



# COMMERCIAL NON-FICTION



Penguin  
Random House  
Grupo Editorial



# POPULAR PSYCHOLOGY





## RAFAEL SANTANDREU

Bestselling Popular Psychology and Wellbeing author. He has sold over **one million copies** to date and has been published in **13 languages**.

**Rafael Santandreu** is one of Spain's most prestigious psychologists. He is a bestselling Popular Psychology and Wellbeing author and has sold over one million copies to date with publications in 13 languages.

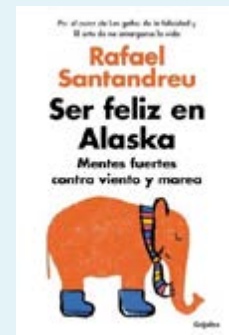
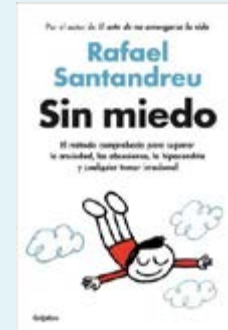
After earning degrees in Spain and England, he became a professor at Universitat Ramon Llull.

In the 2000s, he worked with the world-famous psychologist Giorgio Nardone at the Centro di Terapia Strategica in Arezzo, Italy.

He currently splits his time between his psychotherapy practice and training future doctors and psychologists. Patients from all over the world come to his practices in Barcelona and Madrid, whether in-person or by video call.

His books, The Art of Not Embittering Your Life, Happy Glasses, Happiness in Alaska, Nothing's That Bad and Fearless have become international hits in the world of psychology. He is renowned for an accessible, amenable writing tone which is strengthened by his professional background and years of experience treating patients.

[www.rafaelsantandreu.es](http://www.rafaelsantandreu.es)







***El arte de no amargarse la vida***

Rafael Santandreu  
Grijalbo, August 2013, 441 pages

Rights sold to:  
Korea (The Wing of Thinking)  
France (Enrick B. Edition)  
Portugal (Bertrand)  
Turkey (Pegasus)

English sample available

## THE ART OF NOT EMBITTERING YOUR LIFE

The keys to psychological change  
and personal transformation

### SYNOPSIS

Becoming stronger, happier people is our destiny. In this book, Rafael Santandreu proposes practical, accessible, and scientifically proven methods for reaching it. Combining a style all his own with his personal experiences as a longtime psychologist, his book will show you how to re-shape your thoughts and actions to become a calmer, happier, and more optimistic person.

Using the tools of cognitive psychology—the most famous school of psychology in the world—The Art of Not Embittering Your Life has become a worldwide sensation, helping hundreds of thousands of people on their quest to become happier.

"A well-written, scientifically sound book that will help people achieve happier, more satisfying lives. Highly recommended."  
Walter Riso



***Las gafas de la felicidad***

Rafael Santandreu  
Grijalbo, August 2021, 344 pages

Rights sold to:  
Portugal (Bertrand)

## HAPPY GLASSES

Find your Emotional Strength

### SYNOPSIS

Rafael Santandreu provides surefire solutions to the problems and complexes that leave so many of us unhappy.

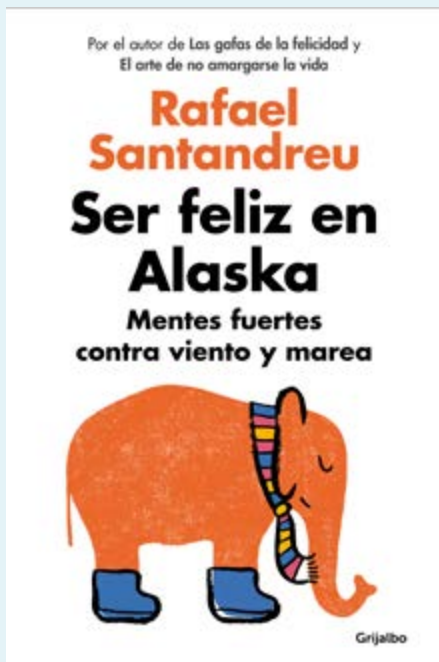
"The goal of this book is to make you a stronger, happier person. It's a collection of all the tools modern psychology has at its disposal to help you change yourself. I'm personally not a fan of self-help books, at least not if they aren't based in hard scientific evidence. What I'm offering you here are well-proven tools; I've found that roughly 80% of patients who stick with my therapeutic methods have been able to definitively cast off depression, anxiety, obsessions, and phobias." Rafael Santandreu

It's time for you to put on the glasses that will take your heart and mind to a new level. What are you waiting for?  
Put on your happy glasses!

"Please, read this book. I'm saying that as a doctor who sees patients overloaded with stress day-in and day-out."  
Dr. Santiago Dexeus

"Simply magnificent. This philosophy will genuinely help you become a better person."  
David Ferrer, professional tennis player

"With *Happy Glasses*, the psychologist Rafael Santandreu has brought us tools to change the way we look at our daily lives."  
Diario de Burgos



### **Ser feliz en Alaska**

Rafael Santandreu  
Grijalbo, June 2021, 320 pages

Rights sold to:  
Greece (Gema)  
Italy (Vallardi)  
Poland (Muza)  
Portugal (Berrand)

## HAPPINESS IN ALASKA

Strong minds that stand up to the winds and the tides

### SYNOPSIS

*Happiness in Alaska* features scientifically proven methods to help you become healthier, calmer, emotionally stronger, more focused on the present, and free of fear.

All the “neuroticisms” that make us unhappy (anxiety, depression, stress, shyness), all our fears and worries—these are simply the byproduct of a misaligned worldview that you have the power to alter. *Happiness in Alaska* will show you how, providing tools from the most effective therapeutic school in the world: modern cognitive psychology.

“What I wanted to do in *Happiness in Alaska* was to refine my explanations of cognitive psychology even further. The way I see it, there are three major steps to any transformation: facing inward, learning to walk softly and appreciating your surroundings.”

“This book will take you on a fascinating journey towards internal peace.”  
**Manolo García**

“*Happiness in Alaska* contains the best approach for those seeking emotional strength.”

**Dr. Luis Minguel Martín, psychiatrist and department head at Hospital del Mar in Barcelona.**



### **Nada es tan terrible**

Rafael Santandreu  
Grijalbo, January 2021, 320 pages

Rights sold to:  
Poland (Muza)  
Portugal (Bertrand)  
Romania (Lifestyle)

English sample available

## NOTHING'S THAT BAD

The philosophy of the strongest, happiest people

### SYNOPSIS

*Nothing's That Bad* is comprehensive manual for self-therapy grounded in cognitive psychology, the most effective, scientifically proven form of therapy in the world.

“Open your mind, have fun with the book, and breathe easy, because your life is about to take a turn for the better.”  
Rafael Santandreu

*Nothing's That Bad* will provide you with tools from the best psychologists in the world to help you: stop worrying, enjoy life to its fullest, throw out your “complexes,” become more charismatic, defuse difficult people, and stop being so afraid. There are also special sections dedicated to everything from quickly and definitively eliminating panic attacks, to using third-generation mindfulness techniques to silence unhelpful mental chatter.

*Let's start with the bad news: no one changes just because they've read a book or seen a therapist.*

*Now for the good news: with a bit of daily effort, you can change in surprisingly radical ways!*

*This book is a powerful tool for personal transformation. A comprehensive guide to self-therapy, it's grounded in cognitive and behavioral psychology and third-generation mindfulness— the most scientifically supported forms of therapy.*



### **Sin miedo**

Rafael Santandreu  
Grijalbo, June 2021, 320 pages

Rights sold to:  
Greece – Gema  
Italy – Vallardi  
Poland – Muza  
Portugal – Berrand

English Sample available

## FEARLESS

### SYNOPSIS

Is it possible to live without fear? Of course! Hundreds of thousands of people have rewired their brains thanks to this method, backed by hundreds of scientific studies.

Within Fearless, Rafael Santandreu will show you the four clear, simple steps to getting past even the most intense forms of fear—panic attacks, obsessions (OCD), hypochondria, shyness/social anxiety, and phobias.

This book is for anyone who has panic attacks or obsessive-compulsive disorder (over 6% of the population), as well as anyone struggling with hypochondria, depression, anxiety, or any other form of intense negative emotion. These anxieties come from a vicious cycle of fear: a fear that feeds and feeds on itself until it grows into massive anxiety. The solution is plain: not fearing fear itself and teaching your brain that emotional turmoil won't get you anywhere.

With friendly and simple language, the text is sprinkled with metaphors that help the reader to understand the most relevant concepts of psychology based on behavioural methods, the same that the author applies in his consultation room.

These behavioural techniques are broken down into four key steps within this title.

- 1) Confrontation, where you repeatedly face up to the source of anxiety
- 2) Acceptance, where you passively open up to your feelings when you're overwhelmed by anxiety and stop trying to fight it or run away from it
- 3) Floating, where you keep going in spite of the anxiety
- 4) Patience, where you accept that you're not going to beat this issue overnight.

Anxiety and phobias are a growing public health issue. That's never been truer than now, while we're in a global pandemic that has left large groups of the population extremely vulnerable.

Thanks to this practical self-help manual, readers can liberate themselves from their fears to move into a brighter future without anxiety, obsessions and irrational fear.

**Prepare to permanently transform your life, to become the best version of yourself: a freer, happier, more powerful you.**

### EXTRACT

*This book is more necessary than ever. There are countless people in the world with a devastating problem that hardly ever gets talked about. These average people—your neighbor's child, your best friend's wife, your co-worker—can suffer as much as someone with cancer, or some other horrible disease.*

*I'm talking mainly about panic disorder and obsessive-compulsive disorder (OCD). These two conditions affect roughly 6% of the population, or three million people. As I said above, these disorders are ruining people's lives.*

*But this book is also for anyone struggling with shyness, hypochondria, depression, or any other heightened negative emotion. The method I'm going to teach you here will help you eliminate these problems by teaching you to overcome any kind of fear.*

*You'll learn to tame your mind, to turn it into a powerful steed that will take you wherever you want, whether on a simple walk, a long, exciting journey, or a gorgeous, powerful sprint.*



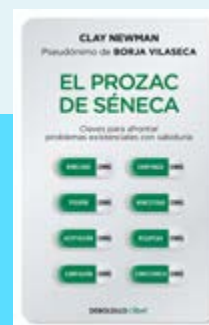
## BORJA VILASECA

**Borja Vilaseca** (Barcelona, 1981) is happily married and the father of a girl and a boy. He works as a writer, disseminator, philosopher, lecturer, teacher, entrepreneur, businessman and creator of pedagogical projects aimed at awakening consciousness and changing the paradigm of society.

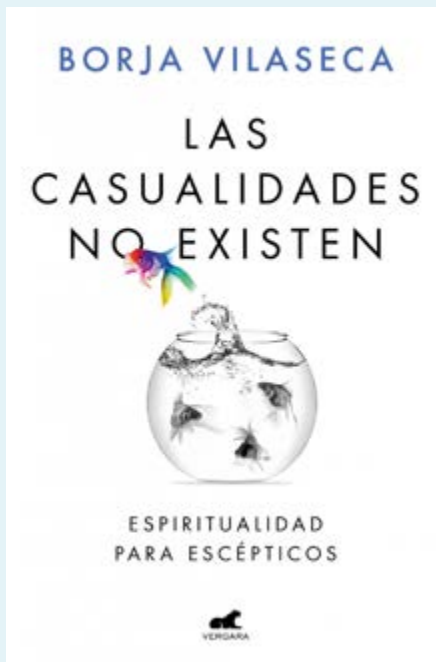
He is the founder of Kuestiona, an educational community for seekers and nonconformists that promotes face-to-face and online programs so that people can develop in the different areas and dimensions of their lives, present in seven cities in 3 countries. He is also the founder of La Akademia, a citizen movement that promotes free emotional and entrepreneurial education for young people between 18 and 23 years old, present in more than 40 cities in six countries. And currently he is leading the Terra project, a conscious school proposal that aims to revolutionize the educational system.

He is also one of the Spanish-speaking leaders in the field of self-knowledge, spiritual development and professional reinvention. He is an Enneagram expert. Since 2006 he has taught more than 300 courses for more than 15,000 people in different countries and since 2017 he offers his seminars in an online version.

As a writer, he has written four books: *Nice to Meet Me* (*Encantado de conocerme*), *The Little Prince Puts on His Tie* (*El Principito se pone la corbata*), *Common Nonsense* (*El sinsentido común*), and *What Would You Do If You Were Not Afraid* (*Qué harías si no tuvieras miedo*). Under his pseudonym Clay Newman, he has also published *Seneca's Prozac* (*El Prozac de Séneca*) and *Neither Happy nor Forever* (*Ni felices ni para siempre*). Part of his literary work has been translated and published in 17 countries. He annually lectures in Spain and Latin America to shake and awaken the conscience of society.







### ***Las casualidades no existen***

Borja Vilaseca  
Vergara, October 2021, 280 pages

Rights sold to:  
Portugal (Bertrand)  
Russia (Philipok)  
Brasil (Globo)  
Serbia (Laguna)  
Greece (Patakis)

English sample available

## COINCIDENCES DO NOT EXIST

The book that will make the faithful question religion and atheists turn to spirituality

### SYNOPSIS

We are living at an unprecedented moment in history: every year, people are placing less faith in religious institutions. Even so, they are more connected with their spiritual side than ever before. Increasingly, thanks to the democratization of information, western wisdom-seekers are immersing themselves in Eastern philosophy, and these journeys of self-discovery have led to a massive awakening of consciousness. We are witnessing a profound shift in how we understand ourselves and our relationship with life.

