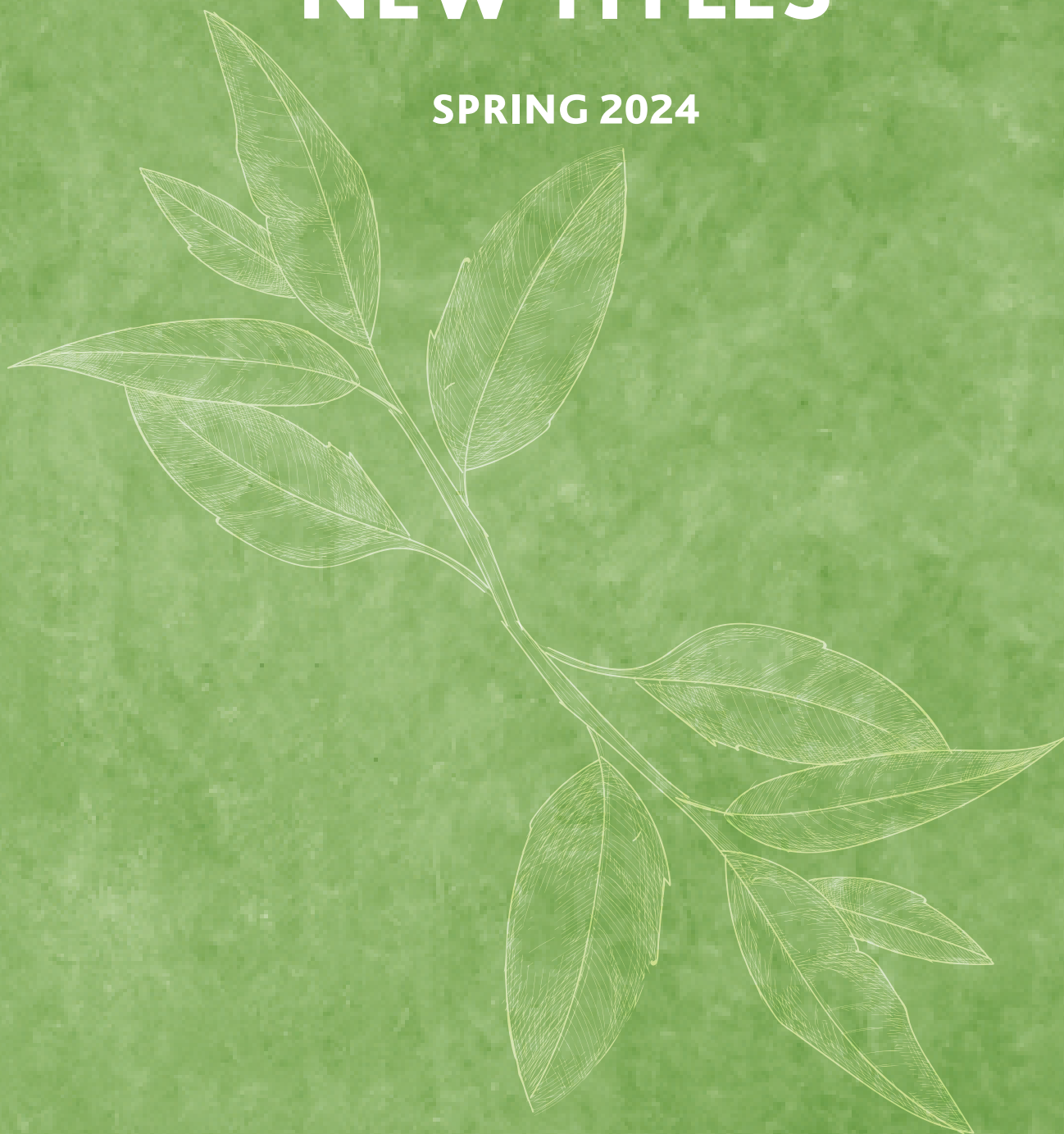


NON FICTION NEW TITLES

SPRING 2024



BOOK & FILM
RIGHTS

Grupo Planeta

ART & CULTURE



04
AFTER NATURE
Martí Domínguez



05
LITERATURE LAID BARE
Gabriel Lara de la Casa



06
HERSTORY OF ART: VOL. 1
Sara Rubayo & Ana Gállego



07
PORTRAYED SKIES
José Miguel Viñas

HEALTH & WELL-BEING



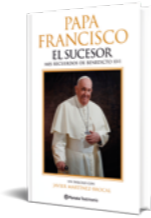
08
YOUR BODY, YOUR HOME
Rafael Guzmán



09
SAY GOODBYE TO PAIN
Carla Méndez Losi



10
SPAIN. NEITHER UNITED,
NOR GREAT, NOR FREE
Nicolás Sesma



11
FRANCIS. THE SUCCESSOR
Javier Martínez Brocal

HOT TOPICS



12
WAR INC.
Francisco Rubio Damián



13
FREEDOM OR TYRANNY
Cristina Martín



14
ABOVE THE NOISE
Ángel Martín



15
THE BEAUTY OF WEIRD
Sergi Rufi

INSPIRATIONAL BOOKS



16
THE ART
OF COHERENCE
Pedro Vivar



17
LIVE HAPPY
Raúl Ravelo



18
TELL ME WHAT YOU FEEL
Jesús Martín-Fernández



19
THE SECRETS OF FLORA
David G. Jara

HISTORY

HOT TOPICS

INSPIRATIONAL BOOKS

MEMOIR

NATURAL SCIENCES

MIND, BODY & SPIRIT



20
THE JAPANESE SECRET
OF GREEN TEA
Izumi Forasté Onuma



21
CULTIVATING YOUR
STRENGTH
Carla Zaplana



22
EDUCATING UNDER FIRE
Luis López & Nando Vivas



24
COLD FEET WON'T
GIVE YOU FLU
Lucía Galán

PHILOSOPHY



25
THE CONFERENCE
TRILOGY
Byung-Chul Han



26
THE MUSEUM OF
MISSING GIRLS
Amanda Mauri



27
A PHILOSOPHY
OF RESISTANCE
Carlos Javier González Serrano



28
GOOD GIRL
SYNDROME
Marta Martínez Novoa

PSYCHOLOGY

PSYCHOLOGY

SOCIAL SCIENCE

SPORTS



29
WHERE ARE MY
KEYS?
Saúl Martínez-Horta



30
ASTROLOGIA FOR THE
NEW WORLD ORDER
José Millán



31
CONTROLLING THE
UNCONTROLLABLE
Bojan Krkic



32
THE BLAUGRANA
SPIDERWEB
Roger Vinton



MARTÍ DOMÍNGUEZ holds a doctorate in biological sciences and is head of the research journal *Mètode* at the University of Valencia. He combines his research as a naturalist, which has led him to work in museums in Paris, Canberra and Washington, with writing novels and contributing as a journalist to weekly magazine *El Temps* and newspapers such as *El País*, *Levante* and *Avui*. His debut novel, *The Secrets of the Comte de Buffon* (1997), was published to critical acclaim and won several awards.

AFTER NATURE

ART HISTORY ESSAY NATURE B&W

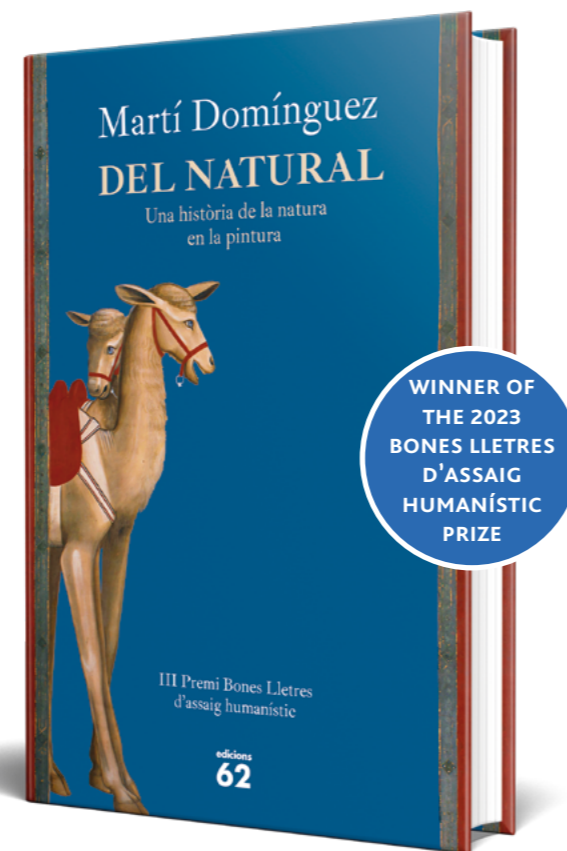
SURPRISING & ENLIGHTENING DIFFERENT PERSPECTIVES

Interactions between art and nature

In this essay, Martí Domínguez invites us on an eye-opening journey through the history of art following a particular thematic thread: the perception of the natural world. Taking the reader from Giotto's depiction of a lamb to Gauguin's Polynesian women via the Italian and Flemish Renaissance, Romanticism and Impressionism, the author reflects on each artistic interpretation of nature in its myriad forms - including the concept of human nature as well as the landscapes which surround us.

