

# COMMERCIAL NON - FICTION



Penguin  
Random House  
Grupo Editorial

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**POPULAR PSYCHOLOGY**  
**PERSONAL DEVELOPMENT AND SELF-HELP**  
**BUSINESS & COMMUNICATION**  
**PARENTING & EDUCATION**  
**WOMEN'S HEALTH**  
**YOGA & MOVEMENT**  
**SEX**  
**HEALTH & NUTRITION**  
**COOKERY**  
**ESOTERIC**  
**GIFT BOOK**  
**HISTORY, CULTURE & TECHNOLOGY**  
**TRUE CRIME**  
**PERSONAL STORIES**  
**RELIGION**  
**PETS**  
**SPORTS**

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KEY NON-FICTION  
AUTHOR  
OF THE MOMENT

## 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 **100,000 copies sold in Spain** and international sales into **eight 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.

### New Non-Fiction phenomenon

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

Brugera  
June 2022  
256 pages  
English Sample available

The best-selling non-fiction title of 2022

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

## SYNOPSIS

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







# YOU ARE YOUR SAFE PLACE

Brugera  
February 2023  
296 pages

Rights sold: Russia (Popuri), Turkey (Pegasus)

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

## SYNOPSIS

With *I love me, I love you*, 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

Brugera  
February 2020  
256 pages

### SYNOPSIS

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

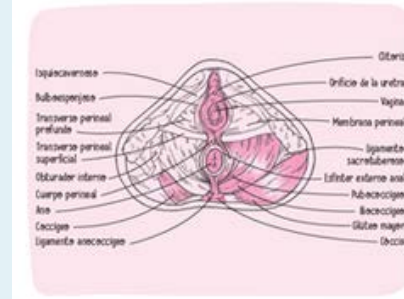
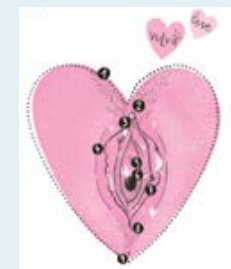
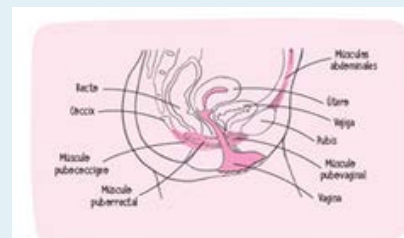
A fresh and funny book meant for young (and not-so-young) people who don't know that much about their own sexuality.

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.

**Sit back, relax and discover everything you don't know about sexuality, with the specialist in sexology María Esclapez**

### SAMPLE SPREADS





## PATRICIA RAMÍREZ

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

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

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

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

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

**Best-selling author in PRHGE with over 110,000 copies sold**

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

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

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

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







## SERENITY AS A WAY OF LIVING

Grijalbo  
November 2022  
416 pages  
English Sample available

### SYNOPSIS

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.

### Serenity as a way of living - 365 practical tips

### 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

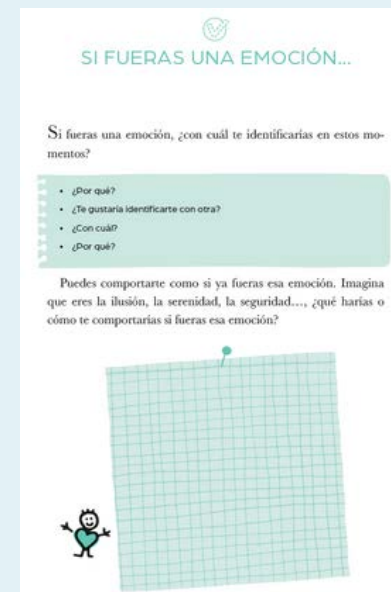
#### Think with serenity

- 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

Conecta  
January 2017  
264 pages  
English Sample available

### SYNOPSIS

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.

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

Beautifully illustrated and interactive title.

### SAMPLE SPREADS





ELIZABETH CLAPÉS  
(@ESMIPSICOLOGA)

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

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

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



## UNTIL YOU GET ALONG WITH YOURSELF

Montena  
February 2023  
256 pages

### SYNOPSIS

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

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

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

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

**A title that gives us tools to get to know ourselves better and work on being proud of who we are**

### PREVIOUS TITLE



**Dear Me: We have to talk**  
Montena, June 2022, 144 pages  
27,000 copies sold to date

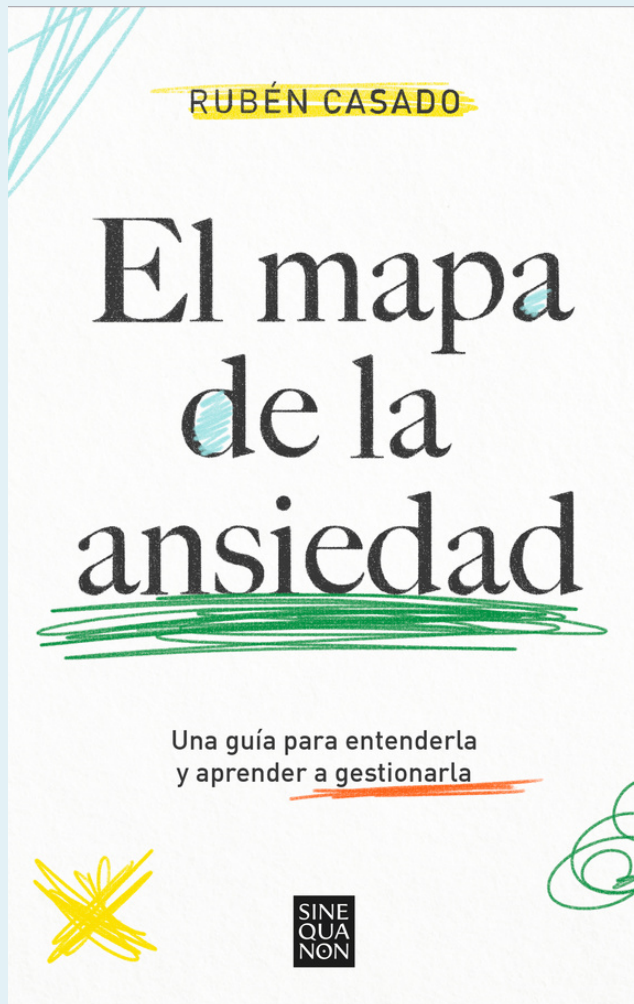




## RUBÉN CASADO

Rubén Casado is a psychologist specialising in treating and talking about anxiety with over two decades of experience.

His history with anxiety led him to found AMADAG, a centre specialising in agoraphobia and panic. With training in cognitive behavioural therapy and third generation contextual therapies, he is also the founder of Filia-Social, where social phobia and avoidance personality disorder are treated in groups and individually.



## THE MAP OF ANXIETY

Ediciones B  
February 2023  
392 pages

### SYNOPSIS

No one really knows what anxiety is until they experience it. This is despite the fact that the condition is increasingly being talked about, even in the media, and hundreds of books have been published on it in an attempt to shed light on a problem that is affecting more and more people every day.

The truth is that scientifically worthless formulas promising a cure are of little or no use because, to deal with anxiety, we need to understand it in all its complexity, and to understand ourselves.

Rubén Casado has been treating and researching anxiety for more than twenty years. This book provides us, for the first time, with a detailed map of everything we need to know about it. Because it is only by knowing its nature that we can learn to live with it in a healthier way.

**The most comprehensive guide to understanding anxiety, dispelling its myths and tackling it seriously and rigorously**

### CONTENTS

- From anxiety to fear to fear. Drawing the canvas
- From being a body to having a body
- The spiral of anxiety
- The countries of anxiety
- Studying the context
- Cultivating attention
- The internal language
- Placing the emotions
- How to expose ourselves to our fears
- Go beyond fear



## DESIRÉE LLAMAS DÍAZ

DESIRÉE LLAMAS is a psychologist, researcher and teacher at the University of Málaga.

She trained in individual, family and couple therapy, as well as clinical sexology. She discusses mental health, responsible relationships and sexuality on social media.

She has collaborated with media such as La Ser, El País and RTVE, and is co-host of the podcast "La Mirada Sexológica".

Desirée Llamas

# Cuidarme bien Quererte mejor

Aprende a relacionarte  
de manera sana y responsable

Grijalbo

## LOOK AFTER MYSELF WELL, TO LOVE YOU BETTER

Grijalbo  
May 2023  
264 pages

### SYNOPSIS

Ghosting, zombieing, orbiting... are just some of the new behaviours that negatively impact our relationships. However, irresponsible behaviour has always played a role in the way we interact with each other.

We overlook many behaviours that make us feel bad, and we even find it hard to detect when we are the ones acting disrespectfully towards the people we care about.

In this book, psychologist Desirée Llamas teaches us how to build healthy emotional relationships based on the difficult balance between expressing how we feel and being aware of the impact our actions have on others.

This behaviour, which in psychology is known as emotional responsibility, helps us to communicate our emotional needs, being respectful of others' emotions, to improve the quality of our relationships.

**Learn to take care of  
your relationships  
with love and  
responsibility**

A guide to learning how to recognise and avoid toxic behaviours, both in ourselves and others, and to strengthen our emotional bonds through assertiveness, mutual respect and empathy.

The title is broken down into four key areas:

- 1) Identify behaviours that negatively affect our relationships
- 2) Get to know yourself and look after yourself
- 3) Get to know your relationships and look after them
- 4) Tools to improve your communication



## VICTOR AMAT

Victor Amat has been a psychologist and psychotherapist in private practice for more than 25 years.

In his youth, he was a European kick boxing champion, and his experience both as a fighter and as a trainer has shaped him as a psychologist specializing in strategy and persuasion.

He is currently president of the Spanish Association of Psychotherapy and director of the Master's and Postgraduate Degree in Brief and Strategic Therapy (Clinical Intervention) at the University of Girona.



# PUNK PSYCHOLOGY

Vergara  
October 2022  
296 pages

## SYNOPSIS

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.

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

### A note from the author himself:

*Aren't you sick of reading the same things? Here in Spain, I just slipped a Trojan house onto the self-help shelves – hidden amongst the rows of books who talk about wellness, written by fake gurus.*

*Punk Psychology is a book that aims to cure you of the self-help virus, it is a book to combat positive and ingenuous thinking (what I call "naive thinking").*

*A unique proposal in a sea of books that don't work.*

*Give it a go!*

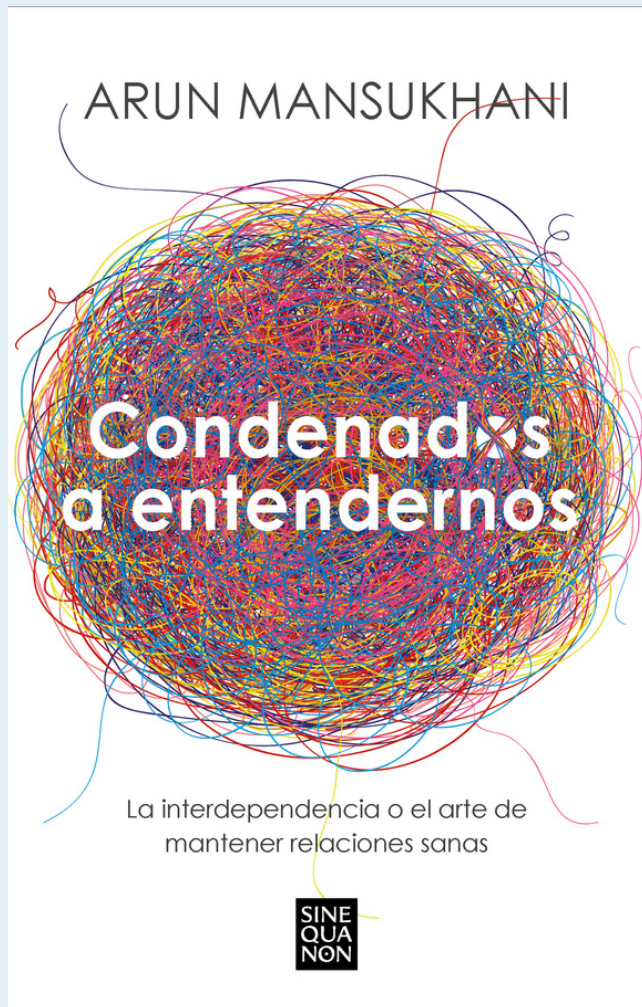




## ARUN MANSUKHANI

ARUN MANSUKHANI is a psychologist in specialising in clinical psychology, sexologist, consultant and EMDR facilitator.

A prominent figure in the field, since 1994, he has been treating problems of anxiety, depression, jealousy, psychological trauma, emotional dependence, couples and communication.



# CONDEMNED TO UNDERSTAND EACH OTHER

Ediciones B  
May 2023  
352 pages

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## SYNOPSIS

Human beings are social animals. All of us, from our unique perspective, need the contact of other people. We need to interact with each other. Yet, it is very common to experience toxicity, unhealthy dependence or excessive attachment in couples, friends and work circles.

We need to interact, but often we don't know how, and that ends up causing suffering.

This book is precisely in response to the question that many of us have in mind: how can I cultivate healthy relationships in all areas of my life?

Arun Mansukhani, a leading therapist and researcher in the field of interpersonal psychology, shows us that it is up to us to be at ease with others.

**The art of maintaining  
healthy relationships, by the  
leading psychologist in Spain  
in interpersonal  
relationships**



## 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)

Vergara  
May 2023  
288 pages  
English Sample available

### SYNOPSIS

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.

**Setting boundaries was never so easy. Learn how to do it assertively with the nomadic psychologist**

### 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



OVER 1 MILLION  
COPIES  
SOLD

## RAFAEL SANTANDREU

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

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

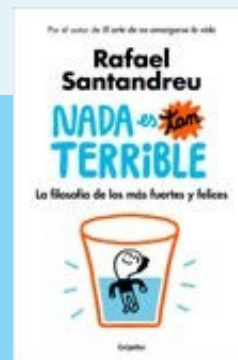
In the 2000s, he worked with the world-famous psychologist Giorgio Nardone at the Centro di Terapia Strategica in Arezzo, Italy.

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

His books, *The Art of Not Embittering Your Life*, *Happy Glasses*, *Happiness in Alaska*, *Nothing's That Bad* and *Fearless* have become international hits.

He is renowned for an accessible, amenable writing tone which is strengthened by his professional background and years of experience treating patients.

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







Grijalbo, August 2013, 368 pages

Rights sold to:

Korea (The Wing of Thinking)

France (Enrick B. Edition)

Portugal (Bertrand)

Turkey (Pegasus)

Czech Republic (Dobrovsky)

Serbia (Vulkan)

English sample available

# THE ART OF NOT EMBITTERING YOUR LIFE

**The keys to psychological change  
and personal transformation**

## SYNOPSIS

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

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

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



Grijalbo, August 2021, 344 pages

Rights sold to:

Portugal (Bertrand)

# HAPPY GLASSES

**Find your Emotional Strength**

## SYNOPSIS

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

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

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

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

“Simply magnificent. This philosophy will genuinely help you

become

a better person.”

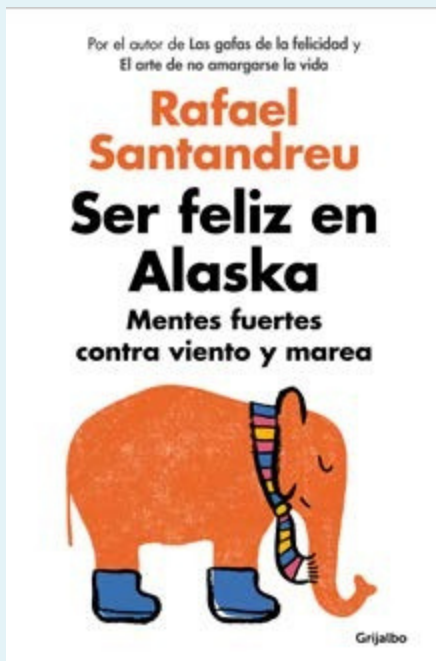
David Ferrer, professional tennis player

“With *Happy Glasses*, the psychologist Rafael Santandreu has

brought

us tools to change the way we look at our daily lives.”

Diario de Burgos



Grijalbo, June 2021, 320 pages

Rights sold to:  
Greece (Gema)  
Poland (Muza)  
Portugal (Bertrand)

## HAPPINESS IN ALASKA

**Strong minds that stand up to the winds and the tides**

### SYNOPSIS

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

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

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

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

“*Happiness in Alaska* contains the best approach for those seeking emotional strength.”  
Dr. Luis Minguel Martín, psychiatrist and department head at Hospital del Mar in Barcelona.



Grijalbo, January 2021, 320 pages

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

## NOTHING'S THAT BAD

**The philosophy of the strongest, happiest people**

### SYNOPSIS

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

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

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

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

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

*This book is a powerful tool for personal transformation.*

*A comprehensive guide to self-therapy, it's grounded in cognitive and behavioral psychology and third-generation mindfulness— the most scientifically supported forms of therapy.*



Grijalbo  
June 2021  
320 pages

Rights sold to:

Greece (Gema)  
Portugal (Bertrand)  
Turkey (Pegasus)

English Sample available

# FEARLESS

Over 200, 000 copies sold so far

## SYNOPSIS

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

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

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

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

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

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

Anxiety and phobias are a growing public health issue.

That's never been truer than now, while we're in a global pandemic that has left large groups of the population extremely vulnerable.

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

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

## EXTRACT

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

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

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

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



## BORJA VILASECA

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

He is 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 seven cities in 3 countries.

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

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](http://www.borjavilaseca.com)



**MORE THAN  
500,000 COPIES  
SOLD**





# YOU ARE THE ONLY THING MISSING IN YOUR LIFE

**Liberate yourself  
through the Enneagram**

Vergara  
January 2023  
280 pages  
English sample available

Rights sold: Italy (Gribaudo)

## SYNOPSIS

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 now 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.

