

# FOREIGN RIGHTS CATALOGUE



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il castello  
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**Terra Nuova**  
EDIZIONI

# SUMMARY

<b>EMBROIDERY &amp; KNITTING</b>	<b>4</b>	<b>STUDIO</b>	<b>55</b>
<b>ART &amp; CRAFTS</b>	<b>10</b>	<b>LIFESTYLE</b>	<b>60</b>
<b>ACTIVITY</b>	<b>24</b>	<b>MIND, BODY AND SPIRIT</b>	<b>67</b>
<b>PHOTOGRAPHY</b>	<b>28</b>	<b>PARENTAL GUIDES</b>	<b>75</b>
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The author

**MARIELLA VITALE** is a "Fellow" of IGMA (International Guild of Miniature Artisans). Her projects are published in miniature and crochet magazines. She collaborates with the "Dollhouse and Miniature Scene" English magazine. On the web her nickname is MUFFA Miniatures.



**PAGES:** 96, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback with flaps  
**PRICE:** € 16,00

Rights sold in: **German**

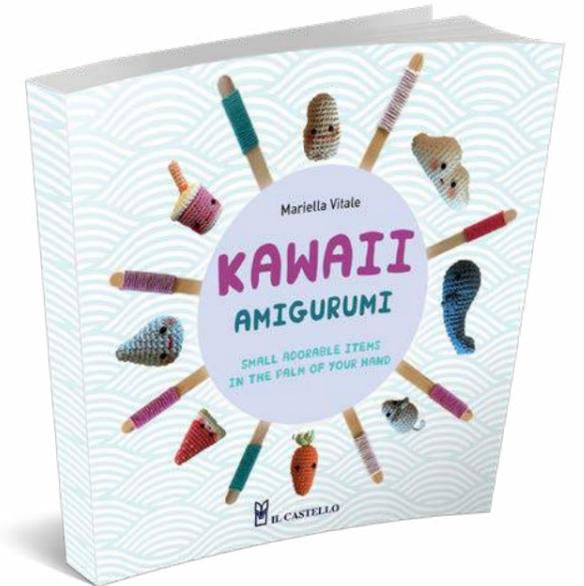
A flock of cute little sheep challenges you to learn all the crochet stitches starting from scratch, but right from scratch! A guide will teach you through play, and exercising manual skills, so to conquer many progressive goals. Step-by-step illustrations will explain the fundamental points and easy projects in order to create immediately the first works with great satisfaction.



The author

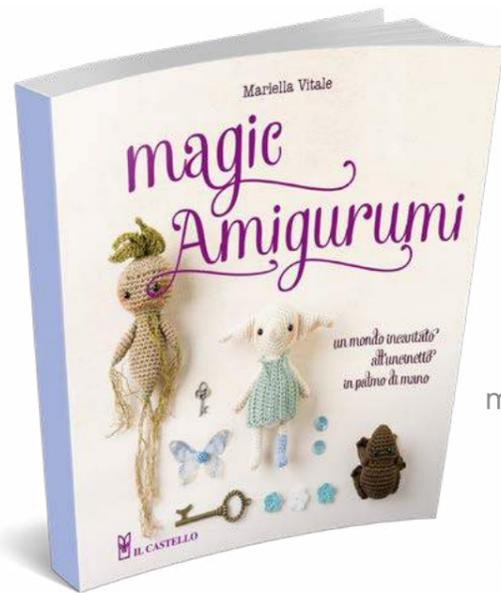
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**PAGES:** 120, colour illustrated  
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Kawaii is a Japanese word that can be translated as "cute", "lovable", "adorable". Kawaii must not only be "cute", but also small, funny, with an innocent, childlike appearance, with two big eyes. In this book, the proposed projects take very little time to finish. In an hour you can do something "cute and adorable". For the amigurumi technique, the crochet stitches to know are the basic ones: in the book you will find detailed instructions described step by step for each round.





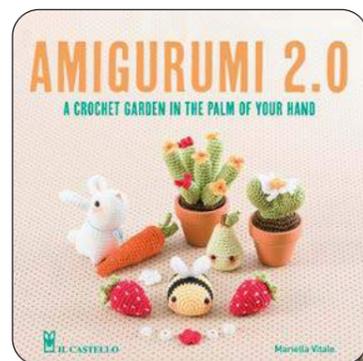
**PAGES:** 144, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback with flaps  
**PRICE:** € 16,00

With the amigurumi technique you can create many crochet characters inspired to the magic world. Elves, dragons, fairies, unicorns, chocolate frogs... Projects with three abilities levels.



**OF THE SAME AUTHOR**

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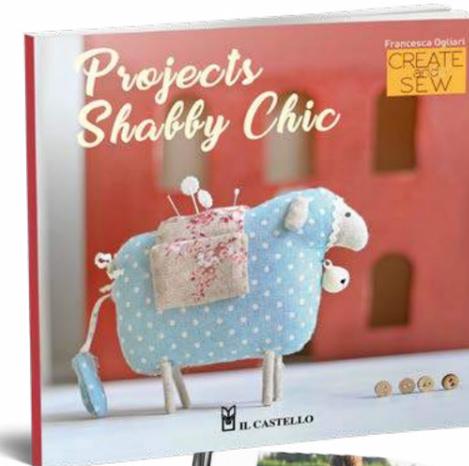
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**The author**

In 2009 **FRANCESCA OGLIARI** published her first book, setting off an enthusiastic word of mouth on the web. Since then she has continued writing and creating, trying to transmit her passion and her peculiar style. She is very popular in Italy and Spain among the sewing lovers. Her blog is [www.francescashabbyhome.blogspot.it](http://www.francescashabbyhome.blogspot.it).

**PAGES:** 120, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback with flaps, with template enclosed  
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A wonderful collection of creative projects for bags, quilts and many other home decorating ideas. Paper pattern for each project.

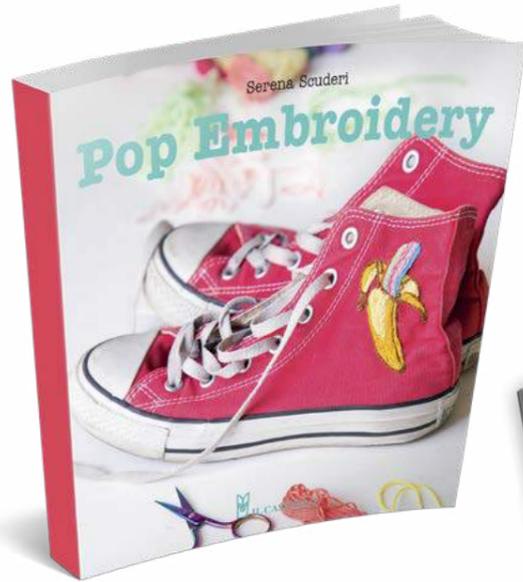
Christmas is coming and it's time to think to family and friends and to home decorations. In this book you will find many new ideas to create unique and special gifts for people you love and, why not, for you as well! Many step-by-step projects of different objects with templates enclosed.

**The author**

In 2010 **SERENA SCUDERI** created a blog called "Cappello a bombetta", dedicated to full spectrum creativity, where you can find the latest trends in decoration, design and handmade crafts, proposed in an eclectic and ironic style.

In her pages you can find different expressive techniques, from creative recycling, to refashion and embroidery, illustrated in detailed tutorials you can browse on [www.cappelloabombetta.it](http://www.cappelloabombetta.it). She collaborated with magazines such as Casafacile, Elle, Home and Mollie Makes Italia.

You can also find her on Instagram: @sere\_cappelloabombetta



**PAGES:** 144, colour illustrated  
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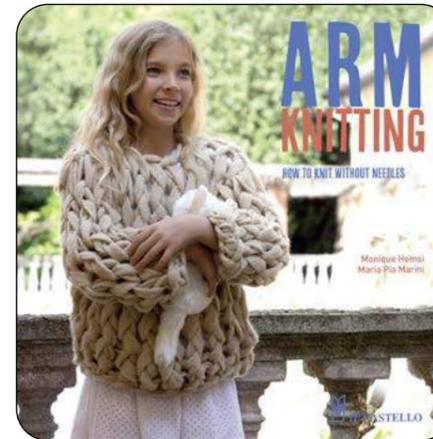


Embroidery is not among the techniques reserved to old aunts anymore as, in this books, it shows its modern side so it is open to everybody!

Just with a few stitches, it is possible to create projects with an ironic and funny aim, in order to personalize a garment or for creating home accessories.

With step-by-step pictures and instructions and charts.

OF RELATED INTERESTED



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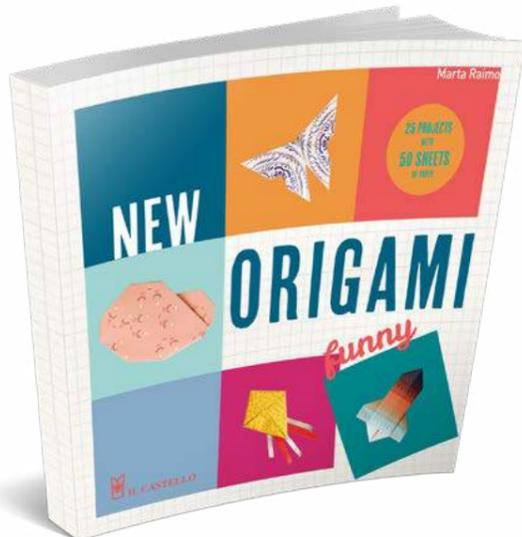


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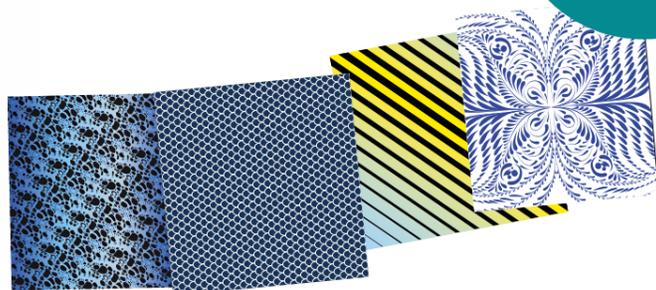
The author

**MARTA RAIMO** lives in Milan where she works as a digital copywriter but she also dedicates herself to paper, her great passion, and its infinite application possibilities, including origami. For all these years she has been working with different companies for set-ups and adults and children's courses. You can find her on the social network as Origamate. Her website is [www.origamate.com](http://www.origamate.com)



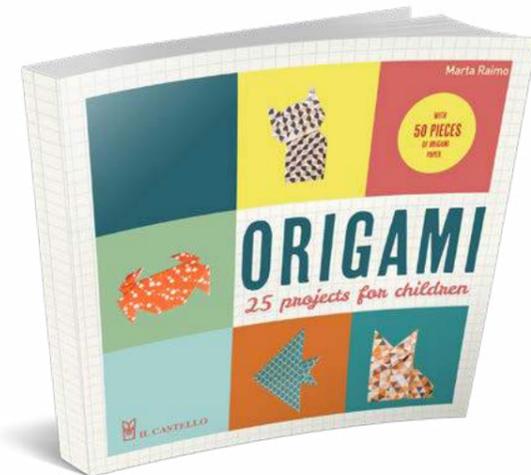
**PAGES:** 168, colour illustrated  
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**PRICE:** € 16,00

50 sheets of paper included with original color textures.



Using the easiest origami techniques and special textures, you can create many objects that involve children and beyond. Twenty five fun projects explained step by step with complete photo steps.

**PAGES:** 168, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback  
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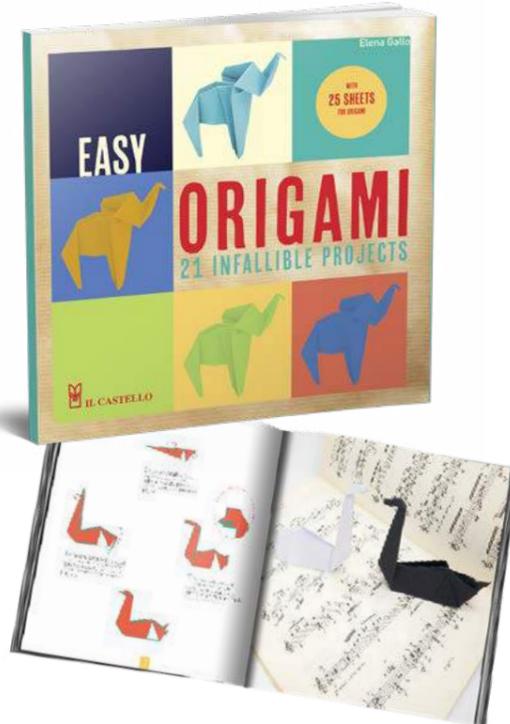
An easy book for helping children to approach to the origami world. All steps are illustrated with pictures and instructions. Original papers enclosed in order to give a personal look to every project!

The author

**ELENA GALLO** designs and creates objects, a job that takes her all around the world. Paper and origami are a passion that brings her back to her childhood home.

**PAGES:** 120, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback  
**PRICE:** € 16,00

with 25 pieces of origami paper



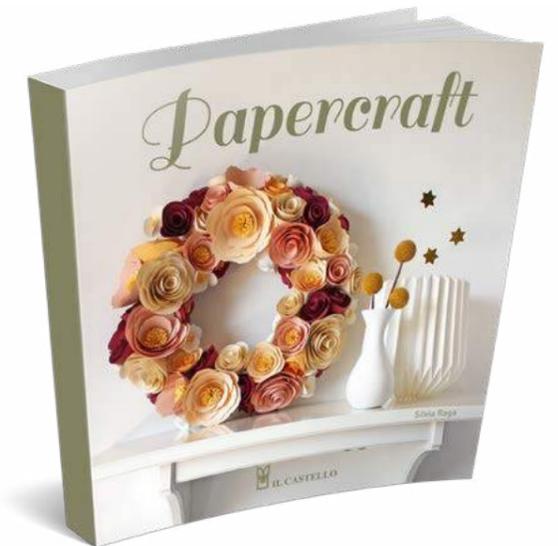
Every project is clearly illustrated with easy to follow step-by-step instructions and pictures that give a clear idea of the resulting projects.

The whole origami world at hand covering a wide range of subjects like animals, plants, flowers and little objects.

The author

**SILVIA RAGA** is a scholastic and a children books' illustrator. She is also very active on social media as photographer, crafter and papercut artist. <http://giochi-di-carta.blogspot.com>

**PAGES:** 144, colour illustrated  
**FORMAT:** 210 x 210 mm, paperback  
**PRICE:** € 16,00



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**PAGES:** 160, colour illustrated  
**FORMAT:** 245 x 245 mm, paperback  
**PRICE:** € 12,00



Through the simplest origami techniques children can create some easy origami shapes using the funny papers enclosed.

8 funny step-by-step projects + photographs.  
 More than 50 papers sheets enclosed with colourful textures.

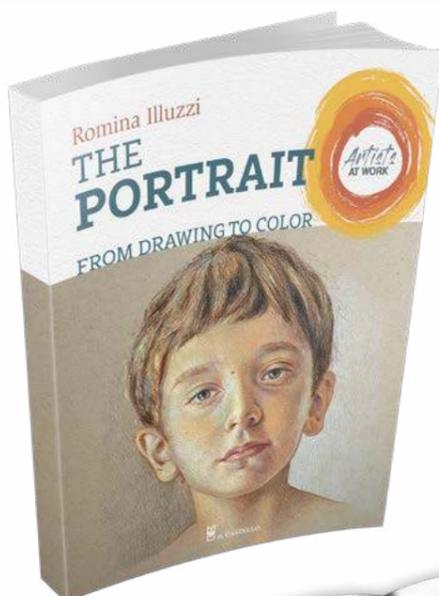
Flowers, stars, garlands and also Christmas, table and wall decorations created using different papercraft techniques, from origami to paper cutting.

More than 25 original creations for decorating your house in a modern and smart way.

Step-by-step projects with wonderful illustrations.

**The author**

**ROMINA ILLUZZI** has worked for over ten years as a cultural heritage restorer, training at the Higher Institute for Conservation and Restoration in Rome and directing important restoration sites. Passionate for figurative painting, she has never stopped "making art" while keeping her talent for drawing active. He has held several exhibitions throughout Italy with great public favor. He regularly holds drawing, watercolor, portrait and travel diary courses in Padua, where she lives and works, and in other centers of the Peninsula.



**PAGES:** 96, colour illustrated  
**FORMAT:** 215 x 280 mm, paperback with flaps  
**PRICE:** € 18,00



The dry techniques (pencils, pastel, charcoal) are explained in this book in order to exploit their full potential, both for fast and impressionistic sketches and for obtaining hyper-realistic effects.

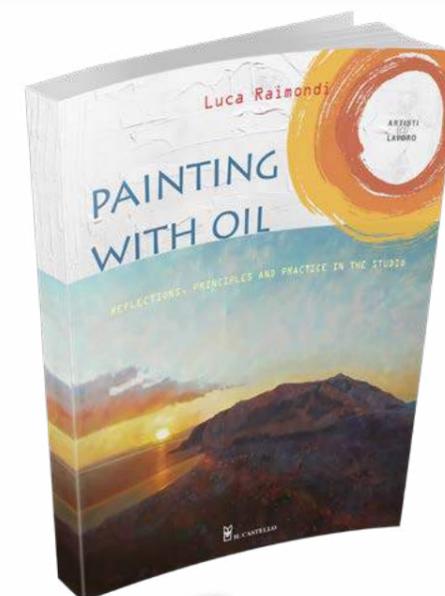
From the basics of the portrait to the analysis of specific technical aspects, combined with the use of colored papers in a chromatic suggestion key. Step-by-step procedures and many examples of portraits characterized by a strong emotional impact, with the analysis of the technical and narrative tools that contribute to their success.

All the tips to build a psychologically convincing portrait.

**The author**

**LUCA RAIMONDI**, trained using a rigorous method typical of classical ateliers, focused on design, the study of colors and light and the technical knowledge of materials. He studied with Marc Dalessio, one of the most established contemporary landscapers and Nathan Sowa, instructor at the Florence Academy of Art in Sweden. He has exhibited since 2012 in over twenty personal and collective exhibitions. His works can be found in private collections in Europe, the United States and Qatar. [www.lucaraimondi.net](http://www.lucaraimondi.net)

**PAGES:** 120, colour illustrated  
**FORMAT:** 215 x 280 mm, paperback with flaps  
**PRICE:** € 19,50

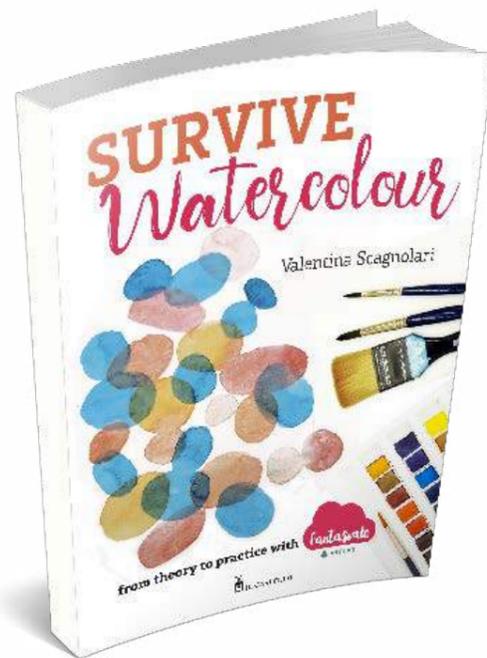


The fantastic tradition of the classic painting here explained in order to master oil painting.

- Practical principles that develop technical abilities and artistic sensibility.
- Pictorial approach based on Chiaroscuro and on the Impressionistic technique.
  - Exercises create in order to stimulate your personal taste.

**The author**

Valentina Scagnolari has lived and worked in Italy, Spain and Los Angeles. After studying foreign languages and literature at the Ca' Foscari University of Venice, she decided to follow her dream by dedicating herself to art and illustration. Her adventure began in 2008, when she attended an illustration and watercolor course and participated in several courses at the Sarnede International School of Illustration. Her works have been selected for prestigious illustration competitions and exhibitions in Italy. In 2010 she created a public YouTube channel (Art TV by Fantasvale) dedicated to painting techniques, with a particular focus on children's illustrations. Additionally, she presents a children's art program on a television channel.



**PAGES:** 96, illustrated  
**FORMAT:** 215 x 280 mm, paperback with flaps  
**PRICE:** € 18,00



Watercolour: an apparently simple subject that hides the pitfalls of a technique with a thousand shades.

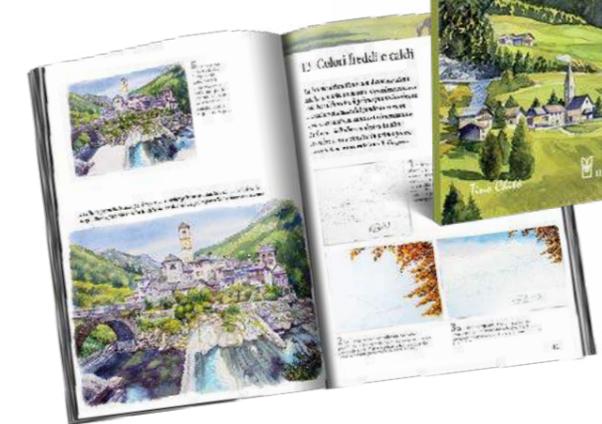
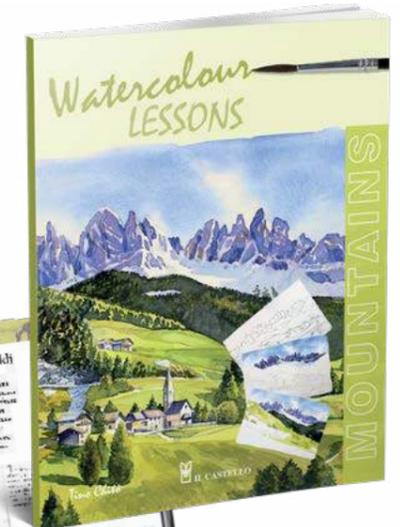
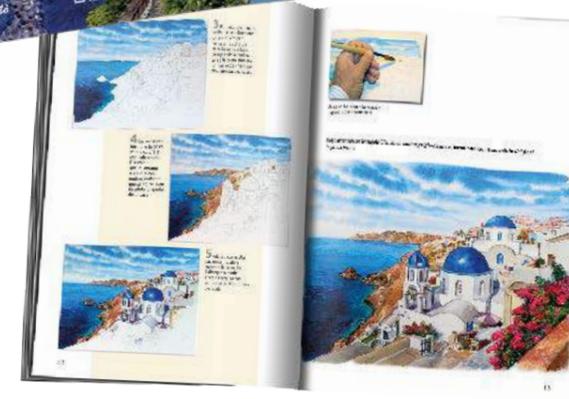
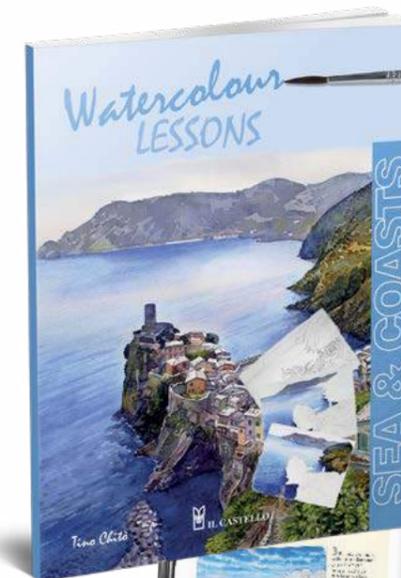
The author, well-known on social media, tackles all the problems in a witty and light tone, from the fundamental choice and treatment of materials to the main techniques shown step by step.

A perfect book for beginners!

**The author**

**TINO CHITÒ** has worked as an illustrator for scholastic books and dictionaries. He has been teaching his main passion, watercolour techniques for 20 years.

**PAGES:** 64, colour illustrated  
**FORMAT:** 215 x 285 cm, paperback  
**PRICE:** € 13,50

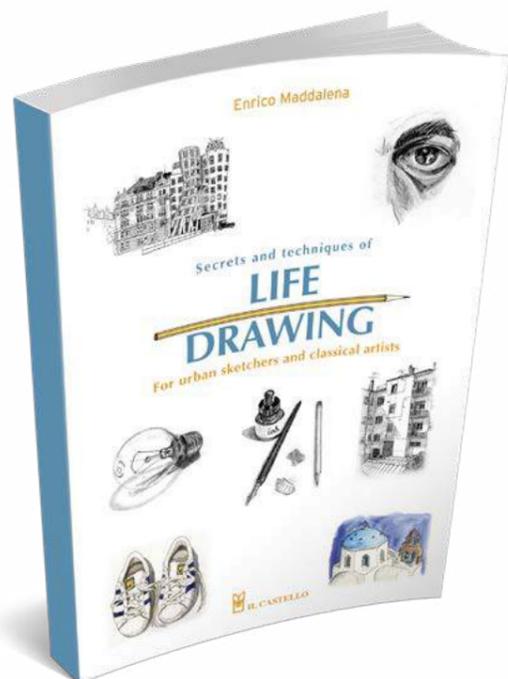


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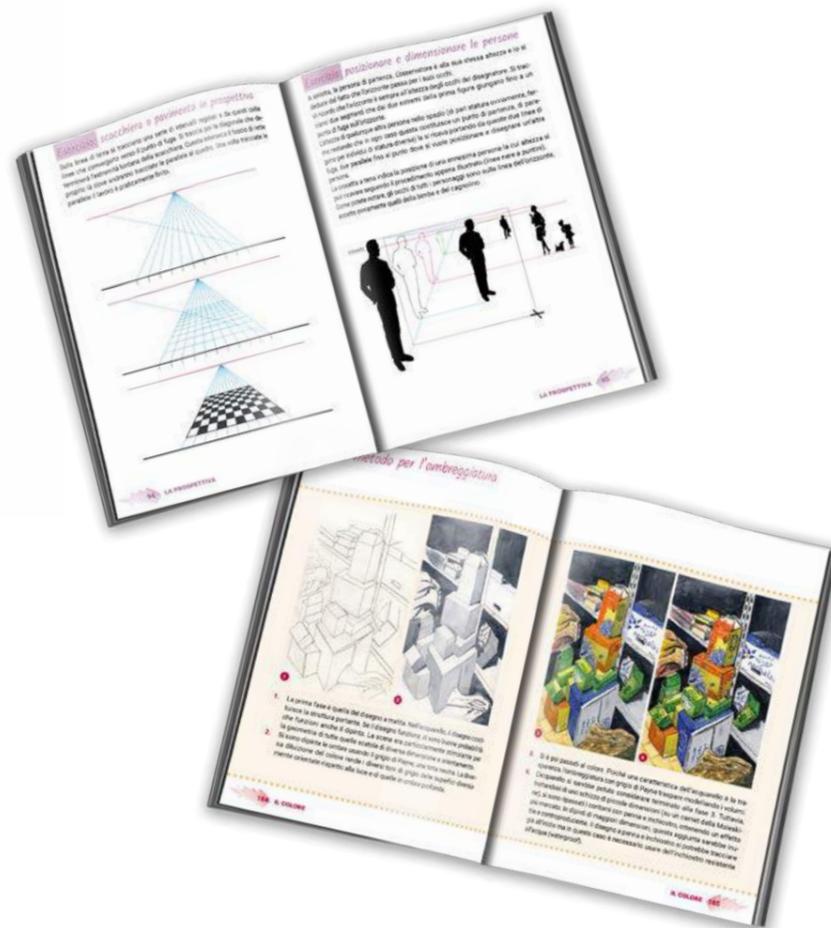
20 step-by-step mountains, sea and coasts landscapes. In these books Tino Chitò, a successful artist, deals with important themes in painting like balance in composition, perspective, light and colour.

The author

**ENRICO MADDALENA**, was a science teacher in high school and published several books on photography. He holds courses and workshops on photography and life drawing and was the founder of the first urban sketchers group in Abruzzo, Italy.



**PAGES:** 208, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback  
**PRICE:** € 16,00



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A guide for those who want to learn life drawing and for those who already know how to do it but want to improve themselves.

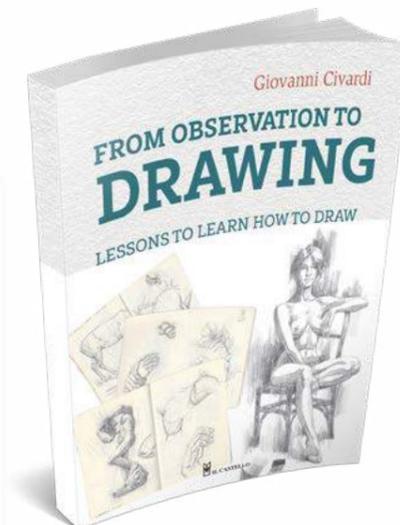
All the necessary suggestions set out clearly and in detail.