Gazing through this naturalistic lens, *After Nature* reveals a whole host of new and surprising perspectives on different artworks, expertly detailing the lives of painters and some of their greatest creations in rich and evocative prose.

Reimagining art through nature.



EDICIONS 62 • 352 PAGES • NOVEMBER 2023



GABRIEL LARA DE LA CASA holds a degree in Hispanic Studies from the University of Barcelona and teaches Spanish Language and Literature. In *Literature Laid Bare*, he has poured all his knowledge of and passion for the subject into making the classics more accessible to the general public.

LITERATURE LAID BARE

BOOK ABOUT BOOKS LOVE FOR BOOKS

SELF-HELP FOR BOOKLOVERS LITERATURE CLASSICS

Finding the key to happiness in classic works of literature

Time and again, we return to the classics because they never let us down. They cheer us up and form part of who we are. When it comes to literature however, things are a little different, given that reading a classic novel often requires time, effort, and a lot of patience. When a book is labelled as a classic, it's more likely to put us off than make us want to read it.

In *Literature Laid Bare*, Gabriel Lara de la Casa aims to bring the reader closer to Literature with a capital L by leading us through his carefully curated library of classic texts. Revisiting internationally acclaimed writers such as J.D. Salinger, Joan Didion, Stefan Zweig, Mary Shelly, Federico García Lorca and many more, de la Casa applies his own unique criticism to extract the most valuable life lessons found in some of their greatest works.

"It's curious to think that the more widely a book is read, the more life it gains, whereas for us, dear reader, the opposite occurs. The more time we spend reading, the less time there is left to live. Books have many lives, and we only have one. So when deciding what to read, choose wisely. A classic book is the kind that stays with you forever."



CÚPULA • 192 PAGES • FEBRUARY 2024

A revindication of literature as the original form of self-help.

SARA RUBAYO holds a Bachelor's Degree in Art History. Beyond her work in the media, she gives online and in-person art history lectures, conducts guided tours of galleries, and works closely with contemporary artists as a consultant and analyst. She contributes regularly to round-table discussions at universities and cultural institutions, speaking in her capacity as a specialist in digital cultural education.

ANA GÁLLEGO is a geographer and historian specialising in the role of women in art. In 2018 she joined Sara Rubayo's project dedicated to a rigorous search for, and research, into the women painters side-lined by history.



JOSE MIGUEL VIÑA is a physicist and works as a meteorologist at Meteored. He has a long career as a disseminator of atmospheric sciences in the media and through his books, articles, conferences, and website. For the past twenty years, he has been a collaborator with *Radio Nacional*, as well as other radio and television programs. He is one of the founding members of ACOMET (Association of Meteorology Communicators).

HERSTORY OF ART: VOL. 1

HISTORY OF ART FEMINISM FORGOTTEN ARTISTS
BIOGRAPHIES EXHAUSTIVE COMPILATION

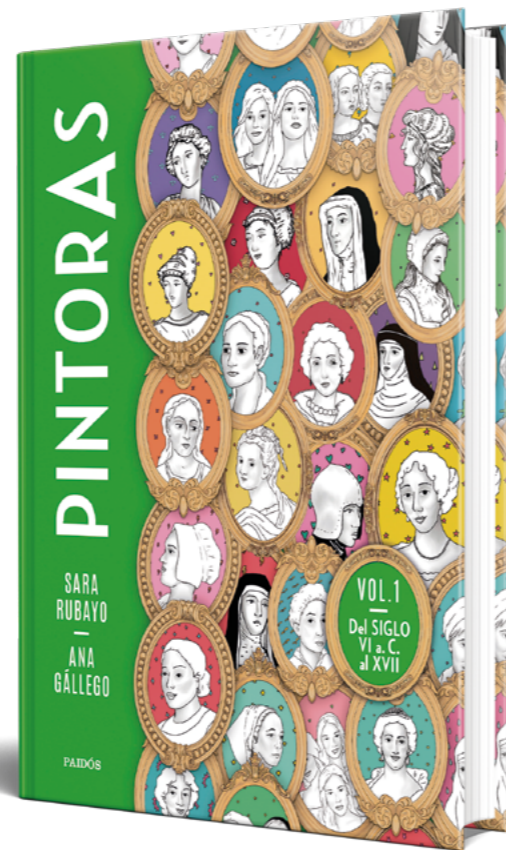
From the 6th century B.C. to the 17th A.D.

Have a think about all the art made in the centuries between 600 B.C. and 1600 A.D. With such a broad scope, the chances are you'll be able to name at least few artists from that period. But who exactly comes to mind? How many of them are men, and how many are women?

Herstory of Art: Vol. 1 seeks to address the urgent need to find and name women artists from across the centuries, filling in a multitude of blank spaces to paint a more complete picture of the history of art. Working from the premise "no woman left behind", Sara Rubayo and Ana Gallego have worked tirelessly to shed light on all the women painters that have been kept hidden in the dark, from ancient times to modernity.

With Art History's lamentable track record of presenting women as either muses or amateurs, this exhaustive album seeks to set that record straight by challenging the received narrative and rescuing the scores of forgotten women artists about whom very little has ever been published.

However short their story may have been, each of these women and their contributions to the world of art deserves to be known far and wide.



PAIDÓS • 256 PAGES • FEBRUARY 2024

Herstory of Art: Vol. 1 is the first instalment in a collection that seeks to rescue all those women artists condemned to the scrap heap of time and finally allow them to take their rightful place in 'herstory'.

PORTRAYED SKIES

ART HISTORY METEOROLOGY ATMOSPHERIC SCIENCES
WEATHER IN PAINTING DIFFERENT PERSPECTIVES

A journey through time and weather in painting

Why are the most abundant clouds in paintings the typical cotton-like ones? Have volcanic eruptions influenced the paintings of Turner, Van Gogh, or Munch? What secrets do Velázquez's striking skies hold? How have the great masters painted the wind throughout history? Are paintings a source of climatic information?

Portrayed Skies answers these and many other questions in an original and suggestive journey through universal painting, with meteorology as the guiding thread.



CRÍTICA • 336 PAGES • MAY 2024

A meteorological stroll through the paintings of the most representative skies.





RAFAEL GUZMÁN holds a degree in Kinesiology and Physiatry, as well as diplomas in Physiotherapy, Clinical Psychoneuroimmunology, Osteopathic Manual Therapy, and Nutrition and Health. He directs the Metódica clinic, specializing in lifestyle medicine. Along with more than twenty-five years of clinical experience, he currently teaches at the Instituto Científico Internacional PNI Europe, among other universities.

YOUR BODY, YOUR HOME

HEALTHY HABITS FULL LIFE AGING AND LONGEVITY

Our habits determine our health today and tomorrow

The environment in which you live, your thoughts, the type of food you eat, your contact with nature, how long you remain sitting without moving, the number of hours you sleep at night, the type and frequency of water you drink, the cosmetics you use and your social relations influence and determine your health to a much greater degree than you might imagine.

Fortunately, pathologies formed over the years through bad habits are reversible. Everything you do and think produces a change in the expression of your genes, which means that falling ill is not a matter of bad luck. We don't inherit diseases, we inherit habits, and our thoughts and actions produce epigenetic marks that are transmitted from one generation to the next. All of us can be long-lived, and in this book Rafael Guzmán shares the basic concepts on how to live a longer, healthier life.

This way, the author opens for us a door to a world that is very well known to the unconscious but which the conscious mind at times ignores. An approach to a new, and at the same time ancestral, healthy lifestyle. To this end, the book is conceived as a journey toward a new life which guides us in different stages to induce changes in our habits, while providing us with the scientific reasons that support these changes.

Your Body, Your Home is a disruptive book that shows you how to study and modify the parameters of the great equation: health and aging.



