

NON-FICTION

POPULAR

FRANKFURT 2017



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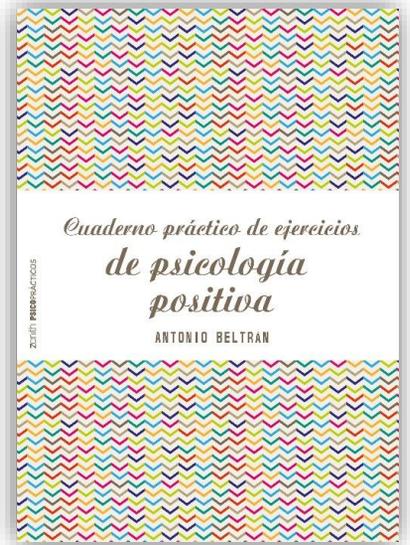


P. W. Anti-stress



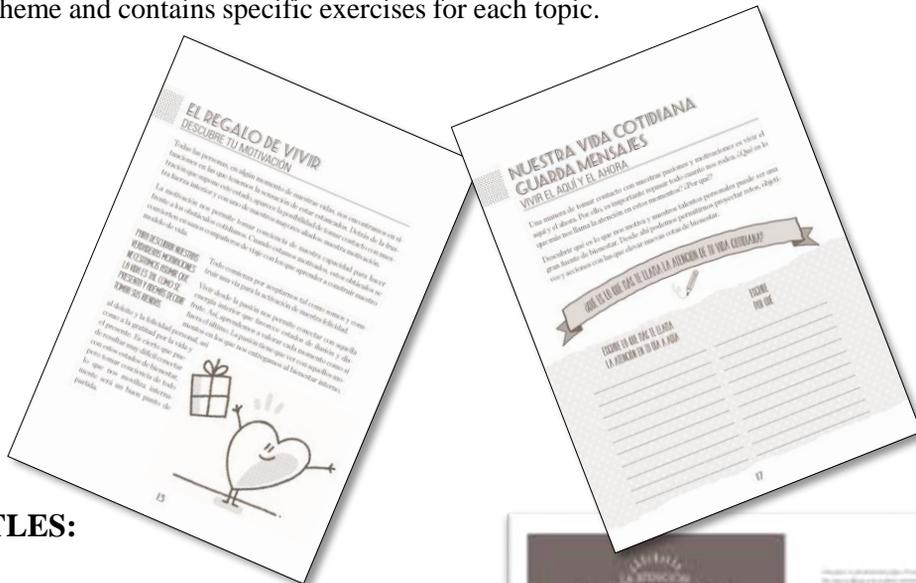
Because sometimes, a small change leads to a much more pleasant and happy life!

96 pages | June 2017 | 16 x 22 cm



P. W. for Positive Psychology

Workbooks are a very useful tool to learn certain concepts, because they help us understand and apply in our daily life some ideas to improve and progress in a much more efficient way. Each workbook is based on a concrete theme and contains specific exercises for each topic.



OTHER TITLES:

- ✓ P. W. for Mindfulness
- ✓ P. W. for Discovering your Talents
- ✓ P. W. for Training your Mind
- ✓ P. W. for Happiness
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Atlas of an Spherical Passion

Toni Padilla & Pep Boatella

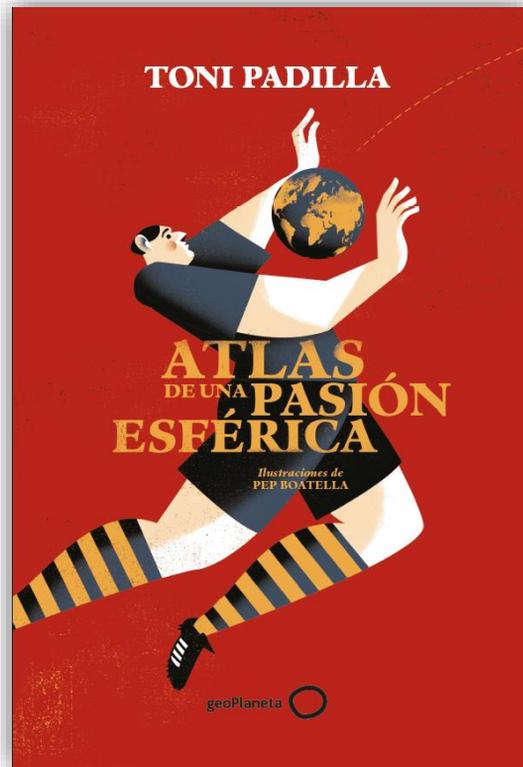
ATLASES



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



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



144 pages | November 2017



Toni Padilla. Journalist and historian. He was born in Sabadell in 1977. He currently edits the sports pages of the newspaper *Ara*, participates in numerous programs and broadcasts for BeIN sports, and collaborates with such media outlets.

Pep Boatella. Illustrator and graphic designer, born in Barcelona in 1983. He studied in the Escola Massana in Barcelona and has worked consistently for magazines, agencies, and publishers since 2009.

Atlas of Good and Evil

Tsevan Rabtan & Alejandra Acosta

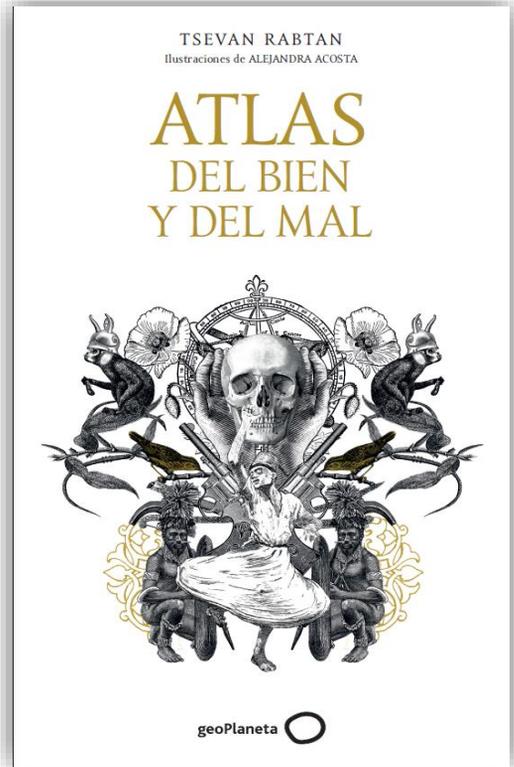
ATLASES



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



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



144 pages | November 2017



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

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

Anabel Vázquez, María Martínez & Lara Costafreda



For Anabel Vázquez and María Martínez taking care of their looks has become a fun, playful ritual in which they try out different creams, shampoos, masks, lipsticks and balms. They love to discover great little brands in Manhattan or the English countryside, seek out the stories behind each of them and share them with as many people as they can! That is why they created Laconicum, a shop where they sell extraordinary products made by the fascinating brands they discover on their travels. *Ultracosmetics* presents a practical (and slightly unorthodox) way of understanding cosmetics that is more relaxed and experience-based than scientific.

This book offers a comprehensive guide to make-up, a tour through the world of cosmetics and a Green Glossary of eco products.



188 pages | May 2017



Anabel Vázquez: She has studied in Spain and the United States and worked for the MoMA and the New Museum in New York. In Spain she has been a consultant, an Information Architect, a Manager of the Loewe Collection. Together with María Martínez she is the co-founder of Laconicum. **María Martínez:** She has worked as a product designer and Internet consultant of Teknoland, McCann Erikson, Banco Santander and The Cocktail. She is business partner with Anabel Vázquez of Laconicum. **Lara Costafreda** has illustrated all this sophisticated information.

The Masters of the World are Stalking You

Cristina Martín

CURRENT AFFAIRS

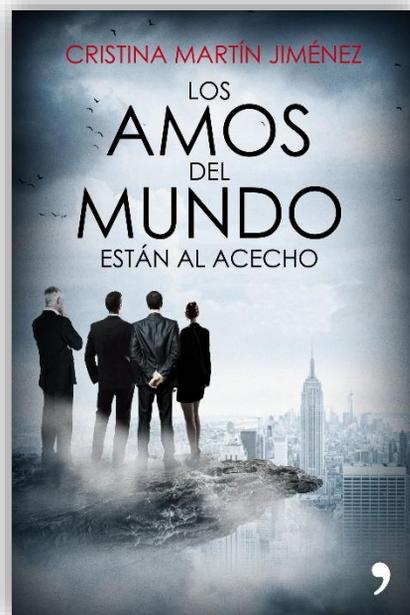
temas de hoy.

At secret meetings of the Bilderberg Group, the fate of the world is decided. If you don't have the honor of an invitation, you don't exist, you're no one. Their objective is to put an end to our personal freedoms and manipulate us through a one-world government with its seat at the UN. How is it possible that Google, Coca-Cola, Nokia, and the IMF can change our lives? In this politically incorrect book, Cristina Martín Jiménez unveils the latest lies manufactured by "Bilderbergers" to keep the population afraid, and therefore under control.



A key book for understanding what the Bilderberg Group is, for knowing the interests that motivate it and how its decisions affect the future of millions of people in the world.

Cristina Martín Jiménez, journalist and writer from Seville, is the author of *The Bilderberg Club: Masters of the World* (2005), the first book in the world about the most elite, powerful, and secretive organization of the present era. She has worked with numerous media organizations including *Russia Today* as well as the Mexican outlets *Público*, *El informador*, and *Radio 13*. Cristina Martín is considered a world expert on the Bilderberg Group.



