

COMMERCIAL NON-FICTION

BOOKS FOR HEALING



Penguin
Random House
Grupo Editorial



BALANCE YOUR MIND.

NOURISH YOUR **BODY**.

TRANSFORM YOUR **WELL-BEING** FROM WITHIN.



Penguin
Random House
Grupo Editorial

NEW TITLES



Grijalbo - October 2025 - 288 pages

5 WEEKS TO REDUCE INFLAMMATION

It's not a diet, it's a lifestyle. The number-one author on microbiota and nutrition has a new book.

#1 AUTHOR WITH +350,000 COPIES SOLD

Rights sold: Portugal (Penguin Random House)

Option publishers: Italy (Garzanti), Russia (Eksmo), Turkish (Pegasus)

In this book, Blanca García-Orea, one of the most respected specialists in digestive and hormonal health, presents a 5-week method to improve your digestive health and achieve overall well-being.

The author proposes a method in which, over five weeks, you will not only take care of your diet but also change your habits, because, like poor nutrition, they are also responsible for inflammation. Blanca explains how lack of rest and ignoring our circadian rhythms, stress, endocrine disruptors, and the importance of exercise all affect us—and how addressing them can help keep us healthy and fit.



BLANCA GARCÍA-OREA HARO is a clinical nutritionist specializing in digestive and hormonal nutrition and holds a master's degree in Human Microbiota. She is the author of the bestseller Tell Me What You Eat and I'll Tell You What Bacteria You Have.



GROU - October 2025 - 256 pages

ACTIVATE YOUR GENES

Change the rhythm of your health and prevent disease with the new science of epigenetics.

#1 EXPERT IN EPIGENETICS

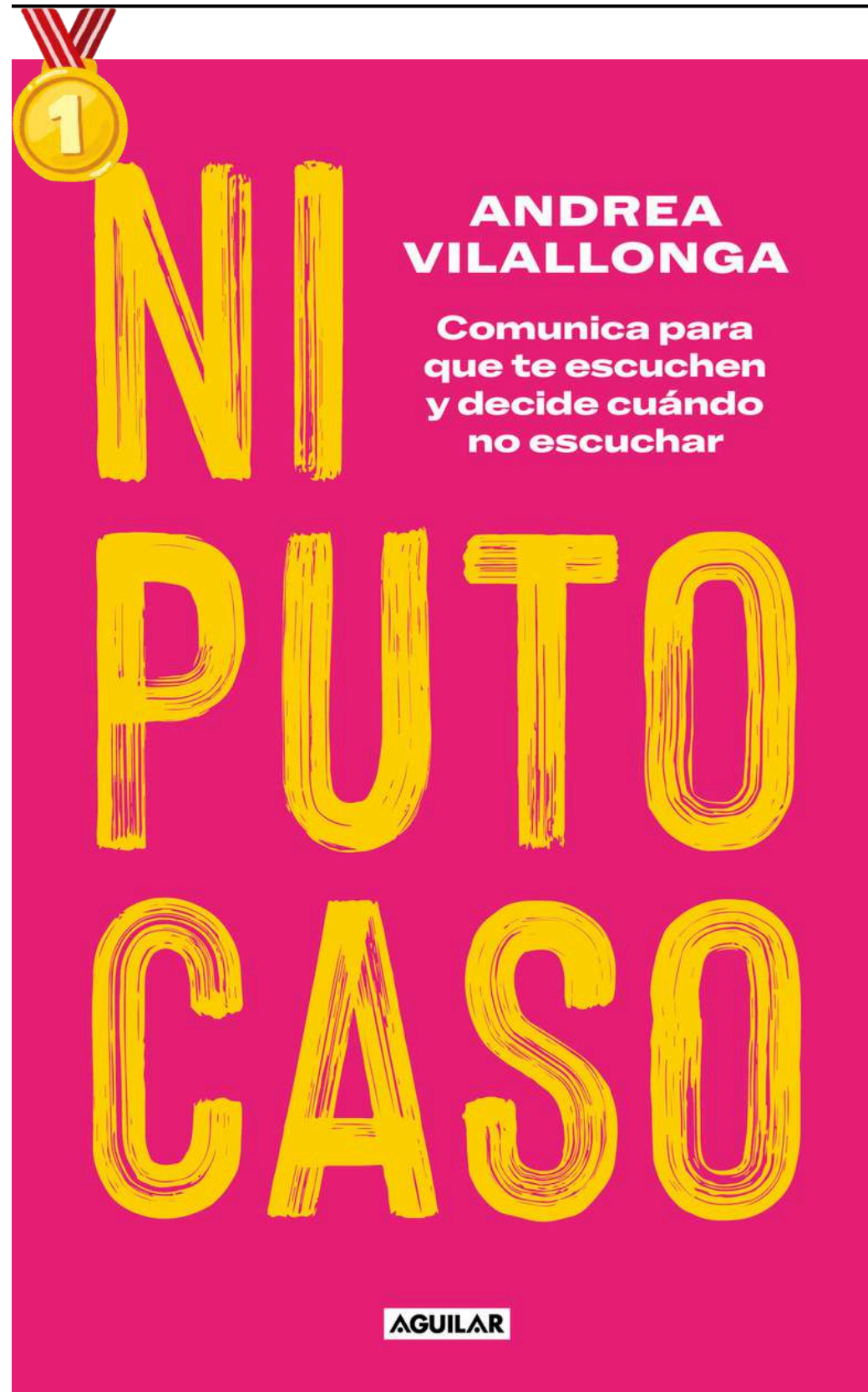
Your genes are not your destiny: change the course of your health and revolutionize your well-being. The first major book on epigenetics by Dr. Alexandre Olmos.

Why can identical twins, with the same genetic code, develop different diseases? Because our DNA is like a recipe, and each of us is the cook who, through small daily choices, can modify, adjust, and improve the expression of our genes, thereby preventing diseases and enhancing quality of life in all aspects of our health.

From nutrition and exercise to stress and sleep management, every small daily action has a significant impact on your long-term health. Take control of your genetic destiny and prevent chronic diseases through simple lifestyle changes. Embark on the exciting journey of epigenetics to live your life with fullness and well-being.



DR. ALEXANDRE OLMOS is a distinguished physician with training and experience in multiple areas of medicine. He has participated in various working groups and published scientific articles in specialized journals. He has also taken part in national and international conferences, becoming a recognized authority in topics such as cardiology, pulmonology, and health-related infections.



Aguilar - October 2025 - 288 pages

YOU'RE NOT LISTENING!

A book by an expert on communicating effectively while staying true to yourself and protecting your self-esteem and uniqueness.

THIS BOOK IS AN ANTIDOTE TO INVISIBILITY AND A SHOT OF SELF-ESTEEM.

Have you ever felt like you're talking and not even the office plant is listening? If you get interrupted every time you try to contribute, if your ideas go ignored until someone louder repeats them, if you carefully craft a message only to get a lazy "OK" in return... this book is for you. You'll also want to read it if you're the type who swallows unsolicited advice, baseless opinions, and other people's judgments as if they were absolute truths.

Communication expert and famous coach Andrea Vilallonga shares clear, practical, and humorous tools to finally make people pay real attention when you speak — and just as importantly, to know when to stop giving your attention to others, without guilt or fear of criticism.



Andrea Vilallonga is an image, communication, and attitude consultant. A Higher Degree and Master's graduate in her fields, she runs her own consultancy and is an international speaker and two-time TEDx presenter. Author of several books, she shares her methodology to help people enhance their influence, communicate effectively, and stay true to themselves. Andrea also founded the Andrea Vilallonga Image School, teaches in master's programs at UPF Barcelona and UAB, and regularly contributes to media and TV as an image and communication coach.



MARTA SEGRELLES

NO HAY NADA MALO EN TI

**Haz las paces contigo y
quiérete como te mereces**



Bruguera - October 2025 - 312 pages

THERE IS NOTHING WRONG WITH YOU

Marta Segrelles returns with a guide to make peace with yourself and love yourself as you deserve.

AUTHOR WITH +150,000 COPIES SOLD

Rights sold: Poland (Otwarte)

Option publishers: Romania (Editura Univers), Italy (Giunti), Portugal (Bertrand)

When there are unhealed wounds from the past, it is very easy to think that the problem lies within you. Believing that everything that happens to you is your fault is like trying to walk with a heavy slab that sinks you, and at the same time, feeling that it only depends on you to improve and resolve it. But, without the tools to deal with guilt and look at ourselves with compassion, making peace with ourselves can be very complicated.

In this book, Marta Segrelles combines IFS theory and simple practice to accompany us on a journey to the past of the most important relationship of all: the one we have with ourselves. In the process, we will understand what we need, discover our strengths and weaknesses, and learn to embrace them, because they all form part of who we are.



MARTA SEGRELLES is an expert in integrative therapy with a humanistic approach and specializes in working with emotional wounds. In her book, she combines IFS theory and simple practices to help readers make peace with themselves and understand their strengths and weaknesses.



YOUR BODY KNOWS YOUR HISTORY

Heal the wounds of the past from a mind-body perspective with Lorena Cuendias, biologist and somatic therapist.

LEARN TO LISTEN TO YOUR BODY TO HEAL YOUR WOUNDS

We are increasingly aware of how past wounds affect us, that the mind and body are not separate entities but part of a whole, and of the importance of understanding how trauma shapes our biology and our destiny.

With a mind-body approach that integrates the spiritual, biological and psychological, Lorena Cuendias, known as Mujer Alquimia, offers in this book a holistic and humanistic understanding of the causes and consequences of trauma and tools to rediscover ourselves and free ourselves from the emotional blocks we experience and somatise.



LORENA CUENDIAS, known on social media as Mujer Alquimia (with over 285K followers on Instagram), is a biologist and psychocorporal therapist specialising in healing and trauma resolution from a holistic, transpersonal, and spiritual approach.

ICONOS DE ESTILO DE CLEOPATRA A ZENDAYA EREA LOURO

Plaza & Janés - May 2025 - 304 pages

STYLE ICONS

From Cleopatra to Zendaya: discover 20 icons of female style throughout history.

DISCOVER THE TIMELESS STYLE SECRETS OF THE WOMEN WHO CHANGED THE WORLD

Erea Louro is one of Spain's leading fashion influencers. Iconos de Estilo invites us to discover twenty inspiring women who revolutionized beauty standards through the way they presented themselves to the world. From Cleopatra to Zendaya, these pages feature style icons such as Marie Antoinette and Lady Di, legendary actresses like Audrey Hepburn and Brigitte Bardot, and music divas such as Madonna.

This book combines historical and human perspectives to reveal the keys and secrets of timeless women who triumphed over the ephemeral nature of trends because, as Coco Chanel's immortal phrase says, "Fashions fade, style remains."

List of icons:

Cleopatra, Teodora, María Antonieta, Eugenia de Montijo, Cléo de Mérode, Coco Chanel, Louise Brooks, Marlene Dietrich, Audrey Hepburn, Jackie Kennedy Onassis, Brigitte Bardot, Twiggy, Gloria Steinem, Bianca Jagger, Madonna, Carolyn Bessette-Kennedy, Lady Di, Kate Moss, Alexa Chung, Zendaya.



EREA LOURO is a long-standing leader in fashion and style. With a degree in Communication and specialising in fashion, she has worked as a freelance stylist for major brands. With extraordinary communication skills, she has built up a solid community both on social media and through her podcast.

Dra. Paloma Gil

EL PODER INVISIBLE DE TUS HORMONAS

Descubre cómo diseñan nuestra salud,
nuestro bienestar, nuestra sexualidad y nuestro
carácter a lo largo de toda nuestra vida

AGUILAR

THE INVISIBLE POWER OF YOUR HORMONES

Discover the profound impact hormones have on our lives, from the moment of conception to our final breath.

DISCOVER THE INVISIBLE FORCES THAT SHAPE YOUR BODY, MIND, AND LIFE

Dr. Paloma Gil, a specialist in endocrinology, reveals every detail about how hormones function. From the moment we are a fertilized egg to our final second of life, hormones are responsible for all the major and minor milestones of our existence, silently pulling the strings that keep our entire body working.

This book provides an overview of how hormonal balance is essential for aspects as diverse as sleep, physical activity, nutrition, sexuality, reproduction, mood, social relationships, and, of course, the overall health and proper functioning of all our organs.



DR. PALOMA GIL is a specialist in endocrinology and nutrition, combining her clinical work with online consulting. She has also collaborated for years as a communicator on Canal Sur television programs.

Aguilar - September 2025 - 208 pages

PEPE IMAZ

EL ARTE DE

ENTRENAR

TU MENTE

Prólogo de
NOVAK DJOKOVIC



THE ART OF TRAINING YOUR MIND

The eagerly awaited book by Novak Djokovic's mental coach: a unique philosophy for facing life's challenges.

PROLOGUE BY NOVAK DJOKOVIC

Life is very much like a tennis match. Constant attention, the back and forth of shots, joys, sorrows, frustrations, getting up again and again. However, this is not a book about sport. In these pages, you will not find the technique and method to win at all costs. Because the most important opponent is not on the other side of the net, but ourselves. And we must learn to live with it in peace and harmony. Only then will we reach our full potential.

In *The Art of Training the Mind*, coach Pepe Imaz reveals how much he has learned during more than twenty years of training young people and professionals in tennis. And he teaches us how to apply this simple but essential knowledge to our daily lives.



PEPE IMAZ is a former tennis player and mental coach to Novak Djokovic. In addition to coaching, he works on an emotional level with players on the ATP and WTA Tours. Pepe also gives lectures and talks entitled "Love & Peace", in which he shares his knowledge of both tennis and emotional development with them.

Dra. Isabel Belaustegui

Autora del libro *Optimiza tu metabolismo*

LA DIETA DEL

METABOLISMO

SALUDABLE

**OPTIMIZA TU SALUD,
GANA ENERGÍA
Y PIERDE PESO**

Grijalbo

Grijalbo - June 2025 - 256 pages

THE HEALTHY METABOLISM DIET

Dr. Isabel Belaustegui guides you through the ketogenic diet, explaining what it involves, how to reach the coveted state of 'ketosis,' and the benefits it offers."

AUTHOR WITH +25,000 COPIES SOLD

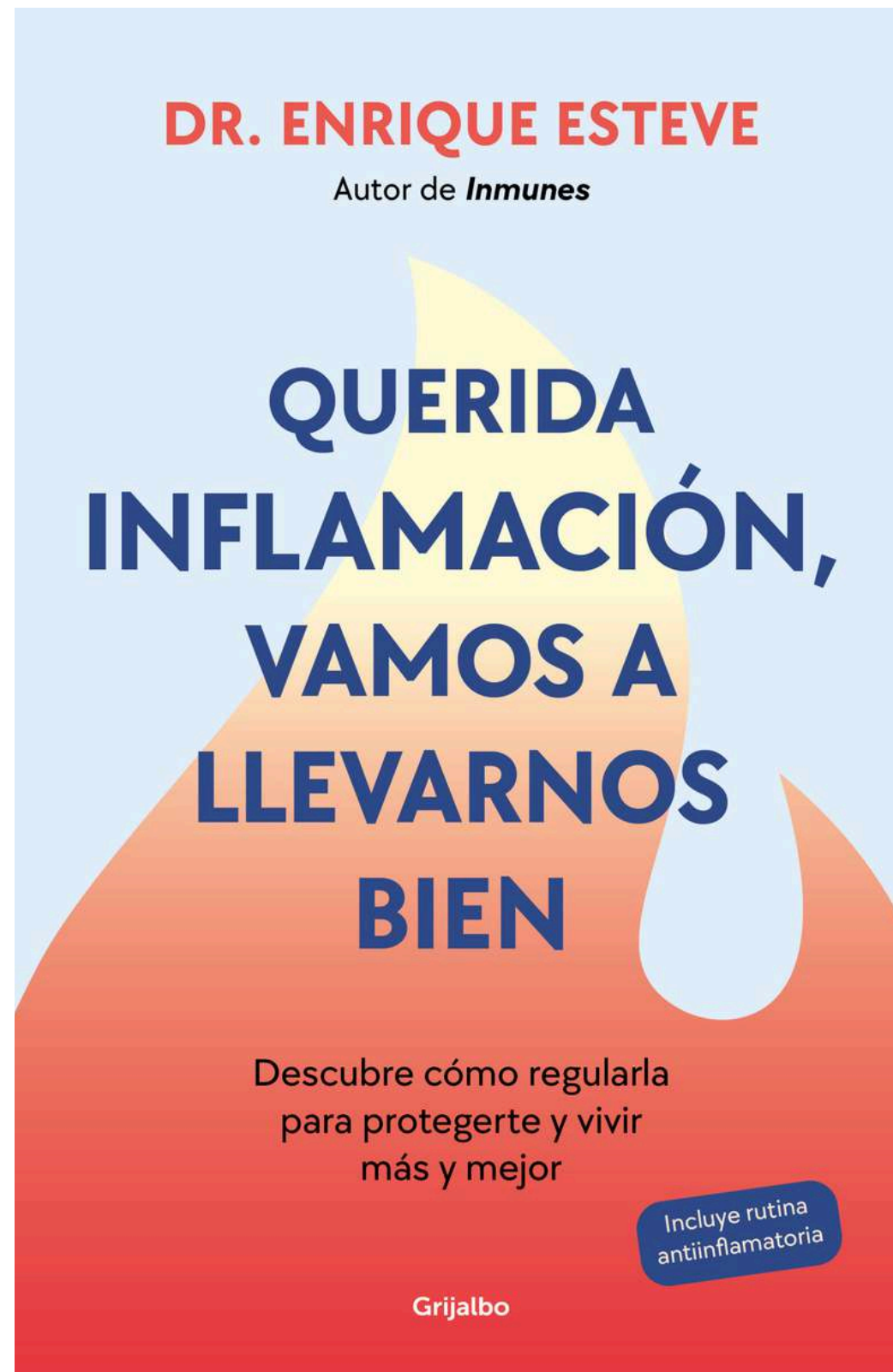
Option publishers: Russia (AST)

The ketogenic diet has revolutionized the way we eat, helping us lose weight, increase energy, and improve our hormonal balance. By restricting carbohydrates, we force our metabolism to burn fat. With the appropriate ratio of the three major macronutrients (fats, carbohydrates, and proteins), the ketogenic diet enables our body to obtain energy from fats, turning it into an efficient fat-burning machine.

A clear and highly descriptive guide to the ketogenic diet, designed to help you start eating better and get the most out of yourself.



ISABEL BELAUSTEGUI has a degree in Medicine and Surgery, specializes in Pathological Anatomy, and holds a master's degree in Neural Therapy. In 2018, she co-founded the Vida Potencial platform, and since 2020 she has been exclusively dedicated to outreach.



Grijalbo - September 2025 - 256 pages

DEAR INFLAMMATION, LET'S GET ALONG

A comprehensive overview of the quintessential health issue, inflammation, by Spain's top-rated internist.

