

RIGHTSLIST Non-Fiction  
SPRING 2022

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## NEW TITLES

Tony Estruch

***Geniotipo. Descubre al genio que hay en ti*** (*Geniotype. Discover the Genius Within You*) **Self-Help**

Introduction by Francesc Miralles



No one is good at everything, but everybody is amazing at something, because we all have a special gift that makes us unique. To unlock that gift and offer it to the world, you need to know which type of genius you are. You need to know your “geniotype”.

After ten years researching the human talent, collaborating with experts in multiple fields, Tony Estruch presents the revolutionary theory of geniotypes, a tool for self-knowledge made to mark a new era in the world of personal development.

This book offers numerous practical examples, anecdotes and quizzes that will help us identify our innate capabilities, fulfill our purpose in life, and also better understand our family, friends, and colleagues. With his simple, direct, and inspirational style, Tony Estruch shows us that we don't have to do anything extraordinary to become geniuses, we just need to uncover and nurture the genius we already are.

**Spain:** Diana, 2022 (232 pp.)

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

Meritxell Garcia Roig

***La fuerza de ser altamente sensible: Descubre si lo eres y aprende de tu poder creativo*** (*The Strength in Being Highly Sensitive. Find Out if You Are and Learn from Your Creative Power*) **Self-Help**



Do you have a keen sense of smell and hear the slightest noise? Do you get overwhelmed in crowded places? Are you bothered by the tags in your clothing?

You may be a highly sensitive person (HSP): your neurological wiring is different, you perceive more information than other people through your senses, and you are often overwhelmed by this flood of stimuli.

Highly sensitive people have been labelled as overly emotional, picky eaters, and we ourselves have felt like weirdos who don't fit in with our surroundings and need to change.

Meritxell Garcia Roig now turns the tables: She helps us to identify high sensitivity, work on it and even enhance it, so that it becomes a personality strength that many people would like to have instead of a pathology. Understand how your HSP machinery works and discover that high sensitivity can work in your favor... if you know how.

**Spain:** Grijalbo, 2022 (264 pp.)

Other works: “El arte de la empatía” Spain: Amat Editorial, 2019

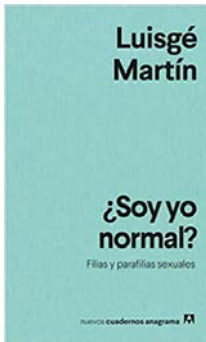
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## Luisgé Martín

### *¿Soy yo normal? Filias y Parafilias sexuales (Am I normal? Sexual Phobias and Paraphilias)*

Essay



Am I normal? That is the question the author asks himself. What is normality in sexual praxis. Is what is outside of the norm a paraphilia, a perversion, a depravity or an alternative, non-normative sexual behavior? Are we talking about transgression, the breaking of taboos, going beyond moral codes, or maybe even legal codes?

Drawing from the author's reflections, experiences and research, this essay explores sadomasochism, fetishism, exhibitionism, voyeurism, bondage, spanking, kinky sex, rape fantasies, incest, pederasty, pedophilia, zoophilia, bug chasing, necrophilia... Where are the limits? Luisgé Martín raises the need to reconsider the idea of erotic perversion from a different perspective, free from moralism or pathologizing.

**Review:** "Luisgé Martín makes love, sexual desire and morality appear in a new light that concerns all of us" (El País)

**Spain:** Anagrama, 2022 (132 pp.)

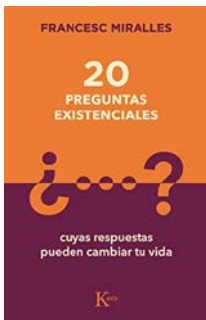
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## Francesc Miralles

### *20 Preguntas Existenciales cuyas respuestas pueden cambiar tu vida (20 Existential Questions Whose Answers Will Change Your Life)*

Inspirational



There are a number of questions that we all ask ourselves at some point in our lives. The answers that we know to give them determine the quality of our thoughts and decisions, as well as our very existence. Francesc Miralles, author of great international success, answers the 20 questions that have made a mark on his life with the help of philosophers, writers, and spiritual leaders, alongside his own experience with the art of questioning himself.

Fresh, funny, and well documented, in Francesc Miralles' own words, this is the book that he wished he had throughout his various existential crises.

The 20 questions that make up this book are a collection of the greatest hits of issues we are concerned with as human beings, with the answers and reflections that will allow us to open new windows to the art of living.

**Spain:** Kairós, 2022 (192 pp.)

**One of the authors of *IKIGAI*. His works have been translated into more than 60 languages.**

**Other works (co-author):** [See below](#)

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

**Keylah Missen**

***Magia lunar. Conviértete en sacerdotisa de las ocho lunas***  
(*Lunar Magic. Become a Priestess of the Eight Moons*)

**Spirituality**



Changing and enigmatic, the energy that the moon offers us is pure power. It influences oceans and plants, illuminates our darkest hours, and accompanies our emotions. The moon shares a special bond with women. Ever since they looked up to the sky and understood that their own cycles matched those of their celestial sister, women sensed the power and creative capacity within their reach.

Throughout this simple and practical guide, we can learn meditations to invoke the favor of our celestial sister; as well as how to perform powerful moon baths which regenerate us physically, emotionally, and spiritually. We will discover how to use lunar gems which are catalysts par excellence, and we will discover which animals are linked to our nocturnal companion and how to invoke their help. In addition, we will learn Black Moon rituals to perform our own divinations.

**Spain:** Urano-Kepler, 2021 (144 pp.); **Poland:** Muza

other works: *Manual de magia moderna*, **Spain:** Urano, 2017 ([See below](#))

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

**Mayde Molina & Amir Zare**

***El juego del cubo. Una vía ancestral para conocerte y modelar tu destino*** (The Cube's Game. An Ancestral Journey to Knowing Yourself and Shaping Your Destiny) **Inspirational**



**Can an ancient game reveal to us how we face life's great challenges?**

A young woman undertakes a journey to Shiraz that will transform her life. There she meets a wise Sufi who will lead her to an even more fascinating place: A place that reveals the secrets of her inner world.

