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SPRING 2026

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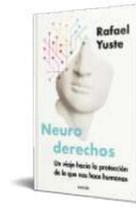


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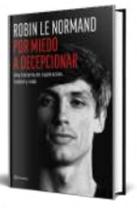


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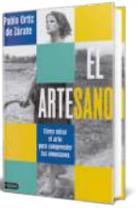
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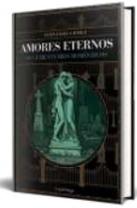
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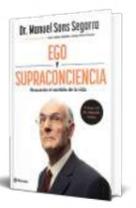


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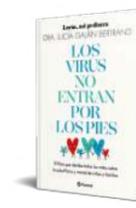
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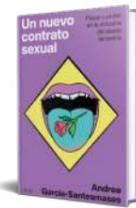
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MARTA MARTÍNEZ NOVOA has a degree in Psychology, a Master's in General Health Psychology, and extensive training in psychotherapy, anxiety disorders, relationships, gender violence and self-esteem. She currently works as a psychologist and psychotherapist, accompanying people to achieve greater well-being for their mental health. She is the author of *Que sea amor del bueno* and the international bestseller *Good Girl Syndrome*, which has been translated into 16 languages to date.

FAMILIES THAT HURT (WITHOUT MEANING TO)

- GENERATIONAL PATTERNS
- EMOTIONAL INHERITANCE
- HEALING OUR INNER CHILD
- FALSE REFUGE FAMILIES
- MODERN PSYCHOLOGY FOR EVERYDAY LIFE
- PERSONAL GROWTH

Breaking inherited patterns to build the inner refuge you deserve

Families are not made of ideals, but of people; complex, imperfect, and deeply marked by their own histories. Even in loving homes, unspoken rules, expectations and emotional habits are passed down, quietly influencing who we become and how we relate to others.

In *Families That Hurt (Without Meaning To)*, psychologist and internationally bestselling author Marta Martínez Novoa explores how these inherited family patterns continue to shape our adult lives: from the relationships we choose to the fears we carry, the decisions we avoid, and the way we see ourselves. Often unconsciously, this emotional legacy keeps us tied to outdated versions of who we once had to be, rather than who we truly are.

Introducing the concepts of "storm families," "refuge families" and "false refuge families," the book sheds light on well-intentioned environments where subtle dynamics (control, overprotection, blurred boundaries or excessive demands) can quietly cause harm.

With warmth, clarity and psychological depth, Martínez Novoa invites readers to revisit their family past without blame or rupture, and to understand how early dynamics influenced their inner world. Most importantly, she offers a path toward freedom: learning to act from self-knowledge rather than conditioning, and to build a safe space from which to live, choose and love with confidence. This is a book about opening one's eyes without closing the heart, and about becoming the adult who can finally choose a life that feels like home.



ZENITH • 384 PAGES • MARCH 2026

In the tradition of The Book You Wish Your Parents Had Read and The Gifts of Imperfection, this book explores how even loving, "drama-free" families can shape us in ways that hurt without meaning to, and how to finally move beyond those patterns.

GOOD GIRL SYNDROME

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

How to stop pleasing everyone and start putting yourself first

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.

In this whip-smart and empowering book, psychotherapist Marta Martínez Novoa explains that people pleasing is not a personality failing, but a common response to trauma—an instinct to become more appealing to a threat, and a way to feel safe. Taking you on a journey into your past, this guide will help you understand why you feel the way you do in the present, and give you practical tools to build a future where you feel bolder, safer and more confident in everything you do.

RIGHTS SOLD TO: Vermilion, PRH (World English rights), Albin Michel (won a 3-way auction for the French rights), Planeta Manuscrito (Portugal), Faro Editora (Brazil), Giunti (won a 6-way auction for the Italian rights), Kosmos (Netherlands), Penguin Random House (Germany), Citic Press (won a 5-way auction for Simplified Chinese rights), Mook Publications (Complex Chinese), JK (won a 4-way auction for the Polish rights), Alpina (Russia) and Poetika (Croatia), Psychogios (won a 2-way auction for the Greek rights), Publik Praktikum (Serbia), Tyto Alba (Lithuania), Učila (Slovenia).



16 TERRITORIES CONQUERED SO FAR

20K COPIES SOLD

ZENITH • 336 PAGES • FEBRUARY 2024
COMPLETE ENGLISH TRANSLATION AVAILABLE

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.



SILVIA CONGOST is a psychologist specializing in self-esteem and emotional dependency. She works as a psychologist and leads personal growth groups. She is widely recognized for her direct, effective therapeutic approach and her ability to generate meaningful change in a short period of time. Her extensive professional experience is matched by a solid publishing career, with several acclaimed books on relationships and emotional well-being.



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 ART OF LOVING WELL

EMOTIONAL INTELLIGENCE CONSCIOUS RELATIONSHIPS

LOVE ALWAYS FINDS A WAY? COUPLE'S PSYCHOLOGY

HEALTHY ATTACHMENTS

How can we sustain a relationship that truly matters? A modern, clear-eyed guide to navigating love crises and building bonds that last

Love alone is not enough to sustain a relationship. Over the course of a shared life, couples inevitably face deep emotional dilemmas: how to choose well, how to know whether what hurts can be repaired, how to preserve one's identity without losing the other, how to rebuild trust, and — perhaps most crucially — how to tell the difference between a crisis that can be overcome and one that signals an inevitable ending.

In *The Art of Loving Well*, psychologist Silvia Congost offers a clear, honest and empowering map for those who want to love consciously and sustainably. Drawing on clinical experience, intimate reflection and practical tools, she explores the most common conflicts that threaten romantic relationships and shows readers how to face them with emotional maturity and self-awareness.

Rather than offering idealized notions of love, this book helps readers understand their own wounds and those of their partner, recognize the influence of past experiences, manage conflict with respect, and make decisions that strengthen — rather than erode the bond. At its core, this is a practical guide about responsibility, presence and choice: about learning how to stay well within a relationship, and how to repair what is damaged when love truly matters.

OPTION PUBLISHERS: Eksmo (Russia), Znak (Poland), Bertrand (Portugal).



ZENITH • 256 PAGES • FEBRUARY 2026
ENGLISH SAMPLE AVAILABLE

A lucid and deeply no-nonsense book for anyone facing the hardest question in love: can this relationship be mended — and do we truly want to stay?

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

TOXIC RELATIONSHIPS SETTING BOUNDARIES

MANIPULATIVE BEHAVIOR WICKED GAMES

NARCISSISM & GASLIGHTING

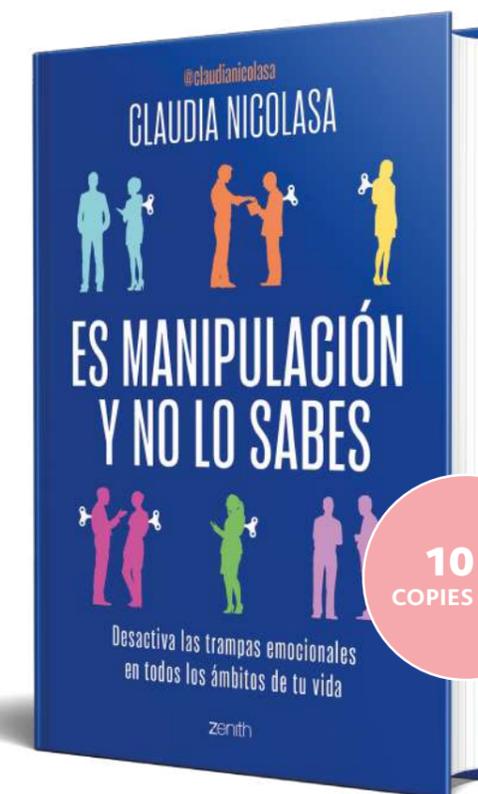
How to deactivate emotional traps in every aspect of your life

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 the Dark Triad, *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. In doing so, she identifies three distinct types of manipulators: *dark manipulators*, such as psychopaths, who act with harmful intent; *gray manipulators*, ordinary people who use manipulation in everyday situations, often without realizing it; and *white manipulators*, who consciously choose honest persuasion over deceptive tactics.

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.

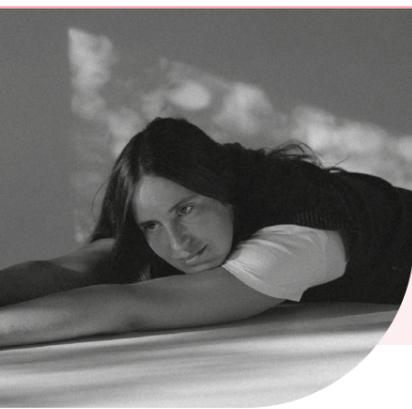
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ZENITH • 336 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE

10K
COPIES SOLD

With real-life examples, thought-provoking insights, and actionable techniques, this is an essential guide for anyone looking to navigate relationships with greater awareness and integrity.



PATRICIA PASQUÍN is a psychologist whose work bridges clinical practice and lived experience in the natural world. While completing her academic training, she spent more than three years living and working at a wolf sanctuary in the high desert of New Mexico, caring for several packs and observing animal behaviour at close range. That formative experience shaped her integrative therapeutic approach, which centres on context, emotional regulation, and relational dynamics. She currently works in private practice and is an active voice in public conversations around psychology, relationships and emotional awareness.



PABLO ORTIZ DE ZÁRATE is an art educator and journalist specializing in the emotional impact of art, with over 15 years of experience as an art journalist and creator of educational content for museums. He is a regular contributor to *Hoy por Hoy* on Cadena SER, where he hosts the segment “El Artesano”, and through workshops and guided museum visits he teaches how to look at art as a tool for emotional awareness and self-knowledge — an approach shaped in part by his own experience with depression.

WILD LESSONS

MENTAL HEALTH NATURE & PSYCHOLOGY
EMOTIONAL RESILIENCE INTUITIVE WISDOM
NARRATIVE NON-FICTION HEALING PROCESS

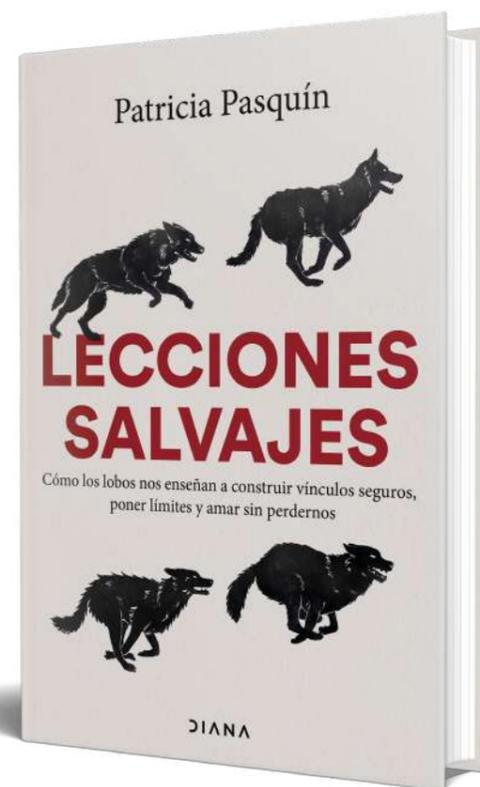
What wolves can teach us about reconnecting with our inner wisdom

For nearly four years, psychologist Patricia Pasquín lived in the high desert of New Mexico caring for wolves in a wildlife sanctuary. Living alongside these animals — alert, wounded, relational and deeply attuned to their environment — reshaped her understanding of fear, trust, intuition and emotional bonds. This book grows out of those years.

Each chapter begins with a real encounter with a wolf and unfolds into a psychological reflection on human experience: how trust is built and broken, how intuition operates as a form of embodied intelligence, how grief asks to be witnessed rather than resolved, and how relationships are both the source of our deepest wounds and our most powerful healing.

In one chapter, Pasquín recalls Luna, a wolf injured by human violence who, after years of cautious distance, allowed herself to be touched for the first time. That quiet moment becomes a meditation on trust as a process — fragile, relational and never forced. In another, she reflects on Naz, an aging wolf nearing the end of his life, whose silent gaze confronted her with the cost of ignoring inner knowing. From that unresolved pain emerges a reflection on intuition as a form of wisdom that, when unattended, draws us away from what is essential.

Wild Lessons does not idealize nature nor romanticize animals. Instead, it offers a sober, intimate exploration of what sustained attention to another species can reveal about the way we relate to ourselves, to others, and to the world we inhabit.



DIANA • 240 PAGES • APRIL 2026
ENGLISH SAMPLE AVAILABLE

For readers of The Wisdom of Wolves. A book that invites necessary questions rather than easy answers, and proposes reconnection not as a technique, but as a practice shaped through presence, vulnerability and context.

THE HEALING ART

ART THERAPY EMOTIONAL REGULATION MINDFUL SEEING
DEPRESSION & ANXIETY CREATIVE SELF-HELP
PSYCHOLOGY OF ART EMOTIONAL RESILIENCE

How to look at art to understand — and regulate — your emotions

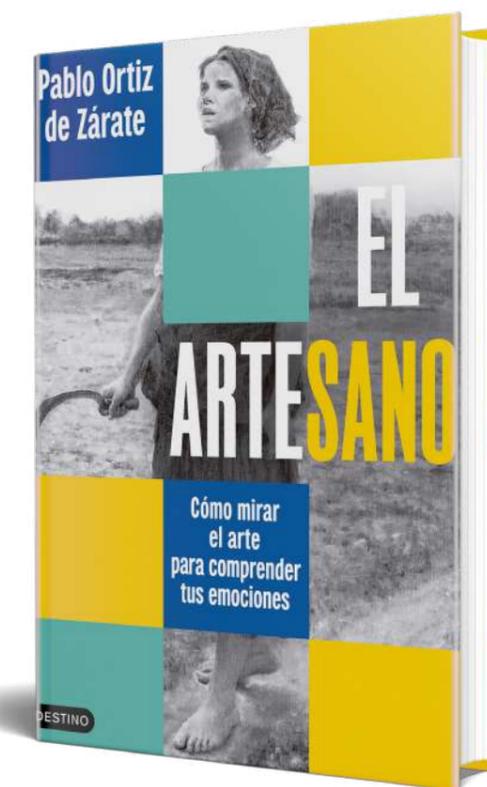
Going beyond aesthetics, Pablo Ortiz de Zárate — art journalist and educator — shows how learning to truly look at art can help us navigate difficult emotional states. Drawing on his own experience with depression, he reveals the deep connections between psychology and art, identifying three essential pillars of mental health — living in the present, developing empathy, and facing anxiety — and showing how each of them can be cultivated through the contemplation of art.

At the core of *The Healing Art* is a simple, accessible methodology that teaches readers how to “read” images and unlock their therapeutic potential. Focusing on objects, human figures — especially eyes and hands — and intangible elements such as light, color, balance, and atmosphere, Ortiz de Zárate shows why certain artworks resonate deeply while others, though visually striking, leave us emotionally untouched.

He then applies this method to specific life crises — such as the loss of a loved one, depression, anxiety attacks, or a relationship breakup — and “prescribes” artworks that help readers cope with pain, emotional challenges, and moments of vulnerability.

