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New titles / Cooking and Nutrition

Michaela Hauptmann. Bubbling with the spirits of vitality

Daniel Hobelsberger. From Outside

Lydia Maderthaner. The Austrian Village Inn

Bestsellers

Maria Treben, *Health through God's Pharmacy*

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Maria Treben, *Maria Treben's Cures*

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Maria Treben, *My Home Pharmacy*

Rights sold to: Czech Republic, Slovakia

Maria Treben, *My Herbal Remedies*

Further titles available – please contact us!

Michaela Hauptmann

Bubbling with the Spirits of Vitality
*Fermenting for More Energy
 and a Happy Gut*

216 pages, numerous colour photos
 Hardcover, Format: 20 x 24,5 cm
 ISBN 978-3-7095-0138-2

- + The fermented food trend:
 healthy, sustainable, inexpensive
- + Natural food preservation
 With tips from a Traditional European
 Medicine author
- + 50 recipes, classic and modern interpretations



The book

The author’s new book is all about preserves: In 2016, she discovered the natural fermentation (lactic acid fermentation) of vegetables by chance. Her initial doubts quickly gave way to enthusiasm. Her book is a basic course in fermentation. It also offers a lot of interesting information on the different techniques used to preserve food over the centuries, as well as accessories and troubleshooting.

The focus of the book is on the health benefits of fermented foods, presented against the background of Traditional European Medicine (TEM). How does digestion work from the perspective of TEM? What is meant by vital spirits? What is a microbiome and why should you eat sauerkraut, especially if you are histamine intolerant? Fermented foods have a positive effect on gut health and our overall vital energy – thanks to lactic acid bacteria (probiotics).

With fifty recipes for savoury delicacies, the author illustrates why we should let it bubble with pleasure in the canning jar. Eating fermented foods is beneficial for our health and a treat to our taste buds!

Michaela Hauptmann

was born in 1972 and lives near Vienna, Austria. She is a certified vitality and nutrition coach, TEM and integrative nutrition expert, recipe developer and board member of the Vienna Kneipp Active Club. Cooking is her passion. She leads cooking courses and workshops and likes to try out new things. Life, travel, and enjoyment are her guides.

www.michaelahauptmann.com

Daniel Hobelsberger

From Outside

Seasonal Vegan Recipes throughout the Year – Combined with Wild Herbs

208 Pages

Hardcover, Format: 20 x 27 cm

ISBN 978-3-7095-0151-1

+ Creative Vegetable Dishes with Wild Herbs

+ 60 vegan recipes for every season

+ Autor is a cooking aficionado and inspired food photographer



Contents

This delightful vegan cookbook brings together over 60 recipes in which vegetables and wild herbs, in all variations, play the leading role on your plate. The author shows how you can create a delicious dish with a manageable list of ingredients, and without any animal products at all. This is honest cuisine, prepared simply, and refined to enhance to the essential flavour of the individual ingredients. The focus is on regionality and seasonality. Depending on the fresh produce that is available at the time, each dish can be transformed according to the season.

Always on the lookout for a new taste sensation, the author likes to experiment, combining influences from all over the world. This book also illustrates how to integrate fresh, wild herbs into your everyday cooking and give your meals an added nutritional bonus.

Daniel Hobelsberger

was born in 1982 in the Bavarian Forest region of Germany. This passionate chef now lives and works in the town of Weyer, in the Upper Austrian Enns Valley, with his wife and two cats. When he isn't spending his free time in the kitchen, or pursuing his other passion, photography, he likes hiking and climbing in the Austrian Alps – otherwise, you will find him in his vegetable and herb garden.

@ *plant_to_dish* (Daniel Hobelsberger)

Lydia Maderthaner
My Austrian Village Inn
*Sophisticated Dishes with
 Simple Ingredients*

200 pages
 Hardcover, Format: 20 x 27 cm
 Illustrated throughout
 ISBN 978-3-7095-0147-4

- + Cook at home just like in the Austrian Alps
- + 75+ classic recipes, seasonal and sustainable
- + From the chef of an Austrian village inn,
 and regular guest on
 TV cooking shows



Contents

The best of Austrian “pub grub” – comfort food full of fun and flavour! In her first cookbook, chef and innkeeper Lydia Maderthaner presents over 75 tried and true recipes from her famous kitchen. She combines traditional Austrian cuisine with her “capsule cooking” philosophy. Starting from a handful of basic recipes, she adds a variety of simple ingredients to create sensational culinary combinations. Her recipes bring out the best of her Austrian heritage and seasonal, sustainable ingredients. Central to the book are her “tips for cooking without recipes”. Give it a go – soon you will be cooking intuitively, and it will become second nature.

