

Health & Well-Being Catalogue

FRANKFURT 2021



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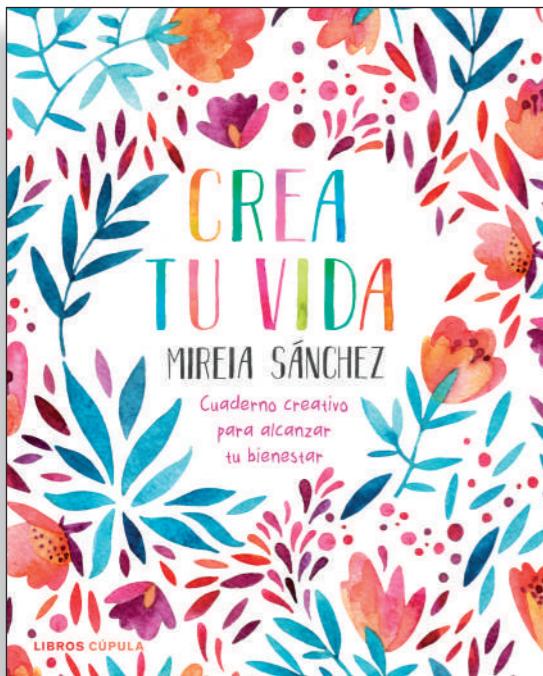
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Libros Cúpula | 160 Pages | January 2021

CREATE YOUR LIFE

A creative journal to achieve wellness.

The current situation, in which we find ourselves in the midst of a global pandemic, has forced us to turn inward: we must stay in our homes, not see family and friends... This has led us to look inward. Living this period of crisis as an opportunity for growth is essential to our personal development. Let's take advantage of it!

At the end of this book, and almost without realizing it, you will have written, drawn, danced, decorated, painted, walked, meditated, photographed, talked... You will have developed all your creative capacities through multiple forms of expression, but the most important thing is that you will have learned to love yourself and to love. When you don't love, you destroy, when you love, you create.

A book for personal growth and triumph through art and creativity.



Libros Cúpula | 204 Pages | May 2021

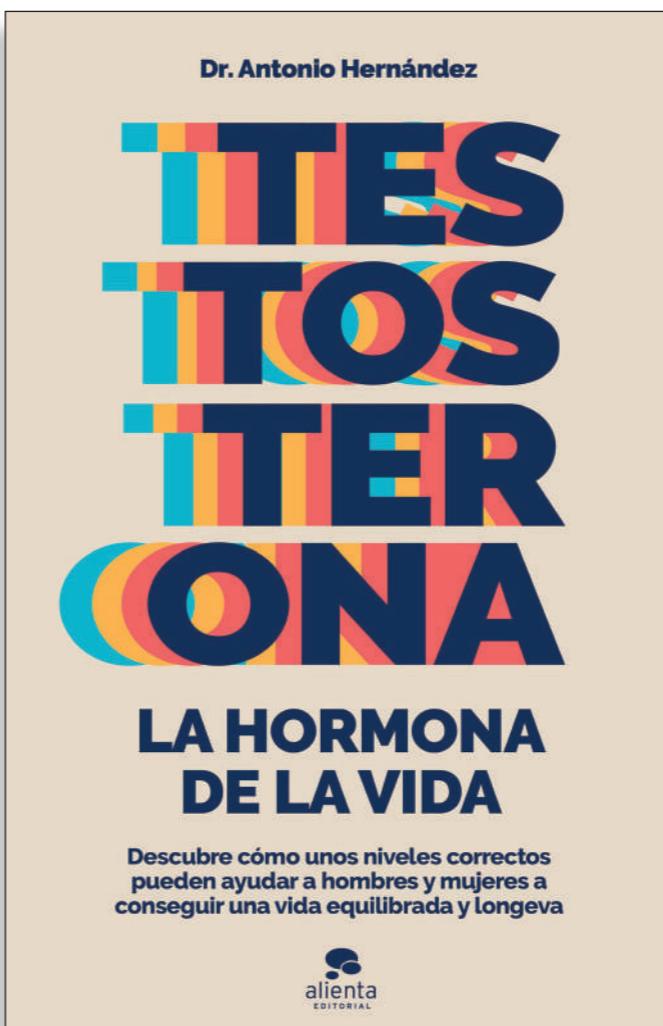
GREEN LIFE, BLUE PLANET

A year of ecological challenges.

This book combines two current trends: the love for creative notebooks and the growing interest and concern regarding the environment. Green Life, Blue Planet is a journal that will help us keep track of small personal challenges, give us ideas and set objectives to help us reduce the impact of our ecological footprint.

This is a practical and visual book which is rigorous and accessible to any reader. Aimed both at those who are already very committed and at those who are willing to improve their habits and start with small changes in their daily life. A journal committed to optimism, it will help you do your bit far from radicalisms.

As unique and artistic as rigorous and content-full proposal, a novel book-journal to jump into actively fighting the climate change in a creative, uplifting way, designing and planning your challenges in your own fashion.



Alienta | 250 Pages | November 2021

Discover how having the correct testosterone levels can help men and women achieve a balanced and long life.



Dr. Antonio Hernández was born in 1980 and studied medicine at the University of Valencia. After graduating in 2004, he began his professional life in integrative and sports medicine. Parallel to his work and the development of the KEVAL clinics (Integrative and Anti-Aging Medicine), he has promoted informative work through multiple congresses, seminars and training for professionals in the health sector. For almost a decade he has been the medical director of VITOBEST laboratories and a speaker at QUINTON laboratories.

TESTOSTERONE

The hormone of life.

Testosterone is the anabolic and androgenic hormone par excellence, on which depend immune function, infection prevention, the ability to cope with sports and physical and emotional stress, memory, self-esteem and libido. In this sense, the control of hormonal balance, especially testosterone, is a fundamental pillar in both men and women.

Dr. Antonio Hernández will teach you the most beneficial functions of testosterone, tools to facilitate its release and what can cause its deficit. In addition, this book includes tips to achieve a proper diet through a healthy and active life.

Testosterone is a hormone that plays a key role in many things, such as: the strength of the immune system, the prevention of infections, the ability to fight physical and emotional stress, and libido (in both men and women).

Stress, obesity, nutritional imbalances, exposure to drugs or lack of exercise can be causes of testosterone deficiency. That is why it is vital to understand all the tools that can lead to optimize the functions of this hormone in both sexes.





Diana | 224 Pages | November 2021

Discover the sacred order of the Japanese facial routine.



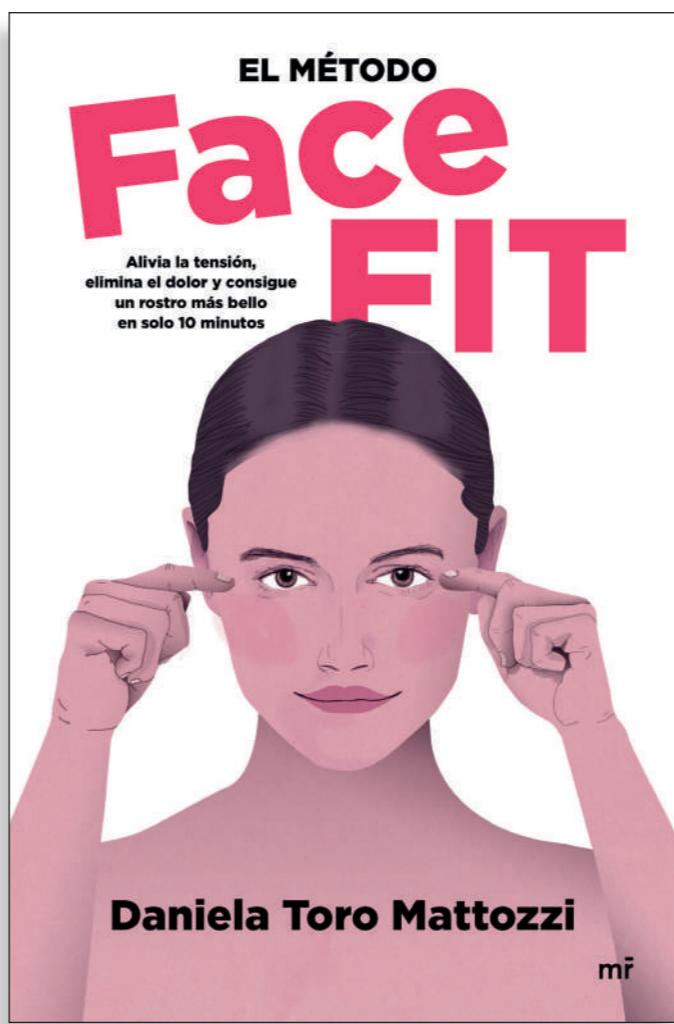
Izumi Forasté Onuma with Eurasian roots, grew up between two very diverse cultures. Her Japanese upbringing and passion for beauty tips have led her to acquire cutting-edge information from professional Japanese dermatologists, chemists and beauty consultants.

THE JAPANESE SECRET OF FACIAL YOGA

Exercises to enhance the beauty, youth and well-being of your face.

You deserve to have great skin without spending a fortune on creams, injections or surgery. In this guide you will find some 50 facial yoga exercises compiled by Izumi Forasté, a specialist in the latest beauty and self-care trend from Japan. Facial yoga is a technique that has been practiced for decades in that country and combines exercises and massages on the facial skin that lighten it, smooth wrinkles and contribute to its firmness and luminosity.

As its name suggests, facial yoga brings to the face the same effects as a physical practice of yoga on the body. If we learn to consciously mobilize all the muscles of the face and especially those that we do not usually use, we improve blood circulation and get a lifting effect in a completely natural way. Exercises to decongest bags and dark circles, lift the eyelids and open the eyes, to smooth wrinkles between the eyebrows or around the lips, to lift the oval ... All this and much more you will find in this unique guide created by one of the greatest experts in beauty and self-care, a guide that promises amazing results with a few weeks of practice.



Ediciones Martínez Roca | 248 Pages | June 2021

If we exercise our body muscles, why do we ignore our more than 40 facial muscles?



Daniela Toro Mattozzi is a physiotherapist specializing in craniomandibular dysfunction and orofacial pain, completing studies with Psychoneuroimmunology. With her training and years of experience at the clinical level in Madrid, she has witnessed not only the overall health improvements of the people she treats, but also how they experience very positive changes in terms of beauty, and with this, increased well-being. She completed her training with a Master's Degree in Cosmetics and Dermopharmacy to combine her knowledge and develop the Face Fit beauty and facial therapy method.