A thorough work that leaves nothing out, from the sketch with closed eyes to the perspective, from how to reproduce in pencil the textures of the different materials, the shadows and reflections, to the theory of colour and the various watercolour techniques.

Rich in images, it leads the reader by the hand into the world of urban sketching.

The author

**GIOVANNI CIVARDI** was born in Milan in 1947. While training to become a sculptor, portrait artist and illustrator at the Free Life-Study School of the Accademia di Brera, he also studied medicine and surgery. His experience gained from teaching anatomy, life drawing and portraiture in schools and institutions over many years has led to the publication of numerous books in which Civardi's experiences are brought into focus.



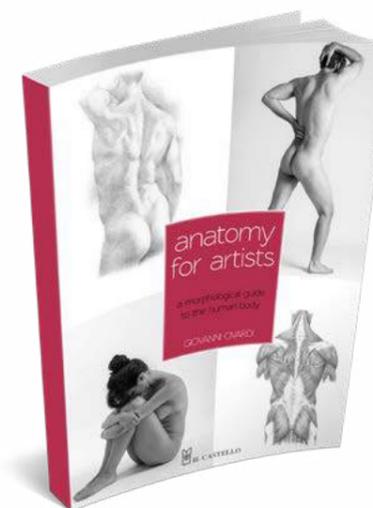
**PAGES:** 224, colour illustrated  
**FORMAT:** 215 x 280 mm, paperback with flaps  
**PRICE:** € 19,50

This book considers the different aspects of drawing as a whole, starting from the author's long and direct professional experience. A very rich iconographic material ranges between various genres, the human figure, the nude, the landscape, the animals, the still life, the portrait ...

The reflections and considerations that accompany even elaborate images go hand in hand with simple graphic schemes that help to understand the concepts.

Learning to draw goes from the observation of reality, in order to arrive to understand and interpret it according to its own expressive form.

Rights sold in:  
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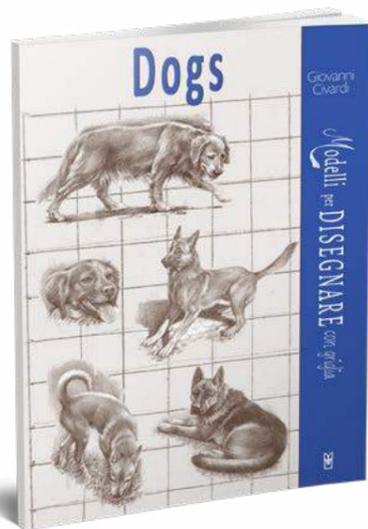
Completely renewed book by OUR BEST AUTHOR GIOVANNI CIVARDI

**PAGES:** 256, b/w illustrated  
**FORMAT:** 210 x 290 mm, paperback  
**PRICE:** € 29,00

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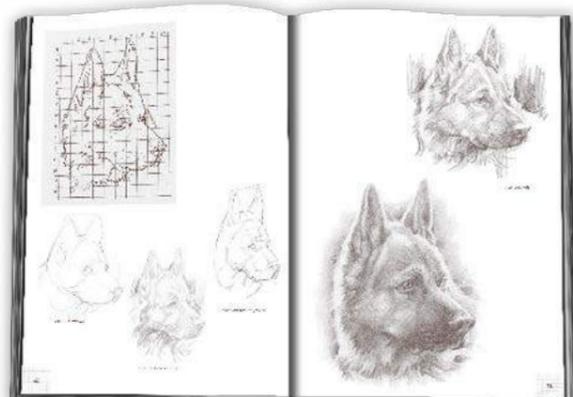
Introductory manual for the study of bones, joints and muscles, richly illustrated with photographs and drawings.

Aimed at students of art schools, academies and artists who intend to devote themselves to drawing and painting the figure.



**PAGES:** 80, sepia illustrated  
**FORMAT:** 210 x 290 mm, paperback  
**PRICE:** € 12,00

**A GREAT NEW SERIES BY OUR BEST AUTHOR GIOVANNI CIVARDI**

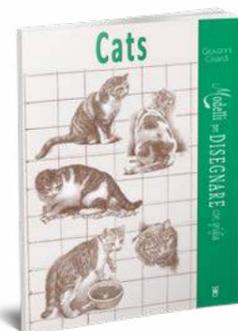


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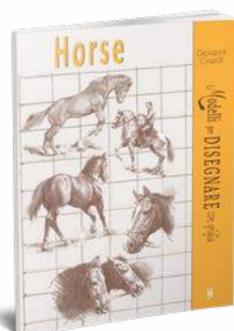
A new book from the well-known artist Giovanni Civardi which will help beginners to learn how to draw cats through grids in order to make drawing much more fun and easy!

Step-by-step models without text.

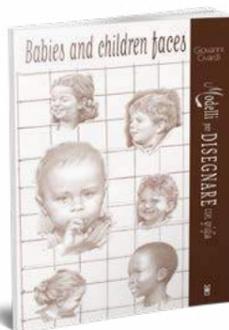
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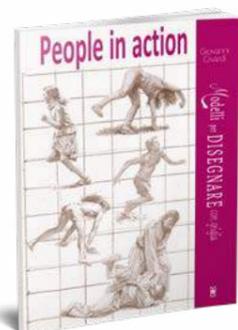
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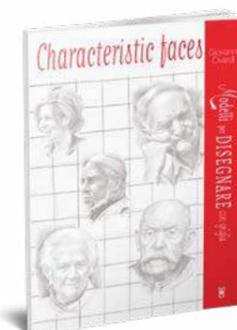
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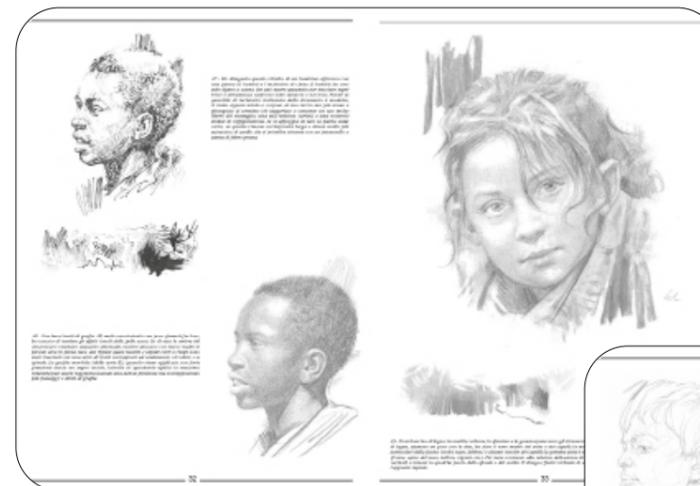
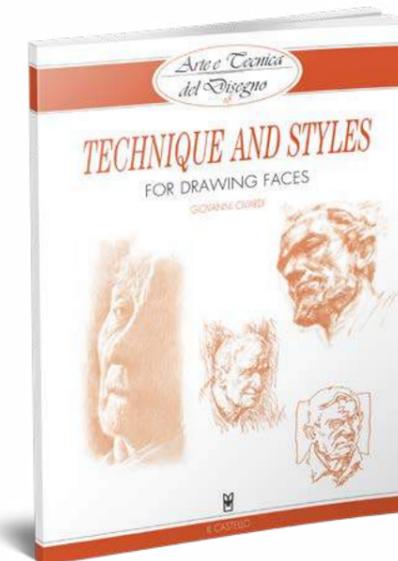
**ART AND TECNIQUE OF DRAWING**

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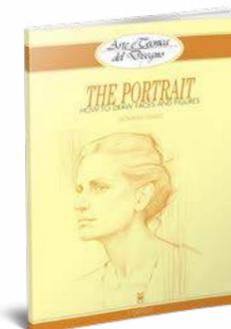
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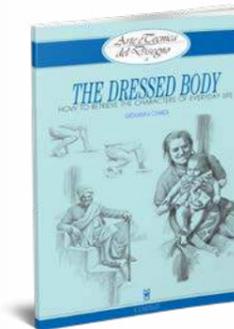
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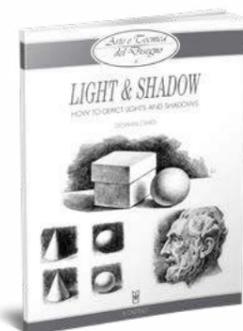
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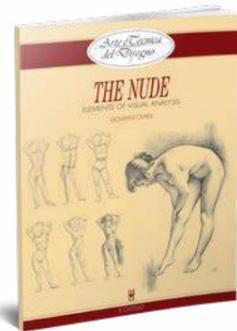
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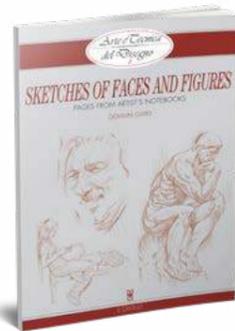
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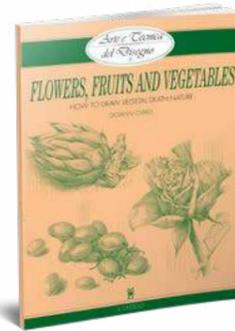
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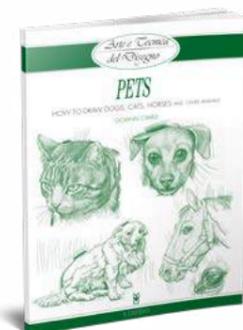
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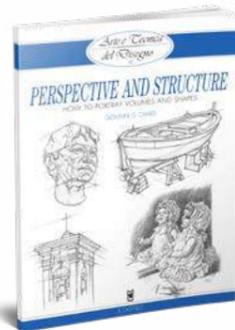
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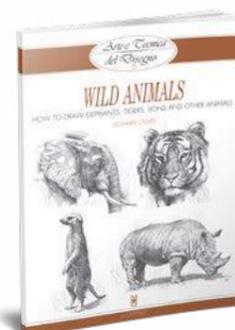
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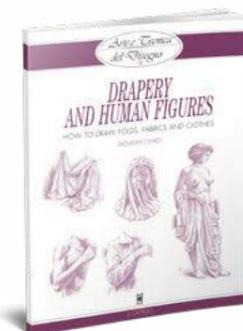
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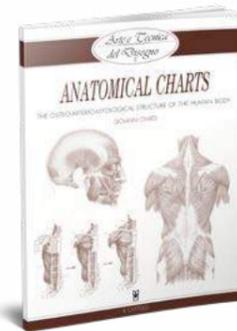
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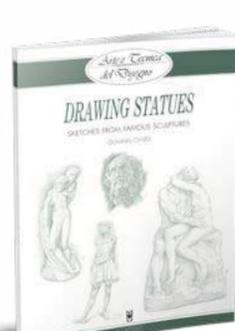
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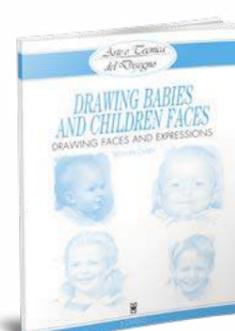
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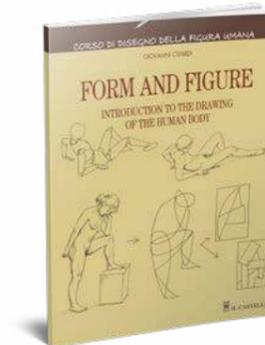
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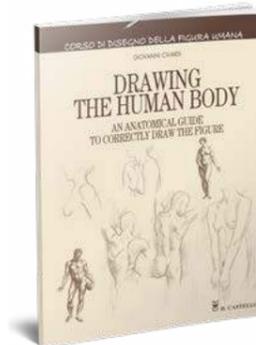
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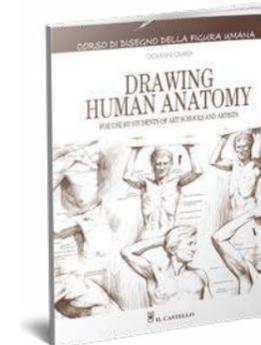
**FORM AND FIGURE**

112 pages / b/w illustrated / 210 x 290 mm / paperback with flaps / € 15,00

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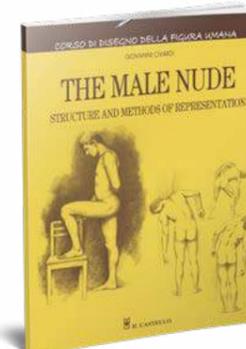
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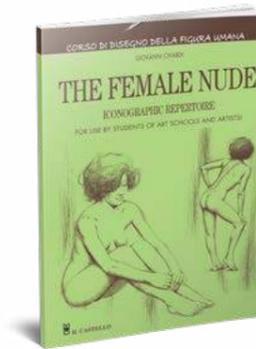
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104 pages / b/w illustrated / 210 x 290 mm / paperback with flaps / € 15,00

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**THE FEMALE NUDE**

128 pages / b/w illustrated / 210 x 290 mm / paperback with flaps / € 16,00

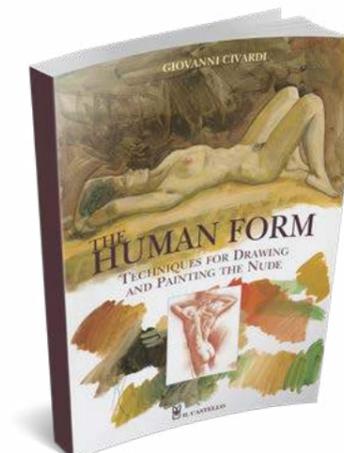
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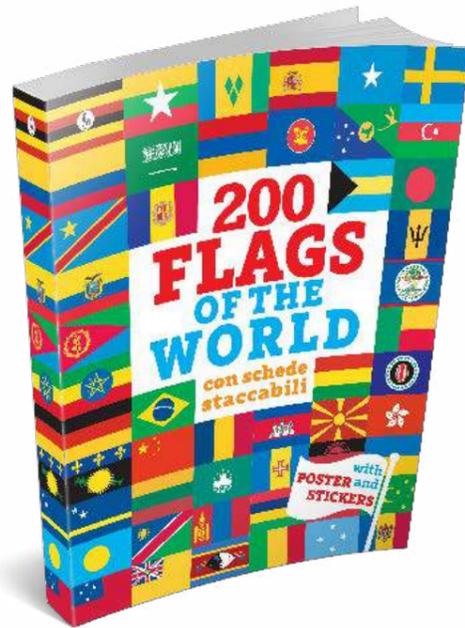
**THE HUMAN FORM**

160 pages / illustrated / 170 x 240 mm / paperback / € 18,00

The first section of this book contains practical suggestions about numerous painting and drawing techniques. The second section is dedicated to some considerations on skin colors and to some advice on composing the appropriate shades in order to paint them. The third is related to the pictorial procedure. The last section is a repertoire of nude drawings, drawn from life.

Rights sold in: **Serbia**





**PAGES:** 112, colour illustrated  
**FORMAT:** 210 x 270 mm, paperback with flaps  
**PRICE:** € 19,00

Rights sold in: **Latvian**



The pages of the book are designed to be detachable: from each page you can separate four colored flags and thus obtain a state sheet. On the back of the card there is a small map, which helps to identify the state, and lots of information and curiosities. In the book are reproduced the flags of all the countries of the world. Illustrated with posters and stickers.

**The author**

**ENRICO MADDALENA**, was a science teacher in high school and published several books on photography. He holds courses and workshops on photography and life drawing and was the founder of the first urban sketchers group in Abruzzo, Italy.

**PAGES:** 160, colour illustrated  
**FORMAT:** 270 x 190 mm, note pad  
**PRICE:** € 18,00

8+



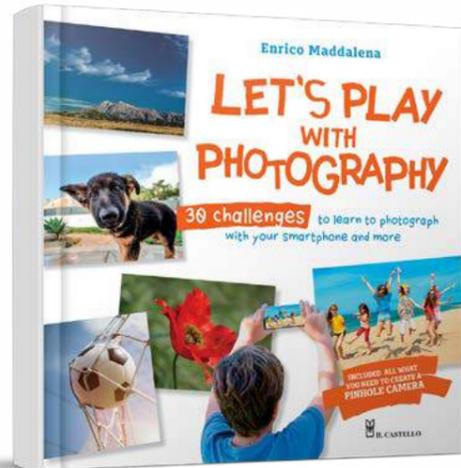
**NEW TITLE  
 MARCH  
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All instruction on how to build not only paper planes but also the most efficient flying machines. Detachable paper sheets, with many illustrations, to show how to fold, cut the paper. How to position the wings for a flying performance and with throwing techniques. 16 planes, which have been tested for their aerodynamics. Over 100 sheets of papers to create your models.

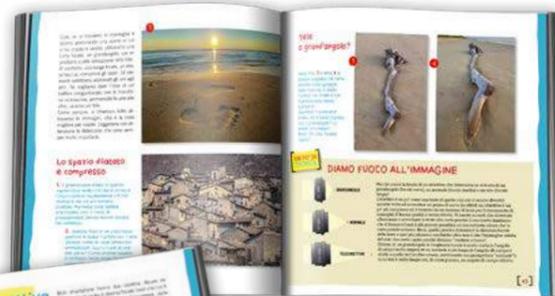
**The author**

**Enrico Maddalena**, teacher of chemistry, physics and science in high school, is also a teacher of the Didactic Department and a member of the Cultural Activities Department of the Italian Federation of Photographic Associations (FIAF), a federation that awarded him the honors of SemFIAF and BFI (Italian Merit of Photography). He has been interested in photography since he was fifteen.

He was editorial collaborator of a photographic magazine and he still collaborates with photography websites and with the FIAF magazine "Fotoit". He is the author of several volumes on photography and holds courses in photography and drawing. For Il Castello he has also published a book on drawing, *I segreti e le tecniche del disegno dal vivo* (The secrets and techniques of life drawing).



**PAGES:** 128, colour illustrated  
**FORMAT:** 240 x 240 mm, hardcover with embossing and UV spot  
**PRICE:** € 19,00



Nowadays even children have a smartphone with which they can approach photography.

Technique is not everything, you also need to know the basic elements of photography: composition, light and the idea.

Lots of images and examples, and 30 targeted activities that become personal challenges to start mastering the photographic language.

Suitable for children, but absolutely recommended also for teachers who want to organize activities on the subject of photography, or for adults who already take pictures with professional cameras.

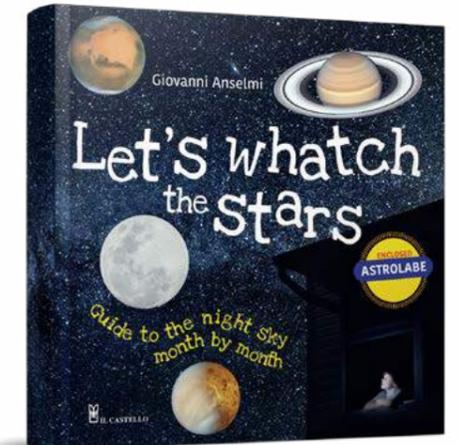
In attachment all what you need to create a pinhole camera, the ancestor of the camera.

**The author**

**GIOVANNI ANSELMI**, after his university education in astronomy, worked for more than twenty years in publishing as editor of the magazine "Coelum Astronomia". He collaborates with important astronomical institutes, such as the CFHT (Canada France Hawaii Telescope), for the elaboration of their best photographs of the sky. He is the author or co-author of articles published in the most important professional astronomy magazines.

The asteroid (15036) Giovannianselmi was dedicated to him.

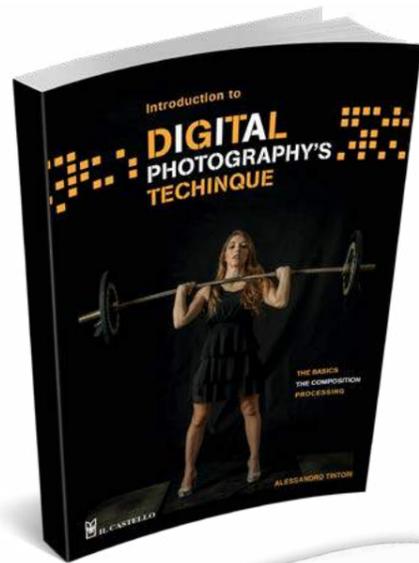
**PAGES:** 96, colour illustrated  
**FORMAT:** 240 x 240 mm, hardcover  
**PRICE:** € 19,00



- Twelve month by month large star maps guide the identification of the most important astronomical objects.
- Lots of stimuli and ideas for children who approach astronomical observation for the first time.
- Indications for the first equipment: some objects can be identified with the naked eye, while others, such as nebulae and galaxies, require binoculars or a small telescope.
- All observable objects are introduced and explained by a true astronomer who leads the kids to confront the wonders of the universe and the big questions that arise from it.

The author

**Alessandro Tintori** Professional photographer from Milan, has been involved in fine art research photography for several years. Since 2001 he has been organizing and conducting photography courses and workshops on a regular basis. He is one of the founding members of the "Francesco Ventura" Photographic Club in San Donato Milanese, Milan. He registered the Shamiri® trademark, for a continuous training course in photography. He has co-produced some short films admitted to international festivals including the Cannes Film Festival. [www.alessandrotintori.com](http://www.alessandrotintori.com)



**PAGES:** 208, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 18,00

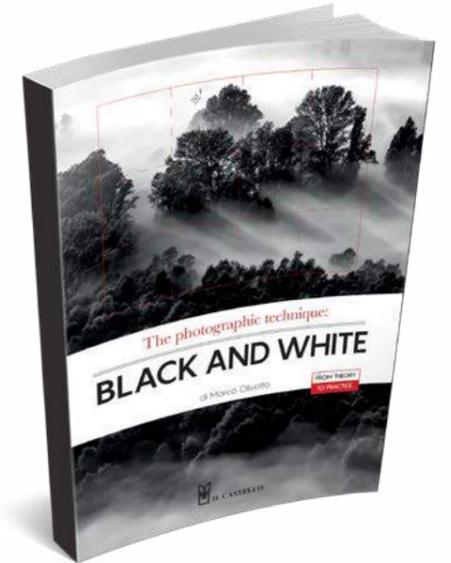


For those who want to approach digital photography with a technical and comprehensive approach. The result of the author's decades' experience in photography courses for absolute beginners and experienced photographers. To the basics of the photographic language is added the examination of the specific aspects of digital, archiving, characteristics of file formats, sharing of shots, post-production processing. A complete guide that takes the beginner by hand from the very first shots.

The author

**Marco Olivotto**, a master degree in physics, has always been passionate about photography and has been involved since the beginning in the color transposition's correction from the traditional prepress to the digital one. He had a teaching and a consultant career for prestigious national schools and important brands such as Mondadori, Yoox, Calzedonia and more. Since 2016 he has been EIZO Ambassador, the first in Italy, for the Japanese manufacturer of high quality monitors. His articles appear in "Digital Camera" and "Italia Publishers". He teaches *Desktop Publishing and Photographic Post-production* at Trento Alta Formazione Grafica and *Techniques and technologies of photography, Color Design and Computer Graphics* at Trentino Art Academy. He teaches numerous workshops and short-term classes in Italy and abroad.

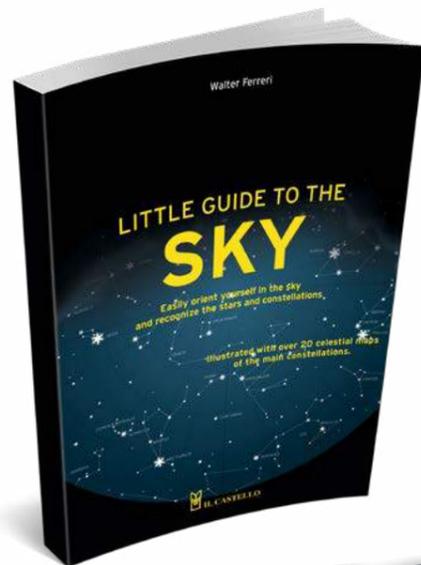
**PAGES:** 160, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 16,00



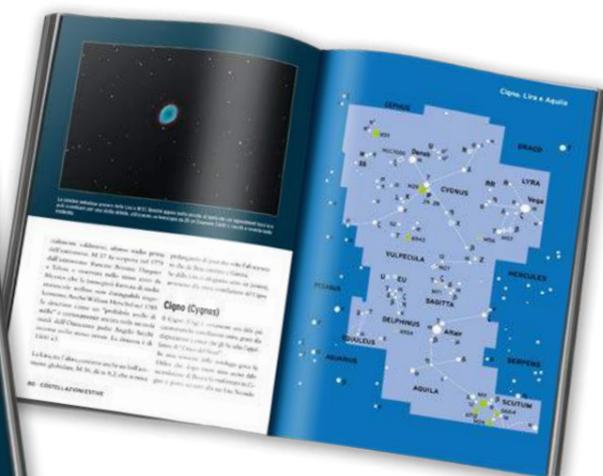
The first part of this guide is dedicated to the theoretical foundations, examining the most critical aspects of the exposure. In the second part, the book examines the best softwares that allow us to convert the file. The third part is dedicated to examining the work of some photographers with different sensibilities, techniques and purposes, but they using black and white with mastery. How to set up and manage black and white photographs at your best.

The author

**Walter Ferreri** has Sardinian origin. He works at the Astronomical Observatory of Pino Torinese (Turin) where he is responsible for external relations. In 1987 his name was given to a planet, the planet 3308 Ferreri, for his job on asteroids and for having discovered about forty of them. He is a member of various Italian and foreign astronomical associations and, in particular, since 1988, he is a member of the 20 commission of the International Astronomical Union. In 1977 he founded the astronomy journal, Orione, and today he is the scientific director of Nuovo Orione.



**PAGES:** 160, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 18,00



A practical guide for identifying stars, constellations and planets. Starting from the first indications on basic instruments and on how to prepare yourself for observation.

Over 20 astral maps allow you to follow a path across the sky which, according to the seasons, leads to the discovery of the main constellations and the most important celestial objects of the Northern Hemisphere.

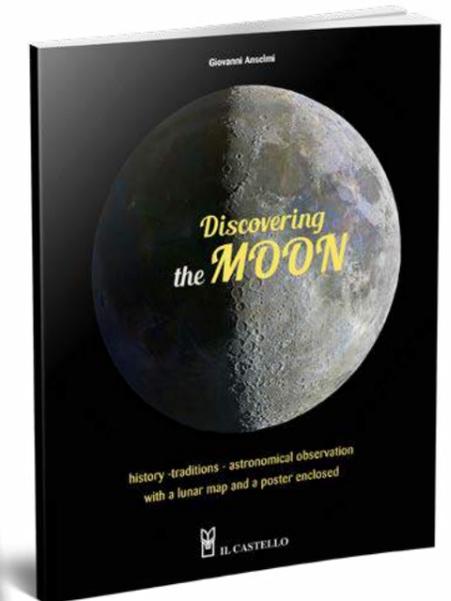
All enriched with interesting information on myths related to the stars and the history of astronomy.

Illustrated with over 20 celestial maps of the main constellations.

The author

**GIOVANNI ANSELMI**, after his university education in astronomy, worked for more than twenty years in publishing as editor of the magazine "Coelum Astronomia". He collaborates with important astronomical institutes, such as the CFHT (Canada France Hawaii Telescope), for the elaboration of their best photographs of the sky. He is the author or co-author of articles published in the most important professional astronomy magazines. The asteroid (15036) Giovannianselmi was dedicated to him.

**PAGES:** 112, colour illustrated  
**FORMAT:** 190 x 235 mm, paperback with flaps, poster with attachments and a map for the lunar observation (48 x 67 cm)  
**PRICE:** € 16,00



In this book our satellite is investigated and explained under different profiles:

- its influence on the imagination of man through centuries of art, traditions and superstitions;
- the study from a physical and astronomical point of view, its origins and its role as a stabilizer of the Moon-Earth system;
- astronomical observation, with all the information that allows you to identify the most interesting lunar characteristics even with a small telescope thanks to the enclosed lunar map.

A book for everyone, rich in data, information and spectacular images.

A map for the lunar observation and a poster with a beautiful image of the satellite enclosed.

THE ENGLISH EDITION

Available for the publisher **complete in translation and layout**.  
 The translation will be of the highest quality, **revised by Lisa Clark**, Italian representative of the association for nuclear disarmament Ican (Nobel Peace Prize 2017).  
 For further information: **www.atlanteguerre.it**  
 Terra Nuova Edizioni will be publishing its 10th edition this year.



