CRIMINALLY

Criminology as a science.

Why do human beings kill? Why are they considered the worst predators on the planet?

Crime has always fascinated us, perhaps because we find it difficult to understand how human beings can be capable of going beyond certain limits. The word “murder” yields more than three million results on Google, and “serial killer” more than three million. Criminology is more relevant than ever, both because of the prevalence of movies, TV series and novels on the subject and because of the real crimes that impact us almost daily.

In this exciting book, the author, criminologist, lawyer and superb communicator, invites us to venture into the little known world of criminology, forensic science and criminal psychology. What are the methods professionals follow in criminal investigations? How is a complete criminological profile elaborated? What are the methods professionals follow in criminal investigations? What are the methods professionals follow in criminal investigations? Who are the serial killers that make up this particular dark history of Spain? What causes some women to fall in love with the worst criminals? And perhaps the most important question and the one which puzzles, frightens and at the same time attracts all fans of criminology: why do human beings kill?

HOMO CRIMINALIS

Crime at a click: the new risks of today’s society.

Crime and especially violent crime have a daily presence in our lives because they reveal the society in which we live. Through the media, cyberspace and social networks, we see the images of the victims, the crime scene, the development of the police investigation, the statements of those investigated, the sentences... and thus we are offered crime from multiple perspectives.

While many crimes remain the same as in the past, others are absolutely new. Lacassagne said that “each society has the crime it deserves”, and perhaps he was right, because the progress as a species and collectivity has created new forms of crime and delinquency as diverse as copycat killers, group sexual aggression, female assassination, online misogyny by incels, social cybercrime... disturbing issues that this surprising book deals with, a current analysis of human aggression and violence.

Today’s society, a reflection of 21st century criminology.

CREATE YOUR LIFE

A creative journal to achieve wellness.

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

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

A book for personal growth and triumph through art and creativity.

GREEN LIFE, BLUE PLANET

A year of ecological challenges.

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

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

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

Rome has a woman’s name.

Fulvia, Cleopatra, Livia, Medea... Rome has a woman’s name and yet history often insists on relegating them to a secondary role, if not to that of mere spectators.

The ideal of the Roman woman demanded that they be capable of managing the domestic economy, that they be good conversationalists, great connoisseurs of art and culture... perfect hostesses and modest companions. But the ones in this book tell another story: those of young women, ordinary or exceptional, witnesses of an excessive, Empire from the shadows. These are the stories of these women, perfect hostesses and modest companions. But be good conversationalists, great connoisseurs of art and capable of managing the domestic economy, that they inspire obedience and it follows the flock. Hardly anyone knows them by name and yet history often insists on relegating them to a shadowier role.

Discover the lives of the great protagonists of the history of Rome.

THEY SPOKE. THEY LIVED. THEY CHANGED HISTORY.

DAMNED FEMINIST

Towards a new paradigm on gender equality.

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

Darned Feminist isn’t a good book about feminism. It’s not trying to make friends or enemies on the left or right, among men or women. It’s not trying to save anyone. It wants to propose a rethinking of the ideological orthodoxy of certain feminist trends, their acceptance of the state and public policies that try to legislate sexuality or impose quotas, the morality that rejects such vital topics as prostitution and surrogate motherhood, and the use of abuse to offer an image of women as “victimized” by men.

State-sponsored feminism, policy feminism, characterized by its simplicity, its electoral efficacy, its accommodation to institutions, has imposed its mores over the original feminist rebellion, the one that linked feminist demands to universal values like human rights, freedom of expression, sexual liberty, or the presumption of innocence.

Miguel Díaz de Espada is a scriptwriter and historian. He has spent twenty years popularizing history and, as a scriptwriter, he is not satisfied with just writing words he lives and interprets them. As a specialist and coordinator of action scenes, he can often be found in the heat of battle or in the back room of a bookstore.

Loosa Pérez is a social mediator with a degree in Philosophy and a Master’s in Sexology. She is currently studying Psychology. She is president of Young Women of the Region of Murcia. March A, a collaborative space created by young women between sixteen and thirty years old. In 2018 she was winner of the tenth edition of the Young Social Entrepreneurs’ Prize of Europa University with a special mention for the project with greatest online impact. She is a contributor to the daily paper El Mundo.

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

PUSSYDRAMAS

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

The adventures of Moderna de Pueblo and her friends Slitty, 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.

Zenith | 312 Pages | November 2020

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

Woman, 2020
IDIOTIZED

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?

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

RIGHTS SOLD TO: Editions First (France) and Presença (Portugal).

CHESS BOOK

The first game book based on chess.

Ever since she made a serious mistake in an investigation, Inspector Beatriz Moreno only deals with minor cases. That is why she is surprised when her superior puts her in charge of a strange and disturbing case that has just appeared at the police station: someone who calls himself Chess Master has sent a letter stating that in seven days he will commit a murder and that, for clues about the identity of the victim, it will be necessary to solve chess challenges. It may be nothing more than a bad joke, but Bea can’t fail again. To unravel the mystery, she must first learn all the secrets hidden in this world of sixty-four squares.

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

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

Ivan Tapia is the founder and designer of enigmas for Cocolisto, an intelligent leisure business that works for companies such as Danone, Sanofi, Evers, 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.
THE POSTMAN OF TIME

Will you manage to decipher all the messages?

A mysterious blue letter signed by someone very peculiar arrives to shake up the boring life of our protagonist and turn it upside down: if he wants to fill the promising vacancy being a postman of time, he will have to overcome a strange selection process in which he will face some very curious characters and a lot of enigmas.

In this adventure, the aspiring postman will have to decode 20 messages that will take him to different historical epochs. To do so, he will have to use all his deductive skills and become an expert in cryptography.

A new concept of interactive book that will take you to travel through time.

The reader will be travelling back and forth in time and learning different codes: Caesar, Mary Stuart, Morse, binary...

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I CHALLENGE YOU

I Challenge You is a new collection of book-games for restless people who want to enjoy themselves testing their neurons. Aimed at both adults and children, each of its titles presents more than 200 intelligent games to solve individually or to liven up all kinds of encounters. Lateral thinking puzzles, visual, funny, optical, enigmas, sequences, hieroglyphics...: activate your mind and have fun with the activities offered by I Challenge You!

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ELITE, ESCAPE BOOK

Secrets that kill.

