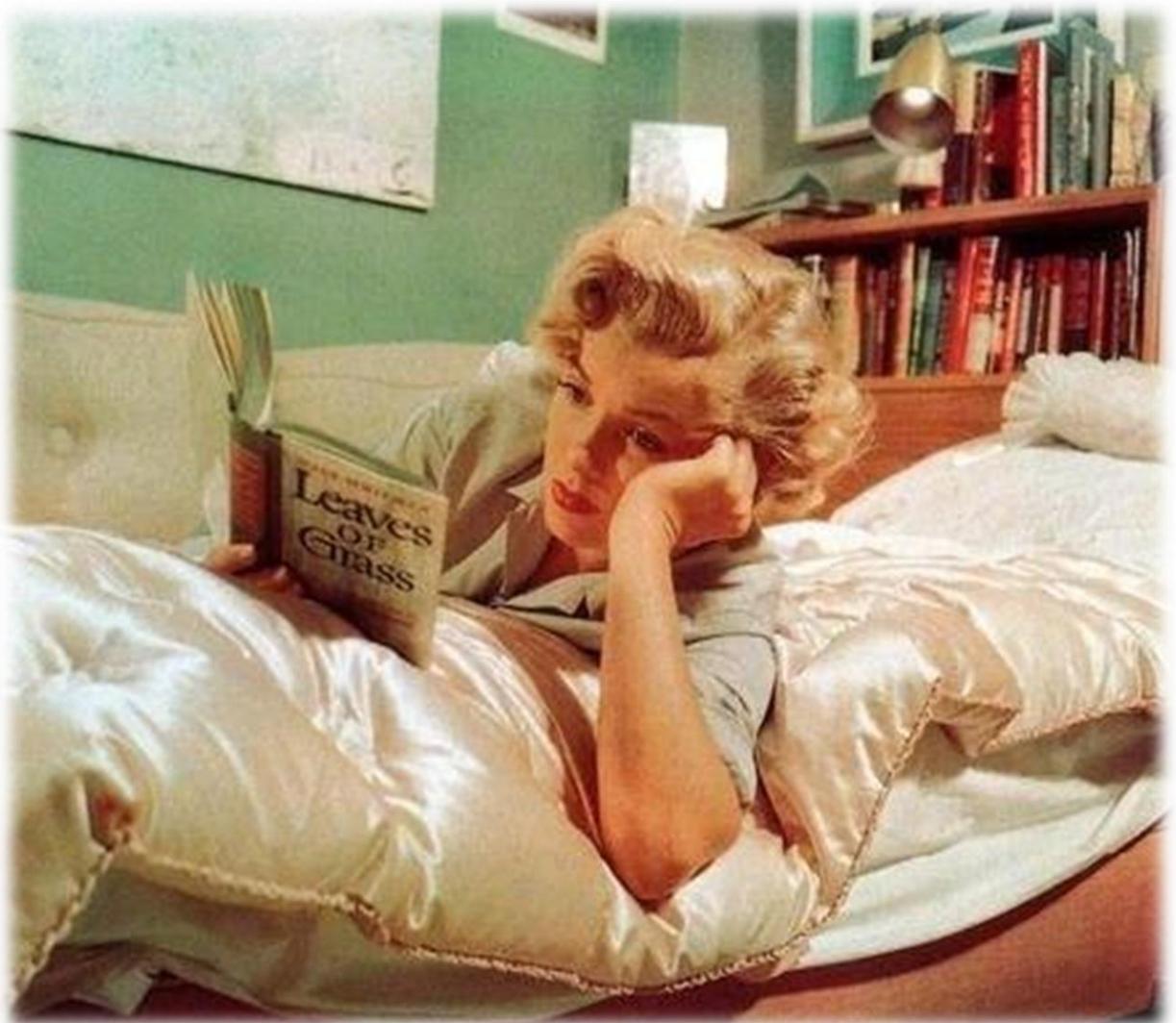


NON-FICTION

POPULAR

LONDON 2018



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Atlas of an Spherical Passion

Toni Padilla & Pep Boatella

FOOTBALL

ATLASES



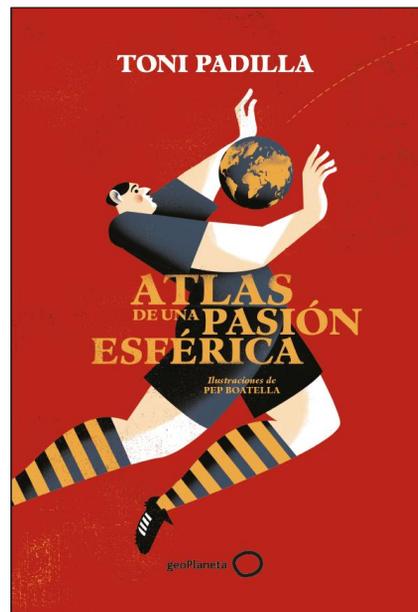
Football has become a symbol of our times. No other sport moves so many passions, so much money, and so many people. Few parts of the planet have escaped the passion for this old game, the stories behind which make it possible for us to travel through the history books and across the maps of the world.



What better than an illustrated atlas to discover some of these stories, which tell us why football is one of the greatest passions on the planet.

Toni Padilla. Journalist and historian. He currently edits the sports pages of the newspaper *Ara*, participates in numerous programs and broadcasts for BeIN sports, and collaborates with such media outlets.

Pep Boatella. Illustrator and graphic designer. He studied in the Escola Massana in Barcelona and has worked consistently for magazines, agencies, and publishers since 2009.



144 pages | November 2017

Atlas of Good and Evil

Tsevan Rabtan & Alejandra Acosta

HISTORY

ATLASES



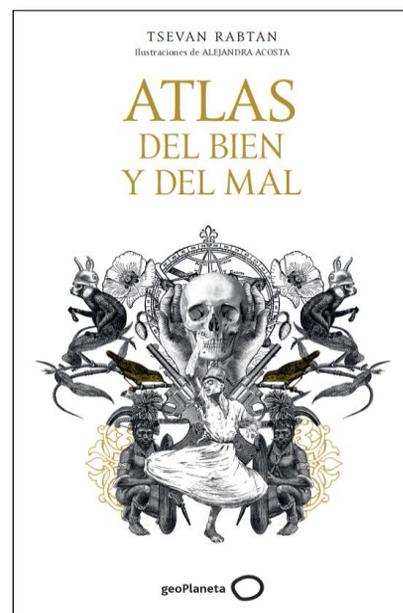
The *Atlas of Good and Evil* offers us a voyage through different eras via historical miniatures in which we see how far mankind has been capable of going, both in its commitment to moral values and in its atavistic hatreds, lust for power, and the monsters produced by the sleep of reason.



A lavishly illustrated book bringing together 31 historical chapters from five continents to assemble a stirring mosaic of the human condition.

Tsevan Rabtan conceals a Spanish lawyer and a lover of the extreme sport of after-dinner polemics. Usurping the name of the Dzungarian Mongol autocrat and turned into a second identity.

Alejandra Acosta is a graphic designer and illustrator, she lives and works in Santiago de Chile.



144 pages | November 2017

Rights Sold to: China (Shanghai Insight Media Co.).

This Is How You Rule the World

GEOPOLITICS

CURRENT AFFAIRS

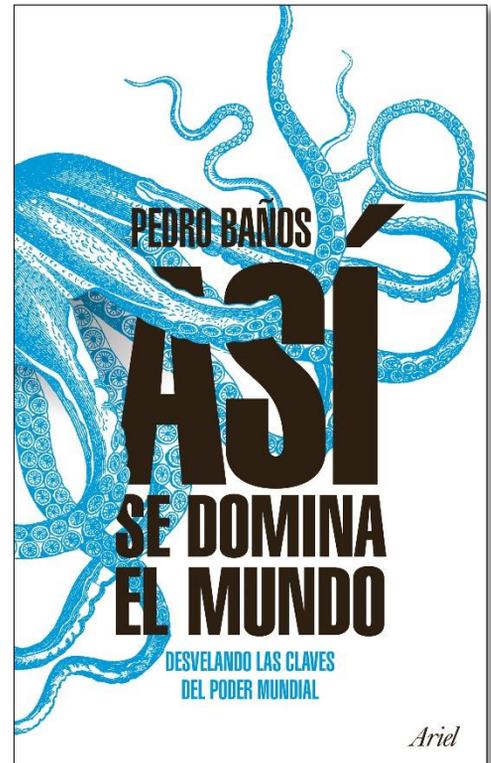
Pedro Baños

Ariel

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

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

Colonel and strategy expert Pedro Baños guides us through the unknowns of this game of domination among the countries and unveils for us the tricks and keys to global power, a set of efficient universal rules to achieve our objectives by manipulating our adversary: the *Dissuasion Strategy*, the *Kick Down the Stairs*, the *Nightclub Bouncer*, *Impoverish and Weaken Your Enemy*, *Simulate and Dissimulate*, *Creating Necessity*, *You're Out and I'm In*, *He Who Cuts the Pie Keep the Biggest Slice*, *Minimum Effort*, etc.



472 pages | November 2017

**12,000 copies sold
in Spain**

**English sample
translation available**



**Alliances, manipulation, rivalry, psychological warfare...
Better than *Game of Thrones*: the core principles of geostrategy...
Unveiling the keys to world dominance.**

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

Rights Sold to: Germany (Heyne Verlag), Portugal (Clube do Autor) and United Kingdom (Ebury Press).

Frida Effect

Susana Martínez Vidal

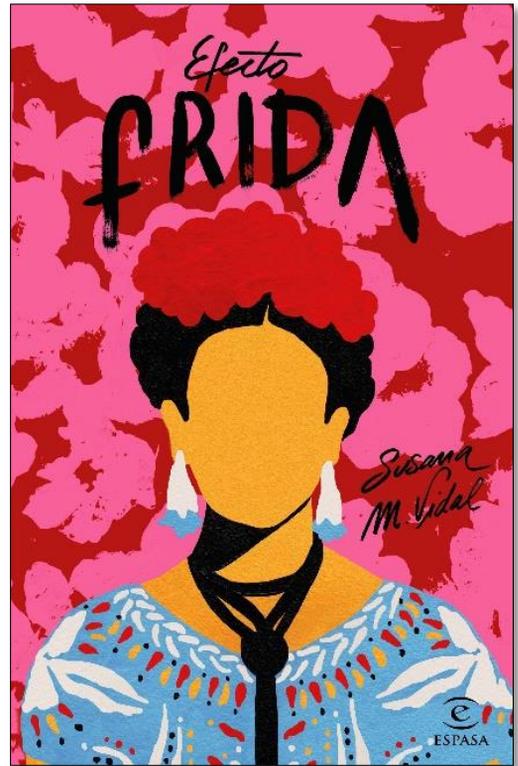
FEMINISM

CURRENT AFFAIRS



Susana M. Vidal has devoted herself to researching Frida Kahlo's influence on popular culture, art, fashion and the feminist movement. Fruit of this work is her *Frida Kahlo: Fashion as the Art of Being*, published in 2016. Since its publication, the author has been asked by important institutions to give lectures on the singular Mexican artist, presenting her as a vital and dynamic example.

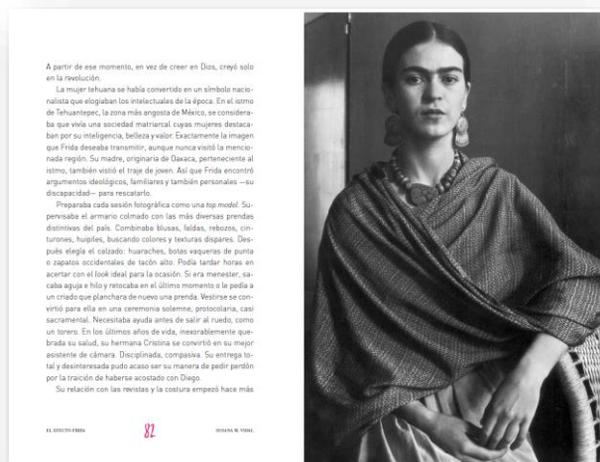
In this book, she discusses how Frida Kahlo has become a symbol of women's empowerment, why she is so inspiring to artists (from Madonna to Jean Paul Gaultier), and how she demonstrated that femininity and feminism are not only compatible, but that an alliance between them is absolutely necessary to achieve equality.



Feet, why do I want them if I have wings to fly with.

Frida Kahlo.

320 pages | May 2018



Susana M. Vidal is a journalist specialized in fashion and for many years she was director of the Spanish edition of *Elle* magazine. She has long devoted herself to investigating the influence of Frida Kahlo's legacy in different areas and has published *Frida Kahlo: Fashion as the Art of Being* (Assouline Publishing Inc. USA).

Leticia Dolera



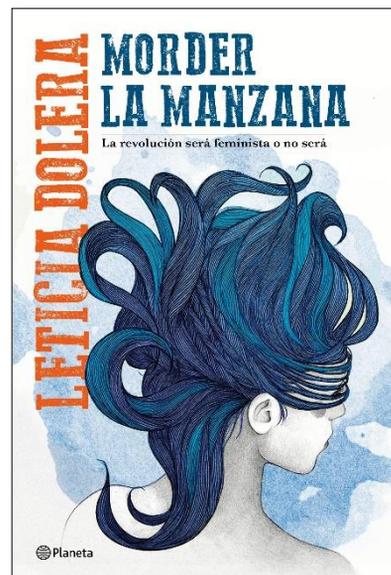
This is one of those essential books born of necessity and urgency. Leticia Dolera needs to tell us why she is a feminist and why all of us should be one. A life path that has brought her into contact with inspiring people, revealing readings, stories of experiences – good, bad, and worse – lived through by the author herself, or by those close to her.

This book is also the story of brave women who marked out a new trail, whose example helps us to awaken our conscience and also to teach younger people. Starting with Eve, the first one to bite the apple, this is a story about all women. Because Leticia Dolera invites us to embrace a cause, one shared by all of us who dream of a just society.



The Revolution will be Feminist or it won't be at all

Leticia Dolera is an actress and film director. In 2015 she wrote, directed and starred in her first film, *Requirements to be a normal person*, which won the awards for best novel script, photography and editing at the Malaga Festival and was a finalist for three Goyas: best novel direction, best editing and best revelation actor. Faithful to her feminist convictions, in August of 2017 she starred in the "No es no" campaign of the Madrid City Council against sexist violence.



