

Tsunami

**Understand, master and harness
AI, the greatest technological
change of our era**

Pablo Vázquez

**A roadmap for understanding how AI creates value,
what transformations it is already causing, and what
decisions to make today to stay ahead.**

For readers of Harari, Mariano Sigman, and titles such as *The Coming Wave* or *The AI Empire*: a timely commercial essay with the ambition to become a reference book.

A sensible response –without panic or hype– to the concerns of the 10,000+ people of all backgrounds who have taken Pablo Vázquez's courses in recent years: Where do I start? Is my job at risk? How should I guide my children, team or family through all these changes? I know I should already be doing something... but what?

#AI #future #debate #thought #technology #economics

Publication: 20 May; ebook: 27/3 | 5,000 copies | 256 pp. | €21.90 | 150×230 mm | Paperback with flaps | 9791387936310





Pablo Vázquez, AI expert

Pablo Vázquez is a computer engineer with a master's degree in Artificial Intelligence.

He has spent over 15 years working as a consultant in applied artificial intelligence, primarily in New York, helping financial sector firms implement advanced analytics and decision-support systems.

He currently develops generative AI solutions for organisations in Spain and the United States. Through Fitness Revolucionario, he teaches his AI programme Vida Inteligente, with over 4,000 students.

Requiem for a Pyramid

Ismael Galancho

A devastating indictment of the myths of modern nutrition and the food industry.

Drawing on scientific data, clinical expertise, and plain-spoken language, Galancho dismantles decades of dogma surrounding sugar, fat, breakfast, food pyramids, and other nutritional myths.

Perfect for readers interested in health, science, and mindful eating.

The book you'll want to share with anyone who still believes "light" means healthy.

Author of *Burn Your Diet* (20,000 copies) and *Balance Your Glucose* (10,000).

Registered dietitian-nutritionist and science communicator with 300,000+ followers. Has worked with elite athletes: Leo Messi, Luis Suárez, and Enzo Fernández.

#nutrition #health #food #fitness #habits

Publication: 11 February 2026 | 3,000 copies | 282 pp. | €21.90 | 150×230 mm | Paperback with flaps | 9791387936242
lústica con solapas | 979-13-87936-24-2



I'm Not Hungry Anymore

Ismael Galancho

A practical, realistic guide to losing fat, gaining health, and never going hungry again.

No magic formulas, no pointless sacrifices: just science, common sense, and sustainable results.

Includes meal plans, simple recipes, hormonal insights, and strategies tailored to real life.

The perfect companion to the author's *Requiem for a Pyramid*, published the same day.

Author of *Burn Your Diet* (20,000 copies) and *Balance Your Glucose* (10,000).

Registered dietitian-nutritionist and science communicator with 300,000+ followers. Has worked with elite athletes: Leo Messi, Luis Suárez, and Enzo Fernández.



#habits #metabolism #wellbeing #health #fitness

Publication: 11 February 2026 | 5,000 copies | 192 pp. | €19.90 | 150×230 mm | Paperback with flaps | 9791387936259
ústica con solapas | 979-13-87936-25-9[OBJ]



Ismael Galancho, Leo Messi's dietitian-nutritionist

Ismael Galancho (Málaga, 1984) is a specialist in nutrition and athletic training, renowned for his evidence-based approach and his ability to translate scientific research into real-world results. He has advised elite athletes such as Lionel Messi, Luis Suárez, and Enzo Fernández, and has supported thousands in improving body composition, health, and athletic performance.

A lecturer on university master's programmes and speaker at national and international congresses, he collaborates with institutions such as Universidad Panamericana, SEEDO, and the Gatorade Sport Science Institute. He publishes in academic journals and shares his message on social media: rigour, knowledge, and practice in the service of wellbeing.

The Art of Not Complicating Your Life

Alexis Racionero Ragué

**Learning from Eastern and Western wisdom
to live with simplicity and detachment.**

We live accelerated and overwhelmed, trapped in a materialistic culture that confuses having with being. This book proposes a different path through traditions such as Buddhism, *vipassana*, and Stoicism.

