

Adult Non Fiction Catalogue

FRANKFURT · 2026©



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SALES DEPARTMENT TEAM



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SANDRA BRUNA

Sandra began working at a literary agency at a very young age and combined studying for her Bachelor's degree in Spanish with her job at the agency. In 2001, after ten years of experience she decided to embark on a solo adventure, and started her own agency. The beginnings were slow, but now, over twenty years later, Sandra Bruna Agencia Literaria has grown to become a consolidated agency representing over 130 Spanish and Catalan authors, and with an extensive client list of publishers and agencies which the agency represents in Spanish and Portuguese-speaking markets. She works with both adult and children & YA titles.



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BERTA BRUNA

Berta earned a B.A in Statistics and Market Research and began working in the publishing world in 1993. Throughout her extensive career, she has worked in large publishing groups such as Penguin Random House Spain and Grupo Planeta. Before becoming an agent, she was the Director of Marketing and Communication for Grup 62, where she launched new exciting projects. She was also Editorial Director for the imprint Columna as well as for Grupo Planeta and Destino's Catalan collections. She is currently a senior literary agent at Sandra Bruna Agencia Literaria.

SALES DEPARTMENT TEAM



EUGENIA SORIA

With more than fifteen years of experience in the publishing industry, Eugenia has worked as an editor across fiction and non-fiction at Zenith and Paidós (Grupo Planeta), Urano, and RBA. She currently works as a literary agent at Sandra Bruna Literary Agency.

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FEDERICA BAYCE

Federica is a translator and style corrector. In 2023, she decided to move from Uruguay to Spain to earn her master's degree in editing. She entered the publishing industry through the world of literary agencies. She now works as a literary agent in Sandra Bruna Literary Agency.

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TABLE OF CONTENTS



Amat, Víctor - PSICOLOGÍA PUNK	8
Ballesteros, Cristian - HÁBITOS CREADORES	9
BENITO, CRISTINA	10
Benito, Cristina - TIME MINDFULNESS	11
Benito, Cristina - MONEY MINDFULNESS	12
Bolinches, Antoni, Rovira, Àlex, & Miralles, Francesc - OJALÁ LO HUBIERA SABIDO ANTES	13
Bonifacio, Agustín - EL PLAN B	14
Campos, Bea & Sibel, Anna - EL SOBREPESO EMOCIONAL	15
CASES, FERRAN	16
Cases, Ferran - HECHO UNA MIERDA, PERO EN CASA	17
Cases, Ferran - ANSIEDAD. HÉROES Y VILLANOS	18
Cases, Ferran & Teller, Sara - LOS 7 NEUROPODERES DE LA GENTE FELIZ	19
Cases, Ferran - CHILL	20
Cases, Ferran - SÍ A (CASI) TODO	21
Cases, Ferran - EL PEQUEÑO GRAN LIBRO DE LA ANSIEDAD	22
Cases, Ferran & Teller, Sara - EL CEREBRO DE LA GENTE FELIZ	23
Cenalmor, Carlos - EL SÍNDROME DE BURNOUT	24
Cid, Xènia - A VIVIR LO APRENDÍ DE TI	25
Coll, Núria - SOY COMO COMO	26
Cuadrado, Carlos - UN RIVAL IMPREDECIBLE	27
Estivill, Eduard & Estivill, Carla - EL MÉTODO TOKEI	28
Fernández Aguilar, Eugenio Manuel - TESLA Y EINSTEIN JUEGAN AL AJEDREZ	29
Fernández-Vidal, Sonia - DESAYUNO CON PARTÍCULAS	30
Ferrio, Vicente - INTELIGENCIA PROFESIONAL	31
Ferrio, Vicente - SOY MÁS QUE MI TRABAJO	32
Ferrio, Vicente - EL SÍNDROME DEL BUSCADOR	33
GARCÍA, HÉCTOR Y MIRALLES, FRANCESC	34
García, Héctor & Miralles, Francesc - EJERCICIOS JAPONESES PARA VIVIR EN ARMONÍA	35
García, Héctor & Miralles, Francesc - EL IKIGAI DEL DINERO	36
García, Héctor & Miralles, Francesc - NAMASTÉ	37
García, Héctor & Miralles, Francesc - ICHIGO ICHIE	38
García Navarro, Esther - EL LIBRO DE LAS 16 PERSONALIDADES	39
García Roig, Meritxell - SIN VERGÜENZA	40
García Roig, Meritxell - LA FUERZA DE SER ALTAMENTE SENSIBLE	41

Gay-Zaragoza, Víctor - REVOLUCIONA EL ALGORITMO	42
Gort, Roser - EL SUEÑO LO CURA TODO	43
Gracia, Carla - CAMBIA TU VIDA CON JANE AUSTEN	44
Gual, Paloma - SÉ TU MISMA	45
GUIX. XAVIER	46
Guix, Xavier - EL RETO DE SOLTAR EL PASADO	47
Guix, Xavier - NI ME EXPLICO, NI ME ENTIENDES	48
Guix, Xavier - EL PROBLEMA DE SER DEMASIADO BUENO	49
Guix, Xavier, Miralles, Francesc, & Rovira, Álex - ESENCIAL	50
Hernández, Gaspar - EL CAMÍ DE LA CONSCIÈNCIA	51
Igartiburu, Anne - LA VIDA EMPIEZA CADA DÍA	52
Jáuregui, Eduardo - PLAYFULNESS	53
Jiménez, Mara - MÁS YO QUE NUNCA	54
Kinsley, Magda - MINIMALISMO MENTAL	55
L. Luna, Angie - EL AMOR MÁS GRANDE	56
L. Saula, Roberto - TU CARTA ASTRAL Y TÚ	57
Llopis Vilalta, Clàudia - VIDA ANTIINFLAMATORIA	58
Lozano Domènech, Antonio - LOS ALGORITMOS DE LA VIDA	59
Martí, Júlia - MUJERES QUE SE EXIGEN DEMASIADO	60
Martín Muyo, Núria - LA TRAMPA DE LA EMOCIÓN	61
Martínez, Ferrán - EL ALGORITMO DEL ÉXITO	62
Merlino, Ana - KINDFULNESS	63
Miralles, Francesc - EL TELÉFONO DE DIOS	64
Miralles, Francesc - MAZAL	65
MONTOLIU, VILMA	66
Montoliu, Vilma - SOC COM EL MAR	67
Montoliu, Vilma - DIVINAMENTE	68
Montoliu, Vilma - MEDITAR DONA VIDA	69
Moreno, Eva - MI DESEO DEPENDE DE MÍ	70
Moya, Elena - CHICAS, HABLEMOS DE DINERO	71
Mühlenberg, Nacho - NÚCLEOS DE INFLUENCIA	72
Mühlenberg, Nacho - DINEROGRAMA	73
Olloquequi, Jordi - ANTIAGING PARA EL CEREBRO	74
Palomas, Alejandro - ESTO NO SE DICE	75
Park, Hansoo - INYEON	76
Pascual, Andrés - EL PODER DEL ENTUSIASMO	77
Percy, Allan - LA MAGIA DE LOS GATOS	78
Presta, Monia - TU CEREBRO EMOCIONAL	79
Puiggené, Isadora - PACTO CON EL DIABLO	80

Racionero, Alexis - EL MÈTODE FLICK	81
Reig, María - ETERNAS	82
RICO, SONIA	83
Rico, Sonia - MI AGUAFIESTAS Y YO	84
Rico, Sonia - QUERIDA CULPA: GRACIAS, PERO ADIÓS	85
Rico, Sonia - EL HÁBITO HACE AL MONJE	86
Rico, Sonia - TE AMARÁS SOBRE TODAS LAS COSAS	87
Riera, Hugo - LA MENTALIDAD DE LOS CAMPEONES	88
Romagosa, Carla - MENOPOWER	89
Roura, Nuria - LOS HÁBITOS DEL SUEÑO	90
ROVIRA, ÁLEX	91
Rovira, Álex - HOMO SOLVER	92
Rovira, Álex - ECOS DEL OLIMPO	93
Rovira, Álex - TU MENTALIDAD BUENA SUERTE	94
Rovira, Álex & Trías, Fernando - LAS SIETE LLAVES	95
Rovira, Álex - AMOR	96
Rovira, Álex - ALEGRÍA	97
SILVESTRE, ELISABET	98
Silvestre, Elisabet - LOS PRIMEROS MIL DÍAS	99
Silvestre, Elisabet - LA OFICINA EN CASA	100
Silvestre, Elisabet - TU CASA SANA	101
Silvestre, Elisabet - VIVIR SIN TÓXICOS	102
Sólyom, Anna - PEQUEÑO CURSO DE MAGIA COTIDIANA	103
Sólyom, Anna - RECONECTA CON TU CUERPO	104
SUZUKI, NOBUO	105
Suzuki, Nobuo - SHUHARI	106
Suzuki, Nobuo - MANEKI NEKO	107
Suzuki, Nobuo - GANBATTE	108
Suzuki, Nobuo - WABI SABI	109
Teller, Sara - NEUROCUÍDATE	110
TIRADO, MÍRIAM	111
Tirado, Míriam - SENTIR	112
Tirado, Míriam - LÍMITES	113
Tirado, Míriam - RABIETAS	114
Vázquez Seguí, Nika - SOLOSOFÍA	115
Vicen Renner, Anna - LA AMBICIÓN AMABLE	116
Vizcaíno, Álvaro - EL MIEDO ES TU MAESTRO	117



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Vergara
PRH

RUSSIAN

Popurri

PSICOLOGÍA PUNK PUNK PSYCHOLOGY

*Who said that you have to think positively to be happy?
Finally a self-help book that dares to speak loud and clear.*

SPANISH

Original language

296

Pages

OCTOBER 2022

Publication date

SPANISH PDF

Available material

We seem to be in a time when we need everyone to be happy. Therapy, meditation, yoga, spirituality... any path seems like a good idea. The thing is, if they actually worked, a lot more people would be happy. But that's not how it works. Negative thoughts are always there, even when we try our hardest to avoid them. That's where we can actually change.

In this book, psychologist Victor Amat breaks down one by one the myths of naif thinking and shows that we can vindicate our brain capacity and use it in our favour. And that, despite the paradox, allowing ourselves to be negative can really lead us to well-being.

KEY SELLING POINTS



Victor Amat has published many books on the topic that have revolutionized the way we understand personal growth and have reached over 50.000 readers.



Written by a psychologist who uses his expertise to break down myths and provide helpful insight.

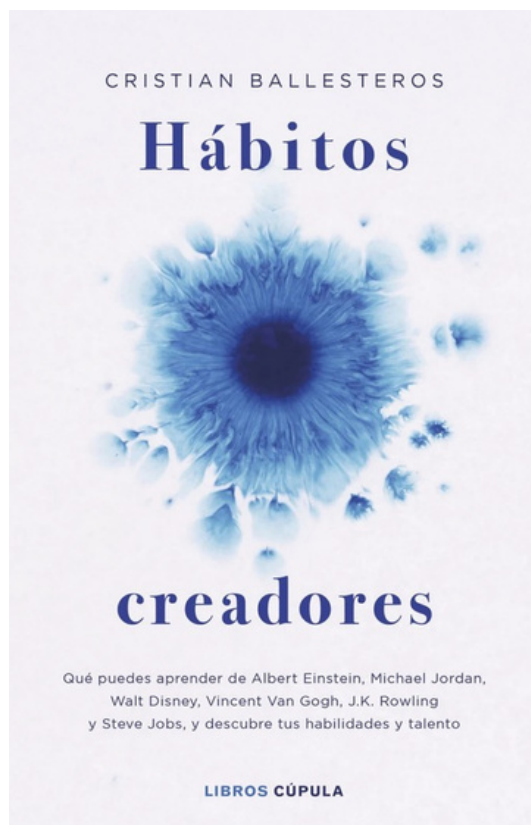


A self-help and personal growth book that it is directed towards a more negative and less naif audience.



VICTOR AMAT NON-FICTION AUTHOR & PSYCHOLOGIST

Victor Amat is a psychologist who works as a therapist, professor, and collaborates with different media. He was a kick boxing champion, which allowed him to specialize in strategy and persuasion as a psychologist. He directs a postgraduate degree and has created an institution where he teaches health workers. He has written three books, *Psicología punk*, *Autoestima punk*, and *Antimeditaciones*, which have changed the way we think about personal growth. He is a father of three and thinks that every challenge in life has a solution.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Cúpula
Grupo Planeta

BRAZILIAN PORTUGUESE

Book One Editora

KOREAN

Page2Books

HÁBITOS CREADORES CREATIVE HABITS

Creativity is not a gift—it's a habit. Discover the patterns behind the geniuses. A powerful guide to unlocking creativity through the everyday habits of six extraordinary minds.

SPANISH

Original language

328

Pages

OCTOBER 2025

Publication date

SPANISH PDF

Available material

A study of the lives of six remarkable individuals—Einstein, Michael Jordan, Walt Disney, Van Gogh, J.K. Rowling, and Steve Jobs—to discover the habits, mindsets, and strategies that led to their success. An exploration on how they faced early struggles, developed their talents, and stayed committed to their passions.

The core idea is that genius isn't just born—it's built through curiosity, resilience, and continuous learning. By studying their journeys, readers can discover practical patterns to apply in their own lives and unlock their creative potential, no matter their field or background.

KEY SELLING POINTS



It reveals the habits, mindsets, and decisions that transformed everyday individuals into cultural icons.



Packed with actionable tips on how to find your passion, enter a flow state, and build your talent through focus, curiosity, and resilience.



You don't need to be a genius—you just need a method. This book shows you how to turn inspiration into action and unlock your unique potential.



CRISTIAN BALLESTEROS NON-FICTION AUTHOR

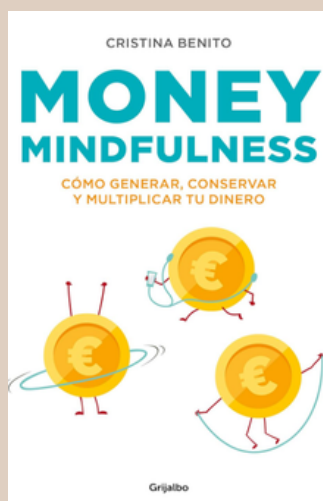
Cristian Ballesteros is a journalist and content creator. After six years at one of Spain's leading sports newspapers, he decided to pursue his own creative projects. He spent three years researching the lives of very successful people, with the goal of understanding how they developed their creativity from the ground up. That research led to a book on practical tools for everyday creative growth. At the same time, he founded a digital media company focused on football and the U.S. Latino market, building a YouTube community of over 100,000 subscribers.

CRISTINA BENITO

ECONOMIST AND AUTHOR

An experienced economist who reveals the secrets to manage money and time.

Cristina Benito is an economist and holds a master's degree from IE Business School. She spent over two decades working as a financial advisor for Morgan Stanley and also worked as an auditor for her regional government. She has traveled around over fifty countries to explore new ways of getting ahead on a day-to-day basis.



Money Mindfulness

Sold in 13 languages.



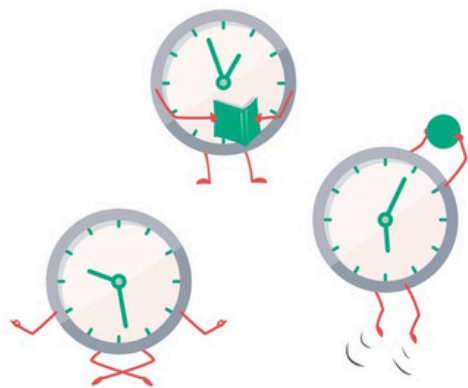
Time Mindfulness

Sold in 6 languages.

CRISTINA BENITO

TIME MINDFULNESS

TOMA EL CONTROL DE TU TIEMPO Y VIVE
DE FORMA MÁS PRÓSPERA Y CREATIVA



Grijalbo

SELF-GROWTH | FINANCE

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

BRAZILIAN

Ediouro

PORTUGUESE

Presença - reverted

ARABIC

Jarir Bookstore

SPANISH AUDIO

Audible

ENGLISH

Diamond
Pocket Books

HINDI

Diamond Pocket
Books

TIME MINDFULNESS

A guide on how to take control of your time and lead a more prosperous and fulfilling life.

SPANISH

Original language

JANUARY 2020

Publication date

216

Pages

SPANISH PDF, ENGLISH SAMPLE

Available material

After inspiring the world with *Money Mindfulness*, economist Cristina Benito shows us how to manage the most valuable currency that we possess: time. People who do not have control of their time also do not have a good relationship with their money. There is a reason why the popular proverb says time is money.

However, another negative consequence of poor time management is a state of permanent stress which is responsible for a wide range of illnesses, as well as being an obstacle to enjoying life. Also, when the lack of time becomes chronic and we are always running from one emergency to another, we give up on what is truly important to us, continually postponing our fundamental priorities.

KEY SELLING POINTS



Through practical advice, Cristina will forever change your perspective on time management and help you learn how to make the most of it.



Time Mindfulness follows the trend she began with *Money Mindfulness*. Because after all, money is time.



A celebrated author with international reach, Benito's first book, *Money Mindfulness* has been translated into 12 languages.



CRISTINA BENITO

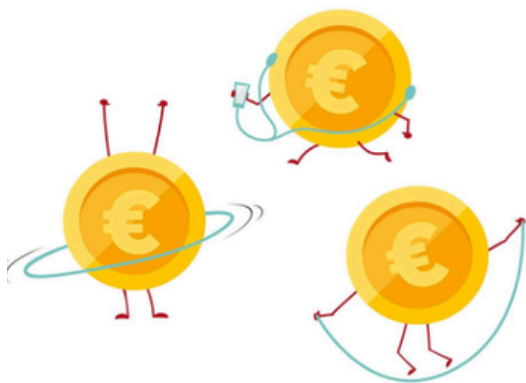
NON-FICTION AUTHOR AND ECONOMIST

Cristina Benito is an economist and holds a master's degree from IE Business School. She spent over two decades working as a financial advisor for Morgan Stanley and also worked as an auditor for her regional government. She has traveled around over fifty countries to explore new ways of getting ahead on a day-to-day basis. She is currently based in London.

CRISTINA BENITO

MONEY MINDFULNESS

CÓMO GENERAR, CONSERVAR
Y MULTIPLICAR TU DINERO



Grijalbo

FINANCIAL EDUCATION

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

ITALIAN

Fabri

GREEK

Patakis

PORTUGUESE

Presença - recerted

RUSSIAN

Popuri

ARABIC

Jarir Bookstore

ENGLISH

Diamond

SPANISH AUDIO

Audible

FRENCH

Solar

BRAZILIAN

V&R - reverted

POLISH

Literackie

MARATHI

Madhushree

TURKISH

Scala Kitapçılık

HINDI

Diamond

MONEY MINDFULNESS

Economist Cristina Benito gives readers easy to follow tips to generate, save, and multiply their money.

SPANISH

Original language

216

Pages

JANUARY 2019

Publication date

SPANISH, FRENCH
PDF, ENGLISH SAMPLE

Available material

Cristina Benito spent years working in finance and travelling the world, and in *Money Mindfulness*, she has put together all the knowledge she acquired to help people save money and make more. In this groundbreaking book she combines the principles of mindfulness and financial advice inspired by some successful businesspeople in the world to help people better manage their money. A book that is a true investment.

"Equivalent to the *Magic of Order* of the home economy, our Marie Kondo was born in La Rioja, lives in London and will change our way of looking at money forever. Cristina Benito is undoubtedly the new star of the self-help of domestic finance." Francesc Miralles

KEY SELLING POINTS



Cristina will forever change your perception of money and how to manage it. She has also written a book called *Time Mindfulness*, a guide to managing your time well, because time is money.



She has been called the Spanish Marie Kondo for personal economy.



A hit published in 14 languages.



CRISTINA BENITO

NON-FICTION AUTHOR AND ECONOMIST

Cristina Benito is an economist and holds a master's degree from IE Business School. She spent over two decades working as a financial advisor for Morgan Stanley and also worked as an auditor for her regional government. She has traveled around over fifty countries to explore new ways of getting ahead on a day-to-day basis. She is currently based in London.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Kitaeru

CATALAN

Kitaeru

OJALÁ LO HUBIERA SABIDO ANTES I WISH I HAD KNOWN THAT

The book based on the podcast that has become one of the leading self-help resources in Spain and Latin America (with more than 600,000 views on YouTube).

SPANISH & CATALAN

Original language

OCTOBER 2026

Publication date

312

Pages

SPANISH & CATALAN
PDF

Available material

How many things could have changed our lives if we'd known them sooner? People often tell us things that open our minds and hearts, and we think: "If only I'd known that sooner, my life would have been different." The authors have selected meditations that will help you expand your awareness, live better, and ultimately gain the tools you need to build a good life.

The book offers practical tools and exercises to transform limiting beliefs, surround yourself with inspiring people, practice generosity, and identify hidden opportunities in everyday challenges. It also includes a decalogue of good luck, essential aphorisms, and books, movies, and music recommendations.

KEY SELLING POINTS



An invitation to stop being victims of our circumstances, become active agents of your own destiny, and cultivate a fulfilling, mindful, and growth-oriented life.



A book that is born from one of the top podcasts focusing on personal growth, with over a million views on Youtube. Written by three experts on the matter and internationally known authors.



ANTONI BOLINCHES, ÀLEX ROVIRA & FRANCESC MIRALLES

Antoni Bolinches is a clinical psychologist and writer. He is the creator of his own therapeutic method, La Teràpia Vital. He has written more than 15 books published in 4 languages.

Francesc Miralles studied German philology and worked as an editor. He is a writer specialized in psychology and spirituality, a regular contributor to newspapers, and the author of more than twenty books, which have been widely translated.

Àlex Rovira is a businessman, writer, and economist. He has sold nearly eight million copies of his books, and some of them have become bestsellers. He's one of the biggest experts in leadership psychology around the world.



LIBROS CÚPULA

MENTAL HEALTH

RIGHTS SOLD

SPANISH

Libros Cúpula
Grupo Planeta

BRAZILIAN

PORTUGUESE

Planeta

EL PLAN B PLAN B

A powerful guide to help parents and young people choose hope over despair.

SPANISH

Original language

230

Pages

SEPTEMBER 2025

Publication date

SPANISH PDF

Available material

Suicide and deep hopelessness are increasingly present in our society—and young people are among the most deeply affected. We cannot look away from this. That's why it's essential to have tools that help us support them to rebuild hope, develop life skills, and become part of a safety net that guides them toward a more hopeful future.

Talking about suicide is frightening—terrifying, even—especially when it involves young people. But when the opportunity arises, so does the chance to build a bridge, buy precious time, and start shaping a path to a different place—one that is gentler, more welcoming, and where happiness feels possible again. That's the essence of this book: to help make Plan B become Plan A.

KEY SELLING POINTS



When Plan A is despair, this book offers a Plan B that can save lives.



Talking about suicide is hard. This book makes it possible — and transformative. Hope is revolutionary. Support is life-saving. This book is both.

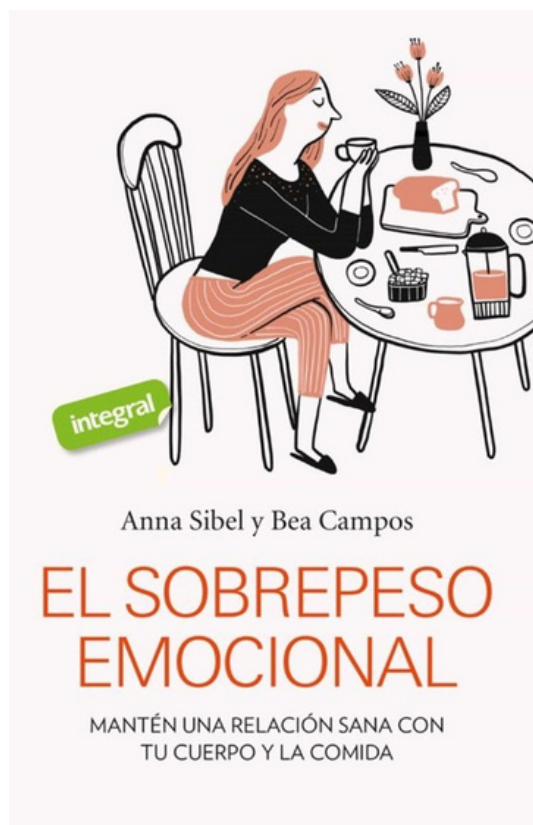


Written by a social worker with extensive experience specializing in youth mental health, offering expert insight and real-world understanding.



AGUSTÍN BONIFACIO NON-FICTION AUTHOR

Agustín Bonifacio Guillén works at a tertiary-level hospital, teaches at the university, and although he struggled to learn how to write as a child, once he managed it, he couldn't stop. He has navigated poetry, blogging (for fifteen years he maintained the Hong Kong Blues blog on HOLA.com, becoming a pioneer in the field), short stories, and novels—winning several awards for his writing. Through his words, he seeks to spark reflection through humor, support vulnerable communities, share discoveries, and of course, move and entertain.



PERSONAL GROWTH | HEALTH

RIGHTS SOLD

SPANISH

RBA

**SPANISH
AUDIO**

Audible

**BRAZILIAN
PORTUGUESE**

Nova Fronteira

ARABIC

Jarir
Bookstore

EL SOBREPESO EMOCIONAL EMOTIONAL OVERWEIGHT

The book offers strategies for breaking free from 'emotional overweight', which includes food addiction, cravings and fear of gaining weight. A holistic approach to acquiring new habits that promote a healthy relationship with your body and food.

SPANISH

Original language

JANUARY 2022

Publication date

288

Pages

SPANISH PDF

Available material

In an time where people's weight has once again taken over social commentary, thinking about weight can drain our mental energy.

The problem is that our emotions, thoughts, and beliefs (which we cannot always control) have a direct impact on how we assimilate, digest, and burn calories. Therefore, no matter how many diets we start, the results will probably not be what we expect unless we manage to work on our emotional well-being.

Bea Campos and Anna Sibel set out to write a book to help people free themselves from emotional overweight, food addiction, anxiety related to eating, and the fear of gaining weight.

KEY SELLING POINTS



In times of groundbreaking weight-loss drugs such as Ozempic, Campos and Sibel's message about taking care of your emotional health to lose weight is more important than ever.



The issue of obsessing over body weight mainly affects women, but men are beginning to feel the pressure too, which makes this a timely book that can help anyone, not just women.



BEA CAMPOS & ANNA SIBEL

Bea Campos studied engineering and is a certified dietitian. She suffered from bullying and eating was the way she felt good. She later realized she had to change her coping mechanisms, and changed her habits. For 20 years, she has helped others have healthier habits.

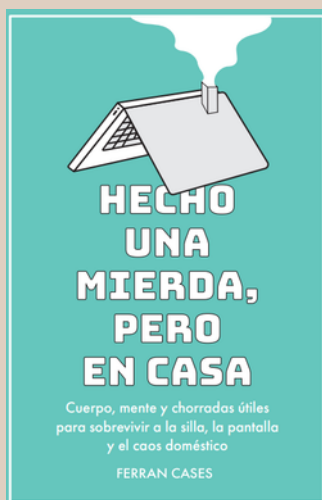
Anna Sibel has a master's degree in psychiatry and psychology. She won the National Psychiatry Award for her research on obesity. She has been in charge of the amb2 Clinic for over 20 years, and has been working as a psychopathologist, combining therapy with research and her work as a science communicator.

FERRAN CASES

MENTAL HEALTH AND POSITIVITY AUTHOR

The big author on mental health and positivity!

Ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to several conclusions. For which he studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology. He is devoted to helping others with anxiety and founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.

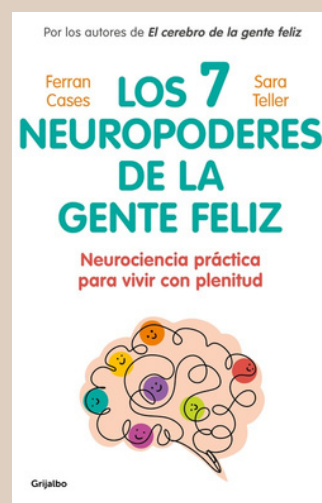


**Barely Hanging on,
But At Home**



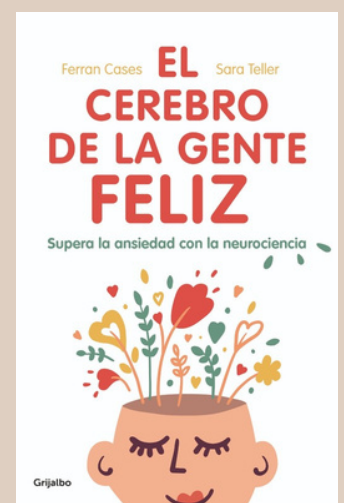
**Anxiety. Heroes &
Villains**

Co-written with Daniel Lagi.



**The 7 Neuro-Powers
of Happy People**

INTERNATIONAL BESTSELLER



Happy People's Brain

On it 7th edition.
Sold to 13 languages.



EXERCISE BOOK

RIGHTS SOLD

SPANISH

Tantanfan
Grupo Planeta

HECHO UNA MIERDA, PERO EN CASA BARELY HANGING ON, BUT AT HOME

A hilarious exercise book that anyone who has ever worked from home will need. Practical exercises to survive among the chaos without losing your mind.

SPANISH

Original language

160

Pages

OCTOBER 2026

Publication date

SPANISH PDF

Available material

Writer and comedian Ferran Cases takes a philosophical and very humorous look at all those surreal situations shared by millions of remote workers. Exercises and tips that are as useful as they are funny to help you survive the home office without losing your mind (or your back).

In this workbook, you'll find practical ideas for improving your ergonomics, maintaining a healthy relationship with your screens, and learning to set real boundaries with others... and with yourself. All of this is told with irony and plenty of common sense. A therapeutic and wildly realistic book that you'll want to recommend to anyone who's ever replied to an email while heating up their lunch.

