

BALANCE  
buch + medien verlag



# Quite powerful!



Books for children  
2022



# Empowering children

## Kids in BALANCE

Children are the ones most vulnerable when families lose their equilibrium. Mental illnesses, losses and social learning are big challenges. How can family members, friends and professionals guide them through it? Our children's book series »Kids in BALANCE« is specifically designed to support children: each book consistently takes the children's point of view. This way even small children are able to develop an understanding for difficult topics, like the mental illness of a parent or sibling. Our lovingly illustrated picture-books ease the burden of children in challenging emotional states with encouragement, fun and age-appropriate information. Quite powerful!

## Did you know?

The Health foundation certified a number of books of our »Kids in BALANCE« series. The foundation is independent, nonprofit and noncommercial. Its purpose is to examine all health-related publications with regard to factual validity, target-audience suitability and diversity of methods. More information about the foundation here: [www.stiftung-gesundheit.de](http://www.stiftung-gesundheit.de)



More information about our books here: [www.balance-verlag.de](http://www.balance-verlag.de).



Johannes Traub, Wiebke Alpei,  
Suse Schweizer

**The Courage Thieves**

from age 5, 40 pages, 17,00 €

ISBN 978-3-86739-188-7

## Hugo and Zugo conquer fear

The last thing a little robber needs is fear. Zugo is afraid of the dark path behind the robbers' den, of spiders and foxes and above all of Brüll and Gröl, the nasty robber-twins. His brother Hugo knows no fear, but he also doesn't know how to be brave. »One is brave when one is afraid to do something and in the end does it anyway«, explains their experienced father. And that's how Zugo, cheered on by Hugo, learns to face his fears. With every ride down the enormously high slide, they feel their fear slip away and their courage grow. A powerful book about two little robbers who want to find their courage. Here children learn in a playful way how to face and overcome their fears. Only by repeatedly confronting their fears can children experience their own capacity for courage and self-determination.



## Bright mind

Till is good at cuddling and quick thinking. He loves measuring tapes, animal encyclopedias and everything that can be counted and sorted. Not everyone in kindergarten finds this as exciting as he does, and Till often plays alone. Maybe the other children don't like him?

Some days he would prefer not to go to kindergarten anymore. But Mom and Dad and a psychologist know what to do. Soon Till finds friends in a group with other quick-learners. And the kindergarten baking day goes especially well when Till calculates the ingredients, others stir and everyone enjoys the cookies together.

A children's book that shows how the inclusion of highly gifted children can succeed!



Anja Freudiger, Suse Schweizer

### Till's talents

from age 4, 36 pages, 20,00 €

ISBN 978-3-86739-303-4



Raupe



## Perfect carrots?

Frida's mom sows and digs and plants and cuts and weeds and mows and harvests. Everything is blossoming and growing. Does Frida have a green thumb, too? Under the watchful eye of her mom, Frida plants carrots in her own little patch. But things go a little differently than planned. As the weeds sprout, Frida has to decide: Does she want carrots or weeds? Frida is under a lot of pressure! But she finds a way to save both, the carrots and the weeds – she does her own thing!



**Birgit Altstötter, Christine Altstötter-Gleich,  
Bernhard Förth**

**Frida does her own thing!**

from age 4, 40 pages, 17,00 €

ISBN 978-3-86739-264-8



Children have to learn early on how to cope with high expectations from their environment. This book can help them find their own way and deal with demands and frustrations. Children and parents learn not to fall into the perfectionism trap. There is a lot to discover in the colourful pictures – for children aged 4 years and up.





## Is every child able to relax?

Sure, they are! Hence, Grandma teaches Malte that everyone has a trick for overcoming anger and keeping a cool head despite feeling things like fury and agitation. Sometimes all it takes is for example a toothpaste tube, an elevator inside the belly or maybe a tiger snarl. In the end, Malte knows which trick is the best for him.

»Try to calm down for once« – how is Malte supposed to do that? Whenever he feels angry and frustrated, he acts angry and whenever he feels furious, he acts furious. It is not his decision! However, Grandma is a true specialist in keeping a cool head. Together, they try out different exercises and realize they can be real fun. This book invites children to observe themselves and others, to explore which relaxation techniques work best for them. Instructions suitable for children regarding abdominal breathing and progressive muscle relaxation wrap up the book in a charming way.

Anja Freudiger, Suse Schweizer  
**Malte's favourite trick**  
from age 5, 32 pages, 17,00 €  
ISBN 978-3-86739-204-4

Relaxation  
exercises for  
children



# Living with highly sensitive children

Where does the moon go when you can't see it anymore? Why does Klara look so serious? Lars is like a finely tuned antenna, he perceives a lot of things that other people do not even notice and he ponders many things very carefully. Sometimes he sees, hears, smells and feels so much at once that he feels quite uncomfortable. This happens for example, when kindergarten is particularly noisy or when finger paints sticks to his hands. Why does he feel that way? Fortunately, he has a grandpa who understands him. And there's Grandpa's garden shed. If only he could bring it along! Suddenly Lars has an idea ...



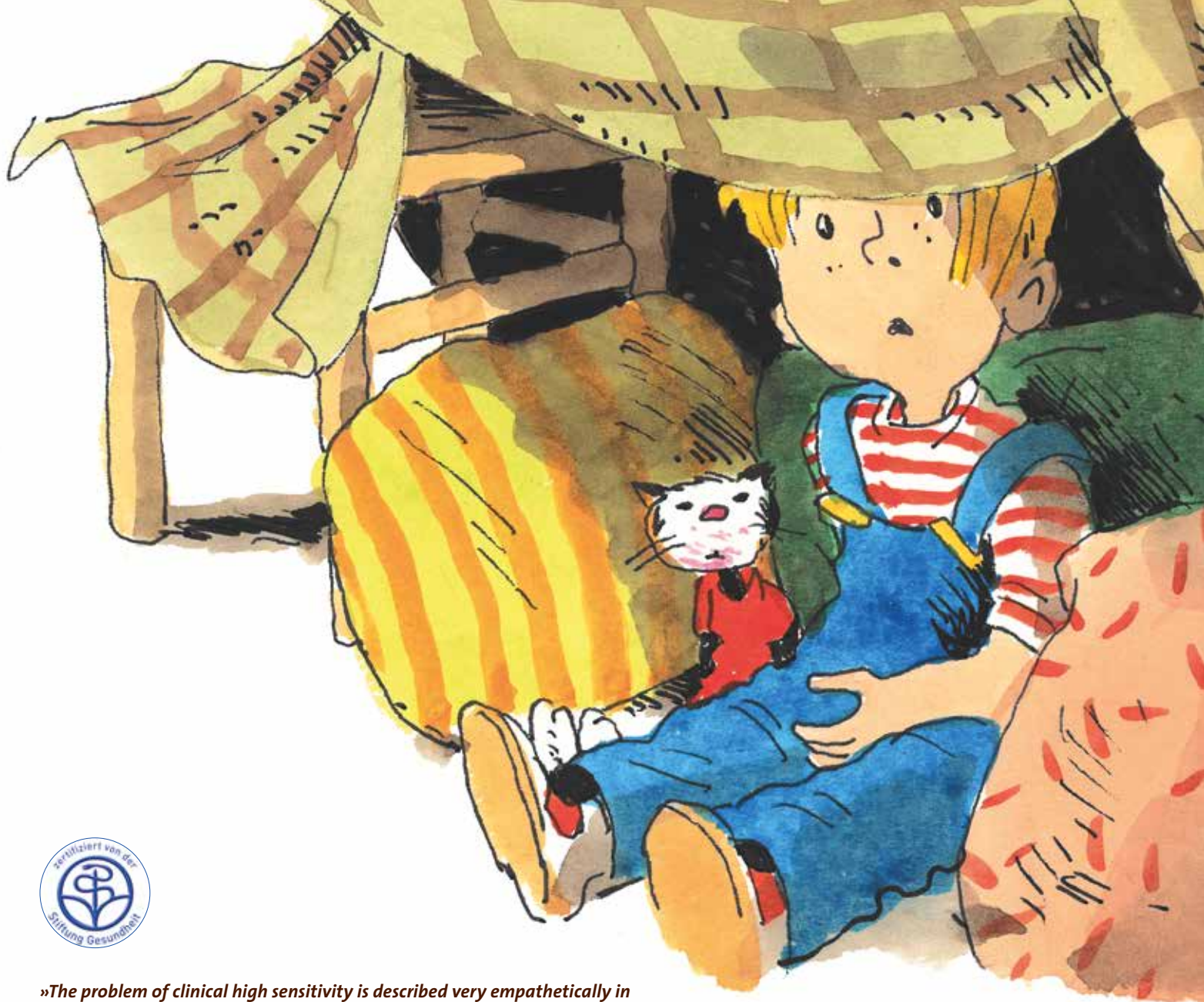
Hannah-Marie Heine, Heribert Schulmeyer

**Lars-a-lot**

from age 4, 40 pages, 17,00 €

ISBN 978-3-86739-131-3





***»The problem of clinical high sensitivity is described very empathetically in this children's book, so that even smaller children can easily relate to the main character Lars. The book counteracts the stigmatisation of clinically highly sensitive children and gives them and their surroundings the opportunity to understand themselves and their situation better and to accept their differences as being something special.«***

