

The background of the entire page is a stylized, overlapping pattern of leaves. The leaves are in various shades of purple and gold. The left half of the page has a darker purple background, while the right half has a lighter gold background. The leaves are elongated and pointed, with some showing veins.

# Spring 2024

## FOREIGN RIGHTS GUIDE

*Lifestyle*  
*Well-Being*



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## SHARED STORIES – RIGHTS AGENCY AMSTERDAM

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#### ATLAS CONTACT

**Genres** – literary fiction, poetry, non-fiction, business

**Authors** – Haruki Murakami, Kashuo Ishiguro, Julian Barnes, Lucas Rijneveld, Adriaan van Dis, Oek de Jong, Geert Mak, Jan Brokken, Francis Fukuyama, Stephen R. Covey, Daniel Kahneman, Simon Sinek, Steven Pinker, Colson Whitehead, Ian Buruma, Simon Schama

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#### DE FONTEIN

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**Genres** – literary fiction, crime fiction, thrillers, historical fiction, women's fiction, sports, esoteric, crafts, upmarket literary non-fiction, history, economy, philosophy, science, medicine

**Authors** – Jo Claes, Dirk Verhofstadt, Jostein Gaarder, Johan Braeckman, Griet Vandermassen, Marleen Finoulst

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**Genres** – esoteric, spirituality, mind, body & spirit, health, personal growth

**Authors** – Eckhart Tolle, Lynne McTaggart, Ervin Laszlo, Louise Hay

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& Kimberly Zwaans

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*The Revival of Christmas  
Ornament Knitting*

By Arne Nerjordet  
& Carlos Zachrisson

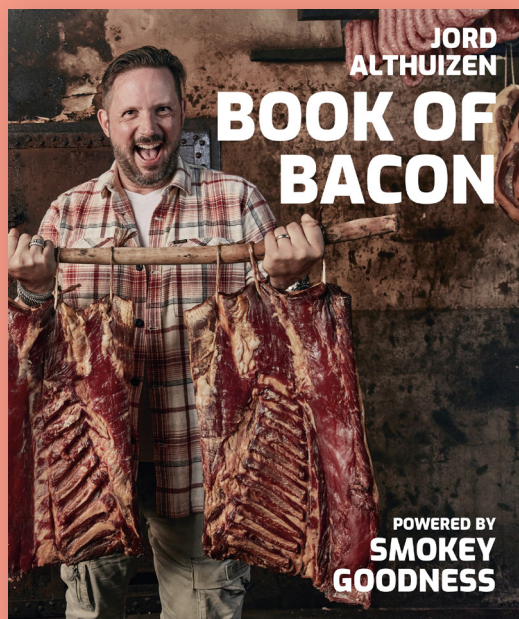
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*Best of BBQ Birds*

By Jord Althuisen

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KOSMOS, 240 PAGES, APRIL 2024

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CONTACT: AMANDA CASTRO THIJSSSEN,  
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JORD ALTHUIZEN

## *The Book of Bacon*

*In the land of smokey BBQ, bacon is the Holy Grail...*

Jord Althuisen is renowned for his BBQ books, but in *The Book of Bacon* he explores further with all kinds of recipes

More than 435.000 copies sold in the Netherlands

When in doubt, add bacon... This crispy, umami seasoning not only offers an indispensable salty note to a variety of dishes, but is also a fun challenge to make at home. Think of soft, melt-in-your-mouth pork belly, spiced Italian pancetta, DIY bacon, crispy wrapped BBQ snacks, cocktails and even desserts. Dive deep into the world of everyone's favourite type of meat with easy recipes powered by the Smokey Goodness signature.

**'Behold the barbecue god.'** – *de Volkskrant*



JORD ALTHUIZEN is Barbecue World Champion and is causing an international stir with his rough-and-ready Smokey Goodness Barbecue Catering. In summer 2015 he was judge on the popular RTL programme *Grillmasters*. He currently owns three restaurants in the Netherlands and has published 16 books.



© REMKO KRAAIJEVELD



LISETTE KREISCHER &  
MAARTJE BORST

## *Veggie Flames*

*The best vegan recipes for BBQing!*

Hot, roasted, juicy... and green

Tired of having only two options at the family barbecue? In *Veggie Flames*, Maartje Borst and Lisette Kreischer show that vegetables and fruit often (and quite unjustly) play only a supporting role in BBQ. Spicy aubergines on a stick, roasted broccoli with romesco or Mexican corn ribs – all recipes are vegan but of course also delicious for vegetarians and everyone who is sometimes tired of eating meat!



