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Index

Drawing & Journaling books.................................................................4
Health..................................................................................................7
Healthy eating.....................................................................................10
Inspiring stories..................................................................................17
Mind, Body, Spirit...............................................................................21
Psychology..........................................................................................23
Self-help...............................................................................................31
Sport.....................................................................................................38
CREATE YOUR LIFE
A creative journal to achieve wellness.

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

I started my path to personal growth with creativity. Being creative has healed me and can heal you. I have collected teachings from many authors (writers, psychologists, doctors, religious, artists, dancers, therapists...) and have given them a creative approach to provide you with the tools that will allow you to redraw your life. I am convinced that the creative process can be applied in each and every aspect of your existence. For that reason, I am inviting you to sharpen your pencil.

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

GREEN LIFE, BLUE PLANET
A year of ecological challenges.

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

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

Libros Cúpula | 160 Pages | January 2021
Libros Cúpula | 204 Pages | May 2021

This book combines three current trends: self-help and personal growth, mindfulness, and creative books or notebooks for drawing, coloring, crafts, etc.

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

Murnau den Linden is a journalist specializing in environmental subjects. She studied Journalism at the Complutense University of Madrid, completed a master’s in International Media Studies in Bonn, and is coauthor of What is Bioeconomics. She works in the environmental section of Deutsche Welle, Germany’s international radio station.
MANDALAS FOR WELL-BEING

Discover the mind-resetting benefits of coloring mandalas.

Haven’t you discovered the incredible benefits of coloring mandalas yet?

This book contains almost three hundred attractive mandala designs accompanied by inspirational phrases so you can learn all their benefits. It is divided into five chapters, with different types of mandalas depending on what you need: mandalas to practice meditation, to relax the mind and relieve stress, to increase concentration, to develop creativity and to cultivate self-knowledge.

Reserve some time for yourself every day to connect with the present moment and regain emotional well-being and peace of mind.

Neuroscience theories suggest that the time in is a key element for a healthy mind diet; book some time for yourself every day; connect with the present time, regain emotional-well being.

HEALTH

IT’S THE MICROBIOTA, STUPID!

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

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

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

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

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

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

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

What nobody tells you about your cosmetics.

Are the cosmetics we use safe? Do anti-aging creams really work? How do sunscreens work? Should I use cream indoors? Should I protect myself from electronic devices? What are parabens, aluminium salts, silicones or surfactants?

The new consumer is no longer satisfied with buying a product because of its pretty packaging or because it has a powerful advertising campaign behind it. In an increasingly demanding market, it is important to discover what is behind the cosmetics we use every day, to know more about the chemical formulas they contain, to remove the packaging and understand what we are really buying; in short, to acquire the basic knowledge to decide which products best suit our needs.

Raquel Marcos Esteban resolves these and other doubts in this book and teaches us the science behind the world of beauty.

The whole truth about what is hidden in your toiletry bag.

Raquel Marcos Esteban has a PhD in Chemistry. She studied Chemistry in Madrid and did a PhD in Nanomaterials at the University of Düsseldorf (Germany). With a background in dermocosmetics and marketing, in 2015 she created the blog Ciencia y Cosmética where she answers questions about the cosmetics industry for curious people eager to learn in a clear, easy to understand way.

A SKIN FOR LIFE

The definitive guide to keeping your skin healthy and young.

Dr. Jaén, one of the foremost experts in dermatology in Spain, gives us all the keys to perfect skin care.

In A Skin for Life, he explains the most advanced technologies for the diagnosis of problems and their treatment. From the most common diseases in every age group (dermatitis, acne, alopecia...), to the latest discoveries in cosmetic surgery and anti-aging techniques and preventive advice, Dr. Jaén demonstrates the importance of skin health and prevention as the keys to keeping it in perfect condition.

The definitive book on an increasingly concerning health issue.

Dr. Pedro Jaén is a dermatologist, doctor in medicine and surgery from the Universidad Complutense in Madrid, as well as a specialist in medical-surgical dermatology and venereology at the Hospital 12 de Octubre in Madrid. He is currently Head of the Dermatology Department at the Ramón y Cajal Hospital in Madrid.