Excerpt from the assessment of the Health Foundation

## When children fail to speak

Selina doesn't talk to just anyone. And certainly not to adults! When someone addresses her, she just freezes and stares straight ahead. »Mute as a fish!«, some people say angrily. At home, however, Selina confidently reads every story of »Wilbur the Wusel« to her little sister. But at school at the authors' reading, Selina freezes up and just stands there staring and mute again! Something must be done!

Selina finds help and learns in small steps how to outsmart her fear. This lovingly illustrated story helps understand selective mutism and encourages children to break their silence.



Expert support by:  
Mutismus Selbsthilfe  
Deutschland e. V.



Karen-Susan Fessel,  
Rosa Linke  
**Mute As a Fish**  
from age 5, 40 pages, 17,00 €  
ISBN 978-3-86739-177-1



Explaining  
Mutism

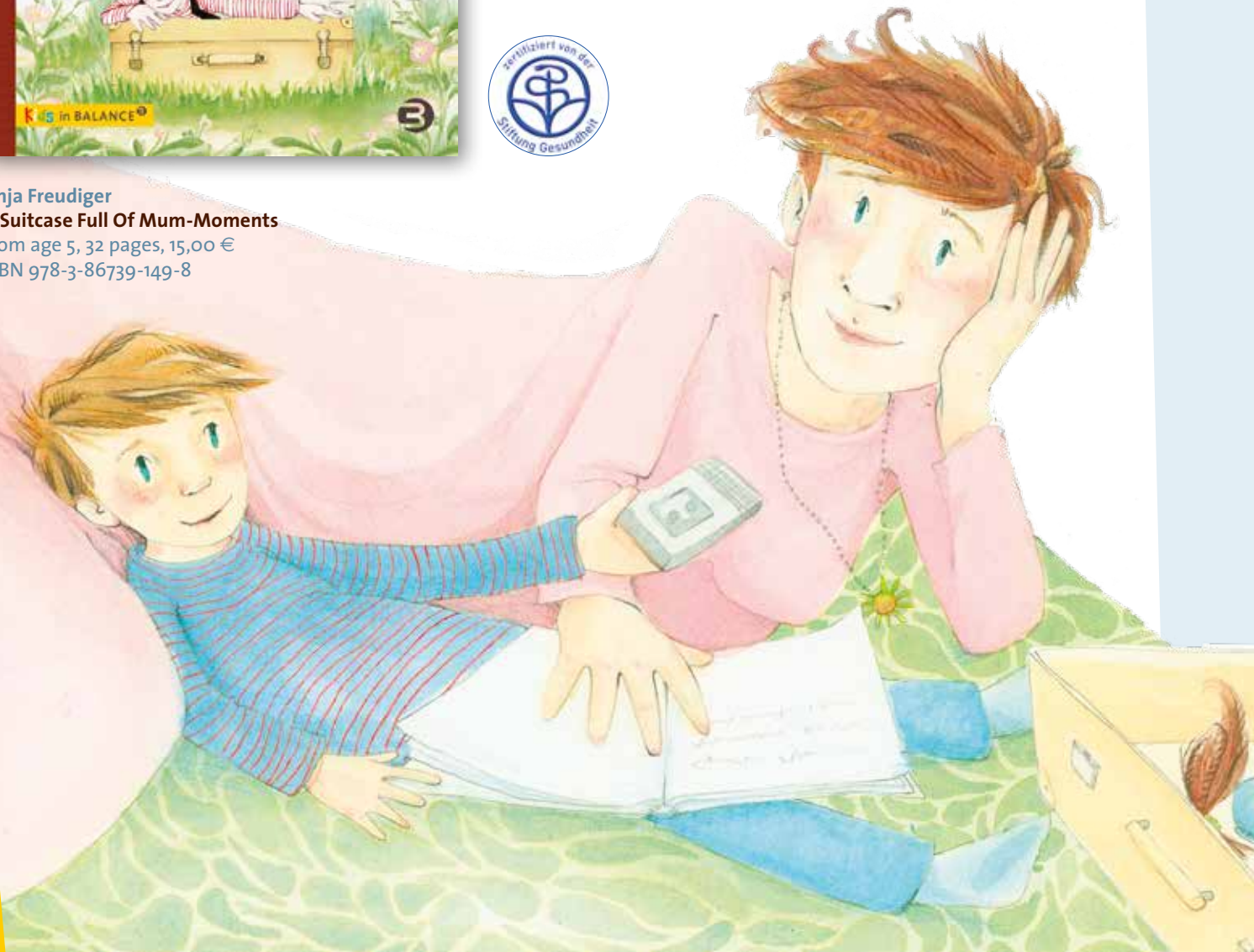


## Self do. Self have.

»I miss mum« says Bertil when his father reads him a bedtime story. Bertil swallows the lump in his throat. When a parent is hospitalized everything at home changes. Sometimes the tender loving care of other family members cannot fill the hole left. In this case the child has to take measures into their own hands to alleviate the acute sense of loss. And Bertil does find something to help him. This is how resilience works!



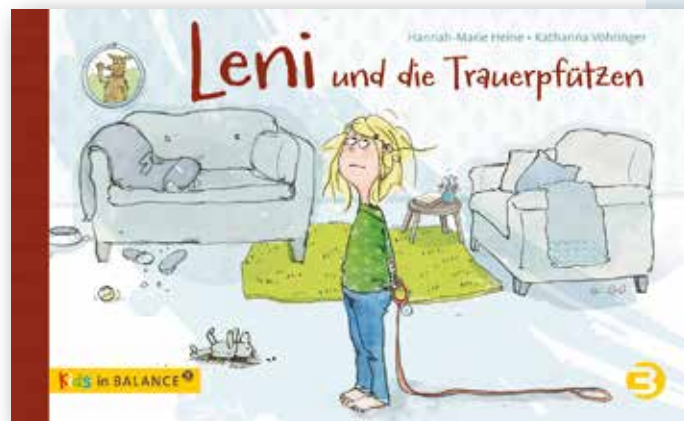
Anja Freudiger  
**A Suitcase Full Of Mum-Moments**  
from age 5, 32 pages, 15,00 €  
ISBN 978-3-86739-149-8



# Children mourn differently

Leni's best dog-friend Frieda died, her basket is empty. Leni's feelings are all over the place. Sometimes it seems as if they burst because of all the difficult feelings in her tummy.

A child's mourning is different from that of an adult. From one moment to the next a child's singing playfulness can turn into grief, anger and pain. This sensitive story combined with funny illustrations helps children to deal with their feelings and get them through the hard times. Leni learns that it is okay to jump into – and out of – these big grief-puddles.