The Cube's Game is a powerful tool that will help you get to know yourself better and take control of your destiny with the power of your own imagination.

**Spain:** Obelisco, 2022 (112 pp.)

**German and Dutch translation rights.**

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**Imma Rabasco**

***Reír y vivir. Claves para despertar tu alegría interior*** (*Live and Laugh. Keys to Awakening Your Inner Joy*)

**Self-Help/**



There is already a lot of talk about happiness nowadays. Nevertheless, there is still a reluctance to take the subject of *living and laughing* seriously. It is as if the important things have to be done in a condescending way and vital issues have to be treated with the utmost rigor and seriousness. Well, no. This book is dedicated to all those who one day locked away their natural joy in a safe place and today cannot find the key. That joy exists, by the simple fact of being alive, and deserves to come to the surface to fill the world with love. Does it sound corny to you? It may be. But I promise you that there is no antidote to any looming fear more powerful than the power of love.

What place does a sense of humor have in your life? And laughter? And smiles? In *LIVE AND LAUGH*, Imma Rabasco makes sure you put these three pillars of joy at the top of the podium of your life.

**Spain:** Libros cúpula, 2022 (176 pp.)

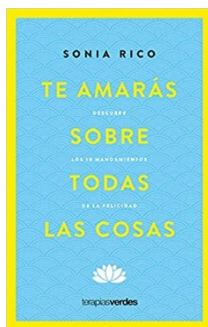
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**Sonia Rico**

***Te amarás sobre todas las cosas. Descubre los 10 mandamientos de la felicidad*** (*You Will Love Yourself Above All Things. Discover the 10 Commandments of Happiness*)

**Self-Help**



What would our life be like if instead of learning to meet other people's expectations we had learned to love ourselves above all else? Sonia Rico has created a decalogue of self-esteem that transforms the ten divine commands into just as many commandments of happiness. Starting with self-love, which is the philosopher's stone of this book, she proposes commandments such as "do not make promises in vain", "do not rob yourself of your dreams" or "do not be a hostage of your beliefs", each of which offers us surprising discoveries and interesting challenges to get out of our comfort zone.

The author, who is an experienced therapist and coach, hits the nail on the head with each inspirational story, each exercise and tool, each practical example with which she seeks to bring to light those mandates that we all carry inside and that limit us. An empowering method to gain self-esteem, health, confidence, motivation, creativity, and success in all areas of life.

**Spain:** Terapias Verdes, 2021 (160 pp.)

**German and Dutch translation rights.**

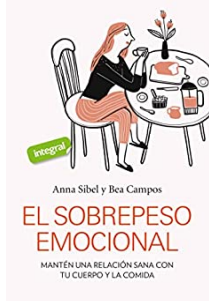
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**Anna Sibel & Bea Campos**

***El sobrepeso emocional. Mantén una relación sana con tu cuerpo y la comida*** (*The Emotional Overweight. Maintain a Healthy Relationship With Your Body and With Food*)

**Self-Help**



Our emotions, thoughts and beliefs have an immediate impact on how we consume, digest, and burn off calories. Therefore, no matter how many diets we try, we usually don't get the result we had hoped for and that then traps us in a spiral of negative feelings.

Free yourself from the emotional overweight, the addiction to food, the anxiety about eating and the fear of gaining weight. These pages will help you adopt new habits with a holistic approach that will make you feel better about yourself, beautiful and alive.

**Spain:** RBA Integral, 2022 (288 pp.)

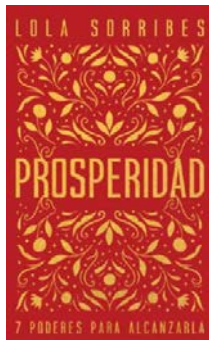
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**Lola Sorribes**

***Prosperidad. 7 claves para manifestarla*** (*Prosperity. 7 Keys to Manifesting It*)

**Inspirational**



Can you imagine if you could connect to the Wi-Fi of the universe and ask it for everything you want? What would you ask for if you knew that your greatest desires would be granted? Many people believe that prosperity is mostly about material wealth. In this book full of magic and wisdom we will learn that true prosperity is a spiritual quality within the reach of any person and that it extends to all areas of life, not just external wealth.

Through seven keys, carefully unraveled by the author, and a series of very useful and powerful practical exercises, we will learn to raise our vibration, to eliminate all the obstacles that stand in our way and to become the truly prosperous and

happy people we are called to be.

**Spain:** To be published by Urano in May 2022 (128 pp.)

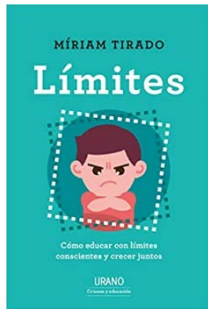
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**Míriam Tirado**

***Límites. Cómo educar con límites conscientes y crecer juntos***  
*(Limits. How to Parent With Mindful Limits and Grow Together)*

**Self-Help/  
Parenting**



Míriam Tirado, one of the top references in the field of child-rearing and mindful parenting, dedicates her new book to one of the most important and complicated topics for parents: Limits. Those red lines that protect the well-being of the little ones and allow them to share their life with others. How can you sustain limits with intention and agreed upon norms which provide structure and security to our children? How do you avoid falling into patterns of authoritarianism and arbitrariness or, on the contrary, a lack of limits that leaves the kids scared, insecure or seeking validation at all costs?

With her characteristic generosity, Míriam Tirado shares her own doubts, lessons, challenges, and successes on the journey to loving and responsible limits. A deeply personal work with empathy and humor, as well as with various exercises and tools which accompany us in the exploration of our own relationship with limits to enable us to provide children with coherent boundaries.