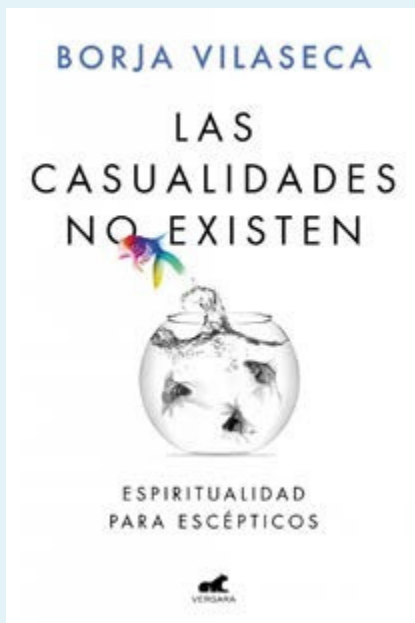
Borja Vilaseca presents us with key tips about how to operate this unique self-knowledge tool, helping readers fully understand themselves and in turn unlock their full potential.

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.



Vergara,  
October 2021  
280 pages

Rights sold to:  
Croatia (Mozaik knjiga)  
Portugal (Bertrand)  
Russia (Popuri)  
Brasil (Globo)  
Serbia (Laguna)  
Greece (Patakis)

English sample available

## COINCIDENCES DO NOT EXIST

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

### SYNOPSIS

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

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

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

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



Vergara,  
First publication in 2008, Relaunch in 2022,  
272 pages

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

Full English PDF available

## NICE TO MEET ME

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

**More than 150,000 copies sold to date**

### SYNOPSIS

There are as many paths to self-knowledge as there are people in the world. Being truly content with yourself is a simple matter of knowing who you are.

While it's true that you can learn how to reach this point without outside help, there are some psychological tools that can facilitate, deepen, and speed up the process. The Enneagram is one of them. It's like an instructional manual for the human condition, and you can use it to learn some of the deeper, often unconscious motivations behind your behaviors and attitudes. Outlining the nine personality types, *Nice to Meet Me* will help you move past your ego and reconnect with your true self.

The book was inspired by the nearly three-hundred Enneagram seminars the author has taught to over ten-thousand people in Spain and Latin America since 2006.

These seminars gave Vilaseca a scientific and empirical window into just how positive an impact this self-knowledge tool could have, simply by helping people get to know themselves better.

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





Vergara  
Re-release July 2023  
256 pages

## COMMON SENSELESSNESS

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

### SYNOPSIS

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

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



Bolsillo  
First publication in 2011  
184 pages

Rights sold to:  
Russia (Popuri)

Full English PDF available

## THE LITTLE PRINCE PUTS ON HIS TIE

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

### SYNOPSIS

This fable, based on true events, tells the story of Pablo Prince, a visionary young non-conformist who found his purpose in life after an existential crisis.

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**

## SYNOPSIS

No medications can give you what you really need. Modern Western medicine starts from a false premise: instead of promoting health, it combats sickness.

The medicine provided here isn't designed to alleviate pain, it's meant to eradicate the root of your suffering. But it's not for everyone.

It's for those people who don't want to suffer anymore. And for this medicine to work, you have to be committed to healing. Only take it if your priority is happiness.

Containing twenty-one strengths of the human soul, this medicine will enable you to face adversities with wisdom, distilled from the philosophical values of Stoicism, specifically the teachings of Seneca.

Once you're through with the treatment, you'll notice a considerable improvement in your relationship to yourself, to others, and to life itself.

*"Wisdom is the only medicine for the ailments of the soul."*  
Seneca



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**

## SYNOPSIS

There's no part of life that we go into with as much expectation and hope, and as much failure, as romantic relationships.

It's incredible how two people who say they love each other can end up hurting each other and bringing each other down in the name of love. It's past time we confronted an uncomfortable truth: the conventional model of the couple is out-of-date.

There's no better proof than the epidemic of separations and divorces. Love doesn't end when two people get married, it ends when they stop treating each other like they're dating. It's a question of changing attitudes.

To do that, both people have to learn to be happy on their own. The biggest challenges modern couples will face is how to find an arrangement that honors both of their unique selves. And one where freedom and love can flourish into their fullest expression.

*"If you accept that the relationship is here  
to make you conscious instead of happy, then the relationship  
will offer you salvation."* Eckhart Tolle



**MORE THAN 1.5  
MILLION COPIES  
SOLD**

# BERNARDO STAMATEAS

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

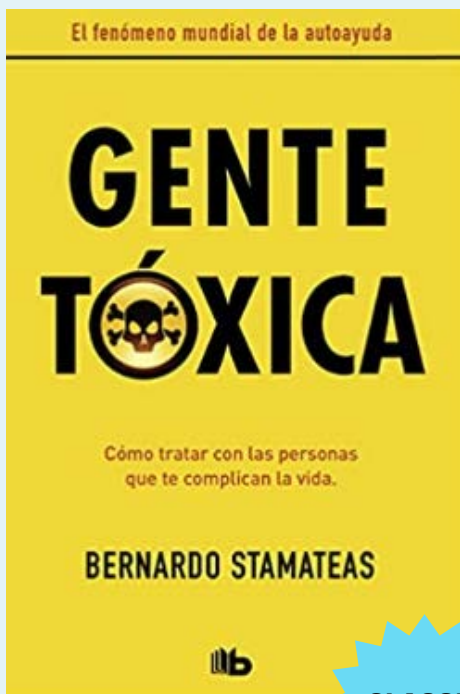
His wide variety of published titles have made him an international phenomenon in the field of self-help, with 1,500,000 copies sold worldwide.

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

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







B de bolsillo  
December 2021  
170 pages

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

**CLASSIC  
SELF-HELP**

## TOXIC PEOPLE

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

### SYNOPSIS

We cannot avoid encountering problematic people in our daily lives.

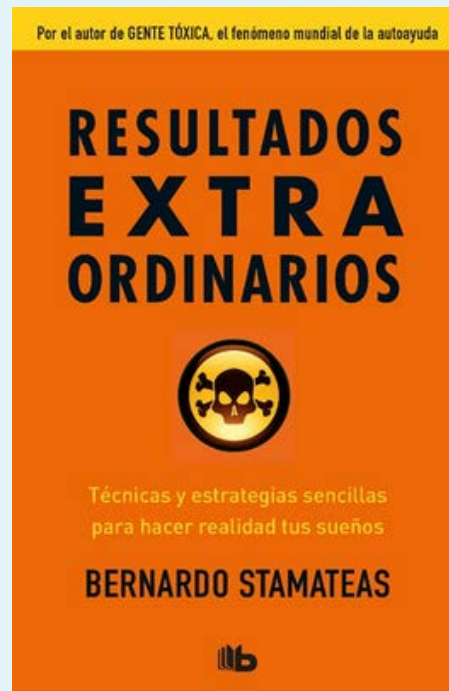
Authoritarian and belittling leaders, complaining neighbors, envious co-workers, relatives who always blame us for everything, arrogant, irritable or lying men and women?

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.



B de bolsillo  
December 2022  
170 pages

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

## NOURISHING EMOTIONS

**Nourishing Emotions will show you the power of a positive attitude and teach you how to use them to achieve your biggest dreams**

### SYNOPSIS

Why are there people who, despite their difficult past, have managed to set up a multimillion-dollar company, become great political leaders or achieve goals which are impossible for others?

One of the secrets is that they all knew from the beginning where they wanted to get to and, therefore, they lived their lives according to certain principles which lead them to success.

It's not about working extra hours, saving your whole life or having a "connection" in a hierarchical job: what enables a person to fulfill their dreams is establishing clear and achievable goals.

*"If your wish is to continue leading the life you have, carry on. But if your goal is to make a name for yourself, you must differentiate yourself from the crowd. Your systems of beliefs and thoughts will differentiate you amongst the masses. You are the owner of an extremely valuable possession: your mind. What you decide to be is what you will be. What you decide to think of is what you will become."*



## 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

Grijalbo  
February 2023  
296 pages

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

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

## SYNOPSIS

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

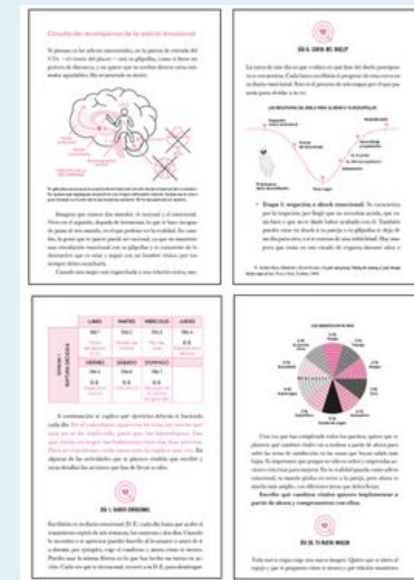
This book includes a "junkie-test" that allows you to measure your degree of emotional addiction, as well as stories of other women who have been in the same situation and managed to break their toxic relationship patterns.

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





# 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](http://www.maiteissa.com)

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







# YOUR SUCCESS IS INEVITABLE

Grijalbo  
June 2022  
352 pages

Rights sold: Russia (MIT)

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

## SYNOPSIS

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. B

etween 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.

You will nourish your mind with content that will collapse harmful internal beliefs, break the glass ceiling, reprogram you and thus obtain what you want and deserve. At the end of each chapter practical exercises are included to apply the concepts and principles exposed.

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
- Bonus Chapter. When we put it all together what happens? The Manifestation Method

**BESTSELLING AUTHOR  
ON MANIFESTATION IN  
ALL OF SPAIN & LATIN  
AMERICA**



## FIRST SLEEP, THEN DREAM

Grijalbo  
March 2023  
224 pages

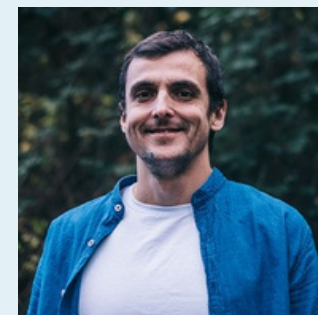
### SYNOPSIS

Sleep is part of a set of bodily processes, like hunger, thirst and digestion, that occur spontaneously. In other words, you do not decide when they happen, they just do. This is why, when we make an effort to sleep, as if it were an obligation or a chore, we often end up giving up on the process.

Together we will retrace the path that has taken you from a bad night's sleep to a problem with insomnia, using applying an easy-going and effective method. Along the way, you will learn more about what goes on at night time and what the body does to fall asleep and stay awake. You will be amazed by how clever it is and you will learn to trust it.

We will also present you with some tips on how to interpret dreams. We dream stories that often send us messages to deal with the problems of everyday life. Hence the title of this book: "primero dormir y después soñar" (sleep first, then dream). In that order.

A book to help you understand insomnia



Néstor Sánchez has had a passion for human physiology, scientific dissemination, health science research and treating patients for more than fifteen years.

He is a physiotherapist with master's degrees in clinical psychoneuroimmunology and in human biology, and he is the founder of Regenera—a pioneering company in the treatment of patients and training in clinical psychoneuroimmunology for health professionals.



Bernardo Ortín, has a PhD in philosophy and education sciences from the University of Valencia, is a professor at Florida Universitaria (Valencia) and of psychoneuroimmunology (PNI) in its emotional, communicative and psycho-educational dimension at Regenera.

He combines this teaching work with pedagogical guidance, training, counselling and supervision of professionals and organisations. H



## LUIS MIGUEL REAL

LUIS MIGUEL REAL is a psychologist and specialist in treating addiction. He trained in Brief Strategic Therapy and drug dependence, and has given workshops and training sessions in several countries including European Commission projects.

LUIS MIGUEL REAL

# NO PIENSES EN UN OSO VERDE

DEJA DE INTENTAR CONTROLAR  
TU MENTE Y TUS EMOCIONES



## DO NOT THINK OF A GREEN BEAR

Vergara  
June 2023  
Pages: 288

**Stop trying to control your  
mind and your emotions**

### SYNOPSIS

Let's be clear: we cannot control our mind. Thoughts come and go, they get into our head and there is no way to get them out.

And they hurt us, they make us feel uncomfortable, and the efforts we make to free ourselves from them hurt us even more and make us feel even more uncomfortable. If you try not to think about a green bear, a green bear appears, and there is no method or discipline that will make it go away.

In this, his first book, psychologist Luis Miguel Real explains the essentials for living in peace with our mind, our travelling companion, in good times and bad. The book teaches us that you do not really have to control your thoughts, but simply learn to get along with them.



## JAIME RODRÍGUEZ DE SANTIAGO

In recent years, Jaime Rodríguez de Santiago (Madrid, 1984), like superheroes and cabaret artists, has had two lives. During the week as a director of technology companies such as Free Now, of which he is currently the General Director for southern and western Europe, or previously BlaBlaCar, which together with his team became one of the most recognized brands in Spain. On weekends as the creator of Kaizen, a podcast dedicated to continuous learning that began in 2019 and has exceeded three million downloads to become one of the 100 most listened to podcasts in Spain and number 1 in the education category.

Jaime Rodríguez de Santiago



# LA REALIDAD NO EXISTE

Cómo entender el mundo cuando entiendes  
que no entiendes nada

AGUILAR

## REALITY DOES NOT EXIST

Aguilar  
March 2023  
320 pages

### SYNOPSIS

What if they told you that the world is not what you see, what you feel, what you hear or what you have been taught at school?

The reality we live in is full of lies. The senses, the brain and the culture deceive us; Even the laws of physics fool us. Despite the vertigo that thinking about it can cause us, being aware of our limited perception of things is the first step to begin to truly understand them.

Jaime Rodríguez de Santiago offers us in this book, as he does in his successful podcast Kaizen, an opportunity to amplify our gaze and discover new nuances of everything that surrounds us, dismantling our apparent certainties to face them with tools, skills and from a different perspective.

### Extract:

*The first objective of this book is to show you that all this is a lie. That (probably) there is a reality—even the title of the book is a lie—, but it is neither what we individually perceive, nor what we collectively explain to ourselves. That our certainties deceive us.*

**How to understand the world  
when you understand that  
you don't understand  
anything**

*In short, understanding the world begins by assuming our own limitations to understand it. I do not intend to make you doubt everything that you perceive, nor question the capacities that have allowed us to humans thrive at incredible levels.*

*Our history is the best proof of how well adapted we are to reality.*

*The message is much more modest: our certainties have feet of clay and we live in increasingly complex environments.*

*We need to build a more open, but more critical vision at once. Because once this is assumed we can arm ourselves with tools to address this elusive reality.*

*That will be our second goal: to introduce you to ways of thinking to better interpret what surrounds us, to build a more complete world and make better decisions.*





LUIS LÓPEZ DE NAVA  
LETICIA GASCA  
CARLOS ZIMBRÓN  
PEPE VILLATORO

#ShareTheFailure FuckupNights is a global movement that has made more than fifteen thousand stories of failure known to more than one million people, in more than 90 countries, thanks to hundreds of companies seeking to build innovative organisational cultures.

Every month, at events around the world, they get three or four people to face a room full of strangers to share their own fuck-up. Businesses that go bankrupt, partners that fight, products that have to be recalled from the market... They tell it all.



## READ THIS IN THE EVENT OF FAILURE

Conecta  
February 2023  
216 pages

### SYNOPSIS

Failure stinks. Anyone knows this from their own experience. There is nothing worse than realising that the time, money and effort spent on a project have been for nothing; self-confidence suffers terribly as the hopes placed on it are dashed. Failure is often seen as a stigma to be ashamed of, when in fact it is a process we all go through in our personal and professional lives, and especially in the business world.

There are many famous failures: Walt Disney had to close his first studio due to bankruptcy, Steve Jobs was fired from the company he founded, The Beatles were rejected by several record labels... but the only true failure is to stop trying to do what you believe in.

The founders of Fuckup Nights decided to fight this taboo and created a platform to share mistakes and fiascos (frustrated ideas, disastrous partners or lack of funds, among other recurring nightmares), invaluable experiences for any entrepreneur because failure is a path we need to take on the way to success.

**What doesn't kill you makes  
you stronger!**

This book is the result of the rapid spread of that global movement and everything they have learnt about failure in the ten years it has been going:

- its origins in our culture
- how capitalism and its veneration of individual success foster the taboo
- what factors and behaviours trigger it
- what are its signs
- how it impacts emotions
- how to communicate it to our team
- what consolation rituals we can add to our routine.

Join the movement, laugh at your failures and share them with the world!



## JORDI RECHE

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

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



# CONVINCE PEOPLE WITHOUT SAYING A WORD

Conecta  
March 2023  
264 pages

**The key to non-verbal communication to persuade any audience**

## SYNOPSIS

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

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

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

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

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

In this book you will learn:

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

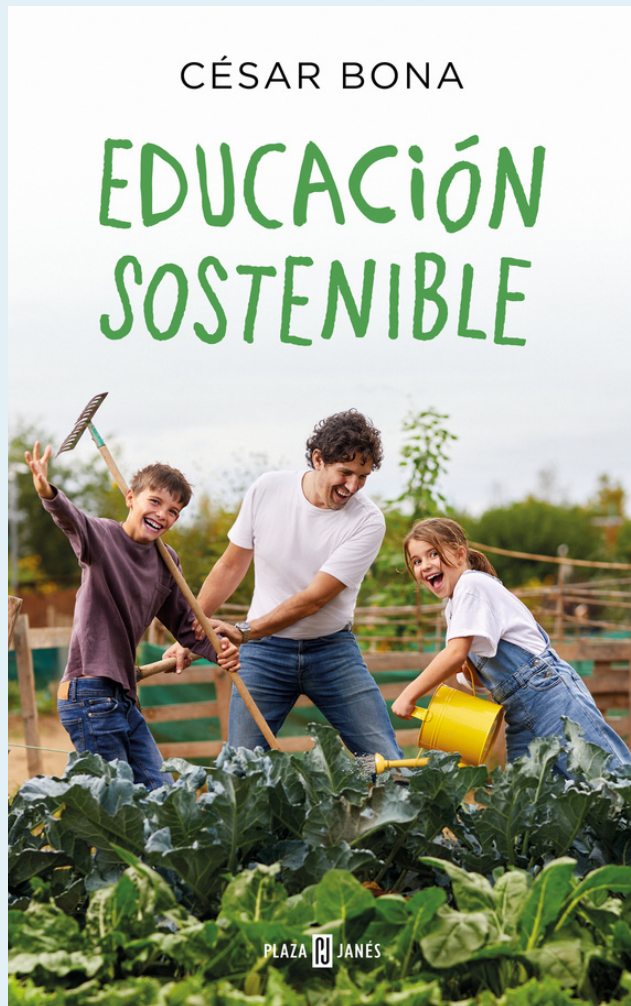


## CÉSAR BONA

César Bona (Ainzón, Zaragoza, 1972) is a teacher and writer. A graduate in English Philology and Diploma in Foreign Language Teaching from the University of Zaragoza.

