

LONDON BACKLIST NON FICTION CATALOGUE

Anabel Gonzalez

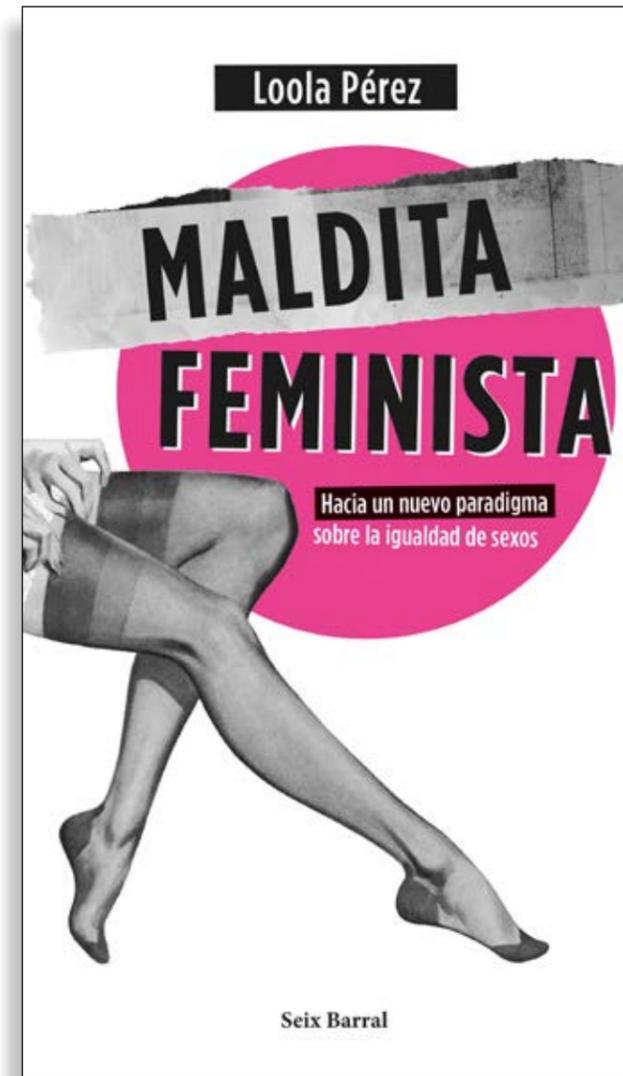
Las cicatrices no duelen

Cómo sanar nuestras
heridas y deshacer
los nudos emocionales



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Seix Barral | 320 Pages | January 2020

FEMINISM

English sample available



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*.

DAMNED FEMINIST

Towards a new paradigm on gender equality.

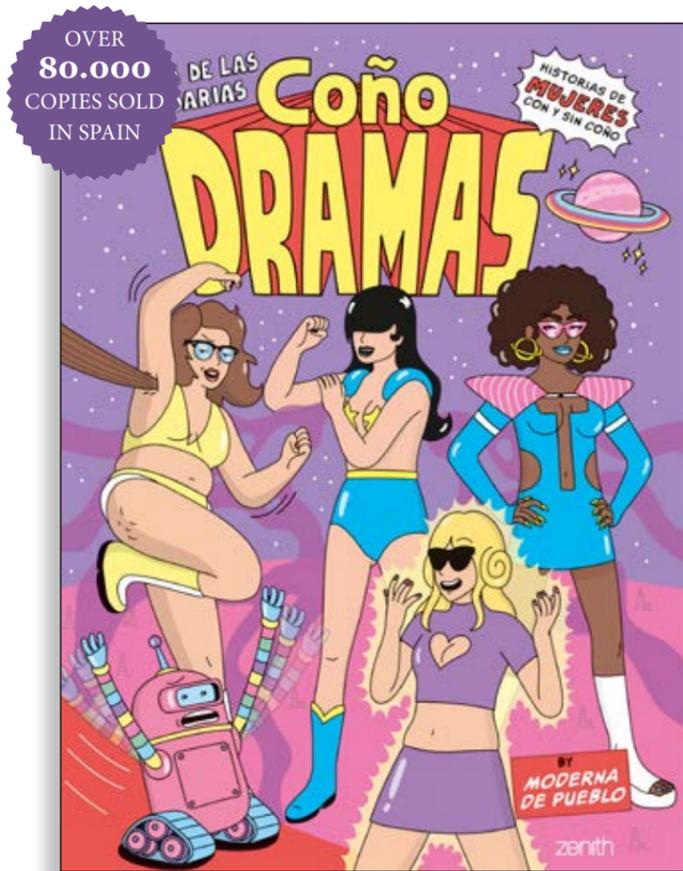
Politically correct feminism is everywhere you look. It inspires obedience and it follows the flock. Hardly anyone remembers the old masters anymore. We are surrounded by fanatics who need attention, demand likes, are on the lookout for an audience, and thrive on sensationalism.

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.



Zenith | 312 Pages | November 2020
FEMINISM

Moderna de Pueblo has grown. Not so much in age, but in numbers and in feminist and social conscience. From being a cartoonist adored by the indie universe, she has become an icon for a large female audience, who identify with the everyday situations she and her friends go through.

