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Non Fiction
The formulas and systems of the twentieth century, and especially those of previous eras, are often no longer valid. We have fully entered the digital era, a true industrial, economic, and social revolution whose effects we are just beginning to glimpse. A world saturated with robots, governed by artificial intelligence, with quantum computers and miraculous advances in biotechnology and neuroscience, where even the most everyday objects will be connected to the internet of things, where a new space race will be the norm. A scenario with different jobs, but, not enough of them for the entire working population. With problems as serious as the aging population and unbridled urban concentration, with many living in loneliness. Along with massive migratory movements. And to top it off, apparently unstoppable global warming. Plus economic and political polarization. In the meantime, the struggle between the major powers to control the new world, the society of the future, and scarce strategic resources is more intense than ever. We must therefore seek imaginative new mechanisms to satisfy the needs and aspirations of the vast majority of the population.

This new work not only describes in detail the world’s exceptional present circumstances and those we are likely to confront and suffer from in the immediate future; it goes much further and proposes practical solutions, and this makes it a must-have manual. Solutions that work for all people, for all countries. Nothing can be done alone in this hyperconnected world. And these solutions must be applied quickly and flexibly.

This is the enormous challenge of this book. Time is tight, there are countless problems, and uncertainty is at its peak.

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

OTHER BOOKS BY THE AUTHOR: How They Rule the World / Mind Control

A work that analyzes the current global situation in order to propose solutions to the complex problems we face.
Every day we consume more energy. Plasma screens, air conditioners, scooters, cars, buses, and cell phones. All connected to the electricity grid. And yet we refuse to build new nuclear power plants, so where do we expect this energy to come from? There are only two solutions. One is to produce it with coal. The other is to buy it from third parties. The first is highly polluting. The second weakens us geostrategically.

*Geostrategy of the Light Bulb* delves into the science of energy, the ways we have of producing it now and in the future, the ways its extraction, production, and distribution alter the world order, birthing new countries from scratch, generating armed conflict, or closing borders forever. A journey from underground minerals to projects that sound like science fiction, this book explains history and politics from a novel perspective to make us aware of our consumption and the contradictions of the world we live in.

In this powerful tract, García renews his activism on behalf of nuclear energy as the only path to an energy transition demanded by the current climate emergency.

An essential manual for understanding the extraction, production, and distribution of energy worldwide and its role on the geostrategic chessboard of the great world powers.

What will you find in this book? My goal is that these pages will help you to broadly grasp energy concepts, understand news about energy, connect ideas, and perceive interdependencies that you may not have imagined. I hope, in short, to contribute my own little grain of sand to the dune of information around the energy transition and help you better understand the world we live in.

*Geostrategy of the Light Bulb* is a nuclear science and technology writer, winner of the Communication Award of the Spanish Nuclear Society, and an active defender of the role of nuclear energy as a tool to mitigate global warming. He is a technical engineer in telecommunications, has a degree in Audiovisual Communication, and holds the necessary operator and supervisor licenses from the Nuclear Safety Council to operate at the Ascó nuclear power plant in Tarragona.

**OTHER BOOKS BY THE AUTHOR:** *Nuclear Power Will Save the World*
Today we hold in our hands the ability to develop our environment and make positive changes in the world. We have access to technologies that a few years ago would have seemed like science fiction: the internet, drones, artificial intelligence, and 3D printers, among much else.

At the same time, we are witnessing a global awakening. Society is grasping not only that we can do something, but that we must do something to make a change. This awakening is giving rise to a new movement of doers: entrepreneurs and organizations that focus their activities on bettering the world.

All of them are aware of the power they possess, and are working to create solutions to the problems that most concern society without waiting for answers from governments or major institutions.

Humanity’s greatest challenges are at the same time its greatest business opportunity. But what differentiates successful people and organizations is not mere access to technology or knowledge. The key to success is mindset, the way we see the world, the way we face challenges, and the way we solve them.

That is the primary subject of this work: what mindset we need to adopt to improve the world and our business projects, whether at startups or large organizations. It presents real stories along with an innovative and increasingly highly regarded framework called Purpose Launchpad that facilitates the implementation of the proper mindset and tools to improve the world and our own projects.

Now more than ever, any person or organization can make a positive impact.

Francisco Palao aims to help any person, entrepreneur, or organization get the inspiration and mindset they need to make a positive impact on society.

Evolve your mindset to improve the world and your projects.

Francisco Palao holds a PhD in Artificial Intelligence and an Executive MBA from IE Business School and is an entrepreneur. He also collaborates with leading business schools and universities in his field, such as Singularity University and IE Business School, where he teaches entrepreneurship, disruptive innovation, and exponential technologies. He has founded several companies, including Cognocare, an award-winning AI-based assistant for personalizing cancer treatments; Lean-Monitor, a cloud-based platform; Nativoo, an AI-based tourism platform; and IAActive, a tech company focused on artificial intelligence, named a Cool Vendor by Gartner in 2012. He has also been honored with several prestigious international recognitions, such as the TR35, a prize awarded by MIT to innovators worldwide under the age of 35.
Alejandro Zaera-Polo, one of the world’s most renowned architects, was dean of the Princeton School of Architecture until a lawsuit was brought against him for plagiarism. Zaera-Polo sued Princeton for defamation. Ideological control over the work of his students and the compulsory supervision he was subjected to finally became too much. So the architect declared war on the university: he persisted doggedly in his claim to academic freedom and kept the receipts for publication: more than 800 pages of documents that show, email by email, how identity politics, groupthink, and pressure are being harnessed by powerful people to impede academic freedom and grab power.

This book is the result of his experience of cancellation and the evidence the author gathered. Zaera-Polo tells the story of his “revenge” against the university where he was a professor and his rejection of the culture of “alternative truths” that has taken root in American universities. The purpose of the university should be the search for truth, but at Princeton, interpretations based on race, gender, and class take precedence over facts. The Spanish architect shows how contemporary academic authority uses a whole arsenal of mechanisms, from unanimity to groupthink, to turn lies into truth. A story of the violation of academic freedom for the sake of ideology that we would do well to take note of to prevent postmodern nonsense from stifling rigor and free expression on our campuses.

One of the world’s leading architects describes the climate of ideological purges in an elite American university.

A first-person account by the former dean of the Princeton School of Architecture.

Alejandro Zaera Polo is a Spanish architect. He studied at the Escuela Técnica Superior de Arquitectura de Madrid, and obtained a Master of Architecture (MARCH II) at Harvard University’s School of Design. He founded Alejandro Zaera-Polo & Maider Llaguno Architecture (AZPML) in 2011. He has been dean of the University College of Architecture at Princeton and of the Berlage Institute in Rotterdam. He has also been an advisor to the Quality Commission for Architecture in Barcelona and a member of the Urban Age think tank at the London School of Economics. He has written for professional magazines around the world, such as *El Croquis, Quaderns, A+U, Arch+*, *Harvard Design Magazine* and *Log*. He has also taught at many universities, including Yale, Columbia, and NYU.
MARGA SÁNCHEZ ROMERO

PREHISTORIES OF WOMEN

Discover what they haven’t told you about us

In the established tale of prehistoric societies, women have played a secondary role that science hasn’t bothered to understand and explain in depth until now, when feminism has asserted the essential role of women in history. The lives of certain women, our most ancient ancestors, have gone unnoticed and been silenced, but research into them is giving us essential keys to explain our present and better understand where we come from.

This stirring essay is a back-and-forth trip that begins in prehistory and reveals how the beginning of archeology in the nineteenth century as a scientific discipline affected perceptions of women and justified inequalities, a lack of freedom, even the rigid canon of female beauty.

As we return to the present day, the author brings us closer to those women and life in their societies. Were they really the ones who cared for their offspring? How much power and influence did they have in their tribes? What was motherhood and childrearing like? These are just some of the questions the author tries to shed light on with real examples and images.

What was the role of women in prehistory? It is time to shatter myths and uncover the essential contribution of our most ancient ancestors to better understand where we come from.

A fundamental work on women and prehistory that once more shines a spotlight on the silencing of women throughout history from a feminist point of view, this time in prehistoric societies.