KEY SELLING POINTS



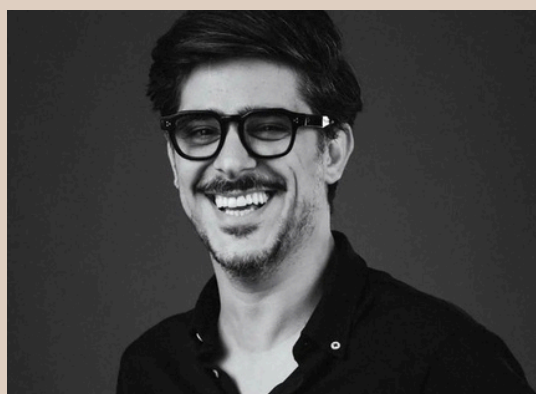
A hilariously relatable take on video calls, blurred boundaries, endless interruptions, and the struggle to switch off.



By the bestselling author of *The Little Big Book of Anxiety*. Combining his trademark humour with practical advice, it helps readers survive home office life.

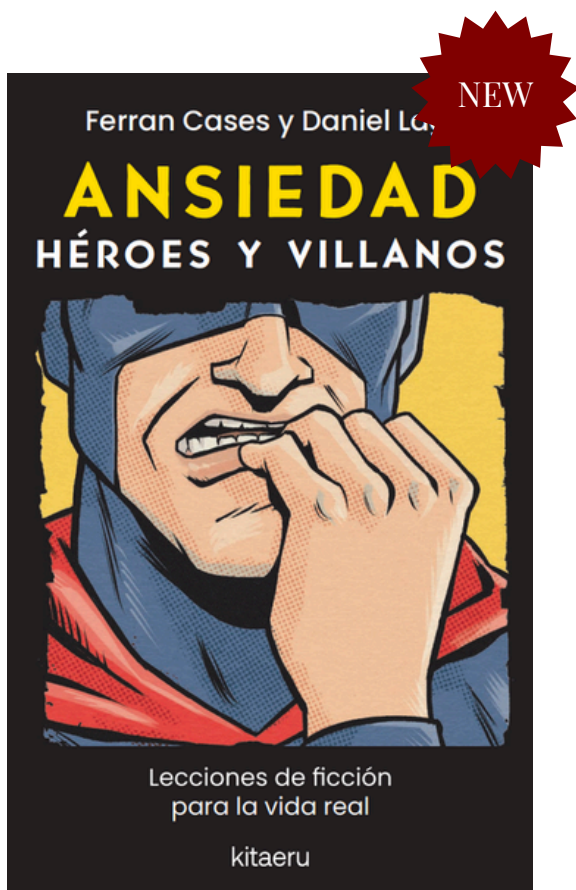


A unique blend of comedy and self-help. Packed with clever exercises, useful tips, and real-life situations, this is a fun, therapeutic guide to setting boundaries, improving wellbeing, and reclaiming control.



FERRAN CASES NON-FICTION AUTHOR

Ferran Cases (Barcelona, 1984) has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. For this, he has studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology. Based on his personal experience with his mental health, he founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Kitaeru

ANSIEDAD. HÉROES Y VILLANOS ANXIETY. HEROES AND VILLAINS

Mental health and pop culture brought together to explore anxiety from an approachable, practical, and highly relatable perspective.

SPANISH

Original language

264

Pages

SEPTEMBER 2026

Publication date

SPANISH PDF

Available material

An emotional and practical journey for those of us who grew up with cassette tapes, comics, and video games, and who now live with anxiety in the age of intrusive notifications. Through iconic pop culture characters (Spider-Man, Batman, Darth Vader, Lara Croft, Harry Potter, ...) the authors help us turn anxiety into something understandable, familiar, and, above all, manageable. Without technical jargon or academic discourse, each chapter combines a short story, relatable situations, and practical tools that can be applied starting today.

This is not a promise to eliminate anxiety, but a way of helping you lower the volume, gain control, and rediscover the enjoyment of life.

KEY SELLING POINTS



Using iconic pop-culture heroes and villains, the book transforms complex ideas about anxiety into relatable stories and lessons that readers instantly understand.



Every chapter offers simple strategies that can be applied in everyday life, helping readers manage anxiety through healthy habits, conscious choices, and new perspectives.



Fresh and conversational, it avoids academic jargon and self-help clichés, making it an engaging read for anyone looking for a more approachable way to understand anxiety.



FERRAN CASES & DANIEL LAGI

Ferran Cases (Barcelona, 1984), since he was 16 years old, has been looking for a way to stop feeling anxiety, and has come to conclusions. For this, he has studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology.

Daniel Lagi is one of Spain's most successful superhero-focused YouTubers. Fun and humorous, his channel has accumulated 30 million views and has become the go-to reference for Marvel fans.

Por los autores de *El cerebro de la gente feliz*

Ferran Cases **LOS 7** Sara Teller
NEUROPODERES
DE LA
GENTE FELIZ

Neurociencia práctica
para vivir con plenitud



Grijalbo

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

LOS 7 NEUROPODERES DE LA GENTE FELIZ
THE 7 NEURO-POWERS OF HAPPY PEOPLE

The science-based guide that teaches your brain to feel better — for real, and for good. A practical roadmap to reset your nervous system and build lasting wellbeing.

SPANISH

Original language

336

Pages

MARCH 2026

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

The book combines Sarah Teller's impressive knowledge about neuroscience and Ferran Cases' communicational skills to offer a clear and accessible guide to understanding how the brain and nervous system shape our everyday life. With a warm, conversational tone, Sara and Ferran translate scientific insights into practical tools to help readers manage stress, build healthier relationships, improve their energy and sleep, and create sustainable habits rooted in self-care.

Rather than quick fixes, the book offers a realistic, science-based path to long-term emotional wellbeing and a more balanced, fulfilling life.

KEY SELLING POINTS



Sara and Ferran's signature style—warm, close, and refreshingly honest—turns complex concepts into easy, coffee-chat explanations.



Readers will discover how to enjoy everyday moments without burnout, make decisions instead of overthinking constantly, sleep deeply, boost daytime vitality, and connect with others from a place of empathy and strength.



Their previous book, *El cerebro de la gente feliz*, sold over 13.000 copies in Spain and was translated into 13 languages.



FERRAN CASES & SARA TELLER

Ferran Cases has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. He founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.

Sara Teller has a physics degree and a PhD in neuroscience from the University of Barcelona. She currently combines her work as a science communicator with her research at the university.



PERSONAL GROWTH | INTERACTIVE

RIGHTS SOLD

SPANISH

Magazzini Salani

CHILL: CALMA RADICAL PARA ANSIOSOS MODERNOS

CHILL. RADICAL CALM FOR MODERN ANXIOUS PEOPLE

A practical and transformative guide designed to help young people understand and deal with anxiety.

SPANISH

Original language

224

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

What if we told you that thanks to this book, you'd never experience anxiety again? You wouldn't believe it, would you? Neither would we.

This isn't just a book. It is an interactive adventure crafted by one of the leading experts on anxiety, Ferran Cases. With *Chill*, you'll have a deeper understanding of anxiety through the lives of three young people battling with it, in a world where anxiety is embodied by a mysterious character named Angie.

Each story is packed with therapeutic exercises, practical advice, insights from well-known figures, and so much more.

KEY SELLING POINTS



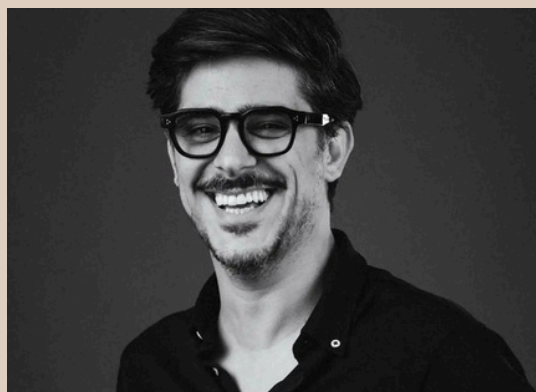
Offers a 3-week plan to get to the bottom of why you are feeling anxious and how could you get in under control. Includes rip-out pages and a test to see how chill you are.



From an anxiety expert and bestselling author, Ferran Cases: his books have been sold in more than 20 countries.



Through the stories of three young people and an enigmatic character named Angie, this book offers therapeutic exercises, practical advice, and tools to fight anxiety, but in the style of *Wreck this Journal*.



FERRAN CASES

NON-FICTION AUTHOR

Ferran Cases (Barcelona, 1984) has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. For this, he has studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology. Based on his personal experience with his mental health, he founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Diana
Grupo Planeta

TURKISH

Totem Basim Yayim

SÍ A (CASI) TODO YES TO (ALMOST) EVERYTHING

Stay away from empty self-help books and focus on what you can really master, turning your flaws into virtues with less effort.

SPANISH

Original language

240

Pages

OCTOBER 2024

Publication date

SPANISH PDF

Available material

In a world where everyone pushes you to pursue more, to accumulate more "successful habits," here is the actual truth: you already have what you need to succeed. You don't need to reinvent yourself. You need to know what you already have and take advantage of it.

Of course, not all habits are great, but in this book anxiety expert Ferran Cases explains why it might not be a bad thing to watch four chapters of a series before going to sleep. Your likes and dislikes might be your most powerful weapon, and you don't have to feel bad about them. A guide to learning how to be the best version of yourself without completely changing.

KEY SELLING POINTS



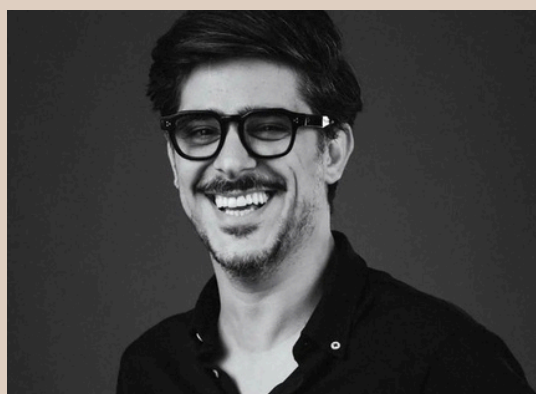
A most-necessary book, that consciously avoids the hollow talk that usually contaminates the genre, focusing on strengthening the virtues readers already have, and are maybe not aware of.



From an anxiety expert.

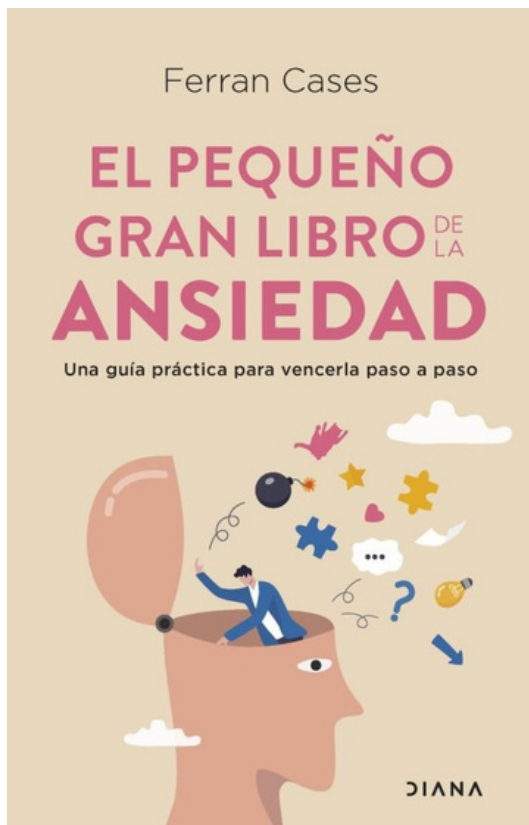


Ferran Cases is the author of bestselling books like *El cerebro de la gente feliz* and *El pequeño gran libro de la ansiedad*, which have been translated into many languages and sold thousands of copies.



FERRAN CASES NON-FICTION AUTHOR

Ferran Cases (Barcelona, 1984) has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. For this, he has studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology. Based on his personal experience with his mental health, he founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Diana
Grupo Planeta

**BRAZILIAN
PORTUGUESE**

Universo
dos Livros

TURKISH

Totem Basim Yayim

EL PEQUEÑO GRAN LIBRO DE LA ANSIEDAD THE LITTLE BIG BOOK OF ANXIETY

A guide to taking charge and managing anxiety, written by one of the most beloved Spanish experts in the field.

SPANISH

Original language

240

Pages

FEBRUARY 2023

Publication date

SPANISH PDF

Available material

Most people have felt anxious before. Often, it is just an uncomfortable feeling, but for some people it can turn into a huge black cloud that stops them from living the way they want to.

Cases, an anxiety expert, invites us to explore the patterns that lead us to feel anxiety and teaches us how to change them. Readers will learn to breathe, calm their inner voice through a step-by-step guide created by the author. This book explores the importance of physical exercise and mindfulness, and how to create habits that allow us to keep going forward. In its new edition, Cases included new exercises and five additional steps, based on the philosophical principle of Stoicism, to help readers on their journey towards true happiness.

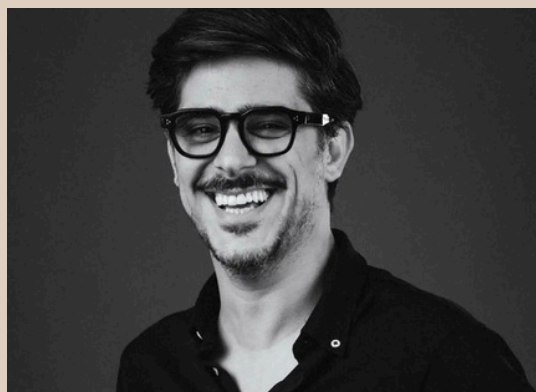
KEY SELLING POINTS



Ferran Cases is not only an expert in anxiety, but has suffered from it for most of his life, so his advice comes from a place of empathy and first-hand experience.



His book *Happy People's Brain* has been sold to 13 languages, has been reprinted seven times in Spanish, and has sold over 30,000 copies worldwide.



FERRAN CASES NON-FICTION AUTHOR

Ferran Cases (Barcelona, 1984) has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. For this, he has studied Chinese medicine, phytotherapy, Qi gong, Tai chi, coaching, NLP, energetic and natural food, and Buddhist psychology. Based on his personal experience with his mental health, he founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.

EL CEREBRO DE LA GENTE FELIZ

Ferran Cases Sara Teller

Supera la ansiedad con la neurociencia



Grijalbo

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Grijalbo
PRH

ITALIAN

Antonio Vallardi

BULGARIAN

Enthusiast

ARABIC

Jarir Bookstore

BRAZILIAN

Rocco

TURKISH

Totem Basim Yayim

SERBIAN

Vulkan Publishing

RUSSIAN

AST Publishing

PORTUGUESE

PRH

POLISH

Filia

GREEK

Minoas

FRENCH

Solar Editions

SLOVENIAN

Učila International

RUMANIAN

Act Si Politio

EL CEREBRO DE LA GENTE FELIZ HAPPY PEOPLE'S BRAIN

A useful and practical guide to overcome anxiety with the help of neuroscience.

SPANISH

Original language

336

Pages

OCTOBER 2021

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

Through deeply personal stories, Ferran Cases talks about his experience with anxiety and how he managed to overcome it after 15 years. Sara Teller, physicist and neuroscientist, explains what happened inside Ferran's brain every time he had a crisis and invites you to learn the secrets of the brain to free yourself from anxiety forever. This practical guide will show you things exactly as they are, as science says they are, and invites you to go a step further. Because knowing how your brain works is a superpower: you learn how you function, and that is the big first step to overpower anxiety. Maybe something as simple as reading this book and applying it will allow you to overcome that something inside of you that is not letting you enjoy life to the fullest.

KEY SELLING POINTS



The perfect guide to understand and fight anxiety.



Ferran Cases gives out a popular course on the keys to beating the symptoms of anxiety.



Sara Teller has a physics degree and a PhD in neuroscience. She has spent a fair share of her career researching people's brains to understand how to help them.



FERRAN CASES & SARA TELLER

Ferran Cases has a degree in audiovisual sciences, but, ever since he was 16, he has been looking for a way to stop feeling anxiety, and has come to conclusions. He founded BYE BYE ANXIETY, a company dedicated to helping people that suffer from it. His books on this topic have helped hundreds with their mental health journeys.

Sara Teller has a physics degree and a PhD in neuroscience from the University of Barcelona. She currently combines her work as a science communicator with her research at the university.



PERSONAL GROWTH | HEALTH

RIGHTS SOLD

SPANISH

Vergara
PRH Spain

EL SÍNDROME DE BURNOUT THE BURNOUT SYNDROME

The ultimate method to avoid burnout: a practical guide to prevent it, overcome work stress, and reconnect with life.

SPANISH

Original language

256

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

Workplace stress is becoming an increasingly alarming global issue. Many feel overwhelmed by the incredible number of pending tasks they must take care of, or because of the pressure they feel to do more... For many, this feeling has become the first symptom of significant mental or physical health problems. This is what we know as "burnout syndrome."

To tackle such a concerning issue, it is essential to investigate the causes of this phenomenon and learn the tools that help us address it scientifically and empathetically. In this book, psychiatrist Carlos Cenalmor introduces the CIMA method, the result of his personal experience and expertise, to combat workplace burnout.

KEY SELLING POINTS



Learn how to regain your energy, protect your health, and reconnect with life.



Burnout is a highly relevant and timely concept in today's world. Dr. Cenalmor, a psychiatrist and expert on the subject, suffered from it himself, and offers an important testimony on the matter.



Dr. Carlos Cenalmor is very active on social media and has over 10,000 followers on Instagram and 30,000 on YouTube.



DR. CARLOS CENALMOR DOCTOR AND NON-FICTION AUTHOR

Dr Carlos Cenalmor is psychiatrist with a master's degree in integrative humanistic psychotherapy. After two burnout crises, he started working with health professionals before and during the COVID pandemic to help them deal with their mental health and avoid burnout. He created specific training for this problem with the Galene Institute (*Psychological Tools for Healthcare Professionals, Stress and Emotion Management for Healthcare Professionals*, among others). Since, he has been focused on making the subject of burnout more accesible to the general public.



NEW

A VIVIR LO APRENDÍ DE TI YOU TAUGHT ME HOW TO LIVE

A moving testimony of a mother that has to grieve her son after losing him to a rare disease.

SPANISH

Original language

208

Pages

JULY 2026

Publication date

SPANISH PDF

Available material

NARRATIVE NON-FICTION | MEMOIR

RIGHTS SOLD

SPANISH

Espasa
Grupo Planeta

Xènia Cid is paying homage to her son. After a long, hard battle with a weird disease called Fanconi anemia, Arnau died when he was only nine years old. In spite of her infinite pain and devastation, his mother found refuge in discovering the life lessons her child left on each and every one of the people he knew.

Her raw and honest testimony is a lighthouse for those who are going through similar experiences. Cid managed to turn her terrible experience into a healing balm to help those who are also struggling to overcome grief in this book that is equal parts brutal and transformative. Because love, after all, is what saves us from the deepest holes.

KEY SELLING POINTS



Not just another book on loss and grief, but a deeply human journey through transformation and resilience.



It offers advice and various tools that will help many readers move on with their life.



An adverse, terrible personal experience is told through the lens of optimism, motivation, and the desire to learn.



XÈNIA CID NON-FICTION AUTHOR

Xènia Cid is a Spanish author whose writing emerges from her personal experience and a necessity to give meaning to her pain. Her work focuses on grief, love, and the transformative capacity that is born from the hardest experiences. After the loss of her 9-year-old son, she found a refuge and a way of honoring her son in writing. She started her literary journey with a children's short story inspired by her son. Transformed and educated, for years Cid has been helping people that are experiencing grief, especially those who have lost their children.



HEALTH | NUTRITION

RIGHTS SOLD

CATALAN

Rosa dels Vents
PRH Spain

SPANISH

Grijalbo
PRH Spain

SOY COMO COMO I AM WHAT I EAT

Spain's most renowned food journalist and health communicator tells us everything she knows about nutrition and health.

SPANISH

Original language

200

Pages

MARCH 2023

Publication date

SPANISH & CATALAN
PDF

Available material

Eating healthy is not difficult, but sometimes we get lost in diets. It is not necessary to learn every new nutritional study; it would probably serve us better to stop and think a little.

In this book Núria Coll, a journalist specialized in healthy eating, shares advice and common sense habits to help people develop their own criteria, based on their bodies and personal experiences, and about what a "good diet" means. There is no need to follow whatever latest trend health gurus are talking about. This book will empower people to find their own way when it comes to dieting.

KEY SELLING POINTS



The definitive, friendly, shame and guilt-free guide to eating consciously and doing what's best for your mind and body.



Coll is one of the most trusted health and wellness journalists in Spain and has over 100,000 followers on her Instagram (@soycomocomo.es) and 80,000 followers on her personal account (@nuria__coll).



An empowering and accessible guide that promotes real, sustainable change in how we think about eating and health.



NÚRIA COLL FOOD JOURNALIST AND NON-FICTION AUTHOR

Núria Coll was born in Barcelona in 1980. She is a journalist, a businesswoman, and CEO of the community Etselquemenges, a divulgation group with thousands of followers, the biggest one dedicated to integrative health in Spain.



SPORTS | MEMOIR

RIGHTS SOLD

SPANISH

Suma
PRH Spain

UN RIVAL IMPREDECIBLE AN UNPREDICTABLE RIVAL

Part sports memoir, part real-life adventure, this book follows Carlos Cuadrado, an emerging star who, after reaching glory and losing everything, sold all his belongings, bought a sailboat, and set off to sail around the world.

SPANISH

Original language

320

Pages

MAY 2025

Publication date

SPANISH PDF

Available material

Carlos Cuadrado picked up a tennis racket at age seven and never looked back. Training relentlessly until, at eighteen, he won the Roland Garros Junior Title by a landslide. His future was set, until a string of injuries ended his career and shattered his self-image and his dreams. In search of a new path, he decided to sell everything and buy a sailboat. He set off alone to circumnavigate the world with barely any experience. Along the way, he faced violent storms, seas haunted by pirates, and a crushing solitude. But he also had the privilege to encounter inspiring cultures and moments of deep clarity and self-discovery. This is more than a story of survival; it's a raw, inspiring story of transformation, where every wave is a test, and every challenge, a chance to begin again.

KEY SELLING POINTS



This book goes beyond action to explore the emotional landscape of transformation, and what it means having to start over.



Few memoirs combine elite-level sports with true open-ocean adventure.



Explores the emotional rollercoaster of solitude.



CARLOS CUADRADO

FORMER TENNIS PLAYER AND NON-FICTION AUTHOR

Carlos Cuadrado is a former professional tennis player and elite-level coach who saw his career cut short by injuries, forcing him into an early retirement. In 2012, searching for a new direction, he moved to Australia, where he built a career as a high-performance tennis coach. In 2017, the void left by tennis led him to an even greater challenge: to sail around the world with barely any sailing experience. Now, he sails around the world.



SELF-KNOWLEDGE

RIGHTS SOLD

CATALAN

Rosa dels Vents
PRH Spain

SPANISH AUDIO

Audible

ITALIAN

Giunti

SPANISH

Plaza & Janés
PRH Spain

GREEK

Patakis

ARABIC

Jarir Bookstore

EL MÉTODO TOKEI THE TOKEI METHOD

Discover practical and accessible tips for adjusting daily routines and reconnecting with your body's natural rhythms.

SPANISH

Original language

248

Pages

FEBRUARY 2021

Publication date

SPANISH PDF

Available material

Thousands of years ago, humans were harmonically connected to nature's cycles, and this helped us regulate our bodies and minds. Nowadays we tend to dismiss our internal clocks called *tokei*, desping being responsible for appetite, sleep, energy, or fatigue. This can make us more prone to cardiovascular problems, metabolic diseases, mental health issues, or, in the worst case scenario, might increase the chance of developing certain types of cancer.

Based on chronobiology, *The TOKEI Method* aims to help us listen to our bodies and reconnect with its natural rhythms. Its easy recommendations will help us synchronize our *tokei* and enjoy a life full of optimism and health.

KEY SELLING POINTS



Dr. Eduard Estivill is the author of *Go to Sleep, Baby*, with more than 3 million copies sold and translated into almost twenty languages.



This book offers an insight into how re-syncing our biological clocks with nature's rhythms can help us lead healthier lives.



DR. EDUARD ESTIVILL & DR. CARLA ESTIVILL

Dr. Eduard Estivill is a doctor specialized in clinical neurophysiology and pediatrics. An international reference, he is the author of more than two hundred scientific publications. He has published, among others, the book *Duérmete, niño*, which has sold more than three million copies and has been translated into fifteen languages.

Dr. Carla Estivill has a PhD in chemical sciences and a postgraduate in clinical phytotherapy. She is also a member of the Spanish Sleep Society (SES) and the Spanish Society of Phytotherapy (SEFIT).



SCIENCE

RIGHTS SOLD

SPANISH

Cúpula
Grupo Planeta

POLISH

Naukowe PWN

TESLA Y EINSTEIN JUEGAN AL AJEDREZ TESLA AND EINSTEIN PLAY CHESS

An exploration on the dichotomy between invention (Tesla) and discovery (Einstein) through many inventions by different great inventors and many discoveries by various renowned scientists.

SPANISH

Original language

300

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

While invention is the process of creating something new from scratch, discovery is the process of finding something that already existed in nature. In many cases, these two processes are closely related, with one often leading to the other. This book engagingly analyzes the similarities and differences between invention and discovery, and how they are applied in modern science and technology. It highlights the duality between the creative process of invention (Tesla) and the scientific process of discovery (Einstein), with each chapter exploring an invention and how it relates to one or more scientific discoveries.

Like a game of chess, but in every case both players win.

KEY SELLING POINTS



A delightful educational science book that lays out major inventions and discoveries by various scientists that have changed the world.



A true tribute to science and technology, offering an extra dose of culture.

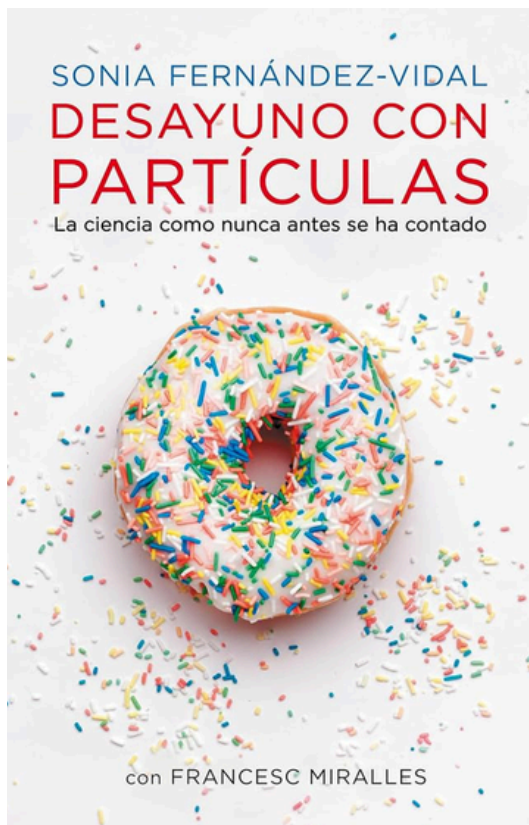


Physicist Eugenio Fernández has been teaching high school for many years and is author of science and math textbooks for various publishers.



EUGENIO MANUEL FERNÁNDEZ AGUILAR PHYSICIST AND NON-FICTION AUTHOR

Eugenio Manuel Fernández Aguilar is a physicist who works as a secondary school science teacher. He is also part of the team of authors of science textbooks for several publishing houses. Eugene has given numerous conferences, courses, lectures, and workshops on the popularization of science. He has also published several books in this topic, including three scientific biographies translated into Italian, French, Portuguese, and Russian. Also, Eugenio has participated with his poems in several anthologies and constantly updates his blogs Science in the XXI and Black and White science.



SCIENCE

RIGHTS SOLD

SPANISH

Plaza & Janés
PRH Spain

SPANISH AUDIO

Audible

POLISH

Insights - reverted

CATALAN

PRH Spain

SIMPLIFIED CHINESE

Turing Books

DESAYUNO CON PARTÍCULAS BREAKFAST WITH PARTICLES

*Because understanding quantum theory is better
through breakfast.*

SPANISH

Original language

256

Pages

APRIL 2013

Publication date

SPANISH PDF,
ENGLISH SAMPLE

Available material

Quantum theory is one of the most beautiful and amazing theories in science. For many, it is the theory of everything.

However, it can be tough to grasp its basic concepts. As we enter the quantum world, our beliefs about reality, including our everyday reality, are challenged. This book aims to help people understand hard-to-grasp concepts and learn about the universe in a fun way.

Sonia Fernández-Vidal, writer and doctor in quantum physics, and Francesc Miralles, writer and journalist, invite us to have breakfast alongside Newton, Einstein, Heisenberg, and other great physicists.

KEY SELLING POINTS



The book brings modern physics closer to the general public through easy explanations.



Sonia Fernández-Vidal is a renowned doctor in quantum physics who has worked in the world's most prestigious research centers.

