

NON FICTION

Core List

London Book Fair 2023



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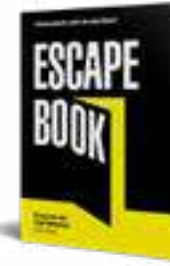
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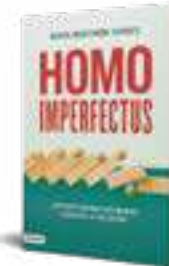


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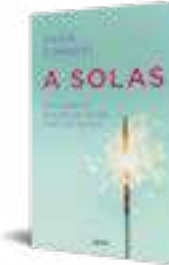
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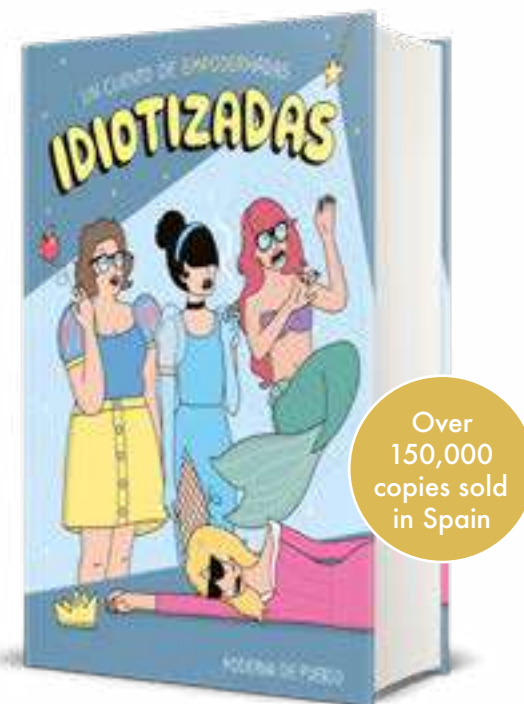
STAND-ALONE

MODERNA DE PUEBLO

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 Slutterella, 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?



Zenith | 208 Pages | November 2017

COMIC FEMINISM FAIRY TALE
EMPOWERMENT

RIGHTS SOLD TO

First Éditions (France), Editorial Presença (Portugal).

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: *Modernita Wonders: What Is Normal?*



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 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.



Zenith | 312 pages | November 2022

COMIC SCIENCE FICTION FEMINISM
EMPOWERMENT



IVAN TAPIA

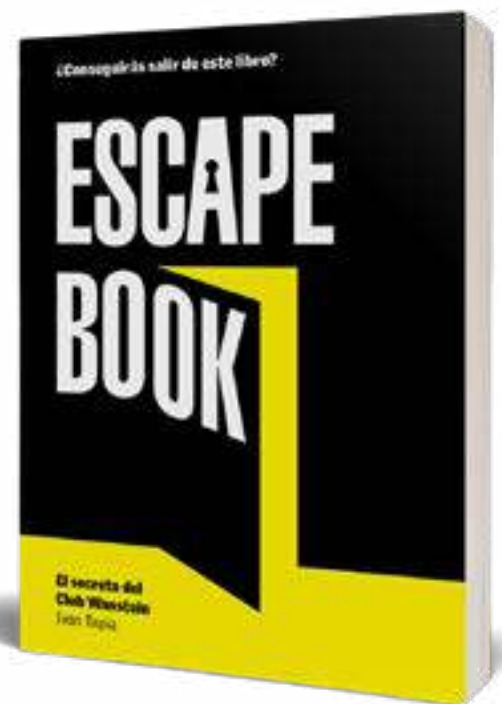
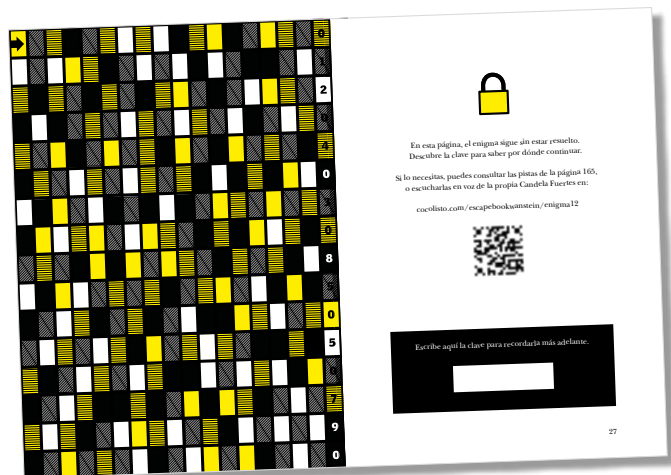


ESCAPE BOOK

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!



