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MARÍA ESCLAPEZ

María Esclapez is a psychologist with a keen interest in self-love and relationships, and has had huge international success so far, with over 130,000 copies sold in Spain and international sales into twelve territories.

María conveys her experience as a psychologist with a simplicity and closeness that allows her to reach the masses.

Her breakthrough title, *I Love You, I Love Me*, was 2022's key non-fiction book, topping sales chart week after week with a huge repercussion in social media and press.

María has been devoting all her energy for several years to improving people's well-being through social media outreach and patient care in person and online at the Crezando Medical Center.

In addition, María is also a collaborator with media outlets such as the magazines *Cosmopolitan*, *Glamour*, *Mujer hoy*, *Elle*, *S Moda*, or major national newspapers like *La Vanguardia* or *El País*, among others.

What started as a passionate sexologist writing a much-loved blog *Diary of a Sexologist* has now turned into a series of best-selling titles with practical content, attractive layouts and ideas based in psychological theories that allow readers to become their best selves.

Love Your Sex was her first title published by PRHGE, focused on sexuality and pleasure. Her second title, *I Love You I Love Me*, is a practical guide to healthy relationships and her newest title *You Are Your Safe Space* is about leaving emotional wounds of childhood behind in order to relate better and live our best present.

An incredible communicator with a huge capacity to draw in her reader and create a following, María Esclapez is the next big name to watch within the world on non-fiction.

Join her tribe!



María Esclapez



UNA GUÍA PARA DESARROLLAR
RELACIONES SANAS
(Y MEJORAR LAS QUE YA TIENES)



I LOVE YOU, I LOVE ME

A guide to develop healthy relationships (and improve the ones you already have)

Brugera, June 2022, 256 pages

Rights sold: Italy (Mondadori), Portugal (Nascente), Brasil (Sextante), Poland (JK Ksizki), Croatia (Egmont), Bulgaria (EMAS) Albania (Botart), Serbia (Vulkan), Romania (Trei), Russia (Popuri), Turkey (Pegasus)

Relationships can be a minefield, and sometimes the most complicated relationship is the one we have with ourselves.

In this title, psychologist Maria Esclapez, specialized in clinical sexology and couples therapy, teaches us how to take care of ourselves through practical examples and reflexions.

Although it can often appear romanticized, emotional abuse is psychological mistreatment and can be identified under certain behaviors illustrated in the book, such as gaslighting.

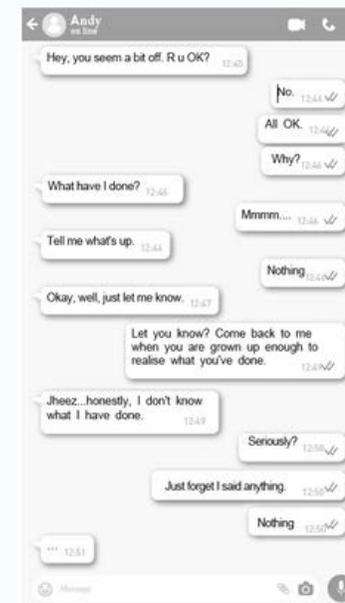
"It's never too late to learn to be aware of your experiences, love you and value you, first as person, and then as a couple".

This wonderful title includes practical exercises for the reader as an aid to emotion management and conflicts and X-rays of conversations of WhatsApp with examples based on real cases.

CONTENTS

- Toxic relationships and emotional dependency
- Phases of love
- Myths of romantic love
- Responsibilities within a relationship
- Identifying emotional abuse
- Jealousy
- A narcissistic profile vs. an empathetic one
- Leaving a dependent relationship
- Healthy relationships

SAMPLE SPREADS



Passive Communication

This is an example of a couple that "solves" conflict passively. Specifically, they wait for the partner to "guess" what is wrong



YOU ARE YOUR SAFE PLACE

Make peace with your past to reconnect with yourself (and those around you)

Brugera, February 2023, 296 pages

Rights sold: China (United Sky), Russia (Popuri), Turkey (Pegasus)

María Esclapez has already helped thousands of readers to heal their relationships and improve their self-esteem. She now focuses on the importance of healing the past and the emotional wounds of childhood in order to relate better and live our best present.

"Why do I feel what I feel? Where does my discomfort come from? How have I learned to relate to others and myself? How does the type of attachment we develop in childhood influence our adult life? And, most importantly: how can I heal my wounds and live in peace in my present?"

As in the first book, with a fresh and direct tone, with practical examples from the author herself and taken from consultation, María Esclapez accompanies you to discover how you can begin to heal your past and improve your present.

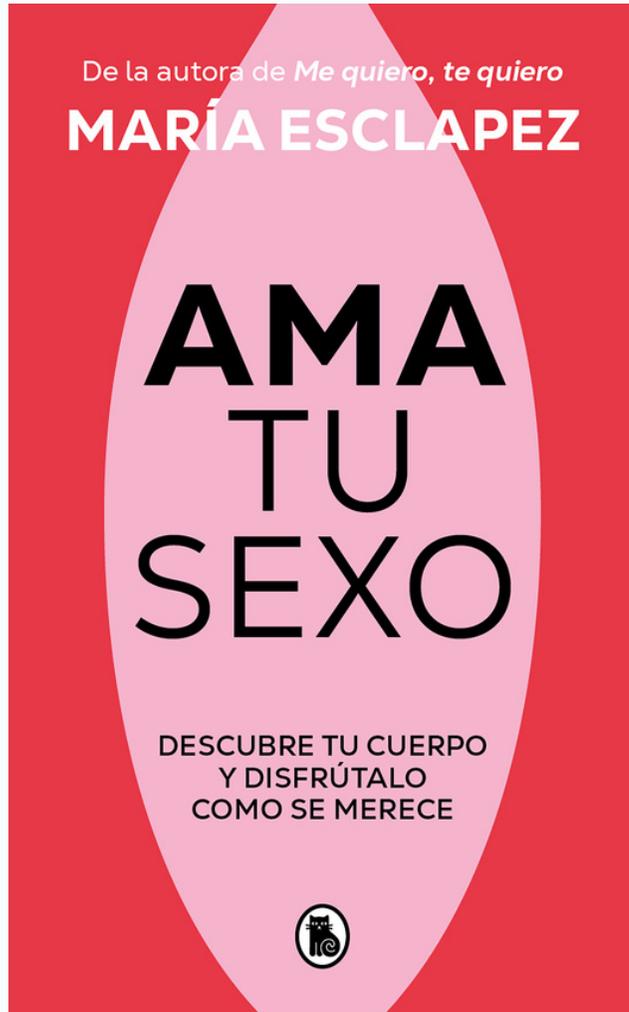
You are the most important person in your life, make yourself your safe place.

KEY POINTS:

- Anecdotes, experiences of the author and situations extracted from real cases in consultation.
- Self-knowledge exercises, guided by the author, to understand the root of our problems and begin to solve them.
- Diagrams and other graphic resources that help to make the information easily accessible
- Proposals to put into practice and get more out of your relationships.

SAMPLE SPREADS





LOVE YOUR SEX

Discover your body and enjoy it like you deserve

Brugera, February 2020, 256 pages

This book is the sex session you have always wanted to have.

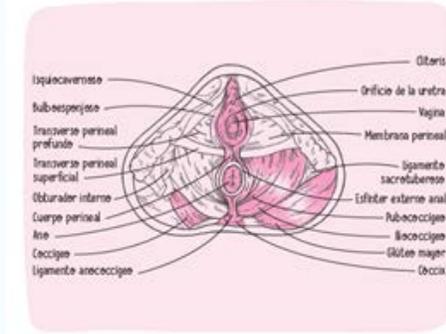
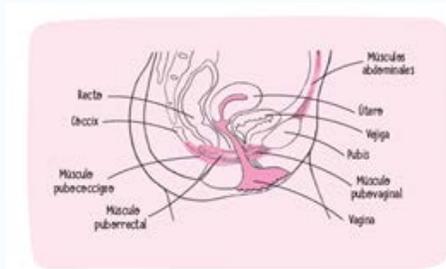
A fresh and funny book meant for young (and not-so-young) people who don't know that much about their own sexuality.

A book so that every woman can learn about and have fun discovering herself. A step towards sex education, that taboo topic that every youth wants to know about so badly.

This book is a response to a lack of sex education and holds quintessential information for teens – because Google must not be the solution for such an important matter.

Beautifully illustrated, this is the perfect approach for a readers first title on sex and pleasure.

SAMPLE SPREADS



ELIZABETH CLAPÉS

Elizabeth Clapés is a trained psychologist, specialist in sexual relationships and couples therapy. Originally from Ibiza, she currently resides in Barcelona.

She has built a huge following on social networks, with over 145,000 follows on her Instagram [@esmipsicologa](#).

She also has her own company where she manages a team of psychologists offering couples therapy – [Esmi Psicologa](#).



50,000
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LOSE YOU TO FIND MYSELF

An easy and accessible guide to rebirth after a breakup

Montena, October 2023, 160 pages

Even if you know that you should let go of a relationship, how do you deal with everything that comes after? Breakups are a moment of great vulnerability, which is why it is important to go through them with the best company. If you have tried everything and your relationship does not work.

If you believe that a beautiful relationship requires the healthiest ending possible. If you are going through a bad streak in love and you are afraid of facing loneliness... You need to rediscover yourself and fall in love with yourself again.

This book is structured in a comprehensive and thoughtful manner, guiding readers through the intricate terrain of relationships and their aftermath with clarity and empathy. It is divided into four distinct parts, each serving as a crucial phase in the journey of healing and self-discovery after a breakup.

In the first part, aptly titled "When It Starts to Seem Like the Relationship Is Ending," the author delves into the harsh realities of relationships, acknowledging that life is a constant work in progress. By addressing the reasons behind relationship breakdowns and emphasizing that it's not always the end, this section lays the foundation for understanding the complex emotions that follow a breakup.

The second part, "How Do I Deal with Everything That's Coming My Way?" delves into the emotional upheaval that accompanies a breakup. It introduces readers to the stages of grief, provides insights into factors that can complicate the healing process, and explores the neuroscience behind heartbreak. Importantly, it offers guidance on identifying and coping with traumatic breakups, fostering self-compassion in the face of past mistakes, and understanding the impact of abuse. This section serves as a crucial roadmap for individuals navigating the turbulent waters of heartbreak.

HASTA QUE TE CAIGAS BIEN

Trabaja en ti para estar orgullosa
de quien eres

Elizabeth Clapés
esmipsicologa

montena

UNTIL YOU GET ALONG WITH YOURSELF

Work on yourself to be
proud of who you are

Montena, February 2023, 256 pages

Imagine that you could create a manual of how you want to be and how you want your relationship with others to be. What would you ask for?

When we get angry or feel any emotion that makes it difficult for us to act rationally, we take all our feelings out on those around us: we lose our temper, make bad decisions, or say things we later regret. But sometimes you have to stop and ask yourself: how would the person I want to be act?

Trying to make your behaviors match your values is a form of self-love. But to achieve this it is essential to know yourself, to know who you want to be and to act consciously.

At the end of the day, the person who best falls for you in this world is you.

QUERIDA YO: tenemos que hablar

Conócete y sé feliz contigo

Elizabeth Clapés
@esmipsicologa

montena

DEAR ME: WE HAVE TO TALK

Know yourself and be happy in
your own skin

Montena, June 2022, 144 pages

Before, when I heard people talk about the importance of "knowing oneself," I didn't understand it.

When you've been living with yourself for thirty years, can you really know what you're missing? Is there truly something that can catch you by surprise? In our day-to-day lives, we have thousands of feelings, people, wounds, and situations that cause us discomfort. Identifying them and knowing how to distinguish between those we can change and those we cannot is very important to stop asking ourselves the same questions: Why do I feel so sensitive?

Why am I always on the defensive? Why do I feel anxious? What's happening to me? That's why, dear friend, we need to talk. Let's take a moment to get to know ourselves, correct ourselves, accept ourselves, forgive ourselves. And a very important part: to tell whatever needs to go, to get to hell.

Let's see if that way we can start loving ourselves as much as we deserve, because it's about time.



MARTA SEGRELLES

Marta Segrelles is a highly accomplished psychologist specializing in integrative therapy with a humanistic approach, focusing on emotional healing and growth. With extensive training in trauma and attachment, she is committed to understanding and restoring the impact of life experiences through various therapeutic modalities, such as Internal Family Systems (IFS), bilateral TEBB stimulation, and transactional analysis.

Having initially started her career as a child and youth psychologist, Marta's expertise has evolved to empower adults in their journey towards healing and self-trust.

MARTA SEGRELLES

ABRAZA A LA NIÑA QUE FUISTE



Sana las heridas del pasado y reconecta con tu interior



HUG THE GIRL YOU WERE

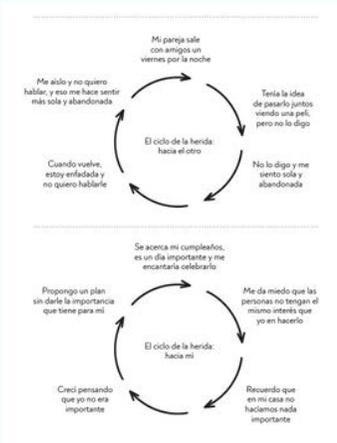
Cure the wounds of the past and connect with yourself

Brugera, June 2023, 280 pages

Many times, difficulties in relating to others and oneself stem from our inner child, a vulnerable part that holds all the experiences from our childhood. If this inner child was wounded or did not receive the necessary attention, discomfort can accompany us into adulthood.

Marta Segrelles combines theory and practice to guide us on a journey to reconnect with this inner child. We will learn to understand and validate our emotions in order to comprehend why we feel the way we do and become the adults that the child we once were needed.

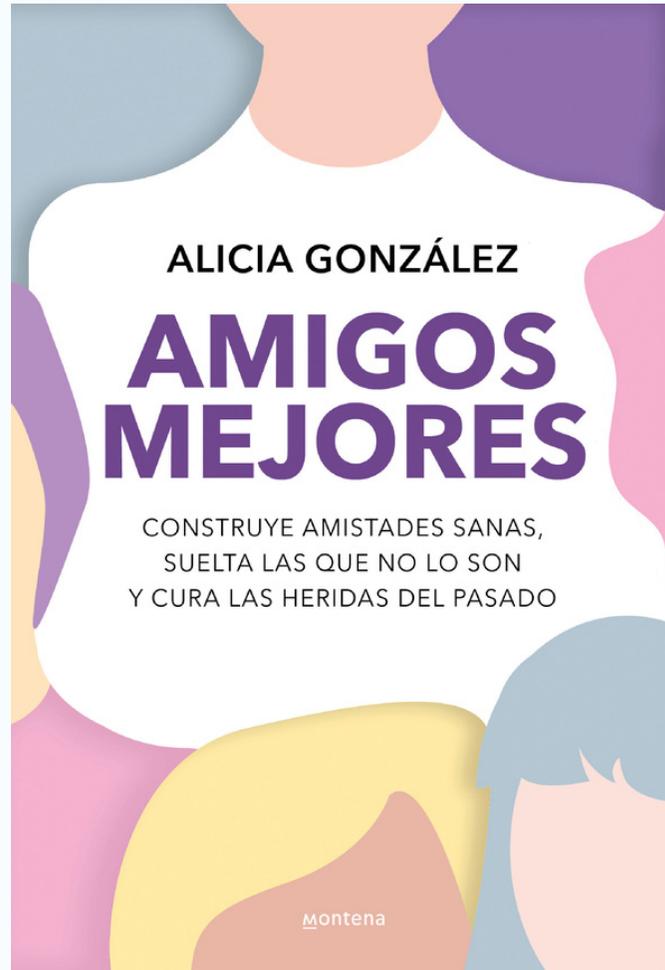
With compassion, empathy, and boundaries, we will change our experience of the past to heal and relate to ourselves and others in the best possible way.





ALICIA GONZÁLEZ

Alicia González is a licensed psychologist and a mother. She dedicates here time to accompany people on their journey toward repairing relationships that need new ways of functioning, helping them learn to lovingly let go of those that are no longer present or hurt them, and spreading awareness on social media to create safe spaces where healthy relationships can be built.



BETTER FRIENDS

Construct healthy friendships, let go of those that no longer serve you and cure your wounds from your past

Montena, September 2023, 280 pages

Having good friends is not a matter of luck, but of responsibility.

What should I do with that friend who says she loves me but keeps taking advantage of me? If I don't have a lifelong group of friends, does that mean I've done something wrong? Should I reach out to that friend who stopped talking to me without explanation? How can I better connect with the people around me whom I like? Is there a trick to meeting new people?

Having deep friendships is essential at every stage of our lives to maintain good mental health. However, no one has taught us how to build healthy bonds, manage day-to-day conflicts, or reposition or let go of relationships that no longer serve us well.

In Better Friends you will find practical and straightforward tools that will help you establish strong and healthy friendships. Understand how relationships work, identify what you need, and learn to communicate assertively. Take the reins to have better friends and be a better friend to others.



PATRICIA RAMÍREZ

Patricia Ramírez is a psychologist, writer, lecturer, and educator in different areas of communication.

She has a degree in Psychology, a master's degree in Clinical Psychology and Health and a doctorate in Personality, Assessment and Psychological Treatment from the University of Granada.

A regular collaborator with newspapers and magazines, she also frequently appears on radio and television.

Her work has been recognized with the Andalusian Psychology Award for diffusion of Psychology in the media (2017).

She has a fascinating background in the world of elite sports, where she worked with top athletes to help them stay focused and at the top of their game (literally!). Using a unique and creative approach to psychology, Patricia has worked in several fields to share her message and help improve people's lives.

She is a regular speaker on issues related to attitude, will power, the ability to change (amongst other topics), as well as teaching online workshops, looking at topics such as anxiety and self-control.

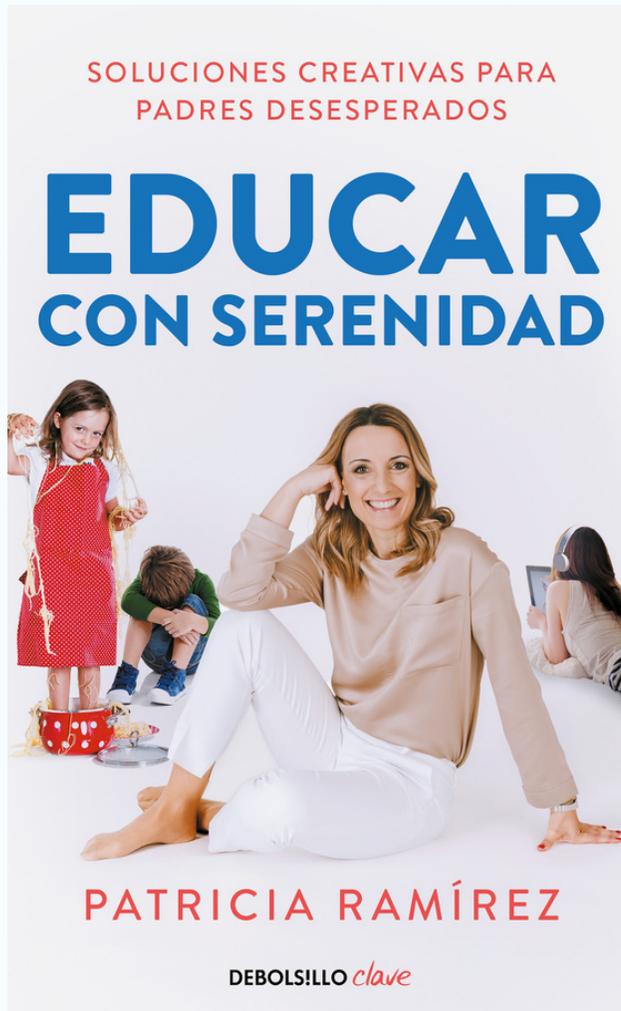
She has even brought psychology into theatres, with the creation of plays that are an enjoyable and fun way to learn to manage the problems of everyday life. Her clinic has an international reach, and she helps people around the world live their happiest, healthiest lives.

A best-selling author within Spain with several books published to date, she is renowned for practical titles that mix accessible content with hardworking, psychological-backed research.

Learn more about the author via [her website](#), as well as her Instagram [@Patri_Psicologa](#).

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RAISING CHILDREN WITH SERENITY

The most effective dynamics for educating children without losing your composure

Grijalbo / De Bolsillo, May 2019, 256 pages

18,000
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Educating with serenity offers creative, fun, and accessible solutions for everyone to enjoy education.

Parents take education very seriously, but we must stop copying old models to start innovating, being creative, and thinking that there is another way to educate without resorting to shouting and the figure of authority. And, above all, without getting desperate.

How many parents haven't felt desperation at some point when dealing with everyday conflicts with their sons and daughters? Who hasn't been on the verge of a nervous breakdown when kids need to shower, obey, be more responsible, less argumentative, more obedient, more empathetic, less nervous, or better eaters?

For each of these situations, Educating with serenity offers a remedy within everyone's reach. They are creative solutions, easy to put into practice and scientifically supported, the result of the extensive and recognized experience of Patricia Ramírez as a psychologist and, in particular, of the workshop where she addresses the concerns and fears of parents concerned about their children's education.

With the author's guidance, we will discover ideas that don't occur to us because we don't find the time:

- We will play at educating, tidying up, or inventing contests to increase the motivation of the youngsters while they have fun.
- We will discover how to train the capacity for self-control, both ours and our children's.
- We will learn to feel and experience emotions, and to communicate and understand each other better.

The dynamics and games in 'Educar con serenidad' are based on various human learning processes. They have scientific support and rigor behind them, transformed into ideas that parents may not always come up with, either because they don't find the time or because not everyone is equally imaginative when it comes to education.

Let's start to forget about the good cop and the bad cop. Let's play more with our children, educate them, engage in contests, because in this way, we increase their motivation, the kids have fun, and they want more.



SERENITY AS A WAY OF LIVING

Serenity as a way of living - 365 practical tips

Grijalbo, November 2022, 416 pages

We spend life looking for satisfaction in things, places, moments, people, but at the end of the day we realize that that peace that we yearn for begins within us.

Faced with the search for happiness as an ephemeral state of mind, Patricia Ramírez claims serenity as a path, a way of being in the world.

Broken down into three clear sections of Feeling, Thinking and Acting, this title presents a range of practical techniques and invites the reader to choose a piece of advice, work on it, give themselves time, and once they have integrated the practise as a habit, pass on to the next step.

All her advice is accessible and user-friendly, strongly backed up by the science of psychology.

From serenity everything is perceived in another dimension.

CONTENTS

Feel with serenity

- Give your body a break
- Emotions: the art of feeling
- Accept, forgive, thank
- Take care of your self-esteem
- Love for others
- Living as a couple from serenity

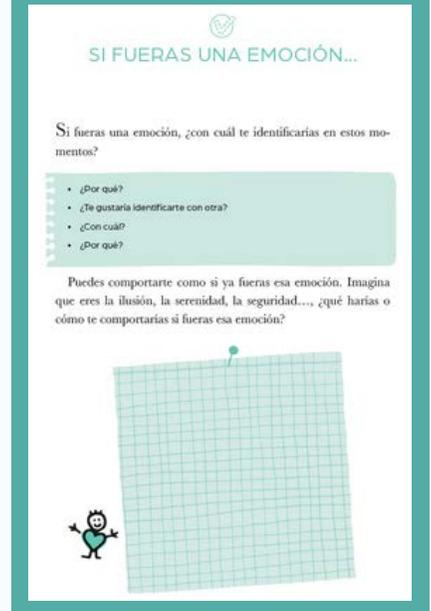
Think with serenity

- Think serenely
- Learn to relativize
- Attitude
- Willpower and self-control

Act serenely

- Organize and plan
- Self-care
- Slowly, change your rhythm of life
- Move away
- Technology and social networks

SAMPLE SPREADS





COUNT ON YOURSELF

Don't look outside; the solutions are already within you

Conecta, January 2017, 264 pages

To what extent does our personal, professional and sporting success depend on us? Are others boycotting us, stressing us out and preventing us from reaching our dreams?

In Count on Yourself, Patricia Ramírez proposes that we start working from within to achieve our goals.

If we need the company of a friend to start exercising, if to form part of a team we depend on a coach, or if to we rely on a company to provide languages courses, it's possible we may never achieve our goals.

Why?

Because in these three cases, success depends on what others do for us. While this is convenient, it is ineffective. Patricia Ramírez proposes that we learn to take responsibility for our objectives, emotions and thoughts; in short, of the things that happen to us in life. And she offers us practical tools for to get there, in an accessible and engaging tone.

SAMPLE SPREADS





VICTOR AMAT

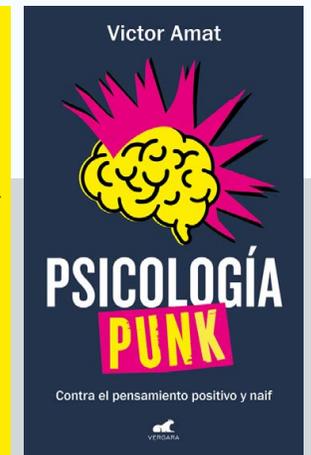
Classified as a post-punk neurolinguist and Schrödingerian psychotherapist, thanks to his paradoxical reflections, Victor Amat is an exciting new voice in the self-help space.

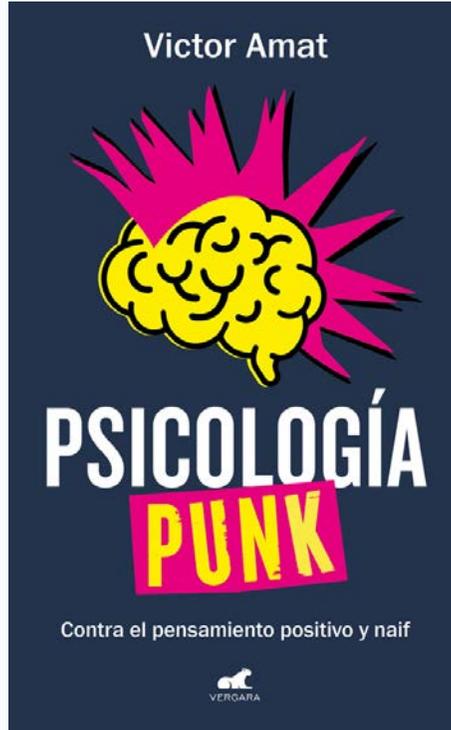
It's worth mentioning that this psychology graduate from the Universitat Ramon Llull also holds the title of European Kick Boxing Champion. This is not trivial, as his experience as both a fighter and a coach has helped shape him into a psychologist specialized in strategy and persuasion.

He has disseminated his anti-fundamentalist philosophy as a collaborative professor at prominent public institutions such as the Institut Català de la Salut, the Diputació de Barcelona, the Generalitat de Catalunya, the Universitat de Barcelona, the Universitat Autònoma de Barcelona, the Universitat Ramon Llull, the Universitat de Girona, and the Fundació Les Heures.

Currently, he serves as the President of the Spanish Association of Brief Psychotherapy and Director of the Master's and Postgraduate Program in Brief and Strategic Therapy (Clinical Intervention) at the Universitat de Girona. He has been a trainer since 1995 and is recognized by the Spanish Association of Brief Psychotherapy and Ericksonian Approaches (AEPB).

He enjoys his classes and lectures and finds happiness in sharing his experience with the people who attend his workshops. He is a father three times over, happily married, and believes that "life's difficulties always have a solution".





PUNK PSYCHOLOGY

The antidote to toxic positivity and the saturation of wellness culture in our society

Vergara, October 2022, 296 pages
Rights sold: Russia (Popuri)

Who said that to be happy you have to think positive? Finally, a self-help book that dares to speak loud and clear.

It seems that we are in the time of the need for everyone to be happy. Therapy, meditation, yoga, spirituality... any path seems good.

The thing is, if these things worked well, people in general would probably be happier and wouldn't need to consume all these things. But it's not like that.

Negative thinking appears, despite our efforts. And that is where we can change.

In this book, the psychologist Victor Amat dismantles the myths of positive thinking one by one and shows us that we can claim our mental abilities and use them to our advantage.