Everyone who is part of this awakening—be they believers, atheists or agnostics—share the same experience: the events in our lives aren't what we want to happen, but what we need in order to learn and grow spiritually. Coincidences, as such, don't exist.

This book explains how to break free from the "mental fishbowl" trapping our mind so we can once again feel united and connected with life, restoring the innate joy that comes from the simple fact of living. Don't try to believe it: be bold enough to experience it.

In the same way that a glass can only be filled when it is empty, we must empty our mind of prejudices.



### ***Encantado de conocerme***

Vilaseca, Borja  
Vergara, March 2022, 272 pages

Rights sold to:  
Portugal (Bertrand)  
Greece (Patakis)

Full English PDF available

## NICE TO MEET ME

Borja Vilaseca's first book, an instant classic in the realm of self-knowledge and personal growth

More than 150,000 copies sold to date

### SYNOPSIS

There are as many paths to self-knowledge as there are people in the world. Being truly content with yourself is a simple matter of knowing who you are. While it's true that you can learn how to reach this point without outside help, there are some psychological tools that can facilitate, deepen, and speed up the process. The Enneagram is one of them. It's like an instructional manual for the human condition, and you can use it to learn some of the deeper, often unconscious motivations behind your behaviors and attitudes.

Outlining the nine personality types, *Nice to Meet Me* will help you move past your ego and reconnect with your true self. The book was inspired by the nearly three-hundred Enneagram seminars the author has taught to over ten-thousand people in Spain and Latin America since 2006. These seminars gave Vilaseca a scientific and empirical window into just how positive an impact this self-knowledge tool could have, simply by helping people get to know themselves better.

*Nice to Meet Me* has been recommended by the Spanish branch of the International Enneagram Association. "The true battles are fought inside us." Socrates



### ***El sinsentido común***

Borja Vilaseca

Bolsillo, January 2022, 256 pages

## COMMON SENSELESSNESS

Peel the bandages from your eyes. Question your belief system. Embrace change and transformation. Be brave and live your own life.

### SYNOPSIS

Most of us are living a second-hand life, artificial and prefabricated. We don't know who we are, what we live for, or even how to be truly happy. Lacking an inner compass, we follow the same path as everyone around us. We study. We work. We consume. And we entertain ourselves, addicted to all the things that cover up our emptiness. But sooner or later we'll find ourselves overwhelmed, in a profound existential crisis.

This is the moment to do something radical: set out on the path to self-knowledge and question the beliefs indoctrinated in us by society. In the process, we'll liberate ourselves from all the mental chains that have kept us prisoner and we'll finally be free enough to follow our own paths in life, honoring our unique qualities as human beings. "Whenever you find yourself on the side of the majority, it is time to pause and reflect." Mark Twain



### ***El principito se pone la corbata***

Borja Vilaseca

Bolsillo

February 2021

184 pages

Full English PDF available

## THE LITTLE PRINCE PUTS ON HIS TIE

A book that will change the way you work. A story that will revolutionize the way you see business. An unforgettable character who will permanently alter your understanding of life.

### SYNOPSIS

This fable, based on true events, tells the story of Pablo Prince, a visionary young non-conformist who found his purpose in life after an existential crisis. Upon returning from an epic journey to Madagascar, he became the head of human resources at a company rife with conflict and tensions. His first order of business was to teach a company-wide course on personal growth as a way to nurture the potential, talent, and creativity of all its employees. But he immediately hit a wall: a complete resistance to change from the chief consultant, the irascible Ignacio Iranzoa. A power struggle ensued between them, a battle between new and old that made it clear how badly the organization needed a cultural shift. In this fight, Prince would try to inspire the president of the company, the weary Jordi Amorós, to do something revolutionary: shift the company's priorities away from lucrative gains to earning money ethically and with integrity. "Everyone moves aside when they cross paths with a man who knows where he's going." Antoine De Saint-Exupéry.





### ***El Prozac de Séneca***

Clay Newman  
(a pseudonym for Borja Vilaseca)

Bolsillo  
May 2021  
168 pages

## SENECA'S PROZAC

Borja Vilaseca offers pills of wisdom to cure diseases of the soul.

### SYNOPSIS

No medications can give you what you really need. Modern Western medicine starts from a false premise: instead of promoting health, it combats sickness. The medicine provided here isn't designed to alleviate pain, it's meant to eradicate the root of your suffering. But it's not for everyone. It's for those people who don't want to suffer anymore. And for this medicine to work, you have to be committed to healing. Only take it if your priority is happiness.

Containing twenty-one strengths of the human soul, this medicine will enable you to face adversities with wisdom, distilled from the philosophical values of Stoicism, specifically the teachings of Seneca. Once you're through with the treatment, you'll notice a considerable improvement in your relationship to yourself, to others, and to life itself. "Wisdom is the only medicine for the ailments of the soul." Seneca



### ***Ni felices ni para siempre***

Clay Newman  
(a pseudonym for Borja Vilaseca)

Bolsillo  
May 2021  
184 pages

## NOT HAPPILY, AND NOT FOREVER

How to grow, learn and transform together with the person you love

### SYNOPSIS

There's no part of life that we go into with as much expectation and hope, and as much failure, as romantic relationships. It's incredible how two people who say they love each other can end up hurting each other and bringing each other down in the name of love. It's past time we confronted an uncomfortable truth: the conventional model of the couple is out-of-date. There's no better proof than the epidemic of separations and divorces. Love doesn't end when two people get married, it ends when they stop treating each other like they're dating. It's a question of changing attitudes.

To do that, both people have to learn to be happy on their own. The biggest challenges modern couples will face is how to find an arrangement that honors both of their unique selves. And one where freedom and love can flourish into their fullest expression. "If you accept that the relationship is here to make you conscious instead of happy, then the relationship will offer you salvation." Eckhart Tolle

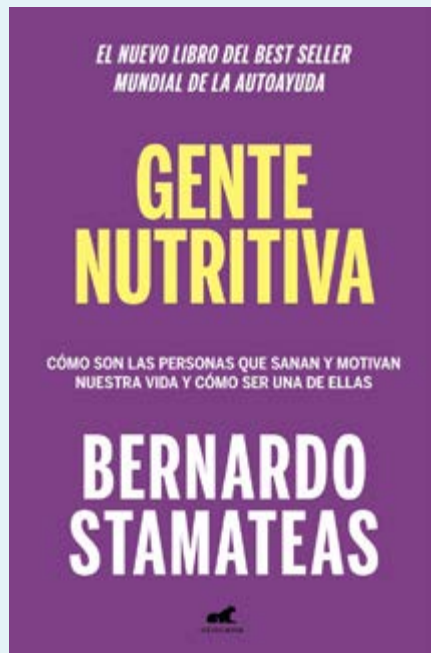


## THE AUTHOR

### Bernardo Stamateas

(Argentina) is a doctor in Psychology and clinical sexologist. He is also a prominent writer and speaker of international renown. His previous books, *Gente tóxica*, *Emociones tóxicas* and *Heridas emocionales*, have made him an international phenomenon in the field of self-help. *Gente nutritiva* is his most recent book.

A hugely influential non-fiction author, with 1,500,000 copies sold worldwide. Incredibly active on social networks, Stamateas has 105,000 followers on Twitter, 300,000 on Instagram, and 742,000 on Facebook.



### *Gente nutritiva*

Bernardo Stamateas

Vergara

December 2021

170 pages

## PEOPLE THAT NOURISH

If you want to change, there's nothing better than to know yourself. This book is a journey into your own world, your own mind, helping you understand who you really are.

## SYNOPSIS

How to recognize and attract nurturing people into our lives? How to become one of them? How to have healthier ties and a fuller life?

Bernardo Stamateas, a point reference with the world of self-help, answers these questions with clear and entertaining language. His advice will help us improve our relationships, as well as connect on a deeper level with friends and family.

All human beings are born prepared to connect with others. The bond with the other is fundamental because we are gregarious beings. We need people! Surely you will remember that friend, that grandfather or that teacher whose actions or words filled you with joy.

Nurturing people motivate us, encourage us, help us to be better because they display attitudes that are good for us.





## THE AUTHOR

### Estanislao Bachrach

ARGENTINA — Holds a PhD in molecular biology, is a Professor of leadership and innovation and has also founded an international consultancy on creativity and innovation. He taught at Harvard for 5 years, where he was awarded a distinction in teaching 4 years running. He speaks fluent English and is an international speaker on radio, tedx and tv.

Bachrach's first book, *Agilmente* (2013) quickly became an unprecedented international publishing phenomenon. In 2015 he published *En Cambio*, and to date has sold over 550,000 copies. His newest title *En el limbo* was published in May 2021.



### *En el limbo*

Grijalbo

432 pages

May 2021

Rights sold to:

Russia (Ivanov and Ferber)

Option publishers:

Brasil (Editora Vida)

Italy (Vallardi)

World English (Ebury)

## IN LIMBO

If you want to change, there's nothing better than to know yourself. This book is a journey into your own world, your own mind, helping you understand who you really are.

## SYNOPSIS

Whether you want to be a leader or a better person, it is key that you know, understand and regulate your emotions. While you experience emotions without conscious effort, that doesn't mean you're a passive recipient of these experiences. Despite your story, you can redesign them using your thoughts, modifying the context and getting to know your body better and better.

In this new book, Bachrach lifts the veil of neuroscience to provide us with a new and fascinating scientific theory on emotions. Now, you can be the architect and designer of your own feelings. *In Limbo* is the key to that challenge.



### *Agilmente*

Conecta

224 pages

April 2013

Rights sold to:

World English (Ebury)

Russia (Mann, Ivanov and Ferber)

Italy (Vallardi)

Brasil (Editora Vida)

## THE AGILE MIND

How Your Brain Makes Creativity Happen

## SYNOPSIS

*The Agile Mind* is about the most precious mental talent we have: the ability to imagine things which have never existed and to create new ideas. This book demystifies the preconceptions we often have about how our brains function to show how creativity really works, and how we can make it work even better.

We used to think that creativity diminished through the lifespan, but we now know this is not the case. The brain can regenerate and continue learning until the last days of our lives. We can all become more creative if we use the right methods and techniques to stimulate our brains and broaden our minds.

Join us on a fun and amazing journey into the deepest reaches of your brain and discover an incredible range of tips and tools to be more creative and happier in all parts of your life.

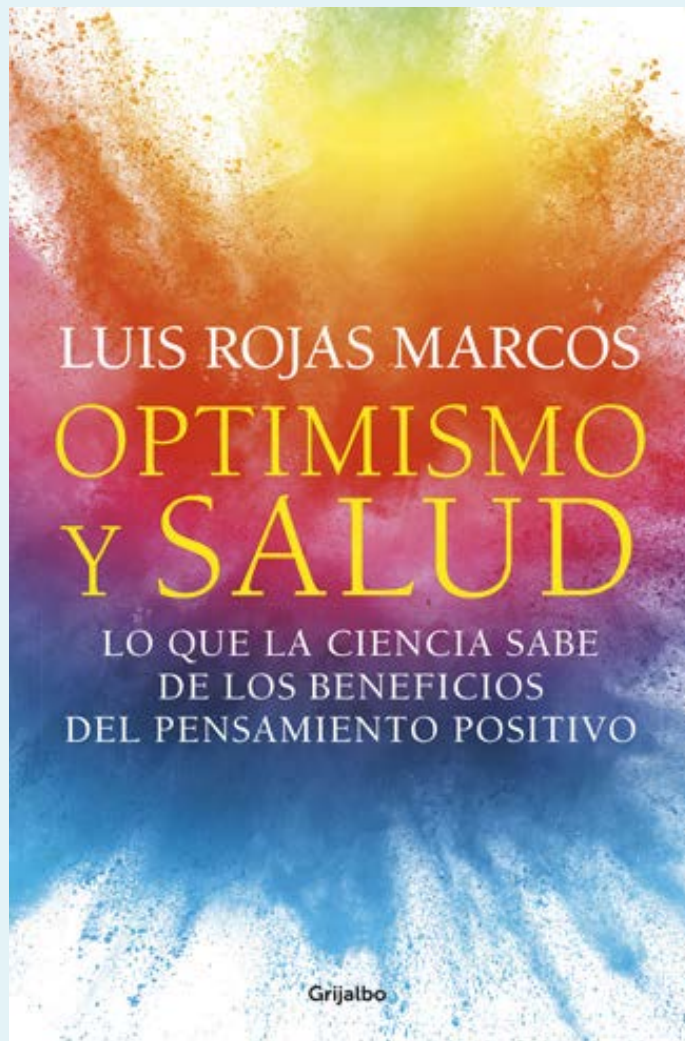




## THE AUTHOR

### Luis Rojas Marcos

SPAIN — Head of the New York Services of Mental Health, Alcoholism and Drugs and also Head of the New York City Health and Hospitals Corporation from 1995 to 2002. Currently he is a Professor of Psychiatry at New York University and he is the author of 20 books, with more than 300,000 copies sold.



## OPTIMISM AND HEALTH

### *Optimismo y salud*

Grijalbo  
208 pages  
October 2020

Rights sold to:  
Portugal (Bertrand)

Option publishers:  
Italy (Giunti)  
Turkey (Yakamov)

English sample available

## SYNOPSIS

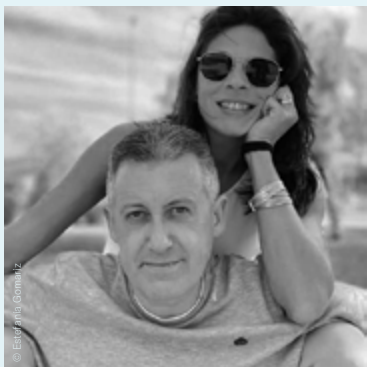
In this book, psychiatrist Luis Rojas Marcos describes the ingredients that distinguish optimism from pessimism; explores the forces that shape our temperament; identifies the poisons that are most harmful to optimism; reveals proven strategies for developing a positive attitude; and examines the influence of optimism on our relationships with others, our jobs, and our health. He ends with an analysis of the most important aspect of optimism: its enormous and well-attested usefulness for confronting adversity in life.

