

Reinhardt's Rights Guide 2022

# Psychology and Psychotherapy

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*Alena Verrel*

Head of Foreign Rights

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# Accessing sexual experiences

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Ute Backmann  
**Sexuality in Concentrative  
Movement Therapy**  
2021  
172 pages. 8 illustrations.  
(978-3-497-03059-0) pb  
List price: € 26.90

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Address intimate topics in  
a contextsensitive way

Case studies from group  
and individual settings

Clear instructions for  
practitioners

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## Target Readership

CMT therapists, dance and movement therapists, body psychotherapists, psychotherapists and psychologists, motologists, staff working at facilities dedicated to psychosomatic, psychiatric and psychotherapeutic care.

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Concentrative movement therapy (CMT) is a form of body-oriented psycho-dynamic psychotherapy. This makes it particularly suitable for recalling and processing issues of subjective sexual development, thus promoting a positive physical and sexual sense of self. How can therapists address questions of sexuality sensitively? What role do sexual orientation and identity play? How can sexuality be addressed and treated in body psychotherapy for certain disorders? The practical book combines concepts of sexual development and CMT with case studies from group and individual therapy. Clear guidelines help in the use and analysis of CMT methods.

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## Author Information

Ute Backmann, a graduate social worker with an M.A. in cultural and social sciences, is a CMT therapist at Heidelberg University Hospital and also works in private practice in Heppenheim. She is an alternative practitioner for psychotherertherapy, supervisor/coach (DGSv – German Association for Supervision and Coaching) and a lecturer at universities and institutions.

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# Dancing up the developmental steps

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Susanne Bender/Else Diederichs (eds.)  
**Dance Therapy for Children and Adolescents  
with Developmental Disorders**  
2022  
220 pages.  
(978-3-497-03137-5) pb  
List Price: € 29.90

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Phases of development  
and analytical diagnostics

Examples for a range of  
ages and settings

From autism to  
media addiction

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## Target Readership

Dance therapists, psychotherapists, psychologists, child and adolescent psychiatrists, special education teachers and social education workers, kindergarten teachers, occupational therapists, physiotherapists, motologists.

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Dance therapy has proved particularly effective in the treatment of children and adolescents who have experienced difficulties during specific development phases. Dance therapy can reveal children's emotional states if the stage of development or emotional stress makes verbal expression difficult.

This book offers a basic psychological understanding of important development phases in childhood and corresponding movement-analytical theories. Experts provide insights into the diversity of dance therapy research and practice in various settings with children, adolescents and young adults with different types of (mental) health conditions.

A source of orientation, knowledge consolidation and inspiration for all professionals seeking to support children and young people with dance and movement.

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## Author Information

Susanne Bender, a dance therapist, M.A., trainer, therapists' trainer, BTM supervisor (with the German Professional Organisation for Dance Therapists), special education teacher and family and couples therapist in private practice, also heads the European Centre for Dance Therapy (EZETTERA) in Munich.

Else Diederichs, BTM dance therapist (German Professional Organisation for Dance Therapists), trainer, therapists' trainer and BTM supervisor in private practice with many years of experience of working in an adolescent psychiatric department, also works as a lecturer in the field of dance therapy training in Munich.

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# How siblings interact

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Inés Brock

## **Understanding Siblings**

Professional Support for Children and Adults  
2020

218 pages. 9 tables.

(978-3-497-02946-4) pb

List price: € 26.90

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All constellations at a glance

From childhood to old age

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### Target Readership

Psychologists, educators, social workers, psychotherapists, paediatricians, (child) psychiatrists, child care workers and interested parents.

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An awareness of sibling relationships can be invaluable for psychosocial work with children and adults. After all, these are among the longest and most important relationships in life. Although siblings can support and further each other, they can hurt and hinder one another too. This book examines all sibling constellations in what are frequently shifting family forms: be it brothers, sisters, twins, half-, step- or adoptive siblings - this authoritative work describes the positive and negative effects this close bond can have. It also addresses topics including siblings with special needs or the act of overstepping boundaries between siblings. Comprehensive information for all those who support and mentor siblings, regardless of their age, in their daily work!

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### Author Information

Dr. Inés Brock, Halle/Saale, Germany, an educationalist and psychotherapist working with children and adolescents, is also a freelance lecturer, supervisor, family therapist, counsellor and psychotherapist.

