

# Spring

PUBLISHING  
PROGRAM

2025

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KOMPLETTMEDIA

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# The art of witty comebacks

## A team of authors with media clout

## Book promoting campaign "Tell us your story"

## Lived female empowerment: published for World Women's Day

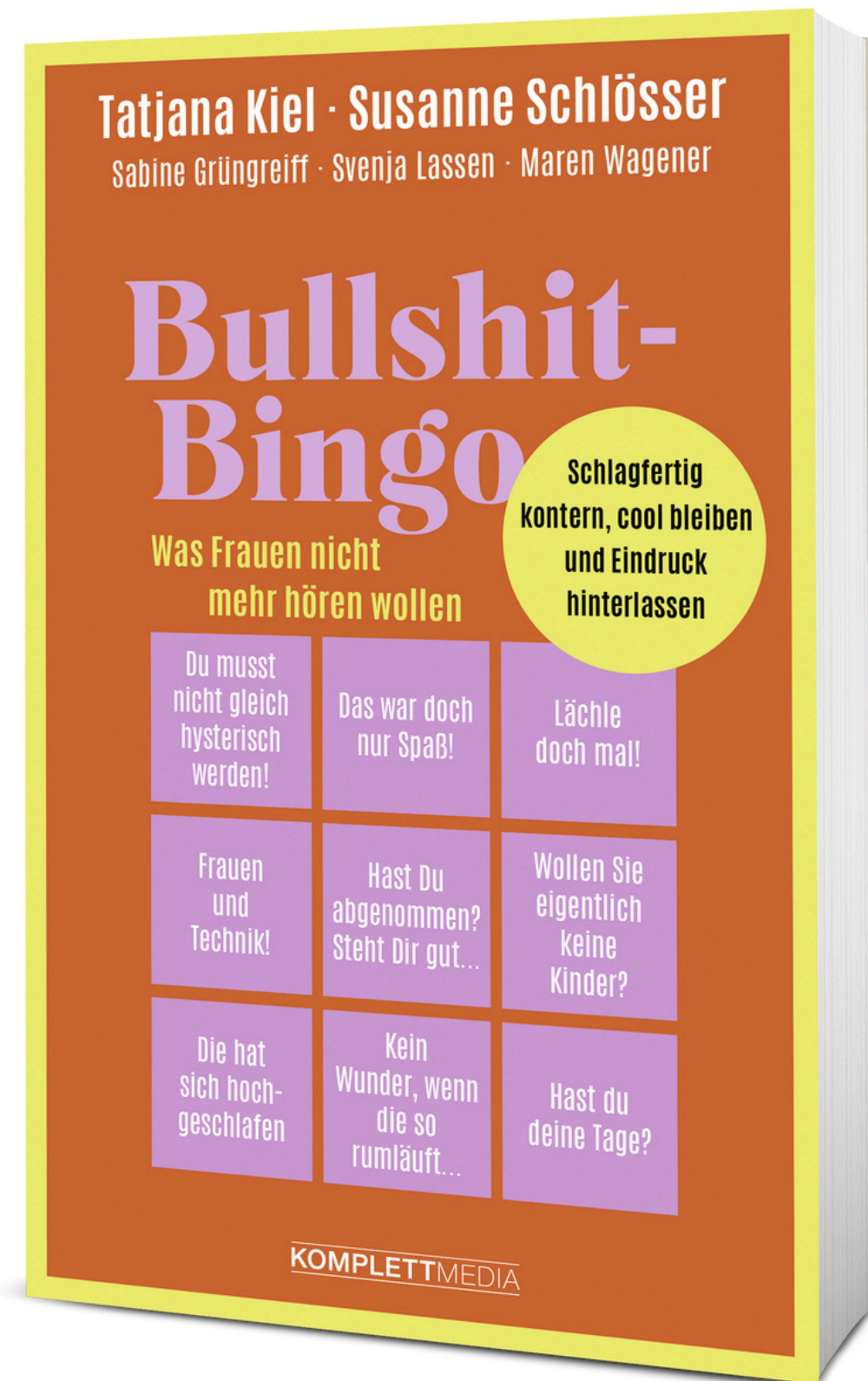
"Don't get hysterical! Why don't you try smiling? Are you on your period? And who is looking after the kids?"