Brianda Heredia, a student at the elitist La Solana high school, is dead. Although the initial inquiries point to a suicide, the Lake Vigilante, in his enigmatic Instagram account, has begun to upload stories that link this death to that of Marina Nunier, a student at Las Encinas. Could history be repeating itself?

Be that as it may, Brianda will not be the only victim, because secrets are sometimes more lethal than a strong poison. Sex, drugs, betrayals, appearances, robberies...

Everything the elite want to hide will come to light. Discover what that is!

The official escape book of one of the most successful Spanish series on Netflix.

With three seasons aired and a fourth on the way, Elite is one of the most successful series in Netflix's catalog.

MONEY HEIST, ESCAPE BOOK.

The professor's diary.

Sergio Marquina, better known as the Professor, leader of the biggest robbery in the history of Spain, spent a part of his childhood and adolescence at the hospital. There he made friends with Jero Lamarca, a boy who, like him, learned to accumulate dreams from the bed.

Life wanted them to follow different paths, and they could not even say goodbye to each other, but the ties between them were indestructible. They have never heard from each other again, although Jero has never doubted the solid and profound nature of that friendship.

It has been a while since the robbery that took place at the Royal Mint. Today, while Jero collects the few things that remain in the motorcycle workshop that is forced to close, he receives a package without a return address. Inside, an unsigned letter, a notebook, a locked box with a padlock, a picture of a mask with the face of Dalí and a red paper bow tie.

Jero has no doubts. Out there, Sergio Marquina has left a hidden part of the loot, a new opportunity. He just has to unravel the clues to find it.

France and Turkey.

Brasil, Czech Republic, France, Germany, Greece, Hungary, Italy, Lebanon, Poland, Portugal, Romania, The Netherlands, Russia, Turkey and Lebanon.

MONEY HEIST, THE ACADEMY

Spain’s main newspapers greet the day with a shocking headline. Social networks explode with millions of messages. The news is on everyone's lips.

Sergio Marquina, the Professor, has opened the doors of the Academy and is recruiting new robbers. Together with Tokio, Rio, Denver and the other members of the gang, he has designed the tests that will be used to find the best ones. There is only one way to enter the selection process: by solving the riddle published in the press. The candidates who are able to overcome all the stages and reach the end will be the chosen ones.

Will you be one of them? Hurry up! The clock has already started ticking.

Ivan Tapia is the founder and designer of enigmas for Cocolisto, an intelligent leisure business that works for companies such as Danone, Sanofi, Eversis, 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.

France, Hungary and Italy.
WARZONE

The secrets of Soki.

Are you one of those who goes down when the zone closes? Are you unable to manage your squad? Do you want to improve your mobility around the map? Do you know your weapons? Classes, perks, map, resource management, leadership? Do you want to be the new king of Warzone? We leave you in the best possible hands: Soki will give you all the tools to be the king of the zone. In addition, with the gameplays you will expand your technical knowledge and learn his best secrets.

ROLEPLAY

The art of role-playing with Perxitaa.

Do you want to take your role-playing sessions with your colleagues to the next level? Perxitaa, one of the greatest roleplay experts, will give you a masterclass where you will learn all the tricks, receive the best tips, create the characters under a new perspective, dialogues, servers, scripts, streaming... everything you need to get the most out of this new phenomenon of online games.
TESTOSTERONE

The hormone of life.

Testosterone is the anabolic and androgenic hormone par excellence, on which depend immune function, infection prevention, the ability to cope with sports and physical and emotional stress, memory, self-esteem and libido. In this sense, the control of hormonal balance, especially testosterone, is a fundamental pillar in both men and women.

Dr. Antonio Hernández will teach you the most beneficial functions of testosterone, tools to facilitate its release and what can cause its deficit. In addition, this book includes tips to achieve a proper diet through a healthy and active life.

Testosterone is a hormone that plays a key role in many things, such as: the strength of the immune system, the prevention of infections, the ability to fight physical and emotional stress, and libido (in both men and women).

Stress, obesity, nutritional imbalances, exposure to drugs or lack of exercise can be causes of testosterone deficiency. That is why it is vital to understand all the tools that can lead to optimize the functions of this hormone in both sexes.

Discover how having the correct testosterone levels can help men and women achieve a balanced and long life.

Dr. Antonio Hernández was born in 1980 and studied medicine at the University of Valencia. After graduating in 2004, he began his professional life in integrative and sports medicine. Parallel to his work and the development of the KEVAL clinics (Integrative and Anti-Aging Medicine), he has promoted informative work through multiple congresses, seminars and training for professionals in the health sector. For almost a decade he has been the medical director of VITOBEST laboratories and a speaker at QUINTON laboratories.

Alienta | 250 Pages | November 2021

TAKE CARE OF YOUR PREHISTORIC BACTERIA

A guide to improve your health from the gut.

Living deprived of biological needs such as sun, sleep, clean air, peace and quiet, along with a diet of high nutritional power, has led us to lose our natural path, resulting in greater risk of disease. Many inflammatory conditions have their origin in the alteration of the microorganisms that live in our intestine and which have accompanied us since our origin as a species.

Take Care of Your Prehistoric Bacteria provides the keys to understanding what distances us from the health enjoyed by our hunter-gatherer ancestors. The book is full of solutions and practical advice to recover the lost microorganisms, showing us how to prevent inflammatory and chronic diseases and enjoy a full and healthy life in perfect connection with the cells of our body.

A practical guide to recover the microbiota, free of pathologies and metabolic alterations, of our Paleolithic ancestors and set us firmly on the path toward health.

Ediciones Martinez Roca | 286 Pages | October 2021

You are what you eat, digest and absorb!

Mariana Aróstegui (Bilbao, 1982) has a degree in biological sciences, specialized in biotechnology and a master's degree in human microbiota. She is an integral nutritionist, with an expert postgraduate degree in nutrition for women, and is currently responsible for the nutrition area at the Irumun clinic in Madrid. Mariana focuses her work on helping people to transform their health through nutrition and lifestyle habits and is focused on women's nutrition, clinical nutrition and digestive problems. She is also dedicated to outreach, giving nutrition courses and workshops.

Mariana Aróstegui | Bilbao, 1982 | Ediciones Martinez Roca | 286 Pages | October 2021
**IT’S THE MACROBIOTA, STUPID!**

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

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

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

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

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

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

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

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**THE JAPANESE SECRET OF FACIAL YOGA**

Exercises to enhance the beauty, youth and well-being of your face.

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

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

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**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.
FACE FIT

Relieve tension, eliminate pain and get a more beautiful face in just 10 minutes a day.