# Compassionate support for parents of angel babies

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Ines Fuchs  
**Early Child Loss and Subsequent Pregnancy**  
Psychotherapy and psychological support  
Includes online materials  
2021  
149 pages. 1 illustration. 1 table  
(978-3-497-03015-6) pb  
List price: € 21.90

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Understanding and addressing grief

Selecting appropriate therapeutic tools

Additional material for those affected

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## Target Readership

Psychological and medical psychotherapists, social education workers and psychologists from the fields of counselling and psychotherapy, gynaecologists and midwives, bereavement counsellors, interested persons affected.

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Parents who have lost a child often experience feelings of ambivalence and insecurity during a subsequent pregnancy. Such parents require empathetic understanding and compassionate therapeutic support. How do those affected deal with fear, grief, feelings of guilt and shame? Which psychological disorders may develop? How can clients deal with incomprehension or hurtful remarks from those around them? This book helps therapists to support parents as they navigate a subsequent pregnancy.

Helpful therapy tools, communication strategies and resource orientation are described. Skills lists, therapeutic stories and checklists are some of the tools provided online for those affected.

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## Author Information

Ines Fuchs, grad. psychologist, works as a psychological psychotherapist (specialising in behavioural therapy) in an acute care clinic for psychiatry, psychosomatics and psychotherapy in Bad Säckingen, Germany. Her first child died shortly after birth.

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# Focus on trans\*

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Mari Günther/Kirsten Teren/Gisela Wolf

## **Psychotherapeutic Work with Trans\* Individuals**

A Guide for Healthcare Services

2nd updated edition 2021

357 pages.

(978-3-497-02881-8) pb

List price: € 39.90

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Comprehensive guide to  
the topic of transidentity

Numerous practice-  
oriented case studies

Guidelines for therapists

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### Target Readership

Psychotherapists, psychologists, doctors (particularly psychiatrists) and practising and trainee (social) educators.

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How can trans\* individuals be advised within the healthcare system and provided with therapeutic support in a respectful, competent manner before, during and after transitioning? The diversity of gender identities, expressions and experiences of those seeking treatment means that therapists are faced with a broad spectrum of needs which they can only hope to meet by keeping an open mind. In the light of the above, this book provides support and advice by introducing psycho-social and medical principals surrounding this topic. Readers not only receive an overview of current care standards and options - the guide also focuses on the various perspectives of a wide range of trans\* lifestyles, facilitating a dialogue as equals.

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### Author Information

Mari Günther, grad. community educator, works as a systemic therapist in private practice and is a counsellor at the QUEER LEBEN inter\* and trans\* advisory service.

Dr. Kirsten Teren and Dr. Gisela Wolf work as psychological psychotherapists in independent practice.

The three authors, all based in Berlin, Germany, are linked by both their practical work and by their affiliation to queer communities.

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# Encouraging autistic children through play

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Sibylle Janert/André Zirnsak/  
Ilaria Acerbi/Stephanie Hohndorf  
**A Relational Approach to Autism**  
Guide to the DIRFloortime method  
2021  
319 pages. 32 illustrations. 10 tables.  
(978-3-497-03065-1) pb  
List price: € 34.90

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Fosters the child's  
personal initiative

Can be used at any time  
and anywhere

Facilitates relationship  
experiences through play

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## Target Readership

Psychologists, (child) psychotherapists and psychiatrists, paediatricians, social education workers, (special education) teachers, occupational therapists, speech therapists.

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How can children with autism or who exhibit autistic-like behaviour receive developmental support? The so-called DIRFloortime approach, a form of play therapy that works with positive emotionality and simple interactive play units, offers a possible answer to this question. During play, the adult follows the child's natural emotional interests, inviting the child to relate to them. In the process, the child learns to increasingly use their social, emotional and intellectual skills and to move from sensorimotor to symbolic thinking.

The book introduces the method's developmental concepts and includes research findings on its efficacy. Numerous game ideas and tricks tailored to all developmental levels are presented for practical and appropriate implementation.

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## Author Information

Sibylle Janert, Ruppolding, a psychologist with further training at the Tavistock Clinic, London and as a DIRFloortime expert trainer, works as a coach with autistic children and their families in private practice as well as providing further training in German and English-speaking countries.

