

COMMERCIAL NON - FICTION



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POPULAR PSYCHOLOGY

PERSONAL DEVELOPMENT AND SELF HELP

BRAIN SCIENCE

HEALTH

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BUSINESS & COMMUNICATION

COOKERY

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GIFT BOOK

TRUE CRIME

HISTORY, CULTURE & TECHNOLOGY

RELIGION

SPORT

PETS

POPULAR PSYCHOLOGY



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SILVIA CONGOST

Silvia Congost is a distinguished psychologist specializing in self-esteem, emotional dependency, and resolving relationship conflicts. Drawing from her own experience in overcoming emotional dependency, her mission is to empower individuals to enhance their self-esteem, liberate themselves from harmful attachments, and cultivate healthy relationships.

Renowned for her impactful presentations on toxic relationships and emotional dependency, Silvia is celebrated as a captivating speaker.

Currently, she and her dedicated team assist thousands of individuals through in-person sessions at their centers in Madrid, Barcelona, and Girona, as well as through online consultations and self-esteem support groups.

She is the acclaimed author of "Cuando amar demasiado es depender" (When Loving Too Much is Depending), "Autoestima automática" (Automatic Self-Esteem), "Si duele no es amor" (If It Hurts, It's Not Love), "A solas" (Alone), and "La voz de mis alas" (The Voice of My Wings).

Her new book, Diary of a Break Up, is an innovative mix of a fictional story along with practical tips and psychological insight into the process we go through during a break up. In the authors own words, this is a book "to overcome the part of love that is hardest for us to accept: its final."

**AUTHOR HAS SOLD
100,000 COPIES TO
DATE**

★ **Legendary self-help author presents an innovative format that merges fiction with practical advice, offering psychological insights to navigate the complexities of heartache**

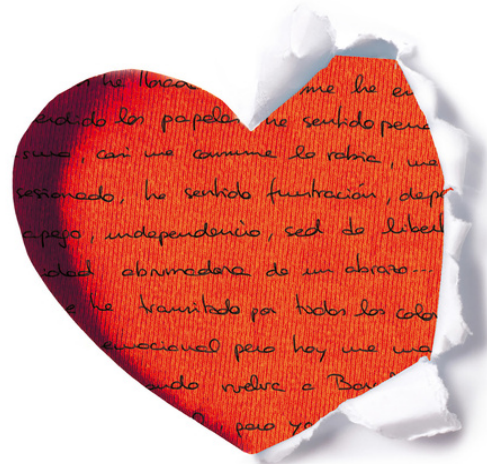




SILVIA CONGOST

SILVIA CONGOST is one of the most popular and prestigious psychologists in Spain. Her therapy and outreach are very broad and impactful. In addition, for years she has been writing books that help tens of thousands of people.

Silvia Congost



Diario de una ruptura

Cómo convertir el final de una relación en un nuevo comienzo

AGUILAR

DIARY OF A BREAK-UP

How to turn the end of a relationship into a new beginning

- ★ Original mix of fiction & practical advice
- ★ Top Spanish self-help author, 1st time published in PRH

Aguilar, March 2024, 240 pages

What would you do if the person you believe is the love of your life leaves you just days before you are set to go on a trip to the most romantic and beautiful place you can imagine?

This is what happens to Río. Through this story of someone who has to heal and start over after the biggest blow of their life, the author shows all the stages of the grieving process after a breakup, analyzes each phase one goes through, and gives you all the knowledge and tools necessary so that you, like Río, can also flow, find the light after the storm, and discover that the end of love should be the beginning of a new relationship with yourself.

Psychologist Silvia Congost constructs a unique and delightful book that mixes, through fiction, the portrayal of the most common reality with her teachings and reflections to help us understand that love often ends and that, although this is something for which no one prepares us, we should undoubtedly normalize it.

EXTRACT: Diary of a Breakup is a book written with the aim of helping you understand what happens when we go through the pain of a significant loss in our lives and when we have no choice but to begin a grieving process because the relationship we had has ended.

I want you to connect with those emotions that are so human and universal, yet as uncomfortable as they are necessary. I want you to identify and understand them: that anger that sometimes makes us burn inside, those urges to scream out of helplessness and frustration, that skill in the art of self-deception to avoid accepting what is happening, that bitterness that suffocates us inside when we think we will never be able to smile again.



**150,000
COPIES SOLD**

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 150,000 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!





I LOVE YOU, I LOVE ME

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

★ Over 100,000 copies sold
★ Rights sold in 13 countries

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), Hebrew (Kinneret)

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



De la autora de *Me quiero, te quiero*

MARÍA ESCLAPEZ

TÚ ERES TU LUGAR SEGURO

HAZ LAS PACES CON TU PASADO
PARA RECONECTAR CONTIGO
(Y LOS QUE TE RODEAN)



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.

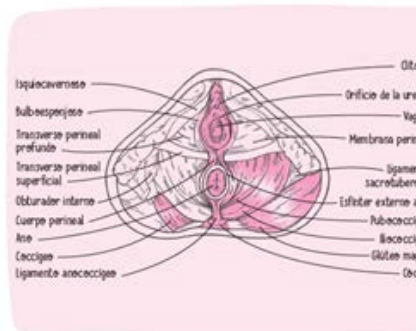
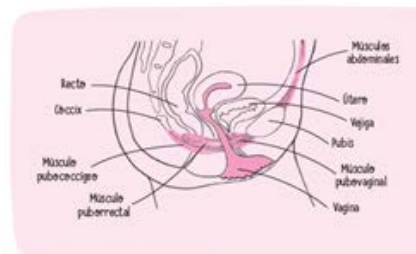
A fresh and funny book meant for young (and not-so-young) people who don't know that much about their own sexuality.

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

Meet Esmi, a psychologist redefining the landscape of self-help literature with her distinctive approach.

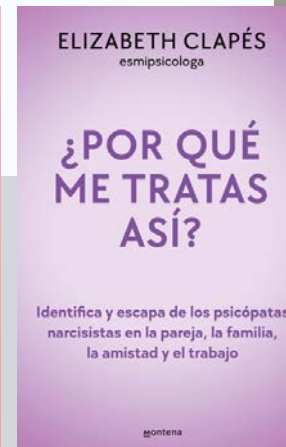
What sets her apart is not just her wealth of knowledge but her unique voice—a captivating style that forges a genuine connection with readers.

Elizabeth serves as a beacon for young female readers, offering a relatable gateway to psychology.

Her age and experiences create a strong identification with her audience. However, her appeal transcends generational boundaries, making her a perfect crossover author for both youth and adults.

As a professor and program director at a university, Elizabeth brings academic rigor to her work. Her key themes, ranging from trauma to self-love and relationships, resonate profoundly with readers, offering both depth and relatability.

[Check out her website here.](#)



**100,000
COPIES SOLD**

QUERIDA YO: tenemos que hablar

Conócete y sé feliz contigo

Elizabeth Clapés
@esmipsicologa

Montena

60,000
copies sold

DEAR ME: WE HAVE TO TALK

Get to know yourself and learn to be happy in your own skin

Montena, June 2022, 140 pages
Rights sold: Russia (Alpina), Ukraine (Knigolove)

★ Young Adult Non-Fiction Trend

An essential tool for working on our mental health, improving our relationship with ourselves, and feeling empowered in the face of any type of violence.

Years ago, Elizabeth Clapés didn't understand the great importance of the phrase "getting to know oneself." "When you've been living with yourself for thirty years, can you really figure out what's left to know? Is there really something that can catch you by surprise?" the author wondered.

Every day, thousands of feelings, people, wounds, and situations that can cause discomfort emerge. Identifying and distinguishing between those that can be changed and those that cannot is crucial to stop asking the same questions over and over. Psychologist Elizabeth Clapés attempts to provide answers to her readers and patients. "Why do I feel so sensitive? Why am I always on the defensive? Why do I feel anxious? What's wrong with me?"

In her book, the psychologist takes all women by the hand to accompany them on a new path of self-love and self-discovery.

[ACCESS OTHER TITLES BY THE AUTHOR HERE](#)



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 the 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 topic 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](#).



120,000
COPIES SOLD





SERENITY AS A WAY OF LIVING

Serenity as a way of living - 365 practical tips

★ **Practical workbook with Serenity as a key theme**

Grijalbo, November 2022, 416 pages
Rights sold: Russia (Alpina), China (Qingdao Publishing House)

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

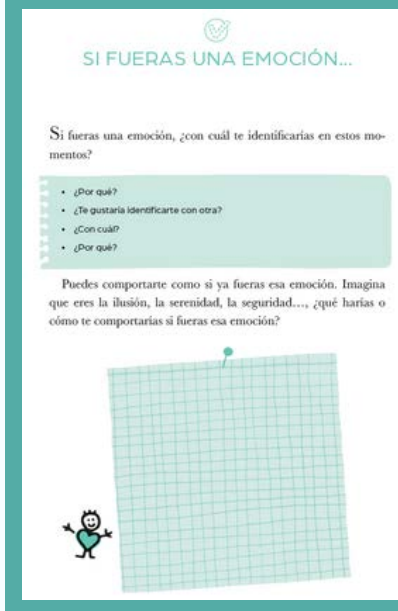
Think with serenity

- 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
Rights sold: Russia (Alpina), China (Qingdao Publishing House)

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?

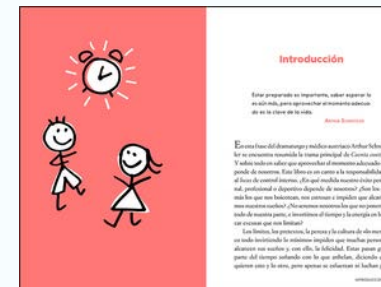
In Count on Yourself, Patricia Ramírez proposes that we start working from within to achieve our goals.

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



★ Two versions: illustrated & B&W



RAISING CHILDREN WITH SERENITY

The most effective dynamics for educating children without losing your composure

★ Parenting title with practical activities

Grijalbo / De Bolsillo, May 2019, 256 pages

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.



VICTOR AMAT

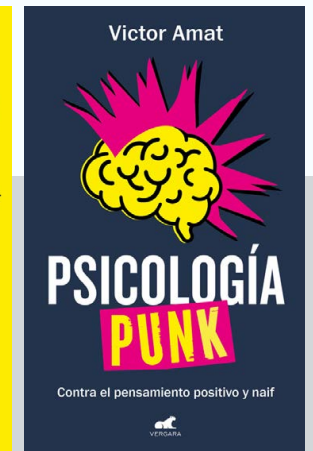
Classified as a post-punk neurolinguist and Schrödingerian psychotherapist, thanks to his paradoxical reflections, Victor Amat is an exciting new voice in the self-help space.

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".



★ **Psychology without the frills: a refreshing new angle on mental health**



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.



MARTA SEGRELLES

★ Young Adult Non-Fiction Trend

Marta Segrelles is a highly accomplished psychologist specializing in integrative therapy with a humanistic approach, focusing on emotional healing and growth. Her method of work adapts to the needs of each person rather than the other way around and her extensive knowledge of trauma and attachment allows her to understand the thoughts, body and sensations, life history, and emotions of people who ask for her help.

She's been trained in attachment theory and trauma, working with the inner child, emotional management, transactional analysis, and family therapy to understand her clients fully. That means 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.





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.



DEAR MOM: YOU HURT ME

Heal the wounds in your mother-daughter relationship and learn to set healthy boundaries

Bruguera, April 2024, 288 pages

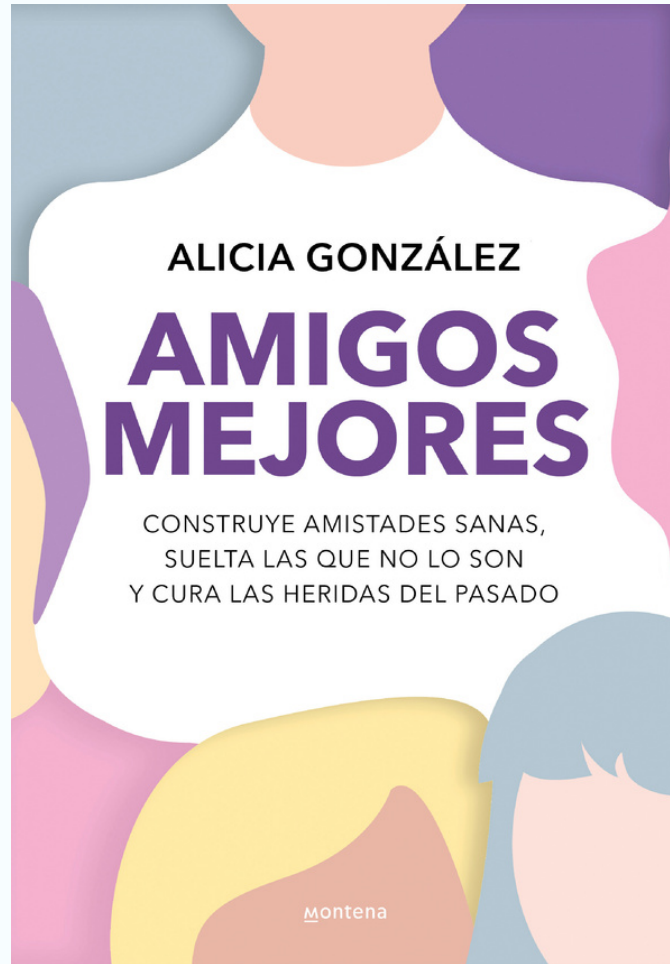
Is your relationship with your mother the one you would like to have? Was she emotionally present for you as you grew up? Or do you feel anger or abandonment when you think about the girl you were? Do you think you're a bad daughter for needing to distance yourself from your mother at times?

Marta Segrelles, a psychologist specializing in attachment and trauma, combines theory and practice to accompany us on a journey into the past of our relationship with our mother. In the process, we will discover the dynamics that shape the bond, recognize our wounds, and learn to understand and validate our emotions to set boundaries that take care of us. With compassion and empathy, we will heal our past experience to relate to ourselves better and avoid making the same mistakes that have hurt us so much.



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.



Beautiful 2-colour layout

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.





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

100 psychological tools to better manage your daily life

Montena, June 2023, 144 pages

★ **Fun, accessible illustrated Pop Psychology**

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.

With this book, you will learn to...

- Face failure
- Set boundaries
- Boost your self-esteem
- Stop procrastinating
- Overcome a breakup
- Put things into perspective
- Overcome the fear of judgment
- Control intrusive thoughts
- Manage fear of the future and intolerance to uncertainty
- Communicate assertively
- Close chapters

And much more!

INSIDE SPREADS ON FOLLOWING PAGE

REGULAR LA autoexigencia



Vivimos en una sociedad muy exigente: parece que todos debemos destacar en nuestro trabajo o estudios, debemos ser excelentes amigos, buenas madres, tener el físico perfecto... Da la sensación de que no hay un espacio para el error o el disfrute, ni tampoco para el descanso, solo para la perfección y la productividad.

Solemos ver la exigencia como una cualidad positiva. Creemos que una persona exigente es constante y que, probablemente, consiga sus objetivos y tenga éxito gracias a la exigencia que se impone a sí misma. Sin embargo, esto no es del todo así. Evidentemente para lograr nuestros objetivos, mantener nues-

ques, lo leerás, y esa acción que harías por otros la vas a hacer por ti. Por ejemplo: «Cuando quiero demostrar el amor a alguien que quiero, le preparo su comida favorita». Pues ese día te vas a preparar tu comida favorita.

Este ejercicio te ayudará a aprender a cuidarte como cuidas a los demás, a hacer las cosas que haces por los demás, pero por ti, dándote el mismo trato que das a los demás.



15 Pon el foco en tu diálogo interno

«Todo ha sido culpa mía», «soy un desastre», «no sirvo para nada». ¿Te resultan familiares? ¿A menudo te invaden pensamientos de este estilo? Estos son algunos ejemplos de pensamientos que podemos tener cada día y que nos hacen sentir muy mal. Para aumentar tu autoestima debes empezar fijándote en tu diálogo interno, de qué forma te hablas. Las personas con una autoestima alta se hablan de una forma positiva, amable o reconfortante; sin embargo, en personas con autoestima baja esta voz interna las sabotea, las ataca, las critica y las desprecia. No es lo que ocurre a tu alrededor, sino cómo interpretas esa realidad y cómo te la comunicas. De ahí la importancia de cuidar el diálogo interno y aprender a cambiarlo.

Te invito a hacer este ejercicio: durante unos días, escribe en la columna de la izquierda de una tabla los pensamientos negativos que tienes y que te transmites. Fíjate en ellos y ve apuntándolos.

Después de una semana completa las otras dos columnas. Pon en duda cada uno de tus pensamientos y reformúlalos.

Ejemplo

Cosas **positivas** que me puede brindar estar **solo**

Dejaré de **depender emocionalmente** de los demás.

Cuando quiera ir a un restaurante iré al que **yo quiera** sin necesidad de tener en cuenta la opinión de otros.

Reflexionaré sobre los acontecimientos **pasados** y sobre el **futuro** que quiero crear.

Dedicaré tiempo a **conocerme mejor** y a **comprender mis emociones**.

Me volveré **menos manipulable** ante las peticiones de otros.

Aumentaré la **calidad de mis relaciones personales** ya que me conformaré menos.



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

★ **KEY THEME: Assertiveness**

Vergara, May 2023, 288 pages

Rights sold: Portugal (Pergaminho), Russia (Alpina), China (Qingdao Publishing House)

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



HUGO HERNÁNDEZ

HUGO HERNÁNDEZ is a psychologist whose method is based on empirical evidence and has helped many people overcome their fears and frustrations.



AUTHENTICITY METHOD

A method for anyone who feels deserving of a fulfilling emotional life.

★ **KEY THEME: The science behind seduction**

Alfaguara, January 2024, Montena, 312 pages

When conquest is the objective, the end justifies the means. When it comes to seduction, insistence, manipulation, and lies are our main assets. Because there is nothing too pathetic or unethical. In love and war, anything goes.

In recent decades, an extremely toxic view of seduction has proliferated and needs to be reconsidered. With popular and relatable examples (from The Little Mermaid to Friends, including The Simpsons or How I Met Your Mother), Hugo Hernández, a psychologist and expert in interpersonal attraction, provides a more humane, effective, and rigorous perspective on this subject.

Because, undoubtedly, nothing seduces more than authenticity

Stop dreaming. How do you expect people to be attracted to you if you can't accept yourself? How do you expect to inspire others if you're captive to your fears? It's time to deconstruct the insecurities, fears, and beliefs that poison your charisma.

A method based on the empirical evidence of numerous scientific studies and the experience gathered over many years of professional practice. A method that will help you take control of your emotional life.



JUAN MUÑOZ

JUAN MUÑOZ is a psychologist and creator of the Instagram profile Psicologería (110K followers), one of the fastest-growing accounts in psychological outreach in recent months. He specializes in emotional communication, conflict resolution, and emotional support.



ARGUING IS HEALTHY

Learn to have uncomfortable conversations to build healthy relationships

★ **Build healthy relationships through effective communication**

Bruguera, January 2024, 256 pages

Someone cutting in line at the supermarket, unreasonable demands from the boss, choosing which TV program to watch with our partner... Life is full of everyday conflicts, and some people strive to avoid them. However, living always trying to keep the peace is not healthy and, in the long run, it ends up blowing up in our faces.

In this book, Juan Muñoz, psychologist, explains why we are increasingly afraid of conflict, what has led us to this point, what "arguing" really means, and provides us with tools to learn to communicate assertively and respectfully to enjoy healthy relationships in couples, work, friendship, and family.

What will you find in this book?

- Personal stories based on real consultation cases and the author's first-person experiences.
- Tests and practical, simple exercises to reflect on what prevents you from communicating assertively in different scenarios.
- Useful resources to face uncomfortable but necessary conversations in various areas of your life (family, partner, work, friendship...) and to discover the liberating power of setting boundaries.