It combines philosophy, pop culture references, practical tools, and an unusually honest voice.

Includes a personal diary in which the author recounts his own attempts and failures.

Alexis Racionero Ragué is a Gestalt therapist and generative coach trained with Robert Dilts and Stephen Gilligan. He is the author of *Ecotopía* (Anagrama) and *El viaje del héroe* (Kairós). He lives in Barcelona.

#philosophy #spirituality #wellbeing #Buddhism #Stoicism

Publication date: May 6, 2026 | 3,000 copies | 208 pp. | 19.90 € | 140 x 213 mm |
Paperback with flaps | 979-13-87833-88-6



Alone in the world

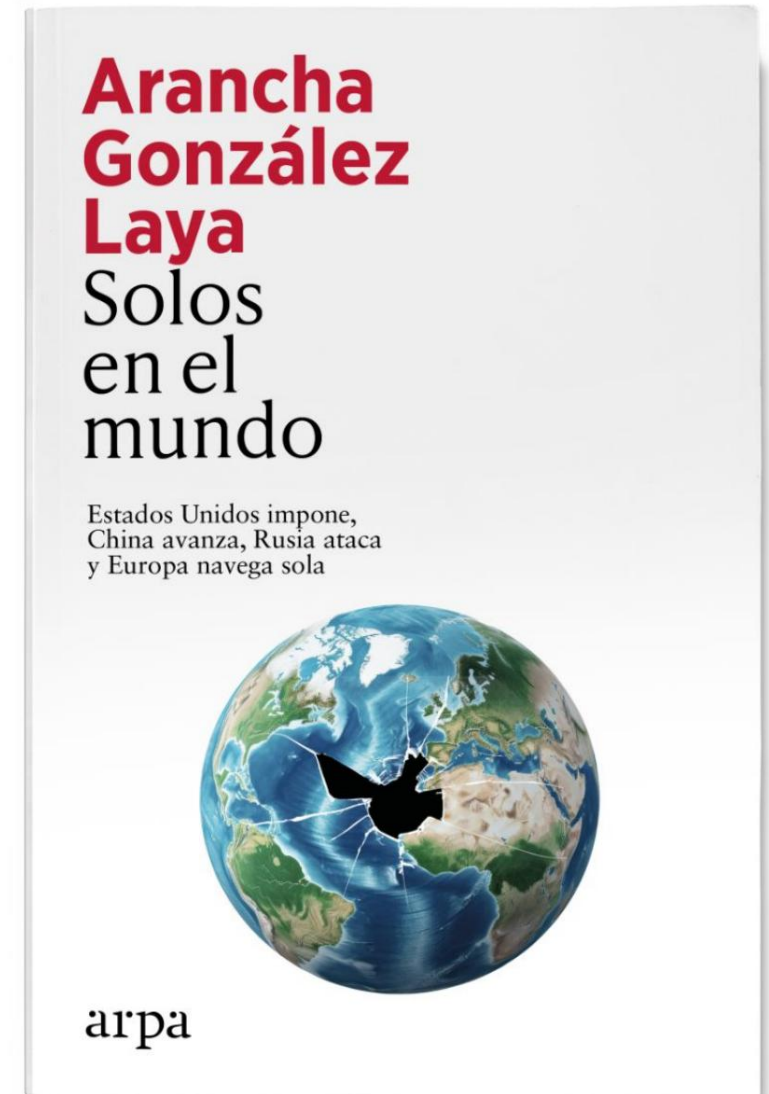
Arancha González Laya

Europe is alone. The United States imposes its will, China advances, Russia attacks. This book explains what Europe can do to avoid being at the mercy of others.

González Laya dissects the forces that are redefining the world order —geography, resources, energy, ideology, tariffs, algorithms, weaponry, etc.— and urgently argues that only a more integrated Europe will be able to navigate alone.