An essay written in an approachable, friendly style that shows us many of the results of recent research, enlivened by fascinating experiences from the author's personal and professional life.

Learning to feel and think positively is a highly profitable investment to defeat pessimism and live a happy and healthy life

Also by the author:





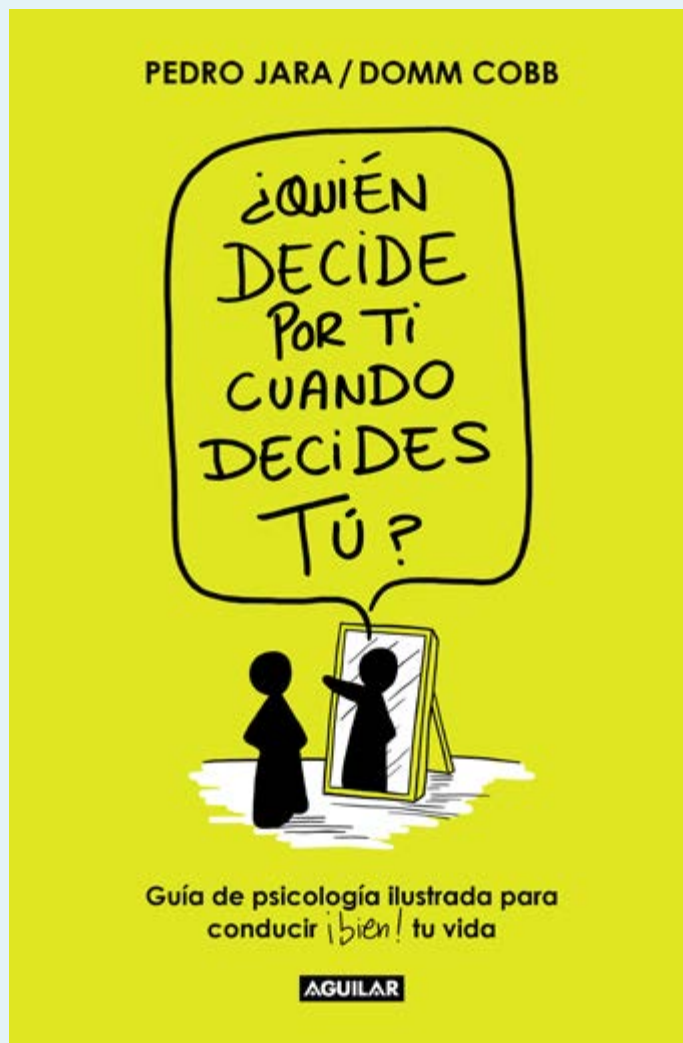
## THE AUTHOR

### Pedro Jara

is a specialist in clinical psychology, as well as a psychotherapist and associate professor at the University of Murcia.

### Domm Cobb

is an illustrator with over 100,000 followers on Instagram and is highly respected on social media.



# WHO DECIDES FOR YOU WHEN YOU DECIDE FOR YOURSELF?

## *El arte de no amargarse la vida*

Cobb, Domm / Jara, Pedro

Aguilar

May 2022

300 pages

## SYNOPSIS

Who's behind the wheel in your life? Illustrator Domm Cobb and psychologist Pedro Jara are going to give you the answer in this book, which has created a genre of its own: illustrated psychology.

We make thousands of decisions every day: should I get up or sleep five more minutes? Should I exercise or watch a movie under the covers? Should I study or go for a walk? Should I send a reply or leave their message "read?" When we think about making decisions, what we almost always have in mind are big dilemmas and major crossroads, but most of the decisions we make on a daily basis are small, routine, and maybe as a result, automatic or unconscious. That might make them seem harmless, but they play a huge part in the shape our lives take. In this book, Pedro Jara Vera and Domm Cobb will give you the keys to unlocking your awareness of these decisions and help you take the wheel in your own.

The keys to psychological  
change and personal  
transformation



# SELF HELP

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## THE AUTHOR

### Mónica Vicente

SPAIN — Successful entrepreneur with over twenty years of experience in business strategy. Among other achievements, she is behind the phenomenon "The Crazy Haacks," with over nine million subscribers on YouTube and two million followers on Instagram.



## THERE'S A FERRARI IN YOUR GARAGE

*Tienes un Ferrari en el garaje*

Conecta

256 pages

September 2021

Rights sold to:

Portugal (Alma dos livros)

## SYNOPSIS

We all possess the skills we need to reach the great-est heights. We all have talents and strengths. In short, we all own a Ferrari, even though sometimes we leave it parked in the garage. But they don't build Ferraris so we can keep them hidden. Ferraris are meant to go fast. It's time for us to get out of the garage and floor it.

Mónica Vicente uses this fable as the framework for her inspiring book about personal growth. Speaking from her own experience as a person and as a woman who's been told to pump the brakes, she invites us to hop into the Ferrari and turn onto the highway. There will be potholes, blind turns and difficult moments, but we'll learn to drive as fast and far as possible.

An inspirational fable about getting out of our garage, turning onto the highway and unleashing our full potential

Also available by the author:





## THE AUTHOR

### Laura Vidal

The first therapist in Spain dedicated to helping patients through grief after the loss of a pet. She is the author of *Espérame en el arcoíris*, a book that has helped thousands through the mourning process.



## AFTER YOUR GONE

### *Cuando tu ya no estas*

Laura Vidal

Vergara

September 2021

224 pages

## SYNOPSIS

Although it's often overlooked, the loss of a beloved pet can be an extraordinarily difficult moment. After all, our animal companions have spent their lives with us, day in and day out, cuddling with us in the cold and comforting us when we're sad. And, after they're gone, the empty space they leave behind can be painful.

In this book, Laura offers support for anyone who has lost their dog or cat, and who can't find the words or empathy they need from traditional psychologists. Because the path ahead may be a difficult one, but we needn't walk it alone.

«There are few closer bonds than those we have with the animals that live with us, whom we see every day, for many hours and for many years. In fact, animals become part of our most closed family nucleus. They are one of those members of the circle who stay inside the house when you close the door at night, hence their absence and the consequent mourning will be very hard, since their absence will be present in our house daily and will extend throughout our entire home. They are our closest family and mourning, therefore, will be a very hard and difficult process.»

The book that will get you through the loss of your animal companion





# WELLBEING

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## THE AUTHOR

### Natalia Jiménez

Dr. Natalia Jiménez is a dermatologist at Ramón y Cajal University Hospital and the Pedro Jaén Dermatology Group in Madrid. She is a frequent guest on Spanish shows such as *How to Live and What's Wrong with Me, Doctor?*.



## PUT YOURSELF IN YOUR OWN SKIN

### *Ponte en tu piel*

Natalia Jiménez

Aguilar

May 2022

256 pages

## SYNOPSIS

The skin is our largest organ. That's why dermatologist Natalia Jiménez has created this simple, comprehensive guide to taking care of it. Dr. Jiménez provides tips on diet, exercise, and skincare treatments to better understand your skin and how to help it age beautifully, healthily, and naturally. She'll teach you how to spot the right ingredients in a skin cream, how to properly read a product label, and how to find your best routine for whole-body skincare. It's a comprehensive book where one of the most prestigious dermatologists in Spain will show you a new way of understanding your own skin.

This is a very complete book which takes on a different approach to skin care and the aging process: we'll look at how each treatment works, what's effective, and what's not worth investing in. In addition, this title aims to replace the antiaging concept, which has clear negative connotations, with that of "better aging": helping readers age in the healthiest way possible.

Dr. Jiménez provides tips on diet, exercise, and skincare treatments to better understand your skin and how to help it age beautifully, healthily, and naturally.

The better aging philosophy is currently gaining ground, as a more consistent and respectful way of taking care of ourselves over the years. This book seeks to be a part of this current and to bring the reader closer to all the secrets of skin care, based on scientific studies and the authors own personal experience in her everyday work.

# XUAN-LAN

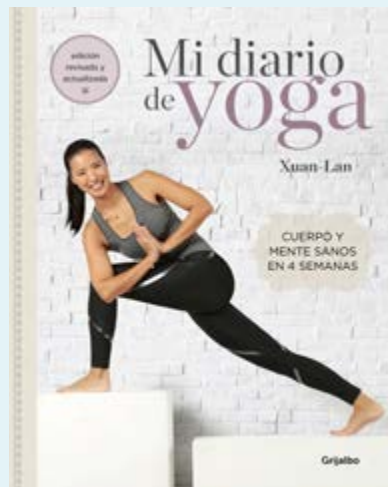
## Xuan Lan

is a yoga teacher, wellness expert and bestselling author with 100,000 copies sold to date, 2 million followers and an extremely international profile.

Born in France, Xuan's yoga journey began in New York twenty years ago. Now based in Barcelona, she dedicates herself to sharing yoga with others and her goal is to bring yoga to as many people as possible using a methodology that looks at how to integrate good healthy habits, yoga and meditation, in our everyday lives. With her own online yoga studio, courses around the world and two best-selling books, Xuan Lan is one of the most prominent faces in the world of Yoga today.

Her two books, *Yoga for my Wellbeing* and *My Yoga Diary*, present her readers with achievable and accessible ways to integrate yoga into their everyday lives. Both titles have had huge commercial excess and have been updated and re-released, and as Xuan's network continues to grow, we are incredibly pleased to present her internationally. She is fluent in English, French and Spanish and has travelled the world sharing her expertise and wisdom.

Click on the image below for an author presentation in English:





### Yoga para mi bienestar

Xuan Lan  
Grijalbo Ilustrados  
November 2018 (reedition March 2022)  
256 pages

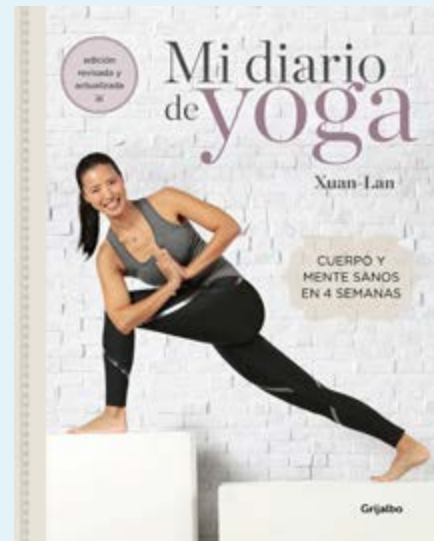
## YOGA FOR MY WELLBEING

Get some yoga in your life! Xuan-Lan explains how to find inner wellbeing through yoga.

### SYNOPSIS

Get to know yourself better, to know what you really want and how to take care of yourself both physically and mentally. Xuan offers you easy and healthy recipes, asanas that will strengthen and tone your body, breathing and meditation exercises to calm your mind as well as methods to help you live in the present.

Using this title you will be able to find peace and perfect harmony between body, mind and spirit.



### Mi diario de yoga

Xuan Lan  
Grijalbo Ilustrados  
March 2016 (reedition June 2022)  
256 pages

## MY YOGA DIARY

The 28-day yoga & positive philosophy plan that has changed the life of readers all over the globe

### SYNOPSIS

Learn the basic concepts for balancing your mind and body in a 4-week plan. The programme includes daily yoga exercises based on an easy, practical method, with more than seventy positions, seven meditation and breathing exercises, and four complete, dynamic yoga sequences to move your body in rhythm with your breathing.

In just four weeks, you will discover the principles and basic techniques of yoga as a positive lifestyle and philosophy.





# HEALTH

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## THE AUTHOR

### Ana María Requejo

SPAIN - An economist who one day decided to quit trying to fit in. She has been an integrative dietitian for over five years and a lifelong learner who helps women find holistic solutions to hormonal imbalance with the incredible tools of nutrition and lifestyle.



## A LETTER TO MY OVARIES

### *Carta a mis ovarios*

María Requejo

Grijalbo

April 2022

224 pages

## SYNOPSIS

This manual's premise is clear from the outset: "Your body has to be capable of operating entirely on its own. Trust it."

"Springboarding from this intention, María Requejo helps us understand menstruation, the most common forms of imbalance, their symptoms, and the effects of endocrine disruptors, epigenetics, over-medicalization and more. Most importantly, she shows us how to take care of ourselves and restore our wellbeing through four key pillars:

- Nutrition
- Movement
- Rest
- Stress management

This book marks the beginning of the revolution in which women will retake control, find joy in nature's cycles, and feel healthy, energized and empowered to make informed decisions using common sense.

A practical, informational guide to female hormonal health written as a love letter to our bodies and menstruation.