**PAGES:** 248, colour illustrated  
**FORMAT:** 210 x 297 mm, paperback with flaps  
**PRICE:** € 25,00

The Atlas of Wars and Conflicts in the World offers **detailed accounts of the approximately 33 ongoing wars and 20 situations of crisis across the Globe**, each of which is described in a 4 page *conflict profile*.

**All wars are avoidable**, and **spreading information** on their existence and deep causes is the first step towards **promoting peace**.

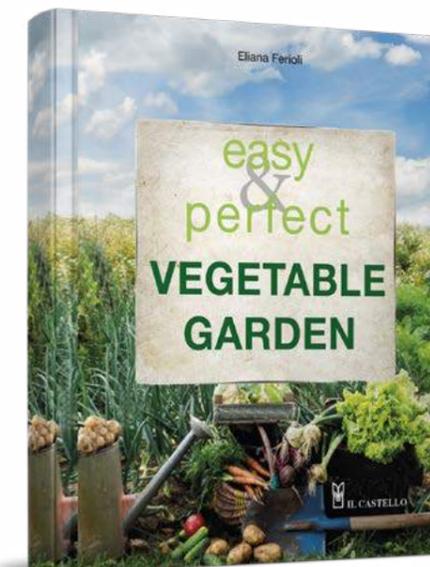
The conflict profiles are combined with **reportages, dossiers** and many detailed **infographics**, focusing on human rights, redistribution of wealth, use of resources, climate crisis. The Atlas offers in this way a full picture of the **Planet's state of health**, combining an **authoritative geopolitical analysis** with direct testimonies.

**An essential tool for: teachers, students, journalists, activists and all concerned citizens.**

The author

**ELIANA FERIOLI** has a degree of botanical science and she deals with scientific naturalism diffusion. She has worked at Fabbri, in the projects office, and later at Editoriale Giorgio Mondadori where she was chief director of Airone e Gardenia's monthly magazines. She has written several books.

**PAGES:** 320, colour illustrated  
**FORMAT:** 165 x 210 mm, hardcover  
**PRICE:** € 18,00



A complete book with all the indications for creating a vegetable garden, taking care of it and making it productive.

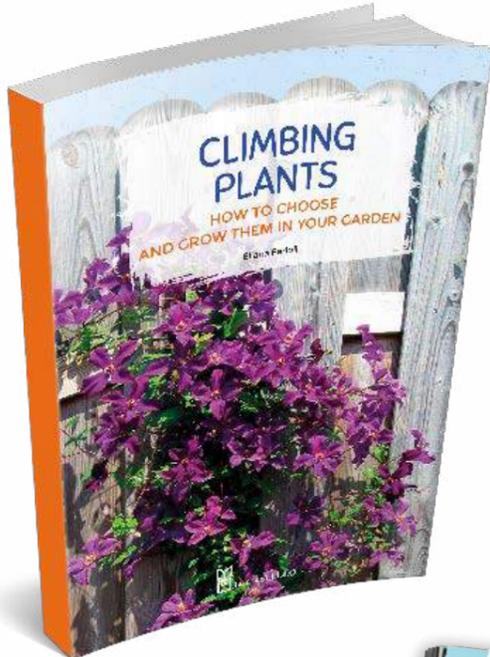
Full of tips and tricks for creating a vegetable garden in small spaces or on the balcony as well.

For each vegetable are indicated the climatic needs, the sowing and harvesting times, the peculiar care, the main varieties and the possible associations.

The author

**ELIANA FERIOLI** has a degree of botanical science and she deals with scientific naturalism diffusion. She has worked at Fabbri, in the projects office, and later at Editoriale Giorgio Mondadori where she was chief director of Airone e Gardenia's monthly magazines. She has written several books.

**PAGES:** 144, colors, fully illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 14,00

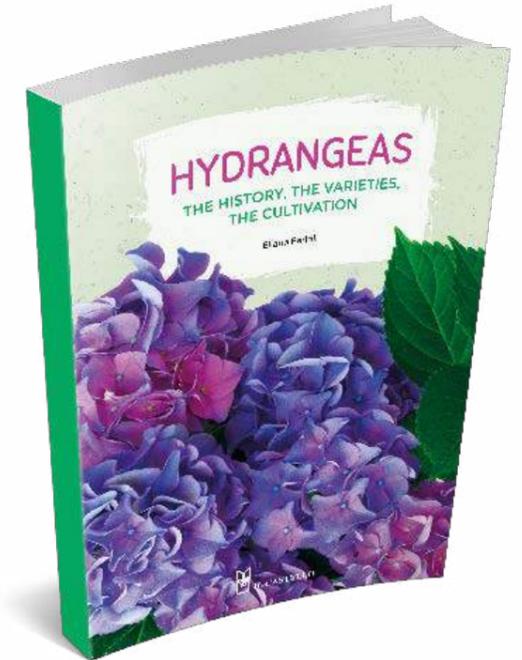


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The author

**ELIANA FERIOLI** has a degree of botanical science and she deals with scientific naturalism diffusion. She has worked at Fabbri, in the projects office, and later at Editoriale Giorgio Mondadori where she was chief director of Airone e Gardenia's monthly magazines. She has written several books.

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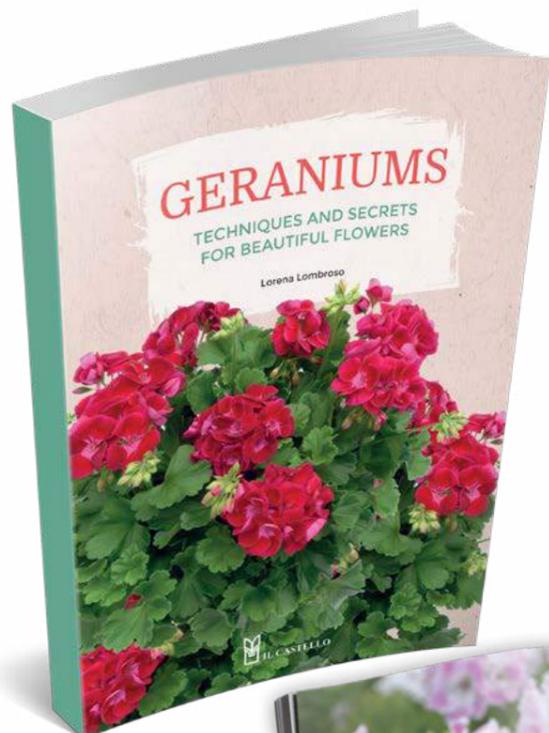
Climbing plants hide walls, cover pergolas and gazebos, climb on old trees, form flower patterns ... They are the most precious plants for those who want to transform a simple balcony into a blooming garden. All the tricks to grow them both in soil and in vase.

The places, the men, the events, or rather the surprising story of these familiar protagonists of the new gardens. The poise, leaves' shape, the refined structure of the flowers and their changing colors: let's get to know them better in order to enhance them as they deserve. All the tips and tricks for growing them successfully and keeping them healthy.

The author

**LORENA LOMBROSO** for many years he has been involved in journalism and dissemination on environmental issues, in particular gardening, livestock and green building. She is the author of several volumes on gardening.

**PAGES:** 144, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 14,00



Techniques and secrets for wonderful flowers

The history, the places where they grow spontaneously, why they have this name, how many and which are the varieties.

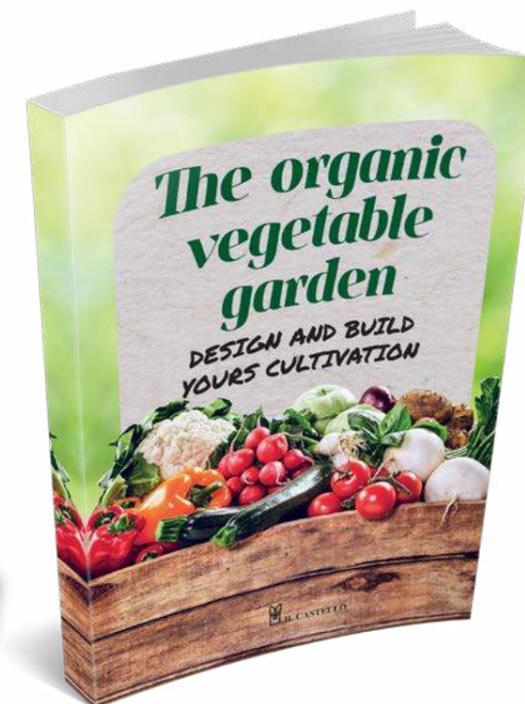
In addition, all the tips and tricks to have them always luxuriant, from the choice of the pot to how to store them in winter or grow them in the ground.

Everything you need to know about the most common flower!

The author

**LORENA LOMBROSO** for many years he has been involved in journalism and dissemination on environmental issues, in particular gardening, livestock and green building. She is the author of several volumes on gardening.

**PAGES:** 144, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 14,00



A practical guide that gives you the satisfaction of cultivating the vegetables you eat. How to get an organic garden according to natural regime.

Tips for growing best fruit and vegetables without the use of chemical contaminants. Cards for the care of each vegetable that allow you to have a clear organizational framework of crops e ground rotations.

Vegetable garden - Organic - Cultivation - Natural

A practical guide that gives you the satisfaction of cultivating the vegetables you eat



A synthetic but complete introduction to the vast world of roses.

With tips for choosing the most beautiful varieties and those for decorating the garden using flower beds, borders, hedges, arches and pergolas.

A volume full of illustrations and step by step instructions for the main cultivation operations, from pruning to the treatment of the most common diseases.

All explained in a simple way, suitable for beginners but also for those who want to know a little more.

Rights sold in: **Slovakian**

**PAGES:** 96, colour illustrated  
**FORMAT:** 190 x 235 mm, paperback with flaps  
**PRICE:** € 12,00

All the information for cultivating the precious fruits high in vitamin C in pot and make them survive even in adverse conditions.

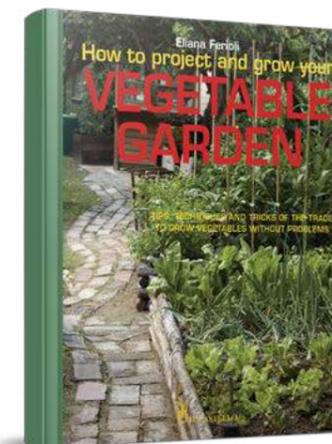
A complete and easy to use reference guide, with many technical data sheets for the most important varieties.

Rich in illustrations, which enhance the decorative aspect of these plants, and step by step instructions for the main cultivation operations.

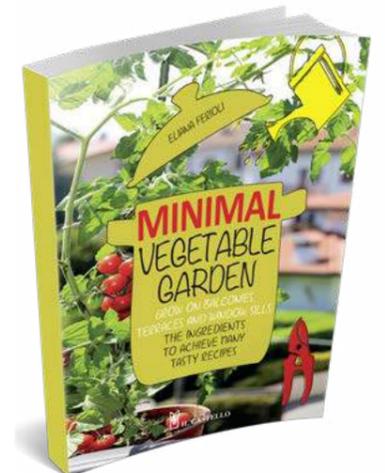
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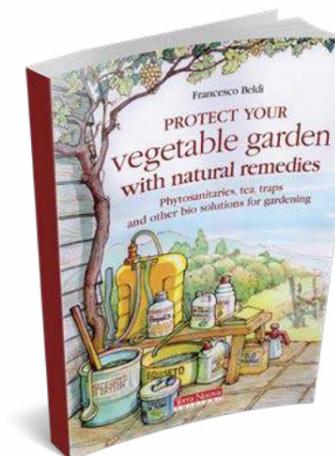
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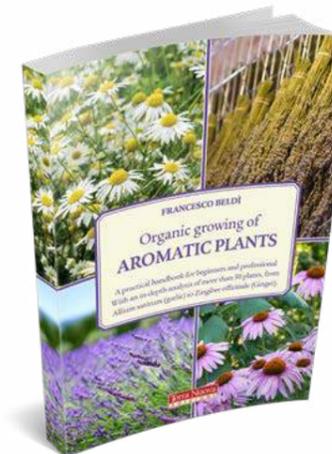
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**PAGES:** 176, colour illustrated  
**FORMAT:** 190 x 235 mm, hardback  
**PRICE:** € 19,50



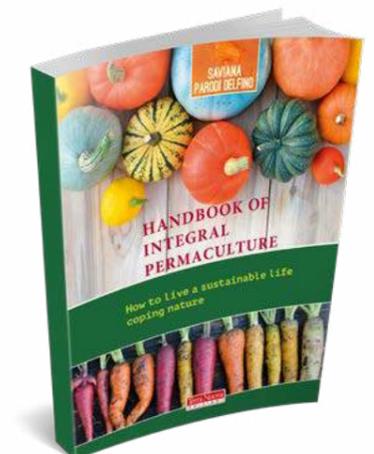
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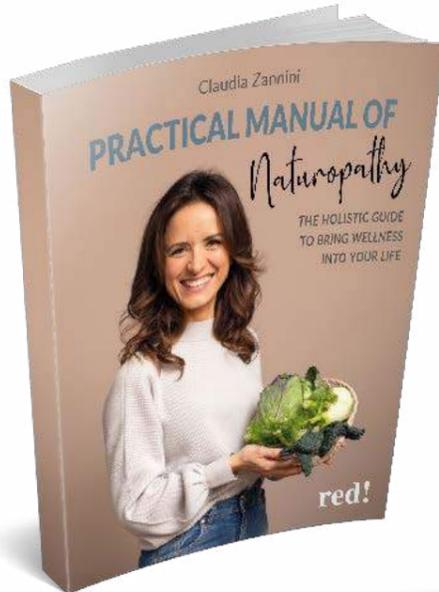


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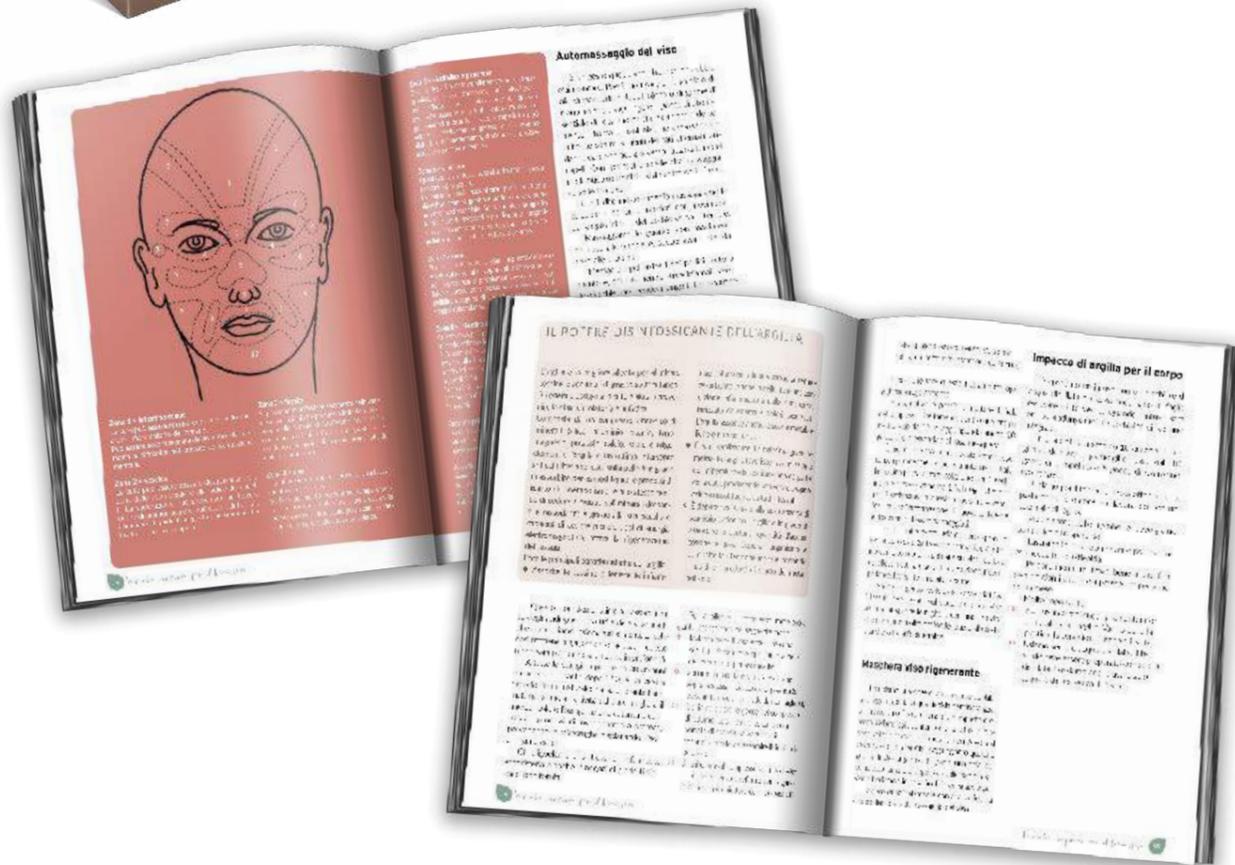
**The author**

**CLAUDIA ZANNIN**, is a naturopath certified at the Riza Institute in Milan. She holds a master in foot reflexology, craniosacral technique, crystal therapy. Her instagram page @vitalmentebio has reached over 30.000 followers.

**PRACTICAL MANUAL OF NATUROPATHY**



**PAGES:** 160, illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 18,00



This book is aimed to all people who really want to change their life, recover their well-being, regain energy and vitality and slow down the aging process.

The author accompanies the reader on a simple and natural path to reach a new well-being seen in an holistic way as a unity of body, mind and spirit.

Menopause is certainly not a disease, however it can cause such a discomfort to be a very difficult age in a woman's life.

Infact, according to naturopathy, we are an inseparable unit of elements, we are not made of independent parts and the approach with whom we face life always makes the difference.

Through this book, the reader will discover the modern nutrition's mistakes, how to listen to the body's signals in order to mantain it clean and perfectly efficient.

A wellness program full of wonderful, healthy and tasty recipes for breakfast, lunch and dinner for every season.

The author

**TIZIANA MOLTI** born in 1977, originally from Romagna, is very attached to her land and traditions. She has always been passionate about cooking, and in her early age she enjoyed observing her mother in the kitchen and she engaged herself in her first improbable specialties. In 2012 she decided to collect all her culinary experiments in a blog. She also deepens her passion for food photography and food style. [www.ombelicodivenera.com](http://www.ombelicodivenera.com)



**PAGES:** 128, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 14,00



The most appreciated Italian dessert and the most popular dessert all over the world presented together, in a long series of variations to satisfy all tastes.

A riot of bases and creams to play with textures.

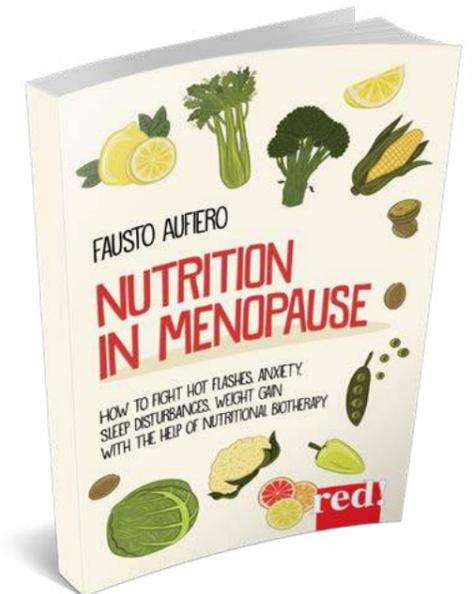
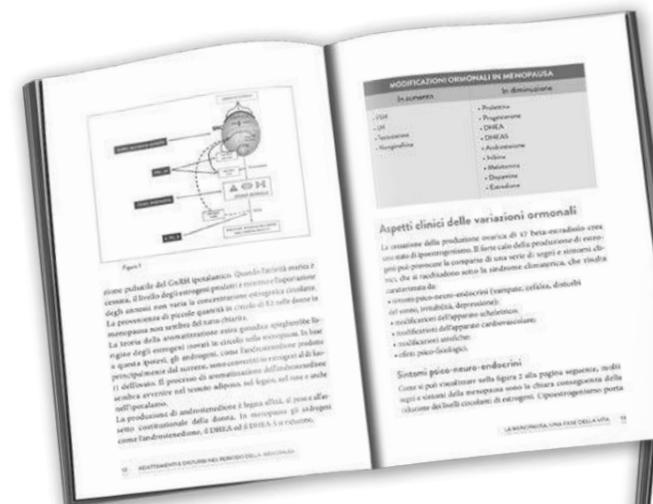
Tips for making decorations, super quick recipes and tricks to make them lighter.

All the tricks so to prepare the most famous desserts in the world!

The author

**FAUSTO AUFIERO** is a doctor, specialized in acupuncture and chinese medicine; together with his team, he has been involved in nutrition for twenty-five years.

**PAGES:** 144, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 14,00



Nutritional biotherapy is a therapeutic method according to which foods and their associations can be used to prevent and improve the quality of life in presence of certain pathologies.

In this book the author examines all the resources of nutritional biotherapy to fight the most common menopausal disorders: hot flashes, cardiovascular problems, osteoporosis, weight gain.

Menopause is certainly not a disease, however it can cause such a discomfort to be a very difficult age in a woman's life.

**The author**  
**CRISTINA MAURI**, since she became a mother of two, she has spent a lot of time in the kitchen and has become a great expert in natural and veg cuisine. She is a food influencer with a huge audience (@good\_food\_lab) that follows her with affection.

 over 60.000 followers



**PAGES:** 224, colour illustrated  
**FORMAT:** 190 x 235 mm, paperback with flaps  
**PRICE:** € 19,50

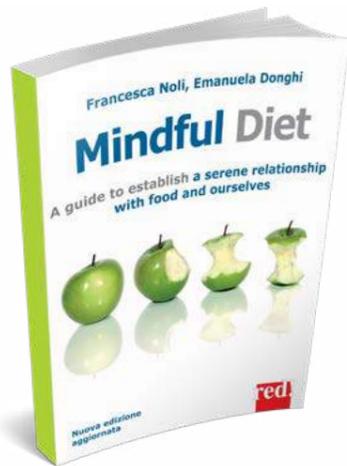


Cooking for family is sometimes stressful but it is also a wonderful undertaking. Sharing food around a table is an act of love and is one of the cornerstones of our Mediterranean diet and an important way to transmit education, culture, good habits.

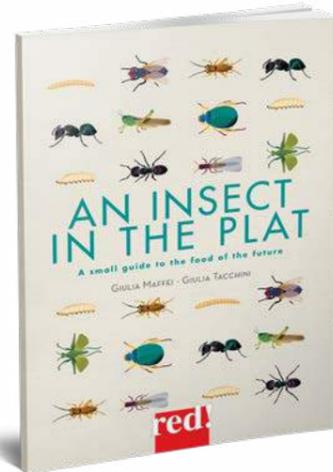
The book contains:

- tips on how to cook at the same time for children and adults with different tastes and needs;
- tips on how and where to shop, how to learn to read labels and choose the healthiest and most nutritious foods;
- indications on how to organize the home pantry to optimize resources and avoid wasting food;
- the importance of developing a weekly menu to better organize the family life;
- many recipes.

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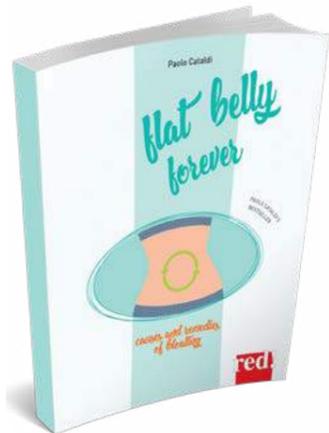


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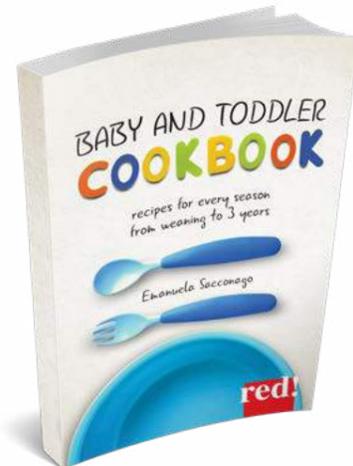


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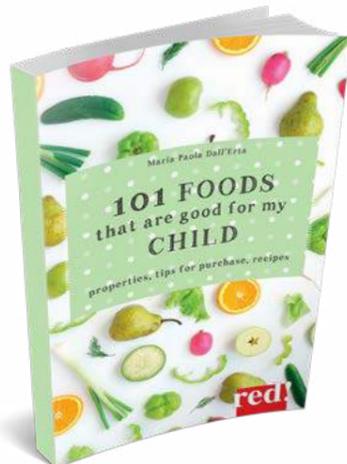
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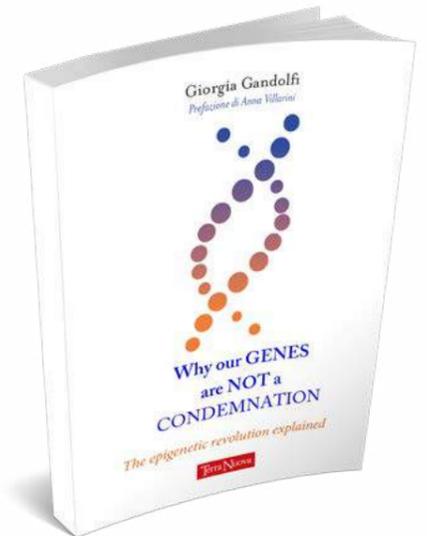
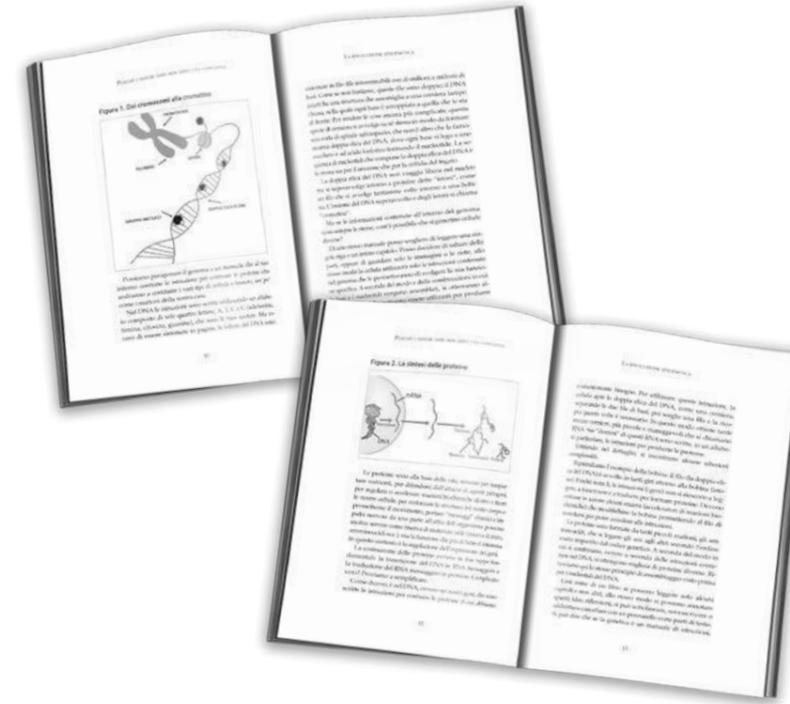


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The author  
**GIORGIA GANDOLFI** works as a nutritionist and naturopath.

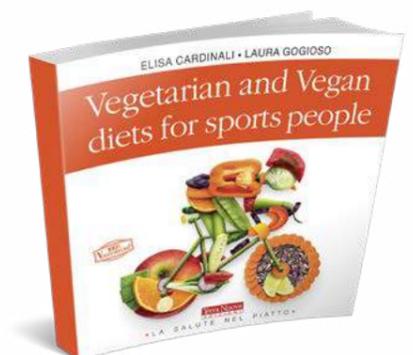
**PAGES:** 192, b/w  
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Giorgia Gandolfi, presenting international studies and experiences, shows us what choices we can make - in food and in the organization of our days - to live better and longer.

Taking care of the microbiota, choosing healthy foods, devoting time to physical activity, avoiding stress, meditating, spending time outdoors are simple behaviors that we can all choose to feel better.

