New Titles

London Book Fair 2023



BOOK & FILM RIGHTS

Grupo Planeta

ART & FILM



AMENÁBAR: THE POWER OF STORYTELLING Pau Gómez



KNOW Sara Rubayo

YOU LOVE ART EVEN IF YOU DON'T EVEN



BOOK & FILM RIGHTS

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WE EAT WHAT WE ARE J.M. Mulet



THE WAR ON ALL DEATHS SUPERBUGS Ricard Solé **Andrea Muras**

HEALTH



THIS BOOK WILL MAKE YOU LIVE LONGER (OR AT LEAST BETTER)



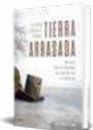


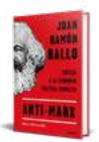
10 ALLERGIES, THE NEW EPIDEMIC Paula Ribó

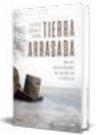


INFLAMMATION: BE AWARE Gabriela Pocoví

PERSONAL GROWTH







DEVASTATED LAND Alfredo González Ruibal





MUM, I'M TRANS José Errasti, Marino Pérez & Nagore de Arquer



TO EDUCATE WITH MENTAL HEALTH María Velasco

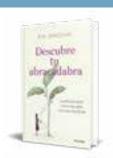


LEARNING HOW TO LOOK AFTER YOUR INNER CHILD Jordi Gil Martín

PSYCHOLOGY



LEARNING TO MEDITATE Sesha



DISCOVERING YOUR ABRACADABRA Eva Sandoval

PHILOSOPHY



ACHILLES IN TIK TOK Eduardo Infante



UNCOMPLETED José Carlos Ruiz





LOVE OR ADDICTION? Silvia Congost



WHERE IS THE WAY OUT? Anabel Gonzalez



23 YOUR RED LINES **Tomás Navarro**

SELF-HELP



LOVE BEGINS IN YOU Curro Cañete



SAWAI Sagar Prakash Khatnani



THE 9 STEPS TO ACHIEVE YOUR DREAMS Jesús Nieto Quintana



PAGAN ORACLE Aitor Saraiba



TODAS

FAMILY CONSTELLATIONS Paula Jiménez

3

SPORTS



NADALIZED Juan Carlos Cubeiro & Leonor Gallardo



BUTTOCKS UP Iván Perujo



VETERANS AND BEGINNERS Javier Vázquez

PAU GÓMEZ

A tribute to the great Spanish filmmaker, an extensive and detailed account of his filmography.

SARA RUBAYO

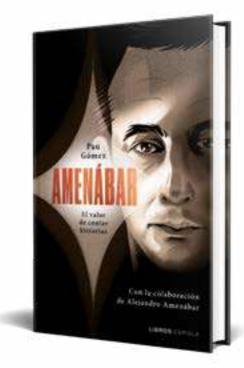
An introduction to the universal history of Art where we will come to realise that it contains a big chunk of who we are.

AMENÁBAR

The Power of storytelling

ver since the release of his first feature film, *Tesis* (1996), Alejandro Amenábar became the enfant terrible of the Goya Awards, the highest recognition delivered by the Spanish Academy of Motion Pictures, a distinction that ensures quality, large audiences and a box-office success. After all, Amenábar has directed three of the greatest blockbusters in the history of Spanish cinema to an enormous audience and critical acclaim, both home and internationally -including the Academy Award for Best Foreign Language Film for The Sea Inside, amongst many other prizes and public recognitions. Amenábar is arguably one of the greatest living directors working in the Spanish film industry, and is widely regarded as the best Spaniard filmmaker abroad.

Pau Gómez, a film journalist, and a close acquaintance to Amenábar, takes us on a journey through the entire filmography of the filmmaker. For the first time, Alejandro Amenábar opens himself up and details the nuances of every single film he has ever made. Amenábar is the first work to finally bring together the director's complete filmography, and to include an enthralling conversation with the enfant terrible, allowing the reader to dive into his productions in full depth.



Cúpula | 176 Pages | March 2023

CINEMA FILMOGRAPHY

ALEJANDRO AMENÁBAR

OSCAR FOR BEST FOREIGN FILM

Amenábar.

YOU LOVE ART EVEN IF YOU DON'T KNOW

Find out why art history features you

It is more than likely that you are one of those people who think that classical art is as beautiful as it is boring. As for contemporary art, we might as well not even talk about it. All of it seems to have been kidnapped by an elite you don't identify with.

But the truth is that the history of art has to do way more with your life and tribulations than you might think, and it answers many of the whys and wherefores of history, both past and present. Sometimes art is refined and exquisite, and sets out to follow New Year's resolutions as much as we do; but some other times it explores new paths and blows up every rule we seem to know. Let's take graffiti, for instance, did you know that they have existed since the time of the Egyptians?!

Sara Rubayo is a well-known art promoter and educator. In her new essay You Love Art Even If You Don't Know she challenges us with an exciting vision of the history of the art that we never knew about. In it, you might come to realise that despite not even knowing it yet, you do love art because its history is your history.



Paidós | 288 Pages | November 2022

ART HISTORY GENDER PERSPECTIVE

INFORMATIVE & ENTERTAINING

Featuring the contribution of Alejandro

Dau Gómez holds a Bachelor Degree in Journalism and regained his PhD in Film **I** Studies thanks to a dissertation on family separation in the films of Steven Spielberg. In 2014 he devoted his collective anthology 29 Glances on Spielberg, to the American filmmaker —featuring contributions, amongst others, by Alejandro Amenábar, Jaume Balagueró or J. A. Bayona. He is the author of various novels and essays on Christopher Nolan, David Fincher, Robert Zemeckis or Clint Eastwood. He is also the author of the book Master Scorsese published by Libros Cúpula.





C ara Rubayo holds a Bachelor Degree in Art History from the Complutense University of Madrid. Upon finishing "a career lacking job prospects", she was determined to make her own way into a brighter future, and embarked on the unexplored adventure of becoming an educator in the digital world. Beyond her involvement in media outlets and social networks, she enjoys giving online and in-person art history lectures. She also conducts tour guides in museums, and works hand in hand with contemporary artists as a consultant, guide and work analyst.

EUGENIA TENENBAUM

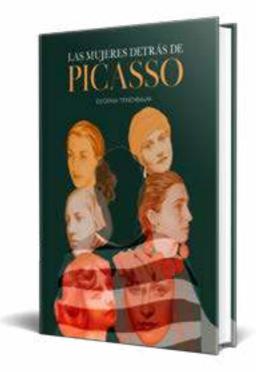
A work that vindicates the women who helped Pablo turning into Picasso.

THE WOMEN BEHIND PICASSO

The Women Behind Picasso focuses on the leading women featuring both the life and work of the famous painter. Olga Khokhlova, Dora Maar, Françoise Gilot or Jacqueline Roque are just some of the protagonists that inspired the life and art of the Malaga born painter, helped him promote his work and looked after throughout all stages of his life.

How much do we know about him and how much about them? They were all women of outrageous talent who had to overcome countless obstacles and defend themselves from the abuse they got from both the artist and the environment in which they lived, and who, years later, would be subjected to the nuances of a historiography that would deal with their figures in a gender biassed way. This book is an effort to unveil the biographies of those women who would become critical to turn Pablo into Picasso, women whose existence bloomed despite the painter rather than thanks to him.

Eugenia Tenenbaum, an Art Historian and expert in Gender Studies, reveals the profiles of each of the unique protagonists. Using different genres and literary devices, Tenenbaum re-enacts different stages of the lives of this bunch of breath-taking women to bring them back to the pinnacle in art history —a place where they belong and where they should have always been.



Lunwerg | 184 Pages | April 2023

ART HISTORY BIOGRAPHIES

GENDER PERSPECTIVE ILLUSTRATION

A book that chronicles the lives and personalities of several mesmerising women from a modern standpoint underscoring its gender approach.

ugenia Tenenbaum is an Art Historian. A Galician living in Madrid, she has become **L**one of the top digital art influencers in Spain thanks to the impact of her social networks and Patreon. Her area of expertise revolves around Gender Studies applied to Fine Arts. Last year she published the essay The Adventurous Gaze. The Women Behind Picasso is her first work of fiction.