360 pages | May 2017

The End of the World as We Know It

Marta García Aller

CURRENT AFFAIRS

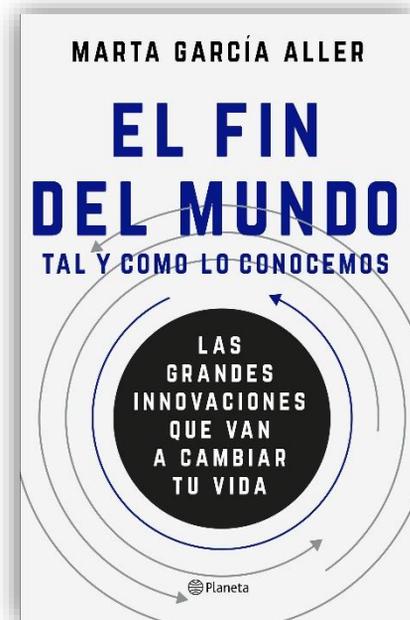
Planeta

Following the lead of the great reporters and storytellers of the present day, Marta García Aller plunges us into the digital transformation we are currently living through and the cultural, technological, and economic changes that await us in the XXI century. She does so by chatting with global experts, but also with people on the street: the cashier who isn't worried about automation; the automotive chief who hopes to retire before cars go driverless; and a man charged with guarding an old warehouse full of phone booths.

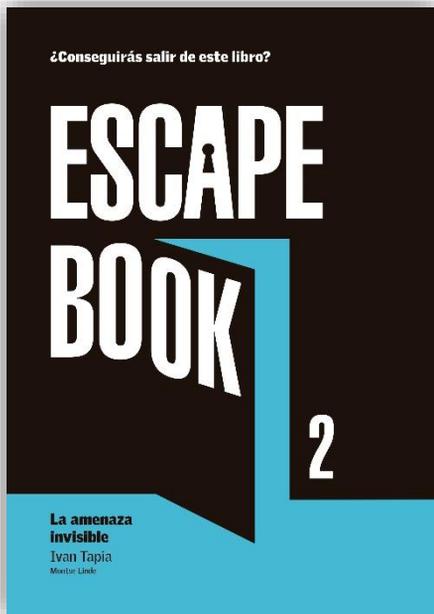


The end of work, the end of money, the end of privacy, the end of petroleum... and ten other end-points that are almost here.

Marta García Aller (Madrid, 1980) is a journalist. Before joining *El Independiente*, she passed through the newsrooms of *El Mundo*, *Actualidad Económica*, and the *Efe* agency. She serves as an economic and current affairs analyst for *La Brújula* and *Onda Zero*. Since 2010, she has been a professor at the IE School of Human Sciences and Technology at IE Business School. She has received many of the most prestigious journalism prizes.



336 pages | September 2017



ESCAPE BOOK 2. The Invisible Threat.

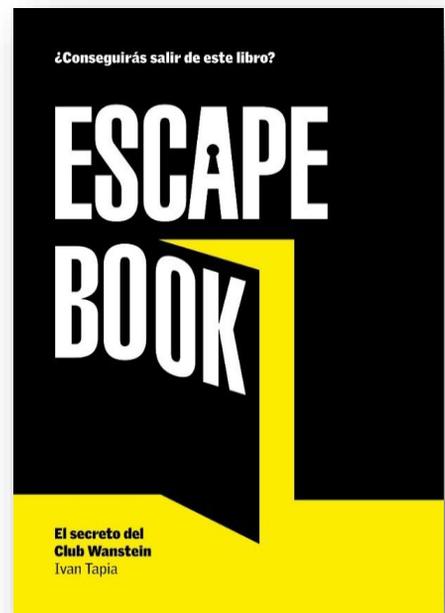
The editor of the newspaper where Candela Fuertes works is hospitalized because of a car crash. However, the ‘accident’ was actually an attempted murder. The motive: an investigation into the use of cancerous pesticides. Candela will take up the case where her boss left off and travel to the main European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

176 pages | November 2017

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!

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



176 pages | February 2017

Will you be able to escape the book?

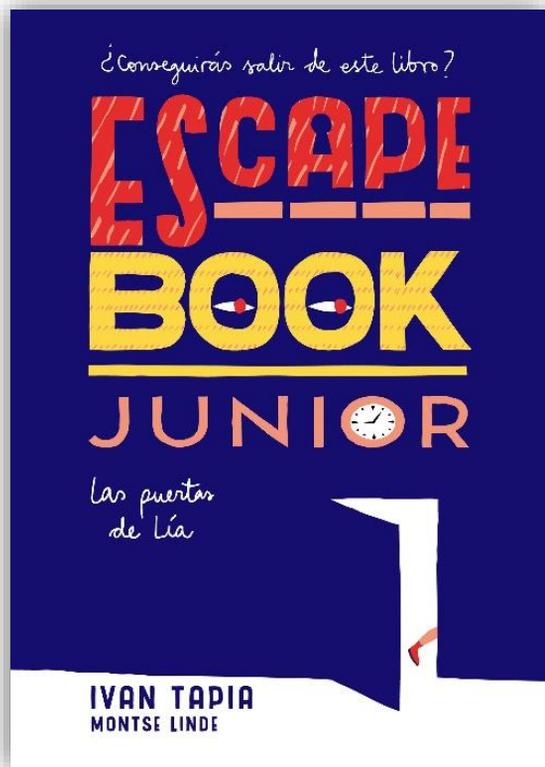
Ivan Tapia is the founder and designer of enigmas for Cocolisto, an intelligent leisure business that works for companies such as Danone, Sanofi, Everis, Banco Santander, Torres and ESADE. He is the director, scriptwriter and dramaturge of Escape Show, an enigma-based performance at the Teatro Poliorama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

Escape Book Junior

Ivan Tapia

ESCAPE BOOK

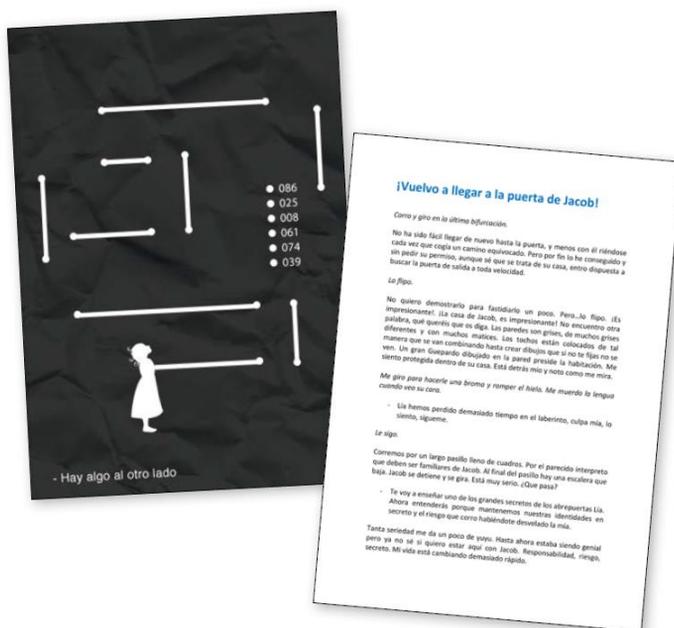
LUNWERG
EDITORES



112 pages | November 2017

ESCAPE BOOK JUNIOR. Lía's Doors.

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



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



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

You are a Wonderful Mother

Lucía Galán

As a mother she has celebrated the same joys and cried over the same mishaps. Maternity and paternity are universal feelings that have nothing to do with your profession. This thought has led her to confront her own demons and come to the realization that we're all in it together in our daily struggle; sooner or later we all pass through the same stations along the line. After the success of *The Best of Our Lives*, Lucía Galán offers an unfiltered, raw look at maternity with honesty and self-criticism, sharing the things that everyone feels but no-one wants to say. Because only when we bravely face up to reality can we give the best of ourselves. Being a parent is the greatest responsibility we face in our lives. Are you ready?

“ Stories that have left a permanent mark on her heart, which she shares in this book and meeting women and men learning how to be parents as they go.

Lucía Galán is a paediatric doctor. Today she works at the Hospital Vithas Internacional Medimar in Alicante and at the MAIO Clinic. She holds workshops for parents as part of the prestigious Gestionando Hijos project, and *online workshops* at the Escuela Bitácoras.

FAMILY & RELATIONSHIPS



288 pages | January 2017

9 Months from the Inside

Dr. Eduardo Gratacós

Doctor Eduard Gratacós takes us through every stage of pregnancy to help us dispel doubts and enjoy the wonderful journey of the beginning of a life. Here we will find two complementary points of view: that of Doctor Gratacós and also the future baby who, from the moment they're conceived, will provide a first person account of their amazing experiences over these exciting 9 months.

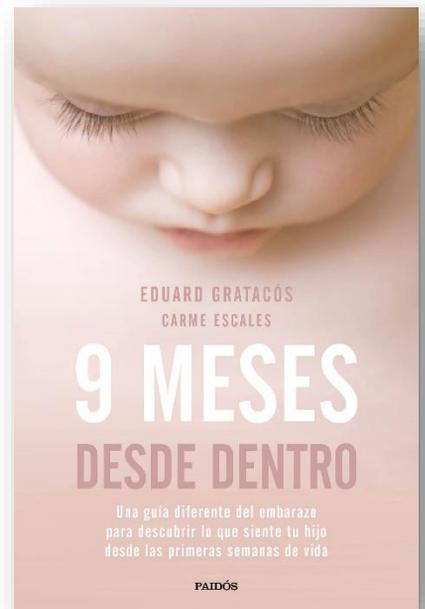
A unique guide to pregnancy that tells you how it feels to be your child right from the first weeks of life.

Includes illustrations that accompany the doctor's explanations so you can better understand the development of the foetus.

“ Find out what your child experiences right from their first weeks.