For his multiple projects linked to child participation, he received an Honours Award for the Public School Platform, the Create Award from the Ministry of Culture on two occasions for stimulating creativity, as well as the highest distinction in Aragonese education or the Aragón Environment Award 2013.

After sixteen years of experience, he was nominated as one of the 50 best teachers in the world according to the Global Teacher Prize (2014). He has written several books to date.



# SUSTAINABLE EDUCATION

Plaza & Janés  
March 2023  
256 pages

**Everything begins with  
education**

## SYNOPSIS

We might wonder if this is the world that we are going to leave to future generations, but this is not a book about what will happen in the future, it is a book about the present. Everything starts in education, even hope.

We must invite children to be the main protagonists of a change in which we, adults, have to be the first to believe. So let's take the step and set an example. Let's ask ourselves: "What can I do?" and, above all, "What can we do together?" At home, at school, individually and in large teams.

Small gestures and day-to-day actions have to cause this change. We have to act, not out of fear of what will happen if we don't, but because with our actions we will be respecting the place where we live, our home.

## PREVIOUS TITLES







**100,000  
COPIES  
SOLD**

# 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](http://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.





## REAL EDUCATION: SELF-ESTEEM

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

Vergara  
336 pages  
February 2022  
Sold to:  
Romania (Editura for you)  
Russia (Eksmo)

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

### SYNOPSIS

Tania García —author of *Educación 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 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, January 2019, 384 pages

Rights sold to:

Germany (Duden)  
Romania (Editura for you)  
Catalan (Eumo)  
Portugal (Bertrand)  
Italy (Giunti)  
Russia (Eksmo)

English Sample available

## EDUCATING WITHOUT LOSING YOUR PATIENCE

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

### SYNOPSIS

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

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

This is an essential book for families and education professionals suitable for all ages and all stages of growth and development.



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**

### SYNOPSIS

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

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

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



## DAVID BUENO

### David Bueno

(Barcelona, 1965) – Doctor of biology and research professor at the UB's Department of Biomedical, Evolutionary and Developmental Genetics. Since 2019, he has chaired the neuroeducation department at UB-EDU1st, the first in the world dedicated to the field.

He has also been a researcher at Oxford University and completed residencies at the European Molecular Biology Laboratory in Heidelberg, the University of Innsbruck and Cold Spring Harbor Laboratory in New York, as well as collaborating with the UNESCO International Bureau of Education.



# THE ADOLESCENT MIND

Grijalbo  
January 2022  
250 pages

English sample available

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

## SYNOPSIS

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.

**Discover how adolescents  
brains work to understand  
and accompany them**

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.



## SARA DESIRÉE RUIZ

SARA DESIRÉE RUIZ holds a degree in Social Education. She has worked with teenagers for over 20 years, designing and managing socio-education projects for them.

Her Instagram community @adolescencia.sara.desiree.ruiz is a leading voice in raising social awareness about adolescence with more than 80,000 followers. She is the author of "El día que mi hija me llamó zorra" (Almuzara, 2022), and her blog [www.saradesireeruiz.com/blog/](http://www.saradesireeruiz.com/blog/) won the 2021 Madresfera Awards.



# I NEED YOU (ALTHOUGH IT DOESN'T SEEM LIKE IT)

## Tools to accompany teenagers and help their self-esteem

Grijalbo  
March 2023  
232 pages

## SYNOPSIS

The lives of teenagers are full of situations and moments that get on our nerves; most of these circumstances have to do with the need to find meaning in their lives, to speak out and be recognised and accepted as unique individuals.

They are constantly seeking new experiences to define themselves so that they can fit into the world and reach adulthood knowing where they belong. In this process of developing self-concept, self-esteem and identity, it is essential that they feel the support of those who matter most to them.

And for that, the people around them have an important mission: give them space, stimulate them and support them. Accompanying adolescents in discovering and building their identity is no easy task and your role is essential.

In this book you will learn practical guidelines for when you don't know how to act; you will find simple and effective advice, so the teenagers in your life can progressively increase their self-esteem and self-confidence; and you will understand the important role of their friendships and how emotional distress affects their development.

Even if you don't always understand what they are doing, you will be able to tap into the potential of this stage and enjoy it by learning to give them what they need: understanding and confidence.





NAZARETH OLIVERA  
BELART

**Nazareth Olivera Belart**  
(@comadronaenlaola), who works  
as a midwife, is a reference in the field  
of motherhood: she has more than  
70,000 followers on Instagram, where  
she grows day by day.

Her focus is on women's needs  
and she works to ensure that each  
mother is listened to and empowered  
throughout the duration of their  
pregnancy and beyond.



# BECOMING A MOTHER

Grijalbo  
May 2022  
256 pages

## SYNOPSIS

*Becoming a mother* is a manual for mothers-to-be which talks about the nine months of pregnancy, childbirth and the postpartum period based on scientific evidence. The book takes on a perspective that is absolutely respectful of the baby and the mother, listening to their needs, resolving doubts and covering all the options without bias, to offer tranquillity, serenity and confidence.

Each woman must choose what is best for her and her baby.  
The author explains the processes of pregnancy, childbirth and postpartum, in a concise but entertaining way.

From the development of the baby week by week and the changes that are going to take place in the woman's body, to the different emotions that she could experience, basic nutritional recommendations for the changes of pregnancy, discomforts and possible remedies, physical activity and exercise, the sexuality and the start of lactation, the role of the partner, if any, and the fundamental medical tests and regular follow-up that is carried out.

This guide is the answer to all women seeking a change in the care they receive during pregnancy, childbirth and postpartum: closer, respectful and empathetic, but at the same time truthful, useful and scientific.

With a charming layout and useful graphics and illustrations, this is a wonderful practical guide for any mother to be.

**A guide to pregnancy, birth  
and post partum, with  
evidence and emotion**





## PAOLA ROIG

PAOLA ROIG is an author, mother, feminist and psychologist (although not necessarily in that order). As a result of her life-changing experience of becoming a mother, Paola has turned her attention to supporting women at different stages of motherhood.

She currently co-directs Pell a Pell, a project in which she supports mothers as a perinatal psychologist and psychotherapist during their pregnancies, the post-partum and parenting stages. She also continues to work as a communicator and activist through her Instagram profile @paoroig.



## IMPERFECT UPBRINGING

Brugera  
March 2023  
384 pages

### IN THE WORDS OF THE AUTHOR..

The book we need to read to free ourselves from guilt and feel supported in the process of becoming mothers. Millennial mothers live in the information age. We know which shoes are best for our children, at what age it is best to introduce gluten into their diet and also how we should handle their tantrums.

We spend our time parenting trying to change patterns and do things differently, trying to be textbook mothers. But who is talking about everything that happens to us while we're trying to achieve all that?

When I was approached to write a second book, I decided I wanted it to be about parenting. But there are already so many books on the subject that it is easy to get lost in giving hints and tips and peddling the idea that all the solutions can be found within a few lines. I want no part of that. I want to talk about parenting in terms of psychology, of course, but also in terms of the experience.

**Because you can't do  
everything, and that is OK**

The experience of the mothers I work with, and my own. I want to talk about what happens to us, about everything that is so difficult for us to name, about what our babies inspire in us and how we can make it easier to support them and ourselves.

This is what you will find here. I will go over the most important aspects of parenting, those that concern us most and about which we read the most. I will give you a bit of theory to understand them and put them in context, and then I will pose some questions so that you can choose your own path, relying on your resources and everything you already have within you.

No, this is not another manual on how to be the perfect mother. It is a book about finding and trusting the good enough mother you already are.



## ALBA PADRÓ

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

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



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

### ALSO BY THE AUTHOR:



# BREASTFEEDING ALL DAY: A GUIDE TO LACTATION

Grijalbo  
April 2022  
344 pages

## SYNOPSIS

Breastfeeding is a process that raises many questions and sometimes we don't know how to solve those little inconveniences that may appear along the way.

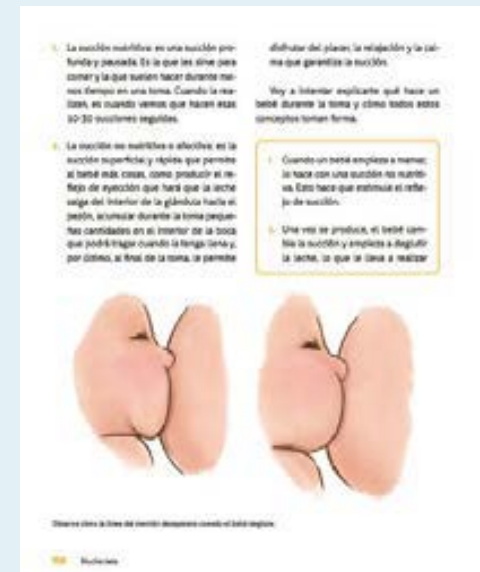
What's more, in lactation doubts may arise at any moment: before giving birth, in the first days, in the course of it, with the return to work, in your day to day... Who would not want manual instructions telling you what to do in every moment?

You have that dream manual in your hands.

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

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

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







## BÀRBARA MUNAR

Bàrbara Munar (Ibiza, 1982) is a dietician specialising in the menopause, communicator, educator and lecturer. She has worked in radio, press and television, and is the creator of the Instagram and TikTok accounts @hablandodenutricion and the #ReinasSinReglas movement.

Bàrbara Munar  
@hablandodenutricion



Claves nutricionales  
para la salud femenina  
a partir de los 40 años

Grijalbo

## QUEENS WITHOUT RULES

Grijalbo  
January 2023  
216 pages

### SYNOPSIS

Women live more than a third of our lives without menstruating, yet the menopause and the climacteric period are a great unknown for most of us because the experience of this period has been a taboo that we associate with old age and the end of femininity. During the menopause, the hormonal system is altered and causes physical and psychological changes. Despite this, it is a stage that can be wonderful, but it will depend on our attitude and the truthful information that we handle both in the years leading up to and during this stage.

This book answers questions such as: Why do we put on weight after 40? Why do we lack energy or have so many mood swings? Why do we have a swollen belly and less sexual desire? How can we reduce hot flushes? And it gives us tools to learn that by eating a variety of foods, focusing on quality and not counting calories, we can get slimmer, reduce swelling, have more energy, improve our sleep quality, our libido and reduce hot flushes.

**A generous and practical book based on the avant-garde science to live freely, without symptoms and happily through menopause.**







ANNA SALVIA

Anna SALVIA is a mother and psychologist specialising in sexual education and health. She has extensive experience in giving talks, leading workshops and training to women, children, adolescents, families and professionals in the field of health and education.

She is the author the children's and young adult books *It's called a penis!* (2023), *It's called a vulva!* (2023), *Semen is cool* (2022) and *Periods are cool* (2020), as well as the books for adults *The Dance of Life in Women* (2018) and *Journey to the Menstrual Cycle* (2012).



## A NEW WAY TO MENSTRUATE

Bruguera  
March 2023  
144 pages

### SYNOPSIS

Menstruating should not cause discomfort or pain, just as sleeping, eating or urinating does not. If we experience menstruation in this way, it is because we have not received a good menstrual education, neither at home nor at school. What little we have been told about menstruation is often wrong and leads us to experience it with discomfort, shame and pain. But the truth is that it is possible to menstruate in a different way. In this book, the sex education psychologist.

Anna Salvia shares the knowledge and resources she has accumulated over more than ten years working with women of all ages, researching the menstrual cycle and practising free bleeding.

This book is for you if... you'd like to say that your period is cool but you've hated it for years. ...you have reconciled with it and want to go even further. ...you want to know what free bleeding is and how to practice it. ...you want to understand why discomfort and pain are not your enemies but wise messengers.

**The education about our  
menstrual cycle...that we  
never received**

### SAMPLE SPREADS





## YOLANDA GARCÍA

YOLANDA GARCÍA is a psychologist and naturopath, specialising in perinatal psychology, natural fertility, nutrition in pregnancy, childbirth, breastfeeding and infant feeding.

She coordinates the advanced training course in Dietetics at the Roger de Llúria Institute in Barcelona, and has her own private practice.



# I AM A WOMAN AND THESE ARE MY RULES

Grijalbo  
February 2023  
384 pages

This book is a powerful self-knowledge tool for female empowerment for women of all ages

## SYNOPSIS

Becoming a healthy and fulfilled woman involves embracing a cyclical nature that for centuries has remained invisible, meaning that we have grown up disconnected from our bodies. Women are not linear, but we spend our lives struggling to adapt to a society that demands us to be so and that overrides our essence.

The hormonal dance that we undergo brings changes in all areas (emotional, social, physical, intellectual...), but understanding and being aware of these changes will allow us to enjoy health and well-being. Yolanda García invites us to discover our biology and how it impacts on our vital spheres, to get to know and embrace the four women who live within us, just as the moon embraces its four phases and nature its four seasons.

You will see that the cycle is more than just bleeding, you will discover how your menstruation should be, you will learn how to manage your cyclicity to make the most of each stage, and you will gain a holistic understanding of women's health.



# 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.

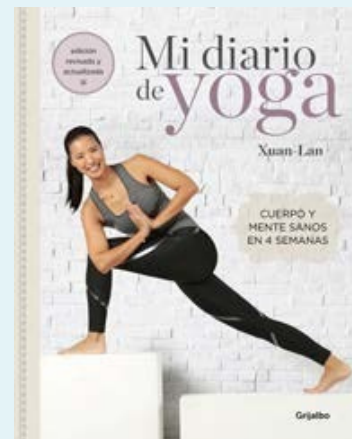
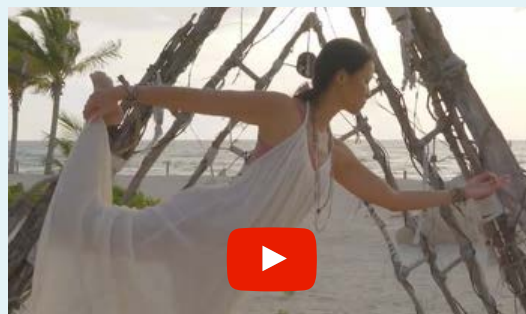
Born in France, Xuan's yoga journey began in New York twenty years ago. Now based in Barcelona, she dedicates herself to sharing yoga with others and her goal is to bring yoga to as many people as possible using a methodology that looks at how to integrate good healthy habits, yoga an mediation, in our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

With her own online yoga studio, courses around the world and two best-selling books, Xuan Lan is one of the most prominent faces in the world of Yoga today.

Her two books, *Yoga for my Wellbeing* and *My Yoga Diary*, present her readers with achievable and accessible ways to integrate yoga into their everyday lives. Both titles have had huge commercial excess and have been updated and re-released, and as Xuan's network continues to grow, we are incredibly pleased to present her internationally.

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

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



**Audiovisual deal signed with Secuoya Studios to produce a TV show with Xuan as the main protagonist.**

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





Grijalbo Ilustrados  
November 2018 (reedition March 2022)  
256 pages

Sold to:  
Portugal (Marcador)

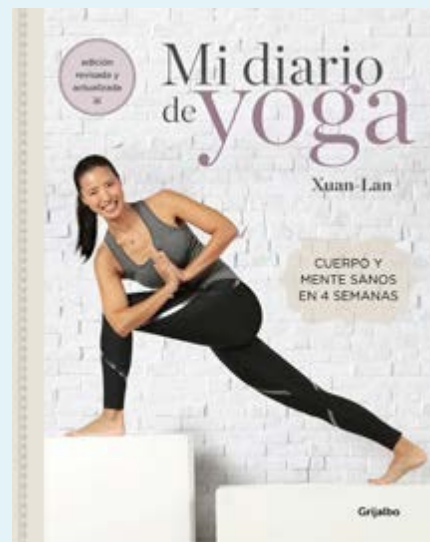
# YOGA FOR MY WELLBEING

**Xuan-Lan explains how to find inner wellbeing through yoga**

## SYNOPSIS

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

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



Grijalbo Ilustrados  
March 2016 (reedition June 2022)  
256 pages

Sold to:  
Russia (Popuri)

# MY YOGA DIARY

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

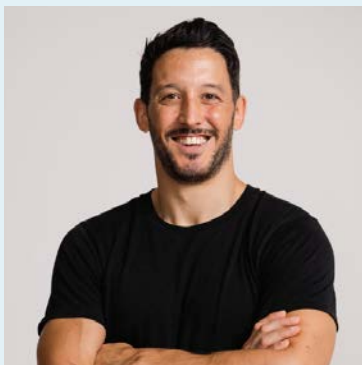
## SYNOPSIS

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

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



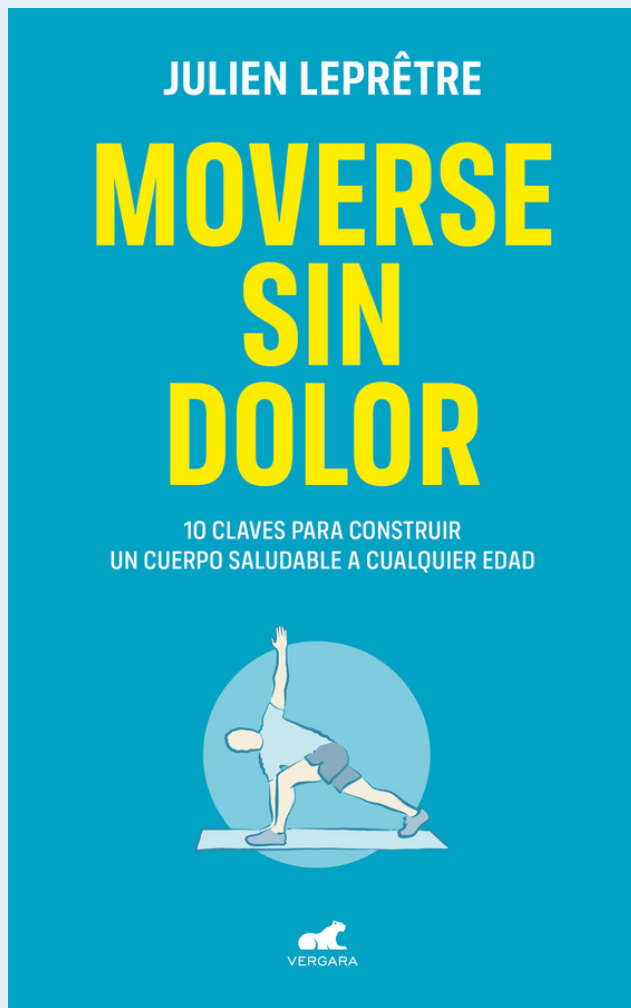




## JULIEN LEPRÊTRE

Julien Leprêtre is an osteopath, prevention instructor and personal trainer.