**PAGES:** 120  
**FORMAT:** 190 x 190 mm, colour illustrated  
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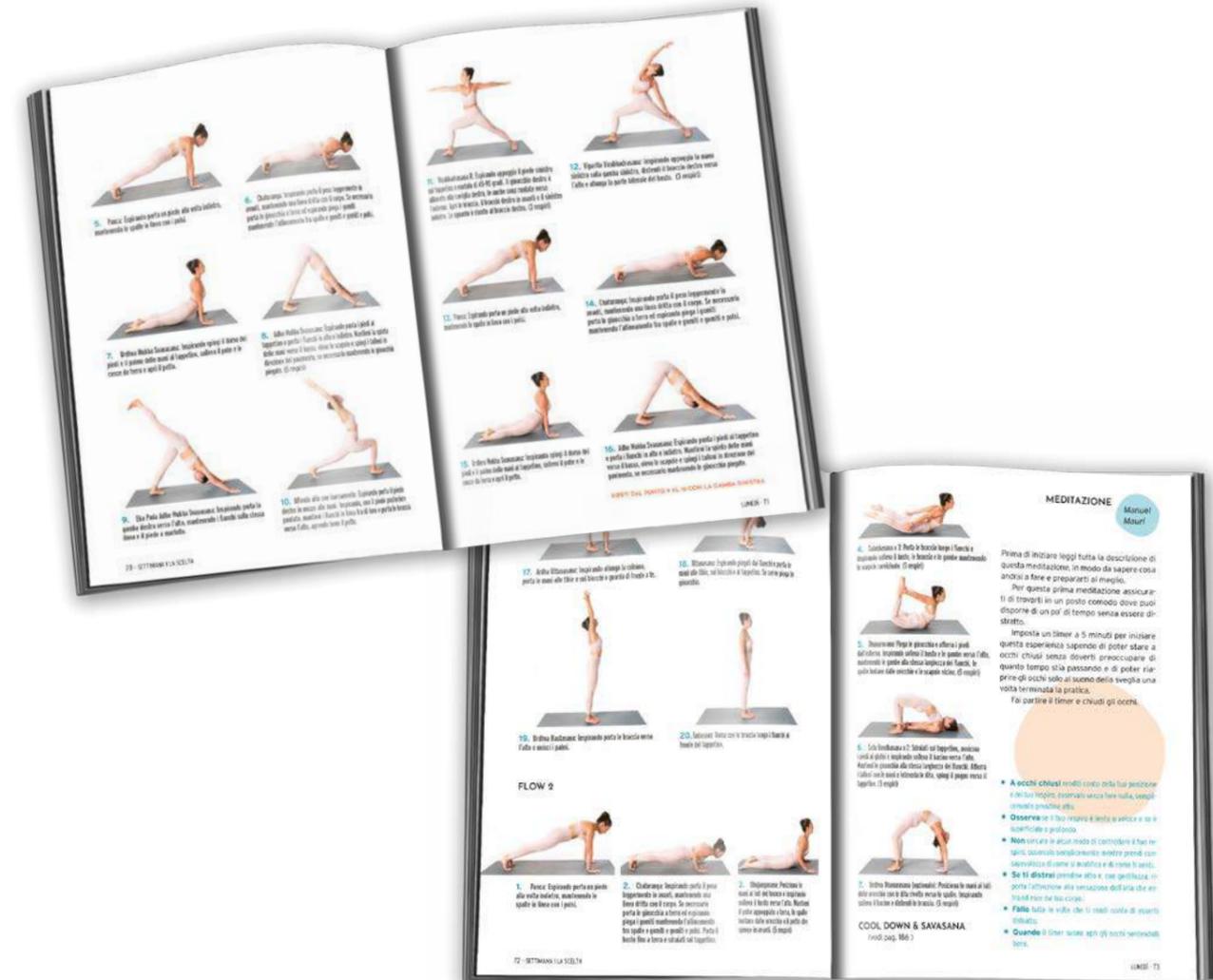
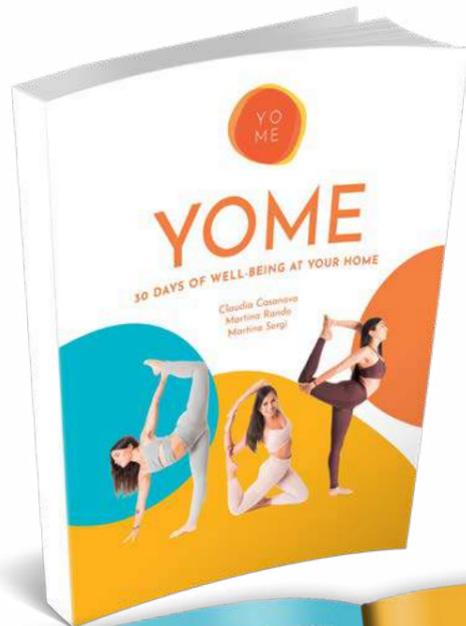
The authors

**MARTINA SERGI**, (📷 512.000 followers) is a teacher of dynamic yoga and Vinyasa yoga. Graduated in architecture, her first love is artistic gymnastics.

**MARTINA RANDO**, (📷 351.000 followers) is a teacher of Vinyasa yoga and Hatha Flow yoga; she maintains an open approach to practice always seeking inspiration in other styles.

**CLAUDIA CASANOVA**, (📷 80.000 followers) is a teacher of Power yoga and Vinyasa yoga; she is graduated in biomedical engineering and combines her job in a company with her passion for yoga.

**PAGES:** 192, colour illustrated  
**FORMAT:** 190 x 235 mm, paperback with flaps  
**PRICE:** € 18,00



A volume that comes from a community of over ten thousand girls led by Martina Sergi, Martina Rando, Claudia Casanova.

A community that lives around a platform, called YOME, which means "your home", currently the most popular in Italy, which offers yoga classes on line, but also classes of mindfulness, fitness and nutrition.

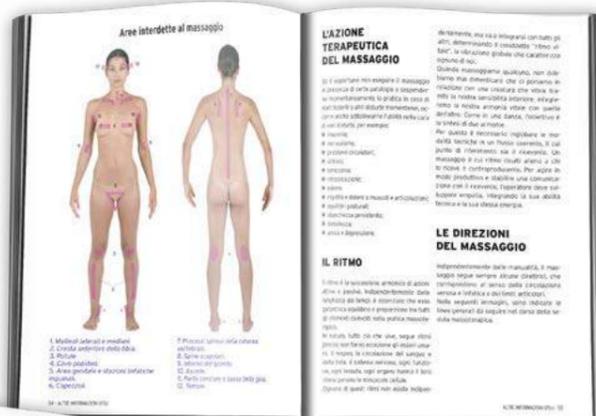
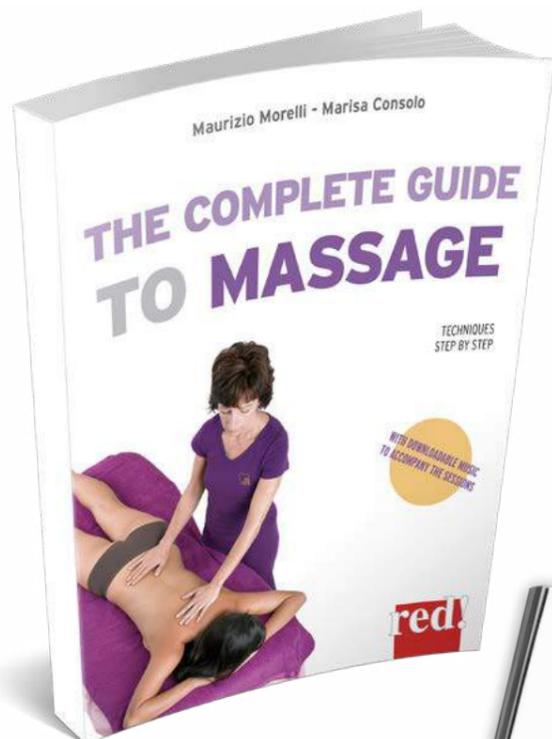
This book, with the same practical, lively and engaging approach that the authors use by talking daily with their followers, offers a real 360-degree path of well-being. A journey that lasts 4 weeks to be carried out at home and which includes fun activities to do everyday.

Yoga poses, meditations, visualizations, breathing techniques, short workouts, thoughts and reflections and many spaces to fill with your own observations.

The authors

**MAURIZIO MORELLI** has been studying and practicing v since 1967. He is president of the Pranayoga center in Milan. He teaches courses and seminars throughout Italy. **MARISA CONSOLO**, a yoga and Pilates teacher, is an expert in massage techniques.

**PAGES:** 272, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 18,00



This book describes the massage of Western tradition that originates from Hippocrates' teachings and that has no comparison in the world for completeness and number of techniques.

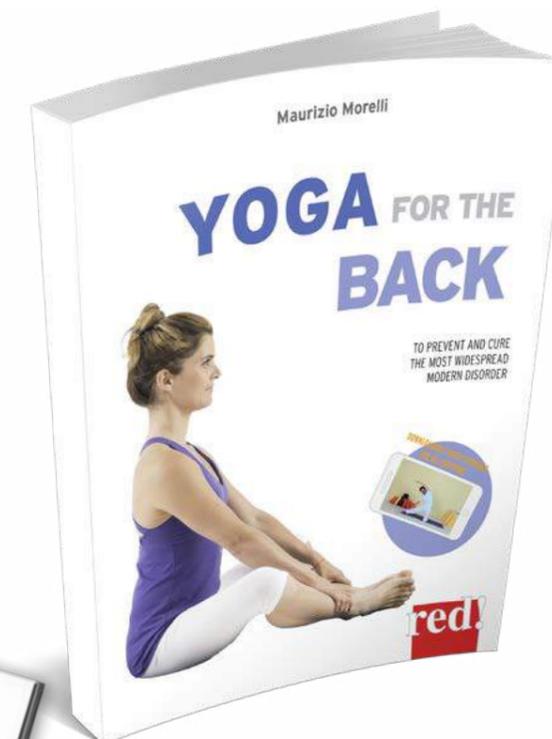
In particular, the authors explain: the hand position, the manual skills, the basic massage (divided by body areas), the facial massage and the massage to cure some common diseases.

Moreover, the reader has the possibility to download some music to make massage sessions more relaxing and pleasing.

The author

**MAURIZIO MORELLI** has been studying and practicing yoga since 1967. He is president of the Pranayoga center in Milan.

**PAGES:** 160, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
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Back pain affects one in five people in the Western world.

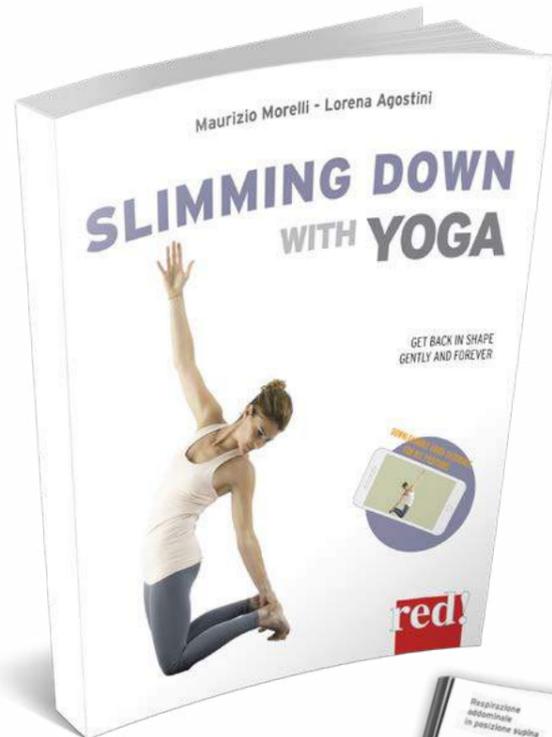
This is a manual that aims to keep the spine healthy and efficient and to overcome mobility reduction or pain conditions with specific Hatha Yoga exercises.

The vision that Yoga offers is always global, infact it is no limited to look at the apparent problem, but it goes at the root of it.

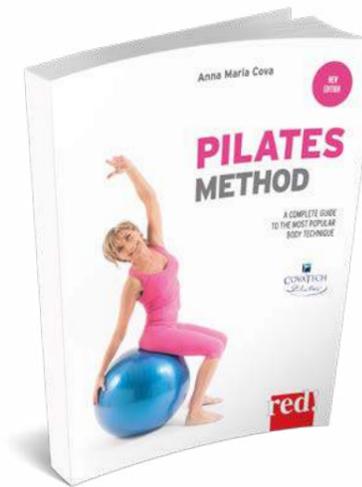
Moreover, the reader has the opportunity to download some videos of the asanas described in the book.

The authors

**MAURIZIO MORELLI** has been a yoga teacher for over thirty years. He is the president of the Pranayama center in Milan.  
**LORENA AGOSTINI** is a yoga teacher and she studied at Maurizio Morelli's school.



**PAGES:** 160, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 18,00



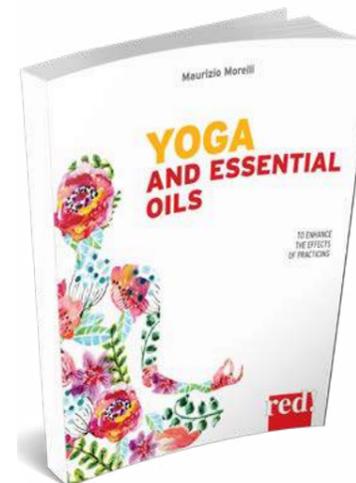
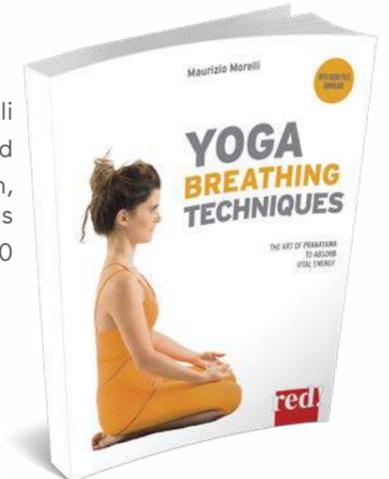
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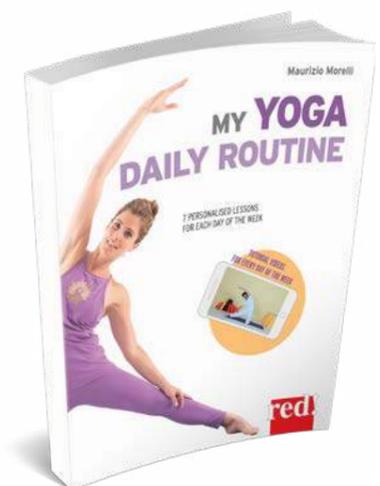
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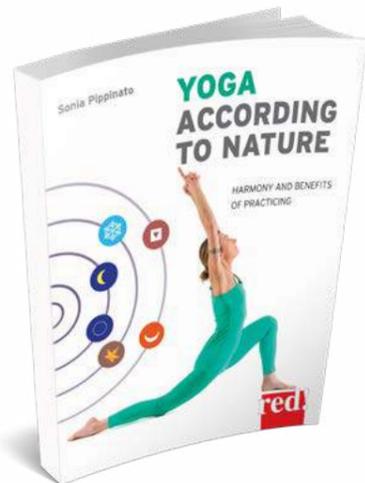
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Yoga is the most effective tool to fight overweight because it goes directly to the heart of the problem: adjust the vital centers and through them the nervous and endocrine system to regain and maintain over time the shape you want.

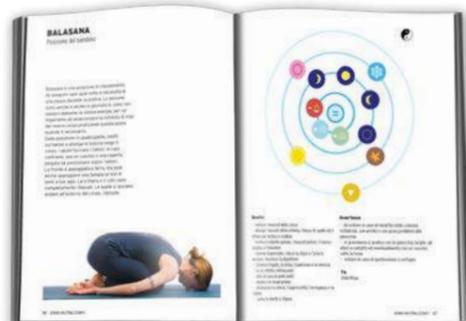
This book collects the most useful and easy exercises to recover the ideal weight and the psychophysical well-being.

Moreover, the reader has the possibility to download asanas videos.



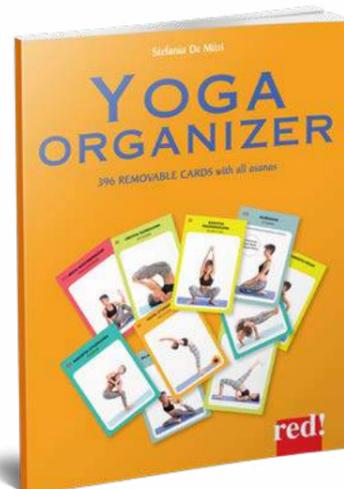
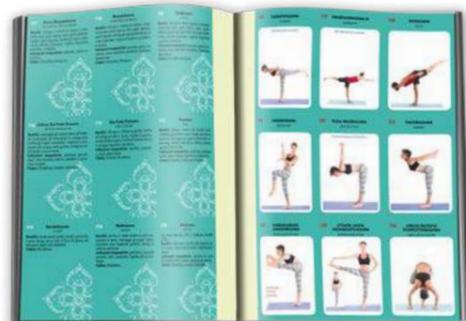
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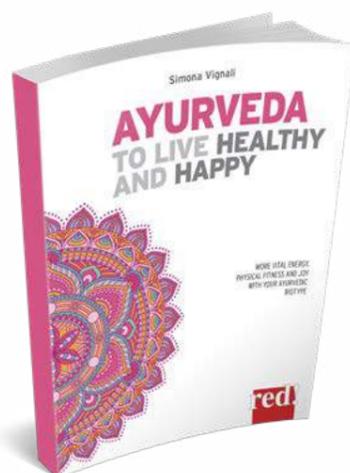
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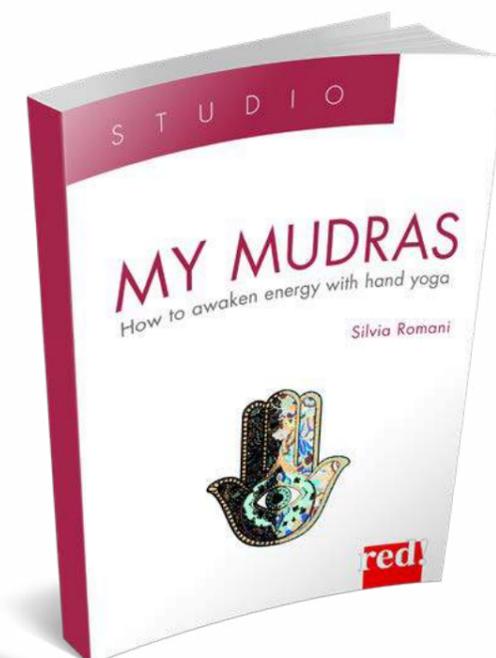
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**The author**  
**SILVIA ROMANI** is a yoga teacher and a teachers trainer. She is the creator of Shiva Flow, a fluid and dynamic style of yoga that blends asana, myth and pranayama.

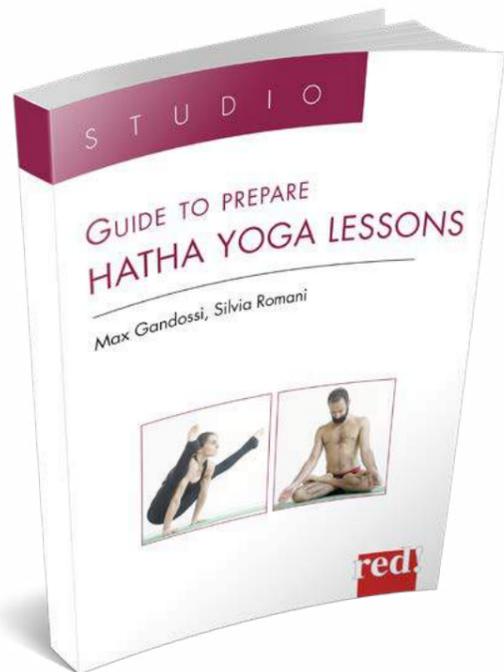
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**FORMAT:** 165 x 210 mm, paperback with flaps  
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Mudras are tools of analysis and discovery that allow you to go beyond the surface of emotions, entering into deep harmony with yourself. This book shows: classic mudras and less common mudras, illustrated with clear, step by step photographs and descriptions and easy-to-follow instructions; the psychophysical benefits of each mudra; mudras, divided by topics to facilitate the practice and construction of the sequences; the role of meditation, the heart of every yoga practice; mudras dedicated to the practice of pranayama; the complete sequence, mudra by mudra, of the Gayatri Mantra.

The authors

SILVIA ROMANI e MAX GANDOSSI have been teachers for a long time. They rule a yoga center in Milano (www.centrolistico.it).



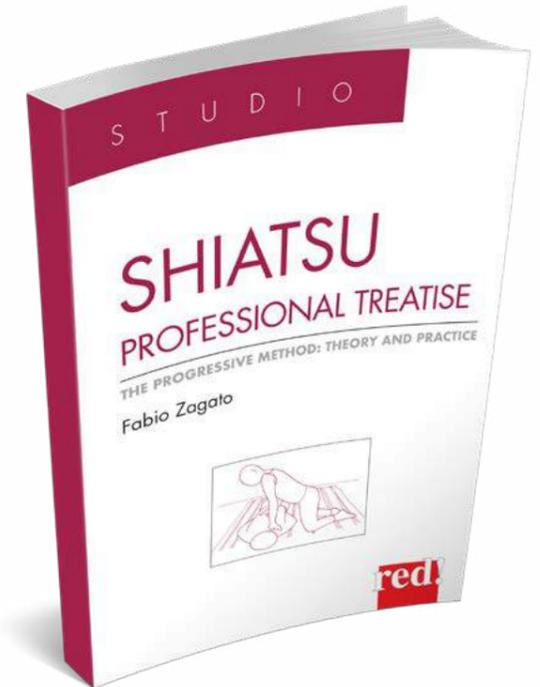
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The author

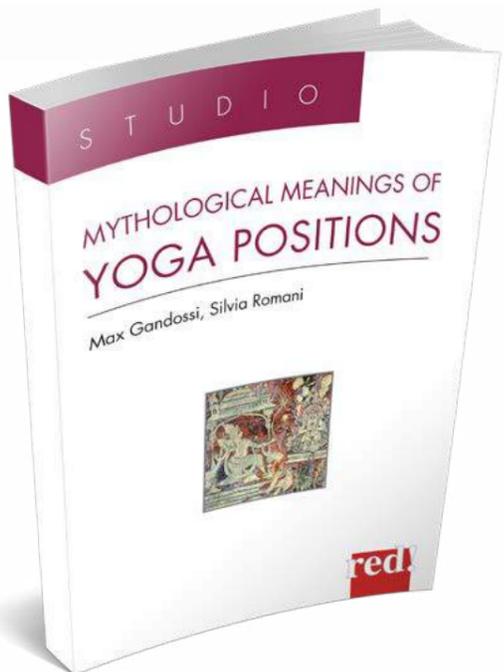
FABIO ZAGATO President of IRTE (Institute of research and energetic therapies), directs the school of shiatsu of the institute. He is author of many articles and books.

PAGES: 269, color illustrated  
FORMAT: 140 x 210 mm, paperback  
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MAX GANOSI, Ashtanga Vinyasa and Hatha Yoga teacher, directs training courses for teachers at the Holistic Centre founded by himself in Milano.

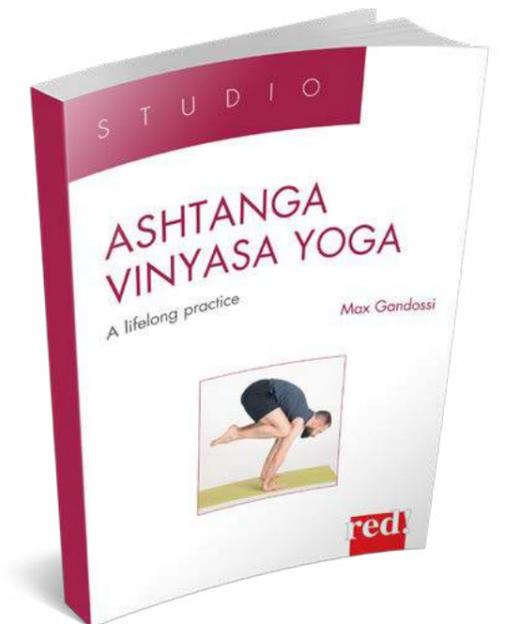
The author



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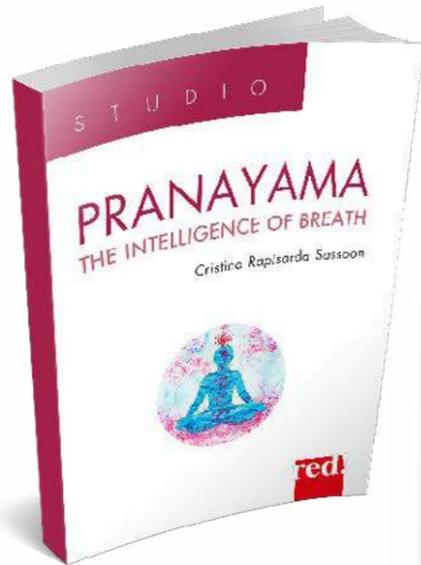


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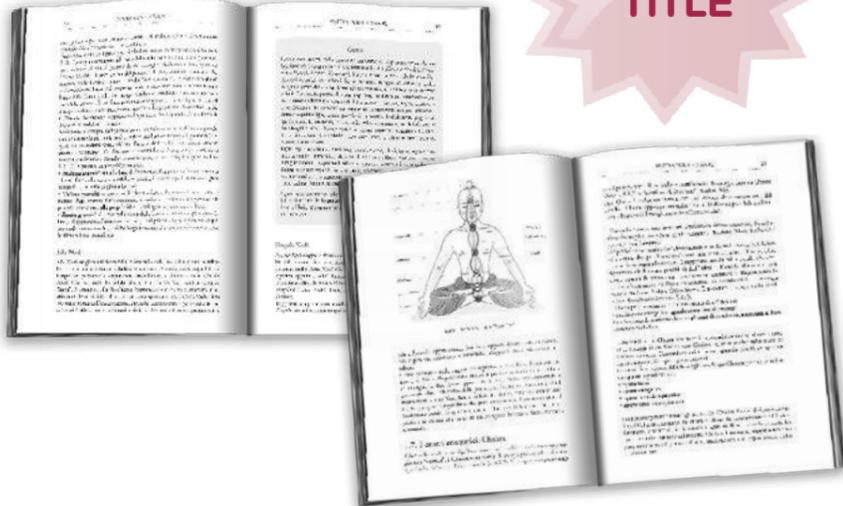


The author

**CRISTINA RAPISARDA** is certified to the international Sivananda Yoga Vedanta Centre of New York and to the Yogi Hari's Ashram in Florida. She teaches yoga and also trains yoga teachers.



**PAGES:** 160, b/w  
**FORMAT:** 170 x 240 mm, paperback  
**PRICE:** € 14,00



After examining various pranayama techniques, the author proposes specific sequences experimented in numerous retreats dedicated to the intensive practice of pranayama.

For each organ: how it is formed, how to treat it, the duration of each session, the aim of reflexologist's treatment, contraindications, curiosities and learning tests. The volume has also a MAP that shows the relationship between foot's reflex points and spine and the relationship between each vertebra and the peripheral nervous system.

This book can be a useful guide for all teachers who often finish their training with some gaps in this area and express a specific need to deepen this part of yoga.

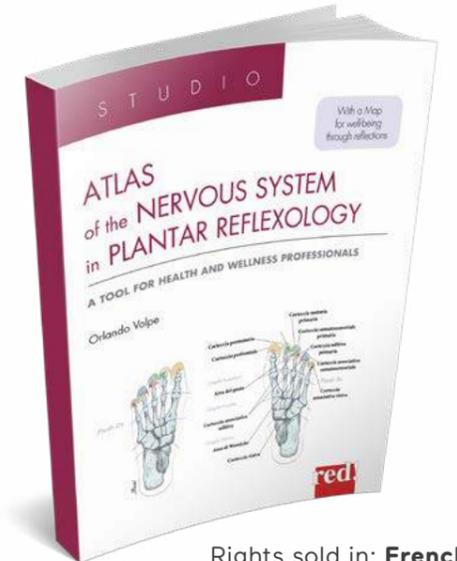
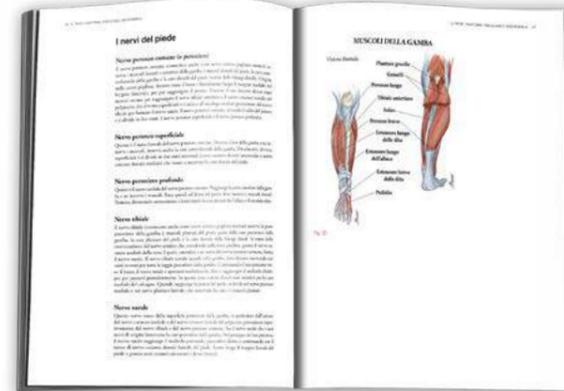
The book provides precise tracks to follow and also deepens the role of visualizations and self-suggestion in the practice of pranayama.