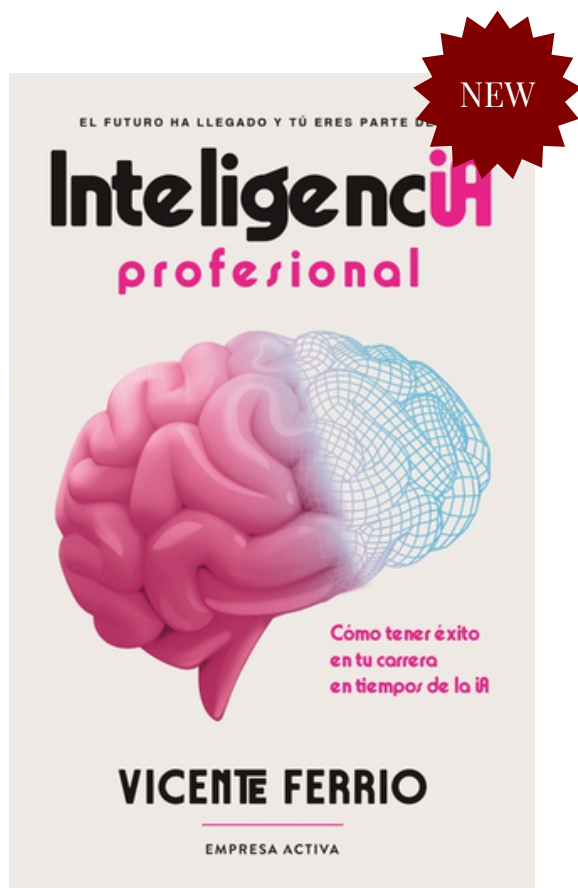


Sonia is also among the 100 most creative people according to *Forbes*, and the author of the bestseller middle-grade trilogy *La Puerta de los tres cerrojos*, which has been translated to almost 20 languages.



SONIA FERNÁNDEZ-VIDAL PHYSICIST AND NON-FICTION AUTHOR

Sonia Fernández-Vidal (Barcelona, 1978) has a physics degree and a PhD on information and quantum optics. She combines her research with teaching, another one of her passions, and giving lectures on introduction to quantum physics to non-academic audiences. She has published two fiction books using her scientific knowledge, to great success: one for crossover audiences, *Quantic Love*, and the middle grade series *La puerta de los tres cerrojos*.



BUSINESS INNOVATION

RIGHTS SOLD

SPANISH

Urano

INTELIGENCIA PROFESIONAL PROFESSIONAL INTELLIGENCE

A much-needed, human and creativity-oriented guide on how to be professionally successful in the times of AI, with accessible tips and useful exercises.

SPANISH

Original language

192

Pages

AUGUST 2026

Publication date

SPANISH PDF

Available material

There are many types of intelligence, but in an ever-changing job market that is becoming increasingly unpredictable and fragile, there is one question we cannot avoid: What if we need a different type of intelligence? A type of intelligence that is not measured through tests, but through your own capacity to create, adapt, and offer something valuable, while maintaining your essence throughout all this chaos.

The rules have changed, and only those who develop their professional intelligence will be able to hold the reins of their careers and their future. It is not about competing with AI anymore but about using it to our advantage and being more humane and creative than ever.

KEY SELLING POINTS



It delves into a topic that affects each and every worker today, no matter the field and it places the focus on the human side of AI. The priority is the actual humans working.



It comes through the lens of someone who has real experience in the field and these topics.



It offers a hopeful philosophy instead of just focusing on the negative.



VICENTE FERRIO NON-FICTION AUTHOR

Vicente Ferrio (Granada, 1974) is a civil engineer, entrepreneur, and certified coach specialized in leadership, conscious entrepreneurship, and change management at Columbia and Harvard. Vicente has two passions: people and entrepreneurial spirit. After a career as a senior executive, he decided to focus on the human side of work and entrepreneurship as drivers of talent and social impact. He has written several books about these topics.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Trini Vergara

BRAZILIAN

PORTUGUESE

Ediouro

SOY MÁS QUE MI TRABAJO I'M MORE THAN JUST MY JOB

Discover how to reclaim your happiness by redefining your worth beyond your job and reconnecting with your true self.

SPANISH

Original language

124

Pages

APRIL 2026

Publication date

SPANISH PDF

Available material

How many times have you thought you're unhappy because you don't have the perfect job? What if the problem isn't your job, but how you define yourself through it? We are trapped in the idea that our worth depends on what we do professionally. It's a silent trap that fuels chronic work dissatisfaction and disconnects us from our true essence. Without realizing it, we make our job the center of our identity, mortgaging our happiness while waiting for the next recognition.

Through real-life cases, reflections, and exercises, this book offers an inner and professional journey to help you stop searching outside for what you already have within.

KEY SELLING POINTS



Ideal for anyone trapped in the endless search for the "perfect job," this book shows how to reclaim time, choices, and identity while living with purpose.



Vicente Ferrio combines over twenty years of international executive experience with certified coaching expertise to guide readers toward authentic, purposeful careers.



Packed with real-life examples, exercises, and practical advice, it helps you build opportunities from authenticity and take control of your career with purpose.



VICENTE FERRIO NON-FICTION AUTHOR

Vicente Ferrio (Granada, 1974) is a civil engineer, entrepreneur, and certified coach specialized in leadership, conscious entrepreneurship, and change management at Columbia and Harvard. Vicente has two passions: people and entrepreneurial spirit. After a career as a senior executive, he decided to focus on the human side of work and entrepreneurship as drivers of talent and social impact. He has written several books about these topics.

VICENTE FERRIO



EL SÍNDROME DEL BUSCADOR

Deja de buscar
y descubre la magia de la vida

Urano

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Urano

EL SÍNDROME DEL BUSCADOR THE SEARCHER'S SYNDROME

*Discover the keys to stop chasing and start attractoin
with a practical book.*

SPANISH

Original language

224

Pages

SEPTEMBER 2025

Publication date

SPANISH PDF

Available material

An invitation to shift your life's reference point: stop the endless search and become an explorer of the opportunities surrounding you. Through acceptance and adjusting your expectations, you will learn to attract what you deserve instead of getting lost in comparison and insatiable desire. From victim to responsible, from anxiety to mindful awareness, and from craving to discovering new possibilities.

This practical book is aimed at those who feel trapped in the pursuit of something that never comes. Here you will find the keys to free yourself from the frustration of the search and begin to create a more authentic and inspiring future—because the magic happens when, instead of seeking, you begin to discover, accept, and attract.

KEY SELLING POINTS



Fresh positioning: it blends mindfulness, self-development, and anti-hustle thinking, setting it apart from conventional productivity books.



Emotional resonance: it connects with ambitious yet exhausted readers who feel trapped by endless self-improvement.



Cultural relevance: a timely response to hustle culture burnout, appealing to fans of bestselling titles like *Atomic Habits* and *The Subtle Art of Not Giving a Fck**.



VICENTE FERRIO NON-FICTION AUTHOR

Vicente Ferrio (Granada, 1974) is a civil engineer, entrepreneur, and certified coach specialized in leadership, conscious entrepreneurship, and change management at Columbia and Harvard. Vicente has two passions: people and entrepreneurial spirit. After a career as a senior executive, he decided to focus on the human side of work and entrepreneurship as drivers of talent and social impact. He has written several books about these topics.

HÉCTOR GARCÍA & FRANCESC MIRALLES

NON-FICTION AUTHORS

The authors of the essay *Ikigai*, an astonishing success all over the world that has sold more than 3 million copies, translated into over sixty languages, and has been a part of bestseller lists worldwide.

Francesc Miralles is a leading figure in the personal development field and has written numerous internationally acclaimed books. Héctor García is an author and philosopher, who studied art and literature before starting to write about creativity and personal development.



Ikigai and Money

Sold to over 20 languages already



Namasté

sold to 37 languages



Ikigai for Young Readers

Sold to 21 languages



Ichigo Ichie

Sold to almost 40 languages



EJERCICIOS JAPONESES PARA VIVIR EN ARMONÍA

JAPANESE EXERCISES FOR LIVING IN HARMONY

A practical guide to traditional Japanese routines for well-being, conceived as the perfect companion to The Ikigai Method.

SPANISH

Original language

184

Pages

JUNE 2026

Publication date

SPANISH PDF

Available material

After conquering the world with the IKIGAI phenomenon—translated into more than 60 languages and with millions of copies sold —Héctor García and Francesc Miralles have established themselves as leading international voices in sharing the Japanese philosophy of well-being.

Recognizing this worldwide success, the editors at Planeta Gifts couldn't resist inviting the authors to develop a fresh and practical proposal: a book designed to bring the essence of Japanese wisdom into everyday life.

ACTIVITY BOOK | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Tantanfan
Grupo Planeta

POLISH

Czarna Owca

KEY SELLING POINTS



Structured into four main sections —Mind, Body & Spirit; Japanese Arts; Practical Minimalism; and Ikigai— the book offers a holistic journey that connects inner reflection with outward practice.



Continues the themes of IKIGAI, which sold over 6,000,000 copies worldwide and was translated into 62 languages.



Beautifully designed and harmoniously laid out, the book itself becomes an expression of the philosophy it conveys where form and content enhance one another.



HÉCTOR GARCÍA & FRANCESC MIRALLES

Héctor García (Valencia, 1981) has been living in Tokyo since 2004, and his webpage kirainet.com, with more than a million monthly visits, is a worldwide reference in Japanese pop culture. He is the author of *Un geek en Japón*, which has sold more than 200,000 copies.

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.

Héctor García
(Kirai)

Francesc
Miralles

EL IKIGAI DEL DINERO



AGUILAR

Los secretos
para crear
riqueza con
propósito

PERSONAL GROWTH | BUSINESS

RIGHTS SOLD

SPANISH	CATALAN	ENGLISH
Aguilar - PRH	Ara Llibres	PRH US
DUTCH	ROMANIAN	GREEK
Meulenhoff	Humanitas	Patakis
ITALIAN	PORTUGUESE	POLISH
Rizzoli	Porto	Muza
RUSSIAN	TURKISH	SLOVENIAN
Eksmo	Indigo Kitap	Mladinska Knjiga
GERMAN	FINNISH	INDONESIAN
Ullstein	Gummerus	Renebook
ARABIC	GEORGIAN	HEBREW
Dar Falak	Palitra	Kinneret
FRENCH	ESTONIAN	MALAYALAM
Leduc	Pegasus	DC Books
BRAZILIAN	VIETNAMESE	
Intrinseca	deal in negotiation	

EL IKIGAI DEL DINERO IKIGAI AND MONEY

The bestselling duo behind IKIGAI is back with the follow-up everyone was waiting for. A handy guide on how to make a living out of your life's passion.

SPANISH

Original language

112

Pages

MARCH 2026

Publication date

SPANISH & CATALAN PDF

Available material

Once you've found your IKIGAI, you will already be on the path towards a healthy interior life, but it's also important to have healthy financial life.

In this new installment of the massively successful IKIGAI franchise, author's Francesc Miralles and Héctor García aim to combine the concepts of IKIGAI with financial wellbeing.

The book was born from the thousands of requests the authors received from avid readers who were searching for a way to turn their life's passion into something that could sustain them financially.

KEY SELLING POINTS



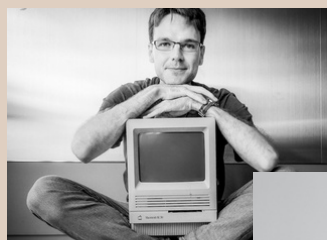
In this new book, the bestselling authors of IKIGAI return to the original four circles of IKIGAI and explain how it can be applied to personal finances as well.



Continues the themes of IKIGAI, which sold over 6,000,000 copies worldwide and was translated into 70 languages.



Inspired by the thousands of requests from avid readers who were searching for a way to turn their life's passion into something that could sustain them financially.



HÉCTOR GARCÍA & FRANCESC MIRALLES

Héctor García (Valencia, 1981) has been living in Tokyo since 2004, and his webpage kirainet.com, with more than a million monthly visits, is a worldwide reference in Japanese pop culture. He is the author of *Un geek en Japón*, which has sold more than 200,000 copies.

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.



PERSONAL GROWTH | INSPIRATIONAL

RIGHTS SOLD

SPANISH	CATALAN	BRAZILIAN	PORTUGUESE
Urano	Urano	Intrinseca	Porto
FINNISH	GREEK	TURKISH	ROMANIAN
Gummerus	Patakis	Indigo	Humanitas
HINDI	GUJARATI	MALAYALAM	MARATHI
Manjul	Manjul	Manjul	Manjul
TAMIL	TELUGU	RUSSIAN	ALBANIAN
Manjul	Manjul	Eksmo	Pema
GERMAN	GEORGIAN	KANNADA	ARABIC
PRH	Palitra L.	Wow	Jarir Bookstore
BULGARIAN	SERBIAN	SLOVAKIAN	ESTONIAN
Gnezdoto	Vulkan	Torden	Pegasus
HEBREW	DUTCH	ITALIAN	POLISH
Kinneret	Meulenhof	Giunti	Czarna Owca
JAPANESE	MONGOLIAN	THAI	MACEDONIAN
Kanki	Zerolex	Nationbook	Tri
ENGLISH	FRENCH	SLOVENIAN	PUNJABI
Viking, PRH	Solar	Ucila	Autumn Art

NAMASTÉ

How ancient Indian philosophy might help us find happiness in a post-pandemic world.

SPANISH

Original language

224

Pages

SEPTEMBER 2022

Publication date

ENGLISH, SPANISH & CATALAN PDF

Available material

5000 years ago, India has been the origin of the great streams of spirituality that have shaped humanity and a lighthouse of what the world can be like in terms of happiness if we return to the sources. Many practices currently in vogue in the West, such as Yoga or meditation have their origin in India, as well as concepts such as Karma or ancient healing systems such as Ayurveda. It's hard not to be impressed by this melting pot of infinite treasures and wisdom that is India. *Namasté* willingly takes this message, compiles all Indian wisdom, and greets to the divinity that is within you.

The authors have written a fresh, current and enlightening book that responds to the challenges of living in a post-pandemic world.

KEY SELLING POINTS



In a time when all kinds of spiritual practices such as yoga or meditation are growing popular in the West, this book explores their roots.



From the authors of the international hit IKIGAI, which sold more than 3,000,000 copies in more than 60 languages.



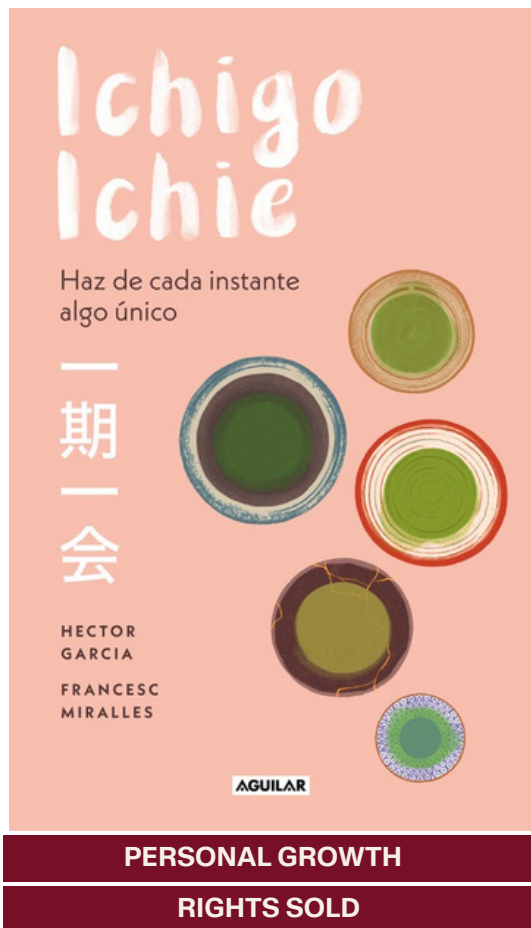
Namasté was sold into almost 40 languages in less than four years!



HÉCTOR GARCÍA & FRANCESC MIRALLES

Héctor García (Valencia, 1981) has been living in Tokyo since 2004, and his webpage kirainet.com, with more than a million monthly visits, is a worldwide reference in Japanese pop culture. He is the author of *Un geek en Japón*, which has sold more than 200,000 copies.

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.



ICHIGO ICHIE

Leran how to value each moment for what it is: a treasure.

SPANISH

Original language

112

Pages

FEBRUARY 2019

Publication date

SPANISH, ENGLISH, FRENCH & GERMAN PDF

Available material

After setting trends worldwide with their pioneering work, IKIGAI, published in more than 60 languages, Héctor García and Francesc Miralles reveal a new concept of age-old origin that might transform the lives of millions of readers.

Ichigo Ichie shows us how to free ourselves from the past and the future to make each moment something unique.

Bring into our lives the Zen that Steve Jobs learned from a Japanese master, and which proved to be the key to his success.

KEY SELLING POINTS



An international sensation translated into 40 languages.



From the bestselling authors of IKIGAI.



A new concept that is already transforming the lives of readers all around the world.

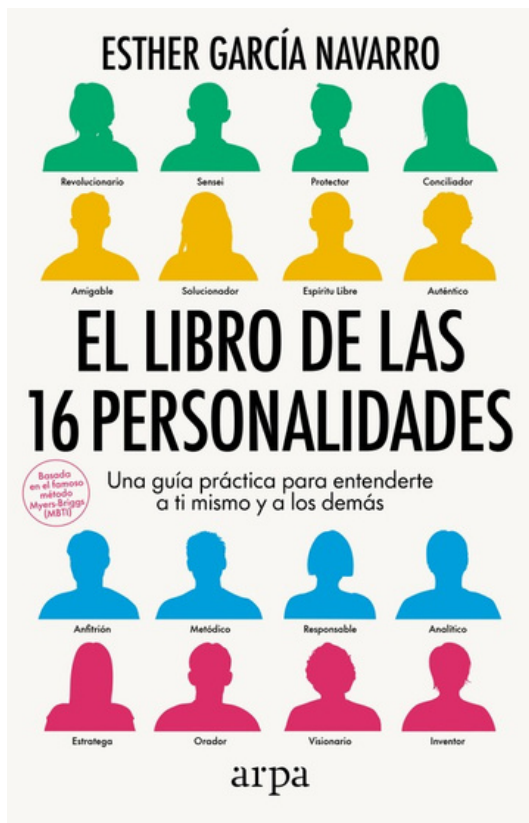
SPANISH	CATALAN	ENGLISH	DUTCH
Suma, PRH	reverted	Viking, PRH	Meulenhof
POLISH	TURKISH	FRENCH	S. CHINESE
Muza	Indigo	Solar	reverted
C. CHINESE	CROATIAN	SLOVENIAN	ESTONIAN
Sunlight	Mozaik Knjiga	Mladinska Knjiga	reverted
FINNISH	FINNISH AUDIO	GUJARATI	MALAYALAM
reverted	Gummerus	Manjul	Manjul
TAMIL	TELUGU	HUNGARIAN	RUSSIAN
Manjul	Manjul	reverted	reverted
BRAZILIAN	PORTUGUESE	ALBANIAN	GERMAN
reverted	Porto	Pema	Ullstein
ARABIC	CZECH	SLOVAK	BULGARIAN
Jarir	Torden	Torden	Gnezdoto
HINDI	INDONESIAN	ITALIAN	KANNADA
My Mirror	Renebook	Mondadori	Wow
MACEDONIAN	MARATHIAN	MONGOLIAN	ROMANIAN
reverted	My Mirror	Zerolex	Humanitas
THAI	UKRAINIAN	VIETNAMESE	PUNJABI
reverted	Vivat	AZ	Navrang



HÉCTOR GARCÍA & FRANCESC MIRALLES

Héctor García (Valencia, 1981) has been living in Tokyo since 2004, and his webpage kirainet.com, with more than a million monthly visits, is a worldwide reference in Japanese pop culture. He is the author of *Un geek en Japón*, which has sold more than 200,000 copies.

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.



PERSONAL DEVELOPMENT

RIGHTS SOLD

SPANISH

Arpa Ediciones

EL LIBRO DE LAS 16 PERSONALIDADES THE BOOK OF THE 16 PERSONALITIES

Discover your true personality and take control of your life with the Myers-Briggs Method, explained in a clear and practical way by Dr. Esther García

SPANISH

Original language

344

Pages

JUNE 2025

Publication date

SPANISH PDF

Available material

This book delves into the study of personality through the Myers-Briggs Type Indicator, shedding light on its origins, mechanisms, and significance in today's world.

The author uncovers the secrets of this highly debated psychological framework, offering readers a journey of self-reflection and discovery. Through its pages, readers will explore their own identity—how they see themselves, how others perceive them, and how they want to be seen.

KEY SELLING POINTS



The book explains and explores the Myers-Briggs Type Indicator, explaining its origins, mechanisms, and relevance today.



It invites readers on a journey of introspection to understand their identity better.



Includes practical exercises to help readers apply the theoretical content to their day-to-day life.



ESTHER GARCÍA NAVARRO NON-FICTION AUTHOR

Esther García Navarro holds a PhD in educational sciences and has specialized in emotional intelligence and well-being. For over fifteen years, she has worked as a coach and delivered workshops and conferences internationally. She is a university professor and co-directs postgraduates and master's degree in her field. She is also the co-author of several works, including *Emotional Intelligence in Education* (Síntesi, 2015). For some time now, she has hosted the interview show *El miedo como camino* on *Ràdio Sabadell*.



SELF-KNOWLEDGE

RIGHTS SOLD

SPANISH

Urano

SIN VERGÜENZA SHAME-LESS

A guide on how to find self-acceptance, and the value of showing yourself to the world as you truly are.

SPANISH

Original language

213

Pages

MARCH 2026

Publication date

SPANISH PDF

Available material

Nowadays, people tend to be weary to show who they truly are. It is hard to be authentic when there are so many expectations on how we should act.

Many of us go through life embarrassed, ashamed of showing our true selves. Embarrassment can help us navigate social life, but it shouldn't be the leading force in anyone's life.

In *Sin vergüenza*, Meritxell García teaches readers how to stop letting the fear of what others might think determine how they live their lives and explains why it's important to dare to be unabashedly yourself.

KEY SELLING POINTS



Societal expectations, body image issues, and painful memories can sometimes make us ashamed of showing our true selves and that can become a real problem.



The author tells her own story, unfiltered and without hiding anything, and guides us through the process of embracing our differences. Because being different can give us an advantage.



MERITXELL GARCÍA ROIG COACH AND NON-FICTION AUTHOR

Meritxell Garcia Roig is a writer and coach trained in empathy and high sensitivity by the Institute of Integrative Nutrition in New York. She helps highly sensitive people to a path of self-knowledge through her Empathic Gym method to make peace with their sensitivity. She offers training and consulting to companies, helping them create an empathic culture and more innovative teams. Empathy is the key to conflict resolution, creativity, negotiation, networking and genuine human connection, both professionally and personally. She is the author of *El arte de la empatía* and the children's book *En tus zapatos*.



SELF-KNOWLEDGE

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

ARABIC

Jarir Bookstore

BRAZILIAN

Valentina

LA FUERZA DE SER ALTAMENTE SENSIBLE THE POWER OF BEING HIGHLY SENSITIVE

Meritxell García explains why being highly sensitive might be a good thing, and how people can turn their sensitivity into a superpower.

SPANISH

Original language

328

Pages

MARCH 2022

Publication date

SPANISH PDF

Available material

Do you have a keen sense of smell and hear even the slightest noise? Do you get overwhelmed in crowded places? Do you notice subtleties that go unnoticed by most people?

If you answered yes, it is possible that you are a highly sensitive person: your neurological wiring is different, you perceive more information through your senses than other people, and you are often overwhelmed by this flood of stimuli. But when you understand how your machinery works, you will discover how high sensitivity can work in your favor.

KEY SELLING POINTS



A radical take on mental health: this book is a guide for anyone and everyone, so that we may all understand and perceive acute sensitivity as a positive thing and not as a problem.



A new topic that is getting a lot of attention from the media.

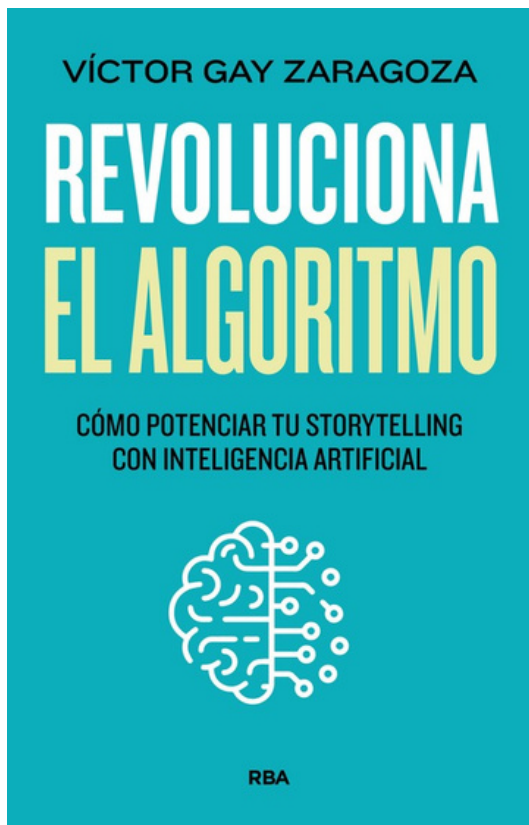


This book gives out tips for building up resilience for highly sensitive people to apply in their daily lives.



MERITXELL GARCÍA ROIG COACH AND NON-FICTION AUTHOR

Meritxell García Roig is a writer and coach trained in empathy and high sensitivity by the Institute of Integrative Nutrition in New York. She helps highly sensitive people to a path of self-knowledge through her Empathic Gym method to make peace with their sensitivity. She offers training and consulting to companies, helping them create an empathic culture and more innovative teams. Empathy is the key to conflict resolution, creativity, negotiation, networking and genuine human connection, both professionally and personally. She is the author of *El arte de la empatía* and the children's book *En tus zapatos*.



PERSONAL GROWTH | AI

RIGHTS SOLD

SPANISH

RBA

REVOLUCIONA EL ALGORITMO REVOLUTIONIZE THE ALGORITHM

A guide on how to enhance your storytelling with artificial intelligence and take control of your narrative.

SPANISH

Original language

336

Pages

FEBRUARY 2025

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

What's the point of telling stories if machines can do it too? Can we set ourselves apart from them? The birth of artificial intelligence may make it more challenging for your message to have an impact in this new digital era.

In this book, Víctor Gay Zaragoza, an expert in communication, brand narratives, and storytelling, reveals how the rise of AI presents challenges but also great opportunities to enhance your communication, enabling you to amplify the best aspects of your style to reach where AI cannot, use your experience as a foundation for creating effective and inspiring narratives, and learn to train AI to serve your narrative purposes.

KEY SELLING POINTS



The rise of artificial intelligence and its consequences is a topic of general interest.



This book is ideal for anyone looking to strengthen their brand strategy and apply it in the digital realm.



Perfect for entrepreneurs and individuals interested in the business world, as well as for those eager to learn about the subject without requiring prior knowledge.



VÍCTOR GAY ZARAGOZA CONSULTANT, COACH, AND AUTHOR

Víctor Gay Zaragoza (Barcelona, 1982) is a writer, coach, and consultant specialized in communication, brand narratives, and storytelling. He is the author of three essays: *Filosofía Rebelde*, *50 libros que cambiarán tu vida*, and *El camino amarillo: 7 pasos para tener éxito contando una historia*, as well as a historical novel, *El defensor*. Víctor is the founder of the company The Yelloway and the creator of two storytelling methodologies through which he has taught more than 30,000 people. He has collaborated with companies such as Google, Cruz Roja, and Telefónica.



WELLBEING | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Bruguera
PRH Spain

EL SUEÑO LO CURA TODO SLEEPING HEALS EVERYTHING

A practical guide to sleeping well, alleviating stress, and recovering your well-being, that offers scientific explanations and resources.

SPANISH

Original language

256

Pages

SEPTEMBER 2026

Publication date

SPANISH PDF

Available material

How long has it been since you have slept without waking up at three in the morning? Anxiety, worries and the frenzy rhythm of life make sleeping eight hours straight and resting seem near impossible. You try everything, but you are still very tired.

Roser Gort, a psychologist specialized in sleep medicine, offers a clear and scientifically based guide to understand what is not working and, especially, how to fix it. With a practical and accessible approach, this book will help you understand what happens when you sleep, what disrupts your rest, and how to introduce realistic changes in your routine that will actually help you sleep again.

KEY SELLING POINTS



The author is a psychologist specializing in sleep medicine and communications, which means this book has the perfect balance between scientific research and a clear, accessible language.



Sleeping badly is a problem that concerns everyone nowadays, so everyone should have the resources to understand sleep and then the tools to improve it.



ROSER GORT NON-FICTION AUTHOR

Roser Gort is a Spanish psychologist and scientific communicator. She studied psychology in the Universitat Autònoma de Barcelona and the Arctic University of Norway, and she combines the clinical practice with investigation and scientific communication. She collaborates with a pioneering sleeping clinic and other projects related to sleeping, mental health, and circadian rhythms.



PERSONAL GROWTH | INSPIRATIONAL

RIGHTS SOLD

SPANISH

Aguilar
PRH Spain

FRENCH

Solar

BRAZILIAN PORTUGUESE

Globo Livros

CAMBIA TU VIDA CON JANE AUSTEN

CHANGE YOUR LIFE WITH JANE AUSTEN

An essential book in the style of Allan Percy's bestsellers—over one million copies sold—offering timeless wisdom to transform your life, inspired by Jane Austen. A perfect homage for her 250th anniversary.

SPANISH

Original language

280

Pages

OCTOBER 2025

Publication date

SPANISH PDF,
ENGLISH SAMPLE

Available material

Jane Austen upheld values like integrity, freedom, self-respect, and love, boldly challenging the restrictions of her time. She refused marriages of convenience despite social pressures and criticized injustices, particularly those affecting women, as seen in her novels. Claire Tomalin describes her as a woman of great moral courage, while David Nokes highlights her commitment to being true to herself.

Though society has changed, the essence remains the same—like Austen, we strive for independence, recognition, love, and happiness while navigating societal pressures, which are now intensified by technology and social media. With this practical guide, we will learn about some unexpected lessons Jane Austen left us.

