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FALL 2025

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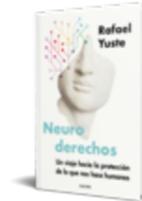
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CLAUDIA NICOLASA is a psychologist specializing in relationships, self-esteem, personal development, and business. She is the founder of Mindhunt Academy, an online platform that makes psychology more accessible through a wide range of courses, and 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 BEHAVIOR WICKED GAMES

NARCISSISM & GASLIGHTING

How to deactivate emotional traps in every aspect of your life

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

Unlike other books that focus solely on narcissistic manipulators, *It's Manipulation, and You Don't Even Know It* broadens the scope. With a sharp yet accessible approach, psychologist Claudia Nicolasa presents the ultimate guide to breaking free from wicked games. 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 2-way auction (Netherlands); BookZone (Romania); Alpina, sold in 2-way auction (Russia), Feeria (Poland), China Times Publishing (Taiwan).



ZENITH • 336 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE

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



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

WHAT DIDN'T HAPPEN

PRACTICAL GUIDE EMOTIONAL HEALING

SECURE ATTACHMENTS TRAUMA RECOVERY

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

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

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

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

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

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



PLANETA • 240 PAGES • FEBRUARY 2025
ENGLISH SAMPLE AVAILABLE

Psychiatrist Anabel Gonzalez, acclaimed author of the international bestseller The Good Thing About Having a Bad Day, returns with an embracing reading to rebuilding our inner world when we've been marked by emotional disconnection, neglect, or painful goodbyes.



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

THE KAIZEN PATH

- PRACTICAL PSYCHOLOGY
- MICRO HABITS
- JAPANESE PHILOSOPHY
- INTEGRATED SELF-CARE
- SMALL STEPS, BIG CHANGE
- WARM & EMPOWERING

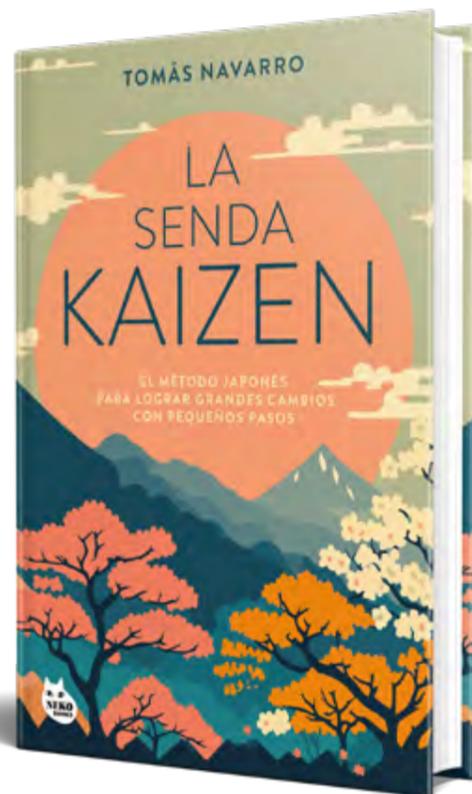
The Japanese method that combines small daily changes with an effective philosophy for achieving a more fulfilling and balanced life

The Kaizen Path offers a refreshingly realistic and accessible approach to personal development. Inspired by the Japanese philosophy of kaizen—continuous improvement through small, sustained actions—Tomás Navarro guides readers on a transformative journey built not on willpower or radical change, but on consistency, clarity, and daily micro-efforts. The book’s core message is simple yet powerful: you don’t need a new life, you need a better path.

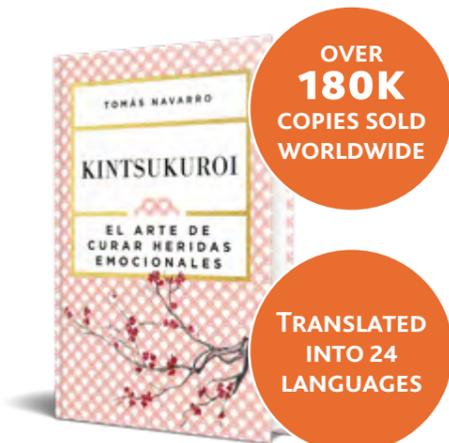
What sets this book apart is its integrated, whole-life approach. Navarro addresses the full spectrum of human experience—health, emotional well-being, personal relationships, work, habits, finances, and even decision-making under stress. Each area is explored through practical tools and over 100 actionable micro-strategies, alongside accessible psychological theory and deeply empathetic guidance.

Structured like a personal coach, *The Kaizen Path* introduces memorable resources such as the Kaizen Rescue Kit, the Personal Map, the Compass of Priorities, and the Daily Action Plan—making it both intellectually engaging and emotionally supportive.

With a warm, down-to-earth tone and a clear rejection of miracle-cure self-help, this book speaks directly to readers who want real change without burnout.



NEKO BOOKS • 272 PAGES • APRIL 2025
ENGLISH SAMPLE AVAILABLE



OVER
180K
COPIES SOLD
WORLDWIDE

TRANSLATED
INTO 24
LANGUAGES



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

OPEN TO FEEL

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

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

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

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

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

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

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



CÚPULA • SEPTEMBER 2025 • 232 PAGES



WER
SOLD TO
HARPER
COLLINS



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

YOUR BRAIN IS INFLAMED

FUNCTIONAL HEALTH INFLAMMAGING

PREVENTING MENTAL FATIGUE BRAIN LONGEVITY

CHRONIC STRESS NEUROINFLAMMATION

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

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

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

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



ZENITH • 272 PAGES • SEPTEMBER 2025

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



PHIL HUGO is a French-born pharmacist, personal trainer, and international expert in micronutrition and integrative health. Holding a degree in Pharmacy, he pursued additional studies at the University of California, Berkeley. He is the founder of Intergalactic Academy, a global online education platform, and the creator of bestselling university-level programs such as *Advanced Ketoadaptation* and *Expert Fasting*. Hugo shares his science-based approach to health and performance, focusing on fasting, ketogenic nutrition, hormone therapy, and optimal living.

MAGNESIUM. THE MINERAL THAT POWERS YOUR LIFE

SMART SUPPLEMENTATION METABOLIC HEALTH

SCIENCE-BASED WELLNESS MICRONUTRITION

ENERGY AND FOCUS STRESS RESILIENCE

An empowering guide for those who want to boost their physical and emotional health through this popular supplement

Magnesium is one of today's most popular supplements, but few people understand just how vital it is, or how to choose the right form for their specific needs. In this practical and comprehensive guide, renowned pharmacist and nutritionist Phil Hugo breaks down everything you need to know about this essential mineral and how it impacts your body, mind, and performance.

Grounded in scientific research and enriched with the author's own personal journey—from chronic anxiety and panic attacks to full recovery through magnesium therapy—this book explains the role this mineral plays in metabolism, energy production, neuromuscular health, and emotional balance. *Magnesium* also addresses popular wellness trends such as intermittent fasting and the ketogenic diet, showing how this supplement is essential for those following these practices.

Moreover, it goes beyond generic advice to offer readers concrete tools: how to identify signs of deficiency, how to choose the right form of magnesium (there are many), and how to integrate it into your daily routine through diet and smart supplementation.

Backed by science, rooted in experience, and delivered with clarity and purpose.



ALIENTA • 352 PAGES • NOVEMBER 2025

Everyone's taking magnesium—but few know how it really works. This accessible guide reveals what the research says, what the labels don't, and how to use it effectively for fueling your body and mind.



DR. HELIOS PAREJA is a professor and researcher at the Autonomous University of Madrid, where he leads the Exercise Physiology and Nutrition Research Group. With over 15 years of academic experience, he has directed numerous research projects and authored more than 150 scientific publications. He holds a PhD in Physiology (cum laude) and has conducted research at top institutions including the University of California, Los Angeles.

METABOLIC INTELLIGENCE

YOUR BODY DECODED

ENERGY OPTIMIZATION

HABITS OVER HACKS

BEYOND CALORIES

The clinically proven method to master your metabolism, burn fat, and take control of your energy through small, smart habits

Metabolism shapes not just our weight and energy, but the way we live, age, and perform every day. In *Metabolic Intelligence*, Dr. Helios Pareja offers a clear and actionable guide to understanding and optimizing your metabolism, without drastic diets or unsustainable routines. Drawing from cutting-edge science and behavioral psychology, the book presents a sequential system designed to help readers build long-term habits that support fat loss, muscle gain, and metabolic balance.