Eduard Gratacós is director of the leading international centre BCNatal in Maternal-foetal medicine. Doctor Eduard Gratacós is a world-renowned pioneer in foetal surgery.

FAMILY & RELATIONSHIPS



384 pages | May 2017

Growing Up Together

Carlos González

Our child is growing up. Parents' first worries about breastfeeding or what bed the child should sleep in are a thing of the past. Now time has passed and maybe it's their disobedience, the way they push limits or their attitude towards their education that worry us the most now. These are some of the topics that Carlos González explores in this book about children and adolescents, addressing psychological and educational issues related to children more than a year old for the first time.



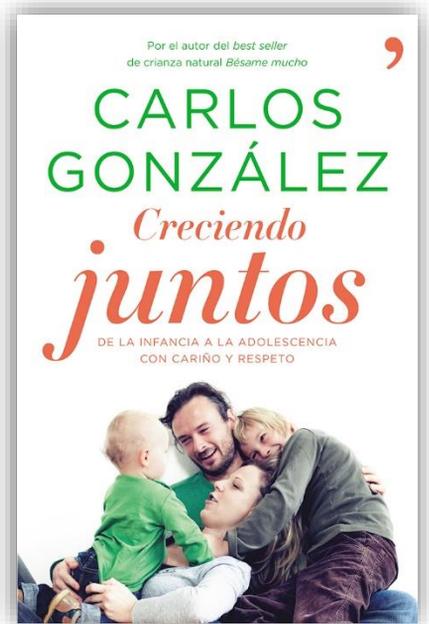
Issues such as authority, rewards and punishments as a model for education, the worries of adolescent parents, boundaries, hyperactivity, etc. are all analyzed by the author of this complete, practical book.

Carlos González received his Medical degree from the Universidad Autónoma de Barcelona. He is the founder and president of the Catalan Association for Breastfeeding (ACPAM) and currently gives courses on breastfeeding to medical professionals. He is one of the greatest exponents in the Spanish speaking countries in non conductive methods.

Rights sold to: Italy (Il Leone Verde), Poland (Mamania), Portugal (Bertrand) and Russia (Izdatelstvo Resurs).

FAMILY & RELATIONSHIPS

PAIDÓS



224 pages | October 2013

In Praise of Perfect Imperfect Families

Gregorio Luri

Being a parent is so hard that it sometimes seems impossible to tell whether you're doing it well or not. But let's get back to basics: there are no perfect families and this book was written to celebrate that imperfection. During a period where confusion and overprotection are rife, Gregorio Luri dares to say clearly and out loud what is becoming increasingly forgotten: a child has the right to know that being disciplined is hardly more important than simply being intelligent. That much worse than making mistakes is refusing to learn from them, that you can have a lot of information at your fingertips and still be ignorant and that it's still essential to learn the four magic phrases: 'Please', 'Thank you', 'Sorry', and 'I trust you'.



Finally a book that dares to say: "Enough already. I'm not a perfect parent and I'm proud of it." There's no such thing as perfect parents, but there are good parents.

Gregorio Luri Medrano studied Education Sciences and has a doctorate in Philosophy. He won the top award in his course in Education Sciences and the End of Course Extraordinary Prize in Philosophy. He has published over a dozen books on politics, philosophy and education.

FAMILY & RELATIONSHIPS

Ariel



152 pages | September 2017



If I Had a Broom

Arturo González-Campos & Juan Gómez-Jurado

Nobody cared one bit about Harry, that four-eyed kid with the soul of a nerd who lived under a staircase on Private Drive. No one could imagine that his stories would capture a generation, and that his magic would not only allow him to speak with serpents and make an *Expecto Patronum*, but would also achieve the miracle of getting millions of teenagers to go wild for reading and form long lines outside of bookstores. We will talk about the films, the books, the philosophy.

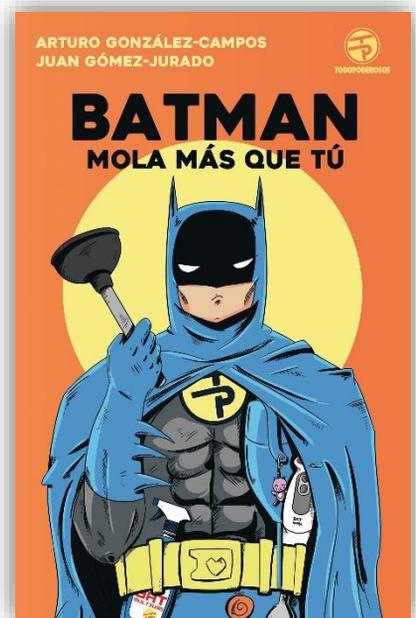
Welcome to Hogwarts, if you believe in magic. Muggles stay out.

208 pages | November 2017

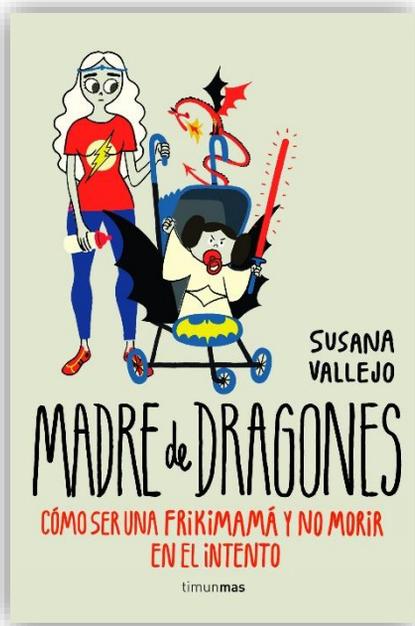
Batman Is Cooler than You

Arturo González-Campos & Juan Gómez-Jurado

Batman has just turned 75 and much has changed for the bat since he was wandering around in the sixties with a beer gut and a home-made Halloween costume. Underneath the image was an ambiguous, neurotic, obsessive person traumatised by the murder of his parents. A crazy do-gooder. A Don Quixote trying single-handedly to bring an end to crime in the city.



208 pages | April 2017

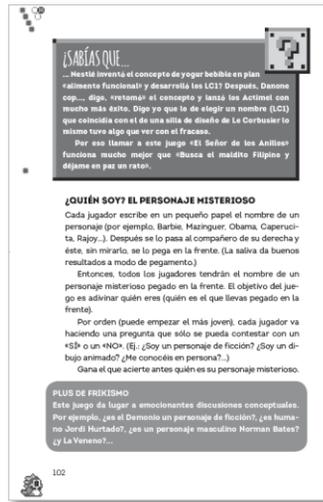


264 pages | April 2015

Mother of Dragons

Susana Vallejo

Do you find it tough to be a woman and a freak? Especially when you're a mother as well? If your world in Middle Earth, Idhun or Landsea has been invaded by nappies, poo (not from Arale) and baby bottles, don't despair! This manual will show you how to combine your freakhood, fun tests, advice on getting your kids to read the best books and travel recommendations.

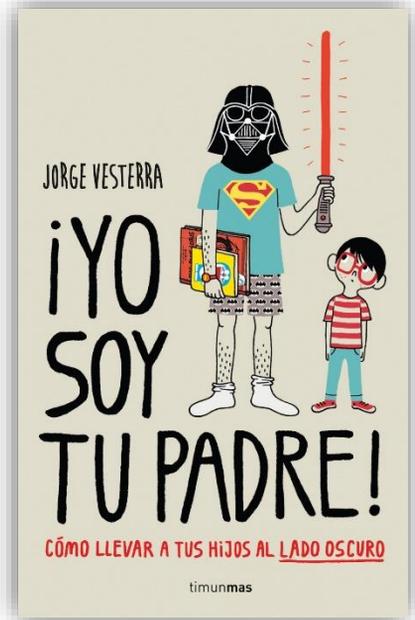


I Am Your Father

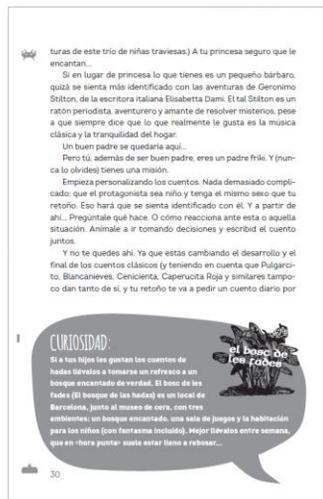
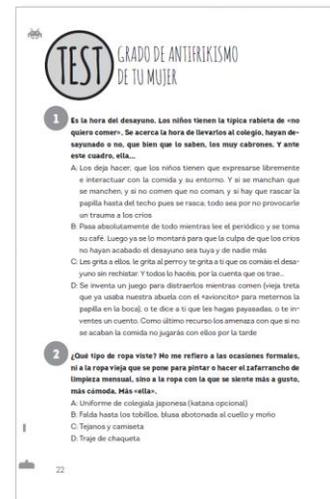
Jorge Vesterra

This manual will share all the tools and techniques, you'll need to keep up your nerdish lifestyle and share your obsessions with your children, including the commandments of the freaky father, various freak tests for your children, advice on how to protect your territory against the enemy and activities for a freak family.

Over 10,000 copies sold in Spain!



160 pages | March 2014



Your Life's Clocks

Marta Garaulet

HEALTH
PAIDÓS

How many times have you found it easier to read a complicated text in the morning than at night, or vice versa? Have you often noticed that you feel cheerful in the morning, but hours later experience a deep sorrow for no apparent reason?