PERSONAL DEVELOPMENT AND SELF HELP



Penguin
Random House
Grupo Editorial



BERNARDO STAMATEAS

★ Classic Self-Help, Global Author

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) / Bulgaria (Hemres) / Russia (Eskmo) / Serbain (Vulkan)

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.

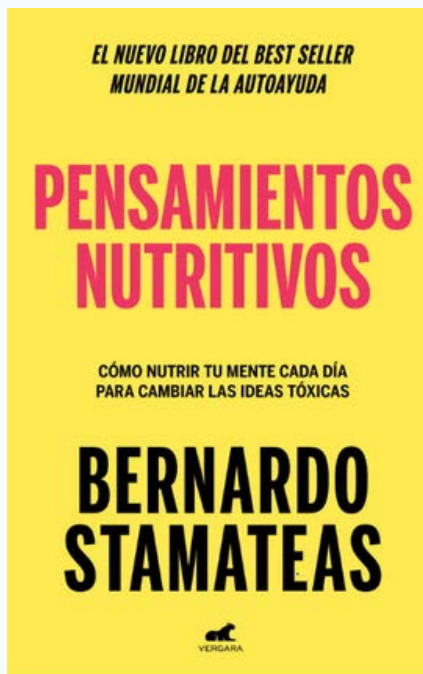
Authoritarian and belittling leaders, complaining neighbors, envious co-workers, relatives who always blame us for everything, arrogant, irritable or lying men and women?

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.



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.



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



**MORE THAN
500,000 COPIES
SOLD**

BORJA VILASECA

Ama tu soledad



Disfruta de tu compañía
y crea vínculos auténticos



LOVE YOUR LONELINESS

Enjoy your own company and create authentic connection

- ★ **Novel, new concepts: we're addicted to "social nicotine" and need to "detox"**
- ★ **About the power of solitude - not the power of being single**

Vergara, February 2024, 272 pages

Being alone doesn't equate to being lonely.

In fact, there is a great skill in learning how to be, and enjoy being, in ones own company.

Loneliness has a very bad reputation in our society. For many people, being alone is considered a failure and a cause of sadness and depression. It is true that we are social beings and need to be with others, but our fear of being alone has led us to become addicted to relationships and to always be surrounded by people. This dependence is the source of much of our discomfort. That's why, if we want to feel better, we must learn to be alone.

In this book, Borja Vilaseca reveals the keys to conquering a healthy and conscious solitude. To achieve emotional independence, it is necessary to pause and look inward. In this way, we can truly know who we are and learn to be happy on our own.

In today's hyper-connected world, learning to embrace and love our loneliness has become a crucial aspect of mental well-being.

CONTENTS

- PART ONE
ADDICTION TO RELATIONSHIPS
II. Fear of loneliness
III. The wound of abandonment
IV. Others as patches
- PART TWO
A THOUSAND STEPS TO FREEDOM
V. Social detoxification
VI. Abstinence syndrome
VII. What is being alone for?
- PART THREE
THE JOY OF SOLITUDE
VIII. The beauty of being alone
- LOVE YOUR SOLITUDE
IX. The antisocial social club
X. You are never (completely) alone



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.

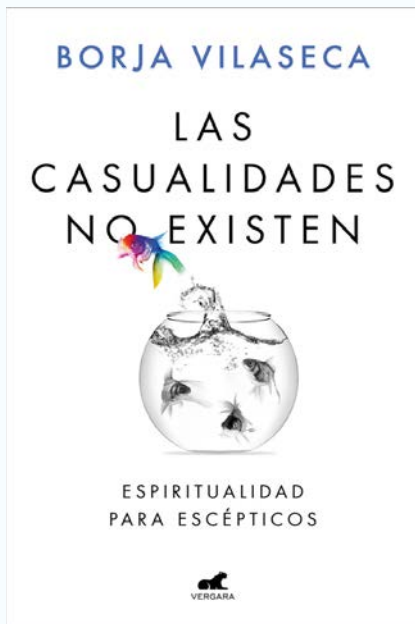
Borja Vilaseca presents us with key tips about how to operate this unique self-knowledge tool, helping readers fully understand themselves and in turn unlock their full potential.

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.

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)

NICE TO MEET ME

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

★ **The ultimate guide to the Enneagram**

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



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.



Clay Newman
(a pseudonym for Borja
Vilaseca)

Bolsillo
First publication in 2014
168 pages

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



Clay Newman
(a pseudonym for Borja
Vilaseca)

Bolsillo
First publication in 2014
184 pages

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.



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

★ **AVOID AVOIDANCE - embrace life fully without fear**

Ediciones B, January 2024 , 400 pages
Rights sold: China (Qingdao Publishing House)

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.



ANDREA VILALLONGA

Andrea Vilallonga stands out as an expert in communication and positive impact, sharing her insights on the international stage as a speaker and author of two books that inspired her TEDx talks: [#mirate](#) and [#enamórate](#).

As the creator of the innovative [#mirate](#) method, focused on communication and attitude, Andrea invites us to practice her "Positive Activism." Her approach encourages us to see reality in a new light, urging us to take proactive action to provoke change rather than merely waiting for it.

Andrea Vilallonga has gained media prominence through her appearances in various outlets, including LA VANGUARDIA, RTVE, Catalunya Radio, and Cadena Ser. Her notable presence in the latest editions of Operación Triunfo (Star Academy) has solidified her position as a reference in positive communication.

Currently, she actively collaborates with companies from different sectors (DIOR, BEIERSDORF, ASTRAZENECA, BOEHRINGER, L'OREAL, PANDORA, INDITEX...), bringing her expertise to improve communication and promote a positive approach in professional environments.

Her commitment to creating a positive impact through communication makes her an influential figure in the fields of motivation and personal and organizational change.

[Review her website in English here.](#)

Fluent in both English & French, who better than the author herself to present her title *The Science of Image: What You Communicate before Communicating?* Click on the images below to access the author videos.

★ **A backlist author with a timeless topic - the power of how we present ourselves in public**



FRENCH 🇫🇷 ▶



ENGLISH 🇬🇧 ▶

THE SCIENCE OF IMAGE

What You Communicate Before Communicating

★ **Understand the power of your appearance and how to make a lasting impact**

Aguilar, May 2018, 280 pages

The impact our image has plays a fundamental role in how we initiate relationships with others. Understanding its dynamics and being aware of it not only helps build authentic and effective communication but also is grounded in three key pillars: IMAGE, EXPRESSION, and ATTITUDE.

This book focuses on:

- Accepting and understanding your own appearance.
- Improving communication with others.
- Clarifying what you truly want to convey through your image.
- Revealing your unique characteristics and deciding to highlight the best in yourself.
- Transforming your perspective on your own image.
- Boosting your self-esteem.

This method is based on the idea of accepting your image, using it as an element of presence rather than only focusing on beauty.

This book offers a practical approach that explores how to discover the image you project. Through your external appearance, expression, and attitude, you will learn to understand how to improve it, always considering individual characteristics and needs. The goal is to convey your true self without disguising or trying to be something you are not.





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.

- ★ **Unique practical detox plan from bad relationships**
- ★ **Attractive, accesible 2-colour layout**

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

The sample spreads include:

- A diagram titled "Cerebro de un adicto emocional" showing brain activity related to addiction.
- A diagram titled "EL CERO DEL BIEN" showing a path from a toxic relationship to well-being.
- A table titled "EL TOP 10 DE LOS GILIPOLLAS" listing common toxic men.
- A pie chart titled "EL TIPO DE GILIPOLLAS" showing the distribution of different types of toxic men.



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

ALTERNATIVE HISTORY OF HAPPINESS

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

★ **Looking back at the classics to learn happiness in the present**

Ediciones B, November 2023, 304 pages
Rights sold: Turkey (Irene)

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.



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

- ★ **HOT TREND: Manifesting**
- ★ **International author: fluent in English, Portuguese, French & Italian**

Grijalbo , June 2022 , 352 pages

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

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?



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

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



RAQUEL GÓMEZ

RAQUEL GÓMEZ is a bestselling author and has worked for more than a decade as an international speaker in Latin America and as a teacher for Escuela Cursiva in Spain. A pioneer in personal branding in Colombia, she empowers people and is an expert in unleashing talent. She is also a lawyer and announcer with honors for her contribution to the media.



THE BLUE HOUSE

Discover how to care for, enhance, and empower your blue house, which is yourself, and achieve sustainable self-leadership with powerful results

★ **Build your own personal brand and build your self-esteem**

Ediciones B, April 2024, 184 pages

Often, we think that our happiness depends on something external, and when things don't go as expected, we may not know what to do, feeling like we've lost the course of our lives. Raquel Gómez H., an empowerer of people and an expert in unleashing talent, teaches us in this, her most intimate book, a lasting model of self-leadership that is within us, in our sacred and secure place, which she calls our blue house.

The author narrates in a close and moving way how, after facing the grief of losing her mother and several challenging changes in her life, she understood that to achieve a solid personal brand, she had to embark on a new and profound path, which she refers to as the blue path of a blue leader.

Here, she shares with us an integrative leadership methodology that includes the four pillars of the human being—the physical, the mental, the emotional, and the spiritual—and invites us to apply it in our daily lives with powerful tools that she describes in detail.

These tools not only resonate with the model of blue leadership she proposes for the world of work, to improve relationships and productivity but also to navigate life with love as an energy activator. Because a farewell is a new beginning, even if it hurts.

BRAIN SCIENCE



Penguin
Random House
Grupo Editorial



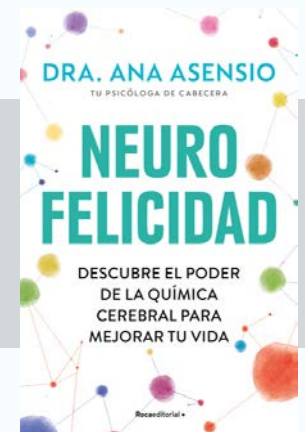
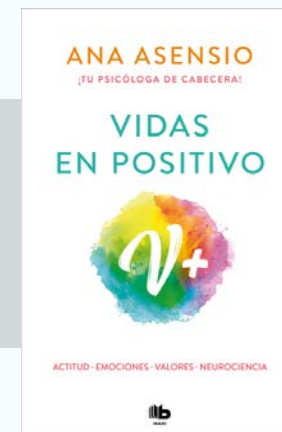
ANA ASENSIO

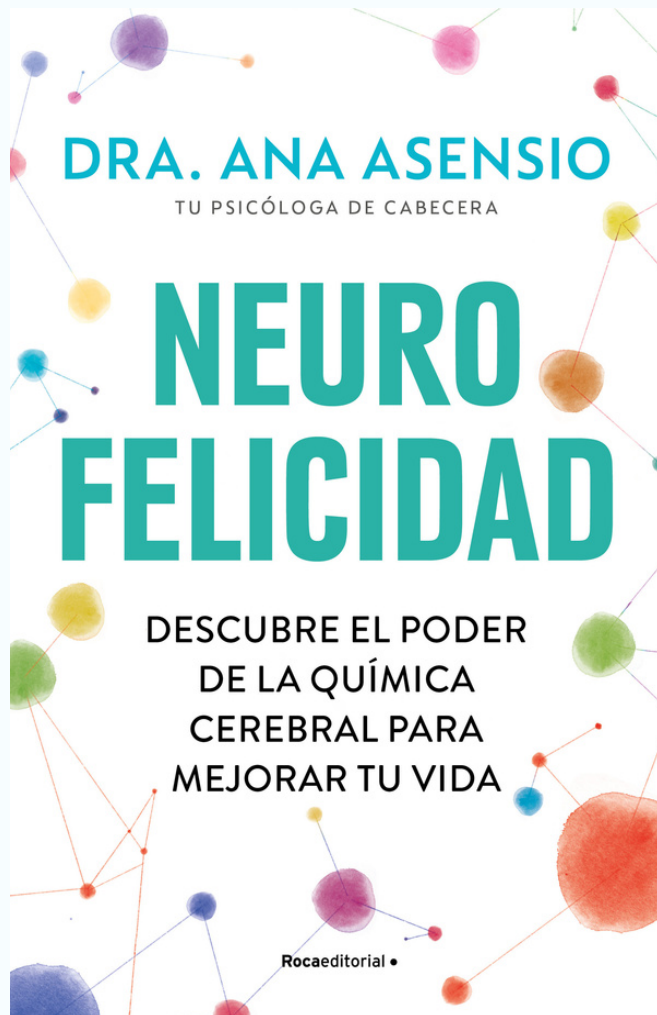
Ana Asensio is a healthcare psychologist, psychotherapist, and Doctor in Neuroscience from the Faculty of Medicine at UCM, with over twenty years of experience. Ana is also an expert in Autism, Mindfulness, and holds a master's degree in Early Intervention and Language.

Over the years, she has specialized in the field of integrative psychotherapy, combining different disciplines into her own method that she has studied and researched over more than twenty-two years of work and twenty-seven years of training. Ana specializes in treating anxiety, stress, and depression, integrating neuroscience and brain function into her "Life Intelligence" method with emotional management, social relationships, attachment, bonds, and behavior, all connected to self-awareness through mindfulness meditation tools.

Ana is also a university professor at Alfonso X University, a media communicator, and the author of the books "Positive Lives" and "Neurohappiness." She is currently a member of the Spanish Association of Neuropsychiatry and coordinates the Clinical Psychology, Health, and Psychotherapy Section of the Official College of Psychology of Madrid.

She has received awards for professional excellence in her research work, and her centers have been awarded for professional and educational excellence. Currently, Ana combines her work in therapy and coordinating her centers with teaching, her passion for communication, and giving lectures for various companies and institutions worldwide.





NEUROHAPPINESS

Happiness and well-being are in our brain's chemistry. Ana Asensio gives us the keys to learning more about our brain.

★ **Innovative book on how to discover the brain in a practical way and learn how brain training can be part of your daily life**

Roca Editorial, January 2024

We usually think that our brain controls it all, but the rest of our organs - the heart, liver, lungs, kidneys and intestines - also have neuronal memory and much to do with what we feel, what ails us and how we express these emotions.

Find out how the chemistry of happiness works and you will learn that you are often more what you feel than what you think. The brain is very intelligent, but not as much as we think: it's within your power not to let your mind dominate you, but for you to dominate it and thus achieve what you set your mind to. Ana Asensio offers you the tools you need to lay the foundations for a full life, in harmony with your body and governed by a positive attitude.

KEY POINTS:

1. Understanding the Brain: Examines emotions versus reason, brain waves, attitude, habits, and the connection between reason and the heart.
2. Mapping the Brain: Discusses cerebral hemispheres, the hippocampus, conscious and unconscious processes, the insula, and the importance of neurons.
3. Beyond the Brain: Explores the link between the immune system and positive thinking, the human soul in the brain, neurons in other body parts, and brain intelligence.
4. Neurochemistry of Happiness: Introduces endorphins, serotonin, dopamine, and oxytocin, and their impact on well-being.
5. Enemies of Happiness: Covers the neurochemistry of emotions, stress, anxiety, and techniques to manage them.
6. Brain and Body Connection: Highlights the connection between the brain and body, including the vagus nerve, digestive system, sleep, and heart coherence for emotional intelligence and positive thinking.



DAVID BUENO

David Bueno i Torrens (Barcelona, 1965) is a Doctor of biology and research professor at the University of Barcelona's Department of Biomedical, Evolutionary and Developmental Genetics. Since 2019, he has chaired the neuroeducation department at UB-EDU1st, the first in the world dedicated to the field. His professional and academic career has been rooted in Barcelona and focused on how developmental and neuroscientific genetics relate to human behavior, especially during the learning process. He has also been a researcher at Oxford University and completed residencies at the European Molecular Biology Laboratory in Heidelberg (Germany), the University of Innsbruck (Austria) and Cold Spring Harbor Laboratory in New York (USA).

He teaches classes on a number of subjects within the fields of genetics, scientific communication, instructor training and neuroeducation, and he has published over sixty articles in specialized journals.

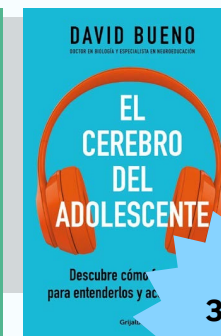
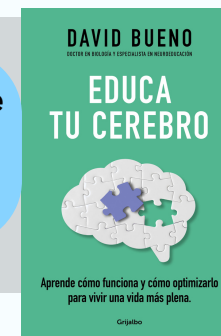
In the world of science education, he has published books and essays for non-specialized audiences, as well as several textbooks.

He regularly contributes to several media publications, including El Punt Avui and Ara, for whom he has written over 600 articles, and has appeared on several radio and television programs.

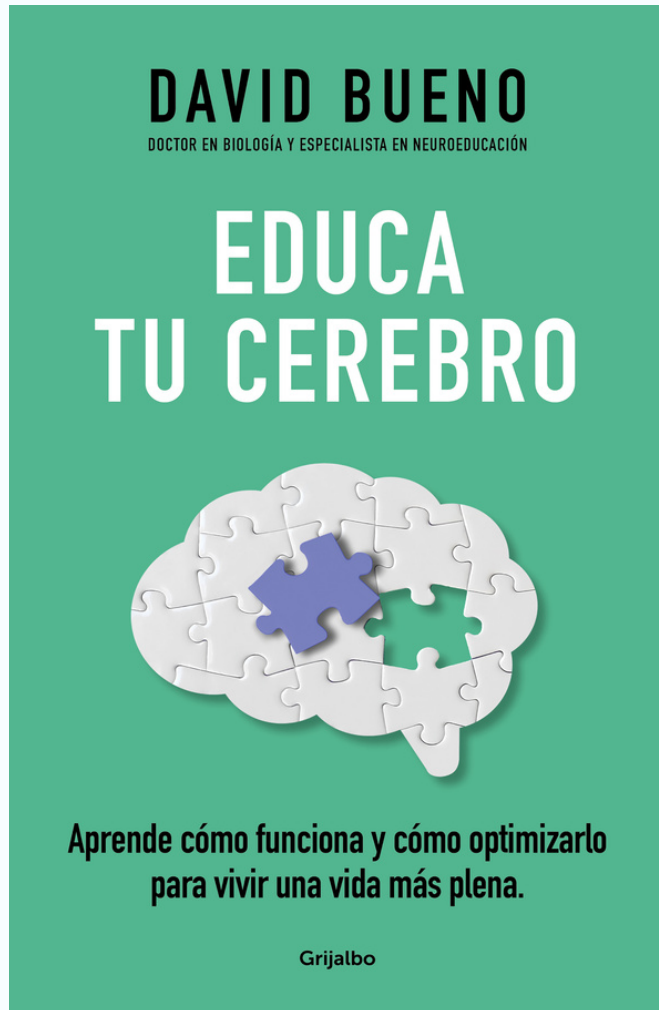
In 2010, he received the European Award for the Dissemination of Science in the "general studies" category. In 2018, he received the Premio Magisterio for his contributions to neuroeducation and in 2019 he was awarded the University of Barcelona's Doctoral Faculty distinction for his efforts at scientific education. He has participated and continues to participate in several projects on educational reflection and innovation promoted by the Generalitat of Catalonia, and for the past twelve years he has been subject coordinator in biology for the University of Catalonia's admissions exams; in that position, he encouraged a transition from traditional memory-based questions to questions requiring real-world reflection and analysis.

You can [access his website here](#), with the option to see it in English too.

★ **Standout author for his in-depth exploration of cognitive development, offering fresh perspectives on mindset, emotions, and motivation in learning**



**35,000
COPIES SOLD**



EDUCATE YOUR BRAIN

Can we change our brain? Can we teach ourselves? Find out how our brain learns and how to make the most of it.

★ **Understand cognitive development, mindset, and the role of emotions in learning**

Grijalbo, January 2024, 352 pages

The brain is the organ of thought, allowing us to acquire new knowledge and experiences, manage all our behaviours, and it's also where our dreams reside. In these pages, we will learn how to continue to develop cognitively and mentally in order to have a richer, dignifying and empowering life, by understanding what the brain is like, how it works, how it's formed and how it constantly builds and rebuilds itself.