Combining art interpretation, personal insight, and practical guidance, *The Healing Art* transforms encounters with art into moments of reflection and care — offering a powerful yet approachable way to cultivate emotional awareness, inner calm, and a healthier relationship with one’s own feelings.

“This kind of art, rooted in suffering, reminds us that we are not alone. These works speak in the quiet, secret language of pain — one that only those who have lived it can truly understand.”



DESTINO • 256 PAGES • JANUARY 2026

Art as a balm for the mind in an overstimulated world: a new way to cultivate presence, empathy, and inner calm.



TOMÁS NAVARRO is a psychologist deeply committed to understanding and supporting people. He is the founder of a consulting firm and an emotional well-being center, and currently divides his time between writing, public speaking, training, consulting, and personal and professional coaching. He is the bestselling author of several successful titles, including *Your Red Lines*, *Think Beautifully*, *Wabi-Sabi*, and *Kintsukuroi*, which has been translated into more than 20 languages.



JUAN MANUEL GARCÍA PINCHO is one of the leading experts in behavioural science, nonverbal communication and emotional intelligence. He began his career in the Central Operative Unit of the Spanish Civil Guard (UCO), specialising in crisis negotiation and behavioural analysis. Trained by the FBI in critical incident negotiation and accredited by Dr. Paul Ekman in microexpression detection, García combines scientific rigour with real-world experience in high-pressure human interactions. He is currently Director of the European Institute of Behavioural Sciences, a university lecturer, podcaster and sought-after public speaker.

THE ZONE

MENTAL WELL-BEING WHOLE-LIFE APPROACH PRACTICAL MINDFULNESS

How to access a mental state of calm, focus, and well-being — where everything flows effortlessly

In a world saturated with noise and constant stimulation, Tomás Navarro invites us to reclaim one of our most valuable resources: attention. *The Zone* explores how to access a state of deep calm and sustained focus, free from distraction, fear, and self-criticism — where mind and body work in harmony and action feels effortless.

Structured in four parts, the book introduces the concept through clear examples, examines attention from a scientific perspective, and guides readers step by step on how to consciously enter and apply this state in everyday life — from work and study to sports, creativity, and personal growth.

Blending practical tools, personal experience, and inspiring references — from elite athletes to everyday situations —, *The Zone* offers readers an accessible path to greater productivity, mental clarity, and inner calm.



ZENITH • 250 PAGES • MAY 2026

BEHAVIOURAL SCIENCES

SILENT COMMUNICATION READING PEOPLE

EMOTIONAL INTELLIGENCE STRATEGIC INFLUENCE

APPLIED PSYCHOLOGY LEADERSHIP SKILLS

Read people, understand behaviour and influence others through neuroscience and psychology

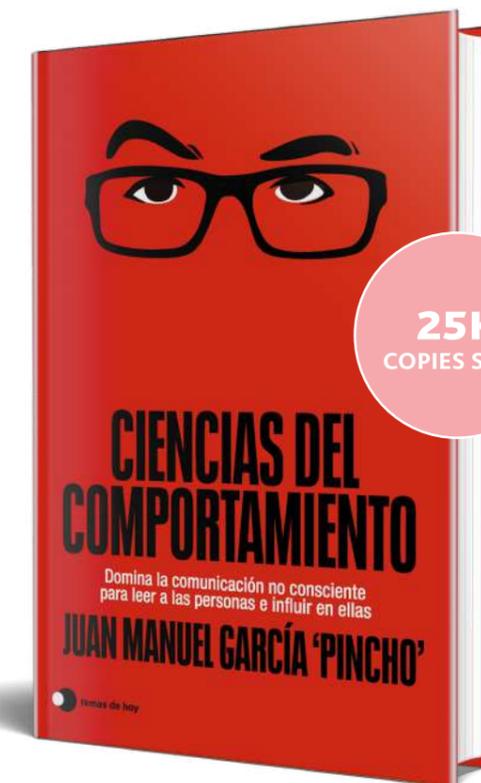
Words are unreliable. People lie, hide, protect themselves, often without realising it. But behaviour does not switch off. Although we may speak thousands of words each day, understanding non-conscious communication (gestures, posture, microexpressions and emotional cues) is essential to navigating a hyperconnected world filled with misunderstanding.

Written by Juan Manuel García Pincho, one of the leading behavioural analysts trained in critical incident negotiation, *Behavioural Sciences* explores how non-conscious communication reveals what words conceal.

Drawing on neuroscience, psychology and real-world experience in high-stakes situations, García presents a practical and scientifically grounded method to analyse, understand and influence human behaviour in everyday situations: from professional interviews and public speaking to personal relationships and conflict. Rather than relying on simplistic interpretations of body language, the book dismantles common myths and shows why context, emotional regulation and self-awareness matter as much as observation.

At the core of the book is a three-part model — Analyse, Know, Influence —, which encourages readers to understand their own emotional patterns before attempting to influence others. The result is a method that goes beyond decoding gestures, focusing instead on building emotional intelligence in action.

RIGHTS SOLD TO: Eksmo (Russia).



TEMAS DE HOY • 376 PAGES • SEPTEMBER 2025

A study published in Science suggests that we speak around 16,000 words a day. Body language, however, is active twenty-four hours a day. Often, we communicate more through what we withhold than through what we say.

THE KAIZEN PATH

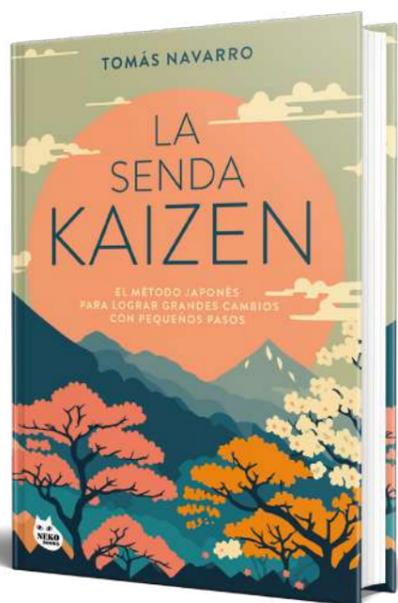
MICRO-HABITS JAPANESE PHILOSOPHY INTEGRATED SELF-CARE

The Japanese method for achieving big changes through small steps

Inspired by the kaizen mindset, Tomás Navarro introduces a method of personal transformation based on small, sustained actions. Rather than relying on willpower or radical change, he shows how meaningful progress comes from consistency, clarity, and daily micro-efforts.

Taking a whole-life approach, the book addresses health, emotional well-being, relationships, work, habits, and decision-making under stress, combining practical tools with over 100 actionable micro-strategies and accessible psychological insight.

Structured like a personal coach, *The Kaizen Path* offers clear frameworks and supportive guidance for readers seeking lasting change without burnout — rejecting miracle cures in favor of steady, realistic progress. Because you don't need a new life, just a better path.



NEKO BOOKS • 272 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE



JOSÉ MILLÁN holds degrees in Physics and Telematics and spent more than twenty-seven years working within the European Commission in Brussels, where he engaged closely with diverse political and institutional environments. Alongside his professional career, he developed a long-standing interest in astrology, which he approaches not as a science but as an art and a symbolic system. Over time, Millán has shaped a humanistic form of astrology focused on understanding the individual's place in the world and within relationships. In 2024, he published *Astrología para el nuevo orden mundial*.



ELSA PUNSET is one of the most recognized voices in emotional intelligence and personal growth. Author of bestselling books like *A Backpack for the Universe* and *The Little Book of Revolutions*, her work has been translated into over fifteen languages and read by millions. With a background in philosophy, humanities, and education, she has built a long-standing career in emotional awareness and outreach. *Wings to Fly* is rooted in her own experience with change, loss, and the courage to begin again.

LOVE HAS A THOUSAND NAMES

THE LANGUAGE OF LOVE HUMAN TIES SELF-KNOWLEDGE
EMOTIONAL PATTERNS SYMBOLIC MEANING

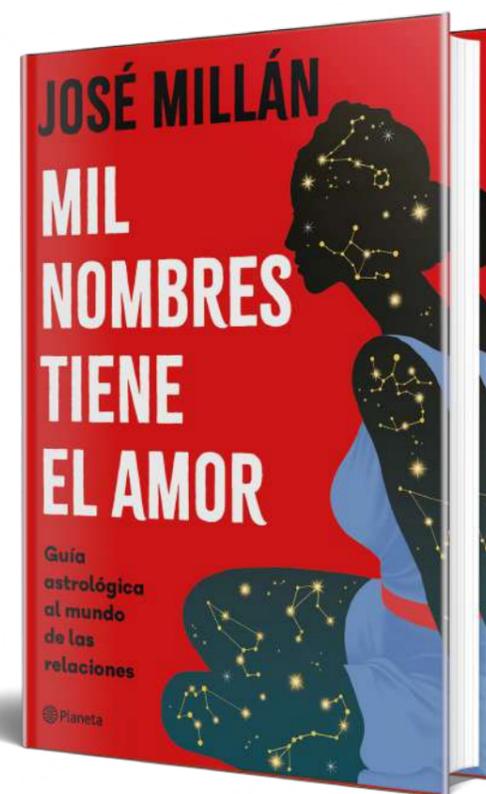
A humanistic astrological journey through love, work and family, tracing the invisible patterns that quietly shape how we meet, clash and belong to one another

Why do we fall in love? What draws us to certain people — as partners, friends, colleagues or even adversaries? Why do some relationships feel instinctively harmonious while others become a source of conflict or repetition?

Love Has a Thousand Names offers a reflective and humanistic approach to understanding the complex web of relationships that shape our lives. Moving beyond romantic love, José Millán explores emotional bonds in all their forms: family ties, professional relationships, friendships, rivalries and toxic dynamics.

Using astrology as a symbolic and interpretive language rather than a predictive tool, the book invites readers to revisit their past and present relationships from a new perspective. There is no single formula that explains why we connect the way we do. Instead, relationships emerge from the convergence of multiple factors — temperament, timing, emotional patterns and personal history — that together create the possibility of transformation through connection with others.

With clarity and depth, Millán shows how recurring relational patterns can be recognised, understood and re-signified. *Love Has a Thousand Names* is not about fate, but about awareness.



PLANETA • 352 PAGES • JANUARY 2026

A guide to understanding how we relate, why we repeat certain dynamics, and how relationships — in all their complexity — become a path toward greater self-knowledge.

WINGS TO FLY

LIFE TRANSITION HEALING FROM WITHIN
EMOTIONAL WELL-BEING GENTLE AND POETIC
PERSONAL TRANSFORMATION COMPASSIONATE

A moving roadmap to emotional renewal, woven with the true story of a sparrow who changed the author's life

Wings to Fly is a luminous and deeply human guide for anyone facing a turning point in life. With more than two million readers worldwide, Elsa Punset offers a gentle and practical companion for those moments when everything feels uncertain — when we need to pause, reset, and begin again with more clarity and strength. What helps us start over when life falls apart? How can we make hard decisions without betraying ourselves? Where can we find direction when we feel lost?

Structured in brief, accessible chapters, *Wings to Fly* addresses the essential themes of personal transformation: letting go of what no longer serves us, protecting our inner resources, setting boundaries, and reconnecting with ourselves and the world around us. Alongside these reflections runs the true story of a small sparrow that unexpectedly enters the author's life — serving as a poetic and symbolic thread throughout the book. Through this tender narrative, Punset explores resilience, softness, and the quiet courage to keep going, even when we're tired or wounded.

Reminiscent of *George: A Magpie Memoir*, *Wings to Fly* is at once a source of calm and a practical guide for navigating personal change. With the warmth and wisdom of a trusted friend, Elsa Punset gently invites readers to reconnect with what truly matters — honestly, and with a renewed sense of hope.



DESTINO • 248 PAGES • SEPTEMBER 2025

15K
COPIES SOLD

A gentle yet powerful guide for anyone yearning to begin again — when life changes, when we feel lost, or when the heart quietly whispers that it's time for something new.

RIGHTS SOLD TO: Penguin Random House (Germany).



ELENA GARRIDO is a leading expert in functional nutrition and Psycho-Neuro-Immuno-Endocrinology (PNIE), and the founder of the clinic that bears her name. With a strong background in microbiota, autoimmune diseases, and hormonal health, her approach is grounded in scientific evidence and a holistic view of the body. Garrido's clinical and research experience has led her to identify neuroinflammation as a key factor in many chronic conditions. She is committed to empowering individuals to understand and improve their health in a practical and conscious way.

YOUR BRAIN IS INFLAMED

FUNCTIONAL HEALTH

INFLAMMAGING

PREVENTING MENTAL FATIGUE

BRAIN LONGEVITY

CHRONIC STRESS

NEUROINFLAMMATION

The overlooked side of chronic inflammation: a pioneering exploration of neuroinflammation, the hidden cause of premature cognitive aging

Chronic inflammation has become a central topic in the health and wellness space, but its impact on the brain remains largely overlooked. *Your Brain Is Inflamed* addresses this critical gap by focusing on neuroinflammation, a silent yet pervasive condition that underlies premature cognitive decline, emotional dysregulation, fatigue, and mental fog.

Elena Garrido, functional nutritionist and expert in PNIE (Psycho-Neuro-Immuno-Endocrinology), sheds light on the biological mechanisms behind brain inflammation and its links to mood disorders, poor memory, anxiety, and accelerated brain aging. It doesn't hurt, but it leaves you feeling unlike yourself.

Combining rigorous science with practical tools, the book lays out a complete strategy to reduce neuroinflammation through targeted nutrition, vagus nerve stimulation, stress management, detoxification, and mitochondrial care. The result is an integrative and accessible roadmap to restoring mental clarity, stabilizing mood, and reclaiming long-term cognitive well-being.

RIGHTS SOLD TO: Newton Compton, at auction (Italy), Luna (Poland).



ZENITH • 272 PAGES • SEPTEMBER 2025

ENGLISH SAMPLE AVAILABLE

Do you struggle to concentrate, feel exhausted despite sleeping well, or experience mood swings and lack of mental clarity? You're not broken — your brain is inflamed.



DR. CAMINO DÍAZ is a family medicine specialist and expert in advanced integrative medicine. After more than a decade in public healthcare, she developed the CAMINO Method, an integrative approach that combines conventional medicine with insights into nutrition, gut health, emotional factors, and environmental influences. With extensive postgraduate training and experience as a clinician, educator, and science communicator, she has helped thousands of patients restore energy, mental clarity, and overall well-being through her online practice and health programs.

