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... Frankfurt 2014 ...

NON-FICTION



shared stories

AUTHOR AGENCY AMSTERDAM

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HIGHLIGHT – NON-FICTION

Inspiring science, literary travelogue, and impressive family history together in one fantastic book

SALOMON KROONENBERG

Babel's Courtyard

The Enigma of the Confusion of Languages

Language is the greatest gift of evolution to mankind. But why are there six thousand different languages?

In *Babel's Courtyard*, Salomon Kroonenberg goes in search of the origins of our multilingualism. Did speech begin with chattering teeth or clicks? Was there ever a single language spoken by all people? Why are there more languages in the mountains than in the plains? He takes us to the Caucasus and the Indians, to the cradle of Homo sapiens and the remains of the Tower of Babel. The hero of the book is Kroonenberg's grandfather, who spoke no less than fourteen languages. He even learnt Russian while in the Theresienstadt concentration camp.

Babel's Courtyard is inspiring science, literary travelogue and impressive family history in one.

PRESS ON PREVIOUS WORK

'An erudite combination of personal and literary travel writing, advocacy of depth-ecology and globe-consciousness, and geological popular science. A terrific, beautifully illustrated book.' – NRC HANDELSBLAD

'Kroonenberg deftly balances ... on the edge between science and myth, inserting lyric beauty into a topic many consider monumentally lifeless. Traveling to the center of the Earth and back with him makes one appreciate the wonder of the underworld.' – PUBLISHERS WEEKLY

'Kroonenberg interleaves science, history and autobiography with a light touch, blending lively accounts of classical scholarship with superb descriptions of Earth's interior and how geologists have come to know it. Virgil may no longer be available to accompany us through Hell, but Salomon Kroonenberg proves a witty and erudite guide for the twenty-first century.' – TIMES LITERARY SUPPLEMENT

'It is the work of someone who knows not only his subject but the history and sources of his own mind. This might be called full intellectual maturity, a ripening; the quality is rare.' – INSIDE HIGHER ED



NEW

Atlas Contact, non-fiction,
352 pages, October 2014

* English sample
translation available *
Dutch pdf available *



Salomon Kroonenberg was born in 1947 on the spot where the language centre of Leiden University now stands. He is Emeritus Professor of Geology at the Delft University of Technology, but still has a fondness for language studies. This book is his attempt to catch up. Kroonenberg's previous publications include *The Human Dimension*, awarded the Eureka Prize for best non-fiction book, and *Why Hell Stinks of Sulphur*. His books have been translated into English, German, Turkish, Chinese and Azerbaijani.

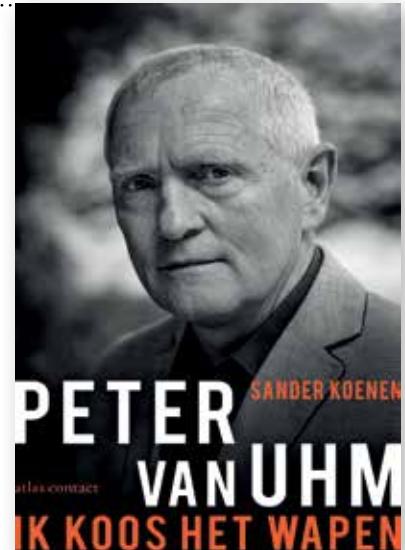
'There is nothing greater than helping the young to become better people and working with them for a better world.' – Peter van Uhm,
28 June 2012

PETER VAN UHM WITH SANDER KOENEN

I Chose Arms

On April 17, 2008, Peter van Uhm was appointed Chief of Defence of the Dutch armed forces. The next day, his first day as highest-ranking soldier in the Netherlands, his son Dennis was killed in an attack in Afghanistan. Despite the bizarre circumstances, Van Uhm remained in his post to lead the armed forces.

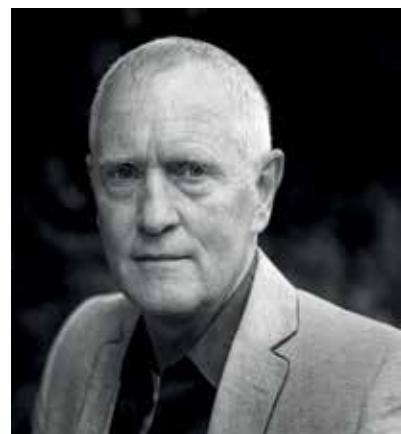
Thus begins *I Chose Arms*. Peter van Uhm tells his life story in a candid and inspiring way – about his battles on the practice field and on peace missions in Lebanon and Bosnia, and his personal struggle following the loss of his son. After a career in the armed forces spanning nearly forty years, one belief remains firmly intact: everyone can and should contribute to a better world. And that even arms, when used properly, can bring peace.



