LONDON HIGHLIGHTS NON FICTION
IN SEARCH OF ANSWERS

PIEL SANA, PIEL BONITA
Todo lo que necesitas saber sobre la salud cutánea y la belleza

DRA. ANA MOLINA
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A JOB TO DO

Explore your true self and be at your best in the workplace.
Discover your passion and learn to make a living from it.

The book you are holding in your hands deals with a very apt subject for the times we live in: the work environment. We are in a period of crisis and of constant changes that have forced many of us to rethink our future.

What is the book’s mission and challenge? To inspire and accompany you to discover what you like (your passions), what you know how to do (your skills), what drives you (unconscious motivators) and what you can contribute to the world by being you.

A work that invites you to make your own journal to know yourself through writing and thus find out who you are, what you want and what your talents are.

This is neither a book nor a notebook, it is a hybrid: a journal that you read and make and in which you are the protagonist. It is constructed as a life journey consisting of twenty-two sections; each one of them with a different theme and reflection, and with exercises for you to put into practice. The idea is for you to enjoy the journey and take your time, as much time as you need. If you do one chapter per week, it will take you about six months, and if you do two per week, half that.

Mireia Rigol is Chief Sales Officer at the communication and entertainment company Flaix. A creative strategist focused on the transformation and disruption of companies, people and the relationships established between them, she deploys in her first book a broad assortment of self-knowledge techniques associated with writing.

La vida es maravillosa
LA MIRADA AGRADECIDA

La verdadera riqueza es una cuestión de actitud. Compartir. Que cada uno de nosotros aporte, colabore y construya desde sí mismo.

Vivir es más que respirar, comer, dormir y trabajar. Vivir es aportar, aprender y como vives tu día. Y como vives tus días es como vives tu vida. Vivir, que no sobreempiezas con buena energía, esa buena energía seguirá. Como empiezas tu día es...

Gratitud es dulce, amable y nos invita a amar. Nos vuelve más humanos, cercanos y generosos. Si das las gracias y reconoces al otro, se genera un vínculo más profundo de confianza, y compartir con los otros.

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Walk, don’t run
LA MIRADA MODERADA

Maria Leiva is Chief Sales Officer at the communication and entertainment company Flaix. A creative strategist focused on the transformation and disruption of companies, people and the relationships established between them, she deploys in her first book a broad assortment of self-knowledge techniques associated with writing.

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LA MIRADA MODERADA
SANTIAGO NIÑO-BECERRA

FUTURE, WHAT FUTURE?
Keys to survive beyond the pandemic.

What is the economic and social future that awaits us when Covid-19 is just a memory? What can pensioners, businessmen, young people and children expect? What are the keys to survive beyond the pandemic? These pressing questions are the answers to the new book by the author of The Crash of 2010, a work that made him instantly popular due to its accurate predictions and highly informative and communicative qualities.

Santiago Niño-Becerra was one of the first world economists to warn that a crisis of systemic characteristics comparable to the crash of 1929 was looming. Now in Future, What Future? he makes a similar long-term prediction.

Based on the best projection studies of the OECD and other prestigious think tanks, Niño-Becerra dares to draw conclusions. We are in for some very significant changes that will powerfully impact people. The world economy and the lives of companies and workers will be shaped by technological advances that can replace people and by the disproportionate growth of oligopolies. This will have extraordinary consequences, such as terminating the idea that a job is for life, while we will also see that large corporations will not only generate more GDP, but will also have more power than many states and will even absorb sectors such as banking by becoming global financial operators themselves.

IN CASE THE VOICES RETURN

A first-person account of what it means to lose oneself and have to rebuild oneself from scratch.

In Case the Voices Return is a powerful book that offers readers an unabashed testimony about an uncomfortable reality: mental disorders.