KEY SELLING POINTS



Highlights Austen's subtle critique of gender inequities and how her examples can inspire confidence and independence, and increase self-worth.



Features amazing tools and self-help advice that make readers feel as if Jane Austen herself was guiding them through modern life. Timeless wisdom applied to modern problem!



A book in the style of Allan Percy's bestselling titles like *Nietzsche para estresados* or *Kafka para agobiados*.



CARLA GRACIA NON-FICTION AUTHOR

Carla Gracia Mercadé (Barcelona, 1980) holds a PhD in Creative Writing and is a professor. She has published the novels *Set dies de Gràcia*—winner of the Alghero Donna Award for Literature and Journalism in Rome—, *L'abisme*, and *Ens recordaran*, as well as the biography *Amb ulls de dona*. She has worked as a TV show director and scriptwriter. Her son's autism diagnosis led to a profound reevaluation of her life and inspired her to co-direct the documentary *Les bones intencions* and to write from a place that is more stripped-down, courageous, and sincere.



SOCIAL MEDIA | ENTREPRENEURSHIP

RIGHTS SOLD

SPANISH

Zenith
Grupo Planeta

SÉ TU MISMA BE YOURSELF

Discover the keys to starting your own business on social media with authenticity and without getting lost in trends, views, and reactions.

SPANISH

Original language

124

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

Instagram expert Paloma Gual shares everything you need to know on how to monetize your social media activity by using them in an authentic and conscious way. Based on her personal and professional experience, as well as her spiritual development, Paloma guides you step by step on a journey into the world of social media from the very essence, not just the appearance.

Divided into four very practical modules, this book provides the tools you need to make impact and maximize your potential through actions aligned with your values. Because the important thing isn't the image you portray, but who you really are.

KEY SELLING POINTS



Paloma Gual is an experienced community manager with nearly 300k followers on Instagram (@community_gual).



A must-read for anyone looking to grow their online business.



An original book on marketing and self-improvement with an innovative approach: advocating authenticity over appearance, to get real engagement.



PALOMA GUAL NON-FICTION AUTHOR

Paloma Gual is the founder of Community Gual, a company that helps entrepreneurs grow their businesses through Instagram. She launched her project in 2020, after ten years of experience in social media management and a specialization in Instagram. She currently teaches other entrepreneurs how to promote their businesses and gain clients through their social networks, with a special emphasis on Instagram Reels. You can find her on Instagram @community_gual, where she has nearly 300k followers.

XAVIER GUIX

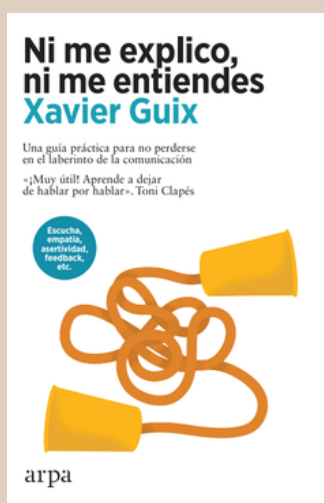
PSYCHOLOGIST AND AUTHOR

Xavier Guix has a degree in psychology, a master's in contemporary thought and classical tradition, and a postgraduate degree in clinical psychopathology. Alongside his therapeutic work, he teaches self-awareness courses at various universities and leading organizations. He is the founder of the Existential Entrepreneurs movement and is part of the team driving the Kindness in Action project.

Specializing in practical psychology, he has written fourteen highly successful books published internationally and contributes to various Spanish media outlets.



**The Challenge of
Letting Go of the Past**



**I'm Not Making
Myself Clear, and You
Don't Understand Me
Either**



**The Problem of Being
Too Good**
Published in Spanish,
Catalan, Brazilian
Portuguese, & Polish.

Xavier Guix

El reto de soltar el pasado

Regresa al presente
y empieza a vivir
plenamente



arpa

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Arpa Ediciones

CATALAN

Arpa Ediciones

EL RETO DE SOLTAR EL PASADO THE CHALLENGE OF LETTING GO OF THE PAST

This book is a guide for those who feel like the past still weighs in on them and need a path to regain peace and clarity.

SPANISH

Original language

248

Pages

MARCH 2026

Publication date

SPANISH PDF

Available material

The past is not only trauma; it is also identity. Even if you believe you carry no wounds, your past has shaped you. Exploring your personal history helps you understand why you are the way you are. That's why this book is pure self-discovery: a journey across your life story and a deep dive into your inner world.

It will guide you to understand, reinterpret, and integrate everything that still weighs heavily on you—guilt, regret, remorse, resentment, or nostalgia.

Along the way, it will answer a powerful question: can you be happy if you are carrying an unresolved past?

KEY SELLING POINTS



The Challenge of Letting Go of the Past is an exploration on how our past experiences shape who we are today and helps free ourselves from what limits us emotionally, mentally, or spiritually.



It provides strategies and practical tools to heal, forgive, reinterpret, and move forward.



The book presents an accessible approach for any reader and offers applicable methods to transform pain into growth.



XAVIER GUIX

PSYCHOLOGIST AND AUTHOR

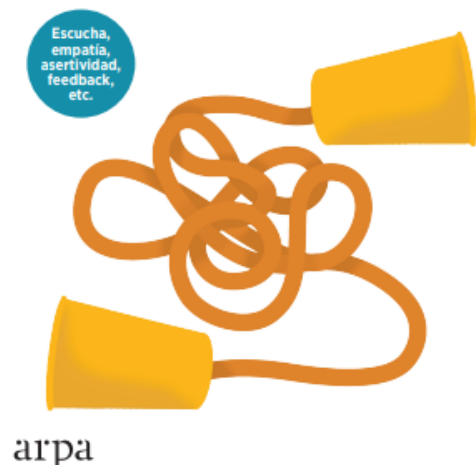
Xavier Guix has a degree in psychology, a master's in contemporary thought and classical tradition, and a postgraduate degree in clinical psychopathology. Alongside his therapeutic work at Kairós Institut, he teaches self-awareness courses at various universities and leading organizations. He is the founder of the Existential Entrepreneurs movement and is part of the team driving the Kindness in Action project. As a speaker specializing in practical psychology, he has written fourteen highly successful books published internationally. He also contributes to various Spanish media outlets.

Ni me explico, ni me entiendes

Xavier Guix

Una guía práctica para no perderse
en el laberinto de la comunicación

«¡Muy útil! Aprende a dejar
de hablar por hablar». Toni Clapés



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Arpa Ediciones

CATALAN

Arpa Ediciones

NI ME EXPLICO NI ME ENTIENDES

I'M NOT MAKING MYSELF CLEAR, AND YOU DON'T UNDERSTAND ME EITHER

*A friendly, realistic, and deeply helpful guide to
mastering interpersonal communication and avoiding
conflict with others and oneself.*

SPANISH

Original language

208

Pages

FEBRUARY 2025

Publication date

SPANISH & CATALAN
PDF

Available material

In our everyday lives, our words have the power to build bridges or, in many cases, build walls. How many times have we said something that was interpreted in the exact opposite way? And those conversations that start with a simple “we need to talk” and end up being an epic disaster?

Xavier Guix takes us by the hand through the intricacies of human communication: an art that, despite practicing it daily, often becomes one of the most difficult skills to master. With his approachable yet precise style, full of clarity, Guix helps us understand how our emotions, body language, first impressions, and even the roles we assume unconsciously have an influence in our relationships.

KEY SELLING POINTS



A practical and simple guide that reveals why it's so hard for us to understand each other—and, most importantly, what we can do to fix it.



With a simple, clear language and many examples and suggestions by an expert in clinical psychopathology and a bestselling author.



Guix's book *El problema de ser demasiado bueno* has been translated into 4 languages and reached #1 on the non-fiction bestsellers list.



XAVIER GUIX

PSYCHOLOGIST AND AUTHOR

Xavier Guix has a degree in psychology, a master's in contemporary thought and classical tradition, and a postgraduate degree in clinical psychopathology. Alongside his therapeutic work at Kairós Institut, he teaches self-awareness courses at various universities and leading organizations. He is the founder of the Existential Entrepreneurs movement and is part of the team driving the Kindness in Action project. As a speaker specializing in practical psychology, he has written fourteen highly successful books published internationally. He also contributes to various Spanish media outlets.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Arpa Ediciones

CATALAN

Arpa Ediciones

BRAZILIAN

Buzz Editora

POLISH

Bellona

EL PROBLEMA DE SER DEMASIADO BUENO THE PROBLEM OF BEING TOO GOOD

A handy manual for those who are kind to everyone but themselves to take back the reins of their lives.

SPANISH

Original language

272

Pages

MARCH 2024

Publication date

SPANISH & CATALAN
PDF

Available material

There is a group of people who often identify themselves with the label "good people." They are obedient and perfectionists. They do everything right, except when they don't. Failing can suddenly send them spiralling and they cannot escape it. This is what happens when you are good to everyone but yourself.

In this book, Xavier Guix breaks down "bad goodness," its neuroticisms, its rigidity, and the consequences it can have. He also offers useful exercises to break free of these patterns and move towards a more genuine, flexible lifestyle. All in an easy, approachable manner with illustrative examples.

KEY SELLING POINTS



Partially inspired by Nietzsche's philosophy, this book addresses one of the key factors of unhappiness in our society.



Featuring accessible, simple language and many examples that help people apply the principles described in the book. All of them designed by an expert in clinical psychopathology and best-selling author.



XAVIER GUIX PSYCHOLOGIST AND AUTHOR

Xavier Guix has a degree in psychology, a master's in contemporary thought and classical tradition, and a postgraduate degree in clinical psychopathology. Alongside his therapeutic work at Kairós Institut, he teaches self-awareness courses at various universities and leading organizations. He is the founder of the Existential Entrepreneurs movement and is part of the team driving the Kindness in Action project. As a speaker specializing in practical psychology, he has written fourteen highly successful books published internationally. He also contributes to various Spanish media outlets.

«En un mundo saturado de fórmulas rápidas, tres grandes pensadores te invitan a redescubrir lo esencial: una vida con sentido, autenticidad y profundidad». —**MARIAN ROJAS ESTAPÉ**

Xavier Guix
Francesc Miralles
Álex Rovira

ESENCIAL

Tres amigos en
busca de una vida
extraordinaria

arpa

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Arpa Ediciones

PORTUGUESE

Bookout Editora

ESENCIAL ESSENTIAL

Three bestselling authors distill decades of wisdom into 21 concepts that are essential to live authentically with clarity and purpose. A candid, all-in-one exploration on what truly makes a life extraordinary.

SPANISH

Original language

280

Pages

OCTOBER 2025

Publication date

SPANISH & CATALAN
PDF

Available material

What is happiness? How can I relate better to others? How can I become someone who is true to myself? What does it mean to have empathy?

We all have asked ourselves these questions. And authors Francesc Miralles, Álex Rovira, and Xavier Guix also have. The difference is that they have spent their entire careers researching and writing about how to lead a more balanced and genuine life.

Based on their combined experience, they put together 21 principles they believe are essential to leading a more fulfilling life.

KEY SELLING POINTS



A conversation between three Spanish bestselling authors whose works have been translated into dozens of languages combined.



A realistic guide that doesn't promise instant solutions, but guides readers through the process of living more authentically.



Esencial is a 360 guide that addresses all aspects of life: from personal to professional and everything in between.



XAVIER GUIX, ÁLEX ROVIRA, & FRANCESC MIRALLES

Francesc Miralles (Barcelona, 1968) studied German philology and is a writer and journalist specialized in psychology and spirituality. His works have been widely translated.

Álex Rovira (Barcelona, 1969) is a Spanish businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books.

Xavier Guix is a psychologist, speaker, and communicator specialized in practical psychology. He has written fourteen highly successful books published worldwide.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

RBA

CATALAN

Columna
Grupo Planeta

EL CAMINO DE LA CONSCIENCIA THE PATH OF CONSCIOUSNESS

A powerful book that invites you to go beyond thought and discover who you truly are: consciousness beyond the body. Through science, spirituality, and real near-death experiences, Hernández shows how to awaken now.

CATALAN

Original language

224

Pages

MARCH 2026

Publication date

SPANISH & CATALAN
PDF

Available material

What would happen if we could stop thinking, even if only for a few seconds? If we manage to place ourselves in that space between thoughts, we will discover a truth that is as simple as it is transformative: we are not only body and mind, we are consciousness. A consciousness that does not end with death. Hernández writes his most revealing book after decades of conversations with spiritual teachers, scientists, and people who have had near-death experiences. A deep and sincere invitation to free ourselves from limiting beliefs and reconnect with our essence. With an accessible approach, he shows how consciousness persists beyond the body... and how we can awaken now to live to the fullest.

KEY SELLING POINTS



Reveals how awareness exists beyond thought, the body, and even death—offering a profound shift in how we understand life itself.



Draws on decades of conversations with spiritual teachers, scientists, and people who have had near-death experiences, creating a credible and inclusive approach.



The author hosts the leading self-help program in Spain and his books have been translated to five languages.



GASPAR HERNÁNDEZ JOURNALIST AND AUTHOR

Gaspar Hernández is a writer, journalist, and communicator known for his interest in psychology and spirituality, themes he has explored both in his literary work and throughout his media career. For the past twenty years, he has directed and hosted an award-winning radio show. As a writer, he won the Josep Pla Prize with *El silencio* and has published several novels, including *La terapeuta* and *La mujer que no sabía llorar*, as well as the essay *Inner Freedom*. Through his books, he seeks to guide readers toward deeper self-knowledge by bridging scientific insight with spiritual traditions from different cultures.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Aguilar
PRH Spain

POLISH

JK Publishing

BRAZILIAN

Faro

LA VIDA EMPIEZA CADA DÍA LIFE BEGINS EVERY DAY

366 thoughts and ideas that will help you be aware of who you want to be in each moment, to be closer to yourself, and to live the present more intensely.

SPANISH

Original language

392

Pages

MARCH 2022

Publication date

SPANISH PDF

Available material

Living is not static. Life is destroyed and built with every breath, with every tick, with every dawn and every small gesture. That is why this book is an ideal companion in the adventure of existing.

In recent years, Anne Igartiburu has done wonderful work raising awareness in the field of emotional well-being—one of her greatest passions—and has trained with some of the top professionals in various fields. Her conversations with experts in psychology, psychiatry, neuroscience, and philosophy, both on her various media platforms and on her podcast *Mi latido de más*, have earned her widespread recognition. In this book, she aims to share some of her most cherished insights gained from this work.

KEY SELLING POINTS



A light and non-linear book, perfect for underlining your favorite quotes.



An expert in the field, in this book the author wants to share some of her most precious lessons she has learned from this work.



Anne Igartiburu has been a media personality for over two decades and has become one of Spain's most beloved and renowned television hosts.



ANNE IGARTIBURU COMMUNICATOR AND AUTHOR

Anne Igartiburu has been a communicator for more than two decades and is one of the most beloved and recognized television presenters in Spain. For the last few years, she has worked in the emotional well-being field, one of her great passions, and in which she has been trained by some of the best. Her conversations with experts in psychology, psychiatry, neuroscience or philosophy and her podcast *Mi latido de más* have gained her great recognition.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Destino
Grupo Planeta

POLISH

Bellona

PLAYFULNESS

A revealing book that challenges the way we live, work, and relate to each other. Playfulness is not just an invitation to play: it is a wake up call to rediscover joy as a transformative force.

SPANISH

Original language

400

Pages

OCTOBER 2025

Publication date

SPANISH PDF

Available material

The current mental health crisis in society is just the tip of the iceberg. In search of a way to wake up from the trance, more and more people are turning to mindfulness courses. But, is there an alternative that's a little less boring? Eduardo Jáuregui invites us to play and practice *Playfulness*.

Psychologist Eduardo Jáuregui invites us to explore a previously uncharted territory: a new way of looking at the world through a playful spirit. Grounded in solid science, this approach will captivate not only mindfulness and personal growth enthusiasts, but also lovers of art, music, philosophy, sports, and all the wonderfully "useless" activities that define our true humanity.

KEY SELLING POINTS



It teaches us that playing is not just for children: it is a fundamental human need, with proven benefits for mental health.



Rediscovering the spirit of playfulness as a tool for personal and social transformation.



A psychologist and expert in mindfulness, combines scientific rigor and an approachable language to demonstrate that it's not just child's play, but a tool for personal growth.



EDUARDO JÁUREGUI

PSYCHOLOGIST AND AUTHOR

Eduardo Jáuregui is a psychologist with a PhD in political and social sciences, with a doctoral thesis on laughter and humor. He is the director of the mindfulness school Modo Ser and of the training consultancy Humor Positivo, which specializes in applying positive emotions to the workplace. He is the author of *I Suck at Meditating: A Mindfulness Guide for Regular Humans* and fifteen other books published in twenty languages, from English to Chinese. *Playfulness: Awaken Your Playful Spirit* is his latest book (Destino, 2025).



PERSONAL GROWTH | BODY POSITIVITY

RIGHTS SOLD

SPANISH

Ediciones B
PRH Spain

MÁS YO QUE NUNCA MORE MYSELF THAN EVER

A sincere and daring helping hand to accept yourself as you are.

SPANISH

Original language

320

Pages

MAY 2021

Publication date

SPANISH PDF

Available material

In her first book, *Acepta y vuela*, Mara Jiménez wanted to share her story of superation, honest and never hiding her fears, to help and inspire others in similar situations.

Más yo que nunca will try to give an answer to one of the harshest questions: "Where do I begin?"

In this book, the author shares all the tips and knowledge she can provide to help you reach your light no matter the darkness.

KEY SELLING POINTS



This book comes as an answer to those who want to start taking care of themselves, but don't know how.



Written by a popular influencer and actress who has made a name for herself speaking against fatphobia.



She was chosen by *Forbes* as one of the top 100 influencers of 2021.



MARA JIMÉNEZ ACTRESS, SINGER & AUTHOR

Mara Jiménez (Sabadell, 1995) has worked as an actress and singer in projects such as *¡A cantar!* (Netflix). In 2021 she released her first solo single and created the Instagram account @croquetamente__, where she shares content on EDs, self-esteem, and fatphobia. In 2021 *Forbes* magazine included her in its list of the top 100 Spanish influencers for her activism and outreach work. She combines her artistic facet with a informative one, giving workshops and talks for different organizations and presenting the show *Lo siguiente*.



PERSONAL GROWTH | MENTAL HEALTH

RIGHTS SOLD

SPANISH

V&R Editoras

MINIMALISMO MENTAL THE MINIMALIST MIND

A handy guide that helps people identify all of those pesky thoughts that only create anxiety and teaches us how to declutter our brains.

SPANISH

Original language

360

Pages

MARCH 2026

Publication date

SPANISH PDF

Available material

Nowadays, people are overwhelmed by the constant need to do more, be better, and get results sooner. But that isn't a sustainable way to live, and it can greatly affect our mental health.

In *Minimalismo mental*, the author guides us through practical exercises and straightforward explanations through the process of letting go of the excess baggage in our brains.

An honest and intimate exploration of fear, loneliness, being imperfect, and the need to live life in a more conscious way. You don't need to change your life completely, you just need to find a different way to live it.

KEY SELLING POINTS



Magda shares tips and tricks that helped her on her personal journey, using first-hand accounts to illustrate how she managed to better her mental health.



The book also offers helpful tools and exercises that aim to instantly help readers become calmer and organize their thoughts.



An honest and intimate exploration of fear, loneliness, being imperfect, and the need to live life in a more conscious way.



MAGDA KINSLEY

NON-FICTION AND FICTION AUTHOR

Magda Kingsley was born in Santiago de Compostela and moved to Madrid to study law and business administration. After completing her studies and earning a master's degree in marketing, she built a successful career in the corporate world, but a persistent sense of dissatisfaction led her to trade finance for literature. Author of two fantasy novels, she is now on a journey to delve deeper into her passion for writing about spirituality. She works as a proofreader for publishing houses and private clients, combining her interest in personal development and meditation with her literary work.



INSPIRATIONAL | PARENTING

RIGHTS SOLD

SPANISH

Somos B
PRH Spain

CATALAN

Columna
Grupo Planeta

EL AMOR MÁS GRANDE THE BIGGEST LOVE

More than just a personal testimony, this book is a heartfelt guide for women who, putting their children's well-being first, feel trapped in a marriage that no longer makes them happy.

SPANISH

Original language

192

Pages

APRIL 2025

Publication date

SPANISH PDF

Available material

What happens when the father of your children no longer is the love of your life?

One day, you realize you no longer recognize yourself and can't understand how you got here. You should be happy—you have wonderful children and the family you once dreamed of. But something inside you has dimmed. The distance between you and your partner is no longer a concern; it has become routine. You are no longer an "us," just two people sharing the same roof.

KEY SELLING POINTS



A journey of self-love, empowerment, and a practical guide to navigating the end of romantic love and the beginning of co-parenting.



A leap toward a future full of new challenges where building a different kind of family is not only possible but fulfilling.

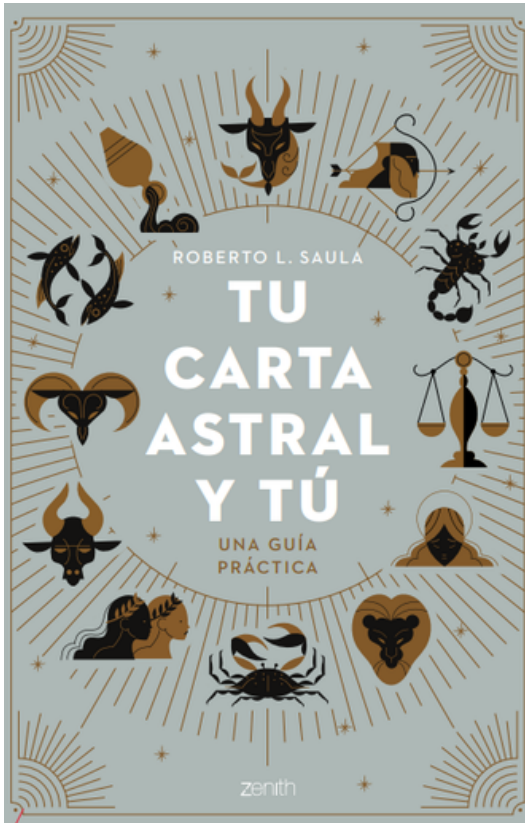


Angie L. Luna is a mother and content creator with over a million followers across her social media platforms, who shares her own experience with maternity, divorce, and personal development.



ANGIE L. LUNA JOURNALIST AND AUTHOR

Angie L. Luna (Sabadell, 1975) has a degree in audiovisual communication and a master's degree in research in journalism and communication. She is a journalist and writer, a profession she combines with being a coach, neurolinguistic programming therapist, emotional kinesiologist and yoga instructor. A mother and content creator with over a decade of experience and nearly a million followers. Her profiles have become a digital diary where she captures the most genuine and entertaining experiences, offering her audience an authentic glimpse into motherhood and everyday life.



ASTROLOGY

RIGHTS SOLD

SPANISH

Paidós
Grupo Planeta

BRAZILIAN

V&R Editoras

FRENCH

Hachette

TU CARTA ASTRAL Y TÚ YOUR ASTROLOGICAL CHART AND YOU

An astrological guide of everything you need to know to learn how to read your birth chart.

SPANISH

Original language

264

Pages

NOVEMBER 2022

Publication date

SPANISH PDF

Available material

If the moon conditions the tides, the weather shapes character traits and the seasons are linked to different moods... how do stars affect our lives?

Astrology is a discipline with over 4000 years of known history that investigates the influence that the cosmos has on us.

We are all born with an astrological chart, a map that can be read as a powerful tool that allows us to explore who we are, and also the cycle we are going through.

KEY SELLING POINTS



A book that offers the basic tools to read your own birth chart and find in astrology vital orientation.



Roberto L. Saula is the perfect author for this topic, being a professional astrologist with over 43,000 followers on Instagram.



A guide that is both light and deep at the same time, that is now on its 3rd edition!



ROBERTO L. SAULA NON-FICTION AUTHOR

Roberto L. Saula has degrees in film and audiovisual studies, but his great passion is astrology. After embarking on the study of various symbolic systems, he decided to travel to India and came into contact with veteran Vedic astrologers and students from the University of Varanasi. This trip, along with his knowledge of Gestalt therapy, the Enneagram, and other methods led him create his own integral astrological approach and build his online platform, Astroculture. His profile @astro.cultura has over 43,000 followers on Instagram.



HEALTHCARE | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Zenith
Grupo Planeta

VIDA ANTIINFLAMATORIA ANTI-INFLAMMATORY LIFESTYLE

A practical and transformative guide that will teach you how to revitalize your life through an anti-inflammatory approach, based on the author's personal experience with an autoimmune disease

SPANISH

Original language

240

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

This book offers simple and everyday tools to make lasting changes in a world where inflammation and fatigue seem to be the norm. From tips on how to eliminate pro-inflammatory foods from our diets to strategies for adding superfoods that will restore your energy, we will learn how to improve our sleep, incorporate exercise into our daily lives, manage stress, and eliminate toxins from our lives without much effort or hassle.

Claudia Llopis, an integrative nutritionist and someone who personally lives with an autoimmune disease, shares five essential habits to reclaim your health and feel full of energy.

KEY SELLING POINTS



With a direct and fluid style, the author teaches about this new lifestyle from her own experience with an autoimmune disease.



A comprehensive overview of how our body works in a simple language. The forms within the book help the reader personalize the changes they need to make in their daily lives.



Claudia has a community of more than 30K followers on Insatagram, where she shares powerful insights about health and nutrition and interacts with her followers.



CLÀUDIA LLOPIS VILALTA INTEGRATIVE NUTRITIONIST AND AUTHOR

Clàudia Llopis Vilalta (Vilassar de Mar, Barcelona, 1992) holds a degree in advertising and public relations and is an integrative nutritionist specialized in autoimmune and digestive system disorders. Diagnosed with rheumatoid arthritis at the age of 7, she made a lifestyle change that greatly improved her well-being, leading her to share her insights on social media. A passionate advocate of anti-inflammatory cooking, she founded the Club de Alimentación Antiinflamatoria. She offers workshops for companies and collaborates with various brands. She also leads group lifestyle change programs.



ARTIFICIAL INTELLIGENCE

RIGHTS SOLD

SPANISH

Kairós

LOS ALGORITMOS DE LA VIDA THE ALGORITHMS OF LIFE

An original, interdisciplinary take that connects cosmic and biological intelligence with today's AI.

SPANISH

Original language

224

Pages

MAY 2026

Publication date

SPANISH PDF

Available material

This book takes readers on a journey that begins with the first sparks of the cosmos and leads all the way to today's AI revolution. Along the way, it reveals the hidden patterns that shaped galaxies, ecosystems, and human societies—showing how the universe has always been driven by forms of intelligence far older than our machines. These ancient algorithms laid the groundwork for human thought, collaboration, and ultimately the creation of artificial intelligence. It also offers a clear and engaging look at generative and general AI. It explores the opportunities and dangers ahead, and the urgent decisions that will determine how this new intelligence reshapes our lives. A captivating blend of science, storytelling, and foresight.

KEY SELLING POINTS



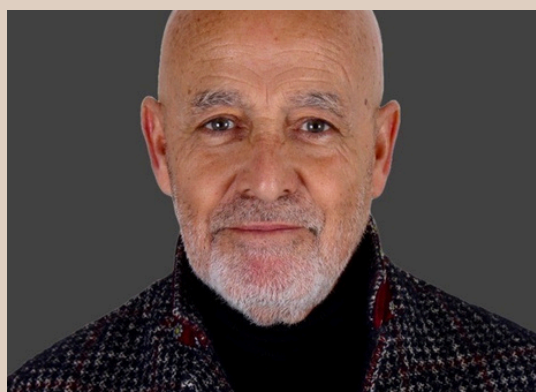
It offers an original and illuminating perspective on the topic by linking the deep algorithms that shape life, using his years of experience and studying.



The book addresses the most pressing debates around artificial intelligence with rigor and nuance.



Clear, engaging, and highly accessible writing.



ANTONIO LOZANO DOMÈNECH SOCIOLOGIST AND AUTHOR

Antonio Lozano Domènech holds a PhD in sociology and works as a consultant, professor, entrepreneur, speaker, and writer. His search for meaning led him to the practice of Buddhism and to his ordination as a Zen monk. He is the author of *La sabiduría del no saber* and *Tú no existes. Yo tampoco*.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Roca Editorial
PRH Spain

PORTUGUESE

Alma dos Livros

ROMANIAN

Editura

CATALAN

Ara Llibres

BRAZILIAN

Ediouro

RUSSIAN

Alpina

MUJERES QUE SE EXIGEN DEMASIADO TOO SELF-DEMANDING WOMEN

Self-demand is the trap that many women set for themselves. This is the ultimate guide to escape from it and learn how to take care of yourself.

SPANISH & CATALAN

Original language

304

Pages

JANUARY 2025

Publication date

**SPANISH & CATALAN
PDF**

Available material

In a world where the constant pursuit of perfection has become the standard, self-demand manifests itself as a shadow that follows us every step we take. If you have ever felt trapped in a cycle of self-demand that steals your joy and contentment, this book is for you.

Júlia Martí offers you the necessary tools to get to the root of the problem: why burnout overwhelms you, why you feel constantly tired and permanently dissatisfied with yourself. Apply the solutions and start living the life you want.

KEY SELLING POINTS



Women are often more self-demanding, with nearly 40% facing burnout and mental health challenges, making this book essential.



Júlia Martí is an expert therapist specialized in self-demand, with a thriving Instagram community, and is inviting you to reflect upon your relationship with self-demand.