His programmes and outreach work have helped thousands of people regain control of their bodies and move with more strength, more mobility, more speed and more endurance.



# MOVE WITHOUT PAIN

Vergara  
April 2023  
288 pages

## SYNOPSIS

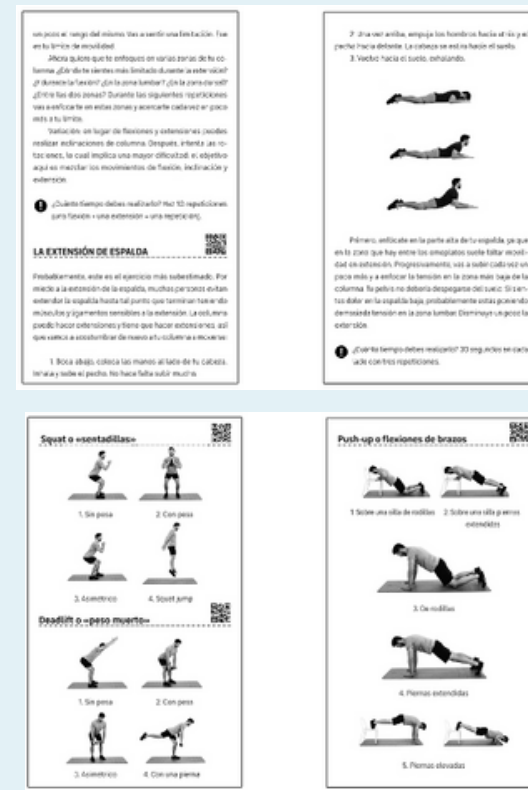
You don't have to live in pain! Back pain, knee pain, tendinitis, chronic fatigue, excess weight...

Julien Leprêtre, an osteopath and personal trainer specialising in injury prevention, has helped hundreds of thousands of people regain control of their bodies through his social media channels.

In this, his first book, he introduces us to the secrets of the successful Functional Method. Busting myths about health, it teaches us how our body works and how we can relieve its tensions.

In *Move without Pain*, through simple illustrations, exercises to do at home and a complete four-week training programme, we discover the secrets to getting back to living without pain.

## 10 keys to build a healthy body at any age





## LAURA CÁMARA

LAURA CÁMARA is a nurse in gynaecology and obstetrics, a sexologist and expert in sexual and reproductive health, and a specialist in sexual difficulties in gynaecology patients. She is a health communicator on female sexual health and creator of Ginesex, a virtual space where female sexuality is given a health boost and stripped of taboos.

Facilitator of courses and training, communicator and speaker at conferences and events, she advocates for sexual health and pleasure for women as a right and a fundamental element of quality of life.



# DESIRE YOURSELF

**The key to female sexual desire**

Vergara  
February 2023  
384 pages

## SYNOPSIS

There is no single way of expressing and feeling desire, no universal experience of pleasure. Therefore, there is no single approach to female sexuality. However, in the past, women's sexual desire has been in the spotlight, has been reduced to a minimum and still remains a taboo subject and is often experienced with discomfort.

"Desearte" shows how desire is constructed and the ways in which it appears and expresses itself in the different stages of our lives. It aims not only to guide you in improving your desire, but to help you and make you feel that you are not alone.

**This** book talks about sexual desire constructed under the cloak of the feminine, especially in heterosexual relationships, and tries to ease the conversation about something that is truly complex through examples, with which you may find yourself identifying.

Because every experience is personal and non-transferable, but each one builds a common story in which we can see ourselves represented, understood and, in short, which allows us to shift our perspective and enjoy desire with freedom and pleasure.



SONIA ENCINAS

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



## SEX EDUCATION

Montena  
April 2023  
160 pages

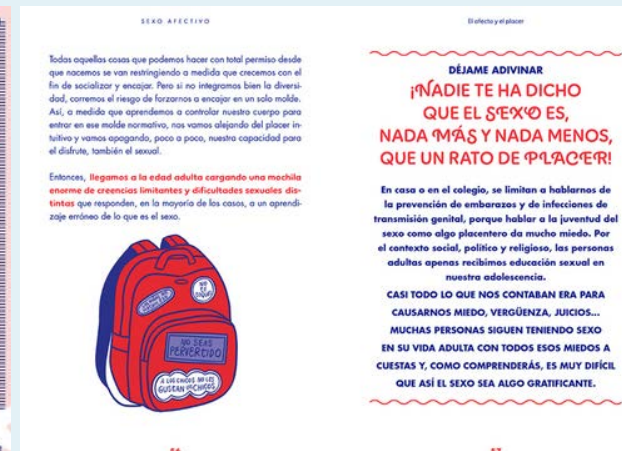
**Everything you should know  
to have consiente sex -  
from day one**

### SYNOPSIS

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

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

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



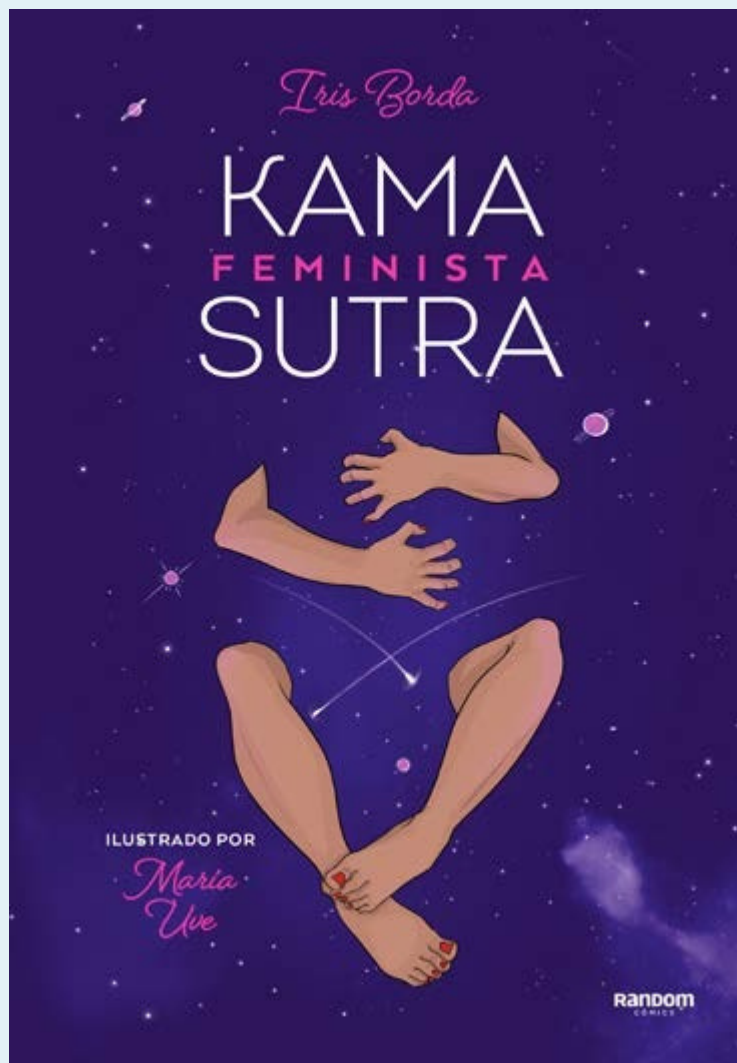
## THE AUTHOR

### 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.



# ILLUSTRATED FEMINIST KAMASUTRA

Random Comics

February 2022

112 pages

## SYNOPSIS

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 Kamasutra as you've  
never seen it before**

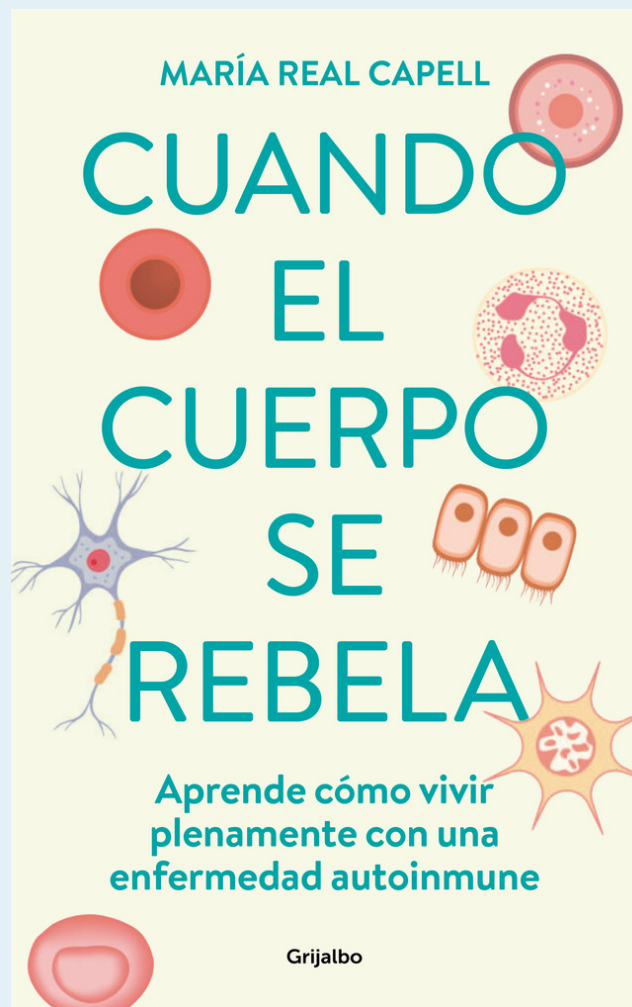






## MARÍA REAL CAPELL

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

Grijalbo  
June 2023  
216 pages

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

### SYNOPSIS

Between 10 and 15% of the Spanish 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.

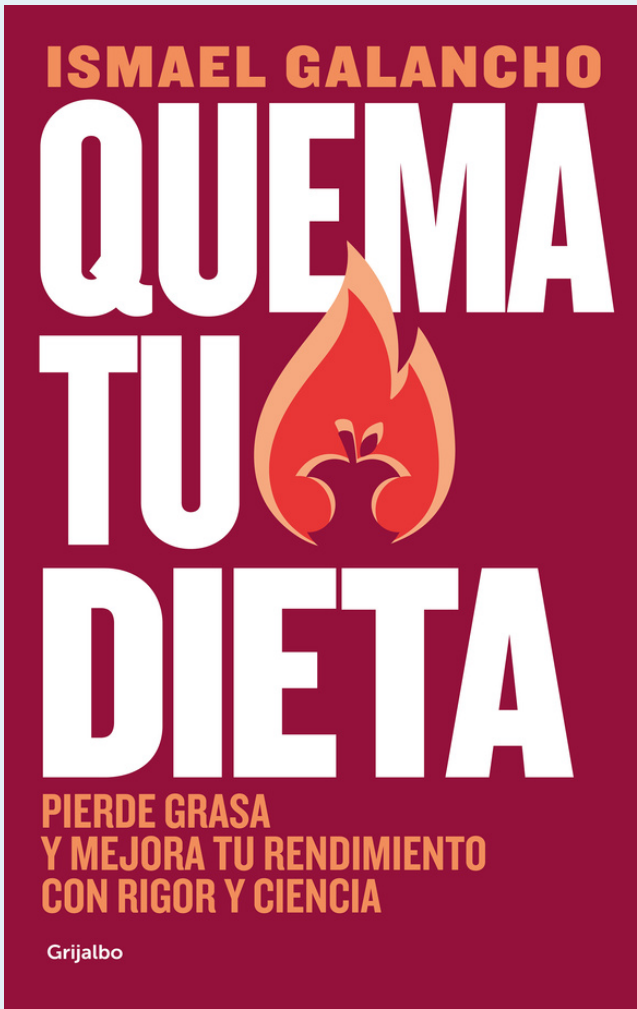


## ISMAEL GALANCHO

Ismael Galancho is a specialist in nutritional planning and training programmes for the achievement of goals based on body composition, health improvement, obesity prevention, progress in sports performance, competition preparation, etc.

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.

He is a speaker at numerous national and international conferences and has published in the Journal of the International Society of Sport Nutrition.



Grijalbo

# BURN YOUR DIET

Grijalbo  
January 2023  
352 pages

## SYNOPSIS

Why do we put on weight? Why did we blame fats before and now we blame carbohydrates? Why do diets fail? Why do we plateau?

Ismael Galancho dispels beliefs about nutrition based on diet culture and offers a fat loss plan that responds and adapts to the individual needs of each person, with achievable goals and greater flexibility, as opposed to rigid approaches like the ketogenic, paleo and real food diets.

After a long career working with elite athletes, Ismael proves that there is no one-size-fits-all diet. The key to success is to design a personalised programme that helps you develop lasting habits and maintain your long-term goals. "Quema tu dieta" encourages a healthy relationship with food and offers greater freedom in food choice. With this guide, weight loss will finally become an achievable and, most importantly, sustainable goal.

¡Vale, ya tenemos la clasificación de alimentos y los bloques de colores que representan a cada uno. Ahora necesitamos saber qué alimentos concretos se corresponden con cada bloque.

Como ves, algunos alimentos representan bloques enteros y otros representan medios bloques en función del contenido de otros nutrientes que contienen. Aquí tengo que hacer algunas matizaciones. Los lácteos son porciones inseparables de leche o kéfir con yogur 0%. Esto significa que, si elegimos leche o kéfir, si o si debe ir acompañado de un yogur. En el último capítulo del libro, cuando hable de los mitos de la leche, explicaré por qué he decidido combinar leche, kéfir y yogur. Los tres lácteos pueden ser de vaca, cabra u oveja, como se prefiere.

PROTEÍNAS		
Pollo	Soja texturizada	Sechito blanco <sup>1</sup>
Pavo		Entrecote de ternera <sup>2</sup>
Cerdo		Vacio de ternera <sup>2</sup>
Merluza		Cardenal <sup>2</sup>
Bacalao		Salmon <sup>2</sup>
Sepia		Salmon ahumado
Tilapia		Salmon de ternera <sup>2</sup>
Calamar		Salmon de caza <sup>2</sup>
Corvina		Trucha
Cápsula		
Fiambrera de pollo <sup>3</sup>		
Proteína en polvo		
Queso fresco		
Leche desnatada		
Kéfir desnatado		
Selón		
Mayonesa		
Garbanos		
Almejas		
Berberechos		

1. Elige un filete de pavo que al menos contenga 90-95% de carne. Comprueba que sea el primer ingrediente de la lista y que aparezca en porcentaje mínimo. Asegúrate de que no contenga exceso de ingredientes.  
2. Jamón serrano más de 2-3 raciones por semana.  
3. No más de 2-3 raciones por semana.  
4. No más de 6 latas de atún por semana.

CARBOHIDRATOS	
Arroz basmati/integral	Lentillas
Arroz inflado/espeleta inflada	Garbanos
Pasta integral	Ajados
Pasta	Guisantes
Matutín/Barbuto	
Pan integral	
Yuca	
Mijo	
Palenta	
Trozo de zanahoria	
Bulgur	
Rizotto de patata	
Fideos de arroz	
Noodles	
Com flakes sin azúcares añadidos	
Miel en grano (alubias)	

1. Consumir solo en la primera comida que hagamos después de la sesión de ejercicio o actividad física.

The guide so that weight loss will finally become an achievable and sustainable goal

así como el «alto en fibras», pero ser un producto poco recomendable o solo de consumo ocasional. Puede que el producto en cuestión no tenga nada de azúcar, que sea light pero siga siendo alto en calorías, que no tenga azúcares pero sea alto en grasas y saturadas, o que sea alto en fibra pero alto también en azúcar, por poner unos ejemplos.

¿SIGNIFICA ESTO QUE NO DEBAMOS CONSUMIR NINGÚN ALIMENTO PROCESADO?

No, no estoy de acuerdo con la prohibición de comer cualquier cosa procesada. No todos los procesados son iguales. Algunos no perjudican la salud y son perfectamente válidos para introducirlos en nuestra dieta, aunque nuestro objetivo sea perder peso. Son los que denominamos «buenos procesados», como por ejemplo el aceite de oliva virgen extra, algunos conservas o alimentos enlatados, los legumbres en bote y muchos otros. Es más, si seguimos el consumo puntual y controlado de algunos ultraprocesados no muy saludables representa un serio problema. Aquí es cuando pienso que me he vuelto loco. No, no me he vuelto loco. No me jodáis más. Sigue leyendo: más adelante entenderás el problema de las dietas rígidas en comparación con las dietas flexibles. Pero vamos paso a paso. Sigamos por donde fuimos.

Para que entiendas mejor las categorías de procesado de los alimentos explicaré de manera clara y sencilla qué criterios se siguen para clasificarlos. Además, te doy una imagen de ejemplo de lo que serían alimentos reales, buenos procesados y no tan buenos ultraprocesados. Los alimentos se clasifican según el grado de procesamiento industrial que sufren. Van de menos a más procesados.

- **Productos mínimamente procesados** que se pueden encontrar en el supermercado (frutas, verduras, algunos productos cárnicos y pescados, etc.).
- **Alimentos procesados**: en esta categoría encontramos algunos productos aceptables (algunos enlatados y conservas de productos cárnicos, pescado, verduras, legumbres cocidas, etc.).
- **Ultraprocesados**: No todos son iguales, pero la gran mayoría son poco o nada recomendables; algunos son directamente una bomba calórica.

COMIDA REAL	BUENOS PROCESADOS	ULTRAPROCESADOS

Figura 12: Clasificación de los alimentos según su nivel de procesamiento.

# 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.

Her first book, *Tell me what you eat and I'll tell you what bacteria you have*, has become a true bestseller, with more than 100,000 copies sold during the first 6 months of publication.