The book opens with a dystopian vision: Europe in 2049, fractured and subjugated. It's not science fiction, but rather what could happen if no action is taken.

Written with the authority of someone who has wielded power: Arancha González was Spain's Minister of Foreign Affairs. Today she is Dean of the School of International Affairs at Sciences Po in Paris.



#geopolitics #sovereignty #defense #democracy #Europe

Published June 3, 2026 | 2,500 copies | 240 pp. | €19.90 | 140 x 213 mm | Paperback with flaps | 9791387833756

The Pillars of Human Evolution

Eudald Carbonell and Igor Parra

A new and ambitious interpretation of what has made us human, drawing on the latest advances in science.

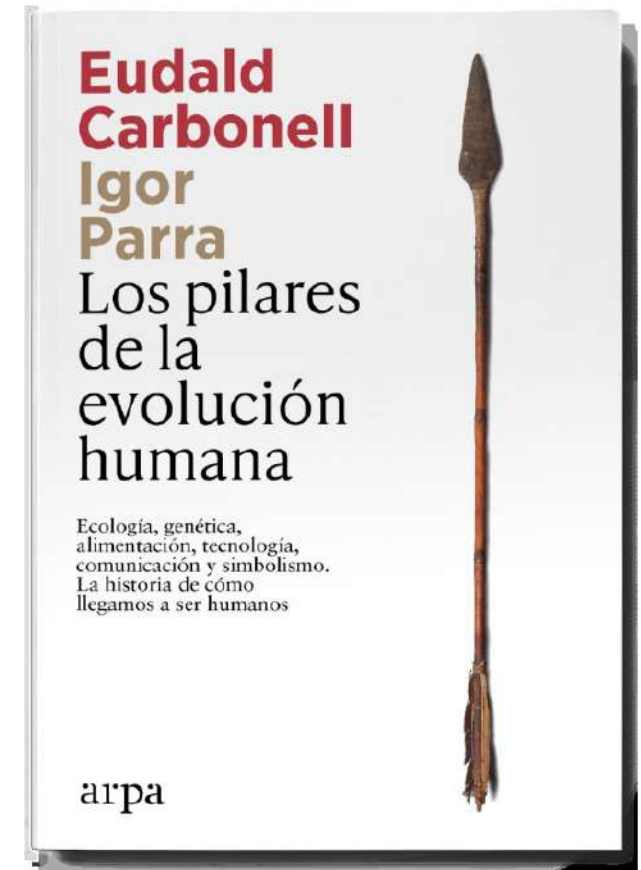
The authors reconstruct the six great axes — genetics, ecology, nutrition, technology, communication, and symbolism — which, intertwined, shaped our technical, social, and cognitive capacities.

In a century that questions our ecological and cultural continuity, the book invites us to think of evolution as a conscious and open process, not as a destiny fixed by chance.

Under the direction of Eudald Carbonell and Igor Parra, and a team of internationally renowned researchers, this work offers an integrative vision that illuminates the shared trajectory of humanity.

#science #history #evolution #genetics #technology

Publication date: April 8, 2026 | 3,000 copies | 292 pp. | 21.90 € | 140 x 213 mm | Paperback with flaps | 979-13-87833-54-1





Ficha técnica

Publicación: 11.02.2026

Tirada: 5.000 ejemplares

Páginas: 192

PVP: 19,90 €

Formato: 203 × 165 mm

Encuadernación: Rústica con solapas

ISBN: 979-13-87936-14-3

Don't Fly Without Knowing This

Dario Borhani and Savina Paül

Synopsis

An aeronautical engineer and a pilot reveal all the secrets of the aviation world.

More than 100,000 flights take off daily around the world, but what actually happens in the air? Through illustrations, anecdotes, and clear explanations, this book answers the questions you never dared to ask. Discover how the greatest technological adventure of our time works.