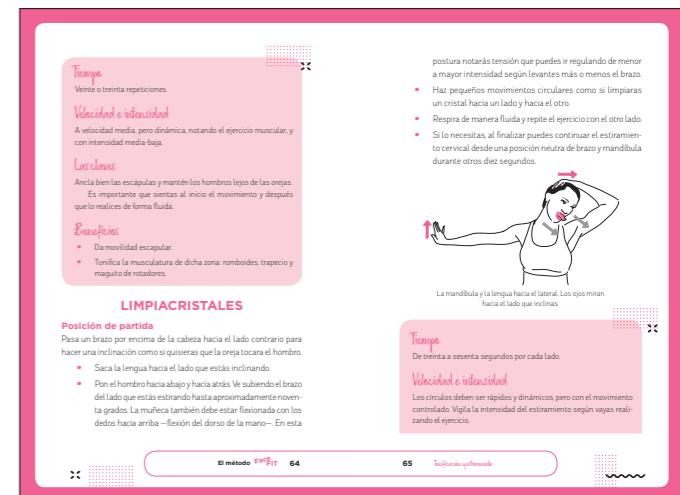
FACE FIT

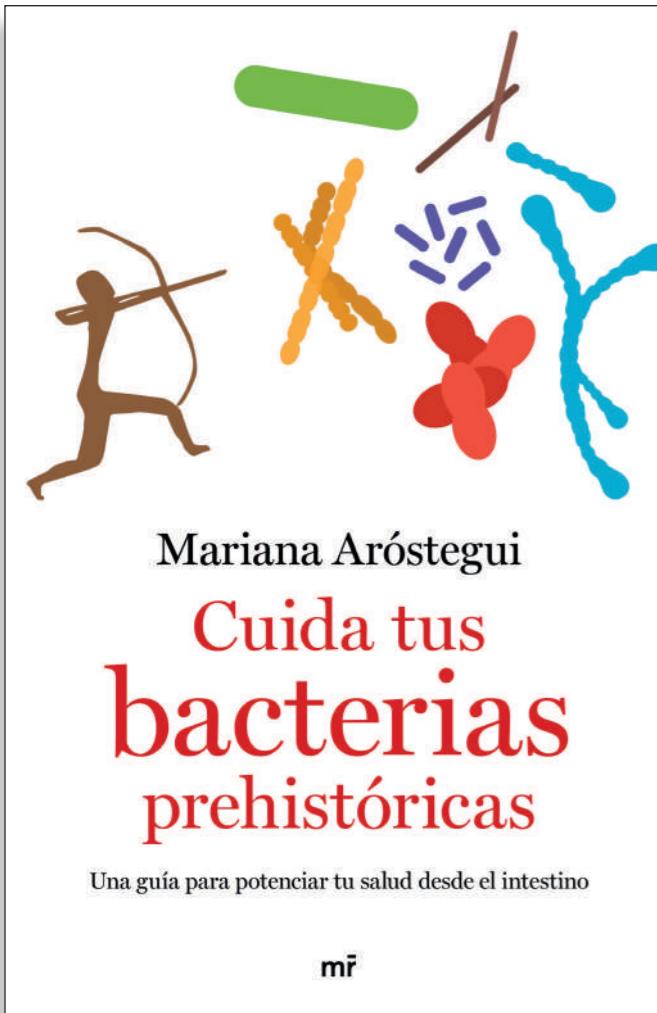
Relieve tension, eliminate pain and get a more beautiful face in just 10 minutes a day.

Say goodbye to pain, achieve muscular balance, sculpt your face, relieve tension and get a younger face thanks to *Face Fit*, a discipline that works on the health and beauty of the facial and cervical region through simple manual exercises.

Daniela Toro, a leading physiotherapist and expert in orofacial pain, has developed this method for you to work on and treat problems such as bruxism, headaches and neck pain, ringing in the ears, as well as very simple routines that will be a genuine anti-age therapy.

Face Fit is a workout and facial massage concept that focuses on toning muscles with less muscle tone and relaxing those with more muscle tone in order to achieve structural balance, improve posture and reduce pain in the cervical, mandibular and cranial regions. In terms of beauty, *Face Fit* achieves a firmer, more luminous and sculpted face, redistributing facial fat linked to gravity and age, preventing and treating wrinkles to bring forth the best version of you.



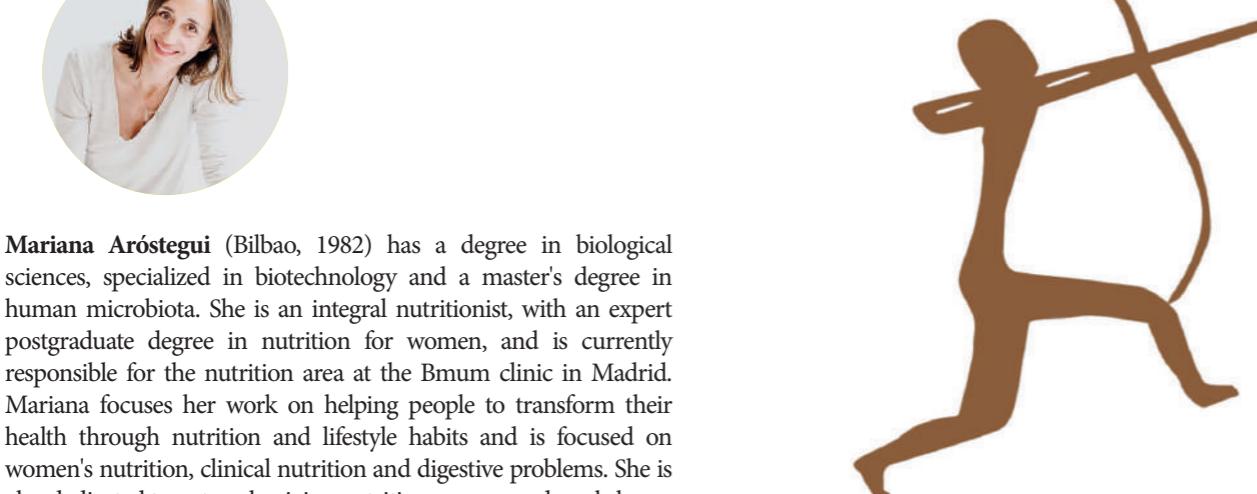


Ediciones Martínez Roca | 286 Pages | October 2021

You are what you eat, digest and absorb!



Mariana Aróstegui (Bilbao, 1982) has a degree in biological sciences, specialized in biotechnology and a master's degree in human microbiota. She is an integral nutritionist, with an expert postgraduate degree in nutrition for women, and is currently responsible for the nutrition area at the Bmum clinic in Madrid. Mariana focuses her work on helping people to transform their health through nutrition and lifestyle habits and is focused on women's nutrition, clinical nutrition and digestive problems. She is also dedicated to outreach, giving nutrition courses and workshops.



TAKE CARE OF YOUR PREHISTORIC BACTERIA

A guide to improve your health from the gut.

Living deprived of biological needs such as sun, sleep, clean air, peace and quiet, along with a diet of high nutritional power, has led us to lose our natural path, resulting in greater risk of disease. Many inflammatory conditions have their origin in the alteration of the microorganisms that live in our intestine and which have accompanied us since our origin as a species.

Take Care of Your Prehistoric Bacteria provides the keys to understanding what distances us from the health enjoyed by our hunter-gatherer ancestors. The book is full of solutions and practical advice to recover the lost microorganisms, showing us how to prevent inflammatory and chronic diseases and enjoy a full and healthy life in perfect connection with the cells of our body.

A practical guide to recover the microbiota, free of pathologies and metabolic alterations, of our Paleolithic ancestors and set us firmly on the path toward health.



Alienta | 368 Pages | March 2021

Tired?

In a bad mood?

Stressed?

You can change that!



Sari Arponen is an internist with expertise in infectious diseases and microbiota. She received the Young Researcher Award granted for assistance to CROI 2008 and was elected ex aequo Best Doctor of the Year 2010 at the Infanta Leonor Hospital in Madrid.

IT'S THE MACROBIOTA, STUPID!

Our health depends on the zillions microorganisms that inhabit your body.

Headaches, bloating after eating, allergies, atopic dermatitis, those extra kilos that are impossible to get rid of? You may be familiar with some of these problems, but did you know that all of them can be related to an imbalance of the microbiota?

Discoveries about the microbiota constitute one of the greatest revolutions in the history of science and medicine. Microorganisms are everywhere: from the eye of a hurricane to the screen of your cell phone. They are responsible for how food affects us, how our skin looks and even how our memory works.

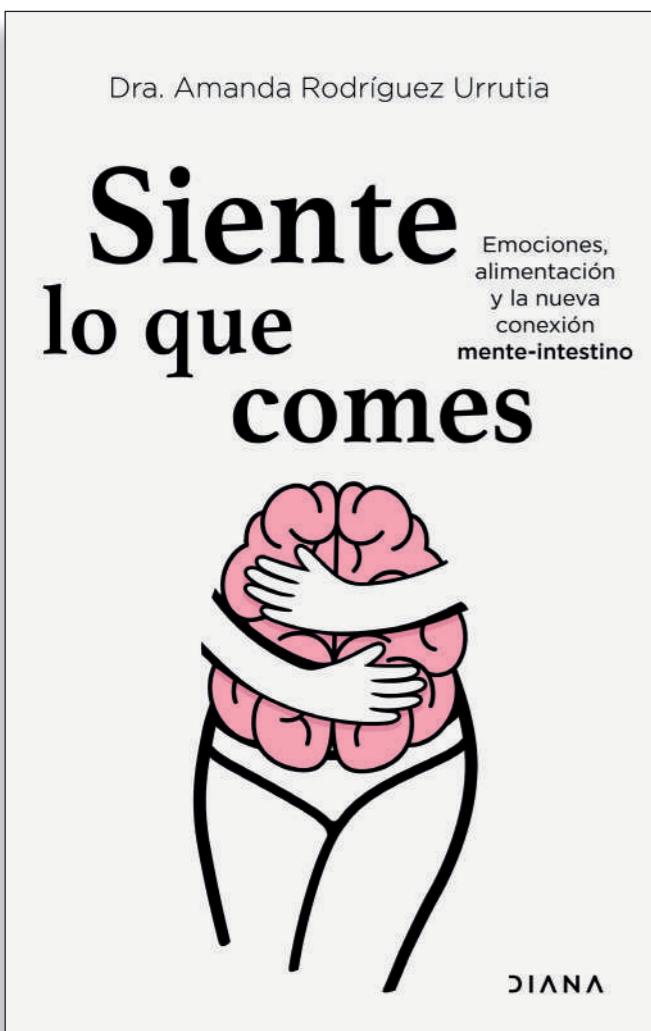
After seeing many patients despairing over problems they didn't know how to solve and whose cause they didn't know, Dr. Arponen began to investigate one of the most neglected aspects of human health. Since then, she has dedicated her career to the study of the microbiota and its impact on the human body.

Now, she shares all her findings in this field in an easy to understand language accessible to everyone, regardless of their previous knowledge of the world of health. In these pages, we will not only discover what the microbiota is, we will also learn how we can lay the foundations to balance it and what habits we can incorporate into our daily lives to achieve a higher level of well-being.

Health is a path we must follow our entire life, so why not take the first step?

RIGHTS SOLD TO:

Planeta Manuscrito (Portugal).