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

**The intestine, our second brain**

Grijalbo

October 2021

272 pages

## SYNOPSIS

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



Índice			
	Alimentos y bebidas	Recetas	Temas de interés
1. Introducción	1	1	1
2. El intestino, nuestro segundo cerebro	2	2	2
3. La microbiota	3	3	3
4. El eje intestino-cerebro	4	4	4
5. Los trastornos digestivos	5	5	5
6. La dieta y la salud	6	6	6
7. El ejercicio físico	7	7	7
8. El sueño	8	8	8
9. El estrés	9	9	9
10. La salud mental	10	10	10
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12. La salud reproductiva	12	12	12
13. La salud de la mujer	13	13	13
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## IBÁN YARZA

IBÁN YARZA (Zaragoza, 1974), journalist and translator by training, is an essential part of the revival of artisan bread in Spain.

Through his popular books and media appearances, he brings the pleasure of baking bread at home to the general public, combining the quality of the recipes with simple and accessible explanations



## PAN STEP BY STEP

Grijalbo Ilustrados  
March 2023  
192 pages

**A course on bread making to learn all the tips, recipes and tricks**

### SYNOPSIS

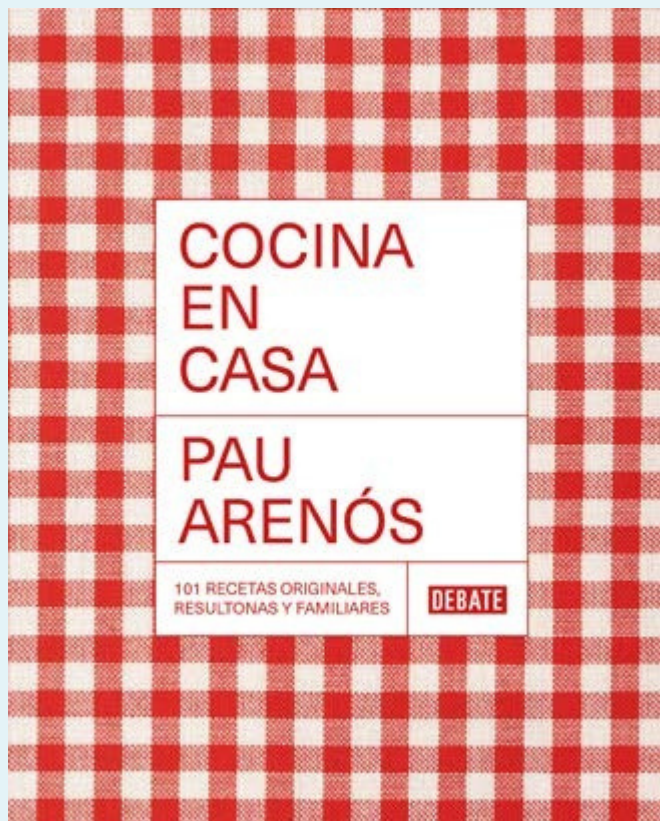
A countless variety of shapes, colours, flavours and ingredients opens the door to the fascinating world of bread through 50 recipes of all kinds: from quick unfermented breads to breads fermented for several days; from oven-baked breads to amazing breads that are steamed, made in a bain-marie, fried or baked in a casserole.

This title has a great new methodology: it delves into all the possibilities of each part of the process, so that it is the bread itself that provides the explanation and gives the reader the necessary resources to understand what they are doing and to enjoy every moment.

Each recipe develops a concept so that the reader has a clear understanding of the keys to success. In each case, the essential points of the process are explained, variations are offered and, in addition, there are several "Dr. Bread" chapters detailing, with photos and explanations, the most common mistakes and how to fix them.



*Also by the author:*



# COOK AT HOME

Debate  
September 2022  
224 pages

## SYNOPSIS

Here you have 101 simple recipes, some based on world icons or on dishes by great chefs (effusively tuned), others without references, a pure invention. However, they all share the same goal: that anyone can make them, and in the process, become a competent chef.

Some of these recipes were conceived during confinement, with homemade ingredients and a lot of imagination, and all have been photographed in the author's house with a mobile phone in search of frankness, freshness and honesty.

A genuine kitchen, without any kind of frills or fancy dress.

## Pau Arenós, winner of The Spanish National Gastronomy Award, proposes 101 successful home recipes to become a great chef

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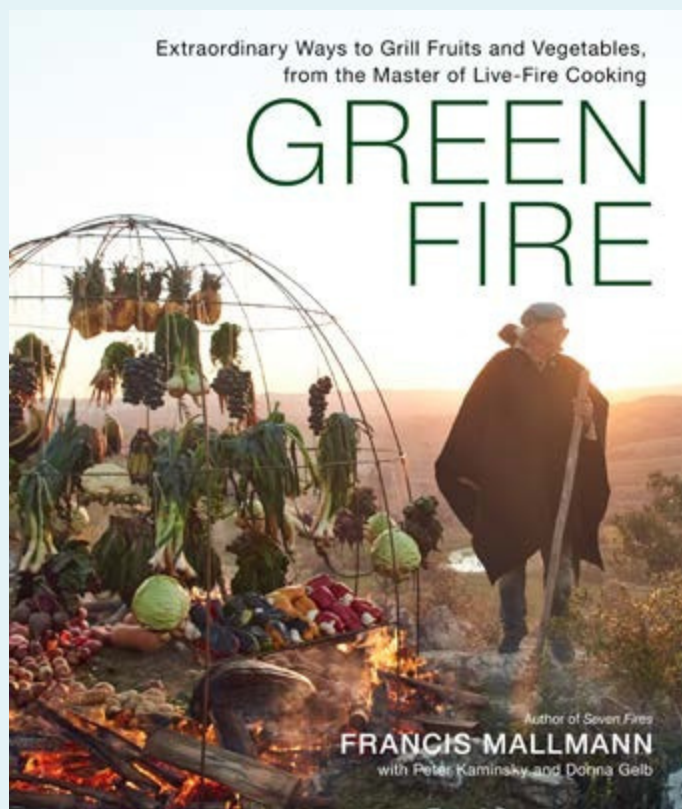
## FRANCIS MALLMANN

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

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

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

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



# GREEN FIRES

Sudamericana  
June 2022  
288 pages

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

Full English PDF available

## SYNOPSIS

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.

**The first vegetarian cook-book by Francis Mallmann, one of the most influential chefs in Argentina and a highly prestigious figure in global cuisine**

Filled with Mallmann's masterful knowledge of live-fire cuisine, which he learned from his Patagonian upbringing, you will be the at-home outdoor cooking master thanks to this cookbook.

Learn tips to tailor your cooking times and methods no matter the vegetable or texture, and how to easily adapt the recipes no matter the type of indoor or outdoor grill.

Featuring gorgeous photography, which beautifully exhibits the diverse colours and textures of his ingredients amid the picturesque views of Bodega Garzón in Uruguay, *Green Fire* is a celebration of Mallmann's cultural experience of cooking over open fires, while revolutionizing simple ingredients.



### Christmas in the Southern Hemisphere

The South American Christmas comes a few days after Midwinter Day, a far cry from what the hemisphere's natives or those who visit the region would expect. Christmas here is a celebration of the winter season, not a time to celebrate the birth of Jesus. The holiday is celebrated with a variety of traditions, including the use of live-fire cooking. The book 'Green Fire' by Francis Mallmann explores these traditions and provides recipes for live-fire cooking.

### TOMATO CONFIT WITH PEPPATO CHEESE FILLING

Eight confit tomatoes, each with a cheese filling, are served with a peppato cheese filling. The recipe is from the book 'Green Fire' by Francis Mallmann.

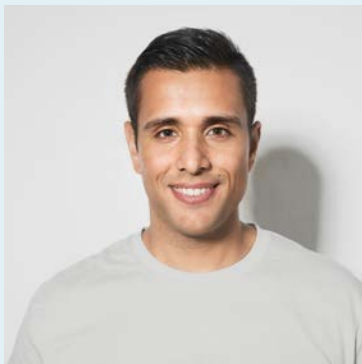
Place the tomatoes in a large pot and cover with olive oil. Cook for 2 hours, until the tomatoes are soft and the oil is infused with their flavor. Remove the tomatoes from the pot and drain the oil. The confit tomatoes are now ready to be served.



### SMASHED POTATOES, FOUR WAYS

Four different ways to prepare smashed potatoes, each with a unique flavor profile. The recipes are from the book 'Green Fire' by Francis Mallmann.





## ISMAEL SALAMANCA

ISMAEL SALAMANCA GUILLEN (Barcelona, 1993), known on social media as Ismael Cocinillas, is a lover of cooking. He began studying bakery, then pastry making and finally ended up working in the family business, specifically in *La Botiga del Pollastre*, his market stall in Gavà.

With the aim of reinventing this typical market stall, he started to advertise his products on social media, and since cooking has always been one of his great passions, during the pandemic he decided to develop delicious recipes with the products of *La Botiga del Pollastre*. He already has more than 2 million cooks on his social networks.



# LOTS OF HUNGER BUT SO LITTLE TIME

Grijalbo Ilustrados  
March 2023  
192 pages

## SYNOPSIS

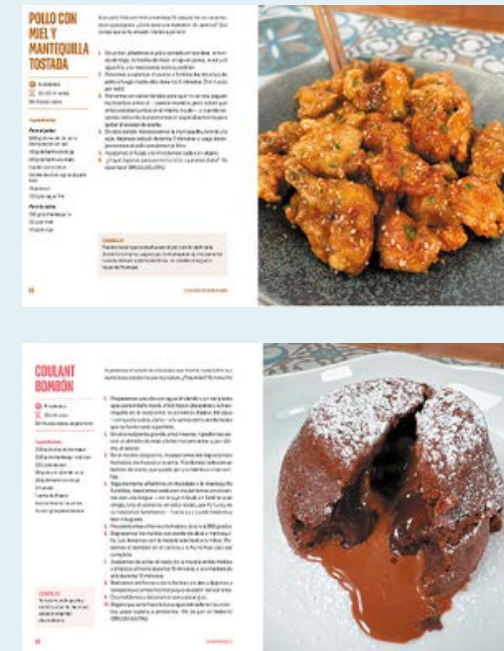
What lead Ismael Salamanca from working on his family's market stall to being a social media star, with over 2 million followers?

The key to his success: simple, homemade, uncomplicated cooking, and the naturalness and ease with which he communicates, without hiding his two passions: cheese and chocolate.

In this book he presents 70 recipes which will inspire readers to roll up their sleeves and get in the kitchen.

Chapters;

- **FINGER FOOD**
- **FULL-ON CHEESE**
- **MEAT**
- **THE SWEETER SIDE**
- **TO COMPENSATE**
- **WITH LOTS OF TIME AND HUNGER**



# CARLOTA SANTOS

Carlota Santos (@carlotydes) is an illustrator and author of two 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.

Her first title **Constellations** was a huge international hit, having sold into seven languages so far: World English (Artisan Books), France (Guy Trédaniel), Portugal (Marcador), Italy (Gribaudo), Germany (mvg), Japan (Shoeisha) and Turkey (Pegasus).

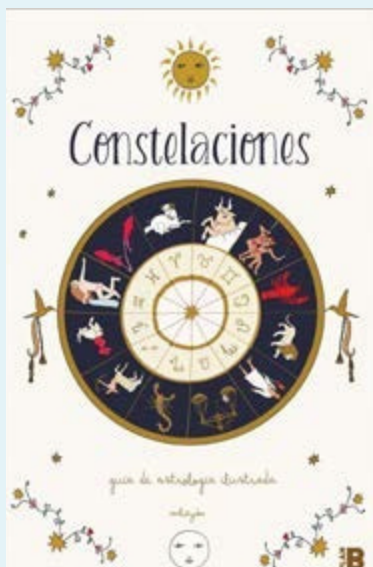
Her gorgeous illustrations have also travelled well beyond the printed page, as her English publisher Artisan Books have created both a puzzle and tarot card deck.

In June 2022 we published her second title, **Magic**, which has already sold into World English and France.

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







# CONSTELLATIONS

## AN ILLUSTRATED GUIDE TO ASTROLOGY

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

### SYNOPSIS

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

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

Plan B  
March 2021  
144 pages

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



# MAGICKA

## AN ILLUSTRATED GUIDE TO MAGIC AND RITUALS

**Brilliant and illustrated guide to magic**

### SYNOPSIS

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)

Japan (Shoeisha)







## MARÍA JOSÉ FLAQUÉ

María José Flaqué is the founder of Mujer Holística. Through this platform, María José inspires women to live a life with passion, love and abundance. Additionally, she is an IIN Certified Health Coach, Yoga Teacher, Speaker, Meditation Teacher and Digital Entrepreneur.

In just a few years, Mujer Holística has become a wellness and spirituality movement that reaches more than one million women in more than 20 Spanish-speaking countries.

María José has held international conferences on spirituality and entrepreneurship, such as ONTRApalooza in California and the Superconscious Mind Congress in Mexico, among others. Her work has appeared in digital media and press in Mexico, Colombia, Costa Rica, Honduras and the United States.



# I AM MOTHER NATURE

Grijalbo  
January 2023  
Pages: 248

## SYNOPSIS

Join the thousands of women who are already vibrating on the frequency of abundance and expansion.

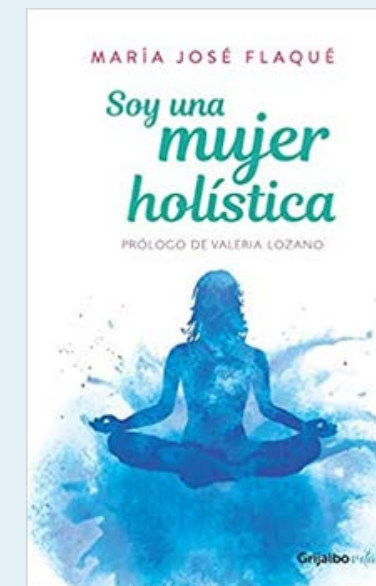
Forty days are enough to transform the habits and routines that prevent you from releasing your full potential and manifesting the reality you desire.

The best-selling author of *I am a holistic woman* accompanies you on a deep path of rituals, meditations, visualizations, and daily reflections that will allow you to heal energy blockages that do not allow you to connect with your highest frequency.

Throughout this magical journey you will reveal, among many other things, the reasons that have prevented you from leading the life you deserve and will forever connect you with the most powerful bond of all: that of Mother Nature that guides you, protects you and accompanies you at all times

**The 40-day plan that connects you forever with infinite abundance.**

## PREVIOUS TITLE





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

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

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



## YŪSHŪDŌ. THE PATH OF EXCELLENCE

Conecta  
April 2023  
Pages: 224

### SYNOPSIS

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

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

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

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

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

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



## SILVIA SUSACH

SILVIA SUSACH (Barcelona, 1991), a law graduate from Pompeu Fabra University, is an astrologer.

She has trained for over a decade with different teachers and astrology experts and carried out hundreds of individual consultations for interpreting birth charts, and her mission is to bring astrology closer to the general public in an accessible and useful way.

She currently promotes it through social media and among her astrology community, where she records content to provide guidance on current astrological trends. Her Instagram page, @silvia.susach\_astro, has thousands of followers.



## WHAT THE STARS SAY ABOUT YOU

Grijalbo  
March 2023  
Pages: 240

**A complete and simple astrological guide that teaches you how to read your birth chart, know yourself and empower yourself.**

## SYNOPSIS

You and the stars are connected. Or do you think you are just an isolated being in this universe? The day you were born the stars were aligned uniquely, and the way you are has a lot to do with that.

Your birth chart is a powerful tool that will allow you to discover who you are and use that valuable information to your advantage to bring out your best and shine.

By reading it, you will decipher the energy of the universe at the moment of your birth, a unique alignment that determines your character, the way you love, your vital and professional purpose, your fears, your emotional needs and much more.

This book is the fruit of years of study and passion for astrology. In its pages, you will get to know each sign of the zodiac and learn how to read your birth chart in order to empower yourself and take control of your life.





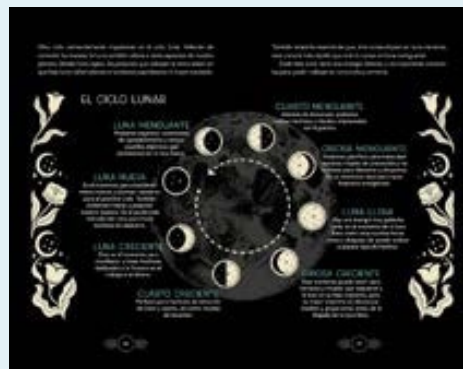
@AIGUADVALENCIA

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

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

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

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



## MANUAL FOR A NOVICE WITCH WITCH AROUND THE HOME

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

Alfaguara Infantil y Juvenil  
208 pages

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

### SYNOPSIS

#### MANUAL FOR A NOVICE WITCH

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

Magic has always scared and attracted people in equal parts: it is mysterious, rebellious, powerful and treacherous.

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

#### WITCH AROUND THE HOME

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



## ERICA NOEMÍ FACEN

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



# MOONOLGY

## MOONOLGY:THE NIGHT SKY

**The Moon as a key to understanding ourselves**

Alfaguara Infantil y Juvenil  
208 pages

Rights sold: Italy (Armenia)

## SYNOPSIS

### MOONOLGY

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.

### MOONOLGY: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.





## CAMILA CARO @CAMILUNA

CAMILA CARO defines herself as a designer of Witches and illustrator of Magic.

She lives in the Valdivian Forest in Chile, and there she creates magic with her designs. Her work is inspired mainly by nature, handmade creations and craft.

She has over 100,000 followers on social media.



## MY MOON

Bruguera  
April 2023  
144 pages

**An illustrated diary to  
connect with the moon and  
use all its magic**

### SYNOPSIS

Create your own bullet journal based on the moon and make the most of its power and influence!

A bullet journal is one of the most popular and probably the most searched for organisational methods on the internet. The moon is a rising trend. All lovers of astrology, tarot, minerals and other esoteric elements are aware of the power of the moon in our lives.

@Camiluna, illustrator of magic and expert on the moon, invites you to join her on a journey through lunar magic, so that you can discover how its states influence our lives and how you can make the most of its energy.