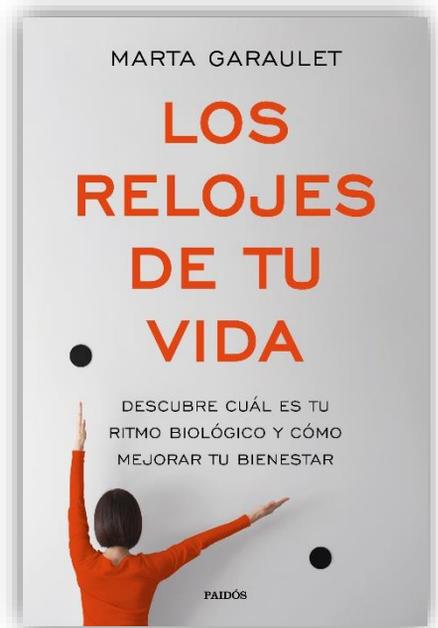
With Dr. Garaulet's new book, you will discover your life's clocks and learn what time you should perform which actions to enjoy full health. Chronobiology studies the mechanisms that produce biorhythms and their applications to biology and medicine.

Discover your biological rhythms and how to improve your wellbeing.

“

Doctor Marta Garaulet, one of the world experts in chronobiology, explains what this science is and how it can help us improve our habits to live a healthier and happier life.

Marta Garaulet is professor of Physiology and Physiological Bases of Nutrition at the University of Murcia and a scientist at Harvard's Brigham and Women's Hospital. A nutritionist and researcher, she is known in Spain and internationally for her research into chronobiology and obesity.



224 pages | October 2017

My Lame Diet

Aitor García Sánchez

HEALTH
PAIDÓS

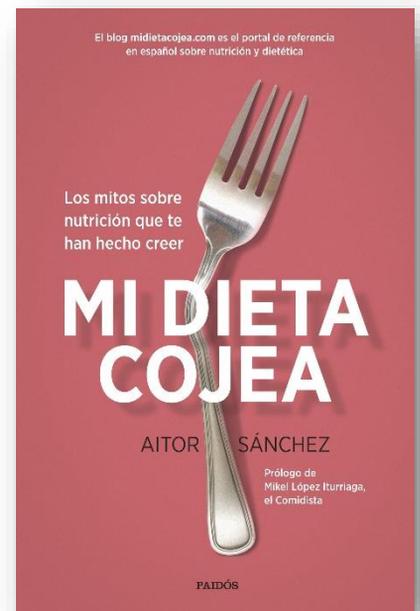
Aitor García Sánchez presents a book that debunks myths about the food we eat every day. Who hasn't heard, and repeated, phrases such as 'Fat is bad for you', 'You need to eat fewer calories to lose weight', 'Breakfast is a key part of a healthy diet' or 'Eggs raise your cholesterol'? In *My Lame Diet*,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

“

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

20,000 copies sold in Spain!

Aitor Sánchez (Albacete, 1988) is a nutritionist-dietician and food expert. He started out by doing research for his doctoral thesis at several different academic centres. In 2011 he entered the world of education with the creation of the blog **midietacojea.com**, which led to contributions to media outlets in Spain. He now regularly appears in the media and is the co-founder of the Centro de Nutrición Aleris in Madrid.



240 pages | September 2016

Feed your Brain Properly

Miguel Sánchez Romera

HEALTH

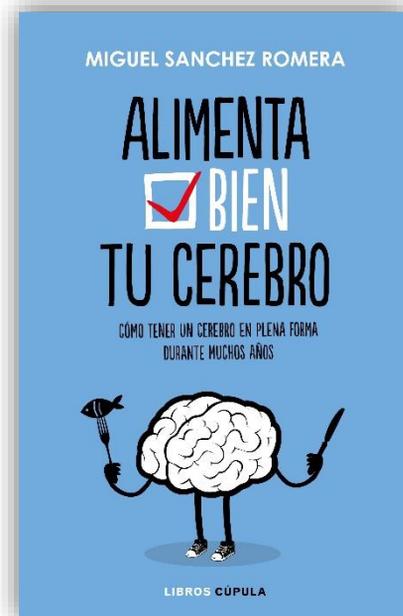
LIBROS CÚPULA

To make sure that your brain stays in shape for years to come, you need to know how to feed it. The well-known chef and neurologist Miguel Sánchez Romera explains how the brain works and the major impact of food upon our most vital organ. He tells us which foods are beneficial and which aren't and includes a large number of easy to prepare recipes that you can make at home aimed at stimulating and maintaining the health of your brain.



Known as ‘the neurologist chef’, his neurological approach to cooking allows the author to present a truly effective diet to take care of our brain functions.

Miguel Sánchez Romera was born in Córdoba (Argentina), studied Medicine and Fine Art and moved to Barcelona, where he received medical degrees in Clinical Neurology and Clinical Neurophysiology. He is a neurologist, professor in the science and technology of food, and artist in the kitchen. In 1996 he opened his restaurant L'Esguard in Sant Andreu de Llavaneres, which has earned a Michelin star.



320 pages | September 2017

My Anticancer Revolution

Odile Fernández

HEALTH

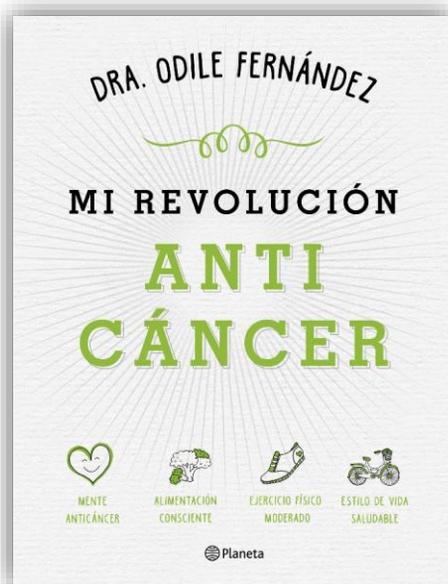
Planeta

This book is going to do away with the negative stigma associated with the word cancer: cancer doesn't mean death, pain or suffering. It will give you hope: that's why it has such a friendly, uplifting appearance. It'll draw a smile from everyone who reads it right from the first page. Here, people depressed or nervous about chemotherapy will find something to lift their spirits. Some pages only serve to be torn out to provide an outlet for your anger, others to be scribbled on, hard, while others can be coloured in to relax you and offer you the inspiration you need to get through every day. *My Anticancer Revolution* is unique and practical. It is a mixture of a self-help and activity book, but it was written with scientific rigour.



A moving book full of positivity and good advice for dealing with cancer.

“My name is **Odile**, I'm a family doctor, the mother of three children and a survivor of metastasized ovarian cancer. In this book I am telling you everything I did to overcome my illness and I propose practical exercises so you can do it too”. Odile Fernández



280 pages | January 2017

Rights sold to: Belgium (ZNU) and Portugal (Planeta Manuscrito).

Get Thin and Stay Thin

Ángela Quintas

HEALTH



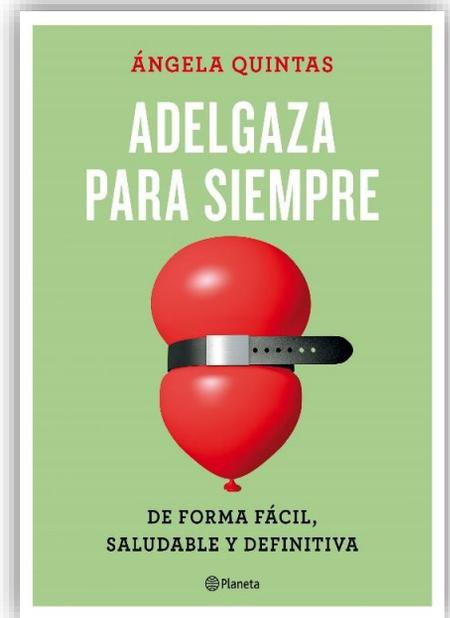
After several different trends involving diets that may have been effective but were terrible for your health (and very far from traditional Mediterranean cuisine) now more than ever the public needs a definitive, realistic, long term and, most importantly, healthy diet. Ángela Quintas presents a nutritional plan that goes much further. In contrast to miracle diets, Ángela's method isn't just effective in the short term, it is also realistic in the mid to long terms: it is 100% healthy, there is no rebound effect, and it teaches us how to eat well and understand the importance of proper nutrition. This book will help you to start to eat healthily today so you can achieve and maintain your ideal weight once and for all.



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

50,000 copies sold in Spain!

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



288 pages | January 2017

Live to 100 the Japanese Way

Junko Takahashi

HEALTH



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



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

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



320 pages | January 2017

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

Fatima's Best-Kept Secret

J. M. Zavala

HISTORY

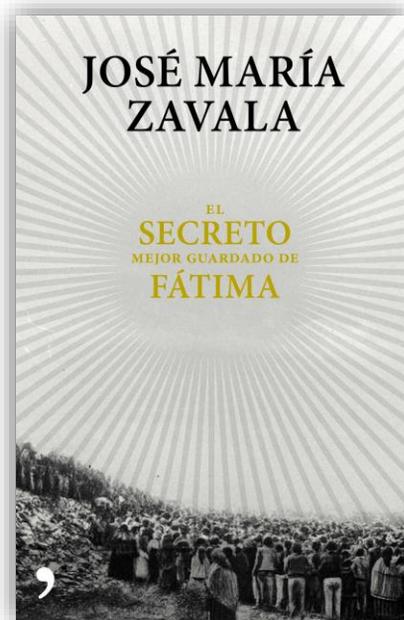
temas de hoy.

What secrets still exist on the hundredth anniversary of the appearance of Fátima, as certified by the Church? Is the so-called Third Secret related to the Marian message announced at the time? Why did Pope John II say in Germany that it was unpleasant to tell people that whole oceans would wash over the earth and millions of people would die in a few minutes? Why did the Pope add that there would be a schism in the church greater than had ever existed before and that all this would happen 'quite soon'?... *Fátima's Best-Kept Secret* throws light on these and many other mysteries still unresolved a century on.



