

NON-FICTION

SPRING 2025



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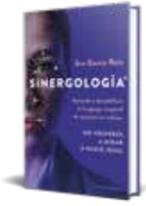


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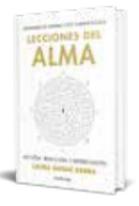
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ROCÍO LÓPEZ DE LA CHICA is a Gestalt therapist, speaker, and co-founder of Creada-Separaciones Conscientes. Drawing from her personal experience as a divorced mother of two and stepmother in a blended family, she helps families navigate the challenges of separation and the transition to creating a harmonious new family dynamic. After working as a journalist for years, she discovered her true calling and specialized in Gestalt therapy.



ANABEL GONZALEZ is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She belongs to the board of the European Society for Trauma and Dissociation and is Vice President of the EMDR Association in Spain. For years, she has trained other specialists; she is an accredited EMDR therapy trainer, an associate instructor at CHUAC, and an Invited Professor at the Master's in EMDR Psychotherapy at the UNED.

BLENDED FAMILIES

PARENTING STEPFAMILIES EMOTIONAL WELL-BEING

BLENDED FAMILIES CO-PARENTING

The book every couple with children from a previous relationship needs to read

As the number of separated and divorced couples continues to rise, the end of one family can open the door for another to take shape. Falling in love is easy, but blending two families is a journey that requires patience, self-awareness, and emotional intelligence. When both partners bring children from previous relationships, they must navigate complex emotions, set clear boundaries, and create a new family dynamic that honors both past and present.

In *Blended Families*, Gestalt therapist, journalist, and emotional education expert Rocío López shares her personal and professional insights on this profound transition. A mother of two who remarried a father of two, she faced firsthand the joys and struggles of blending families. From early relationship challenges and conflicts of loyalty to redefining family traditions and managing relationships with ex-partners, this book offers practical strategies and deep emotional guidance for building a harmonious and resilient home.

Rocío explores the psychology of relationships, the impact of past wounds, the role of stepmothers, children's emotions, and the key challenges of blended families. Through real-life stories and expert advice, she provides a roadmap for couples who want to build a family rooted in love, trust, and mutual respect.



DESTINO • 336 PAGES • APRIL 2025

A must-read for any parent navigating the delicate balance of love, family, and new beginnings.

WHAT DIDN'T HAPPEN

PRACTICAL GUIDE EMOTIONAL HEALING

ATTACHMENT & RELATIONSHIPS UNRESOLVED PAIN

TRAUMA RECOVERY EMBRACING READING

How to heal the wounds left by abandonment, absence, and loss

When we reflect on what has hurt us in life, betrayals, wounds, and the weight of certain events often stand out as the most obvious sources of pain. However, if we look deeper, it is often absence, loss, and the things that should have happened but never did that leave the most lasting marks. The words left unsaid, the feeling of being unseen or insignificant, or even the sense of not existing in the eyes of those who mattered to us—these silent wounds can cut deeper than any blow or insult.

How does what didn't happen influence what is happening to us now? Its effects are subtle yet profound, lingering beneath the surface of our daily lives. In this book, Anabel Gonzalez explores the invisible impact of what never was—those missing moments, unspoken words, and absent connections that continue to shape our emotions, relationships, and sense of self. Sometimes, what didn't happen is the missing puzzle piece that helps us truly understand ourselves.

Through three key steps—*Entering without fighting, learning to see, and helping to grow*—*What Didn't Happen* offers simple and practical exercises based on EMDR techniques. It also includes *The Journal of Nourishing Resources* practice; a gratitude exercise that helps transform painful memories into positive ones. By focusing on small, bright moments in daily life, this approach fosters healing and self-awareness.



PLANETA • 240 PAGES • FEBRUARY 2025

ENGLISH SAMPLE AVAILABLE

Psychiatrist Anabel Gonzalez, acclaimed author of the international bestseller The Good Thing About Having a Bad Day, returns with a powerful book to help us heal the deep wounds left by abandonment, absence, and loss.

OPTION PUBLISHERS: Guomai (China), DeAgostini Libri (Italy), Babel Publishing (Taiwan), Azbooka-Atticus (Russia), JK (Poland).



VICENTE GARRIDO is a pioneering authority in the field of violent criminology. He is a strong advocate for programs aimed at treating violent youth and adults, including psychopathic offenders, about whom he has published numerous articles and books. A Doctor of Psychology with a specialization in Criminology, he is a professor of Criminal Psychology and Pedagogy for the rehabilitation of offenders at the University of Valencia. He has also served as a consultant for the United Nations on crime prevention in Latin America and has collaborated on various cases with police forces and the judicial system.



CLAUDIA NICOLASA is a psychologist specializing in relationships, self-esteem, personal development, and business. She is the founder of Mindhunt Academy, an online platform that makes psychology more accessible through a wide range of courses, and Mindhunt Pro, designed for the advanced training of psychotherapy professionals. In addition to her work as a therapist, Claudia Nicolasa is dedicated to creating educational content that empowers individuals to understand and improve their mental well-being.

THE INTEGRATED PSYCHOPATH

SELF-DEFENSE MENTAL HEALTH PRACTICAL GUIDE
 PSYCHOPATHY EMOTIONAL MANAGEMENT

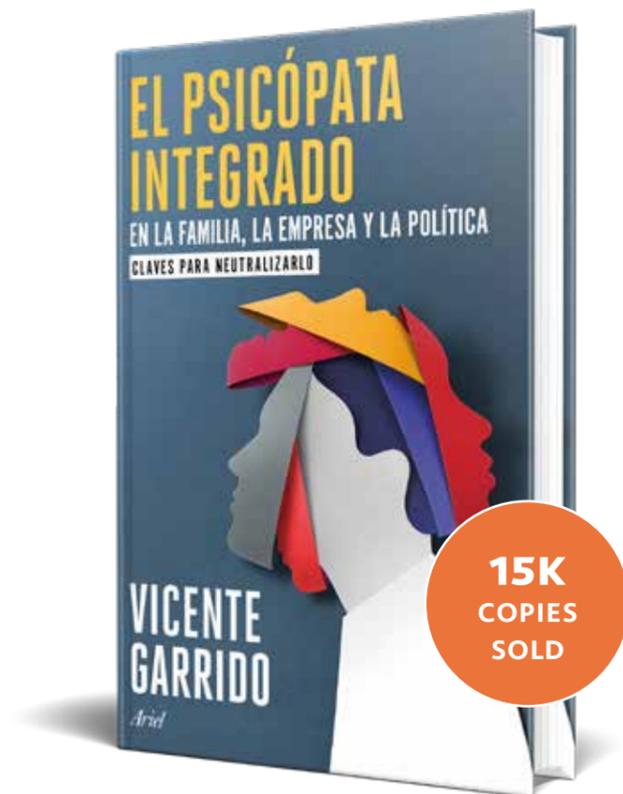
The definitive guide to detecting and protecting yourself from psychopaths in family, work, and politics

It's estimated that around 1% of the population exhibits high levels of psychopathy. This prevalence is notably higher in positions of power or leadership, such as managers, executives, directors of corporations, organizations, or political parties, making psychopathy one of the most pressing challenges for humanity.

Not all of these individuals are murderers, but they always cause suffering. Drawing on over twenty years of research, Vicente Garrido dismantles common myths and offers a clear, accessible analysis of the "integrated psychopath"—those who don't commit violent crimes but instead blend in, manipulate, and cause significant harm within personal lives and societal institutions. This person could be a coworker, a boss, a childhood friend, a family member, or a politician you see on TV.

The expert criminologist equips readers with the tools to identify and protect themselves from such individuals. He presents the most significant aspects of psychopathic personality, its varieties, and different manifestations, and explores the three fundamental areas where these individuals operate and cause great harm: family, businesses and organizations, and politics.

RIGHTS SOLD TO: Arpa Éditions (France), Planeta Brasil (Brazil), Eksmo (Russia).



ARIEL • 288 PAGES • SEPTEMBER 2024
 ENGLISH SAMPLE AVAILABLE

15K COPIES SOLD

Through practical advice and real-life case studies, Garrido teaches us how to recognize psychopathic attitudes and traits, improve our relationships and work environments, and identify politicians with psychopathic tendencies—ultimately contributing to a healthier, safer society.

IT'S MANIPULATION, AND YOU DON'T EVEN KNOW IT

TOXIC RELATIONSHIPS SETTING BOUNDARIES
 MANIPULATIVE BEHAVIOR NARCISSISM & GASLIGHTING
 WICKED GAMES

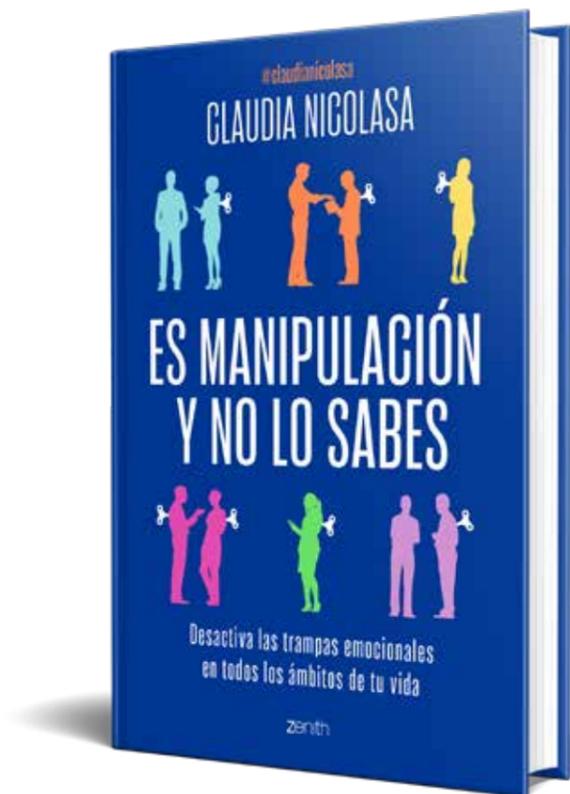
How to deactivate emotional traps in every aspect of your life

Emotional manipulation is everywhere—in our relationships, families, workplaces, and even in the digital and political spheres. Yet, it often operates so subtly that we fail to recognize it. This book unveils the hidden dynamics of manipulation, helping us identify, understand, and neutralize its impact while strengthening our emotional autonomy.

