Anabel Gonzalez

Las cicatrices no duelen

Cómo sanar nuestras heridas y deshacer los nudos emocionales

Planeta
Towards a new paradigm on gender equality.

Politically correct feminism is everywhere you look. It inspires obedience and it follows the flock. Hardly anyone remembers the old masters anymore. We are surrounded by fanatics who need attention, demand likes, are on the lookout for an audience, and thrive on sensationalism. 

Damned Feminist isn’t a good book about feminism. It’s not trying to make friends or enemies on the left or right, among men or women. It’s not trying to save anyone. It wants to propose a rethinking of the ideological orthodoxy of certain feminist trends, their acceptance of the state and public policies that try to legislate sexuality or impose quotas, the morality that rejects such vital topics as prostitution and surrogate motherhood, and the use of abuse to offer an image of women as “victimized” by men.

It’s not that I declare myself proudly feminist, it’s that I recognize myself as politically committed to feminism. That is why I detest those who have turned feminism into a succession of mediocrities and social control and neuroses. I permit myself to be bold enough to dissent, and though sometimes I feel like an orphan, and it makes me tremble, I know I’m not alone in this offensive. 

Nonetheless, my voice is just a small-scale revolution, an honest diagnosis of the perversion of those who commercialize pain, disrespect liberty, and fabricate victims with an agenda. It was cooked up in a punk room where the songs of Cyndi Lauper, the poetry of Sylvia Plath, and the books of William Godwin live side by side. No one envies me, but even if it’s not my job, somebody needs to represent the damned feminists.

Loola Pérez is a social mediator with a degree in Philosophy and a Master’s in Sexology. She is currently studying Psychology. She is president of Young Women of the Region of Murcia: March 8, a collaborative space created by young women between sixteen and thirty years old. In 2018 she was winner of the tenth edition of the Young Social Entrepreneurs’ Prize of Europa University with a special mention for the project with greatest online impact. She is a contributor to the daily paper El Mundo.
PussyDramas

The follow-up of the universe created by the author of the best-selling title Idiotized.

The adventures of Moderna de pueblo and her friends Slutty, Tubby, and Fishy continue, with new problems to overcome. But to solve them, they now have the help of three superheroines: SuperHair, SuperSlut, and SuperFemmie.

Accompany them as they use their antipowers and their sense of humor to dispel myths and fight injustices relayed to work, love, sex, maternity, feminism, romance, and friendship and realize what it means to be a woman: not letting a SuperMacho society beat you.

IDIOTIZED

This story about Moderna isn’t a fairy tale, it’s a fairy-empowerment tale.

Moderna de Pueblo grew up hearing phrases like “that’s not ladylike,” “she’s a nasty one,” and “your wedding day will be the happiest day of your life.” But when she moves to the city and meets Sluterella, Snow Fat, and the Brittle Mermaid, she wakes up from her “idiotization” and sets off on the long road to unlearning all the things she should never have been taught. She realizes that all the things she saw in movies about little princesses, all the advice she received from her parents, grandparents, and friends to help her become “a proper girl in the eyes of God” has poisoned her, and she sees how much time she’s lost trying to please men and looking for the love of her life. So when she finally does find him, she’s afraid she’ll give up everything for him and will go back to being bullied by her “idiotization,” just like the sleeping beauty. If love is the opiate of women, will she have to detox from this drug and leave her relationship behind to become the woman of her dreams?
CHESS BOOK
The first game book based on chess.

Ever since she made a serious mistake in an investigation, Inspector Beatriz Moreno only deals with minor cases. That is why she is surprised when her superior puts her in charge of a strange and disturbing case that has just appeared at the police station: someone who calls himself Chess Master has sent a letter stating that in seven days he will commit a murder and that, for clues about the identity of the victim, it will be necessary to solve chess challenges.

It may be nothing more than a bad joke, but Bea can’t fail again. To unravel the mystery, she must first learn all the secrets hidden in this world of sixty-four squares.

And you, will you manage to checkmate the Chess Master?
A very original book in which the movement of pieces on the board serves to advance the story.