Whether your goal is to improve body composition, boost energy levels, or enhance overall health, this book empowers the reader with the tools to develop what the author calls "metabolic intelligence": the ability to take conscious, practical control of your body's energy systems.

The method goes beyond calorie counting and metabolic myths, focusing instead on NEAT (non-exercise activity thermogenesis), physical training, nutrition, and rest, all integrated into your daily life. It's not about willpower or discipline—it's about strategy, awareness, and sustainable routines.

Far-reaching in scope and grounded in cutting-edge science, *Metabolic Intelligence* challenges our assumptions about weight, fatigue, and health—revealing how metabolism may hold the key to solving some of today's most pervasive well-being issues.



ALIENTA • 368 PAGES • MAY 2025



PERE LEÓN is an architect, geobiologist, and expert in habitat health. For over twenty years, he has been researching how the spaces we live in affect our physical and emotional well-being. He has conducted thousands of assessments in homes, offices, and schools, applying principles of bioconstruction, geobiology, and protection against invisible pollutants. He also gives lectures, leads training courses, and collaborates with professionals in both healthcare and construction.

INVISIBLE POISONS

CLEAN LEAVING

INDOOR POLLUTION

ENVIRONMENTAL HEALTH

SUSTAINABILITY

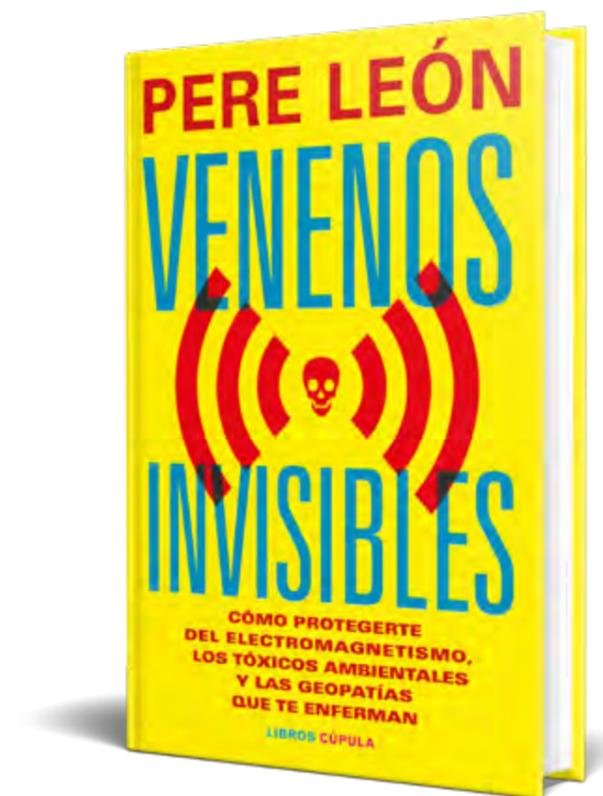
How to protect yourself from electromagnetic radiation, environmental toxins, and geopathies that harm your health

What if your home — your supposed safe space — was actually making you sick? In *Invisible Poisons*, architect and geobiologist Pere León uncovers the hidden environmental risks that silently affect our health: electromagnetic radiation from Wi-Fi, 5G, and smart devices; airborne toxins from common cleaning products and furniture; and even underground geophysical distortions.

With the precision of a technician and the clarity of an educator, León shows how seemingly harmless elements in our homes may contribute to chronic fatigue, insomnia, autoimmune issues, and more.

Based on real case studies from his work across hundreds of homes and workplaces, the author offers readers a comprehensive roadmap to detecting and neutralizing these threats. From rethinking where you place your router or baby monitor to choosing toxin-free building materials, León's solutions are practical, affordable, and rooted in both science and sustainability. His step-by-step checklists, diagnostic tips, and natural alternatives empower readers to take control of their space — and their health.

Answering the global demand for holistic, evidence-based wellness, this book is an essential guide to transforming your environment and reclaiming your health—starting from where it all begins: your rest.



CÚPULA • 328 PAGES • SEPTEMBER 2025

An innovative perspective on environmental health—showing how to detect the "invisible poisons" in your home that may be harming your well-being, and how to neutralize them to create a safe, restorative space.

 **OPTION PUBLISHER:** Pergaminho.

FREYA OSHI is an eclectic witch, a spiritual seeker, and a passionate explorer of the sacred. She has lived in six different countries, drawing wisdom from each land's mythology, nature, and esoteric traditions. Deeply attuned to the invisible layers of the world and the essence of those around her, Freya blends spiritual curiosity with a grounded, intuitive approach. Her work reflects a desire to go beyond appearances; to understand, connect, and empower.



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. This book is rooted in her own experience with change, loss, and the courage to begin again.

SECRETS OF THE WISE WOMEN

MODERN WITCHCRAFT

DIVINE FEMININE

WITCHERY

SPIRITUAL AWAKENING

SACRED WISDOM

Real Conversations with Modern Witches, Priestesses, and Spiritual Healers

When most people think of witches, they imagine pointy hats, black cats, or moonlit rituals shrouded in mystery. But what about those who burn out from emotional labor, schedule their spells between work calls, or cleanse bad vibes from group chats? Today's witches aren't mythical figures lost in time: they're intuitive, grounded, often online, and deeply human.

Secrets of the Wise Women gathers the voices of witches, priestesses, and occultists from across generations, cultures, and spiritual traditions. Through intimate interviews, this book reveals how real women live their spiritual lives, combining personal stories with magical insight, practical tools, and hard-earned wisdom.

With a mix of well-known names and deeply authentic practitioners, this is your spiritual survival guide for the age of burnout, algorithms, and endless self-help advice. Wondering if your intuition is real or just anxiety in disguise? Beneben Well and Cordelia have answers rooted in ritual and everyday magic. Feeling lost between therapy and tarot? M^a Mar Tort shows how spiritual practices can coexist with emotional healing. Not sure where to begin—books, herbs, birth charts, or just walking barefoot in the woods? Paola Klug reminds us that there's no one path, only the one that resonates with you.

Readers will find guidance, inspiration, and above all, resonance. *Secrets of the Wise Women* is like entering a sacred conversation: one that opens intuition, grounds deep questions, and awakens something ancient within.



LUCIÉRNAGA • 256 PAGES • SEPTEMBER 2025

If Conversations on Love by Natasha Lunn explores the heart, Secrets of the Wise Women explores the soul—through the voices of modern witches from around the world who walk paths of magic, healing, and ancestral wisdom.

WINGS TO FLY

LIFE TRANSITION

HEALING FROM WITHIN

EMOTIONAL WELL-BEING

GENTLE AND POETIC

PERSONAL TRANSFORMATION

COMPASSIONATE

A moving and insightful guide to emotional renewal from one of Spain's most trusted voices in personal growth

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 roadmap 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.



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

THERE ARE NO DIFFICULT CHILDREN

CONSCIOUS PARENTING

EMOTIONAL REGULATION

CHILD PSYCHOLOGY

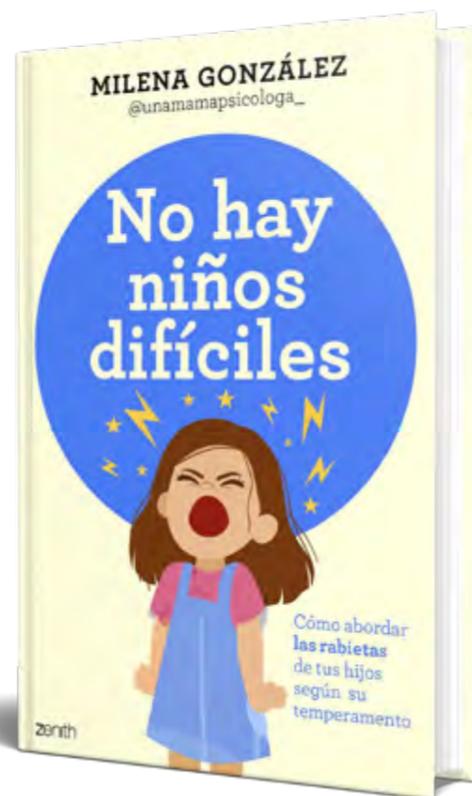
TEMPERAMENT TRAITS

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

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

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

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



ZENITH • 256 PAGES • APRIL 2025

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



ADELAIDA ABRUÑEDO is a specialist in emotional intelligence, personal leadership, and conflict resolution, and the founder of the Positive Kids brand. She discovered positive parenting after experiencing depression triggered by a difficult time in the corporate world, a period that made her confront her own lack of emotional tools to face adversity. That turning point, along with the birth of her first daughter (she has two), led her to train in positive discipline, mindfulness, neurolinguistic programming, and both personal and family coaching.

