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About the Publishing House

PAL-Verlag (short for Practical Life Aid) has been founded in Mannheim in 1984. The founders of the publishing house, Dr. Doris Wolf and Dr. Rolf Merkle, are both psychotherapists who were trained in cognitive behavioural therapy in the US. At the time there were hardly any self-help guides on the German book market. Since the founders were convinced by the effectiveness of self-help guides, they started to publish on the most demanded subjects themselves. They were so fascinated by the topic of self-help guides that they dedicated their doctoral thesis to bibliotherapeutic materials for therapeutic support.

Both, Doris and Rolf wanted to help patients understand their physical and mental reaction and to guide towards self-help step-by-step. All books benefit from the vast experience of the authors in their practices and are updated on a regular basis. Both authors are available as experts or for the promotion of their books.

PAL-Verlag’s self-help books have enjoyed great popularity for years although there were no investments in advertisement. Psychologists, doctors, clinics and counselling centres recommend the books because they are convinced by their technical, yet easy-to-understand and effective content. All books target people who are in a crisis or who have to deal with mental problems.

PAL-Verlag seeks the direct contact to their readers. Thus [www.palverlag.de](http://www.palverlag.de) offers a lot of additional materials such as psychological tests and self-help strategies. 500 - 600,000 readers visit the website on a monthly basis.

Recently Carlo Günther and his wife Maja, who is also a therapist, have taken over the publishing house. They are still in close contact with both, Dr. Doris Wolf and Dr. Rolf Merkle. The headquarters are now based in Munich.
About the Authors

Dr. Doris Wolf

Dr. Doris Wolf has been working as a psychotherapist for more than 30 years. Again, and again, she is fascinated by the human ability to escape long standing behaviour patterns. Doris set herself the goal to help as many people as possible to enjoy their lives and well-being. She uses cognitive behavior therapy and personally addresses the reader in her books just as she would do in a therapy session. At the same time Doris provides the readers with practical and highly effective psychological strategies. Find out more: http://www.doriswolf.de

Dr. Rolf Merkle

Dr. Rolf Merkle has been working as a psychologist and psychotherapist in his own practice for more than 35 years. With his books he wants to help people free themselves from self-damaging and negative thoughts. He wants to help everyone make the most of their lives, master their problems and get the grip of their lives. Find out more: www.rolfmerkle.de
PAL-Verlag’s bestselling product is the “Lebensfreude-Kalender” which has been published since 1990.

The calender provides the reader with food for thought for every week. It has been Germany’s best-selling calendar for 10 years, with a total circulation of 3.6 million calendars to date.

Please do not hesitate to approach us if you are looking for a calender on a specific topic.
Lose Weight and Enjoy

According to statistics of the WHO, in 2016 more than 1.9 billion adults and 41 million children under the age of 5 were overweight or obese. Less than 5 percent of all people on a diet lose weight and manage to maintain their reduced weight for years.

Dr. Doris Wolf helps you to lose weight, change your attitude, break out of recurring behavioural patterns and enjoy food at the same time.

These four straightforward rules are the key to success:
1. only eat when you are hungry
2. eat exactly what you are craving
3. eat consciously and with pleasure
4. stop eating when you are full

Dr. Doris Wolf guides the reader through her step-by-step Natural Weight Program. She provides motivation and points out that slips are natural. With the Natural Weight Program there is nothing forbidden – it is about you learning to perceive and influence your appetite.

Readers will learn how to:
- overcome stress, anger, guilt, anxiety and other negative feelings to avoid frustration
- overcome and stop their cravings
- enjoy more exercise
- feel comfortable in their body (again)

Doris Wolf, Abnehmen und dabei genießen
296 pages, 13,9 x 20,8 cm
Wordcount: 71.313
ISBN 978-3-923614-60-8, EUR 14,80
According to statistics of the WHO the proportion of the global population with anxiety disorders in 2015 is estimated to be 3.6%. The total estimated number of people living with anxiety disorders in the world is 264 million. Anxiety has many faces: fear of narrow spaces, fear of fear, fear of rejection, fear of being alone. Not everyone affected is aware of their fear.

This book can be of great assistance to all those suffering from anxiety. Dr. Doris Wolf deals with the most widespread anxieties and phobias and their causes. She shows how anxiety arises, spreads and is sustained. The reader is provided with practical strategies for overcoming anxiety that have proven effective with many a patient in Dr. Doris Wolf’s practice.