THE MENSTRUAL REVOLUTION

Everything you need to know about your hormonal health and your period.

The Menstrual Revolution goes into all the fundamental aspects of having a good menstrual health, such as food, exercise, physical condition, stress and rest ... and delves into the most common menstrual disorders such as endometriosis or polycystic ovary syndrome.

The book is a complete manual that dismantles all the myths related to the menstrual cycle. It will let readers know if their menstrual cycle is healthy, it will discuss the advantages and disadvantages of menstrual hygiene products such as menstrual cups, tampons or sponges. In short, it provides all the tools to acquire a thorough knowledge and understanding of menstruation.

Beyond reproduction, the menstrual cycle is a vital sign of great importance to our health.

Xusa Sanz is a nurse, health educator and nutritionist by profession, specializing in menstrual cycle disorders and women’s hormonal health. She currently works in her private practice where she treats women with menstrual problems and helps them to improve their health. She is a teacher in different training areas, among them the Master’s program of the Aleris Academy “Clinical Nutrition and Applied Dietetics” and co-founder of the Koren Salud training academy in women’s health.
THE KETOBIOTIC DIET
Discover the benefits of healthy fats to balance your weight and improve your health.
Ketobiotic nutrition is a concept that Arantxa Areta has been developing for many years in her practice as a nutrition coach. It is a combination of the concepts of ketogenic and macrobiotic nutrition based on three pillars: ketosis, intermittent fasting and macrobiotic foods.

The purpose of ketogenic nutrition is to enter ketosis, a metabolic process by which our body uses fats as fuel instead of glucose. To get into ketosis you have to greatly increase your intake of healthy fats, moderate protein and finally reduce the amount of carbohydrates.

If we add to this the guidelines of macrobiotic nutrition which is centered on the use of “food-medicine”, we have the basis of KETOBIOTIC FOOD.

This book will familiarize you with all the concepts related to this type of food that will help us to balance our weight and health, as well as recipes specially designed to make your diet varied and savory.

Arantxa Areta is a specialist in energetic, emotional and macrobiotic nutrition, and passionate about cooking and healthy, traditional Mediterranean food. After years of research and experimentation, she has found a way of life that makes it possible to work on the emotions and the mind through food, in order to have a healthier life. She gives online consultations and develops content on her website arantxaareta.com.

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

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

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

Aitor Sanchez, one of Spain’s best-known nutritionists and scientific disseminators, presents his new book Your Diet Can Save the Planet, about the inextricable link between healthy eating and responsible consumption.

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

HAPPY FOOD THERAPY
Nourish your happiness and your defenses by taking care of your microbiota.
In this book, dietician and coach Mareva Gilioz invites us to embark on an integral path of self-knowledge to understand the relationship between the intestine, health and emotions. Through her Happy Food Therapy philosophy, the author provides us with the keys to a healthy diet and lifestyle that will enhance our happiness and good mood and strengthen our immune system. According to the author, if we take care of our microbiota we can prevent diseases and viral infections.

With its rigorous scientific and integrative approach, this guide provides a host of tools to implement physical and psycho-emotional self-care habits: simple routines, reflections to change our mindset, anti-inflammatory nutrition tips and more than 30 pre- and probiotic recipes to embrace a healthier and happier lifestyle.

Mareva Gilioz is an integrative dietitian and coach, specializing in psychonutrition, anti-inflammatory, immunodigestive and emotional diet therapy, personal growth and self-esteem, naturopathy and therapeutic and natural cooking. In addition to her nutrition and naturopathy practice, she collaborates with companies, participates in the media and gives workshops and lectures in health centers.
COOK REAL FOOD
More than 100 recipes for realfooders.

Carlos Ríos has gotten thousands of people to come out of the Matrix and join the Realfooding movement to eliminate the consumption of ultraprocessed foods from their diets once and for all so they can return to eating real food.

