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RELIGION

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SPRING 2026

OTHEO BOOKS

Inhoud

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About **OTHEO BOOKS**

Otheo Books is a leading Belgian publisher of inspirational non-fiction, practical philosophy, ethics for modern living and religious literature in Dutch.

Otheo Books is for readers in search of inspiration and knowledge. Our books explore how people navigate life – how they relate to their past and future, and how they find connection with each other, the world, religion and nature. Books on current social issues, science, history, art, and philosophy form a significant part of our general catalogue.

Otheo Books Learning supports professionals in religious education and catechesis with books that offer inspiration and practical tools to guide and inspire students and catechists of all ages.

Books on liturgy and diaconal work come together in **Otheo Books Pastoral**, a dedicated catalogue for everyone working with religion and faith – whether as a professional or a volunteer.

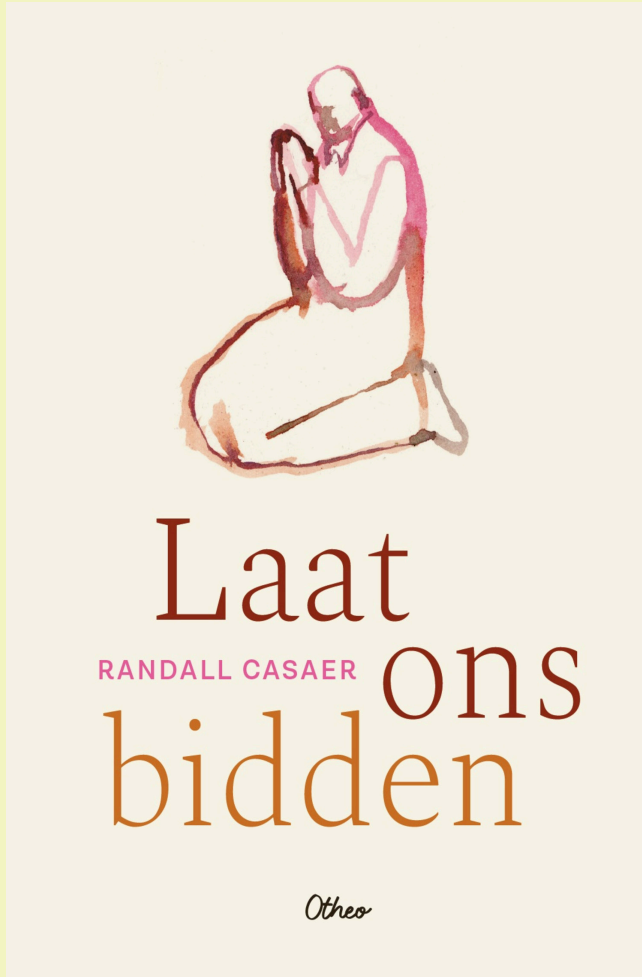
Contact information

foreignrights@otheobooks.be
www.otheobooks.be

Otheo Books

Halewijnlaan 92
2050 Antwerp
Belgium





An intimate and playful guide to personal, embodied prayer.

This book presents prayer as something simple, tangible, and deeply personal. By bringing hands together, focusing attention, and allowing silence, individuals can open an unexpected depth of intimacy that is sometimes tender and sometimes powerful. Randall Casaer's voice is candid and openhearted, utilizing humor and perspective to approach profound spiritual practices. The work alternates between personal reflections, instructions, and practical exercises, allowing readers to choose between doing and reflecting on what occurs. There is a strong emphasis on the physical body; prayer takes shape through the heart, breath, and skin. Casaer invites curiosity and experimentation, opening a space for play, listening, and stillness. This living practice remains independent of

dogma, theory, or institutional constraints. It encourages everyone to approach big questions in a human way, pointing toward unexplored areas of the human soul.

RANDALL CASAER's (1967) work usually points to an unexplored area in your being. That takes many forms: book, drawing, object, text, painting, installation, theater. Drawing remains his greatest love. He combines playfulness with depth and invites you to approach big questions in a human way.

On a Wing and a Prayer

Hans Geybels & Myriam Rispens

224 p.
April 2026



A visual and spiritual journey through Belgium's pilgrimage traditions.