PUNK SELF-ESTEEM

How to banish the happy flower variety of self-esteem for good

Vergara, September 2023, 288 pages
Rights sold: Russia (Popuri)

We are often told that good self-esteem is what you need to tackle life successfully, and become a wonderful version of yourself - in your own, and other's eyes. That it should propel us high up into the stratosphere of happiness on a hot air balloon... But when does that ever happen? Is self-esteem actually the cause (rather than the effect) of our problems?

Because when we fail to deal with a problem, our self-esteem plummets. And that low self-esteem then becomes a barrier to overcoming new challenges.

In this book, Victor Amat invites us to break out of the vicious circle of self-esteem. Written in his signature direct style, it teaches us not to love ourselves more, but to want something better for ourselves. Ultimately, to have a more realistic understanding of ourselves.

ANA PÉREZ

Ana Pérez was born in Almansa (Albacete) in the year 2000. She decided to study psychology because she always felt the need to understand her own mind and the minds of others better in order to navigate daily life more effectively and help those in need. Graphic design is another one of her great passions, which is why she created the account @nacidramatica, where she shares psychology tidbits with a direct, practical, useful, and stylish approach.



THERAPY TO TAKE AWAY

Construct healthy friendships, let go of those that no longer serve you and cure your wounds from your past

Montena, June 2023, 224 pages

Mental health, emotional management... buzzwords we constantly hear, but what do they mean? and, most importantly, how can we work on them?

This book presents 20 key concepts of psychology and 100 practical tools to better navigate everyday life. Learn to put things into perspective, avoid dichotomous thinking, manage failure and fear, and, in general, understand your emotions. All with a friendly, practical, and useful tone filled with humor, drawings, and graphics featuring the characteristic pop and eye-catching aesthetics of the account.





ALBA CARDALDA

ALBA CARDALDA is an expert psychologist in cognitive and behavioural psychotherapy, brief and strategic therapy and neuropsychology.

She provides individual, couple and family therapy for children and young people and adults.

Alba Cardalda CÓMO MANDAR A LA MIERDA DE FORMA EDUCADA



HOW TO TELL PEOPLE TO FUCK OFF (POLITELY)

Setting boundaries was never so easy

Vergara, May 2023, 288 pages

Rights sold: Portugal (Pergaminho)

Why do we find it difficult to set boundaries? The idea of romantic love or the belief that they will stop loving us if we say "no" are some of the reasons. This is why we find it so difficult to do it, and when we do, we feel guilt, fear or anxiety.

The truth is that putting up barriers in relationships is as necessary as placing them at the side of the road: they help avoid accidents.

However, it is not always positive or healthy: It is how those boundaries are communicated that helps us to improve our relationship with others and with ourselves.

In this book, we will learn how to create more full and honest relationships, in which we feel more respected, loved and, above all, free to be who we really are.

CONTENTS PAGE

1. Limits: what are they?
2. Relationships, health and happiness
3. Quality relationships
4. The three things: culture, beliefs, upbringing
5. Deconstructing beliefs
6. And what do we do with guilt?
7. The poison is in the dose
8. Where to set the limit?
9. Assertiveness and communication styles
10. Cognitive-behavioral strategies to communicate limits effectively
11. Effective communication strategies to establish and negotiate limits
12. Strategies to say "no"
13. Assertive strategies to respond to criticism
14. How to set limits to manipulative people
15. Very polite ways to tell people to fuck off

PERSONAL DEVELOPMENT AND SELF HELP



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ANABELLA SHAKED

Anabella Shaked is a bestselling author in Israel, and PRH Spain are proud to be presenting **World Rights** of her novel **Jumping into the Waters**, a practical guide to stop avoiding what scares us and make the most of our lives.

Anabella Shaked PhD is a world-renowned expert in Individual Psychology, a psychotherapist, author, and speaker who studied the phenomenon of avoidance. She is the founder and senior teacher at the School of Psychotherapy at the Adler Institute of Israel, faculty of the masters for Adlerian Counselling at Blanquerna University of Barcelona and of ICASSI, the Adlerian International Summer School.

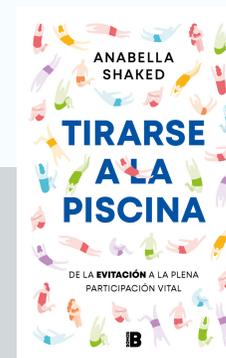
Anabella is well known worldwide and recognized as a top expert in Individual Psychology and a keynote speaker at national and international congresses.

In 2023 she made a presentation at the Adlerian international congress in which participants from 25 countries attended, from USA to Japan. She has strong connections with key professionals all over the world.

In these days she is teaching in Baku (Azerbaijan), Bratislava (Slovakia), and Koh Phangan (Thailand).

In the words of the author:

"Humans influence the reality they live in. The script of our lives is a reflection of our beliefs about the world and ourselves, which are generally subconscious and often mistaken. When we feel dissatisfied with ourselves, our relationships, or our lives, when we wake up in the morning without energy, easily get irritated, feel sadness, discouragement, stress, or a lack of purpose, it's time to embark on a journey of self-discovery and change the unsatisfactory areas of our lives."





JUMPING INTO THE WATERS

From avoidance to full participation in life

Ediciones B, January 2024 , 400 pages

A bestseller in Israel (30k copies sold), PRH Spain are proud to be presenting World Rights.

Many people live far below their potential and do not actualize their personal, romantic, familial, professional, economic, moral, or ideological aspirations. This book seeks to understand the phenomenon of avoidance, a common issue in our time, in which many young adults do not function fully or at all and invite them to participate and make a life for themselves.

Avoidance is a partial or total escape from fulfilling tasks, solving problems, facing challenges, and realizing dreams and goals. In this book Shaked explains that avoidance does not originate in laziness or lack of willingness to contribute to others and to society.

Avoidance is a defensive strategy that aims to protect a person's sense of self-worth in a triumphant and competitive society in which meeting exaggerated expectations is a condition for gaining the appreciation of others.

When the competition becomes unbearable, many will rather shirk action than fail. Instead of stimulating peoples' active striving and channeling their aspirations and efforts to achieve attainable goals, society today throws them into despair and pushes them to retreat.

The book answers the following questions:

What is avoidance? Why would someone choose such an unproductive strategy in life? What are the social and cultural sources of avoidance? What are the components of avoidance? How is avoidance connected to unrealistic expectations? How is avoidance connected to common mental disorders? What are its forms? (Procrastination is only one form of avoidance), What are the gains and losses of avoidance? And finally, how does one overcome it?

With sharp and empathetic wisdom, Anabella Shaked answers all these questions and presents a proven model for building a bridge from avoidance to action.

The book also offers parents of young children guidance on how to raise active children, and a unique model to help parents of young adults who have difficulty taking responsibility for their lives.

Jumping into the waters gives a new perspective on personal development and self-actualization and invites readers to embark on a brave and healing journey to stop avoiding the challenges of life and make a good life for themselves.



JUAN ANTONIO GONZÁLEZ IGLESIAS

Juan Antonio González Iglesias is a poet and professor of classical philology at the University of Salamanca, as well as a visiting professor at European and American universities. He has received several awards, including the Loewe and Generación del 27 awards, along with other recognitions in Europe. He contributes to the press (ABC, El País, El Cultural) and has directed three research projects on happiness.

Historia alternativa de la felicidad

Redescubre las claves para una vida feliz de la mano de los clásicos



Juan Antonio González Iglesias

SINE
QUA
NON

ALTERNATIVE HISTORY OF HAPPINESS

Discover the keys to happiness as gifted to us by the classics

Ediciones B, November 2023, 304 pages

Coaching is not a new invention. In fact, much of what we find in today's self-help talks and books can already be found in the poems, theatrical works, and philosophical speeches written by the Greeks and Romans two thousand years ago.

However, some of these teachings have reached us only partially or in diluted versions, even though we still have much to learn from them.

Poet and philologist Juan Antonio González Iglesias takes us by the hand to explore the texts of Ovid, Horace, and Marcus Aurelius, revealing the relevance of their ideas in our daily lives.

By returning to the roots of our culture, we can learn to be happier.

This book unveils the origins of today's coaching and offers the wisdom of the classics for achieving happiness—a perfect blend of philosophical essay and self-help.



**MORE THAN
500,000 COPIES
SOLD**

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 an absolute point of reference in the field of self-knowledge, spiritual development, and professional reinvention, with over 3 million followers across his social media platforms.

Since 2006 he has taught more than 300 courses for more than 15,000 people in different countries and he annually lectures in Spain and Latin America to shake and awaken the conscience 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 sevensities in 3 countries.

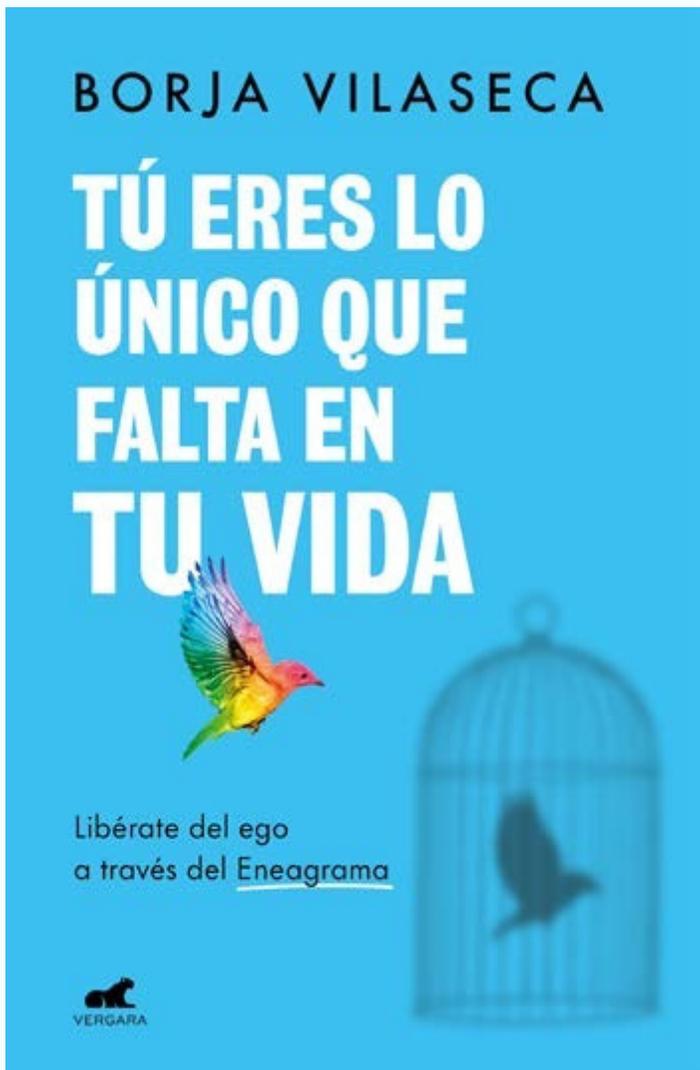
He is also the founder of La Akademia, a citizen movement that promotes free emotional and entrepreneurial education for young people between 18 and 23 years old, present in more than 40 cities in six countries.

As a writer, he has written several books: Nice to Meet Me, The Little Prince Puts on His Tie, Common Nonsense, What Would You Do If You Were Not Afraid, Coincidences Don't Exist and You are the Only Thing Missing in Your Life. Under his pseudonym Clay Newman, he has also published Seneca's Prozac and Neither Happy nor Forever.

Part of his literary work has been translated and published in 17 countries and he has sold over 500,000 copies of his work to date.

You can visit his website here: www.borjavilaseca.com





YOU ARE THE ONLY THING MISSING IN YOUR LIFE

Liberate yourself through the Enneagram

Vergara, January 2023 , 280 pages
Rights sold: Italy (Gribaudo)

The Enneagram is a system of personality typing that describes patterns in how people interpret the world and manage their emotions, and is more popular know than ever.

It is the most effective tool to begin the journey of self-knowledge because...

-
- it goes to the root of our emotional and existential conflicts
- it is very easy to implement
- it is suitable for sceptics

And most of all... because it works.

“The vast majority of people live caged in their minds and thoughts and are totally corrupted by the ego. This is the reason why contemporary society is mired in permanent conflict and is on the brink of collapse. Ironically, the saturation of suffering experienced by more and more people is causing a massive awakening of consciousness. Proof of this is the spectacular boom that self-knowledge is experiencing in general and the Enneagram tool in particular”.

These are the words of the writer, social entrepreneur and stirrer of consciences, Borja Vilaseca.

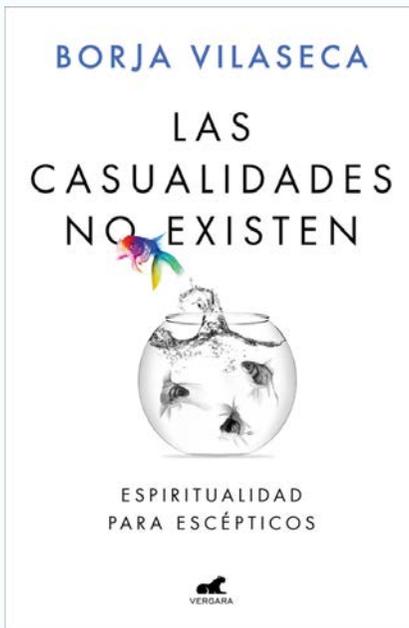
Borja Vilaseca presents us with key tips about how to operate this unique self-knowledge tool, helping readers fully understand themselves and in turn unlock their full potential.

The book expertly mixes thoroughly researched text from an area expert alongside practical tips about how to put this study into practice.

Topics touched upon include:

- The power of vulnerability
- The art of being at peace
- How to be unique

This book had a rich range of content that allows readers to discover their true self and be at peace with who they really are.



COINCIDENCES DO NOT EXIST

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

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.



NICE TO MEET ME

An instant classic in the realm of self-knowledge and personal growth

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

Vergara, October 2021, 280 pages

Rights sold to:

Croatia (Mozaik knjiga)

Portugal (Bertrand)

Russia (Popuri)

Brasil (Globo)

Serbia (Laguna)

Greece (Patakis)

Vergara,

First publication in 2008,

Relaunch in 2022, 272 pages

Rights sold to:

Portugal (Bertrand)

Greece (Patakis)



COMMON SENSELESSNESS

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

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

Bolsillo
First publication in 2011
256 pages

Por el autor de Encantado de conocerme

Borja Vilaseca El Principito se pone la corbata

Una fábula para redescubrir lo que de verdad importa



Bolsillo
First publication in 2011
184 pages

Rights sold to:
Russia (Popuri)

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.

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.

He became the head of human resources at a company rife with conflict and tensions where his first order of business was to teach a company-wide course on personal growth. 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 and it was 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.



SENECA'S PROZAC

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

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



NOT HAPPILY, AND NOT FOREVER

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

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.

Clay Newman
(a pseudonym for Borja
Vilaseca)

Bolsillo
First publication in 2014
168 pages

Clay Newman
(a pseudonym for Borja
Vilaseca)

Bolsillo
First publication in 2014
184 pages



BERNARDO STAMATEAS

Bernardo Stamateas (Argentina) is a doctor in Psychology and clinical sexologist. He is also a prominent writer and speaker of international renown.

His wide variety of published titles have made him an international phenomenon in the field of self-help, with 1,500,000 copies sold worldwide.

Incredibly active on social networks, Stamateas has 105,000 followers on Twitter, 350,000 on Instagram, and 990,000 on Facebook.

Rights sold to:

- Greece (Enalios)
- Portugal (PRH Portugal)
- Poland (Bellona)
- Hungary (Hatter)
- Slovakia (Ikar)
- Slovenian (Mladinska knjiga)
- Croatia (Egmont)

**MORE THAN 1.5
MILLION COPIES
SOLD**



CLASSIC
SELF-HELP

Fenómeno mundial de la autoayuda

GENTE TÓXICA

Cómo tratar con las personas
que te complican la vida.

BERNARDO STAMATEAS



Vergara, December 2011, 170 pages

Rights sold to: Greece (Enalios) / Portugal (PRH Portugal) / Poland (Bellona) / Hungary (Hatter) / Slovakia (Ikar) / Slovenian (Mladinska knjiga) / Croatia (Egmont)

TOXIC PEOPLE

The ultimate bestselling book from Stamateas, with over 600,000 copies sold in Spain & Latin America

We cannot avoid encountering problematic people in our daily lives.

Authoritarian and belittling leaders, complaining neighbors, envious co-workers, relatives who always blame us for everything, arrogant, irritable or lying men and women?

All these 'toxic' people cause us discomfort, but some can ruin our lives, destroy our dreams or keep us from achieving our goals.

How can we recognize "toxic" people?

How can we protect ourselves and set limits?

Bernardo Stamateas answers these questions with clarity and conviction. His advice will help us make our personal relationships healthier and more positive. In short, they will help us to be much happier.

PENDING COVER

Vergara, December 2023, 368 pages

Rights sold to: Greece (Enalios) / Portugal (PRH Portugal) / Poland (Bellona) / Hungary (Hatter) / Slovakia (Ikar) / Slovenian (Mladinska knjiga) / Croatia (Egmont)

NOURISHING THOUGHTS

Positive and nurturing thoughts play a fundamental role in our quality of life, acting as seeds that, once planted in the mind, promote well-being and personal growth.

When we cultivate positive thoughts, we create a conducive environment for development and harmony.

These thoughts allow us to see opportunities in challenges, boost self-esteem, and cultivate resilience. By focusing on what is possible and our strengths, we build a solid foundation to face life's adversities with a constructive attitude.

Similarly, nurturing thoughts are like food for the soul. By nourishing our minds with thoughts of gratitude, love, and compassion, we bring about a profound change in our perspective and our relationships. They help us appreciate the little things in life, recognize our own worth, and be kind to those around us.

Nurturing the mind with these types of thoughts is an act of self-care. They not only improve our perception of life but also directly impact how we experience the world and how we relate to it. By deliberately incorporating these perspectives into our daily life, we can cultivate a healthier mental state and pave the way toward a more fulfilling life.

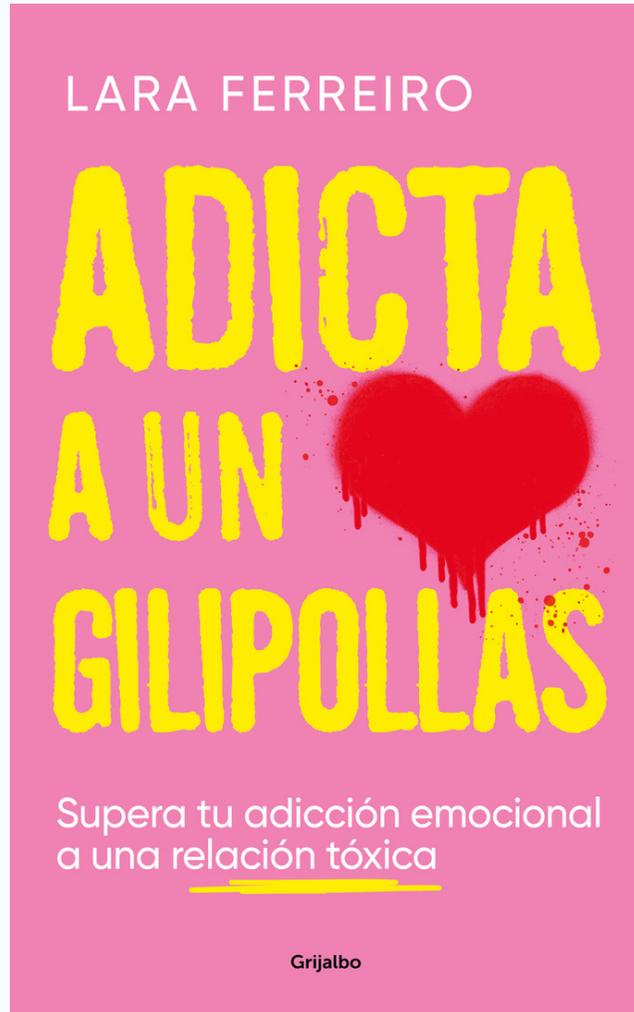


LARA FERREIRO

Lara Ferreiro (Madrid, 1988) is a psychologist specialized in emotional addiction, self-esteem, couples and personal development for women.

She studied at the Metropolitan Center for Mental Health in New York and currently she combines face-to-face clinical care in her office in Madrid with online therapy.

She participates in psychology and emotional health conferences, collaborates on television, radio and digital media (ABC Bienestar, Cosmopolitan, Uppers, etc.) and is a university professor of psychopathology.



ADDICTED TO ARSEHOLES

A a six-week radical detox program to free you from your emotional addiction.

Grijalbo, February 2023, 296 pages

Rights sold: Greece (Psychogios), Poland (Bellona)

A pioneering method that will help you disengage from a toxic relationship.

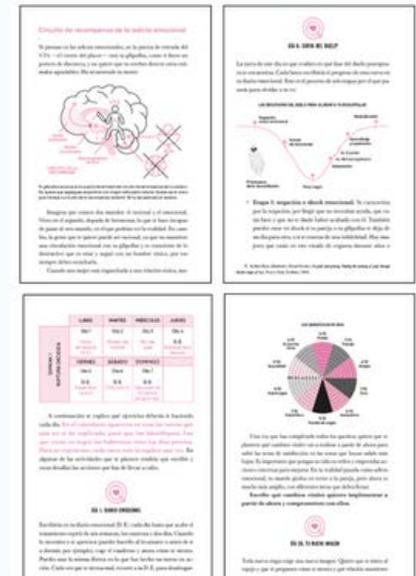
This book includes a "junkie-test" that allows you to measure your degree of emotional addiction, as well as stories of other women who have been in the same situation and managed to break their toxic relationship patterns.

You will learn to recognize your profile as an emotional addict and to identify the most common toxic men in the "top 10 asshole" ranking.

Throughout these pages you will learn how to appreciate your self-worth, to value yourself, to love yourself unconditionally, to heal your emotional wounds and to feel worthy of love and deserving.

Awaken the strong and empowered woman in you. This book is the first step towards your new life.

SAMPLE SPREADS



CONCEPTO DE EMOCIONALMENTE ADICTA

La persona con la adicción emocional, en la práctica se convierte en un "ADICTO" a un estímulo del pasado... "me he enamorado" como si fuera un producto de adicción, un producto que se vuelve desde entonces una necesidad. (De la introducción)

El cerebro es el órgano que regula el comportamiento humano. En el caso de la adicción emocional, el cerebro se convierte en un órgano que regula el comportamiento humano. En el caso de la adicción emocional, el cerebro se convierte en un órgano que regula el comportamiento humano.

¿ES UN ARSEHOLE?

La forma de ser de una persona que indica si es un hombre tóxico. Este libro te ayudará a reconocer a los hombres tóxicos y a tomar las medidas necesarias para protegerte de ellos y salir de esa situación.

1. ¿Es egoísta e interesado? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

2. ¿Es manipulador? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

3. ¿Es controlador? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

4. ¿Es abusivo? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

5. ¿Es irresponsable? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

6. ¿Es inmaduro? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

7. ¿Es inseguro? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

8. ¿Es celoso? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

9. ¿Es posesivo? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

10. ¿Es violento? Si la respuesta es afirmativa, es un hombre tóxico. Si la respuesta es negativa, sigue el siguiente paso.

LA ESCALA DE EMOCIONALMENTE ADICTA

Grado de adicción	0-25%	25-50%	50-75%	75-100%
Grado de dependencia	Baja	Media	Alta	Muy alta
Grado de control	Baja	Media	Alta	Muy alta
Grado de manipulación	Baja	Media	Alta	Muy alta
Grado de abuso	Baja	Media	Alta	Muy alta
Grado de irresponsabilidad	Baja	Media	Alta	Muy alta
Grado de inmadurez	Baja	Media	Alta	Muy alta
Grado de inseguridad	Baja	Media	Alta	Muy alta
Grado de celos	Baja	Media	Alta	Muy alta
Grado de posesividad	Baja	Media	Alta	Muy alta
Grado de violencia	Baja	Media	Alta	Muy alta





MAÏTÉ ISSA

Maïté Issa is an expert coach in manifestation and creator of the largest community in Spain and Latin American on this subject.

Her podcast Your Success Is Inevitable is #1 in Spanish and has more than five hundred thousand listeners.

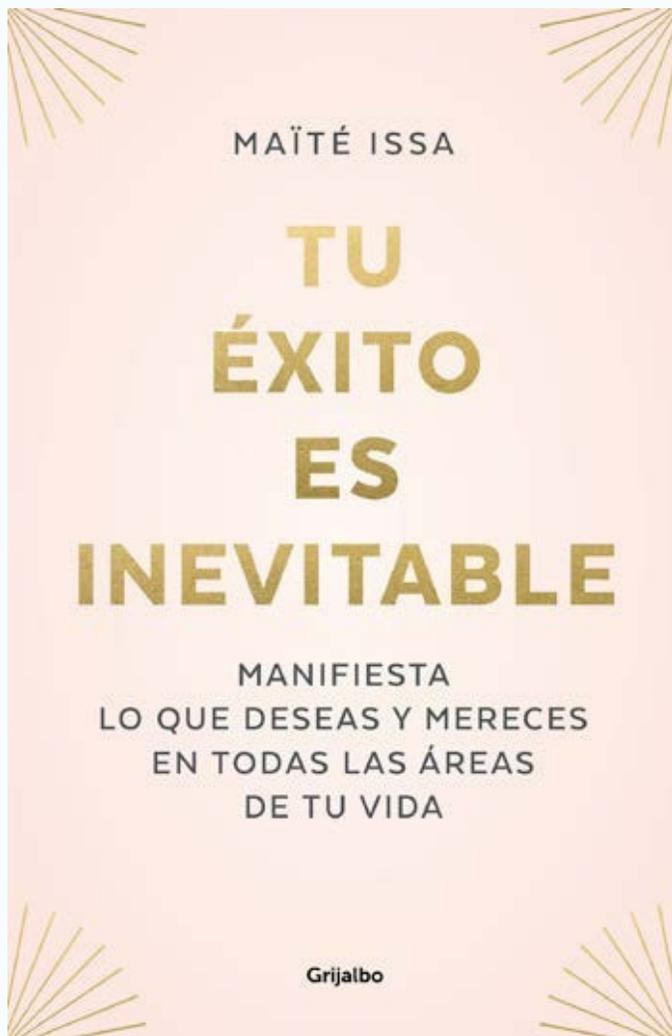
She has also developed the online Expert Manifestors community and the You're a Money Magnet programs, which have thousands of female students.

A French native fluent in English, Italian, Portuguese and Spanish, Maïté Issa has a wonderfully international profile and is an incredible public speaker.

Check out her website here: www.maiteissa.com

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





YOUR SUCCESS IS INEVITABLE

Manifest what you want and deserve in all areas of your life

Grijalbo , June 2022 , 352 pages

Rights sold: Russia (MIT), Portugal (Nascente)

For generations, women have assumed the role of caretaker, and we have integrated it so deeply that we have forgotten that we also deserve to have it all. Between these pages you will learn how to achieve success through manifestation, the process by which, using the laws of the subconscious and the Universe, you will be able to make something that existed only in your imagination real and tangible.

This is a book that inspires, empowers and offers solutions to the most frequent problems that sabotage women on their path to success in all areas of their lives. If you can use your mind to destroy yourself, why not use it to create and improve yourself?

With an attractive, easy to follow two-colour palette and simple illustrations, this book is not only practical but highly visual.



CONTENTS PAGE

1. A small but essential chapter to stop comparing yourself to others
2. And what do you believe in?
3. Your brain, friend or foe?
4. Open yourself to endless possibilities.
5. And what do you want?
6. You are worthy of all the abundance on the planet
7. Live happily as an Expert Manifestor
8. It's time to take action
9. Become a money magnet

BUSINESS & COMMUNICATION



Penguin
Random House
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RUBÉN TURIENZO

Rubén Turienzo (Madrid, 1977) is one of the most renowned business and political consultants in Spain. Winner of seven Victory Awards (USA), a Faro Award (Venezuela), the Hudson Award for the best HR policies (Venezuela), the Hudson Award for the best HR policies, DEC to the Customer Journey, among other international awards.

Consultant in strategy, performance and team management in multinationals such as IKEA, Red Bull, Repsol, Endesa and Disney, he is, above all, a daydreamer who applies his studies in Art History, several masters in Psychology, Coaching and an MBA from Psychology, Coaching and an MBA, to understand (and help) organizations that want to be better in their performance.