Lunweg | 176 Pages | February 2017

GAME BOOK

ESCAPE ROOM

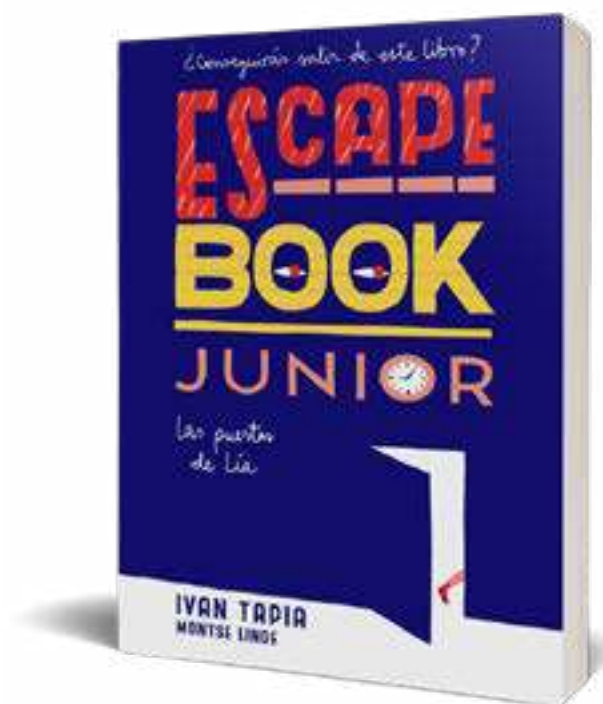
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ESCAPE BOOK JUNIOR

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.



Lunweg | 144 Pages | November 2017

GAME BOOK

CHILDREN'S

ESCAPE ROOM

OTHER TITLES BY THE AUTHOR



Lunweg | 208 Pages | November 2019
MONEY HEIST. THE PROFESSOR'S DIARY



Lunweg | 184 Pages | October 2021
MONEY HEIST. THE ACADEMY

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.



SARA GOMAR

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

ATTRACT THE LOVE YOU DESERVE

An astrological guide for fulfilling relationships

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

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

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.



LIFESTYLE ASTROLOGY PERSONAL GROWTH
SELF-KNOWLEDGE COUPLE RELATIONSHIPS
SOCIAL SKILLS ROMANTIC LOVE

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Wydawnictwo Muza (Poland), Hardie Grant (UK).



MIIN COSMETICS

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

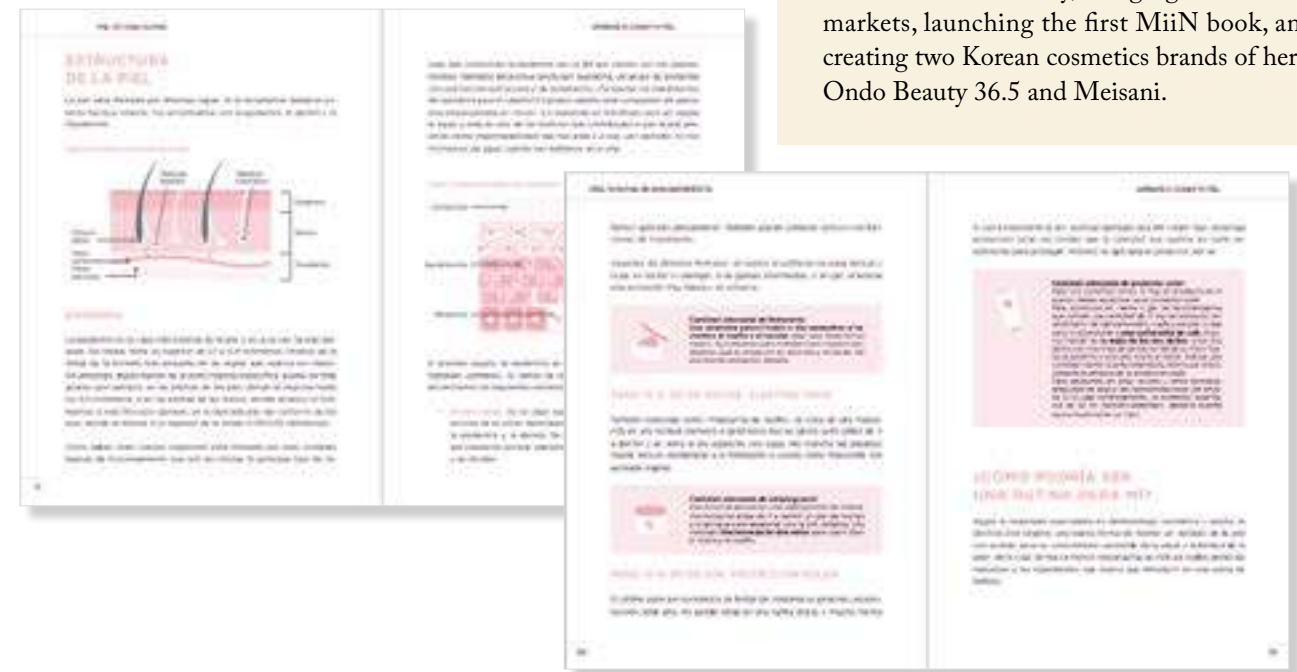
LEARN HOW TO TAKE CARE OF YOUR SKIN

Secrets and routines from MiiN's experts

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.

