

The background of the image is a photograph of an open book, showing its pages and spine. The entire image is covered with a semi-transparent teal overlay. Centered on the page is the text "DeAgostini" in a large, white, bold, sans-serif font.

# DeAgostini

**NONFICTION - FALL 2025/26**

## AURELIANO STINGI MANUALE PRATICO DI LONGEVITA'



Publication: May 2026, 192 pages, softback

### **Practical Manual of Longevity. Daily Strategies for a Long Youth. Choose Health Without Age Every Day.**

Discover how to turn each day into an opportunity to build lasting health and genuine well-being.

**A practical guide based on solid scientific evidence for those who want to take control of their health and longevity.** Aureliano Stingi, a biologist and science communicator, leads us through the fundamental principles to not only live longer but also live better, with a pragmatic and clear approach. This book stands out for its direct and accessible language, making the strategies immediately applicable. From balanced nutrition to stress management, each topic is explored with practical examples supported by the latest scientific evidence. The author presents a model of longevity that combines scientific rigor with a human and sustainable view of health: it's not about changing your "lifestyle," but rather integrating simple habits into your daily life to achieve significant benefits.

It's not just a book for those wanting to slow down aging; it's an ally for those seeking a more mindful and rewarding lifestyle, regardless of age or starting condition.

**Aureliano Stingi** graduated in Molecular Biotechnology in 2016 from the University of Turin. Driven by a passion for cancer research, he moved to Geneva, Switzerland, where he completed a PhD in Cancer Biology and Metabolism at the University of Geneva. In 2018, he obtained certification as a biologist, and in 2020, he returned to Italy with the goal of applying his expertise to help patients. Since 2021, he has been working in precision oncology. In 2024, he earned a specialization in Oncological Nutrition, integrating expertise in molecular biology, oncology, and nutritional science.

## THE 10 COMMANDMENTS HOW TO PREVENT CANCER BY FIGHTING OUR WORST HABITS 10 Golden Rules for Prevention without Lectures and with Information Everyone Can Understand



SEPTEMBER 2025, 192 pages, NONFICTION

***Clear, science-based, and refreshingly free of lectures—this book is your no-nonsense guide to cancer prevention. A unique blend of expert insight, personal stories, and practical tips, The 10 Commandments empowers readers to make smarter choices for a healthier, longer life—without guilt, jargon, or preaching.***

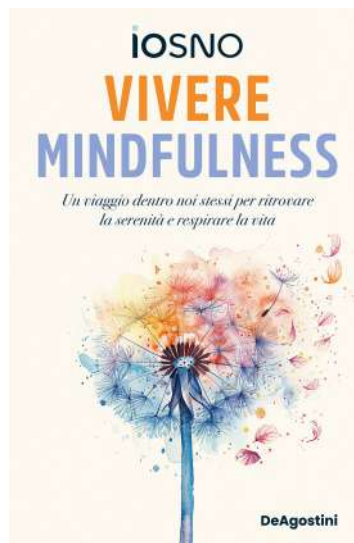
When it comes to prevention, you can never have too many recommendations. We know (almost) all the risk factors well, and yet many of us still ignore them. This book is designed to uncover the deeper and often underestimated reasons why we tend to overlook the choices that could shield us from cancer—helping us live longer and better. The book is inspired by the podcast "*The 10 Commandments*", a 10-episode series hosted by biologist and science communicator Aureliano Stingi and oncologist Fotios Loupakis. In each podcast episode, a different oncologist is interviewed—one for each "anti-cancer commandment"—with the goal of explaining, in a self-ironic, direct, and informal tone, why it's so difficult to follow the well-known recommendations that protect us from disease.

This is where the idea of turning it into a book came from—a space where the authors delve into the familiar risk factors, such as obesity, physical inactivity, low fruit and vegetable intake, as well as environmental pollution, sun exposure, alcohol consumption, and lack of screenings, check-ups, and vaccinations.

*The 10 Commandments* is aimed at a broad audience and seeks to raise awareness, inform, and motivate people to adopt healthier behaviors. A mix of scientific facts, personal stories, and practical advice—shared in a clear and engaging style.

**Aureliano Stingi**, born in 1991, holds a degree in Molecular Biotechnology and earned a PhD in Molecular Oncology from the University of Geneva. Passionate about startups and entrepreneurship, he completed an MBA in 2022. He currently works at a biomedical startup focused on precision oncology.

**Fotios Loupakis** has worked as an oncologist at the University Hospital of Pisa and, in 2016, coordinated the translational research program for gastrointestinal cancers at the Veneto Institute of Oncology. Since 2021, he has been with AstraZeneca, serving as the Italian lead for patients with gastrointestinal and genitourinary cancers.



Non fiction, 304 pages, June 2025

Sometimes, in order to find ourselves, we need to pause the doing, the searching, the telling of stories. And we need to remember to breathe—not just to survive, but to truly live. From this inner “truce” was born the path of IOSNO, both a public persona and the expressive identity of a deeply personal and authentic journey.

A transformation that began without teachers, without techniques, without expectations, from what seemed like an act of surrender. In this book, IOSNO takes us into the heart of that journey—through doubts and fears, but also realizations and profound discoveries.