Woman, 2020



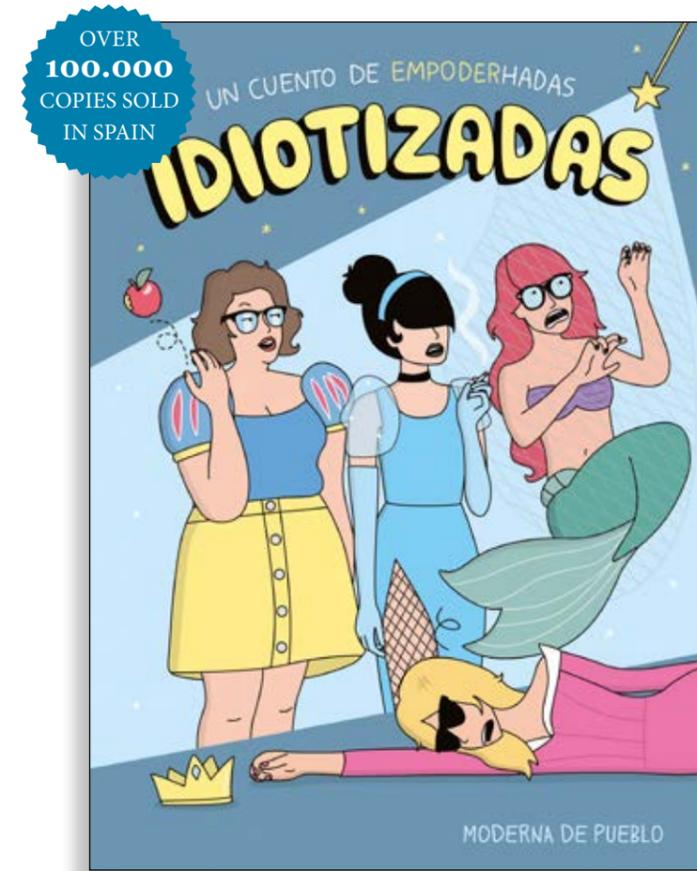
Raquel Córcoles (Reus, 1986), better known as Moderna de Pueblo, is a Spanish illustrator and author of comics. She studied advertising, journalism and audiovisual communication and has a degree in Journalism. Since 2013 Carlos Carrero joins her as a scriptwriter, Raquel and Carlos continue working daily on the content of modernadelpueblo.com and collaborate on media such as Cuore, El País and GQ.

PUSSYDRAMAS

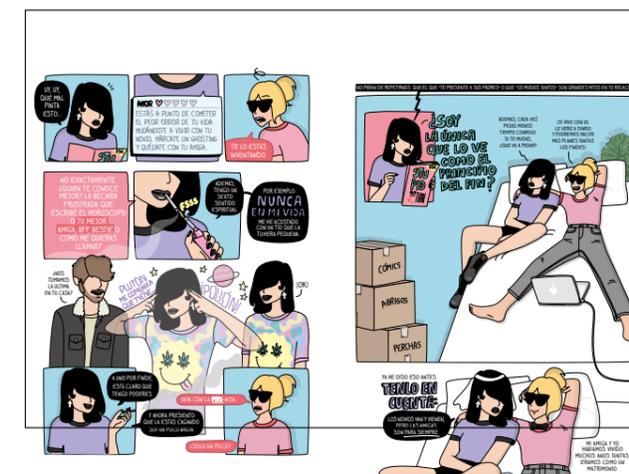
The follow-up of the universe created by the author of the best-selling title *Idiotized*.

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 SuperFemme.

Accompany them as they use their antipowers and their sense of humor to dispel myths and fight injustices related 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.



Zenith | 208 Pages | November 2017
FEMINISM
English sample available



Raquel Córcoles (Reus, 1986), better known as Moderna de Pueblo, is a Spanish illustrator and author of comics. She studied advertising, journalism and audiovisual communication and has a degree in Journalism. Since 2013 Carlos Carrero joins her as a scriptwriter, Raquel and Carlos continue working daily on the content of modernadelpueblo.com and collaborate on media such as Cuore, El País and GQ.

IDIOTIZED

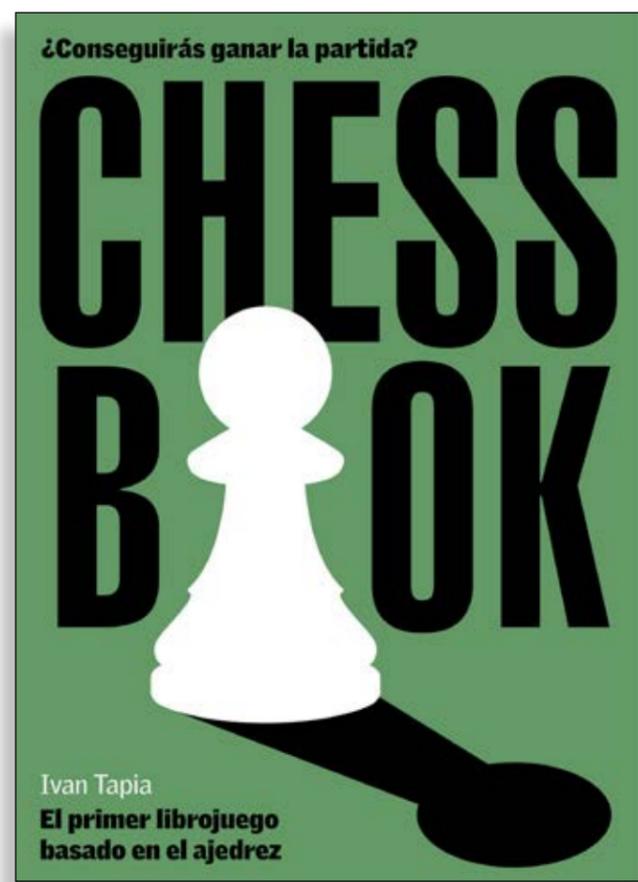
This story about Moderna isn't a fairytale, it's a fairy-empowerment tale.

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 Slutterella, 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 lulled 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?



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Lunweg | 184 Pages | June 2021
GAME BOOKS

And you, will you manage to checkmate the Chess Master?