YOUR PATH TO HEALTH

INTEGRATIVE MEDICINE

CHRONIC ILLNESS & FATIGUE

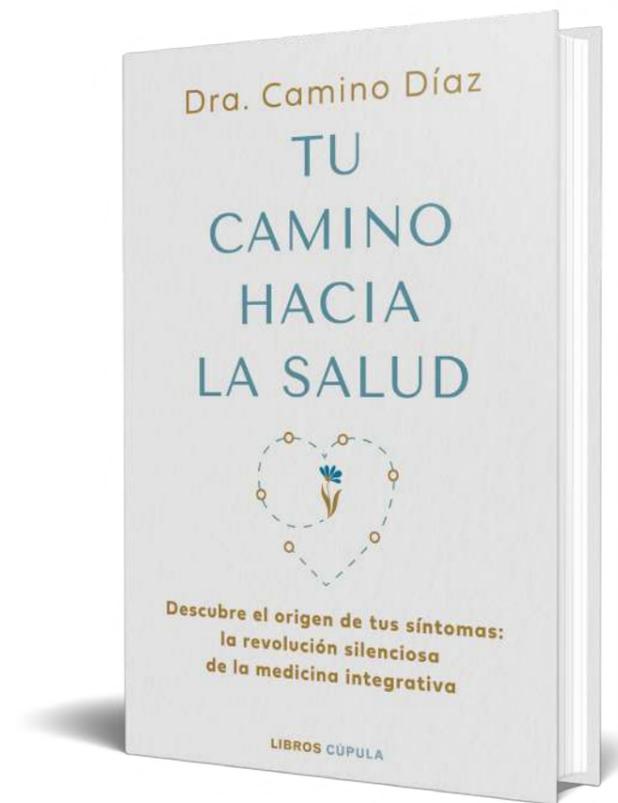
ROOT-CAUSE HEALTH

The CAMINO Method: an integrative approach for patients who haven't improved with conventional treatment

Your Path to Health is not another general wellness book. It is written for readers who have spent years searching for answers — moving from specialist to specialist, undergoing endless tests, and trying treatment after treatment, only to be told that "everything looks normal" while they continue to feel exhausted, inflamed, in pain, or unwell. Dr. Camino Díaz explains why this happens: modern healthcare treats isolated symptoms rather than root causes, leaving millions of patients stuck in chronic discomfort without real solutions.

Drawing on more than twenty years of clinical practice, Dr. Díaz presents the result of her own transition from conventional medicine to integrative and functional care: the CAMINO Method, a rigorous yet humane framework for patients who have not improved with standard treatments. Built around six clinical pillars — environmental exposure, nutrition, gut health, inflammation, circadian rhythms, and emotional factors — the method helps readers identify what is blocking their body's natural capacity to heal, without extreme, restrictive, or pseudoscientific interventions. Instead, it offers a realistic, clinically grounded path that rebuilds trust between patients and their bodies.

More than a book about "optimizing health," *Your Path to Health* speaks directly to those who feel worn down, overmedicated, and unheard. Addressing the global rise of chronic fatigue, digestive disorders, inflammation, brain fog, and low-grade anxiety, it offers a compassionate alternative to resignation — and a credible starting point for genuine recovery.



CÚPULA • 400 PAGES • FEBRUARY 2026

A book for readers who no longer want to "manage symptoms," but to understand what is happening in their bodies — and finally begin to heal.



DR. ALEXANDRA HENRÍQUEZ is a gynecologist and obstetrician, widely recognized as one of Spain's leading voices in women's health. She specializes in breast disease and gynecologic oncology, and is known for promoting a less interventionist, evidence-based approach to pregnancy and childbirth. A member of major scientific societies including the Spanish Society of Gynecology and Obstetrics (SEGO) and the Spanish Society of Senology and Breast Pathology (SESPM), she is also a prominent public educator in the media and on social platforms. Her clinical philosophy is guided by the principle *primum non nocere* — first, do no harm.



ANTONIO VALENZUELA is a physiotherapist with a master's degree in clinical psychoneuroimmunology and expertise in orthomolecular therapy. With over twenty years of clinical experience, he has worked with individuals and advised companies within the integrative health sector. He is the author of *Activa tus mitocondrias* and *Estimula tu nervio vago*, and a lecturer and regular speaker at conferences focused on health, well-being and human performance.

BEING A WOMAN

WOMEN'S HEALTH BODY LITERACY LIFE CYCLE MEDICINE
EVIDENCE-BASED WELL-BEING GYNECOLOGY EXPLAINED

A science-based, life cycle guide to women's gynecological health — clear, comprehensive, and empowering

In *Being a Woman*, Dr. Alexandra Henríquez, a practicing gynecologist and leading health communicator, offers a thorough evidence-based guide to women's health that stands apart from the usual wellness manuals. Combining clinical medicine, genetics, and lifestyle science, she provides clear answers to the questions women ask most — without alarmism, taboos, or pseudoscience.

What makes this book distinctive is its true life cycle approach. Henríquez accompanies readers from the first thousand days of life, including prenatal development, through adolescence, reproductive years, pregnancy, and menopause. Rather than treating female health as a collection of isolated issues, she presents it as a continuous process, helping women understand how early biological and lifestyle factors shape long-term well-being.

Addressing common but often misunderstood conditions — such as PCOS, PMS, endometriosis, breast cancer, fertility challenges, and hormonal imbalance — Henríquez explains complex medical concepts in practical, accessible language grounded in daily clinical experience.

The result is not just a reference book, but a tool for informed decision-making, designed to help women understand their bodies, engage confidently with healthcare professionals, and navigate every stage of womanhood with clarity and autonomy.



ESPASA • 320 PAGES • OCTOBER 2025

A rigorously medical yet reassuring guide to women's gynecological health, designed to dispel myths and fears with knowledge and confidence.

NOOTROPIC LIFE

COGNITIVE HEALTH MIND-BODY SCIENCE
BRAIN OPTIMISATION NEUROPLASTICITY
CONSCIOUS LIVING

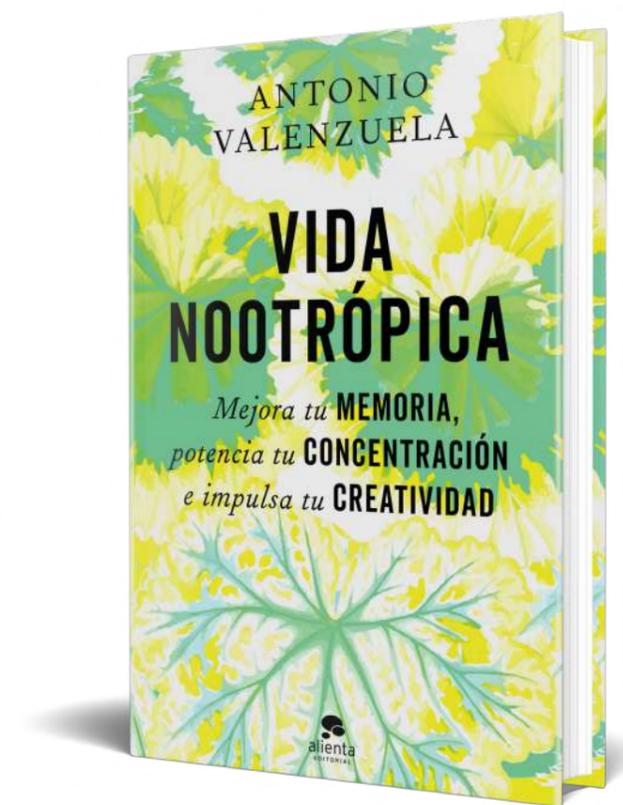
How to enhance memory, focus and creativity through an integrative approach to the mind

While nootropics are often described as substances — drugs, supplements or compounds designed to boost memory, focus or creativity — Antonio Valenzuela expands the concept to include everything that genuinely strengthens the mind. Sleep, sunlight, intelligent movement, breathing, nature, emotional bonds and sensory stimulation are presented not as secondary habits, but as core cognitive inputs.

Combining neuroscience, physiology and integrative health, Valenzuela reframes nootropic practice as a way of living. He explores how cerebral blood flow can be improved, how neuroinflammation can be reduced, how mitochondrial metabolism supports mental clarity, and how states such as presence, gratitude and connection actively shape the nervous system. Functional foods, adaptogens and psychoactive substances are addressed within this wider framework, without shortcuts or exaggerated claims.

Throughout the book, Valenzuela invites readers to reconsider how they care for their minds in everyday life. Rather than promising shortcuts, *Nootropic Life* suggests that cognitive vitality grows from sustained attention, meaningful connection, and habits that respect the body's natural intelligence.

OPTION PUBLISHERS: Eksmo (Russia), PRH (Portugal).



ALIENTA • 400 PAGES • MARCH 2026

Nootropic Life is not about maximising productivity at all costs. It is an invitation to cultivate a mind that thinks more clearly, feels more deeply and adapts more intelligently to the demands of contemporary life.



ODILE FERNÁNDEZ is a family physician and health educator. In 2010, she was diagnosed with advanced ovarian cancer, an experience that led her to study in depth the relationship between nutrition, lifestyle and disease prevention. She is the author of several bestselling books, including *Mis recetas anticáncer*, *Mi revolución anticáncer*, *Recetas para vivir con salud* and *Hábitos que te salvarán la vida*. She currently focuses on research, education and public outreach in integrative health and is the founder of OFM Health.

THE POWER OF SUPPLEMENTATION

INTEGRATIVE HEALTH NUTRITIONAL SCIENCE

PREVENTIVE MEDICINE HEALTHY AGEING

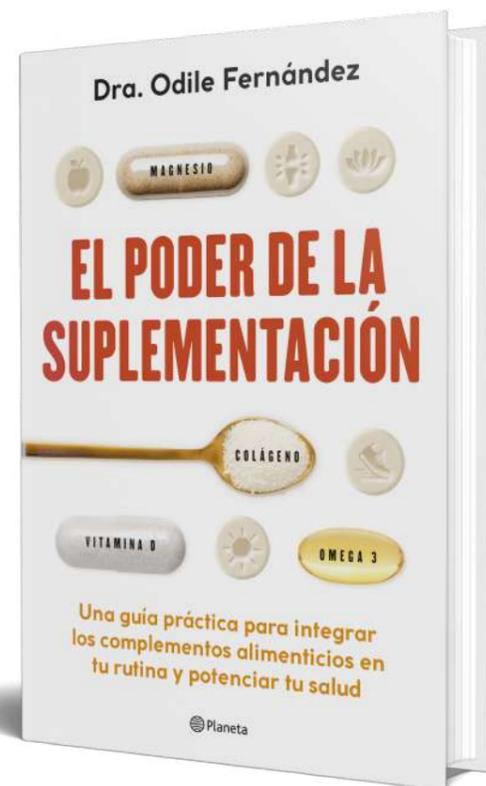
EVIDENCE-BASED WELL-BEING

A guide to integrating dietary supplements into everyday life, with clarity and long-term perspective

When the body lacks essential vitamins, minerals or other bioactive compounds, diet alone is not always sufficient. Supplements can play a valuable role, but only when chosen and used with discernment. In a market saturated with options of uneven quality, the challenge is not whether to supplement, but how to do so responsibly and efficiently.

Drawing on scientific evidence and clinical experience, Dr. Odile Fernández explains how dietary supplements can be integrated into everyday routines, without replacing the foundations of good health. The book explores which supplements may support energy levels, gut health and mental well-being, and which play a role during key life stages such as menopause and ageing, or alongside medical processes such as cancer, always from an integrative perspective.

Rather than promoting pills as solutions, Fernández places supplementation within a broader framework of lifestyle, nutrition and preventive care. The focus remains on informed choice, quality, context and realistic expectations.



PLANETA • 272 PAGES • FEBRUARY 2026

The Power of Supplementation is a practical and grounded guide for building a healthier way of living: one that goes beyond any single capsule.

OPTION PUBLISHERS: PRH (Portugal), ZNU (Netherlands).



FERNANDO GÓMEZ is a writer and cultural journalist whose work explores history, memory and the hidden narratives of places often left on the margins. He is a regular contributor to media on topics related to history and mystery. He has published nine novels and several acclaimed non-fiction titles, including *La vuelta al mundo en 80 cementerios*, *El mundo a través de sus cárceles* and *Viaje al centro de los manicomios*. His novel *Distancias cortas* received the Mass Media Award from the College of Private Detectives of Catalonia in 2015, and *Los vampiros de papel* won the Premio Incógnitas Oblicuas in 2016.

ETERNAL LOVES

LOVE & MEMORY NARRATIVE TRAVEL

CULTURAL HERITAGE DEATH & REMEMBRANCE

Forty romantic cemeteries: stories of love, memory and devotion written in stone

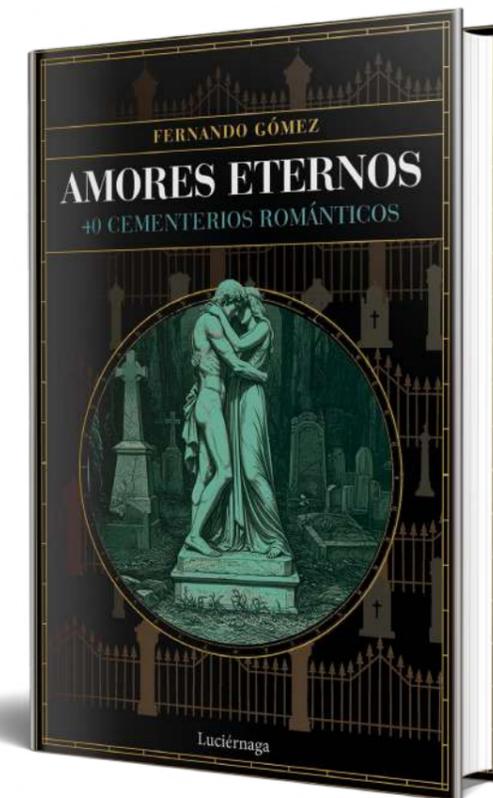
Eternal Loves is not a travel guide, but it will take the reader far.

Everything begins with a final gift: a message sent by an elderly man with whom the author had long shared stories about cemeteries, prisons and asylums. What follows is the result of years spent visiting cemeteries around the world, in search of true stories of love that endured time, oblivion and, in many cases, death itself.

Blending memory, reportage and reflection, each chapter leads the reader to anonymous graves and famous tombs alike, from Paris to Sarajevo, from San José, Costa Rica, to Tokyo. These are stories of lovers separated by war, social class or family decisions, but also of those who chose not to forget: widowers who still write letters, travellers who leave flowers on distant graves, couples who managed to be buried together after years of separation.

Each cemetery becomes an open letter — intimate, unsettling and quietly moving — reminding us that love, when it is genuine, does not end with death.

Intimate, real-life told through places where absence still speaks. A human and atmospheric approach to cultural heritage.



LUCIÉRNAGA • 224 PAGES • FEBRUARY 2026

Like The Hare with Amber Eyes, Eternal Loves rescues private histories and transforms them into a moving work of narrative non-fiction.



JAVI ALONSO is a cultural commentator specializing in musical theatre, opera, and zarzuela. His first book, *Singing History*, offers an original and engaged reading of major Broadway musicals (and beyond), exploring how these works reflect issues of race, gender, power, and desire — both in the context of their premieres and in contemporary society.