Living mindfulness becomes an opportunity to stop and observe our thoughts without judgment, to practice conscious breathing, and to recognize the distance between ourselves and our inner dialogue. It is an intimate space where we can rediscover calm and clarity even in the most chaotic moments, through simple yet essential practices such as walking meditation, direct observation, and deep listening.

It is a chance to move beyond the illusion of knowing, and instead fully embrace the experience of awareness. Above all, it is an invitation to go beneath the surface of things, to stop identifying with our thoughts, and to finally access the most authentic part of ourselves: a space where the noise of the world fades, revealing a place—between one breath and the next—where we are already whole.

For those moments when we feel trapped in the whirlwind of daily life, or hear that quiet voice urging us to pause, to listen, to simply be present. Not to change ourselves, but to remember that, here and now, we are already perfect. And that the breath always brings us home.

**IOSNO** is the pen name of Alessio Andrea Balza. Born in Genoa in 1979, he spent over two decades as a director of photography in the advertising industry, driven by creativity and results while quietly searching for himself. Married and father of three, he sold his company and entered a period of silence and inner questioning.

From that turning point, *iosno* (“I Am”) emerged—not a brand, but a return. A call to rediscover awareness, move beyond the limits of the mind, and reconnect with one’s true essence.



## A Year of Slow Living: A Guide to Reconnecting with Yourself

400 pages b/w, publication October 2025

*Slowness is not disinterest, but presence. It is not passivity, but listening. There is slowness, and then there is slowness. The best kind is a life choice for well-being. This book doesn't tell you what to do. It suggests what you might choose. Each page is a small seed that allows your life to bloom slowly once again.*

Enjoy the gentle warmth of the morning sun. Listen to the rain tapping against the windows. Open the windows and breathe deeply while the city is still asleep... In a world that rushes, this book is an invitation to slow down. No revolutions are needed, only small daily gestures that bring us back to the essentials: a coffee savored at a café, a walk without destination, a glance at the pink sky at sunset.

Drawn from the success of the Instagram page @vita\_\_\_\_\_lenta, this book is a compass to help you find your center, make peace with time, and choose slowness as a form of care. It isn't a manual, and there is no single way to use it: you can leaf through it at random, consult it daily, or read it all at once and then leave it by your bedside, to draw inspiration for a slower life whenever you wish.

Because living slowly does not mean wasting time; it means learning to use it as a caress for yourself and for the people you love.

**@vita\_\_\_\_\_lenta** is an Instagram project created by designer Gianvito Fanelli in 2020, during the lockdown. It shares glimpses of ordinary slowness, collected from around the world thanks to contributions from a community of more than 800,000 people.

**DARIA CALANDRELLI**  
**IO TI ASCOLTO, TU MI ASCOLTI**  
GUIDE TO GENTLE EDUCATION  
TO GROW TOGETHER, BY COMMUNICATING WITH LOVE



**Publication: March 2025, 224 pages, softback**

***A book to change the relationship for the better with children, thanks to the innovative method of gentle education***

Raising children is not easy at all, and sometimes losing patience seems inevitable. But when the situation demands it, how to impose prohibitions and limitations, and to appease epic whims, without shouting and threaten punishment or without becoming too permissive? The author has found the answer in the method of gentle education, which teaches parents to raise their children with the love and serenity that serves both. Passionate about the world of pedagogy, Daria Calandrelli has chosen to enroll at the university and simultaneously follow a course to become a certified respectful educator. Meanwhile, she started to implement this method with her two children and, almost by chance, to publish demonstration videos. The success was immediate, and in a short time reached many parents by creating a fond community and with a great desire to improve the relationship with their children. She is now ready to tell her mother's story and what she has learned from studying books, in a practical and simple guide that will please both parents and industry experts. The result is a practical book, which offers tools to manage daily challenges, strengthen family links, promote autonomy and prepare young people to interact with the world in a in a constructive and respectful way.

**Daria Calandrelli** is a mother of two and she is studying Education Sciences at university, but her passion for pedagogy began by following a course dedicated to the method of respectful education.



# VALENTINA MASTROIANNI

## È STATA TUTTA VITA

With over 100,000 devoted readers, the author returns with a powerful story of strength, resilience, and unwavering courage—a testament to love, hope, and the human spirit



A story that moves, inspires, and leaves a mark—reminding us that pain can break us, but it can never erase love.

In her previous books, Valentina told the story of Cesare, his tough battle against neurofibromatosis, and the unconditional love that bound their family together.

Cesare is no longer here, but his courage continues to live on in Valentina's words, in the hearts of those who knew him, and of those who, even without meeting him personally, followed his story from afar.

Now, in *It Was a Whole Life*, Valentina returns to writing—not only to face the pain of loss, but to give voice to what remains beyond pain: strength, and above all, love.

This book is the testimony of a mother who never gave up, but also a message of hope, an anthem to never lose heart, to be brave, and to always believe in life—fighting, as Cece did, until the very end.

Because even in the darkest moments, when life seems to move in the opposite direction of our wishes, love does not fade: it remains, it transforms, and it becomes the only light capable of guiding us.