In this book, the author explains to us the nutritional patterns of a realfooder, what changes you have to make in your life to transition from unhealthy products to healthy ones, and what myths about cooking a realfooder must dismiss. He also shows us the culinary techniques we should use to cook foods in a healthy way, what basic techniques we should know, and what our pantry should always have to follow a healthy and balanced diet.

In the second part, the book offers us more than 100 never-before-seen recipes that include salads, soups, legumes, cereals, eggs, meats, fish, breads, and sauces. All of them with advice and nutritional information.

In Cook Real Food, realfooders as well as those who aren’t will find out how to follow a delicious diet ultraprocessed foods-free.

Paloma Quintana is a dietician, nutritionist and food specialist. She is passionate about what we term today a “healthy lifestyle”, that is, putting into practice everything she knows about how to improve health, spreading the word about it and getting people to enjoy an active and healthy life.

COOK, EAT AND LOSE FAT
Delicious recipes for healthy living.

We all know that certain aspects of our lifestyle, and especially our diet, are not healthy, but we don’t know how to change them or we don’t muster the will to do so. Cook, Eat and Lose Fat will help us understand how the weight loss process works and what small habits we need to incorporate into our daily routine so that, in addition to losing fat, we can lead a healthy lifestyle.

In this practical and information-packed book you will find:
- Explanations on how the fat loss process works and tips to improve your body composition.
- Small habits to introduce in your daily routine that will make a difference.
- More than 60 delicious, easy and healthy recipes.
- A physical activity plan to achieve your goals.

Paloma Quintana aims to teach us that eating, even if it’s for weight loss, can be a true pleasure, it’s just a matter of taking action!
A DIFFERENT NUTRITION IS POSSIBLE

Enjoy a conscious, integral and natural diet.

Julia Jiménez provides an approach to nutrition that lets us lay the foundations for building healthy and lasting habits. Through self-love and acceptance, we can abandon the crusade against food and a negative personal image.

In a society in which anything but a slim and “perfect” body seems to be singled out and insufficient, it is essential to understand that being slim is not equivalent to being healthy if, in order to stay slim, we must limit food, leisure and happiness. In other words, no matter how healthy, slim or fit we may appear to be, we are not necessarily healthy.

That’s why it’s not only a question of eating well. It’s necessary to go further and learn to nourish ourselves with quality raw materials that help us stay healthy. Above all, however, we must maintain a balance between our body and our mind, learning to lead a life and follow a diet that are more relaxed, conscious and sustainable by incorporating a more holistic view of nutrition because, truly, another nutrition is possible.

A strong message, a vision aimed at redefining the concept of food so that it integrates the body and the mind, as well as minimalism and sustainability.

Dr. Judit Soto teaches us in an easy way that eating healthy and taking care of our health does not have to be boring, but a pleasure.

HEALTH, WITH GOOD REASON

Discover the power of food to prevent disease.

Cardiovascular diseases are the main cause of death. Painless, we do not pay attention to them and that is why they progress in silence for years until the damage appears in the form of heart attack, stroke or angina pectoris. The good news is that we can prevent them with a healthy lifestyle and the aid of an infallible ally within everyone’s reach: the Mediterranean diet.

In this book you will discover what the risk factors are for developing cardiovascular disease, you will learn the mechanisms by which they cause damage to the body and you will also learn to identify them and even calculate your personal risk in order to set goals to easily improve your health.

In addition to all this medical nutritional advice, we will move from theory to the plate. With its more than 50 recipes inspired by the Mediterranean diet and with photographs, this book will teach you how to introduce key ingredients for your health, to cook in a savory way without adding salt and to respect the nutrients of the food to the maximum.

Julia Jiménez is a dietitian-nutritionist specialized in Nutrigenetics, Nutrigenomics, Mindfulness and Emotional Management, as well as Clinical Nutrition, Sports Nutrition and Vegetarian Nutrition. She is the founder and director of the psychonutrition practice No Sé Qué Cenar. She is dedicated to conscious nutrition in her private practice, gives courses, talks and workshops, and promotes through her social networks a healthy lifestyle. She has collaborated as a consultant in different media.