FERNANDO VALVERDE

An outstanding tribute to love and poetry.

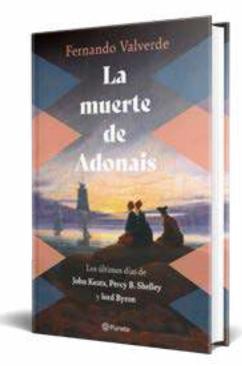
DEAD OF ADONAIS

The last days of John Keats, Percy B. Shelley and Lord Byron

The last days of John Keats, Percy Bysshe Shelley and Lord Byron encountered their dead's between the winter of 1821 and the spring of 1824, putting an end to the second and last generation of English Romanticism. They ran away from their conservative, native England, and devoted their lives to the pursuit of Beauty and Death.

They eventually found their sublime ideal in a land of sea and mystery, Italy, where they understood that the triumph of poetry could only be achieved through Death. Therefore, none of them made it to their 40th birthday. All three aspired to love and literary glory, but their sinister past seemed to haunt them until the end of their misfortune.

Professor Fernando Valverde has devised a thrilling story that invites us to share the last years of his three legendary protagonists, a story filled with trepidation, sleeplessness and emotion. The result is an outstanding and exquisite creative non-fiction book, and a moving tribute to love, poetry and literature.



Planeta | 352 Pages | March 2023

POETRY LITERATURE HISTORY BIOGRAPHIES

ROMANTICISM TRAVEL LITERATURE

This is a masterpiece, an outstanding tribute to love and poetry of unparalleled beauty. In this book the reader will come across one of the most beautiful and saddest stories ever read.

Raúl Zurita, Chilean poet



Pernando Valverde is one of the most awarded and distinguished young poets in Spain, and has been named the most relevant poet in Spanish language born after 1970 according to a panel of two hundred poetry critics from over a hundred different universities (including Harvard, Oxford, Columbia or Princeton). He is a Professor of Poetry at the university of Virginia in the United States.

ODILE FERNÁNDEZ

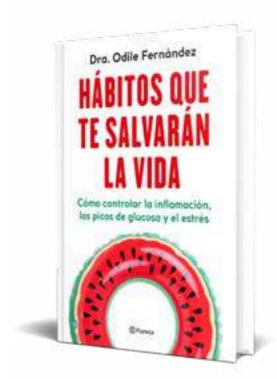
A book full of wisdom and health advise that teaches us how to listen to our body to increase our health and longevity.

THESE HABITS WILL SAVE YOUR LIFE

How to tackle and survey inflammation, glucose spikes and stress

Odile Fernández delivers a life-changing book: a guide on how to prevent internal inflammation, migraines, food allergies, microbiota disorders, autoimmune diseases, obesity and cancer.

What I'm about to tell you in the following pages is something completely new, the key for the prevention and likely treatment of most chronic conditions. Yes, you are reading it. Even though I already wrote about the importance of regulating blood sugar and how harmful chronic inflammations are for our health in My Anticancer Recipes the game has changed now. Since science has elucidated the connection between these two factors and the disease, we are going to take a step further. I am going to unveil for you how to regulate both processes in order to increase your health and life expectancy.



Planeta | 288 Pages | April 2023

HEALTH	NUTRITION		MENTAL HEALTH		
INFLAMATION G		GLUCO	SE	STRESS	OBESITY
MIGRAINES		ALLERGIES		MICROBIOTA	
CANCER AUTOIMMUNE DISEASES					



Odile Fernández is a general practitioner and mother of three children. In 2010 she was diagnosed with ovarian cancer with multiple metastases. After getting over the initial shock and coming face to face with her own death, she started researching extensively about food and cancer to fight her prognosis. Since then, Dr. Fernández has devoted her life to continue studying the close connection between nutrition, lifestyle and disease prevention, and to give workshops throughout Spain.



TAMARA PAZOS

A most thorough guide helping us to unveil what habits we should follow according to Science to effortlessly improve our routines and health.

THIS BOOK WILL MAKE YOU LIVE LONGER (OR AT LEAST BETTER)

Choose good habits, adapt your routines and improve your wellbeing

The gathering of scientific data and further knowledge has lengthened our life expectancy, mostly in developed countries. However, this wellbeing culture has not managed to pervade the population to add quality of life to this increased longevity. As it turns out, we are constantly harassed by a digital culture endorsing a sedentary lifestyle and chronic stress. To make things worse, the surging sales of miraculous and instantly curative products are intensifying the individual pressure and sense of guilt of those who lack the time or the aim to invest in their wellbeing. The good news is that we don't need "easy and fast" methods or miracles of any sort to live longer (or, at least, to live

Tamara Pazos, a Biologist Specialising in Neuroscience and educator, has spent years researching how to use popular science to prevent health risks. In her new book she displays a detailed and scientifically proven guide that elucidates which are the five major fields of action that will allow us to improve our health: our natural environment, sleeping patterns, sense of awareness, physical exercise and diet.



Planeta | 288 Pages | April 2023

HEALTHY HABITS FITNESS & TRAINING

NUTRITION

MENTAL HEALTH

NO PRESSURE NO GUILT

PRACTICAL GUIDE

This book shall become a reference work for those readers who are aiming to improve their wellbeing in a free, natural manner, devoid of pressure or guilt, that will ultimately let them enjoy a healthy lifestyle.



Tamara Pazos motto could be "Have a blast making easy what seems difficult." Somehow L that is what she has been doing since she finished her Biology Degree and emerged as a very accomplished popular scientist. Pazos studied a Masters Degree in Neuroscience and specialised in human behaviour. Currently she is researching to complete her PhD on how to use popular science as a field of action to prevent health risks. Pazos is also implementing her research with workshops and a very active Instagram account in which she ultimately breaks down how our brain works.

PAULA RIBÓ

The first informative guide on the complex world of allergies.

GABRIELA POCOVÍ

The ultimate guide to fight chronic inflammation and strengthen our immune system with a proper diet.

ALLERGIES, THE NEW EPIDEMIC

A guide to understand, prevent and fight allergies

There are allergies all year round and in every season. They affect people of all ages and occur everywhere. For some time now, sneezing, itching or bloodshot eyes have become part of our lives and every year more and more people are suffering from them. But what are the causes of this spike? And why does one in four people suffer from this pathology? Allergies are deemed the latest non-infectious epidemic of our times. There are a lot of urban myths and ignorance around them, and many people believe that allergies are curable, while others tend to mix them up with intolerance.

In her latest essay, Dr. Paula Ribó summons all the knowledge she has gathered throughout her training, research and medical practice, and dismantles these false beliefs. Ribó breaks down when and why allergic reactions appear, and which are the most common symptoms according to their typology, discloses the most frequent causes that can trigger a serious reaction, and explains how to proceed in the event of anaphylaxis or anaphylactic shock.



Alienta | 288 Pages | May 2023

PRACTICAL BOOK ALLERGIES

HEALTH TIPS

Dr. Ribó and her clever advice will make living with allergies much easier.

Daula Ribó is an allergist, researcher and popular scientist. She holds a Degree in Medicine from the Universitat Rovira i Virgili and a PhD in Medicine from the Universitat of Barcelona, and has her own allergist practice since 2020. She is a member of the researching team Recerca Immunoal-lèrgica Respiratòria Clínica i Experimental (IRCE) and the Societat Catalana d'Al-lèrgia i Immunologia Clínica (SCAIC), amongst others.



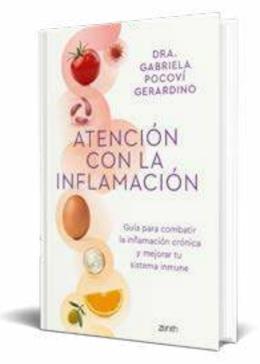
INFLAMMATION: BE AWARE

A guide to fight chronic inflammation and strengthen your inmune system

The immune system is in charge of controlling chronic inflammation, and it is behind many conditions in modern life, including those days in which you are feeling unwell without knowing why. To admit that we might be suffering from chronic inflammation, and knowing how to fight it with a proper diet and an anti-inflammatory lifestyle, can remarkably help us to improve our quality of life.