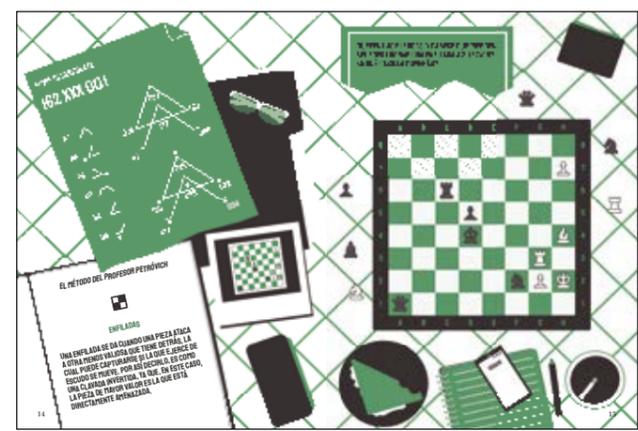
A very original book in which the movement of pieces on the board serves to advance the story.

CHESS BOOK

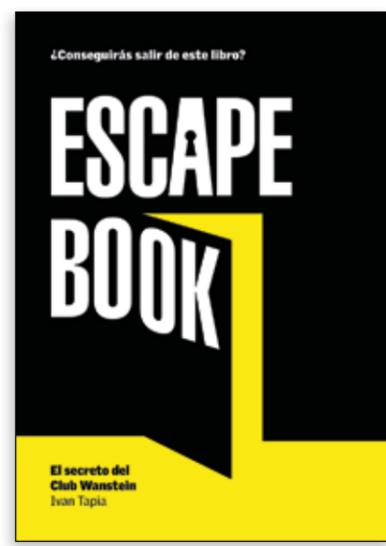
The first game book based on chess.

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.



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

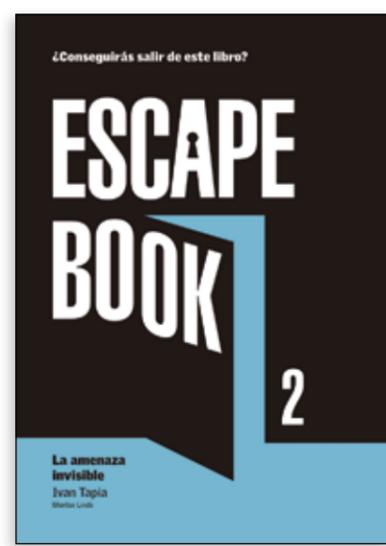


Lunweg | 176 Pages | February 2017
GAME BOOKS

ESCAPE BOOK.
The Wanstein Club's secret.

Candela Fuertes is 28 years old and works as an investigative journalist specializing in economic and financial crime. She is trapped in a labyrinth and has just 60 minutes to escape and reveal the secret plans of the businessman Anastás Vecla and the Wanstein Club.

The reader joins Candela in her trap and will be forced to draw on all their ingenuity to solve puzzles, optical illusions, conundrums and anagrams to make progress and finally escape both the labyrinth and the book!



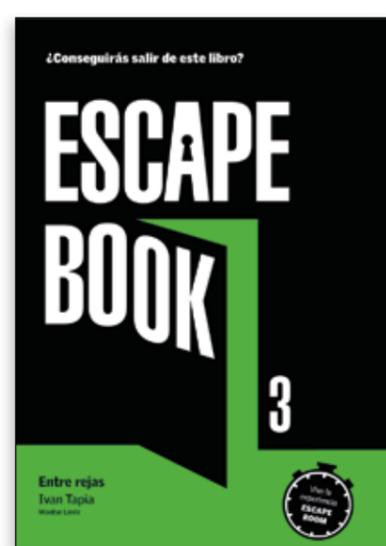
Lunweg | 176 Pages | November 2017
GAME BOOKS

ESCAPE BOOK 2.
The invisible threat.

The editor of the newspaper where Candela Fuertes works is hospitalized because of a car crash. However, the 'accident' was actually an attempted murder. The motive: an investigation into the use of cancerous pesticides.

Candela will take up the case where her boss left off and travel to the main European capitals to get to the bottom of the mystery. She has 60 days before the European parliament votes on the regulations concerning these pesticides:

Candela has no time to lose.



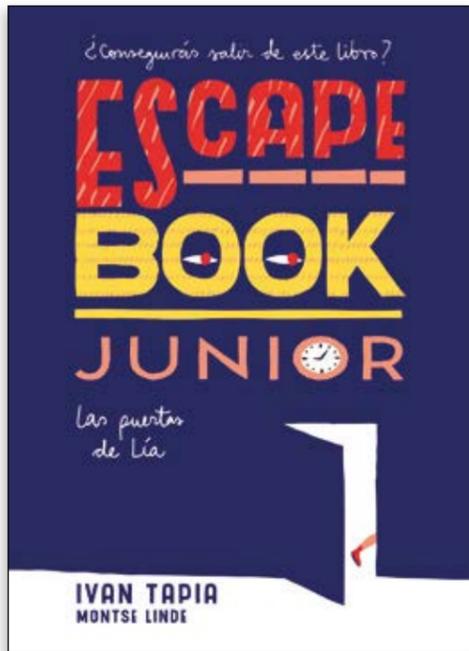
Lunweg | 182 Pages | March 2019
GAME BOOKS

ESCAPE BOOK 3.
Behind bars.