288 pages | February 2018

The Man We Should Not Be

Octavio Salazar



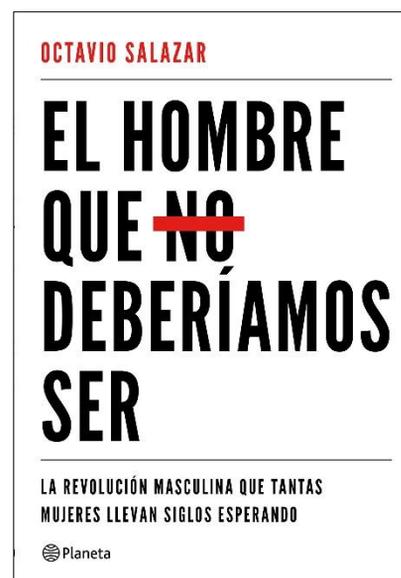
A manifesto that aims to establish a new social contract between women and men. Because it's a must that we build a more equitable world, a juster and more inclusive one. And it's a must that we do it now.

“This book isn't a memorial to all the cruelties that we men, as privileged subjects, have committed through the course of history. This book doesn't pretend to be a settling of accounts with men – but with the patriarchy, yes. This book looks at the present, and above all, at the future. Because what it attempts to do is put men in front of the mirror so we can reflect on all those things we shouldn't be and see the path we should take to rebuild ourselves in a new way. New men who can make possible the end of a society in which we will no longer be the powerful and women will no longer be the oppressed.”

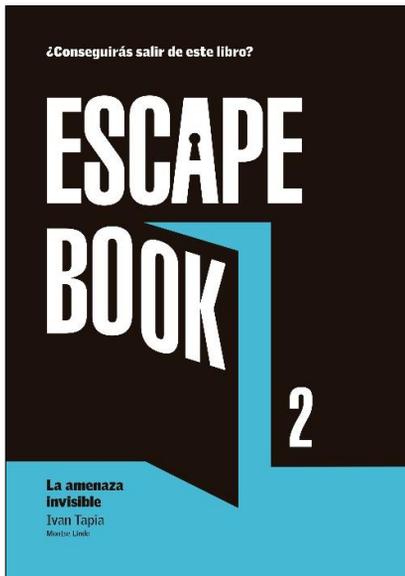


The men's revolution that so many women have been waiting centuries for

Octavio Salazar is a professor of Constitutional Law at the University of Córdoba and a member of the Feminist Network of Constitutional Law. He is personally and professionally involved in the struggle for gender equality.



96 pages | January 2018



ESCAPE BOOK 2. The Invisible Threat.

The editor of the newspaper where Candela Fuertes works is hospitalized because of a car crash. However, the ‘accident’ was actually an attempted murder. The motive: an investigation into the use of cancerous pesticides. Candela will take up the case where her boss left off and travel to the main European capitals to get to the bottom of the mystery. She has 60 days before the European parliament votes on the regulations concerning these pesticides: Candela has no time to lose.

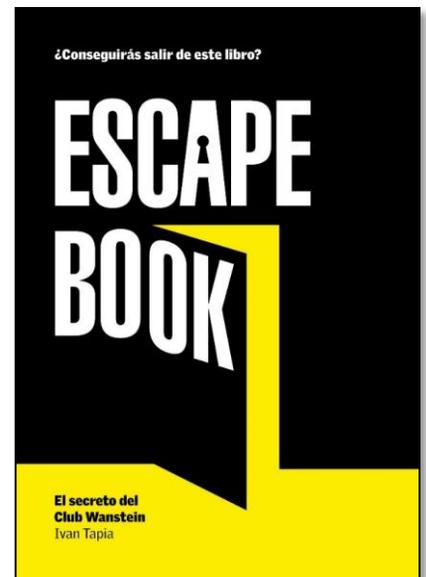
176 pages | November 2017

The successful Escape Book series has been translated into 8 languages!

ESCAPE BOOK. The Wanstein Club’s Secret.

Candela Fuertes is 28 years old and works as an investigative journalist specializing in economic and financial crime. She is trapped in a labyrinth and has just 60 minutes to escape and reveal the secret plans of the businessman Anastás Vecla and the Wanstein Club. The reader joins Candela in her trap and will be forced to draw on all their ingenuity to solve puzzles, optical illusions, conundrums and anagrams to make progress and finally escape both the labyrinth and the book!

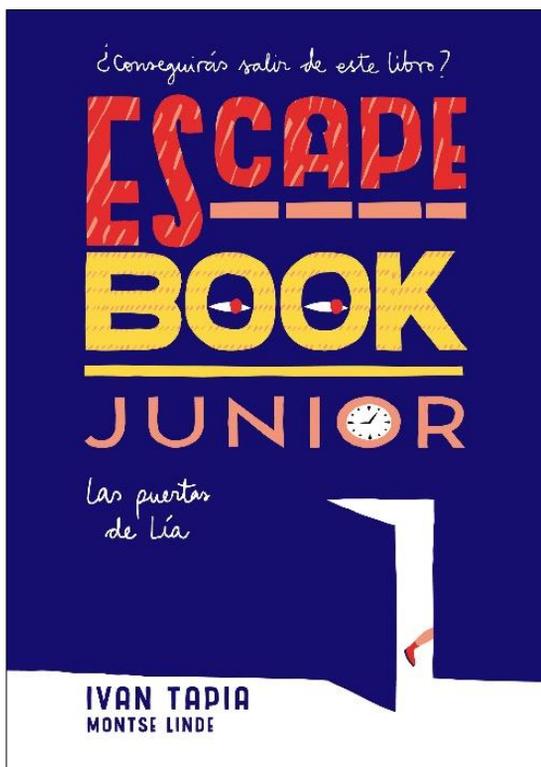
Will you be able to escape the book?



176 pages | February 2017

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

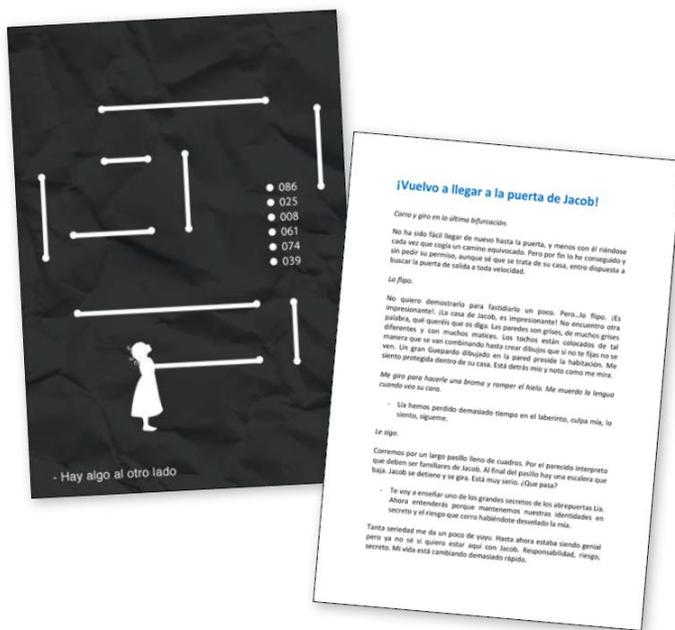
Rights Sold to: Brasil (Universo dos Livros Editora), France (Éditions Solar), Poland (Czarna Owca), Portugal (planeta Manuscrito), Russia (Eksmo) and UK (Aurum Press).



112 pages | November 2017

ESCAPE BOOK JUNIOR. Lía's Doors.

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



- ✓ For kids from 8 to 12 years old!
- ✓ Stretch your brains and unveil the enigmas.
- ✓ A fully interactive book to be completed on your own or in a group with an optional time limit!



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

Mystery Book

Ivan Tapia

BOOK GAME **MYSTERY BOOK**

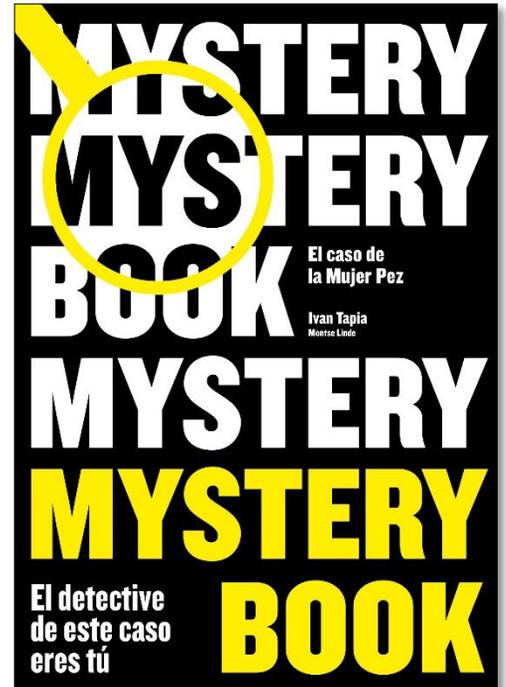


The Fish Woman has been killed, and it's up to you to make sure the case gets solved. Investigate, deduce, look for clues, follow the signs, and find the guilty party.

When the Circle of Freaks arrives at the village of Leondina, all the inhabitants are shocked by the group: the Siamese twins and their dogs (also Siamese), the Man With Two Faces, the Bearded Lady, or the Dwarf Antón. All of them stay at Casa Amián, where they will meet the Silly Girl – no one knows where she came from, but she is always sitting in a chair in the back of the dining room – and Blind Matías, who sleeps in the kitchen in exchange for telling tales of terror.

The owners of the place can hardly imagine that they will find themselves in the middle of one of the strangest crimes of all time.

How does it work? First comes a story (15-20 pp.), and then, with various sections offering resources (characters, places, objects), the reader investigates like a detective and discovers who the killer is.



176 pages | April 2018



In this book, you are the detective. Look back over the interviews with all these bizarre characters and find out who killed the Fish Woman before there are more deaths in the village.



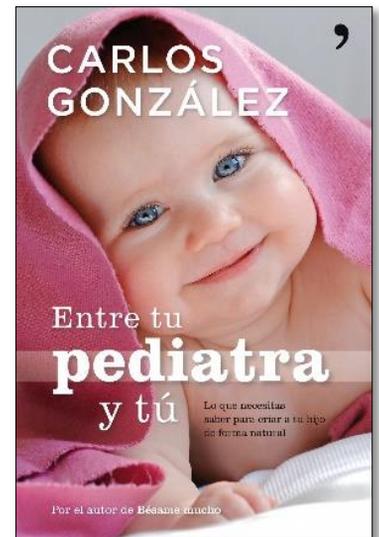
Ivan Tapia is the founder and designer of enigmas for Cocolisto, an intelligent leisure business that works for companies such as Danone, Sanofi, Everis, Banco Santander, Torres and ESADE. He is the director, scriptwriter and dramaturge of Escape Show, an enigma-based performance at the Teatro Poliorama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



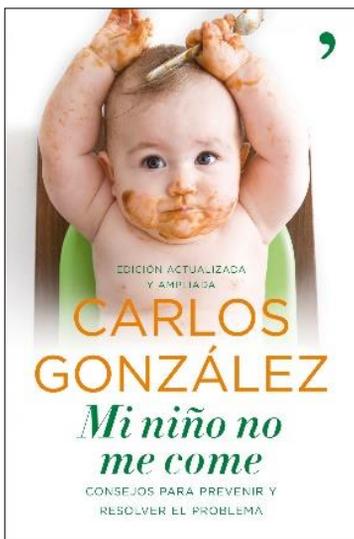
Kiss Me!



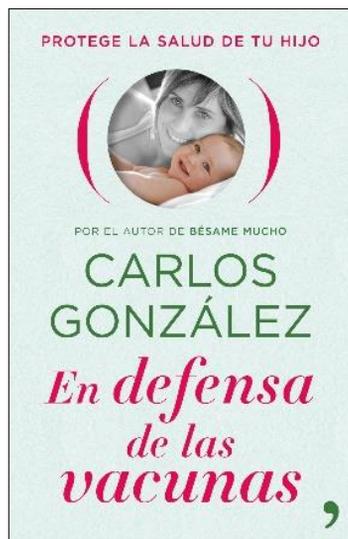
A Gift for Life



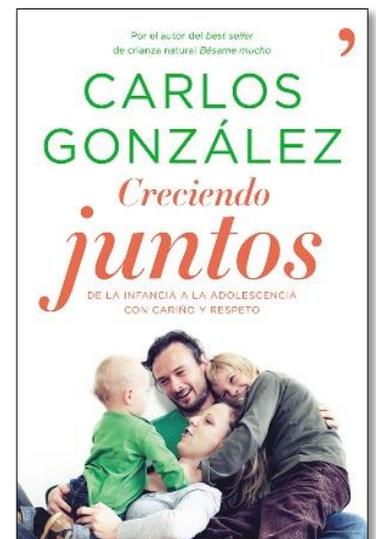
Between Your Pediatrician and You



My Child Won't Eat



In Defense of Vaccines



Growing Up Together



Carlos González is our more prestigious pediatrician in Spain, with **over 500,000 copies** of his books sold and translated into **18 languages**: Azerbaijani, Brazilian, Russian, Catalan, English, French, German, Italian, Japanese, Polish, Portuguese, Romanian, Serbian, Slovene, Taiwanese, Turkish and Vietnamese.

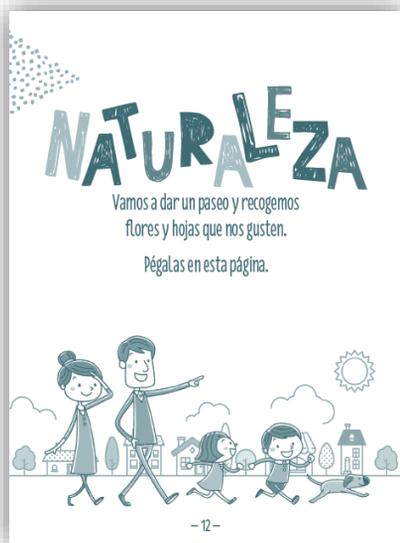
Carlos González received his Medical degree from the Universidad Autónoma de Barcelona. He is the founder and president of the Catalan Association for Breastfeeding (ACPAM) and currently gives courses on breastfeeding to medical professionals. He is one of the greatest exponents in the Spanish speaking countries in not conductive methods.

A notebook that proposes different activities families can engage in away from new technologies, a tendency that more and more mothers and fathers are calling for.

We will sit down, open this diary, and do some of the activities inside while we spend time together as a family: we'll play, imagine, use our hands... the important thing is to be together and take advantage of this time in each other's company without interruptions.