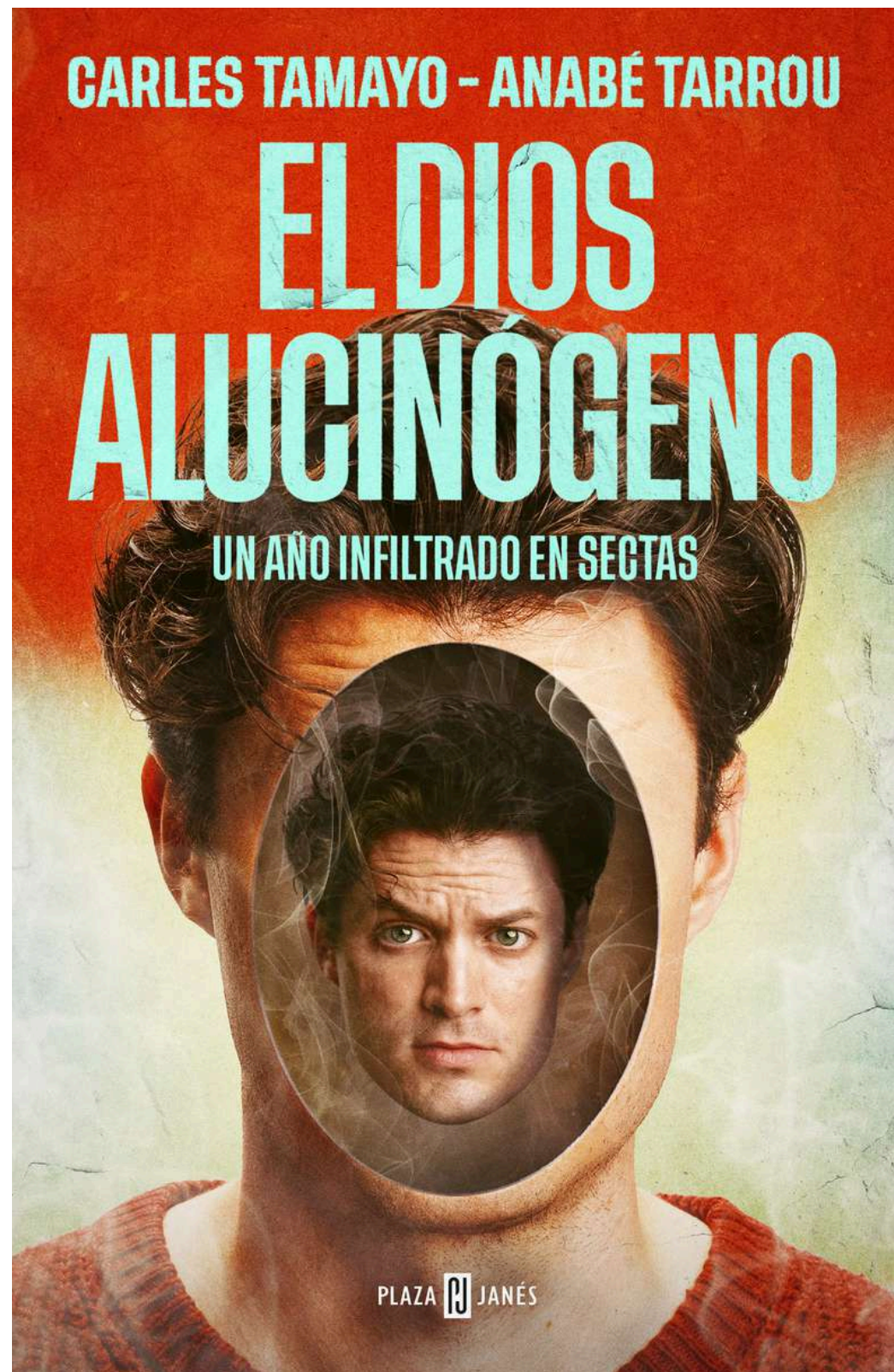
UNDERSTAND INFLAMMATION, TAKE CONTROL, AND RECLAIM YOUR HEALTH

With his approachable yet rigorous tone, he addresses topics such as what inflammation is and its types, how to detect it and identify triggering factors, oxidative stress and its effects on fertility and cognitive decline, the relationship between inflammation and mental health, and how to establish an anti-inflammatory routine.

Voices like yours are crucial, as they bring knowledge and hope to the hundreds of thousands of people who suffer from inflammatory diseases.



DR. ENRIQUE ESTEVE has been voted Spain's best doctor in internal medicine. This recognition attests to his outstanding work as a physician and his impeccable credentials. In addition to this award, he has received the Certificate of Excellence from Doctoralia and the Extraordinary Award, as well as his doctoral thesis cum laude from the UAB in autoimmune diseases. The author continues to be highly sought after as a contributor to radio programs, podcasts, and the press.



Plaza & Janés - October 2025 - 336 pages

THE HALLUCINOGENIC GOD

A warning. A boundary experience. A story as hallucinatory as it is real.

**DISCOVER THE WORLD OF CULTS FROM THE INSIDE.
AN INCREDIBLE JOURNALISTIC WORK FROM DOCUMENTARY DIRECTOR**

Carles Tamayo, filmmaker and investigative journalist who has won several awards for the acclaimed Prime Video documentary *How to Hunt a Monster*, delves into the world of New Age Cults in this work.

Between 2020 and 2021, Tamayo infiltrated the Santo Daime Cult, which uses the consumption of hallucinogenic substances like ayahuasca, without medical supervision, as a supposed therapeutic remedy. He also infiltrated other New Age organizations, such as Inner Master, which use meditation or yoga, as well as the same hallucinogenic drug as therapy.

During his infiltrations, he made recordings and later produced a series of impactful reports, which enabled the National Police to make arrests for alleged crimes against public health in some sectarian groups related to ayahuasca. In addition to these arrests, Inner Mastery, one of the Cults where Carles Tamayo was infiltrated, was dismantled in January 2024. The journalist collaborated in the police investigation that arose after his stay in this sectarian organization that offered narcotics to its followers. All his investigations are compiled here in this incredible book in form of a non-fiction thriller.



CARLES TAMAYO (Masnou, 17 January 1995) is a Spanish youtuber, filmmaker and investigative journalist specialising in cults and scams. In 2024 he received the Ondas Award for his documentary series *Cómo cazar a un monstruo*.



WAKE UP YOUR ATTENTION

A method based on habits, designed to help you live and work effectively—and mindfully—in the age of distractions.

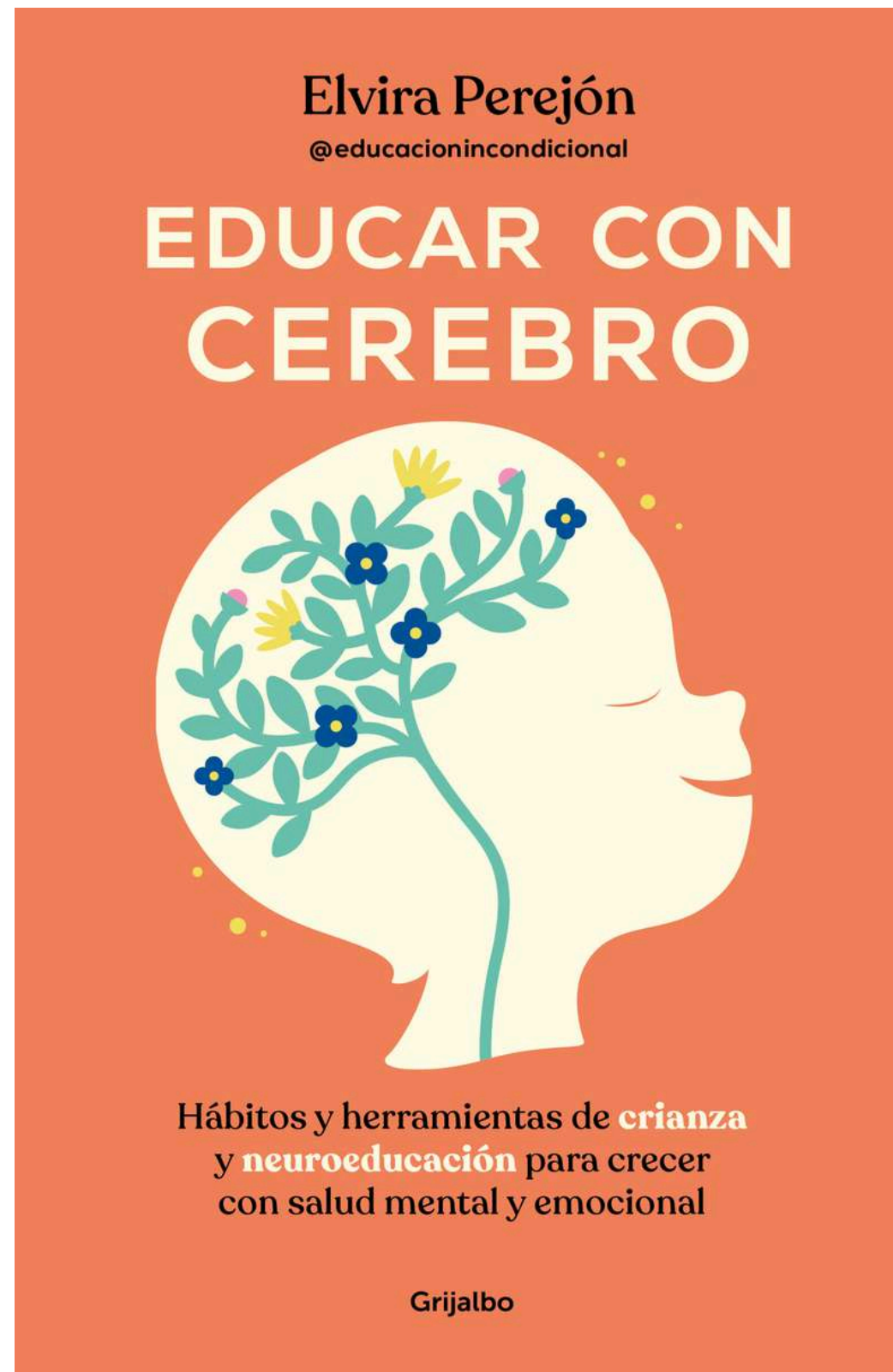
HABITS TO LIVE FOCUSED IN A DISCONNECTED WORLD

We are in the midst of a profound attention crisis that affects every area of our lives. In response, time management expert Berto Pena has developed a method to help you live and work effectively in the age of hyperconnectivity and constant distractions.

With the SUPERFOCUS method, you will acquire a series of habits, strategies, and personal tools to transform your life: embrace digital minimalism, practice active listening, discover the power of conscious rest, and focus on what truly matters to reclaim your attention for good. Superfocus will help you live fully and intensely in a distracted and scattered world.



BERTO PENA is a leading figure in personal productivity, organization, and time management. He is the creator of ThinkWasabi, a blog he founded in 2004 that has become a benchmark for habits and effectiveness. He is also the author of Superhábitos (Conecta, 2022), which has reached four editions to date.



Grijalbo - May 2025 - 384 pages

EDUCATE WITH BRAIN

Neuroeducation combined with unconditional love: a unique methodology to completely transform parenting.

5,000 COPIES SOLD IN 3 MONTHS

This book teaches us practical ways to understand and enhance children's brains from their earliest days. It is based on respecting their rhythms and empowers parents with neuroscience-based tools and strategies for raising emotionally, mentally and physically healthy individuals. Parenting can be much easier if we are prepared and understand how the brain works and how experiences are reflected in behaviour. This book provides tools for parents to increase their confidence and security with accurate information based on neuroscience.

A child's brain is extraordinarily plastic, capable of adapting, growing and reconfiguring itself based on their experiences; it is never too late to relearn and modify childhood experiences. With the right stimulation, we can encourage children's natural curiosity, problem-solving skills, empathy and creativity, but above all, we can help them grow up with optimal mental and emotional health. Part of the book is devoted to screens and children, a hot topic that concerns many parents and educators.



ELVIRA PEREJÓN is a neuroeducator and specialist in neuropsychology, a primary school teacher specialising in foreign languages, a nursery school teacher and, above all, a mother of three children.



Conecta - May 2025 - 256 pages

THE PROVOCATION ART

Stop trying to please everyone. To stand out from the competition, you don't need to charm people—you need to provoke them.

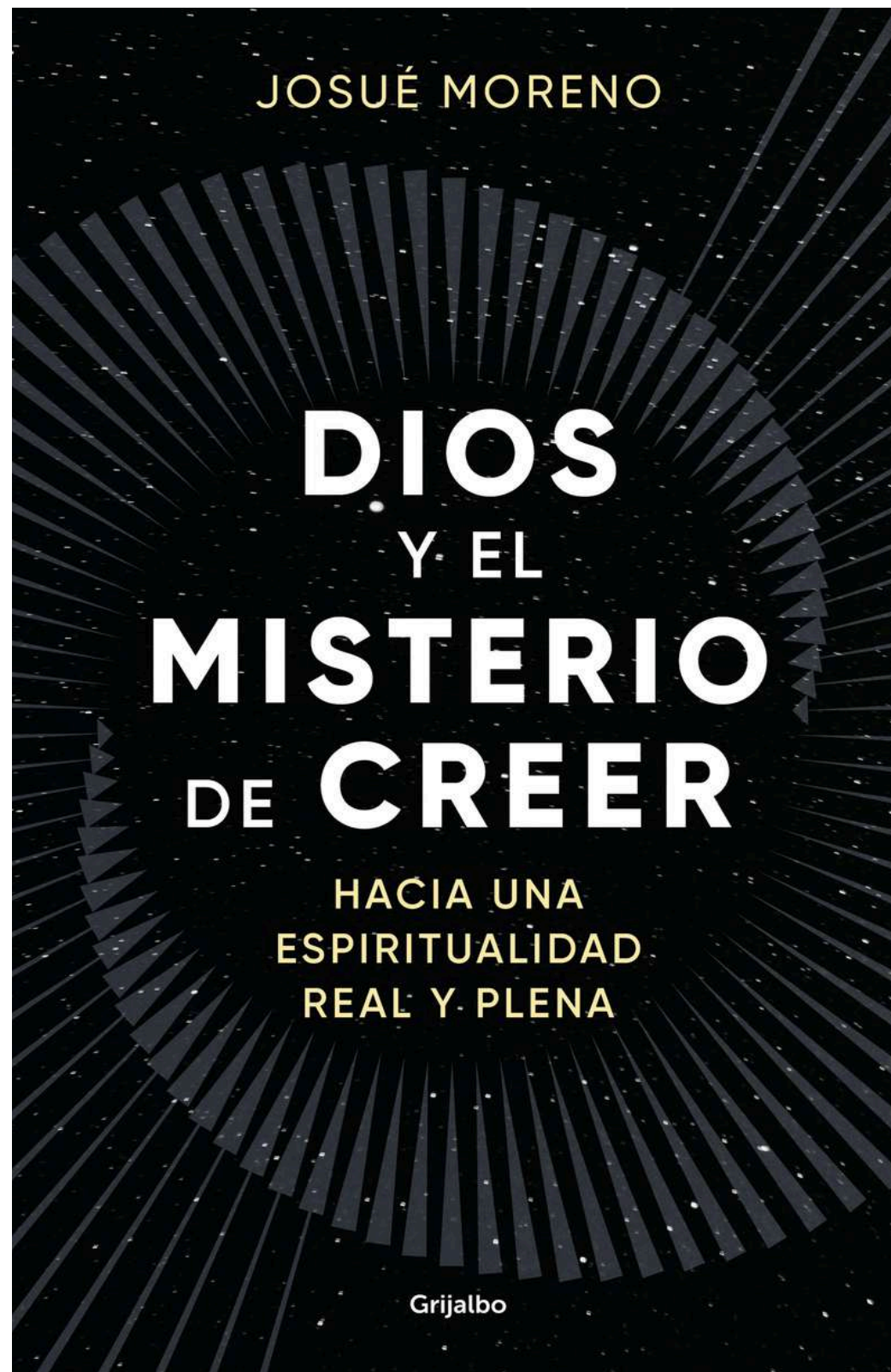
LEARN HOW TO CREATE STRATEGIES THAT WILL CAPTIVATE PEOPLE

Think about it. Big brands don't aim to please everyone—they aim to provoke, to awaken in people an emotion strong enough to drive them to act. In a market saturated with information, blending in means failing, and not standing out is the same as being invisible.

In this book, Elena Guirao presents a new approach focused on creating brand strategies based on provocation, moving away from the classic idea that you must make people fall in love with your brand in order to sell. The lesson is simple: boring, predictable things lead to failure. To stand out, you have to provoke.



ELENA GUIRAO is a web designer, branding consultant, trainer, and digital strategy mentor. Throughout her career, she has helped companies and entrepreneurs develop sustainable and smart branding strategies to position themselves as leaders in their sectors.



Grijalbo - May 2025 - 224 pages

GOD AND THE MYSTERY OF BELIEF

The major themes of spirituality, faith, and philosophy, explored under the guidance of theologian Josué Moreno.

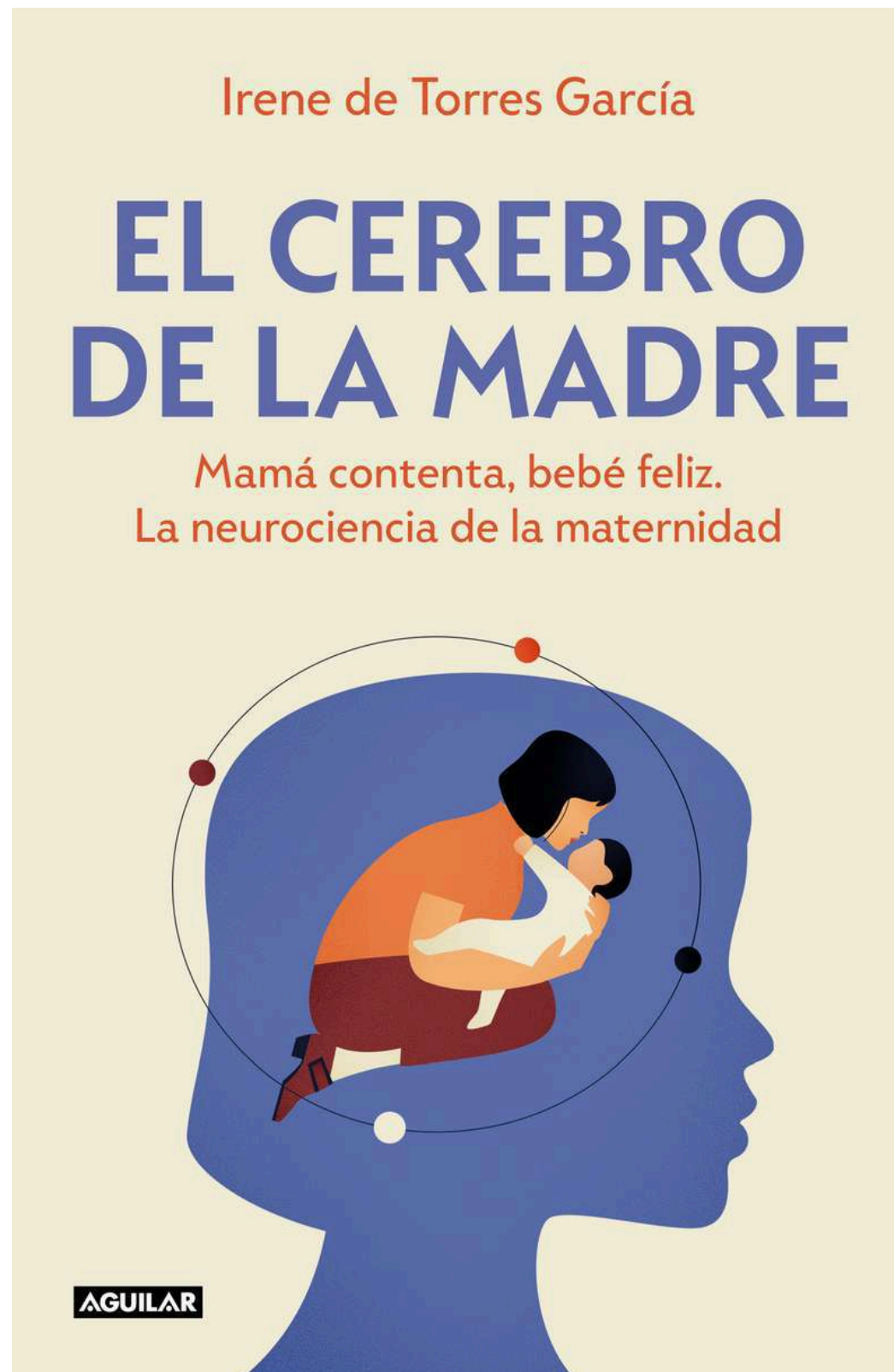
5,000 COPIES SOLD IN 3 MONTHS

In God and the Mystery of Belief, Josué Moreno blends religion, philosophy, theology, and spiritual practice like no other. Readers will confront questions about faith—whether they are atheists, skeptics, or believers—such as the pursuit of truth without bias or hasty conclusions, and the concept of Mystery as explored by the great thinkers of history.

This is a thoughtful yet accessible and practical book, arriving at a perfect time when society is re-evaluating its values, needs, and beliefs (in the broadest sense of the word). It is, therefore, a book about personal and spiritual growth.



JOSUÉ MORENO is a theologian from the University of Oxford and holds a master's degree in Philosophy of Religion from the University of Leeds. A natural speaker, he hosts a podcast with well-known guests and a very loyal following, and combines his work spreading ideas on social media with talks, conferences, debates, and presentations across both Spain and Latin America.



Aguilar - June 2025 - 272 pages

THE MOTHER'S BRAIN

A surprising essay by neuroscientist and mother Irene de Torres on the transformative power of motherhood.