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.



Zenith | 240 Pages | October 2022

LIFESTYLE BEAUTY SKINCARE
SELFCARE PRACTICAL BOOK
HEALTH

MiiN Cosmetics is the reference point for Korean cosmetics in Europe, founded by Lilin Yang in Barcelona, with stores in Madrid, Barcelona, Valencia, Bilbao, Munich, Milan, and Paris. Since 2014, Lilin Yang has seen success after success internationally, bringing MiiN to new markets, launching the first MiiN book, and creating two Korean cosmetics brands of her own: Ondo Beauty 36.5 and Meisani.

IZUMI FORASTÉ ONUMA

Discover the sacred order of the Japanese facial routine.

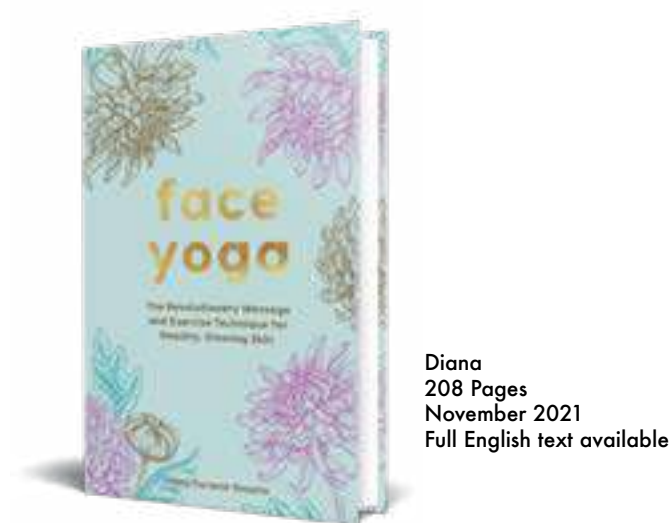
THE JAPANESE SECRET OF FACIAL YOGA

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 selfcare 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.

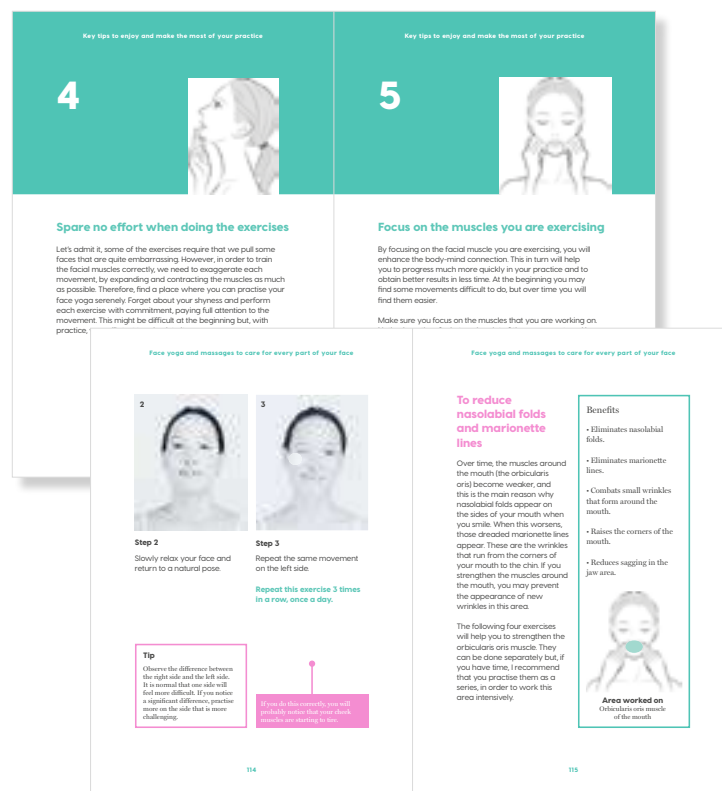
Izumi Forasté Onuma with Eurasian roots, grew up between two very diverse cultures. Her Japanese upbringing and passion for beauty tips have led her to acquire cutting-edge information from professional Japanese dermatologists, chemists and beauty consultants.



Diana
208 Pages
November 2021
Full English text available

LIFESTYLE BEAUTY SKINCARE SELF CARE
SELF-HELP HEALTH PRACTICAL BOOK JAPAN

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Corbaccio (Italy), Obuolys (Lithuania),
Hardie Grant (UK), Hachette Livre (France).