A few years ago Ángel Martín broke down completely. So much so that they had to tie him to the bed of a psychiatric hospital to prevent him from being able to hurt himself. In 2017, the comedian had to be admitted for a psychotic episode. He had previously seen himself at the controls of a spaceship, wanted to fly and conversed with death, defying it. “I have no idea when my madness began to form. Maybe I was born genetically predisposed. Maybe I was macerating a depression by keeping certain things to myself so as not to worry others. Or maybe there are simply brains that one night crack and that’s it,” confesses the author.

“If there is one thing I’ve discovered during all this time, it’s that when you openly tell people that your head isn’t screwed on right, they immediately label it as taboo. Although I wrote this book for myself, In Case the Voices Return is for anyone who has gone through or is going through something similar, and in this way to do away once and for all with the stigma of mental illness,” says the author. His time in the hospital, how it affected him and the attitude of his surroundings are some of the topics he addresses in In Case the Voices Return.

The author, with a direct style free of sentimentalism, will also move us with humor and irony. Unwillingly, Martín created a dangerous person out of the material of himself, whom he describes in the book and about whom he shares lucid and moving reflections.

If you simply want to play at seeing the world as I saw it while I lost touch with reality, this book is also for you. If you listen well to the voices, you will discover fascinating things like this: You don’t need to hit rock bottom to rebuild yourself from scratch.

Ángel Martín is a presenter, comedian, scriptwriter, actor, musician, streamer and humorist. He began his career at Paramount Comedy as a stand-up comedian, an art he has continued up to the present day. In 2020 he started the podcast Misterios cotidianos and began to upload on his Twitter profile the Informático mutual para ahorrar tiempo, where he daily presents the main news stories in a humorous and lighthearted tone. His videos receive up to one million views daily. This is his first book.
FEAR NOTHING
Make your dreams come true with love, joy and inner peace.

Open your mind. Find your purpose. Realize your dreams.
Yes, we can transform our life to live it in a full and wonderful way. Years ago, Curro Cañete discovered that not only was it possible, but that helping others to achieve it was his purpose. Since then, his books have reached hundreds of thousands of readers to whom he has taught that, when you trust in yourself and in life, everything you see around you also changes.

In this book you will find a method to let go of fear and pain, protect your inner peace and learn to make your decisions with joy, focusing on the path to your dreams. You will learn to listen to yourself with wisdom and you will understand, at last, that in life nothing is impossible.

When the dreams you thought were impossible start to come true in front of you, you feel so much excitement and happiness. Your mind broadens, your possibilities increase and the limits that exist for others cease to exist for you.

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 desire.

Lucía Galán Bertrand (Oviedo, 1978) is a pediatrician and the mother of two children. She works at El Centro Creciendo in Alicante, a private practice where she is co-founder and director. She is an international volunteer and member of the Advisory Council to UNICEF. She has received numerous awards, including the 2015 Bitácoras Award for Best Health and Scientific Innovation Blog for www.luciamipediatra.com and the e-Health Awards #SaludSinBulos Prize for her fight against misinformation on the internet.

Lucía Galán Bertrand returns with her most sincere and inspiring book: stories full of experience that go straight to the heart.
Don't rush. Life is long and beautiful. It is an adventure in which you must learn from every experience. Life is choice and change; it is giving yourself permission to feel, it is self-criticism and learning, and it is living many lives in one.

In this book, Lucía Galán Bertrand, the famous pediatrician who has enjoyed great success sharing her daily life, now reveals to us her most personal experiences, her private life after she takes off her doctor's smock. You will see her as an imperfect mother, as a veteran pediatrician, as an enthusiastic partner and as a successful woman: reflections addressed to her readers, up close, personal and with the sensitivity that characterizes her. Lucia aims straight for the heart.

To fathers and mothers of teenagers, to parents who have had a baby and haven't slept for months, to girls who have had their first period, to mothers of mothers, to the traveling companion, to life, to death, to the enterprising woman and to those who do not give up. This book is addressed to all of them.
50 ESCAPE ROOMS IN 5 MINUTES
The new challenge from the creator of the Escape Book.