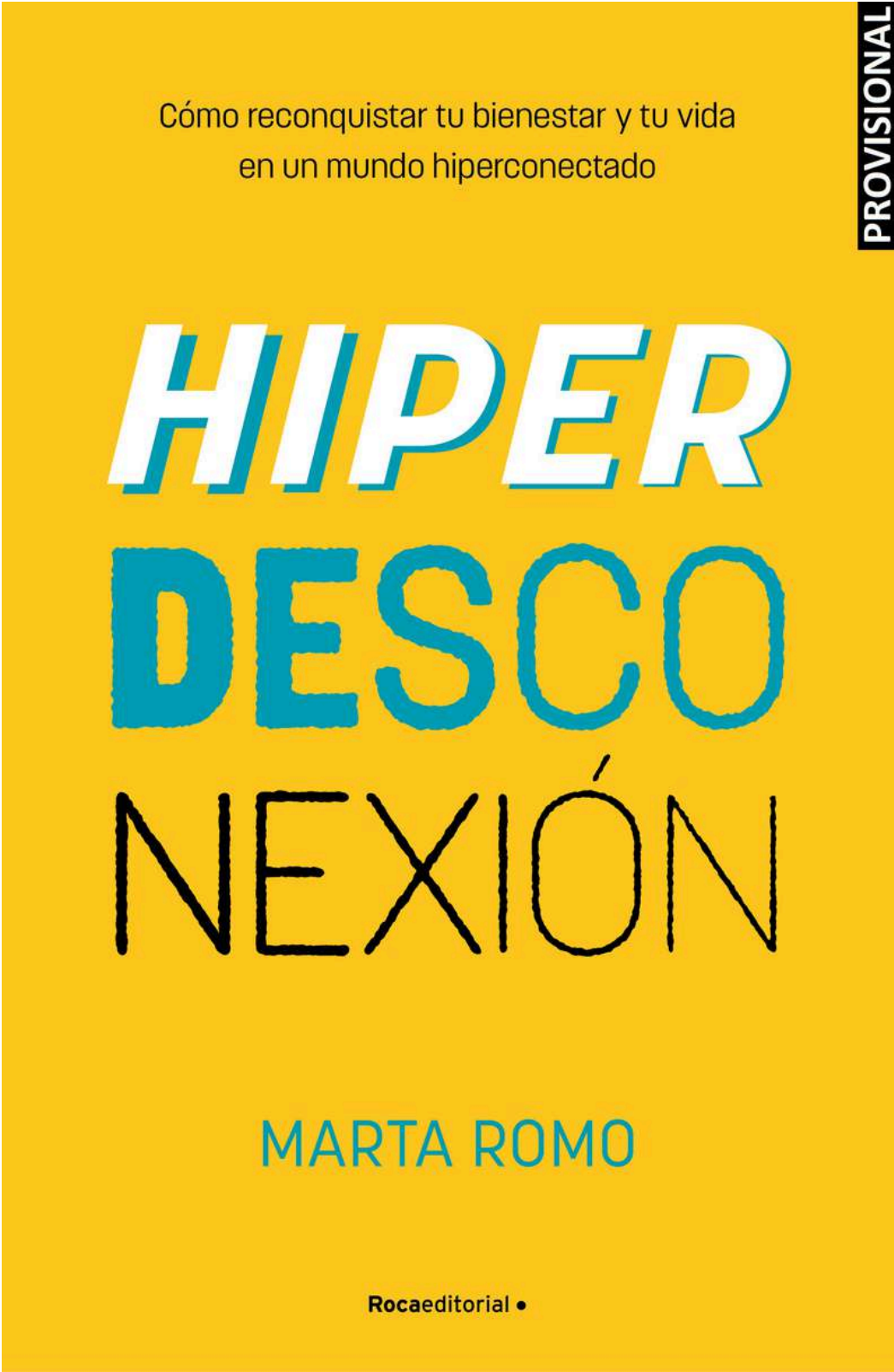
THE NEUROSCIENCE OF MOTHERHOOD

What happens in a woman's brain when she becomes a mother? Dr. Irene de Torres' extensive background in neuroscience allows her to interpret the profound metamorphosis a woman undergoes during motherhood. But above all, through her own experience as a mother, she channels all that knowledge into a book designed to accompany and support other women with a message as clear as it is essential: happy mum, happy baby.

The Mother's Brain is a book that helps us understand that motherhood is a revolutionary life transformation—both physiologically and psychologically—which is even reflected in the anatomy of the brain.



IRENE DE TORRES is a doctor specializing in neuroscience, neuropsychology, and emotional intelligence. She works at the Regional University Hospital of Malaga in the field of neurorehabilitation. She also teaches online courses on emotional intelligence, positive discipline, baby sign language, and attachment through her website: www.cursosconalma.com.



Roca - September 2025 - 288 pages

HYPER-DISCONNECTION

How to Reclaim Your Well-Being and Your Life in a Hyperconnected World.

RECLAIM YOUR FOCUS AND FREEDOM IN A WORLD DESIGNED TO HOOK YOU

We are all beginning to realize that screens have us captive, yet few of us know how to solve this problem. Marta Romo presents a groundbreaking strategy to disconnect and reclaim our power.

Why is it different for the brain to type than to write letters on paper? Does a hug activate the same neural circuits as a WhatsApp message? What happens to your memory when you digitally archive your experiences?

This book explains how we live in a world—especially since the pandemic—of digital overload, where the concept of “hyperdisconnection” is becoming increasingly necessary. Only a strategy like the one presented in this book, grounded in neuroscience, revolutionary yet rooted in our origins, can help us navigate an ecosystem designed to keep us hooked without our even realizing it.



MARTA ROMO is an educator and expert in applied neuroscience for leadership. She is the founder of Neuroclick and managing partner of Be-Up, as well as a speaker, university professor, and media collaborator, with extensive training in neuroeducation and coaching.



Grijalbo - October 2025 - 224 pages

SELF-CARE

A gift book that invites you to care for yourself with 52 self-love practices—one for each week of the year.

AUTHOR WITH +150,000 COPIES SOLD

Option publishers: Portugal (Bertrand), China (Qingdao Publishing House), Russia (Alpina)

Self-care is an act of love toward yourself, a way to show that you are a priority in your life. In their new book, Patri Psicóloga and Yolanda Cuevas join forces to offer 52 weeks of self-care. Each week includes a proposal to connect with yourself, listen to yourself, and gift yourself moments that nurture your body, mind, and soul.

Start with the week that appeals to you most and dare to experience what you feel, discover, and enjoy with each proposal. There are no rushes or guilt here—just a space to respect yourself, love yourself, and truly dedicate time to yourself. Taking care of yourself is the first step toward living a fuller, more authentic life.



PATRÍCIA RAMÍREZ holds a degree in Psychology, a master's degree in Clinical and Health Psychology, and a doctorate from the Department of Personality, Assessment, and Psychological Treatment at the University of Granada.

SARAH BELÉN OLARTE

@sarahbelenpsico

El cortisol no sube solo, sube con el alquiler

Entiende cómo el **contexto** afecta a tu **bienestar psicológico**
y aprende a gestionar lo que está en tu mano

GRU

Montena - May 2025 - 240 pages

CORTISOL DOESN'T RISE ON ITS OWN; IT RISES WITH RENT

The book that reveals what self-help doesn't want you to know: your well-being does not depend solely on the biochemical reactions in your brain. Context matters—and it matters a lot!

THE SELF-HELP BOOK THAT OTHER SELF-HELP BOOKS WILL HATE

There's a secret the self-help industry doesn't want you to know: your psychological well-being doesn't depend solely on your brain and its biochemical reactions. Falling in love isn't just a simple oxytocin rush, mobile phone addiction isn't only explained by the dopamine you secrete while scrolling, and depression isn't caused by a lack of serotonin. There is an elephant in the psychology office, and it's called CONTEXT.

Psychologist Sarah Belén Olarte reveals the real secret of effective psychology: your salary, your home, your family, your experiences, and your opportunities have shaped who you are today. But there is good news: if you learn to recognize your context, you can change what is within your control.



SARAH BELÉN OLARTE is a psychologist, sexologist, teacher, and communicator with a scientific, feminist, and political perspective. With her direct and fun personal style, she has built a loyal following on social media.

DRA. JUNCAL SEVILLA

TDHA EN EL ADULTO

La respuesta a todas
tus preguntas

Ciencia y rigor para escépticos e incrédulos



ADHD IN ADULTS

A necessary book for the conversation: a psychiatrist specializing in ADHD answers all questions on the subject.

SCIENCE AND RIGOR FOR SKEPTICS AND DOUBTERS

You consider yourself lazy, even though you try hard. Your mind wanders, and you miss important points in conversations. You lose things and can never remember where you parked your car. You are late for everything. Your mood changes for no apparent reason, and you confuse times, dates, and places. You get bored easily and leave things half done. You make unnecessary purchases. You interrupt conversations. You live in a state of constant chaos. You suffer from anxiety or addictive tendencies.

If you or someone close to you experiences any of these issues, this book can help you understand, in an engaging yet rigorous way, what attention deficit hyperactivity disorder—better known as ADHD—really is and how it affects adults.



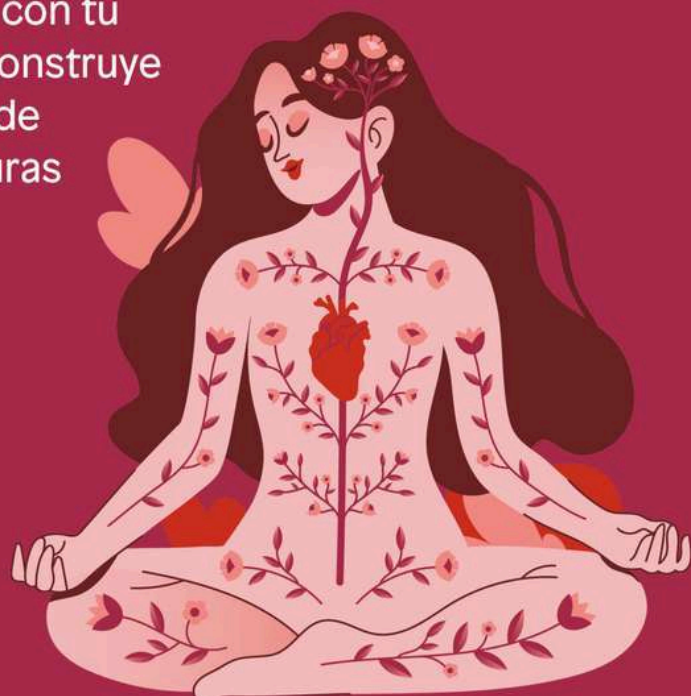
Dr. JUNCAL SEVILLA is a psychiatrist. She founded the first ADHD association in Spain and established the first clinic in Madrid—and the second in Spain—dedicated to adult ADHD at the Jiménez Díaz Foundation. She also works at the Ruber Internacional Clinic. A leading expert in her field, she has ADHD herself, so she knows what it feels like to be different and not know why.

Por la autora de *Sana tus heridas emocionales*

Despierta tu energía femenina

ANA CLAVELL

Reconecta con tu
esencia y construye
relaciones de
pareja seguras



Grijalbo

AWAKEN YOUR FEMININE ENERGY

Do you long for inner transformation? Are you ready to embark on a journey of self-discovery and self-love?

RECONNECT WITH YOUR ESSENCE

When was the last time you looked in the mirror and recognised yourself with love?

This book is a courageous and compassionate invitation to reconnect with the woman inside you. Through an intimate and deeply human narrative, the author, a psychotherapist with a decade of experience accompanying thousands of women, guides you on a journey of self-discovery and healing.

You will explore the limiting beliefs that have led you to self-abandonment and self-criticism, and you will learn to settle your emotional debts with yourself: the love, attention, and compassion you deserve. With an approach based on transpersonal psychology and neuroscience, this book offers practical tools to reconnect with your feminine energy and establish a deep and meaningful relationship with yourself.



ANA CLAVELL, transpersonal psychologist, life coach, spiritual writer, specialist in healing inner wounds and emotional re-education. She is the author of *Heal Your Emotional Wounds* (2024, Grijalbo).

Grijalbo - October 2025 - 320 pages



ANOTHER HISTORY OF MUSIC

El Barroquista concludes his acclaimed trilogy with *Another History of Music*, the highly anticipated finale to his two previous successes

AUTHOR WITH +25,000 COPIES SOLD

Option publishers: China (United Sky), Romania (Baroque Books)

Discover the history of music in an entertaining and insightful way with El Barroquista. In this new book, the author explores the central role music has played across all cultures—from ancient rituals to global pop, from classical symphonies to reggaeton. With an accessible style and a refreshing, demystifying approach, he reveals how this art has shaped our history, our emotions, and even our brains. A fascinating journey through the most universal art form of all.

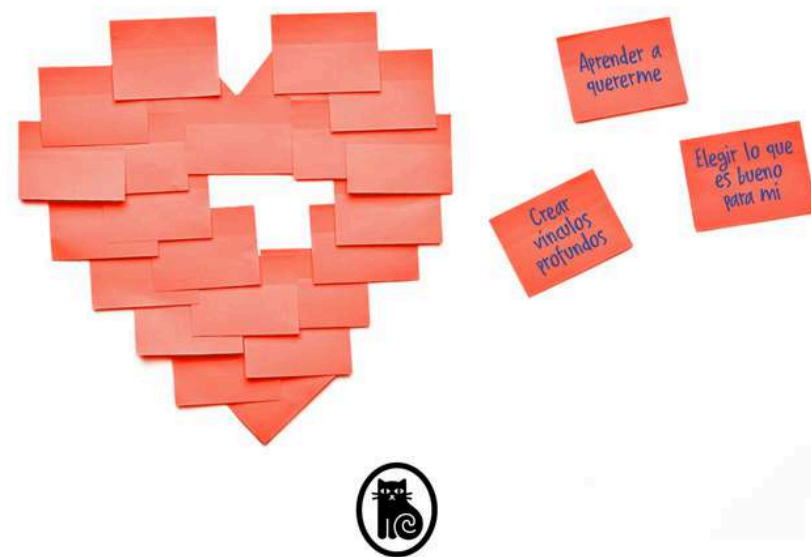


EL BARROQUISTA is dedicated to promoting art and culture through social media. He is a regular contributor to the programme Julia en la Onda on Onda Cero, Galicia por Diante on Radio Galega, El Condensador de Fluzo on TVE, and the Prensa Escola project run by La Voz de Galicia. In addition, he directs the Master's Degree in Education in Museums and Cultural Spaces at Miguel de Cervantes University.

ADRIÁN CHICO
@itsadrianchico

TU CAMINO HACIA EL AMOR

CONSTRUYE RELACIONES SANAS
SIN PERDERTE EN EL INTENTO



YOUR PATH TO LOVE

Psychologist Adrián Chico offers a practical guide to building healthy emotional bonds.

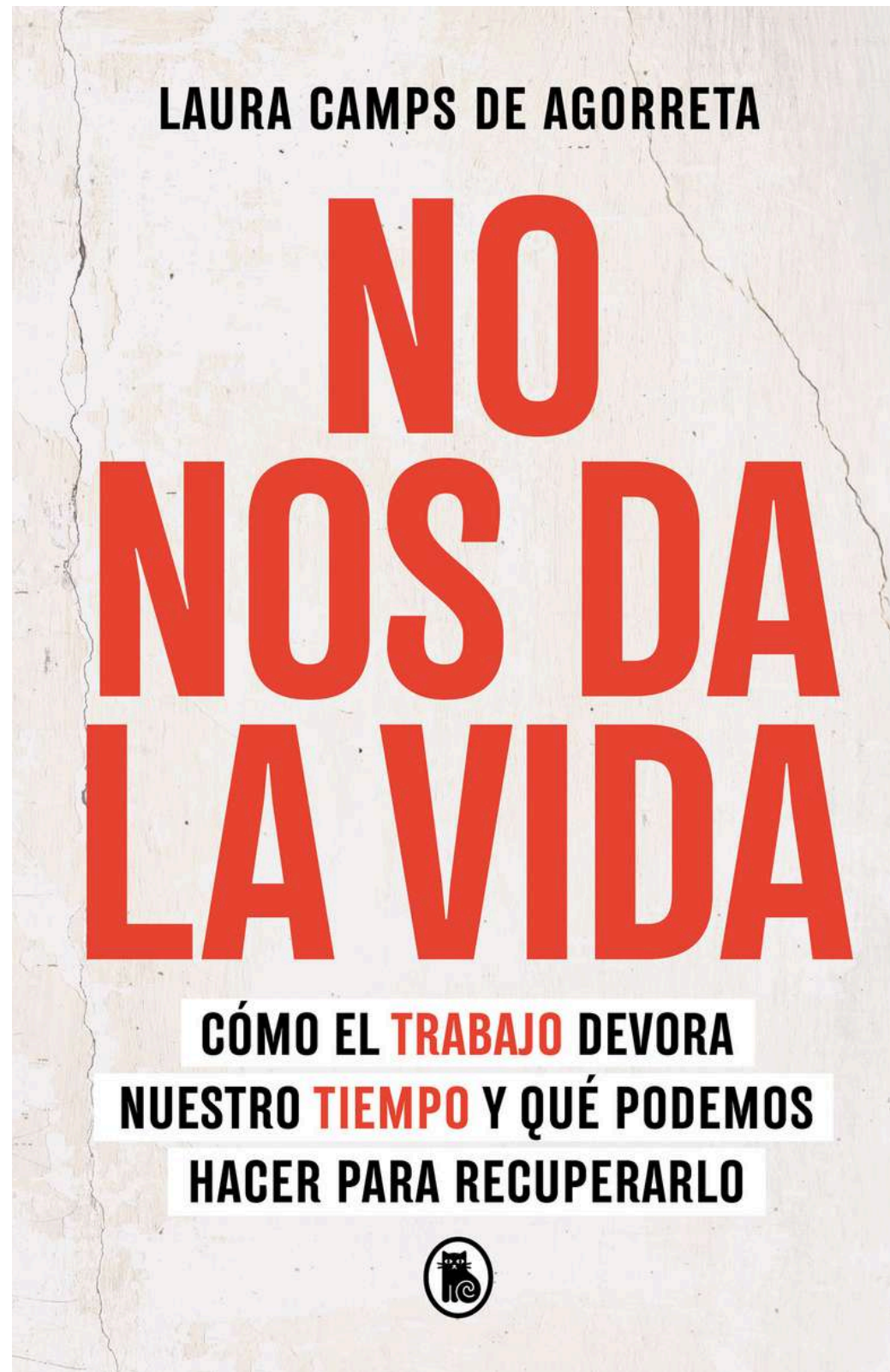
HOW TO BUILD HEALTHY RELATIONSHIPS WHILE STAYING TRUE TO YOURSELF

Everyone wants a beautiful, healthy relationship when connecting with another person. But how can we achieve it? Is there a way to make sure our relationships start off on the right foot and don't slide into toxic dynamics or cause us harm?

With practical exercises, Adrián Chico — sexologist and psychologist specialising in couples therapy — guides you step by step along the path to a healthy relationship. Discover whether you are ready for a relationship, clarify what you truly want, and learn how to manage the complications that arise when relating to others (arguments, toxic behaviour, boundary issues, etc.). In short: everything you need to navigate relationships of any kind successfully.



ADRIÁN CHICO is a sexologist and psychologist specialising in couples therapy. He offers therapy focused on emotional well-being, relationships, and life as a couple. His content on emotional psychology, couples therapy, and sexology has become hugely popular on social media.



Bruguera - October 2025 - 336 pages

WE CAN'T KEEP UP

How Work Consumes Our Time—and How to Take It Back

WORK LESS, LIVE MORE, AND REGAIN YOUR FREEDOM

There are two main reasons we stay in a job: illusion and fear. The illusion of prosperity, of stability, of a salary increase. Or the fear of not being able to pay the rent, of not making ends meet, of not being enough, of failing. Fear—our fears.

If a salary barely covers our basic needs, if we work without the illusion of prospering, shuttling from home to work and from work to more work at home; without free time to imagine dreams, without the energy to bring them to life—is it worth working so many hours? The answer is always no. It is never worth it. And if we are not making ends meet, what if we keep not making ends meet, but instead gain time and quality of life?

In this essay, halfway between personal reflection and collective chronicle, Laura Camps de Agorreta—digital activist and creative writer—offers a sharp analysis of our relationship with work and invites us to reflect on how we got here and what kind of future we want.

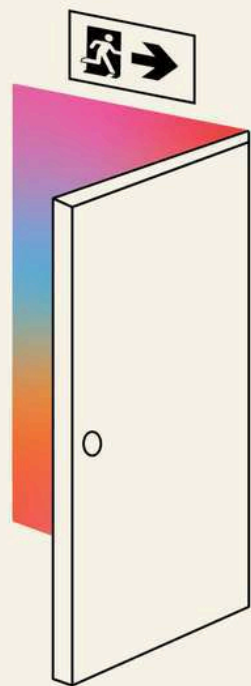
Because once you gain time, you never want to give it back.



LAURA CAMPS manages communication campaigns and organizes digital projects. She holds degrees in Law and Advertising and has worked in agencies on campaigns ranging from cat food to cruises and tableware. For the past nine years, she has specialized in political communication, while also writing about motherhood and class struggle on Substack and Instagram.

ÁNGELA ESTEBAN

NO VAS A HEREDAR LA EMPRESA



Cómo acabar con el **estrés**
en el **trabajo** antes de que acabe contigo



Bruguera - October 2025 - 256 pages

YOU ARE NOT GOING TO INHERIT THE COMPANY

How to Reduce Work Stress Before It Consumes You and Restore Balance Between Your Personal and Professional Life.