Biography

Dario Borhani, an aeronautical engineer and science communicator, is the author of *Un libro guay sobre aviones* (2019) and a contributor to RNE (Spanish National Radio).

Savina Paül, a commercial pilot with over 5,000 flight hours and 1,000,000 followers, shares the real life of a pilot on social media, covering routines, anecdotes, and well-being.

Selling points

- Includes more than 100 illustrations by Lucía Aranaz.
- An evergreen product, ideal as a gift and with potential for sustained sales in bookstores and airports.
- The perfect gift for both aviation enthusiasts and those with a fear of flying.

#aviación #curiosidades #ilustrada
#CienciaVuelo

SAMPLE OF LAYOUT

CAPÍTULO NO VUELES SIN SABER ESTO

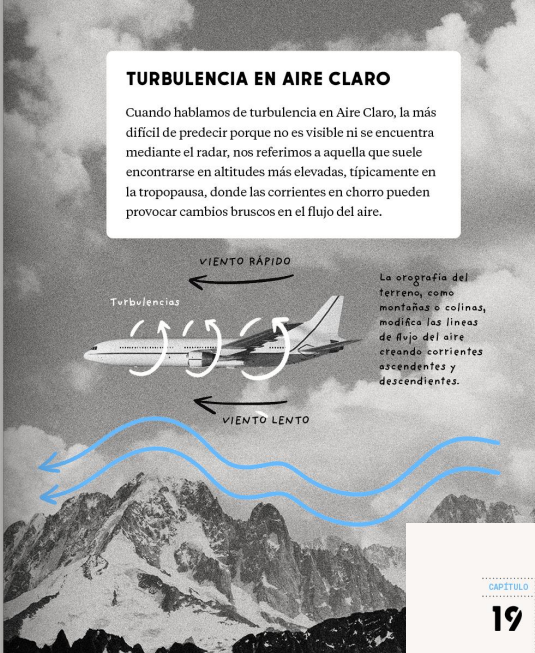
14 TURBULENCIAS

El aire, al igual que el agua, es un fluido, y aunque aparentemente no es visible, está en continuo movimiento. Cuando el avión vuela, se desplaza por un fluido que presenta irregularidades, y esto puede hacer que suba y baje o se mueva de lado a lado. A esto, durante el vuelo, se le denomina turbulencia.

Las turbulencias pueden ser debidas a cambios en la temperatura, en la presión atmosférica, la topografía del terreno, o la proximidad de tormentas o corrientes de aire ascendentes y descendentes. El avión está estructuralmente diseñado para resistirlas, y la tripulación, a su vez, está capacitada para manejar la situación de forma segura. Aunque las turbulencias pueden ser realmente incómodas, no suelen ser una amenaza para la seguridad del vuelo. Estas se clasifican según su intensidad: ligera, moderada o severa.

Hoy en día existen herramientas precisas para predecirlas y evitarlas. De este modo, las aerolíneas planifican sus rutas evitando o minimizando zonas de turbulencia para garantizar un vuelo cómodo y seguro.

Como hemos comentado, las turbulencias pueden ser debidas a varios factores. Además de los ya comentados, otro importante es las turbulencias que crean los propios aviones al volar. Debemos recordar que, el avión vuela gracias a una diferencia de presión y que, durante el vuelo, este deja tras de sí una perturbación en el aire que tarda un tiempo a desaparecer, especialmente si el avión es grande. A esta turbulencia se le llama Turbulencia de Estela. Si un avión cruza el recorrido por donde otro ha pasado no hace mucho rato puede notarse una sacudida a bordo. En los aeropuertos, esta es la razón por la que hay tanto espacio entre aterrizajes o despegues.