An interactive book for agile and curious minds.
Secret rooms, dungeons, banks, haunted houses: here you will find 50 places from which you will have to escape using only your wits. And you will have to do it in record time, since you will only have 5 minutes to find the exit.

With 50 Escape Rooms in 5 Minutes you will test your skills as an escape artist and your ability to work under pressure.
Will you manage to complete the challenges? Hurry up, the clock is ticking!

Ivan Tapia’s collection of interactive books, with the Escape Books at the head, has sold more than 150,000 copies in Spain, and has been translated into 10 languages.

Carles Brasó Broggi (Barcelona, 1979) holds a PhD in economic history (UPF, 2010), is a sinologist and holds a further degree in sociology and East Asian studies. He has published articles on the economy and contemporary history of China in journals such as China Perspectives and Modern Asian Studies, and a book on the origins of economic reforms in China: Trade and technology networks in the Chinese textile industry. Opening up before the reform (Palgrave Macmillan, 2016). He is currently a Ramón y Cajal researcher at the Universitat Oberta de Catalunya (UOC).

ITINERANT DOCTORS
From the International Brigades and the Chinese Revolution to the Cold War.

The Spanish Civil War and the Chinese war against Japan both transcended their borders. For a large part of world public opinion, they were the advance guard of the great contemporary ideological and military conflicts. Some international volunteers decided to get directly involved and share on the ground the fate of those countries until then on the sidelines of the global chessboard. Among them, few were as important as the international team of doctors who, first integrated in the International Brigades in favor of the Spanish Republic and later as collaborators of the Chinese Red Cross, were remarkable for the continuity of their ideological commitment and their personal sacrifice, for the importance of their medical knowledge, for their individual and collective significance, and for the indelible imprint on their lives of those experiences.

The researcher Carles Brasó Broggi recovers with unpublished documentation from archives around the world, the history of these itinerant doctors, both during their time in the two wars, as well as their previous and subsequent careers, closely linked to internationalist movements, the communist influence, the Second World War and the subsequent Cold War.

The Polish government, when it became aware of the high participation of Polish emigrants in the International Brigades, announced that, in application of a 1920 law (when Poland was threatened by the Red Army), any Polish citizen who had fought in a foreign army without express permission from the government was excluded from the Polish nation and, therefore, would be considered stateless. Thus, after their time in Spain, Flato, Kriegel and Fürst found themselves in a complicated situation: they could not stay in Spain but neither could they return to their home countries, at least not safely. Thus, being itinerant for a large part of their time in Spain, Flato, Kriegel and Fürst - along with other Polish doctors, if they could be called that - found themselves in a complicated situation: they could not stay in Spain but neither could they return to their home countries, at least not safely. Thus, being itinerant doctors and now also stateless, it is understandable that they followed Norman Bethune’s lead and sought in China the continuation of their particular fight against death.
HOMO IMPERFECTUS

Why do we continue to get sick in spite of evolution?

The story of human evolution has mostly been told in terms of successes, of continuous increase of capacities that culminate in a quasi-perfect being, lord and master of the planet through the acquisition of key adaptations. A hominin that becomes bipedal and leaves the heights of the trees, gaining a new freedom to enter unknown territories. A hominin, in short, that will go from adapting to the world to adapting the world to itself. Unquestionably, from a biological perspective, we are a successful species, overwhelmingly abundant, that has managed to inhabit practically every corner of the Earth.

But in this idealistic portrait of humans, where does disease fit in? Where are the ailments? The imperfections? Indeed, if we go along with the theory of evolution and natural selection, in which we expect the best-adapted forms to triumph, it is difficult to explain the extent of Homo sapiens’ physical and mental frailties.