Who hasn't heard these bullshit sentences that leave us lost for words? The Ladies Mentoring Network author team gathers research and collects incredible stories that real women actually experienced in private and professional settings – moments that left us lost for a witty comeback. "Bullshit Bingo" raises awareness for the underappreciated impact of such statements and shows women that they are not alone. Together, the authors put together perfect replies that will leave a lasting impression.



© Sascha Ornot, Matti Hillig

**Tatjana Kiel**, CEO of #WeAreAllUkrainians as well as of Klitschko Ventures GmbH, and **Susanne Schlösser**, Transformational Coach & Manager for People in Health, are members of the Ladies Mentoring Network along with **Sabine Grüngreiff**, **Svenja Lassen**, and **Maren Wagener**.



Tatjana Kiel & Susanne Schlösser with Sabine Grüngreiff, Svenja Lassen, Maren Wagener  
**Bullshit-Bingo – Things Women No Longer Want to Hear**  
*Witty comebacks, cool reactions, and lasting impressions*  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0642-1  
 24,00 € (D), 24,90 € (A), **WG 1973**



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# No means no – even if it's about having children

From the author of “The F in woman is for funny” (dtv) with a large media presence on the subject and 60k reach on Instagram

An authentic and humorous treatment of a taboo subject

Encourages self-determination and living our best life

Comedian Julia Brandner was determined never to get pregnant and to get sterilized in her mid-20s. It's a decision that many struggle to understand and that is difficult to implement.

In “I'm not kidding”, Julia uses humor and candor to discuss the obstacles she has had to overcome (psychiatric evaluation!) and how she had to fight societal expectations and advocate for her sterilization until she was finally able to have the procedure at 28.

She explores the biases against women who consciously decide not to have kids and exposes the pressure of supposed “biological duty”. It is an honest and entertaining read about self-determination and the freedom to live one's life according to one's own desires.



**Julia Brandner** is a stand-up comedian and author. The Berlin transplant is known for being candid and funny about personal issues, such as her sterilization.

“I'd be allowed to have ten kids, whether I could look after them or not. But if I don't want to have any I need to get a psychiatric evaluation.”



**Julia Brandner – I'm not kidding**  
*Why I don't want children and don't owe an explanation*  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0640-7  
 24,00 € (D), 24,90€ (A), **WG 1973**



# Happy hips, happy life?

## Illustrated exercises

## Anatomical and psychological background knowledge

## Hip health can be sexy

An author with extensive reach: over 70k Instagram subscribers

Our hips store more than we realize – even emotions, stress, and fears are known to be recorded there, just as much as physical tension. Why is that so? Why do hip opening postures provide so much relief? And do we have the power to release physical and mental tension stored in the hips? Time for a general hip check-up. Nadine Weiland takes us on an exciting journey of discovery: She illuminates anatomical principles, explains the connection between hip health and mental well-being, and shows us how to release both physical and emotional blockages. It quickly becomes clear that hips are no old hat. There are a few surprises in store that are worth our attention even at a young age.



**Nadine Weiland** climbed the career ladder all the way to the CEO level. But she experienced physical pain along the way without knowing what caused it. She realized: that just isn't me! Today she is a yoga teacher as well as a personal and business coach.

**Nadine Weiland – Hips don't lie**  
How to release emotions, stress, and tension in your hips and strengthen your body and psyche in the process  
approx. 224 pages, 14,8 x 21 cm, softcover with flaps, ISBN: 978-3-8312-0643-8  
24,00 € (D), 24,90 € (A), **WG 1462**



# Scientific answers to everyday mysteries

A perfect balance of information and entertainment

Science to go

EVERYTHING you need to know

The perfect gift

Science holds a wealth of fascinating secrets that shape our daily lives. In this book, Marius Nagel shows how scientific principles impact our lives and solve everyday mysteries. He takes readers on a journey from the breakfast table to the bathroom and to the supermarket, and answers exciting questions related to chemistry, physics, biology, the climate, psychology, and history. Why does cocoa clump in milk? Why does laundry dry faster in winter? And what does compulsory education have to do with World War I? Amazing facts and humorous explanations render science intelligible and entertaining. A book for anyone who wants to know more and see their everyday life in a new light!