ESPASA • 312 PAGES • JANUARY 2024

A manual to recover life habits more connected to our nature, in harmony with the laws that govern life, body and mind. Don't be in a rush to leave, learn how to gain more years and live longer.



CARLA MÉNDEZ LOSI holds a PhD in molecular biology and is a specialist in epigenetics and microbiota. After overcoming cancer, she spent years experimenting with food and plants, thanks to which she was able to reverse more than thirty chronic symptoms. She now devotes herself to helping women follow the same path and overcome chronic pain through an anti-inflammatory diet and a healthy lifestyle.

SAY GOODBYE TO PAIN

NUTRITION CHRONIC INFLAMMATION HEALTHY HABITS

COMPLETE GUIDE SCIENTIFIC RESEARCH

What if all you needed to say goodbye to chronic pain were the fruits and vegetables you have at home?

One out of three women suffer from painful periods, two out of ten suffer from migraines, seven out of a hundred are diagnosed with fibromyalgia, and a long etcetera of people suffering from chronic pain who find no relief in conventional pharmacological treatments.

In this guide supported by science, Dr. Carla Méndez explores how plant-based foods can reduce inflammation, restore balance in the body and offer us a life free of pain thanks to a diet based on fruits and vegetables.

She explains different types of pain and their relation to the immune system and inflammation; the most common sources of inflammation and the essential role of intestinal microbiota in doing away with it; a plant-based diet that counteracts inflammation naturally; which foodstuffs to avoid, and which nutrients are necessary to combat pain. Furthermore, as a complement to her nutritional advice, the author proposes a range of healthy habits based on her weekly method "Feed your change".

In a holistic and integrative way, Say Goodbye to Pain reveals the hidden power of a plant-based diet based to eliminate chronic inflammation and strengthen cellular repair.



ZENITH • 320 PAGES • MAY 2024



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

SPAIN: NEITHER UNITED, NOR GREAT, NOR FREE

CONTEMPORARY HISTORY

SOCIAL HISTORY

DIFFERENT PERSPECTIVES

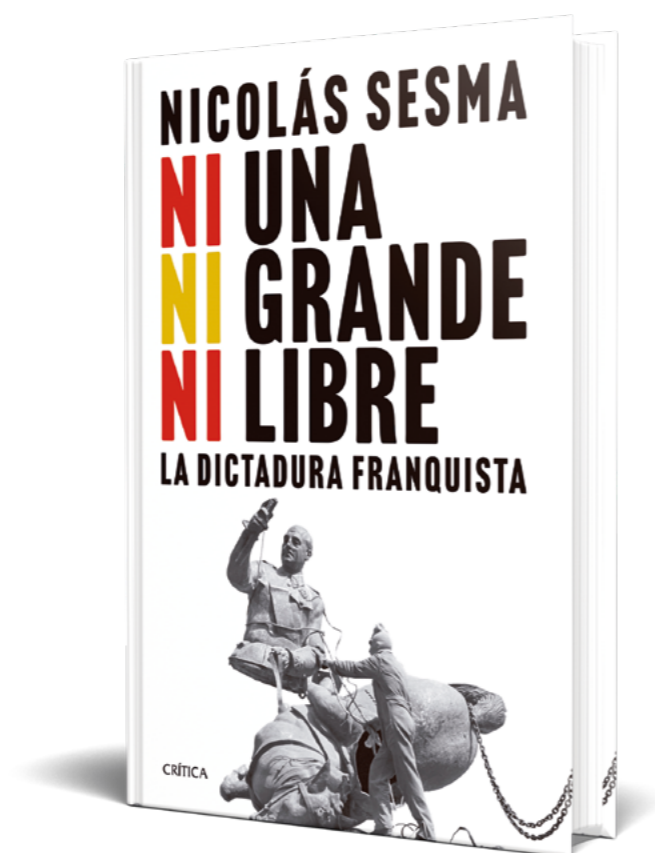
POP CULTURE

The story of Franco's dictatorship, written by and for a new generation

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

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

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



CRÍTICA • 760 PAGES • FEBRUARY 2024
• ENGLISH SAMPLE AVAILABLE

A pioneering re-examination of the period that determined a country's future, from the perspectives of the people that lived through it.



JAVIER MARTÍNEZ-BROCAL is a journalist who has reported on the Vatican since the final years of the pontificate of John Paul II. He has accompanied Benedict XVI and Francis on many of their trips to all corners of the world, and has narrated the popes' day-to-day for the agency Rome Reports and for media in the United States, Latin America and Europe. He is currently the Vatican expert for the newspaper ABC and *La Sexta*. He is author of *El Papa de la Misericordia* (2015) and *El Vaticano como nunca te lo habían contado* (2018).

FRANCIS, THE SUCCESSOR

RELIGION

HISTORICAL EVENTS

INTERVIEW FORMAT

INTIMATE

VATICAN INS AND OUTS

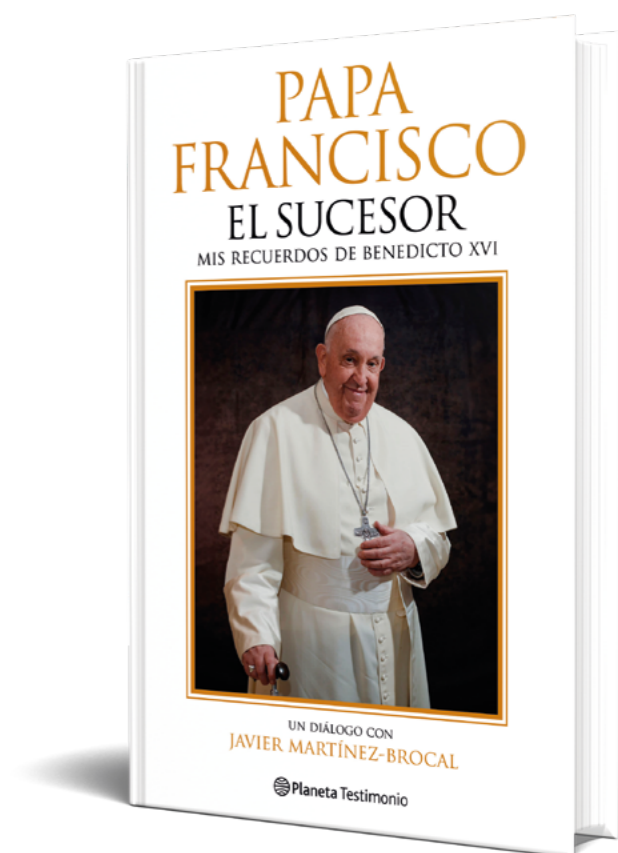
The Pope breaks his silence on one of the most delicate moments for the Catholic Church in recent history: the coexistence of two pontiffs in the Vatican

Vatican scholar Javier Martínez-Brocal reconstructs and shares with us for the first time an unusual scenario: the coexistence, for almost a decade, of two popes, Benedict XVI and Francis. In an unprecedented way, the Pope speaks candidly not only about his relationship with his predecessor, but also about the conclaves in which he participated, the Vatileaks scandal, and the surprising provisions he has established for his own funeral.

All of this is narrated in the form of a book-interview, allowing the reader to enter behind the scenes of Vatican tensions. The conversation between Martínez-Brocal and the pontiff reveals the only distance between the two popes was the way they each approached God. One from Theology and Religious Historiography, the other from Charity and active listening to the most disadvantaged. Two absolutely complementary and necessary legacies that find their fullness and place in today's world in this dynamic dialogue.

A book full of anecdotes, confidences and future decisions that will affect the Vatican and the future course of the Catholic Church itself.

 RIGHTS SOLD TO: Marsilio Editore (Italy).



PLANETA • 240 PAGES • APRIL 2024

"The interview is an important one, our exchange was very profound and I want him to be known, to be appreciated without intermediaries. Benedict was a man with the courage to renounce, who afterwards continued to accompany the church and his successor."

FRANCISCO RUBIO DAMIÁN is a colonel in Spain's Army Reserve, PhD in Sociology and Master's in Global Security and Defense. Expert in special operations and General Staff, he has held national positions, as well as in NATO and the European Union. He is the author of *Modelo de intervención exterior de la Unión Europea* (2014), *Conceptos básicos de seguridad internacional* (2017), and *Robot War. How Technology is Changing Armed Conflict* (2021).



CRISTINA MARTÍN is a bestselling author and speaker with a PhD in Communication Science and Journalism. Her thesis was the first critical essay about the Bilderberg Group ever published. In her many books she has predicted the actions of governments and global events and has thus become a much-referenced analyst of global plutocracy and international authority.