Pilgrimage is attracting more people, yet famous routes like the Camino face overtourism. In Belgium, local paths are being rediscovered and valued, with motives ranging from religious to cultural or athletic. This book focuses on “traditional” pilgrimages where people visit Christian sites to pray or engage in rituals. The evocative photography of Myriam Rispens captures the unique atmosphere, taking the viewer on a spiritual journey. Hans Geybels provides

deep texts exploring the rich phenomenon of the pilgrimage from departure to the return home. Together, they present a world that feels both strange and intimately familiar. This collaboration highlights how local traditions and popular religiosity remain vital in the modern world. It invites readers to experience the spiritual depth found right in their own backyard through shared rituals and walking.

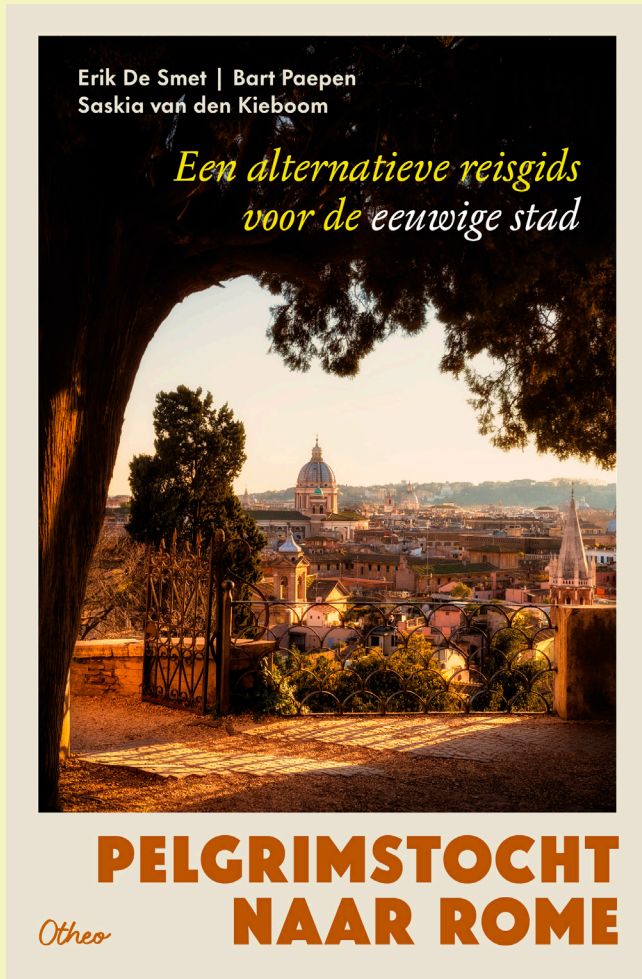
HANS GEYBELS is connected to the Faculteit Theologie en Religiewetenschappen of the KUL. He is chairman of the research unit Pastorale en Empirische Theologie and holds the chair 'Popular religiosity'. He is also managing director of the think tank

Pilgrimage to Rome

Saskia van den Kieboom,
Bart Paepen & Erik De Smet

272 p.
May 2025

English sample
available



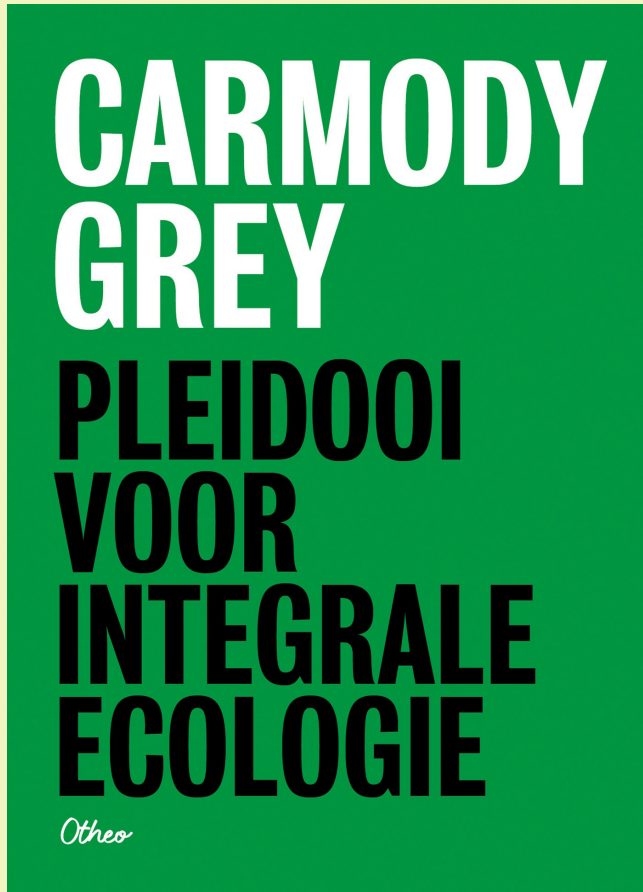
A vibrant journey through Rome's soul, blending history and spirituality.