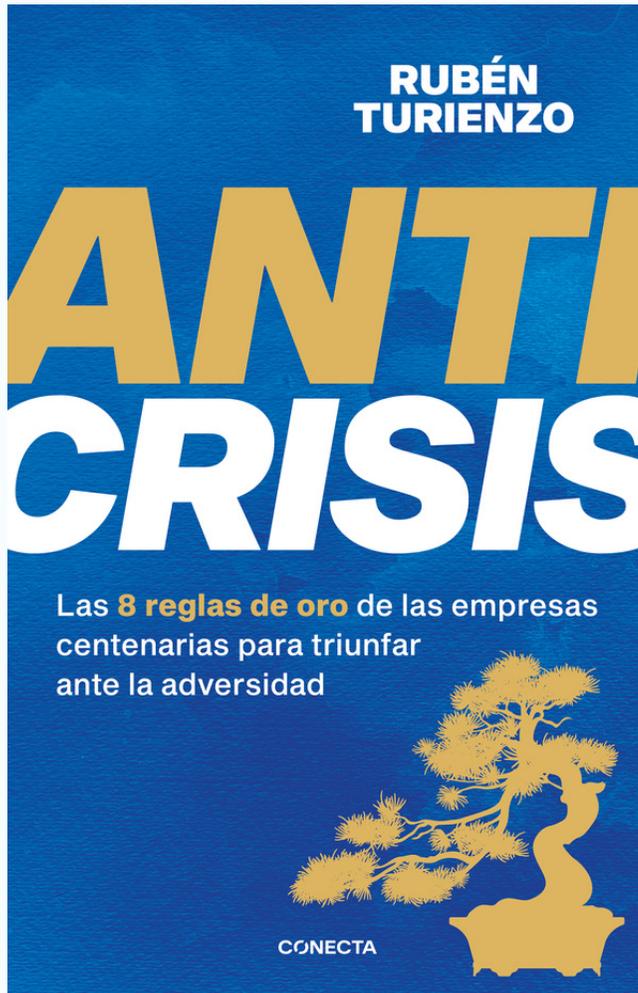
Writer of more than a dozen books such as Make It Happen, The Little Book of Motivation and Charisma Complex. In his works, lectures and trainings, given in 18 countries, he always seeks to implement the eight golden rules for professional success, through tools brimming with energy and vitality.

He has collaborated with political and social personalities of worldwide renown, such as Rigoberta Menchú, Nobel Peace Prize winner, who instilled in him the fight against social inequalities. He currently directs the international team development company WIT Performance Trainers and the digital training project ANTICRISIS. He is, above all, an expert in making the impossible possible.

He likes the sea - above and below - chocolate, sitting in front of the pot while the spout spins, peta-zetas, the cerebral cold of eating ice cream in winter, live concerts, silly laughter, going to the movies and going barefoot.

Learn more about the author via [his website](#), as well as his Instagram [@rubenturienzo](#)





ANTICRISIS

Discover the eight golden rules of the world's longest-running companies to overcome adversity and come out stronger

Conecta , September 2023, 256 pages

Today's companies face a barrage of crises, including war, pandemics, financial turmoil, political instability, and inflation. They also grapple with reputation, leadership, and succession challenges. Yet, some companies have not only survived but thrived.

Exploring the phenomenon of Henokiens—businesses that have thrived for over 200 years—Rubén Turienzo examines how they navigate crises and emerge stronger. These companies are exceptional in today's economic landscape. Their unique backgrounds, shared values (like a commitment to product quality and human relationships), the passionate transmission of expertise through generations, and their relentless pursuit of improvement offer hope for all family businesses, especially those shaping the future's economic and social fabric.

In this book, Rubén Turienzo distills lessons from centuries-old companies, revealing how they confront crises and emerge fortified. This anti-crisis guide equips your organization to confront adversity effectively.

CONTENTS

- 1. Anti-Crisis Strategy
- 2. Anatomy of a Truth
- 3. The Perverse Context
- 4. Centennial Companies
- 5. Practicing the Henokian Mindset
- 6. The Four Strategic Decisions

The Golden Rules: Be Anti-Crisis with the Henokian Mindset

1. First Rule: Embrace Temperance
2. Second Rule: Be Predictable
3. Third Rule: Compete with Yourself
4. Fourth Rule: Have the Eyes of a Learner
5. Fifth Rule: Make Your Environment Win
6. Sixth Rule: Be Team-Centric
7. Seventh Rule: Keep It Simple
8. Eighth Rule: Pursue Transcendence



JORDI RECHE

Jordi Reche is a trainer and consultant with more than twenty years of experience in the world of communication applied to people and work teams. In addition, he holds a master's degree in personal coaching and NLP and is an executive coaching technician.

Since 2021, he has been using social media to disseminate the secrets of non-verbal language to his more than 1.5 million followers. On his channels, Jordi analyses every day the gestures and expressions of politicians, actors, athletes.



CONVINCE PEOPLE WITHOUT SAYING A WORD

The key to non-verbal communication to persuade any audience

Conecta, March 2023, 264 pages

Do you know what your body language says about you? Find out with Jordi Reche, the most viral expert in non-verbal communication on social media.

In the personal and professional environment, our gestures, looks, postures, smiles, etc. all say more about us than the words we speak. Because body language is revealing: how we sit, how we walk, how we say hello... it all communicates something.

Others interpret and remember our messages by what we convey visually much more than by what we say. But do you know what you are saying with your body?

Jordi Reche reveals the secrets of non-verbal language: what each gesture means, why you do it and how to interpret it in yourself and in others.

This title gives you the tools to master your body language and connect with the people you talk to.

In this book you will learn:

- To communicate better, reinforcing your spoken message with your gestures.
- To be more aware of your body and use it to feel better and to be seen better by those around you.
- To read the gestures of others to obtain information they have chosen not to give or conceal from you, or simply to spot if they are lying to you.
- To discover that your power of persuasion can be significantly increased if you pay attention to your non-verbal language as a leader.
- To learn more about the messages sent by your profile pictures, your group photos or the videos you post on social media.
- To detect a person's real emotions, beyond what they tell us with their words.
- To increase your capacity for seduction and to read in the body language of the people you interact

PARENTING & EDUCATION

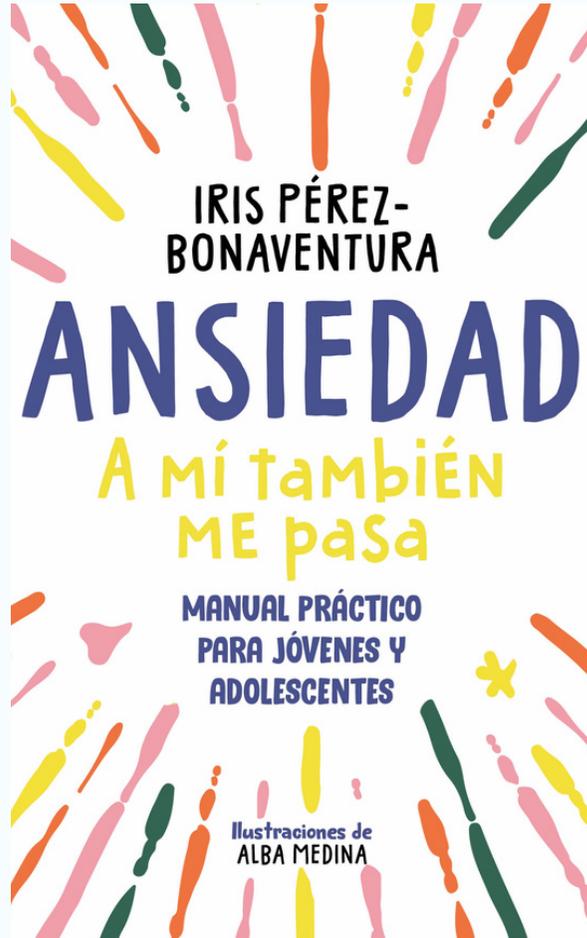


Penguin
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IRIS PÉREZ BONAVENTURA

IRIS PÉREZ BONAVENTURA is an international doctor in Child and Adolescent Clinical Psychology, member of the American Psychological Association (APA) and professor at Support University Clinic of Psychology and Psychiatry at the International University of Catalonia.



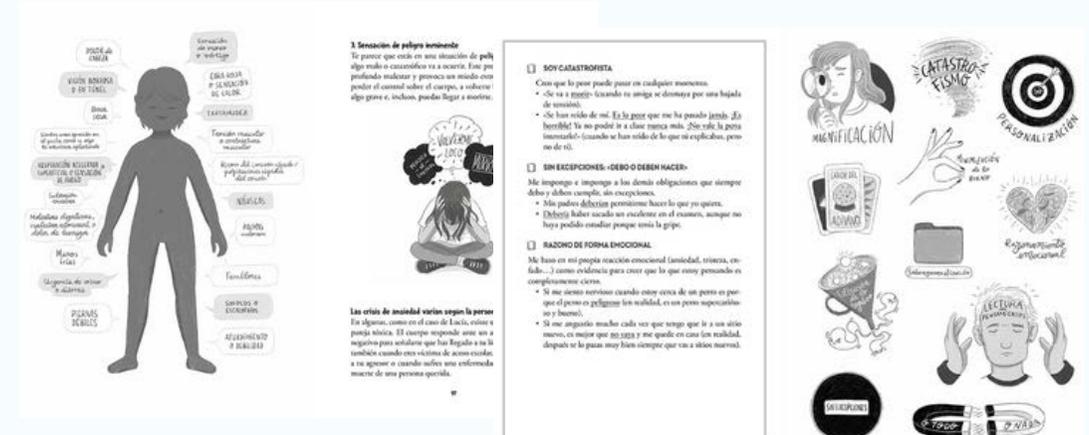
ANXIETY: IT HAPPENS TO ME TOO

A practical guide for young people and teenagers

B de Block, May 2023, 192 pages

Every day, psychologist Iris Pérez Bonaventura sees in consultation numerous cases of young people and adolescents who struggle with anxiety. The pressure of exams, meeting expectations, the isolation caused by the pandemic, shyness, fear of exposure, toxic relationships and bullying, among others, are some of the causes that can lead young people to feel anxiety and discomfort.

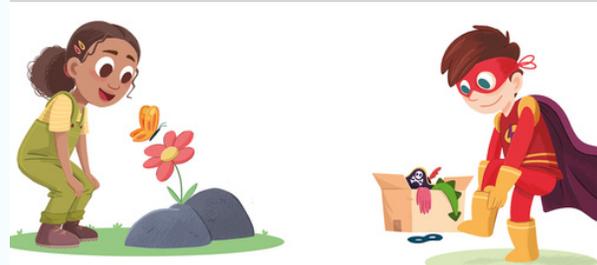
In this book, with examples taken from consultations, exercises and advice, psychologist Iris Pérez creates a super-complete guide, especially designed for teenagers, to overcome anxiety and overcome discomfort.





ANNA MAS ESTRUCH

ANNA MAS is a social educator and the mind behind @creaduca, one of the most prolific educational profiles followed on IG, where she shares tools, activities and concerns about new learning methods, emotional education, feminism and creativity.



Anna Mas Estruch
Ilustraciones de Ramon Lanza

TRANQUILOS, LIBRES Y FELICES

70 actividades para cada día
en casa, en la escuela
y de vacaciones



Grijalbo

CALM, FREE AND HAPPY

70 activities to teach children respect, love and freedom

Grijalbo, October 2023, 176 pages

This book offers us a set of activities intended to establish routines, behavioural habits and conduct suited to the needs of each particular child so that, whether at home or in school, they can learn to get along, respect and listen.

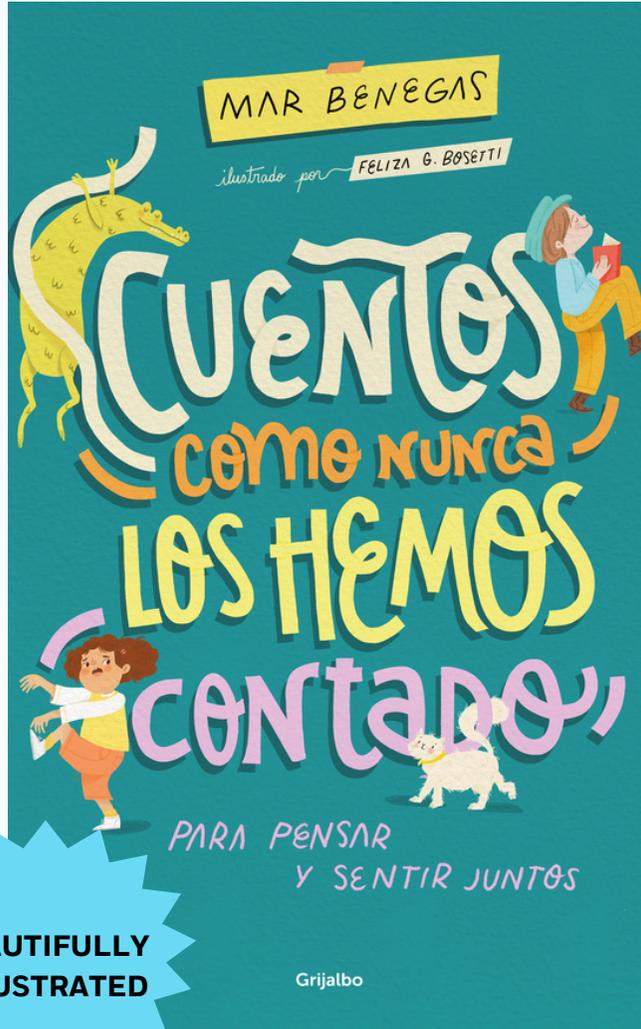
Following the different times of a child's daily life, whether at school, home or in extraordinary outdoor spaces, each activity is specifically designed to enhance their autonomy, improve their self-esteem and help them grow as an active member of a group, whether among their classmates, family or friends. This book also considers educators, parents and caregivers, helping them make sure that whatever they do, they do it well.





MAR BENEGAS

MAR BENEGAS is a well-established author of children's books. She is a teacher and speaker specialising in poetry and encouraging reading and creativity. She is the director of the VIU's Entertainment, Writing and Observation Days.



BEAUTIFULLY ILLUSTRATED

STORIES LIKE WE'VE NEVER TOLD THEM

A book that all parents should read with their children!

Grijalbo, October 2023, 128 pages

This illustrated album contains sixteen very different stories that allow us to feel, think and ask as a family about essential themes of life: emotions (anger, fear, shame), judgments, desires, trust and support, choices and mistakes, mourning, forgiveness, intimacy.

At the end of each story is a small reflection on its underlying theme and some questions for which there may not be an answer and that can, of course, provide a launchpad for other questions. The intention is to create a space to share thoughts by reading with your children, to sow the field with possibilities, creativity, dialogue and consensus, and thus grow and guide your children forward.



DE QUÉ ESTAMOS HECHOS

Alicia tenía un gato. Era un gato antiguo y monito, de color gris perlado y muy peludo. Era muy silencioso, siempre estaba mirando por la ventana o en la repisa que daba a la calle. A veces se iba a dar un paseo y luego regresaba. Le gustaban la lana, los helos, las cajas de cartón. Era como el sol, como antes... En fin, como de gato. Siempre daba gracias antes a toda la familia, quería dar repique a salidas de golpe sobre los pies. Empezaba algunas veces a gruñir y maullar fuerte. Otras veces simplemente maullaba. En fin, como de gato. Podría parecer la verdad, un gato normal. Pero no, porque Miki, que así se llamaba, era especial: sabía hablar.

Cuando se quejaba le escuchaba Alicia y que le había que hacer un acoso. Así se por ser un gato antiguo. Miki, por su carácter silencioso, a pesar de sus maullidos, por sus ruidos, ¿qué sabe, sabía maullar. Era un gato sabio.

Por eso, Alicia, siempre le hacía los programas más difíciles y él siempre sabía responder.



Miki era especial en ese tipo de programas, programas difíciles que Alicia no sabía responder. Por eso, aquel día, después de una lección de ciencias donde le explicaron algunos conceptos de campo humano y se preguntaron ¿cómo se hacen los niños?, y las células forman neuronas y algunas neuronas complejas que nos ayudan a crear visiones. Alicia llegó a una hora de dormir.

—¡Miki! Miki! La profesora nos ha dicho que creamos hechos de células. Y cuando los células se juntan, se conectan, se unen... y por eso creamos de hecho. Se que escuchamos música, digerimos, y miramos alrededor, y respiramos. Pero cuando los células se juntan, se conectan, se unen... y por eso creamos de hecho. Se que escuchamos música, digerimos, y miramos alrededor, y respiramos. Pero cuando los células se juntan, se conectan, se unen... y por eso creamos de hecho. Se que escuchamos música, digerimos, y miramos alrededor, y respiramos.

—¡Miki! Miki! ¿qué así así hecho todo lo que me se puede hacer? —Miki, cuando de una célula. Alicia, cuando está hecho de todo lo que se ha sido maullando. Cada cosa, pregunta a grande, de cada lengua, de cada mundo, de cada lagrima. Todo es importante. Es importante, como el agua y el sol para las semillas. No es a cualquier un célula especial, pero lo que



TANIA GARCÍA

Tania García is a graduate in social education and a socio-educational researcher with more than 20 years dedicated to education. She is a writer, mentor and mother of two children.

She is the creator of Real Education and opened her first face-to-face help center for families and professionals in 2011, and in 2012 her first online school for families and professionals who want to educate children and adolescents respecting all her rights.

She has already trained more than fifty thousand people, becoming one of the greatest references in education at a national and international level.

She is also the director and founder of ESDE (www.esdeeducacion.com), a higher education school, in which hundreds of people are certified annually in the specialty that they are passionate about, based on their training in respect for the rights of the childhood and adolescence.

Tania is also a specialist in Child and Adolescent Neuroscience, Human Rights, Child Abuse, Domestic and Gender Violence, among other specialties. She chairs the Fundación Educación Real where projects are carried out in defense of the rights of children and adolescents, working deeply to improve their quality of life.

100,000
COPIES
SOLD



Guía emocional para transformar tu vida familiar

TANIA GARCÍA

EDUCAR SIN PERDER LOS NERVIOS



EDUCATING WITHOUT LOSING YOUR PATIENCE

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

Vergara, January 2019, 384 pages

Rights sold to: Germany (Duden) / Romania (Editura for you) / Catalan (Eumo) / Portugal (Bertrand) / Italy (Giunti) / Russia (Eksmo)

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.

This book is your roadmap to:

- **Effective Communication:** Learn how to connect with your child, build trust, and foster healthy communication that reduces conflicts.
- **Emotional Intelligence:** Equip your child with the essential emotional tools they need to thrive, manage stress, and develop resilience.
- **Positive Discipline:** Say goodbye to power struggles and hello to peaceful, respectful discipline methods that actually work.
- **Parenting Self-Care:** Discover how to manage your own stress, maintain your composure, and be the best parent you can be, even in challenging situations.
- **Creating Lasting Bonds:** Strengthen the bond between you and your child, creating a loving and supportive family environment.

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.



Vergara
336 pages
February 2022

Sold to:
Romania (Editura for you)
Russia (Eksmo)

LOVE YOURSELF

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

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.



Vergara, November 2020, 352 pages

Sold to:
Romania (Editura for you)
Russia (Eksmo)

Option publishers:
Portugal (Bertrand)
Italy (Giunti)
Duden (Germany)

SIBLINGS

How to teach your children to relate to each other

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.



DAVID BUENO

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-EDUist, 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

Discover how adolescents brains work to understand and accompany them

Grijalbo, January 2022, 320 pages

Rights sold to: Italy (Giunti) / Korea (Wonderbox)

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.

Why do teenagers go to bed so late? Is it normal for them to question everything? Did you know that they have fewer defenses against stress than adults, and that they're more prone to anxiety and anger? How does the teenage mind learn? Why are their bedrooms always so messy?

Teenagers are different because their brains are different. Though it seems paradoxical, the adolescent mind is simultaneously stronger and more vulnerable than it is at any other stage of life. Teenagers are teenagers, so they act like teenagers—and that is precisely what they have to do. Their own biology leads them to behave that way.

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.

It can be a chaotic time, even within the brain, and at moments it may even feel turbulent. But it is also an exciting time of discovery and rebirth.

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. It opens the door to understanding adolescence: a necessary and wonderful chapter in life, for both teenagers and their families.



ALBA PADRÓ

Alba Padró is a clinical assistant and international lactation consultant, is a great benchmark for breastfeeding in Spain and Latin America.

After creating her blog, she launched Somla llet, LactApp, the first breastfeeding application that offers personalized responses according to the mother and baby's profile.



**OVER 40,000
COPIES SOLD
SO FAR**

BREASTFEEDING ALL DAY: A GUIDE TO LACTATION

Grijalbo, April 2022, 344 pages

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 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.

ALSO BY THE AUTHOR:



HEALTH



Penguin
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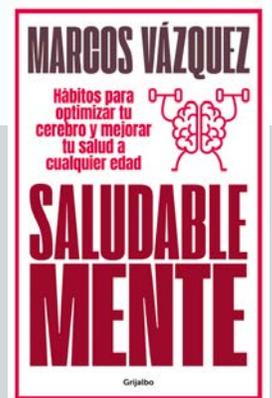
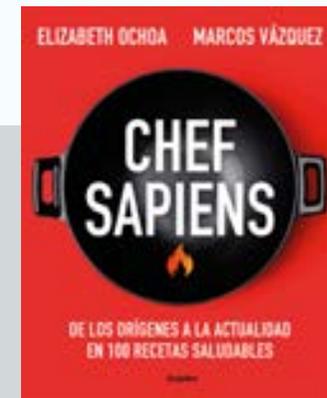
MARCOS VÁZQUEZ

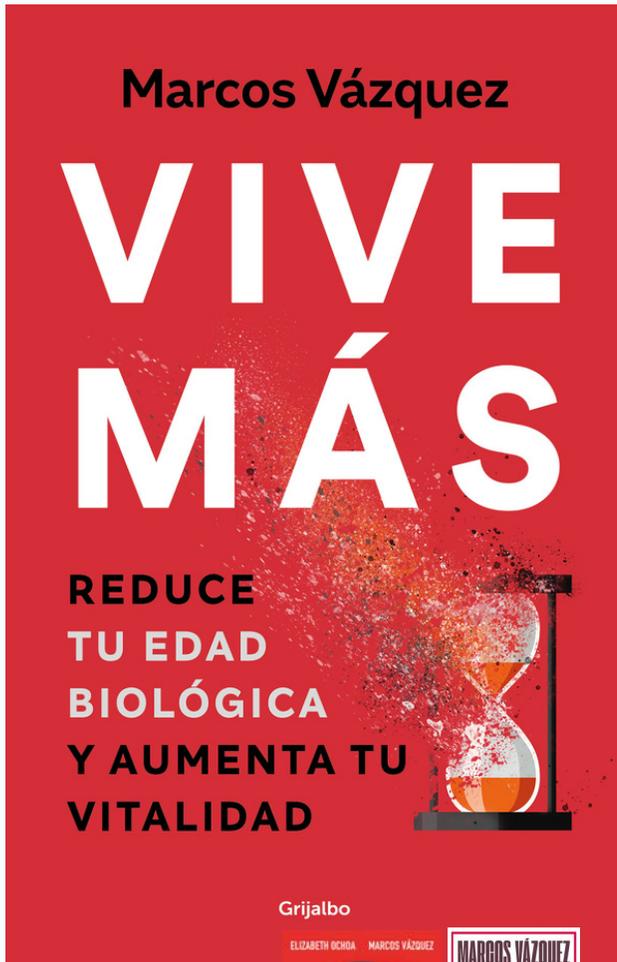
Marcos Vázquez is a renowned author and a leading figure in the field of health and wellness. Known for his expertise in the dissemination of health-related information, Vázquez has gained significant recognition as a national reference in the areas of longevity, brain optimization, and personal development.

With a vast following of over a million social media followers and a highly popular podcast, "Radio Fitness Revolucionario," with 400,000 monthly listeners, Vasquez has established himself as an influential voice in the health and fitness industry.

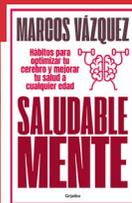
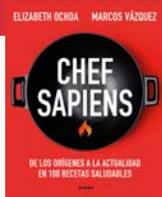
His ability to connect with and inspire his audience has made him a trusted source of practical knowledge and valuable insights.

Vázquez's writing focuses on practical tools and strategies to reduce biological age and enhance overall well-being.





PREVIOUS TITLES



LIVE MORE

Practical tools to live longer, better and stop aging

Grijalbo, January 2021, 336 pages

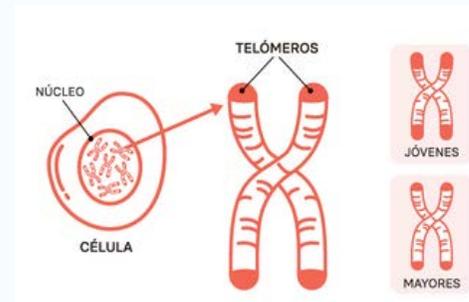
From the hand of Marcos Vázquez, one of the most recognized references in health dissemination in the Spanish-speaking world, we are going to delve into the aging process of the human body to discover what it is, why we age and how we do it.

The objective of the book is to offer practical tools to maintain health and vitality over the years, slowing down aging and improving both the quality of life and our appearance. This text combines scientific rigor, explaining, for example, the biological keys to aging, with specific recommendations for food, exercise, rest, hormonal therapies... that the reader can apply in their day to day.

Marcos is at the forefront of all the studies and research being done in the field of longevity, which is why he also incorporates a more futuristic side and talks about technologies that could transform the way we age in a few decades.

CONTENTS

- The Mystery of Your Brain
- Your Brain Can Grow
- Feed Your Brain
- Take Care of Your Second Brain
- Move Your Brain
- Let Your Brain Dream
- Don't Stress Your Brain
- Connect Your Brain with Others
- Educate Your Brain
- The Conscious Brain

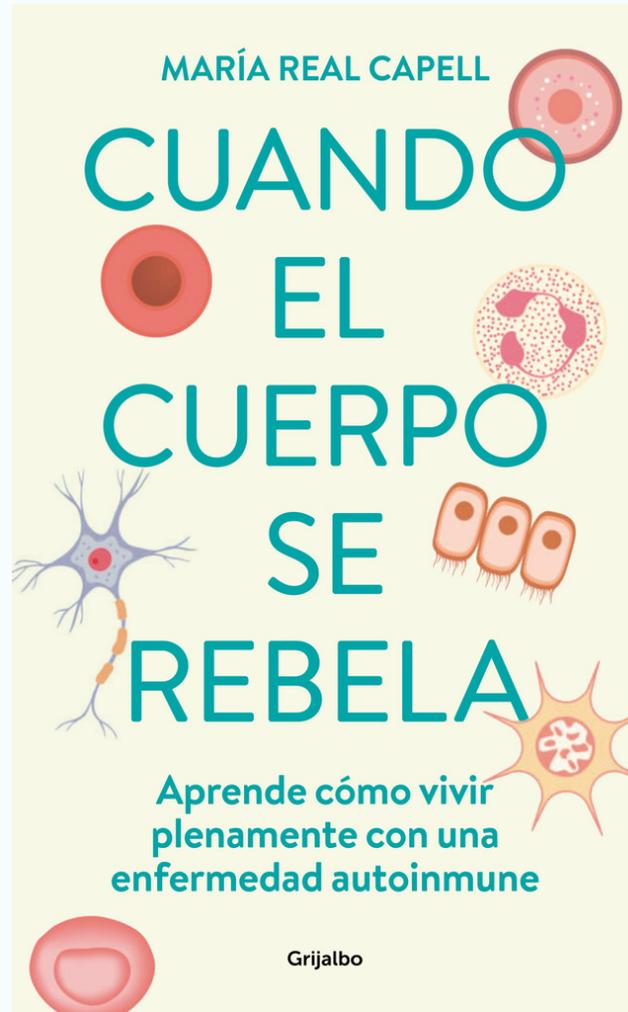




MARÍA REAL CAPELL

MARÍA REAL is a pharmacist, nutritionist and psycho-neuro-immuno-endocrinologist specialising in autoimmune diseases.

She has a practice where she provides a holistic approach to health issues with personalised plans.



