



80<sup>th</sup>  
birthday

ANSELM GRÜN  
FOREIGN RIGHTS GUIDE

*Spirituality & Art of living*

VIER TÜRME

*Books, that accompany*

When I go through the list of my books,

**I wander through more than four decades of writing.**

At the beginning, there is the examination of the monk fathers of the Egyptian desert. Then I tried again and again the richness of the Christian tradition, the liturgy, the Rule of St Benedict and spirituality and to describe them in such a way that today's readers are touched by it and discover in it a help for their own lives. The aim of my writing was to help people to live their lives out of faith.

**When writing I never wanted to teach people, but to bring them into contact with the wisdom of their own souls.**

I wanted to answer the questions that I have been asked in many conversations. So I hope that you will find—among the incredible number of books—the ones that answer your questions and touche your heart.

Best wishes

Anselm Grün



*Anselm Grün was born on 14. January 1945 in Junkershausen, Franconia. He spent his childhood in Munich. At the age of 19, he became a Benedictine monk at Münsterschwarzach Abbey near Würzburg. In numerous courses and lectures, he addresses people's needs and questions. He has become a spiritual counsellor and spiritual guide for many people and is one of the most widely read Christian author of the present day. His books have sold millions of copies and have been translated into more than 35 languages.*

**Happy birthday, Anselm Grün!**

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# In search of your own self

Who am I? This question probably occupies everyone of us throughout our lives. However, people often answer this question about their identity not with what really defines them at their core, but with the role they play socially and privately:

Child, parent, manager, profession, pensioner ... Therefore many people also understand self-actualisation to mean becoming an ever better version of this role: Instead of finding their identity, they work on optimising themselves.

In order to know who you really are, however, you first have to get to know yourself, with all your talents and flaws. While self-optimisation assumes that you can train away all the “weak points” in your own self, becoming yourself means discovering yourself and learning to love yourself. This also has an impact on our fellow human beings. Because only those who know themselves can approach other people openly.



**Father Anselm Grün** | is considered the most successful Christian author. Over the course of his life, he has published over 700 titles and his works have been translated into over 30 languages. He will be 80 years old in January 2025.



**Hsin-Ju Wu** | is the chief editor at South & North Publishing in Taiwan. Together with Anselm Grün, she has written several books already, like “Selbstbestimmt im Alter” or “Wofür brennst du?”

**finding meaning and self-love—**

powerful and topical themes

**concrete life help** with a spiritual

background



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EVERYWHERE

Anselm Grün, Hsin-Ju Wu  
**Who am I?**  
**Becoming Yourself Instead of  
Optimising Yourself**  
approx. 128 pp. | hardcover  
August 2024

# Simply do nothing for once

Emptiness—a word that has two very different poles, especially on the spiritual path. On the one hand, it describes the state that many people strive for in their meditation or prayer: the emptiness from thoughts and worries, from distractions but also from one's own ego, in order to be completely fulfilled with God or whatever you want to call the "more in life". On the other hand, it is something that is rather frightening when, for example, after years of spiritual practice you suddenly only feel emptiness instead of closeness to God. Or you realize in everyday life that you have lost the meaning of your own actions and you merely perform empty rituals, whether in your private life or at work. At first, these two poles seem to contradict each other. But if you look at them on a deeper level, there is an existential longing for abundance, for something that is greater than ourselves. The prerequisite for finding this fullness is that we are prepared to face our inner emptiness. In this book, Anselm Grün shows how we can succeed in allowing empty times and times of leisure and how to enjoy them when dealing with the feeling of emptiness.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.

**current topic** that affects many people  
with **lots of helpful ideas** for everyday life



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**Czech Republic**

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Anselm Grün  
**The Art of Turning Emptiness  
Into Fullness**  
approx. 128 pp. | harcover  
January 2024

# Catching fire again!

Passion is a force that sets things in motion. It is the prerequisite for creative action. And that is why we need it not only in the arts, but also in science and in our commitment to other people and to justice in the world. With this book, the authors, Benedictine priest Anselm Grün and the Taiwanese publisher Hsin-Ju Wu, show readers a way to awaken or rediscover their own passion. For burning for something leads to feeling yourself again and in doing so, finding more liveliness that helps taking responsibility for one's own life and the future of this world.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books touch a wide audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.



**Hsin-Ju Wu** | is the chief editor at South & North Publishing in Taiwan. Together with Anselm Grün, she has written several books for Vier-Türme-Verlag already, most recently "Selbstbestimmt im Alter".

highly actual discourse: **passion and responsibility**

important **spiritual topic**



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Anselm Grün, Wu Hsin-Ju  
**What Are You on Fire For?**  
**Live Passionately**  
approx. 144 pp. | hardcover  
August 2023

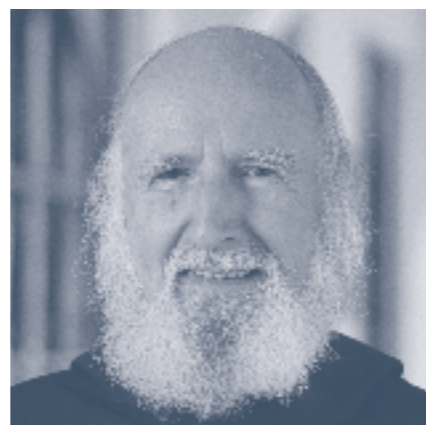
# Why always me?

Many people who find themselves repeatedly stuck with people who clearly do them no good, whether in their jobs, friendships, or romantic relationships, ask themselves this question sooner or later. The answer often lies in relationship patterns learned in youth or even childhood. Psychologists recognize that freeing oneself from these patterns requires bringing them to conscious awareness and learning to behave in different ways. But all too often, changing one's behavior is a not only a stony path, but also a mere bandage for the surface problem.

Instead, Anselm Grün and Hsin-Ju Wu here offer a path that unites insights from psychology with the wisdom of biblical spirituality. The resulting approach encompasses the entire human being, leading to a transformed stance in life. With this new stance, readers will be able not just to recognize their relationship patterns, but to break out of them and shape them productively.

**highly current topic** on both societal and personal levels

**exciting synthesis** of psychology and biblical spirituality into a holistic approach offering **concrete help**



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



**Hsin-Ju Wu** | holds a diploma in economics and is editor-in-chief of South & North Publishing, Taiwan. She has been accompanying Father Anselm on his East Asia visits for many years, translates his lectures, and collaborates with him on courses in Asia as well as in Germany. Together, the two have developed books such as the forthcoming *Why always me?* As a mother and workshop leader in Taiwan, she is sensitive to topics that touch people and to what people need to live a fulfilled life. She is currently a doctoral student in deaconal studies at the University of Heidelberg.