Our mind is not set in stone; it can always continue growing and expanding its horizons, and in these pages, we will find out why this is necessary, how we can keep growing and the cognitive advantages of doing so. Knowing about the brain, how it is built and how it works is one of the main ways to change it and enjoy a fuller life.

A groundbreaking exploration of cognitive development, the book delves into the fundamental aspects of education, from the historical roots of learning to the modern understanding of genetics and brain function.

A significant portion of the book is dedicated to the concept of a growth mindset, exploring the neurological basis of mindset and how it can shape our ability to learn and grow.

Additionally, the book discusses the role of emotions in learning and the relationship between motivation and success, as well as the concepts of happiness and well-being, exploring how cognitive flexibility, creativity, and free will contribute to a fulfilling life.

35,000
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THE ADOLESCENT MIND

Discover how adolescents brains work to understand and accompany them

★ Understand how the teenage brain works in order to accompany the teenagers within your life

Grijalbo, January 2022, 320 pages

Rights sold to: Italy (Giunti), Korea (Wonderbox), Turkey (Pegasus)

WINNER OF THE ZANIBELLI PRIZE IN ITALY



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.



GEMA CLIMENT

GEMA CLIMENT is a forensic psychologist and clinical neuropsychologist. Recognised for her work in neuropsychological tests in virtual reality, she was selected as one of the fifty most influential women in the field of technology in Europe, according to Forbes. She received the Award for Best Scientific Development at the second edition of the Smart Woman Forum & Awards (2023).

GEMA CLIMENT



Factores clave para una
buena salud cerebral

SINE
QUA
NON

VOYAGE TO YOUR BRAIN

The keys to good brain health, by one of Europe's fifty most influential women in technology

★ **Unique focus on how to harness the unique strengths and abilities of the middle-aged brain to continue growing and learning**

Ediciones B, January 2024, 304 pages

Welcome to a fascinating journey into the inner workings of our body's most complex and adaptable organ: the brain. In our book, we will explore the extraordinary ability of this biological marvel to reorganize and create new neural connections throughout life. This phenomenon, known as "neuroplasticity," provides us with the key to understanding how the brain adapts to new experiences and learns skills as we age.

As we traverse the life cycle, our brain undergoes changes that, while they may impact cognitive function, do not necessarily imply intellectual decline. In particular, the middle-aged brain may not be as quick or efficient in certain key areas such as processing speed, attention, or working memory compared to younger minds. However, this book highlights that middle age also brings with it a unique set of strengths and abilities that can be harnessed and developed.

Within these pages, we will explore the keys to maintaining optimal brain health, addressing the cognitive changes inherent in middle age. The approach is twofold: first, we delve into a detailed understanding of cognitive functions to establish a solid foundation; then, we delve into the specific changes that occur in middle age, exploring how to address them and to what extent it is possible to compensate, substitute, or even slow down these changes.

- Discover how neuroplasticity allows the brain to adapt to new experiences and learn throughout life.
- Understand that aging does not necessarily imply intellectual decline but rather changes that can be positively managed.
- Harness the unique strengths and abilities of the middle-aged brain to continue growing and learning.

HEALTH



Penguin
Random House
Grupo Editorial



MARCOS VÁZQUEZ

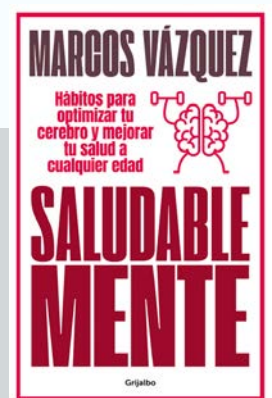
Marcos Vázquez is a renowned author and a leading figure in the field of health and wellness. Known for his expertise in the dissemination of health-related information, Vázquez has gained significant recognition as a national reference in the areas of longevity, brain optimization, and personal development.

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.

**AUTHOR HAS SOLD
80,000 COPIES TO DATE**





LIVE MORE

Practical tools to live longer, better and stop aging

- ★ **HOT TREND: Longevity**
- ★ **Accesible, practical 2-colour layout**

Grijalbo, January 2021, 336 pages
Rights sold to: Portugal (Contraponto), Russia (Popuri)

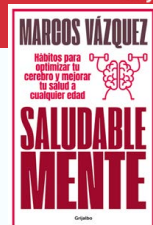
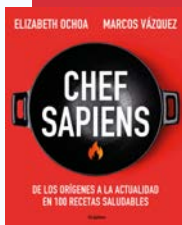
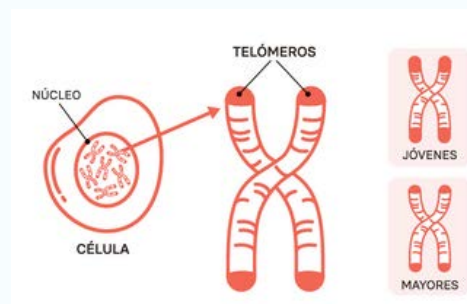
From the hand of Marcos Vázquez, one of the most recognized references in health dissemination in the Spanish-speaking world, we are going to delve into the aging process of the human body to discover what it is, why we age and how we do it.

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.

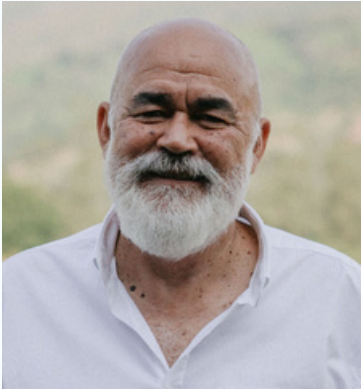
Marcos is at the forefront of all the studies and research being done in the field of longevity, which is why he also incorporates a more futuristic side and talks about technologies that could transform the way we age in a few decades.

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



Previous titles by the author



GEOFFREY MOLLOY

An expert in addiction management, GEOFFREY MOLLOY is an Irishman of Malaysian descent who has learned mindfulness and meditation techniques from prominent Buddhist masters. An intimate friend and Spanish translator of Allen Carr, Molloy applies the principles of the bestselling author's method for quitting smoking to all types of addictions. For almost two decades, he has been conducting retreats on his farm in Cantabria where attendees learn to quit smoking, drinking.

PENDING FINAL COVER

ENJOYING SOBRIETY

Quitting drinking is easy if you know how.

Roca Editorial, May 2024, 288 pages

PENDING FINAL MATERIAL

The ultimate reference author for overcoming addictions effectively, quickly, and without a sense of sacrifice, with over a decade of experience helping hundreds of people for more than ten years.

This book prompts the reader to examine the reasons for their drinking until they reach the conclusion that they are all misguided.

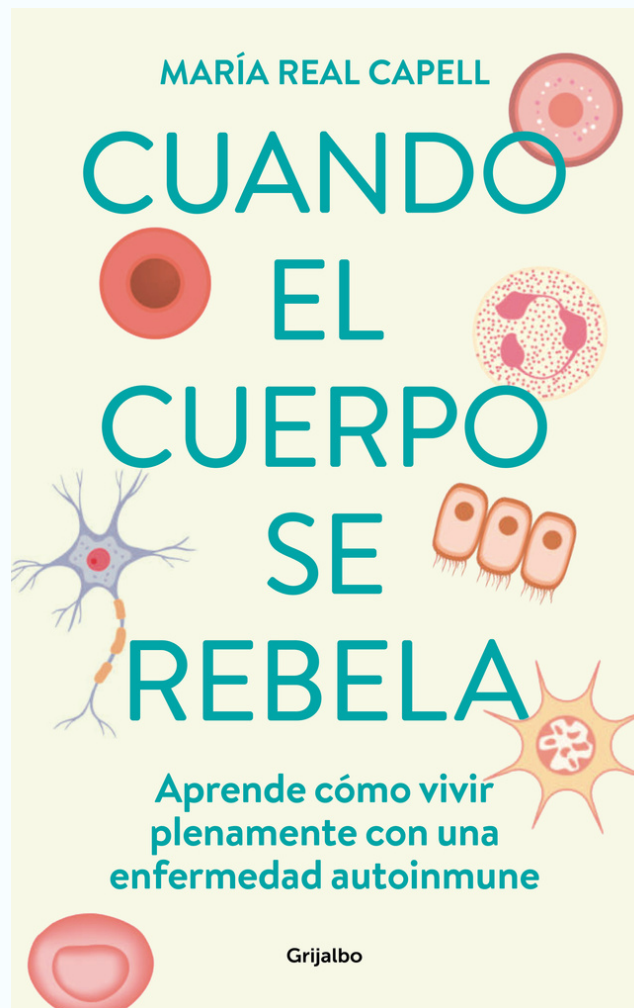
It also includes Sufi and Buddhist tales (without delving into anything mystical) and mindfulness techniques that lighten the reading and further motivate the reader, making the promise of the title a reality: quitting drinking not only doesn't cost anything but will be the happiest decision of your life. This method doesn't require faith, nor does it involve willpower, just an open mind.



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

★ **HOT TREND: Autoimmune health**

Grijalbo, June 2023, 448 pages
Rights sold: Romania (Hermes)

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.

- ★ **Endometriosis & Fertility: key Women's Health topics**
- ★ **Beautifully Illustrated with practical layout & tips**

ABOUT THE AUTHOR & ILLUSTRATOR



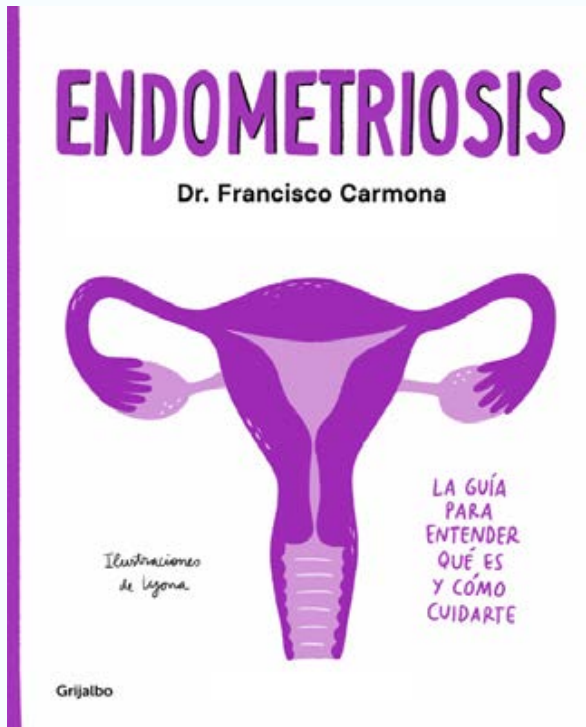
FRANCISCO CARMONA

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.

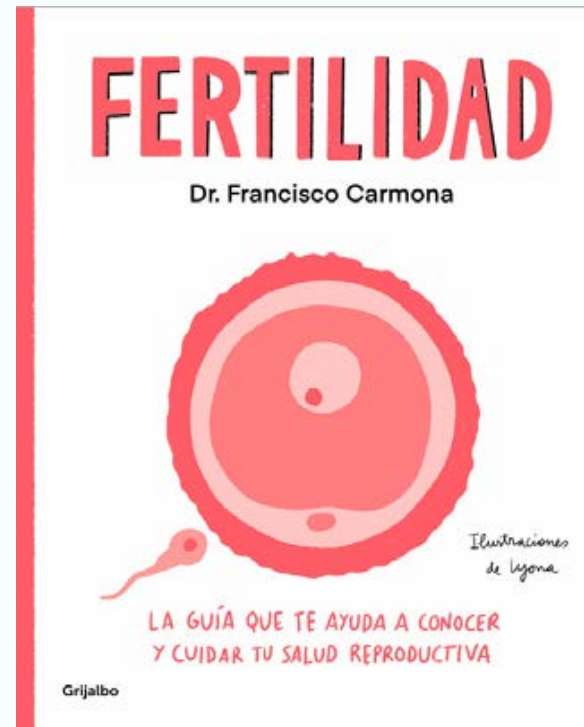


LYONA

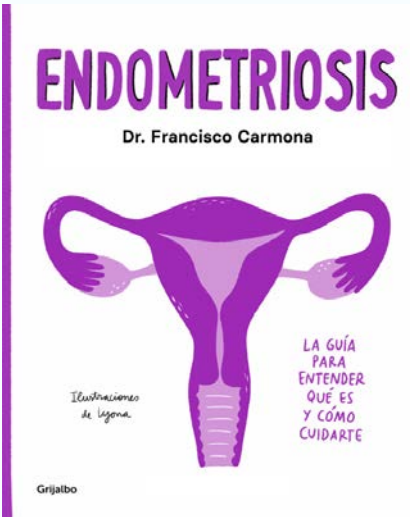
Marta Puig, better known as Lyona (Barcelona, 1979), is a multifaceted artist. She has created over a hundred music videos for bands such as Love of Lesbian, Sidonie, Lori Meyers, Carlos Sadness, and Amaral. In 2011, she illustrated "Yo mataré monstruos por ti," a story written by Santi Balmes. Since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



Grijalbo, April 2021, 192 pages



Grijalbo, September 2023, 192 pages



ENDOMETRIOSIS

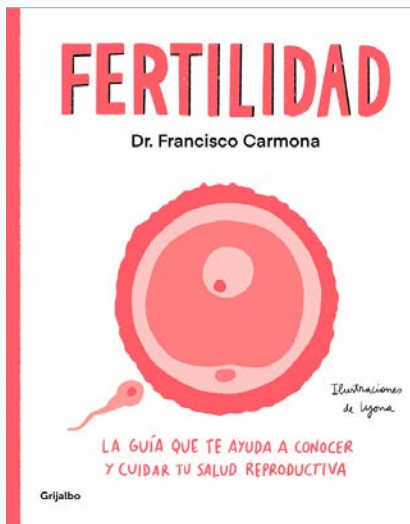
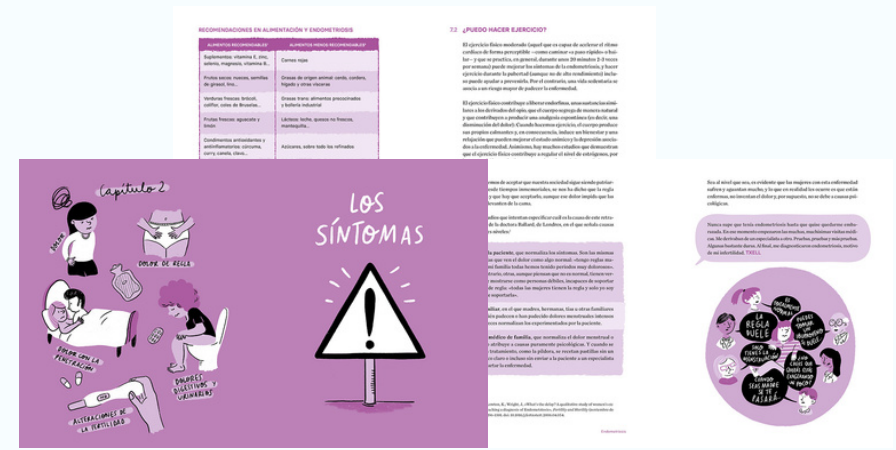
The guide to understand what it is and how to look after yourself

Grijalbo, April 2021, 192 pages

Rights sold: Germany (Yes! Publishing), Portugal (Bertand), Hungary (Kossuth), Russia (Mann, Ivanov & Ferber)

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.



FERTILITY

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

Grijalbo, September 2023, 192 pages

Rights sold: Portugal (Bertand)

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.



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.





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

The intestine, our second brain

★ **HOT TREND: Gut health**

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



COMIDA			
	INGREDIENTES (para 2 personas)	Tiempo de Cocción	TIPO DE COMIDA (Vegetariano)
	1/2 aguacate	10 min	Vegetariano
	1 banana	10 min	Vegetariano
	1 huevo	10 min	Vegetariano
	1 pepino	10 min	Vegetariano
	1 taza de lentejas	10 min	Vegetariano
	10 min	Vegetariano	
	1 taza de yogur	10 min	Vegetariano

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DATE**

NÉSTOR SÁNCHEZ + ORIOL RODA

SALUD KETO

RECUPERA TU
ENERGÍA INFINITA:
LA GUÍA DEFINITIVA
PARA COMPRENDER
Y APLICAR LA DIETA
CETOGÉNICA

Grijalbo

KETO HEALTH

The ultimate book to find out what the ketogenic diet is and how to apply it.

★ **Practical guide to everything you need to know about Keto**

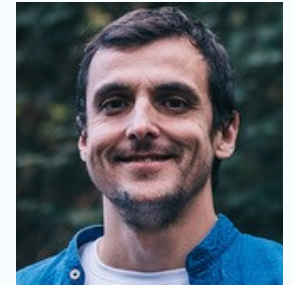
Grijalbo, January 2024, 208 pages

What is the keto diet? What are its pros? And its cons? Does it really make you feel better and help you control your weight? Can you skip it one day? Is the dreaded rebound effect real? Néstor Sánchez and Oriol Roda break down, in a simple and clear way, what the ketogenic diet is, how to apply it, and above all, they explain all the benefits it provides, both physically and mentally. The ultimate book to learn about and implement the ketogenic diet.



ORIOL RODA has a PhD in molecular biology and an MBA. All his life he had to fight weight gain until, in 2010, he discovered the keto diet and got the body he wanted, and he also put behind him injuries and physical problems that had plagued him for years.

NÉSTOR SÁNCHEZ is a physiotherapist with master's degrees in clinical psychoneuroimmunology and human biology. Néstor is the founder of Regenera, a pioneering company in the treatment of patients and training in clinical psychoneuroimmunology.





RADHARANI JIMÉNEZ

RADHARANI JIMÉNEZ CARVALLO was born and grew up in Venezuela; she is a gynaecologist specialising in hormonal health, menopause, climacteric and fertility, whose career has spanned decades. She has lived in Barcelona with her family since 2008.



Prólogo de Patricia Ramírez

EL GRAN LIBRO DE LA SALUD INTEGRAL FEMENINA

UNA GUÍA PARA LA PLENITUD
DEL CUERPO, LA MENTE Y EL ESPÍRITU



DRA. RADHARANI JIMÉNEZ

Grijalbo

THE GREAT BOOK OF COMPREHENSIVE WOMEN'S HEALTH

★ **Practical guide to holistic women's health**

An overview of female health through integrative medicine that relates hormonal health, lifestyle and emotional balance.

Grijalbo, January 2024, 320 pages

"In this book, I explain holistic feminine health step by step, detailing how our body and mind work and how all the things we do, our habits, thoughts, emotions, food, rest, people we live with, our spiritual connection, language, beliefs and every routine we do have a great influence on our present and future well-being.

First, by knowing how we work and what tools we have to stay healthy: we will travel through our hormonal stages, our relationship with our body and cycle, the information we receive and our vision of women's health. We will understand what our doctors are looking for during gynaecological check-ups, why we do them and how best to deal with them".