Recommended by:

**Trauerland**

Zentrum für trauernde  
Kinder und Jugendliche

Hannah-Marie Heine,  
Katharina Vöhringer

**Leni And The Grief-Puddles**

from age 4, 40 pages, 15,00 €

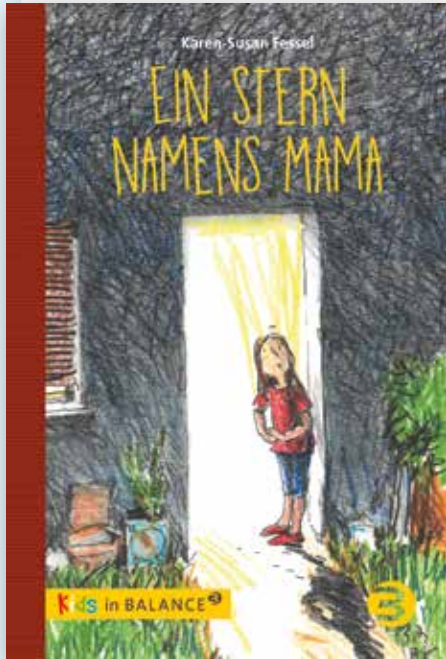
ISBN 978-3-86739-157-3



## ... and shines forever!

»When people have passed away, they become stars, Mum said. Of course, Louise knows that stars are actually small celestial bodies. But in the end, the universe hasn't been explored all that much yet. So it could actually be that Mama is a star now, shining down from the sky, and that she will be with them always, right?«

Karen-Susan Fessel's touching and multiple award-winning classic tells of saying goodbye forever and of dealing with grief and death - a book for children aged nine and up, but also for the whole family.



**Karen-Susan Fessel**

**A Star Named Mum**

from age 9, 160 pages, 10,00 €

ISBN 978-3-86739-268-6

eBook, 7,99 €



# No birthday without mum

Ruben has every reason to celebrate: his sixth birthday is coming up. But this year everything is different. His mother has lost her life to cancer. When she said goodbye, she promised to shine forever as a star in heaven. And because Ruben wants her to be there for his birthday, he stays up very late! He steps out into their garden with his father and his sister Louise. Together they all look towards the night sky. Many stars glitter back at them. Ruben is sure his mum is one of them.



Karen-Susan Fessel,  
Heribert Schulmeyer

**A Star Named Mum**

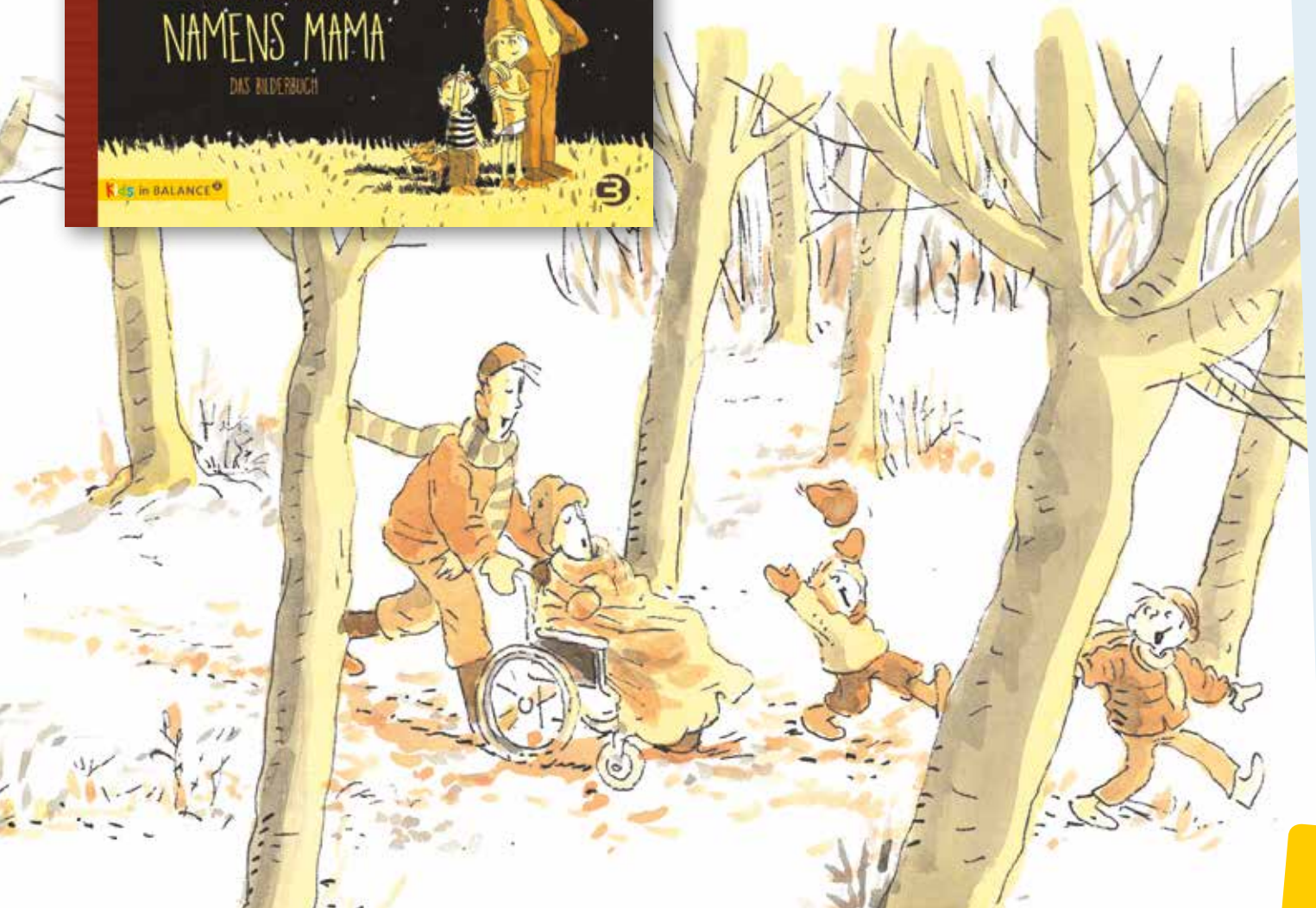
from age 4, 32 pages, 17,00 €

ISBN 978-3-86739-173-3

Recommended by:

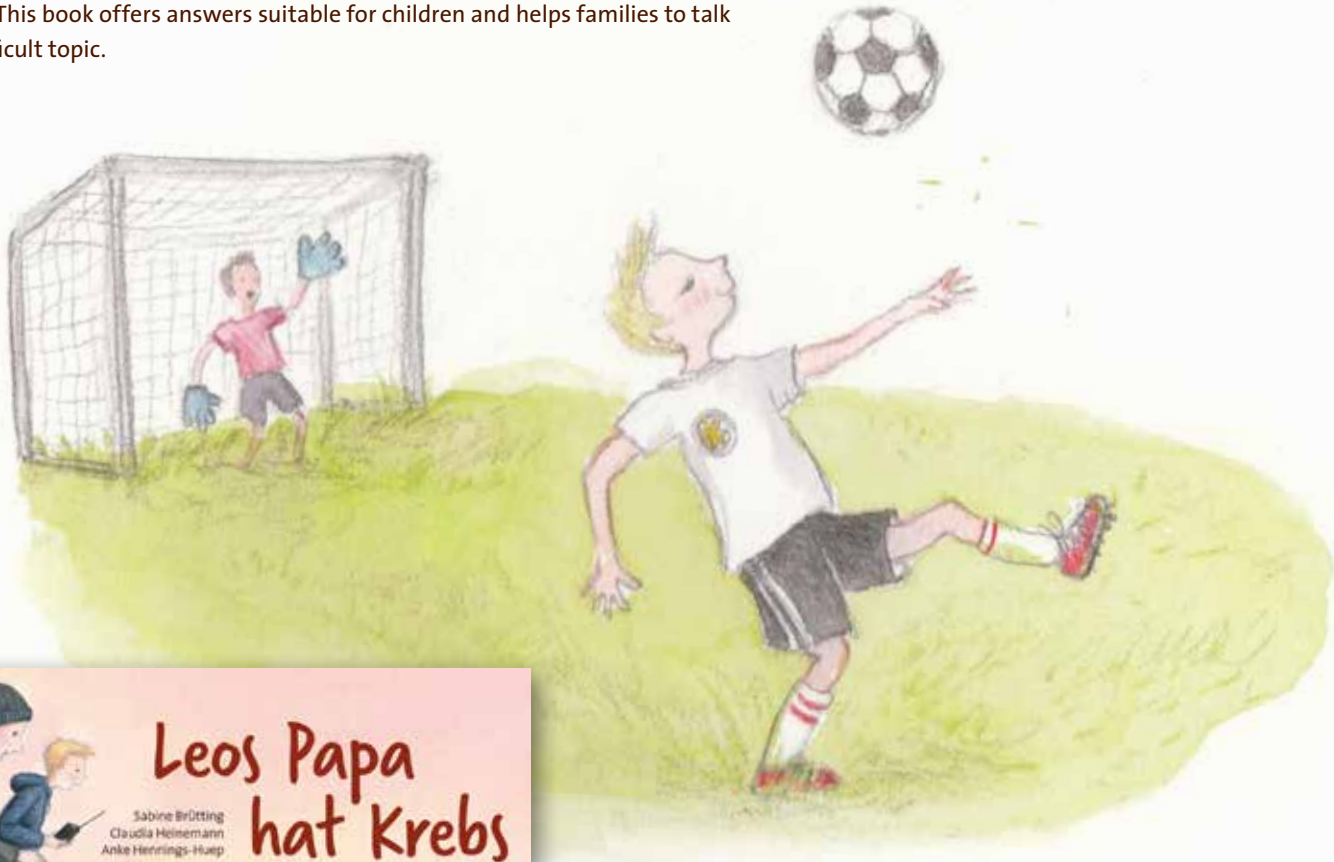
**Trauerland**

Zentrum für trauernde  
Kinder und Jugendliche



# A penalty against dad's cancer

Since Leo's dad has cancer, everything has changed. When he returns from the hospital, he has lost his hair, is very thin, always tired and very irritable. Leo doesn't know what to make of his own feelings and questions: what is cancer? Is his dad going to die? Is Leo allowed to sometimes forget all about cancer and have fun playing soccer with his friend Malte? This book offers answers suitable for children and helps families to talk about this difficult topic.

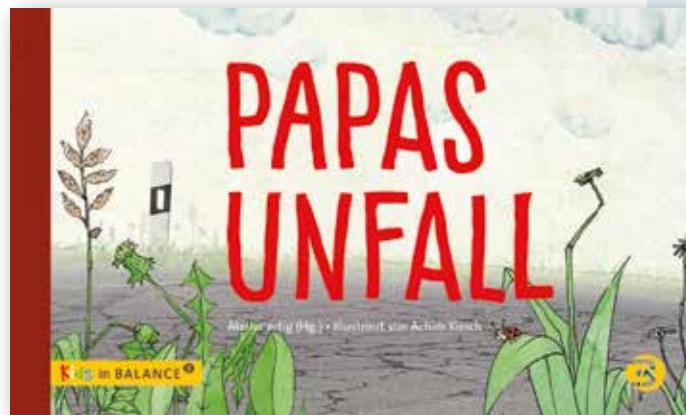


Sabine Brütting, Claudia Heinemann,  
Anke Hennings-Huep  
**Leo's Dad Has Cancer**  
from age 5, 40 pages, 17,00 €  
ISBN 978-3-86739-130-6

# Suddenly everything is different

Dad's motorcycle accident has turned family life upside down. Dad can no longer do a lot of the things he used to do and mum has her hands full. The two daughters have to cook for themselves more often – and sometimes they get nightmares. Thank god for grandma and her heavenly chocolate cake. And the possibility to try new things, like skateboarding! With its sensitive story close to everyday life this book shows in which way children deal with the sudden disability of a parent.

Atelier artig (Hg.)  
Mit Illustrationen von Achim Kirsch  
**Dad's Accident**  
from age 5, 40 pages, 15,00 €  
ISBN 978-3-86739-156-6



## Of thundery clouds and tear drops

Suddenly Lilli's dad starts acting strange. He sleeps a lot, gets angry quickly, or speeds away on his motorcycle. Lilli misses the evenings when they gazed at stars together, having her dad all to herself, and ponders with Mo the cat whether dad is mad about something. But even her attempts to cheer him up don't dispel the dark thunder clouds, and Lilli's stomach starts to grumble and hurt. Then Papa tells Lilli about his black holes – and that he's going to get help.

The book portrays the children's feelings and worries and softens their fall. It shows how a parent's depressive illness can affect a child and how important it is to talk openly about it with children.



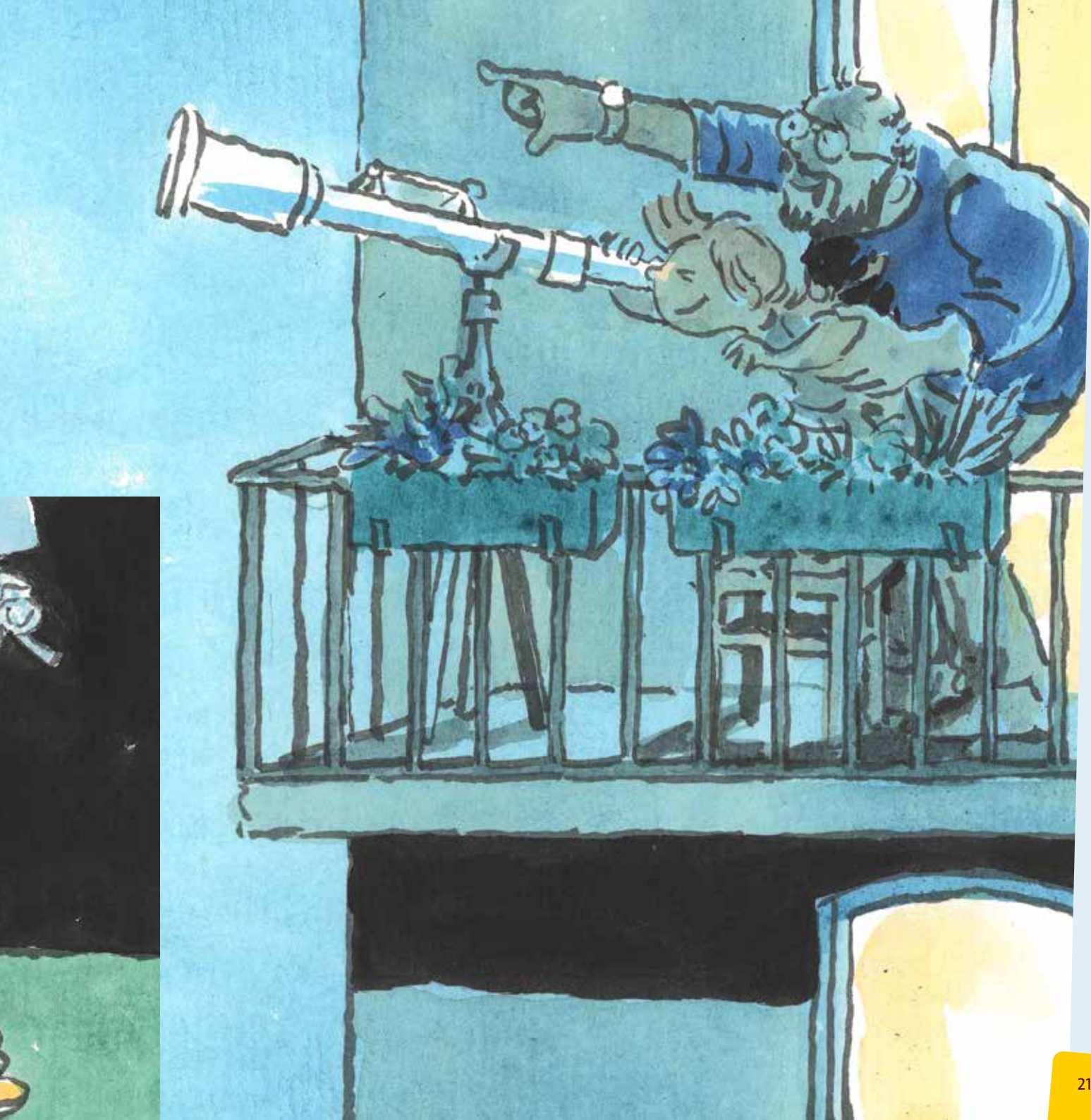
**Hannah-Marie Heine, Heribert Schulmeyer**

**Daddy's black holes**

from age 5, 40 pages, 17,00 €

ISBN 978-3-86739-233-4





# Parents are all the same, or are they?

Even on a farm you can argue about this: are a father and a child already a family? Or can two mothers and a boy be a family? What is normal for Mika seems strange to Ida. But the donkey-spook they experience together connects them and the parental amazement at a little bit of adventure-dust, too. In this, parents are all the same.