**Marius Nagel** started questioning things at a young age. The industrial engineering graduate works as a lecturer and has penned several successful books as an Amazon self-publisher that convey knowledge in a straightforward and comprehensible way.



**Marius Nagel – Why does time run faster when I hurry?**  
 50 astonishing answers to scientific questions you never thought to ask  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0644-5  
 24,00 € (D), 24,90 € (A), **WG 1982**



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# The hot new shit

Humor instead of self-pity

Unapologetically funny, yet informative

Author with media clout

Perimenopause, menopause, post menopause – fuck it! Technical jargon won't help us when sweat is dripping down our forehead and we can't see our feet past our belly – but it's far from over. This may be a new "period" in our lives but seriously, who is really going to shed a tear over the end of menstrual bleeding? What do women need during this very personal climate change? Optimism, humor, and this book! Kerstin von der Linden offers candid, funny, and honest insights into her daily life between sweating, losing it, and adjusting her crown. The good news is that things will eventually cool down, promise! And if it were easier, well, then men would be able to do it, too...



© Julia Haack

**Kerstin von der Linden** is a journalist, author, and presenter. She has been in front of the camera and behind a mic since 1998, e.g. for TV stations like WDR, SAT.1, and Sport 1. Kerstin von der Linden lives with her husband and teenagers in the German Ruhr area.



**Kerstin von der Linden – Menopause Queen**  
 Sweat – lose it – fix your crown (Your menopause survival guide)  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0641-4  
 24,00 € (D), 24,90 € (A), **WG 1973**



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# We are still in control!

The leading scientist in the field of  
water security

Very in demand on TV

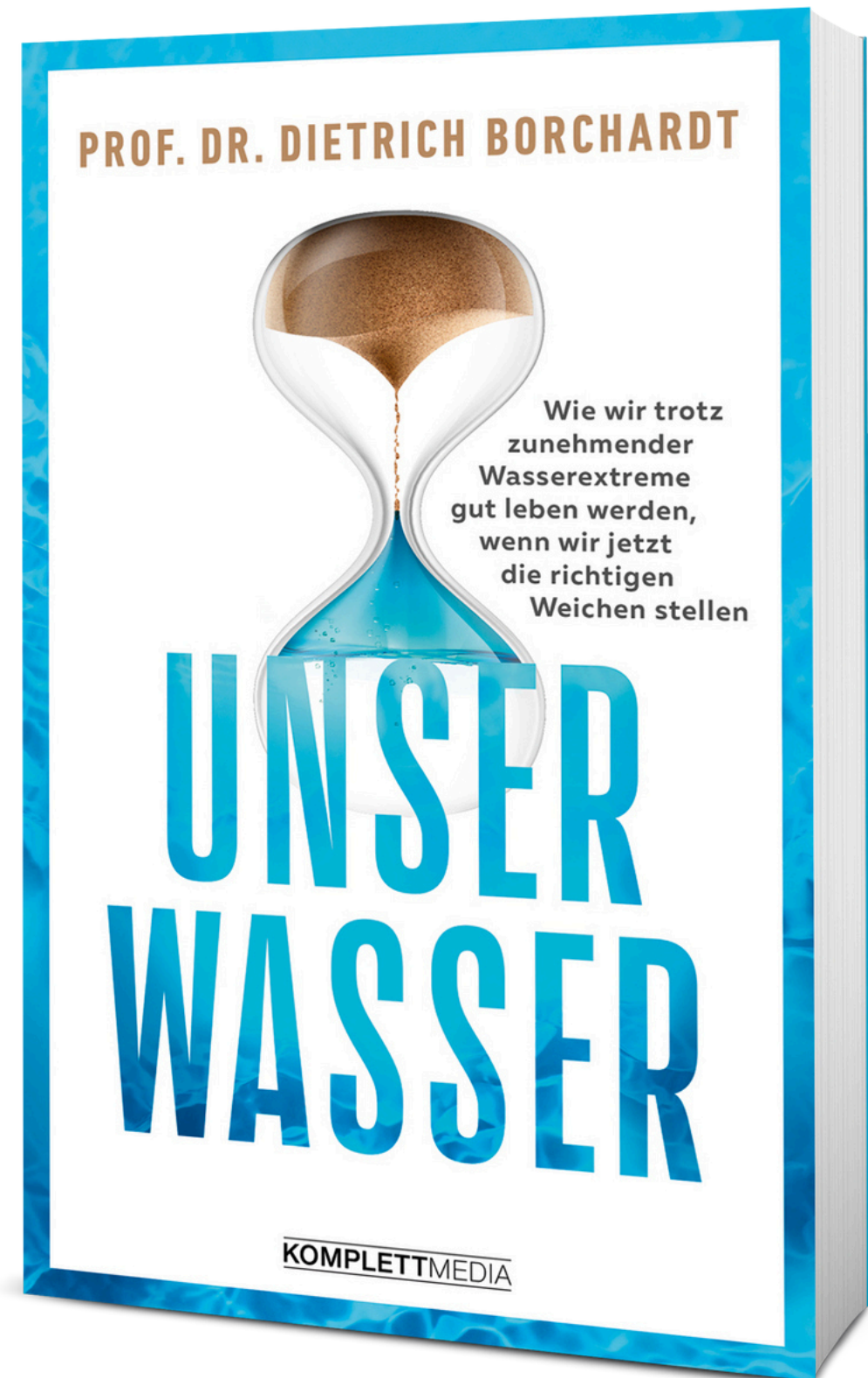
The first book explaining what must  
be done now

