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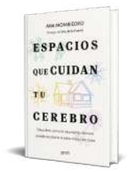


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PATRICIA PASQUÍN is a psychologist whose work bridges clinical practice and lived experience in the natural world. While completing her academic training, she spent more than three years living and working at a wolf sanctuary in the high desert of 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.

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 source of 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 ageing wolf nearing the end of his life, whose silent gaze confronted her with the cost of ignoring her inner knowing. From that unresolved pain emerges a reflection on intuition as a form of wisdom that, when ignored, draws us away from what is essential.

***Wild Lessons* neither idealises nature nor romanticises 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

In the vein of The Wisdom of Wolves, *and resonating with* Raising Hare, *this is an intimate, intellectually rigorous invitation to reclaim our instinct, our inner authority, and the courage to remain fully ourselves.*

RIGHTS SOLD TO: Penguin Life (WER), in pre-empt; HarperCollins (Netherlands), in pre-empt; Sperling & Kupfer (Italy), in 6-way auction; Alpina (Russia), Aquarius Publishing (Taiwan), Beijing Zhiyuan Micro Library (China), in 2-way auction.



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.

THE ART OF LOVING WELL

EMOTIONAL INTELLIGENCE · CONSCIOUS RELATIONSHIPS · LOVE ALWAYS FINDS A WAY? · COUPLES 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 one's partner, 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 remain emotionally healthy within a relationship, and how to repair what is damaged when love truly matters.

ZENITH • 256 PAGES • FEBRUARY 2026
ENGLISH SAMPLE AVAILABLE

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

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



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.

TARGET PERSONS

HUMANIST PERSPECTIVE | ACCESSIBLE & ENRICHING | AGE OF PSYCHOPATHY | APPLIED PSYCHOLOGY | RESEARCH-BASED & REAL-LIFE CASES | EMOTIONAL ABUSE | INDIVIDUAL ROADMAP + SOCIAL DIAGNOSIS

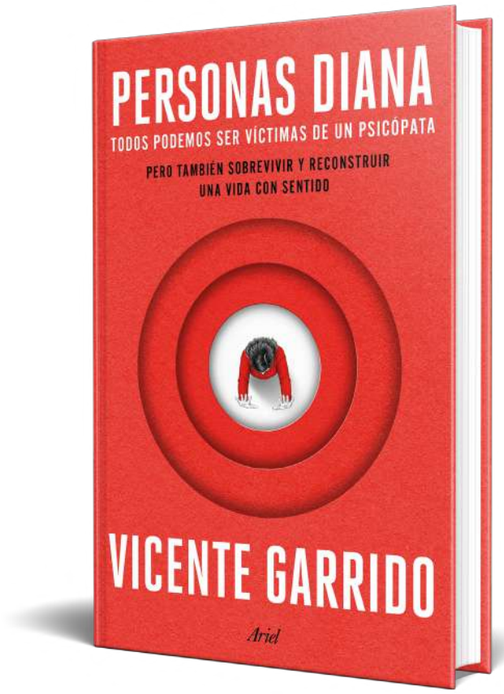
How emotional predators choose their targets—and how survivors can rebuild a meaningful life

Psychopaths rarely choose their victims by chance. They identify emotional needs and vulnerabilities, gain trust, isolate their targets and gradually replace love, friendship and family bonds with manipulation, coercion and psychological control. By the time victims recognize what is happening, they have often lost their confidence, autonomy and sense of self.

Drawing on more than thirty years of research and hundreds of real-life cases, renowned criminologist Vicente Garrido introduces the concept of the *Target Person*: the individual deliberately chosen by an emotional predator. Garrido argues that we are living in the *age of psychopathy*—a time in which psychopathic traits are increasingly rewarded and normalized, making psychological abuse one of the defining challenges of contemporary society.

Target Persons is far more than a book about psychopathy. Shifting the focus from the predator to the survivor, Garrido presents a comprehensive model that explains not only how psychological abuse unfolds, but also how recovery becomes possible. Through five stages—from seduction and domination to revelation, liberation and post-traumatic growth—he combines criminology, psychology, philosophy and practical guidance into a roadmap for reclaiming identity after emotional abuse.

At the heart of the book lies the metaphor of "*expanding the eye of the hurricane*": the conviction that the only lasting response to the growing culture of psychopathy is to create an ever-wider space where empathy, moral courage and human connection can thrive.



ARIEL • 264 PAGES • OCTOBER 2026

A timely, research-based and deeply humane guide to confronting one of the defining challenges of our time: the normalization of psychopathy.

"Anyone can become the victim of a psychopath. But anyone can also survive and rebuild a life with purpose."

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 among people in positions of power or leadership, such as managers, executives, corporate directors and political leaders, 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" — people who don't commit violent crimes but instead blend in, manipulate, and cause significant harm in personal relationships and social 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 life, business and organisations, and politics.



ARIEL • 288 PAGES • SEPTEMBER 2024
ENGLISH SAMPLE AVAILABLE

RIGHTS SOLD TO: Arpa Éditions (France), Planeta Brasil (Brazil), Eksmo (Russia), BookZone (Romania), Bellona (Poland), Novoli (Serbia), Bertrand (Portugal).

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.



ANA IBÁÑEZ is a renowned neuroscientist and one of the most internationally recognized voices in mental performance and well-being. A chemical engineer and helicopter pilot by training, she has spent more than fifteen years researching how the brain can be trained to improve everyday life. She is the founder of MindStudio, where she developed her own neuroscience-based method to help people strengthen cognitive performance and emotional resilience. Her previous book, *Sorprende a tu mente*, was a bestseller.

NEUROSCIENCE FOR REAL LIFE

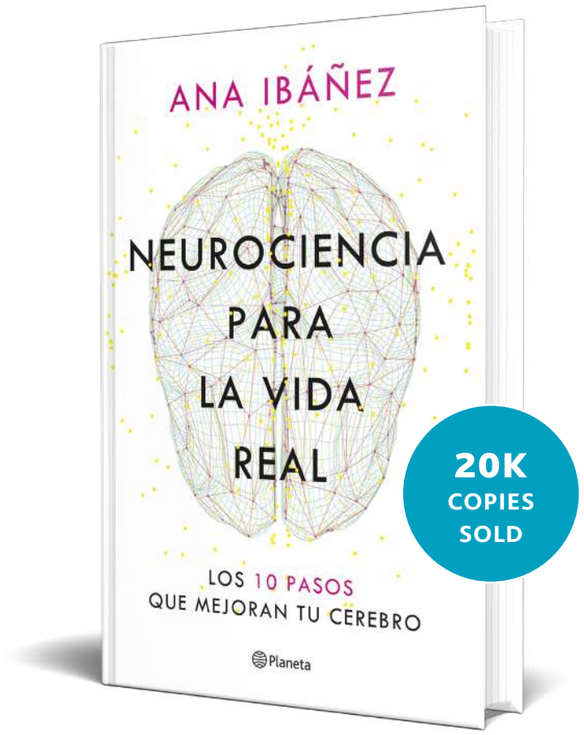
BRAIN TRAINING | NEUROPLASTICITY | PRACTICAL GUIDE | MENTAL PERFORMANCE | EMOTIONAL RESILIENCE | HABIT REPROGRAMMING | SCIENCE FOR DAILY LIFE

10 science-backed steps to train your brain and unlock its full potential

Following the success of *Surprise Your Mind*, neuroscientist Ana Ibáñez returns with an accessible, practical guide that translates the latest discoveries in neuroscience into simple daily habits capable of reshaping the brain. Moving beyond theory, she shows that neuroplasticity is not a concept reserved for laboratories, but a natural capacity we can all cultivate to improve the way we think, feel, and live.

Organized around ten essential pillars of brain health, the book shows that lasting change begins with understanding ourselves. By learning how the brain shapes our thoughts, emotions, and behaviour, readers discover concrete ways to reduce stress, anxiety, and negative thought patterns, improve concentration and sleep, and find the inner calm and confidence needed to break unhelpful habits and replace them with healthier ones.

Neuroscience for Real Life offers an evidence-based framework for training the brain. It combines the latest scientific research with an actionable framework that readers can immediately apply. The result is a practical toolkit for facing life's challenges with greater calm, resilience, and mental clarity, regardless of age or circumstances.



PLANETA • 400 PAGES • MARCH 2026

Science becomes truly transformative not when it changes how we think about the brain, but when it changes how we use it every day. Ana Ibáñez does something surprisingly rare: she makes neuroscience feel immediately useful.



ANA MOMBIEDRO is an architect, neuropsychologist, and one of the leading voices in neuroarchitecture. Specializing in the neuroscience of perception, she has spent more than a decade exploring how the spaces we inhabit shape the brain and influence emotions. Her multidisciplinary work bridges architecture, neuroscience, and psychology to design environments that promote well-being, emotional balance, and cognitive performance. A sought-after speaker and educator, she lectures and trains architects, designers, and healthcare professionals in evidence-based environmental design.

THE BRAIN-FRIENDLY HOME

DESIGN FOR WELL-BEING | NEUROSCIENCE | STRESS REDUCTION | EVERYDAY LIVING | ENVIRONMENTAL PSYCHOLOGY | STEP-BY-STEP

How neuroarchitecture can transform your house into a place that truly supports your well-being

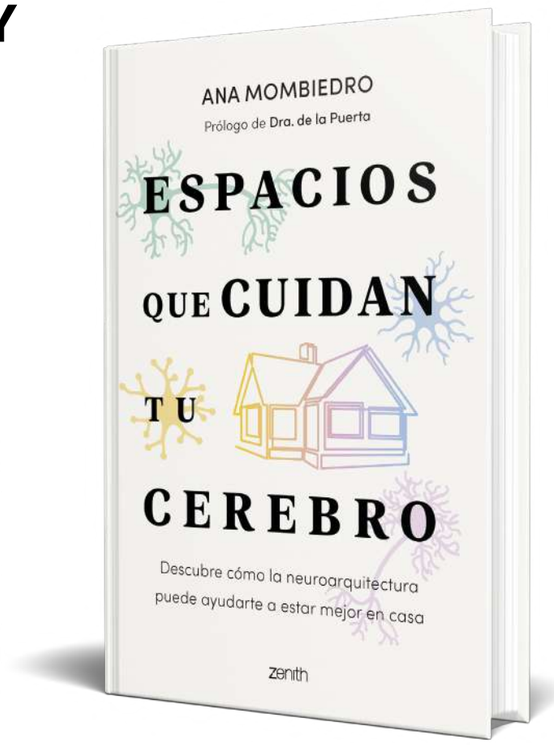
We tend to think of our homes as places we decorate. Neuroarchitecture suggests something far more profound: they are environments that continuously shape the way our brains think, feel, recover, and connect.

In *The Brain-Friendly Home*, architect and neuropsychologist Ana Mombiedro introduces readers to one of the fastest-growing fields in applied neuroscience. She reveals how light, sound, colour, textures, natural elements, and spatial organization directly influence stress levels, attention, emotional regulation, sleep quality, and overall well-being.

Mombiedro explains how the brain constantly interprets its surroundings, and how small, intentional changes can transform any home into a space that actively supports both body and mind.

Through clear explanations, real-life examples, and easy-to-implement strategies, readers learn how to create restorative environments, reduce sensory overload, improve concentration, enhance rest, and design spaces that replenish rather than deplete them.

Perfect for readers of
The Well-Gardened Mind.



ZENITH • 240 PAGES • MAY 2026

The most important conversation your brain has every day may be the one it's having with the space around you. The Brain-Friendly Home *offers a new way of understanding the places we live in: not as passive settings, but as silent partners in our physical, emotional, and cognitive health.*



CÉSAR BONA is a teacher, writer and speaker, and one of Spain's leading voices in educational innovation. Nominated as one of the 50 best teachers in the world by the **Global Teacher Prize**, he has served as a jury member for the **Princess of Asturias Awards** in Communication and Humanities and received the 2025 **Spanish Red Cross Gold Medal** for his defence of humanist education and coexistence. He is the author of several bestselling books, including *La nueva educación*, *Escuelas que cambian el mundo* and *La emoción de aprender*, and has lectured across Europe and Latin America.

THE CHALLENGE OF STAYING HUMAN

AI & HUMAN SKILLS | CRITICAL THINKING | HUMANIST SELF-HELP | EDUCATION FOR THE FUTURE | TECHNOLOGY & SOCIETY | PRACTICAL & INSPIRING

The 8 essential skills to think, create and lead in the age of AI

Technology is advancing faster than our ability to understand its impact. Artificial Intelligence can write, compose, create images and answer questions before we have even finished asking them. But in the midst of this revolution, one essential question arises: will we still be able to think, create and decide for ourselves?

In *The Challenge of Staying Human*, César Bona invites readers to train the skills that make us human in an increasingly automated world: attention, curiosity, creativity, communication, metacognition, critical thinking, coexistence and leadership. A renowned educator and advocate of humanist education, Bona combines practical experience, pedagogical insight and reflection to show how we can live with AI without losing our autonomy.

Through accessible examples, personal anecdotes and tools for everyday life, the book offers strategies to develop a more attentive and creative mind, organise time and thought, foster curiosity, communicate effectively and lead with empathy and judgement in times of change.

Far from condemning technology, Bona embraces it with enthusiasm, but with a clear warning: what we delegate to AI may eventually stop belonging to us. The true revolution of the future, he argues, will not be digital, but human.



ARIEL • 256 PAGES • OCTOBER 2026

What will still belong to us when machines can do almost everything?
A practical and inspiring guide to training the eight human skills that will define our autonomy, creativity and leadership in the age of AI.



PABLO ORTIZ DE ZÁRATE is an art educator and journalist specializing in the emotional impact of art, with over 15 years of experience in cultural journalism and museum education. 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.

THE HEALING ART

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

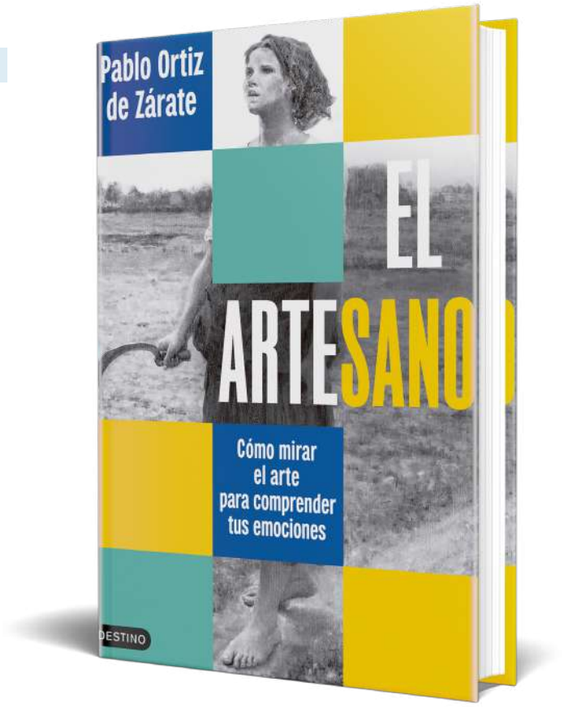
How to look at art to understand — and regulate — your emotions

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, colour, 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.



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.

"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."



ÁNGELA RUIZ is an educator specializing in neurocoaching, graphology, and regression hypnosis. After overcoming fibromyalgia through a transformative therapeutic experience, she dedicated her career to studying the unconscious mind and developing her own methodology, The Formula of the Unconscious, which combines regression hypnosis with the analysis of unconscious language to support lasting personal change.

