

COMMERCIAL NON FICTION

JUNE 2021



MARCH 2022



Penguin
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Grupo Editorial

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Borja Vilaseca

SPAIN — One of the leading Spanish-language writers in the field of self-discovery, spiritual development, and professional reinventions. Under his pseudonym, Clay Newman, he has also published *El prozac de Séneca* and *Ni felices ni para siempre*. His work has been translated and published in seventeen countries.



Coincidences Don't 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.

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.

Also by the author:



Las casualidades no existen

Vergara
250 pages
October 2021

English sample available

Mónica Vicente

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



There's a Ferrari in Your Garage

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

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

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



Tienes un Ferrari en el garaje

Conecta
256 pages
September 2021

Laura Rojas-Marcos

USA — Bachelor's in Psychology (New York University) and Master's in Psychology (Albert Einstein/Yeshiva University). She is the author of *Hablar y aprender*, *El sentimiento de culpa*, *Somos cambio* and *La familia*.



Convivir y compartir

Grijalbo
288 pages
November 2021

Living Together, Sharing Each Other

Living together is the art of connecting, communicating, collaborating, and confiding in one another.

Over the course of our lives, we live with ourselves, but also with many others. After a pandemic and lockdown that forced us to forgo outside relationships at work and in our free time, leading us to spend all day with our families—or, in many instances, to go months on end without seeing them, confining us to loneliness—now is the time to reconsider how we relate to one another, and how we can do it in a healthier way.

In these pages, you'll learn ideas and simple strategies for fostering healthy habits at home. You'll also find advice for deciding how and when to connect, as well as the keys to healthy co-living relationships, including trust, commitment, compromise, communication, bonding, social intelligence and willingness to adapt to change.

Also by the author:



Núria Roure

SPAIN — Psychologist specializing in sleep disorders. For fifteen years, she has been helping her patients get a better night's rest. She is a leading expert in the Sociedad Española del Sueño and teaches classes on sleep.



Por fin duermo

Vergara
120 pages
January 2022

At Last, Sleep

The definitive guide to sleeping well, from one of Spain's leading experts and teachers.

In a world where we are increasingly overtired and under pressure, it can be difficult to get enough rest. Sleep is essential to our mental and physical health, but unfortunately so many of us are either not sleeping enough or are trapped in unhealthy sleep cycles.

In *Por fin duermo*, Dr. Nuria Roure shares the method she has been using for fifteen years to help hundreds of people of all ages (children, teenagers, adults and seniors) have a restorative night's sleep and wake up well-rested, energetic and in a better mood.

Her book offers tips and strategies that, in very little time, will change the way you rest, improve your daily health and performance, and help with chronic conditions such as migraines, hypertension, obesity, stress and depression.

Gio Zararri

SPAIN — The best-selling Spanish-language reference work on mental disorder. He is the acclaimed author of *The End of Anxiety*, a self-published bestseller with **over 15,000 readers**. He has an online community of **over 100,000 members** across different social networks and has published three titles on dealing with anxiety.



Answers to your anxiety

The 100 practical responses you need to combat anxiety, from the author of the bestseller *The End of Anxiety*.

In this final book of the trilogy begun with *The End of Anxiety*, Zararri responds to the most common and necessary worries of those who suffer from anxiety in an attempt to reduce the fear uncertainty gives rise to, responding to those questions everyone with anxiety needs to know more about.

Answers to your Anxiety helps us understand anxiety and shows us how to overcome it. *The Art of Self-Care* teaches us basic and effective tools to start taking care of yourself and designing the life you want. And *Answers to your Anxiety* closes the circle, exposing the doubts that keep the problem active or make it worse by creating new fears (because anxiety feeds on fear).

Also by the author:



Respuestas a tu ansiedad

Vergara
224 pages
March 2021

Option publisher:
Portugal (Bertrand)

Laura Vidal

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



After You're Gone

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

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

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



Quando ya no estás

Vergara
120 pages
September 2021

Lorena Alonso

SPAIN — Doctor of Psychology specializing in psycho-oncology and palliative care. As a therapist, she studied compassion-focused therapy with Paul Gilbert. She is a mindfulness and compassion instructor accredited by Respira Vida Breathworks



Más allá del dolor de la pérdida

Vergara
288 pages
January 2022

Beyond the Pain of Loss

A guide to mindful mourning. A necessary book for those who have lost a loved one.

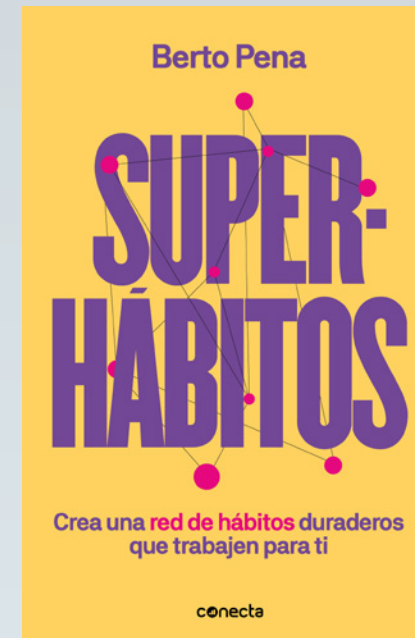
“Grieving is the process in which we transition from losing what we had to recovering what we have lost.” Lorena Alonso equips us with the necessary tools to accept the reality of death, helping us understand mourning, the stages of grief and different ways to approach it.

This book provides an introduction to the philosophy of mindfulness and Buddhist compassion, offering eye-opening perspectives on the experience of pain that can move us past the trauma of loss and towards recovery.