224 pages | June 2018



Spend time together with your family!

María Regueiro (Madrid) studied psychology, but has never considered herself a psychologist. She has long worked in market research, a versatile and dynamic field that requires constant evolution. But the true revolution for her was motherhood: the arrival of her children turned her into a more open and flexible person with a desire to improve in all senses.

María Zabay & Antonio Casado



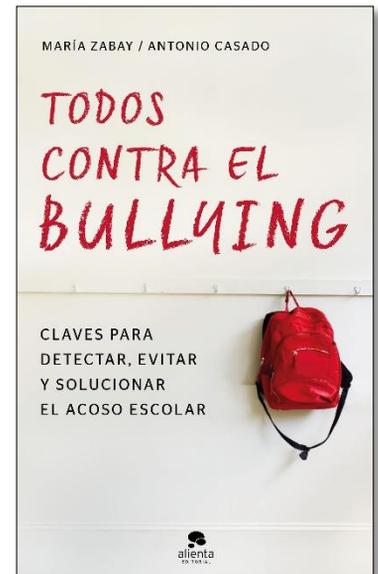
This book is the result of María Zabay’s research as a journalist and Antonio Casado’s experience and expertise as a lawyer specializing in bullying. It contains twenty brief chapters that answer very interesting questions or reveal typical patterns of bullying. Antonio Casado gives advice about the legal steps to take, as well as information on the case of Lucía, a thirteen-year-old girl who committed suicide in January of 2017 (Casado was the family’s lawyer). The book also offers expert opinion on the subject, victims, and those close to them.



Find the keys to detecting, avoiding, and solving harassment at school

María Zabay has a degree in Law, but her professional career has always been linked to the media. She is currently director of content in Spain for the international production company Digital TV Group.

Antonio Casado is an economist and criminal lawyer, and specializes in bullying.



242 pages | March 2018

Is it Me or It Is Too Hot in Here?

Charo Izquierdo & Laura Ruiz de Galarreta

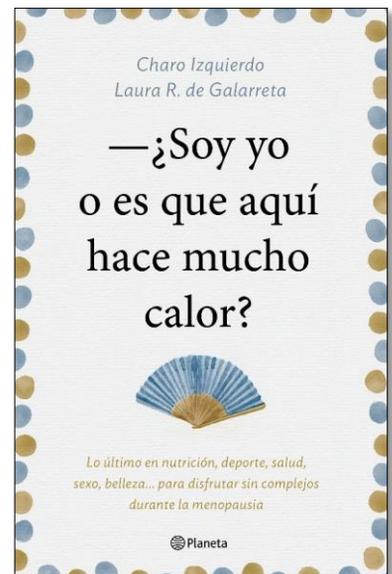


The most complete and up-to-date book on menopause: symptoms, remedies, and advice for living fully during this stage of life. We all know it’s coming, even if we don’t know when. You watch it approach in silence, and most of the time, you suffer through it in silence. Judging by the evidence, our ultra-modern age isn’t as modern as it’s cracked up to be, and menopause remains one of the great taboos in our society, even well into the twenty-first century. This book explains accessibly and in detail everything you need to know about menopause: from the hormonal revolution and recommended medical treatments to the best nutrition and exercise to everything related to beauty routines, mood, and sexual activity.



The latest in nutrition, sports, health, sex, beauty... to enjoy menopause without shame.

Charo Izquierdo is a journalist and writer, director of the Mercedes-Benz Fashion Week Madrid fashion show. She has devoted a large part of his professional life to women. She is a lecturer and professor in different master degrees. **Laura R. de Galarreta** is a journalist. She worked in the Ministry of Education, Culture and Sports. Associate professor at the School of Communication of the University of Navarra and president of the Spanish Association against Cancer in Madrid.



420 pages | January 2018

The Recipes of Get Thin and Stay Thin

Ángela Quintas

DIET

HEALTH



Easy, varied, and healthy menus.

More than 90 easy and delicious recipes to put in practice the method that has changed the lives of thousands of people.

Clear away your doubts once and for all with the revolutionary diet that will help you lose weight in a healthy and pleasurable way, forever.

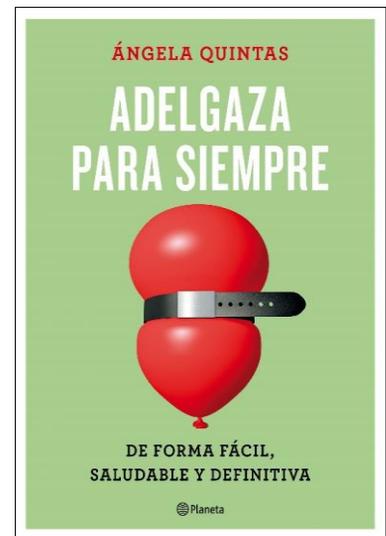


Team up with your body and... slim down forever!



352 pages | January 2018

Over 50,000 copies sold in Spain.



288 pages | January 2017

In contrast to miracle diets, Ángela's method isn't just effective in the short term, it is also realistic in the mid to long terms: it is 100% healthy, there is no rebound effect, and it teaches us how to eat well and understand the importance of proper nutrition. This book will help you to start to eat healthily today so you can achieve and maintain your ideal weight once and for all.



The definitive nutritional plan for achieving and maintaining your ideal weight.

Ángela Quintas has a degree in Chemical Sciences, specializing in Organic and Clinical Chemistry and a Masters in Diets and Human Nutrition. For over 15 years she has run her own nutritional agency, which has become one of the most successful in Spain.

Rights sold to: Italy (Nutrimenti).

My Diet is not Lame Anymore

Aitor García Sánchez

Eating correctly is very complicated, especially considering the fact that we are surrounded by myths and deceptions related to nutrition, that make it a near impossible task. In *My diet Limp*s, Aitor Sanchez showed us that dismantling these myths is not that difficult, and that to stop eating poorly is possible. But how?

In this new book, the popular nutritionist proposes ten easy steps to regain control and to finally stop our diets from limping. Divided into three sections and a special bonus track for nutrifreaks, we will not only learn to reorganize our pantry or to read labels, but we will also discover very useful recipes and practical tips to sort out the nutritional chaos in which the industry has plunged us. The more daring, in addition, will have the opportunity to learn how to ensure that their nutritional needs go hand in hand with their deepest political, social and environmental beliefs.



Prologue by Ferran Adrià

The practical guide for healthy eating without complications

My Lame Diet

Aitor García Sánchez

Aitor García Sánchez presents a book that debunks myths about the food we eat every day. Who hasn't heard, and repeated, phrases such as 'Fat is bad for you', 'You need to eat fewer calories to lose weight', 'Breakfast is a key part of a healthy diet' or 'Eggs raise your cholesterol'? In *My Lame Diet*, Aitor Sánchez debunks many of the myths related to food and explains what is true and what isn't about the beliefs that often arise from a lack of real information, misleading advertising from the food industry and even social dogma.



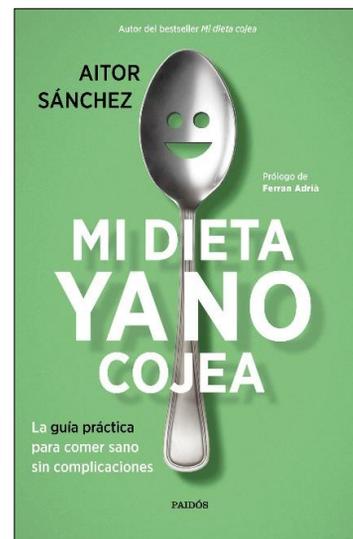
The main objective is that the reader develops a critical awareness and learns more about the main concepts related to healthy nutrition.

Over 30,000 copies sold in Spain!

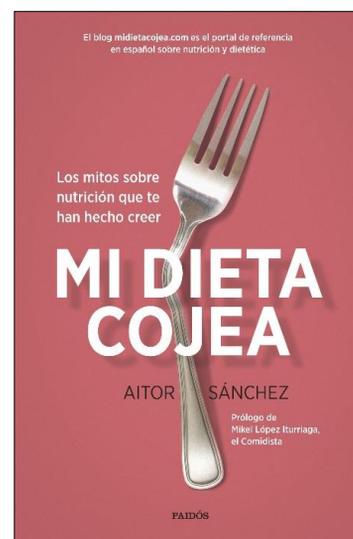
Aitor Sánchez (Albacete, 1988) is a nutritionist-dietician and food expert. He started out by doing research for his doctoral thesis at several different academic centres. In 2011 he entered the world of education with the creation of the blog **midietacojea.com**, which led to contributions to media outlets in Spain. He now works with Ferran Adrià in El Bulli research laboratory.

DIET

HEALTH



256 pages | March 2018



240 pages | September 2016

Live to 100 the Japanese Way

Junko Takahashi

Japan has the most centenarians in the world. But even more notable is their quality of life, which is far better than one would generally suppose for such elderly people. This is the story, with concrete facts, of these centenarians and the habits that have lengthened their lives. What do they eat? How long do they sleep? What do they believe? Are they still professionally active? In this book, all these questions are answered by people such as Mieko Nagaoka (100 years old), Hidekichi Miyazaki (104), Doctor Shigeaki Hinohara (104), and the photographer Tsuneko Sasamoto (100).



Learn to live longer by taking care of your mental and physical health.

Junko Takahashi is a journalist, correspondent and regular contributor in Japan to media such as the BBC, CNN, ABC, RTVE, RAI and the Discovery Channel. She has worked with the EFE delegation in Tokyo and is also a legal translator from Spanish in Japanese courts.

Rights Sold to: France (Albin Michel), Italy (DeA Planeta Libri), Poland (Czarna Owca), Portugal (Planeta Manuscrito), The Netherlands (Xander Uitgevers), Russia (Eksmo Publishing)



320 pages | January 2017

Looking After our Elderly

Ana Urrutia

It is not unusual to see elderly people held and bound to their beds in a care home. How do they feel? How do we, as relatives, feel when we see them? But what's more, can we imagine how we would feel if we were tied up and forgotten for most of the day?

An awareness on this issue is urgent. And this is the purpose that *Taking Care* seeks, a manual of good practice that concerns us all, because dignity should be the fundamental pillar of care. As it is stated in this work, a medical act should never make the patient undignified. From her experience, Dr. Urrutia shares endearing cases of people of all kinds, hard and difficult ones, emotional ones; all overflowing with great humanity.



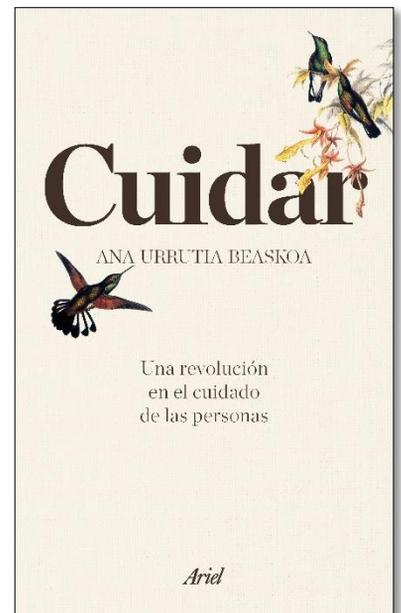
A non-conformist female doctor with a clear objective: to transform society in order to dignify people's lives because we are all responsible for this necessary revolution.

Dr. **Ana Urrutia Beaskoa** has received the "social entrepreneur" award from the Ashoka Foundation, an international organization that was awarded the Prince of Asturias Award for Cooperation in 2011. She is the director of the Fundación Cuidados Dignos, which is dedicated to changing the way in which the elderly are treated.

GERONTOLOGY

HEALTH

Ariel



256 pages | April 2018

Nazi Love and Nazi Horror

Mónica G. Álvarez

The author reflects on how her heroes managed to live through illness, turmoil, and hunger thanks to their bravery, but also love, which was the force that kept their heart moving through those days. Because, despite forced labor, beatings, abuse, and starvation, their greatest struggle was escaping the extermination camps to find their beloved again and set out on a new life together. That was the only thing in their minds: survival to keep on loving. For these survivors, love became their greatest strength during those years of imprisonment.

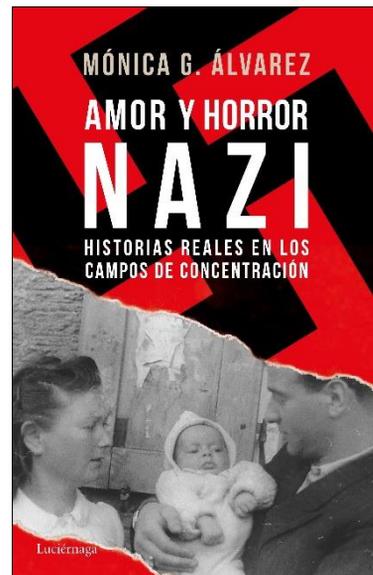
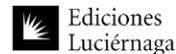


A one-of-a-kind book with real testimonials of Holocaust survivors who lived through the most moving love stories imaginable inside the Nazi concentration camps.

Mónica González Álvarez (Valladolid, 1979) is a journalist, author, and scriptwriter for radio and television. She appears regularly on television as an expert in current events. She's the author of four investigative reports, among them the sales phenomenon *Guardianas Nazis*. Awarded the gold medal of the Foro Europa in 2001 for her professional prestige.

TESTIMONY

HISTORY



248 pages | November 2017

The Saint. Father Piu's Revolution

José María Zavala

Father Pius of Pietrelcina was born in 1887 and died in 1968 in the Capuchin convent in San Giovanni Rotondo. There he dedicated half a century almost exclusively to hearing the confessions of the thousands who came to see him, attracted by his saintly reputation and the numerous miracles and extraordinary events that surrounded his life. Above all, the stigmata he received as a young man, which made him live the passion of Christ in his own flesh. John Paul II beatified him in 2002, with the largest attendance ever for a canonization. And since then, his name, already venerated in Italy, has spread far and wide over the earth.



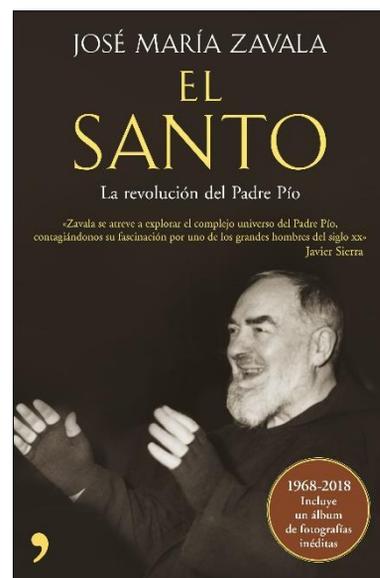
José María Zavala, on the occasion of the fiftieth anniversary of Pius's death, has written his most personal book yet covering this man about whom so much remains to be said.