Marga Sánchez Romero is an archaeologist, writer, professor in the Department of Prehistory and Archaeology, and rector of Equality, Inclusion and Sustainability at the University of Granada. Her main interest as a researcher is to assert the importance of women’s role in prehistoric societies. She is the creator of the pastwomen.net project, which aims to lend visibility to research in archeology and the history of women’s culture in prehistoric societies.
Astrology is a discipline with more than 2,000 years of known history that investigates the influence of the cosmos.

We are all born with a star chart, a map that can be read as a guide to orienting our lives, a powerful tool to explore who we are and what cycle we are going through.

In Your Birth Chart and You, Roberto Saula offers you a basic guide to reading of your own astrological chart. He focuses on the four essential factors when analyzing a chart: signs, planets, houses and aspects.

If the moon affects the tides, the weather shapes character traits, and the seasons are linked to different moods... How do the stars affect our lives?

A brief guide to astrology with everything you need to know to learn to read your star chart.

Roberto L. Saula has a degree in film and audiovisual studies but his great passion is astrology. After embarking on the study of various symbolic systems, he traveled to India and came into contact with veteran Vedic astrologers and students at the University of Varanasi. This trip, along with training in Gestalt therapy, led him to create his own integrated astrological approach and his Astro Cultura platform. His profile @astro_cultura has over 40K followers.
Finally you can learn how to treat problems like acne or blemishes according to your skin type, as well as which are the best products and routines to support healthy and beautiful skin.

In this book, you will find answers to basic questions about cosmetics and your skin from Amparo and Mònica, true experts in the field, and Lilin, co-founder of MiiN. From basic information to help you understand how the products work to the details of formulation that will thrill beauty geeks, to super useful tips you can apply from day to day to achieve radiant skin.

The second book by the Korean phenomenon that has revolutionized skincare.

Following the success of The Korean Art of Skin Care, this book brings together all of MiiN’s wisdom from the world of skincare, beauty and cosmetics, explained in a super-simple and very practical way.


OTHER TITLES BY THE AUTHOR: The Korean Art of Skin Care
APRENDE A CUIDAR TU PIEL

Secretos y rutinas de las expertas de MIIN

Zenith | October 2022

LIFESTYLE BEAUTY SKINCARE SELF-CARE PRACTICAL BOOK HEALTH
You deserve to have great skin without spending a fortune on creams, injections or surgery. In this guide you will find some 50 facial yoga exercises compiled by Izumi Forasté, a specialist in the latest beauty and self-care trend from Japan. Facial yoga is a technique that has been practiced for decades in that country and combines exercises and massages on the facial skin that lighten it, smooth wrinkles and contribute to its firmness and luminosity.

As its name suggests, facial yoga brings to the face the same effects as a physical practice of yoga on the body. If we learn to consciously mobilize all the muscles of the face and especially those that we do not usually use, we improve blood circulation and get a lifting effect in a completely natural way. Exercises to decongest bags and dark circles, lift the eyelids and open the eyes, to smooth wrinkles between the eyebrows or around the lips, to lift the oval ... All this and much more you will find in this unique guide created by one of the greatest experts in beauty and self-care, a guide that promises amazing results with a few weeks of practice.

Discover the sacred order of the Japanese facial routine.

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

Spare no effort when doing the exercises

Let’s admit it, some of the exercises require that we pull some faces that are quite embarrassing. However, in order to train the facial muscles correctly, we need to exaggerate each movement by expanding and contracting the muscles as much as possible. Therefore, find a place where you can practise your face yoga serenely. Forget about your shyness and perform each exercise with commitment, paying full attention to the movement. This might be difficult at the beginning, but with practice, you will start to relax into it.

Focus on the muscles you are exercising

By focusing on the facial muscle you are exercising, you will enhance the body-mind connection. This in turn will help you to progress much more quickly in your practice and to obtain better results in less time. At the beginning you may find some movements difficult to do, but over time you will find them easier.

Make sure you focus on the muscles that you are working on. Notice how they feel at each point of the movement, and how they work. With constant practice, you will be surprised how easy the movement becomes.

To reduce nasolabial folds and marionette lines

Over time, the muscles around the mouth (the orbicularis oris) become weaker, and this is the main reason why nasolabial folds appear on the sides of your mouth when you smile. When this worsens, those dreaded marionette lines appear. These are the wrinkles that run from the corners of your mouth to the chin. If you strengthen the muscles around the mouth, you help prevent new wrinkles from forming, and the existing ones from getting worse.

The following four exercises will help you strengthen the orbicularis oris muscle. They can be done separately, but if you do them in a series, you will work this area intensively.

Benefits

- Eliminates nasolabial folds.
- Eliminates marionette lines.
- Combats small wrinkles that form around the mouth.
- Raises the corners of the mouth.
- Reduces sagging in the jaw area.

Area worked on

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

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

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

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

Sara Gomar is a transpersonal and psychological astrologer, holistic therapist and life-coach with extensive training in the field of personal development. From a very young age she has been trained in a great diversity of spiritual disciplines, mainly in the higher practices of the Tao, as well as oriental astrology, feng shui and geobiology, among many other therapies. Since 2014 she has devoted herself to astrological consultation. Her passion is to accompany women on their path to self-realization.
Cada uno vivimos el amor de forma distinta, sentimos diferente, y tenemos una manera particular de percibir la seguridad emocional y de vivir la sexualidad. Y si a esto le añadimos todas las circunstancias que hemos experimentado a lo largo de nuestro recorrido vital y las heridas que arrastramos, pues todo se vuelve muy complejo. Pero en lugar de trabajar para construir algo sólido, nos hemos acostumbrado a la inmediatez y a abandonar al menor problema, sobre todo al terminar el hechizo inicial y el deleite de los primeros meses. En cuanto las cosas se ponen difíciles, saltamos de una relación a otra, en lugar de intentar entender lo que está pasando. Podemos cambiar de pareja, pero si no trabajamos en nuestro desarrollo personal, seguiremos repitiendo una y otra vez las mismas situaciones. Sabemos que nada dura para siempre, pero ¿por qué se acaba la magia tan rápido? ¿Qué hace que no podamos entender nuestras diferencias y trabajar para transformar esos obstáculos en más amor?

He escrito el libro que a mí me hubiera gustado encontrar hace años, y estoy convencida de que leerlo me hubiera ahorrado mucho sufrimiento innecesario. El propósito de estas páginas es arrojar un poco de luz para que entiendas el papel que juegas en todo lo que te sucede y hasta qué punto eres capaz de cambiar las circunstancias que vives. Para tener relaciones más plenas y conscientes, es necesario aprender a no caer en la rutina y abrir las posibilidades vida que podrías crear el amor que te mereces. La llave está en ti, no en el exterior. Recuerda siempre que la verdad es poderosa.

CAPÍTULO 1

Venus
Amor y esencia femenina

CAPÍTULO 6

Plutón
en las relaciones
El poder del amor
We've always perceived adolescence as a moment of critical changes, sometimes even conflicts. But never before have psychiatrists and psychologists been so overwhelmed by the number of young people in their offices. Today's adolescents, those born in the new millennium, suffer from more anxiety and depression than ever, with diagnoses of aggression, difficulties socializing, self-mutilation, bullying, obsessive disorders, addictions, and ever-increasing numbers of suicides.

What’s happened? If the covid pandemic, with confinement and restrictions, has affected all of us, our young people and teenagers were shut away at a crucial moment for the formation of their personalities and social lives. Obviously, they’ve been affected, too.

So what can we do? Psychologist Jordi Royo analyzes the problems, orients us so we can understand whether our children’s reactions are pathological or normal, and gives us the tools to help them.

This book is highly opportune, because it helps us to recognize the magnitude of the problem of adolescent mental health (before, during, and after the pandemic) with up-to-date epidemiological information. It explains in first-person, in an easy-to-understand way, what adolescents are experiencing, their problems with mental health, their families, and the ever-present influence of their environment. It offers a holistic vision of mental health disturbances and an exhaustive analysis of risk factors. Its mental health model takes into account biological, psychological, and social factors (family, friends, work, education, justice, spirituality) beyond the simple cause-and-effect explanations used, for example, with infectious diseases. It also discusses alarm signals, offers practical and concrete suggestions for action, and demystifies taboos and erroneous beliefs.