MARIANA RIBEIRO is an experienced nurse and science communicator focused on self-awareness, emotional health, and personal development. Together with Ángela Ruiz, she co-founded Natural Consciente, a platform that helps people understand unconscious emotional patterns and unlock lasting inner transformation.

THE UNCONSCIOUS FORMULA

UNDERSTANDING YOURSELF | EMOTIONAL BLOCKS | PRACTICAL GUIDE | NEUROPLASTICITY | SELF-SABOTAGE | REWRITING DEEP BELIEFS | UNCONSCIOUS PATTERNS

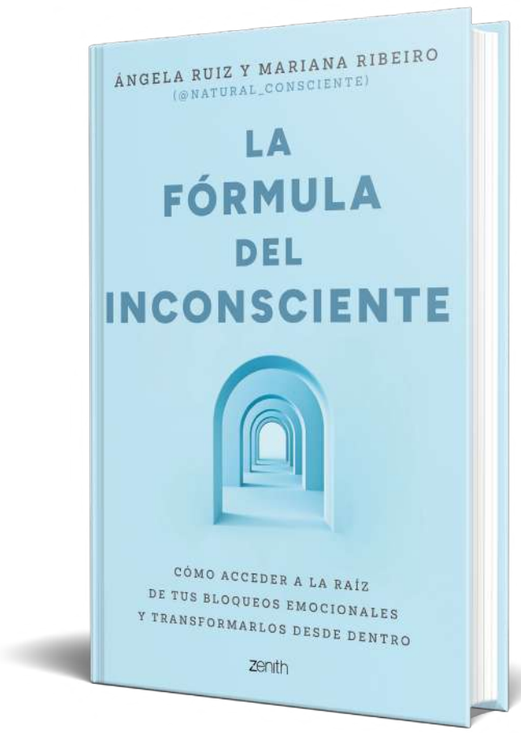
Why do we keep repeating the very patterns we want to escape? A staggering practical guide to getting to the root of your emotional blocks and transforming them from within

Why do we sabotage ourselves just as things begin to go well? Why do we repeatedly find ourselves in painful relationships, freeze when opportunities arise, or experience physical symptoms that seem disconnected from any medical cause? Often, the answer lies beyond conscious thought.

Much of what drives our behaviour originates in unconscious emotional associations formed long before we become aware of them. These hidden patterns silently shape how we respond to love, success, conflict, and uncertainty, keeping us trapped in cycles that reason alone cannot break.

Combining neuroscience and psychology, Ángela Ruiz and Mariana Ribeiro offer readers a practical framework for identifying these automatic responses and understanding where they come from. Rather than focusing on symptoms alone, the book explores the emotional roots of self-sabotage, limiting beliefs, chronic fear, and recurring relational dynamics.

Readers will learn how to recognize unconscious triggers, interpret the body's emotional signals, challenge deeply ingrained beliefs such as *'I'm not enough' or 'It's not safe to succeed'*, and gradually replace automatic reactions with healthier responses. The result is not simply greater self-awareness, but the possibility of creating new emotional pathways where change once seemed impossible.



ZENITH • 264 PAGES • SEPTEMBER 2026

Delightfully offbeat wisdom for readers who want to stop living on autopilot and begin understanding the hidden mechanisms that quietly shape their lives.



PEDRO VIVAR is a writer, researcher, and expert in human performance. He is the creator of Neuromotor Programming (NMP), a methodology that integrates neuroscience, movement, and emotional regulation to improve decision-making and well-being. He is the author of several bestselling books on human potential, decision-making, and performance, including *Súper Sapiens*, *PNM. Programación neuromotriz*, and *El arte de la coherencia*.

ORGANIC INTELLIGENCE

PERSONAL DEVELOPMENT | INNER WISDOM | EMOTIONAL REGULATION | HUMAN PERFORMANCE | DECISION-MAKING | RECOVERING OUR INSTINCT

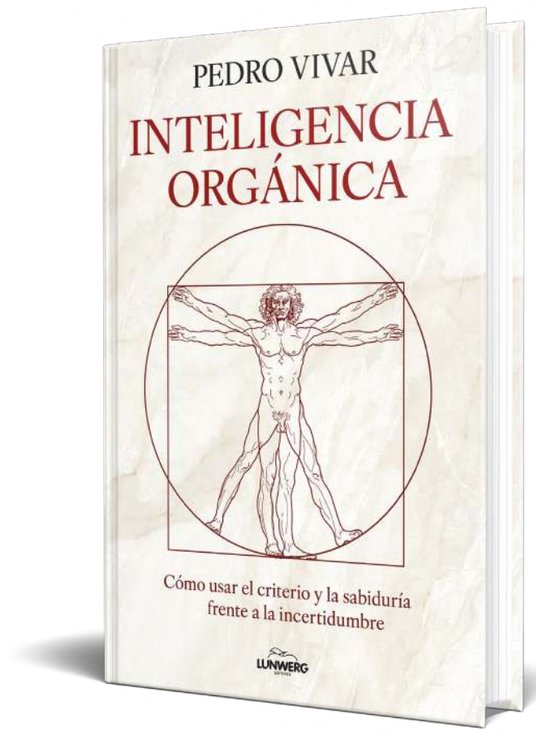
What if our greatest advantage in the age of AI is the wisdom of the human body?

Artificial intelligence is transforming the way we work, create, and make decisions. Yet as we delegate more to algorithms, a more fundamental question emerges: what kind of intelligence remains uniquely human?

In *Organic Intelligence*, Pedro Vivar challenges one of the defining assumptions of modern life: better thinking inevitably leads to better decisions. He argues that conscious reasoning often arrives too late, merely explaining decisions that have already been shaped by older, quieter systems within the body. Long before the rational mind constructs a narrative, the organism has already gathered, integrated, and responded to countless internal signals.

Rather than presenting intelligence as the accumulation of information or analytical ability, Vivar introduces a radically different model: one based on self-regulation, embodied perception, and physiological coherence. Our greatest competitive advantage may lie not in thinking more like machines, but in reconnecting with the intelligence we already possess. The goal is not to think better, but to recover our inner compass; not to make decisions according to the noise of the world, but according to the quiet wisdom of the body.

OPTION PUBLISHERS: Popuri (Russia).



LUNWERG • 192 PAGES • SEPTEMBER 2026

The future won't belong to those who think faster, but to those who know how to think as human beings.



MARTA VERONA is a chef, nutritionist, lecturer, and science communicator specializing in culinary nutrition. A faculty member at the prestigious Basque Culinary Center, she is dedicated to making evidence-based healthy cooking accessible to a wider audience.

JUANA FERNÁNDEZ is a clinical psychologist, dietitian, and neuropsychologist specializing in eating behaviour. She has spent more than fifteen years helping women build healthier relationships with food, their bodies, and their emotions through her clinical practice at the Equilibri Clinic.

EMOTIONAL COOKING

EMOSCORE | NUTRITIONAL PSYCHOLOGY | MENTAL HEALTH | SELF-CARE | BODY IMAGE | RECIPES | ILLUSTRATED GUIDE



TEMAS DE HOY • 336 PAGES • SEPTEMBER 2026

Stop eating your emotions. Start cooking them instead.

Do we eat the way we feel, or do we feel the way we eat? Can a meal soothe anxiety or lift our spirits on a difficult day?

We rarely leave our emotions outside the kitchen. They shape what we crave, how we cook, how we eat, and often how we feel about ourselves afterwards. In *Emotional Cooking*, chef and nutritionist Marta Verona and neuropsychologist Juana Fernández invite readers to cultivate emotional balance while dismantling nutritional myths, identifying eating patterns, and transforming the kitchen into a space of pleasure, calm and self-care.

Through practical tools, easy-to-follow recipes, and psychological insights, Verona and Fernández guide readers toward letting go of guilt, reconciling with food, and ultimately reconnecting with themselves.

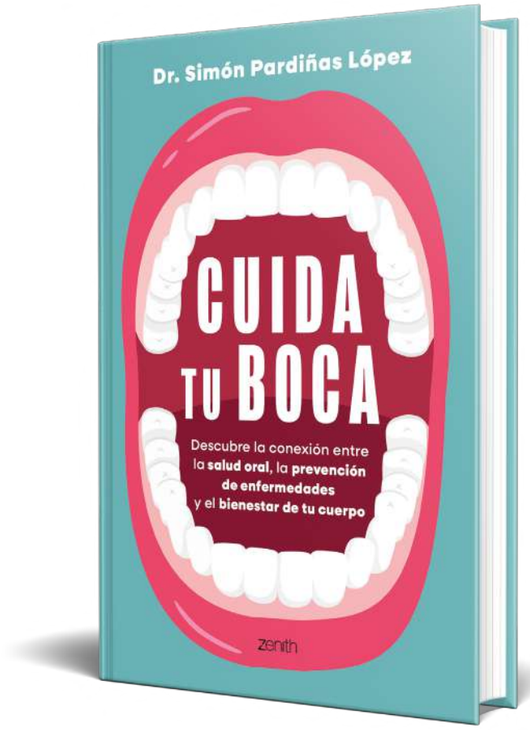
More than a cookbook and more than a psychology guide,
Emotional Cooking *brings together nutrition, psychology, and cooking to help readers rebuild their relationship with food by changing not only what's on the plate, but everything they bring to it.*



DR. SIMÓN PARDIÑAS is an oral surgeon, periodontist, and researcher specializing in oral health and regenerative medicine. He is an adjunct faculty member in the Department of Oral and Maxillofacial Surgery at New York University and a researcher at the University of A Coruña and A Coruña University Hospital. Alongside his clinical and academic work, he is the creator of Dentalk, one of the world's leading oral-health platforms on social media, where he shares evidence-based information with a community of more than 1.8 million followers.

TAKE CARE OF YOUR MOUTH

THE MOUTH-BODY CONNECTION | ORAL HEALTH | MICROBIOME | INFLAMMATION | PREVENTIVE MEDICINE | SCIENCE FOR EVERYDAY LIFE



ZENITH • 272 PAGES • SEPTEMBER 2026

A quietly revolutionary look at the role your mouth plays in the health of your entire body

When we think about staying healthy, we usually focus on nutrition, exercise, or sleep. Yet one of the body's most important organs is often overlooked: the mouth.

Growing scientific evidence shows that oral health is deeply connected to the rest of the body. The condition of our gums, the bacteria that live in our mouths, and even the way we breathe can influence inflammation, immune function, cardiovascular health, sleep quality, and much more.

In *Take Care of Your Mouth*, Dr. Simón Pardiñas explains why oral health is about far more than teeth. Combining the latest scientific research with years of clinical experience, he reveals how the mouth acts as a window into the body's overall health, and how simple everyday habits can help prevent disease, protect the microbiome, and improve long-term well-being.

From gum disease and diabetes to cardiovascular health, breathing, chewing, saliva, and the oral microbiome, this eye-opening book uncovers the surprising links between the mouth and the rest of the body, offering readers practical, evidence-based tools to take better care of both.

What if your dentist could tell you more about your health than you ever imagined? The biggest blind spot in modern medicine may be staring back at us every morning in the mirror.



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.

NOOTROPIC LIFE

COGNITIVE HEALTH | MIND–BODY SCIENCE | BRAIN OPTIMISATION | NEUROPLASTICITY | CONSCIOUS LIVING

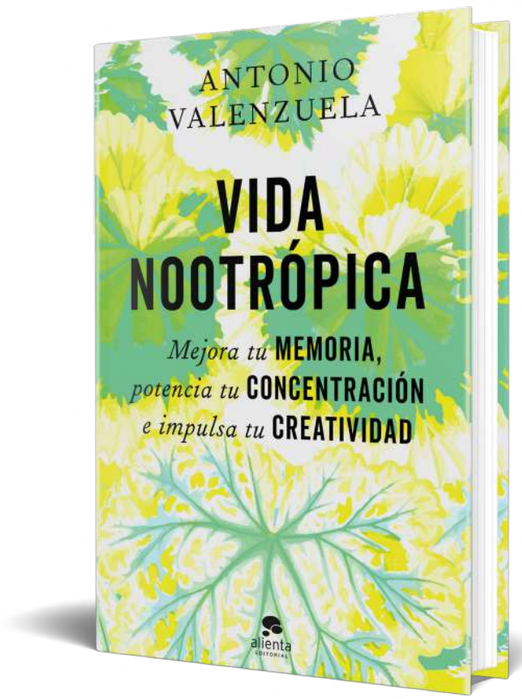
How to enhance memory, focus and creativity through an integrative approach to the mind

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), BookZone (Romania).



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.*



DR. SILVIA GÓMEZ SENENT is a gastroenterologist specializing in digestive health and one of Spain's leading experts on the gut microbiome. For more than fifteen years, she has combined clinical practice, research, medical education and science communication to explore the role of the gut microbiome in health and disease. She lectures regularly at national and international conferences and directs the Master's Degree in Human Microbiota at Nebrija University. She is also the mother of two teenagers.

PATRICIA GONZÁLEZ IRALA has worked in communication and creative industries for more than twenty years, first in advertising and, over the past decade, as an illustrator. Under the name **Mofletes Colorados**, she develops projects at the intersection of art, health and emotional education.

YOUR TEEN MICROBIOME IN ACTION

PRACTICAL GUIDE FOR TEENS | TEEN HEALTH | GUT-BRAIN CONNECTION | ILLUSTRATED NON-FICTION | SCIENCE MADE ACCESSIBLE | MENTAL WELL-BEING

The illustrated guide every teen needs to understand their body, mind and emotions from the inside out

Why does stress give you a stomach ache? Why do you suddenly feel exhausted, anxious or overwhelmed? What if your gut had more to do with your emotions than you ever imagined?

Elena, Carmen and Pablo are thirteen years old, starting a new school year and obsessed with role-playing games. But once the game ends, each faces challenges familiar to millions of teenagers: friendship, anxiety, first love, body image, bullying, exams, poor sleep and the struggle to fit in.

Through their story, gastroenterologist Dr. Silvia Gómez Senent and illustrator Patricia González explain one of today's most fascinating scientific discoveries: the extraordinary dialogue between the gut microbiome, the brain and the rest of the body. Blending graphic storytelling with evidence-based science, they show how the trillions of microorganisms living inside us influence stress, emotions, sleep, hormones, digestion, energy, acne and even our relationships.

Far more than a health guide, *Your Teen Microbiome in Action* gives teenagers the knowledge and practical tools to understand what is happening inside their bodies—and to navigate one of life's most challenging stages with greater confidence, healthier habits and self-compassion.



ESPASA • 192 PAGES • OCTOBER 2026

A unique blend of graphic storytelling and science that helps teenagers understand themselves — one gut bacterium, one friendship and one school day at a time.



MARIA DE LLUC is a dietitian-nutritionist, health educator, and creator of the Empodérate Comiendo programme, through which she has helped thousands of women improve their relationship with food, body image, and health. Specializing in inflammation, hormonal health, cortisol management, and sustainable nutrition, she shares evidence-based content with a social media community of hundreds of thousands of followers. Her work combines nutrition, exercise, rest, and mindset to offer women a practical, non-restrictive approach to long-term wellbeing.