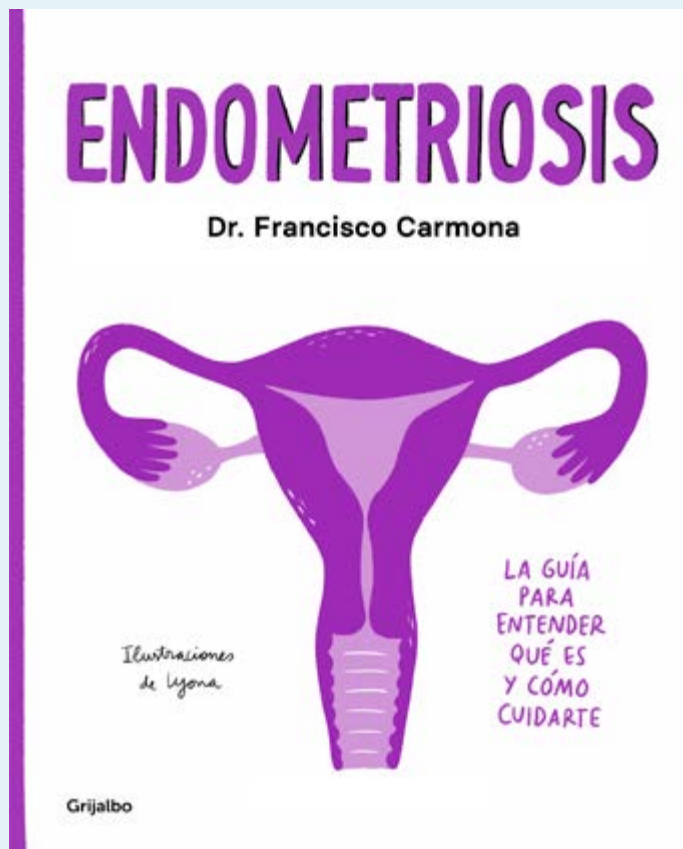
## THE AUTHOR

### Francisco Carmona

SPAIN — Spain's leading authority on the diagnosis and treatment of endometriosis, and is head of the Gynaecology Service at Barcelona's Hospital Clínic. Endometriosis is his more recent book illustrated by Lyona.

### Lyona

is one of the most popular illustrators on social media, where she is known for her feminist cartoons (191,000 followers). She is the author of *Sex-oh! Mi revolución sexual* (Random cómics, 2019).



# ENDOMETRIOSIS

## Endometrios

Dr. Francisco Carmona  
Grijalbo  
192 pages  
April 2021

Rights sold to:  
Germany (Yes Publishing)  
Hungary (Kossuth)  
Portugal (Bertrand)  
Russia (Mann, Ivanov and Ferber)

## SYNOPSIS

Endometriosis is a chronic condition that affects one in ten women of reproductive age and has a profound impact on the lives of its sufferers. Despite this, it is almost unknown and is rarely discussed in public.

This book offers a clear, rigorous explanation of endometriosis, why it occurs, the risk factors, the symptoms, diagnosis and current treatment, its emotional impact and how it affects relationships with friends and partners, and in the workplace.

Each chapter breaks down a key element, such as how to seek diagnosis, or lifestyle habits sufferers can adopt to relieve their symptoms. At the end of each chapter, the main points are summarised, allowing for readers to pick out key information in an instant.

Written by leading gynaecologist Dr. Francisco Carmona and illustrated by Lyona, the book is designed in an accessible, illustrated approach, with easy-to-read and entertaining text.

The guide to understanding endometriosis and how to look after yourself

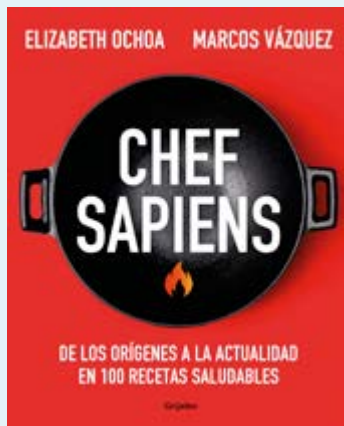




## THE AUTHORS

### Marcos Vázquez

is the creator of the successful blog Fitness Revolutionary, which has received an award for health-writing. He has published the books *Fitness Revolutionary*, *Unbroken*, and *Mind Your Health*.



### *Chef sapiens*

Marcos Vázquez;  
Elizabeth Ochoa  
Grijalbo  
April 2022  
264 pages

## CHEF SAPIENS

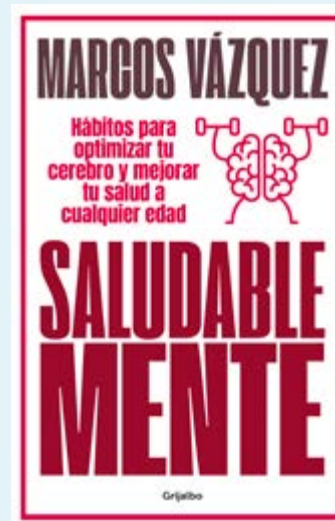
Delicious recipes for iron-clad health and peak physical and mental performance.

### SYNOPSIS

Marcos Vázquez and chef Elizabeth Ochoa have come together for this book about the various “ages” of the human diet, starting with our time as hunter-gatherers, and proceeding through the agricultural and industrial revolutions all the way up to the digital era.

In each section, they provide delicious, wholesome recipes based on the foods and customs of a given era, always keeping in mind modern nutrition to ensure a healthy diet suited to our bodies.

Their book contains original, easy-to-make dishes for daily life, as well as dishes with a gourmet flair, because you shouldn't have to give up flavor to eat healthily.



### *Saludable mente*

Marcos Vázquez  
Grijalbo  
250 pages  
January 2021

## HEALTHY MIND

The brain is far more malleable than we think, and we sculpt it with each one of our actions. This is the moment to unveil the secrets of the brain.

### SYNOPSIS

This book will help you better understand how your brain works, but even more than that, it will teach you how to improve it. Taking care of your brain won't only help you to keep it from deteriorating; it will improve your ability to learn and remember.

However, the health of the brain depends on the health of the rest of the body. We can't optimize brain function without understanding the influence of diet, physical activity, or stress. We must also consider the close relationship between our intestinal flora and our mood and the impact of social contact on our mental health.





## THE AUTHOR

**Blanca García-Orea Haro**  
(@blancanutri)

SPAIN — Clinical nutritionist, with a master's in human microbiota specializing in digestive and hormonal nutrition. Her work has appeared in magazines including Telva, Vogue, Hola and La Razón. Her course The intestine: our second brain has been delivered more than 80 times, with 8,000 participants in just 2 years.

Also by the author:



# TELL ME WHAT YOU EAT AND I WILL TELL YOU WHAT BACTERIA YOU HAVE

*Dime qué comes y te diré qué bacterias tienes*

Blanca García-Orea Haro (@blancanutri)

Grijalbo

272 pages

October 2020

Rights sold to:

Italy (Corbaccio)

Portugal (PRH Portugal)

Russia (Eskmo)

## SYNOPSIS

Bestselling health title with over 150,00 copies sold

We often feel tired, upset, anxious or stressed, and we even suffer from digestive intolerances that we ignore or treat solely with medicines.

Blanca García-Orea, a nutritionist specializing in digestive and hormonal nutrition, shares the keys to understanding how intestinal bacteria influence your thoughts and your behaviour patterns.

This book offers guidance on improving your intestinal macrobiotics in just a short time, and advice on reading food labels to make informed choices. It also contains more than 50 simple, healthy recipes for breakfasts, snacks, lunch, dinner, dessert and bread, which will inspire you and help you take charge of your physical and mental health.

The intestine: our second brain.  
The definitive guide to  
understanding the relationship  
between our intestinal flora  
and our emotional well-being.



# PARENTING

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## TANIA GARCÍA

### Tania García

(Spain) has combined her studies in pedagogy with a large body of research work over the course of more than two decades.

Mother to two children, Uriel and Gadea, Tania is a socio-family educator, a writer, and one of the greatest specialists in education, based on scientific evidence, respect, empathy, kindness, and logic.

Since 2012, she has been a family advisor through [Edurespeta](#). This project has helped thousands of people around the world transform the way they look at childhood and adolescence, helping parents and teachers educate with respect, without losing their nerves, without shouting or punishments, with common sense, connection, love, kindness, tolerance and consistency.

She teaches professionals who deal with children and adolescents, such as: infant, primary and secondary teachers, psychologists, paediatricians, dentists, social educators, social workers, etc.

She has collaborated with all kinds of educational institutions with the aim of transforming our view of childhood and adolescence. She is currently pursuing studies in the Psychology of Childhood and Youth at the Open University in the UK, where she now lives with her family.

She has published three titles to date: *Educating Without Losing your Patience*, *Siblings*, *What do I need when I am afraid?* (childrens' book) & *Real Education: Self-esteem*, having sold over 60,000 copies in total.





## REAL EDUCATION: SELF-ESTEEM

### ***Quiérete mucho***

Tania García

Vergara

336 pages

February 2022

Option publishers:

Duden (Germany)

Romanian (Editura For You)

This book places a clear, pragmatic focus on one of parents' most common concerns: their children's self-esteem.

### SYNOPSIS

Tania García —author of *Educar sin perder los nervios*— shares the expertise and tools we need to understand the different aspects of self-esteem; to learn to foster it in our children at every stage of development; and to make self-care a core part of their upbringing.

The result is a book that helps us recognize the enemies of self-love so that, through practical exercises, we can better manage one of the most critical psychological concepts in our kids' growth and personal welfare.

### EXTRACT

*Healthy self-esteem and a beneficial attitude towards ourselves has a direct impact on our quality of life, on our identity and on our objectives in the short, medium and long term. It is what makes us act with coherence, respect, independence and responsibility. It is the key so that our sons and daughters can act this way it too, so if we have to strive for something during the childhood and adolescence of our children, it absolutely must be related to maintaining their optimal self-esteem.*

**Educar sin perder los nervios**

Tania García  
Vergara  
384 pages  
January 2019

Rights sold to:  
Germany (Duden)  
Romania (Editura for you)  
Catalan (Eumo)

English Sample available

## EDUCATING WITHOUT LOSING YOUR PATIENCE

Have you ever said or done things to your sons or daughters that you have later regretted?

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### SYNOPSIS

This book marks a before and after in the way of understanding the world of the family and the world of education: it sets out a child-rearing method based on respect and a real understanding of the emotional and development needs of boys and girls.

*Educating without losing your patience* shows us how to truly understand the emotions of parents and children; how to know what to do at those moments when children (and parents) express rage, anger and frustration; how to educate with serenity and coherence even in the face of adversity; in order to help children acquire a high level of self-esteem; know what they should do when they are under stress, aggressive or when they feel afraid. In short, it teaches them how to live while enjoying the journey and respecting themselves and others. This is an essential book for families and education professionals suitable for all ages and all stages of growth and development.

**Hermanos**

Tania García  
Vergara  
November 2020  
352 pages

Option publishers:  
Germany (Duden)  
Romania (Editura for you)

## SIBLINGS: HOW TO TEACH YOUR CHILDREN TO RELATE TO EACH OTHER

How to teach your children to relate to each other.

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### SYNOPSIS

*Siblings* explores one of the most magical and complex relationships in life, offering essential tools for teaching your children how to relate to each other without screaming and shouting and being sure each of them gets what they need.

With Tania García, we will discover the origin of the sibling relationship and how to communicate better with each of our children; how to deal with their jealousies and rivalries; how to set good limits; how and when to intervene in their conflicts; what to do when they get violent; how to manage stepfamilies.

The result is a book as practical as it is complete, with an emphasis on respectful child-raising that uses real-life examples to illustrate the difficulties that can arise between siblings.



## THE AUTHOR

### David Bueno

(Barcelona, 1965) – Doctor of biology and research professor at the UB's Department of Biomedical, Evolutionary and Developmental Genetics. Since 2019, he has chaired the neuroeducation department at UB-EDU1st, the first in the world dedicated to the field. He has also been a researcher at Oxford University and completed residencies at the European Molecular Biology Laboratory in Heidelberg, the University of Innsbruck and Cold Spring Harbor Laboratory in New York, as well as collaborating with the UNESCO International Bureau of Education.



## THE ADOLESCENT MIND

### *El cerebro del adolescente*

David Bueno  
Grijalbo  
January 2022  
250 pages

Rights sold to:  
Italy (Giunti)

English sample available

## SYNOPSIS

For the brain, adolescence is a time of change, renewal and growth. Teenagers must leave childhood behind in order to reach adulthood, when they become self-reliant. To do this, they must figure out who they are in relation to their environment; they have to slowly take leadership over their own lives in order to transition from being absolutely dependent to being largely self-sufficient. They must abandon typically childish actions and learn new ways of behaving as adults; to achieve this, the brain matures, making new connections and eliminating others in order to definitively cut ties with the childhood brain.

In this magnificent book, world-renowned biologist and neuroeducator Dr. David Bueno invites us to discover what happens within the adolescent mind to help us better understand it. In these pages, you will find valuable information to help you stimulate and empower teenagers, as well as guidance on how to set an example and be respectful of the pace at which teenagers mature by providing emotional support when they need it.

A masterful, entertaining text that helps us understand the nature and development of the adolescent mind and equips us to accompany teenagers during this unique and critical phase.