Self-help methods that slowly help the reader understand, analyse and slowly diminish their fears are introduced. The reader learns to change his attitudes towards life and to develop coping strategies. Numerous case studies and experience reports from anxiety patients show the reader how others have freed themselves from their own, decade-old fears.

Dr. Doris Wolf, Ängste verstehen und überwinden
228 pages, 13,9 x 20,8 cm
Wordcount: 52,742
ISBN 978-3-923614-32-5, EUR 14,80
Rights sold to: Czech Republic, Korea
We've all heard about an overly jealous spouse or significant other. Maybe we've even been that jealous person, though we may not want to admit it. It's hard to imagine anyone sailing through life without either having feelings of jealousy or being the target of someone's jealousy.

Dr. Rolf Merkle explains what makes us feel jealous and shows us how we can control it. We often feel jealous because we fear losing the things or people that matter the most to us. Jealousy is an expression of insecurity. A jealous person suspects their partner might consider others more desirable, more beautiful, wiser, more sexually attractive. They feel embarrassed when the partner pays attention to others in public. The fear of comparison is the result of a low self-esteem that needs to be built up and strengthened.

Rolf Merkle dedicates one chapter to misconceptions about love and partnership. In another chapter, the author gives a number of suggestions on how to help your jealous partner cope with your problem.

The reader will receive hands-on tried and tested advice by an experienced therapist.

Dr. Rolf Merkle, Eifersucht
120 pages, 13.8 x 21.9 cm
Wordcount: ca. 18.194
ISBN: 9783923614240, EUR 12, 80
Although it seems easier than ever before to get in touch with people, nowadays more and more people feel lonely. In this book Dr. Doris Wolf explains how to free oneself from feelings of loneliness. The book has been divided into several intersections.

**Part I, Reasons for Loneliness:**
Dr. Doris Wolf explains the psychological background of loneliness. One can be lonely when one is on their own or when with others, which manifests as a feeling of being excluded and abandoned. Wolf distinguishes between temporary loneliness, slow retreat and chronic loneliness.

**Part II, Relationship with Yourself:**
If you get along with yourself and feel content, you are less likely to feel lonely. To be able to lead a successful relationship with others you have to establish a healthy relationship with yourself first. Dr. Doris Wolf provides the reader with exercises to enhance a more positive attitude.

**Part III & IV, How to Deepen Relationships with Others:**
The reader will learn how to make themselves more attractive for others; overcome the anxiety of being rejected or of people getting too close; learn how to join into a conversation. There is advice to be found on how to deal with rejection, separation and divorce and the painful feelings that come with these events.

**Part V, Life as a Single:**
Wolf talks about the advantages and disadvantages of living as a single and thus helps the reader to find out if that might be an option for them.

Dr. Doris Wolf, Einsamkeit überwinden
136 pages, 13,9 x 20,7 cm
Wordcount: 29,716
ISBN 978-3-923614-14-1, EUR 12,80
Blushing is a very normal human reaction, just like laughing or crying. In embarrassing situations almost everyone has experienced it.

And yet blushing can become a big, even life-threatening problem. It is difficult to estimate the number of people affected by this problem. Those who suffer from blushing try to hide it from others, because blushing is seen as embarrassing. For those affected many thoughts and activities revolve around avoiding blushing. Their career may suffer, and their social life may be affected.

This book is one of the few there are about this topic. Renowned therapist Dr. Doris Wolf offers the reader effective self-help strategies to unlearn the feelings of embarrassment and failure and take control of their life. First of all, she explains how blushing works and what factors cause it. Then Wolf describes how anxiety and physical tension that comes with blushing can be diminished step-by-step. Furthermore, the reader is encouraged to overcome negative attitudes, strengthen self-confidence and give up his avoidance techniques.

This book will help you overcome the anxiety and physical discomfort you feel when your face reddens

• Never worry about your blushing red cheeks again!
• Talk to anyone with total confidence
• Enjoy meeting new people without fear or embarrassment

Dr. Doris Wolf, Keine Angst vor dem Erröten
144 pages, 13,7 x 20,8 cm
Wordcount: 31.580
ISBN 978-3-923614-59-2, EUR 12,80
The most important message of this book is: “Change your life by changing your attitude”.

“Understand Your Feelings and Overcome Your Problems” is a hands-on self-help guide based on cognitive behaviour therapy.