NEW

Atlas Contact, non-fiction,
352 pages, October 2014

* [English sample translation available](#) * [Dutch pdf available](#) *



Peter van Uhm (born 1955) is becoming renowned worldwide for his leadership qualities as a former Chief of Defence of the Dutch armed forces. In this book, he shares his personal story in addition to the lessons in leadership he has gained from his experiences.

Sander Koenen (born 1980) is a writer and journalist. He previously wrote *Dream Flight*, about the life of astronaut André Kuipers.

How Eastern Europe cannot let go of its past due to Putin's Russian revival

LAURA STARINK

In the Shadow of Big Brother

The unrest in Ukraine demonstrates how Russia uses the Second World War as a propaganda tool. For Vladimir Putin, the 'Kiev junta' consists of fascists, neo-Nazis and anti-Semites. It gives him a pretext to undermine a former vassal state, which is trying to detach itself from Russia's sphere of influence. In Eastern Europe, people are following the crisis with trepidation.

The whole area is struggling with its bloody history. In Russian Kaliningrad – the former German Konigsberg – Laura Starink saw flourishing nostalgia for the German past, but the role of the Red Army remains taboo.

She also saw how in Riga the veterans of the Red Army still clash with the veterans of the SS legions; how young historian Kamil tries in vain to interest the villagers of Jedwabne in Poland in the murder of their Jewish neighbours by their ancestors; and how every year 25,000 Hasidic pilgrims in search of their roots cause chaos in the backwater of Ukraine.

Starink describes the complicated choice in everyone's life between the two evils of Nazism and Communism, and how history is still a political minefield seventy years after the war.

PRESS ON GERMAN ROOTS

'In this highly personal book, Starink illuminates a tragic, forgotten moment in history. A great achievement.' – **** NRC HANDELSBLAD

'Starink made her name with her probing reports on the political and social changes in Russia in the late 20th century. In *German Roots* she recounts the fortunes of her mother's family, who, along with millions of others, were in danger of disappearing into the meat grinder of history. Starink tells this story with great compassion and admirable clarity.' – **** DE VOLSKRANT

'Based on a sometimes disconcerting family history, the book gives an insight into a dark period in a relatively unknown region of central Europe. A great book.' – TROUW



Forthcoming
Atlas Contact, non-fiction,
320 pages, January 2015

* Dutch pdf available *



Laura Starink (born 1954) studied Slavonic languages and literature and worked as a journalist for *NRC Handelsblad* for nearly thirty years. She spent some of that time as the paper's Moscow correspondent and wrote two books on Russia (*A Land of Hearsay*, *The Russian Hangover*). *German Roots*, about the fortunes of her mother and aunts during and after the Second World War, was nominated for the Bob den Uyl Prize 2014 and has been reprinted six times.

New edition of a major bestseller, with a foreword by Connie Palmen and René Gude

JAN BOR AND ERRIT PETERSMA

The Imagination of the Mind

History of Western and Eastern Philosophy

In 1995, Jan Bor and Errit Petersma came out with an unprecedented history of philosophy that gave equal weight to both East and West. It quickly became a bestseller and was translated into several languages. It is a comprehensive work that covers philosophy from ancient times to the present day.

Now, the first truly new edition of this book – which has since achieved the status of a standard work – is to be published. René Gude and Connie Palmen have written a new introduction and a new chapter has been added on the twenty-first century. This new edition, beautifully bound with colour illustrations, does justice to the book's status.

PRESS ON THE IMAGINATION OF THE MIND

'A more enjoyable book on the history of philosophy cannot be found.'

– DE VOLSKRANT

'It's hard to imagine how the history of philosophy could be made more attractive to a wider public.' – NBD.BIBLION



Forthcoming
Atlas Contact, non-fiction,
800 pages, November 2014

* Dutch pdf available *
* Rights sold: Flammarion (France), Peking University Press (China), Scherz Verlag (Switzerland), Typotex (Hungary), Gyldendal (Denmark) *

Jan Bor (born 1946) is a philosopher, lecturer and author of numerous books on philosophy.

Errit Petersma (1940–2013) was an editor and writer, who also wrote about chess (*Good Game*).