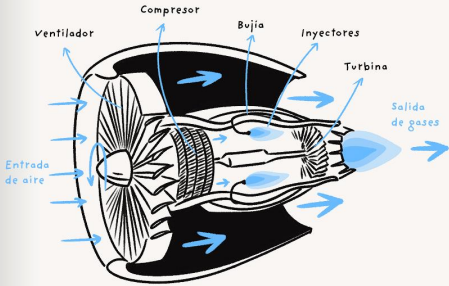
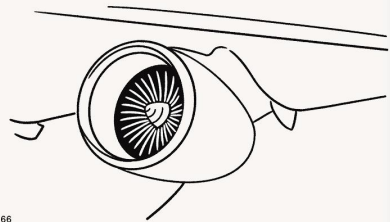


CAPÍTULO NO VUELES SIN SABER ESTO

19 MOTOR DE UN AVIÓN

¿Qué sería de los aviones sin los motores? La verdad es que no llegaríamos muy lejos o ni tan solo nos separaríamos del suelo. Hay distintos tipos de motores, pero los que usan los aviones comerciales, en su mayoría, son los llamados Turbofán.

Un motor turbofán es un tipo de motor a reacción adaptado a las velocidades a las que vuelan los aviones comerciales. Se caracteriza por tener un ventilador (fan) en su parte delantera y dos flujos a lo largo del motor: el primario y uno secundario. El flujo primario es el que es derivado a la parte caliente del motor que atraviesa compresores y la turbina. El flujo secundario en cambio se desvía por la parte exterior del motor, alrededor de la turbina. Vale más una imagen que mil palabras, ¿Verdad? Veamos un dibujo:



ARRANCANDO MOTORES

Para arrancar los motores de un avión no hay llaves, como en el coche, sino una secuencia de botones que permiten encenderlos. Este procedimiento requiere la autorización del control aéreo de plataforma y del personal de tierra, que debe estar a una distancia prudente y asegurar que el área alrededor del motor está libre.



Against the tyranny of the like Jordi Nomen

Synopsis

Practical philosophy for parents and educators of hyperconnected adolescents.

Social media has become one of the biggest problems facing today's youth, with profound consequences for self-esteem, social relationships, and mental health. Following the influence of titles such as Jonathan Haidt's *The Anxious Generation*, Jordi Nomen offers practical exercises inspired by great thinkers in this book to help parents and educators address these issues with adolescents. A clear and actionable guide that invites us to think together, beyond just likes.

Biography

Jordi Nomen (Barcelona, 1965) is a Philosophy and Social Sciences teacher at Sadako School, recognized as one of the most innovative educational centers in Europe. He has received the EDU21 and Arnau de Vilanova awards and is a member of GrupIREF, where he promotes philosophy for children in Catalonia.

Sales arguments

- **+25,000 examples in Spanish and 9 translations of *The Philosopher Child* (Arpa, 2018).**
- **Autor bestseller referente en educación y filosofía práctica.**
- **A cross-curricular book for parents and educators (or even teenagers themselves).**
- **Offers practical resources applicable at home and in the classroom.**

Technical sheet

Publication: 14.01.2026

Circulation: 4,000 copies

Pages: 224

PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-31-2

#education #parenting #philosophy
#networks #children #teenagers

Mirror titles



José Luis Villacañas

Senderos que se bifurcan

Una breve historia del poder de los Neandertales a Trump



arpa

Technical sheet

Publication: 14.01.2026

Circulation: 3,000 copies

Pages: 320

PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-07-7

#history #philosophy #politics
#thought

Forking paths

José Luis Villacañas

Synopsis

A Brief History of Power, from Neanderthals to Trump.

Once again, we find ourselves at a historical crossroads. Uncertainty and fear about the future mark our time. José Luis Villacañas explores these decisive moments—from Neanderthals and Sapiens to Luther and Charles V, from Moses to Trump—to show how fragile and contingent decisions changed the course of entire peoples. This work interweaves history, philosophy, and politics to guide the reader through an increasingly dark present.