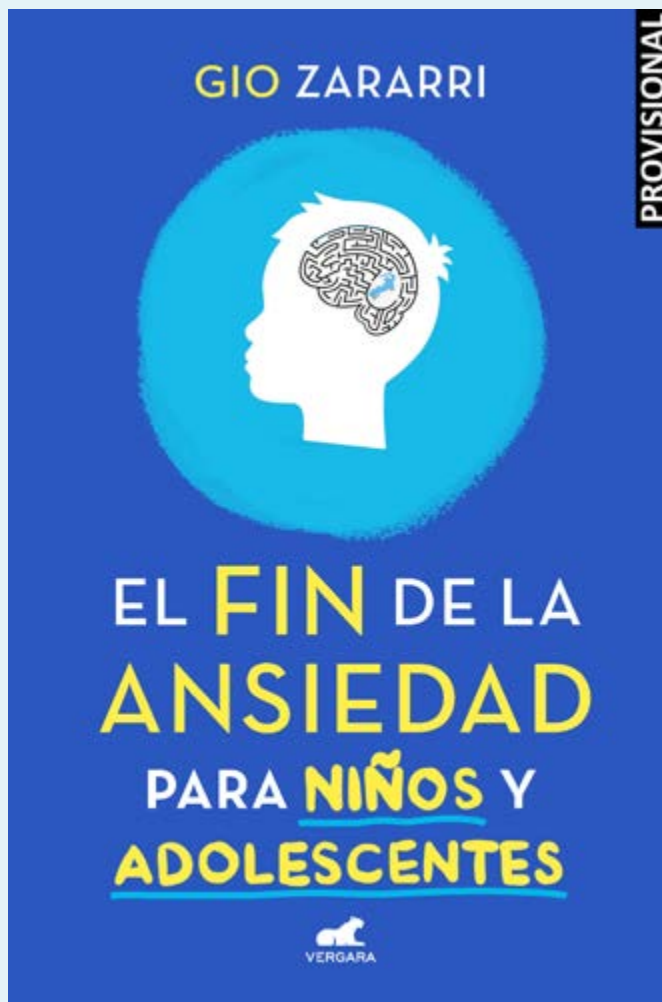


## THE AUTHOR

### Gio Zararri

is the author of *The End of Anxiety*, a best-seller about the most predominant mental illness in Spain. It has been recommended by venues such as ABC, Marie Claire, and Psicología y Mente, and by doctors, psychologists, and psychiatrists alike.

Other books by the author:



## THE END OF ANXIETY FOR CHILDREN AND TEENAGERS

*El fin de la ansiedad para niños y adolescentes*

Gio Zararri

Vergara

June 2022

208 pages

Option publisher:  
Bertrand (Portugal)

## SYNOPSIS

This isn't the magic guide we all wish our parents had had when we were younger. It can't do the impossible. What it can do is help us understand how fear, stress, and anxiety work in kids and teenagers at all stages of development. It's also an excellent guide on raising our children to be conscientious and brave, learning to communicate better with them, and realizing how important it is to convey not demands or irrational fears but love and security.

*The End of Anxiety* is now for children too. From Spain's top writer about anxiety, with over thirty-five-thousand readers.

«Using his experience, Gio Zararri has helped countless people in their search for answers to an increasingly common emotional state.»  
Informativos Telecinco.es



## THE AUTHOR

### Patricia Pérez

Patricia Pérez Cerveró is a Montessori guide and a teacher of Positive Discipline for Families and Classroom educator at the Positive Discipline Association and an Up to you educator.

She is an expert on the Montessori Method, but also on education, sensory play, children's and youth literature, and parenting.

With more than twelve years of experience as a teacher, she is a facilitator of courses and workshops for families and teachers, a writer with several books published for children and adults, and a mother of four children.

She created the blog Happy Mama when her eldest children were born.



## COOKING WITH THE FAMILY: THE MONTESSORI WAY

### *Cocinando en familia con Montessori*

Patricia Pérez

Vergara

June 2021

128 pages

Rights sold to:

Italy (Giunti)

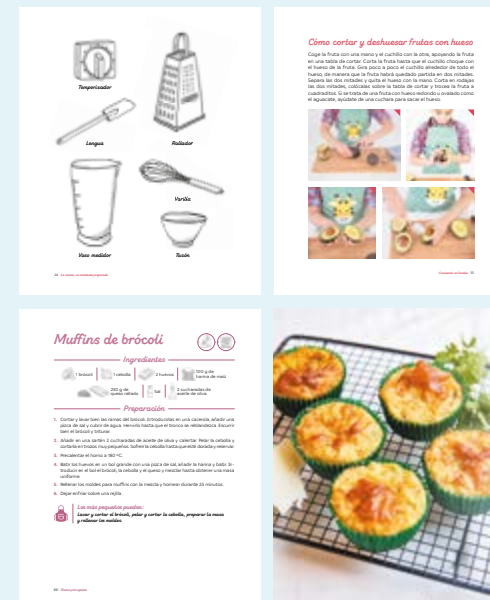
Czech Republic (Albatros)

## SYNOPSIS

Beautifully photographic, this title includes illustrations that assist children in identifying what they need to cook, meaning even the youngest children who cannot yet read are able to get involved. The illustrations are outlined in black for children to be able to colour in, helping them connect with the different elements within the kitchen by adding their own personal mark. At the end of the book there is a space called My notebook which allows children to make notes, encouraging them to reflect on their experiences in the kitchen.

With 22 recipes, including starters, mains and desserts, this book will inspire children to put their aprons on and begin to understand the joys of the kitchen while finding their autonomy and independence, following the Montessori way.

Cooking with the family: the Montessori way is a unique title that combines two key trends: cookery books for children and the Montessori education method.

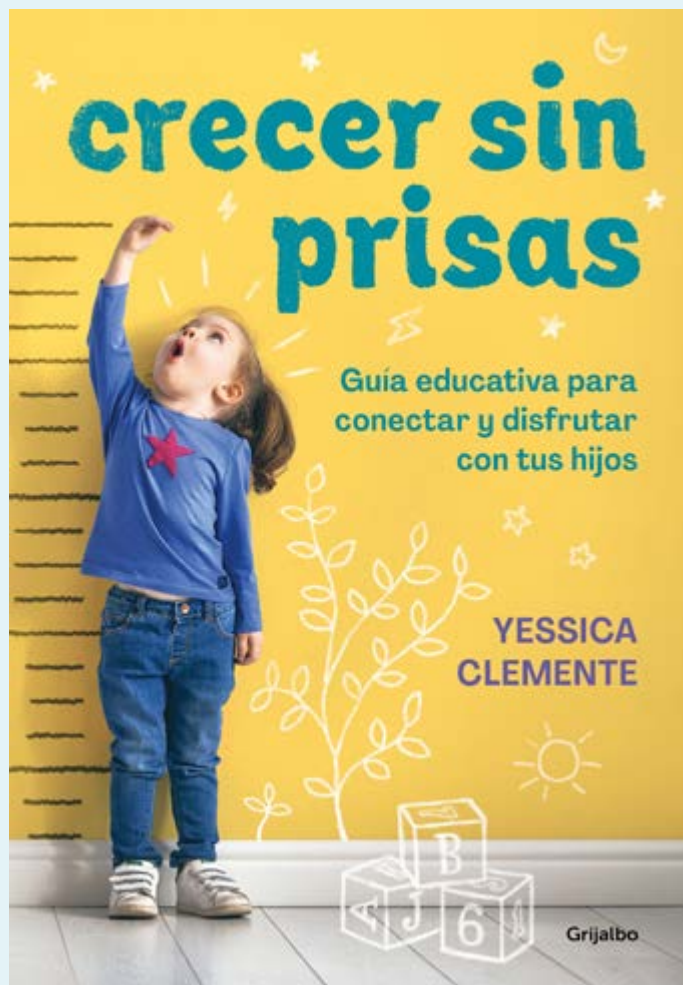




## THE AUTHOR

### Yessica Clemente

graduated with a degree in Fine Arts and is now a Positive Discipline facilitator. From her own experience of raising two children, she became an activist, promoting sensitive, connected and respectful parenting through reflection and play. She dedicates herself to observing, listening to and awakening the educational leadership of families and educators through playful-pedagogical proposals. She is the brains behind the multiplatform *Rejuega* project and leads trainings, workshops and talks. She is active on social media, where she addresses an audience focused on parenting: she has 36,000 followers on Facebook and 21,000 on Instagram.



## UNHURRIED GROWTH

### *Crece sin prisas*

Yessica Clemente

Grijalbo

January 2022

320 pages

## SYNOPSIS

This guide offers ideas, advice and practical exercises for listening to and working with children's own rhythms, and for rediscovering play as the primary vehicle for stimulation and creativity.

The book is divided into five chapters—"Unhurried Education," "Unhurried Learning," "Connected Growth" and "Playful Growth"—in which we learn the meaning and benefits of raising kids with autonomy, dignity, and a sense of belonging, without skipping steps. Clemente encourages parents to let their kids retain their individuality; to observe and connect with their children's emotions and nature; to teach without being judgmental; to leave space for kids to make mistakes; to foster their sense of wonder and curiosity and to have playtime in a way that forges kinship and connection.

This book allows both parents and children to develop their individuality, and for this to be incorporated into the way that they are raised. This book also helps parents to create their own, unique styles of parenting, beyond dogma and conventions, whilst recognizing that each family member is unique, and that parents are the true educational leaders that children need in order to grow up happy and balanced.

For families and teachers with children between 0-12 years old.

Discover the necessary tools to educate while enjoying and respecting your children's time.



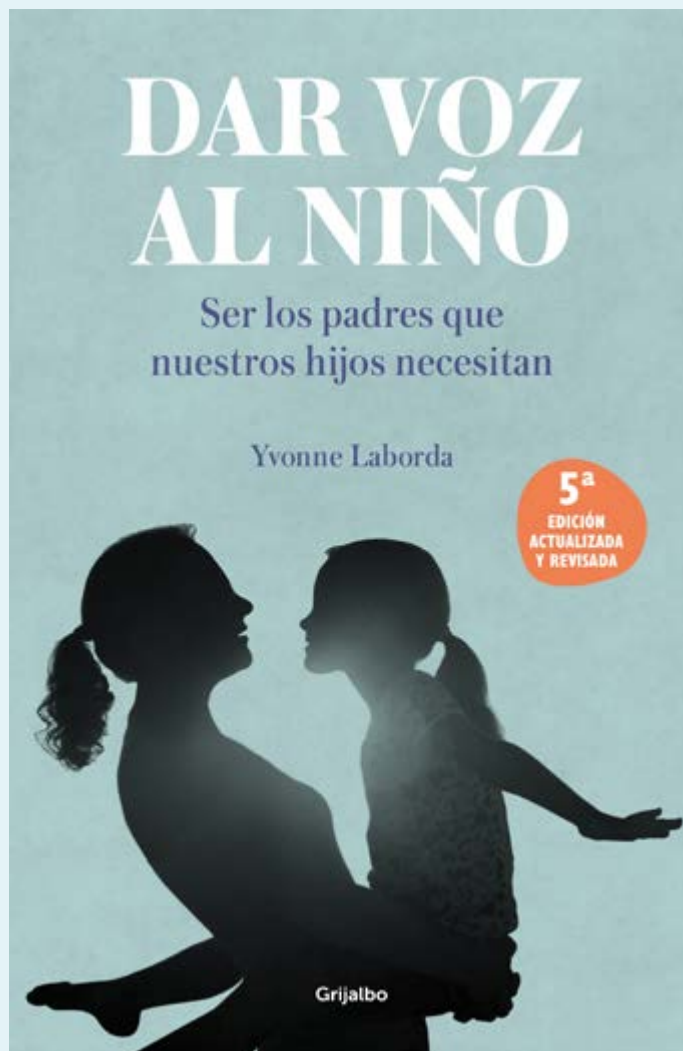




## THE AUTHOR

### Yvonne Laborda

SPAIN - Yvonne Laborda is a mother, wife, writer and humanist-holistic therapist. She gives lectures, talks, workshops and courses on Mindful Parenting, Emotional Education and Personal Growth.



## GIVING THE CHILD A VOICE

### *Dar voz al niño*

Yvonne Laborda  
Grijalbo Ilustrados  
May 2019 (reedition March 2022)  
256 pages

Rights sold to:  
Brasil (Guardia Editora)  
Russia (Ves Publishing)

English Sample available

## SYNOPSIS

*Giving the Child a Voice* discusses mindful parenting, emotional education and personal growth, all in one. Yvonne Laborda shows us how we can get a better feeling and understanding of our children and become the parents that they need by connecting with our own childhood experiences.

Employing a high degree of sensitivity, the author invites us on a journey to heal our family relationships so that we can enjoy a more loving and more peaceful relationship with our children; allowing and helping them become whoever they want to be; freeing them of all judgement, criticism, expectation and control.

What stops us from  
being the parents that  
our children need?







## THE AUTHOR

### Alba Padró

SPAIN — Clinical assistant and international lactation consultant, is a great benchmark for breastfeeding in Spain and Latin America. After creating her blog, she launched Som la llet, LactApp, the first breastfeeding application that offers personalized responses according to the mother and baby's profile.

Also by the author



## BREASTFEEDING ALL DAY: A GUIDE TO LACTATION

**Mucha teta. Manual de lactancia materna**

Alba Padró

Grijalbo

April 2022

344 pages

## SYNOPSIS

Breastfeeding is a process that raises many questions and sometimes we don't know how to solve those little inconveniences that may appear along the way. What's more, in lactation doubts may arise at any moment: before giving birth, in the first days, in the course of it, with the return to work, in your day to day... Who would not want a manual instructions telling you what to do in every moment?

You have that dream manual in your hands. Here you can find step-by-step solutions, resources, key information and ideas to have something very important: the necessary self-care to solve all the situations that can occur during lactation.

With a pleasant and structured tone, Alba Padró, an international lactation consultant with more than 22 years of experience in the world of care for nursing mothers, offers you the keys so that you can overcome all the difficulties of breastfeeding, from the beginning until the end.

Alba Padró provides answers to the many questions mothers might have about breastfeeding.