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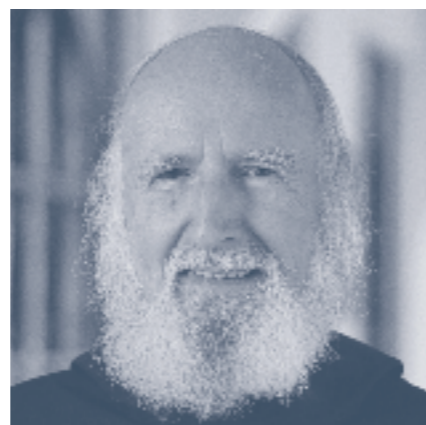
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ENGLISH SAMPLE  
TRANSLATION AVAILABLE

Anselm Grün, Hsin-Ju Wu  
**Why Always Me?**  
**Recognizing And Breaking Out of  
Relationship Patterns**  
approx. 160 pp. | hardcover  
January 2022

# Keep our responsibility

To turn old age with dignity in their late years is what most people wish for. Especially in the second half of our life it is important for us to make decisions that determine the course of our life in old age. As for that, spirituality can be of great help for us. For faith reminds us of our inviolable dignity. At the same time faith invites us to make peace with our past and to integrate it into our life. Our past shows us ways to lead authentic lives and to fulfill our self-realisation even now. This book is supposed to be a companion for people on their way to aging with dignity, to a self-determined growing older. Therefore the authors provide exercises that may help shape one's own age in such a way to become and remain coherent.



**Father Anselm Grün OSB** | is deemed the most famous of German monks. His books touch a vast audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.



**Hsin-Ju Wu** | is the chief editor at South & North Publishing in Taipei City, Taiwan. Currently she is a doctoral candidate at the Institute of Diaconal Studies at the University of Heidelberg. Her recent publication (together with in co-authorship with Anselm Grün) has been "Why is it always me?"

**important issue** in a society continuously growing older

linking psychological and spiritual insights resulting in **a holistic approach**



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*Practical guide*

Anselm Grün, Hsin-Ju Wu  
**Self-Determined In Old Age—Handbook**  
approx. 160 pp. | hardcover  
September 2022



*Fill-in work book*

Anselm Grün, Hsin-Ju Wu  
**Self-Determined In Old Age—The Work Book**  
approx. 60 pp. | stapled  
September 2022

# On the trail of happiness

| Spirituality  
| Series  
| Gift Book  
| Autumn 2024

Joy is an essential force in life. It gives us lightness and vitality, but also courage and strength in difficult times. In his writing, Anselm Grün succeeds time and again in making this joy visible in the little things of everyday life, but also in discovering it in the big questions of life. This book is therefore a wonderful gift—to yourself, but also to people who need encouragement or support. Because the joy we give to others will return to us.



**Father Anselm Grün** | is regarded the most famous of German monks. His books accompany readers through life regardless of religious denomination. In courses Anselm Grün always seeks contact with his readers and in doing so, finds inspiration for new books.



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## a gift for many occasions

for all those who **know Father Anselm**  
or want to get to know him

Anselm Grün  
**What Gives Joy**  
Library of the Art of Living  
approx. 128 pp. | hardcover  
August 2024



# How life succeeds

| Spirituality  
| Series  
| Gift Book  
| Spring 2024

In this new series, we would like to pick out some basic topics from Anselm Grün's vast oeuvre and compile the most important texts in a small gift anthology. The books can serve as an introduction to Anselm Grün for readers who have just discovered him, but they can also be given as gifts to long-time readers who want to read his message again in a concentrated form or to whom his words simply do good in certain life situations. This first volume is about "happiness", a central concept in Anselm Grün's work, especially when it comes to seeking it not in external things, possessions or prestige, but within oneself by coming into harmony with oneself.

This volume is the first in a new series: Further titles such as "Finding friends", "Giving rhythm to everyday life", "Grieving and learning to live again", "Of joy" or "Serenity" are being planned.



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**happiness: a central topic** with  
Father Anselm Grün

**a valuable gift** for Father Anselm fans  
as well as for Anselm Grün beginners

Anselm Grün  
**Discover The Happiness Inside You**  
Series: Library of the Art of Living  
approx. 124 pp. | hardcover  
January 2024