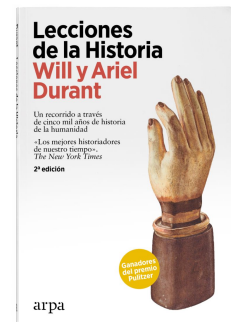
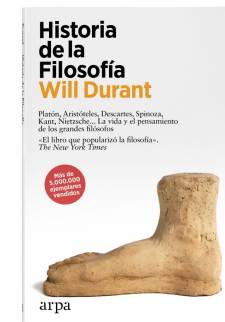
Biography

José Luis Villacañas (Úbeda, 1955) is a professor of the History of Philosophy at the Complutense University of Madrid. His work combines erudition and intellectual audacity with the ambition to rethink our cultural and political tradition from ancient times to the most pressing present day.

Arguments

- **One of the most influential historians and intellectuals in Spain and Latin America, author of more than 30 titles on the history of ideas and politics.**
- **Organized into 14 short chapters.**
- **Readers today are looking for wise voices to help interpret the present.**

Mirror titles



**KEVIN
PRADOS
CONTRA
LA
GRAVETAT**
*La
filosofia
dels
castellers*



technical sheet

Publication: 04.02.2026

Print run: 5,000 copies

Pages: 224

PVP: 19,90 €

Format: 140 × 213 mm

Binding: Paperback with flaps

ISBN: 979-13-87833-32-9

Against gravity The philosophy of the castellers Kevin Prados

Synopsis

The excitement of castles turned into philosophical reflection.

A body on top of another body. An entire square that holds your breath. A scoundrel that climbs, small, until it touches the sky. These are the castles. But they are also much more: they are beauty, they are risk, they are community, they are philosophy made flesh.

Kevin Prados Garcia knows this well: he has been a casteller and gang leader. And in this book he writes with passion and wisdom about what happens inside and outside the square, about what only those who have been there understand... and about what explains to all of us what it means to live together.

Biography

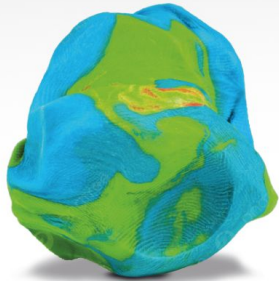
Kevin Prados Garcia (El Vendrell, 1986) is a philosopher and marketing director. He has been head of the Nens del Vendrell gang, an experience that inspires his reflection on castles. Against gravity is his first great essayistic work.

Sales Arguments

- The definitive book about castles, the great popular tradition of Catalonia. An essay that reads like a novel, a confession and a party.
- Kevin Prados is a philosopher and head of the historical Els Nens del Vendrell gang.
- He has been a castellan advisor for the series Puberty, produced by HBO max.
- Prologue by Leticia Dolera and illustrations by the artist Marina Barberà.
- Great potential for Sant Jordi as an identity and universal book.

Andreu Escrivà La Tierra no es tu planeta

Cómo devolver espacio a la vida
y descolonizar el futuro



arpa

Technical sheet

Publication: 04.02.2026

Circulation: 3,000 copies

Pages: 320

PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-33-6

#ecology #climate #nature
#biodiversity

The Earth is not your planet Andreu Escrivà

Synopsis

A hopeful manifesto for inhabiting the planet with humility, justice, and hope.

Andreu Escrivà paints a lucid picture of the biodiversity crisis: ecosystem fragmentation, the silent extinction of species, and the colonization of natural spaces. With scientific rigor and a relatable tone, he offers us not a world of resignation, but of possibilities. Essential for those wondering why there are no more insects on windshields, this essay invites us to give back space to life and reconcile ourselves with that which sustains us.

Biography

Andreu Escrivà (Valencia, 1983), environmentalist and PhD in Biodiversity, has served on the Committee of Experts on Climate Change of the Generalitat Valenciana. With eleven published books, he is one of the most influential voices on ecology and climate change in Spain.