José María Zavala (Madrid, 1962) graduated with a degree in information sciences at the University of Navarra and is an author of reference for popular history books in Spain. A researcher in the archives and files of the House of Bourbon, he has published several important books.

RELIGION

HISTORY

temas de hoy.



432 pages | March 2018

A Year in Ancient Rome

Néstor F. Márquez

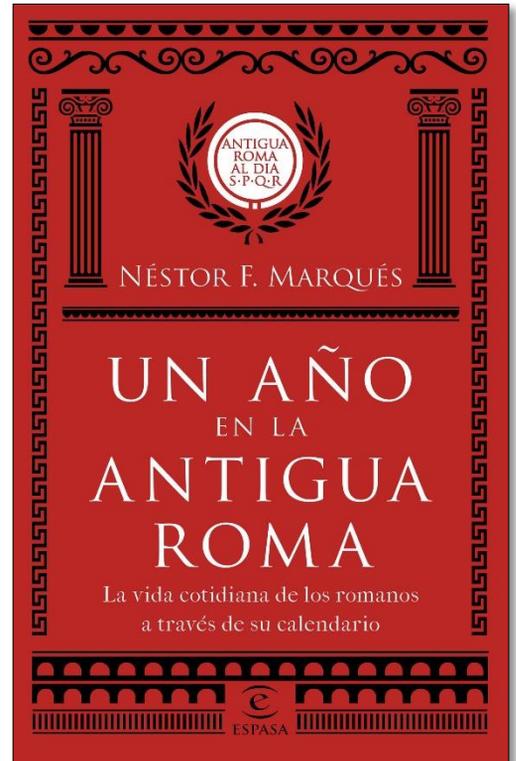
HISTORY



Although sometimes we do not realize, we are direct heirs of Rome, its culture and its way of conceiving aspects as determinant laws, social structure or the passing of time. The latter will serve as a guide to enter the Roman world in a different way, through its calendar, with its months, weeks, days, hours and the main milestones that marked the day to day of those who used it to govern their lives before than us.

Experience now what could have been a year in ancient Rome, from January 1 to December 31, on a journey through its culture and history - the big one and the small one - in which you will attend your parties, their civil and religious ceremonies, their daily occupations. From the emperor to the slave, from the merchant to the senator, from the soldier to the farmer, they all have their place in this work, which spans the more than twelve hundred years of history of this extraordinary civilization in which our roots sink.

The author uses the Roman calendar to tell the history of Rome, from the big events to the smallest details: the emperors and their conquests, the expansion of the empire, Roman politics, the arts, holidays, games, and the major milestones that left their mark on the day-to-day lives of soldiers, peasants, artisans, and the Roman citizens and provinces.



368 pages | February 2018



The daily lives of the Romans through their calendar

Néstor F. Marqués is an archaeologist specialized in classical Rome, a technologist and cultural promoter. He combines his work in the field of technology applied to historical heritage with research and teaching. At the international level, he has worked as an advisor and technological creator for the national archaeological museums of Spain and Naples and the Higher Council for Scientific Research, among other relevant institutions. All his experience is applied in the project of cultural diffusion Ancient Rome to the Day, one of the most important of his scope, in which he reveals the culture of the antiquity through the technological means in network. The project, characterized by an innovative style in which culture and entertainment meet, can be followed through Twitter, Facebook, Instagram, YouTube and his webpage www.antiguaroma.com

The Journal of our Wedding

Bodas de Cuento

JOURNALING



Preparing a wedding is fun!

Since the moment a couple decides they are meant to be together for ever and ever, their heads are full of ideas regarding one of their best days of their lives.

When are we going to get married?

Where will it be?

Which type of wedding are we going to have?

Which steps do we have to follow?

Who do we invite?



Plan and organize your own wedding!



The Journal of our Wedding is the perfect wedding planner where brides and grooms will find inspiring phrases, wise advice and, what's most important of all, the possibility to create their own wedding diary.

250 pages | September 2016



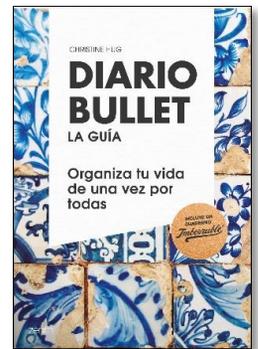
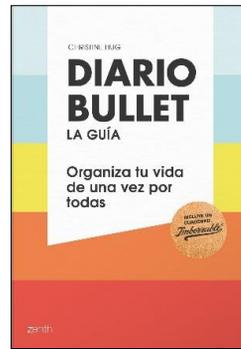
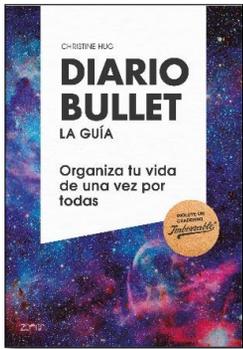
Bodas de Cuento are Wendy, Jose and Marina, three wedding planners and designers passionate for their job and who have planned more than 100 weddings!

Bullet Journal. Organise Your Life Once and for All

Christine Hug

JOURNALING

zenith



4 different notebook designs!

Guide: 64 pages
Notebook: 144 pages
January 2018

We always have many things to do written in papers, notebooks, agendas or post-its in our desk, but sometimes the tools we use to organize our lives do not match to what we really need. To avoid this chaos, DIARIO BULLET is the solution, with a guide on how to do it and a notebook to start planning your life!

“ Learn how to organize your present and plan your future!

Christine Hug is a Youtuber specialized in planning, organizing and creating stationery. Her Youtube channel is one of the most seen regarding *bullet journaling* and studying techniques.

21 Clues for Creativity

Bibiana Ballbè

CREATIVITY

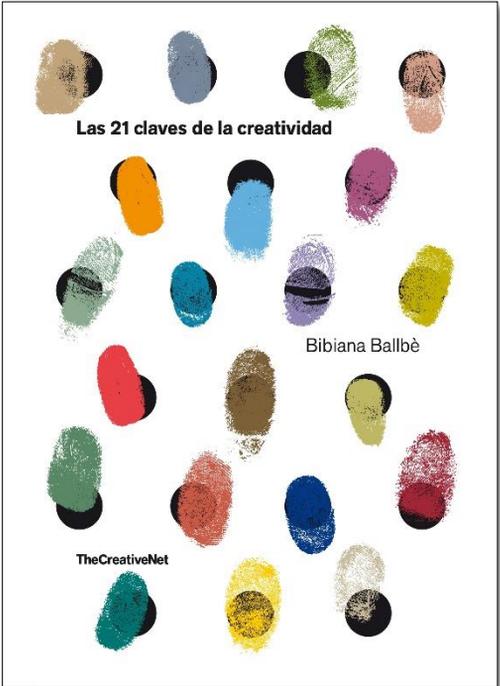
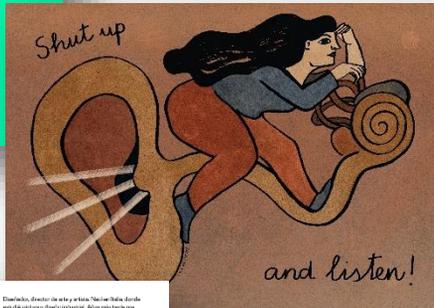
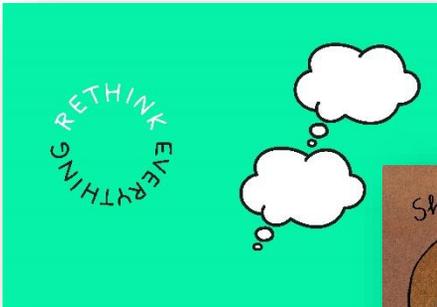
LIFE STYLE



Everyone talks about it. It makes us more productive, more efficient, happier. Businesses place a higher and higher emphasis on it. And moreover: you can use it to decipher the future. But what is creativity? Where does it come from? How is it cultivated? Where does it take us? What is its economic and social impact? Why is it so important? This book synthesizes carefully and practically all creativity's attributes. And it does so in pages designed by a multitude of artists, so that both form and content explain its message. Are you ready to unleash your creativity?



An accessible, practical book, borne of the conviction that creativity plays a fundamental role in everything, can be applied in every field, and has a direct impact on the economy and society.



160 pages | April 2018



THE OFFICE. WORK AT THE PLAYGROUND

Bibiana Ballbè. Journalist and television presenter specializing in culture and creativity. Founder and executive creative director of BWORLD – a creative agency and producer – and founder of TheCreativeNet, a platform to identify, connect, promote, and make visible creative talent with a future. She has contributed to a variety of media platforms, including the *New York Times*, VIVA, MTV, Cuatro, TV3, *La Vanguardia*, Ara, RAC1 and Catalunya Ràdio.

For Girls in a Rush

MiniBlogger

Launching in
May 2018!

LIFE STYLE
zenith



Perfect Skin



Fashion Guide



Get Fit



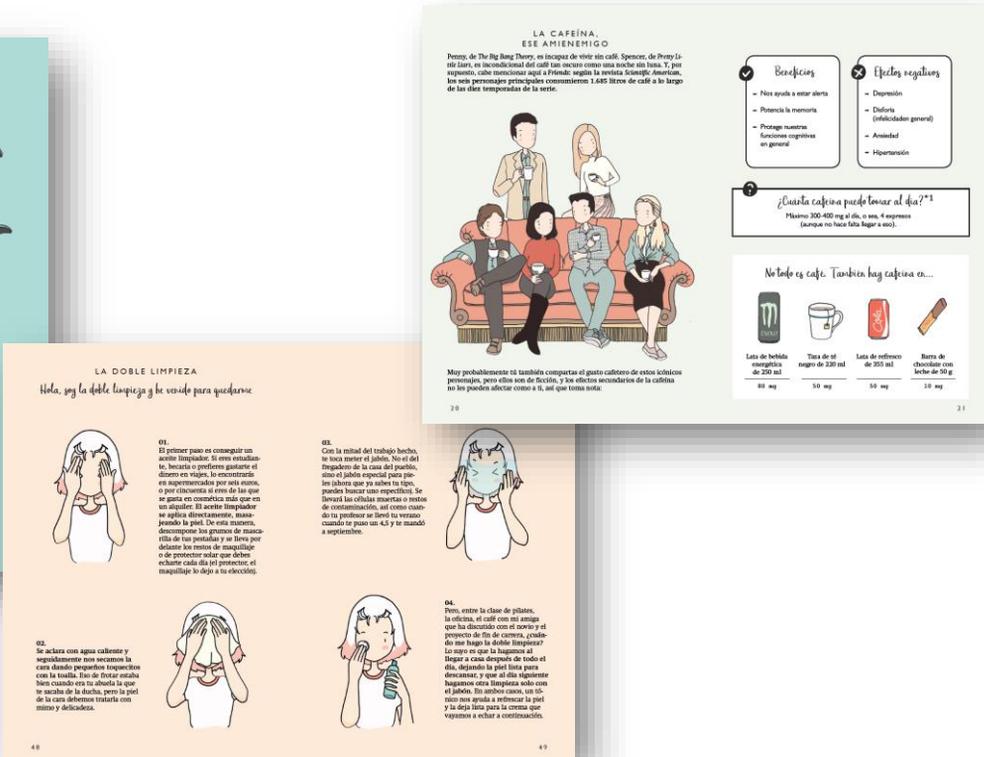
Healthy Food



A new series born to become young women's reference works for wellbeing, health, fashion, beauty, love and sex.

Aimed at young girls (16 to 26 years) and illustrated by Georgina Gerónimo with text by editors from Women's magazines.

96 pages | May 2018



Georgina Gerónimo, also known as MINIBLOGGER, with more than 27,000 followers on Instagram and who won Connecta't al Còmic grant in 2015. Different authors, normally specialized editors of well-known magazines, writing on specific topics.



The Small Book of Personal Growth 2



The Small Book of Day Trading

New titles
2018!

11 x 17,8 cm

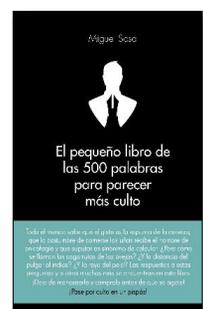
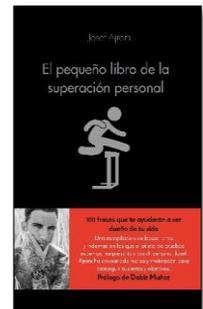


**Small books, big moments.
The best essence is stored in small jars.**

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TITLES IN THE SERIES:

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- ✓ *The greatest investors*
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Learning From The Best 2

COACHING MANAGEMENT

Francisco Alcaide

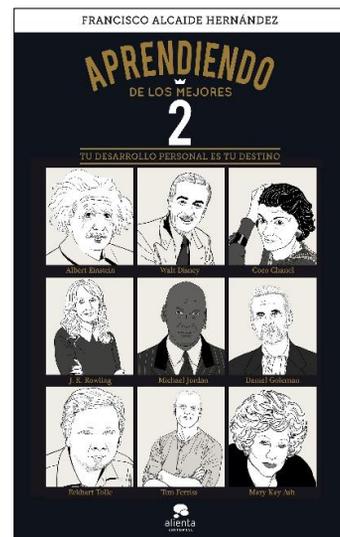


In a world dominated by the excess of information and the speed of change, checking content becomes a necessity; people capable of studying, absorbing, digesting, filtering and structuring valuable and profound content, in a simple and clear manner.

This volume is different to the first since it includes more female characters as well as characters from different fields: athletes, authors of the New Thought, experts in emotional intelligence, productivity, and public speaking or sales. The second part of one of the most important management books of recent years is here



After the international success of *Learning from the best*, this second volume aims to gather other new 50 characters of reference in the field of entrepreneurship, management, spirituality, personal development and financial freedom.