Why do we get sick? Why do we age? Why does a species that we assumed to be hyper-adapted live with suffering on a daily basis? Why haven't so many defects been eliminated in the course of our evolution? Are we a botched design of natural selection? Over the course of our history, our main concern, survival, has given way to another priority to which, globally, an enormous amount of resources is devoted: preserving health and promoting well-being; in the end, the search for a better quality of life. How then, do we explain all our ailments? Do we simply assume them as inevitable failures of our biological machinery? Or may there be in some cases an evolutionary angle that gives them another face?

An intelligent look at our past that uncovers how our greatest frailty, illness, sheds light on the evolution of the species.

HUMANITAS

From stardust to the conscious revolution.

This book is a journey into the core of humanity’s belief system, an exploration layer by layer of how it has been forged and, ultimately, to discover how the convergence between science and spirituality is opening the way to new perspectives that invite us to reinterpret reality. The book is not written in defense of any particular hypothesis. In any case, it is written in defense of the certainty that, although we consider ourselves wise, we are essentially ignorant beings and that, as a result of this ignorance, we live in the grip of highly limiting belief systems.

The work is in itself an invitation to observe with humility how the mechanisms of the evolutionary process work and to surrender ourselves to their perfection. To understand that we are part of the process and not its new engine. To discover that nothing has the rational meaning that we would like to give it and that, if we want to give it a meaning, it is better to find one that helps us to evolve. In short, to trust that we are humanitas and that it is love and not fear that, in the end, guides the evolutionary process. There is no reason to suffer the effects of our unconsciousness if we learn to flow with our essence.

The book that Yuval Noah Harari and Eckhart Tolle would have written together.

This is a book that talks about life in a global way, from the past, the Big Bang, to the future that awaits us as a species and the vital challenges we must face: the rise of AI, inequalities, climate change... This book, which is informative, scientific and philosophical, explains the mysteries of science in an accessible way and shares a revolutionary philosophy based on the latest discoveries about consciousness. The authors take a journey through the history of science and humanity and propose consciousness as the great engine of evolution, understanding the origin of the universe from a collaborative vision and life as a design executed by an intelligence that seems to be both transcendent and inherent.

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**ATTRACT THE LOVE YOU DESERVE**

An astrological guide for fulfilling relationships.

Discover the power of astrology to understand how you love and what you can do to improve your relationships.

Venus and the Moon are two fundamental planets in our birth chart, since much of our behavior related to love and relationships depends on them. Venus represents what we like and, therefore, what we value, so knowing its position in our chart gives us magnificent clues of what we love internally. For its part, the Moon gives us information about our emotional world, even more than the Sun sign or the ascendant, since it governs our fears, reactions and intimate motivations.

Knowing and deepening our understanding of these two stars -and also looking at Saturn, Uranus, Neptune and Pluto-, will help us gain a much better understanding of how we love and relate (and how others do), and will guide us in creating healthier and more lasting bonds. Thanks to this complete guide, you will discover that astrology is your best ally for changing your current circumstances, for knowing yourself better, for improving your options and finding the love you deserve.

The key is in you, not outside you. Always remember how powerful you are.

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**Sara Gomar** is a transpersonal and psychological astrologer, holistic therapist and life-coach with extensive training in the field of personal development. From a very young age she has been trained in a great diversity of spiritual disciplines, mainly in the higher practices of the Tao, as well as oriental astrology, feng shui and geobiology, among many other therapies. Since 2014 she has devoted herself to astrological consultation. Her passion is to accompany women on their path to self-realization.
MAKE YOUR MONEY GROW
My experience with the best investors in the world.

Daniel Lacalle offers us the keys to invest our money successfully.

Forget everything you have learned so far about investing. Daniel Lacalle begins his new book with this conclusive sentence: “The vast majority of what you have read about investment and finance is written by people who have never invested large amounts of money, or probably even any amount at all”.

In Make Your Money Grow, the famous economist uses his experience as a fund manager to give us valuable financial advice, so that we can preserve our capital and create long-term wealth by mitigating losses. Lacalle has had the opportunity to work with some of the world’s greatest investment geniuses. The lessons he learned with them he shares in these pages, the first of which is that the greatest investors in history are not great for always getting it right, but for taking note of their failures every day.