49 THINGS TO TEACH YOUR CHILD BEFORE THEY TURN 16

PRACTICAL GUIDE

EMOTIONAL EDUCATION

TEEN MENTAL HEALTH

CONSCIOUS PARENTING

Tools to strengthen self-esteem, emotional intelligence, and lasting resilience

49 Things To Teach Your Child Before They Turn 16 is an empowering parenting guide that blends practical advice with emotional insight to help raise resilient, confident, and emotionally intelligent kids. Written by Spanish educator and family coach Adelaida Abruñedo, the book offers a clear and accessible framework based on real-life experience, psychological research, and effective communication tools.

Structured in two parts, the first focuses on improving how parents talk and listen to their children; the second delivers 49 essential lessons — from building self-esteem, managing frustration and setting limits, to dealing with grief, learning to rest, or asking for help. With simple language, empathy and warmth, Adelaida introduces memorable methods such as DIANA (for active listening), Kaizen-inspired habit-building, and emotional literacy techniques grounded in neuroscience.

This is not just a parenting manual: it's a toolkit for emotional education, created to support families as they navigate the challenges of growing up in an increasingly complex world.



ESPASA • OCTOBER 2025 • 240 PAGES

"As parents, our job is not to smooth the path for our children, but to prepare them to walk it."
ADELAIDA ABRUÑEDO



LOLA MONTES is a pharmacist, nutritionist, and expert in female hormonal health. Over the years, she has become a leading voice in women's wellness, combining scientific knowledge with practical wisdom to help women understand their cycle, optimize their health, and create the lives they want to live. She is the founder of Radiance Collective, a community dedicated to honoring the natural rhythms of the female body and supporting personal transformation.

RADIANCE

HEALTH & WELL-BEING

RESTORING VITALITY

CYCLE WISDOM

DEEP INTERNAL LISTENING

PERIOD POSITIVE

The empowering method to living in sync with your menstrual cycle

Far from being just a reproductive function, the menstrual cycle is a vital sign, a physiological compass, and a powerful framework for self-regulation. *Radiance* is not another book about period positivity or emotional cycles. It's a comprehensive and evidence-based method that teaches you how to understand your body through real-time biomarkers like basal body temperature, cervical mucus, and cervix position, so you can take informed action, not just observe.

Written for women, practitioners, and wellness professionals, this book bridges functional physiology and everyday life. Learn how to align your training, nutrition, productivity, creativity and sexuality with each phase of the cycle—not as a trend, but as a form of self-leadership. It's about reducing anxiety, improving focus, supporting fertility, and reconnecting with your true rhythm.

Whether you're struggling with fatigue, irregular periods, PMS, or simply want to deepen your knowledge of the female body, *Radiance* offers a clear, structured, and compassionate path forward.

More than cycle awareness, *Radiance* is a science-informed framework to reclaim agency over your body, decode your symptoms, and live in alignment with your inner biology.



ALIENTA • 208 PAGES • SEPTEMBER 2025

What if your menstrual cycle wasn't just something to track—but a roadmap for energy, clarity, and hormonal resilience?



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

WHAT OUR BODY TELLS US

WOMEN IN HISTORY

BODY POLITICS

FEMINIST ARCHAEOLOGY

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

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

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

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



DESTINO • 288 PAGES • MAY 2025

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



PEPA BLANES is a cultural journalist, film critic, and one of the most recognized voices in Spanish audiovisual media. She has built much of her career at *Cadena SER*, where she has hosted and directed programs such as *La Script*, focused on cinema, television, and culture from a feminist and contemporary perspective. A regular contributor to specialized media and film festivals, her work stands out for its commitment to gender representation in the entertainment industry. She combines journalistic rigor with a deep passion for cinema and a strong drive to amplify new narratives.

WHEN WOMEN SHINE

- SCREEN QUEENS
- SISTERHOOD
- UNAPOLOGETIC
- THE GAZE FIGHTS BACK
- FEMINISM IN FRAME
- HEROINES WHO CHANGED US

A journey through the films and series that changed the way we see women; and the way women see themselves

What if the women we saw on screen weren't just characters, but reflections of our fears, our rage, our desire to break free?

When Women Shine is a bold and intimate journey through the female characters who shaped us, and made us question the world around us. Journalist and film critic Pepa Blanes blends feminist insight, personal memory, and cinematic passion to explore what happens when women demand more from life and from storytelling.

From the unapologetic friendships of *The Golden Girls* to the mother-daughter tension of *Lady Bird*; from the emotional rebellion of *Fleabag* to the fierce vindication of *Promising Young Woman*, each chapter explores a story where women dare to want, to speak, to feel—and to shine. Whether it's *Sex and the City* reclaiming desire, *The Hours* confronting mental health, or *Creatura* giving voice to what was once unspeakable, these characters are not just fiction; they are cultural shifts in motion.

This outstanding essay doesn't simply revisit iconic roles. It traces how fiction has helped generations of women rethink pleasure, rage, guilt, motherhood, friendship, mental health, and the transformative power of naming. It's a celebration of imperfection, connection, and all the ways women light up the screen — and, by doing so, the world.



LUNWERG • 224 PAGES • SEPTEMBER 2025

When women take the screen, they don't just perform: they rewrite the rules.



ROBERTO COLOM is a Professor of Differential Psychology at the Autonomous University of Madrid and is included in the list compiled by Stanford University (USA) of the most influential scientists worldwide (World's Top 2% Scientists).

JUAN RAMÓN ORDOÑANA is a Professor of Psychobiology at the University of Murcia (UM) and Principal Investigator at the Murcian Institute for Biomedical Research. He has been a visiting researcher at the Social, Genetic and Developmental Psychiatry Centre at King's College London, VU University in Amsterdam, and the QIMR Berghofer Medical Research Institute in Brisbane, Australia.

YOU ARE YOUR DNA

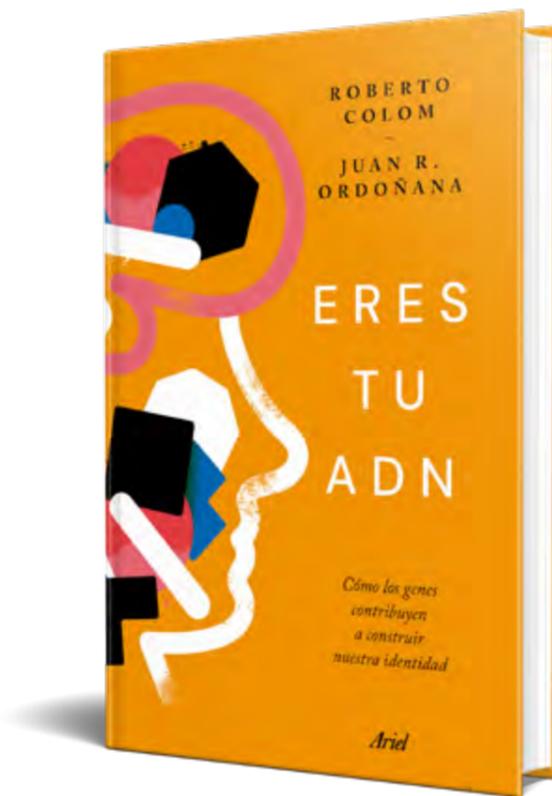
- HUMAN IDENTITY
- DNA AND PERSONALITY
- CUTTING-EDGE SCIENTIFIC RESEARCH
- THOUGHT-PROVOKING
- CONTROVERSIAL YET GROUNDING
- PHILOSOPHICAL DEBATE

A bold, evidence-based exploration of how our DNA shapes who we are: psychologically, socially, and biologically.

You Are Your DNA reveals the profound role that our genetic code plays in building not only our bodies, but our minds, our personalities, and the very sense of who we are. Written by two of Spain's leading behavioral geneticists—Roberto Colom and Juan Ramón Ordoñana—this book draws on the latest scientific evidence to show how the instructions encoded in our DNA lay the foundation for our individuality, shaping how we think, feel, and behave from the moment of conception.