Doctor Francesc Xavier Arrufat, Psychiatrist

Jordi Royo is a psychologist specializing in clinical psychology, he is vice-president of Clúster Mental Health Catalonia, co-founder of the Portal Foundation (dual pathology) and SEVIFIP (for violence between parents and children), and honorary associate of the Association of Ex-Drug Dependents of Catalonia (AEC-GRIS). He is currently the director of Amalgama7, which provides therapeutic and educational attention for children, adolescents, and their families, where he has directed a clinical-residential initiative for the treatment of children and adolescents (Therapeutic School) that combines the functions of a clinic, a school. A camp, and a student dormitory.
The Children We Were, The Parents We Are

How to approach our childhood to better connect with our sons and daughters

Having children is one of the greatest challenges we will face in our lives. As parents, we want to do a good job, but, along the way, we fail to realize how many past experiences, beliefs, and myths are interwoven in the decisions we make and how they can thwart and even damage our relationship with our children.

Beatriz Cazurro, a psychologist who specializes in contemporary social debates, will talk with sensitivity about the children we were, the experiences and traumas we had in childhood, and compassion and forgiveness as tools to reconcile with the most negative impressions we retain from our childhood.

The Children We Were, the Parents We Are is a book that talks about children, parents, and others. It talks about emotions, the children we were, the redemption needed to forgive ourselves and our own parents.

Travel back to your childhood to understand your children: free yourself from the false guilt that keeps you from enjoying watching them grow up.

Knowing ourselves better will help us understand our children’s needs. A book about the mirror that we adults hold up to our children.

There are no bad children, just children who are in an environment that needs to change. This simple idea, of shifting the primary focus from correction to connection, can radically change our children’s lives and our own. And that is the central objective of this book.

Beatriz Cazurro is a psychologist and psychotherapist, has a master’s degree in child psychotherapy, another in Integrative Humanistic Psychotherapy, and has taken several specialization courses in attachment and trauma with some of the leading national and international experts. She has more than fifteen years of experience working with children and their families, as well as with adults, relying on body-centered techniques such as focusing and recent discoveries in neuroscience. Creator of viral campaigns for good treatment such as #Ensuszapatos or #Childrentoo, she views each person as unique: everyone has made the best decisions they can and has the right and the ability to make new decisions through freedom and contact with their personal power.
Apply the Montessori method at home with little effort and lots of fun thanks to this guide with more than 70 simple activities that invite children from 4 to 8 years old to discover letters, numbers, and the world around them. Focusing on practical life, the senses, literacy, math, science, music, art and foreign languages, all the activities follow the Montessori principles of stimulating the senses and encouraging autonomy, patience, and curiosity.

It doesn’t matter if your children attend a Montessori school: whatever your situation, you can do these activities at home, devoting just a little time to them each day. All you need is a desire to grow and learn together, a little patience and above all... a lot of love!

A practical guide to stimulating learning in children ages 4 to 8 with multiple activities following the Montessori method.

Julia Palmarola is an architect who put her blueprints aside and turned to the dissemination and creation of Montessori method materials when her first daughter was born. After several years doing the Montessori method at home, she decided to bring together her experiences in her first book, *The Practical Guide to the Montessori Method*, which she wrote for other parents in her situation. After the success of this first book, she published *Reading with the Montessori Method* and *Mathematics with Montessori*. All have been well received by parents and pre-K and elementary teachers.
Cómo introducir el alfabeto móvil

**Materiales necesarios**
- Hojas de papel de lija de diferentes tamaños y formas.
- Letras del alfabeto en papel de lija.
- Un alfabeto móvil con compartimientos para colocar las letras.
- Un marcador o pincel.
- Una mochila o caja para almacenar las letras.

**Familiarizarte con el material de trabajo**
- Coloca las letras en el alfabeto móvil de forma que se vean correctamente desde todos los ángulos.
- Asegúrate de que las letras estén bien adheridas y que no se muevan fácilmente.

**Métodos para introducir el alfabeto móvil**

**Método 1:**
- Selecciona una letra de papel de lija y colócala en el compartimento correspondiente del alfabeto móvil.
- Pide a la niña que repita el nombre de la letra y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 2: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 3: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 4: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 5: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 6: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 7: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 8: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 9: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Método 10: **
- Ségala en un círculo y pídele que la nombre y su sonido.
- Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Conclusión**
- Una vez que la niña haya aprendido las letras, puede comenzar a utilizar el alfabeto móvil en actividades de lectura y escritura.
- Recuerda ser paciente y darle tiempo para que comprenda cada letra y su sonido.
- Practica regularmente para que se familiarice con las letras y su sonido.
- Recuerda que el aprendizaje de las letras es un proceso gradual y que requiere paciencia y constancia.

**Actividades para hacer en casa**

- **Actividad 1:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 2:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 3:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 4:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 5:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 6:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 7:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 8:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 9:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 10:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

**Actividades para hacer en casa:**

- **Actividad 1:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 2:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 3:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 4:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 5:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 6:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 7:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 8:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 9:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.

- **Actividad 10:**
  - Ségala un dibujo sobre el que se escribe la letra de papel de lija.
  - Pídele que la nombre y su sonido.
  - Luego, mira la letra y hazle observar cómo se esta escribe correctamente.
Hello, creative soul! My name is Valentina and I’m passionate about art and everything pertaining to personal development. In this book, I want to tell you how you can use lettering to connect with your inner world and with the present. Lettering was a fundamental pillar for me in overcoming depression. My purpose here isn’t only to help those new to the technique learn faster and with fewer mistakes, but also to show you how lettering can help you heal and channel your emotions.

You’ll see I combine practical exercises with personal growth and mindfulness techniques, drawing on my own experience to help you find calm, peace and relaxation through letters.

In these pages, I want to share with you my great passion for this magical tool, because I’m sure you can already tell it’s about more than just writing beautiful letters. It’s about having a resource that can help you feel better and reconnect with yourself in times of depression.

Are you ready for the magic to begin?

An inspiring book of mindfulness that teaches you how to use lettering to express yourself, connect with your feelings, and be anchored in the present moment.

Lettering has immense power and you have it at your fingertips.

Valentina Buso has been helping women for years to learn to be more creative, express themselves, and connect with their inner child through lettering and watercolors. She’s always felt it essential to believe that we are all creative and capable of doing whatever we set our minds to, to encourage personal development, and to work with passion. She considers her work unique because she herself lived through the challenges and difficulties of depression and being trapped in a loop of negative thoughts until she found a tool that made her shine and fight back against that harmful inner dialogue. She has been teaching workshops, mentoring, and giving online courses since 2017, and has worked with brands such as Flying Tiger, Tombow, Phoenix Art, Ikea, and the Canary Islands government.
Presta atención a los movimientos que haces con el rotulador: a la punta, a la mano, al papel, a la música. Deja el teléfono a un lado y céntrate en ti. Lo que intentamos es dejar de estar en piloto automático, entrenar nuestra mente para que cada vez le resulte más fácil vivir en el presente y adentrarnos en la belleza de todo lo que nos rodea.

Ya tienes la llave, ahora puedes hacer uso de ella.

ATENCIÓN PLENA

\[ \text{Gratitud} \]

Escribe lo que has escrito a la derecha todo lo que te hace dar las gracias hoy, desde por cosas aparentemente sencillas como el agua con la que te duchas hasta por la casa, la familia, las vacaciones, la comida, el trabajo... No hay nada, escrito todo lo que se te ocurra.

¿Has acabado? ¡Genial! ¿Cómo te sientes? ¿Notas cómo se ha elevado tu energía? Ésa es la magia de la gratitud. Por eso la practico a diario, cuando me levanto y cuando me acuesto.

Existe una escala que clasifica las emociones según la frecuencia vibratoria que emanan. Por ejemplo, la culpa tiene una de las vibraciones más bajas, pero la gratitud está en la parte más alta de la escala. Por eso la traigo aquí.