In this book, Dr. Gabriela Pocovi, a top researcher on the impact that our dietary habits have in our immune system, will show you how to take critical steps to strengthen it, tackle inflammation and get back on your healthy feet. The starting point is to take care of your bowels and its microbiota.

What does inflammation have to do with the immune system? What does the immune system have to do with hormones? And what role does microbiota play in all of this? As it turns out, everything inside our bodies is deeply connected. Low-grade chronic inflammation (LGCI) is largely behind many of the diseases and conditions of modern life. It is the breeding ground of chronic illnesses, a permanent disorder that we all fear, and that more than often makes its gradual way to wreak havoc like a quiet, unnoticed enemy.



Zenith | 256 Pages | January 2023

HEALTH CRONIC INFLAMATION

NUTRITION

INMUNE SYSTEM

You can' change your genes, but if you take care of your intestines and immune system you can change your life.



Tabriela Pocovi holds a PhD in Medicine and Public Health from the university of Granada, and a nutritionist-dietician Degree from the central university of Venezuela. She is an enthusiast researcher of the human body and mind, holds also a Master's Degree in cellular and molecular Immunology from the university of Granada, and several courses and diplomas in holistic and integrative health, coaching and personal growth. She has been working for over a decade as an immune-nutritionist, holistic healer and life coach of people suffering from digestive, hormonal and autoimmune health issues. She also devotes much of her time to research and lecturing.

ALFREDO GONZÁLEZ RUIBAL

A tough and moving work about the violence and destruction inflicted from the Palaeolithic until today by mankind.

JUAN RAMÓN RALLO

An introduction to Marx's economic ideology.

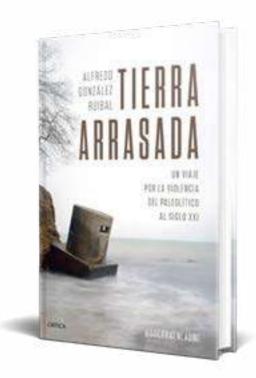
DEVASTATED LAND

A journey from the violence of the Palaeolithic to the 21st century

D ubble, ashes and bones; these are the remains that I we usually encounter upon exploring an ancient battlefield or the ruins of a village, a devastated land concealing thousands of stories, from the last breath of a fallen soldier to the stifled screaming of a family ravaged by the war. Ever so often, the swift unfolding of events that form our notion of history has numbed our perception of these shocking realities, cutting us off from the narrative of violence and suffering that encompasses them and rarely moves us.

We tend to forget that, lying underneath the destruction and brutality of warfare, there are people, their memories and hopes quietened by the edge of a sword; recurrent human narratives that turn history into something pulsating and tangible.

Using archaeology as a narrative device, Alfredo González Rubial helps us sharpen our hearing, listening to their whispers and unfolding their ruthless tales of violence and abuse, bringing us closer to a reality devoid of the shading tinges of war and ideology. And these are precisely the last vestiges that speak most eloquently about our nature and its disturbing, destructive tendencies.



Crítica | 416 Pages | May 2023

ARCHAEOLOGY HISTORY WAR

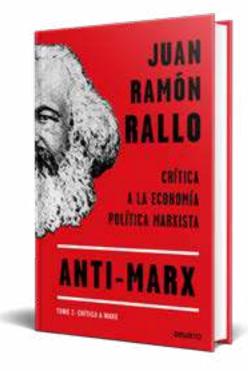
A close, human and anti-war portrayal of the horrors of warfare chronicled through magnificent descriptions illustrated with photographs and drawings.

ANTI MARX

A critique to Marxist political economy

uan Ramón Rallo's essay stands out among the exceedingly abundant literature existing on Marx, for two reasons. First, there is no other work simultaneously offering an extensive and detailed review of Marx's thinking and a thorough demolition of it. Secondly, this is the first comprehensive critique to Marxist economic theory displayed in such a meticulous and orderly way. In its first volume, Rallo introduces us to Marxist ideology and thinking, emphasising its economic aspect (although not exclusively) in a systematic and aseptic manner: it is not intended to distort or caricature Marx, but simply to explain, in the most accessible way, his ideas and line of thought.

With that purpose in mind, Rallo revises, breaks down and integrates Marx's extensive work. Through the joint analysis of all his literature, supported by the study of the works of Engels and other outstanding Marxist intellectuals, Rallo manages to expose in a coherent way Marx's theories on value, money, capital, exploitation, prices, wages, profits, social classes, economic growth, economic crises and the advent of communism. It will be in the second volume when Rallo will expose the issues and misconceptions of all these theories.



Deusto | 1784 Pages | November 2022

ECONOMY CLASSICS POLITICAL ECONOMY

SOCIO-ECONOMICS

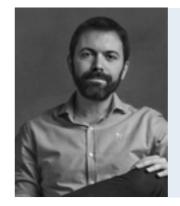
MARXIST IDEOLOGY

CRITICISM OF MARXISM

Juan Ramón Rallo sets out to the titanic task of both reconstructing and deconstructing Karl Marx's economic thinking. It is the most ambitious critique of Marxism written to date.

Ifredo González Rubial holds a PhD in Prehistoric Archaeology from the Complutense university of Madrid, and is also a tenured scientist at the Institute of Heritage Science of the Spanish National Research Council (CSIC in Spanish). He has also been a postdoctoral researcher at the university of Stanford. As an archaeologist and ethno archaeologist he has researched from hunter-gatherer communities to post-industrial societies in several countries across the Globe. He is internationally regarded as one of the prominent figures in contemporary archaeology.





Tuan Ramón Rallo holds a PhD in Economy. He is currently Dean of the undergraduate school of the university of Las Hespérides, and a professor at the university Francisco Marroquín and IE University. The publishing house Deusto has launched all his essays.

NON FICTION

JOSÉ ERRASTI, MARINO PÉREZ, NAGORE DE ARQUER

A manual to help families with self-declared transsexual children.

MARÍA VELASCO

An essay on how to help today's mothers and fathers to lead a calm and content upbringing.

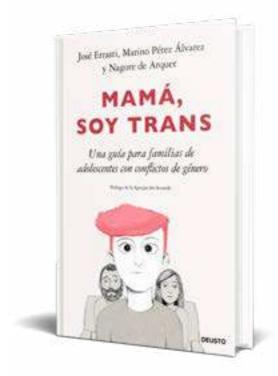
Mum. I'm TRANS

A guide for households with gender-conflicted teenagers

I sing an accessible language for the general public, and filled with case studies and specific examples, Mum, I'm Trans is a guide for families whose children come out as transgender that explains what is the correct course of action to follow when this happens.

If you are concerned about the cultural transmission of transgender identity amongst teenagers, this book provides you with the appropriate background to communicate with the adolescent, and teaches you how to track down the origin of the issue, how to understand the way they feel and what is the meaning of such conflicts in today's life.

A more accurate diagnose of the trans issue can only be possible if we immerse ourselves in the social networks that the adolescent has been consuming for dozens of hours a week since childhood, if we get to know how the messages aired through media outlets and their school environment affect them, and if we ultimately understand the proportions of the industry and business that lays behind all these issues.



Deusto | 300 Pages | April 2023

PARENTING TEENAGERS GENDER IDENTITY

PRACTICAL BOOK PSYCHOLOGY

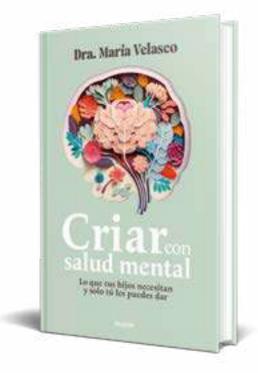
What to do when a gender identity issue involving a teenager comes up in a family?

TO EDUCATE WITH MENTAL HEALTH

What your kids need and only you can provide

n this book, doctor María Velasco, a child and teenage psychiatrist, provides us with a guide that would help us navigate the challenging and fascinating task of becoming parents. In the process, Velasco will answer a number of critical questions: What is motherhood? And what is fatherhood? What is childhood? And upbringing? Which emotional needs do our kids have? How to build a proper sense of belonging? Which are the emotional conflicts triggered by motherhood and fatherhood? Which are the main challenges that parents are dealing with nowadays? How can we support our children to become mentally balanced and resilient adults? Is it possible to provide a serene upbringing?