The history of the wars of liberation in the countries along the Nile

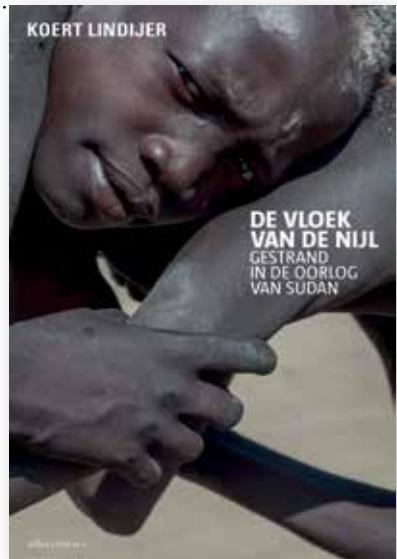
KOERT LINDIJER

The Curse of the Nile *Caught in Sudan's Civil War*

After half a century of war between the Arabised north and the black African south, the independence of South Sudan in 2011 seemed to draw a line under the traumatic past of racism and colonialism.

But war has become a way of life along the Nile – from Khartoum and Darfur in northern Sudan to Malakal, Bor and Juba in South Sudan.

Koert Lindijer has followed the war of liberation from the very beginning and describes a deeper pain that goes back to the slave trade in the early nineteenth century and the racism of brown against black.



new

Atlas Contact, non-fiction,
240 pages, October 2014

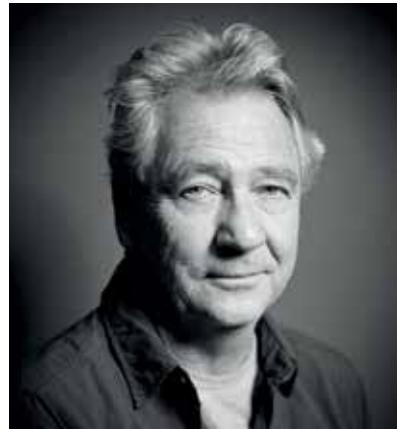
* Dutch pdf available *

PRESS ON PREVIOUS WORK:

'Rather than a modern Thesiger, Lindijer turns out to be the opposite: not a distant visitor in a romantic time, but a romantic in a hard time. Lindijer has thus written a melancholy chronicle of the lingering existence of the African nomads. Not very romantic, but all the more impressive.' – DE VOLSKRANT

'A diverse and fascinating procession through nomadic Africa.'

– LEEUWARDER COURANT



Koert Lindijer (born 1953) has been a correspondent in Africa for *NRC Handelsblad* and NOS Radio since 1983. Previously, he won the Dirk Scherpenzeel Press Award, the Journalist Prize for Peace, and he was recently awarded the Lira Correspondents' Prize. He is author of *Kraal in Nairobi*, *Back to Rwanda* and *Bittereindlers*.

Why use of data in our information society will not infringe on our privacy, but create an exciting future

SANDER KLOUS AND NART WIELAARD

We Are Big Data

The Future of the Information Society

Everything is measurable, from our heart rate during a jog and the music we listen to, to walking patterns in shops. Using this data we can make impressive analyses, for example to prevent traffic build-up, suppress epidemics and offer customised medicines. This will create a new society in which technology and society are interwoven. Yet there is a great deal of resistance to the further rise of the information society. People are afraid that their privacy is at stake and want to lock away their data.

Sander Kloos and Nart Wielgaard are putting Big Data back on the map. They show how it is inevitable that data will play an increasingly important role in society and how this does not have to pose a threat. If we lay a good foundation for the responsible use of data analysis, a future full of opportunities lies open to us.



new

Business Contact, non-fiction,
176 pages, October 2014

* Dutch pdf available *

PRESS ON LONG ANSWERS TO SHORT QUESTIONS

'Every single chapter radiates his broad knowledge of the natural sciences, as well as his infectious enthusiasm.' – NEW SCIENTIST

'He might be a science geek, but he is of the hipster variety, telling exciting stories.' – HET PAROOL



Sander Kloos (born 1973) has a PhD in high energy physics and has worked at CERN, Geneva. He is co-author of the Nobel Prize-winning publication on the discovery of the Higgs boson and leads the Big Data Analytics team at KPMG Advisory. As a professor at the University of Amsterdam, he publishes widely on Big Data and speaks regularly at events.

Nart Wielgaard (born 1970) is a strategic thinker on the cutting edge of society, technology and business. He transforms complex developments into simple and understandable stories and does so in the role of panel chairman, consultant and writer. In previous lives, Nart was a chartered accountant, world traveller and journalist.