Ivan Tapia is the founder and designer of enigmas for Cocolisto, an intelligent leisure business that works for companies such as Danone, Sanofi, Eiveris, Banca Santander, Torres and ESADE. He is the director, scriptwriter and dramaturge of Escape Show, an enigma-based performance at the Teatre Poliorama in Barcelona.
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.

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.

EDITIONS SOLD TO:
Éditions Solar (France), Heel Verlag (Germany), Leopold Uitgeverij (The Netherlands)

RIGHTS SOLD TO:
Corbaccio (Italy), Obuolys (Lithuania), Hardie Grant (UK).
EAT REAL FOOD
A guide to transform your diet and your health.

Realfooding is a lifestyle based on eating real food and avoiding overprocessed foods. It is a movement that advocates for the right to healthy foodstuffs and a revolution that fights conscientiously against the dark side of the food industry. A movement whose objective is to “return pride of place to real food, to the unadulterated foods that should never have been replaced.” According to CARLOS RÍOS, the majority of the population is deceived about the contents of what they are eating. We live in a world where “we don’t eat real food, but products that have been placed before us.” An environment perfectly designed for the consumption of unhealthy products: ultraprocessed foods. This environment is controlled by the dark side of the food industry, which keeps the population buying its products at the expense of their own health.

This book is a true guide for making a change in our diets and our lives. It is divided into two parts, with the first devoted to ultraprocessed foods and the second to Realfooding or eating real food. Here, the author offers us the scientific knowledge necessary to investigate and understand what we eat and the world that surrounds us. He explains to us the basis of this movement, which is a lifestyle devoted to removing ultraprocessed foods from our diet, and offers us tips, tricks, and recipes to eat healthy foods that are tasty and quick and easy to make.

Nowadays, the better part of the population of our so-called modern or industrialized society have been fooled about what they are eating. The Matrix tells us: “We don’t live in the real world, but in the world they have put us in.” This is very similar to our diets in the present day, and so I can tell you: “You’re not eating real food, but products they’ve put in front of you.” You might answer: “I’m free to choose my food, no one’s deceiving me”. But the ability to choose doesn’t mean you’re not in the Matrix; actually, it’s just one more element to keep you inside the Matrix. When you go to the supermarket, you think you have freedom of choice, no one tells you what you should or shouldn’t buy to eat, what you can and can’t buy. That feeling that you are free to make your own decisions is part of the Matrix’s strategy to guarantee it can control you.
AGAINST EQUAL OPPORTUNITIES

An egalitarian pamphlet.

Inequality has kidnapped democracy, and while freedom has become the value par excellence, material equality remains absent from political parties’ programs, apart from the much-vaunted “equality of opportunity,” which often conceals another form of elitism benefiting those who already have the most. There are ethical, economic, social, and environmental reasons to strive for a more balanced society. One that doesn’t give everyone the same thing, but does give everyone the things they need.

In this book, César Rendueles proposes a contemporary pro-egalitarianism program with concrete proposals while exploring the evolution of equality in different social contexts, from gender equality to culture, work, family relationships, and education.

“I started thinking about this project in May of 2011, during the 15M protests, and I finished writing it ten years later, in April of 2020, in confinement as a consequence of Covid-19” summarizes the author. His knowledge of sociology and history and his ability to illustrate them with popular references, from cinema to literature or television series, make these pages an exciting read for all audiences on one of the great pending subjects of the 21st century.

A radical appeal for equality of opportunity with concrete proposals to make society a better place.

César Rendueles was born in Girona in 1975, grew up in Gijón and lives in Madrid. A Professor of Sociology at the Universidad Complutense, a researcher and translator, he has run several cultural projects at the Círculo de Bellas Artes in Madrid. He published the essay Sociofobia (Sociophobia) in 2013 and Capitalismo Canalla (Rotten Capitalism, Seix Barral) in 2015, which consolidated him as one of the most outstanding thinkers on the current scene. Contra la Igualdad de Oportunidades (Against Equal Opportunities, 2020) is his last book.

ROTTEN CAPITALISM

A personal history of capitalism through literature.