Say goodbye to pain, achieve muscular balance, sculpt your face, relieve tension and get a younger face thanks to Face Fit, a discipline that works on the health and beauty of the facial and cervical region through simple manual exercises.

Daniela Toro, a leading physiotherapist and expert in orofacial pain, has developed this method for you to work on and treat problems such as bruxism, headaches and neck pain, ringing in the ears, as well as very simple routines that will be a genuine anti-age therapy.

Face Fit is a workout and facial massage concept that focuses on toning muscles with less muscle tone and relaxing those with more muscle tone in order to achieve structural balance, improve posture and reduce pain in the cervical, mandibular and cranial regions. In terms of beauty, Face Fit achieves a firmer, more luminous and sculpted face, redistributing facial fat linked to gravity and age, preventing and treating wrinkles to bring forth the best version of you.
EAT REAL FOOD

A guide to transform your diet and your health.

Right now, the majority of the population is deceived about the nature of its diet. To take a phrase from The Matrix, we live in a world where “we don’t eat real food, but products that have been placed before our eyes.” A perfect environment for the consumption of unhealthy, ultraprocessed foods. This environment is controlled by the dark side of the food industry, which keeps the population buying its products no matter how bad for us they are.

In this book, Carlos Ríos offers us the scientific knowledge necessary to question, research, and understand the things we eat and everything about them. He explains the basic principles of Realfooding, a lifestyle that tries to remove ultraprocessed foods from our diet and offers us practical advice, tricks, and recipes to eat healthy in an easy, quick, and tasty way. The Matrix can’t be taught, you have to see it with your own eyes.

COOK REAL FOOD

More than 100 recipes for realfooders.

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

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

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

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

YOUR DIET CAN SAVE THE PLANET

For a healthy and sustainable diet.

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

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

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

NUTRITION IN SPORTS FOR WOMEN

A practical guide for women to enjoy sport in a healthy way.

This book offers a complete overview of everything a woman athlete (whatever her level), must consider to care for her health and improve her performance. Guidance is given about what and why the nutritional needs of sportswomen are special, as well as what the most common mistakes are and their consequences.

The book also explains how nutrition can improve sports performance, addressing things like what should be consumed before, during and after exercise, the usefulness of supplements and how the menstrual cycle, travel and weather conditions influence performance. It also includes content related to the different stages of the life of the sportswoman, the type of diet and how to take care of other essential factors for health such as rest, mental health and the proper functioning of the immune system. This is all explained with scientific rigor, but in a pleasant and entertaining way and accompanied by simple recipes so that every sportswoman can enjoy her diet, sport and the other aspects of her life.

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

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

Marta Castroviejo has a PhD in Biochemistry, Molecular Biology and Biomedicine, a degree in Human Nutrition and Dietetics, also in Biotechnology and a master’s degree in Advanced Immunology. In the field of nutrition, she specializes in nutrition for sportswomen, endurance sports and plant-based nutrition in sports.
HEALTHY INTERMITTENT FASTING

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

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

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

THE OTHER SIDE OF THE STORY

Discover the truth behind the history you know.

Do you think you know everything about what happened during Shackleton’s expedition to Antarctica or about the journey to the Moon? Did you know that a hallucinogenic herb grew on the Vatican hill or that one of the members of the music group ABBA has a Nazi past?

Many secrets, plots and intrigues await discovery. This book is a window to that secret world that hides behind the official version. Discover it!

Every fact and every story has many faces, some known, some not. These are the ones that interest us, the ones that guard secrets and perhaps the truth, or at least another, different, less popular truth.

“Miriam is one of those beings, powerful, rising from a glorious past, who has appeared among us to unveil unique mysteries, to teach us paths and enclaves unknown to most, and to show us part of that wisdom, lost in the shadows of time.”

Miguel Blanco

MAY THE GODS HELP US!

Religions, rites and superstitions of Ancient Rome.

A thousand years separate the primitive gods of ancient Rome from the establishment of Christianity as the official religion of the Western Empire. During that time an amalgam of beliefs developed in ancient Rome: from the Lares, the household gods, and the Roman divinities themselves, to the gods of Olympus imported from Greece and reinterpreted “Roman style”, passing through the Eastern cults of Mithra or Cybele until reaching Christianity, first persecuted and finally adopted as the official religion.

Here is a book that is structured in four distinct parts that fit perfectly with the natural and virtuous cycle of the universe, of nature and, for many people, also of the human being: Birth, Growth, Maturity, Death and Resurrection.

The beliefs of the ancient Romans explained by a highly respected popular historian.

Miriam del Río is a journalist specializing in cultural and historical subjects. She collaborates with a number of media outlets on cinema, archeology, and history, all the while pursuing another of her great passions, guiding travelers through the world.
**STEPS TOWARDS A NEW OLD AGE**

The great social and emotional challenges of old age.

Old age is one of the greatest challenges we face. We are living longer and having fewer children. Demographic change and the transformation of our lifestyles have increased the gap between generations, isolation and loneliness in a society in which old age is experienced very differently from how we previously did. Care plays a crucial role in this paradigm shift that brings with it major challenges and a new understanding of aging.

Can we ask young people to take care of their elders to the detriment of their own life project? Who will take care of us if we have no children or if they live far away? How will we occupy our free time? Based on questions such as these, the neuropsychologist Javier Yanguas brings into focus the magnitude of the challenge posed by the new old age, a stage that will condition our lives and the organization of our society.

A reflection on the challenges posed by old age from a psychological, emotional and social point of view.

**MIND CONTROL**

Mind geopolitics.

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

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

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

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

**THE LIBERAL HANDBOOK**

What is political, economic, individual and cultural liberalism and what does it defend?

This compilation of liberal voices, including those of Mario Vargas Llosa, Johan Norberg, Deirdre McCloskey, Tom G. Palmer, Carlos Alberto Montaner, Álvaro Vargas Llosa, Gloria Álvarez and María Blanco, displays the best arguments in favor of an unprejudiced and anti-dogmatic thinking, which places the individual at the center of its ambitions and shows us the way to a freer, less fanatical and richer and more prosperous world in every sense.

Liberalism, the authors of this book argue, embodies the revolutionary character of common sense, defines the view that rights and liberties are only safe if power has limits and if we manage to put aside collectivism on both the left and right.

If so, even while threats to free and open society will always exist, then individuals will be free, flourish, trust each other, cooperate and prosper.