The authors, both experienced therapists, present many a case example and explain that all feelings are provoked by certain mental attitudes. Thoughts like “I am fat, I am stupid...” lead to insecurity and feelings of inferiority. Thoughts like “It is not worth it, it is hopeless...” lead to depression. But a positive attitude, self-confidence and optimism can be reestablished once you change your attitude. No one is born a pessimist or optimist, our approach to life is acquired and can therefore be changed. Negative attitudes can be turned into positive ones and we can put an end to preventing ourselves from being satisfied and happy.

By offering step-by-step instructions for mastering negative emotions and personal problems, this book will help anyone understand themselves better.

Dr. Doris Wolf, Dr. Rolf Merkle, Gefühle verstehen, Probleme bewältigen
182 pages, 13.6 x 20.9 cm
Wordcount: 46.321
ISBN: 978-3923614189, EUR 14,80
Rights sold to: Korea
Dealing with Humiliation

All of us have experienced painful humiliation by others. It might just have been a certain sentence or facial expression and we feel deeply hurt and are totally out of balance. Sometimes we just interpret things the wrong way, but it may also be that people intendently try to hurt us. No matter what is behind the behaviour of the other, we need to learn to deal with our emotions.

Dr. Doris Wolf will teach you how:

• to deal with criticism
• to overcome earlier humiliations and forgive them

Dr. Doris Wolf has compiled her most effective anti-humiliation strategies and will take the reader through them step-by-step. She wants the reader to be fully happy with themselves and to be able to deal with humiliation at lot better.

Dr. Doris Wolf, Ab heute krankt mich niemand mehr
248 pages, 13,9 x 20,8 cm
Wordcount: 59,063
ISBN: 978-3923614790, EUR 14,80
Rights sold to: Korea

Depression is fear, despair, emptiness, numbness, shame, embarrassment and the inability to recognise the fun, happy person you used to be. Worst of all, depression can convince you that there is no way out. It can convince you that your pain is eternal and destined to oppress you for the rest of your days.

This book is based on cognitive behavior therapy, which is one of the most effective methods for overcoming depression. First of all, Merkle describes the different forms of depression and explains the reader which negative thoughts cause the depression. Then he helps the reader change these thoughts and helps them improve their mood. Finally, methods of reducing fear and guilt are introduced and memory, decision-making as well as concentration problems are addressed.

Dr. Rolf Merkle takes information, tips, and insights that he has gained as a psychologist and provides the reader with easy-to-follow, step-by-step suggestions and exercises to help them understand depression and lift their mood.

Dr. Rolf Merkle, Wenn das Leben zur Last wird
128 pages, 13,6 x 20,8 cm
Wordcount: 19.761
ISBN: 978-3923614479, EUR 12,80
Rights sold to: Korea
Do you find it hard to say 'NO'? Are you tongue-tied in important meetings?

People who can't act confident are eternal losers. Others take advantage of them because they don't dare to complain or are afraid to express their needs and wants. In this book, psychotherapist Rolf Merkle shows the reader what causes shyness and insecure behaviour and how to deal with it.

In this book you will learn how to
- Find more ease in expressing yourself
- Stand up for your own cause
- Become comfortable with saying "NO"
- Cope with unfair criticism and exploitation
- How to feel calm in conflict situations

One chapter is especially dedicated to women’s needs in this field.

This book is for people who want to learn how to stand up for themselves and to be more confident. Easy-to-follow step-by-step self-assertion exercises will guide you through the process.

Dr. Rolf Merkle, Lass dir nicht alles gefallen
192 pages, 13,4 x 20,8 cm
Wordcount: 31,381
ISBN: 978-3923614356, EUR 14, 80
Rights sold to: Korea
Breakups can send you into a tailspin, causing an identity crisis and loss of self-worth. The heartache experienced after the ending of a serious relationship can be excruciating. Difficult emotions can surface after a breakup, such as grief, loss, anger, fear, worry, and low self esteem.

Dr. Doris Wolf will help you tackle these feelings. She will show you that this phase does not have to feel insurmountable and there is always hope to be found.

In this book she will guide you in a sensitive way to learn how to:

- free yourself from pain, despair and bitterness
- regain trust in others
- overcome insecurity and guilt, develop self-confidence
- prepare for a new and successful partnership

Every breakup offers new chances. There is a 4-phase process for healing from a breakup through which Dr. Doris Wolf will guide you:

- ignorance
- burning of emotions such as fear, anger, despair
- reorientation
- finally feeling comfortable in a new life

Self-assessment questionnaires will help the reader keep track of their progress.