# COMMUNICATION

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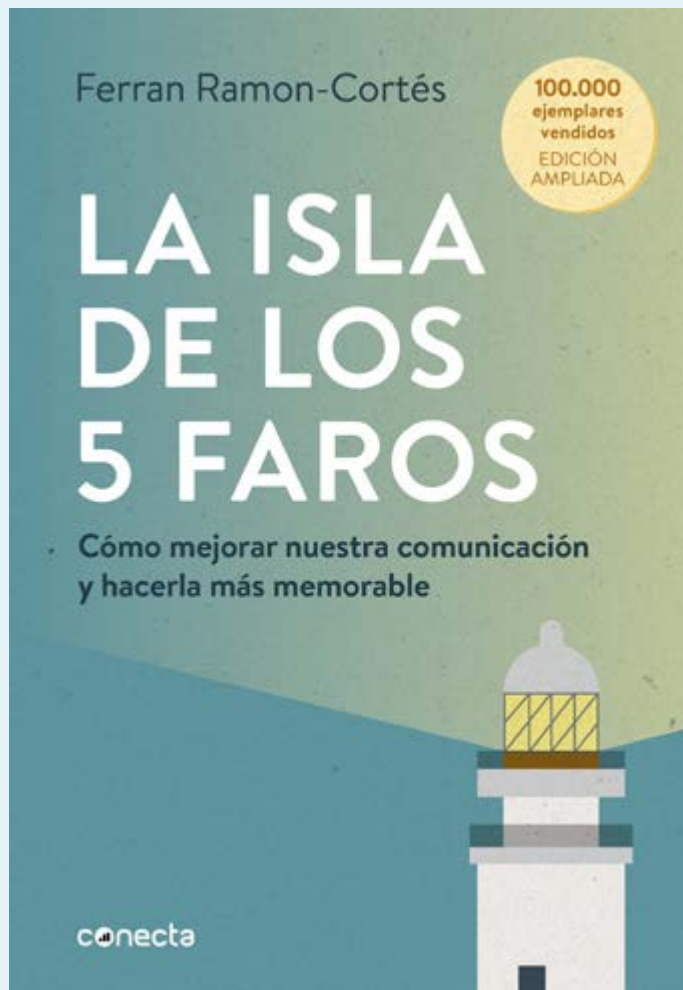




## THE AUTHOR

### Ferran Ramon-Cortés

SPAIN — Holds a degree in Business Sciences and MBA (ESADE Business School). Since 2018, he has led the Institut 5 Fars, which is dedicated to interperson- al-communication training. He is the author of twelve books, including *Relaciones que funcionan* (2015), *Más amistades y menos likes* (2017) and *¿Hablamos?* (2020).



## THE FIVE-LIGHTHOUSE ISLAND

### *La isla de los 5 faros*

Ferran Ramon-Cortés

Conecta

144 pages

September 2021

An expanded, updated edition of an international-communications classic that has already reached over 100,000 readers.

## SYNOPSIS

As we join Ferran on his tour of the five lighthouses on the island of Menorca, we learn about the keys to communicating clearly and effectively—and to the right audiences. This short fable will be useful to everyone who, at some time or another, has had to make sure others receive our message properly, on both a personal and professional level, regardless of whether we're speaking to our kids, our clients, our coworkers or our students.

*La isla de los 5 faros* offers an explanation of Ferran's theory, the key to effective communication. The five simple questions he poses help us achieve a single goal: communicating better and more memorably.

Also by the author:





## THE AUTHOR

### Berto Pena

SPAIN — Entrepreneur behind over twenty projects, team lead on three continents and Executive Education lecturer. A leading figure in productivity training and personnel management. He teaches classes on per-sonal productivity and runs organization trainings for executives.



## HOW TO DEVELOP SUPERHABITS

### *Cómo construir superhábitos*

Berto Pena

Conecta

January 2022

220 pages

Rights sold to:

Portugal (Alma dos livros)

## SYNOPSIS

In a distraction-riddled world, we have to learn to manage our time effectively if we want to succeed at work, make better use of our time and lead a more orderly life.

In *How to Develop Super Habits*, Berto Pena explains the productivity method he has been teaching for over two decades and offers tools that readers can use to learn, develop, and strengthen any habit they choose, both at work and in their personal lives.

With a practice focus, this book includes constant calls to action, suggested exercises and regular reflections to evaluate progress, correct errors and continue building on our progress.

A practical, effective method for introducing and instilling productive habits so you can achieve whatever you set out to do.

*"Having the intention to change is important, but not sufficient. The good news is that today we can access crucial information to get to that place where significant and long-lasting changes occur."*

*The road to that place is called habits. Remember this word well, because it is key: habits."*

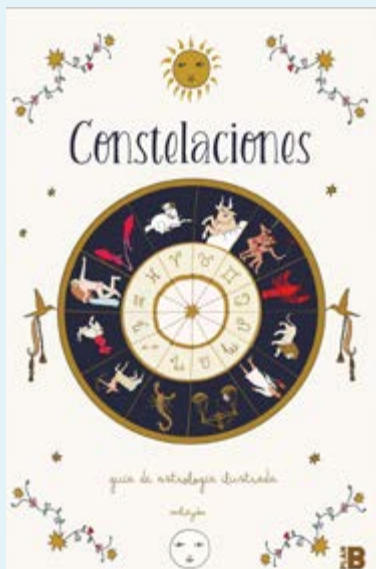
Berto Pena



# ESOTERIC

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**Constelaciones. Guía de astrología ilustrada**

Carlota Santos

Plan B

March 2021

144 pages

Rights sold to:  
World English  
(Artisan Book)  
France (Guy Trédaniel)  
Portugal (Marcador)  
Italy (Gribaudo)  
Turkey (Pegasus)

## CONSTELLATIONS. AN ILLUSTRATED GUIDE TO ASTROLOGY

Already sold into five territories, this fantastic, four-colour and fully illustrated title is a go-to guide for everything you need to know about Astrology.

### SINOPSIS

With Constellations you will discover the history of your star sign (and who you are most compatible with), you will learn how to make your own astral chart, you will understand the relationship between the planets and their rulerships, the phases of the moon and their meanings, and much, much more.

Fully illustrated in Carlotas' unique style, this book is not only practical but a beautiful object as well. As if it were an ancient compendium of astrology and alchemy, in this guide @carlotydes invites us to immerse ourselves in a fascinating world to understand ourselves and the universe that surrounds us.



**Cosas mágicas**

Carlota Santos

Plan B

June 2022

160 pages

Option publishers:  
World English (Artisan Book)  
France (Guy Trédaniel)  
Portugal (Marcador)  
Italy (Gribaudo)  
Turkey (Pegasus)

## MAGICKA AN ILLUSTRATED GUIDE TO MAGIC AND RITUALS

Brilliant and illustrated guide to magic

### SINOPSIS

If you're curious about magic, tarot, energy work, astrology, rituals, and nineteenth-century witchy esoterics, this vibrant illustrated guide is the perfect place to start.

With illustrations and tips grounded in her thorough research, @carlotydes will resolve any questions or concerns you may have about these "magical things," all while you marvel at her dazzling visuals.





## THE AUTHOR

### Mikel Lizarralde

He was born in Urretxu (Guipúzcoa). Ever since childhood he knew he could see and hear spirits, as well as predict the future. Now, he is the director of the Instituto Izarpe in San Sebastian and takes parts in conferences and events all around the world.



## DIARY OF A MEDIUM

### *Diario de un médium*

Mikel Lizarralde

Vergara

June 2022

288 pages

The personal diary of a man who started out as a medium's apprentice, learned to channel his powers, and became the most recognized Spanish medium in the world.

## SYNOPSIS

*Diary of a Medium* is the first-hand account of how a young, inexperienced medium follows the signs he receives and, without a word to his parents, takes a step towards learning more about himself and helping others. He leaves his native Basque country for the first time ever, moving to Canada to train with Marilyn Rossner, the most famous medium in the world, and his greatest supporter.

We watch as Mikel achieves his first breakthroughs and charts his early experiences as a medium—his first ceremonies and contacts with spirits, his fears and his homesickness, and his desire to learn to channel his potential so that he can use his energy to help people. Once back in Spain, he undertakes a new adventure that will lead him to become the most famous Spanish medium in the world.

Also by the author:





# GAMES & TRENDS

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## THE AUTHOR

### Cuadernos Rubio

The Cuadernos Rubio Foundation is an educational, cultural, and social institution which fosters ethics and solidarity in children as well as teaching teach Spanish worldwide to help immigrants socially integrate and achieve equal opportunities.



## THE RUBIO COLLECTION

### Cuadernos Rubio

Cuadernos Rubio

Grijalbo

May 2022

128 pages

Exercises to amplify your memory and concentration.

## SYNOPSIS

Cuadernos Rubio has put together a collection of simple, entertaining games and exercises for adults to improve comprehension, concentration, information retention, and attention span. You shouldn't have to lose an ounce of memory, mental agility, or reflexes as you age. With these activities, you'll be able to keep your mind active and entertained, whether you're at home, at the beach, or wherever you like! The perfect entertainment for any time of year, no matter your age or budget.

## THE COLLECTION

1. Activity books to reinforce, maintain, and improve cognitive function.
2. Practical exercises to keep your memory in shape
3. Logic games and exercises to keep your memory in shape
4. Games and exercises to boost memory and concentration
5. Math and logic games to get your brain working
6. Logic games to keep your memory in shape



## THE AUTHOR

### Modesto García

SPAIN — Publicist and graphic designer. Winner of the Feria del Hilo organized by Twitter at the LWF in 2018, he has worked for BuzzFeed, Netflix and RTVE.



## ILLUSTRATED CRIMES

### Crímenes ilustrados

Modesto García

Plaza & Janés

May 2021

224 pages

Rights sold to:

Germany (Yes Publishing)

Italy (Salani)

Russia (Philipok & Co)

Korea (Joongang Books)

France (Hachette)

## SYNOPSIS

Illustrated crimes reinvents the “game in a book” or “choose your own adventure” titles of the past and goes beyond escape room books or notebooks for adult hobbies. The reader becomes an investigator in the manner of Sherlock Holmes o Hércules Poirot to solve various crimes through the texts and illustrations proposed in each chapter. Entertaining, addictive, viral: the real crime is daring to not play the most followed game on the internet in 2020.

From suspicious suicides to bloody homicides, family disputes over million-dollar inheritances, crimes of passion, hidden identities, deadly secrets and mysteries to unravel, as the reader you will have to solve twelve different cases using your insight and observation. Written and designed by Modesto García, one of the greatest internet talents of the moment.

The time has come to become the protagonist of your favorite crime novels and thrillers: take the driving seat and solve these illustrated crimes.





Penguin  
Random House  
Grupo Editorial

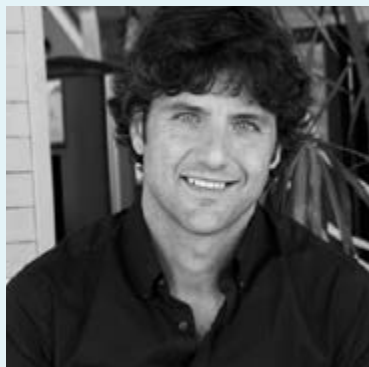
COMMERCIAL NON-FICTION

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# GASTRONOMY







## THE AUTHOR

### **Edgar Barrionuevo**

SPAIN — Founder of Ayuno y Salud and one of the internet's most popular fasting proponents. He has an undergraduate degree in physical activity and sport and a postgraduate in nutrition from the University of Barcelona.



## FAST FREEDOM: THE BENEFITS OF FASTING

### ***Ayunízate: Los beneficios de practicar ayuno***

Edgar Barrionuevo

Grijalbo

250 pages

January 2021

Reenergize, recover your health and lose weight through fasting.

## SYNOPSIS

Fasting is a therapeutic tool that will help you achieve a higher quality of life. Increasingly, scientists are finding evidence that fasting has numerous physiological benefits: it helps you control your blood sugar, increases stress resistance, suppresses inflammation and lowers blood pressure.

Fasting can be a source of health and energy, and after ten years leading courses and seminars, Edgar Barrionuevo is sharing the extraordinary benefits of his practice. In this book, we learn about the different forms that fasting can take and which are best for us as individuals, depending on our personal goals.

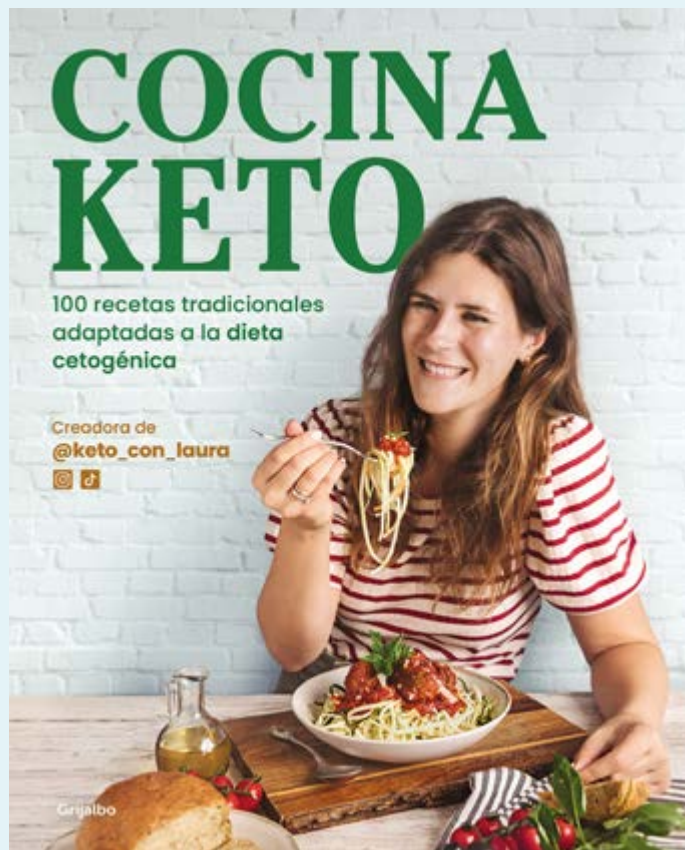




## THE AUTHOR

### Laura Garat

SPAIN — Creator of the Instagram and YouTube channel [@keto\\_con\\_laura](#) ([@keto\\_with\\_lau](#) in English) and of [www.ketomediterraneo.net](#), where she shares her passion for cooking and crafting new recipes. She advocates for an imperfect, relaxed, realistic keto diet that isn't based on guilt or forbidden ingredients.