Another original trait is the analysis of the relationship between breath, voice, singing and how the practice of chanting of Mantras and Kirtan can be an effective training in cultivating positive thoughts and feelings.

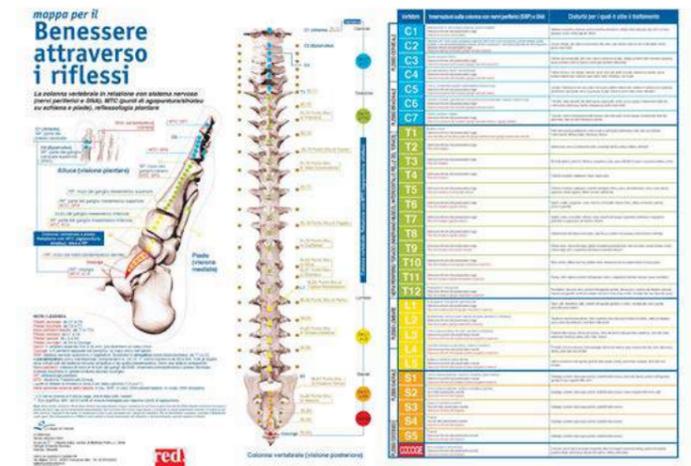
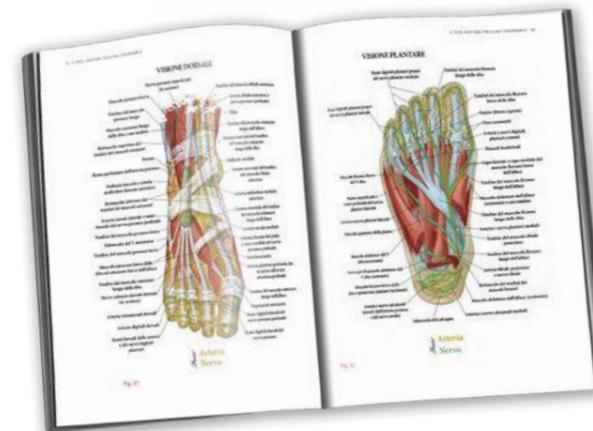
The author

Orlando Volpe has a degree in psychology, he is a reflexology teacher, a shiatsu operator and a shiatsu stretching instructor.

**PAGES:** 336, colour illustrated  
**FORMAT:** 210 x 280 mm, paperback  
**PRICE:** € 39,00



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Finally an atlas on plantar reflexology so complete that can be considered a real textbook.

A first introductory part, which explains how reflexology works, is followed by a section dedicated to anatomy and physiology of foot and a part, the biggest of the volume, which treats the various systems and the corresponding foot's reflex points.

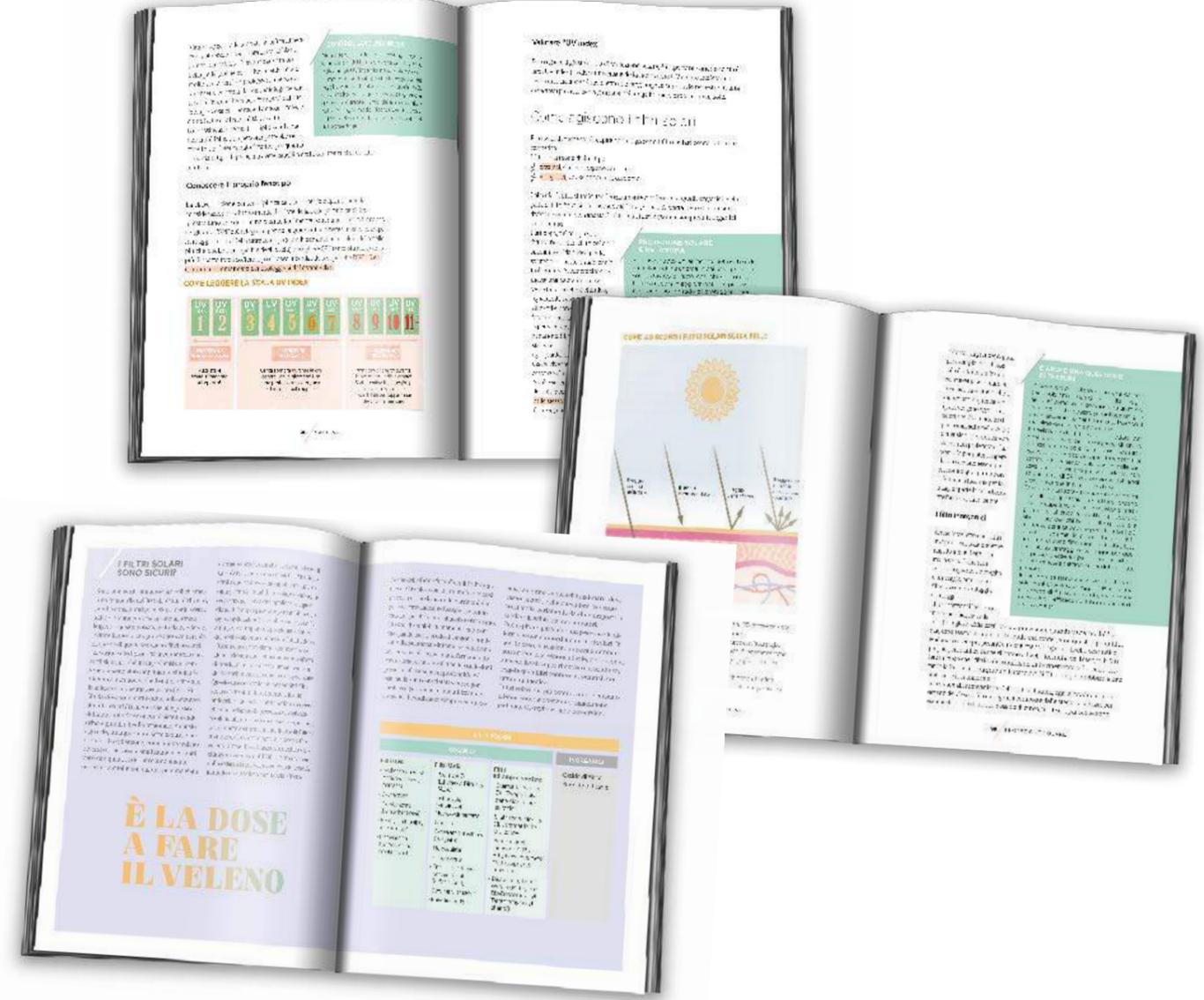
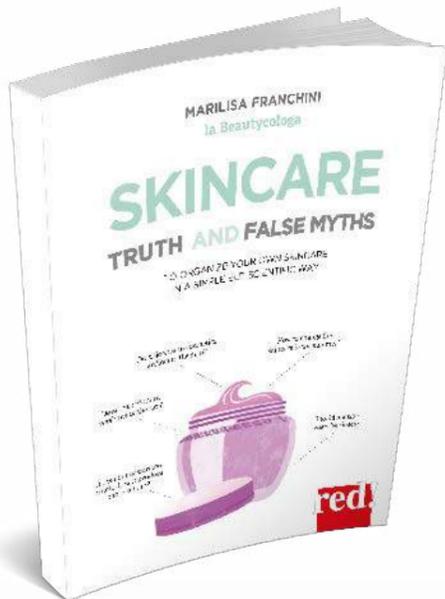
For each organ: how it is formed, how to treat it, the duration of each session, the aim of reflexologist's treatment, contraindications, curiosities and learning tests. The volume has also a MAP that shows the relationship between foot's reflex points and spine and the relationship between each vertebra and the peripheral nervous system.

The author

**MARILISA FRANCHINI**, is a cosmetologist, scientific divulger, very active on social networks and with a community of over 20.000 followers (@beautycologa); she also produces a line of beauty products.

**PAGES:** 144, full colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 18,00

NEW TITLE



A very detailed but simple journey trough everything you need to know to organize a perfect skincare routine.

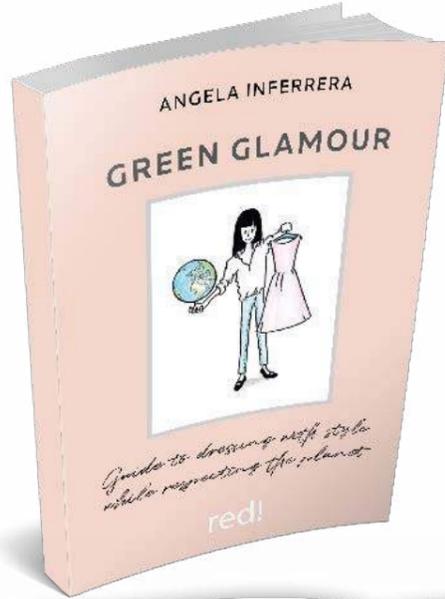
The reader will learn how to identify her own skin type among the various existing ones and which are the fundamental moments of a good skincare routine: cleansing, hydration, protection from UV rays, and also exfoliation to obtain even more satisfying results.

Then the book goes on with an analysis of many terminologies used by marketing and of the false myths that populate the skincare world and ends with a series of useful tips for all skin types.

The style is light and colloquial, but the scientific rigor with whom the sources have been selected makes the book the right manual to contend within the false myths that rage almost everywhere about skincare.

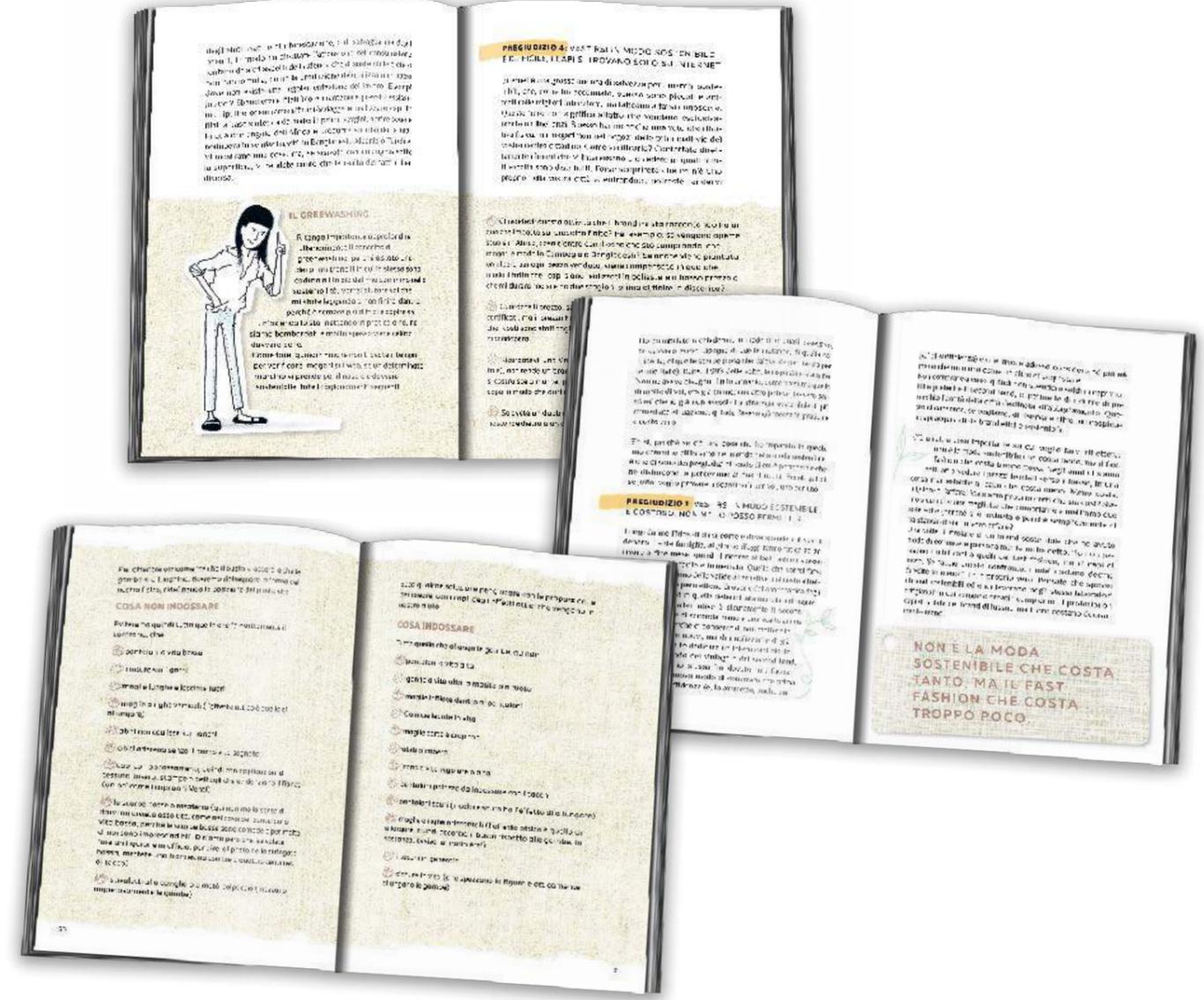
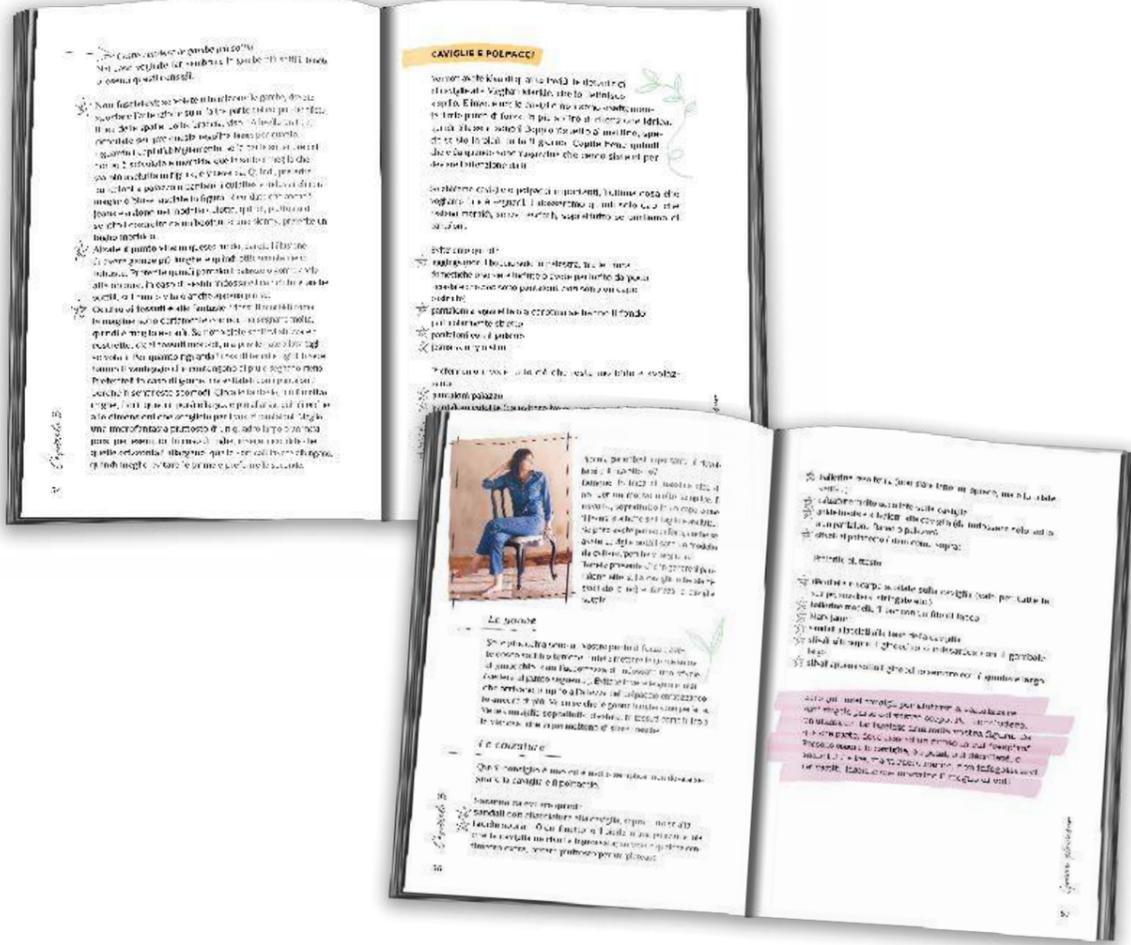
The author

**ANGELA INFERRERA** is an image consultant and fashion editor specialized in sustainable fashion. She worked many years in fashion and luxury companies' press offices and in 2017 she opened her blog @con.cosa.io.metto which has become a reference point for those that are looking for image and style consultancy services.



**PAGES:** 144, full colour illustrated  
**FORMAT:** 145 x 210 mm, paperback with flaps  
**PRICE:** € 16,00

NEW TITLE  
 MARCH  
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The themes of the book:

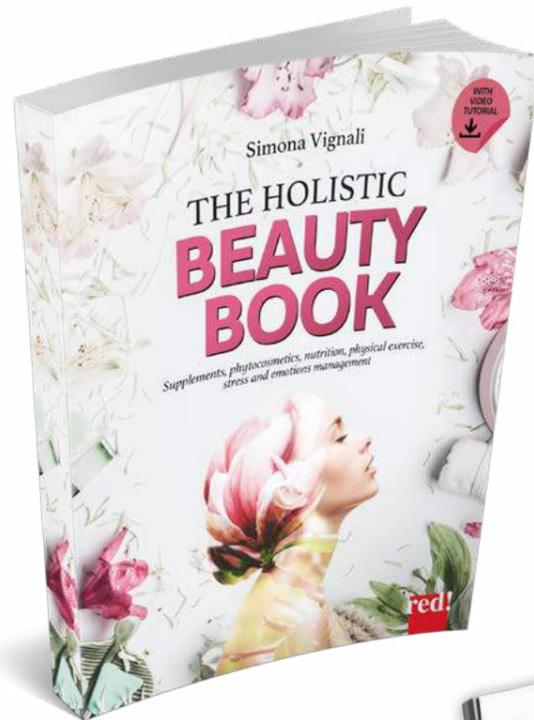
- Let's change the way we think about our wardrobe: because dressing sustainably is not only trendy, but it's good for the environment and for our wallet.
- Second hand, vintage, regenerated and recycled fibers and the whole world that is behind ethical and sustainable fashion.
- The list of essential dresses in order to have a practical and functional wardrobe: better few but good rather than a full wardrobe but with the sensation of not having anything to wear.
- How to manage colors and patterns without going crazy.

The author

**SIMONA VIGNALI** is a naturopath, an expert in natural remedies for more than twenty-five years.

The author

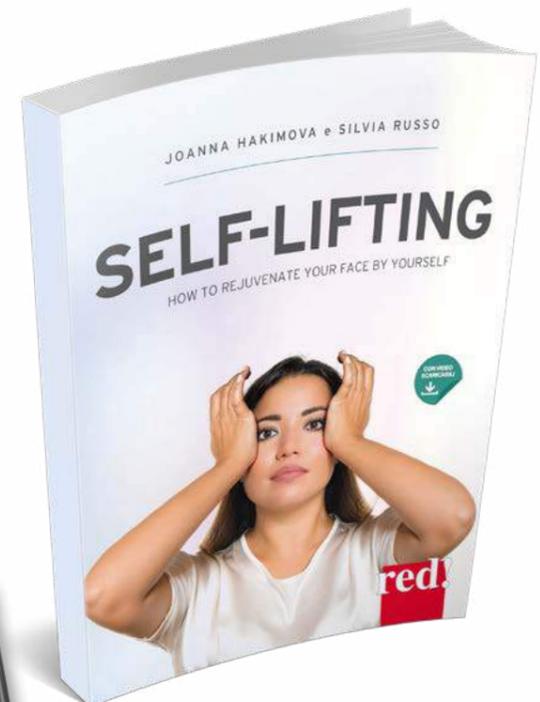
**JOANNA HAKIMOVA**, biologist, is a specialist in bioaesthetics and natural remedies. She is considered one of the most well-known facialists in the world.



**PAGES:** 192, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 18,00



**PAGES:** 144, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 14,00



This book is a guide to the new logic of beauty that must be first of all a way of life.

Holistic beauty represents the care of one's appearance from a global point of view, which includes nutrition, integration, exercise, stress and negative emotions management.

The author recommends facial phytocosmetics, essential oils for hair care, detoxification strategies and Ayurvedic aesthetic treatments.

Moreover, the reader has the opportunity to download some tutorial videos.

Facial gymnastics is a cure-all for facial beauty; the novelty of self-lifting is the detection of movements aimed at urging precise muscles of the face that normally remain passive or little involved in facial expressions.

In this book, the author proposes specific exercises, a particular form of self-massage and lots of small tricks.

If practiced every day, these treatments are precious to restore and preserve skin's youth and freshness at any age without resorting to invasive methods.

Moreover, the reader has the possibility to download some videos which make the movements described clearer.

**The author**

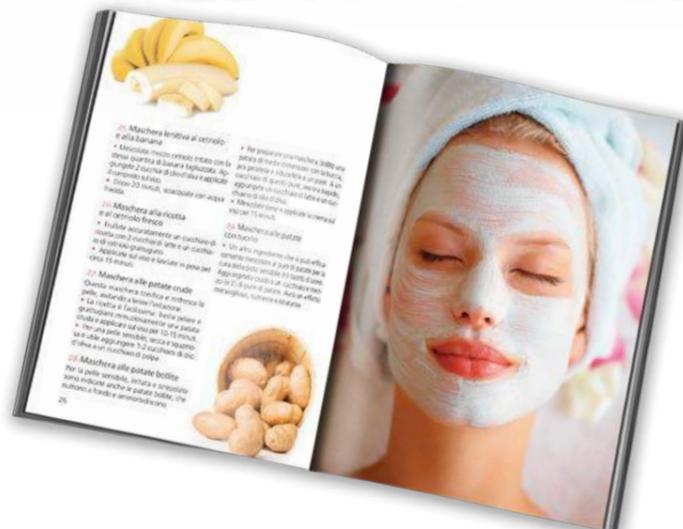
**JOANNA HAKIMOVA**, biologist, is considered one of the most well-known facialists in the world. She is the founder of the NaturalBioLifting center in Milano and she is now opening numerous centers throughout Italy.



**PAGES:** 144, colour illustrated  
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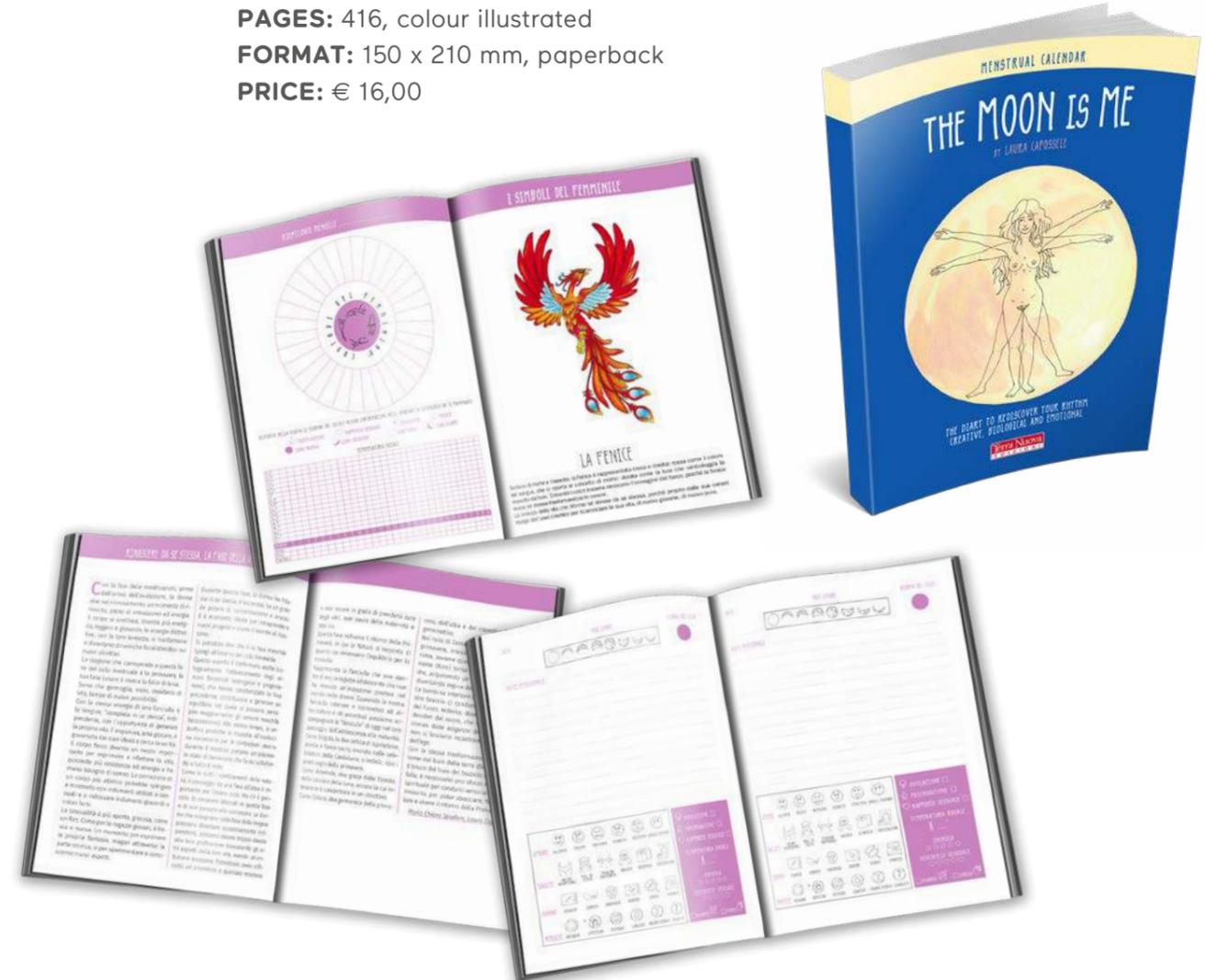
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**The author**

**LAURA CAPOSSELE** is a midwife, Moon Mother, Menstrual Educator® and Dance Therapist. She conducts individual or group courses on female cyclicity, sexuality, menarche, menopause, parenting, childbirth. She is part of the "Guardians of the Feminine" Association.

**PAGES:** 416, colour illustrated  
**FORMAT:** 150 x 210 mm, paperback  
**PRICE:** € 16,00



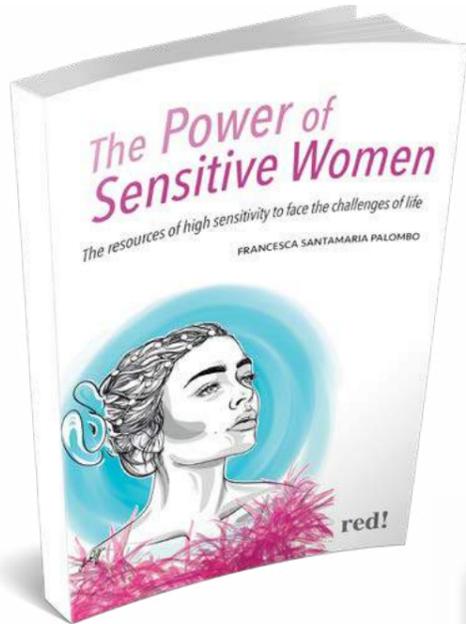
This is a diary to be used on a daily basis, not only to record your menstrual cycle: but to start an exciting journey into the essence of the feminine and its archetypes. A journey in which to find one's own wonderful and unique way of experiencing femininity and the menstrual cycle. The practical use of the diary is made all the more pleasant by clear and original figures and symbols, completed by in-depth analysis and illustrations of feminine symbology. A useful and beautiful gift for all women.

A precious collection of tips and small tricks to deal, in a completely natural way, with imperfections and transformations that affect the skin of face and body over the years.