How food can make us and our society healthier in a sustainable way – a new perspective

JAAP SEIDELL AND JUTKA HALBERSTADT

The Food Labyrinth

A Way Out of the Maze of Diet Tips and Trends

There is too much conflicting information about getting and staying healthy. Research into why people get ill and/or fat shows that chronic stress, an unhealthy food supply poverty and lack of knowledge and skills are major causes unhealthy eating habits, but there is no coherent vision of a solution.

In *The Food Labyrinth*, Jaap Seidell and Jutka Halberstadt offer a new perspective on the ways in which food can make us and our society healthier. Dietary advice alone gives insufficient guidance for a healthier lifestyle. The authors give an insight into the causes of our (eating) habits, as well as practical recommendations to change them so that we can eat more healthily and sustainably.

JAAP SEIDELL | JUTKA HALBERSTADT



Het voedsellabyrint



EEN WEG UIT HET DOOLHOF VAN ETENADVIELEN EN -TRENDS



atlas contact

NEW

Atlas Contact, non-fiction,
208 pages, October 2014

* Dutch pdf available *



PRESS ON THE FOOD LABYRINTH

Jaap Seidell explains tirelessly that we should start by doing something about the omnipresent excess that has become the norm. We must change our way of life. Seidell is a professor, but he does more than just study the problem. He helps people to do something about it.' – DICK VEERMAN, EDITOR FOODLOG

PRESS ON COUNTERWEIGHT

'Counterweight is the perfect book at the perfect time. The importance of a healthy lifestyle is widely recognised, but this book puts it in a broader perspective. Seidell analyses, polemicises, and encourages. Sense and nonsense are sharply distinguished. And while the base is scientific, the book is extremely accessible. Counterweight is compulsory fare with zero calories.' – PAUL ROSENMÖLLER, CHAIRMAN COVENANT ON HEALTHY WEIGHT

Jaap Seidell is Professor of Nutrition and Health at VU University Amsterdam. He advises national and international scientific organisations, including the WHO and the Health Council. He is a member of the Royal Netherlands Academy of Arts and Sciences. As a columnist for *Het Parool* and the *Financieel Dagblad* and a popular speaker, he participates actively in the public debate.

Jutka Halberstadt improves care for obese adults and children as a research psychologist at VU University Amsterdam. She wrote about nutrition, behaviour and health for several publications. Together, the authors previously wrote the book *Counterweight: Facts and Myths about Obesity* (2011).

Take your life in your own hands; set your own rules

AĞALI MERT

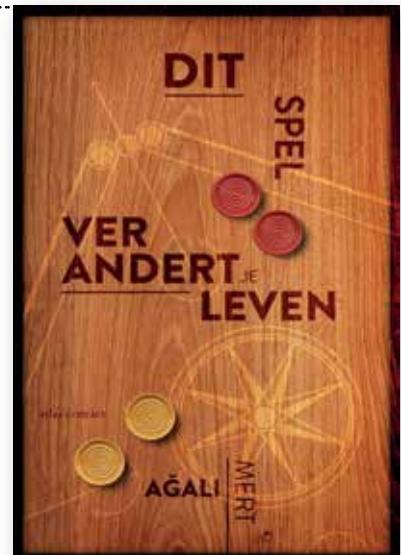
This Game Will Change Your Life

As a result of technological advances, virtual games are becoming more and more realistic and their ‘design’ is becoming increasingly blurred with real life. This got Ağali Mert thinking. What if you see life as a game, and you are the designer? Can you turn the design to your advantage?

In *This Game Will Change Your Life*, Mert shows how games have made an important contribution to the organisation of our society, in the development of religions, in law, and in science. He explains how these games are played and which elements are reflected in our daily lives. Using concrete examples in love and in conflict situations, he describes how we can use game elements to better ourselves.

ON *LET THE GAMES BEGIN*

‘In a very thorough, historically and philosophically grounded essay, he explores this game, the field, and the rules of the game, and comes to the conclusion that it is not simply a question of knowing the rules, but of setting your own rules.’ – JUDGES, ROYAL HOLLAND SOCIETY OF SCIENCES AND HUMANITIES



NEW

Atlas Contact, non-fiction,
224 pages, October 2014

* Dutch pdf available *



Ağali Mert works as rehabilitation specialist and flight surgeon at the Military Rehabilitation Centre Aardenburg in Doorn and is an expert in the design and development of virtual reality and serious games for rehabilitation. In May 2012, Ağali Mert won the essay contest of the National Ombudsman and NRC.Next. He received an honourable mention in the Spui25 Essay Prize for ‘Nobody But Us’ and won the silver medal for his essay ‘Let the games begin’ from the Royal Holland Society of Sciences and Humanities.