SEPTEMBER 2025

pp. 208 • retail price 17,90 euro

**ANDREA MANCINO**

## **COME I GATTI CI INSEGNANO A VIVERE**

How Cats Teach Us to Live: 10 Lessons in Feline Intelligence



**208 pages, nonfiction, publication: October 2025**

### **A unique guide to improving our daily lives by learning from the true masters of mindfulness and well-being: cats.**

After the success of *How to Be tamed by Your Cat*, Andrea Mancino returns to bookstores with a one-of-a-kind book that goes beyond observing and interpreting feline behavior, turning it into a light-hearted and original guide to inner well-being and personal growth. The book offers readers a reflection on all the "life lessons" we can learn every day from our feline companions: from the ability to set healthy boundaries to the beauty of living in the present, from the importance of following instincts to the value of solitude, cats show us every day that they are true masters of mindfulness and well-being.

Through practical examples and reflections, always with the lightness that distinguishes the author, the book weaves together insights from psychology and daily life to show readers how cat behaviors inspire us to improve our lives, say no without guilt, find joy in the small things, balance routine with exploration, and much more.

Thus this becomes much more than just a book about cats; it is a text capable of awakening the feline within us and guiding us toward a more authentic, serene, and meaningful daily life.

1. The original perspective that combines philosophy and well-being, along with the author's light and engaging style, makes the reading enjoyable and thought-provoking.
2. Perfect for animal lovers, but also for anyone seeking inspiration to live better, with more ease and mindfulness.

**Andrea Mancino** studied Biomedical Engineering in Rome and Barcelona. After traveling the world searching for himself and what truly made him happy, he ended up finding it right at home: four paws, two deep eyes, a rough little tongue, and a multitude of fur... all multiplied by two. His meeting with Mimas and Rea led him to take courses in feline behavior and to open a highly followed Instagram channel, where he shares the daily, yet indispensable, coexistence between humans and cats. He has published *Come farsi addomesticare dal proprio gatto* for De Agostini.



**ALICE CHIERICHETTI**  
**QUATTRO ZAMPE A TAVOLA**

FOUR PAWS AT THE TABLE. The manual for managing your dog's nutrition in a conscious way with recipes, tips, and fun facts



May 2025, 208 pages, softback

**There's no better way to pamper and take care of our dog than through food.**

Thanks to the veterinarian nutritionist Alice Chierichetti, we will learn to do this in a conscious, healthy, and fun way.

Alice has dedicated her life to her two greatest loves: food and animals. She firmly believes that nutrition is one of the cornerstones of our pets' health. After all, anyone who has a dog knows the anxiety of seeing them gulp down food that fell from the table and not knowing whether it will harm them, or the joy of discovering they can share their favorite snack with their pet. Food is one of the ways owners love to pamper their four-legged friends, but it's also one of the ways they risk causing them harm. However, with this book, there's no need to worry anymore.

Through the first theoretical part, dedicated to understanding the mechanisms behind proper canine nutrition, there will be no more doubts about what can harm or benefit your dog, and why. Then, the reader can unleash their creativity in the second, practical, and fun part of the book, where they will find recipes to pamper their four-legged friend in a healthy way—simple and quick homemade meals, treats for special occasions, and tricks for making the best use of lick mats and other fun interactive toys.

**Alice Chierichetti** is a veterinary nutritionist. She holds a Master's degree in Canine and Feline Nutrition and has studied in Ghent, in Paris, and in London, where she specialized in gastrointestinal diseases of our four-legged friends, working with top professionals in the field. She graduated in Veterinary Medicine from the University of Padua and also attended the Phytotherapy course at the Italian Academy of Veterinary Holistic Medicine.



Narrative Nonfiction, 160 pages, October 2025

## **Words Hurt More Than Blows – Carolina’s Message on Cyberbullying**

A defamatory video posted online.

A letter that became a testament.

The true story of a pain that opens toward the future.

Carolina – Caro, as everyone called her – was fourteen years old. She was a girl like many others, with dreams, friends, cheerful and full of life. Carolina was also a successful girl: a champion on the ski slopes, generous with her classmates, sought after, perhaps even envied.

Then, a party that ended badly, the deafening silence all around, the public humiliation, and finally, the extreme gesture. But before leaving, Carolina left words that demanded justice, understanding, and listening. Words that still speak loudly today.

For the first time, Paolo Picchio tells the story of his daughter Carolina in a book. Through an authentic, painful, and necessary narrative, he retraces not only the tragic events—well known in the news and recognized as the first case of cyberbullying in Italy—but also what followed: the investigations, the birth of the law in Caro’s name, and the discovery that, despite everything, there is still room for hope. Because there are always girls and boys who can be saved, on both sides of the screen.

With a simple yet powerful style, this testimony exposes the most dangerous side of bullying and cyberbullying: the side that goes unnoticed. The side that can hurt anyone, not just the most fragile. But it is also a story of awareness, listening, and change. A story that does not accuse, but invites reflection.

A book to read so as not to feel alone anymore.

A book to share in order to know, understand, and help.

**Paolo Picchio** fought for the approval of the first law protecting minors on the Web, dedicated to his daughter Carolina. In 2018, he entrusted his daughter’s message to *Fondazione Carolina*, where he serves as Honorary President. Together with the foundation’s educators and trainers, he has been sharing his testimony with younger generations for years—generations that today simply know him as “Papà Picchio.”