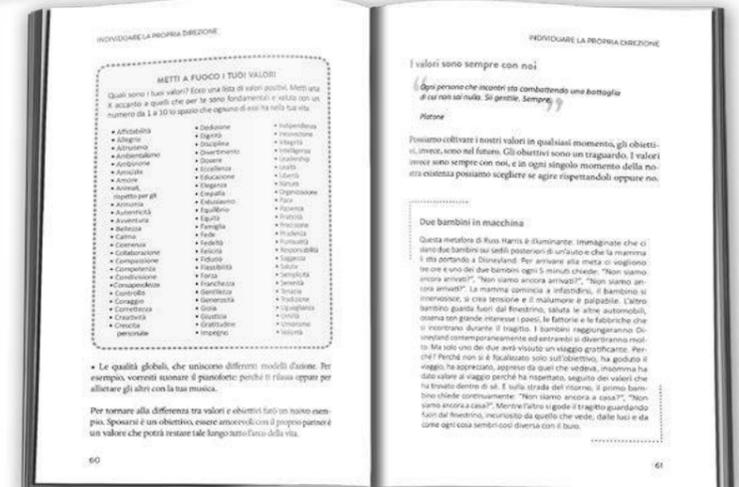
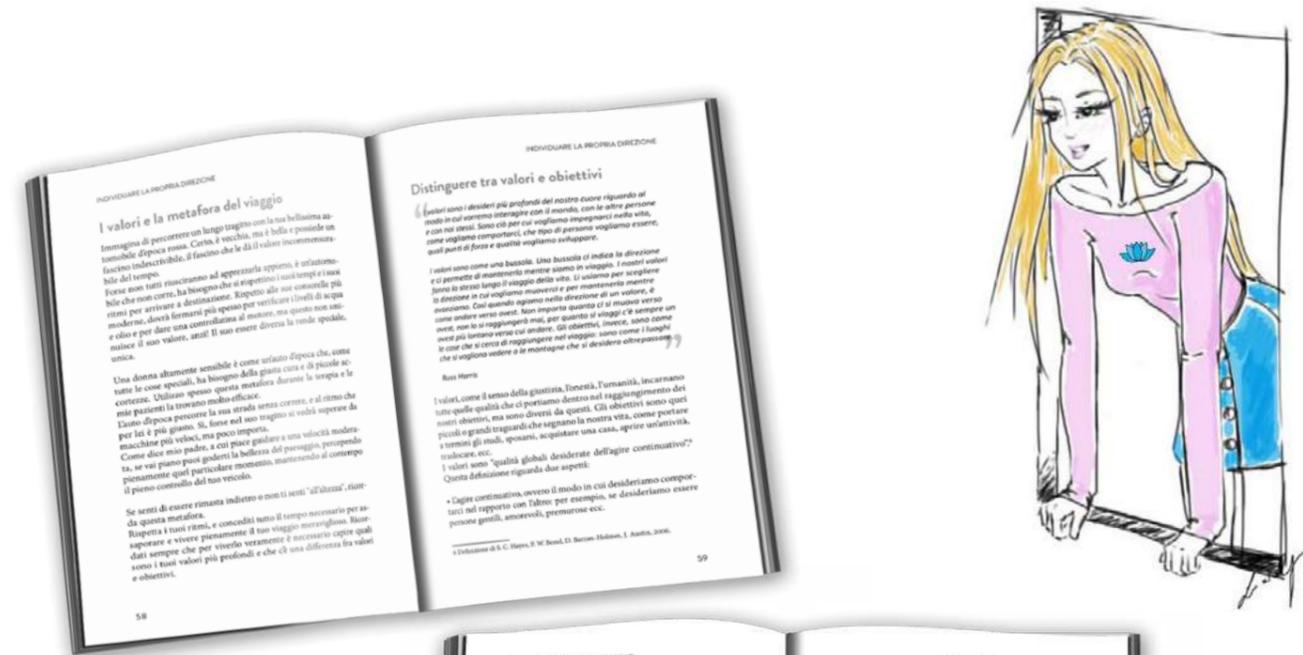
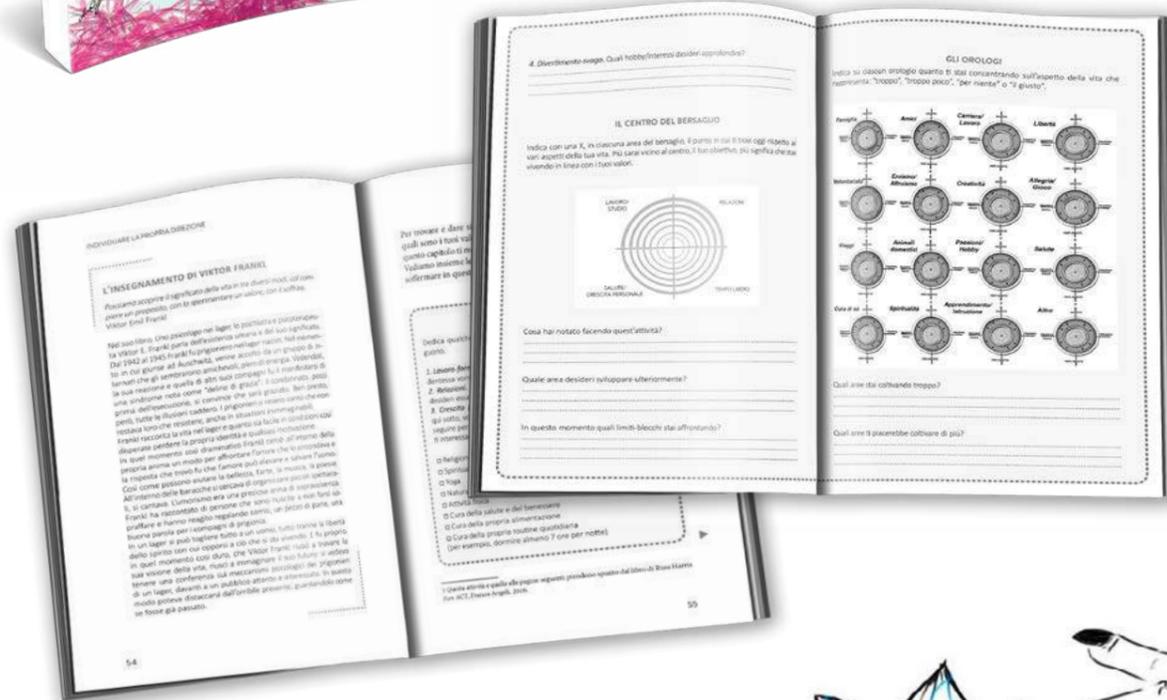
Self-massage techniques, recipes of masks and peeling, herbal wraps ecc.

For each problem, the most suitable and effective natural solutions.

**The author**  
**FRANCESCA SANTAMARIA PALOMBO** is psychologist of development, education and well-being. She is a cognitive behavioral psychotherapist and author of the very popular instagram page @psicobenesserealfemminile (over 30.000 followers).



**PAGES:** 144, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 14,00



The author of this book invites readers on a journey of discovery of their own resources. Starting from her history and from the testimonies of some of her patients, with the help of strategies and exercises derived from different therapeutic approaches, she traces a path that helps to remove judgmental thoughts, the sense of inadequacy and anxiety, rediscovering freedom and pleasure to be themselves.

Highly sensitive women have thin skin, feel deeply, everything and always.

This innate characteristic, their high sensitivity is a potential element of vulnerability, but if recognized and valued, it can turn into a superpower that allows you to enjoy every nuance of life more intensely and at the same time offer a generous and unique contribution to the community.



**The author**

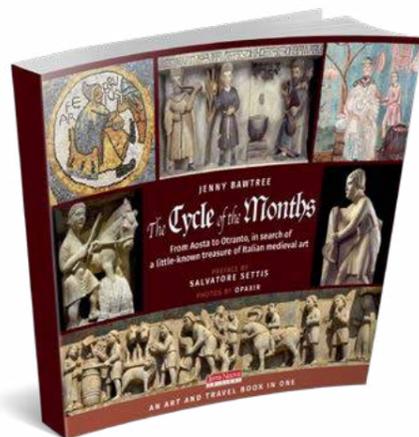
**JENNY BAWTREE** studied foreign languages at Oxford and has since lived in Italy, riding, teaching and writing. Her special interests are countryside issues and medieval art history. "Pietro's Book", her account of the life of a Tuscan peasant, was published in 2003 by Constable and Arcade Publishing. She has since self-published "Tuscany on horseback, a horsewoman's love affair with the land of Chianti wine".

**PAGES:** 224, colour illustrated

**FORMAT:** 222 x 186 mm, paperback

**PRICE:** € 23,00

**COMPLETE ENGLISH TRANSLATION AVAILABLE**



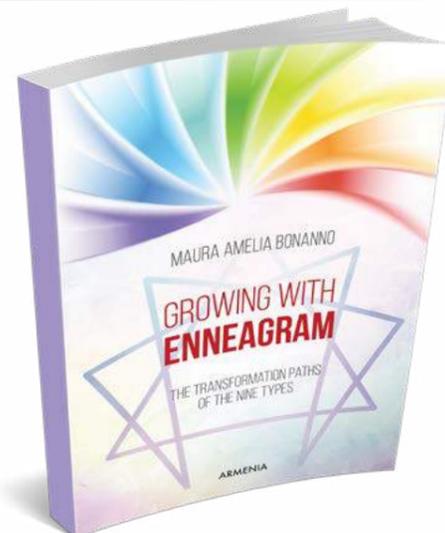
This book, the fruit of five years of joyful travel and research, is the unique description of a little-known aspect of Italian medieval art: the "cycle of the months", where peasants involved in rural tasks represent the twelve months of the year. The cycles appeared in Italian cathedrals, monasteries and parish churches during the twelfth and thirteenth centuries in the form of statues, bas-reliefs, mosaics and frescoes where the artists transformed an ancient tradition with their individual talent and inventiveness. With its lively descriptions and beautiful colour photography this artbook and travelogue in one will enthrall the adventurous reader.

by Maura Amelia Bonanno

**PAGES:** 288, b/w

**FORMAT:** 140 x 210 mm, paperback with flaps

**PRICE:** € 15,00



**The authors**

**GIANCARLO ROSATI**, (1938 – 2020) was born in Asmara, he graduated from Oxford University, graduated in Medicine and Surgery and specialized in six different medical branches.

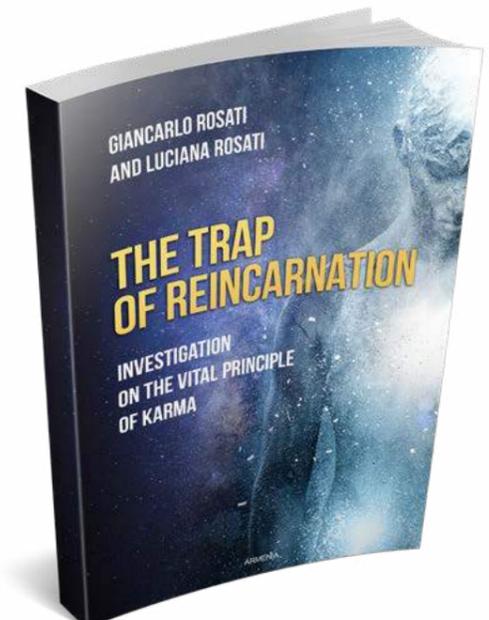
The meeting with enlightened masters and personal experiments lead him to share with other seekers what he has learned. Some of his fifty sages of him have been translated abroad.

**LUCIANA CHEZZI ROSATI**, Graduated in psychology, she specialized in systems therapy family members in Milan, training and psychopathology. She conducts research on hypnosis, studies psychics and she meets some Indian mystics. She becomes interested to metaphysics and writes some books on philosophy advaita. She now lives and works in Parma as a consultant psychological.

**PAGES:** 328, b/w

**FORMAT:** 140 x 210 mm, paperback with flaps

**PRICE:** € 22,00



**NEW TITLE  
JANUARY  
2022**

The authors trace the interpretation of reincarnation in the light of scriptures, psychology and quantum physics; they also emphasize the most important phenomenon of life and the entire universe. The world we perceive is built on karma, that is, on the inclinations that crowd the mind at the moment we die. It is these that weave the rope of karma that is transmitted over time. Karma is not a law of merit as popular belief states, but a vital principle that guarantees the survival of the universe with a power that no one can stop except enlightenment.

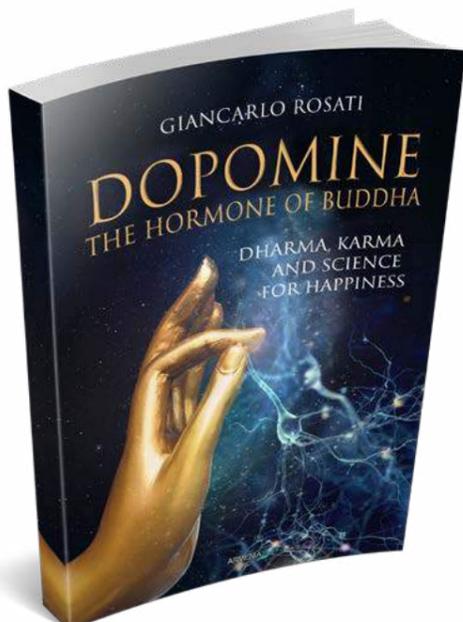
**The author**

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**PAGES:** 120, b/w

**FORMAT:** 140 x 210 mm, paperback with flaps

**PRICE:** € 14,50



**NEW TITLE  
APRIL  
2022**

In search of truth, of mystery of life and God, explorers can be divided into two broad categories. On one side, there are religious with their devotion to someone, and on the other side, the metaphysical or spiritual seekers, who do not recognize any master.

Science has recently discovered that humanity is always driven by the pursuit of pleasure. At the base of this research, there is a brain hormone called Dopamine, that pushes both the saint and the gambler in equal measure. But Buddha discovers that conscience can expand herself and unveil the tricks to live peacefully in a world of tears.

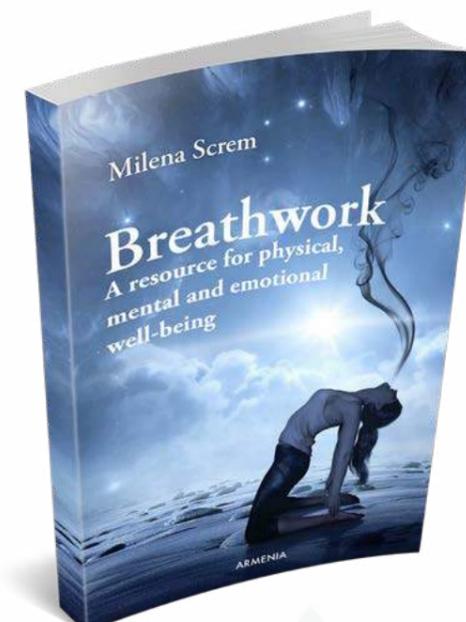
**The author**

**MILENA SCREM** is Counselor Supervisor Trainer. She was educated in Humanistic and Transpersonal Psychology and in USA. She is specialized in BreathWork teaching (introspective approach to body-respiratory mediation) starting the training from Rebirthing. She worked with Leonard Orr, Sondra Ray, Jim Leonard and other American school heads in the USA. She has subsequently enriched her experience in these fields with Stanislav Grof and Deepak Chopra. She founded and directs INSIGHT, institute specialized in research, teaching, private and business training and consultancy. She is the author of more than fourteen psychological books, published in Italy and other European countries.

**PAGES:** 160, b/w

**FORMAT:** 140 x 210 mm, paperback with flaps

**PRICE:** € 16,00



**NEW TITLE  
JUNE  
2022**

One simple word, breathing, that contains a whole world, perhaps even more. A word who represent the essence of life for each human being. Without this constant, chemical exchange with the environment, life ceases: the power to exist and dying is in a simple and automatic habit.

Apart from this, the power of breath has countless resources for physical well-being, mental, emotional.

The author, who carries out research and training in this field for forty years, presents some of the "territories" of the world of breath. This reading will accompanies you on a journey which allows you to look out new possibilities, becoming aware of our breathing and learning to "shape" it, according to one's own necessity.

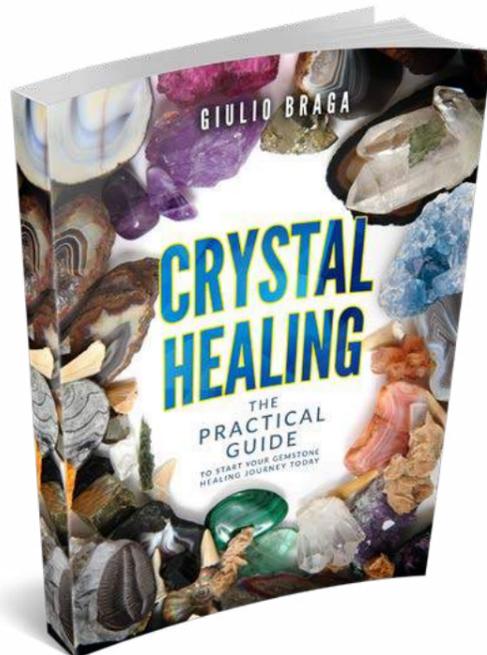


**The author**

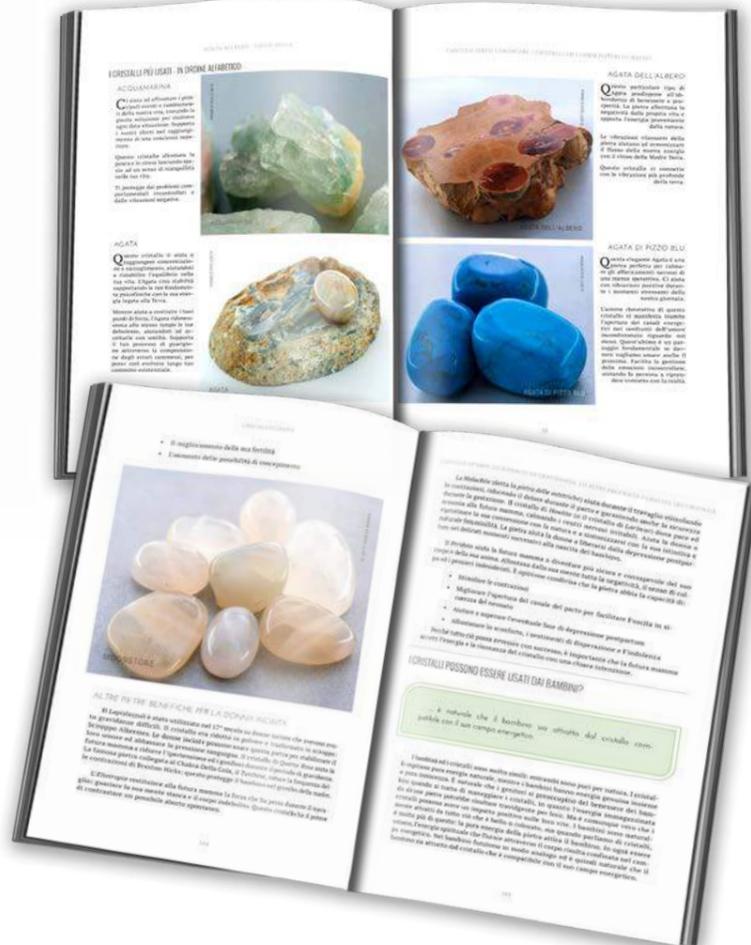
**GIULIO BRAGA** was born in Milan on January 17, 1964.

Physiotherapist, specialist in Acuscope, co-founder and active member of a multidisciplinary project team whose research area includes the natural approach to aging and the use of different natural techniques combined synergistically, such as Crystal Therapy and Auriculotherapy.

**PAGES:** 200, colour illustrated  
**FORMAT:** 170 x 240 mm, paperback with flaps  
**PRICE:** € 18,00



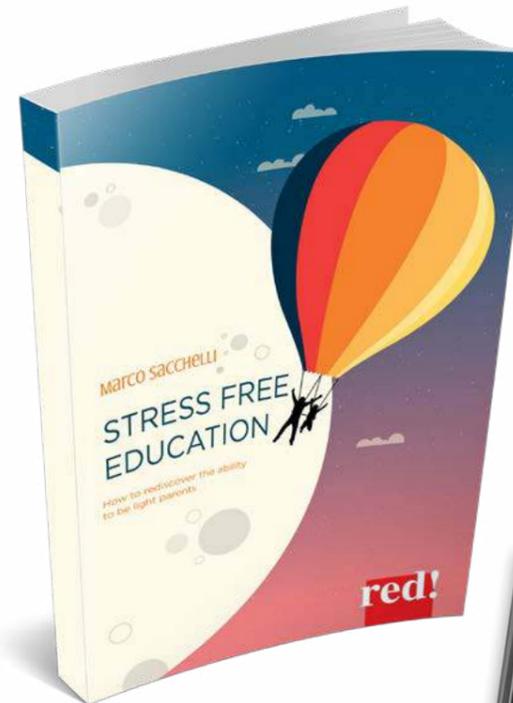
Rights sold in: **Portuguese**



**The author**

**MARCO SACCHELLI** is a tuscan psychologist, specialized in Lisbon in "Positive Education". He organizes experiential workshops for children, parents and teachers.

**PAGES:** 128, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 14,00



A book with a very original educational approach: to be good parents you have to train the muscle of lightness.

Lightness is a power that we all have but, as parents, we tend to forget. A lightness that doesn't mean taking things superficially but the ability to look at life, even adult life, keeping a child's gaze, new and light.

In the book you will discover that lightness allows us to more easily dissolve tensions and tantrums, to transform conflicts into opportunities for confrontation, to change judgments into ideas for dialogue and, above all, it allows our children to experience the only thing they really need: the certainty of our love.

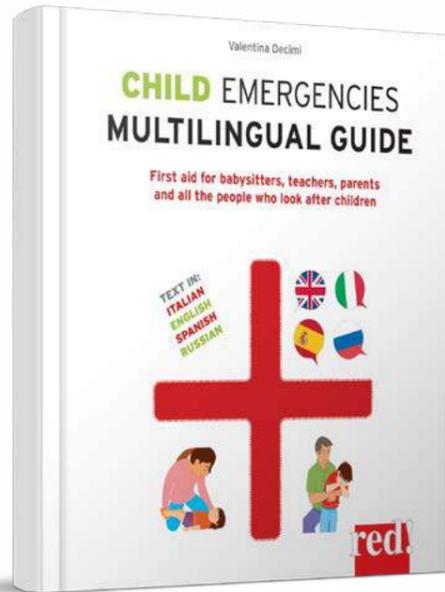
With this book, filled with amazing photos, you will learn all you need to know about healing stones and the healing potential of crystals. You will learn what it is, how to treat illnesses with it and you will get the step by step instructions and easy directions to start discovering their amazing holistic healing abilities helping you to move your first steps towards your Inner Source of Positive and Natural Energy.

The author

**VALENTINA DECIMI** is a doctor specialized in pediatrics, with experience in emergency service and national instructor in first aid courses and scientific director of Il Salvagente Italia, a no-profit organization based in Monza which organizes courses throughout the national territory.

**PAGES:** 44, colour illustrated  
**FORMAT:** 210 x 230 mm, hardback  
**PRICE:** € 16,00

Text in italian, english, spanish, russian



Examining 20 emergency situations that can occur most frequently in daily life, this book explains what ordinary people should and should not do.

Each situation is explained in four languages representing a precious help for those who don't speak Italian.

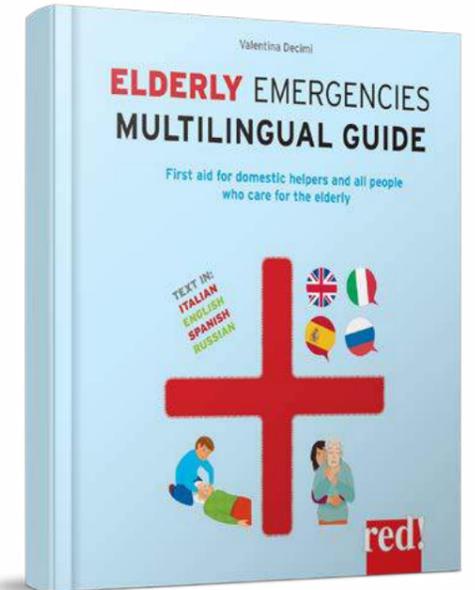
Starting from the most recurring emergency situations, the text is simplified for non-professionals with illustrations of the basic procedures and guidelines of conduct.

The author

**VALENTINA DECIMI** is a doctor specialized in pediatrics, with experience in emergency service and national instructor in first aid courses and scientific director of Il Salvagente Italia, a no-profit organization based in Monza which organizes courses throughout the national territory.

**PAGES:** 44, colour illustrated  
**FORMAT:** 210 x 230 mm, hardback  
**PRICE:** € 16,00

Text in italian, english, spanish, russian



This book derives from the observation that there are many people who take care of the elderly in private homes and almost all of them are of foreign origin.

Many of these people don't have a perfect command of the Italian language and therefore a communication tool like this book, that allows to understand some basic notions, becomes very useful.

**The authors**

**KATIA CASPRINI** is a mother, graphic designer and video maker, passionate of creative activities.  
**ROBERTA GUIDOTTI** is an advertising graphics, mother of two twins; she loves playing, and cooking with them.



**PAGES:** 64, colour illustrated  
**FORMAT:** 210 x 250 mm, hardback  
**PRICE:** € 16,00

Rights sold in:  
**Estonian**



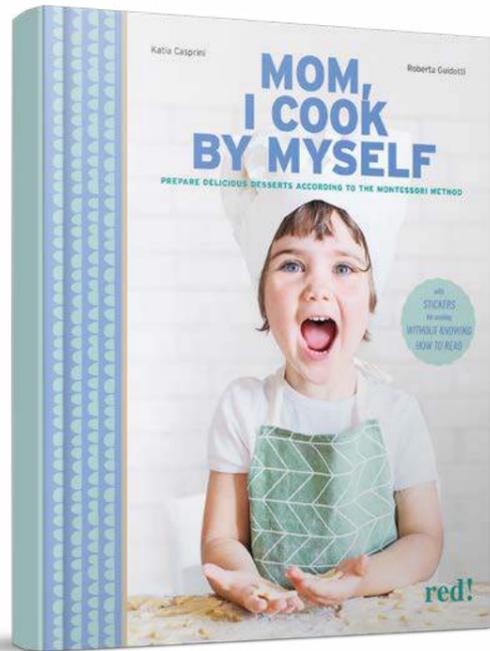
From the extraordinary success of "Mum, I cook by myself" published in February 2021, reprinted three times already, this new project was born. The goal is always to make children independent in the complete preparation of a recipe, even without knowing how to read, therefore without using a scale or written instructions.

The book, which is always aimed at children between the ages of 3 and 7, offers sweet and savory recipes to make children independent and able to organize by themselves (without the help of their mothers) convivial moments, birthday parties or Christmas snacks.

All that children need is a common jar of yogurt and a cooking spoon. In each recipe, next to the picture of various ingredients, children will find the number of jars or spoons that they have to fill.

The authors

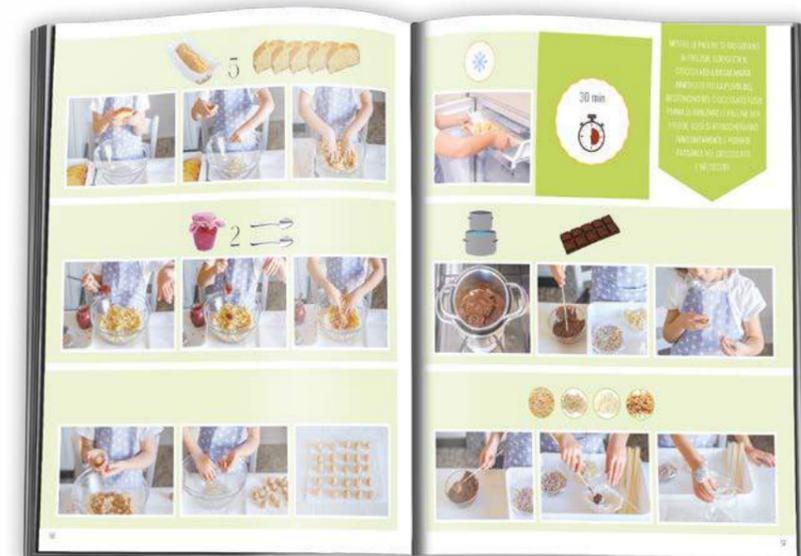
**KATIA CASPRINI** is a mother, graphic designer and video maker, passionate of creative activities.  
**ROBERTA GUIDOTTI** is an advertising graphics, mother of two twins; she loves playing, and cooking with them.



**PAGES:** 64, colour illustrated  
**FORMAT:** 210 x 250 mm, hardback  
**PRICE:** € 16,00

**BEST SELLER  
 3 REPRINTS  
 IN 6 MONTHS**

Rights sold in: **Estonian, Georgian and Slovenian**



This laboratory-book allows child, in line with the principles of the Montessori method to do it alone, to make a dessert in complete autonomy, with the use of a common jar of yogurt and a cooking spoon.