Practicing mindfulness enables us to make direct contact with our experience as it truly exists without getting caught up in the past. It is about keeping ourselves rooted in the present by cultivating full attentiveness.

Berto Pena

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



Cómo construir superhábitos

Conecta
220 pages
January 2022

How to Develop Superhabits

Make a network of lasting habits that work for you

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

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

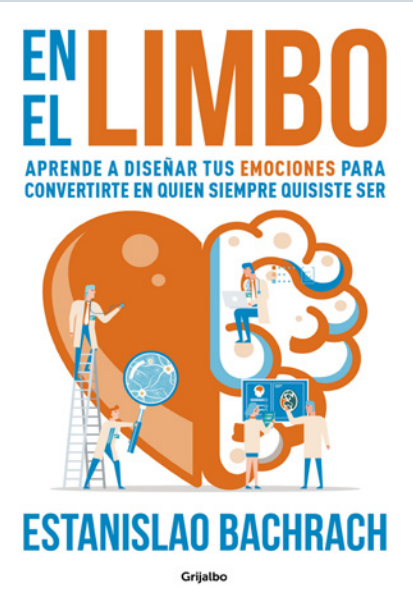
In *Cómo construir superhábitos*, Berto Pena explains the productivity method he has been teaching for over two decades and offers tools that readers can use to learn, develop, and strengthen any habit they choose, both at work and in their personal lives.

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

Estanislao Bachrach

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

Bachrach first book, *AgilMente* (2013) quickly became an unprecedented international publishing phenomenon. In 2015 he published *EnCambio*, and to date has sold over 550,000 copies.



En el limbo.
Aprende a diseñar tus emociones para convertirte en quien siempre quisiste ser
Grijalbo
432 pages
May 2021

Rights sold to:
Russia (Ivanov and Ferber)
Option publishers:
Brasil (Editora Vida)
Italy (Vallardi)
World English (Ebury)

In Limbo

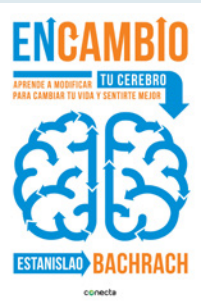
Learn to shape your emotions to become the person you’ve always wanted to be

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

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

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

Also by the author:



Agilment.
Aprendé cómo funciona tu cerebro para potenciar tu creatividad y vivir mejor
Conecta
224 pages
April 2013

Rights sold to:
World English (Ebury)
Russia (Mann, Ivanor and Ferber)
Italy (Vallardi)
Brasil (Editora Vida)

The Agile Mind

How Your Brain Makes Creativity Happen

The Agile Mind is about the most precious mental talent we have: the ability to imagine things which have never existed and to create new ideas.

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

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

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

Bernardo Stamateas

ARGENTINA — Doctor in Psychology and clinical sexologist. He is also a prominent writer and speaker of international renown. His previous books, *No me maltrates*, *Quiero un cambio*, *Resultados extraordinarios*, *Más gente tóxica*, *¡Puedo superarme!*, *Fracasos exitosos*, *Nudos mentales*, *Tu fuerza interior*, and *Calma emocional* have been published by Ediciones B. His previous books, *Gente tóxica*, *Emociones tóxicas* and *Heridas emocionales*, have made him an international phenomenon in the field of self-help. *Practical Solutions* is his most recent book.

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



Liderazgo exitoso

Vergara
240 pages
April 2021

Option publishers:

- Slovakia (Mladinska knjiga Založba)
- Poland (Bellona)
- Greece (Enalios)
- Flemish (Zuidnederlandse)
- Brasil (Thomas Nelson)
- Japan (SB creative), Germany (DTV)
- Turkey (Pegasus)
- Chinese (Xiron-simplified, Fine Press - complex)
- Hungary (Hatter Kiado)

Successful Leadership

In this new book, Bernardo Stamateas introduces the principles and practical tools to help overcome adversity and improve communication, engagement and performance.

What does a leader do? Manage the power that people give you. Exercise your authority. Learn and teach effectively. Organize teams and manage groups. *Successful Leadership* will mark a before and after in your life. It will teach you to unleash your maximum potential and bring great results to your people.

The book is divided into 5 parts, the fourth part being a twist towards the concept of toxicity, which managed to elevate the author to an international self-help guru with his best seller, *Gente tóxica*.

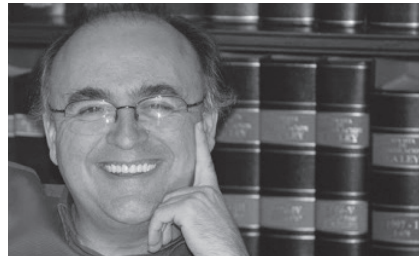
Ideas explored within the title: Toxic leadership, The narcissistic leader, The psychopathic leader, The histrionic leader, The paranoid leader, The obsessive leader, The avoidant leader, The sadistic leader, The masochistic leader, The dependent leader, The schizoid leader, The hypomanic leader.



Also by the author

José Luis Martín Ovejero

SPAIN — Lawyer who currently studies both verbal and non-verbal communication. He has been trained by the heads of the Behavioural Analysis Units of the Spanish National Police and the Civil Guard. He is a frequent contributor to television, radio and the press. In 2019 he published *Tú habla que yo te leo* (Aguilar).



Lie to me... if you dare

How can we know when we're being lied to?

Human beings lie. Our motives may vary – we've all complimented mediocre food to spare the cook's feelings! But lying isn't easy for the brain... Lying leaves a mark.

After the success of *Tú habla que yo te leo* (*If You Speak I'll Read You*), the expert in non-verbal communication José Luis Martín Ovejero, returns with a book that will help you make sure nobody pulls the wool over your eyes. In the style of Sherlock Holmes, the author explains the easiest ways to identify if a person is lying or not being completely honest.