KOSMOS, 144 PAGES, MARCH 2024

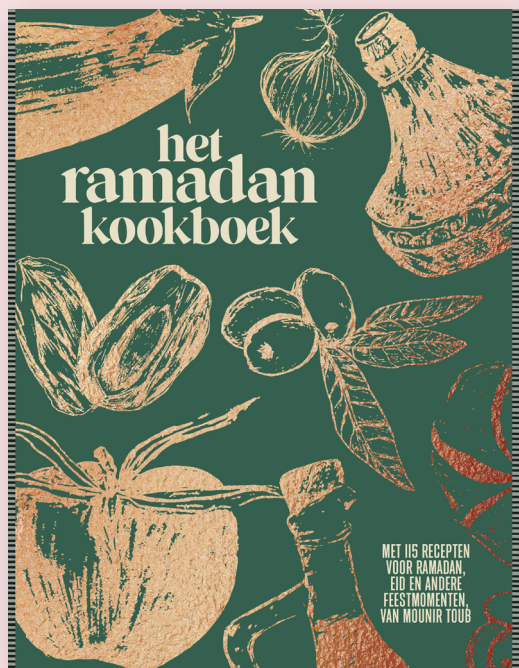
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SCOLAR KIADÓ (HUNGARY)

CONTACT: AMANDA CASTRO THIJSSSEN,  
AMANDA@SHAREDSTORIES.NL

LISETTE KREISCHER and MAARTJE BORST have been writing successful vegan cookbooks for many years. Lisette is co-founder of The Dutch Weed Burger, showing vegetarian food is easy, tasty and healthy and belongs in everybody's diet. Maartje has been experimenting with nature's plant-based delights since the age of twelve. Koffie ende Koeck is her vegan lunch spot in Amsterdam.





KOSMOS, 208 PAGES, FEBRUARY 2024  
ENGLISH SAMPLE TRANSLATION AVAILABLE

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MOUNIR TOUB

## *The Ramadan Cookbook*

*80 recipes for Ramadan, Eid and other festivities*

The best recipes to share with family and friends

Traditions and spending time together at the kitchen table have remained important throughout the years. In *The Ramadan Cookbook*, you will find 80 delicious recipes for Ramadan, Eid al-Fitr and Eid al-Adha. From harira and baghrir to samosas, this cookbook is full of healthy and nutritious meals. To give as a present or to cook delicious recipes yourself in order to impress your family and friends!

**‘Mounir possesses a wealth of knowledge and presents it in the most creative ways. Wow!’**  
– *Michelin chef Jermain de Rozario*



MOUNIR TOUB is a well-known chef with frequent appearances on Dutch TV programmes, showing the delights of Middle Eastern cookery. He has worked with a number of Michelin-starred chefs and his greatest passion is inspiring young cooking talent. He has previously published *Meatless Middle Eastern*, *Quick Middle Eastern* and *Delicious Middle Eastern*.





HELEEN BECUWE

## *How Your Body Tells You What You Need*

A straightforward guide to a better understanding of your body's needs

Fatigue, bleeding gums, grey hair, a stuffy nose... Your body is constantly giving you signals. But do you understand what it's trying to tell you?

*How Your Body Tells You What You Need* takes you on a journey through the subtle and not-so-subtle ways in which your body communicates with you. With the aid of this book, you will discover how to improve your health by simply listening to what your body is telling you, learning to interpret common symptoms and signals. With useful tips, recognisable testimonials, and the necessary scientific background, Heleen Becuwe teaches you how to actively contribute to your well-being and improve your quality of life. Start listening to your body today!



BORGERHOFF & LAMBERIGTS, 200 PAGES,  
JANUARY 2024

ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSSEN,  
AMANDA@SHAREDSTORIES.NL

HELEEN BECUWE is a nutritionist. Based on orthomolecular vision and psycho-neuroimmunology, she guides clients in a holistic way, with a focus on nutrition and lifestyle. Her podcast *Gebeten door eten* and her online health academy also offer many tools for those who want to work on their health.