Liberalism, in the end, is much more than free markets, legal certainty and private property. Liberalism is a long struggle against inequality before the law.
AGAINST EQUAL OPPORTUNITIES

An egalitarian pamphlet.

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

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

“I started thinking about this project in May of 2011, during the 15M protests, and I finished writing it ten years later, in April of 2020, in confinement as a consequence of Covid-19” summarizes the author. His knowledge of sociology and history and his ability to illustrate them with popular references, from cinema to literature or television series, make these pages an exciting read for all audiences on one of the great pending subjects of the 21st century.

A radical appeal for equality of opportunity with concrete proposals to make society a better place.

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 Sociophobia (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.

Lunwerg | 172 Pages | May 2021
Thanks to the conviction of a few pioneers, visualization has entered some settings, albeit still in a minority way, first in the technology field and then in the startup ecosystem. But we know it will spread and there will be no stopping it.

Rafa Vivas (Madrid, 1970) began his career as a lawyer and soon started to work as an illustrator for children’s books. In 2010, he discovered the Visual Thinking thanks to the outreach work of the company XPLANE. He is one of the founders of the company Visualizamos, which is a reference of this methodology. He is currently the Creative Director of XPLANE for Spain and Latin America. Regular speaker at conferences on visualization and innovation, he participates as a creativity teacher in different business schools.
LEARNING FROM THE BEST 3

Your personal development is your destiny.

With more than 100,000 copies sold, Learning From The Best is the bestselling business book by a Spanish author in recent years. It has become the go-to work for many thanks to its ability to synthesize and explain an enormous amount of knowledge about the world of personal development, business, leadership, financial freedom, and spirituality.

In an impressive act of synthesis, Francisco Alcaide has brought together in this third volume in the series four hundred carefully curated reflections from recognized people from fields and disciplines not included in the first two. He analyzes them in depth and with great attention to detail to bring out their meaning and their coherence. These are reflections that inspire us and push us to fight for our goals. Because in the end, success is nothing more than learning.

In this third volume, we meet businessmen like Elon Musk and Peter Thiel; athletes Rafa Nadal and Pau Gasol; thinkers like Daniel Pink and Simon Sinek. We read stories of overcoming adversity like those of Ernest Shackleton and Viktor Frankl; encounter experts in positive psychology like Tal Ben-Shahar and Sonja Lyubomirsky; political leaders like Winston Churchill and Benjamin Franklin; activists like Martin Luther King and Maya Angelou; and many other ones, from the stoics to scientists, advocates of financial freedom, spiritual leaders, quantum physicists, architects, and experts in personal development, humor, art, influence and persuasion.

Francisco Alcaide is a lecturer, educator, leadership and motivation coach. He has a degree in Business Administration and Management as well as in Law, a Master’s in Finance and Banking, and a Doctorate in business organization. Alone or as a collaborator, he has published such books as Your Future is TODAY (considered “the Google of personal development,”) and Executive Coaching, the first book by a Spanish author on coaching. His work has won such awards as: the 2017 Coach of Honor Prize (Aprocorm), the 2012 RRHH Prize for the Best Blog (Tatum), and the 1999 Accésit CEF Management Prize (Centro de Estudios Financieros).

UNSTOPPABLE

The first complete guide to professional communication specifically for women

If it is aimed specifically at women, it is for several reasons: because we have been educated differently and this usually means we are at a disadvantage with respect to men, because we communicate differently and our family and social conditions still greatly condition us. It is not about masculinizing ourselves in our communications and leadership but about knowing how to act in each moment using the most appropriate words, tone and gestures for each situation. And, above all, it is about obtaining the respect, authority and prestige we deserve in our jobs.

This book will be a reference manual for women entrepreneurs, pre-managers, managers and professionals who find opportunities every day not only to improve their own position and career but also to become an example for younger women and influence the environment to advance a culture of equality and a new shared leadership.

Teresa Baró (Barcelona, 1962) is a specialist in personal communication in the professional field. She has taught at various universities and colleges and has trained hundreds of professionals, managers and politicians. She is currently the director of VerbalNoVerbal, a consulting firm specializing in communication skills. She is the author of The Great Nonverbal Language Guide and Illustrated Dictionary Of Insults, published by Ediciones Paidós.

INVEST IN YOURSELF

How to organize your economy in 11 steps to live better.

Why is it so hard for us to save? Is renting a waste of money? How can we choose the bank that best suits us? Is all debt bad? What should we know before investing? When should we start saving for retirement? Without miracles or false promises and with a genuine sense of humor, Natalia de Santiago, an expert in financial analysis and planning, has written this practical guide to help us manage our economy in a way that is as effective as it is entertaining. From the simplest to the most complex, without the need for any previous knowledge or to be a mathematical genius, this book teaches us everything we need to do to get a sound night’s sleep without worries about money.

A practical guide, written with humor, that helps us manage our finances in a way that is as effective as it is entertaining.

Natalia de Santiago is an engineer by training, a financier by vocation and a specialist in the economic impact of climate change. She has always worked in finance, in Paris, Madrid and Munich, and in 2009 she co-founded MyValue Solutions, a company specialized in the design of open banking solutions for financial planning and management for banks, companies and individuals. She writes on finance and economics for Elle magazine.
MATERNALLY
Mindfulness for a conscious pregnancy and parenting.

This book is about how to experience pregnancy and motherhood from another perspective: exploring the experience of feeling a life growing inside of one, becoming aware of the changes occurring in the body and mind and their effect on mood, and being able to better respond to the challenges of motherhood during pregnancy, childbirth and postpartum.

We will learn how to reconnect with the body during pregnancy, the basics of mindfulness and how to start practicing it, how to open ourselves to the experience we are living, letting go of preconceived ideas about motherhood, how to handle the emotional changes that many women experience when pregnant, the nature of stress and its impact on mother and baby. We will also explore how to experience pregnancy with more presence, health and energy. We will look at how to cultivate resilience, the ability to adapt to the changes of pregnancy and cope with the difficulties that may arise, as well as the importance of nutrition and self-care.

A complete program to live a conscious and healthy pregnancy and parenting through the practice of mindfulness.

MINDFULNESS
Mindfulness or the art of being present.

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

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

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

THE SON OF CAPTAIN THUNDER

Miguel Bosé’s fame is such that most of us believe we know everything about him. We think his life holds no more surprises. However, if there is one thing for which the author has an extraordinary talent, and this has been so since the beginning of his career, it is to pulverize prejudices.