## VITTORINO ANDREOLI IL FOLLE DI DIO

**1226-2026 Eighth Centenary of the Death of St. Francis of Assisi**



**SEPTEMBER 2025, NONFICTION CROSSOVER, 160 PAGES**

**The life of Saint Francis told through the unprecedented and insightful gaze of a great master, celebrating the 800th anniversary of Saint Francis' death, which will be commemorated in 2026.**

A non-believer, distinctly curious, and rigorous in his scientific training, Vittorino Andreoli tells us the story of Francis—one of the most revered saints in the world and the patron saint of Italy—through a highly engaging narrative that blends historical reconstruction, psychological analysis, and a captivating storytelling style.

Born to a fabric merchant and a wealthy French lady, Francis renounced all material possessions beyond any human reason (thus becoming "God's fool"). For over eight centuries, he has remained a passionate, vivid, and modern saint. From his remarkable sensitivity as a child to his sincere love for animals, his rejection of the reckless actions of his youth, and his profound conversion—culminating in an almost romantic bond with Clare (as beautiful as Francis was not)—Andreoli paints a portrait of the young saint within the cultural and societal framework of his time.

By alternating between official historical sources and broader, sometimes ironic, always relevant storytelling, Andreoli reinterprets Francis' message and example, offering a powerful lesson that still speaks to us today.

**Vittorino Andreoli** (1940), a world-renowned psychiatrist, has served as the director of the Department of Psychiatry in Verona - Soave and is a member of the New York Academy of Sciences. He is the author of numerous successful books, also translated abroad. Among his most recent works are *L'ira funesta*, *La società dei pressappoco*, and *Lettera sull'amore (a tutte le età)*, published by Solferino. For young readers, he has authored retellings of classic children's stories such as *Pinocchio* and *Peter Pan* (Bur).

**MARTINA PADULA**  
**TRA LE MIE BRACCIA**  
**Postpartum and Breastfeeding. The Essential Guide.**



Publication September 2025, Non-Fiction, 208 pages

**The Clear and Reassuring Answers of Midwife Marti to Help You Navigate the First Steps of Motherhood with Confidence**

Breastfeeding is instinctive, but it is also a form of knowledge—much more than just nourishment. It is a profound experience of mutual connection between mother and newborn. But how does it actually work? What are the different stages of breastfeeding, and what aspects should be considered?

In direct dialogue with her previous book, *Aspettando te*, which focused on pregnancy and childbirth, Martina now continues her mission to support and guide new mothers (and new fathers!) through the delicate postpartum journey. With scientific insights and practical advice, she helps parents navigate every stage of the postnatal period with awareness and peace of mind—from the baby's first moments of life to proper latch techniques, from managing milk production to addressing crucial and sensitive topics like baby blues, bringing a newborn home to an older sibling or pet, and adapting to a new family dynamic.

The author clearly explains all the key aspects and "critical" topics with a simple and reassuring tone, helping parents recognize hunger and satiety cues, understand the importance of non-nutritive sucking, and much more. Her guidance aims to help mothers overcome potential challenges and embrace this phase with greater confidence and serenity.

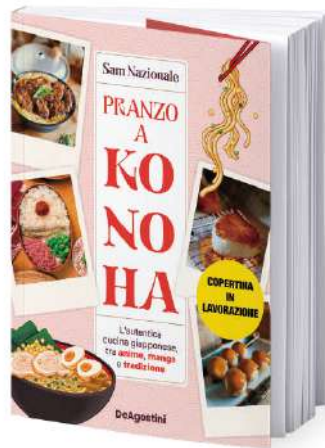
The author offers a practical and reassuring approach, essential for supporting the entire family. The book is filled with valuable advice not only for mothers but also for fathers and caregivers, ensuring comprehensive and shared support.

A book that dispels myths and misconceptions, addressing common maternal concerns and empowering mothers to trust their bodies and instincts.

**Martina Padula** graduated in Midwifery from Sapienza - University of Rome and works as a freelance professional, supporting new parents through the delicate phases of pregnancy, postpartum, and breastfeeding with dedicated consultations and courses. On her social media channels, she shares daily insights and advice to help families navigate the arrival of a new life with confidence and peace of mind. For De Agostini, she has published *Aspettando te*.

## Lunch in Konoha: Authentic Japanese Cuisine Through Anime, Manga, and Tradition

80 Recipes to Bring the Food of Konoha and Other Fantastical Worlds into Your Kitchen



**NOVEMBER 2025, 240 pages, NONFICTION**

**Step into the worlds of your favorite anime and manga—one bite at a time.**

*Lunch in Konoha* is a culinary journey that blends the flavors and aesthetics of some of the most beloved anime and manga. With 80 recipes divided into 8 themed chapters, Sam Nazionale—chef, passionate fan of Japanese cuisine, star of the docuseries *La via dei ciliegi* on Amazon Prime—guides readers through the most iconic dishes from these fantastical worlds, the ones we've all dreamed of tasting and recreating.

Each chapter explores a different side of Japanese pop culture and is dedicated to a specific theme: from samurai fare to the demon-slaying meals of *Demon Slayer*, from “comfort food” inspired by romantic anime to the divine feasts of the kami—the spirits in Miyazaki’s *Spirited Away*—where food becomes both beauty and magic.

A true culinary tribute, this book breathes new life into traditional Japanese cooking, with never-before-seen recipes, detailed instructions, and special attention to authentic Japanese techniques and preparation methods.