SINGING HISTORY

CULTURAL HISTORY SMART, WITTY NON-FICTION

POP CULTURE & HUMANITIES POP ESSAY

MUSICALS AS SOCIAL COMMENTARY

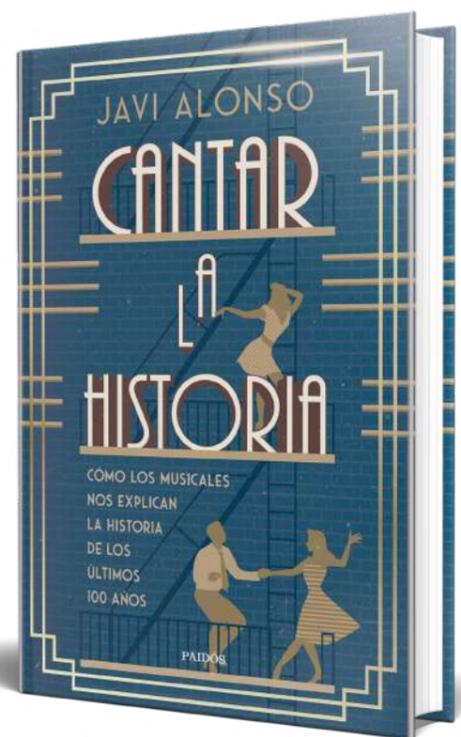
How musicals explain the last 100 years

What do *Wicked*, *Cats*, and *West Side Story* have in common? They haven't just made us sing — they've shaped how we understand the world, often without our noticing. Long dismissed as mere entertainment, musical theatre is in fact one of the most revealing cultural archives of the last century. *Singing History* sets out to prove it.

In this sharp and accessible essay, cultural critic and theatre lover Javi Alonso traces a cultural and social history of the last nine decades through nine landmark musicals, from *Carousel* and *West Side Story* to *Wicked*, *Cats*, and *Waitress*. Treating each work as a product of its time, the book explores how major social transformations have been consciously — and unconsciously — staged through song, movement, and spectacle.

Drawing on history, sociology, politics, economics, and anthropology, Alonso addresses a gap in cultural non-fiction by examining musical theatre as a serious object of analysis. While painting, literature, cinema, and opera have long been studied through sociocultural lenses, *Singing History* argues that the musical — a hybrid form combining text, music, choreography, design, and architecture — deserves a place within that canon.

From post-war masculinity and urban violence to racism, queerness, propaganda, gentrification, and collective memory, the book combines cultural analysis, historical context, and personal insight to show how musicals function not merely as a genre, but as a flexible narrative format capable of articulating complex ideas that other arts often soften or sidestep.



PAIDÓS • 256 PAGES • NOVEMBER 2025

A lucid, passionate defense of musical theatre as a legitimate cultural language and one of the great storytellers of modern history. Because sometimes history isn't only written. Sometimes, it's sung.

Musicals analysed in the book:

1. *Carousel*
2. *West Side Story*
3. *Camelot*
4. *Company*
5. *Cats*
6. *Kiss of the Spider Woman*
7. *Wicked*
8. *Waitress*
9. *A faint light*



CLARA GONZÁLEZ FREYRE DE ANDRADE is an art historian specialising in cultural criticism and communication. Her work foregrounds women and LGBTQ+ artists, promoting a more equitable and contemporary reading of visual culture. She has written for *El Confidencial*, *Arteinformado*, *Yorokobu* and *El Orden Mundial*, and regularly collaborates with museums and universities through talks and guided programmes. She is the author of *Un Van Gogh en el salón* and *Nos recordarán*.

THEY WILL REMEMBER US

QUEER ART HISTORY LGBTQ+ HERITAGE VISUAL CULTURE

COUNTER-NARRATIVES CULTURAL CRITICISM

A queer and intellectually uncompromising reimagining of the history of art

In *They Will Remember Us*, art historian and cultural communicator Clara González Freyre de Andrade presents a vibrant and necessary re-reading of art history through a queer lens.

For centuries, art has been presented as universal while quietly excluding those who did not conform to dominant norms. This book challenges that narrative, revealing how LGBTQ+ creators and perspectives have shaped artistic production from its earliest forms to the present day.

Structured around the colours of the rainbow flag, each chapter unfolds like a cultural chronicle, exploring figures such as Toulouse-Lautrec, Rubens, Hilma af Klint and Natalie Clifford Barney. Through painting, sculpture, photography and visual culture more broadly, González Freyre de Andrade examines how art has intersected with sexuality, dissidence, spirituality, health, race and pride, often in ways erased or softened by traditional histories.

Blending scholarship with accessible storytelling, *They Will Remember Us* is both a reclamation and an invitation: to look again, to question inherited narratives, and to recognise the creative power of those who worked — and loved — beyond the margins.



TEMAS DE HOY • 368 PAGES • MARCH 2026

For anyone who has searched for representation, for lineage, or for a place within cultural memory.





AINA S. ERICE is a biologist with a master's degree in Plant Biology under Mediterranean Conditions. Her books include *Tell Me, Sesame*, *The Invention of the Plant Kingdom*, and *The Book of Forgotten Plants*, the latter published by Ariel. Her essays and articles focus on ethnobotany and have appeared in national and international media. She also writes, produces, and hosts the podcast *The Path of Lost Plants*.



EMILIANO BRUNER holds a PhD in Animal Biology from La Sapienza University in Rome. He is currently a researcher at the National Museum of Natural Sciences (CSIC) in Madrid and an affiliated investigator at the Center for Research in Neurological Diseases. For years, he served as Head of Hominid Paleoneurology Research at the National Research Center on Human Evolution (CENIEH) in Burgos, Spain. His work focuses on evolutionary anthropology and neuroscience, with research lines that include comparative neuroanatomy, digital anatomy, and cognitive archaeology. He has published over 150 scientific articles and numerous pieces of science communication for broader audiences.

THE GARDEN OF THE GODS

NARRATIVE NON-FICTION SCIENCE MEETS SPIRITUALITY

CLARITY, RIGOR, AND SENSIBILITY NATURE WRITING

CULTURAL HISTORY THROUGH PLANTS

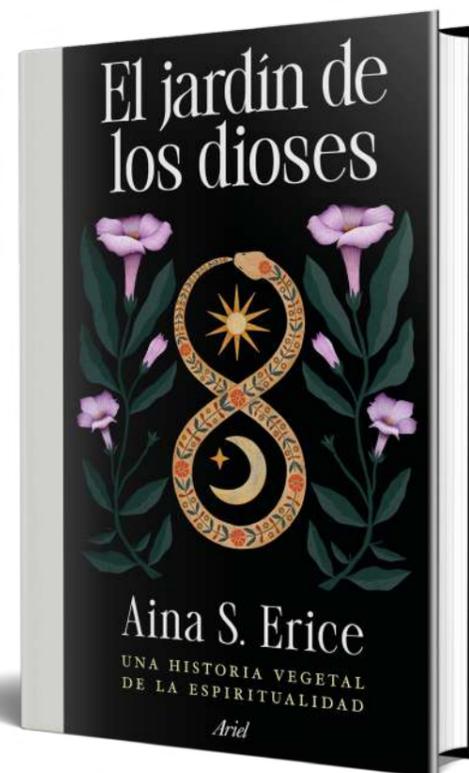
A botanical history of spirituality: world religions told through plants — at once lyrical, grounded, and accessible

Just as Dante descended into the realms of the soul to reveal their moral geography, *The Garden of the Gods* ventures into humanity's hidden landscapes to uncover the roots of faith, imagination, and the desire for transcendence. In this journey of ascent and revelation, leaves, flowers, and fruits replace angels as guides to meaning.

Aina S. Erice reconstructs the secret history that links the plant world to humankind's most enduring belief systems, revealing how vegetal life has nourished both our bodies and the sacred. From prehistoric offerings to contemporary religious rituals, she traces a sweeping, richly documented journey across cultures and religions worldwide — from the Paleolithic to the present — to advance a powerful and suggestive idea: there are no religions without plants.

Written in a lyrical yet precise voice, Erice leads readers through landscapes of the soul where forests become temples, fruits turn into offerings, and roots act as living metaphors of mystery. From the cedar revered by the Haida to the cosmic maize of the Maya, from leaf oracles to sacred perfumes, this book reveals an essential truth: nature does not merely sustain life — it inspires belief and enables transcendence.

Responding to a growing international interest in the spiritual bond between humanity and nature, *The Garden of the Gods* aligns with bestselling works by Peter Wohlleben, Robin Wall Kimmerer, Richard Tomkins, and Stefano Mancuso, while offering a distinctly original perspective: a global history of belief told from the point of view of plants.



ARIEL • 356 PAGES • JUNE 2026
ENGLISH SAMPLE AVAILABLE SOON

From prehistoric rituals to modern yoga, through myths and deities across the world: a unique exploration of plants as the raw material of rites, beliefs, and the sacred.

THE CURSE OF THE APE-MAN

EVOLUTIONARY PSYCHOLOGY MENTAL HEALTH

THE THINKING TRAP EVOLUTION DID THIS

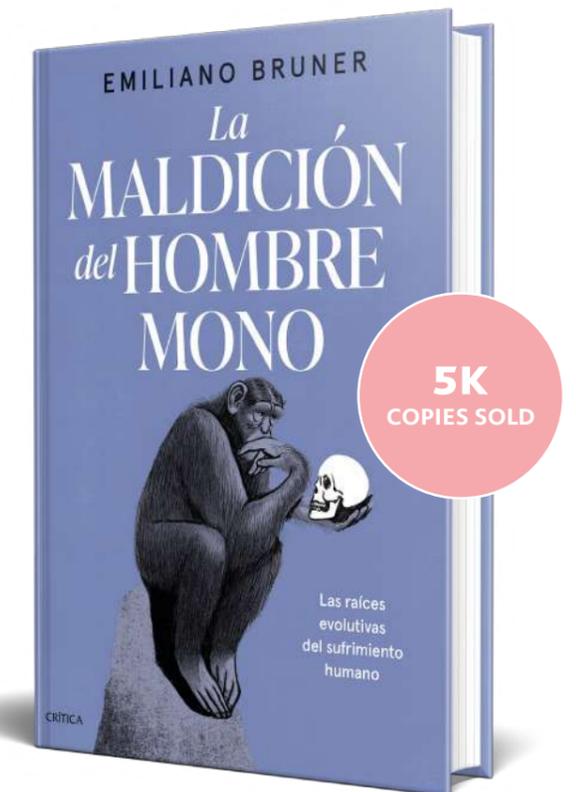
PROVOCATIVE & INTERDISCIPLINARY ANTHROPOLOGY

An evolutionary and neuroscientific investigation into why the very abilities that define us as humans may also be the source of our deepest suffering

Our brains project, judge, desire, reject, and worry endlessly. We live in a permanent state of mental narration, trapped in fears, expectations, and imagined futures, far from the reality of the present moment. The result? Chronic stress and a brain caught in a cycle of ongoing psychological inflammation.

In *The Curse of the Ape-Man*, paleoanthropologist Emiliano Bruner explores the evolutionary conflict at the core of our suffering: the excessive mental rumination and wandering that have become defining traits of *Homo sapiens*. Bruner proposes that the universality of stress and anxiety points to a biological origin. These vulnerabilities are not personal flaws, but consequences of our species' cognitive evolution.

The mental superpower that allows us to process symbols, handle abstract language, and imagine infinite scenarios has also made us prone to overload, worry, and disconnection from the present. Drawing from evolutionary biology, neuroscience, anthropology, and primatology, Bruner examines how attention, internal dialogue, and cognitive habits relate to well-being — and how we might restore a more balanced mental and emotional state.



CRÍTICA • 208 PAGES • JUNE 2025

A reflective rethinking of anxiety and inner turmoil as evolutionary side effects — not errors, but the cost of a brilliant, overactive mind.



DR. ÀLEX GÓMEZ-MARÍN is a physicist and neuroscientist. He holds a PhD in Theoretical Physics and currently serves as a researcher at the Spanish National Research Council (CSIC) and as director of the Pari Center in Tuscany. After a near-death experience in 2021, he redirected his scientific work toward the study of consciousness and its boundaries. In 2023, he received the inaugural Linda G. O'Bryant Noetic Sciences Research Prize. Named one of the world's most inspiring people by OOOM 100 and selected as one of the "Ten Most Revolutionary Scientists" by Feed Your Head, Gómez-Marín is widely regarded as one of the most promising voices in the new science of mind.

THE SCIENCE OF THE FINAL THRESHOLD

THE LIMITS OF KNOWLEDGE POP SCIENCE NEUROSCIENCE

TOLD FROM INSIDE THE LAB PERSONAL EXPERIENCE

THE MIND QUESTIONED RIGOROUS & PROVOCATIVE

A neuroscientist's personal reckoning with death and the limits of science — this is a daring exploration of consciousness that begins where traditional knowledge ends

What happens when a scientist experiences something his own discipline can't explain? Is death the end of our existence? Or just the beginning of a deeper mystery science has yet to understand?

In *The Science of the Final Threshold*, theoretical physicist and neuroscientist Àlex Gómez-Marín takes readers on a riveting exploration of the outer edges of consciousness, blending rigorous scientific inquiry with personal experience. After surviving a near-death experience in 2021, Gómez-Marín began rethinking everything he thought he knew about the mind, the brain, and what lies beyond.

Far from offering easy answers or spiritual platitudes, this book explores the cracks in modern neuroscience where mystery, meaning, and subjective experience push against the limits of the measurable. Gómez-Marín draws on decades of scientific training to engage with topics often dismissed by mainstream academia: out-of-body experiences, synchronicities, altered states of consciousness. Not to mystify, but to ask better questions.

A thoughtful, radical exploration of the mind's unknowns. *The Science of the Final Threshold* invites readers to reconsider the foundations of modern knowledge, and to imagine a science brave enough to face what it still doesn't understand.



TEMAS DE HOY • 304 PAGES • OCTOBER 2025

ENGLISH SAMPLE AVAILABLE

This book doesn't ask what we know. It delves deep into what we're still afraid to question: about consciousness, death, and the limits of the scientific mind.

 RIGHTS SOLD TO: Newton Compton (Italy), Bertrand (Portugal).



ANGÉLICA VELASCO is a philosopher and Associate Professor of Moral Philosophy at the University of Valladolid. She holds a PhD in Philosophy and is a specialist in animal ethics. Her work explores the intersections between feminism, ecology, and compassion as the foundations of a renewed ethics of care. She is the author of *Animal Ethics: A Feminist Question?* (Cátedra, 2017) and a frequent contributor to public debate and critical thought on environmental justice, non-violence, and animal rights.

SAVAGE TENDERNESS

ECOFEMINISM ETHICS OF CARE ANIMAL ETHICS

CARE AS RESISTANCE POLITICAL PHILOSOPHY

A passionate defense of tenderness and compassion as powerful, radical acts of resistance in a violent world

Tenderness, Angélica Velasco argues, can be a radical act. In a world that celebrates strength, productivity, and competition while dismissing vulnerability and care, *Savage Tenderness* offers a bold rethinking of how we relate to one another, to non-human animals, and to the planet. A philosopher and leading voice of ecofeminism, Velasco proposes a form of ferocious tenderness — conscious, courageous, and undomesticated — that refuses passivity and becomes a force of resistance.