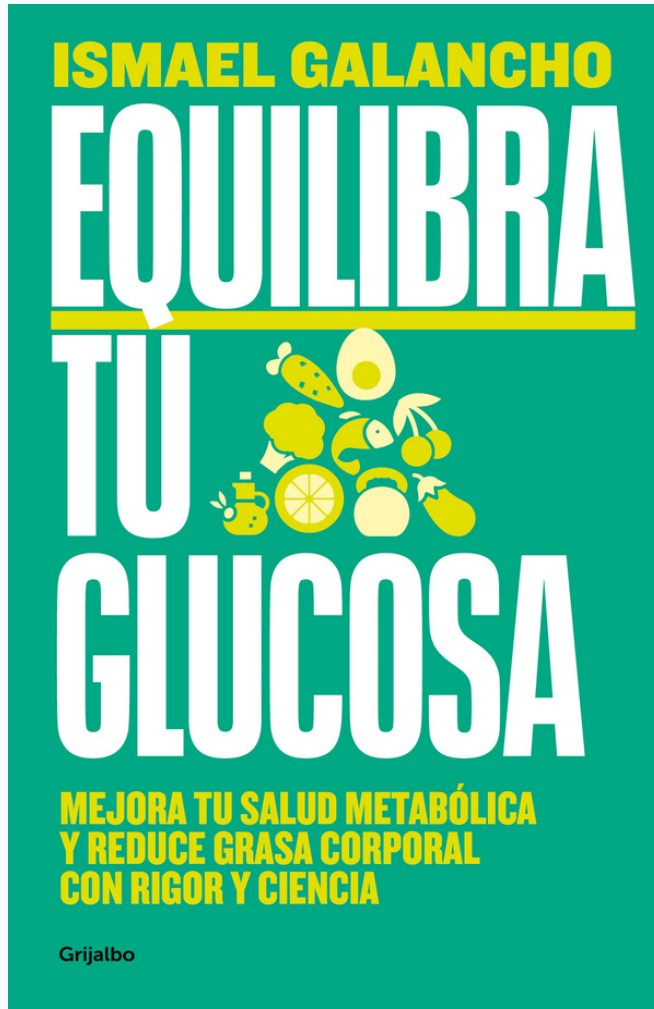
"Secondly, by viewing our health as a whole. That we are body, mind and spirit. Through my holistic health method, I explain "the star of health", where we work on the seven elements that make up our comprehensive health and well-being".



ISMAEL GALANCHO

ISMAEL GALANCHO is a specialist in nutritional planning and training programmes for elite athletes. He also lectures and teaches on various university master's degrees related to clinical and sport nutrition, exercise physiology, the pathophysiology of obesity and metabolic diseases.

Also by the author: **Burn Your Diet**



Hot health topic from an area expert, mixed with a strong layout and accessible text

BALANCE YOUR GLUCOSE

A guide to keeping your glucose in check, improving your metabolic health and losing fat, rigorously and scientifically.

Grijalbo, February 2024, 320 pages
Rights sold: Poland (Buchmann)

Are carbohydrates and sugar the only reasons we gain weight or get sick? Are glucose and insulin in blood in our body for the sole purpose of harming us? Are glucose or insulin spikes as harmful as they say?

In his new book, Ismael Galancho explains the real causes of common metabolic disorders like insulin resistance, obesity and type-2 diabetes, and offers practical tools to keep you as far away from them as far as possible.

Key Takeaways:

- Uncover common mistakes made when restricting foods based on glucose spikes.
- Understand why measuring glycemic response post-meal may not always lead to improved health.
- Discover the real causes behind metabolic disorders like insulin resistance, obesity, and type 2 diabetes.
- Acquire practical tools to steer clear of metabolic disorders.

★ 2-COLOUR INSIDES

Si no se entiende bien el proceso fisiológico que hay detrás de los picos de glucosa, se modifica la dieta sin sentido e incluso se pueden tomar decisiones que perjudiquen la salud.

EL ÍNDICE GLUCÉMICO DE LOS ALIMENTOS

Algunos alimentos que contienen carbohidratos dan como resultado un rápido aumento de la glucosa en sangre, al cual sigue una rápida caída. A estos alimentos se los denomina **carbohidratos de alto índice glucémico** o, más coloquialmente, **carbohidratos rápidos**. Los carbohidratos que producen un aumento más lento y progresivo de la glucosa en sangre, seguido de una caída también más lenta y prolongada, se denominan **carbohidratos de bajo índice glucémico** o **carbohidratos lentos**.

EL ÍNDICE GLUCÉMICO es un concepto que se usa para clasificar los alimentos según la respuesta glucémica que provocan, es decir, según el pico de glucosa que producen. A cada alimento se le otorga un valor de entre 0 y 100. Los alimentos de bajo índice glucémico son aquellos que están por debajo de 50. Los de alto índice glucémico son los que están entre 50 y 100. En los alimentos de alto índice glucémico son los que están por encima de 70.

En principio, cuanto más se acerca a 100 el índice glucémico de un alimento, más elevará este la glucosa en sangre. Según este criterio, como indica la tabla, las zanahorias cocidas...

ALIMENTOS CON ALTO ÍNDICE GLUCÉMICO		
ALTO índice: > 70	ÍNDICE 50-69	ALTO índice: > 70
20 arroz	30 pan	30 patata cruda
40 papaya cruda	40 masa de azúcar	30 patata cocida
20 pan de molde	40 miel	30 patata cocida con piel
20 naranja	40 azúcar	40 galletas de azúcar
20 melocotón	40 galletas saladas	40 galletas de azúcar
20 albar de brandy	40 azúcar de mentaditas	40 galletas de azúcar
40 uva	40 azúcar	40 galletas de azúcar
40 leche entera	40 miel	40 galletas de azúcar
20 zumo de naranja	40 azúcar	40 galletas de azúcar
20 zumo de limón	40 azúcar	40 galletas de azúcar
20 zumo de naranja	40 azúcar	40 galletas de azúcar
20 zumo de limón	40 azúcar	40 galletas de azúcar
20 zumo de naranja	40 azúcar	40 galletas de azúcar
20 zumo de limón	40 azúcar	40 galletas de azúcar
20 zumo de naranja	40 azúcar	40 galletas de azúcar
20 zumo de limón	40 azúcar	40 galletas de azúcar
20 zumo de naranja	40 azúcar	40 galletas de azúcar
20 zumo de limón	40 azúcar	40 galletas de azúcar

Figura 10. Clasificación de algunos alimentos en función de su índice glucémico.

des elevarán más la glucosa en sangre que un post de patatas o que el arroz blanco cocido que son postos por que una vez que agotan contiene carbohidratos eleva más la glucosa en sangre que las patatas o el arroz, que son muy ricos en carbohidratos? La respuesta es que no sucede así. En realidad, la interpretación del índice glucémico tiene bastantes fallos. A continuación veremos por qué.

1. Cantidad de alimentos ingeridos. Para determinar el índice glucémico de un alimento se le hacen pruebas a medida de rájgas de estudio para ver cuánto les eleva la glucosa en...

Después de los carbohidratos simples podemos incluir algunos como el azúcar blanco, la miel, los mielazales, los albar, los frutas, azúcar.

Después de los carbohidratos complejos podemos incluir algunos como la patata, el arroz, los cereales, los legumbres, el pan, el panes, azúcar.

¿LOS CARBOHIDRATOS ENDORANT?

Cuando hacemos dieta, en la actualidad podemos la idea de que los carbohidratos son alimentos que nos hacen engordar. Sin embargo, esta afirmación no es correcta.

Se explica el problema no son los carbohidratos en sí, sino la manera de comer que hacemos en general. En un día, con gran cantidad de ultraprocesados y comida basura, combinada con un estilo de vida sedentario. Si a eso le añadimos que sufrimos de estrés crónico, dormimos poco, tenemos demasiada ansiedad y tenemos problemas de salud mental, creamos las condiciones ideales para que aparezcan los problemas de sobrepeso, la ansiedad y los problemas metabólicos.

¿LOS CARBOHIDRATOS SE CONVIERTEN EN GRASA?

Cuando comemos alimentos ricos en carbohidratos, después del organismo estos se transforman preferentemente en glucosa. Dicha glucosa se puede usar como fuente de energía en ese mismo momento, es decir, se puede quemar, o se puede almacenar en forma de glucógeno para utilizarla más adelante. No obstante, parte de esta glucosa a veces se convierte en...



AUTHOR HAS SOLD 125,000 COPIES TO DATE

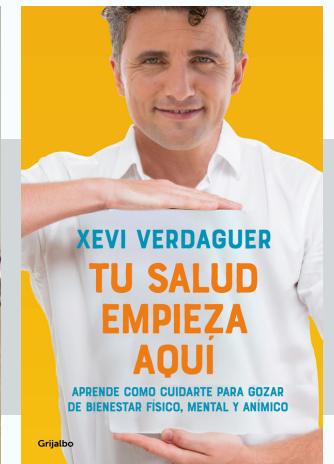
XEVI VERDAGUER

Xavier Verdaguer (Olot, February 1, 1975) is a Catalan physiotherapist who applies psychoneuroimmunology as a therapeutic method. Graduated in physiotherapy from the Catholic University of San Antonio de Murcia in 2015, he has also attended various training courses in physiotherapy, immunology, and endocrinology.

PNIE (Psycho-Neuro-Immuno-Endocrinology) is an integrative discipline that studies the relationship between the nervous, hormonal, immune systems, and human behavior. Thanks to new technologies and scientific advances, it helps individuals find the root of their health problems and make necessary changes to solve them

He is the author of self-help books on health, such as "Take Care of Yourself" and "Transform Your Health," and has frequently appeared on television and radio programs, such as "El Mur de TV3" in 2015, which has drawn criticism from medical sectors as he makes diagnoses and provides medical advice without sufficient scientific basis in mass media.

He is also involved in education, notably directing the postgraduate course on PNIE at the University of Barcelona. You can access his [webpage here](#).





YOUR HEALTH STARTS HERE

Learn how to look after yourself to enjoy mental, physical and emotional health

Grijalbo, April 2024, 304 pages

PENDING FINAL MATERIAL

Xevi Verdaguer was the first to talk about microbiome

Now he returns to revolutionize our health and take it to a higher state.

Tiredness or lack of energy, poor sleep, feeling depressed, chronic pain, migraines, menstrual irregularities, allergies, eczema, gas, or abdominal bloating... are signals that your gut is sending you to communicate that something is not working. Going to the root of the problem is the only way to solve it.

This book, destined to be the great book of the second brain, explains that the key to solving chronic problems, such as irritable bowel syndrome, chronic fatigue, fibromyalgia, depression, or autoimmune diseases, lies in rebalancing the intestinal microbiota.

In it, you will find theoretical explanations, but also a lot of practical information and advice that will help you achieve your goal: to be healthy. The key to your health and well-being is in these pages.



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.

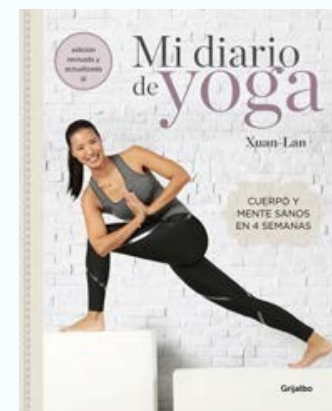
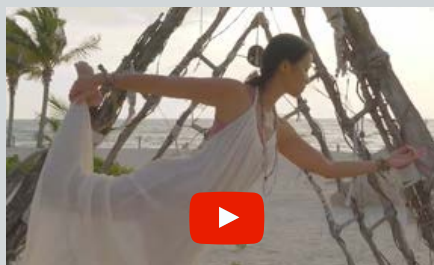
Born in France, Xuan's yoga journey began in New York twenty years ago. Now based in Barcelona, she dedicates herself to sharing yoga with others and her goal is to bring yoga to as many people as possible using a methodology that looks at how to integrate good healthy habits, yoga and meditation, in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



OVER 100,000 COPIES SOLD

FLUENT IN FRENCH & 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.

★ Practical, fully photographic 4-colour yoga guides



YOGA FOR MY WELLBEING

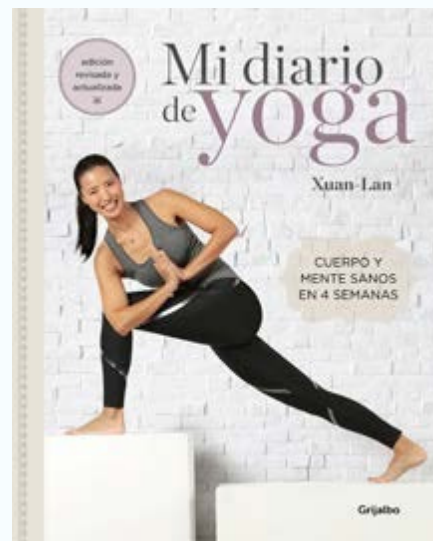
Xuan-Lan explains how to find inner wellbeing through yoga

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)





ISABEL BELAUSTEGUI

ISABEL BELAUSTEGUI is a graduate in medicine and surgery, specializing in Pathological Anatomy, and holds a master's degree in Neural Therapy and Neurofocal Dentistry. She is a co-founder of the Vida Potencial platform and the author of 'Dieta cetogénica' (Ketogenic Diet) and 'La magia del ayuno' (The Magic of Fasting).

DRA. ISABEL BELAUSTEGUI

OPTIMIZA TU METABOLISMO

Un plan completo para optimizar tu flexibilidad metabólica, mejorar la salud y perder peso



PROVISIONAL

BOOST YOUR METABOLISM

A guide to regain metabolic flexibility and live your best version.

★ **Metabolic flexibility is all the rage: more and more people are interested in reclaiming it and radically improving their health**

Grijalbo, May 2024, 288 pages

PENDING FINAL MATERIAL

Behind chronic inflammation, excess weight, lack of energy, and diseases such as cancer lies metabolic rigidity.

Although we are naturally flexible, decades of sugar-based diets and a lack of physical activity have led to metabolic inflexibility. Here are the keys to metabolic flexibility, allowing us to optimize our metabolism through nutrition, physical activity, and lifestyle.

This book provides a scientific review of the impact on physical, mental, and emotional health, along with practical tools to implement these principles every day. It guides us to become stronger, smarter, and happier, in addition to achieving a more beautiful and healthier body.



CATALINA BENEDETTI

CATALINA BENEDETTI, a psychologist trained in Gestalt, shamanism, rebirthing, mindfulness, NLP, etc., has discovered that conscious and connected breathing is the ultimate therapy. She lives in Bali, and Charuca and Xuan Lan are among her 20,000 followers."



THE SPIRIT OF BREATHING

And what if the most everyday act were the most transcendental? Heal your traumas and free yourself from pain through IN BREATH breathing

★ **Breathwork as a companion, and tool for wellbeing**

Roca Editorial, May 2024, 336 pages

PENDING FINAL MATERIAL

This revolutionary book unveils that proper breathing is the ultimate emotional therapy and the key to enhanced spirituality and calmness: no intermediaries, no side effects.

Poetic and practical, the author's debut book surpasses a mere breathing manual (though it includes techniques for reaping benefits such as managing stress, anxiety, or insomnia): it serves as a soothing balm for the soul.

She (as Catalina refers to breathing), that constant companion, is the key to accessing our subconscious, the therapist who knows us best, the one who illuminates our deepest wounds with clarity. A compassionate, effective, and intimate therapy that cannot be compared to anything you've tried before.

PARENTING & EDUCATION



Penguin
Random House
Grupo Editorial



SUSANA CARMONA

SUSANA CARMONA is a psychologist and PhD in neuroscience, educated at the Universitat Autònoma de Barcelona, Columbia University and Harvard University, combining research and teaching. She currently leads the neuromaternal research group of the Gregorio Marañón Health Research Institute, and the @neuro.maternal educational channel.

DRA. SUSANA CARMONA

NEURO MATERNAL



NEUROMATERNAL

Does a mother's brain change during pregnancy? A groundbreaking and unprecedented book.

★ **A fascinating look at the cognitive changes to our brains as we become mothers**

Ediciones B, March 2024, 304 pages

Neuroscience finally supports what women already sensed: motherhood transforms us. Thanks to rigorous studies analyzing brain images, today we can demonstrate that pregnancy profoundly alters a woman's brain, thus facilitating the transition to motherhood.

Neuromaternal draws on cutting-edge scientific evidence to describe the neural adaptations during pregnancy and motherhood. The research presented in this book, many of which are led by the author herself, reveals the biological dimension of "matrescence," positioning the process as one of the periods of greatest brain plasticity in adult life.

The reader will discover the crucial role of hormones in these changes, their duration, and their impact on health and the connection with the baby. Likewise, it will be shown what is true about the alleged cognitive deficits often attributed to motherhood. Along the way, the gender bias in biomedicine and, in particular, in neuroscience, will be evident. 85% of women experience pregnancy at some point in their lives. If we advocate for a comprehensive view of women's health, it is essential to make visible this transformative experience on multiple levels, including the cerebral.



RAQUEL ORGILLÉS

RAQUEL ORGILLÉS (@mamamonarental) has always been dedicated to cooking, and being a single mother changed her perspective. Now, she focuses on disseminating information about child nutrition, provides personalized advice to families, and collaborates with media outlets such as Mamazine.



COOKING TO GROW

The recipe and nutrition book that every family needs: cooking for both adults and children has never been so simple.

Roca Editorial, April 2024, 240 pages

Four years ago, Raquel Orgillés became a single mother. Since then, she has been sharing her kitchen experience with her community to make family meals simple and enriching, whether there are many or few people at home.

In this book, she gathers advice for feeding children and tips for showing the kitchen to our kids as a space for sharing and growth. Additionally, she provides a complete, simple, and delicious recipe collection not only for the little ones but for the entire family. In this work, Raquel combines her knowledge of child nutrition with her extensive experience as a cook to create guidelines and recipes that make it much easier and more economical to prepare the family menu day by day.

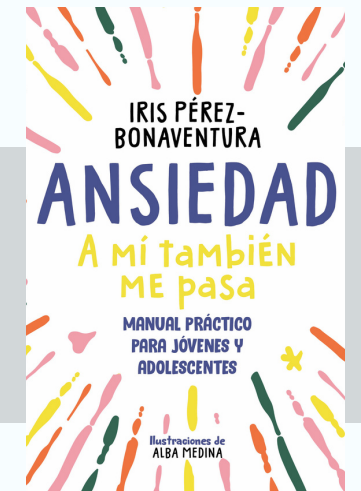


IRIS BONAVENTURA

Iris Pérez-Bonaventura is a clinical psychologist specializing in the mental health of children, adolescents, young adults, and their families.

She completed her Ph.D. in Child and Adolescent Clinical Psychology with International Mention at the Autonomous University of Barcelona and specialized in anxiety disorders at the Child Study Center at Yale University. She completed a postdoctoral fellowship in pediatric clinical psychology at the University of Minnesota and became licensed as a clinical psychologist in the United States, becoming an active member of the American Psychological Association and completing numerous specialization courses at Harvard University.

Currently, she works as an adjunct clinical psychologist in the child and adolescent mental health service at Parc Taulí University Hospital and is an associate professor at the International University of Catalonia and the Autonomous University of Barcelona.



★ **Practical & comprehensive guides with illustrations, for parents, teachers and children**



B de Block, June 2024, 224 pages

PENDING FINAL MATERIAL

HELLO, SELF-ESTEEM!

Great Tools for (Little) Great People: a non-fiction collection to navigate preadolescence.

"Preadolescence (9-13 years) is a period full of intense and challenging transformations that can generate insecurities, confusion, and even discomfort. It is a crucial time in the child's emotional and cognitive development. Amidst this sea of changes and emotions, feeling comfortable and secure with oneself can be a difficult task. Perhaps you are not perfect (spoiler: nobody is), but imperfection is beautiful, and it's important to learn to love yourself more and better, because you are amazing just the way you are!

In the first volume of this non-fiction collection, experts and child educators provide a space for reflecting on what defines each of us. It includes practical resources, activities, and simple tools to work on self-esteem with a positive attitude."

ANXIETY: IT HAPPENS TO ME TOO

A practical guide for young people and teenagers

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.



B de Block, May 2023, 192 pages
Rights sold: China (Phoenix-Hanzhang Publishing and Media)



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.

120,000
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?

★ **Positive Discipline as a key Parenting concept**

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.



ALBA PADRÓ

★ **Everything you ever needed to know about breastfeeding**

Alba Padró (Manresa, November 13, 1976) is an IBCLC lactation consultant, author, university lecturer, disseminator, and co-founder of the femtech startup on breastfeeding, LactApp. She has been chosen by the European network Euclid Network as one of the six Spanish entrepreneurs leading social change in Europe. She is the fifth-best entrepreneur in Catalonia for 2022 according to the ranking of the EAE Business School.