**Spain:** Urano, 2022 (264 pp.); **Catalan:** Penguin Random House

**Other works:**

***Rabietas. Consejos y herramientas para lidiar con ellas con conciencia, humor y amor***  
*(Tantrums. Advice and Tools for Coping With Them With Mindfulness, Humor, and Love)*,  
**Spain:** Urano, 2020 (251 pp.),

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## MORE TITLES

### GENERAL NON-FICTION

**Cristina Benito**

***Time Mindfulness. Toma el control de tu tiempo y vive de forma más próspera y creative*** (*Time Mindfulness. Take Control of Your Time and Live With More Success and Creativity*)

**Self-Help**

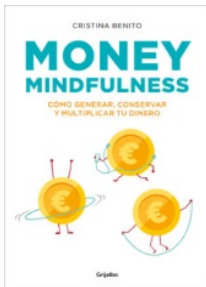


The one thing that can't be taken back is time. Once spent, time is gone. TIME MINDFULNESS is an extremely useful guide to making each moment count, to understand that some things in life require less time and some others demand to be prolonged and duly enjoyed. How many times do you check your email? Do you have a full map of priorities? How many hours do you spend in your workplace?

TIME MINDFULNESS provides a full guide to get rid of expressions like “killing time” so that we finally understand that what we need to do is make the most out of the time we have.

**Spain:** Penguin Random House 2020 (284 pp.); **Audio:** Audible; **Portugal:** Editora Nova Fronteira; **Brazil:** Editorial Presença

***Money Mindfulness. Cómo Generar, Conservar y Multiplicar Tu Dinero*** (*Money Mindfulness. How to Generate, Save and Multiply Your Money*)



With a revolutionary method that unites Mindfulness and secrets of the most successful businessmen and women in the world, we will learn to generate, conserve and multiply our money, be what our income is, so that we never again have a problem.

Anyone who applies even a small part of what is revealed in this book will find it to be the best investment of their lives.

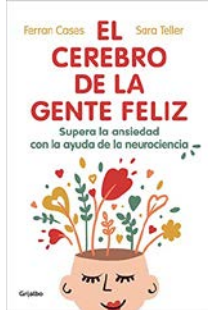
**Spain:** Penguin Random House, 2019 (284 pp.); **Audio:** Audible; **Italy:** Fabbri Editori; **France:** Solar Editions; **Greece:** Patakis Publishers; **Brazil:** Vergara & Riba Editoras S/A; **Portugal:** Presença; **Poland:** Wydawnictwo Literackie; **Russia:** Popuri

**German and Dutch translation rights.**

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**Ferran Cases & Sara Teller**

***El cerebro de la gente feliz. Supera la ansiedad con ayuda de la neurociencia*** (The Brain of Happy People. Overcome Anxiety With the Help of Neuroscience) **Self-Help**



THE BRAIN OF HAPPY PEOPLE helps us understand what happens in our brains, and why we feel anxious. It gives us easy-to-use tools—both physical and mental—to control our minds and the levels of anxiety we feel. Through very personal anecdotes, Ferran Cases tells his experience with anxiety and how he managed to overcome it after more than fifteen years of suffering. Sara Teller, physicist and doctor in neuroscience, explains what went on in Ferran's head every time he had a crisis and invites you to learn the secrets of the brain. They answer questions that anyone who has to face anxiety needs to know: What is it? How does it work? Why do I suffer from it? Do I suffer from it? And more questions that will help people understand how their brain works. So, reading this book and understanding ourselves and what happens to us can be the very first step to win the battle against anxiety.

**Spain:** Grijalbo, 2021 (300 pp.); **Italy:** Antonio Vallardi; **Poland:** Filia

**German and Dutch translation rights.**

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**Montse Doménech**

***Bullying ¿Por qué a mí?*** (Bullying. Why Me?) **Self-Help/ Parenting**



Those who have never suffered harassment tend to undermine bullying, “it’s not so bad, just ignore it” they say, but they are unaware of the personal repercussion it has. There are many books, that deal with this issue, but this one is different because it does so in a more personal, closer, and not so analytic or psychological way. The author offers real and manageable tools to work both home and school, or wherever necessary.

Bullying triggers many personal problems, both when it happens and later in life: insecurity, fears, low self-esteem...

**Spain:** Cúpula, 2018 (144 pp.)

**German and Dutch translation rights.**

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**Eduardo & Carlota Estivill**

***El método Tokei. Cómo poner en hora tu reloj interno para vivir con salud, energía y optimismo*** (*The Tokei Method. How to Set Your Internal Clock to Live With Health, Energy, and Optimism*)

**Self-Help**



Nowadays, we live in tune with time, but we have become disconnected from its original cadence and no longer pay attention to our internal clocks, which are responsible for the appetite, sleep, energy, or fatigue we feel throughout the day, resulting in cardiovascular problems, metabolic diseases such as diabetes or obesity, psychological disorders and, in the most serious cases, a higher incidence of certain types of cancer. Based on chronobiology, this method developed by doctors Eduard and Carla Estivill is a fully-fledged training to learn to listen to our body and reconnect with its rhythms. Thanks to their simple and practical advice, available to everyone, we will be able to synchronize our *tokei*

or inner clock to enjoy a life full of optimism and health.

**Spain:** Plaza y Janés (Penguin Random House), 2021 (248 pp.); **Catalan:** Rosa dels Vents; **Italy:** Giunti; **Greece:** Patakis

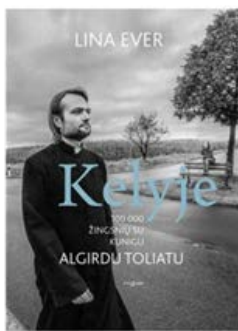
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**Lina Ever & Algirdas Toliatas**

***Kelyje*** (*On the Road With a Priest*)

**Travelling/Pilgrimage/  
Religion/Spirituality**



An author and journalist, a modern priest and a well-known photographer are making a 5-day long pilgrimage on the *Malernweg*. They talk about nature, the human being, God, and fairy tales. They discuss the question: Why does one need a road and how does one find the courage to follow it?