STOP CORTISOL AND INFLAMMATION

NERVOUS SYSTEM REGULATION | CORTISOL & INFLAMMATION | INTEGRATIVE NUTRITION | PRACTICAL 4-WEEK METHOD | WOMEN'S HEALTH | HORMONAL HEALTH | SELF-COMPASSION | BURNOUT RECOVERY | CHRONIC STRESS | SCIENCE-BASED

A 4-week program to calm your nervous system, reduce inflammation and feel at home in your body again

Millions of women are exhausted, inflamed and frustrated. They eat well, exercise regularly and feel they're doing everything "right"—yet they still struggle with fatigue, bloating, hormonal imbalance, poor sleep and anxiety around food. Nutritionist María de Lluc offers a radically different explanation: the problem is not a lack of discipline, but a body that has spent too long in survival mode.

Drawing on nutritional science, clinical experience and her own personal journey, she reveals how chronic stress, elevated cortisol and persistent inflammation form a self-reinforcing cycle that keeps the body stuck in protection rather than healing. Instead of prescribing more restriction, harder workouts or greater self-control, she proposes a different path: teaching the nervous system that it is safe again.

Through an accessible four-week program built around four stages—Safety, Regulation, Reconnection and Sustainability—readers learn how to calm physiological stress, reduce inflammation, restore hormonal balance and improve their relationship with food. And more importantly, they learn to replace self-control with self-trust, creating habits their bodies can finally sustain.



CÚPULA • 232 PAGES • NOVEMBER 2026

What if your body isn't working against you, but trying to protect you? A compassionate, science-based roadmap to stop fighting your body and start working with it.



MARTA MARCÈ is a nutritionist with extensive expertise in menopause and women's hormonal health. After experiencing premature menopause at the age of twenty-six following ovarian cancer, she dedicated her career to understanding how nutrition and lifestyle can help women navigate this stage of life with confidence. Today, through her clinical practice, bestselling books and educational programs, she helps thousands of women better understand the physical and hormonal changes of menopause and make informed decisions about their health.

THE MENOPAUSE SUPPLEMENT GUIDE

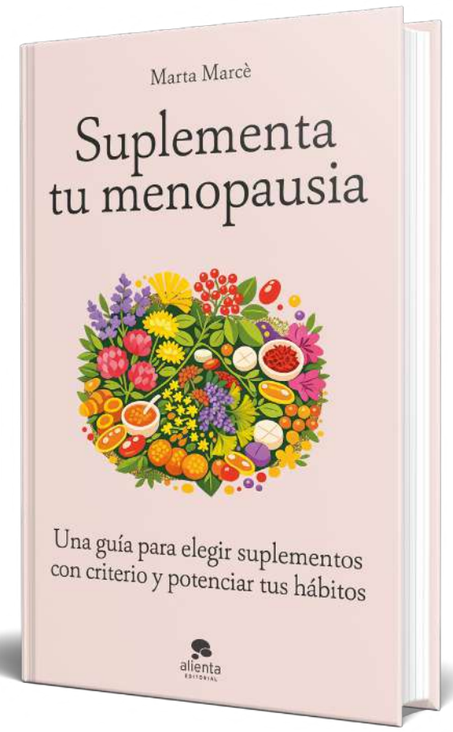
EVIDENCE-BASED SUPPLEMENTATION | WOMEN'S HEALTH | HORMONAL HEALTH | LONGEVITY & ANTI-AGEING | PRACTICAL GUIDE | NUTRITION

The smart way to supplement when your body's needs begin to change

Menopause is a time of profound change, when many women feel that their bodies no longer respond as they once did. Hot flashes, poor sleep, mood changes, fatigue, brain fog, and the gradual loss of muscle mass are all part of a transition that deserves understanding, support, and reliable information.

In *The Menopause Supplement Guide*, nutritionist Marta Marcè cuts through the confusion surrounding supplements, distinguishing evidence-based choices from passing trends at every stage of perimenopause and menopause. Far from presenting them as miracle solutions or substitutes for healthy habits, she explains how they can become valuable allies when backed by scientific evidence, tailored to individual needs, and integrated into a healthy lifestyle.

From magnesium, vitamin D, omega-3, and creatine to botanicals such as black cohosh and saffron, Marcè separates evidence from hype, explaining which supplements may help, when they are appropriate, and why nutritional needs change during this stage of life. She also explores the roles of inflammation, the gut microbiome, muscle health, and the nervous system, giving readers the knowledge to understand not only what to take, but why their bodies need it.



ALIENTA • 368 PAGES • OCTOBER 2026

Wise and refreshingly practical, Marta Marcè brings welcome clarity to one of today's most confusing health conversations.



LUCÍA GALÁN is a pediatrician, bestselling author, and one of the most influential health communicators. As co-founder and director of Centro Creciendo in Alicante, she combines medical expertise with a compassionate, family-centered approach to pediatric care. An award-winning science communicator, she is widely recognized for her work combating health misinformation and making reliable medical advice accessible to parents.

ADOLESCENCE

THE TEENAGE BRAIN | FAMILY BONDS | SCIENCE FOR PARENTS | EMOTIONAL DEVELOPMENT | TRUSTED MEDICAL ADVICE

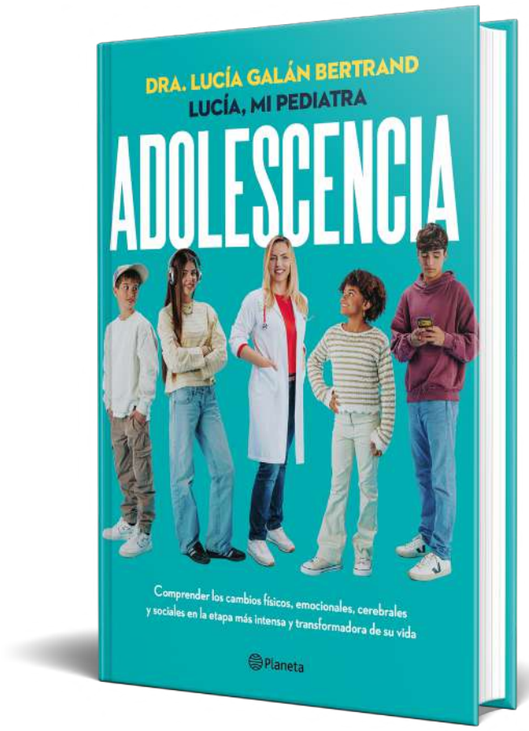
Understanding the physical, emotional, and social transformation behind the most intense years of growing up

There comes a moment in almost every family when childhood quietly slips away. The rules no longer seem to work, conversations become harder, and many parents are left wondering when everything changed and whether they are getting it right.

In *Adolescence*, Dr. Lucía Galán meets families at precisely that moment. With the warmth that has earned the trust of millions of parents and the reassurance of a pediatrician who has spent years caring for children—and raising two teenagers of her own—she offers a compassionate, evidence-based perspective on one of the most intense stages of growing up.

As Galán reminds us throughout the book, adolescence is not a battle to be won, but a metamorphosis to be understood. Rather than offering recipes or quick fixes, *Adolescence* invites parents to rediscover their role—not by controlling every step, but by remaining a steady, reassuring presence through one of the most transformative stages of their children's lives.

OPTION PUBLISHERS: Edizioni Sonda (Italy), Botart (Albania), Pegasus (Turkey), Eksmo (Russia), BookZone (Romania).



PLANETA • 304 PAGES • SEPTEMBER 2026

Not a survival guide for parents, but an invitation to see adolescence for what it truly is: a profound transformation that calls for understanding rather than control.



ÚRSULA PERONA is a child psychologist and founder of her own psychology centre in Alicante, where she has spent more than a decade working with children and families. Alongside her clinical practice, she lectures at university, speaks regularly at conferences, and shares evidence-based parenting advice with a large online community on her social media. She is also a frequent contributor to national and international media.

THE GIFTS OF HIGHLY SENSITIVE CHILDREN

THE SENSITIVE BRAIN | EMOTIONAL REGULATION | CONSCIOUS PARENTING | SECURE ATTACHMENT | FROM OVERWHELM TO RESILIENCE

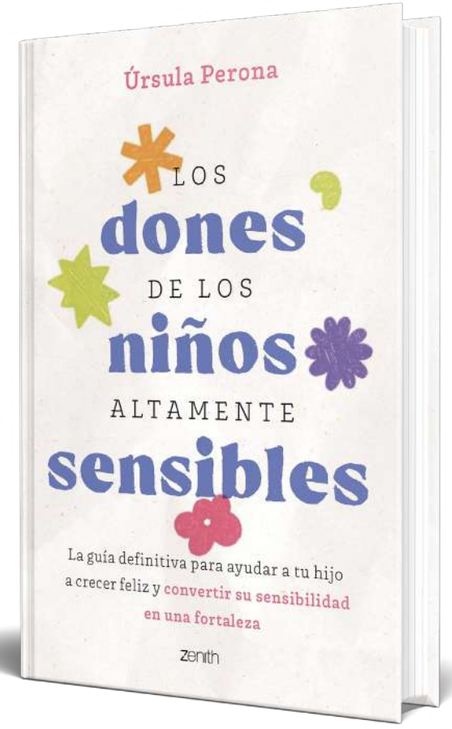
Part science, part clinical expertise, part lived experience. As both a child psychologist and someone who experiences the world with heightened sensitivity, Úrsula Perona is uniquely placed to help parents understand what this trait means in childhood

Some children experience the world more intensely than others. Loud noises, sudden changes, bright lights, crowded places, or other people's emotions can feel overwhelming in ways that are often misunderstood by the adults around them.

For years, highly sensitive children have been labelled as "too emotional", "too shy", "too difficult", or simply "too much". But what if that sensitivity isn't a weakness to overcome, but a unique way of experiencing the world?

In *The Gifts of Highly Sensitive Children*, Úrsula Perona combines psychological research with years of clinical practice and her own lived experience of high sensitivity. She helps parents understand what lies behind intense emotions, anxiety, meltdowns, withdrawal, perfectionism, and heightened empathy, while showing them how to distinguish high sensitivity from behavioural problems or a lack of resilience.

Perona reveals how highly sensitive children's minds work and how families can support them without trying to change who they are. Parents will learn how to help their children regulate overwhelming emotions, build confidence, establish healthy boundaries, and thrive in environments where their sensitivity is understood, respected, and transformed into a strength rather than a burden.



ZENITH • 160 PAGES • OCTOBER 2026

Elaine Aron introduced us to highly sensitive children. Úrsula Perona shows today's families how to help them thrive, drawing on the insight of a psychologist who understands this way of experiencing the world from within. That unique perspective gives this modern parenting guide an authenticity few books in the field can match.



DR. EMILIA REDOLAR is one of Spain's leading neuroscientists, science communicators, and one of the country's most prominent transgender scientists. She holds a PhD in Neuroscience from the Autonomous University of Barcelona (UAB), with postgraduate training at McGill University and Harvard Medical School. She is Professor of Neuroscience at the Open University of Catalonia (UOC), Director of its Psychology Degree and head of the Cognitive NeuroLab. She is the author of numerous scientific publications, a frequent speaker at international conferences, and a regular contributor to major media outlets.

WHAT WE ARE BENEATH THE SKIN

CUTTING-EDGE NEUROSCIENCE | GENDER IDENTITY | THE SCIENCE BEHIND IDENTITY | NARRATIVE SCIENCE | TIMELY & THOUGHT-PROVOKING



DESTINO • 400 PAGES • SEPTEMBER 2026

A neuroscientific journey into gender identity, the body and the making of the self

How does the brain create the feeling of being ourselves? And why can that inner identity differ from the body we are born with?

In this ambitious narrative essay, neuroscientist Dr. Emilia Redolar explores one of neuroscience's greatest challenges: how the brain constructs the self. Through the life story of Almudena, a transgender woman who has known since childhood that the person beneath her skin did not match the body she inhabited, Redolar guides readers through the neural foundations of identity.

Drawing on the latest research in neuroscience, she takes readers from perception, memory, emotions and body awareness to brain development, genetics, hormones and social cognition, revealing that identity cannot be reduced either to biology or to culture alone, but emerges from the dynamic interaction between the brain, the body, lived experience and the social world. Along the way, she untangles concepts that are frequently confused in public debate—from biological sex and gender identity to sexual orientation—while dismantling widespread misconceptions through scientific evidence.

Blending cutting-edge neuroscience with a deeply human story, *What We Are Beneath the Skin* transforms one of today's most polarized debates into a profound exploration of identity.

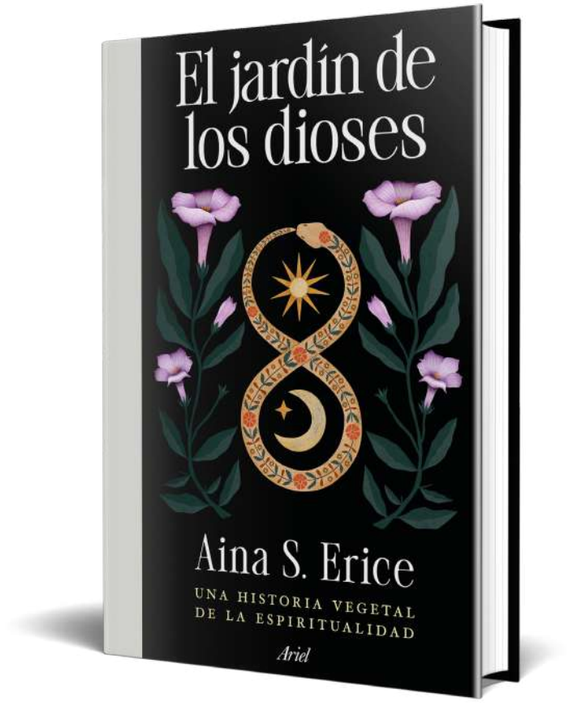
Where the story of a transgender woman meets cutting-edge neuroscience to illuminate one of today's most misunderstood human experiences.



AINA S. ERICE is a biologist with a master's degree in Plant Biology under Mediterranean Conditions. Her books include *Cuéntame, Sésamo* and *El libro de las plantas olvidadas*, 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 *La senda de las plantas perdidas*.

THE GARDEN OF THE GODS

NARRATIVE NON-FICTION | SCIENCE MEETS SPIRITUALITY | CLARITY, RIGOUR, AND SENSITIVITY | NATURE WRITING | CULTURAL HISTORY THROUGH PLANTS



ARIEL • 356 PAGES • JUNE 2026

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

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.