# Anselm Grün—what you definitely didn't know about him!

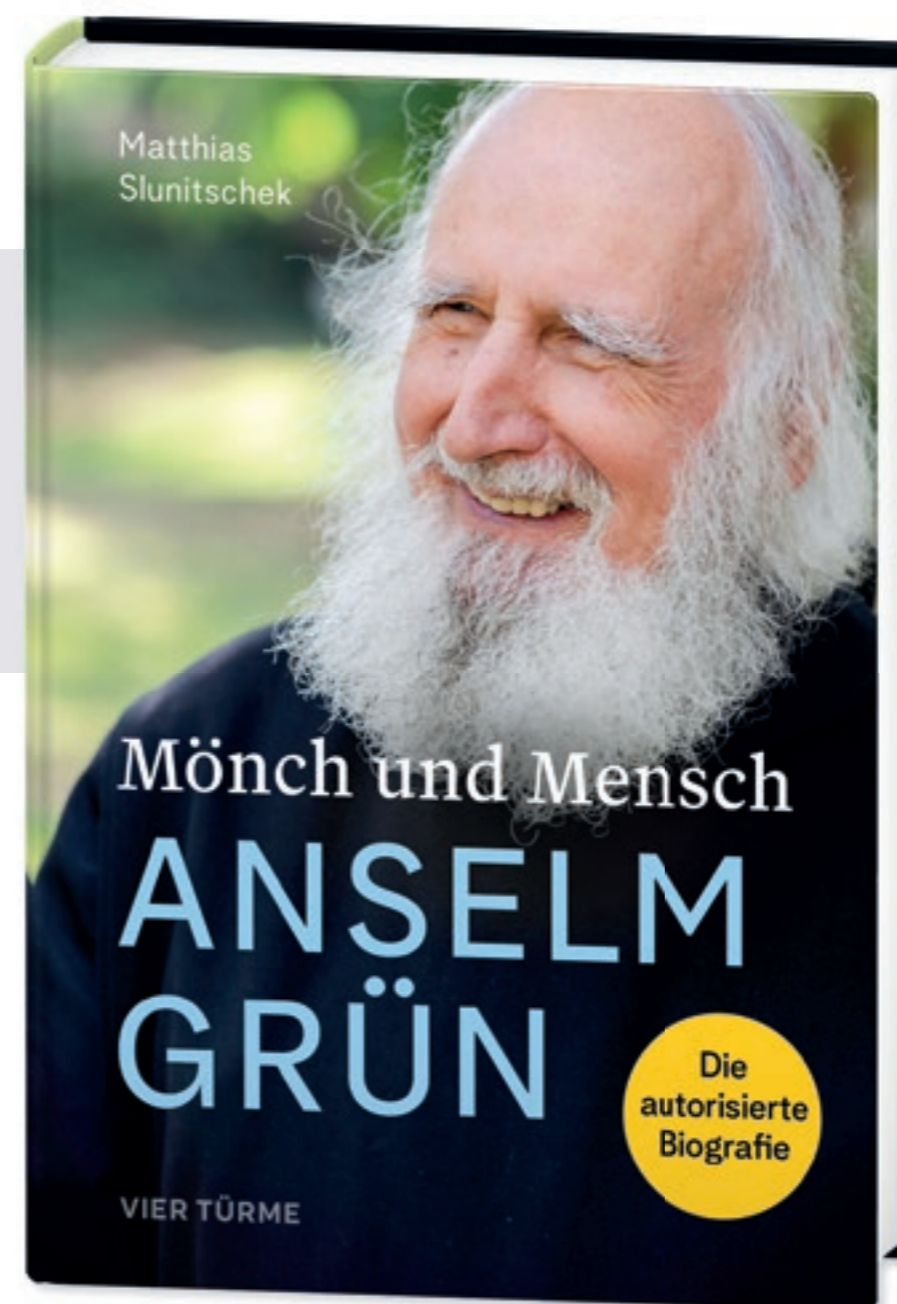
“How much does a chaplain actually earn?”, little Willi Grün asks. “One hundred marks”, replies his father. “That’s not enough for me!” What nobody could have guessed at the time: The ambitious boy, who called himself Anselm Grün at Münsterschwarzach monastery, would one day become the most famous Benedictine monk, the most successful author of religious books and a real media star.

With his bestsellers, courses, lectures and podcasts, he reaches millions of people who don't seem to have anything to do with God and the church anymore. Where does he come from? What has shaped and inspired him? What is close to his heart? The extraordinary biography of a simple monk—and two answers that Father Anselm gives when asked about the meaning of life. With voices by Konstantin Wecker, Bodo Janssen, Hsin-Ju Wu, Walter Kohl and many others.



© Katharina Gebauer

**Matthias Slunitschek** | is an author, editor and brand copywriter based in Schwäbisch Hall. In his own publishing house, he specialises in books about Baden-Württemberg and biographies.



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the only **biography authorised by Anselm Grün**

**personal insights** into the life and work of the famous monk

Matthias Slunitschek  
**Monk And Man—Anselm Grün**  
The Authorised Biography  
with illustrations  
approx. 160 pp. | hardcover  
September 2024

# You are the change!

We live in a time, in which the news, by which we are assailed on a daily basis, make us insecure and afraid—fear of war, of displacement, of poverty, of disaster fear of our own future and the future of our world. In this book, Anselm Grün manages to change the perspective and—together with the reader—, instead of looking at what is difficult and maybe lacking any solution, to point to the resources we have, which we can fall back on and which bring us back into balance. For each of us has experienced, lived through and mastered difficult times. Everyone has strengths, abilities with which they can change something for the better—you just have to (re)discover them. A book that gives confidence and strength in these sometimes so difficult and uncertain times.



**Father Anselm Grün OSB** | is the best known and most successful writer on Christian and spiritual topics of our time. He has lived for over 55 years as a monk in Münsterschwarzach Abbey, the treasurer of which he was for more than 30 years. His books are important companions for many people, regardless of their denomination.



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**Italy**

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Anselm Grün  
**Have Faith In Life**  
approx. 144 pp. | hardcover  
September 2023

learning to **see good things** and  
gaining **joie de vivre**

great **encouragement**

as a **present and souvenir**—not only  
in difficult times

# Alone doesn't mean lonely

Many people are afraid of being alone because they feel lonely and isolated. These moments, however, can also turn out to be a blessing since there is no true self-knowledge without being alone, which is an integral part of every spiritual journey. Therefore, Anselm Grün reflects on the art of putting up with oneself in this book. He focuses on important aspects such as finding one's inner centre, keeping body and soul in balance, on freeing ourselves from other people's expectations and external pressure. A useful instruction on how to gain strength from being alone in order to find serenity, ease and clarity.



**Father Anselm Grün** | is deemed the most famous of German monks. His books touch a vast audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.



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Anselm Grün  
**The Art of Being Alone**  
approx. 139 pp. | hardcover  
January 2023

important, **widely marketable topic**

**offering helpful practical advice** for  
everyday life

# Finding contentment in life

Mindfulness meditation, healing self-awareness, and simplicity are watchwords in today's self-help literature. But how lasting is the happiness conferred by these boilerplate recipes for contentment? Connecting modern ideas of mindfulness and simplicity with modesty, gratitude, and the crucial question of our Soul's lasting peace, Anselm Grün gives readers a unique path toward spiritual happiness beyond mere everyday platitudes.

points up **a path to contentment and satisfaction**

**special gift book** for awakening and cultivating mindfulness



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ENGLISH SAMPLE  
TRANSLATION AVAILABLE

Anselm Grün  
**The Magic of Little Things**  
approx. 126 pp. | hardcover  
January 2018

# Overcoming sorrow

Pain, or rather the release of pain, is a central theme for many people today. It is far less about physical pain and more about psychological pain: childhood injuries, partings, losses, but also feelings of guilt and the longing for forgiveness play a major role. But pain is not just a contemporary issue. As a fundamentally human emotion, it connects people across all boundaries such as religion, origin, wealth, generation or world history. When we talk about pain, we are speaking a language that is understood all over the world.

In this book, the well-known Benedictine Father Anselm Grün and the renowned Islamic author Ahmad Milad Karimi address the cross-cultural significance, but also the spiritual dimension of pain. They show how it is possible to allow pain, but also to overcome it, to reconcile with it, to accept it and in this way to find healing.