Sentir gratitud en nuestro día a día nos eleva. Y no hace falta que sea algo extraordinario, que también, sino que en los pequeños detalles se encuentra la magia. A continuación, haz el mandala y centra tus pensamientos y emociones en todo lo que has escrito.
The Bomb Builder and the Butterfly tells the story of Bimori, a trapeze artist who has an accident during a show: dressed in her butterfly costume, she falls from twelve meters and goes into a coma... the very day she finds out she is pregnant.

During a fantastical journey, she will meet characters that include a cat dressed as a lumberjack, a magician, a fortune teller, a dream interpreter, a pirate, and a giant turtle that runs at high speed, and they will help her find her way back home.

An inspirational novel in the form of a travelogue we will enjoy as much as The Wizard of Oz, The Princess Who Believed in Fairy Tales or The Knight in Rusty Armor. With touches of dreamlike fantasy in the style of Alice in Wonderland, this work, destined to become a modern classic, tells us the importance of knowing our nature and leaving behind inherited patterns to find our own path and enjoy life in full possession of our freedom.

A fable of self-discovery, a hypnotic and inspiring tale, a fantastic journey in search of our true nature that reminds us of the importance of being true to ourselves.

From the author of the international phenomenon The Grandmother Who Rode a Bicycle Across the World, translated into 10 languages.

Is it possible for an adult to come to understand that the greatest gift they can give themselves and those who come after is the chance to know their true nature and the possibility of holding onto it freely throughout their life?

I had the opportunity to realize this through the story of my daughter Perla. She was the one who told me the story I am about to share with you.

Gabri Ródenas (Spain, 1976) is a writer and philosopher. His simple and poetic style evokes the works of Charlie Mackesy, Paulo Coelho, and Antoine de Saint-Exupéry. His novel The Grandmother Who Crossed the World on a Bicycle was a huge international success and has been translated into ten languages.
A spiritual guide to transform your life

Just as clouds obscure the sun’s light at times, so emotions and afflictions of the body and mind—frustration, anxious desire, dissatisfaction, resentment, fear or envy—can temporarily alter the essence of who we really are.

Drawing from his own experience and a tragic event that marked him forever and made him rethink his life and abandon everything (his family, his job and his position in society) to become a Buddhist monk, Lobsang Zopa teaches us in this revealing book that a fuller life is possible. In these pages, we will learn why true happiness is a product of the mastery of our emotions that a serene, stable and peaceful mind brings, and ways we can integrate ancient wisdom into our routine to make it more peaceful and healthier.

A guide to spiritual transformation by Buddhist Master Zopa. An inner journey to help us master our mind, better develop our potential, and apply Buddhist teachings to our daily life to make it more peaceful and healthy.

Master Lobsang Zopa was a technical architect at the University of Granada and managing director of his own construction firm until 2005. That same year, soon after turning 48, his life took a radical turn. The death of a worker in an accident at the construction site he was managing marked him deeply, making him rethink his life and become what he is now, a Buddhist monk, ordained by H.H. the XIV Dalai Lama in Dharamsala (India) and a global reference point for Buddhism. Zopa is a disciple of Lama Zopa Rinpoche (spiritual director of the FPMT) and Geshe Lobsang Jamphel (Abbot of Nalanda Monastery, France), and a teacher recognized by the Foundation for the Preservation of Mahayana Buddhism, FPMT. For more than 14 years, he has been a resident of Nalanda Monastery in France, where he has studied the fundamental texts of Tibetan Buddhism.
CONNECT WITHOUT WI-FI

Discover the meaning of life from creativity

Creative notebooks have seen enormous growth during the pandemic, and respond to several needs: they are a creative way to entertain yourself and spend more time at home while working on issues related to personal growth like identity, self-esteem, resilience... In these pages you will paint, write, draw... and you will be able to connect with your inner self.

Twenty-five concepts and more than thirty creative techniques grouped in blocks to connect with yourself through drawing, singing, writing, taking pictures, painting, observing...

If you have this in your hands, it may be a sign that you’re willing to work on aspects of your personal growth, that you sense your creative possibilities and want to explore them, maybe even that you are already on both paths and feel like going one step further. No matter what, if you feel it’s your time, you should follow this sign.

Mireia Sanchez is an expert in art therapy with more than 25 years of experience. She is the author of several books, including Create Your Life.

OTHER TITLES BY THE AUTHOR: Create Your Life
La estampación con globos

La estampación con globos es una técnica artesanalmente hermosa que utiliza la textura del globo para crear estampas únicas. Utiliza manualidades y herramientas artísticas para crear un materialico, con un espíritu ajeno

Aft er years of living with the fear of flying and missing out on unique opportunities and experiences, I said enough is enough. It took me too long to decide to do something about it; the fact is, the thought of looking fear in the face gives you vertigo. Montaigne said “What I am most afraid of is fear itself.” I agree. Deciding to overcome my fear of flying is the best thing I’ve ever done, it’s changed my life. And looking back, it was infinitely easier than I had imagined. And exciting. Not only do you conquer your fears, you learn to master yourself, your own mind.

For many years, I’ve accompanied people as they overcome their fears, in life and in the air. I’ve realized that all of them go through certain phases, and I’ve used that knowledge to create a map you may be able to use. I’ve traveled down this route myself. And it worked for me. But it’s not the only one. In each phase, you’ll find related resources. Starting with them, you can create everything on your own.

I encourage you to go into this book eager to find your own answers and explore within yourself. Feel free to create. Try, experiment, persevere, act. Pick up what you find along the way, leave on the stark rock what doesn’t work for you, grasp with your powerful claws what you already know works for you, plus all that you have just discovered and have yet to try. Create your own plan to fly. Fly!

A practical manual to face and overcome life’s fears.

Silvia Carré is a professional coach certified by the International Coach Federation (PCC). Private pilot and aerobatic pilot at the Aeroclub Barcelona-Sabadell in her spare time. Certified in Susan Jeffers’ Feel the Fear and Do it Anyway® method to transform fears into power and action. Certified in the Bridge® model to improve interpersonal relationships. NLP® Practitioner certified by Richard Bandler. Trained in emotions and corporality by the Alba Emoting® method, emotion management by the UOC, leadership and emotional communication.
Can happiness be measured? Surprising as it may seem, the answer is yes. At the Happiness Research Institute in Copenhagen they have been measuring happiness since 2012. But what is the purpose of measuring it? And, more importantly, can happiness be achieved?

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

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

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

We live in a society that expects the same from everyone and formulates a single equation for happiness. Monogamy has been imposed on us as the only visible and valid option, and this has led many people to be in relationships in which they have to hide part of their personality to adapt. We have seen the consequences; lots and lots of infidelity, disappointments, and breakups, to the point that all this has become normalized and it is now more acceptable to “slip up” than to have a transparent and ethical open relationship. Moreover, non-monogamy is a threat to the values society is founded upon. It’s time to reexamine the idea of love we are sold in movies and books from a young age, which sees jealousy and possessiveness as a proof of pure love. And the more obsessed we are with someone and the less we see other people, the more ideal everything is, until all this turns pathological and people start to see it as violence.

Ethical non-monogamy opens up endless debates about what is and isn’t normal. It breaks the mold of romantic love and raises many new questions. What is fidelity? Is jealousy natural and justifiable? Is it possible to love more than one person at a time without hurting anyone? Non-monogamous options are gaining visibility, but people still assume it’s impossible and destined to fail. This book teaches you that it is possible and that there is a serious need to demolish the structures through which we relate to one another and build others that serve us on a personal level, allowing us to be who we are and others to express themselves freely.

With this book you will learn how non-monogamous relationships work and how to manage the emotions and jealousy that can arise in polyamorous relationships.

Lídia Manot has a degree in translation and interpreting in English and Chinese from the Autonomous University of Barcelona, and has worked for years as a teacher and in the corporate sector. In 2015 she completed a Master’s Degree in Personal Development and Leadership at the University of Barcelona and is currently training with Byron Katie’s The Work method. In addition, Lídia also invests her time in advising couples on emotional management and accompanying them as they work on jealousy, insecurities, agreements, expectations, and limiting beliefs.
Do you find it hard to say what you’re thinking and feeling? Do you demand too much of yourself? Do you punish yourself, and are you afraid of making mistakes? Do you prioritize your “duty” to others rather than to yourself? Many problems related to stress, anxiety, emotional dependency or self-demanding are, at their core, the result of low self-esteem.