## KETO, MEDITERRANEAN-STYLE

### *Keto mediterráneo*

Laura Garat

Grijalbo

256 pages

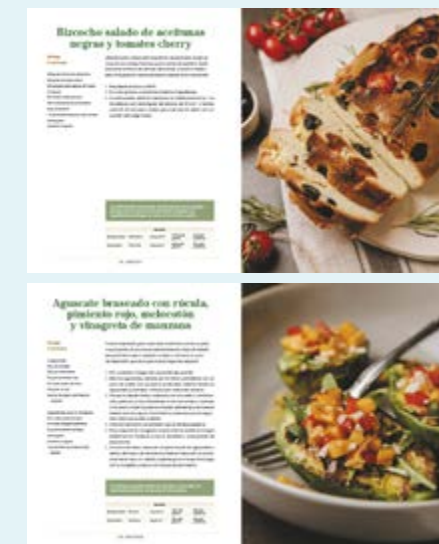
January 2022

## SYNOPSIS

The keto diet—short for the ketogenic diet—includes lots of fats, a moderate amount of protein, and very few carbohydrates. When we all but completely remove carbs from our food intake, the body begins getting the energy it needs from fats. This offers a number of benefits, including a reduced appetite and greater physical endurance.

This book's introduction includes easy, understandable, illustrated explanations of everything you need to know in order to get started, including a description of the glycemic index and glycemic load, what foods fit within the diet, substitutions and much more. However, the greatest gift this book has to offer are eighty delicious and easy-to-follow Mediterranean recipes, that include helpful nutrition information for guidance.

Over eighty comforting recipes from the Mediterranean tradition, adapted for the keto diet.



# PLANTS

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## THE AUTHOR

### Nena Von Flow

She is an interior decorator and self-taught plant lover. In 2019, she created Planteral Instinct, a community where she shares the happiness she gets from working with plants, along with tips and project ideas to inspire her more than one-hundred-thousand followers.



## CARE FOR YOUR PLANTS AND THEY'LL CARE FOR YOU

### *Cuida tus plantas para que ellas cuiden de ti*

Nena Von Flow

Grijalbo

March 2022

206 pages

## SYNOPSIS

Whether in the country or the city, on a balcony or in a garden, plant-care is a great way to put aside our day-to-day stress and routines and reconnect with our environment and ourselves.

This illustrated book is an invitation to connect with the natural world all around us, to feel its healing, transformative power.

With practical tips, ideas for creative projects, and inspiring reflections, Von Flow encourages us to bring nature into our daily lives and watch as our mental health flourishes alongside our plants.

It's a book that celebrates nature's power to heal us and transform our inner life.

An illustrated guide to show you how plant-care can also be self-care.





# HISTORY

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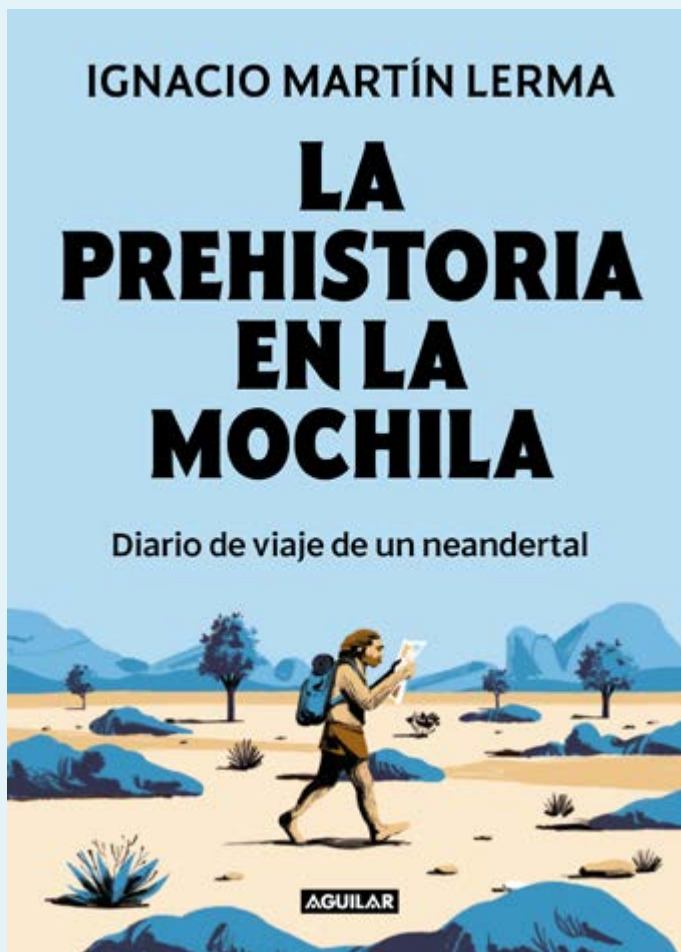




## THE AUTHOR

### **Ignacio Martín Lerma**

is an archeologist specializing in the Paleolithic era. He's a Vice-Dean and professor of prehistory at the University of Murcia, as well as a researcher of the Arco Cave. He is also a brilliant educator and frequently collaborates with the Spanish educational series, *Flux Capacitor*.



## PREHISTORY IN YOUR BACKPACK

### ***La prehistoria en la mochila***

Ignacio Martín Lerma

Aguilar

May 2022

280 pages

## SYNOPSIS

Meet Sepik, a young Neanderthal who's about to leave his village in search of a new settlement. Through his travel diary, he'll take us through some of the major cave settlements and villages in the Iberian Peninsula of his day.

Sepik, a young *Homo neanderthalensis*, leaves his village to find a new place for his tribe to settle. He keeps a travel diary of his adventures, brimming with details on how our ancestors lived, related to one another, and built communities. This utterly unique travel guide through Neanderthal communities in the Iberian Peninsula will send your imagination soaring.

Meet Sepik, a young Neanderthal who's about to leave his village in search of a new settlement.



## THE AUTHOR

### El Barroquista

SPAIN — Miguel Ángel Cajigal Vera is an Historian, musician, and cultural advocate specializing in art history and music. He is one of the most successful digital promoters of art and culture, including on Twitter, Instagram, YouTube and Twitch.



## ANOTHER KIND OF ART HISTORY

### *Otra Historia de Arte*

El Barroquista  
Plan B  
October 2021  
264 pages

Learn to enjoy art history  
with one of Spain's greatest  
art promoters: @ElBarroquista.

## SYNOPSIS

What if I'm just not into Picasso? Or If I don't get all those random lines people call modern art? Or if I think art people are all pretentious?

Art is often perceived as complicated, inaccessible, or difficult. But the author of this book suggests that art isn't just for snobs, is for anyone who feels a sense of pleasure in the face of beauty or a sense of curiosity in the face of the unusual.

In this book, we learn about the world's greatest masterpieces, how the human body has been por-trayed throughout history, ways to appreciate the art in your own past and present, and what we even mean by the word "art." This books is an invitation to delve into the world of art, to enjoy it and appreciate it.

# JOURNALISM & MEMOIR

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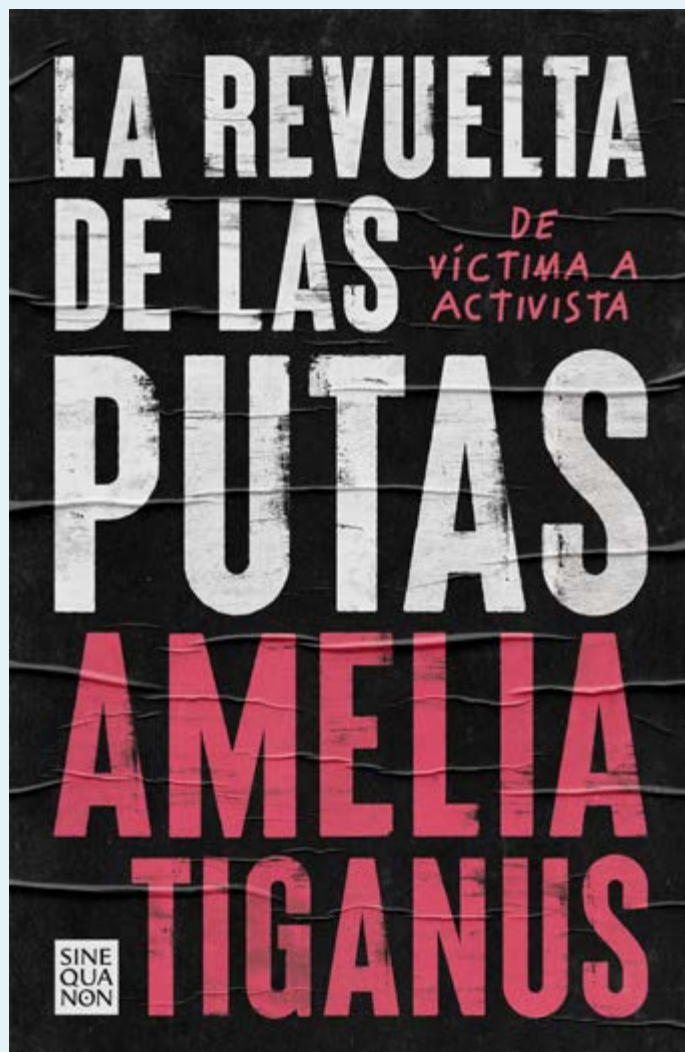




## THE AUTHOR

### Amelia Tiganus

ROMANIA — Feminist and leader of classes and work-shops on awareness and prevention of prostitution and sexual violence. Based on her personal experience and activism, Tiganus explains the importance of understanding why “the personal is political,” and offers a series of reasons for us to fight for a fairer, more egalitarian, prostitution-free society for women and girls.



## THE WHORE UPRISING

### *La revuelta de las putas*

Amelia Tiganus

Sine Qua Non

September 2021

304 pages

Rights sold to:

Romania (Editura Omnium)

## SYNOPSIS

Amelia Tiganus was gang-raped in Romania when she was thirteen years old, after which she was stigmatized and fell prey to human traffickers. She was captured, sold to a pimp, and burdened with a 3,000-euro debt. After five years of exploitation in over forty Spanish brothels, Tiganus managed to escape, and today she is Spain's foremost critic of sex trafficking and the sex trade, which turns a yearly profit of 18 million euros in Spain alone.

## EXTRACT

*“The Whore Uprising is not about the whores. It’s about all women —united through prostitution— being against this form of patriarchal violence. An uprising that, although it does not have great weight by itself, can be the initial start of a more organized, big, deep and systematic protest. And an effective protest, since it begins with the grass roots. We are getting closer to achieving a break in the dichotomy between us. Do not leave us alone, team. I invite you to join the uprising of the whores.”*

An explosive book from Spain’s most prominent prostitution-abolition activist.

“This book that you have in your hands it is as much a claim that Amelia makes about herself as it is an X-ray right into the heart of the prostitution system. These pages are full of pain, but also of optimism. Here are the words of a woman who has managed to survive hell, but also who one day embraced feminism because she found the words and concepts that transformed her individual experience in a political event.”

**Rosa Cobo, philosopher**

“A common thread runs through the entire book: the desire to illuminate the harmful effects of sexual violence, both of the act itself and of those who suffer at the hands of it. This violence plagues our society and is much more damaging pandemic than that of COVID-19, as it naturalizes and even eroticizes the use of violence in sexual relationships. That’s why I consider this to be a book as healing, not just for the author Amelia, but also for society as a whole.”

**Carmen Serrano, trauma psychologist**

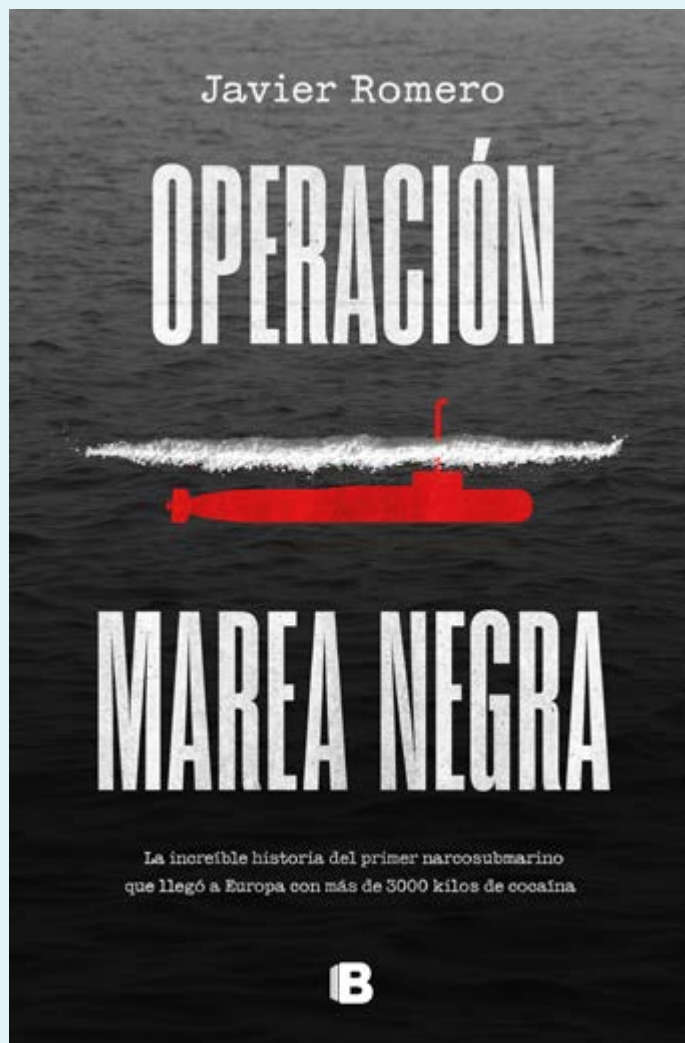




## THE AUTHOR

### Javier Romero

Doniz (Ginzo de Limia, 1980) has a degree in Journalism. He started as an intern nineteen years ago at Diario de Pontevedra and later worked at *Cadena Ser* and *La Voz de Galicia*, where he has been working since 2006.