Finally, a storybook that depicts the diversity that constitutes »family«. A big help for parents and pedagogues alike. The tenor of the book: family is defined through a feeling of solidarity, not through the constitution of the particular members.



Miriam Lindner, Heribert Schulmeyer  
**Mika, Ida And The Donkey-Spook**  
from age 4, 40 pages, 17,00 €  
ISBN 978-3-86739-135-1



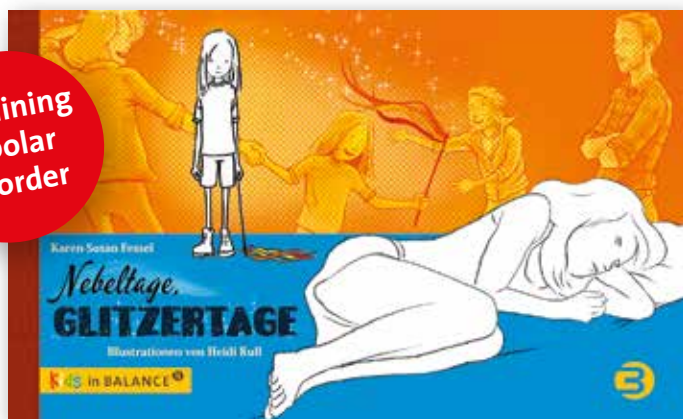


»Mika, Ida and the donkey-spook« builds the basis to talk to small children about the diverse ways families can be built. It is especially helpful to parents and pedagogues if the topic are same-sex families. The additional download contains practice-approved material and ideas to thematize family structures at home and offers implementable help for educational group work in daycare facilities. They are also applicable in a therapeutic setting.

# Mums mood-cold

Sometimes Lina's home feels all silent and dim – as if it were full of mist. On days like these mum doesn't leave her bed. Of course, Pit, Lina's big brother, is always there for her! And then there are the days of glitter – on those days mum wants to do and buy a lot of things. She spoils Pit and Lina to the fullest. Sometimes crazy things happen, like a living room full of potted plants. On those days dad gets pretty angry. He worries because mum buys too much. Thank god for uncle Jan. He knows mum well and explains to Pit and Lina what is going on with her. A mood doctor can finally help mum. And the potted plants? A gift for all the neighbours – obviously!

Explaining  
Bipolar  
disorder



**Karen-Susan Fessel, Heidi Kull**  
**Days Of Mist And Days Of Glitter**  
from age 5, 40 pages, 15,00 €  
ISBN 978-3-86739-133-7



# Sleeping alone without fear

Lauri doesn't want to go to bed at night. Especially not alone into her own bed, because she fears that monsters might wait for her in the dark. This children's book shows with charming illustrations how mother and daughter manage to overcome Lauri's fears. Step by step Lauri gets used to sleeping alone and is in the end very proud to be big at night, too.

Sold to: Croatia (Naklada Slap)



Sleeping  
Alone at  
Night

Anja Freudiger

**I Wish I Were A Big Girl At Night, too**

from age 5, 28 pages, 15,00 €

ISBN 978-3-86739-069-9



## To look ahead!

Wasim's family has to leave their home because of the war raging in their homeland. Grandma and Grandpa cannot go with them. That's why Wasim is very grateful for the vest his grandma sewed for him. He is sure it will keep him safe. That is indeed necessary because the sea is rough and the journey long, until the family finally finds a safe place in the Café Welcome. Mr Hubert helps but the best ideas come from Wasim, helping not only himself but also his father and his new friend Bashir, who is haunted by nightmares. This lovingly illustrated story about fleeing and trauma not only shows what can be used to support children through times of crisis but also how traumatized children can develop resilience.

Refugee  
Awareness



Anja Offermann, Christiane Tilly,  
Anika Merten

**Wasim's Weste**

from age 5, 40 pages, 15,00 €

ISBN 978-3-86739-119-1



# The horrors memories can hold

Finally, safety – but still the threatening experiences and hurtful memories make Yussef in turn anxious and furious. This expressively illustrated book helps traumatized children and adolescents to better understand their oftentimes frightening reactions.

Yussef and his family fled to a safe country. He suffers from bad nightmares, and at school, he is often tired and unconcentrated. At the slightest provocation he gets into an argument. He doesn't want to trouble his parents with his problems. Through his teacher he finds help in the psychotherapist Mrs Ohnsorg. With her Yussef dares to face the ghosts of his memory and slowly gains control over the pictures in his head. The additional information in this book depicts the typical symptoms of posttraumatic stress disorder.

Explaining  
PTSD and  
Trauma



Susanne Zeltner, Barbara Tschirren,  
Bruno Leuenberger  
**Yussef And The Ghosts Of  
Remembrance**

from age 8, 40 pages, 17,00 €  
ISBN 978-3-86739-129-0



# Inclusion? Of course!

Loris likes to be on his own. He only feels really comfortable if every day is exactly the same. But then the neighbours cat Albert disappears without a trace. Loris makes an astonishing discovery ... This exciting story displays with distinct illustrations how an autistic boy thinks and feels and shows how inclusion can work. With additional download material.

Sold to: Croatia (Naklada Slap), South Korea (Wisdomhouse)

*»The story depicts with care how children within the autistic spectrum view the world and that there is no single reason for exclusion.«*

Excerpt from the assessment of the Health Foundation



Explaining  
Autism

Barbara Tschirren, Pascale Hächler,  
Martine Mambourg

I Am Loris

from age 5, 40 pages, 15,00 €  
ISBN 978-3-86739-153-5



# Child's play: explaining ADHD

Matti is wired differently, everything is much stronger: his anger, his grief, but also his joy. This funny and thoughtful storybook shows not only the weaknesses of children with ADHD but also their strengths.

All from the point of view of the younger brother. With this book the experienced school-psychologist Anja Freudiger has written and illustrated a truly child-oriented book on the topic of ADHD.

**Sold to: Croatia (Naklada Slap)**



Anja Freudiger

**My Big Brother Matti**

from age 5, 28 pages, 15,00 €

ISBN 978-3-86739-072-9

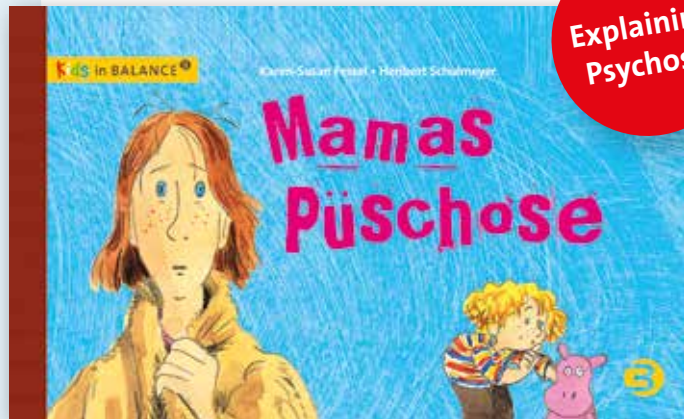
Explaining  
ADHD



# Explaining psychosis to children

Lately Kim's mom has been acting strange ... When she hides behind cars with Kim and takes the phone apart, the daughter still finds it quite funny. But when she starts listening to the wall and searches everywhere for microphones, Kim gets a little scared.

It's good that Mum finds help with Dad's support. And when Mum comes home from the hospital, they can cook pasta with tomato sauce together again and laugh about the »stupid psychosis«.