Perfect for fans of anime, manga, and Japanese culture alike, *Lunch in Konoha* is your gateway to tasting the worlds you love.

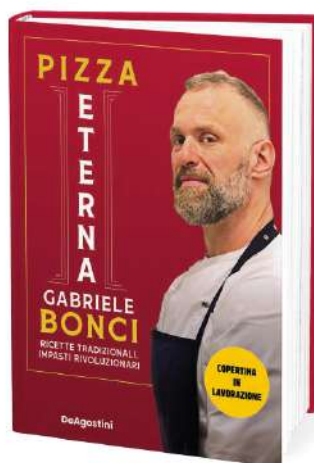
**Samuele (Sam) Nazionale**, 25, from Sanremo, has turned his love for Japan into a career that, over the past two years, has taken him across Italy and onto television. A self-taught Japanese speaker and writer, he began sharing his passion on social media almost as a joke—with a few videos on Instagram. Since then, he has become a chef specializing in recreating iconic dishes from traditional Japanese cuisine and the most beloved anime. Inizio modulo



## ETERNAL PIZZA

### Traditional Recipes, Revolutionary Doughs

A journey through tradition and innovation, with over 50 recipes that turn Roman pizza into a culinary art worth sharing.



**OCTOBER 2025, 224 pages, NONFICTION**

**Discover the soul of Roman pizza in this bold and inspiring cookbook by master pizzaiolo Gabriele Bonci.**

Starting from neighborhood bakeries, Roman pizza has crossed decades of history, innovation, and experimentation—carrying with it the adventures of visionary pizzaioli, closely guarded recipes, and bold new flavors. In this book, **Gabriele Bonci**, the undisputed star of pizza and known affectionately as “*the pizzaiolo of the Romans*,” takes readers on a unique journey that begins in the 1960s—when pan pizza was just beginning to appear in Rome’s small shops—and travels all the way to the cutting edge of the future, with spontaneous fermentations, natural yeasts, and revolutionary doughs.

Through the evolution and revolution of pizza, Bonci shares all the secrets that have made Roman pizza a cornerstone of Italian cuisine. This rich and innovative path is filled with anecdotes, interviews with master bakers, and—most importantly—more than 50 remarkable recipes. These recipes are designed to show readers how the art of pizza-making has transformed over time: from traditional doughs to long fermentation methods, from daring experiments with animal fats to cutting-edge techniques like fermenting fruit peels. An original and in-depth book that redefines the pizza cookbook genre. *Eternal Pizza* is not only a new chapter in the world of pizza recipes, but also a heartfelt tribute to an icon of Italian gastronomy—its history, its evolution, and its future.

**Gabriele Bonci** (born in 1977), the grandson of farmers, dreamed as a child of becoming a farmer like his grandfather. But at the age of nine, he discovered the “magic” of dough fermentation—and was instantly hooked. After attending culinary school and working as a chef in a renowned Roman restaurant, he made a life-changing decision: in 2003, he opened a small pizza-by-the-slice shop, Pizzarium, where he introduced his own unique take on pizza.

Today, Pizzarium is a culinary institution in Rome, and Gabriele Bonci is widely recognized—both in Italy and internationally—as a master of the *arte bianca*, the art of working with dough. Since January 2019, he has also starred in the TV show *Pizza Hero – La sfida dei forni*. He is the author of *Pizza Hero* (2019) and *Madre Pizza* (2022), both published by De Agostini.

MADAME G. ROUGE

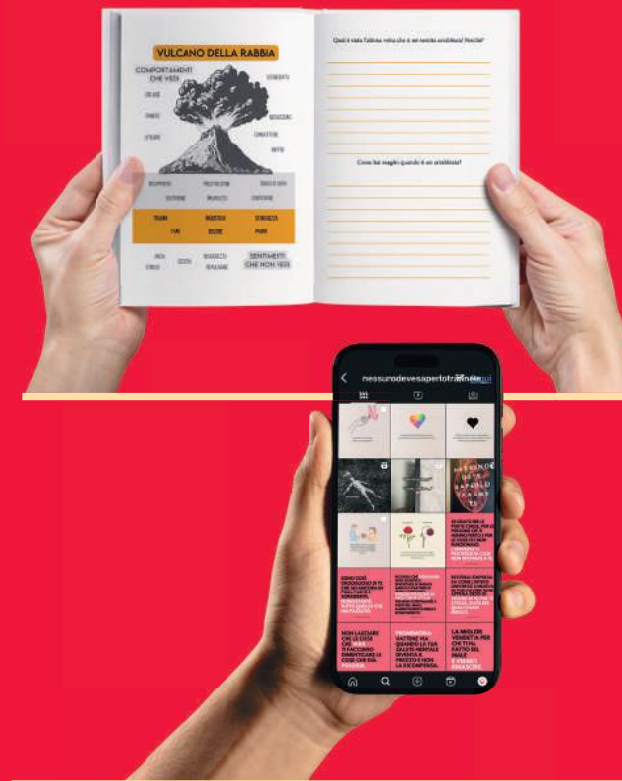
# E se ti lasciassi andare?