BORGERHOFF & LAMBERIGTS, 264 PAGES,  
MARCH 2023

FULL ENGLISH TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSEN,  
AMANDA@SHAREDSTORIES.NL

SIEBE HANNOSSET

## *Intermittent Living*

*The Healing Power of Cold Showers  
and Empty Breakfast Tables – A Guide  
to a Healthy Life*

More than 10.000 copies sold

Full English translation available

The question is not whether we will get sick, but when. Sedentary lifestyles, high-calorie diets, stress and thousands of toxins put your immune system and health to the test every day. *Intermittent Living* gives science-based, concrete advice for the dormant dangers in our modern society, whether you have specific medical conditions or are brimming with health. Furthermore, Siebe Hannosset recounts how he was able to win a decade-long battle against Lyme disease thanks to intermittent living.

Discover how regulating your breathing affects your energy and focus, how variations in your diet determine your happiness, what thirst does to your self-confidence and much more!

**‘The modern man seems to be going down with his evolutionary success. In all the scientific knowledge, ancient wisdom seems lost. Fortunately, we now have this book by Siebe. Go read it, but more importantly, go apply it. The positive effects on the body and mind are priceless.’ – Dr. Richard de Leth**

**‘This is not a book about cold showers. This is a book by an inspired health expert who takes us on a ground-breaking but informed journey through our bodies. After reading, you will have tools that will make you stronger, younger and healthier!’ – Dr. Servaas Bingé, physician, entrepreneur and best-selling author**

SIEBE HANNOSSET has a background as an exercise scientist and worked as a performance coach at Club Brugge. However, he really found his passion when he learned about clinical psychoneuroimmunology and the Intermittent Living concept. The results of integrating these principles in his life had a profound impact on his health and soul. It is his mission to translate the latest scientific insights around Intermittent Living into practice and share them with as many people as possible so that they, too, can get their lives under control.



GISELA TERWINDT

## *Headache*

*A practical guide for a better life with migraine and other sorts of headache*

**One in every five persons suffers from strong headache on a daily basis**

Many people have headache every day but still have to go on with their daily activities. *Headache* helps them deal with the pain and improve their quality of life. University professor Gisela Terwindt explains what you can do by yourself to feel better, underpinned by scientific knowledge and including many practical tips. An accessible book for everyone who (occasionally) suffers from headaches or migraine, but also for doctors to whom patients turn with complaints.



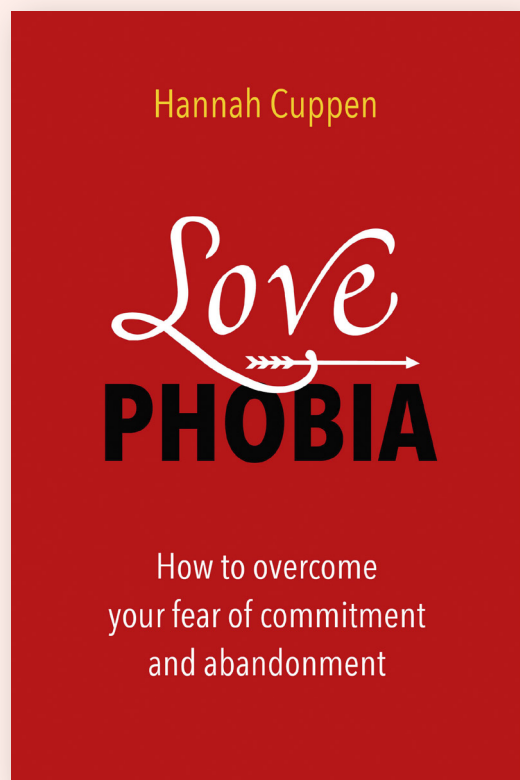
KOSMOS, 192 PAGES, MAY 2024

ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSEN,  
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GISELA TERWINDT is professor in neurology at Leiden University Medical Centre and a migraine expert. She is head of the Leiden Headache Centre and chairman of various (inter)national organisations in the field of headache.





ANKHERMES, 192 PAGES, FEBRUARY 2014  
FULL ENGLISH TRANSLATION & AUDIOBOOK  
AVAILABLE

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(GERMANY)

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HANNAH CUPPEN

## *Love Phobia*

*How to overcome your fear of commitment  
and abandonment*

More than 150.000 copies sold in the Netherlands

**The book you need for loving and long-lasting relationships**

Is the rest of your life perfectly on track, but are you unsuccessful when it comes to love? Do you long for a partner but keep running away when you get close to someone? Do all your feelings disappear when somebody falls for you? Or perhaps you are in a relationship, but lack intimacy?