The good news is that self-esteem is not inherited, but built. And we can build it day by day, with our thoughts, words, and actions. This book will not lead you to reflect on your past or to connect with your inner child, but it will help you understand how to put an end to insecurity and self-esteem problems regardless of the difficult situations you may have had to live through. Ana Belén Medialdea will guide you through five stations with tips, case studies, short stories, and exercises that will teach what you need to know to cultivate your self-esteem, set boundaries, and take charge of yourself. Because you deserve to take care of yourself, protect yourself, and value yourself for a better present and future.

A journey into our inner self to develop a healthy self-esteem that will allow us to relate well with ourselves and with others.

Everything I’m going to tell you throughout this book is the result of my personal and professional experience as a psychologist. My therapeutic method is strategic brief therapy, a therapy model created in the 1970s at the Mental Research Institute in Palo Alto, California that is still being studied at the Centro di Terapia Strategica in Arezzo, Italy, where I was trained.

Ana Belén Medialdea is a psychologist and psychotherapist specialized in the brief strategic therapy. In addition to her private practice, she is in charge of the Family Care service of the Children’s Department of the Humanes City Council and vice-coordinator of the Strategic Brief Therapy working group of the Official College of Psychologists of Madrid. She was called to this profession, and is devoted to spreading the word about psychology and self-esteem in her profile @anapsicologamadrid.
Many people suffer from anxiety-related problems, which are currently one of the most frequent reasons for attending therapy. Anxiety in itself is not bad, it’s an inborn human trait with a clear function: to put us on alert and prepare us for possible danger. The problem comes when this mechanism gets out of control and anxiety appears for no reason or refuses to go away, preventing us from living our lives normally and fully.

What matters is that we know how to find the way to keep it at bay and prevent it from dominating us when it appears. In this book, Tais Pérez Domínguez and Sergio García Morilla, experts in anxiety and depression with more than thirteen years of clinical experience, offer us a practical and concrete guide to learn to manage anxiety and stop suffering from it. With the information in these pages, we will understand what really happens to us when we feel anxiety and why it occurs as well as the appropriate strategies to manage and control it.

The strategies we will address in this book and their implementation require serious motivation on your part to overcome anxiety. If you are hesitating, we recommend that you draw up a list as comprehensive and concrete as possible of all the limitations your anxiety imposes on your life and what you would gain or could do if you were able to manage it. When you’re done, read it carefully and then decide if you think it’s worth it to keep going. If the answer is yes, keep the list nearby, don’t lose it, because it will help you carry on when your motivation falls. The road may be long and difficult, but the destination will undoubtedly be worth all your effort. Shall we get started?

Tais Pérez Domínguez is a psychologist with a master’s degree in Clinical and Health Psychology and in Methodology of Behavioral and Health Sciences with thirteen years of experience in private clinical practice. She works at the Doctor Negrín Hospital, where she treats patients with chronic kidney disease and health professionals from the kidney unit. Together with Sergio García Morilla, she directs the team of the Psicosalud psychology center in Tenerife. In addition to providing clinical therapy for adults, children, and adolescents, they offer mentoring services for internships at several Spanish universities and provide specialized training for other mental health professionals.
David Hernández has been interested in science and art in general, and mathematics and music in particular. He studied architecture at the University of Valladolid and later obtained a master’s degree in education, specializing in mathematics. He is currently a secondary school teacher, and has several music projects on the side that delve into astronomy and math. He also occasionally plays keyboard and guitar for several groups. In 2018 he created a popular science website where he tries to explain theorems and numerical concepts in a geometric and visual way.

Since he was a child, David Hernández has been interested in science and art in general, and mathematics and music in particular. He studied architecture at the University of Valladolid and later obtained a master’s degree in education, specializing in mathematics. He is currently a secondary school teacher, and has several music projects on the side that delve into astronomy and math. He also occasionally plays keyboard and guitar for several groups. In 2018 he created a popular science website where he tries to explain theorems and numerical concepts in a geometric and visual way.


Counting on Math is a journey through the most fascinating events in the history of mathematics. Theorems and equations like you’ve never seen them before. If you thought math was boring, this book is for you.

David Hernández, a math teacher who managed to get his students to obtain an almost perfect average on their college entrance exams, offers a fascinating history of mathematics to bring everyone closer to this feared subject.

If you’re one of those people who think mathematics is only useful for figuring out the cost of the products in the shopping cart and don’t realize the real achievement of mathematics is that you can pay with your cell phone in less than a second, even if you don’t have a cent on you, while listening to your favorite band on your wireless headphones, this book is for you. What seems like magic at first sight is possible thanks to algorithms based on formulas and equations discovered more than two thousand years ago by women and men with incredible lives who underwent extraordinary trials in the name of knowledge, changing the course of human history.
IN THIS MANUAL, YOU WILL LEARN ABOUT SCIENTIFIC ILLUSTRATORS’ WORK, SEE SOME OF THE MOST USED TECHNIQUES, AND GET ADVICE FROM PROFESSIONALS IN DIFFERENT AREAS. WE INCLUDE EXERCISES AND ASK QUESTIONS THAT WILL HELP YOU TO REFLECT ON IMPORTANT ASPECTS OF ILLUSTRATION. THIS MANUAL COVERS ALL BRANCHES OF SCIENTIFIC ILLUSTRATION, FROM PLANTS AND ANIMALS TO THE REPRESENTATION OF CELLULAR PROCESSES, SUPERNOVAS, DISSECTIONS, DINOSAURS, MINERALS, AND EVEN DIAGRAMS AND CHEMICAL FORMULAS: EVERYTHING THAT SCIENTIFIC STUDY CAN EXAMINE.

A REFERENCE WORK FOR BOTH ILLUSTRATION PROFESSIONALS AND AMATEURS WHO WANT TO GET INTO THE FIELD.

MIQUEL BAIDAL CRESPO is the CEO of Illustraciencia. He studied at the Massana art school in Barcelona. He has developed science outreach projects for science museums and companies with the aim of popularizing science in a clear and appealing way. In 2009, he founded Illustraciencia, an international initiative that works to publicize the importance of scientific illustration and promote it in all its forms, supporting and rewarding scientific illustrators through the International Prize for Scientific Illustration.
El manual tiene como propósito ayudar a quienes deseen introducirse en la profesión de ilustrador. A continuación se presentarán algunas técnicas que se pueden utilizar:

**Técnica con lápiz de color acuarelable**
- Los lápices de color acuarelable se pueden combinar perfectamente con los no acuarelables para crear un contraste emocional entre luces y sombras. Se adicionan nuevas capas de color para obtener un efecto de quema y se aplican pinceladas para crear nueva luz. En las fases finales se valora el conjunto y se añaden los últimos detalles, la sombra y los puntos de luz.

**Lápiz de grafito**
- Este lápiz es muy utilizado para el dibujo de detalles finos y precisos, y se puede utilizar para crear trazos de diferentes densidades. Se pueden utilizar lápices de diferentes densidades para obtener un efecto de sombreado. Se puede utilizar una hoja de papel para dibujar sobre el lápiz para crear un efecto de sombreado. En las fases finales se valora el conjunto y se añaden los últimos detalles, la sombra y los puntos de luz.

**Rotulador**
- El rotulador es un medio cada vez más empleado en ilustración. Al igual que el lápiz de color acuarelable, permite obtener un efecto de sombreado. Se pueden utilizar rotuladores de diferentes colores para crear un efecto de quema y se aplican pinceladas para crear nueva luz. En las fases finales se valora el conjunto y se añaden los últimos detalles, la sombra y los puntos de luz.

**Acuarela**
- La acuarela es un medio muy utilizado para el dibujo de detalles finos y precisos, y se puede utilizar para crear trazos de diferentes densidades. Se pueden utilizar acuarelas de diferentes densidades para crear un efecto de sombreado. En las fases finales se valora el conjunto y se añaden los últimos detalles, la sombra y los puntos de luz.