This is a clear guide full of hope that will teach today's parents how to merge their lives and their kids' upbringing, how to master parenting, incorporate it and learn to look after their most precious gift: the unconditional love of their children.



Paidós | 336Pages | May 2023

PSYCHOLOGY PARENTING

MENTAL HEALTH

How to accompany you kids in their childhood, to make sure they will grow up happy and fulfilled

of psychology at the

and is an expert in university of Oviedo. clinical psychology and member of the Spanish Academy of Psychology.

Jon Errasti is a senior Marino Pérez holds a Nagore de Arquer is lecturer in the faculty Degree in Psychology a Psychology student and a woman who interrupted her gender transition.





T aría Velasco holds a Degree in Medicine and Surgery from the university of Alcalá aría Velasco holds a Degree in Medicine and ourgery from the difference of the Masters Degree in Child and Adolescent Psychopatholo Integrative Psychotherapy, as well as a second one in Child and Adolescent Psychopathology and Psychotherapy. She currently works as an Assistant Psychiatrist at the Ramón y Cajal university hospital, teaching assistant for MIR and PIR, and has her own private practice devoted to individual psychotherapy, marriage counselling, family counselling and group counselling, and/or pharmacological therapy.

JORDI GIL MARTÍN

An empowering book written with a didactic and kind style, based on the humanist perspective of the Gestalt therapy, and delivered by a renowned psychologist.

SESHA

One of the very few enlightened living masters of Advaita meditation teaches us in a didactic way the basics of Effective Awareness as a path leading to meditation.

LEARNING HOW TO LOOK AFTER YOUR INNER CHILD

Heal, protect and look after your inner child in order to reach a fully functional adulthood

ordi Gil Martín delivers his method to heal the dormant wounds of childhood that continue affecting us during our adult life. There is a common understanding of the critical role that our first years of life play in our adulthood. How we are, what we think and feel, and how we act is largely determined by our crucial first years, hence the significance of conducting a work of introspection and awareness destined to address the wounds we carry within.

Jordi Gil offers his expertise to become a guide of what he calls our "mission in life." In his long experience as a therapist, Gil has been tracking how the happiness of adults is often conditioned by the side effects inflicted by our childhood wounds.

Throughout this essay we will find out the importance of healing, protecting, sheltering and looking after our inner child. It is necessary to reconnect with the magic of our early years and inhabit a place of inner strength. If we pay the necessary attention to our childhood wounds we can manage to put an end to the chronic damage that hinders us, bogs us down and stops our way to happiness.



Diana | 224 Pages | January 2023

PERSONAL GROWTH EMOTIONAL HEALING

PSYCHOLOGY CHILDHOOD WOUNDS

Through simple and reader-friendly exercises, Jordi Gil proves that there is room to recover from these childhood wounds, live with greater harmony, fully develop our potential and even perform parenting with a higher level of awareness.

LEARNING TO MEDITATE

The practice of Effective Awareness available for everybody

■ ave you ever tried to meditate? Maybe close your eyes and try to "blank your mind." According to Sesha, our mind resembles a helium balloon. It is not that the balloon flies blown by the wind in any possible direction, but because it is tied to your hand with a thin string. Unfortunately, we do let go of that thin string that controls our mind many times a day, plunging it into distraction and absent-mindedness. Some studies estimate that, on average, a person remains distracted 74 per cent of their conscious time. This book will teach you how to get to know and tame your awareness, until eventually you will realise the moment when you are letting the string go.

In order to survive as individuals, we have developed multiple habits that help us subsist daily; but paradoxically keep us away from happiness. Having the strength to change those habits for more stable ones; or even more stable habits for deeper certainties, is not easy. That is precisely the reason why the ancient scholars of the mind came up with a number of strategies to develop Effective Awareness, until achieving their own personal realisation. Thus, the culmination of this process is called Meditation.



Diana | 240 Pages | February 2023

MEDITATING ADVAITA MEDITATION

FOCUSED ATENTION

PERSONAL GROWTH

EMOTIONAL HEALING

The goal of this book is training our awareness until installing a regular meditative practice.

Tordi Gil Martín is a psychologist, psychotherapist, Gestalt therapist and conductor J of family constellations. His field of expertise is individual therapy and psychological trauma. He is the director of the Barcelona facility Gestalt Salut Psicoteràpia (www.gestaltsalut.com) since 2005, along with the therapist and psychologist Marta Grimalt.





C esha was born in Bogotá and studied engineering and Eastern Philosophies. His Insatiable research on the nature of what is Real brought him to practise meditation and the study of Vedanta Advaita. When he was 26 years old, and after several deep meditational breakthroughs, he experienced the transcendental epiphany that brought him to start sharing his Non-Dual experience across different countries, where he would give meditation courses, conferences and interviews. Today he keeps doing so, and hasn't stopped writing either, being the author of a number of books.

EVA SANDOVAL

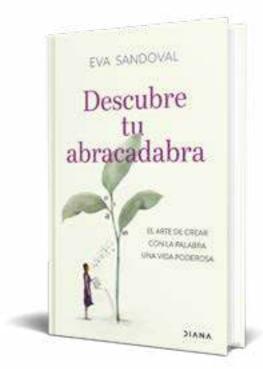
In this book we will discover the creating power of words in its broader and most spiritual sense.

DISCOVERING YOUR ABRACADABRA

The art of creating life through the power of

If we believe that life is our own creation we should start being aware of the words we use, the words we don't mention and the words that we tell to others, since we use them to build the reality we perceive.

This reading is based on the power of words, thoughts and actions. Is there a greater power than that of a person that has managed to be aligned in all these manifestations of life? In the following pages you will get familiar with meanings, etymologies and revelations of the most relevant words in the world we live in: challenge, crisis, magic, discovery, art, honesty, revelation, awareness. The truth is that once we know the truly deep meaning of words, we can open doors that were probably slammed with screams, threats or punishments during our childhood; words that are still living there, untouched; words that we can come back to whenever the time comes.



Diana | 176 Pages | March 2023

MANIFESTATION THE POWER OF WORDS

THE MAGIC OF WORDS

PERSONAL GROWTH

EMOTIONAL HEALING

The magic of creating through words, until elevating the vibration of our existence, and reaching a more powerful life.

va Sandoval has inspired thousands of readers thanks to her books. She is on her own Liself-discovery journey for the last fifteen years, at least, through paths, travels and research on spiritual knowledge. She accompanies people to discover their true essence. She has been capable to crystallise her experience in powerful works of literature that have reached all sort of readers. In her books, Sandoval addresses an audience eager to make this world a better place through everyday acts.



EDUARDO INFANTE

A plea for classical virtue and against the immorality of today's influencers.

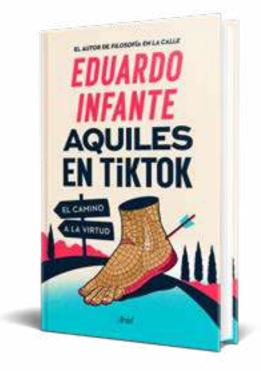
ACHILLES IN TIK TOK

The path to virtue

A chilles in Tik Tok questions the feverish productivity and sense of urgency imposed by the Capitalist system, claiming that contentment only comes to those who focus on what is relevant; that is, the pursuit of happiness and a life based on virtue.

While searching what teachings could be more useful to help today's youngsters to face their complex tomorrow, we often forget the importance of knowledge that has no practical consequences. Philosophical education demands an effort that doesn't seem to be worth it in a world obsessed with instant satisfaction. Influencers are replacing the classical authors who have guided humanity for thousands of years as we speak. However, ancient texts have a transformative power for human virtue that can hardly be replaced by the icons of social networks.

Eduardo Infante turns to the greatest philosophers of Classical Greece, the likes of Socrates, Plato, Homer to Aristotle, to underscore the importance of virtue, a quality that we must preserve in order to live our lives to its fullest meaning.