In *Love Phobia*, Hannah Cuppen explains how these problems are all caused either by fear of commitment or fear of abandonment, and how to deal with them. As well as insights and tips, her solution-oriented book includes numerous real life stories. *Love Phobia* shows how to open your heart to yourself and to others, in order to give love a fair chance

***‘Love Phobia is a masterpiece! It is one of the most insightful and helpful books on love I have read. I wholeheartedly recommend it.’***

***– Robert Holden, author of Loveability and Finding Love Everywhere***



10 YEAR ANNIVERSARY EDITION

HANNAH CUPPEN works as an Integral Therapist. She studied social pedagogy and social work and trained in various psychotherapeutic disciplines. Nowadays, Hannah has her own practice and is a sought-after expert and speaker. She also wrote a companion workbook to *Love Phobia* and created a card deck.





SUSAN MARLETTA HART

## *Love and High Sensitivity*

*How to stay true to yourself in relationships*

Susan's first book on living with high sensitivity sold 35.000 copies in the Netherlands

Since *Life with High Sensitivity* came out in 2003, Susan Marletta Hart has been the best-known Dutch author in the field of high sensitivity. In her newest book, Susan applies her expertise on high sensitivity to love relationships. She combines theory with practical exercises and convincingly shows that high sensitivity is a strength – especially when it comes to love.



TEN HAVE, 160 PAGES, MAY 2024

ENGLISH SAMPLE TRANSLATION AVAILABLE

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SUSAN MARLETTA HART introduced the concept of high sensitivity to the Netherlands and became a bestselling author with more than 100.000 sold copies. After the success of her first title, she has published more books on high sensitivity with a focus on various topics, such as children or stress, along with a workbook.



## DONE BY 3<sup>PM</sup>



STOP BEING BUSY,  
START BEING PRODUCTIVE

BJÖRN DEUSINGS

KOSMOS, 304 PAGES, APRIL 2024

FULL ENGLISH TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSSEN,  
AMANDA@SHAREDSTORIES.NL

BJÖRN DEUSINGS

## *Done by 3 PM*

*Stop being busy, start being productive*

More than 10.000 copies sold in the Netherlands

Now available in a full English translation

For readers of *Eat That Frog*, *Getting Things Done* and  
*The 4-Hour Workweek*

*Done by 3 PM* promises increased productivity and peace of mind through practical tips and clear insights. Björn Deusings shows that it is quite possible to save a lot of time if you organise your life better, structure information more conveniently, plan more realistically, handle complex tasks in a smart way and monitor your concentration. Directly applicable and written with humour, *Done by 3 PM* is the guide you need to make your 2024 successful!

BJÖRN DEUSINGS is expert in smarter (collaborative) working and personal effectiveness. He owns platform Tijdwinst and productivity blog Timemanagement.nl. Over the past 20 years, he has trained thousands of people in managing their time and energy more efficiently. Tijdwinst has been voted Best Training Provider of the Netherlands four times.



SUZANNE VAN DUIJN

## *Work Hard, Travel Harder*

*Working and traveling as a digital nomad***Dare to go off the beaten path****Working remotely is increasingly popular:  
who doesn't want to work with a view of the sea?**

Working at the most beautiful places on earth, wherever and whenever you want. In *Work Hard, Travel Harder*, Suzanne van Duijn shows how to live as a digital nomad through practical tips, real-life stories and inspiring interviews. Learn how to avoid pitfalls, master loneliness & travel fatigue, bring in clients from abroad and find suitable destinations and workplaces, along with like-minded people. In conclusion: get inspired so you don't have to choose between work and traveling!



KOSMOS, 176 PAGES, JANUARY 2024

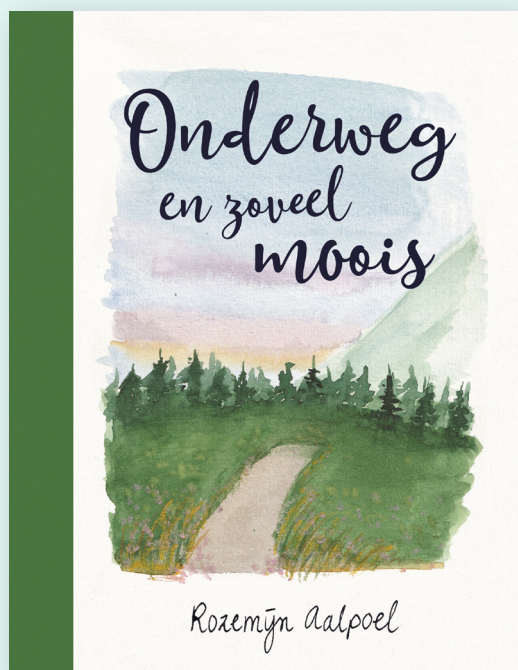
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AMANDA@SHAREDSTORIES.NL