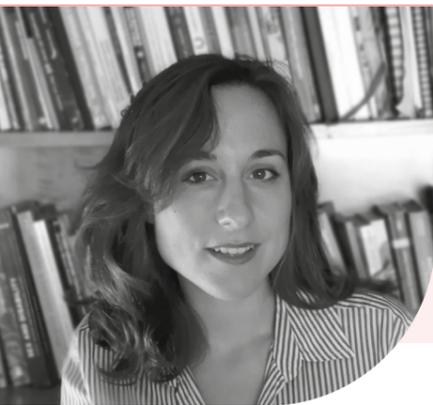
Blending personal experience, philosophical reflection, and political commitment, Velasco reclaims care, compassion, and non-violence as transformative principles capable of reshaping our ethical and social frameworks. Drawing on ecofeminism, animal ethics, feminist philosophy, and environmental thought, she reveals the deep connections between patriarchal domination, environmental destruction, and violence against both women and animals, offering a visceral and lucid invitation to live differently: to care without fear, to resist through empathy, and to imagine new ways of inhabiting a wounded world.

Written in a passionate yet accessible voice, *Savage Tenderness* moves between theory and lived experience, confronting discomfort, anger, and grief while insisting on the political power of empathy. Far from sentimentalism, it is a call to rebuild a shared ethics beyond androcentrism and anthropocentrism — one that embraces fragility not as weakness, but as a revolutionary force.



PAIDÓS • 300 PAGES • APRIL 2026

Inspired by thinkers such as Carol Gilligan, Marta Tafalla, and Donna Haraway, Velasco reclaims the ethics of care as a contemporary, intersectional, and political framework — an essential update of ecofeminist thought.



ANDREA GARCÍA-SANTESMASES is a sociologist and anthropologist whose work bridges lived experience and academic research. A feminist and anti-ableist activist, she collaborated on the documentary project *Yes, We Fuck!* about sexuality and disability. She teaches at UNED and in the Master's Degree in Sexology at UCJC, and her research focuses on the intersections of body, gender, (dis)ability, and desire. She is the author of *El cuerpo deseado* (2023) and *A New Sexual Contract* (2026).

A NEW SEXUAL CONTRACT

FEMINIST THEORY POLITICS OF DESIRE SEX INDUSTRY

INTIMATE-ANALYTIC ANTI-NAÏVE

REFLECTIVE BUT UNSENTIMENTAL

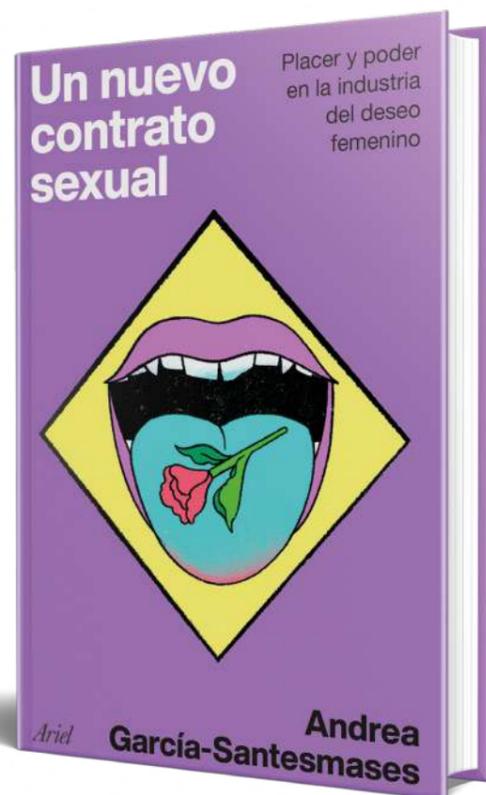
A bold, accessible essay on the business of female desire in the age of empowerment

Is women's consumption of erotic services a form of empowerment — or a new version of the old patriarchal deal? Is paying the same as consenting? In *A New Sexual Contract*, Andrea García-Santesmases tackles one of today's most uncomfortable questions: what happens when female desire enters the marketplace under the banner of freedom and choice.

Drawing on cultural analysis and interviews with gigolos and other men who sell pleasure to women, the book explores a growing but rarely examined industry built around female heterosexual desire. Rather than treating these practices as simple role reversals, García-Santesmases shows how empowerment rhetoric can coexist with — and sometimes reinforce — familiar hierarchies of gender, care, and emotional labor.

To make sense of this landscape, she identifies three recurring male personas — the Gallant, the Pornographer, and the Therapist — drawn from cultural narratives, industry marketing, and firsthand testimony.

The book is structured as a clear, progressive inquiry. It begins by examining how empowerment discourse has reshaped intimacy and desire, then moves on to analyze the cultural fantasies surrounding the male sex worker. From there, it addresses one of its central questions — whether payment can truly guarantee consent — before opening onto a broader reflection on heterosexuality as an institution that easily adapts to neoliberal logic.



ARIEL • 224 PAGES • APRIL 2026

A timely, debate-starting book that works both as cultural diagnosis and feminist intervention, connecting intimacy to politics and pleasure to power — without moralism, but with real stakes.



MARGA SÁNCHEZ ROMERO is an archaeologist, writer, and professor in the Department of Prehistory and Archaeology at the University of Granada, where she also serves as Vice Rector for Equality, Inclusion, and Sustainability. Her research focuses on highlighting the crucial role of women in prehistoric societies. She is the creator of *Pastwomen.net*, a project dedicated to increasing the visibility of research in archaeology and the history of women's culture in prehistoric societies.

WHAT OUR BODY TELLS US

WOMEN IN HISTORY BODY POLITICS

FEMINIST ARCHAEOLOGY

A physical and political journey through the female body from Prehistory to the present

Why does the female body in prehistory matter? How have narratives about women's bodies been constructed throughout history? In *What Our Bodies Tell Us*, renowned archaeologist and science communicator Marga Sánchez Romero invites us to look at the past from a new perspective: the body is not just biology but a powerful tool of identity, power, and social control.

From the first tattoos in prehistory to modern fashion, from funeral rituals to reconstructive surgery, the author explores — through a book that challenges, informs, and empowers — how bodies have been dressed, adorned, worked, punished, modified, and, above all, politically interpreted. Combining archaeology, bioanthropology, history, and feminism, this book reveals that control over women's bodies is not merely a contemporary issue but a phenomenon with deep historical roots.

With an engaging and accessible narrative, Sánchez Romero brings archaeology to life, making it relevant to the present. Her approach, both rigorous and compelling, offers a thought-provoking and necessary exploration of women's roles in history and the cultural construction of the female body. In short, this is a must-read for understanding the history of the bodies we inhabit.



DESTINO • 288 PAGES • MAY 2025

Why, both in past societies and today, the female body continues to be used as a political instrument.



MARCOS FERNÁNDEZ GARCÍA is a young historian with postgraduate specialization in Early Modern history. His research has been published in leading journals and presented at national and international conferences. Currently completing his PhD, he combines rigorous scholarship with a strong engagement in the humanities. His first book, *The Darkness of Reason*, showcases a distinctive voice that bridges academic depth and contemporary intellectual inquiry.

THE DARKNESS OF REASON

CULTURE & IDEAS NARRATIVE HUMANITIES

POP CULTURE THE MONSTROUS

A fascinating journey through the cultural history of fear

From the oracles of ancient Greece to the monsters of contemporary culture, *The Darkness of Reason* offers an original exploration of the history of fear and its many historical representations. Inspired by Goya's famous print *The Sleep of Reason Produces Monsters*, Marcos Fernández argues that reason does not eradicate human fears; instead, it shapes them, amplifies them, and gives rise to new forms. Fear thus emerges as a historical constant that runs through religions, mythologies, folklore, and superstition, and that continues to shape how we relate to the world today.

Structured in three parts, the book traces the evolution of fear in Western culture: from Greek divination and Roman augury, through medieval superstition and the supernatural imagination surrounding witches and demons, to the transformation of the monster in modernity and postmodernity, explored through horror cinema, literature, and video games. With scholarly rigor and an evocative narrative voice, Fernández brings together history, anthropology, art, and philosophy to reveal how each era has given form to its deepest anxieties.

In the tradition of thinkers such as Claude Lévi-Strauss and Marvin Harris, this young author invites readers to view fear not as a weakness, but as a fundamental lens through which to understand both our culture and our present moment.



PAIDÓS • 312 PAGES • FEBRUARY 2026

In a world shaped by uncertainty, The Darkness of Reason offers a wide-ranging perspective on fear as a powerful cultural, political, and social force throughout history.



FRANCESC TORRALBA is a philosopher, theologian, educator, and senior professor at Ramon Llull University. He holds doctorates in Philosophy, Theology, and Education, and has been a visiting researcher at the Universities of Copenhagen and Berlin. A translator of Søren Kierkegaard and a prolific public intellectual, he is the author of over one hundred books. He is a member of the Vatican's Dicastery for Culture and Education and a recipient of the Joseph Ratzinger Prize.

ANATOMY OF HOPE

CROSSOVER NON-FICTION CULTURAL ESSAY

EXISTENTIAL THOUGHT AWARD-WINNING BOOK

Why hope is not naïve optimism, but an active form of resistance: A lucid map for navigating uncertainty

Why do some people get back up every time they fall, while others sink into disenchantment? In *Anatomy of Hope*, renowned philosopher, theologian and essayist Francesc Torralba offers a lucid, deeply human exploration of the inner force that keeps us standing when everything seems lost.

Rather than selling easy optimism, Torralba dismantles the contemporary anatomy of discouragement — vital fatigue, the loss of horizons, the feeling of futility — and shows how meaning can be rekindled and new horizons rebuilt. Hope, he argues, is not naïveté or passive waiting: it is a patient, active stance rooted in desire for a future good and a deliberate act of trust, often sustained collectively rather than alone.

Drawing on an ambitious cross-disciplinary framework — spanning classical and contemporary philosophy, existential literature, anthropology, the psychology of meaning, humanist theology, and art — Torralba crafts an essay that combines intellectual authority with genuine emotional resonance, moving from Socrates and Nietzsche to Frankl, Camus, Kierkegaard, and beyond. In doing so, he offers a timely and accessible book for readers weary of dystopian narratives and seeking meaning, agency, and a way forward without denying pain.

Awarded the Josep Pla Prize, one of the most prestigious Catalan-language prose awards, the jury highlighted the book's clear, profound prose and its value as an essential map for navigating uncertainty.



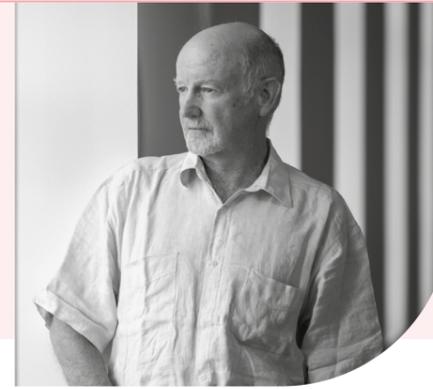
COLUMNA • 192 PAGES • FEBRUARY 2026
ELIGIBLE FOR TRANSLATION GRANT



A prize-winning, intellectually rigorous essay that rejects feel-good optimism and makes a compelling case for hope as an active, lucid form of resistance — grounded in philosophy, literature, psychology, and lived experience.



PEDRO BAÑOS is a colonel in the Spanish Army and a General Staff officer with extensive experience in intelligence and strategic analysis. He has served as Head of Counterintelligence and Security for the European Corps in Strasbourg, trained in more than a dozen countries — including Turkey, Israel, and China — and taken part in international missions in Bosnia and Herzegovina (UNPROFOR, SFOR, and EUFOR). He is widely recognized as one of Spain's leading experts on geopolitics, strategy, defense, terrorism, and international relations.



RAFAEL YUSTE is Professor of Neurobiology and Neuroscience and Director of the Neurotechnology Center at Columbia University. A pioneering voice in the global debate on brain science and ethics, he serves as President of the NeuroRights Foundation and played a key role in launching the BRAIN Initiative under the Obama administration in 2011 — an ambitious project aimed at unlocking the mysteries of the human brain. He also coordinates the Morningside Group, an international consortium of twenty-five leading neuroscientists working at the forefront of the legal and ethical challenges posed by emerging neurotechnologies.

THE TAO OF WAR

ANCIENT STRATEGY MODERN POWER GEOPOLITICS

CHINESE STRATEGIC THOUGHT CLASSICS REVISITED

A lucid exploration of the maxims at the core of The Art of War — revealing the strategies of the nation poised to dominate the twenty-first century

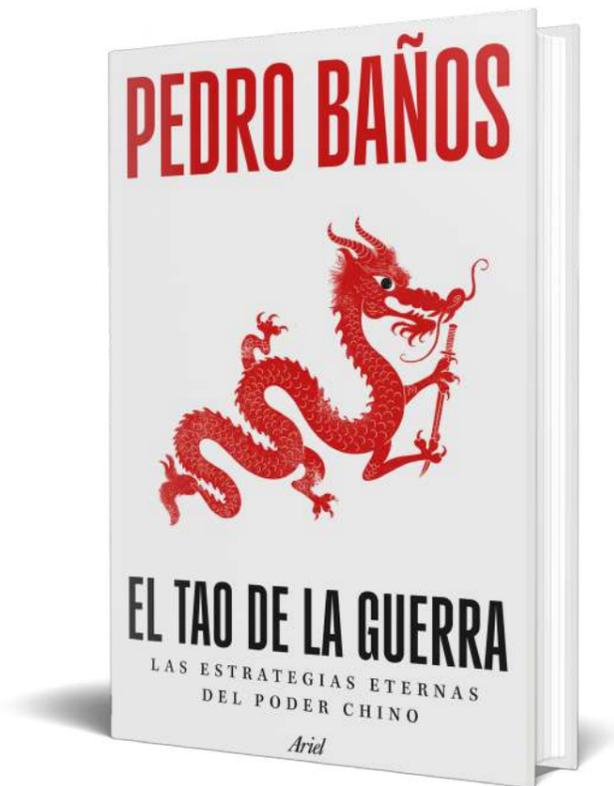
While the world focuses on today's wars, the Asian giant advances quietly and patiently, applying the same lessons Sun Tzu set down more than two thousand years ago in *The Art of War* — a foundational treatise not only on victory in battle, but on power, strategy, and life itself.

In *The Tao of War*, Colonel Pedro Baños revisits this timeless classic with his trademark clarity and rigor. He organizes and comments on Sun Tzu's maxims around key strategic themes — espionage, leadership, troops, tactics, strategy, command, and logistics — demonstrating that *The Art of War* is both an accessible guide for individual readers and a cornerstone of China's contemporary approach to power.

Only by understanding the core principles of Chinese thought — its conception of power, harmony, and conflict — can we fully grasp how this ancient civilization approaches global competition today.

The volume also includes an unpublished Taoist gem: *The Three Arts of War of the Jade Duke*, a Taoist treatise that teaches that perfect strategy arises from harmony — between ethics and power, ruler and people, action and stillness.

In *The Tao of War*, Pedro Baños offers a masterclass in how to shape outcomes without firing a shot — and how to plan victory long before the conflict begins.



ARIEL • 384 PAGES • APRIL 2026

NEURORIGHTS

HUMAN RIGHTS NEUROTECHNOLOGY AI ETHICS

AI & SOCIETY URGENT AND ACCESSIBLE

An insider's account of the revolutionary advances in neuroscience, the ethical challenges they pose, and the urgent need for regulation

Rafael Yuste, one of the world's foremost neuroscientists, delivers an urgent, accessible, and eye-opening book that explores the ethical revolution sparked by neurotechnology. Drawing on decades at the forefront of the field, Yuste argues that the time has come to establish clear legal frameworks to safeguard the integrity of the human mind in the face of rapidly advancing brain technologies.