**Father Anselm Grün** | is a spiritual counsellor for many people, regardless of their denomination. The exchange with other religions is very important to him. Together with Ahmad Milad Karimi, he has already published '**Frieden stiften, Frieden sein**'.



**Ahmad Milad Karimi** | born 1979 in Kabul, studied philosophy and Islamic studies in Darmstadt, Freiburg and New Delhi. He has been Professor of Islamic Philosophy at the Westfälische Wilhelms-Universität Münster since 2016.

**interreligious dialogue** between two important representatives of Christianity and Islam

pain and its transformation—an **important spiritual theme**



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Anselm Grün, Ahmad Milad Karimi  
**Transforming The Pain**  
**An Interreligious Journey to Spiritual Healing**  
approx. 144 pp. | hardcover  
September 2024

# Promoting peace without weapons

When in February 2022 the war in Ukraine broke out, people all over the world were in shock. Never could they have imagined something like this to happen again in Europe. Although many went and still go out on the streets to demonstrate for peace, they often feel helpless in face of political leaders' goals.

Christian monk Father Anselm Grün and Ahmed Milad Karimi, a scholar of Islamic philosophy, know from experience that often the causes of war are not to be found on the world stage, but rather on a personal level, in the private sphere since so many people are in discord—with themselves, with others, with God.

The authors do know, however, that here is the key to change and making the world more peaceful, which can be achieved by setting an example for peace and thus being a role model to others.

In this book, the two writers enter into a dialogue on the various possibilities of bringing about peace in the personal as well as in the social sphere, of living it and eventually, of its nature, becoming peace.

A book that shakes up and inspires to keep standing up for peace—both small- and large-scale.

**highly topical issue** that moves many

people

exciting **dialogue of religions**

**Father Anselm Grün** | is deemed the most famous of German monks. His books touch a vast audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.

**Ahmad Milad Karimi PhD** | was born 1979 in Kabul, studied philosophy and Islamic studies in Darmstadt, Freiburg and New Delhi. Since 2016, he is a professor of Islamic philosophy at the University of Münster.



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Anselm Grün, Ahmad Milad Karimi  
**Bring About Peace—Be Peace**  
approx. 144 pp. | hardcover  
March 2023

# Pocket seminars for reflection and growing

| Pocket Seminars  
| Overview

| Art of living  
| Spring 2023



Successful series



with plenty of space for your own thoughts and entries

every volume comes with an elasticated fastener and a ribbon bookmark



Already published:

Anselm Grün  
**Discover the Sacred Within You**  
approx. 112 pp. | hardcover

Anselm Grün  
**The Fine Art of Living**  
approx. 112 pp. | hardcover

Anselm Grün  
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**Mindful Speech, Powerful Silence**  
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**Life is Not Just for Weekends**  
approx. 112 pp. | hardcover

Anselm Grün  
**How to Live With Sorrow**  
approx. 122 pp. | hardcover

## Bringing death back to life



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Times of sorrow are often times of speechlessness. It is hard to accept a loved-one being gone for good. Mourning occupies all of our thinking and living. It is then important to allow it to happen, to talk about instead of repressing it in order to find new strength. In this book Anselm Grün shows us ways to cope with bereavement. His gentle, lucid texts give comfort, many practical ideas and impulses help comprehend one's own grief, to integrate it into our daily life and learn to live with it.

**companion** through times of mourning

includes **practical ideas and impulses** for everyday life

Anselm Grün  
**How to Live With Sorrow—  
Pocket Seminar For Reflection  
And Growing**  
approx. 112 pp. | hardcover  
January 2023



# What do I really need?



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In a world of seemingly endless supply and unlimited possibilities we are constantly challenged to find a balance between the different poles that determine our lives: Work, family, leisure, but also all health and mindfulness, commitment and leisure, empathy and demarcation. Often there are our own and other people's demands—often conveyed by the media—that we want or have to live up to. In this pocket seminar, Anselm Grün shows a practicable way which allows us to find our own personal balance and to readjust it again when life circumstances require it.

many **practical ideas and exercises**  
for everyday life

**important and topical subject**, that also  
moves young people

Anselm Grün  
**The Art of Living the Right Balance—  
Pocket Seminar For Reflection  
And Growing**  
approx. 120 pp. | hardcover  
March 2024

# Offline seminar for home use



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ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Many people feel that, during the week, they are ruled by the dictates of work—their real life happens on weekends. Using biblical narratives and the Benedictine rule ora et labora—pray and work—Father Anselm shows how to counteract these tendencies and get back in touch with one's own inner source of spiritual power. This pocket seminar also offers plenty of space for jotting down own thoughts and ideas, as well as inspirations and impulses for everyday practice.

a guide to finding that **elusive work-life balance**

the **seventh volume** of our series Pocket Seminar for Reflection and Growth

Anselm Grün  
**Life is Not Just for Weekends—  
Pocket Seminar For Reflection  
And Growing**  
approx. 112 pp. | hardcover  
January 2021

# What is sacred to me?



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**Croatia**  
**Portugal**

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“Within each of us, there is a sacred space to which thoughts and emotions have no access. In this space, we are whole and well, free of others’ power over us, of their expectations and demands, of their judgments and opinions. Here we are in harmony with ourselves.” Anselm Grün asks questions and offers inspirations which can help us maintain this space even in the midst of this hectic world. In this way, the pocket seminar can become an important workbook and guide on our journey through life, inviting us to re-read, reflect, and grow.

with **charming illustrations**  
accessible **to a young audience**

Anselm Grün  
**Discovering the Sacred Within You—  
Pocket Seminar For Reflection  
And Growing**  
approx. 104 pp. | hardcover  
August 2019

# More than just words



RIGHTS SOLD TO:

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**Slovenia**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Language is an important pillar of human interaction. But words can have power not merely to strengthen and heal, but to injure, pressure, and manipulate, as well. In this pocket seminar, Anselm Grün examines the foundations of good communication and what principles must be followed in mutual dialogue. Not only does he offer practical tips for using words and language mindfully, he also offers exercises and inspirations to reevaluate our silence, our listening, and our speaking. Strike up a conversation today!

a **guidebook** and **workbook** in one with plenty of space for own ideas, self-tests, and exercises  
**mindful and appreciative communication**

Anselm Grün  
**Mindful Speech, Powerful Silence—  
Pocket Seminar For Reflection  
And Growing**  
approx. 104 pp. | hardcover  
August 2019

# For all who want to find their place in life



Many people, faced with today's almost limitless options, have difficulty choosing a single path for themselves—not least for fear of making a mistake! Others grieve for the things they have missed out in their life. They are full of bitterness and guilt. In this book, Anselm Grün shows us that it is never too late to start living your life. This book invites readers to rediscover themselves. It offers not only deep questions and the space to answer them, but also practical impulses for conscious living and dialogue with others.

contains **inspirations, self-tests,** and **practical exercises**

the **ideal gift**—to oneself or to others!