SUZANNE VAN DUIJN felt trapped in her work. After three jobs and two career switches, she started as a freelancer in 2016. Nowadays, she is a female-oriented entrepreneur and podcast host, working regularly from abroad.



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KOKBOEKENCENTRUM, 96 PAGES, MARCH 2024  
 ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSEN,  
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ROZEMIJN AALPOEL

## *The Beautiful Things Along the Way*

For lovers of *The Boy*, *The Mole*, *The Fox and the Horse* and *Big Panda and Tiny Dragon*

A beautiful giftbook that will accompany you in every step of the way

*The Beautiful Things Along the Way* takes you on a journey, to show that there is something beautiful in every step you take. Comforting for when you are either at the top of the mountain or at the bottom – we are all constantly on the road. The inspiring texts and beautiful illustrations in this book feel like a good friend: they accompany you wherever you are in your life and give you courage, hope and boldness.

**‘Don’t be afraid to move on,’ said the distance.  
 ‘Moving on does not make the things you left  
 behind less important, less loved or smaller;  
 it only makes the world at your feet bigger.’**



*Ik weet dat ik misschien voel als langzaam liggen  
 in het gras op een zonnige avond, zei het uitzicht*



*Ik ben er elke avond om te zien  
 hoe mooi de dag is geweest, zei de zonsondergang.*

ROZEMIJN AALPOEL works as a community builder, connecting local residents. On the weekend, Rozemijn creates small artworks that offer hope, courage and new perspectives.





NAOMI HARREMAN  
& JOLANDA VERSCHIERE

# *The Big Crochet Blanket Party*

*Crochet blankets for every season*

Naomi Harreman and Jolanda Verschiere are the driving forces behind Haakplein, a popular community for crochet enthusiasts in the Netherlands. Every year, Naomi and Jolanda organise a Crochet-A-Long, in which hundreds of participants crochet a blanket design together following online step-by-step instructions. With no fewer than 12 patterns and different stitches, colours and sizes, in this book you will find a blanket for every season, along with atmospheric photography of the finished products.



KOSMOS, 128 PAGES, MARCH 2024

CONTACT: AMANDA CASTRO THIJSEN,  
AMANDA@SHAREDSTORIES.NL



NAOMI HARREMAN and JOLANDA VERSCHIERE started crocheting together in 2014. One year later, they organised their first Crochet-A-Long. That was the start of active community Haakplein. With their gains, they often support medical goals.





KOSMOS, 128 PAGES, NOVEMBER 2023

CONTACT: AMANDA CASTRO THIJSEN,  
AMANDA@SHAREDSTORIES.NL

MARTHE DE GROOT

## *The Crochet Club*

*The Story of Marie Marie in 15 Crochet Patterns for Beginners and Advanced Learners*

### Marie Marie: A unique brand with a mission

The Crochet Club is the crochet book of a very special brand: Marie Marie. Author Marthe de Groot brought no less than 75 crocheters together in a growing community where they can share their hobby with each other. The result is a unique collection of handmade, sustainable bags, which are assembled in a men's prison and sold internationally. This book contains 15 crochet patterns for a clutch, earpods case, mini bag, bucket hat and more, divided into three levels. This way, every crochet enthusiast can join this special club.



MARTHE DE GROOT graduated at AMFI, the Amsterdam Fashion Institute, and was looking for a way to connect her grandmother with other crocheters. She set up an on- and offline community for crocheters from all walks of life, connecting young and old. Her unique bag brand is sold in the Netherlands at renowned stores such as de Bijenkorf and is also available internationally from Australia to Marbella. The brand is also very popular among young crocheters.