A global advocate for ethical regulation, Yuste led the creation of the five fundamental Neurorights — mental privacy, personal identity, free will, fair access to mental augmentation, and protection against bias — and launched an international initiative to enshrine them in national constitutions, beginning with Chile and now expanding to countries like Brazil and Mexico.

He also offers a stark warning: without proper regulation, neurotechnology could be exploited for invasive purposes such as non-consensual mental manipulation or the commercial harvesting of brain data. Though originally developed for medical use, these tools now risk deepening social and anthropological divides — potentially creating a world split between “enhanced” individuals and those left behind.

Yet *NeuroRights* is not a dystopian vision. On the contrary, Yuste lays out a hopeful path toward a new brain-based humanism — one that ensures neurotechnology is harnessed ethically, equitably, and in service of the common good.



PAIDÓS • 280 PAGES • OCTOBER 2025

The Five Neurorights:

- Mental privacy
- Personal identity
- Free will
- Fair access to mental augmentation
- Protection against bias

From the front lines of neuroscience, a visionary call to protect the last frontier of privacy — the human mind — through the global recognition of Neurorights.



ROBIN LE NORMAND was born in 1996 in Pabu, France, into a modest family. Determined to become a professional footballer, he moved to Spain at nineteen, joining Real Sociedad B and gradually earning a place in the first team. In 2023, he debuted with the national team, establishing himself as a key defensive figure. In 2024, he signed for Atlético de Madrid.



JAVIER PELÁEZ is a science writer and communicator specialising in the history of exploration. He is the author of *500 años de frío. La gran aventura del Ártico* and *Planeta Océano. Las expediciones que descubrieron el mundo*. He is a co-founder of Naukas.com, and has written for *El País* and *National Geographic*, among others. His work has been recognised with three Bitácoras Awards, a Prisma Award for science communication, and an Ondas Award for digital radio.

AFRAID OF LETTING THEM DOWN

SPORTS MEMOIR PERSONAL GROWTH COMING-OF-AGE

IDENTITY & AMBITION DISCIPLINE AND EFFORT

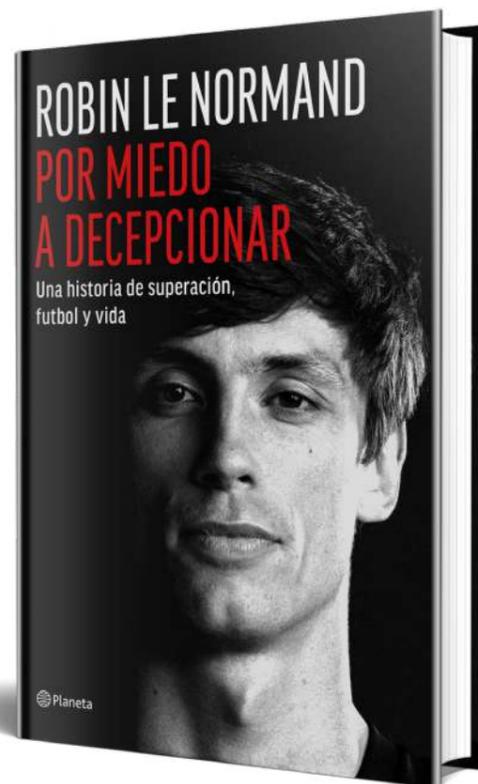
An inward journey through fear, discipline and sacrifice, and the quiet pressure of becoming yourself under the weight of other people's expectations

Robin Le Normand, a midfielder for Atlético de Madrid and a member of the Spanish national team, tells the story of his journey from a modest upbringing in France to the elite of European football.

Blending autobiography and personal testimony, *Afraid of Letting Them Down* explores the most human side of professional sport: doubt, pressure, difficult decisions and the values that sustain a long-term dream. Beyond matches and trophies, Le Normand reflects on the moments that shaped him: leaving home at nineteen, adapting to a new country, earning his place step by step, and learning to live with constant self-demand.

This is the story not only of an athlete who reached the top, but of a young man navigating identity, sacrifice and expectation. Told with honesty and moments of lightness, this narrative shows how fear of failure, of disappointing others, can become both a burden and a source of strength.

At its heart, *Afraid of Letting Them Down* is an inspiring account of perseverance and growth, written for anyone who has chased a dream far from home and wondered whether they would be enough.



PLANETA • 176 PAGES • APRIL 2026

Combining the raw honesty of Andre Agassi's Open with the emotional depth of I Am Zlatan, Afraid of Letting Them Down shifts the focus from glory to vulnerability, exploring the inner cost of ambition, belonging and expectation.

IN SEARCH OF THE LAST CONTINENT

ARCTIC EXPEDITIONS SCIENCE AT THE EDGE

HUMAN ENDURANCE ADVENTURE-DRIVEN NARRATIVE

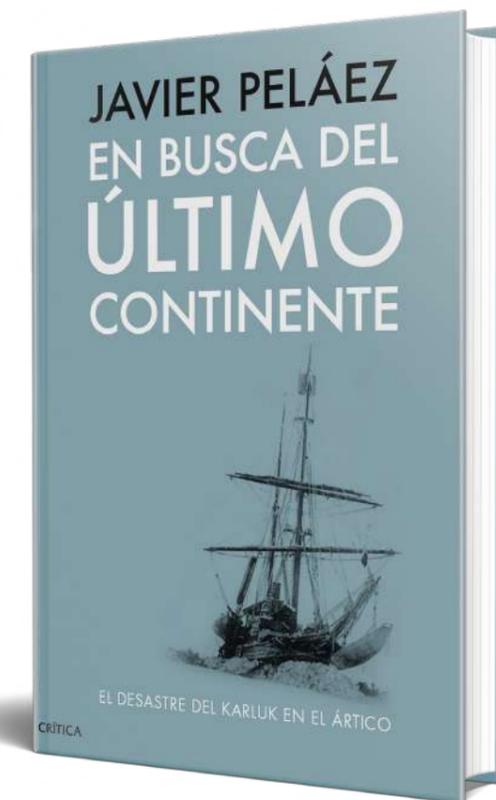
BASED ON TRUE EVENTS

The Karluk disaster in the Arctic: a story of scientific ambition, isolation and survival, told in prose shaped by ice, wood and salt

In 1913, a vessel departed from Alaska with an ambitious objective: to chart and understand what was believed to be the last unknown continent on Earth. Aboard the *Karluk* travelled scientists from multiple disciplines, assembled for what would become the most far-reaching scientific venture ever launched into the Arctic.

The mission, conceived as a landmark moment for research and discovery, soon unraveled into catastrophe. Caught in the pack ice and severed from any means of communication or rescue, the crew found themselves facing an ordeal that would turn into one of the most harrowing — and least remembered — episodes in the history of polar exploration. The fate of the *Karluk* marked the closing chapter of an era: the final expedition carried out in the old tradition, beyond the reach of technology, infrastructure or outside help.

In Search of the Last Continent resurrects this forgotten story with the narrative drive of an adventure novel and the discipline of historical reconstruction. Through diaries, letters and original archival material, Javier Peláez rebuilds the portrait of a time when scientific ambition and personal courage were inseparable — when vast regions remained uncharted, and discovery demanded a willingness to risk everything.



CRÍTICA • 320 PAGES • APRIL 2026

Written in a prose etched with polar wind, splintered wood and salt-stained silence, this narrative strips exploration back to its rawest form: where curiosity becomes risk, and endurance a matter of survival.



MAR CABRA is a Pulitzer Prize-winning journalist and social entrepreneur focused on digital well-being and mental health in the workplace. Recognised by *Forbes* as one of the most influential Spaniards worldwide, she has received more than forty international awards. From 2011 to 2017, she worked at the International Consortium of Investigative Journalists (ICIJ), where she directed the Data and Technology Unit in major investigations including the Panama Papers and Paradise Papers. Previously, she collaborated with *BBC*, *CNN+*, *The Huffington Post*, *Miami Herald*, *El País* and *El Confidencial*, among others.

FULL-TIME LIVING

- BURNOUT & WORK CULTURE
- DIGITAL WELL-BEING
- REDEFINING SUCCESS
- MENTAL HEALTH AT WORK
- SUSTAINABLE PRODUCTIVITY

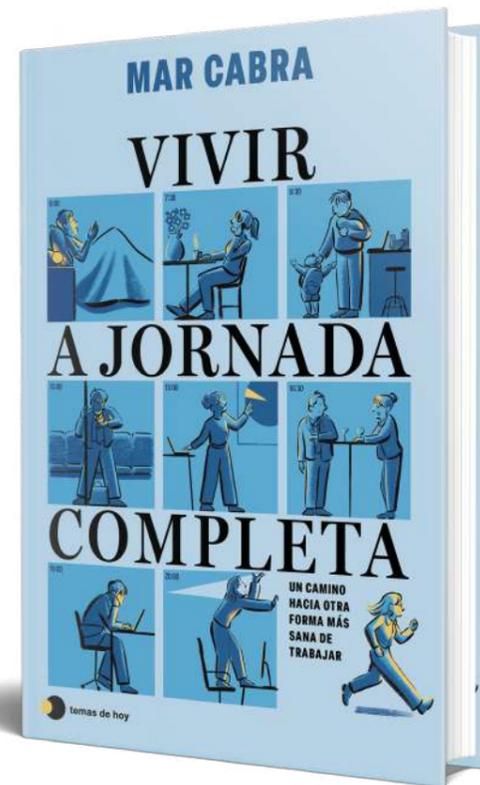
On work, burnout and the search for a life that feels whole. A Pulitzer Prize-winning journalist's reckoning with success, exhaustion and the cost of always being on

What happens when you reach the pinnacle of your career and discover that success feels empty?

When journalist Mar Cabra won the Pulitzer Prize as part of the team behind the Panama Papers investigation, she had achieved what many professionals spend a lifetime pursuing. Yet at the summit of her career, she found herself exhausted, anxious and unable to concentrate. Years of limitless work, constant connectivity and relentless ambition had taken a hidden toll.

Full-Time Living is the result of a decade-long personal and scientific inquiry into a question that haunts modern professionals: is it possible to excel without burning out?

Blending memoir with research in psychology and organisational science, Cabra dismantles the myth of productivity at all costs. Through five core pillars, she proposes a different way of working: one that honours boundaries, attention, rest, and meaning without renouncing ambition.



TEMAS DE HOY • 400 PAGES • FEBRUARY 2026
ENGLISH SAMPLE AVAILABLE

This is not a rejection of success, but a redefinition of it. A deeply honest account of collapse and reconstruction, and a roadmap for anyone who has felt trapped in the cycle of hyperperformance and disconnection.



DOLORS MIQUEL is a major contemporary Catalan poet with a long, acclaimed career. Known for her bold, corporeal, and intellectually demanding writing, her work places the female body, desire, and power at the center of poetic language. A prominent feminist voice, she combines lyrical intensity with philosophical and political reflection, and her work has provoked wide cultural debate for its uncompromising challenge to patriarchal and religious narratives. She is widely regarded as one of the most distinctive poetic voices of her generation.

THE SLEEPING BREAST

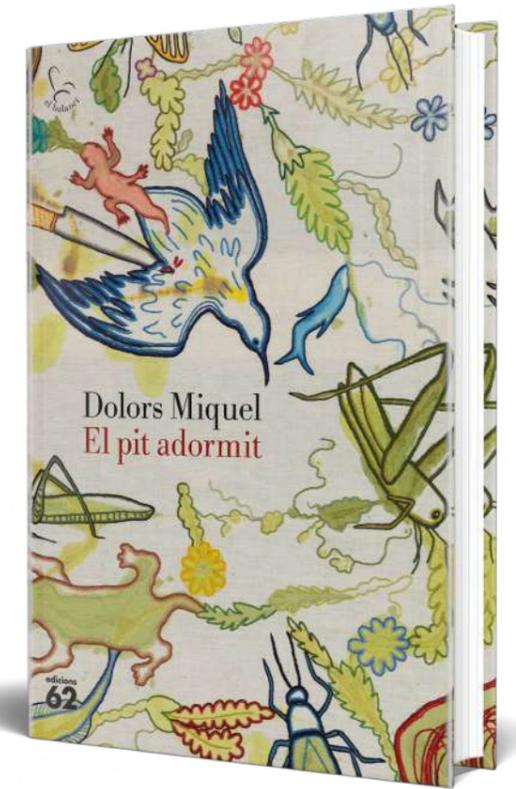
- FEMINIST LITERARY NON-FICTION
- THE BODY AS SYMBOL
- HYBRID FORM
- LANGUAGE-DRIVEN PROSE
- PHILOSOPHICAL REFLECTION
- IMAGE-BASED WRITING

A poetic essay on the female body and language in the tradition of Anne Carson, Maggie Nelson and Hélène Cixous

When poet Dolors Miquel is diagnosed with breast cancer, she does not write a memoir of illness in the conventional sense. Instead, *The Sleeping Breast* unfolds as a lyrical meditation on the breast as body, symbol, and site of power — where personal experience, cultural memory, and literary tradition converge.

Written in a highly poetic, associative prose, the book moves between the physical experience of disease and treatment and a broader reflection on how the female body has been represented, disciplined, eroticized, silenced, and mythologized across history, religion, art, and literature. The “sleeping breast” becomes a charged metaphor: a body part that pretends to be inert in order to survive, while remaining full of memory, vision, and meaning.

Interwoven with this meditation is a fragmented autobiographical narrative that recalls the author's formative years within the poetic and artistic scene from the late 1970s onward — its performances, excesses, friendships, and collective energy. These memories are not nostalgic but analytical: they situate the author's voice within a generational struggle for artistic and bodily freedom, especially as a woman in a literary world shaped by male authority.



EDICIONS 62 • 400 PAGES • APRIL 2026
ELIGIBLE FOR TRANSLATION GRANT

“As if narrating were hiding the bird. I hide it. [...] I place the bird beneath the right lapel of my robe, so it will not be cold. I leave it there, resting on my sleeping breast, so that the two of us can sleep in dreams of love, in the pleasant gardens of love's dreams. And I begin to read. And I move from reading to dreaming. [...] When I wake to the white rays of a winter morning and remember that it is there beneath the lapel, I hide the bird again — through tears and sighs and despair I hide it, I hide it from God himself, from life — until the surgeon brings it into the light, tears it out, flesh of my flesh. My flesh turned into a bird that cannot fly.”



BEGO PRADOS holds a degree in Art History and works as a primary school teacher in the public education system. In 2011, a turn of events brought her to Switzerland, where she continues to live with her husband, their three children, and their dog. Her first daughter, Jone, was diagnosed with autism in Geneva before the age of three — an unexpected turning point that reshaped her personal and professional life and became the catalyst for *No Big Deal* (*No pasa nada*).