Unlike other books that focus solely on narcissistic manipulators, *It's Manipulation, and You Don't Even Know It* broadens the scope. With a sharp yet accessible approach, psychologist Claudia Nicolasa presents the ultimate guide to breaking free from wicked games, setting healthier boundaries, and cultivating more authentic relationships. In doing so, she identifies three distinct types of manipulators:

- **Dark manipulators** – those with harmful intentions, including narcissists.
- **Gray manipulators** – everyday individuals who, often without malice, use manipulation in daily life.
- **White manipulators** – those who choose persuasion over manipulation.

But can we ever escape manipulation entirely? Or is it an inevitable part of human interaction? By exposing the psychological mechanisms behind manipulation, this book not only helps readers defend themselves but also prompts deeper reflection on the ways we all, knowingly or not, influence others.



ZENITH • 336 PAGES • APRIL 2025

With real-life examples, thought-provoking insights, and actionable techniques, It's Manipulation, and You Don't Even Know It is an essential guide for anyone looking to navigate relationships with greater awareness and integrity.



JAVIER SALINAS holds degrees in Hispanic Philology and Law and has pursued doctoral studies in Contemporary Spanish Literature. His career has spanned multiple roles, including writer, translator, editorial advisor, and instructor of creative writing and yoga. He is the author of *Felicidad, manual de instrucciones* (Ediciones Urano) and five novels, including *Los hijos de los Masai* (Alfaguara, 2004), which earned him the Rolf Dieter Brinkmann Prize for its German translation. His works have been translated into German, French, Italian, Swedish, Dutch, and Portuguese.

MICRO-MEDITATION

MINDFULNESS IN DAILY LIFE

MICRO-HABITS

MEDITATION FOR BUSY PEOPLE

STRESS MANAGEMENT

INNER PEACE

SMALL STEPS, BIG CHANGE

MENTAL CLARITY

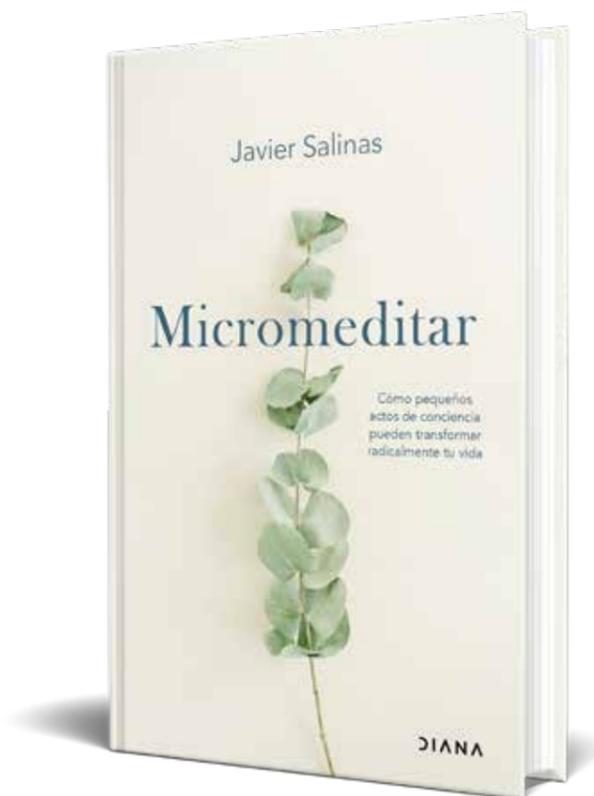
ACHIEVING BALANCE

How small acts of mindfulness can radically transform your life—an invitation for city dwellers to nurture self-awareness in simple yet powerful doses

In a fast-paced world full of distractions where time is scarce and long-term commitments feel overwhelming, finding inner calm can seem like an impossible task. *Micro-Meditation* breaks away from preconceived notions and demonstrates that meaningful change doesn't require drastic transformations—just small steps toward mindfulness. Through a practical and accessible approach, Salinas introduces the concept of "micro-meditation"—a practice tailored to modern life that encourages us to pause, breathe, and connect with the present moment in just a few brief instants.

With a fresh and humorous style, the author shares his own journey of transformation and addresses the obstacles we face when embarking on the path of self-awareness. *Micro-Meditation* guides readers through rediscovering mental clarity, breaking reactive patterns, and transforming their relationship with themselves and the world. More than just a book about meditation, it's an invitation to observing our emotions, thoughts, and actions with newfound awareness.

Perfect for both beginners and those looking to deepen their spiritual practice, this book reminds us that, with small doses of daily mindfulness, we can cultivate a meditative state, helping us let go of unnecessary burdens, embrace impermanence, and see life through a renewed and enlightened perspective.



DIANA • 240 PAGES • MAY 2025

The Atomic Habits of meditation; an alternative to lengthy or complex practices that redefines mindfulness by demonstrating how brief moments of awareness can lead to profound inner change.



EVA GARCÍA RUIZ is the leading Spanish-speaking expert in Synergology® and a specialist in human behavior. She holds a degree in Economics and Business, an Executive MBA, a Master's in Neuropsychology, and ETaC and ESaC certifications. In 2015, she founded Intervenia Neuromanagement to train business professionals in neuroscience-based skills, and in 2019, she established the Spanish Institute of Synergology®, endorsed by Philippe Turchet and the Institut Européen de Synergologie®. A TEDx speaker, she is also a frequent guest on TV and radio.

SYNERGOLOGY

INTERPERSONAL SKILLS

GESTURE ANALYSIS

NON-VERBAL COMMUNICATION

SCIENCE-BASED

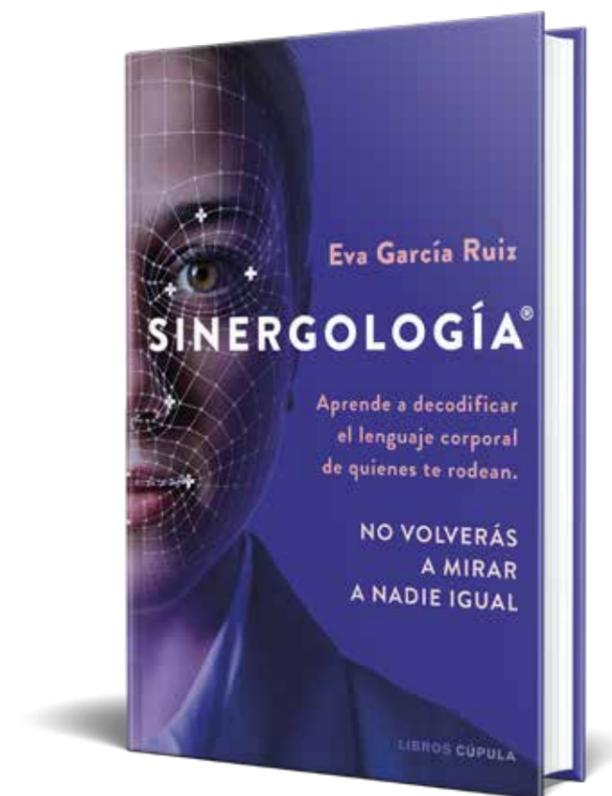
PRACTICAL GUIDE

Learn to decode the body language of those around you

Body language reveals more than we imagine, but do we really know how to interpret it? Synergology introduces us to a scientific method that allows us to read unconscious movements to better understand those around us. Based on the discipline founded by Dr. Philippe Turchet, this book debunks myths and teaches how to analyze gestures without falling into misleading or subjective interpretations.

With a clear and practical structure, Eva García Ruiz, the world's leading expert in Synergology and a trainer of professionals in this discipline, explores how facial expressions, hand movements, and posture reveal a person's true emotions, even when they try to hide them. Through real-life examples and everyday scenarios, the book explains how to apply Synergology in professional and personal contexts: in negotiations, leadership, job interviews, family dynamics, and social interactions.

This book is an essential tool to enhance communication, detect inconsistencies between verbal and body language, and understand what others think but do not say. A rigorous approach that moves beyond intuition to objective and systematic analysis.



CÚPULA • 208 PAGES • FEBRUARY 2025

A practical and scientific guide written by a leading expert in Synergology to accurately interpret unconscious movements and improve your communication skills.



CURRO CAÑETE is a successful writer and coach. With degrees in Law and Journalism, he also completed a Master's in Personal and Professional Coaching. With a background in many therapeutic techniques, he is interested most in helping people free themselves from their blockages so they can live the life they desire. Translated into ten languages, Cañete is the author of bestselling books such as *The Power of Trusting Yourself*, which won the award for Best Book Published in 2019, *Now It's Your Turn to Be Happy*, *Fear Nothing*, and *Love Begins Within You*.

DREAM, VISUALIZE, CREATE

MANIFESTING PRACTICAL SELF-HELP

PERSONAL TRANSFORMATION SELF-DISCOVERY JOURNEY

CREATING YOUR BEST LIFE

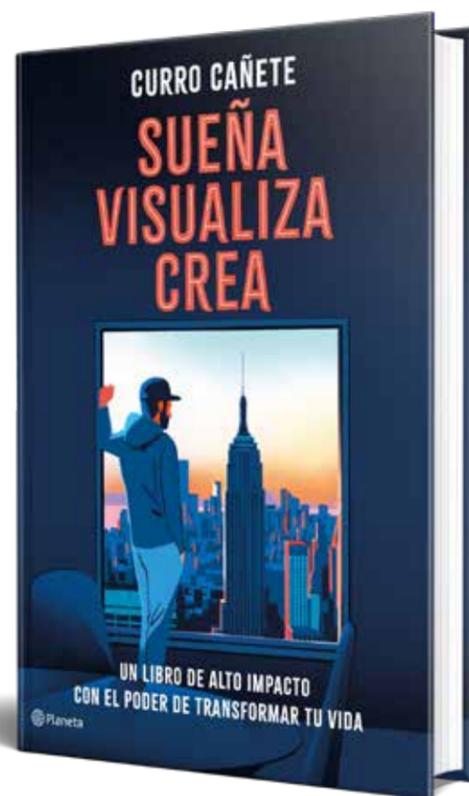
A transformative guide to harnessing the power of visualization and mindset through personal storytelling, practical exercises, and inspiring insights

Amid a period of frustration and uncertainty, Curro Cañete chose to embrace his own method—writing in the first person about the goals he sets for himself—and embarked on a solo journey to New York. The result is *Dream, Visualize, Create*, a luminous and inspiring book, shaped by two years of research and a series of remarkable, almost magical, coincidences.

Exploring the power of the mind and visualization, this guide offers practical exercises to help readers clarify their true desires, overcome fears, and turn their goals into reality. By applying its principles, we can cultivate greater strength—physically, mentally, and spiritually.

A fresh and motivating read, *Dream, Visualize, Create* presents examples of people with extraordinary transformative potential. This way, it inspires us to learn from their journeys and, ultimately, step into our own power.