This essay offers a personal history of capitalism from the 19th Century to the present day through a reading of the 20th Century’s most important works of literature; their characters, plots and situations, so as to understand the development of savage capitalism.

Rotten Capitalism is an unusual essay that combines canonical novels such as Robinson Crusoe and Fausto and classic authors such as Blake and Dickens with cult texts such as the dystopian novel The Space Merchants and the alternate history Times of Rice and Salt.

César Rendueles also includes his own memories and experiences so that the different chapters offer a distinctive read and original vision of the development of capitalism as an almost invincible crooked character.

A personal history of capitalism via the essential works of the 20th century, by a leading contemporary thinker.

Revealing, exciting and always exploring contexts that discredit capitalism: a stimulating reading.

The book is entertaining and playful from beginning to end and, despite the complexity of the subject matter, it is easy to read. Rendueles does not pretend to design the vision of a new and better world; he directs his gaze to our politics of the moment while looking at the past with great care, in search of its origins.

A highly recommended book, also as a literary reading.

Klaus Bittermann, Glanz&Elend Literatur und Zeitkritik.
DON'T BLOCK THE SUN
How to educate to give kisses and hugs, skipping drugs and be a person in a digital world.

Why is cynicism the target of so much anger? Because the cynic committed the terrible sin of pointing the finger at idealism and shouting, “The king is naked!” Ever since then, the greats of philosophy have ignored them, misrepresented them or directly disqualified them and thus their message has remained hidden. Plato defended the existence of a model of eternal man, perfect immaterial, and defined the human being as “an animal with two feet and no feathers”. Diogenes laughed at this theory and took a rooster, removed its feathers, threw it on the floor of the elitist school and said to Plato: “Here is your man”. The latter refused to debate with Diogenes and always treated him as a madman. From that moment on, the idealists followed the master’s views.

This work seeks to update the cynical philosophy as a lifeline to live with freedom, sanity and dignity in a post-pandemic world that seems directionless.

How do you get over a breakup? How do you face the death of a loved one? How much do we have to buy to be happy? Is saying “me too” the same as saying “I love you”? When should we trust Wikipedia? Should a man be a feminist? Is there any point to praying?

Philosophy began two thousand years ago when free men met in the streets of Greek cities to think. This work attempts to recover that method of doing philosophy by creating a virtual agora. Each chapter will confront a problem in contemporary life and will offer responses relying on the thoughts of the great philosophers. Here you won’t find one answer, but many, some alternative or even contradictory; you will have to be the one to judge which of them is most valid, mediating between Kant and Bentham, Simone Weil and Plato...

This book will transform the high school subject of Philosophy into a course of Socratic lessons full of irony, humor, and references to films. A book for everyone who loves to think and to take part in the discussion.

PHILOSOPHY IN THE STREET

This book will transform the high school subject of Philosophy into a course of Socratic lessons full of irony, humor, and references to films. A book for everyone who loves to think and to take part in the discussion.

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 exhort 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 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.

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Philosophy to face discouragement: critical thinking to build a solid personality.

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COSMOPOLITAN ETHICS
A commitment to sanity in times of pandemic.

In these days of more than justified concern about a lethal pandemic, two questions are often asked: will we get out of this one? And what will we have learned for the future? And yes, we will get out of this one, although many – or many of us - will be left behind, because all epidemics are overcome poorly. But what will happen in the future will depend to a large extent on how we exercise our freedom, whether from an inclusive “we” or from a fragmentation of individuals in which ideologues play for power. It is at this point that we will demonstrate whether we have learned something.

For the first time in history the human race is confronted with universal challenges and has to respond from different approaches, ethics being one such approach because it focuses on objectives. Thus, while the moral norms and customs of the micro-levels of societies are necessary, for the first time in history an ethics for the macro-level is now necessary, one which takes charge of the common objectives of humanity: a cosmopolitan ethics.

Adela Cortina, Professor of Philosophy and winner of the 2015 National Essay Prize, argues that in these times of pandemic we are facing a social and economic catastrophe that requires a powerful ethic. Not only the visible hand of the State, not only the invisible hand of the economy but, and very especially, the intangible hand of civic virtues and of a democratic ethos that helps us to face this exceptional situation.