Judit Soto (Barcelona, 1994) is a doctor with a great interest in nutrition, which led her to complete her studies with a master’s degree in clinical nutrition and endocrinology. This passion for healthy food inspired her to create the Instagram account @dracookinghealthy where she combines two of her hobbies -cooking and photography- with scientific dissemination to share with others how to lead a healthier life.
HEALTHY INTERMITTENT FASTING

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

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

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

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

WHAT’S A BLACK MAN LIKE YOU DOING IN A PLACE LIKE THIS

A testimony to experience the reality of racism in our own skin.

For a long time, I hated myself for being black. At home, my whole family ate rice with peanut sauce from the same bowl and sometimes without cutlery, with our hands. Behind closed doors I hated it and wondered why we couldn’t be like everyone else.

With this sentence begins this powerful testimony that reveals the extent to which racism is present in our society and how it conditions people’s lives. What’s a Black Man Like You Doing in a Place Like This is the question that lies behind many of these cases of racism. It is the consolidation of a story in which it is always ‘them’, the outsiders, those who will never be from here.

Gerehou honestly addresses all those who are seeking a personal, direct and well-founded approach to racism in society in the last thirty years. He tries to situate racialized people as political subjects, while unraveling the role between victims and executioners. The author narrates in a didactic, simple and sometimes hilarious tone the everyday racism and the most microscopic discrimination, shedding light on what is not seen and providing a vision of reality beyond victimhood.

Moha Gerehou was born in Huesca, with family origins in Gambia. In Madrid, he trained as a journalist and joined eldiario.es, he became a social media consultant and creates content related to racism and migrations. He militated for several years in SOS Racismo Madrid, where he served as president (2016-2018). He participated in the collective book Lost in Media: Migrant Perspectives and The Public Sphere.

Moha is not satisfied simply by telling the facts. His first-hand testimony shows the price to pay for those who aim for a society that would be better free of any “ism”, including racism.

Lucia Mbomio
I, ADDICT

A personal tale of dependency and reconciliation.

On January 2, 2009, I entered a detox clinic of my own free will. I left behind a trail of self-destruction and an endless succession of dark days full of pain and helplessness.

This is the true story, in first person, of how, with help, I got over my addiction to alcohol and cocaine and managed to take back my life.

I am writing this book for my friends (some of them sadly no longer with us) and many people I don’t know but with whom I share a devastating illness that shatters lives every day.

I don’t have a Gandhi complex, I’m not trying to rival Mother Theresa, I don’t have the least intention of people comparing me to Paulo Coelho, and of course I’m no smarter than anyone else, but I hope that, with luck, with humility, these pages can become a book that will help addicts and those who aren’t addicts to understand there is a way out and that internal and external wounds can be healed.

For the rest—those lucky enough not to fall into the abyss of addiction—maybe this will help explain it from the inside, destigmatizing a hidden taboo that’s talked about in whispers.

Whoever you are, I invite you to accompany me on this trip that was my life—sometimes shadowy, sometimes shameless, terrifying, amusing, with a more than happy end because you wind up with more than a happy end.

I am a normal 19-year-old girl. I am transsexual, yes, but that doesn’t make me less normal, it doesn’t make me a freak, it doesn’t make me less in any way. I have the right to go out in the street, I have the right to do what I like on my social networks and I have all the rights that everyone should have.

A descent into hell and a return to the light.

Javier Giner presents an insightful first-person tale of addiction and the arduous path to recovery. An honest, brave text, sometimes grim, sometimes luminous. Terrifying and entertaining.

MY NAME IS EVA

Born in Pamplona, Eva Vildosola knew from an early age that she didn’t look like the other kids in her class. At 11 years old she began to investigate and discovered that what was happening to her was known as gender dysphoria.

After years of insults, bullying and being misunderstood, both at school and at home, at 14 she decided to end her life. It was a turning point for her, since as a result of this event she ended up in a medical center where she was able to start psychological and hormonal treatment that culminated in a sex change operation at the age of 18.