OPTION PUBLISHERS: Planeta (Portugal), Antonio Vallardi (Italy), Planeta Brasil (Brazil), Eksmo (Russia), Bellona (Poland).



PLANETA • 256 PAGES • MARCH 2025

"This book isn't just about holding on to happiness or making your dreams a reality—because life is about more than that. Its true purpose is even greater: guiding you toward personal fulfillment, growth, and the ability to embrace joy in every stage of life."



LAURA & SILVIA LÓPEZ PLANA are the sisters behind the @wiccansisters_ account. They have captivated thousands of followers with their knowledge of witchcraft, which has been passed down in their family from generation to generation. On social media, they share insights on spirituality and Wiccan practice, along with tips to fill your day with magic.

EMBRACE YOUR INNER WITCH

JOURNALING INTROSPECTIVE MAGIC SPELLS

FREE YOURSELF ATTRACTING GOOD THINGS

AURA CLEANSING

Step into the world of modern witchcraft and master the art of ritual magic

This grimoire will walk you through the essential foundations of witchcraft—from understanding the key elements of rituals, setting up your altar, and choosing the right ingredients, to purifying your energy and aligning with the perfect timing for your spells. As you progress, you'll uncover a collection of powerful rituals for love, abundance, and energetic protection, tailored for the contemporary witch. The book also explores the hidden power of plants, the energy of minerals, and includes a special Bovis scale template to measure vibrational energy.

Whether you're taking your first steps in witchcraft or looking to refine your practice, this guide will empower you to harness magic with confidence and intention.



MR • 256 PAGES • MARCH 2025

Connect with the witch within through this magical guide, filled with secrets and rituals to attract love, success, and energetic protection.





LAURA DANAE BARRA is a numerologist and quantum healing therapist who transitioned from a career in finance to the world of self-discovery and personal growth. She has trained in energy healing and medicine across Europe and is currently studying psychotherapy and psychology in Barcelona, integrating science with spirituality in her Quantum Numerology method. She lectures globally on numerology, reincarnation, karma, and quantum healing, guiding others to align body, mind, and soul and rediscover their true essence.

LESSONS FROM THE SOUL: NUMEROLOGY FOR HEALING

ENERGETIC BLOCKAGES

ANCESTRAL WISDOM

UNLOCKING THE SUBCONSCIOUS

EMOTIONAL HEALING

PAST, PRESENT AND FUTURE INTERWOVEN

A transformative blend of numerology, karma, and self-discovery as a pathway to breaking free from limiting patterns and unlocking our true potential

Recognizing our spiritual essence as human beings with a soul unveils truths that transcend the limits of science. Rooted in this belief, in *Lessons from the Soul*, Laura Danae Barra presents a practical and insightful guide to self-discovery, that demonstrates that true fulfillment lies in understanding both our light and shadows while embracing the deep connection between body, mind, and spirit. With this awareness, we can align our thoughts, words, and actions to create a life of greater authenticity and purpose.

Drawing from her extensive experience, the author explores how a lack of self-awareness keeps us trapped in cycles of pain and suffering, making it difficult to move forward. Many of our challenges have a spiritual origin, shaped by past experiences and choices. By understanding the laws of karma and dharma, we can restore balance, clarity, and inner peace.

In life, nothing happens by chance—we each hold the power to transform our reality and step into a more conscious, fulfilling existence.



LUCIÉRNAGA • 224 PAGES • MARCH 2025

A profound journey into self-discovery, this book blends numerology, karma, and spiritual wisdom to help us break free from limiting patterns, restore balance, and align with our true essence—unlocking the power to transform our lives.



DR. SARI ARPONEN is a distinguished figure in the fields of microbiota and immune system research. Holding a PhD in Biomedical Sciences, she is a specialist in Internal Medicine with an impressive portfolio of advanced training. This includes a master's in Infectious Diseases, another in HIV, a three-year postgraduate program in Clinical Psychoneuroimmunology, and a master's in Genomic Nutrition. With over two decades of clinical experience, her influential works comprise the bestsellers *It's the Microbiota, Stupid!*, *The Immune System Finally Comes Out of the Shadows*, and *In the Kitchen with Dr. Arponen*.

AGING OR REJUVENATING?

HEALTHY AGING

LONGEVITY

LIFESPAN VS. HEALTHSPAN

CELLULAR REGENERATION

MIND-BODY WELLNESS

A thought-provoking roadmap to aging with strength, vitality, and lifelong well-being

Think about aging. What image comes to mind? Do you envision a golden, active stage of life—moving, enjoying time with friends, and keeping both body and mind engaged? Or do you associate aging with fragility, loss, or helplessness?

The truth is, aging starts long before it becomes visible or noticeable. It's not something that suddenly "happens" or an inevitable decline you can't control. In fact, you have the power to rejuvenate as you grow older. Healthy longevity isn't a myth—it's a reality within your reach when you have the right knowledge and tools.

In her new work, Dr. Sari Arponen explores the concepts of age, health, and aging from an evolutionary perspective to the latest breakthroughs in stem cells and gene therapies. In doing so, she delves into an honest—and sometimes uncomfortable—reflection on how we perceive death and what it means to be human.

But this is more than just theory. Within these pages, you'll find practical, science-backed strategies for a long, vibrant life. From nutrition, supplements, and exercise to lesser-known techniques you can start implementing today, this book provides a roadmap for well-being at any age. Because every choice you make today shapes how you will live tomorrow.

 **OPTION PUBLISHERS:** Eksmo (Russia), Planeta (Portugal).



ALIENTA • 300 PAGES • MARCH 2025

Through a science-backed approach, Dr. Arponen challenges conventional views on aging, equipping readers with the knowledge and practical strategies to not only live longer but thrive with energy, resilience, and purpose at every stage of life.



MIREIA HURTADO is a psychologist and dietitian with over twenty years of experience in the psychology of eating, eating disorders, Acceptance and Commitment Therapy (ACT), compassion-focused therapy, self-awareness, and mindful diet. Her work centers on helping individuals develop healthier habits and a more balanced relationship with food, fostering self-esteem and emotional well-being. She also focuses on guiding women toward redefining self-care through mindfulness, self-compassion, and a non-diet approach.

COMPASSIONATE EATING

ORTHOOREXIA INTUITIVE EATING HOLISTIC NUTRITION

HEALING YOUR RELATIONSHIP WITH FOOD MENTAL STRENGTH

DITCHING RESTRICTIVE DIETS DISMANTLING TRENDS

A thought-provoking guide to breaking free from the obsession with 'eating healthy' and embracing balanced nourishment

How much time do you spend each day thinking about what you eat? Planning meals, buying ingredients, preparing food for the entire week... And if we add the need to ensure everything is organic, gluten-, sugar-, refined oil-, or lactose-free, within a specific calorie limit, or even aligned with intermittent fasting—our time spent managing our diet becomes overwhelming. But does this really mean we are taking care of our health?

In the age of information overload, we are constantly exposed to new studies on diets, nutritional values, and toxins in our food, while social media is filled with athletic, healthy influencers promoting new dietary trends—most of them centered on self-control, willpower, and a sense of morality. As a result, an increasing number of people develop an excessive fixation on "eating right," leading to rigid dietary restrictions, guilt, and anxiety around food choices—a phenomenon known as orthorexia. With so many external voices telling us what to do, we often forget to listen to the most important one: our own body.

In these pages, Mireia Hurtado invites us to reflect on the complexity of self-care in today's world and the need to find a balance between external expectations and our internal needs. Through a lens of compassion and mindful eating, she teaches us how to cultivate a more flexible, intuitive approach to self-care—one that is based on our personal needs rather than rigid rules or passing trends.



ALIENTA • 250 PAGES • APRIL 2025

This is a book that reclaims the joy of food. Based on scientific evidence, Mireia Hurtado embraces self-compassion and mindful eating, shifting the focus from control to well-being.

DR. ANTONI ESTEVE, PhD in Pharmacy, is a prominent member of several prestigious institutions, including the Royal Academy of Doctors of Spain. He is the Founder and Director of AdSalutem Sleep Institute, a leading center for sleep medicine renowned for its multidisciplinary approach, featuring a team of experts in neurology, neurophysiology, pulmonology, psychology, psychiatry, pediatrics, and nutrition.

TELL ME WHAT YOU EAT AND I'LL TELL YOU HOW YOU SLEEP

SLEEP DISORDERS EATING HABITS RECIPES

IMPACTFUL CHANGES BASED ON SCIENTIFIC RESEARCH

A guide to eating well and adopting healthy habits for better sleep, a cornerstone of health

Did you know we spend one-third of our lives sleeping? During this vital time, our bodies and minds regenerate, strengthen, and heal. Sleep is essential for maintaining balance and overall well-being, yet many people around the world struggle with sleep disorders, including insomnia, which increasingly affects individuals of all ages.

The good news is that diet can be a powerful tool to improve sleep. By making mindful changes to our eating habits, we can turn restless nights into restorative sleep, leading to days filled with energy and vitality. In *Tell Me What You Eat and I'll Tell You How You Sleep*, the Fundación Alicia and AdSalutem—who have extensively researched the connection between diet and sleep—present a comprehensive guide to understanding this strong relationship.

The book explores the consequences of sleep deprivation and illustrates how even small, impactful dietary changes can combat sleep disorders. It addresses chrononutrition, the advantages of the Mediterranean diet, sleep and wake promoters, and gut health. Ultimately, it provides a variety of enjoyable and nutritious meal suggestions and recipes specifically crafted to improve sleep quality.

FUNDACIÓN ALÍCIA is a pioneering research center focused on technological innovation in the kitchen and a leading laboratory in responsible eating, renowned for its expertise in culinary medicine. Its services and advice are highly sought after by major restaurants, chefs, businesses, educational institutions, and other organizations, establishing it as a prestigious reference center both in Spain and internationally.



CÚPULA • 256 PAGES • SEPTEMBER 2024

Few books address the relationship between sleep and diet with the depth and professionalism required. That's why we offer you a guide developed jointly by an interdisciplinary team of scientists and chefs to help you eat well and sleep better.

FUNDACIÓN ALÍCIA & ADSALUTEM SLEEP INSTITUTE



MARTA LEÓN is a chemical engineer specializing in nutrition and women's hormonal health. She studied Naturopathic Medicine; Food, Nutrition and Public Health at the Carlos III Institute of Health in Madrid; and Psychoneuroimmunology at the University of Barcelona. For over fifteen years, she has been guiding women in caring for and supporting their hormonal health through nutrition and lifestyle changes. She is the author of *Alimentación y salud femenina* and *La revolución invisible*.