**Tecnología moderna**
- En la actualidad, la tecnología moderna permite crear efectos de sombreado y quema con técnicas informáticas. Se pueden utilizar programas de diseño gráfico para crear efectos de sombreado y quema. En las fases finales se valora el conjunto y se añaden los últimos detalles, la sombra y los puntos de luz.

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

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

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

**Maria Martinón Torres** has a PhD in Medicine, specializing in Human Evolution and Forensic Anthropology, and is an Honorary Professor in the Department of Anthropology at University College London. She has been part of the Atapuerca research team since 1998 and has participated in several international projects, such as at Dmanisi (Georgia) and in China. She has published more than 70 books and scientific articles on human dentition and in 2019 she received the Rivers Memorial Medal awarded by the Royal Anthropological Institute of Great Britain and Ireland (RAI), the oldest academic institution in the world dedicated to anthropology.
Jordi Pereyra

GUIDE TO SURVIVING IN SPACE

How not to die if you only have a few rocks around you... and some basic notions of chemistry

You’re an astronaut, and your ship is stranded on an inhospitable planet in a remote solar system. You’ve got no water or oxygen, and there seem to be no signs of life around you. At first glance, the only option the rocky, desolate landscape around you offers is starvation. After all, you can’t eat, drink, or breathe rocks… or can you?

Rocks are made of substances that contain chemical elements crucial both to keeping us alive and making tools that facilitate our survival. In other words: a rock is not just a rock, it’s a mixture of metallic compounds, salts, organic substances, and much else, depending on the geological history of the place. A barren desert isn’t simply a collection of inert rocks, but a gigantic laboratory shelf, messy but full of chemical substances we can use to our advantage.

In Guide to Surviving in Space, we will not only discover how to use chemistry and geology to take advantage of the substances this chaotic laboratory called nature offers us, we will also visit a wide range of planets and celestial bodies in order to find out their origin and explore the options we would have if, in the future, we were to set out on interstellar missions and establish human colonies.

Jordi Pereyra presents a new book that teaches us chemistry, physics, and astronomy through the adventures of an astronaut lost in space.

Jordi Pereyra Mari (Ibiza, 1990) has a degree in Mechanical Engineering from the Universidad Politécnica de Cataluña and is interested in... Well, anything that helps us to better understand the world we live in. In 2013, he started writing the blog ‘Ciencia de Sofá’ hoping to arouse interest in science among people who unfamiliar with the subject through humor and accessible language, a formula that has made it one of the most popular science blogs in Spain.

OTHER TITLES BY THE AUTHOR: The Universe in a Cup of Coffee / The 4 Forces of the Universe / Surprising Answers to Everyday Questions
“A short, dry scream drowned out the waterfall. For a few tenths of a second I remain paralyzed, trying to hear any sound that will help me understand the shock that’s just run through my body. I want to be sure nothing has happened to my companions, that it was just a scare after a slip on the route, but that scream sounded as if someone had opened the mountain passes to death itself.”

In April 2015, the lives of three speleologists had Spain on edge for a week. They had had a major accident on their expedition in the Atlas range, and two of them were struggling to survive, trapped at the foot of a waterfall, while Spain negotiated with the Moroccan authorities to send a rescue team. A story that should have been resolved within a few hours, but that led to a diplomatic dustup with dire consequences.

But no matter how much I psyche myself up, no matter how much I try to remember all the theory at the speed of light, no matter how clearly I know what I have to do... I feel unable to react. In front of me are the two motionless bodies of my companions, but my mind keeps saying that at any moment they’ll get up as if nothing had happened, and we’ll laugh about the spill they took, and we’ll get back to the trail with another story to tell the rest of the group when we meet again.

In the voice of one of the people who was there, in the tradition of classics of mountain literature such as Into Thin Air, this book is the true and harrowing story of an astonishing struggle for survival told with the pulse of a thriller.

Juan Bolívar Bueno is a police officer by profession, but his passion for adventure and mountaineering led him to high-risk sports like canyoning and caving. In 2015, he joined an expedition with the Ilíberis Caving Club to the Uandras canyon in the Atlas Mountains of Morocco. He and two other cavers had an accident in which his companions died. The case caused a stir in the Spanish press due to alleged negligence on the part of the rescue teams and Moroccan authorities.
“One day I discovered I had a special connection with the animals around me: our minds were able to come together and function as one. Now I have fulfilled my dream, and I travel the world with them teaching the public that humans and animals can be one.”

Santi Serracamps, is a free spirit, a dreamer and a wild man who manages to use his voice to make a horse, symbol of freedom, dance like an expert tap dancer, or a dog climb on a horse’s rump while a hawk accompanies them both.

Without saddles, without ropes, without bridles, this animal whisperer has the ability to communicate with animals so deeply that they coexist with him like one big family.

Because a world where animals and humans share a single mind is possible.

Santi Serracamps was born into a family passionate about horses, and from the time he was very young, he was doing tricks on them. They call him the horse whisperer or enchanter, and he is considered one of the best horse trainers in the world.
Did you know that Oymyakon is the coldest town in the world, where cell phones freeze and refrigerators are hot? That in Svalbard it is forbidden by law to die? Did you ever hear of Centralia, a small town in Pennsylvania that has been burning for half a century and inspired a well-known video game saga? Extreme environments, inhospitable places, isolated communities... Curious people with an interest in the farthest corners of the planet will wonder at every turn: what are these people doing living there?

Through infographics, maps, and unpublished content, the team of An Immense World weaves a network of geographical oddities that will break our preconceptions and take us to villages, islands, and unknown places.

A guide to impossible voyages and destinations it’s better to avoid.

The channel with more than a million followers that uncovers interesting facts about the most inhospitable places on planet Earth.

Un Mundo Inmenso (An Immense World) was born on YouTube in September 2018 and today is one of the leading Spanish-language geography channels, with almost 1.5 million subscribers. The team consists of Francisco Llorens, Antonella Grossolano, and Diego Briano. The channel constantly posts videos about world trivia and how people live on different parts of the planet.
La isla de Socotra, ubicada en el Índico, es un paraíso sitiado por la guerra. Las consecuencias de un aislamiento prolongado.

Las consecuencias de un aislamiento prolongado.

Los habitantes desiertos.

Un paraíso sitiado por la guerra.

La desolación del archipiélago.

ES UN PARAJE MUY SENSIBLE A LOS EFECTOS DEL CAMBIO CLIMÁTICO.

SOCOTRA, UNA ISLA DE OTRO PLANETA.

37% ESPECIES ENDÉMICAS

253 CÓRAXES

429 PECES COSTEROS

300 VARIETIES OF LANGOSTAS

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ES UN PARAJE MUY SENSIBLE A LOS EFECTOS DEL CAMBIO CLIMÁTICO.
At Geoplaneta we like to travel, we won’t deny it. We travel when we can and even when we can’t... because there’s nothing to stop us from traveling with a mind that doesn’t want to stay still. These activity booklets for adults are a tribute to all the trips we’ve taken and those we have yet to take... a compendium of travel activities that will rack your brains, teach and surprise you, and make you forget about the clock. You will test your logic, your wit, your memory, your ability to calculate, your knowledge of the world ... and with Geoplaneta's help, you can become a true adventurous mind.