WHEN THE BODY REBELS

A practical book that gives us the keys to prevent and treat autoimmune diseases

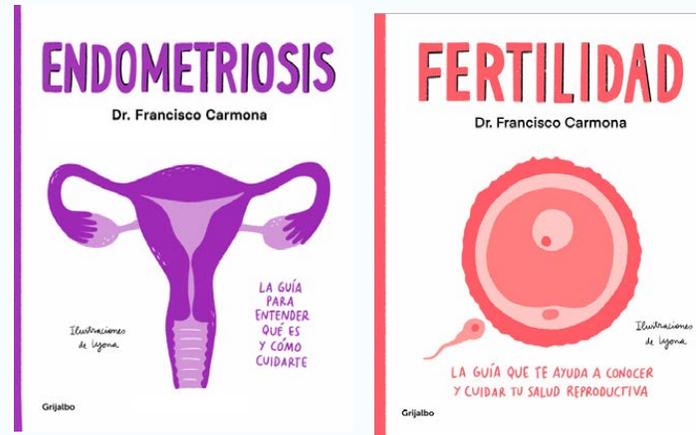
Grijalbo, June 2023, 448 pages

Between 10 and 15% of the population suffers from an autoimmune disease. Diagnosis is neither quick nor easy and can be an ordeal that lasts for years and years. Traditional medicine treats them with drugs, but it is important to take a holistic approach in order to reduce inflammation in the body and restore the patient's health and energy.

María Real Capell is a pharmacist, nutritionist and psycho-neuro-immuno-endocrinologist and suffers from autoimmune disease, and has therefore specialised In this field, giving patients practical tools to enable them to have a life full of energy and helping them understand the causes that inflame the immune system and reverse it with daily, feasible and simple changes.

WOMEN'S HEALTH...

has been ignored for too long. Unfortunately, there are still big gender biases in health care and a lack of information on certain conditions. These two beautifully illustrated titles below address two incredibly important topics: Endometriosis and Fertility. Presented in an accessible, engaging way, these are the perfect tools to better understand these key issues.



ABOUT THE AUTHOR & ILLUSTRATOR



FRANCISCO CARMONA

Francisco Carmona is Spain's leading authority on the diagnosis and treatment of endometriosis, and is head of the Gynaecology Service at Barcelona's Hospital Clínic. He is a member of several scientific societies, including SEUD, which specializes in endometriosis and uterine disorders, has also contributed to numerous scientific publications and is the author of books dedicated to women's health and endometriosis.



LYONA

Marta Puig, better known as Lyona (Barcelona, 1979), is a multifaceted artist. She has created over a hundred music videos for bands such as Love of Lesbian, Sidonie, Lori Meyers, Carlos Sadness, and Amaral. In 2011, she illustrated "Yo mataré monstruos por ti," a story written by Santi Balmes. Since then, she has published more than twenty books. In one of her most recent works, the graphic novel "Madrçeh?," she shares her personal experience with infertility and assisted reproductive processes.

ENDOMETRIOSIS

Dr. Francisco Carmona



LA GUÍA PARA ENTENDER QUÉ ES Y CÓMO CUIDARTE

Grijalbo

ENDOMETRIOSIS

The guide to understand what it is and how to look after yourself

Grijalbo, April 2021, 192 pages

The first guide that treats endometriosis comprehensively.

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 suffers 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.

RECOMENDACIONES EN ALIMENTACIÓN Y ENDOMETRIOSIS	ALIMENTACIONES/COMIDAS
Suplementos: zinc, E, hierro, magnesio, vitamina B, vitamina D.	Carne roja
Alimentos ricos en omega 3: sardinas, salmón, aceite de oliva.	Carne de cerdo, animal, cerdo, cerdo, pollo, pavo.
Alimentos ricos en omega 6: maíz, trigo, soja, girasol.	Alimentos ricos en fibra: cereales, legumbres, verduras, frutas.
Alimentos ricos en calcio: leche, yogur, queso, sardinas, almendras, tofu.	Alimentos ricos en hierro: carne roja, pollo, pavo, pescado, frutos secos.
Alimentos ricos en vitamina D: salmón, sardinas, aceite de hígado de bacalao, leche, queso, yema de huevo.	Alimentos ricos en zinc: carne roja, pollo, pavo, pescado, frutos secos.
Alimentos ricos en hierro: carne roja, pollo, pavo, pescado, frutos secos.	Alimentos ricos en zinc: carne roja, pollo, pavo, pescado, frutos secos.



33 ¿PUEDO HACER EJERCICIO?

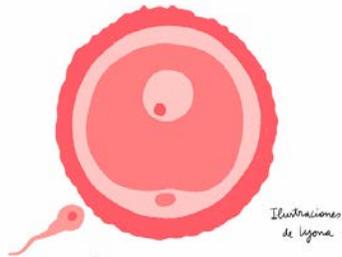
El ejercicio físico moderado (taquí que no supere de 30 minutos de intensidad moderada) es beneficioso para la salud y puede ayudar a aliviar los síntomas de la endometriosis. Sin embargo, es importante consultar con tu médico antes de comenzar cualquier rutina de ejercicio, especialmente si tienes dolor intenso o sangrado abundante.

El ejercicio físico moderado (taquí que no supere de 30 minutos de intensidad moderada) es beneficioso para la salud y puede ayudar a aliviar los síntomas de la endometriosis. Sin embargo, es importante consultar con tu médico antes de comenzar cualquier rutina de ejercicio, especialmente si tienes dolor intenso o sangrado abundante.



FERTILIDAD

Dr. Francisco Carmona



LA GUÍA QUE TE AYUDA A CONOCER Y CUIDAR TU SALUD REPRODUCTIVA

Grijalbo

FERTILIDAD

The guide to help you understand and care for your reproductive health

Grijalbo, September 2023, 192 pages

The new practical manual from Dr. Carmona takes a sincere and scientific approach to a pressing issue of our times: fertility.

This book clearly and rigorously explains what fertility issues are, why they occur, the potential causes and risk factors, most frequent diagnoses, current treatments, and the emotional impact they have and how that affects the couple. But above all, this guide aims to provide tools and resources to women, helping them tackle this complex and sensitive issue.



3.1.1.1 ¿Qué es la fertilidad?

La fertilidad es la capacidad de un hombre y una mujer de concebir y dar a luz a un hijo sano. Esta capacidad depende de muchos factores, como la edad, el estilo de vida, la salud general y la presencia de enfermedades que puedan afectar la reproducción.



3.1.1.2 ¿Cómo afecta la fertilidad a la vida diaria?

La infertilidad puede tener un impacto emocional y psicológico significativo en la vida diaria de una persona. Puede generar sentimientos de frustración, tristeza y aislamiento, así como afectar las relaciones con los demás.



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.

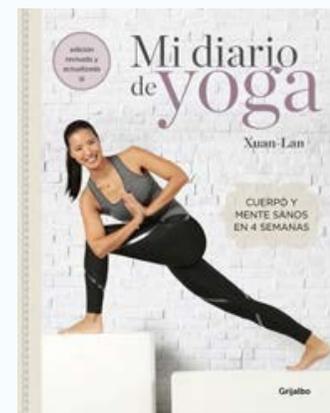
Born in France, Xuan's yoga journey began in New York twenty years ago. Now based in Barcelona, she dedicates herself to sharing yoga with others and her goal is to bring yoga to as many people as possible using a methodology that looks at how to integrate good healthy habits, yoga and meditation, in 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.

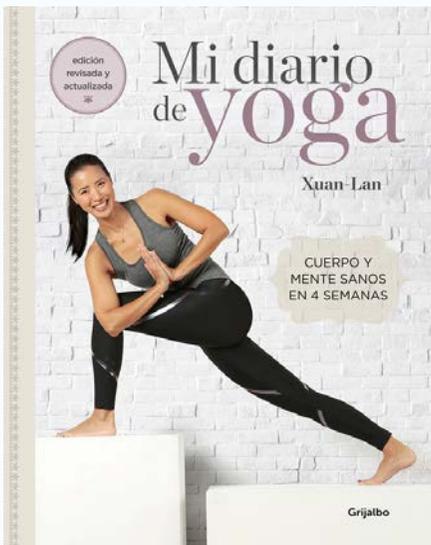
She is fluent in English, French and Spanish and has travelled the world sharing her expertise and wisdom.

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



Audiovisual deal signed with [Secuoya Studios](#) to produce a TV show with Xuan as the main protagonist.

Set to be a multi-episode series, the show will focus on Xuan travelling to different areas in the world and meeting yoga practitioners from other cultures and countries.



YOGA FOR MY WELLBEING

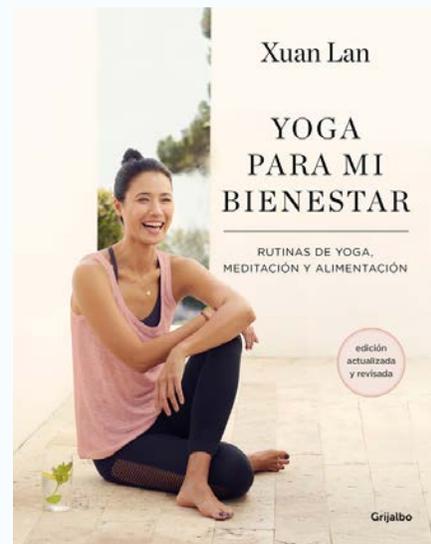
Xuan-Lan explains how to find inner wellbeing through yoga

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.

Grijalbo Ilustrados
November 2018
(reedition March 2022)
256 pages

Sold to:
Portugal (Marcador)



MY YOGA DIARY

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

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.

Grijalbo Ilustrados
March 2016 (reedition June 2022)
256 pages

Sold to:
Russia (Popuri)

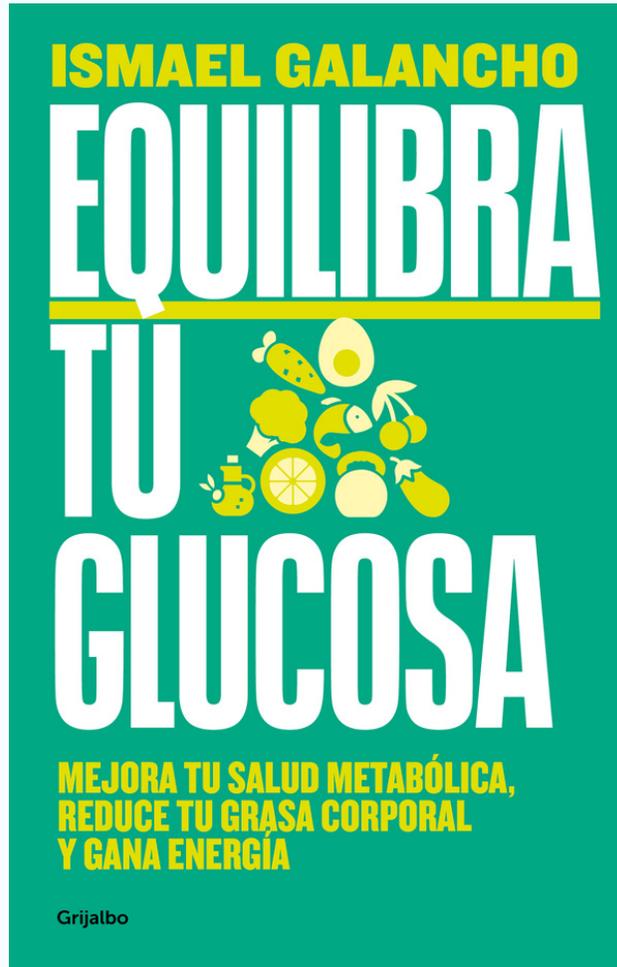




ISMAEL GALANCHO

ISMAEL GALANCHO is a specialist in nutritional planning and training programming for elite athletes.

Additionally, he is a disseminator and educator in various university master's programs related to clinical and sports nutrition, exercise physiology, obesity pathophysiology, and metabolic diseases.



BALANCE YOUR GLUCOSE

Improve your metabolic health, reduce body fat and gain energy

Grijalbo, June 2023, 448 pages

Pending material

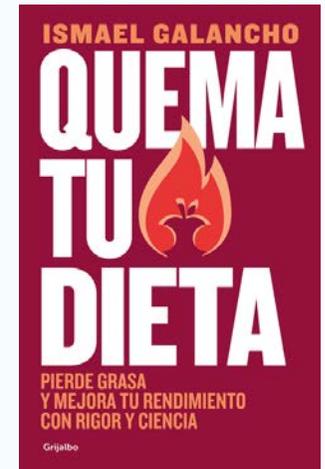
Are carbohydrates and sugar the sole culprits behind weight gain and illness? Do glucose and insulin in our bloodstream exist solely to harm us? Are glucose spikes and insulin truly as harmful as we're told?

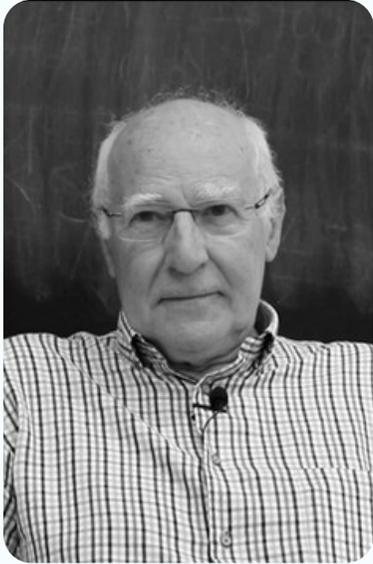
In his new book, Ismael Galancho explains the actual causes of common metabolic disturbances like insulin resistance, obesity, and type 2 diabetes, providing practical tools to help you stay as far away from them as possible.

Ismael warns about the risks of poor glucose regulation, prolonged high glucose spikes over time, and insulin resistance that prevents this hormone from performing its job, which is nothing other than releasing glucose from the blood. These disturbances are the result of an unhealthy lifestyle that can lead to diseases such as prediabetes or type 2 diabetes, which is already an epidemic and is projected to affect 1.3 billion people by 2050.

With this book, you'll achieve excellent metabolic health with scientific rigor, enjoying food without severe restrictions or rigid diets. You'll do so with flexibility, naturalness, and without fear.

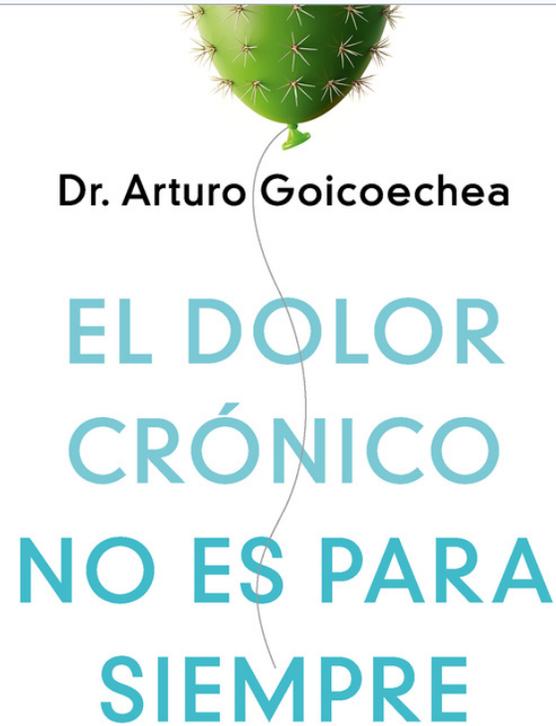
Previous book:





**DR. ARTURO
GOICOECHEA**

ARTURO GOICOECHEA is a neurologist specialising in the neurobiology of pain. Through neuroscience, the author seeks biological explanations for pain. He is a pioneer in Spain in this type of pedagogy, which consists of teaching about and explaining pain in order to alleviate it.



CHRONIC PAIN IS NOT FOREVER

Chronic pain affects 30% of the world's population. Dr Goicoechea gives us the tools to rid ourselves of it.

Vergara, October 2023, 288 pages

Dr Goicoechea uses a direct, informative and upbeat approach to correct mistaken beliefs about disease, offering knowledge and tools to alleviate pain and prepare patients for the battle of recovery.

Goicoechea focuses on research into so-called "symptoms with no medical explanation" and develops a theoretical framework focused on hypervigilance and the influence of expert information, where patients improve if they are able to overcome acquired fears and beliefs, unlearn behaviours and re-program the brain's responses.

This book includes comprehensive insights into the complexities of chronic pain, covering its biological, psychological, and social dimensions. It also explores the concept of neuroplasticity, revealing how to rewire the brain and reduce pain. A holistic approach is offered, addressing not only the physical but also the emotional and social aspects of pain.

Practical tools, exercises, and tips are provided for immediate application in pain management and overall well-being.

By teaching about pain, he seeks to overcome doctrines and theories that have become obsolete and that help to promote pain and make it chronic.



BLANCA GARCÍA-OREA HARO

Blanca García-Orea Haro is a clinical nutritionist specializing in digestive and hormonal nutrition, with a master's degree in Human Microbiota.

She co-directs the Clínicas Segura medical center and teaches courses throughout Spain on the close relationship between the intestine and quality of our emotions and the state of our immune system.

She has collaborated with publications such as Telva, Hola, Vogue and La Razón and has a large community that follows her advice on how to lead a healthy lifestyle. She is one of the most followed nutritionists on social networks, especially on Instagram, with more than 500,000 followers, where she posts content from her courses, easy recipes and advice for people with intolerances who do not have access to her practice.

In 2020 she was considered one of the 100 best influencers according to Forbes magazine.



**OVER 200,000
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DATE**

Blanca García-Orea Haro
@blancanutri

Dime qué comes y te diré qué bacterias tienes

El intestino, nuestro segundo cerebro

Grijalbo

**OVER 200,000
COPIES SOLD TO
DATE**

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

The intestine, our second brain

Grijalbo, October 2021, 272 pages

Rights sold: Italy (Corbaccio), Turkey (Pegasus), Russia (Eskmo)

Blanca García-Orea shares the keys to understanding how intestinal bacteria influence your thoughts, your behavior patterns and their role in diseases and quality of life.

The good news is that the intestinal microbiota is modifiable and, although we have always heard that we are born with certain genes that will determine our destiny, we now know that, even if your genetic code is unfavorable, if you do things right and follow good lifestyle habits (good nutrition, physical exercise, adequate rest, no alcohol or tobacco, etc.), you do not have to suffer from certain diseases, even if you have a genetic predisposition to suffer from them.

In Tell me what you eat and I will tell you what bacteria you have, you will find guidelines to improve your intestinal microbiota in a short time and tips for reading food labels and knowing which ones to choose.

You will also discover more than 50 simple and healthy recipes for breakfasts, snacks, lunches, dinners, desserts and breads, which will inspire you and help you to be the protagonist of your physical and mental health.

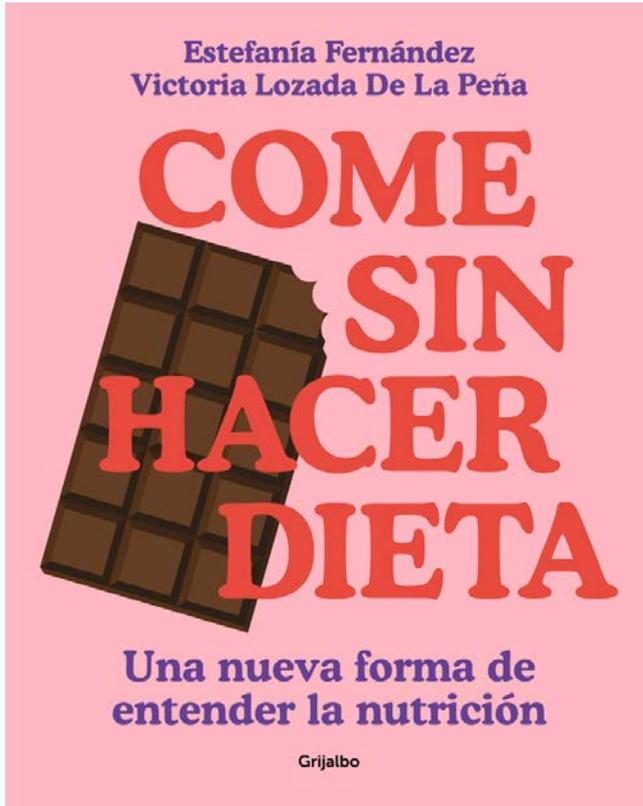
CONTENTS

- The digestive tract: from the mouth to your anus:
- The microbiota, the forgotten organ
- The gut-brain axis: Do we think with our guts?
- Digestive disorders:
- Hooked on sugar
- Intermittent fasting:
- Diets
- What and how to eat
- Take care of your kitchen
- Recipes: more than 50 simple and healthy recipes for breakfasts, snacks, lunches, dinners, desserts and breads

SAMPLE SPREADS



INGREDIENTES	PREPARACIÓN	TIEMPO	VALOR NUTRICIONAL
1 PLÁTANO	1. Cortar el plátano en rodajas y ponerlo a hervir en agua durante 10 minutos.	10 min	100 kcal
1 CEBOLLA	2. Cortar la cebolla en rodajas y añadirla al agua.	10 min	100 kcal
1 CEBOLLA	3. Añadir el ajo y cocinar durante 10 minutos.	10 min	100 kcal
1 CEBOLLA	4. Añadir el queso y cocinar durante 10 minutos.	10 min	100 kcal
1 CEBOLLA	5. Añadir el queso y cocinar durante 10 minutos.	10 min	100 kcal
1 CEBOLLA	6. Añadir el queso y cocinar durante 10 minutos.	10 min	100 kcal



EAT WITHOUT DIETING

How intuitive nutrition will change your life!

Grijalbo, September 2023, 320 pages

The guide that kicks the diet culture to the kerb. Backed up by scientific evidence, the book explains what happens (the bad bits) to our bodies at a physiological, psychological and social level when we follow yet another diet.

It shows why diets don't work and should in fact come with a very long list of side effects. It lays bare the million-dollar weight loss industry, claiming that fatphobia kills.

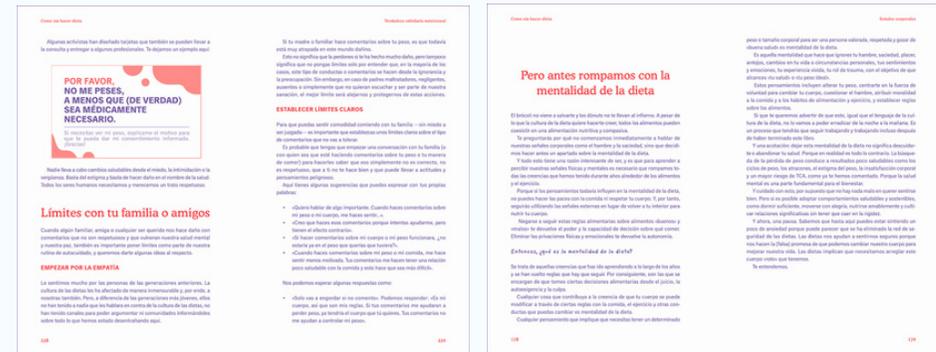
But it isn't just about toppling the myths, taboos and misinformation.

Above all, it aims to construct stronger, more conscious and more knowledgeable versions of ourselves,

Loaded with resources and activities, the book teaches us to listen to our body's signals, understand the relationship between emotions and digestion, and discover what ancestral and intuitive eating are all about.

VICTORIA LOZADA is a specialist in eating disorders and plant-based diets.

ESTEFANÍA FERNÁNDEZ holds a degree in Nutrition and Dietetics and a master's in Sports Nutrition. She has 650,000 followers on social media.



SEX



Penguin
Random House
Grupo Editorial



PERE ESTUPINYÀ

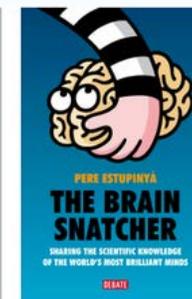
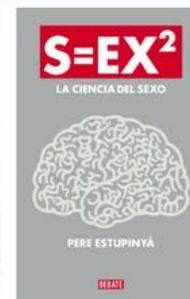
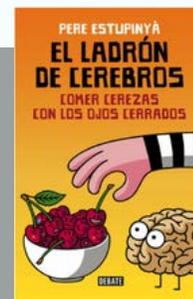
Pere, born in Tortosa in 1974, is a friendly and curious individual with an unconventional path. Despite his biological age, he maintains youthful vitality. He spent eight tumultuous years living in Boston, Washington DC, and New York before settling partially in Madrid in the spring of 2016.

Academically, Pere holds degrees in chemistry and biochemistry, a master's in nutrition and metabolism, and an unfinished doctorate in genetics that he intends to revisit. His transformative moment occurred from 2007 to 2008 when he became the first Spanish scholar at MIT's Knight Science Journalism Fellowship. Ten months immersed in the labs of MIT and Harvard birthed his alter ego, "the brain thief."

Professionally, Pere wears many hats. Depending on the day, he takes on roles as a writer, TV presenter, scriptwriter, producer, lecturer, corporate consultant, international organization advisor, entrepreneur, coach, and, within science communication, he can be a popularizer or a journalist. His written works, including "El ladrón de cerebros," "Rascar donde no pica" (2012), "S=EX2, la ciencia del sexo" (2013), and "Comer cerezas con los ojos cerrados" (2016), have received acclaim and been translated into various languages.

A unique facet of Pere's career is his extensive expertise in sexuality, shaped by his experiences and his impactful book, "S=EX2: La ciencia del sexo."

Pere describes himself as a "brain thief" who writes about science as a means to learn. He often blurs the line between profession and vocation. Yet, he remains steadfast in his belief that scientific knowledge is a potent tool for improving the world, fostering sustainability, enhancing efficiency and innovation in businesses, and promoting healthier, wiser, and happier lives.



PERE ESTUPINYÀ

LA CIENCIA DEL SEXO



DEBATE

THE SCIENCE OF SEX

"Your sex hero." *Cosmopolitan*

Debate, Originally published in 2011, relaunch October 2023, 288 pages

The most rigorous, engaging, and comprehensive book ever written about human sexuality.

Driven by a profound love of science, Estupinyà fearlessly immerses himself in groundbreaking research that goes where few have dared to tread. He takes readers on a captivating journey as he participates in a study on erectile dysfunction and male orgasm, engaging in conversations with a diverse range of individuals, including asexuals, fetishists, multi-orgasmic women, intersex individuals, and even porn stars. His quest for understanding leads him to intriguing destinations, such as a swingers club in New York and sadomasochistic events, and he delves deep into LGBTQ+ science.

This remarkable book is not just an exploration of human sexuality; it's a profound dive into the science behind it. Accompanied by an exhaustive bibliography, Estupinyà's work delves into topics ranging from the complexities of attraction and the world of online sex to the age-old debate of our polygamous versus monogamous nature, as well as the intricacies of pleasure and pain.

The Science of Sex brings together a wealth of historical anecdotes, practical advice, and profound reflections. It's a journey through the mysteries and wonders of human sexuality, guided by the light of scientific inquiry.

CONTENTS

- Sex in Our Cells
- Sex in Our Genitals
- Sex in Our Brain
- Sex in Medical Consultation
- Sex in Evolution
- Sex and Pleasure
- Sex in Bars
- Tantric Sex and Mind-Powered Orgasms
- LGBTQ+ Science
- Non-Normative Sex
- The Challenge of Maintaining Desire in a Relationship



SEX EDUCATION

Everything you should know about sex!

Montena, April 2023, 160 pages



Okay, so now we know how to put a condom on a penis and how to prevent STIs. But are you really not going to tell us anything else? With total honesty and without mincing her words, Sonia Encinas tells us everything we need to know (and no one dares to tell us) to enjoy our sex life without fears or taboos.

How can I learn to love my body? Is it normal to have sexual fantasies? Is it bad to masturbate a lot? Is it bad not to masturbate? How can I find out if I like boys, girls or everyone? How can I have relations that make me feel good? And, above all: Why does nobody talk about pleasure?