420 pages | March 2018

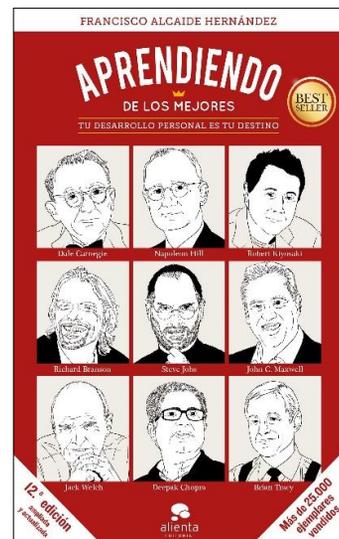
Learning From The Best

Francisco Alcaide

The keys to success from ‘the best’ gathered together in a single book. Your ability to learn is your most valuable asset and the best way to learn is ‘from the best’, from those who have already got to where you want to be. *Learning From the Best* brings together tips for success from over 50 of the leading personalities in the world —ten from each of them— with corresponding analysis from the author grouped around five themes: Financial Freedom, Spirituality, Personal Development. Entrepreneurship, and Leadership and Management.



Over 25,000 copies sold in Spain!
Rights licensed to Italy (Anteprima Edizioni)



424 pages | September 2016

Francisco Alcaide Hernández is one of the leading specialists in management and personal development in Spain. He has degrees in Administration and Business Management and Law, a Masters in Banking and Finance and is Doctor Cum Laude in Business Organization. He is a patron of The Helping by Doing Foundation, an international foundation of corporate volunteerism.

Be Transparent and Customers Will Rain Down on You

Pablo Herreros

MANAGEMENT

alienta
EDITORIAL

The book's thesis is that having values is a major investment. In the upcoming years, the transparency brought about by the internet and the post-scandal era will make the phrase "you pay the price for your deeds" truer than ever. There will still be corruption, but it will be harder and harder for people and businesses to act without values. This book offers negative and positive examples of people and businesses that have discovered how acting with or without principles has brought them triumph or collapse, happiness or moral degeneration, and even civil death.



“

**Act with principles and take over the world
in the digital era**

Pablo Herreros Laviña is a journalist and blogger. He has worked in corporate communications since 1994 for large companies such as Iberdrola, Bang&Olufsen, Espasa, TelePizza, Pirelli and Wilkinson in collaboration with Goodwill, where he is an associate director.

280 pages | February 2018

All You Need to Know About Poetry

Elena Medel

POETRY

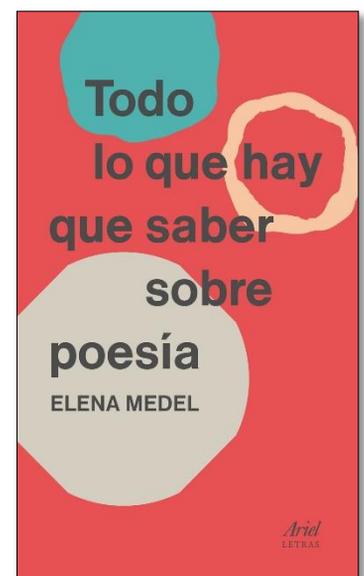
Ariel

Did you know that the sonnet in Spanish was born during a conversation between two ambassadors? That the French invented modern European poetry in bars and inhospitable lodging houses? That an eccentric woman, determined to wear white during the last years of her life, changed American poetry without leaving her room? This book tells us in an entertaining and didactic way all there is to know about poetry, explaining the secrets of verses, metrics or forms, as well as its history, full of curious anecdotes that will bring us closer to a literary genre full of life, in all the senses.

“

**A new, more current approach to the subject, beyond
the traditional academic manuals.**

Elena Medel was born in Córdoba in 1985, and is now living in Madrid. She has published several books of poetry as well as two notebooks. Her work has been partially translated into a dozen languages, as well as included in numerous anthologies. She is the director of the magazine *Eñe* and the editor at *La Bella Varsovia*, dedicated to the publication of poetry.



240 pages | March 2018

It's Only Rock and Roll

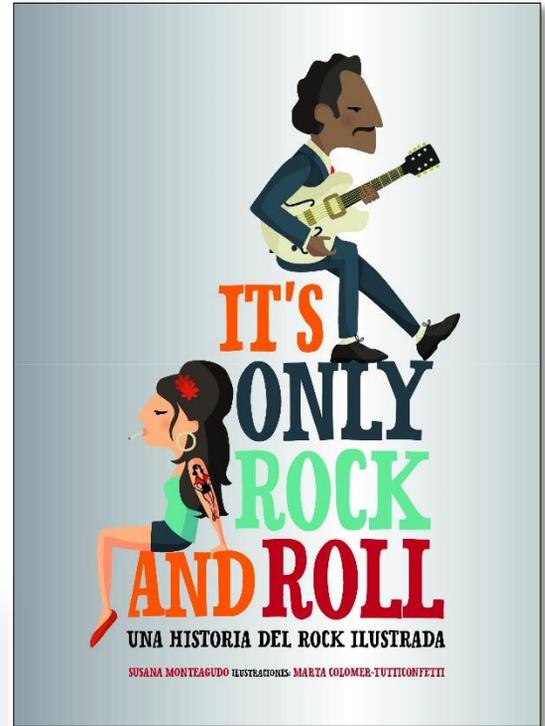
Susana Monteagudo & Tutticonfetti

ILLUSTRATION MUSIC



Rock is an expression of rebellion, a social phenomenon, an art, and an irreverent, wild attitude that goes on reinventing itself through the decades: psychedelic, punk, new wave, grunge, post-punk... Its history is full of unforgettable stories, legendary songs, and figures who have become indispensable references for entire generations of fans. In this illustrated book for every reader, we will travel back through the history of this immortal genre and the people who made it great.

“ An illustrated journey through the history of rock and the people who made it great.



184 pages | April 2018



Susana Monteagudo is a graphic designer, journalist and cultural manager.

Marta Colomer - Tutticonfetti. She has a degree in Graphic Design and Advertising, although now she is into illustration. She currently lives in Valencia where in 2012 she created the successful brand Tutticonfetti. Among its clients stand out: Euromoda, Nocilla, Miquel Rius, Clipper, Farmamundi, Fournier, Roger Laborde or Ion Fiz. Her work also extends to the advertising and publishing world and her unmistakable profile characters have appeared in magazines and books.

The Land Where Birds Sleep in the Air

BIOLOGY

NATURE

Mónica Fernández - Aceytuno



Mónica Fernández-Aceytuno, one of the greatest promoters of Nature in our country, reviews in this practical and generalist book the geography of Spain and focuses on explaining in a simple way the diversity of the flora and fauna of each region. It is worth mentioning here that Spain is the European country with the greatest biodiversity. The book has drawings, simple explanations, a certain poetic air and it is, above all, entertaining and informative.



A walk through the extraordinary Spanish nature



384 pages | January 2018



Al no poseer el cachalote una aleta dorsal sino una suerte de cresta, cuando se acerca al mar, tras una de esas inmersiones que pueden durar cuarenta y cinco minutos, parece un islote grisáceo, y allí se pelean los esmeraldas y le quitas los balances que colistan su piel igual que si fuera una roca. Entre comenenci, sobrevolando el mar con las garvotas y las pardaletas, son un indicio de la presencia de los cachalotes. Con el hidrógeno, se eye un carabateo, que entre los cachalotes tratando de facilitar, sumergidos en los valles del mar, a las bandadas luminiscentes de calamares.

Con los picos de esos calamares, que parecen picos de loro, se amaza en el estómago de los cachalotes un ámbar gris que es capaz de fijar el perfume de las flores. No sabe el cachalote cuáles primaveras ha enovado en los francos, cuántas mosas, daveles, azabaches, jermenes consigue que no se vayan gracias al ámbar que a veces flota en el mar y que tiene el mismo gris de su piel.

Un grito sobre el azul, eso es a veces todo lo que se ve de un cachalote. En ocasiones, mucho más, el cuerpo bastante lento, o un salto espectacular totalmente fuera del agua, o incluso una de esas formaciones en maragosta cuando una hembra va a parir, o algún ejemplar entí herido, y se colocan ocho hembras con las colas hacia fuera para protegerlo.

Entretanto, en Galicia, ha luevo un día así voranegando. Tuvvo un no sé qué la mañana que daban ganas de guardarla, pero no hay ámbar gris para atapar estas cosas.



otra como pájaros encerrados, y allí, dondequiera que fueran volados, bigaban amplificados, como los cochichos en los castibónes. Por eso se pudo oír de forma tan clara que el bicho real cantaba en la noche, ensutando esa mancha blanca del pecho que sólo se ve cuando canta. Dice que canta más con la luna llena, como si saltara a la mancha blanca del cielo.

Se llaman unos a otros de lejos para marcar su territorio, aunque sea el mismo desde hace años, aunque vuelven junto a los ríos con las plumas deshechadas y más anchas y rebeldes que las de un aguilón para poder planear en silencio.

Mientras dormían los cuervos, eso que siendo más pequeños se atreven a perseguirlos y a asaltar sus nidios, la vez de los búhos rebobó en la nieve oscura y cruzó los ríos helados.

♦ ♦ ♦ ♦

Dan a luz en la oscuridad. Pareen en sueños y lo que nace es tan pequeño que no les despierta sumar otra vida al Universo.

Las preñaron en primavera, pero el óvulo fecundado se rebobó al desmoronarse hasta que la nieve y el frío empujaron a las cosas a dormir, allí por el mar de noviembre. En el sopor del cuerpo bien alimentado, el óvulo se agarró al útero para iniciar la gestación: creta y saceta. Algo que sólo ocurre en otoño en los que llueven cañales y bayunas.

En estos días de enero han alumbrado ya al diminuto y caliente pedazo de vida, de sólo trescientos gramos. La primera que han percibido los osos es el olor a mermo, a yerba y a madre. Son «barbidos» que nacen salvajes, como todo lo que nace de un parto, en un mundo civilizado.

Un mundo que también habla de los osos pardo. Sabemos que día se juzga a un cazador furivo que los ha matado, o leemos que el peligro de extinción los amenaza. Ahora nacen en Simo, es un hecho actual y extraordinario. Pero ¿quiere constar no es, tal vez, más que otro sueño.



Otro país castibón

♦ ♦ ♦ ♦

Tus varios días de niñaba he visto de lejos que daba el sol en los cristales de mi casa. Ha entrado sin llamar y cuando yo no estaba, pero ¿qué mejor invitado se puede tener en invierno que la luz del sol en casa?

♦ ♦ ♦ ♦

Mónica Fernández-Aceytuno (1961) Villa Cisneros (Spanish Sahara). She graduated in Biological Sciences from the Universidad Complutense de Madrid, and since 1991 she has been dedicated to the promotion of Nature in the press. She won the National Environmental Prize "Felix Rodríguez de la Fuente de Conservación de la Naturaleza" in 2003 and the Jaime de Foxá Literary Prize in 2007. The International Festival of Environmental Film of the Canary Islands (FICMEC) awarded her with the Brote Comunicación in 2016 "for her literary creations both literary and audiovisual, when transmitting the sensations that the natural landscape unpins under her contemplation".

The Language of the Forest

Hasier Larratxea

MEMOIR

NATURE

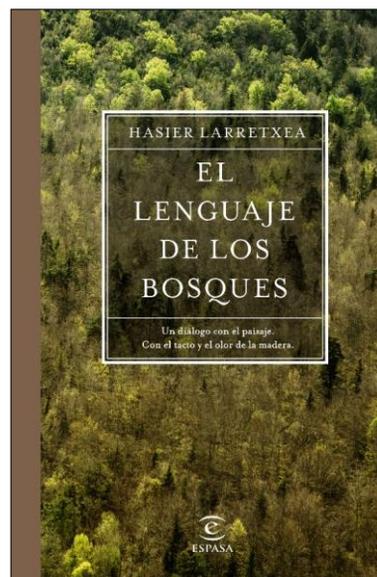


This book aims to be the path you will take when you set foot inside a forest. This book wants to make a tree grow in the palm of your hand. This book wants to show you the breaths you take as you climb the hillside. The sound of treading over autumn leaves. This book is earth, root, bark, branch, leaf, and fruit. It is the knot in the trunk, the quiver in the branches. The dust-caked essence of a life lived among the rigors of dense nature. This book wants to clear away the fog that covers everything, and rise up in a corner of the landscape where the birds sing with the first light of day. This book is the seed of a life that flourishes in re-encounters and in the search for a map back to a childhood now hardened by glances and essences.



A return to the roots in the middle of the modern world.

Hasier Larretxea was born in Arraioz, a town in the Valley of Baztan, in Navarre, in 1982. He has published five volumes of poetry and a work of fiction. With Zuri Negrín, he formed art of Hazu Studio, where he wrote one sentence a day in 2014 for the project *Un póster al día* (A Poster a Day).



360 pages | February 2018

The Ignored World of Plants

David González Jara

BIOLOGY

NATURE

Ariel

This book analyses the extraordinary world of plants from a scientific point of view: it talks about chemistry, genetics, toxicology, evolution... and, of course, plants. It is not a botany manual nor a compilation of scientific articles directed at specialists, but a book written for all audiences, in which a scientific approach reveals the wonders of a surprising and ignored world. Through the pages of the book we will discover the complex vegetal universe and, although it is not true they dance with classical music, feel pain, or empathy, plants are an extraordinary group of beings that observe and communicate.



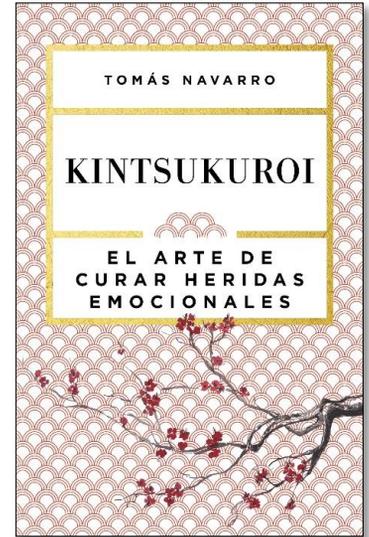
Plants are able to remember events, deceive, defend themselves from predators, adapt to the most extreme environmental conditions, hunt animals and take advantage, like the most seasoned sponger, of their fellow creatures.

David G. Jara studied Chemical Sciences, has a PhD and a degree in Biochemistry. He is a multidisciplinary scientist and teacher trainer, at the present time he combines his passion for the popularization of science with teaching as Professor of Biology and Geology.