All readers will be captivated by the first pages—and what pages! - of a story, his own, that begins with the air of a timeless tale: children at the mercy of an all-powerful father, accustomed to his will being law, and a charming mother of legendary beauty.

Generous and audacious as ever, the author offers us the lesser-known side of memorable characters, from a vulnerable and ageing Picasso to the beautiful and cursed Helmut Berger. And, destined to stay with us long after we put the book down, Tata, a true beneficent spirit, who reminds us of courageous women willing to do anything to protect defenseless creatures.

A story that takes place in the Spain of the 1960’s, that draws from the memories of our childhood and youth and that shows that in contradiction, in pain and in the joy of living, Miguel Bosé understands us, accompanies us and represents us.

My mother hung up the phone with a sharp smack, put out her cigarette and gave the order to be ready to leave immediately. La Tata became serious and asked her:

“But what are you going to do Maim, what are you going to do for God’s sake?”

“We are going to the estate. This is going to end right now.”

“And the children, think of the children, Ma’am...”

“Dress the children and put them in the car... you too, and quickly...”

“You’re going to make a mess of things...”

“Yes Tata, I’m going to make a mess of things... ” she answered while crying and continued:

“Isn’t today New Year’s Eve? Well, let’s go celebrate it properly... as a family...us, the kids and their father...it ends today...with the year.”

She rushed up the stairs and halfway up emerged peering over the banister like a gargoyle. She shouted:

“Y is today New Year’s Eve? Well, let’s go celebrate it properly... as a family...us, the kids and their father...it ends today...with the year.”

“Y es Tata, I’m going to make a mess of things... ” she answered while crying and continued:

“No more surprises. However, if there is one thing for which the author has an extraordinary talent, and this has been so since the beginning of his career, it is to pulverize prejudices.

All readers will be captivated by the first pages—and what pages! - of a story, his own, that begins with the air of a timeless tale: children at the mercy of an all-powerful father, accustomed to his will being law, and a charming mother of legendary beauty.

When my mother called Tata by her name, it meant things were about to happen. She said:

“You’re going to make a mess of things...”

“Dress the children and put them in the car... you too, and quickly...”

“She rushed up the stairs and halfway up emerged peering over the banister like a gargoyle. She shouted:

“And do it now, Reme, now, do you understand me?... and bring champagne because we’re going to celebrate.”

When my mother called Tata by her name, it meant things were serious and never anguished well.
ON THE OTHER SIDE OF THE BOOTH

One of Spain's most influential DJs, standard bearer of the dance scene for 20 years, explains in this book the secret of his success and anecdotes of his life as a DJ.

Active since the mid-1990s, DJ Nano embodies the history of electronic music. The visible face of an often hermetic movement, he has managed to cross barriers, becoming a media figure for whom lifelong fans, new followers, musicians of all styles and unexpected celebrities profess sincere affection.

Following in his footsteps means accessing the most exclusive clubs on the planet, such as Ministry of Sound (London) or T2 (Tokyo); going to the main festivals of the genre, such as Ultra (which hosted him on its main stage in Miami); knowing the secrets of great stars such as David Guetta, Fatboy Slim, Avicii, Steve Aoki or Armin Van Buuren, with whom he has rubbed shoulders. Sumptuous temples of dance and grimy clubs, the complicated world of nightlife, binges in Las Vegas, adventures in Thailand, downs in Portugal, duels with yakuzas in Japan, radio, television, tattoos, graffiti...

All this makes up the universe of the most internationally recognized Spanish disc jockey and he talks about it all in this book.

There’s no better guide to immerse yourself in the fascinating, excessive and fluorescent electronic music scene.

JIM MORRISON

When the music ends, turn off the lights.

Fifty years after his mysterious disappearance in Paris on July 3, 1971, this book aims to celebrate the life of Jim Morrison, the musician-poet and singer of The Doors. Morrison's philosophical, esoteric and transgressive work, immersed in the ardor of the American counterculture and the death throes of hippyism, tried to free people from their limited way of seeing and feeling life.

After six albums released in the late 1960s and numerous controversial concert-rituals in which Morrison seemed possessed by a shamanic soul while The Doors created hypnotic, cathartic music, Morrison renounced the favors of glory and fame, tore off his sex-symbol mask, and chose the 'quiet journey' to be a poet working in his own garden: "Authentic poetry opens all doors", Jim would say. "You can walk through the door that suits you best. That's why it appeals to me so much, because it's eternal. As long as there are people in the world, we can remember words and combinations of words. Only poetry and songs can survive a holocaust. No one can remember an entire novel, or changed its course thanks to their innovations (West Side Story, Cabaret); the classics, which forged the golden age of Broadway (My Fair Lady, The Sound of Music); the blockbusters, which continue to enjoy the public's favor decades after their premiere (Cats, The Phantom of the Opera, The Lion King); the originals, fruit of the exceptional creativity of unique artists (Jesus Christ Superstar); and the pure spectacle, which entertain audiences royally, without skimping on means (Grease, Billy Elliot). Intoxicated by the magic of these pages, the reader cannot help but hum and dance to the most memorable musical numbers.

The 50 shows you can’t miss!
TALK TO THEM ABOUT SOCIAL NETWORKS

The Internet and the digital screens have burst into our life and our places, causing concern and some conflicts. The lack of awareness on this subject is huge and is urgent to deal with it. Cyberbullying, sexting, grooming… are some of the network threats to the young people. This book is a tool for the parents and their child to learn how to use the new technologies safely.

An entertaining and rigorous book to encourage a responsible use of new technologies.

TALK TO THEM ABOUT SEXUALITY

Against the risks and challenges of an increasingly complex present, sex education for new generations is a concern shared by both parents and their children. This book is a new tool to address these issues at home or among equals, with a view to breaking stereotypes and achieve a healthy sexual and affective life.

A new collection that addresses the point of view of parents and children on the most current parenting issues.

Alicia Banderas is graduated in Psychology. She has been awarded with the First Journalism Prize of the Official College of Psychologists of Madrid for her contribution to the dissemination of psychology through the media.

Elena Crespi is a psychologist and sexologist with a long and recognized professional trajectory, as well as a collaborator in numerous media outlets, both traditional and digital, where she examines sex education from a non-normative, feminist perspective.

DECALOGUE OF THE GOOD CITIZEN

How to be better people in a narcissistic world.