For centuries, all roads have led to Rome, but what do travelers actually find in the Eternal City? Three seasoned experts—a priest, a journalist, and a theologian—now probe the very soul of this ancient metropolis to find out. Their alternative journey leads along ancient city gates and papal basilicas, but also explores hidden gems in the suburbs and well-kept secrets. Rome offers history, religious heritage, artistic wealth, and the vibrant life of a contemporary metropolis. On every corner, layers of this treasure are waiting to be discovered through stories. By adopting the “receiving attitude” of a pilgrim, any tourist can leave the beaten path and let their passion speak. This immersive portrait of a city continues to surprise, inviting readers to encounter the unknown with an open heart.

BART PAEPEN (1971) works as a priest in the Onze-Lieve-Vrouwekathedraal of Antwerp. He studied for two years at the papal university Gregoriana where his great love for Rome grew.

SASKIA VAN DEN KIEBOOM (1980) works as a staff member for family ministry and is the contact person for faith and homosexuality in the Diocese of Antwerp. She got to know Rome in various ways: on school trips, by running the marathon, by being guided and by guiding, as a tourist and as a pilgrim.

ERIK DE SMET (1966) is a historian and anthropologist with a great interest in religion, theology, and the Church. He is a journalist/editor for Otheo Kerk&Leven.



A radical call for communion and a revolution of tenderness.

In this compelling re-evaluation of the human condition, Carmody Grey delivers a reckoning with our fragmented modern world. The concept of “the environment” expresses an ingrained habit of compartmentalization, which underpins a corrosive paradigm of technocratic utility. Grey proposes instead that we think through the crises of our moment in terms of our most fundamental task: the task of being human on this earth. What we long for is not simple “connection,” but true communion with others, with our living world, and with God. To cultivate “practices of communion” is the courageous alternative in a world currently dominated by practices of alienation and exclusion. The “episteme

of the mother,” Grey argues, generates the profound moral insight we need in our moment. It shows the way to a radical revolution of tenderness.

DR CARMODY GREY is Professor of Integral Ecology at Radboud University. She was formerly Assistant Professor of Catholic Theology at the University of Durham. She holds a Visiting Professorship at the London School of Economics, an Adjunct Professorship at the University of Bern, and an Honorary Fellowship at the University of Durham. She lives in London with her husband and son. chapels were brought together in *Kapel gezocht* (2023).

Wisdom of an Abbot: Bernardus Peeters

Hugo Vanheeswijck

184 p.
September 2025



Essential life lessons from the world's highest-ranking Trappist monk.

In this profound work, Hugo Vanheeswijck harvests essential life lessons from deep conversations with the global leader of all Trappists. This book is a compelling recommendation for those wishing to look further than the surface of daily existence. Bernardus Peeters identifies the ability to receive and share love as the central thread of human life. As a Trappist, his spirituality naturally emphasizes seeking silence and depth as valuable life options. He challenges the notion that abbey life is an escape from the world; instead, living in silence forces an encounter with the world one thought they left behind. Vanheeswijck masterfully weaves these discussions into a guide that offers a unique perspective on meaningful living and inner growth. The modern world has much to gain from this contemplative viewpoint on leadership and connection.