EAN: 9791221217513  
Pages: 176  
Retail price: 14,90 euro  
Launch: APRIL 2025

A book-journal that explores anxiety and other emotions such as sadness and anger, showing them as natural and important responses of the body to life's challenges. Instead of fighting them, it invites readers to understand and manage them, in order to maintain control and live fully. With practical advice, techniques, and space for journaling, it offers a personal growth journey, helping to tackle low self-esteem, stress, and emotional difficulties to find serenity even in the most challenging times

Madame G. Rouge guides us on a journey of personal growth through writing and the processing of difficult emotions such as anxiety, stress, and low self-esteem, using the method of journaling.



Known for her books focused on emotional healing, self-acceptance, and personal growth, the author has gained great popularity on social media, especially on TikTok, thanks to the bestseller *Nessuno deve saperlo tranne te* (No One Must Know Except You), which resonated with readers due to its honest approach to healing and introspection.

Her latest work, *Nessuno può salvarti tranne te* (No One Can Save You Except You), continues this journey, inviting readers to confront their emotions, build self-esteem, and find strength in their own resilience.

This book offers reflection exercises, writing activities, and tools for self-discovery, helping readers process past wounds, improve their self-esteem, and create a peaceful relationship with themselves. The author emphasizes that each of us has the power to overcome our emotional challenges and become the hero of our own story.

rights sold: Spanish

Madame G. Rouge, born in Italy, moved to Paris. Life has led her to gain a deep understanding of the human heart, and thus, thanks to the extraordinary success of her previous books, *Nessuno deve saperlo tranne te* (No One Must Know Except You) and *Nessuno può salvarti tranne te* (No One Can Save You Except You), she has been able to help many women overcome heartbreak, find the strength to look ahead, and believe in happiness and love again. But above all, in themselves.



## It's not the mirror's fault if our faces are crooked

180 pages – September 2025

**Paolo Nori** (Parma, 1963), who graduated in Russian literature, has published novels and essays including *Bassotuba non c'è* (1999), *Si chiama Francesca, questo romanzo* (2002), *Noi la farem vendetta* (2006), *I malcontenti* (2010), *I russi sono matti* (2019), *Che dispiacere* (2020), *Sanguina ancora* (2021), and *Vi avverto che vivo per l'ultima volta* (2023). He has translated and edited works by, among others, Pushkin, Gogol, Lermontov, Turgenev, Tolstoy, Chekhov, Dostoevsky, Bulgakov, Khlebnikov, and Kharms. In 2025, with his novel *Chiudo la porta e urlo*, he was shortlisted for the Premio Strega.

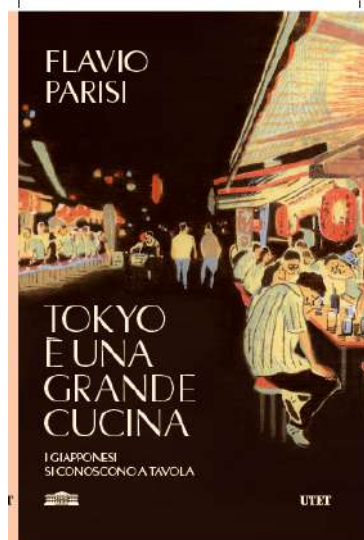
In March 2022, just a few days after the Russian armed forces invaded Ukraine, Paolo Nori saw a series of lectures on Dostoevsky that he was supposed to give at a Milanese university suddenly canceled. The case exploded on an international scale, and Nori found himself at the center of unexpected notoriety, while invitations to speak at conferences multiplied. From Russia, a filmmaker even came forward wanting to shoot a documentary about him. Declining the offer, Nori wrote to him:

*“This ridiculous affair of mine confirms something you Russians know very well: that literature, when it is powerful—as in the case of Dostoevsky—is stronger than any censorship and any dictatorship.”*

The Russian invasion then turned into a war that has dragged on for years, and in the meantime Nori has published other books, not only in Italy but also in Russia, where some of his titles have been translated for the first time—though also censored. The law in fact forbids publishing books in which the war in Ukraine is not referred to as a “special operation,” and consequently the Russian publisher was forced to cut certain passages from the original texts in order to print them. The result—perhaps not without irony—is that Nori is now a censored writer both in Italy and in Russia.

In this new book, the self-proclaimed “pro-Russian” Paolo Nori reflects on the reasons behind an instinct that does not belong only to authoritarian governments or blind bureaucracies: the instinct to indulge in simplifications that place politics and literature on the same plane, war and poetry side by side; the instinct to feel so certain of being in the right that one claims the right to silence and erase dissenting voices; the instinct to stubbornly ignore that, as Gogol once wrote, “it's not the mirror's fault if the faces are crooked.”

And it is precisely the mirror of literature that Nori, through the stories of his beloved Russian authors—but also through his unique and unmistakable writing—holds up before his readers: so that each one may exercise their own capacity to think (and to feel), without being imprisoned by the mental cages that confuse people with their governments, books written in a language with the warlike proclamations spoken in that same language, and the defense of freedom with censorship.



240 pages – nonfiction- September 2025

### **TOKYO IS A VAST KITCHEN. The Japanese reveal who they are at the table**

When Flavio Parisi first arrived in Tokyo twenty years ago, he had two kilos of spaghetti and two cans of peeled tomatoes in his suitcase—he didn't know how long he'd survive without Italian food. As it turned out, he didn't touch them for over a month, and only ended up using them because his new Japanese friends insisted on trying his famous pasta with tomato sauce.