Padró is considered one of the leading disseminators in the field of breastfeeding in Spain. She promoted the creation of the first university postgraduate program on breastfeeding in Spain, at Ramon Llull University, to train healthcare professionals from different disciplines in the care of breastfeeding women, of which she is co-director and lecturer.

She has written the books "We Are the Milk" (Grijalbo, 2017), "Weaning" (Grijalbo, 2021), "Lots of Breastfeeding" (Grijalbo, 2022), and the children's story "We Are Made of Milk."

[You can access her webpage here.](#)





Grijalbo, April 2024, 224 pages

BREASTFEEDING 101

This book provides an overview of everything that the expectant mother needs to know about breastfeeding.

In a very colloquial tone and addressing the mother, Alba Padró, drawing from her experience as a mother and breastfeeding consultant, answers the most frequently asked questions that a mom may have: How to prepare for breastfeeding? What if the baby doesn't latch on properly or doesn't gain weight? How to balance breastfeeding and returning to work? How long should breastfeeding continue?

She also dedicates an important chapter to mothers who turn to formula milk and the guilt many of them feel for not being able to breastfeed their children. Alba is clear in this regard: the important thing is that the mom and the baby feel good.

BREASTFEEDING ALL DAY: A GUIDE TO LACTATION

The book to address all doubts about breastfeeding, by Alba Padró.

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.

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.



Grijalbo, April 2022, 344 pages

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



Grijalbo, April 2024, 224 pages

WEANING: THE END OF A STAGE

A practical book to understand the best way to wean your baby.

Divided into five major chapters: everything comes to an end, types of weaning, how to prepare for weaning, weaning by age, and questions and answers.

The book reviews this stage in an enjoyable and amusing way, often a traumatic experience for the mother.

While general recommendations can be provided for breastfeeding, weaning recommendations must be entirely individualized: natural weaning is different from emergency weaning, nighttime weaning, or weaning in the early days versus when the baby is older.

As always, the best option will be the one with which the mother feels most confident.

BREASTFEEDING

How to go back to work when breastfeeding

Women stop breastfeeding mainly for three reasons: pain, the perception of insufficient milk, and the difficulty of reconciling it with returning to work. This book is a guide for all women who are in this phase.

This book focuses on the last cause with the aim of becoming the guide that mothers going through this phase can turn to. In it, they will find the necessary information to address their doubts, discover that there are many more options than it may seem, and benefit from the experiences of other women to learn from them and feel that they can achieve it.

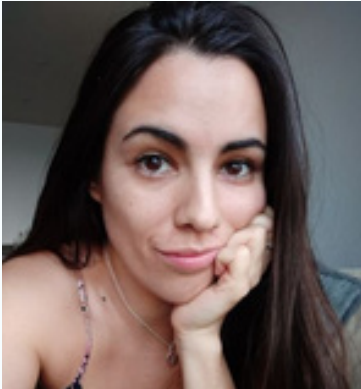


Grijalbo, April 2024, 256 pages

BIOGRAPHIES & POV



Penguin
Random House
Grupo Editorial



SORAYA NAVARRO

SORAYA NAVARRO (Alcalá de Henares, 1990) grew up with her family as a Jehovah's Witness. After a period of doubt and guilt, she decided to leave the organisation and move to London, where she began a new life in which she combines her work with creating social media content and comedy shows.



WE ARE NOT PART OF WORLD

The raw story of a member of a Jehovah's Witness community and how she fled it to become free

★ This is a powerful, first-hand account of what it is like to be expelled from your community

Ediciones B, March 2024, 240 pages

The impactful testimony of Soraya Nárez, the former Jehovah's Witness who, after being expelled from her community and forced to sever ties with her family, broke the silence by denouncing the ostracism and control practices hidden behind the organization's walls.

"When I began to put my story in writing and what I had experienced as a Jehovah's Witness, I started to realize all those things I wasn't aware of when I was inside the organization."

Why can't Jehovah's Witnesses celebrate birthdays, receive blood transfusions, or have "worldly" friends?

What exactly does this organization entail and what are the consequences of breaking its rules?

In this testimony, as raw as it is courageous, the protagonist unravels all aspects of her life as a Jehovah's Witness: the control and influence exerted even in childhood, the prohibitions, the functioning of the hierarchy, the indoctrination..., until the last time she hugged her father knowing she wouldn't be able to see him again after being expelled from the community.

From then on, she reconstructed her life and identity through experiences "of the world" that she couldn't even have dared to dream of before. In addition to giving voice to a hidden and silenced reality, the author reflects on guilt, shame, the sense of belonging, and the high price sometimes paid for freedom.



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 AIRED JAN 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.



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.

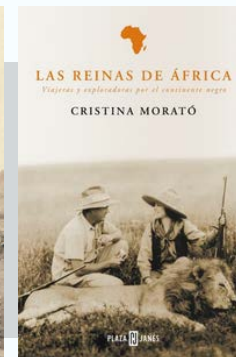
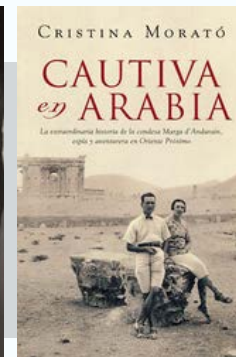
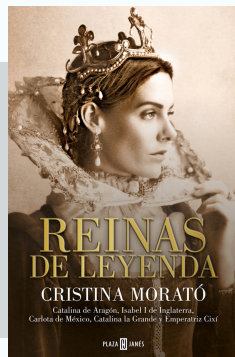
During those years, she alternated her trips with directing television programs, which she decided to give up in order to devote her time to writing about the lives of the great female travelers and explorers that history had forgotten.

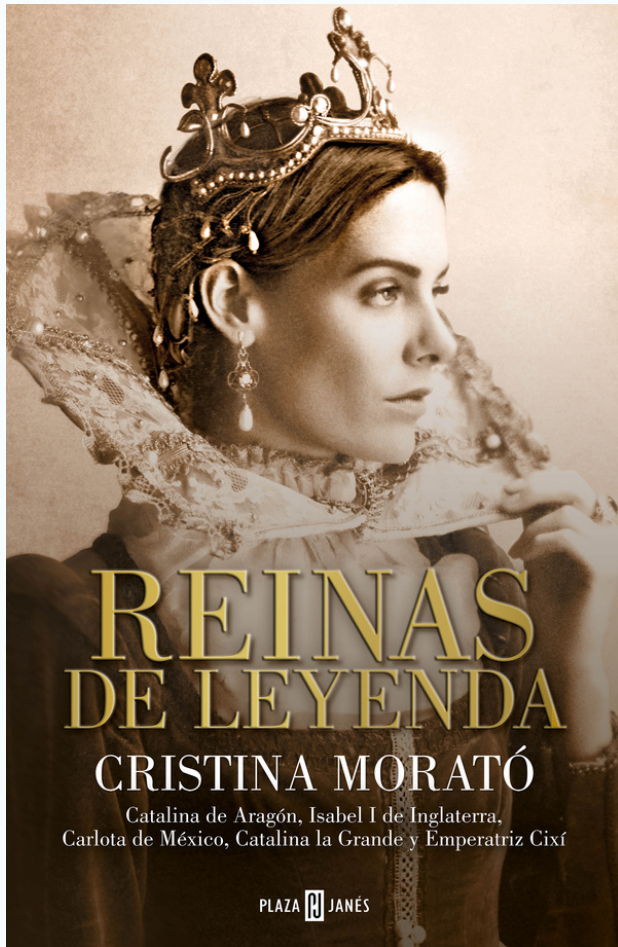
She followed in their footsteps to over forty countries, conducting research that allowed her to write the novels *Intrepid and Adventurous Women Travellers*, *The Queens of Africa*, *The Women of the Orient*, and *Captive in Arabia*.

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*.

300,000 COPIES
SOLD
IN SPAIN





LEGENDARY QUEENS

Cristina Morató brings back five women who changed history

★ **New angles on history from a Spanish bestselling author**

Plaza & Janés, November 2023, 528 pages

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 is an esteemed business, finance, and corporate journalist and editor, whose life underwent a profound transformation when her son, Lucca, was born with cerebral palsy. She went on to share his extraordinary story in the book titled "Two Hemispheres of Lucca" (Dos Hemisferios de Lucca), published by Penguin Random House Grupo Editorial in 2019.

Recently, Netflix made an exciting announcement regarding the acquisition of the rights to this work for a movie adaptation, set to be released in 190 markets worldwide. The screenplay adaptation is masterfully crafted by Javier Peñalosa, with Mariana Chenillo taking the helm as the director. Notably, the leading roles will be portrayed by the renowned actors Bárbara Mori and Juan Pablo Medina.

Bárbara has enjoyed a distinguished career, having served as the General Editor of *Expansión* magazine and as the Director of Magazines at Grupo *Expansión Time Inc.*

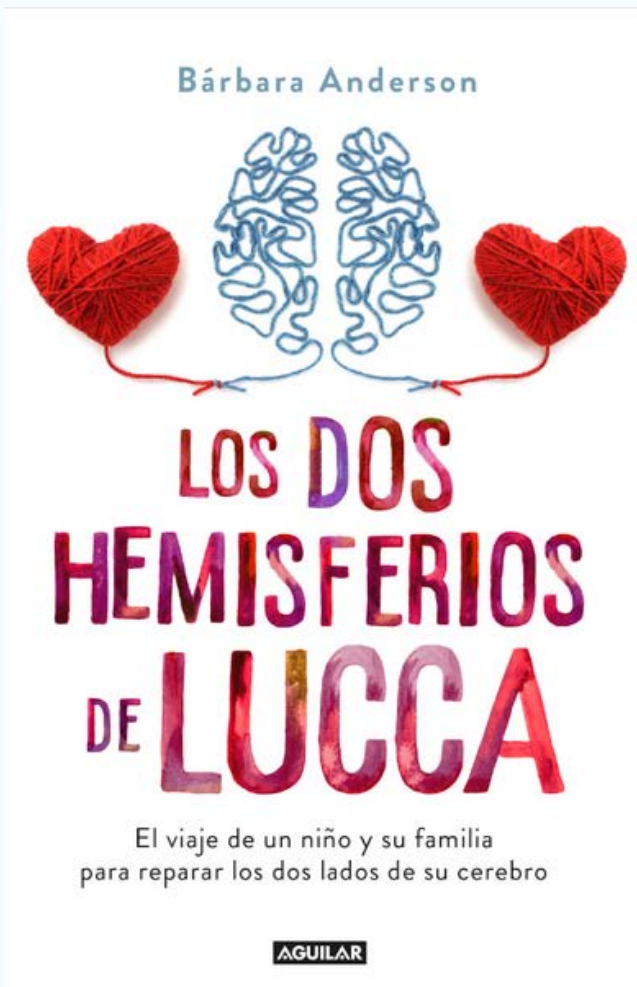
In 2013, she assumed the pivotal role of Director of Editorial Innovation at Grupo Milenio. Over the span of eight years, she contributed her daily column, 'Nada personal, solo negocios,' to all editions of *Milenio Diario* and hosted the interview program "Milenio Negocios TV," engaging with entrepreneurs and executives.

In 2020-2021, Bárbara played a pivotal role in the creation, development, and launch of the news platform *La-Lista*, featuring content from *The Guardian*. Presently, she continues to make valuable contributions as a columnist for *Expansión* and *Opinión 51*, and she holds the esteemed position of Editorial Director at *YoTambien.com*.

"Two Hemispheres of Lucca" is a remarkable narrative that underscores the transformative power of hope and perseverance. Bárbara embarked on an extraordinary journey with her son Lucca to Bangalore, India, in pursuit of an innovative and unique treatment for neurological conditions that was unavailable anywhere else in the world.

With astonishing and almost unbelievable results, this deeply moving personal story is on the cusp of reaching households and screens across the globe, and we are incredibly thrilled to represent the World Rights for this inspiring work.





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.

A glimpse of the possibilities that now open up for patients with cerebral palsy and other neurological conditions, as well as other types of diseases like cancer, from Mexico, the farthest point in the world from Bangalore.

★ **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).**

NETFLIX



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

★ Incredible real-life spy story, along the lines of the TV show "The Americans"

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.

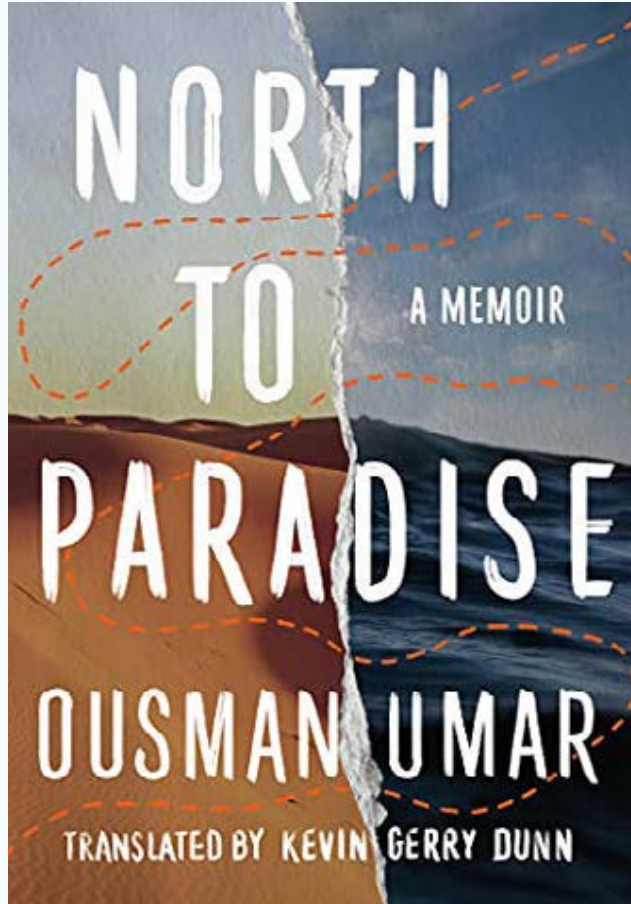
A story that mixes the personal with the political and combines Alejandra's firsthand account of her discovery alongside the inclusion of personal diary extracts from Aleksandr Ogorodnik himself.

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.



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.

★ **World English rights sold to Amazon Publishing, full English manuscript available**

BUSINESS & COMMUNICATION



Penguin
Random House
Grupo Editorial



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.

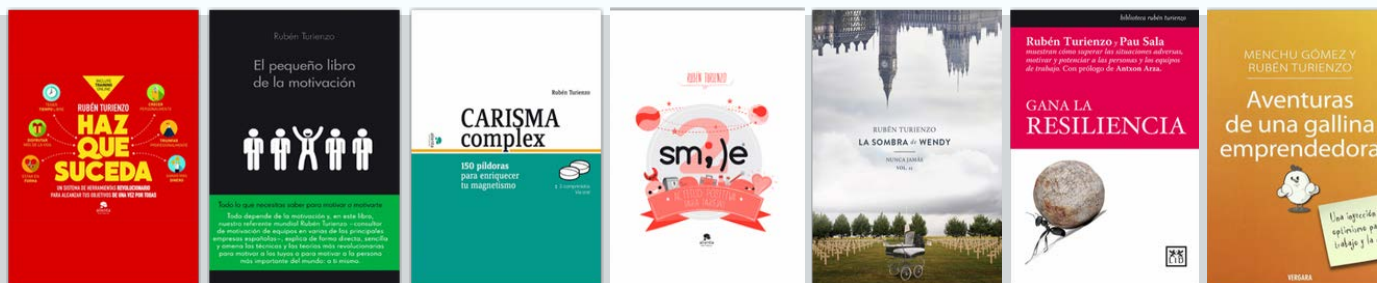
Consultant in strategy, performance and team management in multinationals such as IKEA, Red Bull, Repsol, Endesa and Disney, he is, above all, a daydreamer who applies his studies in Art History, several masters in Psychology, Coaching and an MBA from Psychology, Coaching and an MBA, to understand (and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

★ **Discover the secret of Henokiens—businesses that have thrived for over 200 years**

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



LAURA ENCINA

LAURA ENCINA has been dedicated to investment and financial advising for fifteen years. She is a disseminator and collaborator with media outlets such as Radio Intereconomía. In 2024, she will launch a podcast to discuss money with relevant women—actresses, journalists, politicians—in the Spanish panorama.

LAURA ENCINA

TU VIDA, TUS NORMA\$, TU CUENTA BANCARIA

Activa tu mentalidad millonaria
y pon a trabajar tu dinero

Rocaeditorial •

YOUR LIFE, YOUR RULES, YOUR BANK ACCOUNT

To achieve your freedom and independence, the first step is to control your wallet and your finances: embark on a journey towards success that will change your life

★ **Empower yourself through financial freedom, with a female focus to empower women with knowledge**

Roca Editorial, May 2024, 224 pages

PENDING FINAL MATERIAL

We all want to make money, but very few teach us how to relate to it and what mindset we should have when pursuing those goals. For women, the information seems even more distant from our reality, as if money were only a man's thing. That ends here and now: resolve all doubts about how to grow your money, what good debt is and what bad debt is, how to calculate the risk of your investments... Put your numbers to work!

Financial control and personal economics are within everyone's reach, as long as it is approached with the right mindset. Laura Encina takes the tie off finance and tells us the formula for financial success: start changing your mind to change the way your wallet is filled.

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.

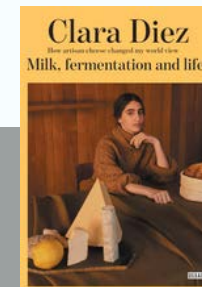
In 2020, along with her husband Adrián Pellejo, she founded [Formaje](#) with the desire to create a universe in which they could pursue their personal and professional interests and share with the world their way of understanding the fascinating world of dairy derivatives.

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](#)



International author, fluent in English with appearances in Monocle, Vogue and Forbes media outlets

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

★ **A truly beautiful and unique look at the artisan world of cheesemaking, with stunning interior spreads and photography**

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 queso, 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 queso 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 Savet en las cámaras de afinado de la quesería Alras Moniz.

reconocible por sus atributos, fruto de la pericia del queso 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.



★ **Legendary Argentine chef, with restaurants around the world and an episode on 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

Highly contrasting textures and textures that play harmoniously together from the tomatoes, with soft, salty cheese, and pleasantly acidic. Pepato is a small hard cheese with a pungent, smoky, and slightly black appearance. It's really soft, so you can use it in a variety of ways.