Far from offering a deterministic view, the authors emphasize the dynamic interplay between nature and nurture. While our genome provides the blueprint, it is our life experience—from the prenatal environment to the challenges of adulthood—that determines how that code is expressed. With clarity and scientific rigor, they dismantle lingering taboos in the social sciences and argue that understanding our genetic foundations is not only compatible with, but essential to, truly knowing ourselves.

Provocative and illuminating *You Are Your DNA* sits at the intersection of biology, psychology, and philosophy. It challenges readers to reconsider long-standing beliefs about identity, free will, and the biological roots of human behavior—offering a bold, evidence-based lens through which to understand ourselves more clearly.



ARIEL • JUNE 2025 • 216 PAGES

Since time immemorial, humans have pursued the wise advice 'Know thyself'. Yet one crucial piece has long been missing: the scientific exploration of the foundations of our psychological structure —our genomes.



CLARA GRIMA RUIZ holds a PhD in Mathematics from the University of Seville, where she is currently an associate professor in the Department of Applied Mathematics. She is also the current chair of the outreach committee of the Spanish Royal Mathematical Society (RSME). Her work in science communication is extensive and multidisciplinary, ranging from organizing events for diverse audiences to giving talks and lectures, as well as regular contributions to both print and broadcast media. She has received numerous awards and honors, including the 2024 Medal of the Spanish Royal Mathematical Society. Her previous books, *In Search of the Lost Graph* and *May the Maths Be with You*, were widely acclaimed by readers.

SOME LIKE IT ALGORITHMIC

ALGORITHMS IN EVERYDAY LIFE

MATH WITH HUMOR

PLAYFUL & ENRICHING

FROM EUCLID TO AI

MATH HISTORY

A playful defense of algorithms, reminding us that humanity would not have come this far—for better or worse—without their astonishing applications

Some Like It Algorithmic is, at its core, a passionate and engaging defense of algorithms—those essential procedures that quietly shape everything from our smartphones to our medical systems. In a time when the word “algorithm” often evokes fear or suspicion, this book reclaims its meaning and beauty. With clarity, humor, and intellectual generosity, the author guides readers through the role algorithms have played—and continue to play—in how we understand, navigate, and improve the world.

Structured as an accessible journey across nine chapters, the book begins in ancient Greece with seemingly simple algorithms that still underpin something as modern as cybersecurity. From there, we travel to outer space to explore the mathematical foundations that made it possible to land on the Moon. Back on Earth, we uncover the logic behind route optimization in transportation, the compression algorithms that power digital music and Instagram photos, and the cutting-edge techniques driving breakthroughs in medical imaging. Along the way, we meet algorithms that mimic ant colonies and human neurons—creative systems designed to find optimal solutions to complex problems. Artificial intelligence and its dilemmas will be the final chapter in this captivating dive into the world of algorithms.

At the same time, Clara Grima pays tribute to the brilliant minds—men and women—who made all this possible, from Euclid to the 2020 Princess of Asturias laureates.



ARIEL • 256 PAGES • JUNE 2025

Not a technical manual, but a witty and cinematic celebration of algorithms—no math background required!



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

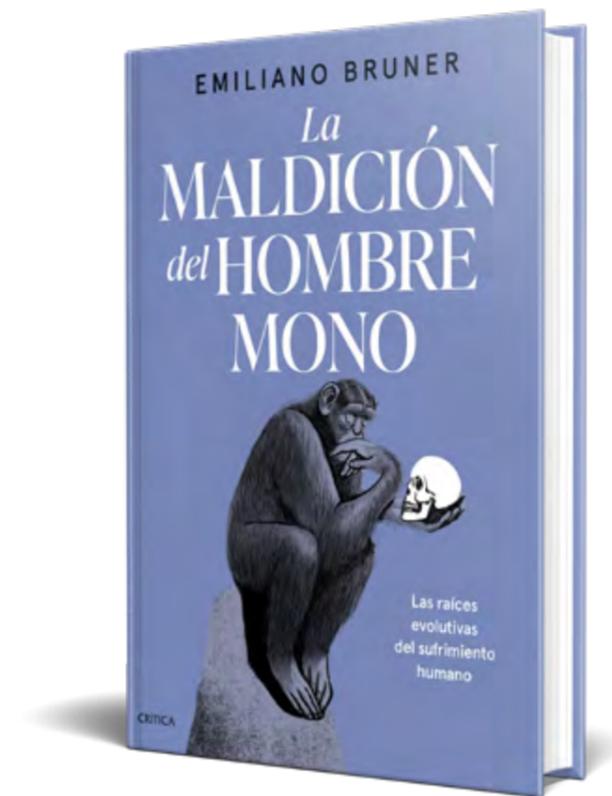
ANTHROPOLOGY

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 mental rumination and wandering that have become defining traits of *Homo sapiens*. Bruner proposes that the universality of stress and anxiety points to a biological origin. These vulnerabilities are not personal flaws, but consequences of our species' cognitive evolution.

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



CRÍTICA • 208 PAGES • JUNE 2025

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



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

SUPRACONSCIOUSNESS EXISTS

In collaboration with Juan Carlos Cebrián

LIFE BEYOND DEATH SCIENTIFIC PERSPECTIVE

NEAR-DEATH EXPERIENCES TESTIMONIAL NARRATIVE

QUANTUM PHYSICS BASED ON TRUE EVENTS

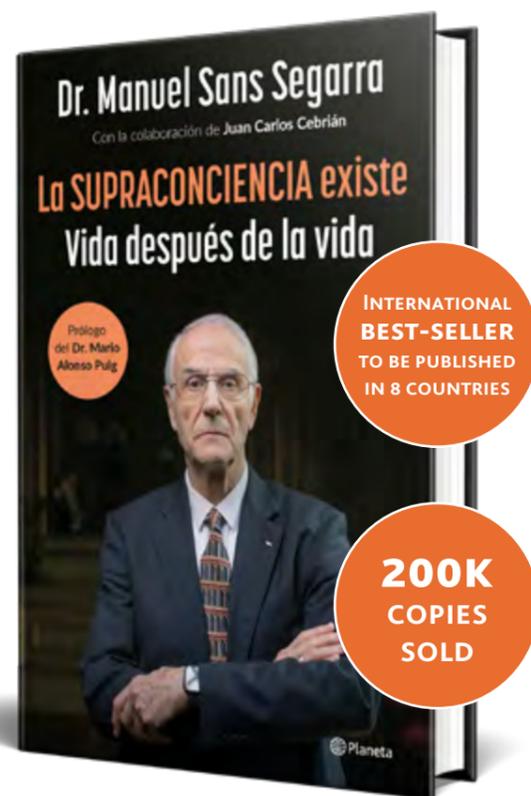
The definitive and disruptive book on the phenomenon of Near-Death Experiences (NDEs) and its power to transform our lives

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

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

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

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



PLANETA • 240 PAGES • SEPTEMBER 2024
ENGLISH SAMPLE AVAILABLE

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

EGO AND SUPRACONSCIOUSNESS

In collaboration with Juan Carlos Cebrián and Josep Maria Clopés

FINDING YOUR PURPOSE IN LIFE INNER PEACE

FEARLESS CONSCIOUSNESS SCIENCE MEETS SPIRITUALITY

DISRUPTING OLD PARADIGMS

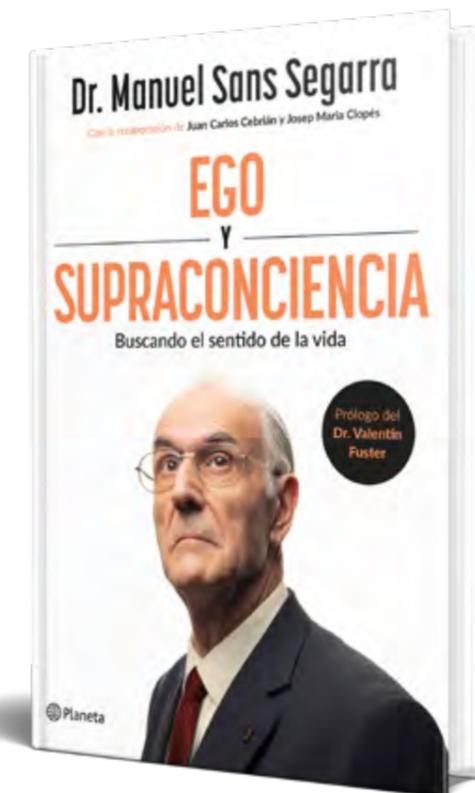
Neuroscience, introspection, and spiritual wisdom to break free from the ego and return to your most authentic self

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

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

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

RIGHTS SOLD TO: Planeta Portugal (Portugal).