Eva’s story is a clear example of overcoming and with this book she wants to help all those who are going through a similar situation, but also wants to defend an ever-growing collective which continues to suffer the attacks and intransigence of a part of the population that does not accept it.

Eva Vildosola is a 19-year-old transsexual girl who has seen her Instagram account grow exponentially in recent months as a result of the beating she received in Barcelona and because of which she decided to tell her story. Born in Pamplona, she knew from a young age that something wasn’t right and decided to take the step, after many difficulties and much incomprehension, to change her sex.

WHEN THEY CAME FOR ME

The woman who uncovered the biggest case of police corruption in Spain. A real life riot policeman.

When she joined the Local Police of Palma as one of the first women police officers in Spain, Sonia Vivas observed a multitude of irregularities that led her to report a political-corruption scheme, known as the Cursach case. The accused, police officers, politicians and businessmen, were charged with crimes having to do with sexual exploitation, drug trafficking, crimes against public health, bribery, threats and membership in a criminal organization. By opening up this cesspit, Sonia automatically became the target of a plot that tried by all means possible to ruin her life and remove her from public service.

Written with the pace and tension of a detective novel, When They Came for Me is the memoir of a girl from a poor neighborhood who always wanted to be a policeman and who, after realizing her dream, becomes involved in a plot that almost ruins her life. But it is also the story of someone who understands the struggle for justice as a long-distance race and vindicates the need to renew an institution lagging decades behind the country’s social advances in order to restore to it the dignity it deserves.

Sonia Vivas studied Pedagogy and Social Education and earned a Master’s degree in Forensic Sciences and Health Law. She worked as a human rights trainer in Colombia during the guerrilla disarmament process. In 1990 she joined the Local Police of Palma. She created the Police Hate Crimes Unit, led projects for the protection of the rights of social minorities and assisted women victims of male violence.
LAUGHTER WITH A PINCH OF SALT

The extraordinary journey of a mother and a very special daughter.

What does a comedian, whose job is to make people laugh, do when she gets home and has to get her autistic daughter to simply look at her? In this tremendously moving book, humorist Raquel Sastre recounts her experience as the mother of Emma, diagnosed at a year and a half with Phelan-McDermid syndrome, a genetic disease that causes intellectual disability and the absence of language.

Laughter with a Pinch of Salt is a confessional story devoid of drama about how to face adversity from the moment you learn that your daughter suffers from a disease that will make her dependent for life and how humor becomes an indispensable tool to survive in that new reality. A story of hope that brims with vitality and humor.

The moving testimony of a mother with a daughter with autism who wields humor as a salvation in the face of adversity.

MY BODY, TOO

The fascinating tale of a survivor: her struggle against cancer.

An autobiographical tale without a trace of moralizing. My Body Too is an appeal to honor the voice of the ill and the sick person’s right to their own body, exploring along the way the power relations at play in the world of health care through the author’s own experiences. As with all sicknesses, there are two stories: the official one, the one that appears in the medical records, cold, impersonal, with many omissions (“Twenty-seven-year-old woman, afebrile, with back pain”) and the other one that the first one always hides.

My Body, Too is a testimony about overcoming cancer and a defense of the ill from a humane point of view while also being a brilliant literary exercise.

MINDFULNESS

Mindfulness or the art of being present.

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

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

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

THE INNER PASSENGER

Towards a new paradigm of life and health.

We know we are much more than a physical body, but our own constitution remains a mystery. Focusing on this question, Dr. Nogués’ research opens a new path that integrates the knowledge of science and medicine with the “Perennial Wisdom” of certain writings and millenary spiritual traditions. This book leads us to a holistic vision of the human being as physical body, mental body and emotional body, and gives us the tools to harmonize these bodies with that which defines us and which some people also call soul: our inner passenger.

A very original work that proposes a paradigm shift both in the way we look at reality and the way we contemplate health.
HEAL YOUR LIFE FROM WITHIN

A manual that changes everything.