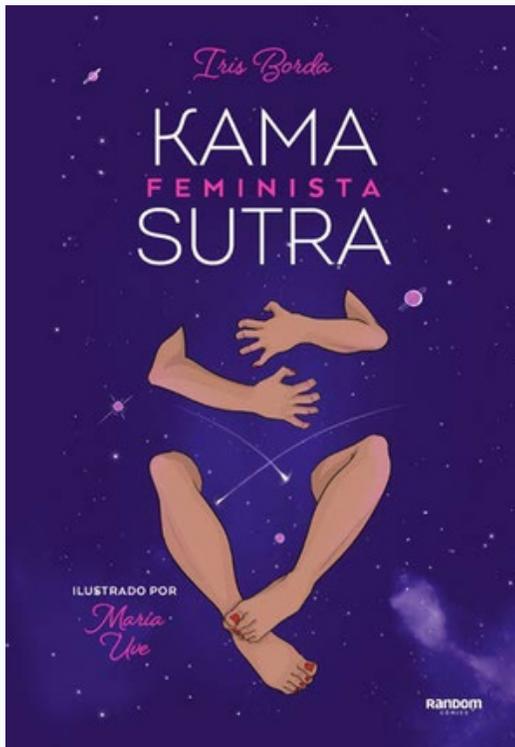
If you are going to have sex... Do it with information. Do it with permission. Do it with pleasure.

THE AUTHORS

Sonia Encinas is a journalist, sexologist and teacher. She is the author of "Feminidad salvaje" and "El niño que quería dar abrazos". She loves to reflect and share information through Instagram, where she has 45,000 followers.

Sara Tomatote (@maria_uve_) is a Colombian illustrator based in Medellín.





ILLUSTRATED FEMINIST KAMASUTRA

The Kamasutra as you've never seen it before

Random Comics, February 2022 , 112 pages



A Sanskrit guide to love and sex, the Kamasutra was written over fifteen-hundred years ago. Yes, you read that right. It's high time we updated it for the modern world and adapted it to female pleasure, so long ignored.

This new Kamasutra picks out the sexual positions that give the greatest pleasure to women, reclaims masturbation as sex in and of itself, and pushes for an end to phallocentrism. Looking at topics such as oral sex and how to incorporate toys into your sex life, this is a title that breaks away from traditional discourse and puts the focus on pleasure, and how to have fun with it.

Have fun, discover yourself, and learn to enjoy your sexuality...a bit differently!

THE AUTHORS

Iris Borda
My name is Iris Borda, although you might know me by one of my pseudonyms, Lola López, the author of Are You Having Good Sex?

María Uve (@maria_uve_) is the pseudonym of a Galician illustrator and photographer who has revolutionized social media with her provocative illustrations and controversial posts.



COOKERY



Penguin
Random House
Grupo Editorial



CLARA DIEZ

Clara Diez describes herself as an 'artisan cheese activist'. To her, this particular food is much more than a gastronomic experience: it is a different and wonderful way of viewing the world, and she wants us to come and discover it with her. She came to the industry by chance. Something of a convert, she had no particular interest in cheese beforehand. This makes the story of her discovery all the more interesting; a story in which she becomes seduced by the world of fermentation, bacteria and mould.

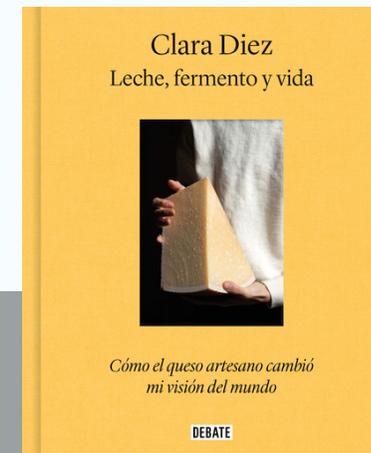
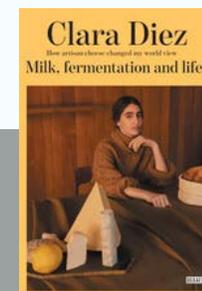
In 2020, along with her husband Adrián Pellejo, she founded [Formaje](#) with the desire to create a universe in which they could pursue their personal and professional interests and share with the world their way of understanding the fascinating world of dairy derivatives.

Working directly with her favourite producers in Spain and Europe has added to her first-hand knowledge of every process, giving her a unique perspective, wholly committed to the needs and implications of the sector. Clara has also become a public figure with an incredibly unique voice. She advocates for a more conscious, ethical and sustainable vision of food and consumption in general.

Her first book, called Milk, Fermentation and Life will be published by Penguin Random House in November 2023.

Her book will teach readers about the artisan cheese ecosystem and serves as an illustration of a lifestyle and worldview that should be preserved, offering valuable lessons for us to learn from.

[English Press Pack](#)



Clara Diez
Leche, fermento y vida



*Cómo el queso artesano cambió
mi visión del mundo*

DEBATE

MILK, FERMENTATION AND LIFE

How artisan cheese changed my vision of the world

Debate, October 2023, 336 pages

Cheese influencer and activist, Clara Diez, engages in an enthusiastic defense of artisan cheese as a lifestyle and cultural link that contributes to a better world.

Fascinated by the universe of cheese, Clara Diez has devoted herself to unraveling the vital meaning that is behind its artisanal production, a humble but very rich sector at the same time. This original book crosses different rural areas, giving rise to wonderful meetings with the best producers and its ancestral techniques and secrets, while highlighting the role of hands in the cheese process.

From producers to consumers, from the countryside to the city, Milk, Fermentation and Life is a contribution to the articulation of an ecosystem of artisan cheese that has a support network and illustrates a way of living and understanding the world that should not be lost and that it has a lot to teach us.

"The first time I tried an artisan cheese, the revelation was so powerful: cheese should thrill. Transforming milk into cheese is all-powerful and multi-faceted to the extreme, unleashing endless nuanced flavours and striking the palate like an earthquake. The best way to celebrate the virtues of the craftsmanship is to simply place a good cheese and a knife on the table. Stories don't become etched in memory when there is no emotion".

A full colour title which includes stunning photos, taken by Clara's father, a nature photographer, this book is a total feast for the senses. Our Spanish edition will have luxury cover finishes and will be printed in hardback, and is an important focus non-fiction titles for this season.

Please see the next page for sample insides.



donde desarrollará su personalidad definitiva ayudado por el trabajo conjunto del quesoero, las condiciones ambientales de la cámara y los microorganismos, que empezarán a «diseñar» al unísono el producto final.

Afinado

Amientender, en el momento del afinado empieza la fiesta. Si el quesoero ha sabido orientar correctamente a la leche durante las fases previas, ahora tiene la posibilidad de lucirse, dirigiendo el proceso por el cual el *fromage en blanc* —término que utilizan los franceses para referirse al queso cuando todavía no se ha desarrollado en su superficie la flora que más tarde lo caracterizará— pasará a convertirse en una pieza artística



Queso azul Savail en las cámaras de afinado de la quesería Alras Moniz.

reconocible por sus atributos, fruto de la pericia del quesoero a la hora de mover los hilos oportunos dentro de las cámaras de maduración. Aquí desempeñan papeles fundamentales la humedad, la temperatura, la ventilación de la propia cámara (para que la microbiología fluya correctamente en el ambiente) y la interacción del hombre con el queso, responsable de ejecutar las tareas necesarias durante los meses que dure este proceso. Dependiendo del queso que se quiere conseguir, las condiciones serán unas u otras. En las cámaras de afinado o maduración, el





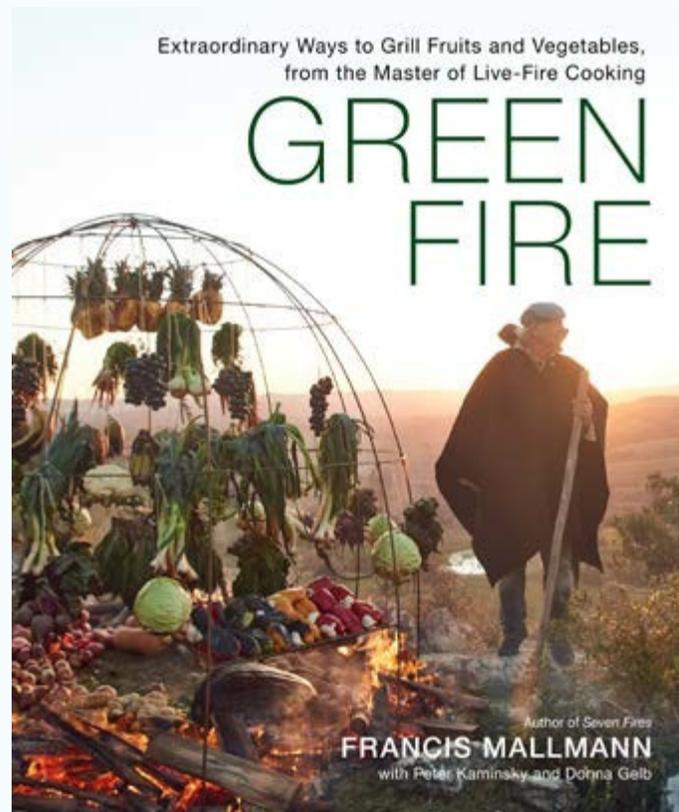
FRANCIS MALLMANN

Francis Mallmann is the most popular chef in South- America, and the world's biggest exponent of wood-fired oven cooking.

A star TV-chef for more than 30 years, he owns restaurants in Argentina, Chile, France, the United States and Uruguay; they are a staple feature in the most prestigious lists of the best restaurants of the world.

His 1884 Restaurante in Mendoza, Argentina named one of Latin America's 50 Best Restaurants,

Francis Mallmann was one of the key figures in the Netflix documentary series Chef's Table.



GREEN FIRES

The first vegetarian cook- book by Francis Mallmann, one of the most influential chefs

Sudamericana, June 2022 , 288 pages

Sold to: WW English (Artisan Books & PRH Canada) / Brasil (Companhia das letras)

In Green Fire, explore the flavourful potential of cooking vegetables—caramelized, charred, smoked, and always delicious—using chef Francis Mallmann's acclaimed live-fire cooking method.

Divided seasonally, each of the more than 80 vegetarian dishes will become your main meal and not the side.

Enjoy also Mallmann's impressive seasonings, sauces, and finishings with Argentine influences. Spring artichoke and fava salad, salt-baked beets with lemon confit, and cabbage steaks with a mustard fennel crust are just a few of the stars. And desserts and cocktails are included, too.

TOMATO CONFIT WITH PEPATO CHEESE FILLING

Lightly seasonings tomatoes and tomatoes often play harmoniously together. From the tomatoes and salt, saltiness and pleasantly acidic. Prepare in a wide heat through with patience, charcoal with which black pepper, it is only with a pepper look and a hint of regional character. The rest is your palate.

Serves 4

4 Tomatoes Confit (page 95)

8 cups (217 g) processed paprika cheese, melted

Extra virgin olive oil

Prepare a fire for medium heat and warm the plate. If cooking outdoors, heat a large cast-iron griddle over medium heat.

Place the tomatoes on a shallow pan and stuff a generous amount of cheese into the center of each. Drizzle the cheese with a little olive oil.

Brush the charred plates or griddle periodically with olive oil. Working with one tomato at a time, add each to the hot griddle. Cook each tomato for several minutes, until the cheese has melted and each tomato is evenly browned. Lift the tomatoes off the griddle or plate and the fire. Cheese will ooze onto a serving plate. Serve immediately.



ECOLOGY



Penguin
Random House
Grupo Editorial



OLIVIA MANDLE

OLIVIA MANDLE is a 16-year-old environmental activist, with a special focus on the rights of marine animals, and dreams of a plastic-free Mediterranean. Her campaign, #noespaisparadelfines, on Change.org calling for the end of captivity of cetaceans in Spain has more than 155,000 signatures which have already been presented to the Spanish Congress.

She also has a manifesto with more than 100 internationally renowned marine scientists and conservation groups supporting her campaign.

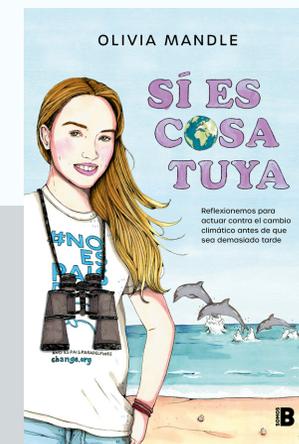
When she was 12, she invented the “Jelly Cleaner”, a utensil that filters microplastics from the sea, made from recycled products found at home.

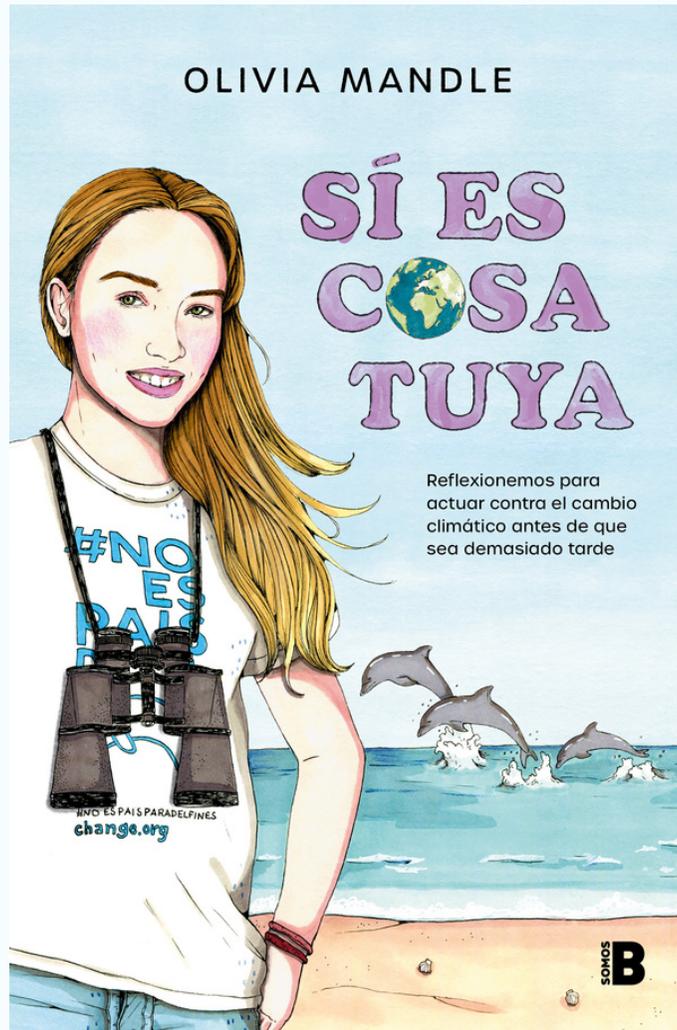
Her work and achievements have been recognized both nationally and internationally.

In November 2021, she received the International Award from the Jane Goodall Global Institute, she is an ambassador for the Climate Pact of the European Commission, Marine Ambassador for the WILD Foundation, collaborates with World Animal Protection, won the Sol de Oro at the environmental film festival, Suncine, was named Inspiring Young Woman of the Year 2023 by the Inspiring Girls Foundation, and Ambassador of Nacho Dean’s La España Azul project, among others.

In addition to this book, she is currently filming her own television series for TV3 in Spain about climate change.

More information at: <https://oliviamandle.com/>





YES, IT'S YOUR BUSINESS

A practical guide that invites us to reflect and take action against climate change before it's too late

Ediciones B, October 2023, 208 pages

Using simple, direct and accessible language, this book covers all the aspects of environmental education that are not explained in schools. In it, the author shares personal testimonies and reflections while also expounding on the most pressing issues related to climate change: How is plastic destroying ecosystems and why is it so dangerous? What is greenwashing? Can you travel while being sustainable? For each topic, there is a space to reflect on our habits and ideas that we can apply in our daily lives to be an active part of the solution to an increasingly serious problem.

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



CONTENTS

1. Climate change explained easily
2. The oceans
3. The animals
4. Nature
5. Renewables, yes or yes
6. Food
7. Plastic is everywhere
8. At home
9. Traveling
10. Hope
11. Friend, it's your thing now, it's your turn!

ESOTERIC

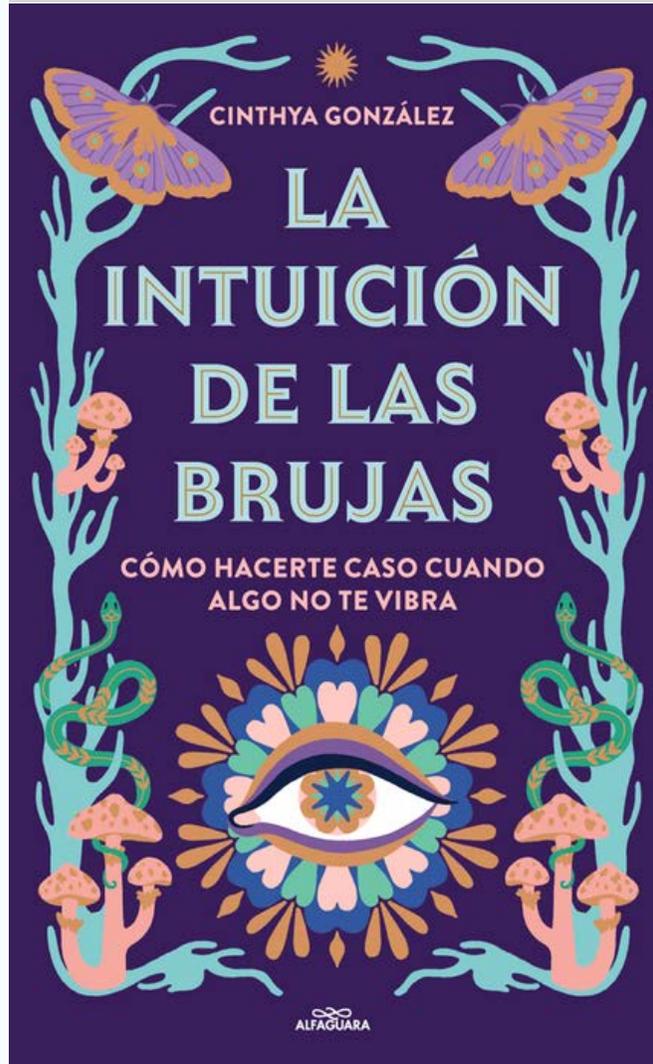


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CINTHYA GONZÁLEZ

CINTHYA GONZÁLEZ has a degree in Clinical Psychology, certified in Family Constellations and Neurolinguistic Programming. On Instagram he has 530K followers.



A WITCH'S INTUITION

A practical guide for all women who feel the call of their inner witch. Witchcraft mixed with psychology and well being

Alfaguara, September 2023, 208 pages

Emerging from the darkness. Opening your eyes. Connecting with the radiance. Learning. Questioning limiting thoughts. Embracing the shadow. Transforming beliefs. Getting to know fear. Connecting with the magic. Inhabiting the body. Raising your voice. Letting go. Flowing. Creating. Shining. Loving. Listening to intuition. That's how the path of witches is drawn.

The villains of the tale. Impure, malicious, condemned for possessing knowledge. Or perhaps free women, ready to soar, create, and love?



7 Translations



30,000 copies
sold in Spain

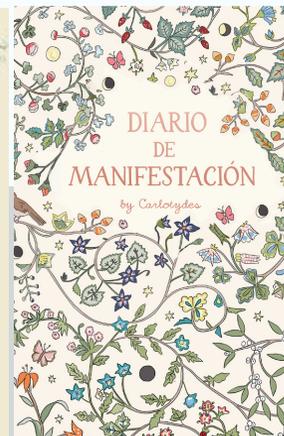
CARLOTA SANTOS

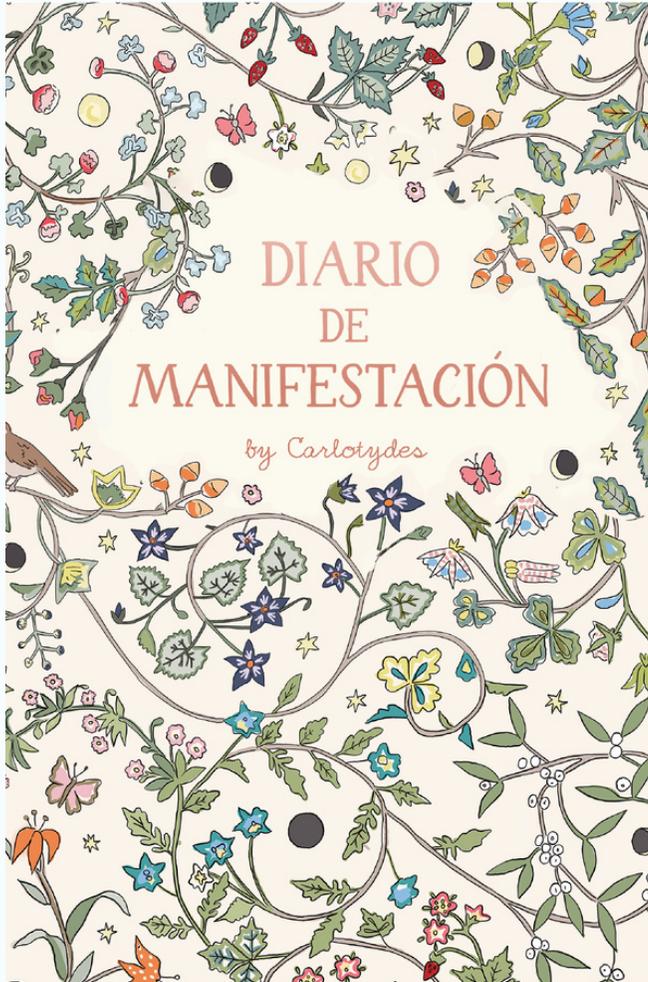
Carloty Santos (@carlotydes) is an illustrator and author of three titles on astrology and magic. Her unique illustration style has grabbed the attention of brands all over, and she has collaborated with names such as Elle Magazine and Bombay Sapphire.

She is an international author with translation sales into seven countries so far: World English (Artisan Books), France (Guy Trédaniel), Portugal (Marcador), Italy (Gribaudo), Germany (mvg), Japan (Shoeisha) and Turkey (Pegasus).

Her gorgeous illustrations have also travelled well beyond the printed page, as her English publisher Artisan Books have created both a puzzle and tarot card deck.

Her approachable writing style offers a perfect introduction into the world of Astrology, Witchcraft and Manifestation, and for those readers who already have some prior knowledge, they will undoubtedly be able to deepen their understanding of these topics.





MY MANIFESTATION DIARY

Plan B, October 2023, 432 pages

Although it has a long-standing, historical past, the idea of "manifesting" is the fashionable technique among the new generations on TikTok.

Drawing on the law of attraction and modern psychology, manifestation works as a powerful tool to deepen oneself, focus and achieve one's goals by incorporating traditionally magical elements, such as the influence of the phases of the moon.

This stunning manifestation diary is an invitation to write every day following the proposed exercises which will allow the reader to:

- Seek calm and well-being
- To organize objectives
- Channel their energy towards everything they desire

Accompanied by illustrations, annotations and fun facts, this title combines Carlotydes' incredible art with a hot topic that shows no signs of slowing down.

CONTENTS

1. Introduction

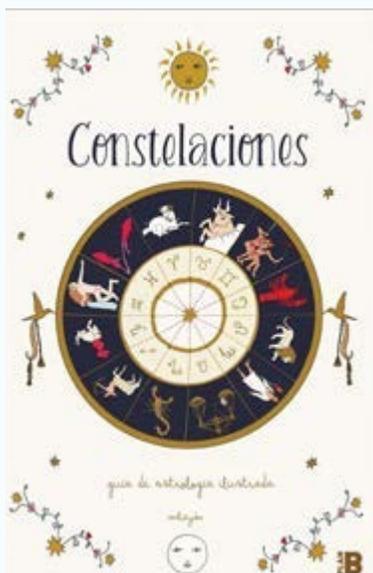
- What is "manifesting" and the "law of attraction"?
- Why start the manifestation journal?
- How does the manifestation journal work?
- Moon manifestation

2. The theory

Moon phases
The moons of the year

3. The Lunar Diary

4. Other tools



Plan B, March 2021 ,144 pages

Rights sold to:

- World English (Artisan Book)
- France (Guy Trédaniel)
- Portugal (Marcador)
- Italy (Gribaudo)
- Turkey (Pegasus)
- Germany (mvg)
- Japan (Shoeisha)

CONSTELLATIONS

An illustrated astrology guide

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.



MAGICKA

An illustrated magic guide

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.

Plan B , June 2022 ,160 pages

Rights sold to:
World English (Artisan Book)
France (Guy Tredaniel)

Italy (Gribaudo)





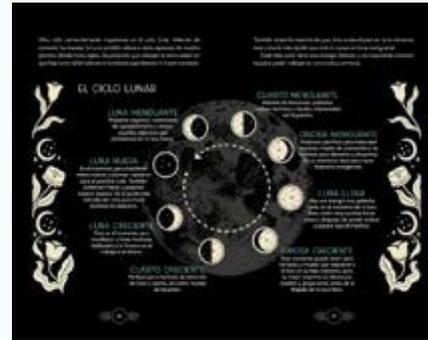
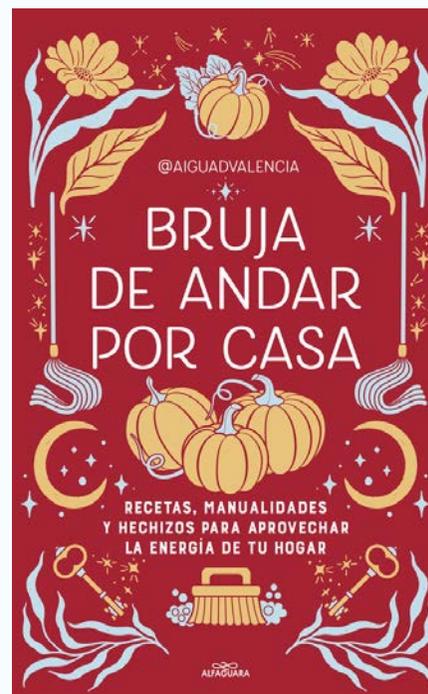
@AIGUADVALENCIA

Aiguadvalencia, also known as EmJei, is a Musicology student and composer.

She was introduced to the world of witchcraft and esotericism from a very young age, thanks to her family.

In 2020 she began uploading videos to TikTok publicizing her practice, which mixes elements of tradition with others she has subsequently studied.

To this day she continues to share her of her experience in the magical world with thousands of followers of her in networks, always adding her personal touch.



MANUAL FOR A NOVICE WITCH WITCH AROUND THE HOME

Two titles on witchcraft with a unique approach - a beginners guide & a focus on magic around the home

Alfaguara Infantil y Juvenil, 208 pages

Rights sold: Italy (Armenia) / France (Guy Tredaniel)

MANUAL FOR A NOVICE WITCH

A grimoire full of spells and incantations for those who want to start practicing witchcraft, stop chasing destiny and start attracting it. Magic has always scared and attracted people in equal parts: it is mysterious, rebellious, powerful and treacherous.

Witches, for centuries, have been persecuted for using magic to transform reality. In this book you will find, from the hand of Aiguadvalencia, all the keys to use the magic that surrounds you in your day to day. Magic is not just something you do, magic is something you are.

WITCH AROUND THE HOME

This book will teach you to find the magic that surrounds our routines, and to make the most of the energies of the home. Learn to take advantage of the energy that surrounds you to live a more magical and powerful day to day with this guide full of recipes, crafts, spells and enchantments!



ERICA NOEMÍ FACEN

Erica Noemí Facen (@lunalogía) has more than 930K followers on IG, where she uploads daily posts with curiosities about the Moon and its influence on our lives.



MOONOLOGY MOONOLOGY:THE NIGHT SKY

The Moon as a key to understanding ourselves

Alfaguara Infantil y Juvenil, 208 pages

Rights sold: Italy (Armenia)

MOONOLOGY

All your moons: an illustrated guide to the moon, your cycles and your mysteries presents everything you wanted to know about the most fascinating star in the sky and its influence on our lives and emotions.

Topics touched upon include emotional fitness, the moon and fertility and beauty treatments and much more.

MOONOLOGY:THE NIGHT SKY

All areas of your life have their night.