## OPERATION BLACK TIDE

### *Operación Marea Negra*

Javier Romero

B de Blok

January 2022

320 pages

## SYNOPSIS

Colombia was the origin, the Amazon the starting point, and Galicia the improvised destination of the first transoceanic narco-submarine intercepted in Europe. This is the true story of the fascinating journey of three men who transported more than 3,000 kg of cocaine underwater for twenty-eight days, living in misery. But it is also the story of Agustín, a former boxing champion who stepped out of the ring to become the captain of this dangerous mission in which he ended up involving his friends from Vigo, who were not meant to be its protagonists.

Operation Black Tide is the accurate and definitive chronicle of these events. An exciting and exhaustive book in which the journalist Javier Romero gathers the exclusive testimonies of policemen, judges, experts, and witnesses of one of the most incredible events in the history of drug trafficking in Spain.

3,068 kg of cocaine.

A former boxing champion who made a life-changing decision.

A narco-submarine which arrived in Spain, making myth a reality.

«A book of adventures written from hell, where lives go to waste. Javier Romero has traveled there in order to show us the world right under our noses.»

**Manuel Jabois, journalist**

«Javier Romero has written the most claustrophobic and fascinating odyssey of the Galician narco. Operation Black Tide belongs to the tradition of great reporting, which basically consists of a good journalist coming across a great story and becoming obsessed with it.»

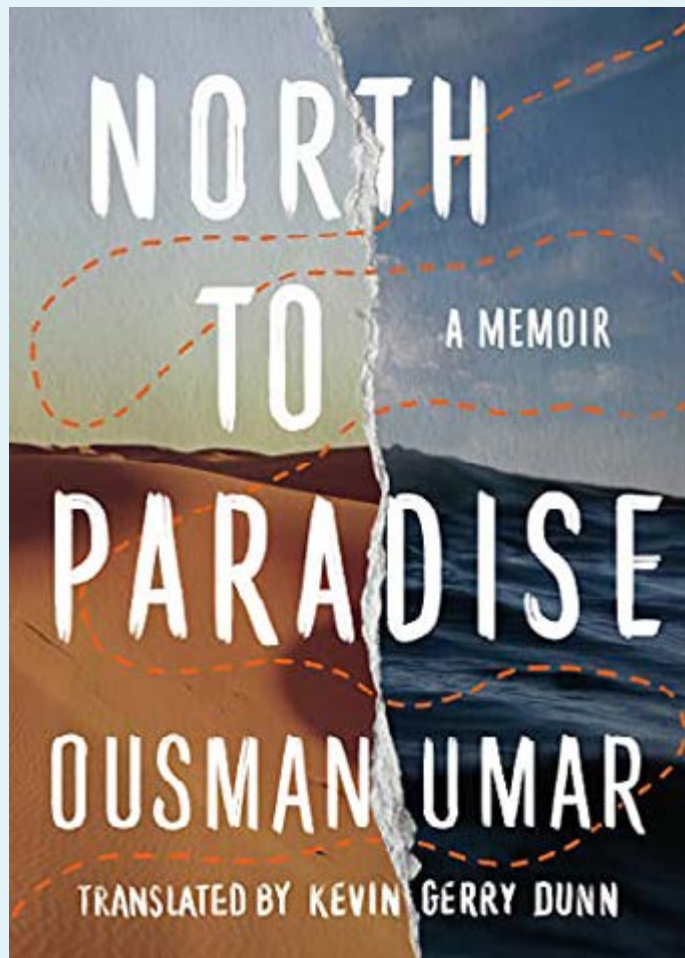
**Rafa Latorre**



## THE AUTHOR

### Ousman Umar

SPAIN — was born in Ghana and emigrated to Europe when he was seventeen. In 2012 we founded Nasco, a NGO through which he helps the spread of education in his homeland. In 2018 he joined the Proactiva Open Arms team, a NGO whose aim is to rescue people who try to reach Europe by sea.



## NORTH TO PARADISE

### *Viaje al país de los blancos*

Ousman Umar

Plaza & Janés

April 2019

224 pages

Rights sold to:

Amazon Crossing (World English)

Poland (Poznańskie)

Full English PDF available

## SYNOPSIS

Ousman Umar is a shaman's son born in a small village in Ghana. Though his mother died giving birth, he spent a contented childhood working the fields, setting traps in the jungle, and living off the land. Still, as strange and wondrous flying machines crisscrossed the skies overhead, Ousman dreamed of a different life. And so, when he was only twelve years old, he left his village and began what would be a five-year journey to Europe.

Every step of the way, as he traveled across the Sahara desert, through the daunting metropolises of Accra, Tripoli, Benghazi, and Casablanca, and over the sea aboard a packed migrant dinghy, Ousman was handed off like merchandise by a loose network of smugglers and in the constant, foreboding company of "sinkers": other migrants who found themselves penniless and alone on their way north, unable to continue onward or return home.

But on a path rife with violence, exploitation, and racism, Ousman also encountered friendship, generosity, and hope. *North to Paradise* is a visceral true story about the stark realities of life along the most dangerous migrant route across Africa; it is also a portrait

The inspiring true story of one man's treacherous boyhood journey from a rural village in Ghana to the streets of Barcelona—and the path that led him home.

of extraordinary resilience in the face of unimaginable challenges, the beauty of kindness in strangers, and the power of giving back.

«With unerring humanity, Umar brings instances of light to his sobering tale through moving recollections of the friendships that bolstered him and moments of 'divine intervention' that led him to finally find a new home in Spain. This is a stunning testament to the strength of the human spirit.»  
*Publishers Weekly* (starred review)

«Both sobering and inspiring, this story about a young African man's awakening to the realities of an often uncaring world offers a compelling portrait of humanity at its ignorant worst and enlightened best. A candid and provocative memoir from a determined man.»  
*Kirkus Reviews*



# SPORTS

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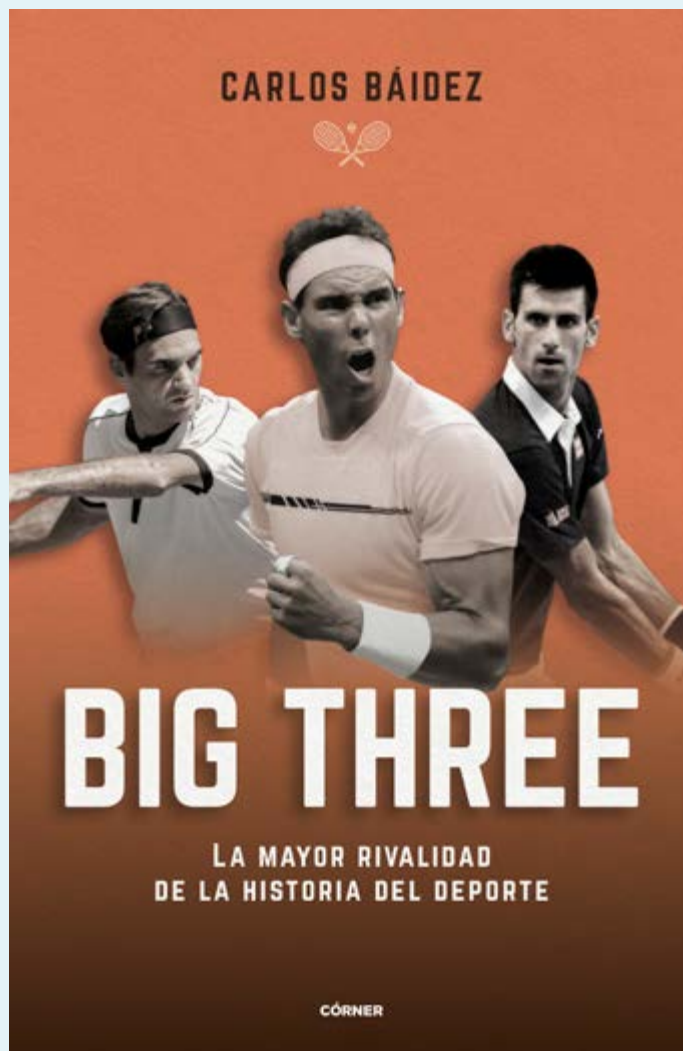




## THE AUTHOR

### Carlos Báidez

(Hellín, 1980) has a degree in Information Sciences-Journalism and has worked and collaborated in the media such as Diario As, Cadena Ser and the newspaper Superdeporte. Among the sporting events covered in his professional career, the Davis Cup, the First Division League, the UEFA Champions League, the ACB and the Copa del Rey basketball stand out.



## BIG THREE

### *Big Three*

Carlos Báidez

Roca

January 2022

384 pages

Big Three is the only book that narrates the greatest sports rivalry in history, the one between the three best tennis players of all time: Roger Federer, Rafa Nadal and Novak Djokovic.

## SYNOPSIS

For two decades, the protagonists of this book have dominated with great authority on the ATP circuit, contesting the Grand Slams, major competitions and number one in the world ranking. In an unprecedented physical and psychological battle, they have delighted fans with unforgettable duels that will be difficult for us to experience again.

Carlos Báidez analyzes in Big Three the ins and outs of the already legendary rivalry of the three greatest racket geniuses. A detailed journey from his childhood to his current struggle to be the best tennis player ever. Along the way, he shows us the most human face of Federer, Nadal and Djokovic, as well as allowing us to relive his moments of greatest glory and his most notorious defeats.

An essential work for any sports fan, which provides innumerable arguments and data so that the reader can decide who is, in his opinion, the best tennis player in history.

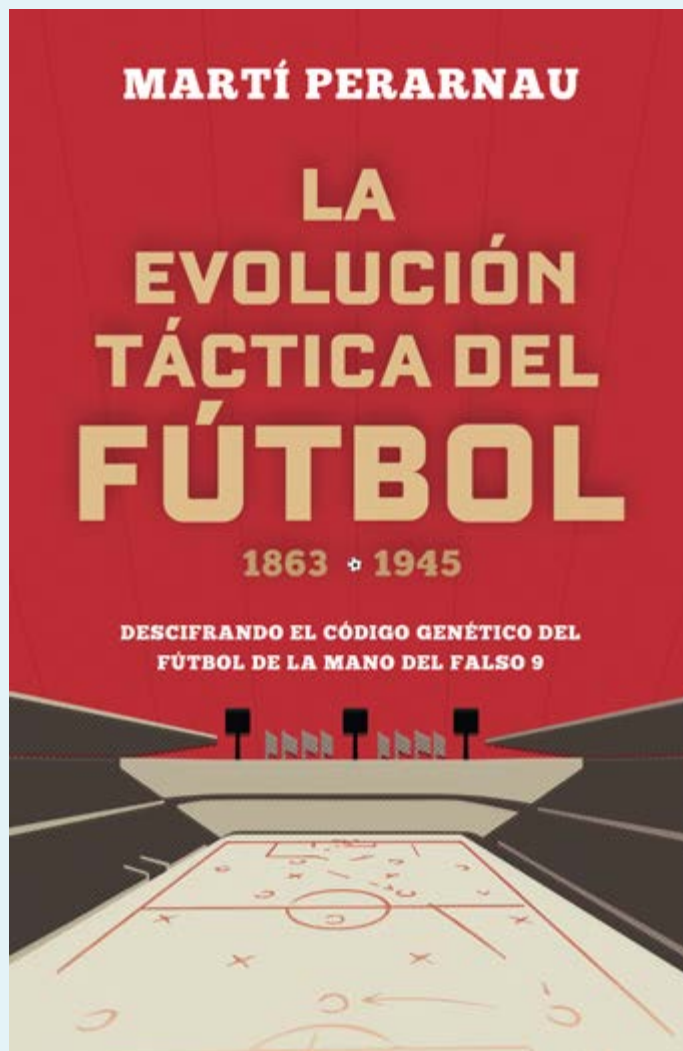




## THE AUTHOR

### Martí Perarnau

Sports journalist and former athlete. He participated in the 1980 Summer Olympics in Moscow, where he competed in the high jump, in which he was a champion and record-holder in every category in Spain. He has headed the sports sections at several newspapers and at Televisión Española at in Catalonia, where he created the program Estadio 2. He is the author of *Senda de campeones*, *Herr Pep* and *Pep Guardiola: la metamorphosis*, the latter two with this imprint.



## THE EVOLUTION OF FOOTBALL TACTICS

### *La evolución táctica del futbol*

Martí Perarnau

Roca

November 2021

Decoding the genetic code of the false nine.

## SYNOPSIS

Decoding the genetic code of the false nine. Describing the tactical evolution of the game since its standardization in 1863: the Cambridge Pyramid, the attacking midfielder, the Uruguayan sweep, the British W-M, the Italian method, the Hungarian 4-2-4, the Swiss verrou and the Argentine 3-2-5. This book reviews the sport's major tactical developments through the lens of the false nine, the subtlest, most complex figure in football.

The false nine emerged in 1910 and has gone through a series of changes: English direct play, the Scottish passing game, offensive and defensive positions, the proactive mentality, the reactive spirit, zone defense, one-to-one marking and line, fan and W attacks. All these ideas fit within the false nine, which binds together the four elements of football: ball, time, space and deception.

## CONTACT

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