This book proposes an ethical guide to overcome the deification to which our narcissism has condemned us. It offers guidelines on how to conduct ourselves as good citizens in the present age.

Nature has made us social beings, whose obligation is to help other members of society. Unfortunately, we now do the opposite: we inflate the ego of young people by making them believe that they can shape the world to their liking instead of stoically accepting its limits. In contrast to the hedonistic trend that drives the dominant currents of thought today, the author proposes turning towards ethics. Helping to develop our innate social character is also the best ally to achieve true happiness. Happiness is not achieved by satisfying one’s desires, but by disciplining them and subordinating them to a higher purpose. You must become the master of your ego, not its servant.

Ten rules for living a virtuous life:
1- Look for the enemy within you
2- Don’t look at yourself in the mirror
3- Be grateful
4- Love one God above all things
5- Do not worship false gods
6- To God what is God’s, and to Caesar what is Caesar’s
7- Cultivate the seven capital virtues: courage, temperance, prudence, justice, love, faith and hope
8- Put yourself in the head of your adversary
9- Don’t feel like a victim
10- Embrace uncertainty
DON'T BLOCK THE SUN
How to educate to give kisses and hugs, skipping drugs and be a person in a digital world.

Why is cynicism the target of so much anger? Because the cynic committed the terrible sin of pointing the finger at idealism and shouting, “The king is naked!” Ever since then, the greats of philosophy have ignored them, misrepresented them or directly disqualified them and thus their message has remained hidden. Plato defended the existence of a model of eternal man, perfect immaterial, and defined the human being as “an animal with two feet and no feathers”. Diogenes laughed at this theory and took a rooster, removed its feathers, threw it on the floor of the elitist school and said to Plato: “Here is your man”. The latter refused to debate with Diogenes and always treated him as a madman. From that moment on, the idealists followed the master’s views.

This work seeks to update the cynical philosophy as a lifeline to live with freedom, sanity and dignity in a post-pandemic world that seems directionless.

Eduardo Infante studied Humanities and taught Philosophy at high school with very unconventional methods: explaining Aristotle and adrift. In a post-pandemic world that seems directionless, this work aims to recover that method of doing philosophy with two feet and no feathers. A book to bring philosophy into the street, think your life, and live your thoughts. A book to bring philosophy into the street, think your life, and live your thoughts.

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

How do you get over a breakup? How do you face the death of a loved one? How much do we have to buy to be happy? Is saying “me too” the same as saying “I love you”? When should we trust Wikipedia? Should a man be a feminist? Is there any point to praying? Philosophy began two thousand years ago when free men met in the streets of Greek cities to think. This work attempts to recover that method of doing philosophy by creating a virtual agora. Each chapter will confront a problem in contemporary life and will offer responses relying on the thoughts of the great philosophers. Here you won’t find one answer, but many, some alternative or even contradictory: you will have to be the one to judge which of them is most valid, mediating between Kant and Bentham, Simone Weil and Plato…

This book will transform the high school subject of Philosophy into a course of Socratic lessons full of irony, humor, and references to films. A book for everyone who loves to think and to take part in the discussion.

PHILOSOPHY TO FACE DISCOURAGEMENT
Critical thinking to build a solid personality.

The pressure to stand out in a society where “the hell of sameness” is presented as a pit out of which we are exorhoted to extract ourselves. The self-imposed need for check-lists as compulsory rituals to achieve happiness. The “ideology of personality” which manifests itself in the form of emotional bulimia, where we accumulate and accumulate experiences to vomit them ipso facto on social networks. The painful gap, which widens by the minute, between the real self and the virtual self. The tension of demanding full realization and productivity from free time, thus blocking the possibility of enjoyment…

All these elements, if not analyzed under the logic of critical thinking, will end up shaping a personality doomed to experience chronic discouragement. And in the face of this, few drugs are more effective than philosophy.

The book constitutes an urgent call to reflection, to stop, to look back, to recover the complete account of our real life; urging us to frame it in a biography that gives us the perspective we need to start making judicious decisions of our own; to avoid falling at the feet of a system that always wants us to be hyperactive, insatiable and productive.

The last book by José Carlos Ruiz tackles the difficulty of building one’s own identity in today’s world; a globalized, hyperactive and hyper-connected society. A world that moves on impulses where the system is designed to control the citizen. The author therefore alerts us about how the lack of critical thinking can lead us to unconsciously want to fit into the “successful identity” that the system has built for us. An identity whose objective is that of making us all uniform individuals who focus exclusively on the emergency of the Now merely devoted to consuming without criteria everything that the system offers.

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

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

Egoist, Immortal and Traveler explores the past, the present reality and the future of a disease that, strictly speaking, is not a single entity but more than two hundred different ones, as many as the cell types that make up the different organs and tissues of our body.

The work discusses the origin of cancer, a question that today can be summed up as nothing other than a disease of genes within the realm of genes. Our unfortunate distinction as victims of malignant tumors derives in large part from our absurd perseverance in creating forms of biological interference that have multiplied our natural risk of cancer. Voluntary exposure to carcinogenic agents, inadequate nutrition or increasing environmental pollution interfere with a natural molecular harmony that took more than three and a half billion years to develop and create beings as complex as humans.

The book discusses too how molecular biology provides new ideas to face such disease, thus initiating a stage of continuous advances that have crystallized in new cancer therapies.

Knowing in order to cure is the book’s fundamental premise, and since this knowledge is also important to promote prevention, the book includes a section on cancer prevention, explaining how food influences the risk of developing a malignant tumor and how proper nutrition can contribute to improving the clinical evolution of tumors. Other strategies to prevent cancer are discussed, including the importance of reorienting our lives away from any source of toxicity, including human toxicity, to improve emotional well-being and build preventive barriers against malignant transformation.

THE DREAM OF TIME

An essay about the keys to aging and longevity.

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

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

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

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

Kronos will devour his children, each one of us, our descendants, our civilization, our species, it will devour the entire biosphere, the continents and their oceans, the Sun and its planets, the Milky Way, the universe, the multiverse ...

Let’s contemplate without fear the end of eternity. Let’s start our own eternity in our lifetime, each one of us in their own way. Kronos will always win. Let’s accept it.

LIFE IN FOUR LETTERS

Keys to understanding diversity, illness and happiness.

Departing from an extremely difficult moment in the author’s life, this book begins with a fascinating question: is happiness written into our genes?