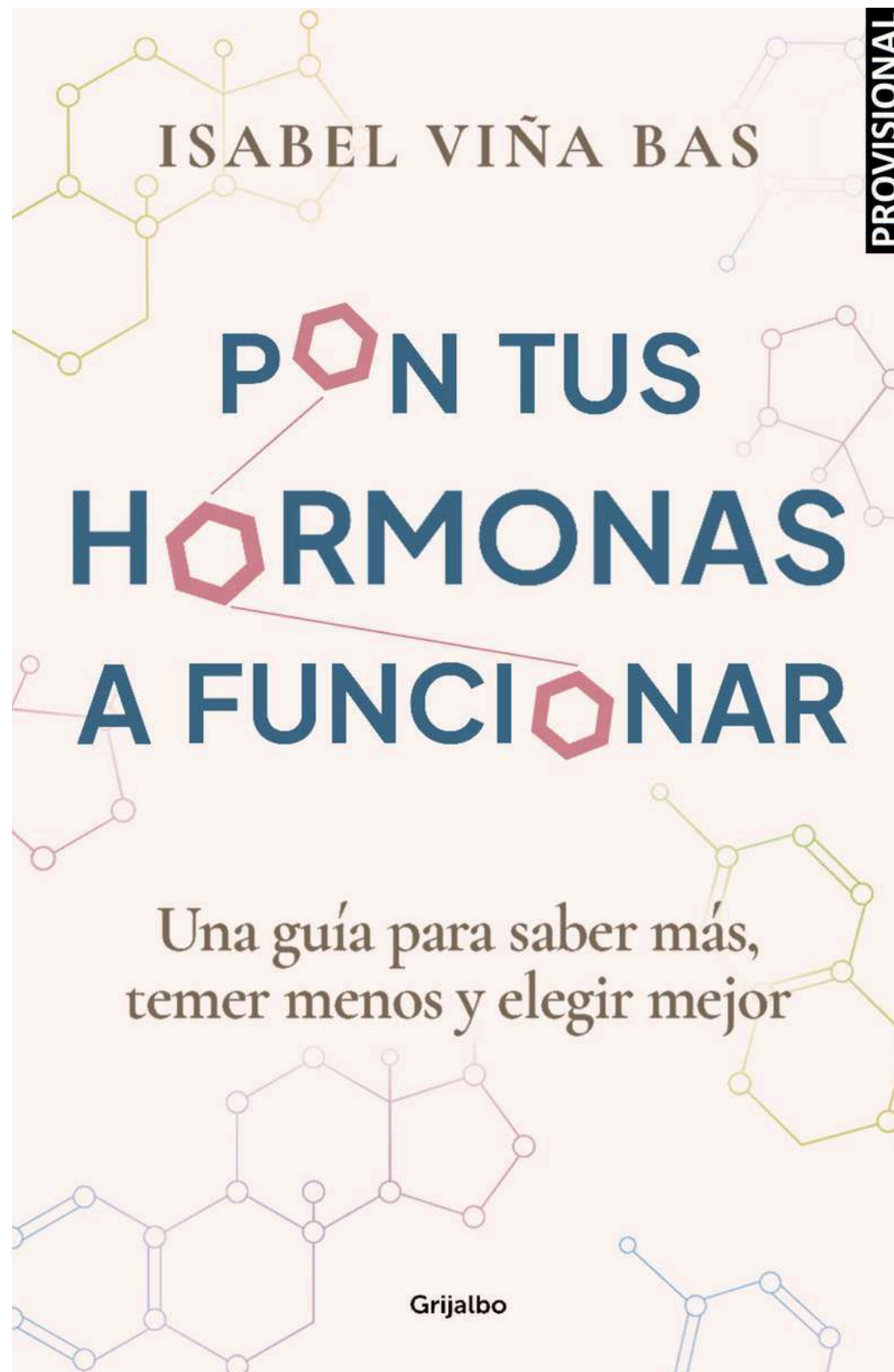
ESCAPE WORK STRESS AND RESTORE YOUR WELLBEING

Nine out of ten feel burnt out at work, nearly 80% of millennials have experienced symptoms of burnout, and occupational burnout syndrome is now the second most common problem in European workplaces. Pressure, perfectionism, and self-imposed demands can lead to recurring psychological and physical distress that is often hard to overcome.

In this book, Ángela Esteban—a psychologist and millennial who has personally recovered from burnout—offers the keys to understanding how we got here and how to break free. Through clear explanations, practical exercises, and actionable tools, she shows us how to stop sacrificing our health for work and regain balance in our lives.



ÁNGELA ESTEBAN is a health psychologist and social media influencer (@gamanpsicologia, 54K followers). She works with patients to help them find their own path to healing and personal growth across various areas, including the workplace.



Grijalbo - October 2025 - 288 pages

GET YOUR HORMONES WORKING

A practical guide to knowing more, fearing less, and making better choices.

UNDERSTAND YOUR HORMONES AND MASTER YOUR BODY, MOOD, AND WELLBEING

What are hormones? What are they for? How many do we have? How can we tell if they are balanced? How can we take care of them?

Isabel Viña, one of the top medical content creators on Instagram, explains what hormones are and how they communicate with each other. It is crucial that they work in synergy, because when one is disrupted, not only are multiple bodily functions affected, but like dominoes, the rest of the hormones and organs begin to be impacted.

Hormones and neurotransmitters ("brain hormones") are closely connected through the neuroendocrine system, which is why hormones play a key role in our mood and in our ability to respond to different emotions and social stimuli.



ISABEL VIÑA BAS is a renowned and highly respected resident doctor in endocrinology, specializing in the research and development of dietary supplements. She is an excellent communicator who teaches people how to take care of themselves and improve their well-being.

El frío no resfría

PABLO
GARCÍA
@medicadoo



Descubre los mitos
y verdades sobre
la salud y libérate de
las falsas creencias

Grijalbo

Grijalbo - April 2025 - 224 pages

COLD DOESN'T CAUSE COLDS

The greatest health myths (past and present), as no one has ever told you before.

BREAK THE MYTHS AND LEARN TO TAKE CARE OF YOURSELF

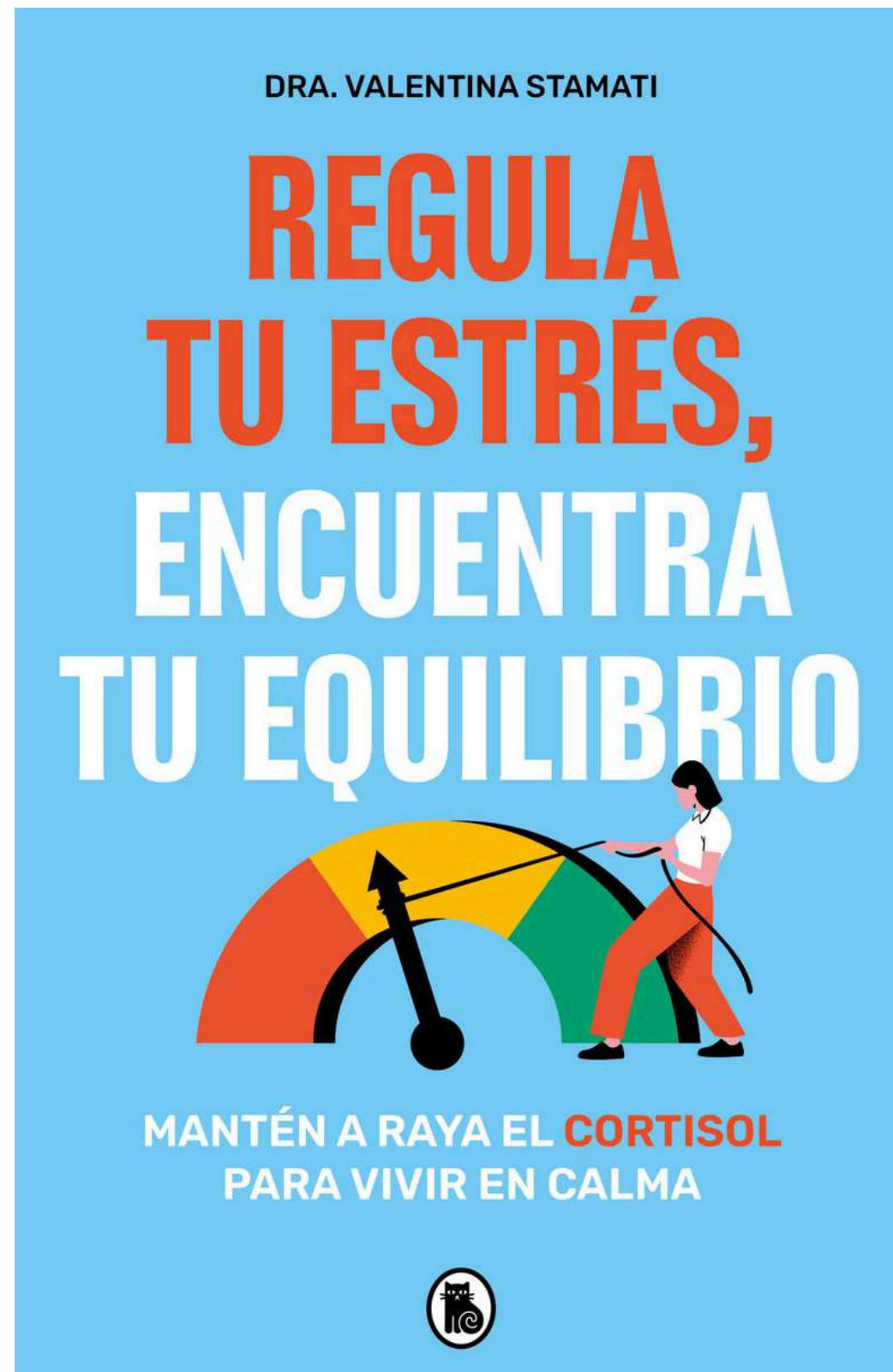
Pablo García (known on social media as @Medicadoo) is an insightful speaker who talks about health, as well as myths and hoaxes that need to be debunked. Respecting his fresh, ironic and direct tone, the book covers trending topics and topics of general interest, as well as relevant curiosities. For example, he talks about current hoaxes and why they go viral, lifelong myths such as that dairy products give you snot and that the cold makes you catch a cold, he also talks about pseudosciences, myths associated with acne, sunscreens and endocrine disruptors, and a long etcetera.

Pablo's reputation is growing and, in fact, he has created his own cosmetics firm and formulation.



Pablo García (known on social media as @Medicadoo) is an insightful speaker who talks about health, as well as myths and hoaxes that need to be debunked. Respecting his fresh, ironic, and direct tone, the book covers trending topics and subjects of general interest, along with relevant curiosities. For example, he addresses current hoaxes and why they go viral, lifelong myths such as dairy products causing mucus and the belief that cold weather makes you catch a cold. He also discusses pseudosciences, myths related to acne, sunscreens, endocrine disruptors, and much more.

Pablo's reputation continues to grow, and he has even created his own cosmetics brand and formulations.



Bruguera - October 2025 - 288 pages

MANAGE YOUR STRESS, FIND YOUR BALANCE

Keep cortisol at bay and live a calmer life with guidance from Dr. Valentina Stamati, specialist in integrative medicine.

TAKE CONTROL OF STRESS, BALANCE YOUR CORTISOL, AND RECLAIM YOUR ENERGY

Stress is one of the great evils of our time, triggering an increase in the well-known hormone cortisol, which helps us respond quickly to challenges. But the frenetic pace of modern life can cause cortisol levels to skyrocket, sometimes to toxic levels—and many of us don't know how to manage it.

In this book, health professional and hormone specialist Dr. Valentina Stamati debunks the myths surrounding cortisol and provides essential guidance on recognizing how stress manifests in your body. She shares practical tips, strategies, and simple habits to calm, nourish, and balance cortisol—helping you regain the vitality and well-being needed to face life's challenges.



VALENTINA STAMATI (Barcelona) studied Medicine at the National University of Rosario (Argentina) and holds a master's degree in Psychoneuroimmunology. She specializes in treating inflammation and hormonal and immune system imbalances through a holistic approach that integrates both body and mind.



Bruguera - November 2025 - 256 pages

PUT YOURSELF IN MY SHOES

Understand and support your teenager by connecting with your own inner teenager.

NAVIGATE ADOLESCENCE WITH EMPATHY, FIRMNESS, AND CONNECTION

Adolescence is one of the most challenging stages for families and one of the most crucial for a person's development. It arrives without instructions, and when there are no references that approach it with respect and connection, it can destabilize the entire family.

Carmina Benamunt, a coach and family mentor specializing in adolescent development, shares the key principles of her work in consultation: simple, practical tools based on active listening and reconnecting with our inner teenager. This book teaches families how to approach their children with empathy, manage conflicts with firmness and flexibility, and navigate adversity—so they can truly enjoy who their children are becoming and grow stronger together.



CARMINA BENAMUNT has been a coach and family mentor specializing in adolescent emotional and academic development for over ten years. She is also the author of a middle-grade novel capturing the rollercoaster ride of adolescence.

DRA. SUSANA CARMONA

NEURO MATERNAL



Ediciones B - March 2024- 304 pages

NEUROMATERNAL

Does a mother's brain change during pregnancy? A groundbreaking and unprecedented book.

Rights sold to: Bulgaria (KIBEA), English (MIT Press), Italy (Mondadori), Russia (Neva Publishing House), France (Éditions Arpa)

+30,000 COPIES SOLD

Neuroscience finally supports what women already sensed: motherhood transforms us. Thanks to rigorous studies analyzing brain images, today we can demonstrate that pregnancy profoundly alters a woman's brain, thus facilitating the transition to motherhood.

Neuromaternal draws on cutting-edge scientific evidence to describe the neural adaptations during pregnancy and motherhood. The research presented in this book, many of which are led by the author herself, reveals the biological dimension of "matrescence," positioning the process as one of the periods of greatest brain plasticity in adult life.



SUSANA CARMONA is a psychologist and PhD in neuroscience, educated at the Universitat Autònoma de Barcelona, Columbia University and Harvard University, combining research and teaching. She currently leads the neuromaternal research group of the Gregorio Marañón Health Research Institute, and the @neuro.maternal educational channel.

Natalia Seijo

El cuerpo
tiene
memoria

ENTIENDE CÓMO TU CUERPO SE EXPRESA POR TI
Y APRENDE A SANAR LA HUELLA DEL TRAUMA

Montena

THE BODY HAS MEMORY

Natalia Seijo, the psychologist of psychologists, presents the most comprehensive and up-to-date guide on psychosomatic illnesses: how to heal trauma through the body.

+15,000 COPIES SOLD

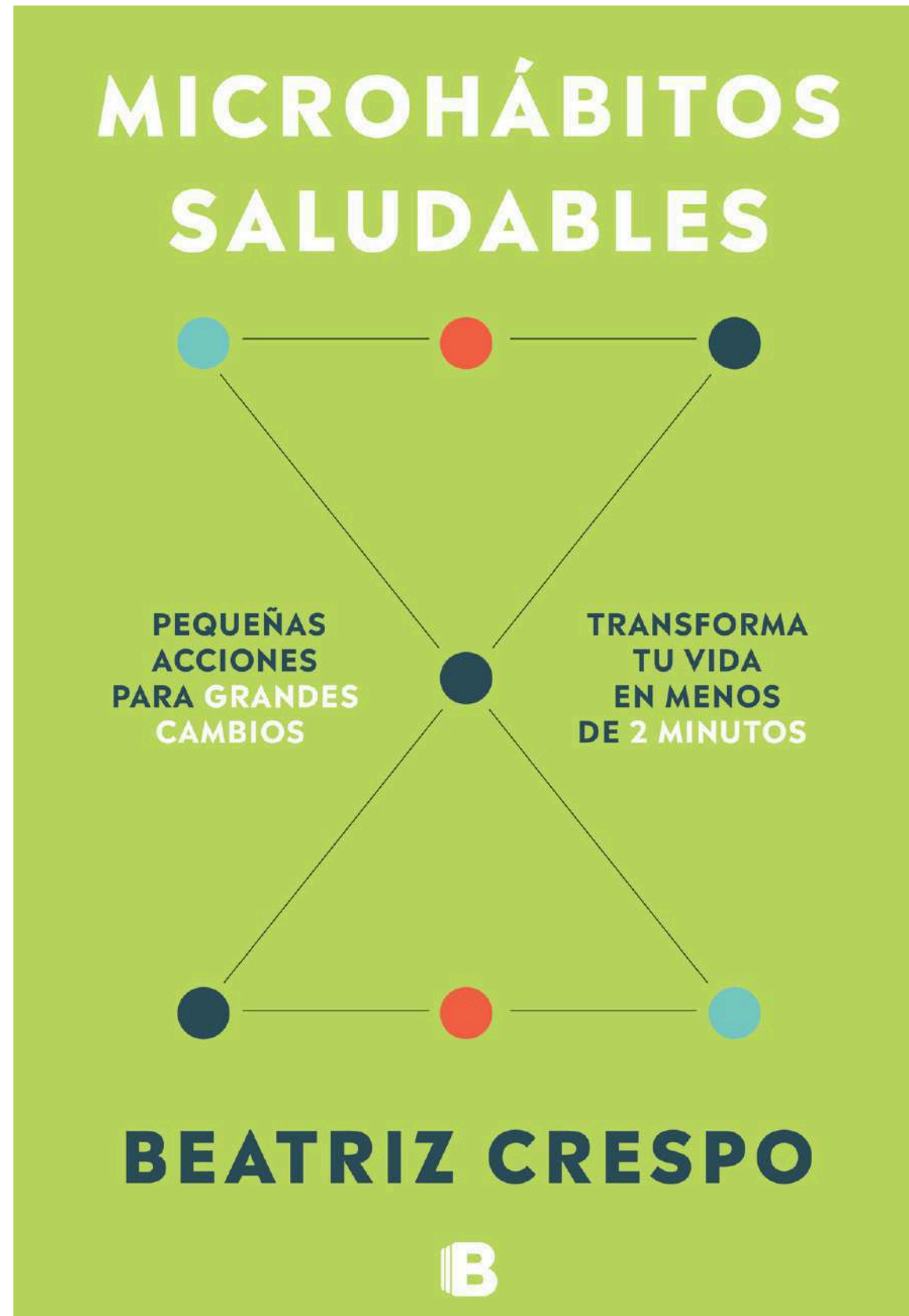
Rights sold to: Portugal (Bertrand), Italy (Giunti), Russia (Eksmo)

Back pain, insomnia, allergies, menstrual problems... What do these ailments have to do with our psychological history? We often see the body as a silent guest in our lives, existing separately from our feelings and traumas. But nothing could be further from the truth. Our body has memory and expresses itself continuously, and understanding its language is key. In a relatable and practical way, Natalia Seijo explains how emotions impact our physical health and how to understand what our body needs from us to lead a happier life.



NATALIA SEIJO is one of the most recognized psychologists and communicators in the Spanish scientific landscape. She specializes in EMDR, complex trauma, attachment, dissociation, eating disorders, and medical psychosomatics. "The Body has memory" is her first and highly anticipated book.

Montena - October 2024 - 256 pages



Ediciones B - April 2025 - 216 pages

HEALTHY MICROHABITS

Did you know that you can transform your life in less than two minutes? Welcome to the powerful microhabits revolution.

WELCOME TO THE MICROHABITS REVOLUTION

Rights sold to: Italy (Giunti), Portugal (Penguin Random House), China (Luzhai Cultural Media Company)

Humans have a forgotten superpower: the ability to constantly change, adapt and evolve. You may think that achieving great changes requires more time and energy than you have, but this book will prove you wrong. The power of microhabits lies in carrying out very simple and brief actions that, combined, create a profound change at a physical, mental and all aspects of your life. It is not about doing more, but about doing it better.

Here you will find tools and ideas for microhabits that have revolutionized the lives of thousands of people. You will be able to choose the ones that best suit you and you will learn to create your own to see how your mentality and your life are transformed.



BEATRIZ CRESPO holds a PhD in Medicine and in Paralympic Sports Performance, and is a speaker and educator with more than twenty years of experience leading innovative health and wellness projects.



Aguilar - June 2025 - 256 pages

THE WOMAN WHO TURNED OFF HER MUSIC

Discover Miguel Ángel Montero's narrative self-help book. After selling tens of thousands of self-published copies, he finally reaches bookstores with a fable about finding our own inner voice.