Ariel | 240 Pages | March 2023

PHILOSOPHY

CLASSIC PHILOSOPHY

EDUCATION

VALUES LIFE OF PURPOSE

A work that vindicates classical philosophy as an educational tool, and dreams to build a society based on classical values such as excellence, braveness, wisdom and equanimity.



duardo Infante is a philosopher and author of the international best seller *Philosophy on* Let the Street. He teaches philosophy using unconventional methods: he tells the story of Socrates death from a courtroom, explains Aristotle while walking through the park, invites to engage with cynicism while walking commercial streets and challenges us with his #FiloRetos on social networks, where he invites us "to think life and live thought."

JOSÉ CARLOS RUIZ

His new essay upholds the use of elegant thinking as a new drug to fight the symptoms of hypermodernity.

SILVIA CONGOST

An extended and updated edition of Silvia Congost's bestseller, the most useful, clear and transformative guidebook ever written on emotional dependency.

UNCOMPLETED

Philosophy for elegant thinking

tymologically speaking, Elegance is related to Election (eligère). Therefore, an elegant person is a person who knows how to choose —amongst many other things. Elegant thinking shapes the individual that won't fight to look different among the crowd, but instead, would elevate herself towards a distinguished existence.

Against this elegant individual stands a hypermodern one who has blown apart the value of discretion and sense of modesty (if only to privilege a mushy globalisation). The hypermodern favours the plausible rather than the truth, embraces emotional language rather than critical thinking, and practises otherphagia; that is, turning the other into a consumer item.

Thus, we are witnessing the vulgarisation of the individual who lacks the referents that provide him with the intellectual tools to face a reality both complex and hyper stimulating. The feeling of incompleteness increases, leading the hypermodern individual to proclaim that he is a mentally destitute, since for the hypermodern, those times where the pursuit of happiness was a secondary pursuit, the consequence of a virtuous life or a fortunate encounter, seem to have come to an end. The idea of happiness of the hypermodern has undergone a mutation into post-happiness.



Destino | 288 Pages | January 2023

PHILOSOPHY

ELEGANT THINKING

ELEGANT LIFE

HYPER MODERNITY

HYPERMODERN CITIZEN

HOLISTIC ATTITUDE

MENTAL DEPRIVATION

To live and to think with elegance is far from easy. To choose well requires performing a comprehensive task. It is not just an aesthetic issue, but encompasses ethics, politics, and social interaction.

Tosé Carlos Ruiz is professor at the Universidad de Córdoba, he received his degree in philosophy and a doctorate in Contemporary Philosophy. He has specialized in critical thinking and its application in different educational processes. His research focuses on the philosophy of culture, the analysis of hypermodern society and the approach of philosophy to the everyday. He is the author of *Philosophy to Face Discouragement*, among other titles.



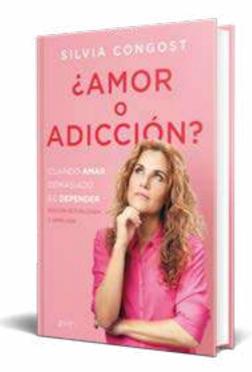
LOVE OR ADDICTION?

When loving too much becomes dependency

e know that relationships come without guarantees. But we also know that some people get hooked, that they develop toxic bonds with each other and that, before they know it, they begin losing control of their own lives. Those who suffer from emotional dependency hold a misconception of what love is, they normalise suffering and develop a terrible and irrational panic at the idea of losing their partner. They distant themselves from their true essence, lose their vitality, their illusions melt and their entire existence revolves around someone they are not even happy with.

Silvia Congost, a renowned psychologist both in Spain and Latin America, explores and analyses all the nuances of emotional dependence, in order for you to understand it, identify it, and most importantly, to get rid of it.

This manual will guide you, with a clear and warm style, to find your inner strength, the one and only power that will free yourself from this burden, and to start making your way towards what you truly deserve.



Zenith | 256 Pages | March 2023

PSYCHOLOGY TOXIC RELATIONSHIPS

ROMANTIC RELATIONSHIPS

EMOTIONAL DEPENDENCE

We need love in our lives. But I refuse to accept that suffering is an unavoidable part of it. I refuse to accept that the person who loves you can hurt you over and over again.



Cilvia Congost is a psychologist specializing in selfesteem and emotional dependency. She now works as a psychologist and leads self-esteem and personal growth groups. Her success derives from her ability to provoke the changes a person needs in less than ten sessions. All of her clients attest to her effectiveness, as do numerous testimonials

NON FICTION

ANABEL GONZALEZ

A book that provides us with the tools to strengthen our mental health, manage our fears and achieve true safety.

TOMÁS NAVARRO

The renowned psychologist Tomás Navarro provides us with the necessary tools of emotional self-defence to draw those red lines that no one should cross.

WHERE IS THE WAY OUT?

How to undo fear, nurse the psychological discomfort and acquire a safe belonging

ow can we nurse psychological discomfort? When we are stuck in a state of angst, panic or anxiety and we are incapable of finding a way out, we tend to feel lost. Perhaps we might have a way out before our eyes, but fear prevents us from seeing it. But, what can we do to lose our fear? Could we, at least, diminish the feeling of suffocation that comes with it?

Throughout the book, we will deal with fear itself, or rather with fears. We will delve into safety as the true solution to fight them, and we will dive into one of the key grounds of that safety: our sense of belonging, and how it affects us to have had or not having had a source of attachment during our childhood.

The prestigious psychiatrist Anabel González provides us with an extremely useful guide to find calmness, undo the fear and learn to deal with compulsive mental states that might prevent us from moving forward.

Throughout this book will initially tackle fear itself, or rather, fears in general. Will explore some curious facts related to fear, and then will explore the origin of seemingly incomprehensible fears, fears that ambush us randomly or that travel with us permanently.



Planeta | 280 Pages | April 2023

PSYCHOLOGY PRACTICAL GUIDE

SECURE ATTACHMENT

FEAR UNBLOCKING

EMOTIONAL HEALING SELF-CONFIDENCE

PERSONAL GROWTH

After that, we will tackle safety, the true antidote to fear, and an essential concept to understand it: our sense of belonging.

nabel Gonzalez is a psychiatrist and psychotherapist. She has a doctorate in Medicine A and is a specialist in Criminology. She belongs the board of the European Society for Trauma and Dissociation and is Vice President of the EMDR Association in Spain. For years, she has trained other specialists; she is an accredited EMDR therapy trainer, an associate instructor at CHUAC, and an Invited Professor at the Master's in EMDR Psychotherapy at the UNED.



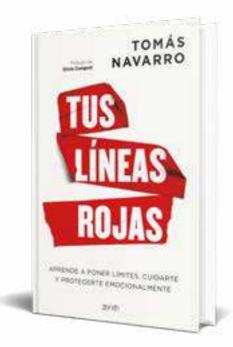
YOUR RED LINES

Learn how to set boundaries, look after yourself and protect yourself emotionally

ow can I set my own boundaries? How can I address my needs without feeling guilty? Am I being selfish when I draw the line with other people? To get to know which attitudes or behaviours we can accept from others and how to prioritise our own needs is an essential learning process to define who we are and how we want to live.

Throughout his essay, Tomás Navarro provides us with a quintessential step-by-step guide to unlearn everything that prevents us from establishing clear priorities. Using a simple language and the most relatable common sense, Navarro explores the fundamental foundations for setting our boundaries, elaborating on how self-esteem and self-respect work, elucidating the relevance of self care and why we need to protect and defend ourselves emotionally, and, most importantly what is the essence of assertiveness.

Using simple explanations based on psychology, and tackling case reports and exercises, Navarro's essay also introduces us with a simple three-step method to draw our red lines, a method that can be applied to love, work and family, as well as strategies to help us dealing with emotional blackmail and our sense of guilt.



Zenith | 224 Pages | February 2023

PSYCHOLOGY

PRACTICAL BOOK

BOUNDARIES

SELF-ESTEEM

TOXIC PEOPLE

23

TOXIC RELATIONSHIPS

By the author of Kintsugi, the international best-seller translated into 23 languages!



omás Navarro is a psychologist in love with people and with what they feel, think **1** and do. He is the founder of a consulting firm and an emotional wellness center. He currently divides his time between technical writing, training, consulting, conferences and personal and professional coaching and consulting processes.