Diana | 260 Pages | November 2011



Amanda Rodríguez Urrutia is a physician, PhD in psychiatry and researcher. She is an attending psychiatrist at the Vall d'Hebron Hospital and has extensive experience in the field of psychosomatic psychiatry and liaison psychiatry. Her interest in research has led her to delve into functional digestive disorders and the relationship between the central and autonomic nervous systems. She is currently working on a European macroproject funded with five million euros, called DISCOvERIE.

FEEL WHAT YOU EAT

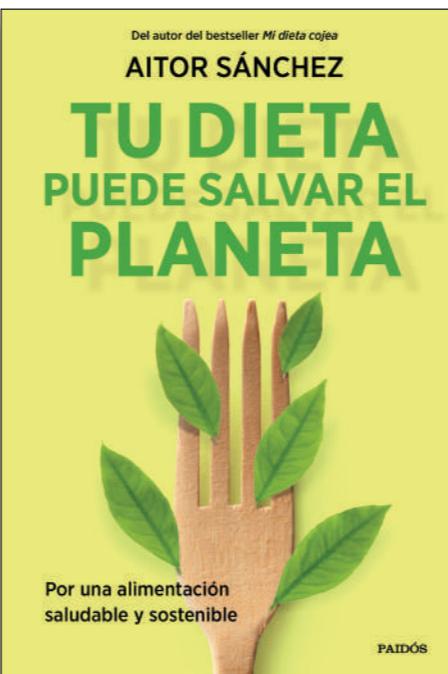
Emotions, food and the new mind-gut connection.

Every day, we learn more about the relationship between the microbiota (the set of bacteria that live in our gut) and health. But did you know that the condition of the microbiota also significantly impacts our mental well-being? That substances called psychobiotics are present in certain foods that can help you feel less anxious, sad or irritated? That depending on how you take care of the bacteria that live in your intestine you could be helping your body to prevent diseases such as depression?

Dr. Amanda Rodriguez Urrutia, psychiatrist and researcher, reveals these and many more surprising facts about one of the most unknown organs of the human body: the gut, and how it relates to the brain in a constant communication that conditions our way of being in the world.

This revolutionary book will change the way you view health, and in particular, mental health and well-being. Absent of magic formulas but rather anchored in the latest scientific discoveries, this book will point you to those foods that should be part of your diet and those that should not, the importance of physical exercise and adequate rest, as well as many other ideas that will help you become aware that the health of your mind begins in your digestive system.

Dr. Amanda Rodriguez explains why we are a connected whole and how these connections occur, focusing especially on the gut-brain connection and, more specifically, the role of the microbiota in the health of the individual and how the brain-gut-microbiota axis can explain the role of the latter in behavior, emotions and stress management.



Paidós | 224 Pages | May 2021

YOUR DIET CAN SAVE THE PLANET

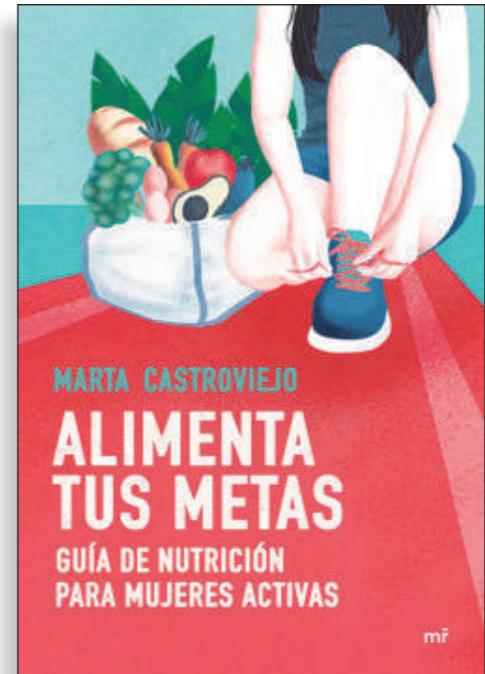
For a healthy and sustainable diet.

Is our diet destroying the planet? According to nutritionist Aitor Sánchez, the answer is yes. In today's world, an act as routine as shopping can condemn or save our planet. It is in our hands to become aware of this and act in a more responsible way toward the environment and the rest of the planet.

In this book, Aitor Sánchez reflects on how we have reached this situation of high environmental impact and analyzes each of the factors that have led us to it. The carbon footprint generated by the kilometers our food travels, the cost of food production, animal exploitation models, the social cost of unhealthy food or the impact of plastic packaging are some of the issues addressed by the author in this book, where he also offers specific alternatives to promote change towards responsible consumption.

Your Diet Can Save the Planet shows us how nutrition and health are related to each of the elements we have seen above and concludes that the solution to this challenge of health and sustainability depends on both of these, because healthy eating is also sustainable eating.

Aitor Sánchez is a dietitian-nutritionist and food technologist. In 2011 he began his career in the world of scientific dissemination with the creation of his blog midietacojea.com, from which he made the leap to other media such as Radio Nacional de España and RTVE. He currently collaborates with different media and is co-founder of the Centro de Nutrición Aleris in Madrid.



Martínez Roca | 200 Pages | June 2021

NUTRITION IN SPORTS FOR WOMEN

A practical guide for women to enjoy sport in a healthy way.

This book offers a complete overview of everything a woman athlete (whatever her level), must consider to care for her health and improve her performance. Guidance is given about what and why the nutritional needs of sportswomen are special, as well as what the most common mistakes are and their consequences. The book also explains how nutrition can improve sports performance, addressing things like what should be consumed before, during and after exercise, the usefulness of supplements and how the menstrual cycle, travel and weather conditions influence performance. It also includes content related to the different stages of the life of the sportswoman, the type of diet and how to take care of other essential factors for health such as rest, mental health and the proper functioning of the immune system. This is all explained with scientific rigor, but in a pleasant and entertaining way and accompanied by simple recipes so that every sportswoman can enjoy her diet, sport and the other aspects of her life.



CARLA ZAPLANA

Ayuno intermitente saludable

Gana energía y salud, mejora tu descanso y potencia tu longevidad



Diana | 224 Pages | February 2021

A guide to the benefits of intermittent fasting on health and weight. The new trend in nutrition.



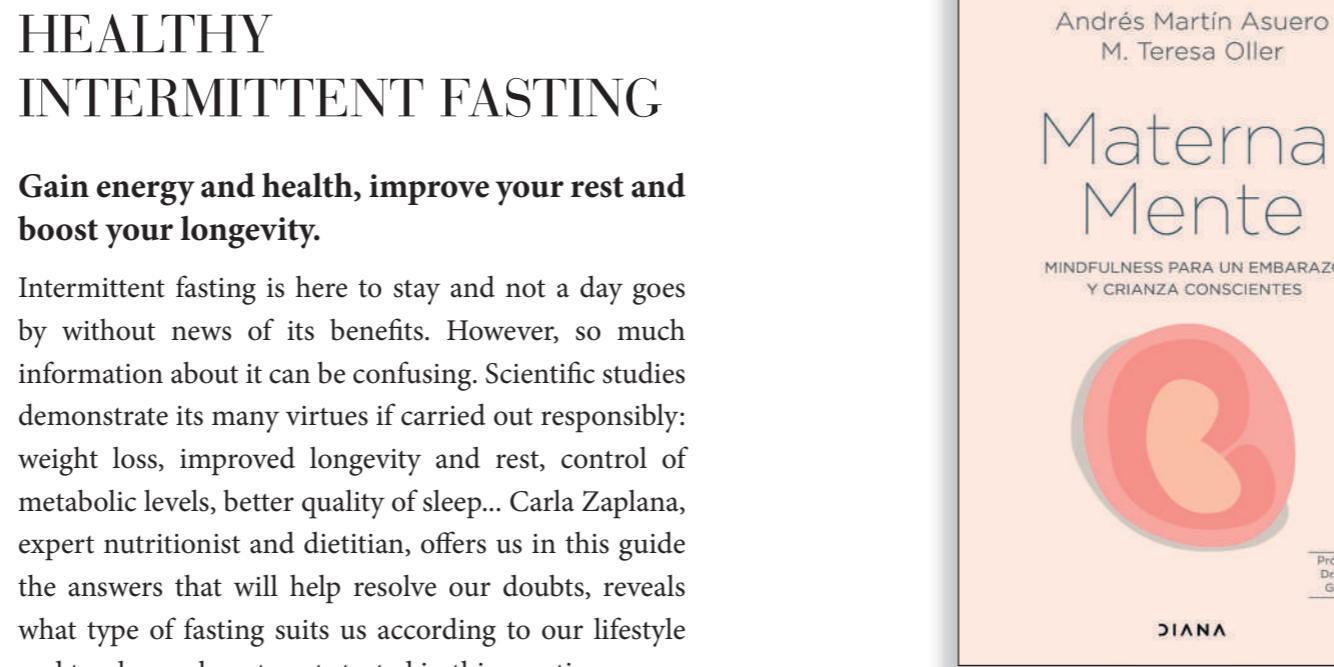
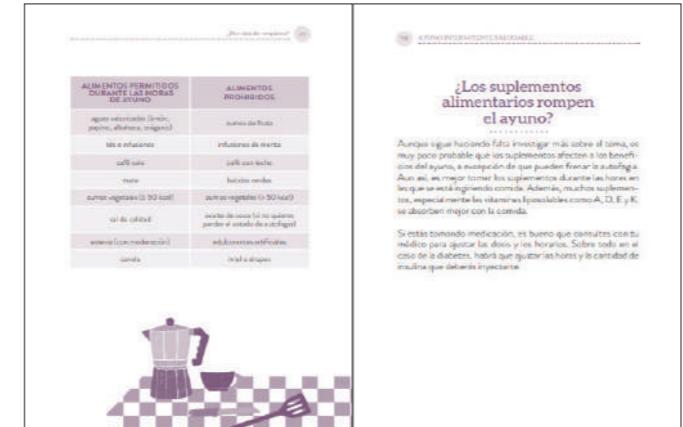
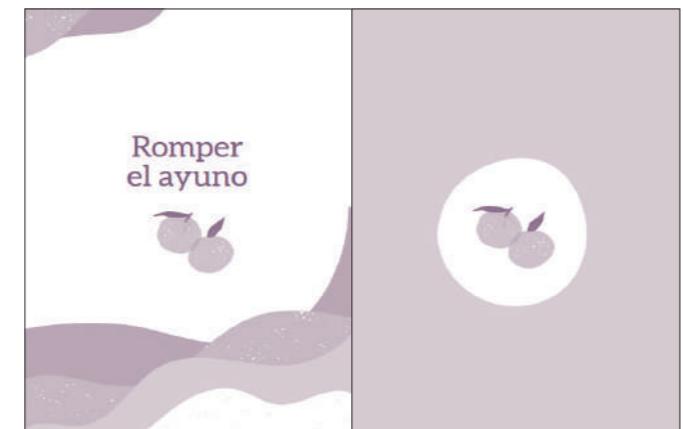
Carla Zaplana is a dietitian and nutritionist, certified as a Holistic Health Coach by the Institute of Integrative Nutrition in New York. She has extensive training in the United States and Spain in plant-based culinary nutrition and is the author of several bestselling titles, including the bestseller *Zumos Verdes* and also *Batidos Verdes*, *Come Limpio* and *Superalimentos*. Thousands of people have attended her lectures and online trainings.