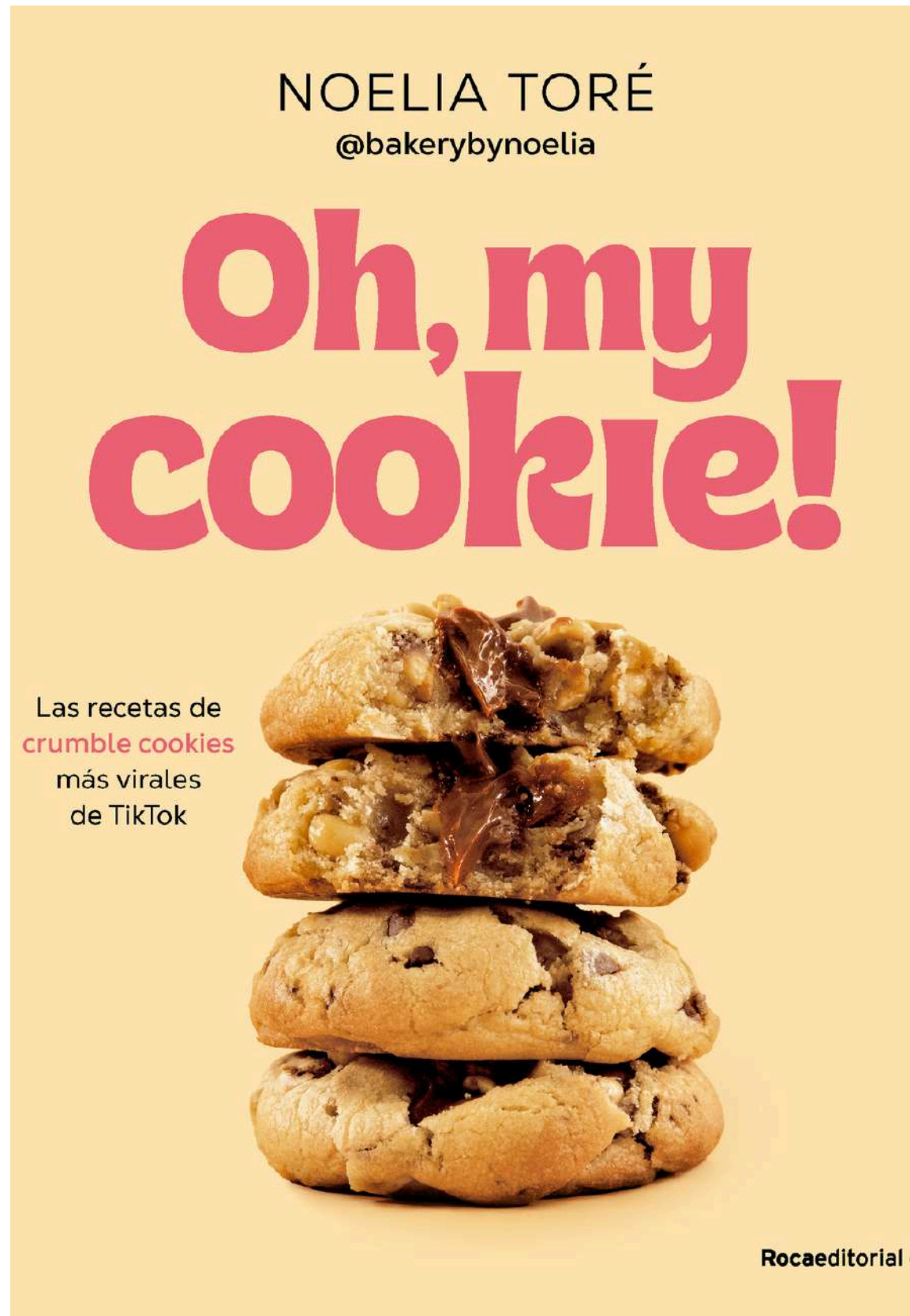
AUTHOR WITH +100,000 COPIES SOLD

Rights sold to: Germany (Penguin Random House), Bulgaria (AMG Publishing), Poland (Aktywa)

The Woman Who Turned Off Her Music follows in the footsteps of the author's bestseller, *The Man Who Was Afraid to Live*. In this book, Samin returns—a mysterious character who first appeared in the previous story—and now enters the life of the protagonist, a violinist going through an existential crisis, to teach her life lessons that will help her rediscover her own inner voice, her own melody.



MIGUEL ÁNGEL MONTERO is a teacher and anthropologist. His keen interest in human behavior and its study has led him to travel to more than 60 countries, and the result of all this is his books, which aim to convey the great lesson he himself has learned on his travels: happiness is an attitude.



Roca Editorial - March 2025 - 184 pages

OH, MY COOKIE!

TikTok's most viral crumble cookie recipes.

+10,000 COPIES SOLD

Rights sold to: Germany (Penguin Random House), Rusia (AST)

Have you seen those mouth-watering crumble cookie videos? Those irresistible biscuits, crispy on the outside and tender on the inside, that have already become a viral phenomenon on the internet. If you too can't wait to try them, we have the perfect book for you.

Noelia Toré, the talented baker behind @bakerybynoelia, presents us with a must-have recipe book with more than fifty crumble cookie recipes for all tastes. From classic and chocolatey versions to innovative, decorated and irresistibly original creations.

Surprise your friends and family with these homemade delights or indulge yourself with every bite, discover the secret of the most famous biscuits and don't leave a crumble cookie untasted!



NOELIA TORÉ is the creator of the Bakery by Noelia brand, specialising in pastries. Her brand currently manages home deliveries of baked goods and pastries on demand, and has more than 240K followers on TikTok and another 191K on Instagram. Noelia has joined the crumble cookie trend and some of her recipe videos have accumulated more than 25 million views.

DRA. ANA ASENSIO

TU PSICÓLOGA DE CABECERA



Escucha a tu intuición

Entrena el superpoder de tu brújula interior
y consigue todo lo que te propongas

Rocaeditorial •

Roca Editorial - May 2025 - 352 pages

LISTEN TO YOUR INTUITION

Discover the superpower we all have by default, the one that shows us the way to everything: INTUITION.

AUTHOR WITH +30,000 COPIES SOLD

We often ignore our heart, that part of us we call “our inner self.” When we allow ourselves to, however, we listen to our intuition. But what is intuition? Our sixth sense, that unknown part of ourselves capable of shaping our lives in ways we could never imagine. But what are the neurological processes behind what we call “intuition”?

How can we use it to make the best decisions and move toward our well-being? Ana Asensio tackles a fascinating topic that can completely change the way we perceive life, relationships, and obstacles. The answers lie within us—we just have to learn to let ourselves go.



ANA ASENSIO is a health psychologist, psychotherapist, and doctor of neuroscience from the Faculty of Medicine at the Complutense University of Madrid, with over twenty years of experience. She is the author of *Vidas en positivo* and *Neurofelicidad*, both published by Roca Editorial.

BEST SELLERS

ALBA CARDALDA

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Alba Cardalda
CÓMO
MANDAR
A LA MIERDA
DE FORMA
EDUCADA



Vergara - May 2023 - 288 pages

HOW TO TELL PEOPLE TO F*** OFF (POLITELY)

Setting boundaries was never so easy.

**AUTHOR WITH +400,000 COPIES SOLD
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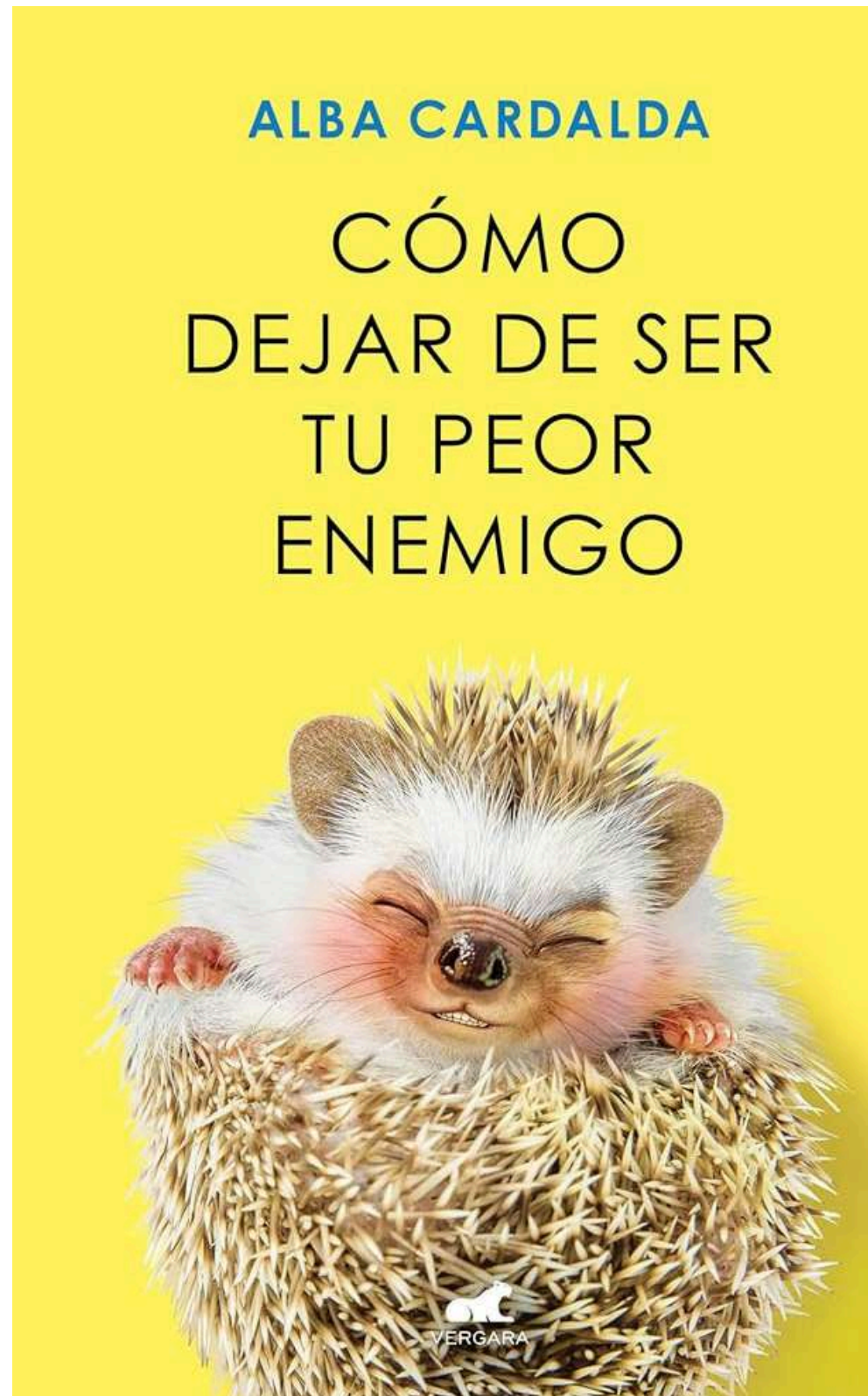
Rights sold: Australia (Hay House), Brazil (Ediouro), China (Qingdao Publishing House), Croatia (Znanje), Estonia (Tänapäev), France (Éditis), Germany (Penguin Random House), Greece (Key Books), India (Penguin Random House), India English (Penguin Random House), Italy (DeAgostini), Netherlands (ZNU), Poland (Foksal Publishing), Portugal (Pergaminho), Romania (Litera), Russia (Alpina), South Korea (DaVinciHouse), United States (Hay House), UK (Hay House)

Why do we find it difficult to set boundaries? The idea of romantic love or the belief that they will stop loving us if we say "no" are some of the reasons. This is why we find it so difficult to do it, and when we do, we feel guilt, fear or anxiety.

The truth is that putting up barriers in relationships is as necessary as placing them at the side of the road: they help avoid accidents.

However, it is not always positive or healthy: It is how those boundaries are communicated that helps us to improve our relationship with others and with ourselves.

In this book, we will learn how to create more full and honest relationships, in which we feel more respected, loved and, above all, free to be who we really are.



Vergara - September 2024 - 272 pages

HOW TO STOP BEING YOUR OWN ENEMY

The Tiger roars again: Alba Cardalda teaches you to speak well to yourself so... You don't tell yourself to F*** Off.

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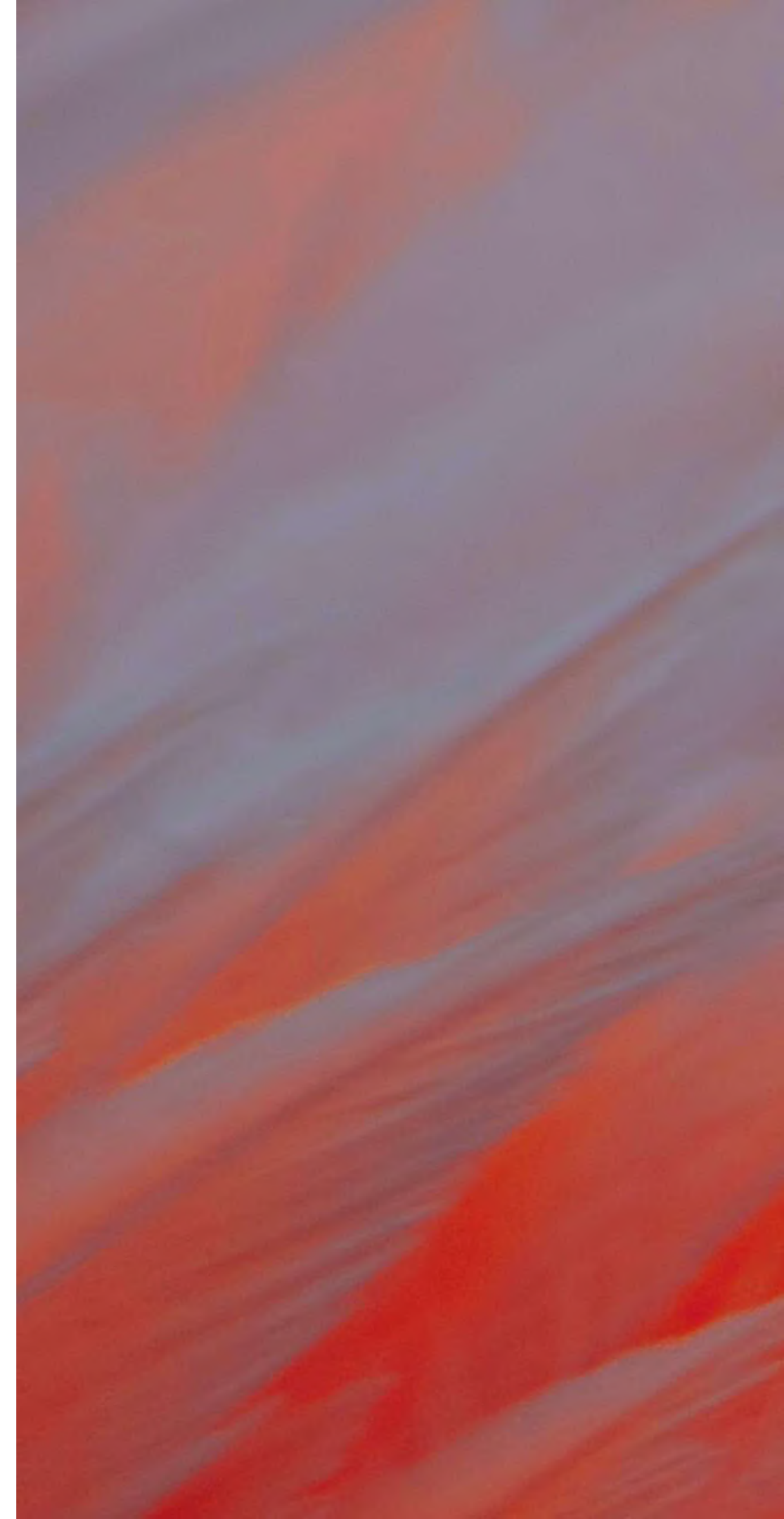
Option publishers: China (Qingdao Publishing House), Croatia (Znanje), Estonia (Tänapäev), Germany (Penguin Random House), Greece (Key Books), India (Penguin Random House), India English (Penguin Random House), Italy (DeAgostini), Netherlands (ZNU), Romania (Litera), South Korea (DaVinciHouse)

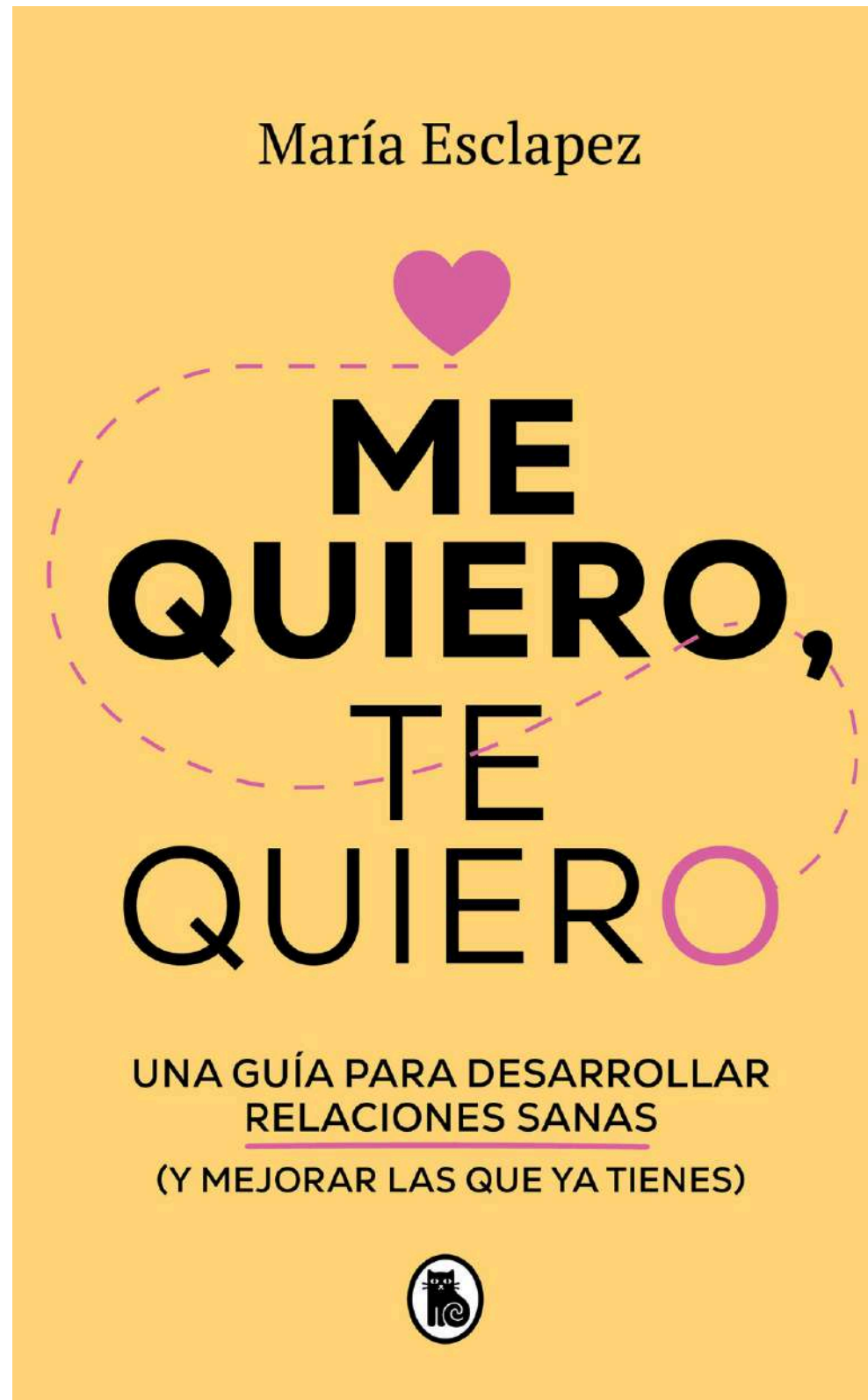
The most important conversations we have throughout our lives are the ones we have with ourselves. We are the ones we talk to the most and, inevitably, the ones we listen to the most. But we don't always speak to ourselves well, not even with the respect we would ask of others. And this taints the relationship we have with ourselves and directly affects our self-esteem and mental health. So often, without knowing it, we become our own worst enemy. In this book, neuropsychologist Alba Cardalda shows us how our internal dialogues operate and the importance of taking care of them. And, of course, she gives us tools and keys to improve them and start treating ourselves with the care and love we deserve.

Neuropsychologist Alba Cardalda shows us in this book how our internal dialogues operate and teaches us the importance of taking care of them. And, of course, she gives us the tools and keys to improve them and start treating ourselves with the care and love we deserve.

MARIA ESCLAPEZ

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I LOVE ME, I LOVE YOU

A guide to develop healthy relationships (and improve the ones you already have)

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A toxic relationship is one that causes discomfort. Something toxic, as the name suggests, is something bad or harmful to us. With this book, you will be able to detect harmful or toxic situations that may arise in your relationships and learn to set boundaries for your well-being, thus reinforcing your self-esteem.

Because I love you, but I love myself first. Maybe you suspect that things are not going well and that what you experience in your relationships may not be normal. You might even be clear about it and want to know how to get out of it. If you have decided to listen to that little voice I mentioned, this book is for you."

María Esclapez, clinical psychologist, sexologist, and couples therapist, invites you to build healthy relationships and improve the ones you already have through practical exercises, examples from her practice, and reflections. No matter where you are, it is never too early or too late to learn to be aware of your experiences, love yourself, and value yourself, first as a person and then as a partner.