A story about a great love between two people, but also about good and evil, forgiveness, and how difficult it is to separate the world into black and white

ROSITA STEENBEEK

Rose: A Family in Wartime

'My grandmother Rose died in my arms. I always thought I knew her well, but only after her death did I find out that she always kept part of her past secret from me. By writing this book, I have come to understand better why during her life my grandmother was unable to talk about so many things. At the same time this has brought a dramatic period in history to life.'

In *Rose*, Rosita Steenbeek tells the story of her grandmother, the daughter of a Jewish mother and a German father, who in 1929 falls in love with a Dutch minister. Rose and her husband Gerhard settle in Klaaswaal, a village a stone's throw from Rotterdam – the ideal place to give her children an idyllic childhood after her own was so cruelly disrupted.

In the thirties, Rose's Jewish family fans out across the world, fleeing Hitler's anti-Semitic regime, but some refuse to leave Germany. On 10 May 1940, the German army invades the Netherlands, and on 14 May, her birthday, Rose sees the bombs fall on Rotterdam. Her husband joins the resistance and is arrested. Through twists of fate, Rose's family members end up on different sides of the front.

PRESS ON PREVIOUS WORK

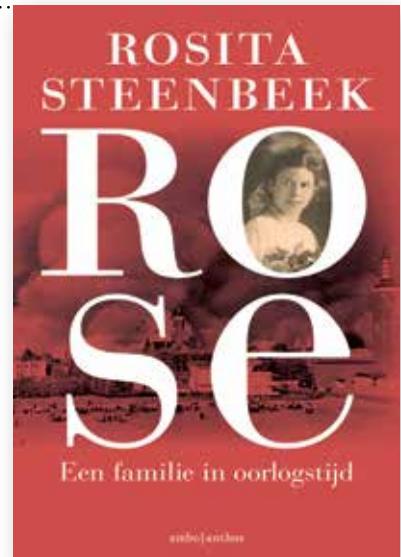
'The most delightful book I've read this year.' – RHEINZEITUNG

'Rosita Steenbeek has written a wonderful book.' – DAS SONNTAGSBLATT

'Rosita Steenbeek takes the mythical figure of the northern traveller who is attracted by the Mediterranean world – in the tradition of Goethe, Daudet, Stendhal and many other illustrious names – and finally makes her into a woman.' – IL GIORNO

'Steenbeek has much to offer.' – DE TELEGRAAF

'She writes movingly and is not afraid of big feelings.' – PZC



FORTHCOMING

Ambo|Anthos, non-fiction,
304 pages, January 2015

* Dutch pdf available *



Rosita Steenbeek (born 1957) debuted in 1994 with the novel *The Last Woman*, which has been translated into German, Italian, Czech and Polish. Subsequently she wrote several novels including *Underworld*, *Sicilian Testament* and *Different Light*. She has also written a number of very successful books about Rome, where she has lived since 1985. The Polish translation of *At Home in Rome* will be published by Marginesy this fall.

The dramatic story of the girl who became the centre of a religious conflict

ELLE VAN RIJN

My Name Is Nadra

In 1942 a five-year-old Catholic girl is adopted by a Malaysian woman in Java because her mother cannot look after her. From that moment Bertha, who is renamed Nadra, lives according to the Muslim tradition. Eight years later, however, she is claimed by her biological father, who is then living in the Netherlands.

This sparks legal wrangling for the now thirteen-year-old child. The conflict escalates until it becomes an international issue, and leads to violent riots in which nineteen people die and over two hundred are wounded.

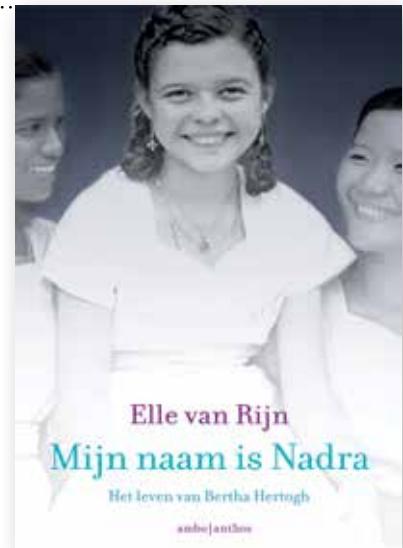
What happened to the girl who became the centre of a religious conflict? How did Nadra fare when she was forced to return to the Netherlands? What happened to the young love that blossomed between her and a companion? Elle van Rijn tells the story of Nadra's life. A deeply dramatic story, with a theme that is still relevant: the struggle between two faiths.