It's been a hundred years since the appearance of the Virgin of Fatima, the most famous of those certified by the Vatican in the 20th century.

José María Zavala (Madrid, 1962) has a degree in Information Sciences from the Universidad de Navarra and is a leading educational historical author in Spain.



352 pages | March 2017

Manipulating History

Eric Frattini

HISTORY

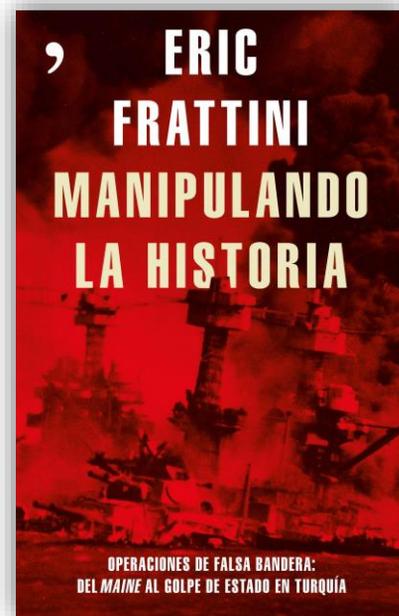
temas de hoy.

The sinking of the Maine battleship, which started the Cuban war between Spain and the United States; the attempts to bring down Fidel Castro; the doubts over whether the attack on Pearl Harbour could have been avoided; the manoeuvres against North Vietnam by the United States and attacks attributed to Communists to undermine their influence in Europe are just a few examples of operations that have been organized by those in power to manipulate history. This book by Eric Frattini, which is based on recently unclassified documents and features a series of images of the most important protagonists and events, lifts the lid on the most important operations carried out under a false flag in the contemporary world.



A journey through contemporary history focusing on operations organized by states, secret services and lobbies that sought to change the course of history in their own favour.

Eric Frattini is a former Middle East correspondent. He is the author of over twenty non-fiction books, which have been published in fifteen languages across 42 countries.

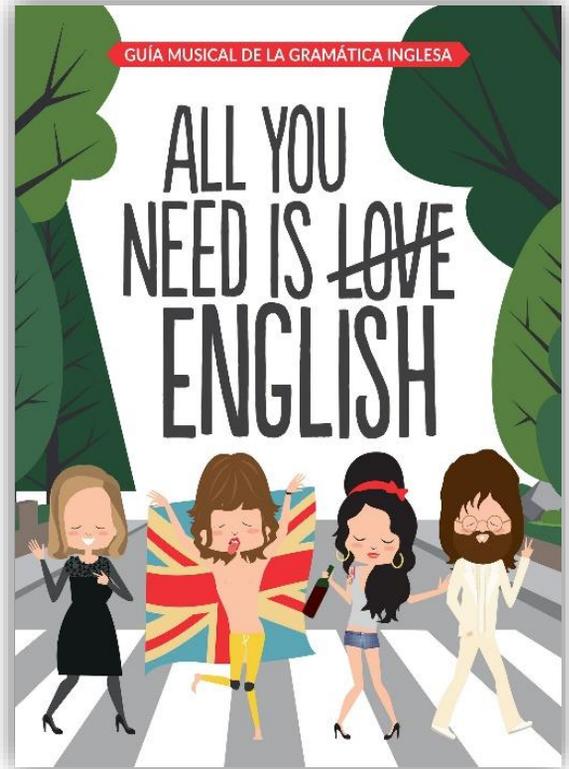


360 pages | January 2017

Who hasn't danced to *Let's Dance* by David Bowie or hummed *Wonderwall* by Oasis? But we'll bet you've never imagined learning English from classic rock and pop songs.

All You Need is English presents all the key aspects of English grammar as explained through songs by British bands and artists as well as anecdotes and curious facts to enhance the reader's understanding.

It examines the present tense with Queen, the past tense with The Beatles, the future tense with Muse, comparatives with Amy Winehouse and Adele and prepositions with Iron Maiden, the Arctic Monkeys and Supertramp, among many other bands and tracks.



240 pages | November 2016



A musical guide to English grammar!

10,000 copies sold in Spain.



Or, assuming they have said 'yes' and you want more details:

Why are you beautiful?

If you are feeling inquisitive and want confirmation that they're not beautiful, use a negative question, inverting the subject and verb and adding 'not' after the subject, or use a contraction.

Are you not beautiful? Are you not beautiful? Are you not beautiful? (Full form)
Aren't you beautiful? Aren't you beautiful? Aren't you beautiful? (Contraction)

Or just to be cruel and make them cry:

Why are you not beautiful? (Full form)
Why aren't you beautiful? (Contraction)

That must be firmly in your head by now because this lesson could not be more repetitive.

ALSO LEARN

► **'A/AN' WITH PROFESSIONS**

When you are talking about professions, you need to use 'a' or 'an' after the verb 'to be'.

James Blunt is a singer-songwriter.

But wait, do you know how to use 'a' and 'an'? It does not depend on how the word is written, but how it is pronounced. Although the general rule is that 'a' comes after a consonant and 'an' after a vowel (a, e, i, o, u), this is not always the case, as you can see below.

Vowels

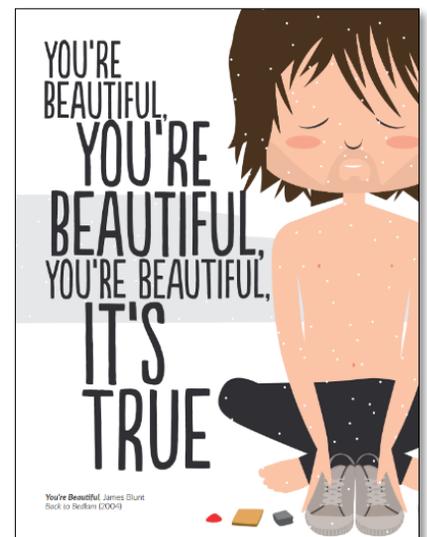
University	'i' is pronounced like a consonant (f-y-u-n-i-v) so the first sound is a consonant	A university
Umbrella	'i' is pronounced as a vowel (i) so the first sound is a vowel	An umbrella

Consonants

Hotel	'h' is pronounced so the first sound is a consonant	A hotel
Hour	'h' is silent so the first sound is a vowel	An hour

At this point in the book you can now say, "Kris, it's me. You're beautiful." Now let's see if "he loves you."

THE PRESENT SIMPLE OF 'TO BE' 19



Superbritánico (Nicholas Isard and Daniel Vivas Tesón) create educational books and products designed for lovers of British language and culture. It started as an internet phenomenon thanks to its literal translations and has become a leading resource for teaching English with illustrations.

4 Years for 32 Seconds

Saúl Craviotto

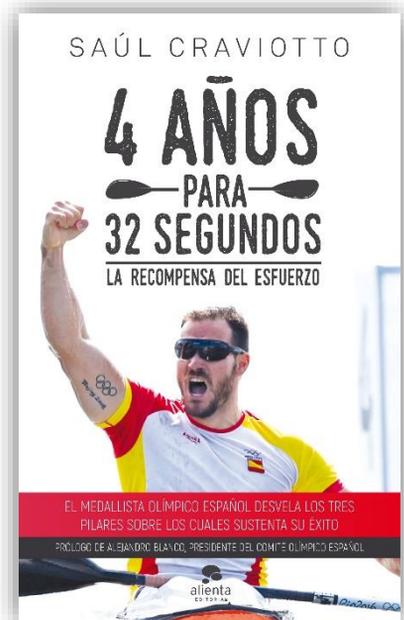
Though Saúl has an impressive physique, measuring 1'92" and weighing 98 kilograms of pure muscle, there are other kayakers with just as much strength or more, but when push comes to shove, their decisions are less efficient. What is his secret? In this book, Craviotto explains to us the bases of his training in three pillars, what he calls "the triangle of success": Body (physical pillar), Mind (mental pillar), Relationships (social pillar).



The book that will teach you to confront decisive moments: Saúl squeezes four years of work in a mere matter of seconds.

Saúl Craviotto (Lérida, November 3, 1984) is a kayaker and the Spanish athlete with the most medals of his generation. His events include the kayak K1 200 m, K1 500 m, K2 500 m y K2 200 m. He is a two-time Olympic champion, in Peking in 2008 and in Rio de Janeiro in 2016, and has won three world championships, in 2009, 2010, and 2011. Between 2007 and 2014, he has medaled seven times in the World Kayak Championships and four times in the European Kayaking Championships from 2008 to 2010. He is also a police officer stationed in Gijón.

MANAGEMENT



224 pages | October 2017

Convince and Conquer

Antonio Fabregat

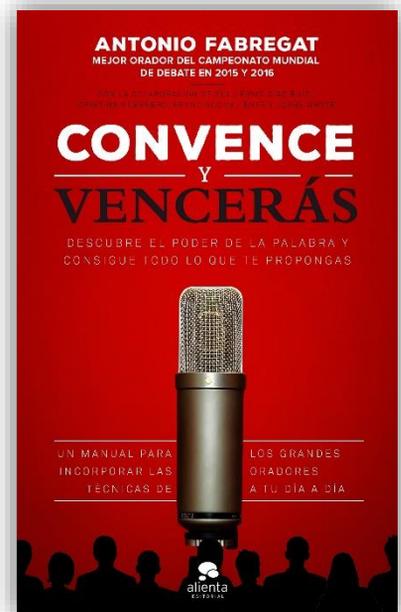
This book will share the tricks, advice and tools you need to become an effective and persuasive communicator, revealing the key skills that will help you to make an impact on your audience. There is a reserved part for support materials such as videos and slide shows, as well as non-verbal and para-verbal language and offers some advice on controlling your emotions. It also goes over different techniques for improving your personal style according to your personal characteristics and explains the benefits or otherwise of introducing storytelling into your speech. At the end of every chapter it includes a summary of the main points and exercises that will teach you to put what you've learned into practice.