The pilgrimage becomes a spiritual journey that the author shares with the readers in this book.

**Lithuania:** Tyto Alba, 2018.

**Translation rights:** SvH Literarische Agentur. **German version available.**

**Meritxell Falgueras**

**#ConVinoConTodo. El vino con sentido** (*Born to Be Wine. Wine With Meaning*)

**Lifestyle/  
Culinary**



From familial and professional knowledge of wine, Meritxell Falgueras encourages us to learn in a fun way not only the ABCs of wine, but all the way to Z which you will find in the “Viccionario del Vino”. In the end, after taking a sparkling stroll through all the senses (the five plus the sense of intuition), you will enjoy wine with ease and without any hang-ups.

In BORN TO BE WINE you will finally understand the sensory experience of tasting and enjoying wine. You will also discover that wine is an essential part of the art of living because wine helps us share places and moments and make them unique. Meritxell Falgueras shares with us a Mediterranean, joyful, and sensual vision of our connection with wine and takes us on a journey through the lands of wine, from our sofa to the antipodes. The author filled this book with practices, tastings, challenges and advice, a lot of history, even more news, and a bit of humor.

**Spain:** Oberon 2020 (207 pp.), **Catalan:** Larousse, **Audio:** Recorded Books

**German and Dutch translation rights.**

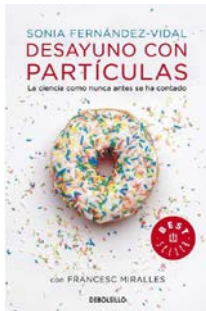
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**Sonia Fernández-Vidal**

**Desayuno con partículas. La ciencia como nunca antes se ha contado** (*Breakfast With Particles. Science Like It's Never Been Explained Before*)

**Popular  
Science**

**With Francesc Miralles**



If you venture into these pages, you will discover a universe as wonderful as it is bewildering. Quantum theory is one of the most beautiful and amazing theories in science. The rules it follows are crazy compared to our everyday lives. They're counter-intuitive. As we enter the quantum world, our beliefs about reality, including our everyday reality, are challenged. Sonia Fernández-Vidal, writer and Doctor in Quantum Physics, and Francesc Miralles, writer and journalist, invite us to a fun breakfast to which Newton, Einstein, Heisenberg and other famous physicists of history are also invited. Amidst cupcakes, doughnuts, coffee, and orange juice, we will undertake a fascinating and enlightening journey to the origins of the universe. We'll learn what a particle accelerator is for, what the God particle is, how things can be in two places at once... and we'll even try to understand the mysteries of existence.

**Spain** (Spanish and Catalan): Penguin Random House 2013 (283 pp.), **Audio:** Audible; **China:** Turing Books; **Poland:** Insignis

**German and Dutch translation rights.**

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**Hector García**

***La magia de Japón. Cultura, belleza y secretos de la vida japonesa*** (*Japan's magic. The Culture, Beauty, and Secrets of Japanese Life*)

**Travelling**



Héctor García, has been living in Japan for almost two decades and his experiences as a Western citizen living in the other side of the world have given him a brilliant perspective from which he writes and explores.

JAPAN'S MAGIC will take readers on an ambitious journey to understand the secrets that lay deep into one of the world's largest societies: jobs, places, rituals, and communication. All those issues we typically take from granted but that are different in Japan. Through this beautifully detailed account of experience and documentation, the whole of Japan will be open to readers who are eager to understand such a distant country and to learn about those little things one can only truly experience if they have travelled there but from the commodity of home.

**Spain:** Norma Editorial 2021 (266 pp.); **Audio:** Audible; **Greece:** Patakis, **English:** Tuttle Publishing, **Poland:** Burda Media (reverted)

***Un geek en Japón*** (*A geek in Japan*)



The ultimate guide to discovering the land of manga, anime, zen and the tea ceremony. Japanese culture has sparked a worldwide interest that is continuously increasing.

Destined to appeal to the generations of Westerners who have lived their youth through games like Pokémon, manga books and countless amines, A GEEK IN JAPAN reimagines what the classical cultural guide looks like and turns it into a work of creativity.

There are things in Japan that remain a secret to us all, and the author manages to highlight them all into this perfect book for Japan lovers, that is not only beautifully done, but also highly informative.

**Spain:** Norma Editorial, 2008/2019 (164 pp.), **English:** Tuttle Publishing, **Russia:** Eksmo, **Greece:** Patakis, **France:** Editions 12 BIS (reverted), **Italy:** Panini (reverted), **Germany:** Egmont (reverted), **Portugal:** Editora JBC (reverted)

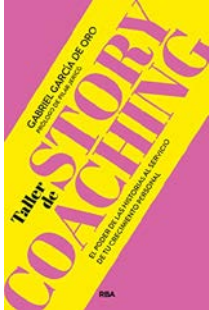
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**Gabriel García del Oro**

***Taller de Storycoaching. El poder de las historias al servicio de tu crecimiento personal*** (*Storycoaching Workshop. The Power of Story in the Service of Your Personal Growth*)

**Coaching**



We are made of stories. With them we remember what has happened in our past. A particular memory takes on the form of a story, with its heroes and villains, its obstacles, dark moments, and triumphs... And since that memory is a story at heart, it does what it does best, connect emotionally, connect with the deepest part of you. Your whole being relives that emotion you experienced as if it were happening right now. That is the colossal power of stories.