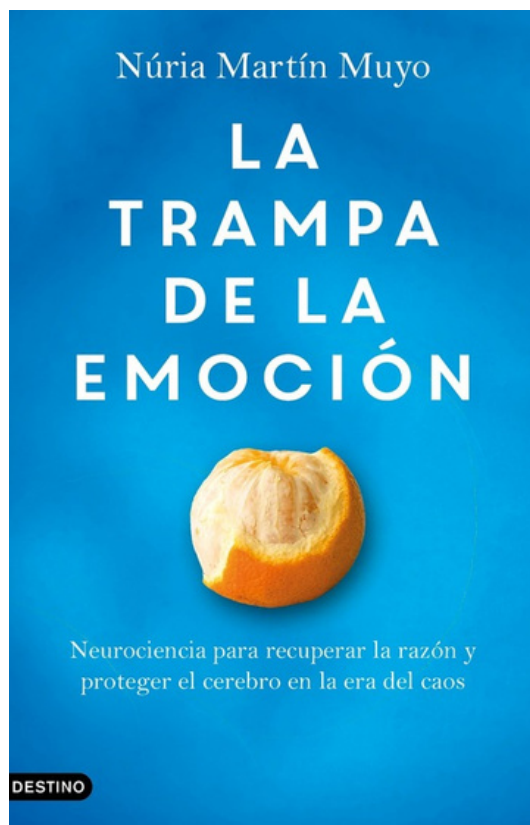


An empowering and practical guide to finding a healthy balance of self-demand, with practical tools to live authentically and without pressure.



JÚLIA MARTÍ PSYCHOLOGIST AND AUTHOR

Júlia Martí is a psychologist and systemic psychotherapist. As a specialist in self-demand and emotional management, she leads an online psychotherapy company dedicated to supporting individuals who, often without being fully aware, struggle with constant self-demand and overly critical inner dialogue. Her purpose is clear: to transform this internal pressure into a source of calm and well-being, helping people find serenity and deep mental peace amid the daily demands. *Too Self-Demanding Women* is her first book.



PSYCHOLOGY

RIGHTS SOLD

SPANISH

Destino
Grupo Planeta

LA TRAMPA DE LA EMOCIÓN THE TRAP OF EMOTION

A book that offers simple, accessible guidance to help readers understand how their lifestyle directly shapes the way their brain functions and how the brain, in turn, shapes their lives.

SPANISH

Original language

312

Pages

APRIL 2026

Publication date

SPANISH PDF

Available material

The Trap of Emotion examines a cultural moment in which emotion is celebrated while reason is increasingly dismissed. We are encouraged to “feel more and think less,” as if emotion alone could guide our personal, social, and political lives.

Drawing on neuroscience, this book argues that what truly sets us apart as humans is not emotion itself, but our ability to think beyond it. When emotionality is idealized without question, the prefrontal cortex—the system responsible for reflection, planning, impulse control, and sound decision-making—weakens, leaving us more vulnerable to confusion, manipulation, and collective disorder.

KEY SELLING POINTS



A bold neuroscientific wake-up call revealing how the cult of emotionality is eroding our most human skill: thinking clearly.



A provocative challenge to the widespread belief that “feeling more” leads to better decisions, showing instead how unregulated emotion fuels confusion, manipulation, and collective disorder.

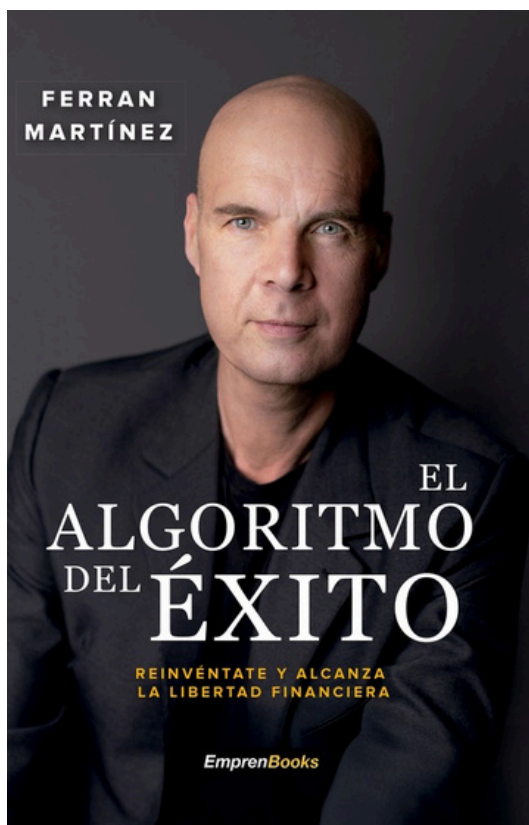


A practical science guide for people who want real change. With clear explanations and accessible insights, it turns complex neuroscience into tools that help readers make smarter choices and build a healthier inner life.



NÚRIA MARTÍN MUYO HUMANISTIC ENGINEER AND AUTHOR

Núria Martín Muyo describes herself as a humanistic engineer passionate about neuroscience and psychobiology applied to wellbeing and human development. After over ten years of research and training, she began writing in 2017 and published her first book in 2019. She started her career in consulting while also teaching at university, and in 2011 founded her own company, Dakota Consultoría, SL. Since then, she has focused on organizational development—both in processes and management, and especially in people and teams—pioneering the use of neuroscience in these fields.



FINANCE

RIGHTS SOLD

SPANISH

Emprenbooks
Editorial Vanir

EL ALGORITMO DEL ÉXITO THE ALGORITHM OF SUCCESS

From the discipline of sport to the strategy of wealth: a guide to building a future you control.

SPANISH

Original language

200

Pages

MAY 2026

Publication date

SPANISH PDF

Available material

The Algorithm of Success is not a book that sells false promises about getting rich. It is a manual of real strategies to help you get more out of your talent, your work, and your life. The goal is to regain control of your time, your energy, and your future.

Ferran Martínez, former elite athlete and now investor, advisor, and tech entrepreneur, reveals the practical keys that allowed him to reinvent himself after a forced retirement and build a second high-impact life in the financial and business world. In this inspiring book, we discover that the same laws that govern high athletic performance—discipline, risk management, resilience, long-term vision, and emotional control—are the ones that determine success.

KEY SELLING POINTS



The book provides a clear, structured method for improving financial decision-making, personal performance, and long-term life strategy.



As a well-known former athlete the author can generate significant press coverage, interviews, and promotional opportunities—boosting the book's reach from day one!



The combination of elite sports insights, business strategy, and personal development makes the book relevant to multiple large readership segments.



FERRAN MARTÍNEZ

BASKETBALL PLAYER, INVESTOR, AND AUTHOR

Ferran Martínez is a former professional basketball player who competed between 1984 and 2002 for FC Barcelona, Joventut de Badalona and Panathinaikos Athens, earning 156 caps with the Spanish national team and competing in the Olympic Games. After retiring, he built a successful career in finance and entrepreneurship, holding an Executive MBA and specializing in wealth management, venture capital and tech startups in blockchain, fintech, and quantum computing. He is an investor, advisor, author, and international speaker.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Urano

HINDI

Diamond Pocket
Books

KINDFULNESS

Experience the limitless and transformative power of kindness, conscious kindness.

SPANISH

Original language

268

Pages

NOVEMBER 2024

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

This book is a roadmap to develop kindness, both towards yourself and others, through kindness, a transformative journey whose effects are as limitless as they are surprising.

Within these pages, you will delve into the benefits of kindness, learn to nurture your kindness jug so that it remains full, enabling you to pour it into others' jugs as well. You will understand that kindness knows no bounds when you understand its workings, and you'll learn to maintain your ability to be kind to yourself even when things aren't going well.

KEY SELLING POINTS



When integrating kindness to their life, readers will learn to live a more fulfilling and relaxed life, achieving balance between caring for yourself, others, and the world.



Ana Merlino, an experienced psychologist, reveals in this practical book how kindness can enhance your personal and professional connections.



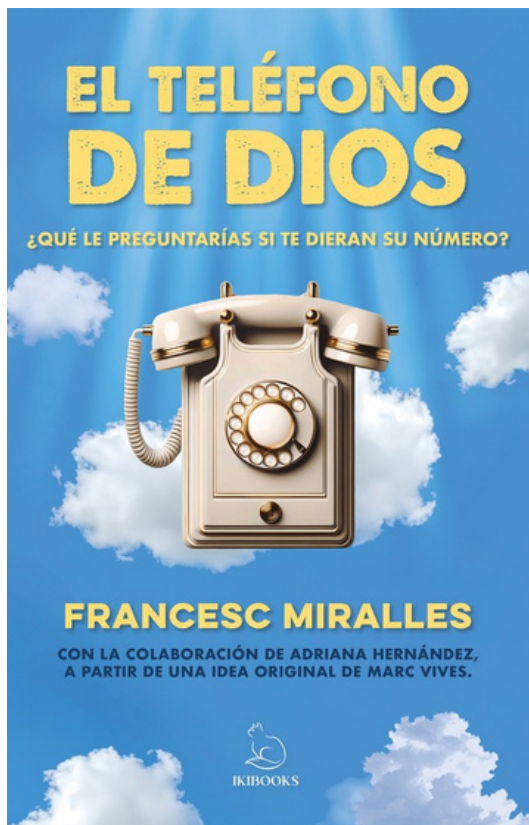
A rarely explored theme in self-help books, this novel approach enhances our kindness to boost our well-being.



ANA MERLINO

PSYCHOLOGIST AND AUTHOR

Ana Merlino is a psychologist, trainer, MCC Coach, and speaker. Since 2017, she has been leading and teaching at the internationally accredited school Coaching Fusión. Her dream, both within and outside organizations, is to spread the seed of UBUNTU, an African concept meaning "I am because we are." Some of her satisfied clients include Sanofi, Inditex, and BBVA, where she is recognized for her passion, didactic method, professionalism, and approachability.



NARRATIVE NON-FICTION | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Editorial Vanir

BRAZILIAN

Globo Livros

CATALAN

Editorial Vanir

POLISH

Wam

EL TELÉFONO DE DIOS GOD'S TELEPHONE

A heartwarming spiritual non-fiction narrative in which Teo receives a mysterious phone number said to belong to God, a discovery that leads him into a transformative journey of purpose, healing, and unexpected connections.

SPANISH

Original language

230

Pages

NOVEMBER 2025

Publication date

SPANISH PDF

Available material

Our protagonist, an ordinary man lost in sadness and disconnection, invites a stranger to dinner—and receives God's phone number. Skeptical at first, he soon begins getting calls from a voice that knows everything about him. Trusting this mysterious contact, he seizes the chance to ask life's deepest questions: Why do some suffer while others thrive? What is love's meaning, or life's purpose? Can prayer, hope, or even magic bring us closer to happiness?

Inspired by a true story, this uplifting novel offers a journey of faith, wonder, and rediscovery that promises to transform hearts and minds.

KEY SELLING POINTS



Francesc Miralles is internationally acclaimed for his ability to translate deep spiritual concepts into practical, inspiring stories.



His works have been translated into over 30 languages, becoming worldwide bestsellers.

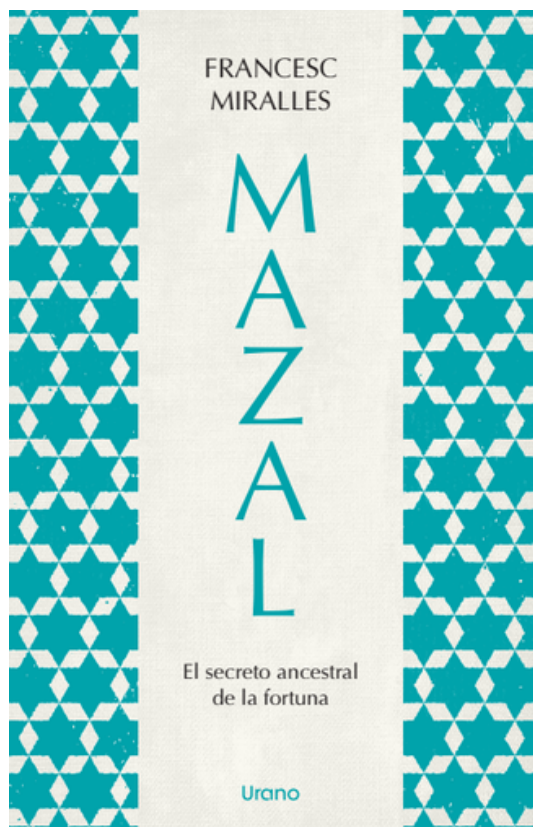


Similar to great stories like Paulo Coelho's *The Alchemist*, Matt Haig's *The Midnight Library*, or Neale Donald Walsch's *Conversations with God*.



FRANCESC MIRALLES NON-FICTION AUTHOR

Francesc Miralles (Barcelona, 1968) is a Spanish writer and journalist known for his work on spirituality, psychology, and personal growth. He studied German philology and publishing. He co-authored the international bestseller *Ikigai: The Japanese Secret to a Long and Happy Life* with Héctor García. Miralles also writes for several media outlets and gives talks and workshops on the Ikigai philosophy worldwide. He is the author of more than twenty books, which have been widely translated and are worldwide bestsellers.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Urano

ROMANIAN

Humanitas

GREEK

Patakis

HINDI

Manjul

TAMIL

My Mirror

PUNJABI

My Mirror

HEBREW

Kinneret

ARABIC

Jarir Bookstore

MALAYALAM

DC Books

BENGALI

My Mirror

ASSAMASE

My Mirror

TURKEY

Indigo

MAZAL

A helping hand to reach the true secret of prosperity through the energy of the Hebrew expression Mazal Tov.

SPANISH

Original language

224

Pages

MARCH 2023

Publication date

**SPANISH PDF,
ENGLISH
MANUSCRIPT**

Available material

Mazal Tov is an Hebrew locution translated as "good luck." It comes from the medieval Hebrew word *mazzāl* (destiny) and, going further away in time, it comes from the Akadian *manzaltu* (star's position).

Mazal Tov is a wish expressed orally in Jewish celebrations, and its exact meaning is "I am desirous good things happen to you." It's a benediction to make the drip of inspiration flow, in order to recognize what you have and achieving more.

Furthermore, if we explore the deep meaning of each of the consonants that conform this word full energy and abundance, we shall reach the true secret of prosperity.

KEY SELLING POINTS



A revolutionary and meaningful overview on how to achieve prosperity through the power of *Mazal Tov*, winner of the 5th Urano prize for health and personal growth.



Miralles has become a worldwide reference for personal growth. His works have been translated to more than 60 languages, and *Ikigai*, his best-selling book, has been number one in sales in many countries.



"In terms of personal growth, one of the most influential authors in the world." *BBC*



FRANCESC MIRALLES NON-FICTION AUTHOR

Francesc Miralles (Barcelona, 1968) is a Spanish writer and journalist known for his work on spirituality, psychology, and personal growth. He studied German philology and publishing. He co-authored the international bestseller *Ikigai: The Japanese Secret to a Long and Happy Life* with Héctor García. Miralles also writes for several media outlets and gives talks and workshops on the Ikigai philosophy worldwide. He is the author of more than twenty books, which have been widely translated and are worldwide bestsellers.

VILMA MONTOLIU

NON-FICTION AUTHOR

One of the most important voices in personal well-being and meditation, a really young coach who promotes self-esteem and calm.

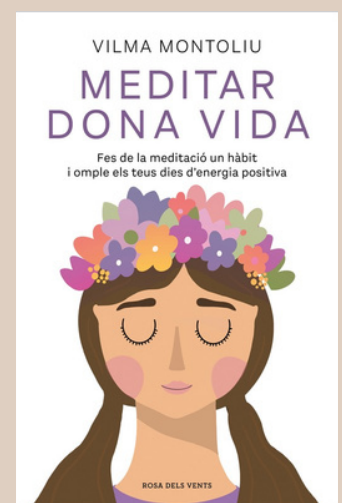
Vilma Montoliu has a diploma in holistic naturopathy and a degree in art history, and is a coach specialized in meditation and emotion management. In 2019 she launched a meditation internet channel, and thus brought to life one of the largest personal growth communities in Catalan.



I'm Like the See



Divine Mind



Meditating Gives Life



PARENTING | MEDITATION

RIGHTS SOLD

CATALAN

Columba
Grupo Planeta

SPANISH

Diana
Grupo Planeta

SOC COM EL MAR I'M LIKE THE SEA

A book to connect with the little ones and help them recognize and name their emotions. Includes the tools to teach our children how to meditate while also finding a moment of daily connection with them.

SPANISH & CATALAN

Original language

176

Pages

FEBRUARY 2025

Publication date

SPANISH & CATALAN PDF

Available material

In a world where emotions can be as changeable as the waves, this book is an essential compass for parents, teachers, and caregivers. Vilma Montoliu, one of the most promising young voices in the field of emotional well-being, offers simple tools and meditations to help children identify, accept, and experience emotions like sadness, fear, joy, or anger.

Drawing from her personal experience, Vilma invites families to discover meditation as a tool to strengthen emotional bonds and cultivate more authentic emotional communication.

KEY SELLING POINTS



This book transforms meditation into a shared moment of love and learning.



With brief meditations that are easy to incorporate into daily routines and activities designed for children of all ages, a source of inspiration for those who wish to raise their children with empathy, understanding, and calmness.



Vilma, an experienced meditation coach, is also the author of two other books and shares meditation tools and reflections with her Instagram community of nearly 20,000 followers.



VILMA MONTOLIU NON-FICTION AUTHOR

Vilma Montoliu (Barcelona, 1997) has a diploma in holistic naturopathy and a degree in art history, and is a coach specialized in meditation and emotion management. In 2019 she launched a meditation internet channel, and in just a few months she got thousands of followers across her social media. To bring meditation, self-knowledge, and personal growth closer to her followers, she uses various platforms such as YouTube, Spotify, or Instagram, and brought to life one of the largest Catalan personal growth communities. She also gives out courses and talks.



MEDITATION | WELL-BEING

RIGHTS SOLD

CATALAN

Rosa dels Vents
PRH Spain

SPANISH

Diana
Grupo Planeta

DIVINA MENTE DIVINE MIND

An optimistic view of self-esteem to live a full, joyful, and free life

SPANISH & CATALAN

Original language

232

Pages

MARCH 2024

Publication date

SPANISH & CATALAN
PDF

Available material

Divina Mente is a guide for learning to work the "holistic self-esteem," that is, the love of oneself, as well as optimism. These two vital attitudes are fundamental to live consciously and fully, and Vilma Montoliu will teach us to master them so that they are naturally and without effort a part of our life.

The goal of this book is to awaken the innate power that we all carry within us through tools, practices, and ways of thinking that strengthen self-esteem and optimism to feel empowered and able to make decisions from a perspective of freedom. A work with great practical spirit, full of advice, exercises, and with a fresh, young voice that is close to the reader.

KEY SELLING POINTS



In a market saturated with rhetoric titles on self-esteem, this is a truly practical step-by-step guide to live based on holistic self-esteem and healthy optimism.



A brand new great holistic view of self-esteem, analyzing the relationship between body, mind, and soul, through the lense of healthy optimism.



Vilma, an experienced meditation coach, is also the author of two other books and shares meditation tools and reflections with her Instagram community of nearly 20,000 followers.



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VILMA MONTOLIU MEDITAR DONA VIDA

Fes de la meditació un hàbit
i omple els teus dies d'energia positiva



MEDITATION | WELL-BEING

RIGHTS SOLD

CATALAN

Rosa dels Vents
PRH Spain

SPANISH

PRH Spain

MEDITAR DONA VIDA MEDITATING GIVES LIFE

*How to adapt meditation to our routine to fill the day
with positive energy.*

CATALAN

Original language

208

Pages

MARCH 2022

Publication date

CATALAN PDF

Available material

To meditate, you don't have to leave your mind blank or isolate yourself in the mountains, lock yourself in a dark room with music and incense. You just have to incorporate meditating into your daily routine through exercises created by Vilma Montoliu, easy to learn and with which you will discover the benefits of. Because, you know what? Meditation is inside you, you just have to wake it up.

Learn to meditate in the shower, while you stretch your clothes, queuing in the supermarket, on your way to work or while you water your plants. With meditation, you will fill yourself with energy, will increase your self-esteem and concentration, will enjoy more of your day to day. In short, you will live happier.

KEY SELLING POINTS



In an increasingly accelerated society, Vilma offers a comfortable solution for everyone interested in taking a break. The doors to meditation open in your own home!



Meditar dona vida includes meditations and guided exercises through QR codes and a section to learn to meditate with your children!



Vilma, an experienced meditation coach, is also the author of two other books and shares meditation tools and reflections with her Instagram community of nearly 20,000 followers.



VILMA MONTOLIU NON-FICTION AUTHOR

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EVA MORENO
PRÓLOGO DE MÓNICA NARANJO

MI DESEO DEPENDE DE MÍ

CLAVES PARA ESTIMULAR
EL DESEO SEXUAL



SEXUALITY

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

MI DESEO DEPENDE DE MÍ MY DESIRE DEPENDS ON ME

The ultimate guide for women who are ready to stand in front of the mirror naked and take full control of their pleasure.

SPANISH

Original language

315

Pages

OCTOBER 2019

Publication date

SPANISH PDF

Available material

My Desire Depends on Me is a book about the key aspects to understanding feminine masturbation. A powerful guide that allows women to get how powerful they can be if they understand their bodies and to master pleasure both in a relationship and individually.

With a fresh style that turns this into a diabolically entertaining read, the author provides answers and questions around the concept of sexuality and pleasure, as well as orgasms and what lies behind them.

A fantastic read for those who are ready to go one step further and keep control of their feelings, bodies, and experiences.

KEY SELLING POINTS



Eva Moreno is the creator of Tapersex, a platform in which people meet to learn and discover, and also buy, sex toys.



An exploration of the keys to understand your own body, in an incredible clear and accesible way.



A fresh, addictive read, and very entertaining read, as well as highly informative.



EVA MORENO SEXOLOGIST AND AUTHOR

Eva Moreno is a sexologist and therapist as well as a member of the Sexology Specialist Association. She holds a degree in communication, a master's degree in marketing and another one in sexology and psychotherapy. In 1999 she started her own business, which at the time was a sex shop, and then led her to establish her trademark, Tapersex, in which she started to hold regular meetings at people's houses with a full display of products and a practical guide to introduce sexology and eroticism to everyday life.



FINANCIAL EDUCATION

RIGHTS SOLD

SPANISH

Larousse

CHICAS, HABLEMOS DE DINERO GIRLS, LET'S TALK ABOUT MONEY

A guide to understanding your money, making smarter decisions, and building real financial independence.

SPANISH

Original language

256

Pages

MAY 2026

Publication date

SPANISH PDF

Available material

Do you want to stop living paycheck to paycheck or tied to a mortgage? This book shows you how to take control of your finances.

Money can be intimidating, shaped by cultural and gender biases, and a common pattern persists: women save, men invest. But without investing, money doesn't grow. Smart investing isn't magic—it's about changing your mindset, acting with intention, staying focused, and being patient. To make your money work for you, you'll build financial knowledge, set realistic goals, learn key strategies, and overcome fear. Elena Moya provides practical guidance on planning your future, understanding the fine print, choosing where to invest, and grasping essential concepts such as fixed income, equities, and risk premium.

KEY SELLING POINTS



The author is a financial journalist with extensive experience across leading companies, combining media expertise and industry knowledge.



A practical guide that empowers women to overcome common financial biases and barriers that often limit wealth-building opportunities.



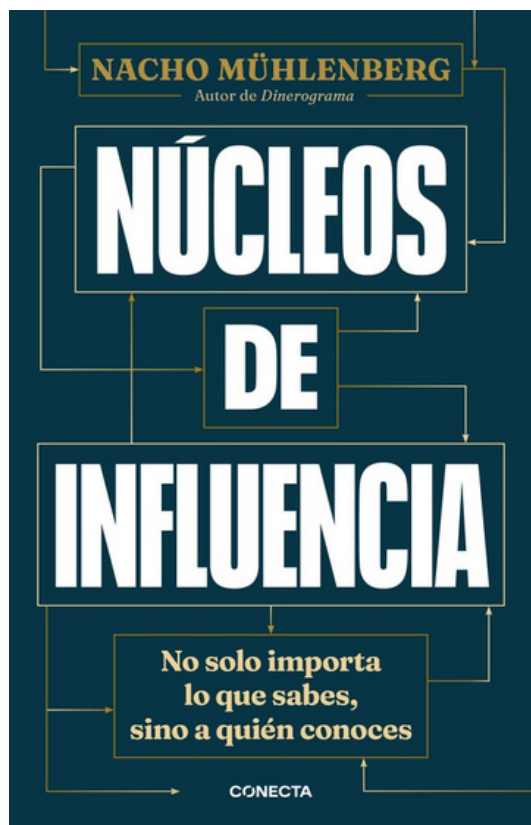
It features up-to-date examples alongside real data from Spanish and European markets, grounding advice in today's financial reality.



ELENA MOYA

FINANCIAL JOURNALIST AND AUTHOR

Elena Moya is a journalist and novelist who studied financial journalism. She moved to London in 1998, where she worked as a financial journalist for *Bloomberg*, *Reuters*, and *The Guardian*. She also studied creative writing. Since 2012, she has written financial reports for investment fund managers. At the same time, she has built a successful literary career: her debut novel, *Los olivos de Belchite*, was well received in Spain and the UK, followed by the bestselling *La maestra republicana*, the acclaimed *La candidata*, and *La otra orilla*.



BUSINESS | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Conecta
PRH Spain

NÚCLEOS DE INFLUENCIA CENTERS OF INFLUENCE

A practical guide to strategically building your network of contacts, surrounding yourself with the right people, and creating the ideal scenarios to achieve personal, professional, and financial success.

SPANISH

Original language

288

Pages

JANUARY 2025

Publication date

SPANISH PDF

Available material

Why do some people achieve their goals with ease, while others seem to get bogged down in failed projects and endless crises?

Nacho Mühlberg has a clear answer: it all comes down to their network, the people they choose to keep on their side. It's not just your talent or hard work that determines your success; it's also the contacts you cultivate. The right connections are the most powerful levers for achieving your goals or overcoming challenges.

It's not just about how many contacts you have, but how many can actually help you get ahead. It's time to make your network work for you.

KEY SELLING POINTS



A manual for determined individuals who want to learn how to have a clear vision of what they want. Those who lack clarity often end up fulfilling the goals of others.



Learn how to be perceived as magnetic or influential by every person you meet or interaction you have.

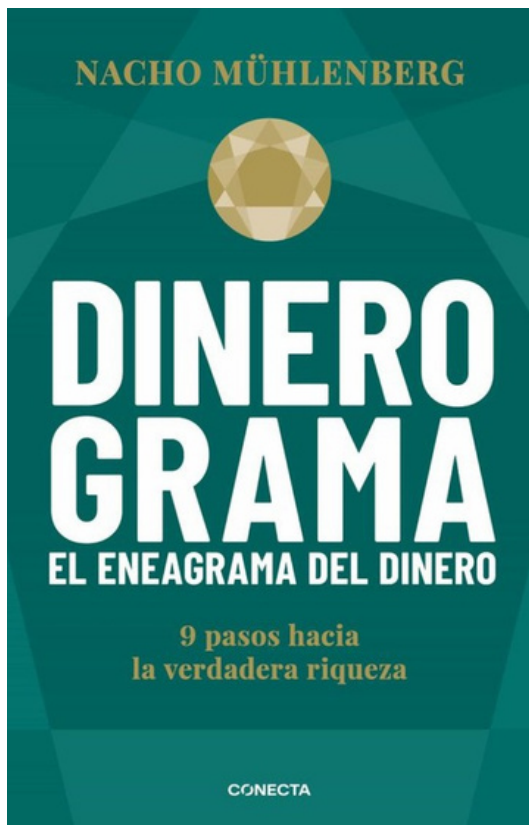


From the bestselling author of *Dineroگرامa*, sold in 5 languages, Nacho is a powerful figure with a social media community of more than 100,000 people.



NACHO MÜHLENBERG ENTREPRENEUR, INVESTOR, AND AUTHOR

Nacho Mühlberg is entrepreneur, investor, speaker, and writer. With a community of more than 100,000 people, he has become a benchmark in Spain when it comes to creating and leading communities thanks to his entrepreneurial mindset and experience. With his strategic networking methodology, he connects and trains entrepreneurs, professionals, and business people in ÉXTASIS, his private business and relationship club. He gives trainings and conferences around the world, is the CEO and founder of ÉXTASIS, author of the bestseller *Dineroگرامa* and father of Bruno and Martina.



FINANTIAL EDUCATION

RIGHTS SOLD

SPANISH

Conecta
PRH Spain

PORTUGUESE

Porto

HINDI

Manjul

BRAZILIAN

Nova Frontiera

ENGLISH

Manjul

DINEROGRAMA MONEYGRAM

A guide to achieving wealth, knowing yourself better, and transforming your relationship with money.

SPANISH

Original language

288

Pages

NOVEMBER 2022

Publication date

SPANISH PDF

Available material

Why do some people save every penny and others spend it wildly? Why do some people generate money very easily and others just survive from day to day? Why do some people plan their finances in detail and others live improvising?

Nacho Mühlberg, an expert in enneagram and financial education, helps us understand our relationship with money according to our personality or enneatype and to transform the beliefs, behaviors, fears, and desires that we have, to achieve wealth in a practical way and live the lifestyle you want.

KEY SELLING POINTS



A must-read for those who are interested in financial education and financial tranquility.



An innovative approach to financial education that became a bestseller. An easy read, with a light tone.