KARINA SCHAAPMAN

## *The Mouse Mansion*

*Crocheting for the Nursery  
with Sam & Julia*



Crochet yourself into the world of the worldwide popular picture book series

The Mouse Mansion picture books have been published in 33 countries and have been translated into 27 languages, with over 1 million sales in total

Animated television series premiered in 2023

This wonderful crochet book helps you in crocheting famous characters Sam and Julia in both dollhouse and cuddly toy format, as well as the cutest themed accessories. Create a unique nursery where toys and decorations merge with the crocheted Mouse Mansion cushions, a mouse suitcase to carry Sam and Julia, and much more. With projects for beginners and advanced crocheters, this book is a must-have for every crochet lover and fan of The Mouse Mansion.

**'I think the world needs compassion.  
My intention was to create a safe, caring and  
inclusive world for children.'** – *Karina Schaapman*



LUITINGH-SIJTHOFF, 144 PAGES, OCTOBER 2023

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KARINA SCHAAPMAN is an artist and creator of Sam & Julia. She created The Mouse Mansion as the backdrop for her children's books series about little mice Sam and Julia. To date, 22 books have been published. Her use of waste materials for her sets is world-famous and they can be admired in the Museum and Brand Store in the centre of Amsterdam.

KIMBERLY ZWAANS has developed into a crochet pattern designer after years of loving crochet. She has collaborated on several crochet books.



© JUDITH BERGMAN





LUITINGH-SIJTHOFF, 144 PAGES, AUGUST 2024

CONTACT: AMANDA CASTRO THIJSEN,  
AMANDA@SHAREDSTORIES.NL

MR. CEY

## *Crocheting Christmas Houses*

### *Patterns for idyllic Christmas scenes*

Discover the enchanting world of crochet Christmas houses

This book contains 20 patterns for houses in different styles and colours, along with patterns for trees, trains, people, lamp posts, post boxes... an idyllic village, fun to crochet for everyone. As a base for the houses, cardboard is used, promoting the recycling of old boxes. The patterns are easy to follow, making the book suitable for beginners, but the different styles and creative techniques also make the book fun for the advanced crocheter. Create your own Christmas scenes with crochet, embroidery and felt, and bring a festive atmosphere into your home!

**‘Mr Cey is an essential in the Dutch crochet world.’ – *Handwerken zonder grenzen***



MR. CEY picked up crocheting at a young age and has not stopped since. He has already published eleven highly popular crochet books with Luitingh-Sijthoff.



© RONALD J. REINDERS



ARNE NERJORDET & CARLOS  
ZACHRISSON

## *The Revival of Christmas Ornament Knitting*

*56 new Norwegian patterns*

Arne & Carlos' newest knitting book

A decade ago, world-renowned fashion designers Arne and Carlos captured the hearts of knitters all around the world with their book on Christmas baubles, which landed on the bestseller lists for months. In their new book, discover the wonders of the Norwegian winter – knit baubles decorated with a moose, reindeer, robin, pine tree, Christmas elf, ice skater and much more. As icing on the cake, the book includes seven recipes for traditional Christmas biscuits. The perfect recipe for an unforgettable Christmas!



LUITINGH-SIJTHOFF, 128 PAGES, OCTOBER 2023

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ARNE NERJORDET and CARLOS ZACHRISSON, known as Arne & Carlos, are world-renowned fashion designers, textile artists and YouTubers. They are known for their original designs and draw inspiration from their Scandinavian background. After their first knitting book *Julekuler* became an international success, they wrote 9 more books.



KOSMOS, 208 PAGES, NOVEMBER 2022  
ENGLISH SAMPLE TRANSLATION AVAILABLE

CONTACT: AMANDA CASTRO THIJSSSEN,  
AMANDA@SHAREDSTORIES.NL

HELEEN LAMEIJER

## *First Aid*

*My life at the emergency department*

More than 15.000 copies sold and on the bestseller list  
for 9 weeks

As a doctor at the emergency department Heleen meets people on perhaps the worst day of their lives. One moment she is working under high stress in teams dedicated to accidents or reanimations and the next moment she is stitching a child's wound. She makes decisions that can save lives, but also often sees people die. In *First Aid*, Heleen shares experiences, encounters and (life) lessons learnt in her daily work, offering the possibility to take a look behind the scenes of a doctor at the emergency department

HELEEN LAMEIJER is an emergency doctor at Leeuwarden Medical Centre and a scientist. She is also known for her Instagram account @makesciencework and her eponymous company and website, where Heleen makes medical scientific knowledge understandable and accessible through blogs, vlogs and courses.



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