But through stories we also place ourselves in the present and they project us into the future. You are the protagonist of your own story but at the same time, and here is the magic, you can also create it, design it, build it according to your goals, dreams, hopes and most of all your purpose. In the STORYCOACHING WORKSHOP you will learn how writers create stories that move readers to tears and to action. The exercises provided in the book will guide you through applying those well-proven techniques to your own life.

**Spain:** RBA, 2021 (224 pp.)

**German and Dutch translation rights.**

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**Meritxell Garcia Roig**

***El arte de la empatía. Aprende del poder de tu sensibilidad*** (*The Art of Empathy. Learn From the Power of Your Sensitivity*)

**Self-Help**



THE ART OF EMPATHY offers a guide for empathic and highly sensitive people to live better and develop to their full potential.

The book is made up of stories, compilations of scientific evidence, resources and more than 50 practical exercises that will enable the reader to embark on a rich process of self-exploration, self-knowledge, and self-improvement. By the end of THE ART OF EMPATHY, people will have learned that the best thing they can do for themselves is to give themselves space and time to take care of themselves.

**Spain:** Amat Editorial, 2019 (280 pp.)

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**Adriana Hernández Planillas**

***El juego de la vida. La sabiduría del ajedrez aplicada a la vida cotidiana*** (*The Game of Life. The Wisdom of Chess Applied to Everyday Life*)

**Self-Help**

**Self-help book inspired by The Queen's Gambit  
Foreword by Francesc Miralles**



What happens on the board is like a story, a fable created by two players. Most fables have a message, sometimes even a secret lesson and that precisely is the mission of this book: bring the wisdom of chess to everyday life.

In life, as on the chess board, there are successes that need small and humble progress, like those of the pawn; others ask for confident and blunt strides, like those of the queen. There are losses and setbacks but there are also changes of strategy that put us back in control of the game and gives us the power over our own destiny.

In this book, for each of the 64 squares of the chess board there is a vital lesson. With intelligent strategies for success, anecdotes from the chess world, tales and legends that illustrate each life lesson, and exercises for personal fulfillment.

**Spain:** RBA, 2021 (320 pp.)

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

**Francesc Miralles & Hector García**

***El pequeño ikigai. Cómo encontrar tu camino en la vida*** (*Ikigai for Young Readers. How to Find Your Path in Life*)

**Self-Help/  
Inspirational**



Ikigai for children is a brand-new concept and one that is much appreciated and welcome. Youngsters are often treated to work hard for a goal rather than focusing on what they really want, and thus leaving aside their true desires and motivation. With this incredibly crafted guide the authors are working on, we expect those young readers to find what lies within themselves to discover what they want.

**Spain** (Spanish and Catalan): Destino, 2020 (160 pp.), **India:** MyMirror (Hindi, Marathi), **India** (Malayalam): DC Books; **Turkey:** Indigo Kitap; **USA:**

Scholastic USA; **Netherlands:** J. M Meulenhoff Boekerij; **Romania:** Humanitas; **Vietnam:** TanViet; **Russia:** Eksmo; **Greece:** Patakis; **Arabic:** Jarir Book; **Thailand:** NationBook

**Francesc Miralles & Hector García**

***Ichigo Ichie. Haz de cada instante algo único*** (*Ichigo Ichie. Make Every Moment Something Unique*)

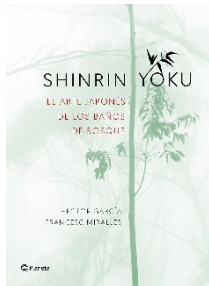
**Self-Help/  
Inspirational**



ICHIGO ICHIE is an inspirational work which 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. Turn coincidences into a tool for conscious magic. Create unforgettable moments in professional and personal circles. Improve our relationships with a new type of Mindfulness. Open the floodgates to the flow of creativity whenever we need it.

**Spain:** Penguin Random House, 2018 (192 pp.); **Catalan:** Enciclopèdia Catalana; **Netherlands:** J.M. Meulenhoff Boekerij; **Poland:** Muza; **Turkey:** Indigo Kitab; **China:** Shangai 99; **France:** Solar; **Slovenia:** Mladinska Knjiga Založba; **Vietnam:** AZ; **Romania:** Humanistas Fiction; **Germany:** Ullstein Buchverlage; **Greece:** Patakis; **Brazil:** Editora Sextante; **Italy:** Mondadori Libri; **Portugal:** Porto Editora, **USA:** Viking – Penguin Random House; **UK:** Quercus – Hachette Group; **Estonia:** Pegasus Publishing; **Ukraine:** Vivat; **Hungary:** Libri Publishing; **Russia:** Eksmo; **Croatia:** Mozaik; **Finland:** Gummerus; **India:** (Marati, Hindi) MyMirror, (Gujarati/Tamil/Telugu/Malayalam) Manjul; **Bulgaria:** Gnezdoto; **Czech Republic, Slovakia:** Torden; **Albania:** Pema; **Thailand:** Nanmeebo; **Mongolia:** Zerolex; **Macedonia:** Izdavach; **Arabic:** Jarir Book; **Indonesia:** Renebook

***Shinrin Yoku. El arte japonés de los baños de bosque*** (*Shinrin Yoku. The Japanese Art of "Forest Baths"*)



Human beings have always been intimately tied to forests, since they provide nourishment, shelter, and spiritual serenity. Living in concrete labyrinths has pushed us all away from our truly natural habitat, and in turn, this has unleashed all kinds of issues with our body and mind. As the latest research studies have shown in Japan, the shinrinyoku, or "forest baths" elevate the spirit and deactivate anxiety and stress, while they provoke very positive changes in every aspect of our daily existence.

**Spain:** Grupo Planeta, 2017 (192 pp.), **Poland:** Znak; **France:** Solar Editions; **Turkey:** Indigo Kitab; **Netherlands:** J.M. Meulenhoff Boekerij bv; **Bulgaria:** AMG Publishing; **Romania:** Humanitas

**By the authors of IKIGAI**

***Ikigai* 2,500,000 copies sold worldwide! Translated into 64 languages.**

The Japanese say everybody has an Ikigai, a reason to live.