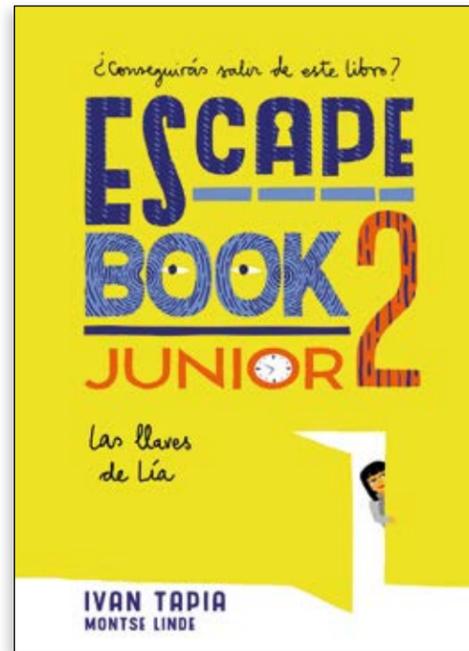
After the last episode with the leader of the Wanstein Club, Janina is in preventive custody. The trial about to take place could be a great opportunity to show that she is the sacrificial lamb for Candela Fuertes, but she received a message telling her they want her dead before she can speak in front of the judge. There is only one way out: escaping prison.

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Lunwerg | 144 Pages | November 2017
GAME BOOKS



Lunwerg | 144 Pages | September 2019
GAME BOOKS

ESCAPE BOOK JUNIOR.

Lia's Doors

Lia has a secret ability that she doesn't know yet how to control: she can get inside people's heads and 'open doors'. Today she found a mysterious note in her backpack telling her to come to a secret rendezvous using her door opening ability. Driven by curiosity, Lia follows the note's instructions and discovers the Brotherhood of the Key, a group of people who have the same power, but who can control and develop it. They're ready to share their knowledge with her if she proves her worth by solving a series of puzzles.



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ESCAPE BOOK.

Lia's Keys

Lia is part of the Brotherhood of the Key, a group of people specialized in opening the doors of "mental houses" where we keep our secrets and memories stored. In this episode, she will have to use all her abilities to open the numerous doors to the house (or fortress, since it's nearly impregnable) of her friend Andrew, and in this way put in good hands the valuable information he has stored there.



Diana | 224 Pages | November 2021
HEALTH

Discover the sacred order of the Japanese facial routine.



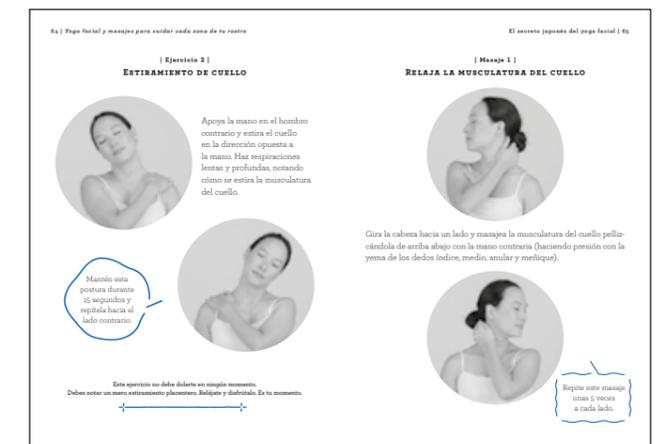
Izumi Forasté Onuma with Eurasian roots, grew up between two very diverse cultures. Her Japanese upbringing and passion for beauty tips have led her to acquire cutting-edge information from professional Japanese dermatologists, chemists and beauty consultants.

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.



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Paidós | 320 Pages | March 2019
HEALTH
English sample available

RIGHTS SOLD TO:

Znak (Poland), Planeta Manuscrito (Portugal), HKZ (Slovenia), Dobrovsky Knihy (Czech Republic).



Carlos Ríos studied Human Nutrition and Dietetics. A non-conformist nutritionist and dietitian, he is the creator of Realfooding, a lifestyle that has attracted thousands of followers on social media. His mission is to use knowledge to fight against multinationals and ultraprocessed foods and give real food back to the people.

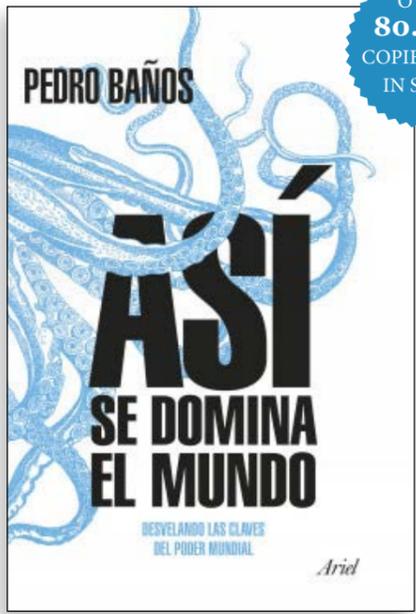
EAT REAL FOOD

A guide to transform your diet and your health.

Realfooding is a lifestyle based on eating real food and avoiding overprocessed food. 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.



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Ariel | 472 Pages | November 2017
HOT TOPICS

THIS IS HOW YOU RULE THE WORLD

Unlocking the keys to world power.

For years now, the complex situation of the contemporary world has meant that the science of geopolitics – along with its practical application, geostrategy, which seeks to influence countries on a global scale – is regaining the ground it began to lose after the Second World War. But how do countries relate to one another? What strategies do they employ?