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 CURSE OF THE APE-MAN

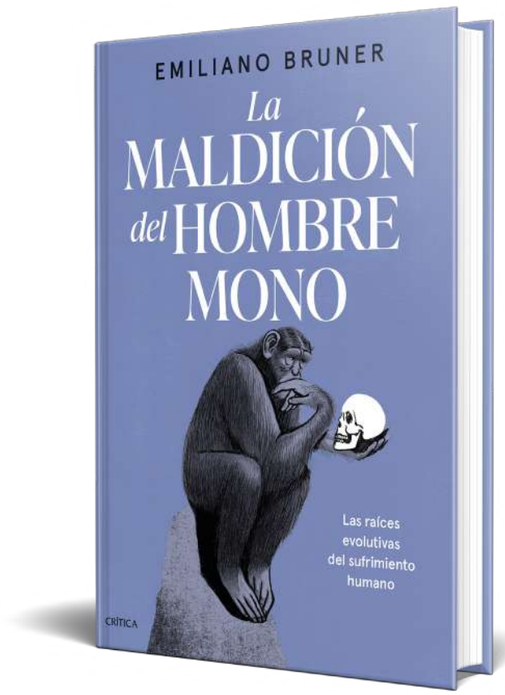
EVOLUTIONARY PSYCHOLOGY | MENTAL HEALTH | THE THINKING TRAP | EVOLUTION DID THIS | PROVOCATIVE & INTERDISCIPLINARY | ANTHROPOLOGY

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 rumination and mind-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 to OOOM's list of the world's 100 most inspiring people 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

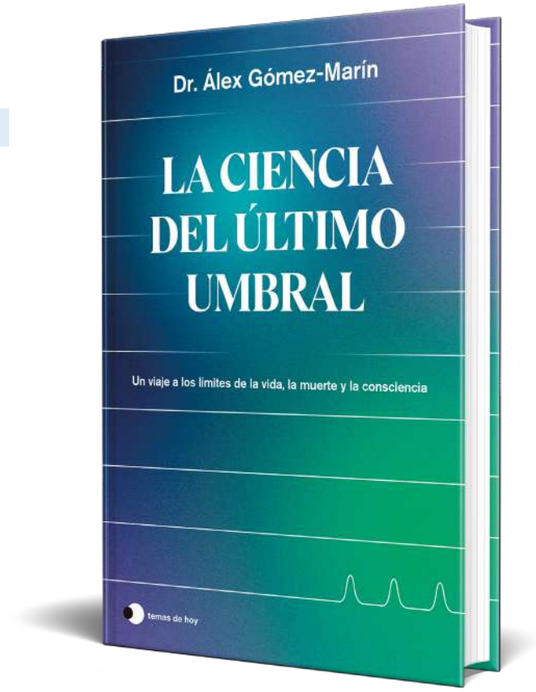
A neuroscientist's personal reckoning with death and the limits of science: a daring exploration of consciousness that begins where traditional knowledge ends

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 Álex 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 them, 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).



JUAN EVARISTO VALLS BOIX has the rare appeal of the young public intellectual: academically rigorous, culturally alert, and exceptionally compelling in the media. He is Professor of Philosophy of Culture at the Complutense University of Madrid. He is the author of *Metaphysics of Laziness* and several academic monographs, including *Giorgio Agamben: Politics without Work* and *Suely Rolnik: Decolonizing the Unconscious*. He has also translated major contemporary thinkers such as Oliver Marchart, Chiara Bottici, and Joakim Garff. He speaks English, French and Italian fluently.

THE RIGHT TO BEAUTIFUL THINGS

LITERARY PHILOSOPHICAL ESSAY | SLOW-LIVING | LAZY RIGHTS | ATTENTION & BEAUTY | POLITICS OF REST | MILLENNIAL THINKER | JOMO

A call to slow down, rethink our work ethic, and reclaim life beyond productivity

Inspired by Emma Goldman's defence of "the right of all bodies to beautiful, radiant things", Juan Evaristo Valls Boix offers a luminous and provocative essay for an age of exhaustion. Against a culture obsessed with work, performance, growth and self-improvement, he argues for the urgent need to reclaim everything that cannot be measured by productivity: beauty, thought, friendship, literature, pleasure, idleness, and time freely wasted.

At the heart of the book is his original defence of "lazy rights": the right to laziness, to strike, to retirement, to the city, and to literature. These are not simply rights to rest before returning to work, but rights to a life no longer governed by usefulness — a life based on slowness, care, interdependence and shared pleasure. They are the "beautiful things": those that serve no purpose and yet sustain us.

Both accessible and intellectually ambitious, *The Right to Beautiful Things* speaks to modern, curious, reflective and culturally engaged readers, while also reaching a broader audience increasingly hungry for another way of living.

In a way, Juan Evaristo is our Byung-Chul Han: a young intellectual who moves effortlessly between aesthetics, political philosophy, and social criticism, with a voice closely attuned to the concerns of Millennials and Gen Z.

RIGHTS SOLD TO: Scribner, Simon & Schuster (World English Rights), sold in a 2-way auction; Mauri Spagnol (Italy), Bookout (Portugal), Weekly Business Group (Complex Chinese).



ARIEL • 224 PAGES • JUNE 2025

ENGLISH SAMPLE AVAILABLE

- **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**

At the intersection of Bullshit Jobs, *Byung-Chul Han, and Jenny Odell: a philosophical essay driven by a young, literary, media-savvy voice, speaking to readers facing burnout, precarity, and the colonization of attention—and seeking the Joy Of Missing Out.*



OLIVIA MUÑOZ-ROJAS OSCARSSON is a sociologist, essayist and political analyst specializing in the intersection of culture, politics and society. She holds a PhD in Sociology from the London School of Economics and Political Science, an MA in Humanities from New York University, and a degree in Political Science from the Complutense University of Madrid, with further studies at Uppsala and Lund Universities in Sweden. A regular contributor to leading Spanish-language media, she has also written for *HuffPost* and *Clarín*. Born into a Spanish-Swedish family, she lived in Mexico City and New Delhi before settling in Paris.

GLANCES OF POWER

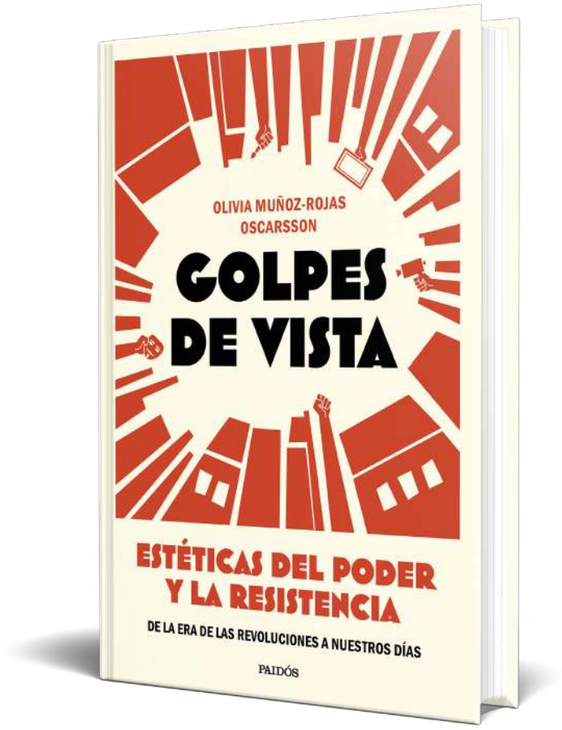
AESTHETICS OF POWER & RESISTANCE | CROSS-DISCIPLINARY | VISUAL CULTURE | BIG-IDEA BOOK | GLOBAL HISTORY | CULTURE MEETS POLITICS AND SOCIETY | SOFT POWER | ACCESSIBLE & THOUGHT-PROVOKING

A new history of modern politics through visual culture —from the Age of Revolutions to the Digital Age

Power is never only exercised through laws, armies or institutions. It must also be seen, staged and desired. From revolutionary paintings and national monuments to political fashion, cinema, advertising, memes and surveillance technologies, images shape the way societies understand authority, belonging and revolt.

In this ambitious and highly original essay, political scientist and writer Olivia Muñoz-Rojas offers a new history of the last 250 years through the visual codes of power and resistance. Moving from the French Revolution and Haitian emancipation to Mexican muralism, Haussmann's Paris, fascist urbanism, the Bauhaus, IKEA, Hollywood, Bollywood, feminist performance, yellow vests and digital activism, she shows how aesthetics has never been merely decorative: it is one of the places where politics is created, legitimized and contested.

Blending political history, sociology, art criticism, architecture, fashion, film and geopolitics, *Glances of Power* reveals the recurring patterns through which symbols migrate, are appropriated, commercialized and reactivated across time. A red cap, a pair of trousers, a mural, a boulevard, a living room, a movie screen or a viral image can all become instruments of domination—or tools of collective resistance.



PAIDÓS • 328 PAGES • SEPTEMBER 2026

From our clothes and cities to our homes, films and social media feeds, Glances of Power *reveals that everyday life is where power and resistance compete to shape the way we see the world.*



ANTONIO MAESTRE is a journalist and one of Spain's leading commentators on the contemporary far right and political extremism. Since 2013, he has published investigative reporting in *La Marea*, where he also served as deputy editor. He is a columnist for *elDiario.es* and a regular political commentator on La Sexta and Spain's public radio broadcaster RNE, and has contributed to leading publications including *El País*, *Le Monde Diplomatique*, *Euronews* and *Jacobin*. He is the author of *Franquismo S. A.* (2019), *Infames. El retroceso de España* (2020), *Los Rotos. Las costuras abiertas de la clase obrera* (2022) and *Me crie como un fascista* (2026).

I WAS RAISED AS A FASCIST

THE PERSONAL IS POLITICAL | MASCULINITY & IDEOLOGY | POLITICAL ANALYSIS MEETS MEMOIR | THE NEW FAR RIGHT | FEMINIST THOUGHT | TIMELY & THOUGHT-PROVOKING | EMOTIONAL EDUCATION

An intimate and original analysis of the emotional roots of the new far right

After more than fifteen years investigating the contemporary far right, journalist Antonio Maestre came to a striking conclusion: the usual explanations—economic insecurity, globalization or social decline—are no longer enough. To understand today's authoritarianism, we must look somewhere far more intimate: at the emotional education of boys and the way masculinity is shaped through power, humiliation, violence and belonging.

Blending memoir, political analysis and cultural criticism, Maestre turns the investigation inward. Revisiting his own upbringing in a working-class suburb of Madrid, he uses his personal story to uncover how everyday rituals of male socialization—from football and bullying to misogyny, emotional repression and the fear of vulnerability—can quietly prepare the ground on which authoritarian politics later thrive.

Drawing on philosophy, psychology, feminist thought and contemporary politics, *I Was Raised as a Fascist* offers a bold new framework for understanding one of the defining political transformations of our time.

More than a book about the far right, it suggests that the strongest antidote to authoritarianism is not ideological certainty, but a different emotional education—one rooted in empathy, care and the courage to question the models of masculinity we inherit.



SEIX BARRAL • 240 PAGES • APRIL 2026

How are boys taught to become men?

A bold blend of memoir and political analysis that traces the emotional roots of the new far right back to where they begin: the everyday education of boys.



CÉSAR R. ESPINEL is a historian of religions, lecturer, and specialist in religious symbolism. He holds a Diploma in Mythology and Symbolism, a Bachelor's degree in Religious Studies, and a Master's degree in Interreligious, Ecumenical, and Cultural Dialogue. His work argues that religious symbolism constitutes one of humanity's oldest shared languages and remains essential for understanding both contemporary spirituality and the cultural challenges of the modern world. He is also the author of *El Prado Sagrado*.

BELIEVING WITHOUT BELONGING

POST-RELIGIOUS SPIRITUALITY | SEARCH FOR MEANING | COMPARATIVE RELIGION | RELIGIOUS SYMBOLISM | CULTURAL COMMENTARY | MODERN SPIRITUALITY

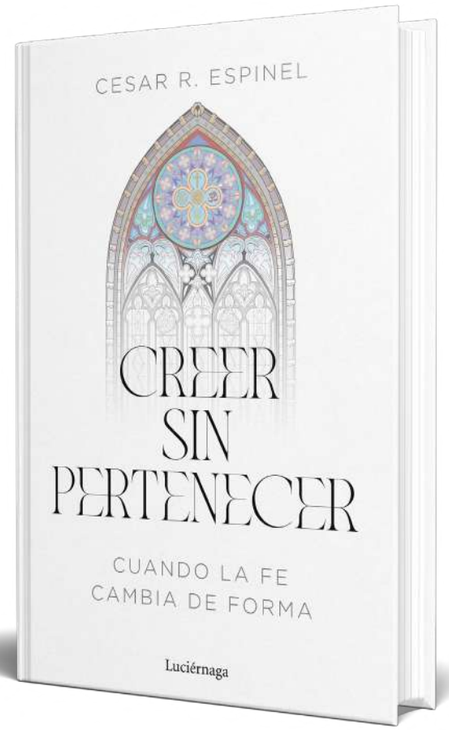
A fresh perspective on the generation that still longs for meaning, but no longer speaks the language of religion

More and more people no longer identify with a church, a religious tradition, or inherited beliefs. Yet the search for meaning has not disappeared. If anything, it has become more urgent than ever.

In *Believing Without Belonging*, César R. Espinel gives voice to one of the defining paradoxes of our time: faith has not vanished; it has simply changed shape. Through cultural references and everyday examples, he explores why the sacred continues to emerge in a society that once promised complete self-sufficiency, how spirituality now finds expression through meditation, symbols, films, music, social media, and personal rituals, and why traditional religious institutions no longer provide convincing answers for so many people.

But this essay also asks a more challenging question: what is gained—and what is lost—when belief becomes entirely individual? What happens when we seek meaning while leaving behind the language, memory, rituals, and communities that once gave it shape?

Free from dogma and written with intellectual openness, *Believing Without Belonging* offers a thoughtful framework for understanding one of today's most significant cultural shifts: the rise of a spirituality that exists beyond religion, yet continues to wrestle with the timeless human search for meaning.



LUCIÉRNAGA • 250 PAGES • NOVEMBER 2026

The decline of religion never meant the end of belief. It simply changed the places where we look for it.



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 the 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.

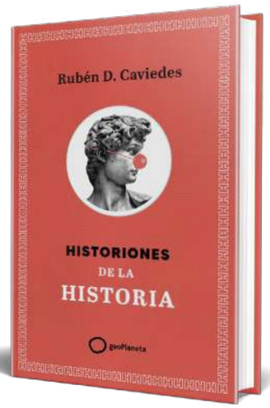
GREAT STORIES OF...

HIDDEN STORIES | CURIOUS MINDS | ILLUSTRATED NON-FICTION | HISTORY WITH A TWIST | SMART ENTERTAINMENT | TRUE STORIES

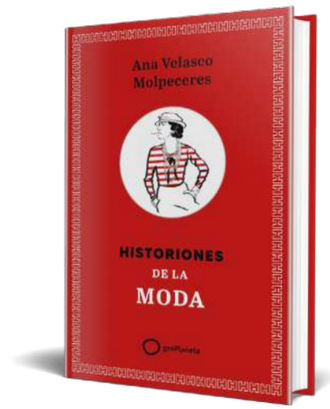
The most fascinating stories are the ones that never made it into the textbook. A collection of bite-sized, brilliantly researched stories that reveal the most surprising side of history, art, geography, and fashion.

History, art, fashion, and geography are full of stories far stranger, funnier, and more surprising than fiction. The *Great Stories of...* collection uncovers the remarkable people, unbelievable events, forgotten anecdotes, and unexpected twists hidden behind the subjects we thought we already knew. Blending rigorous research with sharp storytelling and plenty of humour, each volume reveals the human side of knowledge.