Following this question over the course of fourteen chapters, López-Otín presents key moments in the history of life on earth, explains how we’ve gotten to where we are and why a series of adversities led to the existence of disease as an eternal threat to happiness. In doing so, he guides us through the language of the human genome and accompanies us through such amazing discoveries as those of Watson and Crick, who discovered how the origins of life were written into DNA through a molecular code of four simple letters that designate four chemical components: A for adenine, C for cytosine, G for guanine, and T for thymine.

Finally, the author proposes his imperfect genomic formula for happiness, and reveals how beyond the messages written into our genes, there are other dynamic and fascinating biological languages that depend on our interaction with the environment and teach us unexpected lessons.

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

Know your brain, understand your emotions and take care of your mental well-being.

Dr. Rosa Molina, psychiatrist and neuroscientist proposes a new approach to the importance of our body when it comes to understanding our emotions and taking care of our emotional well-being.

Did you know that feeling butterflies in your stomach, having a lump in your throat or feeling like your head is going to explode are not just catch phrases? They are real sensations that are triggered in different parts of our body every time we experience an emotion, whether it is anger, sadness or joy, and they are as real as the pain of pancreatitis.

According to Dr. Rosa Molina, all our experiences, emotions and feelings are first of all produced in the body and psychic suffering is often only released through physical pain.

With the Body in Mind is a guide that teaches you to understand your emotions through what your body expresses and offers you the keys to regulate your moods, enhance your creativity or make better decisions and thus achieve greater mental and emotional well-being.

This book is a guide to understanding the "map of the body’s emotions" and shows us that learning to decipher the emotions we experience in our body can help us in making decisions and improving our emotional well-being.

THINK BEAUTIFUL

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

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

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

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

1. You think too fast
2. You think superficially
3. You don’t trust in yourself and your possibilities
4. You give importance to what is in fact irrelevant
5. You limit your alternatives
6. You believe everything you think
7. You jump to conclusions and make decisions when you are not well
8. You generalize and make absolutist judgments
FIND YOUR VITAMIN PERSON

In your family, in a partner, in friends, at work. Why do some people make us suffer so much while others give us confidence and whose mere presence comforts us? Why do some people always have complicated and painful relationships?

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

Dr. Marian Rojas Estapé helps you better understand attachment, childhood and love from a scientific, psychological and human point of view, and tells you about a fundamental hormone, oxytocin.

Do we love the way we were loved? Is there “something” biochemical behind trust, attachment and love? How can we get it right when choosing a partner?

A book that will help you to: identify if we have a toxic relationship in our life, to know if we are toxic ourselves, and to help us become a vitamin person.

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.

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

Discover what you are capable of.

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

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

In these pages, the prestigious author explains the paths used by the brain and mind to create the reality in which we live. If we wish to enjoy a higher level of well-being, we must use by the brain and mind to create the reality in which we live.

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

The book you need to discover your potential and eliminate whatever detracts from you.

RIGHTS SOLD TO:

- Znak (Poland), Portal Publishing (Russia).

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.

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

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.

- Espasa | 224 Pages | March 2021

SCARS DON’T HURT

How to heal our wounds and undo emotional knots.

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

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

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

Psychiatrist Anabel González teaches us how to heal our wounds and overcome emotional blocks through a revolutionary therapy: EMDR.

THE GOOD THING ABOUT HAVING A BAD DAY

How to manage your emotions to feel better.

Few phrases have done more harm than the one that says you have to put on a good face in bad times. When times are bad, you have to cry or be sad. And when times are good, you have to smile and be joyous. Knowing how to manage our emotions doesn’t mean hiding them or suppressing them, but recognizing them and managing them sensibly.

After years in the consulting room, Doctor Anabel González offers us this brief guide to emotional survival that will help us better manage our emotions and learn to live with the bad times.

Because the key to feeling at ease with ourselves and with our lives is knowing how to deal well with our bad days. Anabel González tells us all about emotional regulation, that is, how we deal with what we feel. In fact this is the key to feeling well with ourselves and our life.

Anabel González tells us all about emotional regulation, that is, how we deal with what we feel. In fact this is the key to feeling well with ourselves and our life.

RIGHTS SOLD TO:

- Guomai (China), DeAPlaneta Libri (Italy), Babel Publishing Group (Taiwan), Portal Publishing (Russia).
YOUR WAY.
Towards a new leadership.

Writer, editor and director of an institution, Iolanda Batallé unfolds in this book an intimate and experiential story that goes beyond a manual on leadership. It is a personal and liberating, emotional, direct and lucid plea that bravely invites us to live, act and lead beyond imposed authoritarianism, with the premise of self-knowledge as the basis for empathetic, effective and happy management.

I cheat the system as much as I can, deliberately, thoroughly, delicately, stubbornly, happily. I cheat the system that has belittled us as women, but I don’t seek revenge. Revolution is about being generous.

The way I’ve found to lead from humility is to feel happily united to the sisterhood of people who are trying to do things differently. It’s a sisterhood that I have experienced powerfully in a hug or in a conversation with our hands clasped. We are women who stand beside other women. People who stand beside other people. And it is imperative to continue to make connections.

Excellence is empty without compassion. You only have a team when you take care of it. You can’t trust others if you don’t trust yourself. Creating trust is creating value.

"Although many very admirable women have existed through the course of history, the truth is we have lacked reference figures. Iolanda Batallé Prats‘ book invites us to exercise leadership that is in tune with our authentic essence and thus create a new logic in management, more inclusive and more luminous".

Anna Gener, CEO Savills Aguirre Newman Barcelona.

SAY YES TO LIFE
Getting stronger and suffering less.

We know we can’t always be happy, and although we are aware of this reality, we feel incapable of facing pain and suffering when they appear without warning. But the truth is, life’s delightful moments would not be enjoyed with such intensity if the bitter days did not also exist. If we suffer, it is because we are able to love, but relationships are marked by loss, betrayal and conflict; difficulties that overwhelm us and sometimes make us unable to turn our wounds into an opportunity to grow.

In this hopeful book, Joan Garriga gives us the gift of his more than thirty years of experience and his knowledge so that we can learn to deal with the highly complex emotion of suffering. He teaches us, as if we were sitting in a therapy session with him and through real examples, to recognize it, to welcome it and to turn it into a strength that allows us to overcome adversity.

A necessary book to turn suffering into strength and to feel alive, by the best-selling author of Good Couple Love.

Joan Garriga (Lleida, 1957) has a degree in Psychology from the University of Barcelona. In 1986 he founded the Gestalt Institute in Barcelona, which he also directs, working as a therapist, trainer of family bonds, systematic coach, Gestalt Therapist and PNL.