PRESS ON PREVIOUS WORK

'Elle van Rijn weaves with words; she catches you like a spider in her web.'
– SPITS

'With great skill, Elle van Rijn succeeds in sharing with the reader this miraculous, typically human act of sacrificial love. *The Day that Changed Everything* is like a heartbeat in time with the breathing of the person you love and that says: love me.' – DAGBLAD DE LIMBURGER

'Brilliant combination of suspense and emotion. Wonderful!' – FLAIR



NEW
Ambo|Anthos, non-fiction,
256 pages, November 2014

* Dutch pdf available *



Elle van Rijn (born 1967) is an actress and a novelist. She studied at drama school and previously wrote *The Forgotten Face*, *The Day That Changed Everything* and *My Kidnapping: As Told for the First Time by Toos van der Valk*.

'It must be fantastic to have him as a history teacher'
– NRC Handelsblad

ANTON VAN HOOFF Emperors of the Colosseum

After his previous books *Nero & Seneca*, *Athens* and *Classics*, Anton van Hooff can be considered the ideal guide to the world of classical antiquity. In his new book *Emperors of the Colosseum*, Van Hooff examines the 27 years in which father Vespasian and his two sons Titus and Domitian were emperors of the Roman Empire. They came to power by brutally suppressing the Jewish Revolt and destroying the Temple of Jerusalem.

With the Colosseum, the emperors gave the city of Rome a permanent monument. But otherwise, the Flavian dynasty's quarter-century reign was full of dramatic events: the Jewish War, civil wars, the revolt of the Batavi, city fires, a plague, the destruction of Pompeii by the eruption of Vesuvius, and the bloody games during the dedication of the Colosseum.

PRESS ON PREVIOUS WORK

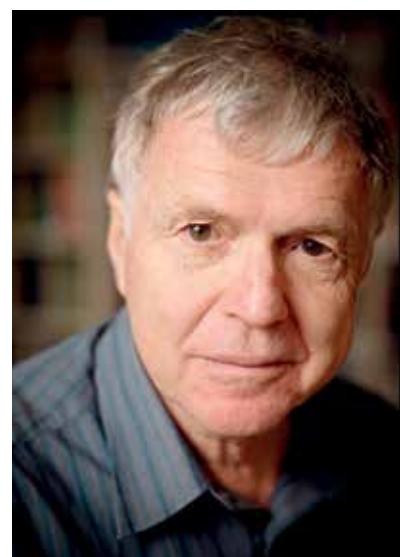
'Van Hooff's erudition can be felt everywhere. He successfully places the emperor in the context of his time. In that ancient, alien world, Van Hooff is an ideal guide.' – TROUW

'He is the perfect teacher, who effortlessly demonstrates the relevance of his story on every page.' – HISTORISCH NIEUWSBLAD



NEW
Ambo|Anthos, non-fiction,
256 pages, October 2014

* Dutch pdf available *



Anton van Hooff (born 1943) was professor of Ancient History at the University of Nijmegen until 2008. Since his retirement he still regularly teaches classical languages at the Stedelijk Gymnasium Nijmegen. He writes for several newspapers and magazines and lectures on subjects from classical history. His previous books include *Nero & Seneca*, *Athens*, *Marcus Aurelius* and *Classics*.

The story of a young girl who chose to fight for personal growth rather than for cure

LAURA MAASKANT Live!

IN THE NATIONAL BESTSELLER LIST FOR 6 WEEKS STRAIGHT

Laura Maaskant is fifteen when she first hears that she has a rare form of cancer. After a long, tough course of treatment she turns out to have been cured, and she picks up the thread of her young life. She finishes secondary school and goes to university in Amsterdam.

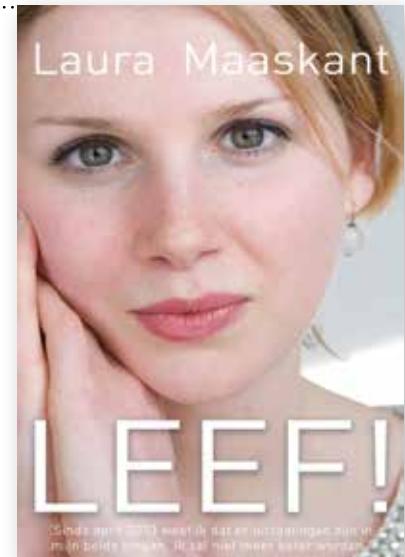
But then the disease returns. The prognosis is uncertain, her life expectancy limited. Laura refuses to undergo more gruelling treatments. She opts for quality of life, not with a bucket list, but ‘normal’ life, with her friends and her family, and her work. As she says, she now lives her life to the full.