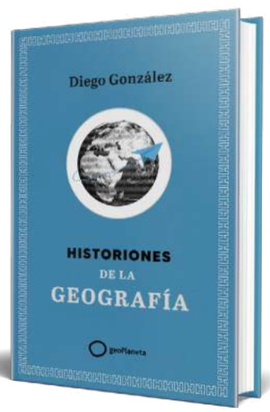
GEOPLANETA • 248-296 PAGES • 4 VOLUMES • 11.5 X 18 CM



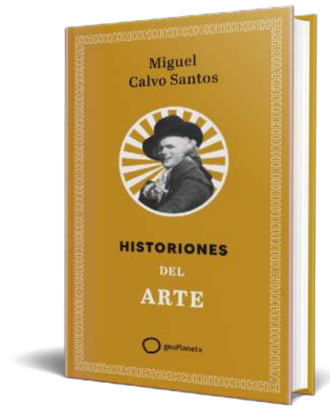
GREAT STORIES OF HISTORY
BY RUBÉN DÍAZ CAVIEDES



GREAT STORIES OF FASHION
BY ANA VELASCO



GREAT STORIES OF GEOGRAPHY
BY DIEGO GONZÁLEZ



GREAT STORIES OF ART
BY MIGUEL CALVO SANTOS

FORTHCOMING PUBLICATION: GREAT STORIES OF MYTHOLOGY



RUBÉN MONTOYA holds a PhD in Roman Archaeology from the University of Leicester, where he also completed an MA in Classical Mediterranean Studies and worked as a researcher funded by the UK's Arts and Humanities Research Council. He studied History at the Complutense University of Madrid and Classical Archaeology at Sapienza University of Rome. He has also held a research position at the Spanish School of History and Archaeology in Rome. He is currently conducting research on Pompeii and other archaeological sites in the Vesuvian area at the Royal Netherlands Institute in Rome.

HISPANIA: A HISTORY OF ROME IN IBERIA

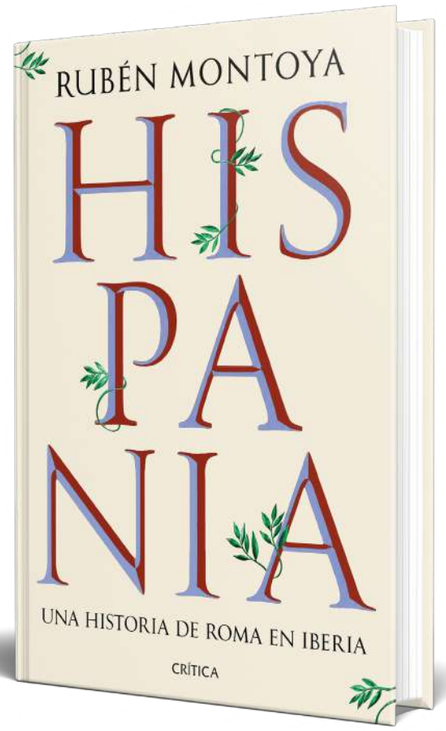
NARRATIVE NF | ARCHAEOLOGY | CULTURAL ENCOUNTERS | THE MAKING OF AN EMPIRE | DAILY LIFE IN ANCIENT ROME

Meticulous archaeological research meets the pace of great storytelling, in a vivid reconstruction of the ancient world that feels textured, complex, and profoundly alive

When Roman ships reached the shores of Iberia in the summer of 218 BC, they did not land in a wild or unknown land. Before them lay a mosaic of peoples, cities, languages, and traditions that had spent centuries connecting the western edge of the Mediterranean with the rest of the ancient world. What began as a military campaign against Hannibal would eventually become one of the most decisive political and cultural transformations of Antiquity: the birth of Hispania.

Hispania: A History of Rome in Iberia traces the seven centuries of Roman presence on the Iberian Peninsula and reconstructs the complex encounter between Rome and the Iberian peoples. Far from being a peripheral province, Hispania became one of the Empire's greatest laboratories: a stage for wars, cultural exchange, and profound social, economic, and cultural transformation. Its cities flourished, its elites reached the Roman Senate, and its lands produced emperors, intellectuals, and bishops who helped shape the destiny of Rome.

In this book, Rubén Montoya weaves together political and military history with everyday life, social tensions, and the multiple identities that coexisted across this territory, illuminating the major turning points of the historical narrative through the latest archaeological discoveries. A rich, deeply human history told by an archaeologist and historian who knows Rome through both its written sources and the ground on which it once stood.



CRÍTICA • 416 PAGES • SEPTEMBER 2026

History readers will relish this richly researched, vividly told portrait of Roman Hispania, where archaeology brings forgotten lives, everyday experiences, and long-lost voices back into the story.



EL ORDEN MUNDIAL (EOM) is one of the leading Spanish-language media platforms specializing in geopolitics, international affairs and global analysis. Combining academic rigour with engaging journalism, EOM helps millions of readers understand the political, economic and social forces shaping today's world through articles, podcasts, maps and in-depth analysis. Their previous books include *Las fuerzas que mueven el mundo* and *El mundo no es como crees*.

FRANCO DELLE DONNE holds a PhD in Communication from Freie Universität Berlin and a degree in Communication Sciences from the National University of La Matanza (Argentina). A leading expert on the contemporary far right and its impact on democracy, he is the founder of the transmedia project *Epidemia Ultra* and a regular contributor to *Deutsche Welle*, *France 24* and *El Orden Mundial*.

IN THE MIND OF...

POLITICAL PSYCHOLOGY | AUTHORITARIANISM | NARRATIVE NON-FICTION | GEOPOLITICS | STORYTELLING + POLITICAL ANALYSIS

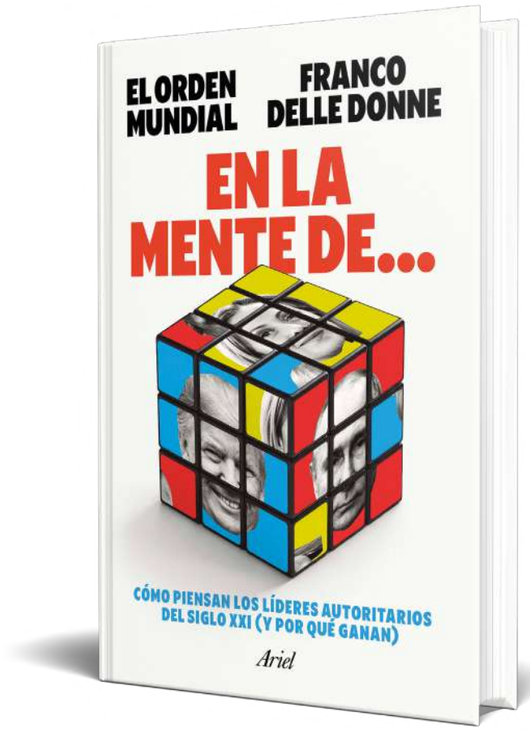
How today's authoritarian leaders think, and why democracy is losing ground

Democracies rarely collapse overnight anymore. Today, they are more likely to erode from within. Authoritarian leaders no longer seize power through coups: they win elections, exploit institutional weaknesses and gradually reshape the rules in their favour.

Why do leaders as different as Donald Trump, Vladimir Putin, Xi Jinping, Giorgia Meloni, Javier Milei, Recep Tayyip Erdoğan, Nayib Bukele and Marine Le Pen succeed despite their profoundly different ideologies?

Blending vivid storytelling with rigorous political analysis, Franco Delle Donne reconstructs the defining moments, intellectual influences and personal ambitions that shaped today's most influential authoritarian leaders. Through pivotal scenes, historical context and geopolitical analysis, he reveals not only how these leaders think, but the recurring patterns behind their rise to power.

More than a collection of political profiles, *In the Mind of...* combines narrative and analysis to reveal the recurring logic behind today's authoritarian leaders, offering an accessible framework for understanding one of the defining political transformations of the twenty-first century.



ARIEL • 264 PAGES • OCTOBER 2026

Where biography meets geopolitics: a compelling blend of narrative storytelling and political analysis that takes readers inside the thinking of the leaders reshaping today's world.

ILLUSTRATED GEOPOLITICS

ILLUSTRATED NON-FICTION | GLOBAL AFFAIRS | VISUAL EXPLAINERS | EXPERT-LED

TIMELY & EVERGREEN | SERIES | MAPS & INFOGRAPHICS | ACCESSIBLE GEOPOLITICS

Books to understand the world at a glance

Illustrated Geopolitics is a new visual non-fiction series that brings the clarity of podcasts, video explainers and infographics back to the printed page—with the reliability of expert analysis.

Each volume tackles one major geopolitical issue through 6 key moments or themes and 50 essential questions, combining sharp narrative, maps, timelines, infographics, portraits and historical documents. Designed for a broad readership, the series turns complex global affairs into a fast, visual and authoritative reading experience.

From Artificial Intelligence and India to Taiwan, the Arctic and the Vatican, *Illustrated Geopolitics* offers readers the tools to understand the forces reshaping the present: power, borders, technology, identity, resources and global competition.





CARLOS DEL CASTILLO is a Spanish journalist specializing in the social and political impact of technology. As technology editor at *elDiario.es*, he covers artificial intelligence, digital rights and the growing influence of major tech companies on politics, the economy and society. He is a regular commentator for national media, including La Sexta and Spain's public broadcaster RTVE, and frequently speaks at conferences on AI governance, internet policy and digital rights.

ARTIFICIAL INTELLIGENCE. MAPPING A REVOLUTION

Far beyond chatbots and automation, this volume maps artificial intelligence as the new frontier of global power. Through six thematic chapters and fifty key questions, Carlos del Castillo explains how AI is transforming politics, warfare, labour, climate policy, surveillance and international competition.

From Taiwan's chip factories, ASML's irreplaceable machines and Nvidia's dominance to China's rare-earth counteroffensive, Silicon Valley's techno-industrial complex and the hidden labour behind supposedly autonomous systems, this is a clear, visual and politically sharp guide to the infrastructure, interests and conflicts behind the AI revolution.



PENÍNSULA • 176 PAGES • JUNE 2026

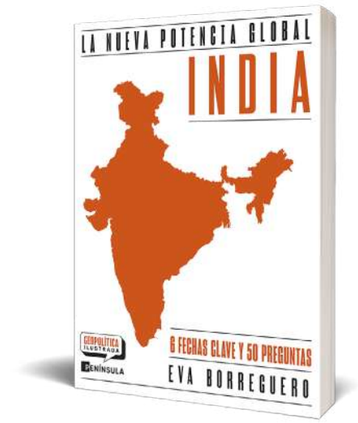


EVA BORREGUERO is Professor of Political Science at the Complutense University of Madrid and one of Spain's leading experts on Indian politics and the geopolitics of the Indo-Pacific. A former Fulbright Scholar and Georgetown University postdoctoral researcher, she specializes in nationalism, identity and postcolonial politics in South Asia. She is the author of several books on India, including *Hindú. Nacionalismo religioso y política en la India contemporánea* (2004) and *India. Historia de una civilización* (2022), and is a regular contributor to El País on international affairs.

INDIA. THE NEW GLOBAL POWER

Is India the next great superpower—or a giant still marked by unresolved fractures? Structured around six decisive dates, this volume traces the making of modern India from the colonial encounter and the British Raj to independence, partition, Kashmir, nuclear rivalry, Hindu nationalism and the country's strategic rise in the Indo-Pacific.

Eva Borreguero offers a panoramic yet accessible portrait of the world's largest democracy: a civilizational power, a demographic giant, a laboratory of diversity and inequality, and an increasingly indispensable actor in the new global balance between China, the United States and the Global South.



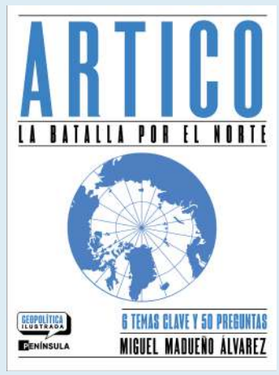
PENÍNSULA • 152 PAGES • JUNE 2026

The world's biggest geopolitical questions—explained through 6 key moments, 50 essential questions, maps, infographics and expert insight.

COMING SOON:



VATICAN. THE GREAT INVISIBLE POWER



ARCTIC. THE BATTLE FOR THE NORTH



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.

ETERNITY AND ONE MORE DAY

TRUE STORY | MORTALITY AND THE MEANING OF LIFE | LIVING WITH PURPOSE | A LIFE-CHANGING FRIENDSHIP | THE STUDENT BECOMES THE MASTER | RARE DISEASES | SCIENCE AND HUMANITY

The moving story of friendship between a renowned scientist and the boy who would become the world's longest-living person with progeria

How do you live when you know your time will be short? What is the secret to a meaningful life?

When renowned biochemist Carlos López-Otín first met Sammy Basso, he was a twelve-year-old boy living with progeria, the rare genetic disease that causes accelerated ageing. What began as the relationship between a world-famous scientist and a young patient gradually became something far more profound: a friendship in which the student would ultimately become the teacher.

Over more than a decade of conversations, shared discoveries and mutual admiration, López-Otín follows Sammy's extraordinary journey—from a curious child to the world's longest-living person with progeria and an internationally respected advocate for scientific research. As Sammy embraces a life he knows will be far shorter than most, he offers an unforgettable lesson on courage, friendship, curiosity and the search for meaning.

Blending science with references to literature, music and cinema, López-Otín delivers a luminous meditation on mortality, education and the extraordinary people who change not only how we understand life—but how we choose to live it.



PAIDÓS • 288 PAGES • OCTOBER 2026

In the spirit of Tuesdays with Morrie, *Carlos López-Otín delivers a luminous meditation where science meets the search for a meaningful life.*



MARIO ALONSO SANTAMARÍA is a biologist, zoologist, science communicator and content creator specialising in biology, evolution and animal behaviour. One of the leading Spanish-language voices in life-science communication, he combines scientific rigour with an accessible and entertaining style. He has worked directly with animals, including in rescue and rehabilitation projects for wildlife affected by illegal trafficking in the Amazon rainforest. His digital community includes around 500K YouTube subscribers, more than 150K Instagram followers and over 200K TikTok followers, and he is also the creator of the science and biology podcast El Wonderverso.

THIS IS HOW ANIMALS LIVE

WILDLIFE | ANIMAL BEHAVIOUR | TRUE-TO-LIFE STORIES | SCIENCE + STORYTELLING | EMOTIONAL NON-FICTION | CROSSOVER YA / ADULT STORYTELLING | NATURE WRITING

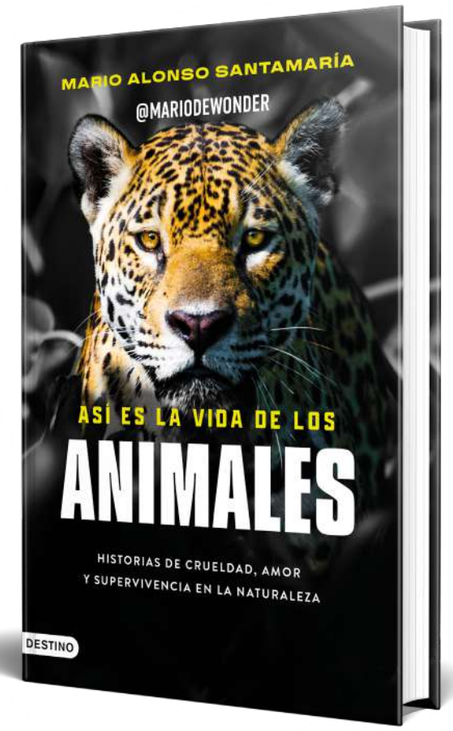
With the rigour of National Geographic and the emotional force of The Lion King: ten stories of instinct, love and survival in the wild

In nature, there are no heroes. There is no justice. There is life, death, hunger, fear, instinct — and, sometimes, loyalty, love and second chances.