FACUNDO MANES

An attractive invitation to understand the great enigmas of the brain. A work of reference for anyone who wants to know how the brain has made us human.

BEING HUMAN

Everything you need to know about the brain

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

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

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.



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.



Paidós | 480 Pages | September 2021
Full English text available

SCIENCE NEUROSCIENCE BRAIN

MARÍA MARTINÓN TORRES

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

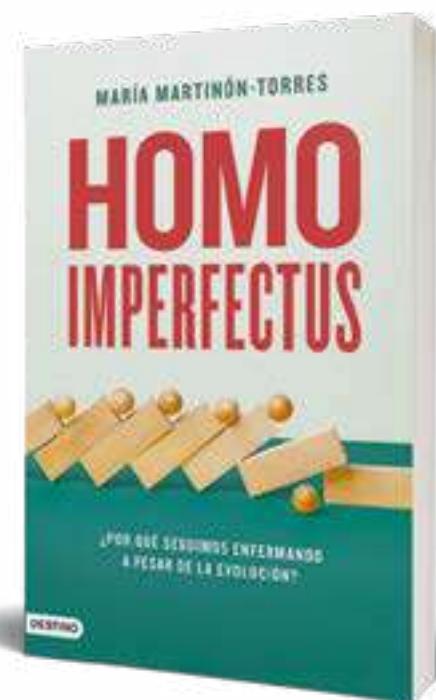
HOMO IMPERFECTUS

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

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

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

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



Destino | 272 Pages | May 2022
English sample available

SCIENCE HEALTH EVOLUTION

ANTHROPOLOGY

RIGHTS SOLD TO

Ginkgo Book (China), Hyeonamsa Publishing (Korea), Destek Yapim (Turkey).

María Martínón 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.

BEATRIZ CAZURRO

There are no bad children, just children who are in an environment that needs to change.

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.

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



Planeta | 240 Pages | September 2022

PARENTING PSYCHOLOGY

FAMILY THERAPY

RIGHTS SOLD TO

Editura Univers (Romania), Citadella (Slovakia), Egmont (Croatia).



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.

LUCÍA GALÁN BERTRAND

A journey through the marvelous and sometimes complicated world of the emotions of our children from the newest and freshest voice in pediatrics.

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!”



Planeta | 288 Pages | September 2021

PARENTING

FIRST PERSON ACCOUNT

PERSONAL GROWTH

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Eskmo (Russia).

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.luciamipediatra.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.



Planeta | 688 Pages | June 2020

PARENTING

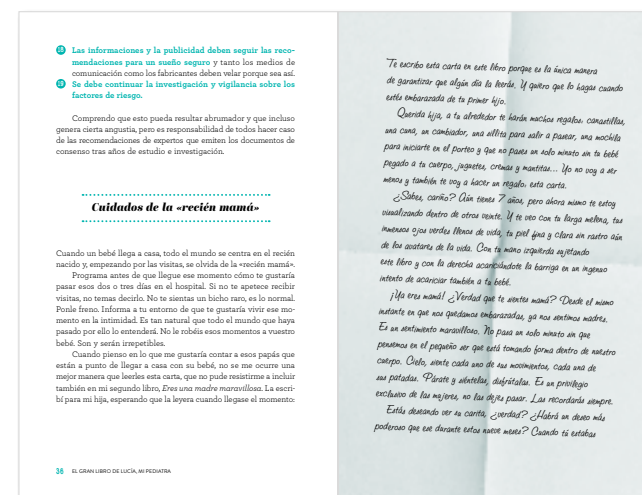
HEALTH

TEENAGERS

CHILDREN

RIGHTS SOLD TO

Italy (Edizioni Sonda), Pegasus Yayinlari (Turkey).



MARIAN ROJAS

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

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.

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.

Marian Rojas is a medical psychiatrist working with the Spanish Institute of Psychiatric Research. She collaborated in a charity project in Cambodia that turned her life upside down. In Cambodia she worked in AFESIP (Acting for Women in Distressing Situations), a project that cares for and secures the rights of women and girls victimized by or being at risk of human trafficking and sex slavery. 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. She gives talks around the world on her research on happiness and stress management.



Espasa | 328 Pages | August 2021
Full English text available

PSYCHOLOGY

RELATIONSHIPS

PERSONAL GROWTH

BRAIN BIOCHEMISTRY

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HOW TO MAKE GOOD THINGS HAPPEN

Understand your brain, manage your emotions, improve your life

For those in pursuit of a better life, psychiatrist Marian Rojas Estapé presents the essential guide to neuroscience-driven mindfulness. Understanding your brain, managing your emotions, and being aware of your responses to stressors can give you greater self-control. Rather than a gimmicky guidebook, this is a thorough look at how our brains react to stress, threats, hyperstimulation, and the vices of our digital age. With proven techniques backed by solid, up-to-date psychiatric research, Estapé teaches us how to make the best of our lives.