In Cosmopolitan Ethics, the author proposes the design of an ethics based on a sense of justice, on the unwavering aspiration to freedom and on compassion, which is the true path of the human heart.

Adela Cortina, winner of the 2015 National Essay Prize and author of the bestseller Aporofobia, proposes in this book the need for a cosmopolitan ethics to face the challenges posed by the world in times of pandemic.

APOROPHOBIA, FEAR OF THE POOR
A challenge for democracy.

We’re not really afraid of foreigners or different races, we’re afraid of the poor. No one is afraid of wealthy foreigners. In fact, because they’re expected to bring investment, they tend to be welcomed enthusiastically. It is the poor who earn our disdain, those who appear to have nothing useful to offer, be they immigrants or political refugees.

And yet this undeniable social phenomenon has no name. Adela Cortina has thus consulted her Greek lexicon and found the word for ‘poor’: aporos, and coined the name ‘aporophobia’, a trend that is increasing exponentially. In addition to defining and contextualizing the term, Cortina explains human beings’ predisposition towards the phobia and suggests how we might avoid it through education, reducing economic inequality and promoting forms of democracy that take equality seriously and encourage a cosmopolitan hospitality.
LIFE IN FOUR LETTERS
Keys to understanding diversity, illness and happiness.

Departing from an extremely difficult moment in the author’s life, this book begins with a fascinating question: is happiness written into our genes?

Following this question over the course of fourteen chapters, López-Otín presents key moments in the history of life on earth, explains how we’ve gotten to where we are and why a series of adversities led to the existence of disease as an eternal threat to happiness. In doing so, he guides us through the language of the human genome and accompanies us through such amazing discoveries as those of Watson and Crick, who discovered how the origins of life were written into DNA through a molecular code of four simple letters that designate four chemical components: A for adenine, C for cytosine, G for guanine, and T for thymine.

Finally, the author proposes his imperfect genomic formula for happiness, and reveals how beyond the messages written into our genes, there are other dynamic and fascinating biological languages that depend on our interaction with the environment and teach us unexpected lessons.

Carlos López-Otín presents a major work of popular science devoted to explaining the secrets of the origins of life, the human genome, and humanity’s tireless struggle to overcome disease and achieve happiness on earth.

José Carlos Ruiz is Professor of Biochemistry and Molecular Biology at the University of Oviedo, where, in addition to his teaching, he researches cancer and aging. In his working group, he has discovered more than sixty new human genes and analyzed their function in tumoral progression and other normal and pathological processes.
EGOIST, IMMORTAL AND TRAVELER
The keys to cancer and its new treatments: to know in order to cure.

Egoist, Immortal and Traveler explores the past, the present reality and the future of a disease that, strictly speaking, is not a single entity but more than two hundred different ones, as many as the cell types that make up the different organs and tissues of our body.

The work discusses the origin of cancer, a question that today can be summed up as nothing other than a disease of genes within the realm of genes. Our unfortunate distinction as victims of malignant tumors derives in large part from our absurd perseverance in creating forms of biological interference that have multiplied our natural risk of cancer. Voluntary exposure to carcinogenic agents, inadequate nutrition or increasing environmental pollution interfere with a natural molecular harmony that took more than three and a half billion years to develop and create beings as complex as humans.

The book discusses too how molecular biology provides new ideas to face such disease, thus initiating a stage of continuous advances that have crystallized in new cancer therapies.

Knowing in order to cure is the book's fundamental premise, and since this knowledge is also important to promote prevention, the book includes a section on cancer prevention, explaining how food influences the risk of developing a malignant tumor and how proper nutrition can contribute to improving the clinical evolution of tumors. Other strategies to prevent cancer are discussed, including the importance of reorienting our lives away from any source of toxicity, including human toxicity, to improve emotional well-being and build preventive barriers against malignant transformation.

Given the constant advances of new therapies that make it more likely to survive cancer than to succumb to it, the question we should answer is not whether cancer has a future but what the cancer of the future will be like and how we will face it.

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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

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.