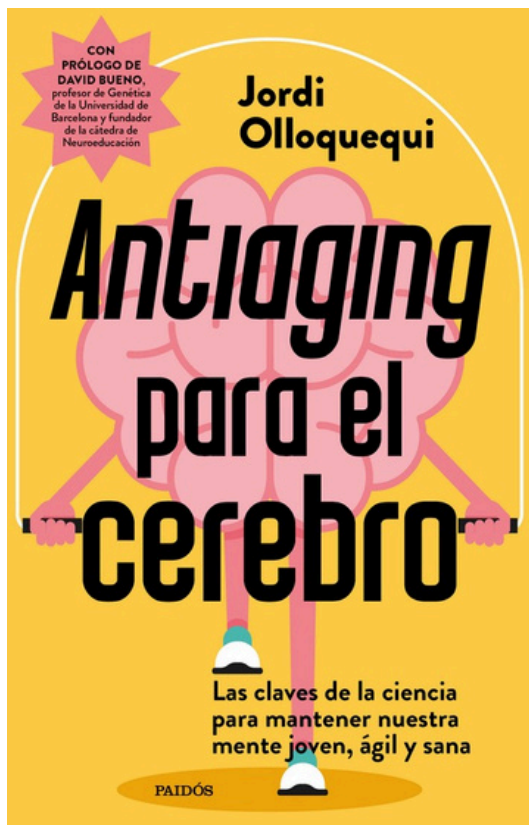


Nacho is a powerful figure with a social media community of more than 100,000 people.



NACHO MÜHLENBERG ENTREPRENEUR, INVESTOR, AND AUTHOR

Nacho Mühlberg is entrepreneur, investor, speaker, and writer. With a community of more than 100,000 people, he has become a benchmark in Spain when it comes to creating and leading communities thanks to his entrepreneurial mindset and experience. With his strategic networking methodology, he connects and trains entrepreneurs, professionals, and business people in ÉXTASIS, his private business and relationship club. He gives trainings and conferences around the world, is the CEO and founder of ÉXTASIS, author of the bestseller *Dineroگرامa* and father of Bruno and Martina.



WELLNESS

RIGHTS SOLD

SPANISH

Paidós
Grupo Planeta

BRAZILIAN

Pensamento

ANTIAGING PARA EL CEREBRO ANTIAGING FOR THE BRAIN

A powerful non-fiction book with practical strategies to slow down mental aging.

SPANISH

Original language

344

Pages

SEPTEMBER 2025

Publication date

SPANISH PDF

Available material

In *Antiaging for the Brain*, biologist Jordi Olloquequi invites us to explore the neuroscience of aging to understand the factors that contribute to cognitive decline and, most importantly, what we can do to keep our minds young, agile, and healthy longer.

With a friendly and engaging tone, he also explores advances in neuroscience to show how stress, sleep, friendships, nutrition, and physical activity all have an influence in the brain health—and what choices we can make to adjust our lifestyle and aim to stay mentally young forever.

KEY SELLING POINTS



Practical strategies to slow down mental aging. The book goes beyond theory, offering advice to keep the mind young and agile.



A holistic view of brain and health. It explores other factors that may contribute to cognitive decline.

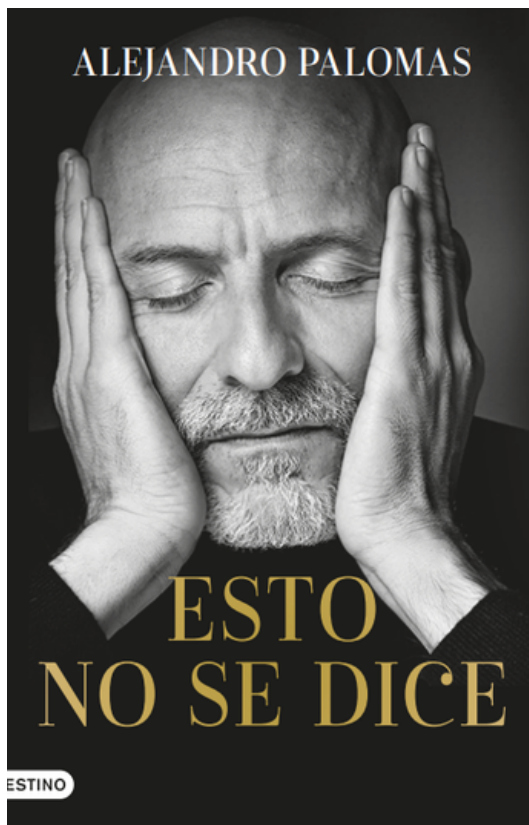


Scientific knowledge made clear and relatable.



JORDI OLLOQUEQUI BIOLOGIST AND AUTHOR

Jordi Olloquequi (Barcelona, 1982) is a PhD-trained cell biologist with over 15 years of experience in teaching and biomedical research. He led the cellular and molecular pathology research group at Universidad Autónoma de Chile and now serves as a professor at Universitat de Barcelona's faculty of pharmacy and food sciences. He also researches neurodegenerative diseases, focusing on new treatments for Alzheimer's and age-related conditions.



TESTIMONY

RIGHTS SOLD

SPANISH

Destino
Grupo Planeta

CATALAN

Destino
Grupo Planeta

GREEK

Opera

ICELANDIC

Drápa

ESTO NO SE DICE WE DON'T TALK ABOUT THAT

A necessary depiction of the greatest evils we face: sexual abuse, bullying, depression... All through many childhood memories of Alejandro Palomas.

SPANISH

Original language

OCTOBER 2022

Publication date

256

Pages

SPANISH PDF

Available material

After a childhood marked by sexual abuse, years of bullying, and a hypersensitivity that on many occasions brought him to the brink of suicide, Alejandro Palomas spins in these pages a serene and electrifying story with which he flies unfiltered over childhood memories, and how the power of imagination and writing was the last plank of salvation. This is the most sincere testimony of a man who bet on living and who succeeded thanks to his passion for inventing and sharing worlds, always with tenderness and humor, and who now transforms his life into the greatest of stories. Literature allowed him to create imaginary universes better than the life around him, and over the years these fictions have helped him find the words to show the whole truth.

KEY SELLING POINTS



Childhood sexual abuse victims are 10 times more likely to commit suicide: this is the sincerest testament of a man who bet on living.



An emotional, honest, and beautiful depiction of Paloma's tremendous childhood, that many could relate to.

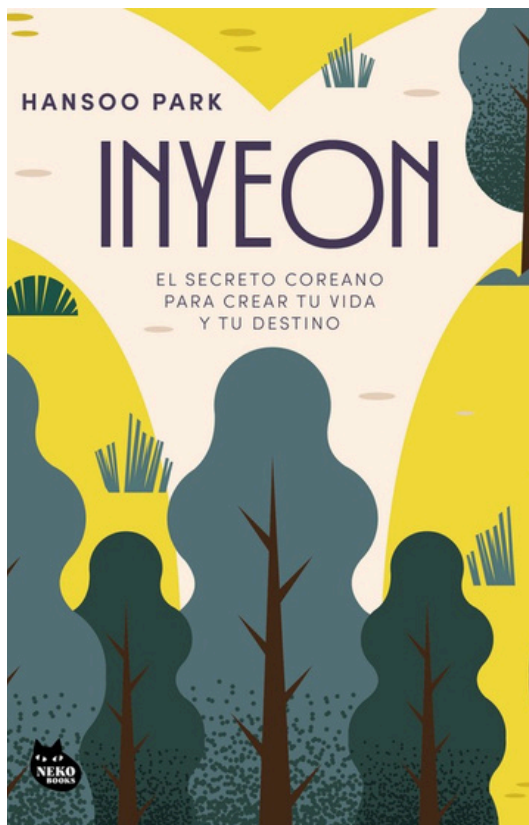


Brave enough to adventure through many necessary, yet taboo, topics.



ALEJANDRO PALOMAS FICTION AND NON-FICTION AUTHOR

Alejandro Palomas holds a degree in english philology and a master's in poetics. He has combined writing fiction with poetry and translating works by prominent authors. As a writer, he has written several novels, young adult books and non-fiction. In 2016, his novel *Un hijo* was awarded the National Prize for Youth Literature. Since, it has been adapted to theater and was turned into a movie by Netflix.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Neko Books
Grupo Planeta

CATALAN

Neko Books
Grupo Planeta

ENGLISH

Tuttle Publishing

INYEON

An inspiring guide that reveals how an ancient Korean concept about destiny and human connections can help us understand our relationships, embrace life's turning points and find a deeper sense of purpose.

SPANISH

Original language

224

Pages

MARCH 2026

Publication date

SPANISH PDF

Available material

The concept of *destiny* is sometimes rejected by people because it makes it seem as though we have no agency and no control over our futures. But in Korean philosophy, destiny is always determined by karma. Our successes, our failures, our relationships with others, they might all be influenced by decisions we made in our past lives. Our relationships are also influenced by our past lives. Every person that we meet, even those that hurt us or that we barely get to know, is part of the weave the makes up *INYEON*.

By learning the philosophy behind *INYEON*, we can begin to see life and our relationships with others in a more profound way that can help us grow as individuals and find our true purpose.

KEY SELLING POINTS



Perfect for fans of movies like *Past Lives*, that explore how the past binds us, and how it can influence our destinies.



With K-pop exploding in popularity, Korean culture is now a global phenomenon and has massive commercial appeal.

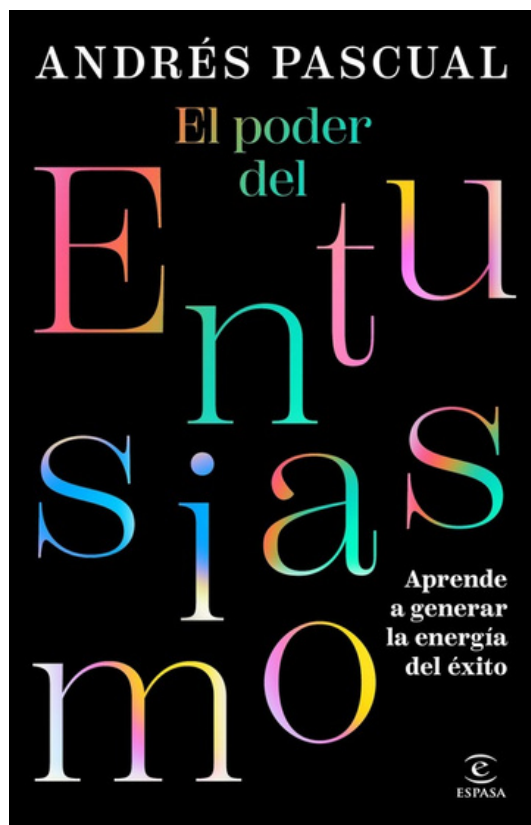


Breaks down complex philosophical concepts and makes them accessible to readers of all backgrounds

HANSOO PARK

JOURNALIST, ANTHROPOLOGIST, AND AUTHOR

Hansoo Park is a journalist and anthropologist who is always following global trends and is passionate about Korean culture. They practiced taekwondo in their youth and are deeply passionate about Korean traditions. At a time when Korean cinema and literature are reaching more and more readers and viewers, Park clearly and accessibly presents the essential concepts of Korean culture, such as *nunchi*, *ppalli ppalli*, *uri*, *han*, *jeong*, and, of course, *Inyeon*.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Espasa
Grupo Planeta

BRAZILIAN

Globo Livros

EL PODER DEL ENTUSIASMO THE POWER OF ENTHUSIASM

Unlock unstoppable energy and success with a proven method that fuels motivation, recharges your fire, and turns everyday effort into extraordinary results.

SPANISH

Original language

272

Pages

NOVEMBER 2025

Publication date

SPANISH PDF

Available material

Enthusiasm is not forced or naive optimism; it is an attitude that makes you a happier and a more successful person. When you live enthusiastically, you generate an energy that multiplies your motivation and outcomes, allowing you to enjoy the moment. You do more, and above all, you do it better.

Andrés Pascual combines his own experience and the secrets gathered from his travels around the world, along with the scientific keys he has acquired after years of training thousands of leaders across four continents, to create a groundbreaking method full of inspiring stories and practical insights.

KEY SELLING POINTS



Andrés Pascual is an international authority on everyday well-being and workplace happiness. He regularly delivers keynote speeches and workshops across Spain and Latin America, and has published fourteen novels and self-help books.



In an age of fatigue and overstimulation, readers are craving practical tools to recharge and thrive. This book delivers a fresh, actionable approach to energy and motivation without the clichés or toxic positivity.



It's the first practical method ever published to help generate enthusiasm.



ANDRÉS PASCUAL AUTHOR AND PUBLIC SPEAKER

Andrés Pascual is an author, public speaker, and creator of the first postgraduate program in Spanish on well-being in organizations, which has made him an international reference when it comes to motivation and happiness. He has traveled to more than sixty countries seeking inspiration for his books, which have amassed half a million readers in nine languages and earned prestigious awards such as the 2016 Espasa Prize and the 2017 Urano Prize for personal growth.



ESOTERISM | SPIRITUALITY

RIGHTS SOLD

SPANISH

Luciérnaga
Grupo Planeta

LA MAGIA DE LOS GATOS THE MAGIC OF CATS

A fascinating journey into the mystical bond between cats and humans, uncovering the ancient secrets, myths, and spiritual symbolism that made felines sacred, feared, and adored across centuries.

SPANISH

Original language

152

Pages

JUNE 2026

Publication date

SPANISH PDF

Available material

Throughout history, cats have been far more than domestic animals. Revered in Ancient Egypt, feared in the Middle Ages, and surrounded by myths and superstitions, they have long been linked to magic and the mystery. If you live with a cat, you may have sensed its uncanny ability to perceive what humans cannot. *The Magic of Cats* explores the crossroads of history, myth, and esotericism to reveal why cats have been seen as intermediaries between worlds.

Through ancestral beliefs, theories of animal intuition, and reflections from writers fascinated by felines, this book also offers a symbolic introduction to feline astrology, helping readers better understand their pet's secretive character and horoscope.

KEY SELLING POINTS



An engaging and thought-provoking book for curious readers, cat lovers, and anyone convinced that there is something hidden behind a cat's silent gaze.



Written by Allan Percy, bestselling author of internationally translated personal growth books, who turns cultural symbolism into engaging and thought-provoking reading.



A captivating exploration of cats' symbolic world, blending myth, spirituality, and fascination, and revealing their enduring presence in legends and cultures across history.

ALLAN PERCY PERSONAL GROWTH AUTHOR

Allan Percy is the pseudonym of the internationally recognized expert in self-improvement trends and practical guides. A global reference in personal growth books, his specialty is gathering inspirations and conveying them through short chapters. His first book, *Nietzsche for Stressed People*, sold one and a half million copies, topped bestseller lists in countries such as Brazil and Greece, and was translated into 13 languages. He returned to the publishing world after five years with *The Towel Book*.

MONIA PRESTA

TU CEREBRO EMOCIONAL

SACA PARTIDO DE LO QUE
SIENTES Y TRANSFORMA TU VIDA



RBA

PERSONAL GROWTH

RIGHTS SOLD

SPANISH

RBA

TU CEREBRO EMOCIONAL YOUR EMOTIONAL BRAIN

The definitive guide to understanding your inner compass and achieving happiness through neuroscience

SPANISH

Original language

320

Pages

MAY 2023

Publication date

SPANISH PDF

Available material

Why is it important to listen to your emotional brain? Why do emotions affect you so much if you don't manage them and take advantage of them?

Through personal anecdotes, psychologist Monia Presta invites you on a transformative journey to personal well-being through her TIE method. She helps her patients experience their emotions like a journey. Learn how your emotional brain works at a neuroscientific level and you will discover how to better manage your emotions using the psychological tools and very practical psychophysical exercises of the TIE Method to transform your life and inner well-being.

KEY SELLING POINTS



Presta uses the tools of neuroscience to guide us to a place of understanding when it comes to our own emotions.



A healthy reminder that we are not at the mercy of our emotions, but rather they are a tool that we can use to become stronger individuals.



Thousands of people have already reshaped their lives thanks to the power of *The Emotional Brain* and the TIE Method.



MONIA PRESTA PSYCHOLOGIST AND AUTHOR

Monia Presta is an Italian-Spanish clinical psychologist, writer, creator of Strategic Integrative Therapy, sexologist, couple therapist, and actress. She is also an international lecturer, trainer, and pioneer of Theatre Therapy in Spain. She is dedicated to spreading her teachings about psychology and personal growth on TV, radio and press.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Temas de hoy
Grupo Planeta

PACTO CON EL DIABLO DEAL WITH THE DEVIL

It is not necessary to make a pact with the devil nor to have sympathy for him: the habits of the Stones' vocalist are a passport to (almost) eternal youth.

SPANISH

Original language

224

Pages

SEPTEMBER 2024

Publication date

SPANISH PDF

Available material

Gone are the years when Mick Jagger held a cigarette in his lips and drank a glass of liquor. For the past quarter-century, the Stones' frontman has maintained a highly disciplined healthy lifestyle routine, allowing him to be the youngest octogenarian in the world.

What are the secrets to reaching his age full of health and zest for life? This book reveals them all, along with numerous details and anecdotes.

KEY SELLING POINTS



Discover Mick Jagger's disciplined healthy lifestyle that has kept him youthful and energetic well into his eighties.



Learn step-by-step details of Jagger's exercise routine, diet, and mental practices that contribute to his vitality and fitness.



Learn practical tips and techniques to incorporate Jagger's habits into your own life for improved health and longevity



ISADORA PUIGGENÉ PRODUCER AND AUTHOR

Isadora Puiggené (Barcelona, 1973) is the owner of an audiovisual production and online communication services company. Not long ago, she decided to take a professional break to pursue her passions: cinema and writing. She completed a postgraduate degree in film business and began the novel itinerary. Currently, she alternates between developing and producing cultural audiovisual projects and writing. She is also part of the management team of the Korean Film Festival Barcelona. She is a curious person with a keen interest in cinema, music, books, healthy eating, and yoga.



SPORTS

RIGHTS SOLD

CATALAN

Columna
Grupo Planeta

EL MÈTODE FLICK THE FLICK METHOD

An in-depth look at Hansi Flick's transformative coaching philosophy at Barça, blending tactical analysis with life lessons.

CATALAN

Original language

216

Pages

APRIL 2025

Publication date

CATALAN PDF

Available material

Johan Cruyff said that football is not just a game, but a way of understanding life. *The Flick Method* delves into this idea to decode the style and philosophy of Hansi Flick, the German coach who came to Barça to transform the team and return it to its offensive roots. The author follows Flick's journey from his beginnings as a player and coach to his consolidation as a tactical and motivational reference. The work highlights 25 key aspects of his method that go beyond tactics and delve into values such as discipline, respect, high pressing, and the importance of the team. With a combination of football analysis, philosophical reflections, and a great passion for Barça, this book demonstrates that football is more than just a spectacle and can be a great tool for learning vital lessons.

KEY SELLING POINTS



A detailed exploration of Flick's tactical and motivational approach, highlighting his impact on Barça and his connections with total football.



The book links football to life philosophy, emphasizing values like discipline, respect, and team unity, showing that the sport is more than just a game.



A breakdown of the essential elements of Flick's method, providing both tactical insights and life lessons that can inspire players and fans alike.



ALEXIS RACIONERO NON-FICTION AUTHOR

Alexis Racionero has a column on the FC Barcelona in *Mundo Deportivo* and is a contributor to *La Vanguardia*. He is the author of books on personal growth, travel, and Eastern philosophy, such as *El viaje del héroe* (Kairós), *Mushin. Zen y sabiduría samurái para la vida cotidiana* (Kairós), *Ecotopía* (Anagrama), and *El ansia de vagar* (RBA). He has a degree in geography and history, a Ph.D. in art history and is a generative coach and a Gestalt therapist. He was a cinema professor at ESCAC for twenty years.



HISTORY

RIGHTS SOLD

SPANISH

Lunwerg
Grupo Planeta

ETERNAS ETERNALS

The past has never spoken so boldly through the voices of nine extraordinary queens.

SPANISH

Original language

157

Pages

SEPTEMBER 2025

Publication date

SPANISH PDF

Available material

Historical novelist María Reig gives voice to nine queens who transformed the course of history. From Cleopatra to Empress Sissi, including Isabella I of Castile, Catherine the Great or Marie Antoinette, *Eternas* invites readers to discover the inner worlds of sovereigns who defied their eras and shaped their own destinies. Each chapter presents a vivid first-person narrative that captures a defining moment—whether a bold decision, a turning point, or a glimpse of vulnerability.

Eternas is a literary homage to women who left a lasting legacy. Designed for readers seeking depth beyond facts, it offers a powerful exploration of identity, courage, and the timeless echoes of history.

KEY SELLING POINTS



A tribute to women's impact on history. *Eternas* shed light to the extraordinary lives of nine iconic queens that overcame stereotypes.



Immersive storytelling through a first-person lens. Each chapter begins with an intimate first-person retelling.



A powerful blend of storytelling and art, elevated by Elisa Ancori's unforgettable illustrations.



MARÍA REIG

HISTORICAL FICTION AUTHOR

María Reig studied journalism and has a master's degree in corporate communication management. In 2018, she decided to self-publish her first novel. She launched a crowdfunding campaign to finance the marketing and communication plan she had designed and, in less than a day, she reached her goal. This allowed her novel to reach bookstores, published by Suma de Letras, and it won the debut novel award by El Corte Inglés. Since, she has published two novels. The past years, she has been balancing her work as a writer and studying for her history degree, with which she began to refine her skills as a historical fiction writer.

SONIA RICO

**COACH,
THERAPIST, AND
MOTIVATIONAL
AUTHOR**

Sonia Rico combines her expertise as a coach, a neurolinguistic programming therapist, an emotional kinesiologist, and yoga instructor.

Her constant research in the field of personal growth and consciousness led her to build and offer this magical tool called BioCoaching; she believes that through it, we can become architects of our dreams and builders of our lives.



NEWEST

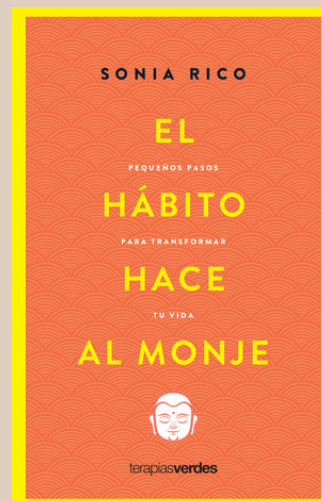


**Me and My Party
Pooper**



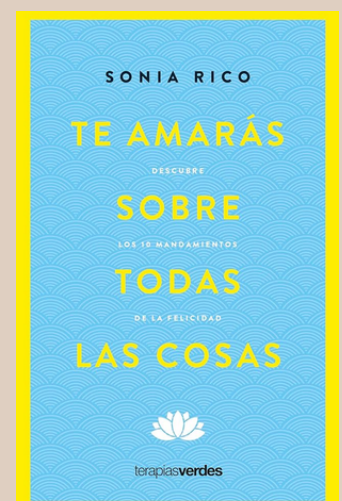
**Dear Guilt, Thank you,
But Goodbye**

Sold to Russia and Brazil.



**The Habit Makes the
Monk**

Sold to Arabia, Portugal, and
Russia.



**You Will Love
Yourself Above All
Else**

Sold to Arabia, Portugal, and
Russia.

NEW

Mi Aguafiestas y yo

Una conversación con tu voz interior para dejar de sabotearte

Sonia Rico

Un viaje hacia la libertad interior



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Urano

MI AGUAFIESTAS Y YO ME AND MY PARTY POOPER

A book for anyone ready to silence their inner saboteur and finally move forward.

SPANISH

Original language

197

Pages

JUNE 2026

Publication date

SPANISH PDF

Available material

We all have a voice that shows up the moment we're about to dare to do something. Soft, familiar, disguised as caution. So familiar we mistake it for our own. One ordinary Tuesday, with a half-finished coffee and an unanswered message, something shifts. You realize it was never telling the truth. And instead of obeying it, you finally listen in a different way. This book is a raw, honest conversation between a woman and the sabotaging voice that appears whenever she wants to show up, begin something, set boundaries, or believe in herself.

These pages reveal that this voice wasn't your enemy—just a part of you that once tried to protect you, even if it is now holding you back. And the real change begins when you stop obeying it.

KEY SELLING POINTS



A transformative message grounded in compassion, not discipline. The book reframes self-sabotage not as an enemy to defeat, but as a protective mechanism that can be understood and integrated.



The book speaks to anyone feeling stuck, overwhelmed, or disconnected from themselves.



Its promise is simple and powerful: you don't need to silence your inner voice—just stop obeying it.



SONIA RICO

PERSONAL GROWTH AUTHOR

Sonia Rico (Sabadell, 1975) has a degree in audiovisual communication and a master's degree in research in journalism and communication. She is a journalist and writer, a profession she combines with being a coach, a neurolinguistic programming therapist, an emotional kinesiologist and yoga instructor. Her constant research in the field of personal development led her to build and offer this tool called BioCoaching, because through it we can become architects of our dreams and builders of our lives.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Urano

BRAZILIAN

Planeta Brazil

RUSSIAN

Atticus

PORTUGUESE

Alma Dos Livros

QUERIDA CULPA: GRACIAS, PERO ADIÓS DEAR GUILT: THANK YOU, BUT GOODBYE

A transformative journey that explores one of the most universal and paralyzing emotions: guilt.

SPANISH

Original language

240

Pages

APRIL 2025

Publication date

SPANISH PDF

Available material

Guilt is not an enemy but a signal to look inward, identify beliefs that no longer serve us, and free ourselves from toxic interpretations and expectations that hinder our growth and disconnect us from our true essence.

Drawing from her experience as a coach, therapist, and yoga teacher, Sonia Rico put forward a profound and approachable guide that unravels the roots of guilt—ranging from the cultural and religious conditioning instilled in us to the internal dynamics of the ego that perpetuate it as a cycle of self-judgment—and examines how it affects our emotions, relationships, and physical health.

KEY SELLING POINTS



Blending practical wisdom, spiritual philosophy, and applicable exercises to help readers release the emotional burden of guilt, replacing it with acceptance, self-compassion, and authenticity.

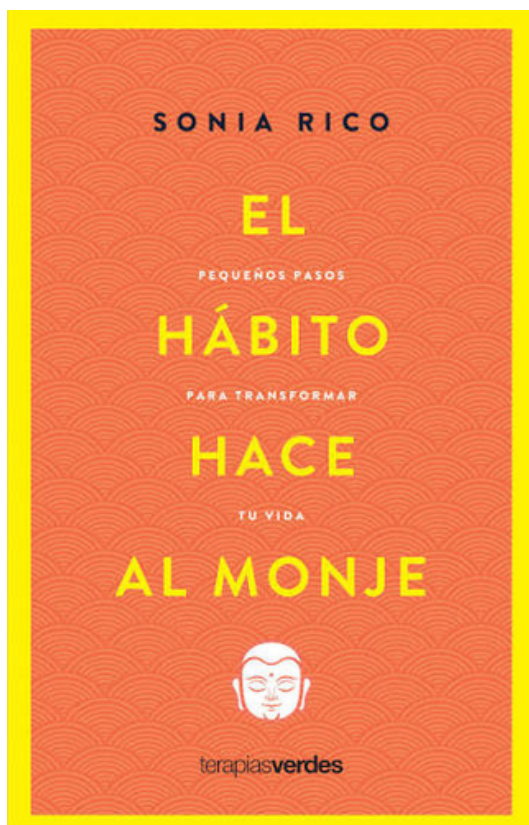


An essential read for those seeking to reconcile with their past, let go of emotional burdens, and embrace a more conscious and fulfilling life.



SONIA RICO PERSONAL GROWTH AUTHOR

Sonia Rico (Sabadell, 1975) has a degree in audiovisual communication and a master's degree in research in journalism and communication. She is a journalist and writer, a profession she combines with being a coach, a neurolinguistic programming therapist, an emotional kinesiologist and yoga instructor. Her constant research in the field of personal development led her to build and offer this tool called BioCoaching, because through it we can become architects of our dreams and builders of our lives.



PERSONAL GROWTH

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SPANISH

Terapias verdes,
Urano

RUSSIAN

Atticus

ARABIC

Jarir Bookstore

PORTUGUESE

Self

EL HÁBITO HACE AL MONJE THE HABIT MAKES THE MONK

A fundamental guide to understand that our habits and customs shape the person we are.

SPANISH

Original language

224

Pages

OCTOBER 2022

Publication date

SPANISH PDF

Available material

We often think that big events are what will significantly change our existence, and we forget that our life is a reflection of what we are living. Having a full life is possible through training.

But, for that, it is necessary to learn some things and unlearn many others. Sonia Rico's book offers a new way of looking at things and navigating your own life. The author, who is a yoga teacher and an experienced coach, teaches us, through various resources, that we have all the conditions to be happy. We just have to train ourselves with small steps that we can take every day.

KEY SELLING POINTS



A practical and fun guide on how you can transform yourself physically, mentally, and spiritually.

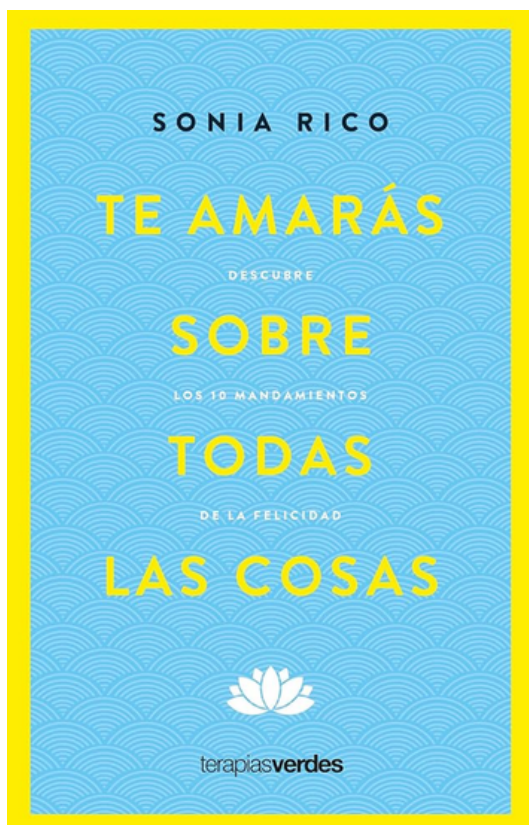


Do you feel unhappy at certain times? Do you live under stress or suffer from anxiety? Do your negative thoughts betray you? *El hábito hace al monje* will help you overcome these obstacles preventing you from living a fulfilling life.