THE PERFECT BALANCE

HORMONAL HEALTH FEMALE WELLNESS

ALL LIFE STAGES PRACTICAL GUIDE NEW PERSPECTIVES

UNLOCKING THE SECRETS OF MICROBIOTA

A revolutionary book that uncovers the connection between women's hormones and gut microbiota

Did you know that acne, premenstrual syndrome, difficulty losing weight, or even endometriosis may not only be linked to hormones but also to what's happening in your gut?

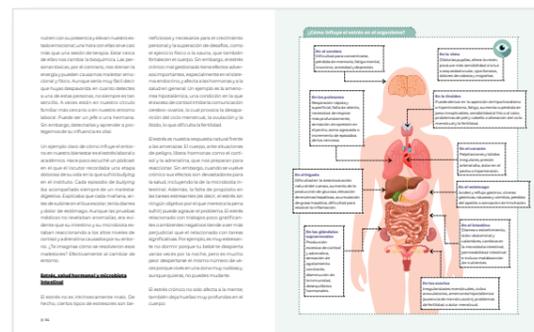
For the first time, *The Perfect Balance* delves into the deep connection between gut microbiota and women's hormones, revealing how gut health can be the key to achieving physical and emotional well-being. In an accessible yet scientifically rigorous way, it explores the crucial role of the estrobolome—the part of the microbiota responsible for regulating estrogen—and provides practical tools to nourish and support it.

From your first period to menopause, Marta León takes you on a journey through the fascinating world within you, and demonstrates how nutrition, lifestyle, and self-care can shape your hormonal balance. In addition, it includes 24 delicious recipes specifically designed to support gut health and hormone regulation.

A must-read for women of all ages, this book empowers readers to reconnect with their bodies, understand their changing needs, and cultivate lasting well-being. With a holistic perspective, it addresses not only physical health but also the emotional and mental balance essential for a thriving life.



LUNWERG • 240 PAGES • FEBRUARY 2025



MILENA GONZÁLEZ, psychologist and mother of three, specializes in trauma, attachment, family systems, and child and adolescent psychotherapy. She holds a degree in Psychology, a Master's in Emotional Intelligence, and a certification in Positive Discipline. With 15 years of experience, she has worked on child rights protection projects in Latin America and Spain and trains families in emotional education. She promotes assertive parenting with a tender, rigorous, and critical approach.

THERE ARE NO DIFFICULT CHILDREN

CONSCIOUS PARENTING EMOTIONAL REGULATION

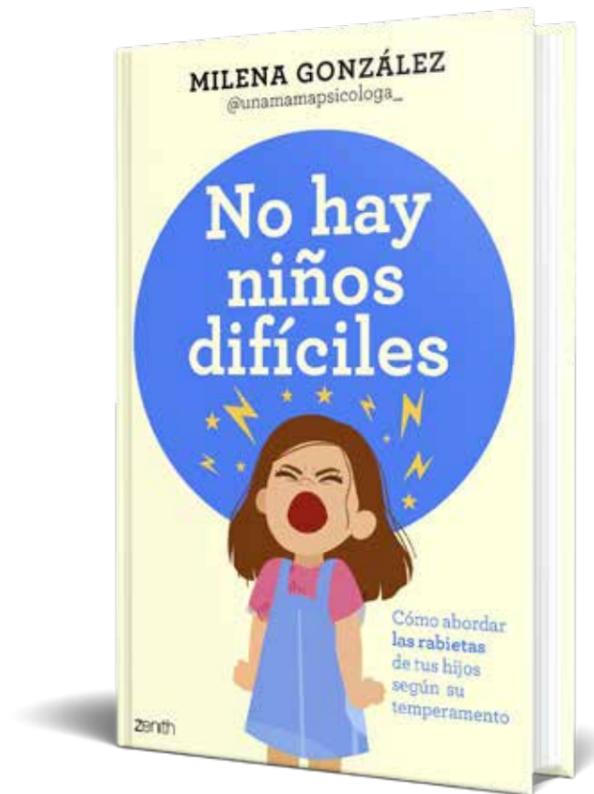
CHILD PSYCHOLOGY TEMPERAMENT TRAITS

How to handle your child's tantrums based on their temperament

One of the most common childhood labels is "the difficult child," "the angry child," or "the stubborn girl." These labels reduce a child's entire identity to a single trait, as if it were a fixed verdict, overlooking their individuality and unique personality. However, as Milena explains, there are no difficult children—just as there is no one-size-fits-all approach to parenting. The key lies in a child's most instinctive way of responding to the world around them: their temperament—an innate personal style for navigating life.

In these pages, Milena guides us through the nine core traits that shape temperament—both in children and in ourselves—and provides a practical framework to help parents respond with constructive strategies. These traits include a child's level of intensity, energy, persistence, sensitivity, perceptiveness, adaptability, regularity, as well as their openness to new experiences and predominant mood.

The goal is not to suppress tantrums but to understand them, recognizing each child's individual needs and offering the right support. Through this approach, the author advocates for a parenting style that balances firmness, clear boundaries, and strong parental leadership while also fostering a deep emotional bond, trust, responsiveness, and mutual respect.



ZENITH • 256 PAGES • APRIL 2025

A practical guide with science-backed insights on temperament and emotional regulation for parents struggling with their child's intensity, persistence, or behavioral challenges.



BEATRIZ CAZURRO is a psychologist and psychotherapist with Master's in Child Psychotherapy and Integrative Humanistic Psychotherapy. She has also completed specialized training in attachment and trauma with leading experts at both national and international levels. With over fifteen years of experience, she works with children, families, and adults, integrating body-centered techniques such as focusing, along with the latest findings in neuroscience. Her previous book, *The Children We Were*, *The Parents We Are*, has been translated into five languages.

TENDING TO THE INVISIBLE BONDS

ATTACHMENT AND CONNECTION

SILENT BONDS

BREAKING GENERATIONAL PATTERNS

NON-VERBAL COMMUNICATION

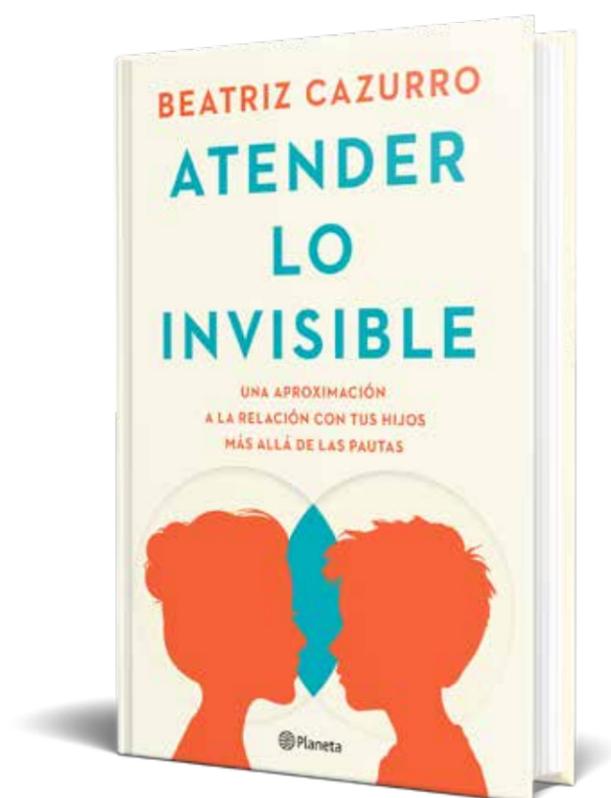
A thoughtful and illuminating parenting guide on building secure, trauma-free bonds with our children

In this insightful book, Beatriz Cazurro invites us to reflect on the unseen emotional ties that shape our relationships with our children—connections that often remain invisible yet profoundly influence our interactions. She explores how communication breakdowns are rooted in these hidden bonds, the rush to diagnose psychological conditions, and the unique ways each child expresses their emotional experiences over time.

To foster a healthy parent-child relationship, we must shift our focus to their needs, recognize what they are experiencing, and most importantly, create a safe and nurturing space where they can build relationships based on affection rather than trauma.

Tending to the Invisible Bonds delves into the role of attachment, the power of non-verbal communication, and the workings of the parasympathetic nervous system in shaping our emotional interactions. This way, Cazurro helps us identify what remains unspoken, often stemming from our own childhoods—those deep emotional links that shape our parenting not through what we say, but through what we leave unsaid.

OPTION PUBLISHERS: Editura Univer (Romania), Citadella (Slovakia), Egmont (Croatia), Beijing Culture Department (China), JK (Poland).



PLANETA • 192 PAGES • JANUARY 2025

More than just a parenting book, this is not only a guide to understand our kids, but also a journey toward healing our relationship with our parents—past and present—even if we don't have children of our own.



MIGUEL ÁNGEL MARTÍNEZ-GONZÁLEZ is a Professor of Public Health at the Universidad de Navarra and has also been a visiting professor at Harvard. He led the PREDIMED study, the largest research project ever conducted on the effects of the Mediterranean diet and health habits. Besides, he advised Michelle Obama on her initiative to improve public health and food policies. In 2022, he was awarded the National Gregorio Marañón Prize, the most prestigious recognition for Medical Research in Spain. His books *Salud a ciencia cierta* (2018), *¿Qué comes?* (2020), and *Salmones, hormonas y pantallas* (2023) have been highly successful bestsellers.

12 SOLUTIONS TO OVERCOME THE CHALLENGES OF SCREENS

DIGITAL PARENTING

SCREEN ADDICTION

MENTAL HEALTH

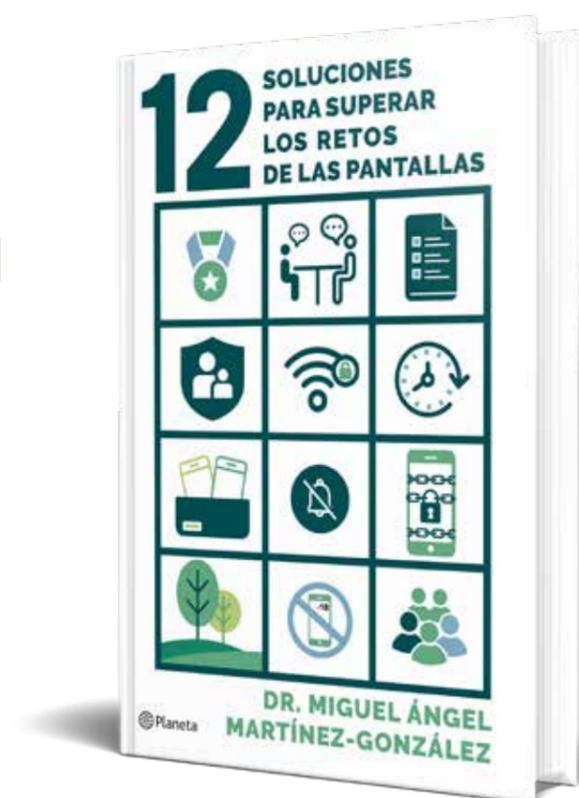
DOPAMINE DETOX & SCREEN TIME

DIGITAL SAFETY

A practical, science-based guide to protecting children and teens from the harmful effects of screens

In the context of the growing issue of smartphone addiction among young people—and even children—award-winning Public Health Professor Dr. Miguel Ángel Martínez-González takes it a step further, presenting twelve concrete solutions for parents and educators. This comprehensive set of tools helps tackle these risks in everyday family life.