WAR INC.

ARMED CONFLICTS MILITARY RESOURCES

HUMAN RIGHTS MERCENARIES

The privatization of armed conflicts

It has become relatively normal in the 21st century for nations to turn to private companies to undertake activities generally considered to be public services. This is the case with the so-called privatization of war, which has its advantages but also enormous drawbacks.

From the Iraq war to the war in Ukraine, we have seen the emergence of private military companies like Blackwater and the Wagner Group, which have been accused of atrocious practices, such as massacres, torture and violations of human rights. Are we witnessing a new phenomenon in these mercenary companies, or have they existed since ancient times? What are the dangers and advantages of private military companies? Is there participation in conflict zones lawful? What is the responsibility and nature of their relationship with the governments that contract them?

The author of this book, a military veteran and PhD in sociology, provides in-depth analysis on a subject he knows very well: war, its privatization, its problems and consequences.

A book that reveals how wars and military services function in the 21st century, their protagonists, pros and cons and possible regulation.



ESPASA • 256 PAGES • MARCH 2024

FREEDOM OR TYRANNY

CONSPIRACY THEORIES ANALYSIS NEW WORLD ORDER

PLUTOCRACY POLITICALLY INCORRECT

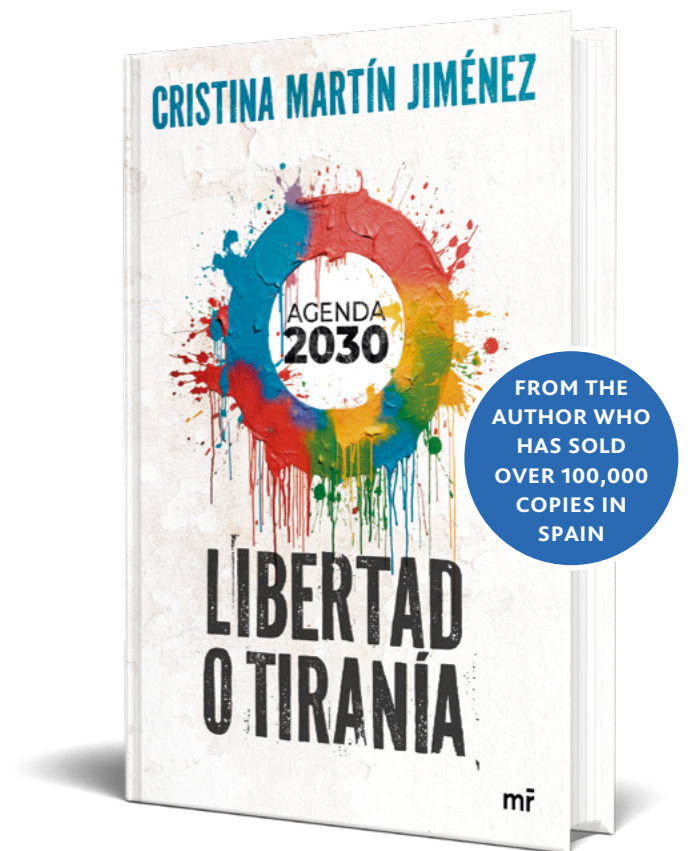
THE BOOK THEY DON'T WANT YOU TO READ

The truth behind the 2030 Agenda for Sustainable Development

In September 2015, over 150 governors and heads of state gathered at the historic UN Summit on Sustainable Development with the aim of approving the 2030 Agenda — a list of 17 internationally applicable goals seeking to achieve a more sustainable world by the year 2030. But have we been told the whole truth? Who is really behind the 2030 Agenda, and what spurious interests does it serve?

In this book, Cristina Martín tries to argue that the 2030 Agenda is in fact a global propaganda campaign seeking to influence everyone on the planet and subdue those that rebel against the status quo. While the principles on which the Agenda is based might be reasonable and legitimate, *Freedom or Tyranny* attempts to make clear the difference between the message and the real intentions behind it.

Through her resolute efforts of investigation and documentation, the author believes that the propaganda message of the 2030 Agenda is designed to disguise the manipulation at its core, and communicate a false sense of prosperity, universal peace and equal access to justice. However, the 'brighter future' it promises is in fact only for the minority of financial elites that have backed this campaign built on lies.



MARTÍNEZ ROCA • 352 PAGES • MARCH 2024

A bold, polarising perspective which evades conventional narrative to shine a spotlight on what they haven't told you.



ÁNGEL MARTÍN is a presenter, comedian, scriptwriter, actor, musician, streamer and humorist. He began his career at Paramount Comedy as a stand-up comedian, an art he has continued up to the present day. In 2020 he started the podcast *Misterios cotidianos* and began to upload on his Twitter profile the *Informativo matinal para ahorrar tiempo*, where he daily presents the main news stories in a humorous and lighthearted tone. His videos receive up to one million views daily.

ABOVE THE NOISE

SELF-HELP TESTIMONY PSYCHOSIS INTIMATE

MENTAL HEALTH HEALING PROCESS

FIRST PERSON ACCOUNT

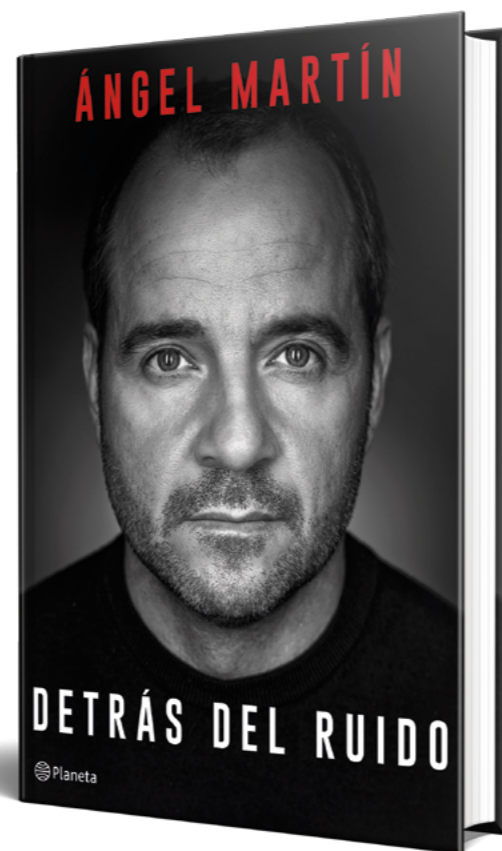
How I learned to rebuild myself and stay sane in the process

"I was committed to a psychiatric hospital for two weeks because I started hearing voices I couldn't control. Ever since my psychotic break, I've paid extremely close attention to what goes on inside my head, and when I began that long climb out of the deep hole I had fallen down, all I wanted was to learn how to get better and feel ok again. I eventually reached that stable state of mind, but I soon realised that, despite the relief of everyone around me, getting back on my feet was never the endgame: the hard part was not falling down again. Since I've not had any serious slips along the way, I thought you might be interested in learning how on Earth I manage to stay sane.

Want to know a secret?

Getting it together after something has totally broken you is just the beginning. So, if you're trying to manage your emotions, temper your anxieties or turn down the volume on the voices in your head, this piece of advice might just be for you: try to get behind the noise."

After the hit memoir *If the Voices Come Back*, Ángel Martín returns with an intimate and light-hearted yet powerful reflection on rebuilding his self and his sanity after recovering from a psychotic break.



PLANETA • 256 PAGES • NOVEMBER 2023
• ENGLISH SAMPLE AVAILABLE

OPTION PUBLISHERS: Mann, Ivanov and Ferber (Russia).



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

THE BEAUTY OF WEIRD

SELF-HELP PRACTICAL GUIDE AUTHENTICITY

TRANSFORMATIVE JOURNEY WEIRDNESS

DEALING WITH GUILT

A rebellious and provocative take on what it means to be different

Through a poetic and scientific revision of some of psychology's best-loved dogmas and the new age, Disneyfied doctrine full of wishful thinking and idealised utopias, Sergi Rufi presents a real reflection on what it means to be human, the root causes of suffering and above all, how to avoid the trap of the mainstream. He invites us on a transformative journey which goes beyond good and evil, beyond blame and shame, where unabashed weirdness becomes a breeding ground for authenticity, justice, health, and beauty.

Do you feel like an outsider? Like a weirdo that doesn't fit in with what society considers 'normal'? Have people ever told you you're too sensitive or too clever? If so, this book can give you some tools to start living your life authentically, without blaming or shaming.