SONIA RICO PERSONAL GROWTH AUTHOR

Sonia Rico (Sabadell, 1975) has a degree in audiovisual communication and a master's degree in research in journalism and communication. She is a journalist and writer, a profession she combines with being a coach, a neurolinguistic programming therapist, an emotional kinesiologist and yoga instructor. Her constant research in the field of personal development led her to build and offer this tool called BioCoaching, because through it we can become architects of our dreams and builders of our lives.



PERSONAL GROWTH

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SPANISH

Terapias verdes,
Urano

RUSSIAN

Atticus

ARABIC

Jarir Bookstore

TE AMARÁS SOBRE TODAS LAS COSAS YOU'LL LOVE YOURSELF ABOVE ALL ELSE

A self-love decalogue that transforms the ten divine commandments into the ten commandments of happiness.

SPANISH

Original language

160

Pages

NOVEMBER 2021

Publication date

SPANISH PDF

Available material

How would our life look like if, instead of learning how to meet other people's expectations, we learned how to love ourselves among everything else? Sonia Rico has created a self-love decalogue that transforms the ten divine commandments into commandments of happiness. Starting with self-love, which is the philosopher stone of this book, Rico offers commandments like «you will not promise in vain» or «you will not steal your dreams», each one with different discoveries and interesting challenges to get out of our comfort zone. The author gives us inspirational stories, exercises, tools, and practical examples with which she wants to shed light on those commandments we all carry inside and limit us.

KEY SELLING POINTS



An empowerment method to gain self-love, health, confidence, motivation, creativity, and success in all areas in life.



The author, Sonia Rico, is an experienced and renowned therapist.



The book also includes a prologue by Francesc Miralles, an internationally bestselling author and a prominent figure in the field of mental health.



SONIA RICO PERSONAL GROWTH AUTHOR

Sonia Rico (Sabadell, 1975) has a degree in audiovisual communication and a master's degree in research in journalism and communication. She is a journalist and writer, a profession she combines with being a coach, a neurolinguistic programming therapist, an emotional kinesiotherapist and yoga instructor. Her constant research in the field of personal development led her to build and offer this tool called BioCoaching, because through it we can become architects of our dreams and builders of our lives.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Ediciones B
PRH Spain

LA MENTALIDAD DE LOS CAMPEONES THE MINDSET OF CHAMPIONS

A book that explores how champions think, face pressure, respond to failure and build an unbreakable mentality.

SPANISH

Original language

288

Pages

MARCH 2026

Publication date

SPANISH PDF

Available material

This book explores the champion's mindset: the way elite athletes think long before they win.

Through real-life stories of figures like Michael Jordan, Simone Biles, Carolina Marín, and Armand Duplantis, Hugo Riera shows that success is not just about talent or records, but about how champions handle pressure, overcome failure, and build a powerful way of seeing the world. The book reveals the hidden discipline behind greatness: turning mistakes into learning, persisting when others quit, and using your mindset as a tool for growth. These lessons go beyond sport, offering practical inspiration to achieve personal and professional goals in any area of life.

KEY SELLING POINTS



Practical and transferable lessons: it shows how mental discipline, resilience, and perseverance can be applied beyond sports.



Written by a respected journalist: Riera brings credibility and clarity as a sports reporter and creator of Hache_Sports, which has over 1.4 million followers and over 800 million views.

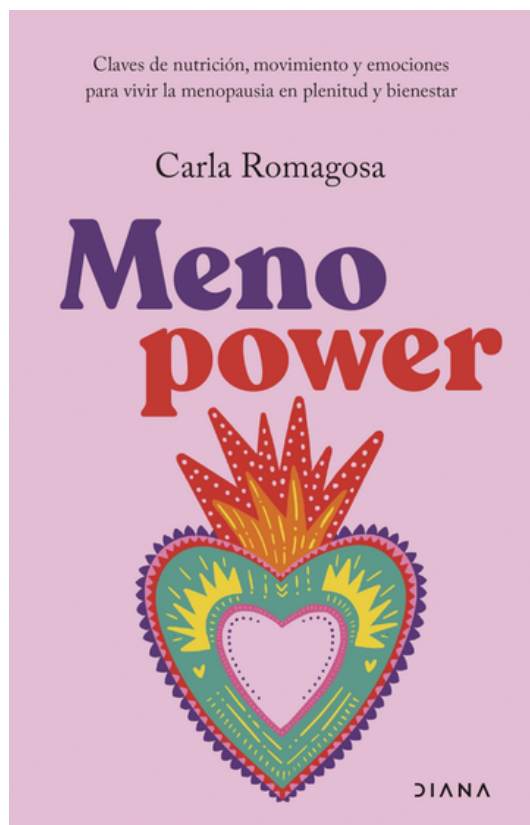


Broad market appeal: ideal for sports fans, athletes, coaches, and readers interested in personal growth and performance.



HUGO RIERA JOURNALIST AND AUTHOR

Hugo Riera holds a degree in journalism and audiovisual communication. He is a sports journalist, audiovisual producer, and athlete. He actively collaborates with the newspaper *Mundo Deportivo* and is the creator of Hache Sports, a channel that has amassed over 1.4 million followers and more than 800 million views in just three years. It is currently Spain's most influential independent multi-sport information channel on social media.



HEALTH | WELLNESS

RIGHTS SOLD

SPANISH

Diana, Grupo
Planeta

MENOPOWER

Keys to nutrition, movement, and emotions for living with menopause fully and well.

SPANISH

Original language

320

Pages

OCTOBER 2024

Publication date

SPANISH PDF

Available material

Fortunately, more health professionals are addressing menopause with care and guidance. This support is essential for women to rediscover joy, energy, and to reconnect with themselves. Not talking about it and maintaining a façade to seem desirable or employable uses up the energy needed to grow and enjoy in this new stage of life. The societal model of a perfect, desirable woman is exhausting. I propose a kinder, more authentic model.

Look inward, and everything will be fine. It's all about becoming a healthy, serene, and powerful woman in this transformative stage of life.

KEY SELLING POINTS



With practical tools on how to navigate menopause with confidence and empowerment.



It challenges the exhausting expectations set by society on the "perfect woman" ideal, proposing a more authentic and empowering model for women.



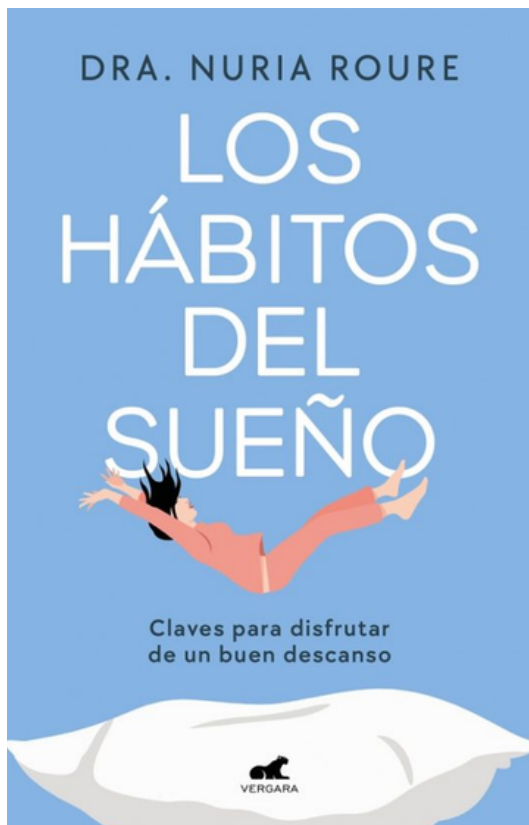
Romagosa is a renowned specialist, with nearly 150,000 followers on social media where she actively shares empowering principles with her community.



CARLA ROMAGOSA

HEALTH AUTHOR

Carla Romagosa is a nutritionist and journalist focusing on menopause, as well as a member of the Spanish association for the study of menopause AEE. Due to his renown in different areas, she has had different appearances and interventions in all kinds of Spanish media. She has published several articles in different newspapers, including *El País*, *La Vanguardia*, the magazine *Hola*, *El Periódico* and *Cope*.



WELLNESS

RIGHTS SOLD

SPANISH

Vergara
PRH Spain

LOS HÁBITOS DEL SUEÑO THE HABITS OF SLEEP

From the bestselling author of Por fin duermo, comes a new book that tells you everything you need to know about sleep.

SPANISH

Original language

272

Pages

JUNE 2025

Publication date

SPANISH PDF

Available material

Nowadays, having a good night's sleep is the exception instead of the norm for most. However, it does not need to be like that. Bestselling author and expert Dr. Nuria Roure explains here what it means to have a good night's sleep and how achieve that.

The key word is habit. Bad habits require time to be eliminated, and good habits require time to be adopted and show results. However, once you manage to incorporate them, they come as second nature, almost an instinct.

A book that is the perfect guide for those looking to change their sleeping habits for good.

KEY SELLING POINTS



It serves as a manual with approachable, easy to understand concepts that everyone can apply, no matter their background.



The "Roure Method" is only six-steps long, which makes it easy to incorporate into daily routines.



She offers the motivation that we often lack to start implementing and maintaining healthy sleep habits.



DR. NURIA ROURSE PSYCHOLOGIST AND AUTHOR

Nuria Roure (Spain, 1978) holds a degree in psychology and earned a cum laude doctorate in sleep medicine. She is a specialist in sleep disorders by the European Sleep Research Society and is a member of the Spanish Sleep Society (SES). With over twenty years of experience and thanks to her own methodology, she has helped thousands of people enjoy life and be healthier. She is also the author of the book *Por fin duermo*, which has helped thousands of people improve their sleep.

ÁLEX ROVIRA

PERSONAL GROWTH AUTHOR

Internationally acclaimed co-author of *La buena suerte*, Rovira's works have met an astonishing success!

Álex Rovira is a businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books, and some of them have even become bestsellers nationally and internationally. He's considered one of the biggest experts in leadership psychology around the world.



NEWEST



Homo Solver

Sold in 5 languages



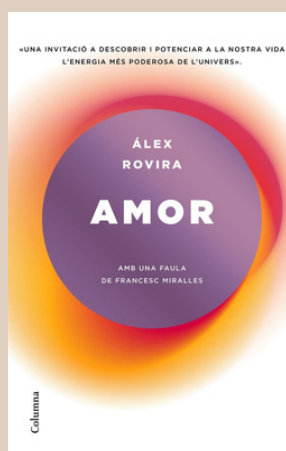
Your Good Luck Mentality

On its 3rd edition
Sold in 5 languages



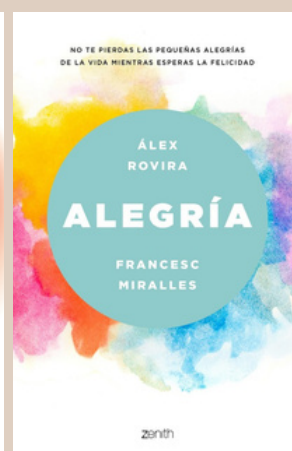
The Seven Keys

On its 2nd edition
Sold in 3 languages



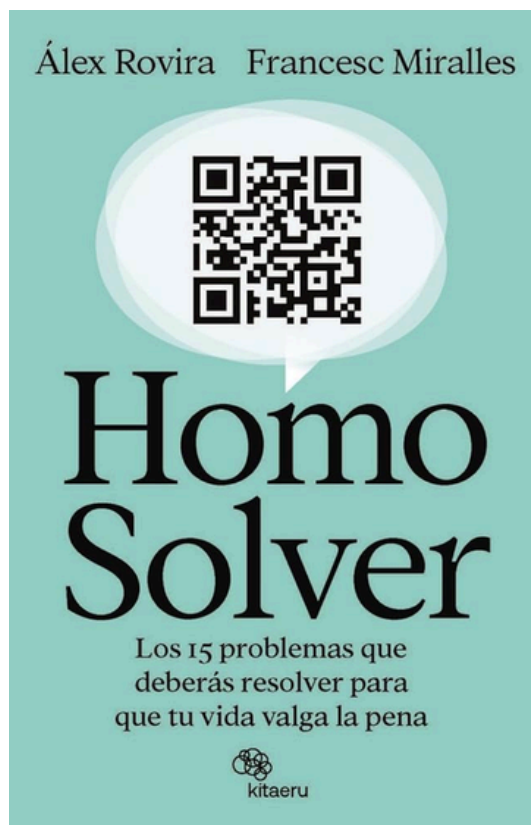
Love

Two editions in 1 week
Sold to 3 languages



Joy

On its 5th edition
Sold to 5 languages



PERSONAL GROWTH

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CATALAN

Kitaeru
Grupo Anaya

SPANISH AUDIO

Audible

PORTUGUESE

PRH

SPANISH

Kitaeru
Grupo Anaya

GREEK

Patakis

HOMO SOLVER

Discover how to turn challenges into opportunities with HOMO SOLVER, the book that teaches you how to solve problems and achieve personal and professional success.

SPANISH & CATALAN

Original language

256

Pages

MAY 2025

Publication date

**SPANISH &
CATALAN PDF**

Available material

Life is a continuous series of problems that we must face. The way we solve those problems will determine our success and how satisfied we are with our lives.

In this new book, Álex Rovira and Francesc Miralles, two of Spain's most celebrated personal growth writers, aim to give readers the tools to live peacefully and not stress about their problems.

How? By learning how to solve them, of course.

KEY SELLING POINTS



Álex Rovira and Francesc Miralles are internationally acclaimed authors whose transformative books have inspired and guided millions of readers worldwide.



Highlights how challenges can and should be opportunities to grow.



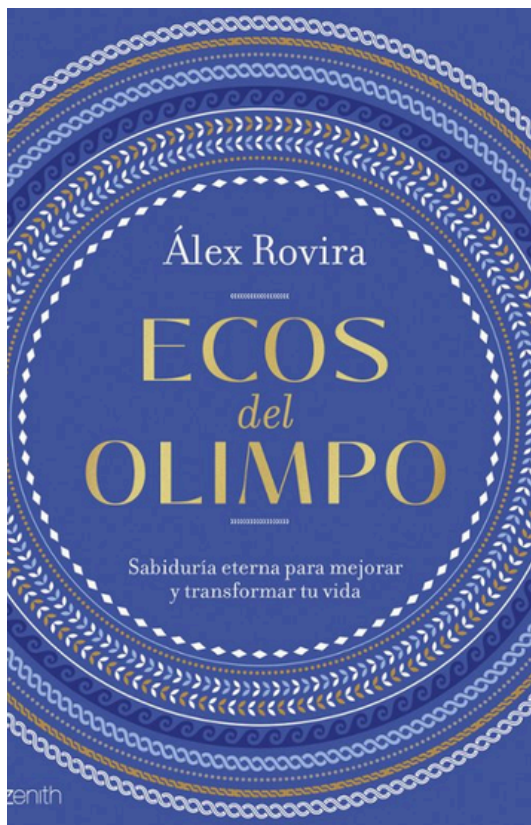
The central message is that we can all learn to cope with our problems, regardless of our circumstances. A hopeful proposition for complex times.



ÁLEX ROVIRA & FRANCESC MIRALLES

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated and become bestsellers.

Álex Rovira (Barcelona, 1969) is a Spanish businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books, and some have become bestsellers nationally and internationally. He's considered one of the biggest experts in leadership psychology around the world.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Zenith
Grupo Planeta

CATALAN

Zenith
Grupo Planeta

ECOS DEL OLIMPO ECHOES FROM OLYMPUS

Leadership psychology expert Álex Rovira teaches us how Greek Myths can become an emotional map for navigating modern life and dealing with crises, relationships, and personal goals in a healthy way.

SPANISH

Original language

256

Pages

OCTOBER 2025

Publication date

SPANISH PDF

Available material

In his most ambitious book to date, Álex Rovira offers us a map for navigating the complexities of modern life using the wisdom of Greek mythology.

Since immemorial time, myths have been mirrors of the human soul: symbolic narratives that help us understand what we feel, desire, fear, or yearn for. But this book doesn't simply retell them; it invites us to read them from a profound, emotional, and transformative perspective, revealing their practical wisdom and their astonishing relevance in everyday life.

KEY SELLING POINTS



Álex Rovira's books have sold over 8 million copies, and he is one of the leading experts in leadership psychology and personal transformation.



Five classic myths—Narcissus, Pygmalion, Chiron, Sisyphus, and Phoenix—are reinterpreted as practical guides for dealing with crises, relationships, and personal quests.



The book turns myths into emotional tools for everyday life. Ideal for readers seeking meaning and guidance in times of change, with a narrative that combines ancient wisdom and a contemporary perspective.



ÁLEX ROVIRA PERSONAL GROWTH AUTHOR

Álex Rovira (Barcelona, 1969) is a Spanish businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books, and some of them have become bestsellers national and internationally. He's considered one of the biggest experts in leadership psychology around the world.



PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Zenith, Grupo Planeta

TURKISH

Destek

BULGARIAN

Together Academy

BRAZILIAN

Faro Editorial

RUSSIAN

Alpina Publisher

TU MENTALIDAD BUENA SUERTE YOUR GOOD LUCK MENTALITY

A brilliant approach to positivity through 30 lessons full of exercises, real examples, and fables from the author.

SPANISH

Original language

256

Pages

SEPTEMBER 2023

Publication date

SPANISH PDF

Available material

Your life is the result of your mentality. Understanding this simple yet powerful premise will open the doors of change, to choose your destiny.

Mentality is a compilation of beliefs and habits that affect our way of perceiving, interpreting, thinking, and judging reality. The good news is that mentality can be changed from funny, happy, and surprising learnings, to make it original, positive, and constructive: this type of mentality is called good luck mentality. Álex Rovira explains how to achieve it through his own experience, accompanying thousands in this vital transformation process.

KEY SELLING POINTS



La buena suerte has become a cultural landmark, with over 4,000,000 copies sold, and this is the solo continuation of Álex Rovira.



Rovira, a renowned Spanish businessman, writer, economist, international speaker, and consultant, shares his own experience to reach an original and positive type of mentality.



ÁLEX ROVIRA PERSONAL GROWTH AUTHOR

Álex Rovira (Barcelona, 1969) is a Spanish businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books, and some of them have become bestsellers national and internationally. He's considered one of the biggest experts in leadership psychology around the world.



LAS SIETE LLAVES THE SEVEN KEYS

The secret is not pursuing freedom, but rather avoiding submission through seven key elements.

SPANISH

Original language

304

Pages

SEPTEMBER 2020

Publication date

SPANISH PDF

Available material

PERSONAL GROWTH

RIGHTS SOLD

CATALAN

Zenith
Grupo Planeta

SPANISH

Zenith
Grupo Planeta

BULGARIAN

Together Academy

What steps do you have to follow in order to let go of limiting beliefs? These seven keys allow us to live according to our essence: the key of belief, the key of judgment, the key of achievement, the key of enjoyment, the key of dedication, the key of identity and the key of being.

In this journey of liberation, each chapter begins with *The Enigma of the Seven Keys*, an inspiring story in the style of *One Thousand and One Nights*.

KEY SELLING POINTS



La buena suerte has become a cultural landmark. This is the highly awaited follow-up to the international best-seller.



Record-breaking authors when it comes to sales, and this title is already on its second edition.



Like with *La buena suerte*, the authors offer an excellent compilation of tales to illustrate their points.



ÁLEX ROVIRA & FERNANDO TRÍAS

Fernando Trías de Bes (Barcelona, 1967) is a Spanish writer and economist, specialized in creativity and innovation. His essays and novels have been translated into more than forty languages. As a novelist, he has been awarded the Shinkupai Prize (Japan, 2005) and the De Hoy Essay Prize (Spain, 2009).

Álex Rovira (Barcelona, 1969) is a Spanish businessman, writer, economist, international speaker, and consultant. He has sold nearly eight million copies of his books, and some of them have become bestsellers national and internationally. He's considered one of the biggest experts in leadership psychology around the world.

«UNA INVITACIÓN A DESCUBRIR Y POTENCIAR EN NUESTRA
VIDA LA ENERGÍA MÁS PODEROSA DEL UNIVERSO.»

ÁLEX
ROVIRA

AMOR

CON UNA FÁBULA DE
FRANCESC MIRALLES

zenith

PERSONAL GROWTH

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ARABIC

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Zenith
Grupo Planeta

AMOR LOVE

*The most needed manual on the most powerful
energy: love.*

SPANISH

Original language

224

Pages

FEBRUARY 2019

Publication date

**SPANISH & CATALAN
PDF**

Available material

This is not a book about heartbreak, falling in love or sexuality. It is a practical manual to foster the most powerful energy we have, the one that unites us to others, the one that multiplies our strength to achieve goals and enjoy life with nutritious relationships.

To present this, each chapter invites us to carry out concrete actions to raise the quality of our bond with our partner, children, friends, or even in our work team, providing new ideas to increase our balance of love and that of our loved ones.

KEY SELLING POINTS



By the authors who have sold more than 2,500,000 copies and whose books have been translated into dozens of languages.



The topic of basic emotions is a trend in psychology, but usually it is written in an academic language. Instead, this book follows the premises of rigour and accessibility from *Alegría*, their previous book.



Two editions in just one week.



ÁLEX ROVIRA & FRANCESC MIRALLES

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.

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PERSONAL GROWTH

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BULGARIAN

Gnezdoto

TURKISH

Pena
Yayinlari -
reverted

SPANISH

Zenith
Grupo Planeta

DUTCH

Meulenhoff -
reverted

ALEGRÍA JOY

The key to happiness are the small details.

SPANISH

Original language

272

Pages

OCTOBER 2017

Publication date

**SPANISH PDF &
ENGLISH SAMPLE**

Available material

Lot of people forget the little joys of life in the search of greater happiness.

Half narrative genre, half personal growth genre, this book will show the reader, through short chapters in the form of letters, how to focus on what is really important in life and how to overcome adversity and sadness. With multiple ideas and references to thought-provoking research, the book also suggests exercises at the end of each chapter so that the readers can apply the advices in their daily life.

KEY SELLING POINTS



By the authors who have sold millions of copies and whose books have been translated into dozens of languages.



A new take on the self-help genre: everyone talks about happiness, but what about joy? Isn't it a much easier feeling to achieve, and don't we feel happy when we're filled with joy?



The topic of basic emotions is a trend in psychology, and this is the first accessible yet serious book to tackle the subject.



ÁLEX ROVIRA & FRANCESC MIRALLES

Francesc Miralles (Barcelona, 1968) studied German philology and worked as an editor for self-help books. He is a writer and journalist specialized in psychology and spirituality, a regular contributor to newspapers and magazines, and the author of more than twenty books, which have been widely translated.

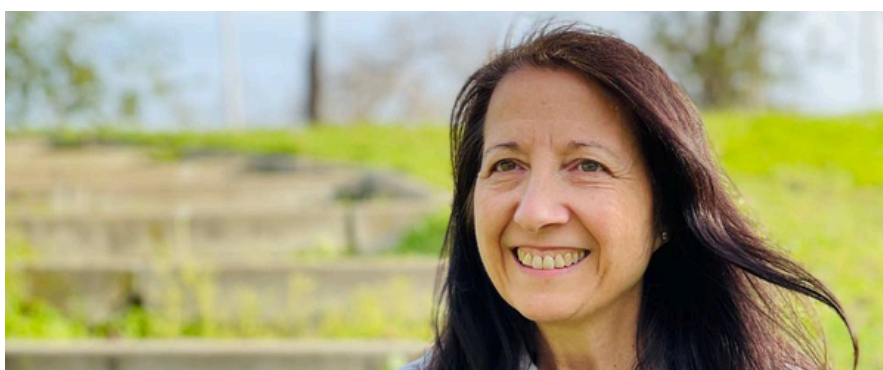
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ELISABET SILVESTRE

BIOLOGIST AND
HEALTH AUTHOR

The undisputed expert on achieving well-being using science.

Elisabet Silvestre has a PhD in biology, a master's degree in human biology and bioconstruction. She teaches biohabitability, a discipline that researches and analyzes how to design, rehabilitate, build, and inhabit spaces that are healthy for people and the environment.



The First Thousand Days

Co-written with Elena
Codina



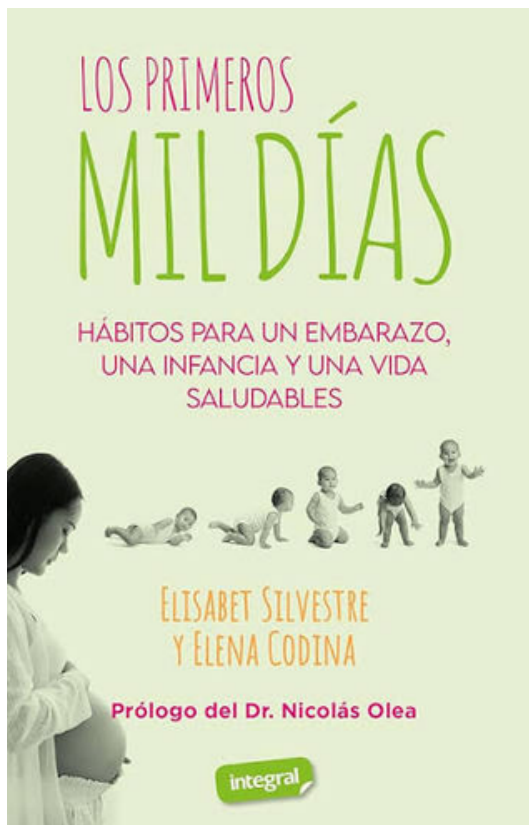
The Office at Home



Your Healthy Home



**Living Without Toxic
Agents**



PREGNANCY | PARENTING

RIGHTS SOLD

SPANISH

Integral
RBA

LOS PRIMEROS MIL DÍAS THE FIRST THOUSAND DAYS

A thousand days to shape the health that will last a lifetime. A guide to pregnancy and the baby's first steps.

SPANISH

Original language

400

Pages

MARCH 2024

Publication date

SPANISH PDF

Available material

From conception to the second anniversary of the baby, those thousand days are a critical period to build their health for today and tomorrow, because all organs and tissues in the baby's body are formed. How healthy we are in this time window will be expressed in the future in the form of a healthy life, or in the appearance of certain difficulties that could affect long-term well-being.

With baby steps, these pages will give you the key to everything you can do during your pregnancy to benefit a lifetime.

KEY SELLING POINTS



A manual for the development of pregnancy and raising the baby from a new point of view: environmental pediatrics and lifestyle medicine.



Medical disclosure with a close and pleasant writing that includes anecdotes and tips.



Co-written with Elena Codina, a prestigious pediatrician.



ELISABET SILVESTRE BIOLOGIST AND HEALTH AUTHOR

Elisabet Silvestre has a PhD in biology, a master's degree in human biology and bioconstruction. Her professional work has focused on the field of genetics: she has worked in different hospitals and health centres in Barcelona, and later in the field of environmental health in relation to the role played by the indoor environment of houses and buildings in human health. She currently teaches biohabitability, a discipline that researches and analyzes how to design, rehabilitate, build and inhabit spaces that are healthy for people and the environment.

La OFICINA en CASA

Claves para crear un ambiente
saludable y creativo para tu cerebro



HEALTH | WELL-BEING

RIGHTS SOLD

SPANISH

Integral
RBA

LA OFICINA EN CASA THE OFFICE AT HOME

The must-have guide for anyone working from home.

SPANISH

Original language

176

Pages

OCTOBER 2022

Publication date

SPANISH PDF

Available material

If you are a freelancer or work from home, this book will give you the keys to create your home office. Put the environment in your favor to represent your values, to promote creativity, and, ultimately, to make you feel good.

Let yourself be accompanied by an expert and referent in biohabitability who will advise you on the choice of space, decorative elements, light, and colors that suit your brain the best. You will learn how to make use of technology in a healthier way and have an oasis of mental calm, how to achieve harmony through biophilia, and how to plan how to not to steal time away from your personal life, and to live in coherence to your purpose.

KEY SELLING POINTS



A book filled with tricks on improving your productivity and well-being when working at home.



A necessary piece of nonfiction about health and well-being in these times when working remote is so common.



ELISABET SILVESTRE BIOLOGIST AND HEALTH AUTHOR

Elisabet Silvestre has a PhD in biology, a master's degree in human biology and bioconstruction. Her professional work has focused on the field of genetics: she has worked in different hospitals and health centres in Barcelona, and later in the field of environmental health in relation to the role played by the indoor environment of houses and buildings in human health. She currently teaches biohabitability, a discipline that researches and analyzes how to design, rehabilitate, build and inhabit spaces that are healthy for people and the environment.



HEALTH | WELL-BEING

RIGHTS SOLD

SPANISH

Integral
RBA

TU CASA SANA YOUR HEALTHY HOME

Turn your home into your health's biggest ally.

SPANISH

Original language

272

Pages

NOVEMBER 2021

Publication date

SPANISH PDF

Available material

Did you know that your home can help you be healthier, feel better, feel calmer, and live a fuller life?

In this book, you will find the keys to make your home a healthier place, with just small changes. You will learn to breathe cleaner air, eat a healthier and more conscious diet, take care of your skin with natural products, sleep a truly restful sleep and get rid of stress.

The author will accompany you in making a real change, conscious and transformative, through positive habits to activate the self-healing and regenerative potential of your body, to lead a more conscious lifestyle that allows you to shine and live every moment to the fullest.