Arguments

- **+5,000 copies sold of Against Sustainability (Arpa, 2023).**
- **Regular contributor to El País.**
- **European Prize for Scientific Dissemination General Study in 2018.**

Compliments

"The popularizer you should follow to understand climate change in an entertaining and clear way."
La Vanguardia

"Escrivà is one of the most prominent voices of his generation." El Español

Mirror titles



Víctor Ferreres

¿Qué es eso que llamamos Derecho?

Un diálogo socrático sobre los grandes conceptos del derecho y la justicia



Technical sheet

Publication: 04.02.2026

Circulation: 2,000 copies

Pages: 500

PVP: 24,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-34-3

#law #democracy

#ConstitutionalJustice #coexistence

What is this thing we call Law?

Victor Ferreres

Synopsis

The law explained like never before by one of our country's greatest constitutionalists.

Ten afternoons of dialogue between a professor and two students create an accessible map of the legal system in this book. With examples from literature, film, and philosophy, Ferreres shows that law is not just rules and procedures, but the very way we give meaning to our democratic coexistence.

Biography

Víctor Ferreres (Barcelona, 1967) is a professor of Constitutional Law at the Pompeu Fabra University. Trained at the University of Barcelona and Yale, he has been a visiting professor at the universities of New York and Texas. He is the author of numerous works that have shaped constitutional debate in Spain.

Arguments

- **Professor of international reference in Constitutional Law.**
- **The ideal guide to learning the basics of law: students, professionals and curious readers.**
- **Highly praised by prestigious jurists for its clear style and rigorous content.**
- **Promotion campaign and presence in specialized and general media.**

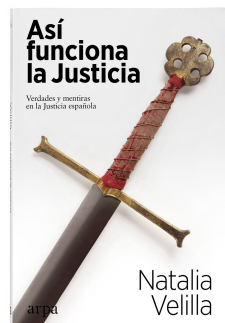
Compliments

"No book allows you to learn so much law, so quickly, and so entertainingly." Manuel Atienza, jurist and professor of Philosophy of Law

"A didactic gem suitable for beginners and professionals alike." Roberto Gargarella, Argentine jurist and professor of Political Philosophy

"A must-read." Marta Cartabia, former Minister of Justice of Italy

Mirror titles



Xavier Guix

Tu vida empieza ahora

Suelta el pasado y empieza a vivir plenamente

arpa

Your life starts now Xavier Guix

Synopsis

Free yourself from the thoughts that bind you to the past and regain the peace of living in the present.

We all carry memories that repeat themselves over and over again in our minds: guilt, resentment, nostalgia, remorse. We think we've overcome them, but they keep coming back. In this book, Xavier Guix invites us to face this invisible burden head-on. Through seven practical keys, he teaches us how to give new meaning to our memories and, above all, how to let go of what hurts to regain the lightness of living in the present.

Biography

Xavier Guix (Sant Boi de Llobregat, 1960) carries out his therapeutic work at the Kairós Institute and teaches self-awareness courses at universities and organizations such as Kuestiona and the Fundació Àmbit. Founder of Bondad en Acción, he has published thirteen books to international acclaim.

Arguments

- **+20,000 copies sold of The Problem with Being Too Good (top 4 in Sant Jordi 2024 in Spanish non-fiction).**
- **Author of 13 highly successful books published in Spain, Latin America, Portugal, Brazil and Italy.**
- **He collaborates with media outlets such as El País, Catalunya Ràdio, RAC1 and TV3.**
- **Presentation tour in Spain.**

Technical sheet

Publication: 04.03.2026

Circulation: 6,000 copies

Pages: 240

PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-35-0

#psychology #wellness #growth
#trauma #overcoming



Mirror titles

Carlos Fernández Liria

Contra la Ilustración oscura

Marx y Nietzsche frente
al transhumanismo
aceleracionista



arpa

Against the Dark Enlightenment

Carlos Fernandez Liria

Synopsis

Thinking about the future of humanity against the digital aristocracy.