The climate crisis is causing the water cycle to change dramatically – from droughts to floods. Without being alarmist, leading hydrobiologist Dietrich Borchardt tells us about the state of the world's water resources, the effects of climate change and human use of the elixir of life that shapes our very existence. His approach is one that emphasizes creativity. His mantra: if we make the right choices now we can live fulfilling lives even with less water.

Borchardt provides comprehensive insights into this pressing topic and presents positive examples to raise awareness of the challenges. His work is a wake-up call to switch course and provides specific solutions for a sustainable future in relation to water.



**Prof. Dr. Dr. h.c. Dietrich Borchardt** is a hydrobiologist at the Helmholtz Centre for Environmental Research (UFZ) and at the Dresden University of Technology, is an expert on water issues and co-author of the National Water Strategy. For years he has focused on issues surrounding the development of water cycles due to the climate crisis and water usage – both in Germany and around the world. His mission: to educate people about problems related to water without losing sight of positive developments.



**Prof. Dr. Dietrich Borchardt – Our Water**

*How to live a good life despite increasing extreme water events by making the right decisions today*  
approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN 978-3-8312-0634-6

24,00 € (D), 24,90 € (A), **WG 1985**



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## How to make it through the madness of puberty with a sense of humor

Extensive reach: approx. 260,000 Instagram and almost 100,000 TikTok followers

Humorous descriptions of situations every parent knows

From a mother who is right in the middle of her children's puberty

The three phases of puberty? Bad, worse, worst! As a parent, you are suddenly nothing but embarrassing, have no chill, and absolutely not a champion in the eyes of the kids. The kids want more and more cell phone time, become little insomniacs, and change their minds faster than you can ask "What do you want to eat?".

Sandra Schauland is known as the "cotton candy miracle" or @zuckerwattenwunder and takes on a humorous journey through these wild times. She uses funny anecdotes and creative hacks to illustrate how to stay calm and handle eye rolls and snippy answers—even while wearing unicorn pajamas. There may not be catch-all solutions but there is a lot of fun to be had along the way of getting those teens to tidy up after all!



**Sandra Schauland** lives with her husband and two pubescents (9 and 15) in Brandenburg, Germany. Aside from her own social media presence @zuckerwattenwunder, she produces video content for brands and designs social media advertising campaigns.



**Sandra Schauland**  
 "You'll do your math homework right now or watch me attend the next PTA meeting in the buff!"

*Pedagogically useless tips to help you calmly navigate your children's puberty*  
 approx. 208 pages, 13,5 x 21,5 cm, paperback, ISBN: 978-3-8312-0645-2  
 24,00 € (D), 24,90 € (A), **WG 1973**



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