



Achieving True Happiness

Michaela Brohm-Badry

Michaela Brohm-Badry lives in a watermill in the wilderness together with her dogs. She was a successful professor for Learning and Didactics – until she barely survived a ruptured aneurism in her head. Motivated by this existential experience, she sets out to search for true happiness in life. Because, according to neuropsychology, happiness is an ability all of us can master.

In her book, the author skillfully weaves together her personal story with findings on individual self-fulfillment and Positive Psychology. Thereby, she achieves a unique effect that draws the readers' attention and gives them advice, in the best sense of the word, for their own search for what's truly important in life. Michaela Brohm-Badry shows that you can learn happiness – like swimming or playing an instrument – and that this involves the full development of our talents and abilities. People who achieve this state live healthier, are more satisfied with their relationships and occupations and are therefore more successful both professionally and privately.

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Categories: Health, Relationships & Personal development, Mind, body, spirit

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News & Comments

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Special Needs series -Lara's Secret

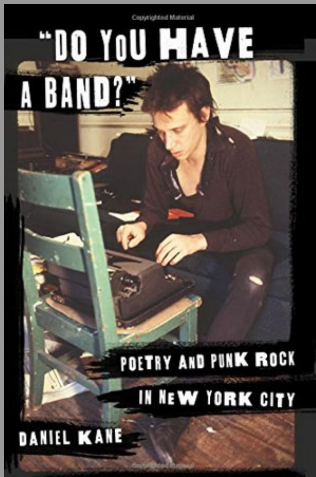
Helena Kralji?, Maja Lubi

This is a story of a girl who is afraid her classmates will not accept her because she has epilepsy. She never talks of her condition until she has a seizure at school, and frightens the rest of the children. When Lara comes back to school, anxious that she may have lost all of her friends, she finds out that her classmates and their teacher have been talking about her and other famous people who are just as special as she is, and have achieved much more in life than many a person normally does.

Categories: Picture storybooks

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"DO YOU HAVE A BAND?"

Daniel Kane

During the late 1960s, throughout the 1970s, and into the 1980s, New York City poets and musicians played together, published each other, and inspired one another to create groundbreaking art. In "Do You Have a Band?", Daniel Kane reads deeply across poetry and punk music to capture this compelling exchange and its challenge to the status of the visionary artist, the cultural capital of poetry, and the lines dividing sung lyric from page-bound poem.

Kane reveals how the new sounds of proto-punk and punk music found their way into the poetry of the 1960s and 1970s downtown scene, enabling writers to develop fresh ideas for their own poetics and performance styles. Likewise, groups like The Fugs and the Velvet Underground drew on writers as varied as William Blake and Delmore Schwartz for their lyrics. Drawing on a range of archival materials and oral interviews, Kane also shows how and why punk musicians drew on and resisted French Symbolist writing, the vatic resonance of the Beat chant, and, most surprisingly and complexly, the New York Schools of poetry. In bringing together the music and writing of Richard Hell, Patti Smith, and Jim Carroll with readings of poetry by Anne Waldman, Eileen Myles, Ted Berrigan, John Giorno, and Dennis Cooper, Kane provides a fascinating history of this crucial period in postwar American culture and the cultural life of New York City.

Daniel Kane is Professor in English and American literature at the University of Sussex in Brighton.

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