Bruguera - March 2025 - 272 pages

YOUR FEAR IS YOUR POWER

We've been convinced that fear is a negative emotion we should suppress... but what if fear is actually a power?

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Option publishers: Worldwide English (Rockpool), Italy (Mondadori), Brasil (Sextante), Poland (JK Ksizki), Croatia (Egmont), Serbia (Vulkan), Romania (Trei), Turkey (Pegasus), Hebrew (Kinneret), Israel (Kinneret), Greece (Patakis), North Macedonia (Topal Publishing House), Catalan (Penguin Random House)

A new self-help book by María Esclapez, the psychologist who has revolutionized millennial non-fiction.

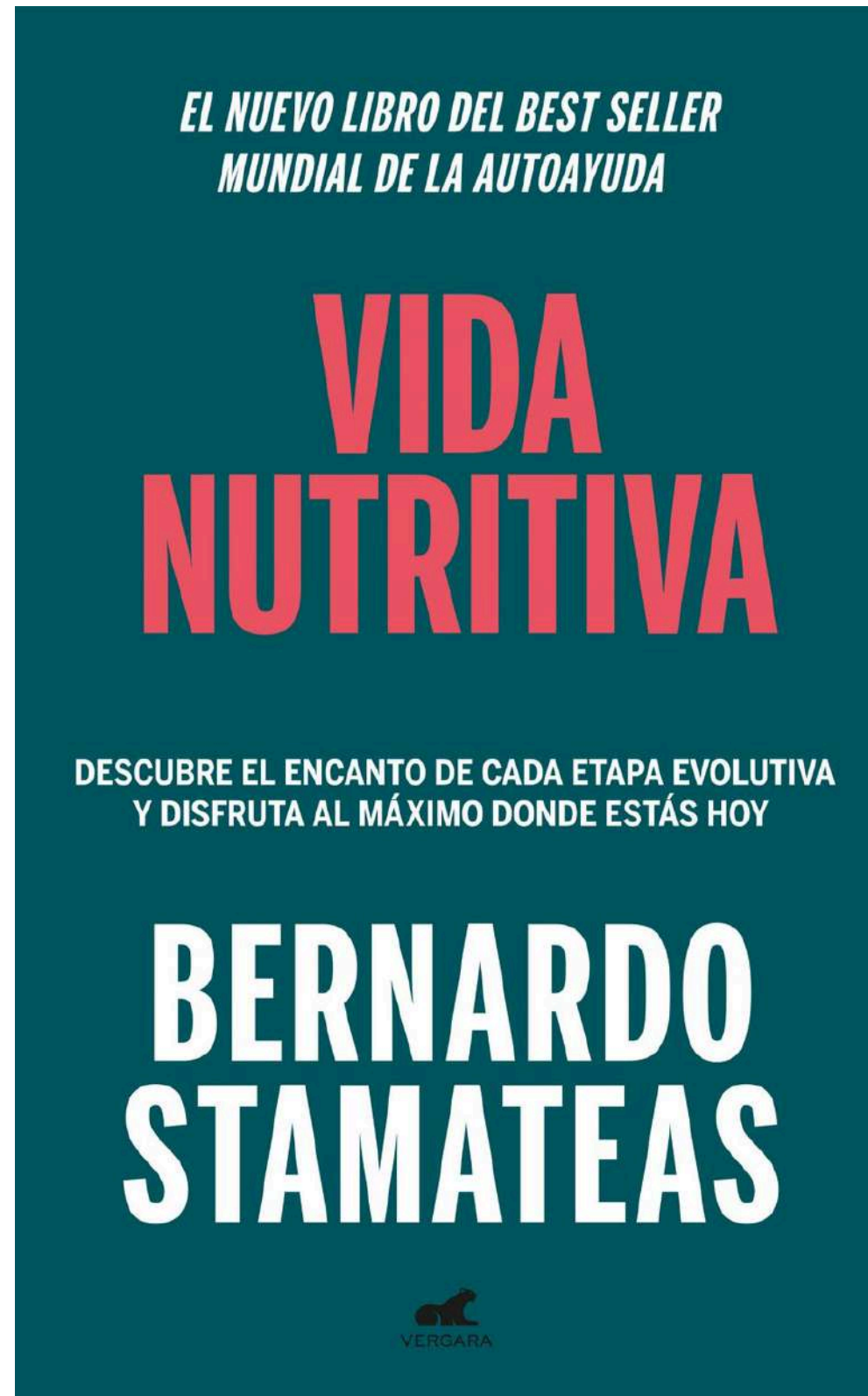
In this new book, María Esclapez explores fear from an innovative perspective. We don't have to try to fight it or overcome it. Fear is useful, and it can be your ally if you take the time to listen to and understand it.

María combines theory and practice to teach us that fear is neutralized with secure attachment. If you learn to manage yourself, regulate your emotions, and identify your needs with the right tools, you can handle whatever worries you. Make sure fear doesn't control you and transform it to your advantage. Your fear is your power.

BERNARDO STAMATEAS

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Vergara - January 2025 - 168 pages

NUTRITIVE LIFE

Discover the charm of each evolutionary stage and make the most of where you are today.

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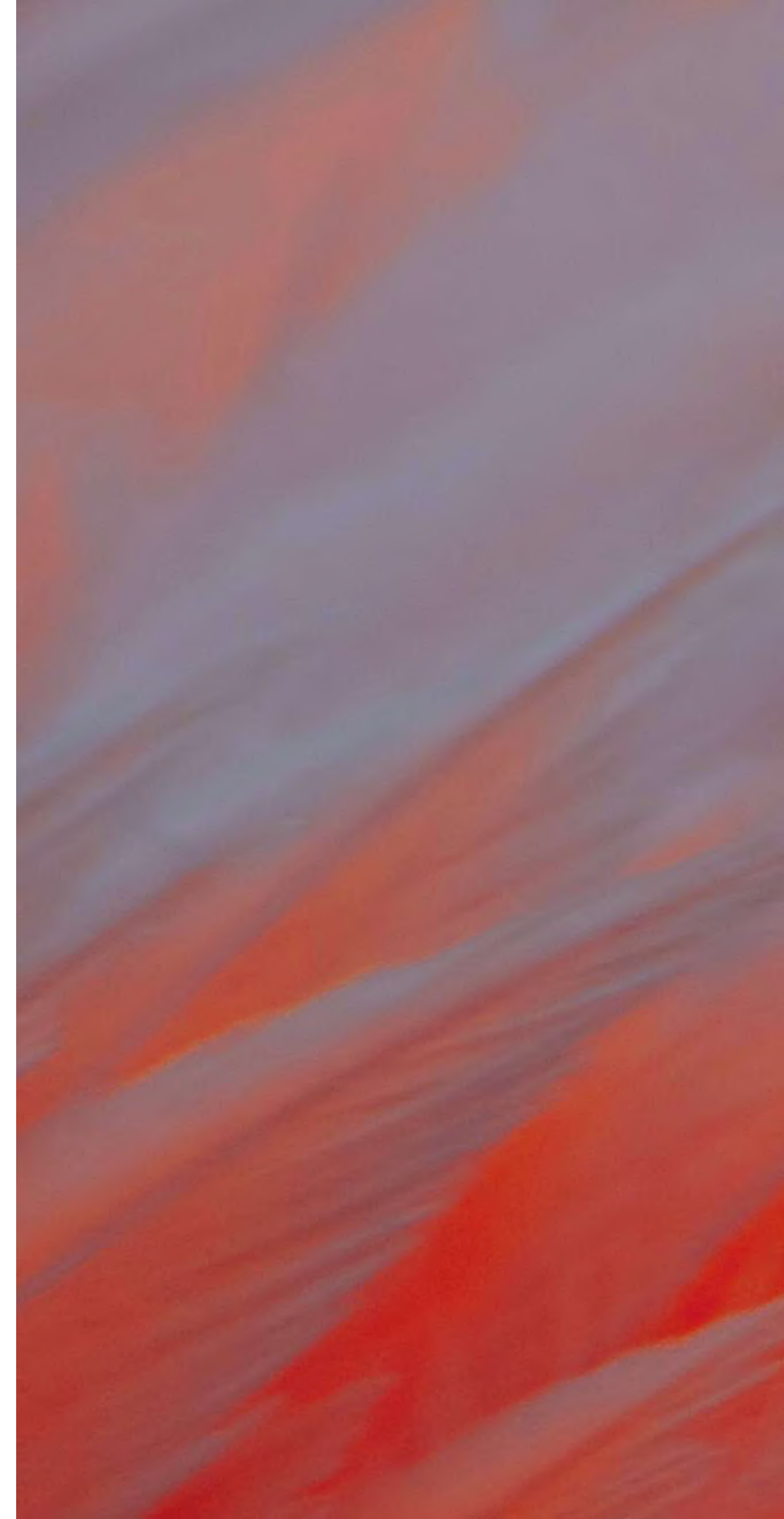
We all dream of a happy, fulfilling and expanding life, but how can we achieve it? This book invites you to change your thinking about the life cycle, transforming the belief of 'youth as the best stage' into a more enriching vision: life as an ascending staircase where each phase adds to and enhances your growth. Bernardo Stamateas guides you through these different phases, showing you that each one has its own charm:

- Childhood: play and cultivate creativity.
- Adolescence: rebelling positively and questioning the status quo.
- Youth: Produce with purpose and achieve your goals.
- Adulthood: enjoying yourself without guilt
- Old age: be a blessing and leave a legacy of love and wisdom.

Nourishing life will help you discover that the best stage is always the one you are living. Your most valuable asset is your inner world, and true well-being is built from within.

MARTA SEGRELLES

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MARTA SEGRELLES

NO HAY NADA MALO EN TI

**Haz las paces contigo y
quiérete como te mereces**



Bruguera - October 2025 - 301 pages

THERE IS NOTHING WRONG WITH YOU

Marta Segrelles returns with a guide to make peace with yourself and love yourself as you deserve.

AUTHOR WITH +150,000 COPIES SOLD

Rights sold: Poland (Otwarte)

Option publishers: Romania (Editura Univers), Italy (Giunti), Portugal (Bertrand)

When there are unhealed wounds from the past, it is very easy to think that the problem lies within you. Believing that everything that happens to you is your fault is like trying to walk with a heavy slab that sinks you, and at the same time, feeling that it only depends on you to improve and resolve it. But, without the tools to deal with guilt and look at ourselves with compassion, making peace with ourselves can be very complicated.

In this book, Marta Segrelles combines IFS theory and simple practice to accompany us on a journey to the past of the most important relationship of all: the one we have with ourselves. In the process, we will understand what we need, discover our strengths and weaknesses, and learn to embrace them, because they all form part of who we are.



MARTA SEGRELLES is an expert in integrative therapy with a humanistic approach and specializes in working with emotional wounds. In her book, she combines IFS theory and simple practices to help readers make peace with themselves and understand their strengths and weaknesses.



HUG THE GIRL YOU WERE

Cure the wounds of the past and connect with yourself

Rights sold: Poland (Wielka), Romania (Editura Univers), Italy (Giunti)

Bruguera, June 2023, 280 pages

Many times, difficulties in relating to others and oneself stem from our inner child, a vulnerable part that holds all the experiences from our childhood. If this inner child was wounded or did not receive the necessary attention, discomfort can accompany us into adulthood.

Marta Segrelles combines theory and practice to guide us on a journey to reconnect with this inner child. We will learn to understand and validate our emotions in order to comprehend why we feel the way we do and become the adults that the child we once were needed.



DEAR MOM: YOU HURT ME

Heal the wounds in your mother-daughter relationship and learn to set healthy boundaries

Rights sold: Poland (Otwarte), Romania (Editura Univers), Portugal (Bertrand)

Bruguera, April 2024, 288 pages

Is your relationship with your mother the one you would like to have? Was she emotionally present for you as you grew up? Or do you feel anger or abandonment when you think about the girl you were? Do you think you're a bad daughter for needing to distance yourself from your mother at times?

Marta Segrelles, a psychologist specializing in attachment and trauma, combines theory and practice to accompany us on a journey into the past of our relationship with our mother. In the process, we will discover the dynamics that shape the bond, recognize our wounds, and learn to understand and validate our emotions to set boundaries that take care of us. With compassion and empathy, we will heal our past experience to relate to ourselves better and avoid making the same mistakes that have hurt us so much.

ELIZABETH CLAPÉS

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YOU ARE NOT THE PROBLEM

#1 psychologist and bestselling author Elizabeth Clapés returns to captivate the general public: learn to spot a narcissist and heal your wounds

AUTHOR WITH +475,000 COPIES SOLD

Rights sold: Italy (Giunti Editore), Rusia (Eksmo)

How are you going to call your own mother a narcissistic psychopath? Your best friend? The 'love of your life'? How is it possible that someone who says they love you can hurt you so much? And how can it be that, on top of that, your pain seems to mean nothing to them?

They seem like charming people, but once they enter your life, they manipulate you, hurt you, and confuse you until one day you realize you've stopped being yourself. They mistreat you, and you ask yourself, 'Is it my fault?', 'Am I provoking it?', 'Am I going crazy?'. Well, no. It's not your fault, you didn't bring it on yourself, and you're not losing your mind. What's happening is that the narcissistic psychopath is using mechanisms to make you believe that you are the problem. And they won't change.

Identifying them and distancing yourself from them is the first step to healing the wounds they've caused and regaining control of your life. It's not an easy path, but you need to get out of there. There's no other way.

It's okay to want someone out of your life. Now you just need to learn how to remove them.

DEAR ME: WE HAVE TO TALK

Get to know yourself and learn to be happy in your own skin

AUTHOR WITH +475,000 COPIES SOLD

Rights sold: Russia (Alpina), Ukraine (Knigolove), Portugal (Zero a Oito), France (Éditions Arpa)

An essential tool for working on our mental health, improving our relationship with ourselves, and feeling empowered in the face of any type of violence.

Years ago, Elizabeth Clapés didn't understand the great importance of the phrase "getting to know oneself." "When you've been living with yourself for thirty years, can you really figure out what's left to know? Is there really something that can catch you by surprise?" the author wondered.

Every day, thousands of feelings, people, wounds, and situations that can cause discomfort emerge. Identifying and distinguishing between those that can be changed and those that cannot is crucial to stop asking the same questions over and over. Psychologist Elizabeth Clapés attempts to provide answers to her readers and patients. "Why do I feel so sensitive? Why am I always on the defensive? Why do I feel anxious? What's wrong with me?"

In her book, the psychologist takes all women by the hand to accompany them on a new path of self-love and self-discovery.

**QUERIDA YO:
tenemos que hablar**

Conócete y sé feliz contigo

Elizabeth Clapés
@esmipsicologa

montena

ANA PÉREZ

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RIGHTS SOLD TO 5 COUNTRIES





TIME TO LIVE

With more than 380,000 copies sold worldwide, psychologist Ana Pérez is back, showing you how to establish powerful habits to get the most out of your life.

AUTHOR WITH +375,000 COPIES SOLD

Rights sold to: Portugal (Bertrand)
Option publishers: Russia (Popuri), Italy (Armenia), China (Beijing Sande Culture)

Do you find it hard to concentrate on a single task? Do you always put your hobbies off until later? Do your personal life and work get too intertwined? Why do you procrastinate so much?

Discover 100 practical, easy-to-apply tools to manage your time and make the most of your life. Time is all you have. Learn how to get the most out of your work so you can enjoy quality time for what truly matters. Discover the power of small habits, learn to plan, set realistic goals, maximize your concentration, leave distractions behind, and make time for what you really enjoy.

In short, take action daily to build a life aligned with what truly makes you happy.



ANA PÉREZ, psychologist, has become the leading voice of her generation with her direct and practical approach through her account @nacidramatica. Her books Therapy to Take Away and Take Care of Yourself to Grow have become worldwide bestsellers.



Montena - June 2023 - 144 pages

THERAPY TO TAKE AWAY

100 psychological tools to better manage your daily life

AUTHOR WITH +375,000 COPIES SOLD

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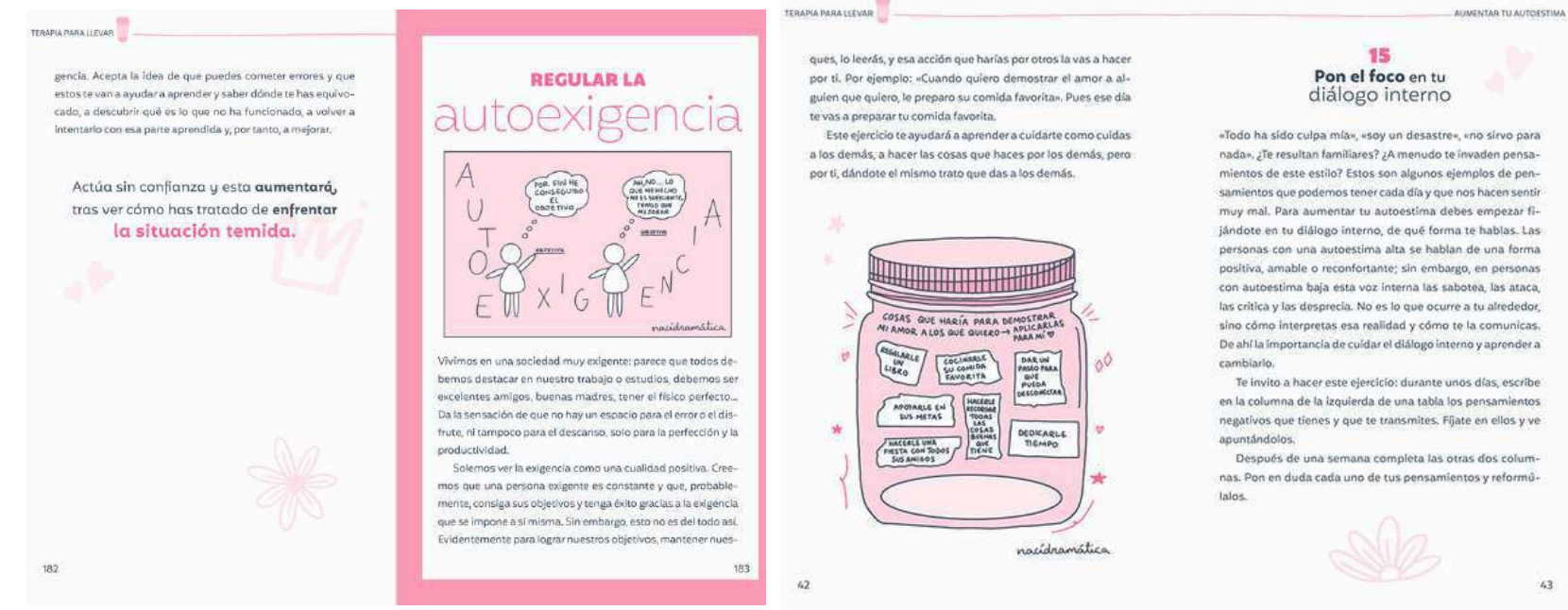
Mental health, emotional management... buzzwords we constantly hear, but what do they mean, and, most importantly, how can we work on them?

This book presents 20 key concepts of psychology and 100 practical tools to better navigate everyday life. Learn to put things into perspective, avoid dichotomous thinking, manage failure and fear, and, in general, understand your emotions. All with a friendly, practical, and useful tone filled with humor, drawings, and graphics featuring the characteristic pop and eye-catching aesthetics of the account.

With this book, you will learn to...