Combining science, psychology, and philosophy, Estapé delivers practical advice about how we can cultivate a happy existence. This includes understanding the parts of the brain, setting healthy goals and objectives, strengthening willpower, cultivating emotional intelligence, developing assertiveness, avoiding excessive self-criticism and self-demand, and mastering the proven art of optimism.

By reading this title we will understand the importance of learning to focus our attention, we will discover a few guidelines to combat our fears & anguishes, and we will be given the clues to channel those negative emotions that block us both physically and mentally.



Espasa | 232 Pages | October 2018
Full English text available

PSYCHOLOGY

ANXIETY

DEPRESSION

PERSONAL GROWTH

BRAIN BIOCHEMISTRY

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TOMÁS NAVARRO

How to avoid the 8 thinking mistakes that block your mind.

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.



Zenith | 248 Pages | September 2021
Full English text available

PSYCHOLOGY

PRACTICAL BOOK

MINDSET

RIGHTS SOLD TO

Giunti (Italia), Editura Prestige (Romania),
Portal Publishing (Russia).

Tomás Navarro is a psychologist in love with people and with what they feel, think and do. He is the founder of a consulting firm and an emotional wellness center. He currently divides his time between technical writing, training, consulting, conferences and personal and professional coaching and consulting processes.



EMOTIONAL STRENGTH

Step back, think different and dare to act to adapt to change

Emotional Strength is the sum of psychological resources that help us face the challenges and complex situations life presents us with. The stronger our emotional fortitude, the easier it is for us to overcome uncertainty, recognize what we want, and decide what path we want to take.

The author explains to us that these resources can be learned, improved, and strengthened. We just have to realize that they are part of us and that we can turn to them when we need to.

This book offers a new formula for developing out emotional fortitude, broken up into three phases: getting distance from reality to focus on conflicts from a new perspective; thinking productively, without distortions and without letting our impulses get the better of us; and finally, daring to take action to adapt to changes and achieve the life we want. Gaining emotional fortitude can help us face difficulties and learn to relate with toxic people and make better decisions. The key to achieving a full, happy life is in your hands.

With professional rigor and a long experience as a psychologist, Tomás Navarro has developed an innovative way to help people by practicing therapy out in the open. *Emotional Strength* is the result of his learning and the perfection of his techniques through years of work.



Zenith | 320 Pages | October 2018

PSYCHOLOGY

EMOTIONAL MANAGEMENT

ADAPTATION TO CHANGE

RIGHTS SOLD TO

Éditions First (France).

SÍLVIA CONGOST

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.

ALONE

Discover the pleasure to be with yourself

It appears that in today's world, especially after reaching a certain age, loneliness is perceived as a failure. Somehow, it feels like being single, divorced or separated is something we need to avoid or get over with as soon as possible. Nonetheless, learning how to live alone is actually not only indispensable but also a sign of maturity, independence and personal abundance.

Alone is an elegy to vulnerability, to daring and to stand your ground. Silvia Congost, one of the most prominent and renowned Spanish psychologists, invites us to lose our fear of loneliness. During its first part, Congost's essay provides us with clues as to how to understand the subject of loneliness from a more global and analytical approach. Then, in its second part, the book inspires an "awakening", or a reengagement with the true meaning of life. Finally, the third and last part offers a compilation of practical advice to familiarise us with these relevant and necessary individual spaces.

When we manage to observe loneliness from a position of gratefulness, the experience makes us greater, stronger and more serene. And that is a process that can only be lived by yourself, connecting with that most intimate space of solitude from where silence itself speaks to you, while the noise that made you shiver is set aside, respectfully, in order to let you move forward.

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.



Zenith | 296 Pages | October 2019

PSYCHOLOGY

SELF-ESTEEM

LONELINESS

RIGHTS SOLD TO

Poland (Znak), Russia (Portal Publishing).

Alone is an essay that invites the reader to traverse the many passageways of solitude in order to ultimately reach our own liberation.

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?



Zenith | 224 Pages | May 2022

PSYCHOLOGY

SOCIAL SKILLS

NARCISSISM

RELATIONSHIPS

RIGHTS SOLD TO

Pergaminho (Portugal).

Let's work on improving our self-esteem, which will make us stronger. And let's work too on building healthy relationships that will allow us to live embracing our dignity.

I think the key point is to have the ability to understand what we are talking about when we refer to toxic people so that we can identify them as soon as possible. And let's assume all you can do when in a relationship with a toxic person is to run away. The sooner, the better. There is no other choice.



ANABEL GONZALEZ

Anabel Gonzalez tells us 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.

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.

Emotions contain a natural wisdom that we can recover, even if we have been using them in an unhealthy way. Learning to identify them, listen to them and see the direction in which they move us will help us to understand ourselves, relate to others and make healthy decisions.