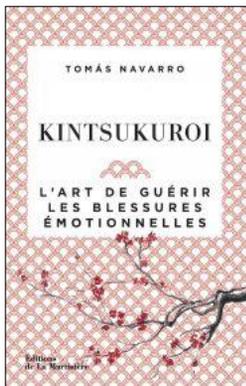


340 pages | June 2018

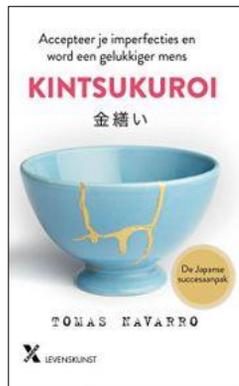
Kintsukuroi is the Japanese art of putting broken things back together. When a ceramic pot breaks, kintsukuroi masters repair it by filling the cracks with gold or silver, thus emphasizing the reconstruction because a rebuilt piece is a symbol of fragility but also strength and beauty. In this book, Tomàs Navarro teaches us how to apply this art to our lives, providing us with all the tools we need to overcome adversity like a true kintsukuroi master.



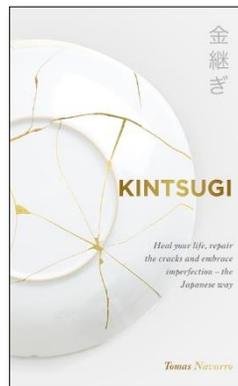
272 pages | March 2017



France



The Netherlands



United Kingdom



China



Portugal



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

Forthcoming title in October 2018:

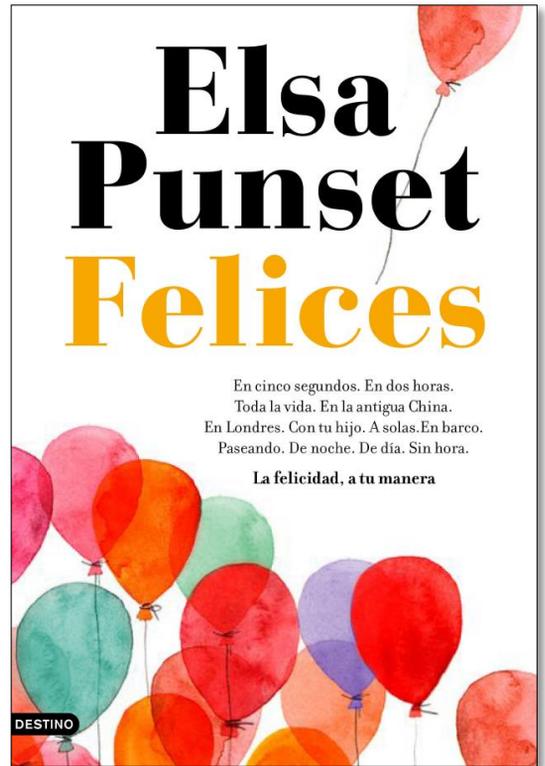
Wabi Sabi, finding joy in the imperfection of life.

Tomàs Navarro is a psychologist who loves people and what they feel, think and do. He is the founder of a consultancy and centre of emotional wellbeing.

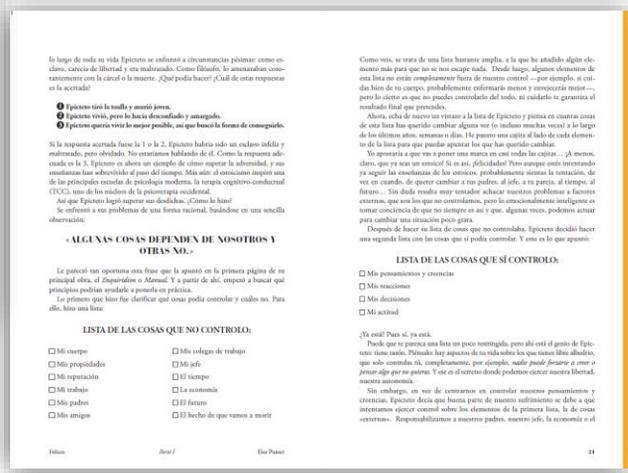
Rights sold to: China (Azoth), France (La Martinière), Italy (Giunti), Poland (Muza), Portugal (Materia Prima Edições), Russia (Eksmo Publishing), The Netherlands (Xander Uitgevers), UK (Hodder & Stoughton).

A fantastic blend of inspiration and awareness brings us close to happiness through a great voyage. With exceptional warmth, this book gives the reader the tools to reach happiness through wisdom that has built up in humanity over the course of the centuries all over the world. An open, vivid book that invites us to take a fascinating journey and gives us a thousand possibilities so that each one of us can find their own way to feel good.

The author undertakes her first journey through the lost civilizations of the world. What did the ancient Greeks or Romans do to feel better? She also submerges us in the heritage of love that has come down to us from the great poets, artists, scientists, and other wise people from our time, through whom we can learn to know ourselves better. Without forgetting the important life lessons we can learn as we move across the world: every part of the planet harbors wisdom, and learning it brings us different ways to improve our life, one day at a time.



256 pages | November 2017



In five seconds. In two hours. An entire life. In ancient China. In London. With your child. Alone. On a ship. At night. During the day. Timeless. Happiness, your own way.

Over 20,000 copies sold in Spain!

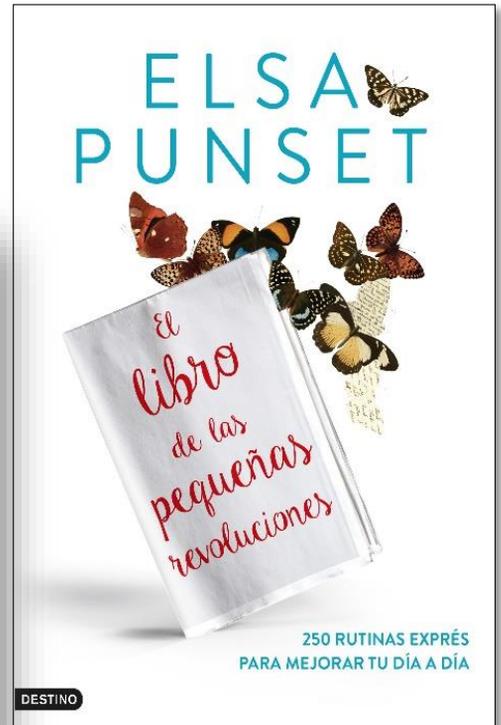
Elsa Punset is the author of several books, among them the bestseller Una Mochila para el Universo (A Backpack for the Universe), now published in fourteen countries, and El Libro de las Pequeñas Revoluciones (The Book of Small Revolutions).

Rights sold to: France (Éditions Solar).

Elsa Punset

DESTINO

We know what to do when we're hungry, thirsty, or sleepy: eat, drink or sleep. But most of us don't know what to do when we're sad, upset or disappointed. However, there is such a thing as emotional training. In the same way as we've gotten used to physical training, we can start emotional training.



416 pages | March 2013



A practical book with tips about improving our emotional wellbeing with simple everyday acts that anyone can do.

Over 100,000 copies sold in Spain!

Elsa Punset is the author of several books, among them the bestseller *Una Mochila para el Universo* (A Backpack for the Universe), now published in fourteen countries, and *El Libro de las Pequeñas Revoluciones* (The Book of Small Revolutions).

Rights sold to: France (Éditions Solar), Italy (DeA Planeta Libri) and Portugal (Planeta Manuscrito).

Why Islam

RELIGION **REAL LIFE STORIES**

Amanda Figueras

ediciones península

Becoming a Muslim wasn't easy. It isn't for any person in Europe who takes that step, given our Catholic heritage, even if it is more cultural than religious. And the difficulty only grows when the person in question is a woman, and one who chooses, like Amanda, to wear the veil. Why is Islam the fastest-growing religion in the world? What is it like to be a Muslim in Western Europe? What obstacles does a newly converted Muslim face? And above all: are we ready to turn our back on the Islamophobic prejudices permeating our society?



There are many books that talk about Islam, but the majority are academic, and many others are written by non-Muslims. The result: their authors approach Islam as spectators, bringing along their prejudices and using them to build a discourse that reinforces preconceptions.

Amanda Figueras is a journalist who worked for more than a decade with *El Mundo*, and professional motives led her to educate herself about Islam. Soon she realized that this religion, criminalized by the rise of terrorism, was a source of love, forgiveness, and simplicity, and she found herself inescapably attracted to it.



216 pages | November 2017

Leonard Cohen and Zen

SELF-HELP **REAL LIFE STORIES**

Alberto Manzano

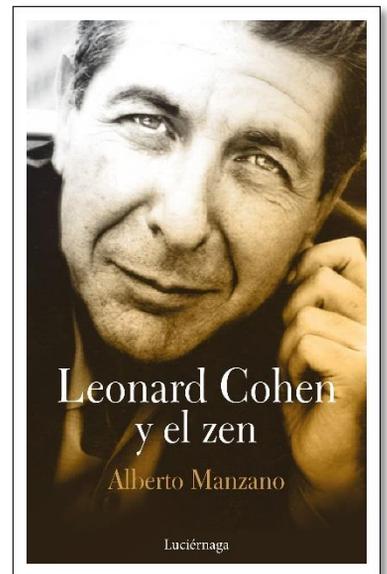
 Ediciones
Luciernaga

In the middle of 1993, after the conclusion of the tour to promote his album *The Future*, Leonard could find no reason to stay on in Los Angeles. He couldn't enjoy the success his work had brought him, his romantic affair with Rebecca de Mornay had come to an end, and he was in the grips of a deep depression. It was then that he packed his bags, got into his Pathfinder, and headed for the Mount Baldy Buddhist monastery. For more than fifty years, the need for a complete self-renewal led Leonard Cohen on a spiritual quest through the study of Zen and Hinduism, an immense and profound personal labor that finally bore fruit in the last years of his life.



Peace and inner silence flourished as the basis of his personality dissolved and Leonard Cohen stopped being Leonard, becoming simply Cohen in his work.

Alberto Manzano is a poet, translator, essayist, biographer, editor, journalist, music producer, and adapter of songs into Spanish. He has published a number of reference works on Leonard Cohen and has edited albums about the singer. He has translated more than a hundred books of song lyrics by singers like Leonard Cohen, Bob Dylan, Patti Smith, Jim Morrison, Suzanne Vega, Tom Waits, Lou Reed, Nick Cave, Laurie Anderson, John Lennon, and David Bowie, and the poetic works of Walt Whitman, Rimbaud, Rumi, Basho, Cavafy, D.H. Lawrence and Bukowski.



288 pages | April 2018

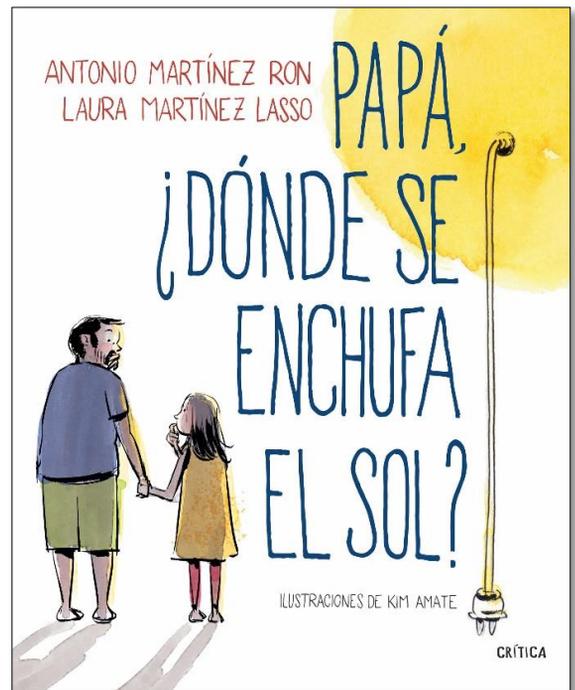
Dad, When Does the Sun Splug in?

PARENTING SCIENCE

Antonio Martínez Ron

CRÍTICA

Like every child, Laura loves to ask questions. When she was between four and nine years old, she used to play a game with her father before going to bed: she would ask him questions about the world and he would try to clear up her doubts. The questions were so funny and random that one day, they decided to write them down in a booklet to be able to read them in the future, when she was older. Later they realized they could write a book that would help other parents and children play their game and make up more and better questions than the ones they had. Laura is ten now, and they are still going with the game. Hopefully they will never stop asking questions!



72 pages | May 2018



Of course the answers aren't the important part of the book; instead, it's the pure pleasure of seeing things from another point of view.

Antonio Martínez Ron is a journalist and popular science writer. He has worked for numerous print, radio, and television outlets and is responsible for some of the most successful popular science websites in Spanish. For two seasons, he appeared on the program *Órbita Laika* (TVE), he is author of the book *¿Qué ven los astronautas cuando cierran los ojos?* (What do Astronauts See When They Close Their Eyes?) and director of the documentary *El mal del cerebro* (Brain Sickness). His work has won a number of prizes in the fields of scientific journalism and popular science, among them the 2017 Premio Ondas. With *Crítica* he has published *El ojo desnudo* (The Naked Eye, 2016).

Psychologically Speaking

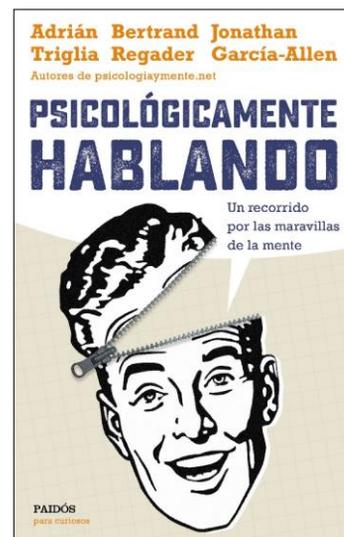
Adrián Triglia, Bertrand Regader, Jonathan García-Allen

In these pages you'll be taken on a journey from the origins of psychology and the fundamental unknowns that spurred the study of human behaviour to the latest research in these fields, examining the main schools of thought in psychology as well as the most notable figures in its history. In addition you'll learn some of the fundamental principles that govern how we act, how we feel and how we relate. In short, this book is designed to introduce you to the world of psychology and its most fascinating aspects in a simple, accessible way.



A journey through the wonders of the mind.

A fascinating look at the science of human behaviour.