Drawing from his extensive experience as a global speaker, the author highlights a universal concern—no parent today is free from worrying about the threats that internet-connected screens pose to their children's mental health. It may sound alarming, but he also provides plenty of reasons for hope.



PLANETA • 240 PAGES • JANUARY 2025

RIGHTS SOLD TO: Pre-empted to TRE60 (Italy).

OPTION PUBLISHERS: Quadrante Editora (Brazil).

"Read this book and apply the twelve solutions I'm about to share with you—without skipping a single one. If you follow these guidelines to the letter, I assure you that you will have saved your children from the worst nightmare awaiting them."



DAVID BUENO I TORRES is an internationally awarded biologist, Genetics professor, and science communicator. He has conducted research at Oxford University and other institutions in Europe and the U.S. Author of 70 scientific articles and 26 books, he collaborates with media and advises UNESCO's International Bureau of Education on neuroeducation. His awards include the European Award for Scientific Dissemination (2010), the Angelo Zanibelli Award (2023), and the Brain Connections Recognition (USA, 2023).

THE ART OF BEING HUMAN

ARTS IN EDUCATION CREATIVITY & BRAIN

SCIENCE AND PHILOSOPHY AS ART HOMO ARTISTICUS

EDUCATIONAL GROWTH INNOVATIVE LEARNING

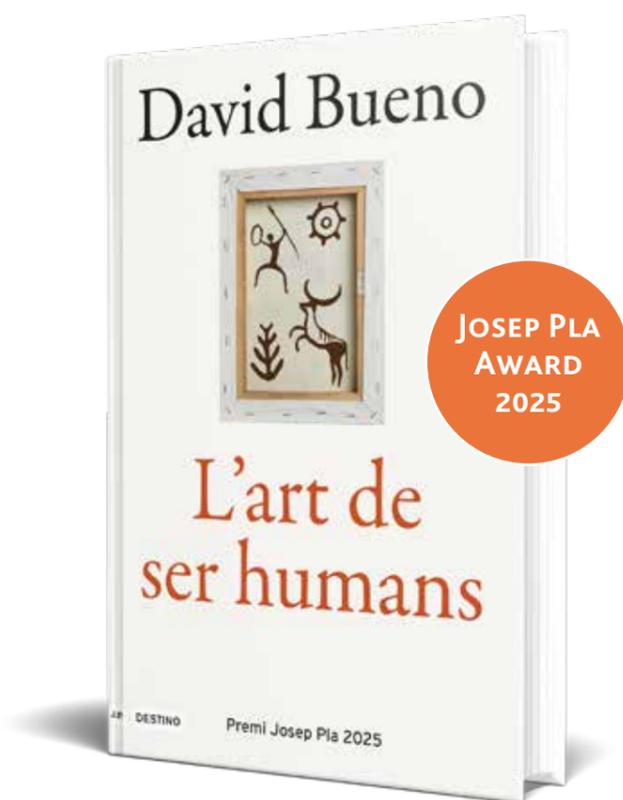
An essay that, through the arts and neuroscience, redefines how we perceive the world

This essay is a thought-provoking exploration of how art, science, and education shape our unique human potential. Drawing on educational neuroscience, David Bueno reveals how the arts—from music and poetry to science and philosophy—are both an intrinsic part of our essence and a vital tool for learning and personal growth.

Each chapter unpacks key aspects of this connection: how the brain perceives and interprets art, the role of memory in creativity, the emotional impact of music, the expressiveness of theater and dance, and even how science and philosophy can be seen as artistic disciplines.

The book champions the concept of Homo artisticus, a humanistic vision that underscores the importance of creativity, reflection, and diversity in fostering a more empathetic and conscious society.

With an engaging narrative, scientific depth, and accessible examples, *The Art of Being Human* is not just an informative read—it's an invitation to reimagine the arts as a cornerstone of human and educational development.



COLUMNA • 320 PAGES • FEBRUARY 2025

A hopeful reflection on humanity's potential, in the tradition of Irene Vallejo and Yuval Noah Harari.



FERNANDO GIRÁLDEZ holds a PhD in Medicine and specializes in Physiology from the University of Valladolid and King's College. He is currently an emeritus professor at Pompeu Fabra University. Throughout his long academic career, he has dedicated himself to teaching and research in the field of neuroscience and, more recently, to exploring the intersection between science and the humanities.

A NEUROSCIENTIST AT THE PRADO MUSEUM

THE NEUROSCIENCE BEHIND ART CLASSIC ART

VISUAL PERCEPTION PRADO MUSEUM

How the great masters of painting unveiled the secrets of the brain

Blending neuroscience with classical art, this book takes readers on a captivating journey through the renowned collection of the Prado Museum, revealing how artists and their masterpieces have long been intuitive pioneers of neuroscience.

With an engaging and insightful approach, Fernando Giráldez, emeritus professor and leading expert in neuroscience, explores how classical painters—from El Bosco's visual categorization to Leonardo and Tiziano's depiction of movement—employed artistic techniques that foreshadowed modern scientific discoveries about visual perception. His ability to bridge neuroscience with the humanities and make complex concepts accessible transforms this book into a compelling read for those eager to explore art from an innovative and scientific perspective.

Through this profound exploration of artistic principles, Giráldez not only demonstrates how painters have been intuitive neuroscientists but also invites us to rethink the very nature of aesthetic experience from a scientific lens. By doing so, he unveils the deep connection between how we perceive the world and how we choose to represent it.



PAIDÓS • 320 PAGES • APRIL 2025

A fresh and interdisciplinary approach that enriches our understanding of both art and the brain.

■ *The book features over 60 full-color reproductions of paintings, along with exclusive explanatory illustrations created by the author.*



DR. MANUEL SANS SEGARRA is a renowned surgeon specializing in internal and digestive surgery. He has dedicated his illustrious career to researching supraconsciousness and Near-Death Experiences (NDEs). With a distinguished tenure at Bellvitge Hospital, Dr. Sans Segarra is celebrated for his scientific rigor and groundbreaking work. His popularity extends beyond the medical community, as he has become a highly sought-after educator and speaker, garnering millions of views on social media.

SUPRACONSCIOUSNESS EXISTS

LIFE BEYOND DEATH SCIENTIFIC PERSPECTIVE

NEAR-DEATH EXPERIENCES TESTIMONIAL NARRATIVE

QUANTUM PHYSICS BASED ON TRUE EVENTS

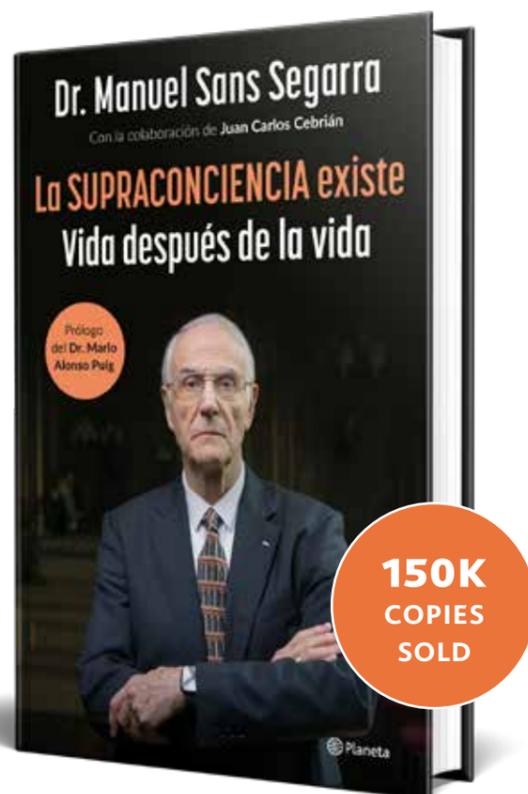
The definitive and disruptive book on the phenomenon of Near-Death Experiences (NDEs) and its power to transform our lives

Dr. Manuel Sans Segarra, the prestigious surgeon and pioneer in the research of supraconsciousness, along with journalist Juan Carlos Cebrián, embarks on a profound exploration of Near-Death Experiences (NDEs) from both a scientific and spiritual perspective.

Drawing from documented cases and the cutting-edge study of quantum physics, this book unveils a revolutionary understanding of consciousness and the afterlife. It dares to challenge conventional beliefs and offers a transformative guide to overcoming fears, inspiring deep reflection on our own lives, and opening the door to a new realm of possibilities.

In an engaging and accessible tone, Dr. Manuel Sans Segarra masterfully blends scientific rigor with a deep spiritual perspective. With humility, interest, and curiosity, he explores the fascinating interplay between matter and energy, revealing them not as opposing forces, but as complementary elements that shape our understanding of the universe.

RIGHTS SOLD TO: Vallardi (Italy), sold in pre-empt; Planeta (Brazil); Planeta (Portugal), Otwarte (Poland).



PLANETA • 240 PAGES • SEPTEMBER 2024
ENGLISH SAMPLE AVAILABLE

There is life beyond death, and it can be scientifically demonstrated. In the vein of Life Before Life by James Tucker, this transformative narrative invites us to reimagine life, death, and the infinite possibilities in between.



XABIER IRUJO is the director of the Center for Basque Studies at the University of Nevada, Reno, where he is a professor of genocide studies. He has been a visiting scholar at the University of Liverpool, the University of Massachusetts Amherst, and Boise State University, and has lectured extensively at universities across the U.S. and Europe. Holding doctorates in History and Philosophy, Irujo is the author of over ten books that have garnered him national and international recognition.