***El método Ikigai. Despierta tu verdadera pasión y cumple tus propósitos vitales*** (*Finding your Ikigai. Awaken Your True Passion and Fulfill Your Purposes in Life*)

The first practical guide to discover and activate your Ikigai, a new take on an ancient Japanese wisdom.

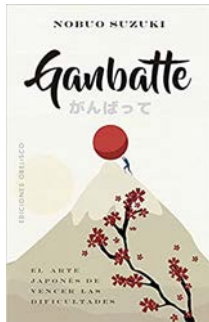
**German and Dutch translation rights.**

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**Nobuo Suzuki (Francesc Miralles & Hector García)**

***Ganbatte. El arte japonés de vencer las dificultades*** (*Ganbatte. The Japanese Art of Overcoming Difficulties*)

**Self-Help  
Inspirational**



Ganbatte is the Japanese 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 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 effort you devote to something that will help you reach your goals. This is the brand-new concept that will take the world by surprise. It is something fresh and new that is perfect for the times we are living.

**Spain:** Obelisco, 2021 (128 pp.), **English:** Tuttle Publishing, **Brazil:** Sextante, **Netherlands:** J.M. Meulenhoff Boekerij, **Greece:** Patakis, **Portugal:** Porto, **Bulgaria:** Together Academy, **Slovenia:** Torden, **Czech Republic:** Torden, **India:** (Hindi, Gujarati, Telugu, Marathi) Manjul; **Thailand:** Amarin; **Russia:** Progress Kniga

***Wabi Sabi para la vida cotidiana. La sabiduría de la imperfección*** (*Wabi Sabi for Daily Life. The Wisdom of Imperfection*)



The ancient philosophy of *Wabi-Sabi*, which in Japanese means “the beauty of imperfection”, is a totally different way—more intimate, natural and connected to nature—of caring for ourselves and growing through acceptance.

**Spain:** Obelisco, 2020 (186 pp.) **English:** Tuttle Publishing, **Czech Republic:** Torden, **France:** Solar, **Slovenia:** Torden, **Greece:** Patakis, **Dutch:** Boekerij; **India:** (Hindi, Gujarati, Telugu, Tamil, Marathi, Malayam) Manjul; **Romania:** Humanitas; **Turkey:** Indigo Kitap; **Vietnam:** AZ; **Albania:** Pema; **Thailand:** NationBook

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

**Keylah Missen**

***Manual de magia moderna. Rituales y consejos para hacer más fácil la vida diaria*** (*Handbook of Modern Witchcraft. Rituals and Advice for Making Everyday Life Easier*)

**Spirituality**



This book is not a Grimoire, but an accessible and practical handbook that you can use whenever you need and to which you can add over time. In it you will find the keys to creating your own magic spells and tools; the secrets to awaken your inner essence and channel it to do your will; rituals of prosperity, protection, and love; recipes to improve your health and enhance your natural beauty... You will learn to say goodbye to those who follow their path and to find yours.

**Spain:** Urano, 2017 (240 pp.); **Poland:** Muza; **Portugal:** Planeta Manuscrito

**German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

## Allan Percy

***Frida para apasionados. 60 píldoras para crear tu vida a tu manera*** (*Frida for the Passionate. 60 Small Doses of Inspiration for Creating Your Life Your Way*)

Inspirational

**The first woman in Allan Percy's GENIUS FOR DAILY LIFE series**



Frida Kahlo is universally known for the strength of her paintings, for her biography which has inspired films, books, pictures, and feminism movements. She's known for the freedom with which she lived love, art, and the life that she loved so much, despite having fought against disease and social incomprehension. In the first book that interprets the Mexican artist as a teacher of the art of living, Allan Percy presents 60 daily inspirations to color our existence, and dare to live it our way, escaping the expectations of others.

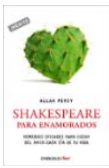
**Mexico:** Planeta, 2018 (149 pp.), **Spain:** Penguin, **Brazil:** Sextante, **Greece:** Patakis, **Romania:** Editura Herald



***Platón para soñadores*** (*Platon for Dreamers*)

From Plato's teachings and other philosophers, Allan Percy has collected eighty lessons, small gems with which to guide us to a full, bright, and happy existence.

**Spain:** Debolsillo, 2017 (184 pp.). **Translated into numerous languages**



***Shakespeare para enamorados*** (*Shakespeare for Lovers*)

Drawing on the Shakespearian science of love we'll finally understand why some people have no luck in the matters of the heart, how to treat the longing heart, and if a lifelong romance is possible.

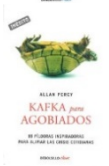
**Spain:** Penguin, 2015 (155 pp.). **Translated into numerous languages**



***Einstein para despistados*** (*Einstein for the Confused*)

Besides having revolutionized Physics, Albert Einstein was a staunch advocate for peace, a brilliant thinker, and above all a problem solver. His teachings will help us weather any storm.

**Spain:** Debolsillo, 2014 (192 pp.). **Translated into numerous languages**



***Kafka para agobiados*** (*Kafka for the Overwhelmed*)

Franz Kafka explored in his writing the modern existence and is a sympathetic companion. He felt with intensity our sorrows and thought deeply about the same absurdities we face each day.

**Spain:** Debolsillo, 2013 (137 pp.). **Translated into numerous languages**



***El coaching de Oscar Wilde*** (*Oscar Wilde's Coaching*)

Oscar Wilde is famous for his witty and profound "one-liners". From him whose life was full of pleasures and extremes we will learn to enjoy life sip by sip.

**Spain:** Debolsillo, 2011 (128 pp.). **Translated into numerous languages**



***La cura del lobo estepario*** (*The Cure of the Steppenwolf*)

Hermann Hesse was a writer of initiation, poet, novelist, painter, and guru of millions of people despite himself. In his work we find advice and wisdom for a simple, serene, and essential life.