A direct, practical guide that doesn't mince words. Get the life you've always wanted to live.



CÚPULA • 192 PAGES • JANUARY 2024



PEDRO VIVAR is an international coach, cofounder of Neuromotor Programming (NMP) and creator of the podcast *Emotion Me*, a major point of reference in the field of emotional management in sport, health and business. He is the author of the bestselling titles *Happiness is a Problem* and *Super Sapiens*.

THE ART OF COHERENCE

- INNER POTENTIAL
- PERSONAL & CREATIVE SUCCESS
- STRATEGIC DECISION-MAKING
- SELF-DISCIPLINE
- ART OF WAR
- INDIVIDUAL VS. STATE

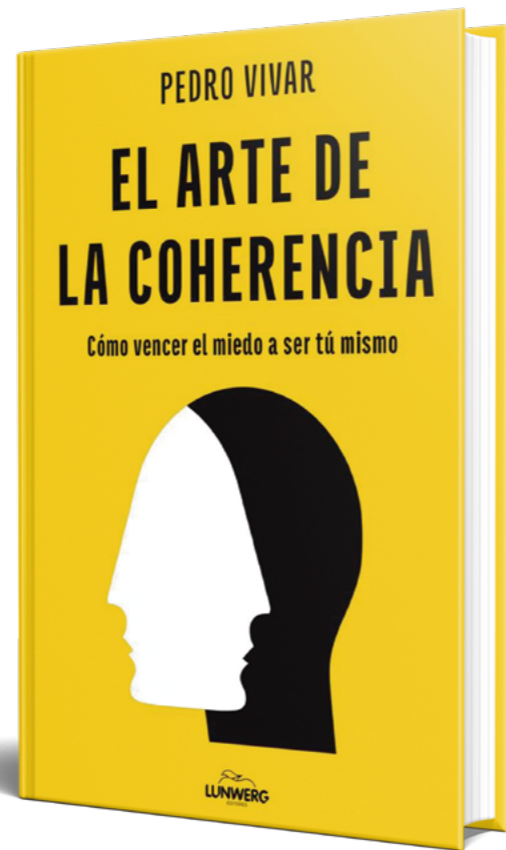
How to overcome the fear of being yourself

Pedro Vivar revisits the strategies of Sun Tzu's *The Art of War* with the struggle against creative resistance of Steven Pressfield's *The War of Art*, to go a step further and provide tools to achieve personal and creative success.

The paradox of today's reality is the confrontation between the individual and the state. The state is an entity, which as such does not exist, but which everyone recognizes as an authority. It is the difference between judgment (personal) and justice (social), between idealism (idea) and the progressive blurring of materialism (reality). All this leads people away from coherence, and consequently into a realm of incongruence and self-censorship. Rather than a indoctrinating system of thought based on this dynamic, the author defends a virtuous model of life which defines and speaks for each individual.

The Art of Coherence outlines tactics for overcoming an often-paralyzing resistance, developing self-discipline, making strategic decisions and turning weaknesses into strengths.

OPTION PUBLISHERS: Popuri Publishers (Russia).



LUNWERG • 128 PAGES • MAY 2024

How to face a world in permanent conflict, overcome the resistance of our inner enemy and achieve our goals.



RAUL RAVELO's mission is to make social and emotional learning more dynamic and accessible, helping people balance their emotions and take care of their inner well-being. He regularly hosts conferences, courses and workshops in which over 4000 people from around the world have participated.

LIVE HAPPY

- LAUGHTER THERAPY
- WELL-BEING
- RECONNECTION
- POSITIVE PSYCHOLOGY
- NEUROSCIENCE
- PLAY
- PRACTICAL GUIDE

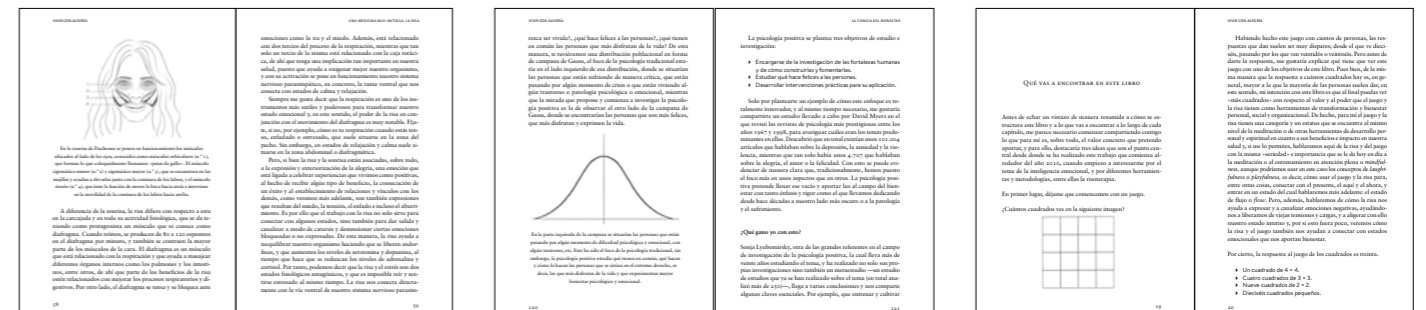
Connect with your inner wisdom through play and laughter

Live Happy is a practical guide to connecting with your inner sage through two key concepts: play and laughter. These two innate mechanisms provide us the energy to reconnect with our bodies, to channel, regulate and express our emotions and to better understand ourselves. We'll learn how they can help us take a break from our day-to-day and appreciate the here and now, practising positive attributes such as resilience and optimism, and above all, maintaining our own psychological and emotional wellbeing.

Encompassing different disciplines such as neuroscience, positive psychology, life coaching and laughter therapy, in this book you'll find a comprehensive roadmap with inspiring phrases, ideas, strategies and most importantly, games (50 individual and another 50 group activities) to help you experience first-hand the transformative power of reconnecting with the gift of laughter and your capacity for play.



LUCIÉRNAGA • 248 PAGES • FEBRUARY 2024





JESÚS MARTÍN FERNÁNDEZ has become, at only 30 years of age, a world reference in the awake neurosurgery of brain tumors. After creating the first test based on artificial intelligence, he can identify, in vivo, the emotional processing of the patient and avoid sectioning parts of the brain that could imply a loss of knowledge, sensations or memories. He is also a conductor and composer.



DAVID G. JARA has a PhD and a degree in Biochemistry, Chemical Sciences and Environmental Sciences. A multidisciplinary scientist and educator by training, he currently combines his passion for popular science with teaching as a Professor in the specialty of Biology and Geology at the CEO Mirador de la Sierra in Villacastín (Segovia). He is the author of several scientific essays, some of which have been awarded the European Prize for Scientific Dissemination and the Prismas Award for Scientific Dissemination "Casa de las Ciencias". Among his notable works are *Bacteria, Bugs and Other Friends* and *The Ignored Kingdom*.

TELL ME WHAT YOU FEEL

INSPIRING & EMOTIONAL

NEUROSCIENCE

AI

MYSTERIES OF THE BRAIN

FIRST PERSON ACCOUNT

MEDICAL INNOVATIONS

Diary of Dr. Jesús Martín-Fernández, the "neurosurgeon of emotions"

In February 2023, Dr. Jesús Martín-Fernández successfully performed the first awake brain surgery using an artificial intelligence test to identify and preserve the patient's emotions. With this milestone, he not only revolutionized current medicine, but also opened the door to new and fascinating theories about the brain.

In a sincere, open way, the neurosurgeon invites us into his operating room to experience firsthand the emotion and responsibility of holding the lives of his patients in his hands. Patients such as the pianist who underwent an "a la carte" surgery to protect his musical abilities, the polyglot interpreter who had to maintain her five languages, or the man who had an out-of-body experience during the operation. We will also discover how some of the theories we took for granted about the human brain must be reformulated in the face of new findings in neuroscience.

This book is a testimony of how the passion for knowledge, together with technology and the courage to advance despite adversity, can lead to stunning discoveries.

In the line of Henry Harsh, *Tell Me What You Feel* is the thrilling testimony of the young neurosurgical genius who has managed, through artificial intelligence, to improve the quality of life of his patients.



PAIDÓS • 256 PAGES • APRIL 2024

The odyssey of a neurosurgeon who challenges established paradigms about the most fascinating organ in the human body: the brain.