THE MECHANICS OF EXTERMINATION

GENOCIDE STUDIES HOLOCAUST

THE ECONOMICS OF EXTERMINATION EXPLAINED

HISTORICAL MEMORY RAW & NECESSARY

The Industrialization of Death in Nazi Concentration Camps

Once the decision was made to murder millions of people, an efficient system was needed to carry it out. With surgical precision, Xabier Irujo lays bare the machinery of the Holocaust, exposing how a widely accepted ideology in Europe led to the creation of a systematic protocol for genocide.

Readers will be taken step by step through the phases of this macabre machinery: from forced displacement and mass confinement to transportation and execution. Each phase of this brutal process is explained with chilling precision, revealing the sinister logic of extermination—a method designed with efficiency, diligence, and profitability in mind.

Through archival records, survivor testimonies, and firsthand observations, the author delivers a powerful and unflinching account of genocidal practices, that exposes a ruthless system engineered for maximum efficiency, economy, and speed. Blending historical analysis with profound emotional depth, this narrative goes beyond the facts, and confronts readers with the ethical and human dilemmas of genocide. Based on over two decades of research, this work compels us to examine the mechanics of brutality. Moreover, it underscores the vital role of knowledge and memory in ensuring that history's darkest cycles are never repeated.

More than just a historical account, *The Mechanics of Extermination* confronts, shocks, and exposes the darkest face of humanity, offering a harrowing perspective on one of history's most horrific chapters.



CRÍTICA • 472 PAGES • JANUARY 2025

The Mechanics of Extermination is a harrowing and meticulously researched exposé of the systematic machinery designed to annihilate human lives in Nazi concentration camps.



JULIÁN CASANOVA is a Professor of Contemporary History at the University of Zaragoza and a visiting professor at prestigious universities across Europe, the United States, and Latin America. He has also been a member of the Institute for Advanced Study at Princeton. Casanova has authored numerous works, including *De la calle al frente. El anarcosindicalismo en España, 1931-1939*, published in English by Routledge; and *España partida en dos. Breve historia de la guerra civil española*, originally published in English by I.B. Tauris (London) and later translated into multiple languages.

FRANCO

THE MAN BEHIND THE DICTATORSHIP

HISTORICAL LEADERS

TOTALITARIANISM

UNVEILING THE MYTHS

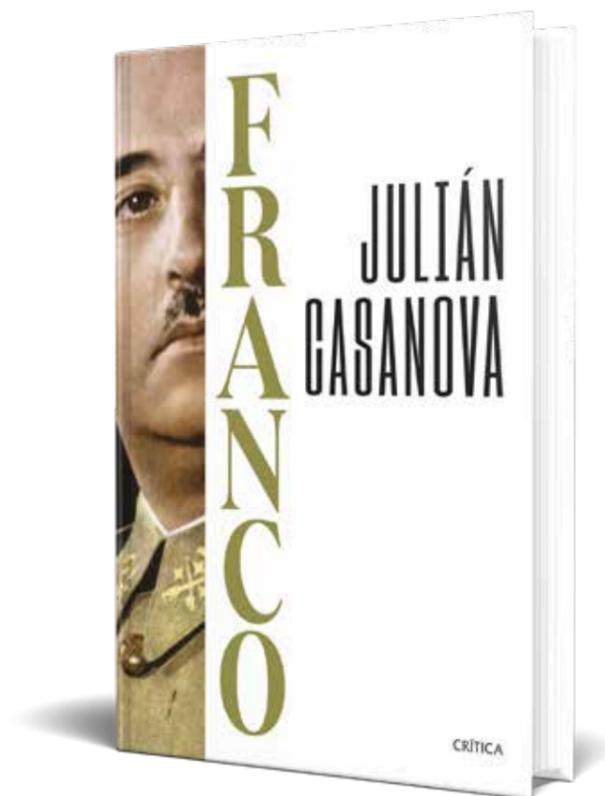
An essential biography that unmask one of the most defining figures of 20th-century European history to 21st-century readers

No one has shaped Spain's contemporary history as profoundly as Francisco Franco Bahamonde (1892–1975). Fifty years after his death, he remains an enigma despite his overwhelming presence. His image is deeply ingrained in Europe's collective memory, yet it remains shrouded in distortions, propaganda, and historical amnesia.

In this insightful and revealing biography, Julián Casanova, the leading historian of his generation and foremost expert on the period, offers a comprehensive portrait of the man who determined Spain's fate for four decades. More than that, he uncovers how an unremarkable military officer became Spain's longest-ruling dictator.

Franco seized power through a military uprising and secured it with bloodshed during the Spanish Civil War. Before that, he was just another figure among his ambitious brothers, the ruthless Africanists, and the rising stars drawn to counterrevolution. Nevertheless, absolute power transformed his personality, his international image, and his inner circle.

Casanova masterfully deconstructs the myths surrounding Franco, revealing previously unknown aspects of his life and crafting the definitive account for a new generation. Within this pages, all of Franco's faces come to light. Drawing from countless testimonies, archival materials, and extensive historical research, this book offers a precise, fresh, and essential perspective. Now, with this masterful historical biography, the definitive portrait of one of the most enduring autocrats in Europe's recent history is finally complete.



CRÍTICA • 528 PAGES • FEBRUARY 2025

ENGLISH SAMPLE AVAILABLE

On the 50th anniversary of Franco's death, Casanova, the leading expert on this period, presents an insightful and revealing biography that examines the political and social conditions that allowed the dictator to rise to power and sustain his rule for decades.



ESTEBAN HERNÁNDEZ-BERMEJO is a Doctor of Agricultural Engineering and Professor Emeritus of Economic Botany and Garden History at the University of Cordoba. A leading expert in plant conservation and landscape history, he has directed major botanical institutions and advised UNESCO heritage sites such as the Alhambra, Generalife, and Medina Azahara. He has held key international roles, including Secretary General of the International Association of Botanical Gardens and advisor to FAO, UNEP, and Spain's Ministries of Agriculture and Environment, contributing to global conservation programs like CBD and CITES.

THE GARDEN OF EDEN

BIODIVERSITY

CULTURAL STORYTELLING

EVOLUTION OF GARDENS

CHRONOLOGICAL

INTERDISCIPLINARY APPROACH

FLORA & BOTANY

A journey through the history of gardening

From the legendary Hanging Gardens of Babylon to the refined symmetry of Renaissance landscapes, *The Garden of Eden* is a captivating exploration of how gardens have shaped and reflected civilizations throughout history.

With a masterful blend of historical depth and aesthetic sensitivity, Dr. Esteban Hernández-Bermejo takes readers on a journey where green spaces emerge as expressions of belief, artistry, and innovation.

More than a visual and cultural tour of iconic gardens, this book is a profound meditation on humanity's evolving relationship with nature. Combining perspectives from botany, landscape architecture, and art history, the author reveals gardens as more than places of beauty—they are symbols of power, spirituality, and knowledge. From sacred oases of antiquity to Renaissance botanical experiments, this work illuminates the role of horticulture in the cultural and scientific advancements of different eras.

At a time when sustainability and biodiversity preservation are more urgent than ever, *The Garden of Eden* invites readers to rediscover natural sanctuaries not just as historical treasures, but as essential spaces of harmony and renewal.



ESPASA • 256 PAGES • MARCH 2025

More than a tribute to the beauty of gardens, this book seeks to inspire a renewed commitment to preserving our botanical heritage.



DANIEL ENTRIALGO is a journalist and writer. For over two decades, he has contributed to prestigious media outlets, including *ABC*, *20 Minutos*, *Dominical*, *Rolling Stone*, *Robb Report*, and *El Economista*. He was also deputy editor and a founding member of the Spanish edition of *Esquire* and served as director of *GQ* magazine for several years. He is the author of books such as *Puskas* and *La tumba del cosmonauta*.

WHEN THE SEA WAS NOT BLUE

CULTURAL REFERENCES

BLUE HISTORY & SYMBOLISM

NARRATIVE & IMMERSIVE

An intimate biography of the color that shapes the way we see the world

"Blue has always been my favorite color." From this simple statement, the author unfolds a fascinating exploration of blue—its history, its cultural significance, and its enduring appeal—blending cinema, history, literature, art, and captivating anecdotes.

Blue, the color that has conquered the Western world (with over 40% of people naming it as their favorite), has a history as intriguing as it is unexpected. While today we associate it with elegance and tranquility, this wasn't always the case. The ancient Greeks, for instance, didn't even acknowledge blue as a distinct color. In *The Iliad*, the sea wasn't blue—nor was the sky. The book delves into this mystery, exploring how civilizations throughout history perceived, ignored, or revered the color.

From the deep ultramarine of Renaissance masterpieces to the uniforms of soldiers and revolutionaries, from the mystique of Yves Klein's patented blue to the symbolism of blue in film and pop culture, this book unravels how blue transformed from an overlooked rarity into the most beloved color of modern society. It examines the role of blue in art, fashion, war, and politics, revealing how a once-dismissed shade became synonymous with power, emotion, and identity.

This is not a scientific treatise or a philosophical essay, nor merely a collection of historical curiosities or a travelogue—it is a captivating journey through time, an ode to the Blue Planet and its enigmatic protagonist.



ESPASA • 352 PAGES • APRIL 2025

A cultural exploration of the most mysterious, evocative, and singular color in the entire spectrum



JUAN EVARISTO VALLS BOIX is a young Professor of Philosophy of Culture at the Complutense University of Madrid. He is the author of the essay *Metaphysics of Laziness* (2022) and scientific monographs such as *Giorgio Agamben. Politics without Work* (2020) and *Suely Rolnik. Decolonizing the Unconscious* (Herder, 2024). He's published as well the translation of Oliver Marchart's *Conflictual Aesthetics* (2024), Chiara Bottici's *Anarchafeminist Manifesto* (2021) and Joakim Garff's *Søren Kierkegaard. Biography* (2023).