PLANETA • 240 PAGES • SEPTEMBER 2025

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



JORDI RIERA DEL BRÍO is an intensive care physician and Director of the Adult ECMO Program at Vall d'Hebron University Hospital in Barcelona. An international expert on ECMO, he serves on the Steering Committee of EuroELSO and the Scientific Committee of ELSO, and coordinates working groups on nosocomial infection and ECMO education. He trains ICU residents and leads national and international simulation-based ECMO courses. He holds a PhD cum laude and received the Extraordinary Doctorate Award from the Autonomous University of Barcelona. He has authored over 100 scientific articles and developed the Hybrids VITA ECMO simulator.



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

EXTRACORPOREAL RESUSCITATION

NEAR-DEATH EXPERIENCES MEDICAL ETHICS

TRUE STORIES SCIENTIFIC FRONTLINES

ECMO PIONEER INTENSIVE CARE MEDICINE

Between life and death: a doctor's journey in search of answers—and the technology that defies the impossible

In the fragile space between life and death, *Extracorporeal Resuscitation* takes readers inside the high-stakes world of intensive care medicine through the eyes of Dr. Jordi Riera, a leading specialist in ECMO—a groundbreaking technology that temporarily replaces heart and lung function when the body shuts down. But this is more than a book about cutting-edge science: it is a deeply human exploration of the moments when medicine dares to confront the impossible.

Through real-life clinical cases and personal reflections, Riera examines the ethical, emotional, and philosophical dimensions of critical care. When is it right to keep going? What does it truly mean to save a life? Where is the line between justified hope and therapeutic obstinacy? Written with clarity and compassion, this book challenges the reader to consider the full weight of every decision made at the threshold of death.

Extracorporeal Resuscitation is a gripping and mind-opening journey into the frontlines of intensive care, where human fragility meets technological possibility—and where, sometimes, the heart beats again not just because of a machine, but because someone chose not to give up.

RIGHTS SOLD TO: Beijing World Publishing Corporation (Simplified Chinese).



DESTINO • JUNE 2025 • 248 PAGES

An exploration of ECMO—the radical therapy that brings patients back from clinical death—told through real cases, frontline experience, and profound reflections on the thin line between life and what lies beyond

THE SCIENCE OF THE FINAL THRESHOLD

THE LIMITS OF KNOWLEDGE POP SCIENCE NEUROSCIENCE

TOLD FROM INSIDE THE LAB PERSONAL EXPERIENCE

THE MIND QUESTIONED RIGOROUS & PROVOCATIVE

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

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

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

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

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



TEMAS DE HOY • 304 PAGES • OCTOBER 2025

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.



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

THE ART OF BEING HUMAN

ARTS IN EDUCATION CREATIVITY & BRAIN

SCIENCE AND PHILOSOPHY AS ART HOMO ARTISTICUS

EDUCATIONAL GROWTH INNOVATIVE LEARNING

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

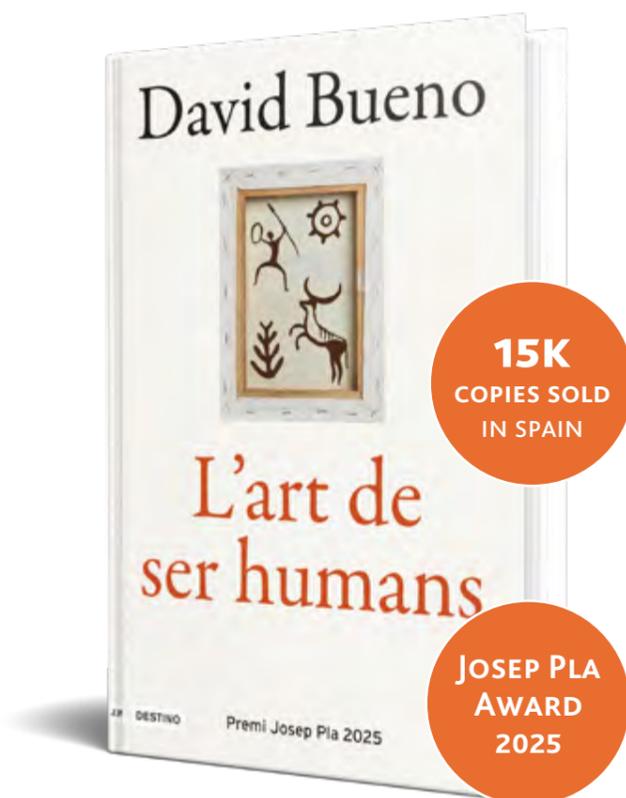
This essay is a Intellectually engaging exploration of how art, science, and education shape our unique human potential. Drawing on educational neuroscience, David Bueno reveals how the arts—from music and poetry to science and philosophy—are both an intrinsic part of our essence and a vital tool for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

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

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

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

 RIGHTS SOLD TO: Italy (Giunti).



COLUMNA • 320 PAGES • FEBRUARY 2025
ENGLISH SAMPLE AVAILABLE

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



MONTSE VILLAR is an astrophysicist and expert in active galaxies and supermassive black holes. She has worked at leading institutions such as the European Southern Observatory (Germany), the Institut d'Astrophysique de Paris, and the universities of Sheffield and Hertfordshire (UK), where she also taught. Since 2011, she has been a researcher at the Center for Astrobiology (CSIC-INTA). Committed to science outreach, she coordinated the International Year of Astronomy in Spain (IAU-UNESCO, 2009) and has led projects linking art and science, including the *Reflections of the Cosmos* tour at the Prado Museum.

LOOKING AT THE SKIES

INTERDISCIPLINARY APPROACH SCIENCE + HUMANITIES

FASCINATION FOR THE UNIVERSE ASTRONOMY

CONSTELLATIONS AND MYTHS

A unique journey through the history of the cosmos—told through art and science

Since ancient times, humanity has looked to the sky in search of meaning—and in doing so, has also sought to understand itself. But science has not been our only tool: artists across centuries and disciplines have tried to capture the immensity of the cosmos in their work, expressing not only our evolving understanding of the universe but also the emotions it evokes.

Guided by astrophysicist and science communicator Montserrat Villar Martín, we travel through centuries of history via paintings, engravings, sculptures, and other artistic expressions that have shaped our vision of the cosmos. Exploring themes such as constellations and the myths they inspired, comets as harbingers of death, astrology as an attempt to read destiny in the stars, and the enduring question of life beyond Earth—reflected in the works of Vermeer, Dante, Voltaire, and many others—the author shows how astronomy has profoundly influenced our culture and imagination.

With vivid storytelling, visual depth, and a multidisciplinary lens, *Looking at the Skies* offers a cultural history of our enduring fascination with the sky—revealing how art and science have been deeply intertwined since the dawn of civilization. It invites us to keep looking upward, and to see the universe not only as a scientific frontier, but as a boundless source of beauty, meaning, and inspiration.



PAIDÓS • SEPTEMBER 2025 • 272 PAGES

A new way of looking at the universe through science, art, and history—guided by one of the most respected voices at the intersection of science and the humanities.



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

THE RIGHT TO BEAUTIFUL THINGS

LAZY RIGHTS FRESH & PROVOCATIVE

ANTICAPITALISM LITERARY ESSAY SLOW LIVING

A Vindication of The Lazy Life

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

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

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

RIGHTS SOLD TO: Italy (Mauri Spagnol).



ARIEL • JUNE 2025 • 224 PAGES
ENGLISH SAMPLE AVAILABLE

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

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



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

COLUMBUS. THE CONVERSO WHO CHANGED THE WORLD

REFRAMING COLUMBUS HISTORY & IDENTITY

THE MAN BEHIND THE LEGEND COLONIALISM EXPOSED

PORTRAIT OF A CONTROVERSIAL FIGURE

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

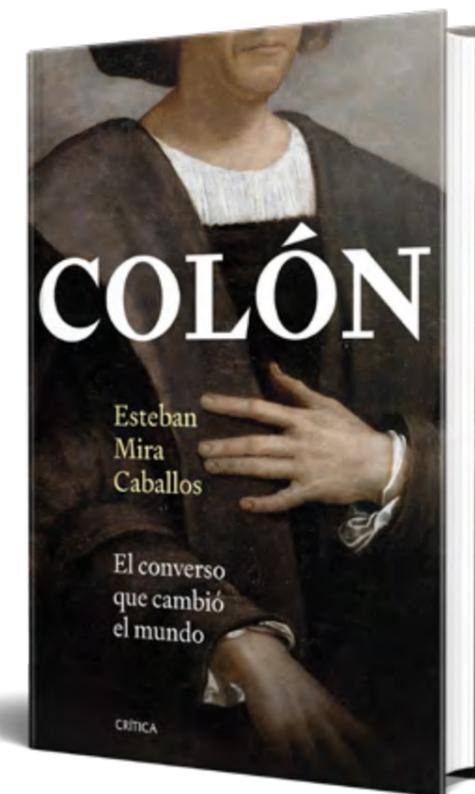
Christopher Columbus is a figure forever wrapped in mystery, myth, and debate. His life has sparked centuries of fascination, with each generation interpreting his story through the lens of its own values and questions. In this context, a new biography becomes not only possible—but necessary.