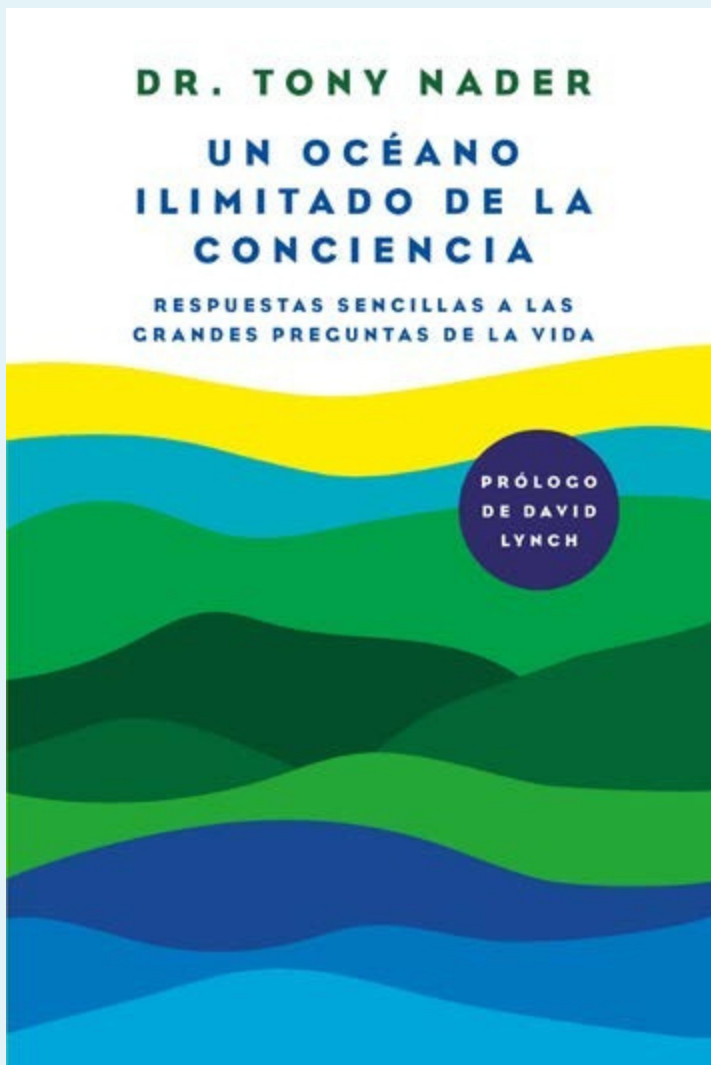
## DR TONY NADER

### Dr. Tony Nader

is a Harvard trained medical doctor, neuroscientist and one of the world's great Vedic scholars.

For many years, Dr. Nader worked closely with Maharishi Mahesh Yogi, who first introduced Transcendental Meditation to the world in 1958.

As Maharishi Mahesh Yogi's successor, and author of many original scientific publications and books on the relationship of mind and body, consciousness and physiology, Dr. Nader is the leading expert in consciousness



# AN UNLIMITED OCEAN OF CONSCIOUSNESS

## Simple answers to the big questions in life

Aguilar  
368 pages

Rights sold to:

Italy (Armenia)

Romania (Polirom)

Brasil (Pinto Ziccone)

India (Kalasalingam Academy of Research and Education)

## SYNOPSIS

"Is there a hidden purpose in life, a secret design, a meaningful logic, a goal to reach? Why are we here? Where do we come from and where do we go after we leave? Are we each on our own path, with our own concerns and our own individual and independent fate?

What should we be striving for? Health, happiness, money, being better than others, fulfilling the wishes of a divine being? Can we choose? Are we free? Or are we slaves of destiny, guided by some type of force, by laws of nature, or God? Or are we living in a chaotic universe, tossed around by situations and circumstances? What is the root of evil? For us, conscious beings who wish to take control of our lives, these questions are not only relevant: they are essential,

and everyone ends up making assumptions or strongly subscribing to beliefs about many of them, whether on a clear conscious level or not!

Those beliefs become our underlying 'worldview', with an influence on everything we do. They shape our lives, as foundations of our thinking, feeling and behaving".

Dr. Tony Nader



## FLORENCIA FASANELLA

Flor is a Pharmacist (UBA), with a postgraduate degree in Phytomedicine and Phytodermatology (Phytomedicine Society), Phytocosmetics (Faculty of Pharmacy and Biochemistry Uba), Psycho-ImmunoEndocrinology of Stress (Favaloro University) and Biological Diagnostic Methods (Funiber), currently studying the career of Chinese medicine.

She is trained as an Integrative Floral Therapist, Biodecoder and Phytotherapist (using knowledge of traditional phytotherapy, aboriginal medicine and Chinese medicine). I am the founder and director of Academia Florecer since 2014.

Instagram: @flor.fas



# NATURE IS YOUR PHARMACY

Vergara  
27/04/2023  
Pages: 240

**A practical guide to help you detox using the power of plants.**

## SYNOPSIS

Eliminate toxins from your body with the properties of the plants around you.

Our bodies, and especially the liver and kidneys, tend to accumulate toxins and elements that, in the long run, can affect our organism. It is therefore necessary to detoxify ourselves and make it easier to eliminate them.

In any pharmacy you can find dozens of products that help us with so-called detox plans. This book shows us that it is not necessary to resort to them.



## 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.



# ILLUSTRATED CRIMES

Plaza & Janés

May 2021

224 pages

Rights sold to:

Germany (Yes Publishing) / Italy (Salani) / Russia (Philipok & Co) / Korea (Joongang Books) / France (Hachette) / Brasil (Record)

## SYNOPSIS

Illustrated crimes reinvents the “game in a book” or “choose your own adventure” titles of the past and goes beyond escape room books or notebooks for adult hobbies.

The reader becomes an investigator in the manner of Sherlock Holmes o Hércules Poirot to solve various crimes through the texts and illustrations proposed in each chapter.

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.

The international smash-hit  
interactive mystery game

**BOOK 2  
AVAILABLE:  
12 MORE  
CASES!**



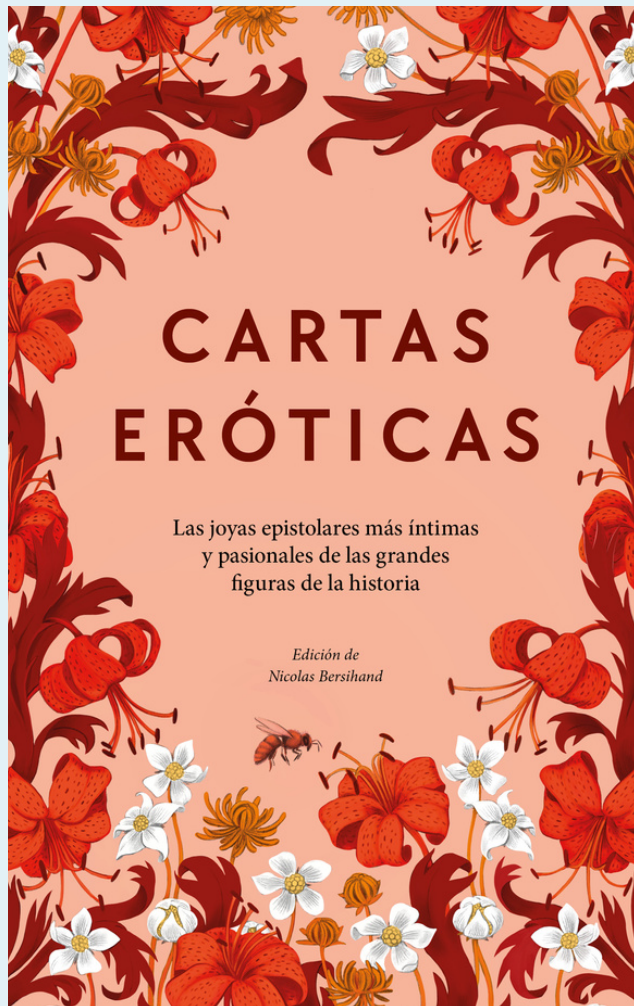




## NICOLAS BERSIHAND

Nicolas Bersihand (Paris, 1976), French publisher and writer, he started out in cultural journalism and worked with the great playwright Armand Gatti. Translator and eclectic publisher of art, philosophy and even paperbacks. He created and managed the only publishing house dedicated to the epistolary genre, DesLettres, which published the Mots Intimes collection.

He is currently working on various anthologies and works of fiction. "Cartas a la madre" and "Cartas eróticas" are the beginning of a long project of epistolary publications.



## EROTIC LETTERS

Grijalbo  
January 2023  
288 pages

## SYNOPSIS

For millennia, sin, the gaze of God and his punishments girded both the expression of desire and its fulfilment, the saying and doing, the writing and living of these "dark pleasures", to use Lorca's expression. Affirming desire, verbalising fantasies, confessing madness, memories, overcoming taboos was the first conquest of these written delights that stood against censorship, silence, the first gateway to pleasure.

This is how we understand the value of erotic letters, which delve into unknown and forbidden territories. Of all genres, correspondence—direct, private and written from one to another, without filter or mask—is surely the genre that epitomises living desire, burning passion, the lyrics to the pinnacle of erotic pleasure.

**The best erotic letters in history collected in a beautiful volume.**

## PREVIOUS TITLE



# JUNTAS SOMOS MAGIA

✦ Un libro para celebrar  
nuestra amistad ✦



## TOGETHER WE ARE MAGIC

Bruguera  
April 2023  
144 pages

The perfect gift for your best friend, a book to build together, honour your friendship, treasure memories and unleash the explosive creativity that comes when the two of you get together.

**A personalised gift book to  
share with your best friend.  
Because there's nothing  
more special than friendship!**





ICONIC  
SPANISH  
AUTHOR

## 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.





JULIA NAVARRO



UNA HISTORIA  
COMPARTIDA

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

PLAZA  JANÉS

## A SHARED HISTORY

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

English sample available

### SYNOPSIS

*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.

**The first non-fiction title  
from an iconic Spanish  
author**

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

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

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

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

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

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



## DAVID CALLE

**Make learning fun with one of the worlds best teachers**

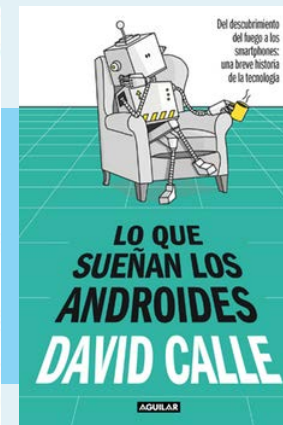
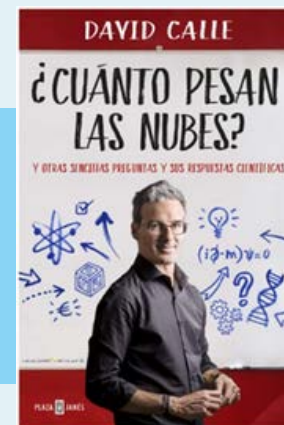
DAVID CALLE is a telecommunications engineer and has been an academic professor for two decades. His YouTube channel, unicoos, where he teaches mathematics, physics, chemistry and technology, is one of the most important educational channels in the world in Spanish with one and a half million subscribers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

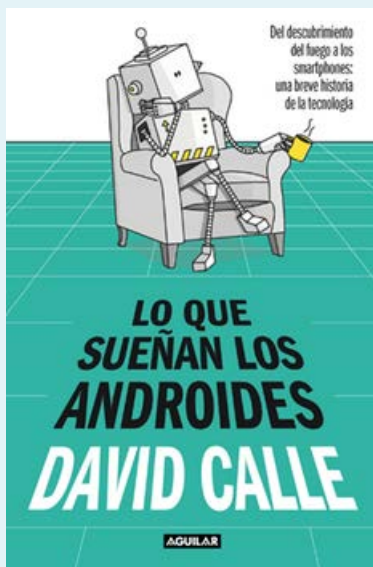
In 2015, his channel was chosen by Google as the one with the greatest social impact in Spain and one of the 25 channels with the greatest projection in Europe.

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

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

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





Plaza y Janés  
February 2023  
320 pages

English Sample available

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

# WHAT ANDRIODS DREAM OF:

## A brief history of technology

### SYNOPSIS

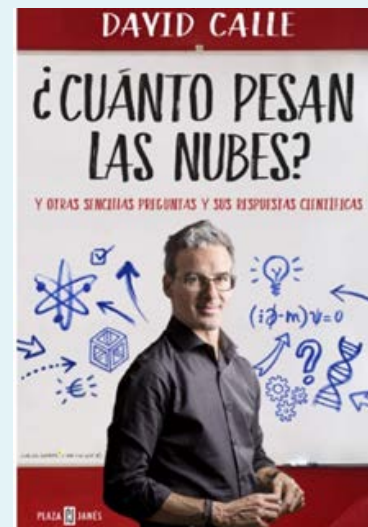
We live in a society in which some of the daily fears we have are running out of battery on our mobile phone or WhatsApp crashing. We live surrounded by smartphones, tablets and other devices that we define as technology.

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.



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

### SYNOPSIS

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.





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).



## ANOTHER HISTORY OF ARCHITECTURE

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

### SYNOPSIS

The story of architecture as you have never heard it, told by El Barroquista. In this new book he reviews the enormous importance of architecture in the different human cultures throughout the centuries and explains the needs that buildings have covered, why they are made in a certain way and the ideas of each era reflected in the different ways of building.

In accessible language and with graphic material this book is an exciting journey that will give us an understanding of why architecture is one of the most important human endeavours.

**El Barroquista is back to accompany us on a journey through the fascinating history of architecture.**

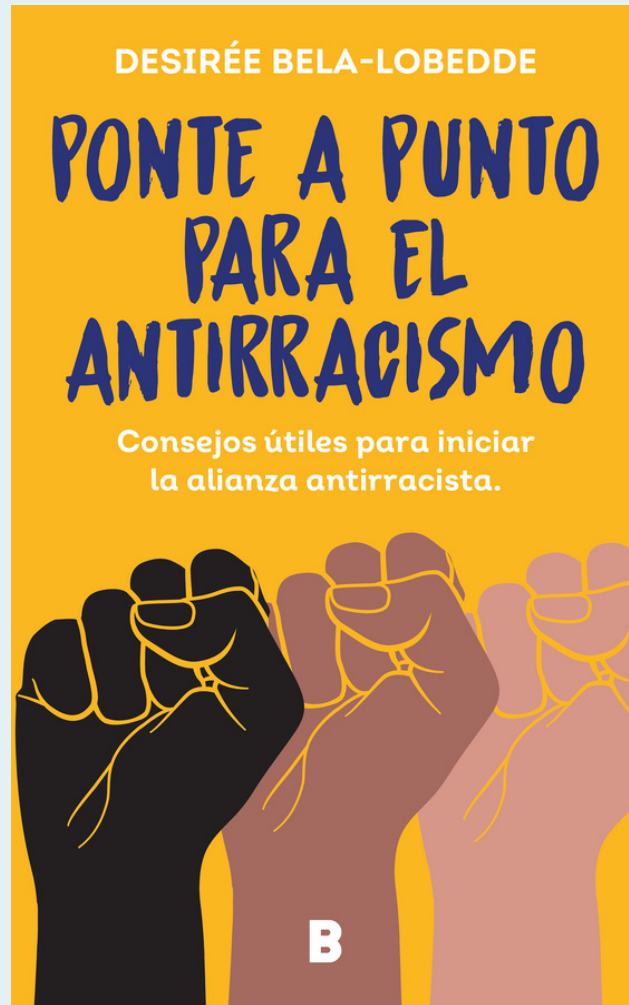
### PREVIOUS TITLE





## DESIRÉE BELA-LOBEDDE

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



## GET READY FOR ANTI-RACISM

Ediciones B  
March 2023  
224 pages

### SYNOPSIS

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

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

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

**A fundamental guide to anti-racist education.**

**It is not enough to not be racist: we must be anti-racist.**



## CARLES PORTA

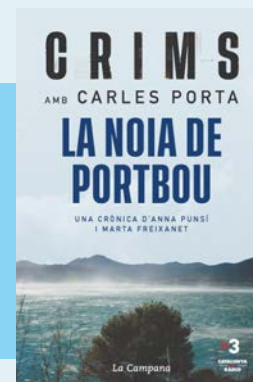
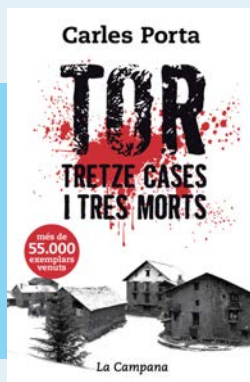
### The King of True Crime

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.

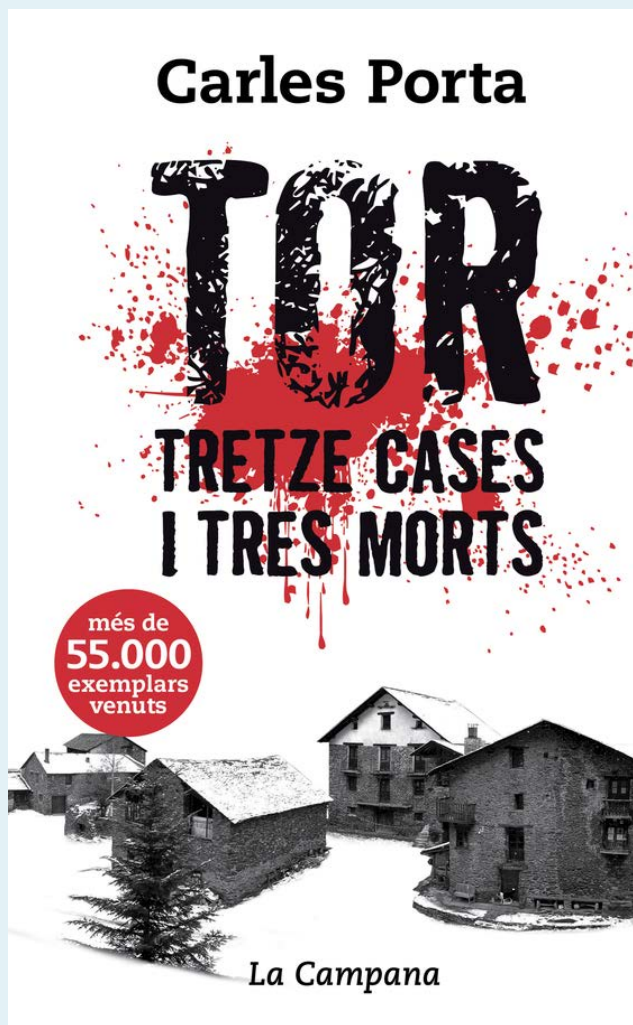
In parallel, he has created his own production company for television and radio programs, in addition to directing a feature film, Segundo origen (2015).