Everything that happens outside is a reflection of what happens to us inside.

*Heal Your Life from Within* is a manual to learn how to resolve the conflicts that we experience in our lives, becoming aware that everything starts from within us, from our way of thinking and interpreting what happens to us.

We live disconnected from ourselves or overwhelmed by our negative emotions, trapped and indecisive in a vicious circle of fear and anguish that we don’t know how to stop.

What we think is never what we should be thinking,...
What we feel is never what we should feel,...
What we do is never what we should do...
What happens to us is not what ought to happen....
What is, is not as it should be:...

This book offers us the necessary tools to break those thought patterns that keep us trapped in negativity and despondency and thus achieve the balance and serenity that allows us to live fully.

**Alicia Sánchez** defines herself as an inquisitive, self-taught woman. Her eagerness to understand the world around her and her constant inner search have led her on a fascinating path of self-knowledge and personal growth, which she has placed at the service of others. A specialist in creative visualization, she tries to transmit the simple point of view that has been changing her life in courses and conferences that attract a growing public.

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

RESET YOUR MIND

Discover what you are capable of.

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

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

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

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

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

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

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.

WHEN LOVING TOO MUCH IS DEPENDING TOO MUCH
Learn how to overcome emotional dependence.
Are you trapped in a relationship in which you’re not happy? Do you feel that you’ve lost control of your life and that you’re conditioned by your partner?

We know that there are never any guarantees in a relationship, but some people get hooked, generate toxic bonds with the other and, without realizing it, begin to lose control of their own lives. Those who suffer from emotional dependence have an erroneous concept of love and believe that it is always linked to suffering. As a result, they cease to be who they were, their vitality is extinguished, their illusions disappear and their whole life revolves around the other person. That person with whom they are not even happy.

Silvia Congost, psychologist specialized in the treatment of emotional dependence, offers you a manual that will help you become aware of the situation you are in and, in a clear and amenable way, will guide you to find your inner strength, the only strength that will allow you to free yourself from your situation of dependence and start moving towards your true purposes.

The definitive guide to learn to believe in yourself and be able to achieve all the challenges you set yourself.

THE SELF-ESTEEM BOOSTING BOOK
Believe in yourself and reach your goals.
If we analyze most of the psychological problems that cause insecurity, stress and even depression, we will find that they are based on a lack of self-esteem. Having good self-esteem is not about believing that we are better than others or that we are more confident in defending our positions or interests, but it is based on believing that we have the necessary skills and resources to be able to successfully face the challenges that life presents us with.

This book proposes a simple and efficient method to improve our self-esteem, learn to be assertive and develop our full potential. With clear explanations, multiple tips and countless testimonials, the author shows how to live a fuller and more fulfilled life.

The definitive guide to learn to believe in yourself and be able to achieve all the challenges you set yourself.

Silvia Congost is a psychologist specializing in self-esteem and emotional dependency. She now works as a psychologist and leads self-esteem and personal growth groups. Her success derives from her ability to provoke the changes a person needs in less than ten sessions. All of her clients attest to her effectiveness, as do numerous testimonials.
SCARS DON’T HURT
How to heal our wounds and undo emotional knots.

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

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

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

Planeta | 240 Pages | March 2021
Psychiatrist Anabel Gonzalez teaches us how to heal our wounds and overcome emotional blocks through a revolutionary therapy: EMDR.

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

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.

Planeta | 288 Pages | February 2020
If it’s obvious that what we want is to be happy, why do we make it so hard for ourselves to achieve it?

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

The international best-seller sold in 10 languages!

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

MARIAN ROJAS ESTAPÉ

CÓMO HACER QUE TE PASEN COSAS BUENAS

Espasa | 232 Pages | October 2018

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

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

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

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

Don’t Be Afraid to Be Right

A guide to success and disobedience.

How many times has this happened to you? You hear the people around you repeating over and over these slogans they’ve heard, certain that imitation and acceptance of established rules is the only right road. But what if the voice that tells you to question them is the right one?