BERNARDUS PEETERS (1968) joined the Trappists in the abbey Onze-Lieve-Vrouw van Koningshoeven in 1986. He was elected abbot there in 2005; since February 2022, he has been the general superior of the Trappists and Trappistines. He manages to combine his administrative task in a powerful way with a strong spiritual passion.

HUGO VANHEESWIJCK (1958) is married and the father of two sons. He graduated as a philologist in Germanic languages, an anthropologist of religion, and a doctor of comparative pedagogy. He teaches at several theological and philosophical institutes in Flanders and the Netherlands.

Rights sold
Spanish (Grupo de Comunicación Loyola), English and French (Le Signe)

The High-Pressure Society

Alain Mahjoub

250 p.
November 2025



Why we must choose relationships over results to avoid burnout.

Why is the bar set so high in our modern lives, and why do so many feel exhausted or inadequate? Alain Mahjoub, an emergency physician and psychotherapist, explores these questions by exposing how the relentless drive for performance and the “more, better, faster” ideal drain our reserves. This deep investigation seeks the origins of our collective stress, inviting readers to pause and reflect on the heavy toll of our contemporary lifestyle. Mahjoub advocates for choosing relationships over results to combat the burnout and exhaustion prevalent in society today. This “must-read” offers a way to live differently by addressing deeper causes rather than symptoms. Backed by experts like Dirk De Wachter, the book highlights the necessity of “feminine values”

and connection in a world that often feels overwhelmingly heavy and difficult to navigate.

ALAIN MAHJOUB is an emergency physician, psychotherapist, and writer. He is affiliated with Overkop-Huis Safe Space. From his unique combination of medical and psychological expertise, he looks further than symptoms alone—he seeks the deeper causes of stress, burnout, and mental exhaustion in our society. He previously wrote *Jij bent dus ik ben. Het goede leven begint bij verbondenheid.*

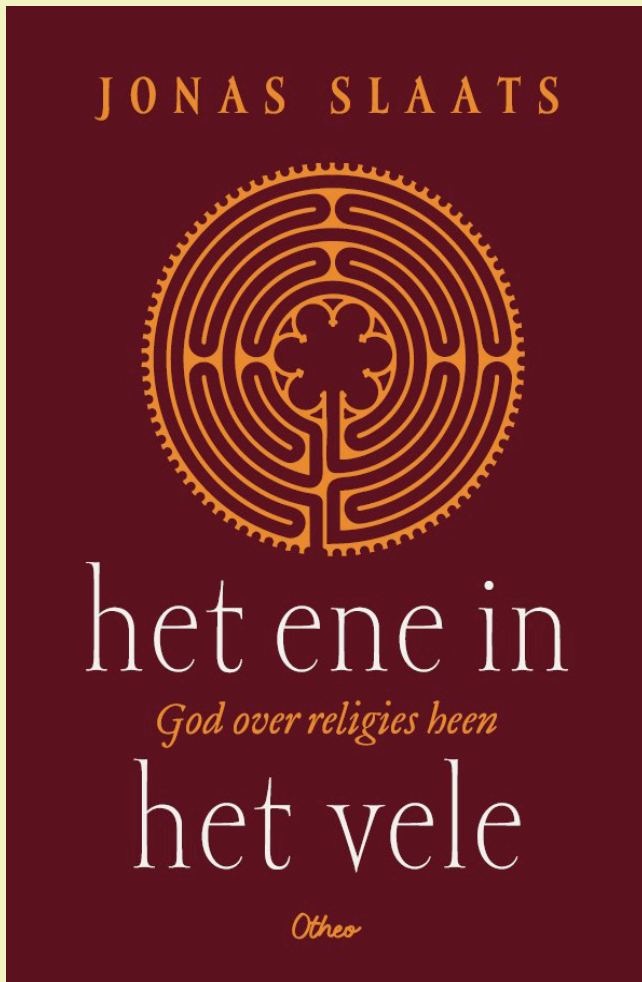
**‘A society guided by feminine values is good for everyone.
I wholeheartedly support Mahjoub’s plea.’**

– Griet Vandermassen –

The One in the Many

Jonas Slaats

208 p.
October 2025



A profound search for God across different spiritual traditions.