An authentic, personal cookbook with mouth-watering photos and recipes that will whet your appetite and your desire to get cooking!

Lydia Maderthaner

Born in 1982, Lydia lives in Weistrach, in the heart of the Lower Austrian “Cider Quarter” region. A mother of two, she and her husband have been running a traditional village inn for over 20 years. In 2019 she won an Austrian, state televised cooking competition open to all of the restaurants in the Cider Quarter. Lydia offers evening cooking classes and is a regular guest on TV cooking shows. She draws inspiration for her daily life through horseback riding and her culinary holidays.

www.wirtshauskuechl.com

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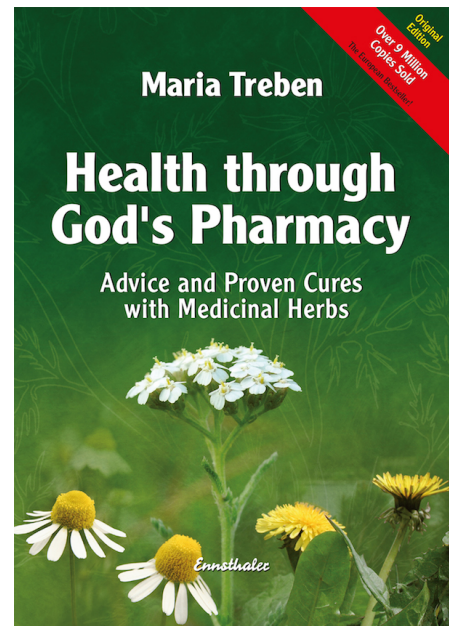
Maria Treben

Health through God's Pharmacy
Advice and experiences with medicinal Herbs

Gesundheit aus der Apotheke Gottes

188 pp, 4 full colour plates,
 33 illustrations,
 size 235 x 160 mm
 ISBN: 978-3-85068-773-7

9 million copies sold!



Available in: Bulgarian, Czech, Croatian, Danish, Dutch, English, Estonian, Finnish, French, Greek, Italian, Latvian, Lithuanian, Norwegian, Polish, Romanian, Russia, Serbian, Slovakian, Slovenian, Spanish, Turkish

The book The book about herbs, which was first published in 1980, has become a phenomenal success. So far, The Publisher Ennsthaler Verlag has sold over eight million copies of the book which has become a classic among health guides and has been translated into 25 languages. It gives a detailed description of 31 herbs, ranging from agrimony to yarrow. The author explains how to prepare teas, tinctures, body pastes, baths and juices.

These herbs are native plants, such as yarrow or ribwort that grow in meadows and woodlands, and are very robust.

The enormous success of Maria Treben is most likely based on the fact that she has restored an ancient knowledge that had already largely been forgotten. Comprehensive instructions and sought-after personal advice from Europe's most popular herbalist on the use of medicinal herbs.

The author Maria Treben (1907 – 1991) is known as the pioneer in Austrian naturopathy. Living in tune with nature was her philosophy. Maria Treben was a highly acclaimed and much sought-after lecturer in Europe. Wherever she spoke, the auditoriums were filled to overflowing with enthusiastic crowds.

Maria Treben

Health Through God's Garden Good Advice from my bible of healing herbs for Health and Well-being

Heilkräuter aus dem Garten Gottes

Guter Rat aus meiner Kräuterbibel für
Gesundheit und Wohlbefinden

ISBN: 978-3-85068-750-8

size 210 x 280 mm, 240 pp, with full colour
illustrations

Available in: Bulgarian, Czech, English (US), French,
Italian, Latvian, Polish, Slovakian, Latvian, Russian,
Slovakian



The book **New edition of the book “Health Through God’s Garden” written by Maria Treben**

You can find a healing herb for every illness! The remedies of Maria Treben are tried and tested a thousand times. This new edition is the follow up book of the successful title “Health Through God’s Pharmacy”. The reference book is clearly well-ordered according to illnesses. Maria Treben used all her new knowledge and her new experiences she made after the publication of “Health Through God’s Pharmacy” for this further extensive book. A herbs book which is easy to handle and indispensable.

The popularity of the pioneer in naturopathy is unbroken. The books of Maria Treben experience a new actuality because of the progressive use of alternative healing methods.