- Many hours of travel with more than 100 illustrated activities in each book to transport you around the planet.
- Suitable for experienced travelers and those who prefer traveling from home.
- Activities designed with the mental and traveling expertise of Raquel Piñeiro and with fun illustrations by Bea Lozano.
- Exercises in logic, calculation, visual acuity, acrostics, word searches, puzzles, and much more.
CUADERNO DE ACTIVIDADES PARA MENTES VIAJERAS

La primera época que conocíamos, la del laberinto, no pasaron Tony y Maureen. Presta atención, porque cada parte del itinerario laberinto, tendrás que seguir. Si resuelves el laberinto no falte ninguna. Una vez cuadrado de la derecha, sin que la siguiente cruzada. Te damos un nuevo Laboratorio de actividades. Vamos a construir la capital de Brasil. Con el pelo amarillo. Tiene la potestad legal, es su..., sino que sean para construir, pues después podrá disponer de los edificios de manera individual. Entre las estructuras que Niemeyer diseñó, como la catedral Metropolitana, un verdadero icono del Brasil moderno, el Palacio de la Cultura, el Museo Nacional y, sobre todo, el Palacio de la República, una de las maravillas de la arquitectura brasileña. Pero lo más importante no es lo que se pueda ver, sino el espíritu de ese sitio que han descansado en el río de Janeiro y han sido construidos en el centro de la ciudad. A lo largo de todo el edificio, la presencia de Niemeyer se hace visible, y el diseño de la ciudad es lo que se puede apreciar en el edificio, con la idea de que los edificios sean un símbolo de una ciudad moderna. Pero lo más importante es lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, los edificios de los municipios son los que se pueden ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar. Además, lo que se puede ver, y el espíritu de la ciudad es lo que se puede apreciar.
Mi propósito no es discutir ni enfrentarme a nadie. Yo únicamente descubrí una forma de salvarme a mí mismo, de restablecer mi salud y de recuperar mi vida cuando parecía que todo se acababa. Al compartirla, busco explicar de forma detallada a las personas que sienten que su existencia ha descarrilado cómo pueden encontrar su camino de nuevo, sanar su vida y sacarla adelante.

Con este libro, quiero ayudar a quienes han perdido la esperanza y mostrarles que pueden salvarse a sí mismos. Por eso, a muchas personas que tienen sus vidas encarriladas les parecerán obvias algunas cosas que explico. Solo pueden comprender a quienes sufren quienes antes han sufrido. Deberemos poner de nuestra parte para entender que toda persona extraviada necesita sanarse a sí misma. Sin embargo, incluso si tu vida está muy encarrilada, este libro te ayudará no solo a entender más a los demás, sino a mejorar y a lograr que tu éxito se multiplique. Es sorprendente la cantidad de futbolistas, deportistas de alto rendimiento y artistas famosos que me escriben para agradecerme lo mucho que mis...

CURRO CAÑETE

Curro Cañete es un exitoso escritor y coach en Madrid. Con titulaciones en Derecho y Periodismo, también completó una Maestría en Coaching Personal y Profesional. Es experto en el éxito y la felicidad con un fondo en muchas técnicas terapéuticas, siendo más interesado en ayudar a las personas a liberarse de sus bloqueos y limitaciones para que puedan vivir la vida que desean.  

Derechos vendidos a: Planeta Manuscrito (Portugal), Antonio Vallardi (Italia), Planeta Brasil (Brasil), Eksmo Publishing (Rusia).
FEAR NOTHING

Make your dreams come true with love, joy and inner peace

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

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

Open your mind. Find your purpose. Realize your dreams.

When the dreams you thought were impossible start to come true in front of you, you feel so much excitement and happiness. Your mind broadens, your possibilities increase and the limits that exist for others cease to exist for you.
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.
TOXIC PEOPLE
How to identify them and free yourself from narcissists forever

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

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

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.

Learning to be alone can be the greatest adventure of your life and a fascinating journey that will connect you with the world and with yourself.
To be a good citizen you need to have a good heart, that is, you need to have the ability to appreciate values, sympathize and argue

Adela Cortina

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

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

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

A challenge for democracy

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

And yet this undeniable social phenomenon has no name. Adela Cortina has thus consulted her Greek lexicon and found the word for ‘poor’: aporos, and coined the name ‘aporophobia’, a trend that is increasing exponentially. In addition to defining and contextualizing the term, Cortina explains human beings’ predisposition towards the phobia and suggests how we might avoid it through education, reducing economic inequality and promoting forms of democracy that take equality seriously and encourage a cosmopolitan hospitality.
Lucía Galán Bertrand is a pediatrician and the mother of two children. She works at El Centro Creciendo in Alicante, a private practice where she is cofounder and director. She is an international volunteer and member of the Advisory Council to UNICEF. She has received numerous awards, including the 2015 Bitácoras Award for Best Health and Scientific Innovation Blog for www.luciamipediatria.com and the e-Health Awards #SaludSinBulos Prize for her fight against misinformation on the internet.
**THE BIG BOOK OF MY PEDIATRICIAN**

*The most complete and up-to-date guide to the health of your child from birth to adolescence*

The Big Book Of My Pediatrician will accompany mothers and fathers on the journey of their lives. With stores of information about the health and wellbeing of your child from babyhood to adolescence, this easy-to-understand and pleasant book is destined to become a reference work.

Here you will find everything you need to understand the most common illnesses and the answers to all the questions that plague mothers and fathers every single day. Is it normal for my baby to cry? What are the most common reasons for going to the doctor? How do I answer my teenager’s questions about sex? These and many more questions are responded to here in the unmistakable friendly tone of one of the best pediatric advisors in Spain.

**THE BEST OF OUR LIVES**

*From the experience of my profession and my sensibility as a mother*

“The Best of Our Lives is the moving journey of a mother, a pediatrician. A journey through the intense and revealing world of our children’s emotions, which you will feel identified with from the very first page, where I find myself in the delivery room, terrified but immensely happy, all the way to the difficult but inspiring stage of adolescence.

A true life apprenticeship, a profound discovery of my emotions, those of my children, and those of hundreds of families who come to my office.

What does my child feel? What do I feel as a mother? Or you as a father? Read this and don’t waste a single minute of our children’s lives, of those moments that will never come back. What would you like your children to remember about you and their childhood when they grow up? Dare to discover it!”
Anabel Gonzalez is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs to the board of the European Society for Trauma and Dissociation and is Vice President of the EMDR Association in Spain. For years, she has trained other specialists; she is an accredited EMDR therapy trainer, an associate instructor at CHUAC, and an Invited Professor at the Master’s in EMDR Psychotherapy at the UNED.
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 Gonzalez offers us this brief guide to emotional survival that will help us better manage our emotions and learn to live with the bad times.

Because the key to feeling at ease with ourselves and with our lives is knowing how to deal well with our bad days.

Anabel Gonzalez tells us all about emotional regulation, that is, how we deal with what we feel. In fact this is the key to feeling well with ourselves and our life.
Facundo Manes is an Argentine neurologist and neuroscientist. He is president of the World Federation of Neurology Research Group on Aphasia, Dementia and Cognitive Disorders. He graduated from the School of Medicine of the Universidad de Buenos Aires and received his PhD in Science from the University of Cambridge, England. After completing his postgraduate training in the United States and England, he returned to Argentina, where he created the Institute of Cognitive Neurology (INECO), which he currently directs, and the Neurosciences Institute of the Fundación Favaloro in the city of Buenos Aires. Both institutes are international leaders in original scientific publications in cognitive neurosciences.

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

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

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

After the huge success of *Using the Brain* and *The Brain of the Future*, Facundo Manes and Mateo Niro present us with an excellent reference work in which they share with us the latest scientific advances to decipher and understand the great mystery of the brain.
ÁNGEL MARTÍN

IN CASE THE VOICES RETURN

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

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

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

“If there is one thing I’ve discovered during all this time, it’s that when you openly tell people that your head isn’t screwed on right, they immediately label it as taboo. Although I wrote this book for myself, In Case the Voices Return is for anyone who has gone through or is going through something similar, and in this way to do away once and for all with the stigma of mental illness,” says the author. His time in the hospital, how it affected him and the attitude of his surroundings are some of the topics he addresses in In Case the Voices Return. The author, with a direct style free of sentimentalism, will also move us with humor and irony. Unwillingly, Martín created a dangerous person out of the material of himself, whom he describes in the book and about whom he shares lucid and moving reflections.

If you simply want to play at seeing the world as I saw it while I lost touch with reality, this book is also for you. If you listen well to the voices, you will discover fascinating things like this: You don’t need to hit rock bottom to rebuild yourself from scratch.
Tómás Navarro is a psychologist in love with people and with what they feel, think and do. He is the founder of a consulting firm and an emotional wellness center. He currently divides his time between technical writing, training, consulting, conferences and personal and professional coaching and consulting processes.
THINK BEAUTIFUL

8 mistakes you should avoid to free your mind and achieve the life you want

Our thoughts govern the relationship we have with ourselves, how we relate to other people and the world. They allow us to see more opportunities, but they can also limit us and make us unhappy. In this book, Tomás Navarro identifies the eight most common thinking errors and shows us the keys to learn to think beautiful; a new style of thinking that is more open and expansive, which invites us to explore our limits to reach the best version of ourselves.