THE SECRETS OF FLORA

ANTHROPOLOGY

HISTORY

SCIENCE

INNER LIFE OF PLANTS

CHEMICAL WORLD

ALCHEMY

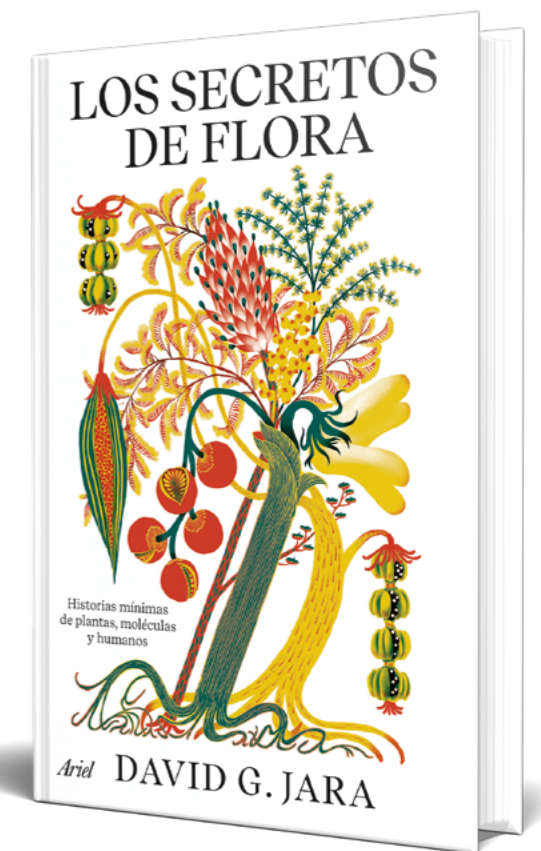
SURPRISING & REMARKABLE

Brief stories of plants, molecules and humans

There is nothing so misleading as the apparent docility of plants. Accustomed to their delicate, silent company, mesmerized by the colors and aromas of their flowers, we are rarely aware of being in the presence of nature's most skilled alchemists. Hidden within the world of plants are prodigious substances that can mitigate pain and human suffering, capable of curing diseases or, at the same time, end our life in the blink of an eye. A plant did in one of the greatest of men; another accompanied Marcus Aurelius during his long meditations; and Freud believed he had found a miraculous substance in the same plant that has led many others to their death.

In the pages of this book, scientist David G. Jara draws on science, history and anthropology to reveal many of the secrets, some already known and others yet to be discovered, concealed behind the beautiful and innocent appearance of plants. Secrets whose chemical nature can induce the most powerful addictions, contain the most promising drugs and offer the most lethal poisons.

Human stories and scientific discoveries that offer a global view of the complex chemical world concealed in plants.



ARIEL • 296 PAGES • JANUARY 2024



IZUMI FORASTÉ ONUMA grew up between two very diverse cultures. With Eurasian roots (Spanish father and Japanese mother), her education and strong interest in beauty and self-care have led her to learn the very latest in this field from professional Japanese dermatologists, chemists and beauty consultants. In 2016 she launched her YouTube channel, which, with more than 220,000 subscribers, is among the most-viewed in this category in Spain. She is the author of the bestseller *The Japanese Secret of Facial Yoga*.

THE JAPANESE SECRET OF GREEN TEA

MINDFULNESS LIFESTYLE HEALTH BEAUTY RECIPES
SKINCARE PRACTICAL BOOK JAPANESE RITUALS

Discover the virtues of Japan's ancestral beverage

Izumi Forasté delves into the secrets of one of the oldest beverages in the world to share with the reader its many virtues, whether in the kitchen or in the creation of cosmetics for skin care, or in relation to spirituality and self-knowledge.

The author, of Spanish and Japanese descent, begins by tracing the history of green tea, whose origins lie more than 4,000 years ago in traditional Chinese medicine. It was not until Japanese Buddhist priests imported it to Japan after a trip to China 1,200 years ago that it began to be enjoyed as a beverage. The prized infusion, at first only available to priests and the nobility, would become much more widely popular in the West.

The book explores aspects such as the tea ceremony and its link with mindfulness, tea varieties, cups and teapots, its benefits and Japanese protocol, and even take us on a journey through popular proverbs. Forasté also explains how to prepare a good cup of tea and proposes simple recipes with matcha to help us incorporate more beauty, simplicity and health into our daily lives.



DIANA • 224 PAGES • FEBRUARY 2024
• ENGLISH SAMPLE AVAILABLE

A refined, practical, illustrated manual that reveals the secrets of green tea so we can learn its varieties, enhance its flavor, elaborate delicious recipes or effective cosmetics for the skin and cultivate Zen through the infusion's most spiritual aspect.

RIGHTS SOLD TO: Corbaccio (Italy).

OPTION PUBLISHERS: Hardie Grant (UK), Hachette Livre (France), Eksmo (Russia).



CARLA ZAPLANA is a dietitian and nutritionist, certified as a Holistic Health Coach by the Institute of Integrative Nutrition in New York. She has extensive training in the United States and Spain in plant-based culinary nutrition and is the author of several bestselling titles, including the bestseller *Green Juices* and also *Green Shakes*, *Eat Clean* and *Superfoods*. Thousands of people have attended her lectures and online trainings.

CULTIVATING YOUR STRENGTH

MINDFUL BODYBUILDING SMART EATING
HOLISTIC VIEW TRAINING ROUTINES
MENTAL RESILIENCE PRACTICAL GUIDE

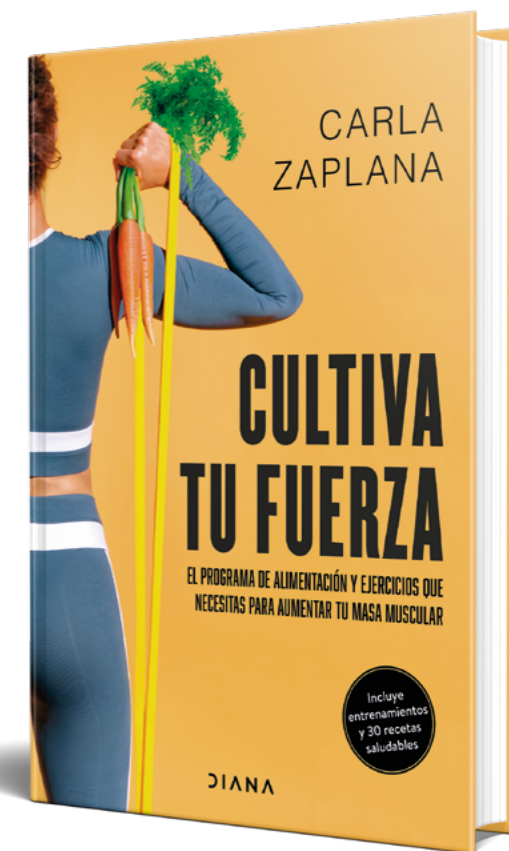
How to begin training your strength, key to longevity and mental health

Mindful bodybuilding is not only a way to show off a toned body, but an essential tool to combat muscle loss, prevent chronic diseases, improve our quality of life as we age and increase our longevity.

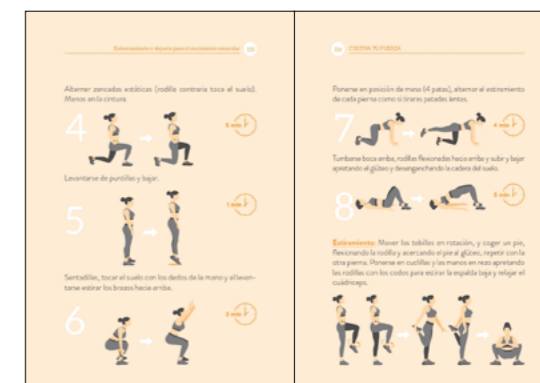
With a holistic focus, Carla Zaplana explores the benefits of bodybuilding to maintain and strengthen our muscles at all stages of life. She offers us the necessary tools to incorporate the practice into our daily life, from strengthening ourselves physically to increasing our mental stamina. The book includes training routines, exercise sequences, and a wide range of advice on methods, times and breaks to practice bodybuilding depending on one's body type.

Bodybuilding in a mindful and healthy way also involves eating in a smart way. To this end, the author addresses such questions as the power of protein, essential nutrients, and intermittent fasting, all to complement strength training. In this way, this simple and practical guide offers a comprehensive way to achieve a healthier and more active life.

A comprehensive guide toward a more mindful and healthy understanding of bodybuilding, diet and nutrition.