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

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

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

RIGHTS SOLD TO: Simplified Chinese rights are currently being negotiated in auction.



CRÍTICA • 576 PAGES • JUNE 2025

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



FERNANDO BELZUNCE is the editorial director of *Vocento*, one of Spain's leading media groups, which includes newspapers such as *ABC*, *El Correo*, and *Las Provincias*. He has worked as a reporter, editor, digital director, and ultimately editor-in-chief of *El Correo*, where he experienced firsthand the terrorist threat posed by ETA. A member of the World Editors Forum Board at WAN-IFRA, he has led workshops in collaboration with the Gabo Foundation and actively participates in international forums on press freedom, innovation, and editorial leadership. This is his most personal and ambitious book to date.

JOURNALISTS IN TIMES OF DARKNESS

THREATS TO DEMOCRACY NOBEL & PULITZER PRIZES AI
PREVIOUSLY UNPUBLISHED ACCOUNTS URGENT & EMOTIONAL

An unflinching portrait of the press at a turning point for global democracy—told through the voices of the world's leading journalists

Journalists in Times of Darkness is a powerful, polyphonic chronicle of journalism under siege. In the age of disinformation, editorial director Fernando Belzunce brings together over one hundred voices from across the globe—Nobel and Pulitzer Prize winners, war correspondents, exiled reporters, fact-checkers, rising stars, and global icons—to create an urgent portrait of a profession in crisis. From the repression in Myanmar and censorship in Nicaragua to threats from cartels, populist regimes, and terrorist groups, the book explores the high personal cost of defending truth when truth itself is under attack.

Told in a fast-paced, direct, and deeply emotional narrative style, the book weaves together powerful testimonies and first-hand accounts—from newsrooms, war zones, halls of power, and forgotten peripheries. It opens with Nobel laureate Svetlana Alexievich (author of the widely translated *The Unwomanly Face of War*) and closes with Martin Baron, former executive editor of *The Washington Post*. Along the way, it features contributions from internationally acclaimed figures such as María Ressa, Joe Kahn, Ann Marie Lipinski, Lyse Doucet, Roula Khalaf, and Rachel Armstrong, among many others.

Belzunce, who experienced terrorist threats while leading *El Correo* during ETA's violence, writes with urgency and conviction from inside the newsroom and beyond. The result is a vital, timely book that reminds us: journalism may not exist to change the world—but without it, citizens lose the ability to chose freely.



ARIEL • 464 PAGES • SEPTEMBER 2025

A tribute to those who fight for truth in every corner of the world, and a journalistic reconstruction of our recent history.

With contributions from Svetlana Alexievich and Martin Baron, along with over 100 journalists from around the world



EL ORDEN MUNDIAL is an independent media outlet dedicated to accessible international analysis. It is currently the most widely read magazine on international affairs and geopolitics in Spanish, and its team regularly contributes to other major platforms such as *Onda Cero*, *Radio Nacional de España*, and *La Sexta*.

THE FORCES THAT SHAPE THE WORLD

GEOPOLITICS IN MAPS INFOGRAPHICS CLIMATE CRISIS
DIGITAL REVOLUTION TRADE WARS GLOBAL MIGRATION
21ST-CENTURY HISTORY AI AND CYBERSECURITY

The ultimate atlas to decipher 21st-century geopolitics—smart, striking, and designed to make global power understandable

How does the world work? Why do certain crises or interests change everything?

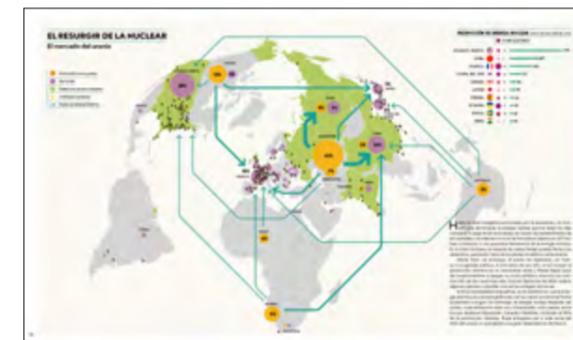
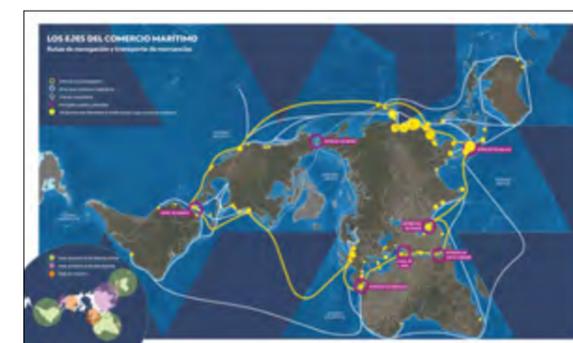
The Forces That Shape the World offers an extraordinary visual analysis of the most recent geopolitical, economic, and technological trends. Visually structured and innovative, the book uses a unique format based on maps, infographics, and key data to simplify the understanding of complex global issues. It traces the major transformations of our time—from the fall of the Berlin Wall to the rise of China, from the 2008 financial crisis to Trump's trade war, from the surge of populism to the climate challenge—while also examining key international conflicts and the digital revolutions reshaping our lives.

Backed by a team of analysts specialized in geopolitics and global economics, and designed to be both a compelling read and a practical reference tool, *The Forces That Shape the World* is a rigorous, accessible, and revealing guide for anyone seeking to understand today's world clearly and deeply.

A visually essential guide to understanding today's world—created by the leading geopolitical media outlet in the Spanish-speaking world



ARIEL • 208 PAGES • OCTOBER 2025





RAFAEL YUSTE is Professor of Biological Sciences and Neuroscience at Columbia University. He is the President of the NeuroRights Foundation and coordinator of both the BRAIN project and the Morningside Group, which brings together 25 of the world's leading neuroscientists in the fields of law and ethics.

NEURORIGHTS

HUMAN RIGHTS NEUROTECHNOLOGY

AI ETHICS AI & SOCIETY

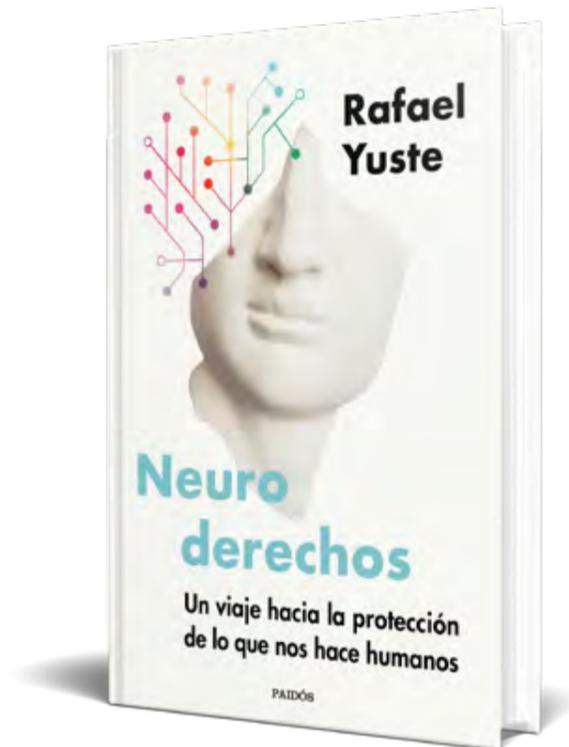
An insider's account of the revolutionary advances in neuroscience, the ethical challenges they pose, and the urgent need for regulation

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

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

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

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



PAIDÓS • 280 PAGES • OCTOBER 2025

The Five Neurorights:

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

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



JUANMA TRUEBA holds a degree in Journalism and doctoral studies in Literature. He began his career at *Agencia Efe* and joined *Diario AS* in 1993, where he spent more than two decades covering cycling, the Spanish national football team, and Real Madrid—eventually becoming deputy editor. In 2017, he co-founded *A la Contra*, a digital platform dedicated to sports and culture. After years in newsrooms and studios, he has returned to what first drew him to journalism: writing.