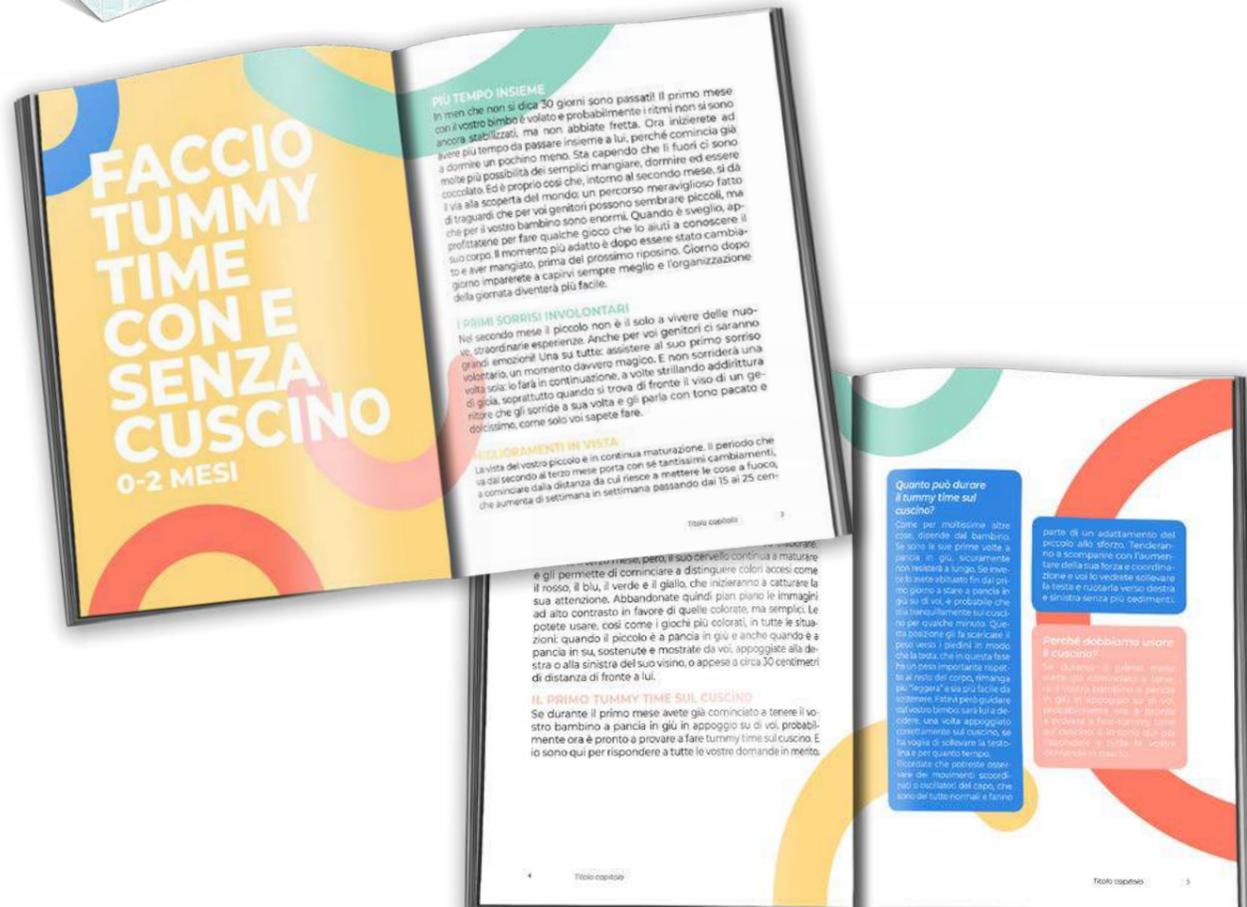
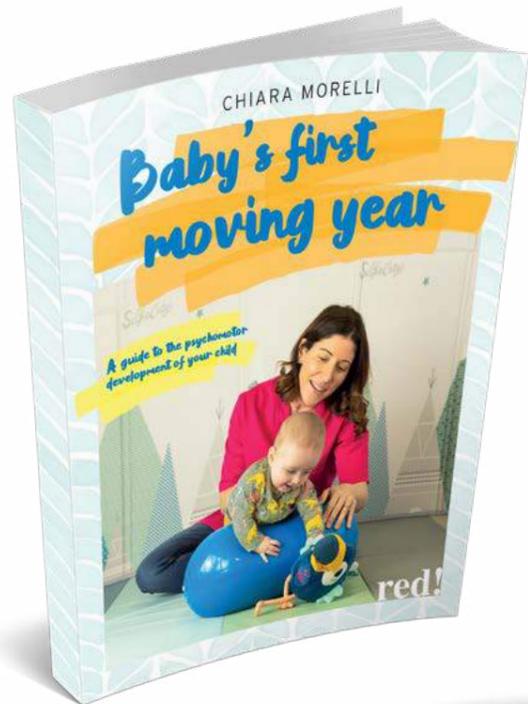
Each recipe presents a picture of each ingredient and next to it, the number of jars or spoons to be filled, which recalls the Montessori activity of pouring, so loved by children.

Recipes can be made in complete autonomy because they don't require the ability to read and the use of a scale.

**The author**

**CHIARA MORELLI** is a massophiosiotherapist and chinesiologist, specialized in gymnastics for children. She has created a very successful Instagram page and over 40.000 parents follow her with great affection.

**PAGES:** 144, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 16,00

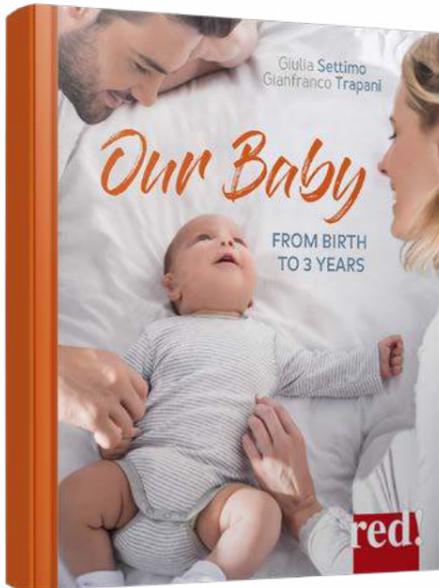


The correct development of a baby involves the achievement of all psychomotor stages: rolling, crawling, the phase of standing up, the first movements with support, the first steps. This book, which is aimed at parents of children from 0 to 1 year, offers many fun activities, stimulations and exercises (divided by development phase) to accompany children on a path of personal and motor growth to achieve a correct postural structure. In each chapter: a brief description of the phase in which baby is, an anecdote, what baby generally does in this phase, questions that parents ask the author most frequently during classes, some activities to propose.

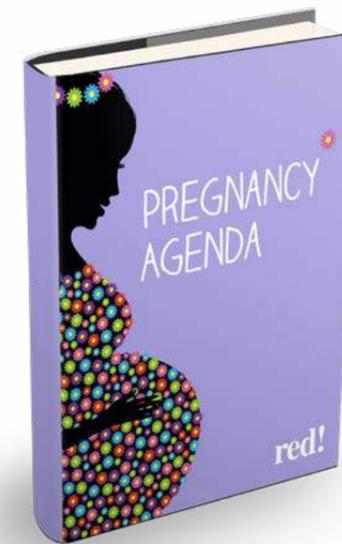
The author

**GIULIA SETTIMO**, is a journalist, is specialized in food and wellness.  
**GIANFRANCO TRAPANI**, pediatrician, homeopath, nutrition expert,  
 collaborates with the University of Milan.

**PAGES:** 528, colour illustrated  
**FORMAT:** 165 x 210 mm, hardback  
**PRICE:** € 19,00

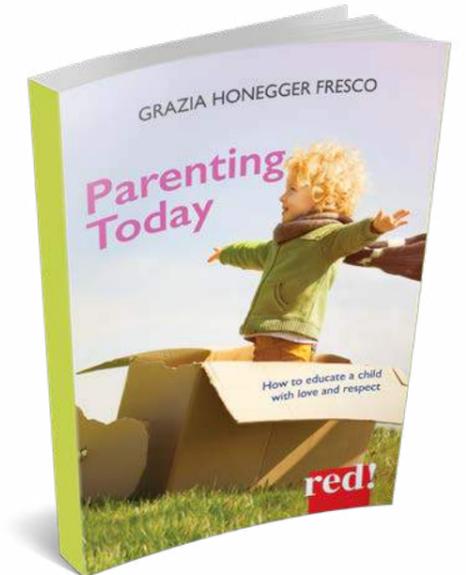


A volume written with the contribution of neonatologists and pediatricians of the most important Italian hospitals. Updated on the basis of the latest scientific research, this guide supports parents in the first three years of child's life by answering questions and doubts. The topics covered are: breastfeeding, weaning, psychophysical development, health, sleep, crying, language, play, fears, emotions, daily care and a thousand practical problems.

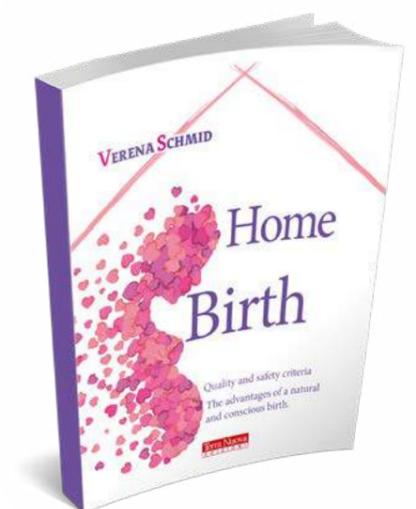
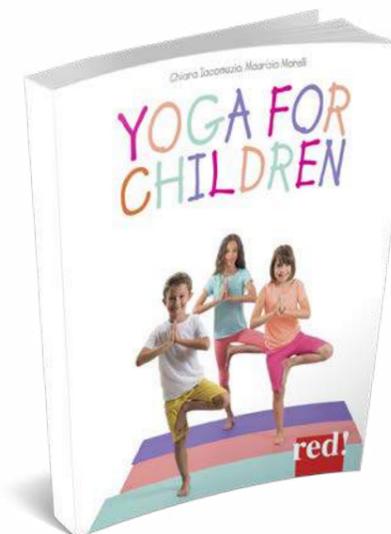


by Giorgio Gottardi & Serena Viviani  
**PAGES:** 192, colour illustrated  
**FORMAT:** 165 x 210 mm, hardback  
**PRICE:** € 16,90

by Grazia Honegger Fresco  
**PAGES:** 176, b/w  
**FORMAT:** 140 x 210 mm, paperback  
**PRICE:** € 12,00



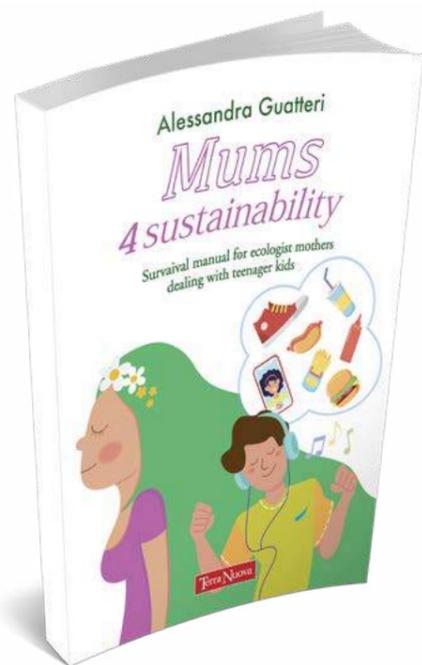
by Maurizio Morelli & Chiara Iacomuzio  
**PAGES:** 192, colour illustrated  
**FORMAT:** 165 x 210 mm, paperback with flaps  
**PRICE:** € 15,00  
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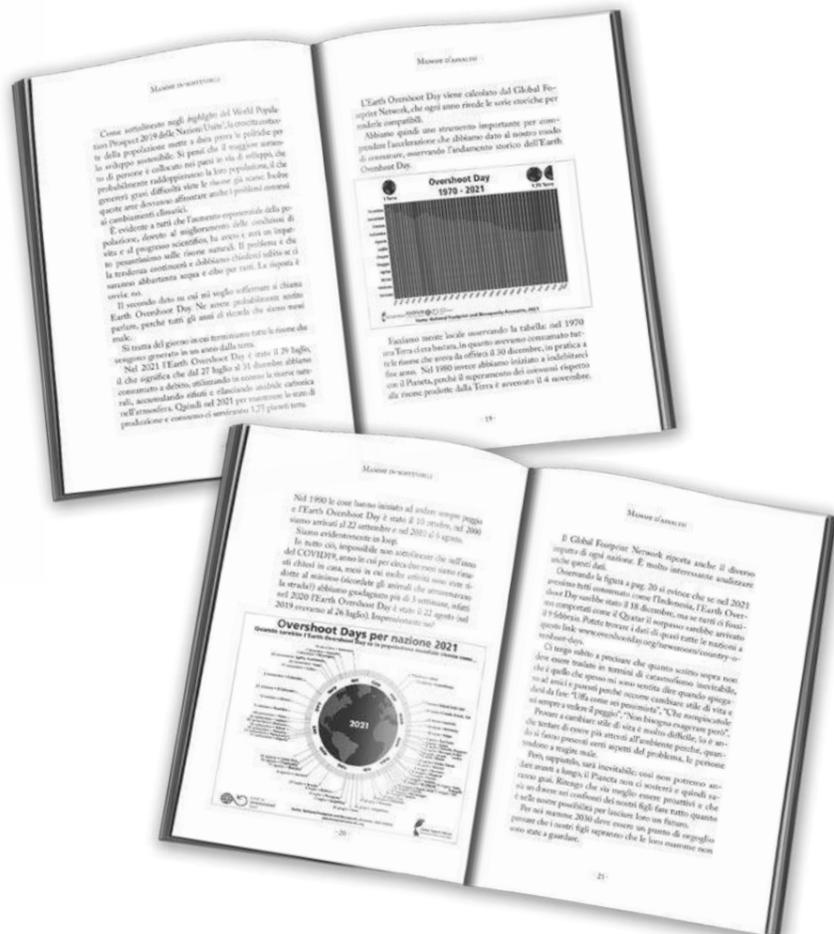
by Verena Schmid  
**PAGES:** 216, b/w  
**FORMAT:** 190 x 235 mm  
**PRICE:** € 16,50

The author

**ALESSANDRA GUATTERI**, is an economist. As a lifelong environmentalist, he is now trying to bring sustainability into companies. The idea for this book came from her family's deep concern for their ecological footprint.

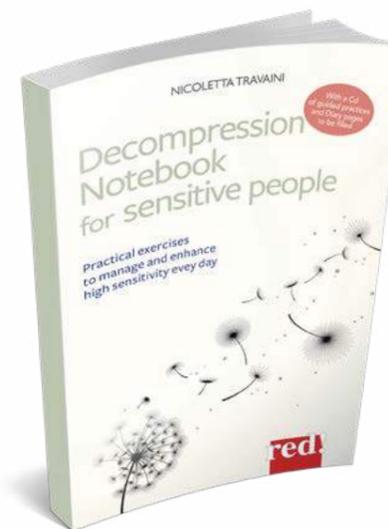


**PAGES:** 200, b/w  
**FORMAT:** 150 x 210 mm, paperback  
**PRICE:** € 15,00



No one is going to give us the solution to save the environment and the planet effortlessly. It is we, together with our families, who can act and buy differently. Let's start with the shopping trolley, putting in products with a lower environmental impact; let's convince our children to cut down on the consumption of fizzy drinks and industrial food that are harmful to health and the environment; let's leave behind the cheap clothes we bought over and over again and choose to buy less but better. This book is for all mothers who are willing to make unpopular choices in the name of saving the planet. Because at some point our children will say thank you too.

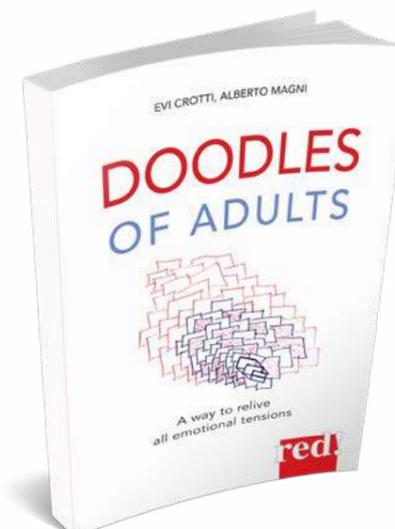
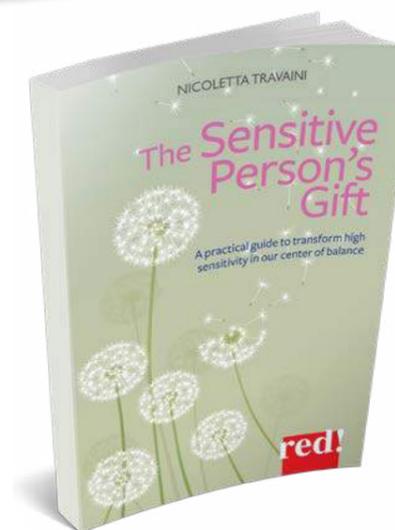
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by Nicoletta Travaini  
**PAGES:** 128, b/w  
**FORMAT:** 170 x 240 mm, paperback with flap  
**PRICE:** € 14,00



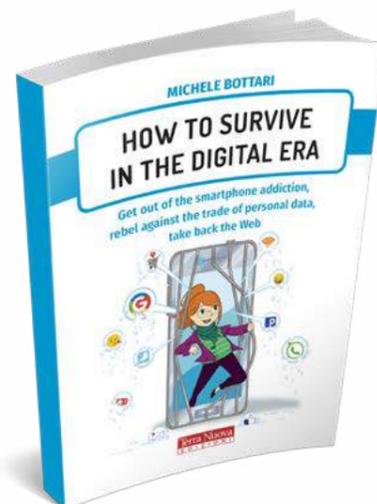
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**PRICE:** € 14,00



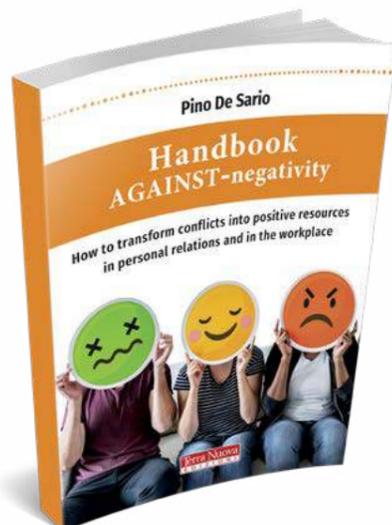
by Evi Crotti & Alberto Magni  
**PAGES:** 128, with drawings  
**FORMAT:** 125 x 190 mm, paperback  
**PRICE:** € 10,00



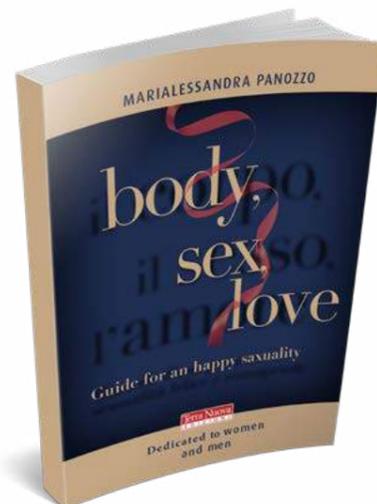
by Michele Bottari  
**PAGES:** 192 pages, two colour  
**FORMAT:** 140 x 210 mm, paperback  
**PRICE:** € 13,00



by Pino De Sario  
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**FORMAT:** 140 x 210 mm, paperback  
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by Marialessandra Panozzo  
**PAGES:** 176 pages, two colour illustrated  
**FORMAT:** 140 x 210 mm, paperback  
**PRICE:** € 13,00



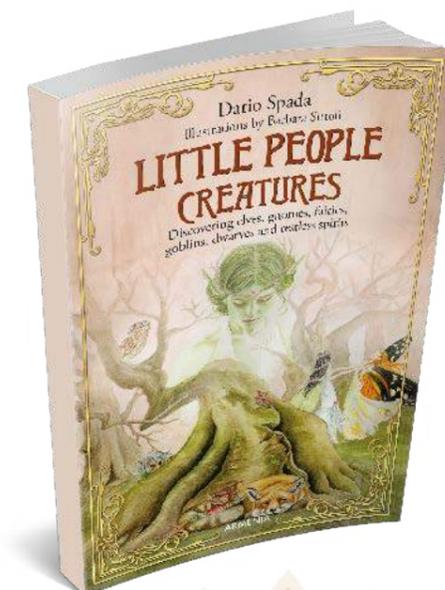
**The author**

DARIO SPADA, born in 1951 in Milan. He is a scholar of popular traditions, esotericism and magic. Passionate about unusual topics, is author, even with different pseudonyms, of more than thirty volumes. He collaborates with articles and specialized magazines.

**The illustrator**

BARBARA SIRTOLI, designer, illustrator, painter and portraitist, she was born in Palermo in 1969. Her art passes with extreme naturalness from Hyperrealism to Fantasy. She loves to wander among the various techniques such as charcoal, graphite, watercolor, ink and lately acrylic on canvas. In 1998 she was selected from the Teatrio Association of Venice among the 100 best Italian illustrators.

**PAGES:** 384, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 17,00



NEW TITLE  
 FEBRUARY  
 2022

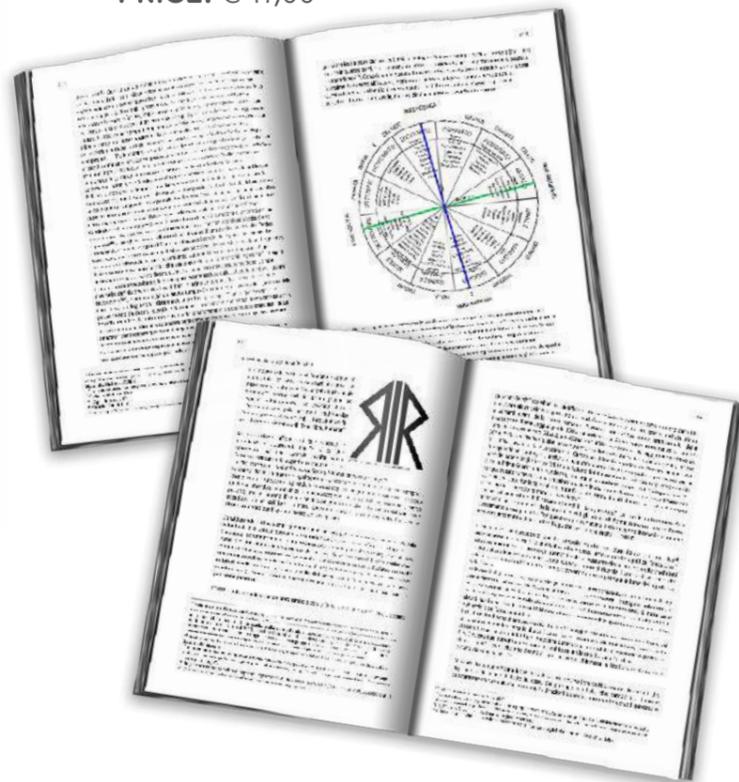
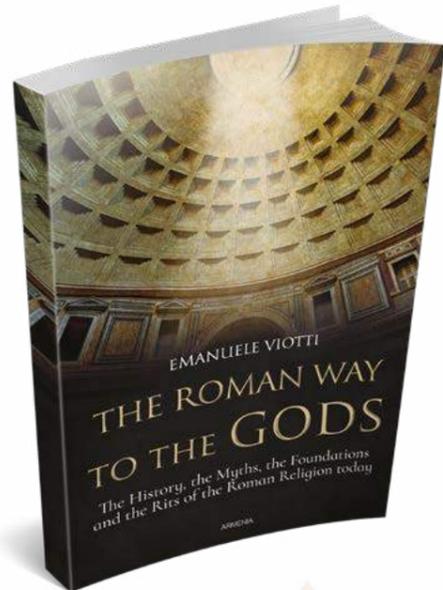
- A real "field guide" to discover the fairy beings
- The description of each of them, accompanied by black and white illustrations
- An interesting gift for adults and little ones

From the depths of the earth and from the deepest recesses humid and hidden secular woods, their favorites homes, Elves, Gnomes, Dwarves, Fairies, Restless Spirits and a whole myriad of creatures, known as Little People, they watch us curiously, peeking out among the ferns of the undergrowth. Scrolling through the pages of this illustrated book, the reader will soon learn a recognize hundreds of bizarre and curious characters, immersed in their natural habitat with their uses, customs and legends.

**The author**

**EMANUELE VIOTTI** is the founder and director of Ad Maiora Vertite (2012), one of the most important associations in the world on the disclosure of the Roman Tradition. In the past years he wrote some issues of the magazine neopagana Templum, and was administrator of the Association of Priests of Avalon, from 2013 until its closure. He is among the founders of the Communitas Populi Romani, in which he has held administrative and priestly positions, a nationally and internationally, until 2015. He is currently a member of the College for the CPR Priestly as a consultant. For over ten years, he carries out a widespread dissemination activity on Roman Tradition, both online and offline, through conferences, events, guided tours, and rites open to the public.

**PAGES:** 362, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 17,00



**NEW TITLE  
 APRIL  
 2022**

The Roman Way to the Gods is an introductory text intended primarily for novices. The reader will follow the development of the thought of Roman Tradition, starting from a traditional path, up to religious practice.

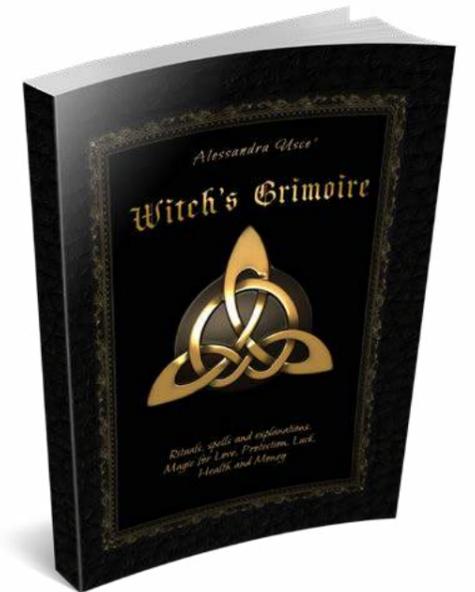
The text contains all the information a novice needs to start: the methodology, the historical notions, the philosophical bases, the mythology, theory, founding concepts such as those of Mos Maiorum and Pax Deorum, and the practice, up to the detailed analysis of the Roman Rite, including energy aspects.

Latin sources are the guideline of this book, this is due to the reconstructionist nature of the Roman tradition, and allow the reader further details. They are added, in appendix, the list of all Roman gods, the calendar, and other material useful to anyone take the Roman Way to the Gods.

**The author**

**ALESSANDRA USCÈ** was born in Palermo on 06/26/1979. She published WITCH'S GRIMPOURE with self-publishing and the book become an Amazon bestseller. Alessandra is an author who ranges in various genres, historical, horror, paranormal and the Fantasy. Married and mother of two beautiful girls, she dedicates to her paintings and books.

**PAGES:** 272, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 15,50



**NEW TITLE  
 MAY  
 2022**

- A diary to keep with you, always and everywhere
- Rituals and spells of an Italian witch, explained in simple and concise way
- Keywords, candles, essences, moon phases, perfumes and more

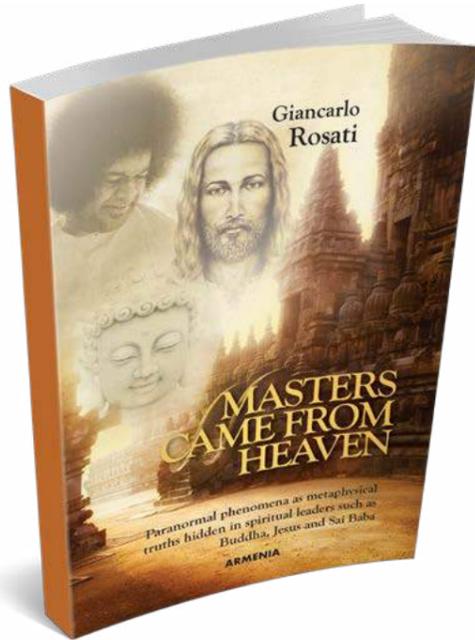
In this book you will find everything you need to know on magic because, for the author: "Being a witch means knowledge, have a marked sensitivity, where the soul precedes the body and does not flank it".

Within the text, you will find precious rituals and spells, very basic, to make the text accessible to all readers.

The author

GIANCARLO ROSATI, (1938 - 2020) was born in Asmara, he graduated from Oxford University, graduated in Medicine and Surgery and specialized in six different medical branches. The meeting with enlightened masters and personal experiments lead him to share with other seekers what he has learned. Some of his fifty sages of him have been translated abroad.