DIANA • 240 PAGES • APRIL 2024



LUIS LÓPEZ is a pedagogue who works for the Children's and Adolescents' Mental Health Therapy Unit of the Sant Joan de Déu hospital in Barcelona. His work has given him insight into the different realities experienced by students suffering from serious mental disorders and of the fears and anxieties of their educators.

NANDO VIVAS is a graphic designer, illustrator, and typographer. He is specialized in communication projects, packaging, branding, art direction, and editorial design.



LUCÍA GALÁN is a paediatrician and the mother of two teenagers. She works at El Centro Creciendo in Alicante, a private practice where she is cofounder and director, and is an international volunteer and member of the Advisory Council to UNICEF. She has received numerous awards, including the 2015 Bitácoras Award for Best Health and Scientific Innovation Blog for her site www.luciamipediatra.com, and the e-Health Awards #SaludSinBulos Prize for her fight against misinformation on the Internet.

EDUCATING UNDER FIRE

PARENTING PEDAGOGY ILLUSTRATED MANUAL
 EXTREME CASES HUMOR PRACTICAL BOOK
 MENTAL HEALTH CHILDREN & TEENAGERS

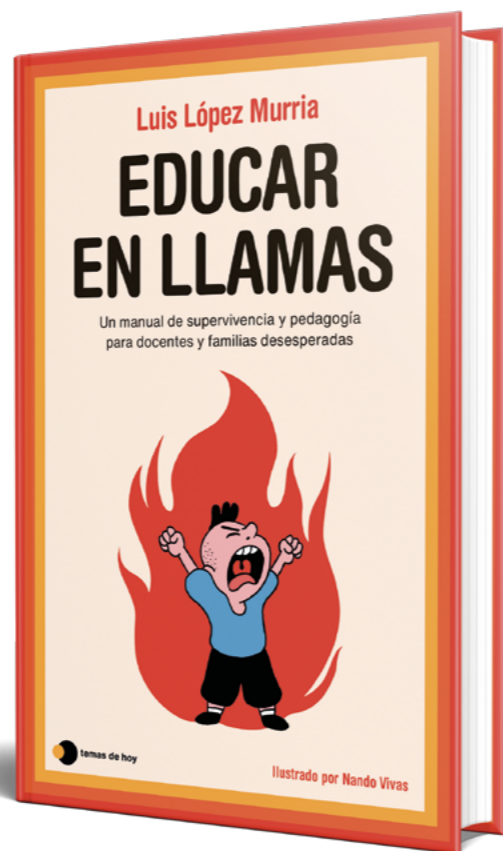
A survivor's guide on pedagogy for desperate teachers and parents

This is a manual for every teacher to have on their bedside table. A practical book that will help distraught teachers and parents understand the most special minds that exist on the planet: those of school-age children. We all know they demand careful attention to grow and learn correctly, just as we know how easily and often they can utterly disrupt everything.

Luis López, pedagogue dedicated to educating the most difficult students in the educational system, shares with us his tricks, methods and advice on how to resolve conflicts with those who, as teachers, we struggle with every day. He does so accompanying his explanations with illustrations that humorously represent situations corresponding to the different educational stages of younger children through to adolescents recently entered into puberty.

He offers us a simple, straightforward guide, without placing blame and written with a lot of empathy to help us face the most complicated moments of this marvelous journey that is to try and educate.

As amusing and accessible as it is rigorous, *Educating under Fire* shares with us successful strategies to educate and manage difficult situations with children at home and in the classroom.



TEMAS DE HOY • 240 PAGES • MAY 2024



COLD FEET WON'T GIVE YOU FLU

PARENTING FIRST PERSON ACCOUNT HEALTH
 MENTAL HEALTH PRACTICAL GUIDE
 MYTH-BUSTING

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

A book which 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. Find out the truth behind the most common falsehoods found on social media, in the news and in the playground, as well as some of the more malicious rumours designed to trip us up along our parenting journeys.

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.



PLANETA • 320 PAGES • JANUARY 2024

OPTION PUBLISHERS: Edizioni Sonda (Italy), Eksmo (Russia).

Dr Lucía Galán puts over 20 years of experience into practice to debunk all the myths and misinformation that she has come across as a paediatrician, as a mother and as a woman.



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

THE CONFERENCE TRILOGY

PHILOSOPHY ESSAY ACCOMPANIED BY MUSIC

POSTMODERNISM DELUXE EDITION

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

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

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



PAIDÓS • 144 PAGES • MARCH 2024 - FALL 2025
• ENGLISH SAMPLE AVAILABLE

 RIGHTS SOLD TO: Einaudi (Italy), Icanet (Korea).



AMANDA MAURI is a writer, researcher and artistic director. She holds a BA in History from the University of Liverpool, a Master's in Gender Studies from the London School of Economics and a Postgraduate Certificate in History of Art and Photography from Birkbeck University. Her award-winning research combines feminist criticism with contemporary art and explores the poetic and political applications of grief.

THE MUSEUM OF MISSING GIRLS

ESSAY FEMINISM GRIEF SEXUAL ASSAULT

PERSONAL TESTIMONY ART & CULTURE SOCIOLOGY

HETERO-PATRIARCHY FEMALE DESIRE

Politics of grief

Gender, according to Amanda Mauri, is founded upon two pillars: loss and grief. Deftly weaving real-life events with moments from popular culture in a rich, kaleidoscopic prose, *The Museum of Missing Girls* creates a space for the author to muse thoughtfully on the key questions she proposes. Among other issues, Mauri discusses how feminism might benefit from a politics of grief; interrogates the possibility of subverting fear through art, humour and community; ponders the legacies of social movements whose hunger for resistance was born out of loss; and underlines the importance of the psychological and emotional landscapes of power.

Incorporating a genre-defying mix of essay, fiction and true testimony, the author creates an unflinching hybrid text which swirls around a central 'secret' – a traumatic memory which serves time and again as the backdrop to her ideas. Reflections on memory, desire, pain, violence and writing all interact to create a lucid and poignant work, capable of observing the often horrific nature of reality without losing narrative pace.

***The Museum of Missing Girls* may lead the reader on a journey beset by ghosts and shadows, but it doesn't shy away from sudden beams of light in the dark.**



PAIDÓS • 264 PAGES • FEBRUARY 2024

In the tradition of writers such as Maggie Nelson and Rebecca Solnit, Amanda Mauri has created a book in equal parts challenging, brave and beautiful, which seeks to revindicate the ethics and aesthetics of grief to create new feminist alliances.



CARLOS JAVIER GONZÁLEZ SERRANO has a degree in Philosophy and has studied a range of Master's courses in Clinical Psychology, Child and Adolescent Psychotherapy, the Psychology of the Workplace, Advanced Philosophy and Education. He works with a diverse range of media outlets and is currently president of the Society of Schopenhauer Studies in Spanish as well as an honorary member of the Ibero-American Society for Pessimism Studies.

A PHILOSOPHY OF RESISTANCE

PHILOSOPHY ESSAY SOCIOLOGY

UNFLINCHING IDEAS EMOTIONAL TOTALITARIANISM

MODERN MALAISE INTELLECTUAL REVOLUTION

INDIVIDUAL AGENCY CAPITALISM

Thinking and acting against emotional manipulation

We live in a society where technology is taking a more central role than ever before, where noise, overstimulation and aggressive speed are prized above all else. A world in which our emotions are being silently dominated in every aspect of life.

To counteract this troubling scenario, Carlos Javier González Serrano proposes we apply a philosophy of resistance that allows us to monitor the way our attention is held. Standing up to what he terms the 'emotocracy' (the way consumer society dictates our emotions), the author encourages us to commit to a new way of experiencing desire in order to become more conscious of our own personal freedom and defeat modern social malaises. By thinking and acting, an intellectual revolution can happen. If we refuse to see people as passive subjects we'll gain real agency – agency that will help us reimagine and transform our own realities.

An enlightening and stirring text which offers an iron-clad defence of philosophy as a radical and dissident way of thinking – a healthy antidote to the reality in which we currently find ourselves.



DESTINO • 224 PAGES • FEBRUARY 2024



MARTA MARTÍNEZ NOVOA has a degree in Psychology, a Master's Degree in General Health Psychology, and has 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

PSYCHOLOGY GOOD GIRL SYNDROME SELF-HELP

SELF-ESTEEM PERSONAL GROWTH

SETTING HEALTHY BOUNDARIES PRACTICAL GUIDE

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. Namely, when you sacrifice being yourself in order to keep other people happy. We're often taught that it's a good thing to live for others, to not put a foot out of line, to make ourselves small so that others can grow and dim our light so others can shine bright.

