation. Resch provides exciting and unique insights into the secretive and unknown world of undercover investigations.

True Crime – as gripping as a thriller

“Germany's most famous private investigator.”

Stern

Original title:

Gefahr ist mein Beruf
MH17, Pablo Escobar, Florian Homm
– Deutschlands bekanntester
Privatermittler packt aus

Original language: German

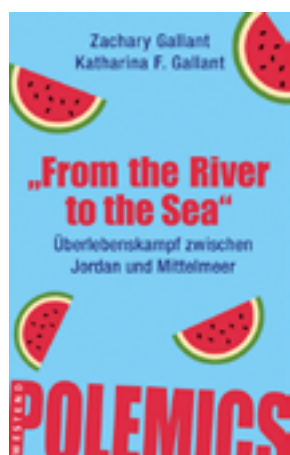
Publication in April 2025
304 pages

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Zachary and Dr Katharina F. Gallant

Zachary Gallant and Dr Katharina F. Gallant have been committed to understanding between Jews and Muslims for years and are researching the profits from genocide and other crimes against humanity.



„From the River to the Sea“

Surviving between the Jordan and the Mediterranean

Israel/Palestine is the symbolic high-voltage line: anyone who touches it will be crushed. The conflict is discussed under high tension – but often without a common factual basis for a conversation. But how could the conflict in Israel/Palestine take on such deadly proportions in the first place? This book focuses on the ethnic cleansing and economic crimes that have characterised the Middle East for the last centuries. It looks at the role of colonial powers in creating this conflict and attempts to build a bridge between the seemingly irreconcilable camps.

How can conciliation succeed?

Original title:

„From the River to the Sea“
Surviving between the Jordan and the Mediterranean

Original language: German

Publication in Marcj 2025
144 pages

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33 astounding rays of hope Why the world is better than we think

Did you know that we are currently living in the best world of all time? This book tells the 33 best stories about our world, based on accurate scientific data and astonishing graphics. They encourage us to create a better tomorrow through rational optimism!

Original title:

33 erstaunliche Lichtblicke
Warum die Welt besser ist, als wir denken

Original language: German

Publication in May 2025
192 pages

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SPIEGEL
Bestseller-
Autor

Axel Bojanowski graduated from the University of Kiel with a degree in climate research. He has worked as a science journalist since 1997. He has been chief reporter for science at WELT since August 2020. Bojanowski has written three non-fiction books. The Professional Association of German Geoscientists honored him in 2024 for his journalistic achievements.



Final questions What dying people want to know

At the end of a life, the unimportant things fade into the background and the big and fundamental questions arise. But what are the questions that emerge as central in the last hours of life? And how can they be dealt with? In his day-to-day work, pastor and Frankfurt hospital chaplain Matthias Struth encounters many people at the end of their lives who are thinking about the afterlife or dealing with their faith. Some people's faith is put to a tough test, others are only just emerging. Struth tells these stories with great ease and confidence, without taking away their seriousness.

Matthias Struth is a Catholic priest at the diocese of Limburg and preaches in the Liebfrauenkirche and in Frankfurt Cathedral. He has also been a hospital chaplain at the University Hospital in Frankfurt am Main. His focus is pastoral care on the palliative care unit.

Original title:

Letzte Fragen
Was Sterbende wissen wollen

Original language: German

Publication in November 2024
180 pages

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SPIEGEL
Bestseller-
Autor

War games How NATO and the Pentagon simulate the destruction of Europe

Since the end of WW2, the US, Great Britain and Russia as well as NATO have simulated possible atomic confrontations between each other. Still, there is hardly a public discourse about the devastation of such a confrontation – although most of those simulations anticipate the complete destruction of Germany and other European countries.

Dr. Jonas Tögel is an Americanist and propaganda researcher. He works as a research assistant at the Institute of Psychology at the University of Regensburg, where he got his doctorate degree on the topic of soft power and motivation. His research focuses on motivation, the use of soft power techniques, nudging and propaganda as well as epochal challenges of the 20th and 21st centuries. The author's website is www.jonastoegel.de.

Original title:

Kriegsspiele
Wie NATO und Pentagon die
Zerstörung Europas simulieren

Original language: German

Publication in January 2025
96 pages

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SPIEGEL
Bestseller-
Autorin

Turning Times The mental state of the present

Polarized society and divided opinions. Right is left and vice versa, conservative no longer exists, liberal has newly morphed into libertarian. Security is more important than freedom, peace is no longer of consequence and climate change bears all the responsibility. Fake rules over everything, all truth is lost without a trace and those who speak of it, have already lost. Ulrike Guérot illustrates in 10 short essays in what kind of intellectually demented world we have entered and how political thinking has been changed and twisted. Welcome to the 21st century!

Ulrike Guérot studied Political Science, History and Philosophy in Bonn, Münster and Paris. She is a professor and author in the fields of Europe and Democracy. Contributing her knowledge to various think tanks as well as at universities in Paris, Brussels, London, Washington, Berlin, and Vienna.

Original title:

Zeiten Wenden
Skizzen zur geistigen Situation
der Gegenwart

Original language: German

Publication in May 2025
224 pages

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