KEY SELLING POINTS



Silvestre is just the expert to tell us about the shockingly large influence that our personal space can have on our well-being.



Complete with tips and tricks on turning your home into the perfect environment to live in.



ELISABET SILVESTRE BIOLOGIST AND HEALTH AUTHOR

Elisabet Silvestre has a PhD in biology, a master's degree in human biology and bioconstruction. Her professional work has focused on the field of genetics: she has worked in different hospitals and health centres in Barcelona, and later in the field of environmental health in relation to the role played by the indoor environment of houses and buildings in human health. She currently teaches biohabitability, a discipline that researches and analyzes how to design, rehabilitate, build and inhabit spaces that are healthy for people and the environment.



HEALTH

RIGHTS SOLD

SPANISH

Integral
RBA

VIVIR SIN TÓXICOS LIVING WITHOUT TOXIC AGENTS

All the information you need to detect toxic agents in your home.

SPANISH

Original language

352

Pages

NOVEMBER 2014

Publication date

SPANISH PDF

Available material

In everyday life we are exposed to different toxins that can compromise our health. From tiredness, lack of vitality, intolerances, poor sleep, to an increased risk of disease, they are in what we breathe, eat, drink, or put on our skin.

Vivir sin tóxicos is an essential reference manual to understand how we can live in a healthier way, to learn to recognize what's harmful and the often invisible agents in our daily lives, and to find solutions to them.

KEY SELLING POINTS



Healthy alternatives to the sources of risk for your well-being and solutions to environmental health problems in your home.



All the keys to a healthy diet: healthy ingredients, preparation techniques, a guide to the appropriate tools and containers.



Easy and quick ways to better your health and well-being in your day-to-day.



ELISABET SILVESTRE BIOLOGIST AND HEALTH AUTHOR

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Anna Sólyom



Pequeño curso de magia cotidiana

Prólogo y los nueve secretos por
Francesc Miralles

LIBROS CÚPULA

INSPIRATIONAL

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SPANISH

Cúpula, Grupo
Planeta - reverted

PORTUGUESE

Zero a oito - reverted

ITALIAN

Giunti

DUTCH

Atlas

SPANISH AUDIO

Audible

ARABIC

Jarir Bookstore

TURKISH

Destek

PEQUEÑO CURSO DE MAGIA COTIDIANA LITTLE COURSE ON EVERYDAY MAGIC

*A personal renovation through the small moments
from our everyday life.*

SPANISH

Original language

244

Pages

APRIL 2018

Publication date

**SPANISH &
ITALIAN PDF
ENGLISH SAMPLE**

Available material

Everyday happiness depends on lots of little rituals of which we are normally unaware of. Having a cup of coffee when we wake up, walking to work, meeting our friends or going back to the oasis that is home... all these actions can be meaningful and transformative if we carry them out with sense, celebrating every instant that life gives us.

This little course on everyday magic is an invitation to being happy with the small moments that, as wise men and women say, when we look back on them we realize that they are the big, important ones.

KEY SELLING POINTS



Structured by everyday rituals we do at different times of the day, sometimes even without realizing we are doing them.



What the author wants us to do is to experience life with a level of mindfulness that allows us to introduce little changes that will give us more energy and happiness.



Francesc Miralles, the bestselling author with international success, has written the prologue and epilogue including 9 secrets to happiness.



ANNA SÓLYOM INSPIRATIONAL

Anna Sólyom was born in 1981 in Hungary, where she studied philosophy. Thanks to the knowledge she accquired during her career, she wrote the essay that first gave her access to the publishing world: *Pillowsophia*. In 2012, she moved to Barcelona and published *Pequeño curso de magia cotidiana*, her first hit. Her following book, *Neko Café*, turned into a massive success and was translated into 21 languages. Her latest novel, *El perro que seguía las estrellas*, was also a great success. She collaborates monthly with *Integral Magazine*.



WELL-BEING | BODY KNOWLEDGE

RIGHTS SOLD

SPANISH

Integral
RBA

CZECH

Nakladatelství Práh
- reverted

HUNGARIAN

Partvonal Kiadó

RECONECTA CON TU CUERPO RECONNECT WITH YOUR BODY

Understanding your body to win a new battle every day.

SPANISH

Original language

240

Pages

OCTOBER 2020

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

Everything you experience, think, and feel manifests itself in your body in the form of pain, stiffness, cramps and blockages or a general feeling of fatigue. If you learn to read the signals, you will discover the most powerful instrument to free yourself from everything that overburdens your physical, psychic, and spiritual life. Your body will be a map that reveals both the problem and the solution.

This practical book by body therapist Anna Sólymon is a guide to face the daily battles, awakening the body's wisdom to achieve a conscious, energetic, and happy life.

KEY SELLING POINTS



Highly practical, complete with helpful illustrations.



A refreshing and original approach to the art of understanding your body.



ANNA SÓLYOM INSPIRATIONAL AUTHOR

Anna Sólyom was born in 1981 in Hungary, where she studied philosophy. Thanks to the knowledge she accquired during her career, she wrote the essay that first gave her access to the publishing world: Pillowsophia. In 2012, she moved to Barcelona and published Pequeño curso de magia cotidiana, her first hit. Her following book, Neko Café, turned into a massive success and was translated into 21 languages. Her latest novel, El perro que seguía las estrellas, was also a great success. She collaborates monthly with Integral Magazine.

NOBUO SUZUKI

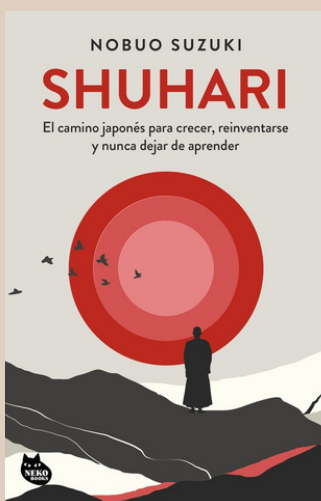
NON-FICTION AUTHOR

The authors of *Ikigai* under a pseudonym, bringing fresh new sights of Japanese culture.

Suzuki's work stands out for its unique blend of essay, practical philosophy, and thoughtful guidance on how to live a more mindful and unhurried life. In a few words: he helps us understand how Japanese philosophy can help us live a better life.



NEWEST



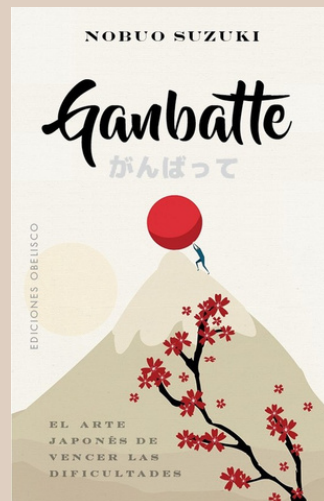
Shuhari

Sold to 9 languages



Maneki Neko

Sold to 21 languages



Ganbatte

Sold to 21 languages



Wabi-Sabi

Sold to 25 languages



PERSONAL GROWTH

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Grupo Planeta

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SLOVAK

Vydavateľstvo Tatran

GREEK

Patakis

BRAZILIAN

Universo dos Livros

CATALAN

Neko Books
Grupo Planeta

DUTCH

Meulenhoff

ITALIAN

Newton Compton

TURKISH

Destek

SHUHARI

A brand-new title by the bestselling duo behind IKIGAI that reveals why it is so important to keep learning to keep growing.

SPANISH

Original language

168

Pages

SEPTEMBER 2025

Publication date

**SPANISH PDF,
ENGLISH
MANUSCRIPT**

Available material

The moment we stop learning, or worse stop wanting to learn, is the moment we lose our connection with life, our desire to grow.

According to Japanese tradition, learning has three stages: SHU, where we internalize the basics; HA, where we have broken the rules and can start experimenting a bit, and RI, which involves total mastery of the discipline.

In this book, Francesc Miralles and Héctor García aim to teach everyone why learning is important and how it can help us reinvent ourselves and lead more fulfilling lives.

KEY SELLING POINTS



Written under a pseudonym by Francesc Miralles and Héctor García, authors of *IKIGAI*, the international phenomenon that has already sold 5 million copies.



Shuhari reminds us that it's impossible to know everything from the start, and that it's ok to fail... as long as you try again.



Learning new things and exercising our creativity is beneficial to our mental health and *Shuhari* makes that process easy and straightforward.



NOBUO SUZUKI

PHILOSOPHER AND AUTHOR

Nobuo Suzuki is an author and philosopher, specializing in creativity, personal growth, and Eastern thought. He studied art and literature in Europe before starting to write about creativity and personal development. He loves playing the piano, traveling around the world, and living with cats. His work stands out for its unique blend of essay, practical philosophy, and thoughtful guidance on how to live a more mindful and unhurried life. In a few words: he helps us understand how Japanese philosophy can help us live a better life.



PERSONAL GROWTH

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Vulkan	Meulenhof	Destek
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Jarir Bookstore	People's Literature	Manjul
INDONESIAN	THAI	HINDI
Baca	Se-Educaytion	Manjul
TELUGU	MALAYALAM	ESTONIAN
Manjul	Manjul	Tänapäev
GREEK	CROATIAN	BULGARIAN
Patakis	Stilus Knija	Kryg
POLISH	RUSSIAN	UZBECK
Otwarte	Azbook	Best-Book

MANEKI NEKO

A fun new look into Japanese culture and the ways it can help us lead a more fulfilling life.

SPANISH

Original language

194

Pages

OCTOBER 2022

Publication date

**SPANISH AND
ENGLISH PDF**

Available material

The most popular Japanese symbol of good luck is Maneki Neko (招き猫), the figure of the cat with a raised paw that can be found all over the world today. There are different legends about its origin, but it is believed that the cat summons prosperity and fortune. In its right paw it holds a koban (小判), an ancient Japanese coin, and often wears a bell around its neck to ward off evil spirits.

The reader will explore the essence of good luck and how we can incorporate it into our lives with the appropriate habits and attitudes.

KEY SELLING POINTS



From the authors of *IKIGAI* under a pseudonym, the international phenomenon in self-help publishing that has sold 5 million copies worldwide.



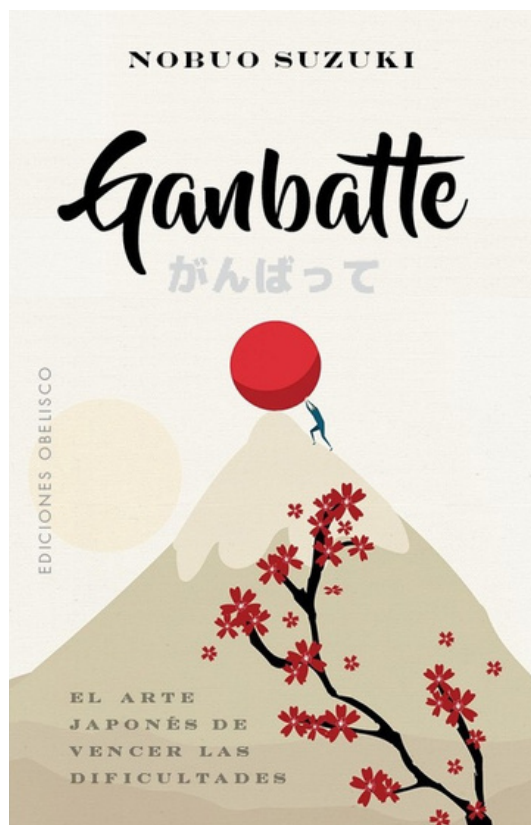
Héctor García has been living in Tokyo since 2004, and his webpage kirainet.com, is a worldwide reference in Japanese pop culture with more than a million monthly visits.



NOBUO SUZUKI

PHILOSOPHER AND AUTHOR

Nobuo Suzuki is an author and philosopher, specializing in creativity, personal growth, and Eastern thought. He studied art and literature in Europe before starting to write about creativity and personal development. He loves playing the piano, traveling around the world, and living with cats. His work stands out for its unique blend of essay, practical philosophy, and thoughtful guidance on how to live a more mindful and unhurried life. In a few words: he helps us understand how Japanese philosophy can help us live a better life.



PERSONAL GROWTH

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TURKISH Destek	BULGARIAN Together Academy	ROMANIAN Humanitas
UZBECK Best-Book	ARABIC Jarir Bookstore	CROATIAN Mozaik Knija
SLOVAKIAN Torden	HINDI Manjul	GUJARATI Manjul
TELUGU Manjul	MARATHI Manjul	THAI Amarin
RUSSIAN Progress Kniga	AZERBAIJANI Teas Press	DUTCH Meulenhof

GANBATTE

The Japanese Philosophy for achieving your aims.

SPANISH

Original language

194

Pages

MAY 2021

Publication date

**SPANISH & ENGLISH
PDF**

Available material

Ganbatte is the philosophy of self-effort and connection to what one wants. The change you need in life is already in you, but you need to reach out to it yourself, find the path that will open your mind to be conscious about what you want. In Japan, right before an exam, students don't wish good luck to one another. They say "Ganbatte!" because getting where you want to be has nothing to do with luck. It's about the energy and the effort you devote to something that will help you reach your goals.

The brand-new concept that will take over the world by surprise. It is something fresh and new that is perfect for the times we are living.

KEY SELLING POINTS



Héctor García, who lives in Japan and is an expert of Japanese culture, and Francesc Miralles are the first ones to write about this Japanese concept.



From the authors of *IKIGAI* under a pseudonym, the international phenomenon in self-help publishing that has sold 5 million copies worldwide.



Translated into 21 languages!



NOBUO SUZUKI

PHILOSOPHER AND AUTHOR

Nobuo Suzuki is an author and philosopher, specializing in creativity, personal growth, and Eastern thought. He studied art and literature in Europe before starting to write about creativity and personal development. He loves playing the piano, traveling around the world, and living with cats. His work stands out for its unique blend of essay, practical philosophy, and thoughtful guidance on how to live a more mindful and unhurried life. In a few words: he helps us understand how Japanese philosophy can help us live a better life.



PERSONAL GROWTH

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SPANISH Obelisco	ENGLISH Tuttle	FRENCH Solar
ITALIAN Mediterranee	GREEK Patakis	SLOVAKIAN Torden
MARATHI Manjul	HINDI Manjul	GUJARATI Manjul
BRAZILIAN Universo dos Livros	S. CHINESE Beijing Zito	TAMIL Manjul
MALAYALAM Manjul	TELUGU Manjul	ROMANIAN Humanitas
TURKISH Indigo	DUTCH Meulenhoff	VIETNAMESE AZ
ALBANIAN Pema	CZECH reverted	THAI Nationbook
POLISH Czarna Owca	KANNADA Wow	ARABIC Jarir Bookstore
RUSSIAN Atticus		

WABI-SABI

How to achieve inner peace and flourish by finding the beauty in our imperfections.

SPANISH

Original language

168

Pages

NOVEMBER 2020

Publication date

SPANISH, ENGLISH & FRENCH PDF

Available material

Dominated by stress, multitasking, and perfectionism, our existence produces a huge amount of unhappiness, as this way of living moves us away from the essence of reality. Although it might seem like a contradiction, it doesn't help us get better results in the different areas of our lives either.

Instead, the ancient Japanese philosophy of Wabi-Sabi ("the beauty of imperfection") is a totally different way of caring for ourselves and growing through acceptance: a more intimate, natural, and connected path to nature.

KEY SELLING POINTS



From the authors of *IKIGAI* under a pseudonym, the international phenomenon in self-help publishing that has sold 5 million copies worldwide.



Wabi-Sabi is a concept that can revolutionize our lives in every area, making us more sensitive to beauty and more creative.



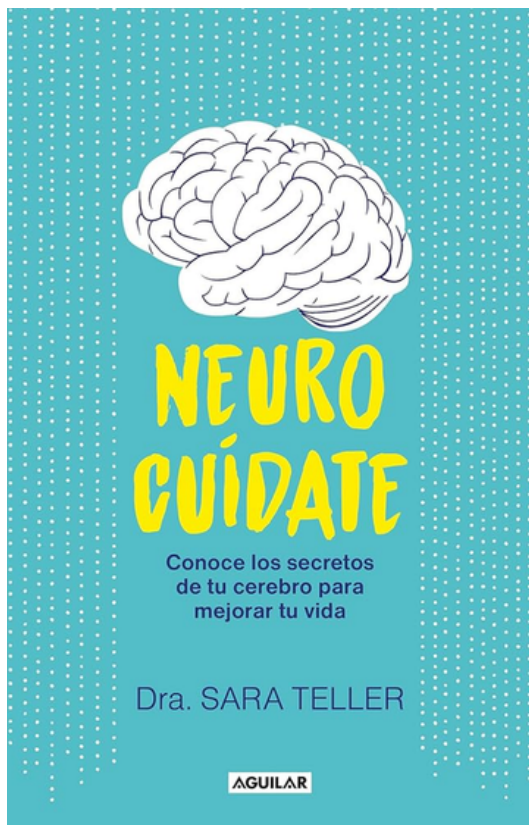
Sold to 25 languages!



NOBUO SUZUKI

PHILOSOPHER AND AUTHOR

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WELLBEING | PERSONAL GROWTH

RIGHTS SOLD

SPANISH

Aguilar
RBA

BRAZILIAN

Universo Dos Livros

NEUROCUÍDATE TAKE CARE WITH NEUROSCIENCE

Sara Teller, a neuroscientist and yoga expert, combines neuroscience with personal well-being to explain how our daily activities and emotions shape our brain.

SPANISH

Original language

320

Pages

JANUARY 2023

Publication date

**SPANISH PDF,
ENGLISH PROPOSAL**

Available material

When we breathe, love, smile, run, get angry, sleep, or eat, we are creating neuronal connexions and liberating countless neuroquimic explosions in our brains. Did you know that, depending on your lifestyle, you will develop a different kind of brain, and you will feel and think differently? Everything affects the brain. Discover which emotions guide it, in which ways moving our body improves our cognitive thinking, making us gain mental and emotional health, how to offer it adequate nutrition and rest, the cognitive impact of social networks, or how to win in creativity and productivity. Understanding the potentials and imperfections of our brains and discovering all its mysteries is the key to understanding ourselves better.

KEY SELLING POINTS



A fascinating book that delves into the secrets of the brain and how understanding its functions can enhance your life.



An original approach to well-being, with the excellent addition of an elaborated scientific research to back all arguments.



From the co-author of *El cerebro de la gente feliz*, translated to different languages and on its 7th edition.



SARA TELLER

PHYSICIST AND PERSONAL GROWTH AUTHOR

Sara Teller studied physics, has a master's degree in biophysics and is a neurophysic doctorate. She has also been introduced as a dancer and yoga teacher during her academic years. She currently works as a research manager in the Complex System Institute and giving neuroscience and physics lessons to people who suffer from anxiety. She combines her work as a science communicator with her research at the university.

MÍRIAM TIRADO

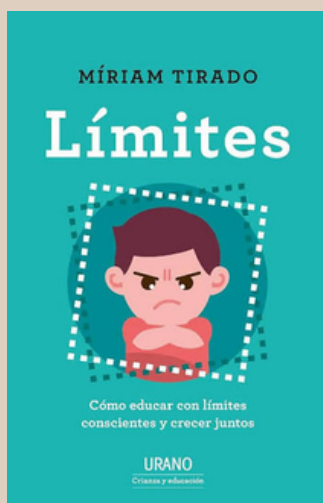
PARENTING AUTHOR

Tirado is the expert of reference on parenting, with a clear focus on emotional education.

Miriam Tirado studied journalism and has worked for Catalan and Spanish media. However, her passion, apart from writing, has always been motherhood. She works as a parenting consultant and has already published several non-fiction works that have helped thousands of families.



To Feel



Boundaries

On its 3rd edition
Sold in 5 languages



Tantrums

On its 7th edition
Sold in 8 languages



PARENTING | SELF-KNOWLEDGE

RIGHTS SOLD

SPANISH

Grijalbo
PRH Spain

CATALAN

Rosa dels Vents
PRH Spain

SENTIR TO FEEL

A trip to learn and accompany your emotions to reach deeper and more meaningful bonds.

SPANISH

Original language

272

Pages

AUGUST 2023

Publication date

SPANISH & CATALAN PDF

Available material

Most of us haven't been taught emotional education nor received the resources to know what to do with how we feel. Nevertheless, we have to accompany the emotions of our children, family, or friends. How can we do that, if we don't even know how to manage ours?

This book is a trip through the senses to understand why it is so hard to receive and assertively manage what we feel, specially those emotions that are blocked inside us.

Once we learn how to manage our own feelings, it will be much easier to accompany others without any fear, living a more conscious and fulfilling life.

KEY SELLING POINTS



The key guide to live a more fulfilling life with the ones you love by understanding one's emotions.



Míriam Tirado is a certified parenting consultant and her advice has helped thousands of families.

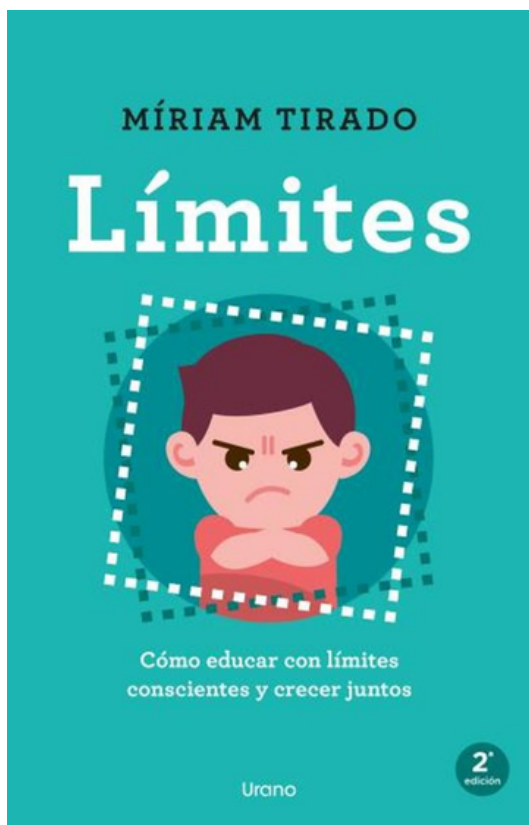


An easy, practical manual, full of resources and tools to work with.



MÍRIAM TIRADO PARENTING AUTHOR

Míriam Tirado (Spain, 1976) studied journalism and has worked for Catalan and Spanish media. However, her main passion, apart from writing, has always been motherhood. Her mother is a prenatal educator and therapist, and they've written a book together. When her first daughter was born in 2009, she decided to start a blog to talk about this exciting new time. The blog is still active, and she still publishes articles on motherhood, fatherhood, and raising children. She works as a parenting consultant and has already published several non-fiction works that have helped thousands of families.



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LÍMITES BOUNDARIES

A book that focuses on the importance of setting conscious boundaries when parenting.

SPANISH

Original language

MARCH 2022

Publication date

264

Pages

SPANISH & CATALAN PDF

Available material

A book about limits, those red lines that protect the integrity of the little ones and allow them to share life with other people. How can we sustain conscious limits and agreed rules that provide structure and security to our children? How can we avoid falling into authoritarianism and arbitrariness or, on the contrary, into a lack of limits that lead children to feel fear, insecure, or to seek validation at all costs? With the modesty that characterizes her, Míriam Tirado shares her own doubts, learnings, challenges, and achievements on the road to loving and responsible limits. A deeply personal work, with empathy and humor, it takes us on a journey into the exploration of our own relationship so that we are able to provide children with coherent support.

KEY SELLING POINTS



More than 100,000 copies sold of her best-selling parenting book, *Rabietas*.



Míriam Tirado is a certified parenting consultant and her advice has helped thousands of families.



Based on the personal experience of the author, who has two daughters herself.



MÍRIAM TIRADO PARENTING AUTHOR

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PRH Portugal

RABIETAS TANTRUMS

A complete guide to understanding tantrums and using them to make children learn and grow.

SPANISH

Original language

384

Pages

JUNE 2020

Publication date

SPANISH & GERMAN
PDF

Available material

All children have them and all parents have to deal with them. The famous tantrums, capable of upsetting even the most conscientious and respectful adult. Temper tantrums often bring out our worst side, and in those cases, sadness and a sense of failure are inevitable.

What if so much suffering is unnecessary? What if it is absurd to even think about putting an end to tantrums, because they are an essential aspect in the development of children? What if the key is you, your ability to be present and to bring awareness to the situation?

KEY SELLING POINTS



Three editions in 3 months! More than a 100,000 copies sold, and translated to 8 languages!



Míriam Tirado is a certified parenting consultant and her advice has helped thousands of families.



Rabietas is based on the personal experience of the author, who has two daughters herself.



MÍRIAM TIRADO PARENTING AUTHOR

Míriam Tirado (Spain, 1976) studied journalism and has worked for Catalan and Spanish media. However, her main passion, apart from writing, has always been motherhood. Her mother is a prenatal educator and therapist, and they've written a book together. When her first daughter was born in 2009, she decided to start a blog to talk about this exciting new time. The blog is still active, and she still publishes articles on motherhood, fatherhood, and raising children. She works as a parenting consultant and has already published several non-fiction works that have helped thousands of families.



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BRAZILIAN

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SOLOSOFÍA SOLOSOPHY

The art of feeling complete and enjoying life without needing someone else.

SPANISH

Original language

192

Pages

MAY 2022

Publication date

**SPANISH PDF,
ENGLISH SAMPLE**

Available material

Banish the cliché that you can't enjoy life alone. This book is an invitation to take control of your own destiny without depending on anything other than your own choices. The key is solosofia, the art of feeling fulfilled in solitude. Celebrate the choice of owning your time and your space!

To develop the art of solosofia you must learn to live in the present, and with all five senses. Nika Vázquez will take you through this journey, where you will learn that being alone is not the same as feeling alone, on the contrary: it can be the key to happiness.

KEY SELLING POINTS



With solosofia, you are going to enjoy yourself in ways you never thought you could and in situations you would never have imagined.



An international success, translated into 12 languages and counting!



A practical self-growth book that became sensation.



NIKA VÁZQUEZ SEGUÍ PERSONAL GROWTH AUTHOR

Nika Vázquez is a psychologist with a master's degree in psycho-oncology, among other postgraduate studies. She combines her private practice with teaching courses on emotional intelligence in different institutions. For several years, she coordinated a pioneering website for on-line psychological support for the Eduardo Punset Foundation. She is the author of the books *Aporta o aparta* and *Te quiero, ¿y ahora qué?* Her latest book *Solosofía* became a huge international success.



MOTIVATIONAL

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SPANISH

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Grupo Planeta

LA AMBICIÓN AMABLE POSITIVE AMBITION

Know and empower your ambition in a sustainable and powerful way to achieve positive changes in all aspects of your life

SPANISH

Original language

200

Pages

FEBRUARY 2023

Publication date

SPANISH PDF

Available material

When I became friends with ambition, I began to feel an extraordinary strength that led me to discover that I was an extremely ambitious person. The simple act of verbalizing it gave me confidence and helped me have more clarity about what I wanted to achieve. For me, ambition is directly related to what we feel, to our emotions and desires.

My purpose with this book is to bring ambition closer to people, to bring it closer to you so that you too can activate that powerful energy that allows you to live with enthusiasm and determination.

KEY SELLING POINTS



A different approach to the concept of ambition, used as a tool to fully embrace your goals in a healthy way.



An unusual concept, based on spontaneity and creativity.



You will see that very soon you will start to feel that motivation every day in every aspect of your life.



ANNA VICEN RENNER COACH AND AUTHOR

Anna Vicen Renner was born in Heidelberg, but has been living in Barcelona for many years. She is a coach and communicator and has been researching self-knowledge through daily exploration for over fifteen years. She specializes in insecurity in relationships and loves her profession. Before finding her calling, Anna worked as a graphic designer, a representative in an actors and models agency and as a DJ in the well-known Barcelona club Razzmatazz (as Siamiss Dj), a job that made her travel a lot.



PERSONAL GROWTH | INSPIRATIONAL

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SPANISH

Urano

EL MIEDO ES TU MAESTRO FEAR IS YOUR MASTER

An inspiring guide in which survivor Álvaro Vizcaíno reveals the keys to turning your fears into opportunities and unleashing your personal power.

SPANISH

Original language

192

Pages

MARCH 2025

Publication date

SPANISH PDF

Available material

A decade ago, Álvaro Vizcaíno's adventure made it into headlines around the world. After slipping and hanging on the abyss, he had to jump, causing severe injuries. He survived for two days in an astonishing odyssey that made it to the big screen.

After years of giving lectures and inspiring people, he decided to bring his experiences and lessons into everyday life with this guide. In what ways are your fears holding you back? What do they say about you? The author will help you understand how this hidden power works within yourself, while guiding you through the different stages that will help you unleash your full potential and live the life you deserve.

KEY SELLING POINTS



In 2018, Alvaro Vizcaino's story was adapted into the film *Solo* (Netflix), directed by Hugo Stuenkel and starring Alain Hernández.



Álvaro has an incredible survival story that led him to share his experience with the world.



The value of the book lies in the author's ability to share, without censorship, how managing fear in a desperate situation like the one he experienced can provide us with tools to overcome the challenges we face.



ÁLVARO VIZCAÍNO PERSONAL GROWTH AUTHOR

Alvaro Vizcaino is an independent entrepreneur that studied psychology, mindfulness, and coaching, which he uses to motivate thousands of people in both corporate and personal settings. His greatest adversity has become his greatest opportunity and was even turned into the movie *Solo* by Netflix. Currently, a California-based production company is working on another film about his life's adventure. He firmly believes that we all have ten times more strength than we think, if we manage to break free from self-imposed limitations.

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*What matters most isn't
being the biggest, but
being the one who works
the hardest with honesty,
enthusiasm, and a clear
strategy. And we'll
continue working that
way*

Sandra Bruna · Director SB