The question “Who or what is God?” is being asked more frequently, yet many lack the language to answer it. Jonas Slaats provides that language by diving into source texts and consulting great philosophers to clarify the reality behind terms like “God,” “Allah,” and “Brahman”. Diverse traditions often point in the same direction, where prophets, mystics, and theologians describe a divine presence that forms the ground of existence. Although the divine transcends human concepts, it remains understandable because it is closer to us than our own skin. Slaats offers a fresh look at traditions in motion and dialogue, as noted by Rowan Williams. His background in philosophy, anthropology, and peace work allows him to move between religion, politics, and mysticism, providing a firsthand view of diverse spiritual forms and a changing religious landscape.

JONAS SLAATS (Ghent, 1980) is a theologian and writer who always moves on the intersections of religion, politics, and mysticism. After his philosophical, anthropological, and theological studies, he engaged in various forms of peace work and immersed himself in several spiritual traditions. Today, he teaches philosophy and religion in higher education and is an external researcher at Radboud University.

‘We need more authors of this calibre who offer their readers a genuine and fresh perspective on traditions that are evolving, in dialogue with each other and undergoing significant change.’

– Rowan Williams –

The Sacred and the Taboo

Herman De Dijn

256 p.
February 2025



A philosophical rediscovery of Catholicism's essential role in humanity.

Modern religious interest is often reduced to a search for spiritual experiences, leading to a misunderstanding of Roman Catholicism. Herman De Dijn attempts to rediscover this centuries-old collective heritage from a philosophy of religion perspective. While contemporary society may struggle with nihilism, this religion preserves what is fundamentally human. De Dijn argues that Catholicism is centered on the “cult of God” through liturgy and the “cult of the neighbor” through charity and care. Participating in this double worship offers redemption and hope, serving as a bulwark against both cynical despair and utopian control. This study reveals special and unexpected lessons for today’s world. De Dijn, an emeritus professor and

prolific author, explores why these rituals and traditions remain indispensable for achieving true happiness and maintaining human dignity in a changing era .

HERMAN DE DIJN is emeritus professor at the Higher Institute of Philosophy of the KU Leuven. He is the author of an extensive oeuvre, with titles such as *Het Rooms-katholicisme, een ongelooflijke godsdienst* (2023), *Rituelen. Waarom we niet zonder kunnen* (5th edition 2023) and *De andere Spinoza: de twee wegen naar het ware geluk* (2020).

MARIA VAN MIERLO



Klooster wijsheid vandaag



GIDS VOOR EEN
EENVOUDIG LEVEN

Otheo

Timeless monastic wisdom for a simpler, more meaningful life.

While many books discuss spirituality, few help achieve lasting happiness. Maria Van Mierlo demonstrates that a truly spiritual life requires a specific inner attitude and a committed path that goes beyond reading beautiful texts. The book reveals a journey toward inner conversion in three parts. Readers first learn to balance “horizontal” and “vertical” living by engaging the body. Then, eleven practical chapters provide tips for daily life drawn from ancient monastic sources and the tradition of the Desert Fathers. Van Mierlo makes this wisdom wonderfully accessible for a new generation. As Anselm Grün notes, these advices help individuals live more consciously and freely. By bringing Benedictine and Cistercian traditions close to home, the book addresses the universal desire for a congruent and fulfilled life.

MARIA VAN MIERLO has lived from the monastic spirituality of Benedictines and Cistercians for over twenty years. In retreats and individual coaching sessions, she shares from that old wisdom. She has published in, among others, *Nederlands Dagblad*, *De Kovel*, *Klooster!* and *Volzin* and she is one of the voices of the *Kloostercast* of KRO-NCRV.