**Spain:** Planeta, 2011 (166 pp.). **Translated into numerous languages**



***Nietzsche para estresados*** (*Nietzsche for the Stressed*)

Allan Percy brings us Friedrich Nietzsche's transgressive philosophy to help us if we are stuck at a crossroads, in indecision, overwhelm, or if we just need to take a breath.

**Spain:** Debolsillo, 2009 (128 pp.). **Translated into numerous languages**

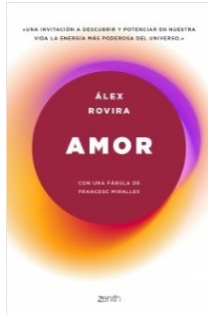
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**Àlex Rovira**

*Amor (Love)*

**Inspirational**



This is not a book about heartbreak, falling in love or sexuality. It is a practical manual to promote 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 couple, children, friends, or even in our work team, providing new visions to increase our balance of love and that of our beloved ones.

**Spain:** (Spanish, Catalan) Zenith, Planeta, 2019 (224 pp.)

**German and Dutch translation rights.**

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**Àlex Rovira & Francesc Miralles**

*Alegría (Joy)*

**Inspirational**



Don't miss out on the little joys of life while you're waiting for happiness to happen.

Joy is a natural feeling in all human beings, and we can see it in babies every time they look around them and contemplate the world in awe. When we are grown-ups, we can misplace that gift which we are born with, but the truth is that we never lose it. Joy is a wonderful driving force that can conquer everything, that is always near us, sometimes so close that we can't even see it.

**Spain:** Zenith, Planeta, 2017 (272 pp.); **Catalan:** Columna, Planeta; **Bulgaria:** Gnezdoto; **Netherlands:** J.M. Meulenhoff Boekerij; **Turkey:** Pena Yayinlari

**German and Dutch translation rights.**

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**Àlex Rovira & Fernando Trías de Bes**

*La buena suerte. Claves de la prosperidad* (Good Luck. Keys to Prosperity)

Self-Help/  
Inspirational



**Over 4,000,000 copies sold!**

This is not just a book, it's a fable for the times. It's one of the most inspiring books ever to exist in which the keys to finding good luck and prosperity shall be discovered.

A long time ago, Merlin gathered the knights and told them that in exactly seven nights a four-leaf clover would bloom in the forest. It would give whoever found it the privilege of unlimited luck. But who would accept such a challenge, with such a big forest, and such a little thing to find? Only those who can master the art of forging their own destiny.

**Spain:** Zenith, Planeta (Spanish and Catalan), 2004/2019 (128 pp.), **Brazil:** Sextante, **Vietnam:** First News, **Bulgaria:** Together Academy, **Japan:** Poplar Publishing, Audio: Pan Rolling, **France:** Handled by Planeta, **Italy:** Handled by Planeta, **Portugal:** Handled by Planeta, **Romania:** Editura For You; **Arabic:** Arab Cultural Center; **Netherlands:** J.M. Meulenhoff; **USA:** John Wiley & Sons

*Las siete llaves. Conquista tu libertad vital* (The Seven Keys. Conquer Your Freedom in Life)

Self-Help/  
Inspirational



The secret is not pursuing freedom, but rather avoiding submission.

In THE SEVEN KEYS, the authors reveal what steps to follow in order to let go of limiting beliefs and how to achieve the seven keys that will 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, we are accompanied at the beginning of each chapter by *The Enigma of the Seven Keys*, an inspiring story in the style of *The Thousand and One Nights*.

You will find that the secret is not to be free, but rather, not to be a slave.

**Spain:** (Spanish, Catalan) Paidós Ibérica, 2020 (298 pp.); **Bulgaria:** Together Academy;

**German and Dutch translation rights - non exclusive**

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**Paloma Sainz**

***Mindfulness para niños. Cómo crear un hogar lleno de paz y felicidad*** (*Mindfulness for Children. How to Create a Peaceful and Happy Home*)

**Self-Help/  
Parenting**



Would you like to have a shelter for rainy days? A place where a light would surround you at your arrival? A place where you would feel connected as if rays came out of your heart? MINDFULNESS PARA NIÑOS is conceived for both parents and children to approach meditation and practice it every day. Through very simple exercises and daily practice we learn to connect with our breathing and body, to practice full attention and to distance ourselves from our thoughts and emotions. Therefore, with a clear mind and an open heart our capacity for empathy, compassion and concentration will improve and we'll be able to see things more clearly and make better choices for a more authentic life.

**Spain:** Espasa – Grupo Planeta 2021 (224 pp.)

**German and Dutch translation rights.**

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**Anna Sólyom**

***Reconecta con tu cuerpo*** (*Reconnect With Your Body*)

**Self-Help**

**Foreword by Jenny Moix,  
Afterword by Francesc Miralles**



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

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

**Spain:** RBA Integral, 2020 (240 pp.); **Czech Republic:** Nakladatelství Práh

***Pequeño curso de magia cotidiana*** (*Quick Lessons on Everyday Magic*)

**Foreword by Francesc Miralles**



Everyday happiness leans 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 with our friends, or going back to the oasis that is home... all these actions can be meaningful and transformative if we do them sensefully, celebrating every instant that life gives us.

**Spain:** Cúpula, Planeta 2018 (244 pp.), **Audio:** Audible; **Netherlands:** Atlas Contact; **Portugal:** Zero a Oito, **Italy:** Giunti

**German and Dutch translation rights.**

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Miriam Tirado

***Rabietas. Consejos y herramientas para lidiar con ellas con conciencia, humor y amor*** (*Tantrums. Advice and Tools for Coping With Them With Mindfulness, Humor, and Love*)

Self-Help/  
Parenting



All children have them and all parents must deal with them. They are 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.