This change may occur simply because we become aware of some of the detrimental mechanisms we use and stop doing so, but it may also require the patience to plant seeds and cultivate new ways of functioning with our emotions. Simply the fact of reading about this subject and becoming more aware of our emotional world is already an important step.

From there, we just need to keep moving forward.



Planeta | 288 Pages | February 2020

PSYCHOLOGY EMOTIONAL MANAGEMENT

PERSONAL GROWTH

RIGHTS SOLD TO
Guomai (China), DeAPlaneta Libri (Italy), Babel Publishing (Taiwan), Portal Publishing (Russia).

The key to feeling at ease with ourselves and with our lives lays in knowing how to deal well with our bad days.

Anabel Gonzalez is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs 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.



Planeta
240 Pages
March 2021

PSYCHOLOGY EMDR

PSYCHOTHERAPY

RIGHTS SOLD TO
Portal Publishing
(Russia).

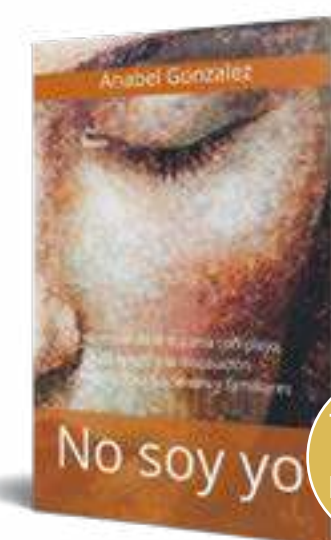
SCARS DON'T HURT

How to heal our wounds and undo emotional knots

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

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

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



223 Pages
September 2017
Full English text available

PSYCHOLOGY TRAUMA

EMOTIONAL MANAGEMENT

PERSONAL GROWTH

IT'S NOT ME

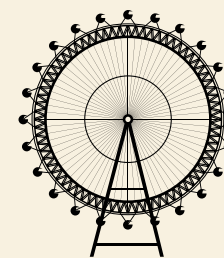
Understanding trauma

The aspects of our personality that we reject tell us a very important story. The way in which we define who we are - our identity - is shaped by the significant relationships in our life. If we have a history of complex relationships, whether it be with our parents, romantic partners or other significant figures, it can profoundly change the way we see ourselves. Our mind gets fragmented, and a deep conflict arises within us, which sometimes consumes a large part of our energy and keeps us from living a life that is fully satisfying.

This book, which is aimed at people who have been through adverse situations that fit with what we call trauma, will present and explain some of the psychological problems that these situations can produce. Based on work done with patients who have a history of trauma or attachment disorders, different ideas are presented that can help overcome dysfunctional post-traumatic patterns.

CURRO CAÑETE

The most powerful method of self-coaching to be happy in the here and now.



THE POWER OF TRUSTING YOURSELF

Learn to trust yourself and you will get anything you dream of

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

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



Planeta | 256 Pages | March 2019

SELF-HELP

PERSONAL GROWTH

SELF-ESTEEM

RIGHTS SOLD TO

Planeta (Portugal), Antonio Vallardi (Italy), Planeta Brasil (Brazil), Eksmo Publishing (Russia).

Curro Cañete is a successful writer and coach in Madrid. With degrees in Law and Journalism, he also completed a Master's in Personal and Professional Coaching. An expert in success and happiness with a background in many therapeutic techniques, he is interested most in helping people free themselves from their blockages and limitations so they can live the life they desire.



Planeta
336 Pages
January 2022

SELF-HELP

EMOTIONAL INTELLIGENCE

PERSONAL GROWTH

RIGHTS SOLD TO
Planeta (Portugal).

Over
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in Spain

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.



Planeta
384 Pages
September 2020

SELF-HELP

EMOTIONAL DEVELOPMENT

PERSONAL GROWTH

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Planeta (Portugal).

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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.

RUT NIEVES

BELIEVE IN YOURSELF

Why do some people find it easy to get what they want while others struggle?

Are you sick of the fact that your life never changes?

While you remain unaware of who you are and don't bother to get to know yourself, you'll be the puppet of your subconscious.

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



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SELF-HELP

EMOTIONAL HEALING

PERSONAL GROWTH

SELF-ESTEEM

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Le Cherche Midi (France), Pedio S.A. (Greece).



Planeta
368 Pages
August 2022

SELF-HELP

EMOTIONAL HEALING

PERSONAL GROWTH

RELATIONSHIPS

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Planeta
352 Pages
April 2018

SELF-HELP

EMOTIONAL HEALING

PERSONAL GROWTH

MANIFESTING

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in Spain

RIGHTS SOLD TO
Pedio (Greece).