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 by clicking the image below.







## TOR: THE CURSED MOUNTAIN

La campana  
Originally released in 2006  
398 pages

Rights sold: France (Marchialy)

### SYNOPSIS

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.

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

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".* **Llàtzer Moix.**

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

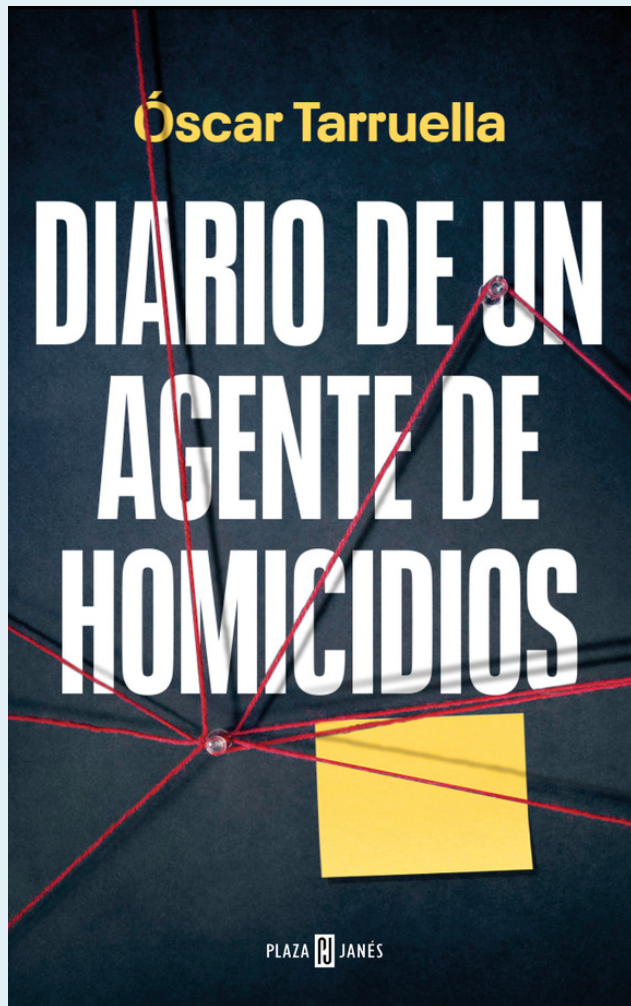
*"Carles Porta is a reality for which we can now congratulate ourselves".* **Gabi Martínez, El Periódico**

*"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**



## OSCAR TARRUELLA

Óscar Tarruella (Gernika, 1970) joined the Mossos d'Esquadra at the age of 20, motivated by the mystery of the Alcàsser case. He has received two decorations from the army and up to six commendations for solving several high-profile murders.



## DIARY OF A HOMICIDE AGENT

Plaza & Janés  
April 2023  
312 pages

### SYNOPSIS

Since the dawn of time, crime has always generated an enormous fascination for us. The word "murder" alone yields almost forty million results on Google.

The media, crime novels and television series constantly show us police investigations, crime scenes or stories about the victims.

This growing interest may be due to the fact that it is difficult for us to understand how human beings are capable of transgressing according to what limits and because it reflects, in a crude way, the problems of the society in which we live.

Óscar Tarruella is a shrewd and prestigious investigator and criminal profiler specializing in violent deaths, and a former judicial police officer with more than twenty-five years of experience solving complex cases for which he has received multiple awards. In *Diary of a Homicide Agent*, he unfilteredly shares the day-to-day life of a profession for which he was predestined: from the successes, the strategies and the details of real cases to the doubts and frustrations that also accompany this difficult task.

**An exciting work that brings the reader closer to the work - often poorly portrayed and little known - of a criminal investigator.**

Is there such a thing as a perfect crime or just a poor investigation? What technical or scientific tools does an investigator rely on in addition to instinct? Will we ever know the whole truth about the deaths of Mario Biondo, La Veneno or Deborah Fernández?

Óscar Tarruella is one of Spain's most prominent criminologists and criminal profilers. This book gives a first-person account, based on his own experience with real cases, of the day-to-day work in his profession.

A brave work and an exciting read that brings the reader closer to the work that is so often poorly portrayed and little understood.

**Spoiler:** it turns out that the life of a criminal investigator confirms the famous axiom that reality is always **stranger than fiction**.



## 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

Plan B  
January 2023  
Pages 400

**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**

## SYNOPSIS

*"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.





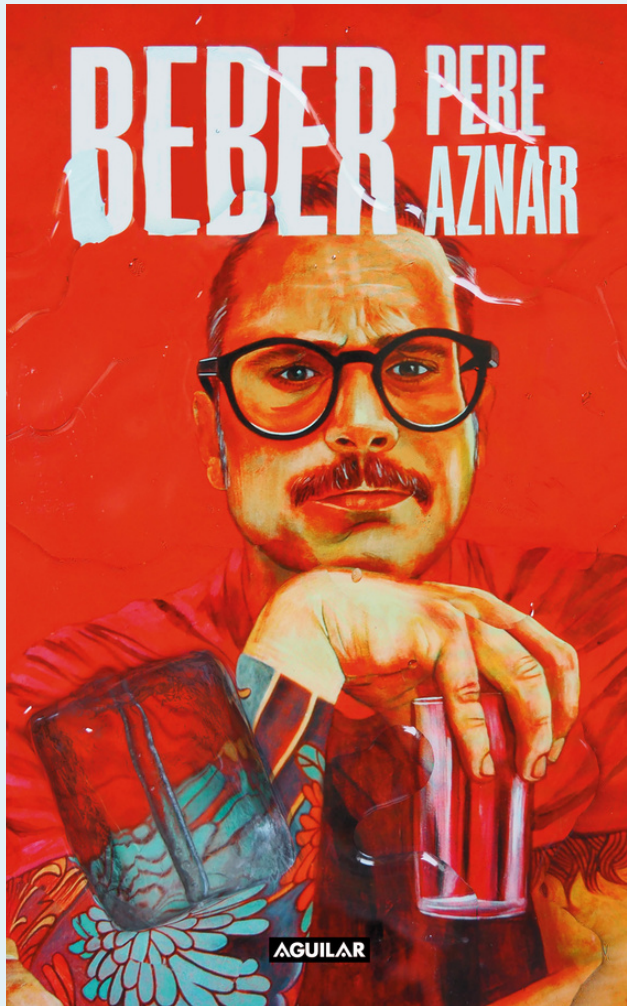
## PERE AZNAR

Hello, I am a 41-year-old comedian, the one in the picture specifically. Surely my name doesn't mean anything to you, but I have written jokes and I have said them, for a few years now, in disparate places.

All these places have one thing in common and no one in them knew it: when I was there I was either drunk or wanted to be.

This is my first book. I talk about everything that has happened to me and around me. I talk about laughing when things hurt. I talk about how I'm not drunk right now and I don't want to be anymore.

Well, I can't guarantee the latter. Keep reading and you will see



# DRINKING

Aguilar  
March 2023  
256 pages

## SYNOPSIS

*"I didn't need friends or any reason to drink. I drank out of frustration at work, instability in a relationship, because the RENFE website wasn't working, or to celebrate the fact that I had put my socks on properly. It was my way of silencing thoughts."*

This story begins on the day Pere decided to stop drinking: his best friend had died and he arrived at the funeral parlour with a hangover from the previous day, confused.

When he realised that his friend was truly gone, he became aware of his lack of connection with reality.

From there, the author offers a very personal account of his relationship with drinking: from his first times getting drunk, to using drugs to continue drinking alcohol, or drinking on a terrace in the morning while his 7-year-old daughter watches videos on her phone next to him.

With truth and humour, *Drinking* is an accurate testimony about alcoholism.

**An honest first-person  
account of alcoholism  
written by the scriptwriter  
and comedian Pere Aznar**

## EXTRACT

*On July 13, 2021 I decided to stop drinking. I decided seriously. I had had that internal conversation hundreds of times but I had never won before, the beast had always won.*

*The beast has been with me since I was 13 years old. The beast has many names, names that you know well, names that evoke nights, celebrations and aperitifs, names that you have shouted in a bar.*

*Drinking is the story of my life, of the 27 years in which alcohol has been my faithful friend and my worst enemy, of my relationship with addiction, which has marked and will mark my existence forever.*

*It is also part of the life of my daughter, of the life of my father, of the life of all those who were there when I was not there. And of the lives of those who are present now that I am too. And, who knows, maybe it's a bit the story of your life too.*

*Drink this book in moderation and laugh heartily.*



## MARIAH OLIVER

Mariah Oliver is an anthropologist and researcher for the Transgang Project at Pompeu Fabra University on mediation policies in transnational youth gangs.



## I WAS A LATIN QUEEN

Ediciones B  
April 2023  
336 pages

### SYNOPSIS

The unique, first-person testimony of an ex-member and founder of the Latin King Nation of Spain, a former Latin Queen. Mariah Oliver, a young 18-year-old from Madrid, joined the Latin Kings in 2000, drawn by curiosity and a sense of belonging to the group. In an unexpected turn of events, she began to distance herself from the gang and resumed her studies.

However, she did not completely disassociate herself and, in 2006, she was arrested along with other members and convicted of unlawful association.

The ruling was overturned in 2008 and, in 2010 the Supreme Court ordered a retrial of the case. In 2013, Mariah accepted the conviction and dropped her appeal, and was required to serve the two years of probation. Today, Mariah is an anthropologist and researcher for the Transgang Project at Pompeu Fabra University.

**Rebirth is changing your story: the incredible first hand account of a gang leader turned investigator**

### EXTRACT

*Going to jail is hard, obviously, but leaving is not a bed of roses. While anyone can put themselves in the place of someone who goes to prison and what that might be like, it becomes more difficult for us, in general, understand what could be wrong about being free again.*

*I'm not even a good example of that situation, because I was barely in prison very long; however, even in that short period of time, something changes outside, and everything changes inside you.*

*You feel things that you had never felt, and you see within the seams of the system. There is no going back to "before".*

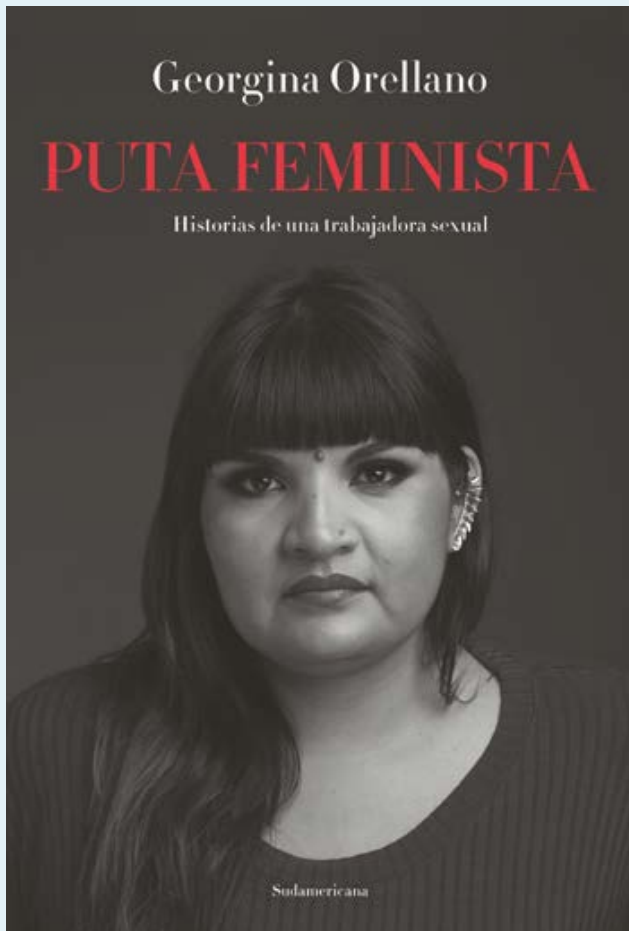


## GEORGINA ORELLANO

Georgina Orellano (Morón, Buenos Aires, 1986).

She has been a sex worker since the age of 19 and is the Secretary General of the Association of Women Sex Workers of Argentina (Ammar).

In this institution, she works to defend the human and labour rights of sex workers in Argentina. She is also a member of the CTA - Argentine Workers' Central Union.



# WHORE AND FEMINIST

Sudamericana

April 2022

224 pages

Rights sold to: Portugal (Orfeu Negro)

## SYNOPSIS

Georgina Orellano comes from a working-class family. She started working as a prostitute at the age of 19, when, while working as a nanny for a prostitute's children, her employer suggested that she accompanied her to see a client.

She stopped working as a prostitute when she became a mother, but returned to work sporadically from the age of 23, returning to full-time sex work at the age of 25. Then, she realised that many prostitutes shared similar problems, about their situation as single mothers, paying bills or their double life.

Orellano tells how they bribed police officers in the area and the anger they were subjected to by them.

**First hand story of a sex worker**

The book elaborates on the daily lives of women and transvestites and transgender people, a group that has always been marginalised, including migrants and the poor.

With great tenderness, Georgina narrates her relationship with different clients.

With a great ability, intuition, humour and a solid ethical and political position, this author describes everyday situations that range from violence and vulnerability to the strength that comes from solidarity meeting with people in similar situations.

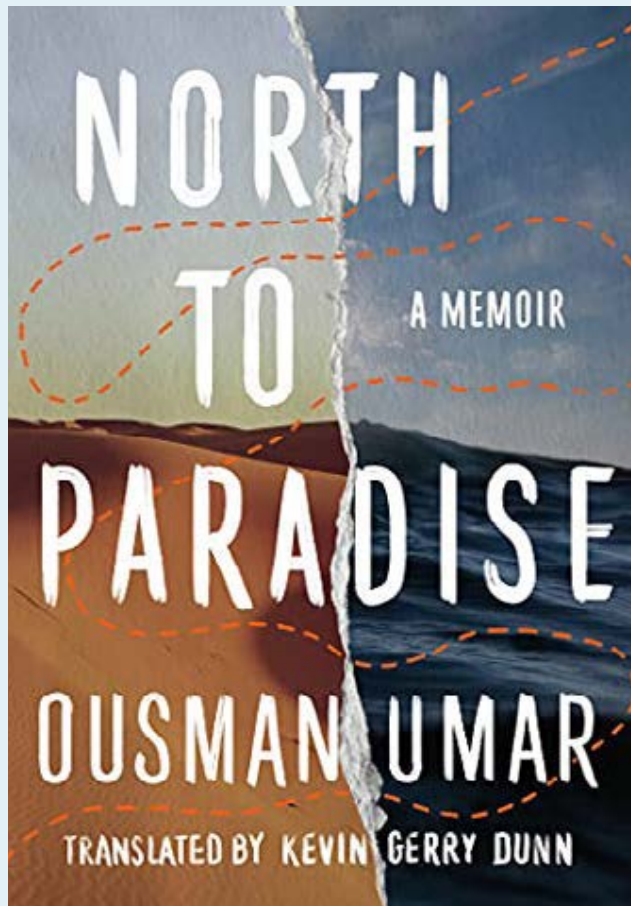
It is impossible not to read this testimony which, like few other books, confirms once again the feminist saying that "the personal is political".





## 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

Plaza & Janés  
224 pages  
October 2019  
Full English PDF available

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

### SYNOPSIS

Ousman Umar is a shaman's son born in a small village in Ghana.

Though his mother died giving birth, he spent a contented childhood working the fields, setting traps in the jungle, and living off the land.

Still, as strange and wondrous flying machines crisscrossed the skies overhead, Ousman dreamed of a different life. And so, when he was only twelve years old, he left his village and began what would be a five-year journey to Europe.

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

**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**

But on a path rife with violence, exploitation, and racism, Ousman also encountered friendship, generosity, and hope.

*North to Paradise* is a visceral true story about the stark realities of life along the most dangerous migrant route across Africa; it is also a portrait of extraordinary resilience in the face of unimaginable challenges, the beauty of kindness in strangers, and the power of giving back.



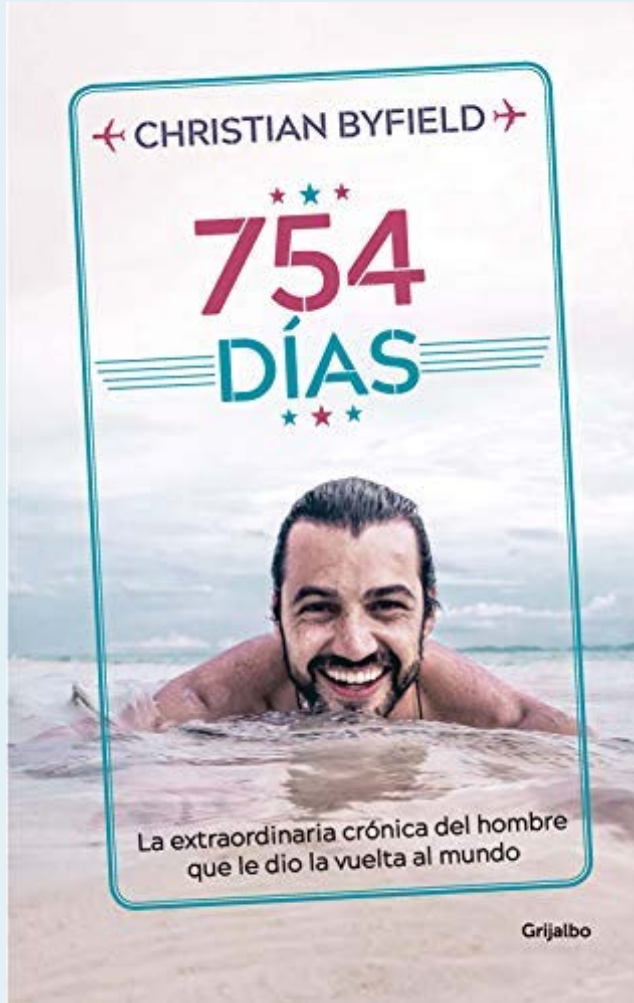
## CHRISTIAN BYFIELD

CHRISTIAN BYFIELD is a world traveller who decided to change his corporate life in search of smiles around the world, his childhood dream.