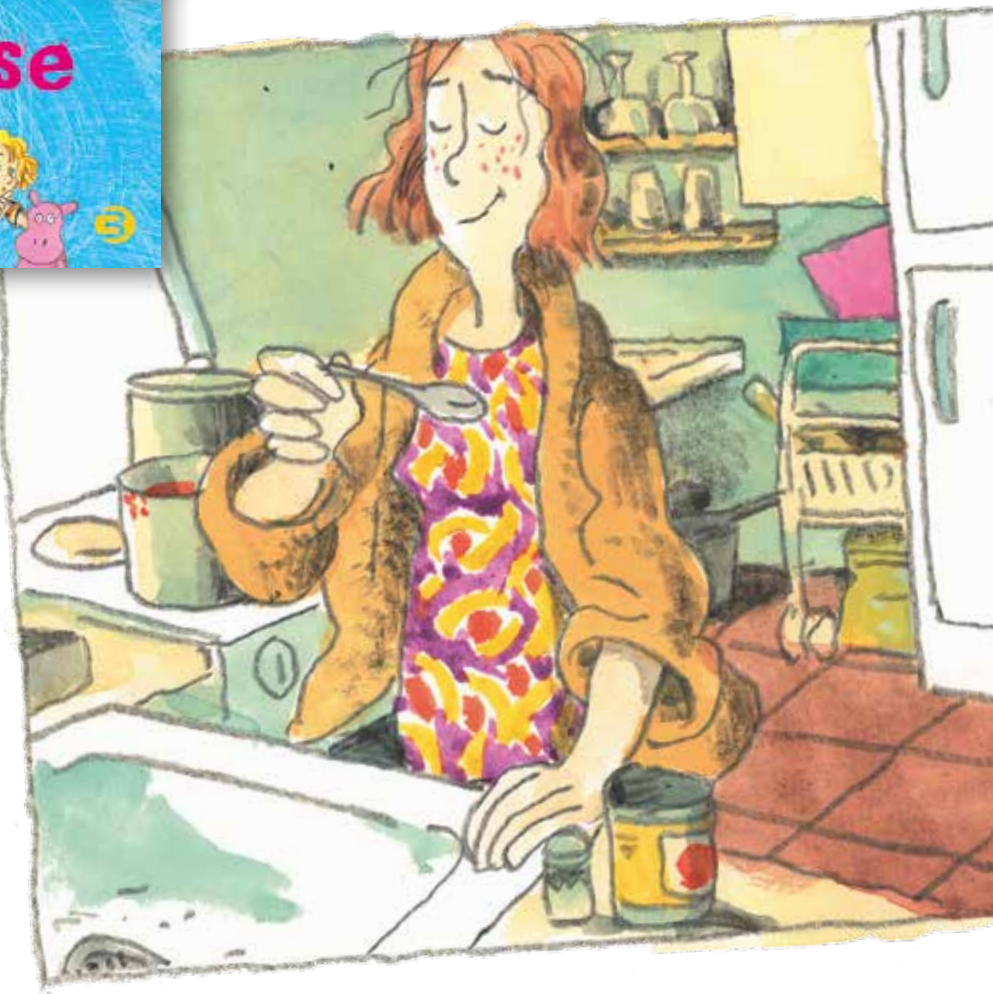


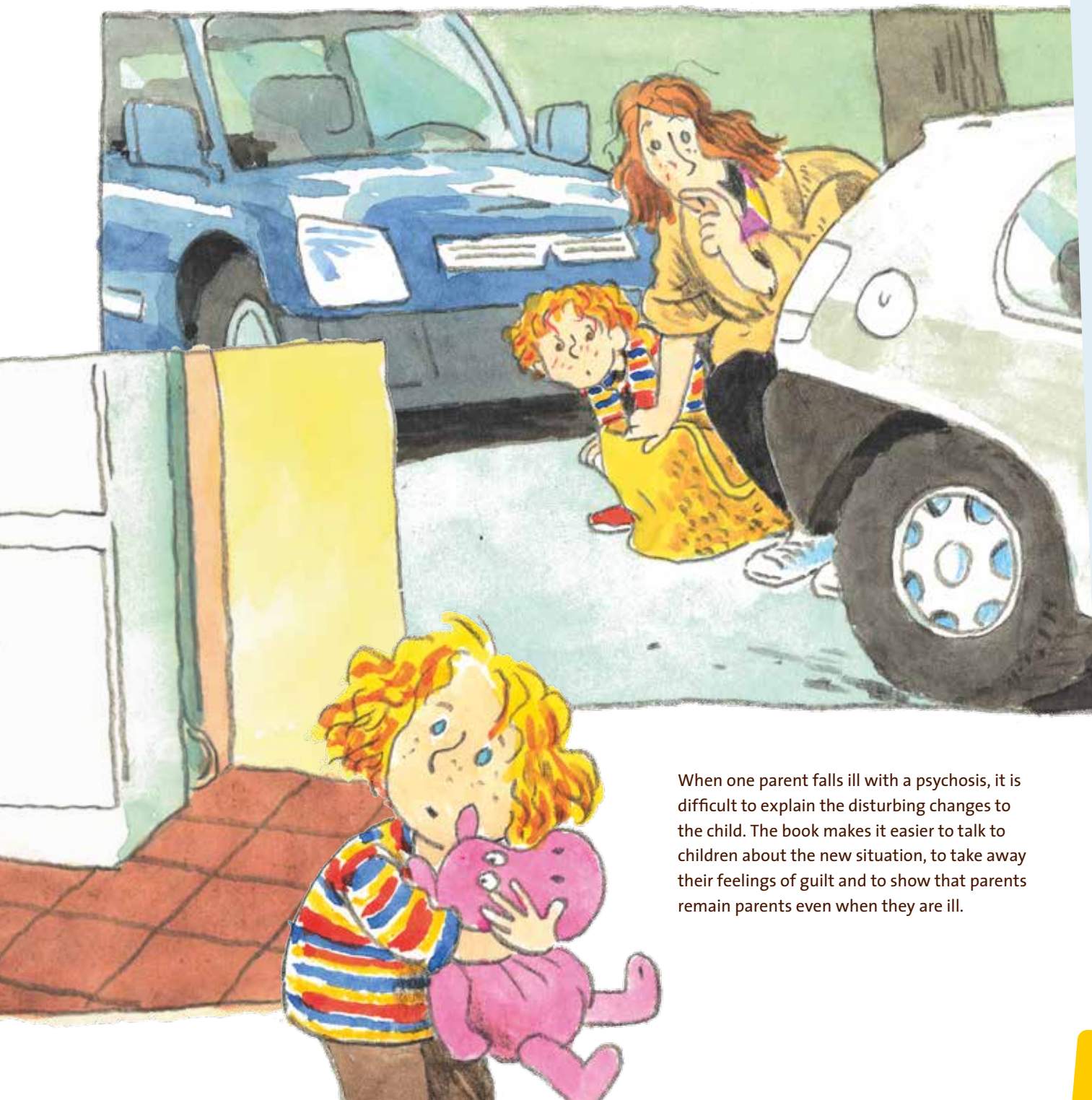
Karen-Susan Fessel, Heribert Schulmeyer

**Mommy's Psychosis**

from age 5, 40 pages, 17,00 €

ISBN 978-3-86739-184-9





When one parent falls ill with a psychosis, it is difficult to explain the disturbing changes to the child. The book makes it easier to talk to children about the new situation, to take away their feelings of guilt and to show that parents remain parents even when they are ill.

# Anorexia, what is that?

Marie doesn't know what is happening to her big sister Elise. She is always moody and doesn't want to eat with the family or play with Marie. Marie worries about her, because she is getting thinner and thinner, light as a feather ... This story from the point of view of the younger sister explains to children what anorexia is and helps to overcome the challenges it brings to the family.

Sold to: Croatia (Naklada slap)



Explaining  
Anorexia

Anja Freudiger

A Tutu-Tart For Elise

from age 5, 30 pages, 15,00 €

ISBN 978-3-86739-084-2



# Emotional spin-programme

Mia has a great mum, who can stand on her hands and likes to hear loud music. It's just that sometimes her mum gets sad and even hurts herself. Mia doesn't understand why.