HEALTHY INTERMITTENT FASTING

Gain energy and health, improve your rest and boost your longevity.

Intermittent fasting is here to stay and not a day goes by without news of its benefits. However, so much information about it can be confusing. Scientific studies demonstrate its many virtues if carried out responsibly: weight loss, improved longevity and rest, control of metabolic levels, better quality of sleep... Carla Zaplana, expert nutritionist and dietitian, offers us in this guide the answers that will help resolve our doubts, reveals what type of fasting suits us according to our lifestyle and teaches us how to get started in this practice.

Carla advises us how to safely integrate fasting into our routine and also offers us strategies to analyze and understand the reactions of our body, especially in the early days. In addition, she gives us the keys to distinguish real hunger from emotional hunger, ideas for exercises to do while fasting and 45 simple and delicious recipes to learn how to break the fast and feel great.



Diana | 272 Pages | October 2021

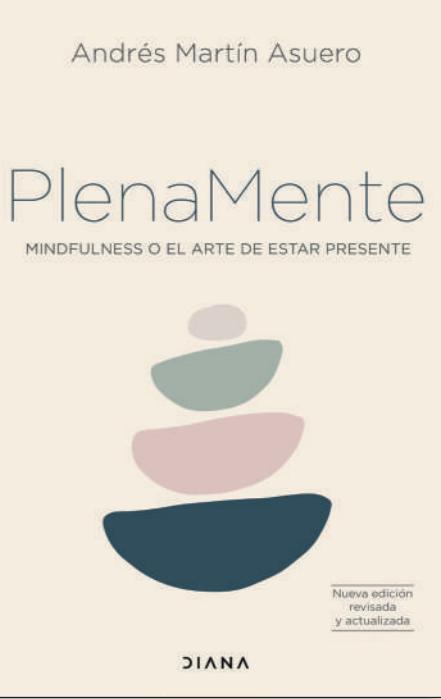
MATERNALLY

Mindfulness for a conscious pregnancy and parenting.

This book is about how to experience pregnancy and motherhood from another perspective: exploring the experience of feeling a life growing inside of one, becoming aware of the changes occurring in the body and mind and their effect on mood, and being able to better respond to the challenges of motherhood during pregnancy, childbirth and postpartum.

We will learn how to reconnect with the body during pregnancy, the basics of mindfulness and how to start practicing it, how to open ourselves to the experience we are living, letting go of preconceived ideas about motherhood, how to handle the emotional changes that many women experience when pregnant, the nature of stress and its impact on mother and baby. We will also explore how to experience pregnancy with more presence, health and energy. We will look at how to cultivate resilience, the ability to adapt to the changes of pregnancy and cope with the difficulties that may arise, as well as the importance of nutrition and self-care.

A complete program to live a conscious and healthy pregnancy and parenting through the practice of mindfulness.



Diana | 288 Pages | March 2021

MINDFULNESS

Mindfulness or the art of being present.

According to the statistics, on average we spend only about eleven minutes concentrating on an activity before something or someone interrupts us. Our body would continue, but our attention strays. Consequently, all that attention wasted on distractions is a great source of discomfort, of feeling overwhelmed, of being late for everything, of not having time for anything, even of anxiety.

In this revised and updated edition, Dr. Andrés Martín Asuero, an expert in mindfulness, offers effective solutions in three fundamental areas: personal well-being (more health, less stress), quality of relationships (more empathy, less aggressiveness) and work efficiency (more attention, fewer errors). Putting his teachings into practice will help us bring harmony to our daily lives in order to achieve vital balance.

An initiation into the art of living life to the fullest, fighting distractions, focusing on goals and enhancing personal growth.



Península | 272 Pages | January 2021

The basis for a 21st century ethics can be found in the teachings of wise men and women who, since ancient times, have reflected on how to overcome fatality and live a virtuous life, in which transcendent projects prevail over immediate desires.



Víctor Lapuente Giné (Chalamera, Huesca, 1976) holds a PhD in political science from Oxford University. He is currently a professor at the University of Gothenburg and a visiting professor at ESADE. In his research, he studies the differences in the quality of government and public policies between countries. He is a columnist for *El País*, a contributor to *Cadena SER* and a member of the Piedras de Papel collective.

DECALOGUE OF THE GOOD CITIZEN

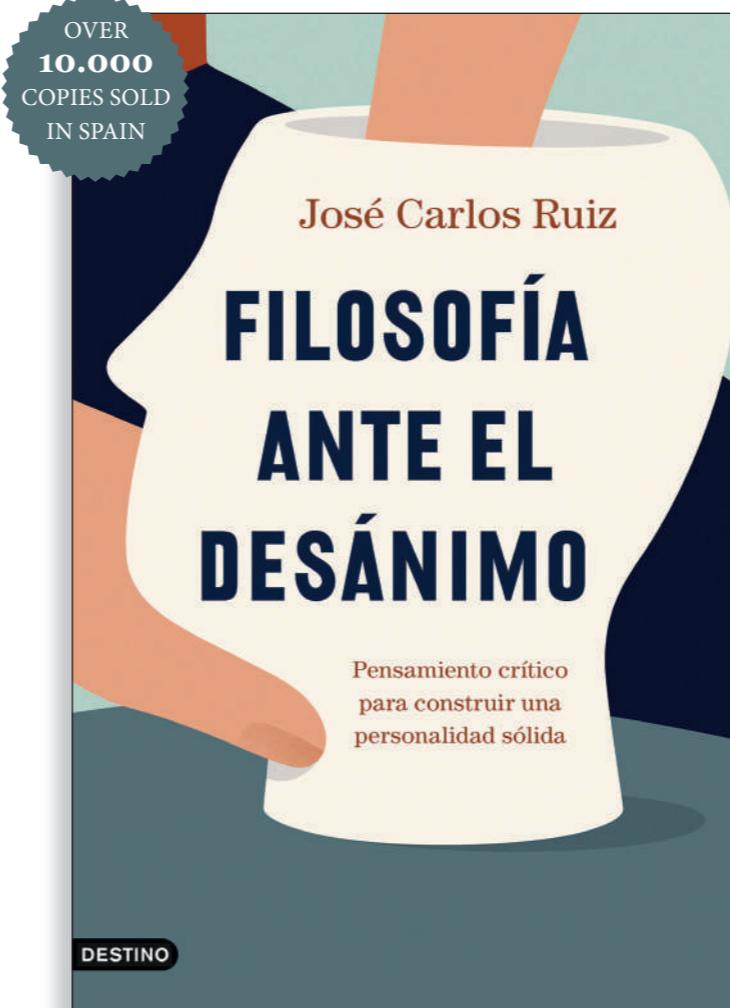
How to be better people in a narcissistic world.

This book proposes an ethical guide to overcome the deification to which our narcissism has condemned us. It offers guidelines on how to conduct ourselves as good citizens in the present age.

Nature has made us social beings, whose obligation is to help other members of society. Unfortunately, we now do the opposite: we inflate the ego of young people by making them believe that they can shape the world to their liking instead of stoically accepting its limits. In contrast to the hedonistic trend that drives the dominant currents of thought today, the author proposes turning towards ethics. Helping to develop our innate social character is also the best ally to achieve true happiness. Happiness is not achieved by satisfying one's desires, but by disciplining them and subordinating them to a higher purpose. You must become the master of your ego, not its servant.

Ten rules for living a virtuous life:

- 1- Look for the enemy within you
- 2- Don't look at yourself in the mirror
- 3- Be grateful
- 4- Love one God above all things
- 5- Do not worship false gods
- 6- To God what is God's, and to Caesar what is Caesar's
- 7- Cultivate the seven capital virtues: courage, temperance, prudence, justice, love, faith and hope
- 8- Put yourself in the head of your adversary
- 9- Don't feel like a victim
- 10- Embrace uncertainty



Destino | 320 pages | January 2021

Philosophy as a tool to build our personality in the face of the prevailing volatility of the present age.



José Carlos Ruiz (Córdoba), professor at the Universidad de Córdoba, 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 the bestselling *El arte de pensar* (2018), *De Platón a Batman: manual para educar con sabiduría y valores* (2017) and *El arte de pensar para niños* (2019), among others. He collaborates as a philosophical advisor in the media, and with Cadena SER he conducts the weekly section "Más Platón y menos WhatsApp" (More Plato and less WhatsApp).

PHILOSOPHY TO FACE DISCOURAGEMENT

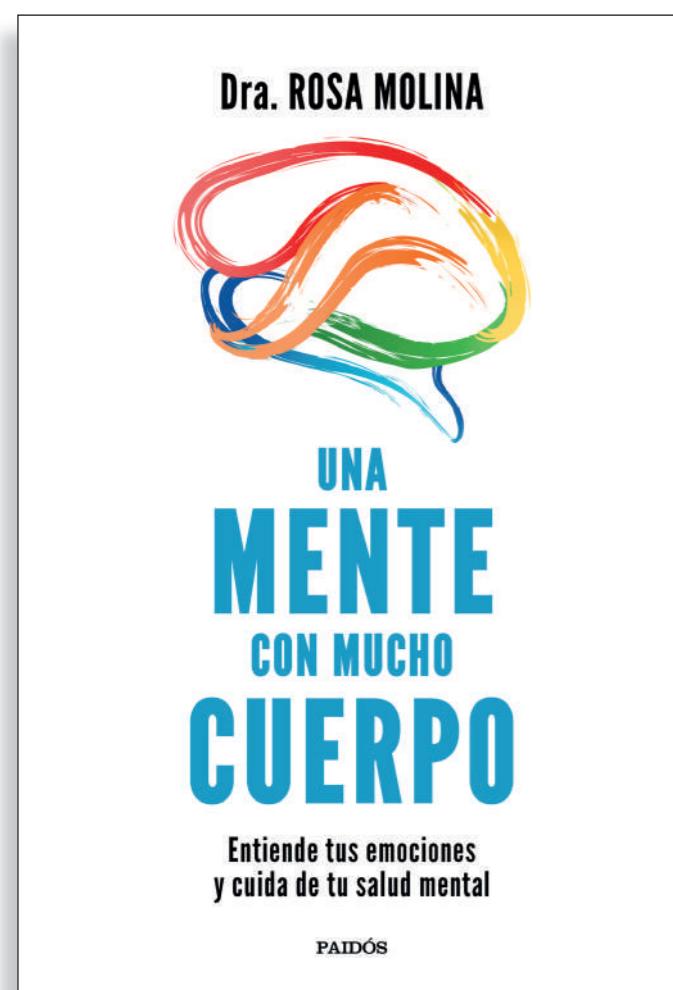
Critical thinking to build a solid personality.