André Zirnsak, a graduate special education teacher (UAS), works as a play therapist, supervisor and coach in private practice in Berlin, and has many years' experience of working with autistic children and their families as well as in further education.

Stephanie Hohndorf, a graduate psychologist and systemic (child and youth) therapist (SG – Systemic Society), works at the Autism Institute in Lübeck.

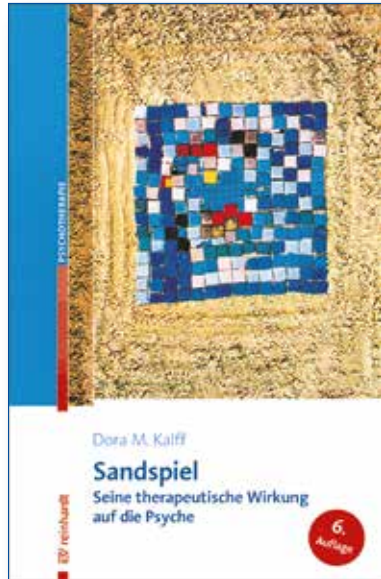
Ilaria Acerbi, M.A., a special education teacher based in Berlin, works with children and young people on the autism spectrum.

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# Sand therapy - the original

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Dora M. Kalff

## **Sand Play**

Its Therapeutic Effect on the Psyche

6th edition 2022

169 pages. 79 illustrations.

(978-3-497-03151-1) pb

List price: € 29.90

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Build resilience in children

Overcome speech  
inhibition

Treat anxiety neuroses

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## Target Readership

Psychotherapists, (child) psychologists, social/curative educators

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Pleasure in free expression and the sensual perception experienced during sand play both effects and influences the player. Dora M. Kalff uses empathetically recounted examples drawn from her therapeutic career to demonstrate how feelings and self-perception, problem solving and self-discovery are expressed in sand play, exemplified by numerous illustrations of these fascinating pictures in sand.

Designed originally as a means of working with children in a Jungian framework, sandplay soon came into favour with adults. The non-verbal, symbolic nature of the method moves directly to the unconscious and avoids the overly rational components of typical Western culture. The writings of Dora M. Kalff are few. In Sandplay Dora M. Kalff shares an intimate experience of her remarkable work. Newly edited, this seminal account of sandplay provides the reader an exceptional insight into the teachings of this renowned sandplay master.

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## Author Information

Dora M. Kalff was a student of C.G. Jung and studied at the Jung-Institute in Zurich and under Margaret Lowenfeld in London. From Jung's depth psychology teachings and Lowenfeld's „World Technique“ she developed the „Sandplay“, a therapy and diagnostic method that is used worldwide today.

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# Lightening the load

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Katharina Lamprecht/Stefan Hammel/  
Adrian Hürzeler/Martin Niedermann

## **How the Tiger Learned to Love**

120 stories on dealing with psychological trauma  
2021

190 pages.

(978-3-497-03017-0) pb

List price: € 19.90

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Hypnotherapeutic stories  
for trauma therapy

8 topics from prevention  
to reconciliation

Lists of symptoms and rea-  
der advice for each story

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## Target Readership

Psychotherapists, psychologists, alternative practitioners, social education workers, interested persons affected, doctors, pastoral workers.

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Traumatized people often dissociate themselves from bad experiences to avoid becoming overwhelmed. Therapeutic stories can create access to these memories and release hidden emotional blocks. The empathetic stories gently lead readers to confront the memory of traumatizing events, helping them to pause for a moment with the aid of metaphor. Based on Ericksonian hypnotherapy, symptoms can be symbolically resolved via the creation of internal images: after all, ice-cold feet can be very painful as they slowly thaw, but this process is necessary before they feel normal again. The image of an empty backpack lightened of its load allows relief to be felt.

Each story is framed by suggestions for therapeutic use. Key words from a broad spectrum of symptoms and experiences enable a specific topic search.

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## Author Information

Katharina Lamprecht, Bruchköbel near Frankfurt a. M., Germany, is an alternative practitioner for psychotherapy, coach and storyteller in private practice.

Stefan Hammel works as a priest in hospitals and on psychiatric wards and is a child, family and hypnotherapist as well as a trainer for psychotherapy, and runs the Institute for Hypnosystemic Consulting in Kaiserslautern, Germany.