Don’t Be Afraid to be Right is a clarion call to break the mold, to generate influence, and to change the rules of the game. An extraordinary guide to achieve success based on a series of conversations with the most brilliant, disobedient, and visionary minds of our times. At a moment when nostalgia for a supposedly stable past is growing stronger and stronger, we want to invite you to lose your fear of change and, above all, to express your opinion.

From business to show business, via politics, art, gastronomy, and philosophy, all the voices gathered here have something valuable to share with you: the experiences that led them from doubt to success thanks to the brave choice of breaking the mold.

With the collaboration of:

Nadya Tolokno (Pussy Riot), Héctor Ayuso (OffF Festival), Leoluca Orlando (Mayor of Palermo), José Andrés (Chef), Ada Colau (Mayor of Barcelona), Bad Bunny (Musician), Toyo Ito (Architect), Pablo Díaz-Reixa “El Guinecho” (Producer of La Rosalía), Alex Honnold (Climber and world record holder), Clare Farrell (Co-founder of Extinction Rebellion), Yalitza Aparicio (Actress), Sergio Caballero (Co-founder of Sónar), Vincent Stanley (Director of Philosophy at Patagonia, INC.), Rita Indiana (Writer), Aleix Sanmartín (Political scientist).

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.

Vincenzo Angileri is a creative director and strategic consultant. He lives between Barcelona and Mexico City and is the Head of Education at Acid House in association with Elisava and Vice Media. His recent positions include Director of Narrative at Folsch Studio. Don’t Be Afraid to be Right is his first book.

Leoluca Orlando

Being heretic and being disobedient is a confirmation of freedom.

Zenith | 288 Pages | April 2015

Temas de Hoy | 272 Pages | January 2021

RIGHTS SOLD TO:

Éditions First (France).
MEDITATION FOR URBANITES

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

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

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

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

We were born to be happy, not perfect.

**César Ortiz** entered university at seventeen and by twenty-three he had completed three university degrees related to educational sciences: English, Physical Education and Pedagogy. He earned the title of Coach specialized in Personal Growth and the Law of Attraction. Today, he continues to train and reinvent himself in the fields of NLP, mindfulness and others.

**Maria Pasión** is an expert coach in love relationships and has developed her own method, Love Coaching, to help singles and couples in crisis. She has written twelve books and is a consultant on love for *Revista Semana*, *Pulzo* and the dating portal Meetic. She is a journalist and holds a PhD in Applied Creativity in Psychology. She also holds a Master’s degree in Editing and First Person Writing from the University of California, Los Angeles.

**LIFE IS DAMNED GOOD**

Accept yourself. Love yourself. Take the reigns of your life.

Here are the steps to learn to love yourself more and start enjoying life to the fullest: spend time with yourself, dare to be yourself, complain less and enjoy yourself more and, finally, always keep in mind the child you once were, whose hopes and enthusiasm are still alive inside you. This book will convince you that Life Is Damned Good, you just have to learn to extract all it has to offer.

**FLIRTING IS EASY IF YOU KNOW HOW TO DO IT...**

A manual for singles who want to stop being single.

Finding a partner can be a very difficult challenge if you don’t know where to start. Whether you are looking for a stable relationship or a one-night stand, how we seduce and how we behave is important and can help us find that person we have so long been looking for.

*Flirting Is Easy, if You Know How To Do It...* will teach you all about social networking and seduction. María Pasión publishes the definitive instruction manual for flirting where you will learn what kind of flirt you are, how to flirt at different ages, how to behave on dating apps, tips for chatting and what you should never do on the internet, keys to sexting, how to lose your fear on the first date or how to exploit your image to the fullest.
**The Power Of Trusting Yourself**

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

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

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

**Now It’s Your Turn To Be Happy**

Enjoy the present and make good things happen.