Recipe:

Ingredients:

1.5 kg (3.3 lb) tomatoes, cut into 2-inch (5 cm) rounds

1.5 kg (3.3 lb) pepato cheese, cut into 2-inch (5 cm) rounds

1.5 kg (3.3 lb) cheese, cut into 2-inch (5 cm) rounds

1.5 kg (3.3 lb) cheese, cut into 2-inch (5 cm) rounds

1.5 kg (3.3 lb) cheese, cut into 2-inch (5 cm) rounds



ESOTERIC

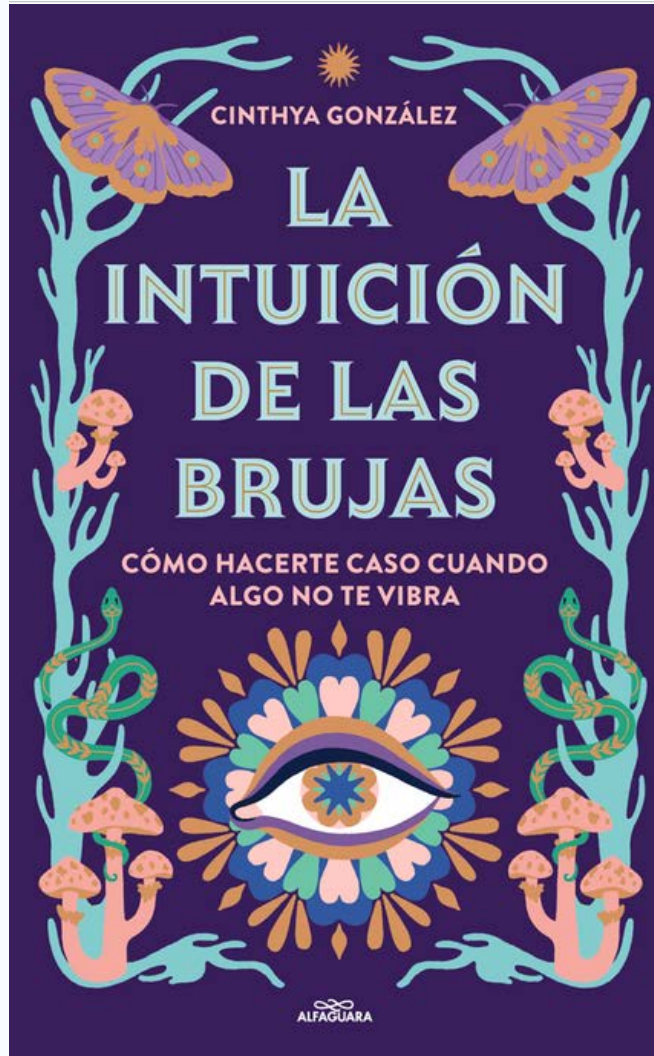


Penguin
Random House
Grupo Editorial



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

★ **Strong mix of themes: witchcraft and female empowerment**

Alfaguara, September 2023, 208 pages
Rights sold: Italy (Armenia)

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

CARLOTA SANTOS

Carlota Santos (@carlotydes) is an illustrator and autor 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).

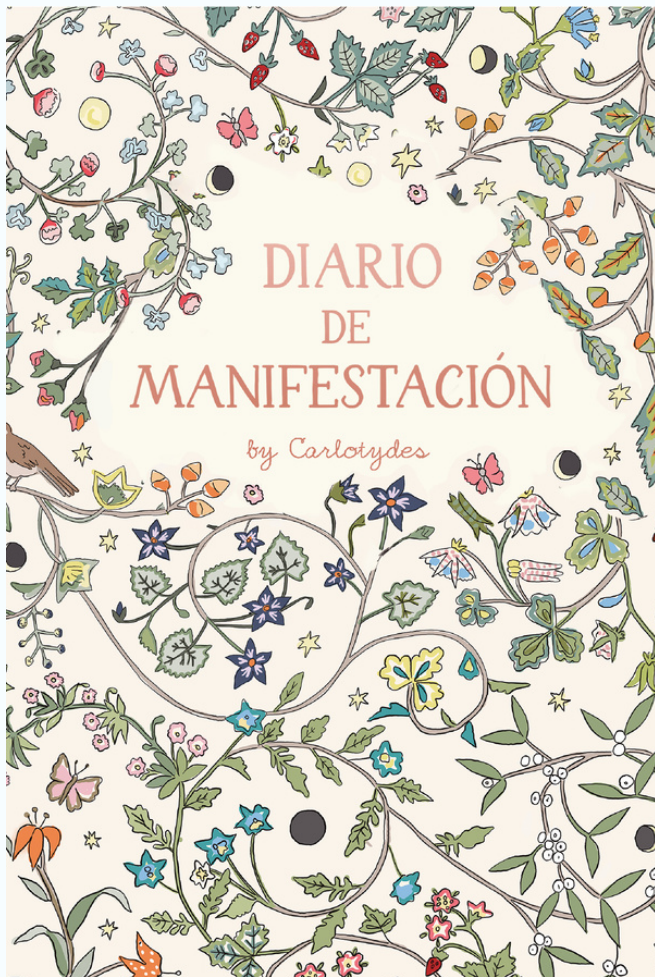
Her gorgeous illustrations have also travelled well beyond the printed page, as her English publisher Artisan Books have created both a puzzle and tarot card deck.

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.



30,000 copies
sold in Spain





MY MANIFESTATION DIARY

★ Interactive 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 ones goals by incorporating traditionally magical elements, such as the influence of the phases of the moon.

This stunning manifestation diary is a 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 Carlota's incredible art with a hot topic that shows no signs of slowing down.

CONTENTS

1. Introduction

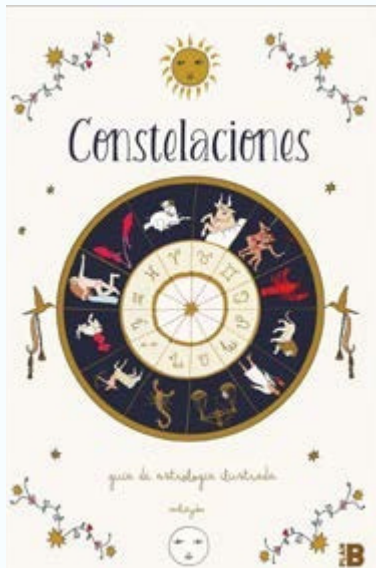
- What is "manifesting" and the "law of attraction"?
- Why start the manifestation journal?
- How does the manifestation journal work?
- Moon manifestation

2. The theory

Moon phases
The moons of the year

3. The Lunar Diary

4. Other tools



CONSTELLATIONS

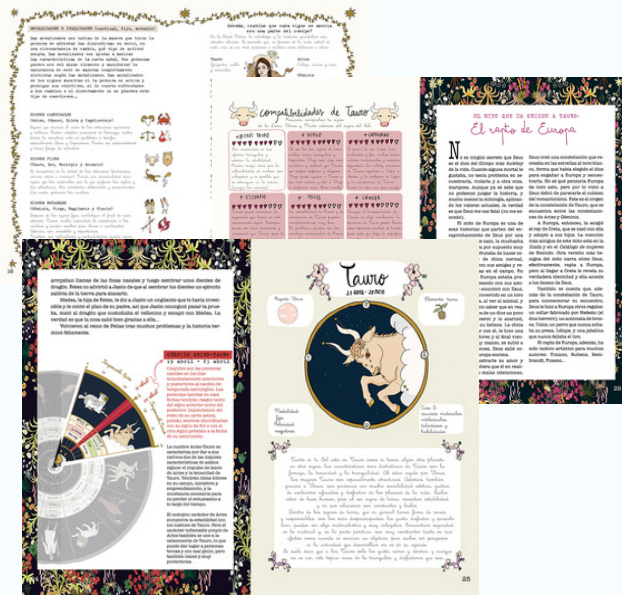
An illustrated astrology guide

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 such, much more.

Fully illustrated in Carlotas' unique style, this book is not only practical but a beautiful object as well.

Plan B, March 2021 ,144 pages
Rights sold to:

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



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 Trédaniel)
 - 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

A grimoire full of spells and incantations for those who want to start practicing witchcraft, stop chasing destiny and start attracting it.



Alfaguara Infantil y Juvenil, September 2022, 208 pages

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

WITCH AROUND THE HOME

Learn how to live a more magical and powerful day to day with this guide full of recipes, crafts, spells and enchantments!



Alfaguara Infantil y Juvenil, September 2022, 208 pages

WITCH BY NIGHT

Learn to harness the surrounding energy to enjoy magical and powerful nights with this guide full of advanced spells and enchantments!



Alfaguara Infantil y Juvenil, February 2024, 208 pages





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.



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.

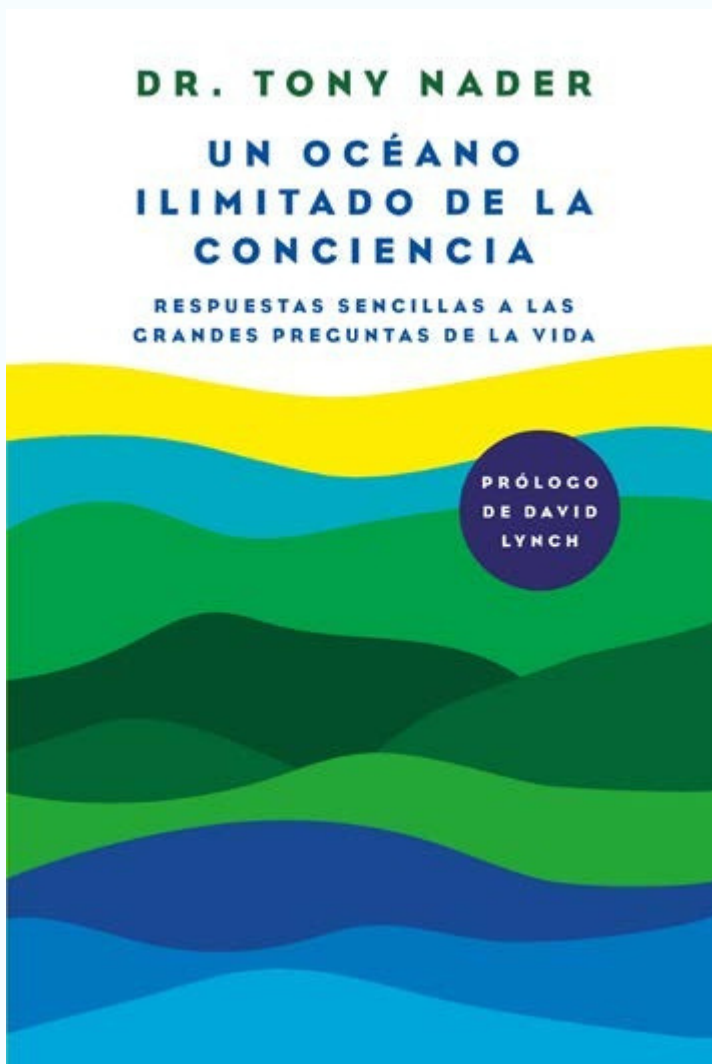
As Maharishi Mahesh Yogi's successor, Dr Nader is head of the international Transcendental Meditation® organisations in over 100 countries. From the Americas to Asia, from Europe to Africa, Dr Nader guides the Transcendental Meditation program and its advanced practices, and the practical applications 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 here:





AN UNLIMITED OCEAN OF CONSCIOUSNESS

Simple answers to the big questions in life

★ **Includes prologue by David Lynch, world-famous visual artist**

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



CAMILA NOBILE

CAMILA NOBILE, known on social media as DIWALI CÓSMICA, is an astrologer and psychologist. She is a hopeless romantic and dedicates herself to writing and conducting consultations, showing us that the more tools we have, the better we can use them to our advantage.



EVERYTHING THE SKY SAYS ABOUT YOU

★ **Illustrated astrology with a beautiful design**

Psychology and astrology go hand in hand. Get to know yourself, nurture your connections, and improve your destiny

Montena, January 2024, 192 pages

How does the birth chart work? Does my sign really determine my way of being and relating to others? What can I do to make my attributes work in my favor?

The zodiac tells the path of existence, and the birth chart, the path of our life. Each house is a chapter, each sign is a stage in the process. Astrology is nothing more than a symbolic language that reminds us of the universal connection that exists beyond our rational perception.

Dive into the reading of the cosmos and discover the tools to connect with yourself and unlock the potential that lies within you.

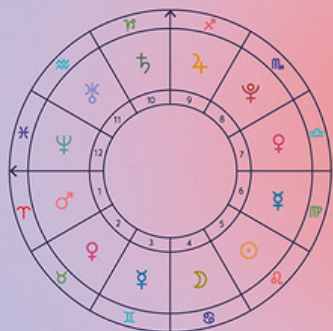
See the next page for a look at the inside spreads...

INSIDE SPREADS

Todo lo que el cielo dice de ti

base estructural de la astrología occidental, bajo la cual se guía este libro, es el **zodiaco**, que está compuesto de doce signos y doce casas. Cada signo representa una energía; cada casa, un área de nuestra vida.

Cuando observamos el mandala zodiacal en reposo, vemos que comienza en la Casa I con el signo de Aries —la potencia de inicio— y que culmina en la Casa XII con el signo de Piscis —el inicio universal, donde todo se conecta—. Es importante conocer el orden de los signos, porque a medida que profundizamos en ellos, podremos detectar que el zodiaco cuenta una historia.



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¿Y qué historia cuenta? Nada más y nada menos que la de nuestra propia existencia y experiencia humana. En ella, a medida que pasan los años se refina nuestra energía, experiencia y evolución. El recorrido que iremos haciendo por el zodiaco atraviesa, en mayor o menor medida, nuestro cuerpo y alma a lo largo de esta experiencia humana.

Aquí hablaremos del zodiaco desde la perspectiva de la astrología evolutiva, que pertenece al sistema astrológico occidental. Esta rama de la astrología se enfoca en el crecimiento personal y espiritual a través de las herramientas del análisis astrológico. Con ella podremos observar el curso de metamorfosis que atraviesa nuestro estado de conciencia a lo largo del camino.

Como indicamos anteriormente, el zodiaco se inicia con Aries, la energía en su estado más puro. Recuerda que aquí hablamos de una estructura energética, no de las personas que tengan este signo solar o como ascendente. Aries representa la llegada al mundo, el nacimiento, con toda la potencia y la fuerza necesarias para que eso sea posible. También es la primera conexión que tenemos con la vida, cuando todavía nos regimos por los instintos más primarios y satisfacerlos es el eje principal. Lo sigue Tauro, momento en el que comenzamos a estar en sintonía con nuestro cuerpo y, poco a poco, aprendemos a movernos. También nos encontramos en ese signo cuando establecemos los primeros acercamientos con el mundo material y de los sentidos. Lentamente vamos reconociendo el placer que nos puede proporcionar aquello exterior, por ejemplo, la comida.

La siguiente etapa es la Geminiana, en la que empezamos a pronunciar las primeras palabras, a interactuar verbalmente. El habla se establece como el puente que nos permite llegar al otro y profundizar en la relación con los demás desde un enfoque más intelectual. El otro ya no es solo una fuente que me provee de protección y satisfacción mis necesidades básicas; hay un intercambio que va más allá. Solo al conectar nos podemos realmente comunicar.

Los secretos del cosmos

Todo lo que el cielo dice de ti

Práctica astral APRENDE A MIRARTE CON EL CORAZÓN ABIERTO

Antes de terminar el primer capítulo, hagamos un pequeño ejercicio. Coge lápiz y papel, tráete algo rico para beber y busca un lugar que te resulte cómodo. Es importante que no haya distracciones y que dispongas de todo el tiempo que sea necesario.

¿Estás listo? Te voy a pedir que escribas en la primera columna todos aquellos adjetivos o cualidades que utilices para describir tu personalidad y con los que no te sientas a gusto. Aquello que da vueltas en tu mente como una espiral constante para culparte incesablemente cada vez que algo no sale como esperabas.

Respira profundamente, date tu espacio, piénsalo con calma.

_____	_____
_____	_____
_____	_____
_____	_____
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Los secretos del cosmos

Digamos que has escrito: «Soy muy terco e inflexible, lo cual me molesta muchísimo». Intentemos darle la vuelta a ese concepto. ¿Alguna vez te ha traído algo positivo ser así?, ¿acaso no te ayuda a ser determinado con tus metas y claro con tus objetivos? ¿Sabías que tal vez aquello que etiquetas como «terquedad» es lo que te permite levantarte tras una gran caída? Lo que tú condenas como terquedad e inflexibilidad, con un pequeño ajuste de enfoque y otro poco de amor, se convierte en resiliencia y determinación.

Todo es cuestión de enfoque y de narrativa. La forma en la que nos hablamos a nosotros mismos es la que inconscientemente guía nuestro camino. Limpiar la lente con la que nos observamos y quitar el filtro de prejuicios con el que nos definimos nos abre un mundo de positivities.

Este breve repaso no trata de negar los rincones de tu ser, sino de que tomes conciencia de cómo te ves. ¿Y por qué es tan importante? Al observar tu carta astral, te necesito tan liberado del juez interno como puedas. Hasta que no aprendemos a negarle el puesto de escritor principal de nuestro diálogo interno, no importa cuánta belleza haya en nuestro corazón, energía o gráfico astral. No lo podremos ver.

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La astrología nos permite quitarnos de encima el ego y llevar a conciencia toda la luz que realmente somos, pero para eso hay que juzgarnos menos y abrirnos de corazón. Abrirse es un requisito indispensable para recibir, para estar y para encontrarse.

uando termines, relee la lista e intenta darle una vuelta de tuerca. Transforma esas palabras. Contémporalas con más cariño, esta vez a través de una perspectiva más integral y, al lado de cada una, trata de escribir su vertiente positiva. Sé que no es fácil, ya que nos criticamos con tanta facilidad que por momentos parece casi un deporte que practiquemos por ocio. Si te resulta más sencillo, puedes intentar hacerlo como si fuera una tercera persona, como si estuvieras enseñándole a alguien más ver la belleza que hay detrás de lo que considera un defecto.

Los secretos del cosmos

Todo lo que el cielo dice de ti

Más adelante nos adelantaremos también en la manera en que se los distribuye según su modalidad y elemento, pero por ahora vamos a presentarlos:

ARIES

Como bien sabemos, es el primer signo del mandala, el que inicia el zodiaco. Por eso damos la bienvenida al año nuevo astrológico cuando el Sol comienza su tránsito en este signo. Aries es un signo de fuego, cuya modalidad es cardinal.

¿Alguna vez has preparado una fogata? Imagínate su energía exactamente igual que las llamas en pleno esplendor. Mientras está encendida es potente, está al máximo. Sin embargo, si no la cuidamos correctamente, se desvanece con la misma rapidez que prendió y solo quedan las cenizas.

Aries contiene en su estructura toda la fuerza necesaria a la hora de iniciar un nuevo ciclo. Hay muchísima vitalidad en este signo. Va con todo y a por todo, aunque, si no encuentra motivación en el camino, pronto se aburrirá. Abandonará esa lucha y irá rápidamente en busca de otra batalla que encienda nuevamente su flama. Va directo, y el riesgo no es un problema, ya que la valentía acompaña desde siempre a este signo.

¿Cómo lo representamos?



El carnero representa su energía, su fuerza y su gran determinación a la hora de enfrentar lo que se encuentre en su camino.

Su planeta regente es Marte, que nos habla de pasar a la acción, de nuestra voluntad de hacer. Algunas palabras que podemos utilizar para resaltar el carácter de la constructora ariana son: impulso, coraje, lucha, independencia, honestidad, consensio y asertividad.

TAURO

El signo que representa la calma, la conexión con la naturaleza y el estímulo de los cinco sentidos. Toda forma de goce y placer sensorial está conectada con esta energía. La energía de Tauro refleja el deseo ineludible de disfrutar cada uno de los magníficos detalles que nos ofrece esta encarnación física.

Tauro es un signo de tierra y por ello se encuentra en sintonía con la Tierra y sus cambios. Su modalidad es fija y el planeta que lo regie es Venus.

¿Cómo lo representamos?



Tauro está representado por el símbolo del toro, porque, a pesar de tener un aura tranquila, posee muchísima fuerza. Su energía no se desperdicia, se utiliza sabiamente cuando es necesario. También marca su tenacidad, que puede llegar a expresarse como aversión al cambio y apego a lo conocido.