#### RIGHTS SOLD TO:

**Brazil**  
**Portugal**  
**Croatia**  
**Slovenia**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Take Charge of Your Life—  
Pocket Seminar For Reflection  
And Growing**  
approx. 104 pp. | hardcover  
January 2019

# Living instead of being lived



#### RIGHTS SOLD TO:

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The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Don't Miss Out on Your Life**  
approx. 174 pp. | hardcover  
January 2023

Many people feel like they miss out on their lives, are dependent upon other people's opinions and live their lives rather than their own. Then there are others who, in the face of the abundance of things life has to offer, don't know what to choose—and end up making no decisions at all. As a result of both, however,—ambitious goals and convenient immobility—we miss out on many things. Anselm Grün encourages us to stay alive on the inside and also not to limit ourselves too much—since only then we may discover our own possibilities and abilities and live them to the full.

**new edition of the bestseller**

**frequent topic** at events and workshops

# The value and treasures of aging



“It’s only others who get old.” There is hardly another subject as often dismissed or ignored as that of aging—and this despite the fact that old age comes to everyone. In this pocket seminar, Anselm Grün encourages his readers to purposefully engage with the topic. With sensitivity and wisdom he addresses the challenges—and opportunities—that come with accepting, letting go, and reconciling with age. Those who learn to accept their own limitations and practice letting go will be richly rewarded by a new lease on later life.

full of **ideas** and **creative impulses**, with additional space for personal reflection  
pocket seminar of **one of Anselm Grün’s most successful books**

## RIGHTS SOLD TO:

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The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Anselm Grün  
**The Fine Art of Aging—  
Pocket Seminar For Reflection  
And Growing**  
approx. 112 pp. | hardcover  
January 2020

# The gift of the late years



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The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**The Fine Art of Aging**  
approx. 176 pp. | hardcover  
January 2020

Even a monk is not immune to old age. Anselm Grün, born in 1945, encourages his readers to consciously come to terms with this. In this book, he sensitively describes the challenges of getting older—accepting, letting go, reconciling—and shows the opportunities that lie within: Those who learn to accept the limits they now feel can also learn completely new virtues for themselves, such as gratitude or patience, gentleness or serenity. Those who practice letting go will be given new gifts.

## **broad target group**

over **50,000 copies sold** and numerous foreign licenses

# Finding the courage of your convictions



Every day, we are confronted with an overwhelming array of choices. In many of those choices, we are almost completely free—but it is precisely this freedom which overwhelms us. We are fearful of choosing wrong.

Anselm Grün encourages us to trust our ability to make the right choice. Along with plenty of space for personal reflection and notes, he offers practical exercises, creative ideas, and simple strategies for finding the right choice at the right time—and finding the right way to approach the multitude of options.

contains **practical suggestions, self-tests, and exercises**

full of ideas and **creative impulses**, with additional space for personal reflection

RIGHTS SOLD TO:

**Portugal**  
**Brazil**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**What Do I Want—  
Courage to Make a Decision—  
Pocket Seminar For Reflection  
And Growing**  
approx. 112 pp. | hardcover  
August 2020

# Making the right decisions



RIGHTS STILL FREE  
EVERYWHERE

**Brazil**  
**Spain**

Our modern life challenges us with an almost unbelievable number of choices. We have to make decisions almost every day. Many people feel overwhelmed and are afraid of making the wrong decision.

In this book, Anselm Grün encourages us to trust our ability to make the right choice and to recognize the right moment to do so—whether it is a minor or life-changing decision.

Anselm Grün  
**What Do I Want  
Courage to make a decision**  
approx. 185 pp. | hardcover  
August 2018

over **16,000 copies sold**

making decisions—a **constantly topical subject**, especially for younger people

# Peace at last!

# Awakening



RIGHTS SOLD TO:

**Brazil**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

RIGHTS SOLD TO:

**Brazil**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Silence is not just the absence of noise, but a basic attitude in which we can better perceive ourselves and others. However, although many people would like their lives to be a little quieter and calmer, many also find it difficult to endure silence and be alone with themselves.

In this pocket seminar, Father Anselm Grün shows ways to find silence—by asking the right questions and giving the reader space to reflect. Impulses and creative exercises help to practise this attitude. The pocket seminar also offers plenty of space for your own thoughts and notes.

**current topic**—also beyond the Christian environment

concrete help for **self-help**

Anselm Grün  
**Living out of Silence**  
**Pocket Seminar For Reflection**  
**And Growing**  
approx. 104 pp. | hardcover  
September 2021

Many people suppress the feeling of tiredness at work, in the family, at church or in their dealings with themselves. They don't want to question what and how they live, even though it robs them of their life energy. In this pocket seminar, Anselm Grün shows us ways in which we can see this tiredness as an opportunity to come back to ourselves. He encourages us to follow the rhythm of our own soul and body and thus find the sources of our inner strength. Impulses and creative exercises help us to practise this attitude.

pocket seminar on a **very popular seminar** by Father Anselm

**exhaustion/burnout** as an important topic

Anselm Grün  
**I am Tired**  
**Pocket Seminar For Reflection**  
**And Growing**  
approx. 112 pp. | hardcover  
March 2022

# Stay!

“The abuse crisis and the church officials’ silence during all these years have shaken the very foundations of the Church and society alike. The Church must confront this shock and shame, yet it must not be paralysed. And the Church must not come to believe that it was obsolete and irrelevant for our society. Contrary to this pessimistic attitude I want to provide encouraging thoughts in favour of remaining in the Church, despite everything. I want to show ways by means of which the institutional church and Christians can respond to the current situation and renew it from within.” Father Anselm Grün

**Father Anselm Grün** | is deemed the most famous of German monks. His books touch a vast audience regardless of religious denomination. He takes his ideas and topics in his books from personal conversations with his readers.

highly topical, **virulent issue**

**very personal** and open book  
by the famous monk



RIGHTS SOLD TO:

**France**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Why I Remain In The Church**  
approx. 48 pp. | hardcover  
April 2022

# When more is never enough



Anselm Grün shows us how to prevent greed in ourselves, and instead, how we can have the inner freedom to make decisions and act. In this book Anselm Grün gives us ideas for how to deal with the greed within us. With a background of New Testament stories and with the help of an easy 12-point program, the reader can learn to free himself of greed. Anselm Grün lets us take mankind's failings seriously, so that we can find a way to accept ourselves as we are – and live and act with complete inner freedom.

for those seeking an **alternative to a constant striving for more**

for those who want **to take responsibility in society**

#### RIGHTS SOLD TO:

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**Korea**  
**Brazil**  
**Spain**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Greed—  
How to Escape the Desire For More**  
approx. 158 pp. | hardcover  
January 2015

# A strange force



#### RIGHTS SOLD TO:

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**The Netherlands**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Anselm Grün explores the spiritual and psychological aspects of power as well. He sets out to help those to whom power has been given use that power for the good of all, and to make the seductive energy of authority serve moral ends. Furthermore, his text invites readers to consider their own power structures and how they use what they have been given. The result is a mindful, conscientious approach to influence and status.

Anselm Grün  
**Power—How to Deal With The  
Seductive Lure of Authority**  
approx. 140 pp. | hardcover  
March 2020

**constructive approaches** to an often underestimated temptation

a sophisticated account of **power's positive and negative consequences**



# Encountering the world with an open heart



RIGHTS SOLD TO:  
**The Netherlands**  
**Korea**  
**Poland**  
**France**  
**Czech Republic**  
**Italy**  
**Spain (World)**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Father Anselm made a surprising discovery: most of the exercises today credited to Ignatius of Loyola actually originate in an approach that St. Ignatius encountered at the Benedictine monastery of Montserrat. Father Anselm has studied these original Benedictine exercises and made them newly accessible to people today. The result is a unique book of meditations short exegetic passages, inviting readers to participate in a spiritual practice that is easy integrate into everyday life and leaves plenty of space to reflect on one's own personal experience.

**holistic approach** that is easy to integrate into everyday life

daily **meditations** and spiritual **exercises**

Anselm Grün  
**Islands in Daily Life—  
Benedictine Spiritual Exercises**  
approx. 144 pp. | hardcover  
August 2021

# Living your own faith, anywhere and anytime



RIGHTS SOLD TO:  
**Italy**  
**Spain (World)**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

In times of crisis, people are more than ever on the lookout for sources of comfort and security. In this book, Anselm Grün encourages spiritual seekers of all denominations to (re-)discover their own personal faith, to find ways to express that faith, and thus to gain a new foothold in times of uncertainty. He invites readers to shape their faith so that it can enrich their own lives and offers help for dealing with setbacks. He provides inspirations and rituals for everyday practice, but also ideas for spiritually celebrating the turn of the seasons.

an **important topic** in times of lockdown and closed churches

**reshaping faith** at home and with others

Anselm Grün  
**At Home With God  
Finding Personal Expressions  
of Faith**  
approx. 176 pp. | hardcover  
March 2021

# Back to the roots!



RIGHTS SOLD TO:

**Indonesia**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Acts of the Apostles is the earliest written testimony of the first Christians. It narrates the origins of Christianity as well as the disciples' questions and those of their followers. Even then, there was debate about inter-religious dialogue and how best to spread Jesus' message.

Anselm Grün retells the story of the early Church and shows how it can be a model for us today. They can show us new ways for the Church to present itself in the modern world—and new ways for us to better engage with one another.

the **early Church as a model** for ecclesiastical renewal today  
practical ideas for **dialogue within the Church** and across religious denominations

Anselm Grün  
**The Power of Beginnings—  
What We Can Learn From the  
Early Christians**  
approx. 143 pp. | hardcover  
January 2019

# Get out of the victim role



RIGHTS SOLD TO:

**Argentina**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Physical and psychological violence happens all around us: in relationships, in families, but also in all areas of society. This book offers a helping hand to those who feel victimized, so that they can perceive the violence they suffer, work through their experiences, and finally heal. For this, Anselm Grün has developed several fundamental principles, both on a societal and on a personal level, without which we cannot heal and move forward from the cycle of violence—without ever dictating quick fixes or simply prescribing wholesale forgiveness and thus compounding survivors' pain.

**dealing with physical and psychological violence** in private and in society  
**current** and **complex topic**

Anselm Grün  
**Releasing the Bonds—  
Ways Out of the Victim Role**  
approx. 137 pp. | hardcover  
March 2019

# With heart and mind!



RIGHTS SOLD TO:  
**Brazil**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

This book focuses on St. Paul the apostle who like no other character in his day has left his mark on early Christianity. He who is known to be among the fierce persecutors of the new religion at first, becomes its most passionate advocate due to his encounter with the risen Christ. At the same time, he symbolizes a mission that lasts until today—translating Jesus Christ’s message in our time. He accepted the challenge which, both then and today, was not to distort its original message but to spread it in words that people in his day would understand.

**spirituality meets depth psychology**

**texts from the Bible** interpreted for today

Anselm Grün, Dr. Bernd Deininger  
**Faith And Rationality**  
**The Meaningful Reason of Religion**  
approx. 144 pp. | hardcover  
March 2023

# Life means being on the move



RIGHTS SOLD TO:  
**Czech Republic**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

In this book, Anselm Grün shows that hiking is not about arriving as it is with traveling. Because you hike to be on the move, to stay on the path. Many people see hiking as a symbol for their lives. Step by step, each person follows their own trail, carries their own burdens, takes detours and goes astray, masters dry stretches, difficult and easy routes, experiences loneliness and community, walks with and towards others. In hiking, as in life, we take paths that others have taken before us and yet we also have our very own experiences along the way.

hiking as a **trend topic**

**spiritual guide** for all who like to be outdoors or go on a pilgrimage

Anselm Grün  
**Hiking—More Than Just Being on the Move**  
approx. 128 pp. | hardcover  
March 2024

# One of the most beautiful stories ever told



RIGHTS SOLD TO:

- Brazil**
- Croatia**
- Italy**
- Portugal**
- German paperback**
- Czech Republic**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE TRANSLATION AVAILABLE

Children and adults alike keep returning to Antoine de Saint-Exupéry's *The Little Prince*, despite—or perhaps because of!—its criticisms of the world of grown-ups.