The pressure to stand out in a society where "the hell of sameness" is presented as a pit out of which we are exhorted to extract ourselves. The self-imposed need for check-lists as compulsory rituals to achieve happiness. The "ideology of personality" which manifests itself in the form of emotional bulimia, where we accumulate and accumulate experiences to vomit them ipso facto on social networks. The painful gap, which widens by the minute, between the real self and the virtual self. The tension of demanding full realization and productivity from free time, thus blocking the possibility of enjoyment...

All these elements, if not analyzed under the logic of critical thinking, will end up shaping a personality doomed to experience chronic discouragement. And in the face of this, few drugs are more effective than philosophy.

The book constitutes an urgent call to reflection, to stop, to look back, to recover the complete account of our real life; urging us to frame it in a biography that gives us the perspective we need to start making judicious decisions of our own; to avoid falling at the feet of a system that always wants us to be hyperactive, insatiable and productive.

The last book by José Carlos Ruiz tackles the difficulty of building one's own identity in today's world; a globalized, hyperactive and hyper-connected society. A world that moves on impulses where the system is designed to control the citizen. The author therefore alerts us about how the lack of critical thinking can lead us to unconsciously want to fit into the "successful identity" that the system has built for us. An identity whose objective is that of making us all uniform individuals who focus exclusively on the emergency of the Now merely devoted to consuming without criteria everything that the system offers.



Paidós | 288 Pages | October 2021

Dr. Rosa Molina proposes a new approach to the importance of our body when it comes to understanding our emotions and taking care of our emotional well-being.



Dr. Rosa Molina is a specialist in psychiatry at the Hospital Universitario Clínico San Carlos and a doctor in Neurosciences. She has extensive experience in the field of Psychogeriatrics and Neuropsychiatry and is currently dedicated to dissemination through her Instagram channel and in the media.

WITH THE BODY IN MIND

Know your brain, understand your emotions and take care of your mental well-being.

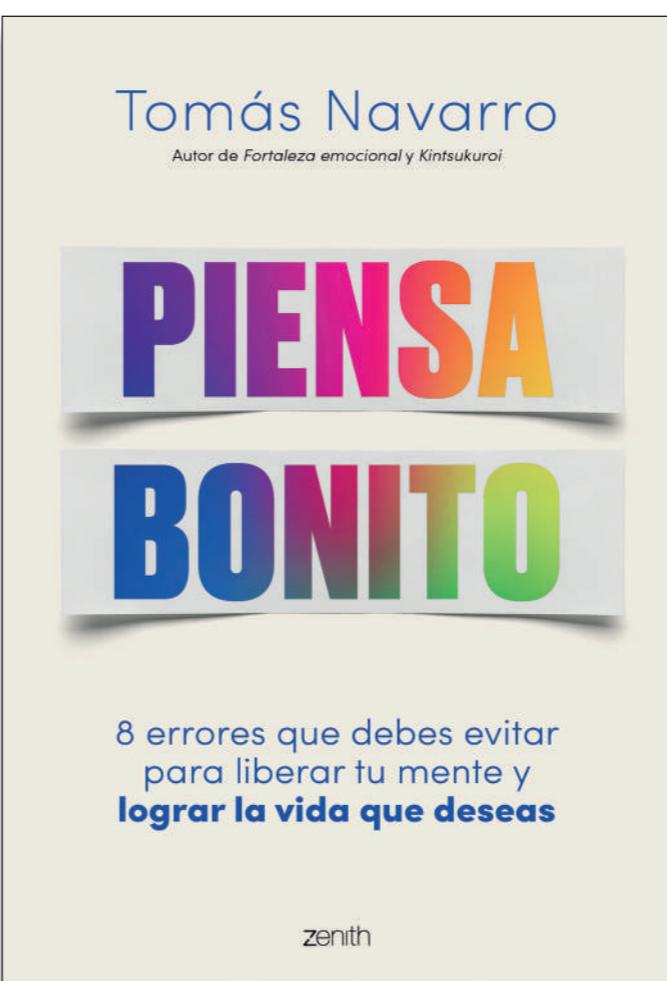
Dr. Rosa Molina, psychiatrist and neuroscientist proposes a new approach to the importance of our body when it comes to understanding our emotions and taking care of our emotional well-being.

Did you know that feeling butterflies in your stomach, having a lump in your throat or feeling like your head is going to explode are not just catch phrases? They are real sensations that are triggered in different parts of our body every time we experience an emotion, whether it is anger, sadness or joy, and they are as real as the pain of pancreatitis.

According to Dr. Rosa Molina, all our experiences, emotions and feelings are first of all produced in the body and psychic suffering is often only released through physical pain.

With the Body in Mind is a guide that teaches you to understand your emotions through what your body expresses and offers you the keys to regulate your moods, enhance your creativity or make better decisions and thus achieve greater mental and emotional well-being.

This book is a guide to understanding the "map of the body's emotions" and shows us that learning to decipher the emotions we experience in our body can help us in making decisions and improving our emotional well-being.



Zenith | 256 Pages | September 2021

In this time of "pandemic fatigue" the author offers us a guide to help us look after the quality of our thoughts, think well and be able to manage the difficulties and limitations that many people are experiencing.



Tomás Navarro is a psychologist in love with people and with what they feel, think 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.

THINK BEAUTIFUL

8 mistakes you should avoid to free your mind and achieve the life you want.

Our thoughts govern the relationship we have with ourselves, how we relate to other people and the world. They allow us to see more opportunities, but they can also limit us and make us unhappy. In this book, Tomás Navarro identifies the eight most common thinking errors and shows us the keys to learn to think beautiful; a new style of thinking that is more open and expansive, which invites us to explore our limits to reach the best version of ourselves.

Thinking beautiful is the best ally you have to be able to live the life you want according to your desires and priorities. Thinking beautiful allows you to see opportunities where other people cannot see them. Thinking beautiful is to arm yourself with resilience to manage adversity without suffering more than necessary, minimizing the impact of pain and its aftermath. Thinking beautiful is to think compassionately, incorporating other people into your universe, sharing life and creating more opportunities for all. Thinking beautiful will make you a winner before the battle.

This book teaches us to detect 8 basic thinking errors that limit us and offers us 8 resources to correct them, thus helping us to focus on living in a way that is more in line with our priorities, desires, objectives and needs.

- 1- You think too fast
- 2- You think superficially
- 3- You don't trust in yourself and your possibilities
- 4- You give importance to what is in fact irrelevant
- 5- You limit your alternatives
- 6- You believe everything you think
- 7- You jump to conclusions and make decisions when you are not well
- 8- You generalize and make absolutist judgments

MARIAN ROJAS ESTAPÉ

ENCUENTRA TU PERSONA VITAMINA

En la **familia**, en la **pareja**, en los **amigos**, en el **trabajo**



ESPASA

Espasa | 328 Pages | August 2021

By the author of the bestseller *How to Make Good Things Happen to You*, which has sold 400,000 copies in Spanish, and is licensed in 15 languages!



Marian Rojas is a medical psychiatrist. Due to her interest in charity projects, she moved to the USA and worked in a school in the Bronx (New York), teaching girls from slum areas. Since 2003 she has been working with children and adolescents, trying to guide and help parents and children during childhood and adolescence.

FIND YOUR VITAMIN PERSON

In your family, in a partner, in friends, at work.

Why do some people make us suffer so much while others give us confidence and whose mere presence comforts us? Why do some people always have complicated and painful relationships?

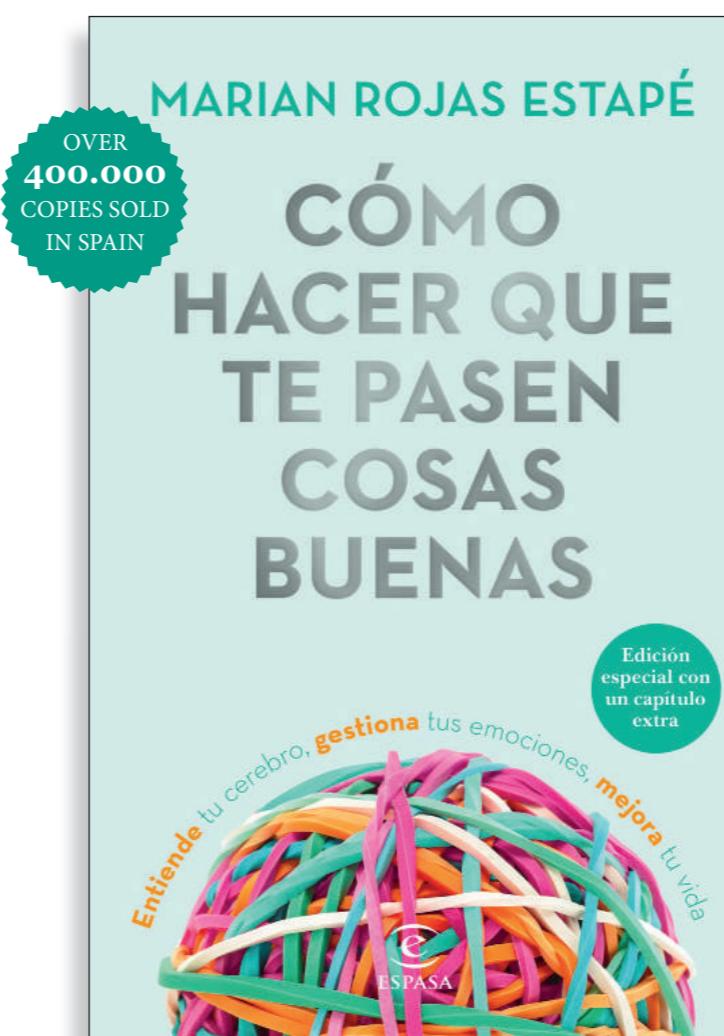
As human beings we are designed to live in family and society, to relate to each other and to love each other. Our happiness depends to a large extent on our ability to maintain good relationships with the people around us.

Vitamin people are those who bring out the best in you, inspire you, support you and thus improve your immune system. *Find Your Vitamin Person* will help you understand your bond with your parents, your children, your partner, your friends and your co-workers while understanding your emotional history. Because when you understand yourself, you feel relieved.

Dr. Marian Rojas Estapé helps you better understand attachment, childhood and love from a scientific, psychological and human point of view, and tells you about a fundamental hormone, oxytocin.

Do we love the way we were loved? Is there "something" biochemical behind trust, attachment and love? How can we get it right when choosing a partner?

A book that will help you to: identify if we have a toxic relationship in our life, to know if we are toxic ourselves, and to help us become a vitamin person.



Espasa | 232 Pages | October 2018

The international best-seller sold in 15 languages!



Marian Rojas is a medical psychiatrist. Due to her interest in charity projects, she moved to the USA and worked in a school in the Bronx (New York), teaching girls from slum areas. Since 2003 she has been working with children and adolescents, trying to guide and help parents and children during childhood and adolescence.

HOW TO MAKE GOOD THINGS HAPPEN TO YOU

Understand your brain, manage your emotions, improve your life.

The author offers a deep reflection, sprinkled with useful advice with an edifying aim, on the application of our abilities to achieve a full and happy existence. To this end, she brings together scientific, psychological and human points of view.