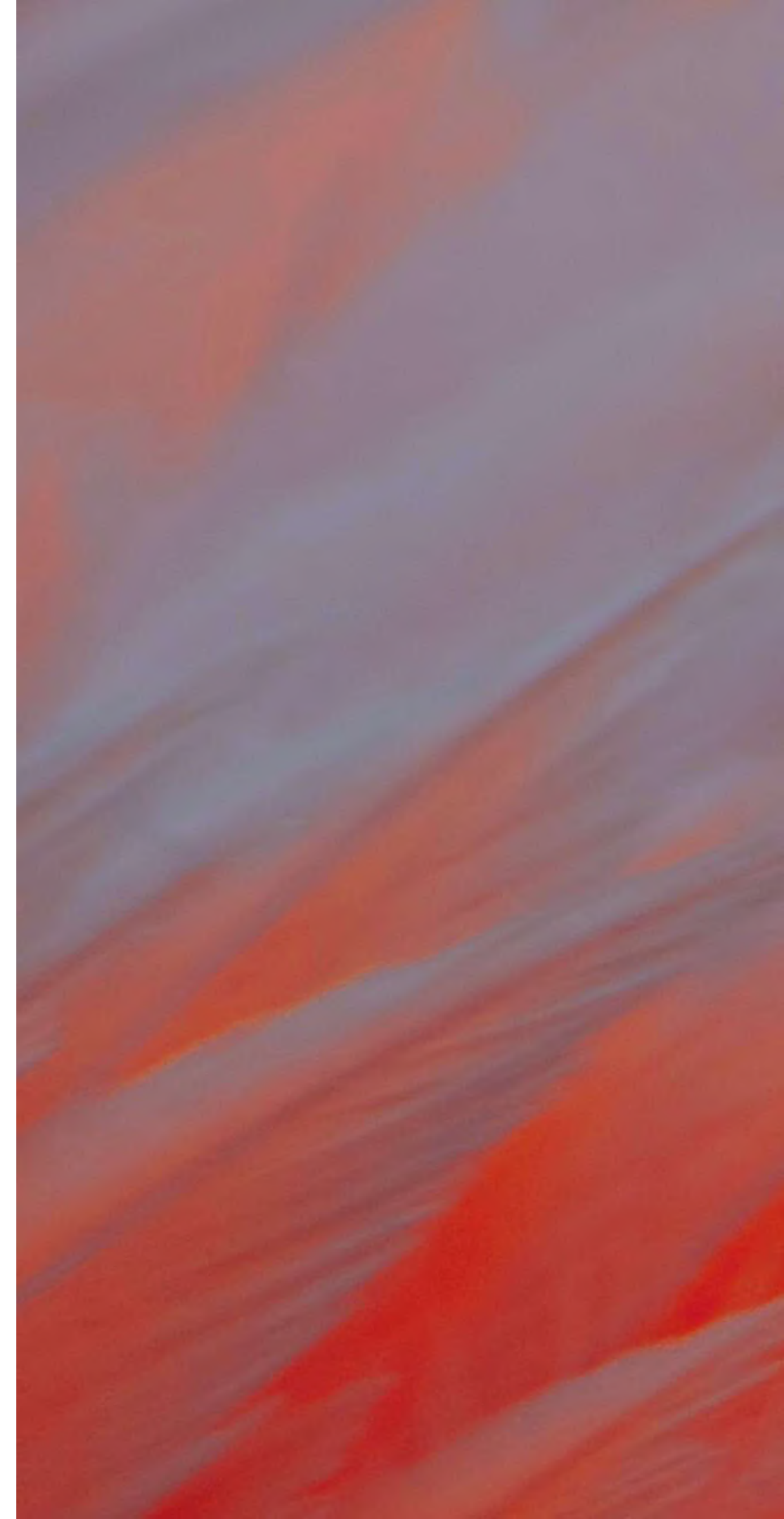
- Face failure
- Set boundaries
- Boost your self-esteem
- Stop procrastinating
- Overcome a breakup
- Put things into perspective
- Overcome the fear of judgment

And much more!



MODESTO GARCÍA

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ILLUSTRATED CRIMES: SOLVE THE MURDER

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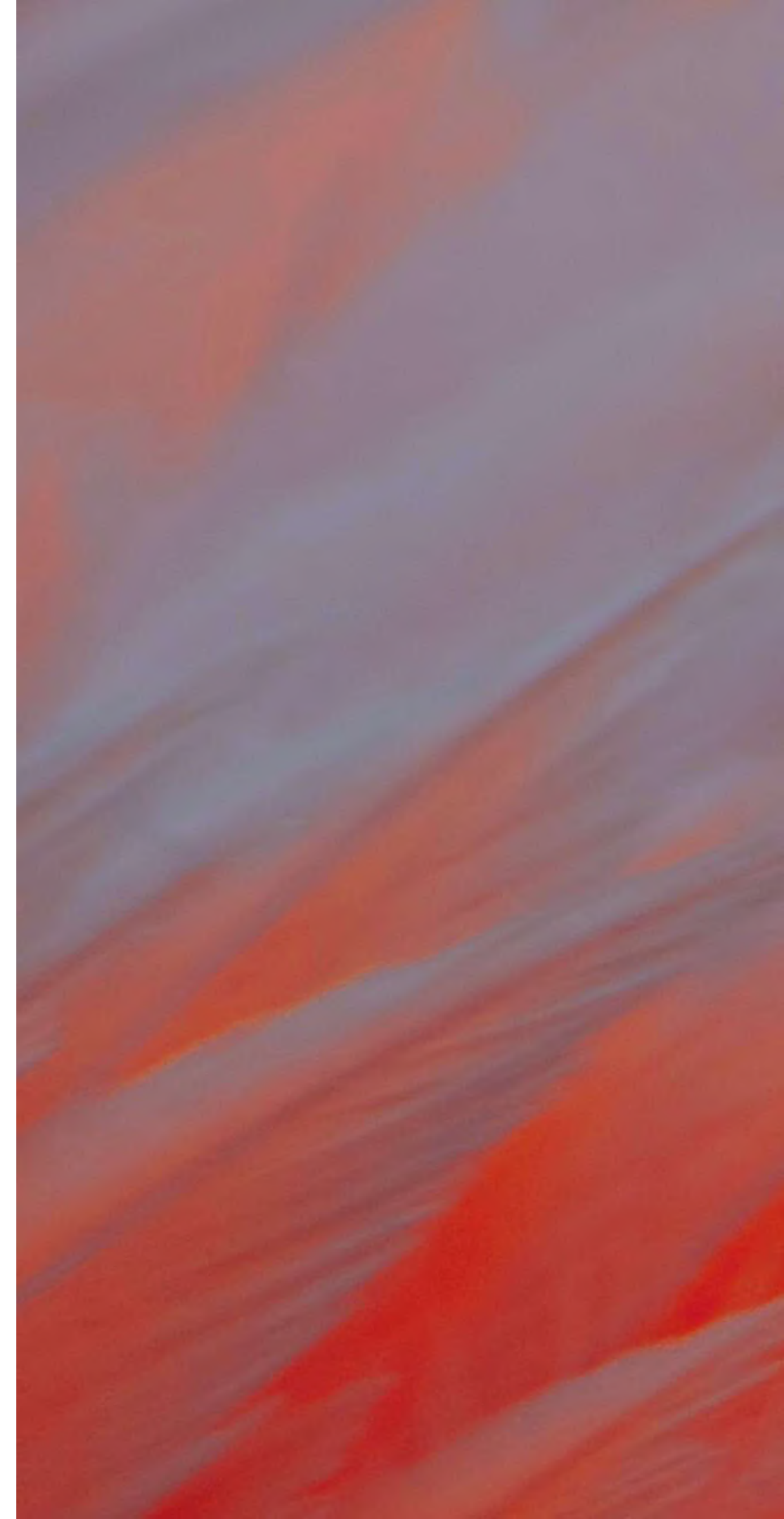


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BORJA VILASECA

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Vergara - February 2025 - 272 pages

HAPPINESS IS EASY

Your suffering will be happiness if you put love and compassion into it.

AUTHOR WITH +625,000 COPIES SOLD

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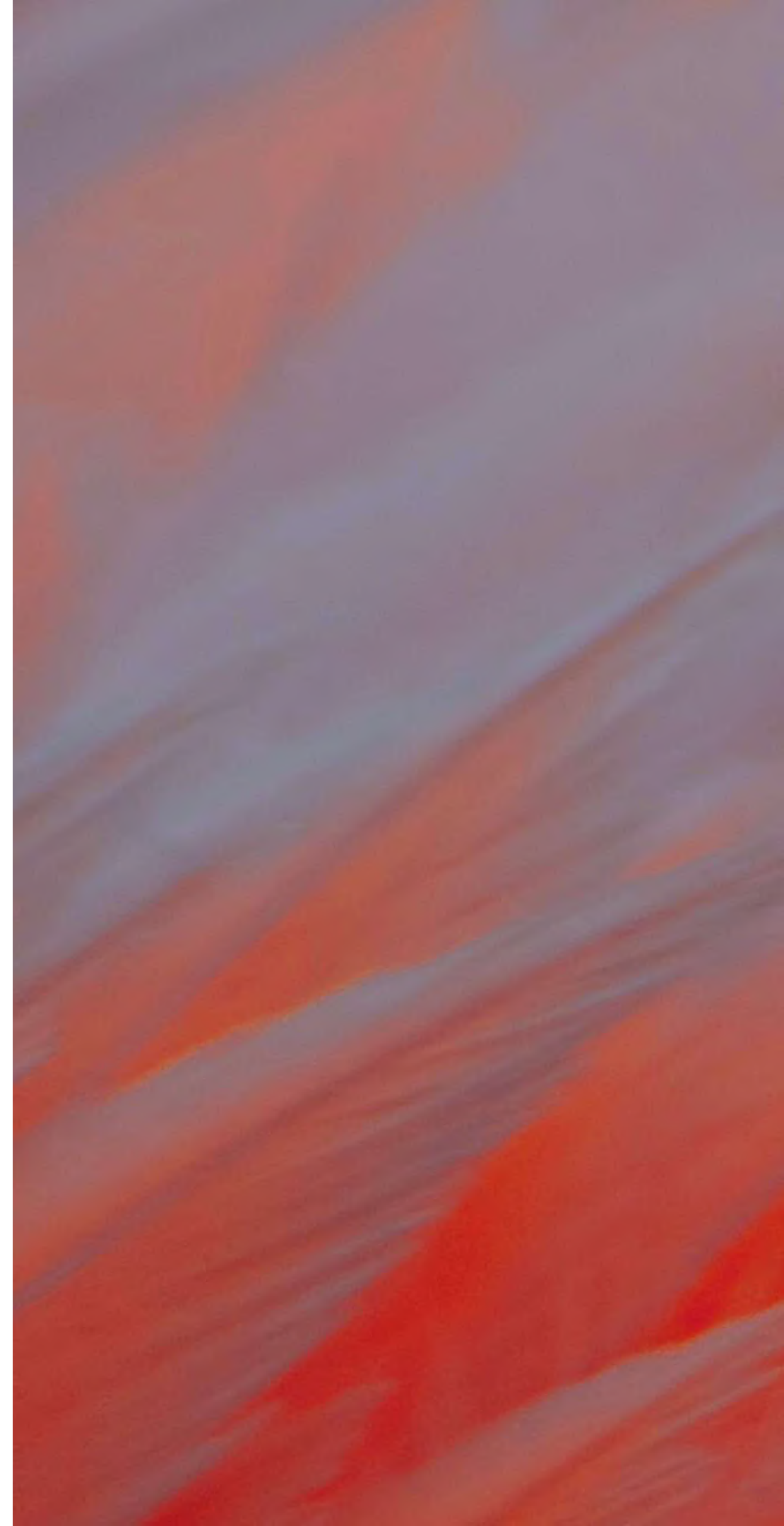
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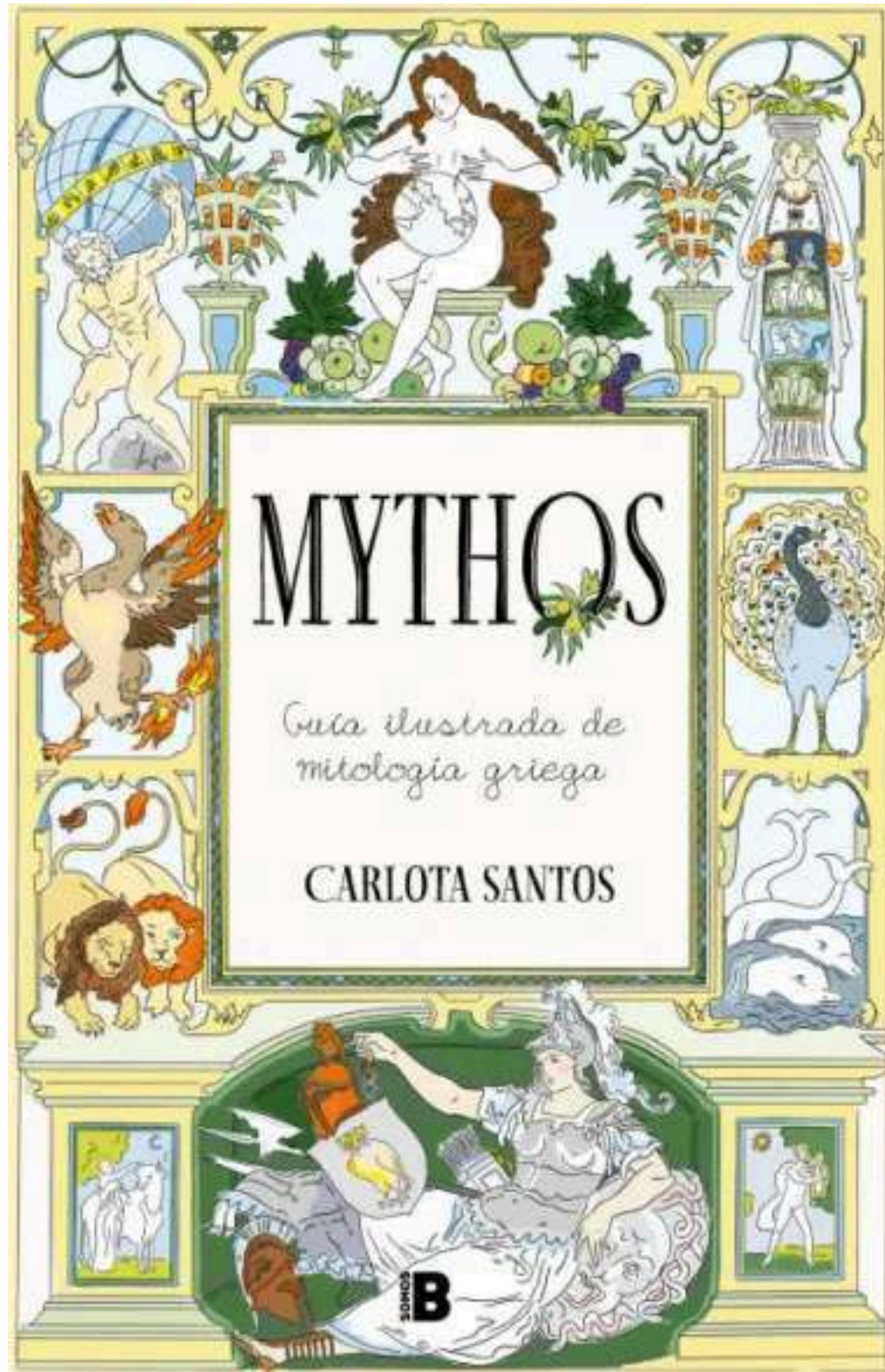
Happiness is the natural state of being human. It is our true nature. The problem is that we often put obstacles in the way of achieving it. Somehow, the further we move away from happiness, the further we move away from ourselves. As if, even though we have perfect eyesight, we insist on putting glasses in front of our eyes that only distort the world around us. That is why being happy is much easier than it seems. The hard part is putting it into practice.

In this book, Borja Vilaseca shows us the causes of our discomfort and how we can reconnect with our essence. And he shows us how self-love and compassion towards others can become the best recipe for happiness.

CARLOTA SANTOS

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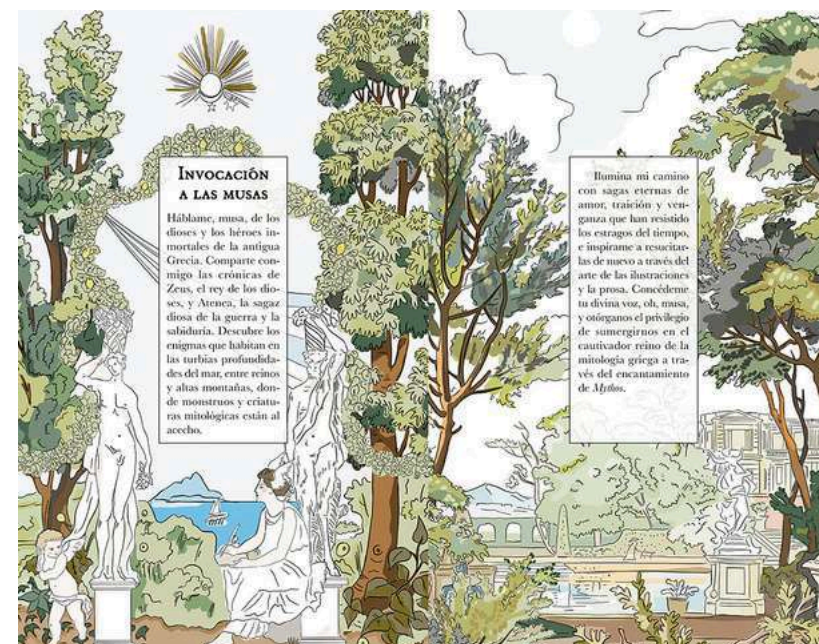
Somos B - September 2024 - 320 pages

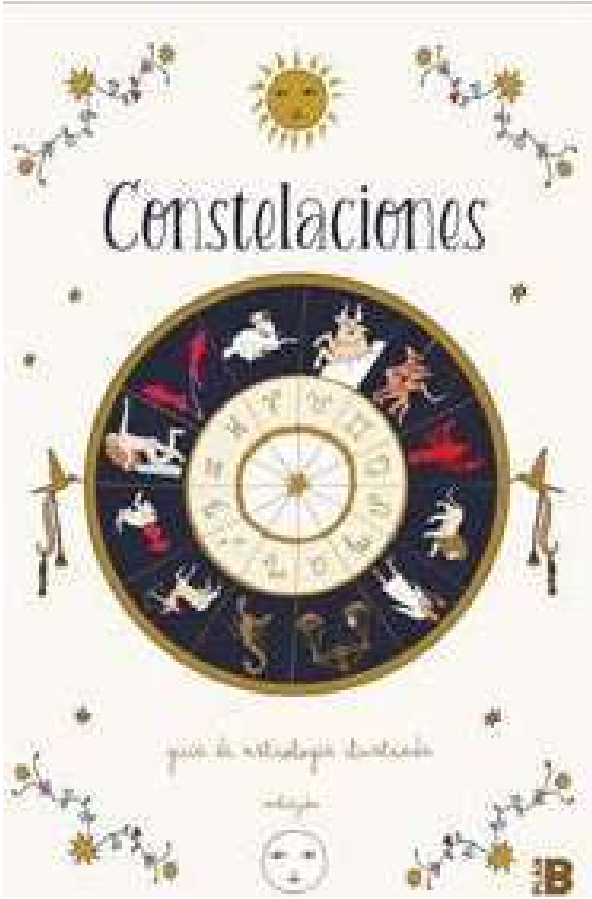
MYTHOS

The Muses, the Gods, and the Greek Heroes illuminate the present with legends of love, betrayal, and revenge that have endured through the centuries.

AUTHOR WITH +100,000 COPIES SOLD

Carlota Santos returns with her most ambitious, interesting, and beautiful proposal, while maintaining the elegance and attention to detail in her illustrations that have become her signature. The muses, gods, and Greek heroes illuminate the present with legends of love, betrayal, and revenge that have endured through the centuries. From the stories of Zeus—the father of the gods—and Athena, to the epic adventures of Odysseus, and through all the mysteries of the monsters and mythical creatures lurking in the depths of the sea and forests, Mythos immerses us in the fascinating world of Antiquity in a completely new way.





Plan B, March 2021 ,144 pages

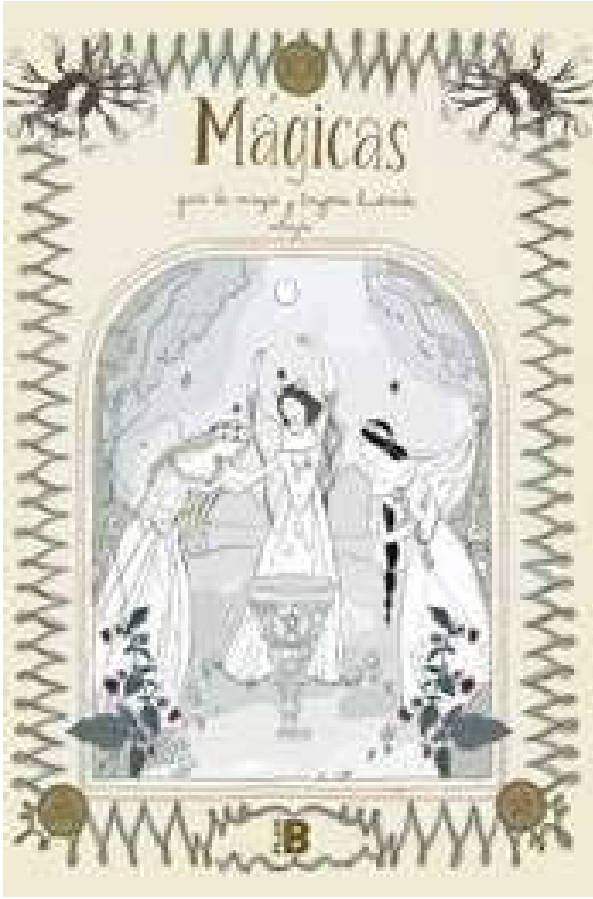
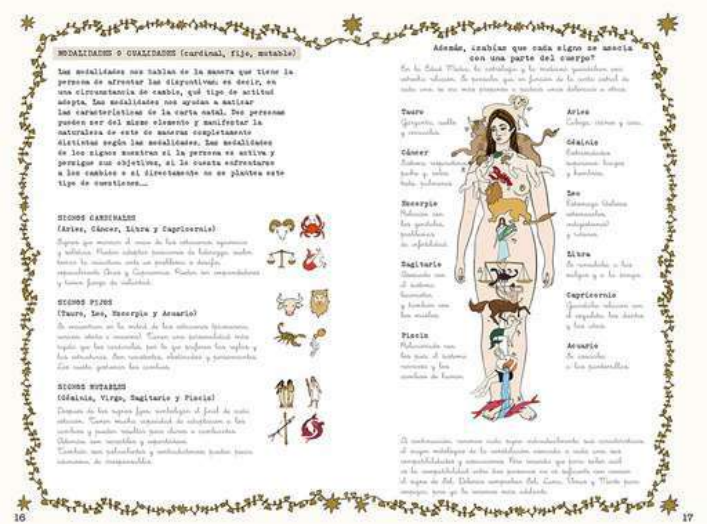
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Russia (AST)

CONSTELLATIONS

An illustrated astrology guide

With *Constellations* you will discover the history of your star sign (and who you are most compatible with), you will learn how to make your own astral chart, you will understand the relationship between the planets and their rulerships, the phases of the moon and their meanings, and much, much more.