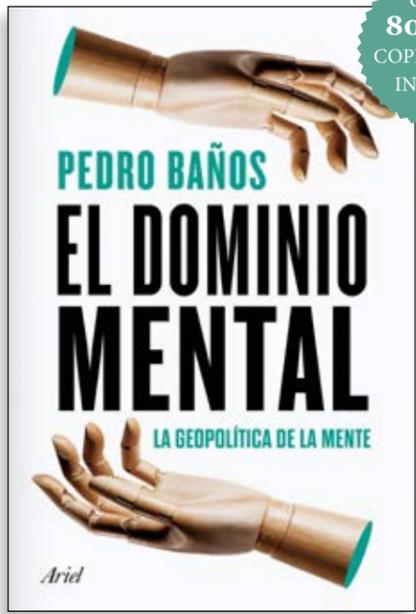
Via numerous examples, we will see that there exists a series of classic strategies, all based on hypocrisy and the exploitation of others’ weaknesses, that have prevailed across time. We will also discover that throughout history, the same set of geopolitical errors have been repeated time and again. Even if today, the rules have changed, and novel conditions – like advances in technology – have necessitated a change in political action, there remain ageless certainties in the field.

Colonel and strategy expert Pedro Baños guides us through the unknowns of this game of domination among the countries and unveils for us the tricks and keys to global power, a set of efficient universal rules to achieve our objectives by manipulating our adversary.

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Pedro Baños is an army colonel and certified military strategist now serving in a reserve capacity. He was formerly Chief of Counterintelligence and Security for the European Armed Forces in Strasbourg. He has participated in missions in Bosnia-Herzegovina, and is one of the most highly regarded specialists in geopolitics, strategy, defense, security, terrorism, intelligence, and international relations.



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Ariel | 544 Pages | October 2020
HOT TOPICS

MIND CONTROL

Mind geopolitics.

After the success of *How To Rule The World* and *World Domination*, Pedro Baños turns his attention here to the techniques power utilizes to control our emotions, because whoever can control the emotions of other people can determine the decisions they take.

Power, as a structure of mass control, realizes that people can be manipulated by suggestive contagion, that they are happy in a state of submission, and that they demand illusions, fantasies, and affection. To achieve this mental dominion, there exist sophisticated techniques like brainwashing, which requires repetitive indoctrination, the monopoly and control of information and communications, the abolition of critical thinking, the reinforcement of group and emotional dependency, the modification and restriction of diet (reduction in glucose and proteins), and depersonalization.

Today these actions are much more simple thanks to technological advancements, and they will soon become even easier, thus allowing the powerful to achieve absolute dominion over the populace.

There is a whole world of tactics and strategies, of tricks and deceptions, perfectly planned, designed and implemented, to achieve the ultimate power: mental control



Seix Barral | 368 Pages | September 2020

HOT TOPICS
English sample available

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.

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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.



Seix Barral | 232 pages | September 2015

HOT TOPICS



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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.

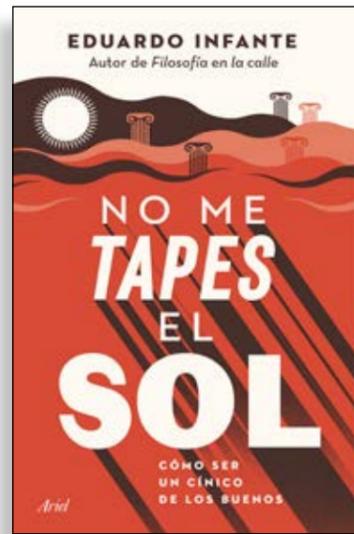
The book is entertaining and playful from beginning to end and, despite the complexity of the subject matter, it is easy to read. Rendueles does not pretend to design the vision of a new and better world; he directs his gaze to our politics of the moment while looking at the past with great care; in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

A highly recommended book, also as a literary reading.

Klaus Bittermann, Glanz&Elend Literatur und Zeitkritik.

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Ariel | 288 Pages | April 2021
PHILOSOPHY



Ariel | 400 Pages | September 2019
PHILOSOPHY

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 and adrift.



Eduardo Infante studied Humanities and taught Philosophy at high school with very unconventional methods: explaining Aristotle while walking through the park, encouraging cynicism in the high streets of Gijón and challenging his students on Twitter. Fifteen generations bear his mark.

PHILOSOPHY IN THE STREET

A book to bring philosophy into the street, think your life, and live your thoughts.

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?

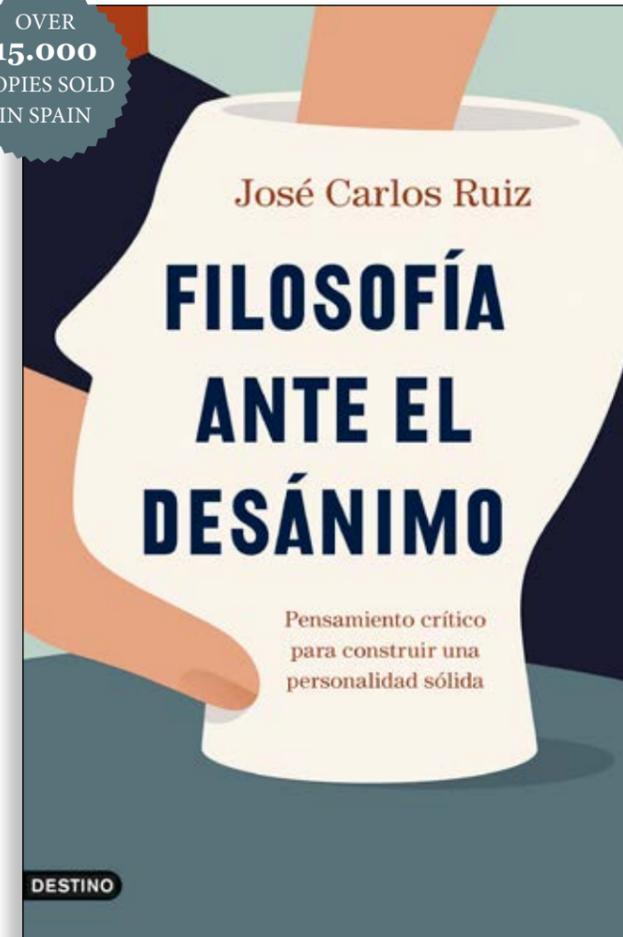
Philosophy began two thousand years ago when free men met in the streets of Greek cities to think. This work attempts to recover that method of doing philosophy by creating a virtual agora. Each chapter will confront a problem in contemporary life and will offer responses relying on the thoughts of the 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.