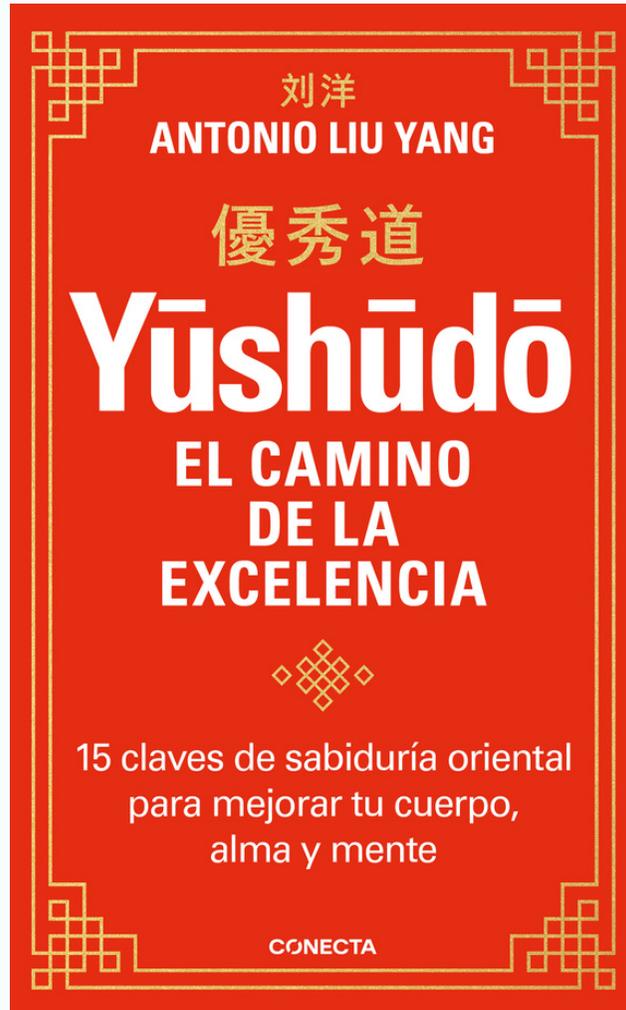
Your relationships, your activities, your mind, your emotions, periodically go through a dark phase. This book will show you that all cycles follow the pattern of the phases of the Moon. If you understand the natural cycle of things, you will have a map of time. You will know where you are in each area of your life, how to make the most of it and what comes next.



ANTONIO LIU YANG (1980, Beijing, China) holds a degree in Law from the University of Valencia and a Master's degree in Diversity and Inclusion from the Nebrija University. Antonio Liu is a cross-cultural facilitator specialising in Spain-China relations.

Over the last fifteen years he has worked in the legal, academic, tourism and football sectors. He has been guest lecturer in a dozen master's courses related to Asia in different institutions and in-company trainer for large multinationals.

He received the Young Valencian Talent Award in 2013, the gold medal for the Europe Forum in 2015 and participated as a TEDx speaker in 2017. He is co-founder of the Academy for Diversity and Innovation, where he provides cross-cultural training.



YŪSHŪDŌ. THE PATH OF EXCELLENCE

15 keys to oriental wisdom to improve your mind, body and soul

Conecta, April 2023, 224 pages

Did you know that you can apply Eastern wisdom to improve your everyday life? In this book, cross-cultural facilitator Antonio Liu Yang will guide you on the path to excellence through techniques from Eastern philosophy in a grounded and realistic way.

"Yushudo, el camino de la excelencia" will help you to:

- Progress every day through the Japanese philosophy of kaizen
- Improve professionally by enhancing your nunchi
- Have good interpersonal relationships with the help of guanxi
- Work on your values by creating your own bushido
- Be in harmony with your environment in accordance with the laws of the art of Feng Shui
- Overcome adversity through kintsugi
- Reflect each day with the hansei technique
- Live in harmony with your do, your life's purpose

"Approaching oriental wisdom with this exceptional book by Antonio Liu is transporting you in space and time. Reading him is a bridge between East and West, where the author interacts from his experience as an intercultural facilitator. The result of the book Yūshūdō, the path of excellence is a winning combination that will undoubtedly allow you to improve". Fernando Molina - President of the Seda Spain Institute and expert in tourism intelligence

"In Asia there is a common pattern of wisdom that we Westerners do not easily see. It emerges through details, concrete actions that teach us to touch the essence of life, bring it up to date and anchor it strongly. Those details are clearly explained and selected with the honest example of the author's own experience". Vero López - Physio expert in Chinese medicine and writer



DR TONY NADER

Dr. Tony Nader, M.D., Ph.D. is a scientist and medical doctor trained at Harvard University (Neurology), and Massachusetts Institute of Technology (Ph.D. in Brain and Cognitive Science), and a globally recognised Vedic scholar.

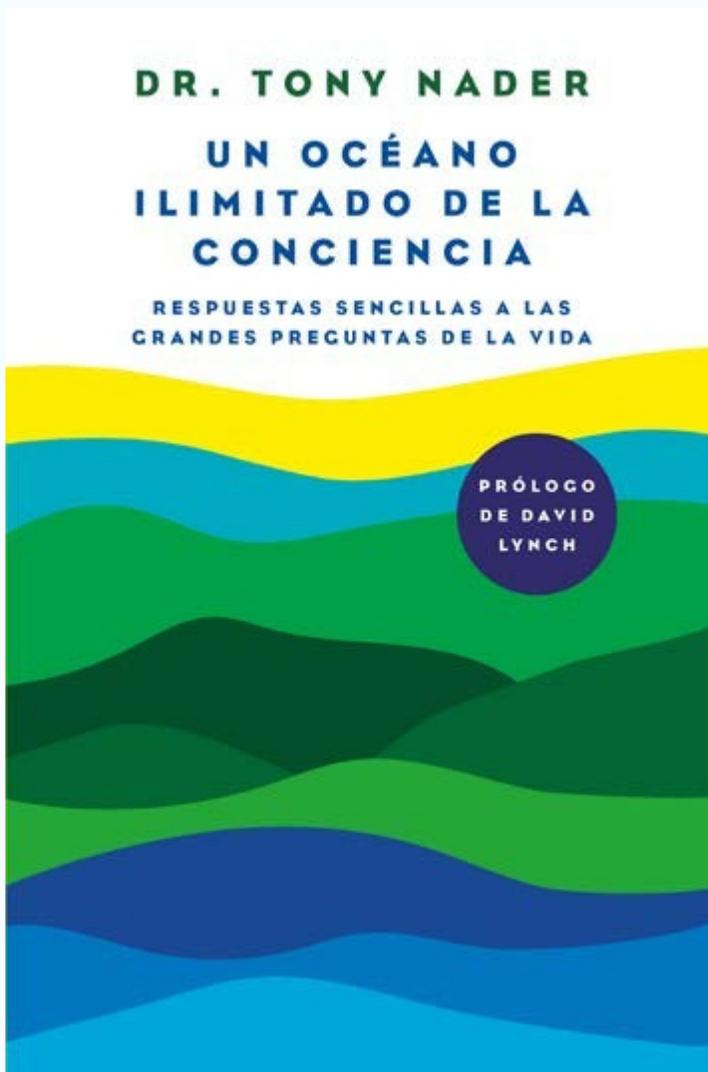
As Maharishi Mahesh Yogi's successor, Dr Nader is head of the international Transcendental Meditation® organisations in over 100 countries. From the Americas to Asia, from Europe to Africa, Dr Nader guides the Transcendental Meditation program and its advanced practices, and the practical applications of this technology in all areas of national life - education, health, business, defense, agriculture, and more.

Author of many original scientific publications and books on the relationship of mind, consciousness, and physiology in particular: Human Physiology - Expression of Veda and the Vedic Literature and Ramayan in Human Physiology. With his intellect finely honed by doctoral and post-doctoral research in neuroscience, and his intuition and feeling deeply cultivated by years of personal training with renowned Vedic scientist and sage, Maharishi Mahesh Yogi, Dr. Nader beautifully integrates cutting-edge science with ancient wisdom.

drtonynader.com / Instagram @drtonynader /Twitter @DrTonyNader

Learn more about Dr Nader and Transcental Meditation here:





AN UNLIMITED OCEAN OF CONSCIOUSNESS

Simple answers to the big questions in life

Aguilar, April 2021, 368 pages

Rights sold to:

English (Hay House)

Hachette (France)

Italy (Armenia)

Romania (Polirom)

Russia (Popuri)

Brasil (Pinto Zicone)

India (Prabhat)

We can provide full translations into Arabic, Japanese, Finnish and German free of charge, thanks to the work done by the Nader Foundation.

World renowned leader at the core of the Maharishi Foundations, a Harvard graduate neuroscientist, renowned Vedic scholar and world reference in Transcendental Meditation, Dr. Tony Nader formulates in this book a series of fundamental existential questions (what is our purpose in life, do we have true control over our destinies?) and, through the study of Consciousness, brings us answers with practical benefits that aim to give us enlightenment, peace and fulfillment.

In this landmark book, Dr Tony Nader presents ideas that can change the world. He proposes profound solutions to questions that have long fascinated and intrigued philosophers and scientists. What is Consciousness, do we have freedom? How to get the best out of life, fulfil wishes and create peace and harmony among peoples and nations? He offers these solutions, based on a simple underlying paradigm, that unifies mind, body and environment into an ocean of pure Being, Pure Consciousness. A must read for any seeker of answers to the mysteries of life, the absolute and ultimate truth. — David Lynch

GIFT BOOK



Penguin
Random House
Grupo Editorial

ESTELA NAIAD

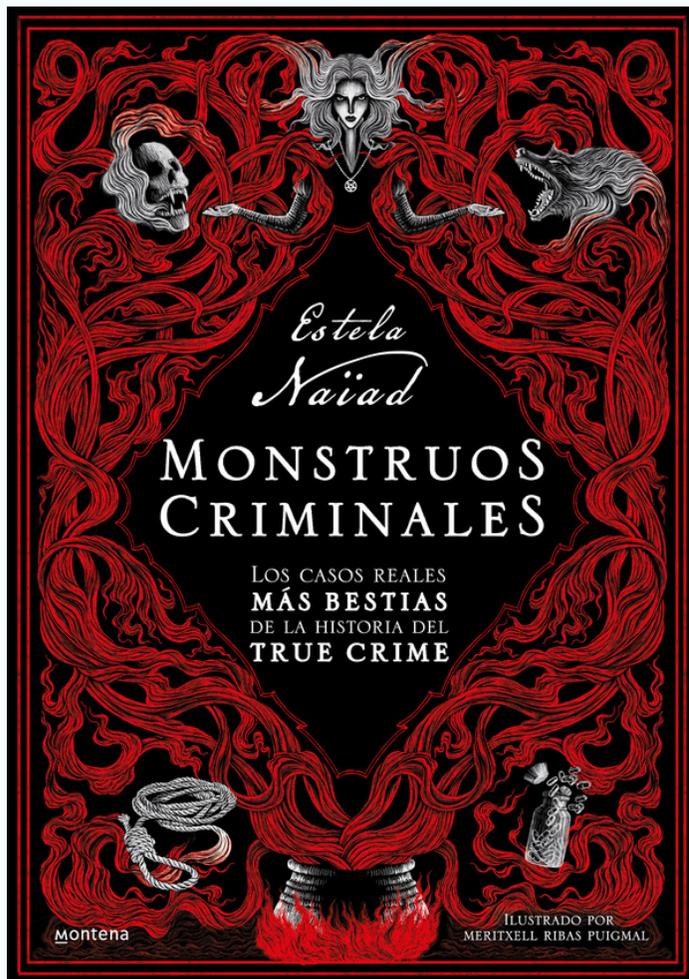


Estela Naïad is an expert in true crime and the paranormal. Since 2013, she has been sharing her knowledge about the mysterious on YouTube through her channel, a community with 500,000 followers.

MERITXELL RIBAS PUIGMAL



Meritxell Ribas Puigmal is an illustrator based in Barcelona.



CRIMINAL MONSTERS

Real crimes committed by humans who believed themselves to be monsters

Montena, September 2023, 160 pages

Criminals exist, and then there are criminals inspired by mythological beings. History is full of horrifying cases of real crimes committed by men and women who were inspired by fantastical characters and mythological creatures, such as werewolves, vampires, or witches. Estela Naïad presents the first anthology of stories that occurred in Spain and around the world, a book that will undoubtedly delight all true crime and horror enthusiasts.

With beautiful, unique illustrations, this is a book you won't be able to put down!



ÁNGELA SÁNCHEZ DEL RÍO

@annsdr

TÚ, CONTIGO Y POR TI

ESPABILA Y CÁETE BIEN

B

ALL FOR YOU

An illustrated gem to inspire you to believe in yourself

Ediciones B, November 2023, 144 pages

I want you to see that another you is possible. I want you to achieve the change. I want to help you.

This book is a call to action. A gentle nudge - without pressure, but with care and humor - to identify and change the habits, behaviors, and thoughts that keep you away from the reality you'd like to live in and the version of yourself you'd like to be.

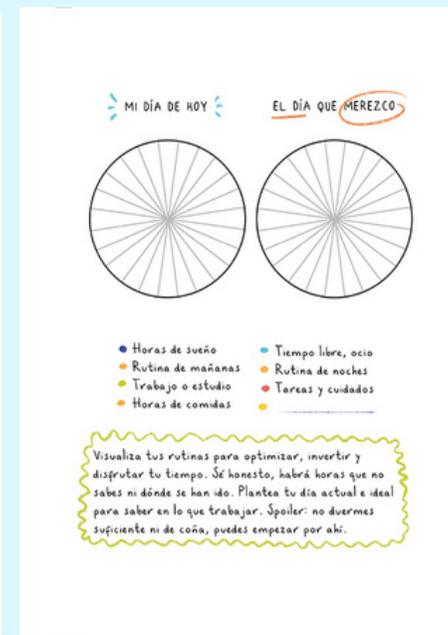
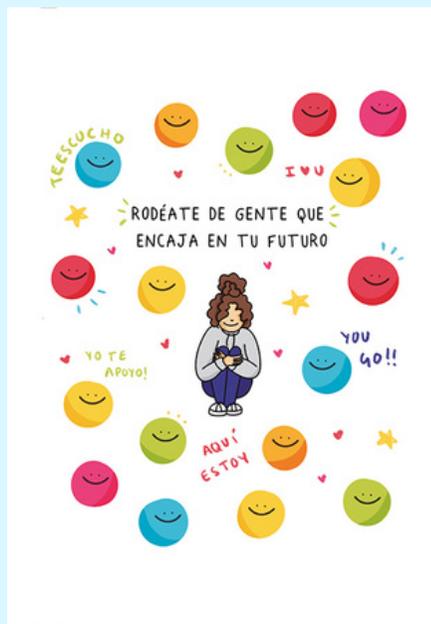
It's you, with you, and for you for life. That's why you deserve to like yourself and finally see your possibilities. This book is just a book, but perhaps it's also the push you need. You are unstoppable, brave, capable, and very sexy, honestly. So, wake up because it's time!



ÁNGELA SÁNCHEZ DEL RÍO (@annsdr) is an illustrator and co-founder of the creative and graphic design company Besteam.

Her brand 'annsdr' has its own online store of illustrations, prints full of little creatures, and stationery ideal for staying motivated.

Dive into a world of colors and inspiration that will help you work on yourself, with yourself, and for yourself.





ILLUSTRATED CRIMES

THE VIRAL TWEETING SENSATION THAT BECAME AN INTERNATIONAL PUBLISHING SUCCESS

Modesto García, a graphic designer from Madrid, had no idea how huge his twitter game would become.

Two million people have interacted with his gripping whodunnit and the story became the base of two books, published by Penguin Random House Grupo editorial.

The story was created for a competition organised by Twitter Spain, where users were asked to tell a story via a series of tweets, threaded together.

Two days after the thread went viral, a graphic designer from Madrid, Modesto García, came forward as its author, saying he had made it all up.

You can watch the below news piece on the BBC World News about the Twitter sensation, and [read the article here](#).

Translated in
seven
languages





MODESTO GARCIA

Modesto García is a 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.

JAVI DE CASTRO

Javi de Castro is an illustrator and author of graphic novels and was awarded with the Revelation Author award at the Barcelona Comic Fair. He is the creator of the webcomic 'The Eyes' which was nominated for an Eisner and a Harvey, the most prestigious comic awards in the world.



ILLUSTRATED CRIMES

The international smash-hit interactive mystery game

Plaza & Janés, May 2021 , 224 pages

Rights sold to: Germany (Yes Publishing) / Italy (Salani) / Russia (Philipok & Co) / Korea (Joongang Books) / France (Hachette) / Brasil (Record) / Holland (Uitgeverij MUS)

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. 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.

Following on from the success of the first title, in November 2022 we published Illustrated Crimes 2, with twelve new cases to solve.



BIOGRAPHIES & TRUE CRIME



Penguin
Random House
Grupo Editorial



MARÍA FERNÁNDEZ-MIRANDA

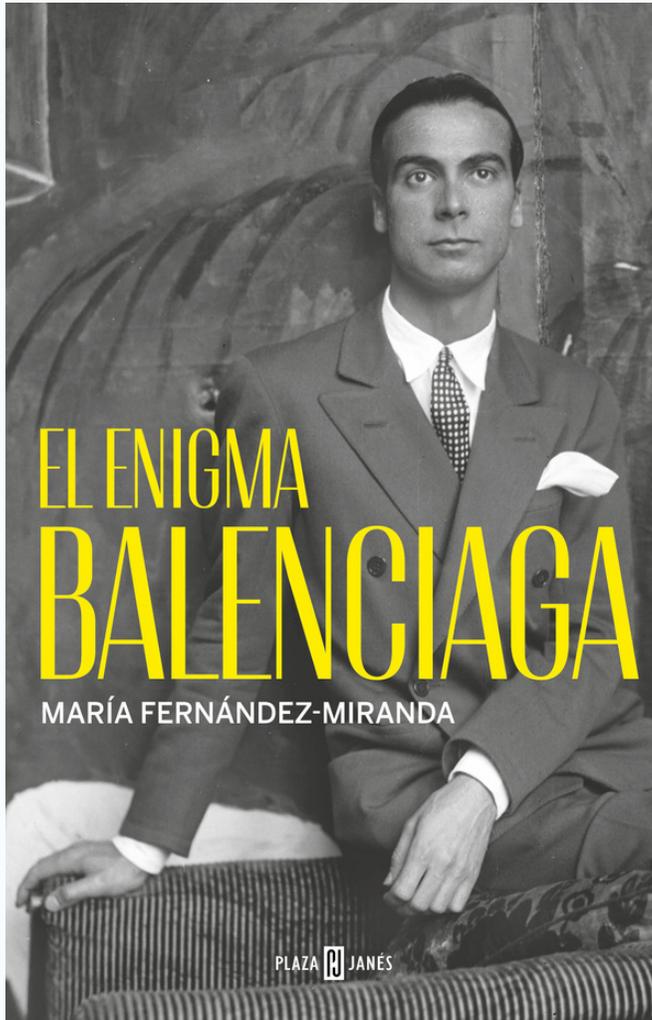
After obtaining a degree in Journalism from the University of Navarra, María Fernández-Miranda began her professional career as a local news reporter at La Nueva España newspaper. From there, she transitioned to the world of women's magazines, holding roles as a writer at Marie Claire, Beauty Director at Yo Dona and Elle, and Deputy Editor at Cosmopolitan. Currently, she leads Welife, Vocento's platform for wellness and sustainability.

As an educator, she has taught in the Telva & Yo Dona Master's Program in Fashion and Beauty Communication, the Elle Course in Fashion and Luxury Marketing and Communication, the online writing school Cursiva (part of the Penguin Random House editorial group), and the International Program in Fashion Communication at the University of Navarra.

She has delivered a TED talk (TEDxBarcelona Women 2017) and has been a speaker at Women 360 (Madrid, 2019) and Bloggever (Oviedo, 2019).

She has a passion for storytelling, regardless of the format. Having written Not Mothers (No madres, 2017) about the topic of non-motherhood, and the novel The Summer We Returned to Alegranza (El verano que volvimos a Alegranza, 2021), 2023 sees the release of The Enigma of Balenciaga (El enigma Balenciaga), a fascinating insight into the world of one of the world's greatest designers, whose private life remains an enigma to this day.





THE BALENCIAGA ENIGMA

Everyone knows his work. Nobody knows the man. Balenciaga's first biography for the masses.



DISNEY TV SHOW ON BALENCIAGA DUE OUT IN 2024

Plaza & Janés, November 2023, 256 pages

If you believe the legend, Cristóbal Balenciaga never showed his face at his shows, which he followed closely through a discreet hole in the velvet curtains that decorated his Parisian home. There are barely a dozen photographs of his face, some of them stolen, and even the rumour that "the best designer of all times", to quote Chanel, was just an invention, a carefully crafted sales strategy.

Balenciaga created an immortal body of work, almost as great as the mystery that always surrounded his figure.

The author has ingeniously chosen eight pivotal moments in Balenciaga's life to paint a comprehensive portrait of the man in all his facets - personal, emotional, creative, and technical. Each chapter employs a narrative strategy that immerses readers in one of these "decisive moments," using elements of fiction to transport them into these critical junctures.

From there, the author unpacks essential aspects, including sources of inspiration, technical prowess, and the star-studded world of haute couture during its golden era. This approach combines emotional engagement with informative content, enhanced by insights from prominent figures such as Stéphane Rolland, Lemoniez, and Lorenzo Caprile.

Each chapter begins with a captivating "album"-style introduction featuring photographs of the people and places pivotal to the chosen moment, accompanied by a quote encapsulating the chapter's core message. Additionally, each chapter concludes with a double-page spread highlighting a Balenciaga creation or object, illustrating the connections between his life and work.

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CRISTINA MORATÓ

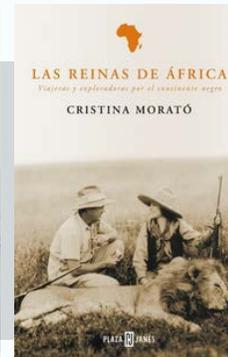
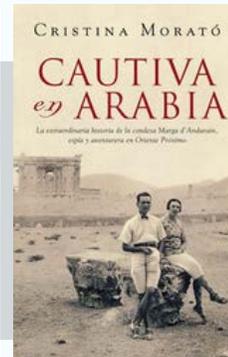
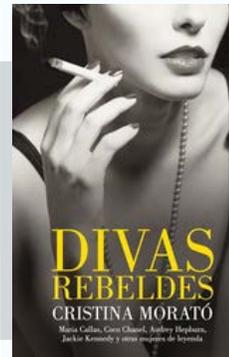
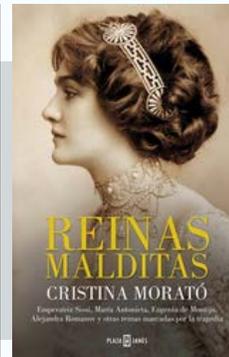
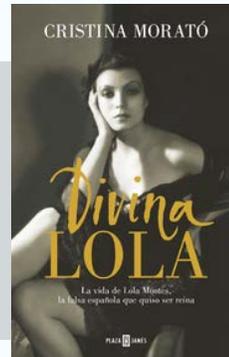
Cristina Morató (Barcelona, 1961) studied journalism and photography. From a very young age, she began traveling around the world as a reporter and writing many articles and feature stories.

During those years, she alternated her trips with directing television programs, which she decided to give up in order to devote her time to writing about the lives of the great female travelers and explorers that history had forgotten.

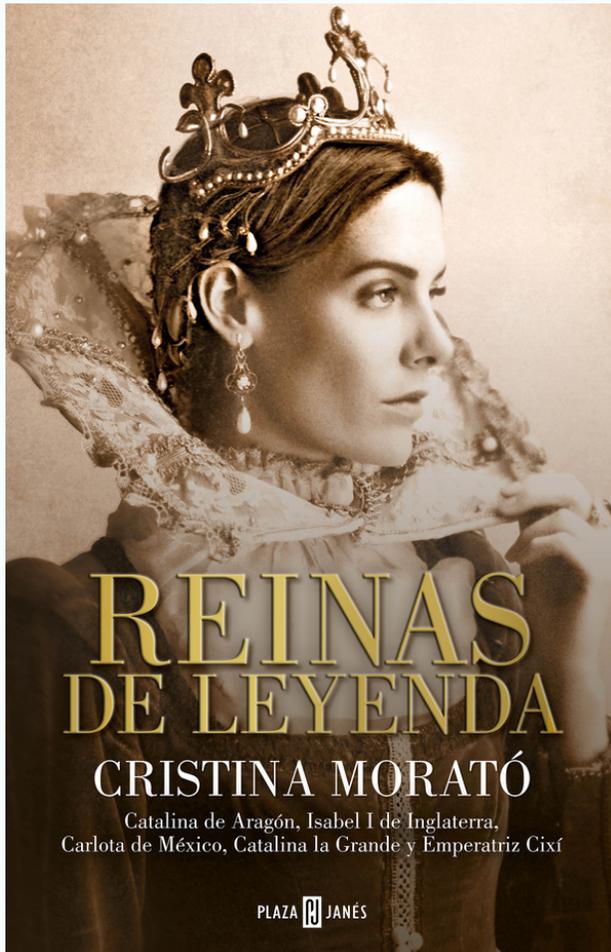
She followed in their footsteps to over forty countries, conducting research that allowed her to write the novels *Intrepid and Adventurous Women Travellers*, *The Queens of Africa*, *The Women of the Orient*, and *Captive in Arabia*.

Her interest in the lives of pioneering women who broke the boundaries of their eras continues today. Her focus has shifted to documenting the darker and less glamorous lives of female celebrities – be it historical queens or Hollywood stars – in order to highlight the adversities they faced and their innate vulnerability and ultimately, humanity.

From this line of inquiry, Morató has recently written *Hollywood Goddesses*, *Divine Lola*, *Doomed Queens*, and *Rebel Divas*.



HOT
BOOK
FBF 23



LEGENDARY QUEENS

Cristina Morató brings back five women who changed history

Plaza & Janés, November 2023, 528 pages

Final Spanish PDF Pending

More ambitious than its predecessor, *Legendary Queens* reveals the lives of five women who wore on their heads the most important crowns of their era.

From the strength of Catherine of Aragón - daughter of the Catholic Monarchs and wife of Henry VII - who wore the British crown with dignity, to Elizabeth I of England - daughter of her rival, Anne Boleyn and known as the virgin queen - to the sensual and enlightened Catherine the Great or the unfortunate Carlota of Mexico, to Empress Cixí, who ruled with an iron fist, hidden behind the curtains of The Forbidden City, and became the architect of modern China.

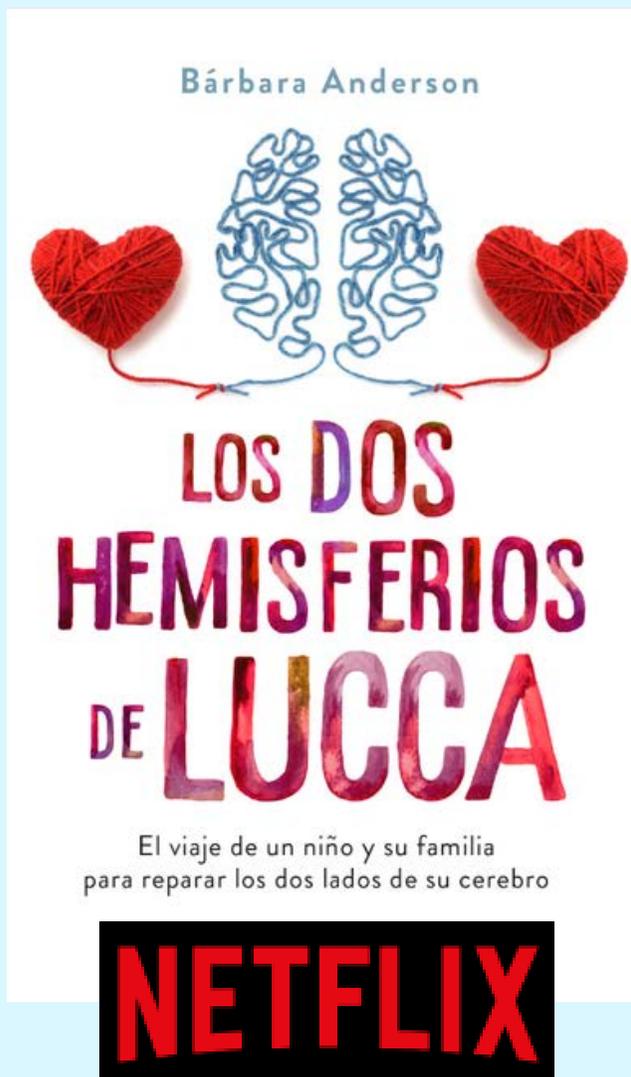
Powerful, intelligent, ruthless... Five queens who changed the course of history.