Highly practical, it will enable readers to acquire the ability to detect when they are not being told the truth.

Also by the author:



Luis Rojas Marcos

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



Optimism and Health

What Science Knows About the Benefits of Positive Thinking

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

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

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

Also by the author:



Marcel Planellas

SPAIN — Professor of Strategy and General Management (ESADE) since 1986. He is passionate about research and education in entrepreneurship, strategy and innovation. His book *Las decisiones estratégicas* was published by Conecta in 2015.



The Little Red Book of Innovation

A guidebook on the innovation process, with El Bulli as a case study (which has been studied at Harvard as an exemplary case of innovation and creativity). Includes introduction by Ferran Adrià.

In our current uncertain times, executives and entrepreneurs must innovate and transform like never before, venturing down formerly unexplored paths. This new moment calls for new, more effective tools.

The El Bulli restaurant and its chef Ferran Adrià lead the world in creativity. Marcel Planellas has studied the ways Adrià innovates and synthesized his approach into a useful, practical methodology that can be applied to any professional or business venture.

El libro rojo de la innovación is a little red book because it's about taking action, helping leaders drive innovation at their businesses and preparing them for whatever challenges the future has in store.



El libro rojo de la innovación

Conecta
280 pages
November 2021

Ferran Ramon-Cortés

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



The Five-Lighthouse Island

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

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

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



La isla de los 5 faros

Conecta
144 pages
September 2021

Ana María Requejo

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



A Letter to My Ovaries

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

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

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

- Nutrition
- Movement
- Rest
- Stress management

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



Carta a mis ovarios
Grijalbo
128 pages
February 2022

Dra. Clotilde Vázquez

SPAIN — Doctor of Medicine who currently works as head of endocrinology and nutrition at the Jiménez Díaz Foundation and at the Infanta Elena, General de Villalba and Rey Juan Carlos hospitals in Madrid. She is widely recognized as Spain's leading endocrinologist and is ranked on *Forbes'* list of Spain's 100 best doctors.



Hormonal and Crazy

Spain's leading endocrinologist offers the guidebook *par excellence* for helping women through a crucial time: menopause.

Do we worry too much about menopause? Why does our estrogen up and leave town halfway through life? What do hot flashes mean? Are these mood swings normal? Does hormone therapy cause cancer? Is menopause the same for everyone?

One hundred percent of women experience menopause, yet many women's suffering during this stage is viewed with confusion, if not outright ignored. With a series of humanizing, interesting, quirky and moving portraits, Dr. Clotilde Vázquez maps out the minutiae of menopause and explains its hormonal, psychological, social and health components—and does so with a tender approach, a broad vision and scientific rigor.



Con hormonas y a lo loco
Vergara
240 pages
October 2021

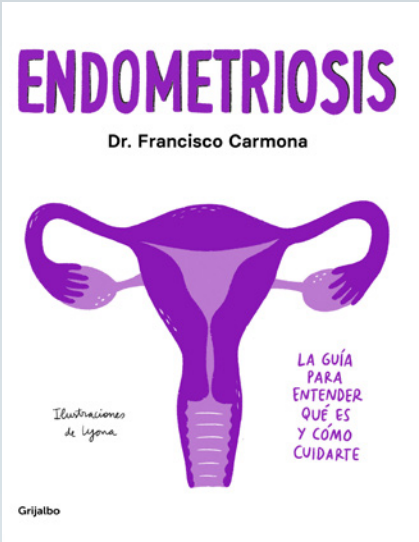
Francisco Carmona

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



Marcos Vázquez

SPAIN — Author of the popular blog *Fitness Revolucionario*, which has won multiple prizes for its health advice. He is also the creator of a series of health and fitness podcasts where he interviews experts in health, neuroscience, training, nutrition, biology, among many other subjects.



Endometriosis

The guide to understanding endometriosis with the aim to provide women with tools and resources to look after themselves in their daily lives: nutritional guidelines, exercises, complementary therapies and information about where to seek help.

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

Illustrated by Lyona, 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.

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

Endometriosis

Grijalbo
192 pages
April 2021

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



Healthy Mind

The habits that will optimize your brain and improve your health at any age

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

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

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

Saludable mente.
Hábitos para optimizar tu cerebro y mejorar tu salud a cualquier edad
Grijalbo
250 pages
January 2021

Blanca García-Orea Haro (@blancanutri)

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

Her first book, *Dime qué comes y te diré qué bacteria tienes*, sold over 100,000 copies in six months.



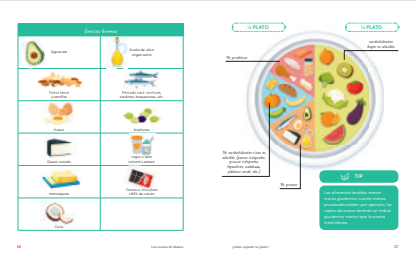
Blanca’s Recipes

Recipes for the whole family, adaptable for allergies and intolerances.

This book begins with an introduction on how to plate your meals and what you should always exclude from a dish, plus tips for making your shopping list and organizing the food in your refrigerator.

Blanca then shares eighty recipes with useful advice on how to best prepare and save food, the recipes’ nutritional benefits and information on substitutions if anyone at your table has an allergy or intolerance.

All of the recipes are intended for people who, though they may not have much time to cook, still want to eat a healthy, tasty meal without added sugars, sweeteners, refined flours or artificial additives. All are safe for children and pregnant women.