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Destino | 320 pages | January 2021
PHILOSOPHY
English sample available



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 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 | 256 pages | March 2021

PHILOSOPHY



Adela Cortina is a Professor of Ethics and Political Philosophy at the Universidad de Valencia and a member of the Royal Academy of Moral and Political Sciences, the first woman to be admitted since the Academy was founded in 1857. She is a director of the Inter-University Masters and Doctorate Programmes and the ETNOR Foundation. She has also been named Doctora Honoris Causa by eight universities in Spain and overseas and on several occasions has been a member of the jury for the Príncipe de Asturias Communication, Humanities and Social Sciences Prizes.

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.



Paidós | 200 pages | April 2017

PHILOSOPHY

Full English text available



Adela Cortina is a Professor of Ethics and Political Philosophy at the Universidad de Valencia and a member of the Royal Academy of Moral and Political Sciences, the first woman to be admitted since the Academy was founded in 1857. She is a director of the Inter-University Masters and Doctorate Programmes and the ETNOR Foundation. She has also been named Doctora Honoris Causa by eight universities in Spain and overseas and on several occasions has been a member of the jury for the Príncipe de Asturias Communication, Humanities and Social Sciences Prizes.

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.

An essential reflection on one of the most critical, social and political problems of our time and a challenge for democracy.

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Paidós | 240 pages | April 2019
POPULAR SCIENCE
English sample available

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.

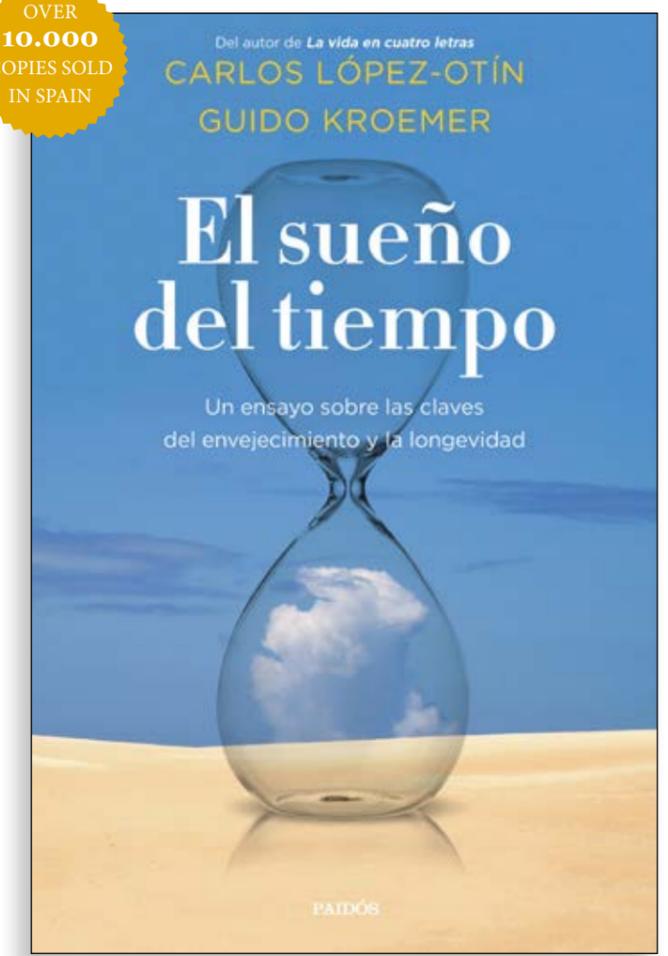
Carlos López-Otín presents a major work of popular science devoted to explaining the secrets of the origins of life, the human genome, and humanity's tireless struggle to overcome disease and achieve happiness on earth.



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.

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Paidós | 320 Pages | October 2020
POPULAR SCIENCE

THE DREAM OF TIME

An essay about the keys to aging and longevity.

The Dream of Time is rooted in the fact that, even if physics and philosophy teach us that time's flows are a fantasy created by the human mind, time lives in us and we live in time.

In this book, we will reconstruct the long history of time from its origins to the present and will explore its impact on aging and longevity. In the first part, we will progress through a description of attempts to understand, order, measure, dominate, ignore, forget, and kill time, and conclude with a discussion of illnesses associated with the loss of the notion of time.