»The feelings and thoughts of your mother are all in a tumble. Like in a washing machine«, mum's therapist explains. »And sometimes your mum doesn't find the pause-button. That's why she feels sad.« Mia even learns what mum can do to get better soon. And what's more, a great wish of hers comes true.

**Sold to: Croatia (Naklada slap)**



**Christiane Tilly, Anja Offermann, Anika Merten**

**Mum, Mia And The Spin-Programme**

from age 4, 40 pages, 15,00 €

ISBN 978-3-86739-075-0

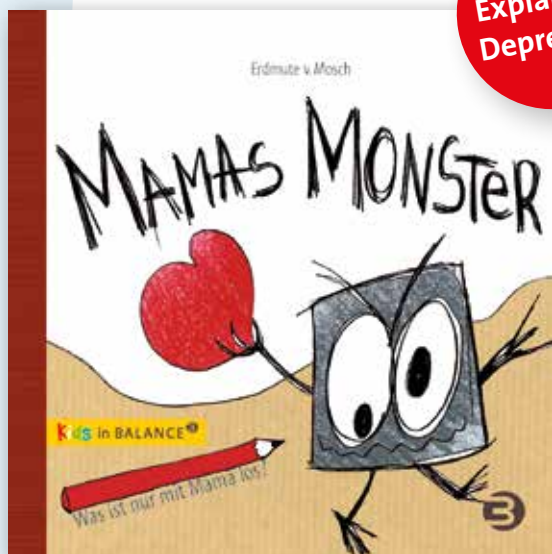


# A monster named depression

A depression monster stealing emotions? Is there such a thing? Since Rike knows what is going on with her mum she is feeling better. With a sensitive story and delicate illustration Erdmute von Mosch has created a book that explains depression to small children. **Sold to: Croatia (Naklada slap), Slovenia (Ozara Slovenija), Japan (Laguna Publishing)**

*»This picture-book tells the story of the sense of guilt the daughter feels and the inability of everyone to grasp the situation. This book can help children of people suffering from depression: they learn with Rike to call the monster depression by its name.«* WDR Servicezeit Familie

Explaining  
Depression

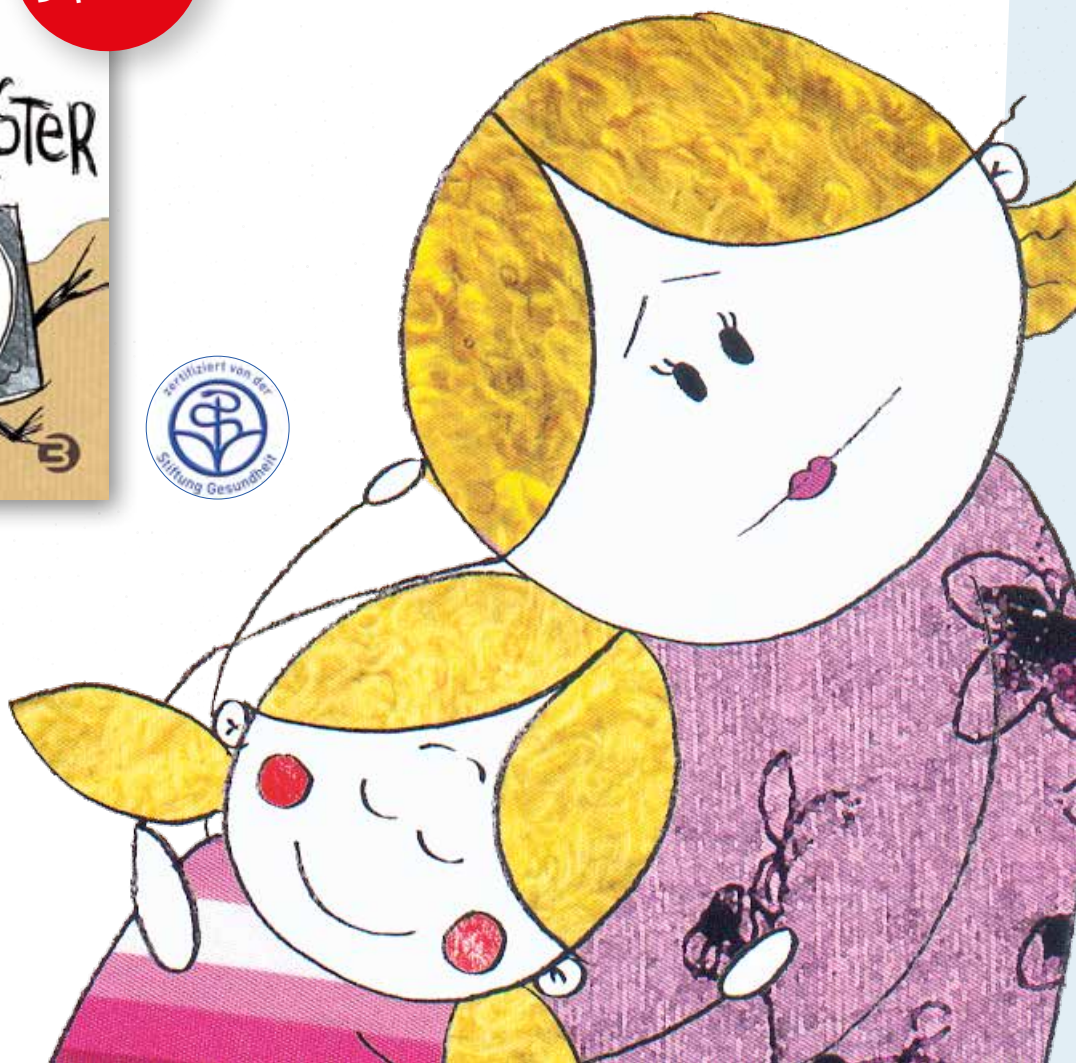


Erdmute v. Mosch

**Mum's Monster**

from age 3, 40 pages, 15,00 €

ISBN 978-3-86739-040-8



# When children don't want to live anymore

Molly tells her story with few words. A story of a well-protected childhood – until everything begins to fade with the beginning of puberty: »The blue sky became grey, the smell of freshly cut grass was lost. Grandma's chipped potatoes tasted like nothing.« But it gets worse. Mum, dad and the sister lose all their significance, too. Molly doesn't feel anything anymore. Everything has lost its meaning. She even loses the memory of her feelings. And with it her will to live.

Possible reasons for Molly's depression are intentionally not named to broaden the room for identification for children and adolescents. The strong emotional impact of the images and text helps to overcome the speechlessness of depression and suicidality. This serves to build a bridge and get in contact with therapists, teachers and/or parents. The addendum offers information about depression and suicidal tendencies in children and adolescents and lists therapeutic services.

Explaining  
Suicidality



Anna Sophia Backhaus, Rosa Linke  
**Molly And The Big Nothing**  
from age 8, 44 pages, 17,00 €  
ISBN 978-3-86739-126-9



»A well-made picture-book for both children and adolescents to explain and sensitize about depression and suicidal tendencies. The text is suitable for the target-group and the story well-implemented, showing the gradual loss of sensation and feeling Molly is going through, straight up to the point where she can no longer experience joy at all. The illustration underlines the message well and works great in unison with the text.«