In this book, psychologist Marta Martínez Novoa guides you on a journey into your past to help understand why you feel the way you do in the present, and build a future in which you are your own priority. You'll discover the keys to freeing yourself from the trap of 'goodness', and learn to look after yourself, feeling bolder and more confident in everything you do.



ZENITH • 336 PAGES • FEBRUARY 2024

A practical guide to break free from the stifling effects of good girl syndrome in order to reconnect with ourselves, prioritise our emotional wellbeing and establish balanced, meaningful relationships.



SAÚL MARTÍNEZ-HORTA is a medical doctor and specialist in Neuropsychology. He works in the cutting-edge Neurology department of Sant Pau Hospital in Barcelona, where he dedicates his research to Huntington's disease and other neurodegenerative disorders which affect mobility. He is also the director of the Neuropsychology department at the Centre for Neurocognitive Diagnostics and Intervention (CDINC).

WHERE ARE MY KEYS?

NEUROPSYCHOLOGY HOW OUR BRAIN WORKS

LIFESTYLE SCIENTIFIC PERSPECTIVE MENTAL HEALTH

TEMPORARY LAPSES IN MEMORY PHOBIAS

Everyday mysteries solved by a neuropsychologist

Our daily lives are full of perplexing situations that can be explained by neuropsychology. Temporary lapses in memory, sudden outbursts of passion, phobias and hang-ups, and even strange phenomena like apparitions and hallucination. In this book, Saúl Martínez-Horta offers a scientific perspective on all these experiences so that we might better understand how our brains work.

Why do we sometimes think we've lost our keys? Why do we forget people's names? How can we explain things like false memories or those words that get stuck on the tip of our tongue? Could there be a scientific explanation for acts of violence, stage fright or simply drawing a blank?

In *Where Are My Keys?* Saúl Martínez-Horta explains the theory and practice that allows us to understand our brain's behaviour, making clear distinctions between what is normal activity and when we should be concerned.

A book as accessible and informative as the classic works of Oliver Sacks.



GEOPLANETA • 296 PAGES • NOVEMBER 2023



JOSÉ MILLÁN is a countercurrent astrologer. With a degree in Physics and Telematics Engineering, he served for years in the European Commission in Brussels, where he came into contact with diverse sectors of European politics, from the fields of telecommunications to the environment, industry and technology, through international relations and development aid. Over the years, he has developed a humanistic astrology focused on understanding the human being's place in life, in the world and, ultimately, in the universe.

ASTROLOGY FOR THE NEW WORLD ORDER

GEOPLITICS ASTROLOGY POLITICAL FORECASTING

WORLD ORDER

The astrological keys that will mark the path of geopolitics

It's clear to everyone that we are experiencing the end of a world. We are entering a new era, a new world order in which the maps we've had are no longer of use. The old social, political and economic systems are not resolving the problems we are facing, which include the collapse of democracy, the threat of nuclear war, environmental catastrophe and mass impoverishment. But, how did we get here, and what can we expect from the future?

World astrology helps us understand the atmosphere of chaos that will govern our current systems of organization-states, communities, economies, religions. Guided by José Millán, we will glimpse the new social models and ideals that pose the overturning of the patriarchy, the end of the monarchy, and the creation of a new, parallel economy.

Dividing his views into three parts, Millán examines the past so long in taking its leave, a present still caught between two worlds, and the future that awaits us. And he does so through the lens of a humanist astrology that doesn't seek magical solutions or impossible shortcuts. It's not a matter of predicting big events, but rather of recognizing patterns that will lead us to a new way of being in the world.



PLANETA • 256 PAGES • JANUARY 2024

An essential astrological guide to understand the coming social and geopolitical changes.



BOJAN KRKIC PÉREZ was recognized as a soccer prodigy from the moment he arrived at FC Barcelona. Despite his early success and his unquestionable talent, he struggled in silence against anxiety, which with time has turned him into a necessary voice on the importance of mental health in sports. After hanging up his sport shoes last year, the player premiered a documentary film that has sparked great interest in fans and the international media.

CONTROLLING THE UNCONTROLLABLE

SOCCER STARS ANXIETY OVERCOMING
EMOTIONAL MANAGEMENT SELF-HELP INSPIRING

Behind the smile

This isn't a book about soccer. It doesn't talk about the career of a highly gifted youth, or his success at one of world's greatest clubs. It doesn't analyze that smiling adolescent who first set foot in Camp Nou before coming of age.

These pages are a journey into a player's mind. The mind of a person who in reality are two people: the one seen on the pitch, living his dream, enjoying a privileged life, and the other who speaks frankly about a different, invisible reality that suffocated him the moment he stepped off the playing field: the vortex of anxiety, anguish and loneliness that ended up affecting his ability to play soccer. That was when Bojan defeated Bojan. And Bojan, for the first time, tells all.

Along with the player's first-person account, these pages are full of comments and observations by family members, his psychoanalyst, Dr. Josep Montseny, and a range of notable people from the world of soccer: Joan Laporta, Gerard Piqué, Andrés Iniesta, Frank Rikjaard and Txiki Bergiristain. Together, they paint a portrait of a youth who landed in the dizzying world of professional soccer without the necessary tools to manage all the things that came with this.

A valuable guide for new generations about mental health in sports.



ALIENTA • 232 PAGES • MARCH 2022

Bojan tells us about the anxiety he suffered as a forward for Barça, the taboo subject that forced him to abandon his career.

ROGER VINTON became well known in 2012 with his blog rogevinton.org, an alternative reference to the traditional press. Author of *La gran teranyina. Els secrets del poder a Catalunya*, about the power relations between Catalonia's leading families, and of *El Barça ante la crisis del siglo*, he is a regular contributor to written media.

THE BLAUGRANA SPIDERWEB

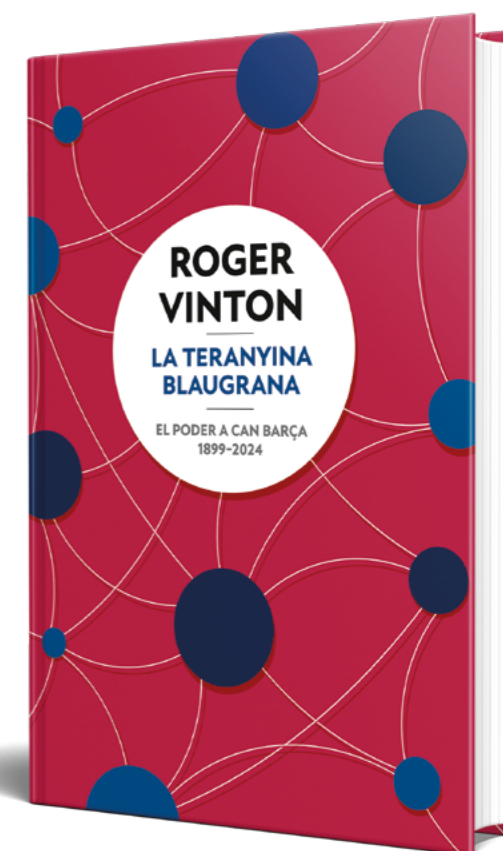
FC BARCELONA FOOTBALL HISTORY
POLITICS & SOCIETY POWER GAMES
ALTERNATIVE PERSPECTIVES

The history of FC Barcelona as it has never been told before

The Blaugrana Spiderweb is, conceptually, a work that has never been written before. Although innumerable books detailing the club's history exist, its sporting and institutional history has rarely been interwoven the way it has here, where the spotlight is on the power struggles and pressures that have governed the club's trajectory over 125 years.

The account, narrated in chronological order, begins in the period before the club's founding in 1899 and goes up to Josep Maria Bartomeu's resignation. Basing his work on an extraordinary amount of documentation that brings to light unpublished information, the author constructs of plot of powers -in both politics and business- which has given shape to the club as it is today, and which in a certain way reflects the historical evolution of Catalonia: from the foreigners who founded the club, linked to the beginnings of industrialization, to business leaders in the textile, cotton and construction sectors, and including the influence that Catalan nationalism and Franco's regime had on it.

An alternative history of F.C. Barcelona, told with the intention of becoming a reference book for members and fans of the club.



COLUMNA • 384 PAGES • APRIL 2024

A unique look at the 125-year history of one of football's greatest clubs and a review of the various powers that have shaped it.



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from the book *The Japanese Secret of Green Tea*
by Izumi Forasté Onuma