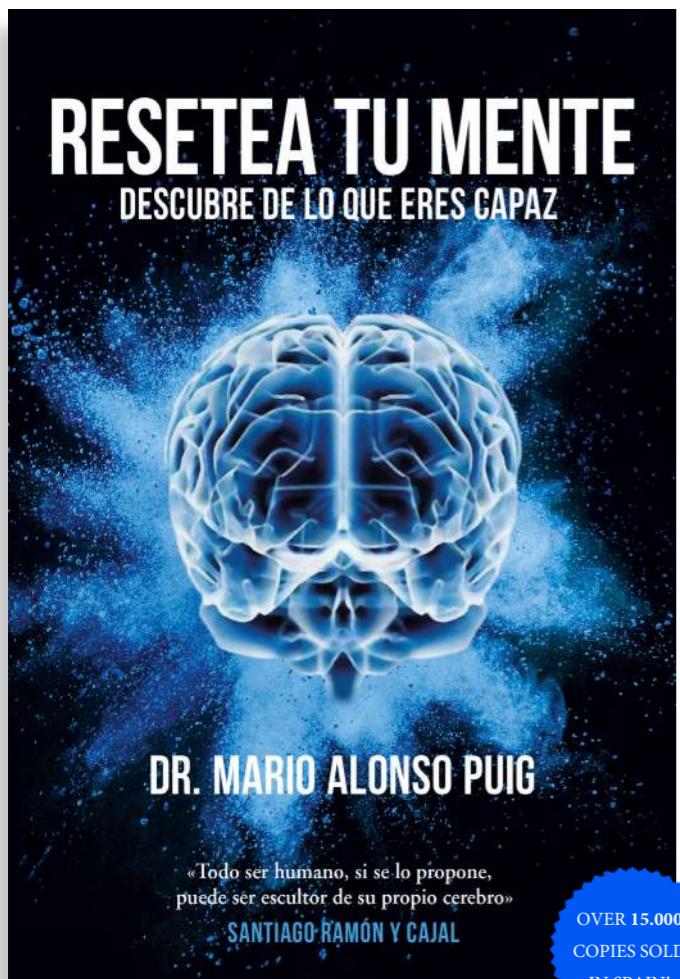
This full and happy existence is achieved in the knowledge and optimization of certain areas of the brain.

With this book we will learn to set goals and objectives, exercise our will, activate emotional intelligence, develop assertiveness, avoid excessive self-criticism and self-demands, and affirm our optimism. And more than anything else, it shows that we must not passively live through everything that happens to us, but that we have a voice: we can choose to be happy.

Happiness consists of making our life a little piece of art, striving every day to bring out the best version of ourselves.

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Espasa | 224 Pages | March 2021

RIGHTS SOLD TO:

Salani Editore (Italy).



Mario Alonso Puig is a doctor specializing in general surgery and the digestive system. He has studied at Harvard, at the IMD in Lausanne, and at the Tavistock Institute in London. He has devoted a large part of his life to studying how to make human potential flourish, especially in moments of difficulty, uncertainty, and chance. In 2011 he was nominated member of the Leadership Council of the World Economic Forum at Davos.

RESET YOUR MIND

Discover what you are capable of.

All of us face challenges, which we can turn into extraordinary opportunities for learning and personal growth if we meet them in a calm, enthusiastic and confident way. We can all be the sculptors of our brain!

In *Reset Your Mind*, Dr. Mario Alonso Puig reveals to us surprising and little known aspects of the fascinating relationship between the brain and the mind. If we want to increase our self-esteem and enhance abilities such as intelligence, memory, intuition, creativity, leadership and entrepreneurship, we need to know how to awaken our vast dormant potential.

In these pages, the prestigious author explains the paths used by the brain and mind to create the reality in which we live. If we wish to enjoy a higher level of well-being, prosperity and happiness, we need to know how to influence those processes that have a decisive impact on the way we perceive, think, feel and act.

I chose to follow the path of medicine half a century ago, and since then I have searched for ways to reduce human suffering. Today we suffer from pandemics, severe climate change, rivalry between nations, political and social clashes, and we believe that these are things that come from outside of us and over which we have no control. What if this were not so? What if we did not see the world as it is, but the world that we are, the world that we project? If we decide to be the change we want to see in the world, we must discover what transformation needs to happen, both individually and collectively. To achieve this, we can develop the interest, curiosity and audacity to direct our gaze towards that inner self that will reveal the truth about ourselves.

I know that the journey I am encouraging you to follow is not an easy one, which is why the question I would invite you to ask yourself before embarking on this journey of self-discovery and reinvention is not how much it will cost you, but how far it can take you.

It is my hope that it will take you to where you can and deserve to be, a world of abundance and happiness.



Zenith | 296 Pages | October 2019

Learning to be alone can be the greatest adventure of your life and a fascinating journey that will connect you with the world and with yourself.



Silvia Congost is a psychologist specializing in self-esteem 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.

ALONE

Discover the pleasure to be with yourself.

Wanted, unwanted, looked for, provoked, unnoticed—solitude can adopt many forms and many colors, but most of the time, it is a situation that scares us, one that we run from and try to avoid at all costs. In today's world, after a certain age, it seems being alone is understood as a failure: being single, divorced, separated is something you have to flee at any cost. And yet, knowing how to be alone is a sign of maturity, of autonomy, of personal wealth.



RIGHTS SOLD TO:

Znak (Poland), Portal Publishing (Russia).



Planeta | 240 Pages | March 2021

Psychiatrist Anabel Gonzalez teaches us how to heal our wounds and overcome emotional blocks through a revolutionary therapy: EMDR.



Anabel Gonzalez is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs to 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.

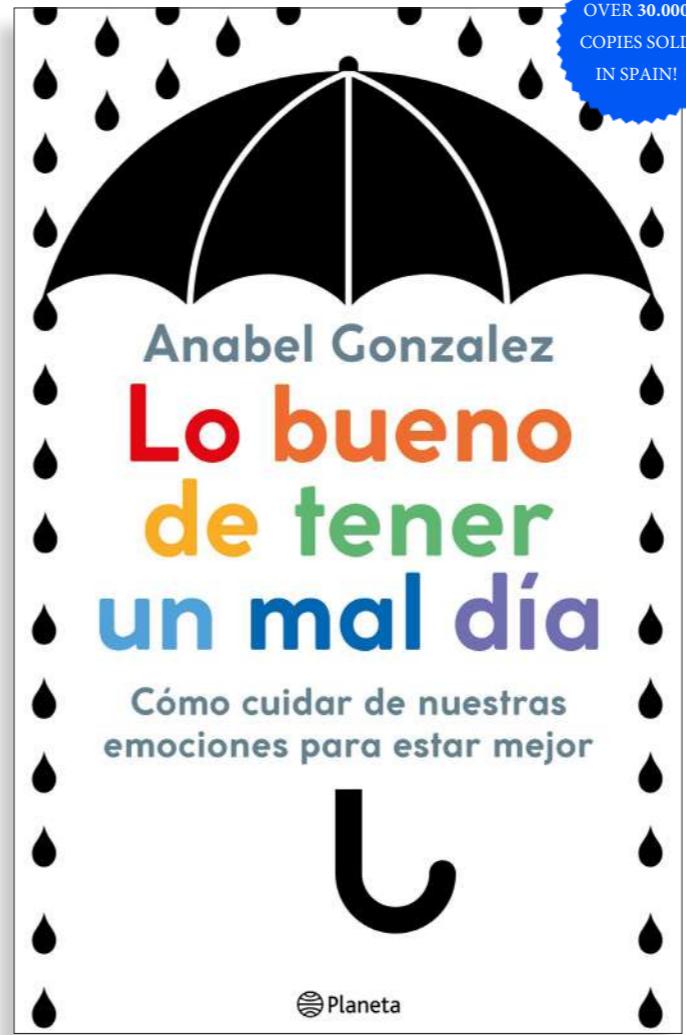
SCARS DON'T HURT

How to heal our wounds and undo emotional knots.

When we get a wound, the best thing to do is clean it well and let it dry in the air. This way it will close, it will become a scar and no longer hurt. When we look at it, we will remember what happened, but we will no longer feel pain. If, on the other hand, we cover the wound and tell ourselves it is not there, it could well become infected and generate a larger problem.

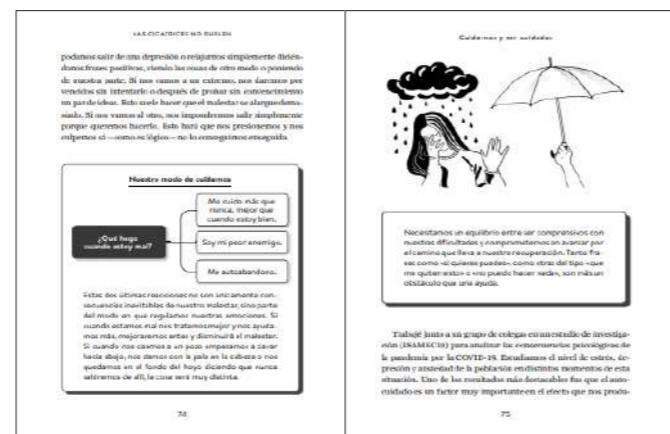
The same thing happens with emotional wounds. When something has hurt us, we have to understand how it affects us and see if there are blockages that continue to limit us. This is a path that must be traveled carefully and delicately.

In *Scars Don't Hurt*, psychiatrist Anabel Gonzalez shows us a route to emotional healing. Through EMDR therapy, a fascinating way of working on memories and the defenses we raise in the face of pain, we will learn to heal traumas and undo mental knots that prevent us from evolving.



Planeta | 288 Pages | February 2020

Anabel Gonzalez, author of *The Good Thing about Having a Bad Day*, explains that it is possible to heal traumas, blockages and wounds of the past.



If it's obvious that what we want is to be happy, why do we make it so hard for ourselves to achieve it?



Anabel Gonzalez is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs to 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.

THE GOOD THING ABOUT HAVING A BAD DAY

How to manage your emotions to feel better.

Few phrases have done more harm than the one that says you have to put on a good face in bad times. When times are bad, you have to cry or be sad. And when times are good, you have to smile and be joyous. Knowing how to manage our emotions doesn't mean hiding them or suppressing them, but recognizing them and managing them sensibly.