BERNABÉU

FOOTBALL HISTORY REAL MADRID LEGACY

ARCHITECT OF GREATNESS AHEAD OF HIS ERA

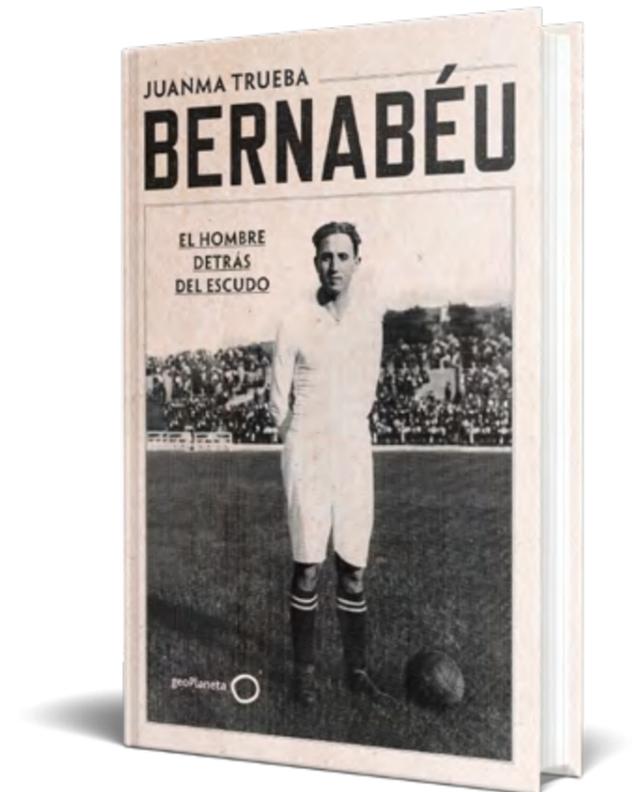
FATHER OF EUROPEAN FOOTBALL

The definitive biography of a fierce, enigmatic figure who turned a football club into a global empire

Santiago Bernabéu is a man shrouded in legend: someone who built his own mythology with the same unrelenting will that turned Real Madrid into a global powerhouse. But behind the institution he forged, who was he really? What lies beneath the legacy of the man who transformed a football club into a universal symbol?

Based on meticulous research and newly uncovered documents, Bernabéu delivers the most definitive and multidimensional account to date. Beneath the surface of provocation, calculated charm, and strategic silence emerges a personality as fierce as it was sentimental, as private in life as he was monumental in legacy.

While Bernabéu's life unfolded against the backdrop of a turbulent century, he shaped the very idea of what a modern football club could become—self-sustaining, iconic, and culturally influential. His leadership style, obsession with discipline, and ability to build institutions from the ground up laid the foundation for what would become a global model.



GEOPLANETA • 328 PAGES • JUNE 2025

This biography captures not only the man behind the myth, but also the blueprint he left behind.



ENZO VOGRINCIC is an actor, writer, and one of the breakout stars of international cinema. After years devoted to theater and small productions in Uruguay and Argentina, he rose to global fame as the lead in *Society of the Snow*, the Netflix hit directed by J.A. Bayona. His portrayal of Numa Turcatti earned him awards such as the Platino for Best Actor and established him as a rising voice in Ibero-American film. *The Death of the Character* is his first book.

THE DEATH OF THE CHARACTER

SOCIETY OF THE SNOW

CELEBRITY AND VULNERABILITY

RISING STAR OF CINEMA

IDENTITY AND TRANSFORMATION

ACTOR'S INNER JOURNEY

EMBODYING A ROLE

An intimate and poetic reflection on what we lose—and discover—when we fully become someone else, by the rising star of Society of the Snow

From the small theatres of Montevideo to the red carpets of the world, Enzo Vegrinc rose to global fame with his breakout role as Numa Turcatti in Netflix's *Society of the Snow*. But *The Death of the Character* is not a book about celebrity—it's a raw and deeply human meditation on transformation.

Written in his own voice, this debut captures the emotional toll and inner metamorphosis of embodying a character so completely that something within must die for something new to emerge.

Part personal testimony, part artistic manifesto, Vegrinc offers a powerful reflection on identity, vulnerability, and the hidden costs of artistic exposure. Through poetic fragments, quiet revelations, and moments of startling honesty, he explores what it means to inhabit a role—and to return from it changed.

Already a rising international icon—with nearly two million followers, brand campaigns for Loewe and Zara, and major awards like the 2024 Platino for Best Actor—Vegrinc delivers a strikingly authentic account that speaks to universal questions: who are we, what shapes us, and how much of ourselves are we willing to let go of?



CÚPULA • 384 PAGES • OCTOBER 2025

ARTS & CRAFTS

SOPHIE GÜET

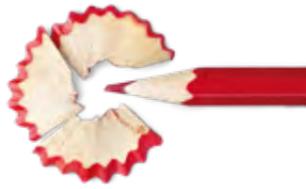
Colour Your Journey: *In this collection, the joy of colouring meets the art of travel—explore the world, page by page.*

TRAVEL THROUGH COLOURING

MINDFUL ESCAPES

CREATIVE WELLBEING

VINTAGE POSTERS



WORLD DESTINATIONS

An innovative colouring book that invites readers to slow down, unwind, and reveal 40 breathtaking locations through the soothing practice of colour-by-number. From the serenity of Ha Long Bay to the buzz of New York, the colours of Rio de Janeiro, or the mystery of Petra, each page uncovers a new iconic scene—one relaxing stroke at a time.

A meditative, screen-free experience that's as artistic as it is adventurous. Perfect for travelers at heart, puzzle lovers, and anyone in search of a calming creative escape.



GEOPLANETA • 96 PAGES • SEPTEMBER 2025

DESTINATIONS OF SPAIN

From the magic of Andalusia to the cliffs of Galicia, the energy of Madrid, the charm of Murcia, and the modernist icons of Barcelona—each page is a beautifully illustrated tribute to the diversity and beauty of Spain.

Discover the charm of vintage travel posters through 40 colour-by-number illustrations that let you relax and explore.



GEOPLANETA • 96 PAGES • SEPTEMBER 2025

ISRA BRAVO

COMPANION BOOK

MINDFUL COLOURING FOR PET LOVERS

ADORABLE ANIMALS TO COLOUR

CROSSOVER

YOUR PASSPORT TO CREATIVITY

FUNNY ADVENTURES

RELAX & EXPLORE

WORLD LANDMARKS TO COLOUR



FOREVER FRIENDS

Cute Pets to Colour and Love

Let your imagination run wild as you bring your favorite furry (and feathered) companions to life with colour! Whether you're relaxing at home or looking for the perfect gift, *Forever Friends* offers the ideal blend of fun and calm.

Feed your creativity while adding colour to the mischief of your most lovable companions—cats, dogs, parakeets, a Vietnamese pig... and many more!



GEOPLANETA • 96 PAGES • SEPTEMBER 2025



GEOPLANETA • 96 PAGES • SEPTEMBER 2025

LET'S GO PLACES

40 Whimsical Destinations to Colour and Explore

Pack your bags and get ready for a colourful journey through some of the most iconic and magical destinations around the world! Travel the globe without leaving your favorite chair with *Let's Go Places*, 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.

An unforgettable coloring experience:

- Designed for relaxation. Unwind as you colour these adorable animals in their everyday adventures.
- Single-sided pages. No bleed-through, just pure colouring joy.
- Thoughtful gift. Celebrate special moments and share joy with friends, family... or treat yourself.
- Travel the world from your favorite spot. Feel the excitement of exploring new scenes without leaving the comfort of home.



BESTSELLERS



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

RECOVER YOUR MIND, RECONQUER YOUR LIFE

NEUROSCIENCE EMOTIONAL BALANCE SELF-CONTROL
PRACTICAL ADVICE MODERN ADDICTIONS

How to rescue lost attention in a distracted and hyperconnected world

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

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

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

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.*



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

GOOD GIRL SYNDROME

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

How to stop pleasing everyone and start thinking about you

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

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

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).