THE RIGHT TO BEAUTIFUL THINGS

CONTEMPORARY PHILOSOPHY

FRESH & PROVOCATIVE

ANTICAPITALISM

LITERARY ESSAY

SLOW LIVING

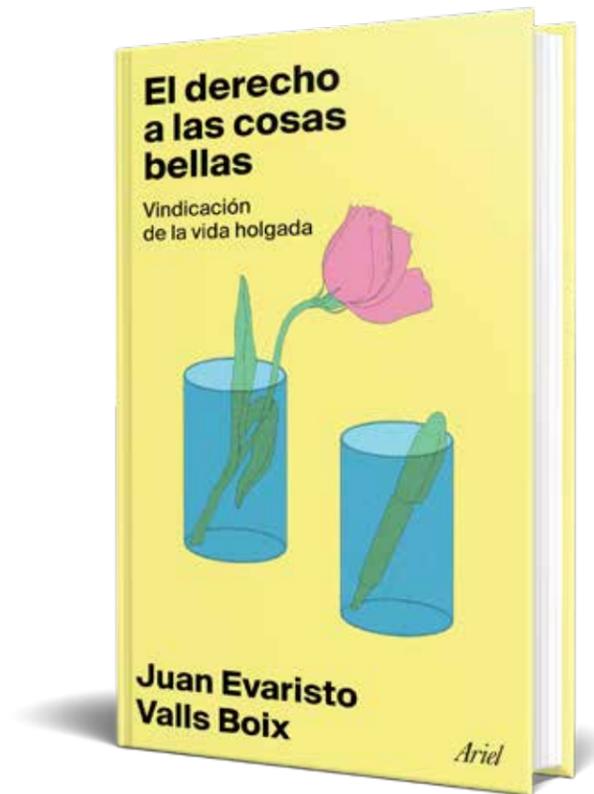
A Vindication of The Lazy Life

"I want freedom, the right to self-expression, everybody's right to beautiful, radiant things." Emma Goldman's famous declaration captures her vision of anarchism not just as a political movement but as a philosophy of life—one that embraces beauty, pleasure, and enjoyment as essential to human existence.

Inspired by Goldman, Lafargue, and Hannah Arendt's critique of reducing politics to mere economics, Juan Evaristo Valls' essay emerges as a fresh and compelling voice, proposing a new way of inhabiting the world—one that values life for its beauty rather than its utility. With luminous and combative prose, he defends fundamental "lazy rights"—the right to laziness, to strike, to retirement, to literature, and to disconnection—not as privileges granted by the system, but as radical acts of resistance against capitalist alienation and expressions of true autonomy. These are the "beautiful things": those that serve no purpose yet sustain us.

Both thought-provoking and accessible, this book requires no prior philosophical knowledge yet offers a wealth of references for more specialized readers. Blending literary prose with sharp essayistic insight, it stands as a singular contribution to contemporary critiques of work and capitalism—aligning with thinkers like Jenny Odell while forging a uniquely modern and provocative perspective.

A philosophical manifesto that challenges the tyranny of productivity and reclaims the intrinsic value of life in its rest and uselessness.



ARIEL • JUNE 2025

ENGLISH SAMPLE AVAILABLE

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8. Coda on the Leisurely Life



VÍCTOR BALLESTEROS SÁNCHEZ-MOLINA is a philosopher, educator, and communicator passionate about making philosophy accessible. He holds a degree in Philosophy and a Master's in Teaching, as well as a Master's in Criticism and Philosophical Argumentation. Since 2020, he has been dedicated to bringing philosophy to a wider audience, coordinating educational content for different podcasts, where he has interviewed prominent thinkers such as Maurizio Ferraris or Jocelyn Benoist.

THE EXAMINED LIFE

RETHINKING LIFE THROUGH PHILOSOPHY

FRESH APPROACH

THINKERS WITHOUT BORDERS

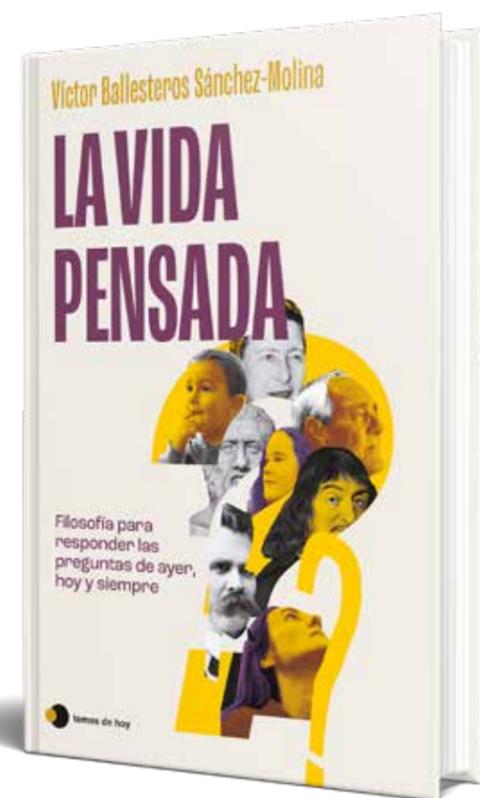
THE ART OF QUESTIONING

Philosophy to answer life's timeless questions

How can an ancient philosopher help us with modern-day struggles when they never dealt with screens, mortgages, or late-night work chats? First: as the Romans used to say, "a beard does not make a philosopher." Some had goatees, some had mustaches... and yes, even in presocratic times, there were beardless female philosophers, though history has barely acknowledged them. Second: let's accept that our problems aren't as modern as we think. Questions about justice, relationships, power, and purpose have been shaping human existence for centuries.

In *The Examined Life*, Víctor Ballesteros brings philosophy into everyday life with a fresh, accessible approach, showing that ancient wisdom still speaks to our modern dilemmas. He explores timeless questions we face across all stages of life—from why we should follow rules and how to respond to bullying, to navigating workplace exploitation and finding meaning after retirement.

Philosophers such as Socrates, De Beauvoir, Spinoza, Arendt, Kant, and Marx, among others, will lend us a hand in navigating this strange, difficult, and sometimes beautiful journey that is life. But in the end, the answers to the questions that will accompany us throughout our existence are ours to find.



TEMAS DE HOY • 368 PAGES • FEBRUARY 2025

Since life's biggest struggles never go out of style, The Examined Life provides a dose of ancient wisdom for modern dilemmas.



EBBABA HAMEIDA is a Spanish journalist of Sahrawi origin and the Vice President of Reporters Without Borders in Spain. She was born in the Sahrawi refugee camps in Algeria and grew up between Italy and Spain. She is currently part of RTVE. In 2021, she was awarded the INJUVE Digital Journalism Prize and the Desalambre Award.

PAPER FLOWERS

MIGRATION & IDENTITY

NARRATIVE NON-FICTION

CULTURAL CLASH

SAHRAWI WOMEN

The history of the Sahrawi people told through the voices of its women

Paper Flowers is a beautiful tale that gives voice to three generations of Sahrawi women caught in the whirlwind of history. Aisha, Naima, and Leila—granddaughter, mother, and grandmother—embody the wounds of a people who have endured colonialism, exile, and war. The story of Aisha, the protagonist and alter ego of the author, contrasts with that of the women who came before her.

Her grandmother, **Leila**, is marked by the loss of her nomadic identity. Born and raised in the desert, where her people lived in freedom, she is forced to abandon her home and live in a refugee camp after the occupation of Western Sahara. There, she watches helplessly as her way of life disappears, clinging to the dream of returning home.

Aisha's mother, **Naima**, grows up in these camps, where she becomes a nurse and activist working in a hospital. She symbolizes the resilience of Sahrawi women, who fight to preserve their culture amid the diaspora. Yet, she faces a deep personal dilemma—whether to follow her vocation of helping her people or submit to the expectations of marriage and motherhood in a society where a woman's path is often predetermined.

Carrying this legacy, **Aisha** experiences displacement firsthand when she is sent to Europe in search of a better future. In Italy, she grows up torn between two irreconcilable worlds: the Western culture that welcomes her and the Sahrawi traditions she tries to hold onto. As the generational bridge, her identity becomes a battleground—a constant struggle between assimilation and the pull of her roots.

While **Leila** embodies the nomadic past and **Naima** represents the fight for survival, **Aisha** must decide whether her struggle belongs in exile or in the land of her childhood.



PENÍNSULA • 280 PAGES • JANUARY 2025

Blending the introspective depth of Najat El Hachmi with the powerful storytelling of Khaled Hosseini, Ebbaba Hameida delivers a courageous testimony that moves seamlessly between intimate history and collective destiny, always honoring the memory and dignity of her people.



BESTSELLERS



DR. MARIAN ROJAS is a psychiatrist at the Spanish Institute of Psychiatric Research and a leading speaker and writer on happiness and stress management. She has worked with AFESIP (Acting for Women in Distressing Situations) in Cambodia and taught at a Bronx school for girls from slum areas. Since 2003, she has focused on children and adolescents. Her exceptional ability to simplify the relationship between brain function and emotions has propelled her books to the top of Spain's bestseller lists and earned translations in over 25 languages.

RECOVER YOUR MIND, RECONQUER YOUR LIFE

NEUROSCIENCE EMOTIONAL BALANCE SELF-CONTROL
PRACTICAL ADVICE MODERN ADDICTIONS

How to rescue lost attention in a distracted and hyperconnected world

We live in an era of instant gratification, in a fast-paced society where happiness is sought with the push of a button. Our lives are hectic and demanding, and we find ourselves impatient and irritable. Without realizing it, we have become emotional addicts: the absence of sensation provokes anger, leading to a reduced tolerance for frustration. Consequently, our ability to focus on what truly matters, to delve deeply, and to concentrate is compromised.

In her third book, Dr. Marian Rojas Estapé, renowned for her informative and scientific style, shows us how to reclaim our lost attention and re-establish connections with ourselves and the beauty around us to achieve the emotional balance we so desperately seek.

To do so, she explores the role of dopamine, the pleasure hormone, and its impact on our pursuit of immediate rewards, as well as our perception of pain, boredom, and discomfort. Dr. Rojas delves into the addictive power of today's main dopamine stimulators—social media, pornography, drugs, and sugar—among other factors, shedding light on how our gratification system works and how we can avoid detrimental habits.

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ESPASA • 384 PAGES • APRIL 2024
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- *In How to Make Good Things Happen, Marian Rojas explored the effects of cortisol.*
- *Find Your Vitamin Person examined the role of oxytocin.*
- *In Recover Your Mind, Reconquer Your Life, she focuses on dopamine, the pleasure hormone, offering new insights into its effects on a society increasingly dependent on emotional stimuli.*



MARTA MARTÍNEZ NOVOA has a degree in Psychology, a Master's Degree in General Health Psychology, and extensive training in psychotherapy, anxiety disorders, relationships, gender violence and self-esteem. Currently, she works as a psychologist and psychotherapist, accompanying people on their paths to achieving greater well-being in their mental health.

GOOD GIRL SYNDROME

PEOPLE PLEASERS PERSONAL GROWTH SELF-ESTEEM
PRACTICAL GUIDE SETTING HEALTHY BOUNDARIES

How to stop pleasing everyone and start thinking about you

Do you ever get the feeling that you're putting yourself last? That it's difficult to make decisions because you're too busy wondering what everyone will think, or trying too hard to please others because the word 'no' simply doesn't exist in your vocabulary? Do you find yourself maintaining unhealthy relationships solely out of a fear of hurting people's feelings? You might just be suffering from good girl syndrome.