BÁRBARA ANDERSON

Bárbara Anderson (Argentina, 1973) is a business columnist at Grupo Milenio and an activist for the rights of people with disabilities, a topic in which she has achieved significant legal changes in the field of inclusion through the Yo También association, which she co-founded with her colleague Katia D´Artigues.

She has been recognized for her work as a journalist in the fields of economics, finance, and business, both in print and online media, as well as on television and radio, for both local and international groups.



THE TWO HEMISPHERES OF LUCCA

The journey of a Mexican child to India for futuristic brain treatment. Netflix are adapting for a global film which will be shown in 170+ countries

Aguilar, November 2019, 256 pages

Bárbara Anderson narrates with brutal honesty the day-to-day life of having a child with a disability: the challenges both inside and outside the home, the health and life complications, the shifting priorities, and the daily Everest of having a child with - until now - an irreversible diagnosis like cerebral palsy.

The author details how she embarks on a journey to India with her entire family so that Lucca can be one of the first children to undergo a 28-day treatment, twice in 2017 and again in 2019, and the astonishing results they saw in him: neurogenesis that begins with the Cytotron, a device created by the Indian scientist Rajah Kumar.

Like any hero's journey, the story doesn't end there: Bárbara, who doesn't like to accept a "no" for an answer, takes on a battle to promote the use of the Cytotron in Mexico.

New possibilities have now opened up for patients with cerebral palsy and other neurological conditions, as well as other types of diseases like cancer.

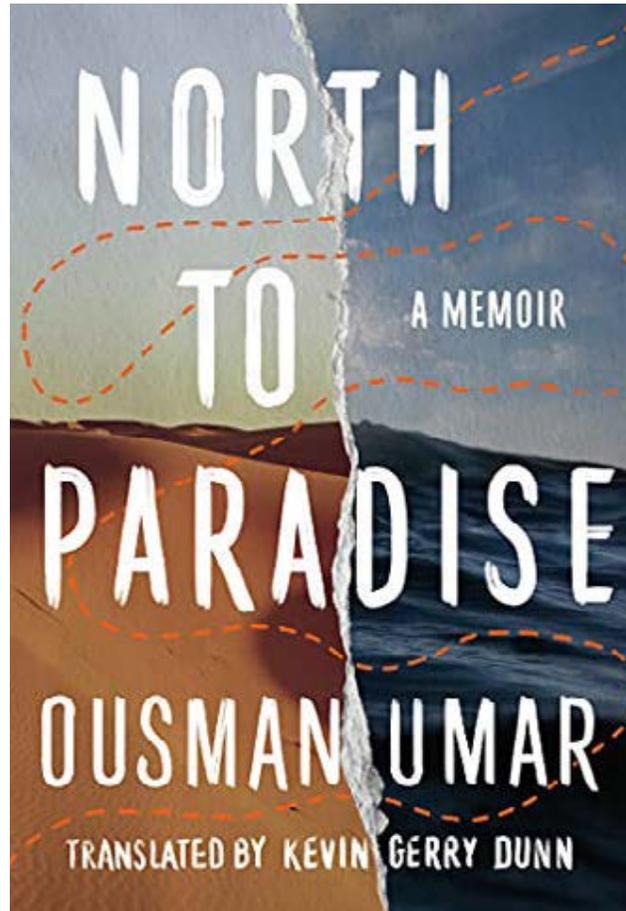
With audiovisual rights sold to Netflix, this is a story that will travel internationally and touch hearts of readers around the globe.

The movie will be released in all countries where Netflix is available (more than 190 countries), date TBC (2024/25).



OUSMAN UMAR

Ousman Umar 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

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

Plaza & Janés, 224 pages, October 2019

Rights sold: World English (Amazon Crossing) / Polish (Poznańskie) / Russian (Eksmo)

"My name is Ousman Umar. I know I was born on a Tuesday, but I don't know the month or year because in my tribe, that doesn't matter. I grew up in the African savannah. I walked seven kilometers to go to school. My life was happy and simple until one day, while playing, I saw an airplane flying. From that moment on, I wanted to be a pilot, an engineer, anything but black. Curiosity to explore the world drove me to embark on an irreversible journey to the Land of the Whites.

At the age of thirteen, I crossed the Sahara on foot, the sea on a small boat, and I saw most of my fellow travelers die along the way, including my best friend. Four years after beginning that adventure, I managed to reach Spain, and after several months of sleeping on the streets, a family took me in.

The first night I slept in their house, despite the comfort and luxury, I cried like a child. Why had I suffered so much? Why so much struggle? What had I done wrong?

Now, I need to tell this story until there are no more stories like this to tell".

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



ALEJANDRA SUÁREZ

Alejandra A. Suárez Barcala was born in Madrid on March 6, 1975, as a result of the relationship that her mother, Pilar Suárez Barcala, had with Aleksandr Ogorodnik, a Soviet diplomat and economist recruited by the CIA as an agent in Bogotá.

She studied Biology with a specialty in Biotechnology at the Complutense University of Madrid and Kings College London.

In addition to her work, her life is dedicated to her family and to solving the true story of her father.



MY FATHER, A RUSSIAN SPY

One child's quest to find the identity of her father leads to the unravelling of some of the best kept government secrets of the Cold War

Plan B, January 2023 ,400 pages

"It turns out that, unbeknownst to me, my existence has been one of the best-kept secrets of the Cold War and was kept from the world by both my mother and the CIA."

While spies, double agents and government espionage may sound like something out of a Netflix drama, this is the true-life story of Alejandra Suárez, who discovered that Aleksandr Ogorodnik, one of the most important spies of Russian origin during the Cold War, was her estranged and absent father.

My Father, A Russian Spy is the real-life story of Aleksandr Ogorodnik, an employee at the Soviet Ministry of Foreign Affairs (MFA) who was recruited by the CIA in South America in 1973.

Upon returning to Moscow in 1974, he went on to become one of the key double agents during the Cold War.

A story that mixes the personal with the political and combines Alejandra's firsthand account of her discovery alongside the inclusion of personal diary extracts from Aleksandr Ogorodnik himself.

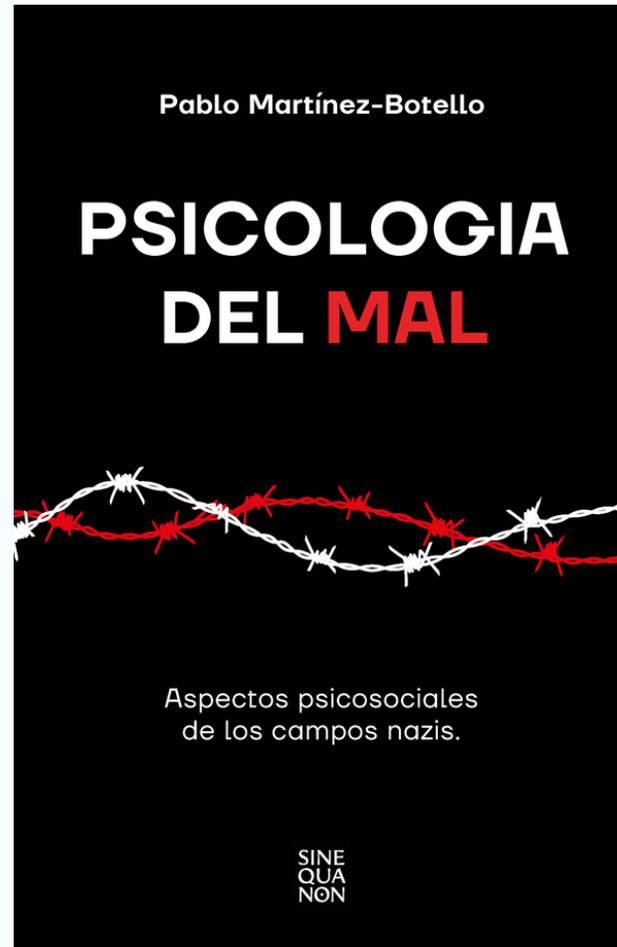
Although Aleksandr's work as a spy is now a closed chapter, his thoughts and feelings shared through his personal diaries resonate strongly in today's political climate.



PABLO MARTÍNEZ- BOTELLO

PABLO MARTÍNEZ-BOTELLO is a regular speaker on the Holocaust and the deportation of Spanish republicans to the Nazi concentration camps.

He is the author of *Un viaje a la muerte. La deportación y exterminio de españoles durante la Segunda Guerra Mundial* (2002) (A Journey to Death. The deportation and extermination of the Spanish during the Second World War).



PSYCHOLOGY OF EVIL

The Nazi extermination camps as an extreme of the psychology of evil

Sine Qua Non, September 2023, 336 pages

The horrors of the Holocaust have been well-documented, but what lies beyond the well-known narratives of survival and historical analysis? This book ventures into uncharted territory, exploring the social dynamics within the camps, the roles played by both the SS guards and the imprisoned, and the intricate web of relationships that emerged in this unimaginable setting.

Author Pablo Martínez-Botello, a prominent Holocaust lecturer, brings a deeply personal connection to this subject matter. As the great-nephew of a Spanish deportee, he carries a family legacy that adds a unique dimension to his research and storytelling. His passion for shedding light on the lesser-explored aspects of concentration camps drives the narrative of this book.

This title explores the psychological and psychosomatic effects endured by the deportees. Through meticulous research and a compassionate approach, Martínez-Botello uncovers the profound trauma that survivors carried with them long after liberation.



CARLES PORTA

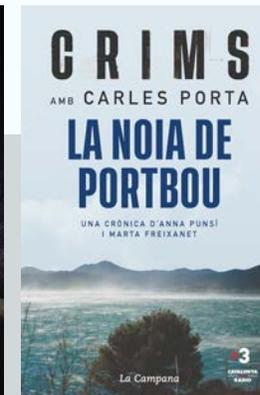
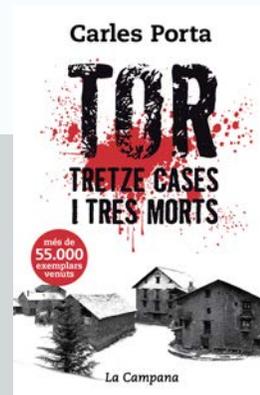
The King of True Crime

Carles Porta (Vila-sana, Lleida, 1963) is a journalist, writer, screenwriter and audiovisual producer. The author of several books to date, Carles Porta is considered one of the greatest national exponents of narrative journalism.

In parallel, he has created his own production company for television and radio programs, in addition to directing a feature film, Segundo origen (2015).

His podcasts in Spanish and Catalan have exceeded ten million views since their premiere, and in turn the latter has been awarded in 2021 with the Ondas award for Best Radio Program and the National Communication prize.

As an author who writes both in Spanish and Catalan, his titles would be eligible to receive a translation grant from the Catalan Ramon Llull Institute. Please find out more information on their grant program [here](#).

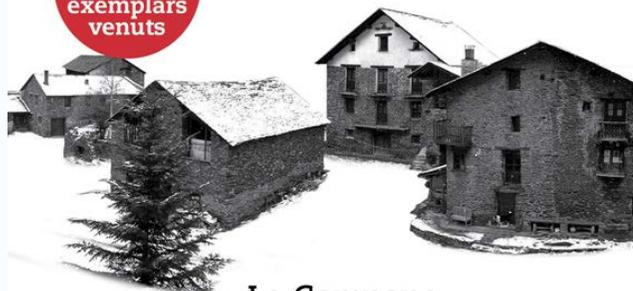


Carles Porta

TOR

TRETZE CASES I TRES MORTS

més de
55.000
exemplars
venuts



La Campana

TOR: THE CURSED MOUNTAIN

A true crime classic that has sold more than 60,000 copies to date

La campana, Originally released in 2006, 398 pages

Rights sold: France (Marchialy)

Thirteen neighbors, owners of a mountain. Tor, a virginal enclave in the Lleida Pyrenees, near Andorra. Powerful who face. Interests, contraband, the pride of strength. Strange murders and judicial sentences that increase the tension.

The case dates back to 1896, when the inhabitants of Tor founded a society so as not to lose ownership of the town's mountain. The years passed, many inhabitants fled during the Civil War and the old pact fell into oblivion. Until in 1976 one of the town's inhabitants allied with a real estate developer from Andorra to build a ski resort on the mountain. It was the point of no return in a process of hostilities, hatred, disputes, blood, fear and a still unsolved murder in which smugglers, hippies, speculators, judges, lawyers and thugs have been involved.

In 1997, the journalist Caries Porta was commissioned to carry out a report on the case of the "cursed mountain" of Tor, which appeared for the first time on the "30 Minutes" program on TV3.

Carles Porta was trapped by the story and for eight years he has repeatedly returned to Tor, to speak at length with some difficult characters, full of hate, fear and secrets; and the result of the investigation has been this exciting story. In Tor. The cursed mountain, the mystery continues.

Like the anger of old Palanca, a larger than life character who forms a key part in this story: "They robbed me, they tried to kill me, and it turns out that the bastard is me! I only have one solution left: die killing!".

This True Crime tale from so many years ago will intrigue and entice readers from all over the globe.

"The case, which brings together elements of classic tragedy with highly topical investment ambitions, is tremendous. And Porta has been able to reconstruct it while he explains how he did the report on him, rounding off a journalism lesson and a story with echoes of In Cold Blood that catches the reader". Llätzer Moix.

"In a magnificent journalistic document, Carles Porta immerses himself like Truman Capote in a case involving hippies, lawyers and smugglers". Julià Guillamon, La Vanguardia

"Literature or journalism? What nonsense! Journalism, a high-class report (with reflections on one's own work), which, to achieve this category, must be very well written, displaying literary quality. Literature and journalism are by no means incompatible, rather the opposite". Joan de Sagarra

HISTORY, CULTURE & TECHNOLOGY



Penguin
Random House
Grupo Editorial



MARA MARIÑO

MARA MARIÑO (Madrid, 1992) studied journalism at Complutense de Madrid university, and holds a Master's in Fashion and Styling Communications in Milan. She has written for ¡Hola! magazine and 20 minutos.



EVERYTHING MY BOYFRIEND SHOULD KNOW ABOUT FEMINISM

A fresh, lucid and brilliant text on feminism, couples and respect

"Hi, I'm Mara, and at some point, we're going to be a couple. In this book, I open up my life and those of my female companions, discussing our darkest experiences as well as the seemingly trivial ones that affect us for no other reason than being women. Because this is the only way you will see the extent of the problem, and appreciate how much we need you to fix it."

Mara Mariño is a journalist and feminist activist with a direct, caustic and scathing style. This original and fun book, aimed at women and men of all ages, dismantles the most widespread way we relate (based on the patriarchy), proposing a new way that fosters equal and respectful relationships. There's no doubt that by the time you finish this book, you will be one of the people who make our society a little more equitable and happier for everyone.

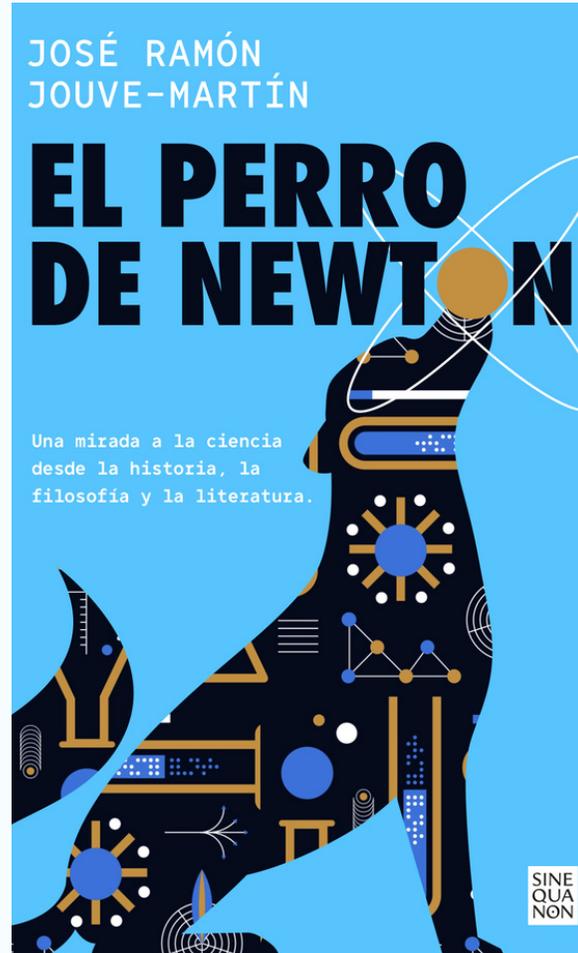
CONTENTS

- Part One: Emotions
- Part Two: Independence
- Part Three: Violence
- Part Four: Sex
- Part Five: Love
- Part Six: Beauty
- Part Seven: Being a Woman
- Part Eight: Feminism



JOSÉ RAMÓN JOUVÉ- MARTÍN

JOSÉ R. JOUVE-MARTÍN holds a degree in Philosophy from the Autonomous University of Madrid and a doctorate in Literature and Cultural Studies from Georgetown University (Washington D. C., USA). He is currently a Full Professor of Language, Literature and Culture at McGill University (Montreal, Canada). This places him in direct contact with the leading scientific and humanistic institutions of higher learning.



NEWTON'S DOG

A Look at Science through History, Philosophy, and Literature

Ediciones B, November 2023, 304 pages

This book answers, using clear and enlightening language, the questions "What is science?", "How has it evolved historically?" and "What is its place in our society?".

One of the goals of this book is to offer readers an approach to science that lets them understand its place in society, what distinguishes it as a form of knowledge, and the great ethical, social and political debates that surround it. This book uses simple language and a healthy dose of humour to craft a dialogue with artists, writers, scientists, philosophers, sociologists and historians. Finally, it is a book aimed at the general public, at scientists and non-scientists alike, who are concerned about the ethics of scientific research, who wonder about the social responsibility of science, or what the future development of these disciplines can bring to humanity.



RAFAEL NARBONA

Rafael Narbona (Madrid, 1963) is a writer and essayist. A retired philosophy professor in secondary school, for over two decades, he has been collaborating with *El Cultural* and *Revista de libros*, and has written for *Letras Libres*, *Zenda*, *Quimera*, and *Cuadernos Hispanoamericanos*.

His blog on *El Cultural*, "Entreclásicos," has long been one of the most widely read in the magazine.

Narbona has published six books with excellent critical reception: "Miedo de ser dos" (2014), "El sueño de Ares" (2015), "Peregrinos del absoluto" (2020), "El coleccionista de asombros" (2021), "Retrato del reportero adolescente" (2021), and "Ira" (2022).

As a thinker, he has traversed the history of philosophy with the certainty that being born constitutes a fantastic opportunity, seeking ideas that help endure losses, failures, and disappointments.

Currently, he spends his days beneath the serene skies of a Castilian village, reading, writing, and exploring the paths of the steppe with his wife and dogs.

In February 2024, Roca will publish his new title "Masters of Happiness", which has already received some incredible blurbs:

"Turning Western culture into a practical and engaging guide for life and thought is no easy task. Rafael Narbona has achieved it with 'Maestros de la felicidad.'" - Arturo Pérez-Reverte

"'Maestros de la felicidad' is an excellent travel companion. It moved me on several occasions." - Alejandro Sanz

"'Maestros de la felicidad' is a history of philosophy, but above all, it's a delightful guide to living better. It's a remarkable tale of triumph and a lesson in optimism." - Carlos Bardem

"The ensemble provides the reader with unparalleled life lessons, reasons to live with dignity, emotion, and beauty, seasoned with intelligent joy."- Javier Gomá



Rafael Narbona



Maestros de la felicidad

De Sócrates a Viktor Frankl, un viaje único
por la historia de la filosofía

Rocaeditorial •

MASTERS OF HAPPINESS

From Sócrates to Viktor Frankl, a unique journey through the history of philosophy

Roca, February 2023, 544 pages

A philosophy book that is, above all, a book about hope, with the aim to comfort, soothe, and heal.

Rafael Narbona offers us a fresh perspective on philosophy: as an optimistic and passionate journey towards personal growth and the conquest of happiness.

Among philosophers, there are true masters of happiness who invite us to view the world with optimism. In this book, Rafael Narbona embarks on a journey through the history of philosophy, teeming with fascinating figures. He adds his experience as a teacher, his life's adventures, and his own tale of triumph to the mix.

Narbona managed to cast off his own sadness by re-educating his emotions, thanks to reflection and seeking inspiration from great thinkers. He found support in the wisdom of Boecio, Marcus Aurelius, Seneca, Francis of Assisi, Spinoza, Henri Bergson, Ety Hillesum, and many others. In this essay, he aspires to instill hope in those who have forgotten that the world is a wonder.



JULIA NAVARRO

Best-selling author in PRHGE with over one million copies sold

Julia Navarro (Madrid, 1953) is a journalist and a writer who has worked in written press, radio and television.

Her first novel *La Hermandad de la Sábana Santa* was greatly acclaimed with an unprecedented success, both nationally and internationally.

La Biblia de barro and *La sangre de los inocentes* established her as a renowned author, reaching three million readers all around the world through translations sold in over 30 countries, like Italy, Germany, Portugal, Russia, Korea, Japan, China, Great Britain or the United States.

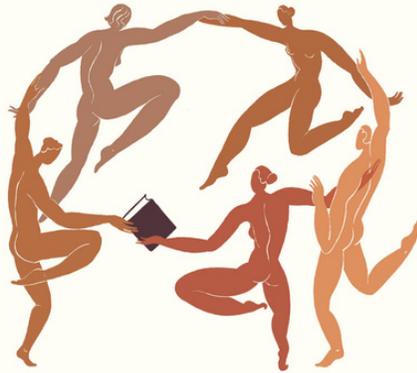
Her novels have earned her several awards.

In February 2023, she published her first non-fiction title, *A Shared History*, which is a deeply intimate look at the role of women throughout history.

**MORE
THAN 1
MILLION COPIES
SOLD**



JULIA NAVARRO



UNA HISTORIA
COMPARTIDA

Con ellos, sin ellos,
por ellos, frente a ellos

PLAZA  JANÉS

A SHARED HISTORY

The first non-fiction title from an iconic Spanish author

Plaza & Janés, February 2023, 408 pages
Rights sold: Portugal (Bertrand) / Russia (AST)

A Shared History is a personal and historical look at the role of women throughout history, told in an engaging manner that captures the reader from the very beginning.

It is fascinating to read how the author's literary voice, which she has established and developed so well throughout her novels, lends itself perfectly to non-fiction.

Looking at different women throughout history in a whole range of disciplines, from science to philosophy and many other fields in between, Julia Navarro shares the stories of different women who have made an impact on her and have been hugely important in the formation of history as we know it.

This title gives space to not only well recognised women, but also women who, for a variety of reasons, perhaps never received the real recognition these deserved.

The role of men is also hugely prevalent, as the author herself states "since the beginning of time the lives of men and women have been intertwined". In telling the story of history from this new perspective, Julia Navarro presents us with a deeply personal, engaging text that is a celebration of culture throughout the ages.

"Until the 20th century, history was written by men. That explains why women barely figure within certain parts of history.

However, the list of the female protagonists within history is extensive: from goddesses to queens, from courtesans to scientists, from actresses to saints, from writers to politicians... We have been everywhere, although a cloak of silence insisted on covering or ignoring us.

Of course, we cannot tell the stories of these women without also taking the stories of men into account, because since the beginning of time the lives of men and women have been intertwined.

You cannot understand Cleopatra without Caesar or Mark Antony, or Helen of Troy without Paris, or Frida Kahlo without Diego Rivera, or Simone de Beauvoir without Jean-Paul Sartre or Virginia Woolf without Leonard Woolf.

For this reason, this book is not only the story of women, but in fact the story of everyone – shared from a place of common interest rather than a patriarchal voice.

And now I begin this story. A shared story." Julia Navarro



DAVID CALLE

Make learning fun with one of the worlds best teachers

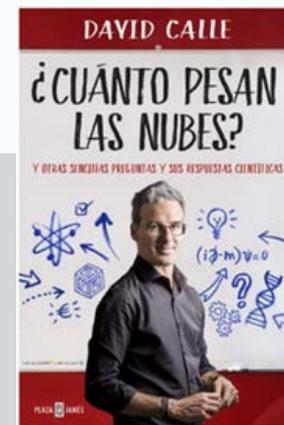
DAVID CALLE is a telecommunications engineer and has been an academic professor for two decades. His YouTube channel, unicoos, where he teaches mathematics, physics, chemistry and technology, is one of the most important educational channels in the world in Spanish with one and a half million subscribers and more than 250 million views.

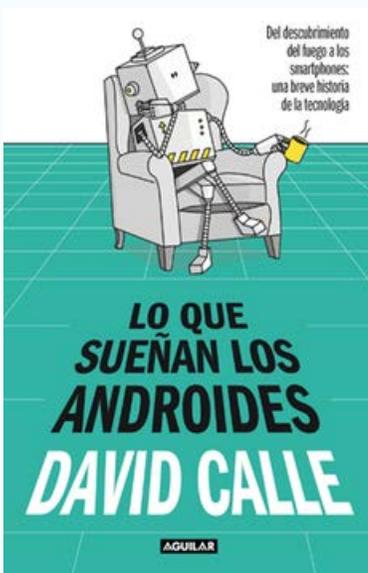
In 2015, his channel was chosen by Google as the one with the greatest social impact in Spain and one of the 25 channels with the greatest projection in Europe.

In 2017, David Calle was among the 10 finalists of the Global Teacher Prize and Forbes magazine included him among one of the hundred most creative people in the world.

During the pandemic in 2020, at the request of the Ministry of Education, he gave all his videos to RTVE free of charge to help those students who did not have access to the internet.

In 2022, he has been named a "friend of UNICEF" to support his work in the field of education worldwide, in order to facilitate and promote equal opportunities for all.





Plaza y Janés
February 2023
320 pages

Rights sold:
China (United Sky)
Greece (Crete University Press)

WHAT ANDRIODS DREAM OF

A brief history of technology

We live in a society in which some of the daily fears we have are running out of battery on our mobile phone or WhatsApp crashing.

We live surrounded by smartphones, tablets and other devices that we define as technology.

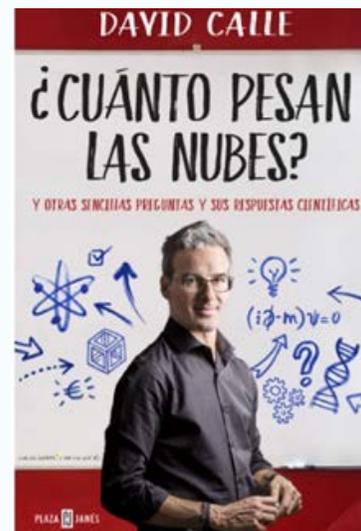
But technology is something much more transcendent and ancient, from a bow or an arrow to the invention of the wheel. Technology has helped us live and survive over the years.

The author goes through technological history, taking the reader on an interesting journey where he explains in a simple way, with examples, facts and trivia, how technological discoveries have changed and are still changing the world.

From the industrial revolutions, the origins of plastic and its use over the years, the impact of technology to explore other places and planets or its use in medicine.

David Calle also deals with a very important topic that makes us reflect throughout the book, which is the "good" or "bad" use of technology and the danger of using it to destroy the planet.

INCLUDES A WHOLE CHAPTER ON ARTIFICIAL INTELLIGENCE!



Plaza y Janés
March 2018,
320 pages

Rights sold:
Korea (Book's Hill)
China (Jiangsu Kuwei Culture Development)
Greece (Crete University Press)
Poland (Wydawnictwo Literackie)

HOW MUCH DO CLOUDS WEIGH?