DEBORAH GARCÍA BELLO

An invitation to enjoy science, to unlearn the flawed perception that it is an aseptic, Strict and Sterile discipline, and to observe its beauty in our daily life.

THE CHEMISTRY OF BEAUTY

A scientific account on art and everyday beauty

eborah García Bello gifts us with a work that reflects **J** on beauty, and unveils how to experience it to its fullest, greater intensity by using scientific knowledge.

The author invites us to a walk through everyday beauty, where we will find out how art, the beauty of a sunset or natural phenomena and chemistry are closely related.

The squawking of seagulls, the light pink skies that anticipate a day of sunshine, the smell of old books, the black and white photographs of our grandparents, the sea, the bloom of the turnip tops, my mum applying her lipstick, the fashion magazines of the 1960s, my neighbourhood, the urban flowers, the smell of tyres, a necklace of lapis lazuli or a school desk with names engraved in it. Thanks to chemistry I have kept at awe my amusement for everyday beauty, and I have learnt to savour quietly the splendour of precious things, from the happiness of a normal day to the fascination for a piece of art. Knowing your chemistry is like walking through life with atomic scale eyes. All the beauty, the goodness and the truly incomparable things of daily life look clearer through scientific knowledge.



Paidós | 304 Pages | March 2023

POPSCIENCE CHEMISTRY ART

EVERYDAY BEAUTY



eborah García Bello studied chemistry at the University of A Coruña, where she is pursuing a doctorate focusing on the popularization of science and the relation between science and contemporary art. As a cultural figure, she writes for different media such as El País, El observador de la belleza, and Naukas, and lectures all over the world.



MAR GÓMEZ

If weather changes alter your mood; if winter saddens you, or your knees become your secret whistle-blowers announcing the upcoming rain, then it is highly likely that you are meteorsensitive.

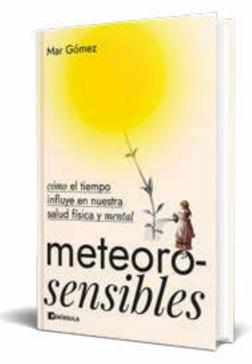
METEORSENSITIVE

How weather affects our physical and mental health

W e take for granted that storms depress us, that spring fever exists, that winds madden us, and that the moon affects women's menstrual cycle. But, what is the truth behind all that? And more importantly, which other environmental factors or meteorological upheavals can alter our physical and mental health?

When Mar Gómez, a Physicist and meteorologist moved to southwest Madrid, she could tell how her body was reacting to the drier weather and the local gusty winds. Driven by her scientific curiosity, she immersed herself in the study of meteorsensitivity, a rather unknown discipline, but one that offers mind-blowing answers to understand the effects that atmospheric changes have on our bodies. And, most importantly, how the current advance of climate change will end up affecting not only the planet, but also all of us.

Atmospheric pressure, wind, high temperatures, pollution, solar radiation, altitude or the effect of the moon are some of the aspects that I have dug with the main intention of demolishing myths and finding answers in the only place where I have encountered the truth since I was a little girl: science.



Península | 376 Pages | February 2023

PHYSICS

MENTAL HEALTH METHEOROLOGY POP SCIENCE CLIMATE CHANGE



⚠ ar Gómez holds a Cum Laude PhD and Degree in Physical Science from the ar Gómez holds a Cum Laude FID and Degree In Fig.

Complutense university of Madrid, where she specialised in Physics of the Atmosphere. Currently, she is the head of the meteorology section of *eltiempo.es* and has contributed to a number of media outlets. Among her most outstanding talks, it is worth mentioning the one she gave during the International summit on Climate, Change The Change, the United Nations summit on Climate Change (COP25), and her involvement in the United Nations program to protect the Artic.

J.M. MULET

From the marrow of the Mammoth to fast food. How culture and society have modified food.

ANDREA MURAS

The antibiotic resilience: the quiet pandemic we are facing.

WE EAT WHAT WE ARE

How culture and society have modified food

Taking off from a controversial and entirely innovative perspective on the relationship between being and eating, Mulet embarks on his greatest, most ambitious project to date: to illustrate the history of food from the origins of mankind to our present day, to portray how human beings have related to food over the centuries, and therefore, how we have come to develop the food and diet culture that defines us.

Did you know that:

- · Beetroot was more useful to put an end to slavery than Abraham Lincoln.
- The Sumerians are to blame for churros and eggs being sold by the dozen.
- The first gazpacho recipe ever was published in México? Or that the first paella recipe to be printed was in French? As for stew, guess what, there was no recipe printed until the 20th century.
- · If pizza is today a global, massively consumed food, it is thanks to the battle of Monte Cassino during the Second World War.
- · Regarding the word restaurant, the Bible is accountable for its first mention.



Destino | 624 Pages | February 2023

HISTORY OF HUMAN FOOD ANCIENT CULTURE

HISTORY

THE WAR ON SUPERBUGS

A history of science without fiction

Phroughout our existence humans have fought a battle, often to death, against bacteria. These tiny microorganisms cause maladies as infamously famous as plague or cholera, but also as common as tooth cavities.

And now that it looked that we were leading the race against them thanks to antibiotics, its misuse and erratic dosage plus other factors have triggered the emergence of the so-called superbugs. The resistance of some of them has already become a threat to our lifestyle, and it might be a matter of barely thirty years before they become the main cause of worldwide deaths, even ahead of cancer.

Andrea Muras Mora, a scientist and educator, tackles and enlightens us about all the above, and explains what superbugs are, how they deflect and evade drugs, why they multiply and what is the scientific community working on to prevent their advance.

This is without a doubt, a fascinating book where the most complex knowledge is explained in a humble way, using a close and amusing voice that will feed your hunger for reading while you also learn something that affects you directly.



Alienta | 254 Pages | April 2023

MICROBIOLOGY PUBLIC HEALTH CHALLENGE

ANTIBIOTIC RESISTANCE

DRUG-RESISTANT INFECTIONS

Delve yourself into this thrilling story running across centuries of science and curiosities, and discover which are the keys to a pandemic that has already begun.

. M. Mulet is a professor of Biotechnology at the Polytechnic University of Valencia. He directs a research group at the Institute of Molecular and Cellular Plant Biology working to develop plants tolerant of drought or cold weather. In his role as a popular science writer, he has published the books Eating Without Fear, winner of the 2014 Prismas Prize for best science book published in Spanish and Medicine Without Deception.





Andrea Muras holds a PhD in Microbiology and alternates her work as a researcher with her role as an educator. Muras has also a Degree in Biology, a Masters Degree in Biotechnology and another one in Scientific Culture. Along her working career, her work has been focused on breaking down the behaviour of bacteria in order to prevent infections and the subsequent emergence of super resistant microbes.

RICARD SOLÉ

A work about death, its limits and its evolution has the greatest unknown that Humanity has ever faced.

ALL DEATHS

The end of life: from Oceans to robots

here is not just a single definition of death, not just a single interpretation, but there is a leitmotif based on our scientific understanding of a mortal reality. Arguably there is not just a single death in the course of one's life, but many of them.

Ricard Solé, a physicist, biologist and researcher for the Catalan Institution for Research and Advanced Studies (ICREA in Catalan) delivers his take on all these extinctions: from the thermal death of the universe and the inanimate systems, until cities and civilizations, oceans or robots, and also the demise of our bodies and minds.

To write and reflect on the end of life allows us to improve our understanding of the nature of this inescapable and most common reality that has shaped our culture and moulded our fears since the birth of consciousness —and our permanent need of imagining the future.

Gathering the legacy of those who have used literature, cinema, theatre, philosophy or science to write about bereavement, All Deaths focuses on a scientific, critical and open approach to rethink the several scenarios in which we can address death in strictly rigorous terms.



Crítica | 192 Pages | March 2023

SCIENCE PHILOSOPHY

A book that provides us with answers and new contributions about essential questions regarding the existence of immortality.