Las recetas de Blanca

Grijalbo
224 pages
October 2021

Option publishers:

Italy (Corbaccio)
Portugal (PRH Portugal)
Russia (Eskmo)



Tell Me What You Eat and I Will Tell You What Bacteria You Have

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

We often feel tired, upset, anxious or stressed, and we even suffer from digestive intolerances that we ignore or treat solely with medicines. Blanca García-Orea, a nutritionist specializing in digestive and hormonal nutrition, shares the keys to understanding how intestinal bacteria influence your thoughts and your behaviour patterns.

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



Dime qué comes y te diré qué bacteria tienes

Grijalbo
272 pages
October 2020

Rights sold to:

Italy (Corbaccio)
Portugal (PRH Portugal)
Russia (Eskmo)

Edgar Barrionuevo

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



Ayunízate: Los beneficios de practicar ayuno

Grijalbo
250 pages
January 2021

Fast Freedom: The Benefits of Fasting

Reenergize, recover your health and lose weight through fasting.

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

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

Laura Garat

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



Keto mediterráneo

Grijalbo
256 pages
January 2022

Keto, Mediterranean-Style

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

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

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

Elisa Escorihuela

SPAIN — Dietician and pharmacologist who holds a master’s in dietetics and diet therapy. Founder of the *Centro de Nutrición Nutt* in Valencia. She spends much of her time sharing healthy habits over various media, always with the goal of combining her three passions: science, nutrition, and gastronomy.



Dietoterapia
Vergara
200 pages
July 2021

Diet Therapy

Good nutrition is the best medicine.
This is the therapy that proves it.

What we eat is a core part of our day-to-day lives: what we do and don’t put in our bodies has a major effect on our health and physical development, to the point that it can even help us treat certain diseases. This practice is known as diet therapy.

We can use our understanding of nutrition to develop specific, well-considered habits that help us combat conditions as commonplace as food intolerance, allergies, diabetes, cholesterol, endometriosis and high blood pressure. Thanks to the advice, recipes and weekly meal plans that dietician and pharmacologist Elisa Escorihuela includes in this book, we can take control of our health in an individual and natural way.

Gabriela Uriarte

SPAIN — Nutrition coach and specialist in weight and obesity management. She is a proponent of eating real foods and advocates for flexible, personalized diets—that is, eating habits that don’t force you to go hungry to lose weight. She has a degree in human nutrition and dietetics from the University of Navarra.



Hacer dieta engorda
Vergara
144 pages
November 2021

Dieting Makes You Fat

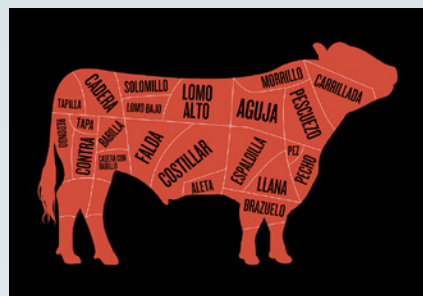
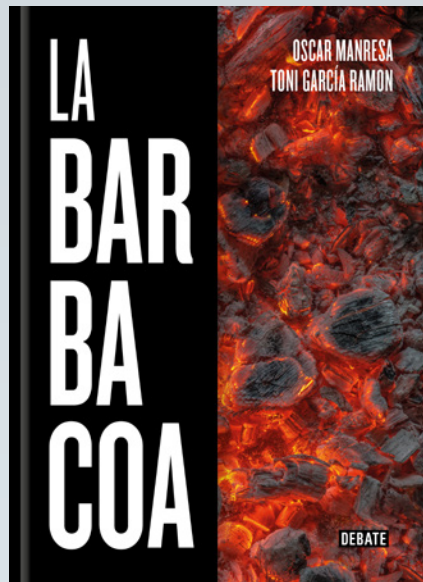
Eat healthy. But don’t diet.

In her latest book, Gabriela Uriarte, a specialist in weight and obesity management, shares the keys to eating healthy *without* dieting.

This book is divided into two parts: the first section addresses the importance of flexible, personalized eating plans and explains the detrimental impact generalized diet regimes can have on your health, including long-term effects; the second, more practical section includes a weekly organizer to help you create a healthy, balanced monthly meal plan for your family, and plenty of step-by-step, from-scratch recipes and guidance on doing four weeks’ worth of meal prep at once.

Óscar Manresa & Toni García

Óscar Manresa is a chef who owns the Casa Guinart, Terraza Miramar, Bar Leopoldo, La Torre de Altamar and Kauai restaurants, successful restaurants in Catalonia. **Toni García** is a journalist and writer.



La Barbacoa
Debate
248 pages
June 2021

Eugeni De Diego

SPAIN — Worked as head chef at *El Bulli* from 2005 to 2010, and from 2011 to 2017, as content director for *the Bulli Foundation*. In 2018 he decided to become an entrepreneur and is currently a partner of the *A Pluma* brand, a restaurant in Barcelona that has a rotisserie chicken that claims to be the finest around.



¿Cómo cocina un chef en casa?
70 recetas para aprender y disfrutar
Grijalbo
224 pages
April 2021

How a Chef Cooks at Home

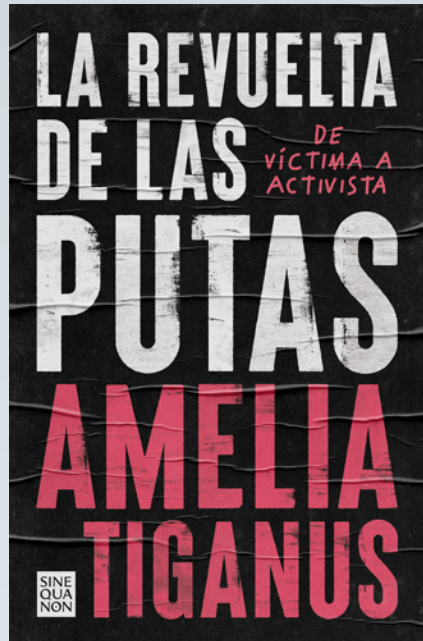
Learn to cook in a fun way
and with quality products.