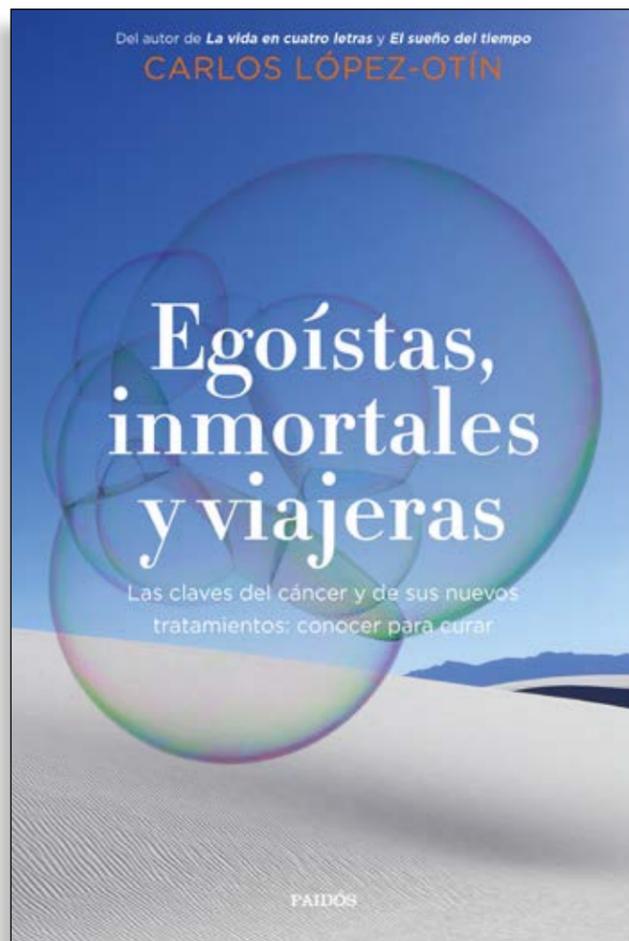
All this knowledge will open the door to the second part, which will begin with a historical analysis of the concept of aging and the definition of the molecular and cellular keys responsible for this complex biological process. Knowledge of these keys will offer us the opportunity to analyze the possibilities at present for controlling the apparently inexorable passage of time to modulate aging and extend longevity.

Finally, *The Dream of Time* will discuss whether human beings are moving toward some kind of physical immortality or whether we should abandon these improbable and presumptuous dreams of immortality and focus our priorities on other essential but still unresolved questions.

Kronos will devour his children, each one of us, our descendants, our civilization, our species, it will devour the entire biosphere, the continents and their oceans, the Sun and its planets, the Milky Way, the universe, the multiverse ... Let's contemplate without fear the end of eternity. Let's start our own eternity in our lifetime, each one of us in their own way. Kronos will always win. Let's accept it.



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Paidós | 288 Pages | November 2021
POPULAR SCIENCE

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.



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

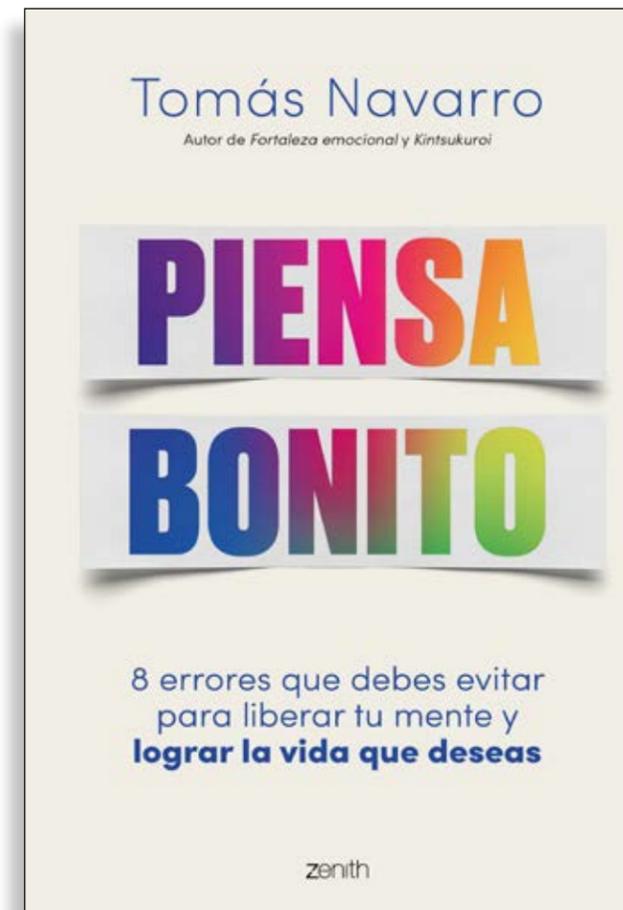
The keys to cancer and its new treatments: to know in order to cure.

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.



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.



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.

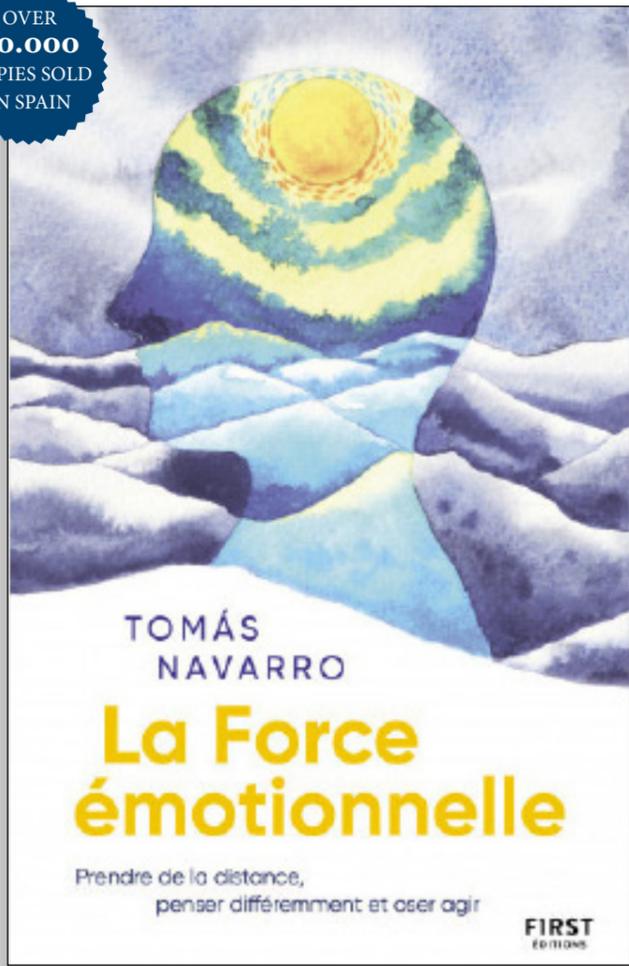
This book teaches us to detect 8 basic thinking errors that limit us and offers us 8 resources to correct them, thus helping us to focus on living in a way that is more in line with our priorities, desires, objectives and needs.