**‘I hope this book brings monastic wisdom to our time,
helping people live more consciously.’**

- Anselm Grün OSB -

The Gift of Art

Jacques De Visscher

144 p.
March 2026

Een filosofische inleiding Jacques
De Visscher



HET GESCHENK VAN DE KUNST

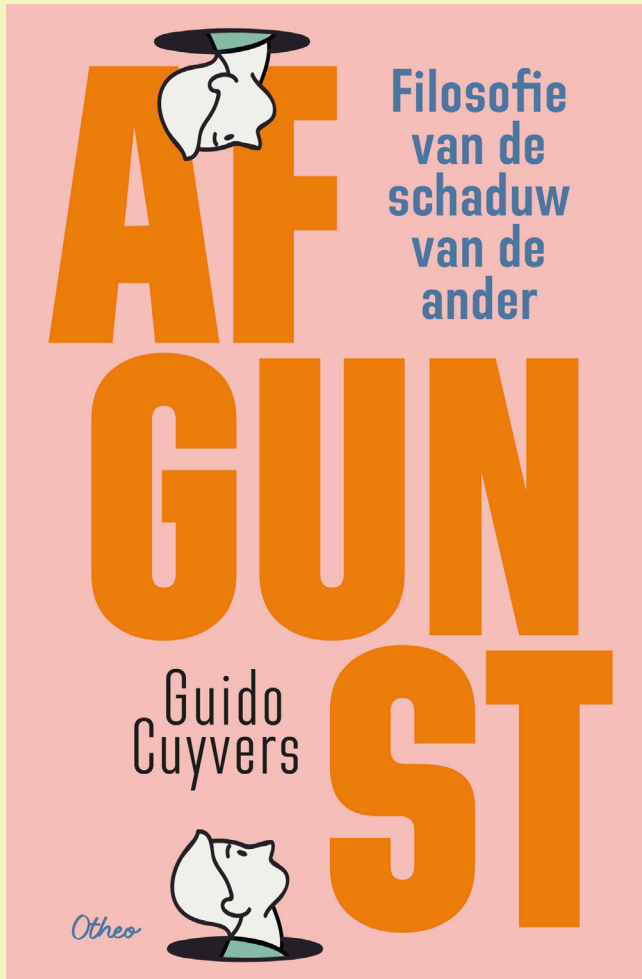
Otheo

An existential exploration of art's profound impact on our lives.

A chance encounter with a contemporary Chinese painting serves as the starting point for Jacques De Visscher's surprising philosophical essay. He explores the viewing, listening, and interpreting of art, describing how observation leads to a concrete experience that gains a place in our lives. De Visscher leaves behind doctrine and theory, convinced that art only gains meaning within a personal context. This "existential adventure" addresses eternal questions about aesthetic beauty and whether art possesses a religious dimension. He questions if societies can rediscover their historical and spiritual riches through creative works. Ultimately, art acts as an indispensable gift for humanity. De Visscher's reflections emphasize that art is crucial for a democratic society,

making us more receptive to its essential role in human civilization as noted by Hans Achterhuis.

JACQUES DE VISSCHER (1943) studied both Interior Architecture and Moral Sciences in Ghent. He obtained his PhD on De religieuze symboliek in 'Macbeth' van Shakespeare. He was successively Professor of Art Philosophy at the Higher Architecture Institute Sint-Lucas (Ghent-Brussels) and special Professor of Philosophy and Literature at Radboud University Nijmegen. He is the author of twenty-five books.



Understanding envy as a compass for personal growth and connection.

Seeing others' success on social media often triggers a sting of discomfort known as envy. This powerful emotion, which we often prefer to hide, has shaped human relationships for centuries. Guido Cuyvers explores the deep, complex world of envy and jealousy from classical drama to the modern digital era. Envy is not just a personal whim but a socially and culturally driven phenomenon that forms our society from within. Cuyvers identifies the philosophical, psychological, and cultural roots of these feelings, explaining the difference between envy and jealousy. The book teaches how social comparisons influence us and how to redirect this "shadow". By treating envy as an inner compass, readers can discover hidden desires and catalyze personal growth. This

guide facilitates deeper human connection by making these misunderstood emotions navigable for self-understanding.

GUIDO CUYVERS is a doctor in Criminology and also studied Family and Seksuologische Wetenschappen and Philosophy at the KU Leuven. After his career in higher education, he remains committed in the middleveld and as an author on social themes. He is actively involved in elderly policy in Flanders and Europe.