Plan B , June 2022 , 160 pages

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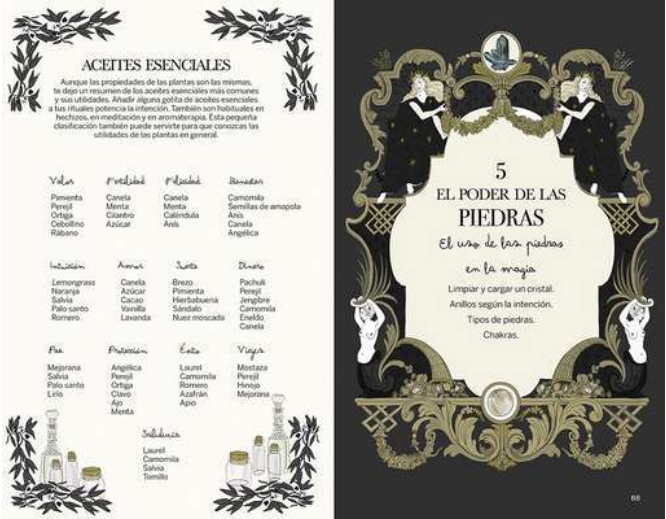
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MAGICKA

An illustrated magic guide

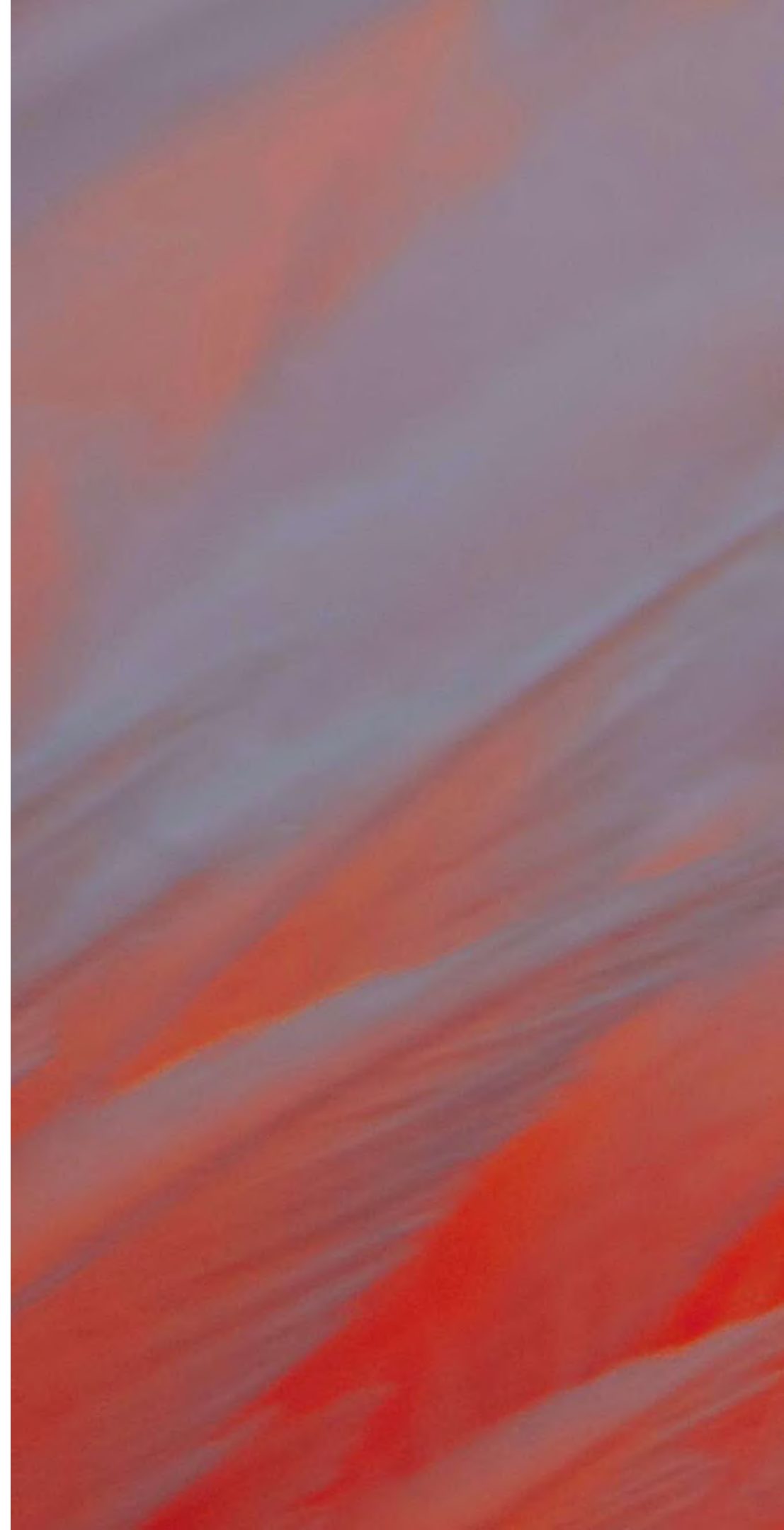
If you're curious about magic, tarot, energy work, astrology, rituals, and nineteenth-century witchy esoterics, this vibrant illustrated guide is the perfect place to start.

With illustrations and tips grounded in her thorough research, @carlotydes will resolve any questions or concerns you may have about these “magical things,” all while you marvel at her dazzling visuals.



AIGUADVALENCIA

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MANUAL FOR A NOVICE WITCH

A grimoire full of spells and incantations for those who want to start practicing witchcraft, stop chasing destiny and start attracting it.



Alfaguara Infantil y Juvenil, September 2022, 208 pages

Rights sold: Italy (Armenia), France (Guy Tredaniel), Russia (AST)

WITCH AROUND THE HOME

Learn how to live a more magical and powerful day to day with this guide full of recipes, crafts, spells and enchantments!



Alfaguara Infantil y Juvenil, September 2022, 208 pages

Rights sold: Italy (Armenia), France (Guy Tredaniel), Russia (AST)

WITCH BY NIGHT

Learn to harness the surrounding energy to enjoy magical and powerful nights with this guide full of advanced spells and enchantments!



Alfaguara Infantil y Juvenil, February 2024, 208 pages

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DAVID BUENO

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THE ADOLESCENT BRAIN

Discover how adolescents brains work to understand and accompany them.

AUTHOR WITH +75,000 COPIES SOLD
WINNER OF THE ZANIBELLI PRIZE IN ITALY

Rights sold to: Italy (Giunti), Korea (Wonderbox), Turkey (Pegasus), Rumania (Act si Politon)

Why do teenagers go to bed so late? Is it normal for them to question everything? Did you know that they are more defenseless than adults against stress and are more prone to anxiety or anger? Why does their room always seem to be in disarray?

Teenagers are different because their brains are different: stronger and, at the same time, more vulnerable than at any other stage of life. Teenagers behave like teenagers because that is what they are and what they need to do.

Adolescence is a time of change, renewal, and growth for the brain. In order to leave behind typical childhood behaviors and acquire adult-like behaviors, the brain matures, makes new connections, and eliminates others. It is a time of some chaos, but also an exciting period of discovery and rebirth.

Throughout these pages, we will find valuable information that will help us stimulate and empower them, set an example for them, respect their maturation rhythms, support them emotionally when needed, and, in short, understand adolescence as a necessary and wonderful stage for both those who go through it and those who accompany them.

EDUCATE YOUR BRAIN

Can we change our brain? Can we teach ourselves? Find out how our brain learns and how to make the most of it.

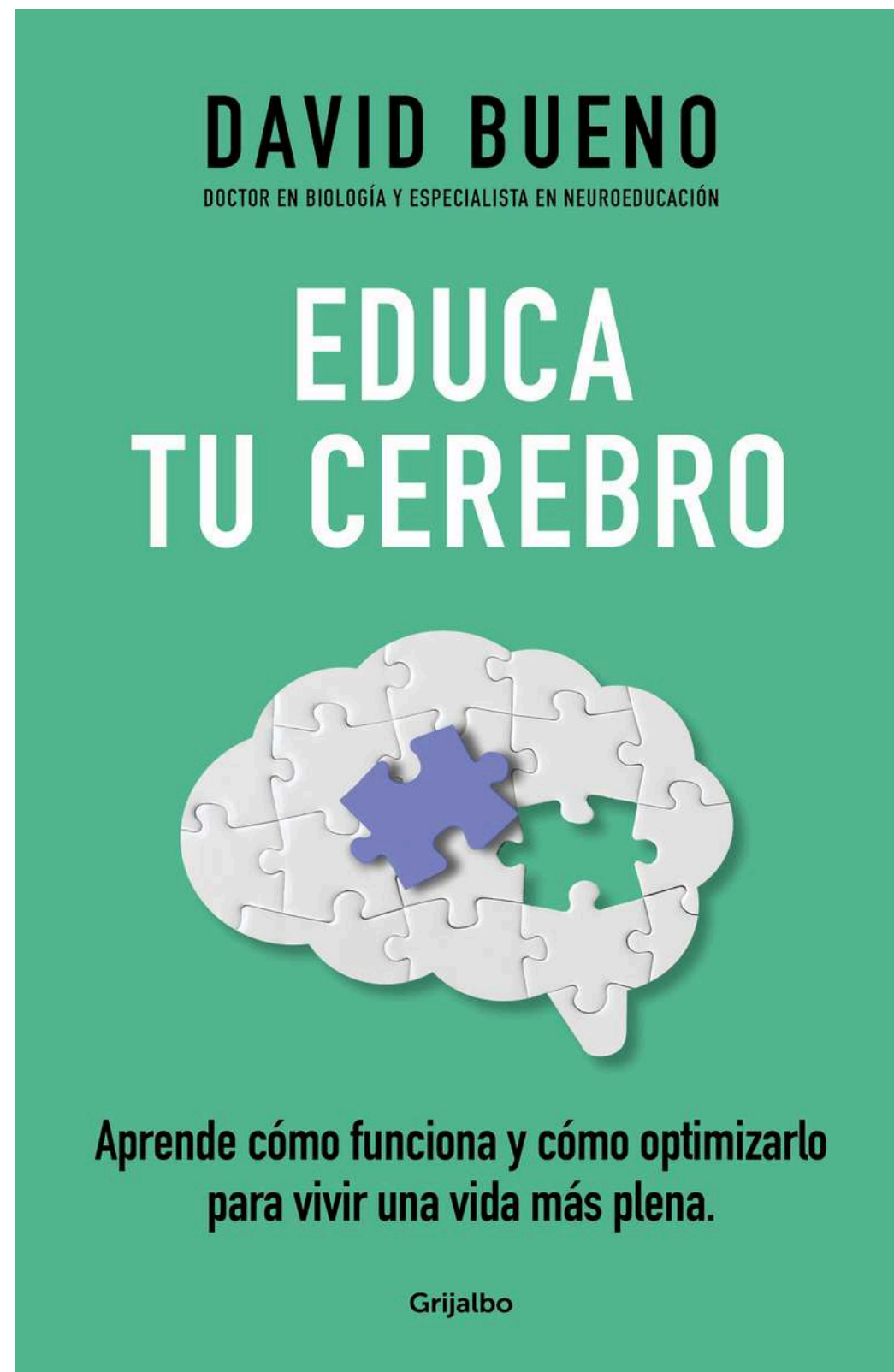
**AUTHOR WITH +75,000 COPIES SOLD
WINNER OF THE ZANIBELLI PRIZE IN ITALY**

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The brain is the organ of thought, it allows us to acquire new knowledge and experiences, manages all our behaviors, and is also the seat of dreams.

In these pages, we will learn how we can continue to progress cognitively and mentally to achieve a more dignified, dignifying, and empowered life, understanding what the brain is like, how it works, how it is formed, and how it is constantly built and rebuilt.

Our mind is not fixed and can always continue to grow and expand horizons, and in these pages, we will find out why it is necessary, how we can continue to grow, and what cognitive advantages it has. Knowing the brain, the way it is built, and how it works is one of the main ways to change it and enjoy a fuller life.



Grijalbo - January 2024 - 352 pages

MARCOS VÁZQUEZ

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Grijalbo - February 2021 - 336 pages

LIVE MORE

Practical tools to live longer, better and stop aging

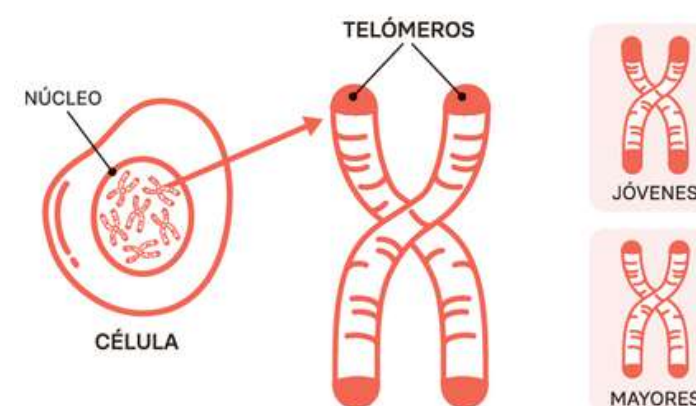
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From the hand of Marcos Vázquez, one of the most recognized references in health dissemination in the Spanish-speaking world, we are going to delve into the aging process of the human body to discover what it is, why we age and how we do it.

The objective of the book is to offer practical tools to maintain health and vitality over the years, slowing down aging and improving both the quality of life and our appearance. This text combines scientific rigor, explaining, for example, the biological keys to aging, with specific recommendations for food, exercise, rest, hormonal therapies... that the reader can apply in their day to day.

Marcos is at the forefront of all the studies and research being done in the field of longevity, which is why he also incorporates a more futuristic side and talks about technologies that could transform the way we age in a few decades.



PARA LLEGAR A SER UN
OCTOGENARIO SALUDABLE



PARA LLEGAR A SER
CENTENARIO

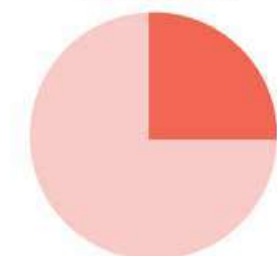


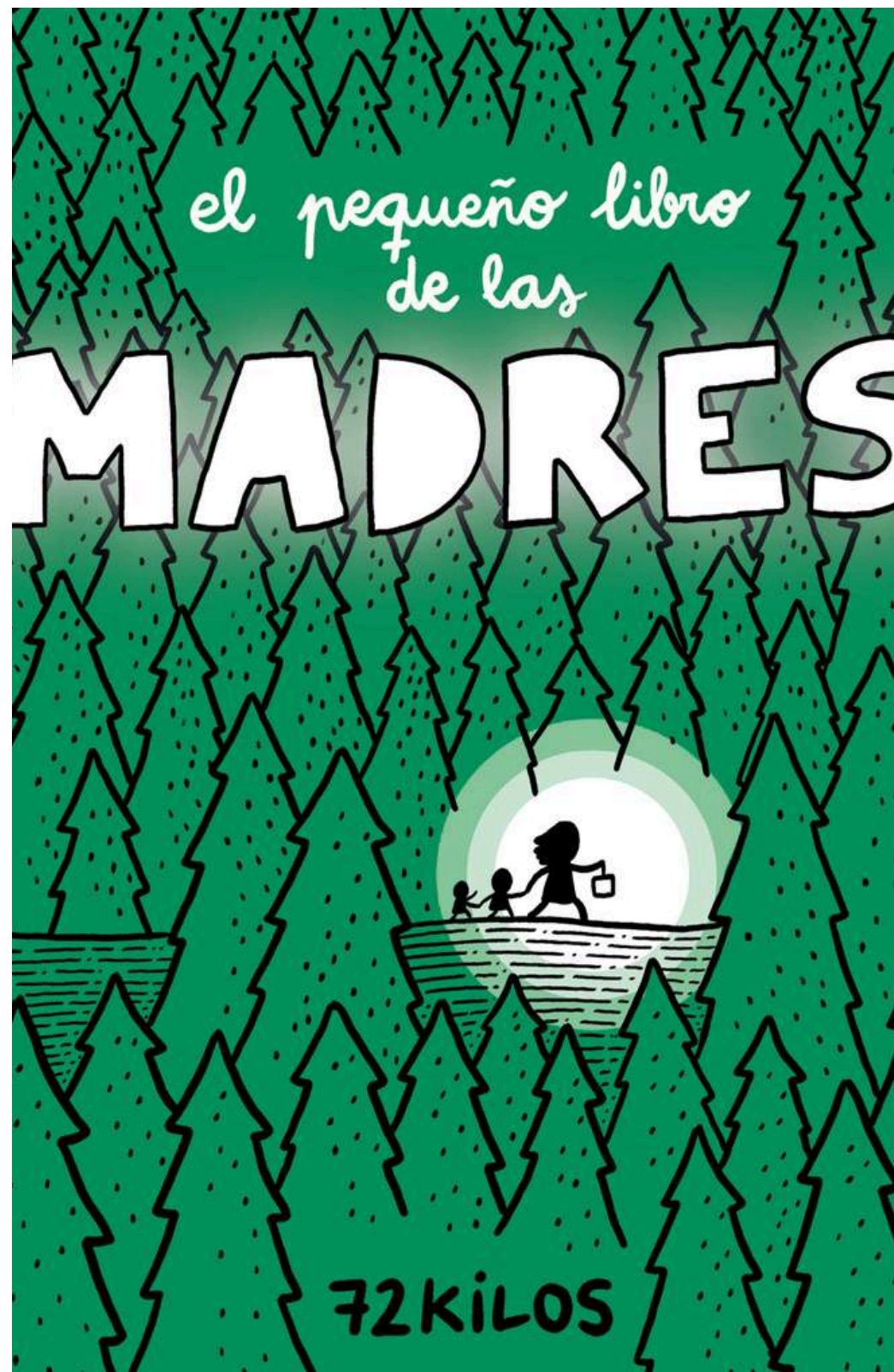
Ilustración 7: Para ser un octogenario saludable lo más importante son los hábitos de vida. Para llegar a ser centenario lo más importante son los genes.

72KILOS

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THE MOST ACCLAIMED ILLUSTRATOR IN THE SPANISH-SPEAKING MARKET





Ediciones B - March 2025 - 120 pages

THE LITTLE BOOK OF MOTHERS

No one talks about love in all its forms like 72 Kilos. The phenomenon continues—this time in the form of a tribute to mothers.

AUTHOR WITH +100,000 COPIES SOLD

After the excellent reception of *The Small Book of Love*, **72 Kilos** continues its collection of little treasures, this time dedicating it to the most important woman in our lives.

"Thank you, Mum, for keeping secrets from me that even I couldn't remember, for always being alert and working better than any calendar, for never stopping believing in me, for waiting up for us; thank you, Mum, for being the best cook in the world and for having a handbag bigger than Mary Poppins'. Thank you for taking me by the hand first and for letting me fly later."

With the tenderness and intelligence that characterize the most beloved illustrator on social media, this new proposal is the perfect gift to say "I love you, Mum" with hardly any words.





THE LITTLE BOOK OF LOVE

No one talks about love in all its forms like 72 KILOS. No one could create a more perfect gift for Valentine's Day.

AUTHOR WITH +100,000 COPIES SOLD

Love is... embracing in the rain in a magical dance, a free fall over mountains of kisses, or a bunch of delicious memories that have been cooking for a lifetime.

Love is many things and many people, but 72 KILOS has the magic formula to capture them all. With the tenderness and intelligence that characterize the most beloved illustrator on social media, this new proposal is the perfect gift to say "I love you" with hardly any words.