In *This Is How Animals Live*, biologist and science communicator Mario Alonso Santamaría turns animal behaviour into ten powerful stories of survival, narrated with the pace of adventure fiction and the rigour of scientific observation. From chimpanzees fighting for power in Gombe to wolves crossing the wilds of northern Spain, from king cobras in India to orcas cooperating with humans in Australia, each story places the reader inside the mind and body of a wild animal facing the most decisive moments of its life.

Some of these stories are based on real animals; others are fictional narratives built from documented behaviour. In every case, the aim is the same: to show nature not from a human point of view, but from within the animal world itself — where every movement, alliance, mistake or hesitation can mean survival or death.

Cruel, moving and cinematic, this book combines biology, emotion and storytelling to reveal a wild world much closer to us than we might think: a world of mothers who risk everything for their young, rivals who fight for territory, packs that depend on loyalty, solitary predators that learn to survive, and animals whose lives are shaped by memory, strategy, hierarchy and bonds.



DESTINO • 226 PAGES APPROX. • NOVEMBER 2026

What if we could see the world through the eyes of animals? An unforgettable journey into the animal mind.



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

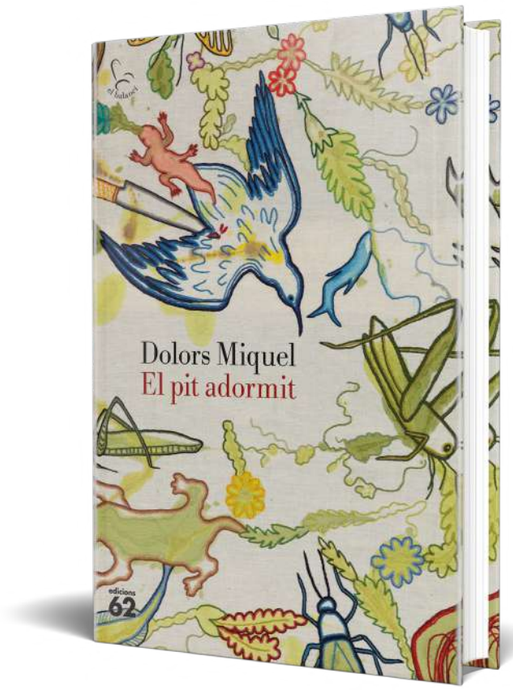
LITERARY AUTOFICTION · FEMINIST LITERATURE · FEMALE BODY POETICS · BREAST CANCER · LITERATURE AND ILLNESS · THE BODY AS ARCHIVE · HYBRID NARRATIVE · POETIC PROSE

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."



ANTONIA DELL'ATTE is an Italian model and television presenter who rose to international prominence in the 1980s as Giorgio Armani's muse, becoming one of the most recognisable faces of Italian fashion. After settling in Spain, she built a successful television career. Known for her magnetic personality, she has spoken publicly about the abuse and emotional manipulation she endured, becoming a powerful voice for women affected by gender-based violence. In *My Truth Is Not Revenge*, she recounts her story on her own terms for the very first time.

MY TRUTH IS NOT REVENGE

AUTOBIOGRAPHY · EMOTIONAL ABUSE · RECLAIMING ONE'S VOICE · BREAKING THE SILENCE · CELEBRITY CULTURE MEDIA · RESILIENCE & MOTHERHOOD

From Giorgio Armani's muse to a woman vilified by the tabloids, Antonia Dell'Atte reveals the glamour, abuse and fierce maternal devotion behind her public life

For decades, Antonia Dell'Atte's story has been told by others. The tabloid press created the image of an excessive, unstable, bitter and vindictive woman. Now, for the first time, Antonia takes control of the narrative, dismantling that caricature and telling her life story in her own words.

From her humble childhood in Ostuni to her meteoric rise as Giorgio Armani's muse, these memoirs explore a life marked by success, glamour and passion, but also by emotional manipulation, isolation and the violence that can lie hidden behind an apparently privileged existence.

Antonia reflects openly on her relationship with Alessandro Lequio, the abuse she has publicly denounced, the media machinery that helped discredit her and her struggle to protect the person she loves most: her son.

Featuring previously unseen material and significant new revelations, *My Truth Is Not Revenge* is far more than a celebrity memoir. It is the testimony of a woman who refused to remain silent, survived years of public scrutiny and ultimately reclaimed ownership of her story.

More than a memoir of fame and survival, Dell'Atte story becomes a broader inquiry into who is believed, who is dismissed and what it takes for a woman to wrest back control of the narrative surrounding her life.



PLANETA • 256 PAGES • TBP IN MARCH 2027

Combining the courage of Gisèle Pelicot's A Hymn to Life *with the intimate celebrity reckoning of Britney Spears's* The Woman in Me, *Antonia Dell'Atte finally reclaims the story others have told for her.*

ACTIVITY & GAME BOOKS

TRANJIS GAMES is one of Spain's leading board game publishers, renowned for creating clever, accessible, and highly interactive gaming experiences. Founded in 2015 following the phenomenal success of *Virus!*, the company has built a successful catalogue that combines innovative mechanics with immersive storytelling. Its games—including *Monster Kit*, *Marvel*, *Virus!*, *Roll & Write* and *Océanos de Papel*—have reached players around the world, earning Tranjis a reputation for transforming innovative ideas into unforgettable gaming experiences.

WHO KILLED CHRISTINA?

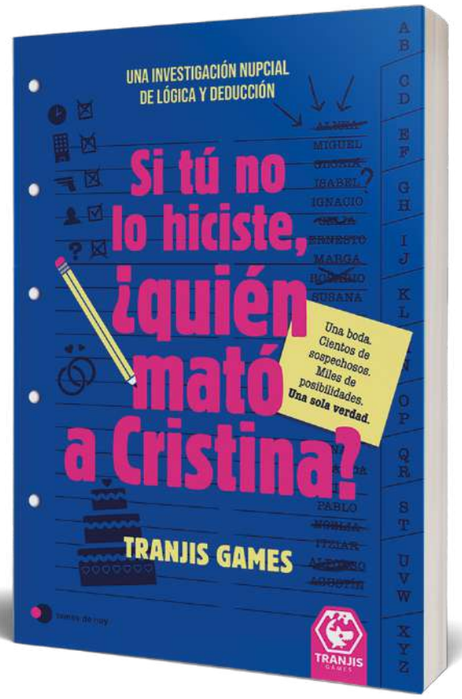
IMMERSIVE MYSTERY · PUZZLE SOLVING · TRUE CRIME VIBES · ESCAPE ROOM EXPERIENCE · DEDUCTIVE REASONING

A wedding-themed logic and puzzle game with up to 200,000 possible combinations

Christina is murdered on her wedding day. At her funeral, her damaged personal planner somehow finds its way into your hands. Inside lie the fragments of an ordinary life: appointments, shopping lists, recipes, business cards, handwritten notes, and forgotten phone numbers. Nothing appears out of the ordinary. Yet every seemingly insignificant detail could be the clue that solves the murder.

Who killed her? Why? Where? When? And with what weapon? The investigation quickly becomes a formidable logic challenge, with tens of thousands of possible suspects, motives, locations, and murder weapons. Piece by piece, readers cross-reference clues, eliminate possibilities, and reconstruct Christina's final days until only one answer remains.

Blurring the boundaries between true crime and immersive gameplay, *Who Killed Christina?* transforms the classic logic puzzle into a tactile investigative experience, placing the reader at the centre of the mystery.



TEMAS DE HOY • 312 PAGES • SEPTEMBER 2026

A fresh take on the booming puzzle-book genre. The deductive satisfaction of Murdle *meets the large-scale elimination challenge of* The Killer Isn't Alice*, with the immersive experience of piecing together a person's life.*

CAT2HEORY is a creative studio specialising in immersive games and escape-room experiences. Its multidisciplinary team blends storytelling, art, technology, and puzzle design to create original adventures. They work across multiple formats, including physical and online escape rooms, portable games, and street experiences. Their projects are defined by customised concepts, intuitive mechanics, and carefully crafted puzzles. Each experience is rigorously tested and designed with a strong, distinctive identity.

WHO KILLED MAX?

ADVENT CALENDAR · DAILY LOGIC CHALLENGES · DEDUCTIVE MYSTERY · PUZZLE PHENOMENON · INTERACTIVE CRIME GAME

Count down to Christmas by solving a murder: 24 days. 24 logic challenges. One killer waiting to be unmasked.

Max Blanco's body has been discovered beneath Venice's Rialto Bridge. The crime scene is as brutal as it is puzzling: a knife lodged in his back bears a series of cryptic clues, while his clenched fist holds a list of thousands of suspects. The murderer has turned the investigation into a deadly game, and only those who solve every challenge will uncover the truth.

Readers join the investigative team and tackle one logic challenge a day across the twenty-four days of Advent. Each puzzle eliminates innocent suspects until a single name remains. But solving the daily mysteries is only the beginning: every answer becomes a vital clue in the final investigation. On Day 24, all the pieces come together in one last challenge that reveals the killer's identity.





LUNWERG • 160 PAGES • NOVEMBER 2026

For readers who devoured The Killer Isn't Alice *and think Advent is even better with a murder to solve.*

ROMANTASY QUEST

INTERACTIVE FICTION | CREATE YOUR HEROINE | GIFT BOOK | IMMERSIVE EXPERIENCE | BOOKTOK PHENOMENON | HIGHLY CUSTOMIZABLE | REPLAYABLE | ROMANTASY

Where BookTok's favourite tropes become your own epic adventure. Create, play and live your own fantasy romance.

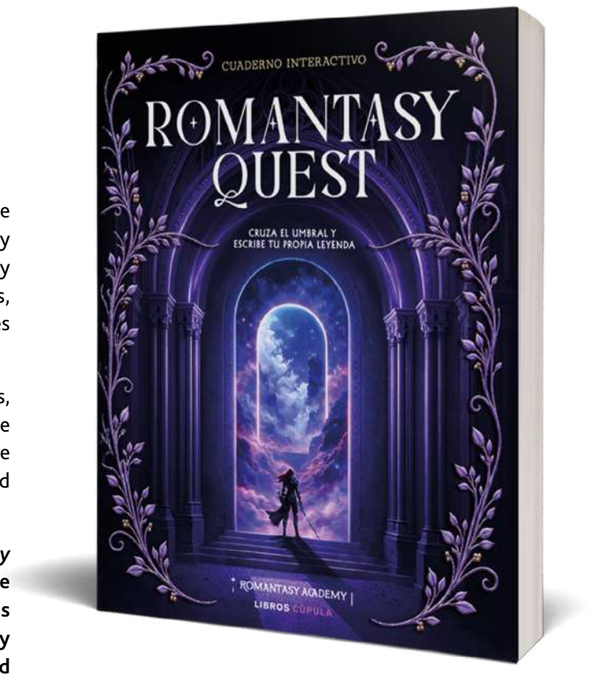
The first interactive romantasy experience: cross the portal and write your own legend

What if, instead of reading the story, you became its heroine?

Romantasy Quest is an immersive interactive experience that invites readers to create and star in their own romantasy adventure. Inspired by the genre's most beloved tropes, every decision shapes a unique journey filled with magical creatures, dangerous kingdoms, morally grey enemies, impossible choices and unforgettable love stories.

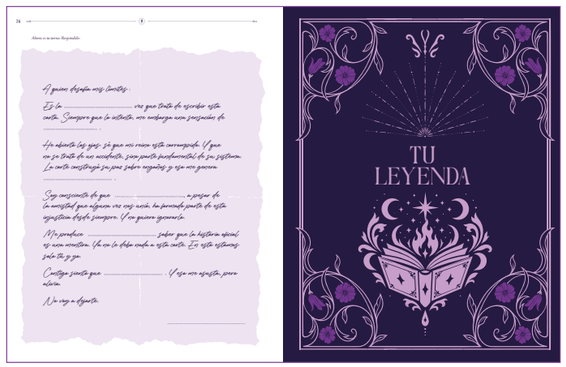
Readers forge their heroine from scratch—choosing her origins, magical powers, legendary weapon, hidden wound, allies, love interest and destiny—before crossing the portal into a quest where puzzles, creative prompts, personality tests, journaling pages and branching decisions become part of the experience itself.

Far more than an activity book or reading journal, *Romantasy Quest* transforms the world's fastest-growing fiction genre into a fully playable experience. With countless combinations of powers, creatures, romances, enemies and endings, every adventure is unique—inviting readers to return again and again to create a new legend.



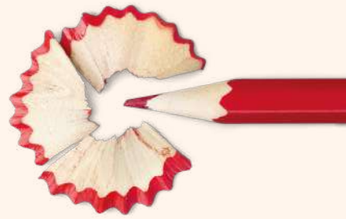
CÚPULA • 96 PAGES • OCTOBER 2026

Embark on an enchanted quest. Uncover ancient secrets, face impossible trials where love and danger go hand in hand, and set out on an adventure where magic reigns supreme... and your imagination shapes the path ahead.





COLOUR YOUR JOURNEY



BY SOPHIE GÜET

In this collection, the joy of colouring meets the art of travel —explore the world, page by page.

DESTINATIONS OF THE WORLD

COLOUR-BY-NUMBER | MINDFUL TRAVEL | CREATIVE RELAXATION | ICONIC DESTINATIONS | SCREEN-FREE ACTIVITIES

Across 40 breathtaking locations, each illustration slowly comes to life through carefully guided colour. From the serenity of Ha Long Bay to the vibrant pulse of New York, the radiant hues of Rio de Janeiro and the ancient mystery of Petra, every scene unfolds one numbered stroke at a time. The result is a meditative journey that blends artistic satisfaction with the quiet pleasure of discovery.

A relaxing yet adventurous journey for travellers at heart, puzzle enthusiasts and anyone seeking a creative moment of calm.

RIGHTS SOLD TO:
BERTRAND (PORTUGAL), ALBIN MICHEL (FRANCE).



GEOPLANETA • PAPERBACK
19 X 25.5 CM • 96 PAGES

OTHER TITLES IN THE COLLECTION:



DESTINATIONS OF SPAIN



DESTINATIONS OF JAPAN



VINTAGE DESTINATIONS

BY ISRA BRAVO



FOREVER FRIENDS

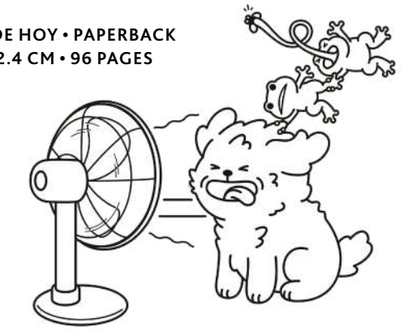
Cute Pets to Colour

COMPANION BOOK | PET LOVERS | ADORABLE ANIMALS | CROSSOVER | RELAXING & ENTERTAINING

Let your imagination run wild as you bring your favourite furry (and feathered) companions to life with colour! Cats, dogs, parakeets, a Vietnamese pig… and many more!

Whether you're relaxing at home or looking for the perfect gift, *Forever Friends* offers the ideal blend of fun and calm.