Eugeni de Diego has set two goals for himself with this book: that we learn to cook and be creative in our day to day; and that we have a good time cooking, always using quality and seasonal products. The author wants us to feel closer to the kitchen because eating is a necessity, and if we cook with healthy products and try new things, we will enjoy ourselves and learn more in the process. This dynamic book includes an extensive introduction that teaches us the basics to learning and making all kinds of culinary creations.

Eugeni teaches us to cook with few ingredients, dares us to try new flavors, to take advantage of leftovers, and to experience cooking as something enjoyable, rather than just another “to-do” in our busy daily routines. **Ferran Adrià** will write the prologue of the book.

Amelia Tiganus

ROMANIA — Feminist and leader of classes and workshops on awareness and prevention of prostitution and sexual violence.



La revuelta de las putas

Sine Qua Non
304 pages
September 2021

The Whore Uprising

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

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

Based on her personal experience and activism, Tiganus explains the importance of understanding why "the personal is political," and offers a series of reasons for us to fight for a fairer, more egalitarian, prostitution-free society for women and girls.

David Saavedra

SPAIN — Pseudonym of a young writer born in Vigo, who spent two decades inside the bubble of the Spanish far right but managed to escape and build a new life for himself. *Memoirs of an ex-Nazi* is his first book.



Memorias de un ex nazi

Ediciones B
368 pages
May 2021

Memoirs of an ex-Nazi

Twenty years inside the mind of a repentant neo-Nazi, told in first person. A unique book that enters the 'bubble' of the far right and seeks to prevent other young people from following the same path of hatred.

For two decades, David Saavedra lived in the midst of Spain's neo-Nazi and radical far-right groups. He found out about their recruitment methods and their discourse of hatred, their violent tendencies and their plans to destroy Spanish democracy. And he was on the verge of becoming leader of the neo-Nazi party, Alianza Nacional.

Seven years ago, Saavedra decided to leave the 'bubble' where he had spent half his life. The decision to leave that world behind was not an easy one because it was a world that was not only engraved on his mind but also on his body, which was covered with swastika tattoos. However, at the darkest moment he found a reason to keep going: to tell his story in the hope that it would prevent other young people from following the same path.

James Rhodes

GREAT BRITAIN — British pianist who is also well known for his activism in denouncing child sexual abuse. His first book, *Instrumental*, was an international publishing phenomenon. He lives in Spain and is a regular contributor to *The Guardian* and *El País*.



Made in Spain

Plan B
256 pages
April 2021

Option Publishers:

Brasil (Radio Londres)
Italy (Einaudi Stile Libero)
Portugal (Alfaguara, PRH)
Turkey (Beyaz Baykuş Yayınları)

Made in Spain

The eagerly awaited follow-up to the bestseller *Instrumental*, by James Rhodes.

“I need to write this book. I said goodbye to my old life to start again from zero. A journey from death to rebirth. A love letter to Spain, which has given me a place where I can be happy.”

In his previous book, *Instrumental*, James Rhodes told how classical music saved him from a childhood marked by sexual abuse and the traumatic adolescence that followed. In *Made in Spain*, it is his new home that takes centre stage in this engaging story of the power of second chances.

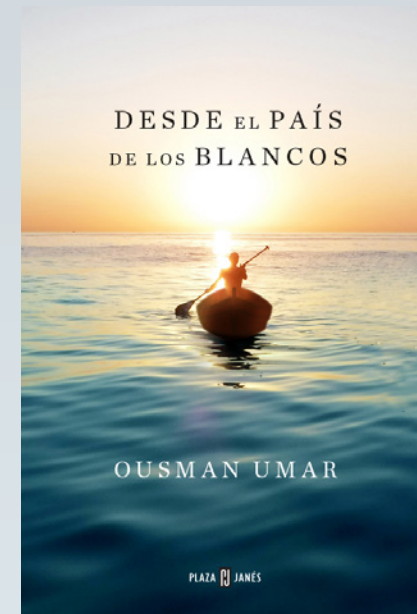
In this instalment of his life's story, James tells how it was that he decided to move to Spain and how this decision would change his life forever. Because it was in Spain that he would learn to enjoy life for the first time, to breathe without feeling overwhelmed, to fall in love, to learn from the bad times in order to achieve happiness. A book that will make us better people.

• We hold the rights for the following territories:

Czech Republic, France (French WW), Greece, Italy, Poland, Russia, Portugal (PT / BR), Slovenia and Turkey.

Ousman Umar

GHANA — Emigrated to Europe when he was seventeen, after a four-year journey on foot across the Sahara. In 2012 he founded Nasco, an NGO through which he helps the spread of education in his homeland. In 2018 he joined the ProactivaOpen Arms team, NGO.



Desde el país de los blancos

Plaza & Janés
280 pages
March 2021

Option Publisher:

USA (Amazon Crossing)

From the Land of the Whites

After *Journey to the Land of the Whites*, Ousman Umar writes about his experience as an immigrant and his reflections on pressing issues such as racism and criminalization.

After narrating his long journey from Ghana to Spain, crossing desert and sea over the course of five years, Ousman Umar returns to tell us his experiences as an immigrant, with anecdotes and reflections: from his life as a homeless man on the streets of Barcelona to micro-racism, his views on Black Lives Matter, and his perspective on unaccompanied minor immigrants.