THE LOVE OF YOUR LIFE

From the slavery of fear to full trust in love

Nothing you've been through is a question of chance. What did your parents think of love? What did the women in your family think of men? What did the men in your family think of women? How did they treat them? Everything you have experienced is the fruit of the cultural and trans-generational heritage you received and the conclusions you drew during your childhood about yourself, about love, about men and women.

Your relationship with love is no different from the relationship you have with yourself. The way you admire, observe and listen to your partner is nothing more than a reflection of how you admire, observe and listen to yourself. With The Love of Your Life you will find many answers about what has happened to you so far and a path will open up for you to enjoy the relationships you want and deserve to live from now on.

MAKE YOUR DREAMS COME TRUE

Advanced manual of manifesting

After *Believe in Yourself* was published, Rut Nieves spent two years presenting the book and directing a program of sessions for readers who wanted to express their dreams. This book is the result of all that work. The simple and powerful exercises it includes will teach you to open doors to the experiences your heart yearns to live.

Through a journey into yourself, your childhood and the contemplation of your dreams, you will learn that the law of attraction and emotional management are two intimately linked disciplines, and that it is emotional learning that brings your dreams closer to reality.

A book that will mark a before and after in your life. Put skepticism behind you and show yourself willing to change the way you see things.

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.



ÁNGEL MARTÍN

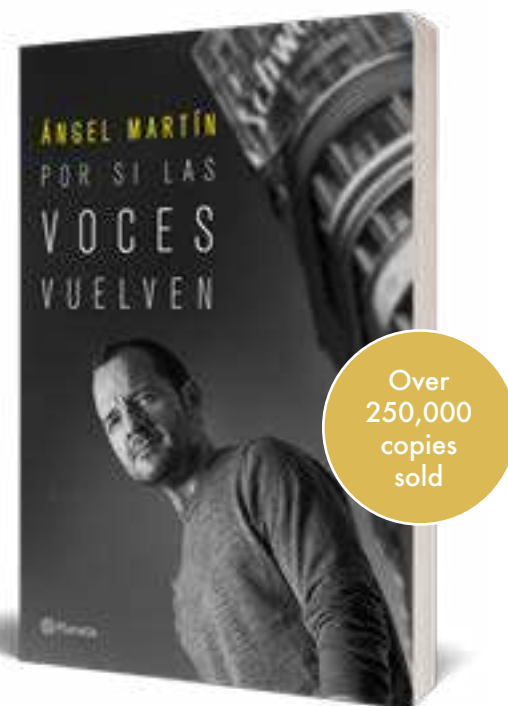
In Case the Voices Return is a powerful book that offers readers an unabashed testimony about an uncomfortable reality: mental disorders.

IN CASE THE VOICES RETURN

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

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.



Planeta | 256 Pages | November 2021

SELF-HELP

FIRST PERSON ACCOUNT

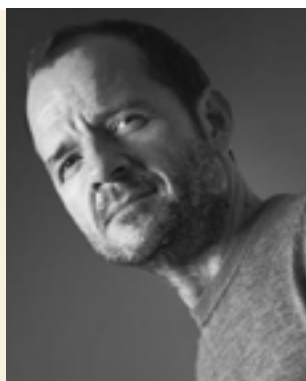
MENTAL HEALTH

OVERCOMING

RIGHTS SOLD TO

Mann, Ivanov and Ferber (Russia).

Ángel Martín is a presenter, comedian, scriptwriter, actor, musician, streamer and humorist. He began his career at Paramount Comedy as a stand-up comedian, an art he has continued up to the present day. In 2020 he started the podcast Misterios cotidianos and began to upload on his Twitter profile the Informativo matinal para ahorrar tiempo, where he daily presents the main news stories in a humorous and lighthearted tone. His videos receive up to one million views daily. This is his first book.



ADELA CORTINA

An essential reflection on one of the most critical social and political problems of our time and a challenge for democracy.

APOROPHOBIA, WHY WE REJECT THE POOR

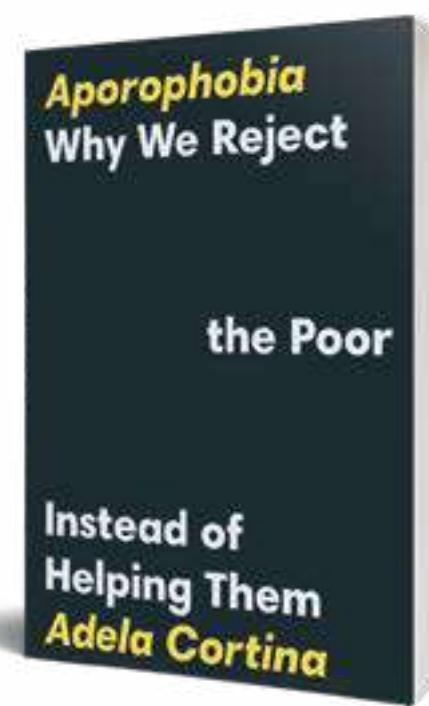
A challenge for democracy

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.