From Silicon Valley, the new prophets of the future announce the end of humanity as we know it, promising a renewed species at the price of shutting down democracy. Faced with this techno-feudal horizon, Carlos Fernández Liria echoes the diagnoses of Marx and Nietzsche and proposes, with Heine, "a democracy of earthly gods" that reclaims human dignity in times of techno-capitalism.

Biography

Carlos Fernández Liria (Madrid, 1959) is a philosopher, writer, and professor at the Complutense University of Madrid. The author of an extensive essay collection, his books include In Defense of Populism, Sex and Philosophy, Our History Explained to Young People, Marx from Scratch, and School or Barbarism, among others.

Arguments

- **Leading author in the field of political philosophy in Spain.**
- **His book The Order of Capital is one of the most influential philosophical essays of recent Spain.**
- **The book turns to Marx and Nietzsche to explore a hugely compelling and topical issue: what's happening and what to do with Trump, Musk, and company.**
- **He collaborates with media such as Público, Rebelión and elDiario.**

Technical sheet

Publication: 04.03.2026

Circulation: 3,000 copies

Pages: 240

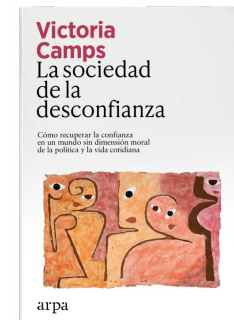
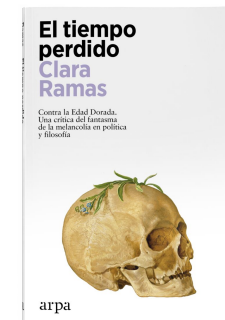
PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-36-7

#essay #technocapillatislo
#artificialintelligence #democracy



Mirror titles

Santiago Alba Rico Gaza y el destino del mundo

Un ensayo sobre
la verdad, el poder
y el retorno
de la barbarie



arpa

Gaza and the fate of the world Santiago Alba Rico

Synopsis

"The best living Spanish essayist" (César Rendueles) reflects on Gaza and the world after the Gaza genocide.

The world we want has been sacrificed in Gaza. What should we do? What name should we give to the world that comes after the Gaza genocide?

This is not a history book, a chronicle of the conflict, or a simple denunciation. Alba Rico invites us to think of Gaza beyond geography: as a place-concept that, like Auschwitz, Hiroshima, or Nuremberg, transcends the concrete and the geographical to establish itself in our intellectual and moral tradition, revealing the deepest tensions of our time.

Biography

Santiago Alba Rico (Madrid, 1960), philosopher, essayist, and screenwriter, studied Philosophy at the UCM and was a screenwriter for the television program "La bola de cristal." He has written more than twenty books on politics, philosophy, and literature. He has lived in Tunisia since 1988.

Arguments

- **Alba Rico is one of the greatest living Spanish intellectuals. He is an expert on the political and social dynamics of the Arab world.**
- **Author of To Be or Not to Be a Body (2019), Spain (2021) and Islamophobia (2015).**
- **He collaborates with media such as Público, El País, Ara and CTXT, among others.**
- **Translator of major Middle Eastern authors.**
- **Unique approach to transforming a place into a philosophical concept.**

Technical sheet

Publication: 01.04.2026

Circulation: 4,000 copies

Pages: 192

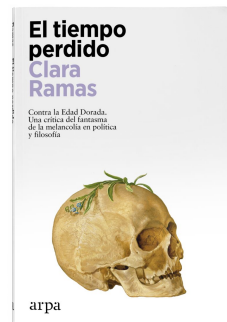
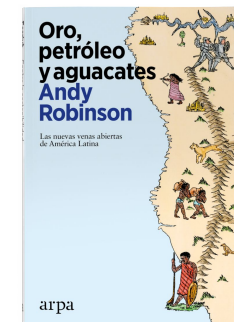
PVP: 19,90 €

Format: 140 × 213 mm

Binding: paperback with flaps

ISBN: 979-13-87833-39-8

#essay #politics #Gaza #philosophy
#humanity



Mirror titles