“Ousman's story shares the pain, the fear, the injustice, the racism, and the suffering of the thousands of migrants who risk their lives each year to make it to Europe.” — Antònia Justícia, *La Vanguardia*

Also by the author:



Carles Porta

SPAIN — Journalist, writer, audiovisual producer, screenwriter, and film director. He is considered one of the greatest national exponents of narrative journalism. Author of *Tor, la montaña maldita* (2005), *Fago* (2012) and *Le llamaban padre* (2016).



Martí Perarnau

SPAIN — Sports journalist and former athlete. He participated in the category of high jump in the 1980 Summer Olympics in Moscow. He has headed the sports sections at several newspapers and he created the TV program *Estadio 2*. Author of *Senda de campeones*, *Herr Pep* and *Pep Guardiola: la metamorphosis*.



La farmacéutica

Reservoir Books
352 pages
March 2021

English sample available

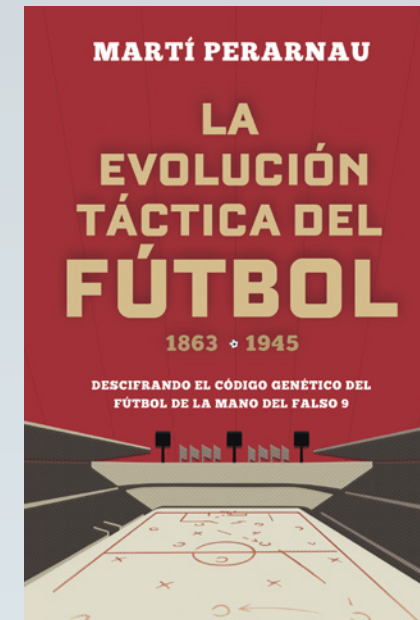
The Pharmacist

An incredibly real story with which Carles Porta establishes himself as the master of narrative journalism in Spain.

One night in November 1992, Maria Àngels Feliu was kidnapped when leaving the pharmacy she ran in the Catalan town of Olot. Thanks to her mental strength, she survived 492 days of captivity in a space the size of a closet. A human drama whose irregular criminal investigation, surrounded by a media circus, was not closed until 1999, five years after Maria Àngels was released.

Through interviews and analysis of the case's documentation and the judicial instructions, Carles Porta carefully reconstructs—in his unique, effective, and personal style—the sinister story that shook an entire country.

Also by the author:



La evolución táctica del fútbol

Roca
700 pages
November 2021

The Evolution of Football Tactics

This book reviews the sport's major tactical developments through the lens of the false nine, the subtlest, most complex figure in football.

Decoding the genetic code of the false nine. Describing the tactical evolution of the game since its standardization in 1863: the Cambridge Pyramid, the attacking midfielder, the Uruguayan sweep, the British W-M, the Italian method, the Hungarian 4-2-4, the Swiss verrou and the Argentine 3-2-5.

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

Ana De Miguel

SPAIN — Spanish philosopher and feminist. Since 2005 she has been a titular professor of Moral and Political Philosophy. She directs the course History of Feminist Theory at the Complutense University of Madrid. Her previous title *Neoliberalism sexual* (Cátedra, 2015), has sold more than 10,000 copies.



Ética para Celia
Ediciones B
June 2021
368 pages

Ethics for Celia

A book of philosophy for young people through the lens of gender, from the author of *Neoliberalismo sexual*.

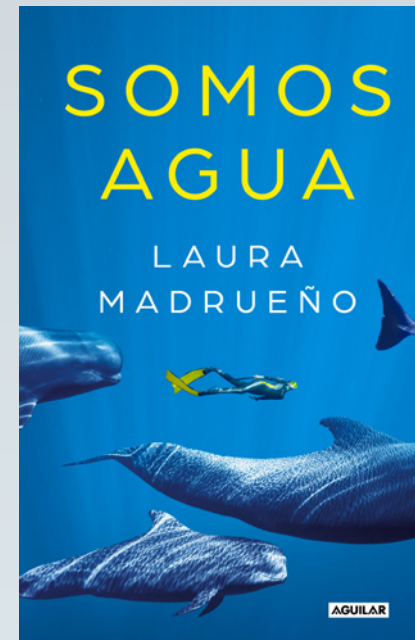
A book of philosophy for young people through the lens of gender, from the author of *Neoliberalismo sexual*.

More than a few “fathers of philosophy” have written about the intersection of philosophy and parenthood, from Aristotle and his *Nicomachean Ethics* to Savater and his *Ethics for Amador*. This is a book by a mother of philosophy, written for her daughter and other young women like her. Surely the masses of young people currently turning to feminism for answers to life’s questions must be an indicator of something. Philosophy and ethics can help us understand the extraordinary contradictions that women face in a patriarchal world.

Though the great philosophers have fallen short, their writings offer us a lens for understanding the inequalities of double-truth that enables us to challenge the system as we know it.

Laura Madrueño

SPAIN — Was an editor for *Telecinco* news. She currently covers weather for the *Mediaset* team. She is a lover of the undersea world, sports, and travel.



Somos agua
Aguilar
368 pages
February 2021

We Are Water

An X-Ray From Inside the Planet

A work that explains clearly and simply the impact human beings are having on oceans that are filling up with plastic.

Human beings have always felt an enormous fascination with the sea, the oceans, water. This connection is inevitable, because not only are we human beings, we are also water. And yet we have ignored our oceans and turned them into dumps full of plastic.

Laura Madrueño, meteorologist and weather presenter, is a defender of the oceans. *We Are Water* is a necessary work for learning about our planet from the inside, gaining awareness, and knowing that taking care of our oceans is a matter of life or death.