A hatred of the poor and a general disdain for those with less is the most pernicious everyday discrimination of our age. As Adela Cortina so lucidly explains, this hatred fuels prejudices against groups such as migrants and the homeless while the rich are celebrated. A book to read to understand how we have been taught to welcome those we have to work for, while rejecting those who might work with us.

Danny Dorling, University of Oxford



Paidós | 200 Pages | April 2017
Full English text available

PHILOSOPHY

ETHICS

SOCIOLOGY

RIGHTS SOLD TO

Editora Contracorrente (Brazil),
Korea (T-time Education),
USA (Princeton University Press).

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.

PEDRO BAÑOS

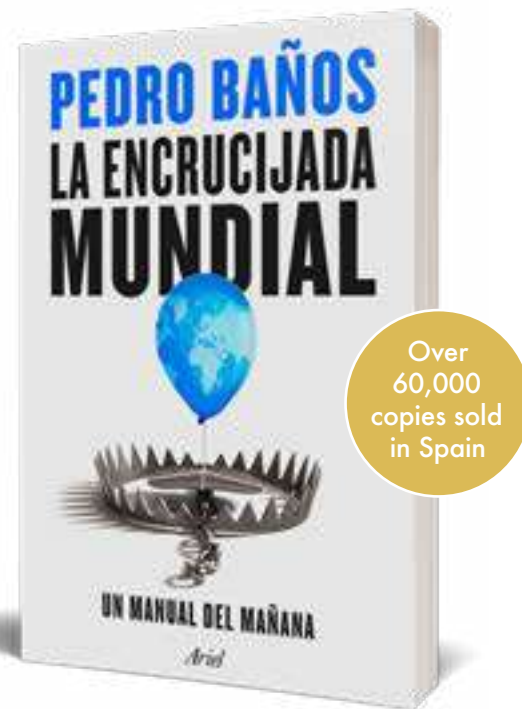
THE WORLD AT A CROSSROADS

Human geopolitics in a new era

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.

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.



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60,000
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Ariel | 608 Pages | November 2022

CURRENT AFFAIRS POLITICS

ECONOMICS GEOPOLITICS

A work that analyzes the current global situation in order to propose solutions to the complex problems we are facing.

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.



Ariel
544 Pages
October 2020

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Epsilon Yayinevi
(Turkey), Popuri (Russia).

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MIND CONTROL

The geopolitics of the mind

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 become even easier, thus allowing the powerful to achieve absolute dominion over the populace.



Ariel
472 Pages
November 2017

RIGHTS SOLD TO
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THIS IS HOW YOU RULE THE WORLD

The keys to world power

For years now, the complex situation of the contemporary world has meant that the science of geopolitics is regaining the ground it began to lose after the Second World War. But how do countries relate to one another? What strategies do they employ?

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

CÉSAR RENDUELES

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

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.

"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.

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* in 2013 and *Rotten Capitalism* (Seix Barral, 2015) which consolidated him as one of the most outstanding thinkers on the current scene. *Against Equal Opportunities* (2020) is his last book.



Seix Barral | 368 Pages | September 2020

SOCIOLOGY

CURRENT AFFAIRS

EQUALITY

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Suhrkamp (Germany), İletişim Yayınları (Turkey).

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.

Using novels, poetry and plays from his reading biography, the author projects a chronicle of the free market economy: he creates surprising links, brings revealing knowledge and practically converts (the work) into literature.

Christian Baron, *Der Freitag*



Seix Barral | 232 Pages | September 2015

ECONOMIC HISTORY

CAPITALISM

LITERATURE

The book is entertaining and playful from beginning to end and, despite the complexity of the subject matter, it is easy to read. Rendueles does not pretend to design the vision of a new and better world; he directs his gaze to our politics of the moment while looking at the past with great care; in search of its origins.

Klaus Bittermann, *Glanz&Elend Literatur und Zeitkritik*

A highly recommended book, also as a literary reading.

Klaus Bittermann, *Glanz&Elend Literatur und Zeitkritik*

MARGA SÁNCHEZ ROMERO

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

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.

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.



Destino | 288 Pages | October 2022

FEMINISM

HISTORY

ARCHAEOLOGY

EVOLUTION

ILLUSTRACIENCIA

A reference work for both illustration professionals and amateurs who want to get into the field.

MANUAL OF SCIENTIFIC ILLUSTRATION

This manual compiles the knowledge of a number of scientific illustrators in a reference work for both professionals and amateurs who want to get into the field

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.



Geoplaneta | 400 Pages | October 2022

SCIENCE

PRACTICAL BOOK

PAINTING & DRAWING

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Eskmo (Russia).



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.

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