Become an excellent public speaker with the help of the best academic speaker in the world

Antonio Fabregat is a founding partner of the communication company Train&Talk, gives classes in public speaking and on several masters degrees. On two occasions won the award for best academic speaker in the world (2015, 2016).

MANAGEMENT



240 pages | June 2017

The Sexy Company

Jesús Vega

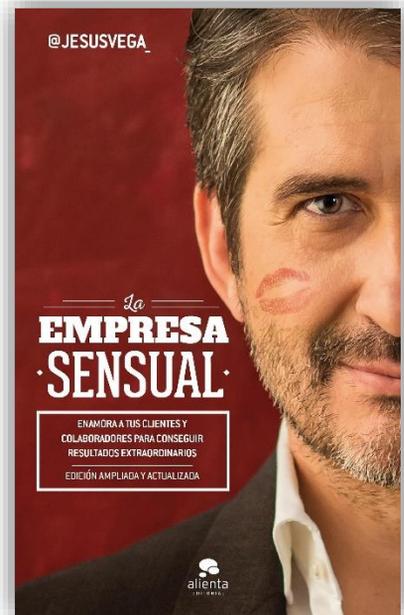
Apple, Google, Zara and Starbucks are just a few examples of what Jesús Vega calls sexy companies and he believes that they are the only ones that will survive the current transformation of the business environment. The company of the 21st century must be seductive, it must make its customers fall in love with it and it must keep the passion going. It must capture, involve and hook its customers, employees and investors. It must make everyone fall at its feet, turned on by the way it does business as well as its charisma and magnetism. Jesús Vega, a Director of Human Resources at Grupo Inditex between 2000 and 2006, analyzes the specific examples of companies that have managed to establish that romantic relationship with their clients and reveals the secrets, methods, techniques and procedures they use to help to generate lasting emotional attachments with their workers, customers and the market in general.



Traditional companies will need to learn to be seductive if they want to succeed.

Jesús Vega is an entrepreneur, writer and speaker. He has worked as Director of Human Resources for Inditex, Banco Santander and Hewlett Packard. Throughout his professional career, his teams have hired over two hundred thousand people across seventy different countries.

MANAGEMENT



224 pages | April 2017

The 88 Stepping Stones to Success

Anxo Pérez

After a brilliant career as an entrepreneur, Anxo Pérez found that there was a series of key factors – which he refers to as Stepping Stones – that, used in the right order, can become catalysts to success. In this book, the author shares 88 keys to triumphing in life and business: precise, practical and tremendously effective tips that have an immediate effect.



This book will revolutionize your personal and professional life.

Over 100,000 copies sold in Spain!

Anxo Pérez is one of the most unique entrepreneurs in Spain. He is the creative mind behind 8Belts, the revolutionary method that guarantees you'll be able to speak a new language in less than eight months. Anxo is regarded by many people as a genius and a visionary destined to revolutionize the way we teach languages across the world. Trained in the United States, Belgium and China, he has worked for the FBI and the UN.

MANAGEMENT



280 pages | May 2014



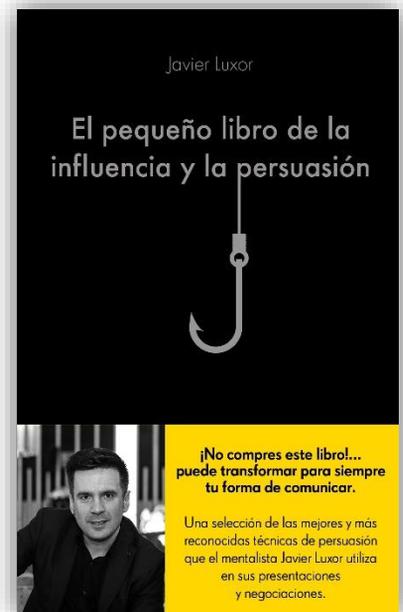
Small books, big moments.
The best essence is stored in small jars.



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- ✓ *Great quotes*
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11 x 17,8 cm

Sweets for your Pets

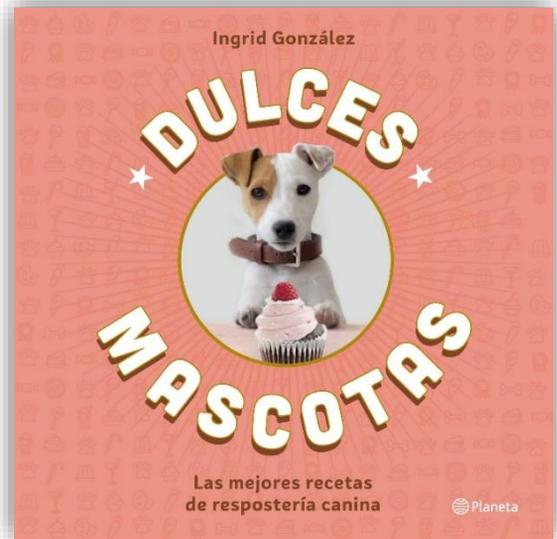
Ingrid González

PETS
Planeta

Like humans, dogs never turn down a sweet. In fact, vets recommend giving them one every now and again to liven up their diets. They're for sale seemingly everywhere, at veterinary surgeries, pet shops, supermarkets and even petrol stations, but dog owners must ask themselves which are the best for their pet. And why buy when you can make tasty, healthy, nutritious sweets at home? Sweets made with natural ingredients especially for your dog, free of preservatives and other chemical products. Like people, many dogs have delicate stomachs and allergies, and plenty are very picky... This book contains recipes that will satisfy the most demanding pet.



The best nutritious, natural and delicious sweet recipes for our furry friends.



200 pages | May 2017

The Book of Small Revolutions

Elsa Punset

PSYCHOLOGY

DESTINO

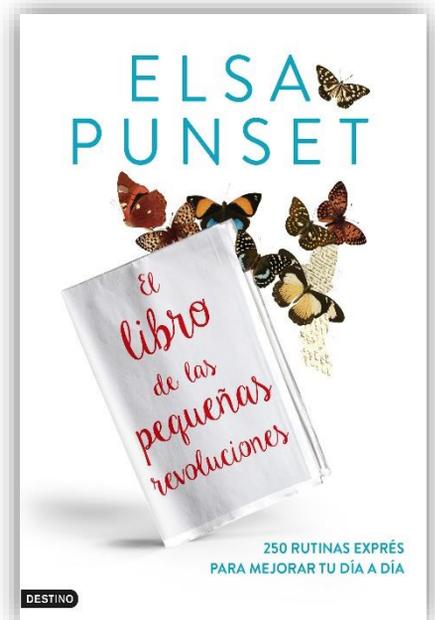
We know what to do when we're hungry, thirsty, or sleepy: eat, drink or sleep. But most of us don't know what to do when we're sad, upset or disappointed. However, there is such a thing as emotional training. In the same way as we've gotten used to physical training, we can start emotional training.



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

Over 100,000 copies sold in Spain!

Born in London, Elsa graduated with a degree in Philosophy and Letters from Oxford University, and holds a Master's in Humanities from Oxford as well as a Master's in Journalism from the Autonomous University of Madrid. She is a frequent contributor to numerous media outlets.

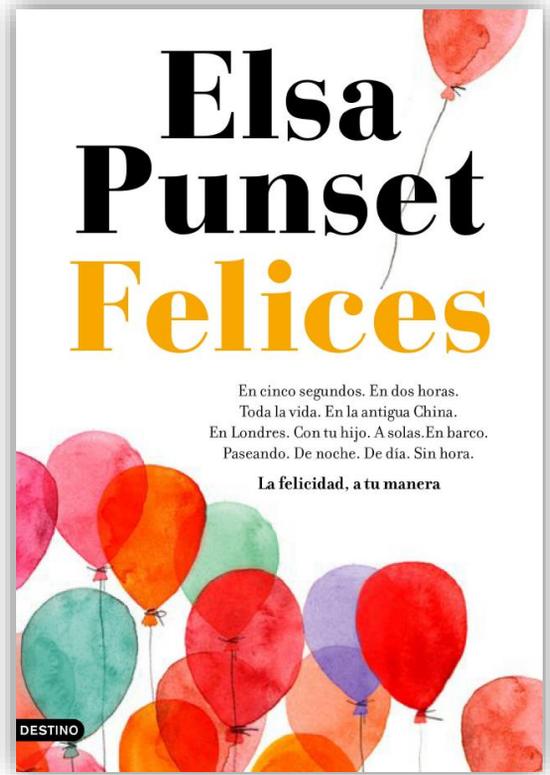


352 pages | March 2013

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

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

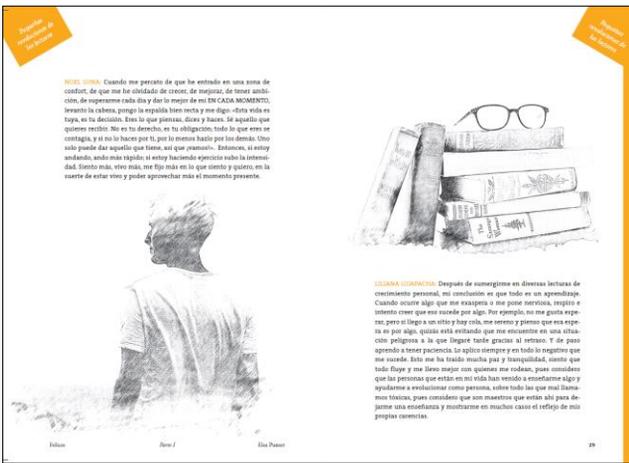
The author undertakes her first journey through the lost civilizations of the world. What did the ancient Greeks or Romans do to feel better? She also submerges us in the heritage of love that has come down to us from the great poets, artists, scientists, and other wise people from our time, through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



En cinco segundos. En dos horas. Toda la vida. En la antigua China. En Londres. Con tu hijo. A solas. En barco. Paseando. De noche. De día. Sin hora.