El Barroquista

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



Otra historia de arte

Plan B
264 pages
October 2021

Another kind of Art History

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

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

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

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

Rocío Vidal

SPAIN — Journalist and publicist with a master in Scientific Communication from the University of Barcelona. In 2018 she founded the YouTube channel, *La gata de Schrödinger* (Schrödinger's Cat), which she uses to disseminate content on science with a marked touch of humor and social criticism.



Eureka!

50 descubrimientos que han revolucionado al mundo

Plan B
144 pages
January 2021

Eureka!

An homage to science through its great discoveries.

After the onslaught of coronavirus, science has attained the place in society it deserves. Eureka! is an homage to this discipline and all those scientists whose discoveries have made the world a better place.

Vaccination, hygiene, penicillin, antibiotics, and X-rays are just some of the fifty discoveries we will learn about in this stirring and educational book.

Rocío Vidal, a journalist and a scientist, launched her Schrödinger's Cat video channel to popularize and demystify science among the public at large, and especially among the young, and she continues her crusade in this book.

Tania García

SPAIN — Writer that has combined her studies in pedagogy with a large body of research work over the course of more than two decades. Since 2012, she has been a family advisor through www.edurespeta.com, the first school for families and professionals who want to educate children and adolescents with respect. She has published four books, which have **sold over 50,000 print and 5,000 digital copies**.

One of the leading Spanish specialists in education based upon respect and coherence, with a foundation of scientific research.



Quiérete mucho

Vergara
336 pages
February 2022

Option publishers:

Duden (Germany)
Catalan (Eumo)
Romanian (Editura For You)

Real Education: Self-Esteem

How to form the relationship between your children

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.



Hermanos.

Educar la relación entre tus hijos

Vergara
352 pages
November 2020

Option publishers:

Duden (Germany)
Catalan (Eumo)
Romanian (Editura For You)

Siblings

How to form the relationship between your children

How to educate the relationship between your children, by the acclaimed author of *Educate without losing your Patience*.

Siblings explores one of the most magical and complex bonds in life, and offers the fundamental tools to educate the relationship between your children without yelling or fighting and giving each child what they need.

From the hand of Tania García, we learn the origin of the inter-sibling relationship and how to communicate with each child; how to accompany jealousy and anger between them; how to set helpful limits; how and when to intervene in their conflicts; what to do when violence appears or how to manage reconstituted families.

Also by the author:



David Bueno i Torrens

SPAIN— A reputed biologist and science-education advocate with a neuroeducation chair at the University of Barcelona. He’s a consultant for UNESCO’s International Bureau of Education and has also been a researcher at Oxford University. Author of books and essays for non-specialized audiences.



El cerebro del adolescente
Grijalbo
250 pages
February 2022

A teenagers brain

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?

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. For the brain, adolescence is a time of change, renewal and growth.

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

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

Begoña Prats & Sara Traver

Begoña Prats, (SPAIN) is mother of twins and an expert in Baby-Led Weaning. She’s the author of *Baby-Led Weaning* (Grijalbo, 2017), which is now on its 10th edition. **Sara Traver** (SPAIN) is a lactation, infant feeding, baby-led weaning and sleep consultant.



Baby-led weaning:
0% dramas, 100% soluciones
Grijalbo
208 pages
September 2021

Option publishers:
Portugal (PRH)

Baby-led weaning: 0% dramas, 100% solutions

An interactive title to resolve all your doubts about baby led weaning.

Begoña Prats and Sara Traver have written this guide to help us introduce complementary feeding for your little ones at home. They propose recipes, challenges, tasks or simply encourage us to move forward safely in this stage. It is divided between 6-7 months, 8-9 months and 10-12 months, and you can save it as a souvenir because it includes a section where you can record your progress week by week, what your child’s favorite foods have been and even what you have felt in every moment.

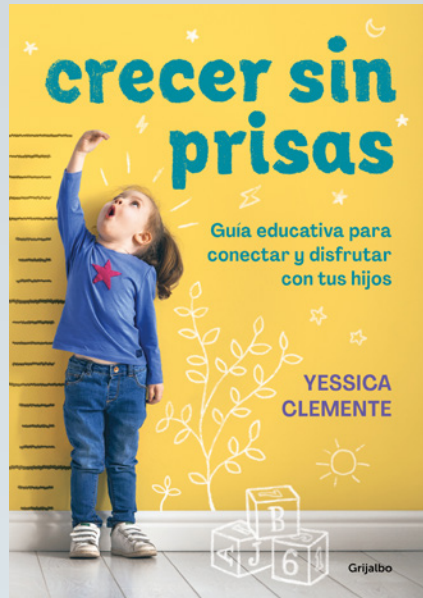
In addition, the authors offer some simple guidelines to organize the whole family. Also, thanks to a QR code, you can download a template to plan weekly menus and design them to be suitable and meet the nutritional needs of everyone.

Also by the author:



Yessica Clemente

SPAIN — Hild’s play instructor and proponent of sensitive, connected, respectful parenting; the brains behind the multiplatform *Rejuega* project. She leads trainings, workshops and talks.



Crece sin prisas. Guía educativa para conectar y disfrutar con tus hijos

Grijalbo

224 pages

October 2022

Unhurried Growth

Acquire the tools you need to raise your kids while enjoying and respecting their time.

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

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

Alba Padró

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



Destete. Final de una etapa

Grijalbo

224 pages

March 2021

Weaning. The End of a Phase

Based on her experience as a lactation consultant, Alba Padró is specialized in weaning, accompanying mothers in this phase.