In this sumptuously illustrated new edition, the most important episodes from the original are followed by commentary, in which Father Anselm Grün interprets the story from his spiritual point of view, illuminating the many references to the New Testament and to Jesus. In this way, readers will find a whole new perspective on the text opening up.

the timeless “fairy tale” with **new exploration by Father Anselm**

a family reader **in the light of spirituality**

Anselm Grün  
**The Little Prince for Young and Old—Newly Interpreted by Anselm Grün**  
Includes numerous colorful illustrations  
by Mascha Greune  
approx. 59 pp. | hardcover  
August 2018



# The perfect gift



RIGHTS SOLD TO:

**Spain**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

People today long to live a counterpoint to the rat race of work and constant availability, with their unnatural rhythms. The holy days can no longer take in the power of healing inherent in their rituals and symbols, apparently, they have become irrelevant to the life of today. Father Anselm Grün explains the holy days in the liturgical year in all their imagery and symbolism. When we let ourselves return to the old rhythm of nature, we can rediscover the potential in our soul and the often overlooked possibilities within ourselves. Grün also provides inspirations for our own rituals and ceremonies.

Anselm Grün  
**Views of the Soul**  
**The Healing Force in the Church Year**  
approx. 160 pp. | hardcover  
January 2016

a **rediscovery of the forgotten holy days** within the liturgical year

includes an **inspiring ritual for every holy day**

# Experience the magic of Advent



Taking time out from the rat race, becoming centered in the season, consciously experiencing life—many people feel such longings particularly strongly in the season of Advent. This book can help fulfill those dreams. In this Advent companion, Anselm Grün explains the significance of each particular day leading up to Christmas and offers a guided impulse for the Sundays. In addition 24 brief rituals can be practiced alone or in a family setting. With this book, Advent becomes a season out of time, allowing us to feel how deeply the miracle of Christmas touches each of us.

new edition of an **Anselm Grün classic**  
a **personal Advent companion**, filled with rituals and practical exercises

RIGHTS SOLD TO:

**Korea**  
**Latvia**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Your Light Gives Us Hope—Advent Rituals**  
approx. 125 pp. | hardcover  
September 2020

# A family season of hope



RIGHTS STILL FREE EVERYWHERE

ENGLISH SAMPLE TRANSLATION AVAILABLE



There's no time quite like Christmas—especially with the family. Everyone can feel how we long for stillness, for home, and for the unique atmosphere of joyful anticipation the season brings. This book is the ideal repository for sharing cheer and festive spirit with loved ones. It offers up spiritual impulses, little stories for reading out loud or meditating silently over, fun craft ideas and recipes, songs and poems. These offerings invite readers to carve out an “Advent retreat” from daily life—and to discover what makes Christmas truly the most wonderful time of the year.

Anselm Grün  
**The Big Book of Christmas**  
approx. 160 pp. | hardcover  
September 2021

an Advent companion for the whole family:  
**craft ideas, recipes, and spiritual impulses**  
the **perfect Christmas gift**



# Heavenly messengers at Christmas time



RIGHTS SOLD TO:

**Czech Republic**  
**Italy**  
**Romania**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Angels have a special significance in Christmastime. In this lovingly designed gift book, Father Anselm provides an introduction to such heavenly messengers, showing us that the angel of Christmas is with us far beyond the time of Yuletide celebration. In fact, throughout the year, we are surrounded and protected by heavenly beings who help us find our own way through life.

Anselm Grün  
**May the Angel of Christmas  
Be With You**  
approx. 51 pp. | hardcover  
September 2018

Christmas angels—a **unique look at angels** from Father Anselm

# For the angels in our lives



RIGHTS SOLD TO:

**Croatia**  
**Italy**  
**Poland**  
**Slovenia**  
**France**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

In difficult situations, angels stand by our side and watch over us. When we feel sad or lonely, they offer comfort and hope. In this lovingly designed gift book, Anselm Grün opens our heart to the many angels that inspire, comfort and support us. The perfect gift to give a beloved friend—or to oneself.

Anselm Grün  
**To Me, You Are an Angel**  
approx. 64 pp. | hardcover  
September 2020

for all Anselm Grün and angel fans  
a **gift book** for many occasions

# Sheltered and protected



RIGHTS STILL FREE  
EVERYWHERE

The desire for a blessing expresses our longing to feel safe and protected. We often want to give a blessing to another person, be close to them or comfort them. But in special situations, we can't think of the right words. This lovingly designed gift book by Anselm Grün provides blessings for the different situations in life that we can say for ourselves, but also for other people. The texts help us to place our lives under God's protection, to know that we are blessed and to trust that we ourselves are a blessing for others.

Anselm Grün  
**Every Day a Blessing**  
approx. 52 pp. | hardcover  
January 2019

a **noble gift book** for many occasions  
**words of blessing by Father Anselm Grün** for different situations in life

# All good wishes!



RIGHTS SOLD TO:  
**Spain**  
**Brazil**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

A birthday is more than just a cake and a "happy birthday". It is an opportunity to look back on what has been and to celebrate the richness within. What have the past years brought? A new year of life is an opportunity for inner development, perhaps even a new beginning. But a birthday is also a reason to celebrate: our own life, the people who have been with us and gratitude for everything that has been. This bibliophile gift book with texts by Anselm Grün is a wonderful gift with lots of impulses, good wishes and blessings.

Anselm Grün  
**Happy Birthday to You**  
approx. 52 pp. | hardcover  
January 2019

happy **birthday wishes and blessings**  
from Anselm Grün  
a **lovingly designed gift** that won't wither

# How can pastoral care succeed today?



RIGHTS SOLD TO:  
**Indonesia**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

The richness of human interaction is incredibly complex, but often lies fallow. (Biblical) images want to make us aware of this treasure and invite us to try something new against the background of these images.