The investment world is full of good intentions, but there is no such thing as an infallible investor. In contrast to the false image of the investor that is sold to us, as if he were a kind of guru who gets everything right, Lacalle argues that there is no formula for success in investment, but there is a formula for failure. The veterans of investment taught Lacalle that we invest not to make money, but to guarantee our future.

In an autobiographical style and from first-hand experiences, the author shares with us what he learned from the best. This book offers us stimulating financial wisdom, and will let us be part of a story of effort, tenacity, responsibility, work and sacrifice.

Daniel Lacalle (Madrid, 1967) is an economist and investment fund manager based in London. With a Degree in Business from the Universidad de Madrid, he holds the title of International Financial Analyst CIIA (Certified International Investment Analyst) and graduate from IESE (Universidad de Navarra). His career in portfolio management and investment began in the hedge fund Citadel, in the U.S. and London, and continued in Ecofin Limited, covering equities, fixed, venture capital and commodities.

TOXIC PEOPLE
How to identify them and free yourself from narcissists forever.

After the success of Alone comes the new book by Silvia Congost, in which she explains how to identify toxic people and how to be free of them.

Toxic people exist. Whether you like it or not. Whether you accept it or not. And their main characteristic is, basically, that they intoxicate, invalidate, dwarf and destroy. They can be in any area of your life: in your family, in friendships, at work or in your relationship. Most importantly, if you don’t get away from them, they can end up completely unbalancing your life. And how to identify them? How to get away from them if they are your mother or father? What if the toxic person is my boss? What if I realize that my partner has a narcissistic personality disorder? How can I get out of that relationship and rebuild myself? Accepting that there is a toxic person in our environment is the first essential step for a change to take place in our lives. But what can we do once we have identified them?

This book will give you the clarity, understanding and answers you need to empower you and distance yourself from anyone who is hurting you, as well as to always take care of your essence, your self-esteem and your dignity.

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.
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 | 328 Pages | August 2021
Pop Psychology
Full English text available

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 over 15 languages!

IN DEFENSE OF UNHAPPINESS

The longest scientific study ever conducted on day-to-day happiness.

Can happiness be measured? Surprising as it may seem, the answer is yes. At the Happiness Research Institute in Copenhagen they have been measuring happiness since 2012. But what is the purpose of measuring it? And, more importantly, can happiness be achieved?

Alejandro Cencerrado has spent sixteen years recording his own happiness, measuring it from 0 to 10, and analyzing it with the most sophisticated statistical tools. Based on this experience and his work as an analyst at the Institute of Happiness in Copenhagen, he tries to understand what makes us happier or less happy as individuals and as a society.

In his book, In Defense of Unhappiness, he teaches us his method and how to apply it in everyday life, and also invites us to reflect on the chiascuro that concerns this question so transcendental for people and that affects the very foundations of our so-called “welfare society”. A unique and revealing book in which disciplines as diverse and closely related as psychology, sociology and anthropology are intertwined to offer us, through a scientific analysis, a new look at the most ancient human aspiration.

We should have a reliable measure to know if people are happy if we want our society to be a true welfare society. If the only thing we use to measure social progress is GDP, productivity or unemployment, we will never really know what is affecting people’s well-being and neither will we be able to act on it.

Ediciones Destino | 312 Pages | March 2022
Pop Psychology & Sociology
English sample available

Alejandro Cencerrado Rubio (Albacete, 1987) holds a degree in Physical Sciences from the Universidad Complutense de Madrid, is an expert in Statistics and a big data analyst at the Happiness Research Institute in Copenhagen (Denmark). In addition to his experience at this institute, Alejandro has been measuring his own happiness on a daily basis for sixteen years. Applying the most advanced algorithms, he has been able to extract the internal dynamics of his own happiness and the daily factors that most affect his well-being.
THE BRAIN IN LOVE

The neural mechanisms of love.