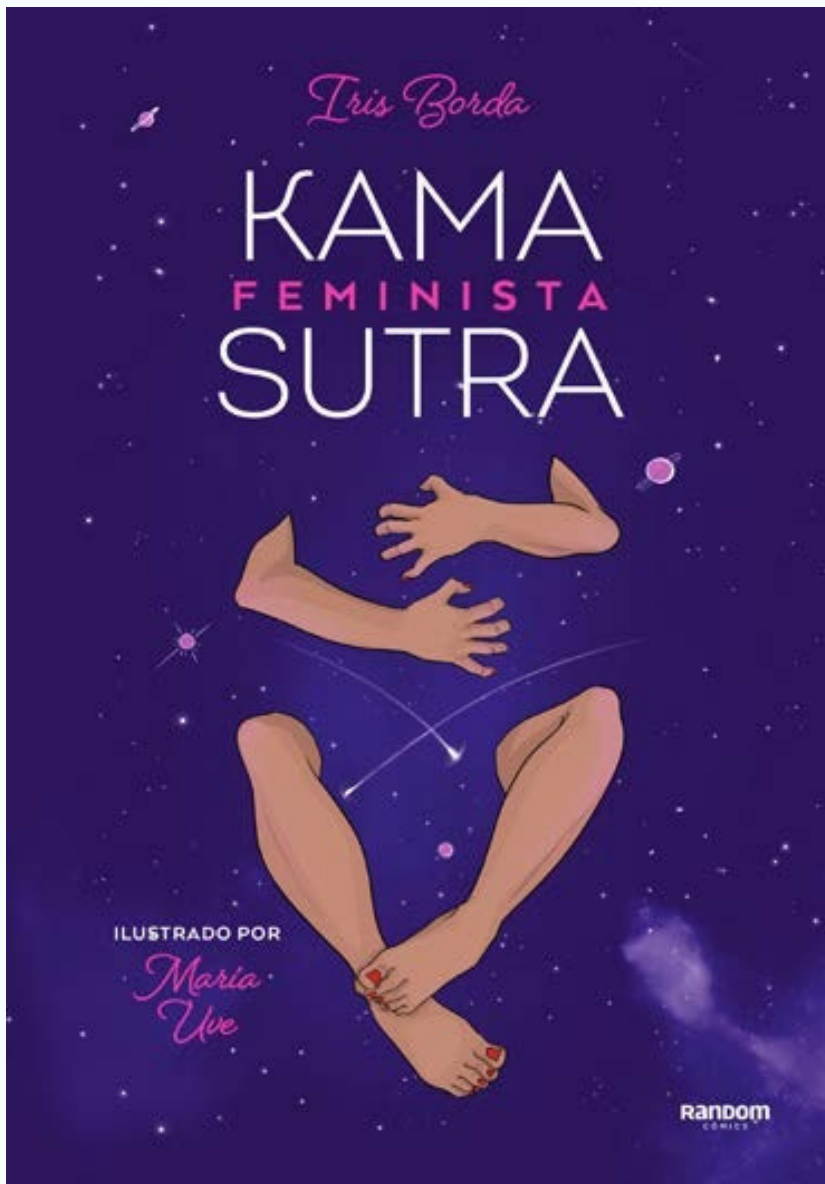
Este signo también se asocia con el valor en todas sus formas, desde el que nos damos nosotros mismos hasta el costo material de los objetos. Los valores que caracterizan su forma son: salud, constancia, sensuality, paciencia, determinación, apego, seguridad y delicadeza.

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GIFT BOOK



Penguin
Random House
Grupo Editorial



ILLUSTRATED FEMINIST KAMASUTRA

The Kamasutra as you've never seen it before

★ **Sensually illustrated feminist re-telling of the Kamasutra**

★ **World English rights sold to Chronicle books**

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

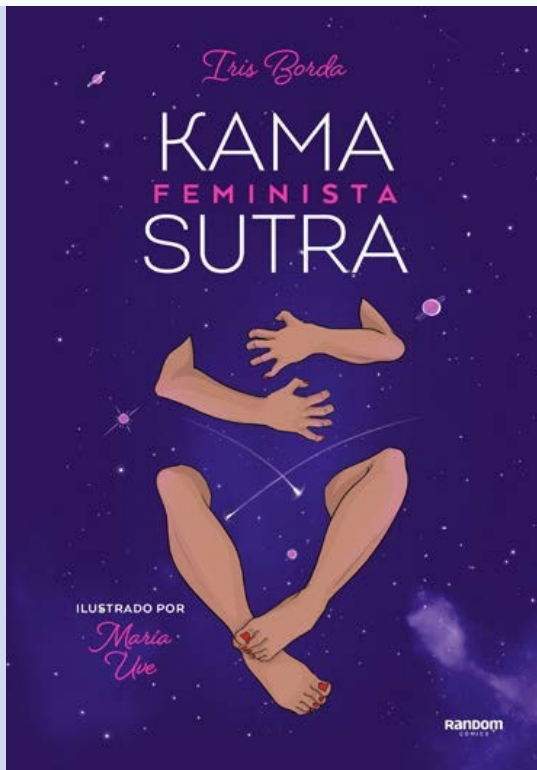
Iris Borda

My name is Iris Borda, although you might know me by one of my pseudonyms, Lola Lúpez, 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.

INSIDE SPREADS ON FOLLOWING PAGE





ÓSCAR ALONSO

ÓSCAR ALONSO was born in Bilbao in 1983. He aspires to make films, draw, and generate ideas by 1996. He meets his future wife on a bus in 2001. In 2008, he successfully trims down from 92 kilos to 72 kilos. He runs his first marathon in 2012. Between 2016 and 2019, he becomes a father. He dies happily in a future still unknown.



THE SMALL BOOK OF LOVE

A beautiful, illustrated book all about the joys of love

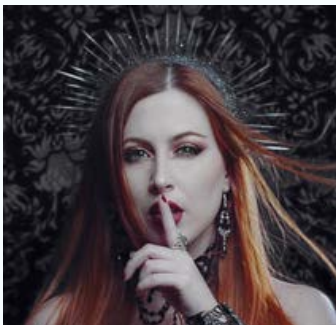
Ediciones B, Febrero 2024, 112 pages

Love is... embracing under the rain in a magical dance, a free fall over mountains of kisses, or a heap of delicious memories that have been simmering for a lifetime.

Love is many things and many people, but 72 Kilos has the magical formula to capture them all. With the tenderness and intelligence that characterize the most beloved illustrator on social media, this new proposal will be the perfect gift to say 'I love you' with just a few words.



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

★ **Illustrated, international true crime tales**

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!





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](#).



100,000
copies sold
around the
globe

Translated in
seven
languages

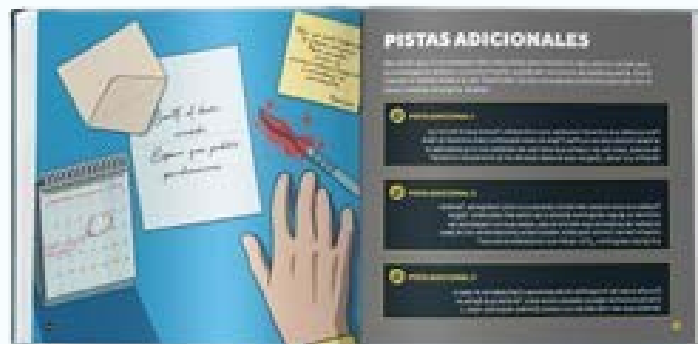


MODESTO GARCIA

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

★ **Solve your own crimes and get hooked on this new 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.



MODESTO GARCÍA

MODESTO GARCÍA is a graphic designer and content creator. Winner of the Thread Fair organized by Twitter at the Madrid Book Fair in 2018, he has worked for BuzzFeed, Netflix, Penguin Random House, and RTVE. He has over 90,000 followers on Twitter and more than 30,000 on Instagram.



ILLUSTRATED SMALL CRIMES

Montena, March 2024, 72 pages

Dare you to solve the crime? What if the answer were right in front of your eyes? A puzzle book only for true detectives, with seven fully illustrated cases!

Read the testimonies carefully, follow all the clues, and test your deductive skills, imagination, and logic. You'll need to be a keen observer to solve all the illustrated mysteries! Will you be able to find the culprit in each case? But beware! You might not be able to sleep until you've cracked the puzzle... Hours and hours of fun await you!





ANDREA D. MORALES

ANDREA D. MORALES was born in Seville in 1995. She studied History at the University of Seville, specializing in the Middle Ages, particularly in Gender History in al-Andalus. Currently, she is a professor of historical documentation at the Youth Literature for Writers Academy



DIVINE

Twelve months, twelve goddesses: a beautiful illustrated book on mythology to fill your year with feminine energy

★ **Mythology, power and feminine energy in this illustrated title**

Bruguera, May 2024, 226 pages

Rights sold: Brasil (Buzz Editora), Italy (Il Castoro)

Discover the twelve most powerful goddesses from world mythology:

- Draw inspiration from the wisdom of Sarasvati
- Harness the strength of Morrigan
- Delve into the wisdom of Minerva
- Cultivate your power through Skadi

Meet a key goddess for each month and each season of the year because every moment has its magic: goddesses of abundance, love, death and rebirth, vengeance, and light... a beautiful and powerful book, ideal for gifting to girls and women, with stunning illustrations by Naranjalidad.



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TRUE CRIME



Penguin
Random House
Grupo Editorial



CARLES PORTA

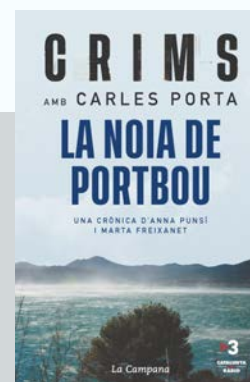
The King of True Crime

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](#).

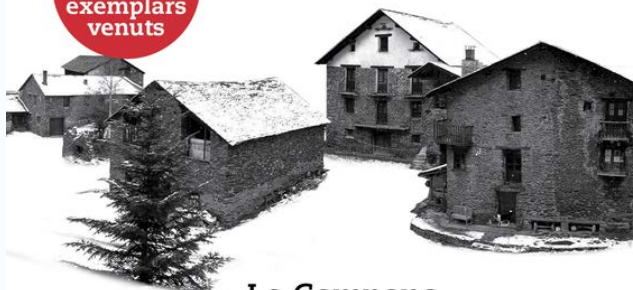


Carles Porta

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.

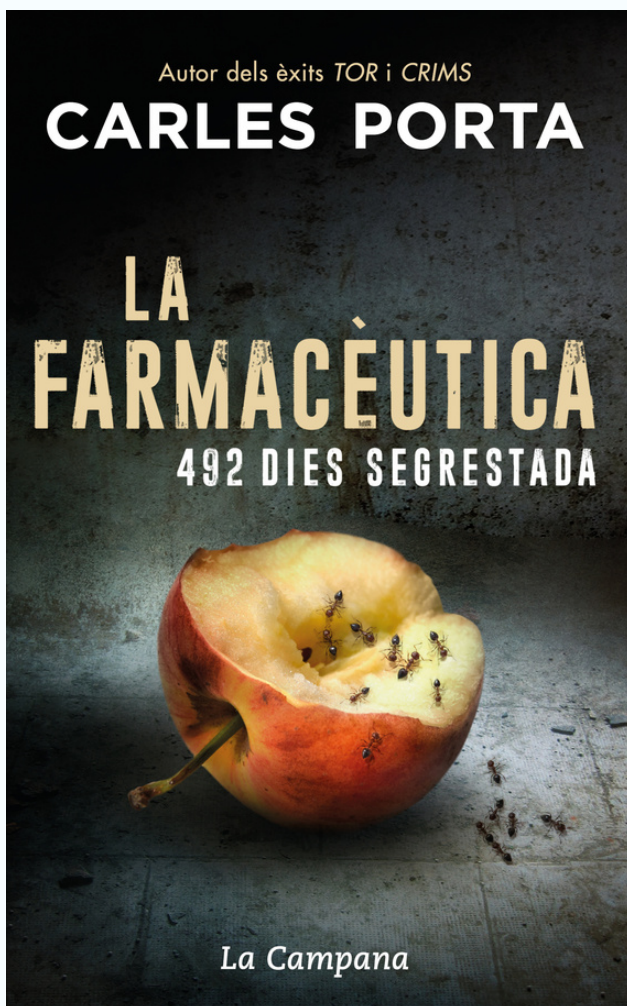
Like the anger of old Palanca, a larger than life character who forms a key part in this story: "They robbed me, they tried to kill me, and it turns out that the bastard is me! I only have one solution left: die killing!".

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



THE PHARMACIST

Discover the shocking true story of a kidnapping in a small Catalan town that lasted 492 days

Reservoir Books, March 2021, 320 pages

One November night in 1992, Maria Àngels Feliu was kidnapped as she left the pharmacy she owned 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 several media circuses, was not closed until 1999, five years after Maria Àngels was freed.

Carles Porta has reviewed all the documentation of the case and the judicial proceedings, as well as interviewing several of its protagonists, to reconstruct with his particular effective, approachable, and rigorous style the drama with farcical overtones that shook the entire country thirty years ago.

Reviews:

El Mundo: "It's read in one go, and one can hardly believe it really happened. [...] The definitive chronicle of that kidnapping, it's a very dynamic read."

NacióDigital: "A single narrative thread that combines vivacity, drama, and irony, as well as highlighting human greatness and, at the same time, misery. [...] Undoubtedly, with this chronicle, Porta establishes himself, according to genre experts, as a master of narrative journalism."

Antonio Lozano Sagrera, El País: "Carles Porta has embraced Catalan true crime with a difficult-to-achieve balance that combines rigor and entertainment without succumbing to the temptation of sensationalism nor avoiding the hooks to propel the reading. This book brings order and clarity to the events: Porta narrates with dynamism and fills in all the gaps in order to reverse the misunderstandings circulating in the public sphere."

HISTORY, CULTURE & TECHNOLOGY



Penguin
Random House
Grupo Editorial



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 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

This is an accesible, engaging but profound essay about Philosophy through the ages, with an innovative look on how we can be happy now by looking back at the past

*****In the style of Irene Vallejo, Infinito en un junco*****



Rafael Narbona



Maestros de la felicidad

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

Rocaeditorial •

MASTERS OF HAPPINESS

Rafael Narbona makes us look at philosophy through new eyes: as an optimistic and exciting journey towards personal achievement and the conquest of happiness.

★ **Philosophy as a guide for happiness**

Roca, January 2024, 544 pages

In his book, Narbona takes us on a journey through a rich history of philosophy, introducing us to captivating figures.

Through a blend of his own teaching experiences, life story, and personal victories, he weaves together a narrative that draws inspiration from thinkers such as Boethius, Marcus Aurelius, Seneca, Francis of Assisi, Spinoza, Henri Bergson, and Etty Hillesum. Despite facing dismissal by the medical community, Narbona overcame sadness through emotional re-education.

Disowned by medicine, Narbona managed to overcome his sadness by reeducating his emotions, thanks to reflection and the search for models in the great thinkers. He was helped by Boethius, Marcus Aurelius, Seneca, Francis of Assisi, Spinoza, Henri Bergson and Etty Hillesum, among many others.

The central theme of the essay is to infuse hope into the lives of those who may have forgotten the wonders that the world has to offer.

Above all, this book serves as a beacon of hope. Its intention is not to disrupt or unsettle but to provide comfort, tranquility, and healing.



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

Share the stories of women from a common perspective and without male supremacy

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 authors' 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.

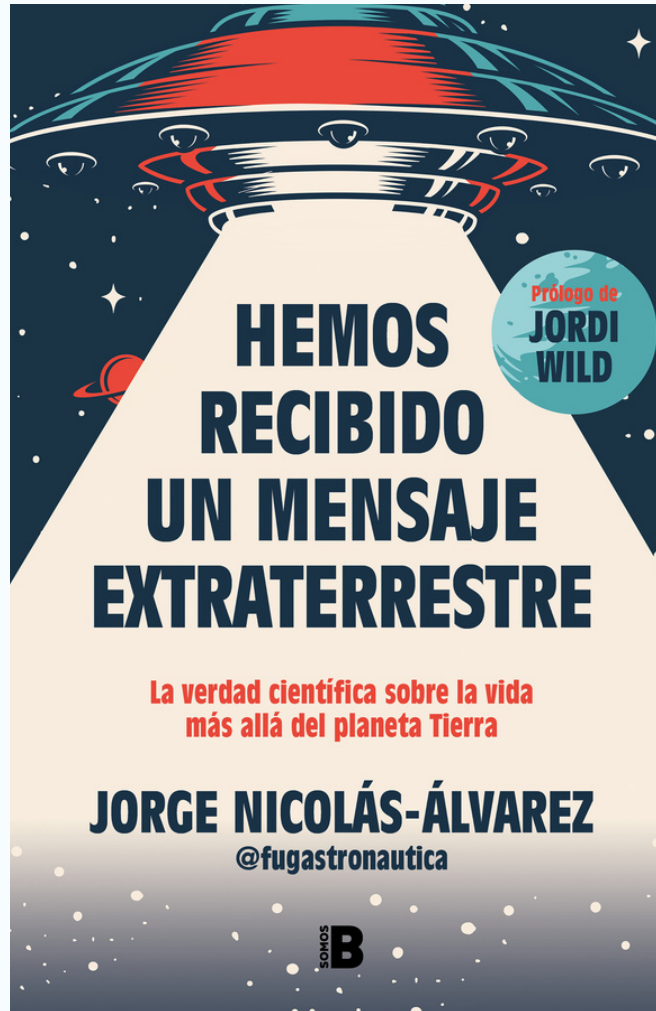
For this reason, this book is not only the story of women, but in fact the story of everyone – shared from a place of common interest rather than a patriarchal voice.

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



JORGE NICOLÁS-ÁLVAREZ
(@FUGASTRONAUTICA)

JORGE NICOLÁS-ÁLVAREZ has bachelor's and master's degrees in aerospace engineering, which gave him a front-row seat at the European Space Agency, where he worked on researching future missions. He currently works on the development of space missions.



WE HAVE RECEIVED AN EXTRATERRESTRIAL MESSAGE

The scientific truth about earth, beyond just the earth itself

★ **Learn about the solar system and space**

Ediciones B, January 2024, 288 pages

In this book, science populariser Jorge Nicolás-Álvarez tells us all the great secrets behind potential extraterrestrial life. Do aliens exist? And if they do, why have they not communicated with us? And if they did, what should we do? And, first of all, what do we mean by "extraterrestrial life"?

From the origin and evolution of life on Earth to future technology and space missions, or the pros and cons of engaging in contact with aliens if they were to communicate with us, Jorge Nicolás-Álvarez guides us on a scientifically rigorous, but fun and exciting, journey where we will learn about ourselves, space and all the mysteries that are yet to be resolved.



BLANCA GUILERA PUIG

BLANCA GUILERA PUIG explains works of art from history so that everyone can understand them, observe them like never before, and become interested in them on another level.



WHAT ART HISTORY BOOKS DON'T WANT YOU TO KNOW

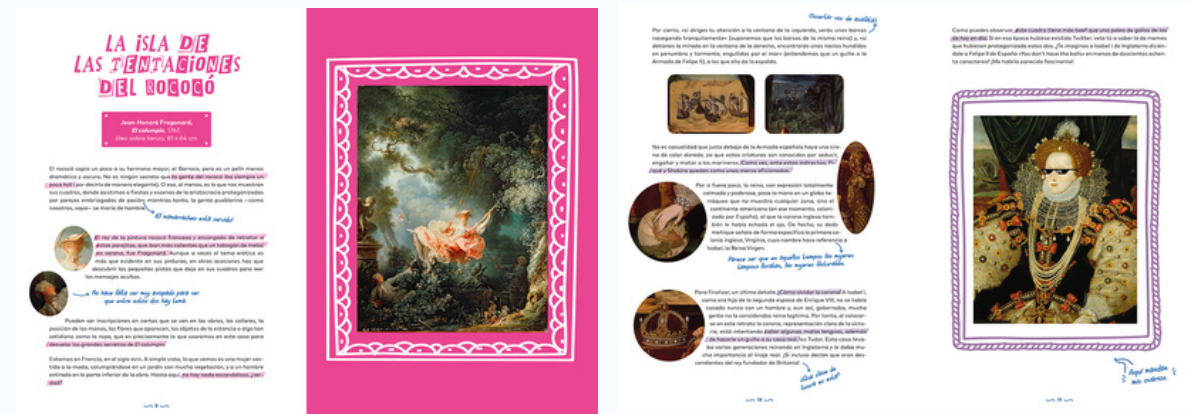
What Art History Books Don't Want You to Know: Learn and enjoy the artistic gossip of all time!

★ Art History made fun, with great text and coloured insides

Random Comics, March 2024, 192 pages

Did you know that the sculpture 'The Ecstasy of Saint Teresa' represents a nun in the midst of an orgasm while connecting with God?