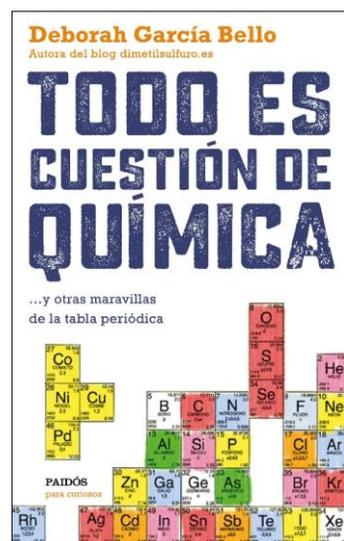
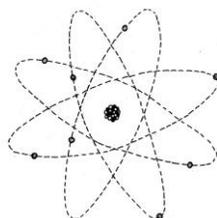
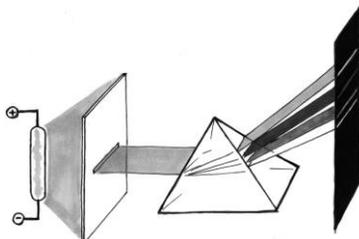


304 pages | September 2016

It All Comes Down to Chemistry

Deborah García Bello

It all Comes Down to Chemistry introduces us to the world of this branch of the sciences in an easy-going, educational way. When you look around you, do you ever ask yourself 'What are things made of?' 'How do some things turn into others?' and 'Why are they the way they are?' This book uses everyday examples to describe many different concepts, everything from what an atom or molecule is to how a match or battery works. Here you'll find simple explanations to complicated things with illustrations that will help you to understand the incomprehensible.



288 pages | February 2016

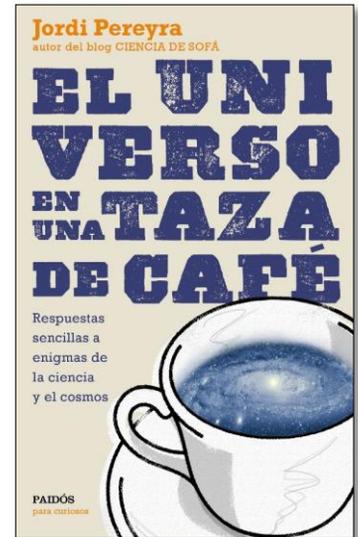
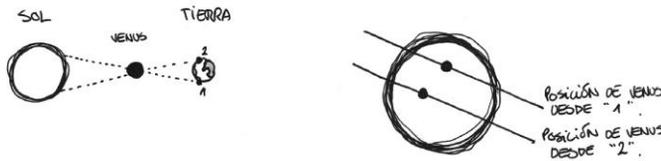


A simple, visual, fun and very informative guide to the mysteries of chemistry and other wonders of the periodic table.

The Universe in a Cup of Coffee

Jordi Pereyra

Humanity has always been extremely curious about the heavenly firmament. Just one look at the sky has historically brought up questions such as What are stars? Why don't they fall? Do they shine forever or do they go out? Where does the sun go when it hides behind the horizon? How big is the universe? What is out place in it? Today we have answers to many of these unknowns. We know that we live in one galaxy among billions, that black holes exist, that the universe is of an unimaginable size and that there are planets out there that orbit distant stars. But how did we discover all this?



336 pages | September 2015



Discover the mysteries of the universe and astronomy!

Over 5,000 copies sold in Spain.

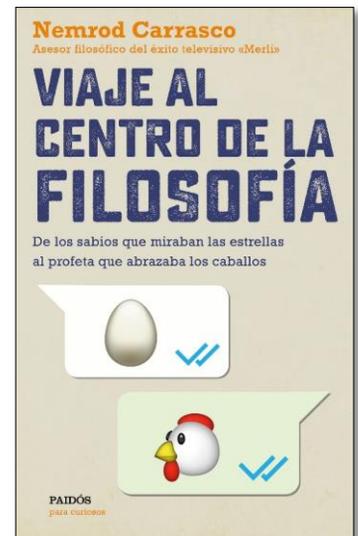
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Journey to the Center of Philosophy

Nemrod Carrasco

Take a trip back into the history of philosophy and discover why it is one of the most fascinating things you can study. With Nemrod Carrasco, we will turn to the very origins of philosophy and learn at the feet of Aristophanes, Plato, and Aristotle; we will step into the Matrix with the gnostic philosophers; we will learn to focus with Kant's green glasses; and with Marx, we will find out philosophy, capitalism, and love go hand in hand.

Full of curious anecdotes, *Journey to the Center of Philosophy* is an initiation into this wonderful discipline and will show that life is far less interesting without it.



336 pages | February 2018



About the wise men who gazed at the stars, and the prophet who embraced horses

Good Bye Sadness

COACHING SELF-HELP

Cristina Soria



Sometimes, life makes us suffer, and those moments of suffering can either make us stronger or plunge us into absolute sorrow. This book attempts to help us break out of that vicious circle.

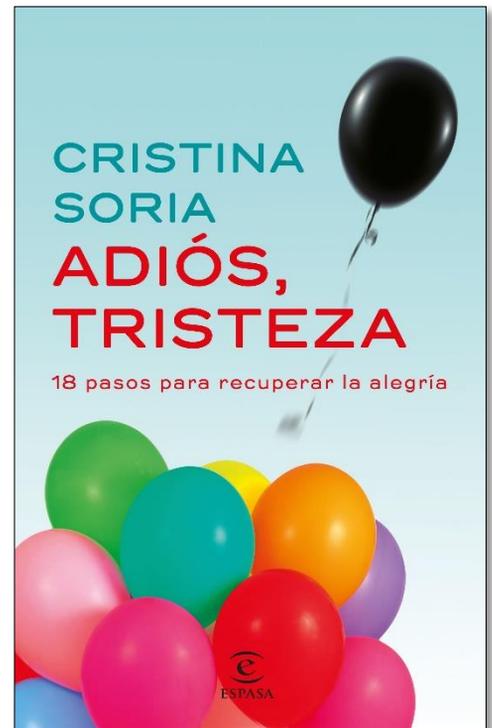
Cristina Soria explains to us the origins of sorrow and gives us the keys to overcome it and to face life in a more optimistic way. It uses real testimonies and many exercises to help the reader during the recovery process.

In these pages, you will find answers to many questions, such as what the main symptoms of sadness are, or how to treat a family member who is suffering from sorrow.



18 steps to get your happiness back

The author sells an average of 15,000 copies per title.



240 pages | November 2016

OTHER TITLES OF THE AUTHOR:



It's not About Diets, It's About Habits.



Yes, You Can!



I Can Help You.

Cristina Soria is a graduate in Information Sciences from the Universidad San Pablo CEU and has a Master's in Coaching and Emotional intelligence from N-Acción, with an ASESCO certificate. Trained in Neuronal Coaching and an expert in nonverbal communication, she began her professional career in communication media, press agencies, and the business world before leaving that passion behind to devote herself fully to the world of coaching and emotional intelligence. As a life and executive coach, Cristina works with both adults and children. With her endless desire to continue learning, she is now pursuing certification in Systematic Coaching. She is also one of the network of instructors in the Master's of Coaching program at N-Acción and takes part in many talks and motivational and educational events in the field of Emotional Intelligence.

Alicia Sánchez Pérez

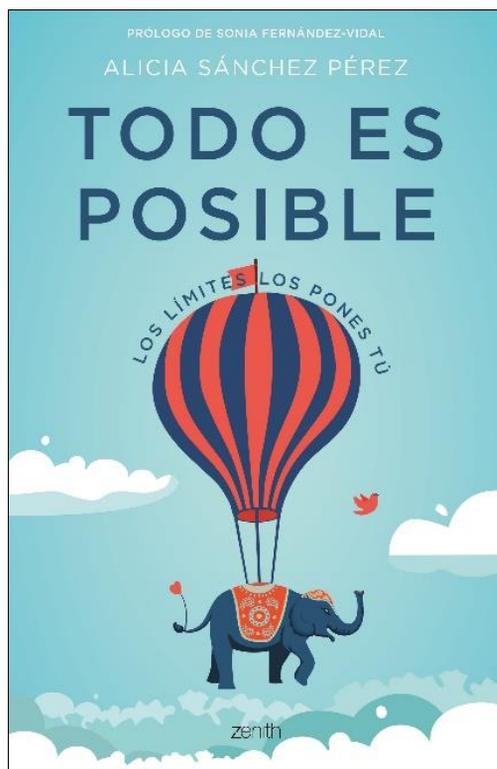
zenith

In this book I am not going to talk about achieving your goals, but about NOT BEING AN OBSTACLE to achieve them. I do not want to write this book to invite you to believe that everything you want is possible and encourage you to achieve it. I want to write it down so that YOU ARE NOT THE ONE WHO DECIDES WHAT IS POSSIBLE AND WHAT IS NOT, but for you to become an observer of what is possible in your life.

Why? Because either you are an observer of what is possible or you are an observer who puts his limits. It's up to you. The first option will always surprise you. The second one will always prove you right. You will have to choose: Do you want to be right or let yourself be surprised?

I have divided the content into two parts. In the first one I concentrated my efforts on surprising you with arguments that are available to everyone. It is known information that we may not have given any value to, believing that it is not useful for our daily life, but that it has the capacity to open our mind. Almost without realizing it, you will get the idea that EVERYTHING IS POSSIBLE.

In the second part you will find resources to take that idea to your daily life. You will be able to verify that this open mental attitude (in which you do not know what is possible and what is not) can be applied in very concrete situations. It is a philosophy of life, almost a way of life.



208 pages | March 2018



“To all boys, girls and teenagers of the world: no one should tell you what to do. Let your own experience show your limits, if there are. You set the limits!”



Alicia is a lover of life. If anyone had ever told her she would leave behind her career as a chef to write books and give lectures on personal development, she would probably have laughed. She doesn't close off other parts of herself to exploration, so it shouldn't surprise us if, in the upcoming years, we see her releasing a CD with music she has composed, or a fun and unique line of recycled clothes, or running an organic children's cafeteria, or sharing her life with a herd of horses, or... any of so many other possibilities.

Life is a Deal

Julio Somoano

Have you thought about the amount of times you have to agree to decide what to watch on TV, where to go on vacation, when to meet friends or how to negotiate a contract? In your daily life you need to constantly agree with the people around you. But the best pact also requires technique, ease, dexterity, strategy and imagination so that both parties can win.

The journalist Julio Somoano raises the importance of agreement and does so with examples of historical moments in which the characters reached agreements that changed the course of history.

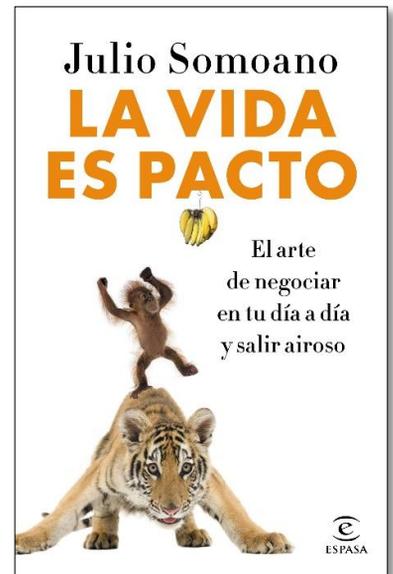


In *Life is a Deal* you will find tips and recommendations to use in your daily life; because negotiating is necessary to be able to live in harmony.

The art of negotiating in your daily life and succeed

Julio Somoano is a journalist and university professor. He was director of the news in Televisión Española from 2012 to 2014. He has published four books, and he has received an Antena de Oro award for his career and the Cossío de Televisión Award for his documentary: *Adolfo Suarez. Mi historia*.

ABILITIES **SELF-HELP**



248 pages | February 2018

Life is Better with a Dog

Emilio Ortiz

Emilio Ortiz, author of the successful novel *A través de mis pequeños ojos*, surprises us with this book in which dogs speak for themselves, to tell their experiences and relationships with humans.

Life is better with a dog will help you to better understand your most faithful friend; to know how their brain works, to help interpret their emotions and eccentricities; to understand what hides behind that look of tenderness, intelligence and devotion. You will discover how fascinating is to co-exist with them.



Everything you need to know to understand your best friend.

An extraordinary story, essential for animal lovers.

Emilio Ortiz was born in Vizcaya, Spain, in September 1974. He has a degree in History and he began to publish in 2015, year in which he obtained the second prize of the 1st International Contest *Muses of Spring* with the story *Una sonrisa*. Just one year later, he won the first prize in the 11th Edition of the ANADE Awards with the story *Las angustias de un dibujo*.

PETS **SELF-HELP**

temas de hoy.



224 pages | February 2018

Rights sold to: Portugal (Planeta Manuscrito).

Flying High

Natalia Sanchidrián

Complete English
text available!

TESTIMONY SELF-HELP



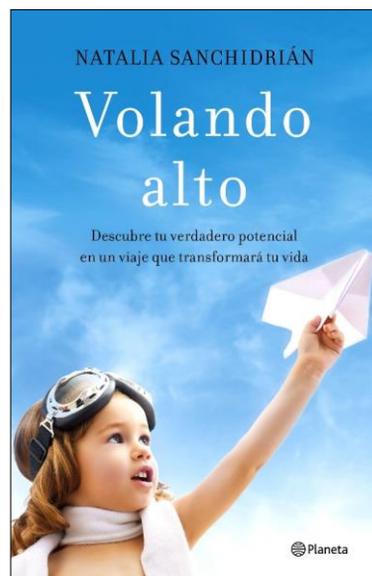
A book with the strength of experience behind it, of a person who survived a traumatic childhood but learned to grow through forgiveness, and who now aims to help all those whose lives are limited by their fears and beliefs – just as hers was before. Through her own example of overcoming adversity, Natalia tries to share with readers the lessons, exercises, and techniques that allowed her to get ahead and reach all the goals she set for herself.

Identify many of the beliefs you formed during childhood that are limiting you. Get rid of everything you don't need. Accept that everything changes, that life itself is eternal transformation. Find the key to your emotional freedom. It will be the most important process in your life.



**Every Journey Begins with the First Step! Take it!
Discover your true potential on a journey that will
transform your life.**

Natalia Sanchidrián is an author and trainer of techniques of emotional liberation and belief elaboration. She has lived through a lifelong trauma that led to emotional problems, depression and eating disorders.



272 pages | March 2018

Believe in You

Rut Nieves

TESTIMONY SELF-HELP



“What will my life be like in ten years if I keep doing the same thing? The answer was so clear that at the age of 35 I gave up everything to go in search of myself and what I was missing so keenly. I left my job as an architect, my flat, my city, my country and the people I loved the most to go live in the Black Forest in search of answers. There, I began to connect with my essence and what I really loved. And after that, all the answers came at once. A year before I started to write this book I realized why my life had got to where it was. Why I hadn't managed to experience my biggest dreams. I saw how the beliefs that my mind had absorbed in its first seven years had directed and governed the rest of my life.”