TEMAS DE HOY • PAPERBACK
22.4 X 22.4 CM • 96 PAGES





LET'S GO PLACES

Cute Destinations to Colour

ADORABLE EXPLORERS | WHIMSICAL JOURNEYS | WORLD LANDMARKS | FOR ALL AGES | PETS AROUND THE WORLD

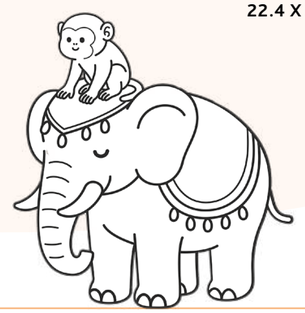
Pack your bags and get ready for a colourful journey through some of the most iconic and magical destinations around the world! A delightful collection of 40 charming illustrations featuring world-famous landmarks like the Sagrada Familia and the Great Wall of China.

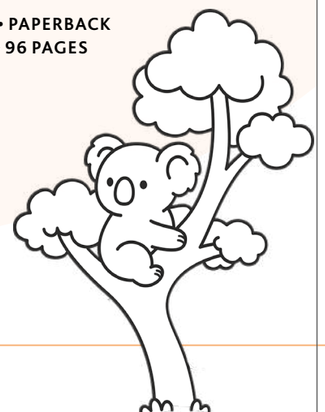
Relax, de-stress, and let your creativity soar with this colouring experience designed for both kids and adults.

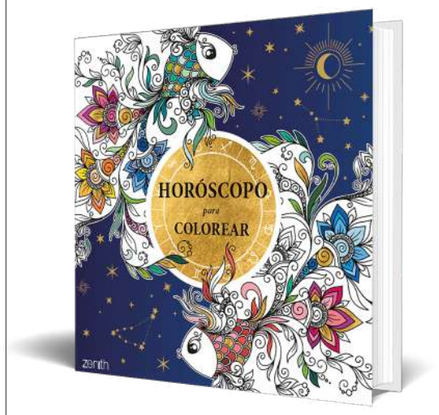


TEMAS DE HOY • PAPERBACK
22.4 X 22.4 CM • 96 PAGES

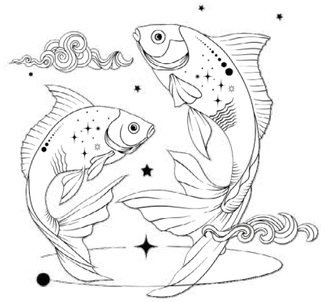








ZENITH • PAPERBACK
21 X 21 CM • 96 PAGES



HOROSCOPE TO COLOUR



Colour the signs, planets and constellations of the zodiac

ANTI-STRESS | ASTROLOGY & ZODIAC SYMBOLS | SCREEN-FREE CALM | SPIRITUAL RELAXATION | CREATIVE MINDFULNESS

Explore the symbols of the zodiac and immerse yourself in the universe of astrology through this beautifully designed colouring book. Each sign, planet and constellation becomes an invitation to slow down, focus and create. Draw inspiration from the energy of your sign, reconnect with the elements and rediscover the simple pleasure of working with your hands.

An artistic and spiritual journey for those who look to the sky in search of answers and beauty.

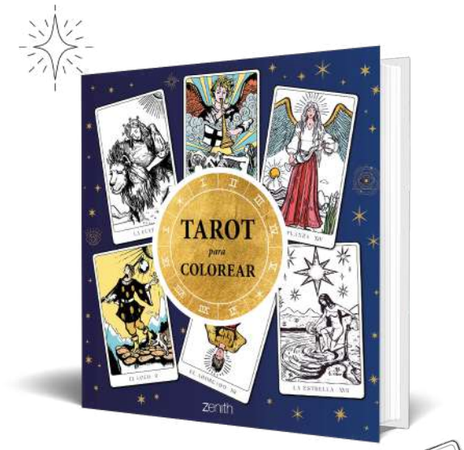
TAROT TO COLOUR

Colour the magical cards, awaken your intuition and let the archetypes reveal their meaning

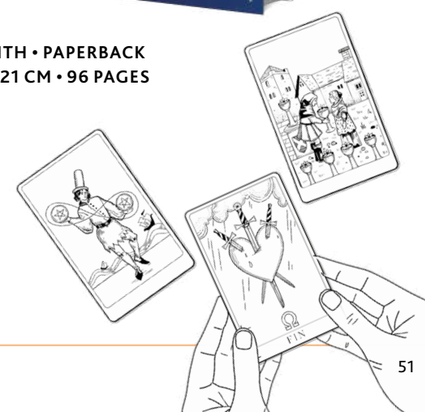
TAROT SYMBOLISM | CREATIVE RITUAL | SPIRITUAL ART | ARCHETYPES IN COLOUR | MEDITATIVE ACTIVITY

This book gathers the most iconic cards—from The Sun to The Moon, from The Magician to The Star—reinterpreted with a modern visual language that blends mystery and design. Each illustration invites you to explore the imagery, the gestures and the hidden details that have shaped tarot's storytelling for centuries.

Rather than offering answers, these pages invite reflection. As you colour each card, its symbols unfold, encouraging you to slow down and observe how meaning emerges through image and intuition.



ZENITH • PAPERBACK
21 X 21 CM • 96 PAGES



ACTIVITY BOOKS FOR ADVENTUROUS MINDS

BY RAQUEL PIÑEIRO, BEATRIZ LOZANO AND GEMMA TEROL

A journey across the world, one puzzle at a time



GEOPLANETA • PAPERBACK
18.5 X 24 CM • 96 PAGES

RIGHTS SOLD TO:
BBNC (THE NETHERLANDS),
EDT (ITALY).

TRAVEL-INSPIRED PUZZLES | BRAIN TRAINING | SCREEN-FREE LEARNING | CULTURAL EXPLORATION | ILLUSTRATED ACTIVITY BOOKS

Travel is more than moving from one place to another. It is about exploring, imagining, discovering and following curiosity.

The *Activity Books for Adventurous Minds* series brings together five volumes designed for those who see the world as a puzzle waiting to be solved. Each book features over 100 illustrated challenges that journey across destinations, cultures and landscapes through crosswords, word searches, logic puzzles, sudokus and brain-teasers inspired by the spirit of global exploration.

Every page is a stop on an imaginative itinerary: from vibrant cities to remote corners of the planet, readers test their memory, ingenuity and geographical knowledge while travelling through games.

Because every journey has its soundtrack, each volume also includes a curated music selection, inviting readers to discover the rhythms and atmospheres of different cultures along the way.

A passport for the imagination and a workout for the wandering mind: all you need is a pen and a sense of adventure.



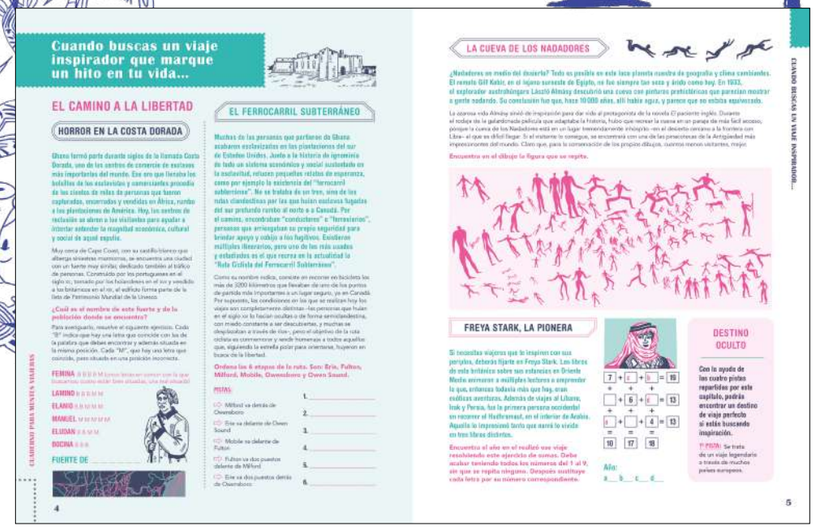












FAMILY FUN CARD GAMES

Card-based experiences that combine entertainment, discovery and meaningful connection in an engaging, accessible format

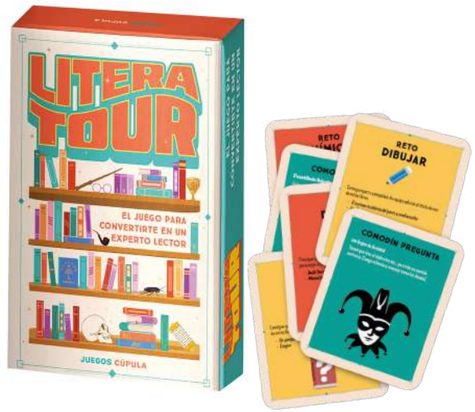
INTERACTIVE LEARNING | FAMILY QUIZ GAMES | LOGICAL REASONING | POP CULTURE TRIVIA | CREATIVE PLAY

Developed for modern families looking to enjoy quality screen-free time, these games encourage shared moments through thought-provoking prompts, playful tasks and original activities. They foster social interaction, analytical thinking and imagination across ages and interests—all in one box.



LITERATOUR

The card game that turns players into literary explorers



9 X 14 X 3 CM • 8+ • 12.000 WORDS

RRP IN SPAIN: €17.90
PRINTED IN CHINA

Literatour challenges players with clever questions, inventive tasks and performance-based prompts inspired by universal literature. From brain-teasing trivia to theatrical trials, every card opens the door to a new literary adventure.

Box contents:

- 104 illustrated cards with questions, challenges and literary actions.
- 96-page booklet with rules and background information

K-POP TRIVIA

How much do you know about the Korean artists that are taking the world by storm?



9 X 14 X 3 CM • 8+ • 12.000 WORDS

RRP IN SPAIN: €17.90
PRINTED IN CHINA



A fast-paced question-and-answer card game dedicated to the global K-pop phenomenon. From iconic debuts to viral moments, this game invites fans to prove their knowledge and relive unforgettable highlights.



Box contents:

- 104 illustrated cards with challenges
- 66-page rule and reference booklet

FAMILY CHALLENGE

An intergenerational quiz for curious minds of all ages



137 X 80 X 88 MM
8+ • 10.000 WORDS

RRP IN SPAIN: €16.90
PRINTED IN CHINA

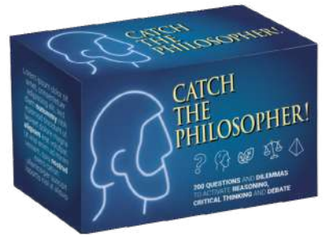
A multi-level trivia game designed to bring together children, teenagers and adults. With 200 questions spanning general knowledge, music, cinema, geography, history and pop culture, *Family Challenge* encourages friendly competition and shared moments of fun across generations.

Box contents:

- 150 cards with challenges
- 32-page rule booklet

CATCH THE PHILOSOPHER

Reflective questions for inquisitive thinkers



137 X 80 X 88 MM
12+ • 10.000 WORDS

RRP IN SPAIN: €16.90
PRINTED IN CHINA

A card game centred on moral dilemmas and stimulating scenarios inspired by classical and contemporary philosophy. It invites players to develop their reasoning skills and question established ideas.

Box contents:

- 150 cards with challenges
- 32-page rule booklet

COOKIDS

A hands-on, cooking-themed game where children learn by doing



137 X 80 X 88 MM
5+ • 3.800 WORDS

RRP IN SPAIN: €16.90
PRINTED IN CHINA

Combine ingredient cards, tackle playful tasks and bake your favourite biscuits while solving riddles and navigating unexpected twists. With real recipes and a metal cookie cutter included, *Cookids* blends fun, memory, logic and basic maths skills in a lively kitchen adventure.

Box contents:

- 128 illustrated cards (ingredients, questions, challenges)
- 20-page booklet with real recipes
- Metal cookie cutter



CREATIVE NOTEBOOKS

A collection designed not to be read, but to be used: to write, tear, question and grow through the process

INTERACTIVE WORKBOOKS | ARTISTIC JOURNALING | SELF-EXPRESSION | EMOTIONAL SELF-EXPLORATION | MINDFUL CREATIVITY

TAN TAN FAN • PAPERBACK WITH EXPOSED SEWN SPINE • 14 X 21.5 CM • 208–256 PAGES

The **Creative Notebooks series** brings together five interactive workbooks designed for readers who want to reconnect with writing, emotion and self-expression, beyond screens and beyond perfection.

Each volume blends guided exercises, reflective prompts and tactile creativity. These are not passive reads, but spaces to intervene, to tear, to underline, to question, to draw and to begin again. Somewhere between journaling, poetry, coaching and artistic experimentation, the series invites readers to return to paper as a place of exploration.

From rediscovering the act of writing by hand to emotional healing through tarot-inspired exercises, each notebook offers a different pathway. But all share the same premise: creativity as a tool for self-knowledge.

These books are meant to be used, altered and lived in.



WRITING FOR REAL AGAIN

BY DEFREDS

More than 140 challenges to reconnect with words, emotion and the raw pleasure of writing by hand



EXERCISES FOR THE SOUL

BY CORDELIA

Over 125 guided exercises that blend tarot, coaching and inspiring prompts for deep personal renewal



JUNK JOURNALING

BY CIRA LÓPEZ

A guided workbook that transforms everyday scraps into layered journals of memory, meaning and reinvention



DATES WITH MYSELF

BY ISA MUGURUZA

A delicate activity book that turns "someday" plans into real-life moments of self-care, joy and reconnection



CREATIVE WORKBOOK FOR REMOTE WORKERS

BY FERRAN CASES

A laugh-out-loud book that turns the chaos of working from home into practical tools for setting boundaries and saving your back

BESTSELLERS



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

RECOVER YOUR MIND, RECONQUER YOUR LIFE

NEUROSCIENCE + PRACTICAL PSYCHOLOGY | SELF-CONTROL | EMOTIONAL BALANCE | DOPAMINE STIMULATORS | GRATIFICATION SYSTEM

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 addictsw: 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.*



ANABEL GONZALEZ is a psychiatrist and psychotherapist. She has a doctorate in Medicine and is a specialist in Criminology. She is a member of 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.

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 a compassionate guide to rebuilding our inner world when we've been marked by emotional disconnection, neglect, or painful goodbyes.*



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, helping people improve their mental health and overall well-being. She is the author of *Que sea amor del bueno* and the international bestseller *Good Girl Syndrom*e, 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

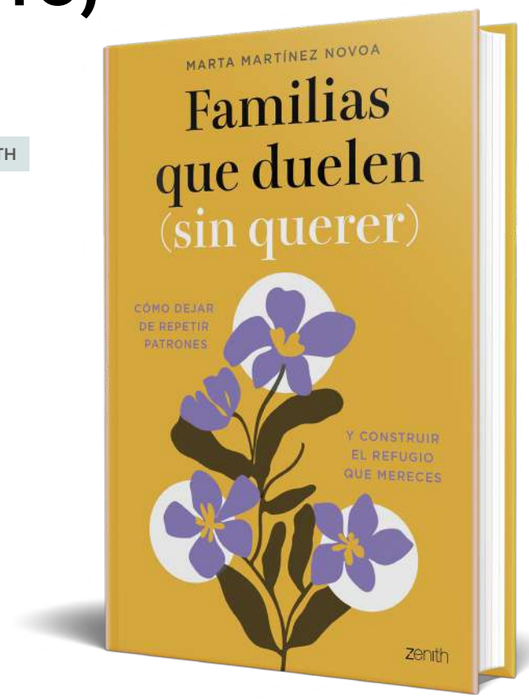
Breaking inherited patterns to build the inner refuge you deserve

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.