NO BIG DEAL

MEMOIR + INVESTIGATIVE NON-FICTION

MOTHERHOOD

AUTISM

PERSONAL NARRATIVE + SOCIAL CRITIQUE

A bold, unsentimental memoir-essay on motherhood, autism, and inclusion in one of the world's richest societies

Blending novelized memoir with investigative non-fiction, *No Big Deal* offers a powerful first-person account of motherhood through the experience of raising an autistic daughter. The narrator — a sharp, self-aware mother — interlaces intimate scenes of daily life with rigorous research and dialogue with leading international voices on autism, care, and neurodiversity, including Temple Grandin. The result is a hybrid narrative that moves seamlessly between lived experience and global debate.

Set in Switzerland, a country synonymous with wealth, efficiency, and social progress, the book dismantles a persistent myth: that prosperity automatically ensures inclusion. Through encounters with schools, medical systems, and public institutions, the author exposes how structural barriers, bureaucracy, and social prejudice continue to affect families deemed “different” — even in one of the world’s most privileged environments.

What truly distinguishes the book is its voice. Written with irony, wry humor, and emotional precision, the narrator rejects sentimental clichés such as the “special child” rhetoric and other “inspirational” narratives of disability. There is no moralizing, no heroic posturing — only an honest, often witty portrayal of exhaustion, love, anger, and adaptation.

By refusing comforting tropes, the book transforms a deeply personal story into a sharp, persuasive argument for genuine inclusion and a rethinking of how contemporary societies care for difference.



ESPASA • 376 PAGES • JANUARY 2026

An unflinching, intelligent memoir-essay that combines lived experience with global expertise to challenge how we understand autism, care, and inclusion today.

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.



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.

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.

RIGHTS SOLD TO: Vallardi (Italy), Egmont (Croatia), Planeta do Brazil (Brazil), Planeta Manuscrito (Portugal), Muza (Poland), Planeta USA (USA), Beijing New Oriental Dogwood (Simplified Chinese), Fenix Rostov (Russia).



ESPASA • 384 PAGES • APRIL 2024
FULL ENGLISH TEXT AVAILABLE

- *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.*

WHAT DIDN'T HAPPEN

PRACTICAL GUIDE | EMOTIONAL HEALING
SECURE ATTACHMENTS | TRAUMA RECOVERY

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

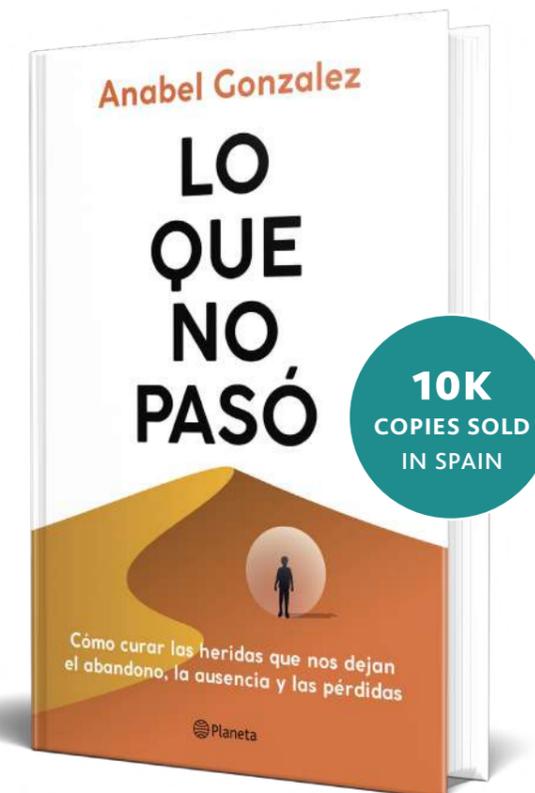
When we reflect on what has hurt us in life, betrayals, wounds, and the weight of certain events often stand out as the most obvious sources of pain. However, if we look deeper, it is often absence, loss, and the things that should have happened but never did that leave the most lasting marks. The words 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.

In this book, Anabel Gonzalez explores the invisible impact of what never was — those missing moments, and absent connections that continue to shape our emotions, relationships, and sense of self.

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 can help turn painful memories into positive ones. By focusing on small, bright moments in daily life, this approach fosters healing and self-awareness.

RIGHTS SOLD TO: Goldegg (Germany), Mimesis Edizioni (Italy), Bertrand (Portugal), Babel Publishing (Taiwan), JK (Poland).

OPTION PUBLISHERS: Guomai (China), Azbooka-Atticus (Russia).



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 an embracing reading to rebuilding our inner world when we've been marked by emotional disconnection, neglect, or painful goodbyes.



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.



SERGI RUFÍ has a doctorate in Psychology. He is a therapist and writer, who defines himself as a street professor, spiritual and sensitive, rebellious and engaged. An ex-bad-boy turned meditator psychologist, psychotherapist, and personal coach. His biography is full of critical moments in which he managed, with a great deal of pain and the hard work of recognition and inner acceptance, to face and transform himself in a personal way that rebels against all the classic criteria and the one-way thinking common to the academy.

THE INTEGRATED PSYCHOPATH

SELF-DEFENSE MENTAL HEALTH PRACTICAL GUIDE
PSYCHOPATHY EMOTIONAL MANAGEMENT

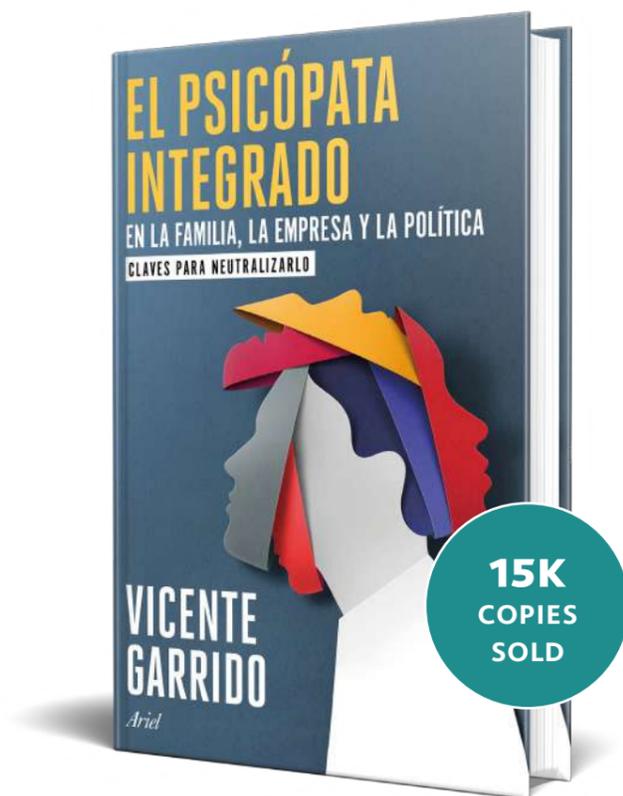
The definitive guide to detecting and protecting yourself from psychopaths in family, work, and politics

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), BookZone (Romania), Bellona (Poland), Novoli (Serbia), Bertrand (Portugal).



15K COPIES SOLD

ARIEL • 288 PAGES • SEPTEMBER 2024
ENGLISH SAMPLE AVAILABLE

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.

OPEN TO FEEL

EMOTIONAL EDUCATION STIGMA-FREE
PRACTICAL YET PROFOUND ANTI SELF-HELP

Learn to share your emotions and embrace your sensitivity in a world that still rewards emotional silence and self-restraint

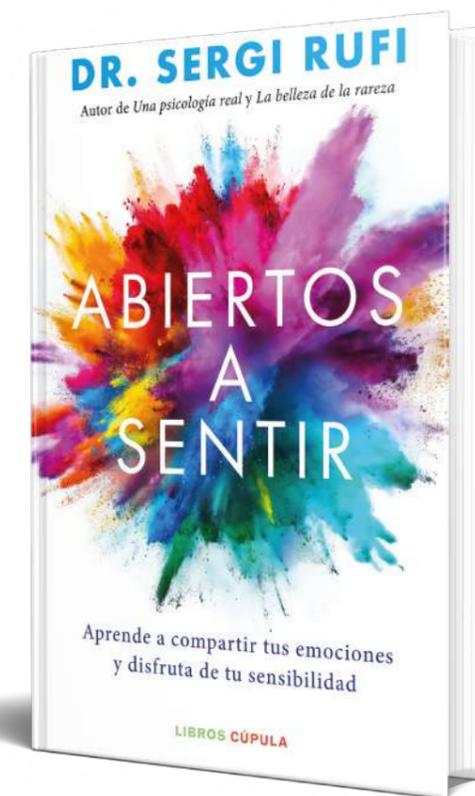
Why do we still hide what we feel when mental health matters more than ever? In *Open to Feel*, clinical psychologist and emotional educator Dr. Sergi Rufi challenges the cultural conditioning that taught us to suppress fear, disguise sadness, control anger, and dilute joy. Sensitivity, we were told, was a weakness. This book says otherwise.

At once practical, radical, and deeply human, this is a guide for anyone ready to live with emotional honesty. Rufi offers tools to reconnect with our inner world, share emotions without fear, and build more authentic relationships in a society that often rewards emotional silence. With clarity and empathy, he addresses four core emotions — fear, sadness, anger, and joy — as essential aspects of our lived experience.

Rejecting toxic positivity and superficial self-help, *Open to Feel* proposes a new emotional culture — one rooted in vulnerability, connection, and the power of being truly seen. A vital book for a generation overwhelmed by anxiety, burnout, and isolation, and longing for something real.

A bold rethinking of emotional health that challenges psychology's obsession with control — and offers grounded, stigma-free tools to navigate today's mental health crisis without clichés or quick fixes.

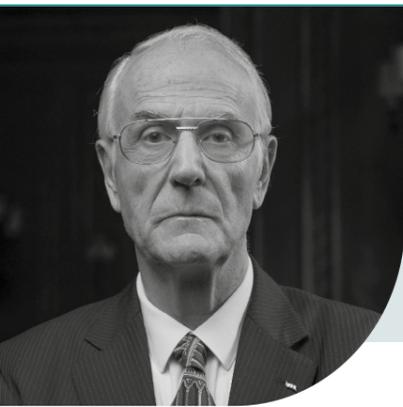
"A provocative look at what it means to be different in this society and an invitation to live life with less guilt and shame. The Beaut of Being Weird reminded me of a big-idea book in the vein of Jenny Odell."
-HANOVER SQUARE PRESS



CÚPULA • SEPTEMBER 2025 • 232 PAGES



WER SOLD TO HARPER COLLINS



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

In collaboration with Juan Carlos Cebrián

LIFE BEYOND DEATH SCIENTIFIC PERSPECTIVE

NEAR-DEATH EXPERIENCES TESTIMONIAL NARRATIVE

QUANTUM PHYSICS BASED ON TRUE EVENTS

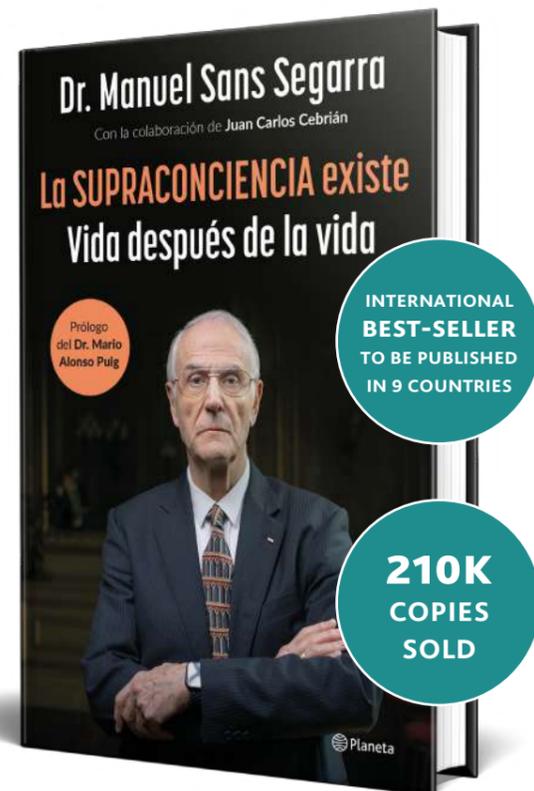
The definitive and disruptive book on the phenomenon of Near-Death Experiences and its power to transform our lives

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: Octopus (WER), Vallardi (Italy), sold in pre-empt; Albin Michel, sold in a 2-way auction (France); Planeta Brasil (Brazil); Planeta Portugal (Portugal); Otwarte (Poland), sold in 2-way auction; Orient Publishing Center (China); Eksmo (Russia), sold in 2-way auction, Apocalypse Press (Taiwan).



PLANETA • 240 PAGES • SEPTEMBER 2024
ENGLISH TRANSLATION 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.

EGO AND SUPRACONSCIOUSNESS

In collaboration with Juan Carlos Cebrián and Josep Maria Clopés

FINDING YOUR PURPOSE IN LIFE INNER PEACE

FEARLESS CONSCIOUSNESS SCIENCE MEETS SPIRITUALITY

DISRUPTING OLD PARADIGMS

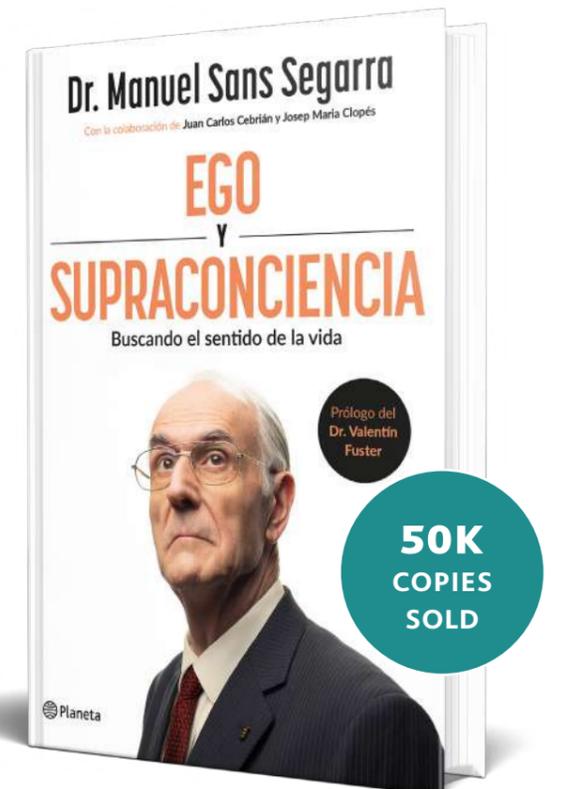
Neuroscience, introspection, and spiritual wisdom to break free from the ego and return to your most authentic self

Following the remarkable success of *Supraconsciousness Exists*, Dr. Manuel Sans Segarra returns with a deeply resonant and accessible exploration of one of life's greatest challenges: how to free ourselves from the illusions of the ego and live in alignment with our true essence.

In his new work, Sans Segarra bridges science and spirituality to offer a clear path for inner transformation. He moves from theory to experience to practice: first, by exploring the tension between the ego — the voice that feeds envy, possessiveness, resentment, and fear of death — and the supraconscious self (our eternal identity), which emerges when we release our fear of death and detach from the material world. He then examines real-life experiences that challenge the boundaries of scientific explanation, opening the door to a more expansive understanding of human consciousness. Finally, it offers a practical and effective meditation method designed to help readers contain the ego's influence and anchor themselves in a more authentic inner state.