PAGES: 480, b/w  
FORMAT: 140 x 210 mm, paperback with flaps  
PRICE: € 22,00



Rights sold in: Slovenian

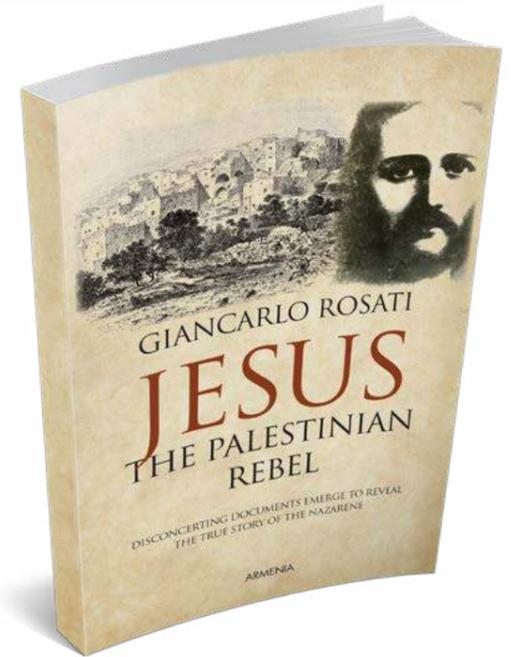
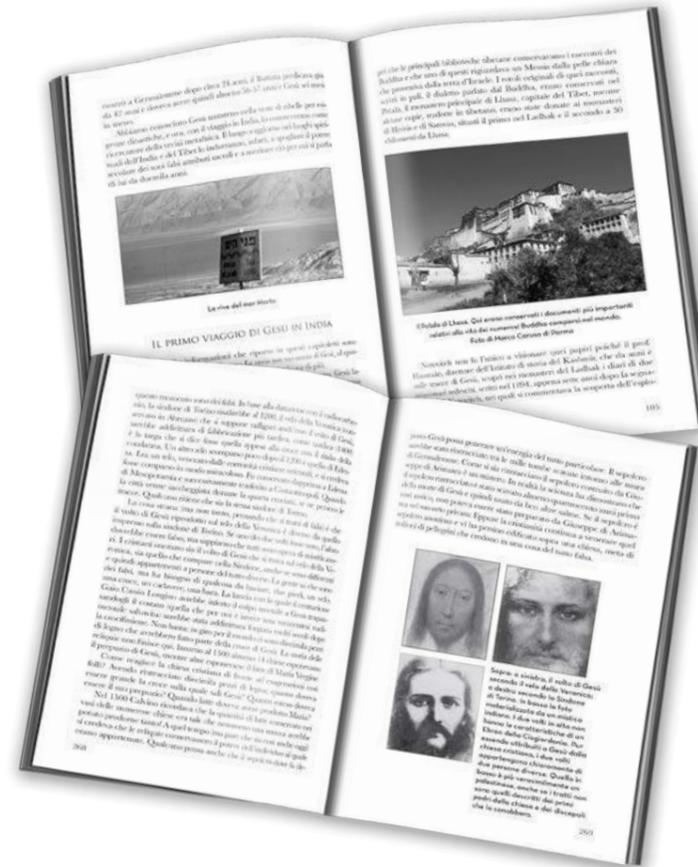


The author, digging, dissecting and mending, has built a building of great importance with a double purpose: to detect that science and metaphysics run on parallel tracks in the search for Cosmic Consciousness and that the master incarnated today in the guise of Sathya Sai Baba is our own inner self that becomes concrete to make us understand that divinity is in us and our true reality, the supreme one, exists beyond the illusory barriers of Maya, that characterize everyday life. The author is not afraid of risky hypotheses and, thanks to this courage, he leads us beyond the boundaries of reality, that is known to us to immerse us in grandiose and gratifying visions. The work, conceived on pillars of vast culture, embodies a very high value that manages to drag us onto the fundamental concepts of the whole work. Sai Baba represents the point of departure and arrival not only for the spiritual seeker, but also for all the righteous who suffer and the unjust who seek redemption.

The author

GIANCARLO ROSATI, (1938 - 2020) was born in Asmara, he graduated from Oxford University, graduated in Medicine and Surgery and specialized in six different medical branches. The meeting with enlightened masters and personal experiments lead him to share with other seekers what he has learned. Some of his fifty sages of him have been translated abroad.

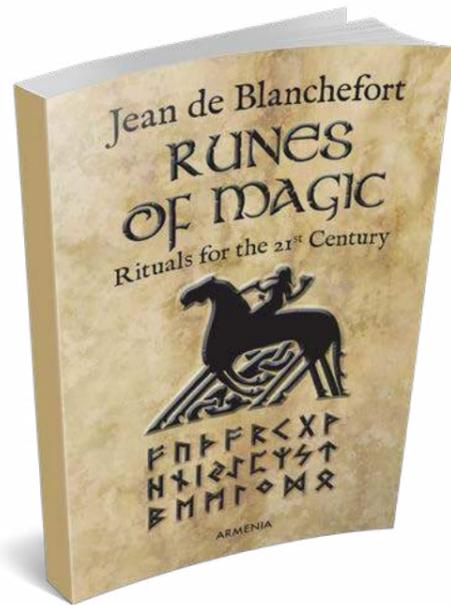
PAGES: 288, colour illustrated  
FORMAT: 140 x 210 mm, paperback with flaps  
PRICE: € 18,50



Jesus did not preach, as it is stated, an anti-worldly doctrine but is instead a Master, an enlightened one who sees God everywhere, around us, inside us, below us and above us, in the visible and in the invisible. To know the historical reality of Jesus, we must have the courage to collect even the smallest information from the ashes of history. In this work, the most exciting element is the rediscovery of the true message of Christ, which should lead us to accept the idea that his teachings, come from more ancient doctrines. Jesus taught, in fact, a doctrine, well documented by the Gnostic Gospels, which is no different from that of the pagan, Buddhist, Hindu or Muslim mystics who appeared on the face of the earth.

**The author**

**JEAN DE BLANCHEFORT** (pseudonym of Dario Spada) writer and expert in the field for more than 30 years, is the owner of an esoteric bookshop in Milano since 1999.



**PAGES:** 190, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 15,00

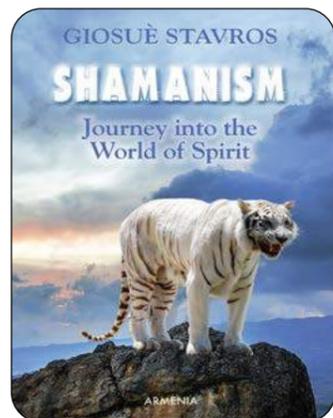


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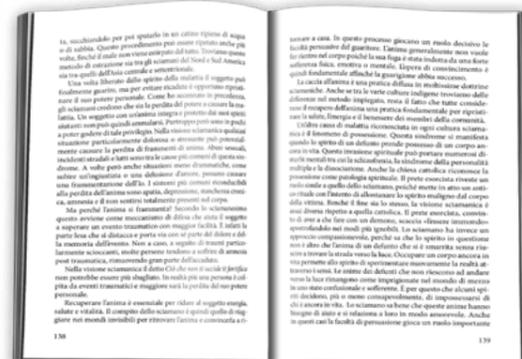
Runes, ancient alphabetical symbols of a Germanic-Scandinavian ancestral lore used for magical purposes, express the meaning of our human experience, channeling energy potential which, if programmed for a specific purpose, are able to change the everyday world. In this way, these symbols become a formidable form of practical magic aimed at modifying reality at our will and, not least, become a means, or one of the ways to find the Inner Light which each of us can use to "create" their own future.

The book explains the different ways to use the Sacred Runes in practical magic.

**OF RELATED INTERESTED**



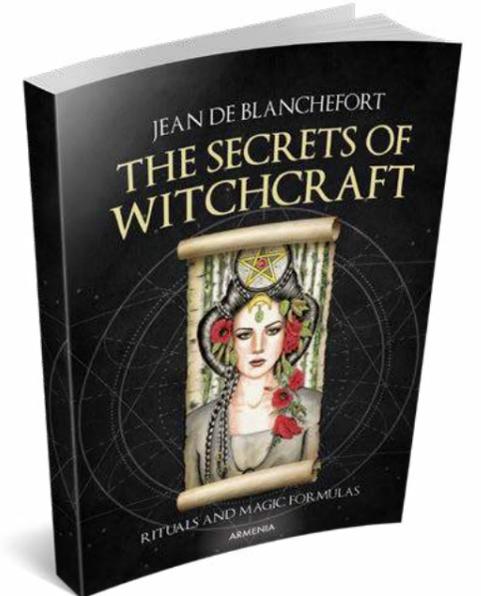
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**The author**

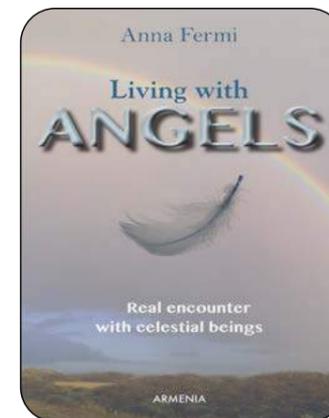
**JEAN DE BLANCHEFORT** (pseudonym of Dario Spada) writer and expert of the field for more than 30 years, is the owner of an esoteric bookshop in Milan since 1999. He wrote several best-seller for Armenia.

**PAGES:** 352, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
**PRICE:** € 16,50



Witchcraft differs from magic in that it is not aimed at the knowledge of the mysteries, but aimed at the advantage or individual well-being. The tools, formulas, techniques and rituals described in this guide, if wisely used, will allow the reader to rise above the common man and to use the occult forces. A manual for novices that also offers an overview of the history and ancient traditions of witchcraft.

**OF RELATED INTERESTED BY ANNA FERMI**



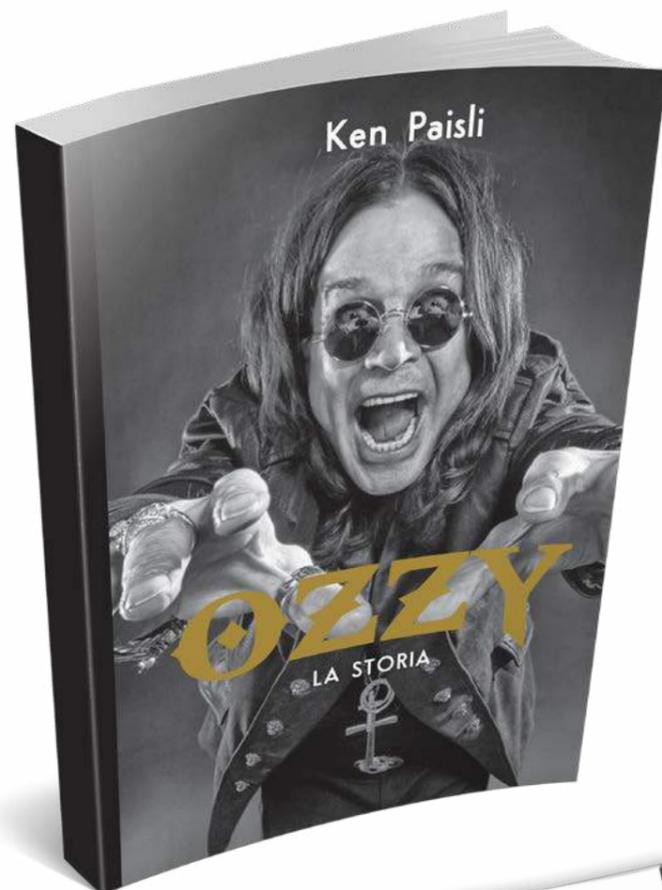
**PAGES:** 186, b/w  
**FORMAT:** 140 x 210 mm, paperback  
**PRICE:** € 14,00

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**PAGES:** 220, b/w  
**FORMAT:** 140 x 210 mm, paperback with flaps  
 + CD with meditations  
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## OZZY THE STORY



**PAGES:** 336, b/w, 16 pages photo section is also included

**FORMAT:** 150 x 210 mm, paperback with flaps

**PRICE:** € 22,00



## The author

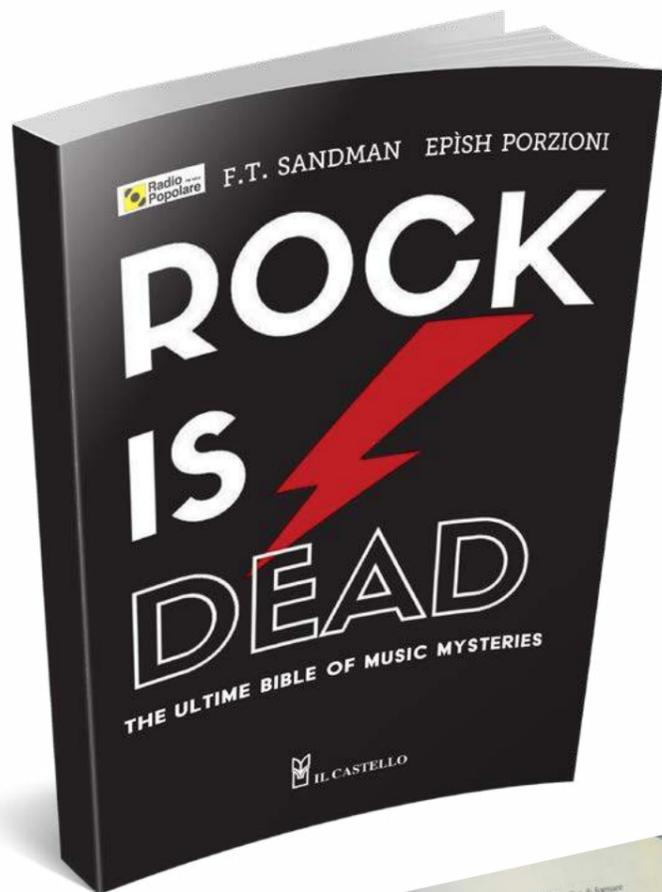
**Ken Paisli** is Italian rockers' most loved writer. He wrote Guns N'Roses-The Truth, which has seen five editions printed, AXL, Bad Obsession and the best seller Michael Jackson Dossier, which remained in the top ten best-selling books in Italy for over two months.

He is never seen in public, rarely gives interviews, doesn't go to the presentations of his books, and is against any form of classism and abuse of freedom.

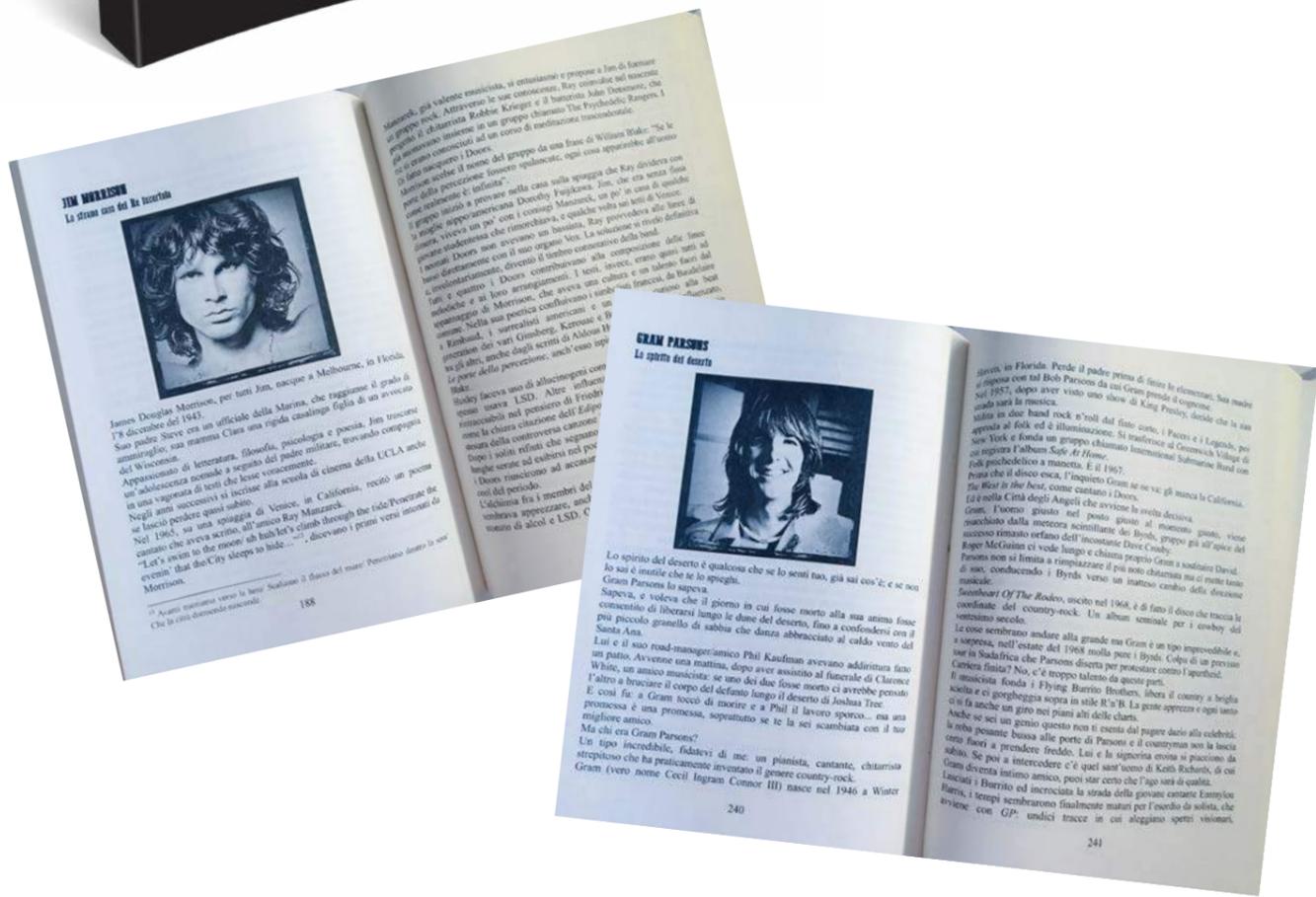
He deeply loves his readers.

In this brilliant biography, the famous rock writer Ken Paisli analyses in detail the history of the legendary rocker who bit a bat's head off. The author shines some light on the personality of this crazy guy from the suburbs of Birmingham who came to worldwide fame first with the Black Sabbath and then with a successful solo career. We find out about the violence and abuse he suffered as a young boy, the juvenile arrests, the birth of Black Sabbath, the pressure of an unexpected success, the alcohol and drug abuse that drown the band and lead Ozzy to abandon the group and consider ending it all. But destiny has other plans for him. Accompanied by his omnipresent manager and later wife Sharon, and by an extraordinary guitarist with whom he writes legendary hard rock tunes, the Madman finds success in his solo career. But nothing lasts forever in this crazy race: a terrible plane crash shuffles destiny's cards with Ozzy, plunging deeper and deeper into an endless destructive spiral. Between failed detoxes, new arrests, near fatal accidents, mysterious illnesses, unexpected TV success and unpredictable reunions with Black Sabbath, the human and artistic rise and fall of Mr Osbourne is an essential case study for anyone who loves the legendary stories that feed the world of rock. In this book - thanks to numerous interviews with the singer and the people closest to him - the author manages to paint a true and powerful portrait of that strange boy from Birmingham who, among other things, probably invented heavy metal.

# ROCK IS DEAD



**PAGES:** 448, b/w illustrated  
**FORMAT:** 150 x 210 mm, paperback with flaps  
**PRICE:** € 19,00



### The authors

**Federico Traversa** aka F. T. SANDMAN has been active in the field of music as well as social issues for years. As a writer he has managed in few years to collaborate and write successful books with many well-known counterculture representatives (Tonino Carotone, Africa Unite, Manu Chao, Don Andrea Gallo, Ky-Mani Marley), without ever neglecting the issues of those left at the bottom of society.

**Episch Porzioni** feeds on bread and music. He has published, among his many books: *Lo Spettro*, the first authorized biography of rapper Fabri Fibra, *Trent'Anni in Levare* (together with Bunna and Madaski from Africa Unite) and *Il Caso Cobain*. He asks the world to love him but from a distance.

Is rock dead? Here is the autopsy report in a monumental book that tells in detail the life and mysterious death of some of the most talented and transgressive characters in the music business. Unexplainable, violent, bizarre and random deaths. Why are there so many mysteries revolving around the world of music? What really happened that night with Sid Vicious? Why was Jaco Pastorius beaten to death? Who knows where Mozart is buried? Did Robert Johnson really sell his soul to the devil?

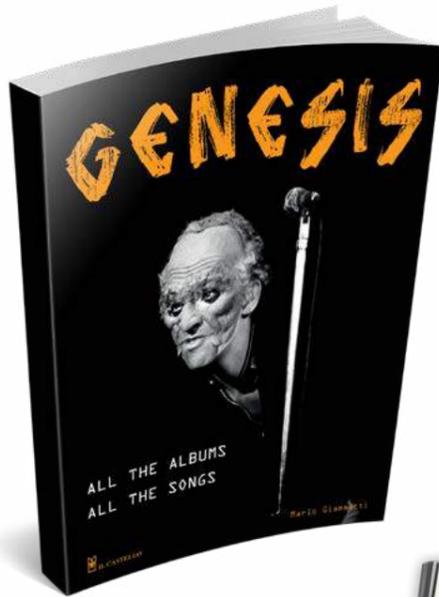
And Nicolò Paganini?

Did Jim Morrison really die in that bathtub in Paris? And did Kurt Cobain really shoot himself? Who hated Dimebag Darrell enough to take him out on stage? How did Elliott Smith commit suicide the way he did? Who shot Tupac and Notorious B.I.G.? Did Michael Hutchence really kill himself accidentally in an autoerotic game?

What's different about *Rock Is Dead* is that the usual well-known and super well-known names alternate with less known ones but whose fates could inspire gloomy movies. How can we forget, for example, the great Chilean storyteller Victor Jara, barbarously murdered by Pinochet's militias? Not to mention Dean Reed, a sort of communist Elvis, who was boycotted in the United States but made a name for himself in the Soviet bloc before being assassinated. The famous Pakistani musician Amjad Sabri, king of the qawwal, barbarously killed by a Taliban commando while Lucky Dube, spokesman for South African blacks and reggae stars, was killed in a parking lot. And many more...

The author

**MARIO GIAMMETTI** has been collaborating for over thirty years with the main Italian music magazines ("Ciao 2001", "Rockstar", "Jam", "Classic Rock"). He has written 15 books on the world of Genesis, one of which has been translated into English (Genesis 1967-75 - The Peter Gabriel Years, published by Kingmaker in 2020). Among them, also the seven volumes (one for each of the band members) of the Genesis Files series, published by Edizioni Segno between 2005 and 2016. He is the editor of the only Genesis magazine in the world, founded in 1991 (www.dusk.it).



**PAGES:** 240, colour illustrated  
**FORMAT:** 220 x 285 mm, paperback with flaps  
**PRICE:** € 24,00

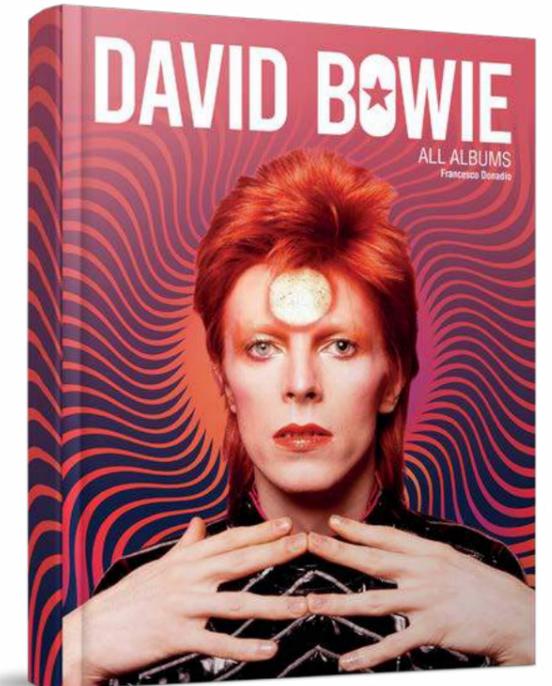


- The author, Mario Giammetti, one of the main experts of Genesis in Italy, analyzes all 15 albums recorded in studio by the band, examining the historical context and circumstances that led to their creation, together with the recording processes.
- There are also synthetic information for outtakes and live albums, as well as a complete final discography.
  - Beautifully illustrated with rare performance photographs and collectible material, it is a must-have book for collectors and enthusiasts or for young people who want to rediscover the music of this extraordinary band in all its evolution.

The author

**FRANCESCO DONADIO** (Rome, 1963), researcher and writer, collaborates with "Classic Rock" and is editor-in-chief of the newspaper «Extra! Music Magazine». He has published several books on musical themes and is one of the most accredited David Bowie's Italian experts to whom he dedicated other three books.

**PAGES:** 208, colour illustrated  
**FORMAT:** 220 x 285 mm, hardback  
**PRICE:** € 24,00

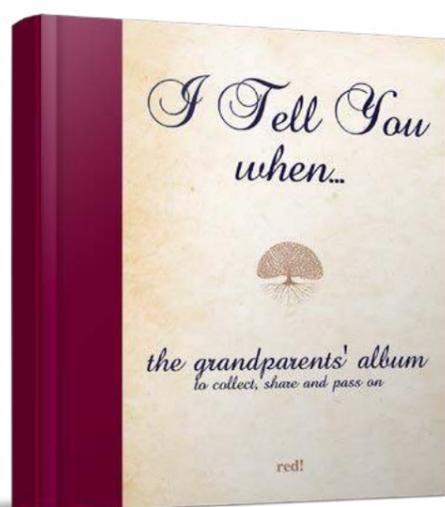


A 360-degree portrait of one of the most unpredictable figures in the history of rock  
 Describing Bowie as musician, with insights dedicated to its parallel movie activity and its video clips.  
 A recording analysis album by album, including his fantastic live concerts, anthologies, retrospective box sets and special issues.

**The author**

**EMMA DE LUCA**, is a grandmother, who, at a certain point of her life, felt the great need to tell her grandchildren about some events of her life, of her past. She put this diary together which poses some questions that will help people to remember facts and stories.

For example: Granddad: how many people were there in your family? What job did you do? Where did you meet grandma? Where did you get married? Do you remember a beautiful event of your life?



**PAGES:** 96, colour illustrated  
**FORMAT:** 190 x 235 mm, hardback  
**PRICE:** € 14,00



All these questions invite grandparents to rethink about their past and to express their emotions and feelings.

For children this album represents a good way of understanding their grandparents better and also understanding an historical period which they don't know.

An ideal gift!

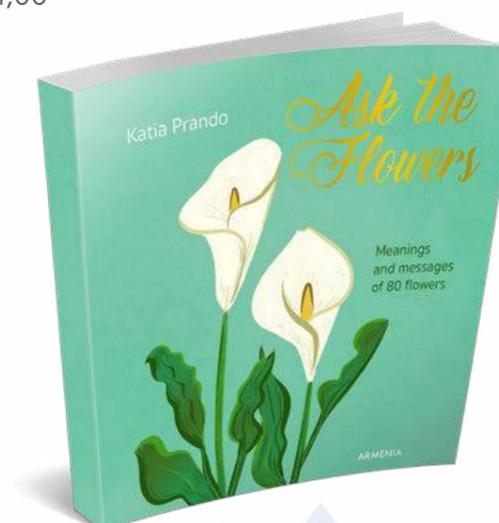
**The author**

**KATIA PRANDO**, translator, author, freelance editor for various Italian publishers and book bloggers, has been working for over a decade as a translator and editor. She recently started one praiseworthy initiative: "The Bookshelf", a series of live Facebook meetings from the Rica Hub platform, where she gives space for authors, of the most diverse literary genres, helping them with the presentation of their works.

**The illustrator**

**CATERINA BALDI** is an illustrator and author of children's books, translator and English teacher for children. She collected degrees and certificates of all kinds, but above all adventures around the world. She has been working for almost twenty years with national and international publishing houses.

**PAGES:** 160, colour illustrated  
**FORMAT:** 160 x 160 mm, HB with foil  
**PRICE:** € 14,00



**NEW TITLE  
 JUNE  
 2022**

To harness the power of flowers, you don't need fresh flowers, you can also use the illustrations that accompany this book or images of flowers you like. You may decide to tattoo one of these flowers, or draw one of them and bring it with you as an evocative symbol of spiritual and mental energy.

Flowers reflect the cyclical nature of human life: they sprout, grow, bloom and when they are at the height, they die and reborn. The attribution of a meaning to each flower dates back to the Middle Ages and during the years, florigraphy, the language of the flowers, changed along with changes occurred in people and in the world in general.

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