So, while Italy was embracing the trend of all-you-can-eat sushi, Parisi was starting a new life on the other side of the world as an Italian teacher for Tokyo's opera singers. He was learning the basics of the language and, most of all, discovering a new and fiery passion: Japanese cuisine—the real reason, in a way, he managed to put down roots there.

In Tokyo, it's virtually impossible to eat badly. Whether you step into a casual izakaya or an upscale sushi restaurant, whether you grab grilled yakitori from a street stall or sit down in a soba tavern, you're in good hands. The Japanese obsession with form and precision is reflected in how they approach food preparation and service. Just watch the chef at the counter, adjusting the frying pace to match the rhythm at which each customer eats, to serve tempura at its exact peak of crispiness and flavor. Through this spiritual and culinary initiation, Flavio discovers the rough tenderness of the workers at the fish market and the solitude of the *shokunin*, the sushi master. And alongside him, we meet old-school rice sommeliers and young *nihonshu* (sake) distillers, umami scientists, pastry chefs obsessed with *maritozzi*, and wandering musicians.

If Tokyo is a vast kitchen, it's not just about quality: the Japanese interest in food becomes culture, sharing, secular festivity, and sacred ritual all at once. And it's a spirit that, in the end, connects us. Even after twenty years, Flavio Parisi still finds himself amazed, every single day, by how much of Italy he sees in this faraway Japan.

**FLAVIO PARISI** was born in Friuli but has been living in Tokyo for the past twenty years, where he teaches diction and Italian language to Japanese opera singers (and others as well). He has written for the Italian Touring Club and frequently collaborates with *Il Post* (among other things, he co-created and co-hosted the podcast *Viaggio a Tokyo* with Matteo Bordone). He also hosts an irregular podcast called *Pesceriso*. He is a regular guest on the TV program *Cool Japan* on Japan's national broadcaster NHK, where, as an Italian, he is sent to explore little-known aspects of Japan. In 2024, he published *Fall Seven Times, Stand Up Eight: Japan and Japanese for Self-Learners* with Utet.





NONFICTION – 512 pages – reissue: October 2025

*"To both old and new readers of Pasolini, this Vita offers an opportunity not to settle for the more comforting popular account, but to venture into a space like an adventure of the mind (and body), where every certainty, one by one, is called into question."*

—From the Preface by Paolo Di Paolo

Pier Paolo Pasolini was not only a poet, a filmmaker, a writer, or an intellectual: he was a unique and unavoidable voice, a restless and rebellious body. It is precisely from that tormented body at the Idroscalo in Ostia, on November 2, 1975, that Enzo Siciliano begins his account of the artistic and human journey of the author of *Ragazzi di vita* and *Le ceneri di Gramsci*.

Without succumbing to sentimentality, Siciliano—himself a key figure in that extraordinary postwar era of Italian culture and a friend and ally of Pasolini—traces with clear precision his ideas and struggles, a life always "on the tip of the sword," from his Friulian childhood to the fervor of his years in Rome, from the discovery of the subproletariat to his cultural and political engagement, up to the tragic death that still burns like a collective wound never healed.

Siciliano offers an intimate yet public portrait of a man who knew how to interpret and challenge Italy like few others, while also providing a literary and psychological study, and a reflection on that crucial period in our country's history, from the Resistance to the Years of Lead. Those were the years that Pasolini became the chronicler and conscience of, and ultimately a martyr, because, as Siciliano writes, "his death was perhaps a courageous way of asking the world to 'know' him, even when it no longer 'wanted' to."

*Vita di Pasolini* is not just a classic work by a great author waiting to be rediscovered; it remains an essential book for anyone seeking to truly understand who Pasolini was and why we should still listen to his voice today—and allow ourselves to be provoked by his ideas.

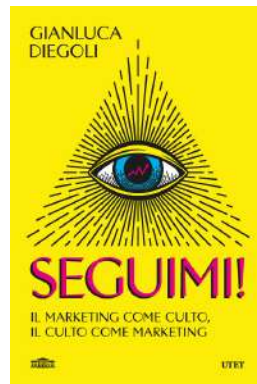
**ENZO SICILIANO**, born in Rome in 1934, began his career in teaching before joining RAI, the Italian national broadcasting company, of which he served as president from 1996 to 1997. A writer and journalist, his most notable works include *La principessa e l'antiquario* (1980, Viareggio Prize), *Carta blu* (1992), *I bei momenti* (1997, Strega Prize), and *Non entrare nel campo degli orfani* (2002). *Vita di Pasolini* was first published in 1978. He passed away in Rome in 2006.



**GIANLUCA DIEGOLI**

**SEGUIMI**

**Follow me. Marketing as a cult, cult as marketing.**



UTET NON-FICTION – 288 pages, published April 2024

In the beginning, there was Apple. Brand loyalty was no longer enough—the kind that, after decades of advertising, had convinced housewives not to trade their trusted Dash detergent for two generic bottles. With its "Think Different" slogan, Apple issued a commandment: *Thou shalt have no other computer before me.*

In the early online forums, fierce battles raged between radicalized Mac users and the infidels who still served the false idol of the PC and the false prophet, Windows. What had happened? Marketing had simply taken a step forward: a brand was no longer something to love—it had to be worshipped and defended. It wasn't just a product anymore; it was a gateway into a specific consumer sect, where people could feel accepted, loved, and identified with a shared identity. Yet, even that wasn't enough for the market, as demonstrated by marketing expert and consultant Gianluca Diegoli. The next step was to *dematerialize* the cult of the individual product to reach the true transcendence of consumption—immaterial and pervasive. We are no longer devoted to a brand, but to *practices*: running, mindfulness, food porn, Instagram-worthy vacations, or Korean skincare routines, performed like secular purification rituals.