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.*

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), Psichogios (won a 2-way auction for the Greek rights), Publik Praktikum (Serbia), Tyto Alba (Lithuania), Ucila (Slovenia).



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.

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

TOXIC RELATIONSHIPS | SETTING BOUNDARIES | MANIPULATIVE BEHAVIOUR | WICKED GAMES | NARCISSISM & GASLIGHTING

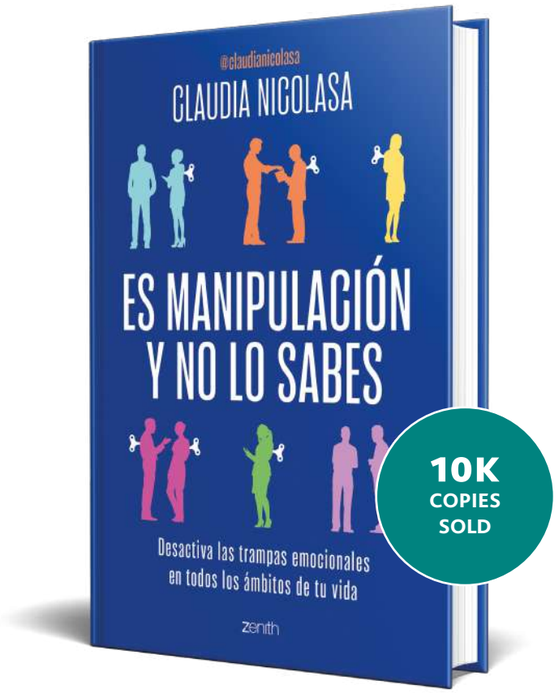
How to deactivate emotional traps in every aspect of your life

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.

RIGHTS SOLD TO: Kosmos, sold in a 2-way auction (Netherlands); BookZone (Romania); Alpina, sold in a 2-way auction (Russia); Feeria (Poland); China Times Publishing (Taiwan); Hunan Science & Technology Press (China).



ZENITH • 336 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE

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.



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.

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

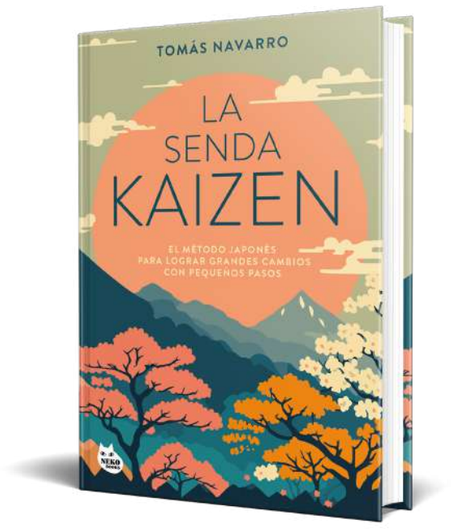
In a world saturated with noise and constant stimulation, Tomás Navarro invites us to reclaim one of our most valuable resources: attention. *The Zone* explores how to access a state of deep calm and sustained focus, free from distraction, fear, and self-criticism — where mind and body work in harmony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



NEKO BOOKS • 272 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE

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.



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.

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

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).



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 | PREVENTIVE MEDICINE | ANTI-AGEING

A smarter way to build lasting health: one that goes beyond any single capsule

The supplement industry has never been bigger or more confusing. Dr. Odile Fernández cuts through the noise with a clear, evidence-based approach, helping readers distinguish proven solutions from passing trends. From gut health and energy to menopause, ageing, and cancer care, she explains which supplements may be beneficial, when they are appropriate, and why. Rather than presenting supplements as miracle solutions, she places them where they belong: alongside healthy habits, good nutrition, and preventive care. Because no supplement can replace the habits that truly shape our health.



PLANETA • 272 PAGES • FEBRUARY 2026



PLANETA • 288 PAGES •APRIL 2023

THESE HABITS WILL SAVE YOUR LIFE

ANTI-INFLAMMATORY LIVING | METABOLIC HEALTH | LONGEVITY

How to tackle and manage inflammation, glucose spikes and stress

"Our body speaks to us every day, sometimes it speaks softly, and sometimes it screams at us, but we don't always listen. Every so often we are so disconnected from what we feel that we ignore many warning signs. What I'm about to tell you in the following pages is something completely new, the key to preventing and possibly treating most chronic conditions." Odile Fernández delivers a life-changing book: a guide on how to prevent internal inflammation, migraines, food allergies, microbiota disorders, autoimmune diseases, obesity and cancer to improve your health and increase your life expectancy.

RIGHTS SOLD TO: Valletta Ediciones (Argentina), Penguin Random House (Portugal), Eksmo (Russia).



DR. MANUEL SANS SEGARRA is a renowned surgeon specializing in general 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 rigour 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**

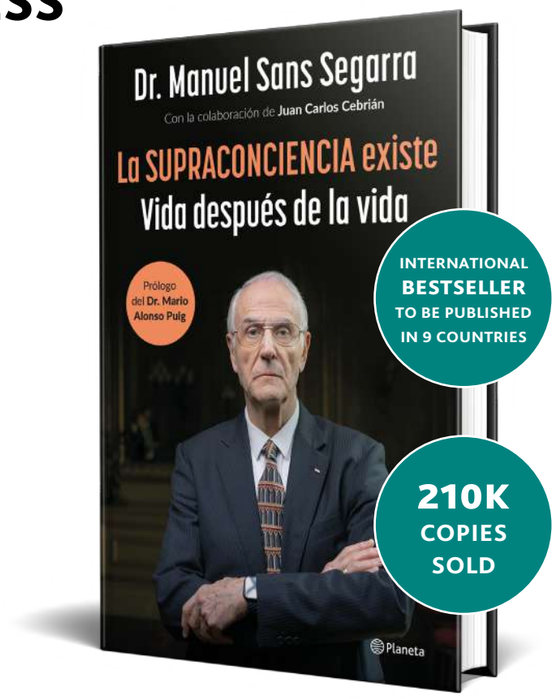
LIFE BEYOND DEATH | SCIENTIFIC PERSPECTIVE | NEAR-DEATH EXPERIENCES | TESTIMONIAL NARRATIVE | QUANTUM PHYSICS | BASED ON TRUE EVENTS

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 scientific and spiritual perspectives.

Drawing on documented cases and the cutting-edge research in 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, openness 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.



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.*

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 a 2-way auction; Orient Publishing Center (China); Eksmo (Russia), sold in a 2-way auction, Apocalypse Press (Taiwan).

HUMANITY IN CRISIS

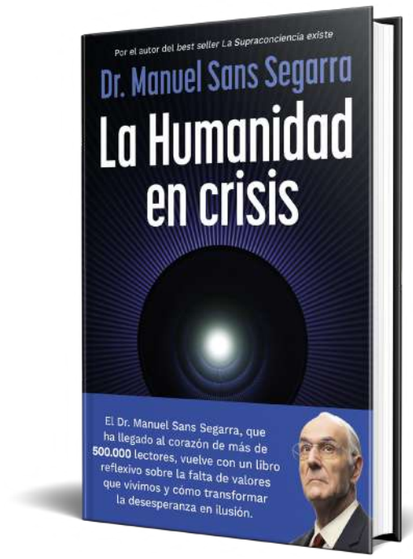
In collaboration with **Juan Carlos Cebrián**

SEARCH FOR MEANING | SPIRITUAL AWAKENING | LONELINESS EPIDEMIC | QUESTIONING MODERN LIFE | THOUGHT-PROVOKING | POP SCIENCE

The greatest crisis of our time may not be technological or economic, but profoundly human

Never have we lived longer, been more connected, or enjoyed greater material comfort. Yet anxiety, loneliness, emotional emptiness, and despair continue to rise, particularly among younger generations. For Dr. Manuel Sans Segarra, this paradox reveals a deeper crisis: not of progress, but of meaning.

After decades spent confronting suffering, illness, and death as a surgeon, Dr. Manuel Sans Segarra turns his attention to the roots of this silent crisis. He examines the impact of materialism, the ego, and emotional disconnection on our everyday lives, proposing a path of transformation based on rediscovering our true nature. Reconnecting with the deeper dimension of human existence, he argues, may be essential to restoring purpose, resilience, and hope.



PLANETA • 232 PAGES • SEPTEMBER 2026

When material progress outpaces inner growth, something essential is lost.
Humanity in Crisis *asks the uncomfortable question too few of us are willing to face: why does a world that seems to have everything still struggle to find meaning?*



PLANETA • 240 PAGES • SEPTEMBER 2025

EGO AND SUPRACONSCIOUSNESS

In collaboration with **Juan Carlos Cebrián** and **Josep Maria Clopés**

FINDING YOUR PURPOSE IN LIFE | SCIENCE MEETS SPIRITUALITY | FEARLESS CONSCIOUSNESS | DISRUPTING OLD PARADIGMS | INNER PEACE

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

Dr. Manuel Sans Segarra explores how to transcend the ego and reconnect with our true, supraconscious self. Blending science, spirituality, neuroscience and real-life experiences, he examines how fear, attachment and resentment shape our identity and limit our understanding of consciousness. The book also presents a practical meditation method to reduce the ego's influence and cultivate a more authentic inner state. Its central message is both simple and transformative: by letting go of what we are not, we can remember who we truly are.

OPTION PUBLISHERS: Planeta Portugal (Portugal).



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 E*spaña partida en dos. Breve historia de la guerra civil española*, originally published in English by I.B. Tauris (London) and later translated into multiple languages.

FRANCO

THE MAN BEHIND THE DICTATORSHIP | HISTORICAL LEADERS | TOTALITARIANISM | UNVEILING THE MYTHS

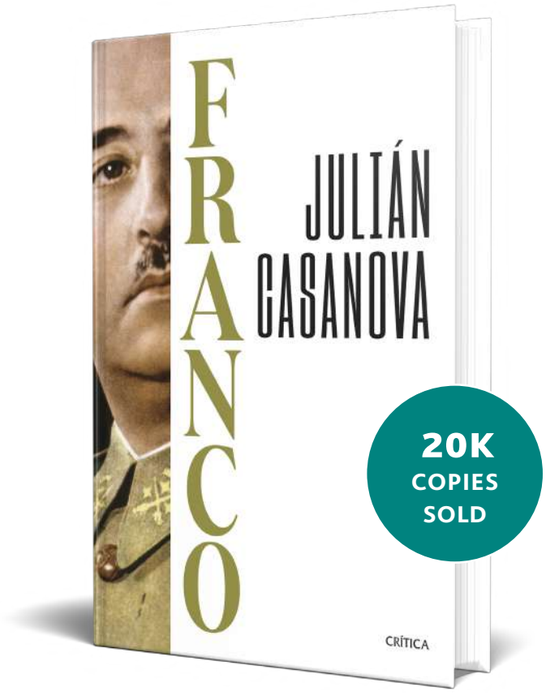
An essential biography that unmasks one of the most defining figures of 20th-century European history for 21st-century readers

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 fellow officers, the ruthless Africanists, and the rising stars drawn to counterrevolution. Once in power, absolute authority 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, every facet of Franco comes into view. Drawing from countless testimonies, archival materials, and extensive historical research, this book offers a precise, fresh, and essential perspective. Now, with this masterful historical biography, the definitive portrait of one of the most enduring autocrats in Europe's recent history is finally complete.



CRÍTICA • 528 PAGES • FEBRUARY 2025

ENGLISH SAMPLE AVAILABLE

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



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.

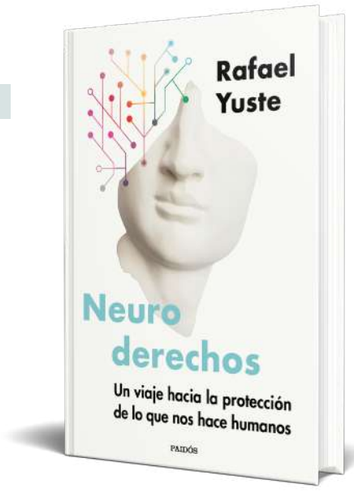
NEURORIGHTS

HUMAN RIGHTS | NEUROTECHNOLOGY REGULATION | CURRENT AFFAIRS | AI ETHICS

An insider's account of the neuroscience revolution, and a call to protect the human mind

Rafael Yuste, one of the world's leading neuroscientists and a global advocate for ethical regulation, offers an urgent and accessible book on the new frontier of human rights: the protection of the mind in the age of neurotechnology. Drawing on decades at the forefront of the field, Yuste shows how rapidly advancing brain technologies could transform medicine, identity, privacy and human agency — while also opening the door to manipulation, surveillance and new forms of inequality.

At the heart of the book are the five fundamental Neurorights: mental privacy, personal identity, free will, fair access to mental augmentation, and protection against bias. Neither alarmist nor naïve, Neurorights offers a hopeful, deeply informed path toward a future in which neuroscience is used ethically, equitably and for the common good.



PAIDÓS • 280 PAGES • OCTOBER 2025



PAIDÓS • 224 PAGES • SEPTEMBER 2024

THE BRAIN, THE THEATRE OF THE WORLD

POP NEUROSCIENCE | PERCEPTION & CONSCIOUSNESS | BRAIN AS PREDICTION

How the brain creates the world we experience

Rafael Yuste takes readers inside one of the greatest mysteries of modern neuroscience: how billions of neurons give rise to the human mind. At the heart of the book is his theory of "the theatre of the world": the idea that the brain is not a passive mirror of reality, but a predictive machine that builds an internal model of the world — almost like a virtual reality — in order to anticipate the future and guide intelligent action.

Moving from the evolution of the nervous system to perception, memory, emotions, decision-making and consciousness, Yuste explains how the brain works with clarity, warmth and storytelling flair. Accessible yet ambitious, *The Brain, the Theatre of the World* is both a lucid introduction to modern neuroscience and a humanistic reflection on how understanding the mind may transform medicine, technology, artificial intelligence and our very idea of what it means to be human.



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.

ALWAYS FORWARD

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

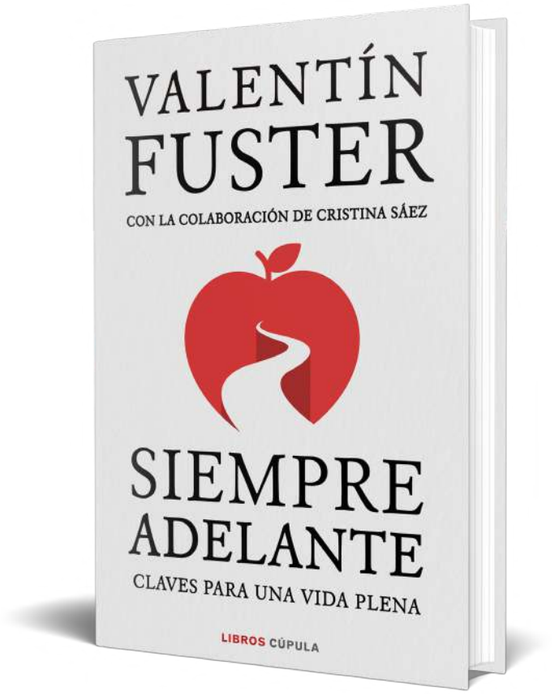
How one scientist changed global cardiovascular medicine — and what his journey teaches us about purpose and perseverance

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, rigour, 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 matters 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.

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