The new phenomena of domestic self help based on ‘self-empowerment’.

Over 85,000 copies sold in Spain!

Rut Nieves was working in an architecture studio in Germany when she decided to give it all up and train as a coach with some of the leading global names in the discipline such as Tony Robbins, Gregg Braden and Sergi Torres. She founded Arquitectura de Emociones, a leading company in expanding one's awareness of love and knowledge of our potential, has written three books that have enjoyed extraordinary success and now gives conferences and seminars throughout Spain.



224 pages | August 2017

Fernando Alonso

AUTOBIOGRAPHY

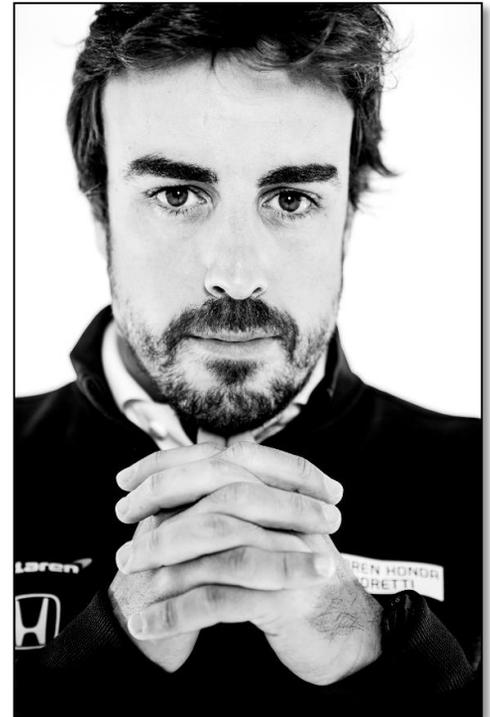
SPORTS

Fernando Alonso

Planeta

Alonso has spent years carefully preparing his autobiography, and will now tell us first-hand about the most significant stages in his meteoric trajectory on the Formula 1 circuit. From his first buggy races as a child to the sacrifices he and his family were forced to make to help him to compete at an international level, all the way to his rise to the heights of motor sports, where he destroyed record after record and became the first Spanish champion in Formula 1 history, and finally, his decision to shoot for one of the mythic trials of motorsports, the Indy 500, one of the three events making up the Triple Crown.

Together with the biggest names and greatest heroes of all the teams of yesterday and today (Minardi, Renault, Ferrari y McLaren), Fernando Alonso will tell of his own personal and professional milestones. The book also teems with many other figures central to the racing world: owners, coaches, engineers, mechanics, colleagues and rivals, all seen in a totally new light. The author is particularly moving as he recollects on how he achieved his most personal dreams: setting in motion the foundation that now bears his name, the Fernando Alonso Museum and Circuit in his native Asturias, dedicated to the training of young racers, and of course, his presentation with the Prince of Asturias Prize.



~ 500 pages | November 2018



The long-awaited autobiography of one of the most admired sports idols in Spain and around the world.

For the first time ever, he shares with us his life story and sports career in first person, in a book that is emotional, serene, forceful and, above all, sincere and very intimate.



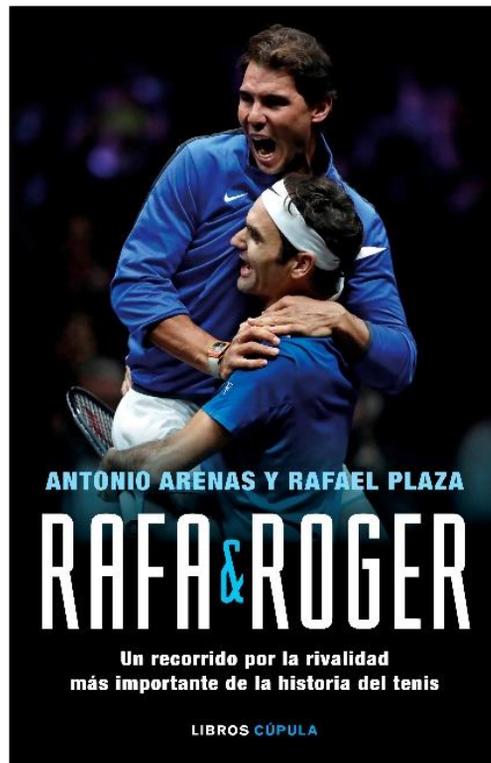
Roger & Rafa

Antonio Arenas and Rafael Plaza

SPORTS

LIBROS
CÚPULA

Rafael Nadal and Roger Federer, rivals and friends, personify the values and virtues of their sport across frontiers, and are an example for all of society to follow. Starting in the present day, during the 2017 season, when the two legendary adversaries returned to rule over the sport with an iron fist after a period in the background, the authors explore the depths of Nadal's and Federer's personalities after spending years beside them, day after day.



An inside look at the most important rivalry in the history of tennis and one of the most significant ones in all the world of sports.

200 pages | May 2017



Antonio Arenas (Madrid, 1984) is communications director for the Mutua Madrid Open, a television channel that employs him as a special correspondent in such tournaments as the Australia Open, the Roland Garros, and the US Open.

Rafael Plaza (Sevilla, 1989) has covered more than one hundred tournaments on the professional tennis circuit, including every Grand Slam, numerous David Cup finals, and Masters 1000 and seven editions of the Masters Cup. For six years, he has been gathering information on Rafa Nadal, and has recounted many of his most important triumphs as special correspondent in various places in the world where the champion from Majorca has reigned.

What I Learnt Before Turning 30

Jorge Lorenzo

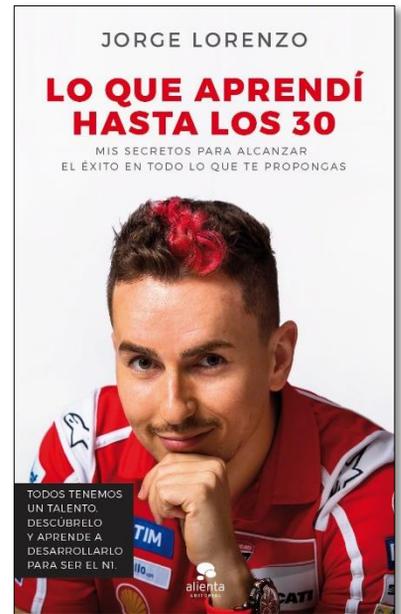
After fifteen seasons in elite sports, Jorge Lorenzo feels the time has come to share some of the lessons he's taken away from his experience, which will be inspiring and helpful for facing day-to-day reality, fighting for your dreams, and improving your personality. In other words, for achieving success in life. This is the only objective this book has. It's not a memoir, though of course he will talk about himself and the things he's been through, since these experiences are the keys that helped him become a world champion motorcyclist, and much more besides.

“ **Jorge Lorenzo picks up his pen to explain everything that has happened in the most recent years of his career, when he has lived through his greatest ups and downs.** ”

Jorge Lorenzo Guerrero is a two-time world champion in the 250cc category in 2006 y 2007, and three-time MotoGP champion in 2010, 2012 y 2015. Since 2008, he has driven for the Movistar Yamaha MotoGP team. He has won 40 MotoGP events and placed in 97, and is the fifth pilot in the history of motorcycle sports in terms of victories in grand prix events, with 61 first-place finishes.

MOTIVATION

SPORTS



248 pages | November 2017

Everything Begins with a Single Step

Victor Alfaro Santafé

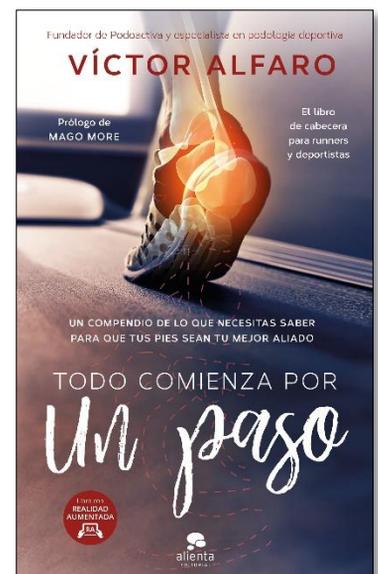
Sports podiatrist Victor Alfaro explains everything runners and athletes need to know to take care of their feet. Some of the subjects he addresses are: foot anatomy, types of feet and types of step, running shoes, how to treat and prevent plantar fasciitis, treatment and prevention of metatarsalgia, how to hydrate your feet, relationships between the way of stepping and dental occlusion, injuries to the skin of the foot and toenail, custom insoles and intelligent insoles, basic foot reflexology, exercises to improve foot elasticity, exercises to reinforce the musculature of the foot, and the ways diet and obesity affect the foot.

“ **In 2013, Forbes declared Alfaro as “one of 17 Spanish talents to keep an eye on.”** ”

Victor Alfaro Santafé is a podiatrist with a revolutionary method for designing insoles for athletes, especially runners, triathletes, and soccer players. He is the founder and general director of Proactiva, which has become a worldwide reference in the field of podiatry and biomechanics, providing totally personalized solutions to hospital patients and elite athletes like the players of Real Madrid or the Spanish national soccer team.

HEALTH

SPORTS



296 pages | February 2018

The Magical Guide of El Camino de Santiago

Francisco Contreras

TRAVEL

Ediciones
Luciérnaga

In the 21st Century, the Camino de Santiago is still alive and is, without any doubt, the most important route culturally, historically, artistically and religiously speaking of the world.

In this Magical Guide to the Camino de Santiago we propose a different Camino. In these pages you will not only find the basic information to undertake the adventure and rediscover the past, but also the keys and places to complete a unique, transformative and magical, human and spiritual experience.



A journey in search of the traces and clues, of the magic and the sacred, of the enigmas and mysteries in the Camino of the Stars.

Francisco Contreras Gil has spent two decades dedicated to mystery journalism and the investigation of unusual phenomena. He collaborates as a reporter for the magazine *Enigmas*, and also in *Año Cero y Más Allá*. He was a reporter of the founding team of both the "Milenio 3" program, in Cadena SER, and the successful "Cuarto Milenio" in channel Cuatro.



384 pages | October 2015

Around the World in 80 Cemeteries

Fernando Gómez Hernández

TRAVEL

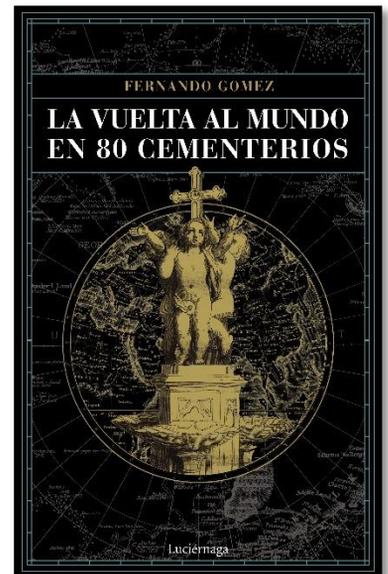
Ediciones
Luciérnaga

Around the World in 80 Cemeteries is a stroll through the most important cemeteries in the world. Its pages will take you through the most important cemeteries in the world, recounting the bizarre incidents that have occurred there. In a pleasant, simple, and deft tone, *Around the World in 80 Cemeteries* will take us through La Madeleine in France, Hólavallagarður in Reykjavík, The Jewish Cemetery in Prague, and the Vatican grottoes, among others.



Let yourself be surprised by the most important cemeteries in the world, discovering the most interesting trivia and the remarkable stories that have taken place in them.

Fernando Gómez (Barcelona, 1957) is a regular contributor on history and the paranormal for numerous national media. He has published nine novels. He was awarded the Mass Media Prize of the College of Private Detectives in Catalonia in 2015 for his novel *Distancias Cortas*, and in 2016 he was named winner of the Premio Incógnitas Oblicuas for *Los vampiros de papel*.



480 pages | February 2018

Pirenaica

Ander Izaguirre

CYCLING

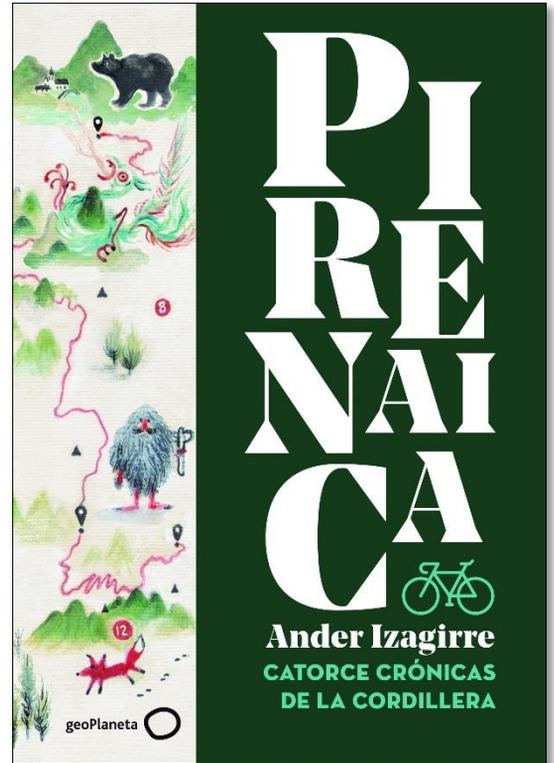
TRAVEL



Mountains that are half-magical and men who are half-bear, a village of crackpot fishermen and a Tour without a single sane member, a cubist village and surreal wind, Slovenian bears and Korean pilgrims, a war that began with a Stop sign and another that ended with three cows, timid monsters and grouchy waiters, a dwarf-sized country amid giant mountains, emperors in love and red-haired countesses, fake heroes and real slaves. This is a chronicle of a journey by bicycle through the Pyrenees in 14 stages, from San Sebastian to Cape Creus, dotted with numerous stories told with intelligence, sensitivity and humor.



Chronicle of a journey through the Pyrenees in 14 stages.



200 pages | May 2017



Ander Izaguirre (San Sebastian, 1976) wanted to become a cyclist and ended up a writer. He has published *Accounts of the Porters of the Karakorum Mountains*, *The Survivors of Chernobyl*, and *The Farmer Who Milked the Clouds on the Island of El Hierro*. He received the European Press Award of 2015 for his work on military crimes in Colombia. He has published reports in media such as *National Geographic*, CNN, Altair, *Jot Down*, and *Lonely Planet Magazine*... and in newspapers such as *El País*, *El Mundo*, *El Diario Vasco*, *El Correo*, *La Voz de Galicia*, and *Deia*....