Dr. Doris Wolf, Wenn der Partner geht
184 pages, 13,6 x 20,8 cm
Wordcount: 46,017
ISBN: 978-3923614745, EUR 14,80
Tests cause a lot of stress and anxiety and many hard working and intelligent people still fail their exams due to lack of confidence or poor exam technique. If you feel overwhelmed by exam stress before a big test, this book will help you stay focused, calm and productive.

This book provides tried-and-tested advice and exercises that are proven to reduce feelings of anxiety.

Dr. Doris Wolf and Dr. Rolf Merkle will teach you how:
• exam fear arises
• to approach your course of study correctly
• to take the right attitude into the exam
• to get rid of anxiety by quieting our mind and releasing tension
• to feel a sense of calm an inner peace
• to use simple but very effective techniques in the exam itself

Reprogram your mind and subconscious habits and never have another unnecessary anxiety again!

Dr. Doris Wolf, Dr. Rolf Merkle, So überwinden Sie Prüfungsängste
96 pages, 13,7 x 21,1 cm
Wordcount: 24.248
ISBN: 978-3923614363, EUR 9,80
Foreign Rights Catalogue

How to Stop Feeling Guilt

Everyone has experienced guilt at some point in their life. Guilt is a major underlying cause of emotional disorders such as low self-esteem, depression, OCD and other mental illnesses. Feelings of guilt can make us manipulable and submissive and sometimes it can be difficult to deal with this feeling. This book is an accessible and effective self-help guidebook that can better prepare you for how to handle guilt and how to take constructive action in any situation.

Dr. Doris Wolf considers guilt as a superfluous and harmful feeling. Guilt does not undo mistakes and only rarely helps to correct a mistake or to avoid it in the future. There is no need for a responsible and moral person to feel guilt. Feelings of guilt are solely the result of self-judgments, which we pronounce when breaching learned or self-established moral rules, commandments and norms.

In this book you will learn how:

• guilt comes about
• to free yourself from your tormenting thoughts and feelings of guilt
• to deal with mistakes appropriately and learn from them
• to free yourself from an exaggerated sense of responsibility
• to enjoy your life again

If you want to stop feeling guilty you must stop condemning yourself for mistakes and stop considering yourself a bad person. It is responsible to admit and regret mistakes but there is no need to condemn yourself for them. Dr. Doris Wolf provides practical exercises and advice for how to manage this emotion more effectively.

Dr. Doris Wolf, Wenn Schuldgefühle zur Qual werden
208 pages, 13,4 x 20,5 cm
Wordcount: 53.249
ISBN: 978-3923614684, EUR 14,80
Overcome Low Self-Esteem

Low self-esteem can make life difficult in all sorts of ways. It can make you anxious and unhappy, tormented by doubts and self-critical thoughts. It can get in the way of feeling at ease with other people and stop you from leading the life you want to lead. It makes it hard to value and appreciate yourself in the same way you would another person you care about.

This book is a step-by-step program for people, who suffer from low self-esteem.

You will specifically learn:

- where the inner critic comes from
- what damage the inner critic does to you
- how to banish the inner critic
- how to identify your strengths and good qualities for a more balanced, kindly view of yourself

Using practical techniques from Cognitive Behavioural Therapy (CBT), this book will help you learn the art of self-acceptance and so transform your sense of yourself for the better.

Dr. Rolf Merkle, So gewinnen Sie mehr Selbstvertrauen
144 pages, 14,2 x 21 cm
Wordcount: 25,878
ISBN: 978-3923614349, EUR 12,80
Rights sold to: Korea
Losing a loved one is painful, overwhelming and devastating. Grief is that unbearable sense of agony we feel when we lose someone dear to us; it is an unpredictable and painful experience, filled with intense emotions. But life seems to simply continue.

In order to get through it - without feeling altogether hopeless, further traumatizing yourself, or becoming depressed - it's important to learn how to deal with your grief effectively. This book will help you walk through the stages of grief (from denial over accepting to living a satisfying life on your own) as if you were in counselling.

Dr. Doris Wolf explains which phases of grief there are and why despair, hatred, nightmares, heart and stomach aches, sleep and eating disorders are completely normal during this time.

She accompanies the grieving reader sensibly through every stage of the mourning process and offers them psychological strategies, that have proven working in her practice. Wolf will help the reader accept the loss as part of their life and find meaning in life again.
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