The author **Maria Treben (1907-1991) is known as the pioneer in Austrian naturopathy. Living in tune with nature was her philosophy.**

As a young girl, her mother introduced her to the world of plants. When she met biologist Richard Willfort, she developed an eye for healing herbs. He inspired her to investigate this subject in more detail, to study books on herbs, to collect plants and to test their healing properties.

In 1971 Maria Treben wanted to make her knowledge public. As her group of followers had grown enormously within a very short time, someone came up with the idea that she should gather together her advice and her experience in a book. More than eight million copies of “Health through God’s Pharmacy” have been sold in the meantime and the book has become a bestseller.

Maria Treben

Maria Treben's Cures

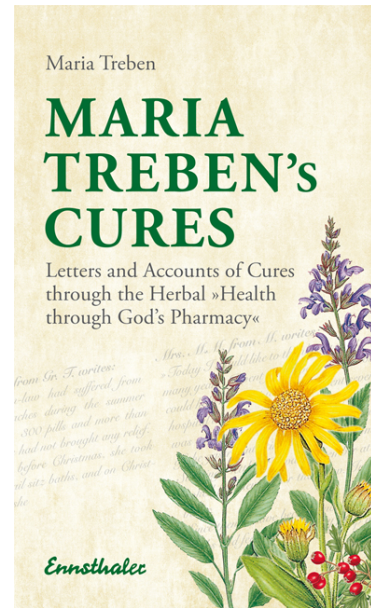
Letters and Accounts of Cures through
the Herbal "Health through God's
Pharmacy"

Maria Treben's Heilerfolge

368 pp, 32 full colour plates,
size 120 x 195 mm
ISBN: 978-3-85068-082-0

30th edition in the German language!

Available in: Czech, English, French, Italian, Polish,
Slovenian



The book Many letters of thanks and accounts of cures reached Maria Treben from people having recovered their health through the use of medicinal herbs through the herbal „health through God’s Pharmacy“. It is encouraging to read which more or less spectacular cures have been achieved through the use of medicinal herbs and the will to recover one’s health. People having recovered from even serious illness write to Maria Treben from all social classes and all religions.

The author Maria Treben (1907-1991) is known as the pioneer in Austrian naturopathy.

As a young girl, her mother introduced her to the world of plants. When she met biologist Richard Willfort, she developed an eye for healing herbs. He inspired her to investigate this subject in more detail, to study books on herbs, to collect plants and to test their healing properties. In 1971 Maria Treben wanted to make her knowledge public. As her group of followers had grown enormously within a very short time, someone came up with the idea that she should gather together her advice and her experience in the book “Gesundheit aus der Apotheke Gottes”.

Maria Treben

My Home Pharmacy

Aus meiner Hausapotheke

372 pages, bound
 quality equipment with jacket, book ribbon
 20 pages with colour illustrations,
 size 16,5 x 24 cm

ISBN 978-3-85068-830-7

Available in: Czech, Slovakian



The book - Insights into the life of Maria Treben
 - Recipes for many herbal applications

Maria Treben is worldwide known as the pioneer in naturopathy. She recognized the healing power of herbs and succeeded in bringing this knowledge close to the people.

In this new book you find her herbal insights, her concept for keeping well, fighting diseases as well as her basic philosophy of life.

The author Maria Treben was born 1907 in Saaz in Sudetenland and was soon interested in nature and herbs, supported by her mother. When she met the biologist Richard Wilfort, he inspired her to study books on herbs and investigate on this subject. In 1971 she made her first lecture about herbs in Bad Mühlacken. Pfarrer Rauscher came up with the idea that she should gather her advice in a book, so in 1976 she published "Gesundheit aus der Apotheke Gottes" in a map. This was the foundation for her fame.

Maria Treben died on 26th July 1991

Maria Treben

My Herbal Remedies With a foreword by Dr. Wolf-Dieter Storl

Meine Heilpflanzen

286 pp., colour illustrations
size 170 x 225 mm, bound
2 CD's with lecture of Maria Treben
ISBN: 978-3-85068-780-5



The book Maria Treben has claimed a place in history as one of the most important pioneers of herbal medicine. She spent her entire life working with herbal medicine. She wanted to make her knowledge accessible to as many people as possible. In all these years her popularity and that of her works never diminished. Through the advancement of alternative medicine methods, her books experience a new and lasting relevance today.

In this new Treben book the reader is provided with a survey of all herbs described by Maria Treben. A historic tape with her lecture in Hamburg is included (original voice).