You may find this hard to believe, but tantrums offer a golden opportunity to learn and grow together. Miriam Tirado accompanies you in this process of learning, so that you can educate the little ones from another place, more serene, considerate, and free.

**Spain:** Urano, 2020 (251 pp.); **Catalan:** Penguin Random House; **Portugal:** Objectiva – Penguin; **Germany:** Duden Verlag; **Italy:** Vallardi

**German and Dutch translation rights.**

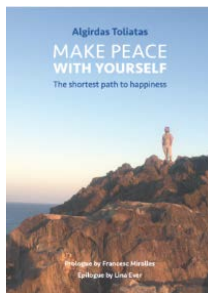
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Algirdas Toliatas

***Make Peace With Yourself. The Shortest Path to Happiness***

Self-Help/  
Inspirational

**Foreword by Francesc Miralles**



The eleven steps that Algirdas Toliatas has crafted will allow readers and yourself to find the always desired peace we pursue each day of our lives. His work as a community helping individual has led him to learn about human relationships and personal, inner health, this book is a combination of his life's work. He is massively followed wherever he goes, his talks are broadcasted online, and he plans to continue with his outstanding work, with this book and his talks. Inspiring people is something not everyone can do, and Algirdas—alongside Francesc Miralles—have found the perfect combination to do so. MAKE

PEACE WITH YOURSELF will be, no doubt, a book that will inspire and bring joy to readers around. It is unmissable and unique, and we hope you love it as much as we do.

**Spain:** Zenith-Planeta (228pp) 2020; **Italy:** Armenia; **Lituanian:** Tyto Alba

**German and Dutch translation rights.**

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## ESSAY

**Carme Chaparro*****Calladita estás más guapa*** (*Shut Up and Be Pretty*)

For a good part of history, women have been transparent, forgotten by those in charge of telling for posterity the achievements of the human being. Century after century they were separated from the stories, books and even from the obituaries. Now we make noise, but the silences around us remain clamorous.

From the conviction that the only effective way to preach is with the example, Carme Chaparro, journalist, and writer, has been more than ten years asking awkward questions, portraying our contradictions, and forcing us to face each other, without filters.

**Spain:** Espasa 2019 (352 pp.)

**German and Dutch translation rights.**

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**Berna Gonzalez Harbour*****Goya en el país de los garrotazos*** (*Goya in the Country of "Garrotazos"*)

While Goya painted his present time, he also portrayed ours. Considered the father of Modernism, pioneer, and visionary, the Aragonese painter climbed to the highest peak of art to reflect the most grandiose and the most abject of his time: the failed dream of reason, poverty, violence, and the horrors of war, but also our appreciation for beauty and joy of living, the work and fighting spirit of ordinary people... If he was born again today, Goya would recognize us immediately. Because his work is the mirror of our idiosyncrasies. Of our capacity to create, but also to destroy.

Berna González Harbour undertakes a personal journey into the life of Goya, treads his ground and analyzes much of the mystery, gossip and fake news that surrounded his figure. With a style almost akin to detective work and her ability to create intrigue, the author dives deep in search of answers and fresh insights. This book is a masterful mix of history, art, journalism, and literature. An invitation to the pure pleasure of reading.

**Spain:** Editorial Arpa, 2021 (216 pp.)

**German and Dutch translation rights.**

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## Gaspar Hernández

### *La llibertat Interior* (*The Inner Freedom*)



In your hands you have a great little book that is born of the Catalan independence movement (the so-called *Procés*), but that does not speak of politics. In it, Gaspar Hernández explains what true freedom is for him: inner freedom. Based on what great authorities in the fields of psychology and spirituality (especially the Catalan Antoni Blay Fontcuberta) have said, this book dismantles the obstacles that prevent us from being free. Some of them are fear, most of the thoughts that cross our minds during the day to day, or the character we think we have. This character is usually a mask that we end up confusing with our true identity. Gaspar Hernández, using an intimate tone of voice, halfway between diary and essay, explains the steps to achieve “freedom without limits”.

**Spain:** (Catalan) Columna, 2020 (192 pp.), (Spanish) Planeta

#### **German and Dutch translation rights.**

All other rights Sandra Bruna agencia literaria.

## Marta Robles

### *Pasiones carnales. Los amores de los reyes que cambiaron la Historia de España* (*Carnal Passions. The Royal Love Affairs That Changed the History of Spain*)



The secret history of Spain is full of intriguing episodes, charged with carnal passion, which dramatically altered the course of events despite never being officially acknowledged.

Marta Robles has combed the history of Spain in search of affairs of the heart or sexual, of the country's kings and queens, its rulers, and the rich and powerful: from Roderick, the last King of the Visigoths, to the hapless Alfonso XIII, and with a cast featuring offsprings of the houses of Asturias, Burgundy, Trastamara, Hapsburg and Bourbon.

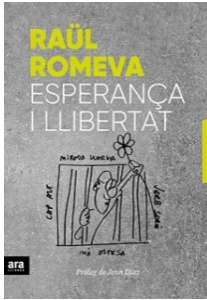
**Spain:** Espasa/Planeta, 2021 (400 pp.)

#### **German and Dutch translation rights.**

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## Raül Romeva

### *Esperança i llibertat (Hope and Freedom)*



HOPE AND FREEDOM is about the events that led to Catalan political and activist leaders to be jailed over the last months of 2017. Raül Romeva, a member of the Catalan government is torn between what was done, the repercussion, the outcomes and what to expect from now on. Not a political shout into space, the book shows hope where it is difficult to find. Through witty anecdotes and further bibliography, Romeva uses this opportunity to share his voice with the world. To denounce democratic injustices and to keep advocating for fundamental rights.

**Spain:** Ara Llibres (Spanish and Catalan), 2019 (274 pp.)

#### **German and Dutch translation rights.**

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