A knowledge of the neural mechanisms of love can help us alleviate frustrations and failures and guide us to achieve fulfillment in our love life.

Love is the cornerstone of our personal and social life. Thousands of literary and artistic contemplations have been devoted to it, but we know very little about its scientific basis. However, science has a lot to tell us about love, the process of falling in love, breaking up or how to rekindle a relationship.

Without love, our life would be meaningless, because we are programmed to find a person, establish a bond with them and try to share a life together. Knowing the neural mechanisms of love, we will better understand how our brain works, so we can ease frustrations and failures, do things a bit better every day and try to achieve fulfillment in our love life.

To this end, this book explains to us what love is, how it arises, how many types there are, whether we are the only species capable of loving, whether love for our partner is comparable to love for our children, our country or God. The author discusses sex as an expression of love, why some loves are fleeting and others are eternal, why we fall in love with a specific person and what attracts us to them, whether love at first sight exists, how to fall in love, how to live love without losing any of its power and avoiding its traps. The book also discusses the pathological processes associated with love, which alter the lives of those who suffer from them -and which, therefore, should be treated as a disease-, about love as an addiction, about jealousy and lovesickness.

The false dichotomy between body and mind no longer makes sense. The body in love produces a mind in love and carries that passion into every cell. The brain in love makes the skin softer and the eyes brighter, the receptors of the fingers and lips ask to touch and kiss; and we seek something far beyond physical contact: a full bodily and spiritual union, to make the two, one.

BEING HUMAN

Everything you need to know about the brain.

In recent decades, advances in neuroscience have revealed many aspects of the functioning of the brain, the organ that has made human beings the most complex beings on the planet, to the extent that they are now able to ask questions about their own nature. However, the brain, an organ composed of almost 100 billion cells, still remains a challenge full of enigmas for scientists.

In Being Human, Facundo Manes, internationally renowned neuroscientist, takes us on a great journey of discovery, sharing with us in an accessible and engaging way the important advances in brain science. Along the way, we will be given the answers to many of the questions that arise. Are reason and emotion compatible? What purpose do emotions really serve? What is stress? How do the brain and violence relate? How does memory work? How does the brain make decisions? What habits can help the health and well-being of our brain? What are the keys to understanding the brain of the future and artificial intelligence? Will machines be wiser than humans?

This book is an attractive invitation to understand the great enigmas of the brain and will become a work of reference for anyone who wants to know how the brain has made us human.

Facundo Manes is an Argentine neurologist and neuroscientist. He is president of the World Federation of Neurology Research Group on Aphasia, Dementia and Cognitive Disorders. He graduated from the School of Medicine of the Universidad de Buenos Aires and received his PhD in Science from the University of Cambridge, England. After completing his postgraduate training in the United States and England, he returned to Argentina, where he created the Institute of Cognitive Neurology (INNECO), which he currently directs, and the Neurosciences Institute of the Fundación Favaloro in the city of Buenos Aires. Both institutes are international leaders in original scientific publications in cognitive neurosciences.
THE IMMUNE SYSTEM FINALLY COMES OUT OF THE SHADOWS
Live a full, long and healthy life.

After living through the COVID-19 pandemic, everyone talks about our body’s defenses. But do we really know how they work? Although the mainstream press and TV talk shows inundate us with news about viruses, vaccines and some concept of immunology, few of us actually know how the immune system functions. Its importance goes far beyond viruses and vaccines.

“Health comes first.” This is a much-repeated phrase. It turns out that, as Dr. Sari Arponen explains, a well-functioning immune system is essential for full health. Allergies, autoimmune diseases, cancer, inadequate response to infections, healing from injuries... In all these situations there is an imbalance of the immune system.

The author provides us with the essential information to understand how our immune system works and its importance, the consequences of its being out of balance, and the ways in which we can take care of it to enjoy full health.

Everything you need to know to balance, care for and know about your immune system to live the fullest, longest, healthiest life possible.