And Then There Was AI

Tim Brys & François Levrau

244 p.
March 2026



Navigating humanity and morality in the age of artificial intelligence.

Artificial Intelligence has become an everyday reality in just a few years, yet fundamental questions remain under-discussed. François Levrau and Tim Brys explore who we are as humans when machines approach or exceed our intelligence. They investigate what autonomy, empathy, and creativity mean in the AI era and how this innovation affects citizens, leaders, and believers. Rather than rejecting technological progress, they advocate for slowness, moral re-evaluation, and wisdom. AI is reshaping not just society but our very self-image. Levrau and Brys provide a necessary reflection on how to remain human amidst machines. Their combined expertise in social sciences and AI offers a unique look at technology's impact.

This book encourages a thoughtful approach to rapid change, prioritizing human imagination over cold efficiency.

FRANÇOIS LEVRAU (1980) studied Psychology and Moral Sciences and is a doctor in Social Sciences. He is the author of *Waarom verloopt het samenleven soms zo moeizaam?* (2021) and *Vorbij het eigen gelijk* (2024).

TIM BRYs (1987) earned his PhD in Artificial Intelligence and a master's in Religion in Libanon. He writes for *De Standaard* about the impact of AI on our being human. He is the author of *Hoe maak je een stadsklooster?* (2025).

Joachim Dejonghe



**De
koord
danser**

Een gids voor balans
en innerlijke groei

Otheo

A meditative guide to finding balance and love in life.

Life is a constant balancing act between darkness and light, fear and trust. From years of personal notes, Joachim Dejonghe has created a guide that distills complex insights into their essence. Through short, rhythmic, and meditative fragments, he offers “seeds of wisdom” that are clear and accessible yet deep. Readers can journey through the book for spiritual growth or open it at random for daily inspiration. Inspired by philosophy, psychology, and various spiritual traditions, this work serves as a compass for expanded consciousness. Dejonghe invites readers toward inner balance and, ultimately, love. As Joke Devynck notes, this “little gem” breathes with a sense of calm in the midst of a storm. It acts as a companion for anyone exploring what it truly means to be human in today’s chaotic world.

JOACHIM DEJONGHE is filmmaker, writer, and thinker. His films were internationally awarded and he was laureate of the Klasse van de Kunsten in 2022. As a confidant and ceremony speaker, he guides people in overgangsmomenten. All his work starts from the search for what it means to be human.

**‘This gem reads like a meditation.
Written from the urgency of the eternal Now.
A gift!’**

- Joke Devynck -

Dialogue on Life's Big and Small Questions

208 p.
October 2026

Frederique Vanneuville, Edel Maex & Katharina Michiels



A profound exchange between Zen Buddhism and Monastic life on the art of listening.

Psychiatrist and Zen teacher Edel Maex joins Sister Katharina Michiels to explore the motto: 'Speaking is a need, listening is an art'. Both felt a profound spiritual hunger in their twenties, leading them unexpectedly toward paths of contemplation and meditation. While both were raised Catholic, Maex turned to the East to find his home in Buddhism, while Michiels left her career in youth work to enter a cloistered Catholic monastery.

For decades, silence has remained the core of their lives. Driven by mutual curiosity, these two contemporary wisdom teachers speak candidly about what matters most. They shine a light on themes such as love and compassion, responsibility for the world, good and evil, and new

forms for ancient traditions. Despite their different paths and vocabularies, they consistently discover that they arrive at the same essential truths.

EDEL MAEX (1956) is a psychiatrist and Zen teacher who pioneered mindfulness for a broad audience. He formerly headed the stress clinic at ZNA Antwerp and currently leads Zen retreats. He is the author of several books on Buddhism and mindfulness.

SISTER KATHARINA MICHIELS (1963) has been the abbess of the Trappistine Abbey of Our Lady of Nazareth in Brecht since 2019. Before entering the abbey in 1995, she worked as a pedagogue. She studied theology within the monastery and managed the TRAPP soap workshop.

FREDERIQUE VANNEUVILLE (1972) holds a PhD in Biblical Studies. Her career has spanned teaching, staff positions in elderly care, and journalism for Tertio. A love for language and stories, with a focus on people and society, is the thread throughout her work.