All babies and mothers who opted for breastfeeding will go through weaning sooner or later. When these mothers seek help and information, they realize that what has been written so far on the subject is insufficient since it’s limited to general recommendations, without stories of cases that were treated in a more individualized way. That’s because there are many types of weaning: nocturnal, emergency, directed by the mother, weaning in the first days after delivery or in older children ...

This book offers specific advice for very different situations and brings together individual weaning cases that can serve as a guide in final stage of happy breastfeeding.

Alba Padró previous title, *Somos la leche*, has **sold 13,500 copies** to date.

Also by the author:



Laia Casadevall

SPAIN — Nurse graduated as a midwife from the City University of London. She worked at the Royal London Hospital, where she gained experience in high- and low-risk pregnancies, births, and home deliveries. Since 2013 she has been exclusively dedicated to home birth with the *Néixer a Casa* team.



Guía para un embarazo consciente.
Todo lo que necesitas saber para tomar las riendas de tu embarazo y del parto
Vergara
230 pages
February 2021

Guide To A Conscious Pregnancy

This guide's objective is for women to have access to honest and scientific information in order to make informed decisions so they can feel freer in their maternity wards.

More and more women are seeking a change in the care they receive during pregnancy and childbirth. This book is an information and dissemination manual on pregnancy and childbirth in our current context. It is a tool that will provide you with truthful, objective and scientific information about the entire process, which will help you take control and take center stage in your pregnancy with decisions that are always yours.

"This book can change your life." — Tania García, author of *Educating without Losing Your Temper*.

Elizabeth González

SPAIN — Licensed nutritionist with a degree in food science and technology. She has completed doctoral studies in biology and perinatal pathology and worked at leading research centers. She is also a lactation consultant and a member of the lactation committee at hospitals. slownutricion.com (IG) @slownutricion



Mama slow
Aguilar
370 pages
September 2021

Slow Mama

Learn how to eat before becoming pregnant in order to increase your fertility and ensure that everything goes smoothly.

How to relieve the symptoms you experience during pregnancy and after giving birth? How to use nutrition to take better care of yourself and your baby? How to teach your children to have a healthy relationship with food from the very beginning?

After accompanying hundreds of patients through the process of becoming mothers and living through that same experience, the author is still fascinated by the incredible power that nutrition has over fertility, pregnancy, the postpartum period and nursing, as well as the incredible challenge of feeding your child.

This book is a complete nutrition guide for mothers. It's scientifically exhaustive, but it's also full of warmth and care. Learn to use food to your advantage, try therapeutic recipes and find answers to your questions by reading advice from real women, based on their own lived experiences.

Patricia Pérez Cerveró

SPAIN — Studied to be a Montessori Guide and worked at the Imagine Montessori School in Valencia. Her work as a facilitator in Montessori Pedagogy training is focused on training teachers. *Family Cooking with Montessori* is aimed at families and incorporates the pedagogy and philosophy of Maria Montessori.



Family Cooking with Montessori

The first cookbook for children created from Montessori pedagogy. For ages 2 to 7.

Family Cooking with Montessori is a book conceived with two key purposes. The first is to guide parents so that they can accompany their children while increasing their independence through daily sensory activities such as cooking. The second is to help these children acquire the skills and abilities necessary to use this autonomy and get to know the world around them without the need for constant help from an adult.

This book is designed to be used both by children who know how to read and by children that don't. For this reason, there are two types of recipes; ones with text and photos and recipes with text and illustrations. It also includes everyday activities related to cooking, recommendations for creating a suitable environment at home, activities of grace and courtesy, safety rules, meal preparation instructions, and recommendations for a healthy and balanced diet.



Cocinando en familia con Montessori
Vergara
200 pages
June 2021

Rights sold:
Italy (Giunti)

Carlota Santos

SPAIN — @carlotydes is an architecture student and illustrator. In 2020, she began to share drawings on her Instagram account related to astrology that included her personal sensitivities with a touch of humor. Currently, with thousands of followers, she's one of the most important astrology disseminators in Spain.



Constellations
An Illustrated Guide to Astrology

With over 200,000 followers on her instagram @carlotydes, Carlotta combines comprehensive knowledge with beautiful modern illustration.

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

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

Constelaciones.
Guía de astrología ilustrada
Plan B
144 pages
March 2021

Rights sold:
World English (Artisan Book)
French (Guy Trédaniel)



Modesto García

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



Crímenes ilustrados
Plaza & Janés
224 pages
May 2021

Rights sold:
Germany (Yes Publishing)
Italy (Salani)
Russia (Philipok & Co)

Illustrated Crimes

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

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

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

María Pérez-Tovar

SPAIN — A Zentangle teacher who began teaching the method throughout Spain. In 2016 she inaugurated the first Zentangle school *The Last Tangle*, where she develops this method exclusively or with other compatible artistic disciplines.

Mercedes Pérez Crespo

SPAIN — Has a background in Design and Graphic Production. In 2015 she began to collaborate with María on *The Last Tangle*



El arte del zentangle
B de bolsillo
296 pages
October 2021

The Art Of Zentangle

Yoga for your mind. A unique method to reduce stress and develop creativity.

The Art of Zentangle brings you closer to the ancient secrets of yoga and mindfulness by simply using paper and marker. Point, circle, straight line, curved line and double curved line: this is all you have to know how to draw to practice Zentangle.

The Zentangle Method was created in the US by the yogi Rick Roberts and the calligrapher Maria Thomas in 2004. The name refers to the union of the words “zen” (meditative state), and “tangle” (entanglement), and has become in just a few years, a discipline widely followed throughout the world.

This book is a guide to learning how it works and how to practice it. Free your mind and let the calm and creativity flow in you. Reduce anxiety and improve your self-esteem while developing your most artistic and creative part. Meditating has never been so easy!

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