Father Anselm Grün discovers images from our lives: Depictions of wounds, hardships, salvation and God's love for people. He brings together stories of healing that show us how Jesus understood pastoral care. In stories of encounters and parables, Anselm Grün shows how Christ works in us humans.

your own **life in the images of the Bible**  
recognising **how Jesus understood pastoral care**

Anselm Grün  
**Discovering the Richness of Life**  
**Biblical Images of Healing Counselling**  
Series: EDITION Anselm Grün | volume 7  
approx. 128 pp. | hardcover  
January 2019

# Is faith the same as religion?



RIGHTS SOLD TO:  
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**Portugal**  
**Italy**  
**Korea**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

ENGLISH SAMPLE  
TRANSLATION  
AVAILABLE

Sample Questions from the book:

*Is faith the same as religion?*

*Do children and grown-ups believe differently?*

*Is God love?*

*Can I (learn to) love Jesus? Is this different for men and women?*

*What is piety?*

*What is spirituality?*

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

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

THE book for **Anselm Grün's 75th birthday**  
**deep insights** into the world of faith of the **famous Benedictine priest**

Anselm Grün, Winfried Nonhoff  
**What Are Your Thoughts on Religion?**  
**75 Answers by Anselm Grün**  
approx. 160 pp. | hardcover  
September 2019



# Balm for the soul



We all have days or moments in which we are overwhelmed by loneliness, self-pity, grief, or fear. Times when insults are added to injury. Periods where our thoughts run in dark circles, and our oversensitivity dominates our lives.

In the words of Anselm Grün: “In this book, I describe situations in which we may feel miserable and inconsolable—and then offer balm from the Bible. People have often given me comfort and support. But words can develop incredible comforting power.”

a small **gift for hard times**

**new wisdom and comfort** from selected readings in scripture

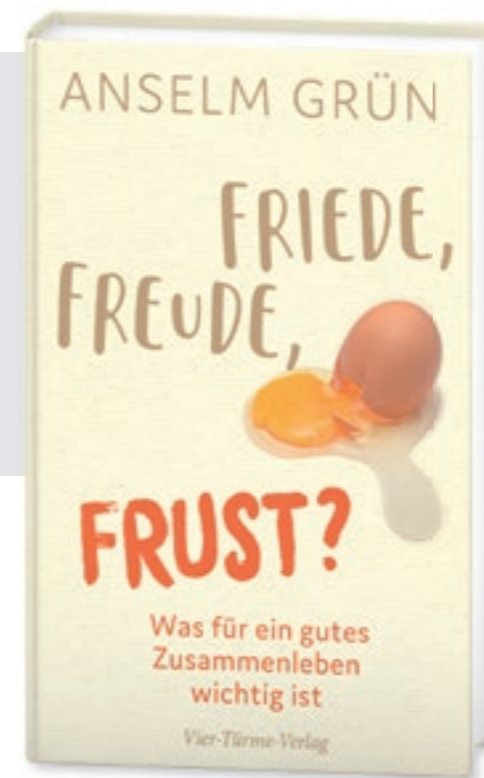
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**German paperback**  
**Italy**  
**Korea**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün, Ansgar Stüfe  
**An Apothecary of Comforts—  
Soothing Wisdom for Unfriendly  
Moments**  
approx. 160 pp. | hardcover  
August 2020

# All for one and one for all



RIGHTS SOLD TO:

**Brazil**  
**Czech Republic**  
**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

Anselm Grün  
**Peace, Love and Frustration  
How to Build Strong Societies**  
approx. 144 pp. | hardcover  
August 2020

Many people nowadays seem to prioritize their own individual desires above the principles of community in all its different forms: Large families are drifting apart; clubs and associations are hemorrhaging members; and on a political level, national self-interest trumps strong multilateral coalitions.

As these bonds fracture, we stand to lose values that we in a globalized world desperately need. This book offers a blueprint for a different future—one characterized by humane, enriching interaction in societal and interpersonal relationships.

how can we **overcome the current climate of hate** and disrespect?

what makes **communities**—of any size—**successful and vibrant**?

# Useful presents

| Gift Booklets  
| Series  
| Spring 2024



RIGHTS SOLD TO:

**Korea**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

RIGHTS STILL FREE EVERYWHERE

## | Hildegard for today

The visions of the Benedictine nun Hildegard von Bingen touch people time and time again. Her words show us a way to live in harmony with ourselves, creation and God. Anselm Grün meditates on her words, which bring us into contact with our innermost being and allow us to become truly whole.

Anselm Grün  
**Healing With Hildegard von Bingen**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
March 2024

## | a smile is like a gift

Anselm Grün shows us that the world is full of joie de vivre with endearing texts that make the sun shine even on dull days. An original gift for dear friends, likable colleagues, kind helpers and everyone who enhances our lives.

Anselm Grün  
**A Smile for Every Day**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
March 2024

# Small mindful gifts

| Gift Booklets  
| Series  
| Spring 2023



RIGHTS SOLD TO:

**Italy**

The rights situation for this title may have changed, e.g. some rights may have been reverted or are under negotiation.

RIGHTS STILL FREE EVERYWHERE

## | time outs for every day

Many people feel exhausted by their daily lives. Often they have hardly any time left for themselves. Only those, however, who allow themselves time outs, will stay healthy—emotionally and physically. Anselm Grün inspires you to regularly pause for a moment and thus gain new strength.

Anselm Grün  
**Give Your Soul Time**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
March 2023

## | through thick and thin

When a couple celebrate their wedding anniversary, together they have gone through a long, often eventful time. Anselm Grün invites us to think about the events past and future on this special day and to celebrate the anniversary with pride and joy.

Anselm Grün  
**For a Wedding Anniversary**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
March 2023

# Texts full of blessings

# Moments of happiness



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**Korea**

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## | with God on our side

Everyone yearns for words of blessing, a companion through the day. If we get involved with God in the morning, we can accept the day as a present. And if we turn to God in the evening, it is there where we can find rest and peace.

Anselm Grün  
**Bless my day**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
September 2022



## | discover positive sides of old age

In sympathetic words, Anselm Grün describes the challenges of growing old: accepting, letting go and becoming reconciled. He shows how this chapter in one's life becomes a time of blooming and growing.

Anselm Grün  
**The art of growing old**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
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## | simply switch off

Our daily lives often challenge us and leave us little time to breathe. Anselm Grün's words are small encouragements to interrupt the daily routine time and again in order to find yourself and recharge your batteries. He shows how short breaks can help us draw strength and relax.

Anselm Grün  
**A little timeout for yourself**  
Series: Münsterschwarzacher Gift Booklets  
approx. 32 pp. | stapled  
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## | being at home

Many people long for security, for a place where they feel safe. We often find it in the people around us, Anselm Grün, however, shows that we can also find it in God and, above all, in ourselves. For whoever is secure in himself can be at home everywhere and becomes a source of security for others.

Anselm Grün  
**What gives a feeling of security**  
Series: Münsterschwarzacher Gift Booklets  
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