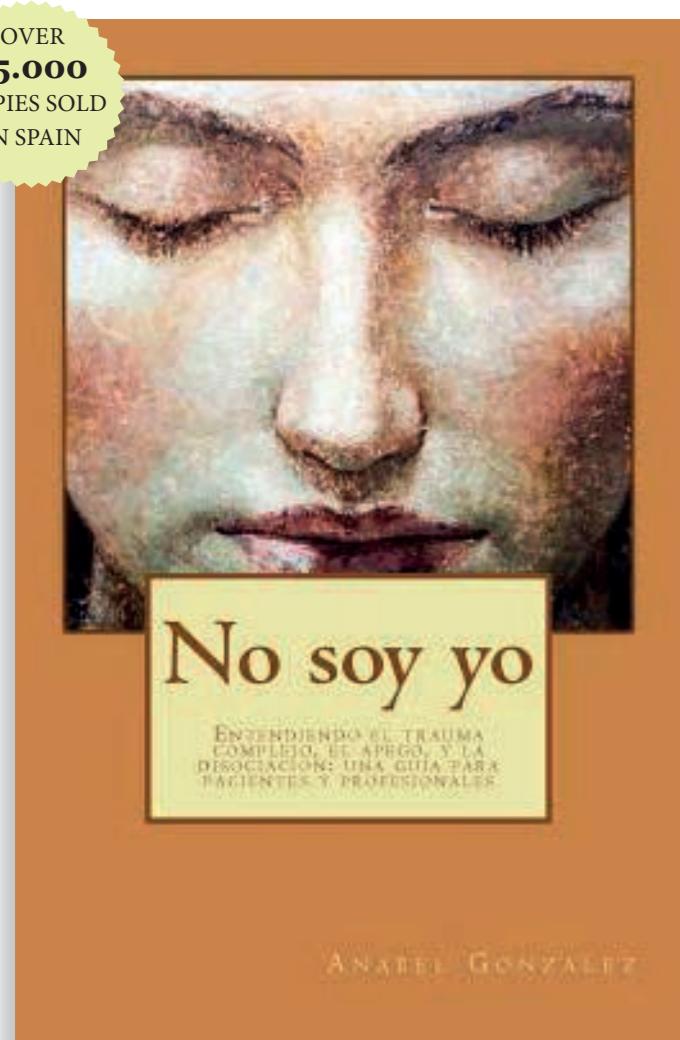
After years in the consulting room, Doctor Anabel González offers us this brief guide to emotional survival that will help us better manage our emotions and learn to live with the bad times.

Because the key to feeling at ease with ourselves and with our lives is knowing how to deal well with our bad days.

Anabel González tells us all about emotional regulation, that is, how we deal with what we feel. In fact this is the key to feeling well with ourselves and our life.

RIGHTS SOLD TO:

Guomai (China), DeAPlaneta Libri (Italy), Babel Publishing Group (Taiwan), Portal Publishing (Russia).



223 Pages | September 2017

Published in English, Italian, Japanese and Portuguese.



Anabel González is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs to 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.

IT'S NOT ME

Understanding trauma.

The aspects of our personality that we reject tell us a very important story. The way in which we define who we are - our identity - is shaped by the significant relationships in our life. If we have a history of complex relationships, whether it be with our parents, romantic partners or other significant figures, it can profoundly change the way we see ourselves. Our mind gets fragmented, and a deep conflict arises within us, which sometimes consumes a large part of our energy and keeps us from living a life that is fully satisfying.

This book, which is aimed at people who have been through adverse situations that fit with what we call trauma, will present and explain some of the psychological problems that these situations can produce. Based on work done with patients who have a history of trauma or attachment disorders, different ideas are presented that can help overcome dysfunctional post-traumatic patterns. The aim of this book is to understand how the reactions that we have, which sometimes may be difficult even for us to explain, come from an accumulation of experiences and things we have learned, of which we may not even be fully aware. This book is about the psychological consequences of all these experiences, but mainly about our freedom to choose what we do with them.

When we make peace with all the aspects that form our personality and heal the wounds that our difficult memories have left us with, our way of being in the world and interacting with others will be different and more rewarding. It's clear that others can be in a different situation or stage and behave towards us in ways that are unhealthy, but our way of managing it will be more productive. We won't turn to others in search of protection and security, but with our own growing internal confidence, we will be able to establish ties of cooperation, understand other people and help them understand us. We will be able to activate our own protection systems when required, but in the meantime, we won't feel that it's necessary.



Destino | 112 Pages | January 2021



Iolanda Batallé Prats is a writer, editor and director. She has studied literature and business management. She has worked in four continents. She has managed publishing houses and a public institution. She is the author of the short story collection "El límite exacto de nuestros cuerpos" and two novels, *La memoria de las hormigas* and *Haré todo lo que tú quieras*, with which she won the 2013 Prudenci Bertrana Award. She describes her stimulating and empathetic way of leading teams in *Your Way. Towards a new leadership*.

YOUR WAY.

Towards a new leadership.

Writer, editor and director of an institution, Iolanda Batallé unfolds in this book an intimate and experiential story that goes beyond a manual on leadership. It is a personal and liberating, emotional, direct and lucid plea that bravely invites us to live, act and lead beyond imposed authoritarianism, with the premise of self-knowledge as the basis for empathetic, effective and happy management.

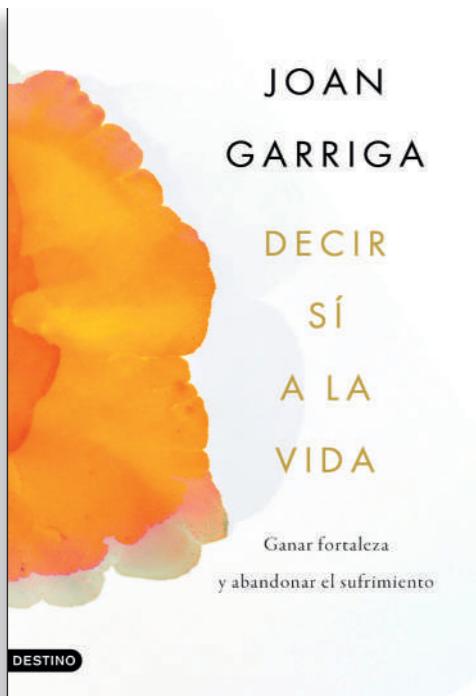
I cheat the system as much as I can, deliberately, thoroughly, delicately, stubbornly, happily. I cheat the system that has belittled us as women, but I don't seek revenge. Revolution is about being generous.

The way I've found to lead from humility is to feel happily united to the sisterhood of people who are trying to do things differently. It's a sisterhood that I have experienced powerfully in a hug or in a conversation with our hands clasped. We are women who stand beside other women. People who stand beside other people. And it is imperative to continue to make connections.

Excellence is empty without compassion. You only have a team when you take care of it. You can't trust others if you don't trust yourself. Creating trust is creating value.

"Although many very admirable women have existed through the course of history, the truth is we have lacked reference figures. Iolanda Batallé Prats' book invites us to exercise leadership that is in tune with our authentic essence and thus create a new logic in management, more inclusive and more luminous".

Anna Gener, CEO Savills Aguirre Newman Barcelona.



Destino | 192 Pages | September 2021

SAY YES TO LIFE

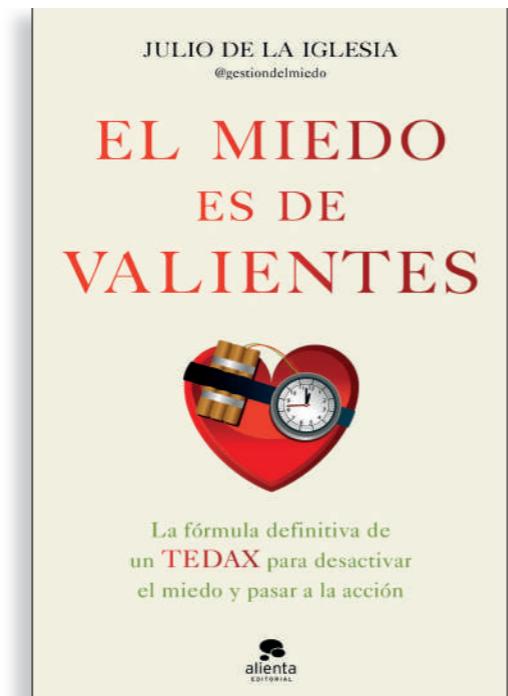
Getting stronger and suffering less.

We know we can't always be happy, and although we are aware of this reality, we feel incapable of facing pain and suffering when they appear without warning. But the truth is, life's delightful moments would not be enjoyed with such intensity if the bitter days did not also exist. If we suffer, it is because we are able to love, but relationships are marked by loss, betrayal and conflict; difficulties that overwhelm us and sometimes make us unable to turn our wounds into an opportunity to grow.

In this hopeful book, Joan Garriga gives us the gift of his more than thirty years of experience and his knowledge so that we can learn to deal with the highly complex emotion of suffering. He teaches us, as if we were sitting in a therapy session with him and through real examples, to recognize it, to welcome it and to turn it into a strength that allows us to overcome adversity.

A necessary book to turn suffering into strength and to feel alive, by the best-selling author of *Good Couple Love*.

Joan Garriga (Lleida, 1957) has a degree in Psychology from the University of Barcelona. In 1986 he founded the Gestalt Institute in Barcelona, which he also directs, working as a therapist, trainer of family bonds, systematic coach, Gestalt Therapist and PNL.



Aliensa | 225 Pages | December 2021

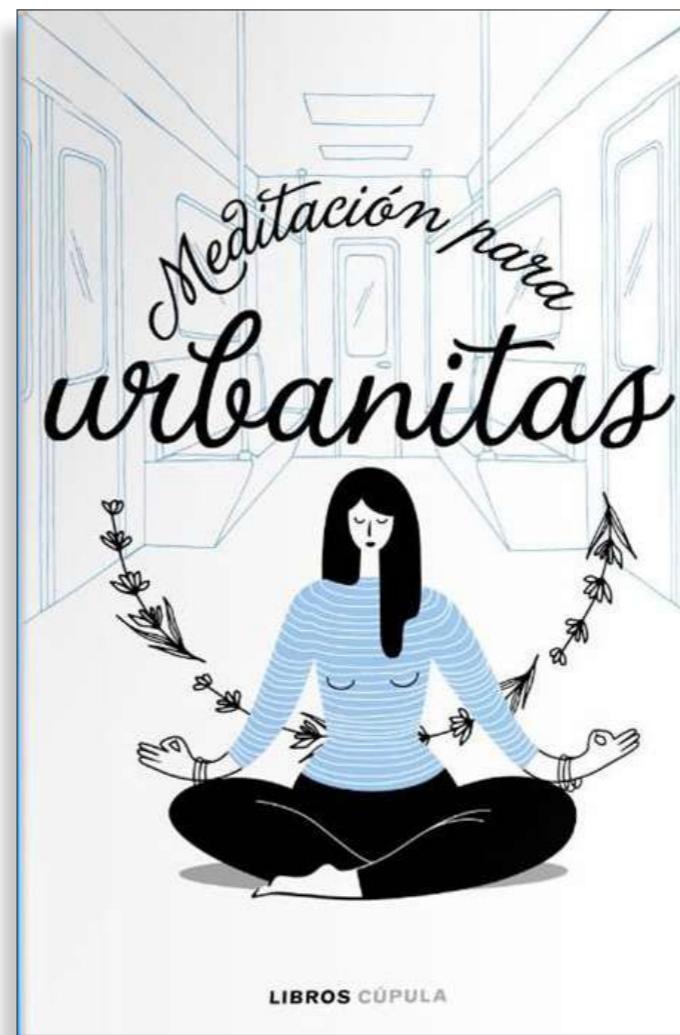
FEAR IS FOR THE BRAVE

The definitive formula of an EOD specialist to deactivate fear and take action.