Tomás Navarro

Zenith | 256 Pages | September 2021
Popular Psychology

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.

Giunti (Italy), Prestige Editura (Rumania).
EMOTIONAL STRENGTH
Step back, think different and dare to act to adapt to change.

Emotional Strength is the sum of psychological resources that help us face the challenges and complex situations life presents us with. The stronger our emotional fortitude, the easier it is for us to overcome uncertainty, recognize what we want, and decide what path we want to take.

The author explains to us that these resources can be learned, improved, and strengthened. We just have to realize that they are part of us and that we can turn to them when we need to.

This book offers a new formula for developing emotional fortitude, broken up into three phases: getting distance from reality to focus on conflicts from a new perspective; thinking productively, without distortions and without letting our impulses get the better of us; and finally, daring to take action to adapt to changes and achieve the life we want. Gaining emotional fortitude can help us face difficulties and learn to relate with toxic people and make better decisions. The key to achieving a full, happy life is in your hands.

With professional rigor and a long experience as a psychologist, Tomás Navarro has developed an innovative way to help people by practicing therapy out in the open. Emotional Fortitude is the result of his learning and the perfection of his techniques through years of work.

Life is not about being happy, but about being emotionally strong.

Tomás Navarro offers us a new way to think and adapt to change.

WABI SABI
Learn to accept the imperfection.

Coming from Japanese Zen aesthetics and philosophy, wabi sabi is about appreciating the beauty of imperfection, accepting the value of the impermanent and cultivating simplicity. A suggestive and powerful idea that offers us great vital lessons to acquire a new perspective and change our way of thinking.

Tomás Navarro invites us to be aware that the idea of success, perfection and happiness is nothing more than a chimera, an ideal in the pursuit of which we have lost our lives, ignoring the occasions when we had reasons to smile. He proposes creating a new list of priorities, which is our own and which is free of internal and external pressures. A much more realistic, natural and simple list in connection with the world and our being.

Japan’s new tendency to enjoy an imperfect but still a rich and simple life.

KINTSUKUROI
The art of healing emotional wounds.

Kintsukuroi is the Japanese art of putting broken things back together. When a ceramic pot breaks, kintsukuroi masters repair it by filling the cracks with gold or silver, thus emphasizing the reconstruction because a rebuilt piece is a symbol of fragility but also strength and beauty.

In this book, Tomás Navarro teaches us how to apply this art to our lives, providing us with all the tools we need to overcome adversity like a true kintsukuroi master.

An inspiring guide that teaches us how adversity can be an opportunity to make us into stronger, better people.

Saraveza Educaçao (Brazil), La Martinière (France), Kösel Verlag (Germany), Giunti Editore (Italy), Muza (Poland), Materia Prima Ediçoes (Portugal), Eksmo Publishing (Russia), Azoth (Taiwan), Mono Generation (Thailand), Xander Uitgevers (The Netherlands), Hodder Stoughton (UK), Salon Yayınları (Turkey), Vietnam Az Communication and Culture (Vietnam), Znasti (Bulgaria), Planetopija (Croatia), HGV (Hungary), Mahaka Publishing (Indonesia), Obsolys (Lithuania), Prestige (Romania), Blum (Serbia).

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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 with us, 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 activate our own protection systems when required, but in the meantime, we won’t feel that it’s necessary.

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.

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

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 Gonzalez 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.

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Foreign Rights Team
Grupo Planeta & Grup 62 Contact Details:

Francisco Javier Sanz Grajera
Foreign Rights Manager
+34 93 492 80 08 | fjanz@planeta.es

Pilar Lafuente
Fiction, Children & YA
+34 93 492 82 44 | plafuente@planeta.es

Maria Juncosa
Fiction, Gastronomy Books
+34 93 492 88 39 | mjuncosa@planeta.es

Gemma Isus
Non-Fiction, Illustrated books
+34 93 492 85 95 | gius@planeta.es

Address:
Av. Diagonal 662-664, 08034 Barcelona (Spain)
www.planetadelibros.com/foreign-rights

Follow us on Instagram:
planetaforeignrights
grup62_foreignrights