Adrian Hürzeler, coach, education-related crisis consultant and mindfulness trainer in private practice, specialising in person-to-person and couples' counselling in Lenzburg and Reinach (AG), Switzerland.

Martin Niedermann, Bern, Switzerland, is a storyteller, coach and special education teacher. He performs in constellations with music, songs and stories.

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# The body as co-therapist

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Maren Langlotz-Weis  
**Body-oriented Behavioural Therapy**  
2nd edition 2020  
116 pages. 11 illustrations.  
(978-3-497-02992-1) pb  
List price: € 19.90

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A variety of practical exercises  
and case studies

Systematic integration within the  
therapeutic process

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## Target Readership

Practising and trainee behavioural therapists, psychotherapists of other schools, potential trainee behavioural therapists, sports and physiotherapists employed as co-therapists in psychosomatic clinics.

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This book bridges a gap in clinical behavioural therapy: the body played an essential role from the outset, but is now joined by a systematic compilation of key areas of application and interventions. Body awareness can be a vehicle for emotions, promoting access to the self in the present. In the process, physical memory proves an effective aid for those embarking on biographical work. The theoretically substantiated and tried-and-tested interventions are presented comprehensibly as part of the therapeutic process, and illustrated with a wide variety of case studies. The book is complemented by information on materials, setting and suggestions for groups, making it an indispensable practical guide (not exclusively) for behavioural therapists seeking to exploit the body's potential more intensively in a therapeutic context.

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## Author Information

Dr. Maren Langlotz-Weis, grad. psychologist, Ladenburg/Neckar, Germany, behavioural therapist in private practice, with further training in fields including Schema Therapy according to George Downing, also works as a lecturer, supervisor and self-awareness instructor.

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# Remaining calm in times of uncertainty

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Eva Lerner / Matthias Hudecek

## **Uncertainty**

A psychological approach to global challenges  
2022

216 pages.

(978-3-497-03144-3) pb

List Price: € 18.00

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Clarification of typical errors in reasoning  
and behaviour

Tips for handling uncertainty effectively

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## Target Readership

All those interested in current affairs as well as psychology and society.

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Be it the COVID-19 pandemic, fake news or political earthquakes: dealing with uncertainty is an essential challenge of everyday human life. Although many perturbing events of the past (e.g. solar eclipses) have been explained, old patterns of thinking and behaviour often prevail when we are faced with new and uncertain situations. These are characterised by phenomena such as distorted perception or overestimation, sometimes of one's own abilities.

This book seeks to help readers handle uncertainty effectively. Psychological knowledge is employed to make thought processes and interactions more comprehensible, helping readers to learn to (re)act more consciously and deliberately in future. The book aims to shed light on this subject by appealing to individuals to take responsibility and employ their intrinsic powers of reasoning.

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## Author Information

Prof. Dr. Eva Lerner, psychologist and sociologist, researches and teaches at the Augsburg University and at the Center for Leadership and People Management at the Ludwig Maximilian University in Munich.

Dr. Matthias Hudecek, psychologist, researches and teaches at the Chair of Social, Industrial, Organisational and Economic Psychology at the University of Regensburg and is a lecturer in "Psychology of Work and Organisation" at the University of St. Gallen (Switzerland).

# Teaching ways to find peace

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Karl-Heinz Schäfer

## **Relaxation Training**

Relaxation methods for training and practice  
2021

170 pages. 1 illustration. 4 tables.

(978-3-497-03060-6) pb

List price: € 26.90

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Practical advice for course  
delivery

Instructions for 6  
established procedures

Includes log sheets

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## Target Readership

Relaxation trainers, psychotherapists, psychologists, social education workers, educators, doctors, occupational therapists, physiotherapists and other health professionals.

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It's not easy to find pockets of peace in everyday life. Yet, proper relaxation is one of the foundations of health. This book provides a clear overview of the practical field of relaxation training, ranging from meditative, imaginative, breathing and self-hypnosis relaxation to progressive relaxation and autogenic training. Different relaxation goals are pursued depending on the method. Immediate relaxation can be encouraged, the ability to relax practised or a relaxed attitude to life developed. Here, a clear distinction is made between therapy and relaxation. Clearly formulated instructions and self-observation sheets constitute a rich resource for (prospective) relaxation trainers when it comes to structuring courses.