LIVER CLEANSING
A five-day program to eliminate excesses and reset body and mind.

Eliminate toxins and reset your body and mind in just 5 days.

Our body allows our being to grow, develop, experience and evolve. We know that the body works in a holistic and perfectly coordinated way, but sometimes we need to pay attention to the health of certain organs that play a fundamental role in our well-being.

Carla Zaplana proposes a practical program focused on the liver, an organ that plays an active role in more than five hundred vital functions. The objective is to clean and unclog it, so that we can better process and eliminate the toxic substances that enter our body.

In this book we will explore the impact of toxins on our physical and emotional state and discover all the health benefits of liver cleansing. It not only translates into weight loss and fluid retention, but also helps to combat fatty liver and also reduces generalized inflammation, improves digestion, facilitates restoring sleep and greater mental clarity.

Carla accompanies and guides us step by step in this process so that, dedicating just 5 days a year, we can achieve a complete reset of our body.
I WANT TO SLEEP
Ancient practices of yoga and Ayurveda for a restoring sleep.

Sleep is a biological necessity, essential for the proper functioning of the body. However, almost forty percent of the world's population has difficulty maintaining a healthy sleep rhythm: our eyes refuse to close when we get into bed, we wake up in the middle of the night without being able to go back to sleep or we have strange dreams that keep us from fully resting...

And day after day we dose ourselves with coffee to get through the day while a small voice in the back of our head constantly repeats: I want to sleep!

In this book, which integrates the latest scientific research on the principles of sleep and the biology of the night with the ancient wisdom of yoga and Ayurveda, the teacher Zaira Leal offers the keys to a deep and restful rest. In addition to ancient and modern sleep theory, we will find in these pages numerous physical, mental and spiritual practices, as well as very simple ayurvedic and yogic recommendations for different times of the day that will help us not only to sleep peacefully but also to improve our levels of energy and vitality.

Discover everything you need to know to rest more and better in a totally natural way.

Dr. Ana Molina explains everything we need to know about skin health and skin care.

Healthy Skin, Beautiful Skin
Everything you need to know about skin health and skin beauty.

It is surprising the extent to which skin is involved in our daily lives, much more than we imagine. That's why investing time in taking care of it is one of the greatest gifts we can give ourselves. Ana Molina, a dermatologist and one of the most prestigious communicators, presents Healthy Skin, Beautiful Skin, her first book in which she shares with us everything we need to know to take care of our skin properly and debunk myths and shams promoted in many cases by the beauty industry. Her sage guidance is based on the latest scientific knowledge on how skin functions.

Dr. Molina explains the structure and functions of the skin, what habits we should incorporate into our daily lives to maintain healthy skin and how to prevent aging. She also addresses other topics such as beauty and aesthetic medicine, hair and nail care and the treatment of the most common diseases: acne, rosacea, atopic dermatitis, vitiligo, psoriasis and skin cancer.

Healthy Skin, Beautiful Skin is a complete and accessible guide to everything you need to know to take care of your skin, keep it healthy and make it look beautiful and luminous at any age.

Zaira Leal is a yoga expert and teacher trainer, as well as a writer and health, wellness and Ayurvedic lifestyle coach. An accredited teacher of the Bowspring technique, certified teacher of Anusara® Yoga and Vinyasa Yoga, certified by the Chopra Center for Wellbeing, Zaira has developed yoga and wellness programs for teacher training, adults, women, therapeutic purposes, children and adolescents. She is said to be a “singer and weaver of stories that come true” as she incorporates the beauty of chanting, philosophy and meditation into her classes and coaching sessions.

Ana Molina is a physician specializing in dermatology, trichology and aesthetics. She has practiced as a dermatologist at the Hospital Fundación Jiménez Díaz (Madrid) and is a professor of Dermatology at the Universidad Autónoma de Madrid. She currently dedicates her time to scientific dissemination and communication.
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