If art history has always interested you, but you've never been taught it properly, this book is perfect for you. You'll learn about the most important works of art from a much bolder, spicier, and naughty perspective. Get ready for art gossip like you never imagined!





JAVIER SAINZ DE LOS TERREOS

Javier Sainz de los Terreros is the digital communication manager at the Prado Museum. Starting in 2017, he developed a strategy of daily live videos on Instagram to showcase lesser-known aspects of the collection, achieving great audience success and earning recognition from The New York Times as one of the top 5 art accounts to follow.

He also organizes digital events and conducts social media campaigns for which the Prado Museum has been awarded on multiple occasions.

INSIDE THE PRADO MUSEUM

What Art History Books Don't Want You to Know: Learn and enjoy the artistic gossip of all time!

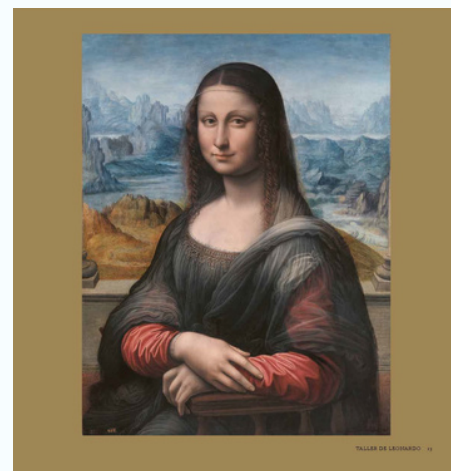
★ **An unforgettable journey through the most emblematic art of the Prado Museum**

Montena, November 2023, 192 pages

Based on the live videos of the Prado Museum, which have been awarded on several occasions and recommended by international media such as The New York Times, the audience will be able to admire the works from a different perspective.

A highly valuable reference work for any art lover, offering some of the keys to better understand the exceptional talent of Velázquez, El Bosco, Clara Peeters, Titian, and many other artists.

A deluxe edition with full-color photographs that encourages discovering unique details, such as fingerprints that sneak into the paintings, self-portraits hidden in the reflections of the cups, or regrets that show the creative process of different artists.





JOSÉ RAMÓN JOUVÉ- MARTÍN

JOSÉ R. JOUVÉ-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

★ **Science: as you have never read it before**

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.



DAVID CALLE

Make learning fun with one of the worlds best teachers

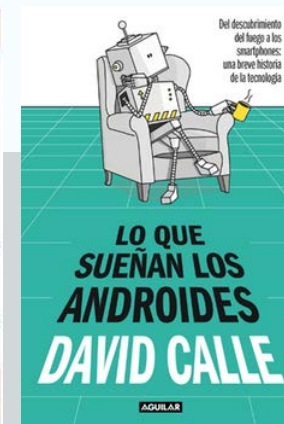
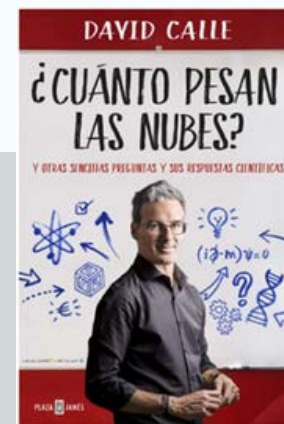
DAVID CALLE is a telecommunications engineer and has been an academic professor for two decades. His YouTube channel, unicoos, where he teaches mathematics, physics, chemistry and technology, is one of the most important educational channels in the world in Spanish with one and a half million subscribers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

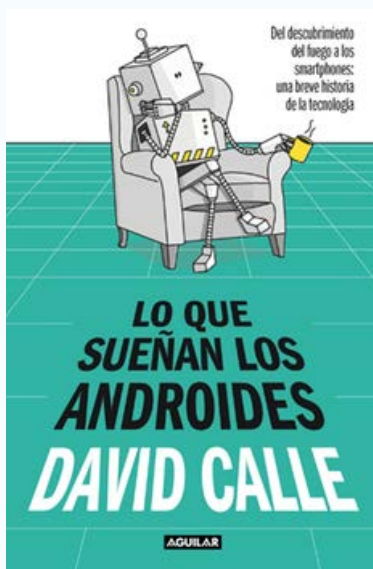
In 2015, his channel was chosen by Google as the one with the greatest social impact in Spain and one of the 25 channels with the greatest projection in Europe.

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 ANDROIDS 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.

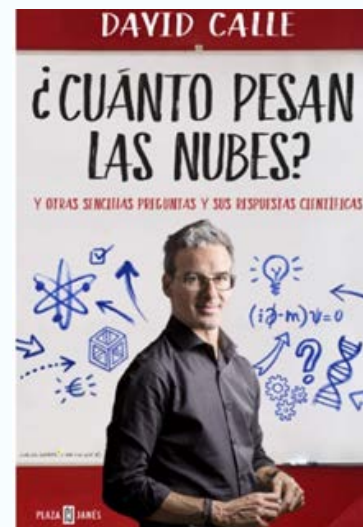
But technology is something much more transcendent and ancient, from a bow or an arrow to the invention of the wheel. Technology has helped us live and survive over the years.

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?

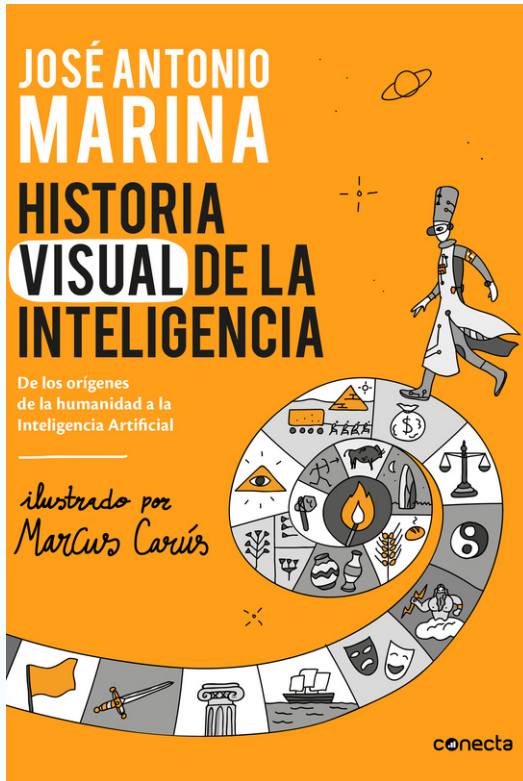
Simple questions and their scientific answers

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

★ Illustrated history of 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.

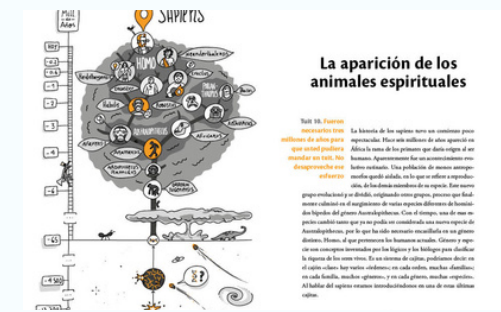
JOSÉ ANTONIO MARINA

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 (ICOOSS) 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).

★ Fun, new angles on Architecture and Art



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.

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

★ Deeply personal title on the Pope, written by his official biographers

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

★ **Discover the secrets behind the Vatican**

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



Penguin
Random House
Grupo Editorial



MARTÍ PERARNAU

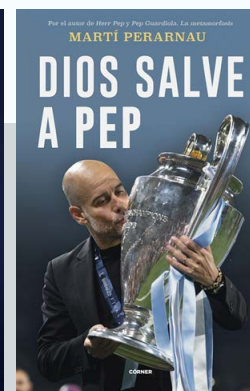
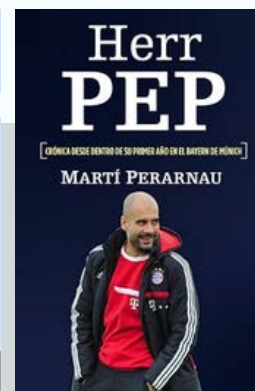
Martí Perarnau is a distinguished figure in the world of sports journalism and literature.

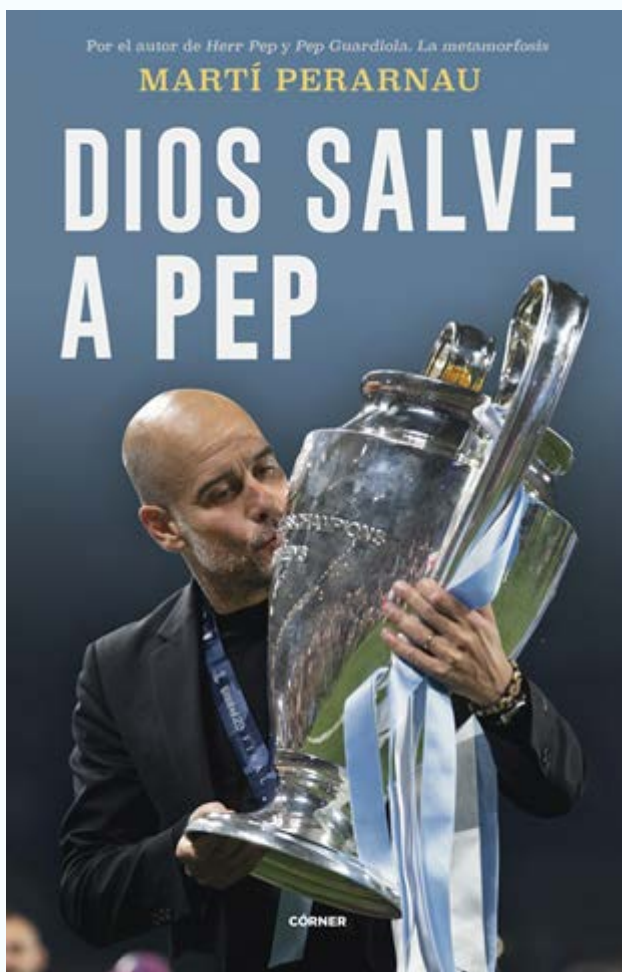
Born in Barcelona in 1955, he began his career as an athlete, participating in the 1980 Moscow Olympics in the high jump, where he achieved remarkable success and became a champion and record holder for Spain in this discipline.

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* is the most revealing of his books to date.





GOD SAVE PEP

The secrets to Pep Guardiola's success

★ **Key International title, five languages, including World English**

Córner, November 23, 480

Rights sold: World English (Ebury, PRH UK), France (Hachette), Japan (Kanzen), Russia (AST), Slovakia (Citadella)

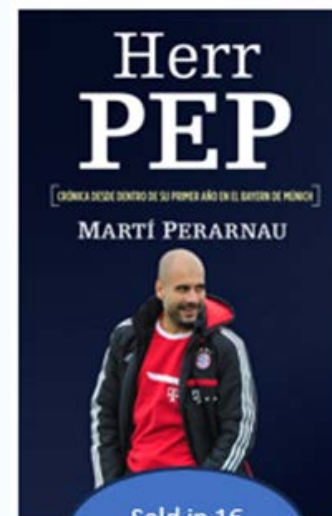
In 2014, in the book Herr Pep, Martí Perarnau masterfully narrated Guardiola's first year at Bayern Munich.

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.

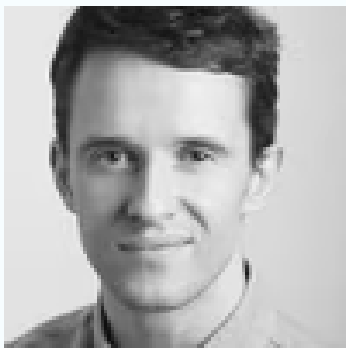
This is the crowning portrait of a serial winner whose secret, in Guardiola's own words, "is that none of us are the way we were on the first day."



Sold in 16 countries

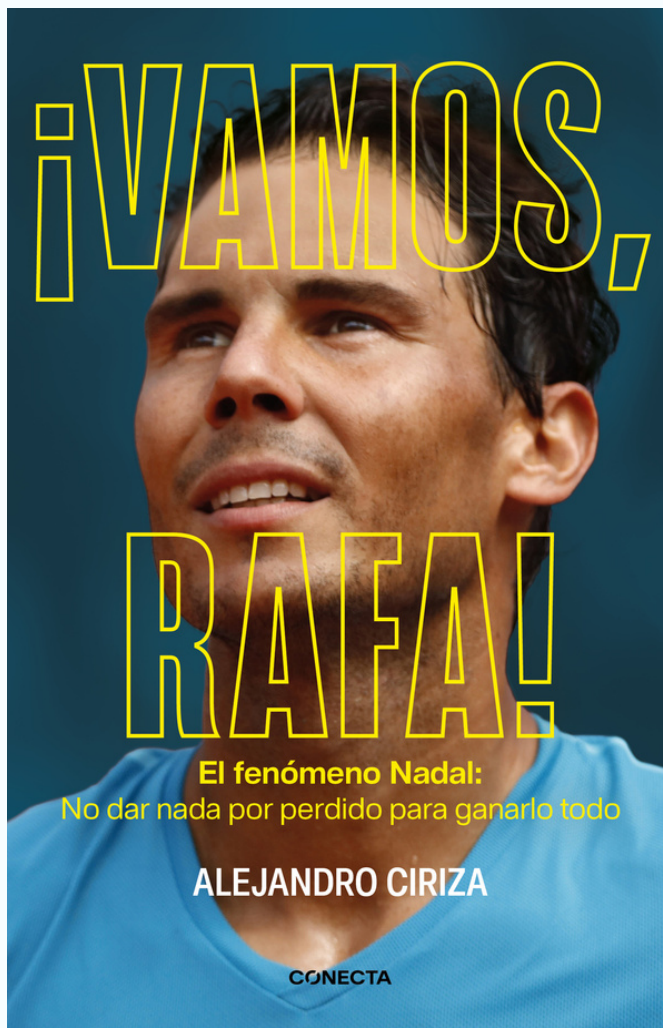


Sold in 11 countries



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.



SEBASTIÁN ANTONIO FEST

SEBASTIÁN FEST (Buenos Aires, 1971) is a correspondent for the Spanish newspaper El Mundo in the Southern Cone and founder of the website claytenis.com. He has covered all the football World Cups and the Olympic Games since 1996, as well as over sixty Grand Slam tennis tournaments. He is the author of the books Enredados; Sin red, for which he followed Roger Federer and Rafael Nadal all over the planet, and Messiánico.



RAFA'S LEGACY

The definitive book on the life and success of Spain's most important tennis player of all time at the sunset of his career. A necessary tribute.

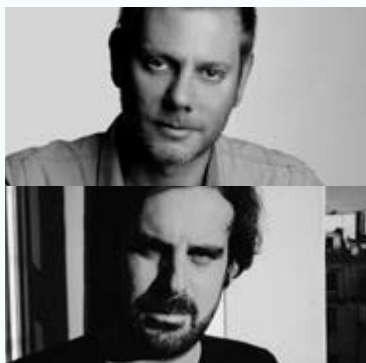
★ **The book includes interviews with Nadal, Federer, Djokovic, amongst others**

Ediciones B, November 2023, 320 pages

With nearly three decades dedicated to covering the epitome of sports elegance, journalist Sebastián Fest eloquently recounts a multitude of conversations with Rafael Nadal in this book, delving into the realms of tennis and life itself. From the intimate settings within and beyond the courts in Mallorca, Paris, Madrid, London, New York, Miami, Acapulco, Buenos Aires, Shanghai, Melbourne, Dubai, Athens, and various other iconic venues hosting prestigious tennis tournaments, Fest endeavors to unravel the multifaceted personality of the man who clinched the Roland Garros title fourteen times. Alongside tennis titans Novak Djokovic and Roger Federer, Nadal played a pivotal role in shaping a golden era for the sport.

This work is both an intimate and critical exploration—a meticulous and surprising journey through the world of tennis. It is enriched by exclusive interviews with rivals, friends, and individuals intimately connected to the Mallorcan maestro. Serving as a necessary tribute, the book commemorates the historical significance and monumental achievements of an unparalleled protagonist, to whom the sport of tennis and the entire nation of Spain owe immeasurably. Hence, Rafa, we extend our heartfelt gratitude.

The book features insightful interviews with tennis luminaries, including Nadal, Federer, Djokovic, Laver, Evert, Navratilova, Connors, Del Potro, Dimitrov, Moyá, Ferrero, Corretja, Wilander, Cash, Becker, and more.



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



Penguin
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Grupo Editorial



ADRIÁN CONDE

Adrián Conde is an integrative veterinarian, ethologist clinician and consultant of natural nutrition for animals, specialized in dogs and cats. he was editor content from various related companies with the pet sector, he has given talks and classes to students and tutors, and offers online services on behavior and animal feeding.

He has a Youtube channel, a profile of TikTok, another on Facebook and several professional profiles and personal on Instagram. He has made interventions for television as the program Four TV lumiuky, he has been interviewed in several animal world podcasts and has been featured in articles media such as 20 minutes, La Vanguardia o Cadena 100. He is part of the RFVS (Raw Feeding Veterinary Society).



deber de 10.000 a 15.000 años. El desarrollo de la agricultura, la ganadería y el comercio de los animales domésticos se aceleraron considerablemente hacia el inicio del Neolítico, cuando se empezaron a domesticar animales de granja y se empezaron a criar los animales domésticos que hoy conocemos. En el tiempo de Egipto, por su parte, la domesticación ya había alcanzado su punto máximo, ya que se empezaron a criar animales que hoy conocemos como perros, gatos, vacas, cerdos, aves, etc. En el tiempo de Egipto, por su parte, la domesticación ya había alcanzado su punto máximo, ya que se empezaron a criar animales que hoy conocemos como perros, gatos, vacas, cerdos, aves, etc.

Definición y etapas
 Si buscas la definición de según el Diccionario de la Real Academia de la Lengua Española (RAE), sería que es una persona que se preocupa por la información fundamental del animal que tiene.



Posición de las orejas
 Orejas horizontales
 Orejas giradas hacia atrás
 Orejas giradas hacia adelante

Tensión de los ojos
 Ojos abiertos
 Ojos cerrados
 Ojos entrecerrados

Tensión del hocico
 Abundante saliva
 Escasa saliva
 Escasa saliva

Posición de los bigotes
 Bigotes largos y rígidos
 Bigotes cortos y rígidos
 Bigotes cortos y flexibles

BE THE OWNER THAT YOUR DOG / CAT NEEDS

The most complete and updated practical guide on the care and education of your cat and dog

★ **Interactive and practical two-colour layout**

Grijalbo, February 2023, 224 pages - 192 pages

With this essential manual for all cat and dog lovers, you will learn how to improve the well-being of your animal in a personalized way.

Divided into four parts, the book, initially, helps you understand the type of animal you have at home, then delves into preventive health care, so that you know the most frequent diseases and basic first aid, then it focuses on nutrition and the various ways to feed it naturally (with recipes and supplement recommendations!) and finally, it emphasizes education, starting with explaining cat behavior, banishing myths and, finally, betting on a positive training taking into account their needs and emotions.

With a fun and engaging layout, this is the ideal combo for animal lovers everywhere.



PATRICIA GUERRERO

PATRICIA GUERRERO has a degree in Marine Science and a Master's in Marine Management. After working at the CSIC, she decided to train as a dog trainer to help her first canine companion, Bongo. Fourteen years later, she created PAT Educadora Canina, a place where dogs become free, autonomous companions.



THE BOOK YOUR DOG WANTS YOU TO READ

The most comprehensive guide to learning about, understanding and accompanying your best friend so you can live together in peace and harmony.

Grijalbo, March 2024, 320 pages

This book will teach you to recognise and respect your dog's needs, to understand how it communicates with you and what each of its gestures or signals means, and you will enjoy playing together as a means of learning to overcome any problems that may come up between you. In short, my goal is for you to learn to communicate, respect and be with each other to promote your well-being so you can enjoy any adventure you plan with your dog.

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