Thinking beautiful is the best ally you have to be able to live the life you want according to your desires and priorities. Thinking beautiful allows you to see opportunities where other people cannot see them. Thinking beautiful is to arm yourself with resilience to manage adversity without suffering more than necessary, minimizing the impact of pain and its aftermath. Thinking beautiful is to think compassionately, incorporating other people into your universe, sharing life and creating more opportunities for all. Thinking beautiful will make you a winner before the battle.

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

OTHER TITLES BY THE AUTHOR

Translated into over 20 languages

Zenith | September 2017
KINTSUKUROI

Zenith | March 2021
WABI SABI

PSYCHOLOGY PRAC TICAL BOOK MINDSET
Rut Nieves was working in an architect’s office in Germany when she decided to leave everything behind and train as a coach with some of the world’s leading figures, such as Tony Robbins, Gregg Braden and Sergi Torres. She founded Architecture of Emotions, a leading company in the service of expanding awareness of love and knowledge of our potential. She gives lectures and seminars all over Spain.

Rut Nieves fue trabajando en un despacho de arquitectura en Alemania cuando decidió dejarlo todo para dedicarse a lo que más le apasionaba, descubrir el verdadero potencial que reside en cada uno de nosotros, en nuestra mente, corazón y cuerpo, para recuperar nuestra libertad, nuestra espontaneidad, nuestras verdaderas capacidades y nuestra dignidad.

Cuando nos abrimos a la verdad, la verdad nos libera. Cuando dejamos de creer que estamos condicionados por creencias muy limitantes, encontramos el poder para transformar nuestras vidas. La Vida nos ha dado mucho poder, pero durante siglos nuestra mente ha estado condicionada por creencias muy limitantes que nos han llevado a olvidar nuestras verdaderas capacidades y a desconectarnos de nuestra sabiduría interior, intuición e instinto. Y esas creencias han condicionado nuestros cuerpos.

Este libro nos ofrece palabras, herramientas para conectar con nuestra claridad, seguridad y confianza interior y ejercicios muy poderosos: sanar las heridas del pasado y crear los cambios necesarios para disfrutar de la vida que deseamos y merecemos vivir, ¡nuestra propia vida!

Para encontrar lo que deseamos, tenemos que buscarlo en el lugar adecuado para nosotros, en nuestra mente, corazón y cuerpo, para liberar nuestro cuerpo y nuestra mente y recuperar nuestra libertad, nuestra espontaneidad, nuestras verdaderas capacidades y nuestra dignidad.

Para sanar nuestras heridas con nuestro amor y recuperar nuestra libertad, nuestra espontaneidad, nuestras verdaderas capacidades y nuestra dignidad, conseguimos los libros ¡Gracias de todo corazón! y escuchamos a los demás con tanto amor como podemos. Si me etiquetas, me alegrará leerte en tus redes sociales para que otras personas puedan leerlo y compártelo en tus stories.

Graba un vídeo contando lo que te ha aportado el libro para poder compartirlo en contacto@rutnieves.es junto a aquello que te gustaría compartir conmigo y con el resto de tus seguidores.

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REGAIN YOUR POWER

Free your mind and body and live your own life

Life has given us a lot of power, but for centuries our mind has been conditioned by limiting beliefs that have led us to forget our true capabilities and disconnect from our inner wisdom, intuition, and instinct. And those beliefs have slowly conditioned our bodies.

In this book you will find words, tools, and powerful exercises to free your body and mind from those emotions and beliefs that weaken, paralyze, or overwhelm you.

The tools contained in Regain Your Power will help you connect with your life force, your inner confidence, and your clarity so you can move forward with joy and determination towards the life you wholeheartedly desire and deserve to live: your own life.

When we open ourselves to the truth, the truth sets us free. Reclaim Your Power is a book that helps us remember our rights and our powers and how we can use them. This is a book full of truths that give us light and set us free. Powerful words and tools.

The new and long-awaited book by Rut Nieves: a journey to the emotional reasons of the heart to reconnect with our body and mind.

OTHER TITLES BY THE AUTHOR

Planeta | August 2017
BELIEVE IN YOURSELF

Planeta | October 2019
YOU WERE BORN TO ENJOY

Over 150.000 copies sold

Zenith | September 2021
SELF-HELP  EMOTIONAL HEALING  PERSONAL GROWTH
César Rendueles was born in Girona in 1975, grew up in Gijón and lives in Madrid. A Professor of Sociology at the Universidad Complutense, a researcher and translator, he has run several cultural projects at the Círculo de Bellas Artes in Madrid. He published the essay Sociofobia (Sociophobia) in 2013 and Capitalismo Canalla (Rotten Capitalism, Seix Barral) in 2015, which consolidated him as one of the most outstanding thinkers on the current scene. Contra la Igualdad de Oportunidades (Against Equal Opportunities, 2020) is his last book.
Against Equal Opportunities

An egalitarian pamphlet

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

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

Rotten Capitalism

A personal history of capitalism via the essential literary works of the 20th century

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

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

César Rendueles also includes his own memories and experiences so that the different chapters offer a distinctive read and original vision of the development of capitalism as an almost invincible crooked character, by one of the leading thinkers of the twenty-first century.
Probablemente hayas escuchado hablar de la oxitocina. Es una hormona muy importante para la mujer en su vida reproductiva y tiene un papel esencial en el embarazo, el parto, la lactancia y las relaciones sexuales. Se libera por la glándula pituitaria, tras la activación del hipotálamo.

Cuando una mujer rompe aguas, se produce una liberación masiva de oxitocina que es responsable de las contracciones. De hecho, muchas parturientas son tratadas con oxitocina artificial para arrancar el trabajo de parto y apoyar el alumbramiento. La hormona también está íntimamente ligada a la lactancia. La estimulación del pezón libera oxitocina en el tejido mamario y ello provoca la salida de la leche. Además, está presente en las relaciones sexuales: influye de manera activa en la sensación de bienestar y placer que surge durante las caricias, los masajes y el propio acto sexual en sí.

Todos los momentos en los que se segrega oxitocina están ligados al desarrollo de los lazos humanos.

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.
LA HORMONA DE LOS ABRAZOS

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FIND YOUR VITAMIN PERSON

In your family, in a partner, in friends, at work

Why do some people make us suffer so much while others give us confidence and whose mere presence comforts us? Why do some people always have complicated and painful relationships?

As human beings we are designed to live in family and society, to relate to each other and to love each other. Our happiness depends to a large extent on our ability to maintain good relationships with the people around us. Vitamin people are those who bring out the best in you, inspire you, support you and thus improve your immune system. Find Your Vitamin Person will help you understand your bond with your parents, your children, your partner, your friends and your co-workers while understanding your emotional history. Because when you understand yourself, you feel relieved.

HOW TO MAKE GOOD THINGS HAPPEN TO YOU

Understand your brain, manage your emotions, improve your life

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

ESCAPE BOOK JUNIOR

Lia’s Doors

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

OTHER TITLES BY THE AUTHOR

Lunwerg | March 2020
TERROR BOOK

Lunwerg | November 2019
MONEY HEIST. ESCAPE BOOK

Lunwerg | February 2017
GAME BOOK

Lunwerg | November 2017
GAME BOOK  CHILDREN’S
Raquel Córcoles, better known as Moderna de Pueblo, is a Spanish illustrator and comic author. She studied advertising, journalism, and audiovisual communication and has a degree in journalism. Carlos Carrero joined her as a writer in 2013. Raquel and Carlos have continued working on Moderna de Pueblo daily and contribute to such outlets as Cuore, El País and GQ.

**OTHER BOOKS BY THE AUTHOR:**
*Moderna Wonders: What Is Normal?*
This story about Moderna isn’t a fairy tale, it’s a fairy-empowerment tale

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

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

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

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