The Boy Who Ate Bees

Gilbert Nyatanyi

224 p.
April 2026

Gilbert Nyatanyi

HET JONGETJE DAT BIJEN AT



Othos

A moving autobiography of identity, resilience, and Rwandan–Belgian roots.

In this moving and true story, Gilbert Nyatanyi recounts his life growing up between two distinct worlds. Born in Rwanda and raised in West Flanders, his childhood of warmth and color changed when he moved to Belgium as a child after losing his father. He had to take root in a new culture, navigating between nostalgia and hope. Nyatanyi writes with poetic precision and mild irony about origin, identity, and forgiveness. He weaves his family history and the story of a torn nation with a boy's discovery of resilience. This exceptional debut is both gripping and full of humanity, offering healing stories for those who have experienced displacement. It is an honest life story that explores how one embraces a future while carrying the past with grace.

GILBERT NYATANYI (1971, Rwanda) grew up in Egem, West-Vlaanderen. He is a jurist, specialized in bank- and financieel recht, with experience in Europe and Africa. Also known as 'Gilberke' from the tv-classic Alles kan beter. He is married and the father of two daughters.

'A grand, deeply human story that is an example of perseverance, humanity, and strength.'

- Rik van Puymbroeck -

My Faith as a Biblical Scholar.
A vulnerable and honest answer
Bénédicte Lemmelijn



Prof. Bénédicte Lemmelijn is professor of Old Testament at the Faculty of Theology and Religious Studies of the KU Leuven.

This book deals with the question on the way in which prof. Lemmelijn, as a 'biblical scholar', can be able to combine her scientific expertise and critical mindset to a sincere personal way of believing and faith. The title already formulates this tension, and promises an honest but vulnerable answer to this question. The book has been written in a very open way, and describes a spiritual path that is inspiring to people today.

Rights sold: English, French (Editions jésuites) and Russian (Dar publishers)

'Prize for the religious and spiritual book' 2017
5th edition

Christmas in Color

Aagje Van Impe

16 p.
October 2025



A creative coloring book exploring the true meaning of Christmas.

Christmas represents more than just lights and gifts; it focuses on togetherness, sharing, and reflecting on what is truly important. This creative coloring book features twenty-four playful plates designed to invite children into meaningful conversations while they color. From the traditional Christmas story to themes of friendship and diverse traditions, each drawing provides space for both artistic fun and deeper connection. Perfect for home or the classroom, it serves as a starting point for beautiful dialogues or a quiet moment of peace. Children are encouraged to pick up their pencils and discover the unique stories behind every illustration, one color at a time. Aagje Van Impe's debut work is created with love and a subtle wink. This book offers a gentle way for a new

generation to explore values while engaging in a beloved creative activity.

AAGJE VAN IMPE (1994) is a graphic designer and illustrator and has been active in various creative projects for ten years. She draws, designs, and creates with a lot of love, from personal prints to playful illustrations. Always looking for new challenges—preferably with a subtle wink. With this coloring book, she makes her debut.

**'My children look differently at Christmas now.
Less glitter, more light.'**

- Aïcha -

Recent acquisitions

Luigi Testa, *Via crucis di un ragazzo gay* by Luigi Testa, Lit Edizioni s.a.s. di Pietro D'Amore

Jason M. Brown, *Dwelling in the wilderness*, Trinity University Press

André Louf, *L'homme intérieur*, Salvator Editions

Geert De Sutter, *Notre-Dame de Paris au fil de l'histoire*, Fleurus Editions

Mouhanad Korchide, *Ein Muslim auf dem Jakobsweg*. Pilgererfahrungen der anderen Art, Herder Verlag

Louis Dupré, *Religion and the Rise of Modern Culture*, University of Notre Dame Press

Thomas Keating, *Intimacy with God*, The Crossroad Publishing Company

Samuel Pruvot, *Léon XIV. L'apôtre de la paix*, Salvator Editions

Jan Loffeld, *Wenn nichts fehlt, wo Gott fehlt. Das Christentum vor der religiösen Indifferenz*, Herder Verlag



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