La felicidad, a tu manera

304 pages | November 2017



NOVA, CHINA. Cuando me pareció de que he entrado en una zona de confort, de que me he olvidado de crecer, de mejorar, de tener anticipo, de superarme cada día y dar lo mejor de mí (EUGENIA MCMURDO), levanto la cabeza, prongo la espalda bien recta y me digo «Esta vida es fea, es la decisión. Bien lo que pienso, bien y bueno. Si aquello que quiero recibir, no es lo derecho, es la obligación, todo lo que este, a contagio, y si no lo hacen por ti, por lo menos hazlo por los demás. Uno solo puede ser aquello que tiene, así que preséntalo». Entonces, si estoy andando, anda más rápido, si estoy haciendo ejercicio sobre la intensidad, siento más viento, me flipa más en lo que siento y quiero en la teoría de estar vivo y poder aprovechar más el momento presente.



¿Epicuro vivió, pero lo hacen desconocidos y anónimos. ¿Epicuro quería vivir la mejor posible, así que buscó la forma de conseguirlo. Si la respuesta acertada fue la 1 o la 2, Epicuro habría sido un esclavo indolente y maltratado, pero olvidado. No estaríamos hablando de él. Como la respuesta adecuada es la 1, Epicuro es ahora un ejemplo de cómo superar la adversidad, y sus enseñanzas han sobrevivido al paso del tiempo. Más aún, el estoicismo inspiró una de las principales escuelas de psicología moderna: la terapia cognitivo-conductual (TCC), uno de los pilares de la psicología occidental. Así que Epicuro logró superar sus dificultades. ¿Cómo lo hizo? Se enfrentó a sus problemas de una forma racional, basándose en una sencilla observación.

la larga de toda su vida Epicuro se enfrentó a circunstancias próximas como esclavo, cárcel de libertad y una malherida. Como filósofo, la amabilidad constantemente con la cárcel a la muerte. ¿Qué podía hacer? ¿Cuál de estas respuestas es la acertada?

- 1 Epicuro vivió la suya y murió joven.
2 Epicuro vivió, pero lo hacen desconocidos y anónimos.
3 Epicuro quería vivir la mejor posible, así que buscó la forma de conseguirlo.

Si la respuesta acertada fue la 1 o la 2, Epicuro habría sido un esclavo indolente y maltratado, pero olvidado. No estaríamos hablando de él. Como la respuesta adecuada es la 1, Epicuro es ahora un ejemplo de cómo superar la adversidad, y sus enseñanzas han sobrevivido al paso del tiempo. Más aún, el estoicismo inspiró una de las principales escuelas de psicología moderna: la terapia cognitivo-conductual (TCC), uno de los pilares de la psicología occidental. Así que Epicuro logró superar sus dificultades. ¿Cómo lo hizo? Se enfrentó a sus problemas de una forma racional, basándose en una sencilla observación.

«ALGUNAS COSAS DEPENDEN DE NOSOTROS Y OTRAS NO.»

Te presento una oportuna lista de cosas que están en tu control y que dependen de ti. Y a partir de ahí, espero a buscar qué principios puedes aplicar a tu vida cotidiana. Los primeros que han de clarificar qué cosas puedes controlar y cuáles no. Para ello, haz una lista:

- Lista de las cosas que NO CONTROLAS: Mi tiempo, Mis propiedades, Mi reputación, Mi salud, Mis padres, Mis amigos, Mis colegas de trabajo, Mi jefe, El tiempo, La economía, El futuro, El hecho de que vamos a morir.

Como ves, se trata de una lista bastante amplia, a la que he añadido algún elemento más para que no se sea muy mala. Desde luego, algunos elementos de esta lista no están completamente fuera de nuestro control... por ejemplo, el cuidado de tu cuerpo, probablemente entendamos mejor y evolucionemos mejor... pero lo cierto es que no puedes controlar del todo, así controlado se garantiza el resultado final que pretendes.

Ahora, caba de nuevo yo mismo a la lista de Epicuro y pongo en cuarenta cosas de una lista que quedo cambiar alguna vez (o incluso muchas veces) a lo largo de los próximos años, semanas o días. He puesto una copia al lado de cada elemento de la lista para que puedas apuntar los que has querido cambiar.

Te gustaría a que vas a poner una marca en cada una de las casillas. ¿A menudo, desde que ya eres un filósofo? ¿A qué, felicidad? Pues aunque está interesado ya según las enseñanzas de los estoicos, probablemente sientas la tentación, de vez en cuando, de querer cambiar a tu padre, al jefe, a tu pareja, al tiempo, al futuro... Sin duda estás muy tentado a hacer nuestros problemas a factores externos, que son los que no controlamos, pero lo esencialmente inteligente es tener conciencia de que no siempre es así y que, algunas veces, podemos actuar para cambiar una situación poco grata.

Después de hacer tu lista de cosas que no controlas, Epicuro decidió hacer una segunda lista con las cosas que sí puedes controlar. Y esto es lo que apuntó:

LISTA DE LAS COSAS QUE SÍ CONTROLAS.

- Mis pensamientos y acciones, Mis reacciones, Mis decisiones, Mi actitud.

¿Ya está? Pues sí, ya está.

Desde que ya eres una lista no es poco interesante, pero ahí está el gusto de Epicuro: tiene razón. Pasa: hay aspectos de tu vida sobre los que tienes libre albedrío, que solo controlas tú, completamente, por ejemplo, nadie puede forzarte a creer o pensar algo que no quieres. Y es el terreno donde podemos ejercer nuestra libertad de nuestra autonomía.

En conclusión, en vez de centrarnos en controlar nuestros pensamientos y acciones, Epicuro decía que buena parte de nuestro sufrimiento se debe a que intentamos ejercer control sobre los elementos de la primera lista, la de cosas que no controlamos. Responsabilizarnos a nosotros mismos, nuestro jefe, la economía o el



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

Elsa Punset is the author of several books, among them the bestseller "Una Mochila para el Universo" (A Backpack for the Universe), now published in fourteen countries, and "El libro de las pequeñas revoluciones" (The Book of Small Revolutions), which has sold more than 100,000 copies in Spain.

The Science of Positive Language

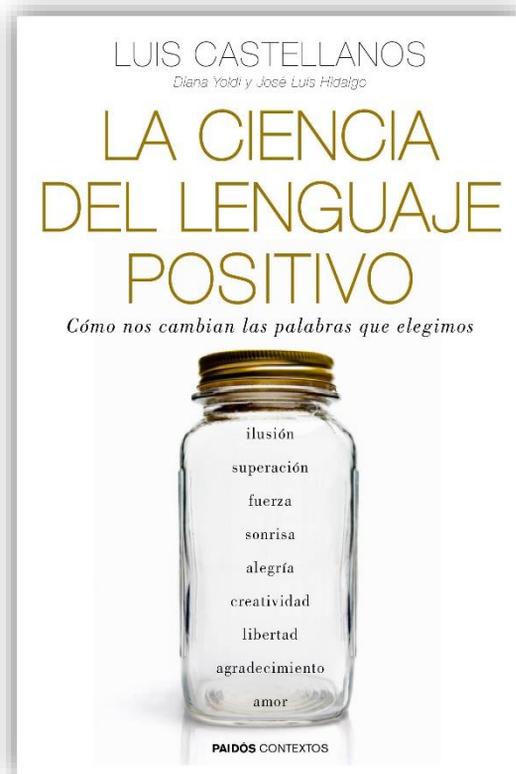
Luis Castellanos

PSYCHOLOGY



In this book, you will find explanations based on scientific facts that reveal to us the power of positive language to improve our lives, our health, our productivity, and our happiness. It includes pioneering research that shows, more and more, how language and the words we choose have a vital importance with regard to the management of our emotions and the decisions we take.

From this novel conception of language, Luis Castellanos and his team, experts in creativity, innovation, emotional management, and personal development depart from a neuroscientific perspective to offer us a three-phase plan to train our positive language with the conviction that the intelligent use of words optimizes the results of our life and makes us capable of improving our relations with ourselves and the world around us. Science tells us that we can train ourselves to use language differently and thus change the way we think. This book presents a path towards becoming more aware of the language you use with yourself and others, featuring exercises and training that will help you to become accustomed to using positive language in your everyday life.



260 pages | March 2016



Words really can be magical. We need to learn to use them to the full extent of our capabilities. The science of positive language will show you how. Take care of your language and it will take care of you!

Luis Castellanos has a PhD in ethics and is the director of 'El Jardín de Junio' (The garden of June). He has experience in making conferences, trainer and consultant.

Diana Yoldi has a Ma in Psychobiology and cognitive Neuroscience. She is an expert in development of people and she promotes a research related to neuroscience and language.

José Luis Hidalgo is an expert in training managers. He has been stimulating for years processes on the personal and profesional development in teams of high performance.