 ${f R}$ icard Solé is a Physicist and Biologist. He is a lecturer and researcher at ICREA, at the university Pompeu Fabra (UPF), and an Associate Professor at the Institute of Santa Fe, in the United States. His work has been distinguished with the City of Barcelona and La Vanguardia de la Ciencia awards. His research has been published in The New York Times, Nature and Science. He is the author of the essays Complex Networks and Synthetic Lives.



CURRO CAÑETE

To love yourself and enjoy the present is one of the most important goals in life. Don't compare yourself to others. Every answer lives inside you.

Love Begins In You

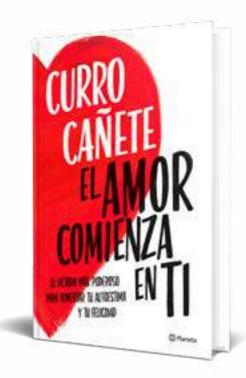
The most powerful method to increase your self-steem and your happiness

To build a meaningful life you will need a good self-esteem. That is why to love yourself is the best step to be happy, feel at ease and love others.

We live in a world full of demands and challenges, where taking a moment to just think about yourself is increasingly difficult.

In this practical and rigorous essay, the popular writer Curro Cañete open handedly shares the specific steps necessary to free yourself from negative attachment, loving you unconditionally and becoming an emotionally strong person. Here and now starts your chance to love yourself truly. When you read this book and once you succeed in doing so, everything will be different: things will work out better, reality will be kinder and you will enjoy life just as you deserve it.

You are about to start a journey that will transform your life.



Planeta | 264 Pages | April 2023

SELF-HELP SELF-ESTEEM

PERSONAL GROWTH

PRACTICAL GUIDE EMOTIONAL STRENGHT

SECURE ATTACHMENT

By the author of the international bestseller The Power of Trusting Yourself.



Turro Cañete is a successful writer and coach in Madrid. With degrees in Law and ✓ Journalism, he also completed a Master's in Personal and Professional Coaching. An expert in success and happiness with a background in many therapeutic techniques, he is interested most in helping people free themselves from their blockages and limitations so they can live the life they desire.

NON FICTION

SAGAR PRAKASH KHATNANI

A moving work about love, the passing of time and life.

JESÚS NIETO QUINTANA

If you want to improve your life and make your dreams come true, this is your book.

SAWAI

21 short stories about what truly matters

S awai is a touching book about love, the passing of time and life. It is set in an Eastern and remote world, but its stories resonate universally in our present day. Some of this tales are revamped classic short stories, some others are still unpublished, and deal with candent topics like social equality, homosexuality, animalism, ecology or feminism.

An inspiring read, with a surprising plot, filled with curiosities and interesting facts, where eventually everything will flawlessly fit together, like the pieces of a puzzle.

Sagar Prakash Khatani introduces us to a magnificent portrait of innocence and redemption that shows us how to change our lives with the power of our will. All stories contain a moral within, leading the reader to get involved in the conflict never allowing remaining indifferent.

This is a page-turner from start to finish, but leaves a deep aftertaste. Page after page a universe unfolds, a place where feelings and caring are the only thing that truly matters, where preconceptions have no place.



Luciérnaga | 272 Pages | October 2018

INSPIRATIONAL LITERATURE CLASSIC TALES

ECOLOGY FEMINISM ANIMALISM

EQUALITY PERSONAL GROWTH SPIRITUALITY

Dear Reader, each page of this book is a very thin door to another reality. You would only need to leave it slightly ajar with your fingertips to enter it.

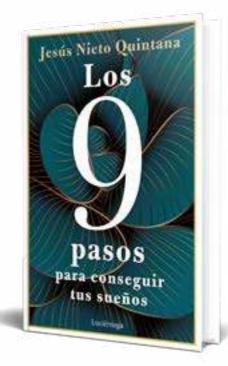
THE 9 STEPS TO ACHIEVE YOUR DREAMS

Do you believe that the distance from your dreams is a matter of luck? That just spoiled, random fate decides who makes their dreams come true and who doesn't?

There are only two conditions for you to achieve your goals: to have the necessary knowledge and putting it into practice.

This essay explains in a plain and accessible way the universal laws of The Kybalion, the commanding principles of the Huns philosophy, how does your mind work so that you can successfully formulate your wishes, the importance of beliefs, the value of the word, the power of faith, attainable and powerful techniques like the Ho'oponopono and the Spirit of Aloha, and the irresistible power of love.

You have a ticket between your hands that will send you in just nine steps from the place you are now to the place where you want to be, delivering right at your fingertips what seemed impossible until now.



Luciérnaga | 192 Pages | January 2023

PERSONAL GROWTH SPIRITUALITY

31

ANCIENT WISDOM KYBALION ALOHA HO'OPONOPONO

Through the pages of the book that you are holding, I will provide you with forgotten tools of ancient wisdom, either occult or in the hands of a few, that ultimately will serve you as a guide to achieve your goals.

C agar Prakash Khatnani, of Indian origin, studied audiovisual production, radio and Dentertainment, as well as several courses in cinematography and photography. After winning several literary contests, he decided to dedicate himself to writing. His first book, Amagi, became a bestseller. In his second book, Sawai, he presents 21 short stories about what truly matters.





esús Nieto holds a Degree in Law, a Masters Degree in Spanish, and is a high school and university teacher, speaker and trainer in public speaking, communication and social skills. He is passionate about Humanities and personal growth, a vocational teacher who always regarded education as the indispensable tool to help every single person to develop their full potential and reach their self-realisation.

NON FICTION

AITOR SARAIBA

A revolving door connecting with our unconscious side, remote but not forgotten.

PAULA JIMÉNEZ

Family constellations use a grammar that your unconscious understands, letting yourself inherit your family background without inflicting any suffering.

PAGAN ORACLE

There was a time when popular beliefs, no matter how different they were, shared common myths, had similar goddesses and gods, symbols and archetypes. The oracle takes you to those origins, reviving the pagan certainties existing for many centuries in Europe.

In Pagan Oracle, Aitor retrieves the roots of European mysticism, amalgamates myths and nature, and merges it with the spiritual, invisible world. Aitor summons his intimate, precious, spirituality and evocative work ethos, and displays for us the cards, their inherent relationship with nature and its elements: earth, air, water and fire, and merges it with the gods, the lunar cycle, significant objects, plants, symbols... Magical, harmonised and respectful of the esoteric world.

In each of the forty cards you will find a poetic inner gear, where symbols and archetypes will provide you with a puzzle of different answers depending on the questions you make to the oracle. Delve into it, soak up its wisdom and let yourself be guided by its messages.





Luciérnaga | 104 Pages | March 2023

SPIRITUALITY ASTROLOGY

BOOK AND CARDGAME





itor Saraiba writes, draws, makes pottery and sews. Over the last decade, he has travelled the world with his exhibitions: Los Angeles, Tokyo, Portugal, Italy, United Kingdom, many African countries and Spanish cities have witnessed his unique vision. He is the author of many graphic novels, and poetry and exercise books.



FAMILY CONSTELLATIONS

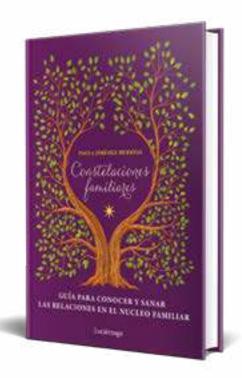
A guide to know and heal your relationship with your family circle.

amily constellations help us to understand and heal our relationships and other emotional aspects, getting in touch with our inner self in order to allow us to see every situation from an entirely different perspective.

This guide includes a deck of cards featuring the characters of the transformation, allowing you to perform your own family constellations (either alone or with family and friends), find out the reason behind your negative reactions and learn how to leave behind the characters that we assume in critical moments.

You have in your hands a very effective tool to manage your unconscious through the game, its metaphors and archetypes.





Luciérnaga | 248 Pages | February 2023

SPIRITUALITY BOOK AND CARD GAME

PERSONAL GROWTH EMOTIONAL HEALING

33

FAMILY CONSTELLATIONS

Including a deck of 92 cards — 48 characters and 44 Major Arcana.



aula Jiménez Huertas is a Philologist and writer. She was trained in Neuro-Linguistic Program (NLP), studied hypnosis, mental control, emotional intelligence, and emotional management, art therapy, numerology and family constellations. She gives talks and organises workshops intended to the awakening of the new consciousness.