On paper, there's nothing wrong with being nice, but when it manifests as an inability to draw boundaries, address confrontational situations, and stand up for your beliefs, goodness can become a problem, especially, when you sacrifice being yourself in order to keep other people happy. We're often taught that it's a good thing to live for others, to not put a foot out of line, to make ourselves small so that others can grow and dim our light so others can shine bright.

In this book, psychologist Marta Martínez Novoa helps you break free from the trap of 'goodness' and learn to prioritize yourself, feeling bolder and more confident in everything you do.

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ZENITH • 336 PAGES • FEBRUARY 2024
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In the vein of Are You Mad at Me? by Meg Josephson and Women Don't Owe You Pretty by Florence Given, this transformative guide helps you break free from the stifling effects of 'good girl syndrome' to reconnect with yourself, prioritize your emotional well-being, and establish balanced, meaningful relationships.



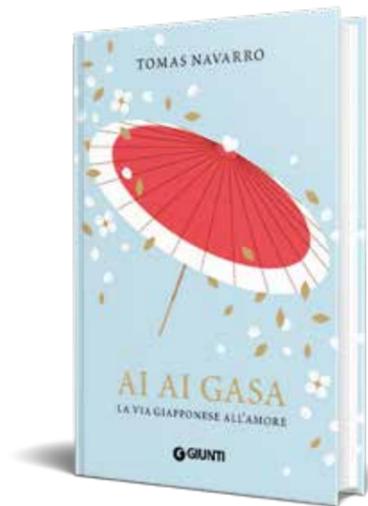
TOMÁS NAVARRO is a psychologist in love with people and with what they feel, think and do. He is the founder of a consulting firm and an emotional wellness center. He currently divides his time between technical writing, training, consulting, conferences and personal and professional coaching and consulting processes. He is also the author of the international best-seller *Kintsukuroi* which has been translated into 23 different languages.

AI AI GASA

EMOTIONAL WELLNESS COUPLE'S THERAPY SELF-LOVE
LEARNING TO LOVE JAPANESE CULTURE

The Japanese path to love

In this practical book, bestselling psychologist Tomás Navarro focuses on couples therapy through an evocative Japanese symbol of romantic love, Ai Ai Gasa. This concept represents two people shielding each other from the rain under an umbrella, serving as a metaphor for a healthy and well-balanced love. Using this as a starting point, the author reflects on some of the most common issues in couples psychology, addressing both those who are in a relationship and those who are not. In this way, he guides readers to identify where they are in their love life and work on the aspects they wish to improve. All of this is interwoven with the enchantment and poetry of Japanese culture.



ZENITH • 224 PAGES
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TRANSLATED INTO 23 LANGUAGES

ZENITH • 272 PAGES • MARCH 2017
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KINTSUKUROI

JAPANESE PHILOSOPHY EMOTIONAL WOUNDS
OVERCOME ADVERSITY

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

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, Tomás 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.



BYUNG CHUL-HAN is prolific German Korean philosopher and cultural theorist known worldwide for his incisive and insightful analysis of contemporary society. He became internationally known with his book *The Burnout Society*, which was a bestseller around the world. His brief and incisive style, at times poetic and very personal, is mixed with an extraordinary ability to unite ideas and create concepts capable of interpreting the contemporary era like no one else through a combination of Eastern and Western philosophical traditions.

THE CONFERENCE TRILOGY

PHILOSOPHY ESSAY ACCOMPANIED BY MUSIC
POSTMODERNISM DELUXE EDITION

Music plays a fundamental role in Byung Chul-Han's thinking. With his unmistakable style, he approaches a series of recurrent themes in all of his work like musical variations. His clean and precise language, combined with the brevity of his work, draws on the German philosophical tradition that preceded him to create a speech with underlying theoretical depth.

- The first volume of this trilogy, *The Tonality of Thought*, brings together Byung Chul Han's conferences delivered in April 2023 in Porto and Lisbon, as well as the lecture concert that took place on April 23 in Leipzig alongside pianist Sharon Prushansky.
- The second volume, *The Spirit of Hope* will gather the philosopher's conferences that took place at the universities of Heidelberg and Freiburg in June 2023.
- The third volume, *The Time of Other*, will collect the conferences that will take place in November 2023 and spring 2024 in Berlin.

The Conference Trilogy offers much more than the author's conference texts. At the end of each text, a QR code will be included, leading the reader to each of the conference videos. Additionally, the texts will be complemented with photographs from each of the events. This is all done with the aim of providing a meticulously crafted cherished for the philosopher's extensive readership.

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"The philosopher of the moment"



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.

APOROPHOBIA

PHILOSOPHY ETHICS EYE OPENING TRUTHS UNCOMFORTABLE REALITIES

Why we reject the poor instead of helping them

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.



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ETHICS OR IDEOLOGY OF ARTIFICIAL INTELLIGENCE?

AI DEMOCRACY CHALLENGES NEW TECHNOLOGIES GEOPOLITICS

An examination of the ethical challenges posed by AI

Since the rise of artificial intelligence, there have been two distinct camps: those who fear its potential dangers and those who are excited about its promises. Both groups agree on the need for an ethical framework to guide this technology in protecting human interests. However, proponents of AI often go further, suggesting that endowing AI with moral values could solve everyday problems, cure diseases, overcome aging and death, and create a superior new species to usher in an era of peace and happiness. Yet, in contrast to this optimistic vision, should we be talking about "ethics" or "ideology"?

Adela Cortina brings her hallmark clarity and insight to the AI debate. She explores key issues including the ethical responsibilities of technological advancements, the geopolitical dynamics of power, the challenges posed by robotics, digital freedom, and the influence of algorithms on public space.

PAIDÓS • 256 PAGES • SEPTEMBER 2024



DR. LUCÍA GALÁN is a highly respected pediatrician, author, and advocate for children's health and well-being. As the co-founder and director of El Centro Creciendo in Alicante, she combines medical expertise with a compassionate, patient-centered approach to pediatric care. 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.

COLD FEET WON'T GIVE YOU FLU

PRACTICAL GUIDE MYTH-BUSTING PHYSICAL & MENTAL HEALTH

The book which debunks every myth you've been told about physical and mental health for children and families

Dr. Lucía Galán, distinguished pediatrician and leading medical reference, tackles everything from the most fundamental aspects of health such as infection, nutrition and neurodevelopment to equally important issues such as sleep, mental health and bullying. Here we'll discuss vaccines and childhood mishaps, plus the inaccurate 'neuromyths' that have been repeated over decades. Based firmly on scientific evidence, this practical guide is replete with useful medical advice and touching personal anecdotes from the sensitive and empathetic perspective for which the author is renowned.



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EXHAUSTIVE MANUAL HEALTH

COMPANION BOOK FROM BABYHOOD TO ADOLESCENCE

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

In this exhaustive manual 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?

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NICOLÁS SESMA is a talented historian who works as a lecturer and researcher at Grenoble Alpes University (France). Holding a degree from the University of Zaragoza and a PhD from the European University Institute in Florence, he has worked in research roles at Madison University, Wisconsin and Columbia. He is the author of *A Political Biography of José Larráz López (1904-1973)* and *An Anthology of Political Studies Magazine (2009)* he has also co-authored the book *Youth in a Time of Dictatorship: The University Labour Service (SUT), 1950-1969 (2021)*.

SPAIN. NEITHER UNITED, NOR GREAT, NOR FREE

CONTEMPORARY HISTORY SOCIAL HISTORY
DIFFERENT PERSPECTIVES POP CULTURE

A groundbreaking, multidimensional retelling of the Francoist regime, written by and for a new generation

No political phenomenon has impacted the course of recent history quite so heavily as that of the dictatorship. *Spain: Neither United nor Great, nor Free* is the first book to offer a full and up-to-date retelling of the Francoist regime which aims to engage the generations that lived through it, as well as readers seeking to rediscover and better understand those critical decades.

Nicolás Sesma's ground-breaking new history of the dictatorship marks a departure from narratives that focus solely on Francisco Franco and instead puts the Spanish public at front and centre of his research. By collating historiographical references from Spain and abroad, he offers an ambitious and multidimensional reinterpretation of events. To achieve this, Sesma incorporates the perspectives of people from across Spanish territory and from all sectors of society, some of whom are given a chance to contribute their voice to the recording of history for the very first time.

Along the way, his analysis is accompanied by cultural references – from literature and cinema to graphic novels and pop art – which serve to illustrate this fascinating new study of the dictatorship, framed within an international research context.

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"A story told with precision, eloquence and a masterful handling of sources"
JULIÁN CASANOVA

MIQUEL BAIDAL is the CEO of Illustraciencia. After studying at the Massana Art School (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.

CLARA CERVIÑO has been illustrating animals for years. Her infinite curiosity about nature led her to study biology, but as soon as she had the opportunity, she enrolled in a master's program in scientific illustration. There, she combined two of her passions and turned them into her profession. Her life's goal is to communicate the value of nature through illustration.

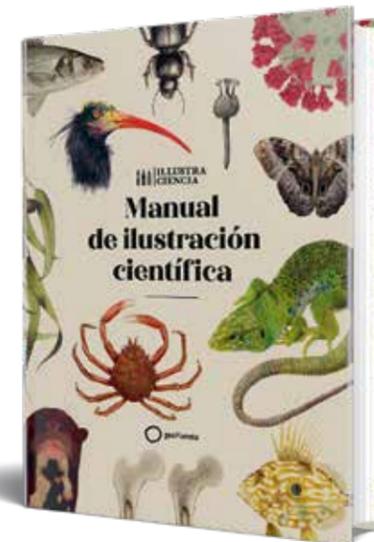
MANUAL OF SCIENTIFIC ILLUSTRATION

ART IN SCIENCE TECHNICAL ILLUSTRATION EXHAUSTIVE GUIDE

A reference work for both professionals and amateurs eager to enter the world of scientific illustration

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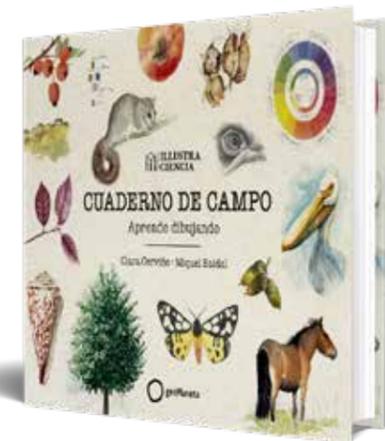
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