In these times of uncertainty and fear of the unknown, it is necessary to believe in ourselves and take responsibility for our decisions and actions. This is the only field that belongs to us, the field of self-responsibility. EOD work is developed in scenarios of total uncertainty, where the analysis of information, self-confidence, leadership skills and teamwork are essential to staying alive and eliminating the threat. To become the last solution to a bomb threat, the author has had to face many other fears, prior to the fear of dying.

For Julio de la Iglesia, fear is a teacher, a bodyguard, an advisor and a very demanding companion that does not permit failure. To overcome any situation, we must first look for the right identity. When faced with a threat, he abandons his identity as a father, son or friend and adopts that of an EOD specialist, and from there he knows how to act. The opposite of fear is security. Having colossal self-esteem is what gives us the most security. Connecting with that brave person, with that hero we all have inside us, fills us with courage and determination. After his experience in the Green Berets and other elite units, he has developed a formula that gives him security and keeps fear at bay. The METAX formula.

Julio de la Iglesia has been working as an EOD specialist for more than 20 years and previously served in the anti-drug and anti-terrorism unit. He worked in banking, been a green beret, ninja master, shark fisherman, Greenpeace activist, event organizer, graphic designer, educator in the Carabanchel Prison, yacht skipper, waiter in the Bronx in New York City, physical education teacher, messenger, bellboy, real estate agent, salesman in the Rastro flea market of Madrid, seller of boats, books and roses at outdoor cafés, entrepreneur, coach, trainer and lecturer.



Libros Cúpula | January 2022
Final pdf available

If you think meditation is not for you, if you think you can't do it, if the very word "conscious breathing" or "relaxation" causes you stress, this book is for you.



MEDITATION FOR URBANITES

The meditation book for those who don't want to hear about meditation

A book to introduce the practice of meditation into our lives, at a time when mental health is more fragile than ever. There are many myths and legends about meditation and its variants, it is not about being in a trance all day long, about becoming vegan or getting rid of your possessions. Meditation helps you focus on a world that is sometimes difficult for us to face, that of emotions, and to take awareness of our body.

Meditation For Urbanities provides some keys to get started with the practice of meditation in a staggered way, analyzing the outside to end up focusing on the inside.

Hacer un seguimiento de la rutina		
Los ritmos nos ayudan a establecer un orden de prioridades y a mantener un estado físico y mental más saludable.		
Dale un espacio para la improvisación, para establecer ritmos para lo normal		
En el fondo es tan sencilla como establecer metas simples cada día, objetivos que sabemos que nos llevan a resultados / que no son un quehacer demasiado denso. Como dice el efecto «Respeto»:		
Y meditación es una rutina regular, diferente a la que sueña la mayoría de las personas. Tener una rutina te permite integrar lo que otras cosas tienen en común para ti (más probabilidades para el éxito) y darle sentido.		
Dale compromiso y que el tiempo suficiente para concentrarse.		
Un nuevo hábito es de 21 días, es decir, dale en el fondo no es tanto como podíamos llegar a pensar!		
Bússes un momento en tu agenda y empieza a crear nuevas rutinas para una vida más plena.		
Objetivo y frecuencia (en el fondo)		
Quieres 8 piezas de fruta al día	Cada hora	Una
<ul style="list-style-type: none"> • Calcular tu fruta en una arena y tenerla lista para la noche. • Tomar una pieza de fruta al día. • Si te da ganas de comer algo más, opta por la fruta. • No te olvides de incluir fruta en tus comidas. 		
Ejercicios		
Objetivo y frecuencia (en el fondo)	¿Qué necesitas para conseguirlo?	Una
Andar 30' al día	<ul style="list-style-type: none"> • Caminando. • Subiendo las escaleras. • Bajar una montaña. 	<ul style="list-style-type: none"> • X • X • X

Pasado, futuro... y presente?		
«No te detengas en el pasado, no sueñas con el futuro, concéntrate en el presente.»		
Jude Lawton		
Que hables con los resultados, "yo quería que el lugar sea la noche". Al veces un viaje hace los resultados nos puede dejar más pasados y puede moltiar nuestro lugar en el presente.		
Dijo de Wardy Allen, veremos, el resultado se pasa de moda. Pues esto, debería ser una moda, al menos deberíamos olvidar esos residuos de un modo sano, con amor, incluye aquellos resultados que pueden ser útiles, pero que ya no sirven para otros fines. Algunas decisiones cambian de otra cosa.		
Lo mismo pasa con el futuro. Vivimos en una época llena de incertidumbre, pero no queremos la misma: es motivo de mucha ansiedad y tensión. No saben que están sus días negativos como si nos diera una sensación de bienestar.		
Al igual que los festejos del pasado y las incertidumbres del futuro, a veces no sabemos dónde nos encontraremos en el momento presente.		
Eso del cuerpo sano		
Mas alla de su relación con la desesperación, este libro nos pone en la situación de que, pues, de estar convencidos de que el mundo, los factores y las circunstancias que nos rodean, no nos están dando lo que queremos, sin embargo, que nos dan cosas negativas como si nos diera una sensación de bienestar.		

OVER
40.000
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Planeta | 384 Pages | September 2020

NOW IT'S YOUR TURN TO BE HAPPY

Enjoy the present and make good things happen.

This book comes at the best possible moment. When you're still asking yourself how you can go back to being the person you were a few months ago or if you'll even be able to turn the page, Curro Cañete is back with renewed energy to remind you that now it's your turn to be happy. The only moment you have, your only tool, is the present. In these pages, you will find the guide you need to get the most out of every day and every hour so you can finally understand that the past is past. You learned from it, and now is the time to trust yourself, take a step forward, and embrace what you love.

The four steps to make our dreams come true sound simple when Curro explains them to us, and actually they are. Our perseverance will be the key to our success.

In these difficult moments, when a pandemic has shaken the world, all of humanity feels the awakening of a much greater and more powerful desire to be happy, to go for their dreams, to make the most of the gift we have in our hands: life and the opportunity to achieve happiness.

You're strong. Decide to be happy... And achieve it!

RIGHTS SOLD TO:

Editora Planeta do Brasil (Brazil), Antonio Vallardi Editore (Italy), Planeta Manuscrito (Portugal), Eksmo Publishing (Russia).

Curro 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 wish for.



Planeta | 256 Pages | March 2019

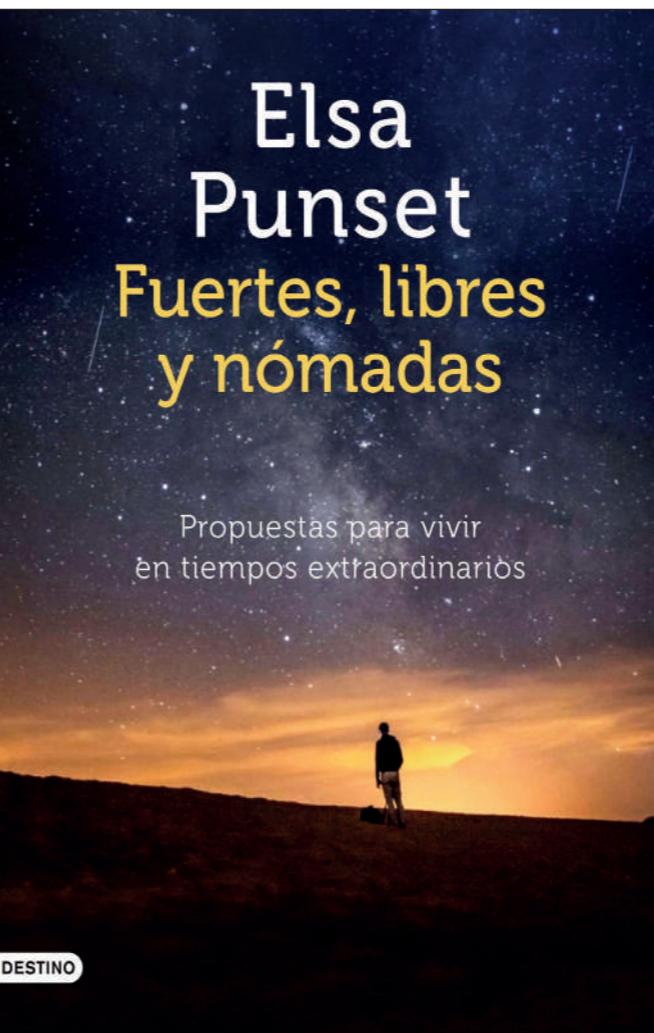
THE POWER OF TRUSTING YOURSELF

Learn to believe in yourself and you will achieve what you want.

The Power Of Trusting Yourself invites you to become your own coach and guide with patterns and exercises for you to learn to feel good and make your dreams and aspirations a reality. Because for Curro Cañete, happiness isn't just a destiny, it's a road that all of us must cross with the help of the power of trusting ourselves.

Remember all those times you talked bad to yourself? Those fears that frightened you so many times? All the things you didn't do because you were too scared of what others would say? How much you suffered when you thought you'd done something wrong, or you begged for love or others didn't value you or approve of you? The times you stopped being yourself, against your better interest, to please everyone else? Enough! Leave all that behind! Now! There's no time to lose!

The most powerful method of selfcoaching to be happy in the here and now.



Destino | 208 Pages | September 2020

Elsa Punset proposes small changes in our day-to-day lives to feel better about ourselves.



Elsa Punset (London, 1964) has a degree in Philosophy and Modern Languages, Master in Arts from the University of Oxford and in Journalism from the Autonomous University of Madrid. Elsa is today one of the leading Spanish-speaking figures in the world for the dissemination of emotional intelligence as a tool for positive change, as witnessed by her extensive presence through conferences and in the media. She directs the Laboratory of Social and Emotional Learning.

STRONG AND FREE NOMADS

Proposals for extraordinary times.

We have the collective feeling that we are living through something exceptional, but it's not the world that's changed, it's us. Behind the impenetrable wall we humans have constructed, we are rediscovering another way of living, another reality.

We are looking at an immense opportunity to reinvent ourselves and contribute to unique personal and collective change. Can anything stop us? What do we need to do to be part of the change and the solution?

With a yearning to inspire, Elsa Punset offers us practical proposals centered on the importance of combating fear, reconnecting with nature, working on becoming more optimistic and learning to take better care of ourselves and the rest. In other words, with her new book she wants to help us transform our lives as well as our stressed planet through everyday gestures and attitudes that will help us understand ourselves and give the best of us.

In times of crisis our brain wants to protect itself. And to do so it gets hooked on negative thought patterns. When entering a negative mode, a series of automatic responses is triggered: fear narrows our vision and it becomes more difficult for us to see reality with all its creative opportunities and solutions.

How can we counteract this natural tendency in times of crisis? We can learn to manage our mind so that it becomes more resilient, that is, capable of calming down, overcoming obstacles and finding new solutions to problems.

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