ZENITH • 336 PAGES • FEBRUARY 2024
ENGLISH SAMPLE 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.



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.

THE INTEGRATED PSYCHOPATH

SELF-DEFENSE MENTAL HEALTH PRACTICAL GUIDE
 PSYCHOPATHY EMOTIONAL MANAGEMENT

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

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

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

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



15K COPIES SOLD

ARIEL • 288 PAGES • SEPTEMBER 2024
 ENGLISH SAMPLE AVAILABLE

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

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



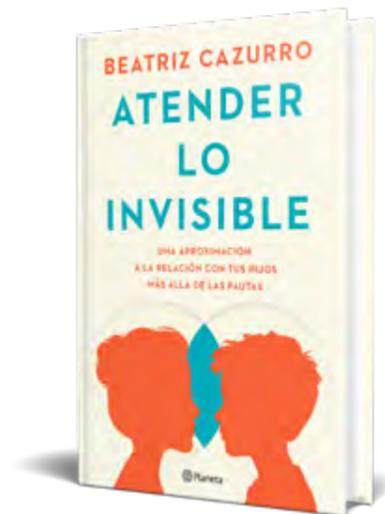
BEATRIZ CAZURRO is a psychologist and psychotherapist with Master's in Child Psychotherapy and Integrative Humanistic Psychotherapy. She has also completed specialized training in attachment and trauma with leading experts at both national and international levels. With over fifteen years of experience,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

TENDING TO THE INVISIBLE BONDS

ATTACHMENT AND CONNECTION SILENT BONDS
 NON-VERBAL COMMUNICATION

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

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



PLANETA • 192 PAGES • JANUARY 2025

RIGHTS SOLD TO: JK (Poland).



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PLANETA • 240 PAGES • SEPTEMBER 2022

THE CHILDREN WE WERE, THE PARENTS WE ARE

CHILDHOOD TRAUMAS FAMILY THERAPY NEUROSCIENCE

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

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

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



DR. LUCÍA GALÁN is a highly respected pediatrician, author, and advocate for children's health and well-being. As the co-founder and director of El Centro Creciendo in Alicante, she combines medical expertise with a compassionate, patient-centered approach to pediatric care. She has received numerous awards, including the 2015 Bitácoras Award for Best Health and Scientific Innovation Blog for www.luciamipediatra.com and the e-Health Awards #SaludSinBulos Prize for her fight against misinformation on the internet.

COLD FEET WON'T GIVE YOU FLU

PRACTICAL GUIDE MYTH-BUSTING PHYSICAL & MENTAL HEALTH

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

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



OVER 40K COPIES SOLD

PLANETA • 320 PAGES • JANUARY 2024

OPTION PUBLISHERS: Eksmo (Russia), Pegasus (Turkey), Botart (Albania).

THE BIG BOOK OF LUCÍA, MY PEDIATRICIAN

EXHAUSTIVE MANUAL HEALTH
COMPANION BOOK FROM BABYHOOD TO ADOLESCENCE

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

In this exhaustive manual you will find everything you need to understand the most common illnesses and the answers to all the questions that plague mothers and fathers every single day. Is it normal for my baby to cry? What are the most common reasons for going to the doctor? How do I answer my teenager's questions about sex?



OVER 160K COPIES SOLD

PLANETA • 688 PAGES • JUNE 2020

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



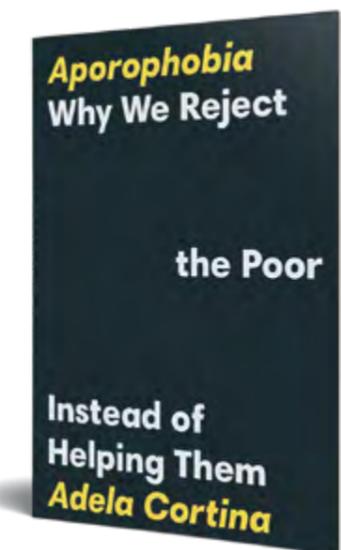
ADELA CORTINA is a Professor of Ethics and Political Philosophy at the Universidad de Valencia and a member of the Royal Academy of Moral and Political Sciences, the first woman to be admitted since the Academy was founded in 1857. She is a director of the Inter-University Masters and Doctorate Programmes and the ETNOR Foundation. She has also been named Doctora Honoris Causa by eight universities in Spain and overseas and on several occasions has been a member of the jury for the Príncipe de Asturias Communication, Humanities and Social Sciences Prizes.

APOROPHOBIA

PHILOSOPHY ETHICS EYE OPENING TRUTHS UNCOMFORTABLE REALITIES

Why we reject the poor instead of helping them

We're not really afraid of foreigners or different races, we're afraid of the poor. No one is afraid of wealthy foreigners. In fact, because they're expected to bring investment, they tend to be welcomed enthusiastically. It is the poor who earn our disdain, those who appear to have nothing useful to offer, be they immigrants or political refugees. And yet this undeniable social phenomenon has no name. Adela Cortina has thus consulted her Greek lexicon and found the word for 'poor': aporos, and coined the name 'aporophobia', a trend that is increasing exponentially. In addition to defining and contextualizing the term, Cortina explains human beings' predisposition towards the phobia and suggests how we might avoid it through education, reducing economic inequality and promoting forms of democracy that take equality seriously and encourage a cosmopolitan hospitality.



PAIDÓS • 200 PAGES • APRIL 2017
FULL ENGLISH TEXT AVAILABLE

RIGHTS SOLD TO: Princeton University Press (USA), Time0(Italy), Editora Contracorrente (Brazil), T-ime Education (Korea).

ETHICS OR IDEOLOGY OF ARTIFICIAL INTELLIGENCE?

AI DEMOCRACY CHALLENGES NEW TECHNOLOGIES GEOPOLITICS

An examination of the ethical challenges posed by AI

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

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



PAIDÓS • 256 PAGES • SEPTEMBER 2024



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.

LIFE IN FOUR LETTERS

HUMAN GENETICS

SCIENCE WITH SOUL

BIOLOGY OF JOY

AGING & LONGEVITY

THE SCIENCE OF HAPPINESS

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

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

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

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

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

 RIGHTS SOLD TO: Russia (Portal Publishing).



PAIDÓS • 240 PAGES • APRIL 2019

ITALIAN AND ENGLISH FULL TRANSLATIONS AVAILABLE

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



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

FRANCO

THE MAN BEHIND THE DICTATORSHIP

HISTORICAL LEADERS

TOTALITARIANISM

UNVEILING THE MYTHS

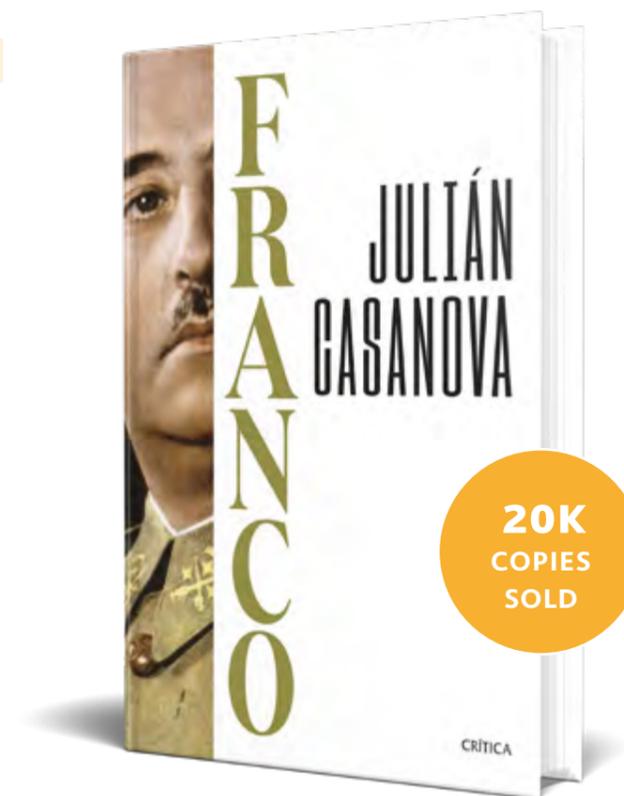
An essential biography that unmask one of the most defining figures of 20th-century European history to 21st-century readers

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

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

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

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



CRÍTICA • 528 PAGES • FEBRUARY 2025

ENGLISH SAMPLE AVAILABLE

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

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