- 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

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Zenith | 288 pages | April 2015
POPULAR PSYCHOLOGY

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



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.

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.

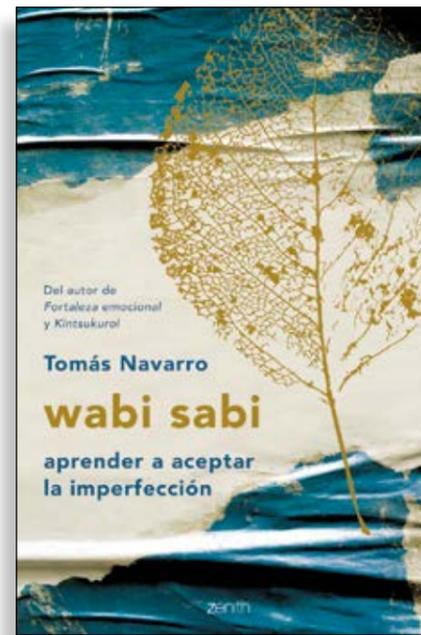
This book offers a new formula for developing out emotional fortitude, broken up into three phases: getting distance from reality to focus on conflicts from a new perspective; thinking productively, without distortions and without letting our impulses get the better of us; and finally, daring to take 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.

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Zenith | 320 Pages | October 2018
POPULAR PSYCHOLOGY

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.

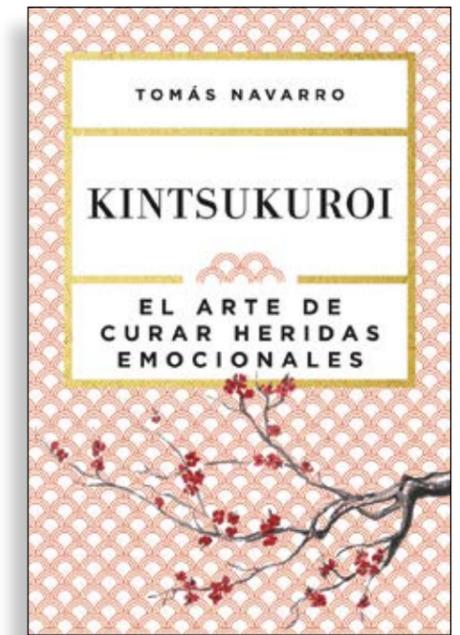
Tomás Navarro invites us to be aware that the idea of success, perfection and happiness is nothing more than a chimera, an ideal in the pursuit of which we have lost our lives, ignoring the occasions when we had reasons to smile. He proposes creating a new list of priorities, which is our own and which 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.

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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.



Zenith | 272 Pages | March 2017
POPULAR PSYCHOLOGY

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.

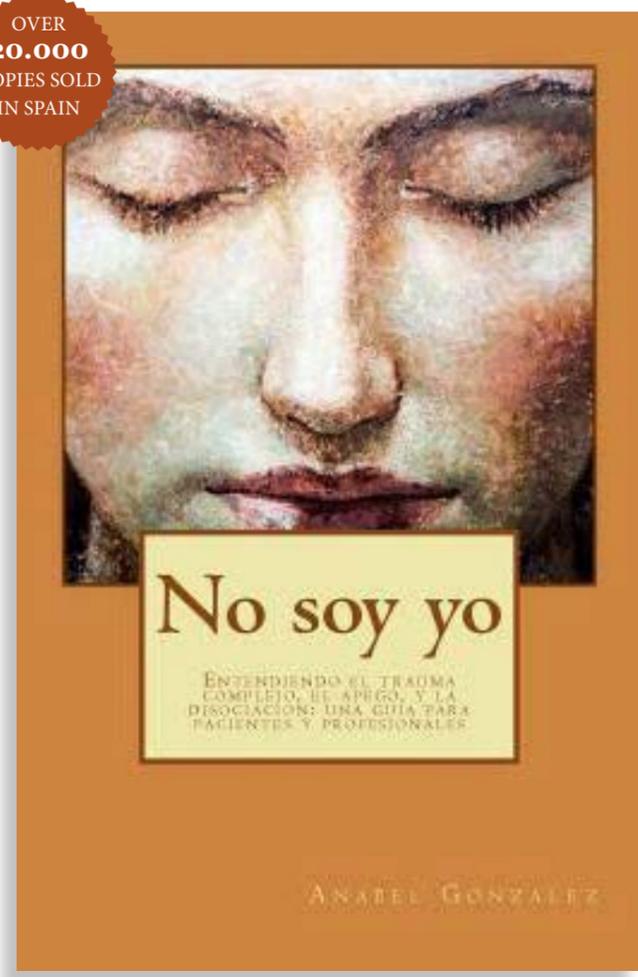
In this book, Tomás Navarro teaches us how to apply this art to our lives, providing us with all the tools we need to overcome adversity like a true kintsukuroi master.

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

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223 Pages | September 2017
POPULAR PSYCHOLOGY
Full English text available

Published in English, Italian, Japanese and Portuguese.



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

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.

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Planeta | 240 Pages | March 2021
POPULAR PSYCHOLOGY

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.

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

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Planeta | 288 Pages | February 2020
POPULAR PSYCHOLOGY

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.

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.

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