In *Live!* Laura Maaskant describes not only what the disease has cost her, but also what it has given her: the opportunity to enjoy the time she has left, and experience every day intensely.

PRESS ON LIVE!

‘A heartbreakingly honest story about a young woman with cancer. Rather than the fight for a cure, it focuses on the fight for personal growth. Laura describes ultimate happiness from the beauty of mortality.’ – MAARTEN VAN DER WEIJDEN, FORMER OLYMPIC SWIMMING CHAMPION, WHO RECOVERED FROM CANCER

‘What matters is the here and now. That is the message of her book, including and especially for anyone who does not have cancer: make the most of beautiful moments.’ – VK MAGAZINE



NEW

Ten Have, non-fiction, 191 pages,
May 2014

* English sample translation available * Dutch pdf available *



Laura Maaskant (born 1994) is an art history student. In 2009, she was treated for a tumour in her ribs, and in 2013 metastases were discovered in her lungs. She knows she will not get better. She has opted for quality of life instead of further treatment. Laura lives in Amsterdam, works at a home delivery restaurant for busy Amsterdammers, and blogs about her life at www.lauramaaskant.nl.

Discovering the wisdom of Buddhism through Western eyes

HAN DE WIT & JEROEN HOPSTER
Buddhism for Thinkers

In *Buddhism for Thinkers*, research psychologist and Buddhist teacher Han de Wit, and young philosopher and historian Jeroen Hopster compare Buddhist tradition and Western philosophy, and analyse both similarities and differences. One difference lies in the inner experience as a source of knowledge. In the West, this inner experience no longer plays a major role in science, whereas for Buddhists it remains important. This also makes Buddhism a source of inspiration for daily living.

‘I view Buddhism as a reservoir of knowledge and wisdom from which you can draw a great deal of value.’ – Jeroen Hopster



NEW

Ten Have, non-fiction, 96 pages,
June 2014

* English sample translation available * Dutch pdf available *

PRESS ON BUDDHISM FOR THINKERS

‘An interesting analysis of Buddhism, resulting in a clear explanation of the Eastern way of thinking.’ – VOLZIN



Acharya Dr. Han F. de Wit (born 1944) is deeply involved as a psychologist and dharma teacher in the dialogue between Buddhism, Christianity and psychology. He is the principal teacher in the Buddhist tradition of Shambhala. As a scientist he gained international fame with his research into the psychological insights to be found in spiritual traditions.

Jeroen K.G. Hopster MA (born 1987) studied history and philosophy at the University of Amsterdam, among others. He conducts doctoral research as a philosopher at Utrecht University. Hopster is an editor and journalist at *Filosofie Magazine*.

The Karp Method: the off switch for crying babies

CAROLE LASHAM

The Karp Method

The Practical Way to Soothe Any (Cry)Baby

Babies aren't 'finished' until they are three months old. Until then, they can do little more than cry when they feel something or if they need something. Some babies cry more than others, and some parents cope better than others; but all young parents get to the point when they think, 'Can I have a break from this noise?' Yes, you can. The Karp Method can calm any baby, with Harvey Karp's magic five S's.

Dr. Karp's Five S's

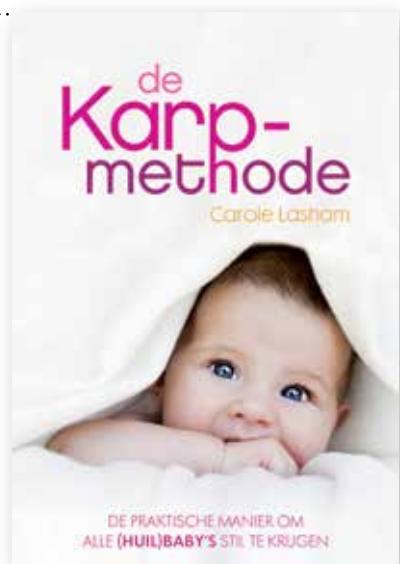
- 1 swaddle
- 2 side or stomach position
- 3 shush
- 4 swing
- 5 suck

PRESS ON THE KARP METHOD

'A practical book explaining Karp's method, supplemented by the author's experiences' – OUDERS VAN NU

'This book will enable all parents of young babies as well as professionals to apply the Karp Method effectively.'