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## Author Information

Karl-Heinz Schäfer is a psychological psychotherapist in private practice based in Ravensburg. He leads training seminars at the Sebastian Kneipp Academy and at the Seminarzentrum Wollmarshöhe (Seminar Centre). His work focuses on psychotherapy (individual and group therapy), hypnotherapy, relaxation techniques and therapeutic archery.

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# Perceive, experience, adapt

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Ulrich Siegrist

## **Experiential Coaching**

Using the body and emotions constructively  
2022

136 pages. 5 illustrations. 2 tables.

(978-3-497-03101-6) pb

List Price: € 24.90

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A guide to body and  
emotions work in coaching

Includes case studies and  
coaching dialogues

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### Target Readership

Professionals in counselling, supervision and coaching.

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The need for guidance in the world of work grows as the latter increases in complexity. In this context, concepts such as focusing, which place the body at the centre of attention, are receiving more and more attention. When emotions come into play which are expressed in the body, coaching is often expected to calm the emotions and return us to objectivity. This is all the more successful when physical sensations and feelings are not dismissed as annoying background music, but are used as a resource for finding solutions. Ulrich Siegrist has created a theoretically well-founded and simultaneously practical guide to the experiential approach in coaching.

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### Author Information

Prof. Dr. Ulrich Siegrist teaches communication and counselling at the Catholic University of Applied Sciences Freiburg. He leads the further training course "Supervision and Coaching" offered by the Society for Person-Centred Psychotherapy and Counselling (GwG).

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# Metaphors prohibited!

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Leora Stahl  
**Simon, Asperger Syndrome  
and Our Daily Madness**  
2020  
178 pages.  
(978-3-497-02972-3) pb  
List price: € 17.90

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Authentic anecdotes about  
her adult son

Overflowing baths and  
other little accidents

Amusing, moving,  
true to life

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## Target Readership

Parents of children affected, specialists working with those with autism, specifically Asperger Syndrome, those interested in autism, sufferers.

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Showers in the bath, nocturnal piano concerts and complicated directions: the author provides glimpses of daily life with her adult son Simon, who has Asperger's autism, which can prove turbulent at times. Together they experience confusion, misunderstandings and misinterpretations, with sometimes humorous, and at other times thought-provoking consequences. No matter how challenging the situation, the author doesn't lose her cool, or her sense of humour. The anecdotes, which relate typical situations and behaviours, reveal Simon's own personal logic. Just like real life!

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## Author Information

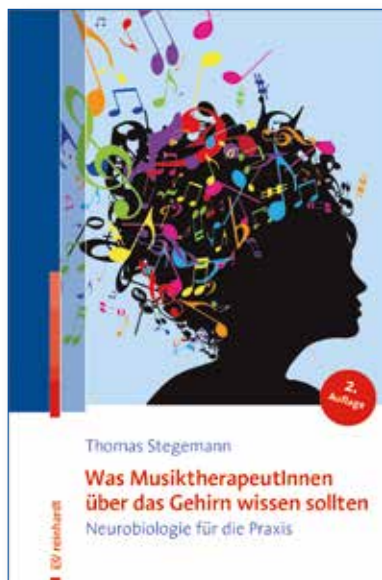
Leora Stahl, mother of two adult sons (21 and 24 years old), the elder of whom suffers from Asperger's autism, is a trained forwarding agent and works as a freelance tutor.

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# Where's that catchy tune hiding?

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Thomas Stegemann  
**What Music Therapists Should Know About the Brain**  
Neurobiology in Practice  
2nd updated edition 2020  
236 pages. 55 illustrations. 14 tables.  
(978-3-497-02991-4) pb  
List price: € 33.00

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Numerous examples from music therapy in practice

From amygdala to diencephalon

Practical tips, exercise questions and answers

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## Target Readership

Students of music therapy, music therapists working in private practice (specialising predominantly in psychiatry, neurology, child and adolescent psychiatry) or active in the fields of teaching and research; students from neighbouring disciplines (music psychology, music, rhythmic, medicinal music, musical education, special and therapeutic education).