He is passionate about travelling, nature, scuba diving and discovering the potential of mankind.

In February of 2016 he “finished” an around the world trip that started in Ethiopia and included 7 continents and over 84 countries.

Nowadays, he refuses to stop what he now calls his life purpose and is determined to keep travelling to the most beautiful destinations of the world to encourage over 1,636,610 followers he has on social media to unleash their potential through travelling.



# 754 DAYS

Grijalbo  
October 2019  
180 pages

**The extraordinary story of a man who traveled the world, and found himself along the way**

## SYNOPSIS

Just a few years ago Christian Byfield was a young businessman who kept office hours without major setbacks. One day he decided to turn his life around, he quit his job, abandoned his routine and invested his savings in a ticket to go around the world.

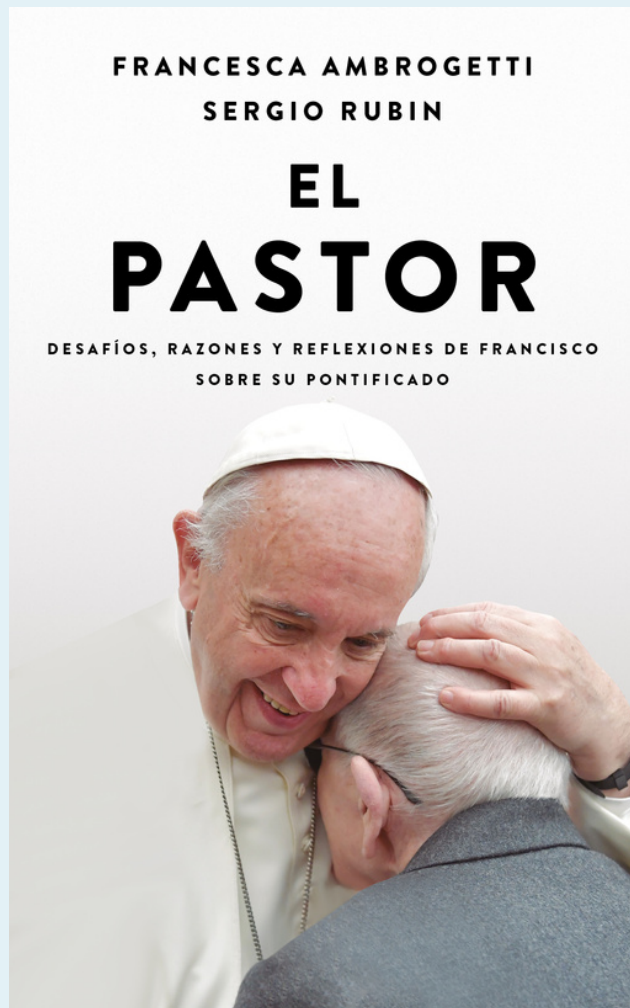
Thus began a journey that has taken him to see five continents, seventy-three countries, more than one hundred species of animals, to attend important meetings with sharks, gorillas and Komodo dragons, and to meet hundreds of people who, like him, they ventured to face their fears and found out who they really were.

This book, which also brings together essential advice for any traveler, is the inspiring testimony of someone who completely transformed his life in 754 days.

Companies, schools, universities and organizations such as TED have found in Christian's story a valuable living example worth sharing.

**Click on the image below to view his TED talk:**





## THE PASTOR

Ediciones B  
March 2023  
224 pages

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

**The most up-close account  
of the Pope published to  
date**

### SYNOPSIS

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

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

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

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



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



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

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





## VICENS LOZANO

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

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



# VATICANGATE

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

Roca Editorial

March 2023

320 pages

Rights sold: France (Robert Laffont)

## SYNOPSIS

Vaticanate uncovers a joint conspiracy between the influential conservative sector of the Catholic Church and the extreme right, with the support of international financial power.

Its objective: abort the reforms, promote the resignation and prevent a pontiff from being elected in the next Conclave along the lines of the current one.

Lozano has worked for thirty-five years covering the daily life of the Holy See and numerous international conflicts for television. Going to valuable sources, giving voice to the protagonists, infiltrating behind the scenes of power, he has produced a surprising, entertaining and rigorous report -a journey- with personal experiences, anecdotes and episodes hitherto unpublished and chilling.

Who is behind the campaigns that define Bergoglio as a sick, communist and cover-up of sexual abuse? Who are the leaders of the plot inside and outside the Church? How does Francisco counter the attacks? This journey delves into the Machiavellian plan to manipulate the future Conclave.

The trip concludes, beyond the current pontificate, and delves into the Machiavellian plan to manipulate the future Conclave. Those who intend to save his legacy have it very difficult to avoid that everything has been an impossible dream.

## REVIEWS:

"The framework of his book seems to have been devised by Paolo Sorrentino, only that behind his story there is not the imaginative pen of the non-confessed admirer of the pontifical court, but the men and women of flesh and blood who have closed ranks around the Pope Francisco." David G. Maciejewski, *El Español*

"More than recommended reading." Estibaliz Ruiz de Azua, Euskadi District, *Radio Euskadi*

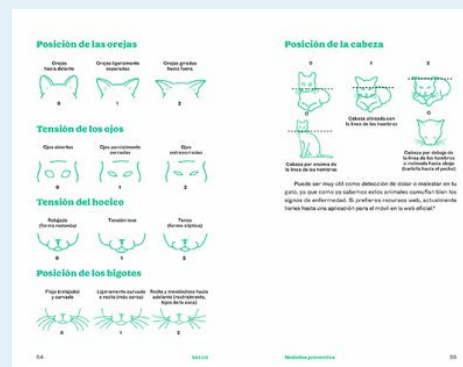
"A manual that places what has happened and what can happen with the pressures of the international extreme right." Ariadna Oltra, *Las mañanas*, TV3



## 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).



# 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

Grijalbo  
February 2023  
224 pages - 192 pages

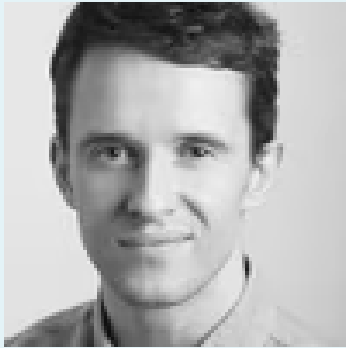
## SYNOPSIS

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.

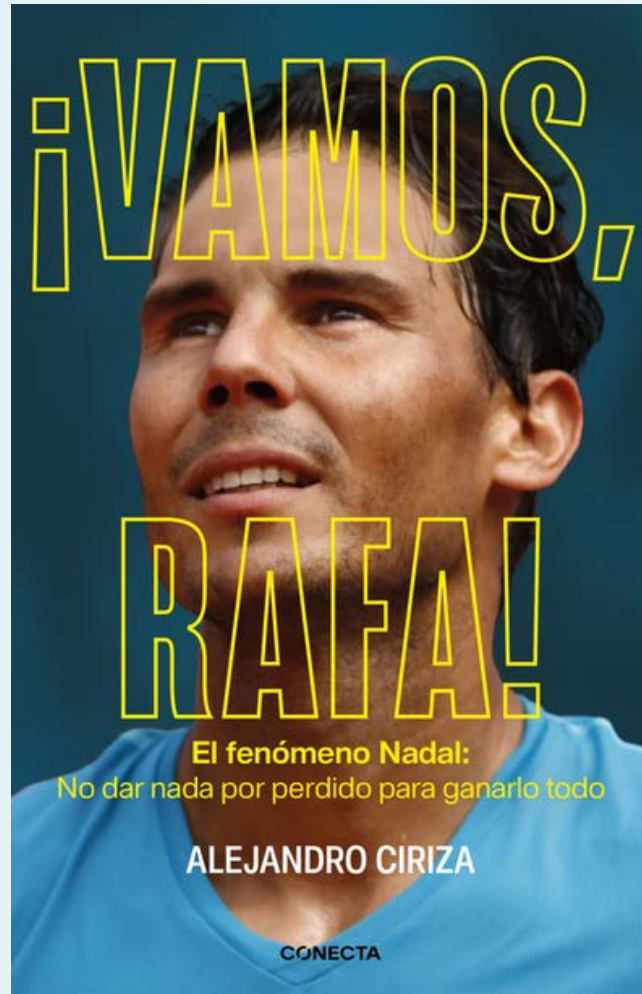
With a fun and engaging layout, this is the ideal combo for animal lovers everywhere.





## 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!

Conecta  
May 2023  
224 pages

Rights sold: Italy (Giunti), Estonia (Uhineud)

### SYNOPSIS

Rafael Nadal is considered the best tennis player in history on clay and one of the best players of all time. His career is full of great deeds and successes, but beyond his undoubted achievements he will leave an eternal mark for his values, his commitment and a philosophy that has made him a world reference for present and future generations of athletes and fans, inspired by his extraordinary ability to overcome.

Nadal is synonymous with victory, trophies and glory, but at the same time, his legacy means sacrifice, perseverance, respect. The story includes the triumphant passages of his career, as well as the defeats, suffering and obstacles along the way that have forged an infinite and unforgettable champion, a prototype of tireless competitiveness. "In the end, the most important thing is to be a good person," says the protagonist in one of the meetings with Alejandro Ciriza, who draws a complete X-ray of the tennis player based on the testimonies collected during the decade that he has followed in his footsteps around the world.

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

**With a prologue by Toni Nadal.**

Nadal sincerely talks about tennis and life, in intimate settings such as a rooftop in New York, the O2 in London or aboard a boat on the Seine River. Added to his reflections are those of other people around him, rivals, specialists and colleagues on the circuit who underline the uniqueness of a universal athlete. Admired, imitated and studied -even from a scientific level-, Nadal stands out as a model and polyhedral winner: together with the technical analysis and the biographical outline that he offers, the book goes through the psychological and sociological side of the character, essential to understand the magnitude of it.

In this book, sports journalist Alejandro Ciriza offers a journey to explore the figure and career of Rafa Nadal, including both the successes and defeats, the rewards and obstacles along the way, the philosophy and values that have made him an example of constant improvement, respect for his opponents, and tireless competitiveness.





## CARLOS BÁIDEZ

### Carlos Báidez

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



## BIG THREE

Roca  
January 2022  
384 pages

Rights sold to:  
China (Luminere Publishing)

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

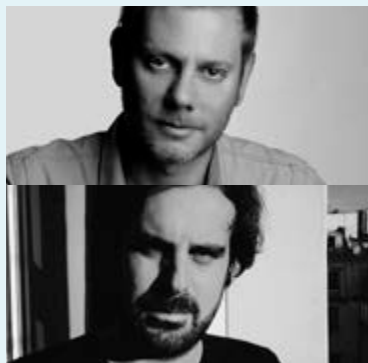
### SYNOPSIS

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

Carlos Báidez analyzes in *Big Three* the ins and outs of the already legendary rivalry of the three greatest racket geniuses.

A detailed journey from his childhood to his current struggle to be the best tennis player ever. Along the way, he shows us the most human face of Federer, Nadal and Djokovic, as well as allowing us to relive his moments of greatest glory and his most notorious defeats.

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



## 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

## **Messiánico**

Sudamericana

2023

384 pages

## SYNOPSIS

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. .

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

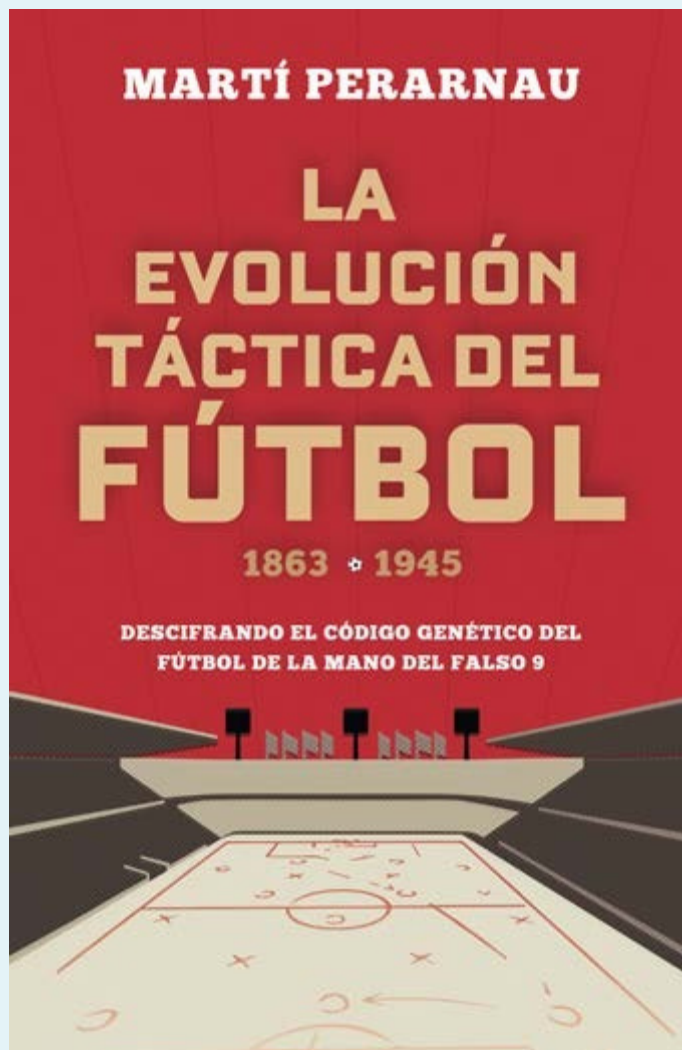
*Messiánico* breaks down the football reasons that make Messi a unique player, but also the disputes between the agents and the family, some myths of his official history, the role of Antonela, the controversial management of his fortune and his image, and this new and glorious stage after his great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



## MARTÍ PERARNAU

### Martí Perarnau

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



# THE EVOLUTION OF FOOTBALL TACTICS

Roca  
November 2021  
400 pages

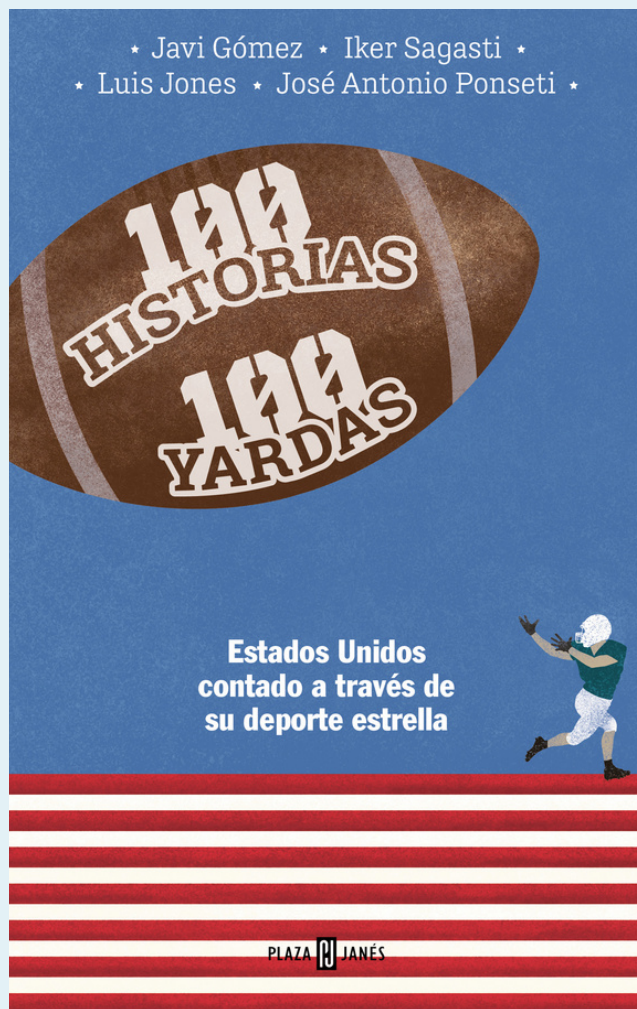
Decoding the genetic  
code of the false nine.

## SYNOPSIS

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

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





# 100 HISTORIES 100 YARDS

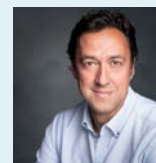
Plaza & Janés  
January 2023  
496 pages

## SYNOPSIS

Welcome to the spectacle that is the NFL. 100 yards is the official length of an American football field. A rectangle of grass divided into sections that point the way to glory. In 100 yards there is room for passion and emotion, victory and defeat, heroics and tragedy... and 100 essential stories like the ones in this book.

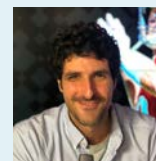
The party that showed the Patriots who Tom Brady was; Kaepernick taking the knee, now a universal political icon; the best catch in history; the emergence of Patrick Mahomes or personalities like Whitney Houston, Mohamed Ali and John F. Kennedy are intermingled in these pages with the bizarre journeys of the Four Horsemen to every Super Bowl. And not forgetting stories of street gangs, Navy Seal missions, descents into hell... A magnificent portrait of the United States seen through its greatest sport.

**A magnificent portrait of the United States seen through its greatest sport**



JOSÉ ANTONIO PONSETI

José Antonio Ponseti (Barcelona, 1965). The man who brought the NFL to Spain. No more, no less. A sports journalist with a long track record, he fell in love with the sport in the United States.



IKER SAGASTI

Iker Sagasti (San Sebastián, 1981). He knows everything. And everyone. A versatile radio journalist, always with a smile on his face, he is the guy for data and in-depth analysis.



JAVI GÓMEZ

Javi Gómez (Madrid, 1978). A journalist and publicist, he is an all-rounder in the field of communication who can talk about sports as well as politics, with experience in France, Spain and Italy. He swapped journalism for advertising and is the rebel of 100yards.



LUIS JONES

Luis Jones (Barcelona, 1967). A legend of American football and five-time league MVP with the Barcelona Boxers, he is now a specialist in corporate communications and, above all, is the smile of 100yards.

# CONTACT

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