FEAR IS FOR THE BRAVE
The definitive formula of an EOD specialist to deactivate fear and take action.

In these times of uncertainty and fear of the unknown, it is necessary to believe in ourselves and take responsibility for our decisions and actions. This is the only field that belongs to us, the field of self-responsibility. EOD work is developed in scenarios of total uncertainty, where the analysis of information, self-confidence, leadership skills and teamwork are essential to staying alive and eliminating the threat. To become the last solution to a bomb threat, the author has had to face many other fears, prior to the fear of dying.

For Julio de la Iglesia, fear is a teacher, a bodyguard, an advisor and a very demanding companion that does not permit failure. To overcome any situation, we must first look for the right identity. When faced with a threat, he abandons his identity as a father, son or friend and adopts that of an EOD specialist, and from there he knows how to act. The opposite of fear is security. Having colossal self-esteem is what gives us the most security. Connecting with that brave person, with that hero we all have inside us, fills us with courage and determination. After his experience in the Green Berets and other elite units, he has developed a formula that gives him security and keeps fear at bay. The METAX formula.

Julio de la Iglesia has been working as an EOD specialist for more than 20 years and previously served in the anti-drug and anti-terrorism unit. He worked in banking, been a green beret, ninja master, shark fisherman, Greenpeace activist, event organizer, graphic designer, educator in the Carabanchel Prison, yacht skipper, waiter in the Bronx in New York City, physical education teacher, messenger, bellboy, real estate agent, salesman in the Rastro flea market of Madrid, seller of books and roses at outdoor cafes, entrepreneur, coach, trainer and lecturer.
MEDITATION FOR URBANITES

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

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

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

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

NOW IT’S YOUR TURN TO BE HAPPY

Enjoy the present and make good things happen.

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

The four steps to make our dreams come true sound simple when Curro explains them to us, and actually they are. Our perseverance will be the key to our success. In these difficult moments, when a pandemic has shaken the world, all of humanity feels the awakening of a much greater and more powerful desire to be happy, to go for their dreams, to make the most of the gift we have in our hands: life and the opportunity to achieve happiness. You’re strong. Decide to be happy... And achieve it!

Curro Cañete is a successful writer and coach in Madrid. With degrees in Law and Journalism, he also completed a Master’s in Personal and Professional Coaching. An expert in success and happiness with a background in many therapeutic techniques, he is interested most in helping people free themselves from their blockages and limitations so they can live the life they wish for.
Elsa Punset proposes small changes in our day-to-day lives to feel better about ourselves.

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

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

STRONG AND FREE NOMADS

Proposals for extraordinary times.

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

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

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

LIFE AT THE ENDS OF THE EARTH

Experiences of polar explorers to inspire our daily lives.

Although the polar territories have for centuries fired the human imagination, they were the last remaining areas for exploration and discovery until well into the 19th century, when the most daring set out to fill in the blank spaces on the maps. The beauty of the Arctic and the Antarctic, with their icy landscapes, fascinated many of those sailors, but this beauty passed into the background when they came into contact with the cruel reality and the horror produced by the inexorable pressure of the ice that ended up trapping their ships. The history of the conquest of the poles - which surpasses the most awe-inspiring fiction - is filled with heroism, dramas and tragedies that turned the two great icy surfaces of the planet into cemeteries.

Life at the Ends of the Earth draws from the rich legacy of polar exploration the testimonies, thoughts and stories of some of its bravest protagonists to inspire our daily lives.

Testimonies, thoughts and stories of polar explorers that invite us to live life to the fullest.

RIGHTS SOLD TO: .................................
Éditions Solar (France).

LIFE AT THE LIMIT OF LIFE

Experiences of mountaineers to inspire our daily lives.

This book gathers stimulating reflections of great mountaineers, many of which are the result of extreme experiences, which allow us to understand existence as it is, full of difficulties and failures, joys and passion, and that encourage us to wake up, to live life as an adventure, not to lose heart and to face adversity with our own resources. All the reflections are accompanied by wonderful photographs of the most striking landscapes on the planet.

The mountain is a mirror and a school of life: everything that happens on the mountain can happen to us in life. The volume invites us to celebrate life, our great adventure, and to overcome difficulties.
ATLAS OF LEGENDARY MOUNTAINS

Mountains have always fascinated human beings...

This new title in the Atlas collection is inspired by the enormous capacity of mountains to awaken in us the most authentic feelings and test the limits of our capabilities. Legendary mountains, sacred peaks, implacable volcanoes and challenging rocks are evoked by a writer who loves mountains and which are recreated by an illustrator who captures their magic and poetry.

MOUNTAINS

Australia. Desde hace más de medio siglo, el Uluru, el nombre con que, medio siglo antes, la tribu japíncas bautizasen a El Capitán, el nombre que dieron a una ruta comercial indígena. No es un descabellado pensar que Morago recordara que este valle de Yosemite

Walking and counting.

Antonio Muñoz Molina, Mario Vargas Llosa and Miguel Delibes are some of the writers who make up the club of tireless walkers that includes a long list of philosophers, journalists and even politicians.

Millions of Steps is the personal vision of Carolina Reymúndez, a book that includes chronicles (a trek in the Torres del Paine National Park, in Chile, and another in the Brecon Beacons Park, in Wales; 18 km in Buenos Aires and 120 km on the Camino de Santiago), the story of a man who is walking to Alaska and several talks (with an expert in urban walkability, an amputee, a Chinese reflexologist and walking analysts).

These 20 chapters include walkers, hikes, feet, pilgrimages, tears, pedometers, gym tapes, kinesiologists, a library of walking, epic wanderings, losing one's way and, as a final point, the impossibility of walking during the confinement of these recent months and the "clandestine" walks that have arisen in the context of the global confinement due to the coronavirus.

Walking is a physical activity that favors thought and reflection.

Carolina Reymúndez is a journalist specialized in travel. She published the book of chronicles El mejor trabajo del mundo, the novels Ojos de obsidiana and Verás cosas extraordinarias. She has a degree in Communication Sciences from the Universidad de Buenos Aires and has published chronicles in Latin American and Spanish media, such as La Nación, Revista Cultural Ñ, Altaïr, Etiqueta Negra, Travesías, Gatopardo, La Tercera, La Agenda and Revista Lugares. She teaches travel chronicles workshops and is the founder of Viajes Libres.