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What happens in the brain when music is played? What effect do sounds have on (muscle) tone? How does voice relate to mood? This book provides answers to questions like these on the foundations of neurobiology of music and music therapy, which are prepared didactically with numerous practical examples and illustrations.

Taking fundamental neuroanatomical and physiological principles as the basis, listening in general and the perception and production of music are explained in a comprehensible manner. Neurobiological models describing the efficacy of music therapy are discussed using selected clinical disorders from the fields of psychiatry and neurology.

An indispensable textbook and reference work for all those interested in the effects of music on the psyche and the body.

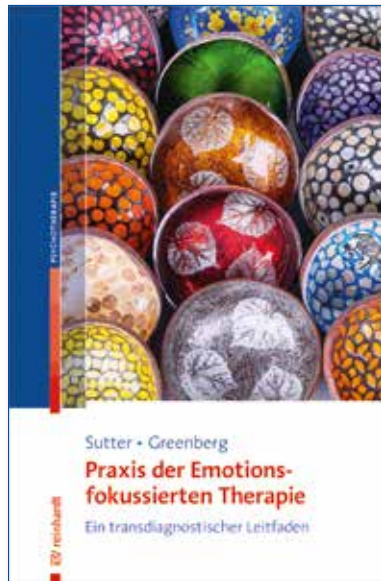
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## Author Information

Univ.-Prof. Dr. med. Dr. sc. mus. Thomas Stegemann, music therapist, consultant for child and adolescent psychiatry and psychotherapy, couples and family therapist (German Association of Psychoanalytical Couples and Family Therapy, BvPPF), is Director of the Institute for Music Therapy at the University of Music and Performing Arts Vienna, Austria.

# Guided by feeling

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Marielle Sutter/ Leslie Greenberg  
**Practice of Emotion-Focused Therapy**  
A transdiagnostic guide  
2021  
235 pages. 11 illustrations. 11 tables.  
(978-3-497-03018-7) pb  
List price: € 29.90

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Dealing with difficult  
moments in therapy

Case studies and dialogues  
help implementation

Innovative,  
transdiagnostic approach

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## Target Readership

Psychotherapists, psychologists, doctors, social education workers, educators.

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Joy, anger, shame, fear – everyone has experienced these feelings. But what happens when you feel at the mercy of your own emotions? Or when you are no longer aware of them at all? Emotion-focused therapy (ETF) assumes that emotional processing problems are the basis for mental disorders. In this book, ETF is specifically applied transdiagnostically: whether eating disorders, anxiety disorders or depression, the emotions involved are always at the core of this treatment approach. The therapeutic process is described in detail in the following steps: allowing, modulating, processing and transforming emotions. Helpful support for practitioners is provided by the chapter on dealing with difficult moments in therapy, the description of case studies and therapy dialogues as well as exercise sheets for clients.

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## Author Information

Prof. Leslie S. Greenberg, PhD, Director Emeritus of the York University Psychotherapy Research Clinic, Toronto, Canada, is the founder of Emotion-Focused-Psychotherapy.

Dr. Marielle Sutter is a psychotherapist in private practice in Bern, Switzerland, and a lecturer at psychological institutes. Together with Prof. Leslie S. Greenberg, she heads the Swiss Institute for Emotion-Focused-Therapy in Bern.

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# Professional support from the outset

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Friedrich Voigt  
**Early Diagnostics and Early Therapy in Autism Spectrum Disorders**  
2020  
222 pages. 5 illustrations. 25 tables.  
(978-3-497-02984-6) pb  
List price: € 29.90

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From diagnosis to  
treatment planning

The child's strengths as  
the starting point

In-depth parent  
counselling

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## Target Readership

Professionals in (interdisciplinary) early intervention/social paediatric centres, paediatricians, specialist therapists, psychologists, psychotherapists working with children and adolescents.

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Although autism spectrum disorders are currently receiving considerable attention, diagnoses are often made late on, and support for those affected usually begins only at preschool age. The book's developmental perspective permits the creation of a suitable support framework for children with autism spectrum disorders. It provides compact, critical information ranging from early diagnosis to therapy planning and parent counselling.

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## Author Information

Dr. Friedrich Voigt, grad. psychologist and psychological psychotherapist, was the head psychologist at the kbo-Kinderzentrum (children's clinic) in Munich, Germany, for many years.

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