For Dr. Sans Segarra, transcending the ego is not about giving something up — it's about remembering who we are beyond the fear, the noise, and the illusion. Blending neuroscience, introspection, and spiritual clarity, *Ego and Supraconsciousness* delivers a simple yet transformative message: only when we let go of what we are not, can we truly become who we are meant to be.

RIGHTS SOLD TO: Planeta Portugal (Portugal).



PLANETA • 240 PAGES • SEPTEMBER 2025

What if most of our suffering came not from the world — but from believing we are someone we are not?



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.



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.

TENDING TO THE INVISIBLE BONDS

ATTACHMENT AND CONNECTION

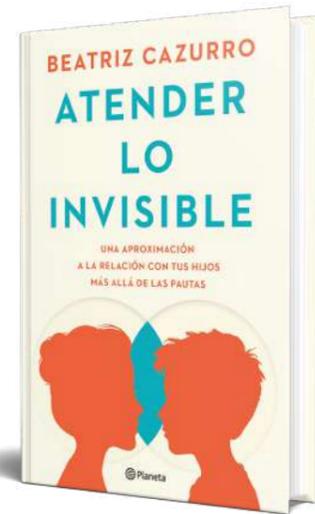
SILENT BONDS

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.

RIGHTS SOLD TO: JK (Poland).



PLANETA • 192 PAGES • JANUARY 2025

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.

RIGHTS SOLD TO: Sonda (Italy).



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PLANETA • 320 PAGES • JANUARY 2024



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PLANETA • 240 PAGES • SEPTEMBER 2022

THE CHILDREN WE WERE, THE PARENTS WE ARE

CHILDHOOD TRAUMAS

FAMILY THERAPY

NEUROSCIENCE

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

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

RIGHTS SOLD TO: Unvers (Romania), Citadella (Slovakia), Egmont (Croatia), Beijing Culture Department (China), JK (Poland).



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PLANETA • 688 PAGES • JUNE 2020

THE BIG BOOK OF LUCÍA, MY PEDIATRICIAN

EXHAUSTIVE MANUAL

FROM BABYHOOD TO ADOLESCENCE

COMPANION BOOK

HEALTH

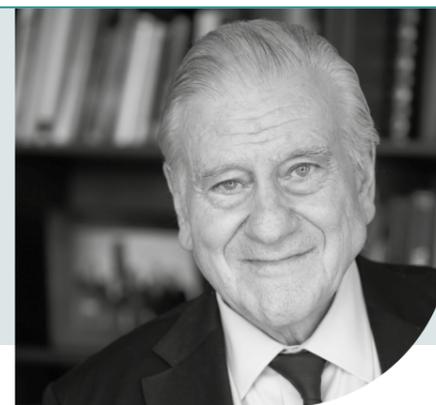
The most complete and up-to-date guide to the health of your child from birth to adolescence

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?

RIGHTS SOLD TO: Sonda (Italy), Pegasus (Turkey), Botart (Albania).



CARLOS LÓPEZ-OTÍN is one of Spain's most internationally renowned scientists, with a research career spanning institutions in Madrid, Lund, New York, Paris, and Harvard. A molecular biologist and member of the European Academy and the Spanish Royal Academy of Sciences, his work has led to the discovery of over sixty human genes and groundbreaking insights into cancer, aging, and rare diseases. He co-led Spain's contribution to the International Cancer Genome Consortium and has published studies cited nearly 100,000 times, making him the most cited Spanish scientist in his field. Recent achievements include, longevity-associated bacteria, gene-editing strategies for premature aging, and the discovery of a key gene for SARS-CoV-2 infection.



DR. VALENTÍN FUSTER is one of the world's most influential cardiologists and the most cited Spanish scientist in history. He is Director of the Cardiovascular Institute at Mount Sinai Hospital in New York and founding director of Spain's National Center for Cardiovascular Research (CNIC). A former President of both the American Heart Association and the World Heart Federation, he has played a decisive role in shaping global cardiovascular prevention strategies. Recipient of the Prince of Asturias Award for Research and Editor-in-Chief of *Nature Reviews Cardiology*, he is the only cardiologist to have received the highest research honors from all major international cardiology societies.

LIFE IN FOUR LETTERS

HUMAN GENETICS SCIENCE WITH SOUL BIOLOGY OF JOY
AGING & LONGEVITY THE SCIENCE OF HAPPINESS

What if our ability to be happy was written in our genes?

Written in the aftermath of a profound personal and professional crisis, this book opens with a simple yet provocative question: Is happiness written in our genes? And if so, can we decode it? From that starting point, Carlos López-Otín — one of the world's leading molecular biologists and a pioneer in cancer and aging research — constructs a powerful narrative that bridges memoir and science.

Across fourteen chapters — symbolically echoing the “fourteen days of true happiness” once claimed by Caliph Abd al-Rahman III — López-Otín takes the reader on a journey through the biology of life and disease, aging and regeneration, exploring the deep connections between molecular logic and emotional well-being. With rare lucidity and emotional depth, he explains complex systems like the genome, epigenome, and microbiome, while weaving in real stories of patients, cultural references, and philosophical questions that transcend the lab.

Structured around the four letters of DNA (A, C, G, T), the book explores how life operates at the molecular level (genome, epigenome, microbiome); why disease arises in a system seemingly designed for balance; whether recent breakthroughs (gene editing, cellular reprogramming, longevity research) can reshape our fate; and, ultimately, whether happiness can have a biological foundation — and what lies beyond our genes.

Ultimately, *Life in Four Letters* is not only a scientific exploration but a humanist manifesto about what it means to live meaningfully in a body built from fragile biological codes.



PAIDÓS • 240 PAGES • APRIL 2019

ITALIAN AND ENGLISH FULL TRANSLATIONS AVAILABLE

A hopeful, honest meditation on the biology of suffering and the molecular possibility of joy.

ALWAYS FORWARD

INSPIRING MEMOIR LIFE LESSONS SCIENTIFIC AUTHORITY
MEDICINE BEYOND THE LAB PURPOSE-DRIVEN LEADERSHIP

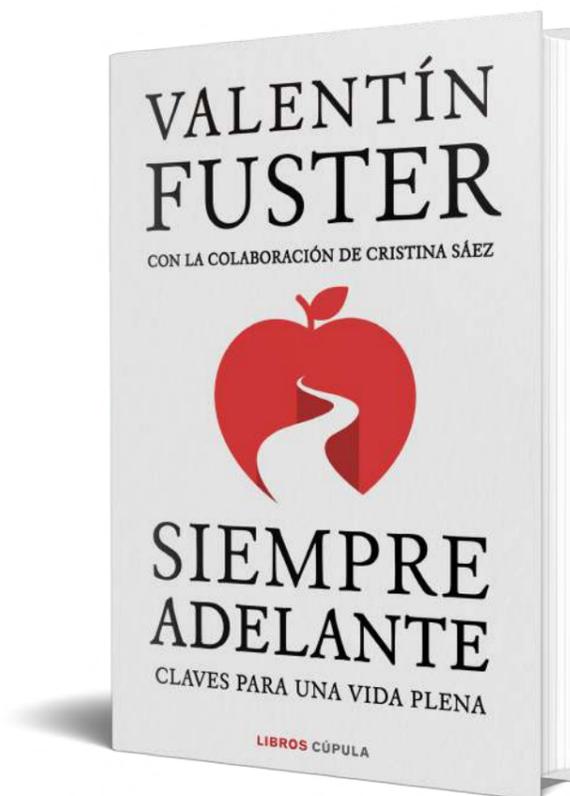
How one scientist changed global cardiovascular medicine — and what his journey teaches us about purpose and perseverance

In *Always Forward*, Dr. Valentín Fuster — one of the most influential cardiologists of the past century and the most cited Spanish scientist in history — reflects on a life that fundamentally reshaped modern cardiovascular medicine.

Best known for identifying the mechanisms behind heart attacks and for establishing prevention as the cornerstone of global cardiovascular health, Fuster's work transformed how heart disease is understood, treated, and prevented worldwide, saving millions of lives. As Director of the Cardiovascular Institute at Mount Sinai in New York and founding director of Spain's National Center for Cardiovascular Research (CNIC), he has uniquely bridged science, clinical practice, and public health on a global scale.

Rather than focusing on technical achievements alone, Fuster tells the human story behind scientific discovery: the discipline forged through sport, the mentors who shaped his thinking, the setbacks that forced him to rethink his path, and the ethical dilemmas inherent in leadership at the highest levels of medicine. With honesty and clarity, he shows how curiosity, rigor, and long-term vision led to breakthroughs in understanding atherosclerosis and heart attack prevention — while reflecting on the personal costs of excellence, failure, and responsibility.

More than a memoir, *Always Forward* is a book about how progress truly happens — in science, in institutions, and in individual lives. It offers a rare inside view of how medical knowledge becomes global policy, how research translates into real-world impact, and why integrity matter as much as talent.



CÚPULA • 264 PAGES • JANUARY 2026

ENGLISH SAMPLE AVAILABLE

The inspiring story of the man who transformed heart health worldwide and revolutionised the way we understand and treat cardiovascular disease.

RIGHTS SOLD TO: Portal Publishing (Russia).



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 has also published the translation of Oliver Marchart's *Conflictual Aesthetics* (2024), Chiara Bottici's *Anarchafeminist Manifesto* (2021) and Joakim Garff's *Søren Kierkegaard. Biography* (2023).



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.

THE RIGHT TO BEAUTIFUL THINGS

LAZY RIGHTS FRESH & PROVOCATIVE
 ANTICAPITALISM LITERARY ESSAY SLOW LIVING

A call to slow down and rethink our work/life ethic

"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.

RIGHTS SOLD TO: Italy (Mauri Spagnol), Bookout (Portugal), Weekly Business Group (Taiwan).



OVER 12K COPIES SOLD IN SPAIN

ARIEL • 224 PAGES • JUNE 2025
 ENGLISH SAMPLE AVAILABLE

Table of Contents

- The Horizontal Condition
- Vindication of the Rights of the Idlers
- The Right to Idleness
- The Right to Strike
- The Right to Retirement
- The Right to the City
- The Right to Literature
- Coda on the Leisurely Life

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

FRANCO

THE MAN BEHIND THE DICTATORSHIP HISTORICAL LEADERS
 TOTALITARIANISM UNVEILING THE MYTHS

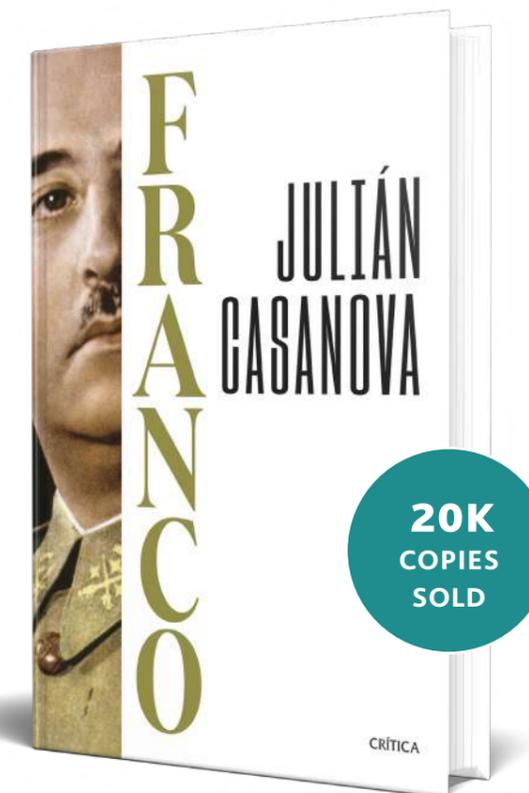
An essential biography that unmasks one of the most defining figures of 20th-century European history to 21st-century readers

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 these 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.



20K COPIES SOLD

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 MIRA CABALLOS holds a PhD in American History. He is an expert in 16th-century relations between Spain and the Americas and a corresponding foreign member of the Dominican Academy of History and the Chilean Institute of Genealogical Research. A respected advisor and historian, he has contributed to academic journals and served as historical consultant for the Spanish-Mexican series *Hernán, el hombre*. His work has earned him numerous awards, including the Pedro Cieza de León Prize for Historical Research.

COLUMBUS. THE CONVERSO WHO CHANGED THE WORLD

REFRAMING COLUMBUS

HISTORY & IDENTITY

THE MAN BEHIND THE LEGEND

COLONIALISM EXPOSED

PORTRAIT OF A CONTROVERSIAL FIGURE

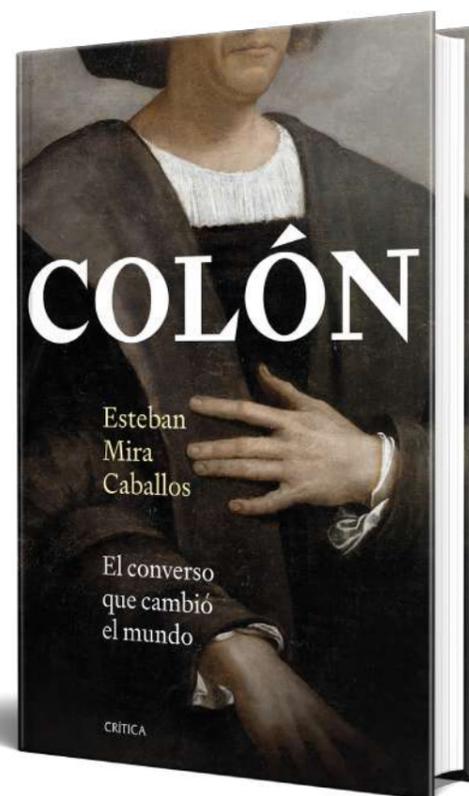
Clear, compelling, and rigorously documented, this is the definitive Columbus biography for the 21st century

Christopher Columbus is a figure forever wrapped in mystery, myth, and debate. His life has sparked centuries of fascination, with each generation interpreting his story through the lens of its own values and questions. In this context, a new biography becomes not only possible — but necessary.

Columbus. The Converso Who Changed the World offers the most up-to-date and comprehensive portrait of the man behind the myth. Relying on primary sources and the latest genetic discoveries, the author brings long-standing controversies into focus: Where was Columbus truly born? Did someone else reach the Americas before him? Did he know he had discovered a new continent? Where are his remains?

With historical precision and narrative flair, the author separates fact from legend, dismantling ideological distortions and long-held assumptions. He also explores the hypothesis of Columbus's converso (Jewish convert) origins, an identity that may have shaped his ambitions, motivations, and silences.

Written for a new generation of readers seeking truth beyond patriotic myths or simplistic judgments, this biography reclaims the full complexity of one of history's most pivotal and polarizing figures.



CRÍTICA • 576 PAGES • JUNE 2025

Five centuries of myths, silences, and political projections — this is the most complete and unapologetic profile of Columbus written in the 21st century.

 RIGHTS SOLD TO: Beijing Qizhenguan Media (China).

TEAM

FRANCISCO JAVIER SANZ GRAJERA

Foreign & Audiovisual Rights Manager
+34 93 492 80 08
fjsanz@planeta.es

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Non-Fiction, Graphic Novels & Illustrated Books
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