JUAN CARLOS CUBEIRO & LEONOR GALLARDO

IVÁN PERUJO

Would you like to earn the ultimate buttocks? Welcome to your method!

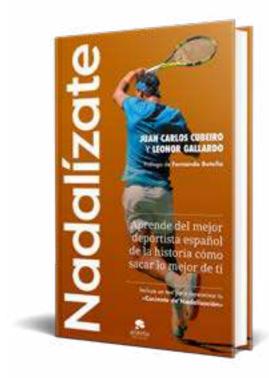
Nadalized

Learn from the best athlete in Spain's history how to bring out the best in you

e usually admire successful people; we quietly envy their triumphs from a distance, but rarely get the chance to know the practices that have led them to the top. And this is precisely what this book will bring to you: a deep and detailed analysis of the strategies of the best Spanish athlete in history, so that you can deal with life using Rafa Nadal's tactics.

The authors have gathered and compiled the routines and daily mental training of the champion, to give you access to the secret of his success. It all comes down to a method, presented here in a clear and solid manner, reviewing each of Rafa's routines, all of them collected and endorsed by a team of experts in each department: philosophers, educators, doctors, psychologists... The book also features the priceless advice and opinions of Toni and Rafa Nadal.

Passion, consistency, coherence, gratefulness, sacrifice, teamwork... Rafa's method will allow you to adopt and develop the routines of the grandmaster, make the best out of your potential, and tailor your future accordingly.



Alienta | 176 Pages | January 2023

SELF-HELP LEADERSHIP VALUES

SPORTS PSYCHOLOGY MOTIVATION

Rafa Nadal is not here to teach us how to win tournaments, but to address others and ourselves constructively, to respect our opponents and to chase our dreams with perseverance.

Tuan Carlos Cubiero is arguably one of the best Spanish experts in talent development, leadership and professional coaching.

eonor Gallardo **L** holds a PhD in Sport Management, and is the Vice-Rector for Coordination, Communication and Promotion of the university of Castilla-La Mancha (UCLM in Spanish).



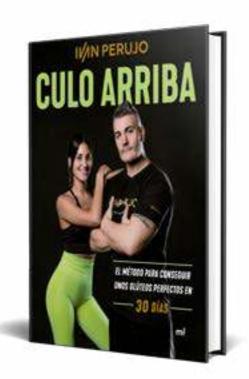
BUTTOCKS UP

The method to get perfect buttocks in 30 days

ván Perujo shares in Buttocks Up his infallible plan to develop the best buttocks in just a month. Either enrolled the basic level training exercises performed by the model Tania Medina; or the advanced ones, delivered by the coach Andrea Fierro. The book includes photographs to illustrate easily how to practise each movement at home or in your gym of choice.

The book also features advise on how to warm up and stretch, an essential part of the training to avoid muscular injuries; a nutritional guide to improve your performance and look after your health; and the favourite exercises of celebrities. This book will become your Daily Fitness Bible!





Martínez Roca | 224 Pages | March 2023

TIED BUTT SPORTS TRAINING ROUTINE

30 DAY METHOD



ván Perujo has been working in the world of fitness for more than 20 years, mostly ▲ training celebrities. Actors, models, politicians and businessmen coming from all over the world have trained along with him and unanimously agree that his method is the most effective to burn fat and strengthen your muscles. Perujo is the international director of the largest network of fitness and rehabilitation centres in Spain and Europe (spread over no less than 27 countries) a network with more than 150 gyms using his infallible method of functional training.

JAVIER VÁZQUEZ

An extensive biographical dictionary of all the players who ever wore Real Madrid's jersey.

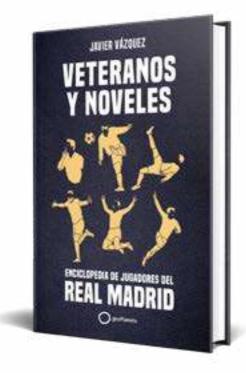
VETERANS AND BEGINNERS

An Encyclopaedia of Real Madrid's players

Over more than its 120 years of history, almost a thousand players have worn Real Madrid's jersey in official matches. This ambitious reference work features the biographical details and most relevant data of all of them, from the humblest player on the bench to its most galactic star.

This is a monumental documentation enterprise, organised around nearly a thousand files in alphabetical order, that aims to pay tribute to all the players ever involved in writing the history of the most laureate soccer team of all time.





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SPORTS SOCCER REAL MADRID FC

SOCCER PLAYERS ENCYCLOPAEDIA

BIOGRAPHICAL DICTIONARY

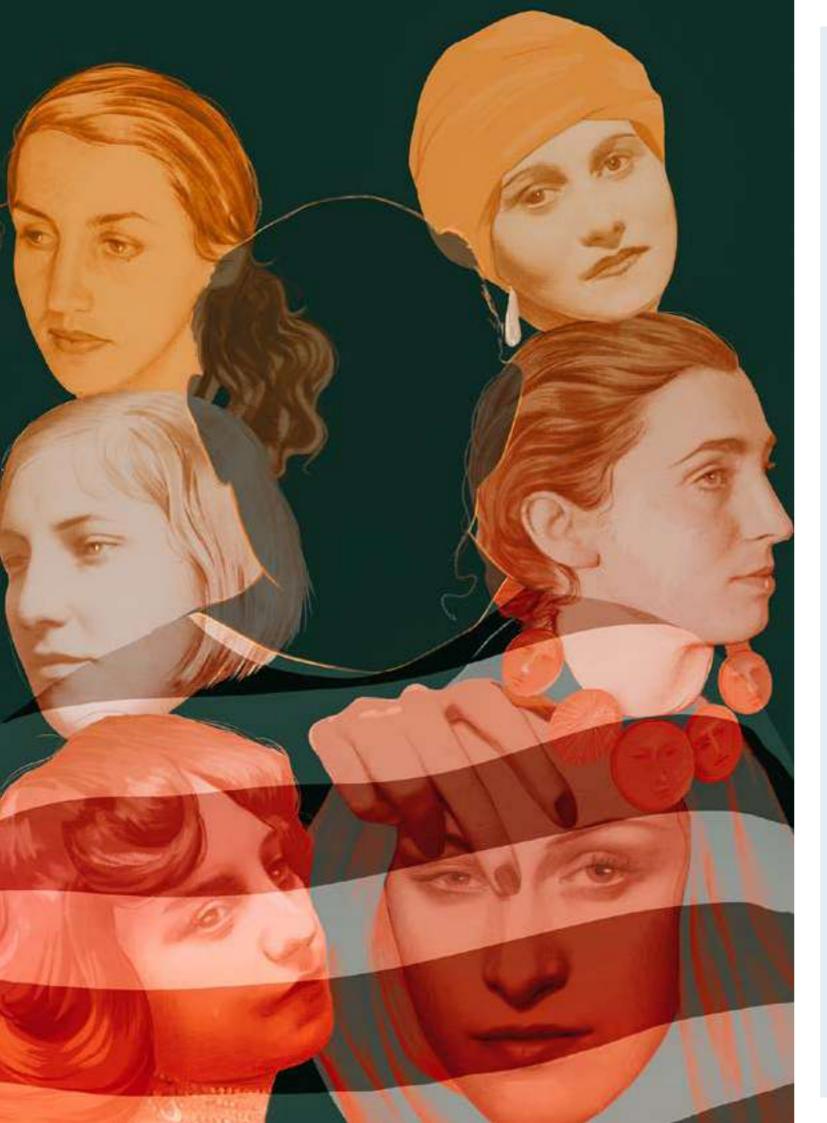
A must-read and reference book for the millions of fans of the most successful Spanish football team.

Tavier Vázquez is a data-analyst and collaborator of Real Madrid Television as a sports statistician. He is also a contributor for the digital outlet *La Galerna*, and has published his stories in several media, including the newspaper *ABC*. He has one of the most impressive databases on Real Madrid that currently exist.



Non Fiction 36





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