Excerpt from the assessment of the Health Foundation



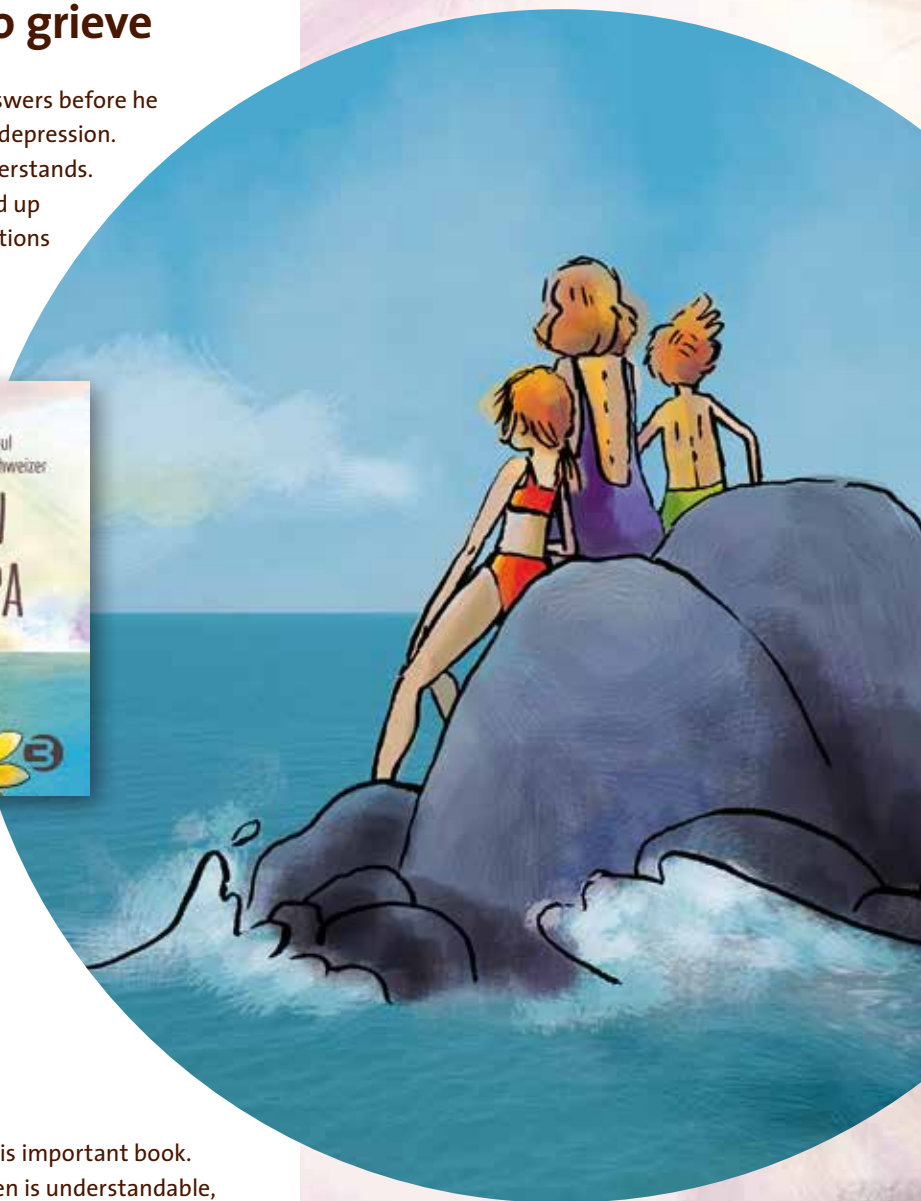
# Truthfulness helps children to grieve

It takes Tomke a whole year of difficult questions and answers before he understands how his dad could die from an illness called depression. His despair over his dad's death lessens a bit once he understands. This sensitive book makes it easier for children aged 8 and up to say farewell and for adults to deal with children's questions about the suicide of a parent.



**Chris Paul, Suse Schweizer**  
**Yellow Flowers for Daddy**  
from age 8, 44 pages, 17,00 €  
ISBN 978-3-86739-223-5

Adults are encouraged to accompany the child reading this important book. The impulse to conceal the death of a suicide from children is understandable, but an open conversation helps them and protects them from feelings of guilt. This encouraging, warm-hearted book is also well suited as a working aid for educators, grief counselors and family therapists.







Elisa König, Miriam Rassenhofer,  
Ulrike Hoffmann, Jörg M. Fegert,  
Rosa Linke  
**Hanna and the grey cloud**  
from age 9, 66 pages, 20,00 €  
ISBN 978-3-86739-260-0

## Against fear and shame and silence

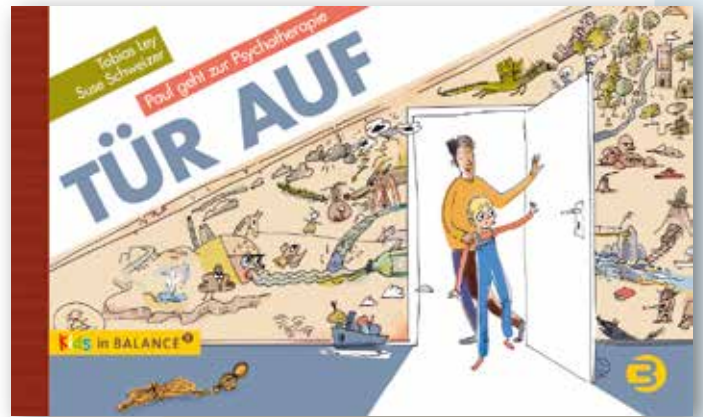
Ever since Hanna was sexually abused by Stefan at summer camp, nothing has been the same. She no longer has any desire to do the things she used to enjoy, suffers from panic attacks and can no longer concentrate at school. At first, she doesn't know whether she should tell her parents and her best friend about it. Then, at the child and adolescent psychiatric clinic, Hanna experiences that there are people and methods that gradually help her – that she even enjoys. The grey cloud lifts! The book facilitates conversations about sexual abuse, familiarizes readers with therapeutic treatment settings and methods, and strengthens hope for recovery.

An explicit book for children from age nine and up and their social environment, which addresses sexual abuse and the consequences for those affected and their parents. It also concretely depicts the course of treatment and the children's chance to find their way back into everyday life with support – a book written by experts, both explanatory and encouraging.

## A rather different kind of expedition

»Psychotherapy is like a voyage of discovery,« Mr. Lohse explains to Paul. »Christopher Columbus discovered America on a journey 600 years ago. Now we're going on an expedition to explore your soul and your fears. We'll explore areas that are familiar to you, but also those that were previously unknown.«

Sensitively and lovingly, the book shows what children can discover and experience in psychotherapy. Together with Mr. Lohse, Paul looks behind the usually closed doors in a group practice – and gets to know other children as well as exciting places ...



Tobias Ley, Suse Schweizer

**Door open**

from age 5, 60 pages, 19,00 €

ISBN 978-3-86739-267-9



## A picture book about resilience for both parents and professionals

Lia's mother is not well at all, so the nine-year-old has to face a number of difficult situations. What helps her to stay strong and healthy in spite of this? This humorous and informative picture book for professionals and parents alike shows how to mobilise the resources of children whose parents suffer from mental illness.

*»This picture book is also an excellent way to motivate children to talk about their experiences, feelings, wishes and needs. Only when children are encouraged to think about themselves, their relationships and the people in their lives, will they gradually learn to activate their protective shield under stress and how to use their resources as a buffer effectively«*

Prof. Dr. Albert Lenz, Dipl.-Psychologist

Thomas Köhler-Saretzki,  
Alexandra Roszak,  
Anika Merten

**Lia and the R-Team**

36 pages, 17,00 €

ISBN 978-3-86739-134-4

For  
Parents  
and Profes-  
sionals





# A story-book for grown-ups!

Alert: nursery school teacher change at the day nursery! The children all react very differently but the new teacher knows how to interpret their responses. She adapts to the different attachment behaviour of the children and also knows how to sensitize the parents.

Professionals are often immersed in their everyday practice. The bridging of the gap between their theoretical knowledge and the reflective application is not always easy to manage. This story-book conveys the knowledge about early childhood development and attachment behaviour through a medium both educational professionals and parents love.

The depiction of John Bowlby's attachment theory in story-book form simplifies the way to convey theoretical knowledge, while allowing self-reflection and facilitating the communication between children and parents. The story provides »applied science« about attachment and relationship structure, its premises and patterns, for every party involved.

For  
Parents  
and Edu-  
cators



Thomas Köhler-Saretzki,  
Anika Merten

**Where Is Wilma?**

44 pages, 17,00 €

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*»This story book is not only a valuable asset for educational professionals but also for parents and legal guardians alike. Generally, this book offers the grounds for analysing, reflecting and broadening educational skills in regard to attachment and relationship structure. The reviewer also explicitly recommends the application of the story for apprentices and learners because it puts the theoretical knowledge into practice, thus facilitating the always demanded theory-praxis-transfer.«*

socialnet.de, Michael Domes





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