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

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

The first one consists on deciding. What do I really want and what dreams do I choose to turn into reality? Then we will need to believe that we are going to achieve what we decide. Once we decide to go for a dream we will trust fully that we will achieve it. The third step consists on going into action. And finally, we must be able to keep it up. A lot people forget about “maintenance work”. Everything that we conquer we need to keep it or we will lose it. Therefore it is vitally important to preserve enthusiasm and good habits, and to define what our most important dreams in the medium and long term are, that is, our project of a lifetime.

In these difficult moments, when a pandemic has shaken the world, all of humanity feels the awakening of a much greater and more powerful desire to be happy, to go for their dreams, to make the most of the gift we have in our hands: life and the opportunity to achieve happiness.
THE LITTLE BOOK OF RELATIONSHIPS
49 reflections to optimize your relationships, because investing in our relational capital is the best investment.

Through his experience and knowledge, Antonio Moar addresses the seven types of relational capitals that shape our lives.

Do you want to have healthier and more productive relationships? With this book you will learn in a practical and real way how to relate to yourself, your family, friends and partner and, not least, your boss, your team and your clients.

Antonio Moar is a regular lecturer and collaborating professor with several prestigious institutions and companies. Since 2010, he has been working on a molecular management project aimed at empowering key executives of companies.

THE LITTLE BOOK OF HAPPINESS
A book that combines theory and practice, data and anecdotes for you to become a real happinessologist!

There are two types of people: those who see things happen and those who make things happen. The same goes for happiness: there are those who decide to be happy and those who decide not to be happy.

Happiness is not a supernatural gift, a good that only a privileged few can enjoy. There are certain attitudes and mental predispositions that nurture happiness, and cultivating them is within everyone’s reach, as demonstrated in this book by the comedian and screenwriter Ángel Rielo. When bad moods, aggressiveness and the law of the loudest barker reign, when people go through the world dog-faced, this small manual stands up for the opposite: positivism, optimism and joy can achieve great transformations, starting with ourselves.

THE LITTLE BOOK OF LOVE
Everything you need to know to love, love yourself and be happy loving.

Written in a clear and amusing way, this book explains the history of love and how it came about. But not only that, it also describes the different types of love that exist and the most important stories, legends, movies and songs on the subject.

Accompanied by Marwan, the great love expert, Rielo answers all the questions we may have about love and offers us a series of exercises and tricks to put his teachings into practice.

After a life dedicated to scenic art, music and humor and following his strong creative impulse, Ángel Rielo became a Happinessologist. He created Happinessology when he realized that his place wasn’t in the coaching world.

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

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

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

STRONG AND FREE NOMADS
Proposals for extraordinary times.

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

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

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

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

Éditions Solar (France).
I RUN AND I AM A WOMAN
How taking that first step can change your life.

Running can be the catalyst you need to dare to do anything and trust in yourself. To believe and to create. Erica Sanchez, from her platform I Run and I Am a Woman, encourages thousands of women every day to take that first step that can change their lives, opening the door to a future with less fear and more self-esteem, more strength, optimism and ability to take charge of their projects. In this book, Erica opens her heart to us and from her powerful personal story, she gives us practical advice to get started in running, and helps us to stay motivated when we feel like quitting.

A book full of experiences, dreams and tips to gain self-confidence, security and self-esteem.

This is the inspiring story of a woman who started in the world of running at age 27 and lost 35 kilos, which helped her overcome her fears and keep fighting for her dreams.

Gloria Morales has been involved with dance all her life. On a trip to the United States in 2013, she noticed the great demand for ballet classes for adults. Motivated by the rise of Barre, the discipline that brings ballet to adults without previous dance training, she developed a training plan based on ballet exercises combined with fitness to bring its benefits to everyone, making ballet an inclusive and non-exclusive activity.

BALLETS FITE
The method that will change your body.

Ballet Fit is one of the world’s hottest trends in sports and fitness. Gloria Morales, the maximum representative of Ballet Fit in Spain, offers a complete plan of ballet workouts combined with fitness elements to improve overall strength, coordination, toning, balance and flexibility. In addition to burning fat, toxins and releasing tension through body awareness and personal growth, people who practice this discipline achieve a more harmonious and elegant figure, like that of professional dancers.