– KINDERSPUL.BLOG.NL



NEW

Kosmos, non-fiction, illustrated,
196 pages, July 2014

* Dutch pdf available *
English material available *



Carole Lasham (born 1963) is a paediatrician at the Tergooi Hospital in Blaricum and uses the method of world-famous Harvey Karp (*Happiest Baby on the Block*) in the Netherlands. She conducts research into its effects at the University of Amsterdam, and is a long-time adherent herself.

'A loving, practical and inspiring book that you get stuck into right away.' – Tischa Neve, child psychologist and educationalist

EVA BRONSVELD

Spirited Children

How to Get the Best Out of Intense, Sensitive and Strong-Willed Children

Some children are harder to raise than others, and this is often due to their temperament. They need more routine, structure, consultation and preparation for changes. If you don't take this into account, it will result in tantrums and stubborn behaviour. This book provides guidelines for raising spirited children that also work well for all other children. The book is full of tips and advice and, rather than changing the child, it changes the educator.



NEW

Kosmos, non-fiction, 256 pages,
August 2014

* Dutch pdf available *



Eva Bronsveld is an educationalist and educational consultant. She provides training and workshops for parents and professionals who work with children. She has three children, two of whom are spirited. She runs a popular Facebook page and has a large number of followers on Twitter.

A practical guide to surviving and combating burnout

CARIEN KARSTEN

Up to Here

Combat Stress and Burnout in 9 Steps

Most people think burnouts are caused by their jobs. But an increasingly hectic life, the pressure of problems in your personal life, an overfull social calendar and desperate attempts to multitask can also contribute to a breakdown. In this book, the author explains how you can organise your work and private life to avoid becoming overwhelmed. So, put down the smartphone and spend time offline! Includes ten tips for recovery and the pitfalls of returning to work.



NEW

Kosmos, non-fiction, 208 pages,
September 2014

* Dutch pdf available *

PRESS ON PREVIOUS WORK

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‘Very interesting to read and highly recommended at a time when almost everyone is “busy busy busy.”’ – TUBANTIA



Carien Karsten (1954) is a psychotherapist, management coach and author of several successful books including *Getting Over Your Burnout* and *Dealing with a Burnout*. She studied law and clinical psychology and received her doctorate on the traumas of female drug addicts. With her agency StroomQ she coaches ambitious professionals to optimise their performance and work-life balance. Several of Karsten’s books have been published in Germany.

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JACQUELINE VAN LIESHOUT

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Kosmos, non-fiction,
176 pages, 2013

* English sample
translation available *
German material available
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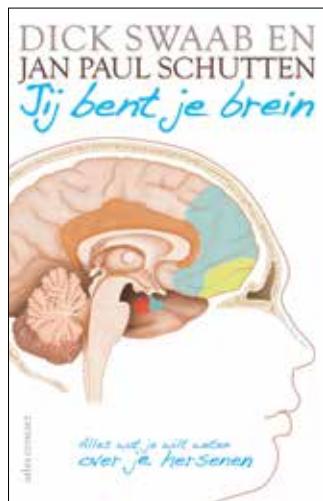
– METRO

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– THIJS WILLEKES IN GLOSSY

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Jacqueline van Lieshout studied economics, then changed course, setting up a training centre and practice for massage therapy and detox coaching in 2004. Her passion for natural healing, in particular the role of nutrition, led her to writing this book.



DICK SWAAB & JAN PAUL SCHUTTEN

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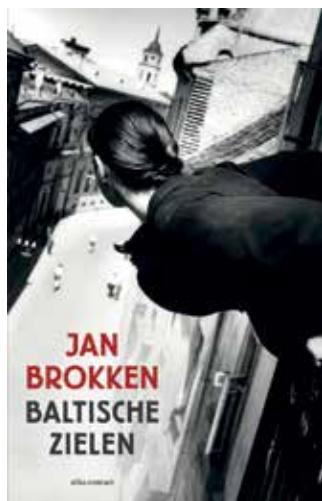
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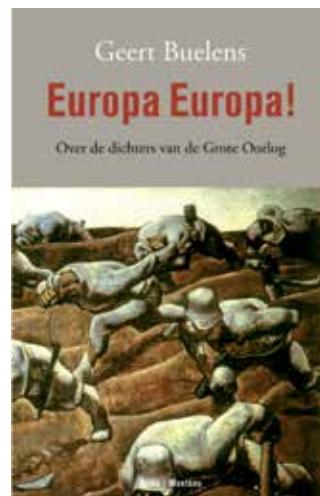
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