"Follow me!" marketing commands, updating classic sales techniques to convince us of the irresistible coolness of CrossFit or the absolute necessity of that workshop in Pantelleria. It turns us into die-hard fans of a podcast or an influencer, enlists us into the Bitcoin craze, and persuades us to quit our jobs to become yoga instructors. It's a truth we don't like to hear, but we are all constantly, cheerfully manipulated by brand-new cults—some lasting just a few months, like BeReal, others a few years, like Zumba.

Luckily, these "light" sects aren't as dangerous as real ones. And yet, if you look closely, they follow the exact same rules—rules that Diegoli is ready to unveil in this entertaining and insightful book, opening the doors to the truth... and perhaps, finally, launching his own personal cult.

**GIANLUCA DIEGOLI** is one of the most well-known marketing and digital experts in Italy. After graduating from Bocconi University in the late 1990s, his corporate career led him to navigate the precarious boundary between online and offline roles. In an effort to reconcile these two worlds, he eventually decided to strike out on his own as a consultant.

He teaches as an adjunct professor at IULM University and various Executive Master programs. He has written several industry manuals on the digital transformation of marketing and consumer behavior.

**AMEDEO BALBI**

**L'ULTIMO ORIZZONTE - WHAT WE KNOW ABOUT THE UNIVERSE**



**UTET NON-FICTION – 288 pages, published March 2025 new edition**

A lot—an astonishing amount, in fact: its age, its structure, what it contains, and how it evolved into a vast space filled with galaxies, stars, and planets. Just over a century ago, we knew almost nothing about any of this. The story of how modern physics has come so far in understanding the cosmos is one of an extraordinary scientific adventure. Amedeo Balbi, astrophysicist and science communicator, helps guide us step by step along this journey: from Einstein's theory of relativity to the discovery of the universe's expansion, from observing the cosmic microwave background radiation to developing the "classical" Big Bang model—currently considered the best explanation of the universe's origin.

So, do we now know everything about the universe? Of course not. While we're confident in the overall framework, many details remain unclear. That's why Balbi invites us to explore the current frontiers of research: from confirming the theory of cosmic inflation to the hunt for dark matter, and the attempt to explain the accelerating expansion of the universe.

But even on the cutting edge of science, we're still far from answering some of the most fundamental questions: Is the universe finite or infinite? Did space and time have a beginning, and will they have an end? Could the laws of nature have been different? Are there other universes beyond our own?

To tackle such questions scientifically, we must push beyond the last observable horizon—into a realm where the earliest events are hidden behind a wall of fire, where our current measurements might no longer apply, where we might discover that the physics we've developed so far only describes a fleeting moment in a small corner of a much larger and unreachable cosmos.

What do we know about the universe? Quite a lot—but still not nearly enough.

**AMEDEO BALBI** An astrophysicist, he is an associate professor at the University of Rome Tor Vergata. His research spans from cosmology to the search for life in the universe. On the science communication front, he has written a regular column for the monthly magazine *Le Scienze* for years, collaborated with radio and television programs, and authored several books. His commitment to science communication has earned him numerous awards, including the National Prize for Science Communication (2015), the Asimov Prize (2021), the Galileo Prize (2023), and the Lacchini Prize (2024). Fine modulo

**RICCARDO RAO  
IL TEMPO DEI LUPI**

Time of the wolves: legends and places of a fabulous animal



**288 pages, non fiction, publication: new edition January 2024  
Rights sold: English, French, Spanish**

The wolves are returning. In recent years, their population across Europe has increased exponentially. More and more often, they are spotted around populated areas, in pastures, at the edge of the forest. Along with the tracks, ancient fears, never fully quelled, resurface. An enemy to be persecuted, an incarnation of evil, a danger to livestock: as urbanization advanced and forests gave way to fields, wolves were hunted, by armies or by farmers themselves, often with compensation from public institutions. It is estimated that in France alone, over five thousand wolves were killed in 1797. Similar massacres were perpetrated in Germany, England, Italy... A slaughter fueled by an ancestral fear that has lasted from the Middle Ages to the present. From the woman of Asturias who could command wolf packs in the 1600s, to the German boy raised by wolves in the 1300s, to the famous story of the little girl in the red hood, who around the year 1000 was seized by a wolf and taken to the heart of the forest, Riccardo Rao guides us through historical documents and legends up to the present day.

**In a journey through history, literature, psychology, and biology, Rao reconstructs how popular superstition, the scholarly culture of clergymen, and the great environmental transformations have created the myth of the wolf. A myth that is more relevant than ever.**

**Riccardo Rao** is a full professor at the University of Bergamo, where he teaches Medieval History and the History of the Environment and Animals. He has given lectures and seminars at numerous European and American universities and has been invited for research periods at Harvard, the École Normale Supérieure in Lyon, and the University of Angers. His main research interests focus on common goods, the environment, animals, and medieval landscapes.