Kintsukuroi

Tomàs Navarro

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



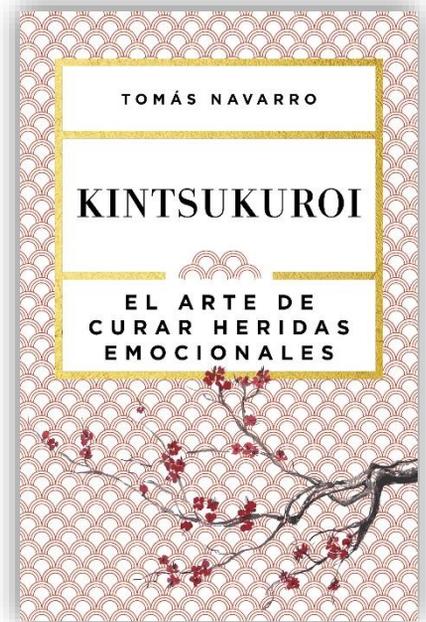
An inspiring guide that teaches us how adversity can be an opportunity to make us into stronger, better people.

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

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

PSYCHOLOGY

zenith



272 pages | March 2017

I Was the Spy Who Loved El Comandante

Marita Lorenz

Marita Lorenz was born in Germany in the middle of August 1939. During the war she moved to a concentration camp and she survived. A few days after the liberation, at seven years old, she was raped by a sergeant in the American army of occupation. When she was 19, she met Fidel Castro in Havana. She became his lover. She got pregnant. In Cuba she was drugged and subjected to abortion but she believes that her son André is still alive. With the encouragement of the FBI and the CIA, she became a spy and she was sent to Havana to assassinate Fidel Castro. She didn't fail like so many others later on, she simply couldn't do it.



What happens when a spy falls in love with the man she must kill?

Rights sold to: France (Éditions First), Italy (Sperling & Kupfer), Portugal (Planeta Manuscrito), Russia (Eskmo Publishing), UK (Ebury Press), USA (Pegasus Publishing).

REAL LIFE STORIES

ediciones península



250 pages | May 2015

In the Dark.

Ten Months Kidnapped by Al-Qaeda in Syria

Antonio Pampliega

In the middle of July 2015, three Spanish journalists crossed the Turkish border into Syria. It was Antonio Pampliega's twelfth trip into the area but he sensed that this time something was different: a truck blocked their way and six armed men emerged from the back, screaming at them to get out of their car. It soon became clear that their contact had betrayed them. Ten months passed before they were released. Almost 300 days of imprisonment of which Antonio Pampliega bore the brunt: between October 2015 and the day he was finally released on 7 May 2016, his kidnappers, a branch of Al Qaeda in Syria, kept him isolated believing him to be a spy. During that time, he was threatened, beaten up and humiliated.



With this text Antonio hopes to lend a voice to those who survived the ordeal, and those who didn't.

Antonio Pampliega (Madrid, 1982) is a journalist and has covered war zones since 2008. In May 2015 received the La Buena Prensa Prize for the best series of reports for his work in Aleppo for *El Mundo* and the Juan Andrés García National Prize for Journalism for his report "The lost children of Aleppo". In 2017, he received the Desalambre Prize for Video Journalism at the Artículo #31 Festival for his short documentary 'White Helmets'.

REAL LIFE STORIES

ediciones península



240 pages | May 2017

Science. What We Should Know about it.

José Manuel Sánchez Ron & Miguel Artola

SCIENCE



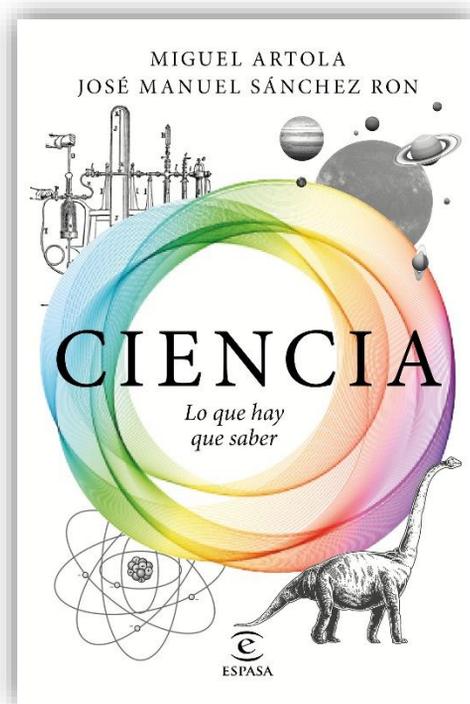
Science, as we understand it today, began with experimentation allied with the spread of solid data associated with it. But science addresses a wide range of different fields ranging from the general (the universe) to the specific (molecules, cells, etc.): throughout these chapters, the book presents the history of each of its branches, explaining their different paths, importance in the past and relevance to the present.



An overview of the history of the principle fields of Science by two leading authors.

Miguel Artola Gallego (San Sebastián, 1923) is one of the most prestigious historians in Spain.

José Manuel Sánchez Ron (Madrid, 1949) is a Professor of the History of Science at the Universidad Autónoma de Madrid and a Member of the Real Academia Española. He has dedicated a significant portion of his career to Einstein studies.



488 pages | June 2017

Mindfulness: The Art of Controlling your Mind

José Manuel Calvo Cobo

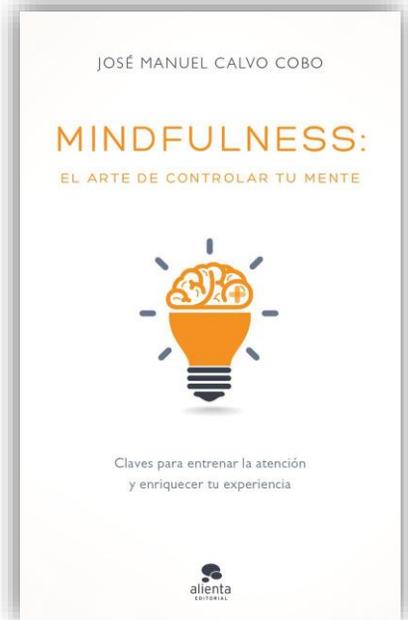
We can train our minds to live in a more focussed and conscious way, we can mould our brain to be the way we want it to be and free ourselves from those who would seek to steal attention away. This book shares key ideas and advice so that you can start to do so right now. In addition to analyzing the concept of mindfulness and presenting research into its benefits, José Manuel Calvo proposes a training programme to re-educate our brain and describes the different ways of initiating the practice of mindfulness, both formally with meditation techniques and informally with self-observation exercises and everyday activities to help you achieve full focus.



A journey into the inner mind that invites you to reflect and connect with yourself and so to achieve wellbeing.

José Manuel Calvo Cobo has a degree in Psychology, specializing in human organizations and resources from the UAM, a Masters in neuro-management, is an expert in developing executive skills and has certificates in coaching and systematic coaching of teams.

SELF HELP



184 pages | May 2017

Learn to Live, Learn to Eat

Núria Roura

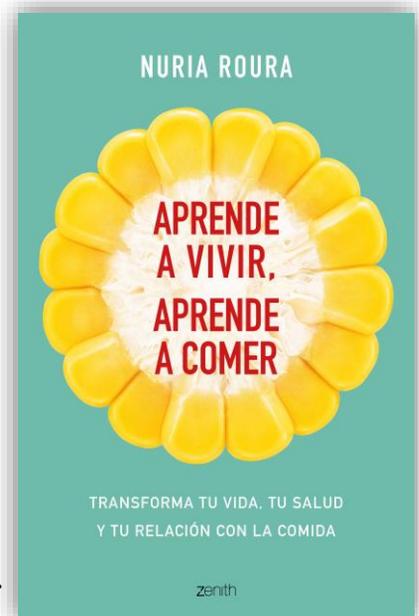
Drawing on her own life experience, Nuria Roura, a lifestyle coach focussing on Healthy, Energetic and Nutritious (SEN) living will set you on the path to freedom and relaxation after exploring several eating disorders and addictions, sharing techniques that will help you to improve and understand your relationship with food so you'll be able to enjoy a healthy, energetic and nutritious lifestyle, improve your physical and emotional wellbeing and find the things that make you happy and give meaning to your life. *Learn to Live, Learn to Eat* will show you the steps to take to get back control of your eating, regulate your appetite and become more aware of what drives you to over- or under- eat, perform a detox of stagnant, poorly digested or unexpressed emotions and learn to feed yourself from the inside out, taking some time for yourself every day and re-connecting with your soul's needs.



Nuria Roura's most personal and inspiring book in which she shares her own experience of eating disorders and shows that it is possible to free oneself of psychological and eating-related trauma.

Nuria Roura spent a large part of her life in conflict with her body and food, suffering from anxiety, depression, emotional co-dependence and panic attacks. After enduring great inner suffering for many years she took a great leap into the void and decided to transform her life. She quit her job and ended up studying at the Institute for Integrative Nutrition in New York, the leading nutrition and coaching school in the world.

SELF HELP



256 pages | September 2017

Wild and Free

Ignacio Dean

This is the fascinating story of the amazing adventure of the first Spanish person to walk around the world.

Nacho Dean is a 35 year old man who has achieved a dream: to be the first Spanish person to walk around the world. In three years, he has crossed 4 continents and covered 33,000 km. On the way, he witnessed a terrorist attack in Bangladesh, heard dingos howling outside his tent in Australia, was the victim of an attempted machete assault by a Mara gang in El Salvador, came face to face with a rhinoceros in Nepal, contracted chikungunya fever in Mexico, tried ayahuasca in Peru. On his journey he has felt both lonely and the joy of being alive, has had many adventures and dangerous encounters, met wonderful people but also criminals who put his life at risk, and has seen with his own eyes that we are living on a beautiful planet that deserves to be taken care of and, above all, that approaching things one step at a time can take you extraordinarily far.



3 years. 4 continents. 31 countries. 33,000 kilometres. 12 pairs of trainers. On foot. On his own. Without help. Without stopping.

TRAVEL

zenith



304 pages | April 2017