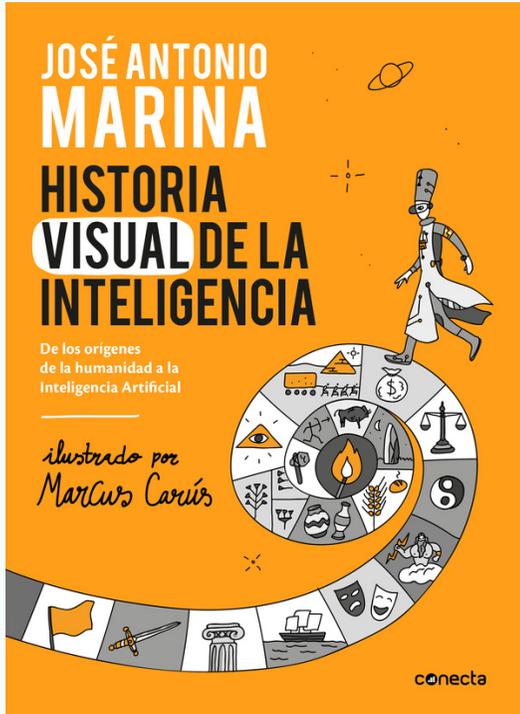
Simple questions and their scientific answers

A title to promote an interest in science amongst all audiences, debunking the myth that science is difficult and boring.

Lessons, tales and fun exercises in maths, physics and chemistry with real life examples for all audiences.

An exciting and revealing journey through entertaining questions, jokes and pop references which turns scientific dissemination into something thrilling thanks to topics in the collective imagination such as The Simpsons, The Big Bang Theory and Friends.

A personal book, full of anecdotes, passion and energy which will serve to inspire thousands of teachers and arouse the curiosity of all those who are unfamiliar with science.



VISUAL HISTORY OF INTELLIGENCE

From the origin of humanity to Artificial Intelligence

Conecta, October 2019, 274 pages

Sold to: China (Hunan Science and Technology Press), Korea (Writing House), Turkey (Orenda Kitap)

Human intelligence creates itself, it has done so throughout evolution.

This tile seeks to understand the progress of our mind: from the beginning of time to the new challenges of the modern day, such as artificial intelligence or engineering genetics, which impose a very different future ahead. José Antonio Marina, one of Spain's most respected writers and philosophers, delves into human evolution to discover the past, present and future of our intellect. Are we ready for the future?

Through these pages, designed to move and scrutinize the reader through the drawings by Marcus Carús and the explanations by José Antonio Marina, the reader will take a trip to the beginning of time. It will be like getting on a time machine to quickly and easily understand what have been the key moments in the history of humanity in which as a civilization we have earned the epithet of thinking minds.

JOSÉ ANTONIO MARINA

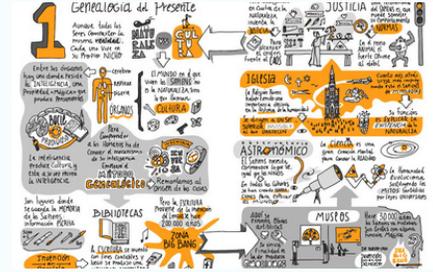
José Antonio Marina is a philosopher, writer and pedagogue.

A Professor of Philosophy on leave of absence from La Cabrera Institute in Madrid, he was awarded an honorary doctorate by the Polytechnical University of Valencia.

MARCUS CARÚS

Marcus Carús is an architect, illustrator and filmmaker.

In love with visual metaphors, he uses them to graphically narrate his videos, draws them live at musical shows and illustrates stories and books like this one, philosophy being an especially successful field to pair with conceptual drawing





MIGUEL ÁNGEL CAJIGAL VERA (EL BARROQUISTA)

Miguel Ángel Cajigal Vera (El Barroquista) is an art historian, curator of exhibitions and cultural promoter. He is a member of the International Council on Monuments and Sites (ICOMS) and the International Council of Museums (ICOM).

He directs the master's degree in Education in Museums and Cultural Spaces of the Miguel de Cervantes University and has collaborated with universities such as Colgate University in the United States and with institutions like the Thyssen-Bornemisza Museum and the Spanish Committee on Art History (CEHA).



ANOTHER HISTORY OF ARCHITECTURE

Ediciones B, May 2023, 220 pages
Rights sold: China (United Sky)

Do you know why you live better in your house than Catherine the Great did in the Winter Palace in St. Petersburg, or than Louis XVI did in Versailles? Why did Queen Elizabeth II of England leave her official residence for her private castle with much smaller rooms as soon as she could? What lessons and controversies does the famous Eiffel Tower conceal?

The house where you lie down and wake up every day is architecture. The school where you studied is architecture. So is the office where you work, the gym, the cinema, the nightclub, or the museums where you spend your free time.

This book brings together fundamental concepts and all the keys to analyze architecture beyond clichés. It teaches us to appreciate the different types of buildings to understand how each of them was designed to fulfill different functions according to the time and place and opens our eyes to social and cultural differences through the history of buildings.

ANOTHER HISTORY OF ART

Ediciones B, May 2023, 220 pages
Rights sold: China (United Sky)

Anyone who has visited a museum or flipped through an art book will have heard or read bombastic and categorical phrases like "We are in the presence of the great masterpiece of the 20th century," "This artist is a genius," or "That painting changed the world."

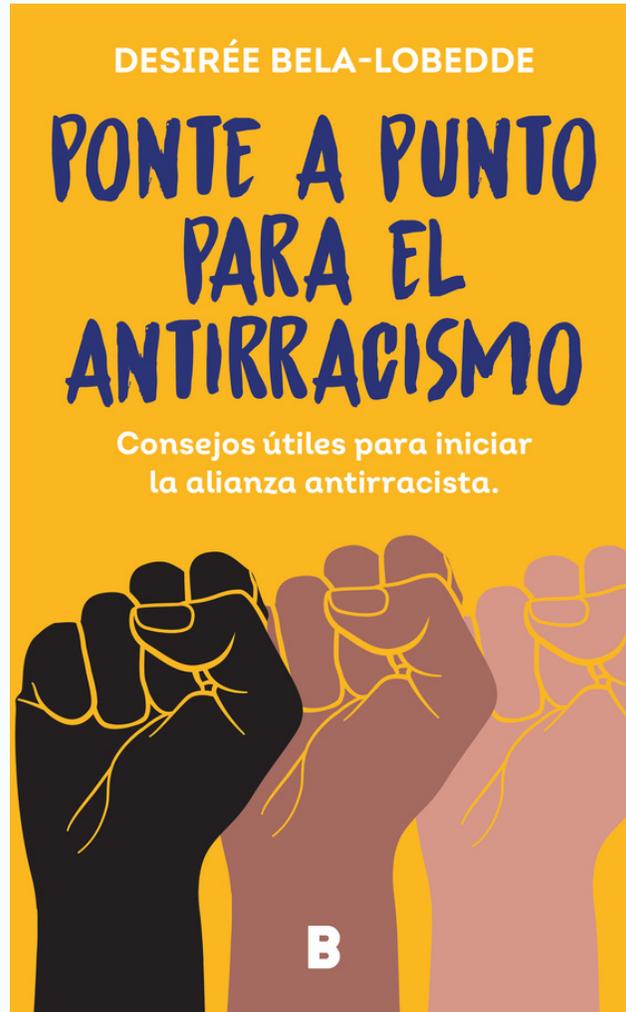
This conception of artistic creation - based on the acceptance of a pre-established canon that privileges specific styles and elevates certain signatures - far from promoting learning and making art more accessible, has confined the pleasure of the general public and conditioned their taste. In this book, the art historian Miguel Ángel Cajigal Vera - known as El Barroquista in his popular work - proposes a new way to approach this discipline and invites us to enjoy art without prejudice and with complete freedom.

This book is a stimulating essay that opens the doors to the author's personal museum, where we will discover fascinating stories and highly personal works, such as those of Maurizio Cattelan, Teresa Margolles, Piero Manzoni, or Fiona Banner, alongside well-recognized pieces by Guo Xi, Frida Kahlo, or Artemisia Gentileschi.



DESIRÉE BELA-LOBEDDE

Desirée Bela-Lobedde is a Spanish writer and lecturer, anti-racist and Afro-feminist activist of African descent with roots in Equatorial Guinea. She collaborates with the media, is a teacher of anti-racist education for companies and institutions and is the author of the books "Ser mujer negra en España", "Minorías" and "Color carne".



GET READY FOR ANTI-RACISM

A fundamental guide to anti-racist education.
It is not enough to not be racist: we must be anti-racist.

Ediciones B, March 2023, 224 pages

What is white supremacy and privilege? Is there institutional racism? How do we name and communicate with others? What is the problem of cultural appropriation? Is Spain racist? Am I a racist? How can you contribute to shifting the paradigm?

This book is a fundamental guide to anti-racist education.

Through theoretical and historical notes, reflections, advice and exercises to analyse our behaviour, activist Desirée-Bela-Lobedde—author of "Ser mujer negra en España" and "Minorías"—brings together the basic principles of anti-racism and invites us to implement alternatives in a practical way to actively contribute to real change.

"For racism to disappear, and if we really want it to disappear, we must have the necessary education that allows us to look critically at the root of the system that generates these inequalities, and to analyse how, through our actions, we contribute to its perpetuation or dismantling".

CONTENTS

- Anti-Racist Education, Why?
- White Supremacy, Privilege, and Fragility
- There is Only One Race, but Racism Exists
- If You Don't See Colors, We Have a Problem
- Performative Antiracism: "Pretending" has more letters than "being"
- Racism, Xenophobia, Migration, and Other Confusing Issues
- Cultural Appropriation and You
- Feminism Must Also Be Intersectional
- Get Ready

RELIGION



Penguin
Random House
Grupo Editorial

FRANCESCA AMBROGETTI
SERGIO RUBIN

EL PASTOR

DESAFÍOS, RAZONES Y REFLEXIONES DE FRANCISCO
SOBRE SU PONTIFICADO



THE PASTOR

Challenges, reasons and reflexions from Francisco himself

Ediciones B, March 2023, 224 pages

Rights sold: Portugal (Paulinas), Italy (Salani), Croatia (Figulus)

Bergoglio's papacy has been posed with a series of challenges, including his fight against the scourge of sexual abuse committed by members of the clergy, his actions to seek transparency of Vatican finances and the resistance against his efforts to construct a more open and understanding Church which tolerates the diverse realities of our world today.

The Pope has had to confront all these topics, along with many more, while continually striving towards a better world.

This new title, from the Pope's official biographers with whom he has a deeply close relationship, looks at the realities facing the Pope and the Church today, without shying away from the more difficult topics.

Including images from the Pope's personal archive, this is a unique look into the life and mind of one of the world's most important figures.



Sergio Rubin was born in Santa Fe, Argentina. He is an award-winning author, journalist, and is currently chief of religious news for the Clarín newspaper as well as editor of the supplement Valores Religiosos (Religious Values). He covered over a dozen of John Paul II's trips, his funeral, and the election of Pope Benedict XVI. Among many international figures, he has interviewed Mother Teresa.



Francesca Ambrogetti was born in Rome. She is a journalist and social psychologist, and currently teaches journalism.

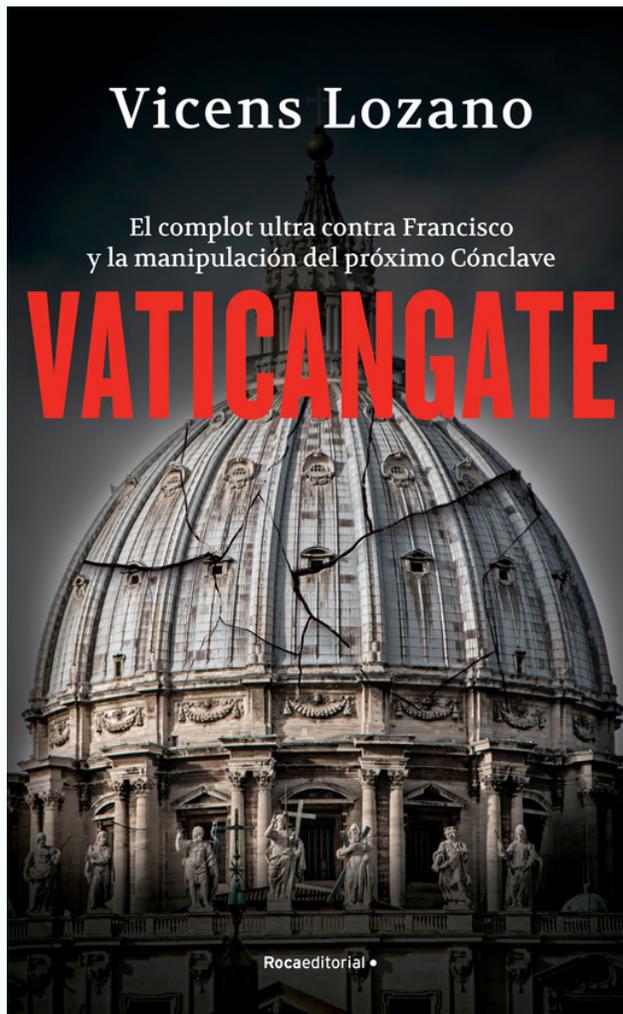
In 1982 she headed the Association for Foreign Press in Argentina and from 2000 to 2003, the Association of Foreign Correspondents. She collaborates with the international media such as the Vatican Radio.



VICENS LOZANO

VICENS LOZANO is a journalist and historian, specializing in Italy and the Vatican. He has been a writer for the International section of TV3 from 1984 to 2019.

He has covered events of great communicative and historical scope, such as the macro-trials against the mafia in 1986, the independence of the Baltic republics in 1991, the Balkan war and the 2004 Asian tsunami.



VATICANGATE

A rigorous essay that uncovers the hidden ins and outs of an authentic plot against Pope Francis

Roca Editorial, March 2023, 320 pages

Rights sold: France (Robert Laffont)

Journalist and historian Vicens Lozano reveals the hidden intricacies of a genuine conspiracy against Pope Francis. It's a joint conspiracy involving the influential conservative sector of the Catholic Church and the far-right, with the support of international financial power.

Their goal: to thwart reforms, promote resignation, and prevent the election of a reformist pope in the upcoming Conclave.

Lozano has spent thirty-five years covering the day-to-day activities of the Holy See and numerous international conflicts for television. Drawing from valuable sources, giving voice to the key players, and infiltrating the backstage of power, he has crafted a surprising, engaging, and rigorous report—a journey—with personal experiences, anecdotes, and hitherto unpublished and chilling episodes

Who is behind the campaigns that label Bergoglio as sick, an usurper, communist, heretic, and a cover-up artist of sexual abuse? Who are the masterminds of the conspiracy within and outside the Church? Which figures associate and share objectives of worrisome social transformation with Steve Bannon, the guru of the international far-right? How does Francis counter these attacks?

The journey goes beyond the current pontificate and delves into the Machiavellian plan to manipulate the future Conclave. Those who seek to preserve his legacy face great difficulty in preventing that everything has been an impossible dream.

SPORT



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MARTÍ PERARNAU

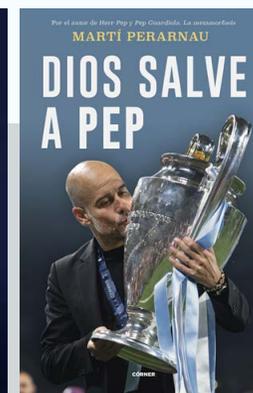
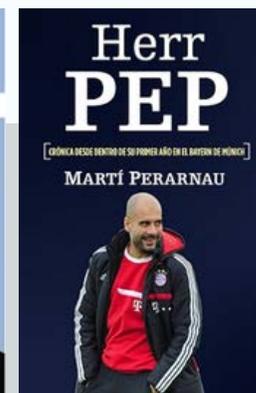
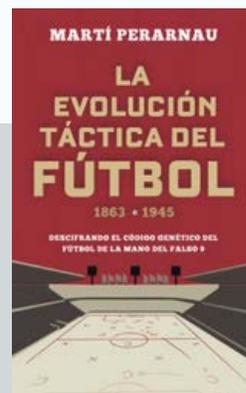
Martí Perarnau is a distinguished figure in the world of sports journalism and literature.

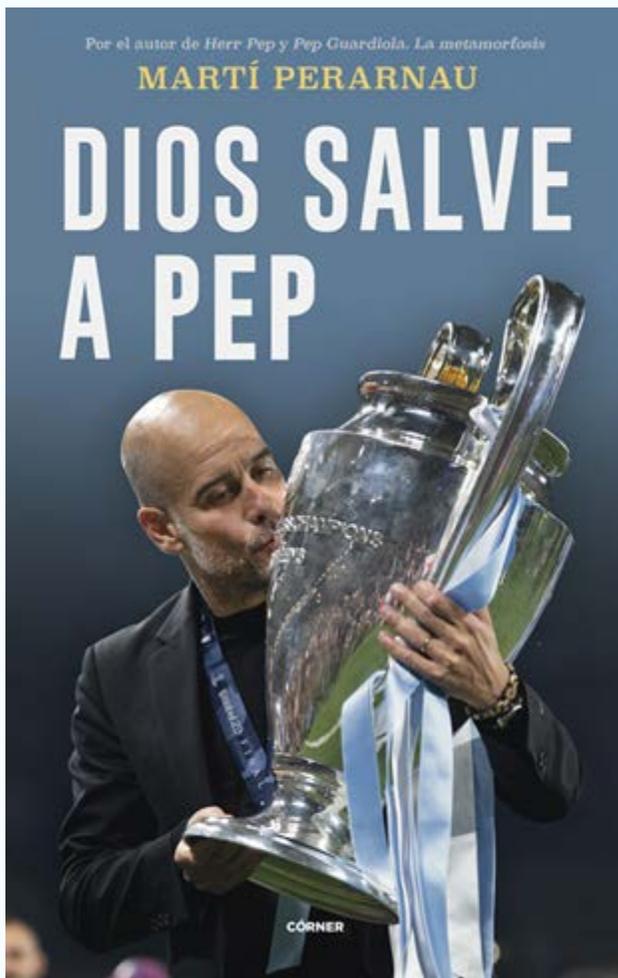
Born in Barcelona in 1955, he began his career as an athlete, participating in the 1980 Moscow Olympics in the high jump, where he achieved remarkable success and became a champion and record holder for Spain in this discipline.

However, Martí's true impact on the sports world would come through his work as a journalist, writer, and commentator. Over the years, he has authored several influential books, each offering unique insights into the world of sports.

He has written several influential books, including *Senda de Campeones* (2011), an exploration of FC Barcelona's youth academy, *Pep Confidential* (2014), offering an insider's view of Pep Guardiola's coaching at Bayern Munich, and *Pep Guardiola: The Evolution* (2016), tracing Guardiola's coaching journey from Barcelona to Manchester City, showcasing his adaptability and innovative tactics in football management.

His intimate access to Pep Guardiola has given him a unique insight into the managers life, and his newest title, *God Save Pep* will be the most revealing of his books to date. With World English rights already sold, this title is set to be massive.





GOD SAVE PEP

Martí Perarnau returns, the acclaimed author of Herr Pep and Pep Guardiola, The metamorphosis.

Córner, November 23, 480

Rights sold: World English (Ebury, PRH UK), Japan (Kanzen)

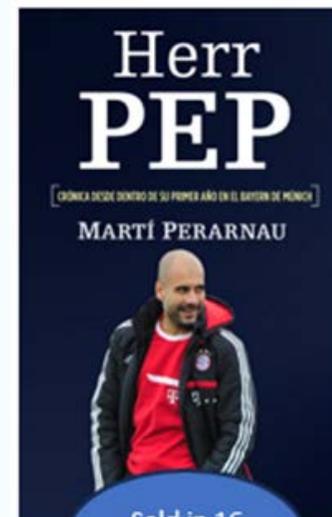
In 2014, in the book Herr Pep, Martí Perarnau masterfully narrated Guardiola's first year at Bayern Munich.

Five years later, in Pep Guardiola. The Evolution, Perarnau described the evolution of the Santpedor coach's football ideas and how the Bundesliga had impacted his ideas as a coach.

God Save Pep is a chronicle of Pep Guardiola's seven years at the helm of Manchester City, from the rough beginnings to the full conquest of English and European football, crowned with the treble of the 2022-2023 season.

Martí Perarnau completes his trilogy on Guardiola with this book: the triumphs, the defeats, the doubts and the despondency, the euphoria and the celebrations. A detailed description, written from a privileged position, of a roller coaster of emotions in which we have met Pep's thousand faces.

This is the crowning portrait of a serial winner whose secret, in Guardiola's own words, "is that none of us are the way we were on the first day."



Sold in 16
countries

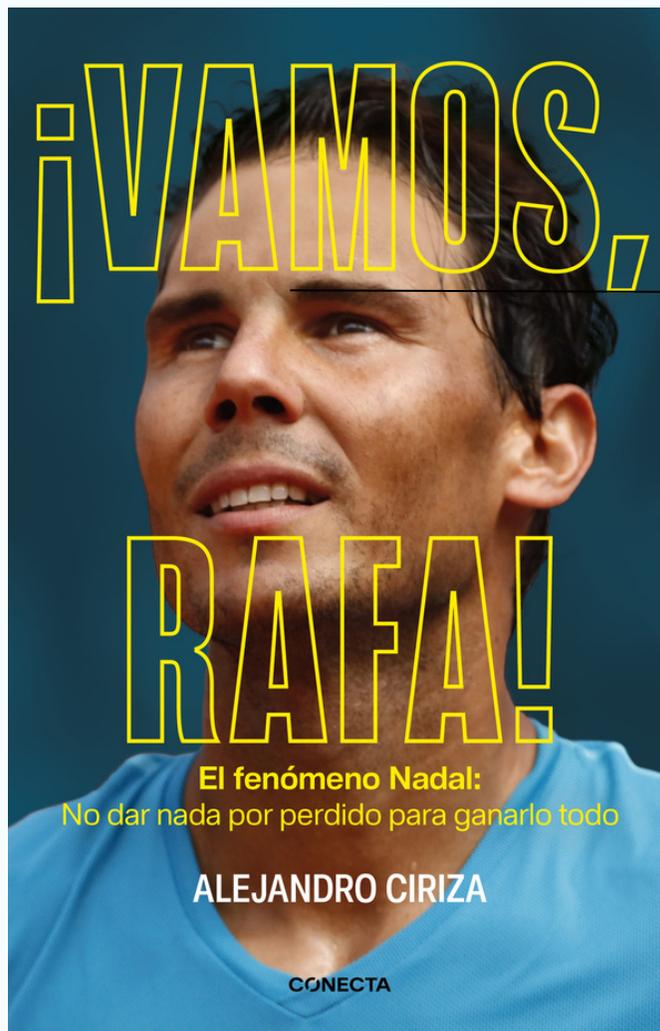


Sold in 11
countries



ALEJANDRO CIRIZA

Alejandro Ciriza is a sports journalist at El País, where he has covered tennis since 2015. Melbourne, Paris, London and New York are part of his annual tournament schedule. He also covered the Tokyo Olympic Games, among other sporting events.



COME ON, RAFA!

The phenomenon of Rafa Nadal, the achievement of a champion with his feet on the ground.

Conecta, May 2023, 224 pages

Rights sold: Italia (Giunti), Estonia (Uhinenu Kirjastus)

Rafa Nadal is considered the greatest clay court tennis player in history and one of the greatest players of all time. His career is filled with great achievements and successes, but beyond his undeniable accomplishments, he will leave an everlasting mark for his values, commitment, and a philosophy that has made him a global role model for present and future generations of athletes and fans, inspired by his extraordinary capacity for overcoming challenges.

In this book, the author delves into the figure and the fascinating professional journey of the Mallorcan, from his beginnings to maturity. Nadal is synonymous with victory, trophies, and glory, but at the same time, his legacy signifies sacrifice, perseverance, and respect. The narrative includes the triumphant moments of his career, as well as the defeats, suffering, and obstacles along the way that have shaped him into an infinite and unforgettable champion, a prototype of unwavering competitiveness. "

In the end, the most important thing is to be a good person," the protagonist asserts in one of his encounters with Alejandro Ciriza, who provides a comprehensive analysis of the tennis player based on the testimonies collected during the decade he has followed Nadal's journey around the world.

Nadal speaks candidly about tennis and life in intimate settings such as a rooftop in New York, the depths of the O2 Arena in London, or aboard a boat on the River Seine. Alongside his reflections are those of others in his circle, rivals, specialists, and colleagues on the circuit who underline the uniqueness of a universal athlete.

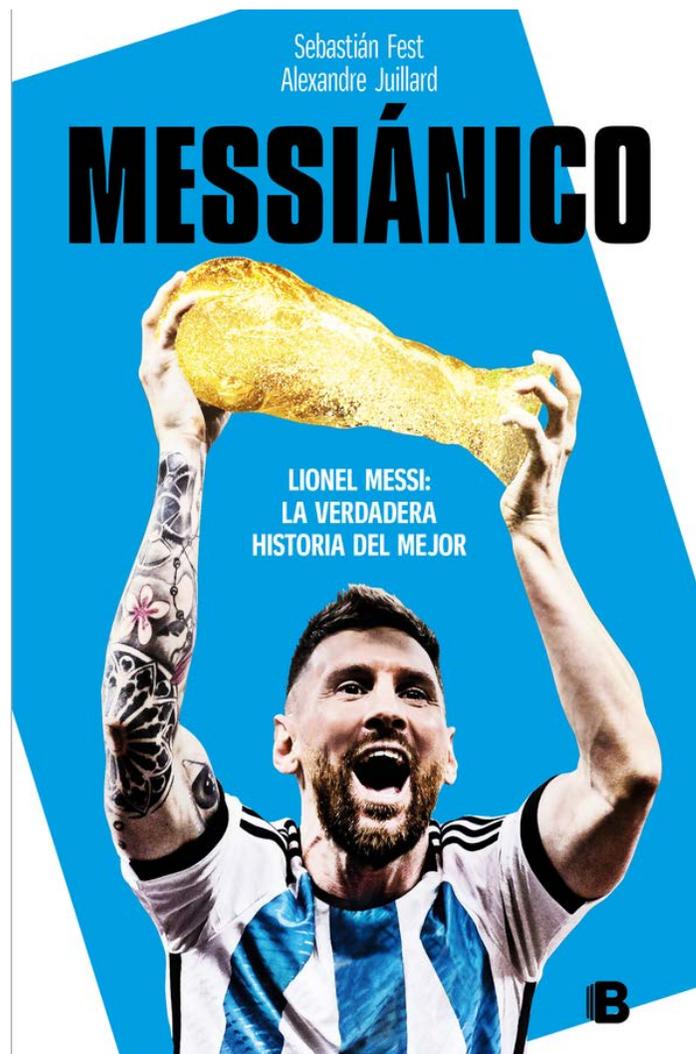
Admired, emulated, and even studied from a scientific perspective, Nadal stands out as an exemplary and multifaceted winner. In addition to the technical analysis and biographical narrative provided, the book delves into the psychological and sociological aspects of the character, essential for understanding his greatness.



THE AUTHORS

Sebastián Fest (Buenos Aires, 1971) was the Sports Head at the DPA agency from 2000 to 2015. He has written for Rolling Stone, Newsweek, Brando, Bild, Blick, Frankfurter Allgemeine Zeitung and Weltwoche, among others.

Alexandre Juillard (París, 1977) is an author and producer who lives in Paris. He has been a correspondent in L'Equipe for six years for Latin America from Buenos Aires.



MESSIANIC

A complete and revealing biography, with unknown aspects and unexpected intimacies of a life and a career like no other

Ediciones B, March 2023, 384 pages

Lionel Messi has been happy again. And why play soccer if not to be happy?

With four Champions League, the 2021 Copa América, the record for goals by a player for a South American team and a move to PSG, the best footballer on the planet had already breathed new life into his career, but now he has also conquered the only great missing trophy: the World Cup.

To get to know and understand this extraordinary figure, Sebastián Fest and Alexandre Juillard traveled the world: from Qatar to Brazil, passing through South Africa, Germany, China, Switzerland, Russia, the United Kingdom and, of course, Spain and Argentina.

They spoke with his family, with those who saw him grow up in Rosario and Barcelona, with his teammates, with those responsible for his physical preparation, with his ex-representatives and doctors, with the journalists who follow him obsessively and with his rivals.

Messiánico breaks down the football reasons that make Messi a unique player, but also the disputes between the agents and the family, some myths of his official history, the role of Antonela, the controversial management of his fortune and his image, and this new and glorious stage after his great triumph with the Argentine National Team.

PETS



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-

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